Searching the World for CAM Breakthroughs
An interview with Ferdinando Pisani Massamormile

Have You Heard of This?
Sampling of CAM Therapies

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--Peter Fraser, Chief Scientific Officer, NES

"It appears as though the heart and brain have access to a field of information not bound by time and space... we really do have an energetic or an electronic system, and that's really primary."
--Rollin McCraty, PhD, Dir. of Research, Institute of HeartMath

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The theme of this month’s issue is complementary and alternative therapies and modalities. We kick off this issue with our cover interview with Ferdinando Pisani Massamormile of the private Foundation for Alternative and Integrative Medicine (FAIM). FAIM sends researchers and investigators around the world to study and evaluate the most cutting-edge CAM therapies, and Ferdinando brings us up to date on some of these frontier scientists and their theories and healing approaches. He also talks about the state of CAM and offers insights into how patients can best negotiate both worlds, that of CAM and conventional medicine.

The rest of the issue is chock full of leading-edge healing therapies that you may not have heard about. Light is the “new medicine,” and we introduce you to two light-therapy approaches: Fight or Flight Therapy and Virtual Scanning. Both use light perception through the visual system to determine the state of the body. In addition, the Theragem biotechnology combines light with precious gemstones, metals and other healing energies to bring greater harmony to the body, mind and spirit. You’ll also learn about healing trauma through Trauma Release Exercises and the hands-on energy healing technique called Quantum Touch. We even briefly cover several earth-based therapies.

Finally, we are delighted to have a study by Dr. Kelly Turner about the beliefs and therapies that appear to be most effective in fostering spontaneous remissions from cancer. I met Dr. Turner at a recent alternative medicine conference and was so impressed with her research that I immediately asked her to review it for you in this issue. She conducted this research as part of her PhD dissertation and continues it now that she is in private practice. She is putting out a call to Quantum Health readers to share their experiences about healing from cancer, so if you have a story to add to her research database, be sure to contact her.

I’m hard at work on the next issue on “quantum communication within and beyond the body,” which I am very excited about. I already have an all-star list of scientists—from pioneer researchers Dr. Beverly Rubik and Dr. Rollin McCraty to physicist Dr. Fred Alan Wolf (better known as Dr. Quantum!)—on board to bring you the latest from the world of quantum physics, frontier biology, and beyond. In the meantime, enjoy this issue. And, remember, if there is a topic or theme you would like to see covered in Quantum Health, write to me at joan@quantumhealthmagazine.com.
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Events in 2011
What’s going on in the world of complementary and alternative medicine (CAM)? Ferdinando is paid to know. He is an International Research Consultant for the private Foundation for Alternative and Integrative Medicine, whose mission is to search the world for the most promising medical therapies, technologies and theories. If something of interest is happening in the world of CAM, then someone from the US-based FAIM will be there to evaluate the claims and report on them. In this issue of Quantum Health, Ferdinando tells us about some of the therapies FAIM has investigated and discusses the state of CAM in its wider scope.

Q Tell us briefly about the mission of the Foundation for Alternative and Integrative Medicine and about your role in the organisation.

FPM: The Foundation for Alternative and Integrative Medicine (FAIM) was created by former US Congressman Berkley Bedell. He ventured into alternative medicine because of personal circumstances. He was very sick with Lyme’s disease and nobody could cure him. Eventually a veterinarian cured him with colostrum therapy, which in one of its versions consists of injecting the patient’s blood into the udder of a pregnant cow. When the cow gives birth, the colostrums, which is full of immunological factors, is given to the patient. Although Berkley completely recovered in a very short time, the veterinarian ended up in jail. Berkley testified on his behalf and he eventually was released. Berkley then went to his fellow congressmen, telling them, ‘You know, this is very unfair—that someone who actually has something very important to contribute to society has been penalized in this way.’ So Berkley convinced the US Congress to create the National
Center for Complementary and Alternative Medicine [NCCAM, which is part of the US government’s National Institutes of Health] to study natural and complementary medicine. However, after being on the Board for two years, he saw that the American government was not really interested in alternative medicine, so he created his own foundation with his own money. Berkley is a very fine person. He is brilliant—an incredible man and visionary. He has a sixth sense and he can feel where things are going. He always asks really interesting questions that make people think. I am really happy to work with him. He is one of my major role models.

Basically, what Berkley wants us to do is to look outside the box. Many people who are working in the mainstream and investigating alternative medicine do so by using the typical one-at-a-time steps of trying to broaden the field of science. Whereas what we try to do is investigate whenever we hear of some ‘miraculous cure’ or follow the lead of someone who has heard of something that has some effect in a country, like Romania or India. Many times it’s a flop; it’s just someone with an idea. But sometimes we actually discover a whole new field or even a rekindling of old knowledge that when medicine became more technical sort of faded away because, for example, it wasn’t a patentable technology or because of [conflict with] the current scientific paradigm, like with homeopathy. We are a small organization and we would like to do much more, but one of our limitations is finances. But what we try to do is connect with all the major people who are doing really interesting stuff.
Q What kinds of modalities or treatments are you and the organisation evaluating currently?

FPM: We basically look at everything. For example, Berkley is very interested in autologous stem cell therapy, which is legal almost everywhere in the world except the United States. This therapy uses your own stem cells, which are harvested from you, then selected and expanded in vitro in the lab, and then put back into your body to help regenerate specific organ systems. Now this therapy is used all over the world, and Americans should be able to fully take advantage of this therapy, but they have to travel abroad to get it. We have been reviewing many sites around the world, and all the literature, and talking to many scientists, and we feel that the fears the FDA [US Federal Drug Administration] has are not legitimate and that this therapy should be introduced into general practice in the United States. So this is one major interest we have, where we are trying to fully understand this technology and also to inform the general public about it.

We are looking at another major field, which is energy medicine, which as you well know has to do with old technologies, like the Rife technology, and new ones that have been developed all over the world, such as technologies the Russians developed for their space programme and that now their scientists have privatised and spun off to create their own companies. So there’s a really exciting world out there that deals with cutting-edge physics that we have only been starting to understand in the past few years.

Q It’s a fertile time in complementary and alternative medicine, with more and more scientists willing to devote careers to exploring some of the underlying premises, such as information and energy fields and their effect on the body, quantum processes in nature and the body, and so on. You are right out there on the frontier, so what’s your sense of this overall paradigm shift?

FPM: When we as a Foundation talk about a paradigm shift, we are talking about a shift toward a non-toxic kind of medicine. Until now we [as a culture] have had this very violent approach to dealing with health problems. You know, chemotherapy, antibiotics and so on. So there is certainly out there a whole brave new world. What we call ‘alternative medicine’ doesn’t really do it justice, but we can call it ‘alternative’ in the sense that it isn’t mainstream and conventional in terms of what is taught in major medical schools. The way I see it is that this paradigm shift is already occurring, and it’s a bit like what happened in Tunisia or Egypt—the
change is happening from the bottom up. You know, you can’t expect the generals or the people on the inside or the government to actually initiate the change, although within those institutions you do find many enlightened people who are welcoming the change. And as to the change in conventional medicine, you can’t expect these megalithic institutions to make a 180-degree shift. But within those institutions are people who have been investigating these things, and when they feel the public pressuring them on this they do change.

Now more specifically, for these technologies that have to do with quantum processes, I think that most people would agree that medicine until now has been based in Newtonian physics—it’s been a very nuts-and-bolts kind of thing—and now we realise that the human body and the mind in general have an energetic element to them. It has a system of information, which is almost digital. More and more people are realising this, so the paradigm shift is a reality—it’s happening now.

There are a lot of diverse opinions among the researchers FAIM has looked into. For example, with cancer, some think cancer is caused primarily by a fungus, others a depressed immune response, others genetics and lifestyle. Perhaps they are all correct in some way or another. What’s your feeling about how an organisation like FAIM can help people sort through all the opinions and make informed health decisions?

FPM: This is very important, because the accepted etiology of a disease is being called into question by many alternative practitioners or scientists. We have had one hundred years of investigation into cancer [by conventional researchers] and we have had some improvement [in knowledge], but not a radical improvement. We can compare that to what’s happened in information technology or computers or many other fields [where knowledge has quickly advanced]. I think you made the point exactly—one of the greatest challenges for a person is to follow one body of theory or another. The consequences are huge. Whether or not you choose radiotherapy or chemotherapy depends on whether you see the cancer as a friend, compared to thinking of it as the enemy, like the Taliban, that you have to bombard with very powerful chemicals. Let me try to briefly explain this: cancer is conventionally seen as a renegade cell that has an aberrant genetic mutation and now is developing uncontrollably and eventually will be the demise of the whole organism. But what if this mutation is an intelligent and natural reaction to an extreme or aberrant situation, such as an infection, toxins, or even mental stress? You can make an analogy in a human population where an aberrant situation can cause a reaction that although local to start with can later bring down a whole society or even a civilisation. For example, one can imagine that one person buying a gun to defend against a possible threatening neighbour can spur a whole neighbourhood to do the same. In a moment of economic depression with some perceived external threat, a lack of unified government and a lax police force can lead to a disastrous scenario. So, an original reaction that was spurred in an attempt to survive or defend oneself can bring the whole system down. Similarly, the cells of our body are a symbiotic community: if the system is collapsing there must be some conditions that are terribly wrong. Too much emphasis is put in destroying these cells, like napalming a whole country, than in trying to understand and reverse these conditions.

We are trying as a Foundation to sort out that kind of alternative information and bring it to the public. One small example, which doesn’t have as harsh a consequence as cancer, is diabetes. For mainstream society, diabetes is a disease with an unknown etiology and is incurable. Well, what we are discovering is that there are many people who have found a new life by finding therapies—and
this would be preposterous to conventional medicine—that have cured their diabetes. Talking about diabetes, we can also say it’s an epidemic, both diabetes type 1 and type 2. We can see this disease as human beings who are basically malfunctioning, but what if, in contrast, we see it as a healthy way of reacting to an unhealthy world? So, when we talk about medicine, we have to talk about the wider arena of factors and influences, which are environmental, social, emotional and especially nutritional. I think that conventional medicine has made a huge jump in this sense: doctors of the old generation got maybe two hours of nutritional training in their whole medical school career and now it is an important subject. I think that, for example, when you were talking about quantum processes—now it’s admissible to talk about electromagnetic pollution whereas before it was thought it did not have any effect upon solid biology.

Q I’m curious about your saying that you have actually seen people cure their diabetes. Are you talking about type 1 or 2?

FPM: There is a very good documentary film by Dr. Gabriel Cousens where he took ten people with diabetes and put them on a raw diet and thirty days later they were cured. It’s called Simply Raw: Reversing Diabetes in 30 Days. Some of the people actually had diabetes type 1 and were able to get rid of all their medication. This is one approach. In our investigations, we have discovered some theories that consider diabetes as a sort of a dirty-blood syndrome. The cellular membrane gets so clogged up with the junk we have ingested and metabolized that the insulin cannot get in. You know, that’s what insulin resistance is—it can’t get into the cell. So you have the body trying to compensate for that and the result is the symptoms of diabetes. We are seeing people who have followed an extreme detoxification to get rid of all the junk—I hate to use the words ‘junk food’ but that explains it really well—and have gotten well. There are a lot of products and technologies out there that claim to speed the body along to a cure for diabetes, and some of these are based on Ayurveda and Chinese medicine, which are thousands of years old, and others of them are medicines from the Amazon, which is as old but not as systemised, as there are no codices or sutras we can read to find the recipes. Some of them are based on some brilliant scientific work.

Q Okay, being a stickler for detail here: those who did the extreme detoxification and cured their diabetes—were they type 2 diabetics? That is linked to diet and exercise and so on. But type 1 usually is not.

