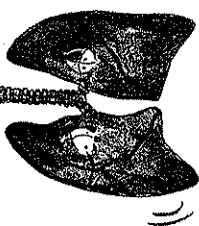


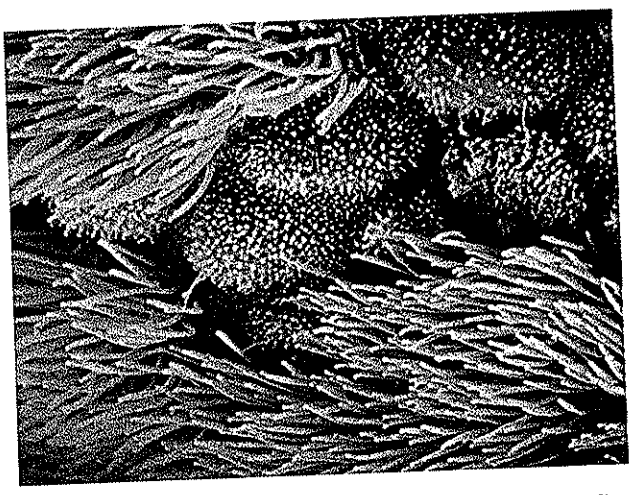
KEUCH
SCHNAUF!



Asthma Bronchiale

Bronchial asthma

compressed again. The pleura is a thin, moist membrane covering the lobes of the lungs and surrounding the chest. It compensates for the friction resulting from respiration and in this way prevents the lungs from being injured on the ribs during the breathing movement.



Trachea/ciliated epithelium

5. Diseases of the respiratory tract

The organs of the respiratory system include the nose, the throat, the larynx, the windpipe (trachea), the bronchial tubes and the lungs. When we inhale, air is moistened, warmed and filtered in the nasal cavities and flows through the throat and into the windpipe or trachea. The trachea is divided into two bronchial branches which lead into the lungs. In the lungs, the bronchial tubes branch off (25 times) into bronchial tubes (bronchioles) which become smaller and smaller until they end in grape-shaped sacks, the air cells or alveoli. Each alveolus is surrounded by a network of small blood vessels (capillaries). The gas exchange takes place on the walls of these capillaries, i.e., oxygen is absorbed into the blood (which carries the oxygen to the individual cells) and carbon dioxide is released into the lungs through the alveoli, leaving the body on exhalation.

When we inhale, our lungs expand, and when we exhale they contract. The lungs are moved by the rib muscles and by the diaphragm. During inhalation, the diaphragm becomes tense and lowers itself so that the lungs can expand and take in air. In exhalation, the diaphragm relaxes and the lungs are

short period of time, I experienced an improvement in my neck problems, which I have had for 10 years. At the age of 24, I had already had hemorrhoids cut out and treated with a laser. However, they were still there and caused me pain. Then they were fixed with rubber, which is a short-term solution. I still had complaints. However, since magnetic field therapy, I have never had to return for a doctor's treatment again because of hemorrhoids. One varicose vein had appeared again after the operation, but after the MRS treatment, it became flatter and no longer caused me any pain."



Appraisal of MFT: 65-75 % good to very good results

Scientific studies on the treatment of diseases of veins with MFT

A study using MRS in conjunction with venous insufficiency is currently underway at the University Clinic in Fünfkirchen under the direction of Dr. Halmos, M.D. The preliminary results were strongly positive.

• A. P. Dovganiuk: "Balneologic and Physical Therapy of Chronic Venous Insufficiency of Extremities," Vopr Kurortol Fizioter Lech Kult, 2, 1995, pp. 48-49. - This article reports that MFT has been used successfully in a variety of diseases, mainly for treatment of chronic venous insufficiency.

• E. I. Pasyukov et al.: "Therapeutic Use of Alternating Magnetic Field in the Treatment of Patients with Chronic Diseases of the Veins of the Lower Limbs," Vopr Kurortol Fizioter Lech Kult, 5. - This study on 271 patients with chronic venous insufficiency yielded good results after the treatment on 236 patients.

• Additional studies: see "Decubital ulcer" in the chapter "Diseases of the skin"



Patient reports on the treatment of diseases of the veins with MRS

1. Thanks to Mrs. Maria Pfeiffer
 - Patient J.S., female, 75 years old; diagnosis: "Since the age of 50 I have had varicose veins and since then I have been wearing support hose everyday. At night I would be awakened by severe cramps in my feet. Since 1990 I have had a severe bronchial irritable cough, I've been unable to sleep at night and I have tried many medications in vain. I have had high blood pressure for many years." Results of MRS therapy: "After about two weeks, my high blood pressure stabilized and my irritable cough has almost disappeared entirely. The cramps in my feet have stopped and the small spots on my feet have disappeared. I no longer have any complaints with the varicose veins."
2. Thanks to Mr. Max Keiser and Mrs. Verena Singer
 - Patient V.S., female, 51 years old; diagnosis: 1986 varicose veins partially removed an incision in the groin, hemorrhoids. Results of MRS therapy: "After one week I felt that the magnetic field was doing something in my body. After a

mechanics. In addition, it can increase the breath time volume and, through the direct influence on the autonomic nervous system, it can also increase the patient's vital capacity. Oxygen is also utilized optimally. MFT also plays an important role as a prophylactic measure.

Effect and use of MFT can be found at the beginning of this chapter; study results, physician reports and patient reports can be found at the end of this chapter.

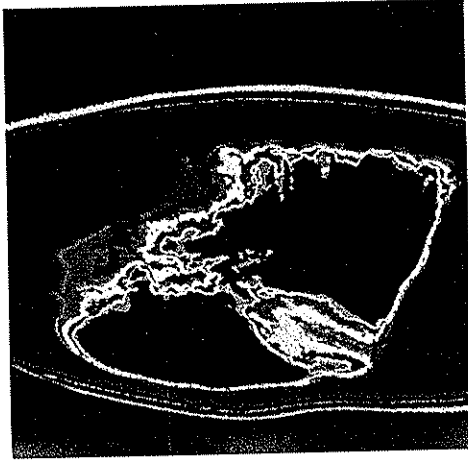
5.2. Bronchitis

Bronchitis is an inflammation of the afferent respiratory tract, which swells and produces increased mucus. In order for the bronchial tubes to be able to function in a healthy manner, this mucus must be coughed up. In this case we speak of acute bronchitis. According to a definition of the World Health Organization (WHO), chronic bronchitis is a disease condition where coughing and expectoration last for more than three months a year, and this event must be repeated at least twice a year.

The main cause of bronchitis is smoking (75 % of those affected are smokers), but recurring infections, environmental pollution, air pollution and weather influences are also harmful components. Dust and bacteria that can enter the body through the air are normally prevented from reaching the bronchial tubes by cilia, which are fine hairs on the mucous membranes of the respiratory tract. Smoking causes these cilia to be covered by tarry substances and the pathogens can then enter the body unhindered and cause an infection. The bronchial tubes become scarred and rigid due to the repeated infections and the alveoli become distended like a bag, reducing the surface area in the lungs. This at the same time reduces the area available for gas exchange. The result: the right heart must increase its output, until it is overstressed and fails.

People who have bronchitis should drink a lot of water and hot fluids. An atomizer so that warm moistened is inhaled and inhalation

ma goes untreated for a long period of time, it also creates an enormous burden for the heart.



Bronchial asthma

There is no cure for asthma, but there are various possibilities for bringing it under control. To relieve the symptoms, breathing exercises are extremely important. Primarily, substances that cause an attack should be avoided. Through appropriate testing, the harmful allergen can be determined. So-called desensitization is of the most recent form of therapy which is of the greatest medical interest. In this procedure, the substance to which the person is allergic is administered by injection to the person at first in very low doses and then in increasing doses to produce a type of training effect in the body. An attempt is also made to stop the inflammation and swelling through medication to prevent an attack before it occurs. Such drugs are usually inhaled such as corticosteroids. The inhaler makes it possible to inhale the medication in the form of fine microdroplets. Pills must also be taken if an attack is very severe. Although they are effective for a short period of time, they entail some significant side effects over a longer period of time. Helpful alternatives also include preparations and therapy forms from natural medicine.

Magnetic field therapy has primarily a supporting effect on regulation of respiratory

Studies, physician reports and patient reports:

see end of chapter

5.1. Asthma

In asthma, a distinction is made between allergic and non-allergic forms of the disease. The symptoms of allergic asthma are caused by one or more specific substances from the environment. The most common allergens (substances causing an asthma attack) are pollen, house dust, animal hair and mold spores. Chemical substances may also play a role in the development of allergic asthma. Non-allergic asthma may be caused by an ear, nose or throat infection (rhinovirus), cold room air or emotional stress. Children whose parents both suffer from asthma have a 50 % higher risk of developing asthma themselves. In 30 % of asthma cases, the disease begins during the first five years of life. The initial signs include fatigue and inability to pay attention during the day. Asthmatic children often have sleeping problems. Both forms of asthma are characterized by the unpredictable attacks where the respiratory tract swells up and also cramps. Inhalation is made difficult by the fact that the lungs are not completely emptied on exhalation and thus not enough fresh air can be taken in. Due to the acute shortness of breath, the person affected believes he/she is suffocating. The attacks may occur regularly or just a few times a year, at any time of day or night. They may be harmless or very intense and even life-threatening. In addition to the tightness in the chest and coughing, typical signs of an asthmatic include whistling exhalation which occurs when the stream of air flows through the constricted bronchial tubes. The disturbed exhalation makes it impossible for an asthmatic to blow out a candlelight or speak. Anxiety, a rapid pulse and cold sweats are typical accompanying symptoms. Only after the attack can the patient cough up the viscous mucus which is clogging up the cramped bronchial tubes. The reduced supply of air to the lungs often causes hazardous inflammations, under some circumstances even with the development of an abscess. If asth-

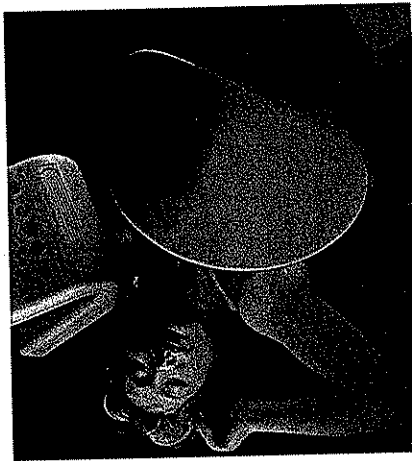
Effect of magnetic field therapy on diseases of the respiratory tract:

harmonizing effects on the autonomic nervous system, relaxing effect on the intercostal muscles and diaphragm: permitting deep abdominal breathing; in individual cases: bronchodilating, mucolytic



Proper use of MRS for diseases of the respiratory tract

- Whole-body mat: 2-3 times a day for 16 minutes each time: 150 % level in the morning (gradually increasing from 10 %), 100 % level at noon (gradually increasing from 10 %), 25 % level in the evening
- Pad: once a day for 24 minutes: 100 % level, in the area of the thoracic spine (whole-body application: reduce from 16 minutes to 8 minutes)



Local treatment of the lungs with a pad

- Forms of therapy supportive of MFT: bronchovaxom, ayurvedic medicine, bioresonance, NLP, qi gong, TCM, acupuncture, aroma therapy, Kneipp cure, herbal remedies in general (mullein, thyme, coltsfoot, marshmallow root, ginger, licorice root, chickweed, grape seed extract)
- Special instructions on use: perform breathing exercises during the treatment, do not fall asleep (breathing becomes too shallow!)
- Notes on the initial reaction: none

preparations are also helpful. Acute bronchitis usually requires treatment with an antibiotic. In any case, not smoking is the best protection.

Effect and use of MFT can be found at the beginning of this chapter; studies results, physician reports and patient reports can be found at the end of this chapter.

5.3. Emphysema

Emphysema is a chronic progressive disease causing expansion of the lungs. It occurs when the narrow respiratory tract to the alveoli becomes overstretched and the walls which subdivide the alveoli are destroyed or damaged. The spherical bulging which then forms reduces the surface available for gas exchange and the lung tissue becomes useless in this area. The main feature of emphysema is being short of breath, a painful cough with coughing up mucus is a frequent accompanying phenomenon. The difficulty in breathing (the person must breathe more often in order to be able to take in the same amount of air as with a normal breath) leads to an extremely high energy consumption. Therefore, these patients become easily fatigued and need more calories to maintain their weight. Many patients develop a barrel chest, and enlarged rounded chest with overdeveloped chest muscles because of the expanded lungs. Because of the oxygen deficiency in the blood, their lips, earlobes, skin and fingernails may become bluish in color.

Emphysema often occurs in combination with chronic bronchitis. When the disease progresses, many complex changes take place in the body. Thus, for example, the oxygen content in the blood becomes lower while the carbon dioxide content increases. In addition, the lung tissue loses elasticity. Change also occurs in the blood vessels in the lungs. The right half of the heart, which pumps low-oxygen blood from the veins to the lungs must work much harder. If the right half of the heart is overstressed too much in the long run due to this performance pressure, the heart becomes weak until it fails. With heart failure,

less blood is delivered to the cells, which causes great swelling in the feet, ankles and legs. So far mainly men after the age of 50 have been affected by emphysema. Since the number of women smoking has increased greatly in recent years, however, this disease is also being seen increasingly among women.

There is no treatment for emphysema. Limiting substances, mainly cigarette smoke, should be avoided. Intake of abundant fluids helps to dilute the mucus in the lungs. Special diets and certain breathing exercises (using the chest and intestinal muscles) to facilitate breathing are recommended as supportive measures. Air conditioning and room humidifiers should clean the air. Medications are used mainly to dilute the mucus and to relax and expand the air passages. Antibiotics are administered to fight infections.

Effect and use of MFT can be found at the beginning of this chapter; studies results, physician reports and patient reports: can be found at the end of this large chapter.

5.4. Lung infection

In a lung infection or so-called pneumonia, the small alveoli in one or more areas of the lungs become inflamed. The alveoli filled with fluid and white blood cells which try to combat the infection. Pneumonia is very dangerous, especially for very young and very old people.

Pneumonia mainly affects peoples whose immune system has been weakened by a cold, influenza or a long-term infection such as chronic bronchitis, emphysema, asthma, diabetes, cancer or sickle cell anemia. Viruses, bacteria, fungi or other pathogenic microorganisms may cause pneumonia. However, chemicals, foods, vomitus or foreign bodies that enter the trachea instead of the esophagus may also cause pneumonia. Smoking, excessive drinking, prolonged bed rest, anesthesia, sedatives and certain medications can increase susceptibility to pneumonia. Pneumonia very often occurs following an influenza and cold epidemic, especially in the winter

when people stay in their houses and homes more, where bacteria and viruses are more easily transmitted.

The four main symptoms of pneumonia are chest pain, a rapid increase in body temperature, coughing and difficulty in breathing. Bacterial pneumonia occurs suddenly in conjunction with chills, a rapid rise in temperature, a shallow breathing and coughing with bloody, dark yellow or rust-colored expectoration. The oxygen deficiency which is often associated with a bacterial pneumonia causes headaches, nausea and cyanosis (blue discoloration of the lips and fingertips). Viral pneumonia is less serious than bacterial pneumonia. The viruses cause coughing and other cold symptoms as well as general fatigue, fever, chest pain and difficulty in breathing.

Viral pneumonia is usually treated with bed rest, abundant fluid intake, a light diet and pain pills. Bacterial pneumonia requires antibiotics such as penicillin, bed rest, and, in severe cases, hospitalization.

Effect and use of MRS: See the beginning of this chapter.



Scientific studies on the treatment of colds of the respiratory tract with MFT

• Khomenko et al.: "Use of Millimeter Range Electromagnetic Radiation in Complex Therapy for Pulmonary Tuberculosis," Millimetrovye Volni v Biologii i Meditsine (3), 1994, pp. 53-61. - This study shows the supportive effect of MFT in the treatment of patients who had tuberculosis of the lungs and received the usual therapeutic medication. There was no effect on the bacterium itself, but there was more rapid regeneration of the patient in the recovery phase.

• L. V. Iashchenko: "Low-Frequency Magnetic Fields in the Combined Therapy of Inflammatory Lung Diseases," Prob Tuberk, 3, 1988, pp. 53-56. This study shows the positive effect of low-frequency MFT in combination with various inflammatory lung diseases. A group of 165 with the same diseases received the same treatment and showed a definite re-

duction in the risk of complications such as a pulmonary abscess.

• G. A. Mozhaev et al.: "The Prevention and Treatment of Suppurative Inflammatory Complications in the Bronchopulmonary System During Prolonged Artificial Ventilation," Anesteziol Reanimatol., 1992 (4). - This study shows the positive results when using MFT in combination with increased lung ventilation in purulent inflammations of the respiratory tract. Improved production of mucus, optimized operation of the phagocytes and improved immune defense have been demonstrated.

• V. M. Iurlov et al.: "The Efficacy of the Use of Low-Frequency Electromagnetic Fields in Chronic Bronchitis," Voen Med Th, 3, 1989, pp. 35-36. - The results of this double-blind, placebo-controlled study show that treatment with electromagnetic fields has a very good effect on patients suffering from chronic bronchitis. Treatment with the usual medications was continued during the study.

• E. A. Gaidashev et al.: "An Evaluation of the Effect of Magnetic Laser Therapy on External Respiratory Function in Complicated Forms of Acute Pneumonia in Children," Vopr Kurortol Fizioter Lech Fiz Kult. - The results of this study document the finding that MFT in combination with laser can significantly reduce the risk of severe complications in children between the ages of 1 and 12 in acute infections of the respiratory tract.

• V. M. Bogoliubov, L. A. Skurikhina: "Therapeutic Application of Constant and Low-Frequency Magnetic Fields," Vopr Kurortol Fizioter Lech Fiz Kult (2). - This article gives a review of the possibilities of low-frequency magnetic field therapy in treatment of a number of different diseases. Positive results were found in treatment of bronchial asthma.



Physician reports on the treatment of diseases of the respiratory tract with MF


- 1. Dr. Birgit Kleber, General Practitioner, Rotach Egern
• Patient S.S., male, 8 years old; diagnosis: bronchial asthma: increased need for medication for several weeks. The patient cannot sleep

through the night, has shortness of breath just when climbing the stairs and cannot participate in school sports. Results of MRS therapy: the boy slept through the night for the first time after his first MRS treatment. After three treatments he no longer needed any medication. He is now coming only once a week and is stable.

2. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/01/40 666 00

- Patient E.F.J., male, 23 years old, track & field athlete. Diagnosis: Stress asthma: severe restriction, especially in international competitions. Results of MRS therapy: after the first treatment, the clinical parameters of spirometry improved. The athlete is almost free of symptoms today and his performance is at a peak.

- Patient M.K., male, 10 years old. Diagnosis: Severe asthma (to pollen) for four years. Results of MRS therapy: after half a year of treatment, the boy is free of symptoms and no longer needs any medication. He is again sleeping well.

 Patient reports on the treatment of diseases of the respiratory tract with MRS

- Thanks to Mr. Siegfried Müller
 - Patient M.R., male, 9 years old; diagnosis: asthma, neurodermatitis, allergy. At the age of half a year, he developed neurodermatitis which was exacerbated by improper treatment (cortisone). Asthma attacks since the age of 6, bad breathing - snuggling his shoulders. Allergies: especially to animal hair, hayfever, pollen allergy, constant scratching. Results of MRS therapy: Sleeping calmly, breathing more easily - even with a cold, no more whistling. Allergy to animal hair: no more scratching, no redness, no typical allergy reaction with horses.
- Thanks to Mrs. Giovanna Fakin
 - Patient G.F., female; diagnosis: constantly recurring hayfever for 11 years, asthma attacks. The attacks were especially violent at night. Results of MRS therapy: "After three weeks of use, I have no more symptoms and have been able to stop the various medications. I would classify my overall physical condition as especially good."

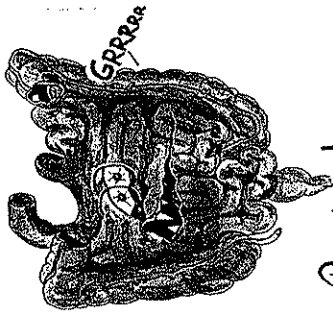
activity easier, intervertebral disk problems: pain-free for five months. General and psychological well-being has greatly improved.

- Thanks to Mrs. Manuela Hörner
 - Patient R.S., female, 66 years old; diagnosis: "For decades I have been suffering from chronic bronchitis: at first I had only a bad cough in the morning, but recently I have been having up to three or four coughing attacks, even at night. In addition, I have had more and more mucus and it seems more viscous and I also have shortness of breath. Medication has not helped." Results of MRS therapy: "I soon felt a significant relief. My breathing improved and the coughing attacks occurred less frequently. I can mostly cough up the heavy mucus easily. I am glad to be sleeping through the night undisturbed. My mucus membranes in my neck and throat have changed. I am no longer taking medications and sprays."
- Thanks to Mrs. Ursula Lange
 - Patient, female, 59 years old; diagnosis: "Since about 1983 my respiratory tract has been full of mucus. I have done a lot for it: sports, teas, fresh air, movement, yoga, tai chi, etc." Results of MRS therapy: after 14 days the mucus and secretion were dissolved (purulent), and then my respiratory tract was free and has remained so. "I am again wearing shoes with higher heels, dancing, doing fitness training, walking a lot and my extremities are warm and have good circulation."
- Thanks to Mrs. Beate Martina
 - Patient T.H., female, 71 years old; diagnosis: respiratory problems. Results of MRS therapy: "After the first treatment with the pod, it was much easier for me to breathe. I again have feeling in my fingertips and my legs are warm and have good circulation after just three days. I am sleeping better."
- Thanks to Mrs. Maria Pfeifer
 - Patient K., male, 67 years old; diagnosis: coughing for six months, high blood pressure, lumbar and thoracic spine pain. Results of MRS therapy: after 14 days, the tedious coughing (despite repeated treatments by a specialist) disappeared. The spinal pain also stopped and the blood pressure can be classified as normalized (medication and MFT).

- Patient J.S., male, 75 years old; diagnosis: "For eight years I have been suffering from bronchial irritable cough: I could not sleep and no medication helped me. For several years I had high blood pressure - pills were no help." Results of MRS therapy: "After about two weeks, my high blood pressure has stabilized and my irritable cough has almost disappeared."
- Patient J., female, 8 years old; diagnosis: J. had suffered as a small child from severe bronchial coughing irritation which was constantly acute. The girl was plagued by constant coughing all day and all night. Medication, ointments and other rub-in preparations were unable to bring her any relief. Results of MRS therapy: she had an extremely severe coughing attack and coughed up a considerable amount of mucus the evening after her first treatment. Since then she has not had any more coughing attacks even till today.



Appraisal of MFT: 70 % good to very good results



Reizdarm

Irritable intestine

6. Diseases of the digestive tract

The digestive tract includes the mouth, esophagus, stomach, small intestine and large intestine (the colon). The muscles of the individual digestive organs convey food forward in the system. Each of these hollow organs fulfills an important function during the digestion process. In the mouth, food is reduced in size with the help of the teeth and saliva is added. Saliva facilitates the conveyance of food and contains enzymes (special proteins) which initiate digestion. The paste of food travels through the throat and the esophagus into the stomach sack where gastric acids and digestive juices of the stomach glands further prepare the food. The mucus produced in the gastric mucosa protects the digestive tract from damage due to these strongly acidic substances. In the duodenum the food slurry is further broken down with the help of juices from the pancreas and the liver (bile). The liver produces the bile required for the digestion of fats in the small intestine. It is also responsible for cleaning blood, producing glucose and processing drugs and toxins. The liver, gallbladder and pancreas support digestion.

Food components in liquid form go into the small intestine, where they are broken down

into the smallest chemical components (building blocks of sugars, proteins and fats) and enter the blood stream through the wall of the small intestine. Blood carries the nutrients into the individual cells, exchanges them for their metabolites and transports them to the excretory organs. The gallbladder is on the lower side of the liver and is an organ without a direct digestive function. It stores the bile which is produced in excess by the liver. If the gallbladder contracts when we eat a meal with a lot of fat, bile juice is excreted into the small intestine. The pancreas is located beneath the stomach. Its digestive juices ensure the disintegration of proteins, fats and carbohydrates. In addition to the digestive juices, it secretes insulin for the utilization of sugar. The substances that are not absorbed into the blood travel into the large intestine where electrolytes and water are withdrawn from the residues from the small intestine in order to maintain the fluid balance in the body.

If a section of the digestive tract is dysfunctional, this can have effects on all the other digestive organs in a manner that is harmful to their health. If we consider the great number of harmful substances that pass through the gastrointestinal tract each day, it should not be surprising that gastrointestinal disorders are some of the most common diseases in the world.

6.1. Appendicitis

The appendix is a small worm-like projection of the intestine at the point of transition from the small intestine to the large intestine. It is actually part of the immune system. Despite its allegedly minor significance, an inflammation of the appendix is not without problems. This inflammation is usually the result of an infection. It develops when toxins or waste products, intestinal worms or bacterial pathogens obstruct the appendix. In the initial stage, appendicitis causes a dull or sharp pain in the area of the navel. Any movement, coughing or sneezing intensifies the pain. Nausea, an inability to eat and constipation are other concomitant symptoms. 10 % of those affected with appendicitis suffer from diarrhea. Adults may have a fever of up to 39 °C, and even higher for children. Within increases up to 100 beats per minute. The location of the appendix in the abdominal area varies with each individual, and the pain may be manifested in the back, in the side, in the pelvis or even on the opposite side. The entire area around the appendix becomes especially sensitive because the surrounding muscles are contracting. When the fever is higher and the pain increases, there is risk of rupture of the appendix. In this case, the appendix is severely swollen and is filled with so much pus and bacteria that it can rupture and the infection can spread so rapidly that the much-feared peritonitis may develop within a few hours after the first symptoms are noticed. Any fever combined with nausea and abdominal pain should be investigated by a physician. A ruptured appendix is a medical emergency. It can occur in anyone, but is most common in people between the ages of 10 and 30. An immediate diagnosis permits effective treatment. If there is a suspension of appendicitis, the person affected must not eat or drink anything or take any pain pills before seeing a physician. Eating and drinking stimulate intestinal activity and can therefore lead to complications.

Magnetic field therapy has a place in post operative care of appendicitis, i.e., in the rehabilitation phase.

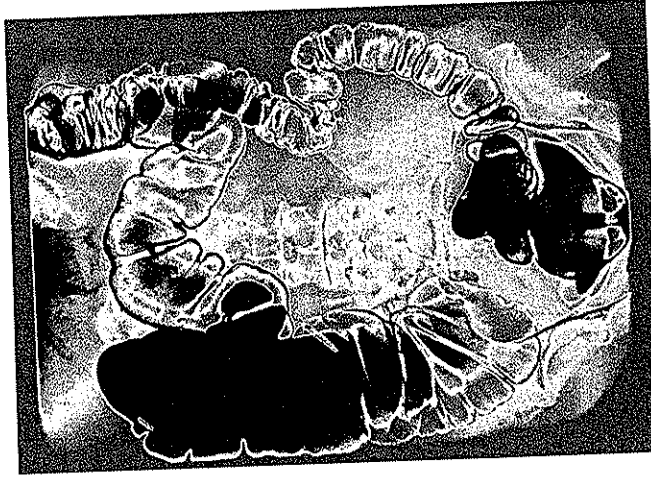
6.2. Ulcerative colitis:

see "Diseases of the large intestine"

6.3. Diabetes (blood sugar disease):

see chapter "Metabolic diseases"

6.4. Diseases of the large intestine



X-ray: large intestine

6.4.1. Colitis and irritable colon

Colitis is an inflammation of the large intestine, whereas in irritable colon there are no signs of inflammation in the intestine. The cause of irritable colon is a disturbed equilibrium in the autonomic nervous system and not in the intestine itself. Approximately 70 % of all doctor's visits because of abdominal pain are due to an irritable colon. The symptoms, which are caused by intense muscle activity of the lower abdomen, range from diarrhea, constipation headaches and cramping to a slightly elevated temperature, and sometimes

to bleed and escape through the anus. If hardened feces collect in the pockets, they press against the thin walls and reduce circulation. This area then becomes susceptible to bacterial infections.

An inflammation of the diverticula can lead to a rupture, an abscess (a closed pouch with pus around the perforation) or to peritonitis. Constipation may alternate with diarrhea. Symptoms include severe cramps and sensitivity to pressure, especially in the left lower intestinal area. It is not uncommon for the infection to spread into the bladder or the vagina. Pain in urination indicates an infection of the bladder, feces in the urine indicate an abnormal connection between the intestine and bladder (fistula). In acute infections of the diverticula, a fever also develops. A tentative diagnosis is made on the basis of the symptoms. A medical examination can provide information regarding the mass in the left lower intestinal area. An x-ray, CT scan or colonoscopy can provide information regarding complications and the location of the pockets. In serious cases, hospitalization with intravenous feeding are necessary. In fever or other signs of an infection, antibiotics are usually prescribed. If there is also peritonitis, surgery must be performed in any case. Then the affected section of intestine is removed and reconnected by an end-to-end anastomosis or an artificial outlet is created until the inflammation and infection have subsided. A high-fiber diet seems to be the best way to prevent diverticulitis.

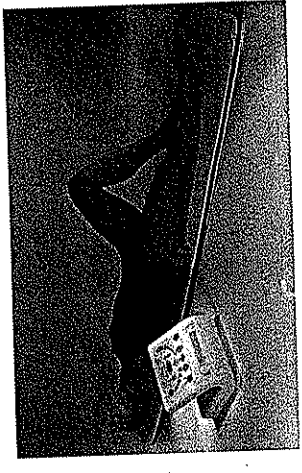
Effect of magnetic field therapy on diseases of the intestines:

calming effect on the autonomic nervous system (Plexus myentericus), promoting circulation, protecting the mucus membranes. Irritable colon: best prospects for success within the diseases of the gastrointestinal tract

Proper use of MRS for diseases of the intestine

- Whole-body mat: 2-3 times a day for 8 minutes each time: 50 % level in the morning, 25 % level at noon, 10 % level in the evening

- Pad: twice a day for 16 minutes each time: 8 minutes in the lower back area with legs bent, 100 % level
- 8 minutes below the costal arch, lying on the stomach, 25 % level
- Forms of therapy supportive of MFT: symbiosis guidance, enzymes, acupuncture, homeopathics, NLP, osteopathy, qi gong, shiatsu, herbal remedies (plantago psyllium, Indian flea-wort, flaxseed oil, ginger, garlic, orange root, chamomile), digestive enzymes, vitamin B complex, supplements of a-dophilus and bifidus bacteria for regeneration of the intestinal flora



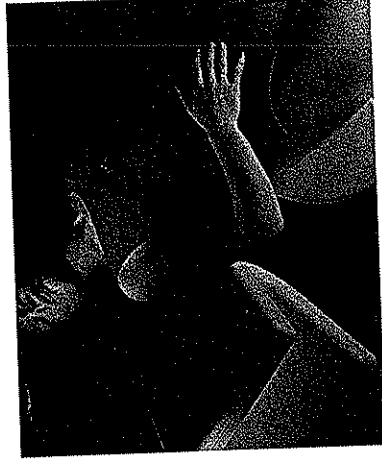
Basic treatment for diseases of the intestine

- Special notes on use: Drink lots of fluids!
- Notes on the initial reaction: Mild cramping or intestinal irritation may occur in 3 % of the cases at the start of treatment.



Scientific studies on the treatment of intestinal diseases with MFT

- B. Bulent-Mentes et al.: "Influence of Pulsed Electromagnetic Fields on Healing of Experimental Colonic Anastomosis," Department of Surgery, Gazi University Medical School et al., Diseases of the colon and rectum, 1996. - This study investigated the influence of pulsating electromagnetic fields on the mechanical strength and collagen content (connective tissue fibers) of uncomplicated anastomoses (suture connections of two portions of the intestine separated by surgery) in the intestine of rats. It was demonstrated that connective tissue becomes more stable under MFT and the suture can be more durable.



Local treatment for diseases of the intestine



Physician reports on the treatment of intestinal diseases with MF

- 1. Dr. Sepp Fegerl, M.D., General Practitioner, Salzburg
- Patient G.E., male, 66 years old; diagnosis: spastic on one side due to a birth trauma, exacerbated by stress, therefore, he has been occu-

there is mucus and blood in the stool. Irritable colon is a so-called diagnosis of exclusion, i.e., it is diagnosed by excluding all other possible diseases first. Magnetic field therapy has extremely good prospects for success especially in irritable colon.

Colitis is a definite inflammation of the intestine: the bacterial inflammation, ulcerative colitis and Crohn's disease are the most common causes. Colitis usually begins with intestinal discomfort, mild diarrhea or constipation and a general sick feeling. When the situation becomes more serious, abdominal pain or bleeding in the intestine may also occur. If the disease occurs suddenly, it is accompanied by fever, bloody diarrhea, loss of appetite and weight loss. Ulcerative colitis is not an infection with bacteria, but instead is a disease of the large intestine, the cause of which is not known, and which can lead to various tumors on the intestinal mucosa. The disease is usually painful, occurs in attacks, related to stress situations. For a diagnosis, the intestinal walls are examined with the help of a colonoscope, where a tube with a light is inserted into the intestine and if necessary, a tissue biopsy is taken and examined under a microscope. Patients with mild colitis may make do with a normal diet. More serious cases must be treated in a hospital, because water and the electrolytes that are essential to life are lost with diarrhea or bleeding and must be replaced immediately. Medicines such as antibiotics and cortisone are used in chronic colitis. Sometimes surgery must be performed to remove the inflamed area of the intestine.

5.4.2. Diverticulitis


In diverticulitis, small bulges in the intestinal mucosa become inflamed. One third of those over the age of 60 suffer from this disease and the incidence of complications increases with age. It is assumed that the pressure caused by abnormal intestinal movements forms gaps in the vascular muscle, causing these protrusions. Many people with diverticulitis do not have any symptoms - only one fourth of those affected complain of symptoms. If the bulges are near a blood vessel, they can lead to suppuration and begin

ationally disabled since 1994; 1995 surgery for colon cancer, enteropathy syndrome. Results of MRS therapy: his energy has greatly improved, likewise his mobility and spastic symptoms.

- Patient R.L., male, 62 years old; diagnosis: multiple sclerosis since 1954, enteropathy syndrome. Results of MRS therapy: initially he experienced severe fatigue following a treatment. After an adjustment in dose, the patient felt good, and his hands and feet, which were otherwise always cold, became warm. The enteropathy syndrome reacted with rumbling in the abdomen and a bowel movement after each treatment.

2. Dr. Christoph Scherer, M.D., Dr. Christian Thulle, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/01/40 666 00

- Patient R.G., male, 43 years old; diagnosis: ulcerative colitis for six years. Condition after surgery: the patient complains of severe pain and cramps in the intestine. Results of MRS therapy: after three and a half months of treatment, there has been a definite improvement in pain symptoms, no more cramping with evacuation, increased well-being and better quality of life.

 Patient reports on the treatment of intestinal diseases with MRS

1. Thanks to the company Vita-Life

- Patient G.S., female, 52 years old; diagnosis: sluggishness of bowels, constipation, lack of energy. Results of MRS therapy: "I no longer needed to take laxatives after four weeks of treatment."

- Patient K.K., female, 50 years old; diagnosis: digestive disorders, sluggishness of bowels, hemorrhoids, constant fatigue, listlessness and lack of energy. Results of MRS therapy: "The inflammation of the intestinal mucosa disappeared after three months of treatments. Circulation in the skin improved and I no longer feel any pain."



Appraisal of MFT: 75-80 % good to very good results

6.5. Diarrhea

see "Digestive disorders"

6.6. Fatty degeneration of the liver

see "Liver diseases"

6.7. Adiposity

see "Obesity" in the chapter "Metabolic diseases"

6.8. Gallstones

see "Liver Diseases"

6.9. Gastritis, gastroenteritis and peptic ulcers

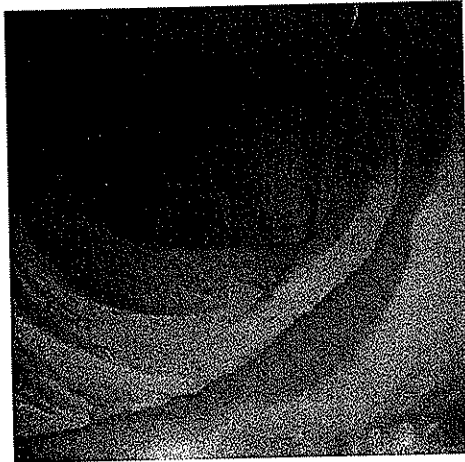
6.9.1. Gastritis

In gastritis, the mucus membrane of the stomach is inflamed. Poor nutrition with spicy, broiled, high-carbohydrate dishes and too much alcohol and coffee can "upset" the stomach. Nausea, a feeling of fullness, belching and heartburn are the characteristics signs of an upset stomach. In gastritis, a suitable diet can bring a great deal of relief. With all gastric and duodenal complaints, it is first important to determine whether they involve an infection with a certain bacterium, the so-called *Helicobacter pylori* which can in some cases be destroyed by antibiotics and by blocking hydrochloric acid. Nervous gastritis occurs relatively commonly and should also be classified with the psychosomatic diseases because it is caused primarily by stress and nervousness. Magnetic field therapy is especially successful in this field due to its calming and anticonvulsant effects (hyperpolarization).

6.9.2. Gastroenteritis

Gastroenteritis is an inflammation of the gastric and intestinal mucosa caused by viruses and bacteria, allergic reactions to certain foods or beverages, infectious diseases such as influenza, food poisoning or certain drugs. It involves headaches, vomiting, diarrhea and

pain in the gastrointestinal area. Normally, gastroenteritis disappears within a few days on its own, but the diarrhea may last up to ten days. If no improvement has occurred by then, it is advisable to consult a physician. The greatest danger of this disease is the loss of fluid, especially in the elderly and in children. Therefore, fluids should be drunk in small quantities distributed throughout the day. It is especially important to observe absolute hygiene in the kitchen area. Possible causative allergies should be determined, and alcohol should be consumed only in small quantities.



Small intestine/duodenal ulcer

6.9.3. Stomach ulcer

A stomach ulcer (peptic ulcer) or a duodenal ulcer often occurs due to hyperacidity of the stomach, which can also cause an inflammation of the lower esophagus (esophagitis). Men are affected by duodenal ulcers ten times more commonly than women. Approximately one in ten in Central Europe suffers from an ulcer, and approximately one in three suffers from a primary illness involving severe heartburn.

An ulcer involves damage to the mucous membrane, a type of crater created by the gastric acid in the mucous membrane. Although the precise causes of ulcers in the gas-

trointestinal tract are not known, an excess of aggressive digestive juices is assumed. However, a gastric ulcer may also occur due to a hereditary weakness in the gastric wall or on insufficient protective function of the mucous membrane. Recent studies have shown that here again, the *Helicobacter pylori* bacterium may also play a role. Stress is the triggering factor for an ulcer in many cases. A predisposition, blood type O, liver diseases, rheumatoid arthritis and flatulence increase the risk of an ulcer. The most common symptom is a burning sensation in the abdomen, above the navel, which feels like a hunger pang. In peptic ulcer, the pain occurs 30-120 minutes after eating, whereas with a duodenal ulcer the pain usually occurs in the middle of the night as a typical fasting pain. The complications include dangerous internal hemorrhaging. Signs of this include blood in the stool or in the vomitus, a feeling of weakness and severe thirst. Serious infections may occur if the ulcer perforates the intestinal wall.

Peptic and duodenal ulcers can flare up repeatedly and ultimately lead to stiff scars in the intestinal area which are a problem (form an obstruction). Although tests of these patients were previously performed with the help of x-rays (the patient had to drink a liquid that would make the intestinal tract visible), today gastroscopy is preferred. A tube system is inserted through the mouth, so that the stomach can be observed in detail from the inside. In addition, the presence of bacteria can be ascertained by a biopsy.

In treatment of peptic ulcers, the main approach is to eliminate hydrochloric acid and strengthen the mucous membrane protection. Stress situations, which are a common cause of relapses (recurrence of the disease) can be handled well with the help of autogenous training. Foods that cause pain should be avoided. Milk has a calming effect on the stomach (milk in coffee reduces the irritating effect on the stomach). Most ulcers today heal four-six weeks after the start of treatment. Coffee, cigarettes and alcohol should be avoided in the future. If diet and medication do not help, there is always the possibility of surgery.

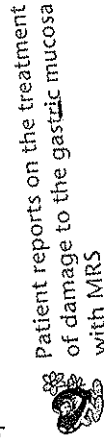
ter this enormous output of work, it was even predicted that she would definitely collapse.

3. Christine Wolf, Non-medical practitioner, Überlingen
- Patient B.E., female, 45 years old; diagnosis: lower abdominal complaints of unclear etiology. Results of MRS therapy: after the third treatment there was already a slight improvement and her condition stabilized considerably. Since the eighth treatment, the patient has been symptom-free.

4. Dr. Manfred O. Eder, M.D., Anger, Bovaria
- Patient H.K., female, 48 years old; diagnosis: chronic symptoms involving the entire spinal column for many years, incipient osteoporosis, recurrent peptic ulcers with Mallory-weiss syndrome, variable depressive moods. In recent months, the patient has been complaining of weight gain and lidedema in the morning. Results of MRS therapy: the lidedema in the morning has disappeared, likewise the paresthesias in the area of the fingers and the dizziness attacks. The diffuse bone pain has practically disappeared. The patient's mood has improved significantly. The gastritis symptoms have disappeared and she has no more stomachaches. A recurrent urticaria which is also psychosomatic has also disappeared.

5. Dr. Franz Reinisch, M.D., St. Radegund

- Patient, female, 64 years old; diagnosis: upper abdominal colic, fresh duodenal ulcer. Results of MRS therapy: after just one treatment, the colic disappeared. The treatment was continued in series. The fresh duodenal ulcer developed a smooth scar after two weeks.



Patient reports on the treatment of damage to the gastric mucosa with MRS

1. Thanks to the company Vita-Life
- Patient G.M., male, 42 years old; diagnosis: "I had severe symptoms in the stomach area since February 1997, with cramping and constant pain. At the end of July, a doctor declared to me after performing gastroscopy and colonoscopy unsuccessfully that there are situations with which one must learn to live." Results of MRS therapy: "I did not feel any improvement after the first three treatments, but after five

Physician reports on the treatment of injuries to the gastric mucosa with MF

Dr. Werner Raufelder, M.D., General Practitioner, Social Medicine, Balneologist, Bad Endorf

- Patient G.B., male, 59 years old; diagnosis: recurrent gastritis, cervical syndrome and many other symptoms. Results of MRS therapy: after the first session, his sleep improved, and after the seventh session, the cervical spine improved, his stomach has been symptom-free, he has improved mobility with little to moderate residual symptoms.

2. Dr. Ira Mayrhofer, M.D.

- Patient W.K., female, 52 years old; diagnosis: marked stress-induced fatigue (continuous stress for three months working 18-20 hours a day), frequent stress headaches, increasing insomnia for four weeks, lack of appetite, postprandial (after eating) epigastric pain, difficulty in concentrating, attacks of extreme fatigue while working 20 hours a day with dizziness symptoms related to position, recurrent feelings of weakness and exhaustion. Results of MRS therapy: First week of treatment: rapid improvement in headache and dizziness symptoms, increasing ability to concentrate and endure loads, hardly any difficulty in sleeping through the night, temperature in the evening increasing to 37.6-37.8 °C, no signs of any infectious process. Second week of treatment: subjective energy surge, high level of energy and enthusiasm, normalized appetite, good intake of fluids. The dizziness attacks have become minimal (i.e., more likely a vertebrogenic cause), reduction in myogelosis in the cervical spine area, consequently also a reduction in the intensity and frequency of the recurrent headaches. Therapeutic appraisal: "Energy and efficiency restored almost completely in the first week of treatment with MFT. This obvious therapeutic success can be attributed unrestrictedly to the MRS 2000 and can be regarded as truly dramatic, because the external requirements in this time did not change to the advantage of the patient nor did they allow a brief pause for convalescence. This energy surge was so impressive that it was even speculated as to whether Mrs. K. was taking other (chemical) performance stimulants; af-

Treatment and Prophylaxis of Stomach and Duodenal Ulcer," *Vopr Kurortol Fizioter Lech Fiz Kult* (4), 1998, pp. 31-36. - In this study the effect of magnetic fields on 317 patients suffering from peptic and duodenal ulcers was tested. A complete closure of the wound in the mucus membrane was achieved in 95 % of the cases, in contrast with 78 % in the control group. These studies showed after one year that the patients were still free of relapses in 54 % of the cases (much lower in the control group).

• O. V. Bukanovich et al.: "Sinusoidally Modulated Currents in the Therapy of Chronic Gastroduodenitis in Children," *Vopr Durortol Fizioter Lech Fiz Kult* 2, 1996, pp. 22-26. - This controlled study investigated the effects of electromagnetic fields on children suffering from chronic gastroduodenitis. The results show that the signs of inflammation in the gastric mucosa subsided after treatment in 72 % of the cases.

• T. Krantzova et al.: "Efficacy of Magnetic Puncture Treatment of Patients with Duodenal Ulcers," *Doktor Lending*, 4(13), 1996, pp. 22-24. - In this review, 2,642 patients with duodenal ulcers were tested, with a complete closure of the wound in the mucous membrane being detectable in 80 %, and the pain disappearing in almost 100 %.

• T. Kravtsova et al.: "The Use of Magnetic Puncture in Patients with Duodenal Peptic Ulcer," *Vopr Kurortol Fizioter Lech Fiz Kult* (1), 1994, pp. 22-24. - This study reports on definitely positive experience in supportive treatment of peptic and duodenal ulcers with MFT.

• S. Comorosan et al.: "The Effect of Diapulse Therapy on the Healing of Decubitus Ulcer," *Romanian Journal of Physiology*, 1993, pp. 41-45. - This study emphasizes the faster recanalization of patients with chronic duodenal ulcer.

• M. V. Teppone et al.: "Extremely High-Frequency Therapy of Duodenal Ulcer," *Klin Med*, 1991, pp. 74-77. - This controlled study shows an extremely positive effect in treatment of gastroduodenal ulcers with MFT.

• Additional studies: see "Wound healing" in the chapter "Diseases of the skin"

Effect of magnetic field therapy on injuries to the gastric mucosa:

Calming the autonomic nervous system, promoting circulation, improving the production of mucus for protection against aggressive gastric acid, relieving pain, preventing recurrences

Proper use of MRS for injuries to the gastric mucosa

- Whole-body mat: 3 times a day for 16 minutes each time: 25 % level in the morning, 10 % level at noon, sensitive level in the evening.
- Pad: once a day for 16 minutes each time: 50 % level, in the upper abdominal area
- Forms of therapy supportive of MFT: roller cure with chamomile extracts, basic powders and acid binding agents, herbal remedies (licorice root, orange root, meadowsweet, cayenne, ginger, baldrian)
- Special instructions on use: The ideal time for treatment is midday and in general after a meal.



Local treatment for injuries to the gastric mucosa

- Duration of treatment: three to five weeks for acute ulcers, longer accordingly for chronic inflammations
- Notes on the initial reaction: none



Scientific studies on the treatment of injuries to the gastric mucosa with MFT

• M. V. Postlavsky et al.: "Experience with Ap-...meter-Range Radiation for

more treatments my stomach aches stopped completely. In addition, I feel more vital and more satisfied. My metabolism is now functioning without complaint."

• Patient S.B., female, 36 years old; diagnosis: iron deficiency anemia for 12 years caused by macrohematuria. The patient reacted to taking iron preparations over a period of years with severe nausea, diarrhea and stomachaches. Results of MRS therapy: The headaches disappeared almost spontaneously each time. Now she only has to take iron preparations rarely because her blood values do not drop as drastically as before and the iron preparations are also tolerated better.

2. Thanks to Mrs. Walter Rupprechter

• Patient J.A., male, 24 years old; diagnosis: stomachaches, fatigue, loss of appetite. Results of MRS therapy: Improvement in almost all areas: his appetite has been stimulated, his stomach complaints have disappeared and his fatigue is better.



Appraisal of MFT: 70-80 % good to very good results

6.10. Gastroenteritis

see "Gastritis"

6.11. Jaundice

see "Liver diseases"

6.12. Hemorrhoids

see "Diseases of the veins" in the chapter "Diseases of the circulatory system"

6.13. Hepatitis

see "Liver diseases"

6.14. Liver diseases

6.14.1. Fatty degeneration of the liver

This is the most common liver disease in Central Europe, developing due to fat deposits in the liver tissue which lead to a functional impairment of the liver. In most cases, this dis-

ease is due to a general obesity or excessive alcohol consumption. Fatty degeneration of the liver can develop into cirrhosis of the liver without prompt and effective treatment. Diseases of the liver only rarely cause pain. One of the main symptoms is fatigue. In many cases, fatty degeneration of the liver can be stopped by observing precautionary measures. Liver function is maintained for a long time, because for humans only 10 % of the liver is necessary for survival. An essential part of treatment is to avoid alcohol, sweets, fats (of animal origin), cholesterol and excessive protein intake. So far, there is no medication that has yielded definite success.

6.14.2. Gallstones

Gallstones are found very commonly in the western world. Approximately 1 in 10 people suffer from gallstones, especially women more than 40 years of age who have not yet reached menopause and consume a high-fat diet. The stones themselves consist of 80-90 % cholesterol and only 10-20 % bilirubin, the pigment in bile. If the bile fluid contains too much cholesterol, the portion that is not needed is precipitated, forming stones together with the bile fluid, bile salts and other components. The cholesterol level in the bile cannot be measured because there is no correlation between cholesterol in the blood and that in the bile. Gallstones are promoted by a diet too high in fat, infections, liver diseases and various forms of anemia (such as sickle cell anemia). People who are overweight, who gain and lose weight constantly, women who have had two or more children and diabetics have an increased risk of gallstones. More than half of all gallstones do not cause any symptoms, while others lead to inflammations of the gallbladder (cholecystitis) or to bile colic which can cause jaundice. Bile colic occurs when a stone enters a bile duct and obstructs it. The colic begins with a piercing pain on the right side, which can move to the back and the right shoulder. In most cases, the attack will occur after a heavy meal and leads to severe nausea. The skin and the white of the eye turn yellow after a period of time. Due to the constant friction, the stones in the gallbladder can cause chronic inflam-

mations which in the worst case can develop into gallbladder cancer. Therefore, many surgeons recommend early surgical removal of the gallbladder (through the technique of laparoscopy, the gallbladder is removed by means of small incision in the abdominal wall. Gallstones are clearly visible on an x-ray. To destroy the stones, very intense ultrasound waves are used.

6.14.3. Jaundice

Jaundice is caused by an abnormal transfer of bile pigment (bilirubin) to the blood, so the skin, mucous membranes and other tissue parts assume a yellow color. Bilirubin is formed from the spent red blood cells and is produced in the bile. Bile (not to be confused with the gallbladder) is a yellowish green liquid that is needed for the digestion of fat. It is produced by the liver, stored temporarily in the gallbladder and delivered to the intestine as needed. More than 50 % of newborn infants and 80 % of premature infants have signs of jaundice although it disappears within a few weeks.

In many disease cases, jaundice occurs due to an obstruction of the path from the gallbladder to the intestine. Gallstones, a tumor or parasites in the bile ducts can obstruct the passage. Jaundice is also an accompanying symptom of hepatitis, where the liver is incapable of processing bilirubin due to an inflammation or liver damage. In addition, jaundice also occurs in conjunction with other liver diseases such as cancer and certain infections caused by viruses or parasites. Then the liver becomes enlarged and functions only to a limited extent. The feces assume a loamy color, the urine is light yellow to brownish green, and the skin color ranges from lemon yellow to a dark olive green. A blood test can determine the cause of the jaundice. Ultrasound or an x-ray of the bile duct can also be informative. If an obstruction of the bile duct is diagnosed, it must be corrected.

