



**EXTRACT FINDINGS THAT RESULTED FROM A
MASTERS RESEARCH THESIS**
JOHAN ENSLIN FOURIE

CHAPTER 1 – INTRODUCTION

"The future of medicine is frequency" - Albert Einstein

1.1 RESEARCH STATEMENT

Frequency, utilized according to the holistic, natural, integrated paradigm, is the future of medicine in the context of the well-being model which does not follow a pathogenic approach, but a salutogenic strategy to improve health, and not to treat disease.

The aim of this research is to support the platform for Non-linear Screening and Intervention Systems (basic physics and principles of equipment) which can steer health care towards a more comprehensive, innovative and holistic direction. Furthermore, the aim of the study is to measure the efficacy of the non-linear data collection and it's integrative prescription to cure.

The purpose of the research is to present an understanding of the use of these non-linear mechanisms which functions allow the effective determination of the cause of disease and consequently prescribe effective integrative holistic interventions. Used as screening diagnostic tools, the Researcher found that by using non-linear mechanisms as assisting tools, health care practitioners can better determine the cause of disease and which interventions to follow holistically, including interventions according to the capacity of the instruments, which compliments total healing of the human organism.

The Researcher uses frequency biofeedback devices as part of a screening technique for assessment purposes in order to compile a health profile, in contrast to diagnosis. This enables the practitioner to enhance overall well-being, which is based on a different type of assessment and treatment from conventional medicine. With reference to Appendix 1, Professor Nelson (Nelson, n.d.) gives a broad overview of the Biofeedback / TENS (Trans-Cutaneous Electrical Nerve Stimulation) device.

The TENS capacity of the biofeedback device is useful as a cybernetic link¹ to deal with the identification of the causes of disease, whether pathogenic, nutritional, injury, toxicity, intolerances, or stress (physiologically or psychologically) related. These devices can also be utilized for the unblocking of the energy blocks such as pathogenic, nutritional, injury, toxicity, intolerances, or stress (physiologically or psychologically), causing pathogenic conditions. This is done by eliminating

¹ A cybernetic link is established between the electronic test and the client.

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pathogens, identification of nutritional problems, stimulate repair of injury, stimulate detox, desensitize allergies and intolerances, and reduce stress. (Rankin, 2013 pp 15-16, 168)

Additionally, by means of nutritional therapy (D'Adamo and Whitney, 2002; Perlmutter and Loburg, 2015; Enders, 2018; Campbell-McBride, 2010) and naturopathic intervention, the attempt is to stimulate the body to heal itself which results in true healing i.e. dealing with the cause of the problem at cellular and functional levels.

Once correction is accomplished, symptoms will improve. As such, symptomatic treatments can be eliminated.

Intervention with a TENS device has a specific flow, which is in alignment with the wellness approach to healing.²

According to Professor Nelson, "The Flow of non-linear device intervention (Nelson, n.d.) consists of the following protocol:

- Identify the cause of the disease;
- Reduce or remove the cause of the disease, reduce the SOC index³;
- Increases tissue integrity in order to repair the damaged organs resulting from the disease;
- Unblock the blockages so that energy can flow through the body. Chiropractic, Acupuncture, and other medical arts are dedicated to unblocking unbalances of flow;
- Reduce symptoms with natural methods and naturopathy; and
- Support the improvement with the constitutional make-up or tendencies of the patient."

1.2 SUMMARY OF THE PROPOSAL

Health Perspective According to the Wellness Paradigm

There are many different models of Natural Healing (Nelson, n.d.). As per the research approach of this paper, frequency healing can only work if the client is prepared to take responsibility for their body and for any misalignment with the natural state of the body, being disease. This is accomplished by coaching the

² Enhancement of well-being and stimulating the healing propensity of the body to heal itself (salutogenic model) (Antonovsky, 1985)

³ SOC Index - Sense of Coherence (Antonovsky, 1987)

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client to have a broad knowledge base of the reasons for their dis-ease and to be motivated to assume responsibility for their own well-being, which includes lifestyle changes.

The client has to realise that although the cause of the disease can be from external factors, the responsibility of healing lies with the client, and can only take place inside the body. Healing forms part of overall well-being, so the client should take care of his/her mental, emotional, social and physical wellness (Balch, 2006, pp 5-14). The Researcher will be exploring the causes of disease in Chapter 2. Once the cause of disease has been identified, whether it is from internal or external factors, the client can choose to change the factors leading to the cause of illness by changing environment, implement steps to reduce the cause, or accept the conditions.

With reference to Appendix 1 (Nelson, n.d.), Professor Nelson notes that: "Many of the causes of disease that approach us are in our unconscious awareness and this is the domain of mind-body medicine. Our unconscious is much more aware of the disease cause factors that come at us. Our unconscious reacts with subtle energetic changes in electrical bodies. Thus the unconscious of the client causes the reactions. So we use a method that can make us aware of the unconscious."

The Researcher agrees with this approach. If taken into consideration that the function of the conscious mind is supported by emotional functions and thinking functions which reverts to the conscious mind, but i.e. during a state of deep sleep the subconscious continues to manage the functions of the total organism. The subconscious gives structure to the physical organic processes and how they operate. (Rankin, 2013 pp 35-40, 189-191)

1.2.1 How Health is seen according to this Research Approach

Health is approached as the ease of body system energy flow⁴.

The body absorbs and assimilates nutrients, air, water, essential minerals, amino acids, fats and carbohydrates.

The body also excretes urine, carbon dioxide, stool, mucous, sweat and menses. Therefore it can be understood that the physical body contains a thermodynamic metabolic cycle.