FPM: Yes. The consensus among people who are giving these types of therapies is that diabetes type 2 can be reversed at an extremely high rate. The only person I have heard of who has actually reversed diabetes type 1 is Dr. Gabriel Cousens. And it could also be simply that if you are eating only very low-glycemic food you won’t need any insulin at all. One of the theories for type 1 diabetes is that it is an immune reaction to a badly folded casein molecule [a milk protein]. The acknowledgment is that countries with the highest milk consumption, such as Finland, have the highest rates of diabetes type 1, which usually comes at a very young age.

Q Okay, let’s move on. Among the frontier science you’ve seen, which approach, therapy, or research area is exciting you the most?

FPM: Well, we were just talking about nutrition, and on a personal level I would certainly say nutrition. We all come from well-established cultural backgrounds and so we have been eating in a certain way—and most of the things we eat are not healthy for us. And we are eating too much! In ancient times, we had moments of plenty and moments of lack throughout the
year. And these times of scarcity have also been ritualised in religions [as fasting]. Those cycles allowed us to get in tune with the seasons in the northern hemisphere, and more with the moon in the tropics, and allowed the body times when it could recuperate from excesses. Because of our abundance today, we don’t have that anymore, and we are actually eating too much. One of the scientific studies we can’t argue with is that if you have calorie restriction, you live longer. In these experiments with animals, they live much longer.

Just the other day I was reading an aphorism that said that the cruelty of this modern world is that medicine is helping us live much longer but we get sick so much sooner. Nutrition—it takes a personal transformation because it takes an effort. I have Italian heritage and have eaten pasta all my life and now I use these quantum technologies that tell me I have intolerance to gluten. It’s not at an intestinal level, as most people have, but it goes deeper. And certainly, thanks to these technologies, I was able to evaluate this and I dropped gluten and my life changed. And it’s a cultural shift for me! I mean what do I do with my pasta and ravioli and such?

Q I am not asking you to endorse any one therapy or product, but you have access to so many leading-edge scientists and their research results, so would you tell our readers about some of them, about therapies or technologies they may not know about?

FPM: One of the novel technologies we looked at is Photoluminescence Therapy. In one of its basic forms, it is blood irradiation with ultraviolet C light. This has been used extensively in Eastern European countries, especially Russia. Ultraviolet C was actually used quite a lot in the past to disinfect things, like tools in the operating room. In the therapy, it is used at a very low luminescence, a very low intensity, and it seems to clear up many problems for people, whether it’s hepatitis or even malaria. What we now have to ask is if UVC is teratogenic, which means it might cause mutations that could cause cancer, or you could use the word genotoxic. This is a study that has to be done. We still have to investigate it more. So, this is an example of a technology that is not endorsed at all by conventional medicine.

There are others we are examining. For example we are looking at Dr. Tullio Simoncini’s protocol for treating cancer using sodium bicarbonate. Basically, he says that cancer is not about cells that have gone genetically berserk and therefore you have to go in and destroy these cells, and you can use chemicals and so on. You can, of course, do that, but you cause a lot of collateral damage. What he is saying is that cancer cells are a physiological reaction to a local fungal infection. He says the cells transform themselves to defend themselves from the fungal infection. For this he has lost his medical licence and is considered a heretic. And many people would say he’s a hoax, meaning someone who is intentionally misled other people. What we are actually seeing are a lot of testimonials from people who claim their lives have changed with this therapy—that they are cured.

The Foundation is trying to serve society, to help the world through this vision inspired by Berkley, but we understand that a radical idea is hard even to take into consideration. And so we are trying to do the homework for people and trying to create a system of evidence by which we can at least take something across to the other side of the table and say, ‘Please look at this more seriously.’ This process also helps us better understand what we are looking at.

Another therapy we have discovered is the use of magnets to diagnose and treat disease. Although magnets have been used for a long time, the approach that has most fascinated us is the one developed by Dr. Isaac Goiz of Mexico. He uses magnets to neutralise spots in the body.
with excessive pH—acidity or alkalinity—that harbour pathogens: fungi and viruses like an acid environment and bacteria and parasites like an alkaline one. What Dr. Goiz claims is that these spots come in pairs where pathogens resonate with each other. For example, Dr. Goiz says that AIDS is the resonating relationship of HIV in the rectum with an acid environment and an Escherichia coli infection in the thymus gland with an alkaline environment. By placing two magnets, these two resonating places get neutralised and the pathogens are eliminated, curing the person of the disease. Dr. Goiz has discovered hundreds of these bio-magnetic pairs that relate to almost all the major diseases. The claims are incredible and we are trying to make sense of all this.

Another remarkable phenomenon is the use by many people around the world of a simple molecule known as MMS (Master Mineral Solution), which was traditionally used for water purification and other industrial applications. Its proponents say that it can be used to cure scores of different deadly diseases. The US FDA has clamped down on the distributors of this product, and its discoverer, Jim Humble, has hidden himself behind a freedom-of-religion umbrella. What makes it so difficult for us to make an assessment of this therapy is that so many issues come together here. Furthermore, it does not interest pharmaceutical corporations because it is dirt cheap and unpatentable.

Sometimes the Foundation builds a relationship with people we believe are true pioneers and paradigm shifters. One of these is Thomas Aksnes, from Norway, who against the pressure of his family, who are all very accomplished conventional scientists, delved at a very young age into energy medicine, principally to cure himself of his own health problems. He has developed a diagnostic and therapeutic model based on devices that use energy or signal technology that are working with the new principles of quantum medicine. He has also developed a handheld PTD [Personal Therapy Device] that incorporates many of these technologies into a convenient format. In the years to come we will most certainly hear much more of him.

Another really interesting technology is the Papimi, which is basically a machine that unloads the energy of a lightning bolt in a nanosecond. The idea behind it is that when the cellular membrane loses its electric charge then all kinds of degenerative diseases can kick in. This technology intends to charge you back up like a battery. The developer is a physicist from Greece who claims biological transmutation is the basis of cellular physiology.

A person we frequently call upon to help us understand this frontier science is the physicist Guy Obolensky, who is perhaps the world expert on Nikola Tesla as well as an outstanding inventor himself. He has developed a machine, upon which the Papimi is based, that is supposed to have powerful therapeutic effects by energising and aligning the spin of the atoms of the body. I mention him because he is an example of a really decent person with a pure, brilliant and lucid mind. What also makes him exceptional is his manual ability that allows him to personally build his own inventions. We at the Foundation really want to help people like Guy Obolensky get the help he needs to give his ideas to the world. Sometimes restrictions in finance, management and marketing, and also legal issues, limit the ability for an already far-out idea to find a space for success.

As you can see, we at the Foundation go to the wildest places!

**Q** You certainly do. You already talked about this a bit, but let’s revisit it: do you have any advice for people who are trying to bridge both worlds in terms of health and medicine, to sort all of this out?
FPM: You know, I once had this Romanian doctor screaming at me, ‘There is no such thing as alternative medicine. It’s all just medicine!’ And in a way that’s true. Every so often people come along, like Newton or Einstein, who completely shatter everything.

As for your question, it’s very hard for single individuals, especially when they are sick, to make such a leap in their personal lives. What usually happens is that friends or relatives come to them and say, ‘Hey, have you heard of this or heard of that.’ I would say—and I am sure this is a cliché—to try to think with your heart. Somehow, when something is true for you it will resonate.

As a Foundation we are not against doctors. All of the great advances of medicine are incredible. But sometimes we do see abominations. We are not in a position to come in and say ‘No’—firstly, because we would create a lot of enemies, and secondly because we don’t have the true competency to be able to do that. So in this process of trying to bridge . . . well, sometimes two therapies are not really complementary to each other. They really are alternative to each other. I mean, in a sense, if you buy into, for example, Dr. Simoncini’s therapy you cannot buy into chemotherapy. This is the most difficult part. It’s not a question of complementing a therapy with minerals or vitamins or good nutrition, which is always good for everybody all the time, right? It’s sometimes a question about having to choose a completely alternative path. It’s like dropping out of college and saying I am going to study something else. It’s personal. And it’s difficult. Especially with the Internet and all the information that is available—just fifteen years ago you had to be a library rat to investigate something or to travel across the country to meet someone. Now it’s all out there on websites. It’s incredible! And that’s why I think the revolution is happening.

As we close, I would like to completely shift gears. You also study with South American indigenous healers, curanderos. They are the masters of natural medicine. Is modern medicine—both conventional and CAM—missing something important by not paying attention to the “old knowledge”?

Q I want to ask you about any blinders CAM practitioners might be wearing. There are those people in the CAM world who, fairly or unfairly, place blame for the state of medicine on Big Pharma, reductionist scientists and the “matter-based” focus on the body. But CAM has its own problems, not the least of which is remaining open itself, as many practitioners become champions for their own specialties and screen out new, different or conflicting information. Would you care to comment on if you think this is true and how it is affecting the field?

FPM: One of the biggest obstacles we are seeing to the advancement of certain therapies is the proponents themselves. The proponents of the therapies themselves, who most of the time are the inventors. They can have such complicated and complex personalities that they either make enemies or they don’t really communicate clearly what their ideas are. This has been a big limitation. I would say that some good ideas are not getting across for this reason.

You know, the kind of, let’s say, hippie movement feeling to some of CAM, and you know the feeling that the guys in the white coats are the bad guys—I think that is breaking down. We are not in that enemy-is-out-there-mode anymore. Now we are more in the place of the enemy is within. The enemy is our own smallness.

And another obstacle to CAM, one of the biggest, is sloppy science. People who have studied conventional medicine have had a much better preparation in science—I mean among therapists. But people are getting self-organized now. Just as doctors get licensed by other doctors, other types of practitioners are getting licensed by associations so they can ensure that their level of competency is high, and so that we won’t have this type of sloppy attitude toward science or clients.
FPM: Well, before I answer I want to congratulate you for your first two books, the ones before the body-field book. Before people discovered you in regard to energy medicine, your other two books [about Peruvian shamanism and visionary/healing plants] were already in my library and quite fundamental to me. I live in Peru because it has an ancient shamanic tradition. It is different from China or India, which are countries with systematised knowledge which sprung from Source, from nature, into a discipline. But what you have in Peru, it’s still in its original state.

I have learned, dealing with these healers, to accept. . . . You know, we grow and forget—we often say children see imaginary beings but we stifle that with education. Here [in Peru] we can delve back into a world of infinite possibilities. When we are talking about cures and medicine, we are talking about the ability to wake up something which is intrinsic within us to be able to transform ourselves both physically and in our wider essence. What I have learned from my experiences here is that this is possible. People have come here with serious diseases—cancer and so on—to see some of the people [shamans] I have been studying with, and just because of the experience [with the shamans] they have been able to somehow shift the way their life has been going. Who knows how really? When we read about Jesus doing miracles—maybe he was such a powerful ‘guru’ that he was able to convince people to do something and to cure them in this way? Certainly we know about how with some people—for example, with a very powerful doctor—just the presence of the doctor makes them feel better, makes them feel safe. I think there is a lot to be learned there.

Ferdinando Pisani Massamormile is the son of a diplomat and lived in many different countries as he grew up. This unsettled life allowed him to develop a sensitivity for understanding diverse and sometimes opposing points of view. After studying economics in Italy, he worked for a series of foundations pursuing sustainable economic development. Finding the issues of the unfairness of modern conventional medical system more pressing, Ferdinando moved to the French NGO Barefoot Doctors. After initiating medical projects in South America to treat diseases with local and natural resources, he started a two-year internship with Amazonian shamans in Peru. Ferdinando now works for the Foundation for Alternative and Integrative Medicine. He can be reached at nando@faim.org. You can visit FAIM at www.FAIM.org and general email enquiries can be made at info@faim.org.

