THE

HEALING POWER *of your* BODY

VERONICA TAN

Uncovering the Secrets of **ENERGY MEDICINE**



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ABOUT THE AUTHOR

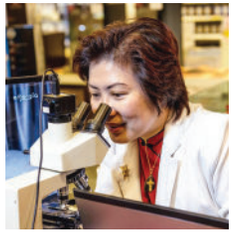


VERONICA TAN is a nurse manager turned entrepreneur. Between 1994 - 2008, Veronica Tan juggled 2 labour intensive jobs to ensure that all the bills are paid at home. She had worked in various hospitals and managed an elderly and day rehabilitation centre with The Salvation Army.

She took ownership of both the day care and day rehabilitation centres and turned both deficit centres in 1994 to profit making centres before she left in 2008. At that time, she had

80 elderly and 16 staff under her care daily. Also, she initiated 4 national events during her employment with The Salvation Army:





1. Intergenerational Amazing Race 2006 at Praisehaven
2. Intergenerational Harmony Day 2005 at Singapore Expo
3. Intergenerational Sports Day for Elderly 2004 at the Toa Payoh indoor stadium. Mr Chan Soo Sen was the Guest of Honou
4. Intergenerational Harmony Day 2005 at Singapore Expo. Dr Balagi was the Guest of Honour
5. Intergenerational Amazing Race 2006 at Praisehaven. Dr Teo Ho Pin, Mayor South West CDC was the Guest of Honour
6. Intergenerational Beach Party 2007 at East Coast Park F2 car park. VP Deutsche Bank was the Guest of Honour

In 2000, she was diagnosed with hyperthyroidism and later, Grave's Disease (an overactive immune problem where her body is not able to balance her thyroxine). Doctors recommended she undergo surgery or radioactive iodine to destroy part of the thyroid gland. At that point she knew that she had to take control of her health; as the path proposed by modern medicine is invasive and irreversible! It does not make sense to destroy the thyroid gland just because it is producing too much thyroxine. That would be a short term solution to the problem. Instead, it is important to find the root cause for why the thyroid gland is overactive and balance it from there.

Despite the advice of the doctors, she strongly believed that we are created with very powerful immune systems and our bodies can heal naturally. Since then she had explored alternative and complementary solutions. With medical technology becoming more and more advanced, she believed we would be able to find cures for a myriad of illnesses without having to go through invasive procedures such as surgery which is irreversible.

THE ULTIMATE SOLUTION

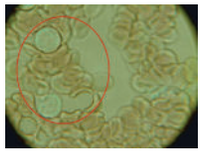
After 10 years of searching for alternatives, she chanced upon a scientific sleep system in May 2010 at the Marriott Hotel during the Singapore Expat Fair, Summer Fair. She met the inventor, a Biomedical Engineer manning the booth at the fair. He was very confident in helping her balance her immune system without medications.

After testing out the system for 30 days, she knew that this would be revolutionary. Upon witnessing how the sleeping system could treat her illness, she decided to found Revelation 22 on 7 June 2010 to promote

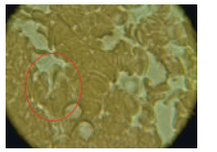
Simply by sleeping on the Energia Therapeutic Sleeping System improves your health and the quality of your blood stream

Veronica Tan, founder of REV22 is completely cured of Grave's Disease naturally, simply by sleeping to improve blood flow and energy flow. She was under medication for more than 10 years and since 7th June 2010, she stopped her medication without any sign of relapse.

June 2010 (Before Therapy)



White blood cells close together (Sign of allergy)

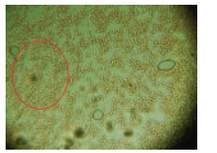


Unhealthy blood (Cholesterol blood cells)

June 2010 (1 month later)

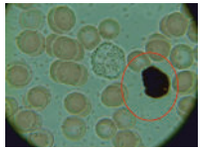


Uric acid crystals and Bowel toxic Crystals

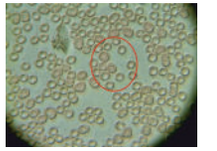


Heavy metal

Dec 2010 (6 months later)

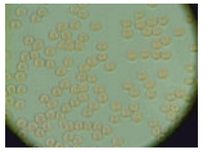


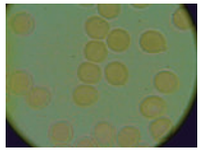
Black Crystal



Target cells

Feb 2011 (8 months later)

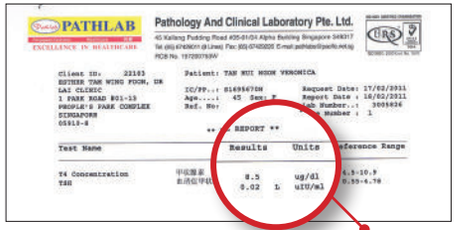




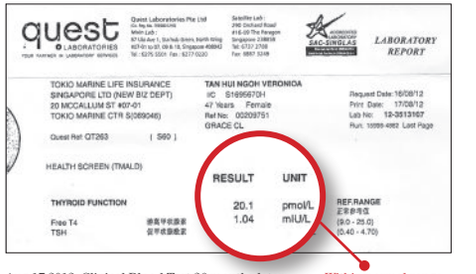
Healthy blood cells. Blood cells well oxygenated and energized cells are round and healthy



March 2004: Clinical Blood Test Antibody Positive



Feb 2011: Clinical Blood Test 8 months later — Within normal range



Aug 17 2012: Clinical Blood Test 26 months later — Within normal range

this sleeping system to the public. Since the inventor was very confident in balancing her immune system without any medications, she stopped taking medication on 7 June 2010. All she did was to sleep on the sleeping system every night and listen to her body for any signs of relapse. When she slept well every night and woke up each morning refreshed and energetic, it was apparent that she had no relapse. She went for her clinical check at the hospital after 9 months and then 26 months to make sure that there were no slightest signs of relapse in her medical condition. Her clinical report has shown complete recovery with no relapse ever since. THPOYB

INTRODUCTION TO ENERGY MEDICINE

"Energy Medicine brings you vitality when you are drained, health when you are ill, and joy when you are down."

- Donna Eden



ENERGY MEDICINE is both a complement to other approaches to medical care and a complete system for self-care and self-help. It can address physical illness and emotional or mental disorders, and can also promote high-level wellness and peak performance.

You heal the body by activating its natural healing energies; you also heal the body by restoring energies that have become weak, disturbed, or out of balance.

To accomplish this goal, energy medicine utilizes techniques such as acupuncture, yoga, kinesiology, and qigong or energy devices such as the Power Recharge Therapy System. Flow, balance, and harmony can be non-invasively restored and maintained within an energy system by tapping, massaging, pinching, twisting, or connecting specific energy points (acupoints) on the skin; by tracing or swirling the hand over the skin along specific energy pathways; through exercises or postures designed for specific energetic effects; by focused use of the mind to move specific energies; and/or by surrounding an area with healing energies (one person's energies impact another's).

Use energy medicine to treat illnesses and relieve pain; stop the onset of illness as soon as it begins, stimulate immune system function, relieve headaches, release stress, improve memory, enhance digestion, relieve arthritis, neck, shoulder, and low back pain, and cope with electromagnetic pollution.

By learning simple energy techniques or using the Power Recharge Therapy System to keep your energies balanced and humming, you can improve your health, sharpen your mind, and increase your joy and vitality.



ENERGY MEDICINE DEFINITIONS

Right Brain Definitions:

"Energy is your body's magic! It is your life force. You can keep it healthy and it keeps you healthy. If you are sick or sad, shifting your energies feels good. When you care for these invisible energies, it makes your heart sing and your cells happy!"

- Donna Eden

Left Brain Definition:

"Conventional medicine, at its foundation, focuses on the biochemistry of cells, tissue, and organs. Energy Medicine, at its foundation, focuses on the energy fields of the body that organize and control the growth and repair of cells, tissue, and organs. Changing impaired energy patterns may be the most efficient, least invasive way to improve the vitality of organs, cells, and psyche."

- David Feinstein, Ph.D.

Top 2 Questions about Energy Medicine

1. How does Energy Medicine work?
Energy Medicine recognizes energy as a vital, living, moving force that determines much about health and happiness.

To maintain vibrant health, the body needs its energies to:

- Move and have space to continue to move - energies may become blocked due to toxins, muscular or other constriction, prolonged stress, or interference from other energies.

- Move in specific patterns – generally in harmony with the physical structures and functions that the energies animate and support. "Flow follows functions."

- Cross over – at all levels, from the micro level of the double helix of DNA, extending to the macro level where the left side of the brain controls the right side of the body and the right side controls the left.

- Maintain a balance with other energies – the energies may lose their balance due to prolonged stress or other conditions that keep specific energy systems in a survival mode.

  Conversely, when the body is not healthy, corresponding disturbances in its energies can be identified and treated.

2. Is Energy Medicine Spiritual?
Entering the world of your body's subtle energies is a bridge into the domain of your deepest spiritual callings and your eternal essence. While no particular belief system, allegiance, or religious affiliation is associated with Energy Medicine, many people find that energy work touches into the realms of soul and spirit. THPOYB

CHAPTER 1

THE KEY TO LIFE

> **Electromagnetic Energy is the Elementary energy form on which all forms of life depend.**
>
> **Prof Dr. Werner von Heisenberg**
> German Nobel Prize winner for Physics

ENERGY IS THE CAPACITY TO DO WORK: WE NEED IT FOR EVERYTHING THAT WE DO

The human body, like all organisms, needs energy for its many different tasks and functions. Everything we do, like walking, standing, talking, etc is done by muscle movement. Vegetative functions, like breathing, blood circulation, digestion and even sleeping also require energy. Maintaining the communication and supply systems of individual cells uses the largest proportion of this energy.

The human body is perhaps the most amazing and complex entity that science has looked at in the entire universe. Even galaxies and stars pale in comparison to the workings of the human body. The human body is a grand design of unfathomable proportions with nine distinct systems (skin, skeletal, muscular, nervous, endocrine, digestive, circulatory, urinary and reproductive) with multiple organs in each system, layers of tissues within each organ, and trillions of cells in all the body's tissues. Then inside each cell are countless organelles, biological macromolecules, micro-molecules, atoms and electrons.

ENERGY NEEDED BY THE BODY IS PRODUCED BY THE CELLS

THE AMAZING HUMAN BODY – 100 TRILLION CELLS

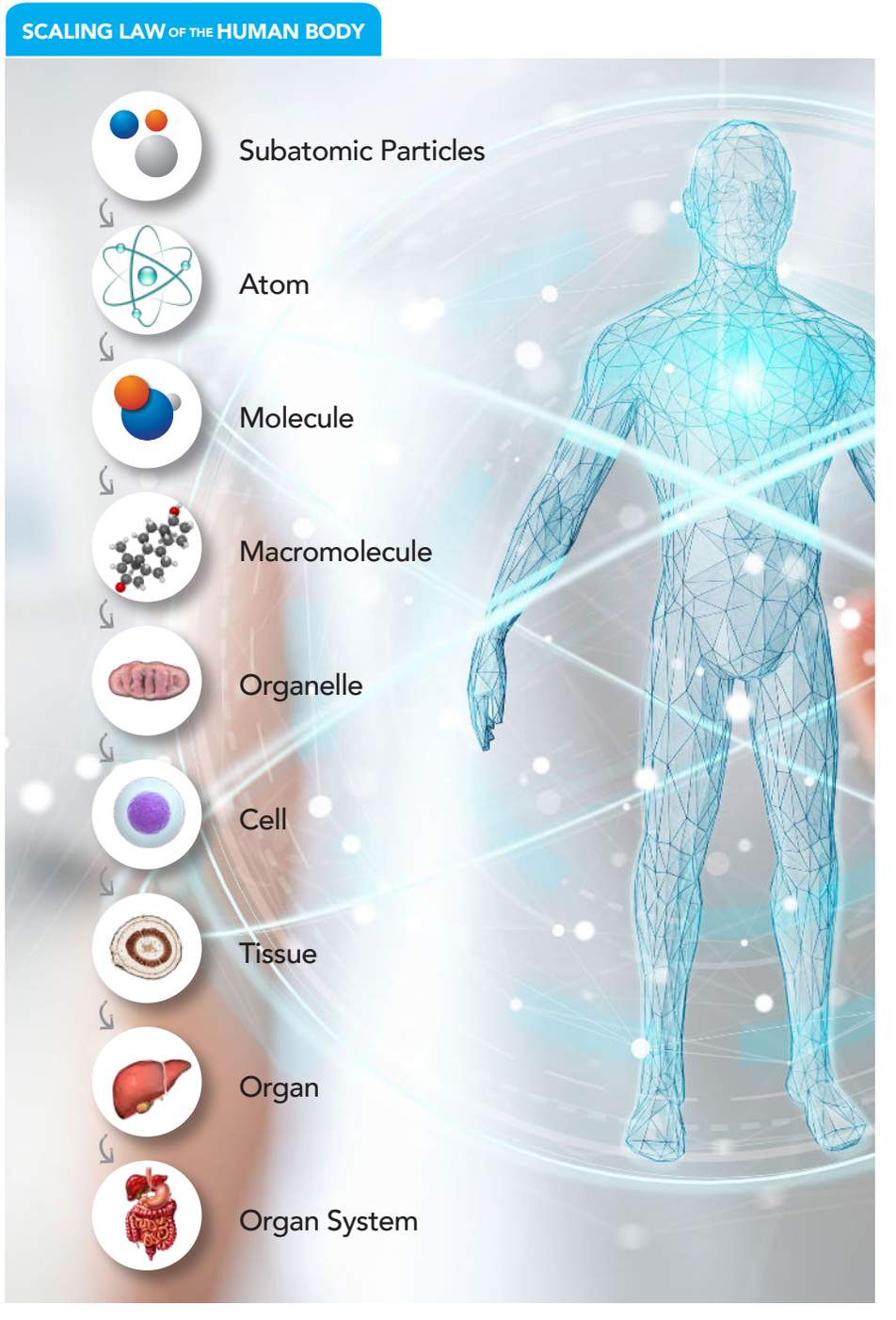
There are approximately 100 trillion cells in the human body, and they all synchronize and regulate the entire body's processes, most of which we don't even have to think about (like your heart beating, your food digesting, breathing, etc). It is estimated that the body has somewhere around 100,000 complex macromolecules performing an estimated 400 billion or more chemical reactions each second. These molecules (like ATP for example) perform very complex tasks within your 100 trillion cells.

To give you a sense of how big 100 trillion is, imagine yourself counting from 1 to 100 trillion. If you counted 1,2,3,4. For each second of a 100 year lifetime, you would only get to about 3 billion seconds. You would need about 33,000 lifetimes to count from 1 to 100 trillion! Here's another staggering example of how big this number is – if you laid 100 trillion US dollar bills end to end lengthwise, it would span a distance equal to the sun and back 50 times. You have that many cells in your body! In fact you have 300 times more cells in your body than there are stars in the entire galaxy.

THE AMAZING HUMAN CELL – 100 TRILLON ATOMS

Okay, so the human body has about 100 trillion cells, but each cell consists of organelles and 100,000 distinct molecules with specific structural and functional purposes carrying out complex processes such as energy production, protein synthesis, ion transport, nutrient assimilation, waste removal, cell division, and reproduction!

And each organelle in the cells is made of complex macromolecules, smaller molecules, and ultimately atoms (which are constituted as electrons). There are 100 trillion atoms in an ordinary human cell!



I'm presenting you the unfathomable complexity of the human body, so we may further explore how outdated and inadequate modern medicine is.

The first idea is that of determinism being strongly rooted in the current model of medicine. Determinism means that we are victims of a fateful universe, and we have no power to change the outcome of events. In medicine, the two deterministic principles are genetic determinism and the germ theory of disease. Genetic determination means we are victims of our own genetic heritage, where diseases run in the family and there is nothing we can do to change our genetic fate. The other deterministic model is the germ theory of disease, that we are victims of germs, bugs, bacteria, viruses, etc and modern medicine "tries" to come to the rescue with antibiotics and vaccines to kill these invaders. Unfortunately, both these approaches have side effects and complications. Antibiotics kill the good intestinal flora needed for digestion and immunity, while vaccines have toxic chemicals such as thimerosal (mercury), formaldehyde, aluminium, MSG, etc that have been linked to autism, and several other problems.

The second principle is the notion of solidity that we live in a physical, material and mechanical universe. Modern medicine looks upon the human body with 17th century eyes, with the body being a machine to repair with surgery, organ replacements, and artificial parts. The doctor is a mechanic, plumber, and repairman for the body. At the level of chemistry, the body is still solid but seen as a big bag of chemical reactions in which artificial drugs and chemicals can fix any chemical problems or imbalances.

Thirdly, there is this idea of separation and reductionism in which medicine understands the body by dissecting and learning about the individual pieces. The body is then tagged and labeled with the finest detail, while diseases are also tagged and labeled as a malfunctioning of the various parts. This approach loses sight of how the body works as a whole, and the staggering degree of interconnectedness within the human biology.

Lastly, in the outdated model of science, consciousness plays a secondary role. Even in light of the discovery of the placebo effect, medical schools and textbooks hardly mention the placebo phenomenon: even though it is perhaps the biggest breakthrough medicine has ever stumbled upon.

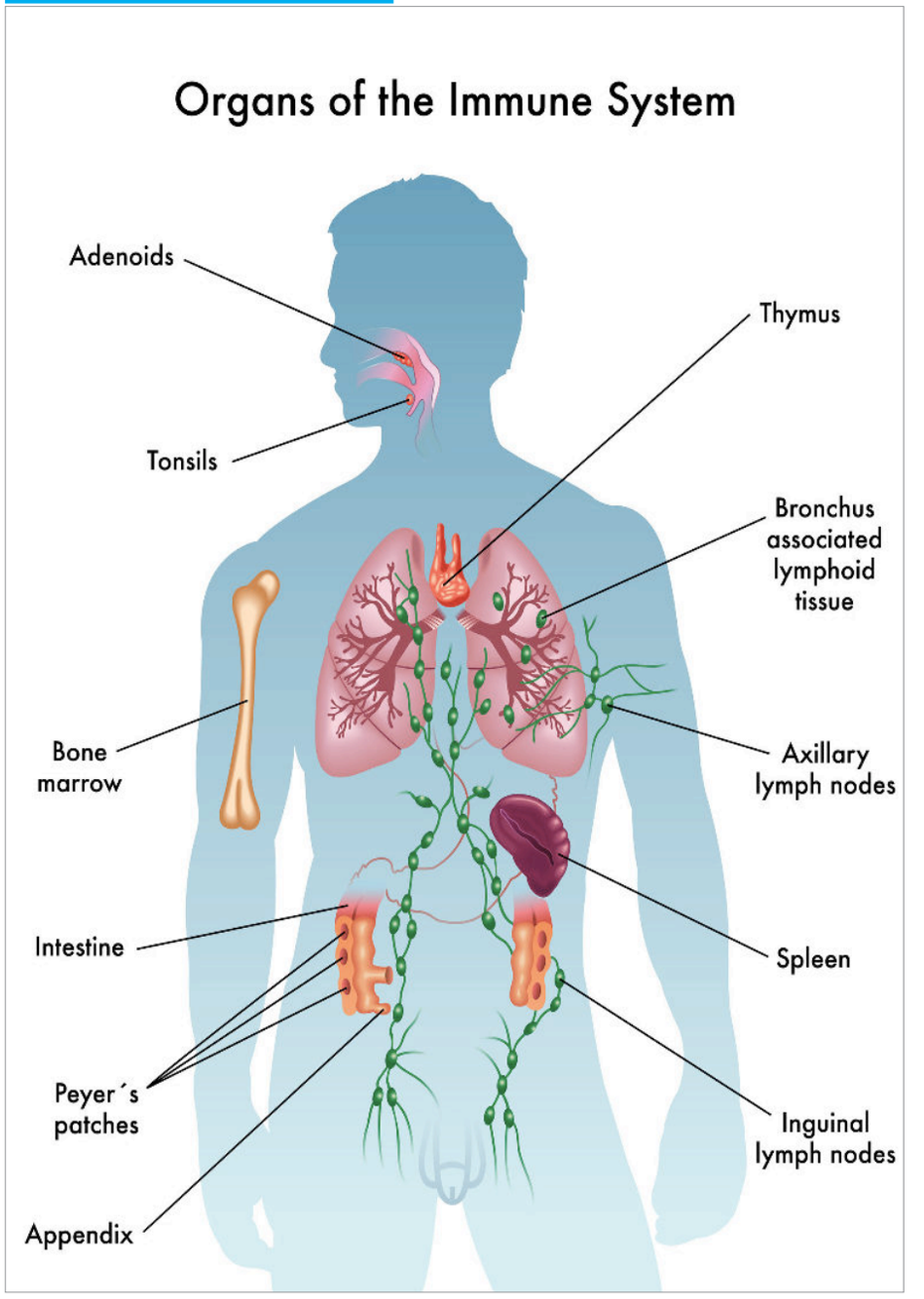
We are now going to unearth and expose these faulty notions in modern medicine, and reveal more current ideas in alignment with modern physics, biophysics, and energy medicine.

1. The human body is NOT a machine.

The idea of the body as a machine, where parts can be replaced is very dominant in modern medicine today. Not only are there organ replacements or transplants available for many of the major organs, there are also mechanical hearts, valves, blood vessels, joints, arms, legs, kidneys (dialysis), etc. The doctors become the ultimate mechanics and plumbers for the human body and the hospital a "body-shop".

Some of these breakthroughs can be helpful and necessary (like someone losing a limb and receiving an artificial replacement); but this view of the body completely disregards the true nature of an intelligent, energetic and holographic body with self-healing and self-regenerating abilities. We need all our organs, even our tonsils and appendix, which are lymphoid aggregates that aid our immune system. Modern stem cell research is getting closer in regards to cultivating our own stem cells to regrow tissue, but even this model forgets that the body's intelligent holographic blueprint is what's ultimately guiding the stem cells into action.

ORGANS OF THE IMMUNE SYSTEM



2. The body is NOT a big bag of random chemical reactions – the problems with drugs.

The old idea of a mechanical universe has to be dropped. We've seen how new understandings in physics and biology are emerging with scientific validation to replace these old, crusty, and outdated notions. The idea that the human body can be described by the chemistry of molecules in water needs to be drastically upgraded.

Chemical reactions are supposed to explain how the body creates energy, and carries on with its almost infinitely complex functions. More specifically, its chemical reactions occurring via "billiard-ball"-like collisions, in which one molecule collides into another. This is how information is transferred in the body, by a cascade of chemical processes. According to modern biochemistry, and pharmacological approaches to healing the body, this model is supposed to explain (and also treat) the human body's amazing complexity.

According to current theories of biochemistry, the cell is analogous to a large swimming pool and the molecules are like tennis balls in the swimming pool. According to this analogy, one tennis ball is supposed to find another tennis ball in this vast body of water and do so instantaneously! This is supposed to account for the billions of activities that occur every second in the human body and its 100 trillion cells? This is also puported to explain how drugs work at the cellular level.

The existing model in medicine states the body has a biochemical communication control system that is governed by enzymes and hormones (the tennis ball analogy). The human body's energy field, information field, and consciousness have no say in the standard medical paradigm. This is absurdly inadequate to explain the majesty of human body. There's no doubt hormones and enzymes play an important role, but new research is showing that it isn't the entire story, or even close. Also, the old paradigm uses a "lock and key model" for information transfer into the cells. That's where ligand and receptor are involved in unlocking the communication of energy and nutrients to and from the cells.

The shift in chemistry is a big one, just as in biology and physics. Instead of the billiard ball model of signaling for energy and information transfer, there's new evidence that molecules can communicate at the speed of light (or faster) via electromagnetic signals and phase entanglements. The old model is similar to our body using the pony express, versus the near light speed of email and cellphone communications. The new model is called co-resonance and it states that signal molecules can activate their corresponding receptor sites without physical contact. Even more exciting is that signals can work via frequency alone without the need for a hormone or antigen (in homeopathy, electromagnetic signatures of molecules can work without the molecule being present).

In molecular signaling, molecules interact by co-resonance similar to radio transmitters and receivers. In living systems, long-range electromagnetic fields transmit messages between distant molecules so long as emission and absorption spectra match. Non-resonating and random signals are excluded. For example, the adrenaline molecule tells various receptors to make the heart beat faster, to get ready for fight or flight and can do so from a distance via co-resonance. It does not have to make collisions with other molecules (like the cell membrane receptor sites, for example). Start to think of the human body more from a photonic and energetic perspective instead of a physical and material one. Also, remember that photons are carriers of electromagnetic waves, and the force particles for transmitting electric and magnetic forces.

It has been found that the actions of biomolecules (histamine, caffeine, nicotine, adrenaline, insulin, etc), as well as the antigens for viruses, bacteria and parasites were due more to electromagnetic interactions than direct contact. This is perhaps why energy resonance therapy, homeopathy, radionics, frequency specific therapies, and flower essence can have such profound effects. It's because the body can be treated just as effectively, perhaps even more effectively with electromagnetic energy versus chemical supplements and drugs.

3. Genes DO NOT control our biology!! Overturning genetic determinism – stop blaming your genes!

Did you know that the human body has only 33% more genes than a roundworm? It is well known that there are 100,000+ unique proteins in the human body, and only 30,000 genes. This means that the old theory of a gene coding a protein is wrong or only partially true. Science now shows only a very small percentage of diseases are genetic (<5%, typically only where someone is born with birth defect – but even those have been known to heal!). You are not a victim of your genetics.

One of the hottest topics in health today is the emerging science of epigenetics, which is the study of the complex interactions of genes and the environment's impact on human development.

We've always believed that our health and biology are determined solely by our genes. What the cutting edge research of epigenetics demonstrates is how our thoughts and our environment have a powerful influence on our health and can actually activate chemical switches in the body that genes express.

Dr. Bruce Lipton, a pioneer of epigenetics, claims that cells have the ability to perfectly reprogram their own DNA when the external environment demands it. Furthermore, even our beliefs, thoughts and perceptions can shape our DNA along with diet, the water we drink, the air we breathe, electromagnetic energy, etc.

When we have issues running in the family such as cancer, doctors immediately look to a genealogy chart and look for cancer in the genes. A doctor will even tell you, that you are at risk of cancer if it runs in the family.

Harvard geneticist John Kearns did an amazing experiment that shows how powerful environmental factors can be in our genetics. He placed bacteria that could not digest milk sugar (lactose) into an environment that only contained lactose, so it was their only possible source of food. Instead of dying, these bacteria did the impossible. The bacteria actually reprogrammed their DNA so they were able to digest the lactose and survive!

Think about that! If unintelligent bacteria can reprogram their DNA, then we can too!

What's astounding about epigenetics is its discovery that environmental or perceptual triggers can produce over 30,000 variations from every gene blueprint! WOW! Genes are no longer deterministic, they're only potentials.

Our genetic blueprint is also holographic in that each one of your 100 trillion cells has the entire blueprint of your body. The only variances are that different genes and genetic sequences are turned on for specific organs and tissues.

We'll see a new model about how your genes are not the controllers of your biology; they are merely antennas that take orders from your body's energetic and intelligent holographic field via biophotons.

4. The germ theory of disease is WRONG – stop blaming the germs!

In Louis Pasteur's germ theory of disease, we are basically victims of germs (viruses, bacteria, parasites, etc), which are

supposedly the cause of most disease. This outdated theory is still the prevalent theory of much disease according to modern medicine and biology. This "germ theory" of illness is not limited to only infectious diseases like common cold, influenza, pneumonia, measles, chicken pox, etc, but is associated with even cancer as well. For example, liver cancer is linked to the hepatitis virus (HPV), herpes virus are linked to nasopharyngeal carcinoma and some cases of lymphoma; and the Helicobacter pylori bacteria is associated with stomach cancer.

According to this germ theory of disease, we are victims of germs and these bugs can strike anyone unknowingly. Then doctors and hospitals tell us the only way to protect ourselves is by building up our defenses with vaccines or killing the microorganisms with antibiotics and other drugs.

Pasteur also describes germs as non-changeable, in both form and function. Medical tests take your blood and then fix it with a dye. The blood remains in a frozen or fixed state. These germs are frozen in time, so with this approach there is no way to see the microorganisms in a live or changing state. However germs do change in the body, your blood does move, and life is a process in motion, not fixed state.

We now know through the use of dark field microscopes, that microorganisms are pleomorphic, that they can often change forms. A virus can become a bacterium, which can mutate into a yeast or fungus. To understand how pleomorphism works, let's look at the pioneering research of Antoine Bechamp and Claude Bernard.

Bechamp discovered little organisms, which he called microzyma, they are seed bacteria that morph into beneficial or malevolent organisms depending on the environment or terrain.

Much like a stem cell can differentiate into all the organs and tissues in your body, a microzyma can morph into any type of bacteria, virus or parasite depending on the terrain; hence the term pleomorphism.

The idea of pleomorphism is that bacteria and viruses change depending on the environment. The type of organism is a result of the chemical environment in which it lives, and it can change both its form and function. It was Bechamp who discovered the pleomorphism nature of germs, but it was Claude Bernard who further developed the idea of the "biological terrain" and more clearly explained how pleomorphism works. A healthy terrain or environment in the body creates healthy and beneficial organisms (such as acidophilus); an unhealthy terrain creates pathogenic organisms.

So here we can better appreciate Louis Pasteur's deathbed quote, saying that the **"the microbe (germ) is nothing. The terrain (milieu) is everything!"**

However, since "germ" is so profitable for modern medicine, it seems that the medical world has written off Pasteur's final statements as the madness of a dying man. Perhaps he was finally getting clarity on the truth, or feeling remorse for his plagiarism of Antione Bechamp.

So while Bechamp spent years providing that germs were only the consequence of disease and not the cause; Louis Pasteur's theory ended up being much more simplified (and tremendously profitable).

HUMAN BODY BIOLOGICAL TERRAIN

Let's take a closer look at the idea of the "biological terrain" and why it's critically important to a holistic and energetic understanding of the human body. If plants require healthy soil, then the cells in our body also need a healthy terrain or soil to thrive. Only in the case of our 100 trillion cells, the soil is primarily fluid based.

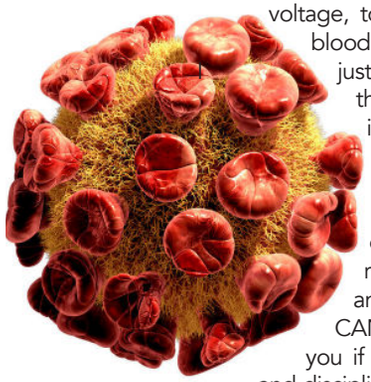
The quality of our health is dependent on the health of our cells, and the health of our cells is dependent on the health of our terrain or internal fluidic "soil". Here are some commonly known parameters of a healthy fluid or terrain:

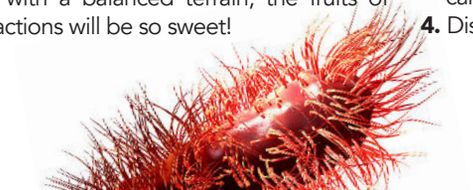
1. Glucose level: between 80 to 110 mg/dl
2. Blood pressure: 120 to 140 / 80 to 90
3. Temperature: 98.6 to 100°F
4. Oxygen level: paO2›95%
5. pH: 7.35 to 7.45

Along with the above parameters, we need to minimize toxicity to maintain a healthy terrain (heavy metals, radioactive compounds, pesticides, GMOs, drugs, and any unnatural or toxic compounds).

Controlling our own "biological terrain" is very empowering in that it no longer makes us victim to germs (just as we saw, we are no longer a victim to our genetics). Disease does not come from outside of us, but is developed within us, as is our health. Creating a healthy terrain is what I've been preaching, which simply means giving yourself every element the body needs: organic whole food, clean and energized water, sunlight, oxygen, and the earth's energy resonance therapy.

NOTE: This is not to say germs have no place in disease, because THEY DO if your terrain is out of balance (ie too acidic, low cellular voltage, too much of sugar in your blood, high blood pressure, etc). just want to make it clear that the road to natural healing is not a quick fix or magic pill and may be difficult at first, because it involves a whole new way of living, eating, breathing, and reconnecting to the earth and its elements. But YOU CAN CHANGE, and I promise you if you establish good habits and discipline in maintaining a healthy body with a balanced terrain, the fruits of your actions will be so sweet!

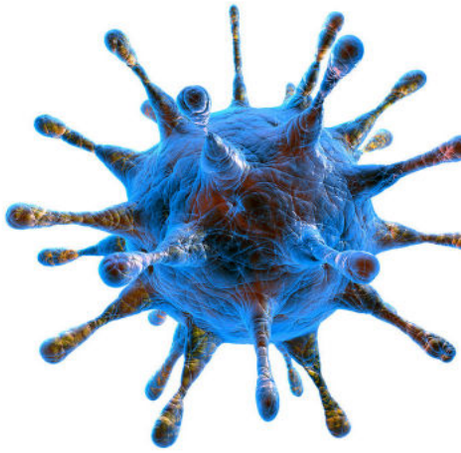




The germ theory states that the body is sterile, and disease is caused by external germs (microbes). The terrain theory states that microbes naturally exist in the body and it's the disease that permits the microbe to express itself. The terrain, in response to various forces, fosters the development of germs from within. Below the "germ theory" is contrasted with the "biological terrain theory".

GERMS THEORY

1. We are victims of germs
2. Disease comes from micro-organisms outside the body
3. The form and function of micro-organisms are constant
4. Every disease can strike anyone



5. To prevent disease we have to build our defenses via vaccination
6. To kill disease we have to take antibiotics, chemotherapy or other toxic drugs

BIOLOGICAL TERRAIN THEORY

1. We control our health by taking responsibility. We are not victims of germs!
2. Disease comes from within the body from an unhealthy terrain
3. The form and function of micro-organisms can morph and change (Pleomorphism)
4. Disease is not caused by micro-

organisms, they are a secondary effect of a poor terrain
5. Disease only strikes weak and sickly people with an unbalanced terrain
6. To prevent disease we have to take responsibility and create health by reconnecting to nature and its 5 essential elements!