6.14.4. Hepatitis

Hepatitis is a viral infection of the liver. The first sign is jaundice, where the skin and the white of eyes turn yellow. The disease may be

caused by various viruses, mainly hepatitis A and hepatitis B. Hepatitis C is the most common pathogen in blood transfusions. All types of viruses enter the body as tiny microorganisms and attack the liver cells. The hepatitis A virus travels through the intestinal tract and is transmitted by infected foods and water or fecal matter. The disease often occurs as an epidemic, especially in areas where sanitary facilities and sewage system are inadequate. The incubation time is between 14 and 40 days. Many patients do not show any symptoms of the disease, despite having the infection, but can nevertheless transmit the disease. Hepatitis B is transmitted through the blood (by blood transfusions or drug abuse and sharing needles). The symptoms of this virus are often manifested only after 40 to 180 days. Since the hepatitis B virus survives in almost all body fluids (in saliva, sperm, urine, tears), it can be transmitted through sexual contact, use of the same toothbrush, the same razor blade, etc. The first signs of hepatitis are fatigue, pain in the joints and muscles, loss of appetite, nausea, vomiting, diarrhea or constipation and a low-grade fever. When hepatitis occurs, the liver becomes enlarged and is sensitive to pressure. Chills, weight loss and the characteristic jaundice occur as additional symptoms. A sudden attack of fever, extreme drowsiness or severe pain absolutely require medical assistance, especially to prevent liver damage. Chronic hepatitis can lead to irreversible liver damage and cirrhosis, but it never occurs as the result of an infection with hepatitis A virus.

Since hepatitis is caused by a virus, there is no medication for curing it. Even the treatment of acute hepatitis is limited. Only the body's own immune system itself can cure the disease. Physical activity must be stopped during the disease, and bed rest is prescribed. Hospitalization is necessary in serious cases to guarantee immobilization of the body. Alcohol is absolutely forbidden for patients with hepatitis. The risk of an infection can be reduced by a vaccination. Vaccines against hepatitis A (for vacationers in high-risk countries) and B (for people who come in direct contact with hepatitis carriers) stimulate the body to produce antibodies.

6.15.5. Cirrhosis

The liver is not only the largest gland in the body, but with its weight of approximately 1.5 kg it is also the heaviest organ. Approximately 1-2 liters of blood flow through the liver each hour and are purified there. The liver is an extremely robust organ. Only infections such as hepatitis or chronic damage to the liver structure can impair its functioning. Cirrhosis involves the destruction of, and changes in the liver tissue (development of nodules). The tissue becomes harder and the organ itself shrinks. If the blood flow and lymph flow is disturbed, the liver may fail.

Two main causes play a role in the development of cirrhosis: heavy alcohol consumption and infection with hepatitis B virus. Alcoholism is the most common cause. The virus infection may develop silently without being noticed over a period of months or years as chronic active hepatitis. Very strong medication, hereditary disturbances in physical or chemical processes in the body, syphilis or a weak heart may cause cirrhosis. Cirrhosis is manifested by general fatigue, an unwell feeling, loss of appetite, weight loss or loss of interest, and also in a man by impotency and growth of the breast (estrogen can no longer be degraded). Nausea, constipation, diarrhea and a dull abdominal pain are typical accompanying symptoms. Due to the protein deficiency, water penetrates into the free abdominal space and so-called "spider veins" develop in the face and extensive varicose veins on the abdominal wall caused by diversion of the blood from the liver. Hair on the chest and pubic hair may fall out, the testicles may shrink and often there is typical itching on the hands and feet. Possible internal bleeding and the restricted (detoxification) function of the liver may be life-threatening. One risk is in severe distension of vessels where blood collects. Consequently, the vessels become thin and can easily rupture or tear.

In cirrhosis of the liver, first the cause of the disease must be treated. For example, if the main problem is alcohol, the patient must remain abstinent. In addition, a high-protein diet is prescribed, plus good vitamin supple-

ments (especially vitamins A, B, D, and K, which cannot be stored in the sick liver). To reduce the fluid in the body, diuretic medication is recommended. To avoid overloading the liver, several small meals should be eaten throughout the day.

Magnetic field therapy is an adjuvant form of therapy in patients with liver problems and it can also be used systematically. The best method of avoiding this disease is to drink lots of fluids - but no alcohol!



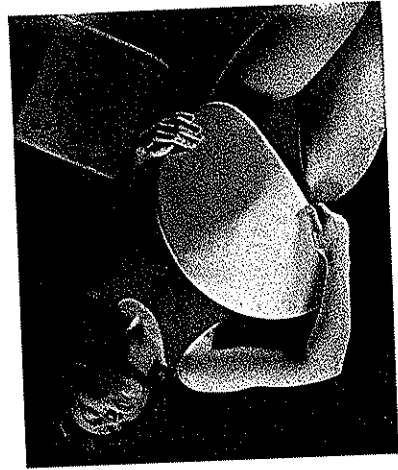
Effect of magnetic field therapy on liver diseases:

stimulating the individual liver cells, promoting circulation and thus having a better detoxifying effect, relieving cramping in colic. The precise mechanisms of action have not yet been determined.



Proper use of MRS for liver diseases

- Whole-body mat: once or twice a day for 8 minutes each time: 100 % level in the morning, 10 % level in the evening
- Pad or probe: twice a day for 16 minutes each time: 150 % level, on the right upper abdomen
- Forms of therapy supportive of MFT: fat-free and alcohol-free diet, vitamins (A, B, D, K), herbal remedies (milk thistle, artichoke, Indian saffron (turmeric), red beets, dandelion, orange root, licorice root, spirulina and chlorella)
- Notes on the initial reaction: none



Local treatment for liver diseases with pad

Scientific studies on the treatment of liver diseases with MFT

- A. Bellosi et al.: "The Effect of a Pulsed Magnetic Field and That of Methyl-Silane Triol on Galactosamine Induced Hepatitis Among Rats", Laboratory of Biophysics, Faculty of Medicine, Rennes, Panminerva-Med. 1996 September, 38(3). - This study was conducted on rats. It was shown that there is a protective effect of the magnetic field on liver cells due to the influence on calcium metabolism (intracellular).



Local treatment for liver diseases with probe

- A.A. Shul'diakov et al.: "Electromagnetic Radiation of Millimeter Range in Treatment of Children with Acute Viral Hepatitis," Millimeter Waves in Medicine and Biology. April 1995, Moscow. - This double-blind placebo-controlled study investigated the effects of MFT in combination with conventional methods in treatment of viral hepatitis in children. The results show an improved success of the combined therapy in comparison with exclusive conventional therapy. A rapid restoration of liver function is typical.
- A. D. Deineka, A.M. Pozdniakov: "Magneto-tolerant Therapy of Constitutional Hyperbilirubinemia," Fiz Med, 4(1-2), 1994, pp. 104-105. - This study shows a supportive effect on a variety of patients with hyperbilirubinemia.
- V. V. Kransnov, A. I. Shilenok: "Magnetotherapy of Hepatitis A and B in Children," Pediatra 10, 1991, pp. 54-57. - This study investigated the effect of MFT on children suf-

fering from various forms of viral hepatitis. The results show a positive effect of MFT: the liver functions recovered more rapidly and the children could recover without complications.



Physician reports on the treatment of liver diseases with MRS

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/01/40 666 00

- Patient A. A., female, 45 years old; diagnosis: chronic cholecystitis for several years. Previous treatment remained unsuccessful. This patient is overweight and is taking the pill. Results of MRS therapy: after eight months, she passed a stone directly following a treatment, with brief colicky pain. Since then, the patient has been following her diet and has been using MFT. The current ultrasound findings are within the normal range. The patient no longer has any pain.

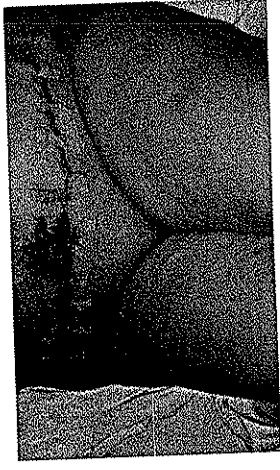


Patient reports on the treatment of liver diseases with MRS

1. Thanks to Mrs. Maria Pfeifer
 - Patient G.A., male, 33 years old; diagnosis: severe riding accident: eight broken ribs, contusion of the liver, hepatic hemorrhage, lacerated wound on the head, all vertebrae and almost all bones very severely contused. According to the physician's findings, the patient would be pain-free in 8-9 weeks at the soonest. Results of MRS therapy: "After four weeks of treatment, I was again able to work, all my ribs had fused satisfactorily and I no longer had any pain on movement. My liver was completely okay. Five weeks after the accident, I was able to ride again, in the sixth week I went skiing and now I am also playing tennis again."
 - Patient J. M., female; diagnosis: gallbladder problems, lower back pain. Results of MRS therapy: "I can already feel a significant improvement in my lower back pain, which I had experienced regularly until now, after just three weeks of regular treatments. My occasional gallbladder problems have also disappeared almost completely. Although I had already been concerned with health, health care and high-vita-

nal surgery (February 12, 1998). After four months, everything had healed well, as shown by the photographic results."

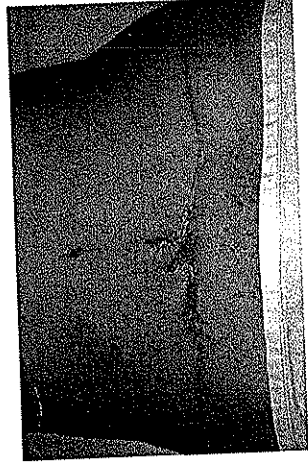
The healing process with MRS:



5 days after surgery



32 days after surgery



105 days after surgery

Appraisal of MFT: 80-90 % good to very good results, optimum wound healing, beginning even before the surgery

6.17. Pancreatitis (acute)

An inflammation of the pancreas usually occurs in conjunction with other pathological

in Treating Cancer Patient," Vopr Onkol, 41 (2), 1005, pp. 140-141. - This study investigated the effects of a whole-body treatment with MFT in patients who had cancer and had to have surgery. Definite improvements in the immune system and in the postoperative recovery phase were found.

D. V. Miasoedov et al.: "Experience with the Use of Resonance Therapy as a Modifying Factor in Oncological Therapy," Abstracts of the First All-Union Symposium with International Participation, May 10-13, 1989. - This study shows the effects of magnetic resonance therapy on patients treated with MFT before and after surgery. It was found that 87 % of the patients who had already been treated with the magnetic field before surgery profited from it, but 68 % positive results were also obtained postoperatively.



Patient reports on the treatment of surgical wounds with MFT

1. Thanks to the company Vita-Life

- Patient C.G., female, 60 years old; diagnosis: 1950 surgery for appendicitis; 1960 miscarriage; 1961 tonsil operation, five lower abdominal operations, three bladder operations, two intestinal obstructions, artificial bile ducts, vein operations on both legs, halux on both feet, pyelonephritis (infection of the renal pelvis) several times, three knee surgeries, thrombosis in the left leg with a subsequent prosthesis, 1995 bladder tumor, 10 years of depression, surgery for a rupture in the abdomen on February 12, 1998, surgical removal of a pressure point on the toe on March 19, 1998, surgical removal of a spiny wart on the toe, intervertebral disk damage, low blood pressure, yeast infections, two difficult pregnancies with a normal birth, hypothyroidism, rheumatism, allergy to wheat, hayfever, asthima, herpes, nonsmoker, antialcoholic (reformed alcoholic). Results of MRS therapy: "I have been using the magnetic field since January 1, 1997. At first, I felt a lot worse, and many diseases flared up again. Over the next 1 1/2 years, several things changed: I no longer need sleeping pills and now I take only half a pill for my hypothyroidism; my wheat allergy has disappeared and my rheumatism is 80 % better. The magnetic field has definitely had a positive effect on the healing process after the abdomi-

have had by using magnetic field therapy following surgery.

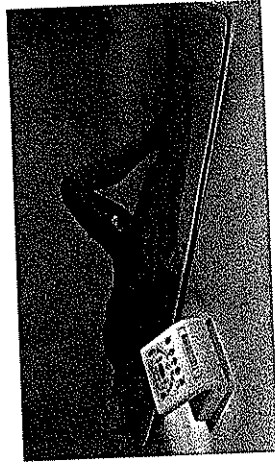
Effect of MFT before and after surgery:

promoting circulation and thus improving the oxygen supply and speeding up healing of the surgical wound; stimulating connective tissue cells (better scarring)



Proper use of MRS before and after surgery

- Postoperatively: whole-body mat: twice a day for 8 minutes each time: 25 % level in the morning, 10 % level in the evening
- Pad or probe: twice a day for 16 minutes each time: 100 % level (gradually increasing from 10 %), directly on the scar
- Preoperatively: whole-body mat: twice a day for 8 minutes each time: 100 % level in the morning, 25 % level in the evening



Basic treatment before and after surgery

Special instructions on use: one should preferably begin one month before surgery. After surgery, the extent of the surgical procedure should be taken into account. The ideal time will usually coincide with the patient being discharged from the hospital.

Forms of therapy supportive of MFT: for wound healing: shark cartilage extract, vitamins (E, B complex), herbal remedies (aloe vera, evening prim rose oil, gotu kola); for detoxification of the liver after anesthesia: milk thistle



Scientific studies on the treatment with MFT before and after surgery

V. A. Lebennikov et al.: "First Experience in Using a Whole-Body Magnetic Field Exposure

min diet for several years, my overall well-being and vitality have been much better since using this device."

2. Thanks to the company Medline

Patient M.K., male; diagnosis: "I always had elevated liver values for almost 20 years. Since September 1994, I have been using the MRS system regularly." Results of MRS therapy: "The liver values have normalized. My doctor was surprised and very happy with the result. Today I am pain free, my general well-being is many times better so that I can no longer imagine life without the MFT device."

3. Thanks to Mrs. Beate Martina

Patient M.P., male, 83 years old; diagnosis: weakened immune system, hepatitis B. Results of MRS therapy: "After eight years, there has been a pause for the first time, and my blood liver values have definitely improved. I feel healthier and I am sleeping better."



Appraisal of MFT: 60-70 % good to very good results, depending on the cause of the disease

6.15. Crohn's disease

see "Colitis"

6.16. Surgery - use of MFT after surgery

Magnetic field therapy can improve wound healing and promote regeneration after surgery. Scientific studies indicate that people treated with magnetic fields recover more quickly. However, MFT should not be used immediately after surgery but instead only after a certain interval, which will depend on the extent of the surgical procedure. The more serious the surgery the greater the blood loss and the longer one should wait before using MFT. It is recommended that patients wait one week to use magnetic field therapy, but this of course also depends on whether the patient is discharged to go home with nursing care there.

The positive effect of MFT has been documented by many physicians, and patients have reported on the good experience they

changes in the liver, gallbladder or gastrointestinal tract. Poor diet, especially meals that are high in fat and consumption of alcohol often play a causal role or are contributing factors. A severe inflammation begins with intense pain in the middle of the upper abdomen, radiating toward the left, following the costal arch or fanning out over the entire left half of the abdomen. This leads to disturbances in general well-being, nausea, vomiting, diarrhea, constipation with severe flatulence, and sometimes an elevated temperature. The symptoms often go into remission briefly or develop into a chronic manifestation. A mild form is often interpreted as an upset stomach. Pain relieving medications, enzymes to regulate the disturbed digestion of fat, sitz baths and half baths, hot hay packs, compression of the abdomen and lumbar wraps are used therapeutically.



Local treatment for pancreatitis with a pad

• V. V. Kents et al.: "The Efficacy of the Combined Use of 5-Fluorouracil Electrophoresis and Magnetotherapy in Experimental Pancreatitis," *Vopr Kurortol Fizioter Lech Fiz Kult* (3), 1994. - This study documents the positive effects of MFT on patients with chronic pancreatitis.

• Z. M. Sigal et al.: "Organic Hemodynamics in Modeled Acute Pancreatitis," *Vestn-Khir, October, 1981*. - During this study, the pressure in the pancreas was measured with a complicated method. The efficacy of using a permanent magnetic field with respect to hemodynamic diseases involving the pancreas was demonstrated.

👤 Patient reports on the treatment of pancreatitis with MRS

1. Thanks to Mr. Ludwig Müller

• Patient K.J., female, 58 years old; diagnosis: "I developed pancreatitis six years ago and had to be fed through a tube. After hospitalization I frequently experienced relapses (mild inflammations)." Results of MRS therapy: "Since starting the treatment, I have not had any recurrence of the infection and I have not had any digestive problems either. I can eat anything, even pork fat. I avoid alcohol. My general condition today is very good and I can again do all my work."

👤 Appraisal of MFT: 60 % good to very good results

6.18. Reflux disease - heartburn

Reflux disease is understood to refer to an increased or prolonged reflux of acid stomach contents into the lower esophagus. If the reflux is associated with an inflammation it is so-called reflux esophagitis.

The cause of reflux esophagitis is a disturbed closing mechanism between the esophagus and the stomach, usually caused by a hiatal hernia (prolapse of the upper part of the stomach through the diaphragm into the chest cavity). Other causes such as disturbances in the movement process of the esophagus while swallowing or a disturbance in gastric emptying are less common. The main symptoms include heartburn and pain behind the breastbone, especially when lying down and after meals. In addition, there are painful difficulties in swallowing, and food that has been eaten comes back up into the esophagus or the mouth; nausea and vomiting are also experienced. Esophagogastroduodenoscopy can clarify a pre-existing inflammation.

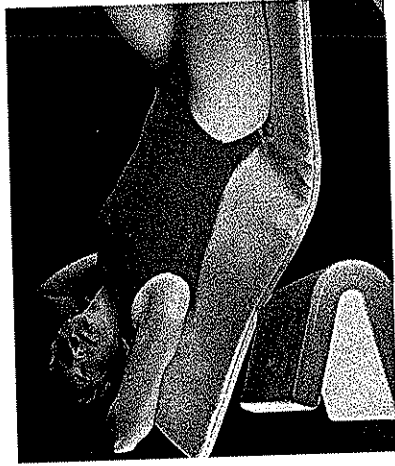
Treatment begins with general measures: normalization of weight, several small meals, avoiding foods that produce acid. Use of medication will depend on the stage of the disease. Unfortunately, there is often a relapse after stopping the medication. If the disease is so advanced that the lower esophagus is lined with gastric mucosa (Barett's esophagus), then regular endoscopic biopsies may be necessary to ensure that no carcinoma of the esophagus develops. If no improvement occurs with treatment, surgery is performed (fundoplication) where a slit is made in the diaphragm and the fundus of the stomach is wrapped around the esophagus like a cuff. This results in a valve mechanism in filling of the stomach. In some cases, the stomach may be sutured to the diaphragm (gastropexy). The prognosis is good with consistent treatment.

👤 Effect of magnetic field therapy on reflux esophagitis:

supporting, calming effect on the irritated mucosa, strengthening the closing muscles of the stomach (see also Gastritis).

👤 Proper use of MRS for reflux esophagitis:

- Whole-body mat: 3-4 times a day for 16 minutes each time: 25 % level in the morning, 25 % level at noon, 10 % level in the afternoon, sensitive level in the evening
- Forms of therapy supportive of MFT: proper diet
- Special instructions on use: It is very important to raise the head end of the mat by about 30° - for example, with wooden blocks that are placed under the head end of the mat.
- Notes on the initial reaction: none



Whole-body treatment for reflux esophagitis

👤 Scientific studies on the treatment of reflux disease with MFT

• O. V. Bukanovich et al.: "Sinusoidally Modulated Currents in the Therapy of Chronic Gastroduodenitis in Children," *Vopr Durortol Fizioter Lech Fiz Kult*, 2, 1996, pp. 22-26. - This controlled study investigates the effects of electromagnetic fields on children suffering from chronic gastroduodenitis. The results show that after treatment, the signs of inflammation in the gastric mucosa have disappeared in 72 % of the cases and reflux into the esophagus or reflux from the duodenum into the stomach is eliminated in 77 % of the cases. This was the case in only 29 % of the children in the control group.

• Additional studies: see "Gastritis, Gastroenteritis and Peptic Ulcer"

Physician reports on the treatment of reflux esophagitis with MF

1. Dr. Manfred Doepp, M.D., Salzburg
 - Patient A.F., male, 60 years old; diagnosis: lumboschialgia, metabolic disorders, lower back pain and nausea since the middle of September - therefore, the patient has been unable to work, can hardly bend; scoliosis, obesity, hypertension, heartburn and constipation, nodular goiter stage I-II, osteoporosis, elevated transaminases, urinary tract infection. Parallel treatment: L-thyroxin 80 mg tablet, calcium gluconate pill (1 pill 3 times a day), sage tea, tinctura toraxace (2-15). Results of MRS therapy: patient largely free of symptoms, able to work. EAP result (Prognosis): considerable improvement except for residual pancreas findings.



Patient reports on the treatment of reflux esophagitis with MRS

1. Thanks to the company Vita-Life
 - Patient H.Z., female, 34 years old; diagnosis: "I suffer from chronic acid-eructation. I wake up especially at night - despite many medications - repeatedly with intense pain." Results of MRS therapy: "After four months, my symptoms have been greatly reduced. I again sleep through the night and I only feel the heartburn when I don't eat right."



Appraisal of MFT: 60-70 % good to very good results

6.19. Irritable colon or irritable bowel syndrome (IBS)

see "Colitis"

6.20. Heartburn

see "Reflux disease"

6.21. Nausea and vomiting

The body reacts by vomiting when it wants to get rid of toxic substances quickly. There may also be causes having nothing to do with the stomach. Vomiting is usually preceded by a

feeling of nausea. Vomiting itself is controlled by the vomit center in the brain. It receives information from the digestive tract, from blood or from other parts of the body and reacts accordingly. Nausea, sweating, secretion of saliva, paleness and dizziness are the result. Nausea does not always lead to vomiting. Sometimes fresh air or a drink of water will help. In vomiting, the muscle between the stomach and the lungs moves downward rapidly, the closing muscle of the stomach relaxes and its contents can travel upward. Too much fatty food, excessive consumption of alcohol or food poisoning due to bacteria or chemicals can lead to more or less intense nausea. Ulcers in the digestive tract, gallstones, hepatitis, a tumor or simply hormone imbalance during pregnancy (sixth to fourteenth weeks) are additional causes. Nausea from movement, so-called travel sickness occurs when the equilibrium organ in the inner ear is stimulated by movement.

Acupuncture helps with all forms of nausea and vomiting. In severe cases, e.g., due to radiation therapy, medication may be used. Normally, vomiting is harmless; therefore, one should give in to the body's natural urging.

Effect and proper use of MRS, as well as studies and physician reports: see "Digestive disorders"

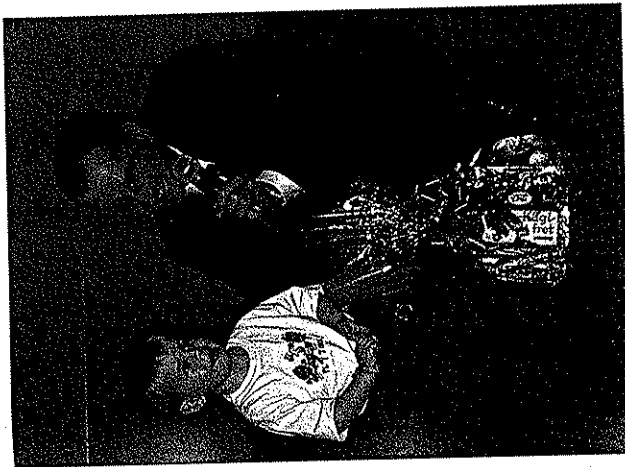
Forms of therapy supportive of MFT: ginger extract



Patient reports on the treatment of nausea and vomiting with MRS

1. Thanks to the company Vita-Life
 - Patient M.B., male, 10 months; diagnosis: (mother writes): "When I was three weeks old, I had an obstructed pylorus; my stomach could fill up but then I would throw up everything again. At the pediatric hospital I received artificial nutrition and the doctors wanted to give me antibiotics because I was too weak and small for surgery. However, my parents took me home immediately and helped me with various therapies. After seven more months, they learned about the MRS system. Twice a day, I would lie

down on the mat and within a week I was able to eat cereal without vomiting. Today I am doing very well: I can eat everything on the table. My parents and I are extremely happy. Besides, my doctor told me at the last visit that everything was okay with my stomach."



Little Marco

- Patient H.K., male, 42 years old; diagnosis: severe problems in falling asleep and sleeping through the night, headaches, nausea. The patient can no longer handle his work. Results of MRS therapy: "I no longer have headaches and I do not feel nauseated. I am almost sleeping normally again and I am refreshed."

2. Thanks to Mr. Rudolf Frauenberger

- Patient H.H., female, 61 years old; diagnosis: weak immune system, nausea. Results of MRS therapy: "There has been definite improvement on all levels. I can again move without pain. The MRS mat helps me quickly whenever I don't feel good, e.g., with an infection."



Appraisal of MRS: 70-75 % good to very good results

6.22. Digestive disorders, diarrhea and constipation

6.22.1. Digestive disorders

Digestive disorders occur when we eat too fast, too much or when the food has too much fat or is too spicy or when too much pressure is placed on the stomach (from obesity or pregnancy). A tumor, gastritis or a hiatal hernia may also cause digestive disorders. In most cases, there is a feeling of being overly full in the upper gastric area, flatulence (even immediately after eating) and belching and heartburn. Smoking, too much alcohol, stress or anxiety states can exacerbate symptoms. The digestive disorder may last from a few hours to a few days. If there is no improvement despite the use of medication and if the disturbance lasts for more than two weeks, a physician should be consulted.

Those affected should take small portions of food several times a day and should eat slowly in particular. Fats and spicy foods should be avoided; likewise coffee, nicotine and alcohol.

6.22.2. Diarrhea

Most cases of diarrhea are brief and harmless. Should they be accompanied by fever, loss of appetite or another sickness, the person requires medical assistance because dehydration is imminent. In older children or adults, diarrhea usually passes within a few days and does not require treatment. Diarrhea may be attributed to food that is not tolerated well and intestinal infection (gastroenteritis), anxiety or the results of taking antibiotics. In intestinal infections, not enough fluid is removed from the intestine. Anxiety and infections cause food to pass through the intestine too rapidly, so that too little fluid is transferred to the blood. Infections caused by such microorganisms such as Escherichia coli, Salmonella or Giardia lamblia may be transmitted by inadequate hygiene (therefore always wash your hands before cooking and eating!). In this case, it is a more serious form of diarrhea. Food allergies may also cause diarrhea, and in babies it is

Proper use of MRS for digestive disorders

- Whole-body mat: 3 times a day for 16 minutes each time: 25 % level in the morning, 25 % level at noon, 10 % level in the evening
- Pad or probe: twice a day for 8 minutes each time: 50 % level: at the lower edge of the costal arch (epigastric angle)



Local treatment for digestive disorders

- Forms of therapy supportive of MFT: symptom guidance (measure to regulate intestinal flora), aroma therapy, ayurvedic medicine, biofeedback, herbal remedies for constipation (Indian flea wort, plantago psyllium, flaxseed oil, aloe vera, buckthorn bark, rhubarb root, raspberry leaves); for regeneration of intestinal flora: supplementation with acidophilus and bifidus bacteria
- Special notes on use: Drink lots of fluids! (3 liters a day)
- Notes on the initial reaction: Mild flatulence occurs in approximately 5 % of the patients.



Scientific studies on the treatment of digestive disorders with MFT

- C. A. Basset: "Beneficial Effects of Electromagnetic Fields," Journal of Cell Biochem., April 1993. - In this article, which summarizes various studies on MFT, nerve regeneration and the positive influence in the area of the gastrointestinal tract are emphasized in addition to the well-known diseases of the motor system.

often caused by an allergy to lactose. The cause is rarely found in an inflammation of the digestive tract.

High intake of fluids and careful hygiene help to combat this condition. Medication should be used only if no toilet is available. If the diarrhea lasts a long period of time, a physician should be consulted.

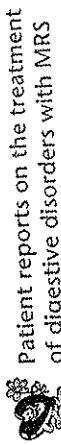
6.2.2.3. Constipation

Almost half the people in Central Europe suffer from constipation. A coordinated sequence of digestive processes is necessary to permit the intestine to empty itself daily. Chronic constipation usually occurs due to poor diet, leading to distension of the intestine, inflammation and toxic effects on the intestinal mucosa, cramping of the intestinal muscle, reduced production of digestive juices and a disturbed intestinal flora. The basic requirement for normal bowel movements is to drink enough fluids; the ideal is 2-3 liters of fluid a day. Unfortunately, we often forget to drink enough fluids. The bowel evacuation reflex is often suppressed or ignored. Our hectic lifestyle does not always allow us to give in to this reflex. Abuse of drugs, diseases of the liver and gallbladder, lack of exercise, tumors, pregnancies and emotional problems all lead to constipation. In no case should one take laxatives regularly, because the intestine rapidly becomes accustomed to this then higher and higher doses are necessary. Senna leaves (a natural product) can also irritate the intestine and have a harmful effect in the long run. A glass of lukewarm water before breakfast and regular high-fiber meals can effectively prevent constipation. Occasional days of fasting, once a week if possible, and cleansing the intestinal flora should be set as goals.



Effect of magnetic field therapy on digestive disorders:

balancing, harmonizing effect on the autonomic nervous system, consequently calming, regulating in the abdominal area (solar plexus and plexus myentericus), normalizing peristaltic action (intestinal motility).



Patient reports on the treatment of digestive disorders with MRS

- A. M. Begue-Simon, R.A. Drolet: "Clinical Assessment of the Rhumart System Based on the Use of Pulsed Electromagnetic Fields with Low Frequency," International Journal of Rehab Research, 1993.
- Smirnova et al.: "The Possible Role of the Hypothalamus in the Pathogenesis of Vegetative Disturbances During a Brief Exposure to the Constant Magnetic Field," Patologiceskaja Fiziologija i Eksperimentalnaja Terapija, 23-7. - This study proves the soothing and regulating influence of magnetic field therapy on the autonomic nervous system.
- Additional studies: see "Autonomic dystonias" in the chapter "Diseases of the nervous system"
- Physician reports on the treatment of digestive disorders with MFT:
 - 1. Dr. Battre, M.D., Grossmainerhof Sanatorium
 - Patient, female, 72 years old; diagnosis: meteoric abdomen with pressure on the stomach. Results of MRS therapy: very good relief from flatulence.
 - 2. Dr. Ursula Miggitisch, M.D., General Practitioner, Graz
 - Patient H.G., male, 48 years old; diagnosis: chronic constipation; sleep disorders because of the pain. Results of MRS therapy: "The pain has improved, and I no longer have any sleeping problems. My digestion is now regular without any laxatives."
 - 3. Thomas Drach, non-medical practitioner
 - Patient D.B., female, born 1947; diagnosis: chronic fatigue for many years, fatigue in the morning, confusion, not feeling good, nausea; pimples on her face for 30 years (psychological stress); recurrent painful gastritis with disturbed bile flow, constant constipation. Results of MRS therapy: "I feel that my internal organs have been harmonized and I feel balanced and calm and I take things better. My skin has become soft and I no longer have pimples. My morning complaints now occur only rarely and disappear quickly after a treatment. I have gained a great deal in terms of quality of life."
 - 4. Thanks to Mrs. Verena Zwahlen
 - Patient L.G., female, 55 years old; diagnosis: automobile accident on September 6, 1998 with many complications, poor digestion. Results of MRS therapy: her digestion has normalized. The patient feels better in general and is pleased with the great success after this brief treatment.
- 2. Thanks to Mr. Karl Garber
 - Patient B.I., female, 37 years old; diagnosis: very severe digestive problems, menstrual problems. Results of MRS therapy: "Since the first treatment, I no longer have any digestive problems, my circulation problems have improved and my sleeping problems have disappeared."
 - Patient, female, 25 years old; diagnosis: digestive problems, tension in the neck, sleeping problems. Results of MRS therapy: "After three days the neck tension disappeared, the digestive problems improved and I wake up feeling lighter."
- 3. Thanks to Mr. Reinhard Schlag
 - Patient S., female, 38 years old; diagnosis: gastrointestinal problems, severe asthma, severe pain in the back and shoulder, sleep disorders and psychological problems. Results of MRS therapy: definite improvement in all symptoms after one week, the patient can now sleep well again, the back pain and shoulder pain has improved each day and her bowel-habits have normalized. In the second week of treatment, the medication was stopped. In addition, this patient is calmer and more balanced.



Bakterium

Bacterium

• Patient H.H., female, 47 years old; diagnosis: sleep disorders, severe digestive problems for 25 years. Results of MRS therapy: "The sleep disorders were eliminated immediately and the lower back pain was relieved. I now have full mobility in both hands again and I am pain-free. After about three months, the digestive problems were eliminated and my circulation had stabilized."

5. Thanks to Mrs. Beatrix Studer

• Patient, female, 61 years old; diagnosis: cancer of the sigmoid colon at the age of 57; 50 cm of intestine removed; at 58: intervertebral disk prolapsed, no surgery performed. Results of MRS therapy: stable circulation, no more migraine attacks after 3 months, good bowel movements after 4 1/2 months, heart complaints only above a pulse of 150 instead of a pulse of 90. The backaches disappeared entirely after 6 months and the rheumatism complaints have also stopped since then. The osteoporosis measurement (bone density) after one year actually showed an improvement in bone density in addition to the absence of disease.

6. Thanks to the company Vita-Life!

• Patient C.G., male; diagnosis: intestinal sluggishness with chronic constipation. Results of MRS therapy: the symptoms were eliminated in two months.



Appraisal of MFT: 70-80 % good to very good results

6.23. Cirrhosis

see "Liver diseases"

7. Infectious diseases

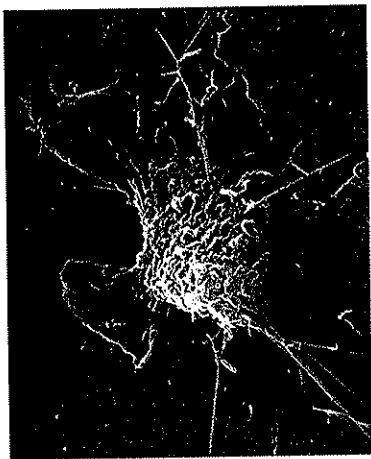
Billions of microorganisms live in a human body. Many of them are harmless and in fact are essential for human life such as the bacteria in the healthy intestinal flora. When outside microorganisms invade the body, they cause infectious diseases which are contagious. They may be transmitted by skin contact, blood and secretions, contaminate foods and beverages, through the respiratory tract or from animals and insect bites. The two best known pathogens are viruses and bacteria. Bacteria are single-celled organisms, billions of which exist in the body, but they can also live outside the body. They reproduce by splitting into two parts. Most bacteria are harmless, like those in the digestive tract. However, there are bacteria that cause diseases either by attacking the body or by secreting a toxic substance (toxin). Bacterial infections can be combated with antibiotics or they can be prevented by vaccinations. Viruses are the smallest known microorganisms. They are the most common cause of infectious diseases and mostly they are relatively harmless. Viruses can reproduce only in living cells. Humans are a host for many viruses. Since the viruses live in cells, there is no effective medication against them. If substances that destroyed viruses were used, the cells would also be damaged. Therefore, with dis-

eases caused by viruses, we can only combat the symptoms and inhibit the spread of the infection.

The human body is not helpless in the face of invading pathogens. Defense against disease-carrying microorganisms takes place in three steps: the skin is the first barrier that must be overcome, and perspiration which contains antiseptic substances offers additional protection. If pathogens nevertheless invade the body, they are attacked and rendered incapable of harm. Since many types of organisms cannot survive at elevated temperatures, the temperature increase is activated - we get a fever. Where there are natural orifices, there are also defense systems. For example, the eye is protected by the tear fluid which contains antibacterial substances. Many orifices of the body as well as internal passages are lined with mucous membranes. If a foreign body penetrates, mucous is produced and the invader is bound by the mucous. Special body organs such as the spleen and liver are also responsible for fighting infections. They filter out harmful substances from the blood and eliminate them from the body.

The mucous membrane of the stomach produces hydrochloric acid which destroys most microorganisms in food. The lymphatic system and blood are equipped with white blood cells which attack and destroy penetrating microorganisms. The lymph system is

a network of vessels that carry lymphatic fluid through the body. Lymph drainage cleans the blood veins and the body of waste products by filtering the toxins out of the lymph nodes. In addition to toxins, pathogens are also enclosed, attacked and destroyed by white blood cells. This is the most successful and primary line of our defense system.



Macrophage in action.

The lymphatic system also produces antibodies that render foreign bodies incapable of attack. Antibodies called antitoxins render the toxins of bacteria harmless. This immune reaction which takes place automatically presents resistance to any invasion of viruses or bacteria. Once antibodies have been formed to a certain disease, the person in question will not develop this disease a second time. We then speak of immunization. Immunity can be produced artificially through vaccinations. The vaccine consists of a weakened form of the pathogen and it stimulates the body to produce antibodies, which often remain in the body and protect it for a person's entire lifetime. In addition to vaccination, there are other possibilities of supporting the body's natural defense mechanisms. Bacterial infections are treated with antibiotics. Antibiotics are produced from living fungi (e.g. penicillin). Penicillin, trimethoprim, tetracycline and erythromycin are the most commonly used antibiotics. Each of them is successful in certain diseases. They destroy bacteria and prevent them from reproducing.

7.1. Influenza

True influenza must be differentiated from an influenza-like infection (an ordinary cold) inasmuch as it can be caused only by a virus. It is characteristic of an influenza virus that it changes its appearance constantly, and thus a person cannot develop any permanent resistance to it. Viruses are transmitted through the air, but they are also transmitted by droplets of saliva in speaking, kissing and sneezing. Lower temperatures are optimal for the influenza virus.

Influenza begins with sniffles, a sore throat and coughing or sneezing and at first resembles a simple cold in all its symptoms. In addition, it is often accompanied by joint pain and burning eyes. The fever may exceed 38 °C. In many cases, there is also an intestinal infection (intestinal flu). Influenza lasts exactly as long as a cold (7-9 days) but the recovery phase takes longer, i.e., the body needs at least 2 weeks of rest and must be protected from harmful influences and overexertion in particular in this period of time. Otherwise, influenza may be life-threatening, such as the avian influenza in Japan in 1998. If patients have respiratory difficulty, blood in mucous that is coughed up, a bluish skin or severe coughing, a physician should be consulted immediately. Like a cold, there is no effective medication against influenza, but a preventive vaccination (against certain viruses) is recommended, especially for elderly patients and those with a weakened immune system. Bed rest is recommended for fever. Anyone who underestimates the flu must expect severe complications such as pneumonia.



Effect of magnetic field therapy on influenza:

supporting, relieving pain, reducing inflammation, strengthening the immune system, preventing and regenerating effect. MFT does not have any direct antimicrobial effect, i.e., it cannot combat the viruses directly, but it provides better protection against the virus by stimulating production of immune cells.

Proper use of MRS for influenza

- Whole-body mat: 4-6 times a day for 8 minutes each time: 150 % level in the morning, 100 % level at noon, 50 % level in the afternoon, 10 % level in the evening



Whole-body treatment for influenza

- Forms of therapy supportive of MFT: wet vinegar dressing around the thighs, aroma therapy, homeopathy, osteopathy, TCM, urine therapy, high doses of vitamin C, zinc, herbal remedies (echinacea, astragalus root, pollen, ginseng)
- Special notes on use: Place the mat in bed! Drink lots of fluids!
- Notes on the initial reaction: In about 25 % of the patients, sniffing increases in the acute phase. In 8 % there is an initial increase in temperature (therefore it is preferable to wait until the fever has gone down when treating elderly patients).



Scientific studies on the treatment of influenza with MFT

There are numerous scientific studies on the topic of MFT with viral infections and studies of the immune-stimulating effect of MFT. An example that can be mentioned here is the study by M. B. Mirtskhulava et al. (ISSN: 0442-8787) published in 1991 which discusses the antiviral effect of alternating magnetic fields for the cell.



Physician reports on the treatment of influenza with MF

- 1. Dr. Manfred O. Eder, M.D., Anger
- Patient W.H., male, 7 years old; diagnosis: in recent months, the young patient has had re-

Patient reports on the treatment of influenza with MRS



- 1. Thanks to the company Vita-Life
- Patient H.R., male, 40 years old; diagnosis: fatigue and sore muscles with physical overexertion, labial and genital herpes, chronic suppurative catarrh of the frontal sinus - hardening. Results of MRS therapy: "I have hardly any muscle soreness at all, I have more energy and the herpes outbreaks on my lips and in the genital area have subsided. I have now gone two winters without influenza infections and without sinus problems."
- 2. Thanks to the company Medline
- Patient K.H., male, 32 years old; diagnosis: frequent intestinal flu. Results of MRS therapy: "I have been using the treatments as a preventive measure and I am now less susceptible. Approximately one year ago I had another intestinal flu, but my strengthened immune system got over the disease much better and I was able to return to work after 3-4 days of sick leave. I feel very good now. After a difficult day of work or heavy exertion, I turn the device on and then I no longer feel so bad the next day, but instead I am fit and ready for life. My metabolism has also improved significantly. I feel quite healthy and vital."



Appraisal of MFT: 90-100 % good to very good results

7.2. Herpes zoster - shingles

The term shingles refers to a painful secondary infection with the varicella (chicken-

pox) virus which can emanate from one or more nerves. The infection causes a blistering itching skin eruption above the affected nerve accompanied by racing pain along this nerve. The eruption on the skin resembles the blisters of chickenpox, which is a related condition. A history of a chickenpox infection is always a prerequisite for an outbreak of shingles.



Shingles

However, this does not mean that shingles need necessarily break out after chickenpox. It is assumed that the virus remains in the body and is reactivated only when the affected location is injured or the person is exposed to an extreme emotion or psychological stress. The elderly tend to be affected by shingles more often. It rarely occurs in people less than 15 years of age. More than 50% of these patients are more than 45 years old. With shingles, the healing process takes longer than with chickenpox, and only the zone above the inflamed nerve is affected. Shingles affects mainly the nerves of the neck, back, chest, arms or legs, but also nerves in the face. The eruption appears as a band or strip and follows the course of the affected nerve - usually on only one side of the body. The eruption does not subside until after 2-3 weeks, but the pain lasts for another week, sometimes even up to a month or even longer. The most common complication is a bacterial infection. This can lead to scarring and to severe deformities. If facial nerves are affected, the possibility of eye diseases or a one-sided facial paresis cannot be ruled out as complications. There may be short-term or even long-term (years) impairment in all af-

ected areas. Therapeutically, it is possible on-ly to relieve the symptoms or limit replication of the viruses. Pain medication can reduce the burning, and anti-inflammatory drugs are prescribed for the elderly. Baths with warm water to keep the skin clean are important in preventing infections. Scratching should be prevented (if itching is severe, the fingernails should be cut and clothing worn at night to reduce scratching).



Effect of magnetic field therapy on shingles:

relieving pain, reducing inflammation, relieving stress, strengthening the immune system, overcoming the development of blisters more rapidly, promoting (wound) healing, greatly reducing the incidence of complications and reducing the duration of the condition



Proper use of MRS for shingles

- Whole-body mat: 2-3 times a day for 8 minutes each time: 50% level in the morning, 25% level at noon, 10% level in the evening
- Pad: 4 times a day for 24 minutes each time: 150-200% level, alternating on the spinal column (at the point where the nerve departs) and the affected area of skin



Local treatment for shingles

- Forms of therapy supportive of MFT: TENS, vitamins and trace elements, herbal remedies (grape seed extract, grapefruit seed, echinacea)
- Duration of treatment: the desired results are achieved after 4-6 weeks, but a followup treatment is recommended.

- Notes on the initial reaction: in 5% of the cases there may be a slight increase in pain for 3 days



Scientific studies on the treatment of shingles with MFT

We have four studies with consistently positive results, especially with regard to rapid wound healing.

- B. Jankovic et al.: "Peripheral Nerve Regeneration Stimulated by Pulsating Electromagnetic Field (PEMF) and Laser," Second World Congress for Electromagnetism in Biology and Medicine (8-13 June 1997 in Bologna).
- This study describes the results of MFT in treatment (alone or in combination with a laser) of nerve damage and nerve inflammations and the favorable course of wound healing on the skin in comparison with an untreated control group.



Physician reports on the treatment of shingles with MFT

1. Dr. Christoph Scherer, M.D., Dr. Christian Thüle, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/01/40 666 00
- Patient, female, 45 years old; diagnosis: shingles with intense pain and typical skin symptoms in segment L1-L2 on the right, treatment exclusively with MRS. Results of MRS therapy: after four days, the itching was relieved, after 10 days the patient was pain-free and after 12 days she was free of skin eruptions, no complications.



Patient reports on the treatment of shingles with MRS

1. Thanks to the company Vita-Life
- Mrs. L.R., 54 years old; diagnosis: shingles. "I have been suffering from intense lower back pain for 3 months and I have pain radiating to the inside of my thigh. I can no longer go to work and my sleep is disturbed because I wake up several times a night (up to 10 times) because of the pain." Results of MRS therapy: "After six weeks of treatment, the symptoms have disappeared completely, my sleep has normalized, the scars from the blisters have become

smooth again (they were elevated and unattractive) and the lower back pain is virtually gone."



Appraisal of MFT: 75% good to very good results

7.3. Herpes

Herpes simplex virus infections are very widespread throughout the world. More than 90% of the population in the western world are infected with the virus, but most infected people do not have any clinical symptoms. Only 1-3% of those with the virus develop blisters on the lips, on the nasal passages, the oral mucosa, the cornea of the eye, in the genital area or the anus. On initial contact, the viruses penetrate through tiny injuries in the skin and mucous membranes, reproduce and travel along nerve pathways to the corresponding ganglia (group of nerve cells) where they can remain concealed for an entire lifetime.



Local treatment for herpes with a pad

There are various groups of herpes viruses which are activated by certain internal and external circumstances (UV radiation, fever, menstruation, stress). Transmission may take place through air-borne infection and contact infection. An initial infection with herpes simplex virus 1 (HSV1) usually occurs in childhood, but an infection with HSV2 does not occur until the age of sexual activity. Diseases of the urinary tract and reproductive system may occur as the result of HSV2 infections. In HSV1, the skin and mucous membranes in


the area of the face and mouth are affected after an incubation time of 3-7 days. Only a few people so affected have more than two fever blisters per year; the frequency and duration decrease with age.

A fever blister is always a signal to slow down, because the virus normally affects those who are stressed out and have a weakened immune system. A first sign is itching in the affected area. This is followed by redness and development of blisters. The surrounding region becomes inflamed, the blister itches, burns or feels numb. Within a few days, it enlarges, ruptures and then dries out, forming a scab. A physician




Local treatment for herpes with probe

may prescribe an antiviral medication that should restrict the replication of the virus in a case of severe fever blisters. Ice packs reduce the itching. In many people, wind or sun can trigger a fever blister (therefore use a sunscreen). In order not to endanger other people, it is important to be sure, for example, not to use a hand towel of an infected person and to always wash glasses thoroughly.

 Effect of magnetic field therapy on herpes:

antiviral, anti-inflammatory, immunizing, autotonically balancing, positive effect on wound healing

 Proper use of MRS for herpes


• Whole-body mat: 2-3 times a day for 8 minutes each time: 100 % level in the

morning, 50 % level at noon, 10-25 % level in the evening; the Sound and Light Relax System may be used as a supportive measure

- Pad (cover with a fresh towel for each treatment): twice a day for 24 minutes each time: 150 % level
- Probe: 2-3 times a day for 16 minutes each time: 200-400 % level (short term)
- Special instructions on use: do not perform treatment after 8:00 p.m.; most successful in the itching stage!

- Forms of therapy supportive of MFT: aroma therapy, high doses of vitamin C and trace elements (zinc and selenium), herbal remedies (echinacea, St. John's wort), lysine (essential amino acid)
- Notes on the initial reaction: in 1-2 % of the cases, there may be a short-term intensification of blistering



Scientific studies on the treatment of herpes diseases  MFT

- C. Kusaka et al.: "Pulse Magnetic Treatment and Whole-Body, Alternating Current Magnetic Treatment for Post-Herpetic Neuralgia," *Journal of Japanese Biomagnetism Bioelectromagnetics Society*, 8(2), 1995, pp. 29-38. - This study shows that pulsating MF can be used very effectively in the treatment of post-herpetic neuralgia in elderly patients.

- E. N. Grebnev, A.V. Shumskii, "Immunocorrective Therapy in the Treatment of Chronic Herpetic Stomatitis Using Magnetic Autotherapy", *Stomatologija (Mosk)*, 74(2), 1995, pp. 37-39.



Physician reports on the treatment of herpes with MRS

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/01/40 666 00

- Patient, female, 22 years old; diagnosis: monthly eruptions of labial herpes with severe scabbing during stress due to scholastic examinations. Results of MRS therapy: "A rapid healing effect was observed with regular treatments. After 3 months I no longer had any fever blisters

- despite the stress of my examinations. I have been free of relapses for 9 1/2 months."

2. Dr. E. Liebau, Kreuth, Tegernese
 - Patient, female, 55 years old; diagnosis: herpes zoster, persistent severe pain and feeling bad. This patient was receiving special infusions. Results of MRS therapy: "On the day of treatment, the pain would disappear by the evening. Now, I do not have herpes zoster of such a severe intensity."



Patient reports on the treatment of herpes with MRS

1. Thanks to the company Vita-Life

- Patient H.R., male; diagnosis: fatigue with physical overexertion, labial and genital herpes. Results of MRS therapy: "I have more energy and the herpes outbreaks on my lips and in the genital area have stopped."

7.4. Infectious diseases of childhood and youth

7.4.1. Infectious mononucleosis or Pfeiffer's glandular fever

Mononucleosis is an infectious disease caused by a virus affecting the lymph glands in the neck and throat. Typical symptoms include sore throat, swollen tonsils and definitely enlarged lymph nodes in the neck (glands), accompanied by fever. Mononucleosis is caused by Epstein-Barr virus. It penetrates into the glands and attacks the lymphocytes which are responsible for production of white blood cells. If the viruses come in contact with the white blood cells, they change their shape and replicate. At first there are not any symptoms because it takes a few weeks for enough altered cells to be present to cause clinical signs of disease. First there is mild throat pain, sluggishness and fever. Symptoms disappear after the immune system has had six to eight weeks to fight it off. Glandular fever is transmitted through droplets of saliva, by kissing, drinking from the same glass, using the same toothbrush or coming in contact with objects near the mouth. Teenagers and young adults

are the most commonly affected, and hardly anyone past the age of 35 gets this disease. Mononucleosis normally proceeds without complications. Sometimes the infection spreads to other parts of the body, such as the liver or spleen. Antibiotics have no effect because a virus will not respond to them. As long as there are no complications, it is best to remain in bed and drink lots of fluids until the fever goes down.

7.4.2. Measles

Measles is a disease affecting mainly school-aged children. The virus attacks the respiratory system, skin and eyes. Measles was at one time one of the most feared childhood diseases because it could be associated with dangerous complications. Meanwhile, we have vaccinations. The virus enters the body through the respiratory system (droplet infection) and infects the cells. The disease can be transmitted as much as four days before it breaks out and for six days after the skin eruptions have disappeared. The incubation time is between eight and twelve days.

Measles normally begins with a head cold with a runny or congested nose, sneezing, a dry cough and fever between 39 and 40 °C. After three to four days, the eyes become sensitive to light and are reddened and swollen. At this time, red spots with a white center can be seen in the mouth. On the fourth or fifth day, the fever rises again and the eruptions begin to spread over the face, neck, behind the ears and finally over the entire body. The spots become larger, multiply and merge. At first they are dark red and then brown. After the third week, they deteriorate into individual flakes. The feared complications range from pneumonia to meningitis. Occasionally an ear infection or bronchial infection will also occur, especially in young patients. To relieve the symptoms, the air should be humidified. Hot compressions (against the inflammation) and low light relieve the course of the disease. Soap should not be used in washing so as not to irritate the skin. Baking powder in the bath water or a soothing lotion are helpful for the itching. Children today re-

ceive preventive vaccinations against measles between the ages 12 and 15 months.