Photographs on pages 8 and 9 by Daniella Flores. All other photographs of Ferdinando Pisani Massamormile by Magnus Bischofberger.
Due to the cumulative stresses and traumas of life, our nervous system can get permanently stuck in a protective survival posture, called fight or flight. This limits our ability to function, especially under stress, and is the underlying cause of many stress-related conditions. Fight or Flight Therapy is the first modality to treat this condition directly. In Fight or Flight Therapy, specific wavelengths of visible light are viewed daily for twenty minutes over the course of two to four months, permanently resetting the nervous system to a calmer place. Both objective and subjective measures clearly demonstrate the dramatic quality-of-life changes routinely seen in cases of stress, anxiety, post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), and other stress-related conditions.

What Is Fight or Flight?
In the 1920’s, Harvard physiologist Walter Cannon was the first to coin the term “fight or flight” to describe our innate defense mechanism in the face of a threat or danger. The classic example is a caveman’s physiological response to seeing a tiger in the bushes. The imminent danger triggers subconscious reflexes that instantaneously recruit his resources to ensure his survival. His body prepares to fight to the death or flee for his life.

Physiologically, adrenaline and other hormones, such as cortisol, are released into his bloodstream. His liver releases stored sugar for an immediate energy boost. Blood flow increases to his brain, heart, lungs and large muscles (at the expense of less immediate needs such as digestion, immunity, reproduction, tissue repair, etc.). His heart beats faster and his blood pressure rises. His breathing becomes more shallow and rapid to obtain more oxygen. Perspiration increases to keep his body cool. His senses become heightened: his pupils dilate to let in more light and his vision tunes out extraneous peripheral information so he can focus on the tiger or zero in on his escape route. His muscles become tensed, ready to fight or flee.

Getting Stuck in Fight or Flight
Unlike the isolated stressors of our caveman ancestors, modern humans experience something quite different. With work, family, health, finances, traffic, pollution, worry, and other influences, modern life tends to be perpetually stressful. This constant strain on our physiology revs our nervous system into an idling fight-or-flight posture, which triggers a wide variety of behavioural and quality-of-life symptoms that have the potential ultimately to affect our health.

Robert Sapolsky and other stress researchers have done remarkable research into the stress response and how it affects our behaviour and, ultimately, our health. Sapolsky, who wrote the book Why Zebras Don’t Get Ulcers, makes it clear that our innate stress/survival response, the fight-or-flight response, although a life-saver for early man, has not evolved adequately for the rigours of twenty-first century life. His pioneering work is clarifying how our overactive stress response is affecting our ability to function and actually destroying our brain cells and our health, and shortening our lives.

Not surprisingly, it can now be clinically measured that due to the stresses and traumas of our lives
nearly everyone is, to some degree or another, stuck in a constant state of fight or flight. And once stuck we are no longer able to function normally. We come to accept this heightened state as our new “normal,” with new stresses and challenges only aggravating the problem. Everyone adapts differently, but some of the more common symptoms of being stuck in fight or flight include:

- difficulty handling stress
- reduced concentration and/or mental performance
- feeling anxious, depressed, or overwhelmed
- feeling frustrated, angry, irritable or stuck
- difficulty with everyday tasks, especially when stressed or attempting to multi-task
- being more reactive, sensitive, or defensive
- being less receptive to or capable of change
- having a limited perspective and difficulty seeing the “big picture”
- sleep problems
- having limited success with other therapies

**Fight or Flight Therapy**

Many people have found help with an innovative new light therapy called Fight or Flight Therapy. Designed as a home programme, specific wavelengths of light are viewed comfortably in an otherwise darkened room for twenty minutes, once or twice daily, over a period of two to four months. It is hypothesised that the light travels directly into the nervous system via the optic nerve through non-visual pathways, affecting the hypothalamic-pituitary-adrenal pathway and gently shifting aspects of fight or flight back toward normal.

Within weeks, most people feel more relaxed and less stressed, and they are functioning more effectively. What is remarkable is that to whatever degree the nervous system has been re-set, the results tend to be permanent, requiring no long-term maintenance.

**Objective Measures**

We have all experienced how small our world gets when we are stressed, angry, or scared. In the face of an immediate threat, stress, or challenge, we instinctively narrow our focus, creating a sort of visual and mental tunnel vision zeroed in on our survival.

Using simple, yet specialised, visual field testing we can measure certain aspects of fight or flight through our eyes. By measuring how much peripheral visual information is chronically being suppressed (creating a subtle imperceptible tunnel vision), we can get a measure of the extent to which someone’s nervous system is skewed into a constant state of survival.

For many people, this visual field testing alone can be enlightening. Not only do they get an objective measure of the severity of their problem, but also an explanation for many of their most frustrating symptoms and behaviours. Quite often, the test results will also explain why previous therapies or techniques may have failed or plateaued with limited success.

The test results also help determine which wavelengths of light will be used in therapy. Most people require three or four different wavelength combinations during the course of their programme.

This same testing is used throughout the therapy to monitor progress, providing an objective measure of change (unavailable in many other therapies), which can be very validating to clients. Not only do they subjectively see their life changing, but the objective measures validate those changes and demonstrate why they have changed.
Subjective Measures
The graph above demonstrates self-scored symptom improvement for 24 consecutive clients who met all criteria for data collection. Each participant filled out the Fight or Flight Therapy symptom screener both before commencing and after completing their programme.

Each symptom or behaviour was graded on a scale of 0-5 in terms of severity or degree of difficulty, with the worst possible cumulative score being 350. Each person’s total score was then grouped into arbitrarily defined categories based on severity of challenge to daily functioning. Most high functioning people scored 50 or less.

Note that each participant improved, with the least improvement being 19 points and the most being 251. The average percentage reduction in score was 58%, with the median reduction being 62%, all in a matter of two to four months.

This shift to higher functioning is particularly impressive considering that for the vast majority of participants these symptoms were long-standing and resistant to a wide variety of conventional and alternative interventions over many years (see case report).

Conclusion
We are learning more and more how stress has become a major determinant of our health and quality of life. Yet in today’s world, stress is inescapable. Many of us seek the aid of practitioners and therapies in an effort to remediate a wide variety of symptoms, which are all too frequently caused or aggravated by just one thing: our stress response, our fight or flight response.

There are some very effective techniques for reducing daily stress, such as exercise, meditation, yoga, breath work, biofeedback, behaviour modification, and so on. When practiced regularly, these techniques can be very effective. But that is the key: you have to keep doing them, and most of us do not.

What if we could simply reset our nervous systems to a calmer place? And what if we could do that with something as simple as a short course of light therapy? That, indeed, is what appears to be happening with Fight or Flight Therapy.

Case Report: G. G., a 61-year-old business manager, in her own words
I went to Dr. Tessler seeking help with LIFE!!!
Now, after Fight or Flight Therapy, I could be his poster child! I was 61 years old and ever since a very stressful childhood had been struggling to just make it through each day. I was overwhelmed with life and everything was hard for me. It felt like I was always walking through mud. I’d been in various forms of therapy for almost 40 years. I even became trained in several so I could treat myself and others. Despite all that work, for all those years, I still showed up on Dr. Tessler’s doorstep scoring 299 out of 350 on his questionnaire. I told him after all the things I’ve tried, if he could drop my score just 50 points, to 249, I’d be thrilled. That’s how desperate I was.

First progress evaluation:
The first three weeks of therapy were quite remarkable. All I did was look at my therapy light for 20 minutes once or twice a day. But during those three weeks amazing things happened:

• I was able to talk to my husband about some very traumatic things in my life without getting overly emotional about them.

• There was a problem with our HOA board of directors and instead of getting upset I was able to see it all with a new perspective and deal with it.
• I was able to negotiate the price on new furniture. I could never have done that before, fearing what people would think.

• Normally, I hated change, but suddenly I was open to and looking forward to it.

• A core issue came up with my husband, and I was able to stop in mid-argument and see a new perspective on the problem.

• I was stopping, thinking, considering, and acting, instead of 61 years of reacting.

It would have been interesting if I’d filled out the [symptom screening] questionnaire at that point, because in just three weeks, I was a different person already!

**Second progress evaluation:**
Part of me couldn’t believe I was getting better so quickly. I could not believe something as simple as looking at a light was really working and I was truly changing. Here’s what I had to admit:

• I was living with less regret and more in the moment, which I had never done before.

• I’d normally hold my breath when I got stressed. Now I was breathing!

• It took three visits to the store dealing with a new cell phone. Previously, hating change, this would have sent me over the edge. But this time I took it all in stride. Amazing!

• I noticed that in conversation I was actually listening instead of thinking of what I wanted to say to get my two cents in.

• I was taking better care of myself and setting better boundaries in dealing with appointments and deadlines.

• I was a totally different person in dealing with the stress of my job.

**Third progress evaluation:**
• I was able to watch and see the difference between the ‘old me’ and the ‘new me.’ Oh, how much I liked the ‘new me’ better.

• I was very excited to report that my cranial sacral therapist said my whole nervous system was entirely different.

• Previously, I had never wanted to improve my eating habits. All of a sudden it was just happening easily and naturally.

• Because of the horrid fall I had taken, I had been walking like a 95 year old. One day I realized I was walking, not just as the 61 year old that I was, but rather like a 20 year old. How wonderful!

• With the changes in me and my brother (who had also started Fight or Flight Therapy), my normally divisive family enjoyed one of the nicest Christmases ever.

**Final progress evaluation:**
It was my busiest time of year at work, which would have previously been overwhelming and made me exhausted and grouchy. This year I had energy and was dealing with it so very differently. In just four months, my score had dropped from 299 to 48. Remember, I would’ve been thrilled to be 249! To say the least, I am a totally different person! Thank you Fight or Flight Therapy!

Dr. M. Stuart Tessler built a successful optometric practice in Denver, Colorado, and in 1990 was introduced to a little-known esoteric light therapy useful in the treatment of vision problems. As his work with light progressed over the years, it became apparent that his patients were often experiencing more than just changes in their vision; their lives were changing. That work has evolved into Fight or Flight Therapy. To learn more about how Fight or Flight Therapy is changing people’s lives, visit www.FightorFlightTherapy.com. You can e-mail Dr. Tessler at drtessler@FightorFlightTherapy.com.
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Over the past decade there has been an increased public interest in non-invasive therapeutic modalities so much so that at national and international levels governments and world health organisations are actually starting to take notice of public opinion. The public is aware, thanks in part to the World Wide Web, of undeniable long-term clinical data that demonstrates that treating some chronic conditions with modern-day pharmacology may over time create more problems than actually get resolved, so much so that the second largest killer in Western society has become prescription medications. Surely the time is ripe to look at illness in a new light.

At a recent EU-sponsored scientific symposium in Brussels “holistic applications to treat illness” was the hot topic, which demonstrates that even the mainstream scientific world is now adopting integrative, bioenergetics healthcare terminology, even if they mostly reject the CAM approach to treating illness. What is clear is that from a holistic-health viewpoint, the Western medical-scientific world is still stuck in its traditional pattern of chasing symptoms rather than dealing with root cause and the belief that drugs are the answer to illness prevention.

For instance, it was recently announced by the British media that a leading medical university, after a lengthy multimillion dollar study, had finally...
come up with a cure for the common cold. Their answer: individuals need a stronger immune system. Why so few conventional scientists are discussing the actual root cause of depressed immune systems remains a mystery, as the possible answers are out there. Many experts claim the reasons can be found in a diet high in sugar and fat, polluted air, and not drinking enough water to keep ourselves adequately hydrated. All of these experts are partially right, although they are missing one crucial aspect, which is the most major dynamic of all—how we think!