Conclusively this is the natural daily cycle of physiological processing that takes place within the body, and as such, the body sustains itself. The important aspect of this is that this flow should be in a form of ease, without

⁴ The cycle of natural energy flow within all organ systems of the body, which is unrestricted absorption, assimilation and excretion.

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resistance, in order for the body to survive to be in a state of wellness.

In addition, the same process plays off in the total cognitive and psychological sphere of the human mind (Sarason, 1976). Appropriation of ideas, friendship, love, bio-psycho-social stimulation, and excretion of bad feelings, fixations, addictions (Chopra, 1993, p 252), manias, compulsions, psychosocial doubts, etc., which then results in a very complex flow of energies – in and out.

Conclusively, it proves to be important to assess a human being according to full existence, which is the energy flow of the total - bio-psycho-social and environmental.

This conclusion constitutes a paradigmatic shift because it is based on salutogenic presuppositions⁵, as the focus remains to be on human well-being, and not on the factors that cause disease. (Potgieter, 2016, pp 95-114)

1.2.2 How Disease is Seen according to this Research Approach

In reference to the above findings, disease is seen as dis-ease of natural flow. Physiologically, psychologically and biologically, symptoms signify the body's indicators of disruption in the natural flow of well-being. Therefore, symptoms should rather be seen as indicators of an alarm reaction. From research done, it also appears that if the symptom is then treated, the alarm is thwarted, which can lead to the disease being driven deeper, which results into an unwanted asymptomatic status. This means that the disease is theoretically still present without symptoms.

Conclusively being symptom free is then potentially a sign of health, but could be a state of concern. (Nelson, n.d.)

⁵ Salutogenesis is a medical approach focusing on factors that support human health and well-being, rather than on factors that cause disease (Antonovsky, 1985)

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CHAPTER 2 – LITERATURE REVIEW

2.1 WELLNESS COUNSELLING BASED ON THE APPROACH FOR INTEGRATIVE, NON-INVASIVE NORMALISATION (WELLNESS), IN CONTRAST TO THE CONVENTIONAL MEDICINE (BIOMEDICAL)⁶ APPROACH

There are many myths about health presented by Conventional Medicine (Herholdt, 2017). These myths, as set out in Appendix 2, shows that the allopathic⁷ approach to healing is in direct contrast to the approach set out in this research paper based on the integrative wellness paradigm. The key philosophy is that with wellness counselling/coaching assistance, the client takes responsibility for their own healing.

It appears that the belief systems of conventional medicine take all responsibility away from the client. This approach is authoritarian and therefore fits into a patriarchal system of coercion, in which the doctor is seen as the expert, and the patient is the passive lay person. Whereas the diseased person remains to be the actual healer. (Rankin, 2013 pp 47-49; Chopra, 2015, pp 158-161, 172-177)

Health has not only got to do with physical well-being, but requires a bio-psycho-social approach to serve the requirements of the total human being, as these three parts remain to be integrated dimensions of the human being for optimal and total existence (Hay, 1995). Therefore it is required that illness cannot necessarily be treated by only focusing on the physiology or the physical dimension of the person (Eden, 2008, p 98). The wellness counselling approach/aim is specifically not restricted to focus on the illness, but to use all possible forms of assistance to acquire total wellness, which means that the approach is directed towards total healing. Therefore health can be considered a process, supportive of all three integrated dimensions (Bio-Psycho-Social).

Health is a natural state, which can only be obtained and sustained by a healthy body and mind. A body can only take care of itself if it is not weak. It becomes comprehensible that a sick body needs total support, which is presented by wellness counselling, as a weak body cannot take care of itself.

The self-sustaining mechanism of the human body requires energy generation which is depleted when the body is weak. It is found by the Researcher that the application of the energy value matrix towards normalisation becomes valid.

⁶ The Biomedical approach to medicine relates to the application and activities of science to clinical medicine in order to diagnose and treat, and it excludes psychological, environmental, and social influences.

⁷ The Allopathic approach to healing refers to science-based, modern medicine which uses drugs and surgery to treat symptoms.

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It has been concluded that the subconscious mind is the holder of vast amounts of stored energy. By stimulating the subconscious towards energy release for weakened body systems, the body can draw from the subconscious energy stores to supplement organ system healing stimulation.

A weak organ will reflect in the electro-magnetic field of the body of the individual, as well as impacting the mind, which will produce a mental state (conscious and unconscious) dependent on the health of the organ. By effecting the mind the organ is affected and visa versa. (Chopra, 1993, p 45)

Once a person is subject to illness, orientation towards maintaining health is more important than to be concerned about disease. The physical body is perfectly equipped to heal itself (Myss, 1996, pp 31-57), and wellness counselling can assist the person to reach optimality, without needing to rely on a conventional doctor to obtain well-being. This does not disregard the emergency interventions provided for by conventional doctors. Conventional doctors are well trained and equipped to intervene for immediate effect, especially in a life/death situation. Wellness counselling aims to educate a person to understand their own body and their disease, and not to expect a physician to understand their bodies better than what they do.

With the guidance of wellness counselling regime or protocol, the client learns to take care of their own body by following a promoted healthy lifestyle, which ultimately will support their body into old age. It has been found that it is not the task of a physician to heal a person. The aim of conventional physicians is to treat a disease, whereas the wellness practitioner aims to assist the self-healing approach.

According to this study, well-being can be acquired with better efficacy by combining physiological science, social/psychological science, and natural science, which is all inclusive in one approach. This concludes the importance of an interdisciplinary approach where various disciplines contribute to the bigger picture of the Healthcare Industry.

