

WDDTY

WHAT DOCTORS DON'T TELL YOU

New Healing

A round-up of the latest
healing modalities and discoveries

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Hammering out a cure

Tong Ren invites criticisms of quackery with its use of plastic dolls, hammers and distance healing—yet, it has helped thousands of sufferers to overcome serious health problems

Those who have a problem with acupuncture and meridian points will have their credulity stretched to the limits by Tong Ren Therapy, an energy healing system that doesn't use needles and doesn't even touch the patient. Instead, the practitioner uses a doll to represent the patient, and taps on specific points of the doll with a small hammer.

Not surprisingly, the 'quackbusters' and sceptics have been frothing at the mouth, describing Tong Ren ('bronze man') as a cross between acupuncture—itself a derogatory term in their books—and voodoo.

To make matters worse, as with many similar therapies, there's a paucity of research to support the claims of its founder, Master Tom Tam, a Chinese refugee now living in Massachusetts, and his many practitioners. One study, by Amy Sullivan, from the Virginia Commonwealth University School of Medicine in Richmond, VA, Susan Bauer-Wu from Emory University in Atlanta, GA, and Michael Miovic, from the Dana-Farber Cancer Institute and Harvard Medical School in Boston, MA, found that 265 Tong Ren patients who completed a survey reported "amazing" improvements to their health problems. Even patients with major illnesses such as cancer said they were helped by the therapy; in the survey, 60 per cent of cancer patients reported dramatic improvements after several sessions of Tong Ren. It also appears to help those who are suffering from anxiety, depression and autoimmune disorders (Complement Health

Pract Rev, 2009; 14: 19-35; DOI: 10.1177/1533210108329265).

In a separate study of 500 individuals who received Tong Ren while on a conference phone call with a practitioner, 98 per cent said they could feel sensations of warmth, pain relief and relaxation (unpublished data).

Beyond placebo

Given such findings, Tong Ren might be dismissed as having merely a placebo effect were it not for the numerous case studies of patients whose life-threatening illnesses have been completely reversed. In 2004, Florri Kuethe was diagnosed with Hodgkin's lymphoma, a cancer of the lymph glands, and given a year to live without chemo- and radiotherapy. She took the 'practical' decision to have the treatment. However, its effects on her were catastrophic, triggering life-threatening lung damage, loss of mobility—she was unable to walk—and neuropathy. Florri was forced to abandon the therapy, while her oncologist warned her that the cancer would return. All this time, however, she had also been receiving Tong Ren treatment. Her husband went on to become a Tong Ren practitioner and, today, Florri is fully recovered. Her cancer has not returned, her mobility is restored and her lungs have recovered beyond her pulmonologist's "wildest dreams" (Kuethe R. *Tong Ren Therapy*. Boston, MA: Fire Husker Publishing, 2009).

The chi connection

The theory behind Tong Ren is similar to acupuncture's: illness is the result of a 'blockage' of energy, or *chi*, so the therapy is designed to clear blockages and allow the body's self-healing activities to work. But unlike acupuncture, which uses needles at meridian points to restore the flow of *chi*, Tong Ren uses a small hammer to hit specific points on a doll

representing the patient. Master Tam calls on Jung's collective unconscious and quantum physics to explain how, without touching the patient, his modality works. As he puts it, our internal, or body, *chi* is connected to the external, or universal, *chi*, and this connection allows others to influence your internal *chi*. Indeed, the patient doesn't even need to be in the same room as the practitioner, and it's just as effective over the telephone.

The practitioner focuses on an area of the patient's body *via* the plastic doll, as it is "only a focused mind [that] can create and transform energy", says Tam. Over the years, Tam has developed a system that specifies points where blockages can cause different diseases. Each point is marked on the practitioner's doll, with labels such as 'GV22' and 'BL6', and the practitioner taps on these points while focusing on unblocking the area.

Distance is no object

Master Tam still runs weekly "guinea-pig classes", as he calls them, where people turn up and receive several minutes of treatment from practitioners. Sometimes, a hundred or more people are treated every week



in these sessions, which are free of charge. A standard distance healing, usually by telephone, takes around 30 minutes or more, during which the patient is constantly asked to report any changes, sensations or feelings of warmth as these are signs of unblocking. If the patient reports feeling nothing, then the

practitioner tries another point on the doll.

Rick Kuethe has undertaken more than 5000 distance healings, the very first one on his friend, Kim. During a phone conversation, Kim complained of suffering from an allergic reaction, so Rick asked if he could try Tong Ren on him. Within minutes, Kim's symptoms had completely cleared. "I

don't know which of us was more amazed," Rick recalled.

Cynics recoil, and say that Tong Ren is absurd and impossible. Nevertheless, while some may agree that it does indeed seem absurd, there are enough people walking around who can testify that it is far from impossible.

Bryan Hubbard

Tapping trauma away

Thought Field Therapy, the energy medicine that relies on tapping acupoints, is now being used to heal victims of severe post-traumatic stress

Two decades ago, frustrated by his unsuccessful attempts to heal his patient's fear of water, which she experienced viscerally in her stomach, psychologist Dr Roger Callahan decided to tap on an acupuncture meridian associated with the stomach. Astonishingly, in an instant, her fear of water disappeared—and Thought Field Therapy (TFT) was born.

Like Dr John Diamond, author of *Your Body Doesn't Lie* and perhaps the first practitioner to understand the relationship between acupuncture meridians and negative thought patterns, Dr Callahan has developed a protocol for tapping on acupoints in a specific sequence together with eye movements that activate different parts of the brain.

TFT rests on the idea that thoughts are not the result of neurological electrical signals or chemicals but, in fact, generate a field that is able to store information patterns or 'perturbations'. When people suffer emotional upsets or traumas, these fields become activated and 'hold' the entire emotional experience.

Following his success in using TFT to heal traumatized victims of wartorn Kosovo (*WDDTY* vol 18 no 10), Callahan's organization set up the Association for Thought Field Therapy Foundation, a non-profit organization. Its volunteers provide energy medicine for individuals who have been traumatized by war, genocide, poverty and natural disasters. So far, trauma relief teams trained in the Callahan Technique of TFT have assisted trauma victims in New Orleans and Mississippi in the aftermath of Hurricane Katrina, in



Mexico after major flooding, and in the Congo and Rwanda to treat survivors of genocide.

Twelve years after the genocide in Rwanda, four TFT therapists went to El Shaddai orphanage, an abandoned warehouse that is both home and school to some 400 orphans, many of whom are genocide survivors. Most of the children had witnessed the murders of their families, relatives

and close friends; in some instances, they were the only survivors of an entire village. Many were also suffering from intense symptoms of post-traumatic stress disorder (PTSD): nightmares and flashbacks, bedwetting, depression, withdrawal, aggression and/or difficulty concentrating.

As the team was small and only there for four weeks, they had to see all but the most traumatized children in groups or in class. Through an interpreter, they also taught the children and teachers at the orphanage how to do the tapping themselves.

Although the team expected to take at least one hour per child for an effective treatment, as it turned out, most were successfully treated in 15 to 20 minutes in a single session. When the team evaluated the children over the following days for any evidence of PTSD symptoms, most of the children were clearly vastly improved.

The following year, the TFT team returned on the anniversary of the genocide and assessed all of the treated children again. To their surprise, the children showed no signs of PTSD. The children and teachers had continued with the treatment, and some of the children had even worked with each other in groups.

The children were "trans-

Let the good times roll again

One 15-year-old Rwandan orphan was three years old at the time of the genocide. Her family hid her inside a church and, when the killers broke in, the girl's father told her to run and not look back, no matter what. She got away, but turned around when she heard her father's screams—only to see her father being hacked to death by men with machetes.

Every day since, she'd suffered flashbacks of the scene in her waking hours and dreamt about it every night. In fact, she had no good memories of her family; the trauma had blocked them out.

During her treatment, she cried as she worked through each of the traumatic events while tapping but, at a certain point, she began to laugh. She'd suddenly remembered how her father had sneaked sweets for her, even against her mother's wishes.

Later, when she tried to re-direct her focus onto the events that took place in the church, she said, "I can still remember it, but now it seems like a distant memory, like 12 years ago". That night, her sleep was uninterrupted with no nightmares for the first time since her father's murder, and she arrived at school the next day in cheery spirits. Since then, memories of the good times have flooded back.

formed”, says TFT team member Caroline Sakai, a clinical psychologist at Kaiser Hospital in Honolulu, Hawaii, who has treated PTSD with more traditional treatments as well as TFT. “The teachers reported that the children had increased self-esteem and feelings of self worth. Many who had felt victimized and

had a sense of hopelessness now had hope and more pride in their surroundings.”

A number of the children passed their competitive exams and went on to regular secondary schools; the teachers also found a marked decrease in bedwetting and fighting.

The results of three of the

Association’s studies are in the process of being published. After all the PTSD suffered by servicemen and women in Iraq and Afghanistan, the US and UK governments would do well to take heed.

Lynne McTaggart

For more information, visit www.tft.com.

Turning negatives into positives

PSYCH-K® claims to repattern the brain to 'erase' self-limiting beliefs

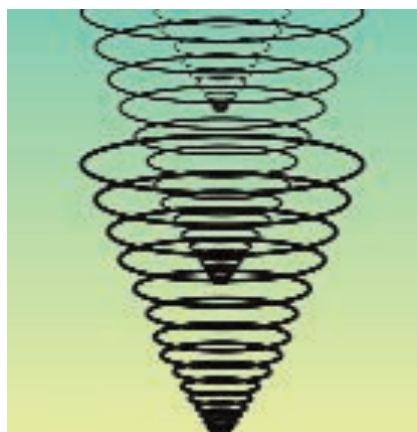
At a conference in 1990, biologist Bruce Lipton was sharing the podium with Rob Williams, who'd developed PSYCH-K®, a therapy that Williams claimed could change longstanding and limiting beliefs (such as 'I'm not good at math') in a matter of minutes.

Lipton was sceptical until Williams invited a woman to come up on stage who was so shy that he had to climb off the stage to let her whisper in his ear. Not surprisingly, her problem was speaking in public; when escorted onstage, she turned bright red and spoke *sotto voce* in reply to the simplest of questions. Yet, after Williams had worked with her for only 10 minutes, the woman suddenly relaxed and commanded the stage.

Williams developed the technique in 1988 as an alternative to ordinary counselling, which Williams found to be labour-intensive and limited. With PSYCH-K, he claims to quickly and permanently 'erase the tape' of past limiting beliefs.