THE FOUNTAIN OF LIFE

When you view a water fountain from afar, it appears to have a static form, but as you move closer you begin to see that the fountain is "flowing", self-renewing and regenerating (with the aid of a pump).

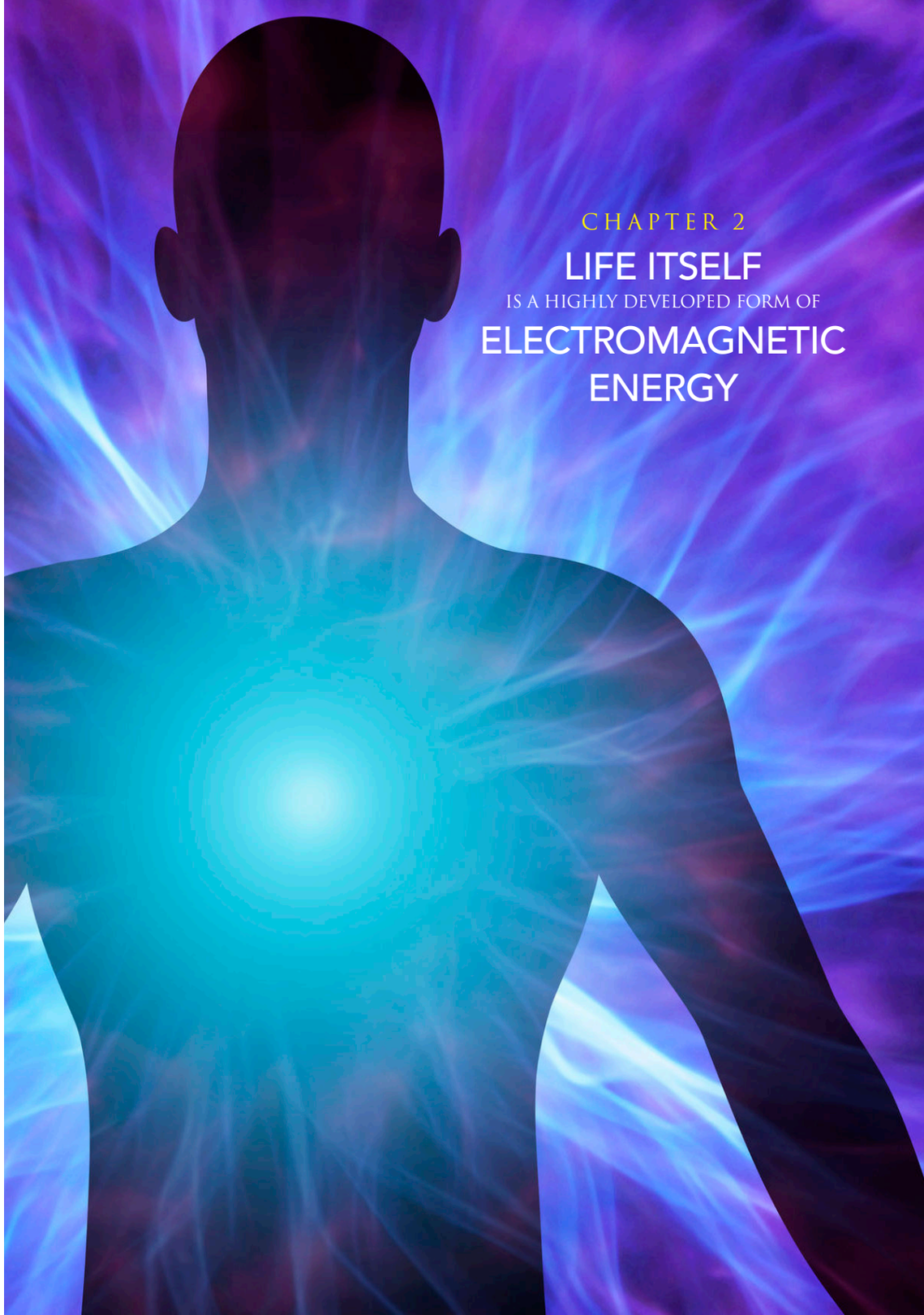
Our bio-energetic holographic body is a blueprint, a guiding template for the flow of information, energy and matter. As solid and static as the human body seems, it's really an interconnected flow of energy and information that's not as solid and constant as you might think.

Consider that Radioisotope studies have shown:
1. The skin you're sitting in is only about 4 weeks old
2. Your stomach lining is only about 5 days old
3. You get new rods and cones in the retina every 48 hours
4. Your liver is 5 months old
5. Your nervous system is 5 months old
6. 98% of the atoms in your body are replaced each year!
7. And you have a completely new body about every 7 years!

The cells in our bodies are constantly dividing, regenerating, and dying, but each cell's life cycle is different. The cells lining the stomach, because they're exposed to acid, replace themselves about every 5 days. Cells in the epidermis of the skin last at most 4 weeks. Red blood cells live for approximately four months in the body, while hepatocytes (liver cells) live about five months. These hardworking but disposable cells take a lot of punishment; they're easily manufactured and easily replaced. In fact, throughout the entire body, 10 to 20 billion cells die every day. Fortunately, 10 to 20 billion new ones are created (via mitosis, the dividing of cells) to maintain homeostasis. That's how dynamic your holographic body is! We flow more like a fountain than remain constant like a fixed statue.

Consider the fact that the average person eats around 2000 calories of food every day. We digest and assimilate the atoms and molecules of that food into what appears to be a relatively static non-changing form of your body.

If you think you are only your physical body, you certainly have a problem. Think of yourself as consciousness residing in a holographic field of energy and information, which then directs, guides and continuously rebuilds its physical form (remember our thoughts and beliefs can guide and change our genetic expression). THPOYB



CHAPTER 2

LIFE ITSELF
IS A HIGHLY DEVELOPED FORM OF
ELECTROMAGNETIC ENERGY

We know that all known forms of life, such as animals and humans, vibrate in the frequency range of 7 to 10 Hz. We believe that a random assembly of the required inorganic substances and the addition of the right amount of electromagnetic energy of the correct frequency, created the first form of protein. From there evolution took, and has over billions of years, created all life forms that are known today.

This theory assumes that living matter must have a higher energy level than the same combination of inorganic substances. As we have learned from the principle of conservation of energy, energy has to be added in the initial creation of life and it cannot be lost when that life dies. With the addition of energy to the correct combination of inorganic substances and the initiation of the first simple form of protein, a new form of energy has been created, and that is Life itself.

This form of energy is not only controlled by the relatively simple rules of physics and chemistry, which are known to us today, but also follows laws of nature that we are trying to discover in genetics and biochemistry. We can expect that the mega-molecular forms of protein, which are present in all known forms of life, have a much more complex and higher relationship to other mega-molecules, including those to which they pass on the energy form of life.

This requirement becomes clear if we investigate the definition of life: Life must have the ability to reproduce. This means it must be able to pass on the secret of accumulating the correct combination of inorganic substances and energise it into an organic mega molecule.

With all our knowledge of genetics, chemistry and physics, we still do not know the secrets of this process we cannot produce even the simplest form of life.

Life must have the ability to communicate, to receive signals from the environment and to respond to these signals. These signals are involved with the recognition of nutrients. The process of gathering these nutrients can be as simple as absorbing them from the warm waters of the ocean or as complex as recognizing and hunting prey that contains these nutrients. For the latter complicated process, life had to develop many different forms of sensors and develop high levels of intelligence.

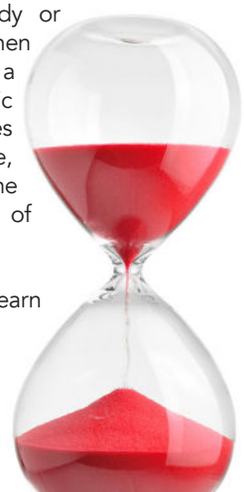
Life must have the ability to perform work. This applies to each single cell of any plant, animal, or human. We are shown how much work plant cells can perform, when the roots of a tree lift up heavy paving stones or break up tarmac and concrete. For some human cells, such as muscle cells or nerve cells are continuously pumping sodium out of the cell against a high diffusion pressure. The cells must, in order to survive, work hard to pump nutrients and waste

products into and out of the cells. This is an enormous task, and electromagnetic forces control all this work.

LIFE MEANS GROWING, AGING AND DEATH

Death is a sudden loss of energy.

When an organism dies, the energy of life must leave the organic substances. If we follow the scientific definition, that energy is the capacity of a body or system to do work, and then we have to classify life as a form of energy. If an organic substance dies and changes into an inorganic substance, then energy must leave the system. Such an escape of energy has been observed.



It was very surprising to learn that an electromagnetic process follows cell death. While dying, the cell emits a thousand times more light for a very short period of time. This process could be observed with every cell death, no matter what the cause – a natural death, or death by freezing, burning or poisoning. Plants that receive a deadly dose of the plant poison Heparin emitted large quantities of photons. The plant's cells were rapidly dying. When these plants were given antitoxin, the extreme emission stopped after a short time and the plant recovered.

This evidence has important implications, especially concerning the communication between cells, which appear to be different frequency between cancer cells and normal cells. Research of these communication frequencies could provide an early diagnosis or even cure of cancer.

The slow dying process of a multiple cell organism.

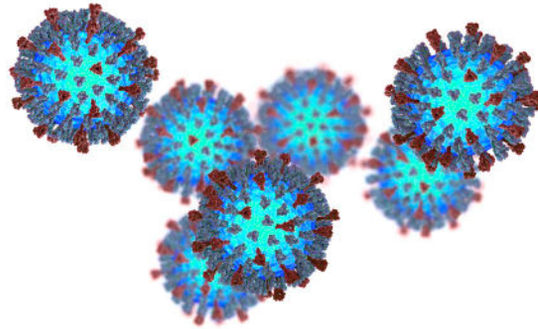
For a multiple cell organism it seems that the process of losing energy can go on for many decades. For human beings, it starts after the age of 20. The loss of energy is initially not noticeable; however it increasingly gains momentum, as we grow older. Just by looking at elderly people it is obvious they have a lot less energy than their grandchildren do. This progressive loss of energy can be easily measured using modern technology, which can indicate the extent of the loss and the fact that loss of energy can be delayed but not stopped.

Finally, over the years, the loss of energy accumulates to such a degree that body systems lack energy to maintain their very basic functions.

When the body loses a lot of specific energy quickly this results in a fast, but still gradual, dying of the body systems. The involved tissue send distress signals to the brain which we feel in the form of pain.

The energy lost following the death of an individual, can only logically be energy gained before, or during, the conception and growing up stage. This energy has already been recognized as electromagnetic energy. All living cells, which have a membrane potential of 40 to 70 mV, lose it when dying. We can expect the occurring loss of energy to be mainly or totally of electromagnetic nature, since the related loss of ions, the failure of oscillators and the communication systems of that organism are very likely to be electromagnetic in nature as well.

The dying individual loses energy, yet energy, as such, cannot be lost or totally disappear.



The dying organism just releases the electromagnetic energy that it has accumulated during a lifetime. If electromagnetic energy, which forms life, is set free after death and leaves the body of the individual, then it is also capable of taking information with it and transporting it.

Information is transported in form of electromagnetic oscillations, which are always specific and exactly defined. Could this information be the soul, leaving the dying body? Would this allow for the possibility of a wandering "soul"? Reflecting this way upon the electromagnetic fields during the dying process is a frightening idea for materialists and religious people alike, but it proposes a natural and scientific explanation of various beliefs.

Professor Robert O. Becker describes in his book "The Body Electric" how electromagnetic energy is the "spark of life". Is this the secret of the universe? Was electromagnetic energy really the igniting spark of all life? We can quite reasonably answer: it can only have been some form of electromagnetic energy.

Electromagnetic energy is the pre-cursor for all life.

All living organisms are able to receive, use and send electric and electromagnetic energy. This energy form is essential to all living organisms. This theory has led to a scientific revolution in our understanding of life. This revolution is still likely to continue with the image of the human being as one large and complicated chemical apparatus gradually disappearing.

Are we talking about the electromagnetic energies, which, according to ancient Chinese ideas, flow through the meridians of the organism, thus creating a balancing effect? Does this imply that the wheel of Chinese medicine and its philosophy turns full circle because of our understanding of the phenomena of electromagnetic energy in organisms? Electro-therapists, naturopaths and acupuncturists would now have a scientific basis for their daily work. This then begs the question: does a large amount of electromagnetic energy in the body mean vitality and health?

A new term has now been created – Energy Medicine. Most people are still relatively ignorant as to what it means. Of course that will change in time. Interestingly though, the theories of energy medicine agree with the 5,000 year old Chinese wisdom.

For those incorrigible sceptics, who still question whether electromagnetic rays and oscillations have an effect on humans and animals, we have described in the following chapters the numerous scientific studies and theories that validate these principles.

Electromagnetic energy is the elementary energy form on which all forms of life depend.

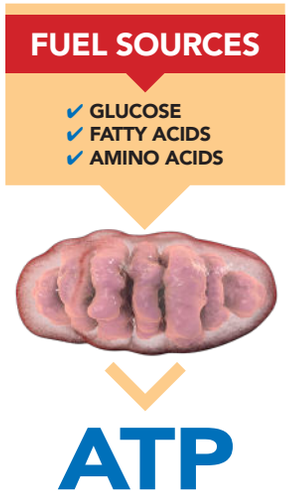
Energy is the capacity to do works: we need it for everything we do.

The human being, like all other organism, needs energy for its many different tasks and functions. Everything we do, like walking, standing, talking, etc is done by muscle movement. Vegetative functions, like breathing, blood circulation, digestion and even sleeping also require energy. Maintaining the communication and supply systems of individual cells uses the largest proportion of this energy.

Energy needed by the body is produced in the cells.

Every single cell in a human body is a fully functioning organism. Each is able to react to stimulation, change physically and chemically, and adjusts to the different bodily functions and to reproduce and grow. Just as a human body consists of organs, cells consists of different organs called cell organelles.

ATP – energy reservoir of the cells:



The mitochondria are the "power stations" of the cells. They convert the organic substances, like carbohydrates, fatty acids and amino acids into a form of energy that can be stored by the cell. All this happens during oxidation (a slow burning process) within the cell.

This form of energy storage works like a biological accumulator. The energy that is gained from oxidation is used to change the energy poor phosphate molecule, Adenosine Diphosphate (ADP), into the energy rich molecule, Adenosine Triphosphate (ATP), energetically charging the cell battery. Once energy is needed, ATP is changed back to ADP and the stored energy is released. Stored energy can be used, for example, in muscle movement or for the purpose of essential work carried out by potassium Sodium pumps. Contraction of muscle cells uses up energy, and the cell battery need to recharge again. Fast regeneration is important for the survival of the cell. Only cells rich in energy are capable of surviving.

The biochemical process of energy production closely interacts with electromagnetic processes to ensure communication and supply to cells.

Enzymes are transmitters of informative electromagnetic oscillations.

All processes in the cell are designed to occur at the body temperature, but normally, the body temperature is not high enough for organic substances to oxidise. The reason oxidation within the body occurs, despite low body temperature, is due to the abundance of different enzymes that are active throughout the body. The body compensates for the lack of necessary heat with enzymes. All enzymes are catalysts and they facilitate and speed up the energy production processes without changing their structure. Enzymes promote biological processes, thus conserving energy.

A common example of an enzymatic process is the brewing of beer. Yeast is an enzyme that is added to start the fermentation phase. The yeast itself is not used up and can be scooped off at the end of the brewing process.

The body builds its own enzymes from the so-called Co-Enzymes (Vitamin and different trace elements). Enzymes are essential to build bigger protein molecules. (A bricklayer cannot build larger structures without mortar.) Therefore, balanced and high quality nutrition is essential. Food rich in energy, like sugar and fat but without enzymes, is not much use to the body. It is only stored as body fat for possible future use.

Today, 3,000 different enzymes are known and they all have exactly defined tasks in the different body cells. They sometimes facilitate a process, or are directly involved in the process. Without enzymes, the body would not function. Their function is that of a purely electromagnetic informative nature. Enzymes like all chemical substances, have electromagnetic oscillations. Wherever these oscillations trigger resonance phenomena, the body's natural oscillations are enhanced. In this way enzymes speed up and stimulate the chemical reactions within the body at body temperature.

These electromagnetic forces play other important roles in providing energy to the cell. An increased cell-membrane oscillation increases the supply nutrients and oxygen to the cell and discharges waste, CO2 and water. These oscillations are the most important transport mechanism of the cell.

The organs and the tissue of the body are made up of more than 200 different cell types, resulting in the specialization of the cells in our body.

Every cell is surrounded by a cell membrane. The cell plasma (a watery solution) is inside the cell and consists of 55 to 70% water. Different protein molecules (16%), fats (13%), and carbohydrates (0.6%) float in this solution. Different salts consisting of various minerals

and trace elements, are also dissolved in the plasma. All substances, (except some of the oxygen and nitrogen), exist in the form of chemical compounds (these quoted percentages are only a guideline). The consistency of the plasma differs from cell type to cell type. The plasma of the brain cells for example has a much higher fat content and the highest cholesterol content of all human cells. This demonstrates the importance of cholesterol, which is considered a negative factor, becomes evident here.

Cell plasma holds special power of life. The content of plasma has been known for a long time, but how the plasma organizes itself is still unknown. At this stage it appears that nature will not yield its secret easily because each attempt to break down the plasma into its components in order to learn about how it operates causes the destruction of the living substance. So far it has not yet been possible to artificially produce living plasma.

Electrical conductivity is a significant and important property of plasma, enabling communication between cell organelles with the help of electrical and electromagnetic signals (action potentials). The electrical conductivity can also enable stimulation from one cell to another and therefore, from one part of the organism to another. It is of prime importance in nerve cells, which are obviously specialized in transferring stimulation. However, every cell in this world is capable of transmitting and receiving stimulation. This capacity of communication makes it possible for the billions of cells to live together.

Cells have an electrical charge, called cell membrane.

Every cell of the body can be compared with a normal battery used for electrical devices. The cell is positively charged at the outer wall and negatively charged inside. To build up this very important cell membrane potential, the cell uses approximately 50% of the energy stored in the cell ATP. Most nutrients are ions, which are molecules with a negative charge. These ions can be found inside and outside of the cell, in the plasma and in the extracellular mass (ECM). The concentration of ions in the cell is normally higher than outside in the ECM. According to the law of physics, all ions in a higher concentration ought to diffuse to the lower concentration area, that is, from the inside of the cell to the outside. But life does not always follow these simple laws of physics. It bends the laws, making use of electromagnetic energy like this: the nutrients have to enter the cell in order to produce energy despite the tendency for the ions to flow the other way. However, the cell can work against the ion concentration with the help of the electrical charge of the cell membrane. The natural electromagnetic action potential enforces the cell supply process.

Healthy, fully functional cells have an electrical charge of at least 40 millivolts (mV), cells of well-trained athletes having up to 230mV.

The cell membrane is only a fraction of millimeter thick, approximately 0.0003mm. If we relate the voltage of 40mV to the thickness of the cell membrane then this voltage is extremely high. If the membrane were 1mm thick, the voltage would be 2 million volts! These enormously strong electrical forces can facilitate a great deal of ion movement.

All cells that are poorly nourished and consequently have a low membrane potential of less than 30mV, will die unless they get help from outside. Poorly nourished, fatigued and worn out cells are not capable of living with cancer cells being an exemption. Even though the process of a cell dying occurs continuously within our body, it is preferable, even ideal, if the rate of dying is kept as low as possible. In the meantime, other cells, rich in energy, will divide, form new cells and fill the empty space.

The law of nature dictate that only the energy rich, healthy and fully functional cells are able to divide themselves and therefore reproduce. This applies to all beings. Only the healthiest and most resistant ones survive. (This notion, however, should not be applied as a philosophy to human relations if our society wishes to claim to be "human".

One possibility for the body to support its cells and to increase the membrane potential is the body's own action potential that is essential for life and for its survival. (There is another therapeutic alternative to support the supply of your cells, which will be discussed later.) Every muscle movement is started by an electrical and electromagnetic action potential, including the heart muscle. Each time we move, a current flows from the brain via the nerves to the muscle carrying information for the requested muscle movement and triggering the heart and other organs like the stomach and intestines, are electrically stimulated. The "command post" for involuntary muscles is not located in the brain but it is necessary to initiate the movement of involuntary muscles. However some people can manipulate this system with the power of the mind.

The measurement of the current that emanates from the heart is known as an electrocardiogram (ECG), and it can be measured in any part of our body, right down to the little toe. With the help of these recorded electric signals, doctors are able to deduce whether the heart is healthy or whether any changes have occurred which would indicate heart disease.

With every movement of the heart, a voltage of up to 0.0001V (1mV)is produced, which is surprisingly high. The heart is our most important and strongest muscle, and works continuously. Other muscles in our body only need a voltage of 0.1 to 0.5mV. While the nerves transport information and the muscles are busy working, currents and their electromagnetic fields, called nerves and muscle action potentials, are produced.

All bioelectric currents, just like every other electric current we are aware of, have an electromagnetic field. These action potentials are effective in the heart muscle itself and also throughout the whole body.

A few years ago, an American research team discovered that the electromagnetic field that is generated at each electrical discharge of the nerve endings, which affects all the other neighboring cells and which electrically switches on the genetic processes. The electromagnetic force is therefore part of a control system for the build-up of tissue. Genes stimulated by the electrical field switch on the production of protein.

Due to this stimulated protein production, the cells become larger. The cell stores more components that make up the mass of the cell. This is why people who regularly work their muscles with bodybuilding exercises attain larger muscles. These bodybuilding muscles are great for showing off on stage, but they are not overly useful for tough muscle work. During bodybuilding, the cellular substance of the muscles increases but the number of blood vessels necessary to supply these big muscles with blood do not. The enlarged muscles therefore eventually run into problems with nutrient supply via the blood. The distance of supplying capillaries to muscle cells increases and the pathway for transporting nutrients, together with the discharge of waste products, gets longer. Beyond a certain muscle size, the pathway gets too long to supply all the cells sufficiently. In other words, the strength of the big muscle is not related to its size but is also related to its blood supply.

The muscle stimulation is an electric and electromagnetic process.

Nerve fibres can transmit an electric stimulation message to all the hypertrophied muscle fibres

vis the nerve endings, though the current is not directly transmitted to every individual muscle cell. Many muscle help of the electromagnetic field, and this is a result of the electrical discharge at the end of the nerves.

This field stimulates all muscle fibres to contract within a wide area of the nerve endings. The electromagnetic field can penetrate all related muscle cells at the same time without any problems and also place the effective signal. Even muscle fibres, that are further away from the nerve endings, are reached. This is why they can function simultaneously, despite the distance between them. The electromagnetic field provides an electromagnetic stimulation, resulting in a better supply to the cells. At the same time, the cell membrane's potential increases.

Even external electromagnetic field, which carries signals similar to the body's own, can affect the cells in this particular way. They can enhance the action potentials of the cell and affect the cells positivity. Electromagnetic fields resulting from environmental stress can weaken the cells, as can happen with "magneto smog". Individual cells cannot differentiate between the signal coming from the body or an external source. This can be either a blessing or a curse for the cell, depending on the kind of oscillation energy that is brought to the cell, that is, physiological compatible or not.

Before we look at the physiological compatible form of energy stimulation that is beneficial to our health, let us review the relevant points:

Every movement uses up energy. The electric and electromagnetic body signals trigger important processes within the cells, building up new energy immediately and thus improving the energetic substance of cell and its performance.

The biological action potentials turn on processes within the cells that are responsible for the build-up of cell energy and cell mass.

A healthy organism as a result of the electric and electromagnetic impulses at the nerve endings and corresponding muscles cells normally produces electromagnetic force fields that are essential for the body during movement. Force fields occurring naturally in our environment also have a positive effect. Regular movement of muscles results in the build-up of energy in our body, which in turn increases the mass hence regeneration of functional systems not only of muscles but also of other body tissues.

Lack of movement always means a decrease in cell energy and therefore degeneration of the functions and performance of the tissue cells and consequently, the whole body.

A good example is a broken leg, which is immobilized for several weeks in a plaster cast. Once the cast is removed, the energy deficit of the muscle cells due to lack of movement, becomes evident. Because of the lack of action potentials, the tissue build up is insufficient. The leg is comparatively weaker and thinner than the other leg. All cells in the leg have degenerated. Regular exercise has the opposite effect.

The piezo-electric effect of the blood vessels.

Not only electric muscle stimulation but also many electric fields are formed in our body. The second strongest biological electric field (with the heart and other muscles being the first) is the field that is produced during every heartbeat, when the arteries expand and contract. The pumping of the heart creates a pulsating blood flow in all of our arteries.



With each surge of blood the artery wall will expand. They then contract during the next pause. Collagen and elastic fibres that enable the expansion and contraction of arteries have special electric properties.

All collagen and elastic fibres have piezo-electricity.

This means that with every expansion and contraction all fibres produce an electric current. This current can be measured.

The piezo-electric effect has been used in the technical world for many years. This principle is evident in a cigarette lighter. The lighter has a crystal with a piezo-electric effect. Under pressure, the crystal produces a current. From this, a spark is produced which then ignites the gas.

Nature has made use of the same effect throughout evolution. Human beings can learn from nature continually.

The heartbeat is the rhythm of life.

With every beat of the pulse, an electromagnetic field emanates from every single artery. This pulsating bioelectric field of the artery, once it occurs frequently and intensely, stimulates small ring muscles in our small arteries, the arterioles, which connect to the working muscles. The more this occurs, the more frequently action potentials are sent out from the active muscle. The active muscle is therefore able to influence the much-needed blood via the electromagnetic field. In other words, when the heart beats faster, the arteries open up and they close up when the heart beats more slowly. When our muscles do a lot of work, the heart starts to beat faster and pump more blood, the size of the arteries increases and the volume of the blood flowing to hard working muscles increases, thus ensuring that more food is supplied to them.

This electromagnetic control system of the organism ensures that muscles, which work hard, get the majority nutrients. This is the law of nature and the same rule says that systems, which do not require nutrients at the time of high muscle performance, do not have priority to be supplied with nutrients. For prehistoric Homo sapiens, danger meant fight or flight (run) and in both cases muscles were required to perform to their optimum.

When stressed, the body releases adrenaline, which closes certain arteries and opens up others. Adrenalin does this effectively in the digestive system and other temporarily less important organs in the body, but at the same time, the increased electromagnetic impulses from the heart widen the arteries in the muscles which need more blood flow at the same time.

Thus the bioelectrical and biochemical control devices of the body cooperate to provide the optimum result.

The blood circulation keeps the body alive and nourished in more than one way.

Physics defines an electric current as the movement of electrically charged particles, therefore all ions and electrons, which move around the body are an electric current. Oxygen, nutrients and metabolic waste products also have an electrical charge. The circulating blood is, therefore, not only the supply of nutrient to the biochemical process of life, but also a bioelectric control circuit. Every electric current has an electromagnetic field. The flowing of blood has an electromagnetic field also which contributes enormously to the aura of the body.

This electromagnetic field also helps to maintain the electric stimulus (micro vibration of muscle cell) of the body during periods of rest and immobility, assisting in the regeneration of body cells. It is this field that ensures that the muscle of a paralysed leg or an arm, which is immobilized by plastering after a fracture, does not completely deteriorate.

Oxygen transport by the blood is an electromagnetic process.

The red particles of the blood transport the oxygen from the lungs to the tissue and return with the carbon dioxide. Red blood cells are rich in haemoglobin. If there is a high concentration of oxygen, as is the case in the lungs, haemoglobin forms a loose bond with oxygen.

The oxygen stays attached to the red blood cells until it reaches the tissue. There it finds a low concentration of oxygen and the bond of the oxygen to the haemoglobin is broken. The more highly concentrated carbon dioxide attaches itself to the haemoglobin instead, and is transported back to the lungs.

Haemoglobin is a mega-molecule. It consists of a heme ring to which 600 different amino acids are attached. In the centre of this structure is a single iron atom. The haemoglobin is only effective in the transport of oxygen if this single iron atom has a certain electrical charge. It must have 2 electrons in its outer ring. If it has three electrons, then we have Met-haemoglobin with insufficient oxygen transport. A tiny change of the electrical potential of a single atom of a large molecular structure has catastrophic consequences on the life of a person.

Normal air consists of one fifth oxygen and carbon dioxide. Carbon monoxide is poisonous to human. Carbon monoxide is a much smaller molecule and attaches itself to the haemoglobin so strongly that it is released in neither tissue nor lung. If there is too much carbon monoxide in the air and eventually in the blood, then it blocks so much haemoglobin from transporting oxygen and carbon dioxide, that the body is starved of oxygen. Thus the person suffocates internally at the cell membrane level simply due to stronger attachment of carbon monoxide to the red blood cells. Again, it is the electrical potential of a small molecule that is critical to life.

These examples demonstrate that it is electromagnetic values, which control the biochemical processes of the body. Chemistry is simply a faculty of physics and the rules of physics are governed by nuclear physics, which is based on the electrical and electromagnetic potential of atoms, protons, electrons and quanta.

In conclusion, we demonstrate the importance of electromagnetic fields on a very popular subject – Free radicals.

Free radicals are atoms or molecules, which have one or two unpaired electrons in the outer electron orbit. Such unpaired electrons can produce aggressive quanta. They bombard surrounding molecules. They can also hijack the hydrogen core (either proton or H-ion) of hormones and enzymes. This again changes the large quantities, a deficiency of enzymes and hormones develops. This can be rather dangerous for the organism since the enzymes and hormones are essential to the metabolic energy production and lack of energy leads to degenerative diseases developing.

Free radicals are like the underground fighters in guerrillas warfare, hitting at the important supply and control centres of the biological cell-state. The weapons against these "guerilla fighters" are vitamins and trace elements, the essential building blocks of hormones and enzymes. Of particular importance are Vitamin C and E, carotene and the trace element selenium. Little selenium is found in our processed food, making food supplements essential if people mostly consume processed food. Even cholesterol, which is blamed for many problems of the human body, is an important anti guerrilla fighter of free radical. Power Recharge therapy using pulsating energy resonance therapy can assist by increasing the absorption rate of vitamins and trace elements. THPOYB



CHAPTER 3

ENERGY EQUALS VITALITY AND HEALTH

// Disease is the result of lack of energy in functional systems of the Human Body //



Energy equals vitality and health.

A human organism is made up of many trillions of living cells. Like the population of a state, every cell is a separate citizen, but can only survive in symbiosis with all the other members of the entity. This cell state can only function well when the majority of cells fulfil their tasks. For this, the cells need energy that, as previously described, is produced by a corporation of biochemical and bio-electrical processes and stored in the form of ATP in the cells.

ATP can, like energy stored in a battery, be used to fulfil a range of tasks in the organism when required. A large amount of the energy is used for the maintenance of the communication, transport, supply and disposal systems. The comparison with a state is apt, as a great part of the state's budget is also used for the same purposes. The cells also need support from the infrastructure of the entire cell state, especially when individual citizens are having problems, that is, when they have been injured or fatigued. Then the single cell in a tissue or organ is no longer able to fulfil its tasks. The entire organism supports the sick system and selfhealing processes are initiated. There are a variety of such processes, as in a state, but they can all only be successful if the cell state can mobilise sufficient energy (in the case of the citizen state this is symbolized by money.)

More than 5000 years ago, the Chinese recognized that illness is a sign of energy deficiency in the organism.

It is not the disease that makes you feel tired and listless. It is the other way around. A lack of energy is the harbinger and the cause of every disease. The organism does not have enough energy to initiate its self-healing processes. A lack of energy can occur for many reasons, for example, lack of exercise, insufficient nutrition, pollutants in the air and food, acidity due to interference and risk factors such as too much stress, drugs and medication, as well as radiation caused by unnatural energy fields. Often, many of these causes can affect the body at the same time, but each individual cause is so important that we have devoted a separate paragraph to each. Less energy can be regenerated and stored with increasing age. The result of a chronic lack of energy is not only a progressively worsening disease but also weakened regenerative powers (healing) and a weakened defence system. The risk of contracting diseases is increased significantly.

Energy deficiency is often not recognized for many years.

Pathological changes in energy can occur at all levels. The living organism (cell state) always tries to adapt to the external and internal conditions as much as possible. Therefore, for a long time overall functionality can be maintained despite isolated internal disturbances. The body can activate many different balancing and regulating processes before a particular system breaks down. We can illustrate this by using the example of the blood supply to the heart. After a heart attack, that is after the blockage of the coronary artery, which supplies blood to the heart tissues, accompanying vessels can take over the supply of blood to the heart to a certain extent. The backup mechanism limits the damage to the functionality of the heart muscle. If a person does not listen to the warning signs, this slowly progressing, dangerous condition often goes unnoticed. Often, even a number of small heart attacks are not noticed.

A dynamic, self-regulating system is the result of internal processes that balance energy between the different parts of the organisms.

According to traditional Chinese teachings, this balance of energy occurs continuously in a 24hour rhythm along the body's meridians. Systems that are rich in energy always support the systems that have energy deficiency. Thus, through these processes, energy is always channeled to the system that is most active during certain times. The organism constantly function at an optimal level.

Each of the 12 symmetrical meridians, which represent energy exchange systems, include functional systems such as lung, large intestines, stomach, spleen-pancreas, heart, small intestines, bladder, kidneys, pericardium (blood circulation), triple energizer, gallbladder and liver.

Science and High tech gradually find proof and confirmation for the principles of Chinese Medicine.

