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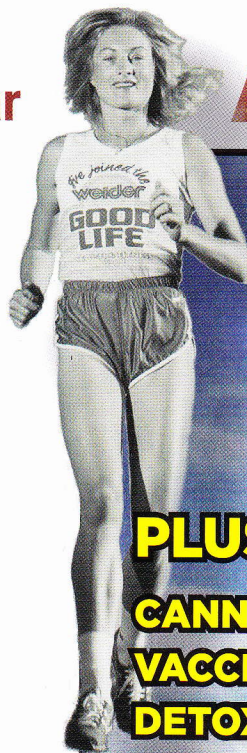
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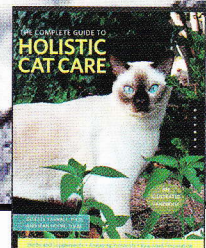
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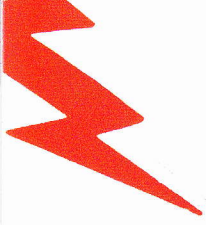
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WHAT IS
'ENERGY MEDICINE'?

By Dr. Med. Jorg Prinz

There are two different approaches to health these days: the pharmaceutical and the bio-physical way. Conventional medical doctors treat the illness whereas bio-physical practitioners treat the whole person.

The term "energy medicine" is used widely but here it means any approach that aims at increasing or redirecting energy within the body. The Chinese use the term Qi to describe this energy – and interpret it as "life force" which travels along channels, meridians, through the body.

With advances in electro-technology we are now able to measure energies in the human body along those meridians and correlate this data with illness – and then restore the energy and its flow to normal with the aim of lessening patients' symptoms. From Traditional Chinese Medicine (TCM) and its thousands of years tradition we know the re-energising exercises of Qi-gong and meditation and are familiar with the restoration of energy with acupuncture. This article focuses on the latter: the hands-on approach of the modern energy medicine practitioner and the technology that is available today.

Modern bio-physical approaches to illness and wellbeing have been largely ignored by conventional medicine over the last century. This is mainly the after-effect of the Flexner Report [Abraham Flexner 1910 [1] that recommended medical schools in America which teach only the use of pharmaceutical therapies. Those schools – 89 (!) out of 155 schools which focussed on other medical modalities like bio-physical, homoeopathic or manual treatments were systematically closed between 1910 and 1935. (Flexner worked for the Carnegie Foundation which was solely sponsored by John D. Rockefeller. He had monetary interests not only in oil but also in chemical and pharmaceutical plants.)

Even conventional medicine today bases a lot of diagnostics on physical means like ECG [2], EEG [3], CT [3] and MRI [4] as well as chemical means like lab studies. When it comes to conventional therapy the chemical approach is still favoured, although the most stunning results for (chronic) illness are achieved with bio-physical treatments [6]. Stimulating the body with electric impulses has been done

for a long time – from using electric eels in antiquity to transcutaneous nerve stimulation (TENS) and SCENAR in more modern times.

These days electric stimulators get implanted, be it a pacemaker for the heart to treat irregular and slow heartbeats, for the brain to treat epilepsy, dementia (electromagnetic pulses) and even Parkinson's disease, and for the stomach to ensure a regular emptying in patients with slow-transit constipation. The most spectacular results recently were the implants of stimulators on the spinal cord for paraplegics – and their ability to move their limbs while the nerves were stimulated electrically [7]. And another noteworthy approach is for the treatment of glioblastoma (a fast growing malignant brain tumour): the Novo TTF uses an electric field around the head 24/7 to successfully interfere with the division of tumour cells. [8]

Over the last 10-20 years we have learned a lot more about (electrical) energy in the human body – even the more subtle energies that are now measurable with modern technology. Lynne McTaggart's book *The Field* [9] and James Oshman's book *Energy Medicine: The Scientific Basis* [10] contain a great collection of studies on the subject.

Since the 1970s we have known about changes of the skin resistance over acupuncture points, so-called electro-dermal screening (EDS). Dr. med. Reinhard Voll [11] used this observation to test skin resistance on acupuncture points and see which homeopathic remedies would normalise the resistance. Those remedies which could correct the skin resistance were then prescribed to the patient. Electro Acupuncture according to Voll (EAV) is still in use today and with the help of computers has become more sophisticated over the years.

A further development of Dr. Voll's ideas was undertaken by Franz Morell and Erich Rasche with the development of the MORA device. It uses EAV to measure distortions in the body but applies remedies (just their frequencies) electronically.

The idea behind the concept of bio-resonance is that harmful substances like environmental toxins, bacteria and

viruses have a certain natural frequency that makes them detectable in the human body. By changing the phase shift and applying this frequency back to the body it is believed that the causative agent loses its energetic harmfulness (or bacteria simply die). Many of the more modern bio-resonance devices like the BICOM or the SCIO/Indigo can deliver a wide variety of frequencies and patterns that include everything from frequencies, vibrational patterns from herbs, plants, crystals, flower essences, minerals and aromatherapy oils, as well as colour, sound and many others.