For example, we are seeing in certain Asian countries that as people adopt Western lifestyles they develop the same modern-age illnesses that have blighted the West since the 1950s and have grown year on year to epidemic proportions. The reasons may be diverse, ranging from eating American-style burgers and soft drinks several times per week to being subject to the stress induced by a consumer society where what you have is never enough. The point is that both our external and internal worlds affect us, and they directly influence our immune systems. Evidence is building that positive thoughts and actions can boost our immune systems whilst negative ones can deplete it. The bottom line is that humanity is possibly undergoing its most challenging health crisis ever because of stress and emotional and mental negativity, all of which are finally being scientifically linked directly to ‘dis-ease.’

In a recent clinical study Professor John Weinman, from the Institute of Psychiatry at King’s College, London, showed that people who have a relaxed personality type heal twice as fast as those who have a stressed personality type. This is something that was well-understood by the ancient ones; hence, their reliance on meditation, chant and tantra to keep mental, emotional, physical and spiritual balance. In a recent study conducted at the University of Oklahoma, it was demonstrated that there is a direct correlation between life expectancy and relationships, with the projected life span being shortened for those people who are subjected by loved ones to continual negative words. Words truly can kill.

By breaking the downward spiral of our Western indoctrinated left-brain thinking—where negativity, stress, anxiety, depression, addiction and dissatisfaction rule—we can re-open our right-brain thinking, which is the gateway to happiness, contentment, creativity, imagination and spirituality. It was the Lord Buddha that said “The Mind is everything. What you think you become.”

To bring about the shift in how we think MHI Ltd. (Medica Health International) undertook a mammoth research and development programme that was hugely influenced by the healing use of gemstones by ancient shamans. Almost every major recorded civilisation throughout time used gemstones and crystals for healing. This research, combined with modern-day science, inspired MHI experts, researchers and engineers to create Theragem™, a unique mix of essential healing modalities fused into one system. (See Figure 1.)
This system is currently being used by some of the most cutting-edge integrative therapists in health clinics around the world, including at The Hippocrates Health Institute (USA), EU Biotek Clinic (Norway), Oasis Therapy Centre (Switzerland), The Sanctuary of Healing (UK), and the clinic of international author Dr. Daniel Penoel (France) to name but a few.

**How Theragem Works**

Using Theragem, a therapist “fusion” pulses sixty carats of Ayurvedic “high energy” sapphires for twenty minutes on a theta brainwave pattern, a technique we call Elation therapy, over a client’s crown (see Figure 2). This puts the client into a deeply relaxed state, allowing the person to unwind and let go of negativity and stress, and so giving that person permission at the very deepest level to begin his or her own healing process.

Small clinical trials of the Theragem system in Belgium, Poland, Norway, and the USA using before-and-after diagnostics have shown significant increases in the chemical and hormonal releases of the three major glands (hypothalamus, pineal and thyroid), triggering a sweeping chemical-hormonal cascade that reaches its peak seven to eight hours after the twenty-minute therapy session. The positive effects can last for weeks. Furthermore, there is a homeostatic effect to the left and right brain lobes.

During a recent visit to the USA, I had the great pleasure of working with Dr. Michael Kessler and Dr. Sondra Becchetti at their clinic in California. They have more than forty years of collective energy–integrative medicine experience between them and own one of the largest collections of energy medicine devices I have seen. They were interested in Theragem and were putting it to the test. Using an FDA-registered Digital Pulse Analyser, they repeatedly demonstrated that twenty minutes of Theragem Elation therapy (“fusion” pulsed Ayurvedic sapphires to the crown on 3.3 Hz) positively shifted several vital health markers. There was significant improvement in the client’s heart rate variability, the client’s nervous system (sympathetic/parasympathetic) flipped from fight-or-flight mode to an “I can cope with this” mode, and the autonomic balance diagram function showed a shift away...
from heart attack risk. Both doctors were amazed at the speed and consistency of the Theragem results; in fact, they were so amazed that they purchased one for use in their practice.

As important as Elation therapy may be to guiding the client’s biological terrain back into homeostasis, another key to vitality via the Theragem is to work directly on the spleen, which is the gateway to the human immune system. Using a mixture of more than sixty carats of carnelians and diamonds for twenty minutes on an alpha (8.3 Hz) pattern drives up the spleen energy. Live blood work on clients showed that after a handful of Theragem sessions there was an increase in white blood cell activity, cleaner blood plasma, a reduction in red sticky blood cells, and an optimum number of white blood cells. Anecdotally, both acupuncturists and Chinese medicine doctors who were adept at detecting the “three pulses” all felt a significant increase in spleen and gallbladder chi after a client underwent Theragem therapy.

As a follow up to my US visit, Dr. Kessler recently reported to me some new results from his use of the Theragem. He had used another diagnostic device, called the Spectra Lite system, with a new client, explaining that that system is like an EMG (electromyograph) and translates the measurements into organ communication in real time. His client’s system showed as out of balance. “On this particular patient,” he said, “the organs that were way out of balance came into balance after her Theragem treatment.”

According to Theragem theory, the third and most important long-term key to balance and vitality is the Assemblage Point Correction technique. The concept of balancing the human assemblage point—which has to do with our body’s North and South Pole alignment—and of generally cleansing the human energy field comes from ancient shamanistic traditions, especially as espoused by Carlos Castaneda. Doing so helps to remove deep-seated emotional trauma at a cellular level as well as from the overall energy field level whilst also connecting a person to their “Higher Self.” Dr. Angela Blaen, the head of the UK-based Assemblage Point Association and a respected expert on the subject (see her book From Intention to Technology), says that the Theragem can re-align the human assemblage point more exquisitely and completely than more traditional methods such as the Shamans Blow or Slider techniques.

Theragem is currently undergoing clinical testing at universities in Poland and the United Kingdom. In addition, universities in Cape Town, South Africa, and Tel Aviv, Israel, are in the very early stages of setting up trials. The European partner of a large US blood analysis clinic also is currently running before-and-after Theragem therapy blood studies, with impressive data already accumulated.

As research continues, so does technological development. The next-generation Theragem, the T1005 Clinique Range, will feature the latest in touch-screen capability and will have an optional multi-frequency generation capability with both programmable and pre-programmed therapeutic settings options. The rollout for the new version will take place in October in Germany at the prestigious energy medicine conference Medizinische Woche Baden Baden 2011.

Originally educated in economics, Laurence eventually shifted gears from business to health and studied many psychotherapeutic modalities. He became a NLP trainer, Reiki Master, Milton Erickson hypnotherapist and Time Line therapist. In his thirties, he began a spiritual awakening through Huna, studying in Hawaii, where for many years he trained under some of the most amazing Kahuna on the Islands. He is now a passionate Huna teacher, spreading the spirit of Aloha and Ho’oponopono to his students, even as he works to pass on the knowledge of Theragem and Pulsed EMF technologies. To learn more about Theragem, you can contact Medica Health International Ltd, UK, at +44 (0)870 6094583 or email them at info@medicahealth.org.
New Record Set for Entangled Photons

The quantum realm has been called “weird” by more than a few physicists, mostly because phenomena that can happen there can’t—at least according to the current scientific mindset—happen here, in our everyday world, where Newtonian physics appears to trump quantum processes. But the game is on to keep pushing the boundaries between what we think is possible and what is possible. The Chinese have just declared that they are in the game to win. Physics News (www.physnews.org) reports (June 11, 102) that Chinese scientists have smashed the record for entangling the greatest number of photons—eight. What’s more, they not only entangled them, but were able to observe them in action and manipulate them as well, a technically difficult feat.

Entanglement is a core feature of the quantum realm, describing how separate entities can become so highly correlated that they function as one unit—instantly affecting one another no matter the distance between them. In this experiment, a team from the University of Science and Technology of China first created a single pair of entangled photons, and then repeated the procedure until they had created a total of eight entangled photons. That may not sound like a lot, but it is enormously difficult for scientists to entangle photons, or other particles or molecules, with any stability over time. The quantum bond is extremely fragile, which is why quantum computers—and other quantum technologies—are being developed at an excruciatingly slow pace. Thus, one of the significant achievements of this experiment was the stability of the entangled photons. Reporters have called this achievement “stunning” and “amazing,” and as a reporter at Technology Review descriptively explained, “Getting eight photons exactly where you want them at the same time is the quantum mechanical equivalent of herding cats...“ It is hoped that using the techniques the Chinese team developed, the record for the most photons entangled will be repeatedly and rapidly broken.
Bioelectricity Helps Shape Life

The Physorg.com website reports (July 18, 2011) that for the first time biologists have made definitive images of bioelectrical signals that direct the formation of an organism’s physical body. Tufts University (Massachusetts, USA) researchers used time-lapse video technology to see patterns of visible bioelectrical fields that guided the formation of a tadpole’s eyes, nose, mouth and other features. Before these features formed, the bioelectrical signals (visible because of stains that are applied to the organism that reveal light polarisation) caused groups of cells to form patterns with differing membrane voltages and pH levels. Dany S. Adams, a member of the research team at Tufts and professor in the Department of Biology, said, “When a frog’s embryo is just developing, before it gets a face, a pattern for that face lights up on the surface of the embryo. We believe this is the first time such patterning has been reported for an entire structure, not just for a single organ. I would never have predicted anything like it. It’s a jaw dropper.”

Although many of the researchers have spent years exploring bioelectricity and similar phenomena, Adams made this discovery unintentionally. She decided to leave the video camera on all night, and when she viewed the footage the next day she was amazed to see the bioelectric signals correlating to the physical development of the tadpole’s form and features. You can watch the seconds-long video at http://www.physorg.com/news/2011-07-frog-time-lapse-video-reveals-never-before-seen.html

Swiss Children Safe Near Nuclear Power Plants

A recent study, published in the International Journal of Epidemiology and reported on at the ScienceDaily website (July 15, 2011), reveals that there appears to be no statistically higher incidence of leukemia and other cancers in children born or living near nuclear power plants. The study was conducted in Switzerland, after concern was raised by a previous German study that found an increased risk of leukemia in children living within five kilometers of a nuclear power plant. Children generally are more sensitive to radiation than are adults and so may be at greater health risk from exposure.

The study ran from 1985 until 2009, and included all children born in Switzerland (more than 1.3 million) during those years. Their locations were plotted into four zones, based on their distance from a nuclear power plant. Because of certain factors, the results include a measure of statistical uncertainty; however, the researchers concluded that there is very little likelihood that living close to a properly monitored and maintained nuclear power plant raises the risk of childhood cancer. Matthias Egger, director of the Institute of Social and Preventative Medicine, at the University of Bern, sums up the report by noting that “the risk of childhood cancer in the vicinity of Swiss nuclear power plants is similar to that observed in children living further afield.”
How Acupuncture Reduces Pain

The July/August 2011 issue of *Science Illustrated* featured the story “The Secret Behind Acupuncture” that reveals why acupuncture is successful at treating pain. While the pain-relieving benefits of acupuncture have long been recognized, there has not been a definitive explanation for the mechanism. Some skeptics have claimed it is the placebo effect; others speculate that when the brain registers the pricks of the acupuncture needles it causes the release of endorphins, which among other effects helps to dull pain. It took at 16-year-old American high-school student to find out the real mechanism.