Essentially, PSYCH-K is a hybrid of two tried-and-tested energy-psychology techniques. The first is behavioural kinesiology, developed by psychiatrist and holistic healer John Diamond, who was inspired by George Goodheart, the creator of applied kinesiology, which tests the effects of substances on the body. Goodheart developed 'muscle testing', now a standard feature of applied kinesiology. He would ask a patient to stand facing him while holding her left arm out parallel to the floor: after placing his left arm on the patient's shoulder to steady her, he then asked her to resist with all her strength while he pushed on her arm.

In most instances, the arm would spring back and resist the force of the push. However, when Goodheart exposed that person to noxious substances, such as food additives or allergens, the patient's left arm



would be unable to resist the pressure of Goodheart's push and was easily overcome.

Diamond's contribution was to be the first to apply this muscle testing to toxic thoughts. When a person was exposed to any unpleasant thought, the 'indicator muscle' would test weak. Diamond dubbed it 'behavioural kinesiology', and has tested it on thousands of subjects over many years as a way to instantly take stock of a person's thoughts and most secret desires (Diamond J. *Your Body Doesn't Lie*. New York: Warner Books, 1979).

Diamond has experimented with a variety of thoughts that can immediately overcome any negative influences, or debilitating ideas or situation. Although his methods have not been subjected to scientific scrutiny, the sheer weight of the anecdotal evidence from thousands of patients—and the number of therapists who have used or adapted his techniques—is significant.

With PSYCH-K, besides locating limiting beliefs through kinesiology, Williams uses brain 'integration' techniques to promote 'cross-talk' between the brain's hemispheres.

Since 1981, when American Roger Sperry, at Caltech, won a Nobel prize for his discovery of the different roles of the brain, researchers have been investigating the different sides of the brain.

While it's true that one side may be dominant during certain activities, later research has discovered that both sides continually work in tandem. Consequently, many new forms of energy psychology have experimented

with using techniques that repattern the neural connections.

'Repatterning the brain' essentially means that, when an individual thinks a particular thought, the brain is stimulated in a different way to 'retrain' the associations of that thought. Many neurologists have found that certain body techniques can retrain the brain to change its neural pathways, rather like creating a detour off a train track.

Usually, repatterning requires the use of simple exercises and stretches, along with gazing in a particular direction, and creating a system of muscle feedback so that the patient is aware of the changes as the information is being processed differently.

Certain parallels can be drawn between PSYCH-K and eye-movement desensitization and reprocessing (EMDR), developed by psychologist Francine Shapiro, which seeks to 'erase' upsetting memories and negative self-beliefs, and substitute them with positive beliefs.

EMDR works by having the patient focus on a moving target (such as the therapist's moving fingers) and other sensory triggers while the patient is thinking negative thoughts. Later, the patient replaces these bad thoughts with positive alternatives.

While PSYCH-K has not been scientifically tested in trials, EMDR has an abundance of scientific evidence attesting to its effectiveness across a wide range of psychological traumas such as post-traumatic distress syndrome (PTSD) (*J Consult Clin Psychol*, 2001; 69: 305-16), as well as a range of problem behaviours, phobias, panic disorders (*J Anxiety Disord*, 1999; 13: 69-85) and addictions (*J Psychoactive Drugs*, 1994; 26: 379-91).

Most relevant is the evidence that EMDR is an effective tool for improving performance on the job, in the arts and even in competitive sports by erasing self-limiting beliefs (*J Appl Sport Psychol*, 1995; 7 [Suppl]: 63; *Sport J*, 2004; 7: 1-5).

EMDR is proof of the feasibility of using physical techniques to erase emotional and psychic wounds. What's now needed is true scientific evidence to back up PSYCH-K's spectacular claims.

Lynne McTaggart

Group therapy

Conventional wisdom has it that being a joiner—belonging to lots of social groups—is bad for you because it overcomplicates your life, causing unnecessary stress. But the work of a number of social psychologists at UK's University of Exeter shows just the reverse: membership in loads of groups of every variety is one of nature's best medicines.

Their groundbreaking research shows that the most important predictor of health—even more than diet and exercise—is the number of groups to which you belong, particularly if you have strong relationships within them. A recent study by Columbia University of 655 stroke patients found that those patients who were socially isolated were twice as likely to have another stroke within five years compared with those who had strong social relationships.

Isolation is the greatest risk factor—more so than having coronary artery disease or being physically inactive. In fact, the health risk of social isolation was comparable to being a smoker, having high blood pressure or being vastly overweight (*Neurology*, 2005; 64: 1888–92).

“As a rough rule of thumb,” wrote Harvard political scientist Robert D. Putnam in his book *Bowling Alone* (New York, NY: Simon & Schuster, 2002), “if you belong to no groups but decide to join one, you cut your risk of dying over the next year in half.”

Ironically, catching infections appears to have far less to do with exposure to germs and much more to do with the state of your social life. Being socially isolated appears to make you more susceptible to infections, large and small. Psychologists at Carnegie Mellon University in Pittsburgh, PA, found that those who had the widest and most diverse number of social roles remained far more robustly immune to the common cold. On the other hand, the least sociable people studied were twice as likely to come



down with colds as those who were the most sociable (*JAMA*, 1997; 277: 1940–4).

The stress of isolation

Social support (or lack of it) may even affect the progression of cancer. Chicago scientists gathered together infant mice that were genetically predisposed to breast cancer and identical in every way, and divided them into two groups. One batch was raised within a group of mice, while the others were raised on their own. After studying the development of mammary tumours over time, the researchers found that the mice that had been isolated grew far larger tumours.

When the researchers studied the gene expression in mammary tissue of the two sets of mice over time, they found altered levels of genetic expression of metabolic pathway genes favouring tumours in the isolated mice (*Cancer Prev Res [Phila Pa]*, 2009; 2: 850–61). The environment had altered the way in which their genes were ‘turned on’.

The mice were also found to have developed a disrupted hormone response and behaviour indicative of chronic stress.

Suzanne Conzen, associate professor of medicine at the University of Chicago and part of the research team, concluded that “the social environment, and a social animal’s response to the environment” can alter gene expression—that is, turn

them on or off—in a wide variety of tissues in the body.

Although this study may not necessarily apply to humans, a good deal of research has shown that our bodies react similarly to the stress of isolation. Natural-killer (NK) cells—the immune system’s front line of defense against cancer and many viruses—are profoundly reactive to stress in our lives, particularly social stressors (*Neuropsychobiology*, 1993; 28: 87–90; *Psychosom Med*, 1998; 60: 290–6). Indeed, large dips in NK cell numbers and activities have been seen immediately after interpersonal problems such as separation or divorce (*Psychosom Med*, 1987; 49: 13–34), and even during arguments or minor conflicts (*Psychosom Med*, 1993; 55: 395–409).

Nevertheless, numerous clinical studies show that social contact and a strong support system can counteract the effects of stress, and boost the activity and number of NK cells (*Psychosom Med*, 1995; 57: 23–31; *Psychosom Med*, 1996; 58: 264–72; *Br J Med Psychol*, 1988; 61: 77–85).

Similarly, social stress can affect the hypothalamus–pituitary–adrenal gland axis, one of the chief regulators of the body’s ability to fight off disease. Psychologist David Spiegel and colleagues found a link between marital discord and negative effects on the cortisol rhythms of the body, now considered to be a risk factor for early breast-cancer mortality (*J Natl Cancer Inst*, 2000; 92: 994–1000).

Animal evidence

So far, many of the studies have used animals, which may not be entirely applicable to us. Nevertheless, they’ve found that social support during stress entirely alters the body’s response. In one such study, squirrels showed elevated levels of blood cortisol when on their own. However, these levels were reduced by 50 per cent when the animals were joined by one other squirrel, and by 100 per cent when they were amidst five friends (Levine S *et al.*, ‘Psychoneuroendocrinology of stress: A psychobiological perspective,’ in Brush FR, Levine S, eds. *Psychoendocrinology*. New York, NY: Academic Press, 1989).

Whether squirrels or humans, the more social we are, the merrier—and healthier—we will be.

Lynne McTaggart

Qigong

This ancient Chinese healing practice is showing promise for many modern-day diseases—from tinnitus to cancer

Qigong—pronounced ‘chee goong’—is an old Chinese practice that involves gentle flowing body movements, meditation and the careful regulation of the breath.

The cornerstone of traditional Chinese medicine (TCM), qigong is based on the belief that the body contains a network of energy pathways through which vital energy—called *qi* in Chinese—circulates. By facilitating the movement of *qi* throughout the body, qigong—which literally means ‘working with the *qi*’—is thought to bring benefits that include tranquillity and self-awareness, as well as enhanced health and healing.

Although it’s been around for some 5000 years, scientists have started studying the practice of qigong and its medical potential only recently. What they’re finding is that this ancient healing technique may be a valuable weapon in the fight against many modern-day health problems, ranging from stress and high blood pressure to cancer and chronic pain.

Health benefits

There are two main types of qigong practice: internal and external. Internal qigong is the self-directed practice of mind–body–breathing integration techniques (including tai chi, which emphasizes outward movements) to cultivate the circulation of *qi* throughout the body. Traditionally, this form of qigong should be practised every day, either alone or in groups, to maintain health and prevent disease.

External qigong, however, requires the participation of a qigong master, who has been trained to transmit his or her own *qi* to influence the health of others. This form of qigong has similarities with other practitioner-delivered energy-medicine techniques such as reiki, and usually involves hand



movements and focused attention to project *qi* into the recipient.

Most references to the practice of qigong refer to internal qigong, but both types have been the subject of scientific study—with promising results.

Internal qigong

Several studies suggest that internal qigong may be an effective strategy for reducing hypertension or high blood pressure. In a randomized, controlled trial of 88 patients with essential hypertension, a type of internal qigong called ‘Guolin’ was found to be just as effective as conventional exercise for lowering blood pressure. Both interventions significantly reduced blood-pressure values after 16 weeks, and heart rate, body weight, BMI (body mass index), waist circumference and total cholesterol were also decreased. Moreover, improvements were seen in general health, bodily pain, social functioning and depression (*J Hum Hypertens*, 2005; 19: 697–704).

More recently, internal qigong’s effects on blood pressure were reviewed in a meta-analysis (a pooled analysis) of nine separate studies involving over 900 people in total. The researchers concluded that self-practised qigong is better than no treatment for lowering blood pressure. Although it was not as effective as drug treatment in the review, its lack of adverse side-effects makes it an appealing alternative (*J Altern Complement Med*, 2008; 14: 27–37).

Other research shows that, combined with drug therapy for hypertension,

qigong can reduce the drug dosages needed for blood-pressure maintenance, and can even cut the risk of stroke and death (*J Altern Complement Med*, 1999; 5: 383–9).

Internal qigong has also been used in cancer care, usually as a complementary therapy. In a study published in the *Annals of Oncology*, the official journal of the European Society for Medical Oncology, Australian researchers tested the effects of a 10-week programme of qigong—involving two supervised 90-minute sessions per week, as well as daily home practice for at least half an hour—in 162 patients with a range of cancers.