In order to competently assist the human beings' three-dimensionality, wellness counsellors need to be trained in interdisciplinary natural sciences over a wide spectrum of modalities, such as homoeopathy, toxicology, naturopathy, chiropractic medicine, acupuncture, osteopathy, reflexology, cupping therapy, herbalism, etc.

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“Wellness healthcare, as already indicated, requires a comprehensive approach due to following a holistic strategy. This means that support is offered over a wide spectrum of wellness related modalities, which is required especially on advanced level interdisciplinary training.” (Herholdt, 2019)

Wellness covers all integrated aspects of human existence and therefore the above is applicable. If wellness counsel is applied for the wellness of a person to be reached, then an integrated natural interdisciplinary approach is required (See Appendix 5). Formal training of such an approach is not presented by formal academical institutions. Hence, wellness training requires a special dispensation of educational didactics.

2.2 AETIOLOGY OF DISEASE FROM THE WELLNESS PERSPECTIVE

The aetiology of the biomedical perspective is defined as a perspective (model) of health purely in terms of biological factors as the cause of chronic disease. Contained within the biomedical model of health is a medical model of disability which focus is purely in terms of the impairment that it causes the person (The Biomedical Model, n.d.), whereas Wellness Counselling pursues a paradigm shift from pathology intervention to the approach for Integrative, Non-invasive Normalisation of the Bio-Psycho-Social.

With this in mind, one can look at the following aspects:

Biology:

Which includes: genetics, physiology, gender, age,immunity, etc.

Psychology:

Including: personality, self-efficacy, stress, coping skills, diet, behaviour, etc.

Sociology:

Which includes: ethnicity, culture, cultural norms and values, societies and their interactions and processes, communities, social statuses and social movements, etc.

Therefore the following causes of disease are considered by the wellness paradigm: (Chopra, 2015, pp 310-311)

Lack of Awareness

Lack of awareness is the absence, inaccessibility and the inaccuracy of information, which is the main cause which stops people from taking preventative action.

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Seven out of ten clients seen at the Researcher's practice are poorly informed regarding their diseases and are unaware of how their lifestyles are the primary or secondary causes of their diseases. It has also been found that nine out of ten clients naturally expect a physician to cure them from their diseases and the only obligation the client has is to take prescribed medication diligently. It is observed that clients are also unaware of the efficacy and advantages of wellness counselling/coaching. The majority of clients also prove to be unaware that they themselves play a key role in their own healing process. (Chopra, 1993, pp 92-94)

"One out of four people in Africa believes that cancer has no cure, and only 36% see cancer as a major health issue. (Disease Awareness and Access to Healthcare, 2020)

Lack of awareness results in people seeking health intervention at a stage when the condition is already very advanced. "Around 70% of cancer patients in Indonesia see physicians at a late stage." (Disease awareness and access to healthcare, 2020)

In the opinion of the Researcher, and based on practical experience, lack of awareness can be addressed by commencing with the foundation of the discipline. Professional course training (Faculties) should be established by universities and other formal institutions which can establish wellness counsel as a healing science. As such, the profession Wellness Counselling can be significantly established, instead of being seen as a by-product in the Healthcare Industry.

It was found by the Researcher in his own practice that Wellness counselling is certainly an essential service in the Healthcare Industry and should be supported by a specific dispensation of educational didactics.

Once wellness counselling is well established as an essential professional service for the healthy and the diseased, and platforms are created to support education of Wellness Counselling as a healing science, then lack of awareness will be addressed as Wellness Counselling will not be seen as a mere alternative method or approach, but incorporated by the healthcare industry as an essential part of general health care for all.

Stress

"Some scholars/researchers have interpreted psycho-physiological disorders (stress) as biological responses to symbolic threat or stress, analogous to the organisms adaptation to physical stress such as prolonged cold." (Sarason, 1976)

Stress has an impact on the human psychology which leaves the person with a

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strong feeling of constriction (Sarason, 1976). It also causes negative emotions like anxiety and hostility, and the whole emotional landscape becomes traumatic, reverting to mood swings and depression (Chopra, 1993, pp 72-78, 147-150; William, 2015, Chapter 14) The person's sense of who they are becomes a source of doubt and insecurity, which ultimately will have an impact on the physical body and therefore can be seen as a cause of physiological disease. (Eden, 2008, p 103-105)

It is well known to healthcare professionals that stress is a cause of bio-psycho-social dis-ease. Independent of the clients' main concern, whether the condition is physiological or psychological, the aim is to reduce stress. The most effective approach to deal with stress, found in the practice of the Researcher, is education around the condition and how it affects the total existence of the person.

Once the client is coached on the causes of stress and its impact, and given the information and tools to empower themselves and their own healing, stress is dealt with more effectively.

Some stresses can be reduced, others can not, but once the person is empowered, the effect of it on the bio-psycho-social areas, can be reduced significantly. (Myss, 1996; Chopra, 2015, 33-35)

Heredity

Congenital factors⁸

Physiological disruption caused by a mutation of a gene, transmitted from one generation to another, which effectively can be seen as transmission of defective genes (Rankin, 2013 pp 29-35). The most common hereditary diseases include achondroplasia, haemophilia, galactosemia and porphyria (Embogama, 2016). For the purpose of future studies which will be presented by the Researcher, the congenital factor - Porphyria⁹ was altered successfully in the Researcher's practice and confirmed by conventional testing, that the condition is currently in a form of remission.

