Title: FEMALE DISORDERS, PMS PMT
PREMENSTRUAL STRESS OR TENSION

Part of the Following:
Large Scale Study of the Safety and Efficacy
of the SCIO Device
Chief Editor:
Andreea Taflan DBF IMUNE

Edited and Validated By Medical Staff:
Abstract:

This study demonstrates the safety and effective qualities of the SCIO device used in a large scale study. A large scale study of over 97,000 patients with over 275,000 patient visits reported their diseases. Many of them reported Premenstrual Tension disease. And there were over 60% improvements as a result of their energetic medicine therapy is reported in this study. This study shows the safety and efficacy of treating PMS patients with energetic and natural medicine techniques.
I'm pretty sure it's called PMS because that's easier to say than estrogen induced manic depressive bipolar disorder prone to fits of psychopathic rage.

Symptoms of PMS may be relieved or diminished by changes in diet, sleep and exercise habits.
Introduction:

Over View:

This large scale research was designed to produce an extensive study of people with a wide variety of diseases to see who gets or feels better while using the SCIO for stress reduction and patient monitoring. The SCIO is an evoked potential Universal Electro-Physiological Medical apparatus that gauges how an individual reacts to miscellaneous homeopathic substances. The device is registered in Europe, America, Canada, S. Africa, Australia, S. America, Mexico and elsewhere. The traditional software is fully registered. Some additional functions where determined by the manufacturer to be worthy of evaluation. Thus a study was necessary to determine safety and efficacy. (As a result of these studies these additional functions are now registered within the EC)

An European ethics committee was officially registered and governmental permission attained to do the insignificant risk study. Qualified registered and or licensed Biofeedback therapists where enlisted to perform the study. Therapists were enrolled from all over the world including N. America, Europe, Africa, Australia, Asia, and S. America. They were trained in the aspects of the study and how to attain informed consent and transmit the results to the ethics committee or IRB (Institutional Review Board).

2,569 therapists enlisted in the study. There were 98,760 patients. 69% had more than one visit. 43% had over two visits. There were over 275,000 patient visits recorded. The therapists were trained and supervised by medical staff. They were to perform the SCIO therapy and analysis. They were to report any medical suspected or confirmed diagnosis. Therapists personnel are not to diagnose outside of the realm of their scope of practice. Then the therapist is to inquire on any reported changes during the meeting and on follow-ups any measured variations. It must be pointed out that the Therapists were free to do any additional therapies they wish such as homeopathy, nutrition, exercise, etc. Therapists were told to not recommend synthetic drugs. Thus the evaluation was not reduced to just the device but to the total effect of seeing a SCIO therapist.

Part 1. The emphasis was on substantiating safety followed by efficacy of the SCIO.
Part 2. Proving the efficacy of the SCIO on diseases (emphasis on degenerative disease)
Part 3. Proving the efficacy of the SCIO on the avant-garde therapies of Complementary Med
Part 4. QQC standardization
Methods and Materials:

SCIO Device:
The SCIO is an evoked potential Universal Electro-Physiological Medical device that measures how a person reacts to items. It is designed to measure reactions for allergy, homeopathy, nutrition, sarcodes, nosodes, vitamins, minerals, enzymes and many more items. Biofeedback is used for pre-diagnostic work and or therapy.

The QXCI software will allow the unconscious of the patient to guide to repair electrical and vibrational aberrations in your body. For complete functional details and pictures, see appendix.

Subspace Software:
The QXCI software is designed for electro-physiological connection to the patient to allow reactivity testing and rectification of subtle abnormalities of the body electric. If a patient is not available a subspace or distance healing link has been designed for subspace therapeutics. Many reports of the success of the subspace have been reported and thus the effectiveness and the safety of the subspace link is part of this test. Many companies have tried to copy the subspace of Prof. Nelson and their counterfeit attempts have ended in failure.

SOC Index:
The SCIO interview opens with a behavioral medicine interview. This is called the SOC Index. Named after the work of Samuel Hahnemann the father of homeopathy, he said that the body heals itself with it’s innate knowledge. But the patient can suppress or obstruct the healing process with some behavior. Hahnemann said that the worst way to interfere with the healing natural process was Allopathy or synthetic drugs. Theses upset the natural healing process by unnatural intervention and regulation disturbance. Other ways to Suppress or Obstruct the Cure are smoking, mercury amalgams, stress, lack of water, exercise and many others. This behavioral survey then gives an index of SOC.

The scores relate to the risk of Suppression and Obstruction to the natural Cure. The higher the scores the more the Suppression and or Obstruction. The scores of 100 or lower are ideal. A copy of the SOC index questions appear in the appendix.

Study Technicians:
The study technicians were educated and supervised by medical officers. The study technicians were to execute the SCIO therapy and analysis. All were trained to the standards of the International Medical University of Natural Education. Therapists from all over the world including N. America, Europe, Africa, Australia, Asia, S. America and elsewhere were enlisted to perform the study according to the Helsinki study ethics regulations.

They were to chronicle any medical suspected or confirmed diagnosis. Therapists personnel are not to diagnose outside of the realm of their scope of practice. Then the study technician is to inquire on any disclosed observations during the test and on follow-ups report any measured changes.

To test the device as subspace against the placebo effect, two of the 2,500+ therapists were given placebo SCIO devices that were totally outwardly the same but were not functional. These two blind therapists were then assigned 35 patients each (only 63 showed). This was to assess the double blind factor of the placebo
effect as compared to the device. Thus the studied groups were
A. placebo group, B. subspace group, and C. attached harness group.
Cross placebo group manipulation was used to further evaluate the effect.

**Important Questions**: these are the key questions of the study
1. Define Diseases or Patient Concerns
2. Percentage of Improvement in Symptoms
3. Percentage of Improvement in Feeling Better
4. Percentage of Improvement Measured
5. Percentage of Improvement in Stress Reduction
6. Percentage of Improvement in SOC Behavior
7. What Measured +How (relevant measures to the patient’s health situation)
8. If Patient worsened please describe in detail involving SOC_

After the patient visit is was complete the data was e-mailed to the Ethics
Committee or IRB for storage and then analysis. This maneuver minimized the risk of data
loss or tampering. Case studies were reported separately in the disease analysis.

**MEDICAL DETAILS**

Signs and symptoms vary greatly and may include any combination of the following. Avoid
coffee and smoking. Most women experience some symptoms referable to the menstrual
cycle; in many women the symptoms are significant but of short duration and are not
disabling. Other women have one or more of a broad range of symptoms that temporarily
disturb normal functioning. Symptoms last from a few hours to 10 to 12 or more days and
usually cease with onset of menses; however, in perimenopausal women, symptoms may
persist through and after menses. Type and intensity of symptoms vary in the general
population and may also vary in individuals. With onset of menses, in many women PMS
is replaced by dysmenorrhea.

Significant dysmenorrhea is more common in the teens and tends to diminish as the
woman matures. Conversely, PMS may begin in the twenties and increase with age. The
most common complaints are mood alteration and psychological effects: irritability,
nervousness, lack of control, agitation, anger, insomnia, difficulty in concentrating,
transient weight gain, oliguria, and breast fullness and pain. Neurologic and vascular
symptoms include headache, vertigo, syncope, paresthesias of extremities, easy bruising,
and cardiac palpitation. Epilepsy may be aggravated. GI symptoms include bloating,
constipation, nausea, vomiting, and changes in appetite. Pelvic heaviness or pressure
and backache may occur. Skin problems of acne, neurodermatitis, and aggravation of
other skin disorders may also occur. Respiratory problems (allergies and infection) and
eye complaints (visual disturbance and conjunctivitis) may be worse premenstrually.

- Behavioral changes (mild to severe personality changes, nervousness,, irritability,
  agitation, sleep disturbances, fatigue, lethargy, depression)
- Neurologic changes (headache, vertigo, syncope, paresthesia of the arms and
  legs, exacerbation of epilepsy)
- Respiratory disturbances (increased susceptibility to colds, exacerbation of allergic
  rhinitis and asthma)
- Gastrointestinal disturbances (abdominal bloating (most common), diarrhea or
constipation, appetite changes, exacerbation of spastic colitis
- Edema
- Temporary weight gain
- Palpitations
- Backache
- Exacerbation of skin problems
- Breast enlargement and tenderness
- Oliguria
- Easy bruising

Results:

Before we review the direct disease improvement profiles, we need to review the overall results. The first most basic of question in the results is the basic feedback of the generic patient conditions.

1. Percentage of Improvement in Symptoms
2. Percentage of Improvement in Feeling Better
3. Percentage of Improvement Measured
4. Percentage of Improvement in Stress Reduction
5. Percentage of Improvement in SOC Behavior

The SOC index gives us great insight to this study. Each disease has a different cut off where the ability of the SCIO to help was compromised. As a general index scores of 200 + where much less successful.
PREMENSTRUAL STRESS OR TENSION

This group's significant SOC cut off was 140.

The large scale study had over 98,000 patients and 275,000 patient visits. We have direct evidence of the safety and efficacy. A placebo group was used for the large scale test to help validate the results.

This disease group's total number of patients was 10,347

Subspace Treatment 7,941 patients, 2,406 SCIO Harness Patients

OVERALL ASSESSMENT

A. Subspace Treatment 22,504 patient visits

There were ---- cases of patients who reported a negative improvement. None of these cases reported any major difficulty.

There were
29 cases reporting no improvement of Symptoms, .001 % of Subgroup
23 cases reporting no improvement in feeling better, .001 % of Subgroup
21 cases reporting no improvement in stress reduction .001 % of Subgroup

25%---- Percentage of Improvement in Symptoms
21%---- Percentage of Improvement in Feeling Better
31%---- Percentage of Improvement Measured
34%---- Percentage of Improvement in Stress Reduction
13%---- Percentage of Improvement in SOC Behavior

B. SCIO Harness Treatment 7,890 patient visits

There were ---- cases of patients who reported a negative improvement. None of these cases reported any major difficulty.

There were
7 cases reporting no improvement of Symptoms, .001 % of Subgroup
10 cases reporting no improvement in feeling better, .001 % of Subgroup
11 cases reporting no improvement in stress reduction .001 % of Subgroup

47%---- Percentage of Improvement in Symptoms
51%---- Percentage of Improvement in Feeling Better
62%---- Percentage of Improvement Measured
64%---- Percentage of Improvement in Stress Reduction
45%---- Percentage of Improvement in SOC Behavior
Testimonials and CASE STUDY REPORT CONDENSATION:

“I have been using the EPFX device on myself, husband, and 4 children for about 6 months and have seen its benefits. My children are calmer. We all experienced less allergies this year than previously. My youngest son, underwent heart surgery at 11 months and has hardly slept through the night since (he is 5 now). I was told this happened to some patients, but his doctors did not know why. After running the EPFX device on him, even in subspace, he sleeps much better through the night, with his night terrors almost completely gone. My own health, was not the greatest and I had little energy and also had sleep problems, only partially related to those of my son. I am much more energetic these days and I sleep better most nights. I have also experienced far less pain during menstruation than I had previously. I am less stressed and have learned to relax much more readily. We are all very thankful that the EPFX has come into our lives.

