



Effect of Reiki in the Growth of the MCF7 Breast Cancer Cells

[Patricia De Leon](#), Senior Faculty, Borough of Manhattan Community College, City University of New York

Background: Reiki is a biofield therapy whose potential effects on cellular processes remain poorly understood. This study evaluated the effects of Reiki exposure on the growth of MCF-7 human breast cancer cells compared with placebo and untreated controls.

Methods: MCF-7 cells were cultured at 37°C in 5% CO₂. Three experimental conditions were evaluated: no treatment, placebo, and Reiki treatment. Reiki-treated cells received two 15-minute sessions per day, approximately 3 hours apart. Four exposure levels (Reiki 0–3) were evaluated in three independent experiments with replicate wells. Cell growth was normalized within each condition to its corresponding Reiki 0 baseline (100%). Factorial analysis evaluated the effects of experimental level, condition, and their interaction.

Results: At Reiki levels 1–3, normalized growth of Reiki-treated cells was consistently lower than that of placebo and untreated cells; however, individual Treatment-versus-Placebo and Treatment-versus-No Treatment comparisons were not statistically significant ($p > 0.05$). When all exposure levels were analyzed collectively, a significant overall effect of experimental condition was observed ($F = 3.83$, $p = 0.0375$), as well as a significant effect of experimental level ($F = 10.31$, $p = 0.00019$). The level $\times$ condition interaction was not significant ($F = 0.75$, $p = 0.615$).

Conclusions: Reiki-treated cells exhibited consistently lower normalized growth than placebo and untreated controls, although treatment-specific pairwise differences were not statistically significant. These preliminary findings warrant additional independent experiments to determine whether the observed pattern represents a reproducible Reiki-specific effect.