

Energy – Source of Life and Health

Health and Healing through Pulsating Energy Resonance Therapy (PERT)

by

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Energy – Source of Life and Health

Health and Healing through Pulsating Energy Resonance Therapy (PERT)

INTRODUCTION: ENERGY MEDICINE

“In every culture and in every medical tradition before ours, healing was accomplished by moving energy.”

Albert Szent-Györgyi

‘Feeling the energy moving’ is nothing unusual to us who are working with acupuncture and other energy therapies. Yet, for centuries, despite benefiting many people, concepts of this ‘healing energy’ were considered to be incompatible with the conventional medical paradigm. With new insights derived first of all by physics, a turning point in scientific thinking occurred – the **transition from stasis to dynamics**. Concepts such as our organism being an open energetic system, our cells exchanging information via oscillating electromagnetic fields, or biological energies playing an essential role in biological self-regulation are now gradually gaining acceptance in medical science. With ‘bio-energies’ measurable within and around the human body, a new exciting academic branch was born – **Energy Medicine**.

PART ONE: ENERGY IN HEALTH AND DISEASE

“Everything in Life is vibration.”

Albert Einstein

Energy is the Source of all Life and a measure of Vibrant Health

Already over 5000 years ago, Traditional Chinese Medicine (TCM) recognized that energetic processes are essential to our Life. This energy called ‘Qi’, is the bio-energy or life force, the source of human health and vitality, flowing throughout the organism. It is the biological energy driving, nourishing and regulating all living matter. It is the source of movement and transformation, protecting and warming our bodies, and governing the function of our organs. As living beings, we need energy for life-processes, such as birth, growth and maturation. All physical and mental activities require energy, from walking to dancing, from thinking to dreaming. However the largest part of biological energy is utilised for maintaining the physical integrity, metabolic function and supply systems of our organism, from breathing to heartbeat, from defence to repair, from blood circulation to digestion.

Energy and Health

We all know people who are “full of energy”. We often admire children, who seem to have an abundance of energy, who never sit still and keep going until they are finally overcome by sleep, which in turn restores their energy. In a healthy person with abundance of this vibrant bio-energy available and living in harmony with her- or himself, others and the environment, it circulates freely. In this view Chinese Medicine defines health as a harmonic flow of bio-energy between the various organs and systems of the human body, dynamically regulating all biological functions.

Energy and Disease

A disturbance of this cyclical flow of energy results in disharmony leading to sickness and disease. Any part or organ in our body with deficient energy supply cannot function properly. Lack of energy in the Bladder Meridian for example results in a weak back and consequently backache.

Lack of Energy can have many causes

From its earliest beginnings TCM recognised that illness is the end-manifestation of disturbances within the energy field of the human body. The development and manifestation of disease is due to malfunctioning energy cycles of part of the organism. Every organism is a continuously self-regulating and self-optimizing “functional system” which responds to a multitude of external and internal influences. As said, the organism requires large amount of free flowing energy to do so – and only an energy rich organism is capable to defend itself against such influences, repair and correct any damage and rebalance energy & function. To do so the organism must be able to constantly replace more than a million cells per second.

Pathological developments can take place at any time and at any place within such complex systems as the human organism. Only in case of disease do humans usually become aware of the energy required for recuperation.

Illness is a sign of an energy deficiency in our organism. Illness is not the reason that we feel listless and tired. It is lack of energy, which is the forewarning and the underlying cause of all disease. Whenever our organism runs out of energy, it is unable to maintain its self-healing power.

Disruption and depletion of the body’s bio-energy can be due to many external and internal forces and their impact on the organism. Internal causes are virus and bacteria invasions, accumulation of metabolic waste and nutritional deficiencies, mental stress and emotional traumas, lack of sleep, use of recreational drugs and prescription medications and many more. External causes are lack of movement, physical injuries, radiation hazards, toxic chemicals and pollutants in the earth’s air, water, food and soil, just to name a few. Most often it is a combination of the above causes which leads to depletion of our energy reserves.

Energy and Ageing

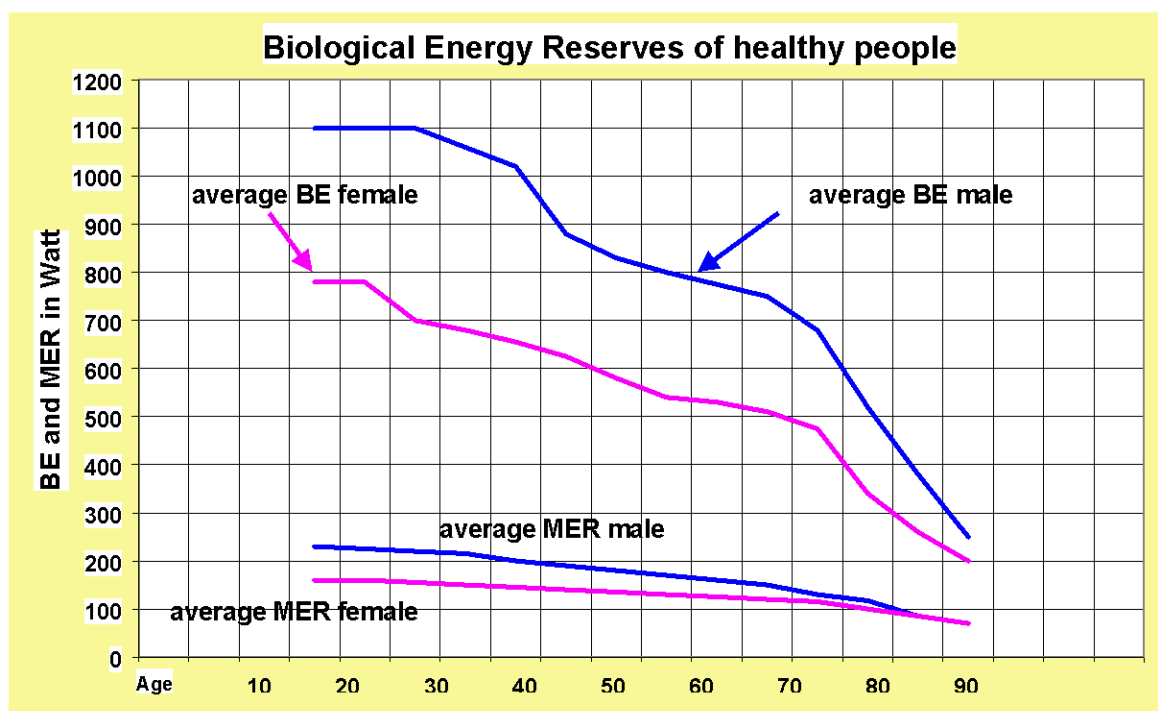
As people get older, all functions of the organism, including the metabolism, slow down. Less energy is produced and available to protect the body against disease and repair damage and injury. As a result, the risk of disease increases. Also less energy is available for proper exercises, be it physical work or sports activities, which in turn reduces energy production. When the energy becomes fully dissipated the physical body dies.

Is the process of ageing a disease?

This question can be answered with a definite 'no'. Ageing itself is no disease. It is a steadily increasing loss of ability to generate energy and to regenerate cells. From the age of 20 onwards, the genetic, environmental and lifestyle-induced risk factors start to add up. The result is a depletion of cellular energy. As energy depleted cells do not regenerate well, the energy supply to the various tissues, organs and systems of the organism is also compromised. The consequence is a generalized condition of disturbed organ function and loss of organ reserve. Finally, this results in poor vitality and function, and if not corrected in organ lesions or even cell death. This final stage is then diagnosed as a disease. **Disease is the end-result of depletion in the energy reserves of the functional systems of our organism.**

The decline of physical reserves and energy status with age

The dependence of Biological Energy (BE) reflecting the maximum turnover of energy, and Mechanical Energy Reserves (MER) reflecting the physical performance in males and females is shown in picture 1. After the age of 65 to 70, an obvious slope of the curve can be observed. At an age of 80 and above, the energy reserves dangerously approach a level, which is insufficient to fight major disease.



Picture 1: Biological Energy Reserves of Healthy People (according to Professor Manfred Von Ardenne – The energetic fate of mankind.)

With decreasing energy and the concomitant decreasing regenerative potential, the resistance towards sudden stresses from outside decreases and the risk of disease increases. The risk of disease is always present when the energy potential falls below 60 to 70%.