Their results showed that qigong significantly improved quality of life and mood compared with standard care. But, more important, practising qigong also appeared to reduce inflammation in the body, suggesting that the practice might have an impact on cancer itself. Indeed, several studies have indicated that chronic inflammation is associated with cancer incidence, progression and survival (*Ann Oncol*, 2010; 21: 608–14).

There is also evidence showing that cancer patients who practise qigong have better survival rates than those using conventional methods alone (*Integr Cancer Ther*, 2002; 1: 345–70).

Another condition that responds well to internal qigong is tinnitus, a common hearing disorder that causes persistent ringing or buzzing in one or both ears. In 80 patients with tinnitus of at least three months’ duration, regular qigong practice (10 sessions

over five weeks) dramatically reduced the severity of the condition, and the effects lasted for at least three months after stopping the qigong (J Psychosom Res, 2010; 69: 299–304).

Although most studies involve older adults, recent trials suggest that children may benefit from regular qigong, too. Indeed, twice-weekly sessions improved their self-reported wellbeing at school (specifically, psychological distress, stress and self-image), and also had positive effects on their behaviour (J Altern Complement Med, 2010; 16: 939–44; 2005; 11: 41–7).

External qigong

This practitioner-delivered form of qigong has mostly been studied as a treatment for chronic pain conditions such as osteoarthritis, low back pain and fibromyalgia—with encouraging results. An analysis of five randomized controlled trials of external qigong for pain found greater pain reductions in the qigong groups compared with the controls (J Pain, 2007; 8: 827–31).

Another review from the US rated external qigong as “possibly to probably efficacious for treatment of chronic pain” (J Rehabil Res Dev, 2007; 44: 195–222).

However, the level of efficacy appears to be dependent on the quality

of the healing master. One trial of 112 adults with osteoarthritis of the knee compared the effects of qigong administered by two different healers, and a sham healer as a control, on the patients’ joint pain and physical functioning. Although both qigong groups showed reduced pain and improved physical joint function, only one of the healer groups had results that were significantly better than that of the controls (Clin Rheumatol, 2008; 27: 1497–505). This suggests that the skill or experience of the healer could be a determinant of how well external qigong works.

Besides reducing pain, external qigong also appears to have anticancer effects. Although the results may not apply to humans, a preliminary study in mice reported that external qigong was able to halt the growth of lymphoma cells (J Altern Complement Med, 2002; 8: 615–21).

Even more intriguing, a form of external qigong known as ‘Qi of Yan Xin’ has been found to induce apoptosis (programmed cell death) in human breast cancer cells (Cell Physiol Biochem, 2010; 25: 263–70). However, whether or not the technique will have similar anticancer effects in actual patients is not yet known, although case studies suggest that

external qigong may be useful for alleviating certain symptoms, such as depression, pain, anxiety, fatigue and discomfort, in cancer patients (Complement Ther Clin Pract, 2005; 11: 211–3).

Qigong for everyone

Precisely how qigong works is unclear to the orthodox Western mind but, according to TCM, it’s all to do with ensuring the smooth flow of *qi* throughout the body. Any blockages of *qi* are sources of pain and disease (Clin Rheumatol, 2008; 27: 1497–505). From a Western point of view, perhaps it’s qigong’s apparent ability to reduce stress and inflammation that makes it useful for a variety of conditions.

Whatever the mechanism, it appears that both the elderly and youngsters can benefit. The key is to find a qualified and experienced qigong master from whom you can either learn the practice or receive healing. Indeed, when qigong is practised inappropriately or in an unguided fashion, it could, in theory, cause adverse effects in some people, such as those who have underlying psychiatric disorders (Nat Med J, 2010; 2: 7–15; online at www.naturalmedicinejournal.com/pdf/NMJ_MAY10_LR2.pdf).

Joanna Evans

The next Russian revolution

SCENAR is a new way of healing that challenges the world's cash-strapped healthcare systems

The 'Russian problem' used to mean the spread of Communism to the West. Today, the term could just as easily be applied to a new healing modality, developed behind the Iron Curtain during the Cold War and which, its advocates claim, will revolutionize Western medicine.

The SCENAR (Self-Controlled Energo-Neuro-Adaptive Regulation) device is the size of a TV remote, and runs on a single 9-V battery. Researchers and doctors in Russia claim that it can reverse most diseases without drugs or surgery. In the UK, it's licensed as a pain-relief device.

The problem—like so much of alternative medicine that doesn't enjoy the sizeable profits of the drugs industry—is the lack of 'good' scientific evidence from a double-blind placebo-controlled trial to support such ambitious claims.

There are, however, thousands of case studies gathered from the 10,000 therapists and doctors in Russia who routinely use SCENAR in their practices. Dr Yuri Gorfinkel, who became a SCENAR therapist after working in the Chernobyl clean-up operations, has collated 18,255 case studies of SCENAR treatments for almost every conceivable disease—from gastritis, haemorrhoids and impotence to bronchitis, hypertension and acute heart failure. Of these patients, there was no recurrence in 88.5 per cent of cases, while 6 per cent reported "significant improvement" in symptoms, with only 3 per cent reporting little or no change for the better (SCENAR Therapy, SCENAR—Medical Assessment and Expertise, 1998; 4).

In a later report compiled by Dr Irina Kossovski, who tracked hundreds more case reports involving a similarly wide range of diseases, Russian SCENAR practitioners were said to have achieved a complete recovery rate of around 66 per cent, while the remaining third of patients reported some improvement in their condition (Kossovski I. 'An Overview of the Basic Results of a SI Medicine Treatment Complex.' MediSCEN Inc., 2001).

The sole study published in a Western medical journal pitted SCENAR against TENS (transcutaneous electrical nerve stimulation). In this trial, 24 chronic neck-pain sufferers received six months of treatment with either SCENAR or TENS, or no treatment (controls). The researchers reported that the SCENAR group showed "significant reduction" of neck pain and disability compared with either the TENS or control group. They also pointed out that none of those in the SCENAR group reported any adverse reactions (Chiropractic & Osteopathy, 2007; 15: 9; doi: 10.1186/1746-1340-15-9).

The device has also been used by athletes to speed recovery time after injury. French football star Djibril Cisse has prepared a YouTube testimonial, claiming the SCENAR helped him to recover more quickly from an ankle injury. Also, SCENAR is currently being used by the Greek professional football team Panathinaikos, based in Athens.

How does it work?

SCENAR has been described as 'electronic acupuncture' and 'space-age medicine', the latter in reference to its use in the late 1970s as a healing aid for cosmonauts training in zero gravity.

Although Dr Alexander Karasev invented the device in 1976, it was developed by two electronics engineers, who were awarded the Order of Lenin for their work. The technology was secret and 'classified' until *Perestroika* in the mid-1980s opened up the Soviet Union. It was then that SCENAR was made available to Russian doctors.

SCENAR is a simple hand-held device controlled by four buttons. The practitioner brushes the device along the patient's skin, looking for any resistance or 'stickiness', as SCENAR therapists call it. Such 'stickiness' indicates disease, inflammation or injury, while different areas of the skin correlate with different internal organs and muscle groups, similar to the acupuncture model.

Once a problem area has been detected, the practitioner changes the

SCENAR frequency modulation and, using biofeedback, begins a 'dialogue' with the patient's central nervous system. Eventually, SCENAR is said to stimulate neuropeptides in damaged cells to speed recovery by helping cells to 'remember' their healthy signature state. The healing process continues long after the session ends, although it may take many sessions to achieve full health, depending on how chronic the condition is.

However, if the problem is acute, such as a sports injury, SCENAR practitioners say the device can heal the problem even before bruising appears.

SCENAR in the West

SCENAR is becoming part of the accepted medical therapy in Russia, and is now being used in clinics and hospitals. It is also gaining a foothold in Germany, where there are around 3000 practitioners.

However, inroads into the UK market have been more torturous. There have been several attempts to introduce it into Great Britain, but infighting and squabbles between various competing groups have impeded its progress. Today, the SCENAR licence for the UK and Ireland is held by 21st Century Energy Medicine, and its CEO is former IT consultant Richard Cumbers. SCENAR is officially distributed in the UK by its sister company Pain Genie.

Nevertheless, Cumbers has been forced to fight a constant battle against black-market versions of the device, which are often sold on the Internet by workers at the Russian factory—and at a far lower price. However, the black-market versions don't come with any training or support.

Cumbers sells the Pain Genie Home SCENAR for £469, which includes a training manual and DVD. Although some retailers believe that only properly trained practitioners should use it, Cumbers promotes its use among the public, although he emphasizes the importance of after-sales support.

In the three years that he has held the SCENAR licence, Cumbers has

trained around 1200 practitioners in the UK. His efforts have interested a few doctors in the UK, including Dr Jan Beute, from the Doncaster Royal Infirmary Accident & Emergency department. Beute, who uses his own SCENAR on patients, has said: “The Pain Genie will save the NHS a tremendous amount of money because it’s so easy, cheap and effective to use.”

There are only a handful of practitioners in the US, where it has “light touch” Food and Drug Administration (FDA) approval as a relaxant and “muscle re-educator”.

SCENAR and the future

In fact, there are more case studies of SCENAR effectiveness than for any other ‘alternative’ device or technology. As the technology is now more than 30 years old, this is perhaps not so surprising. Nevertheless, its success rate is impressive—and far higher than that of any single drug or conventional therapy.

But such success arouses suspicion among doctors—it all seems too good to be true—especially as there have been little independent research and few clinical trials published in Western medical journals.

For SCENAR practitioners and advocates like Cumbers, this is

frustrating, as they see the technology as an inexpensive and effective alternative within the mainstream of Western medicine, especially at a time when the National Health System and its counterparts around the world are virtually bankrupt.