Nanna Goldman, the daughter of University of Rochester neuroscientist Maiken Nedergaard, decided to explore acupuncture and pain for a school project in 2008. She garnered the support of her mother and her mother’s research colleagues to launch a study using mice—to rule out the placebo effect—to find out how acupuncture reduces pain. The answer: the cells around the site where acupuncture needles are inserted release adenosine, a substance made by stressed cells that dulls the signals sent by pain nerves to the brain. Adenosine has other functions besides dampening nerve pain signals, so it may be the mechanism for other ways that acupuncture is beneficial, for example by reducing inflammation (which can explain why acupuncture often helps conditions like arthritis) and dilating blood vessels (which may be why acupuncture helps some people to reduce their high blood pressure).

The pain-relieving effect of acupuncture was strongest immediately after needling, and wore off over time. In the mice, pain relief lasted for up to one hour after the needles were removed. To see if they could extend the effect, in follow-up studies Goldman and the university neuroscientists explored how the use of certain types of drugs might prolong the effect. While they found some drugs that did indeed extend the benefit, they also noted that using pharmaceuticals always comes with the risk of adverse side effects. As one of the team members said, “Acupuncture has very few side effects and can be used without any concerns about risk to the patient’s health.”

Goldman is now a university student, and in 2010 presented her findings at a science conference in Spain and was listed as first author on the paper reporting on her experiments that was published in *Nature Neuroscience*. Her neuroscientist mother has applied for funding to further study the mechanisms behind acupuncture to “document its clinical effects and thereby increase support for acupuncture.”

Dr. Riccardo Cassiani-Ingoni earned his master’s degree cum laude in biology with a concentration in neuroscience from the University of Pisa, Italy, and a PhD in neurophysiology from the Sapienza University of Rome. He worked for six years as a research fellow in the Neuroimmunology Branch of the National Institute of Neurological Disorders and Stroke, at the National Institutes of Health, the most advanced biomedical research facility in the United States. He has trained with experts in the fields of pathology and regeneration of the nervous system, neuroimaging, bioenergetics, biofeedback and neurofeedback, information medicine, and trauma recovery. In addition, he served as a scientific consultant and researcher in the NeuroLab, Italian National Olympics Committee (CONI). He currently works at the Center for Regenerative Medicine in Barcelona, Spain. While he has been trained in and uses many different conventional and CAM modalities, in this interview he tells us about a therapeutic modality that uses a body-oriented approach to trauma release.
Describe TRE and what it involves. How was the technique discovered?

RCI: TRE stands for trauma releasing exercises. This is a unique type of bodywork which involves a short series of painless physical exercises designed to self-elicit neurogenic muscular tremors. Neurogenic tremors are a natural way that our body deals with stress. These tremors, which are of a different kind compared to the ones that we experience when we are feeling cold, are best defined as ‘neurogenic’ tremors as they represent a physiologic response operated by the nervous systems to help us survive through, and recover from, stressful experiences. TRE aims to discharge chronic tension patterns held in the body that may have built up as a consequence of emotionally charged events. Dr. David Berceli, an international expert in the areas of trauma intervention and conflict resolution, researched the benefits of neurogenic tremors and developed a simple method that anyone can use to tap into their body’s self-healing potential.

Tell us more about what you mean by ‘neurogenic tremor.’

RCI: Tremors have been documented across the whole animal kingdom and thus it should not be a surprise that, as mammals, we human beings experience much of the same response. It is not uncommon in many cultures to hear phrases such as ‘I was so frightened my jaw was quivering.’ ‘My hands were shaking so badly I couldn’t calm myself down.’ ‘My legs were trembling as I gave my speech.’ ‘I was so angry I shook.’ These experiences of shaking or tremoring are very commonly experienced during or following challenging life-events, although they have not yet been fully recognised by the medical community for their intrinsic healing potential. Neurogenic tremors are a biological mechanism by which the organism literally shakes off any built-up tension. As a matter of fact, whenever wild animals experience physical injury or are confronted with an inescapable threat situation, there are immediate neurological changes that drive specific kinds of behaviours. The organism is on autopilot and instinctually does what it is genetically encoded to do. When the danger has passed, and the animal has returned to a safe place, the nervous system will shut off the internal alarm and return to homeostasis by means of this generalised tremoring reaction.

How did you become involved in TRE?

RCI: My healing journey with TRE started after a chance meeting with Dr. Berceli in the United States. He offered to guide me through a private session and I had no clue as to what to expect. By the end of the ninety-minute session I was literally amazed by all the twists and twirls and tremors that my body had spontaneously experienced. I noticed an immediate relief of my chronic backache. I realized right away that there was something uniquely natural and effective about this technique; it also perfectly fitted my background in neurophysiology and alternative medicine.

Who benefits from this type of therapy? Who are the exercises aimed at?

RCI: The exercises are designed to safely elicit the tremoring reaction in anyone. However, each person will respond differently in accordance with their personal history and their degree of built-up stress and physical tension.

One of the key groups of muscles that is targeted by this method is the ileopsoas, which is also our body’s primary ‘fight-flight-freeze’ muscle. This group of muscles connects the legs with the spine and with the pelvis, and it is engaged while...
running, kicking, jumping, etc. It is also sensitive to our emotional state. Traumatic events, such as a car accident or a serious physical injury or the unexpected loss of a loved one, are experiences that can over-stimulate the mind-body and change our ability to function properly or to relax our muscle tissue. In the long run, this can lead to the development of chronic back pain, tightness in the neck and shoulders, breathing problems. I believe that anyone suffering from physical or emotional problems can benefit from TRE. It is also indicated for all those high-pressure professions like professional athletes, emergency personnel, soldiers and war veterans. TRE is particularly effective for anyone suffering from anxiety, panic attacks, low back pain, and post-traumatic stress.

Q How does this technique differ from other types of body work or psychotherapy?

RCI: It differs from most other therapies by at least three fundamental features. First of all, it is a method readily accessible to anyone without the need of any tools or machines. You just need your own body, and the exercises themselves can be modified to fit any body-type or physical limitation. The second advantage is that it can be applied with minimal supervision to large groups of people at once. Finally, it targets a fundamental and natural aspect of our neurophysiology that is otherwise difficult to address by external bodily interventions or by psychotherapeutic approaches.

Q On your website you show a video of a polar bear going into spontaneous muscle tremor after a trauma. Why have people lost or suppressed this natural reaction?

RCI: They have not lost this natural mechanism but it lies dormant. On an individual basis, there are many factors that since childhood may have contributed to shaping the way we cope with stress and also our ability to fully express basic emotions such as fear, joy, etc. Body and mind are functionally identical, and repressed emotions affect the body and mind by creating chronic muscular tension and diminishing energy. There are obviously also cultural factors involved. Nevertheless, anecdotal reports of spontaneous shaking after physically or psychologically challenging events are very common still today.

Q Does this therapy complement other bodywork modalities or spiritual practices?

RCI: Yes, it will complement all other bodywork modalities and all types of sports and yoga practices. Quoting David: ‘In order to be spiritual you first have to be fully human!’ Re-connecting to one’s own bodily sensation and uncovering suppressed feelings can be an awakening and enlightening journey for many people who are on a spiritual path.

Q Are you aware of any research being undertaken in this area that our readers would be interested in?

RCI: There is only a limited amount of scientific research on neurogenic tremors and most of it deals with wild animals. One pilot study about the efficacy of TRE was performed on sixty students at the University of Arizona; it showed that this type of bodywork can have measurable psychological effects since it reduced significantly the levels of anxiety in the participants as quickly as after two weeks’ practice. More research studies are currently underway at various sites worldwide.

Q What is the best way to learn TRE?

RCI: The best way to learn this is to immerse yourself in one of the intensive weekend workshops. Seminars are taught internationally and all further information and reading material can be found on the official TRE site, www.traumaprevention.com. This method can also be learned effectively from Dr. Berceli’s book or DVD, or in a personal session with one of the certified trainers. I encourage everyone to give it a try!

If you would like to contact Dr. Riccardo Cassiani-Ingoni, you may email him at info@bbss.it.
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Cancer Remission: What Makes the Difference in Healing?

by Kelly A. Turner, PhD

I am a cancer consultant and researcher who studies people who heal from cancer without Western medicine or after Western medicine has failed to remit their cancer. While personally I believe in combining the best of Western (allopathic) and complementary medicine, as a researcher I study the most anomalous cases.

For my dissertation research at the University of California, Berkeley, I traveled around the world for a year asking fifty non-allopathic healers from twelve different countries about how they treat cancer. Afterward, I asked twenty cancer survivors who had healed without Western medicine why they thought they healed. What emerged from the interviews were three underlying beliefs about cancer and about more than 75 cancer “treatments.” Of these 75+ treatments, six were among the top ten used by both healers and cancer survivors. In this article, I will briefly describe these three underlying beliefs and six most common treatments. Most are followed with brief excerpts from my interviews. Please note that my study was designed to collect hypotheses only. Therefore, the following information records opinions only, not facts or verified treatments.

The Three Most Common Beliefs Underlying Healing

Belief #1: Change the Conditions under which Cancer Thrives

The majority of my interviewees believe that cancer thrives under certain suboptimal conditions in the body. Therefore, to remove cancer, they recommended changing the underlying conditions in the body, at which point the cancer cells would theoretically die off naturally. An integrative oncologist from Japan describes his theory as follows:


KELLY: So it’s the bad circumstances that human beings create in their body that allow the cancer cells to grow?

HEALER (from Japan): Yes. So, my understanding is cancer cell is not malignant cell, but sacrificed/delinquent cell . . . adapted to the wrong circumstances. . . . In our body, cancer cells never arise up in a heart or small intestine, because these heart and small intestine are warm and high [in] blood and high content of oxygen. Small intestine and heart is good circumstance, so [they have a] small percentage [of cancer]— [it is] very unusual for cancer [to appear in those organs].

Belief #2: Illness = Blockage/Slowness; Health = Movement

The majority of my seventy interviewees also believed that any illness, including cancer, represents a blockage or slowness somewhere in the body-mind-spirit system, whereas health is
characterised by unhindered movement and flow. One woman who healed herself of metastatic pancreatic cancer said it this way:

“I think the etheric body—the energy body—organizes the physical body based on thoughts or emotions that are either flowing or blocked. So as long as emotions and thoughts are positive and flowing... then the physical body is holding a state of greater balance. As soon as the thoughts become low-frequency thoughts or our emotions become low-frequency emotions, then the energy tends to jam up or get blocked in the auric field. And when it blocks up enough, it first creates discomfort... When nothing is done to release those emotions or thoughts, or to change them, eventually it moves into the etheric field and sometimes even into the physical body, and that’s what causes what I call ‘dis-ease.’ And again, it’s still just energy that’s stuck.”

Belief #3: A Body-Mind-Spirit Interaction Exists and “Energy” Permeates All Three

The third belief that the majority of my interviewees discussed was the idea that a body-mind-spirit interaction exists, and that energy permeates all three of these levels. A quigong healer and cancer survivor from New Zealand said it this way:

“They say a person is made up of your physical body and your ‘shen’—which [in traditional Chinese medicine] is your consciousness or spirit—and then ‘chi’ is the thing that connects the ‘shen’ and your physical body. So those three will work together and are one, really, but the key thing to remember is that the ‘shen’ leads the ‘chi,’ so your consciousness, or where the mind is going, is where your chi is going, and that begets your physical body. So if your ‘shen’ is really busy and very emotional, you know going up and down, that really depletes your chi, and that leads to disease or breakdown.”

The Six Most Common Healing Approaches

In addition to the three underlying beliefs about health that I just described, there were also six cancer treatments that the survivors and healers discussed most frequently. These included not only physical but also emotional, energetic, and/or spiritual “treatments.” They are listed here in alphabetical order.