Ontario. Canada”

„I had a client that was going to be scheduled for surgery to remove a cyst from her ovaries that was the size of a lemon and she also had carpal tunnel, diagnosed from her doctors.
I worked on the stressors of the female hormones and ovaries and also the stressors in her arms and shoulders.
She didn’t even mention the arms, but I saw her braces and worked on them.
She told me her arms felt better before she left my office that day and her stomach pain went away. She came one more time and 1 month later she saw her doctor and they did an ultra sound and the cyst was down to the size of a dime. That was in 2004 and she has not returned and neither has the cyst.

Minneapolis, U.S.A.”

„A 7 year old with medically pre-diagnosed rheumatoid arthritis came into my office in severe pain. She was unable to move without major discomfort, playing with any mobility, bike riding and running were out of the question. Even sitting was agonizing and she sat the majority of her time reclined. Using the EPFX to attempt to rebalance her stress she showed continual progression in her improvement. By looking at imbalances in minerals, vitamins, amino acids, and fatty acids her mother was able to make some lifestyle changes in the child’s eating habits to help her balance those frequencies. After 8 visits the child’s knees, which were equivalent to very large grapefruits in size, had reduced to normal dimensions and other inflamed areas and joints had also gone to a more normal size. She was now able to go out biking and playing with her siblings and school friends. The mother reported that the doctor did not know what was happening, but that he was ecstatic and as she quoted "whatever you are doing please keep doing it for her, it seems to be working."
Shortly after this time her aunt decided to purchase a device and the child's biofeedback care was turned over to her. I saw the children and their mother a month ago and she is looking healthy and is no longer in pain according to the mother. Another success story using biofeedback.

I am not an expert in the field of AIDS or HIV but I received a 56 year old male homosexual client in need of help. He was determined to use natural methods, supplements and stress reduction of massage and biofeedback to maintain his health and keep his HIV at bay. He decided to use the biofeedback therapy every other week and has done so for over a year. During this time it has been interesting watching his imbalances; when there are more he informs me he is under more stress at work, when the numbers are more balanced he informs me it's been a very relaxing period in his life. He has continued to amaze his physician and his counts continue to improve. Under one very stressful period his counts decreased and he added homeopaths which were to help with balancing his thymus and came in for his normally scheduled visit. He rebalanced to the doctors amazement and has remained stable and happy over the past two years. He now makes an appointment when he feels highly stressed and is only on a maintenance visit as he calls it.

A 39 year old woman who is having a stressed second marriage, and has been in three long term relationships is unhappy because she cannot get pregnant. Her current husband does not wish for more children as his two are teens and this is causing more stress according to my client. She does not understand why she cannot get pregnant and neither can her medical doctors so she has decided to try biofeedback. I worked on her for several visits and she reported that she was feeling much less anxiety in her life. Using this technique of biofeedback and realizing that her hidden emotions were causing her more stress she agreed to talk more to her husband about their issues. She reported back to me on her 7th visit that she was expecting a baby. Our appointments were terminated at that time until after pregnancy and I am happy to report that she delivered a healthy, happy and wonderful baby boy just after to her 40th birthday. She then scheduled her "a tune up" after that when she felt overly stressed.

A 46 year old woman with diagnosed Fibromyalga was helped into my office. She was taking 7 prescribed medications and felt that they were no longer helping her and that she was getting worse and worse. Her decision was to try more alternative help and try and de-stress her life. We began her appointments. Over the next year of monthly visits she and her doctor reduced her medications down to only one, and her Fibromyalga rarely flared any longer...unless she became overly stressed. She latter purchased her own EPFX for her families private use, although I do still see her as a client about every six months, when she says it's "her turn to get pampered".
A 35 year old woman with five children came to my office. She was always tired, had constant headaches, heart palpitations and anxiety attacks, and was under a doctors care. The doctor could find nothing wrong with her. Her family had grown up Amish and had convinced her to seek outside help for her problems other than her medical doctors. She came to my office once a week for a month and then monthly for the next six months. While she was doing biofeedback for stress reduction she realized that she had the energy for her children, was able to function as she should and had very few anxiety attacks. She has since purchased a biofeedback device to try and help herself and her family remain healthy.

A 69 year old woman with major stress started seeing me for stress. She was working two jobs and had divorced and felt a failure, yet she could not keep from being in contact with her ex-husband. She stated she felt unloved and that everyone abused and used her and she was tired of being depressed. We began Biofeedback sessions, she chose to come in on a weekly basis even though the sessions appeared to be helping longer than that. It did not take me long to discover that the biofeedback was only part of her help. What she needed the most was simply a shoulder to lean on and someone to talk to. It is sad when someone has to pay for a friend that they feel has nothing to gain from them talking to them. She stated that her "friends" always had an ulterior motive for seeing her and talking to her. She started de-stressing enough that she began dreaming at night of past issues and traumas of her childhood and realized that this is one of the reasons she was feeling so depressed and admitted that she had been feeling suicidal. But, that with the help we had gotten from Biofeedback she no longer had the wish to die. I suggested that in order to speed up her past traumas she seek professional help and gave her the name of a psychologist who could help with past life trauma as well as trauma regression. She started to see this professional and continued to come to the office for a monthly appointment. This continued for two years. She remained health and felt fine and has gradually decreased her appointments. When I began traveling more and at the office less I referred her to a different biofeedback technician.

A 56 year old male who had served in the Golf War made an appointment at my office. He had been exposed to Agent Orange and had returned injured and with Paranoid schizophrenic he was currently under the care of the VA Hospital. At that time he could not go out during the day without help and medication for fear of someone hurting him. The voices in his head were telling him to kill himself and that other were after him. After six weekly his trust to me and willingness to talk had increased, he had informed me the voices had reduced but he was still having much of the same symptoms as before. At this time he informed me that he had a metal plate in his skull from his war injury, so we changed the placement of his electrodes within the next three visits he reported that he was much better. He had gone to the VA and they were extremely impressed with the biofeedback therapy he had been undergoing. If things were better yet again at his next
appointment they were going to re-evaluate his medication and they suggested he continue the biofeedback. We continued with two more biofeedback sessions using the EPFX and he made his next appointment at the VA hospital, where they not only re-evaluated but removed his medication. Many of these prescription's were psychotropic medications; his body did not respond well to this and within two days of this removal he tried to commit suicide. He was then institutionalized.

A 65 year old male who had a cancer scare with previous skin melanoma had decided to try biofeedback and alternative health therapy. He and his wife 63, had both been feeling very tired as of lately and more stressed than in the past, because of this they decided to try biofeedback. After one visit they realized they were sleeping better and feeling more energy. They decided to continue this process on a monthly visit. They continued this process for a year while going to their physician who had been watching several pre-cancerous lesions. Most of these lesions had disappeared and both the doctor and the client were thrilled. They now remain on a yearly visit with biofeedback to monitor their stress levels.

A 76 year old woman who had taken care of her sister came into the office. Her brother had died a year before and her sister had cared for him while he was sick with a stomach issue. Shortly after this her sister became ill for several months with the same mysterious symptoms that the brother had had and she had taken care of her until her death. My client was now nervous because she had had diarrhea for over 6 months which were part of the same symptoms. We began biofeedback and had 10 days until she was scheduled for a colonoscopy. She had earlier had a cancerous polyp removed from the colon and was concerned of what would be found now. Because of our limited time we met every other day to do stress balancing using the EPFX. She went to her scheduled appointment and was pleased to report to her doctor that the diarrhea was now gone and that she was feeling better. She was able to eat more now that she had been over the past six months without felling bad and able to keep the food down and had begun to put back on some of her earlier weight loss. The colonoscopy test was complete and showed only one bacterial polyp. She was thrilled with the results.

Michigan, U.S.A."

„Client: 62 year old female. After running a test on the EPFX I noticed that she was showing many signs of stress having to do with female issues, specifically menstrual issues. At 62 I knew that was unusual and asked her if she was having any female problems. She had been a bit skeptical when she first came and had not revealed any existing issues. At that time she said " how could you possibly know that? I have had my period for the last 12 days". Knowing that was not normal, I suggested that she visit her doctor. The next time that I saw her she was very emotional and thanked me. The condition was pre cancerous and they were able to catch it before it became
life-threatening.

City unknown

„My first client when I opened business on September 11, 2007 was a 20 year old female who had been making weekly trips to the emergency room for a morphine shot to control her abdominal pain. She had been to pain management clinics, M.D.’s, Gynecologists and no one could find the source of her pain. They gave her pain medication to help control it and wrote her a prescription for medical marijuana. Her trips to the emergency room usually occurred during the night and she would wake her parents to drive her to the E.R. Needless to say her parents were at their wits end with fatigue and worry over their daughter. This routine had continued for two years before the client came for her first biofeedback session.

My young client required two sessions to manage the stress of pain the first week, this continued for the second week but after the third session she came back saying that she had just experienced the best week of the last two years of her life. She was able to go out and enjoy her young friends, exercise mildly and sleep all night. She actually cried as she put her arms around me and thanked me for helping her. She told me she had felt so helpless because no one else had been able to do anything for her except knock her out so she slept and couldn't function. Her mother also thanked me emotionally for giving her back her life!

City unknown

„While using the biofeedback machine on my Dad. I found that the stress was relieved in his neck. His neck is degenerated as the bones are rubbing on bones which causes great pain. After running the biofeedback program the pain is relieved and he can bend his neck without the great pain he was experiencing. With each session the stress is relieved.

I have found that stress is relieved in myself as I run the program. I am aware of this and am very grateful. If you need testimonial in person, on the phone, etc. I will, My Dad will, my Mother, So will my husband and daughter. When I had the biofeedback program ran on me before I purchased it. I found that my legs, knees moved better, that I could walk up and down stairs without pain as the stress was relieved. So did the others with me. I have experienced “feeling” the frequencies affecting me in many ways, some of them too unbelievable to mention here. Whether for energy, etc. or just smiling more . . which is a GREAT THING.

Dalton, Georgia”

„My sister was 11 weeks pregnant about 9 months ago and she had uterine pains. She went to her Allopath who did an ultrasound and told her everything was fine, just go home and rest. Everything was not fine. Her husband is a paramedic and saw my sister continue
to decline into excruciating pain and vomiting. He called and the ambulance was there in minutes; however it was an hour drive to the closest hospital. As it turns out she had an ectopic pregnancy and the fallopian tube had burst leaving her life in danger. I received a call around midnight that my sister was on the way to the hospital, hemmoraging severely and that she probably will not make it to the hospital alive. So I put her name, birthdate, sex into the EPFX asap and ran a test. Although I am an EPFX beginner I had to do something and I live too far away to have helped by driving there, she may have been dead by then. Since my background, and my comfort zone, is with Homeopathics, I went directly to Arnica. I Sent her via subspace a 10M of Arnica to try to stop the hemmorage. I got a call about 2 minutes later that my sister was beginning to stabalize and that she might make it to the hospital. I continued to send her flower essences and homeopathics for shock and hemmorage. She made it to the hospital where she underwent surgery and I continued to gently send her the appropriate FE's and Homeopathics using my own estimations and the EPFX'S of her needs. As it turns out, she recovered in what the Allopaths considered to be a remarkably rapid pace and was released from the hospital the next day. She is well and in good health to this day.

City unknown"

„The first thing I did with our biofeedback computer was run a customer who was told he had cancer. He had a basketball sized tumor on his stomach and had been to Mexico in the Donsbach clinic. I used Rife frequency to zap the cancer. I think I ran him three times -- each time using a different strategy. The last time I ran him, it came up in the risk profile that cancer was no longer a risk. I told him. He was shocked and speechless. Then he got happy. He said he was going to the Mayo Clinic to get checked. A couple of days after his appointment I found out they confirmed that he was cancer-free.