Although we can measure the electrical potential and currents flowing via different pathways through the body, we have no idea yet what different waveforms mean. Oscilloscope views of actual signals in the tissues look like electric noise without any traceable regularities. The early pioneers of bio-resonance were not discouraged by these complexities and made a bold approximation. Their idea was that if this electric noise is sampled at any point on the body, phase-shifted and fed back to the client, it might cure disease. And in fact bio-resonance has proven to be useful in a wide variety of disease conditions and so it is assumed that the theory is right and that's what actually happens.

Rife machines work with the same principal, although the original device seemed to have used a pulsed radio-wave to apply the frequencies to the body. Unfortunately the original plans for Rife's "beam ray device" are inaccessible. Modern Rife machines, however, do not deliver the same results as Royal R. Rife's legendary device with which he claimed to have cured cancer.

There seems to be, however, another ingredient necessary for bio-resonance devices to find and treat the cause of the disease: the intention of the examiner and the patient. Also bio-resonance claims to be able to change adaptive behaviours to trauma and shock. In my experience, the protocols developed by practitioners of Neuro Linguistic Programming (NLP) and Emotional Freedom Technique (EFT) work best for resolving shock and trauma.

The NES-ProVision is at present the most advanced bio-energetic system [12]. It uses a scanning process to evaluate the

Human Body-Field (HBF) and then – and that is the big advantage – compares the measured energy patterns against a normal HBF. Peter Fraser [13] [14] spent 30 years mapping the energy patterns of the human body on human tissue. He found the frequency patterns that meridians use and which tissue is actually connected to which meridian. The replenishment of missing energies is then done through energised colloidal minerals – rather than through the device itself as the other systems do. These colloidal minerals are called Infoceuticals which can be ingested or applied topically. Another way is the NEStrition range: energised encapsulated herbs that have gone through the NES imprinting process.

Any bio-energetic scan helps the holistically orientated practitioner to focus on the most prominent energetic issues of the client as revealed by the scan. Discussing the findings with the client opens up the possibility of evaluating symptoms and getting to know the client in greater detail. It is amazing to see the accuracy of, for example, the NES scan and what a trained practitioner can learn about their clients – and the clients about themselves.

A few conditions where bio-energetic application made a significant difference in clinical trials for the patients include fibromyalgia, myalgic encephalomyelitis (ME) [15] and irritable bowel syndrome (IBS), acute pain, chronic pain, digestion issues, lack of energy, emotional issues, joint and musculoskeletal dysfunctions [16] [17].

I use the NES in my holistic clinic as a stand-alone application. I see patients with chronic pain who respond within a minute to the application of Infoceuticals with reduced pain sensation. I see patients with chronic illness who are more buoyant after a week of treatment, who show less depressive traits, who get the feeling that their illness can be overcome and that they can take an active part again in life. I have patients who were bedridden for months, yet a day after taking their Infoceuticals were up and about. And I have patients who can cope better with the usual stress that modern life brings – and less perception of stress equals a better quality of life and fewer symptoms. Patients with chronic fatigue and depressive symptoms (whatever the underlying “illness” might be) respond to the Infoceuticals and make significant changes in their life and their symptoms.

Of course there is the usual question by the conventional medical community as the “gold standard” – randomised clinical trials. As usual I do not comment on the usefulness of RCTs – that’s worth a separate discussion. Companies who produce these bio-energetic devices have conducted these internal RCTs; now it is up to independent institutions to verify these trials and recommend that energy

medicine be integrated into mainstream medicine. In the meantime I encourage patients to discuss a complementary approach to bio-energetic applications with their medical doctor to experience the benefits for themselves.

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About the author:


Dr. med. Jörg Prinz was born in Germany and has lived in worked in New Zealand since 1990. He is a trained medical doctor and is still registered with the German Medical Council. His doctoral thesis was about the immunotherapy of prostate cancer. For his scientific work Justus-Liebig-University, Giessen, Germany, awarded him the academic title of a “Doctor of Medicine” (Dr. med.).

Jörg has been interested in neurosciences since the 1970s. His studies led him initially to NLP (Neuro Linguistic Programming) and to EFT (Emotional Freedom Technique) in his counselling clinic. Then he was introduced to the Nutri Energetic System that helps to scan the Human Body Field, the energetic make up of a person, and the use of Infoceuticals to rebalance these energies.

Finally Jörg has been trained in the use of SCENAR devices for pain relief and health recovery. He is the RITM SCENAR trainer for New Zealand.


Dr. Prinz runs the Energy Health Clinic in Whakatane.

SCENAR Application – SCENAR Sales – SCENAR Training



**ENERGY
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