7.4.3. Mumps

Mumps is highly infectious childhood disease. 85 % of those with this disease are less than 15 years of age. The virus attacks the salivary glands, mostly the parotid gland causing painful swelling of the face in the area of the ear and along the jaw. The disease is transmitted as an air-borne infection - even by people who have not developed mumps. The infection may occur during the entire year, but preferably in the spring months. The symptoms may be so mild that they are not detected or they may be very intense. Fever (38.5 to 39.5 °C), headaches, loss of appetite and earaches are possible concomitant symptoms. The swelling usually begins on one side. Within the next days, the other side may also be affected. The infection causes problems with eating and swallowing and sometimes also affects other glands (such as reproductive glands). Swelling of the testicles is very painful. In girls it may affect the ovaries. Since it is virus, we can only combat the symptoms. Bed rest is not absolutely necessary. Soft foods and liquids make it easier to swallow. Fruit juices with a high acid content such as oranges or grapefruits burn when swallowed and should therefore be avoided. Hot or cold compression with an ice pack will relieve the pain. Most symptoms disappear within 10 days. Vaccination prevents an outbreak of the disease in 95 % of the cases. It is administered together with the vaccine for measles and rubella between the ages of 12 and 15 months.

7.4.4. Rubella

Rubella [German measles] is a virus infection associated with a short-lived eruption and symptoms like a cold. The disease is infectious but not dangerous, except during a pregnancy when the unborn child may suffer serious long-term damage from a rubella infection. A disease is especially dangerous during the first trimester of pregnancy because the fetus is

being formed in this phase: heart defects, hearing or vision problems, blood diseases, mental retardation or other brain damage may be the result of a rubella infection in the mother. Since there is a vaccine, rubella has become rare. The disease is transmitted as an air-borne infection. This is possible from one week before an outbreak until five days after the eruption has subsided. Although there are cases of rubella occurring a second time, this is very rare. Rubella begins with a runny nose, swollen neck glands a low fever (up to 38.5 °C). Two days later, an eruption develops with small red or pink spots on the face and neck. When the first spots disappear, others develop, covering the entire body. This eruption is passed in three days, but the glands may remain swollen for up to a week. Then all the symptoms disappear. In elderly patients, joint pain occurs more often and this may take another week to disappear. The incubation time is 14-21 days. In most cases, no medication is necessary. Since children are vaccinated against measles, mumps and rubella at the age of 12-15 months, this disease now occurs only rarely. Girls who have not been vaccinated should get the rubella vaccination at the age of 12 so that the disease cannot in any case break out during a pregnancy.

7.4.5. Chickenpox

Chickenpox is an extremely infectious disease characterized by eruption of pustules. It usually affects children between the ages of 5 and 8. Chickenpox is so highly infectious that usually entire groups of children are affected. The disease is transmitted by the varicella zoster virus. The symptoms vary in intensity depending on the age of the person affected. The infection may be spread by simply touching an infected object. Chickenpox remains infectious until all the pustules have dried up. The incubation time is 10-21 days. In the initial stage, pustules which itch severely develop. They begin as small red spots on the torso and become larger and filled with fluid within a few hours. Then they spread over the face, head, arms and legs. During the next days, they fill up with pus, rupture and devel-

op a scab. New pustules appear over the next two to six days. In some cases they may also appear on the soles of the feet and the palms of the hands. The eyes, mouth, throat, vagina and rectum may also be affected. Another symptom is a mild fever which rises and falls according to the intensity of the eruption. Adults usually have a higher fever, a more severe eruption, headaches and muscle aches and they need longer to recover. All the symptoms last between 10 and 14 days. A soothing cream with relieve the itching. A warm bath (not hot) keeps the skin clean and thus reduces the risk of infection. In addition, the virus is destroyed in water. If the itching is very severe, it is advisable to keep the fingernails short and to sleep in clothing at night to reduce the risk scratching.



Effect of magnetic field therapy on infectious diseases in childhood and youth:

stimulating the immune system, relieving itching, relieving pain, reducing inflammation, soothing

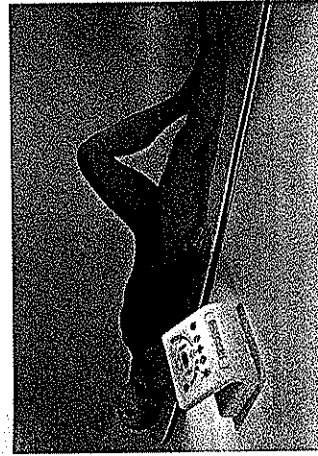


Proper use of MRS for infectious diseases in childhood and youth

- Whole-body mat: 3 times a day for 8 minutes each time: 50 % level in the morning, 25 % level at noon, 10 % level in the evening

Scientific Studies:

see other infectious diseases



Whole-body treatment for chickenpox

Patient reports on the effects of MRS in infectious diseases in childhood and youth



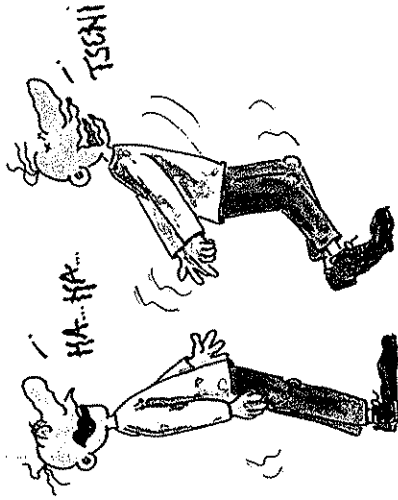
1. Thanks to the company Vita-Life

- Patient C.T., female, 17 years old; diagnosis: mononucleosis, fever, swollen lymph nodes, enlarged spleen and liver, pharyngitis. After erroneous administration of antibiotic by the physician, allergy with a skin rash over her entire body, severe itching. Results of MRS therapy: after 3 days, the itching and rash have disappeared, general improvement and rapid recovery



Appraisal of MFT: 70 % good to very good results

ALLERGIES



8. Allergies and other diseases of the immune system

The immune system has the important function of protecting the body from exogenous (outside) attack and defending it. The skin and mucus membranes for the first barrier at the body orifices to stop disease-carrying germs. The lymphatic system which consists of a network of vessels and lymph nodes, carries some of the lymph fluid back into the blood stream and unwanted organisms are captured in the lymph nodes and destroyed by the white blood cells, so-called lymphocytes. The lymphocytes form antibodies (special proteins) which the body produces as needed to render disease-carrying germs harmless. The surface of a disease-carrying germ is covered by features typical of the species, so-called antigens. Antibodies fit precisely with this antigen. Thus, this gives the sign to the body's phagocytes to destroy the pathogens. Since antibodies are produced in the lymph glands, these glands become enlarged in an infection and are sensitive to pressure.

We speak of an immune reaction when the body produces antibodies and white blood cells because of invading microorganisms or those administered through a vaccination. Once the antibodies have been produced,

the pathogen cannot attack the body any longer. This is the reason why we very rarely get a disease a second time. Our immune system is influenced to a great extent by our general physical and emotional condition. We know that stress has enormous effects and often forms the basis for a disease. If the immune system reacts too intensely to harmless stimuli, we call that an allergy. If it runs "amok" it is directed against indigenous (the body's own) organs and we call it an autoimmune disease.

8.1. AIDS

In AIDS the body's natural defense system is weakened by a virus infection attacking the immune cells and it can no longer defend itself against the simplest disease-carrying germs. Patients with this condition are completely exposed to infectious diseases. AIDS is caused by HIV (human immunodeficiency virus). The risk groups include drug abusers, people who must rely on blood transfusions, male homosexuals, although the disease today affects both sexes and is by no means limited to these risk groups. Low fever, swollen lymph glands, weight loss, signs of fatigue, night sweats, long-lasting diarrhea and a general malaise are symptoms of this disease. Almost one third of AIDS patient de-

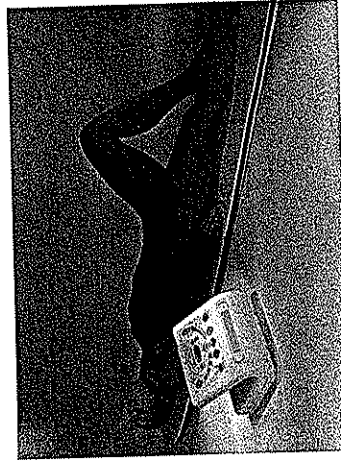
velop a rare form of cancer called Kaposi's sarcoma which causes dark spots on the skin. The susceptibility to pneumonia is also dangerous. The main problem with this disease is the inability of the body to fight off infections. AIDS patients have a reduced number of lymphocytes, i.e., those specialized white blood cells that combat infectious diseases caused by tuberculosis, fungi or viruses. Two types of lymphocytes are involved in fighting off infections: T cells and B cells. T cells fight the pathogens directly, while B cells form antibodies. In AIDS the so-called T helper cells play a crucial role.

Supportive treatment of AIDS includes the use of antibiotics, surgery, chemotherapy and medications that should strengthen the body's immune system. Prevention is always the best protection. For drug abusers it is important to always use clean needles. Condoms help limit the spread of AIDS.



Effect of magnetic field therapy on AIDS:

stimulating the immune system, reducing inflammation, supporting, strengthening mainly the nonspecific immune system (protection against viruses)



Whole-body treatment for AIDS



Proper use of MRS for AIDS

- Whole-body mat: 3-4 times a day for 8 minutes each time: 100 % level in the morning (gradually increasing from 10 %), 50 % level at noon, 25 % level in the afternoon, 10 % level in the evening

AIDS

- Forms of therapy supportive of MFT: general immunostimulating measures, herbal remedies (St. John's wort, astragalus root, licorice root), selenium, zinc, alpha lipoic acid
- Special instructions on use: variations in success of treatment are possible
- Notes on the initial reaction: none



Scientific studies on the treatment of AIDS with MFT

• C. Wallach: "Electromagnetic Therapy - A New Medical Discipline," California Institutional Review Board, Canoga Park, California, 1998. - This article reviews the areas of use for MFT documented by various studies; in addition to the traditional indications involving the motor system, mainly new possibilities such as supportive treatment in the area of immunology and AIDS are discussed.

• M.R. Cho et al.: "Regulation of Electric Field-Induced Macrophage Migration By Extracellular Matrix," Harvard Medical School and Brigham & Women's Hospital, Boston, University of Chicago School of Medicine, Chicago, 1998. - This study has shown that phagocytes are stimulated by pulsating electromagnetic fields to much greater activity than was the case in the control group without MFT.

• I. Rodin et al.: "Use of Low-Intensity Eddy Magnetic Field in the Treatment of Patients with Skin Lymphomas", *Voen Med Zh*, 317(12), 1996, pp. 32-34.

• A. Cosarizza et al.: "Effects of PEMF on the Proliferation of Lymphocytes from AIDS-Patients, HIV Sero-Positive Subjects, and Seronegative Drug Users," Department of Disease, University of Modena, Italy, *J. Bioelectrics (USA)* 1989. - The effect of PEMF on the replication of mitogen-stimulated lymphocytes in AIDS patients and a controlled group was investigated. It was found that cell division remained unchanged in the group of healthy subjects. In the AIDS patient group, an increase in active T lymphocytes was observed.

• Additional studies: see "Infectious diseases"

Scientific studies on the treatment of allergies with MFT

V. I. Kovalchuk, et al., "Use of Extremely Low Frequency Magnetic Fields in Clinical Practice," *Fizicheskaja Meditsina*, 4(1-2), 1994, p. 87.- In this study, the anti-inflammatory effects of MFT are emphasized in particular in addition to the pain-relieving effect.

Physician reports on the treatment of allergies with MFT

1. Dr. Hilde Milly, M.D., Dermatologist, Munich

Patient H.A., female, 49 years old; diagnosis: welts on the skin over the entire body, swelling of the joints. Results of MRS therapy: first week: endless welts, at the end of the first week: slight reduction in new welts. After the tenth day, the welts became less each day.

Patient G.F., female, 36 years old; diagnosis: for 11 years allergic rhinitis, hayfever, asthma attacks, sleep disorders, thyroid dysfunctions and extreme soft tissue rheumatism. The patient was no longer able to handle her everyday life. Results of MRS therapy: after three weeks of treatment, the patient is completely free of symptoms. She has been able to stop taking various medications and is enjoying good overall health.

Patient reports on the treatment of allergies with MRS

1. Thanks to Mrs. Susanne Büttner

Patient S.B., female, 36 years old; diagnosis: "I had a pollen allergy to grasses and rye for 13 years, causing me problems each year from about May to August: extreme itching of my eyes, nose and gums as well as a runny nose all day, stopped up at night, so that I could breathe only through my mouth. Despite desensitization, homeopathic preparations and bioresonance therapy, the symptoms became worse each year. In addition, I had had hypotension since puberty. I had headaches about once a month connected with my menstrual cycle, which was irregular." Results of MRS therapy: "The headaches disappeared each time almost spontaneously. The allergy symptoms occurred only very rarely on two days this year. I have

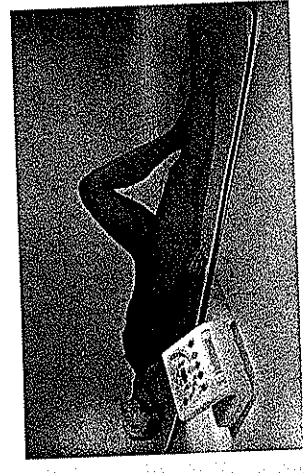
the allergen cannot be avoided, there are two treatment options: medication (such as cortisone preparations and antihistamines) or hyposensitization, a procedure whereby the allergen in extremely small quantities is administered to accustom the body to higher doses of the allergen over a period of time. Babies with a hereditary predisposition should be nursed with breast milk for as long as possible to prevent an allergy to cow's milk.

Effect of magnetic field therapy on allergies:

calming effect on the autonomic nervous system and thus indirectly on the immune system. Resonance effects are responsible for the success of the treatment

Proper use of MRS for allergies

- Whole-body mat: 3-4 times a day for 16 minutes each time: 100 % level in the morning (gradually increasing from 10 %), 50 % level at noon, 25 % level in the afternoon, 10 % level in the evening



Whole-body treatment for allergies

- Forms of therapy supportive of MFT: bioresonance, homeopathy, kinesiology, NLP, TCM, urine therapy, Bach's flower remedies, essential fatty acids, evening prim rose oil, nigella oil, flaxseed oil, borage oil, vitamin C.
- Special instructions on use: the more acidic the acid-base balance, the worse the body's reactivity.
- Notes on the initial reaction: the skin reactions may be exacerbated in approximately 10 % of the cases. Adjust the dose!

This is characterized by respiratory difficulty (caused by a swollen throat, trachea or constriction of the bronchial tubes), itching skin, urticaria with blood vessel collapse and nausea, diarrhea and cramps. An allergy can be caused by inhalation, contact, ingestion or injection.

In the first type (inhalation) the allergen is inhaled. It may be dust, pollen, feathers or animal dander. In hayfever, which is usually seasonal, the allergen, usually pollen irritates the mucous membranes and causes itching nose, eyes or gums, sneezing, headaches and weeping eyes.

In a contact allergy, reactions are caused by coming contact with the allergen. These may be substances such as poison ivy, cosmetics, cleaning agents, jewelry, medication or dyes. The skin becomes inflamed, burns and itches at the spots that have come in contact with the allergen.

Allergens are ingested by drinking or eating. A food allergy often occurs in children, e.g., an allergy to milk, eggs, certain types of fish, peanuts, chocolate, strawberries and citrus fruit. Symptoms include intestinal cramping, nausea, vomiting and diarrhea. In addition, there may also be urticaria, a skin rash, headaches, nasal congestion, which may become as serious as a life-threatening anaphylactic shock.

Injection allergens are substances that irritate the skin from insect bites (bees) or injected drugs. Shortness of breath, a rapid heartbeat, coughing, wheezing or confusion are the usual symptoms. The bites swell, become sensitive or numb and in certain cases an allergic shock may develop. The substances causing the allergy can be detected in a variety of ways: skin tests (small quantities of the presumed allergens are applied to small scratches in the skin) and allergy tests (the allergen is injected) help to discover the precise substance. As soon as the allergen has been identified, half of the battle is won because allergens can often be avoided. Natural fibers can be replaced by synthetic substances, air filters can be installed to protect against hayfever and anyone who is allergic to insect bites can wear protective clothing or insect repellent. If

Patient reports on the treatment of AIDS with MRS

1. Thanks to the company Vita-Life

Patient K.M., male, 54 years old; diagnosis: "I was diagnosed with AIDS nine years ago. Three years ago, I was often quite sick and had to be in the hospital for several times a year for treatment of my pneumonia. Although my blood results were not entirely bad, the number of T helper cells were greatly reduced." Results of MRS therapy: "For two years I have been using the MRS system and my current blood tests in February 1999 showed a balanced relationship of T helper cells. Regardless of the blood findings, I can report that I have so far been able to remain without a vaccination this winter, without medication and I have not had a cold; furthermore, I feel completely fit."

8.2. Allergies

An allergy is understood to be an unusual reaction of sensitivity of the immune system to a certain substance from the environment. If this essentially harmless foreign substance enters the body, antibodies are formed, resulting in an intense inappropriate reaction to this substance. Antibodies stimulate specialized cells to secrete the hormone histamine, a substance that dilates the vessels. Consequently, the muscle contracts, and a type of urticaria (itching) develops. An allergic reaction can disappear at any time and can recur again at any age. Therefore, there is no allergic reaction on initial contact because the body must first produce antibodies. The second contact with the specific substance then triggers the allergy. Allergies are often inherited. People who have a tendency to develop allergies are called atopic. An allergy may be so mild that it is hardly perceived or so severe that it endangers the life of the person affected with it. The usual symptoms include itching, watery eyes, a runny nose, itching or inflamed skin, a swollen mouth or throat. Sometimes there are headaches, a feeling of stuffiness in the nasal sinuses (sinus stuffiness), a reduced perception of taste or smells or breathing problems. If the reaction is extremely strong, we speak of an allergic shock.

Effect and proper use of the MRS: see "Allergy"

8.4. Mycotic infections (yeasts and fungi)

Yeasts and fungi constitute one third of the plant world. Most of them are the lower fungi, which play an important role in the biological cycle of the earth inasmuch as they decompose dead plants and animals. Fungi are also used for chemical synthesis of many drugs such as antibiotics (penicillin). Beer drinkers and cooks (bakers) should be familiar with yeast, and yeast cultures are also used in cheese and yogurt. However, many fungi (molds) are toxic. Aflatoxin is a toxic substance which is formed by mold which can even cause cancer.

Fungi are becoming increasingly important as disease-carrying pathogens. Fungi affect the skin, the mucous membrane and internal organs, especially in patients with a weakened immune system, and they can lead to life-threatening diseases. Moisture is required for fungus growth (sweat in the folds of the skin, the spaces between the toes, the armpits and in the genital region), but circulation problems, obesity, excessive intake of sugar, diabetes and drugs and medicines that weaken the natural defense also encourage these infections. There are sources of infection everywhere. The yeast of the genus candida is especially harmful. It is manifested by white specks on the inside of the cheeks or elsewhere in the oral mucosa. Candida can be life-threatening when it spreads to the internal organs. In principle, there is no harmless yeast infection. Any yeast infection should be treated intensely to prevent it from reaching internal organs. Primarily the culture medium must be withdrawn from yeast. If this does not happen, even treatment with the best medication will not help. A diet avoiding sugar in particular is essential.

Effect of magnetic field therapy on yeast diseases: reducing inflammation

turned and after one month the symptoms had disappeared completely."

- Patient I.M., female, 53 years old; diagnosis: allergy for 30 years, especially on the hands; inflammation of the Achilles tendon on both sides. Results of MRS therapy: "After two months of treatment, I no longer had any allergy and the inflammation of the Achilles tendon had disappeared, likewise my shoulder and neck problems."
- Patient M.M., female, 37 years old; diagnosis: "I had a type of skin allergy on both hands for about 10 years." Results of MRS therapy: "The condition of my hands has improved considerably."

- Patient K.K., male, 27 years old; diagnosis: chronic colds the whole year since 1991 (pharmaceutical products did not help) and extreme fatigue late in the afternoon, especially in the late evening (burning eyes, heavy eyelids and difficulty in concentrating). Results of MRS therapy: after four weeks, definite improvement in nasal condition, no more fatigue, no more difficulty in concentrating. "After the sixth week, the chronic sniffing was eliminated and now I have no more symptoms. There have not been any negative effects."



Appraisal of MFT: 70-80 % good to very good results

8.3. Autoimmune diseases

In autoimmune diseases, a derailed immune system attacks its own body tissue and destroys it. The causes of this faulty reaction of the immune system are still unclear; a virus may be the causative factor. Self-destruction of tissue may involve various organs: the thyroid gland (Hashimoto's disease), the stomach (pernicious anemia), the muscles (myositis), the skin (scleroderma, lupus erythematosus, pemphigus), the eyes (Sjogren's syndrome) or the pancreas (diabetes). Autoimmune diseases are highly complex and are therefore also very difficult to manage.

Magnetic field therapy can relieve the pain and can reduce the aggressiveness of the immune cells through the autonomic nervous system.

about 10 years ago. The eczema disappeared and the hayfever is no longer causing me problems."

- Patient D., female; diagnosis: bronchial asthma and severe hayfever: taking vasodilating medication and seasonally antihistamine, eye-drops and nose drops, aerosol spray and cortisone. Results of MRS therapy: "Improvement after two treatments, I was able to stop the medication after six treatments. I am now free of symptoms."
- Patient W.H., male, 36 years old; diagnosis: hayfever (allergies to hazel nuts, birch, beech, alder): intense reactions such as sneezing, red weepy painful eyes and difficulty in breathing for about 10 years. Treatment with mucolytic preparations, medications and aerosol spray. Results of MRS therapy: "My allergy disappeared slowly after about four weeks. I am again able to breathe well and I feel freer in my chest than for a long time. After six weeks, a test also convinced me: I rolled about in hay for 1 hour without having any negative reaction at all."

- 5. Thanks to Mrs. Giovanna Fakin
- Patient G.F., female; diagnosis: recurring hayfever, asthma attacks, hyperthyroidism, sleep disorders, extreme soft tissue rheumatism, especially intense asthma attacks at night, severe iron deficiency constantly for 11 years. Results of MRS therapy: "After three weeks of treatments, I no longer have any symptoms. I have been able to stop taking the various medications. I would classify my overall physical condition as very good."

- Patient M.T., female; diagnosis: "For 40 years I have been suffering from hayfever. The period from March through October was the worst. I had to take a lot of medications, most recently more than 20 pills a day and also an asthma spray. I often had a severe shortness of breath and circulation disorders. I had no feeling in my heels for more than half a year." Results of MRS therapy: "After three weeks of use, my condition improved immensely. I no longer had any shortness of breath, and I can now breathe deeply, which I could never do in the past. I am completely free of symptoms and am no longer taking any medication for hayfever. After two weeks of treatments, the feeling in my heels re-

continued to use the mat regularly and I have also been taking vitamin C. Then I had no further signs of allergy. At the present time, I do not have any pain."

- Patient P.F., male, 41 years old; diagnosis: contact allergy to latex, especially rubber gloves: itching blisters would develop in the area of the hands after even brief contact. Results of MRS therapy: "After a single treatment with the MRS 2000, I experienced a definite reduction in sensitivity to latex: only a few blisters developed and itching was very minor. After two additional treatments, the symptoms disappeared completely. After approximately 1 week without treatment, they returned, but the allergy could be kept under control with just a single treatment per week."

- 2. Thanks to Mr. Siegfried Müller
- Patient R.M., female, 9 years old; diagnosis: at the age of one year, she developed a neurodermatitis which was exacerbated by incorrect treatment (cortisone). At the age of six she also developed asthma attacks, allergies to animal hair and pollen; hayfever and constant scratching. Results of MRS therapy: sleeping calmly, breathing more easily - no wheezing even with a cold, no itching and no more redness. The allergy to animal hair, especially horse hair and cat hair, has disappeared.

- 3. Thanks to Beatrice Studer
- Patient, female, 36 years old; diagnosis: severe allergy to dust since 1986. "I could breathe somewhat normally only when constantly taking medication. It was always worse in the winter than in the summer. I was constantly borderline manic-depressive and I had no energy." Results of MRS therapy: "I no longer have colds and I am free of medications, I am balanced, I have more endurance and more energy."

- 4. Thanks to Max Keiser and Mrs. Verena Singer
- Patient B., female, 70 years old; diagnosis: allergy, hayfever, eczema. "My condition was hopeless, I could hardly walk anymore, I had no strength and I was afraid I would soon have to use a wheelchair to get around. Several forms of therapy had been completely unsuccessful." Results of MRS therapy: "After about four months, my health had been restored to such an extent that my quality of life was as good as that of

UROLOGY



Kidneys

Treatment of urethritis depends on the pathogen and is performed by a specialist.

9.1.3. Incontinence

Incontinence is understood to be the inability to voluntarily retain urine in the bladder. A permanent need to urinate and an odor problem have considerable effects on the personal quality of life, psychological attitude and social environment: these patients often withdraw completely from social contact.

Various forms of incontinence are differentiated. Urge incontinence affects mainly the elderly. There is a sudden urge to urination which cannot be suppressed (ranging from a few drops to complete emptying of the bladder). This is treated with antibiotics, spasmolytics, toilet training, disposable diapers and urinals. In stress incontinence, small quantities of urine are released when there is an increase in abdominal pressure (laughing, sneezing, lifting heavy loads). Treatment consists of exercises to strengthen the pelvic floor, a pessary, disposable diapers or surgery. Overflow incontinence affects mostly men, and a few drops of urine are released (night drips). Functional incontinence occurs in those who are either physically or mentally handicapped, with the bladder being emptied in inappropriate situations. Toilet training may help. Here again, disposable diapers and

Diseases of the urinary tract and the male reproductive system

9.1. Diseases of the bladder and the efferent urinary tract

9.1.1. Problems in urination and residual urine

Residual urine is the urine that remains in the bladder after urination. In women, the most common cause of obstruction of the urine flow is surgery involving the reproductive system, and in a man it is benign enlargement of the prostate. A problem in urination may also be due to neurogenic causes. Because of the high risk of infection, one complication that is feared is reflux of urine into the urethra.

9.1.2. Urethritis (infection of the urethra)

Various pathogens or a pre-existing bladder infection may cause an infection of the urethra and under some circumstances excessive consumption of cold beer may also cause it. There is discharge from the urethra containing mucus which must be tested for pathogens to rule out gonorrhea in cases of doubt. A urine test with bacterial diagnostics is always necessary for a definite diagnosis.

magnetic fields are capable of influencing inflammations and counteracting them. This was also found with concomitant yeast infections (Candida).



Patient reports on treatment of yeast infections with MRS

1. Thanks to the company Vita-Life

• Mrs. I.T.E., 59 years old; diagnosis: "I am a diabetic and I have been suffering from chronic yeast infections in the intestine and on my toenails for 10 years." Results of MRS therapy: "After 14 months I am yeast-free and I no longer have any symptoms. In addition, I have been following a proper diet."

Proper use of MRS for yeast diseases

- Whole-body mat: 2-3 times a day for 8 minutes each time: 50 % level in the morning, 25 % level at noon, 10 % level in the evening
- Special instructions on use: clinical objections from previous years have mostly been proven incorrect. The widespread opinion that a yeast infection in the intestines is pathological and is therefore a contra-indication for MFT is not correct. 50-60 % of all people have candida cultures in the intestine without becoming sick from it. The anti-inflammatory effect of the magnetic field on yeast infections has been researched extensively in the meantime. Thus, detection of candida in the intestine or on the skin does not constitute a contra-indication for MFT. However, MFT should not be used on yeast infections on the internal organs until after the condition has been controlled through medication.



Whole-body treatment for mycotic infections

- Forms of therapy supportive of MFT: a low-sugar diet, ayurvedic medicine, bioresonance, saline therapy, TCM, herbal remedies (grapefruit seed extract, lapachol, orange root, echinacea, garlic, bearberry, nigella oil)
- Notes on the initial reaction: none



Scientific studies on the treatment of yeast infections with MFT

• Y. Mizushima et al.: "Effects of Magnetic Fields on Inflammation," Department of Medicine and Physical Therapy, Faculty of Medicine, University of Tokyo. JAMA, Vol. 248, no. 5, p. 921. - This study has shown that electro-

urinals are used. In paraplegia, neuropathy (diabetic) or head injuries, involuntary urination may occur at brief intervals; this is called neurogenic incontinence.

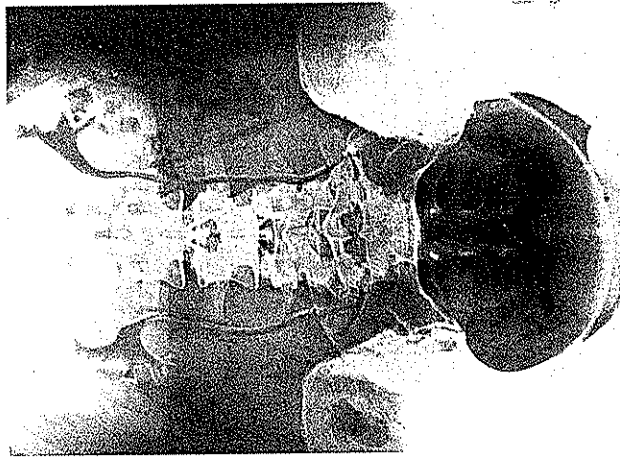
9.1.4. Irritable bladder

Irritable bladder is in the range of functional disorders caused by an imbalance in the area of the autonomic nervous system. This is characterized by a frequent need to urinate and small quantities of urine in urination. Reducing stress is the best treatment.



Effect of magnetic field therapy on disorders of the urinary tract:

balancing, regulating through the autonomic nervous (especially in irritable bladder), promoting circulation, strengthening the immune system, relieving cramps in abdominal colic



X-ray of the urinary tract

Proper use of MRS for disturbances of the urinary tract

- Whole-body mat: 3 times a day for 8 minutes each time: 100 % level in the morning, 25 % level at noon, 10 % level in the evening

- Pad: twice a day for 16 minutes each time: 150 % level (gradually increasing the dose), 8 minutes each time over the pubic area and the sacrum



Local treatment for disturbances of the urinary tract

- Forty's of therapy supportive of MFT: solidago, acupuncture, homeopathic remedies, TCM, herbal remedies (bearberry, field horsetail, damiana, gutu kola, mullein, orange root, cranberry concentrate, white willow bark, juniper berries, parsley, St. John's wort; especially in incontinence: bearberry, damiana)
- Special instructions on use: Drink lots of fluids (at least 3 liters of water per day)!
- Notes on the initial reaction: none



Scientific studies on the treatment of disorders of the urinary tract with MFT

- M. K. Sheriff, et al., "Neuromodulation of Detrusor Hyperreflexia Functional Magnetic Stimulation of the Sacral Roots," British Journal of Urology, 78(1), July 1996, pp. 39-46. - In this very good study, the effects of stimulation with magnetic fields in treatment of spinal cord injuries and the consequences of urination problems were investigated on seven men. The results show that MFT is an effective noninvasive method of treatment.
- V. A. Lebedev, "Treatment of Neurogenic Dysfunction of the Bladder and Enuresis in Children," Vopr Kurortol Fizioter Lech Fiz Kult

- (4), 1995, pp. 25-26. - This investigation has shown a positive effect on MFT on urination problems and bedwetting in children.



Physician reports on the treatment of disorders of the urinary tract with MF

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/01/40 666 00

- Patient S.C., female, 45 years old; diagnosis: kidney stones and colic. Results of MRS therapy: no more pain after the third treatment, two calcium stones passed after the fourth treatment.



Patient reports on the treatment on disorders of the urinary tract with MRS

1. Thanks to Mrs. Beate Martina
 - Patient G.M., male, 85 years old; diagnosis: diabetes mellitus, prostate problem, urge to urinate: going to the bathroom 7 times a night, digestive problems, resulting bowel problems. Inflammation of the bladder, prostate surgery in 1997 resulted in problems in urination. Results of MRS therapy: significant improvement in circulation after two weeks, the patient sleeps better, his digestion has improved and now he must go to the toilet only three times a night. Stable blood sugar levels at five months and the patient now no longer has to get up at night and wound healing has improved enormously.

- Patient H.S., female, 86 years old; diagnosis: incontinence, severe retention of water, pain in the arms, legs and shoulders (inability to move), psoriasis, diabetes mellitus, high blood pressure, no feeling in the big toes, coughing attacks. Results of MRS therapy: the incontinence has been virtually eliminated and there has been an improvement in symptoms in all other areas.

2. Thanks to Mrs. Gertrude Schweighart

- Patient S.G., male, 36 years old; diagnosis: multiple sclerosis of the lower extremities (severely restricted movement); the patient was confined to a wheelchair in phases. Incontinence, constant need to sleep, mentally inactive. Results of MRS therapy: "After one week I felt much worse. Two weeks later there was an

improvement in my general condition. Now after five months of treatment, I am already able to walk for short distances without any assistance (when my condition is good). I feel much more active mentally and my need for sleep has been reduced to a normal extent of 8 to 10 hours. My incontinence has improved somewhat."

3. Thanks to Mr. Siegfried Muhry

- Patient E.G., female, 40 years old; diagnosis: "I could not hold my urine after my pregnancy (according to my gynecologist, this could last for up to a year). I have had sleep problems for many years." Results of MRS therapy: "I began the treatment two weeks after childbirth. I noticed an improvement from the beginning and after about 3 1/2 months, my bladder problem was gone. My sleeping problems have been eliminated 100 %."



Local treatment of the urinary tract with a pad

- Patient L.O., male, 52 years old; diagnosis: brain tumor, incontinence (requiring the highest level of nursing care), equilibrium disorders, extremely severe depression, epileptic attacks, inability to concentrate, inability to find words, stiffness in the legs, pressure and pain in the head, no more control over his body. Results of MRS therapy: in the first four weeks, there was an exacerbation in many areas but then a steady improvement in all the areas listed above, and a reduction in medication used. MRI in January 1997: the tumor had not grown anymore.



Appraisal of MFT: 70-75 % good to very good results

9.2. Impotency

Impotency is understood to be an erectile dysfunction which may be caused by intrinsic (such as diabetes), a testosterone deficiency or by medication, alcohol or nicotine. The cause may also be psychosomatic.



Effect of magnetic field therapy on impotence:

autonomic, promoting circulation



Proper use of MRS for impotence

- Whole-body mat: twice a day for 8 minutes each time: 100 % level in the morning, 25 % level in the evening
- Pad: twice a day for 16 minutes each time: 150 % level, 8 minutes each time in the low back area and the pubic area
- Duration of treatment: sometimes preliminary treatment results are not apparent until after six months of intensive therapy.
- Notes on the initial reaction: none
- Forms of therapy supportive of MFT: herbal remedies (damiana)



Scientific studies on the treatment of impotency with MFT

- F. Petrossi, "The Local Vacuum Magnetotherapy of Patients with Impotence," Internet: Medline hyperlink
- I.V. Karpukhin & V.A. Bogomol'ni: "Local Vacuum Magnetotherapy of Impotency Patients," *Vopr Kurortol Lech Fiz Kult* (2), 1996, pp. 38-40. - This study investigates the effect of a combination of MFT and vacuum therapy in treatment of impotency. With concomitant use of both forms of therapy, an improvement in the erectile dysfunction was observed in more than 80 % of the patients, and only 17 % reported no change. In the control group which received vacuum therapy alone, only slightly more than 50 % experienced an improvement.
- I.I. Gorpinchenko: "The Use of Magnetic Devices in Treating Sexual Disorders in Men," *Lik Sprava* (3-4), March-April 1995, pp. 95-97. - This double-blind placebo-controlled study has shown that MFT has positive effects

on blood flow in the penis in erectile sexual dysfunction. 38 % of the patients were cured of their impotency and a definite improvement was observed in 42 %.



Physician reports on the treatment of impotency with MFT

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/01/40 666 00

- Patient, male, L.M., 59 years old; diagnosis: erectile dysfunction problems for eight years, impotence for three years. Results of MRS therapy: preliminary results apparent after six months; after nine months, the patient was again fully potent and making full use of his recovery (according to this wife).



Patient reports on the treatment of impotency with MRS

1. Thanks to the company Vita-Life
- Patient S.M., male, 56 years old; diagnosis: "I have a very stressful occupation and because of my erectile dysfunction I have had practically no sex life for four years." Results of MRS therapy: "My manhood was restored after four months and I am now enjoying a happy and fulfilled partnership (better than ever)."



Appraisal of MFT: success depends on the cause

9.3. Incontinence:

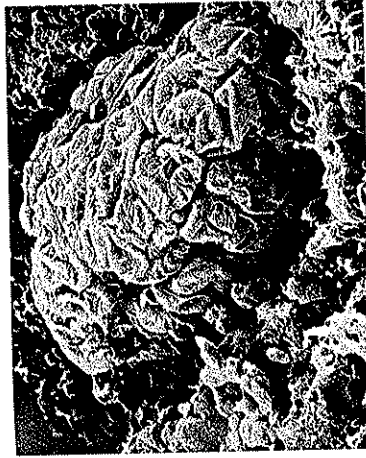
see "Diseases of the bladder and the efferent urinary tract"

9.4. Kidney diseases - stones

The renal or kidney system is the body's filtering station. The kidneys purify all the blood which flows through the kidneys every 5-7 minutes (that is 1,500 liters a day!). They remove waste products from the blood that are formed by the utilization processes involved in the metabolism.

Approximately 2 million kidney bodies (glomeruli) which are located in the renal cor-

tex are responsible for this important job of washing the blood. The glomeruli, the filters of the kidneys, are tiny vascular clusters, each having an afferent and an efferent blood vessel. Like a fine-pored sieve, they remove water, sugar and salts and other minerals from the blood and later return them to the bloodstream. The filtrate formed by the renal corpuscles is the so-called primary urine which constitutes up to 180 liters per day. It is concentrated further in the collecting tubes, so that ultimately only 1-2 liters of urine are eliminated each day.



Kidney

Kidney stone diseases affect 1-3 % of the population. A stone is formed when salts are precipitated from the urine and form concretions. A high consumption of protein, too little physical exercise and weight gain cause kidney stones to form. The stones are composed of some uric acid, cistene, protein, oxalate, phosphorus and calcium. Not all stones cause problems and many kidney stones go undetected. Although minor concretions are eliminated with the urine, others remain in the renal pelvis and fill up the cavity like coral without the person being aware of anything. Renal colic is caused when a stone slips into the ureter and becomes stuck there. An attempt to force the stone out causes cramping with severe pain from the area of the kidneys into the abdomen, but it may also radiate into the thighs. The pain is often accompanied by nausea, vomiting and even fever. Nevertheless, renal colic is never life-threatening.

During an attack of colic, ordinary pain pills do not help. In order to rule out the risk of hydronephrosis (retention of urine), the stone must leave the urinary system. Approximately 2/3 of all stones leave the ureter spontaneously. To wash out the ureter regularly, a lot of fluid should be drunk; a great deal of fluid dilutes the urine, so that salts cannot be precipitated as easily. Physical activity also assures a good flow of urine. In the case of calcium stones, a diet avoiding milk and milk products is recommended. In the case of phosphate stones, the urine must be acidified, e.g., with expectorant mixture, although this can only prevent existing stones from becoming larger and new stones from forming. Lithotripsy with extracorporeal shockwaves, where the stone is destroyed from ultrasonic waves from the outside, has been successful.



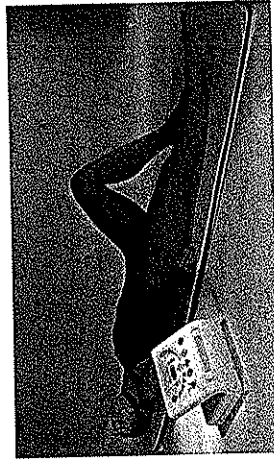
Effect of magnetic field therapy on kidney diseases:

relieving cramping, facilitating discharge of the stone, promoting circulation, strengthening the immune system, promoting the solubility product for calcium in the blood and urine (= fewer stones), relieving pain



Proper use of MRS for kidney diseases

- Whole-body mat: 3 times a day for 8 minutes each time: 100 % level in the morning, 25 % level at noon, 10 % level in the evening



Basic treatment for kidney diseases

- Pad: twice a day for 16 minutes each time: 150 % level (gradually increasing the dose) on the sides (kidneys)
- Forms of therapy supportive of MFT: acupuncture, homeopathy, TCM, herbal reme-

diets (mullein, juniper berries, cranberry concentrate, field horsetail, chickweed, astragalus root, parsley; diuretics: dandelion, stinging nettle, mullein)

- Special instructions on use: Drink lots of fluids!
- Notes on the initial reaction: none



Scientific studies on the treatment of kidney diseases with MFT

• V. Y. Kiyatkin: "Pulsed Magnetic Field in Therapy of Patients with Secondary Chronic Pyelonephritis," Second World Congress on Electricity and Magnetism in Biology and Medicine, 1997, Bologna, Italy. - This article reports positive results in the treatment of secondary chronic pyelonephritis (inflammation of the renal pelvis) with MFT. Numerous double-blind controlled studies which are cited in this article are used as the basis for this conclusion.

• A.A. Li, et al., "The Use of an Impulse Magnetic Field in the Combined Therapy of Patients with Stone Fragments in the Upper Urinary Tract," Vopr Kurortol Fizioter Lech Fiz Kult (3), 1994. - This study investigates MFT as a supportive treatment measure in kidney stones. The results show a definitely positive effect of the magnetic field. Passing of stones or fragments was found to be much less complicated and associated with less pain.

• V.E. Rodoman et al.: "The Effect of Magnetic and Laser Therapy in the Course of an Experimental Inflammatory Process in the Kidneys", Urol Nefrol (Mosk) (2), March-April 1993, pp. 17-20. - Successful use of MFT in inflammatory diseases of the kidneys was expressed especially in an uncomplicated course of the primary illness.



Patient reports on the treatment of kidney diseases with MRS

1. Thanks to Mr. Max Keiser and Mrs. Verena Singer
 - Patient A.M., male, born 1946; diagnosis: hospitalization because a stroke on January 21, 1996. Renal failure due to excessive medication. Patient on dialysis starting in March 1997, this failed and the patient had peritonitis three times

within one year. Results of MRS therapy: improvement in general condition. The patient has more strength, can now urinate normally. Weight loss: 8-10 kg to normal weight. His blood pressure has normalized. The patient can now walk without a support corset, using only a cane, can walk 2 km up and down hills although that was previously impossible. He now drinks much more fluids (3 liters a day). Fluid intake required by the hospital: 7 dL per day. He eats all kinds of fruit.

2. Thanks to Mr. Dieter Frey

• Patient H.R., male, 50 years old; diagnosis: Bekhterev's disease, renal cysts. Results of MRS therapy: "At first the pain became worse after starting treatments (several times a day), then a few weeks later, I had a slight improvement, which continued progressively. After a longer period of treatment, I was able to move better. Now I rarely need pain pills. The cysts in my kidneys have become smaller and some have disappeared."



Appraisal of MFT: 70-75 % good to very good results

9.5. Prostatic hypertrophy

One out of two to three men more than 60 years of age suffers from an enlarged prostate. The prostate encompasses the ureter at the outlet of the bladder like a collar, and when enlarged, it constricts the clearance in the ureter more and more. It is no longer possible to completely empty the bladder and urination becomes progressively more difficult and painful for the patient. The main risk is infection of the bladder due to the residual urine. If the enlargement has advanced too far, surgery must be performed. In the initial stage, natural means can greatly relieve symptoms. Pumpkin seeds, an extract of saw palmetto and beta-sitosterol or an extract of an African root tuber may help. It is important to avoid any overcooling and cold feet.



Effect of magnetic field therapy on prostatic hypertrophy:

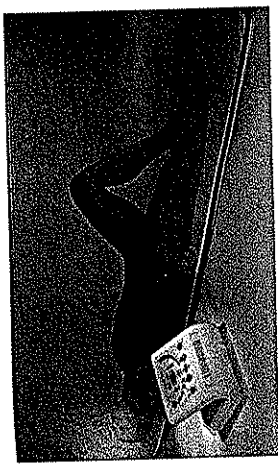
relieving pain, reducing swelling, reducing inflammation, strengthening the immune system

tem, relieving cramping (better emptying of the bladder)



Proper use of MRS for prostatic hypertrophy

- Whole-body mat: twice day for 8 minutes each time: 100 % level in the morning, 25 % level in the evening



Basic treatment of the prostate

- Pad: twice a day for 16 minutes each time: 150 % level on the pubic bone
- Forms of therapy supportive of MFT: zinc, herbal remedies (saw palmetto, pumpkin seeds)
- Special instructions on use: MFT cannot directly affect a tumor in the prostate, even if it is benign.
- Notes on the initial reaction: none



Scientific studies on the treatment of diseases of the prostate with MFT

• S. P. Seregin & A.V. Panov: "The Correction of Prostatic Hemodynamics in Chronic Prostatitis," Vopr Kurortol Fizioter Lech Fiz Kult (2), March-April 1997, pp. 20-21. - This study shows the positive influence of good circulation in the prostate on chronic prostatitis and confirms good success in supportive treatment of this disease.



Patient reports on the treatment of diseases of the prostate with MRS

1. Thanks to the Mr. Reinhard Schlag
 - Patient B., male, 64 years old; diagnosis: primary arthritis, enlarged prostate. Results of MRS therapy: a definite improvement in all areas was apparent after just three treatments.

Mr. B. told me that the pain in his back and shoulder area had also disappeared, and furthermore, he had absolutely no prostate problems any longer.

• Patient R., male, 71 years old; diagnosis: arthritis, prostate problems. Results of MRS therapy: after three treatments all his symptoms improved. After two weeks of treatments, Mr. R. is completely free of symptoms. He can now walk without pain, and his shoulder and back pain have disappeared. He sleeps very well and no longer has any prostate problems. The feeling of numbness in his arms has disappeared completely.

• Patient G.K., male, 70 years old; diagnosis: enlarged prostate. Results of MRS therapy: relief in urination and his general well-being has improved.

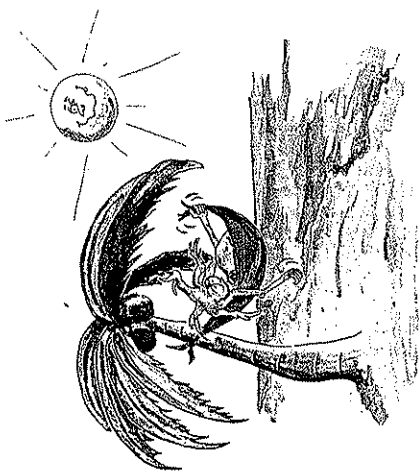


Appraisal of MFT: 75 % good to very good results

9.6. Irritable bladder:

see "Diseases of the bladder and the efferent urinary tract"

190706



Nerve cell on vacation

10. Diseases of the nervous system

10.1. Senile memory loss

The aging process naturally also involves a reduction in a person's mental capacities. Short-term memory develops gaps and one only remembers the remote past truly well. Consistent mental activity is especially important in order to be able to perform high-performance mental activity with advanced age. Only if the mind is active, do the billions of nerve cells in the brain constantly receive new stimuli and impulses. There are many possibilities for training the brain, for example, memorizing poems or telephone numbers, solving crossword puzzles, practicing multiplication tables, learning a foreign language and many others. Despite all the training, however, the brain losses approximately 2 % of its mass every 10 years after the age of 50. The less active a person is mentally, the more dendrites, which are the branches in the nerve cells begin to regress and senile memory loss begins to take its course.

Effect and proper use of MRS: studies and physician and patient reports: see "Alzheimer's"

10.2. Alzheimer's

Pathological memory loss (senile dementia) is a loss of mental and cognitive abilities due to disease. Alzheimer's disease and arteriosclerotic blood vessel diseases are the most common manifestations.

Alzheimer's usually affects people after the age of 50. This disease is characterized by a progressive destruction of nerve cells that cannot be stopped. Under a microscope, the damaged nerve cells in the brain can be seen to have deposits of an abnormal protein (beta-amyloid), which has destroyed the healthy nerves. In approximately half of the cases of this disease, the gene apolipoprotein E4 (Apo E4) is present.

The symptoms of Alzheimer's disease increase slowly so that there is no noticeable sudden change in social behavior of the patient. These patients often repeat themselves when speaking because they forget they have already mentioned what was just said. The further the disease progresses, the greater is the memory loss. These patients have difficulty orienting themselves in time and place and ultimately they have trouble remembering to wash themselves, to dress themselves and to eat.

Typically, Alzheimer's patients attempt to hide their loss of memory, and they usually suc-

ceed in this very well. There is no disease insight; Alzheimer's brings severe social stress, especially in the area of the immediate family. It is not unusual for these patients to fail to recognize their own family members, to argue with them for no reason, suddenly run away and not be able to find their way home, become agitated and completely lost because of their mental inadequacies and uncertainty. Caring for an Alzheimer's patient requires a great deal of patience and love.



Brain with shrinkage

Effect of magnetic field therapy on Alzheimer's disease and senile memory loss:

since Alzheimer's involves the death of large number of nerve cells in the brain, one cannot expect magnetic field therapy to be able to stop this process. Although MFT cannot reanimate dead nerve cells, it can nevertheless retard the process because the better utilization of oxygen, even for the nerve cells in the brain, restores the functioning of cells with restricted function. This explains the short term improvement when using MFT on Alzheimer's patients. In the long term, MFT has a calming effect.

Proper use of MRS for Alzheimer's disease and senile memory loss

• Whole-body mat: 3 times a day for 8 min-

utes each time: 100 % level in the morning, 50 % level at noon, 10 % level in the evening
 Pad: once a day for 8 minutes: 100 % level (gradually increasing the dose), in the neck area

- Forms of therapy supportive of MFT: herbal remedies (gingko biloba, gutu kola, sumatran ginseng)
- Special instructions on use: Agitated patients may have difficulty lying on the mat. In this case, wait until the patient is fully willing to cooperate.
- Notes on the initial reaction: none



Local treatment for Alzheimer's disease



Scientific studies on the treatment of Alzheimer's disease with MFT

- R. Sandzyk: "Alzheimer's Disease: Improvement of Visual Memory and Visuoconstructive Performance by Treatment with Picotesta Range Magnetic Fields," International Journal of Neuroscience, 76(3-4), June 1994, pp. 185ff. - In this article the author describes two Alzheimer's patients who showed a definite improvement after treatment with MFT, especially in the area of visual memory but also in their drawing abilities. There were also improvements in other cognitive functions, including the ability of these patients to orient themselves in space, their mental/emotional condition, ability to make social contact and short-term memory.

- R. Sandzyk et al.: "Age-Related Disruption of Circadian Rhythms: Possible Relationship to Memory Impairment and Implications for

without the use of drugs and without side effects."

10.3. Amyotrophic lateral sclerosis: (ALS)

Amyotrophic lateral sclerosis is a very serious disease of the central nervous system involving a continuous destruction of motor nerve cells in the area of the spinal cord, resulting in an interruption in the flow of information from the brain to the muscles. Over a period of time, the muscles can no longer be stimulated. The cause of this disease is unclear. It usually occurs between the ages of 40 and 65 in the form of asymmetrical paralysis of the muscles. One risk is possible involvement of the respiratory muscles. Unfortunately, this disease is very rapidly progressive and does not have a good prognosis.



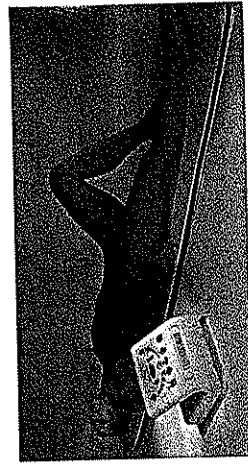
Effect of magnetic field therapy on amyotrophic lateral sclerosis:

The mechanism of action has not yet been fully elucidated here. Perhaps the stimulating effect on the motor nerve cells and the pain-relieving effect play a role.