I run myself the most. I am 61 years old. I havn't been to a doctor in years and years, except for elective things like laser eye surgery. I look like I'm 40. I ride a bike, ski, play golf, play the piano, write company literature etc. I give the magnets some credit but since I've been using the computer I've felt better than ever before. I have probably had one cold in the last year with no flu. I do the anti-aging programs.

Female patient, 54 years old. Her issues were meनo pause. Her hot flashes were unbearable. In the middle of the session she started getting a hot flash and it never materialized. Her symptoms are decreasing and decreasing regularly.

City unknown"

“I have worked with a 2 year old female who was throwing tantrums everyday for many weeks. She had fallen several weeks earlier and bumped her head. I told her mother about biofeedback and Dr recommends homeopathic remedies. She decided to do a
session. I took an hour to run my protocol, advised her to use some homeopathics for the child and she has not thrown a single tantrum since this session.

A friend of mine told me that her friend was diagnosed with endometriosis and that she would have to have surgery for this within a few weeks. She had had many pains and female issues. I had to act quickly so I sent her a bottle of Fem B - Dr Recommends. She took it for 3 days and all of her symptoms disappeared. She told me that she cancelled the surgery during a presentation I gave, in the town she lived in.

I am a 29 year old male and have had acne for over ten years. I have used diet, cleansing and other natural remedies. My symptoms decreased around 80%. I own the biofeedback device and I am the one sending this email. I did a session using the situation method, specifically on this issue. The results showed a possible bacteria problem. I proceeded with my protocol and then used Dr recommends Bacteria Fuge for over a week. My acne is nearly 100% diminished. There is hope for those who seek the truth.

I have scanned my girlfriend who is 25 years old several times. She has had some cramps, back pain and headaches prior to these sessions. She uses Dr Recommends remedies - Fem B, Thyroid Thymus and Parathyroid. Basically I use the device to detect the appropriate remedies for her during the month. She has no headaches, her back pain has decreased by 75% and she has no more cramps.

I scan my mother who is 55. She has been diagnosed with hypothyroid and was taking synthetic drugs for this. I told her to try the Dr, Recommends Thyroid Thymus Parathyroid. She told her physician about it as well. She no longer uses the drugs and she has told me she notices a clearer mind when using the biofeedback and homeopathics.

I worked with a 10 year old girl who had different allergies that were pollen related. I did a biofeedback scan and sure enough it showed on the device both in the allergy screen and in the main matrix. I did the session and gave her the Dr. Recommends Pollen remedy. Her allergies have decreased considerably since this session.

Dilworth, Minnesota"

“A Boulder, Colorado Biofeedback Practitioner saw a 45 year old woman lawyer with late stage breast cancer. She admitted that the stress of a high profile Denver law practice was a major factor in her onset of cancer. Skeptical of biofeedback’s benefits, she agreed to a 90 day stress detection/management program. In those 3 months, and after 6 biofeedback sessions with the EPFX, she reported to the Practitioner a complete remission of the breast cancer, proven to her and her family with well documented cancer marker tests from her Denver Oncologist.
A Boulder, Colorado Biofeedback Practitioner saw a 3 year old child with external skin warts that covered most of her small frail body, even her face. She was not able to attend daycare because of the fear the daycare center had about the possibly contagious nature of the child's condition. After 2 biofeedback sessions over a 6 week period all external body warts subsided and the child began to thrive and was shortly after that allowed back into the daycare program with no further relapse of the condition and its symptoms.

A Boulder, Colorado Biofeedback Practitioner saw a young 28 year old married woman that was diagnosed with infertility and who was desperately wanting to have children with her newly wedded handsome and healthy husband. Soon into the young marriage she was beginning to blame herself and was accepting a very poor image of herself due to her inability to conceive. After a 3 month period of regular, weekly biofeedback sessions, the Practitioner received a note in the mail announcing the good news that she had conceived and the attending Doctor reassured her of a happy and healthy birth that coming spring.

Colorado, U.S.A."

“A 49 year old woman from Los Angeles, CA had experienced intense pre-menstrual depression, bloating, headaches and irritability, and post-menstrual painful and debilitating cramps for over 30 years. After 5 treatments over 3 months time with the EPFX she reported that her pre-menstrual depression was completely gone. Her mood swings had disappeared and the menstrual camps were in most cases no longer an issue and when she did experience them the severity was lessened by 90%.

L.A., U.S.A.”

1) I worked on a 12 year old boy with diagnosed learning disabilities and after working the stress programs on the relevant areas for 3 visits over 6 weeks this boys reading had improved by A FULL GRADE LEVEL – as verified by testing! His teachers and sports coaches were amazed at his improved ability to follow instruction verbally and comprehend written instruction.

2) At least 5 menopausal women have come to me complaining of symptoms of menopause that they were not able to get any relief from. They all reported 100% improvement after one session and they returned periodically for tune-ups.

3) I do mini-sessions as a means of sharing the EPFX and introducing people to it. One woman with fibromyalgia reported to me that she was pain-free for 3 months after a 20 minute mini session where we did the primary and secondary stress areas only.

4) A woman with cerebral palsy, but very high functioning – only visible signs are a slight tremor in the hands and tilt of the head, saw me to see if I could assist with a pain issue. She reported to me that her tremors (which were constant her entire life, 24 hours a day) had stopped completely for 10 days. We are looking forward to exploring this further!
City Unknown

“Blood sugar levels as reported by a local medical laboratory decreased thirty points in a type 2 diabetic after two treatments. An elderly woman reported greater range of motion in her arthritic shoulder after one treatment. A menopausal woman reported cessation of hot flashes after one session. She had been having about ten per day.

City Unknown”

“A lady I saw last year had been suffering from IBS as her doctor told her. She came to see me with a view for helping her with her diet. I picked up an imbalance with her gallbladder and gallstones, but as I don’t diagnose I suggested she visit her doctor again. He dismissed her as mad as she didn't fit the profile. She saw a private doctor who discovered she had a five inch stone in the gallbladder.

She brought in her daughter who had not had a period for 2 years. After working on her for 3 sessions and recommending supplements her periods started.

She then came along with a skeptic husband who had a rash on his arms and legs. He has now come 3 times and is feeling a lot better.

I've been seeing a lady since last September, who was only having about 1/2 hour sleep a night. the doctor was trying to give her anti depressants. I picked up Giardia and asked had she been on holiday, and she suddenly remembered taking a trip to Barbados when her symptoms started. She wanted a quick fix, but had spent hundreds of pounds seeing homeopaths, tropical disease doctors, who all told her it was emotional. She nearly drove me mad calling me, but she trusted me and the Scio and I've been seeing her every week. Gradually her digestion is better, her sleep got better for a few days each time she saw me. Now she is sleeping for 7 hours a night.

City Unknown, United Kingdom"

“I have had my device and have had great success in the stress reduction area. I have a friend who had been going for pain management therapy. Her pain was all over her body to the extent that it was affecting her ability to walk normally. She came for one treatment and saw immediate positive results. Her pain was greatly relieved and she now walks normally without difficulty. All this after only one treatment.

My sister-in-law who was rushed to the emergency room because of heavy bleeding was told that she needed surgery to remove her uterus and ovaries. Because of her low blood count, it was postponed. I used the device on her only once and her feeling of weakness was gone. Her bleeding stopped and she has not returned to the doctors to plan surgery. This took place two months ago.
“2 years ago I was diagnosed with bipolar disorder and spent some time in a psychiatric hospital. They started me on a wide variety of medications (apx 10 different meds) I was hardly able to function in my job or any other aspect of life because of these medications. I started as a client and after three visits I had dramatic results, so dramatic that I purchased my own system. Within the first couple of months I was able to get off all of my medications and I have had positive life changing results from using the QXCI/EPFX.

• I have been running various protocols on myself over the past couple of years. My back used to be in excruciating pain when I laid on my right side and that has completely gone away. I also have also seen a significant change in my circulation, increased energy, relief from PMS, stress relief, and clarity of thought all do to the QXCI/EPFX. I cannot imagine what my quality of life would be without this.

• I have had the opportunity to spend some time with a 7 year old child that experiences dramatic swing do to bipolar disorder. Since I have had the opportunity to run protocols on him he has balanced out significantly.

• I ran a 30 something year old adult for depression and stress. She found significant relief.

• We have seen significant relief for clients who have been diagnosed by their physician with fibromyalgia.

City Unknown”

“52 year old white woman. Depression, overweight, migraines, musculoskeletal pain, menopausal sxs – hotflashes, heart palpitations, multiple surgeries incl hysterectomy, breast reduction, and urethral.blockage. Multiple car accidents. 3rd marriage, previous husbands abusive.

Rx: Ceprolex, Phentolin.

Client left looking like a different person after long session (almost 3 hours.) She went home and changed her diet. Lost 25 pounds, did some extreme self care and altered her realationships. Depression lifted. She is starting a business and feels like a “new person.” All symptoms drastically reduced.

City Unknown”

“I have a case of Chrone’s. Stools normal and all pain gone with some supplements and two sessions.

A Gentleman with fertility problems. 3 visits and they are expecting.

A 25 year old female who never had a menstruation in her life. After one visit she started menstruating.

Elderly gentleman diagnosed with Prostate Cancer. Did cancer protocol and he came once a month for a year. His check up with the Doctor, he is cancer free.

Lady on anti depressants for 1 year. After 2 sessions has been off meds for now 2 years.

The list goes on and on. Every day I am amazed at the response of my clients. I am blessed to have the opportunity to work with such a device and share it with my community. Thank you for sharing this technology with the world.

City Unknown”

“I am a female and when I was 16 I was at the Doctor for one of my first yearly check-up and Pap Smear. I received a call about a week later to come back, and they did another. It turned out I had extreme dysplysia or a pre-cancerous condition caused by human papilloma virus. I was very young, just barley sexually active and was going in for a biopsy. The biopsy found cancer starting to form on my cervix and the Doctor was scheduling me for surgery. I said I wanted to try something else first, and being a very open minded MD, she told me that she would love it if I could find another way. I worked with the EPFX (QX version) on a regular basis and used homeopathy along with lifestyle changes (Diet). After 2 months there was no sign of any abnormal cells. I am 32 years old today and still have %100 healthy Paps. I have had many more, smaller health crisis change for the positive over the years by working with the EPFX. I cant even remember them all but I do know that the only time I have had to see an MD since I was 16 is for broken bones, cuts and car accidents.

City Unknown”

„My personal experience with the treatments on the machine have been great. I was able to get rid of migraines, PMS, hormone imbalances, left over trauma and emotions and fibrocystic breast disease. I have been able to build my immune system, treat all my
stressed organs, regulated and knocked out my sugar craving. It has made me more conscious of the lifestyle changes I need to make to be healthier. My digestion has improved greatly, along with my attitude and my energy level. The detoxing treatments have allowed my body to get rid of the candida (yeast) and other bacteria and toxins in the body. I am always amazed with the accuracy of the machine, not just because of my personal experience, but through the experiences of my clients.