Changing Diet

The majority of my interviewees believed it was important to change their diet to primarily whole vegetables, fruits, grains, and beans, while eliminating meat, sugar, dairy, and refined grains. A Stage 3 breast cancer survivor described her diet this way:

“You can’t eat sugar, flour, dairy products. It’s mostly vegetables, fruit and no red meat whatsoever, a little chicken here or there or fish, but I didn’t do a steady diet of that. It was mostly green stuff. And juicing cabbage is very important.”

Experiencing a Deepening of Spirituality

The majority of my interviewees discussed feeling—not just believing in, but actually feeling—a sensation of divine, loving energy. A few even had transcendent experiences, such as this Stage 4 brain cancer survivor, who said:

“And then there was a woman walking out of [my bathroom] and she was just shrouded in light, and I couldn’t see her face exactly but she was beautiful and—just this beautiful, beautiful light, and I can’t describe the color, but it was like the perfect light. She was walking slowly over to me and she didn’t say anything, but she held out her hand. And then she was right beside me, and she reached out her hand, and she put it on my head, and in that instant, I just, from my head down, slowly, it [the light] trickled like it was paint oozing down my body. . . . It was the feeling of perfection, of pure, pure love.”

Feeling Love/Joy/Happiness

The majority of my interviewees also discussed the importance of increasing love and happiness in their life in order to help regain their health. A metastatic kidney cancer survivor from Japan said it this way:
“I [imagined] that cancer was my child. So I sent my love to my cancer, and pain decreased and I could sleep fine. . . . I touched this [points to the former site of his cancer] and said to my cancer, ‘I love you, I love you, I love you.’ And pain decreased.”

**Releasing Repressed Emotions**

Because many of my interviewees believed that illness represents a state of blockage, they therefore believed that it was healthy to release any emotions they had been holding onto, such as fear, anger, grief, etc. One woman who healed from liver cancer said:

“I didn’t really know how to express the anger. . . . But that anger lodged in my liver. . . . And understanding that pattern doesn’t mean that it [the anger] goes away, but it does mean that I can know it when it happens, and I can manage it now, which I couldn’t before.”

**Taking Herbs or Vitamins**

Many of my interviewees took various forms of supplements, with the belief that they helped to detoxify their body or boost their immune system. A gastric cancer survivor describes his supplement regimen this way:

“I got myself on IP-6. . . . Since IP-6 is the messenger molecule, it needs a message to carry, and that is made of trace minerals. [I] added a trace mineral supplement, but the molecule is still considered a free radical by the body, so I added Vitamin C to allow free radical passage from the blood stream through the cell walls. Then Aloe Vera juice—Vitamin E—to aid in cell reproduction and recovery. . . . Added some anti-parasite herbs and come Thanksgiving was doing quite well. . . . All I used were herbals and better nutrition to create a ‘cancer abortion.’”

**Using Intuition to Help Make Treatment Decisions**

Finally, many of my interviewees expressed the importance of using intuition to help make decisions. For example, one woman who healed her metastatic pancreatic cancer said:

“At that diagnosis appointment, I was sitting on the table or whatever you call it—the bed—and I—are you ready for this one? I heard a little voice in my head. I never heard voices before. I heard a voice that said, ‘Not that way, not this time.’... He [the physician] became very frustrated, told me that the diagnosis was very serious and that I needed to follow his exact rules and guidelines in order to get myself better. If not, I did not have a good prognosis. Nonetheless, I told him that I was not going to do that and I don’t know why. I just knew that that voice meant something.”

In addition to these six treatments, which were frequent among both groups, two other treatments emerged slightly more frequently among the healers than among the survivors. They were Healing, Unblocking, or Infusing Energy, and Strengthening or Activating the Immune System. You can read about these in my full dissertation, which you may download here: http://www.shuniyahealing.com/offer/research.html.

**In Conclusion**

This article represents only a snippet of my research findings. I am currently designing a research website (www.TrueHealingStories.com) that will allow me to continue to collect and analyse cases of exceptional cancer remission. In the future, this site will also be searchable, so that people with cancer will be able to search for healing stories that match their diagnosis. If you know of anyone who healed from cancer in an exceptional way, please encourage him or her to submit their healing story, anonymously if they wish, at www.TrueHealingStories.com.

Dr. Kelly A. Turner also offers Integrative Cancer Consultations to cancer patients who wish to integrate complementary approaches into their Western treatment. For more information, please visit www.ShuniyaHealing.com and to contact Kelly write to her at kellyturner@shuniyahealing.com.
We live in a world in which there are powerful vested interests. Almost everyone, or so it seems, has a vested interest in persuading you that they are the person to cure you, that they have the treatment to cure you, or that they work for a company that has the product that can cure you. We are bombarded daily with the latest claims for drugs and vaccines yet few people get “cured.” Moreover the demand for healthcare has increased by a factor of ten in the last thirty years and continues to rise inexorably. If vaccines and drugs did what was claimed, then we should have expected the incidence of disease to decrease instead of to increase by such a huge margin. Something is seriously amiss.

The Context of Medicine Today
The fact is that techniques of complementary and alternative medicine (CAM) are used more widely in the world than are those of orthodox biomedicine. Indeed, this would not be so and could not be so unless those who used such techniques found some benefit. This statistic confounds many in medical research who fail to consider why this could be so. They recognise that both genotype and phenotype are factors in disease, yet medical research is almost completely devoted to—even obsessed with—the prevailing genetic paradigm. Doctors assess the health of a patient by their medical diagnosis and by the results of histopathology and scanning tests, and then usually prescribe medication. Yet according to the available statistics, a general practitioner gets his diagnosis right only about 25% to 50% of the time, the accuracy of histopathology tests varies typically from 25% to 90%, scanning tests cannot reliably differentiate between morphological states, and in 90% of cases drugs are only about 50% effective. So we have a conventional medical paradigm which appears at best to be about 50% of 50% effective. Why is this so?

Most medical conditions have multiple origins. For example, the onset of diabetes is influenced by genetic context, that is, whether the patient’s physiology was designed for their climate, their diet, what they drink, their sleeping patterns, and so on. These factors influence the body’s
physiological stability and ultimately its cellular and molecular biology. A range of pathologies starts to develop, often starting with diabetes and progressing to heart conditions, circulatory problems, cancers, and other diseases. In the case of diabetes, plasma glucose increases, pH decreases, the levels of minerals required for glucose metabolism decreases—all creating a situation where the pancreas is no longer able to sustain the production of insulin or the insulin is no longer supported by a biological environment which is conducive to its function in terms of glucose metabolism. What is ignored so often is the influence of the environment, that is, of phenotype. This is hugely significant because the environment influences the rate at which expressed proteins subsequently react with their reactive substrates. So, phenotype may be every bit as significant as genotype.

A New Context for Health

Nobel laureate Professor Eric Kandel has written a succinct but insightful article about the missing link between cognition and cellular and molecular biology. That missing link is sensory input, for that which is received by the senses influences organ function and, hence, cellular and molecular biology. Extremes of sensory input, which we perceive as stress, influence the body’s physiological stability. For example, the most severe stresses—such as bereavement, work stress, divorce, loneliness—can have a significant influence upon the heart. The various visceral organs work together in organ networks but no one has been able to understand how the visceral organs appear able to work in a coherent or synchronised manner or why in many cases of emergent pathology this apparently synchronised function becomes disturbed, which is what we see as autonomic dysfunction.

The most common CAM techniques use sensory input in the form of sound and light or by influencing brain waves or enhancing the function of the physiological systems (which regulate breathing, blood pressure, blood volume, blood glucose, blood cell content, digestion, elimination, osmotic pressure, sleep, pH, temperature, sexual function and posture).

CAM techniques employing such principles include yoga, meditation, hypnosis, colour therapy, sound therapy/music, colonic irrigation, breathing/Buteyko, and nutrition. We could also include dancing, singing, and exercise.

There is an increasing proliferation of technologies which are based upon these principles; however, most are experiential. By that I mean that their developers and users often do not have a clear understanding of what their technique or consultation is based upon. I do not mean this to sound overtly critical. The truth is that practitioners are human—and humans make mistakes. The quest for modern medicine is to be able to better understand why diseases happen and to have better and less fallible means of diagnosing and treating disease. There has been some movement in this area, particularly in light and colour therapy.

The Virtual Scanner

Perhaps the Russian researcher Dr I.G.Grakov has made more progress in this area than any other researcher. Originating with a project in which he researched the medical application of industrial lasers in the early 1980s, he identified a biological response to a waveform. This led to the development of a mathematical model which linked sense perception to the autonomic nervous system and incorporated an understanding of the nature, structure, and significance of the physiological systems. The original technique was transposed into a computer programme and runs on a personal computer. The underlying games-based methodology appears to be more advanced than that adopted by conventional biomarker techniques. For example, this new view posits that if the organs work in organ networks, then no single biomarker can be an accurate measure of the health of that organ; and that protein conformation/shape is a factor in some diseases, such as diabetes mellitus and Alzheimers, and so the issue of significance is not the level of the biomarker but instead the rate at which the expressed protein or biomarker subsequently reacts.
This approach uses light as a sensory input because light is a medium which can be adapted for diagnostic and therapeutic effect. Every protein is visually active—it absorbs and emits light according to the rate at which the protein is expressed from DNA and the rate that it reacts with its reactive substrate. In effect, by selecting the colour deficiency, we can characterise the nature and extent of each emergent pathology, and by providing a uniquely designed colour supplement we can treat the condition, as explained further below. There are many precedents for this. For example, the company BioAstral is developing a modified astronomical detector that instead of pointing at the stars is detecting the light emitted from blood samples. And, although flashing lights can cause photosensitivity in people with migraines and epilepsy, it can also be used as a therapy, and in fact has been approved as such to treat migraine, dyslexia, and (in the US) a range of other conditions. Another therapy, called Virtual Scanning, is based upon the link between brain data processing and organ function and sensory input, such as by light/colour.

The Virtual Scanner is a colour cognition assessment and treatment system, using precise light frequencies in the visible light spectrum, that is based upon the mathematical model developed by Dr I.G. Grakov that I mentioned above and his research into how organs respond to coloured-light stimulation. Using a computer, a client takes a colour “test” that takes about ten to fifteen minutes. The computer returns results that show an assessment of where the client may be making persistent, systematic errors in “colour cognition.” On the basis of that test of errors in colour cognition, results are returned about the state of the health and function of thirty organs.

Research has shown that particular types of organ pathologies influence how the brain processes colour information to both scan the client to detect problems and then to affect the “real” organ in the treatment phase. The process is one of feedback among colour cognition, organ function, and the brain's sensory data processing mechanisms. While this approach has been well-studied, and verified in Russia, it is only now making inroads in other countries, especially in the United Kingdom.

Conclusion

It is increasingly clear that there are principles about physiology that orthodox biomedicine has yet to understand, let alone embrace. Most of the orthodox biomedical techniques are based upon identifying and treating the symptoms of disease. By contrast, CAM techniques adopt an understanding of the mechanisms that the body naturally employs to regulate its function and that, in the case of stress and disease, becomes disturbed. CAM techniques are based upon a viable scientific principle, but we have to ask to what extent they can be adapted with therapeutic effect. As we see in the case of acupuncture and nutrition, the medical profession will slowly accept innovative approaches if they are accompanied by a body of evidence.

Many medical conditions have complex multi-systemic or multi-genetic origins. As a consequence, they are poorly defined. The failure to consider the multi-systemic nature of the body’s function is a particular failing of the genetic paradigm. The understanding of the roles played by light and colour may have significant benefit for both the diagnosis and treatment of disease. Such techniques might even present the way to better medical diagnoses, better methods of preventing and/or treating disease, and a better understanding of the limitations of orthodox biomedicine.