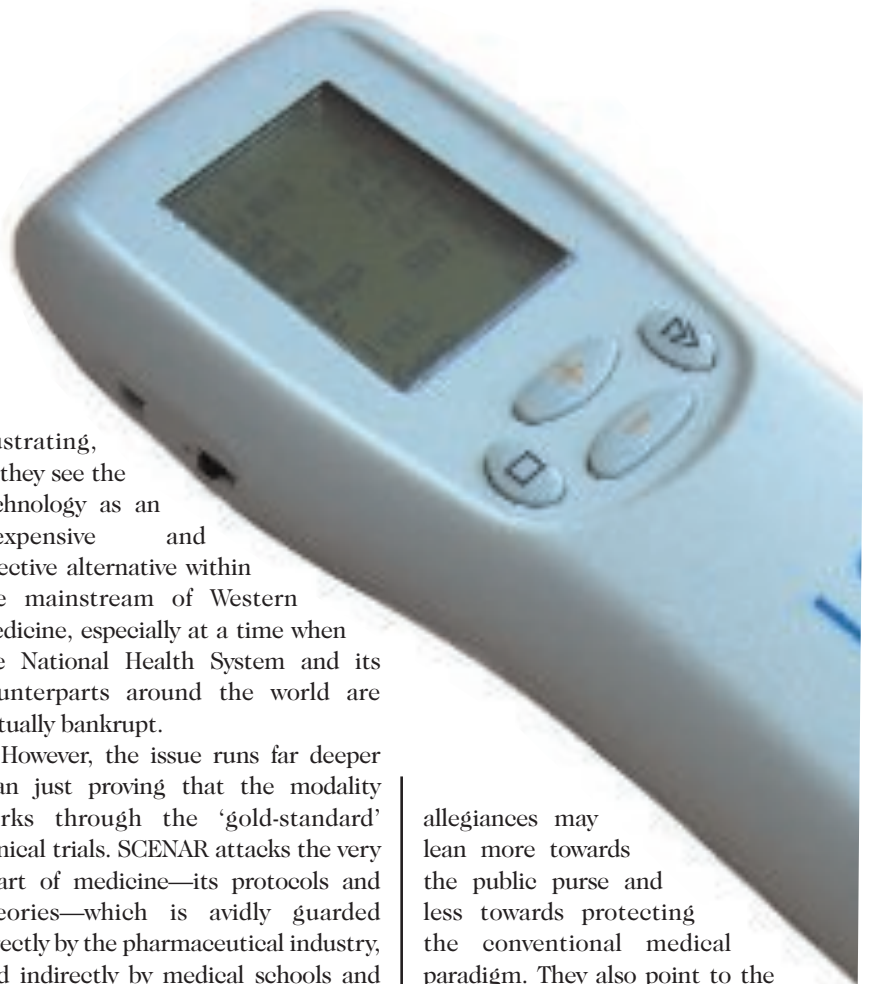
However, the issue runs far deeper than just proving that the modality works through the ‘gold-standard’ clinical trials. SCENAR attacks the very heart of medicine—its protocols and theories—which is avidly guarded directly by the pharmaceutical industry, and indirectly by medical schools and government-approved bodies, and even the mainstream media.

Undaunted, Cumbers and others nevertheless believe that the time is now right for making a serious pitch to governments, which are looking to cut costs wherever they can, and whose

allegiances may lean more towards the public purse and less towards protecting the conventional medical paradigm. They also point to the Russian health system, where there is already wide acceptance of SCENAR.

For Prime Minister Cameron, President Obama and other world leaders, it could be the start of the Russian problem all over again.

Bryan Hubbard



Colour my world

Virtual Scanning is a radical way of diagnosing and treating with light and colours

When I see something that is coloured red, do you see the same red? Possibly not—and the difference could be a warning signal that I am not well, even if I'm not aware of having any health issues.

The idea that our perception of colour is both a marker of disease and the key to our recovery is known as 'chromotherapy', and it has been practised since the time of the Ancient Egyptians. Ayurvedic medicine also recognizes a similar model, and assigns different colours to the body's energy centres, or 'chakras'.

Over the past 20 years, Russian physicist Igor Grakov, of the University of Krasnoyarsk in Siberia, Russia, has brought chromotherapy right up to date by merging the ancient healing method with recent findings in neuroscience. The result is the so-called Virtual Scanning (VS) technology, a diagnostic and healing system based on light and our interpretation of colours. It claims to be able to assess the health of more than 30 internal organs, and to diagnose and treat a wide range of conditions, including dyslexia, migraine, epilepsy and diabetes.

However, as with so many novel healing modalities, VS has suffered problems and setbacks in becoming accepted, especially by the medical orthodoxy. Its beginnings were promising. Following his initial work in the 1980s, Grakov's VS technology was evaluated by St Petersburg University and quickly adopted in Russia where, at its peak, more than 500 practitioners were trained in its use.

However, Russia's medical authorities withdrew regulatory approval until clinical studies could prove its effectiveness. Today, only 50 practitioners in Russia use it, and then only to combat the effects of ageing and to enhance sports



performance. In Europe and the UK, where there is currently just a handful of practitioners, the CE mark of safety has not been renewed. This means that, at this time, the technology cannot be legally used in Europe.

Yet, despite these setbacks, VS continues to be championed by Montague Healthcare, a company based in Nottingham, UK, and run by Dr Elena Ewing and her husband Graham. They are working hard to obtain enough funding to promote the technology and to have it accepted—at least as a cost-effective diagnostic tool—by the UK's National Health Service.

Case studies

Elena, who is Russian, introduced Graham to the technology in 2003. His first encounter was with an elderly man who had dysarthria, a condition that had prevented him from speaking for five years. "I told him that we couldn't assist him. Nevertheless, he wished to try Virtual Scanning therapy. Six days later, he phoned up to speak to Elena!"

By then, Russian practitioners

had amassed hundreds of equally impressive case studies across a range of chronic conditions, including an epileptic who had been an invalid since the age of five. After 21 days of VS therapy, all epileptic episodes had stopped and the patient was able to stop all medication.

The Ewings were soon adding more case successes:

- ◆ a 10-year-old girl whose dyslexia was showing "clear and distinctive improvement" after three weeks, according to her mother;
- ◆ a 59-year-old woman who had suffered from severe migraines from the age of 11 but, after several VS sessions, was migraine-free, while her general health and demeanour also improved; and
- ◆ a near-alcoholic man in his late 40s, whose depression was so severe that he would lie in bed for days but who, after two VS sessions, started taking an active and positive interest in life again.

When VS was available in the UK, a typical course of treatment—including an initial evaluation plus several follow-up sessions—cost around £300. For the evaluation, the patient is shown a coloured image for around 15 seconds. A filter is then placed over the image, and the patient asked to use a PC mouse to reintroduce colours until the initial coloured image is restored.

The amount of time taken by the patient to do this and the final result provide the VS software with the necessary data to build up a health profile, and to pinpoint any deficiencies and organ damage. Based on this diagnosis, the patient is then given a personalized CD that includes images and colour challenges that the patient has to study and complete for around 20 minutes once or twice a day. The Ewings expect to see results after three to four months.

How it works

In simple terms, VS is an energy therapy that is also a form of

biofeedback. Using light and colours, it 're-educates' the body back to health. "Dr Grakov established the significance of electromagnetic radiation—of colour and EEG frequency—on the body. Proteins release light which influences our perception of colour, and these reactions are regulated by our physiological systems, such as pH, temperature, mineral and hormone levels, and other cofactors," says Graham.

Although the Ewings encourage lifestyle changes such as a better diet, Graham says that VS is a self-contained healing system. "If people are deficient in a mineral, say, then giving them the mineral won't make much difference because the deficiency is the result of a processing and absorption problem," he says.

The most impressive feature of VS is that it can often detect the underlying problem that may not have been apparent even to doctors who may have already examined the patient, say the Ewings. Graham

gives the example of a woman who had been complaining of duodenal problems, even though her doctor had been unable to detect anything wrong. A VS session indicated that she probably had a duodenal ulcer. She returned to her doctor, who again gave her a clean bill of health. A week later, she was admitted to hospital with a perforated duodenal ulcer.

Sceptics raise the same arguments against chromotherapy as they do for most alternative therapies—that it's nothing more than a placebo. However, this standpoint is out of step with modern physics—and quantum physics in particular—which tells us that energy and matter are merely different expressions of the same thing. As Samina Azeemi, a physics professor at the University of Balochistan in Pakistan, says in his explanation of chromotherapy, ". . . [L]ight is electromagnetic radiation, which is the fluctuation of electric and magnetic fields in nature. More simply, light is energy, and the

phenomenon of colour is a product of the interaction of energy and matter" (Evid Based Complement Altern Med, 2005; 2: 481–8).

It's also a stretch to credit the placebo effect where patients don't even realize that they have a health problem or may even not necessarily believe the findings of the initial VS screening.

Nevertheless, the Ewings remain optimistic that VS will one day play an integral part of the world's medical systems as an accurate diagnostic tool and as a complementary therapy. They are hoping to reintroduce VS in the UK in 2011, while perhaps setting the cost of a typical therapeutic session and follow-up at around £150.

As Graham says, "VS tells us so much about disease and the body that it's just too good to give up on."

Bryan Hubbard

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Liposomal encapsulation technology: Low dose, high delivery

A new technology used mainly for cosmetics and drugs is now leading the way for targeted and powerful vitamin delivery at normal doses

In July 2009, Alan Smith's life hung in precarious balance. A farmer in New Zealand, Smith had come down with a severe form of swine flu and was deteriorating rapidly. Doctors at Tauranga Hospital induced a coma, then transferred him to Auckland Hospital, where he was put on specialized life-support equipment.

X-rays showed that his lungs were completely clouded with fluid—among the worst his doctors had ever seen. They then discovered that Smith had hairy-cell leukaemia, but he still had a chance at survival if he could recover any lung function at all. However, in his present condition, the Auckland doctors told his wife Sonia that he was not likely to survive and recommended turning off his life-support.

Smith's brother-in-law, however, refused to accept this death sentence and insisted that he be given intravenous (iv) vitamin C. To humour the family, the sceptical doctors agreed to administer 25 g/day of vitamin C for several days. By the end of the second day, however, new X-rays showed large air pockets in Smith's lungs. His lung function had so dramatically improved that he was able to come off the life-support system.

Nevertheless, the doctors refused to acknowledge vitamin C as the source of the improvement and so stopped the iv drip, after which Smith rapidly deteriorated. But, at his family's insistence, the doctors eventually gave Smith a far lower dose—1 g of vitamin C twice a day; he began to improve, albeit much more slowly. After a move to another hospital, he regained consciousness and his vitamin C regimen was stopped permanently.

Sonia Smith then decided to give her husband a new form of vitamin C, touted as being as powerful as iv dosing. Smith's recovery was dramatic. Although doctors believed he

would need three months of hospitalization for rehabilitation, he walked out of hospital after two weeks. By the time he was released, he also had no signs of leukaemia.

What is LET?

Championed by American cardiologist Thomas E. Levy, author of the heavily researched book on vitamin C *Curing the Incurable* (LivOn Books, 2002), 'liposomal encapsulation technology' (LET) allows delivery of supplements such as vitamin C at lower doses by encasing the nutrient in a fat barrier, thereby protecting it against being expelled or absorbed until it is needed.

A liposome is a microscopic-sized phospholipid (fat) molecule shaped like a lollipop with two sticks on the other end. These tiny molecules make up the cell walls in your body, among other things, and have a unique property: the head (or lollipop) part of the long molecule has one end that is water-seeking, while the other end (the two sticks) repels water and attracts fats.