In the beginning, we do not notice the slow, decade-spanning degeneration (ageing) of your body. Even the first signs of a functional impairment of an organ system are often overlooked. Naturally the energy of the human organism does decrease with

increasing age. A person at the age of 40 often only has about 80 percent of the energy of a 20-year-old. At 60, this might have fallen to 70 percent, which often reflects a lack of energy in specific organs. (see picture 3) Usually organs, such as the liver and the kidneys, are the weak points. These are also the organs, which loose most of the weight.



The body functions of this young athlete will be reduced at the age of 70 years to:

**85 % Weight of brain
80 % Metabolism
65 % Heart capacity
55 % Lung capacity
63 % Weight of liver
65 % Weight of kidneys**

It is later than you think!

Picture 2: Reduction of Organ Weight and Function in a 70 year old

But continuous degeneration with increasing age is only partly dictated by our genetic makeup. A long and healthy life is not only determined by our constitutional factors. A healthy lifestyle and a positive attitude improve the energy potential and so the constantly required regeneration of our cells, organs and tissues

A Modern Quandary – Lack of Energy often not recognized for many years

External and internal forces **disrupt the bio-energy** of our body, leading to imbalances, stagnations & blockages, slowing down of the energy flow and energy losses. Over a period of months, years or even decades, this leads to **disturbed organ function** with decreased resistance and poor vitality. In the final stage structural changes in various tissues and organs can be found – **end-manifestation as degenerative disease.**

The majority of all patients in Western industrial nations, who consult a doctor for health problems, show no organ specific disease. Since they do not demonstrate specific symptoms to determine appropriate diagnosis and treatment, doctors can do little to restore their health and well-being. **Often called the ‘walking wounded’ they belong to the ‘grey zone’ of the ‘lost patients’ suffering from disruption of bio-energy and disturbed organ function.** Our experience with these patients has proven

over and over again that through timely intervention on energetic and functional level their overall health and vitality can be fully restored.

Energy Medicine is True Preventive Medicine

It is in active **Primary Prevention** where many therapists see the greatest and most exciting potential of Energy Medicine – preventing these ‘lost patients’ from travelling the long path of trial and tribulation into degenerative disease, guiding them back to radiant health and vitality instead. Consequently the essence of primary prevention consists of timely intervention when disorders border between health and disease.

From here the true therapeutic potential of Energy Medicine will unfold, allowing to:

- Dissolve energy stagnations & open energy blockages
- Release disruptive energies from the body’s energy field
- Activate the body’s own vibrational capacity
- Harmonise the energy flow
- Recharge the body’s energy reserves.

At this stage of unwellness, the possibilities of prevention and total recuperation of the individual are very high. This is the aim of the diagnostic and therapeutic concepts in Energy Medicine. As the majority of patients fall into this category, which our present health care delivery system cannot address, **the implementation of a prevention-orientated Energy Medicine offers a huge potential to dramatically improve public health.**

Energy Medicine for the Future

Energy therapy and healing enables us to diagnose and analyse disruptions in the energy status and flow and understand some of their underlying biophysical dynamics. The body wide energy web and network is a highly dynamic and spontaneous system with an incredible flexibility, allowing it to react instantly to even the minutest disturbances, thereby facilitating the necessary adaptation processes for self-healing.

With **Energy Medicine** there is a revolution taking form, redefining how the future Modern Scientific Medicine is going to view health and disease. **Energy Medicine marks the beginning of an exciting era** opening our hearts and minds to a new paradigm where mysterious ancient healing traditions meld with vanguard medical research and health science to – as the Nobel Prize Winner Albert Szent-Györgyi (1960) said – once more ‘**accomplish healing by moving energy**’.

PART TWO: ENERGY IN MODERN SCIENTIFIC MEDICINE

“Panta Rhei – All is in state of Flux”

Heraclitus

Energy in Ancient Healing Traditions.

The importance of subtle energies for health and healing, their strong link to the spiritual, psychic, mental and emotional makeup of a person has not been unique to China. We find ideas of non-material, invisible energy bodies mentioned in most of the various cultures and civilizations of all the five continents. Many names have been bestowed upon this energy flowing throughout the universe animating all living nature including our organisms. What the early traditions called ‘Breath’, ‘Breath of Life’, ‘Ether’, ‘Odem’, ‘Ond’, ‘Qi’, ‘Prana’, ‘Shakti’ was the ‘Archaeus’ of Paracelsus (16th century), the ‘Animal Magnetism’ of Mesmer (18th century), the ‘Od’ of Reichenbach (19th century), the ‘Orgon’ of Reich (20th century).

Energy in Modern Science

Science started to know this bio-energy as electricity and magnetism, as light and heat. In the same speed as energy gained ever increasing importance for technical development, it lost ground in the fields of biology and medicine. With the beginning of the 20th century, electromagnetism and light had lost their connection to our life energy and life force. The technical and chemical revolution of Europe and the USA overshadowed the ancient knowledge to such an extent that it became all but lost. The electrical industry erased bio-electricity, and chemistry delivered the hypotheses to fill the vacuum. The pharmaceutical success story was born.

The Paradigm Shift

Particularly with the increase of chronic degenerative diseases in industrial nations, Modern Scientific Medicine has become aware of the limited power of pharmaceutical drugs fighting diseases. Many patients in the Western world are therefore turning to old healing traditions such as herbal medicine, homeopathy, naturopathy, Traditional Chinese and Indian Medicine for help – and this with sometimes spectacular results.

Modern Science gradually finds proof for the principles of Chinese Medicine.

Modern Scientific Medicine has for a long time distanced itself from Chinese Medicine and acupuncture. As there was no scientific foundation and explanation for meridians and acupuncture points, they just did not exist, and the medical doctors practising acupuncture were the very outsiders in their respective medical associations.

The existence of links between the body’s numerous acupuncture points with inner organs via meridians has since been proven by numerous biophysical investigations. It all began in the 1950’s when several teams of scientists independently of each other came to the same surprising results. Besides others, these scientists were J. Nakatani in Japan and Dr. R. Voll of Germany.

Energy Flow is directly related to Bio-Electric Conductivity

In 1950, **Dr. Nakatani** found a line that had a series of points in which electro-conductivity was higher than the surrounding area. The lines connecting these points closely matched the acupuncture meridians. He confirmed the essence of traditional Chinese medicine theory that the abnormality or disease can be reflected in the change of biological electric conductivity in a meridian.

Also in the 1950s, **Dr. Voll** in Germany started to develop Chinese acupuncture into what is now known as **ElectroAcupuncture according to Voll**. With 'electrical decoding' of the acupuncture's energy know-how, Dr. Voll made this method accessible to Western scientific thinking. He and his group of research colleagues not only confirmed the existence of the traditional twelve meridians but discovered new meridians and their exact correspondence to internal organs. They also determined that each acupuncture point on the meridian has its specific effect on particular organ and tissue system functions.

Health and Disease are reflected by Energy Flow or Bio-Electric Conductivity

The bio-electric conductivity of these points directly reflects the state of health or disease of the organ or tissue, which it represents. Slight differences in the charge of a point indicate different types and degrees of disease processes, ranging from acute inflammatory to chronic degenerative changes. All research data support the theory that **Hyperfunction** (activation, inflammation) of an organ or system reduces the electric resistance of the skin of a related acupuncture point and **Hypofunction** (sedation, fatigue, degeneration) increases the electric resistance of the same points.

In the 1980s the Russian Space Agency uses Acupuncture Point Diagnosis to monitor the Health of cosmonauts in space.

Completely unknown to the Western world a large team of scientists under the leadership of Prof. Zagriadski was assigned to find a system to monitor the health of cosmonauts in space. This has become a necessity since the deterioration of various functions of the human organism in space is greatly accelerated due to the unnatural environment – lack of gravity, decreased earth magnetic field and exposure to high doses of radiation. Two months in space without any therapeutic support initially lead to 50 % loss of eyesight and hearing.

In an extensive clinical research program, Dr. Zagriadski and his team measured the electro-dermal values of more than 22,000 patients and a control group of 1,500 healthy people. This extensive database was used to establish a correlation between health & disease and the electric resistance of acupuncture points. The resulting development was a system for early diagnosis of physical and psychological problems. In the 1990s, after the opening of Russia to the West, this technology was introduced to Germany by Dr. Zagriadski.

PART THREE: EARLY RECOGNITION THROUGH ENERGY DIAGNOSIS

“Prevention is better than Cure.”

Desiderius Erasmus

Melding of Healing Tradition With Hi-Tech

In 2001 MEDEC started to develop a holistic approach to early energy diagnosis and intervention – called the MEDEC **BIOGRAPH** – a project integrating modern computer technology with the experiences of Drs. Voll and Zagriadski and theories of Acupuncture and Traditional Chinese Medicine.

