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### Research article

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## **Bio resonance therapy**

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## ABSTRACT

Bio resonance is a holistic physical method that can be used diagnostically and therapeutically to treat various diseases. Bio resonance uses the electromagnetic waves it receives from patient. This biophysical method of treatment alters the energy field of affected organism, increasing the effectiveness of autoimmune system, thus improving the patient's overall health. Bio refers to" living organism" and resonance refers "to vibrate in harmony with"

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# **INTRODUCTION**

Bio resonance treatment must be specifically adopted to each patient<sup>(1)</sup>. It is scientifically proven that our body cells emits and receives electromagnetic signals<sup>(2)</sup>. When normal cellular electromagnetic communication is disrupted due to interference of some pathogenic microorganisms, diseases appear<sup>(3)</sup>.

In the history of medicine, the 20th century will be referred to as the century in which medicine was based on cellular pathology, biochemistry, advances in surgery and increased the life expectancy, thanks to the development of new methods of that are based on chemical, antibiotic or other methods. There is a need for the use of Complementary and Alternative Medicine (CAM) in order to relax, improve our subjective well being, preventive care and to meet the need for more individualized and holistic care<sup>(4)</sup>.

One concept describing the etiology and mechanism of chronic diseases is based on Epigenetic changes <sup>(5)</sup>.

Epigenetic changes are permanent changes in gene expression that are caused by chromatin conformation changes and do not involve DNA sequence changes can be persistent through DNA replication. The nuclear chromatin cluster has electric oscillation capacity in the eukaryotic nucleus. Bio resonance can be applied to a wide range of diseases without medication or side effects.

### Bio resonance therapy, a revolution in healing

Bio resonance therapy was invented in Germany in 1977 by Franz Morell and Engineer Erich Rasche but. Our body cells generate tiny electrical impulses that interact or communicate with neighboring cells. Cells continuously emit and respond to these signals. These signals are in the form of oscillations or vibrations and the oscillation pattern had been found to differ between a healthy person and a sick person. Oscillations from a cell burdened with foreign substances such as bacteria, toxins etc., also have a different structure to that of a healthy cell.

### **Sampling Micro-Magnetic oscillations**

If a cell is in a good health its signal will be harmonious and resonate in a free manner with other cells in the body. If a pathogen [toxin, virus, parasites etc.] attacks a cell then the signal coming from the cell becomes distorted. The signal profiles are measured via electrodes attached to the patient's body.

Distorted signals coming from damaged cells consists of harmonious and non harmonious oscillations. The so called molecular-absorption -circuit within the bio resonance machine filters out the distorted part of the signal. Bio resonance stimulates the body's self-healing, produces no side effects and represents the next stage in the evolution of health care.

There are now a few such bio resonance machines available all over the world that actually measures the bio resonance of body organs and helps to give a proper therapy through it.

### A Few Benefits of Bio Resonance Therapy

- ➢ It is non invasive and without side effects.
- ➢ It provides additional energy for people with low energy.
- ▶ It has shown to improve circulation.
- > It can help to reduce the need for medications.
- ▶ It improves mood and attitude.
- ➤ It is used as diagnostic tool for many illnesses.
- Shown to reduce the instances of viral infections-this is especially important for patients with a compromised immune system.

- Because it is a drug -free treatment, it can be used in conjunction with other treatments without risking harmful interactions.
- Increased vitality.
- It will help body, to be more robust and resistant to opportunistic infections including strep, colds, influenza and more.

Every living and non-living things has its own resonant frequency. Every organ of the body has its own individual resonant frequency, much like the note of a tuning fork. All bacteria, viruses, parasites and fungi also have their own frequencies.

Microbes that invade the body also have their own resonant frequencies, so if we can match these frequencies then the microbes will absorb this energy and die. As a result of Bio resonance therapy, a weakened organ receives energy needed for normal functioning which is redistributed on a wide scale, restoring the work ability of affected organs.

#### Working of Bio resonance

Bio resonance is based on the idea that unhealthy cells or organs emits altered electromagnetic waves due to DNA damage. Bio resonance believes that detection of these waves can be used to diagnose disease, while changing these waves back to their normal frequency will treat disease. For diagnosis bio resonance electrodes are placed on skin and hooked up to a machine that the energy wavelengths coming from the body then those frequencies can be manipulated by the machine to allow the body cells to vibrate at their "natural frequency" which purportedly treats the condition.



**Fig: Bioresonsnce therapy** 

#### Bio resonance has been used for

Bio resonance therapy is purported to diagnose and treat a number of health-related conditions.

#### These include

- Smoking cessation.
- Stomach pain.
- Allergies and related conditions, such as eczema and asthma.

- Rheumatoid arthritis.
- Cancer.
- ➢ Fibromyalgia.
- Overtrainingsyndrome.

#### **Smoking cessation**

It found that 77.2% of people in the bio resonance group quit smoking after one week of therapy verses 54.8% in the placebo group. The study also found that after a year of treatment - 28.6% of people in the bio resonance group had stopped smoking verses 16.1% in the placebo group.

### **Stomach pain**

Bio resonance has been used to treat stomach pain. Few studies had found that this therapy was useful specifically for reducing stomach pain not associated with a specific diagnosis.

### **Allergies and related conditions**

Using bio resonance to treat allergies and related conditions such as eczema and asthma is one of the well-studied areas of bio resonance treatment. There have been a number of both controlled (using a placebo) and uncontrolled (observations) studies in this area. Controlled studies are generally considered of a higher caliber than uncontrolled studies due to their ability to compare treatment with a placebo

### **Rheumatoid arthritis**

Some studies suggests that bio resonance might be effective in Rheumatoid Arthritis (RA) by normalizing how antioxidants functions within the body. These antioxidants helps to fight with free radicals, which may help lessen tissue damage in people with RA

### Cancer

Some users of bio resonance say that it can activate tumor suppressor genes and lessens the effects of over active cells both of which can kill cancer.

### Fibromyalgia

Few studies compared the combination of bio resonance therapy, manual therapy and a point massage for treatment

of fibromyalgia to manual therapy and point therapy without bio resonance therapy. While both groups saw improvements' the study found a 72% improvement in muscular pain for the group that got bio resonance therapy verses a 37% improvement for the other group. Improvements in sleep issues and sensitivity to weather changes were also found.

### **Over training syndrome in athletes**

Over training syndrome also known as burn out, occurs when an athlete does not fully recover from training and competition. It can lead to frequent injuries, fatigue, mood changes, sleep disturbances, changes in resting heart rate. Few studies found that bio resonance to be helpful in overtraining syndrome by bringing the heart rate and blood pressure back to normal. Calming the sympathetic nervous system (Fight or flight response).

### More research is needed

As noted, there are some studies that show positive effects from bio resonance. However, these studies only include a small number of people and research has to be extended with large population.

## CONCLUSION

Bio resonance does not limited to replace traditional medicine, but in many cases it provides significant help even cases with no effective medications. Treatment using Bio Resonance has proven so effective that it has spurred effects akin to spontaneous regression across a range of conditions. It is important to highlight the fact that even patients, who did not show complete healing and discontinued medication has shown improvement with this therapy. This demonstrates that another potential of Bio resonance is to be combined with a standard medication for better assimilation from patients and to minimize the side effects of conventional drug. The aim of Bio resonance treatment is restoration of the body's energy flow, elimination of pathological conditions causing disease. In future times there is scope that it can be proved to be in first place as a new diagnostic and therapeutic method to prevent and deal with the hidden disease. Bio resonance is a new development in the field of medicine that covers the need for early detection of disorders and organism malfunctions that can potentially develop into ailments.

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