Western Scientific Medicine has for a long time shunned Chinese Medicine. The Medical Associations of many countries did forbid their doctors to practice acupuncture, which was placed into the same category as witchcraft. Sometimes spectacular positive results were attributed to the placebo effect. The existence and nature of Meridians was not scientifically explained and science tends to believe, that anything that cannot be explained does not exist. However, in the 1950's, several teams of scientist found independently to each other but at the same time a surprising effect. These scientists were Dr R. Voll of Germany, J.P. Niboyet in France, J.Nakatani in Japan and A.K. Podschibjanin / W.G. Wogralik in Russia.

All and any of the Chinese acupuncture points have different electro-dermal activity than the surrounding body surface.

What this means in simple words is, acupuncture points have clearly differing electric properties to the skin just millimetres away. For the first time a scientific distinguishable and recordable proof was

established for the existence of acupuncture points. This did not yet make much impression on Western Scientific Medicine, since the nature and scientific explanation of Meridians was not yet confirmed.

In the 1960's and 1970's, several teams of scientist established with limited funds, that the electric resistance of these acupuncture points is related to the health conditions of people. From this the electro puncture points is related to health conditions of people. From this the Electro puncture (meaning electric acupuncture) Therapy and the Electro puncture Diagnostic according to Dr Voll (German scientist) were developed. Both are based on the principle that HYPERFUNCTION (activation) 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.

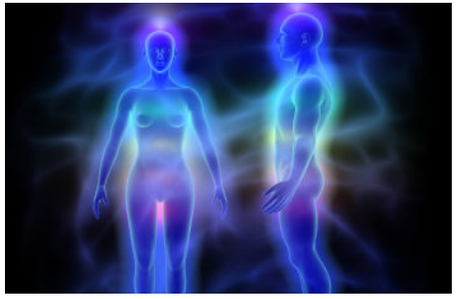
These scientific discoveries provided proof for the theories of Chinese Medicine. The nature and existence of Meridians was however still not sufficiently confirmed.

What is the nature of Meridians?

The Russians have of course tried to determine the exact nature of the Meridians. A scientific paper of Dr. Sagrjadski explains Meridians as an accumulation of small vessels. Capillary and other vegetative systems, which influence somatic Mechanoreceptors and free nerve endings. Meridians and how they work had at that time not been fully researched, but there was no doubt at all that they existed. They seemed to be the remains of an evolutionary (phylogenetic) very ancient communication and support system, which existed well before the brain and the nerve system of an organism started to control most of the body's functions. The individual organs of the organism are using the Meridian system to stay in touch with each other and with the outside world. It is reasonable to believe, that in our complex and highly organized organism an important organ such as the digestive system would maintain some form of direct communication and support with other important organs, on which it dependents for functioning.

Medec has learned from the experiences of Dr. Voll and Dr. Sagrjadski and has returned to the principles of Chinese Medicine.

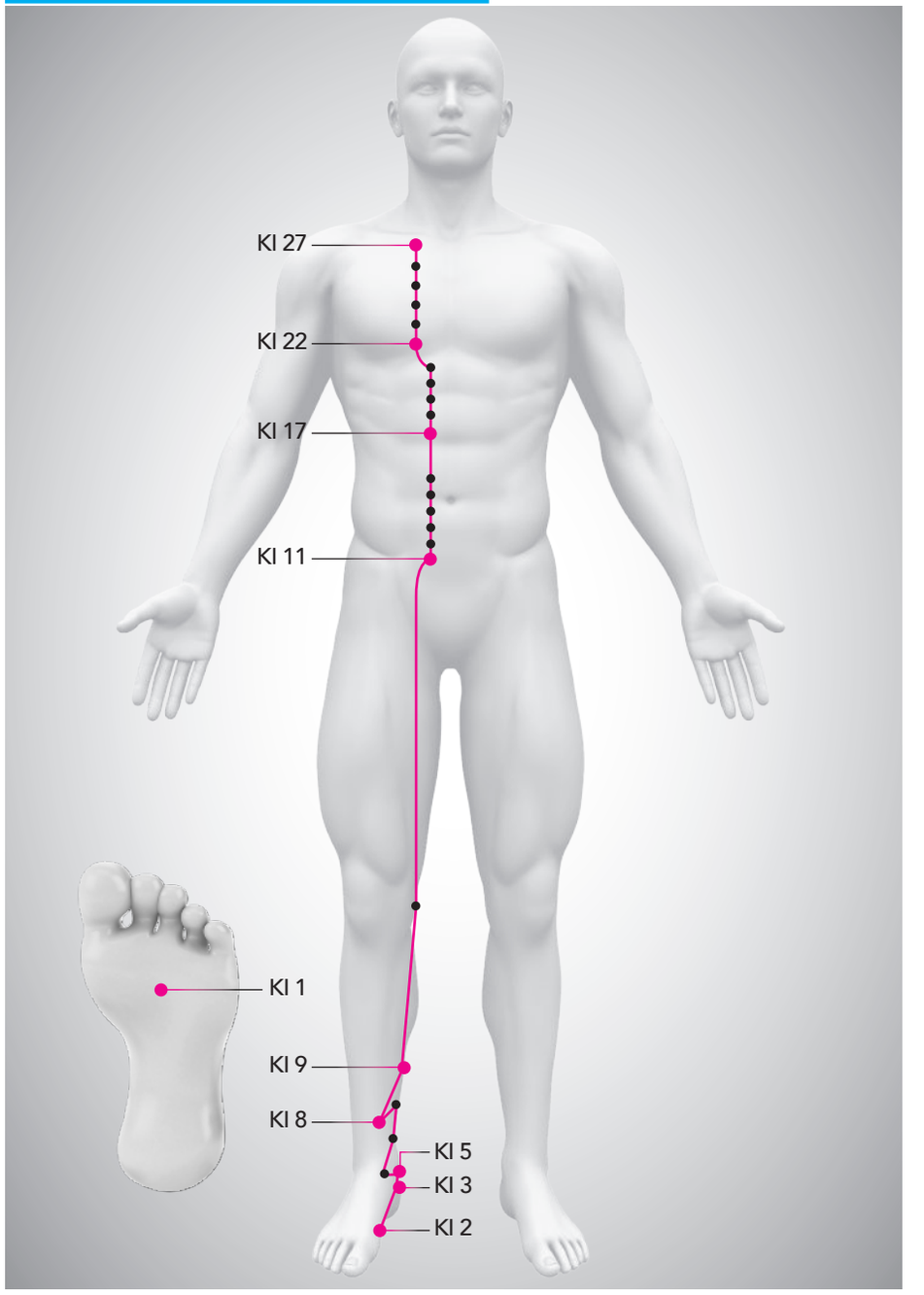
In 2000 the Australian company Medec started a research and development project that combines the experiences of electro-acupuncture and traditional Chinese Medicine. Medec enlisted the services of Dr. Roland Heber, a German trained medical doctor who is also a Master of Chinese Medicine to develop a holistic approach to early diagnosis and intervention – called the Medec Biograph. The Biograph shows the energy deficiency of people in a number of diagrams.

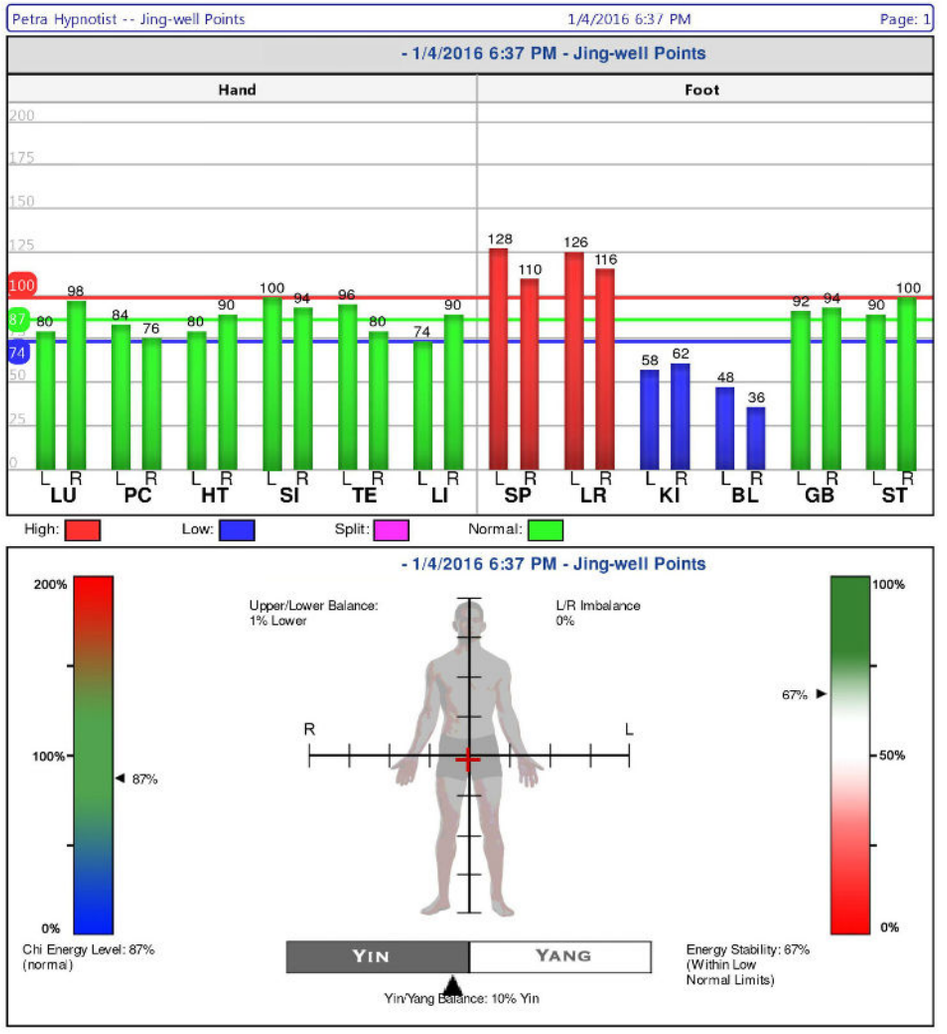


The Biograph enables a doctor, therapist or health centre via a computer database to:

1. Long term monitoring of the energetic disturbances of a person
2. Early diagnostic of energetic disturbances of a person that can lead to functional problems and disease.
3. Recommendation of holistic preventative methods to maintain health.
4. An ongoing control of intervention and the success of a therapy.

THE KIDNEY CHANNEL OF FOOT SHAO YIN 27 POINTS





Energia is using Acugraph energy analysis as a diagnostic tool to measure the energy level of the 12 meridian points from 10 fingers and 10 toes. The diagnosis is simple and easy to carry out and gives a result that is equal or better than any other systems presently available to doctors and therapists.

The Acugraph impresses by its ease of use and by clear graphical diagnostic information. A measurement only takes 5 to 10 minutes.

The measurements are reproducible. Several measurements can be done on a single patient within a day. Using measuring pen, the therapist or nurse measures the endpoints on all fingers and toes. A number of graphs show the energetic makeup and relationship of various meridians to each other.

The diagram compares the energy levels of two measurements. This can be within minutes before and after a therapy or with years in between. This diagram allows an effective therapy control.

Finally a full scientific explanation of the nature of Meridians is found.

Many electric currents are continuously flowing in the human body. They can be bound to conductive circuits (nerves) or can be freely flowing in the body, as can be seen by the ELECTROCARDIOGRAM (ECG).

The movement apparatus consisting of skeleton and muscles which is the largest part of the body mass is bad conductor. Muscles are covered by Fascines, wrapped like a Faraday's cage and are therefore void from the free flowing currents. The basic body substance such as the connective tissue (Mesenchym) is however a very good conductor.

Thus the intra-muscular Interstice offers only a small electrical resistance, which leads to the fact that it represents conductive circuits, because electric currents select the way of the lowest resistance. In an anatomical view, the meridians (spaces in between muscles) can be imagined like Canyons or Fjords. The meridians are thus not lines, but the surface projections of deeper body structures.

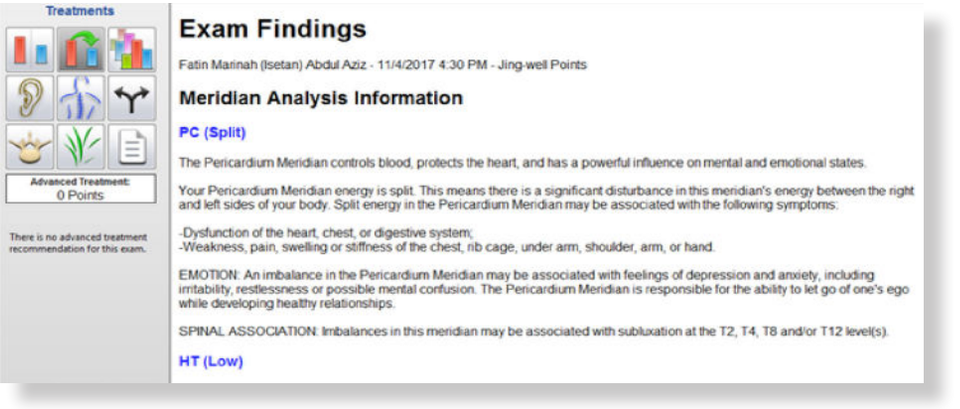
Western Scientific Medicine did not assign any special functions or importance to this



"filling fabric" of the body. It is an omnipotent fabric, responsible for a multiplicity of supply – organization and derivative functions. In addition it contains many different cell types. In widening parts of the columns they are present in particularly large varieties. Close to the surface of the skin these structures include an accumulation of small blood vessels and nerve endings. The Chinese call these places Acupuncture points, which translates into English as wells – and in fact they contain more lymphatic fluids than the surrounding environment.

The anatomical accumulation of a variety of cells causes increased reactions, a readiness to trigger, which is able to be registered as locally decreased skin resistance (the crucial factor is however not the skin surface, but the hypodermis).

Any energy flow (electric currents) carries information without which the body cannot exist. Since electric currents are directional, the meridians exhibit a directional quality;



with raised arms the electric currents flows upward in "Yang meridians" and downwards in Yin meridians."

To ensure electric currents flow without congestion, the beginnings and termination points of the meridians must be elastically linked. In these termination ranges (ie around the nails) little connective tissue is present, the linkages are therefore made by Spinal nerves that are also terminated and connected in these areas. Meridians endpoints can thus also be seen as nerve termination points.

On the basis of these electrical – Chinese – Ions characteristics, the body has created an organizational structure, which functions holographically. It contains control functions of the heart and blood circulation (ECG), of the brain – (EEG), the muscles and movement apparatus (EMG) and spinal nerves – the nervous system (ENG). The Meridian Diagnostic system therefore includes a number of different diagnostic systems.

The number of interconnected areas opened in between muscle columns is larger than the meridians (there are 20 fingers and toes) with 361 points. Therefore there are further Meridian systems: Governor vessel, conception vessels and special meridians, altogether there are over 1,400 further points. In many places the meridians lie close to the skin surface and form sensors (acupuncture points) there. In this way, internal systems are in close contact with the environment. These sensor points, which are 3 to 5mm in diameter, are called acupuncture points. The energy exchange and circulation system only fails when the organism suffers from a substantial overall energy deficit or when there are so-called energy blockages. In such cases, the isolated, energy-deficient system is not or insufficient supported. A permanent energy deficiency manifests itself as a slowing down, even stopping, of the function of the affected organ system. Eventually, we recognize this as a disease.

Yin and Yang – the five elements.

According to the teachings of Chinese acupuncture, the meridians are subject to the rules of Yin and Yang and the five elements. In Chinese medicine, Yin and Yang represent the two opposing basic forces of the universe, which show themselves in all natural phenomena and also in the human organism. Yin represents the night, the water, the valley. Yang stands for the sun, the day, the fire and the mountain.

The five elements, wood, fire, earth, metal and water, are shown as responsible, for the formation and expending of energy in a continuous cycle. The life energy "Qi" is created, according to these rules, within the organism and flows through these meridians, driven by the biological clock in a similar way to the tides. The amount of energy in each meridian varies – there are times of minimum energy and times of maximum energy. These rhythms are the reason that some complaints always recur at the same time of day.

The organism continually tries to establish an equal distribution of energy and thus reach an energetic balance. This is the balance of Yin and Yang, right and left, top and bottom.

Furthermore, each meridian connects to another as a pair and there is an internal energy exchange between the paired meridians. Sets of four meridians are connected to an energy circuit, so the 12 meridians are connected into three energy circuits. The meridians run through the inner body, but in many places, they come very close to the skin's surface, up to 2-3mm.

These acupuncture points are points of exchange between the meridians and the outer environment. ΤΗΡΟΥΒ



CHAPTER 4

IS AGEING A DISEASE?

Energy – a source of life and measure of health



Is the process of ageing a disease?

This question can be answered with a definite "no", but only a few people maintain good health until old age. As we age, most of us develop more and more physiological problems commonly known as diseases. Ageing itself is not a disease. Instead, it is an increasing loss both of the ability to optimize the energy of those cells and therefore the ability to regenerate cells. How does it happen?

Every human develops from one single cell resulting from two cells, which would not have been able to survive alone. The "blue prints" for the entire human organism are contained in the chromosomes – complicated, spiral structures in the nucleus of each cell. Cells multiply according to these "blue prints": one cell dividing to become two, two dividing into four, four becoming eight, and so on.

The division process happens very fast. Continuous cell division in the first twenty years of life means that a fully-grown with an optimal energy potential can consists of up to one hundred trillion (100,000, 000, 000,000) cells. However cells die constantly, due to fatigue, injury, they are destroyed by viruses, bacteria, and free radicals radiation and for many other reasons. Only energy-rich cells have full functionality and can divide. Most energy poor cells cannot divide and therefore die off. Even if these energy poor cells do happen to divide, the organism recognizes them as a social, and the immune system destroys them. Dying cells are constantly replaced. This process of division and destroys them. Dying cells are constantly replaced. This process of division and selection ensures a continuous regenerative process of cell division occurs about one million times per second in a healthy organism.

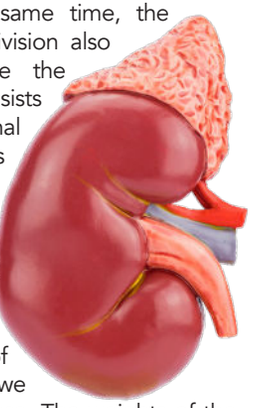
Disease is caused by a sudden decrease in the energy of the functional systems.

Above-mentioned risk factors influence the energy production in the cells, thus affecting cell division. From a human's age of twenty onwards, genetic, environmental and personally influenced risk factors start to manifest an effect on the cells. The result is an increasing lack of cellular energy. Because energy-deficient cells do not regenerate well, tissues, organs and functional system systems become increasingly poor in energy, resulting in a loss of functionality. This loss can continue until eventually the total functionality of the body is seriously affected. Only then do we recognize this condition as a disease.

Initially, humans do not notice the slow, slow decade-spanning degeneration (aging) of the body. Even the first signs of a functional impairment of one system are often overlooked. The human organism has many control circuits which can compensate for a lack of function in a single system for quite a while, despite its degeneration, and in doing so can can preserve functionality of the whole system. The collaboration, or mutual help, of the cells in the organism works so well, that the increasing deficit in energy is not noticed for many decades.

But, the energy of the human organism does decrease with increasing age. A person at the age of forty often only has about eighty per cent of the energy of a twenty year old. At sixty this can have fallen to sixty per cent and at seventy-five, to fifty per cent. This often reflects a lack of energy in specific organs, which have a genetic weakness or are affected most by risk factors. The lack of energy in the cells of a single system, organ or regulatory circuit, is the reason for the lack of functionality of the system. Usually, the inner organs, such as the liver and the kidneys, are the weak points. We can already see this macroscopically when we look at the changes in the weight of the organs of an older human.

We assume that the functionality of the organ systems of a twenty year-old is fully intact and thus gives it a stored energy value of one hundred percent. In male, this represents approximated 1100W of total Biological Energy. We represent this stored energy by measuring cell mass, that is the weight of the organs. If the cell store less energy, they shrink and the cell mass decreases. At the same time, the degenerative cell division also decreases, therefore the organ system consists of fewer functional cells and becomes smaller and lighter. If we compare the weight of the different organs of a seventy year old person with that of the organs of a twenty year old, we see a distinct decrease. The weights of the kidney and the liver reduce to about sixty-four per cent of its earlier size. Presumably, such a reduction in weight implies an effect on the functionality of the organ. The blood flow through the liver decreases to fifty per cent and the blood volume pumped out of the heart decreases to sixty-five percent.

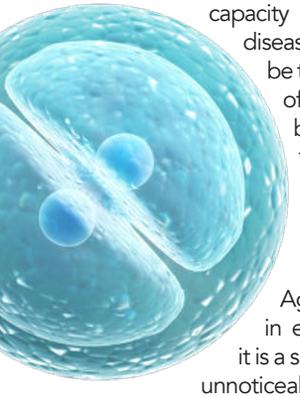


Outer signs of the decreasing energy in the cell systems are the decrease of the body size and the shrinkage of the spine; reduced hearing and sight; losses in the senses of smell and taste; reduced tissue elasticity and greying hair. We already notice many of these changes at forty. The most obvious mark of degeneration of the organism is the skin, a mirror of the entire condition of the body. Degeneration can also be measured by the decrease in work capacity, using a fitness test with an Electrocardiogram (ECG). Many other factors, even the decrease

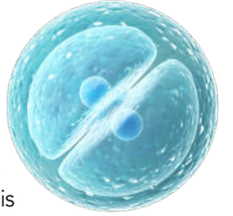
in bone density, can be measured very precisely as well.

Recent research indicates that the loss of tissue and bone cells is mainly caused by a decrease absorption of calcium into the cells. This leads to the loss of muscular tissue, and bone lose substance, become brittle and break more easily. As well, cartilage thickens and joints become stiff. With decreasing energy and the associated decreasing regenerative potential, the resistance towards sudden stresses from outside decreases and the risk of disease increases. The risk of disease is larger when the energy potential falls below 70 percent and is acute when below 40 percent.

The understanding from this knowledge is that human have within their control the capacity to decrease the risk of disease significantly. This can be the case at forty-five years of age or even at ninety, but obviously, the earlier that preventive measures are undertaken, the better – it is never too late to start.



Ageing is a normal process in everyone's life. Normally, it is a slow, step-by-step, almost unnoticeable process. Remember that the entire body arises from one single cell dividing continually, producing new cells to replace fatigued and dysfunctional ones. For example, a red blood cell lives for only one hundred and twenty days before it is replaced. The liver also replaces its cells continually. Only the nerve cells live as long as the individual person. At any one time, millions of cell divisions are occurring in the body and during every cell division, the chromosomes in the cell's nucleus, which carry our genetic information, are first duplicated then shared out into the two new cells. Under normal circumstances, billions of times over, each of the two new cells should receive the same genetic information the original cell contained. But it is nearly decades. Mistakes do occur, the immune system normally recognized the imperfect cells and they can usually be compensated for, or corrected, immediately. Conversely, as the body's energy continues to decrease, the system fails to make complete correction of mistakes in cell divisions may cause a further decrease in energy of the affected organs. Both problems will influence and exacerbate the other, ultimately decreasing energy potential and increasing imperfect cell divisions, resulting firstly cells also means an increased risk of them going unnoticed which increases the risk of cancer.



A good example with which to clarify the implications of energy loss is to imagine two mirrors hanging on opposite walls. Theoretically, someone standing between them should be reflected in them an infinite number of times, but that does not happen in practice. The first five reflections are clear and bright then further reflections become darker and lose focus.

Finally, the reflections end in darkness. The energy of the light is used up, swallowed by "quantum catchers". In the same way, a sudden, fast drop in body energy is often the consequence of a suddenly decreased capacity of the organism to adapt to changing environmental conditions. It can be regenerated, quickly, if the body adapts to the changed environment. In this case, the body does become ill, but regains health fairly soon.

Evidently then, a long and healthy life is not only determined by the choice of the right forebears. Continuous degeneration with increasing age is only partially dictated by generic makeup. A healthy lifestyle and a positive attitude improve the energy potential and, therefore, the constantly required regeneration of the body's cells.



Measuring energy levels are not the objective of western medicine.

Scientific western medical practice, with all its excellent qualities, cannot improve energy levels in the organism. It is, at best, a repair service, which corrects the disturbances of functions of the biochemical processes with the use of drugs (chemicals). If that is not sufficient, the undisputedly excellent, highly specialized, practice of surgery is employed for comprehensive repairs and spare parts replacement. In effect, surgery corrects by the use of the knife, but this strategy does not improve the energy potential of the person, nor is their selfhealing potential activated. Too often, health and quality of life are not improved but only years of drawn out illnesses are added. Some people would actually prefer to die than being kept alive by artificial means.

An energy-rich organism, on the other hand, is more resistant towards damaging external influences and has the use of diverse defence systems. Only the creation of new cell duplicates, the "inner doctor" can heal, if activated in time with early preventative methods. This should be started as early as possible in life, though it is never too late to start. Even after a severe disease, the main task of every patient is to improve vitality with a healthy lifestyle and sufficient exercise.

Too many people – doctors included – erroneously define health as the lack of disease.

The World Health Organisation is closer to the mark when it defines health as total physical, mental and social well-being and not just as the lack of disease and ailments. Health is a feeling of well-being, vitality and energy. Health is characterized by a strong immune system it shows a high level of resistance against infectious agents and against environmental hazards. A healthy person also has strong recuperative powers.



In short, health is what we all feel as twenty to thirty year old active people. Scientists researching the process of ageing say that humans have the genetic potential to reach one hundred and thirty to one hundred and fifty years of age in good health. Health should accompany a person into old age. Only then can old age be enjoyable and not a burden. Hippocrates, Greek physician and father of modern medicine who lived from 460 to 375 BC summed it up when he said:

Disease do not attack us out of the blue. They develop from daily sins against nature. When these have accumulated, they suddenly break out.

Doctors and philosophers have known for thousands of years that people are mainly responsible for their own health. Our modern social system gives citizens the feeling that the state, health insurance companies and doctors are responsible for their health. Critical factors such as prevention and active relaxation are simply neglected by health policy makers. But we can do so much to develop and maintain our own health. Consider, for example what the causes of premature ageing and ailments are:

1. Lack of physical exercise
2. Artificial and processed nutrition
Lack of mental relaxation
3. Unnatural radiation environment
4. Risk factors such as stress
5. Pollutants and drugs

Risk factors caused by civilization are on the increase.

The challenge today is to work on the preservation of our health and working potential in the face of increased risk factors beyond our control. Good nutrition, sufficient exercise and a healthy environment are each adult's personal responsibility. No one else, no doctor or health department, can take on



that responsibility effectively. The only way to live a longer and healthier life is to stop everything that will make life shorter.

We no longer get as much exercise as we need to. Our ancient forebears had to invest many hours of exercise in getting food. Consequently our body has been designed by evolution to be able to do this. Today the reverse is true and scarcely anyone even walks to a shop. When science found that the electromagnetic forces created by the activity of the nerve and muscle fibres and by blood vessels as a result of physical movement played an important role in regenerative processes for up to 48 hours, they opened our eyes to the importance of exercise. Now, because we no longer get as much exercise as we used to, we need to replace this exercise so that theses electromagnetic forces created by exercise can "switch on" certain genes in the cells to induce the production of proteins. If we do not exercise, muscle contractions are rare and as a result, little energy will be built up in the cells. Consider the example of the broken leg that is completely immobilized by a plaster cast and cannot be moved. This immobilization inhibits blood circulation and muscle movement – a combination that results in fewer electric action potentials and so the muscle mass decreases. This principle applies to every single cell in the body.

Alternative supportive measures are welcome.

A lack of natural opportunities for exercise can be compensated for, to a certain degree, by modern methods. Scientists were able to measure the natural force fields of the body and to exploit these, using modern technology to imitate electrical fields. This is where Pulsating Energy Resonance Therapy (PERT) or Power Recharge Therapy assists. We know that reduced cellular metabolism can be improved a lot by exercise, but the PERT method is also especially useful to accelerate cellular metabolism and improve calcium intake of the cells. The PERT system induces and amplifies force fields where low



energy cells, tissues and organs and control circuits show up functional deficits.

Cells and organs can be "restored" and the collective synergistic control circuits can be reorganized. As a result, the entire functional organism is improved. Thus PERT can compensate somewhat for the lack of exercise in modern existence.

When used regularly, these methods offer ideal support of health preservation. Their use is easy and totally automated and is suitable for the whole family if used as a preventive measure.

However, Power Recharge Therapy can also be used to help the restoration of health.

Cells need nutrients and oxygen to build up energy stores.

Nutrition, which is overly rich in energy-boosting substances, like fatty acids, carbohydrates and protein, is very poor in the vital substances. Many people eat the wrong things – too much sugar and fat – and too few vital substances. Thanks to fruits and vegetables either grown in hothouses or preserved in cold storage, we believe that we get sufficient vitamins the whole year through, but that is a misconception. Plants that are grown on "hydro" and have never seen a crumb of earth cannot give us the vitamins we need, and vitamin diminish in cold storage. Some apples are stored for several years before they are sold on the market.

Industrially processed food also contains poor enzymes, minerals and trace elements. Everything that we can buy in supermarkets, is pre-cooked, pasteurised, or preserved in some other way. The prepared meals are either too sweet or too savoury and therefore unnatural and low in vitamins. Sugar, present in such high amounts in food, can become toxic to cells.

Industrial food cannot provide a nutritious diet. Good nutritional supplements, taken daily with one to two teaspoons of milk or water, can improve the energy status significantly. Together with PERT, an improved diet will lead to better health of the entire organism. THPOYB



CHAPTER 5

POWER RECHARGE THERAPY

"Energy resonance therapy. A traditional complementary therapy has turned into modern hi-tech medicine!"



Power Recharge Therapy, the whole body battery charger.

You can think of Power Recharge Therapy as a "whole body battery recharger". By using a Power Recharge Therapy just 2 times a day for 20 minutes you recharge your 100 trillion cells, improving ATP production, increasing oxygenation, enhancing circulation, promoting hydration, facilitating detoxification, & gaining a better overall absorption of nutrients. It's like putting little "tiny jumper cables" on all your cells and "jump-starting" them back to health.

Power Recharge Therapy is a natural remedy.

Nature is far superior to doctors in the recognition and healing of diseases. Doctors may administer the therapy, but in the end it is always nature that does the healing. Nature has acquired this ability in the course of the evolution of life in the battle for survival.

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 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".

The natural pulsating magnetic energies penetrate throughout your entire body. One of the benefits of Power Recharge Therapy is that the magnetic fields effortlessly pass through all your tissues and cells for deep healing, giving your body more energy & vitality.

Our fast-paced lives are becoming ever more demanding and complicated. For many it is only a matter of time before the signs of fatigue, pressure and stress begin to take their toll.

Prescription and illicit drug use for depression, anxiety and insomnia are at an all-time high. At Energia, we have an innovative and powerful alternative: the Light & Sound Therapy.

The integrated Light & Sound Relaxation Therapy, can best be described as a "spa for your brain." It works seamlessly with Power Recharge therapy to melt away stress, improve oxygen circulation to your brain, and deepen your ability to enjoy relaxation, restorative sleep and to naturally improve emotional balance without drugs or side effects.

Used regularly in conjunction with the Power Recharge Therapy, the Light & Sound Therapy is the perfect antidote for a modern culture that incessantly bombards us with more and more, faster and faster pace.

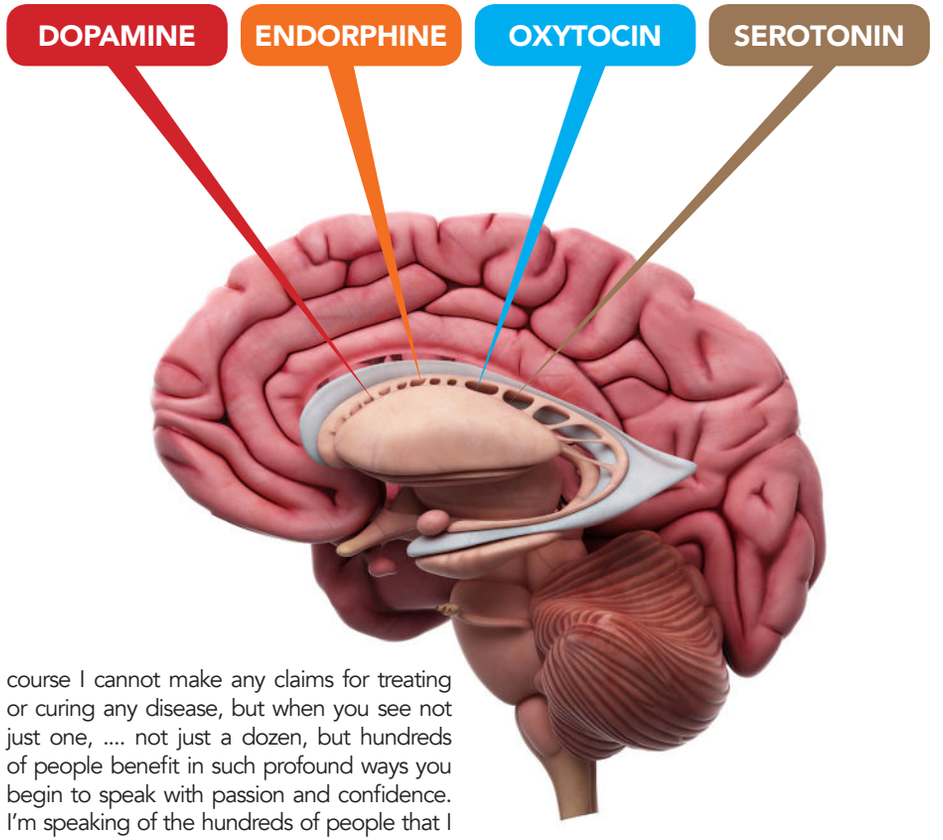
While every cell of your body enjoys the oasis of rejuvenation provided by the Power Recharge Therapy, the Light & Sound Therapy simultaneously bathes your brain with the rest and renewal it needs to return to balance and equilibrium. Mental focus, clarity and productivity improve. Irritability gives way to a sense of wellbeing.