Non-Invasive Health Screening

The **BIOGRAPH** is a non-invasive health screening method based on an efficient energy diagnosis system. By measuring the bio-electric conductivity of the meridians, it enables us to analyse the energy status and the self-regulation capacity of the human organism. Disharmonies in organs correlate to changes of the energy flow in corresponding meridians. Factors such as environmental toxicity, geopathic stress, physical injuries, mental exhaustion and emotional disturbances express themselves as chronic energy deficiencies. The **BIOGRAPH** highlights these irregularities in the energy balance and energy circulation. This allows us to define the state of health of organs, the nervous and hormone system, as well as the immune system.

Energetic Health in Graphic Display

The **BIOGRAPH** displays disturbances of the human energy field and energy deficiency of people in a number of diagrams. The readings show the existence of acute and chronic energy deficiencies, congestions, stagnations & blockages even before these energetic deficiencies manifest themselves as pathological symptoms. The energy status of the individual patient is then compared with an **Energy Health Norm**, a standard range of normal energy readings based on a database of 22,500 patients.

The Scope of Early Diagnosis

- Assess the biological energy age of the tested person.
- Diagnose disease early before it leads to functional problems or manifests itself on cellular level.
- Diagnose the presence of existing or impending organ dysfunction.
- Monitor the energy profile of a person on a regular basis (ideally over a lifetime).
- Analyse the long-term influences of the ageing process and their slowing down through anti-ageing protocols.
- Show 24-hour energy-profiles of a person, revealing individual strengths and weaknesses, as well as the highs and lows of his or her circadian rhythm.
- Check the reactivity and self-regulation ability of an organism.
- Control of therapeutic intervention and of the success of a therapy.
- Open up a new dimension in health care – early recognition and prevention of disease.

The use of the MEDEC Biograph

The **BIOGRAPH** impresses by its ease of use and by clear graphical diagnostic information. The diagnostic procedure is well established, non-invasive, simple and easy to carry out, completely painless and requires only a few minutes to perform. For patients it is very important to know that

energy diagnosis is a completely non-invasive technique, where no blood is taken. The measurements are reproducible. Several measurements can be done on a single patient within one day.

The Energy measurement

The measuring technique is simple. An electrode is fixed to the forearm of the patient whilst the therapist places a probe against the patient's skin on various points on the fingers and toes. Using a measuring pen the therapist or nurse objectively measures 40 endpoints on all fingers and toes (10 at each hand and each foot). A spring loaded measuring pin at the tip of the probe ensures an exactly defined contact pressure. A very low electric current (0.4 μ A) is applied for a very short time (200 ms). 400 measurements are taken in these 200 ms and then mathematically averaged.

The measurement of the body's resistance at the curved edges of finger- and toenails (end- and starting points of the meridians) gives an overall statement about the energy status of the meridians and thus the organism. Each point is related to a group of organs, functions and syndromes, which were described by Traditional Chinese Medicine (TCM) several thousand years ago. This system based on acupuncture points has been used by Hi-Tec Western Energy Medicine, such as Voll's electro-acupuncture (EAV) and Prognos of the Russian space program.

Compared with other meridian diagnosis methods, the MEDEC **BIOGRAPH** system uses a very low and biologically compatible electric current and light mechanical pressure. Therefore it has only a minimal affect on the local point and the whole organism. This safely allows repeated measurements of the points, without exhausting or damaging them. The measurements can therefore be reproduced.

The Benefits of early Energy Assessment

Clinical experience has shown over and over again that the MEDEC **BIOGRAPH** system is a very valuable diagnostic device for therapists of all backgrounds. The Biograph helps them to visually grasp the energetic disturbances and their possible underlying causes. Practitioners receive objective, graphically displayed information about the energy status of the body. Combining this data with their clinical experience including medical history and physical examination, the Biograph has repeatedly proven to be an essential analytical tool in differential diagnosis. Besides assessing the energy of a patient for early diagnosis, the Biograph allows the practitioner to monitor the response of his or her patients to the treatments prescribed.

The **BIOGRAPH** supplies exact energy-physiological information for your clinical application. After you became acquainted with the **BIOGRAPH**, the next step will be to truly integrate it into your way of practicing, where it then can become your extended arm of diagnosis. It is not thought to replace your clinical assessment and analysis, but to synergistically enhance your diagnostic possibilities, increasing the accuracy and degree of reliability of your differential diagnosis, as well as objectifying and personalizing it for the patient. If the therapeutic results can be demonstrated to the patient objectively on a reliable print-out, then this in turn will increase long-term compliance of the patient and consequently the positive health outcome we all want to achieve.

The advances made in the research into the scientific mechanisms behind acupuncture not only have profound implications for the future biomedicine, but it also melding the Science of Modern Medicine with the Theories of Chinese Medicine. The MEDEC **BIOGRAPH** is manufactured in our own production in Karlsbad Germany. Our Chinese computer software and German hardware specialists in close cooperation with Chinese Medicine and Western Medicine experts are continuously improving and upgrading the device to further enhance its diagnostic potential.

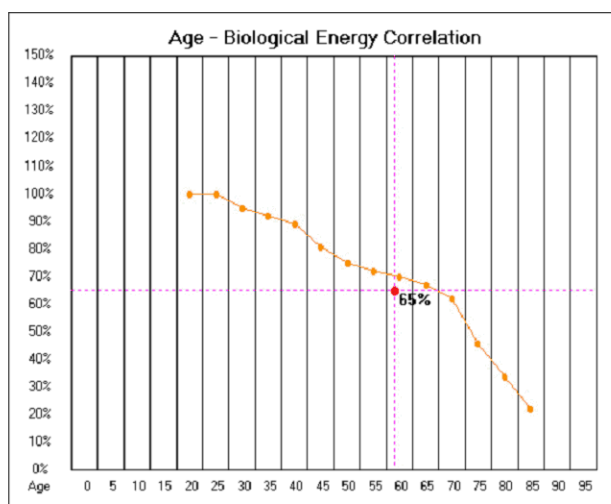
The Advantages of the MEDEC BIOGRAPH

The very big advantage of energy diagnosis with the MEDEC **BIOGRAPH** over laboratory tests is that results are instantly available. Should the energy measurements reflect suspicion of ongoing or impending pathology, requiring the need to check kidney or liver function for example, then this can be done promptly. Because all disease starts off with disruption of the body's energy field, routine examinations for early diagnosis and prevention should primarily be based on energy diagnosis supported by functional tests and pathological tests.

As diagnosis with the MEDEC **BIOGRAPH** measures bio-energetic conductivity via the body's resistance at end-points of meridians (in kOhms), it may enable the therapist to pinpoint the initial stages of electrical disruption before pathological changes are manifested. We all know "Prevention is better then Cure" – in this sense, energy diagnosis will play an ever increasing role in the prevention of disease, in early therapeutic intervention and maintenance of health.

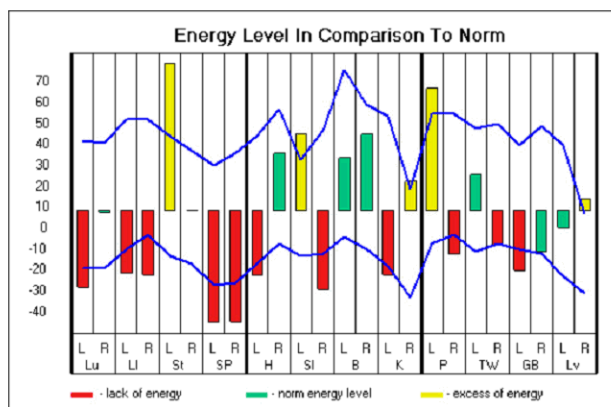
What do the MEDEC BIOGRAPH diagrams show?

Picture 3: Biological Energy Correlation and Energy Index



The measurements of an individual are evaluated by computer and compared with persons of the same age and sex using a database of thousands of people and several million measurements. The energy index is plotted showing the biological energy age of the tested person. The amount of energy in a human being decreases with ageing. This in turn increases the risk of disease but is not a disease in itself. Very old people sometimes simply run out of energy.