Epigenetic factors: ¹⁰

Epigenetic changes can be caused by various environmental factors such as food,

⁸ Congenital factors are factors that are present from birth, birth defects (eg. cleft palate, cystic fibrosis, Downs Syndrome and spina bifida)

⁹ Porphyria refers to a group of disorders that result from a buildup of natural chemicals that produce porphyrin in your body. Porphyrins are essential for the function of hemoglobin — a protein in your red blood cells that links to porphyrin, binds iron, and carries oxygen to your organs and tissues. (Porphyria - Symptoms and causes, 2020)

¹⁰ Epigenetic relates to non-genetic influences on gene expression. It relates to the study of heritable pheno-type changes that do not involve alterations in the sequence of DNA

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water, trauma, radiation, chemical exposures and other unnatural environmental influences. Although these factors do not change the sequence of the DNA (Chopra, 1993, pp 222-25), the epigenetic modifications caused by the factors can be passed on from one generation to another.

Examples of conditions include obesity, diabetes, intolerances (Perlmutter and Loburg, 2015, Chapter 4), mental retardation, etc. These epigenetic changes in the body cause chromosomal instabilities which can activate certain genes and deactivate others, which can influence behaviour, lifestyle and health in general.

Various diseases relating to epigenetic factors, such as diabetes, is currently in treatment at the Researcher's practice according to full case study protocol, of which the outcome will be presented in further studies¹¹.

Allergy

"A battle going on in your body." (Reader's Digest Association South Africa, 1992) Allergies erupt when the physical body reacts to a substance that it is intolerant to, or that is interpreted by a faulty immune system (Chopra, 1993, pp 330-31, Enders, 2018, pp 152-158) as an invader. Hence, support often entails immune modulation and other wellness interventions.

"The most common allergic conditions include hay fever (allergic rhinitis), asthma, allergic eyes (allergic conjunctivitis), allergic eczema, hives (urticaria), and allergic shock (also called anaphylaxis and anaphylactic shock)." (Shiel Jr, 2018a)

If a person is allergic to substances (a precipitating factor is the high alert the body is placed under due to toxicity, etc.), and comes into contact with the same, the body enters into a defence stage by releasing proteins, which are designed to neutralize allergens which is controlled by the body immune system (Myss, 1996, p 106; Enders, 2018, pp 58-68; Potgieter, 2016, pp 178-180). Allergic reactions place stress on the immune system and cause physiological reactions.

"Allergy is a powerful immune response to an antigen (allergen). The allergen itself is usually harmless. It is therefore usually the immune response which causes the damage to the body and not the allergen itself." (Waugh and Grant, 2001) In other words, the immune response is then out of proportion to the perceived threat.

Inflammation (Perlmutter and Loburg, 2015, Chapter 2) comes into play here as a major factor in many disease conditions. Therefore anti-inflammatory treatment

¹¹ Further Study: Completed Case Studies to be presented in the Researcher's following study

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remains to be crucial. In practice, the Researcher finds that one of the most sabotaging blockages to cure is inflammatory responses caused by allergies. Once chronic inflammation sets off, it causes extensive organ stress which leads to chronic fatigue (Chopra, 1993, p 90) and extreme body pain. In practice such rampant inflammation is addressed by extensive behavioural, dietary and lifestyle alterations and the application of customised wellness protocols to enable the client to return to wellness.

Mental Factors

“Reverting to a restless or scattered mind, which makes it very difficult for a person to focus their attention, they experience distractions that affects the total being and it is also found that is when the past intrudes on the present. Very often, this seems to relate to old conditions which cause the person to be stuck in unwanted habits during which the person loses his/her grip on life.” (Chopra, 2015b)

During the process of this study, it has been found that the clients’ inability to understand their dis-ease also influences their mental state, and it was established that in general the person would feel overwhelmed, which leads to pertinent thoughts that they would not be able to overcome the debilitation of the condition. This is known as illness behaviour. This leads to the assumption that the person’s lack of true knowledge regarding the disease, and their physical and mental ability to overcome the disease, was lacking.

The wellness approach protocol is once again applied, which protocol consists of supporting the entire being of a person (taking into account the bio-psycho-social aspects of an individual). In practice the Researcher applies specific stimulation programmes provided by the non-linear mechanisms, to calm the mind and the central nervous system (Chopra, 1993, p 84) and to also stimulate focus. Wellness counselling is also applied when past experiences intrude on the present, by coaching assistance of how to formulate healthy habits of conduct and how to re-enforce personal assertiveness. When the mental condition is experienced as traumatic, brain spotting, concept counselling and specialised non-linear trauma interventions are applied.

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Toxicity

According to MedicineNet (Shiel Jr, 2018b), toxicity is defined as “The degree to which a substance (a toxin or poison) can harm humans or animals. Acute toxicity involves harmful effects in an organism through a single or short-term exposure. Sub-chronic toxicity is the ability of a toxic substance to cause effects for more than one year but less than the lifetime of the exposed organism. Chronic toxicity is the ability of a substance or mixture of substances to cause harmful effects over an extended period, usually upon repeated or continuous exposure, sometimes lasting for the entire life of the exposed organism.”

In practice, during the screening processes when the health profiles of clients are established, the impact of toxins, measured by non-linear mechanisms (toxicology identification) on the human organism is observed daily. The qualification of the impact is reflected by the body on cellular level (cell vitality and responses) as intolerable. As well as the body is naturally equipped to deal with pathogens, so poorly is it equipped to process and eliminate toxins when exposed, In due course, as the body does not keep up with sufficient elimination of toxins, it becomes subject to toxic congestion which leads to an auto-immune response.