Proper use of MRS for amyotrophic lateral sclerosis

- Whole-body mat: 3 times a day for 16 minutes each time: 150 % level in the morning (gradually increasing from 10 %), 10 % level at noon, sensitive level in the evening



Whole-body treatment for ALS

- Forms of therapy supportive of MFT: vitamins and minerals (vitamin B complex, calcium)
- Notes on the initial reaction: none

Scientific studies on the treatment of amyotrophic lateral sclerosis with MFT

- R. Bellosei, Berget: "Pulsed Magnetic Fields, a Glimmer of Hope for Patients Suffering from Amyotrophic Lateral Sclerosis," Second World Congress for Electricity and Magnetism in Biology and Medicine, June 8-13, 1997, Bologna, Italy. - This investigation reports on three patients with amyotrophic lateral sclerosis who had a positive experience in treatment with magnetic fields. Definite clinical and subjective improvements were observed in these patients.



Patient reports on the treatment of amyotrophic lateral sclerosis with MRS

1. Thanks to the Mrs. Ute Gschneider
- Patient E.G., male, 59 years old; diagnosis: amyotrophic lateral sclerosis. Beginning 5 years ago, severe pain in the hip and knee on the right. The patient was not able to walk without assistance, had numb feet, difficulty in breathing and swallowing, air problems, the muscles were shrunk on both sides, lymph node swelling in the neck. Results of MRS therapy: the patient was pain-free after the first treatment on the knee and hip, and after a few days experienced an improvement in breathing and swallowing, circulation in his feet has improved and he can now feel his toes again, can walk without a cane and has regained his joy of life. The lymph nodes are hardly palpable. Pain pills no longer needed.

10.4. Epilepsy

Epilepsy is a disease of seizures where sudden unexpected neuron [sic; neuron] discharges in the brain result in the characteristic convulsions. The causes of epilepsy are often unknown, especially when the seizures occur before the age of 20. From a statistically standpoint, one person out of 200 suffers from epilepsy, and 70 % of them have their first attack before the age of 20. The intensity and frequency of epileptic seizures may be reduced with age. At least 5 % of all people have at least an occasional attack in their life.

In children less than 5 years of age, fever may trigger a brief attack, but this is not true epilepsy.

There is symptomatic epilepsy in conjunction with brain damage, tumors, blood clots, abscesses, vascular deformities (aneurysms), inflammations of the cerebral tissue, metabolic diseases, strokes or alcohol abuse. In certain people, an attack may be triggered by sleep disorders, excessive alcohol consumption, emotional stress, flickering light (such as video games, sunlight filtered through trees) and fever. Generalized attacks, a so-called grand mal seizure, often begin with a cry (initial cry), a fall, usually towards the rear with the eyes remaining open. This is followed by a phase lasting about 30 seconds while the legs are extended and the arm are bent convulsively. The respiratory muscles may also cramp, resulting in a severe shortness of breath. This "tonic phase" is followed by the "clonic phase" which may last for up to 5 minutes. In this stage, the seizure is manifested in rhythmic switching of the arms and legs (under some circumstances, the patient may bite his/her own tongue), and foam comes out of the mouth and urine may be released uncontrollably. This so-called terminal stroke is the typical muscle soreness characteristic of the end phase of the seizure and amnesia, in other words, the epileptic patient cannot remember the seizure.

An electroencephalogram which measures the electric currents in the brain is used to diagnose epilepsy. The prognosis is actually relatively good because 50-80 % of all patients with grand mal seizures become seizure-free in the first year of treatment with good drug management. However, it is important for the patient to take all medication consistently. Favorable life circumstances, adequate sleep, stress management, a healthy diet and reducing alcohol consumption can help to prevent an attack.



Effect of magnetic field therapy on epilepsy:

MFT may influence the stimulus threshold in the brain, thus causing an altered profile of epilepsy. MFT may be used in epilepsy only under the supervision of a train physician!

Therapy with Magnetic Fields," International Journal of Neuroscience, 59(4), August 1991, pp. 259-262. - The daily rhythm, the so-called biological clock or circadian rhythm seems to be causally related to memory loss in the elderly and possibly also to Alzheimer's disease. This article argues that magnetic fields can probably improve memory performance in elderly patients by resetting the biological clock.



Physician reports on the treatment of Alzheimer's disease with MF

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/01/40 666 00

- Patient G.B., male, 68 years old; diagnosis: diagnosed with Alzheimer's three years ago, rapid memory loss especially in the short-term memory and in orientation in time and space. This patient is unable to go through daily life on his own. Various drugs have been attempted, without success. Results of MRS therapy: after six months, his wife has reported that her husband has improved alertness and more active participation in the social life of the family. A slight improvement in spatial orientation ability is noteworthy and now the patient can go to the bathroom by himself. The many mental state tests showed an increase from 14 points to 16 points upon recovery.



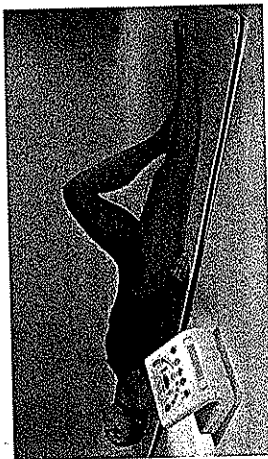
Patient reports on the treatment of Alzheimer's disease with MRS

1. Thanks to the company Vita-Life

- Mrs. M.S., 49 years old; diagnosis: "Since menopause, I have been suffering from difficulty in concentrating and I can no longer remember the names of people to whom I have just been introduced, although I am still employed as a teacher and I am constantly involved in mental training by reading books." Results of MRS therapy: "I have been using the magnetic field mat for 1 1/2 years and I experienced a definite improvement after just a few weeks, so that today I can say that my concentration is again as good as before and my short-term memory and my attention have improved significantly again

Proper use of MRS for epilepsy

- Whole-body mat: twice a day for 8 minutes each time: 50 % level in the morning, 10 % level in the evening



Basic treatment for epilepsy

- Pad: twice a day for 16 minutes each time: 100-200 % level, in the head area (extremely important to increase the dose gradually!).
- Special instructions on use: we would like to point out that epilepsy is listed as a contraindication by many manufacturers of MFT equipment. Therefore, medical advise should be obtained in any case when attempting to use MFT. The studies listed below can help a physician to make a decision.
- Duration of treatment: the success of the treatment should be manifested within the first six months of treatment
- Notes on the initial reaction: in 20 % of the cases, the patient will experience an unpleasant feeling. Attacks may even be provoked in 0.5 %. It is absolutely essential that the dose be increased gradually!



Scientific studies on the treatment of epilepsy with MFT

- M.A. McLean et al.: "Therapeutic Efficacy of a Static Magnetic Device in Three Animal Seizure Models: Summary of Experience," Second World Congress for Electricity and Magnetism in Biology and Medicine, 8-13 June 1997, Bologna, Italy. - This articles cites a study showing that MFT can significantly retard experimentally induced epileptic seizures in mice.
- R. Sandyk, P.A. Anninos: "Attenuation of Epilepsy with Application of External Magnetic Fields: a Case Report," International Journal

of Neuroscience, 66(1-2), September 1992, pp. 75-85. - This article reports on a patient with extremely severe epilepsy and very severe behavior disorders. The attacks could not be brought under control even with medication. This patient experienced a definite improvement in his condition through the use of MFT.

• S. Pavliakis: "Epilepsy 'cure'," Department of Neurology, Cornell University Medical College, New York, Science 246/4932 (874) 1989. - This study describes treatment of various forms of epilepsy with the help of electromagnetic fields.

• G. D. Antimonij et al.: "Action of a Modulated Electromagnetic Field on Experimentally Induced Epileptiform Brain Activity in Rats," Bull Exp Biol Med. - In this article, the epileptic potentials before and after MFT were measured on rats. In 41 % of the cases, MFT completely stopped epileptic activity; in 23 % of the cases, MFT decreased it; in 25 % epileptic activity remained in its original form, and in 10 % it increased slightly.



Physician reports on the treatment of epilepsy with MF

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/01/40 666 00
- Patient A.K., female, 34 years old; diagnosis: epilepsy since childhood, with medication reduced to one attack per month (absence). Results of MRS therapy: after six months of treatment, the patient reports that she has not had a single attack since starting the treatments.



Patient reports on the treatment of epilepsy with MRS

1. Thanks to the company Vita-Life
- Patient L.O., male, 52 years old; diagnosis: epileptic seizures with a brain tumor, equilibrium disorders, extremely severe depression, inability to concentrate, inability to find words, stiffness in the legs, pressure and pain in the head, no control over the body, incontinence (highest level of nursing care required). Results of MRS therapy: exacerbation in many areas in

roidism or so-called cushings syndrome where too much cortisone is secreted. This paralysis can be caused by drugs, disturbances in potassium balance, cold or excessive stress. In myasthenia the paralysis is manifested by premature fatigue ability of muscles, usually on the small gripping muscles, e.g., the muscles that raise the eyelids, the muscles of the eye and the neck. The cause of myasthenia gravis is a disturbance in transmitting messenger substance at the transition between the nerve and muscle. This paralysis affects mostly the extremities, bilaterally and uniformly, with a great reduction in the tension of the muscles. The form of psychosomatic may occur as a concomitant manifestation of hysteria.



Effect of magnetic field therapy on paralysis:

it causes stimulation of the nerve cells like an electric current pulse and contributes toward faster and improved regeneration of the nerves. It prevents anterograde degeneration and stimulates the nerve growth factor (NGF), as documented by a recent study.



Proper use of MRS for paralysis

- Whole-body mat: 2-4 times a day for 8 minutes each time: 150 % level in the morning (gradually increasing from 10 %), 100 % level at noon, 50 % level in the afternoon, 10 % level in the evening
 - Pad: twice a day for 16-24 minutes each time: 150-200 % level, at the site of injury
- Forms of therapy supportive of MFT: vitamin B complex
- Special instructions on use: the sooner the treatment is begun, the better the prospects for success
 - Notes on the initial reaction: in approximately 1-3 % of the cases, there may be a pain stimulus which lasts for a few days to weeks (increase the dose gradually!)



Scientific studies on the treatment of paralysis with MFT

- F. M. Longo et al.: "Electromagnetic Fields Influence NGF Activity and Levels Following

pear suddenly after several treatments with the pad. My toe is already better."

• Patient N.F., male, 49 years old; diagnosis: Prolapsed disk with slight paralysis of the feet. Results of MRS therapy: After two weeks of treatments, he no longer had sleeping problems. The paralysis of his left foot has disappeared and the sciatic pain is felt much less often. The pain in the area of the disks, lumbar spine and shoulders also occurs less frequently. The medication was stopped after one month of MFT.

3. Thanks to Mrs. Helga Detlefsen
• Patient O., male, 3 1/2 years old; diagnosis: This small patient was so severely injured by an electric shock suffered by his mother in the eighth month of pregnancy that the child was paralyzed on the left side. Physicians did not hold out any prospects for a change for the rest of his life. "In Costa Rica, some healers were able to get his leg moving again. He held his arm bent up against his body, always making a fist. The therapists in the special kindergarten were hardly able to effect any change." Results of MRS therapy: "The first day of treatment, the boy's mother lay on the mat and he lay down



O., 3 1/2 years old

on top of her. After about two minutes, he began to giggle and move about on his mother as if someone were tickling him. When asked why he was doing that, he answered that it tickled a

postoperative stay at IBST; renewed surgery on the spine was necessary because of instability; the osteosynthesis material was changed. After the clinical parameters improved, the patient was transferred to the normal ward and physical therapy was started. The patient first received individual physical therapy and exercise as well as massage and was gradually mobilized to a wheelchair. A limiting component was always the persistence of the pain over the middle thoracic vertebrae, which was treated by infusion as well as medication. Results of MRS therapy: The TENS device and the magnetic field mat relieved her symptoms.



Patient reports on the treatment of paralysis with MRS

1. Thanks to Mr. Harald Pretschuh

• Patient R., male, 8 years old; diagnosis: Premature delivery, spastic bilateral paralysis for seven years, movement therapy once or twice a week - slight improvement. The young patient had been sleeping with night braces for six years. In 1995, his feet were in positioning casts for two weeks. Stretching exercises at home with duplicated equipment. Results of MRS therapy: Since June of 1996, he has been using only the MRS. In the first two weeks, his symptoms worsened slightly, then they improved. An examination in December of 1996 showed a definite improvement in the positioning of the foot. Since January 1997, the patient has been doing stretching exercises while receiving the MFT treatments. His condition has improved further.

2. Thanks to Mr. Dieter Frey

• Patient D.B., male, 56 years old; diagnosis: Condition after spinal poliomyelitis with paralysis of both lower extremities. Result: His feet are always cold, he has no feeling, right thigh with arterial occlusion. Diabetes mellitus for six years with fatigue, feeling poorly, diabetes-related polyneuropathy. His right big toe already has a dark brown discoloration. Results of MRS therapy: "I felt warmth in my legs at the time of the first treatment. Now I have warm feet all the time. I no longer feel any fatigue, and I'm very active, but my legs cannot keep up, but that will surely get better with increasing movement. Sometimes I have backaches, but they disap-

generated much more rapidly and much better under pulsating electromagnetic fields.

• R. A. Zienowicz et al.: "A Multivariate Approach to the Treatment of Peripheral Nerve Transection Injury: the role of electromagnetic field therapy." University of Massachusetts Medical School, Berkshire Medical Center, Pittsfield, Plast Reconstr Surg 1991 January, 87(1): 122-9. - In this study, various combinations with MFT were investigated. The results were so impressive that the author concluded that MFT should be included in the fixed treatment programs after nerve injuries and surgery.



Physician reports on the treatment of paralysis with MF

1. Dr. Sepp Fegerl, M.D., General Practitioner, Salzburg

• Patient G.E., male, 66 years old; diagnosis: spastic hemiparalysis due to a birth trauma, exacerbated by stress, therefore disabled since 1994. Results of MRS therapy: his energy has improved greatly, and his mobility and spastic symptoms have also improved.

2. Dr. Reinhard Ascher, M.D., General Practitioner, Kundl

• Patient A.A., male, 48 years old; diagnosis: head injury in 1995 with hemiparesis on the right, motor weakness and organic brain syndrome. Results of MRS therapy: subjective improvement in mobility due to MFT. Objectively there has not been any definite restoration of motor function due to the slow progress in general improvement. The patient's psychological situation (perception, vitality) has improved.

3. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfelderstrasse 10, tel. 0043/01/40 666 00

• Patient R.M., 22 years old; diagnosis: The patient fell from the third floor on September 29, 1997, suffering severe injuries with the diagnoses hematomapneumothorax, fractured and luxated thoracic vertebrae 7 and 8 and paraplegia of the extremities, fractured thoracic vertebral arch 5 and 6, fractured left scapula and left mandible, hospitalized in the Meidling Hospital. Surgical stabilization with the Isola System.

Sciatic Nerve Transection," Journal of Neuroscience Research, 55, pp. 230-237, 1999. - This study shows that nerve growth factor (NGF) is stimulated under the influence of MFT, resulting in nerve growth.

• B. Greenbaum et al.: "Effects of Pulsed Magnetic Fields on Neurite Outgrowth From Chick Embryo Dorsal Root Ganglia." Biomedical Research Institute, University of Wisconsin at Parkside, Bioelectromagnetics. 1996, 17(4): 293-302. - This study shows that nerve growth in chick embryos can be stimulated greatly if pulsating electromagnetic fields act on the chicks.

• B. F. Siskin et al.: "Acute Treatment with Pulsed Electromagnetic Fields and its Effect on Fast Axonal Transport in Normal and Regenerating Nerve," Center for Biomedical Engineering, University of Kentucky, J Neuroscience Res. 42/5, 1995. - This study investigates how low-frequency electromagnetic fields can stimulate the growth and regeneration of peripheral nerves after a serious injury. It was found in experiments on rats that regeneration was faster after severing the sciatic nerve, but the reason for this was not accelerated axonal transport.

• J. Walker et al.: "Enhancement of Functional Recovery Following a Crush Lesion to the Rat Sciatic Nerve by Exposure to Pulsed Electromagnetic Fields," Division of Orthopedic Surgery, University of Kentucky College of Medicine, Shriners Hospitals for Crippled Children, Lexington. Exp Neurol, 1994 February, 125(2): 302-5. - This study showed that pulsating electromagnetic fields are capable of improving regeneration of the nerve axon by 22%. This study confirms that MFT is an appropriate method for functional recovery after a nerve injury.

• M. Kanje et al.: "Pretreatment of Rats with Pulsed Electromagnetic Fields Enhances Regeneration of the Sciatic Nerve," Department of Animal Physiology, University of Lund. Bioelectromagnetics, 1993. - In this study, regeneration of an injured sciatic nerve was investigated in rats under the influence of electromagnetic fields. Regeneration of axons of the sciatic nerve was evaluated with various tests. It was found that nerve cells are re-

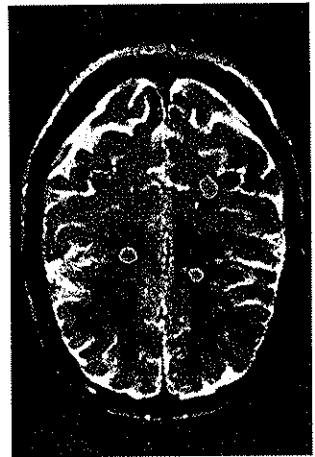
lot here and there but really everywhere. We performed this type of treatment for two days, and then the tickling was slightly reduced. Later, he would lie down on the mat and enjoyed it a lot. When I asked him whether it tickled, he said yes and pointed to the top of his head, but said that it tickled most 'here at the side and inside' (pointing to his head). I did a lot of hand exercises with him. Each day he got a little bit better. Now he is running with a wheelbarrow, but after four times his weak arm gave out. He can hold himself alone with both hands on a wall projection without his body collapsing immediately."



Appraisal of MFT: **70-75 % good to very good results when used early**

10.6. Multiple sclerosis (MS)

Multiple sclerosis is a chronic disease of the central nervous system, resulting in plaques forming in the white matter (nerve sheaths) which lead to scars (sclerosis) in the remaining course. The disease begins between the ages of 20 and 40, striking women about twice as often as men. The prevalence, i.e., the incidence of the disease, is about 50 to 60 cases per 100,000 people, with many more cases of MS occurring in the northern latitudes than near the equator. Approximately 80 % of these cases proceed in attacks, only 20 % being chronically progressive, i.e., constantly increasing. The causes of multiple sclerosis are still unknown.



Cerebral lesion due to multiple sclerosis

In the initial phase, there are only local signs, such as an inflammation of the optic nerve

with a loss of vision which becomes better again, specific perception disorders or weak legs. Complications that develop in the course of the disease include paralysis (spastic), sensory dissociation, loss of function involving the optic nerve, equilibrium disorders, eye muscle problems, bladder and intestinal emptying problems and especially psychological symptoms. Five years after the onset of the disease, 70 % of these patients are still able to work despite physical impairments, and 20 years after the onset, 35 % of the patients are able to work.



Effect of magnetic field therapy on multiple sclerosis:

supportive, reducing inflammation, regenerating nerves, reducing swelling, important for rehabilitation and treatment in the disease-free interval.



Proper use of MRS for multiple sclerosis

• Whole-body mat: 3 times a day for 8 to 16 minutes each time: 100 % level in the morning (gradually increasing from 10 %), 25 % level at noon, 10 % level in the evening



Basic treatment for MS

• Spastic symptoms: additional use of the pad: twice a day for 16 to 24 minutes each time: 100 % level, locally

• Forms of therapy supportive of MFT: movement therapy and physical therapy, herbal remedies (evening primrose oil), pantothenic acid

• Special instructions on use: MS patients are usually very sensible and well-informed. Since they know about their disease, false or exaggerated hopes should not be awakened in them, but instead the realistic possibilities of

this supportive treatment measure should be presented to them.

• Notes on the initial reaction: Some discomfort occurs in 3-4 % of the cases, but it disappears after a couple of weeks. When used properly, MFT cannot bring on an attack of MS.



Scientific studies on the treatment of multiple sclerosis with MFT

• Sieron et al.: "The Variable Magnetic Fields in the Complex Treatment of Neurological Diseases," European Bioelectromagnetics Association, 3rd International Congress, 29 February - 3 March 1996, Nancy, France. - The results of this double-blind, placebo-controlled study show that treatment with electromagnetic fields has positive clinical effects on patients with multiple sclerosis.

• R. Sandlyk: "Treatment with Electromagnetic Field Alters the Clinical Course of Chronic Progressive Multiple Sclerosis - a Case Report," International Journal of Neurosci, 88(1-2), November 1996. In this article, the author reports on the case of a 36-year-old man with serious partial paralysis and coordination problems with progressive multiple sclerosis. MFT treatments over a period of one year brought a number of improvements involving mainly the areas of balance, intestinal and bladder control, sleep, vision and emotional attitude. There was no progression of the symptoms of multiple sclerosis.

• R. Sandlyk: "Rapid Normalization of Visual Evoked Potentials, Picotesta Range Magnetic Fields in Chronic Progressive Multiple Sclerosis," International Journal of Neurosci, 77(3-4), August 1994. - This article reports on the case of a 55-year-old woman with chronic progressive multiple sclerosis. Treatment with MFT led to a rapid improvement in various areas, such as sleep, bladder function, movement, speech and emotional condition.

• In additional publications between 1994 and 1997, R. Sandlyk reported on the treatment of various syndromes in conjunction with multiple sclerosis. For example, the speech and language disorders, reading problems, chronic ataxia (movement disorders), the acute parkinsonism syndrome,

trembling, word flow, visual memory, disturbances in sensitivity and motor action as well as the relationship to menstruation in women have been documented in case reports published in the well-known journal International Journal of Neurosci. In all these reports, using low-frequency, pulsating magnetic fields with extremely low intensities (picotesta range) led to definite improvements.

• E. Mix et al.: "Effect of Pulsating Electromagnetic Field Therapy on Cell Volume and Phagocytosis Activity in Multiple Sclerosis and Migraine," Neurology Department, University of Rostock, Psychiatr Neurol Med Psychol (Leipzig) 1990 August. - This study investigates the effect of pulsating electromagnetic fields on the activity of macrophages in ten patients with multiple sclerosis.

• A. Guseo: "Double-blind treatments with pulsating electromagnetic field in multiple sclerosis," Hungarian Symposium on Magneto-therapy, 2nd Symposium, 16-17 May 1987, Szekesfehervar, Hungary. - The results of this double-blind, placebo-controlled study show that pulsating electromagnetic fields represent a positive form of treatment for reducing spastic symptoms and incontinence in conjunction with multiple sclerosis when used for daily treatments for fifteen days. (We want to thank Professor Guseo for submitting his data for this publication.)



Physician reports on the treatment of multiple sclerosis with MFT

1. Dr. Sepp Fegerl, M.D., general practitioner, Salzburg

• Patient R.I., female, 62 years old; diagnosis: multiple sclerosis since 1954. Her hands and feet had always been cold, but became warm with this treatment. The treatments were administered for eight weeks and the patient felt good. It had a positive influence on circulation and her mobility seems to be better.



Patient reports on the treatment of multiple sclerosis with MRS

1. Thanks to the company Vita-Life

• Patient S.G., male, 36 years old; diagnosis: MS, her lower extremities are severely impaired - "I was confined to a wheelchair for periods of

time." Urinary incontinence, constant need to sleep - "I was no longer active at all mentally." Results of MRS therapy: "I felt much worse after one week. Two weeks later, my general condition improved. Now, after five months of treatment, I am already able (when feeling good) to walk for short distances without assistance. I feel much more alert mentally and my need for sleep has been reduced to a normal extent of 8-10 hours."

2. Thanks to Mr. Reinhard Schlag

• Patient L., female, 42 years old; diagnosis: MS since the age of 20, with a gradual onset. Symptoms: attacks weakness, of slight dizziness, visual problems, depression. These problems increased constantly over a period of years, manifesting in constipation, pain in the hands and legs, sudden loss of hearing, odor irritation, severe depression and even thoughts of suicide. The first diagnosis was made in 1993 on the basis of MRI; a lesion was detected. Traditional medical treatment methods had proven just as ineffective as cortisone treatments. The result: a radical depletion of the patient's immune system. Results of MRS therapy: Considerable improvement in sense of smell and taste after four weeks, improved vision in her left eye, considerable increase in action radius, less depression, better circulation. Elimination of the gingiva and less hair loss. Side effects: brief mild attacks of dizziness, burning skin, occasional agitation.

3. Thanks to Mr. Walter Bieberbauer

• Patient H.A., 62 years old; diagnosis: MS diagnosed ten years ago. Condition: moderate to poor, 5 % worse each year, wheelchair, numbness, weakness of legs, lack of energy. Results of MRS therapy: "In the first two weeks, I could tell something was happening in my body, I felt more agile. In the fourth week, I felt more joy in life and had greater mobility on awakening. In the 19th week, I was already walking with a cane and my head was full of ideas and activities. My body is still lagging behind. In one word: a lot of activity and joy in living." Impression of her husband: "My wife has had a 10-15 % improvement in mobility."

4. Thanks to the company Medline

• Patient P., male; diagnosis: "I have multiple sclerosis." Results of MRS therapy: "I have hard-

ly any sensitivity to weather any more, and I have headaches only rarely. My previous backaches, restricted vision and pain in walking have improved significantly. Now I can even take long walks again without any problems."



Appraisal of MFT: 70-75 % good to very good results

10.7. Nerve damage

10.7.1. Inflamed nerves

Serious nerve inflammations are known as neuritis, and mild forms as neuralgia. A nerve inflammation may develop in the course of such infectious diseases as typhus, malaria, dysentery, tuberculosis, syphilis, etc. Pinching of the nerve roots, such as that which occurs with a prolapsed disk, can cause a nerve to become inflamed. Alcohol and other toxins (mercury, lead, arsenic) are additional harmful influences; likewise, a vitamin B deficiency). Inflamed nerves are characterized by pain, usually occurring in attacks, in the area of the peripheral nerve affected, disturbances in perception, restricted movement and deficiency symptoms with retrogression of the muscles. Symptoms may occur throughout the body, following the path of the nerve. If the inflammation affects different nerve stems, we speak of polyneuritis, which may be associated with a numb feeling, disturbances in perception, tingling, leg cramps and disappearance of reflexes.

Radiation, baths, pain-relieving medication, rubs and vitamin B preparations are some of the most common therapeutic measures. In chronic cases, movement exercises and massage are used. Heat has a pain-relieving effect, and therefore hot baths, sweating cures, sauna or hot bags of hay are used.

10.7.2. Neuralgia

Neuralgia is a disease of certain sensory nerves. Between pain-free periods, the pain varies in intensity. The pain is almost always acute. Neuralgia occurs most commonly in middle-aged people, children are almost never affected. The best known neuralgia is the

trigeminal nerve in the face, which also affects the forehead, the eyes and the lacrimal glands in addition to the typical pain in the upper and lower jaws. Any touch may lead to sudden intolerable pain.

Nervous people who have already had some other neurological diseases or whose family has a history of neurological diseases are especially susceptible to neuralgia. Mental overexertion, emotional agitation, exhaustion and an excessive lifestyle promote the development of neuralgias. If a person is susceptible, the disease may be triggered by temperature fluctuations, colds, winds, wet climate and drafts. In these cases, we speak of rheumatic neuralgias. Mechanical effects, pinched nerves, inflammatory processes, fibrile diseases and poisoning (mainly nicotine, alcohol, mercury, arsenic and lead) can initiate the disease. The treatment depends on the primary illness. Thorough regulation of the metabolism, a readjustment of the entire body and an elimination of all toxins - at least during the treatment - are appropriate in any case.



Effect of magnetic field therapy on nerve damage:

relieving pain, stopping cramping, preventing destruction of nerve cells, promoting the growth of nerve cells after injuries (NGF)



Proper use of MRS for nerve damage

• Whole-body mat: 3 times a day for 8 minutes each time: 25 % level in the morning, 10 % level at noon, sensitive level in the evening

• Pad: twice a day for 8 minutes each time: 50 % level, local use

• Probe: twice a day for 8 minutes each time: 100 % level, locally, work without applying pressure when treating neuralgia in the area of the face!

• Special instructions on use: In neuralgias, do not use the applicator (especially the probe) on any pressure point.

• Forms of therapy supportive of MFT: acupuncture, kinesiology, saline therapy, neural therapy, TCM, TENS, B vitamin therapy

• Notes on the initial reaction: There may be a brief intensification of pain in 3-5 % of the cases when used improperly.



Scientific studies on the treatment of nerve damage with MFT

• F. M. Longo et al.: "Electromagnetic Fields Influence NGF Activity and Levels Following Sciatic Nerve Transection," Journal of Neuro-Science Research, 55, pp. 230-237, 1999. - This study shows that nerve growth factor (NGF) is stimulated by MFT, resulting in nerve growth.

• O. Vassilenko, N.F. Vassilenko: "Use of Extremely High Frequency Electromagnetic Radiation for Treating Peripheral Neuritis," Second World Congress for Electricity and Magnetism in Biology and Medicine, 8-13 June 1997, Bologna, Italy. - In this study, patients suffering from peripheral neuritis received electromagnetic therapy (acupuncture points). In 87 % of the cases, this treatment yielded a complete recovery of the patients.

• H. Ito, C.A. Bassett: "Effect of Weak, Pulsing Electromagnetic Fields on Neural Regeneration in the Rat." Clin Orthop (181), December 1983, pp. 283-290. This controlled study demonstrates that the rate and extent of regeneration of the peripheral nerves is greatly improved by using pulsating electromagnetic fields.

• Additional studies: see "Paralysis"



Physician reports on the treatment of nerve damage with MFT

1. Dr. Ursula Miggitsch, M.D., general practitioner, Graz

• Patient C.A., male, 66 years old; diagnosis: Neuralgia, sleep disorders, upper abdominal complaints, spinal pain. Results of MRS therapy: His sleep disorders have improved greatly and he no longer needs any medication. The abdominal symptoms have improved, the spinal neuralgia is better.

2. Dr. Alfred Lohr, M.D., general practitioner, St. Peter

• Patient A.K., male; diagnosis: Spondylo-

nous neuralgia of the spinal column, especially the thoracic and lumbar spine. Results of MRS therapy: There was a significant improvement in symptoms during the observation period.

3. Dr. Klaus Ortner, dentist, Deutschlandsberg
 - Patient K.R., male; diagnosis: Severe pain in the right half of the face, treatment of his teeth was impossible because of neuralgia. Results of MRS therapy: The patient feels better.
4. Dr. Kurt Pintner, M.D., Graz
 - Patient, female, H.I., 53 years old. Diagnosis: Radiculalgia [pain at the root of the nerve] in the area of the lower lumbar spine, the patient also described paresthesias in the area of L5/S1. Results of MRS therapy: After her initial scepticism, she experienced a definite reduction in pain symptoms.



Patient reports on the treatment of nerve damage with MRS

1. Thanks to Mr. Max Keiser and Mrs. Verena Singer
 - Patient B., female, 70 years old; diagnosis: Allergy, hayfever, eczema, open wounds on fingertips, nerve inflammation in left leg, neuralgia, headaches, neck problems. "The patient's condition before the treatment was hopeless, she could hardly walk any more, she had no strength and she was afraid she would be confined to a wheelchair in the near future. Many treatments had remained completely unsuccessful." Results of MRS therapy: "The pain in her left leg became worse at first, but after the fifth night, she had only dull pain. After about four months, her health had been restored to the extent that her quality of life was just as good as it had been about ten years previously. The neuralgia lasted only three days, and that was without medication (previously three weeks with heavy medication)."



Appraisal of MFT: 90 % good to very good results

10.8. Parkinson's disease

Parkinson's disease involves disturbances in the voluntary and involuntary movement

processes because of a deficiency in dopamine, a brain messenger substance. This disease most commonly affects those between the ages of 70 and 80, but it can also strike much younger people. The incidence is 0.2 %.

The so-called parkinsonism triad refers to the three characteristic symptoms of the disease: rigor (muscle stiffness), tremor (fine trembling) and akinesia (inability to move). Akinesia is characterized by difficulty in starting complex movements. For example, the patient cannot move forward when the light turns green, walks with very small steps and falls frequently because he cannot execute balancing movements rapidly. His arms do not move naturally, his speech becomes monotonous, his face loses expression and his writing becomes small and jerky (micrographia). Rigor refers to the increasing resistance to passive movements, e.g., arm movements made by another person (gearwheel phenomenon). Tremor refers to a movement disorder which almost always begins on one side - a fine trembling like a rapid coin counting movement is typical of this symptom. Difficulty in swallowing and bladder problems may be associated with the disease. Psychological factors such as depression often play a role.



Local treatment for Parkinson's disease

The life expectancy of patients with Parkinson's disease is hardly reduced in comparison with that of the average population. The symptoms usually progress slowly, but the quality of life may be greatly impaired.

Effect of magnetic field therapy on Parkinson's disease:

Due to the hyperpolarization effect, the magnetic field causes the stimulus threshold at the motor end plate to be raised, thus having a positive effect on the rigor and akinesia symptoms, because the muscle tone is reduced. The calming effect can reduce and improve the movement block and especially the trembling.



Proper use of MRS for Parkinson's disease

- Whole-body mat: 3 times a day for 8 minutes each time: 100 % level in the morning, 50 % level at noon, 10 % level in the evening
- Pad: once a day for 8 minutes: 100 % level (increasing gradually), in the area of the neck
- Notes on the initial reaction: In 1-3 % of the cases, the trembling may be exacerbated briefly, but this is reduced after a couple of weeks (increase the dose gradually!).



Scientific studies on the treatment of Parkinson's disease with MFT

- Bardasano et al.: "Extracranial Device for Noninvasive Neurological Treatments with Pulsating ELF Magnetic Fields," Second World Congress for Electricity and Magnetism in Biology and Medicine, 1997, Bologna, Italy. - The results of this study show that use of electromagnetic fields in the picotesla range yielded a definite clinical improvement in patients suffering from Parkinson's disease or multiple sclerosis.

• R. Sandyk: "Brief Communication: Electromagnetic Fields Improve Visuospatial Performance and Reverse Agraphia in a Parkinsonian patient," International Journal of Neurosci, 87(3-4), Nov. 1996. - In this case a 73-year-old man with Parkinson's disease was treated successfully with pulsating electromagnetic fields in the picotesla range because of his tremor (trembling) and other parkinsonian symptoms.

• M.S. George et al.: "Transcranial Magnetic Stimulation: A Neuropsychiatric Tool for the 21st Century," Journal of Neuropsychiatry Clin Neurosci, 8(4), Fall 1996, pp. 373-382. -

This study shows that transcranial magnetic stimulation leads to definite improvements in symptoms of parkinsonian patients, especially depression.

• R. Sandyk: "Parkinsonian Micrographia Reversed by Treatment with Weak Electromagnetic Fields," International Journal of Neurosci, 81(1-2), March 1995, pp. 83-93. - This article reports on two parkinsonian patients who experienced a definite improvement in their symptoms in the area of movement after using extremely low-frequency and low-intensity electromagnetic fields.

• R. Sandyk: "Weak Magnetic Fields in the Treatment of Parkinson's Disease with the 'On-Off Phenomenon,'" International Journal of Neurosci, 66(1-2), September 1992, pp. 97-106. - This article reports on the case of an 87-year-old man who suffered from Parkinson's disease and also had the so-called "on-off phenomenon." Use of MFT brought a definite relief from symptoms.



Physician reports on the treatment of Parkinson's disease with MFT

1. Dr. Christoph Scherer, M.D., Dr. Christian Thüle, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/1/40 666 00

• Patient, male, 56 years old; diagnosis: Parkinson's disease diagnosed four years ago. Relatively good management with L-dopa, but increasing symptoms with tremor (trembling) recently. Results of MRS therapy: The motor symptoms have disappeared again temporarily.



Patient reports on the treatment of Parkinson's disease with MRS

1. Thanks to the company Vita-Life

• Patient, male, 64 years old, diagnosis: "My husband has been suffering from Parkinson's disease for six years; it has been constantly progressive despite all the medicines, and he can hardly walk any more. Recently the extreme trembling of his hands, which our doctor described as a coin counting trembling, has increased. For two years, my husband has been increasingly depressed." Results of MRS therapy: "After three quarters of a year, many things have changed for the better. For example, my

husband can go to the bathroom by himself, and his trembling has been reduced so that he can even feed himself and drink again on his own. The depression has also disappeared, and we hope it will stay this way, although we know that MFT cannot work miracles."



Appraisal of MFT: **60-70 % good to very good results**

10.9. Polyneuropathy

Polyneuropathy is understood to be a disease resulting in impairment of multiple nerves in its course. The most common cause of this functional disorder of the nerves is the blood sugar disease diabetes mellitus, alcoholism, toxic exposure to solvents, malnutrition and thyroid diseases. A loss of touch perception on the extremities, usually symmetrical, is typical. Pain and paralysis are often additional complications.

Effect and proper use of MRS:
see "Paralysis"



Scientific studies on the treatment of polyneuropathy with MFT

• A.G. Shiman et al.: "Use of Combined Methods of Magneto-electrotherapy in the Treatment for Polyneuropathies," *Vopr Kurortol Fizioter Lech Fiz Kult* (5), 1993, pp. 38-41.- The results of this study show that MFT has a positive effect in almost 93 % of the cases with polyneuropathy complaints.

• Additional studies: see "Paralysis" and other topics in this chapter



Physician reports on the treatment of polyneuropathy with MFT

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/1/40 666 00

• Patient, male, 56 years old; diagnosis: This patient has suffered from type 1 diabetes mellitus since childhood. For seven years, he has had an incipient polyneuropathy as a complication. Results of MRS therapy: "The treatment led to a

definite improvement so he can again perceive touch on the sole of his foot and on his instep."



Patient reports on the treatment of polyneuropathy with MRS

1. Thanks to the company Vita-Life

• Patient D.B., male, 56 years old. Diagnosis: Alcoholic polyneuropathy, cold feet all the time, loss of feeling. Results of MRS therapy: Warmth, no fatigue, a great deal of activity the first time he used the mat. "I can move my legs better and better and I can again feel a touch on the soles of my feet; my sense of balance has also improved."

• Patient, male, 25 years old; diagnosis: "For two years I have been suffering from polyneuropathy. Sometimes I have little or no feeling in my hands and feet. My sense of feeling in my toes is much less than in my knees. Fortunately, my abdomen and back and my face have not shown any symptoms." Results of MRS therapy: "After four months of treatments, I can conclude that I am feeling more in my extremities and I am again capable of walking on my own."



Appraisal of MFT: **70 % good to very good results**

10.10. Restless leg syndrome

More than 15 % of the population suffers from so-called restless leg syndrome, which is manifested by tickling, burning, tingling and pain in the leg muscles. These symptoms usually occur at night. There is no generally valid treatment, but an attempt can be made to achieve an improvement with hot or cold wraps on the legs and with calf stretching exercises and massage. Factors that exacerbate the symptoms such as stress, coffee, exertion and heavy meals before going to bed should be avoided. A regular relaxation program or yoga may help. As a last measure, a doctor may prescribe medication.



Effect of magnetic field therapy on restless leg syndrome:

calming, reducing cramping



Proper use of MRS for restless leg syndrome

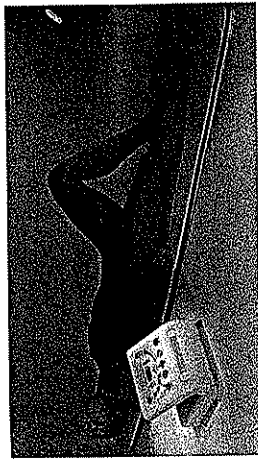
• Whole-body mat: 4 times a day for 16 minutes each time: 25 % level in the morning, 10 % level at noon, 10 % level in the afternoon, sensitive level in the evening

• Notes on the initial reaction: none



Scientific studies on the treatment of restless leg syndrome

See other diseases and illnesses in the chapter "Psychological diseases"



Whole-body treatment for restless leg syndrome



Physician reports on the treatment of restless leg syndrome with MFT

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/1/40 666 00

• Patient, 1 year old; diagnosis: Restless legs. Results of MRS therapy: Definite improvement after six months.



Patient reports on the treatment of restless leg syndrome with MRS

1. Thanks to the company Vita-Life

• Mr. K.L., 64 years old; diagnosis: "I have suffered from restless leg syndrome and I cannot keep them still for one moment." Results of MRS therapy: "Since I have been getting treatments with MRS, I have been able to keep the nervous twitching of my muscles under control."



Appraisal of MFT: **70 % good to very good results**

10.11. Spinal cord injuries

The most common spinal cord injury is a transverse lesion of the spinal cord with paraplegia, where a nerve path between the brain and the periphery is interrupted, usually due to an accident or another abrupt event. The symptoms include mild to severe failures in the area of the musculature, sensitivity and the autonomic nerves supplying the internal organs and the blood vessels. Since the nerve cells can no longer divide, treatment is aimed primarily at maintaining and improving function and at limiting possible spastic effects.



Effect of magnetic field therapy on spinal cord injury:

regenerating nerve cells, reducing spastic symptoms; see also "Paralysis"



Proper use of MRS for spinal cord injuries: see "Paralysis"



Scientific studies on the treatment of spinal cord injuries with MFT

• M.K. Sheriff et al.: "Neuromodulation of Detrusor Hyperreflexia Functional Magnetic Stimulation of the Sacral Roots," *British Journal of Urology*, 78(1), July 1996, pp. 39-46. - This study describes the improvement in severely male patients with urination problems after spinal cord injuries.

• E.V. Tkach et al.: "Characteristics of the Effect of a Constant Electromagnetic Field on Reparative Processes in Spinal Cord Injuries," *Zh Nevropatol Psikhiatr*, 89(5), 1989, pp. 41-44. - The results of this study show that magnetic fields are capable of significantly improving healing and the improvement tendency after spinal cord injuries.



Patient reports on the treatment of spinal cord injuries with MRS

1. Thanks to the company Vita-Life

• Mrs. S.S., 27 years old. Diagnosis: "After a serious motorcycle accident, I had a crushed vertebra and my spinal cord was injured: completely severed." Results of MRS therapy: "Since using MFT, I can feel my limbs somewhat and I

can relay movement pulses from my brain to my legs. The spastic symptoms that had previously caused me many problems have stopped with the treatments and the effect lasts for several hours."



Appraisal of MFT: **20-30 % good to very good results**

10.12. Dizziness - Meniere's disease

Dizziness is a very common complaint heard in a general medical practice. Approximately 45 % of patients more than 70 years of age suffer from so-called age-related dizziness, which can develop in conjunction with vascular diseases or low blood pressure. Neurological diseases such as a stroke, a brain tumor (cerebellopontine angle syndrome), multiple sclerosis, disorders involving the eyes (such as a refraction error or eyeglass error) and disorders involving the eye muscles can cause attacks of dizziness. 30 % of all dizziness attacks are psychological in origin, overlapping with functional blood pressure disorders. Diseases of the inner ear can also lead to attacks of dizziness.

A distinction is made between systematic and unsystematic dizziness. Systematic dizziness involves a directional component. The cause is often a disturbance in the labyrinthine system in the inner ear. This form is manifested as dizziness on turning with a tendency to fall to one side. Unsystematic dizziness has no directional component. Uncertainty, confusion, seeing spots and a giddy, stumbling feeling are the typical signs. The causes include arrhythmias, cardiac insufficiency as well as blood loss after serious accidents and metabolic disorders. Infectious diseases, such as simple influenza, scarlet fever and rubella can cause dizziness. The disturbances may be in the inner ear, e.g., in Meniere's disease: recurrent attacks of dizziness, lasting for several hours, accompanied by ringing in the ears and a hypersensitivity to noise. Vomiting and a directional falling tendency are other symptoms. Labyrinthine deafness occurs only in attacks.

Effect of magnetic field therapy on dizziness:

Various points have been discussed for the effect of MFT: improved microcirculation in the ear, direct effects on the inner ear



Proper use of MRS for dizziness

- Whole-body mat: twice a day for 8 minutes each time: 100 % level in the morning (gradually increasing from 10 %), 10 % level in the evening
- Pad: once or twice a day for 8 minutes each time: 50-100 % level (gradually increasing) in neck area



Local treatment for dizziness with a pad



Local treatment for dizziness with a probe

- Probe: once or twice a day for 8 minutes each time: 200 % level (gradually increasing from 25 %), placing the probe "at the gate of the ear" (fold of skin at the front edge of the ear)

- Forms of therapy supportive of MFT: herbal remedies (gingko biloba)

- Special instructions on use: Drink lots of fluids! Assume a comfortable position where you do not experience any dizziness. After lying down, allow a few minutes to elapse before beginning with the treatment.
- Notes on the initial reaction: in 10 % of the cases, a slight dizziness may occur at the beginning. Solution: Adjust the dosage, drink more fluids.



Scientific studies on the treatment of dizziness with MFT

- S. G. Ivnaov: "The Comparative Efficacy of Nondrug and Drug Methods of Treating Hypertension," Ter Arkh, 1993. - This double-blind, placebo-controlled study reports on successful treatment of dizziness caused mainly by hypertension.



Physician reports on the treatment of dizziness with MFT

1. Dr. Werner Raufelder, M.D., general practitioner, social medicine, balneologist, Bad Endorf

- Patient G.B., male, 59 years old; diagnosis: Dizziness, cervical syndrome. Results of MRS therapy: After the first session, he reported that his sleep had improved; after the seventh session, the cervical spine and the dizziness improved, with slight to moderate remaining complaints, improved mobility. The follow-up examination shows that he remains free of symptoms.

2. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/1/40 666 00

- Patient E.B., female, 70 years old; diagnosis: Dizziness, cervical syndrome after an automobile accident. Results of MRS therapy: After the fifth treatment, the paresthesias (disturbances in sense perceptions) improved greatly, the patient feels more energetic and vital, the pain has improved greatly and she no longer has any dizziness.

Patient reports on the treatment of dizziness with MRS

1. Thanks to Mrs. Ursula Lange

- Patient, female, 59 years old; diagnosis: Recurring dizziness lasting for weeks at a time with phases of nausea. Cervical spine: 2nd vertebra shifted inward - adjusted three times by a chiropractor. She can raise her head or look upward only by guiding it with her hand. She has worn a neck brace for many years, always for 3-4 weeks at a time. Radiating pain: left shoulder, arm, hand, wrist. Results of MRS therapy: Patient free of symptoms after one week.

- Patient B.A., female, 44 years old; diagnosis: Dizziness, pain in the area of the entire spinal cord. Results of MRS therapy: Free of symptoms in the area of the lumbar spine, no more paresthesia, great improvement in general well-being. Headaches and dizziness only occasionally and to a slight extent.

2. Thanks to the company Vita-Life

- Patient C.G., male, 40 years old; diagnosis: Severe pain in the cervical region, accompanied by attacks of dizziness. Results of MRS therapy: After three days, the pain gradually subsided; after three more days, the pain and the dizziness attacks disappeared entirely.

- Patient R.V., female, 37 years old; diagnosis: Dizziness. Results of MRS therapy: Considerable improvement in muscle pain and joint pain, her dizziness has disappeared completely.



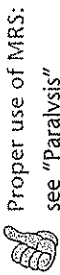
Appraisal of MFT: **60 % good to very good results**

10.13. Disturbances in sensibility

Disturbances in sensibility involve changes in perception of sensory stimuli of superficial or depth sensitivity. The result of disturbances in perception can be a reduced sense of touch or tingling with burning and pain. The causes of such disorders include toxic exposure, metabolic disorders, inflammations, trauma, tumors or inadequate oxygen supply.



Effect of magnetic field therapy on disturbances in sensibility: stimulating the nerve cells



Proper use of MRS:
see "Paralysis"

- Notes on the initial reaction: An initial tingling and pulling sensation occurs in 3-5 % of the cases.



Scientific studies on the treatment of disturbances in sensibility with MFT

- C.A. Bassett: "Beneficial Effects of Electromagnetic Fields," Journal of Cell Biochem, 51(4), April 1993. - In this article, Bassett describes the clinical benefits of MFT in various diseases and emphasizes the positive effect on nerve regeneration in particular.
- H. Ito, C.A. Bassett: "Effect of Weak, Pulsing Electromagnetic Fields on Neural Regeneration in the Rat," Clin Orthop (181), December 1983, pp. 283-290. - This controlled study reports on the use of pulsating electromagnetic fields in the treatment of peripheral nerve injuries and shows that MFT has proven to be a suitable means of supportive therapy.

• Additional studies: see other diseases



Physician reports on the treatment of disturbances in sensibility with MFT

1. Dr. Sigrun Schaller, M.D., general practitioner, naturopathic physician, Zell am See
 - Patient, male, Z.H., 45 years old. Diagnosis: In June 1997 recent complaints in the area of the lumbar spine, especially paresthesias in the area of the outside of the right calf extending to the outer edge of the foot. Clinical hypesthesia in the area of the right peroneal nerve. Results of MRS therapy: Immediately after the first treatment, improvement in hypesthesia, which was persistent. At the end of the treatment, only the mobility of the lumbar spine was somewhat impaired; no more dysesthesia was perceptible, his general condition was better.
 - Patient, female, K.C., 35 years old. Diagnosis: Severe symptoms in the area of the right wrist with paresthesias. Results of MRS therapy: Combined with manual massage and stretching exercises. Rapid improvement in paresthesias, good mobility of the fingers after 7-8 treatments. With each additional week of treatment,

her mobility increases (the patient no longer needs pain medication). At follow-ups, the surgery was amazed at her above-average rapid recovery.



Patient reports on the treatment of disturbances in sensibility with MRS

1. Thanks to the company Vita-Life
 - Patient W.H., female, 66 years old; diagnosis: Severe pain in the hips with ischialgia and numbness extending into her right leg, visits to her doctor with ten analgesic injections failed to bring her any relief. Mrs. W was able to climb the stairs for her first treatment only with intense pain. Results of MRS therapy: After the first treatment, she experienced a definite improvement. The patient was not feeling any tingling in her fingers for the first time in many years. The situation has now lasted for five months."
2. Thanks to Mrs. Beate Martina
 - Patient T.H., male, 71 years old; diagnosis: No feeling in his fingertips, no feeling in his legs, the patient can hardly walk. Results of MRS therapy: After the first treatment with the pad, it is already easier for him to walk, feeling has returned to his fingertips, his legs are warm and circulation is good.
3. Thanks to Mrs. Verena Zwahlen
 - Patient L.G., female, 55 years old; diagnosis: Automobile accident on Sept. 6, 1998: Comminuted fracture of the humerus with torn tendons. Surgery: No feeling in her thumb and index finger. After eleven weeks, the patient still could not lift her arm. Results of MRS therapy: After the first treatment, Mrs. G. Felt a pleasant feeling of warmth throughout her entire body. On the second day, she was able to raise her right hand with her arm bent up to her head. She feels much better in general and is happy to have had such good results after such a short time.
4. Thanks to Mrs. Ursula Lange
 - Patient M.D., male, 35 years old; diagnosis: No feeling in the foot area for several years because of diabetes. Physicians did not rule out the possibility of amputation of the foot. Results of MRS therapy: Remarkably rapid increase in sensation in the sole of the foot after just one week.



Appraisal of MFT: 60-70 % good to very good results with fresh injuries

1.3.4. Vegetative dystonias

Vegetative dystonia is an equilibrium disorder of the autonomic nervous system. Depending on the cause and the individual reactivity of the body, another syndrome may develop. Causes include allergic irritation states of the body due to focal infections, sequelae and concomitant effects of diseases of the internal organs, the spinal column and the spinal cord, poisoning due to consumption of substances such as nicotine, coffee, alcohol, abuse of heavy medication, chronic carbon dioxide poisoning, lead poisoning, disturbances in the thyroid gland or adrenals, environmental pollution due to living conditions or the job site, poor nutrition, vitamin and mineral deficiency, an excessive lifestyle and overexertion with psychological stress.

The patient usually complains of internal agitation, reduced physical and mental performance, premature fatigue due to sleep disorders, headaches, a feeling of pressure in the region of the heart, attacks of weakness or even fainting, a tendency to sweating, hot flashes or a cold feeling, disturbances in perception, dry mouth, loss of appetite, a feeling of fullness, dizziness, increased irritability, hypersensitivity to coffee or alcohol, respiratory difficulty or even asthmatic complaints, menstrual disorders in women and erectile dysfunction in men. Often red spots appear with even the slightest agitation. The limbs are cold, sometimes with a blue discoloration. There is itching of the skin, trembling of the hands, fluttering of the eyelids, increased tendon reflexes, gastrointestinal disorders or gallbladder susceptibility. Some or all of these symptoms may appear. Calming of the patient's situation may be achieved through psychotherapy. Patients affected with this condition should attempt to lead a regulated life. Spending time outdoors is very important, as is a diet high in vitamins and minerals (sea salt). Liquor, coffee and nicotine should be avoided in any case.