The Light & Sound Therapy uses a LED-goggles and headphones, integrated with the Power Recharge Therapy, provides you with specially designed and anticipated wellness brain waves, which vibrates within the natural frequency range of the brain.

Masterful German engineering makes it just that easy to achieve the balance and renewal you need to thrive with optimal health.

I've seen Power Recharge Therapy help so many people with so many different conditions. In fact, I can almost guarantee it can help anyone to improve their quality of health. Of





course I cannot make any claims for treating or curing any disease, but when you see not just one, ... not just a dozen, but hundreds of people benefit in such profound ways you begin to speak with passion and confidence. I'm speaking of the hundreds of people that I have personally worked with.

Just to be clear, Power Recharge Therapy or any energy medicine device for that matter does not heal or cure disease. What it's really doing is jumpstarting our body's own natural healing process. The body is self-healing, self-regulating and self-regenerating. It has the natural ability to heal when given the proper energy and elements needed for sustaining life.

Light & Sound Therapy helps with hormonal balance.

Light & Sound Therapy helps stimulate both the Pineal Gland and Pituitary Gland to secrete happy hormones from within.

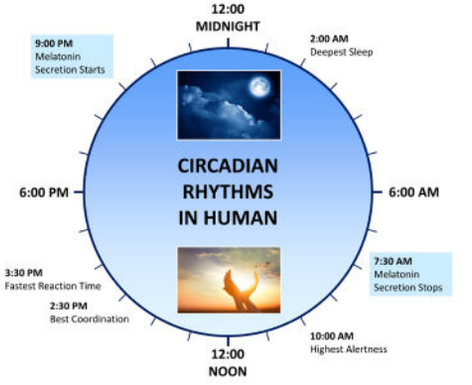
Serotonin – Will-Power or Happy Hormones.

Serotonin is a neurotransmitter released by neurons in the brain. It's made from the amino acid tryptophan, which is a component of protein and which humans eating a normal diet consume in significant amounts. High levels of tryptophan in the blood signal the brain to make serotonin, which has many beneficial consequences on mood and affect, including promoting happiness, relaxation and the ability to get a good night's sleep.

Serotonin is sometimes thought of as a "happy" neurotransmitter. Where deficiencies in the molecule can lead to depression and fear, appropriate levels of serotonin secretion bathe neurons in the brain in chemicals that help promote feelings of comfort, contentment and wellbeing. In their book "Biochemistry," Drs. Reginald Garrett and Charles Grisham explain that the brain makes serotonin when it's signaled to do so. One signal is carbohydrate consumption, which explains why individuals may experience feelings of contentment or happiness upon eating a sugary or starchy snack. Serotonin is so important to happiness; in fact, patients with depression receive prescriptions to help the brain artificially increase serotonin levels, which relieves symptoms.

Melatonin – Sleep Hormones.

Melatonin is a natural hormone made by your body's pineal gland. This is a pea-sized gland located just above the middle of the brain. During the day the pineal is inactive. When the sun goes down and darkness occurs, the pineal is "turned on" by the SCN and begins to actively produce melatonin, which is released into the blood. Usually, this occurs around 9 pm. As a result, melatonin levels in the blood rise sharply and you begin to feel less alert. Sleep becomes more inviting. Melatonin levels in the blood stay elevated for about 12 hours - all through the night - before the light of a new day when they fall back to low daytime levels by about 7.30am. Daytime levels of melatonin are barely detectable.



Dopamine – Reward Hormones.

Dopamine is a molecule that our body produces naturally, and it's the substance that's behind our dreams and biggest secrets. Dopamine means lust, love, infidelity, motivation, attention, femininity, learning, and addiction.

Dopamine is like a chemical messenger in the brain, which is technically known as a neurotransmitter and is responsible for sending signals from the central nervous system. It is what allows information to be passed from one neuron to another.

Dopamine's effects on the brain depend on a few different factors and is influenced by the other types of neurons that it's combined with. Scientists originally thought that this substance was related to real pleasure, the pleasure that we've experienced. However, it's recently been argued that dopamine is more related to anticipatory pleasure and motivation.

Dopamine is the central chemical in your brain that regulates how you perceive and experience pleasure. During pleasurable moments or situations, this neurotransmitter is released, which causes a person to seek out a desirable activity over and over again. Eating (especially foods with high levels of sugar) and having sexual intercourse are stimulants of dopamine being released in the brain. This is the reason why these activities are usually enjoyable and why people continuously engage in them.

Because dopamine is the chemical that promotes feelings of pleasure, it makes us look forward to enjoying life and various activities. Sometimes called "The Molecule of Happiness," dopamine tends to be the scientific explanation for why we can be happy or experience satisfaction. New research suggests that this chemical messenger may play a role in depression, along with the other neurotransmitters serotonin and norepinephrine.

Endorphins – Pain Relief Hormones.

Endorphins are neurotransmitters, chemicals that pass along signals from one neuron to the next. Neurotransmitters play a key role in the function of the central nervous system and can either prompt or suppress the further signaling of nearby neurons.

Endorphins are produced as a response to certain stimuli, especially stress, fear or pain.

They originate in various parts of your body -- the pituitary gland, your spinal cord and throughout other parts of your brain and nervous system -- and interact mainly with receptors in cells found in regions of the brain responsible for blocking pain & controlling emotion.



Until recently, much of what we've learned about endorphins has been gained from monitoring endorphins in the human bloodstream and in rats' brains. It wasn't possible to measure endorphin levels in the human brain without harming the subject, so the role of endorphins in the "runner's high" and other periods of euphoria or mood change were still hotly debated. However, new imaging methods allow researchers to study the ebb and flow of endorphins as they interact with human brain cells, verifying their role in the rush that exercise -- and other triggers -- sometimes prompts.

Oxytocin – Love Hormones.

Oxytocin is a hormone produced by the hypothalamus and secreted by the pituitary gland. This important hormone plays a crucial



role in the childbirth process and also helps with male reproduction. Understanding oxytocin will help you take better care of your health and lead you toward a better understanding of how your body functions.

In women, oxytocin is responsible for signaling contractions of the womb during labor. The hormone stimulates the uterine muscles to contract, so labor begins. It also increases the production of prostaglandins, which move labor along and increases the contractions even more. Because of this effect, synthetic oxytocin (pitocin) is sometimes used to induce a woman to start labor if she cannot start naturally, or it can be given to make contractions stronger if a woman's labor is slowing. Once the baby is born, oxytocin promotes lactation by moving the milk into the breast. When the baby sucks at the mother's breast, oxytocin secretion causes the milk to release so the baby can feed. At the same time, oxytocin is released into the brain to stimulate further oxytocin production. Once the baby stops feeding, the production of the hormone stops until the next feeding.

For men, oxytocin function is less important, but it does have a role to play in moving sperm. It also appears to affect the production of testosterone in the testes.

Studies of oxytocin also have found that it is an important chemical messenger that controls some human behaviors and social interaction. It is oxytocin that triggers the bond between a mother and an infant, and it may also play a role in recognition, sexual arousal, trust, and anxiety. Some research shows that the hormone may affect addiction and stress as well.

Help for self-help – a modern therapy.

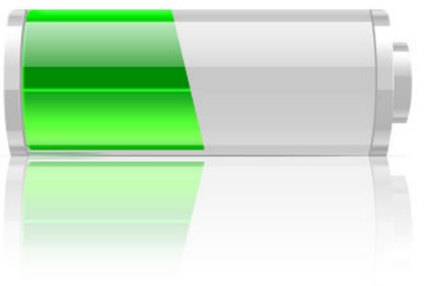
Power Recharge Therapy is a treatment method that helps the human body help itself.

It stimulates our powers of self-healing, which are undeniable. We can already see these powers, when we cut ourselves. Who tells our body to heal the cut or how it is to be done? No one. Our body knows.

To us, these powers that can induce healing are still somewhat of a mystery. But, perhaps they are not "secret forces". It is certain that electric and electromagnetic forces play a critical role in self-healing forces of nature. That makes Power Recharge Therapy a modern therapy.

Power Recharge Therapy can be a prophylactic measure.

We do not want to limit ourselves to the healing effects of Power Recharge Therapy. The possibilities for prophylaxis, that is the prevention of diseases, which this new form



of therapy offers for the future, will be not only much more important for every person, but also for the society and the state. Prophylaxis means "the thorough and effective prevention of the development of disease" so that illness becomes an exception.

Why is the improvement of blood flow so good and also so important for every living thing?

Next to the lymphatic system, the blood is the main transport system for all substances that must be distributed in the living organism. The heart, which pumps oxygen-rich blood into the aorta, drives its aorta. These arteries branch further until they become narrower and narrower and the small arterioles branch into capillaries.

The capillaries have a diameter of about 3.5 micrometres but all the blood cells must squeeze through the tiny lumen, although their diameter is larger. For example, the red blood cell has a diameter of 7 micrometres. So the red blood cell is about double the size of the lumen of the capillary. Therefore, the red blood cells must be very elastic to fit through. The cholesterol in the cell membrane is mainly responsible for its elasticity. When red blood cells are healthy and elastic, they slip through the capillaries easily and very fast.

Power Recharge Therapy induces micro vibrations in the blood vessel walls and thus reduces friction between blood cells and vessels.

On their through the capillaries, the red blood cells release oxygen and take up carbon dioxide instead. Carbon dioxide is a waste product of metabolism. Nutrients are also transported to the tissues by the blood and metabolites are taken up into the blood from the tissues and brought to where they can be processed further and excreted from the body. There is a constant exchange

of substances between the capillaries and the cells of the tissues. Vitamins, enzymes, hormones, trace elements, etc, in short, everything the cells need to live.

The organs that eliminate waste metabolites from the body are the liver, kidneys, and the lungs. The lungs excrete carbon dioxide into the air. The skin can also excrete substances by sweating.



When the blood has passed through the capillaries, it is collected in little veins, the venoles. The diameter of the veins becomes larger and larger until the superior and inferior vena cavae are reached. The blood from the torso and from the head flows through these two big veins into the right atrium of the heart. The vena cavae are the biggest vessels in the body and have a diameter of two centimetres. One can imagine the venous system as a big river that is fed by a large watershed. The capillaries are the springs, the venoles are the small streams which come from the springs; the venoles, or small veins, are the rivers which run from the streams and the vena cavae are the big river which the river becomes before it runs into the sea, which is in these terms, of course, the heart.

The Power Recharge Therapy improves the viscosity of the blood. It becomes thinner and more fluid. The right atrium pumps the oxygen-poor and carbon dioxide-rich blood through the lung artery into the lungs. There, the red blood cells release the carbon dioxide and take up fresh oxygen. The blood flows from the lungs into the left side of the heart. The fresh oxygenrich blood is then pumped back into the body via the aorta. And that cycle continues through your entire life.

The portal vein system is a special vessel system. Its blood vessels bring blood from the stomach, the spleen, and the intestines to the liver, where all nutrients that are taken up in the course of digestion are checked and processed.

All processes that disturb this this dual circulation are called circulatory disturbances. Circulatory disturbances can be local or systemic. They can occur at any point in the circulation. High blood pressure is an example for a systemic circulatory disturbance. Here, the blood pressure is too high in the entire arterial circulatory system that is pressure higher than 150 over 90 mmHg. It is worse when the second value is too high. When the blood pressure stays very high for a long time, the walls of the blood vessels begin to change.

Power Recharge Therapy regulates blood pressure.

The result is arteriosclerosis of the vessel wall. Arteriosclerosis makes the inner vessel wall rough and eventually destroys it. Small particles (embolism) can break out of these arteriosclerotic lesions. These blood clots are dragged along by the blood stream and



can clog a small vessel. In small arteries, such as in the coronary vessels, which supply the heart, an arteriosclerotic lesion itself can cause disturbances by narrowing the vessel diameter even further.

Power Recharge Therapy reduces risk of arteriosclerosis.

As the arteries become narrower in the direction of the blood flow, an embolism will eventually block an arteriole. Which arteriole is hit is a matter of chance. When a vessel is obstructed, the blood supply to the tissue to which the vessel leads is cut off suddenly. The tissue receives no more oxygen and nutrients. The lack of oxygen is most destructive. Every tissue dies sooner or later without oxygen.

This local tissue destruction is called necrosis. A heart attack is a necrosis of heart muscle.

Lung embolism and kidney infarction are also the result of local tissue death resulting from lack of oxygen.

A necrosis in the brain is called stroke. When an embolism blocks an artery that only supplies a small patch of our skin, we will hardly notice it. The location where the damage occurs determines its severity.

Power Recharge Therapy reduces the risk of an embolism…

If, by chance, a coronary artery is blocked, either by arteriosclerotic changes in this artery or more rarely, by an embolism, then a part of the blood supply to the heart is cut off. The ensuing lack of oxygen is disastrous for the continually working heart. The cells of the heart muscle can only survive for 15 mins without oxygen. Then they die.

This is the picture of a heart attack, or infarction. A heart attack is the result of a local disturbance in the circulation. The small part of heart muscle that has died can of course no longer work to pump blood through the circulation.

Of course, that has consequences for the work the heart can do. The greater the area that has become useless, the more the heart's capacity is reduced. In the worst case, the heart stops completely and the person dies. Luckily, the human body is usually more resistant and able to regenerate.

The heart's work capacity is drastically reduced by an infarction. The patient is pale, has cold and clammy skin and an irregular, weak and false pulse. Also, the patient has chest pain and fear of death.

… and so also the risk of heart attack and stroke.



Of course, the damaged heart's reduced work capacity leads to a systemic circulatory disturbance, to circulatory shock. In this way, a systemic circulatory disturbance, that is, high blood pressure, can lead to a local circulatory disturbance. If this local circulatory occurs at a vital place in the body, a systemic circulatory disturbance can ensue. Small problems can have big consequences in the body and sometimes they may begin a vicious cycle, as we have seen here.

The more important the damaged organ is for the life functions of the whole organism, the graver the consequences can be when parts of the organ dysfunction.

However, our blood vessel system is not a rigid pipeline like a water pipe. The walls of the capillaries and arterioles let liquid, oxygen and

carbon dioxide, etc pass. Even blood cells can pass through the walls under certain conditions. One can imagine the vessel wall as a sieve.

The "holes" in the vessel wall are constantly blocked by sticky platelets (thrombocytes), a very sophisticated, physiological clotting process.

All our arteries can dilate (relax, expand) to a certain degree and they can also contract (shrink). This is very important for the organism. Our body is very economical with all its reserves and by expanding or contracting blood vessels, it generally directs the blood to where it is most needed.

Small muscles in the vessel walls execute the dilation or contraction of the vessels. These muscles are controlled by our two vegetative nervous systems, the sympathetic and parasympathetic nervous systems.

The sympathetic and parasympathetic nervous systems.

The sympathetic nervous system gets us ready for action, fight or flight. It makes our heart beat faster, dilates the blood vessels in our muscles and contracts those in the skin. Under the influence of the sympathetic



nervous system, we can act very fast. The nutrient and oxygen supply to the muscles is then sufficient for the work they must do. On the other hand, the vessels in the skin contract and the tissue there must do with much fewer nutrients. Fight and flight are the tasks of the sympathetic nervous system. An angry person can look deathly pale but still be very strong.

The parasympathetic nervous system is the opposite player to the sympathetic nervous system. Just like the Yin-Yang in Chinese philosophy. The parasympathetic nervous system reduces the blood pressure and controls digestion. Peace and relaxation are its effects. A person governed by the parasympathetic nervous system has a warm, rosy complexion and is happy and relaxed.

Power Recharge Therapy causes dilation (expansion) of the vessels.

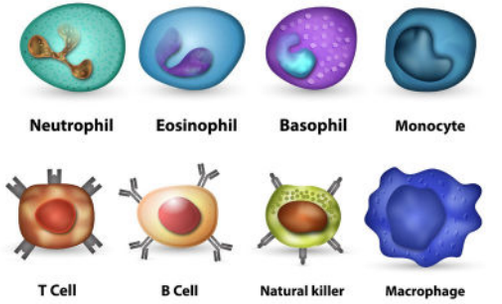
The blood in our circulation must be under specific pressures so that all our organs can be supplied adequately; otherwise the blood could not be pressed into all the tissues. When we are at rest, our blood pressure is moderate at about 120/80mmHg.

When our muscles are working, they need more oxygen. The heart must beat faster and stronger and so our blood pressure rises. That is normal. Our body makes sure that every organ gets the amount of blood it requires for the function it is performing. When the work is finished, the blood pressure returns to normal values very fast. If it does not, something is wrong. Pressure receptors in our blood vessels continually measure the blood pressure. These pressure receptors are localized in the walls of the arteries. Best known are the jugular arteries on each side of the neck. The results of the pressure measurements are relayed to the base of the brain (medulla oblongata), where it is connected to the spinal cord. This is the oldest part of the brain. Sympathetic and parasympathetic structures here regulate the tone of blood vessels according to the incoming information from the pressure receptors.

What is the composition of the blood?

Our blood is a very interesting liquid. It is composed of lots of water. Water must always be available in sufficient quantities. That is why adults should drink 2 to 3 litres of water daily. Children are almost the only humans who drink enough. They need so much water because they have a very high rate of metabolism. They feel that need for water and instinctively do the right thing. Adults also need lots of liquid, even if they do not experience thirst as intensely as children do.

Different types of proteins, fats, hormones, enzymes, vitamins and minerals are found in the blood, as are a number of different types of cells.



Power Recharge Therapy improves the blood values, especially the acid and the fat content!

The red blood cells transport oxygen and carbon dioxide. The platelets constantly seal the vessels. In a wound, they become the scab, the natural plaster.

There are a number of types of white blood cells (leukocytes) with different tasks. The leukocytes are the cells that free us from bacteria, viruses and other foreign bodies. They eat up everything that does not belong in the body.

The white blood cells swim along in the blood, but can pass through the openings in the vessel walls into the tissue and hunt for intruders. The neutrophils, monocytes and macrophages make up the phagocytes (eating cells). They are attracted to their quarry by its electromagnetic potentials and by signaling molecules ie distress signals, released by other phagocytes or tissue under attack. When many bacteria have to be eaten and many leukocytes die, pus is formed. Pus is mainly made up of dead white blood cells.

Power Recharge Therapy stimulates the T lymphocytes.

The T lymphocytes are the coordinators of the entire immune defence system. They interact with the phagocytes and the B cells and release signaling molecules which coordinates their response. Some of the T cells are specialized killer cells. These signals also activate the B lymphocytes to release immune antibodies. The B lymphocytes have memories like elephants.

They can remember the structure of an antigen for decades and they never forgive.

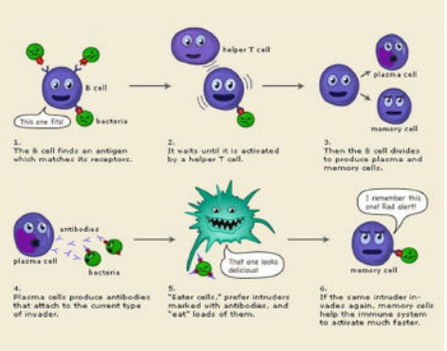
An antigen is a protein that was not made in the body. When it finds foreign proteins that do not belong in the body, the immune system immediately stages an attack. Every antigen starts up the immune defence reaction. When it appears in the body for the first time, the macrophages eat it up and show parts of it to the T lymphocytes. These in turn activate the B cells. A negative of the structure is made in the form of an antibody. These antibodies bind to the antigen and so neutralize it.

If this antigen (for example, a measles protein) enters the body a second time, it is recognized by the memory cells which immediately make

so much antibody that the antigen is neutralized before it can do any harm.

The person is immune toward that pathogen and doesn't even realise that there is a defence reaction going on. Antigen and antibody fit together like a key in a keyhole. For every antigen, a specific antibody must be produced to neutralize it.Today, it is also known how an antibody binds to an antigen. Up until a few years ago, the medical students had to be content with the image of a key and a keyhole. Sometimes a chemical structure was shown as an explanation.

The binding of the antibody to the antigen is the result of resonant oscillation phenomena, which bring the two big proteins together. Electric and electromagnetic attractive forces do the trick.



Power Recharge Therapy increases the activity and function of the immune system.

The different immune cells and the antibodies are brought to where they are needed by the circulation. This is very important: Good circulation is not only the basic requirement for the nourishment of our cells, but is also imperative for the defence of our body against enemies and for repair of damaged tissue. Without a blood supply, no cell, no tissue, no organ and no organ system can function.

Many medical treatments are meant to increase blood flow. Infrared light is used for ear infection and "moist warmth" is applied via the upper belly in case of liver infection. A patient with rheumatic arthritis takes a mud bath, because warm mudpacks increase the blood flow to all tissues and so stimulate the body's own healing processes.

The Latin proverb still applies: Medicus curat, natura sanat – the doctor only treats, nature heals. Every doctor has only helped the sick body to heal itself. But even this small service is a great art.

The improvement of circulation by the Power Recharge Therapy is in itself already an important therapeutic effect. Because this happens with an excellent depth effect, for example in the inner ear or in the eye's retina, Power Recharge Therapy is a useful instrument for every doctor. Most convincingly, patients can easily apply Power Recharge Therapy themselves.

What happens when a toxin or other agents harm our tissues?

In such a case, a process is initiated that is pretty similar in all tissues, only very specific tissue reacts differently. Every time tissue is damaged it leads to the death of some cells. The tissue emits signaling substances to recruit help. These so-called Menkin-substances change the chemistry of the damaged tissue. It becomes electrically negative. At the same time that the body temperature is increased, the organism develops a fever. Fever is a sign of a defence reaction.

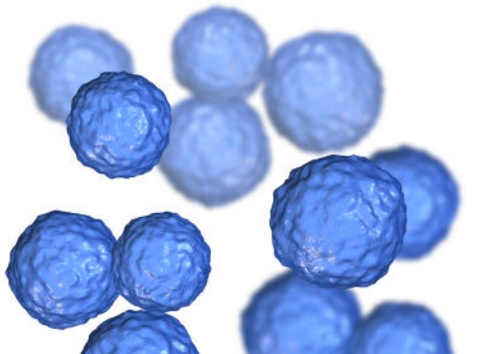
The increase in the body temperature also increases the activity of the immune system. That is why you should not try to suppress a fever that is below 38.5°C, for instance by taking fever-reducing medication. Only if the temperature increases further should you use cold packs. Only a temperature over 39.5°C can be dangerous, because such high fever can be detrimental to brain functions. During fever, all the body's energy is harnessed in the defence reaction against the intruder. Therefore, it is very important that you rest and preferably stay in bed.

Power Recharge Therapy corresponds to intense exercise, so it should not be used during acute fever.

The blood capillaries relax and distend in the area of damaged tissue and the blood suddenly flows much more slowly. This process is called pre-stasis and later often progresses to stasis, the total arrest of blood flow in the capillaries and, in the worst cases, in the arterioles.

Another consequence of tissue damage is that the blood vessels become permeable to all blood components. This is the result of a starter reaction that is called "alteration". This is followed by exudation (like sweating). Protein-rich liquid flows into the tissue in between the cells. This dilutes the toxins. Then, the white blood cells move out of the capillaries into the tissue. Their task is to remove and destroy the bacteria or other damaging agents by eating them up. If that is not possible, they try to corner the foreign body and "wall it up" to prevent a spread of the damage to other areas. Finally, even the red blood cells leave the blood vessels and enter into the tissue. This is called hemorrhagic inflammation.

As sensible as these processes seem, the slowed blood flow and, more lastingly, the stasis, also inhibit the blood supply of oxygen to the affected tissue and the surviving cells.



While trying to repair the damage, the body reduces the blood supply to the damaged tissue more and more. This results in a vicious cycle that must be broken, otherwise, it can end in catastrophe, because the thrombocytes, which kept the blood liquefied to prevent the clotting of the blood cells, can no longer fulfil their task. The blood then coagulates in the vessels and blocks them.

The area affected by the damage and the damage to the under-supplied cells becomes greater and greater. That can culminate in the total destruction of parts of tissues or organs. Parts of organs that were not affected by the initial damage may also be destroyed.

The body then demarcates the damaged area and builds a wall of white blood cells and also, later, connective tissue.

When many white blood cells have died, there is much pus formation. From this, an abscess may form, which is enclosed by a capsule of connective tissue with many enclosed white blood cells. This abscess eventually tears at the weakest point or it must be cut by a surgeon's knife. The pus can drain after the abscess has been opened and the patient feels relief. The surgeon's knife is the only right therapy for an abscess. Even in early times the Romans knew that "where pus is, a knife is needed." The abscess will always tear by itself eventually at the weakest part of the capsule, but that weakest part is not always the right part, or a harmless part.

Tuberculosis is an interesting form of tissue damage. In Tuberculosis, connective tissue cells and very specific, white blood cells form tough, necrotic, knots. These are called tubercles. At a later stage of the inflammation, they may even calcify. In this way, the Tuberculosis bacteria are literally separated from the organism by a "cement wall". Even the idea of "walling up the undesirable" was discovered by nature before politics figured it out.

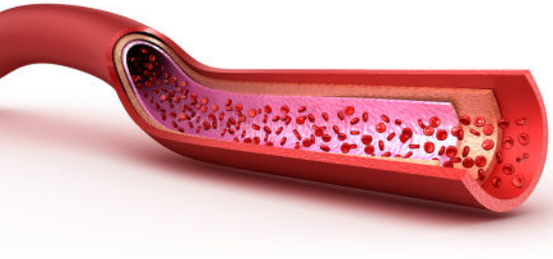
However, our body can usually clear away all the dead cells resulting from inflammation.

During these inflammation processes, the connective tissue cells have changed to make up new capillaries and small blood vessels. They grow out into the inflamed tissue and try to bring in more blood with its desperately needed defence substances and nutrients. As the inflammation subsides, the new capillaries break up and the cells revert to connective tissue cells. The whole damaged area is increasingly filled up with connective tissue and, in the end, a scar forms. At first, the scar is red, because it still contains many capillary branches. The more connective tissue cells and fibres are formed in it, the whiter it becomes. Though a scar is an inferior tissue, it is still better than continuing damage.

Power Recharge Therapy stimulates the healing process and accelerates healing.

Let us return to the example of a heart attack. If the heart muscles have been without oxygen for more than 15 minutes, the affected cells die. The dead cells must be removed and replaced. The process is the same as described above. All the damage must be cleared up while the heart continues its work.

But, unfortunately, our body cannot replace heart muscle cells. The heart cannot make new cells like the liver can. Instead, our organism can and does make connective tissue. Consequently, an inferior scar tissue replaces the dead heart cells after a heart attack. This scar tissue cannot contribute to the heart's pumping work. It only supports the important anatomical structure of the heart, the shape of the hollow muscle. Without the closed hollow muscle structure, the heart could not pump any blood into the aorta any more. The blood supply would break down.



The dead area of the heart may have been repaired, but the repairs are not perfect. However, they do often secure the survival of the respective individual.

There are however various forms of tissue damage after which the whole organ is restored completely to the state it was in before the damage. That can happen if the tissue concerned is not so specialized that it has lost the potential for regeneration. The organism could repair the damaged tissue so perfectly that there is not even microscopically visible scar formation.

An inflammation of a tissue does not necessarily clear up completely. When the acute inflammation is over, our body may be forced for some reason to ally itself with the infection (viruses or bacteria). It makes a deal with these bugs: "You don't hurt me, I don't hurt you." The result is a chronic infection. The bacteria could not kill the host. But the host was also not able to kill off the bacteria. So a mild inflammation continues to smoulder. That can continue for years or even decades. But, if additional intruders suddenly start to bother the organism, such as a flu, the inflammation can recur. That is called acute exacerbation or an acute progression of the inflammation. A chronic inflammation is like a forest fire that has not been completely put out and can start up again at any time. If a person lives with such a chronic inflammation under favourable and healthy conditions, the inflammation may not be felt or noticed for a long time. However, this is a very unsatisfactory armistice, as it continually costs the host much energy and is slumbering danger.

Some kind of unknown, lucky inner or outer condition can sometimes influence the immune system so positively that it is finally in a better position to deal with the smouldering infection. This can lead to a sudden, almost miraculous healing of the inflammation. During this process, the person may have the impression, that the inflammation has become worse. This is called an initial worsening, but it is the result of the body knowingly breaking the armistice and the immune system regrouping for the fight against the disease.

This "happy circumstance" can well be optimized by Power Recharge Therapy, using pulsating energy resonance field, as this can strengthen the body's defence in a relatively short time. In the case reports, which will be discussed later, you will read about many such cases of initial worsening before improvement.

Power Recharge Therapy helps to initiate the healing of chronic diseases and supports the immune system.

Sometimes, a chronic disease can only be beaten and healed after many years. Spontaneous healing is even known for maligned tumours, probably also the result of an inexplicable positive change in the immune system.

An inflammation can also begin as a primary chronic inflammation. The same principle applies. Neither the human organism nor the bacterium can assert itself properly. Both are feeble from the beginning.

While the acute inflammation is mainly characterized by the sweating out (exudation) of protein-rich liquid and blood cells from the vessels, the chronic inflammation especially shows increased cell proliferation and an ample production of connective tissue. But all three components mentioned – alteration, exudation, and proliferation – could be found in each type of inflammation simultaneously.

Rheumatism is a classic chronic inflammation. Small nodules can appear at many places in



the human body, in many different organs. Such nodules are not only made up of new cells, but also of dead tissue and a small volume of exudates. These symptoms may be the result of an allergic reaction to bacterial toxins.

Up until today, pharmaceutical medicine has not found any successful therapy against rheumatism. It seems that only a strengthening of the immune system offers good chances of improving this condition.

Today, there is a clear indication for the use of Power Recharge Therapy to treat this condition. It must be considered though, that Power Recharge Therapy can induce an initial worsening. In such a case, the therapy should still be continued. Experience shows that substantial improvements start after 1 to 3 weeks of therapy.

Power Recharge Therapy can alleviate rheumatism.

We have seen that a local disturbance, whatever the cause, always induces similar repair processes in the tissues. Whether we are dealing with bacterial or viral toxins, whether our body was burnt, or damaged by a mechanical force, that is, whether the causative agent was living matter or not, the reactions of our body are similar in all these cases. It does not matter so much what damaged the tissue, but what type of tissue is affected and how fast the damage can be limited.

Known reactions are fever, swelling of tissue caused by exudation of blood cells and liquid, pain caused by the stimulation of nerves and finally the reddening and warmth caused by increased blood flow. The affected organ is always limited in its function. These are the five signs of an inflammation, which were already recognized by the physicians in ancient times.

Despite plentiful blood volume, the blood supply is disturbed – a paradox?

Through the microscope we see the death of damaged cells in the area of inflammation, that is, a necrosis, which can occur to different extents. In addition, though there is more blood volume in the tissue, a blood flow disturbance occurs in the capillaries, leading to stasis, and there is swelling around the inflammatory focus.

The oedema is made up of protein-rich blood plasma and the different types of blood cells. Further, an attempt to separate the inflammatory focus from the rest of the tissue and to repair the damage can be observed. To repair damaged tissue, connective tissue cells change and form capillaries. During healing, this process is reversed, the capillaries are broken down again and connective tissue cells and connective fibres are formed.

Many tissues can regenerate very well. The liver is one of the best regenerators. However, heart and nerve cells cannot be replaced. Instead, scars develop. This explains why the quality of healing can be vastly different in different organs under the microscope. Also, the functionality of the organs depends on the regenerative capacity of the affected tissue.

A heart valve that has been inflamed is no longer as functional as it was before. It can become less flexible and so lets less blood pass. The heart must work harder as the heart muscle becomes larger and thicker. That compromise can work until the coronary vessels can no longer supply the heart sufficiently with nutrients, because it has become too big. Consequently, the heart suddenly expands within a short time. Physicians call that dilation.

The dilated heart is even less able to pump the required volume of blood through the circulatory system. All organs of the body are then under-supplied with blood and therefore receive insufficient oxygen.

At the same time, the blood accumulates in the heart. This congestion stretches via the lung vein to the lung. Consequently, more and more blood builds up in the veins of the lung. The lung becomes inflamed, as the stationary blood is ideal nutrition for all kinds of bacteria. This also affects the exchange of oxygen and carbon dioxide in the lung. And, to top it off, exudate from the congested lung vessel is sweated into the alveoli (tiny air sacs in the lung). Every breath causes a sound as if water was boiling on a stove. Finally, the person will "drown" in this lung exudate, if inflammation of the lung is not fatal first. In this way, small disturbances in our tissues can develop into a number of serious changes and ultimately have very dire consequences – the worst case, death.

In this chapter, we have tried to show that a good, or at least sufficient, blood distribution to all organs and tissues at all times is extremely important and that improvement of the blood supply can have excellent therapeutic benefits.

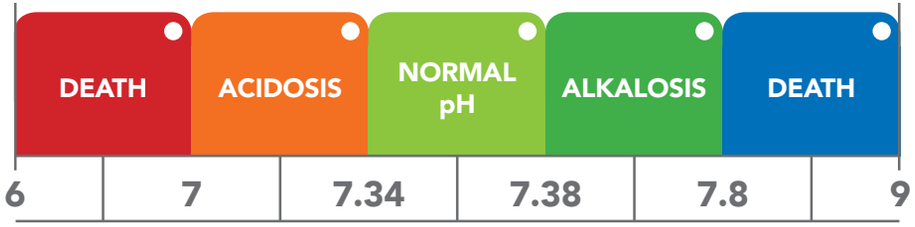
Good circulation brings oxygen to the cells and improves their nutrition; it improves the efficiency of the transport of metabolic products (waste disposal), protects from damage, closes wounds, leads to the repair of tissue and distributes heat and liquids in the body. Good circulation is imperative to our health! Power Recharge Therapy can improve health by improving almost all these processes. Daily use can improve the quality of life of many people. THPOYB



CHAPTER 6

A HEALTHY SPIRIT IN A HEALTHY BODY

BLOOD pH LEVELS



Power Recharge Therapy improves the supply of cells with nutrients.