Toxins that people are exposed to daily are: chemicals (in the air, water, food and soil), heavy metal exposure (mines, pharmaceuticals, dentistry), bacterial and fungal communities within the environment, to name a few. (Perlmutter and Loburg, 2015, Chapter 7; Enders, 2018, pp 48-57; Pollan, 2008, Section 3; William, 2015, Chapter 18)

An organism (human physiology) reacts to a substance which is identified as toxic to the organism. According to toxicology presented by the Frequency Biofeedback Model, toxins work in many different ways. Some toxins (spider and snake venom) seem extremely pertinent because much damage can be delivered at once, whereas other toxins (chemical toxins), which find slow entrance into the body organism, can do more damage. Acute exposure to toxicity can be potentially deadly.

“Many drugs undergo chemical change in the liver before excretion in bile, or by other organs. They may damage the liver cells in their original form, or while in various intermediate stages. Some substances always cause liver damage (predictably toxic), while others only do so when hypersensitivity develops (unpredictably toxic). In both types the extent of the damage depends on the size of the dose and/or the duration of exposure.” (Waugh and Grant, 2001)

The body systems are then forced to actively work to dispel these toxins. Many hidden illnesses are found to be associated with chronic toxicity such as:

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Inflammatory disorders (Rheumatoid arthritis), Metabolic disorders (Diabetes mellitus) (William, 2015, Chapter 7; Potgieter, 2016, pp 37-42) Central nervous system disorders (Bell's Palsy, Parkinsons disease), Blood cell disorders (Platelet deficiency), etc.

Therefore, introduction and/or stimulation of natural enzymes which are important in metabolic detoxification is applied. Specific non-linear interventions against inflammation are applied which stimulate the digestive microbiota¹² and eliminates the negative bacteria. Herbal applications and food adaptations are also introduced to eliminate any form of food intolerance. It is also important to stimulate the absorption of amino acids and to increase digestion for protease¹³ and lipase¹⁴. Most important of these interventions is the stimulation of specialised proteins towards the repair of effected areas of the body. (Enders, 2018, pp182-195; Chopra, 2015, pp 224-226, 245; Gundry & Buehl, 2017, Chapters 3,4)

The majority of cases presented at the Researcher's practice suffer partly or extensively from this cause of disease.

Physical Trauma Injury

"A state in which the physical body is experienced as bounded and limited." (Chopra, 2015b)

The inability caused by the trauma injury becomes validated and the person's experience of limitation becomes a state of being, where the impact of the psychosomatic negative process becomes apparent (Balch, 2006, p 397). The person also experiences the loss of freedom in ability which expands the awareness of the incapacity, whereas knowledge will again open up the levels of reality and possibilities to attain optimality.

Pathogens

"Pathogens are organisms that can cause disease. The different types of pathogens and the severity of the diseases that they cause are very diverse. A pathogen brings disease to its host. Another name for a pathogen is an infectious agent, as they cause infections. As with any organism, pathogens prioritize survival and reproduction. (Alberts et al., 2002)

¹² Microbiota, also known as gut flora, are the micro-organisms that live in the digestive tract. This includes bacteria, fungi, viruses, protozoa, and archaea.

¹³ Protease helps break down the protein in food into amino acids, which the body can then use for energy.

¹⁴ The pancreas produces lipase (an enzyme) during digestion which aids the intestines to break down fats

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In all cases of pathogenic invasion, the human body will, by means of the immune system, act in defence. The immune system, in most cases, will be able to resist successfully. In rare cases, pathogens can also be potentially fatal, against which a compromised immune system will not be able to offer successful defence. The five main types of pathogens are bacteria, viruses, fungi, protists and parasites. (Enders, 2018, pp 196-222, Chopra, 2015, pp 115-117, 302-304)

In the practice of the Researcher, pathogenic infection is observed amongst a high percentage of clients, as most clients have compromised immune systems. Pathogens are addressed by applying non-linear frequency programmes which are specialised in eliminating specific pathogens. Herbal and nutritional strategies are also applied in order to re-establish the natural microbiota, which acts in defence of the body. (William, 2015, Chapter 17)

Deficiency or Excess of Nutrients

In practice the Researcher finds that in most disease cases presented by clients, nutrient deficiency and/or nutrient excess are prevalent with the disease experienced. i.e. blood pressure and insulin resistance have a connection with magnesium shortage. Cardiovascular diseases are often-times related to iron deficiency caused by a shortage of copper.

“Nutrient deficiency diseases occur when there is an absence of nutrients which are essential for growth and health.” (Nutrient Deficiency Diseases | Encyclopedia.com, n.d.)

Nutrient deficiency is a lack of food, causing malnutrition and directly affects the body to counteract disease by causing structural and biological imbalances in the individual’s metabolic system and the supply of nutrients to other body organ systems.

Nutrient excesses like obesity (Balch, 2006, pp 598-602), on the other hand, predisposes the human organism towards several serious disorders, such as chronic oxygen deficiency, high blood pressure, arteriolesclerosis, etc. Excessive intake of certain minerals and vitamins can lead to accumulation in bodily tissue, which results in toxins due to the fact that the body cannot metabolise or excrete the excess. Accumulated minerals will also become toxic if in excess. For example, excess copper can cause liver damage and excess manganese can result in neuro-toxicity.

Nutrients that do not supply calories to the diet can link to toxicology and fat soluble vitamins can also cause adverse effects, because they get stored in the adipose tissue.