Whenever they are exposed to water (as in your cells), the phospholipids form doubled rows end to end, such that the fat-seeking ends attract each other, creating a semipermeable cell membrane that completely encloses the fats. The same mechanism is used by the cell's own membrane, which surrounds cytoplasm—the jelly-like blob that makes up every cell of your body—while enabling other molecules to enter and exit the cell through the membrane.

In the case of LET, the little spheres are stable in water and, despite their own little semi-permeable fat barriers, are also able to contain water-soluble substances.

Manufacturers of LET agents have gravitated towards using phosphatidylcholine, liposomes containing

essential fatty acids, usually extracted from animal proteins such as egg yolks but, more typically, from soy lecithin. LET makers then use either extrusion (forcing the liposomes through a polycarbonate grate), sound waves (which excite the molecules) or microfluidization (which uses high-pressure water jets) to force the fatty molecules to form tiny spheres (usually less than 200 nm in size).

Phosphatidylcholine is an excellent carrier agent because it's a nutrient in its own right, and a potent antioxidant that protects against hardened or narrowed arteries, high cholesterol, and liver and pancreatic disease (Levy TE. *Curing the Incurable: Vitamin C, Infectious Diseases and Toxins*. Henderson, NV: LivOn Books, 2002).

Liposomes are an ideal container for nutrients or drugs for a number of reasons. They can protect their cargo against digestion, contamination and degradation by enzymes, bile, digestive juices and blood, and the reverse is also true: the substances contained within the liposomes cannot interact with any substances in the body until they are released.

Because they are so tiny, LET products are thought to remain intact while passing through the small intes-



tine, where they enter the lymphatic system and end up in the liver. There, cells in the liver quickly break down the liposomes, thus releasing the encapsulated nutrients for distribution to cells throughout the body.

Studies show that this method of delivery doesn't require any energy expenditure by the body, whereas most delivery systems for vitamin C utilize energy for its uptake. This depletes cells of electrons, thus increasing free radicals and depleting other antioxidants—despite the fact that the purpose of taking vitamin C is to do just the reverse.

Vitamin C researchers are excited about LET because, up to now, the consensus has been that, for serious illnesses, vitamin C is best given as an iv drip. However, as LET is so readily absorbed, its uptake is purportedly 10 to 20 times greater than oral vitamin C, and is even higher than iv delivery, claim the researchers.

Nevertheless, so far, proof of LET vitamin C's superior efficacy is thin on the ground. Stephen Hickey, at the Manchester Metropolitan University and working with the Biolab Medical Unit in London, carried out a study to determine levels of vitamin C in the blood after single variable doses

delivered as an ordinary pill vs a liposomal formulation. Subjects took vitamin C half-hourly or hourly for six hours; the results were then compared with the published data and those of 10 years of Biolab's testing results.

Although the research up to now has suggested that the maximum levels of vitamin C are $220 \mu\text{ML}^{-1}$, Hickey's evidence showed that, with LET, it was possible to nearly double the amount of vitamin C in the blood to $400 \mu\text{ML}^{-1}$ after just a single dose.

As Hickey speculated in his study, it might even be possible to sustain levels of vitamin C far higher still with repeated dosages.

These results have implications for the use of vitamin C as a potent treatment for a variety of cancers, says Hickey. "For example, a short in-vitro treatment of human Burkitt's lymphoma cells with ascorbate at $400 \mu\text{ML}^{-1}$, has been shown to result in approximately 50-per-cent cancer cell death" (*J Nutr Environ Med*, 2008; 17: 169-77).

However, although Hickey tested his subjects repeatedly and found clear evidence of the superiority of LET vitamin C released into the bloodstream, he used only two subjects for his study. More evidence from more

people is clearly needed.

Nevertheless, given that the use of liposomes for delivery of vitamin C is still in its infancy, LET has been used for an array of other important antioxidants, including vitamins E, A, beta-carotene, coenzyme Q10 and, in particular, glutathione—the body's most important antioxidant, what Levy calls the body's 'master defender'. Up to now, this vital nutrient could not be taken as a supplement, but only as its 'precursor' form. However, recent findings in mice have shown that LET glutathione not only mops up free radicals, but also reverses atherosclerosis (*Atherosclerosis*, 2007; 195: e61-8). However, whether this effect can also be seen in humans remains to be seen.

LET supplements are widely sold in the US, thanks to Levy's efforts, but they are only available in the UK via the post (from www.lypospheric-nutrients.co.uk). However, they may yet prove to be the cornerstone of European nutritional therapy. With the EU's laws about to drastically lower the levels of vitamins permitted, LET is a simple way to provide high levels of nutrients with low-level supplements.

Lynne McTaggart

For more information, see Thomas Levy's website at www.tomlevymd.com.



Stormy weather

The first of a series of articles about how the weather affects your health

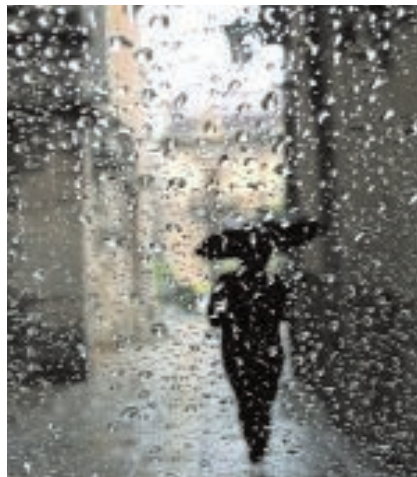
Many of us are preoccupied with whether or not the recent blizzards, flooding, intense heat waves and other extreme weather are related to global warming. But, what we haven't stopped to consider is how these extreme weather conditions may be affecting our own health.

Lightning and thunderstorms create very-low-frequency (VLF) atmospherics, or 'sferics'. These are short, weak electromagnetic fields (EMFs) in the 1–100 kHz range that settle down to a common frequency of 10 Hz, which is tiny compared with the much higher frequencies bombarding us from our computers, TVs and electrical appliances. Nevertheless, growing evidence shows that all living organisms respond to buildups of EM energy from the weather on earth, and that these faint, dampened impulses profoundly affect all of our biological systems—and possibly far more than does the sea of EM 'noise' all around us.

Weather-weary

The level of circulating sferics largely accounts for what is being termed 'meteoropathy', or illness due to the weather. According to German research, some 30 per cent of Europeans are weather-sensitive (*J Sci Explor*, 1998; 12: 455–68). Those affected react to changes in air pressure, humidity and even temperature. During buildups of sferics, pain is intensified, illness increases, moods worsen and people get the 'blahs'.

Researchers at the Department of Clinical and Physiological Psychology at the Justus Liebig University of Giessen, Germany, have discovered that pain from all manner of sources—scars, brain injury, angina, asthma or migraine—is more intense during high rates of atmospherics, with increases beginning one or two days before a change in the weather (Reiter R. *Meteorobiologie und Elektrizität der Atmosphäre* [*Meteorobiology and Atmospheric Electricity*]. Leipzig: Akademische Verlagsgesellschaft



[Academic Publishers] Geest & Portig, 1960).

When sferics are high—say, during geomagnetic storms—blood viscosity (stickiness) also dramatically increases, as do heart attacks (*Clin Cardiol*, 1985; 8: 149–51). They also increase the pain of rheumatism, migraine, sleep disorders and general tension. Bad weather also appears to have a profound effect on human mood. Violence, accidents (including traffic accidents), suicides and criminal behaviours increase when EMFs build up in the air (*J Sci Explor*, 1998; 12: 455–68).

Atmospherics can also interfere with concentration. Students make more mistakes on tests when sferics were high the night before. Our ability to react quickly also suffers when the air is heavy with sferic activity.

But why do we feel these faint pulses and not the louder ones? The Giessen group postulates that each of us possesses a biological 'window' through which we receive and respond to a specific band of frequencies. Thus, we are only susceptible to waves that correspond to our ideal frequencies.

Participants exposed to 10-kHz sferics for only 20 minutes show a large shift in their alpha band (7–13 Hz), the wave length of meditation and alert receptivity (Tirsch WS *et al.* 'Spectroanalytical investigations about the influence of atmospherics on the human EEG' [Abstr]. EEG Symposium, Obergugl, February 1994). Other studies have shown an increase in both

alpha and beta brain-wave activity (13–40 Hz).

In our human evolution, the brain may have worked best when tuned in to 10 Hz, the frequency of our alpha cycle—quiet, meditative alertness—and the same as the Schumann resonance, the most common frequency of EM waves that encircle the earth.

Keeping time

James Oschman—author of *Energy Medicine: The Scientific Basis* (Churchill Livingstone, 2000)—believes that, when we're in a relaxed or meditative state, the pulse of the earth takes over as our brain's 'pacemaker'. Some have even concluded that the Schumann resonance frequency creates our own internal rhythms. When people in an underground bunker were exposed to Schumann-like extra-low-frequency (ELF) waves for a week, they displayed more accurate circadian rhythms than did the controls (*Naturwissenschaften*, 1968; 55: 29–32).

The Giessen group has also examined reports showing that these low, faint fields can affect cell calcium, as all the important ions of the body are in the low-frequency range. Such interaction affects the delicate balance of melatonin and serotonin, the brain hormones that regulate mood, set our circadian rhythm and may be involved (through the pineal gland) with the workings of a number of the major organs. The brain uses these oscillating cellular calcium ions to regulate a range of bodily functions. Like the rhythm set by an orchestra conductor, the 10-Hz pulse of the earth's weather gives us the world's best beat. As a tuning fork tunes a musical instrument, it may be that we need to be 'tuned' by the Schumann resonance to be at our own peak performance.

Also, we may have evolved to pick up these changes in the weather several days in advance to give us enough time to find food or shelter, say the Giessen scientists. The Schumann VLF fields build up primarily during fair weather. So, it may well be that we humans were designed to function at our best when it's sunny, and to give in to the impulse to hibernate during stormy weather.

Lynne McTaggart

When the ill winds blow

The second article in our series on how weather affects your health

American essayist Joan Didion once wrote about the Santa Ana wind of Southern California “drying the hills and the nerves to flashpoint”. Travel writer Peter Mayle warned of an increase in lunatic behaviour among the inhabitants of Provence during the season of *Le Mistral*.

These are two of the so-called ‘winds of ill-repute’—also including Canada’s Chinook winds, the Argentinian Zonda winds, the Sirocco winds of Italy and the Sharav or Khasmin winds of the Near East—those special seasonal high winds that profoundly affect human behaviour and health.

During the seasons of these hot, dry winds, the local inhabitants complain of insomnia, migraines, nausea, vomiting, anxiety and tension—and even diminished or dimmed vision. Tempers flare, nerves are frayed, hospital admissions swell and suicide numbers skyrocket. Even the psychiatric wards are more full than usual. Surgeons put off operations because blood clots more slowly, and judges have been known to deal more leniently with crimes of passion if committed during the Santa Anas.