Picture 4: Energy level in comparison to norm



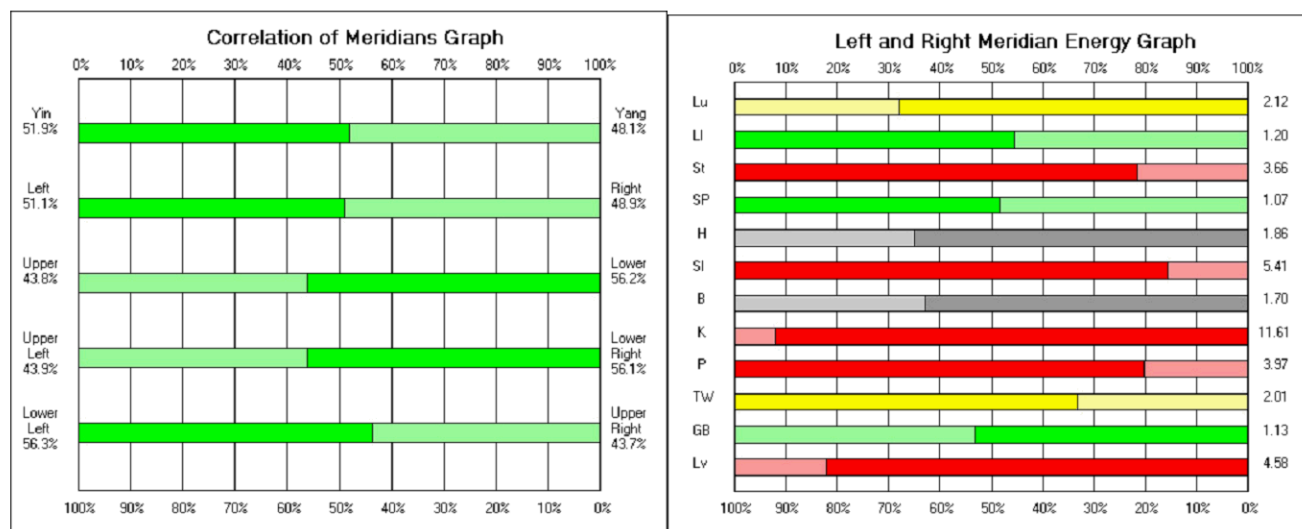
The Biograph displays the energy of the twelve meridian pairs of a person in relation to the **Energy Health Norm**. Normal energy readings are shown as green bar graphs. Lack and excess of energy are shown as red and yellow respectively. These imbalances can be the result of psychological disorders and degenerative problems, the presence of infections and inflammations, as well as accumulation of toxins and over-acidity.

Physicians receive objective, graphically displayed information about the energy status of the body. The Biograph helps them to visually grasp the energetic disturbances and their possible underlying

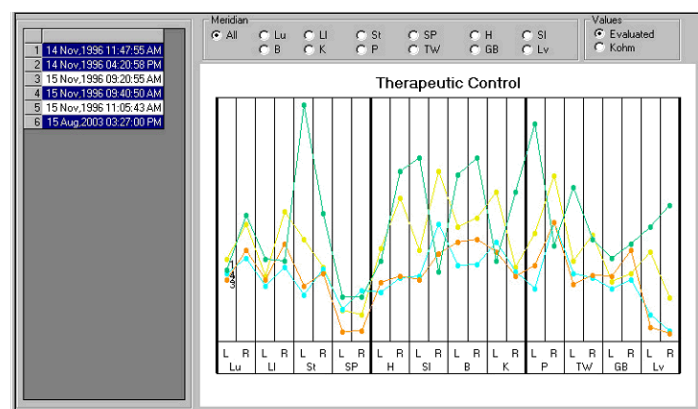
causes. Besides assessing the energy of a patient for early diagnosis, the Biograph allows the practitioner to monitor the response of his or her patients to the treatments prescribed

Picture 5: Energy Correlations and Harmony Index

Disease predominantly displays itself as energy imbalance. This is highlighted by two graphs – Correlation of Meridians and Left & Right Meridian Energy Balance. The left diagram shows the correlations between Yin and Yang meridians and organs, the left and right side of the body, the meridians of the upper and lower part of the body as well as their diagonal readings (left upper – right lower and vice versa). The right diagram shows imbalances between left and right side of individual meridian pairs. The harmony index shows changes in the energy balance of two or more measurements, such as before and after therapy.



Picture 6: Therapeutic control



In this graph the energy distribution of the twelve meridian pairs of two or more measurements can be compared. This is a very useful graph to monitor therapeutic responses, display the long-term influences of the ageing process and their slowing down through anti-ageing protocols. It can also be used to show 24-hour energy-profiles of a person, revealing individual strengths and weaknesses, as well as the highs and lows of his or her circadian rhythm. The diagram also allows the practitioner to focus on changes in an individual meridian over any length of time. It can also be used to check the reactivity and self-regulation ability of an organism by measuring before and after provocation tests.

PART FOUR: PULSATING ENERGY RESONANCE THERAPY (PERT)

"The electromagnetic Energy is the fundamental energy upon which the whole life of an organism depends."

Werner von Heisenberg

In resonance with the natural rhythms of life.

"The re-introduction of electricity and magnetism to the science of life and medicine will change the way we see ourselves and our environment forever" states one of the most famous scientists of modern energy medicine, Dr. Robert. O. Becker. And, already back in 1982, Dr. Andrew Bassett, one of America's most noted researchers in magnetic and electric therapies was predicting: "Electricity will become as ubiquitous in medical practice as surgery or drugs are; in many instances it will replace them."

Recent trends indicate that there is a significant shift in the paradigm of healing towards establishing biophysics as an important discipline within medicine. Doctors and researchers are re-evaluating their approach to healing and medical treatment, and are re-discovering energy as an elementary form of life's processes and health.

In recent years developments in healing through electrical and magnetic therapies have increased exponentially. Not only do pulsating electromagnetic fields aid in the treatment of sprains, strains, broken bones, burns and cuts, but they allow these conditions to heal more quickly and with less scar tissue formation. In injuries, these treatments have shown to decrease healing time by half or more. In the treatment of chronic conditions such as degenerative joint conditions, some forms of arthritis, leg ulcers and disturbance of blood supply, pulsating energy resonance therapy has shown dramatic results in aiding the reduction or reversal of the condition.

Electricity and Magnetism – what do they do?

They stimulate the body to heal itself. PERT is a wholly natural event. It is neither a magic bullet nor a medical prescription. It merely allows body cells to resonate with the natural rhythms of life and therefore exist at their best level.

What is the difference between Pulsating Energy Resonance Therapy (PERT) and Electromagnetic Field Therapy?

PERT activates the body's own energies with the help of a well-controlled electric current, which is induced by an electromagnetic field. To define this electromagnetic field, scientists have first recorded the natural electric and electromagnetic force fields of young and healthy people. These biological force fields were then programmed into PERT devices and reintroduced to the fatigued and energy starved body of elderly or sick people.

The difference between Electromagnetic Field Therapy and PERT is that while the former uses technical electric currents, PERT copies certain natural well-defined biological electrical and electromagnetic force fields of the human body.

Electromagnetic Energy

An electromagnetic field is a wave. All electromagnetic waves spread with the speed of light, and all are transported by quanta. The fact that they require no medium for transportation prepared the foundation for the breakthroughs of many important, scientific discoveries. The wavelength and frequency of an oscillation are information.

The length of every wave can vary and electromagnetic waves differ to a great extent in their wavelengths. The shortest waves are only a billionth of a millimetre long (0.000,000,000,000,1 mm) and are the electromagnetic waves of cosmic radiation and Gamma rays. These rays are very high in energy and can penetrate almost anything that gets in their way. The magnetic field of the Earth is at the other end of the spectrum of electromagnetic radiation. The difference is the wavelength. The waves of the magnetic field of the Earth have a wavelength of 0 – 30 Hz. This means that a frequency of 10 Hz has a wavelength of 30,000 km, which is 1/10 of the speed of light.

What is Resonance?

If you are tuning a radio to a particular sender, then you are adjusting the wave characteristic of the receiver to the wave characteristics of the sending radio station. Your receiver now selects a particular wavelength out of thousands of waves passing through your radio. This tuning of your receiver to the sender is referred to as a *resonance*. The characteristics of the receiver have been adjusted such that it only swings at the same wavelength as the sending radio station. We then receive the information that the radio station is broadcasting. The human ear cannot detect this frequency and the human eye cannot see it. The loudspeaker of the radio first has to transform these waves into sound waves.

Resonance is very important in PERT. It means that at least two oscillating systems will oscillate at the same time. Due to resonance, it is possible to start another oscillating system with minimal use of energy stimulating it to swing the same way.

Electromagnetic waves of low frequency

The probability of a quantum of an electromagnetic wave crossing the path of an electron increases, as the frequency increases. Waves with a high frequency make many zigzag movements and therefore are likely to meet another electron quickly.