- Broomfield, CO"

„Last March, I had my appendix taken out and went through the usual 6 week recovery process. At some point I was still experiencing complications that I felt was not the result of the surgery. I was menstruating twice a month and experiencing severe pain. My gynecologist told me that I would need a hystrectomy and had further concerns that I would be anemic. Fortunately, I was able to use the EPFX for the pain and get some clues as to where the stress was coming from. After careful examination, and looking at where the imbalances were, I asked my regular doctor to check my DHEA levels and my thyroid. I started taking 5mg of DHEA and a little progesterone creme and continued working with the EPFX device. Within a month I started to experience normal and painless periods. I am very thankful for this technology, it has made a huge difference in my life and I feel that it helped me avoid another surgery.

City Unknown"

„Female client had been suffering from hemorrhage for seven years. Had to quit her job. Now after a few sessions with the EPFX, a few changes in her diet, and some supplements she is taking, she is back to work, very happy and doesn't miss an appointment.

City Unknown"

„I have had my device for about 2 years now and use it mainly on myself and family. I am 40 years of age and have suffered with endometriosis for 20 years. After multiple surgeries and a partial hysterectomy the only thing left for me was a complete hysterectomy. Right around the time I bought my device I was trying to make a decision as to what to do about this for I did not want to lose another body part! Well, I'm sure you can guess the rest. I'm still hanging in there 2 years later and feel much better with the use of my device.

City Unknown"

„I have a client who was 35 at the time, she and her husband had been married for 15 years and had not been able to conceive and had done everything to get pregnant. She was told that due to her endometriosis and Circulation issues that they were never conceive. I have work with her for three sessions over a 2 week period. She cried the first
session for 1.5 hours and never talked about a thing. I just work with the stress and did short therapy for fertility. Three months later she was pregnant and now has a son who is three years old.

City Unknown"

„I would like to give a testimonial for my own health improvements with the EPFX device. When I started working with the device, my general health is very good with the exception of one area, my hormones. For at least 20 years or more I have suffered with heavy cramping during my ovulation cycle and the first two days of my menstrual cycle. The last 5 years or so I have had heavy bleeding with thick dark clotting as well on the first 2 days and it would last a full 7 days. After working on myself for approximately 2x per month, for 2 months I started my menstrual cycle without pain! I had little to no forewarning (usually lots of pain). The cramping during my ovulation cycle stopped within 3 months, I have minimal cramping just before I begin my cycle, and the bleeding only lasts for 3-4 days instead of 7! It has only taken a few short months to correct my cycle, when my O.B.G.Y.N could not figure out why I had so much pain. The solution he could come up with was that I was having cysts that would erupt during that phase and that was causing the pain. He did not offer any solutions to my problem. FYI.....he was a fertility specialist.

I also feel as though working with my clients, my health and energy levels are better! It makes me very happy when I work with the device, I feel as though I have bonded with it and we are a team! I love how it gives me pop up messages, they are very profound at times, even shocking!

City Unknown”

„AGE: 33

GENDER: FEMALES

DIAGNOSIS: ALLERGY FOR A LOT OF SUBSTANCES, EMOTIONAL CRISIS, PMS, FATIGUE

AFTER A TEST WITH THE SCIO AND AN ALLERGY TEST I FOUND A MEXICAN PLAN THAT WAS CAUSING SOME OF HER ALLERGIES. I ASK HER TO FIND THIS PLANT FIRST IN INTERNET AND THEN IN HER HOUSE. THE PLANT WAS IN HER KITCHEN, THEN SHE MOVED THIS PLANT TO ANOTHER PLACE IN HER GARDEN AND THE PRINCIPAL ALLERGY STOPS IMMEDIATELY. ALSO, WITH FOUR SESSIONS WITH THE SCIO SHE EXPERIENCED A RELAX STATE, BETTER FEELINGS, EMOTIONS, AN ESPRITUAL BALANCE AND JOY.

CITY UNKNOWN, U.K.”
“I purchased the EPFX/Scio device five months ago. I had many hormone issues, and after visiting the gynecologist I thought I was going to have to undergo many tests and possibly a hysterectomy. Five months later all of my symptoms have disappeared.

City unknown”

„Age 44, female. Osteoporosis, menopause 3 years ago, gastrointestinal issues, pain in lower back with odd sciatic to foot., T8 and L5 narrowing, headaches – neck. After 3 sessions between Feb 16-Mar 9/07, she reported on March 16/07 that her neck and headaches were okay and that her back was good, but a bit of gastritis still.

City Unknown”

„Age 44, female. Stress and anger, depression, menopause with insomnia. After first session she noticed less anger and stress. After her third session, she noticed her phobia was reduced and could handle encounters with spiders better.

---

**TOP 10 NATURAL CURES FOR PMS**

Iron
Bananas
Calcium and Vitamin D
Healthy Fats
B Vitamins
Chaste Tree
Cramp Bark
Raspberry Leaf Tea
Black Cohosh
Ginger

www.naturalcuresnotmedicine.com
SUGGESTED THERAPIES

FEMALE DISORDERS, PMS PMT PREMENSTRUAL STRESS OR TENSION

1. Female problems are very complex and are often the result from an imbalance of hormones. Stress, improper nutritional toxins, drugs, and lifestyle produce female problems.

2. Hormonal disturbances can develop due to excess or deficient estrogen which is released from the ovaries; excess or deficient progesterone which is released from the corpus luteum, an organ which is developed every month in the female up until menopause; excess testosterone; and deficient adrenalin both of which are produced in the adrenal glands due to stress; excess growth hormones produced in the hypothalamic/pituitary area which can contribute to endometriosis (ref. Endometriosis Study).

3. Disorders of the liver can also produce problems because the liver has to help metabolize the excess of any one of these hormones. Disorders can result from stress and emotional problems, as well as nutritional deficiencies and excesses. Caffeine from cola, chocolate, coffee and tea as well as nicotine have more profound disturbing effects on the female system. Also fatty acid deficiencies contribute to these disorders because the different regulatory hormones need to be made out of fatty acid components. Proper mineral balancing is also important. Toxins can disrupt this. Toxins such as those found in beauty shop compounds and the environment can also place a burden on the female system. Many synthetic pharmaceuticals also cause female problems.

4. *FEMALE LIQUESCENCE contains an estrogen-based compound and can be used as a form of hormone replacement therapy in low grade conditions. For more hormone replacement therapy, a homeopathic of 3x estrogen with 6x progesterone can also be utilized. FEM-PRO is a complex homeopathic that helps any and all female problems.

5. In conditions involving testosterone and adrenalin production, stress reduction is very important as well as prescribing *KIDNEY/OVARIAN/ADRENAL which helps to stabilize these hormones. *PROGESTEX is used when a build-up of bad tissues occurs in the vaginal and uterus area due to excess progesterone. This product helps to provoke a cleansing of the bad tissues and is anatural form of DNC.

6. The diagnostic criteria of a progesterone problem will usually result in a pre-menstrual stress and/or tension that is usually relieved upon the onset of the period. This is a diagnostic criteria that tells us that the problems is in a progesterone imbalance. The use of PROGESTEX for one month can help in relieving this condition.

7. The diagnostic criteria for an estrogen type disorder is that the condition would ensue the entire month or would mostly ensue at the release of the period and then occur for a week after the period. This is known as post-menstrual disturbance and is highly significant of an estrogen type disorder. A combination homeopathic of ESTROGEN 3x with PROGESTERONE 6x, taken 10 drops/3 times a day for one month along with *FEMALE LIQUESCENCE taken for three months, 1 teaspoon per day (ref. Natural Hormone Study).

8. If there is a problem with irritability, this is diagnostic of a testosterone and/or adrenal disturbance. *KIDNEY/OVARIAN/ADRENAL should be taken 10 drops/3 times a day.
9. In treating hormonal disturbances, remember a healthy liver function is always important as well as good nutrition, stress reduction, and reducing exposure to toxins. Master acupuncture points for stabilization shown below:

<table>
<thead>
<tr>
<th>Table 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Treatment Seeking Behaviors and History Among Women with PMS</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Study Sample</th>
<th>% of Study Sample</th>
<th>Exercise</th>
<th>Diet</th>
<th>CAM*</th>
<th>Any OTC Drug</th>
<th>Rx drug</th>
<th>Saw Doctor</th>
<th>Herb and Nutritional Supplements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population based</td>
<td>Ramcharan et al (1992)</td>
<td>–</td>
<td>–</td>
<td>–</td>
<td>–</td>
<td>–</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>75% (all women with PMS diagnoses)</td>
<td>Johnson et al (1998)</td>
<td>41.80%</td>
<td>24.60%</td>
<td>–</td>
<td>31.40%</td>
<td>12.50%</td>
<td>15%</td>
<td>–</td>
</tr>
<tr>
<td>41% national probability sample</td>
<td>Singh et al (1998)</td>
<td>18%</td>
<td>4.50%</td>
<td>0.8%–1.5%</td>
<td>80%</td>
<td>3%</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>13.60% national probability sample</td>
<td>Angst et al (2001)</td>
<td>–</td>
<td>–</td>
<td>–</td>
<td>50%</td>
<td>13%</td>
<td>29%</td>
<td>9.9%–24%</td>
</tr>
<tr>
<td>12.60% prepaid health plan</td>
<td>Sternfeld et al (2002)</td>
<td>45.70%</td>
<td>–</td>
<td>9.9%–13.3%</td>
<td>90.1%</td>
<td>–</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>28.70%</td>
<td>Borenstein et al (2003)</td>
<td>–</td>
<td>–</td>
<td>–</td>
<td>83.20%</td>
<td>18.40%</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>29%</td>
<td>Dean and Borenstein (2004)</td>
<td>–</td>
<td>–</td>
<td>–</td>
<td>84.60%</td>
<td>19.10%</td>
<td>–</td>
<td>–</td>
</tr>
</tbody>
</table>

*massage, relaxation, meditation.
PMS = premenstrual syndrome, – not reported; OTC = over the counter; Rx = prescription; PMS = premenstrual syndrome.


---

![Acupuncture Points Diagram](image-url)
EMOTIONS AND ATTITUDES EFFECT AND CONTROL
HYPOTHALAMUS PITUITARY PINEAL REGULATES ALL FUNCTIONS

THYROID THYMUS
effects metabolism effects immunity
LIVER detox excess male hormone
ADRENALS makes male hormone and other excess hormones, more under stress
OVARIIES makes Estrogen releases eggs
CORPUS LUTEUM UTERUS made and destroyed every cultivates eggs month makes Progesterone needs to detox monthly VAGINA There is a critical balance of many factors in the female hormone regulation. Most importantly Estrogen, Progesterone and Testosterone Our natural herbs and glandulars are designed for micro-nutrient supplementation and natural stimulation of balance.

SCIO TREATMENT SUGGESTED

Color - set patient's favorite if desired, or choose color by chackra that is deficient
Cosmic: set 1 for physical body, 2 for astral, 3 for etheric, 4 for mental, 5 for cosmic, 6+ for other
Magnetic Method - 1+10 is universal, 7 for detox, 8 for regrowth of new tissue, 3 for injury, 2 for metabolic correction, 5 for inflammation, 6 for infection, 9 for psych stress, 2 for energy stimulation, 4 for immune stimulation.
Frequency - 5k-10k, 333hz--555hz 1200--1300hz,
Trivector for 10 min once a month in early stages once a week in later stage.
Discussion:

The results show significant improvement in symptoms and feeling better. The collective results show a dramatic benefit to the SCIO therapist visit.
PMS AND DIET

Adjusting your diet can help to alleviate PMS symptoms. Use the table below as a guideline.