Yet, despite all the folklore, there’s a simple scientific explanation for their effects. These ill winds share common elements: a rapid rise in temperature of initially cold air as they blow down the leeward side of a mountain; an abrupt decrease in humidity; and, most significant of all, a sharp rise in the level of positive ions released into the air.

Ions in the air

Researchers who have studied the Sharav found that half a day to three days before the winds begin to blow, the number of atmospheric ions nearly doubles, and the ratio of positive to negative ions goes from 1 to 2 to 1 to more than 3. This change in the air’s ionic charge is directly related to the onset of illnesses experienced by the locals a day or two before the wind’s arrival.

Ions are electrical charges in the atmosphere that are formed when a molecule is hit by enough energy to unleash an electron from it, thus

becoming a ‘positive’ ion. In turn, the molecule that the freed electron then attaches itself to becomes a ‘negative’ ion.

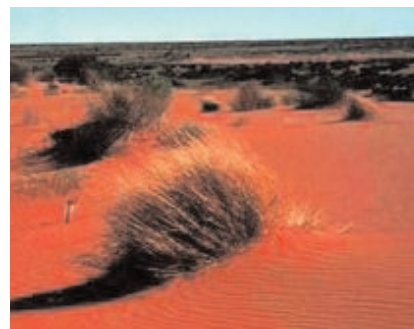
Besides cosmic activity, ions are also created by rainfall, air pressure, waterfalls and the friction caused by large volumes of air moving rapidly over a land mass. Both positive and negative ions are equivalent to a tiny pulse of static electricity, and the air we breathe is made up of billions of these tiny charges.

Good ‘clean’ air contains 1500–4000 ions/cm³ and the preferred ratio should be slightly more negative than positive ions—1.2 to 1. However, ions are highly unstable and, as we’re now surrounded by electromagnetic charges from artificial sources, the number of ions we breathe in is drastically reduced and the ratio is often upset, leaving all but the most robustly outdoorsy of us with low levels of mostly positive ions—which isn’t good for us.

Ion effects

After studying these effects for some 25 years in a specially created ‘air ion laboratory’, the late Professor Albert P. Krueger, Emeritus Professor of Bacteriology at the University of California, demonstrated that changing the level of ions leads to substantial changes in many animal activities, such as growth rates, sleeping periods, breathing rates—and even their output of urine or faeces (*J Gen Physiol*, 1962; 45 [Pt 2 Suppl]: 233–41). Ion changes also increased the aggressiveness of laboratory rats and affected their ability to learn (*Bernet MM. Effects of Negatively Ionized Air and Circadian Rhythm on Maze Performance in Rats* (thesis). New Haven, CT: Southern Connecticut State College, May 1980: 115).

Krueger’s experiments revealed that changing the ion ratio in favour of negative ions is highly beneficial to all living things, and can boost healing of burns as well as healthy cell proliferation and regeneration (*New Scientist*, 1973; June 14: 668–70). Ultimately, he discovered that these charges in the atmosphere affected the production and oxidation of serotonin in the blood and brain of mammals, including



humans. High levels of positive ions dramatically raised blood levels of serotonin whereas negative ions decreased them (*Int J Biometeorol*, 1973; 17: 267–75).

Serotonin, produced by the pineal gland, has profound effects on the endocrine and neurovascular systems, and helps to control metabolism and such activities as blood-clotting, blood pressure and smooth-muscle contraction. In the brain, serotonin controls the sleep-wake cycle, hunger and temperature regulation, and also mood and emotions.

Excess levels of serotonin make you feel ill and give you headaches; low levels make you feel drowsy and depressed.

In susceptible people, levels of serotonin rise sharply two days before the winds arrive, and remain high to level off only after the winds have finally gone.

For those who are weather-sensitive, most respond better to negative ions (although some do better with positive ions). Such symptoms are now referred to as ‘serotonin hyperfunction syndrome’, and are only relieved when sufferers are exposed to high levels of negative ions or given serotonin-repressing drugs (*Int J Biometeorol*, 1974; 18: 313–8).

Children, the elderly and the ill all appear to be particularly sensitive to ions and, indeed, some researchers have postulated that hyperactive and generally unruly children are deficient in such “vitamins of the air”.

If you are one of those who reacts to sudden changes of weather, then being around lots of plants, an indoor source of constant running water such as a fountain or even a good-quality air ionizer—all sources of negative ions—is a safer and more reliable way to re-establish equilibrium.

Lynne McTaggart

Weathering geomagnetic storms

The sun is not only life-giving, but can also bring about life-threatening heart conditions and mental instability

The Russians have a new take on preventative medicine. In a room at the Georgian Technical University (GTU) in Tbilisi, three sets of Helmholtz coils dotted about the place bathe the room in a powerful magnetic field. The plan is to begin using this set-up for cardiovascular patients, particularly those in intensive care, with the coils offering compensatory shielding against an invisible threat—a killer that is more potent than diet, lifestyle or even genes.

We all live on what is essentially a giant magnet, with its North and South Poles—the two poles of the magnet—surrounded by a donut-shaped magnetic field. This ambient geomagnetic field, or magnetosphere, is constantly in flux, as it's affected by the weather and any geological changes on earth—but, most particularly, by volatile changes of the weather in space, largely caused by the furious activity of the sun.

This benign star responsible for all life on earth is essentially a cluster of unimaginably hot hydrogen and helium criss-crossed with a layer of unstable magnetic fields. Not surprisingly, this volatile combination results in periodic volcano-style eruptions that propel gas into space, while vortices of concentrated fields—the dark blobs on the sun's surface that we call 'sunspots'—pull apart and reconnect to form new arrangements. Despite this potentially anarchic combination, the sun carries out this activity according to a fairly predictable timetable; regular solar cycles consist of 11 years, during which time sunspots build up, discharge and begin to wane.

During the waxing stage, as sunspots accumulate, so the sun begins to hurl its gaseous explosions,

such as solar flares, our way. This amounts to a billion ton's worth of gas and magnetic fields with the force of billions of atomic bombs, all made airborne and aimed towards earth through the electrified gas of the solar wind—and all travelling some five million miles per hour.

This activity not only causes extreme geomagnetic storms in space but also, during moments of intense solar activity, penetrates the earth's magnetic field. During any given 11-year solar cycle, we can expect to experience two years' worth of geomagnetic storms severe enough to disrupt portions of the earth's electrical power, interrupt high-tech communications systems, and disorientate spacecraft and satellite navigation systems.

Profound effects on life

Until only recently, scientists were dismissive of the idea that the earth's faint magnetic field—a thousand times weaker than the standard classroom horseshoe magnet—had any effect on basic biological processes, particularly as all living

things on earth are now exposed to much stronger electromagnetic and geomagnetic fields at every moment of our modern, technologically dependent, lives.

Nevertheless, the latest discoveries have revealed that living things have a small window through which subtle geomagnetic and electromagnetic fields—such as those generated by the earth, rather than the artificial kind generated by technology—have the most profound effect upon all cellular processes in living things. Changes in this faint charge, particularly those of extremely low frequencies (less than 100 Hz), profoundly influence virtually all biological processes in living things and, in particular, the two major engines of the body—the heart and the brain.

The earth's magnetic activity appears to directly affect our cell membranes and calcium-ion channels, which are vital for regulating enzyme systems within the cell. In particular, the earth's geomagnetic field appears to target the sympathetic nerves (those originating from the chest and lower-back parts of the

Protecting against solar activity

If you suffer from heart disease, epilepsy or any psychiatric illness, it is worth following space weather for forecasts of heavy solar geomagnetic activity. The US National Oceanic and Atmospheric Administration (NOAA) created the Space Environment Center (SEC), America's official source of space weather activity (www.sec.noaa.gov). Jointly operated by the NOAA and US Air Force, the Space Weather Operations (SWO) centre provides forecasts and warnings of solar and geomagnetic activity. For today's forecast, see <http://sec.noaa.gov/today2.html>.

All geomagnetic activity is measured on a 'K index', with 0 being the most quiet and 9 the most turbulent. The 'a index' is similar, but uses a larger scale—ranging from 0 to 400.

The SEC has also created Space Weather Scales to indicate the level of severity, with 1 being mild and 5 the most severe.

spinal cord, and include the 'fight-or-flight' response).

Of all the affected systems in the body, changes in solar geomagnetic conditions most profoundly disturb the rhythms of the heart. Indeed, in susceptible people, magnetic storms can bring on a heart attack. Healthy hearts have a wide range of variation in heart rate, but magnetic storms decrease heart-rate variability (*Biomed Instrum Technol*, 1999; 33: 152-87) and, in turn, increase the risk of all coronary artery disease and heart attack. When geomagnetic activity increases, the blood becomes thicker—sometimes doubly so—and the bloodstream slows down, both of which are a recipe for a heart attack.

In fact, heart-attack rates and cardiovascular deaths closely follow increases in solar-cycle geomagnetic activity (*Neuro Endocrinol Lett*, 2000; 21: 233-58), with the largest number of sudden fatal heart attacks occurring within a day of a geomagnetic storm (*Solar Physics*, 1977; 51: 175-83). One University of Minnesota study found a 5 per cent increase in heart attacks during times of maximum solar activity over a five-year period (*J Atmos Solar-Terr Phys*, 2002; 64: 707-20).

Besides heart effects, the sun has a

profound effect on the other electrical centres of the body: the brain and nervous system. Scientists in the Soviet bloc discovered that, even in healthy volunteers, electrical activity in the brain is highly destabilized during magnetically stormy days (*Proceedings of the Space Weather Workshop: Looking Towards a European Space Weather Programme*, December 17-19, 2001, Noordwijk, The Netherlands). Indeed, the nervous system's signalling itself is corrupted, so that parts are overactivated while others fail to fire (*Astron Astrophys Trans*, 2003; 22: 861-7).

Geomagnetic activity in space also profoundly affects mental stability: the higher the geomagnetic activity, the greater the increases in general psychiatric disorders (*Percept Motor Skills*, 1992; 74: 449), the greater the number of patients hospitalized for nervous conditions and the greater the number of attempted suicides (*Int J Biometeorol*, 1994; 38: 199-203).

There is even some evidence that epileptic fits result from or are exacerbated by geomagnetic disturbances (*Braz J Med*, 1996; 29: 1069-72).

An early-warning system

The above-mentioned GTU experiment was part of BIOCOS (Biosphere

and Cosmos), a vast multicentre project begun by noted biologist Franz Halberg and University of Minnesota's Chronobiology Laboratories to act as an early-warning signal by monitoring the physiological variables caused by the sun and other planets.