Graham Ewing is Chief Executive Officer and Director of Montague Healthcare, in Nottingham, England. He is devoted to the commercialisation of Virtual Scanning. You can contact him at graham.ewing@montague-diagnostics.co.uk or graham.ewing@montaguehealthcare.co.uk.
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Amit Goswami
Ph.D. is professor emeritus in the theoretical physics department of the University of Oregon, Eugene, Oregon where he has worked since 1986. He is a pioneer of the new paradigm of science called “Science within consciousness.” He is the author of the highly successful textbook “Quantum Mechanics” that is used in universities throughout the world. He became world famous for his participation in the film What the Bleep do we know?

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Wallace Liimaa
Electronic Engineer, Teacher of Physics, is a precursor of the Holistic and Transdisciplinary Pedagogic Project. Consultant and Lecturer in Relativistic and Quantum Physics. Scholar of Relativistic and Quantum Paradox and its applications for health. Quantum Therapist. He won the Nobel Medal of Consciousness & Brain Research, granted by the Advanced Institute of Noetic Sciences in California USA.

Joel Aleixo:
Creator of a System of Flower Remedies developed from the principles of alchemy using native Brazilian plants already fully adapted. Author of several books and talks on alchemy and flowers. His work is now recognized in Brazil and abroad for its profound knowledge of the alchemical processes.

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THE BOND: CONNECTING THROUGH THE SPACE BETWEEN US

By Lynne McTaggart

Reviewed by Joan Parisi Wilcox

Lynne McTaggart, bestselling author of The Field and The Intention Experiment, offers us a new view of personal, social, cultural and global connections in her latest book, The Bond: Connecting Through the Space Between Us. Once again she combines the latest science with human experience to “challenge the way we conceive of ourselves and the world.” Here she amasses the evidence that we are inherently connected from the level of cells to that of societies by what can be considered a force operating in nature that underlies our “will to connect,” which she calls “the Bond.” As she writes, “We have lost our sense of the Bond, but our loss is not irrevocable. We can recover wholeness in our lives and recapture our sense of the connection between things, but doing so requires a very different set of rules from the ones we currently live by. To live the Bond is to surrender to nature’s drive for wholeness and to recognize the whole in every aspect of our daily lives.”

McTaggart persuades us of the reality of the Bond by offering studies from diverse fields of science, by relating stories of people who have made a difference by uniting communities and championing peace and reconciliation, and by offering practices we can incorporate into our own lives to recover our own sense of the Bond and our empathy for and connection to others. Along the way, she offers a new set of “rules” by which we can facilitate this paradigm shift to better live the Bond.

While she succeeds in making the case that cooperation trumps competiveness in just about every aspect of life, from health to business to politics, somehow this book felt less engaging than her other two. It’s difficult to pin down why, since this is her most personal book to date. Perhaps, for this reviewer anyway, one of the reasons is that by showing us all the ways we don’t connect—and why we should strive to—McTaggart brings our very humanness into sharp relief, and what she asks of us collectively seems a daunting challenge. The way forward, of course, is for each of us to change ourselves, and then like drops of rain that eventually form an ocean, we will shift our worldview from “me” to “we.” Despite the challenges, like McTaggart, I am optimistic that we can eventually live the Bond.


Also available as an ebook and in audio format.

Available in the UK in September 2011, Hay House UK

UK paperback £12.99
HOW THE HIPPIES SAVED PHYSICS: SCIENCE, COUNTERCULTURE, AND THE QUANTUM REVIVAL

By David Kaiser

Reviewed by Joan Parisi Wilcox

LSD. ESP. Quantum physics. What do they have in common? The Fundamental Fysiks Group—a band of science nerds who refused to “shut up and calculate” and instead decided to grapple with the grandest questions of being, existence, and what it all really means.

Professor David Kaiser, of the Massachusetts Institute of Technology, takes us on an entertaining and meticulously researched ride through the counterculture of physics as led by the “Fundamental Fysiks Group,” a dozen or so PhD students and working physicists whose intellectual curiosity and unapologetic rebelliousness served to keep physics honest at a time when the academic establishment raised equations to the throne and kept the crowd of philosophical questions far outside the palace gates.

During the Cold War period, physicists were busy working for the military-industrial complex, private industry, and academic institutions that were all about application, application, application. Gone were the days of Bohr, Heisenberg, Einstein and other physicists musing long into the night about how quantum theory could “possibly be like that” (meaning, strange and stranger still) and wondering what the “new physics” was telling us about reality. That is until the 1960s and 1970s, when a group of mostly Berkeley, California, physics graduate students decided that the big questions about what the weird world of quantum said about the everyday world and reality at large were not only worth asking but also were what made being a physicist meaningful. Elizabeth Rauscher and George Weissmann formed the Fundamental Fysiks Group, and were soon joined in regular late night (and often drug-enhanced) sessions by Fritjof Capra, Nick Herbert, Fred Alan Wolf, Saul-Paul Sirag, Jack Sarfatti and John Clauser, among others. This merry band of serious science pranksters, according to Kaiser, changed the face of physics, returning it to its philosophical roots of exploring the mysteries about reality that were raised by quantum physics—and in the process they helped birth the science of quantum cryptography and other modern offshoots of physics.

As engaging as these larger-than-life hippie physicists are, you have to seriously like quantum physics to enjoy this book. It’s a history—an examination of culture and science—and Kaiser is a stickler for context and detail. Yet the story is fascinating, ranging as it does from accounts of physics lectures delivered nude in the hot spring-fed baths at Esalen to the accounts of the patronage of such “gurus” as Werner Eckherd, from LSD and mescaline enhanced meetings to down-and-out postdocs being refused work in their field because of their belief in exploring a possible link between ESP and quantum physics. What is most startling—and what most of us don’t know—is that some of the most well-accepted aspects of quantum theory were roundly rejected or ignored during this period by the academic physics community, not for their science but because they dealt with the underlying interpretative aspects of physics instead of experimental data and equations. The prime example is Bell’s Theorem, which today is deemed one of the most important advances in physics in modern times. It showed that Einstein was wrong—nonlocality (those “spooky actions at a distance”) is real. Bell’s work was virtually ignored, as were John Clauser’s and Alan Aspect’s experiments proving the theory and demonstrating with impeccable surety that the world at the smallest level is “entangled.” What kept this knowledge alive and in play in physics were the efforts of the “fysiks.”

These radical physicists paid dearly for living their beliefs, facing scorn and ridicule especially for their pursuit of exploring possible links between quantum theory and paranormal phenomenon, such as remote viewing and ESP. Today, many of them remain among the diehard explorers of psi phenomenon and several of them have become bestselling authors and much-in-demand lecturers popularising quantum theory. If you want to know how some of the physics media darlings—and a few of the stars of the film What the BLEEP Do We Know?— got their start, this is the book for you. And if you want to be entertained by a band of hippie physicists while learning about the serious issue of how culture and science clash—and how science is far from the objective discipline it claims to be—then this also is the book for you.

Also available as an ebook and in audio format.
Available in the UK in January 2012.
“Quantum Touch appears to be the first technique that may truly allow us all to become healers.”

– Dr Norman Shealy, MD, PhD, founder of the American Holistic Medical Association

It was in 2005 that I made the leap from being a graphic designer to being fully immersed in the world of energy healing—and I have Quantum Touch to thank for that. At that time, I was looking for something that would help my father with his Parkinson’s disease symptoms. I typed the word “healing” into Google, and as you can imagine hundreds of search results came up. I spent an entire day trawling through them, looking at some very interesting healing therapies and also some very odd ones. Although I lean more towards spirituality than science, I also have a foot in both worlds and so I was not about to invest my time and money in something that didn’t make logical sense to me. One of the first websites that really stood out for me was about Quantum Touch, a hands-on energy healing modality that was described as “using specific breathing and meditative techniques to create an extraordinarily high field of energy around any area that is out of balance.” After reading literally hundreds of global testimonials about both the simplicity of the method and its powerful effects, I booked myself into a workshop.

Although I was raised in a spiritual and open-minded household, I had no previous healing experience and went into the Quantum Touch workshop with absolutely no idea of what to expect. Over the two days, I learned the techniques, and although I didn’t feel much energetically at the time I decided to give the method the benefit of the doubt and so started working on my father straight after the workshop. One of the symptoms of Parkinson’s disease is that the person can find himself stooped over and unable to sit or stand straight. After an hour of giving my father Quantum Touch, his posture began to straighten and the colour came back into his face. My mother and I looked on in amazement. I continued to...
work on him intensively for a few months, and his symptoms began to significantly lessen and become much more subtle. That was six years ago, and today, at age 86, he still has the effects of what comes with age but Parkinson’s is only present in a very mild way. My father’s physical quality of life over the years has been dramatically improved and sustained. This was my introduction into Quantum Touch, and my success with my father quickly made learning more about energy healing and metaphysics my priority and passion. Having studied many different types of healing since then for comparative purposes, I have always returned to Quantum Touch simply because I am very results driven and Quantum Touch has the ability to produce incredible healings, above and beyond what I have seen and experienced elsewhere with other modalities. After becoming a Quantum Touch practitioner and having seen so many easy and powerful healings, I decided that everyone should have access to this skill and thus I became an instructor.

Quantum Touch and Resonance
So what is Quantum Touch and why has it caused such a stir in the scientific, healing and spiritual communities? Quantum Touch is a hands-on healing modality that works through resonance. In a nutshell, Quantum Touch is based on the premise that everything in the world vibrates at a particular frequency and that resonance is one of the operational laws of the universe. The Quantum Touch practitioner raises his or her vibration through various techniques, such as meditation and breathing, and then “holds the space” for that resonant state to be transferred to the healee, who receives the benefits at all levels of being, from the molecular to the cellular to the overall physical, mental and emotional state of being. In terms of the “transfer” of the resonant state that I mention above, it is actually more accurate to say that the client’s body gradually entrains to this state, through a process of resonance with the healer.

For instance, have you ever heard crickets in a field or cicadas in trees? Their unique sound is individual, yet their songs are coherent, all made simultaneously so that they sing as one unified whole. Disembodied animal hearts in a lab all beat independently, yet when placed in close proximity they will start to beat in unison. This coming together in a unified way is a process of resonance, similar to how when you strike a G on a piano, the G string on a nearby guitar may start vibrating. Resonance can also be observed in human social behaviour. You have probably experienced being in a group when a high-energy or extremely joyful person enters the mix. That person’s very presence can lift the energy of everyone in the group. The universe appears to be based on resonance and entrainment, so that when two or more things come together and match energy, they vibrate together. The old saying “birds of a feather flock together” encapsulates this truth.

Resonance in Healing
When it comes to resonance, an interesting question for therapists, or anyone in the healing professions, is “Do you want to be the person mirroring others or do you want others to be mirroring you?” In other words, are you the one creating the resonance or are you simply receiving it? Healing may be more effective when it is the healer who is setting up the coherent, nurturing resonance for the client, who can then receive it along with the clinical therapy. A related matter is how resonance can affect you, either in a positive or negative way. Many therapists find themselves drained at the end of a treatment, which might occur because the therapist is not vibrating at a frequency that is higher than the client’s; as a consequence, there is the possibility that the therapist may start to mirror the client’s less healthy energy. Multiply this resonance by multiple clients and you get the picture. This idea is not anything new to therapists; however, I bring it up because my experience is that the techniques used in Quantum Touch seem to ensure that therapists remain energised and become the dominant resonator when in relation with clients.
Essentially, Quantum Touch is about taking your vibration as high as it can possibly go during the healing session. Using specific breathing techniques and meditative techniques that increase your energy to extraordinarily high levels, you trigger the other person’s energy to naturally rise to, or resonate with, this high vibration and, consequently, their body’s self-healing capabilities are enhanced. Because this is a general resonance technique, absolutely every condition can be addressed by Quantum Touch.