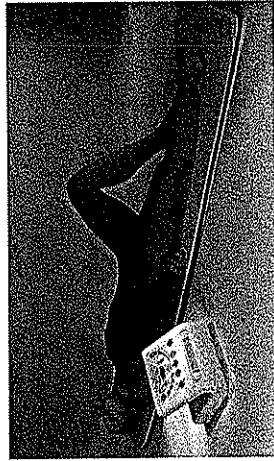


Effect of magnetic field therapy on vegetative dystonias:
calming through the autonomic nervous system, promoting circulation, strengthening the immune system



Proper use of MRS for vegetative dystonias

- Whole-body mat: 3 times a day for 16 minutes each time: 10 % level in the morning, 10 % level at noon, 10 % level in the evening



Whole-body treatment for vegetative dystonias

- Forms of therapy supportive of MFT: relaxation training
- Notes on the initial reaction: In individual cases, some discomfort may be observed during the treatment.



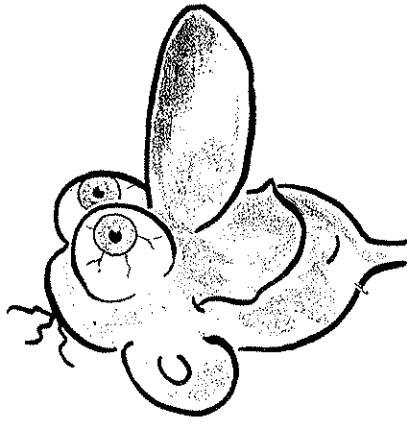
Scientific studies on the treatment of vegetative dystonias with MFT

- Smirnova et al.: "The Possible Role of the Hypothalamus in the Pathogenesis of Vegetative Disturbances During a Brief Exposure to the Constant Magnetic Field," Patologiceskaja Fiziologija i Eksperimental'naia Terapija, 23-7, 1978



Physician reports on the treatment of vegetative dystonia with MFT

1. Dr. Gustav Skreiner, M.D., general practitioner, 8010 Graz
 - Patient, female; diagnosis: Vegetative dystonia, chronic joint complaints due to wear, sciatica, rheumatic symptoms, migraines, chronic pain states, depression, circulation disorders, condition following a stroke, hypertension, exhaustion, muscle tension. Results of MRS therapy:



py: Good results have been achieved so far in the above-mentioned areas.



Patient reports on the treatment of vegetative dystonias with MRS 1. Thanks to the company Vita-Life

- Patient M.K., male, 43 years old; diagnosis: Dysregulation of the thyroid with a tendency to hyperthyroidism, sleep disorders, general vegetative exhaustion states. Results of MRS therapy: 1st week: The patient was falling asleep better immediately, no longer feels so "drained" after one week, has the feeling of being calmer. 2nd week: Mr. M. Falls asleep well, is calmer in the vegetative system and shows less aggression, feels stronger. 3rd week: The patient is falling asleep very well, is more balanced in his vegetative system and feels more fit and less driven.

2. Thanks to the company Medline

- Patient H.F., female, diagnosis: Disorders in the autonomic nervous system, nervous heart symptoms and, since the birth of her son, constant back pain. Results of MRS therapy: "I had very good results after eight months. After a few weeks, my back pain had improved considerably, my autonomic nervous system had stabilized to the extent that my related heart symptoms disappeared."

Appraisal of MFT: 70-75 % good to very good results



11. Diseases of the eyes

The eye is the organ of sight. The eyeball is embedded in a layer of fat and is protected from external invading bodies by eyelashes, eyelids and eyebrows. Tears keep the conjunctiva moist and clean the eye. Light passes through the eye through the three outer layers of the eyeball: the cornea, a transparent cover over the light-receiving structures, the sclera, the white of the eye, and the iris (colored) which surrounds the pupil in the middle. The pupil changes size depending on light intensity; the darker the light, the larger the pupil. Behind the iris is the lens, which is held in place by elastic muscles. Between the sclera and the iris is a space filled with a fluid called the aqueous humor. This fluid allows beams of light to penetrate more easily. The vitreous humor behind the lens is surrounded by the retina. This is the location of the nerve endings that convert the focused light into electric pulses which are sent via the optic nerve to the brain, where they are finally interpreted as an image.

11.1. Astigmatism

An astigmatism comes about due to an incorrect curvature of the eye (sclera), resulting in a lack of focus, i.e., some rays of light do not strike the lens. Most people with an astigma-

tism can see things directly in front of their eyes quite well but they have difficulty seeing things at a distance. A distinction is made between horizontal and vertical astigmatism. In vertical astigmatism, vision up and down is faulty, and in horizontal astigmatism, the right and left portions of the image cannot be seen exactly. Astigmatism may also be diagnosed. This defect can be corrected by eyeglasses or by contact lenses. The susceptibility to this condition is usually hereditary; only a small portion is due to a disease or injury. An astigmatism should be corrected as soon as possible.

11.2. Conjunctivitis

The conjunctiva covers the exposed surface of the eye. Most infections are caused by disease-carrying pathogens such as bacteria, viruses and fungi. Chemicals, dust, wind, smoke, foreign bodies that irritate the conjunctiva and chlorinated water in swimming pools can cause conjunctivitis. People who suffer from allergies or work with chemicals or other irritating substances are more susceptible. Redness, itching, burning or sensitivity to light are typical symptoms of conjunctivitis. They may last a couple of days or up to two weeks. Normally, they do not cause any permanent damage. The treatment will depend on the causes and symptoms. If environmen-

tal conditions are the causative factor, they must be altered. Physicians will prescribe antibiotic eye drops for severe cases of bacterial conjunctivitis. If viruses are the pathogens, no further treatment is required. Allergies are treated with histamine-blocking eye drops. Scabs or matter in the eyes should be washed out with warm water. Infectious conjunctivitis is contagious. Hand towels that come in contact with the eyes should therefore be washed at very high temperatures. Contact lens wearers must be extremely careful with regard to hygiene, especially with cosmetics.

11.5. Glaucoma

Glaucoma is a pathological condition of the eye that develops due to excessive pressure in the eyeball. The pressure occurs due to the fact that the aqueous humor cannot flow out normally and thus the fluid balance in the eye changes. With the increase in pressure in the eye, the nerve endings are damaged. In chronic glaucoma, the pressure increases steadily and the normal fluid drainage is retarded but not completely destroyed as in acute glaucoma, where the pressure increases suddenly. Glaucoma occurs mainly in people more than 40 years old. Statistics indicate that people whose parents had glaucoma are more likely to develop it themselves. Eye infections, surgery, medication, drugs and cataracts can cause this disease.

The chronic condition does not have any serious symptoms. Sometimes the field of vision is restricted. There are problems in switching from light to dark and vice versa. A typical symptom of glaucoma is seeing a light far away when looking at a white circle in the darkness. Acute glaucoma brings sudden, severe pain, redness and blurred vision. This form is rare, but it requires immediate medical assistance to prevent possible blindness. Since there are no warning signals, it is important especially for people over forty to get regular eye examinations, especially if there is a history of the disease in the family. After the physician has placed drops of a fluid in the eye, he uses a pressure measurement device to measure the optical pressure. In addition, he also uses a special instrument to check the place where the iris and the sclera meet. He therefore can detect congestion in the fluid system and damage to the optic nerve. In addition, the field of vision is also tested.

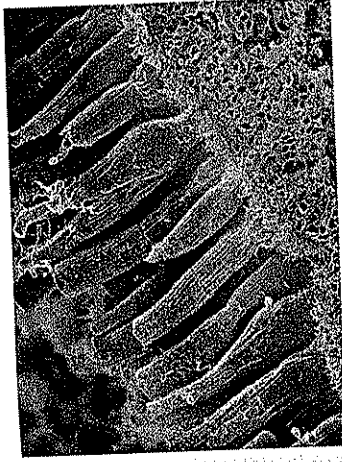
11.4. Cataract

A cataract is a clouding of the lens. Patients with this condition see as if through a waterfall (the word cataract comes from the Greek word for waterfall). The precise cause is not known. Diabetes, glaucoma, retinal detachment, damage to the lens, long-term drug abuse and high doses of radioactivity can lead to cataracts. The main symptom is blurred vision, which may also occur in just one eye. Successful treatment includes removing the clouded lens. Then special glasses or contact lenses must be worn. Many physicians insert an intraocular lens (IOL). Since the artificial

Medication can reduce the production of aqueous humor. Laser therapy is the most modern surgical technique. Regular checkups are the best prevention.

11.6. Retinal detachment (degenerative diseases of the retina)

Possible causes of retinal detachment include accidents, tumors, infections or diabetes. It is characterized by blurred vision with shadows and flashes. Laser therapy is used to treat this condition.



Retina

11.7. Weak vision

Weak vision is most commonly manifested by short-sightedness or far-sightedness. In the normal eye, the parallel incident rays of light are combined on the retina (focal point in the yellow spot). In short-sightedness (myopia) the focal point is too far forward; in far-sightedness it is too far to the rear. People who are short-sighted (one in five people are short-sighted) can see objects close up very well, but objects at a distance appear blurred. The disease usually begins after the age of twelve. This defect occurs due to the eyeball being too long. Normally light passes through the sclera to strike the iris, which bundles the rays and passes them on to the retina. In short-sightedness, the retina is relatively too far to the rear and the bundled beam does not strike it. In curvature myopia, the light enters through a normal path, because the surface

has an excessive curvature. Refraction myopia develops due to incorrect refraction properties of the lens and the cornea. Progressive myopia develops due to an elongated eyeball. Despite the laser technology, surgery is performed only in serious cases, because the long-term effects on the eye are not known. Myopia usually does not occur after the age of 30. These defects are corrected by eyeglasses with dispersing or concave lenses (short-sightedness) and condensing or convex lenses (far-sightedness) or contact lenses. The causes may be changes in the vitreous body or disturbances in the area of the lenses or the cornea. With advancing age, the lens core becomes more rigid and the lens loses elasticity and can no longer focus well. As a result, far-sightedness develops (presbyopia). Problems of far- and short-sightedness occur with different curvatures of the cornea surface and are corrected by cylindrical lenses. Short-sightedness or far-sightedness may be simulated by paralysis or cramping of the accommodation muscle. Food poisoning can lead to dilation of the pupils; nicotine and drug abuse can lead to constriction of pupils. Strabism or a cast to the inside, the outside or both sides may occur due to a disease of the ocular muscle. The sooner medical treatment is received, the better is the possibility of correction (eyeglasses or surgery).



Effect of magnetic field therapy on diseases of the eyes:

promoting circulation, relaxing the eye muscles, improving the outflow of aqueous humor under favorable conditions, reducing inflammation, promoting the immune system



- Proper use of MRS for eye diseases
• Pad or probe (at the temples): twice a day for 16 minutes each time: 150-200 % level (increasing the dose gradually)
• Pad: optionally 8 minutes in the area of the neck (50 % level)
• Forms of therapy supportive of MFT: eye exercises, acupuncture, homeopathic remedies, NLP, vitamins and trace elements (vitamin A, zinc), herbal remedies (eyebright, grape seed extract, ginkgo biloba), alpha-

- lipic acid (cataract); in retinopathy: shark cartilage extract
- Special instructions on use: Do not use MFT on the eyes after 5 p.m.
- Notes on the initial reaction: In 5 % of the cases, sleep disorders occur, especially when treatment is performed after 5 p.m.



Local treatment for eye diseases



Scientific studies on the treatment of diseases of the eyes with MFT

- Bisvas Shutanto Kumar: "Possibilities of Magnetotherapy in Stabilization of Visual Function in Patients with Glaucoma," Journal Article 1996. - In this study, 31 patients with open-angle glaucoma and compensated intraocular pressure were examined in conjunction with MFT. The patients were checked before the treatments and again five months after the treatments. Seeing contrasts in particular showed a definite improvement in almost 90 % of the patients. The field of vision deficiency was much lower among the patients who received MFT than in the control group.
- Bisvas et al.: "Possibilities of Magnetotherapy in Stabilization of Visual Function in Patients with Glaucoma," Vestn Oftalmol, 112(1), January-March 1996, pp. 6-8. - In this study, patients with open-angle glaucoma were examined in conjunction with MFT. An improvement in vision was documented in 29 of 30 eyes.
- J. Jerabek: "Pulsed Magnetotherapy in Czechoslovakia - A Review," Rev Environ Health, 10(2), April - June 1994, pp. 127-134.

• Patient A. H., female, 62 years old; diagnosis: Weak vision, dizziness, tinnitus for 30 years. Results of MRS therapy: The patient feels extremely fatigued, her dizziness is better and her tinnitus disappeared. The vision defect has improved.

2. Dr. Walter R. Maus, M.D.

• Patient, male; diagnosis: "When reading with normal glasses, a weak vision would develop after a certain amount of time, so I would have to change to reading glasses." Results of MRS therapy: "The period of time until I have to switch to reading glasses is now longer. Previously I was able to read the newspaper only with reading glasses. Now I can read it with regular glasses for a while. Conclusion: My eyes have gotten better."



Patient reports on the treatment of eye diseases with MRS

1. Thanks to the company Vita-Life
- Patient B.H., male, 44 years old; diagnosis: Chronic conjunctivitis (Staphylococcus aureus), severe generalized neurodermatitis, constant severe sleep disorders for three years, heavy sweating day and night. Results of MRS therapy: Improvement in the conjunctivitis after about two to three weeks, then an improvement in the skin: it became lighter and finer and was no longer so swollen. The sleep disorders have improved and the sweating has been reduced somewhat. After one month, there was a continuous improvement in the condition of his skin.

• Patient J.A., male, 24 years old; diagnosis: Headaches, burning eyes, fatigue, loss of appetite. Results of MRS therapy: Improvement in almost all areas; appetite stimulated, gastric complaints have disappeared; fatigue has improved and the headaches and burning eyes are better.

• Patient O.J., male, 49 years old; diagnosis: shaky visual image, pulsating, beginning slowly, then becoming faster and faster, lasting 5 - 15 seconds; occurring twice a minute when condition is poor. Occurring at first occasionally about four years ago, then becoming worse. According to a hospital examination, everything is OK. Results of MRS therapy: "My condition began to improve immediately. My trembling vision now

occurs only rarely, sometimes I am completely free of symptoms for several days. An exacerbation will occur again after heavy physical labor, but after two days of treatments it will improve again. I am not as nervous as before and I am able to handle my work load better."

- Patient, male, 49 years old; diagnosis: Infections in the body, eye, upper and lower jaws, bladder, testes, kidneys recurring regularly, so far undiagnosed, associated with a high fever. Constant reduction in vision and irritation, redness and supuration of the eyes. Several hospitalizations. Sudden loss of almost all teeth (healthy teeth). Results of MRS therapy: No more infections. Eyes OK, can see clearly again.
- Patient G.A., male, 75 years old; diagnosis: Diabetes mellitus, cataracts in both eyes, poor circulation, difficulty in falling asleep. Significant improvement in circulation after two weeks, he sleeps better, has improved digestion. After five months: blood sugar levels stable, wound healing enormously improved. He no longer requires surgery on his eyes because the cataracts have disappeared. The motor system is pain-free.

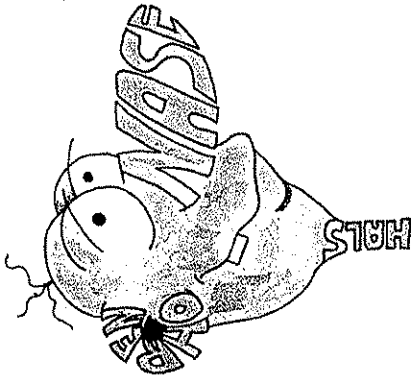


Appraisal of MFT: 30-50 % good to very good results, depending on the disease



Physician reports on the treatment of diseases of the eyes with MFT

1. Health Center of Wolfgang Kropshofer, Doctor of Chiropractics, 1080 Vienna, Alserstr. 43/8 a, tel. 0043/1/40 373 80



12. Diseases of the ear, nose and throat

The organ of hearing consists of the outer ear, the middle ear and the inner ear. The ear muscle receives sound, relays it into the auditory canal and through the ear drum into the middle ear, where the sound waves induce vibration in the three smallest bones of the body (hammer, incus and stirrup bone). The vibration propagates through the cochlear fluid into the inner ear, where the sound waves are converted into nerve pulses. The pulses are then relayed by the auditory nerve to the brain. The eustachian tubes in the middle ear connect the ear to the nasopharyngeal space. This permits an adjustment of the pressure in the ear to the environment, but in this way disease-carrying pathogens can also enter and cause an infection in the ear. The so-called labyrinth in the inner ear provides information about the body's position. The organ of balance registers movements of the head and relays this information to the brain.

The nose serves the function of breathing and the sense of smell. Sensory nerve cells in the nose register odors and relay these messages via the olfactory nerves to the brain. When an odor is perceived, the sense of taste is refined. Our sense of odor is more developed than our sense of taste, so the sense of taste is also

impaired when we have a cold (food becomes tasteless). As the respiratory organ, the nose moistens the inhaled air and removes foreign substances from it. The small glands on the inner membrane secrete mucus, which protects the walls of the nose and throat from injury. This mucus also captures bacteria, dust and other particles which enter the nose. Antibodies in the mucus attack disease-causing bacteria and dirt particles are transported with the help of the fine hairs to the entrance of the throat, where they are swallowed and destroyed in the stomach. Mucus-producing glands are located in the air-filled paranasal sinuses. There are four types of paranasal sinuses: the frontal sinus, the sphenoid sinus, the ethmoid sinus and the maxillary sinus. They serve as resonating bodies for the voice and also reduce the weight of the skull.

The pharynx or throat connects the back of the mouth and the nose to the stomach through the esophagus and connects the mouth and nose to the lungs through the trachea. The pharynx contains two sets of tonsils. As an important part of the immune system, they help prevent diseases by destroying the invading bacteria.

The close connection of the ear, nose and throat explains why an infection in one of these areas often spreads to another.

12.1. Colds

A cold is often confused with actual influenza. Sniffing, coughing and hoarseness are often referred to by doctors as a flu-like infection, which leads to misunderstandings. Influenza and a flu-like infection have only two things in common: their symptoms are similar and both are caused by pathogens from the virus family. On the average, an adult will get a cold two to four times a year, children six to eight times. Thus, children are more susceptible, because they have not developed as many antibodies. In winter the risk of infection is greater because viruses can reproduce more quickly in closed rooms.

There are at least 350 types of viruses that can cause a flu-like infection. The viruses are transmitted by droplet or air-borne infection when talking, sneezing or kissing. The incubation time is between 48 and 72 hours. It is important to grant the body time to rest and recover. If the body has not fully recovered from the disease, a secondary infection may also occur (e.g., a middle ear infection, sinusitis, bronchitis or pneumonia). Normally, a cold does not last more than ten days. About the duration of a cold, we say: it takes three days to get here, it stays for three days and it takes three days to leave.

Hardly any medicine can effectively influence the natural duration of a cold; at best, it can diminish the symptoms. In principle, treatment with medication is not even necessary for a cold. With natural healing, one is also spared the risk of side effects. Very large amounts of vitamin C have a positive influence on the symptoms. The old household remedies such as sauna or contrast baths help with the nasal symptoms. For coughs: drink lots of fluids, preferably tea (such as eucalyptus tea).

Effect of and application of MFT on colds: see "Influenza" in the chapter "infectious diseases"

Forms of therapy supportive of MFT: vitamins and trace elements (vitamin A, vitamin C, zinc), herbal remedies (echinacea, astragalus root, pollen, suma-brazilian ginseng, ginger, garlic)

Scientific studies on the treatment of colds with MFT

• M. R. Scarfi et al.: "Exposure to 100 Hz Pulsed Magnetic Fields Increases Micronucleus Frequency and Cell Proliferation in Human Lymphocytes," *Bioelectrochem.-Bioenerg.* 43/1 (77-81) 1997. - The experimental research on which this article is based shows the increased lymphocyte activity in fighting off infections and also proves at the same time that there is no genetic damage.

• M.B. Mirtskhalava et al.: "The Action of an Alternating Magnetic Field on the Antiviral Protection of Cells," *Vopr-Kurortol-Fizioter-Lech-Fiz-Kult.* 1991 September-October (5): 3-5. - This study investigates and documents the virus-protective effect of the magnetic field.

• Additional studies: see "Influenza" and other "infectious diseases"



Physician reports on the treatment of colds with MFT

1. Erika Illy, natural physician, psychologist, health advisor, Switzerland
 - Patient, female, 70 years old; diagnosis: Constantly sick and sickly for ten years, fatigued, susceptibility to infections, diabetes, no more joy in life, feeling lonely, great pain. Results of MRS therapy: After just a few days, the patient already felt much better. After two weeks, she was very encouraged; her dentist had praised the quality of her gums, and she is now traveling again and feeling good.



Patient reports on the treatment of colds with MRS

1. Thanks to Mrs Verena Singer
 - Patient E.D., male, 72 years old; diagnosis: Bronchial asthma, colds, circulation problems, varicose veins, shoulder pain, hip problems. Results of MRS therapy: His poor circulation has improved, his shoulder pain occurs only rarely, the hip pain has improved, the colds (sniffles, sinusitis) have disappeared. He was able to stop taking various medications and his lung activity has improved.



Appraisal of MFT: **90-100 % good to very good results**

12.2. Sudden hearing loss

Sudden hearing loss is a massive loss of hearing ability that usually occurs suddenly and for an unknown reason. Sometimes an explosion or other external causes may cause sudden hearing loss.

Effect and proper use of MRS:
see "Tinnitus"



Scientific studies on the treatment of acute sudden hearing loss with MFT

- Zaslavskii et al.: "Clinical Experience with the Use of Electromagnetic Fields for Treatment of Hypoacusis and Otalgia in Children." *Med Tekh* (2), 1995, pp. 40-41. - These studies show the therapeutic benefit of MFT in children with acute sudden hearing loss.



Patient reports on the treatment of acute sudden hearing loss with MRS

1. Thanks to Mrs. Manuela Hörner

 - Patient, female, 36 years old; diagnosis: "Ten years ago, I had tinnitus and sudden hearing loss. For half a year, I received infusions and took medications. A couple of weeks ago, the symptoms began again: ringing in my ears, a loud squeaking sound and reduced hearing on one side." Results of MRS therapy: "After the first day, I could not notice any change, but after the second day, the squeaking sound was no longer as loud and intense. On the fourth day, the squeaking sound was gone and my hearing was equally good on both sides."



Appraisal of MFT: **50 % good to very good results**

12.3. Laryngitis

Laryngitis is an inflammation of the mucous membranes of the larynx in the lower part of the throat. It leads to hoarseness and even an occasional loss of the voice. Laryngitis is caused by a bacterial or viral infection (cold,

influenza), irritation of the mucosa of the larynx (e.g., from smoking) or overstressing the voice. Chronic or constant laryngitis is caused by smoking, air pollution, dust or smoke, but it may also develop because of tonsillitis, tuberculosis, the early stages of cancer or paralysis of the vocal cords. Since laryngitis is often a secondary disease, a physician should always be consulted. Hoarseness, a dry, scratchy throat, loss of the voice, coughing attacks and pain when speaking are typical symptoms of this disease. Speaking should be avoided for a short period of time. The pain can be treated with throat sprays, vapor inhalation or mild analgesics.



Local treatment for laryngitis



Effect of magnetic field therapy on laryngitis:

reducing inflammation, strengthening the immune system, promoting expectoration, accelerating recovery, supportive



Proper use of MRS for laryngitis:

- Whole-body mat: twice a day for 8 minutes each time: 50 % level in the morning, 10 % level in the evening
- Pad or probe: twice a day for 16 minutes each time: 100 % level in the area of the neck
- Forms of therapy supportive of MFT: inhalation, echinacea, gargling with sage tea
- Special instructions for use: Drink lots of fluids!
- Notes on the initial reaction: none

Scientific studies on the treatment of laryngitis with MFT

- D. I. Tarasov et al.: "Effectiveness of Local Magnetic Field of the Acoustic Frequency in the Treatment of Patients with Acute Inflammatory Diseases of Larynx." *Vestn Otorinolaringol*, (6), Nov-Dec 1995, 11ff. - The results of this study prove that MFT is an effective treatment for acute inflammations of the larynx.

- L. D. Dorogaia, G.R. Uchaikin: "Use of Microwave Resonance Therapy in Complex Treatment of Laryngotracheitis in Children." *Pediatr* (1), 1995, pp. 55-57. - In this study, children with laryngitis and tracheitis were additionally treated with MFT. It was found that the duration of the disease was greatly shortened.



Physician reports on the treatment of laryngitis with MFT

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 004371/40 666 00

- Patient L.L., male, 56 years old; diagnosis: Heavy smoker, chronic laryngitis with partial paralysis of the vocal cords. Results of MRS therapy: Improvement in overall situation after six months. His voice is as good as before.



Patient reports on the treatment of laryngitis with MRS

1. Thanks to the company Vita-Life

 - M. I., 44 years old; diagnosis: "I have been suffering from chronic laryngitis, my voice is weak and always sounds hoarse." Results of MRS therapy: "At first, I had to cough up brownish yellow mucus all the time, but then after 3-4 weeks, I had the feeling for the first time in a long while that my voice was getting better. Today, I feel good and can speak again without hoarseness."



Appraisal of MFT: **60 % good to very good results**

12.4. Nosebleed

Nosebleeds are caused by a ruptured blood vessel on the inner membrane of the nose. Medical treatment is rarely necessary. In individual cases, a nosebleed is a sign of a serious illness. Injury to the nose, inhaling dry air for a long period of time, repeated blowing of the nose or cleaning the nose, tumors, high blood pressure or other blood diseases can cause nosebleeds. If a nosebleed last for a longer period of time or if it occurs regularly, you should consult a physician. Possible remedies: sitting up or leaning forward, holding the nose shut for five minutes, applying cold packs to the bridge of the nose (about 15 minutes). If a nosebleed is caused by dry air, a humidifier is helpful. If bleeding occurs due to blowing the nose, you should always hold one side of the nose closed and blow only through the other. If an infectious disease is the cause, a decongestant will help. If diabetes, hypertension, heart disease or a thyroid condition is the cause of the nosebleed, it is important to treat the primary condition.



Effect of magnetic field therapy on nosebleeds:

The mechanism of action has not yet been elucidated, but the harmonizing effect on the autonomic nervous system may play a crucial role.



Proper use of MRS:

- Pad or probe: 3 times a day for 8 minutes each time: 100 % level, with the head tilted back, placing the probe at the side of the nose at the base
- Special instructions on use: MFT is not a suitable method of treatment for acute, intense nosebleeds. It has a regulating effect on chronic nosebleeds.
- Notes on the initial reaction: none




Patient reports on the treatment of nosebleeds with MRS

1. Thanks to Mr. Felix Sachs

 - Patient, male, 54 years old; diagnosis: "A very rare nosebleed in childhood developed into

a chronic complaint after the age of about 20; practically no day went by without two to three nosebleeds on the right and left. I had tried practically everything to make them go away: various nose creams, homeopathic remedies, electric coagulation of the weak blood vessels on the inside wall of the nose - nothing helped." Arrhythmias, pain in his side when running. Results of MRS therapy: "After treatments for half a year, the nosebleeds improved, at first only on the right, but in the meantime the left side is also beginning to improve. If I use the MRS before running (2.3 km in 16-17 minutes on a track with an inclination), I do not get a pain in my side." - Elimination of an aperiodic, medically unremarkable (no findings in the EKG) and undiagnosed arrhythmia.

 Appraisal of MFT: 70 % good to very good results in chronic nosebleeds

12.5. Inflammation of paranasal sinuses - sinusitis

In acute sinusitis, one or more paranasal sinuses usually has a bacterial infection. Adults are affected more often than children, smokers more often than nonsmokers.

The paranasal sinuses are air-filled cavities connected to the nose. Their inside walls are lined with mucous membranes. There are four pairs of paranasal sinuses: the frontal sinus, the sphenoid sinus, the ethmoid sinus and the maxillary sinus. They are cleaned by mucus which is removed through the nose. If the paranasal sinuses are congested for a period of time, as in a cold, the mucus cannot be removed. The result: microorganisms can reproduce rapidly and an infection is imminent.


In a chronic inflammation, one or more sinuses become filled with a fluid which cannot flow out properly. This may persist for months or even years. The normal drainage of mucus can be prevented by colds, influenza, various vaccinations, an abnormality in the shape of the facial bones, allergies or abscesses in the teeth. Long-lasting sinusitis can lead to serious diseases (spreading to the brain or bones). Sinusitis is characterized by sensitivity

and pain over the inflamed sinus cavity. Concomitant symptoms include headaches, low-grade fever, chills, nasal congestion and a purulent discharge from the nose.



Sinusitis

A doctor will normally identify the disease on the basis of a description of symptoms and the sensitive spot over the affected sinus. An x-ray will confirm the diagnosis. The sinus cavity is drained and the bacteria causing the infection are controlled with medication (antibiotics). Decongestants, hot compresses and dry heat support healing. In severe cases, pain pills may be prescribed. Sometimes abnormal bones must be repaired or a nasal polyp or infected tissue must be removed surgically.

 Effect of magnetic field therapy on sinusitis:

reducing inflammation, reducing swelling, strengthening the cells against viruses, activating the immune system, promoting circulation and cleaning the nose

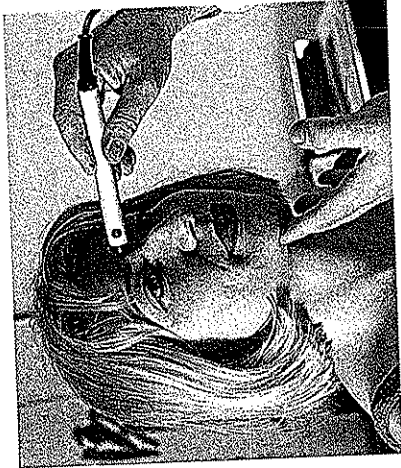
Proper use of MRS for sinusitis

- Whole-body mat: twice a day for 8 minutes each time: 50 % level in the morning, 10 % level in the evening
- Pad or probe: two or three times a day for 8 to 16 minutes each time: 100-150 % level, probe placed to the right and left of the nose or at the base of the nose for sinus infections



Local treatment for sinusitis with a pad

Czechoslovakia, and sinusitis is listed among the best treatment results.




Local treatment for sinusitis with a probe

Physician reports on the treatment of sinusitis with MFT

1. Dr. Maximilian Tanil, M.D., general practitioner, Graz

- Patient K.F., male, 49 years old; diagnosis: This patient has been suffering from chronic recurring sinusitis for about 15 years, i.e., recurring inflammations in the area of the paranasal sinuses - frequent use of antibiotics. Such episodes occurred 3-4 times a year. Attempted treatment by alternative methods, in particular homeopathic measures, yielded only brief relief. The patient continued to suffer from inflammations of the upper respiratory tract and had headaches almost every day with pressure in the area of the forehead. Results of MRS therapy: After two months of treatment, the patient is having fewer headaches and no longer feels pressure in the area of the forehead. So far, he has not had any more sinusitis.

- Patient U.P., male, 7 years old; diagnosis: Onset of sinusitis. Results of MRS therapy: The insipient pain disappeared after two days, presumably the inflammation also disappeared.

 Patient reports on the treatment of sinusitis with MRS


1. Thanks to the company Vita-Life
- Patient R.S., male, 43 years old; diagnosis: sinusitis, ischialgia, insomnia. Results of MRS therapy: "The pain became more tolerable; af-

ter two weeks, my insomnia improved and my sinus cleared up."

• Patient M.P., male, 83 years old; diagnosis: Weakened immune system, sleep disorders, chronic sinusitis, cysts in the jaw, ringing in the left ear and no sense of smell for 33 years; bronchial asthma until two years ago. Results of MRS therapy: No more sinusitis, definite improvement in overall health, sleeping better, walking without limping and without using a cane, general mobility improved.

2. Thanks to Mr. Georg Koller
 • Patient H.R., male, 40 years old; diagnosis: Sinusitis. Results of MRS therapy: "I have now had two winters without any flu-like infection and without any sinus problems."

3. Thanks to Mr. Gerald Pfann
 • Patient J.K., male, 71 years old; diagnosis: Inflammation of the sinus. Results of MRS therapy: Free of symptoms after ten days.

 Appraisal of MFT: 70-75 % good to very good results


12.6. Earache

The ear can become inflamed in the inner part, the middle part or the outer part. The most common inflammation involves the middle ear. This affects mainly children. Children who develop a middle ear infection in the first year of life are more susceptible to chronic conditions later. Inner ear infections can have serious consequences, but they are not common and they usually develop out of a middle ear infection (otitis media). Outer ear infections are inflammations of the skin on the visible external ear and the external auditory canal. They are usually harmless and can be treated by hygiene measures or with antibiotics.

A middle ear infection is caused by viruses or bacteria which enter the ear through the nose or throat, resulting in severe earaches, possibly fever (up to 40.5 °C in children, up to 39 °C in adults), loss of hearing, fatigue, nausea, vomiting and a sore throat. If the eardrum is ruptured due to pressure in the ear, blood or pus may run out of the ear. The pain then usually disappears within a few




Local treatment for earaches


 Scientific studies on the treatment of earaches with MFT

• V. V. Sunstov: "Treatment of Acute Diffuse Otitis Externa by Low-Frequency Magnetic

hours or days. Although a middle ear infection heals relatively rapidly, complications such as temporary or permanent loss of hearing or even meningitis cannot be ruled out. A middle ear infection can be controlled well with an antibiotic, often in the form of penicillin. If the eardrum causes pain, the outer ear must be kept clean to prevent spreading of the infection.

 Effect of magnetic field therapy on earaches:

reducing inflammation, relieving pain, promoting circulation, strengthening the immune system


 Proper use of MRS for earaches

- Whole-body mat: one or two times a day for 8 minutes each time: 50 % level in the morning, 10 % level in the evening
- Pad or probe (behind and in front of the ear): twice a day for 16 minutes each time: 100-150 % level
- Forms of therapy supportive of MFT: wraps with onions

Special instructions on use: MFT is not a treatment for an acute inflammation.


Notes on the initial reaction: There may be a brief increase in pain in 1-3 % of the cases.

Fields," Vestn Otorinolaringol, 6, 1991, pp. 35-38. - This study shows the possibilities of pulsating magnetic fields in combined treatment with conventional therapy measures in inflammations of the external auditory canal. The group receiving supportive MFT recovered much faster.

 Patient reports on the treatment of tinnitus with MRS


1. Thanks to the company Vita-Life

• Patient V.S., female, 50 years old; diagnosis: Stubborn, chronic middle ear infection with constant use of antibiotics for five years, the last time in the summer of 1996. Results of MRS therapy: "I have not had any symptoms in my ears since then, I have not needed any medication and I can hear well again."


 Appraisal of MFT: 70 % good to very good results

12.7. Tinnitus

The cause of tinnitus is not yet known; circulation problems might play a role. Typically it is characterized by an annoying ringing in the ears, which may occur constantly, periodically or spontaneously even in the quietest environment. Although tinnitus is not a dangerous condition, it can enormously impair the quality of life of those affected by it. There is no treatment directed against tinnitus that can provide long-lasting success.

 Effect of magnetic field therapy on tinnitus:

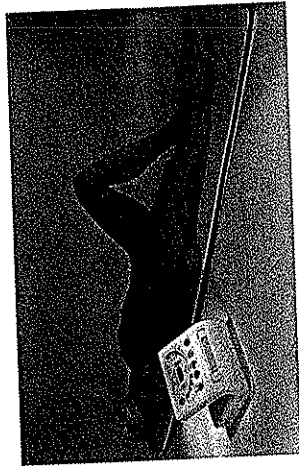
supportive, promoting circulation, relaxing muscles, stimulating the nerve cells in the inner ear, acting on the autonomic nervous system

 Proper use of MRS for tinnitus


- Whole-body mat: twice a day for 8 minutes each time: 50 % level in the morning, 10 % level in the evening
- Pad at the neck: once a day for 8 minutes: 50 % level

• Probe (at the "gate of the ear," i.e., at the fold of skin at the point of attachment of the external ear): 2-3 times a day for 16 minutes each time: 150 % level (gradually increasing from 10 %)

Notes on the initial reaction: In 1-3 % of the cases, the tinnitus may be intensified for a few days. Increase the dose gradually!



Basic treatment for tinnitus

 Scientific studies on the treatment of tinnitus with MFT

see chapter "Diseases of the nervous system"

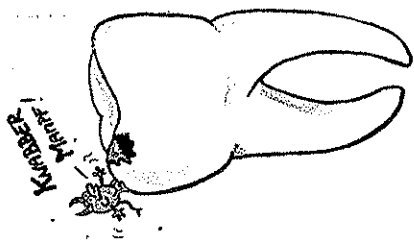
 Physician reports on the treatment of tinnitus with MFT

1. Dr. Spitler-Seifert, M.D.
 • Patient R., male, 54 years old; diagnosis: Severe gnathalgia [pain in the jaw] and also severe tinnitus for five years. Results of MRS therapy: After the MF treatment, the patient was almost pain-free. The tinnitus had disappeared and his general well-being was very good.


2. Health Center of Wolfgang Kropshofer, Doctor of Chiropractics, 1180 Vienna, Alserstrasse 43/8b

• Patient A.H., female, 64 years old; diagnosis: Tinnitus for 30 years. Results of MRS therapy: After a few treatments, the patient has almost no tinnitus symptoms. After two months of intensive therapy, she is free of tinnitus.

3. Thomas Drach, non-medical practitioner
 • Patient, male; diagnosis: tinnitus. Results of MRS therapy: After the second treatment, his tinnitus disappeared for a short time. The therapy is still underway.



4. Thanks to Mrs. Karin Grünhagen
 • Patient M.E., female, 19 years old; diagnosis: Tinnitus for three years. Results of MRS therapy: After one year of treatment, she had a 50 % improvement. She is sleeping better, happier and more receptive. In addition, she is taking food supplements. She sees the situation positively herself: "Soon it will go away completely."

 Appraisal of MFT: **30-40 % good to very good results**

1. Thanks to Mr. Silvester Neidhardt
 • Mr. A.D., 57 years old; diagnosis: Difficulty in sleeping through the night, tinnitus, agitation, nervousness. Results of MRS therapy: "After 4-5 weeks, I was able to sleep through the night again for the first time; I felt more balanced, and there was much less ringing in my ears. I returned the device after three months, because I did not attribute my improvement to the MFT. Shortly thereafter, the original symptoms returned. MRS again brought me relief."
- Patient N.K., male, 33 years old; diagnosis: Tinnitus with cerebral microcirculation problems. Results of MRS therapy: 1st week: Improved muscle tension, and the patient felt fresher and no longer had any tinnitus.
 - Patient M.P., female, 53 years old; diagnosis: Ringing in the left ear and no sense of smell for 33 years. Results of MRS therapy: The tinnitus disappeared after nine weeks and has not yet recurred (14 months later).
 - Patient R.C., female, 34 years old; diagnosis: "My tinnitus began eight years ago: ringing in my ears and a loud squeaking sound accompanied me through the day, especially annoying at work." Results of MRS therapy: "The squeaking sound is no longer so intense and loud, and the ringing in my ears disappeared completely after two weeks."
 - 2. Thanks to Mr. Reinhard Schlag
 • Patient K., female; diagnosis: Tinnitus for several years. Severe constant ringing in her ears made it difficult for the patient. Sleep disorders caused her problems. Results of MRS therapy: After two weeks, there was a definite improvement in the tinnitus (noises no longer constantly a problem, nor was the intensity as severe as before) and her sleep disorders have disappeared.
 - 3. Thanks to Mrs. Doris Paunger
 • Patient R.H., male, 75 years old; diagnosis: Tinnitus and severe wear phenomena in the shoulder and knee areas. Results of MRS therapy: Significant improvement in symptoms in the shoulder and knee areas after just 14 days of treatment, and the tinnitus has improved. Her general well-being is very good.

odontitis from worsening. In the ideal case, the mouth should be cleaned after each meal. Dentists recommend using a soft toothbrush and flossing and rinsing to clean the spaces between the teeth. In advanced cases the dentist will empty out the pockets of infection and prescribe antiseptic preparations to kill the bacteria.



Effect of magnetic field therapy on dental and maxillary medicine:

relieving pain, promoting circulation, relaxing (masticatory [chewing] muscles), reducing swelling, strengthening the gingiva and the suspension of the teeth, preventing degradation of the jawbone, more rapid closure of the gingival pockets, more rapid wound closure before and after a dental extraction, in nonspecific toothache and jaw ache, in chronic sinusitis, idiopathic trigeminal neuralgia, for treatment of focal infections in the upper and lower jaw and recently, on the basis of recent study findings, also as a supportive therapy in treatment of periodontitis (gum recession). The rate of infection can be kept low. MFT provides rapid assistance in capsulitis on the jaw, in particular with compression as well. For calming the patient before a procedure - not as much anesthetic is needed because of the reduced anxiety.

13. Diseases of the teeth and jaw

13.1. Periodontitis - recession of inflamed gums

Periodontitis is understood to be a progressive, inflammatory receding of the gums (gingiva) and the bones around the teeth. It is assumed that periodontitis begins with an accumulation of bacteria and food residues between the teeth and gums. The bacteria produce toxins which are responsible for causing swelling of the tissue, which then bleeds and recedes. The outbreak of inflammation is followed by the development of pus in gingival pockets which occur when the gums recede from the bone and teeth. Consequently, the fibers are weakened and the bone holding the teeth is destroyed. If the condition progresses, the teeth will become loose and fall out. The inflamed tissue becomes red, swells slightly, becomes sensitive to pressure and begins to bleed readily. As soon as pus collects around the teeth, it is a signal that periodontitis is progressing. If not removed, severe pain and swelling develop. Careful dental and oral hygiene can help reduce gingiva problems and prevent the peri-

Proper use of MRS for dental and maxillary medicine

- Pad: 3-4 times a day for 8 to 16 minutes each time: 100-200 % level
- Probe: 3-5 times a day for 16 minutes each time: sensitive up to 25 % level, placing the probe at the jaw joints and on the outside of the gingiva, moving it with a circular motion over the entire area of the jaw or the focus of infection



Local treatment of the jaw joint with a probe

- Forms of therapy supportive of MFT: kinesiology, herbal remedies (grape seed extract)
- Special instructions on use: Trigeminal neuralgia may be confused with a toothache, but the patient with a trigeminal neuralgia cannot tolerate touch. Caution, keep it at a distance!
- Notes on the initial reaction: none



Scientific studies on the treatment of dental and maxillary diseases with MFT

Extensive studies with MRS are currently underway in collaboration with Dr. Meierhöfer in Roth (Germany) in the field of mandibular blockade. Dr. Meierhöfer presented his preliminary findings at the International Congress for Energy Medicine in Seefeld in Tirol in 1998.

- D. Zaffe et al.: "PEMFs Improve Bone Adaptation in Orthodontically Treated Rabbits," Second World Congress for Electricity and Magnetism in Biology and Medicine, 8-13 June 1997, Bologna, Italy. This study shows that MFT is capable of therapeutically influencing bone formation in orthodontic problems.

- M.A. Darendeliler et al.: "Light Maxillary Expansion Forces with the Magnetic Expansion Device. A Preliminary Investigation," European Journal of Orthodontics, 16(6), December 1994, pp. 479-490. - This study, published in one of the most renowned medical journals, shows the possibilities of MFT in orthodontic regulatory measures.

- A.A. Kunin et al.: "Magnetolaser Therapy in Complex Treatment of Periodontal Diseases," Fiz Med, 4 (1-2), 1994, pp. 103-104. - This study shows the possible uses of MFT in diseases of the gingiva. S
- F.G. Sander, A. Michelhaus, "Can Magnets or Additional Intermaxillary Forces Improve the Mode of Action of Jumping-the-bite Plates?," Fortschr Kieferorthop, 55(6), December 1994, pp. 279-289.

- V.E. Kriokshina et al.: "Use of Micromagnets in Stomatology," Magnitoliya (1), 1991, pp. 17-20. - This placebo-controlled study investigates the effect of weak magnetic fields in treatment of periodontal disease, especially inflammations of the gingiva. The patients are treated for four weeks. The results indicate that the course is uncomplicated, in particular there was less pain in the group treated with MFT in comparison with the control group.

- T. Satake et al.: "Effect of Pulsed Electromagnetic Fields (PEMF) on Human Periodontal Ligament in Vitro. Alterations of Intracellular Ca²⁺," Department of Oral Biochemistry, Kantawa Dental College, Kanagawa Shigaku 1990 March 24(4): 735-742. - This study shows a scientifically well-founded basis for use of MFT in dentistry. Mechanical forces of tooth movements, the biological response of the periodontal tissue and the forces acting on it plays a crucial role. It has been observed that pulsating electromagnetic fields can increase the calcium concentration in the periodontal connective tissue cells resembling osteoblasts.

- L.C. Thodes, "The Adjunctive Utilization of Diapulse Therapy (Pulsed High Peak Power Electromagnetic Energy) in Accelerating Tissue Healing in Oral Surgery," Q National Dental Association, 40(1), pp. 4-11. - This controlled study shows the effects of supportive electromagnetic treatment after orofacial

surgery. The study results have proven that the treatment helps achieve a more rapid healing in patients treated with magnetic fields therapy.

- Chr. Hermann, "The Influence of the Electromagnetic Field on Orthodontic Treatment." Deutsche Zeitschrift für Biologische Zahn-Medizin [German Journal for Biological Dentistry]. - The use of pulsating magnetic fields orthodontics opens up new possibilities in therapy through the influence on the metabolic dynamics. Measurement documentation submitted.



Physician reports on the treatment of dental and maxillary diseases with MFT

1. Dr. Rudolf Meierhöfer, dentist in Roth

- Patient, male, 12 years old; diagnosis: Fall from a bicycle after a collision with an automobile, hitting his chin. Retrusion of the heads of the joints, into the bilaminar zone with a hematoma. He could only open his mouth 30 mm, the movement of opening his jaw was very painful; likewise, palpation of the jaw from laterally and dorsally was also very painful. The lateral pterygoid muscles are especially sensitive to pressure. Results of MRS therapy: After the first treatment, there was a slight reduction in pain and he could open his mouth 33 mm. The next day: mouth opening 31 mm before magnetic field therapy, 36 mm after, definitely reduced pain perception. On the third day: 35 mm mouth opening before MRS, 40 mm after, only slight remaining pain. On the fourth day: mouth opening already 43 mm without any pain and no restricted movement.

2. Dr. Wolfgang G. Weise, M.D., private medical practice, acupuncture, auriculotherapy, Stoissberg

- Patient B.W., female, 42 years old; diagnosis: Long years of seasonal rhinoconjunctivitis with an amalgam burden. As a secondary finding to disturbances in the motor system. Results of MRS therapy: After ten days of MRS treatment, a controlled removal of mercury was performed. After treatment, she had hardly any remaining symptoms in her knee joint. She could also handle long walks in the mountains with no problems. Her allergic diathesis has improved.

3. Dr. Klaus Ortner, dentist, Deutschlandsberg

- Patient O.P., male; diagnosis: Pain after a dental extraction. Results of MRS therapy: Free of symptoms after four days.

- Patient H.F., male; diagnosis: Post-extraction pain after surgical removal of the 8th tooth, severe pain. Results of MRS therapy: Improvement.

4. Dr. Michael Hirtz, M.D., Pürtingen

- "I have used MFT in chronic and refractory cases out of interest in trying new things. So far, I have used MFT for treating post-extraction pain and patients after surgical procedures. In the case of post-extraction pain, my subjective perception is that the painful and delayed healing was definitely improved. Likewise, I have observed a much better healing course and less development of edema postoperatively, e.g., after extraction of a wisdom tooth."

5. Dr. Gernot Riedl, M.D., specialist in dentistry and orthodontics, Graz

- "An excellent area for use of magnetic field therapy in a dental practice is to use it before and after a surgical procedure. Less anesthetic is needed and there is less pain during and after the procedure. Additional successful applications include treatment of mandibular complaints, pockets of infection and pulpitis symptoms. In addition, postoperative complications may be reduced significantly."

6. Joint dental practice of Dr. Jacqueline Nitz and Dr. Erasmus Nitz, Wallersdorf

- Patient, female, 44 years old; diagnosis: Chronic inflammation, apex on tooth 35. Finding: Tooth 35 shows an apical lightening in the x-ray, with a hard bulge the size of a cherry pit vestibularly; no pus drained out on incision. Treatment: Preparation of the root canal on tooth 35, hot contrast rinsing and packing of medication and provisional closure; in addition, an antibiotic that could enter the bone had to be administered. Results of MRS therapy: Complete freedom from pain and a definite decline in swelling. Then the tooth could be closed tightly with a root packing and a final filling.

7. Dr. Ulrich Klauert, M.D., otolaryngologist, Lübeck

- Patient U.K., male; diagnosis: Pain in chewing or tapping against the crowned tooth. The dentist assumes irritation of the root and advises re-

section of the tip of the root. Results of MRS therapy: "The symptoms have been eliminated almost completely. In the morning I still feel a slight transient sensitivity. The treatment is being continued, there will be no surgery."

8. Dr. Spittler-Seifert, M.D.
 - Patient R.A., male, 54 years old; diagnosis: Severe gnathalgia [pain in the jaw] for five years. Results of MRS therapy: The patient was almost pain free after MFT.
9. Thomas Drach, non-medical practitioner, Bermatingen-Ahausen
 - Patient, male; diagnosis: Several weeks of pain after a filling and in the entire upper jaw. Results of MRS therapy: The pain of the filling subsided after two treatments; the pain in the upper jaw subsided after three treatments.



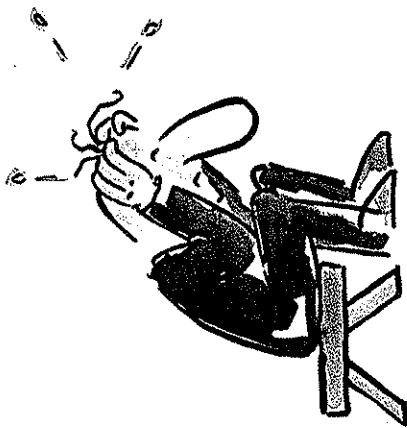
Patient reports on the treatment of dental and maxillary diseases with MRS

1. Thanks to the company Vita-Life
 - Patient, male, 49 years old; diagnosis: Chronic inflammation of gingiva. Results of MRS therapy: He has not had any more inflammation.
 - Patient M.P., female, 43 years old; diagnosis: Cysts in the jaw. Results of MRS therapy: The cysts are no longer visible in the x-ray and they have completely healed. No additional medication.
 - Patient M.K., female; diagnosis: Oral surgery on the gingival pocket was planned. Results of MRS therapy: After one month of treatment, the condition had disappeared completely and surgery was no longer necessary.
 - Patient I.T., female, 50 years old; diagnosis: Massive periodontitis with loosening of the teeth in the entire jaw. Results of MRS therapy: "After four months with three daily treatments, my gums stopped bleeding, my teeth began to sit securely and my gums began to regenerate."
2. Thanks to Mrs. Heidemarie Schäfer
 - Patient S.S., female, 17 years old; diagnosis: The patient had jaw surgery and one tooth was extracted. Thereafter, she had severe pain and a very large swelling on the right side of her jaw. Results of MRS therapy: To our surprise, the swelling subsided entirely and did not return. The pain also became somewhat milder. The orthodontist was amazed at the rapid healing.