The human body is mostly made up of water. Ions are dissolved in this aqueous phase. As we already know, all ions have positive or negative charges. This "electricity" in the body makes the human organism an electric conductor. In the physical sense, the body is an electrolyte.

A pulsating electromagnetic field is applied to induce electric currents in the body. These currents always flow through the body in circles and always at right angles to the field lines of the electromagnetic field. All of this happens without a physical connection and without entry of any current from the outside. The body creates its own biological current.

The strength of the currents induced in humans, that is, the effect of Power Recharge Therapy, differs from person to person.

When the pulsating field is optimised, the currents induced by Power Recharged Therapy are the same or similar to the body's own currents. They differ in strength between different people, depending on their sensitivity. The induced currents can also be of different strength during different application in the same person.

These slight differences depend on how good the conductance in the human system is at the time of application. And the electric conductance depends on the amount of dissolved ions in the electrolyte. The pH value, which gives information on the acidity in the organism, plays an important role. The more acidic the tissue is, the more effective the therapy.

The currents induced in the body by Power Recharge Therapy change the electric charge of the cell membranes.

The electro motoric force (emf), which has already been discussed, is induced by the energy resonance of the whirling current. Emf is a force vector that moves all electrically charged molecules in a circle. Although all the different ions are moved, the hydrogen ions (H-ions, protons) are moved fastest by this force vector, as they are the smallest and lightest ions. Because of their small mass, they are four times as fast as any other ion. However, the ions can only move as long as there is no obstacle in their way. Such obstacles are cell membranes and blood vessel walls. In principal, they are insurmountable barriers to the flowing ions (current).

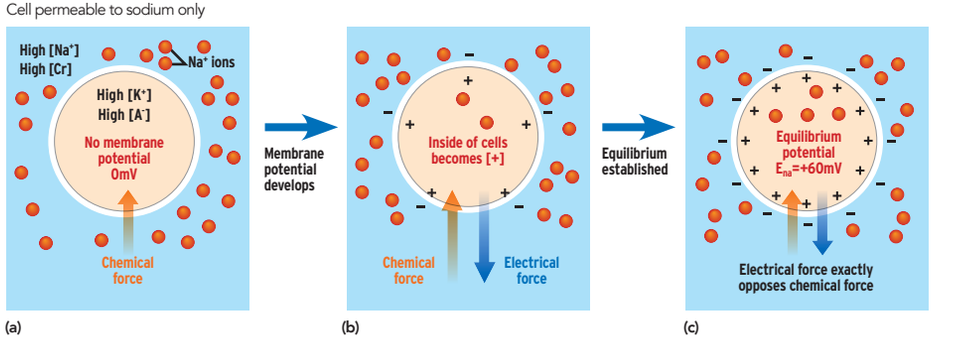
So, the fast H-ions are the first to hit the membrane and accumulate. But such a collection of H-ions always means a drop in the pH value, that is, acidification of the barrier membrane. That must not be allowed to happen, as the pH value in our body must be kept at an exact value. It should remain close to 7.34 with very minor variation.

As the cells and vessel walls become more acidic due to the H-ion accumulation, positively charged ions dissociate from the cells and capillaries into the body fluid. These are mostly the double-positive metal ions calcium (Ca++) and Magnesium (Mg++). They counteract the local acidification by diluting the ions. But, as more and more positively charged H-ions and positive metal ions accumulate at the cell membranes, they neutralize the normally negatively charged barrier.

As the Power Recharge Therapy effect continues, the force vector emf continues to move the H-ions and so these continue to accumulate, as do the positive metal ions.

The result is a fast increase in the number of positive ions at the barrier. The capillary wall briefly becomes strongly polarized, the originally negative charge ions has been reversed. Now the barrier is positively charged on the outside and negatively charged on the inside.

Finally, a diffusion potential is built up and all the collected, positively charged ions diffuse through the membranes into the cells, or through the capillary walls into the interstitial tissue within fractions of seconds.



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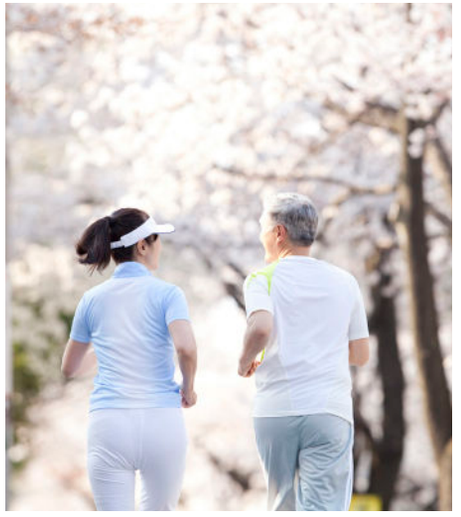
The fast acidification, neutralization, polarization and increase in diffusion potential at the barriers initiate diverse effects.

Nutrients enters the cells.

Interestingly, in such a case, not only the positive ions flow through all barriers, but also the negative ions. The reason for this, according to biophysics, is that the electric and the electromagnetic field are at right angles during these processes, allowing the diffusion. That means that all ions, which are nutrients for our cells, can pass all barriers faster during energy resonance therapy. Due to the electromagnetic field, they pass more easily from the blood into the interstitial space between the cells, but also from this space into the cells. This process occurs in both directions. Therefore, at the same time, all metabolic products can also leave the cells usually take up nutrients, however, without the assistance of the energy resonance therapy, the cells, themselves, must summon up the energy for polarization. Power Recharge Therapy application especially helps energy-deficient cells. The result of all these described processes is improved nutrition of every single cell in the organism. An improved cellular nutrient supply directly results in an increased

energetic charge of the cell membranes. So, the body's cells are in a much better position to supply all the energy necessary for their nutrition. The cells that have been strengthened in this way are more resistant to all kinds of damage. Therefore, the resistance of the entire organism against diseases is improved. Power Recharge Therapy is especially effective where cells and tissues are deficient in energy, where the membrane potential is not optimal. The increase in work capacity reported by almost all patients and the associated, albeit subjective, feeling of well-being, which is the result of long-term usage of Power Recharge Therapy, are clearly



connected with improved cell nutrition. The subliminal, chronic energy deficiency of many people today can be reversed or significantly reduced by pulsating energy resonance. Increased energy is increased wellbeing.

Power Recharged Therapy increases blood flow in the small vessels.

Triggered by the process described, the blood flow in the capillaries is also improved. There, fairly large blood cells must squash through very narrow vessels.

Remember, damage to the tissue always causes a small, local disturbance in the circulation. This result in pre-stasis, then stasis, which can expand into previously healthy tissue. A stasis, which reaches far into the arterioles, can be counteracted with a "sensible" and successful repair process. The ability to interfere here, as we can with Power Recharge Therapy, is the secret of so many amazing and astounding treatment successes. But, when you have understood the mechanisms of Power Recharge Therapy, it is logical.

The friction in the blood vessels is decreased by micro vibration of the membranes.

When sufficient positively charged ions have accumulated at the membrane, the membrane becomes polarized. Polarisation means that the positively charged ions are on one side of the wall and the negatively charged ions are on the other, but opposite to their normal circumstances.

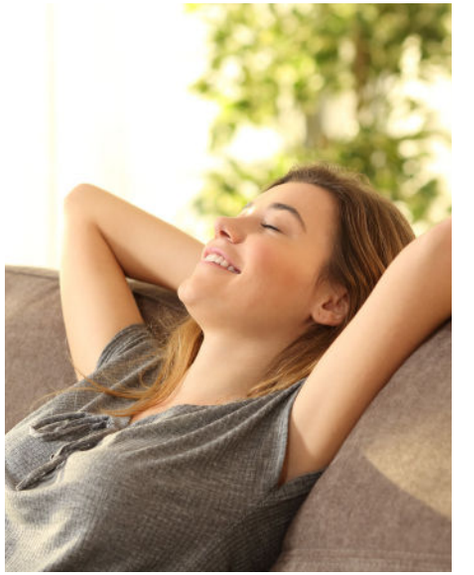
The polarization of a membrane induces strong Coulomb forces (forces of electric charge), up to 30,000,000 volts per metre. The strong charge presses the membrane together in the rhythm of an energy wave and makes the polarized blood vessel at double the frequency of the electromagnetic wave. That means an electromagnetic wave of 240 Hz makes the capillary wall vibrate at 480 Hz, a resonant frequency for the small blood vessels double the frequency for the small blood vessels. The vibrating vessel walls act like a shaking slide, the friction of the blood cells on the vessel wall being drastically reduced. The blood cells move through the lumen of the capillaries much faster. In this way, the blood flow through the fine blood vessels is facilitated and accelerated. The accelerated blood flow in the capillaries is heightened further by a measurable increase in the elasticity of the blood cells through use of the Power Recharge Therapy. They can contract and adapt to the shape of the lumen of the capillaries better. That is another effect of an optimized electromagnetic field.

The natural electric charge of blood cells and blood vessel walls inhibits the formation of blood clots. The blood cells and the cells that form the vessel walls are eventually charged so optimally as a result of the vitalizing treatment that they repel each other electrically, as is the case in every healthy blood vessel. Micro thrombi (small clots) cannot form, because the charge of the blood cells hinders them from clumping. That is why a vein inflammation heals so fast under Power Recharge Therapy that you can almost watch it happening.

Power Recharge Therapy deepens breathing.

There is even more improvement in cellular nutrition and circulation under the influence of an optimized electromagnetic field, because breathing is also deepened. You may notice that you breathe more deeply during the first 10 seconds. Then you have the temporary feeling that a stone is lying on your chest or that it is more difficult to breathe. But after 10 seconds you will have adapted to the changed conditions and the gentle pressure on your chest will vanish. Not every user will notice the change in breathing rhythm, but this does not alter the effect.

Clearly, the positively charged hydrogen ions cause the change in breathing. They are also moved around in circles in the fluid surrounding the spinal cord and the brain, the liquor cerebrospinalis. A large cavity filled with liquor in the brain is called the fourth ventricle. It borders the medulla oblongata, the connection between the brain and the spinal cord that we have discussed already. The control stations for the circulation, vomiting and breathing are located in the medulla. The breathing control is stimulated when the pH value of the blood sinks, that is,



when it becomes more acidic. The pH value must be regulated precisely.

During Power Recharge Therapy, H-ions accumulate on the wall of the fourth ventricle as they do on the other barriers. When the pH value is too low, the medulla forces the organism to breathe more deeply, so that breathing it out can reduce the level of carbon dioxide, which is transported in the form of carbonic acid. When the acid is breathed out, the blood becomes more basic and the normal pH value is regained.

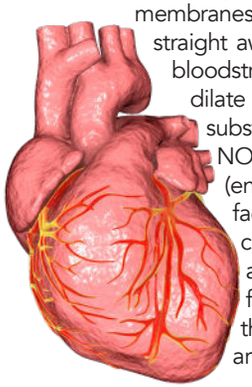
It is becoming clear that the balance in our bodies is unstable and the closer we come to the optimal balance, the better it is for us.

But deeper breathing has more effects. The blood is sucked out of the hollow veins (vena cavae) into the heart because the pressure in the heart is lower when it is empty. The deeper the breathing, the greater the pressure difference. The venous blood flows back into the heart faster. This process has also been proven by very precise measurements.

Power Recharge Therapy dilates blood vessels.

The deeper breathing at the beginning of Power Recharge Therapy also leads to improved release of other gases via the lungs. There are a variety of gases, including nitrogen monoxide (NO). It was a surprise when scientists measured increased NO release in the exhaled air during magnetic field therapy a few years ago. This gas also dilates blood vessels.

When older people have heart problems and difficulty breathing, they need a few drops of Nitrangin under their tongue. They feel better almost immediately, as this medication is absorbed very quickly by the mucous membranes in the mouth and acts straight away when it reaches the bloodstream. The heart's arteries dilate immediately. The active substance in Nitrangin is NO: NO is also called endothelial (endothel derived relaxing factor). Under normal conditions, it is produced and released by the cells forming the inner layer of the vessel walls when the arteries must be dilated.



Under the influence of Power Recharge Therapy, the organism produces more of this substance in a natural form itself. That is also a result of the improved metabolism affected by Power Recharge Therapy. Often, the need for additional NO supply via medication is reduced by Power Recharge Therapy.

Power Recharge Therapy increases the micro vibrations in the blood vessels via the piezo-electric effect.

Let us recapitulate: Every pulse movement induces piezo-electric effects in the collagen and elastic fibres in the blood vessel walls, resulting in the emission of a current which induces an electromagnetic field. The organism uses this to send more blood to the working muscles. These currents in the elastin fibres can be increased by the induction of a resonant electromagnetic field with the help of Power Recharge Therapy. So, the blood supply to the tissue is improved.

During Power Recharge Therapy, blood pressure is reduced.

Finally, we will discuss an effect that causes the reduction of pathologically increased blood pressure, but which is simultaneously responsible for better circulation. We remember that micro vibrations are induced by the polarization of the vessel or cell wall. These vibrations oscillate twice as fast as the pulsating energy field and so stimulate pressure receptors in our arteries. When these pressure receptors are increasingly stimulated, the control centres in the medulla oblongata increase the tone of the parasympathetic nervous system and so activate it.

In the acidic environment that is established locally at the membranes under the influence of Power Recharge Therapy, these pressure receptors are stimulated even more. That means that the influence of the sympathetic nervous system is decreased, leading to a lower pulse frequency, deeper breathing, increased partial oxygen pressure, etc. Remember the roles of these two nervous systems in our body – the parasympathetic influence reduces blood pressure.

Taken together, these mechanisms lead to better nutrition of the body's cells, improved circulation and a reduction of high blood pressure. But this is not the end of the story. Much more happens in an optimised pulsating energy resonance field.

The polarized membranes build up their protein.



We have explained that the influence of an electromagnetic field causes the polarization of membranes. The membranes are also known to have other implications in biology. Always when a membrane in a living organism is damaged or destroyed, the membrane potential is reverted. That means: polarization of the membrane.

This also causes a change in the electric contact potential of the membrane and the resulting change in its field immediately attracts so-called anabolic peptides. Anabolic peptides are protein – necessary components of cell structures. They are building blocks of the cells that can only be attracted by electrical changes in the organism. In our example, the optimised electromagnetic field induces the reconstruction of defective tissue.

Power Recharge Therapy clearly reinforces the reconstruction of cells.

A polarization of the cell membrane also occurs in the normal functioning of every nerve cell.

When the neuronal membrane is polarized in the course of the transmission of a stimulus from nerve to nerve or from nerve to muscle cell, a protein is produced. But this protein is not used for the reconstruction of the tissue substance. When the nerve cell is polarized, ribonucleic acid (RNA) is formed at the cell membrane.

RNA is a memory substance in our organism. In this specific case, the electromagnetic field induces the production of this substance, which is the basis of our capacity for memory. This has been proven scientifically. When older people feel their head is clearer and their memory capacity is improved after therapy, we must see the cause in the processes that happen at the synapses (nerve connection).

Apparently, protein synthesis is switched on by the electromagnetic fields. In 1944, American scientists discovered that the electromagnetic fields that originate from action potentials on nerves and muscles are able to initiate the synthesis of structural proteins by switching on the relevant genes electrically.

The electric initiation of protein synthesis in the organism is the reason for the increase in

muscle mass resulting from regular exercise. The electric principle of growth of bones, tissue and organs was discovered towards the end of the sixties by Japanese and American scientists. Independently, they found that piezoelectric effects also occur in the bone substance. When pressure is exerted on the bone, there are compressive and bending forces. When a bone is compressed, or bent, a current flows, and when it returns to its original form, the current flows in the opposite direction.

We know that the bone is much lighter, but can absorb much more pressure and traction in relation to anything that has been constructed using our technology. Just look at a section through a human thigh bone. The fine bone ridges mostly run along the edge of the hollow bone and are so dense that they seem compact. Then they separate from the compact part. The fine bone lines that first run parallel to each other, approach each other and the centre more and more. Eventually, they collide and become a mesh, resulting in a shape that is similar to a parabola. The parabola is the form that is most suited to absorb great pressure.

As the growth and remodeling of the bone structure is also influenced naturally by electromagnetic potentials, the energy resonance therapy can also be applied in this area with much success. We must admit that it was the orthopedic physicians who discovered and developed this therapy over thirty years ago for this field of application. The body's weakened bio-electromagnetic fields are amplified by Power Recharge Therapy and so the growth of the damaged bone is stimulated. At the same time, regular treatment leads to an increase in bone density and solidity.

As the growth of bones could be followed relatively easily by means of X-rays, treatment successes can be proven very easily and quickly in the field of orthopedics.

When we described processes that occur in every human organism under the influence of an optimised, pulsating energy resonant field, five main effects became clear.

The main effects of Power Recharge Therapy are:

1. Improvement of blood circulation and energy flow
2. Improvement of cell nutrition
3. Improved synthesis of proteins
4. Harmonisation of the hormonal balance
5. Strengthening of the immune system

These five main effects already make it seem obvious that energy resonance therapy should be used or at least tried in the treatment of many diseases. Next to these main effects, there is also a list of other positive effects that an optimised energy resonance field has on the body. Remember that the circular current induced by the magnetic field causes a drop in the pH value at the barriers, that is, there is acidification at the membranes.

Power Recharge Therapy leads to increased cell division and to growth and regeneration.

The short-term, partial acidification at the barriers stimulates the phagocytes. These phagocytes are white blood cells that free the tissues of bacteria and dead cells. The acidification of the cell membranes and vessel walls primes their hunger. The partial acidification stimulates cell division, also called cell proliferation, but cell differentiation is also possible. That means that the cells become more specialized in their functions. Whether there is more proliferation or more differentiation depends on the Ca levels in the affected cells. High calcium levels lead to proliferation.

The reduction in the pH value, that is, the acidification at the membranes, leads to the opening of special gates in the cell membranes in response to specific amplitudes of the alternating field. The height of the amplitudes that can open these gates is called the amplitude window.

This is an example of Power Recharge Therapy stimulating a natural exchange process in the cell. The amplitude must be resonant with the inherent oscillation of the gate-opening mechanism. Amplitudes, which are too high or too low, have no effect. Again, it is a question of the exact dosage. If the amplitude is optimal, ion exchanges initiate changes that can give entire control circuits in the body a new rhythm. The direct consequence may be an improvement in the heart rate and breathing frequency.

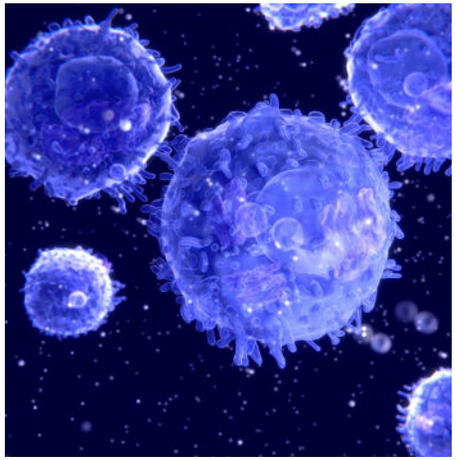
Power Recharge Therapy normalizes the fat metabolism and the blood values.

The regular use of Power Recharge Therapy also influences fat metabolism positively. Cholesterol and triglyceride levels in the blood improve, or even normalize. But that requires consequent, regular treatment with Power Recharge Therapy for at least two months.

Power Recharge Therapy increases production of DNA.

Another positive change induced by an optimised electromagnetic field is the increased production of deoxyribonucleic acid (DNA). The DNA is located in the cell's nucleus in the chromosomes and holds the cell's genetic information. During every cell division, the DNA must be duplicated and distributed equally to each of the two cells. This method ensures that each cell in our body carries the same genetic information. The production of DNA is increased by 20% by the optimised energy field.

Power Recharge Therapy strengthens the immune system and increases overall protein synthesis.



Power Recharge Therapy stimulates the T lymphocytes. These lymphocytes are cells with a memory for chemical structures. They organize the entire host defence and produce the specific antibodies that are able to neutralize viral or bacterial toxins and so make them harmless. By stimulating these cells, the magnetic field strengthens the entire immune defence.

The synthesis of proteins can be increased by 40 to 60 per cent. Not only the synthesis of structural proteins which are used for building up tissues is affected, but also that of proteins of the globulin group. These include the gamma globulins that play a role in immune defence, that is, immune antibodies that are produced by B lymphocytes and are able to bind and neutralize bacterial and viral toxins. There are different types of antibodies with lower or higher specificity towards their target antigens. The increase or decrease of these in the blood gives important indications about a number of different diseases.

Other members of the globulin proteins can be vehicles for different substances. They may bind insoluble lipids (fats) and transport them through the blood. They are also involved in blood clotting and in the production of hormones. Power Recharge Therapy also



contributes to increased protein synthesis by increasing the incorporation of amino acids into proteins by up to 90 per cent.

Power Recharge Therapy increases production of numerous important substances in the body.

The activation of lysozyme is increased by more than 100 per cent. Lysozyme, also called muramidase, is an important enzyme that splits up, breaks open and destroys bacterial cell walls. This kills the bacterium, that is to say, it is bactericidal. It is an armour-piercing weapon. We find lysozyme in our tears, the mucous membranes in our nose and intestine, and in the blood plasma. It can be found everywhere our body might be invaded by bacteria. Prophylactic energy resonance treatment increases the body's resistance against invading bacteria.

The production of erythropoietin is also increased by the influence of Power Recharge Therapy. Erythropoietin stimulates the bone marrow to produce red blood cells. A sufficient production of red blood cells ensures the optimal transport of oxygen and carbon dioxide by the blood.

In high-performance sports, the athletes try to increase the production of red blood cells by their bone marrow. More erythrocytes in the circulation means more oxygen is transported to the cells and more carbon dioxide transported out to the lungs. This increases the athlete's capacity, as the muscles are supplied with more oxygen.

As it has been known for a long time that people living at high altitudes, where there is less oxygen available in the air, have more erythrocytes in their blood than people living at sea level, athletes train at high altitudes before competitions. After living at a high altitude for a while, the athletes also have more red blood cells in their bloodstream. Thanks to its stimulation of erythrocyte production, Power Recharge Therapy supplements the training programme of an athlete and is being used for this purpose more and more frequently.

The production of prostaglandins is also increased. Prostaglandins are a group of lipid mediators that have multiple effects on our body. They influence the tone of the smooth muscle cells and the circulatory system. Some increase blood pressure, some decrease it, so together they work to normalize blood pressure. They also stimulate different endocrine glands, eg the thyroid gland, the parathyroid gland, the adrenal cortex and the ovaries.

Power Recharge Therapy inhibits the clumping of blood cells.

Another important function of prostaglandins is their inhibitory action on thrombocyte aggregation, which means the clumping of the platelets inside the blood vessels. Prostaglandins help to prevent the formation of micro clots or even larger clots in our veins.

The prostaglandins have the same or similar effects as some anti-inflammatory medications, also known as antiphlogistics, such as acetyl salicylate (Aspirin). The antithrombotic effects of prostaglandins are responsible to a great extent for the very healing of inflammation of the veins under Power Recharge Therapy.

Power Recharge Therapy makes the regeneration of nerves possible.

Biologists noticed an accelerated regeneration of nerves under energy resonance therapy. Normally, nerves regenerate only about 1mm in 24 hours. But nerves can grow up to 1.5mm daily when they are exposed to an optimised electromagnetic field regularly.

We have seen that it is not only circulation that is improved under the influence of a pulsating magnetic field, although this feat alone would already be something very special and extraordinary. No, the Power Recharge Therapy also affects many organ systems, such as the heart, organs such as our bones and joints, numerous cells such as the T lymphocytes, phagocytes and nerve cells, and the production of proteins, enzymes and lipid mediators.

Energy resonance therapy further has the bog advantage, in comparison to many known treatment methods, that it is almost free of side effects. An overdose is practically impossible. Should Power Recharge Therapy for some reason be stopped, its effects are completely lost after four to eight hours.

All of these are good reasons to use energy resonance therapy, on the one hand for comprehensive prophylactic treatment, on the other hand for the treatment of a number of diseases.

CONTRA INDICATIONS

Power Recharge Therapy has very few contraindications.

The contraindications are:

Epilepsy

The causes of epileptic fits are either congenital or acquired disturbances in the brain. During an epileptic fit, there are excessive neuronal discharges in the cerebrum. As epileptic fits are often induced by external stimulation, it is possible that the rhythmic pulsations of Power Recharge Therapy could possibly initiate such a fit.

Severe feverish fungal and bacterial infections

All fungi and bacteria are living organisms made up of cells. Therefore, these organisms can be stimulated by Power Recharge Therapy in the same way as human organisms. An active, intact human immune system can normally cope very well with such diseases. The immune system of a phylogenetically higher individual can overcome an infection with bacteria and fungi. In such a case, Power Recharge Therapy can only be beneficial. But Power Recharge Therapy should not be used during severe bacterial or fungal infections in combination with high fever.

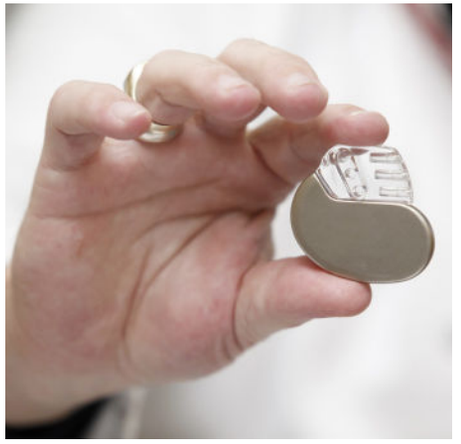
In that case, the human immune system is already overtaxed and obviously cannot be stimulated further by Power Recharge Therapy. A clear sign of this is high fever.

The organism has already increased its body temperature to support its immune system. It now needs rest and peace to be able to employ all its energy in the fight against the invasion.

The situation is very different in the case of viral infections. The viruses apparently cannot tolerate energy resonance therapy. It has even been shown that the entry of viruses into the cells of the mucous membranes is rendered more difficult by Power Recharge Therapy. One should therefore always use Power Recharge Therapy against viral flu! When you feel the first sign of a cold, an itching nose or a chill, treat yourself three times a day on a high frequency. In addition, drink a lot of alkaline water. You will be surprised at the positive effect of the treatment. After this treatment, the infection will have stopped in its tracks and you will feel better.

Electronic appliances

All people who have implanted pacemakers should not use Power Recharge Therapy



under any circumstances. The pacemaker's electronics may be damaged by the waves of energy. It is the same principle as with cell phones. A mobile or cell phone sends out signals that can influence the navigational controls of an airplane. That is why it is forbidden to use a cell phone on board a modern jet. All electromagnetic waves can influence electronic appliances.

If the electronics of the pacemaker are destroyed, the heart loses its artificial metronome, which was implanted because it was not able to control its frequency itself anymore. If the artificial pacemaker is also gone, there is a second pacemaker called the AV node, but this only has a frequency of 30 beats per minute. Such a disaster would not lead to the person's death, but would be a highly dramatic experience for all parties. We do not wish such an experience on anyone.

The same goes for all kinds of electronic aids, such as hearing aids, and insulin pumps.

In Pregnancy

During pregnancy and during the first year of human life, the cell division, which is the growth rate of a developing human is very high. Power Recharge Therapy may stimulate this growth additionally. That has not been proven scientifically, however we find it appropriate to follow these recommendations, just in case.

In case of hormone overproduction

Because Power Recharge Therapy is also able to stimulate hormone production in all glands, one should be careful with its use, for example in case of an overactive thyroid gland. On the other hand, in the past ten years, we have heard of no case where Power Recharge Therapy induced a hormonal crisis in a person. In case of an overactive thyroid, one should only use the lowest intensity levels.



In case of regular intake of medications

Power Recharge Therapy generally increases the effects of medication. When the uptake of ions, which are necessary for the nutrition of cells, is improved, it is only logical that dissolved pharmaceuticals in the bloodstream are also transported into the cells more efficiently. Therefore, people who take many pharmaceuticals can often decrease the dosage of their medication significantly when they use Power Recharge Therapy regularly. Of course, this should only be done under the doctor's supervision based on regular clinical examination results. We have many track records of people reducing their Diabetic medications, Hypertensive medications, Cholesterol medications and pain killers significantly.

In case of a medically suppressed immune system, it must also be considered that Power Recharge Therapy has dual effects. On the one hand, it stimulates the immune system, but on the other, the effects of the medication are increased. Therefore, Power Recharge Therapy should only be used under medical supervision in such cases.

As you can see, you do not even need all the fingers of one hand to count the contraindications. And, of these, only one is an absolute contraindication – a person with pacemakers should not be treated with most energy resonance therapy appliances.

All the other listed contraindications are only of a relatively minor nature. That was to be expected, because Power Recharge Therapy only improves the natural, inherent processes, which can also be achieved by other factors, such as a change in climate. Why should a gentle, physiological stimulation of the normal inherent processes cause any problems?

One very big advantage of the Power Recharge Therapy is that no residue substances remain in the organism after the end of the therapy. That is different with the medications we know. They are usually degraded into other products by a number

of metabolic reactions. No pharmacologist or biologists in the world can list these degraded products, as they are usually not known. Such degraded products can of course also have a detrimental influence on our body, even where many studies have been carried out before the medication came on the market. The effects of a medication are difficult to assess for every particular individual, which is why the list of detrimental side effects is always so long on the package leaflets. There is always the danger of intolerance or allergy towards such chemical substances. Often they also burden the liver or kidneys.

But, these problems are not relevant for Power Recharge Therapy. Power Recharge Therapy really is often the only alternative to medication. However, most of the time, Power Recharge Therapy is a complementary medicine to be used in combination with Western Scientific Medicine. It improves the body's energy levels and therefore increases self-healing effects. THPOYB



CHAPTER 7

NATURAL FORCES WITHIN US ARE THE TRUE HEALERS OF DISEASE



The top benefits of Power Recharge Therapy.

This chapter focuses on a very positive note by showing you the MANY health benefits Power Recharge Therapy can provide. The psychology of this chapter is on health and NOT disease. By using the placebo effect to your advantage and incorporating Power Recharge Therapy, a healthy diet, plenty of water, sleep, sunlight, deep breathing and exercise, you can only get healthier. By giving your body all the essential elements it needs (including earth based Power Recharge Therapy), the body has the innate intelligence to heal itself. But there is ONE thing that can get in the way ... YOU!

We will begin this chapter with the importance of having the right psychology and mindset, the power of the placebo effect, and then the many benefits of daily use of an earth-inspired Power Recharge Therapy device.

Psychology and the Right Mindset

The science of psychoneuroimmunology and new breakthroughs in epigenetics are proving that the overall health of our bodies lies primarily within the power of our minds and emotions. All of your thoughts create neuropeptides, and if a sufficient feeling or emotion adds to those thoughts, you will produce hormones and a biochemical cascade of good or ill depending on the originating thought and emotion. Happy thoughts create happy neuropeptides; angry thoughts create angry ones. Every cell in your body has neuropeptide receptors. The immune cells protect you from infections and disease. They are constantly listening to your internal dialogue. The immune system is a "circulating" nervous system. The immune cells produce the same peptides the brain makes when it processes thought.

This is the case everywhere else in the body. When scientists look at stomach cells and colon cells, they find the same things going on. When you say a "gut feeling", you are not speaking metaphorically but literally. That's because your gut makes the same chemicals your brain makes. Your gut feeling may be more accurate because your gut cells haven't yet evolved to the stage of self-doubt. This is the essence of the body-mind connection.

Separating the body from the mind is artificial as the two are intimately connected in one bodymind. Your overall attitude, mood, thoughts, and feelings powerfully influence your body. In this book, I further add the "earth" to this equation (the body-mind-earth connection) as the body and mind are intimately connected and dependent on the earth's natural Schumann and geomagnetic frequencies (and the other elements of health).

Also remember, these earth frequencies are primarily in the low alpha brain frequency range (a relaxed, peaceful and creative state of mind). The earth's energy resonance electromagnetic frequency and earth based Power Recharge Therapy devices not only energize your physical body, but these earth frequencies also harmonize your mind and emotions so you will be more relaxed, peaceful and creative, which produces positive hormones and neuropeptides. This helps YOU to be more at peace, healthy, creative and productive and better able to handle all the stresses that life throws your way.

Fact: It takes 17 muscles to smile and 43 to frown.

The Placebo Effect

The mind is incredibly powerful, and keeping a positive mindset is perhaps the most important thing you can work on to get healthy and stay HEALTHY. Even our medical system accepts a VERY real placebo effect because of the unmistakable power it has on the body. You probably already know all about the placebo effect so I will keep this discussion short, but understand it is driven by your thoughts and beliefs.

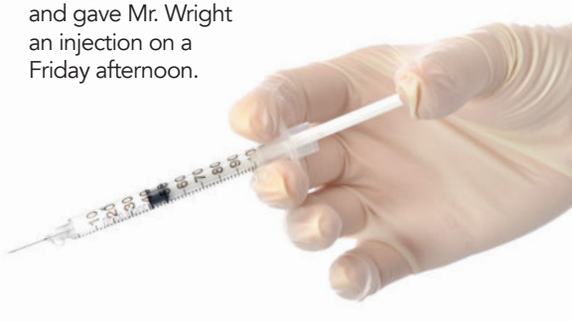
If you believe something will work, it will work in a more positive manner than being indifferent or not believing! For example, according to one research study, the placebo effect is 56% as powerful as morphine at quelling pain. The placebo effect is why double blind studies are done to prove the efficacy of drugs, supplements, etc, because you need to rule out the positive benefit of the belief in a treatment.

A Powerful Example of the Placebo Effect (True Story):

To illustrate just how powerful the placebo effect is, there is a well-documented true story of Mr. Wright that is worth sharing.

Mr. Wright, was found to have cancer in 1957, and was given days to live. Hospitalized in Long Beach, CA, with tumors the size of oranges, he heard that scientists had discovered a horse serum, Krebiozen, that appeared to be effective against cancer. He begged to receive it.