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Perverse Energy

“External Causes of Illness: Perverse Energies (Perverse, Healthy-check.com, 2009):

Traditional Chinese medicine teaches that perverse atmospheric conditions – perverse energies – are often the primary cause of, or at least contributing factors in, a long list of common illnesses. ”

Perverse energy includes the following:

- Wind, the primary transport system for airborne viruses
- Cold, the cause of impending circulation flow
- Heat, the cause of sweating and dehydration
- Dampness, associated with rheumatism and arthritis
- Dryness, associated with increased thirst and dry skin
- Radiation, the emission of energy as electro-magnetic waves, or as moving sub-atomic particles which cause ionisation, example cell phones, televisions, bread toasters, lights, etc.

Although perverse energies, as set out above, can be measured by the non-linear mechanisms, the Researcher found that perverse energy as a cause of disease does not qualify as a primary cause of disease, but that it may negatively contribute as a secondary factor if a person's natural defences are compromised, or if the person is already diseased. To have an exact opinion regarding the impact of perverse energy on the health of a person as set out by Nelson, more in-depth research needs to be done.

Conclusively, during this study and in daily practice, the Researcher finds that the aetiology of disease as set out above are the major causes of disease from a wellness perspective. Nelson also states in Appendix 3:

“When these enter the body they disrupt the ease of flow. This produces the alarm symptom. Then the body adapts, symptoms go away, but if the cause continues the disease continues.” (Nelson, n.d.)

2.3 CRITIQUE AGAINST CONVENTIONAL MEDICINE AS PRESENTED BY DANIEL CRISAFI (see Appendix 4)

It has been observed by Natural, Holistic and Physical Practitioners and by clients that conventional medicines are restricted to symptom management and not necessarily inclined towards complete healing.

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Critique against conventional medicine is brought into this study in order to lift out the areas which indicate the vast gaps which can effectively be filled by Wellness Counselling as a valid health care service. It has been found by the Researcher that the four factors identified by Crisafi, are also the factors which may undermine the efficacy of Wellness Counselling if Wellness Counselling is not acknowledged as an essential service in general health care. As a separate discipline, Wellness Healthcare is then seen as opposing to Conventional Medicine.

In the opinion of the Researcher, Scientism, Cartesianism, Vitalism used in conventional medicine and Causality are factors which may also cause lack of complete healing, as the conventional focus remains on parts of human resistance, and not on the requirement of the three-dimensionality of the human being regarding health. The Researcher does not agree that these factors can cause a total failure in conventional medicine, but rather that these shortcomings create room for Professional Wellness Counselling to be fully integrated into the Healthcare Industry to fill in the lack presented by Scientism, Cartesianism, Vitalism and Causality.

According to an article published by Crisafi (Crisafi Dr, n.d.), "Western medicine has "failed"". He points out four major shortcomings, which in his opinion, is the source of its failure. Crisafi continues to say: "I will philosophically give myself permission to criticize conventional medicine by pointing out four major shortcomings that are, in my opinion, the source of its failure. These four shortcomings do not exist in most traditional medicines. My critique will point out the differences between these traditions and Western medicine. Natural medicine has proven itself over thousands of years. The World Health Organization notes that "Traditional Medicine ("TM") is an underestimated part of health care. TM has a long history of use in health maintenance and in disease prevention and treatment, particularly for chronic disease." (See Appendix 5) (Rankin, 2013 pp 136-139, 152-153)

2.4 ADVANTAGES OF WELLNESS FREQUENCY-RESONANCE MEDICINE WHICH IS PROVIDED WITH NON-INVASIVE EFFICACY (10 Benefits of a Holistic Approach — WRKSPC, 2018)

Since the Wellness approach takes into account the whole person, frequency medicine works to eliminate the disease through changes in habits, including activities (electronically defined – Eductor), diet (food sensitivities established – Quantum Application) and focus on self (Extensive results of all body system value measures – Eductor & NLS). Without considering the symptoms, the cause of disease is determined within the first screening session which has the duration of an hour and 30 minutes. Body organs and systems affected by the disease are

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identified and a value of stress indicates how body organs or body systems are affected in a primary, secondary and tertiary way, which relation to the disease is then concluded after an electronic cross-analysis. These readings normally coincide with many of the symptoms experienced and it also becomes conclusive why many symptoms are closely related to one disease. (Chopra, 2015, pp 146-147)

Since the focus is on ones' whole self and reaching the root cause, the Researcher is able to see a path that brings relief to ones symptoms quicker. We know medicine tends to mask symptoms, and often leads to new symptoms. Whereas here, one is working to eliminate the cause of the symptoms by electronically stimulating the healing of the organ or body system affected. Once the organ or body system affected by disease is healed, symptoms reduce and dissipate. Interventions applied by means of the Eductor, GB400 and NLS, e.g. for severe uncontrolled pain. Intervention is non-invasive and reduces pain significantly and/or completely during one intervention session, indicating after the intervention the cause of the pain. These results are shared with the client who also receives counsel in how to eliminate the cause and prevent a repetition.

This regimen of support brings about a change in the lifestyle of the ailing person so that there is wholeness in recovery and not just temporary symptomatic relief. After the first electronic screening session, all findings are studied by the practitioner and after a process of cross analysis, the findings are concluded and transcribed into a written report. The nature of the report is educational, allowing the client to understand the findings and the recommendations provided. The aim is that the client understands the outcome of the report, as well as the wellness counsellor does.

The recommendations are well explained and motivated and as such a departure point of a partnership between client and counsellor to work together until wellness is accomplished, is secured.