Appraisal of MFT: 70-80 % good to very good results, especially in a mandibular blockade and periodontal disease



PSYCHOLOGY



14. Psychological diseases

Effect and proper use of MRS, studies, physician reports and patient reports: see end of chapter

14.1. Anxiety and panic attacks

Anxiety helps to perform jobs better and faster. However, exaggerated or unfounded anxiety or a permanent state of anxiety can make a person's life very difficult. One out of ten people will experience a pathological anxiety state or a phobia at sometime in his life. Events from the past which we cannot even remember can cause anxiety unconsciously. The reason for anxiety is often obvious - a difficult test, a conflict with a boss, problems in the family. Normally, anxiety subsides after the conflict is resolved. If the anxiety persists, e.g., after a life-threatening situation (an automobile accident, fire, a violent attack), we speak of post-traumatic stress syndrome (PTSS). Panic attacks are sudden attacks of anxiety which may last for up to an hour without any obvious cause.

Psychological therapy is helpful in dealing with anxiety or panic attacks. Tranquilizers are

the most effective drugs, but they should be taken only for a short period of time because they cause dependency after two weeks of use and also have side effects. Learning relaxation exercises or stress reduction is a great help. Treatment includes cognitive behavior therapy with a specialist.

14.2. Bed-wetting (enuresis)

Bed-wetting is the term used to refer to a child (rarely an adult) losing his/her ability to control urination. Involuntary urination usually occurs at night, but it may also happen during the day. The disease occurs especially in nervous, labile children. Enuresis is due to an abnormal nervous reaction; it is not an organic illness. Severe damage to the brain or spinal cord, interfering with control of bladder function, must therefore be ruled out. Controlled urination is achieved through training, and this is how this problem should be corrected. In treatment, the child should be supervised the entire day. With great patience, the reflex can be restored. It is important to be sure that the bladder is always emptied at certain times, including at night. In severe cases, only a psychotherapist can help.

14.3. Burn-out syndrome

see "Stress"

14.4. Depression

Depression is understood to be to an affective disorder lasting more than two weeks or recurring regularly within a short period of time. From a biochemical standpoint, there is a reduction in the messenger substances that permit communication activity between the brain cells. The group of monoamines is especially important, including noradrenaline, serotonin and dopamine. Women become depressed more often than men. This is related to the sex hormones in women, and it explains why some women suffer from depression after childbirth or before their menstrual period. The causes of depression are not known, but hereditary factors, stress in everyday life, occupational life and private life, frequent failures, death (of a loved one) or a certain lack of connection play a role. Depression may also be associated with a physical illness. Virus infections such as influenza, mononucleosis or chronic fatigue are often associated with depression. Various drugs, such as beta-blockers, as well as alcohol and life-threatening diseases may also be causative factors. The number of depressed people is constantly increasing. One in ten people will develop a depressive psychosis during his life, 10 % of these being manic-depressive. In many patients, depression is masked by physical complaints. These patients complain of pain in all possible organs, but no pathological changes can be found.

The WHO (World Health Organization) has compiled a list of questions to help detect depression. The most important questions are: Have you lost the ability to take joy in something? Do you have difficulty making decisions? Have you lost interest in your environment? Have you been brooding more recently? Do you consider life to be meaningless? Do you feel tired and unenthusiastic? Do you have sleep disorders? Anyone who answers YES to most of these questions is at risk of depression and should consult a specialist immediately.

Signs of depression include general dejection, lack of drive in the morning and sleeping poorly. Thoughts of suicide are not uncommon. If the depression lasts longer, it often becomes torture because the depression makes a person unable to act, there is a feeling of burn-out, as if one is literally at the end. Depression is an actual disease and may cause physical complaints because the endogenous messenger substances in the brain, especially in the pituitary and the hypothalamus, are not functioning properly.

At first, depression is often underestimated or is not recognized as a real disease. Personal involvement is most important. In many cases, a neurologist must be consulted to initiate psychotherapy. Behavior therapy teaches the patient to avoid negative thoughts. Seasonal depression is treated very successfully with light therapy in combination with natural remedies such as extracts of balm mint or St. John's wort. In serious cases, antidepressants must be relied on temporarily. Movement exercises stimulate certain chemicals in the brain and thus relieve depression. The success is usually not apparent until after lengthy treatment. Many of the medicines used for depression have unpleasant side effects. These medications are not a cure, but they only attempt to make the symptoms more tolerable. So-called serotonin uptake inhibitors are a new generation of antidepressants. They definitely have fewer side effects, so there is hardly any risk if taken under strict medical supervision.

Magnetic field therapy can be very helpful in depression. It supplies a person with energy, imparts physical well-being, increases activity and helps to relax. Low-frequency and low-amplitude magnetic field therapy has proven especially helpful in depression. There are signs physicians can greatly reduce the dose of medication in endogenous depression. Magnetic field therapy has an especially positive effect on mild to moderately severe depression, especially if it is reactive, i.e., as a result of an illness (infection, post-partum, diabetes, menopause, hypo- or hyperthyroidism), medication (reserpine, beta-blockers, sleeping pills and antidepressants themselves) or food allergies, intestinal disorders,

amalgam fillings, vitamin and trace element deficiencies.

14.5. Concentration disorders

Concentration disorders occur mostly in children, the elderly and those under occupational or private stress. They are characterized by an increased distractibility and lower attention. A concentration weakness may also be associated with post-traumatic syndrome due to injury or degenerative processes.

14.6. Hyperactive children

Hyperactive children are very agitated, have an increased sensitivity to pain, disturbed sleep and they frighten easily. They are easily fatigued, lack concentration and are scattered. They often have a loss of appetite, vomiting, diarrhea as well as abdominal complaints and headaches without any disease in the respective organ. These disorders are found especially in children who have a labile nervous system and in (only) children who are around adults and older children too much. The typical hyperactive child is self-involved, often spoiled and considers his small world to be the most important thing in the world; they are selfish and hypersensitive. There is often a lack of a harmonious family and a patient and understanding education. In addition, there is the influence of the environment: radio and television, hustle and bustle - constant stimuli to which the child is exposed. The small size of many homes, stress at school and overfilled classrooms cause a nervous predisposition to be overemphasized. Mental conflicts, broken homes may be other causes. An improvement can be achieved by altering the life circumstances: getting a lot of exercise outdoors in the sun and air, following a healthy diet, having playmates of the same age. Treatment with medication is not advisable. In high-grade nervous disorders, a psychotherapist may help.

14.7. Neurosis

Neurosis is understood to be a psychological disease not based on an organ illness. There are fluid transitions between neurotic features

of healthy and neurotic disorders with a pathological value. The most common forms of neurosis include anxiety, compulsion, organ neurosis (see "Cardiac neurosis"), hysteria.

14.8. Sleep disorders

Depending on age and predisposition, people need four to ten hours of sleep a day. A distinction is made between sleep phases of different lengths and depths. In the evening hours, the pineal gland begins to secrete the hormone melatonin, which inhibits the metabolism and encourages sleep.

Difficulty in falling asleep and sleeping through the night for a long period of time are harmful to health. The causes may be physical (e.g. pain) or psychological (e.g. stress, depression). With advancing age, people need less sleep than in their younger years. It is, however, often difficult for elderly people to fall asleep in the evening, followed by a restless sleep and problems falling back to sleep after waking up in the morning hours, as a result of which, they get up early. More than half of all people 60 years old suffer from subjective sleep disorders. This is often due to going to bed too early, napping during the day or too little physical and mental activity. One reason for sleep disorders in the elderly could be the reduced production of melatonin. Among people 65 years old, 60 % complain of difficulty falling asleep, 95 % of people who claim not to have slept all night have slept, although perhaps for only a short period of time and without having noticed it. The duration of sleep is influenced by hereditary factors and age. REM sleep (processing the day's events) is especially important and must not be cut short. Sleeping pills reduce REM sleep and therefore prevent a restful sleep. They are usually taken in high doses - to be sure - and can lead to dependence. Sleep disorders are often the first signs of depression. External influences such as light, noise and room temperature, a mattress that is too hard or too soft, a snoring bed partner, agitation during the day, bad eating habits, overflow of the bladder due to too much liquid in the evening or medications can cause sleep disorders.

ders. Snoring is often the cause of a sleep disorder, even for the snorer himself. Causes of snoring may include head colds, obesity, a frenulum that is too long or enlarged lymph glands. Despite great fatigue, sleeping pills should not be taken immediately. Reading, taking baldrian, balm mint, St. John's wort, autogenous training, progressive muscle relaxation according to Jacobson, meditation, acupuncture (ear), a relaxing bath or magnetic field therapy may offer natural assistance. A walk before going to bed, a glass of milk or chamomile tea, even alcohol in very small amounts may induce sleep. It is important to discover the cause of the sleep disorder. It may be helpful to keep a diary of sleeping habits (when, how long, how deep).

Magnetic field therapy can be especially rapid and effective in sleep disorders. Even short therapy can yield success if used daily. The effect is based on harmonizing the autonomic nervous system along with the circulation-promoting and deep relaxing effects. Studies from the United States have proven an influence of the pituitary in stimulating melatonin production. It is advisable to work with a low frequency and a low intensity and not perform the treatments immediately before going to bed in the case of difficulty in sleeping through the night, but instead to do the treatment two to three hours before going to bed at a slightly higher intensity. A combination of magnetic field therapy with St. John's wort (in high concentrations) and/or baldrian has proven advantageous.

14.9. Stress, burn-out syndrome

14.9.1. Stress

The stress reaction is an important protective measure for humans. It protects us from harmful influences, prepares the body for flight or fight. The pituitary secretes a hormone, the messenger substance ACTH, into the bloodstream. In the kidneys, this substance stimulates the adrenal cortex to secrete the hormone cortisol into the blood. Cortisol is important for the metabolism in the human body, mobilizing energy reserves, increasing the blood sugar level, degrading

being. We must learn to deal with stress situations. Pushing oneself too much and an accumulation of problems cause damage to the body. It is important to observe pauses, to eat regularly and follow a healthy diet, engage in physical activity, learn relaxation techniques, regard oneself a certain amount of leisure, regard the future as an opportunity and not as a threat, accept help and avoid illegal drugs and alcohol.

Magnetic field therapy used for stress has a very relaxing effect through the autonomic nervous system.

14.9.2. Burn-out syndrome

The most common cause of the so-called burn-out syndrome is overwork of a mental and physical nature. In long-term stress, the body secretes less sex hormone, melatonin (the sleep hormone) becomes less effective and the hormones cortisol and adrenaline are released to the bloodstream in increased amounts. In the long run, this leads to serious effects on our health and often to severe depression with a great feeling of emptiness. Managers and physicians are especially at risk, because persistent stress results in depletion of the body's energy reserves and complete psychological exhaustion is imminent. One feels chronically exhausted and fatigued and finds neither rest nor sleep. These people get angry easily, feel internally empty and burned out. Everyday life becomes empty and boring, work becomes routine and private life is stressful. The secretion of gastrin is stimulated and gastric acid is produced in increased amounts, which erodes the mucous membranes of the stomach and duodenum and promotes the development of ulcers. Those affected do not feel sick. They fill their emptiness with psychopharmaceuticals or other drugs. The result is often addiction with psychological and physical dependency. Alcohol and cigarette consumption are mild forms. To counteract burn-out syndrome, it is important to try to change one's lifestyle and eliminate the causes of stress.

Burn-out syndrome is on the increase. In Germany alone, more than 1.5 million people suffer from this chronic fatigue state. When

used promptly, magnetic field therapy can be of significant help.

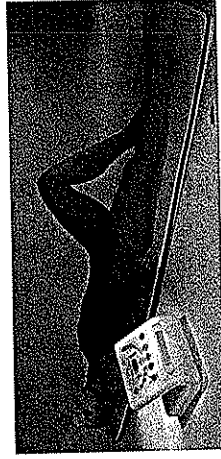
Effect of magnetic field therapy on psychological diseases:

MFT acts through the autonomic nervous system and can thus create the prerequisite for a mental equilibrium. It cannot eliminate the causes of psychological diseases nor should it be regarded as a cure for mental disorders. MFT can produce a sense of well-being, at least from a physical standpoint, and thus can create better access for dealing with a problem. Perhaps there are also direct influences of magnetic field therapy (very high intensities) on certain disturbed structures in the brain. The best effect achieved by magnetic field therapy is no doubt on sleep disorders. Three quarters of all patients with sleeping problems react positively to MFT. People often enjoy the sleep-promoting effect. The response is more rapid in patients who have trouble sleeping through the night than in those with difficulty falling asleep.



Proper use of MRS for psychological disorders

- Whole-body mat: 4 times a day for 8 minutes each time: 50 % level in the morning, 25 % level at noon, 10 % level in the afternoon, sensitive level in the evening



Whole-body treatment for psychological disorders

- Forms of therapy that support MFT: homeopathy, kinesiology, NLP, TENS, biofeedback, qi gong, ayurvedic medicine, Bach flower remedies, Kneipp cure, cognitive therapy, TCM, therapeutic touch, phytotherapy (St. John's wort, baldrian root, lady's mantle, passion flower, hops, molasses, pollen)
- Special instructions on use: MFT should be used in conjunction with psychotherapy.

• Duration of therapy: The therapy usually takes longer in patients with emotional problems and is closely related to the person's personal and social development.

• Instructions on the initial reaction: In rare cases, depressive patients may experience an exacerbation of pre-existing sleep problems at the start of treatment (increase the dose gradually!).



Scientific studies of the treatment of psychological diseases with MFT

• Dr. Christian Thuile, M.D., Dr. Scherer Christoph, M.D., Center for Energy Medicine in Vienna: "Influence of Magnetic Resonance Systems on Autonomic, Stress-Related Parameters," ENERMED 1998, 2nd International Congress for Energy Medicine, Seefeld in Tirol. - In this series of investigations, the influence of the MRS 2000 + MED system on some important clinical parameters was evaluated. The results show a definite reduction in the measurable stress-related parameters of the human body. Significant findings: a reduction in systolic blood pressure and skin conductance and an increase in temperature with a relatively constant pulse and respiration.

• L.S. Baker-Price: "Weak but Complex Pulsed Magnetic Field Application: A Noninvasive Treatment for Depression Following Traumatic Brain Injury," Laurentian University, Behavioral Neuroscience Program, 1997. - Depression occurring after a head injury is often resistant to therapy and fails to respond to antidepressant medication. In this study, 16 depressed patients after head injuries were treated with MFT, specifically with a weak field. The results show that treatment with magnetic fields in depression can be an alternative to unsuccessful treatment with medication.

• C. Haag et al.: "Transcranial Magnetic Stimulation. A Diagnostic Means from Neurology as Therapy in Psychiatry," *Nervenarzt*, 68(3) March 1997, pp. 274-278. - This scientific article describes the use of transcranial magnetic stimulation in depressed patients and shows the antidepressive effect of magnetic fields acting at deep levels of the brain.

• M.R. Kirkcaldie et al.: "Transcranial Mag-

netic Stimulation as Therapy for Depression and Other Disorders," *Aust N Z J Psychiatry*, 31(2) April 1997, pp. 264-272. - This scientific article investigates the use of MFT in researching depression. The results show that high-frequency transcranial magnetic stimulation is an effective treatment for depressive patients with a low incidence of side effects.

• B.V. Morozov et al.: "Treatment of Neurotic Depression with the Help of Extremely High Frequency Electromagnetic Radiation," *Zh Nevropatol Psikhiatr Im S Korsakova*, 96(6), 1996, pp. 28-31. - This study investigates the effect of MFT as an additional supportive form of therapy in patients suffering from depression. In 50 % of the mild to moderately mild cases of depression, a complete cure was achieved; at least a slight improvement in depression was achieved in another 40 %.

• Graham et al.: "Nocturnal Melatonin Levels in Human Volunteers Exposed to Intermittent 60 Hz magnetic field," *Bioelectromagnetics*, 17(4), 1996, pp. 263-274.

• Rogers et al.: "Brief Communication: Rapid Onset/Offset, Variably Scheduled 60 Hz Electric and Magnetic Field Exposure Reduces Nocturnal Serum Melatonin Concentration in Nonhuman Primates," *Bioelectromagnetics*, Suppl. 3, 1995, pp. 119-122.

• Lee et al.: "Melatonin and Puberty in Female Lambs Exposed to EMF: A Replicate Study," *Bioelectromagnetics*, 16(2), 1995, pp. 119-123.

• V.A. Lebedev: "Treatment of Neurogenic Dysfunction of the Bladder and Enuresis in Children with a SKENAR Apparatus," *Vopr Kurortol Fizioter Lech Fiz Kult* (4), 1995, pp. 25-26. - In this article, we find evidence of successful treatment of children who are bed wetters with MFT.

• L. Higgs et al.: "Subjective and Objective Relaxation Effects of Low Energy Emission Therapy," The New York Hospital, Cornell Medical Center, *STRESS-MED*, 10/1 (5-13), 1994. - This study shows impressively the effectiveness of MFT in treatment of stress-related diseases. Findings include a drop in systolic blood pressure, a feeling of warmth and muscle relaxation. These results suggest that low-energy magnetic fields are a new therapeutic option in the large field of stress reduction.

sults in comparison with the placebo group in both groups, namely in the patient group and in the group of medical advisers.

• Grunner: "Differential Effects of Electromagnetic Fields in the Therapy of Neurosis and Depressions," *Activ ner. super., Praha*

• Z. Jerabek: "Pulsed Magnetotherapy in Czechoslovakia: A Review," *First World Congress for Electricity and Magnetism in Biology and Medicine*, 14-19 June 1992, Lake Buena Vista, FL, p. 81. - This article presents a review of the use of pulsating magnetic fields and mentions a number of possible applications, including successful treatment of bed-wetting in children.



Physician reports on the treatment of psychological disorders with MFT

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/1/40 666 00

• Patient C.B., female, 65 years old; diagnosis: poor general condition: cachectic, lack of energy after/due to depression, no change in condition despite antidepressants, also marked polyarthrosis. Results of MRS therapy: After three months of MFT and a marked initial reaction at first, this patient is free of pain today and sleeps as well as in her younger years.

• Patient B.B., female, 48 years old; diagnosis: stress, tension, chronic fatigue, hypotension. Results of MRS therapy: A definite improvement was achieved after the second treatment. The patient was sleeping well and was again feeling fresh and energetic.

• Patient, female, 19 years old; diagnosis: This patient had a great feeling of insufficiency, crying and complaining of fatigue and she had a certain ambivalence toward her own infant. The patient was accompanied by her psychotherapist and had a relative resistance to therapy. Results of MRS therapy: After four weeks of additional therapy with MFT, the patient is again more active and is bonding with her child.

• Patient H.B., female, 58 years old; diagnosis: severe chronic sleep disorders for many years. The patient was constantly taking strong medication. Results of MRS therapy: The patient fell asleep during the first treatment. After lengthy

therapy, she is now feeling free of symptoms and has been able to get by without any medication for the first time in 16 years.

2. Dr. Werner Raufelder, M.D., general medicine, social medicine, spa doctor, Bad Endorf
• Patient C.B., male, 56 years old; diagnosis: sleep disorders, cervical syndrome, etc. Results of MRS therapy: After the first session, his sleep was improved; after the seventh session, the cervical spine improved. A follow-up examination showed this patient to be almost free of symptoms.

3. Dr. Ursula Miggitisch, M.D. general practitioner, Graz

• Patient A.G., male, 38 years old; diagnosis: difficulty falling asleep and sleeping through the night, training-related knee pain with even a slight load. Results of MRS therapy: Definite improvement in sleeping habits, increased vitality and creative power. Pain in the knee area subsided significantly only through occasional local use of the pad.

• Patient C.J., male, 66 years old; diagnosis: sleep disorders, upper abdominal symptoms, spinal pain. Results of MRS therapy: The sleep disorders improved significantly and the patient no longer needed any medication. Upper abdominal discomfort relieved, spinal complaints disappeared entirely and neuralgia improved.

• Patient, female, 11 years old; diagnosis: neurodermatitis combined with nervousness and sleep disorders. Results of MRS therapy: The itching stopped after just ten days of treatment, and after another 14 days the disease symptoms subsided, the skin efflorescences (redness) disappeared completely and the sleep disorders had disappeared completely; the girl seemed like a new person.

4. Dr. Heimit Ormig, M.D., Surgery Department of the Elizabeth Hospital, Graz

• Patient M.O., male, 30 years old; diagnosis: transverse lesion of the spinal cord with paralysis after a sports injury, tetraplegia, constant sleep disorders, occasional cramps, residual urine up to 200 ml, repeated urinary tract infections, decubital ulcer, loss of drive. Results of MRS therapy: no more sleep disorders, good fitness, decubital ulcer completely healed, no more residual urine, no urinary tract infection. The patient feels good and energetic.

5. Dr. Harald Eckardt, M.D., Dr. Gero Krause, M.D., Dr. Holger Lorenz, M.D., Dr. Josef Kapellmann, M.D., orthopedic surgeon, Rosenheim

• Patient K., female; diagnosis: sleep disorders, chronic lumbar syndrome. Results of MRS therapy: Mrs. K. reported being free of pain after only half of the treatments. Her sleep disorders have now disappeared.

6. Dr. Ulrich Klaubert, M.D., ear-nose-throat specialist, Lübeck

• Diagnosis: difficulty in falling asleep and sleeping through the night; patient would wake up frequently during the night and would have difficulty falling back to sleep. Results of MRS therapy: now falls asleep much better, wakes up less often at night, falls back to sleep rapidly.

7. Dr. Andrea Leute, M.D. Überlingen

• Patient, female, 38 years old; diagnosis: because of her occupational employment in the field service with very little physical activity and a lot of driving on the road, she sometimes had difficulty falling asleep at night during phases of great occupational stress. Results of MRS therapy: decline in intermittent sleep disorders by approx. 30 %.

8. Dr. Othmar Rainer, M.D., general practitioner, Graz

• Patient, female; 68 years old; diagnosis: sleep disorders since the start of the menopause despite physical fatigue. This patient has been taking sleeping pills of the benzodiazepine group for several decades. Results of MRS therapy: She feels much more refreshed during the day (in her words: "like a new person") and rarely needs sleeping pills.

9. Dr. Gustav Skreiner, M.D., medical adviser, general practitioner, Graz

• Patient, male; diagnosis: depression, chronic joint complaints, sciatica, rheumatic complaints, autonomic dystonia, condition after a stroke, hypertension, exhaustion complaints, muscle tension. Results of MRS therapy: Good results have been achieved so far.



Patient reports on the use of MRS for psychological disorders:

1. Thanks to the company Vita-Life
• Patient B.O., male, 60 years old; diagnosis: sleep disorders, occupational problems, frequent

headaches, backaches, agitation, labile moods, existential anxiety. Results of MRS therapy: "I was sleeping better after the very first treatment and my hands were almost pain-free. Since then, I have been sleeping through the night consistently (6 hours), and I have been calmer and more relaxed. After three weeks, I was no longer experiencing anxiety despite problems.

My concentration improved and I no longer had to search for words. After 4 1/2 weeks, I had hardly any problem getting up in the morning. After the fifth week, I felt some pain where I had previously had pain, but otherwise I have felt good, although my occupational problems have increased."

2. Thanks to Mrs. Magrit Stettler

• Patient R.N., female, 4 years old; diagnosis: regular bed wetting. Results of MRS therapy: Complete improvement after three weeks. This young patient would lie down on the mat on her own.

• Patient C.V., female, 89 years old; diagnosis: forgetfulness, fatigue, apathy, little energy. The patient always wants to go home, but she goes out without a coat and shoes even when it is cold outside. Results of MRS therapy: Mrs. C. is much more active, can carry on a conversation again, talks about her life, laughs and enjoys life. She stays home, has become calm and is again taking long walks.

3. Thanks to Mr. Dietmar Hauser, certified engineer

• Patient Z.P., male, 51 years old; diagnosis: hypertension, constant headaches for five years, difficulty falling asleep, depression, diabetic blood sugar (280), snoring, heartburn for many years. Results of MRS therapy: His headaches, sleep disorders and depression have disappeared with the use of prepared herbs. Blood pressure normalized with concomitant reduction in medication, headaches disappeared. This patient no longer has any sleep disorders or depression and has been able to stop taking medication. Blood sugar normalized (95) after an initial exacerbation. Blood pressure normal after two months.

• Patient L.O., male, 52 years old; diagnosis: brain tumor: equilibrium disorders, severe depression, epileptic seizures, difficulty in concentrating, difficulty in finding the correct word, highest nursing classification. Results of MRS

therapy: After an initial exacerbation, the patient showed an improvement in all areas after four weeks and was able to reduce his use of medication. MRI: The tumor has not grown any more. His sleep disorders and difficulty in concentrating have been eliminated and he no longer has any difficulty in finding the correct word.

4. Thanks to Mr. Reinhard Schlag

• Patient, 12 years old; diagnosis: hyperactivity. Results of MRS therapy: After the treatment, the patient experienced mild headaches and became very fatigued. He returned late that afternoon and his mother reported to me that her son had slept deeply for about five hours and was then much calmer and was not so nervous.

• Patient M.H., female 36 years old; diagnosis: "For five years, I have been experiencing a tightness around my heart with the least exertion and a fear of death. All clinical studies have shown no findings of disease, so my doctor sent me to a psychotherapist. With his help, I have been able to relieve my neurosis about my heart." Results of MRS therapy: "Since I have been using MFT, I am feeling very good again, and my heart symptoms have disappeared."

5. Thanks to Mrs. Ursula Lange

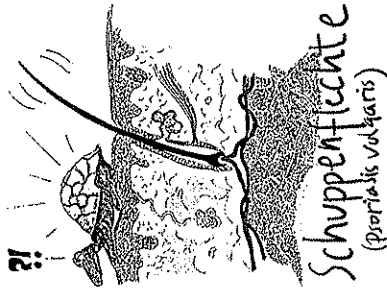
• Patient R.H., female 63 years old; diagnosis: difficulty in falling asleep and sleeping through the night. Results of MRS therapy: "I have experienced positive changes in all my sleep habits very rapidly, and it is now much easier to fall asleep and sleep through the night. When I wake up, I fall back to sleep quickly. I now sleep seven to eight hours, whereas in the past I would sometimes sleep only three hours or not at all."

6. Thanks to Mr. Rudolf Frauenberger

• Patient H.B., 67 years old; diagnosis: sleep disorders. Results of MRS therapy: "I fall asleep much more easily and I feel much better."

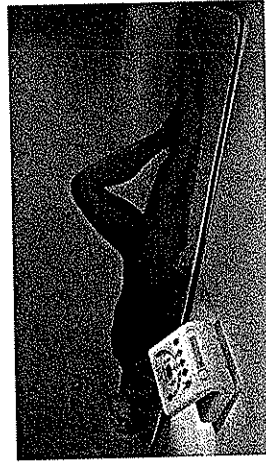
7. Thanks to Mr. Siegfried Muhy

• Patient E.G., female 40 years old; diagnosis: "After being pregnant, I was unable to hold my urine and I had been having sleeping problems for several years." Results of MRS therapy: "I began the treatments two weeks after giving birth. From the beginning, I noticed an improvement, and after about 3 1/2 months, my bladder



- Notes on the initial reaction: In rare cases, there may be brief increased redness or itching. Increase dose gradually!
- Special notes on use: Drink lots of fluids! Check pH of urine.

Studies, physician reports and patient reports: see individual diseases



Basic treatment for skin diseases

15.1. Acne

More than 70 % of young people suffer from acne during puberty. Normal acne occurs when a hair follicle becomes clogged due to excessive production of sebum. Since skin bacteria can reproduce especially well in a plug of sebum in a pore, they quickly cause an inflammation, appearing as a red elevated area on the skin with a central yellow pustule.

15. Diseases of the skin



Effect of MFT on skin diseases:

soothing, balancing effect through the autonomic nervous system, promoting circulation, preventing inflammation, relieving pain and itching, stimulating the connective tissue cells to rapid wound healing, strengthening the immune system and balancing it through the autonomic nervous system.



Proper use of MRS for skin diseases

- Whole-body mat: 3-4 times daily for 16 minutes each time: 50 % level in the morning (increasing gradually from 10 %), 25 % level at noon, 10 % level in the afternoon, sensitive level in the evening
 - Pad or probe: 2-3 times a day for 24 minutes each time: 100 % level (gradually increasing the dose) at the local problem zones
- The pad and the probe are not obligatory, and use of these applicators should be coordinated in time with the use of the mat.
- Forms of therapy supportive of MFT: urine therapy, homeopathy, TCM, aroma therapy, bioresonance, NLP, ayurvedic medicine, saline therapy, vitamins and trace elements (vitamin E, zinc), herbal therapy (evening primrose oil, borage oil, aloe vera, smilax, gotu kola, nigella oil, astragalus root), shark cartilage extract

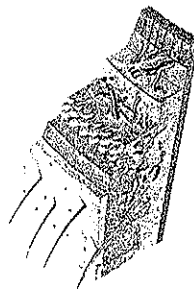
- Patient A.K., male; diagnosis: Snoring. Results of MRS therapy: His loud snoring has changed to mild snoring or deep breathing.
- Patient H., male, 60 years old; diagnosis: agitation, nervousness. Results of MRS therapy: pleasant relaxation.

Appraisal of MRS: 70 % good to very good results in sleep disorders, 50 % good to very good results with other psychological disorders.



- 8. Thanks to the company Medline
- Patient K.J., female, 73 years old; diagnosis: pain and stiffness in the joints. Results of MRS therapy: "After a few months, I can say that despite my age of 73, each day has become a day worth living. I have almost completely stopped taking sleeping pills (which I had taken since a myocardial infarction)."
- 9. Thanks to Mrs. Beate Martina
- Patient M.P., female, 83 years old; diagnosis: Sleep disorders, mild depression, pain. Results of MRS therapy: Her sleep disorders and depression were eliminated within a very short period of time.
- Patient B.H., female, 44 years old; diagnosis: Severe sleep disorders: intense outbreaks of perspiration day and night. Results of MRS therapy: After about two to three weeks, her sleep disorders improved and she was perspiring much less.
- 10. Thanks to Mrs. Dagmar Weissenbacher
- Patient L.H.P., male, 55 years old; diagnosis: Severe sleep disorders, agitation. Results of MRS therapy: "After about three weeks, I have slept through the night again and I have more appetite than before. I feel much fresher and recovered, with greater endurance."
- 11. Thanks to Mrs. Gabriele Friedrich
- Patient E.B., male, 29 years old; diagnosis: Nervous agitation, sleep disorders, circulatory disorders, high blood pressure, headaches, tension. Results of MRS therapy: "The first time I used it, I felt a pleasant warm feeling and I was relaxed. My headaches disappeared. I feel more balanced and calmer. My sleep disorders, circulatory problems and high blood pressure have normalized. The tension in the neck and shoulder area disappeared and my joint pain also disappeared."
- 12. Thanks to Mrs. Franziska Engeli
- Patient T.S., male, 69 years old; diagnosis: Severe exhaustion with even slight physical exertion. Fatigue and all the symptoms of depression, sweating on awakening in the morning and during breakfast. Results of MRS therapy: An improvement in overall condition in the 1st through 7th weeks; exhaustion, fatigue and heavy perspiration have stopped completely.

There are approximately 600 sebaceous glands in one square centimeter of skin on the face, neck and back. If the inflamed plug of sebum comes in contact with air, it becomes black, while the whitish ones remain beneath the surface of the skin. Sebum glands do not produce the same amount of sebum in all people. During puberty, there is increased production of sebum due to increased production of sex hormones in the body. Acne is caused by hormones and birth control pills which contain progesterone also cause acne. Many women's faces break out with pimples in the days before their menstrual period because of the hormone changes. Contrary to popular opinion, fatty foods, chocolate and sweets do not have anything directly to do with acne. A role might be played by an unhealthy diet, excessive stress and a poorly functioning digestive system (liver, spleen, intestine) which does not eliminate toxins from the body by the normal route, but instead secretes them through the skin.



Skin

Acne rosacea is a skin condition caused by ruptured blood vessels. Red cheeks, a red nose, occasional swelling and pimples are typical features. In severe cases, the nose may become enlarged and deformed. In most cases, this form of the disease occurs after the age of 30, mainly in women and people who blush easily. The actual cause is still unknown, but it is known that sunlight, alcohol, caffeine and cheese can trigger this form of acne.

This mild form of acne can be treated with a cream or lotion to remove the oil and open the pores. Benzoyl peroxide, antibiotics and vitamin A derivatives are the medications used most commonly. Antibiotics should be taken over a long term, with the dose being reduced gradually at the end to prevent an-

other flare up of the acne. Estrogen in pill form is often prescribed for women to establish a hormonal balance.

Effects and correct use: see beginning of this chapter.



Scientific studies on the treatment of acne with MFT

- R.A. Drolet: "Thumart Therapy: A Non-invasive Cell Regeneration Ion and Anti-inflammatory Therapy Using Electromagnetic Fields," Bioelectromagnetics Society, 4th Annual Meeting, Los Angeles. - This article emphasizes the positive effects of magnetic fields, in particular the anti-inflammatory, cell-regenerating, sedative and pain-relieving effects.
- Additional studies: see other diseases in this chapter.



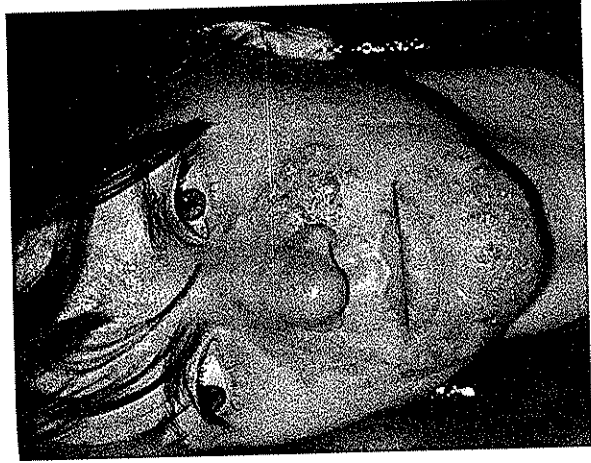
Physician reports on the treatment of acne with MFT

1. Dr. Lutz Ammerer, M.D.
 - Patient, female, 48 years old; diagnosis: After removal of a tumor, a dark red, cosmetically unattractive scar keloids developed with pain on pressure despite the use of various "scar creams." Results of MRS therapy: The scar became soft and was no longer tender or red after ten treatments with concomitant intracutaneous injections of "Traumeel".



Patient reports on the treatment of acne with MRS

1. Thanks to Mr. Gerhard Kniepeis
 - Patient S.R., female, 36 years old; diagnosis: "For 15 years I had severe acne on my face. Sometimes the symptoms were so bad that I had to take strong cortisone preparations. The condition would improve somewhat after taking cortisone, but the acne would return. Results of MRS therapy: "My condition actually worsened in the first weeks of treatment. Concomitant use of Alga-Vital und Iapachol at first made it worse: my face actually hurt and itched a lot. The first improvement occurred after four weeks, and then after four months, my acne symptoms disappeared except for some redness, and after six months even the redness disappeared and now I can laugh again."



Acne before and after MFT

- Patient D.M., male, 51 years old; diagnosis: acne pustules on the face since the age of 46 despite taking birth control pills (reason: estrogen deficiency). Results of MRS therapy: After one year, 100% pain free and fully employed again. Perceptible improvement in energy balance, concentration and attention. Acne pus-

tules on the face disappeared after the eighth week and face still remains clear today.



Appraisal of MFT: 65% good to very good results

15.2. Decubital ulcer, ulcers on the hands and gangrene

A decubital ulcer develops due to local pressure damage to the tissue as a result of lying for a long time (patient immobilized), with the destruction of the tissue or cells being caused by the weight of the patient's body. The tissue over bony projections such as the heels, ankles, thigh, sacrum, elbow and shoulder blade are especially at risk. Risk factors include immobility, e.g., after paralysis, dementia, motor and sensory failure after a stroke, circulation disorders, e.g., in diabetes and arteriosclerosis, edema with defective vein valves and obesity. The most important treatment here is nursing care, constantly relieving the pressure on the patient (turning them every two to three hours and ensuring a balanced intake of nutrients). If a pressure sore has already developed, an attempt must be made to treat the wound as well as possible to allow it to close. MFT is a valuable support here.

Gangrene is understood to be the spontaneous destruction of tissue and skin, usually as a result of inadequate circulation. Gangrene occurs mainly in the extremities, especially as a consequence of peripheral occlusive arterial diseases, diabetes mellitus and frostbite or with a variety of different infections. Amputation is often the best treatment option.



Scientific studies on the treatment of skin ulcers with MFT

- C.A. Salzberg et al.: "The Effects of Non-Thermal Pulsed Electromagnetic Energy on Wound Healing of Pressure Ulcers in Spinal Cord-Injured Patients: A Randomized, Double-Blind Study," Wounds: A Compendium of Clinical Research and Practice, 7(1), 1995, pp. 11-16. - This double-blind, placebo-controlled study documents the fact that the

slowly. After three months of treatments, my diabetes test values also improved. Circulation in my feet improved, healing of the ulcers progressed smoothly and the inflammation disappeared. My sleep improved and the rheumatism in my shoulder disappeared."

3. Thanks to Mrs. Ursula Lange

- Patient M.D., male, 35 years old; diagnosis: "Because of diabetes, the ulcer wounds would not heal and the inflammation would not go down, especially on the right foot. In addition, he had lost feeling in his feet many years previously. Physicians had not ruled out the possibility of amputation of the foot." Results of MRS therapy: In combination with laser therapy, the wounds on the right and left feet closed. There was a remarkably rapid increase in feeling in the area of the sole after just one week. The inflammation disappeared. Immobilization of the foot (recommended by the physician) was impossible because of his hard work as a businessman. The top side of the foot has also healed.

- Patient M.M., female, 78 years old; diagnosis: Chapped skin on the tips of the fingers, age-related impairment in the motor system. Results of MRS therapy: The tension was quickly relieved, mobility improved. No more cracks on the fingertips. The age-related impairments have been improved, resulting in a better quality of life.

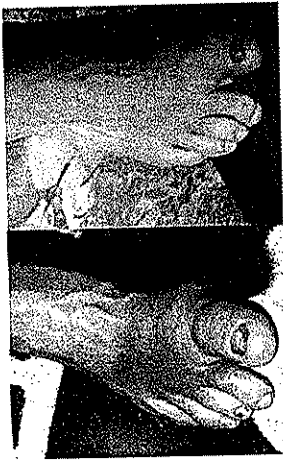
- Patient B.H., female, 28 years old; diagnosis: Fatigue and depression due to irregular work hours, problematical varicose veins, especially esthetically, painful legs, dryness of all the skin on her body. Results of MRS therapy: "I was restored to a normal day-and-night rhythm and I was no longer so tired. The feeling of heaviness and the tension were reduced. My dry skin improved."



Appraisal of MFT: 70-75 % good to very good results

15.3. ECZEMA

The term eczema includes various skin conditions. Eczema usually occurs on hands, ears, feet and legs, but it may affect any part of the skin. Typical symptoms include itching and flaking spots and blisters. The tissue hormone



Left: before MRS therapy; right: after MRS therapy



Above: before MRS therapy;
Below: after MRS therapy

- Patient, male, H.D., 78 years old. Diagnosis: Open leg ulcers for several years. Results of MRS therapy: the ulcers on his calves closed after six weeks and the color of his calves also improved.

- 2. Thanks to Mr. Dipl. Ing. Dietmar Hauser
 - Patient, male; diagnosis: diabetes, circulation disorders, ulcers on both legs, signs of inflammation on the right foot, sleep disorders. Results of MRS therapy: "After one week of treatment, I began to have feeling in both soles of my feet (tingling) for the first time in four years. My headache improved. The wound began to close

constant sleep disorders, occasional cramps, residual urine up to 200 ml, recurrent urinary tract infections, loss of drive. Results of MRS therapy: No more sleep disorders, good fitness, decubital ulcer completely healed, hardly any more cramps, no residual urine and no more urinary tract infections. The patient feels good and energetic.

2. Dr. Ursula Miggitsch, M.D., general practitioner, Graz

- Patient C.J., male, 66 years old; diagnosis: Gangrene of the toe, sleep disorders. Results of MRS therapy: The sleep disorders have improved significantly and the patient is no longer taking any medication. The gangrene wound on the toe is showing definite signs of improvement.

3. Practical team Dr. Johnston, M.D., Borken

- Patient, female, 60 years old; diagnosis: The patient has a long medical history: venous insufficiency and 4th degree varicose veins, a recurrent ulcer on the lower leg, surgery for varices in May 1998. An incipient fibrous crural ulcer was confirmed. Results of MRS therapy: Patient free of symptoms after four treatments, swelling visibly subsiding. Ulcer developing granulation without a coating.



Patient reports on the treatment of skin ulcers with MRS:

1. Thanks to Mrs. Maria Pfeifer

- Patient M.D., male, 35 years old; diagnosis: Primary illness diabetes and the resulting poor wound healing. Due to his occupation, the wound could not heal undisturbed and the inflammation could not subside. Loss of feeling in the area of the soles of the feet for many years. Amputation of his foot in the future was being considered by his doctor. Results of MRS therapy: "After just one week of treatment, the feeling returned to the soles of my feet for the first time in four years. Each treatment is accompanied by a tingling in the feet. Wound closure is also progressing slowly. In the meantime, my headaches and sleep disorders which I have had for many years have also disappeared. My blood sugar levels have improved and the improved circulation in the soles of my feet has persisted, with the wound beginning to close and the inflammation subsiding. Meanwhile, the wounds have closed and I can again put weight on my foot."

treatment with non-thermal pulsating electromagnetic fields accelerates wound healing, especially in spinal cord injuries. The patients were suffering from level 2 and 3 pressure sores on the skin. The patient was obviously successful after 12 weeks: almost all patients showed a definite improvement, and in most cases the wound had closed completely.

- R.V. Galimzianov: "Laser and Electromagnetolaser Therapy for Trophic Ulcers of the Lower Extremities in Chronic Venous Insufficiency." Vestn Khir Im I I Grek, 152(5-6), 1994, pp. 70-72. - The results of this study show that daily use of electromagnetic fields together with the laser shortens healing time for ulcers on the lower extremities to 18 days. By comparison, healing time in the control group was 26 days.

- S. Comorosan et al.: "The Effect of Diapulse Therapy on the Healing of Decubitus Ulcer," Romanian Journal of Physiol., 30(1-2), 1993, pp. 41-45. - This scientific study shows the results of treatment with magnetic field therapy in bedridden patients with decubital ulcers and similar skin ulcers.

- A.V. Alekseenko et al.: "Use of Magnetic Therapy Combined with Galvanization and Tissue Electrophoresis in the Treatment of Trophic Ulcers," Klein Khir (7-8), 1993, pp. 31-34. - MFT was investigated on 86 patients with skin ulcers. On the basis of the study results, the author recommends the use of MFT for skin ulcers on the lower extremities.

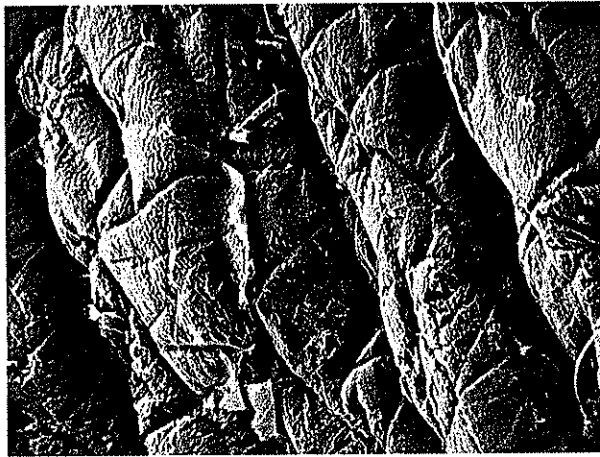
- M.J. Stiller et al.: "A Portable Pulsed Electromagnetic Field Device to Enhance Healing of Recalcitrant Venous Ulcers: A Double-Blind, Placebo-Controlled Clinical Trial," British Journal of Dermatology, 127(2), 1992, pp. 146-154. - This double-blind, placebo-controlled study reports on the results of treatment with pulsating electromagnetic fields in treatment of leg ulcers of venous origin.



Physician reports on the treatment of skin ulcers with MF

- 1. Dr. Helmut Ortnig, M.D., Surgical Department of the Elizabeth Hospital of Graz
 - Patient M.O., 30 years old; diagnosis: Transverse lesion of the spinal cord with paraplegia after a sports injury, tetraplegia, decubital ulcer,

histamine is released when eczema develops, causing dilation of blood vessels and the release of more white blood cells (lymphocytes) into the corresponding region. As a result of the efflux of fluid, the skin swells, becomes red and begins to itch.



Skin surface under the electron microscope

Contact eczema, which occurs on coming in contact with certain substances (such as chemicals, suntan lotion, shampoos, cosmetics, latex, nickel, chromium, adhesive bandages, plants, wool), is often caused by constant washing and drying and by cold and dry conditions. Ammonia dermatitis is classified as a contact eczema and it is often caused by wet diapers and irritation due to urine or feces. In this case, the skin should come in contact only with cotton. Skin-on-skin eczema occurs especially in overweight people. This contact eczema occurs due to rubbing of the skin together with perspiration. Atopic eczema occurs very often in children, 50% of whom also have asthma. These types of eczema may be caused by different triggering factors: house dust, tree pollen or grass pollen, fungus spores, animal hair and dander, feathers, detergent powder, soft-

ers, perfumed skin cream, shampoos and suntan lotion, chemicals, food additives, various foods (cow's milk, eggs, nuts, shellfish, rice), etc. In seborrheic eczema, scabs of thick brownish yellow, fatty flakes or scabby red spots develop on the skin, behind the ear, in the eyebrows or in folds of skin. This type of eczema, which also occurs in babies, normally heals spontaneously by the age of two. Varicose eczema occurs when varicose veins do not bring enough oxygen and nutrients to the affected area. It is important to eliminate the causes of the respective eczema before treatment. This is not always easy with atopic eczema, however. Medication applied to the skin helps only relieve the symptoms but does not cure the eczema.

Scientific studies on the treatment of eczema with MFT:

see other diseases in this chapter



Physician reports on the treatment of eczema with MFT

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., 1080 Vienna, Breitenfeldergasse 10, tel. 0043/1/40 666 00

• Patient I.S., male, 40 years old; diagnosis: Thyroid dysregulation, occupationally induced contact eczema, pruritus, rash. Results of MRS therapy: After six weeks, there was a slight improvement in the symptoms of contact eczema. The patient falls asleep very well and is more balanced automatically. The rash has faded somewhat and the pruritus occurs only in the evening. The rash was cured after three months.



Patient reports on the treatment of eczema with MRS

1. Thanks to Mr. Max Keiser und Mrs. Verena Singer
- Patient, female B., 70 years old. Diagnosis: allergies, hay fever, eczema. Many forms of therapy had been absolutely unsuccessful. Results of MRS therapy: The eczema improved.
2. Thanks to Mr. Werner Mayrhuber
- Patient G.E., female; diagnosis: eczema. Results of MRS therapy: "Eczema on the hands, which never disappeared despite repeated at-

tempts at treatment, flared up massively and then subsided again. I am aware that some more of these sometimes painful and unpleasant initial exacerbations will occur, but now that I know this is what I have to go through to rid my body of these old problems, it is also much easier to tolerate them."

15.4. Furuncle

A furuncle is a purulent inflammation of a hair follicle which spreads to the surrounding area and can form an abscess. If this develops at the same time in several sebaceous glands, lesions the size of the palm of the hand develop; these are called carbuncles. A furuncle is harmless at first. Due to the inflammation, a reddish circle develops with pulling pain and then a nodule develops. The deeper tissue is also affected by the inflammation. After three to four days, pus begins to flow out of the furuncle and the pain and inflammation subside. Finally, the plug formed from the destroyed tissue is ejected. Furuncles occur especially in the area of the neck and are especially unpleasant in the buttocks and on the lips. Repeated development of new furuncles is called furunculosis. Diabetics and obese patients are especially at risk. The pus-forming bacteria (staphylococci) play only a triggering role; the primary cause is a metabolic disorder. Therefore, a prerequisite for having no more furuncles is to correct the metabolic dysfunction. Existing furuncles must be disinfected thoroughly to prevent them from spreading. Antibiotics are often used. In carbuncles which fuse, surgical incision and subsequent drainage of the pus are necessary. With regard to dietary measures, it is important to have a high-fiber diet.



Scientific studies on the treatment of furuncles with MFT

- Y.L. Arzumanov: "An Overview of the Third Workshop 'Use of Millimeter Waves in Medicine'," Millimetrowie Volni v Biologii i Meditsine (3), 1994, pp. 104-7. - This summary of various studies shows that low-frequency and low-energy MFT is very suitable for treatment of chronic furunculosis.



Physician reports on the treatment of furuncles with MFT

1. Dr. Kowalewsky, M.D., Berlin
- Patient, male, 31 years old, cyclist; diagnosis: chronic sitting problems (folliculitis no abscesses) for five years, poor wound healing and numerous wound infections. Surgical removal of an egg-sized abscess under general anesthesia, then open treatment with Braunol ointment dressings. Results of MRS therapy: After two weeks, complete wound closure, leaving a scar 2 cm long and 0.5 cm wide. Soft and painless connective tissue below the scar. The patient was able to resume cycling training four weeks after the surgery. Evaluation: Unusually rapid wound healing.



Patient reports on the treatment of furuncles with MRS

1. Thanks to the company Vita-Life
- Patient B.P., male, 55 years old; diagnosis: Severe skin problems affecting his face - redness, impurities, sensitive skin; severe hair loss after the treatment but no improvement in his skin. Results of MRS therapy: "After about three weeks, I can sleep through the night well, and my skin problems have visibly improved (friends have been asking about the treatments). I feel much fresher, recovered able to endure much more."



Appraisal of MFT: 75% good to very good results

15.5. Alopecia (hair loss)

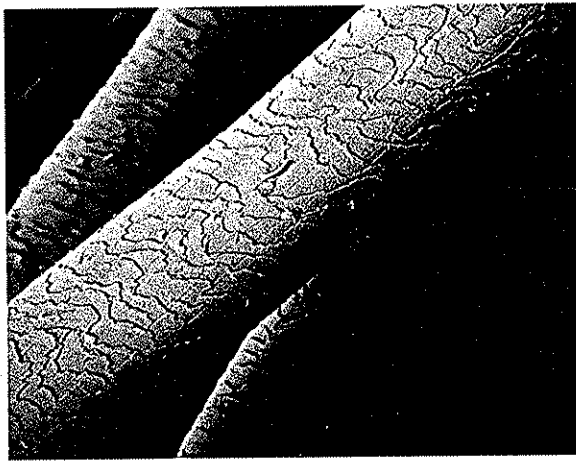
There are various forms of alopecia or hair loss - circumscribed areas or baldness over a large area. The causes are usually unknown.



Scientific studies on the treatment of alopecia with MFT

- W. S. Maddin et al.: "The Biological Effects of a Pulsed Electrostatic with Specific Reference to Hair: Electrotrichogenesis," International Journal of Dermatology, 29(6), 1990, pp. 446-50. - This double-blind, placebo-controlled study investigated men with alopecia to determine the effect of MFT. After 36

weeks of treatment, it was found that the hair loss was stopped and new hair growth was promoted.



Hair

Physician reports on the treatment of alopecia with MFT

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/40 666 00

• Patient, female, 35 years old; diagnosis: Butterfly rash on her face for the last eleven years, hair loss, frequent infections - had tried everything to treat it for years. Results of MRS therapy: After 15 weeks, the redness was greatly reduced, her general condition improved significantly and the hair loss was stopped.

2. Patient reports on the treatment of alopecia with MRS

1. Thanks to Mr. Max Keiser und Mrs. Verena Singer
 • Patient R., female, 97 years old; diagnosis: alopecia, age-related susceptibility. Results of MRS therapy: The hair loss was stopped, and the susceptibility had improved greatly.

- Patient T.S., male, 84 years old; diagnosis: arthrosis, angina pectoris, circulation disorders, alopecia. Results of MRS therapy: Great improvement in mobility, the constricted feeling due to angina pectoris and circulation disorders. "I have more energy and enthusiasm. The hair loss has been stopped and I now have a denser hair structure and also stronger fingernails."
- Patient B.A., male, 44 years old; diagnosis: Pain, depression, dizziness, hair loss on both legs. Results of MRS therapy: Free of symptoms in the area of the lumbar spine, headaches and dizziness now occur only occasionally and to a slight extent. Hair on both legs has grown back completely.