Waves with low frequencies show no oscillations at all in the relatively small human body. The low frequency quanta of the magnetic field of the Earth are likely to pass through substances without touching anything. They go through our body in an almost straight line and are rarely caught by another electron. **Electromagnetic waves of low frequency can penetrate a substance without without causing any damage.**

The radiation waves of the magnetic field of the Earth (0 – 30 Hz) are very beneficial for all organisms. They are capable of passing through the body without touching an electron, without causing any damage. On the contrary, when they pass through, they induce an electric current wherever there are electrically charged particles, called ions. These electric currents stimulate the body to heal itself, allowing body cells to resonate with the natural rhythms of life and therefore exist at their best level.

Electromagnetic waves have an effect on all organisms.

The natural electromagnetic energy on Earth has, for millions of years, been the basic supposition for evolution, similar to molecular energy theory. The electromagnetic environment that we are exposed to is made up of the magnetic field of the Earth, the atmospheric fields, the cosmic fields - especially of the Sun (including the visible light) – and, unfortunately, more recently unnatural technical fields. All these fields affect human beings. Human beings, as well as receiving electromagnetic waves, also emit electromagnetic waves. The output is approximately 60 to 100 Watts.

Humans have many receptors (sensors) for electromagnetic energy. The best-known receptor is the eye. But inner organs are also affected by the invisible, low frequency electromagnetic rays of the Sun. This is, beside others, the source of energy that drives our inner clock and controls the daily rhythm as well as the monthly and yearly rhythm. The most electro- & magneto-sensitive inner organ is the pineal gland, a tiny structure about the size of a pea located in the center of the brain behind the root of the nose. The true function of this mysterious gland has long been contemplated by philosophers and spiritual adepts who called it the spiritual third eye.

The pineal gland is a photosensitive organ controlled by light and the invisible low frequency electromagnetic field of the Sun. It synthesizes and secretes a hormone called *Melatonin*. This hormone communicates information about environmental lighting to various parts of the body. Ultimately, melatonin is an important timekeeper for the human body by affecting the circadian rhythm. Consequently, it has been reported to have significant effects on reproduction, sleep-wake cycles and other rhythmical processes.

The magnetic field of the Earth is as important as the air that we breathe.

Just the fact that all creatures on Earth were exposed to the magnetic field during evolution makes it very likely that they also reacted to this field. There are even theories which suggest that the magnetic field of the Earth is responsible for the beginning of all life. **Life itself is a highly developed form of electromagnetic energy.** We know now, that all known forms of life, such as animals and humans, vibrate in the frequency range of 10 Hz.

Healing Energy

Healers in antiquity already employed electric and electromagnetic forces as therapy. Many examples can be found in ancient literature where Plato, Aristotle, Hippocrates and Pliny the Elder, wrote about the employment of electricity and magnetism. The ancient shamans knew how to transfer their energy to others and so free up energy in their “patients”. Since the early 1980s, the energies emanating from the hands of such healers have been studied. The bio-magnetic field of these healers was found to be pulsating at a variable frequency, ranging from 0.3 to 30 Hz, with most of the activity in the range of 7 to 8 Hz. These frequencies show considerable overlap with bio-magnetic fields such as those produced by the earth (Schumann frequencies) and by our heart and brain (alpha brainwaves).

Healing Energy – the Definition

“HEALING ENERGY – whether produced by a medical device or projected from the human body, is energy of a particular frequency or set of frequencies that stimulates the repair of one or more tissues.”

James L. Oschman, 2000

Science has rediscovered Magnetic Field Therapy.

For centuries an explanation for the obviously existent forces of magnetism had been sought. By the late 18th century it was proven that electromagnetic forces exist in living organisms. Toward the end of the 19th century, physicians returned to research on magnetic therapy and the first patents for electromagnetic healing appliances were

granted. However, due to the still lacking technological possibilities, these were still very crude, complex and also expensive. Only modern electronics developed in the past 25 years have enabled the construction of cheaper machines with high efficiency.

The effects on the organism were studied.

Danish physicist Niels Bohr and German physicist Werner von Heisenberg realised that electromagnetic forces controlled all life functions of humans, animals and plants. Nobel Prize Laureate Linus Pauling was able to prove the bio-magnetic properties of blood. American scientists were commissioned by NASA to perform experiments with magnetic fields. The Russian space programme had engaged the same strategy. From the beginning, the Russians used electro-magnetic fields for the maintenance and regeneration of the health of their cosmonauts.

Japanese scientists Nakagawa and Suzuki demonstrated the efficacy of magnetic fields in a study including more than 11,000 patients. In Bulgaria Dr. Karaleewa administered 92,128 treatments in the years 1992-94 in her Physiotherapy Institute in Sofia. She concludes that this therapy can be successfully applied to almost any chronic disease.

About 300 research teams are working worldwide on the establishment of further physiological foundations. In the last 25 years, more than 10,000 scientific papers and many international meetings have dealt with “inductive magnetic field stimulation”.

Bio-magnetism and soft tissue healing

Research on the application of pulsating electromagnetic fields on soft tissue healing has been reviewed by B.F. Sisken and J. Walker in 1995. They describe the following effects:

- Enhancement of capillary formation
- Decreased necrosis
- Reduced swelling
- Diminished pain
- Faster functional recovery
- Reduction in depth, area, and pain in skin wounds
- Reduced muscle loss after ligament surgery (10 Hz optimum)
- Increased tensile strength of ligaments
- Acceleration of nerve regeneration and functional recovery.

What is the future?

Scientists are now able to measure and record the natural, electromagnetic potentials of the body. With the help of modern appliances it has become possible to induce physiological action potentials in the organism. Today, there are already attempts to imitate the frequency of ATP so that the needed energy can be brought into the cell by remote-controlled electromagnetic waves. In the end, every disturbance in the organism shows up as a disturbance in its natural electromagnetic frequency pattern. Therefore, it is possible that every disease could in future be treated by electromagnetic frequencies. This is also the beginning of the era in which we can no longer simply speak of magnetic field therapy. Modern electronics allows for increasingly subtle and focused therapies and allow us to influence specific processes in the organism. This quantum leap in quality of the therapy also reflects now in its name. That is why we now call it **Pulsating Energy Resonance Therapy (PERT)**.

Treatment with stimulating currents is a well-established form of medical therapy. Here, energy is transferred to the organism by means of electric currents. Yet, the same energies can be transferred to the organism much more effectively by magnetic induction. PERT induces the flow of currents in the organism by means of electromagnetic induction. Patients can use energy resonance regularly (several times daily) as home treatment. PERT is tolerated much better than therapy with electric currents. **Electromagnetic induction is more effective and more comfortable.**

Energy resonance jump starts healing processes

The PERT device produces a pulsating magnetic field that induces currents to flow in the tissues, mimicking the natural electrical activities created within the organism. Medical research has proven that through these electrical activities PERT can actually convert a stalled healing process into active repair of tissues and their function. “This is possible even in patients unhealed for as long as 40 years” (Bassett 1995). Tissues respond to the various frequencies of pulsation enabling PERT to jump start a cascade of energetic and functional activities, leading into a natural healing process.

Top athletes are interested in energy resonance therapy.

Daily use of energy resonance therapy increases the performance of mind and body. Both aspects are important for athletes competing on international level. Top sportsmen repeatedly suffer from injuries, tired muscles, momentary physical exhaustion or even burn-out. Energy resonance systems have been used with positive results by skiers, tri-athletes, cyclists and tennis players, football clubs and racehorses.

Energy resonance therapy is a natural remedy.

In the end it is always nature that does the healing. Naturopathy tries to activate the natural energies of the organism to heal it. Even tiny amounts of substances can have great effects, as the successes of homeopathy demonstrate. Through the administration of resonant magnetic forces, the capacity of the organism to heal itself is activated or strengthened by the conveyance of very little energy. Modern medical technology calls such methods “minimal energy techniques” because they are:

- Low in energy.
- Extremely low in frequency (ELF).
- Comparable to the fields emanating from the hands of healers.
- ‘Scan’ or ‘sweep’ through a range of frequencies.
- Vibrating at frequencies comparable to the pulsations of the Schumann resonance.

Energy resonance therapy can be a prophylactic measure.

Even greater than its application in treatment is the potential of PERT in the prophylaxis of disease. Research has already proven that application of PERT prior to an injury greatly enhanced the body’s ability to respond to subsequent injury. Preventive treatment of the healthy tissue was as effective as treating the damaged tissue after the impact.

The effective prevention of development of disease with PERT will have a great impact on social health, easing the cumbersome burden of our health care delivery systems.

PART FIVE: MEDEC BIORESONANCE SYSTEM (MEDEC BRS)

“With Energy Signals we are talking to the body in a language the body understands.”