Another factor in the wellness support is that of vital education on health as part of the client guidance, for instance a more whole foods based diet according to DNA requirement (blood group or Geno-type) (D'Adamo and Whitney, 2002) is one of the leading causes to improvement in symptoms, organs and organ systems (Perlmutter and Loburg, 2015, Chapter 8). Food should be considered as fundamental to a wellness approach as food remains to be the body's most basic medicine. When alimentary therapy is applied as medicine, we gain a better knowledge about how our body functions and how to achieve the best results as the body reacts fast to nutritious foods. The majority of illnesses and premature deaths can be traced back to lifestyle choices.

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There are well-known dangers connected with drugs, alcohol, nicotine and unprotected sexual activity. Less recognised is the impact of excesses in things like sugar, caffeine, and insubstantial foods. These gradually accumulate harmful effects. With time they diminish the quality of the "environment" within the human being which can set the stage for illness to permeate. Quality of life, now and in the future, is actually being determined by a multitude of seemingly unimportant choices made every day. Wellness Counselling educates clients on these choices.

During blood (Haematology) screening (Eductor), the above mentioned elements are identified as part of the total profile screen. A list of relevant elements and their effect on the human body is provided to the client for awareness and motivation towards beneficial life style choices.

Wellness counselling approaches to fuel the body with herbs, homoeopathies, vitamins, supplements, essential oils, frequency stimulation and body nutrition which lessens the need for conventional drug use and present no side effects.

This brings us to the concept of non-invasive treatments which focus on identifying, healing, nourishing, soothing, centring and improving health by means of high-tech electronic medicine and natural remedy applications. As wellness counselling approach is a complete way of treating a person suffering from disease, it provides regeneration of new cells in the body that act as a self-curative for internal diseases. The Eductor and the GB4000 are specifically designed to stimulate the recovery and growth of new cells and includes DNA/RNA integrity recovery.

Certain conventional medical practices are not suited to new-borns, toddlers or the elderly, as the side effects of conventional intervention can be too severe. High Technology Frequency Treatments are effective, non-invasive and have no side effects, yet healing is accomplished. This type of approach also provides the practitioner

- More time with client which is crucial to educative purposes More time is allocated to clients, to listen and understand symptoms and diseases that they are experiencing.

The Wellness counselling approach gives enough time to explain the importance of lifestyle adaptations and how it can be accomplished. Enough time also allows the initiation of a trusting client/counsellor relationship

In the case of advanced cancer, a client may not be left with another option other than chemo or radio therapy. Chemo and/or radio therapy is focussed on a

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specific area and applied for specific results but will also have a significant negative effect on other organs and body systems. During chemo or radio therapy much support can be given to the total organism by means of lifestyle orientation, supplementation and specifically highly specialised frequency treatments for organ and organ system support during chemo or radio therapy which intervention can be greatly assisting towards optimisation of survival and cure.

The natural/holistic approach to healing is certainly the best option when it comes to spending money on a consultation as it is one of the cheaper and most affordable forms of intervention existent in the healthcare industry.

Holistic/Wellness Health is an ongoing project between client and counsellor. As it emphasises lifestyle, it includes a personal commitment (from both the client and the counsellor) to be moving toward the right end of the wellness continuum. No matter what their current status of health, people can improve their level of well-being. Even when setbacks are experienced, movement is always headed towards wellness. This requires that the client takes responsibility for his or her own well-being and the maintenance thereof.

Wellness Healing considers the human body to be the best physician for cure. No doctor, whether conventional or holistic/natural, can claim that they have ever cured a person.

By recognizing the efficacy of the systems Wellness Health Care provides and by allying the Conventional Systems with the Wellness Health Care Systems, then Conventional Medicine would also create an environment of attainable healthcare.

The Researcher has extensive experience with successful multidisciplinary collaboration (Rankin, 2013 pp 67-68, 211-218), inclusive of general practitioners, surgeons, and psychologists, orthopaedics (refer to Letters in Appendix 6). The approach of the referred clinical practitioners and specialists is to exclude any immediate medical issues where-after their "patients" are referred for wellness intervention towards optimisation of healing and the maintenance thereof. This Multi-Disciplinary Approach also works towards the other side of the continuum as the wellness practitioner's functions are understood and when clinical intervention is required, references towards these specialists can take place without complication, which is exclusively for the benefit of the client/patient.

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3.2 CONTEXTUALISATION OF ENERGY BASED SUPPORT INTERVENTIONS

Contextualising of Energy Based Support Treatments as presented in the Case Study in Chapter 4

The Researcher's practice, Infinito Health Assessment and Treatment Practice Pty (Ltd) ("Infinito Health Practice"), with Registration numbers: 2014/014465/07 / 2020/025133/07, has been brought into existence in 2014, with designated structures according to wellness protocols in order to supply the much needed healing services clients require, whether the requirement is general health optimization, healing of dreaded disease or auto-immune disease (Potgieter, 2016, pp 186-195). The approach in the Researcher's practice, and this study, remains to be within the nature of integrated specialized wellness assistance to the human body and mind, which in integrated form holds the highest ability to heal from any disease.

Infinito Health Practice applies Non-linear Mechanisms which allow the practice to collect comprehensive data and allow integrated interpretation thereof. The non-linear systems also allow the practice to obtain optimal healing results, as the use of the non-linear mechanisms fundamentally plays an important role in allowing the correct determination of the cause of disease and consequently prescribe effective holistic intervention. Used as screening/ diagnostic tools, the Researcher found that by using non-linear mechanisms as help functions, practitioners can better determine the cause of disease on micro-level, which information allows the practitioner to apply the most effective integrative interventions, as the exact cellular level of organs in the body can be measured, which determines the cause of the disease. This form of approach allows holistic practitioners to confidently apply their skills in a more exact form within the continuum of integrative holistic medicine, without relying on symptomatic screening/diagnosis.