His physician, Dr. Philip West, finally agreed and gave Mr. Wright an injection on a Friday afternoon.



The following Monday, the astonished doctor found his patient out of his "death bed", and joking with the nurses - the tumors, the doctor wrote later, "had melted like snowballs on a hot stove."

Two months later, Mr. Wright read medical reports that the horse serum was a quack remedy. He suffered an immediate relapse. "Don't believe what you read in the papers," the doctor told Mr. Wright. Then he injected him with what he said was "a new super-refined double strength" version of the

drug. It was water, but again, the tumor masses melted. Mr. Wright was "the picture of health" for another two months — until he read a definitive report stating that Krebiozen was worthless. He died two days later.

This sad, but true story very powerfully shows the power of the mind, and the main purpose of this book is to show real science behind earth based Power Recharge Therapy, so you will have BELIEF that it will work for you!

Yes, more than 2,000 double-blind studies have demonstrated that Power Recharge Therapy is a safe and effective treatment. Yes, there are more than 10,000 scientific papers published about the effect of Power Recharge Therapy, but when you add the power of the placebo, the power of belief, then the results you get will be life changing. This is my personal experience since I started the Rev 22 business in June 2010.



Focusing on the benefits of Power Recharge Therapy

The mind is a POWERFUL thing, and instead of focusing on how Power Recharge Therapy helps specific diseases, let's instead focus on the benefits.

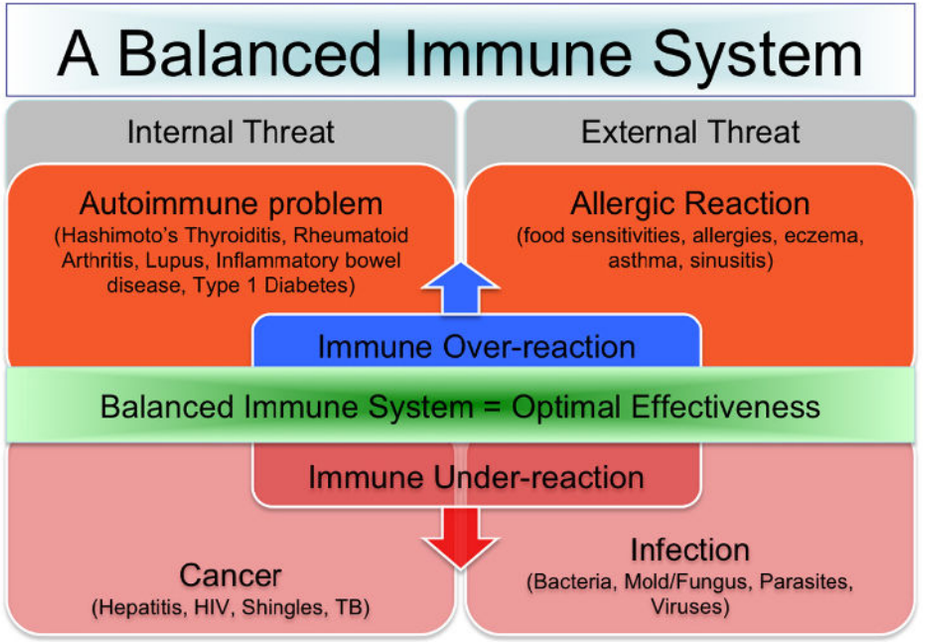
It's better to stay positive and trust your body can heal itself, than to affirm you have a disease that needs treating. Start trusting your body's innate ability to heal itself and give yourself the right elements (healthy food, clean and energized water, fresh air, sunlight and earth energy resonance electromagnetic frequency). Power Recharge Therapy enhances absorption, circulation, and assimilation of the necessary elements of life while promoting the body's ability to make energy.

We need to shift our mind from seeing health as an absence of disease, and start viewing health as an open-ended journey into greater levels of strength and energy. Health is about thriving, not just surviving.

High blood pressure (hypertension) can be improved very well with Power Recharge Therapy. The same goes for low blood pressure (hypotension). Blood pressure approaches normal values under Power Recharge Therapy.

High blood pressure of 160/90mmHg, for instance, increases up to 180/100mmHg during therapy. But, when the blood pressure is measured a quarter to half an hour after therapy, a decrease of blood pressure to 120/80 to 140/80mm/Hg can be found. If the therapy is repeated regularly every day, a slow normalization of the blood pressure can be observed over a period of three weeks to 12 months. Eventually, patients can often reduce or even stop taking medication against high blood pressure. We have observed this ourselves and measured it in many patients who have had high blood pressure.

The next part is written for diabetics. Read this report attentively and think about it seriously.



Unfortunately, many diabetics do not take their disease seriously, sometimes from the start and sometimes after living with the disease for a while. Few realise how treacherous their disease really is. They have no pain, the food tastes good, and the world seems to be in order. They fight down that bit of thirst with sufficient water. That can go well for a number of years. But when all the different tissues have been damaged by years of constantly increased blood sugar levels, only a single drop is needed to make the vat overflow suddenly, decisively and irreversibly. From one second to the next, you can turn blind in one eye. Relatively suddenly a kidney can fail. Ulcerated, black legs as a result of disturbed blood flow stay with a diabetic for many years.

A diabetic's goal for every hour of the day is to keep the level of blood sugar as normal as possible or, even better, to approach normal blood sugar values 80 to 110mg/dl as far as possible. Otherwise, the damage resulting from diabetes occurs much earlier than in well-compensated diabetics. To postpone diabetic damage, the diabetic must administer insulin once or more often every day. Insulin decreases blood sugar level. Insulin must be dosed very exactly so that too low blood sugar is also avoided. If there is any possibility of stimulating the body's own insulin production within certain limits, every diabetic should try that path.

Under the Power Recharge Therapy, the release of insulin in the body is increased. If a diabetic uses Power Recharge Therapy at high intensity levels, insulin can be released amply.

This ample and spontaneous increased insulin cannot be the only goal of our therapeutic intentions. We want to stimulate a steady, improved insulin production in the organism.



Therefore, a diabetic who must inject insulin should only use low doses during treatment with Power Recharge Therapy, so that no sudden massive release of insulin into the blood occurs. I would even say that the more insulin must be injected, the more gently Power Recharge Therapy should be applied.

A sudden release of too much insulin in an insulin-dependent diabetic can quickly lead to a condition of too little sugar in the blood or hypoglycemic shock.

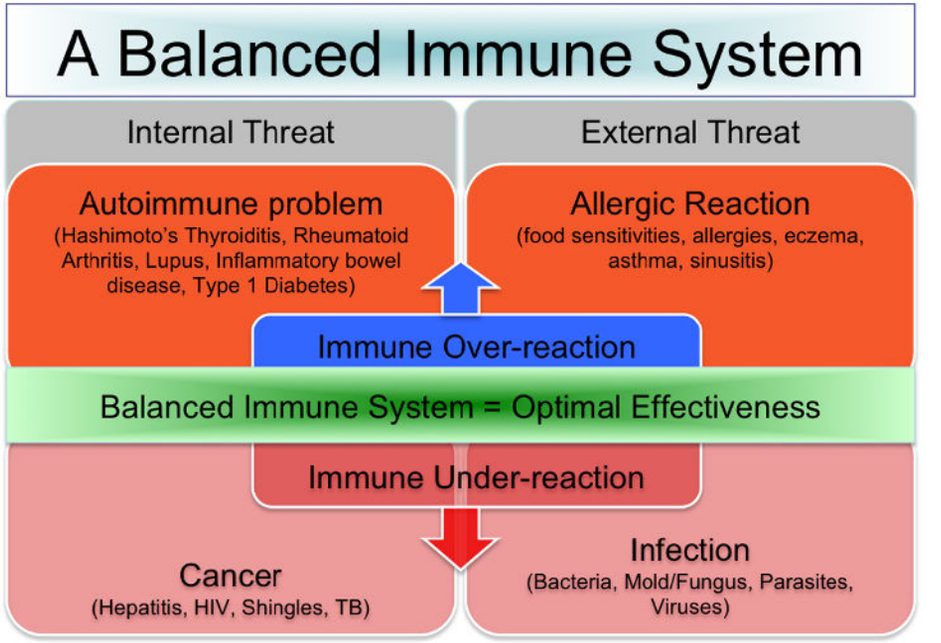
Hypoglycemic shock, that is, too low blood glucose, is even more dangerous than short term blood sugar overload. The nerve cells cannot be sufficiently supplied when the blood sugar levels drop below 60mg/dl, because the nerves use glucose to gain energy. The lack of glucose has serious effects on these nerve cells. Any therapy should therefore be careful not to lead to too low blood sugar levels.

But, an insulin-dependent diabetic should still use a Power Recharge Therapy a few times every day. First, a relatively low intensity should be chosen, so that the insulin release is not too drastic. Also, the treatment should not be performed late at night. The increased insulin released as a result of the treatment reaches the bloodstream about four hours after the treatment. That is why blood sugar control should be performed after these four hours. This is impractical at night. Further, diabetics that awaken regularly as a result of the development of a shock during the night might not notice the development of the shock as a result of the deep sleep induced by Power Recharge Therapy. They could sleep through the warning signs.

In general, it is favourable that all diabetics who use Power Recharge Therapy perform regular blood sugar tests a few times a day to be on the safe side.

However, in case of someone with adult onset diabetes, where no medication must be taken to lower blood sugar, the problems of inducing shock with Power Recharge Therapy is nonexistent. Therefore, I can recommend Power Recharge Therapy without any restrictions for these people. The increased blood flow and the improved nutrient supply to the cells can only benefit every diabetic. A special case in the daily rhythm of hormone release should be considered in the treatment of a diabetic.

What is allergy?



Even simple contact with a harmful substance can change the body so much that it reacts differently when confronted with the substance a second time. The originally normal reaction of the body has been changed; it has become allergic.

This allergy can result in the body building up immunity towards the substance, with the result that it will no longer become sick when exposed to it. We know of such a positive anergy (no reaction) in the case of viral diseases. The first infection with the virus leads to fever and all the disease symptoms that this infection causes. A second infection with the same virus a few years later seemingly goes unnoticed by the body.

In the second case, called negative energy, the body cannot defend itself against the harmful substance. This is manifested in "galloping consumption", an especially vicious form of tuberculosis.

But there are also cases where the first exposition to a substance that is only slightly harmful is hardly noticed by the body. If this substance enters the bloodstream a second time, these toxins can cause serious changes in the body and the body reacts hyper energetically (overreaction). This process of hyper energy is always meant when we speak of "allergy". Of course, too strong activation of the immune system is not the main cause. Why?

Our intestine takes up starch and sugar in the form of monosaccharides (simple sugars, such as glucose or fructose). Proteins are absorbed in the form of amino acids. In every case when any of the three groups of organic compounds – proteins, carbohydrates and fats, are taken up by the intestine into the blood under normal conditions, they should be in the form of small molecules. So, when, by whatever pathway, substances of large molecular weight, such as a foreign protein

made up of many amino acids, enter our blood stream, the immune system recognizes it as a foreign body. The immune system always attacks foreign bodies.

Normally, enzymes in our intestine and lung work to degrade all substances of large molecular weight into their smaller building blocks before they pass from outside through the barrier membranes (intestinal wall, lung tissue, skin) into the bloodstream. That has always been the case, but it seems that today's chemistry has changed much in this process.

It seems that our protective barrier membranes are becoming increasingly permeable to larger molecules. There is no other way to explain the drastic increase in allergies, especially in children.

What disturbs the proper functioning of our enzymes?

Most enzymes, except for insulin, only work in reducing conditions. Heavy metals destroy these reducing conditions and lead to oxidation (burning in the larger sense). But, not only have the heavy metals done the damage, other poisons, such as pesticides and dioxins, which are released by the burning of plastics, are also involved.

Another group of substances must also be considered damaging. We spoke of substances that dissolve proteins, which can be found in our dishwashing liquids. They are really good at dealing with dried food leftovers on our plates. How high must their potential be to destroy proteins? And how many millionths of a gram are needed to destroy the important enzymes in our intestinal wall? Are these chemicals really removed completely during the rinsing cycle in the dishwashers? Or when we rinse the dishes by hand? We are not convinced that they are.

Conventional medicine employs substances that decrease the functions of the immune system to treat allergies. Cortisone and its derivatives are the standard substances. These substances simply prevent the immune system from reacting so strongly against the foreign protein that has "mistakenly" entered the bloodstream.

At the same time, these cortisone preparations result in the immune system no longer being able to cope with the infections a person is constantly exposed to. Clearly, that is why people with allergies increasingly have fungal infections in the lung and gut. The gut bacteria, which are imperative for survival and could prevent fungal infections in the gut, have already been damaged and their functionality impaired by previous antibiotic treatments. The antibiotics enter the system either from conventional medical treatment or from the meat of animals treated with antibiotics, most of all poultry.

Also, it has been known for a long time that cortisone preparations increase blood pressure, influence fat metabolism and cause a decalcification of bones. I have always been startled to hear or read that a patient was given "high dose cortisone" as initial treatment. I find such uncritical handling of these pharmaceuticals irresponsible.

Now, scientists from Germany, Great Britain and the US have found that Power Recharge Therapy can also re-organize these oxidized enzymes. The enzymes that are produced can remain in the necessary reduced form. It even appears as if the blockade of enzymes can be prevented and the binding of heavy metals to the enzymes reversed.

That means that one can observe a decrease in the allergic reaction, but not through suppression by Power Recharge Therapy. No, on the contrary, the immune system is strengthened by Power Recharged Therapy. This shows that the allergy has not developed from an overreaction of the immune system, because it is improved despite stimulation of the immune system. Obviously, the allergy is the result of increased permeability of the membranes in the gut and the lung – very important barriers between the outer environment and the blood. Power Recharge Therapy is completely safe. Patients who have been treated for many years with medication that suppresses the immune system can also use energy resonance.

Here are the additional 8 benefits Power Recharge Therapy will give you that we'll explore in detail in this chapter. These benefits will allow you to experience a super-radiant and healthy life!

1. Stronger bones
2. Endorphins and pain relief
3. Better sleep and HGH secretion
4. More energy ATP
5. Better oxygenation and circulation
6. Improved immunity
7. Relaxation & stress reduction
8. Nerve and tissue regeneration

1. Stronger Bones

- **A baby has 300 bones**
- **An adult has 206 bones**
- **Bones are 6 times stronger than steel**
- **Bones grow up with you**



There are 206 bones that comprise our entire skeletal system. They give our body form, structure, and with the help of our muscles movement. Healthy bones are one of the most important keys to living a long, healthy, and active life.

One of the first discoveries with Power Recharge Therapy was the effect it had on healing and strengthening bones. A low frequency sawtooth energy resonance electromagnetic frequency signal has been shown to stimulate the osteoblast cells in the bones to produce bone matter. The mechanism for this is what is called the piezoelectric effect.

The piezoelectric effect is a phenomenon produced in crystals and bone substances whereby a mechanical pressure produces an electrical current. This electrical current in the bones causes them to strengthen. The piezoelectric effect is also produced by exercise and movement, especially weight bearing exercises where the pressure from the exercise exerted on the bones "piezes" or stimulates an electric current. If you take a pair of pliers and squeeze a piezoelectric crystal, an electrical current is generated by its inherent properties. The same is true with the bones.

Power Recharge Therapy directly generates electrical currents via electromagnetic induction. A changing magnetic field creates an electric current. So energy resonance electromagnetic frequency directly induces micro-currents, which have been researched and proven to stimulate the osteoblasts into creating healthy bone material.

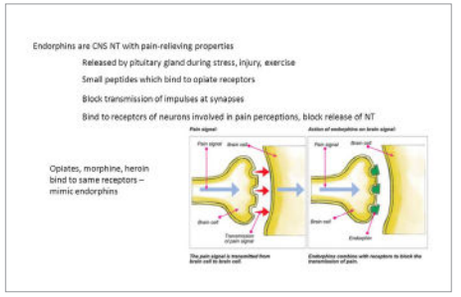
Power Recharge Therapy is so effective for healing and strengthening the bones that it is FDA approved (PEMF therapy) for that purpose. Medical research has revealed that magnetic fields can even heal long-standing fractures that have been present for up to 40 years!

Power Recharge Therapy, along with weight bearing exercise, diet, and rest can also assist in preventing osteopenia and osteoporosis. Whole body vibration is also a particularly good form of exercise that can be used along with Power Recharge Therapy to increase bone density and much research has been done on it as well.

Also, eating an alkalizing diet and using alkaline and ionized water is important because the body will leech calcium from the bones if your body is too acidic (to maintain the vital critical pH range needed to survive).

Fact: Human thighbones are stronger than concrete

2. Endorphins and Pain Relief



Since I have worked with Power Recharge Therapy since 2010 (7 years), I can confidently say that "hands down" the number one reason people invest in this technology is for pain relief. It's also been our primary source of positive feedback and testimonials.

There are countless other sources for pain, and at a fundamental level, pain is YOUR FRIEND. Pain is like an engine light in your car letting you know something is wrong, but if your "threshold" for pain is too low, instead of warning light you end up with an emergency siren in your ear.

The threshold of pain is the point at which pain begins to be felt. It is an entirely subjective phenomenon. The intensity at which a stimulus (eg heat, pressure) begins to evoke pain is the threshold intensity.

Ideally if your threshold of pain is set "just right" you will get an adequate warning signal (mild pain) that gently, but painfully lets you know something is wrong. If your threshold is too low, you can feel severe pain (the siren in your ear), when a soft alarm is enough. With some conditions like fibromyalgia, the threshold of pain can be so low that you feel pain all the time.

Putting a positive spin on pain is partly a matter of making sure your body is producing optimal levels of endorphins (endogenous morphine or natural opiates). These natural opiates are your body's "pain reliever". The so-called "runner's high" is attributed to an increase in endorphins after exercise. All 100 trillion cells in your body have endorphin receptors, and your brain can manufacture them if the conditions are right. This means your body is getting the 5 essential elements plus exercise and rest, along with having an overall happy and fulfilling life filled with positive emotions. You don't need prescription pain medication (except in severe circumstances) for common types of pain.

Not only do these pain medications have toxic side effects (especially with the liver and kidneys), they also inhibit your body from making its own endorphins. This is especially true with opiate derived pain medications such as Oxycontin, Roxicodone, Vicodin, Percocet, morphine, opium, etc. Avoid these drugs like the plague! I personally know people whose lives have been ruined because of opiate addictions, and once you start, it will be very hard to get off! These drugs are unfortunately some of the most addictive drugs you can take, with severe withdrawal symptoms. The good news is that your body can produce its own opiates or endorphins.

Some of the ways to increase your natural opiates or endorphins are exercise, massage, yoga, meditation, deep breathing, deep sleep, low stress, and YES Power Recharge Therapy.

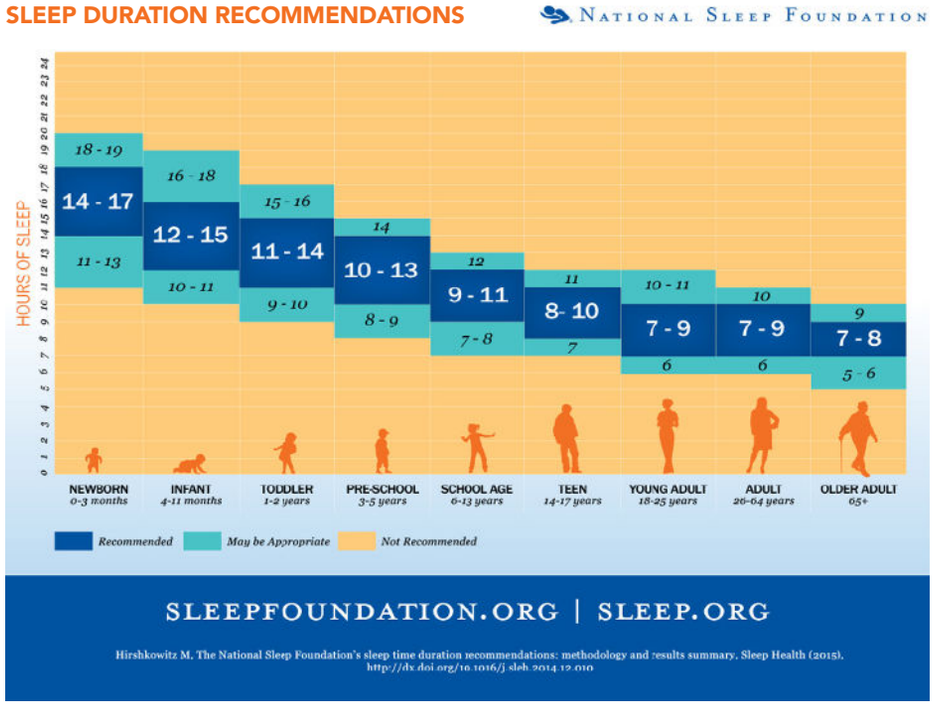
It's been proven that the earth's energy resonance electromagnetic frequency is essential to creating endorphins and additional endorphin synthesis can be promoted by Power Recharge Therapy. This is one of the reasons why Power Recharge Therapy helps immediately with symptomatic pain relief.

Also, Power Recharge Therapy generates micro-currents to run through the neural pathways, which reduces the signal needed to create the feeling or sensation of pain. Less signal = less pain perception. So Power Recharge Therapy not only helps to increase endorphins but it also directly decreases the triggering of the pain response.

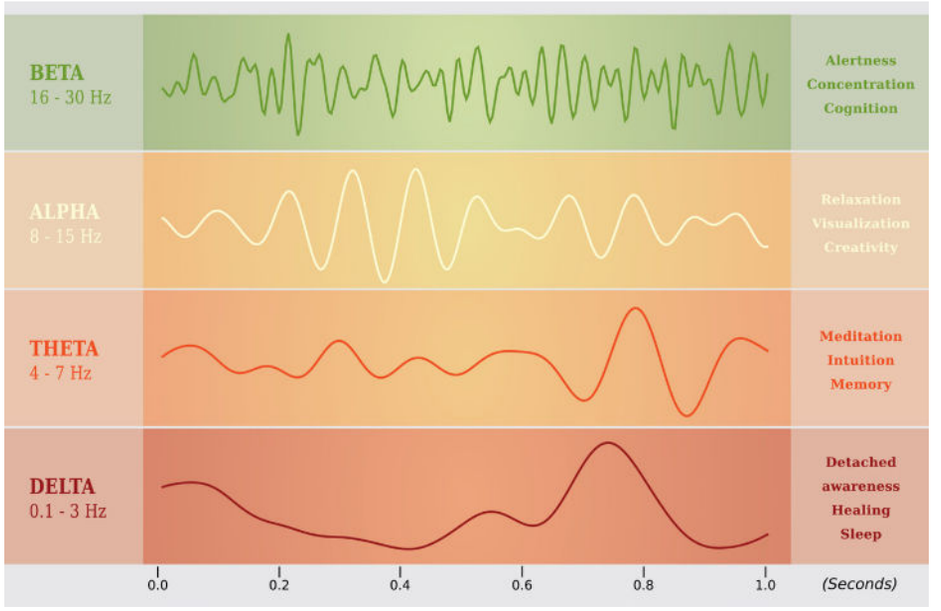
We need to understand that the body is DEPENDENT on earth's energy resonance electromagnetic frequency to produce endorphins. It's now clear WHY conditions such as fibromyalgia and chronic pain can exist even if nothing is seriously wrong or injured.

Not only does earth based energy resonance electromagnetic frequency symptomatically remove pain, it also helps to heal and regenerate the problematic areas in the body as we'll see later in this chapter. Power Recharge Therapy gives you the best of both worlds without the toxic and addictive side effects of drugs!

3. Better Sleep and HGH (Human Growth Hormones) Secretion



After pain relief, the most positive feedback we receive from people is better sleep and relaxation. According to an article published in The Straits Times in January 2017, Singaporeans are known to be overachievers, but they lag behind when it comes to sleep. Four in 10 people, or 44 per cent, lack sleep on weekdays, according to a study by SingHealth Polyclinics. They had less than seven hours of rest a night. Meanwhile, 26 per cent failed to clock enough sleep on weekends. Even healthy people can have intermittent nights of restlessness and a lack of deep sleep. If you use a Power Recharge Therapy mat with a proper biorhythm clock, it will have a nighttime setting with theta-delta frequencies that help induce the brain with the commonly known frequencies for sleep and deep relaxation (delta and theta frequencies are around .5-7Hz). These pulsating magnetic frequencies at the lower theta and delta frequencies directly and tangibly assist the mind and body to have a deep and rejuvenating night's rest.



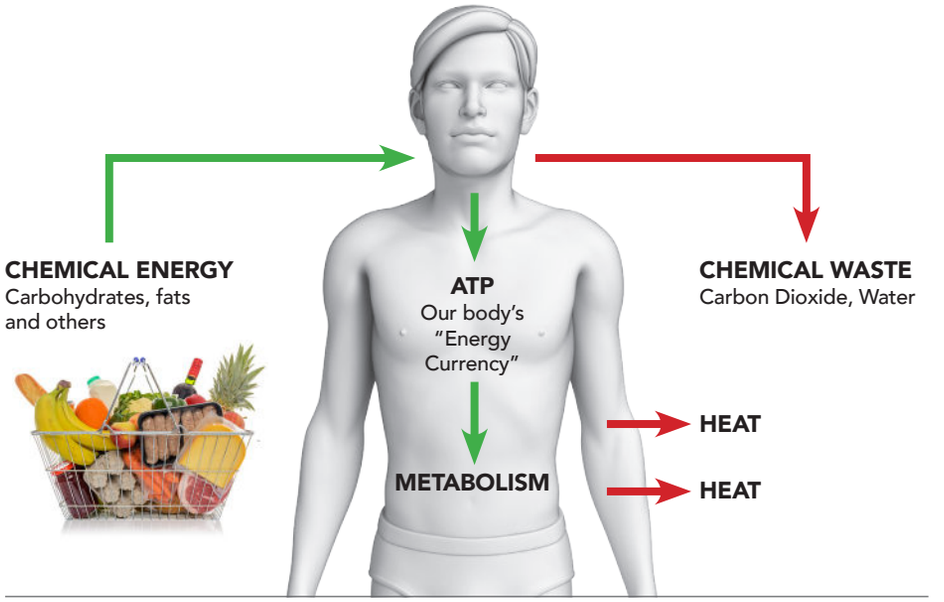
When I first got a Power Recharge Therapy mat back in 2010, I noticed I went to sleep easily and slept deeply. That was a point in my life where I was having problems sleeping. Since I have been using Power Recharge Therapy daily, I have no more problems sleeping soundly every night.

I've heard directly from hundreds of users that better sleep is one of the first things they notice, AND it was one of the most important factors to their healing and recovery. I've heard many stories of people with serious health issues who had terrible insomnia. They felt tired, sick and depressed, day in and day out. After JUST ONE NIGHT of sleeping deeply, they would call me telling me how they felt like a new person! Pulsating magnetic fields (especially the Schumann and geomagnetic frequency) stimulate the production of melatonin in the pineal gland.

Melatonin is one of the most important hormones for sleep and anti-aging. It is a powerful antioxidant that has been proven to be able to protect the body from cancer. Power Recharge Therapy also helps with the production of HGH (Human Growth Hormone) in the pituitary gland. HGH is another vitally important hormone for sleep, rejuvenation and longevity.

It's important to emphasize that the body HEALS, REPAIRS and REGENERATES itself during deep sleep. During deep sleep your body creates new cells. You need at least 6-7 hours of sleep per night, ideally around 8. HGH and melatonin are produced during deep sleep and both of these hormones are known for their anti-aging properties. Power Recharge Therapy promotes deep sleep, thus recharging your body and giving you more energy during the day. Which leads us to the next benefit of Power Recharge Therapy, MORE ENERGY!

4. More Energy - ATP!



At the most fundamental level, your body, organs, tissues and cells need energy to heal, period! No matter what your problem, disease, condition, or current state of health, if you give your body and cells more energy, YOU WILL get better and feel more vitality.

You understand from the earlier chapter how the body and cells produce and store energy, but it bears repeating in this chapter on the benefits of pulsating electromagnetic frequency. The main currency and storage unit of energy in the body is ATP. An average person expands their body weight in ATP every day.

Research shows that weak Pulsating Electromagnetic Frequency signals in certain biological windows (0-30 Hz) increases the activity of key enzymes needed in ATP synthesis and utilization. Also, earth-based Pulsating Electromagnetic Frequency

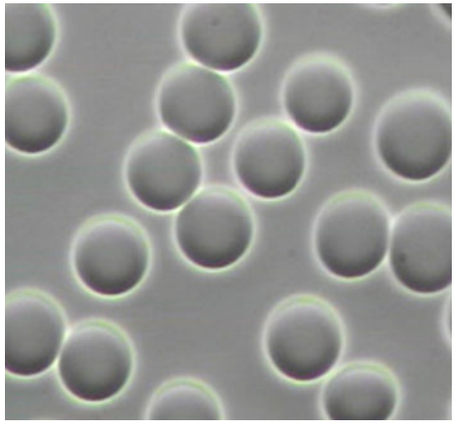
enhances all the channels, pathways, and delivery of the essential elements needed to create energy: oxygen absorption, hydration, assimilation, circulation, and energization of the cellular pump (TMP or transmembrane potential). All this comes together in the Krebs cycle in the mitochondria to produce ATP.

Electrons are manufactured in the body as ATP. When a high-energy phosphate bond is broken and transformed to ADP, the breakage of that bond releases an electron in a high-energy state. That electron is the ESSENCE of energy that drives the biological process. It is that energy from the high energy phosphate bonds in ATP (along with TMP) that drives and fuels all living processes like immunity, reproduction, respiration, locomotion, organ function, assimilation, circulation, etc. Remember, our bodies have a holographic and energetic blueprint for health, all we need to do is supply the essential elements especially energy in the form of ATP and TMP. Power Recharge Therapy assists in the creation of both!

5. Better Oxygenation and Circulation

The primary function of the respiratory system is to supply oxygen to the blood. This occurs





between alveoli (small cells in the lungs) and red blood cells in pulmonary capillaries. Air is warmed and humidified and warmed again to body temperature. This is to facilitate the all important gas exchange.

The primary function of the circulatory system is to deliver oxygen and nutrients TO THE CELLS and remove waste products FROM THE CELLS, to the organs of elimination.

The cardiovascular and respiratory systems are intimately intertwined. Better respiration and circulation results in optimal ATP production.

Research shows that Power Recharge Therapy enhances the cardiovascular and respiratory system in 4 fundamentally important ways:

i. Improved Microcirculation:
Microcirculation studies show how Power Recharge Therapy helps with improved blood flow at the capillary level. The capillaries are the smallest and most important junctures in the circulatory system, because it is at the capillary level that nutrients and oxygen are diffused into the cells, and waste products are eliminated. This is one of the most exciting facets of Power Recharge Therapy research, because improved circulation lies at the heart of healing, regeneration, nutrient delivery, detoxification and our overall health.

ii. Increased Nitric Oxide (NO) Production:
Nitric Oxide is an important biological regulator and a fundamental component in the fields of neuroscience, physiology, and immunology with discovery of its key roles leading to Nobel Prize winning research in these areas. It was proclaimed "Molecule of the Year" in 1992.

Nitric Oxide is a gaseous messenger molecule formed in the inner lining of the blood and lymph vessels. It signals surrounding smooth muscles to relax, thus resulting in vaso-dilatation and increased blood flow.

Because of this it enhances the function of the heart (lowers blood pressure and improves circulation), increases libido, and oxygenates the cells. Power Recharge Therapy has been proven to increase Nitric Oxide in the body, which is one it's most exciting benefits.

iii. Improved Oxygenation:
Power Recharge Therapy helps on many levels to improve oxygenation of the cells. The key is enhanced vascularity and microcirculation, but Power Recharge Therapy also helps with the primary uptake and binding of oxygen to hemoglobin.

Oxygen in the air we breathe is paramagnetic, and hemoglobin has magnetic properties as well with its central atom being iron. Power Recharge Therapy opens up the alveoli and increases the amount of blood into the lungs for greater oxygen uptake and utilization. It directly and energetically enhances the binding of oxygen to hemoglobin.

It's easy to see this improved oxygenation with a pulse oximeter especially with people who are oxygen deprived. There are also devices that measure oxygen utilization that clearly show that even just 20 minutes on a Power Recharge Therapy mat will optimize your body's ability to take the air you breathe into your lungs and extract the life-nurturing oxygen from it, releasing toxic carbon dioxide as a waste product in the process.

iv. Lower Viscosity and Stickiness of Blood (Rouleau effect):

As we have already seen, by utilizing live blood microscopy, the benefits of Power Recharge Therapy on circulation are very clear. A sample of blood clumping under the microscope, from someone who is stressed out (in this case overexposure to computer use), but this could be a result of any type of stress to the body. This clumping of cells decreases the surface area for oxygen binding AND it prohibits proper delivery of oxygen into the capillaries where oxygen is diffused into the cells. Red blood cells have to flow single file inside the capillaries due to their small size, so a clumping of red blood cells makes for inefficient transport and delivery of vital nutrients to the cells.

Because Power Recharge Therapy increases the net charge on the cell, the red blood cells will all repel each other. The blood itself becomes less viscous (has a lower surface tension) and the surface area increases for better oxygenation. An energetic halo can also be seen around the cells due to the increased electrical charge. This result with Power Recharge Therapy has been repeated by hundreds of doctors, which further proves and validates the immediate effect of Power Recharge Therapy in enhancing oxygenation and circulation.

Fact: There are 60,000 miles of blood vessels in the human body. That's enough to wrap around the world 2 1/2 times.

6. Improved Immunity

Your immune system is your central defense against foreign invaders, toxins, and even cancer cells your body creates. All the previous benefits directly and indirectly enhance the immune system, namely

oxygenation, circulation, and ATP production. Because Power Recharge Therapy increases the voltage of the cells as well, it increases the pH and provides an unsuitable environment for viruses, bacteria and parasites.