Today’s technology opens up new possibilities.

When scientists resumed the study of pulsating electro-magnetic fields more than thirty years ago, they came across an instant effect, which further stimulated its research. They found that a pulsating electro-magnetic field could improve the blood flow in the whole organism. The pulsating electro-magnetic fields that were used in the sixties were still very simple. Modern electronics has changed the possibilities of the treatment of disease with electro-magnetic resonance therapy as much in the past quarter century as modern chemistry changed the treatment of disease with medication in the first three quarters of the last century.

In the sixties and seventies, research into electro-magnetic fields focused on the body’s own frequency patterns and on how to adjust the oscillations of the induced electro-magnetic fields in amplitude, frequency and interference so as to optimise the measurable improvement of the blood flow. Only if such methods became reproducible, there would be hope that they could be used as prophylaxis or therapy one day. Furthermore, it was necessary to determine which frequencies every organ in our body responds to. The treatment needed not only to affect the blood vessels but also to affect as many organs as possible, ideally simultaneously. As we already know, every organ and every system of organs oscillates at certain frequencies and so can be stimulated at these frequencies *via* resonances.

Energy Resonance Systems

Energy Resonance Systems are the results of the most recent developments of this research. Bundled multiple frequency patterns are generated by these systems. That means that a number of frequencies are sent out simultaneously. For targeted treatments, the relevant single frequency patterns can also be generated. Furthermore, these systems can generate the same or similar currents as those flowing within the organism.

Despite the low energies used, these resonance systems induce a fairly high electromotoric force (emf) in the human body. However, it is not a strong field inducing this high emf, as it was the case in older generations of machines. Instead, it is induced by the fast alternation of weak fields. The energy field is used to induce resonances within the organism. In this way, the organism is mainly stimulated by the activation of its own energies. In comparison to conventional magnetic field therapy, these systems are working with homeopathic doses.

Energy Resonance Systems represent a significant, qualitative improvement in the development of electro-magnetic field therapy machines. A vast advantage of these systems is that they were constructed as machines for home use. Gentle, regular treatment twice a day with the energy resonance field has the greatest success in prophylaxis and therapy.

Multiple Frequency Spectrums

The bundled multiple frequency spectrum should contain many single frequencies that have a positive effect on the organism. Why is that so? The following example will illustrate. A man suffers from chronic pain in his joints. He hopes for improvement of his symptoms by healing his body with the help of PERT. But, a joint is a very complicated organ. To induce self-healing, improving the nutrient provision to the cells will be necessary. Of course, that also means that the blood flow must be improved and the transfer of oxygen to the blood in the lung must be improved. All enzymes, immune substances, nutrients and building blocks for new molecules are in the blood. The improvement of the oxygen supply is important because oxygen is life. We want to get everything that is required into the joint. Therefore we need the resonance frequencies of these processes as well as the optimal resonance for our bones, our cartilage, for the inhibition of inflammations and for general relaxation. The more frequencies with positive effects that are offered to an individual, the more the organism experiences this bundle of multiple frequencies as a pleasant “melody” of an orchestra of instruments that stimulates it and to which it reacts ideally, helping it to help itself, comprehensively.

Our body is selective

The fear that frequencies with a detrimental effect may also be contained in the frequency bundle is unfounded. In a study spanning ten years, Professor Smith of Salford University in England has determined that a detrimental frequency would have to be induced in a sick person continually for at least 15 seconds to have an unfavourable effect. Healthy people would only react to such a frequency after minutes or hours; some would not react at all. It is difficult to confuse the energy system of a healthy person. As the frequencies are only played for fractions of milliseconds, there is really no danger of negative effects. However, a frequency that works positively on the body already exerts its effect within fractions of seconds according to Professor Smith. Put simply, of the various frequencies offered, the body takes up those it needs.

The Optimization of PERT

As early as the beginning of the 20th century, the first therapeutic appliances were built. The signals introduced to the organism with these early devices were oscillating at a frequency of 50 Hertz with an impulse form resembling a simple sine curve. Even with these fairly simple appliances some remarkable results were reported. However, in general the success rate was very low because of the simple type and form of the signal. We then had to wait until the early 1970s when scientists and engineers resumed the development of generators for pulsating electro-magnetic fields.

1. The frequency generator

The frequency generators developed about 30 years ago were still very basic at first, but different curves, such as the sine and the rectangular curve were already introduced. Some devices used trapezoid curves, others saw-toothed curves. These appliances even allowed the adjustment of the frequency and the strength of the magnetic field.

The recommended duration of therapy at the time varied between 30 minutes and a few hours a day. Some manufacturers even advised to extend the application of these fields overnight to get benefit from an 8 hour therapy. Today we know that such advice is not only ill-founded, but counterproductive to the purpose of the therapy. As the beneficial effect of a therapy is always closely related to the dosage prescribed, every 'too often', 'too long' or 'too much' is always too strong an influence on the organism. In case of pulsating electro-magnetic fields, the body can either get used to the fields and the effects are gone, or the induced forces are no longer only positive for the organism.

According to the long-term experience of scientists and engineers, the frequencies listed below have proven beneficial in the treatment of the following problems:

1 – 2 Hz	inflammation
1 – 3 Hz	sleep disorders, heart problems
1 – 3 Hz	these frequencies are relaxing and promote sleep
4 Hz	sensitivity to weather changes, bronchitis
4 – 5 Hz	migraine, sinusitis, nervousness, sciatica
4 – 7 Hz	these frequencies are relaxing and calming
5 – 8 Hz	blood pressure regulation
9 Hz	fatigue, weakness
7 – 13 Hz	these frequencies promote learning
8 – 10 Hz	headache, weather sensitivity, arthritis, joint and rheumatic pains
8 – 10 Hz	pains from scars and phantom limb pain, hay fever
10 – 12 Hz	circulatory and vascular disorders, headaches, muscle tension
10 Hz	low blood pressure, weak blood circulation, allergies, sprains
14 - 15 Hz	fatigue, chronic tiredness, bronchial asthma
18 Hz	rheumatoid arthritis, arthritis, intervertebral disc problems
18 – 23 Hz	degenerative diseases of the musculoskeletal system, osteoporosis
13 – 23 Hz	these frequencies are vitalising and increase energy levels

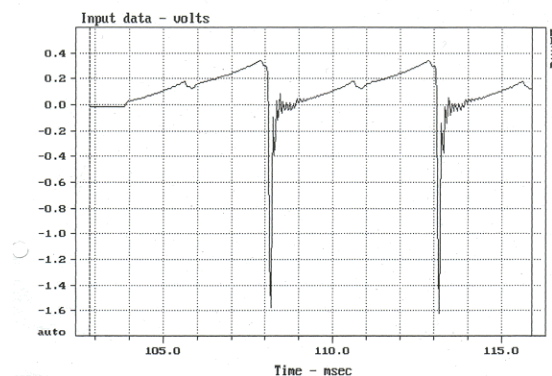
The indications for the various frequencies were derived from clinical experience, i.e. based on analysis of practical data collected over 30 years. Although statements on the effects of the specific recommended frequencies and their indications are merely based on experience and not theory, they do apply. Many of these empirically found frequencies can also be explained today. For instance, the items above in bold type correspond to the frequencies that are known to stimulate the brain.

Prevention should be started long before the first symptoms of disease show themselves. But how does someone, who wants to actively preserve his or her health know, which of the body's systems needs more energy when there are no symptoms of disease? A number of organs may be affected. Which frequency should be used for overall regeneration? Further, the biologists recommend that the daily use should not exceed one hour, so as far to prevent the organism from getting used to the therapy.

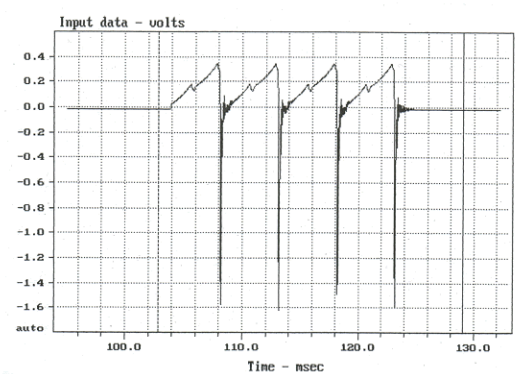
Some frequency generators run through a number of frequencies in the course of one session. Basically, that is a good idea, because in this way, different systems will be stimulated in succession. But this idea could only be partly effective, because a system that is already stimulated can only be further stimulated within certain limits, even when there is a better frequency that occurs later in the programme. And in any case, in daily practice, a session of 30 minutes would be much too long.