Identification of Non-Linear Mechanisms Utilized during the process of this study

- Metatron
- Non-linear Diagnostic System
- Eductor
- Abstract In-Body
- Quantum Magnetic Resonance Analyser
- Quantum Life Infinity Life Application
- GB4000 Frequency Generator

3.3 NON-LINEAR MECHANISMS

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Research of how the electronic non-linear mechanisms (as help functions) are applied in assessment and treatment

3.3.1 Introduction to Non-Linear Mechanisms (See Appendix 8)

Through applying linear theory to problems in the human body, many accomplishments have been made in the medical field. Data analysis uses linear models in the majority of current practices, which are based on the proportionality between two variables and relationships described by linear differential equations. Linear models cannot sufficiently describe non-linear behaviours within the human system due to its complex dynamic nature. Non-linear systems can be applied to assist in interpreting, explaining and predicting biological phenomena. Non-linear modelling is assisting to explain some system behaviours that linear systems cannot and this will increase the understanding of the nature of complex dynamic systems within the human body in health and in disease states. For example, the immune system consists of several elements such as macrophages, monocytes, neutrophils, that interact with each other by means of signals, immunoglobulins, cytokines, interleukins. This system is continuously in a state of flux, with complex offensive and defensive actions against invading elements. Even exposed to an identical stimulus, this system can respond with variation. Not only are non-linear systems important to the gathering and interpretation of data, but such non-linear connectivity and variability within a system may be a requisite for health. Disturbance of these normal non-linear rhythms may in turn cause "unnatural" rhythms which may be the underlying cause of disease. Identification and recognition of such "unnatural" rhythms, may help in diagnosing illness correctly and at an early stage of development. In addition, timely interventions may amplify healthy rhythms and suppress "unnatural" rhythms and promotes health.

"The application of non-linear diagnostics in practice allows to obtain excellent results and make a true breakthrough in the field of diagnostic medicine. In the formulation of an accurate diagnosis, the use of computer-based non-linear diagnostics, plays a fundamentally important role and allows the correct determination of the cause of the disease, and consequently, select and prescribe effective treatment". (Nesterov, 2015)

THE PRINCIPLE MECHANISM FUNCTION (E.C. CERTIFICATED – Full Quality Assurance System – Universal)

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Electrophysiological 93/42/EEC on Medical Devices)

"The Eductor is an automatic, computer operated and non invasive active therapeutic device that combines bioresonance and biofeedback fields for body analysis and energy balancing. As a universal electro physiological biofeedback system, the Eductor device utilized transcutaneous voltammetric biofeedback program with computer software and hardware in order to gather information of a client's subconscious. The hardware consists of a digital interface box attached to the computer with electrodes attached to the wrists, ankles and forehead of the person, making up 12 transcutaneous carbon impregnated rubber electrode contact points. The software is a PC-based platform consisting of mathematical calculations and high-end graphics. This is a remarkable tool for increasing self awareness and improving ones present state of health. It is a state of the art evoked potential biofeedback system for stress detecting and stress reduction and is able to detect not only the physical state of a person's health, but the underlying emotions and relate these to individual body processes." The Eductor functions on the Bio-Psycho-Social platform, which include the following:

Biology: genetics, physiology, gender, age,immunity, etc.

Psychology: personality, self-efficacy, stress, coping skills, diet, behaviour, etc.

Sociology: ethnicity, culture, cultural norms and values, societies and their interactions and processes, communities, social statuses and social movements, etc.

The Eductor is designed to rectify the expression of stress and/or electro-stress patterns within the individual at the most fundamental of physiological levels. This apparatus works on the theory that stress interferes with the inherent electromagnetic frequencies at which the body's cells and organs resonate. By returning these frequencies to their natural state the stress and any subsequent illness that occurred because of the interference, can be corrected. Biofeedback training techniques can assist in the normalisation of abnormal brain wave patterns caused by being over-stressed. Studies have shown that being over-stressed produces different brain wave patterns to people who are not exposed to large amounts of stress. The subconscious has its physical expression in the brain, the latter of which is only a receiver for the information contained within the individuals electro magnetic field which holds the individual blueprint of the physical expression of the organism. Negative imprints upon the blueprint will result in various manifestations in the physical, resulting in imbalance and poor health. Upon reading various disturbances within the subject's subconscious, this mechanism is able to diagnose as well as correct these imbalances, imprints and stressors in the subconscious, thereby contributing to the health and wellness of the individual. It could be said that healing can be done from below to above, or from above to below, for they are in fact one and the same thing. The Eductor

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INFINITO HEALTH ASSESSMENT AND TREATMENT PRACTICE (PR 08338)

thereby provides healing from above to below correcting the totality of the electromagnetic field and also allowing this field to expand due to the increase in energy and coherence, returning the individual subsystems such as cells, organs, etc. to their original or enhanced resonant balanced electro-magnetic frequency.

For the purpose of this study the Eductor is utilised for general total body assessments and treatments and for specific assessments and treatments.



Yours faithfully,

Johan Fourie
INTEGRATED HEALTH CARE PRACTITIONER (Specialist)
E-mail : johan@infinitohealth.com

PR 08338 / HC2017/208

Human Science (Univ. PTA)

M. Integrated Wellness Healthcare (Gideon Robert University)

E Med. Q Phys. Mic Physiology (Tecnologia de Acreditare CE)

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