DO CONSUME

- Calcium Supplement with Vitamin D
- Complex Carbohydrates
- Daily Multivitamin

DON’T CONSUME

- Alcohol
- Caffeine
- Nicotine
- Simple Carbohydrates

My greatest fear is that PMS doesn’t exist and this is my real personality.
PMS - some of the causes, some of the therapies.

by Lisa Orwicz, DC

500 menstrual cycles are our lifetime! Estrogen and Progesterone fluctuate throughout the month to produce a startling, average statistic: 500 PMS attacks. If you have more estrogen than progesterone in your system, then you have estrogen dominance. Estrogen dominance is one of the main causes of PMS, and can cause uterine fibroids, endometriosis, fibrocystic breast disease and at it’s worse, sterility and breast cancer. One of the most common questions and concerns I get as a holistic practitioner is about PMS and how to treat it. This article will focus on PMS, some of the causes, some of the alternative therapies, and the principles that will help you throughout your life.

Most women know that estrogen is responsible for female characteristics, but did you know that estrogen has over 200 functions in the body? Some of these functions effect brain cells, vision, hearing, taste, smell, health of your bones, your heart, your skin, mood, sleep, memory, your mental acuity, attention span and pain threshold. In essence, estrogen is very important to both the mental and physical aspects of your well being.

Estrogen detoxification has one healthy pathway, where it performs its function, is broken down by the liver, and excreted out of the body through the urine and feces. Estrogen detoxification takes place in the liver in 2 phases, Hydroxylation & Methylation. In order for this process to run smoothly, many vitamins, minerals, antioxidants and essential fatty acids are needed. If there are too many toxins and not enough vitamins, then estrogen goes down unhealthy pathways, backing up into your tissues and causing PMS symptoms.

There are two kinds of estrogen that the body most densify, endogenous estrogens (made from within the body) and xenoestrogens (foreign to the body). The main sources of these harmful xenoestrogens are: second hand hormones from meat and dairy products, pesticides, drugs, plastics, and the pill and hormone replacement therapy. These xenoestrogens can be 100-1000 times stronger than our own estrogen and can therefore be much harder to break down.

Estrogen - it’s metabolism and detoxification are very complicated processes and can be influenced by many things, among them are:

1. Genetic Predisposition
   The one thing you can’t change, everything else you can.

2. The balance of your Blood Sugar
   This influences which hormones your body produces; some help some cause PMS.

3. The availability of Vitamins, Minerals and Antioxidants
   Phase I of the Liver detoxification process is Hydroxylation which needs: Indole-3-Carbinol, B6, B12, Choline and Magnesium in order to function correctly. If these vitamins aren’t available, then estrogen backs up in tissues resulting in PMS symptoms or worse symptoms.

4. The availability of Essential Fatty Acids
   Good fats are needed to form healthy hormones. Bad fats distort the state process.

5. The availability of good bacteria in your digestive tract
   Many things, including antibiotics, kill good bacteria. Good bacteria is needed for proper estrogen metabolism.

6. The availability of Sex Hormone Binding Globulin (SHBG)
   Estrogen can be excreted out of the body by SHBG which excretes it from transferrin (tess), ligases (grown amide), and fiber. The lack of (SHBG) will also cause estrogen to back up in the tissue, resulting in negative symptoms.

7. The availability of Methyl groups
   Phase II liver detoxification is Methylation, the process of methyl groups attaching to estrogen and excreting it out of the body. If your liver is overloaded detoxifying things like alcohol, drugs, polthione, herbicides, pesticides, birth control, etc then methyl groups are not available to excret estrogen out - once again backing up in the tissue, resulting in negative symptoms.

8. Exercise
   (Will be covered later in this article.)

9. Overall liver toxicity
   The processing of xenoestrogens, caffeine, nicotine, dairy, alcohol, sugar, drugs (prescription and recreational) can monopolize the liver’s ability to detoxify.

OK, we are familiar with the PMS symptoms of bloating, breast tenderness, fatigue, food craving, backache, headache, and gas (belches). But, what about mood swings and behaviors like when you want to commit PMS (pre-menstrual murder) Estrogen affects serotonin and serotonin affects your mood. The popular antidepressant Prozac works by increasing serotonin levels and is sometimes prescribed for women with PMS. Prozac, however, can cause liver toxicity and it’s negative side effects.

Two natural ways to increase serotonin is to exercise and use natural progesterone cream.

Diet. Now for the good news! You can control what you eat! It has been analyzed that the average PMS patient consumes 62% more refined carbohydrates, 27% more sugar, 79% dairy, and 78% more salt than women without PMS. The women with PMS also consumed 33% less iron, 77% less magnesium, and 52% less zinc. Another study showed that women with PMS consumed 5 times the amount of diary products and 3 times the amount of sugar as compared to those women without PMS. Dairy products and calcium interfere with magnesium absorption and sugar increases the excretion of magnesium. Sugar is another culprit. Refined sugar increases insulin which causes sodium and water retention which in turn causes breast tenderness, bloating, and weight gain. It’s nice to know we can control some of these symptoms with diet. Certainly worth a try if you are someone who suffers from PMS.

Also, excessive and incorrect prostaglandin synthesis has been implicated as another cause of PMS symptoms. As with fats and cholesterol, there are good prostaglandins and bad ones. What’s needed to synthesize the good one (anti-inflammatory prostaglandin PGE1)? Magnesium, linoleic acid (an essential fatty acid), Vitamin B6, B3, C and Zinc. What’s needed to produce the bad one (the pro-inflammatory prostaglandin PGE2)? Bad fats, like animal fats and arachidonic acid that comes from meat. Your choice!

Continued on pg. 2

Despite the conflicting research, the following vitamins and botanicals have helped many PMS sufferers. Contact me at 740-771-5 to send you a more complete list with recommended dosages, research and other PMS products:

- B6, Vitamin E, Gamma Linoleic acid (Evening Primrose oil), Magnesium, Calcium, Indole-3-Carbinol, Alpha Lipic Acid, Selenium, Choline, B12, Mixed Cartenoids, Curcumin, Chaste Tree, Gingko Biloba, Wu Tu Yum, Licorice Root, Dong Quai, and Black Cohosh, Kava Kava, St. John’s Worth, Dandelion Leaf, and finally, Lemon Balm.
--- BIBLIOGRAPHY ---

**BOOKS**


**ARTICLES AND STUDIES**

8. International Medical Journal of the Science of Homeopathy, IMUNE PRESS
YOUR LADY GOT PMS?

WHAT TO DO

PRAY TO GOD
PM
MOVE OUT THE WAY
SLEEP ON THE SOFA

A MESSAGE FROM THE MINISTRY OF HOMELAND SECURITY
I'M SORRY I LISTENED TO WHAT YOU SAID -AND NOT- WHAT YOU MEANT.

MILK CAN HELP REDUCE THE SYMPTOMS OF PMS.
Low-Fat Diet and Chronic Disease Prevention: the Women’s Health Initiative and Its Reception

Alice Ottoboni, Ph.D.
Fred Ottoboni, M.P.H., Ph.D.

ABSTRACT

The Women’s Health Initiative Randomized Controlled Dietary Modification Trial was designed to study a low-fat diet, a nutritional approach to prevention of chronic diseases that was considered promising. The negative findings from the trial were both unexpected and disappointing to nutrition authorities. The authors’ public responses to the findings articulated an unwillingness to believe the finding that a low-fat diet did not prevent breast or colon cancer or heart disease. The negative results should stimulate work on alternate hypotheses, and reconsideration of the long-standing proscription against dietary fat.

Introduction

The Women’s Health Initiative (WHI) was launched in 1991 with the purpose of addressing the most common causes of death, disability, and impaired quality of life in postmenopausal women: heart disease, breast cancer, colorectal cancer, and osteoporotic fractures. Three randomized controlled clinical trials were proposed to test promising approaches to prevention of these chronic diseases. The three trials were hormone therapy, calcium plus vitamin D supplementation, and dietary modification.

The WHI program was the largest federally funded study of women’s health ever undertaken, with the expenditure of more than $700 million since its inception in 1991. To put the massive WHI effort in more personal terms: “After 12 years, 7.5 million forms, and 1 million clinic visits, we have reached the most exciting phase of the Women’s Health Initiative—the results!” The results from the hormone therapy trial were published earlier, in 2002. Results from the calcium plus vitamin D supplementation trial and the dietary modification trial were published in 2006. A WHI Extension Study through 2010 has been funded to follow participants through the next four years.

The WHI Randomized Controlled Dietary Modification Trial was designed to study a low-fat diet, a dietary approach to prevention of cardiovascular disease, colorectal cancer, and breast cancer. Although unproven, nutrition scientists thought the approach was promising. The findings were published simultaneously in three separate scientific papers, the first dealing with breast cancer, the second with colorectal cancer, and the third with cardiovascular disease.

All three papers from the dietary modification trial presented findings that were not only a surprise to the nutritionists, but also in sharp disagreement with its long-held dietary recommendations, as diagrammed in the Food Guide Pyramid (now known as MyPyramid).

“The Low-Fat Diet Doesn’t Prevent Chronic Disease—or Does It?” is the title of one of the many responses that attempted to explain the disappointing findings. It summarizes the conundrum that the trial presented to the nutrition authorities.

The dietary trial was designed in accordance with the prevailing expert opinion of international nutrition authorities, who believed that a reduction in total fat intake would reduce the risks of breast and colorectal cancers. There was less agreement on how reducing total fat intake would affect heart disease, even though saturated fat was a generally accepted risk factor for heart disease. Thus, the heart-disease component of the study was added to the protocol because it was anticipated that a reduction in total fat would be accompanied by a reduction in saturated fat. Fruits, vegetables, and grains were also considered to have a role in chronic disease prevention, but this hypothesis also had not been tested in a long-term, randomized trial.

Design of the Trial

The dietary modification trial recruited 46,858 postmenopausal women aged 50 to 79 years, recruited between 1993 and 1998 from 40 clinical centers throughout the United States. Each clinical center had its own principal investigator and staff. The women were randomly assigned to the dietary modification group, referred to as the intervention group (n = 19,541; 40%), or the comparison group (n = 29,294; 60%). The women in the intervention group were asked to lower their fat intake to 20% of their total calories, and to eat five or more fruit/vegetable servings and six or more grain servings a day. The comparison group was asked not to make any dietary changes. Both diet groups were followed closely during the 8.1 years of the study with clinic visits and periodic questionnaires. The intervention group also participated in an intensive behavioral modification program using group sessions, self-monitoring techniques, and other strategies aimed to motivate and support reductions in dietary fat and increase consumption of vegetables, fruit, and grains.