2. The Resonance System

After many years of experience with single frequency systems, it became clear that the best effects would be reached by the simultaneous use of a number of frequencies. The first resonance appliances were developed at the beginning of the 1990s. For certain indications, the therapeutic success rate of these devices has proven to be over 70%. Such a high percentage made these systems also very attractive for clinical use. Frequency patterns designed to increase energy levels include a number of lower and higher oscillations in addition to the basic frequency. This allows for simultaneous stimulation of a number of systems within our organism. The higher oscillations depend on the form of the curve, which is usually an adapted triangular curve. The lower oscillations are achieved by the rhythm of bundled signals. Each of these signal bundles has a frequency through which different systems are stimulated at the same time.



Picture 7



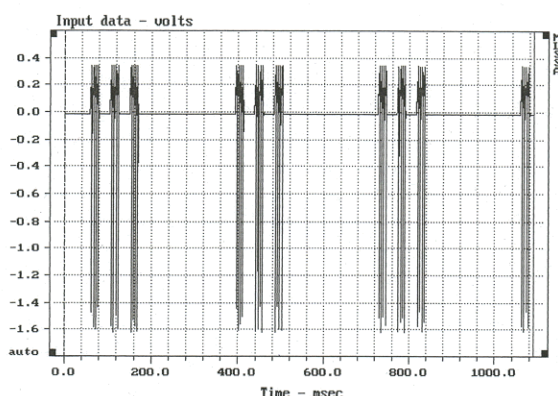
Picture 8

Picture 7: Typical signal curve of a resonance system

The signals usually pulsate, that means they are directed plus or minus in one direction. The direction is changed at regular intervals so that both sides of the cell systems are stimulated. In figure 7, the strong deflection in the minus direction is the reaction to the fast fall from maximum to zero that occurs within about 0.05 milliseconds. That corresponds to a high oscillation frequency of 20,000 Hz. Further higher oscillation frequencies are built into the upward slope of the curve. One single signal lasts 5 msec. That corresponds to a basal frequency of 200 Hz.

Picture 8: Several signals are bundled, followed by a pause.

Signal bundles and pauses each last 20 msec. In the organism, this frequency bundle functions as a stimulation frequency of 25 Hz.



Picture 9: This diagram shows a total time of 1000 msec = 1 sec.

A line represents each single signal. The frequency bundles of 4 signals with a pause are again combined to 3 bundles. Such a combination takes 110 msec with a pause of 223 msec. This induces resonances of 3 Hz in the organism.

The values shown are only typical examples and serve to explain the system. The frequency patterns used in the appliances were developed on the basis of comprehensive biological basic research and are the intellectual property of the different manufacturers.

Resonance systems are exceptionally well suited for prophylaxis. The resonance systems can be used for therapy and also for prophylactic treatment. The mechanisms take effect in the organism within minutes. Therefore, an application exceeding 15 minutes is not necessary for a healthy person. Depending on the person's constitution, the effect of the therapy wears off after two hours in a sick person with low energy levels or only after eight hours in a healthy person. Therefore, energy resonance can be and should be performed two to three times a day.

The frequency pattern is pre-programmed in the standard resonance systems according to the example given above (Pictures 7 to 9). The intensity of the treatment can be adapted to personal responsiveness, daily rhythms and the positioning of the applicator. By changing the positioning of the applicator, a specific area can be treated and a desired local effect achieved.

The goal is the vitalisation of blood vessels, functional optimization of the tissues, the improvement of absorption of vital nutrients and the stabilisation of the autonomic nervous system. All of this is achieved by the use of oscillations that correspond with the natural action potentials of the nerve and muscle fibres of a healthy organism, as well as the resonances of the blood vessels and the parasympathetic nervous system. The programme assists in balancing lack of exercises and also improves digestion. It harmonizes the body's energy balance similar to acupuncture.

This has the following effects:

Psyche	anti-stress effects, deeper breathing (3 Hz rhythm)
Metabolism	improvement of digestion, excretion and detoxification; normalization of fatty acid content and insulin secretion.
Circulation	improvement of peripheral vascular disease and gangrene, reduction of haematoma and oedema, anti-thrombotic effect, stabilisation of circulation, migraine (250 Hz basal frequency).
Regeneration	general regeneration, enhancing wound and bone healing, improving degenerative diseases such as ankylosing spondylitis and Sudeck's atrophy (25 Hz rhythm).
Immunity	immune cell activation.

The resonance system is equally well suited for the prevention of diseases and the preservation of health. It prevents a fast degeneration of the body's energy potential. Besides having pronounced healing effects in many diseases, it generally regenerates the organism and improves blood, energy and lymph circulation.

As the frequency patterns of standard resonance systems always consist of a **"bundled multiple frequency spectrum"**, which cannot be varied, they cannot be used for treating an ailing organ system with a single specific frequency. As the standard resonance systems also always amplify the secretion of numerous hormones, a dosage of 30 minutes per day may not be exceeded. However, specific therapeutic applications often require a higher dosage.

Modern Resonance Systems have variable programmes.

The next logical step in the development of resonance systems combined the advantages of a **“choice of single frequencies”** for organ specific treatment with the universal use of the **“bundled multiple frequency spectrum”**. Here, the experiences gained with the different frequencies on the early devices were useful. This resulted in the use of different frequency patterns for different goals.

Prophylaxis programmes in the mornings, evenings and during the day

For prophylactic use, different programmes are used in the mornings and evenings. This takes into consideration the daily biorhythm. Between 9 and 11 a.m. and between 3 and 5 p.m. the release of adrenaline in the human organism is increased. In the evenings, the production of the timekeeper hormone, melatonin, is increased. In contrast, we find significant increases in the growth hormone cortisone in the blood in the mornings. Research has shown that some organs (such as the pineal gland) are very electro- & magneto sensitive. The relevant resonance frequencies of specific brain activities are taken into consideration. In addition the systems can be coupled and so greater success can be achieved.

For the morning and for promoting alertness, information uptake, information processing and activity, a sum field frequency of 14 to 30 Hz is used. For the evening and for promoting relaxation and sleep with calming down brain activity, a sum field frequency of 0.5 to 7 Hz is applied. For the general increase of energy levels during the day, a standard programme is used (Program No. 9).

Therapeutic programmes

The goal of the therapeutic programmes is to bring about the physiological effects of PERT, switch on the protein synthesis and so to enable the regeneration of specific cells and organs. As an optimal healing success can only be achieved when whole control circuits are coupled simultaneously, **“bundled multiple frequency patterns”** that were found to be best in the older frequency generators are played rather than single frequencies.

Multiple frequency therapy programmes known to the authors are:

- 1: Inflammation, heart problems, sleeping problems, nervousness
- 2: Nervousness, migraine, sinusitis, bronchitis, weather sensitivity
- 3: Regulation of high blood pressure, nerve inflammation
- 4: Fatigue, headaches, migraine, weather sensitivity, hay fever
- 5: Muscle tension, rheumatism, allergies, hay fever, asthma, migraine
- 6: Low blood pressure and weak blood circulation, rheumatoid arthritis, arthritis
- 7: Respiration, intervertebral disc problems
- 8: Bone and cartilage synthesis, osteoporosis
- 9: Energy booster, Bone healing (fractures), low blood pressure
- 10: Blood Circulation

In home therapy, it is best to combine the therapeutic programmes with the programme for general increase in energy levels.

The Physiological Effects of PERT

- PERT induces micro vibrations in the blood vessel walls and thus reduces friction between blood cells and vessels, increasing the blood flow in the small vessels.
- PERT improves the ability of the blood to transport oxygen and carbon dioxide.
- PERT speeds up the cells metabolism, improving the supply of cells with nutrients.
- PERT improves the viscosity of the blood. It becomes thinner and more fluid.
- PERT regulates blood pressure.
- PERT reduces the risk of arteriosclerosis.
- PERT reduces the risk of an embolism.
- PERT reduces the risk of a stroke or heart attack.
- PERT acts surprisingly quickly against thrombosis.
- PERT causes a dilatation (expansion) of the vessels.
- PERT can sensitise defective baroreceptors by inducing micro vibrations.
- PERT improves the blood values, especially the acid and the fat content!
- PERT stimulates the T lymphocytes.
- PERT increases the activity and function of the immune system.
- PERT stimulates the healing process and accelerates healing.
- PERT changes the electric charge of the membranes.
- PERT application especially helps energy-deficient cells.
- PERT deepens breathing.
- PERT induces and reinforces the reconstruction of cells and defective tissues.
- PERT leads to increased cell division and to growth and regeneration.
- PERT normalises the fat metabolism and the blood values.
- PERT induces increased production of DNA.
- PERT increases overall protein synthesis.
- PERT increases the production of numerous important substances in the body.
- PERT inhibits the clumping of blood cells.
- PERT makes the regeneration of nerves possible.