The Efficacy of Quantum Touch

Biophysicist James Oschman, author of *Energy Medicine: The Scientific Basis*, has described Quantum Touch as “invaluable to all health professionals. For the researcher, the phenomenon of Quantum Touch represents an opportunity far too important to pass up.” Quantum Touch has been the object of scientific interest, having been tested in hospitals and by medical professionals with interesting and positive results. For example, research conducted last year in Alabama as part of a doctoral study examined the efficacy of Quantum Touch on adults with chronic musculoskeletal pain. They report that “the results and findings compiled from the Experimental and Control groups demonstrated with high statistical significance that Quantum Touch was effective on chronic pain when administered for a minimum of 20 minutes on both men and women. The data collected and the t-test tables warrant Quantum Touch being used alongside conventional treatment in the area of chronic pain management.”

In 1996, Duane Garner, the basketball coach at the University of California at Santa Cruz, noted that sessions with a Quantum Touch practitioner allowed injured players to return to active status more speedily and increased their performance in the long term.

I took particular delight in reading about a midwife who has used Quantum Touch as a means of administering pain relief for hundreds of women in labour with positive results. Mothers also are able to calm their babies during teething using this technique. I have recently been contacted by a prominent London nursery school to discuss introducing Quantum Touch to the children.

One of my favourite party tricks is showing how bones naturally glide back into alignment with the lightest of touch using these techniques. We are able to adjust posture, realign hips and shoulder blades, and straighten the spine—all by simply holding a high vibration in a unique and focused way. Perhaps one of my most amusing workshop experiences with Quantum Touch took place a couple of years ago and involved a sceptical medical doctor who was in attendance. I was about to show the class how to balance hips using Quantum Touch energy, and this physician made a bet with me that it wouldn’t work. In fact, he admitted that he had attended the workshop partly just to prove this modality was a sham. As he practiced the technique, he saw and felt his partner’s hips move back into place. He interrupted the quiet workspace by shouting, “I don’t believe it! This can’t be true!” He went on like this for at least five minutes! The poor man was utterly shocked that healing could be this simple and that ultimately all parts of us are malleable.

Whereas a few years ago Quantum Touch trainings tended to attract mainly existing energy therapists and complementary and alternative healthcare practitioners, there has been a noticeable shift in attendance trends. These days it is quite normal to have a research scientist or conventional medical doctor learning the technique. We have entered a time where energy medicine is going more mainstream, and Quantum Touch is at the forefront of this trend. It can be used equally easily by trained medical professionals and laypeople—and its results are undeniable.

Karina Grant is a Quantum Touch practitioner and the UK advanced instructor, currently one of only thirteen people in the world who is able to teach advanced Quantum Touch techniques. If you are interested in learning Quantum Touch and attending a workshop, or in contacting Karina, please visit her website at www.karinagrant.co.uk.
Almost by definition, natural, holistic healing is earth-based healing, arising as it does from the knowledge that nature provides healing in the form of minerals, plants, water, air, magnetic energies, and more. Herbalism, naturopathy, gemstone therapy, Polarity and Reiki therapies, Ayurveda, traditional Chinese medicine, shamanism—all are rooted in the natural, earth-based approach to health and wellness. There is a growing interest in earth-based therapies by the general public, and even researchers are delving into this “new old knowledge,” as one of my Navajo friends once termed the modern interest in ancient indigenous and earth-based ways.

Below is a brief overview of several earth-based therapies you might not have heard about. This list is by no means comprehensive—this is just a teaser of what is happening in earth-based therapeutics—and the inclusion of these therapies is not an endorsement of them. In part, the descriptions of the various therapies and healing approaches are quoted, with permission, from the organization’s or individual’s website, with the link to the site should you wish to learn more.

Earth-based Therapies

By Joan Parisi Wilcox
Ecopsychology

EarthWays, of Sebastopol, California, is representative of a relatively new form of psychology called ecopsychology. Their tagline, “Restoring Relationship with the Natural World,” sets the theme of this approach to well-being. In the words of Theodore Roszak, as outlined in his book *The Voice of the Earth: An Exploration of Ecopsychology*, there are eight main principles to this therapeutic approach:

1) “The core of the mind is the ecological unconscious.”

2) “The contents of the ecological unconscious represent, to some degree, at some level of mentality, the living record of cosmic evolution. . . . Ecopsychology draws upon these findings. . . . striving to make them real to experience.”

3) “Ecopsychology seeks to heal the more fundamental alienation between the recently created urban psyche and the age-old natural environment.”

4) “Ecopsychology seeks to recover the child’s innately animistic quality of experience in functionally ‘sane’ adults.”

5) “The ecological ego matures toward a sense of ethical responsibility to the planet that is as vivid as our ethical responsibility to other people.”

6) The overly masculine approach to life and being must be tempered with the “insights of ecofeminism with a view to demystifying the sexual stereotypes.”

7) “Whatever contributes to small scale social forms and personal empowerment nourishes the ecological ego.”

8) Focusing on synergy, the “needs of the planet are the needs of the person, the rights of the person are the rights of the planet.”

EarthWays, cofounded by Sara Harris and Susan Kistin, is a collective of seven psychotherapists and healers who, in addition to psychotherapy, lead wilderness excursions and nature-based ceremonies. On their website, www.earthways.info, they write that “ecological, social, spiritual and emotional crises mirror one another. What is harmful to the earth is also harmful to humans, and what benefits and respects the earth brings wholeness and well-being into human life as well.” Since our interior life can be mirrored through the exterior life of nature, ecopsychology therapy can help us to become sensitive to what nature may be mirroring for us, so that we can better understand ourselves and our own internal processes. Personal stories are also respected, for, as EarthWays also says on its website, “one’s pain, suffering, beauty and gifts are related to the world, and can only be deeply expressed and transformed through that relationship.”

Earthing

It doesn’t get any earthier than getting your bare skin on the earth, and that is the premise behind “earthing,” a practice whose health benefits were “rediscovered” by Clint Ober and written about in the book *Earthing* (Basic Health Publications) by Martin Zucker, a former news reporter with the Associated Press, and Dr. Stephen Sinatra, an integrative cardiologist.* Earthing—literally the connection “skin to skin” between a person and the earth—is said to promote better health, from reduced inflammation to relief from pain. One study also showed that six weeks of “grounding,” as the practice is also called, normalised cortisol levels, vastly improving sleep. Another study by
darkfield microscopy, in which blood cells are imaged, shows that 40 minutes of grounding caused clumped blood cells to decouple and thin out, indicating greater physiological functioning from the improvement in viscosity and flow. Dr. Sinatra believes that grounding shows great promise for improving arrhythmia and blood pressure, among other heart-related health issues.

The practice is catching on. In addition to individuals using this method—and using earthing products such as specially designed conductive sheets and mats that transfer earth energy indoors, and patches and bands—athletes and others are claiming benefit. For example, cycling teams from the US who competed in the Tour de France used the earthing sleeping bag-like conductive sheets and claimed they were able to dramatically increase recovery times from injuries.

So how does earthing work? The premise is that the earth’s natural surface electric energy provides health benefits to us. We are bioelectrical creatures, and just about all of the functions of our physiology, from the cell level up, are dependent on electrical stimulation or signaling. Over the course of our evolutionary history, our intimate connection to our environment balanced us and our health. However, in this modern world we are insulated from the earth, by wearing rubber-soled shoes, spending so much time indoors, and otherwise being disconnected from skin-to-skin contact with the earth. As a result, our physiology suffers. A minimum of thirty to forty minutes a day of contact with earth energy, by walking barefoot or sitting on the earth or using one of the earthing products, is said to help balance our physiology and enhance the body’s self-healing capabilities. Sleeping while conducting earth energy is considered the ideal, as during sleep our body is actively working to repair and rejuvenate itself. The earth provides negatively charged free ions, which some scientists believe counter the damage, especially chronic inflammation, caused by positively charged free radicals made by cellular processes. Research continues into the benefits of earthing, and it has been endorsed by biophysicist James Oschman, one of the pioneers into energy medicine research. For more information, see info@earthinginstitute.net.


**Earth Breathing**

When we breathe in rhythm with the earth’s natural pulse, our health may improve. That is the premise behind earth breathing, a technique developed by UK energy medicine practitioner Ingrid P. Dickenson decades ago. Her research focus is on the health effects of electromagnetic fields, and she has presented her work at international conferences, published scholarly articles, been interviewed by various media, and is on the board of several alternative health-related organizations. Earth breathing is, according to her website, www.earthbreathing.co.uk, “designed to boost physical, mental and spiritual health by performing a scientifically-based form of meditation which aims to protect the endocrine and immune system from the effects of stress and electro-magnetic pollution by activating a self-healing frequency within the brain. It also helps to delay the ageing process by stimulating the release of endorphins and the rejuvenating hormone Melatonin.”

The premise behind earth breathing is that we are healthiest when we are in sync with the natural pulse of our planet (the Schumann resonance), which beats at a frequency of 7.83 Hz. Electromagnetic pollution affects our body’s ability to stay in sync with this pulse, and as we lose the rhythm we experience decreased levels of melatonin, which is considered a major cancer suppressor and cell-rejuvenating neurohormone. Earth breathing incorporates meditation, movement, imagery and breath work to reestablish our synchronization with the earth’s pulse and enhance health.

You can learn more at Dickenson’s website and may contact her at i.dickenson@earthbreathing.co.uk.
Learn, Share, Grow: Events of Interest for 2011

Be inspired by fellow explorers at the frontiers of transformative knowledge! There are few endeavours more satisfying than immersing yourself in emerging science, spending time with brilliant and imaginative thinkers and activists, and expanding your horizons in ways that can facilitate positive change in your life and in the world at large.

Check out our sampling of conferences, seminars and festivals, both academic and general, from around the world. Our list focuses on health and healing, emerging science, integrative medicine, energy psychology, the environment, and peace. Quantum Health is not associated with any of the conferences or conference organisers listed below. We neither endorse nor profit from any of these causes or organisations.

**October 12-13, 2011**
American Association of Integrative Medicine (AAIM), Branson, Missouri

A premier conference for the latest in integrative medicine, the AAIM covers a wide range of integrative therapies including energy medicine, medical qigong, natural cancer therapies, acupressure massage, reflexology, herbalism, and more. Check their website, [http://www.aaimedicine.com/conference](http://www.aaimedicine.com/conference), for more information as it becomes available.

**October 21-23, 2011**
Canadian Energy Psychology Conference: “From Healing to Wholeness”

The 13th Annual Canadian Energy Psychology Conference, organized by the Canadian Associations of Integrative and Energy Therapies, will feature world-renowned speakers including Lynn McTaggart and William Bengsten. The organizers welcome the public and energy therapists and medical practitioners of all modalities, conventional and complementary. Pre- and post-conference activities are planned for October 20 and 24, respectively. More information to come, so check periodically at [www.epccanada.ca](http://www.epccanada.ca).

**November 11-13, 2011**
Pythagoras Conference, Louisville, Kentucky

This organisation is devoted to exploring and creating “breakthroughs in future sciences and spiritual consciousness.” The focus of this conference is to create “real change for the future of humanity” by bringing together visionaries from a cross section of disciplines—from environmental science to biology, from mind science to archeology—in a kind of think tank environment to stimulate conversation, share ideas and stimulate change. The more than twenty presenters include Stephen Schwartz, Stephen Bassett, Sonia Barrett, Edward Close and Gary Voss. Info at [http://www.pythagorasconference.com/](http://www.pythagorasconference.com/)
Lynne McTaggart talks to us about her new book The Bond