Results of the Trial

Diet Compliance: Dietary fat intake was significantly lower in the intervention group than in the comparison group. The difference between groups in change from baseline for percentage of energy from fat was 10.7% at year 1, and this difference between groups was mostly maintained throughout the trial, although by year 6, the difference in mean fat intake between the two groups decreased somewhat, to 8.2% of energy intake. The intervention group also achieved statistically significant increases in vegetable, fruit, and grain servings. Vegetable and fruit consumption was higher in the intervention group by at least one serving per day, and grain consumption was higher by half a serving per day. 
Treatment guidelines for PMS

Nick Panay BSc MRCOG MFSRH
Chairman of the National Association for Premenstrual Syndrome, Director of West London Menopause & PMS Centre, Consultant Gynaecologist Imperial College Healthcare NHS Trust & Chelsea and Westminster NHS Foundation Trust, Honorary Senior Lecturer, Imperial College London

**Mild to moderate PMS**
- **Encouragement of healthier lifestyle**
  - Improved nutrition and regular exercise
  - 1. Less fat, sugar, salt, caffeine and alcohol
  - 2. Frequent starchy meals, preferably high in fibre
  - 3. More fibre, fruit, vegetables

**Stress management**
- Relaxation / Yoga / meditation / breathing techniques

**Complementary Therapies**
- Agnus Castus 20-40 mg / day
- Red Clover Isoflavones 40 – 80 mg / day
- St John’s Wort (beware drug interactions)

**Vitamins & Minerals**
- Vitamin B6 max 50 mg / day (with GP supervision)
- Magnesium 250 mg / day,
- Calcium 1g / day + Vitamin D 10 mcg / day especially for migraine

**Moderate to severe PMS**

**PSYCHOLOGICAL APPROACH**
- Selective serotonin reuptake inhibitor antidepressants
- Fluoxetine (Prozac) 20-40 mg / day
- Citalopram (Cipramil) 10-20 mg / day,
- Escitalopram (Cipralex) 10-20 mg / day
- Continuous or in luteal phase
- Cognitive Behavioural Therapy

**CYCLE SUPPRESSION**
- Some combined oral contraceptive pills (e.g. Yasmin/Yaz)
- Suppression of cycle with transdermal estradiol (100 mcg patches or 4 doses oestradiol 0.05%)
- Progestogen opposition (ultragen 200 mg D17-D28 or Mirena)

**Resistant PMS or persistent progestogenic side-effects — refer to gynaecologist**
- GnRH analogues + Add-back HRT
  - e.g. goserelin 3.6 mg oc/month or triptorelin 3.0 mg oc/month with add-back continuous combined HRT or Tibolone

**Surgery**
- Hysterectomy and BSO + oestradiol +/- testosterone HRT
- Transdermal estradiol 50-100 mcg or 50-75 mg estradiol implants +/- 100 mcg testosterone implants 6 monthly
I have P.M.S. and E.S.P... that makes me a Bitch that knows EVERYTHING!!

PMS Symptom Tracker  
Use this chart to track your PMS symptoms.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
</tr>
</thead>
<tbody>
<tr>
<td>period</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>acne</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>breast swelling and tenderness</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>feeling tired</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>having trouble sleeping</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
WOMEN'S MONTHLY CHART’S MONTHLY CHART

Clients can use this chart to graph several functions of behaviors, biology, and mood. These are rated 0 to 10, or are a statement of measurement. Body temperature at first morning is measured either axillary or oral (but must always be measured using the same technique). Axillary, under right arm is best. Temperature increases in mids-cycle, usually indicate ovulation day. Mood, vitality, stress, pain, appetite, and bloating are to be rated 0 to 10. Zero being none, 10 being extreme.

The moon cycle lets us know the possibility of lunar influence. The pH oral, pH urinary and specific-gravity in the urine will be recorded as measured. Mucous refers to vaginal mucous which can also indicate ovulation day. Day one on the chart is just the first day when the chart is started. Several charts might be used to learn more about the cycle.

As a women charts her own moods and scores, she learns much about her own cycle and her own body rhythms. Awareness is vital for the healing process. This chart can also be of extreme importance to the physician or counselor. For the purpose of introduction we will only recount some basic indications. More in depth indications will follow in other physician public atones.

Ovulation day is mid-cycle, day 13, 14 or 15, usually. The first day of the cycle is marked by the day after first signs of menstruation. The right ovary should release an egg one month the left the next month.

Slight pain or discomfort on ovulation day in any ovary is normal but if moderate or excessive might indicate ovarian trouble or infection. During the first half of the cycle the ovaries are in charge and their manufacturing of estrogen is key for systemic control. If pains, depression, mood or any symptoms occur during this time, it relates to ovaries and estrogen (usually deficient) on ovulation day the corpus lutetium is formed to protect the egg. A whole new endocrine gland is made and then destroyed by the female body each month. This end ocarina gland releases progesterone. Disturbances which intensify from ovulation to menstruation usually involve progesterone (excess or deficiency).

Women’s= Monthly Chart= Monthly Chart
Mu = Mucous Vaginal Transit Time
M = Mood
T = Temperature, 1st thing in the morning
V = Vitality Beet Juice Test
S = Stress
P = Pain Cramping
pHO= Oral pH, 1st thing in the morning Bowel Movement
PH = Daily (urine) 1st thing in the morning
S.G. = Specific Gravity, 1st thing in the morning Bowel Quality
A = Appetite
B = Bloating
L = Moon cycle
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7
Day 8
Day 9
Day 10
Day 11
Day 12
Day 13
Day 14
Day 15
Day 16
Day 17
Day 18
Day 19
Day 20
Day 21
Day 22
Day 23
Day 24
Day 25
Day 26
Day 27
Day 28
Day 29
Day 30
Day 31
For female problems:
1) Avoid caffeine (coffee, chocolate, cola)
2) No processed sugar
3) Diminish stress
4) Female Liquescence
5) Fem Pro
6) Stop smoking
7) Red Raspberry Tea
8) Fatty Acid Liquescence

Problem of Estrogen:
1) Estrogen Homeopathic, 3x.
2) Licorice Tea
3) Vitamin E, 800 iu per day
4) Female Liquescence

Problems of Pituitary, Adrenals, or Thyroid:
1) Pituitary Liquescence or Pituitary Homeopathic
2) Adrenal Liquescence or Adrenal Homeopathic
3) Thyroid Liquescence or Thyroid Homeopathic
4) Anti-Stress Homeopathic
5) Addiction Release Program

Problems of Testosterone (from adrenals):
1) Adrenal Homeopathic
2) Anti-Stress Homeopathic (reduce stress)
3) Testosterone Homeopathic, combination of 12x, 16x, 30x
4) Fatty Acid Liquescence

Problems of Progesterone:
1) Proges tex
2) Blazing Star Tea
3) Caulophylum
PMS Survival Flowchart

Do you have PMS?

- Screw you, go have fun somewhere.

Do you feel like breaking glass? Punching strangers? Crying uncontrollably?

- Yes: Are you able to pursue any of the following healthy options?
  1. Sleep for the rest of the day
  2. Go to the gym
  3. Watch non-sappy movies alone for the rest of the night

- No: Do so. No calling boyfriends/girlfriends or exes — you will do or say something you will regret.

- Yip: Minimize contact with the innocent or important. Then go home and hide from the world.

- Yup: Warn them, but you'll still probably piss someone off.

- Oh god yes: If you screwed up, you probably know it by the next morning at the latest. Go look at the "redemption" cheat sheet, take some painkillers, and start on damage control.

Not sure

No, I'm at work

Do so. No calling boyfriends/girlfriends or exes — you will do or say something you will regret.

- You're home safe! Yippee!

- Oops...

- You poor idiot. See the "redemption" cheat sheet.

No, I'm at a party

- No, but I'm with trusted friends/family

- This will probably not end well. Minimize drinking and try to control self-pity, rage, and any other wayward emotions.

- If you screwed up, you probably know it by the next morning at the latest. Go look at the "redemption" cheat sheet, take some painkillers, and start on damage control.

THE SEVEN DWARVES OF PMS

Itchy, Bitchy, Sweaty, Sleepy, Bloated, Forgetful, & Psycho
Three Powerful Herbs For PMS

- Cramp bark
- Chamomile
- Cinnamon

HerbalRemediesAdvice.org

PMS (Pre-menstrual Syndrome)
PMS (Pre-menstrual Syndrome) is a term used to describe any symptoms which occur any time after ovulation and disappear almost as soon as the period arrives. So the crucial point is not what symptoms you experience but when.

What are the symptoms of PMS?
This is where a lot of confusion has arisen because over 150 symptoms can be classed as PMS. These can include:

- Mood swings
- Irritability
- Anxiety and tension
- Bloating
- Breast tenderness and swelling
- Water retention
- Acne
- Tiredness
- Weight gain
- Headaches/migraines
- Crying Spells
- Depression
- Sugar and food cravings
- Constipation
- Dizziness

Quite a list!

Personality changes associated with this time can be very severe with some women describing a Jekyll and Hyde change where they literally become a different person pre-menstrually. Women say that they know they are feeling and thinking differently to the point of being irrational but they have no control over those changes. For some women at that time the world seems completely negative, 'everything seems black', doom and gloom and they will often cry at the slightest thing without any real reason.

Types of PMS
In order to make classification of PMS easier, Dr Guy Abraham in America, devised a system of categories for the different types of PMS symptoms. These fall into four categories
Type A – Anxiety
This category which is very common in up to 80% of women each cycle, includes those symptoms such as mood swings, irritability, anxiety and tension.

Type C – Cravings
This group includes cravings for sweets or chocolates, increased appetite, fatigue and headaches. Up to 60% of women can experience these kinds of symptoms leading up to the period.

Type H – Hyperhydration
Type H includes symptoms such as water retention, breast tenderness and enlargement, abdominal bloating and weight gain. Up to 40% of women can experience these changes.

Type D – Depression
Depression is the largest symptom in this group but it can also include confusion, forgetfulness, clumsiness, withdrawal, lack of co-ordination, crying spells, confusion. Only 5% of women experience these symptoms but these can be the most serious if the woman is verging on the point of being suicidal.

Many women will get symptoms from each Type during any one cycle. And for some women these symptoms can change from month to month, so they are not always experiencing exactly the same symptoms before each period.

What are your choices?

For some women because the symptoms can be predominately psychological they are often prescribed tranquillisers or antidepressants. Other women have been just told to ‘grin and bear it’ or it’s part and parcel of being a woman. And others have the situation where many doctors do not even believe that the condition exists.

It is assumed that PMS has an effect on a woman’s general health by giving her any number of 150 different symptoms. But what if the situation is really the other way round. That is, if a woman’s health is not very good then this manifests as PMS in some women.
If you have not been eating well, maybe lacking in certain vitamins and minerals, not exercising, stressed, too much to do each day and generally feeling ‘run down’ it is very possible that your body’s ability to produce the right balance of hormones and to utilise those hormones properly each cycle is going to be compromised.

Supplements

The supplements recommended below may be helpful for PMS. For best results you should take them over a period of three months, at the end of which you should be reassessed in order to monitor improvements and changes and then adjust the supplement programme according to your new condition.

**Multivitamin and Mineral**

A good quality multivitamin and mineral would form the foundation of your supplement programme to make sure that you are getting a ‘little bit of everything’. You then add in those nutrients in slightly higher amounts which are known to be helpful for PMS.

**Vitamin B6**

A number of studies have shown the effectiveness of vitamin B6 on PMS. Vitamin B6 plays a vital part in synthesising certain brain chemicals (neurotransmitters) that control your mood and behaviour. In order for your body to convert B6 (as pyridoxine) into its active form (pyridoxal-5-phosphate) which your body can use, it needs other nutrients such as magnesium. So if you take B6 on its own but are deficient in other nutrients your body may not be able to use that B6 properly. It is also now possible to take vitamin B6 in the form of pyridoxal-5-phosphate which is the type I would recommend.

**Vitamin E**

This vitamin has been shown to be helpful for the breast symptoms associated with PMS and also the mood swings and irritability.

**Magnesium**
Magnesium is classed as ‘nature’s tranquilliser’ and so is vital in those aspects of the pre-menstrual symptoms which relate to anxiety, tension, etc.. Women with PMS have been found to have lower levels of red blood cell magnesium than women who don’t have symptoms and the supplementation of magnesium has been found to be extremely useful in alleviating many of the PMS symptoms and even more effective when taken with vitamin B6 at the same time.