The following main effects make it obvious that PERT should be used in the treatment of many diseases.

- Improvement of the circulation
- Improvement of cell nutrition
- Improved synthesis of proteins
- Harmonisation of the hormonal balance
- Strengthening of the immune system

Contraindications of PERT

PERT has the great advantage that it has very few contraindications, these are:

- Epilepsy
- Severe feverish fungal and bacterial infections
- Electronic appliances (such as pacemakers)
- All people who have an implanted pacemaker should not use PERT
- In Pregnancy
- In case of hormone overproduction (Overactive thyroid gland)

The development of Pulsating Energy Resonance Therapy.

The different uses of the frequencies were found empirically, that is by analysis of the accumulation of results. Although statements on the effects of the specific recommended frequencies and their indications are merely based on experience, they do apply. Remember, thousands of doctors and several 100,000 patients have used such therapy appliances over 50 years. Many of these empirically found frequencies can also be explained today. For instance, the items above in bold type correspond to the frequencies that are known to stimulate the brain.

PERT for prevention

Prevention should be started long before the first symptoms of disease show themselves. But how does someone, who wants actively to preserve his or her health, know which of the body's systems needs more energy when there are no symptoms of disease? A number of organs might be affected. Which frequency should be used for overall regeneration? Moreover, the biologists recommend that the daily use should not exceed one hour, so as to prevent the organism from getting used to the therapy.

After many years of experience with single frequency systems, it became clear that the best effects would be reached by the simultaneous use of a number of frequencies. The first resonance appliances were developed at the beginning of the 1990s. The therapeutic success rate of these appliances is more than 70 per cent for some indications. A frequency pattern that is optimised for increasing energy levels includes a number of lower and higher oscillations in addition to the basic frequency, by which a number of systems are stimulated simultaneously.

MEDEC Bio-Resonance System is exceptionally well suited for therapy and prophylaxis

The MEDEC Bio-Resonance System can be used for therapy and also for prophylactic treatment. The mechanisms take effect in the organism within minutes. Therefore, an application exceeding 10 minutes is not necessary for a healthy person. Depending on the person's constitution, the effect of the therapy wears off after two hours in a sick person with low energy levels or only after eight hours in a healthy person. Therefore, energy resonance can be and should be performed two to three times a day.

The frequency pattern is pre-programmed in the conventional resonance system according to the example above. The intensity of the treatment can be adapted to personal sensibilities, daily rhythms and the positioning of the applicator. By changing the positioning of the applicator, a preferred area can be treated and so a desired local effect can be achieved.

The goal is the vitalisation of blood vessels, functional optimisation of the tissues, the improvement of absorption of vital nutrients and the stabilisation of the vegetative nervous system. All of this is achieved by the use of oscillations that correspond with the natural action potentials of the nerve and muscle fibres of a healthy organism, as well as the resonances of the blood vessels and the parasympathetic nervous system. The programme helps balance a lack of exercise, improves digestion, increases and balances the body's energy.

PART SIX: A LOOK INTO THE FUTURE OF ENERGY MEDICINE

“What is urgently needed is to be able to read the language of electromagnetic biocommunication to complement our understanding of the genetic code .”

C.W. Smith

Whispering Together

In 1996, Dr. W. Ross Adey stated that we are learning that cells maintain their organized society by ‘whispering together’ in a faint and private language. These ‘whispers’ travel both, as biochemical messages and electromagnetic signals. They reflect a deeper layer of communication, a more subtle realm of interaction underlying the familiar language of nerve impulses or the words spoken by molecules. The realm of ‘whispers’ is the energetic, subatomic and electromagnetic, in brief the **‘Vibrational Dimension of Life’** and **‘Natural Force Within’**. Here we can learn about the electromagnetic codes of Life embedded in these ‘whispers’ – its frequencies and intensities, the language spoken by our cells and by the bacteria living in our intestines, but also the messages sent out by tumour cells. As faint these ‘whispers’ might sound, as enormous is their importance for health and healing in the 21st century.

“The natural force within each one of us is the greatest healer of disease”

Hippocrates

Prevention is better than Cure.

Modern medicine, biophysics and related sciences today are called upon to focus on early diagnosis, early intervention and prophylaxis of disease as well as maintenance of health.

After several decades of success in clinical application of electric and magnetic fields in facilitating healing processes in bones, attention has turned injuries of soft tissues – muscles, nerves, tendons. Pulsating energy fields have been found advantageous, because of their non-invasive nature and their ability to communicate with the body through signals readily understandable for the organism. We know that to be effective in communicating signals, Pulsating Electromagnetic Fields have to be low in energy and frequency.

While the focus of research is still on the healing of cells, organs and tissues, the response of persons without specific health problems to Pulsating Energy Resonance Therapy (PERT) will be of profound significance for prophylaxis of disease as well as maintenance of health. By the same token, artistic and creative, physical and mental performance are all enhanced, when the body’s communication channels are open and balanced. The more healthy a person is in mind and body, the more happy he or she will be, and the less the chance of illness and injury. However, if the health should get compromised, the recovery will be faster and more complete.

“To be truly healthy, we must study Life and encourage Health.”

THE AUTHORS: A LOOK INTO THE FUTURE OF ENERGY MEDICINE

Josef A Plattner – Chairman/Chief Executive Officer

The combination of an engineer/natural therapist and a medical doctor is well suited to research the therapeutic influences of electromagnetic energy fields and to publish the results in a generally understood language.

Josef Plattner was born in a small Tyrolean High Alpine village at a time before it turned into a ski-resort and tourist destination. The simple alpine life made him aware of some of the energetic influences of nature on the human organism. After studying engineering Josef Plattner worked as an expatriate engineer for a large German engineering company in exotic places such as South Africa, Namibia, Botswana, Middle East, South East Asia and Australasia. He had the opportunity to observe the Bushmen of Namibia, the natives of Papua New Guinea and the Aborigines of Australia in their natural environment and to appreciate their view of nature and humans place in it. These experiences started his interest in complementary medicine.

When he returned to Europe in 1991, Josef studied complementary medicine at the Paracelsus School of Germany. Following this he was involved in the Research and Development of several different Magnetic Field and Bioresonance devices. In 1995 Josef met the medical director of the Russian Space Agency and started to get involved in measuring the energetic make up of people with meridian diagnostic – electropuncture devices.

Josef was, together with Dr. Reinhard Werner, a founding member of the Institute of Energy Medicine in Berlin. While living and working in Europe, Josef published many papers and gave countless seminars about measuring and stimulating the energy levels of people and the relationship of energy to health.

In 1997 Josef and his family immigrated to Perth in Western Australia. He expanded the EMS Institute to include members in Australia and Asia and to encompass the views of Traditional Chinese Medicine.

In 2000 Josef and his wife Marion founded MEDEC Ltd, a company specializing in the Research, Development, Manufacture and Marketing of electronic devices for Energy Medicine, based on the PERT (Pulsating Energy Resonance Therapy) system.

10 years of working constructively with Dr. Reinhard Werner has developed into a close friendship, which has built bridges between continents and different medical philosophies.

Dr Roland G. Heber – M.D., PhD., M.C.M.

Dr Heber holds the degrees of Doctor of Medicine PhD. Uni. Freiburg (Germany) and Master of Chinese Medicine (Taiwan).

He moved from Germany to Hong Kong in 1981 where he conducted research and practised medicine at several hospitals. From 1985 to 1989 Dr Heber attended the China Medical College in Taiwan, graduating with a Master's Degree in Chinese Medicine. Here he laid the foundation for his indepth understanding of the dynamics of human bio-energy and its application in therapeutic intervention and energy regulation. In 1989 he returned to Hong Kong and developed his own private practice integrating traditional eastern and scientific western medical approaches into a synergistic healing modality.

Fluent in German, English, French and Chinese, he frequently teaches clinical application of Energy Medicine and traditional Chinese medicine. Since 1988 he has been a Member of the Scientific and Educational Board of the German Research Institute of Chinese Medicine. Since 1999 Dr Heber has lived in Perth.

In the same year he met Josef Plattner and has introduced the philosophy of traditional Chinese medicine to the MEDEC concept of Energy Medicine, to the scientific understanding of PERT and electric acupuncture in diagnosis, prevention and therapy.

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