Even Louis Pasteur admitted that the germ theory of disease is WRONG. The KEY is the biological terrain.

Let's consider an analogy. Imagine two garbage cans, one filled with garbage and the other 100% cleaned out. Bugs will grow and flourish in the garbage, even if you're careful to keep the garbage can covered tightly with a lid. On the other hand, you will never find bugs in a cleaned out garbage can and even if you find some bugs and put them in the empty garbage can, they will simply crawl out because there is no food.

Now if your body is cleaned out, and has the proper environment, the bugs, germs, viruses, bacteria, parasites, etc, will PACK THEIR BAGS! Another way of saying this is that if you have a healthy biological terrain, you won't get sick easily.

There are FIVE main components to a healthy terrain (that we introduced in chapter 4).
i. Optimal voltage or pH
ii. Oxygenation
iii. Circulation (of both blood and lymph)
iv. Glucose Level
v. Temperature

It has been shown and proven that germs, viruses, bacteria, parasites and even cancer cannot thrive; if the body has optimal levels of oxygen, a proper alkaline pH, high cellular charge and good circulation. It's also important to have the right temperature and glucose levels. It's just impossible to get sick if your biological terrain has a healthy level of these essential parameters needed for life. And Power Recharge Therapy creates homeostasis or balance within ALL of these components.

Even if you do manage to get an infection, Power Recharge Therapy will directly energize your immune cells and improve lymphatic circulation, which will allow your body to easily get rid of unwanted bacteria and viruses. Remember, your immune system resides primarily in your lymph vessels and lymph nodes, so having good lymphatic circulation is paramount.

And there is direct research that Power Recharge Therapy improves immunity. Lymphocytes are important immune cells that protect our body from unwanted invaders. They have been found to proliferate in vitro in response to weak pulsating electromagnetic fields, thus improving overall immunity.

7. Relaxation and Stress Reduction

Related to sleep is relaxation and stress reduction. Life is a delicate balance of activity and rest, relaxation and stress. Contrary to what you may think, stress is healthy in the right amount. We need to stress, challenge, and exercise our bodies in order to thrive. The problem is that we are way too stressed. Our central nervous system (CNS) mediates the stress and relaxation in the body with what is called the sympathetic and parasympathetic response.

Simply put, your sympathetic nervous system is your fight, flight or fright system that prepares your body for action. The sympathetic response triggers adrenaline and cortisol release which raises your heart rate, increases your breathing rate, shifts the blood from the core to the muscles and basically gets you ready to run away from danger. Exercise can trigger this system in a healthy way, but too many of us are in a constant state of stress, which leads to burnout and exhaustion.

In contrast to the fight or flight sympathetic system is the parasympathetic system, which is your rest, digest, and heal system. The



parasympathetic system is the opposite of the sympathetic in that it shifts your energy, blood, and nutrients into your core for healing, repair, rest and digestion.

One of the greatest benefits of Power Recharge Therapy is that it assists the body in relaxation, repair, and healing. It will shift your body into a more parasympathetic mode if you are overstressed. It will energize, invigorate, and stimulate your body for optimal performance. A good Power Recharge Therapy mat will have a biorhythm clock with different brain-state frequency settings from low delta to high beta, so you can set the mat for energizing frequencies in the morning and relaxing frequencies at night.

Most people have no problem with stress and stimulation; in fact too much stress is perhaps the greatest indicator of serious disease or sudden death. Stress has many manifestations in the human body. These include high blood pressure, cardiac arrhythmia, heart attack, stroke, insomnia, and hastening of diabetes. Some of the most common stressors in life are time pressure, money issues, job stress, family-relationship problems, health challenges, etc.

Power Recharge Therapy has been shown to significantly lower cortisol levels and create a balance in autonomic functions. Cortisol is the primary hormone responsible for stress response. So no matter what stress you are experiencing in life, lying down on an earth-based Power Recharge Therapy mat will reset your body to the earth pulse of healing and relaxation.

8. Nerve and Tissue Regeneration

Perhaps the most exciting benefit of Power Recharge Therapy is nerve and tissue regeneration. It's one thing to symptomatically shut off pain. While that is important (and Power Recharge Therapy does this very well with no side effects), just shutting off the pain is not fixing the problem. The four year NASA study done by Dr. Goodwin and

his colleagues along with dozens, perhaps hundreds of other peer reviewed studies have shown conclusively that PEMF therapy helps to heal, repair, and regenerate tissue. More precisely, the body knows how to heal itself; it just needs the essential building blocks and energy to do so. PEMF supplies the energy AND facilitates the transport of all the essential elements of life.

We already saw how PEMF is FDA approved for bone fractures and how it can actually repair and heal long-standing fractures (even up to 40 years). Earth-based pulsed magnetic therapy ALSO heals and repairs ALL tissues including the difficult nerve cells and brain cells. One important peer reviewed study showed that pulsed magnetic fields promote the growth of damaged nerves after traumatic injury. PEMF therapy helps to promote the binding of nerve growth factor of the receptor proteins on the surface of nerve cells, which facilitates regeneration.

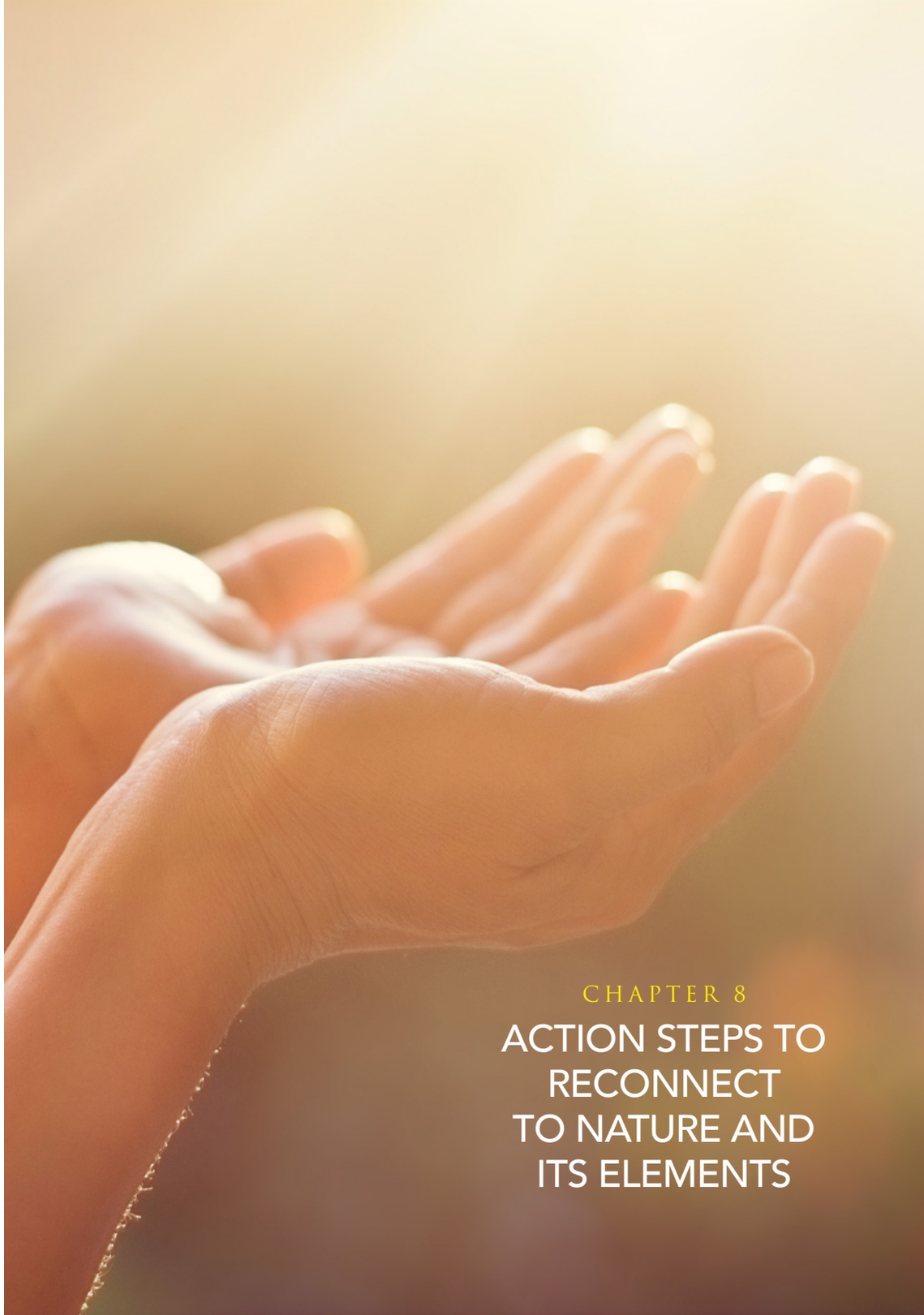
Conclusion – Stay Positive!

In this chapter we have shown how powerful the mind is, and that using a positive, health-orientated approach to healing the body is the clear and obvious path to optimal wellness. We looked at many of the positive benefits of PEMF therapy on the human body and the science and research supporting these benefits in hopes to increase your BELIEF in this amazing branch of energy medicine, called PEMF therapy.

By focusing on the benefits and keeping your mind centered on health, you use the placebo effect to your advantage on the great journey to ever increasing levels of health and energy. Remember, health is NOT the absence of disease; it's a never-ending quest of thriving in this human body, not just surviving.

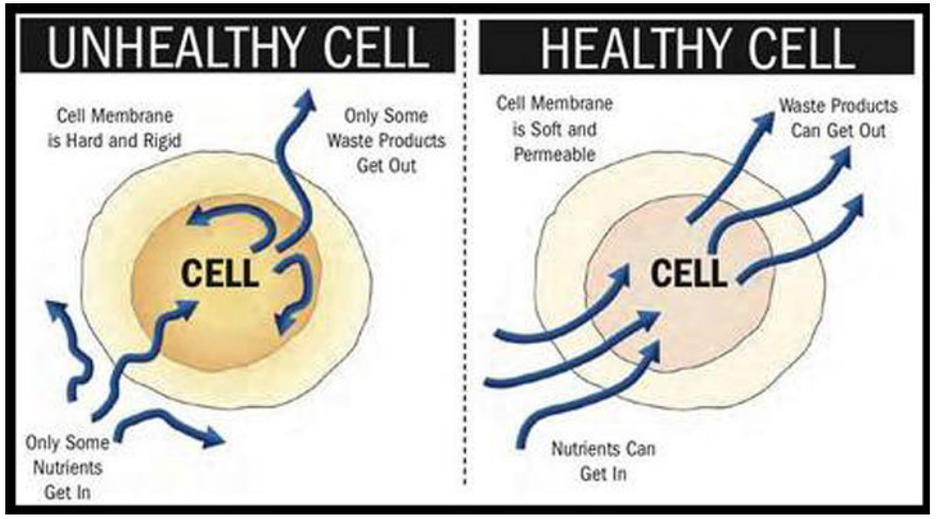
Again, here are the Top 8 benefits Power Recharge therapy will give YOU, and keep these benefits in your mind every time you do a Power Recharge therapy session. All you need is 20 minutes, 2 times daily on an earth-based Power Recharge therapy device to tap into the amazing benefits below:

1. Stronger bones
2. Endorphins and pain relief
3. Better sleep and HGH secretion
4. More energy ATP
5. Better oxygenation and circulation
6. Improved immunity
7. Relaxation & stress reduction
8. Nerve and tissue regeneration THPOYB



CHAPTER 8

ACTION STEPS TO RECONNECT TO NATURE AND ITS ELEMENTS



As a nurse or health practitioner, I would tell people that health is simple. You simply need to put the "right stuff" into your body & take the "garbage out". The "right stuff" the five elements: organic, non-GMO whole foods, clean and energized water, sunlight, and fresh air, the earth's natural Pulsating Electromagnetic Frequency, along with positive thoughts and positive feelings, and connecting to your spiritual source within.

Taking the garbage out means keeping your organs of elimination open. The 5 elements in natural healing and holistic medicine have corresponding organs of elimination. The four main organs of elimination are the colon, kidneys, skin and lungs, which correspond to the elements earth, water, fire and air. The 5th element being energy is removing blockages in the meridians, chakras, emotions and energy pathways in the body.

Keeping the colon clean begins by making sure you are regular (moving 2-3 times a day) and then adding seasonal (4 times a year recommended) colon cleansing. Keeping the kidneys clean and healthy means drinking lots of clean and energized water. To keep the skin open and healthy, try skin brushing for 5-10 minutes a day and sweating (saunas or exercise) at least 3 times a week. For the lungs to remain open and cleansed, practice deep breathing and exercise in fresh air. Reconnecting to nature, Power Recharge therapy and energy healing (acupuncture, reiki, etc) will keep your bioenergetic and holographic body clear and open, and also cleanse and protect you from dirty electricity or electrosmog.

A revolutionary Power Detox Therapy



20 minute therapy to effectively service your body regularly

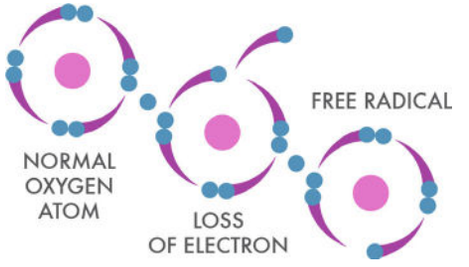
The Energia Power Detox combines iontophoresis with electrolysis using zinc electrodes and Himalayan sea salt to create mineralised water to extract toxins that appear as black spots or jelly-like materials into the water. In return, your body gets to absorb the healthy minerals to keep the body in balance.

Key Benefits:

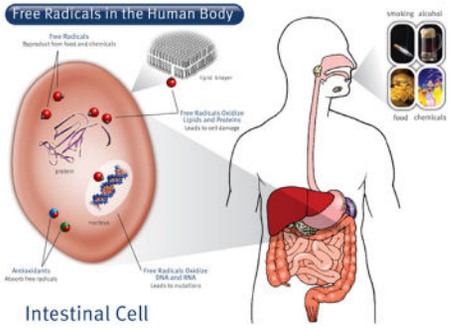
- Enhance detoxification
- Increase energy of the body cells
- Reduce body odour
- Relieve congestions in body organs and tissues
- Activate metabolic functions
- Improve blood circulation
- Relieve leg cramp and leg pain



Neutralise free radicals that can cause oxidative stress. What are free radicals?



Toxic free radicals (caused by processed food, stress, pollution, chemical pollution, UV light, medication, smoking and alcohol) ruthlessly oxidise body cells to make people ill, damaging cell membrane, nucleus, DNA, mitochondria & lysosome. Oxidised cells is the root cause of many degenerative diseases such as skin aging, inflammation, diabetes, hypertension, cholesterol, stroke, etc.



Antioxidant Hydrogen Spa



30 minutes therapy to effectively neutralise free radicals

Energia Power Antioxidant Hydrogen Spa uses revolutionary technology to effectively convert water into hydrogen molecules (H2) to penetrate deep into our body through our feet and counteract free radicals.

Hydrogen (H2) has extremely small molecules, that are able to reach into our cells and penetrate the blood-brain barrier into our

brain, where most antioxidants (Vitamin C, Pcynogenol, Vitamin E or Glutathione) are blocked out, to effectively neutralise free radicals and prevent cell damage.

What is the difference between Hydrogen and other antioxidants?

1. The biggest difference is hydrogen selectively reacts with the harmful free radicals. While other antioxidants eliminate not only the harmful free radicals but also good ones and break the free radical balance in our body.
2. Hydrogen molecules are much smaller than any other antioxidants such as Vitamin C, Vitamin E and Catechin which are blocked out by brain cells.
3. An inert gas, hydrogen has no side effects. Scientists found that the bacterium in our large intestines would produce hydrogen by fermentation.

Key Benefits:
- Anti-inflammatory
- Beauty enhancement and anti-aging
- Improves immunity and promotes longevity
- Improves blood flow and energy flow

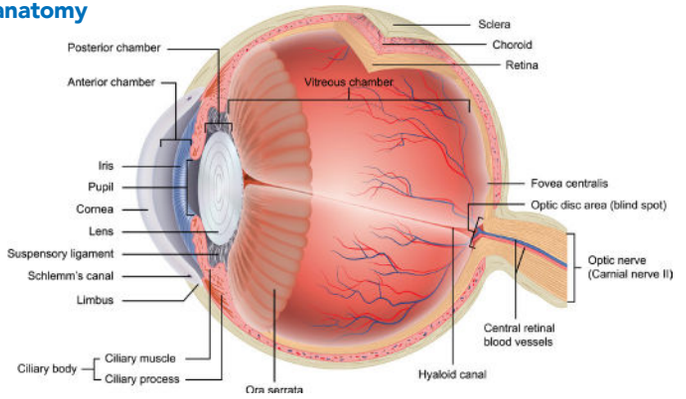
If the ciliary muscle is over-used and under spasm of accommodation, then the thickness of lens cannot be adjusted freely, further affecting the location of light focus point, either in front of or behind the retina (myopia or far-sightedness). If rod and cone cells (photoreceptors on the retina) are abnormally functioning, then colour sensitivity or muscle contraction can be affected.

Power Eye Recharge Therapy
- Non-invasive vision enhancer
- Colour Impulse Therapy
- Eye exerciser and vision enhancer



Revolutionary Power Eye Recharge Therapy emits a coloured-impulse LED beam that travels through pupil, iris and lens till retina, where the focal point is precisely projected to form a clear image under normal healthy physiological condition. Through exercising the whole visual system like the ciliary muscle, iris and rod/cone cells, it prevents or suppresses the progression of some eye disorders or brings back users' normal eye sight as an innovative unconventional treatment.

Human eye anatomy



What is Colour Impulse Therapy?

According to the studies and analysis by researchers (Dr Popovkin N.N., Doctor of Medical Science, Russia), colour impulse therapy can be summarised as a method of using both the frequency of colour and unique rhythm of pulsating light to prevent and mediate visual and other disorders. All objects on the earth, both living things and inanimate objects have their own oscillation frequencies which give balance to the cells. The human body also consists of cells that have constant bio-rhythms resonating strongly and actively; when the body is in disorder or in an unbalanced condition, its bio-rhythms are distorted. In this respect, Colour Impulse Therapy can be used to balance distorted bio-rhythms by applying modulated therapeutic frequencies.



VITALITY	RECOVERY	BALANCE
Circulation of Blood	Stabilization of Mind & Body	Acceleration of Growth

Key benefits for:
- Myopia
- Presbyopia
- Astigmatism
- Floaters
- Glaucoma
- Eye strain
- Eye degenerative diseases

We need to START:

1. Putting the "right stuff" in our body in order to connect to nature & its elements (food, water, sunlight, oxygen and earth's Pulsating Electromagnetic Frequency).
2. Taking the "garbage" out - keeping your elimination channels open (bowels, kidneys, skin, and lungs/breathing).
3. Supplementing the five elements (when needed) and investing in good organic food and supplements, a good water ionizer, full spectrum lighting, a good air purifier and ionizer, AND most importantly an earth-based Power Recharge Therapy system.
4. Getting plenty of sleep and exercise.
5. Staying positive and trying to be around positive people.
6. Living our life with purpose, connecting to your spiritual essence and following your bliss by doing what we love to do.
7. Take 100% Responsibility for our Health and Life.

We need to STOP:

1. Putting "garbage" or toxicity (junk food, tap water, drugs, electrosmog, etc) into our body, mind and spirit.
2. Looking for quick fixes, magic bullets, miracle cures and gifted surgeons/healers (and take responsibility for our own health).
3. Depending on others to take care of our health, especially doctors, hospitals and nursing homes.
4. Taking drugs, both recreational and pharmaceutical!
5. Blaming life, outer reality, circumstances, people, genes AND germs for our health problems.
6. Being negative and "stinking thinking" (whining, complaining, gossiping, being around negative people, etc.).

Because of the problems of the modern world we live in, it's important to take measures to ensure you get all the elements your body needs. Here is a simple list of things you can invest in and action steps you can take to reconnect to nature and give your body what it needs to thrive and not just survive.

I. The 5th Element - Earth's Pulsating Electromagnetic Frequency

(The Schumann and Geomagnetic Frequencies)

1. Power Recharge therapy is a combination of 3 in 1 - cell therapy, light therapy and sound therapy. The light and sound therapy help to activate the pituitary gland and pineal gland to secrete Serotonin during the day and melatonin during the night. These hormones are for you to enjoy high performance during the day and deep sleep during the night. The cell therapy is a non-invasive acupuncture, a proprietary energy resonance technology that uses gentle pulsating electromagnetic waves to recharge and regenerate the body organs to induce faster recovery of injuries, relieve aches and pain and induce recovery from chronic diseases naturally.

The integrated sound and light relaxation system can best be described as a "spa for your brain." It works seamlessly with the cell therapy to melt away stress, improve oxygen circulation to your brain, deepen your ability to enjoy relaxing, restorative sleep, and naturally improve emotional balance without drugs or side effects. While every cell of your body enjoys the oasis of rejuvenation provided by the mat, the light and sound therapy simultaneously bathes your brain with the rest and renewal it needs to return to balance and equilibrium. Mental focus, clarity and productivity improve. Irritability gives way to sense of well-being.





Benefits for busy executives

- To maximise your mental clarity, focus and productivity
- For efficient 20 minute work breaks, providing essential renewal in the midst of your projects requiring heavy concentration
- For healthy on-the-job stress management



Benefits for athletes and sports enthusiasts

- For pre-competition warm up
- To reduce or eliminate lost training days due to illness
- For rapid post exercise recovery after strenuous workouts
- To support faster rehabilitation for injuries



Benefits for general well-being and anti-aging

- To improve circulation and immune system function
- To activate cellular metabolism and repair
- To aid relaxation and detoxification
- To provide optimal overall vitality



Benefits for older people

- To improve mobility
- To increase energy, vitality and strength
- To provide metabolic support for bed-bound people
- To optimise physical and psychological balance

Energia Technology

Let Nanotechnology and mother nature improve your blood flow & energy flow

Experience the subtle yet powerful therapeutic effects of a "sunrise" (far infrared rays) and "waterfall" (negative ions embodied in the Energia products. These natural forces enhance the flow of "Chi" in your body, as you sleep in the comfort of your home. Energia products use Nanotechnology to integrate 100% superior Tourmaline and other minerals into the fibre.





FAR INFRARED RAYS

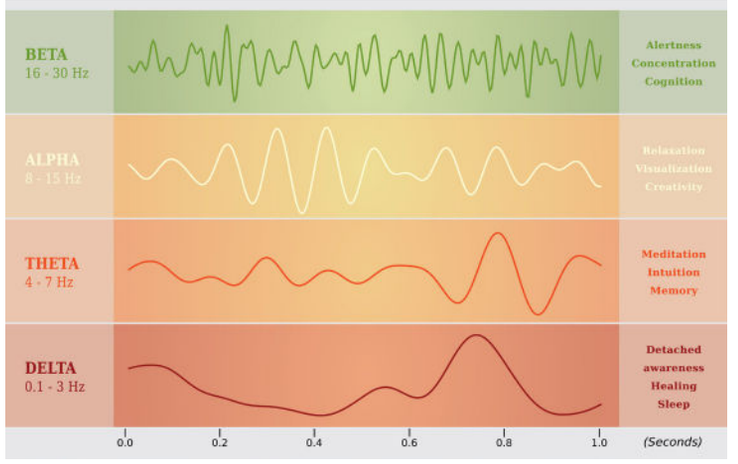
Good Energy Flow

- This natural sunrise energy restores the body's "Chi"
- Improves the blood and energy flow
- Detoxification via urine, bowel and sweat
- Improves skin texture and immunity
- Reactivates "biological clock" for better sleep, higher energy and clarity of mind
- Helps in brain development

NEGATIVE IONS

Good Blood Flow

- Found in nature around waterfalls, beaches, forests and in Energia products
- Keeps the blood well-oxygenated & alkaline
- Oxygenates major organs
- Lowers drowsiness, improves alertness, mental and physical energy
- Helps in brain development



ALPHA WAVES

Second Stage of Sleep

- Relax your body and mind
- Put you into the second stage of sleep in preparation for quality sleep

ENERGIA PRODUCTS: HEALING WHILE SLEEPING

Therapy at the comfort of your home while sleeping. Sleep well, wake up recharged and rree from discomfort.



ENERGIA THERAPEUTIC SLEEPING SYSTEM AND ENERGIA PILLOW

The Energia Therapeutic Sleeping System and Energia Pillow comprises a mattress pad, comforter and pillow. It comes in various sizes: Single, Super single, Queen and King sets

- Improves deep sleep, and allows you to wake up fully recharged with clarity of mind, by activating your "biological clock" to respond to sunrise and sunset by secreting serotonin during the day and melatonin during the night
- Naturally relieves pain such as stiff neck, shoulder pain, headache, migraine, backache or leg pain
- Natural detoxification
- Improves blood flow and energy flow from head to toe throughout the night
- Naturally boosts up immune system and restores hormonal balance
- Energia Junior pillow can help in brain development for children



SHOPPING THERAPY

Energia offers you a wide range of products. Give your loved ones the gift of good health.

YOUR DAILY 8 HR EYE REJUVENATION

ENERGIA THERAPEUTIC EYE MASK



- Improves sleep quality
- Naturally relieves eye discomfort
- Improves blood & energy flow around the eyes
- Helps frequent travelers overcome jet-lag
- Improves dark eye rings, eye bags & fine wrinkles

THERAPY FOR THE HEAD

ENERGIA THERAPEUTIC HAT



- Naturally relieves head discomfort
- Improves hair and scalp health
- Improves blood flow and energy flow around head
- Keeps head warm

THERAPY AROUND THE CHEST AND HEART



ENERGIA THERAPEUTIC SINGLET

- Keeps chest warm
- Improves blood & energy flow around the chest
- Naturally relieves chest discomfort
- Strengthens lungs and heart
- Boosts immune system



FOR TRAVELLERS AND DESK WORKERS

ENERGIA THERAPEUTIC NECK SUPPORT

- Helps you relax and enjoy restful sleep during your trip
- Improves blood flow and energy flow around the neck
- Reduces incidence of jet-lags
- Naturally relieves discomfort of neck and shoulder
- Helps you enjoy clarity of mind, increased concentration and productivity
- Protects body from radiation while working on computer

HEALTHY AND HAPPY PETS

ENERGIA THERAPEUTIC PET MAT

- Improves quality of sleep at night and energy during the day
- Improves blood pH and quality of blood stream
- Improves blood flow and energy flow of pets
- Boosts immune system for optimal health
- Keeps your pet warm



THERAPY ON THE GO

ENERGIA THERAPEUTIC SOCKS

- Improves blood and energy flow on your feet
- Improves flexibility of ankle and toe joints
- Improves strength of feet
- Naturally relieves foot discomfort
- Keeps your feet warm





WATER OF LIFE

ENERGIA THERAPEUTIC BEADS

- Naturally converts drinking water into alkaline and energised water, pH 8.5
- Enhances detoxification and hydrates your body effectively due to it's micro cluster property
- Spray on face as natural toner
- Use as a spray to naturally relieve skin itch & rash
- Spray on cuts to hasten natural healing



THERAPY AT YOUR FINGERTIPS

ENERGIA THERAPEUTIC GLOVES

- Keeps your hands warm
- Improves blood flow and energy flow around your hands
- Improves finger and nail health
- Naturally relieves joint discomfort
- Improves flexibility of finger joints



THERAPY AROUND THE WAIST

ENERGIA THERAPEUTIC CORSET

- Improves blood flow and energy flow of the major organs around the waist such as liver, kidneys, pancreas, bone marrow and reproductive organs
- Naturally improves bowel problems such as constipation and diarrhoea
- Improves digestion and metabolism
- Naturally relieves back & tummy discomfort

KEEP KNEES WARM & FREE FROM DISCOMFORT

ENERGIA THERAPEUTIC KNEE BRACES

- Keeps your knees warm
- Improves blood & energy flow around the knees
- Naturally relieves knee discomfort
- Strengthens the knee muscles
- Improves knee flexibility



II. Element Earth – Food and Nutrition



1. Eat only organic non-GMO whole foods. Eat more raw foods, especially fruits and vegetables and fresh green juices. Check out your local organic farmers and farmers markets. Try to buy local.

Also, check and see if you have any local raw food restaurants. Most health food stores have a raw food section. You don't have to be 100% raw and vegan, but start incorporating more fresh, raw food especially for snacks and desserts. Organic food is more expensive, but well worth it. Try to get a broad spectrum of different fruits, vegetables, whole grains (gluten free especially), nuts, seeds, healthy oils, beans, legumes and small amounts of grass fed, antibiotic and hormone free meat (optional) and dairy (optional). Get a good variety of healthy organic foods in your diet and you'll not need to supplement as much. Also stock your cupboards with healthy foods and you'll eat healthy foods. Set yourself up for success! Eat relaxed and chew your food well. Make every bite count!

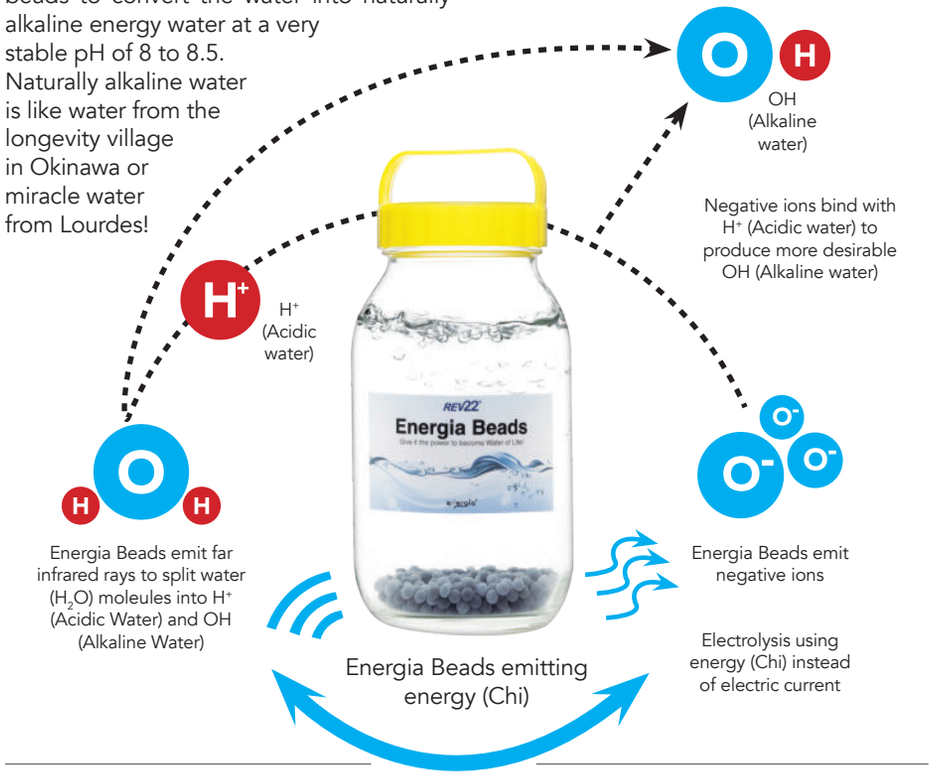
2. Whole food based supplements – Whole food based vitamins OR a good green superfood (most health food stores have a green superfood section). Because of our soil crisis, I think it's a good idea to take at least one whole food based supplement that provides a broad spectrum of food-based vitamins and minerals. There is a lot to say about nutritional supplements and I could easily make a long list of recommendations, but I have found for myself and from helping thousands of others, that just like diet, it's very individualized. Best approach is to keep it simple and get a good variety of healthy foods.



III. Element Water

Invest in a good water filter to filter off the chlorine and heavy metal that comes down the pipe. Fill the filtered water into Energia beads to convert the water into naturally alkaline energy water at a very stable pH of 8 to 8.5. Naturally alkaline water is like water from the longevity village in Okinawa or miracle water from Lourdes!

1. Invest in a good shower filter. Most health food stores now carry decent shower filters, but do some research. This is a must!



IV. Element Fire – Sunlight and Full Spectrum Lighting



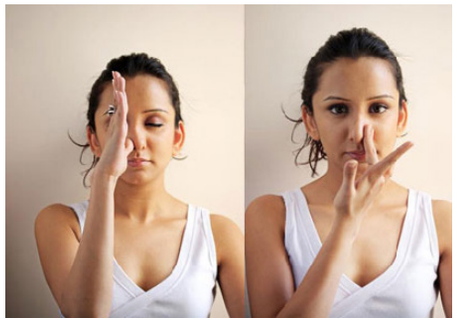
Benefits of Sun Gazing (15 - 30 min a day)

- Helps decalcify the pineal gland
- Increases production of serotonin and melatonin
- Increases intuition
- Increases eyesight and vision
- Increases energy and vitality
- Increases sex drive and stamina
- Raises consciousness and awareness
- Improves overall health, longevity and spiritual well-being

1. Get at least a 1 hour of natural sunlight a day and get outside (even if it is cloudy, the sun's energy still gets through).
2. Use only FULL spectrum incandescent lighting in your house. Avoid fluorescent and compact fluorescent lights at all cost!
3. Invest in a light box if you live in Northern climates. This is a must if you spend long periods of time with little to no sunlight.
4. Try to sweat at least 3 times a week using intense exercise OR using a good Near Infrared or Light Sauna. This is one of the best tools along with Power Recharge therapy for detoxifying and healing the body. Make sure to shower immediately after to avoid reabsorbing the toxins.
5. I also recommend skin brushing for the skin.

V. Element Air – Oxygen and Clean air

1. Practice deep-breathing exercises (or consciously breathe deeply while walking outside in nature).
2. Invest in a good indoor air purifier and also a good air ionizer and HEPA vacuum.