A magnesium deficiency can cause blood vessels to go into spasms so if you suffer from menstrual migraines magnesium can be useful in preventing these spasms.

**Chromium**

Chromium is needed for the metabolism of sugar and without it insulin is less effective in controlling blood sugar levels. It helps insulin take glucose into the cells. In PMS, where many of the symptoms are similar to symptoms of blood sugar imbalance, it is crucial that you have enough of this nutrient. Without enough chromium, glucose levels get higher because insulin’s action is blocked. Insulin brings down the level of glucose.

This ability of chromium to help with cravings is especially important if one of your main pre-menstrual symptoms involves appetite changes. Some women can find that they can eat a packet of biscuits or a box of chocolates a day in the lead-up to their periods, while they would not think of eating like that at any other time of the month.

**Omega 3 Fatty Acids**

Signs of an Omega 3 fatty acid are dry skin, lifeless hair, cracked nails, fatigue, depression, dry eyes, lack of motivation, aching joints, difficulty in losing weight, forgetfulness, breast pain. If you have also tried to lose weight by going on a low-fat or no-fat diet, you are likely to be deficient in these essential fats. It is now estimated that we are getting ten times more Omega 6 fats from our diet than Omega 3 and over the last century there has been an 80% decrease in the consumption of these Omega 3 fatty acids. When you eat Omega 3 fats they are converted to substances that have an anti-inflammatory effect on the body.

Many of the women I see in the clinic have been taking evening primrose oil supplements – an Omega 6 fatty acid – for many years as it can be helpful with PMS. But you can end up with too much Omega 6 and not enough Omega 3 in your body. Some women are also taking combinations such as Omega 3, 6, and 9 in supplement form because they have heard that we need a good balance of all the Omega fatty acids. This is true, but you have to take into account what your own levels may be in the first place. It is no good adding in more Omega 6 if you have already got enough or in fact too much in your body. (You can now have a blood test to tell you if you have the correct levels of Omega 3 to Omega 6 in your body see below). To check whether you have sufficient levels of Omega 3 please click [Omega 3 Deficiency Test (at home finger prick blood)](http://www.omega3deficiencyt.com).
Furthermore, by adopting a healthier lifestyle you will be more likely to prevent PMS (Pre-menstrual Syndrome) which is discussed in detail in the rest of this ebook which you can read by clicking on Understanding PMS (Pre-menstrual Syndrome) ebook at The Natural Health Practice

### Herbs

#### Agnus Castus (Vitex agnus castus)
This is the herb of choice for premenstrual symptoms (PMS). It has a balancing effect on the female hormones. A good double blind placebo controlled clinical trial in the British Medical Journal showed that agnus castus is an ‘effective and well tolerated treatment’ for PMS. Its effects have even been compared to an anti-depressant in the severe form of PMS termed premenstrual dysphoric disorder and there was no statistically significant difference between how well the drug worked versus the herb so when we have a natural solution that works equally well as a drug it seems logical to use the natural remedy.

#### Black Cohosh (Cimicifuga racemosa)
This herb is particularly helpful for the anxiety and tension symptoms of PMS and also headaches and migraines that occur premenstrually.

#### Skullcap (Scutellaria lateriflora)
While the agnus castus is working on hormone balance, the skullcap together with the black cohosh has a calming effect on your body.

#### Milk Thistle (Silymarin marianum)
It is your liver that has to detoxify your female hormones so you want it to be working efficiently.

### Caution
You should not take any of the above herbs if you are taking, The Pill, Fertility drugs, HRT or any other hormonal treatment or other medication unless they are recommended by a registered, experienced practitioner.
Tests

There are a number of tests available that are extremely useful and are well worth considering. These tests can give you invaluable insights into understanding what is going on in your body at the moment and can tell you what vitamin and mineral deficiencies and heavy toxic metal excesses you may have. They can let you know what your general condition is and how well your digestive system is functioning and then explain what action you need to take to rectify any imbalances the results may reveal. The analysis of these results lets you know what supplements you need to take in order to bring your body back into balance and into optimum health. This is also designed to help prevent these problems from recurring in the future. You would then be re-tested after three months to monitor your progress and to adjust the supplement programme accordingly.

**Mineral Deficiency Test with Supplement Programme (hair)**
Find out what the mineral and heavy toxic levels are in your body
This test measures the deficiencies and excess levels of 12 different minerals (including calcium, chromium, cobalt, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium and zinc) and 6 heavy toxic metals (including aluminium, arsenic, cadmium, lead, mercury and nickel) that may be present in your body. Find out more - [Mineral Deficiency Test with Supplement Programme (hair)](#)

**Online Personalised Supplement Assessment Programme**
Discover what vitamins and minerals you need and should be taking
The analysis of this comprehensive questionnaire will give you a three monthly supplement programme to help balance any vitamin and mineral deficiencies you may have. Find out more - [Online Personalised Supplement Assessment Programme](#)

**Omega 3 Deficiency Test (at home finger prick blood)**
If you want to find out if you are getting enough Omega 3 fatty acids from your diet and whether you have the correct balance of essential fatty acids.
Signs of an Omega 3 fatty acid are dry skin, lifeless hair, cracked nails, fatigue, depression, dry eyes, lack of motivation, aching joints, difficulty in losing weight, forgetfulness, breast pain. If you have also tried to lose weight by going on a low-fat or no-fat diet, you are likely to be deficient in these essential fats. It is now estimated that we are getting ten times more Omega 6 fats from our diet than Omega 3 and over the last
century there has been an 80% decrease in the consumption of these Omega 3 fatty acids. When you eat Omega 3 fats they are converted to substances that have an anti-inflammatory effect on the body.

Many of the women I see in the clinic have been taking evening primrose oil supplements – an Omega 6 fatty acid – for many years as it can be helpful with PMS. But you can end up with too much Omega 6 and not enough Omega 3 in your body. Some women are also taking combinations such as Omega 3, 6, and 9 in supplement form because they have heard that we need a good balance of all the Omega fatty acids. This is true, but you have to take into account what your own levels may be in the first place. It is no good adding in more Omega 6 if you have already got enough or in fact too much in your body. (You can now have a blood test to tell you if you have the correct levels of Omega 3 to Omega 6 in your body see below). To check whether you have sufficient levels of Omega 3 please click Omega 3 Deficiency Test (at home finger prick blood).

After three months you would then have a re-test in order to monitor your progress and adjust your supplement programme according to your new condition.

If you need help in obtaining any of the supplements, herbs or tests mentioned above, click PMS (Pre-menstrual Syndrome) options at The Natural Health Practice. They can supply all of them for you online or if you prefer to talk to somebody first you can also order by mail order on the telephone. The products supplied by this company are always of the highest quality.

Plan of Action

Nutrition

Ensure you are getting the right nutrition. Follow the dietary recommendations outlined in the free The Foundation of Health ebook For more information on the special dietary recommendations for PMS (pre-menstrual Syndrome), read the rest of the ebook on Understanding PMS (Pre-Menstrual Syndrome) ebook at The Natural Health Practice

Supplements

The supplement programme below should be taken for at least three months in order to achieve best results.

Nutrients & amounts

| A good multi-vitamin & mineral supplement | Magnesium | 140mg |
| Vitamin B6 (as pyridoxal-5-phosphate) | 25mg | Zinc | 15mg |
| Vitamin E (as d-alpha tocopherol) | 100ius | GLA | 150mg |
To avoid having to purchase numerous supplements for all of the above and to make the process easier, I have put together a supplement programme which contains all the nutrients and herbs mentioned above and in the correct dosages. For more information about these click PMS (Pre-Menstrual Syndrome) Supplement Programme. In my book “Overcoming PMS The Natural Way” I explain the impact of nutrition on hormones and also given in great detail is a list of the most important supplements required in order to help you have a regular, symptom free menstrual cycle.

If you would like to order these special supplements now, you can do so through the Natural Health Practice by clicking PMS (Pre-Menstrual Syndrome) Supplements at the Natural Health Practice.

**Herbs**

Good herbs should include:

<table>
<thead>
<tr>
<th>Herbs</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agnus castus</td>
<td>200-400mg</td>
</tr>
<tr>
<td>Black cohosh</td>
<td>140-300mg</td>
</tr>
<tr>
<td>Skull cap</td>
<td>80-300mg</td>
</tr>
<tr>
<td>Milk thistle</td>
<td>100-300mg</td>
</tr>
</tbody>
</table>

Go to your PMS (Pre-Menstrual Syndrome) Supplement Programme

At the end of three months you should reassess your condition and adjust your supplement programme accordingly.

**Tests**

The tests below have been specially selected to be the most helpful if you are concerned about PMS.

- Mineral Deficiency Test with Supplement Programme (hair)
- Online Personalised Supplement Assessment Programme
- Omega 3 Deficiency Test (at home finger prick blood)

After three months you would then have a re-test in order to monitor your progress and adjust your supplement programme according to your new condition.

If you need help in obtaining any of the supplements, herbs or tests mentioned above, click PMS (Pre-Menstrual Syndrome) options at The Natural Health Practice. They can supply all of them for you online or if you prefer to talk to somebody first you can also order by mail order on the telephone. The products supplied by this company are always of the highest quality.

Read More
The section above forms part of a larger ebook on PMS.

In the rest of the ebook you will learn what the medical approaches to PMS are and how to combine them with the natural approach. This is called Integrated Medicine and is the way that healthier of the future is moving towards. You will also learn what medical tests will give you an accurate diagnosis of your condition and if you really need to have them. The medical treatments for PMS are then examined which can include looking at either drugs or surgery. Each treatment is then discussed and the pros and cons of the options explained. The Integrated Approach to PMS is considered in some detail so that if appropriate you can know how to combine the best of both conventional and natural medicine.

At the end of the ebook is a practical step by step summary of what you can do to help yourself.

If you would like to read the rest of this ebook click, Understanding PMS (Pre-Menstrual Syndrome) ebook at The Natural Health Practice and you will be given details of how you can download the whole ebook.
Or if you would like even more in depth advice about PMS (Pre-menstrual Syndrome) then read ‘Overcoming PMS the Natural Way’ book – An international best seller.

Disclaimer

The contents of this site are for information only and are intended to assist readers in identifying symptoms and conditions they may be experiencing. This site is not intended to be a substitute for taking proper medical advice and should not be relied upon in this way. Always consult a qualified doctor or health practitioner, especially if you are pregnant, taking the pill or on any medication. Your situation will need to be looked at individually and you should not attempt to self treat. The author and publisher cannot accept responsibility for illness arising out of the failure to seek medical advice from a doctor.

The views expressed by third parties placing material on these pages are not representative of the views of the author or publisher. The Author and Publisher cannot monitor the content not produced by us and has not reviewed all the third party material published on this site and the Author and Publisher accept no liability whatsoever in relation to the content of third party material placed on these pages.
Professor Desiré Dubounet

has spent over 30 million dollars to bring the world a professional and through course on Wellness, Naturopathy and Neuro-Electro-Physiology of Biofeedback as Bioresonance.

She is such a humanitarian Angel, she lets you pay for the course videos, books and materials with Karma...

These are the TOP FIVE REASONS to get a Doctorate in Wellness PHD International Medical University degree online at home

1. Getting a degree means you will increase your earning potential. Studies have shown that at home study is just as good as attended classes.