The project specifically targets a phenomenon called CHAT (circadian hyperamplitude tension)—excessively high blood pressure during part of the day caused by solar or other planetary activity. During times of geomagnetic disturbance, for instance, heart patients may be advised not to exert themselves or engage in any sudden strenuous activity. Alternatively, as heart infections often follow heart attacks, they could be given antibiotics as a preemptive strike.

The Phoenix Ambulatory Blood Pressure Monitor Project in the Twin Cities of Minnesota offers ambulatory blood-pressure monitoring so that patients can follow any arterial effects when solar activity is at its peak.

However, it may take many more years before orthodox medicine accepts the notion that, in the more susceptible, biology is controlled not from within, but by the wild and explosive activity of the sun.

Lynne McTaggart



Next in our space-weather series is the effect of the moon

That ol' devil moon

Throughout the steamy summer of 1976, a serial killer dubbed 'Son of Sam' by the newspapers had all five boroughs of New York City in the grip in terror, fearful of his next attack on a young woman or couple.

Despite the many column inches devoted to various aspects of his *modus operandi*, what remained unremarked upon about Sam's MO was that five of the eight attacks, and all but one of the murders, had occurred during either a full or new moon.

Anecdotal evidence and traditional cultures suggest subtle increases in 'loony' or 'witching' behaviours—violence, suicide, psychiatric disturbances and crime—during full moons. The police gird themselves for more crime and stranger phone calls than usual, while psychiatric hospitals prepare for higher admission rates, other hospitals for a greater number of births and teachers for more unruly classrooms.

Like Son of Sam, the notorious Charles Hyde—the inspiration behind Robert Louis Stevenson's classic novel *The Strange Case of Dr Jekyll and Mr Hyde*—committed his murders under a full moon.

So-called 'lunar syndrome' particularly affects absenteeism. Studies show far more visits to the doctor during a full moon, and also more anxiety, depression, insomnia and other psychological disturbances.

The moon appears to destabilize us, making us more violent. Homicides, road accidents, accidental poisonings,

suicides and casualty admissions all increase during full and new moons.

In Dade County, FL, homicides rose in remarkable tandem with the full or new moon over a 15-year period, and tailed off significantly at other times. Aggravated assaults and fatal traffic accidents also cluster around the full moon (*J Clin Psychiatry*, 1978; 39: 385-92). In addition, a study of more than 34,000 crimes showed that they had more frequently taken place during a full moon (*J Psychol*, 1976; 93: 81-3).

Are we loonier during a full moon? Just the reverse, according to a study of nearly 19,000 patients in a psychiatric hospital over an 11-year period. Times of psychosis peaked during the new moon, but were at their lowest during the full moon (*Compr Psychiatry*, 1977; 18: 369-74). Looking at nearly 8000 emergency calls to suicide-prevention centres over a two-year period, the highest number, again, occurred during a new moon, not a full one (*Psychol Rep*, 1977; 40: 387-90).

Moonlight and gambling

Parapsychologist Dr Dean Radin has conducted considerable research into the impact of the moon on psychic ability and intuition. He has also analyzed payouts from roulette machines, keno, blackjack, craps, slot machines and all five games together to determine whether payouts at a Nevada casino tracked with the moon.

First, Radin found a relationship between the earth's geomagnetic field (GMF) and the lunar cycle: at times of either a new or full moon, the earth's GMF was at its quietest. He then analyzed casino data from 1991 to 1994 to see whether or not the highest payouts happened during days of geomagnetic calm and full moons.

Over those four years, he found a significant increase in payouts, with percentages at their highest (78.5 per cent) during full moons, and lowest a week before and after the new moon. So, on average, gamblers of all games received a return of \$78.50 for every dollar spent playing all five games. "Gambling on or near days of the full moon, and by avoiding the casino on or near days of the new moon, over the long-term, gamblers may be able to boost their payout percentage by about 2 per cent," writes Radin.

The peak average payout rate for blackjack was three days before the full moon; for craps, it was three days after the full moon; for keno, it was one day after the full moon; and for roulette, one day before the full moon.

However, the most fascinating result was with slot-machines. Over

Keeping an eye on the sun and moon

The US National Environmental Satellite, Data and Information Service of the National Geophysical Data Center has created a sun-moon programme that gives the position of the sun and moon by latitude/longitude for any observer and at any selected time period (universal time, UT). The programme specifies the solar and lunar local transit, rise and set times, and their location in relation to your position at any given hour and minute.

To obtain the programme, simply click 'download' on the following site and follow the instructions: www.ngdc.noaa.gov/seg/geom_util/sunmoon.shtml. Other programmes for calculating geomagnetic fields can be found at: www.ngdc.noaa.gov/seg/geom_util/utilities_home.shtml.

the four-year study period, four of the six jackpots took place within one day of the full moon.

Radin decided to look at lottery winnings during a year in which the lunar cycle correlated with a high GMF—when the GMF was high during times of full moons. During that year, he discovered, lottery winnings were not at their highest during full moons.

Heavenly relationships

The general belief has been that any lunar influence is due to the gravitational effects of the sun and moon—as with the tides—and because we are 75-percent water, the moon affects us as it does the ocean. However, tides predictably occur every 12 hours, whereas lunar effects are seen only once or twice a month. Up to now, this has led researchers to look for a simple relationship (such as an effect only with the full moon), whereas the truth may well be far more complex.

The most likely explanation, according to Franz Halberg of the University of Minnesota's Chronobiology Laboratories, is a subtle geomagnetic effect, or an influence of the moon on the sun's well-known geomagnetic effect. During a full moon, the earth sits

between the moon and the sun, so both bodies enter the earth's GMF but, during a new moon, the moon sits between the sun and earth, and is furthest away from our planet's GMF. It is likely that the moon's placement impedes or amplifies the geomagnetic pull of the sun and earth's GMF, making it either stronger or weaker. Also, the lunar synodic month (29.5 days) is approximately the same length of time as the full rotation of the sun.

Stanford University geophysicist Anthony Fraser-Smith has evidence of a relationship between the moon and earth's GMF during lunar eclipses. Studies of lunar samples brought back by *Apollo* flights also show evidence of strong magnetic fields in the rock, and this could be causing a magnetic shift when the moon passes through the earth's geomagnetic 'tail', as happens during a new moon.

The gravitational pull of any planet is extraordinarily small, and many scientists don't believe that, on its own, it would have much effect on the earth's GMF. However, others, including Halberg, believe that there are 'tidal' effects, when the gravitational forces of planets also interact with the magnetic fields of the sun and moon, and the solar wind. This, then, would have a

cumulative effect, possibly leading to profound effects on climate and biology (Braz J Med Biol Res, 1996; 29: 1069-72). Indeed, even primitive life forms, such as mollusks, appear to react to geomagnetic fields differently, depending on the phase of the moon (Braz J Med Biol Res, 1996; 29: 1069-72).

Brazilian researchers have investigated these so-called 'lunisolar tidal waves', and have demonstrated that geomagnetic activity—and more so gravitation—can be correlated with conditions such as epilepsy (Braz J Med Biol Res, 1996; 29: 1069-72).

Such resonance effects can also occur between planets if their rotational periods are in a mathematical relationship. For instance, the moon rotates around the earth over the same time period that it rotates on its own axis. Other planets may circle around each other at two to three times the time it takes them to rotate on their own axes.

These relationships can slow down or speed up the rotation slightly and affect weather and even biological life. This suggests we can only begin to control our biology and maximize our mental health when we take account of solar and lunar activity.

Lynne McTaggart

Dangers underfoot

Underground water sources, which intensify solar rays, can cause everything from cot death to cancer

Although disparaged by US and UK science, scientists elsewhere are linking underground water sources with a high incidence of various sorts of illnesses—from cot death to cancer.

The potential dangers of living above underground water first emerged in the 1920s, when Belgian scientist George Lakhovsky proposed that living cells emit electromagnetic (EM) frequencies, and that external EM interference could disturb the equilibrium of all living things, thus profoundly affecting health.

At first, he suspected that the nature of the soil predisposed inhabitants to cancer. While studying cancer incidence in Paris, he found that it was lowest in places such as Port Dauphine, which rested on sandy limestone, and highest in places like Grenelle, which rested on clay (Rev Gen Sci, 1928; October, Issue 15).

However, it was Lakhovsky's genius to recognize that certain soils absorbed the cosmic rays of the sun while others reflected these rays upwards—and into the living things above them.

The most dangerous situation appeared to be to live above underground running water. Water is a powerful conductor of electricity. When hit by cosmic rays or those emitted from fault lines, running water will naturally refract (bend or distort) the rays and send continuous powerful jolts of unnatural EM radiation to any inhabitants living above. The effect of this is to disturb the earth's geomagnetic field and, hence, the background radiation all around us.

Cancer houses

In 1929 in Vilsburg, Germany, Baron

Gustav von Pohl demonstrated, *via* dowsing, that all 54 cancer victims in this little town slept at sites receiving high levels of cosmic radiation from underground streams. The most dangerous 'cancer houses' were those sited above where two streams crossed, especially those lying at different levels, suggesting that the cosmic rays in this case were enhanced even further.

Recently, von Pohl's work was confirmed in a study by the Scientific Association of Medical Doctors who, with the aid of a dowser, studied the houses of more than 5000 people in

the German town of Stettin who had died of cancer. In all instances, their homes were located in a spot of intense EM radiation emitted from the earth.

The early work of these pioneers into the effects of 'black streams' on cancer has since been confirmed by researchers using more sophisticated equipment, such as geomagnetometers. Russian geologist Dr Eugen K. Melnikov, who conducted studies in St Petersburg between 1989 and 1992, found that the incidence of cancer was nearly three times higher in areas of geopathic stress. Cancer incidence was

Do you live in a safe spot?

Suspect a geopathic zone in your house if you have:

- ◆ uncomfortable feelings in your gut or 'chills' in certain places in your home
- ◆ places that your children or pets avoid
- ◆ children who suffer from bedwetting, nightmares or insomnia well past the usual age
- ◆ an illness with no obvious cause
- ◆ sleep disorders, headaches, irritability and a lack of being able to concentrate.

The best way to find out exactly where these are is to:

- ◆ hire a reliable dowser, as a good dowser or geomancer will initially work around your site, or even over a map or sketch plan of the site before coming to your house
- ◆ buy or rent an electromagnetic meter (from Coghill Research Laboratories at www.cogreslab.co.uk), or try an ohm meter, an electrogeobioscope or a georhythmogram, all supposedly able to detect geopathic stress.