Appraisal of MFT: 40-50 % good to very good results, depending on cause

15.6. Gangrene
 see chapter "Decubital ulcers" und "Skin ulcers"

15.7. Lupus erythematosus

This relatively common skin disease is a so-called collagenosis and affects mainly younger women, but the cause is unknown. The clinical picture is very complex and may be associated with fever, weakness and weight loss. In 90 % of the cases, it is accompanied by inflamed joints, in 75 % of the cases there are skin symptoms with the typical butterfly pattern of facial redness on the cheeks. In addition, renal changes and disorders in the area of the cardiovascular system and the nerves may also occur.

Scientific studies on the treatment of lupus erythematosus with MFT

• I.V. Khamaganova et al.: "The Use of a Pulsed Magnetic Field in the Treatment of Lupus Erythematosus," Ter Arkh, 67(10), 1995, pp. 84-87. - This report summarizes the results on treatment of patients with lupus erythematosus with magnetic fields. The results show that this treatment is beneficial due to its anti-inflammatory, pain-relieving and im-

munostimulating effects and the positive influence on microcirculation.

- V.D. Siorov, S.B. Pershin: "Immunomodulation Effect of Microwaves and Ultrahigh Frequency Electric Fields in Patients with Systemic Lupus Erythematosus," Bioelectrochem Bioenerg, 20, 1993, pp. 327-30. - This double-blind, placebo-controlled study investigated the effects of high-frequency magnetic fields in the treatment of patients with systemic lupus erythematosus. 26 patients were treated with MFT, 11 patients served as the control group. In 66 % of the patients treated with MFT, there was an improvement or a complete cure of muscle pain, painful contractions and joint pain.

Physician reports on the treatment of lupus erythematosus with MRS

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/40 666 00

• Patient, female, 35 years old; diagnosis: Butterfly erythema on the face for eleven years; hair loss, frequent infections - had tried everything for many years. Results of MRS therapy: After 15 weeks, the redness was greatly reduced, her general condition had improved greatly and the hair loss was stopped.

2. Patient reports on the treatment of lupus erythematosus with MRS

1. Thanks to the company Vita-Life
 • Patient M.M., female, 36 years old; diagnosis: "I have been suffering from lupus for ten years. My skin has been aged greatly by the disease and by cortisone; it is very thin and cracks easily. The redness on my face and the problems with my kidneys are the worst effects." Results of MRS therapy: "I have been receiving MFT treatments consistently for one year. My skin began to improve significantly after an initial reaction, especially on my face. Today my skin is smooth, almost like a baby's. My kidney values have also become somewhat better."

Appraisal of MFT: 60-70 % good to very good results

15.8. Neurodermatitis

Neurodermatitis is also known as atopic dermatitis. It is a chronic recurrent inflammatory skin disease occurring in 3-4 % of the population. There is still no known cause of neurodermatitis. The disease usually begins in the first two years of life, especially after the age of three months. In general, this condition improves during puberty. Actual skin changes occur primarily due to scratching, because this condition involves a very severe itching. Acute psychological stressors often trigger an attack. In children, mainly the inside of the elbow and the hollow of the knee are affected; in adults, it usually affects the face, neck, upper torso and the backs of the hands.

Various forms of treatment have been used for neurodermatitis: UV radiation, treatment with oil baths and emulsions that are not too greasy, an individually adjusted diet, a lot of sun (high mountains). Use of magnetic field therapy is accompanied by amazing success. Although the neurodermatitis does not heal, the symptoms can be relieved (fewer efflorescences on the skin and longer intervals until a new efflorescence develops).

Scientific studies on the treatment of neurodermatitis with MFT

• V.P. Adaskevich: "Effectiveness of the Use of Millimeter-Range Electromagnetic Radiation in Complex Treatment of Atopic Dermatitis Patients," Millimetrovie Volni v Biologii i Meditsine (3), 1994, pp. 78-81. - This study investigates the effects of MFT in combination with conventional treatment methods on patients with neurodermatitis. The results show that MFT was tolerated very well by all patients and an improvement in redness could be seen after 7-8 treatments. In 78 % of the patients treated with the combination therapy, there was a persistent improvement in the disease. Only 23 % of those treated had a relapse after two years of treatment, whereas 54 % of those in the control group had a relapse.

Physician reports on the treatment of neurodermatitis with MF

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/1/40 666 00

• Patient, female, 2 months old; diagnosis: neurodermatitis. Results of MRS therapy: The mother would lie down on the mat with her baby. There was a definite improvement in the infant's condition, itching was greatly reduced and consequently there were no more scratch wounds.

• Patient, female, 11 years old; diagnosis: Neurodermatitis combined with nervousness and sleep disorders. Previous treatment: cortisone and diet for many years. Results of MRS therapy: After only ten days of treatment, the itching stopped; after 14 more days, the symptoms were definitely subsiding, the skin efflorescences (redness) had disappeared completely and the child acts like she has been reborn.



Patient reports on the treatment of neurodermatitis with MRS

1. Thanks to the company Vita-Life
• Patient B.H., female 44 years old; diagnosis: Severe generalized neurodermatitis. Results of MRS therapy: After three weeks, her skin became lighter and finer and was not as swollen. However, she did experience a lot of itching.

• Patient T.F., female, 11 years old; diagnosis: Neurodermatitis since birth. Cortisone treatment led to dissatisfaction, nervousness and sleep disorders. Results of MRS therapy: After ten days of treatments, the itching has stopped. After 14 more days, the condition was under control. The patient is energetic, happy and much more satisfied with herself and her environment.



Appraisal of MFT: 60-70 % good to very good results

15.9. Psoriasis

Psoriasis is a form of squamous dermatosis. It is the most common skin disease of all. Approximately 2-3 % of the population suffer from it, but it is assumed that there are many undetected cases in addition to this figure. It

is characterized by reddish brown areas of skin, covered with silvery flakes. Psoriasis is not contagious, but it is hereditary. If both parents have psoriasis, the child has a 50 % probability of having it as well. Psoriasis is a defect of the skin where the cells of the skin or flakes are formed too quickly. It takes them only five to six days to move from the bottom layer of skin to the skin surface. On the skin surface, they combine with cells that have already died, causing the typical redness. The cause is unknown. Perhaps stress and a disturbance in the immune system have an influence because a simple sore throat, occupational stress, wounds, hormone changes due to oral contraceptives, a pregnancy, menopause, alcohol, drugs or sunlight can trigger psoriasis. The characteristic skin lesions, redish spots with white flakes the size of a coin are usually found on the elbows and on the extensor surface of the knee. These skin manifestations may be accompanied by an unpleasant itching. The disease itself is not threatening, but these patients suffer from social pressure: curious questions, disgust, etc. The disease proceeds in attacks, often flaring up again after many months. Medication cannot cure this disease. The traditional medical treatment is limited purely to the symptoms. Ultraviolet radiation (PUVA), the UVA radiation of the sun, especially around the Dead Sea (396 meters below sea level) can relieve symptoms. It is known that the disease is exacerbated by emotional influences, but it may also be improved. Treatment with fumatic acid, a substance used in conjunction with a special diet, is a recently developed form of therapy. Considerable success has been achieved with it. In severe cases, cytostatics and cortisone must be used. Sarsparilla root is used as a supportive herbal and homeopathic remedy.

Magnetic field therapy yields very good results in the treatment of psoriasis, especially in the months of April and May. It is long-term therapy.



Scientific studies on the treatment of psoriasis with MFT

• Y.L. Arzumano: "An Overview of the Third Workshop 'Use of Millimeter Waves in Medi-

cine," Millimetrovie Volni v Biologii I Medicine (3), 1994, pp. 104-107. - This review article emphasizes the excellent effect of MFT on psoriasis.

• R. Castelpietra et al.: "Initial Experiences in the Treatment of Psoriasis with Pulsating Magnetic Fields," Ospedale die Bambini [Children's Hospital] V. Buzzi, Milan. Minerva Med. - The ability to achieve therapeutic success with pulsating magnetic fields in psoriasis was investigated on 110 patients. The best results were achieved in the area of the head and hair (100 % good results), in the typical locations/joints: 73.7 % in men and 75 % in women. The best results were achieved by people in the 2nd, 5th and 6th decades of life. The prospects for success were better, the longer the disease had been in existence in a given patient. These results showed the best results when treatment was performed in the period of March/April. No side effects were reported.



Physician reports on the treatment of psoriasis with MF

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, tel. 0043/1/40 666 00

• Patient, female 36 years old; diagnosis: Severe psoriasis vulgaris for 24 years. After several years of taking medication, the patient is refusing to take any more medication because of side effects. Light therapy is the only treatment that has brought her any relief. Results of MRS therapy: After six months of intensive therapy, there has been a slight tendency toward an improvement; after eight months, the skin symptoms have largely disappeared. The patient has made it through the first winter in 24 years virtually free of symptoms.

• Patient M.O., 28 years old; diagnosis: psoriasis vulgaris. Findings: plaques approx. three hand widths in size on the forearms and shins, also affecting both hands. Severe desquamation, redness, some weeping cracks in the skin. Results of MRS therapy: definite improvement in desquamation, no more rhagades (cracks and fissures in the skin), incipient central fading of the erythema.

Patient reports on the treatment of psoriasis with MRS

1. Thanks to the company Vita-Life
• Patient E.K, female, 26 years old; diagnosis: Attacks of psoriasis vulgaris on the head and upper body area for 18 years. Treatment with corticosteroids, salicylic oil cures and PUVA brought only brief relief. Results of MRS therapy: After six weeks of treatments, there was a definite improvement in skin condition, and after three months, the patient has become completely free of symptoms.



Appraisal of MFT: 60-70 % good to very good results

15.10. Sweating, heavy (hyperhidrosis)

Perspiration normally serves as a thermal regulation function of the body. There may be excessive sweating during menopause, in diseases of the hormone system (e.g., overactive thyroid) and in neurological disorders (e.g., damage to the sympathetic nerve). This condition may be generalized, i.e., affecting the entire body, or it may be limited only to the armpits, the hands or feet.



Patient reports on the treatment of heavy sweating

1. Thanks to the company Vita-Life
• Patient T.S., female, 66 years old; diagnosis: Severe fatigue with even slight physical exertion, dejection, all the symptoms of depression. Cold sweats in the morning when waking up and while eating breakfast. Results of MRS therapy: In the 1st through 7th weeks: Improvement in overall condition (with respect to fatigue and dejection). Cold sweats have stopped completely.

• Patient B. I., female, 37 years old; diagnosis: very severe digestive problems, menstrual complaints, circulation disorders, sleeping problems with very heavy sweating. Results of MRS therapy: No more digestive problems since the first treatment, circulation disorders improved, sleeping problems disappeared and there was no more heavy sweating.



Appraisal of MFT: 50-60 % good to very good results

15.11. Burns, sunburn

Three stages of burns are distinguished. A first-degree burn is characterized by a painful redness of the skin because of an inflammation with edema but without any blisters (like a mild sunburn). This burn heals without leaving a scar. A second-degree burn involves blisters due to separation of the top layers of epithelium, which are filled with protein-rich exudates and are very painful. Depending on the depth of these blisters, slight scarring can be expected, but these burns usually heal without complications. In a third-degree burn there is complete destruction of the skin (it is "baked" or even charred) extending into the subcutaneous tissue. All the appendages of the skin (brows, nails, etc.) and the sensory nerve ends are destroyed. Healing always involves scarring. First- and second-degree burns are seen most often in the boundary areas. Whether or not there are complications will depend on the depth of the burn, its extent and the patient's age. The loss of fluids/electrolytes and proteins with large-area burns is dangerous. It causes the blood to become extremely thick, with the risk of reduced perfusion in the capillary flow regions of various organs (organ shock). The kidneys are usually affected first. The energy loss may cause additional damage to the body and lead to generalized shock or kidney failure. The organ damage is exacerbated by burn toxins. The stress often leads to stomach ulcers and a bleeding tendency. Infections can develop into a life-threatening septic condition. The physical deterioration and toxicity associated with this in the patient is known as burn disease (occurring with burns over more than approximately 20 % of the body surface). Late complications include severe scarring. Keloids and contraction of the joints also occur. First aid in burns should always include rinsing with cold water (for at least 10-15 minutes), cleaning out dirt, generous replacement of fluids (immediately!) And taking the patient to the hospital.

A sunburn is a first-degree burn. A person's sensitivity to UV-B depends on the amount of protective melanin pigment in the skin. A sunburn is painful, the skin becomes red and

may develop blisters. Creams and lotions help to soothe the skin. Accompanying symptoms may include dizziness, headache, nausea and a loss of fluid from the body. Until the sunburn has healed, the person with the burn should stay in the shade. The greatest risk associated with a sunburn is skin cancer, the prevalence of which has increased dramatically in recent years. It is assumed that serious sunburns change the structure of the skin and cause cancer to develop, but often not until many years later. Therefore, it is important to protect children in particular from sunburns.



Scientific studies on the treatment of burns and sunburns with MFT

R.A. Drolet: "Rhumart Therapy: A Noninvasive Cell Regeneration Ion and Anti-Inflammatory Therapy Using LF-EM Fields." Bioelectromagnetics Society, 4th Annual Meeting. - This report describes a variety of applications of MFT listed according to the corresponding international studies. The pain-relieving effects, the improved circulation in the skin, the improved wound healing and the soothing effect are especially important.



Appraisal of MFT: 75 % good to very good results

Patient, female, 20 years old; diagnosis: Painful burn due to touching a hot plate in a microwave oven. Results of MRS therapy: "I was pain-free after eight minutes."

Patient reports on the treatment of burns and sunburns with MRS

substance activated by platelets is fibrin, a protein substance in the blood which forms a fiber network around the clot and stabilizes it. Then the connective tissue cells (fibroblasts) can grow into this final thrombus and close the wound. Then the so-called granulation tissue develops beneath the wound. This tissue is rich in blood vessels but does not contain any nerves. The surrounding tissue places the granulation tissue over a period of time and thus closes the skin wound. The last scab is shed when healing is complete, leaving a scar with larger wounds.



Scientific studies on the treatment of wound healing with MFT

S. Moallemi et al.: "The Effects of Continuous Short Wave Frequency of Electromagnetic Fields on Tissue Healing," Department of Physics/Bioengineering, Department of Pathology, Department EM Lab., Iran University of Medical Science, Teheran, 1998. - This double-blind study has shown some major differences in wound healing between the group treated with a magnetic field and the group not treated with magnetic field. The magnetic field group had a 26 % stronger tissue structure in comparison with the control group.

M.S. Scardino et al.: "Evaluation of Treatment with a Pulsed Electromagnetic Field on Wound Healing - Clinico-Pathologic Variables and Central Nervous System in Dogs," American Journal of Veterinary Research, September 1998. - This recent study on dogs has documented the increased epithelialization of wounds under treatment with pulsating electromagnetic fields.

Additional studies: see other diseases in this chapter.



Physician reports on the treatment of wound healing with MFT

Dr. Ulla Sebastian, M.D., Kamen
Patient J.S., male, 85 years old; diagnosis: Capillary occlusion in the left foot, phlebomphrax (a clot in the vein) in the left leg, open wounds on the big toe. The nail had to be re-

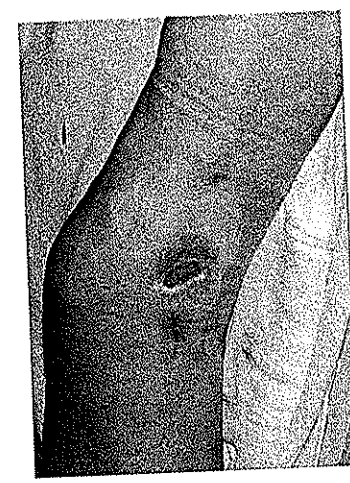
moved because of infection. When this patient began using MRS, the wounds were six weeks old and were healing very slowly. Results of MRS therapy: After the first treatment, his nail bed wounds began to bleed. Then two wounds at the tip of the toe closed within one week. After another week, the nail bed wounds formed again, after three weeks the toe had good circulation and the wounds had almost healed. He can now put weight on his leg again in walking.



Patient reports on the treatment of wound healing with MRS

1. Thanks to Mrs. Christina Mühlegger
Patient C.M., female; diagnosis: ugly scar since a surgery. Results of MRS therapy: The scar became very small and light.
Patient M.K., male, 48 years old; diagnosis: "After tearing a tendon when playing sports, I required surgery and suturing. Unfortunately, an extremely large, ugly, red scar" formed. It has remained unchanged for 15 years; it is an esthetic problem, but it also causes me pain when under stress." Results of MRS therapy: "After eight months of intense therapy, my scar is much lighter, it is no longer elevated and it appears only like a suntan."

2. Thanks to the company Vita-Life
Patient E.S., male, 69 years old; diagnosis: "In July 1997 I fell on a cattle guard while walking and injured my knee. The wound was 13 cm long, 3 cm wide and went down to the bone. I received immediate care in the hospital and the



Knee: Middle of September



Knee: Beginning of October

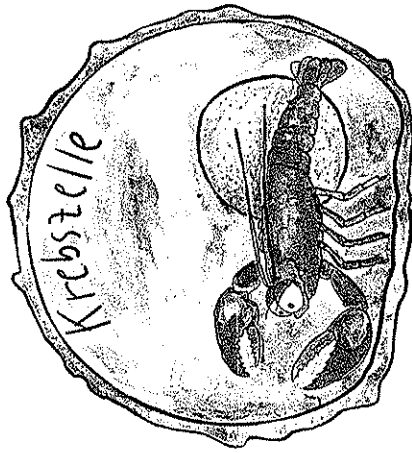


Knee: Middle of October

stitches were removed after a week. Unfortunately, the wound opened again, but even though it was stitched up a second time, the stitches did not hold. Since the wound did not show any progress in healing, the doctors at my hospital were considering a skin graft to close the wound. One month after the accident and a couple of weeks before the planned surgery, I began the MRS therapy at a time when the wound was still showing no progress in healing." Results of MRS therapy: "Five days later, my doctor at the hospital told me when changing the dressing that he could see the first signs of granulation of the wound. Two weeks later, the wound had already healed along the 3 cm length. After about seven weeks, the wound was completely closed and I was finally spared the need for surgery."



Appraisal of MFT: **more than 80 % good to very good results**



Cancer cell

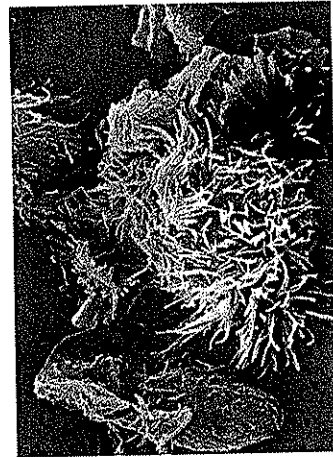
the hereditary material, so that the DNA no longer contains the necessary information for controlling cell growth. Normally any change in a cell is recognized immediately and eliminated. This selection fails to occur with the cancer cell, and uncontrolled growth of low quality cells begins. Cancer cells reproduce every 24 hours. Thus, after three weeks, there are 1 million new cancer cells which can enter healthy tissue. Tumor cells may be benign or malignant. Although benign cells reproduce, they cannot enter healthy tissue and destroy it or form metastases in the body. Malignant cells, however, are capable of penetrating into healthy tissue and spreading through the bloodstream or the lymphatic system into other organs of the body, where they multiply. Metastases (one or more) may develop in areas of the body a great distance from the parent tumor. If a tumor begins to grow in a vital organ (lung, liver), it hinders the function of that organ, which can lead to life-threatening complications.

More than 70 % of cancers occur in people more than 60 years of age, but people of any age group may be affected. Leukemia, for example, occurs more often in children, testicular cancer occurs in men most commonly between the ages of 19 and 44. Cancer is hereditary to a certain extent, but it may also be caused by substances that promote cancer growth. Ninety percent of all types of cancer

16. Tumor diseases

16.1. Cancer

One out of three people will develop cancer, and one out of four will die of it. Although cancer has been in existence for centuries, more people are developing it today than before. We have identified more than 200 kinds of cancer, all of which develop by a similar pattern.



Cancer cells

Cancer develops when cell growth gets out of control. This happens when the cells are affected by carcinogens (cancer-causing substances) or when there is a sudden change in

involve an interaction of environment and genes. The type and seriousness of cancer depend on the organs of the body affected. The following symptoms should be regarded as a warning sign: rapid unintentional weight loss, severe recurring headaches, constant hoarseness, sore throat and swelling, constant abdominal pain or gastric discomfort, a tissue thickening anywhere in the body, changes in the intestinal or bladder area, unusual bleeding or changes, blood in the urine or mucus, a wound, scratch or ulcer that does not heal, a mole that changes in color or size or bleeds and itches, vaginal bleeding after sexual intercourse, between periods or after menopause.

An early diagnosis is important because the chances of success in healing are much greater in the early stage. There is no standard treatment in traditional medicine, but there are some more or less successful therapeutic approaches such as surgery, radiation, chemotherapy and biological therapy as well as a combination of the above-mentioned options. Surgery helps in 40 % of the malignant tumors. If an organ is affected, a radical operation is performed, i.e. the surrounding lymphatic tissue is also removed. This reduces the risk of further propagation. Radiotherapy or chemotherapy is often used before surgery to shrink the tumor and destroy cancer cells. The treatment is normally administered in several stages. In chemotherapy, cytostatic (cell destroying) medications are used; these drugs attack all rapidly dividing cells in the body and therefore they also lead to unpleasant side effects. Up to 60 % of the cancer cases could be prevented by changes in lifestyle such as stopping smoking or changes in diet. It is estimated that smoking is responsible for one in three deaths due to cancer. An estimated 35-30 % of cancer cases could be prevented by changes in diet. Skin cancer occurs much more commonly than should be necessary. This risk can be reduced drastically by avoiding direct sunlight.

16.2. Tumor

Any growth with a local increase in tissue volume, i.e., any tissue swelling is referred to as a tumor. This is often erroneously understood

to refer to cancer itself, but even an unusual swelling is referred to in medicine as a tumor, in other words, a tumor may indicate cancer but it need not be cancer.



Lung tumor



Effect of magnetic field therapy on tumor diseases:

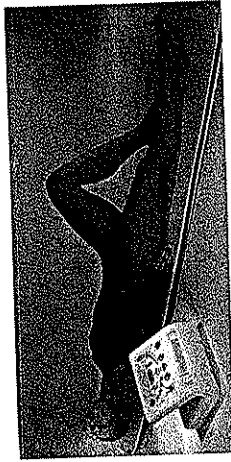
Magnetic field therapy can be used for supportive (palliative) therapy (e.g., reducing swelling or relieving pain) in tumors of a lower intensity. MFT can be used with no problems in cancer patients according to international guidelines, because the magnetic fields used in the medical area are low-energy and low-frequency energy fields (according to the American National Cancer Institute). Some studies have shown that the dose of chemotherapy drugs can be greatly reduced in breast cancer. According to other studies, the magnetic field is used most successfully in treatment of bone tumors (osteosarcomas), leukemia, brain tumors and lymphomas. It is noteworthy that the magnetic field probably cannot have a direct effect on cancer, but it strengthens mainly the immune system so the body can strengthen its defense against the invading cancer cell. MFT can be used as a supportive measure before and after operations.



Proper use of MRS for tumor diseases

- Whole-body mat: 3-4 times a day for 8 minutes each time: 50 % level in the morning, 25 % level at noon, 10 % level in the afternoon, sensitive level in the evening.

- Forms of therapy supportive of MFT: thymus extracts, cognitive therapy, vitamins and trace elements (vitamin B12, folic acid, manganese), essential fatty acids (salmon oil, flaxseed oil), shark cartilage extract, organic germanium; antioxidants for cell protection (including coenzyme Q10, vitamin C, vitamin E, zinc, selenium, alpha-lipoic acid, grape seed extract).



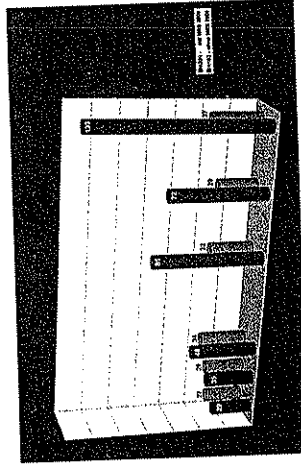
Whole-body treatment for tumor diseases

- Special instructions on use: Cancer can be conquered only from the inside out. MFT does not work miracles, but it can be of assistance.
- Duration of treatment: the best results are achieved after 4-5 months.
- Notes on the initial reaction: none

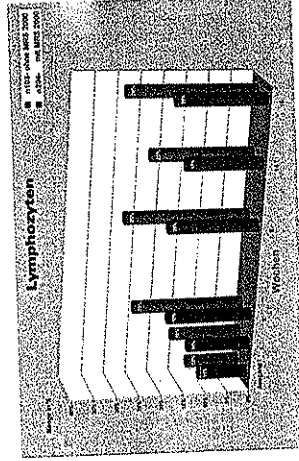


Scientific studies on the treatment of tumor diseases with MFT

- Frank Daudert, physician in Bad Aibling at Rosenheim, divided more than 300 patients with epithelial tumors into two groups and treated one of the two groups additionally with the MRS-2000 plus med device. The treatment was otherwise identical for both groups (vitamin and mineral infusions, immune stimulation, oxygen flooding therapy, etc.). People with the following criteria were used for this study: advanced cancer, people who had exhausted the usual resources of traditional medicine and people with greatly reduced immune competent cells (less than 50 %). The treatment was administered over a period of two weeks with a repetition after three months. The test results on the blood specimens, which were analyzed by an independent clinical laboratory, yielded comparable values between the two groups. As confirmed by the following graphs, it was found

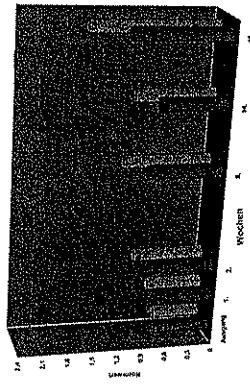


Activated T cells: Green: MRS-group; red: controlling group



Lymphocytes: blue: without MRS; red: with MRS

Quantum T-Helferzellen/ T-Suppressoren



Helper T cells/Suppressor T cells: blue: without MRS; red: with MRS (Study: F. Daudert)

• Y. Liang: "Enhanced Potency of Daunorubicin Against Multidrug Resistant Subline KB-ChR-8-5-11 by a Pulsed Magnetic Field," Department of Radiology, Research and Nuclear Medicine, Medical College of Georgia, Augusta 30912, USA, Anticancer-Res, 1997 May-June, Vol.: 17(3C), pp. 2083-8. - This study investigates the efficacy of a cancer-fighting chemotherapeutic agent in combination with pulsating electromagnetic fields. It was found that especially against tumor cells that had become resistant to chemotherapy, under MFT they would no longer produce the substance at their surface that guaranteed protection of the cancer cells against the medication. Thus, MFT definitely potentiates and improves the effect of chemotherapy.

• C.K. Chou et al.: "Development of Electrochemical Treatment at the City of Hope," Second World Congress for Electricity and Magnetism in Biology and Medicine, 8-13 June 1997, Bologna, Italy. - This investigation yielded positive information with regard to the use of MFT on tumor patients.

• R.R. Rayman et al.: "Exposure to Strong Static Magnetic Field Slows the Growth of Human Cancer Cells in Vitro," Bioelectromagnetics, 17(5), 1996, pp. 358-63. - The results of this study show that treatment with magnetic fields is capable of preventing the growth of three different tumor cell lines in vitro.

• I. Rodin et al.: "Use of Low-Intensity Eddy Magnetic Field in the Treatment of Patients with Skin Lymphomas," Voenn Med Zh, 317(12), 1996, pp. 32-34.

• V.A. Lebenikov et al.: "First Experience in Using a Whole-Body Magnetic Field Exposure in Treating Cancer Patients," Vopr Onkol, 41(2), 1995, pp. 140-141. - This study investigates the effects of MFT on patients with various tumor diseases. The treatment was combined with various other traditional cancer treatment methods. The findings show positive results for MFT in general, specifically improvements in immune status and postoperative recovery phase.

• V. Smirnova: "Anti-Tumor Action of the Magnetic Field," Vrach, 2, 1994, pp. 25-26. - The results of this Russian study showed that in a whole-body treatment with MFT

combined with other conventional therapies, positive results can be achieved in a number of different types of cancer.

• N.B. Bakhmutskii et al.: "The Assessment of the Efficacy of the Effect of a Rotational Magnetic Field on the Course of the Tumor Process in Patients with Generalized Breast Cancer," Sov Med (7), 1991, pp. 25-27. - This study investigated the effects of a pulsating magnetic field on a group of 51 breast cancer patients. The results showed a significant positive reaction in 27 patients.

• D.V. Miasoedov, et al., "Experience with the Use of Microwave Resonance Therapy as a Modifying Factor in Oncological Therapy," Abstracts of the First All-Union Symposium with International Participation, 10-13 May, 1989, Kiev, Ukraine, pp. 313-315. - These results show that MFT before surgery reduces the tendency of a tumor to metastasize. In addition it was found that the risk in the surgical procedure was reduced to 87%. When used postoperatively, MFT still brought a definite improvement in 68%.



Physician reports on the treatment of tumor diseases with MF

1. Frank Daudert, physician in Rosenheim
 • Patient, female, 7 years old; diagnosis: Wilms tumor, high intensity chemotherapy and radiation had already been administered unsuccessfully. Metastases had already been detected in the spinal canal and surgery had been performed. The girl was suffering from intense pain, and cried almost the entire day despite morphine injections. Her parents were in despair. Results of MRS therapy: after using the MFT, the patient was able to stop morphine immediately. Her pain was drastically reduced.

• Patient, male, 53 years old; diagnosis: This patient developed a renal cell carcinoma in August 1995 and a 10 cm tumor was removed surgically. In August 1996 bone metastases were found in the pelvic area and radiation therapy was administered. In November '96 multiple lung metastases were detected, the patient's general condition exacerbated dramatically, the patient could hardly eat, lost 8 kg in a few weeks, suffered from permanent nausea and was only able to lie in bed. Results of MRS

therapy: To the amazement of everyone, this patient recovered rapidly, was able to eat again, gained 5 kg and rode a motorcycle for 80 (!) kilometers with his wife on the weekend. He was otherwise free of symptoms.

• Dr. Wolfgang G. Weise, M.D., private medical practice, acupuncture, auriculotherapy, Stoissberg

• Patient B.W., female, 42 years old; diagnosis: Since 1990 recurrent doughy swelling in the area of the left knee, no indication of an intra-articular effusion. Especially complaints after exertion and when the joint was bent. Other parameters within the normal range. In June 1992, a tumor was removed by arthroscopy. This yielded the histological diagnosis of an angiofibromyoma, excised in healthy tissue. The postoperative course was uncomplicated. The swelling was no longer observed in the remaining course. With exertion, such as hiking, running, increased pain occurred diffusely in the knee joint in the next years. Results of MRS therapy: after conclusion of the treatment, the patient had hardly any symptoms in the knee joint. She was able to go on long hikes in the mountains with no problem.

3. Erika Illy, natural physician, psychologist, health counselor

• Patient W.K., male; diagnosis: Bladder cancer was diagnosed in Mr. W.K. in February 1997: tumor removed twice within three months, chemotherapy but no radiation. In summer of 1997, a total lymphatic congestion developed, with his legs looking almost like those of an elephantiasis patient. He could move only with great pain throughout his entire body, could hardly walk at all, and was taking a lot of pain pills. Results of MRS therapy: it was several months before a definite improvement was observed. I recommended a lot of minerals and vitamins for him but he received mainly pain pills from his treating physician. In October he was feeling very good, with completely normal blood values; no signs of cancer, his facial coloring and skin were pink and fresh looking. Since September, he has no longer needed any pain pills. Mr. K. is excited about MFT and will also continue to use it regularly.

4. Mr. Manfred O. Eder, M.D., Anger, Bavaria

• Patient S.A., male, 50 years old; diagnosis: In July 1996, an epiglottal carcinoma was diag-

nosed on the right side of this patient with infiltration of the pharyngoepiglottic fold. Laser resection performed. In September 1996 a second carcinoma was found in the area of the base of the tongue on the right, necessitating another laser resection with neck dissection level II-III on the right and II on the left. Then radiation of the oropharynx and the adjacent cervical and distal cervical lymphatic drainage pathways and the supra clavicular region on both sides with concomitant chemotherapy was performed. Thereafter, in accordance with the given circumstances, the patient felt poorly with nausea and fatigue extending to exhaustion, and after the radiation he still had symptoms in the surgical area. Results of MRS therapy: Since February of 1997, the patient has been receiving at least one treatment three times a week. After the first two treatments, the patient no longer experienced any pain in the surgical area.

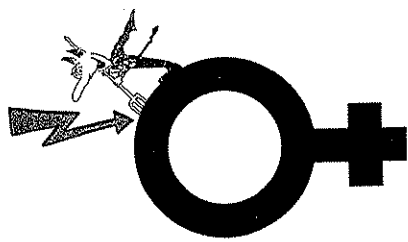
5. Professor Dr. P. Schwarzfischer, M.D., specialist in internal medicine and nuclear medicine, Bad Wiessee

• Patient A.W., female, 48 years old; diagnosis: condition after surgery for an aneurism of the medial cerebral artery and a brain tumor (surgery four weeks ago). Results of MRS therapy: Mrs. W. reports on a tangible improvement in her general well being and a decline in pain in the lumbar spine.

6. Dr. Christina Brown, M.D., Achem, Baden
 • Patient, female; diagnosis: Several hard nodules in both breasts for about 12 to 15 years. Results of MRS therapy: after the first treatment, a slight initial reaction occurred in the first week with an increase in pain. After the second week, she reported a full feeling in her breasts and less pain. After two and a half weeks, the patient is completely free of nodules.

7. Dr. Gerhard Antensteiner, M.D., general practitioner, Kindberg

• Patient, female, 43 years old; diagnosis: Breast cancer. Bilateral involvement with region- at skin metastases and a malignant pleural effusion which had been resistant to treatment for six months, with constant extremely massive pain in the area of the chest. Results of MRS therapy: the pain subsided to such an extent that after the third day of a 10-day phase of treatment that the patient was able to stop the ongoing oral morphine treatment. After stop-



cord confirmed definitively that no more tumor cells were present. Heinrich Wermescher, the responsible party at the center who was also concerned about this case reported: "When D.D. began to receive MF therapy, she was in a nonregenerable, life-threatening condition. She was unable to get out of bed and it was impossible for her to live her last days of life as she wanted. Following her surprising improvement, it was possible for her to stand up and to lead a normal existence, taking into account her personal wishes. When she had recovered completely, the physicians who had given her only two weeks to live convinced her to take a strong chemotherapy."

3. Thanks to the company Vita-Life

• Patient L.O., female, 52 years old; diagnosis: Brain tumor: equilibrium disorders, extremely severe depression, epileptic attacks, concentration problems, word finding problems, stiffness in the legs, pressure and pain in the head, no more control over his body, incontinence, (highest level of care required). Results of MRS therapy: exacerbation in the first four weeks, then a steady improvement in all the areas mentioned above, reducing the need for medication. MRI in January of 1997: The tumor had not grown any more.

• Patient J.P., male, 74 years old; diagnosis: "An inoperable lung tumor was detected. I was sent home as incurable." Results of MRS therapy: after three days, I developed a strong will to live. In the meantime, the tumor has become encapsulated and is no longer aggressive."

Appraisal of MFT: good supportive measure

2. Thanks to the company Medline

• Patient D.D., female, 26 years old; diagnosis: Acute lymphoblastic leukemia with a serious infiltration in the spinal cord. The irrevocable verdict: "Two weeks to live, then you die." This patient who belonged to the "Jehovah's Witnesses" religion refused to allow the spinal cord surgery and transfusions. D.D. thereupon left the hospital at her own risk On June 13, she began MF therapy on recommendation of a friend. Results of MRS therapy: From June 12 to June 16, 1996, the patient's hemoglobin increased from 3.8 to 10, white blood cells increased from 600 to 5,600, and red blood cell count increased from 1,470,000 to 2,950,000. The number of blood platelets increased from 62,000 to 253,000. The blood tests have been repeated several times, and after the test a biopsy of the spinal

ago, the average age was 16 1/2) and ends with menopause at the age of approximately 50. Menstrual periods occur at a rhythm of approximately 28 days (21-38) and last between three and seven days. Usually it takes a couple of years for the cycle and the duration of menstruation to become constant. The amount of blood lost is approximately 60 ml.

The most common causes of lower abdominal complaints include ovarian cysts, chronic oophoritis, ovarian tumors, menstrual pain (dysmenorrhea), an inflammation of the uterus or vagina and endometriosis. Only after an exact elucidation of the cause can the symptoms be treated. Ten to fifteen percent of women suffer from adnexitis, an inflammation of the fallopian tubes. This inflammation is usually ascending, i.e. it comes from the uterus, and it is caused by various pathogens. Adnexitis is very difficult to diagnose. Chronic pain is often accompanied by a foul smelling discharge and is strongest at the end of the period. Fever is rare. The result of common infections in the area of the fallopian tubes may be an unexpected ectopic pregnancy (pregnancy in the fallopian tubes) or infertility. Bed rest, sexual abstinence and removal of all foreign bodies from the area of the uterus and sufficient intake of fluids in addition to administration of the proper antibiotic are important.

Menstrual pains in women (chronic adnexitis, endometriosis and other complaints) remain on the average at an age of 12 1/2 (100 years

17. Gynecological diseases

17.1. Menstrual disorders and various other complaints

17.1.1. Amenorrhea (absence of menstruation)

The following are possible causes for menstruation failing to occur: hereditary or acquired deficiencies in the reproductive organs, adhesions in the uterus (the monthly menstrual blood cannot flow out of the uterus), a hereditary lack of a uterus or ovaries, malignant tumors with severe inflammations (diagnosis by a specialist and possible surgery), under-functioning of the sex glands in secretion of hormone, tuberculosis, disturbances in hematopoiesis (production of blood), anemia, the consequences of chemotherapy, emotional stress, changes in environment or pregnancy. Amenorrhea is treated with hormones under medical supervision. A strong high-vitamin diet, spending a lot of time in fresh air, movement, exercise, cold to lukewarm sitz baths or foot baths support this treatment.

17.1.2. Dysmenorrhea (menstrual pain)

A woman's monthly bleeding begins today on the average at an age of 12 1/2 (100 years

ping the MRS therapy, the pain relieving effect persisted for about two weeks, then there was a gradual increase in pain again. After about four weeks of renewed therapy, the patient experienced the same pain relieving effect.

S. Zita M. Spieler, therapeutic practitioner, Munich

• Patient R.T., female, 35 years old; diagnosis: In December 1998 a metastasis was detected in the left iliac crest. A primary tumor 3 cm large was found on the upper right pulmonary lobe. Since December 22, 1998 the patient has been receiving chemotherapy and treatments with the MRS 2000+ to strengthen the immune system. Results of MRS therapy: the patient has been able to stop pain pills for a few days. The varicose veins on her thighs disappeared. At the first follow-up examination in February 1999, it was found that both tumors had decreased in size by about one half. This has given the entire family new hope.

1. Thanks to Mr. Hans Kunz

• Patient I.W., female, 56 years old; diagnosis: "I had been suffering from a bone tumor since July 1997. Since August 1997, I have been treated with chemotherapy and I always had bad bloods tests." Results of MRS therapy: "Since the end of November '97, I have been doing somewhat better. My blood tests were better after about five weeks."

2. Thanks to the company Medline

spond especially well to magnetic field therapy (success rate 90-95 %). Studies have confirmed these results. The inferior mesenteric ganglion could play an important role in the effect of magnetic field therapy in the minor pelvis. Through specific treatment, the inferior mesenteric ganglion (contains sympathetic fibers of L1-L4) and the parasympathetic part (the plexus hypogastricus) can be affected. The influence on the ganglia is mainly responsible for eliminating the symptoms in dysmenorrhea.

17.1.3. Endometritis

Endometritis usually occurs in women between the ages of 25 and 40, with cell clusters of the uterine mucosa infiltrating into the body (e.g. the abdominal cavity), where they are exposed to normal hormonal influences. Before menstruation they swell but they cannot bleed so they form cysts and swelling and cause severe pain. Endometriosis can cause severe pain during a period and also at the time of ovulation, during evacuation of the bowels or during sexual intercourse. As soon as endometriosis is suspected, one should consult a physician, because this condition always exacerbates over time. If the path from the ovaries to the uterus (fallopian tubes) is blocked, this can lead to infertility. This is the case in 30-40 % of the women affected and is unfortunately not detected until a pregnancy fails to occur. Endometriosis is diagnosed by laparoscopy, a tube with a small camera that is inserted through the navel. Once the diagnosis has been made, treatment with medication can be initiated or surgery can be performed. There is no possibility of preventing it, and only a pregnancy or a contraceptive pill can protect against it.

17.1.4. Hypermenorrhea (excessive menstrual bleeding)

Excessive bleeding often has serious causes and consequences. It can lead to massive blood loss. Those affected mostly appear pale thereafter and complain of severe exhaustion, fatigue, drowsiness, lack of strength and attacks of dizziness plus blood draining from the brain. Bed rest is often necessary but heat

increases bleeding. This condition may last for up to ten days or more. If no inflammatory symptoms or blood congestion occur in the minor pelvis due to diseases of the heart, kidneys or lungs, this is usually due to faulty production of hormones. The uterus is too weak to contract adequately and slough off the mucous membrane that has become detached from it. A tilted uterus may play a role here. If the placenta is not removed carefully after childbirth, the residues will cause severe bleeding for a long period of time. The same thing is true of a miscarriage. You should immediately consult a gynecologist if you have persistent bleeding. Physical exertion, coffee, tea and alcohol should be avoided. Do not bathe and do not apply any hot wraps to the body. Cold wraps, ice packs, cold beverages and cold foot baths are recommended.

17.1.5. Irregular bleeding

If bleeding occurs irregularly, it may be due to various causes. A medical diagnosis is recommended in any case. It is fundamentally wrong to ignore irregular bleeding, because this may be a sign of various diseases in the lower abdomen (e.g. inflammations, tumors, polyps, improper attachment of a fertilized egg, secretory disorders).



Effect of magnetic field therapy on menstrual disorders:

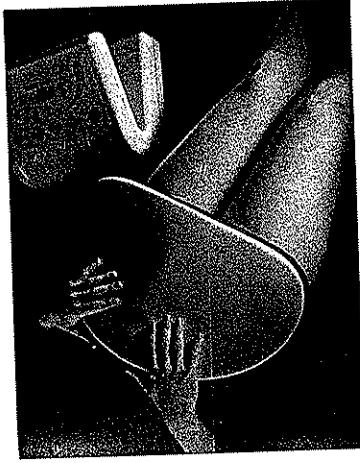
relieving cramping, relieving pain and having a calming effect through the autonomic nervous system.



Proper use of MRS for menstrual disorders

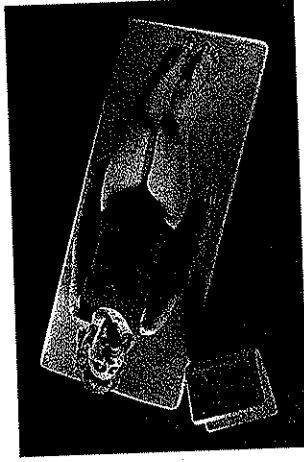
- Whole-body mat: 3 times a day for 16 minutes each time: 100 % level in the morning (gradually increasing from 25 %), 50 % level at noon, 10 % level in the evening.
- Pad: 1-2 times a day for 16 minutes each time: 100 % level: 8 minutes each in the lower back area and the pubic area.
- Forms of therapy supportive of MFT: herbs (evening primrose oil, baldrian, damiana, Chinese angelica, chamomile, black cohosh, lady's mantle tea, milfoil tea).

- Special instructions on use: Drink a lot of fluids! Keep knees bent.



Local treatment for menstrual disorders with a pad

- Duration of treatment: the treatment should begin one week before the expected start of menstruation and should be continued until one week after menstruation starts. MFT may also be used continuously.
- Notes on the initial reaction: in 1-2 % of women, the first menstruation may turn out to be heavier than usual - this reaction can be avoided for the most part by gradually increasing the dose.



Basic treatment for menstrual disorders with a mat



Scientific studies on the treatment of menstrual disorders with MFT

- Rückhäberle: "Use of MFT in Treatment-Recurrent Patients with Chronic Recurrent Lower Abdominal Pain," University Gynecological Clinic Leipzig, 1996. - Seventy-three female patients with various gynecological conditions were examined, including functional

dysmenorrhea and lower abdominal complaints of unclear etiology. In 85 % of the patients, the symptoms were improved or had disappeared completely after a few treatments.

• V.M. Strugatskii et al.: "A Permanent Magnetic Field in the Combined Treatment of Acute Endometritis After an Artificial Abortion," Vopr Kurortol Fizioter Lech Fiz Kult (6), Nov-Dec 1996, pp. 21-24. - The results of this study show significant positive effects in patients with acute endometritis with a constant MFT combined with other methods of treatment.

• W.A. Jorgensen et al.: "Electrochemical Therapy of Pelvic Pain: Effects of Pulsed Electromagnetic Fields (PEMF) on Tissue Trauma," European Journal of Surgery. Supplement (574) 1994, p. 83-86. - This study performed in one of the largest pain centers in the world, investigated the effect of electromagnetic fields on patients with pain in the gynecological area due to a wide variety of causes. Most of these women were suffering from dysmenorrhea, endometriosis, ovarian cysts, as well as infections of the lower urinary tract. Of these patients, 90 % experienced a dramatic improvement to complete freedom from pain, usually without additional medication.

• M. Damirov et al.: "Treatment of Patients with Endometriosis by Magnetic Infrared Laser," Vrach, 12, 1994, pp. 17-19. - This study shows that a combination of MFT with an infrared laser brings definite relief to patients with endometriosis combined with conventional medication therapy.



Physician reports on the treatment of menstrual disorders with MF

1. Dr. Gerhard Antensteiner, M.D., general practitioner, Kindberg
- Patient, female, 41 years old; diagnosis: About 20 years ago, breast cancer surgery with subsequent chemotherapy and radiation, five years ago a recurrence in the second breast. After more radiation and chemotherapy, the menses stopped. Results of MRS therapy: after 1 1/2 months of treatment, the patient had spontaneous menses again for the first time. Accord-

Effect of magnetic field therapy on ovarian inflammations and cysts:

strengthening the immune system, relieving pain, reducing inflammation, anticonvulsant and promoting circulation.

Proper use of MRS for ovarian inflammations and cysts:

- Whole-body mat: twice a day for 8 minutes each time: 100 % level in the morning (gradually increasing from 25 %), 10 % level in the evening
- Pad: twice a day for 24 minutes each time: 150 % level, in the lower back area
- Notes on the initial reaction: none



Scientific studies on the treatment of ovarian inflammations and cysts with MFT

• V.S. Yasnogordodsky et al.: "The Effect of Sinusoid Modulated Currents on Circulation in the Small Pelvic Organs in Patients with Chronic Salpingo-Oophoritis," Vop. Kuortol. Fizioterapii Lech Fiz. Kult. 6, p. 41f. - An influence of MFT on circulation in the pelvic organs was detected by the thermography method. It seems that PEMF can reduce vascular tonus of the arterioles and capillaries in the minor pelvis while at the same time normalizing venous tone, improving flow to the organs, which greatly reduces the consequences of the vascular disturbance.

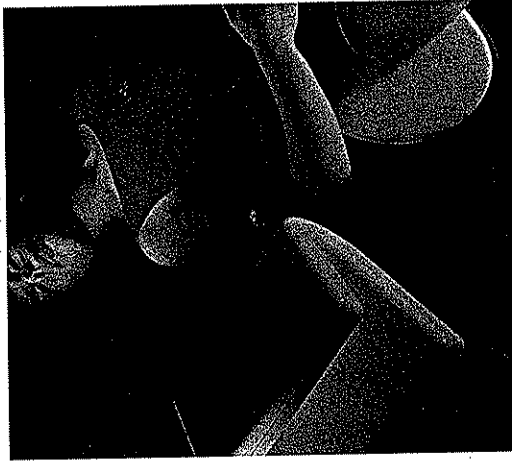
• K. Dikova et al.: "Effect of Magnetic Pulses in Chronic Nonspecific Inflammatory Gynecologic Disease," Institute for Gynecology and Obstetrics, Sophia (Bulgaria) Akuserstvo i ginekologija. - In this use study—40 women with purely inflammatory gynecological problems (except gonorrhea, tuberculosis and endometriosis) were treated in 15 applications. Fourteen of these women showed a total remission in symptoms, and 23 other patients showed a significant improvement.



Physician reports on the treatment of ovarian inflammations and cysts with MF

1. Thomas Drach, non-medical practitioner

ducting tissue; the fluid has no possibility of drainage and therefore collects in the tissue. Ovarian cysts occur more frequently in smokers than in non-smokers. Cysts may cause a swollen lower abdomen, increased pressure on the bladder or intestine (needing to urinate more often), painful sexual intercourse and irregular periods, varying in intensity. If a cyst ruptures, it leads to severe lower abdominal pain, nausea and fever. Many cysts disappear spontaneously. Contraceptive pills improve the chance of healing. In many cases, surgical removal by means of a laparotomy (opening of the abdominal cavity) or laparoscopy (...) is necessary. If the ovarian cyst is malignant, the ovary and the fallopian tube must be removed. A polycystic ovary contains



Local treatment for ovarian inflammations and cysts

at least ten cysts beneath the surface, causing the ovary to be enlarged. Twenty percent of women are affected by this. Symptoms include irregular bleeding, either very light or none at all, infertility, miscarriages, hair growth in the face, on the chest, on the abdomen, the arms and legs, acne, weight gain, pelvic complaints and depression. Since hormones are responsible for these symptoms, a treatment aimed at balancing hormones is helpful. It is important to determine the most problematical symptom in order to be able to base the treatment on this symptom.

first month. After two months of using the treatment, the patient is completely free of symptoms. "My quality of life has improved by 200 %."

3. Thanks to Mrs. Franziska Engeli
- Patient M.K., female, 39 years old; diagnosis: Very tired, no energy, listless, menstrual complaints, headaches. Results of MRS therapy: "I feel balanced, I have a lot of energy, my menstrual complaints are now good, my cycle has stabilized and I rarely have headaches. I can work with a great deal of energy."
4. Thanks to Gabriele Kothmayer
- Patient G.K., female, 38 years old; diagnosis: Irregular menstruation (despite hormone treatment), mostly at intervals between 22 and 24 days. Results of MRS therapy: the intervals normalized to 26 to 28 days.
- Patient G.S., female, 30 years old; diagnosis: during menstruation frequent backache in the lumbar area. Results of MRS therapy: "I feel much more energy and I no longer have a low point in the afternoon. In general I have a better deep sleep. My backache during menstruation has disappeared."
- Patient W.H., female, 43 years old; diagnosis: Heavy, painful period. Results of MRS therapy: headaches became worse and the exacerbation persisted but after two weeks the patient became pain-free within three days and now her periods are normal and without pain.
- Patient B.H., female, 20 years old; diagnosis: tired and depressed, long and irregular menstrual cycle. Results of MRS therapy: "I returned to a normal day and night rhythm and was no longer so tired. My menstrual pain improved in the first month and my cycle is now more regular."

Appraisal of MFT: 80-90 % good to very good results.

17.2. Ovarian cysts and ovarian inflammations

Cysts are swellings filled with fluid in or on the ovaries (like those in other locations in the body). They are almost always benign and disappear without treatment. Cysts develop because of an abnormal growth of fluid-pro-

ing to the ob-gyn findings, conditions completely normal again with normal hormone values.

• Patient, female; diagnosis: Severe dysmenorrhea and hypermenorrhea. Results of MRS therapy: There was a definite pain relieving and dysmenorrhea.