Earth-based Power Recharge Therapy devices that duplicate nature help us to supplement our body with this ESSENTIAL and vital 5th Element of Health. By utilizing Power Recharge therapy for just 20 minutes twice a day you will supercharge and energize your body and cells, sleep better, eliminate and prevent pain and arthritis; improve cardiovascular health, maintain strong bones, boost your immune system and more! This is my #1 and most important recommendation, even if you cannot invest in the other recommended devices.

VI. Exercise

1. Walk at least 30 minutes a day.
2. Do cardiovascular training if possible 3-5x/week.
3. Do strength training if possible 3-5x/week.
4. Research the exciting new science of whole body vibration.





CHAPTER 9

SUCCESS STORIES

THE ENERGIA SLEEPING SYSTEM HELPED ME OVERCOME MY OBSTRUCTIVE SLEEP APNEA AND IMPROVES MY SLEEP QUALITY



Mr Eric Quek

Financial Consultant Age 40+
Obstructive Sleep Apnea (OSA) since 2004

"Now I can wake up even before the alarm clock goes off, which has never happened in the past."

Diagnosed with OSA since 2004.

Had surgery for OSA in 2005.

Used CPAP machine for 3 months in 2005 post-surgery, but felt uncomfortable, could not sleep well and woke up feeling even more tired and lethargic than he was before the surgery.

Found Energia and started using the Energia Sleeping System in 2012.

From then on, he sleeps well, wakes up recharged and free from aches and pains such as stiff neck and headache everyday.

THE ENERGIA EYE MASK HELPS ME OVERCOME JETLAG AS A FREQUENT TRAVELLER



Mr Coen Tan

Managing Director & Master Trainer, Ministry of Influence.
Frequent traveller who dreads long haul flights and jetlags

"The Energia Eye Mask is one of the first items on my packing list every time I travel abroad! I NEVER leave home without it!"

Used to have trouble sleeping in planes, and used to dread his long haul flights to the U.S. However, with the Energia Eye Mask, he no longer have difficulty sleeping in the planes or abroad, and always wake up feeling refreshed and energised.

THE ENERGIA PILLOW, CORSET, EYE MASK, SOCKS AND BEADS IMPROVE MY FAMILY'S HEALTH - INSOMNIA, MIGRAINE AND MYOPIA



Mr Jaap Huigen

Managing Director,
Tanktransformator Pte Ltd
Insomnia
Son, James - Migraine
Son, Jordan - Myopia

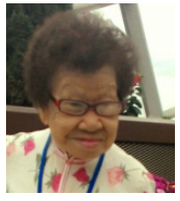
"I am grateful and feel blessed for having found Energia to help me improve my sleep quality and that my twin sons no longer suffer from Migraine and Myopia."

Suffered from Insomnia for years, looking for solution.

Chanced upon Energia in 2015 and took a leap of faith to purchase the Energia Bundle consisting of the Pillow, Corset, Eye Mask, Socks and Beads.

Felt awful, restless and could not sleep on the first night but understood that it was healing crisis. He persisted and was able to experience better sleep quality from the second night onwards.

THE ENERGIA PILLOW AND SOCKS HELPS MY MUM OVERCOME INSOMNIA AND ECZEMA

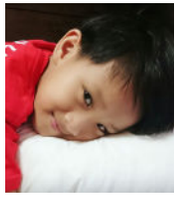


Ms Ruby Cheok

Sales Promoter
Daughter of Mdm Lee Yin Khum, Age 93
Insomnia and Eczema

"Thanks to Rev 22, my 92 years old mother no longer suffers from insomnia, eczema from wheat allergy, after using the Energia Pillow and Socks for 9 months in 2016. Her concentration and mental clarity tremendously improved, and she is now an active member of the NTUC Eldercare Silverace."

THE ENERGIA PILLOW HELPS MY SON OVERCOME ECZEMA NATURALLY



Mr Ah Long Tan
Managing Director,
CAS Pte Ltd
Father of Ian
Eczema since the
Age of 4 1/2

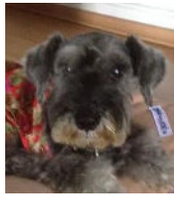
"Now Ian sleeps soundly with the Energia Pillow and Socks and wake up recharged everyday. I am glad to say that we are no longer worried parents and we no longer stop him from enjoying seafood (his favourite) and being active in outdoor activities."

My son, Ian, was diagnosed with Eczema, triggered by seafood, chicken, hot weather and haze when he was only 4 1/2 years old.

Brought him to see doctors, tried prescribed medications and over- the-counter creams on him, and stopped him from taking seafood and chicken and from doing any outdoor activities.

Bought the Energia Pillow and Socks for him in 2015, and his Eczema has disappeared almost completely after about 6-9 months.

THE ENERGIA PET MAT HELPS MY PET OVERCOME BACK PAIN



JULIE TAN
Executive Secretary
Pet Lover cum Owner
of Mushi, the Schnauzer,
age 16, who suffered
from back pain

"The moment we brought the Energia Pet Mat home, she immediately laid on it. We notice that she enjoys lying on it and sleeps very soundly at night. She now has the habit of having her daily siesta on the Energia Pet Mat. She is super active and her vet has commented that she looks young for her age."

Mushi, her pet Schnauzer, was diagnosed with back pain in March 2014 by a vet who recommended that she buy an infra red lamp to relieve Mushi's back pain.

She chanced upon the Energia Therapeutic Pet Mat and bought it for Mushi, instead of buying the infra red lamp.

THE ENERGIA SLEEPING SYSTEM, HAT, NECK SUPPORT AND SOCKS HELPED ME OVERCOME MY SEVERE HEADACHE AND INSOMNIA WITHOUT REMOVING MY BRAIN TUMOUR



Ms Sham
Housewife Age 50+
Brain Tumour since 2014

"Now I am very happy and my favourite product is the Energia Hat that I wear wherever I go."

Diagnosed with brain tumour since 2014. She suffered from severe headache and insomnia. Doctors suggested that she went for brain surgery but it was too high a risk.

She chanced upon Energia **Sleeping System** at a roadshow at Bedok Mall in 2015. During the initial period, sleeping with our **Energia products,** she experienced a lot of healing crisis - shivering uncontrollably under the comforter, vomiting, tinge of blood from nose each time she sneezed, no appetite and lethargy. She persevered and experience breakthrough only after 6 months.

Since 2016, she was happily recovered and able to enjoy quality of life - shopping, travelling and dining without much discomfort.

THE ENERGIA PILLOW, CORSET, SOCKS, KNEE BRACES AND BEADS ENABLE A WOUND THAT NEVER HEAL FOR TEN LONG YEARS WAS 80% HEALED IN 6 DAYS



MR SUBRAMANIAM
Retired Electrician
Age 94
Leg Ulcer
on weekly four layers wound dressing at the hospital since 2007

BEFORE USING ENERGIA
Both legs on weekly four layers wound dressing







DAY 1: 20 May 2017
At The Adelphi
Remove bandages from both legs and did wound dressing with Energia water



DAY 3: At Home
Did wound dressing with **Energia water** and applied **aloe vera sap,** followed by Energia Power Recharge Therapy at home. **Wound 50% healed**

DAY 6: At Home
Wound 80% healed



THE ENERGIA CORSET AND KNEE BRACES ON BOTH ELBOWS RELIEVE PAIN NATURALLY WITHOUT MEDICATION AFTER ACCIDENT





MS VERONICA TAN
Business Owner Age 50+
Body crushed between two vans - sustained injuries and bruises on both elbows, both knees, upper back and abdomen
on the 2nd March 2017

DAY 1

- Energia **Power Recharge Therapy** x3 sessions and wore **corset** and **knee braces** on both elbows.
- Pain score before therapy - 10.
- Pain score after therapy - 9.
- Went to run errand followed by dinner at Concord Hotel with **knee braces** and **corset** throughout the day.
- Pain score end of day 1 - 8.

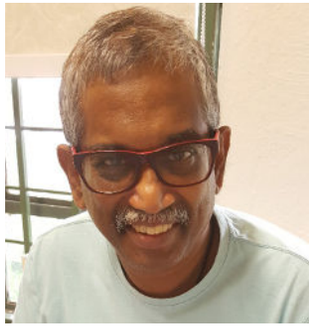
DAY 2

- Woke up with pain score - 6.
- Energia **Power Recharge Therapy** x3 sessions and wore **corset** and **knee braces** on both elbows.
- Pain score after therapy – 5.
- Went to run errand at Adelphi with **knee braces** and **corset** throughout the day.
- Pain score end of day 2 - 5.

DAY 3

- Woke up at 4 am with pain score of 4.
- Went to Changi Airport with **knee braces** and **corset** for departure to Taiwan for 4 days.
- Wore corset and **knee braces** on both elbows throughout the trip.
- Pain score back to Singapore - 1.

ENERGIA POWER THERAPIES AND PRODUCTS (PILLOW, CORSET, BEADS AND SOCKS) CONTROL MY DIABETES NATURALLY



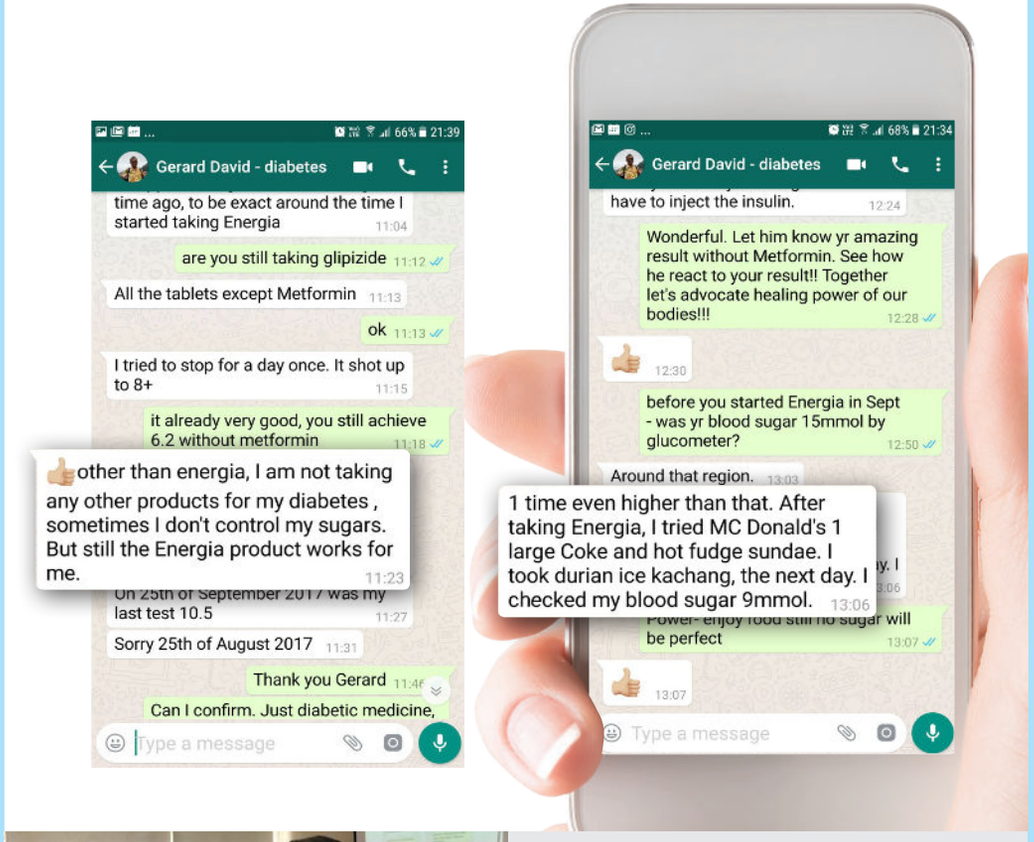
GERARD DAVID PEREIRA
Diabetic since 1997

DATE	Hba1c
14 May 1997 to 20 Sept 2017 (20 years)	10.5 - 18 %
Metformin 500mg 2 x per day Glipizide 5mg 2 x per day Forxiga™ 10mg 1 x per day Linagliptin 5mg 1 x per day Dr wanted to start insulin therapy (Sept 2017)	
25 Aug 2017	10.5%
22 Sept 2017	15% (Glucometer)
Started sleeping with Energia Pillow, corset, socks and beads Weekly recahrge and detox therapy Self Action (without doctor's advice) Stopped Metformin (due to frequent hunger) Reduced Glipizide down to 5mg once in the morning	
30 Nov 2017	10 %
30 Dec 2017	8.5 %
2 Jan 2018	7.1 %
18 Jan 2018	**6.2%** (Glucometer)

REMARKS
Ideal 4.5 to 6.4
Unacceptable > 8.0
Sub-optimal 7.1 to 8.0
Optimal 6.5 to 7.0

ENERGIA TESTIMONIALS

ENERGIA POWER THERAPIES AND PRODUCTS (PILLOW, CORSET, BEADS AND SOCKS) CONTROL MY DIABETES NATURALLY





Gerard - It is not the medication that controls my blood sugar;
It is Energia!!
August 2018 – I further reduce to only Glipizide 1 tab in morning, My Hba1c is only 5.5

ENERGIA SLEEPING SYSTEM
EXCELLENT FOR CHILDREN WITH LEARNING DISABILITY



BENEDICT KOH

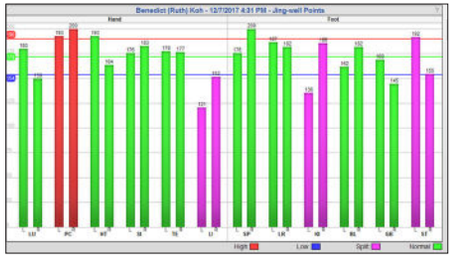
6 yrs old
Global Development Delay (GDD)

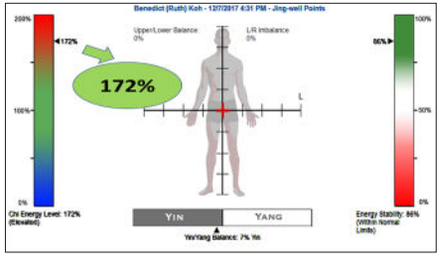
Before started Energia
- Difficulty falling asleep every night
- Unable to communicate well with complete sentence
- Frequent tantrums
- Unable to follow instructions

both in school, at home and swimming activity

Therapies
- Morning – Childcare; Afternoon – Rainbow Centre
- Physiotherapy
- Occupational therapy
- Speech therapy
- Swimming classes

(7 Dec 2017) **Acugraph Energy Analysis; Energy level 172%**





ENERGIA TESTIMONIALS

ENERGIA SLEEPING SYSTEM
EXCELLENT FOR CHILDREN WITH LEARNING DISABILITY



BENEDICT KOH

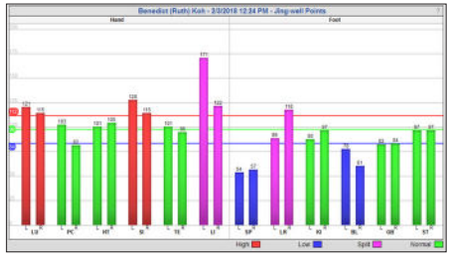
6 yrs old
Global Development Delay (GDD)

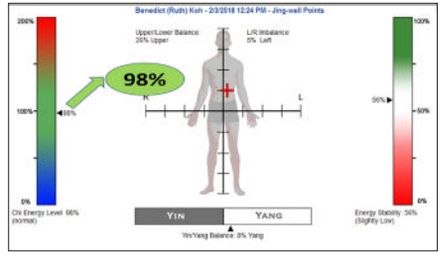
7 Dec 2017
Started sleeping on Energia Sleeping System
- Able to fall asleep much easier
- Able to wake up with less tantrum
- Able to speak clearer

2 Jan 2018 (1 month)
- Attend normal stream at Gan Eng Seng Primary School
- Enjoy school activities
- Concentrate in class
- Able to speak with complete sentence
- Able to follow instruction during swimming class

2 February 2018 (2 months)
- Receive stage 1 Award for swimming well

(3 Feb 2018) **Acugraph Energy Analysis; Energy level 98%**

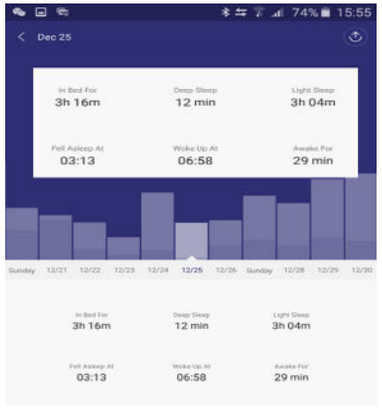




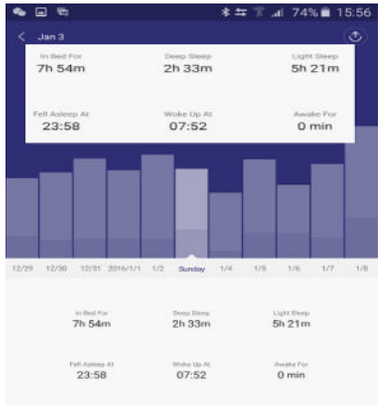
ENERGIA SLEEPING SYSTEM & POWER RECHARGE THERAPY
EXCELLENT FOR CHRONIC INSOMNIA



Hannah Ore
Engineer
Chronic Insomnia
Since 18 Years Old



25 Dec 2015:
Before started Energia
- Difficulty falling asleep and waking up tired
- Fatigued in the day
- Average 4 hours sleep / night
- Less than 1 hour of deep sleep



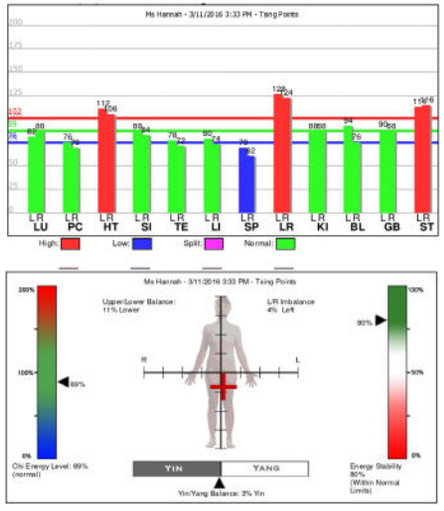
3 Jan 2016:
1 week after Energia
- Longer and deeper sleep, wake up more refreshed
- Much better energy in the day
- Average 7 to 8 hours sleep / night
- 2 hours of deep sleep

ENERGIA TESTIMONIALS

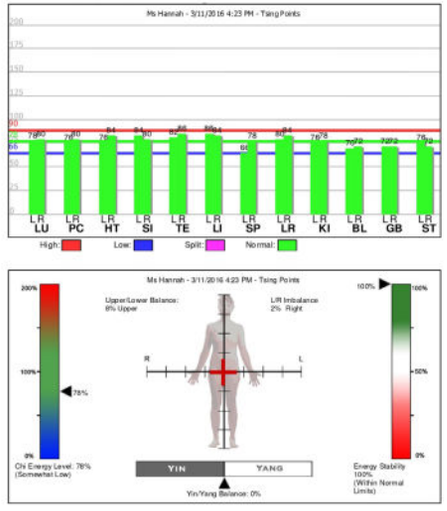
ENERGIA SLEEPING SYSTEM & POWER RECHARGE THERAPY
EXCELLENT FOR CHRONIC INSOMNIA

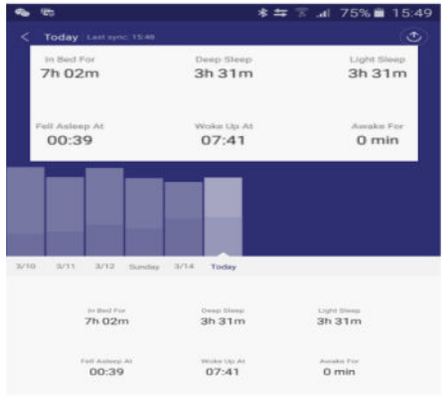
(11 March 2016) **Acugraph Energy Analysis**

Before Recharge Therapy



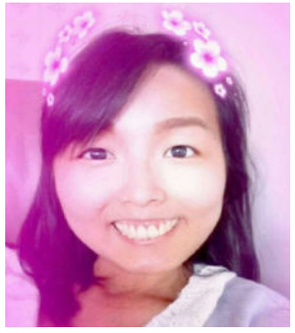
After 20 mins Recharge Therapy





15 Mar 2016:
3 months after Energia and that night after Power Recharge Therapy
- Consistent long and deep sleep, wake up revitalized
- Alert and energetic in the day
- Average 7 to 8 hours sleep / night
- Achieved 3.5 hours of deep sleep

ENERGIA SLEEPING SYSTEM & POWER RECHARGE THERAPY
EXCELLENT IN REGENERATING NEW CELLS FOR NATURAL REPAIR



Jasmine Leng
25 Years Old
Suffered From:
Mixed Connectivity Tissue Disorder followed by Avascular Necrosis

Dec 2011: Before started Energia
- Diagnosed with Mixed Connectivity Tissue Disorder
- Menstruation stopped
- Easily tired

Feb 2012: Started using Energia
- Bought Energia sleeping system
- Sleep quality improved
- Increased energy with better clarity of mind
- Started to have regular menses
- On long term steroid medication

May 2016:
- Diagnosed with Avascular Necrosis
- Experienced severe joint pain everyday
- Daily mobility was affected
- Doctor scheduled for hip replacement surgery in July 20
- Due to her critical condition, she rented the EPRT system to use 3x per day for 30 nights.

June 2016:
- Though the AVN condition still exists, she was able to move around with greater ease after 1 week.
- Pain significantly reduced by 75% after 2 weeks.
- Follow up with doctor – No surgery required
- Stop steroid medications

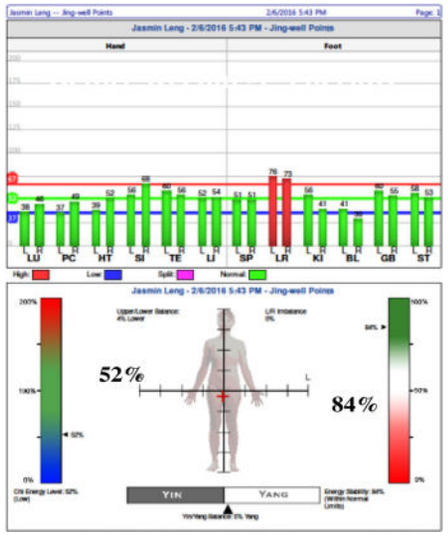
"Now I decided to purchase the EPRT system to enjoy regular Recharge therapy at the comfort of my home."

energia

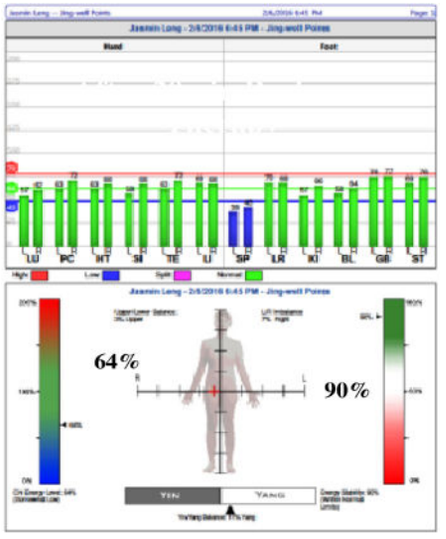
ENERGIA TESTIMONIALS

ENERGIA SLEEPING SYSTEM & POWER RECHARGE THERAPY
EXCELLENT IN REGENERATING NEW CELLS FOR NATURAL REPAIR

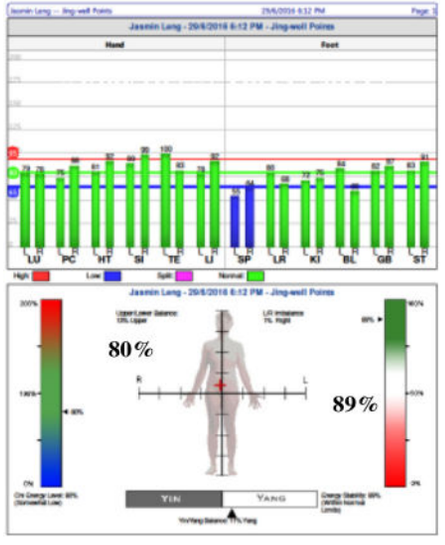
(2 June 2016) Before Power Recharge Therapy



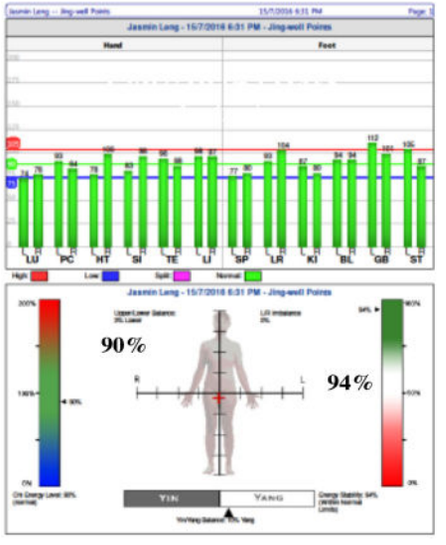
(2 June 2016) 20min After Power Recharge Therapy



(29 June 2016) 27 Days After Daily Power Recharge Therapy



(15 July 2016) 43 Days After Daily Power Recharge Therapy



energia

ENERGIA POWER THERAPIES AND CORSET REDUCE PAIN FROM FRACTURED WRIST WITHOUT TAKING PAIN KILLERS







Ms Veronica Tan
Fracture left wrist
on Feb 2018







- 25 Feb 2018: Fell from edge of van; landed on left hand, face and knee
- Fracture left wrist
- Face, right knee and right hand injury
- No pain killer; wrap corset 24 hours
- Receive Power Recharge Therapy

Day	Pain Score	Power Recharge
1 & 2	10	5 hourly
3 - 5	5	8 hourly
6 - 10	3	12 hourly
11 onwards	1	12 hourly

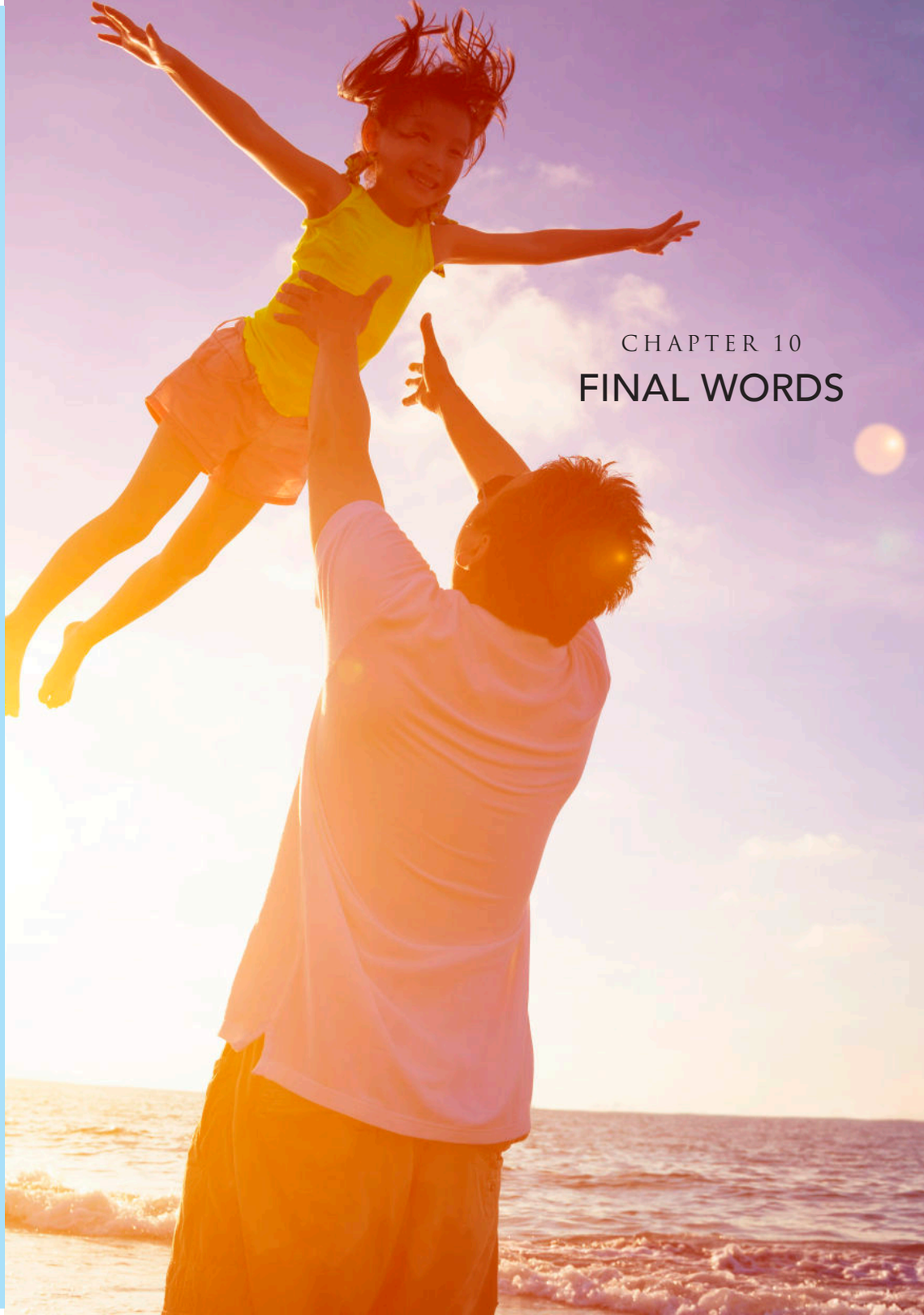








(Day 7) Speaker @ Self-healing SymposiumCorporate Talk; (Day 8) Mandarin Garden; (Day 10) OCBC HQ; (Day 12) Decision Science



CHAPTER 10

FINAL WORDS

ENERGIA BRAND'S MISSION AND PROMISE TO YOU:

Sleep Well – Melatonin

Wake Up Recharged – Serotonin

Free from Pain – Endorphins

ENERGIA VISION



My prediction in the very near future is that we'll find Power Recharge devices in most homes, just as most homes have computers and televisions. Especially with the decline of the earth's magnetic field, coupled with the exponential increase in unhealthy EMFs or electrosmog. Energy medicine is the medicine of the future and earth-based Power Recharge Therapy to be done at the comfort of your home is the most essential, natural, research-proven and effective form of energy medicine that is available today.

I hope you have enjoyed this book and gained great value from its information, research and recommendations in your quest for a deep quality sleep every night.

Email: **info@rev22.com** | **www.energia.sg**

energia.sg

THE HEALING POWER of your BODY

Uncovering the Secrets of ENERGY MEDICINE

VERONICA TAN

Veronica's remarkable recovery from her own illness serves as an inspiration for people who seek healing and recovery. As a Type 9 Peace-Maker in the Enneagram Personality System, Veronica's life mission is to bring harmony and freedom to the world. As Veronica's Enneagram Teacher, I am thrilled to witness the accomplishment of her new book "The Healing Power Of Your Body", and I am proud that she has answered her higher calling to serve humanity by helping others sleep and rest more peacefully. True to her mission as a Peace-Maker, Veronica has dedicated her life to helping people achieve harmony through natural healing.

Nicole Ling
Clinical Psychotherapist &
Enneagram Teacher

★★★★★

We all know that wealth without health is nothing. Yet, the wellness industry is replete with people disappointed by "get well quick" schemes that don't work, and confused by the myriad of treatments. With all that hype and fads flying around, Veronica Tan has distinguished her as a thought leader in alternative healing. In this book, she marries robust and thorough research with her years of deep experience in working with patients with various diseases and ailments and in healing herself and her family.

Whether you're concerned about getting treatment for your ailments, or just trying to better understand how your body heals. Whether you're a looking for advice on restoring your health, or to share with your group an elegant solution for health. The Healing Power of your Body is a go-to resource for you.

Coen Tan
Speaker, Trainer and Coach in
Influential Communications
Founder, Ministry of Influence Pte Ltd

★★★★★

Veronica walks the talk when it comes to Energy Medicine. Her passion for energy healing and power recharge therapies are seen in her own well-being and daily works; which speak volumes in her book, The Healing Power of Your Body. The way the various energy mediums are explained and elaborated in this book makes it a compelling read. As my personal experience goes about reading this book, it helps one to indulge in the basic realm of their individual healing sources both inside and out (in the surroundings) and lays a deeper connection with oneself.

Power Recharge Therapy as a line of healing that may be uncommon, yet indeed successful which is clearly reflected in the case studies presented. The case studies presented in the book not only strengthens one's belief in it but also develops an urge to try it as an alternative healing therapy without any side effects. I would highly recommend this book to anyone who wishes to explore their physiology from nature's perspective and tap on to their self-healing powers. This book is indeed a game changer for life!

Ujjwala Baxi
Registered Dietitian, Diabetes Educator,
Health Promotion Board Youth Ambassador
Founder of Poshan - Cure thru Diet

★★★★★

Veronica is a 'walking encyclopedia' of her own right when it comes to energy medicine. Her integrative repertoire of knowledge is years of self-healing, healing others and research through clinical practice. Her indomitable commitment and devotion to educating contemporary society on the healing forces of nature is admirable and respectable. "The Healing Power of Your Body" successfully dissects the anatomy of energy in the human body, blood flow and cellular repair and their interrelationship on prophylaxis that is intelligible to common man.

The knowledge is feasible and applicable to anyone with a vision to optimize their health, well-being and disease prevention. It's evident that energy medicine of any modality aims to heal the human as a whole through interconnecting the emotional, physical and spiritual beings. Veronica's writing is impressive, linking knowledge and research data from various disciplines as evidence that a change in energy has a domino effect on health. The efficacy of energy medicine, as Veronica cites in this book, has been practised as far back as the beginning of Chinese medicine, is an alternative free of side effects and complementary to other practices. Her book is a great reminder of our natural biology and its power in self-healing.

Teressa Siu
TV Host, International Wellness Speaker,
Founder - LotusLifeTV

★★★★★