2. Study and Complete Courses at Your Own Pace. Use this to maximize the learning.

3. Scheduling Convenience. Work when you are ready to work.

4. Teaching Faculty Who Actually Have Work Experience in Your Field of Study. Global faculty at IMUNE is with worldwide famous doctors.

5. Save Money on Travel, Parking, Childcare, and Books. You save money the world saves energy, this makes you and the world better.

6. Employer Support. Many employers offer tuition reimbursement for employees' tuition associated with training in their fields. Employers also tend to encourage enrollment in online degree programs because they know employees will be able to go to school and still be able to be committed to their jobs. Don't be afraid to ask your employer. Every company needs a wellness consultant.

Professor Desiré Dubounet the world's most famous Naturopath has spent over 30 million dollars to bring the world a professional and thorough course on Wellness, Naturopathy and Neuro-Electro-Physiology of Biofeedback as Bioresonance. She is such a humanitarian Angel, she lets you pay for the course videos, books and materials with Karma go to www.imune.name for more information.
What is Sacred Birthing

Sacred Birthing is truly for one purpose: to birth a baby in a way that can best preserve the essence of divinity that accompanies each new being.

Extensive research of the EPFX-QXCI was done to show its effectiveness in helping the Natural Birth.
Abstract:
A global and momentous research project was developed in the last two years. The SCIO device is a Universal Electro-Physiological device used for stress reduction and patient treatment. Over 2,200 qualified biofeedback therapists joined this project's committee to study the effect of stress reduction using the SCIO device could help alleviate many diseases.

The device and thus the study have significant results. There was a staff of medical doctors who designed and supervised the study. Over 16,000 patients gave informed consent and participated in the study. The study would conclusively prove safety and efficacy of the SCIO Device. With over 60% of these patients having multiple visits, there were over 278,000 patient visits. With a total record of the SCIO patient information, therapy parameters and reaction data, no names of patients were recorded for confidentiality.

Two of the 2,200 plus therapists were given blank devices that were completely useless. These two blind therapists were given the patients and asked to evaluate the double blind component of the placebo effect as compared to the device. Thus the study groups were placebo group, Biofeedback group, and an attached group.

This is the first study in a long line of studies in therapy and stress management. It is in this study that a placebo effect was tested in a new manner.

The results show that the SCIO and EPIX device therapy for stress can reduce stress by 30% in 1 day and 5 days later has no effect.

Clinical Review of Biofeedback Stress Therapy with the SCIO/EP IX Biofeedback Device Two Decades of Stress Reduction

Title: Large Scale Study of the Voltammetric SCIO Stimulation of Blood Estrogen

Chief Editor:
Dr. David Polem DC USA
The Centro Ricerche, University of Venice + Padova, Italy

Edited and Validated By: IMUNE Medical Staff:
Mezi Iosif MD, Romania
Sara Ovidiu MD, Romania
Igor Cetkovic MD, Cyprus
Mathias Helliger MD, Germany/Switzerland
Klaer Hilf MD, Hungary
Anna Maria Calo MD, Hungary
Debbie Drake MD, Canada
Bacea Aurel MD Romania

Consultant:
International Ethics, Lebedei 58,
Orahova, Romania

John Kelsey PhD, ND N.Z. Eng.
Gage Tarrant B.T., C.H.T., USA, Somes Liviu Romania
Richard Atkinson M.C.S.P., Physical Therapist, West Yorkshire England

Developed By:
The Centro Ricerche of Prof. William Nelson University of Venice + Padova, Italy
VARHOPE and Stress

The above diagram shows a key little known fact of biology. The factors of the wave formations of people differ from person to person. The values shown are not perfect. The height of the curve is the Voltage. Voltage is easily calculated from the electro-potential readings coming from the harness skin contacts. The area under the curve is the Amperage. An incremental measure of variant amplifications gives us an Amperage correlate. Resistance is easily calculated by determining the resistance to flow of a known voltammetric signal. With Voltage and Resistance known with the Amperage correlate and an application of Ohms law [Volts equals Amps times Resistance] we can virtually calculate Amperage better.

Amperage is the amount of charged particles flowing and Voltage is the pressure behind the flow. Without Volts and Amps there is no life.

Proton and Electron pressure or the charge stability of the system affects the polarity and the resting potential. The slight changes in these electrical profiles can be measured.

As we measure the changing Volts and Amps we get inductance and capacitance virtual scores and this allows us to find a Hydration and Oxygenation index. As Amperage changes slightly with each breath, we get an Oxidation index from comparing max and min values. Electrical measures of Oxidation are well known in the literature. We need to observe several normal breaths to establish a Oxidation index during the Calibration procedure. Voltage changes observed during
A controlled study of the effects of EEG biofeedback on cognition and behavior of children with attention deficit disorder and learning disabilities

Journal: Applied Psychophysiology and Biofeedback
Publisher: Springer Netherlands
ISSN: 0920-0566 (Print) 1573-3370 (Online)
Issue: Volume 21, Number 1 / March, 1996
Category: Original Articles
DOI: 10.1007/BF02214148
Pages: 35-49
Subject Collection: Behavioral Science
Springerlink Date: Monday, October 10, 2005

Original Articles

A controlled study of the effects of EEG biofeedback on cognition and behavior of children with attention deficit disorder and learning disabilities

MichaelLinden, ThomasHobbs and VesnaRadojevic

Mission Psychological Consultants, 30270 Rancho Viejo Road, Suite C, 92675 San Juan Capistrano, California

Abstract

Eighteen children with ADD/ADHD, some of whom were also LD, ranging in age from 5 through 15 were randomly assigned to one of two conditions. The experimental condition consisted of 40 45-minute sessions of training in enhancing beta activity and suppressing theta activity, spaced over 6 months. The control condition, waiting list group, received no EEG biofeedback. No other psychological treatment or medication was administered to any subjects. All subjects were measured at pretreatment and at posttreatment on an IQ test and parent behavior rating scales for inattention, hyperactivity, and aggressive/deftent (oppositional) behaviors. At posttreatment the experimental group demonstrated a significant increase (mean of 9 points) on the K-ABC IQ Composite as compared to the control group (p<.05). The experimental group also significantly

AAQBT

The American Academy of Quantum Biofeedback Technology

Located in Rio Rancho, New Mexico since 1988

Stress Reduction thru electro stimulation

By William Nelson

ABSTRACT: Situated on a golf course in New Mexico the Land of Enchantment, in the City of Vision Rio Rancho the AAQBT made history. We tested 935 subjects in Denver and New Mexico to understand the basic body electric measures to better understand the nature of the energetic medicine. This review report scrutinizes a comparison between skin conductance, inductance, and capacitance (collectively known as the Triactor), and electro-stimulation of the body electric in stress reduction. From the work of Hans Selye and others it has been shown that stress is the “THO” concern of medicine. Collective stress can be additive and accumulate to weaken an organism and thus lead to disease. In our study here the 935 subjects were asked if stress was reduced after their EPA treatment. 76% of the subjects said there was less body stress, 14% said they felt no different, and 10% said they felt more stress. No adverse events were reported and the device was safe and effective in reducing stress.

Published AAQBT Press 1988
A double-blind placebo-controlled study of the application of Eclosion EPFX/SCIO therapy for stress reduction clinical study protocol

Dr. Gianfranco Amaduzzi
Bologna, Italy
Luigi Maselli
Bari, Italy
Rossella Iannone
Milano, Italy
Giuseppe Mauger
Catanid, Italy
Dr. Rainer Mutschler
Germany
Kathrin Sollner
Germany

PURPOSE OF STUDY

The purpose of this clinical study is to determine the efficacy of the Eclosion Electro Physiological Feedback Xrroid (EPFX)/Scientific Consciousness Interface Operations System (SCIO) device, manufactured by Eclosion KFT (the Company), in stress reduction by introducing low-level electromagnetic frequencies into an individual's body through electrodes attached to the person's wrists, ankles, and forehead to balance or harmonize and return to normal the optimal frequencies at which the body's cells and organs should resonate. This enables the body to strengthen, heal and expel the pathogens that propagate stress and its associated 'unwellness', consequently reducing stress and improving general health and function.
Prof Nelson - Desiré  
Towards a new Safe and Effective truly Modern Medicine

Dr. János (Hans) Selye
This is a new common sense method of modern medicine, that is Health motivated not just symptom control. We respect the complexity and the whole body, and respect the Natural process of health.

HEALTH IS EASE OF FLOW

Stressors block Flow, Stress is more than Just personal stress.
Stress Reduction is the key to Medicine.

When the stressor or stressors weaken the defenses of the body, the weakest link of the body (from nature or nurture) is most prone to distress and thus disease.

LACK OF AWARENESS OR LACK OF EDUCATION
STRESS
HEREDITY
MENTAL FACTORS
(Greed, anger, delusion arrogance ETC)
ALLERGY
BAD POSTURE

TOXICITY
TRAUMA INJURY
PATHOGENS (microorganisms, bacteria, fungus, virus, prions, worms, etc.)
PERVERSE ENERGY (heat, cold, wind, dryness, radiation, magnetic, etc.)
DEFICIENCY OR EXCESS OF NUTRIENTS

Nelson Method of Medicine
1. Reduce the Causes of Disease, Change Behavior, get patients to Care, get the nail out of the tire
2. Repair the organs weakened by the Causes. Restore Health. Fix the Tire
3. Unblock the Blockages to energy, nutrition, Oxygen, waste, Parana, acupuncture, nervous FLOW
4. Treat the symptoms with natural means before resorting to Synthetic. Use foods, exercise, herbas, homeopathies and all natural means before resorting to Synthetic
5. Balance the metabolic typing or Constitutional Imbalances. Treat the patient as an Individual Whole

Since the body’s weakest link is prone to disease from the stressors, any disease will improve with reduction of the stressors. If there is good nutrition and no excess or deficiency of nutrients, the body’s repair system improves. With stress reduction the Para-Sympathetic system becomes free to boost digestion and immunity as well as cellular repair. Some stressors have more specific target diseases, such as cigarettes target the lungs primarily. But with the lack of systemic oxygen, any other weak link in the body from genetics or from life will be involved, thus stress reduction is a universal therapy for all diseases. Reductionism of diseases via inaccurate and expensive current medical diagnostic means are archaic, inaccurate, overly complex, non-productive, expensive, unsafe, risky and most often ineffective. Add to this the risk of side effects from SINthetic drugs and we see the poor history of medicine. Nelson and Selye have plotted out a safe, inexpensive and effective new more modern medicine.

Selye Pathway of Disease
health then enter stressor (toxin etc)-enters

1. ALARM Stage
symptoms are the alarm, not the enemy, symptoms at first are related to the Stressor, later the dysfunction

   if stressor continues then

2. ADAPTATION Stage
symptoms go away as we adapt, the distress a disease penetrates deeper. You can have no symptoms be very very sick

   Being symptom free is not an indicator of Health

   if stressor continues then

3. EXHAUSTION Stage
the stressors burden the weakest organs

   if stressor continues then
   a. FUNCTIONAL
      first the stressors effect the weakest organ function

   if stressor continues then
   b. ORGANIC
      then the weak organs start to swell or shrink

   if stressor continues then

4. DEATH
cellular, organ, organ system, organism death
PMS is a part of life, but better tolerated with Energetic Medicine and the Eductor

Your Editor

Desire' Delicious Dubounet