Patient reports on the treatment of menstrual disorders with MRS


1. Thanks to the company Vita-Life
- Patient Z.M.S., female, 49 years old; Diagnosis: Menstrual complaints before the start of a period for 35 years: tension in the thighs, distended abdomen, diarrhea with the onset of bleeding, severe cramps; dark, lumpy, often heavy bleeding; irregular bleeding, often lasting up to a week. Results of MRS therapy: symptoms disappeared after one month, period now comes regularly, uniform menstrual flow, patient feels balanced and strong, can tolerate stress better.
- Patient G.H., female, 33 years old; diagnosis: joint pain, menstrual pain, her feet fall asleep and she is sensitive to weather. Results of MRS therapy: all symptoms have disappeared.
- Patient G.H., female; diagnosis: Menstrual complaints one week before the start of a period. Backache combined with headache and tension in the lower abdomen or additional symptoms. Results of MRS therapy: "After use of this treatment for two weeks, I had hardly any symptoms in my legs. After another 14 days, a change in weather no longer caused me any problems. After two months, I had no more menstrual complaints. I now feel good all the way around. I no longer have any problem getting up in the morning."
- Patient P., female, 36 years old; diagnosis: "Since the age of eight I have been having migraine attacks. Headaches during or after my periods (I was often taking up to three pills a day)." Results of MRS therapy: "After three months of treatment, I only rarely have headaches with my period."
2. Thanks to Mrs. Anneliese Kürzl
- Patient L.M., female, 31 years old; diagnosis: Headaches 3-4 times a week, lack of energy, very severe menstrual complaints. Results of MRS therapy: exacerbation of symptoms in the

• Patient K.I., female, 35 years old; diagnosis: Cysts on the ovaries. Results of MRS therapy: "The cysts increased in size by 2 cm during treatment and I felt them even more. Meanwhile, however, they have disappeared completely. Another positive effect: I am full of energy, enjoy life and I am feeling nothing of the fatigue I had earlier in the year."

2. Rudolf Foundation Hospital in Vienna
 • Patient, female, 20 years old; diagnosis: Recurrent (repeatedly recurring) adnexitis (inflammation of fallopian tube). Results of MRS therapy: a definite reduction in symptoms at the start of treatment, patient free of symptoms after five treatments.

 Patient reports on the treatment of ovarian inflammations and cysts with MRS

1. Thanks to Mrs. Gisela Arndt
 • Patient E.F., female, 26 years old; diagnosis: "After my first pregnancy, which unfortunately did not turn out positive, my gynecologist diagnosed closed fallopian tubes and wanted to perform surgery in August 1998. He consented to postpone this surgery and perform a trial with MRS." Results of MRS therapy: "I felt a pulling sensation in the area of my ovaries after the very first treatment. Now in January of 1999 I am pregnant in my sixth month."

 Appraisal of MFT: 75 % good to very good results with chronic events.


17.3. Endometriosis

see "Menstrual complaints"


17.4. Menopausal Symptoms

Menopause begins on the average at the age of 45. The monthly bleeding stops or becomes irregular, occurring at greater intervals. This natural process does not always take place without complaints. A healthy lifestyle with good nutrition makes it easier for the body to undergo this change. Physical elimination should be stimulated. A diet of fresh fruits and vegetables, whole grain bread and

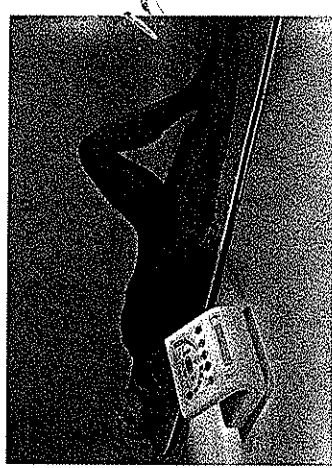
fermented milk products is helpful here. Meat and salt should be consumed only in moderation, and coffee, alcohol and nicotine should be omitted completely.

 Effect of magnetic field therapy on menopausal symptoms:

relieving cramping, harmonizing, regulating the autonomic nervous system, calming, relaxing, relieving pain.

 Proper use of MRS for menopausal symptoms:


• Whole-body mat: three times a day for 16 minutes each time: 25 % level in the morning 10 % level at noon, sensitive level in the evening




Whole-body treatment for menopausal complaints

• Forms of therapy supportive of MFT: acupuncture, NLP, phytotherapy, TCM, herbal therapy (Chinese angelica, black cohosh, lady's mantle, artichokes, flaxseed oil, evening primrose oil, alfalfa, damiana, panax ginseng, St. John's wort, saw palmetto)
 • Duration of treatment: the treatment may require several months up to 1 1/2 years or even more. Initial therapeutic results are often manifested after 4-8 weeks.


• Notes on the initial reaction: in 2-3 % of the cases, an initial increase in hot flashes may be observed, but this subsides relatively quickly.

 Scientific studies on the treatment of menopausal complaints with MFT: see "Menstrual Complaints"

 Physician reports on the treatment of menopausal complaints with MFT


1. Christine Wolff, non-medical practitioner, Überlingen
 • Patient E.A., female, 49 years old; diagnosis: Menopausal complaints, heart palpitations, outbreaks of heavy sweating, sleep disorders, etc. Results of MRS therapy: after two weeks of treatment, a definite improvement in symptoms was observed, and in particular the patient was able to sleep through the night again. Increasing improvement after the third and fourth weeks.

2. Dr. Othmar Rainer, M.D., general practitioner, Graz
 • Patient, female, 68 years old; diagnosis: This patient has had a very difficult time falling asleep at night without medication despite physical fatigue since the start of menopause. Results of MRS therapy: the patient feels much fresher during the day, like a new person, and only rarely needs to take sleeping pills.

 Patient reports on the treatment of menopausal symptoms with MRS

1. Thanks to the company Vita-Life
 • Mrs. M.T., female, 54 years old; diagnosis: "I have been experiencing menopause for almost four years and suffering from extreme sweating and hot flashes. Since I did not want to take hormones, I used the MRS system." Results of MRS therapy: "After six weeks my hot flashes were better and the heavy sweating had completely stopped. After five months of MRS, I have felt fresh and full of enthusiasm. My menopause is no longer causing me any problems."


• Patient B.M., female, 42 years old; diagnosis: Menopause. Results of MRS therapy: the symptoms have improved significantly.

 Appraisal of MFT: 70-80 % good to very good results.


17.5. Myoma

A myoma consists of bundles of muscle fibers and connecting tissue. They vary from the size of a pea up to that of a grapefruit. These are benign tumors. High doses of estrogen, which are produced during the reproductive

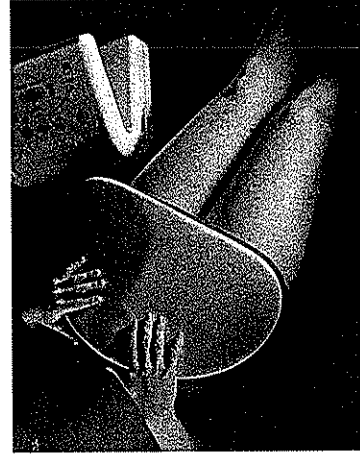
years, may cause the growth of myomas. The causes are varied: obesity, taking contraceptive pills or hormone therapies. A myoma need not have any symptoms, even if the tumors become very large. Some women suffer from severe, long-lasting menstrual periods with blood clots in their menstrual blood. Heavy bleeding often leads to anemia which in turn leads to exhaustion, shortness of breath and depression. Severe cramping, incontinence, constipation, cysts and infertility may be concomitant symptoms of myomas. The treatment depends on the size and location of the tumors, the frequency of symptoms and whether the woman still wants to have children. If the myoma is not causing any problems, it may remain untreated. Surgery or hormone therapy are the most important treatment options.

 Effect of magnetic field therapy on myomas:

relieving pain, relaxing cramps, reducing swelling, balancing and strengthening the immune system

 Proper use of MRS

• Whole-body mat: twice a day for 8 minutes each time: 100 % level in the morning (gradually increasing from 10 %), 10 % level in the evening
 • Pad: twice a day for 24 minutes each time: 100 % level, in the pubic area





Local treatment for myomas with a pad

• Special instructions on use: keep knees bent! MFT cannot remove a myoma, but in


exceptional cases, shrinkage of myomas has been observed

- Notes on the initial reaction: none

 Scientific studies: see "Menstrual Complaints"

 Patient reports on the treatment of fibrous tumor with MRS


1. Thanks to Mrs. Heidi Herrmann
- Patient K.L., female, 50 years old; diagnosis: Myoma in the uterus (documentation by Dr. Eul, November 20, 1998). Results of MRS therapy: "I have needed less sleep since October 1, 1998 (after using the treatments for three weeks). I am more energetic and I feel full of 'power' despite hard emotional family stress. So far, I have used the MRS locally on my lower abdomen so that my myoma has shrunk. In the examination on January 20, 1998, nothing more of the myoma could be seen in the ultrasound."

 Appraisal of MFT: having a supporting effect, relieving pain, reducing cramping.

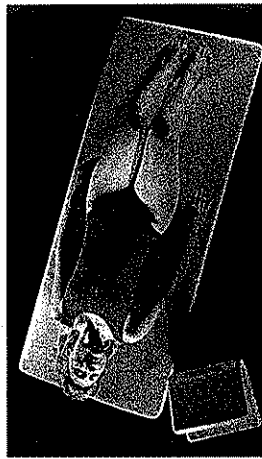
17.6. Premenstrual Syndrome (PMS)

More than two-thirds of all women suffer from so-called premenstrual syndrome before their monthly period. Although PMS can occur at any time between puberty and menopause, it affects mainly women more than 30 years of age. The reason is not clear, but it is assumed that it is caused by hormone fluctuations. The usual symptoms include dizziness, backache, headaches, flatulence, tender breasts and painful joints. Many women also suffer from psychological symptoms such as mood swings, depression or anxiety. In the premenstrual phase, women consume more blood sugar (normally, the blood sugar level will last for 5 hours after a meal - but before a woman's period, it lasts only 3 hours). Fatigue, inability to concentrate and cravings for sweets are the result. If the blood sugar level is low, the body releases the hormone adrenalin, which can cause aggression and anxiety. In 90 % of the cases,


the symptoms are so mild that no treatment is necessary. Frequently, a change in the way of life and dietary habits (eating a lot of fruits and vegetables) will be sufficient. Smoking should also be stopped. Severe cases need medication (antidepressants).

 Effect of magnetic field therapy on PMS:

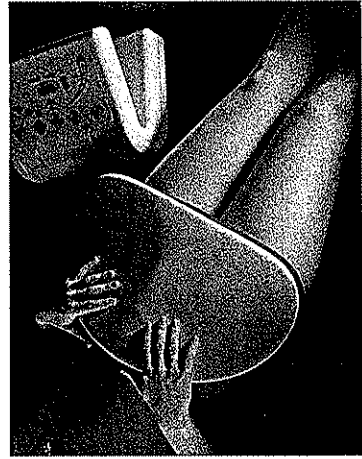
relieving cramping, relieving pain, promoting circulation, regulating and balancing effect on the autonomic nervous system



Basic treatment for PMS

 Proper use of MRS:

- Whole-body mat: four times a day for 16 minutes each time: 25 % level in the morning 10 % level at noon, 10 % level in the afternoon, sensitive level in the evening
- Pad: once a day for 8 minutes: 100 % level, in the lower back area




Local treatment for PMS

- Forms of therapy supportive of MFT: relaxation exercises, vitamins and trace elements


(vitamin B6, vitamin E, zinc), herbal remedies (evening primrose oil, Chinese angelica, St. John's wort, black cohosh)

- Special notes on use: Keep knees bent.
- Notes on the initial reaction: 5 % of the cases may experience a feeling of discomfort. This initial exacerbation reaction usually does not last more than 1-2 cycles.


 Scientific studies on the treatment of PMS with MFT

• Rückhäberle: "Use of MFT in Therapy-Resistant Patients with Chronic Recurrent Lower Abdominal Pain," Leipzig University Gynecology Clinic, 1996. - Seventy-three female patients with various gynecological conditions including premenstrual syndrome were examined. In 85 % of these patients, the symptoms had improved or disappeared completely after a few treatments.

- Additional studies: see "Menstrual Complaints"

 Patient reports on the treatment of PMS with MRS:

1. Thanks to the company Vita-Life
- Patient B.B., female, 43 years old; diagnosis: Premenstrual syndrome (menstrual complaints). Results of MRS therapy: the patient no longer has menstrual complaints.

 Appraisal of MFT: 80-90 % good to very good results.



Coiter

- Forms of therapy supportive of MFT: sports and movement, diet (not fasting), acupuncture, NLP, TENS, cognitive therapy, chitosan (fat blocker), blood fat regulating vitamins (vitamin C, vitamin B15, vitamin E), herbal remedies (evening primrose oil, flaxseed oil, alfalfa, garlic, grape seed extract)

18. Metabolic diseases

18.1. Obesity (overweight)

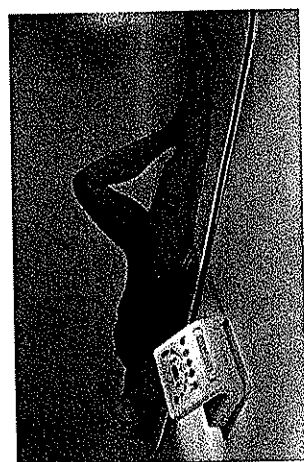
Every healthy person has fat embedded in the tissue of certain locations in the body. If an excessive amount of fat collects, we speak of obesity or adiposity. High accumulations of fat are found mainly in the skin of the lower abdomen and in the intestines. At higher degrees of adiposity, the ratios of the various body parts to one another are altered to the extent that we can speak of a pathological condition. Obesity interferes with mobility and the activity of the heart and lungs. The muscles are greatly weakened. In general smaller and shorter people tend more to obesity.

Effect of magnetic field therapy on obesity:

stimulating metabolism, balancing, promoting circulation, possibly stimulating the degradation of fat.

Proper use of MRS for obesity

- Whole-body mat: 3-4 times a day for 8 minutes each time: 150 % level in the morning, 100 % level at noon, 50 % level in the afternoon, 10 % level in the evening



Whole-body treatment for obesity

• Special instructions on use: drink lots of fluids! MFT alone cannot eliminate obesity, but can merely support certain measures, especially a willingness to follow a diet.

• Notes on the initial reaction: none

Scientific studies on the treatment of obesity with MFT

At the present time, a study on more than 100 patients who are obese is underway at the Center for Energy Medicine in Vienna.

The exact composition of the fat is being determined by means of modern impedance measuring devices. All the patients are receiving a certain prescribed diet and in addition to MRS therapy they are taking chitosan, a substance that binds fat in the intestine. The measurements are performed each month. The preliminary results are very positive and indicate that MFT is capable of cranking up the metabolism.

• A. Bellossi et al.: "Effect of Pulsed Magnetic Fields on Cholesterol and Tryglyceride Levels in Rats Study of Field Intensity and Length of Exposure," Laboratory of Biophysics, School of Medicine, Rennes. Z Naturforsch C. 1996, July-August, 51(7-8), pp. 603-606. - This study shows that pulsating magnetic fields can lead to a reduction in cholesterol and triglyceride levels in the blood of rats.

H.G. Klingenberg et al.: "The Influence of Electromagnetic Fields on Oslability, Neutral Fat and Cholesterol Level," Zbl. Bakt. Hyg., I. Abt. Orig. B. 161, 146-52.

Patient reports on the treatment of obesity with MRS

1. Thanks to Mir. Ewald P. Müller
 - Patient M.F., female, 27 years old; diagnosis: Blood fats and protein very high; results of MRS therapy: the blood test showed very good values after two months.
 - Patient G.K., male, 65 years old; diagnosis: Diabetes, multi-morbidity, cholesterol level 360. Results of MRS therapy: the patient's cholesterol dropped to 56 in seven weeks.
 - Patient A.W., male, 58 years old; diagnosis: Occupational problems with cholesterol levels and obesity. Results of MRS therapy: "The cholesterol levels improved and I have lost weight."
 - Patient H.L., male 55, years old; diagnosis: Severe obesity despite several attempts at dieting. Results of MRS therapy: after about three weeks: sleeping well, losing weight (5 kg), the belly has disappeared despite having more appetite than before. "I have much greater endurance, I feel fresher and restored."
 - Patient M.T., female; diagnosis: Obesity. Results of MRS therapy: "After 3 1/2 months, I have lost more than 8 kg."

2. Thanks to the company Vita-Life
 - Patient K.G., female, 28 years old; diagnosis: Obesity. Results of MRS therapy: "I did a cleansing diet (EX.-Mayr) during the treatment and I needed only three days to get used to it (previously it took about a week)."

Appraisal of MFT: has a supporting effect, stimulating the metabolism.

18.2. Diabetes (blood sugar sickness)

When the blood sugar level increases, the pancreas produces insulin to convey the sugar in the blood into the cells for energy production. In this way, insulin lowers the blood sugar level. If too much insulin is produced or if the body cannot process the sugar, diabetes develops. The kidneys filter sugar out of the blood and deliver it to the urine. Diabetes can occur in juveniles (type I) or with advanced (type II). The latter affects 90 % of all diabetics. Type I is the insulin-dependent type. The cells in the pancreas which produce insulin become damaged and destroyed. Type II is called the insulin-independent type. In these patients, enough insulin is produced but the body fails to react to the hormone and thus sugar can no longer be degraded. The susceptibility to type II diabetes is hereditary and it usually occurs after the age of 40. In addition, a distinction is made between pregnancy diabetes, hormone diabetes and a so-called pathological glucose tolerance. Drugs may also be responsible for an elevated blood sugar level. Thirty to fifty percent of all diabetics have only minor symptoms. In the early phase the symptoms include fatigue, susceptibility to infections, thirst, frequent urination, itching and reduced energy. Type I also suffers from attacks of dizziness, confusion and slow healing of wounds. Despite constant hunger and eating, these people lose weight. Type II diabetics may have the same symptoms or none at all. This form is usually discovered accidentally in routine examinations. Pregnancy diabetes occurs mainly in the second half of pregnancy. Smoking more than five cigarettes a day before pregnancy increases the risk by almost 50 %. After

pregnancy, this form of diabetes will disappear again, but it is a sign of a later onset of diabetes in three-fourths of these cases. The babies also have an increased risk of developing diabetes.

Blood sugar levels can be determined by blood tests and urinalyses. The blood is also tested for insulin. In diabetics, fat is used for energy production and the end product, ketone, is eliminated. Untreated diabetes with a high blood sugar level can cause damage to other organs. Diabetes is also responsible for the development of arteriosclerosis (and thus the risk of a myocardial infarction or a stroke), eye diseases (leading to blindness), impotency and especially serious nerve diseases (neuropathy). The basic form of therapy is a treatment regimen with insulin injections, diet or medication. Type I diabetics require insulin injections to avoid weakness, exhaustion and thirst. In acute situations, these people will fall into a diabetic coma which leads to loss of consciousness and is life-threatening. The Type II diabetic can usually be stabilized by a special diet and often doesn't require any additional medication. Sugar, refined foods, white flour, pasta and rice should be avoided. Instead, unrefined foods, brown flour, brown rice, fresh fruits and vegetables which cannot be digested so rapidly and thus do not drive up the blood sugar so rapidly are recommended. Obesity should be avoided.



Effect of magnetic field therapy on diabetes:

promoting circulation, stimulating wound healing, regenerating nerves, improving oxygen supply, calming, balancing, optimizing the effect of medication. The literature contains reports that magnetic field therapy can stimulate the remaining island cells in the pancreas and thus can cause improved secretion of insulin. Due to the circulation promoting effect, it represents a preventive measure for the late complications such as short-sightedness or infarctions. It is used as a supportive measure with hemodialysis.

Proper use of MRS for diabetes:

- Whole-body mat: 2-3 times a day for 8 minutes each time: 100 % level in the

- morning (increasing gradually from 25 %), 25 % level at noon, 10 % level in the evening
- Pad: twice a day for 16 minutes each time: 150 % level, in the area of the middle thoracic spine



Local treatment for diabetes with a pad

- Forms of therapy supportive of MFT: diet, vitamin B6, herbal remedies (spirulina, garlic); for retinopathy: grape seed extract, alpha-lipoic acid, shark cartilage extract; to promote circulation: ginkgo biloba.
- Special instructions on use: Drinks lots of fluids!
- Duration of treatment: It may take several months up to years. The patient usually notices the results of treatment by improved circulation and fewer complications of the diabetes.
- Notes on the initial reaction to be expected in treatment of diabetes with MFT: at the beginning of treatment there are minor fluctuations in blood sugar levels in 1-3 % of the cases, but they stabilize relatively quickly; occasionally the insulin dose must be adjusted (reduced).



Scientific studies on the treatment of diabetes with MFT

- Lau et al.: "Effect of Low Frequency Low Intensity Electromagnetic Field on Diabetic Neuropathy," Dept. of Microbiology, School of Medicine, Loma Linda University, USA. Scientific Report. - In the test drug group, 76 % of the patients achieved a definite reduction in symptoms, but this was only 17 % in the

control group. The pain subsided, as did the numbness, itching and tingling sensations.

- F. Petrossi: "The Effect of the Physical Factors of Treatment on Lipid Peroxidation in Surgical Infections in Patients with Diabetes Mellitus," Internet: Medline

• L.G. Vassilenko: "EHF electromagnetic Radiation in Treatment of Obliterating Diseases of Inferior Limb Vessels," Second World Congress for Electricity and Magnetism in Biology and Medicine, 8-13 June 1997, Bologna, Italy. - This study shows the advantage of MFT in treatment of diabetes patients with occlusive vascular complications in the extremities.

• I.B. Kirillov et al.: "Magnetotherapy in the Comprehensive Treatment of Vascular Complications of Diabetes Mellitus," *Klin Med*, 74(5), 1996, pp. 39-41. - In this study 320 diabetics were treated with MFT, while 100 diabetics as a control group received only conservative therapy. These results show a positive effect, especially in the area of vascular complications, with 74 % of the patients with MFT achieving positive results but only 28 % in the comparative group achieving these results.

• M.I. Shved, A.P. Dudnik: "The Medical Effect of Magnetic-Laser Therapy in Patients with Diabetic Angiopathies of the Lower Extremities," *Lik Sprava* (10-12), October-December 1996, pp. 155-158. - This study investigates the effects of MFT on vascular complications of diabetes patients. The results show a definite reduction in complications in conjunction with diabetes.

• V.A. Lebedev: "Treatment of Neurogenic Dysfunction of the Bladder and Enuresis in Children," *Vopr Kurortol Fizioter Lech Fiz Kult* (4), 1995, pp. 25-26.

• R.A. Kuliev, R.F. Babaev: "A Magnetic Field in the Combined Treatment of Suppurative Wounds in Diabetes Mellitus," *Vestn Khir Im I Grek*, 148(1), January 1992, pp. 33-36. - This study shows that MFT can significantly accelerate healing in 72 diabetics with purulent wound infections.

• P.O. Milch et al.: "Electromagnetic Stimulation of the Rat Pancreas and the Lowering of Serum Glucose Levels," *Trans Am Soc Artif Intern Organs*. - In this animal experiment, the

blood sugar levels of diabetic rats receiving pulsating magnetic field treatments were definitely reduced in comparison with those of rats whose sugar was elevated and who were not exposed to MFT.



Physician reports on the treatment of diabetes with MRS

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, Tel. 0043/1/40 666 00

• Patient R.B., female, 41 years old; diagnosis: Diabetes since the age of 13. Results of MRS therapy: patient has been able to reduce her insulin injections significantly (by 4 units) since the treatment. Measured values before the first treatment: 179 mg, after the first treatment: 176 mg. Immediately after the second treatment: 167 mg; somewhat later: 154 mg. After the third treatment: only 76 mg.

2. Dr. W.R. Maus, M.D., natural healing methods, Überlingen

- Patient; diagnosis: non-insulin-dependent diabetic. Results of MRS therapy: after four weeks, the patient no longer required medication.



Patient reports on the treatment of diabetes with MFT

1. Thanks to the company Vita-Life

- Patient J.S.; diagnosis: "I have suffered from diabetes mellitus since my youth. One of the main problems is poor wound healing. In 1998 I went for treatment each week to the Bruck State Hospital because of an open ulcer on my inner ankle; despite all the efforts of the physicians



Before MRS therapy



3 months after start with MRS therapy

and nurses, my wound remained unchanged for four months and refused to close." Results of MRS therapy: due to the use of MRS in spring of 1998, the wound began to close and has remained closed and still remains closed.

- Patient B., female; Diagnosis: elevated sugar levels and uric acid, circulation disorders. Results of MRS therapy: "In the meantime I no longer need medication to lower my blood sugar levels."

2. Thanks to Mrs. Beate Martina

- Patient G.M., male, 85 years old; diagnosis: Diabetes mellitus, cataracts in both eyes, poor circulation, difficulty in falling asleep. Results of MRS therapy: significant improvement in circulation after two weeks, the patient is sleeping better, his digestion has improved; after five months: stable sugar levels, wound healing enormously improved. His eyes no longer need surgery, because the cataracts have become smaller. The patient's motor system is pain-free and his hair has grown in darker, he has no more digestive problems. Mr. G. is now taking only one medication for diabetes.

3. Thanks to Mrs. Dagmar Weissenbacher

- Patient S.R., female, 48 years old; diagnosis: Diabetes mellitus, insulin-dependent since 1979. Results of MRS therapy: improvement in sugar levels after about three weeks, i.e. less basic insulin required. More rapid healing of the fracture of the neck of the femur, no more pain, patient was able to walk without crutches after two weeks.

4. Thanks to Mrs. Verena Singer

- Patient E.S., female, 71 years old; diagnosis: Diabetes, patient on dialysis (3 times a week at

the hospital). Results of MRS therapy: "I had major problems with dialysis because my veins had closed with blood clots. After seven days of treatment with MFT, I felt that my circulation had improved greatly. After two months, my blood values were measured and showed a definite improvement. With regard to my diabetes, I now need only one injection in the morning - previously I had to have injections both mornings and evenings."

5. Thanks to Mrs. Beatrice Studer

- Patient, female, 59 years old; diagnosis: After the age of 50, the patient developed adult-onset diabetes and was stabilized on medication. Her diabetes values were very bad and she was soon to begin injections. Results of MRS therapy: today in January 1999, she can use her hands again for minor manipulations, she can put her thumb and index finger together and she has good circulation, can move all her fingers freely and lift her arm 100% away from her body. There has been a massive improvement in her diabetic condition.

See also patient reports by Mr. D.M. with illustrations in the section on "Diseases of the Skin" (Decubital ulcer)"



Appraisal of MFT: 70% good to very good results

18.3. Gout

Gout is one of the most common metabolic diseases. Two to five percent of the total population suffers from gout. Men are affected most commonly around the age of 40 and women around the age of 50. Ninety-five percent of the patients are men. The greatest risk factor is obesity. Gout is a typical disease of abundance; it hardly ever occurs in times of shortage. A hereditary predisposition is a prerequisite for this disease. However, the main causative factor is a lifestyle that is too rich. An old folk saying is that Vinum (wine) is the father of gout, Zena (dinner) is the mother of gout and Venus (love) is the midwife of gout. The disease is often triggered by psychological and physical stress or a simple change of weather. Excessive dieting (fasting) may also cause gout to flare up. The large toe joint is

affect the most commonly, therefore the ancient Grecian name "Podagra." The scenario for a gout attack may take place as follows: a well-loved man wakes up in the middle of the night after a banquet due to severe pain in his big toe. The toe is swollen thick and red and an infection is spreading. The next day, the pain usually subsides again. For the next few nights, the attack is repeated. The cause can be determined by a blood test: uric acid is greatly elevated - a prerequisite for gout.

Not everyone with elevated blood uric acid levels develops gout; only about 10% do. If the body loses control of production and secretion of uric acid, the blood is flooded with this metabolic product until the solution becomes saturated and small crystals are formed. The uric acid crystals then settle primarily in the major joints (big toe, knee, but also the fingers, elbows, shoulders and hips) where they irritate the joint capsule and the surrounding structures and lead to pain because of the inflammation. When a person has had gout as a primary disease for a longer period of time, the uric acid crystals may also be deposited under the skin (for example, on the ears) where they form so-called gout nodules.

The lower extremities are affected ten times more commonly than the upper extremities. In the very rare but equally serious cases where organs are also affected, this can lead to organ failure (such as the kidney). Two forms of therapy are known: treatment in the painful acute attack and long term treatment for prevention of renewed attacks. The best known and oldest medication, which is still being used today, is colchicine, a toxic substance from meadow saffron. It can interrupt an attack immediately, but it also has side effects and risks such as diarrhea, vomiting and nausea. Weight loss is the simplest and most important measure which is also the lowest in risks. Ideally a normal weight is the goal (height in cm - 100 = ideal weight in kg). Additional recommendation: eat slowly, chew well, 5-6 small meals a day and follow a diet low in purines. Purines are chemical components of each cell nucleus from which the body forms uric acid. Therefore strong purine producing foods such as meat, especially the organ meats such as liver, heart and kidneys

should be avoided, but canned sardines, anchovies, prepared sauces and soups should also be avoided. Gout attacks can be limited in frequency and sometimes prevented entirely by this measure alone, namely following a low-purine diet. A diet helps postpone the harmful late consequences of gout. This diet allows primarily milk products, cheese and yogurt, vegetables (except for legumes), potatoes, fruit and bread products. Another important measure is of course to drink lots of fluids (at least 1.5 - 2 liters of fluid a day). Alcohol has proven to be especially harmful to these patients because although it inhibits the secretion of uric acid on the one hand and on the other hand the yeast in beer for example is considered an especially strong source of uric acid. Drugs that accelerate elimination of uric acid through the kidneys such as benzbromarone and sulfine pyrazone can lead to serious consequences, especially in patients with restricted renal function. The drugs that inhibit uric acid production include mainly allopurinol. The problem with these medications is that they cause side effects such as skin rashes, itching and blood changes. The worst case is failure to treat, because it results in progressive loss of mobility of many joints.



Effect of magnetic field therapy on gout:

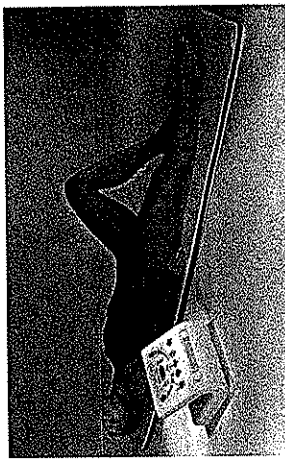
relieving pain, reducing swelling, relieving cramps, promoting the solubility of uric acid crystals in blood so that fewer crystals are formed and thus there is less stress on the joint.



Proper use of MRS for gout

- Whole-body mat: 3 times a day for 8 minutes each time: 100% level in the morning, 100% level at noon, 25% level in the evening
- Pad: 2-3 times a day for 16-24 minutes each time: 150-200% level, at the point of pain
- Forms of therapy supportive of MFT: diet, diuretic herbal remedies (dandelion, common nettle, field horsetail), for cartilage damage: glucosamine sulfate, shark cartilage extract.

- How long should the treatment be continued? Success of this therapy is usually apparent relatively rapidly. Nevertheless, treatment should also be continued as preventive measure in the period between gout attacks.
- Notes on the initial reaction to be expected in treating gout with MFT: none.



Basic treatment for gout



Scientific studies on the treatment of gout with MFT

A study with MRS on gout patients is currently underway at a rheumatism center in Vienna.

V.I. Kovalchuk et al.: "Use of Extremely Low Frequency Magnetic Fields in Clinical Practice," *Fizicheskaia Meditsina*, 4(1-2), 1994, p. 87.- This study investigated the effect of low-frequency magnetic fields on 650 patients who were suffering from metabolic diseases such as gout. Most of these patients experienced a significant improvement in symptoms.



Physician reports on the treatment of gout with MF

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuille, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, Tel. 0043/1/40 666 00

• Patient, male, 56 years old. **Diagnosis:** Chronic gout, stabilized with medication. After a large family feast, he experienced intense pain in his left big toe in the joint at the base of the toe during the night. Results of MRS therapy: after three days, his pain was relieved, mobility was improved and the patient could get up again.

188 Patient reports on the treatment of gout with MRS

1. Thanks to the company Vita-Life
 • Patient P.M., male, 70 years old; **diagnosis:** Gout. Results of MRS therapy: Circulation greatly improved after seven days, likewise the pain in the joints; no more gout tablets necessary.
 • Patient T.S., male, 84 years old; **diagnosis:** Gout nodules on the hands and feet. Results of MRS therapy: no more gout attacks and no more pain in the hands and feet. A deformed finger on the left hand and a severe nodule on the right hand no longer caused him any pain. His circulation disorders improved and the patient has had more energy and enthusiasm for work.

• Patient H.J., male, 52 years old; **diagnosis:** Gout since 1972 (taking one tablet of purinol 300 mg daily), circulation disorders in both feet. Results of MRS therapy: No more gout tablets. With a renewed gout attack, the right ankle was pain-free after four days of treatments with the pad. The circulation disorders have improved greatly and his general condition is good.

• Patient R.J., male; **diagnosis:** Gout pain in the feet. Results of MRS therapy: The pain in both feet disappeared after 14 days.

• Patient H.W., male, 53 years old; **diagnosis:** Extreme pain, gout attacks in the right side of the body. Results of MRS therapy: Circulation in the feet optimal after the first treatment. Extreme relief in climbing stairs and subsidence of pain the very next day. Tablets for gout were stopped after 14 days. After four weeks, the patient is pain-free and experiencing physical well-being.



Appraisal of MFT: 70-80 % good to very good results

18.4. Diseases of the Thyroid

18.4.1. Hyperthyroidism - overfunctioning of the thyroid gland

Overfunctioning of the thyroid gland is due to the thyroid itself (Basedow's disease) and therefore is independent of other influences.

In rare cases, administration of iodine hormones is the cause of this condition. The disease is manifested initially in increasing nervousness, insomnia, and a type of psychological lability; these patients often lose weight despite a constant craving for food. It is characterized by an intolerance of heat, i.e., these patients avoid heat, frequently break out in sweating and have slight fever, sometimes also diarrhea as well as a faster heartbeat and pain.

Under some circumstances, magnetic field therapy may be contra-indicated in hyperthyroidism. Therefore it is important to consult a physician before treatment. In general, a patient with hyperthyroidism that has been managed with medication can be treated just like a healthy person. To this extent, MFT is not a contra-indication, although this group of patients has an increased incidence of initial overreactions such as nervousness!

18.4.2. Hypothyroidism -

underfunctioning of the thyroid gland

Underfunctioning of the thyroid often has no discernable cause and it is very difficult to detect. It usually begins gradually, and is characterized by lack of energy, inability to concentrate and memory problems, sensitivity to cold, tingling in the fingers, hands and feet and muscle weakness although the muscles do not deteriorate. In some cases these patients experience constipation and the women may have menstrual disorders. Depression and loss of libido are other possible side effects. In any case, hypothyroidism can be treated with magnetic field therapy.

18.4.3. Goiter

Any enlargement of the thyroid gland, regardless of the cause, functional situation and whether or not it is benign, is known as goiter. In central European countries, approximately 15 % of the population is affected by this condition. The most common cause is an iodine deficiency. In rare cases, autoimmune diseases or tumors may be the cause of the enlarged gland.

Effect of magnetic field therapy on diseases of the thyroid:

calming, promoting circulation and having a balancing effect through the autonomic nervous system. If the thyroid is underfunctioning, it can be stimulated directly. Although overfunctioning of the thyroid gland is one of the contra-indications for MFT, it should be recalled that the treatment can have a balancing effect. An important prerequisite for this is a good stabilization and close monitoring of blood values (regular blood tests).



Proper use of MRS for diseases of the thyroid:

- Whole-body mat: twice a day for 16 minutes each time: 25 % level in the morning, 10 % level in the evening
- Pad or probe (only for underfunctioning): twice a day for 8 minutes each time: 50 % level, in the neck area



Local treatment for diseases of the thyroid

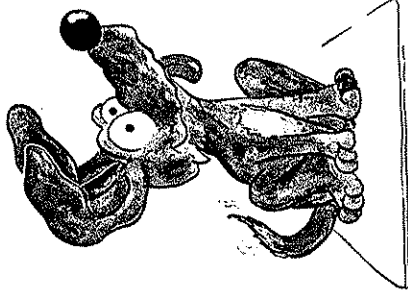
• Special instructions on use: drink lots of fluids! In hyperthyroidism, the pad should not be used directly in the neck area.

• Notes on the initial reaction: in hyperthyroidism, fluctuations in hormone levels may occur in 3 % of the cases. Typical signs include sensitivity to heat, trembling when the arms are extended, accelerated heartbeat, digestive disorders.





Scientific studies on the treatment of thyroid diseases with MFT

• M. Endokrinum et al.: "Effects of Pulsed High-Frequency Electromagnetic Fields on the



but it seems useful to increase the dose gradually in treatment. For larger dogs, use of the magnetic field pad or probe is especially recommended for arthrosis or wound healing disorders. It is okay for the intensity level to be 100-150 % for 24 minutes. The treatments should be administered twice a day.


 Use of MRS on horses: horses are considered the most sensitive animals for magnetic fields. MRS is ideally suited for treatment especially of the nervousness of racehorses. Joint complaints which often occur with horses can be treated very well with MFT. It has been reported that the performance of the horse can be increased in this way. The whole-body mat is placed like a saddle around the horse; the intensity should be 10-25 % twice a day for 8 minutes each time. For joint complaints, the local applicator may be used multiple times daily for 24 minutes each time at the 100 % level.


 Use of MRS on cows and sheep: the highest levels can be used with these animals. Lactation of cows in particular shows an excellent response to MRS. In sheep as well as cows, the local applicator (pad) may be used with intensities of up to 200 % be-


19. Magnetic field therapy on animals

The use of MFT in animals is just as extensive as in humans. The main applications are for disorders in the area of the motor system, circulation disorders, poor wound healing, pain and diseases attributed to the autonomic nervous system. The use recommendations for cats, dogs, horses, cows and sheep are mentioned briefly below.

For use of MRS on cats, dogs and other animals of this size, we recommend placing the whole-body mat on the floor for the animal and possibly performing the treatment together with the animal. Animals often feel excited when the magnetic field is in operation. If it pleases them, they will lie down on the applicator (or the pad) themselves.


 Use of MRS on cats: 50 % with the mat, up to 100 % with the pad for local symptoms, and the probe can be used up to the maximum intensity for arthrosis. The treatments should be given once or twice a day for 8 minutes each.

 Use of MRS on dogs: in dogs the intensity level may be increased up to 100 % (depending on the size of the dog),

 Patient reports on the treatment of thyroid diseases with MRS

1. Thanks to the company Vita-Life
 • Patient F.M., male, 27 years old; diagnosis: Hypothyroidism. Results of MRS therapy: very good values after two months, thyroid function normalized.

• Patient G.F., male; diagnosis: Hyperthyroidism, sleep disorders. Results of MRS therapy: "After using the pad for three weeks, I no longer have any symptoms. I have been able to stop the various medications. I would classify my overall physical condition as especially good."

 Appraisal of MFT: 65 % good results in hypothyroidism; hyperthyroidism only after stabilization on medication.


Neuroendocrine System," Department of Psychiatry, University of Mainz, Neuroendocrinology 10; 67 (2): 139-44, 1998.

• Bakos: "Sinusoidal 50 Hz 500 mT Magnetic Field has No Acute Effect on Urinary 6-Sulphoxymelatonin in Wistar Rats," Bioelectromagnetics, 16 (5), 377-80, 1995.

• U. Endokrinum: "Influence of Industrial Frequency of the Alternating Magnetic Field on the Thyroid Gland Functional Activity and 131 J Thyroxin Binding by Tissues of Albino Rat Organs," Tomsk Medical Institute, Moscow, Russia, Buletten Eksperimentalnoj Biologii i Meditsiny 86, 11, 544-546.

• Adrenalin (Endokrinum), Udintsev et al.: "Response of the Pituitary-Adrenal System to the Action of Variable Magnetic Field," Department of Biochemistry, Tomsk Medical Institute, Moscow, USSR, Bulletin of Experimental Biology and Medicine 77, 641-642.

• B.W. Wilson et al.: "Effects of Electric 60Hz Fields on the Melatonin Rhythm of the Pineal Gland: Onset and Recovery over Time," Biomagnetismics 7, 239-42.

 Physician reports on the treatment of thyroid diseases with MF

1. Dr. Christoph Scherer, M.D., Dr. Christian Thuile, M.D., Center for Energy Medicine, 1080 Vienna, Breitenfeldergasse 10, Tel. 0043/1/40 666 00

• Patient G.F., female, 36 years old; diagnosis: sleep disorders, thyroid dysfunctions. The patient could not deal with her normal daily life. Results of MRS therapy: after three weeks, the patient was completely free of symptoms and was able to stop taking various medications; she is now in a good general condition.

2. Thomas Drach, non-medical practitioner, Bermatingen

• Patient G.S., male, born 1968; diagnosis: Diabetes mellitus since the age of 10, poor wound healing with an open abscess. Results of MRS therapy: after just two treatments, a definite improvement in wound healing process was observed. The insulin doses were reduced by up to 20 % on many days.

cause they very rarely have an initial exacerbating reaction.
Use of MFT on animals is also found frequently under the various headings for the individual diseases.



Scientific studies on the treatment of animals

We have approximately 450 scientific articles from veterinary medicine. Most of these articles were conducted following an animal experiment with MFT. Most of these articles were conducted following an animal experiment with MFT. Only if animal experiments show positive results are studies on humans allowed. For this reason alone, it can be seen how many studies there have been on the topic of magnetic field therapy in animals. It can also be concluded from this that most indications which apply to humans will also be valid for animals. Unfortunately, we do not have enough space here to go into this field in depth, and we must be satisfied with just a few use recommendations and some interesting studies. Currently studies are underway in the field of veterinary medicine, especially in the field of horse racing using the MRS plus med system.

• Endo-Naoto et al.: "The Effect of Pulsed Electromagnetic Fields on the Calcium Metabolism in Cultured Rabbit Chondrocytes," Department of Orthopaedic Surgery, Niigata University School of Medicine, Niigata, Japan, Acta Med. Biol. (Niigata), 46:1, 11-15, 1998.

- This group of researchers had already proven in previous experiments that pulsating electromagnetic fields inhibit the response of chondrocytes and osteoblasts to parathyroid hormone (PTH) and thus prevent the calcium efflux, so this study shows that this effect can probably be attributed to stimulation of chondrocytes (GAG synthesis).

• M. F. Scardino et al.: "Evaluation of Treatment with a Pulsing Electromagnetic Field on Wound Healing, Clinico-Pathologic Variables and Central Nervous System in Dogs," American Journal of Veterinary Research, September 1998. - This study shows the positive effect of pulsating magnetic fields on wounds in dogs.

• O. Patino et al.: "Pulsed Electromagnetic Fields in Experimental Cutaneous Wound Healing in Rats," Journal of Burn Care Rehabil, 17(6 PT 1), 1996, pp. 528-31.

• A. Bellosi et al.: "Effect of Pulsed Magnetic Fields on Cholesterol and Tryglyceride Levels in Rats Study of Field Intensity and Length of Exposure" Laboratory of Biophysics, School of Medicine, Rennes. Z Naturforsch C, 1996, July-August, 51(7-8), pp. 603-606. - This study shows that pulsating magnetic fields can lead to a drop in cholesterol and triglycerides in the blood of rats.

• P.O. Milch et al.: "Electromagnetic Stimulation of the Rat Pancreas and the Lowering of Serum Glucose Levels," Trans Am Soc Artif Intern Organs. - In this animal experiment, the sugar level of diabetic rats was reduced significantly using pulsating magnetic fields in comparison with rats that were not treated with MFT.

Animal reports on the use of MRS

1. Thanks to Mrs. Gisela Arndt

• Pepe, a Scottish setter, had been entrusted to me for care. While I went to the store, he remained with the domestic help of his owners. When I returned, he was acting wild and nothing would help. Only when I placed him on the MRS mat did he relax fully after two minutes.

2. Thanks to Mr. Willibald Trippold

• Great Dane, Lady, 9 years old. Diagnosis: Lady had joint symptoms due to her advanced age. After walking for even a short period of time (half an hour), her symptoms became severe. She limped slightly and was walking "stiffly." Results of MRS therapy: after 14 days the first success was apparent. Her walk became much more fluid and the limping disappeared. I have continued to treat her further. After two months of treatment, not only was her gait completely normal, but also her character had completely changed. She was again playful and full of energy. Her fur, which had already become slightly dull, began to be shiny again. Lady enjoyed the mat each time. We now take extensive hikes in the Alps (several hours at a time) and the dog no longer has any symptoms.

3. Thanks to Mrs. Edith Reuteler

• Derrick, a giant schnauzer male, 11 years old. Diagnosis: in three weeks he developed a tumor 4 x 3 x 3 cm in size beneath his tongue. The skin on his lower jaw was severely changed, swelling of the glands, gums very red and shrinking, his front teeth were loose and some had to be pulled. Biopsy findings: squamous epithelial cell carcinoma, malignant with a risk of metastasis and recurrence. Prognosis: unfavorable, inoperable. Lately, Derrick had become increasingly fatigued to apathetic and he could only eat soft, wet food, and even then could only eat slowly. What to do? Have him put to sleep? His eyes were still full of the will to live. To protect our faithful friend and companion in his last days or weeks, a friend recommended MFT to us. Results of MRS therapy: "After just three days, Derrick would lie down on the mat on his own; the system was not even turned on, and he would stand in front of me with a questioning look and then run back quickly to the mat and lie down on it in a relaxed manner. After just two weeks, Derrick was again much more vigorous and began to play again. Three months later, he was again able to eat bones. After six months, the proliferation had disappeared completely. After 10 months, a blood test showed no pathological findings.

• Münsterland-Swiss mixed breed hound, 10 months old, shoulder height 67 cm. Diagnosis: massive atrophy of the muscles at the right rear, limping severely. According to the person who brought him in, he suffered a fracture of the femur as a puppy but for lack of money they were not able to have it treated properly. Then Elliot was kept in a small cage (4 x 4 m) without any additional exercise. Results of MRS therapy: After just one week, the dog's mobility and gait improved. He began to play and run most of the day with 15 to 20 dogs in a large area 500 square meters in size. After three weeks, we had an X-ray prepared. Findings: the veterinarian at that time had removed the head of the femur. Continuation of therapy: after 4 months, Elliot found a new home with a sympathetic animal lover. We have continued the treatments consistently every day. At his new home, Elliot has achieved a uniform gait with full thrust, an increase in muscle mass, dynamic energy in play.

• Rhodesian ridgeback bitch, Aina, 32 kg, 8 years old. Diagnosis: Limping with small, delicate steps, cramped posture, tail pulled in, spondylolysis, stenosis in the lumbosacral joint, impossible for her to climb stairs. Various injections did not yield an adequate improvement. Her veterinarian had proposed surgery - otherwise this dog which was otherwise so vital would have to be euthanized. Results of MRS therapy: after the second treatment, the cramps stopped and on the second day Aina went to the mat on her own and was also able to climb stairs more easily. She received a treatment once a day for 12 days. The dog was grateful; Aina began to play again and would again greet us with her tail wagging. Mrs. W. rejected continuation of the therapy for reasons of cost. Nevertheless, Aina has been doing extremely well without any recurrence.

• Terrier male, Henry, 16 years old. Diagnosis: he was brought to me after apoplexy (a cerebral stroke). Equilibrium disorders, holding his head at an angle, dragging his paws. Results of MRS therapy: After just a few days of treatment, his general condition improved. After three weeks, Henry was discharged to go home in a relatively good general condition and was able to enjoy ten more months of life.

• Mixed breed bitch, Lucy, 16 years old. Diagnosis: general age symptoms. She was brought to us for care for almost three weeks. Because of her age, I placed this dog on the mat three times a day. Results of MRS therapy: after the owner picked up the dog, she called us and asked what we had done to the dog. We were shocked at first, and asked, "Isn't everything okay?" Then the owner said that when Lucy came home, she had climbed the stairs on her own for the first time in ten months. She was much more energetic and more erect and ate much better.

• We used the MRS for after-treatment after surgery such as breast cancer surgery and sterilization on the stray dogs we had picked up with great satisfaction.

4. Thanks to Ernst Hügli

• Large bitch dog. Diagnosis: In January of 1998 extremely sick (nonspecific diagnosis: poisoning, distemper?), diarrhea, loss of appetite, signs of paralysis, nodules. The dog was sick for

several weeks, then improved gradually. However she remained absolutely unable to urinate on her own (it had to be squeezed out daily). Results of MRS therapy: on the fifth day of treatment by MRS, the dog was able to urinate on her own for the first time. After 15 days, she succeeded on her own to some extent although irregularly. It is almost never necessary to squeeze out the urine anymore. The dog is more energetic, but she lies down calmly on the mat.

- Dwarf goat, 1 1/2 years old. Diagnosis: eczema, hair loss, coat looking bad, low weight. Injections of vitamins and trace elements and minerals given by the veterinarian. High-fiber feed with vegetation and bark as an additive. Only a slight improvement. Results of MRS therapy: after two months, there were no more visible symptoms, but the hair was slightly thin. After about four months, the animal is still doing well.

- Mare, Contessa, 7 years old. Diagnosis: she has been paralyzed in the right front hip joint for about three months. Using this horse to pull a carriage was out of the question. Even the veterinarian was unable to help, because he could not determine what was wrong with the horse (despite extensive testing including X-rays). Results of MRS therapy: to my amazement, I found that the horse's condition always became worse immediately after a treatment. Mr. Maier reassured me, however, and said that this was simply an initial exacerbation reaction. And in fact, the next morning the animal's progress could not be overlooked. A significant improvement was observed after the 12th week of treatment. On the whole, we have done approximately 35 treatments by now. The horse can now work pulling the carriage without the use of pain pills.

5. Thanks to Mr. Josef Hammer

- Dog, Sysley, 15 months old. Diagnosis: surgery on the right knee joint, patella had no hold. The animal could not walk for a long period of time. Third-degree luxation of the patella medially. Indentation of the trochlea. Displacement of the tuberositas tibiae. Results of MRS therapy: Thanks to good surgery on the part of the veterinarian, Dr. Hemma Schilch, Pedit Gratkorn and MRS 2000: After ten days, the animal could walk 70% on all four paws again. According to the X-ray: very good healing. Sisley

can now run freely. In the meantime the screw has been removed.

6. Thanks to Maria Pfeifer

- A young leopard (Mag. Jakobs, Herberstein Zoo). Aron. Diagnosis: Aron was very weak due to a long disease, could hardly walk at all and was not interested in standing up. He had major digestive problems alternating between diarrhea and constipation. Results of MRS therapy: motivating and activating. With each treatment he has become mentally stronger, stands up voluntarily and walks around. He goes to the mat voluntarily, lies down purring and waits until I turn it on.

7. Thanks to Mrs. Verena Singer

- Horse. Diagnosis: flexor tendon injury. Results of MRS therapy: after three months of use, the horse's condition became very stable and still has not changed. Before the accident, the horse stumbled frequently depending on the situation. Magnetic field therapy treatments were continued for six months. The horse is now 20 years old and is in movement daily. At the beginning, the treatment was not very simple, but after 2-3 days, the horse could sense an improvement and waited regularly for the treatment.

- Dog. Diagnosis: bladder infection, blood in urine. Results of MRS therapy: After seven days of treatments, an improvement was achieved and no more medication had to be used. Since then he has not had any problems. Previously he had a mild bladder infection each winter (does not eat snow).

- Cat. Diagnosis: She was shot in the head. For four days the cat did not come home. When she returned, the treatments were begun immediately. The left side of her head was swollen with an infected mass oozing out of the wound. It was very unpleasant. Results of MRS therapy: after one week, the cat was able to eat again, it took in fluids at the beginning but with great difficulty and associated with severe pain. After three weeks, further treatment was refused, the cat felt that she was doing well again. Normally an animal in this condition would have been put to sleep.

8. Thanks to Mr. Frank Robert Belewsky

- Horse, 6 years old. Diagnosis: severe chest injury, wound with severe purulence. Results of MRS therapy: After two weeks, the wound

healed, and after four weeks it could hardly be seen at all and the animal was free of symptoms. After 1 1/2 months, the horse was able to resume riding work. After two months, nothing could be seen of the wound.



Appraisal of MFT: 70-80% good to very good results in treatment of disorders involving the motor system.

NOTES



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Vaccination	I.3.41		
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