Once you've found a hot spot, you should:

- ◆ move furniture, particularly beds, away from it
- ◆ find out what your house is made of, as geopathic zones reverberate in particular with concrete or steel house-frames
- ◆ check out special bedclothes that claim to block EMFs, or put copper netting under your mattress
- ◆ consider buying a geopathic 'neutralizer' or 'biocorrector' that claims to alter cosmic-ray frequencies to those more compatible with the human body (available from www.dulwichhealth.co.uk or www.healthy-house.co.uk). However, these devices still require far more scientific study to establish their effectiveness.

1.68/1000 persons/year in areas outside of geopathic zones but, in places lying above underground streams, the incidence was 3.88/1000 persons/year and, where streams crossed, it rose to a staggering 7.39/1000 persons/year.

Similarly, in areas of geological faults, the usual cancer incidence of 14/1000 persons/year climbed to 20–29/1000 persons/year if victims lived above areas of active geological faults (Dubrov AP. Theoretical and practical aspects of the geopathogenic zone problem, in Bertrand J-P, ed. *La Prevention. Les Entretiens Internationaux de Monaco*. Monte Carlo: Editions Du Rocher, 1991: 91–4).

Cambridge biologist Roger Coghill has studied the effect of EM radiation for decades, and discovered a strong correlation between sudden infant death syndrome (SIDS) and strong EM radiation, including underground water sources. The closer the infant to the site of underground radiation, the earlier the child died (Hosp Equipment Supplies, 1989; June, Issue 9).

When Coghill measured the EM radiation in the cot of one infant that had died, he was amazed to discover that the spot where she'd been placed measured 70 V/m (volts/metre), whereas the radiation fell to 10 V/m at the other end of the bed.

Broken glass

The most worrying situations are areas sited above multidirectional geological faults. In these instances, the cracks in the earth's surface act like a broken mirror, refracting rays outwards in a myriad of directions. Those unlucky enough to be living above these sites suffered a cancer incidence of 60–100 cases/1000 persons/year.

Russian geologists have also found a doubling in the number of infant deaths, congenital defects, developmental delays and heart disease in homes situated above faults. Besides cancer, geopathic stress can also lead to long-term inflammation and chronic diseases such as multiple sclerosis, arthritis, migraine, adrenal problems and even diabetes.

Although the US and UK have long disparaged the idea of 'earth rays', other governments, including those of Russia, Austria and Germany, have taken the problem seriously. In Russia, the Interdepartmental Commission on Biolocation Effects has been set up to study underground sources of 'geopathic zones' (GZ) and has produced maps pinpointing their locations.

What most concerns modern scientists is the crossing of subterranean water flows at various depths (now

referred to as 'magnetohydrodynamic anomalies') and geological faults ('gravitational anomalies'). With their modern equipment, the Commission has discovered that geopathic hot spots cause extraordinary changes in the atmosphere, such as major differences in air ionization, geomagnetic fields, electrical potential of the near-ground layer of the atmosphere, air moisture and the passage of radio-waves. In addition, GZs show an unusually high level of radioactivity.

Some scientists believe that these earth rays can scramble cellular frequencies, causing the immune system to malfunction. French bio-electrician Lucien Roujon believes that GZs can profoundly alter our body's pH (acid-to-alkaline balance), as well as its electrical factor, or oxidation reduction, and its insulation, or resistance to electrical currents.

Indeed, an Austrian working party attempted to examine this issue in the early 1990s by putting nearly 1000 people, who'd undergone a medical examination beforehand, into a GZ for just 10 minutes. Subsequent examinations found all of the participants to be suffering from some sort of harmful effect as a result of such exposure.

Lynne McTaggart

Bad Crossings

European scientists have found evidence that the earth has its own grid-like pattern of positive and negative energies, rising vertically from the ground

Dowsers have long been aware of a series of grids of earth energy, often referred to as ‘tellurian currents’, running in parallel lines over the surface of the earth.

In 1950, while dowsing, German physician Ernst Hartmann discovered currents of electromagnetic energy coming from the earth that were independent of water sites. After much experimentation, Hartmann postulated that bands 21-cm wide of alternating positive and negative electromagnetic energies were running north to south and east to west across the planet, two metres apart in the former axis and two-and-a-half metres apart in the latter axis. (These measurements apply only to Germany, as the closer to the equator, the greater are the distances.)

This ‘Hartmann grid’ system causes problems for those who dwell where two energy lines cross—called a Hartmann ‘knot’ or ‘crossing’. As they are electromagnetic, crossing them amplifies the positive or negative charge and causes a perturbation in the earth’s natural geomagnetic field.

These knots are also believed to be exacerbated by underground streams, geological faults and earthquakes, which can increase the radioactivity at these points by 50 per cent.

Geobiology

A pioneer of an emerging science called ‘geobiology’, Dr Hartmann published three textbooks on his work and became the director of the Committee for Geobiology in Germany (see the website at www.geobiologie.de).

Dr Manfred Curry, a Swiss doctor and also a dowser, came upon another global electrical grid network, where the lines run diagonal to the poles and form a diamond-shaped pattern from southeast to northwest and from southwest to northeast. Although different geobiologists have reported different band widths, Curry himself

believed they are 80-cm apart and run in lines about three to three-and-a-half meters apart.

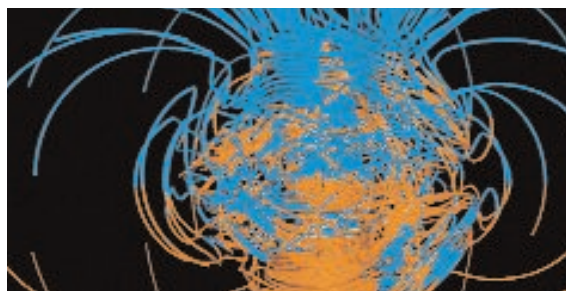
No one understands why we have these energy grids—if, indeed, they do exist at all. Some dowsers theorize that they perform some type of earthing function for the cosmic rays that are constantly bombarding the earth.

Unhealthy underground

Austrian teacher and dowser Käthe Bachler has made a study of geopathic stress, examining 11,000 cases in 3000 homes in 14 different countries. She claims that the most unhealthy spots are where lines cross, termed a ‘Curry crossing’, especially when associated with other unhealthy radiation, such as from underground streams.

Curry claimed that his research showed that the positive energy lines could cause cancer, while the negative lines could lead to inflammation and nervous system disorders. Living—and especially sleeping—above such lines were likely to cause health problems and insomnia.

Hartmann’s and Curry’s theories are taken seriously in Europe. Bachler was commissioned by the Pedagogical Institute of Salzburg to look into problems such as underperforming in school as a possible result of geobiological influences.



“Again and again,” she reports, “it emerged that pupils who were always tired, those who were the slowest, those who had the greatest difficulty in concentrating, those who were the most forgetful and the most difficult, and those who were always ill were all victims of interference zone crossings.”

Bedwetters are often sleeping over such interference zones, she says. Just moving the bed brings about an instant cure (Bachler K. *Earth Radiation: The Startling Discoveries of a Dowser*. Manchester, UK: Wordmasters, 1989).

Bachler also studied an Australian child who was intelligent, but failing in school and not getting along with his schoolmates. Bachler found that his bed lay over both a water crossing and a Curry crossing. As soon as his bed was moved, she claims, his behaviour improved.

Although it is impossible to avoid all Curry and Hartmann crossings, it’s possible to avoid exposure to them every day. Bachler has advised schools to rotate children in the classroom so that they sit at different desks every four weeks.

“I always ask teachers to introduce the concept of a ‘rolling class’ so that no pupil has to spend a whole year sitting in a bad place.”

Bachler was asked by a teacher in Carinthia to help a girl who was very

Spotting an energetic knot

Suspect the presence of Curry or Hartmann crossings if:

- ◆ there is a high degree of restlessness or disturbance in your school and, if so, ensure that teachers rotate the children’s seating so that the same children are not constantly exposed;
- ◆ at work, there is generally poor work output from individuals who are otherwise capable and hard-working;
- ◆ cats like to sleep on your bed (as they like to sleep in high electrical fields);
- ◆ members of the household just can’t sleep in their own beds, but sleep better elsewhere in the house;
- ◆ you have consistently damp walls and the damp rises only in one place;
- ◆ it’s a site that has been struck more than once by lightning.

sensitive, small for her age, and often troubled by stomach aches, nausea, nightmares and a high temperature. She'd missed many days of school because she was always ill.

Again, Bachler found that the girl was sleeping over a Curry crossing. A month after her bed was moved, she slept and felt better and, a year later, her mother reported that she'd grown taller in height and that her school work had improved.

German physicist Robert Endros, who has studied plant life and geomagnetic fields, discovered that trees growing on a Hartmann crossing attract lightning. These trees were also more likely to be deformed in some way.

Beekeepers in France make use of Curry and Hartmann lines by placing their hives over underground streams because they know this will treble the production of honey. Nevertheless, this may be a shortsighted approach, as the bees will also have a shorter lifespan and be more aggressive than normal.

Hartmann claimed that blood sedimentation rate changed when people stood or slept in geopathic zones, causing heart disorders and other

circulatory problems. He also found that both animal and human reaction times became slower in areas of geopathic stress, and that rats living over such zones had larger tumours than when they were kept in neutral spots or were shielded by a Faraday cage.

Besides Germany, Russia has also been in the vanguard of such work. Since the 1960s, government agencies (such as the Interdepartmental Commission on Biolocation Effects) and international conferences have studied geomagnetic effects and the possibility of negative earth grids.

At the forefront of this work is Alexander Dubrov, a professor of biophysics and biology, and head of the Scientific and Practical Center of Biological Geophysics in Moscow. His findings have confirmed the existence of these grid lines (Dubrov AP. Theoretical and practical aspects of the geopathogenic zone problem, in Bertrand J-P, ed. *La Prevention. Les Entretiens Internationaux de Monaco*. Monte-Carlo: Editions Du Rocher, 1991).

Dubrov also heads up the Voluntary Committee for the Investigation of the Geomagnetic Field as a Global Biorhythm Synchronizer, which aims

to coordinate the work of geobiologists around the world. Its website (www.apdubrov.da.ru) publishes the latest information on the biological effects of electromagnetic fields and geomagnetic biology.

Blanche Merz, another geobiologist based in Vevey, Switzerland, has worked in this area for 20 years, and has made a full-time study of Hartmann lines.

Healthy horseshoes

According to Roger Coghill, the UK expert on electromagnetic health, Professor Herbert L. König, of the Technical University of Munich, has found a reason why horseshoes were often hung over the door for good luck: the U-shape turns it into an open oscillating circuit with a wide natural resonating frequency in the low GHz (gigaHertz) range—a wavelength of around 21 cm, the range of hydrogen resonance. These frequencies are similar to the radiowave and microwave ranges claimed by Endros to emanate from geopathic zones. So, it may well be that you should hang a horseshoe by your door for good health as well as good luck.

Lynne McTaggart