

IGHH KOMPASS

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- ***Stress and chronic disorders***
Analysis of heart rate variability (HRV)
- ***Autonomic nervous system***
in urgent need of treatment
Active Air® therapy proves effective

Stress and chronic disorders reflected in HRV

Analysis of heart rate variability (HRV) – a powerful diagnostic tool

HRV analysis is a straightforward, quick and non-invasive diagnostic procedure which is scientifically based and recognised.

“If a superordinate system controls and regulates subordinate systems, the operational state of the superordinate system is the most important parameter for diagnosing disorders!”

What is significant and unique about HRV analysis is its ability to display quickly, in a completely pain-free, non-invasive and meaningful manner, the autonomic nervous system's (ANS) capacity to regulate.

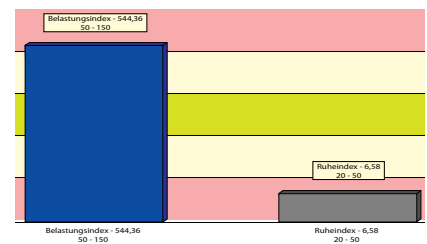
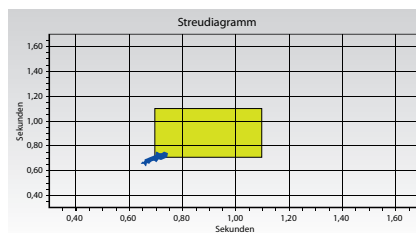
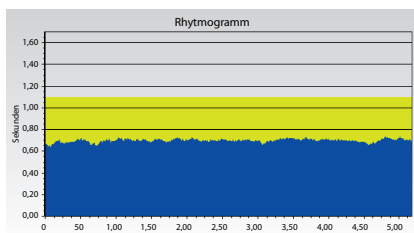
This superordinate system is the control and regulatory centre for all the systems which man is unable to influence voluntarily (immune system, hormonal system, cardiovascular system, digestive system, respiratory system, etc.).

HRV analysis (ECG measurement) takes just 7 minutes to display visually the operational state of the ANS in a manner which both therapist and patient can understand. The various HRV parameters are deduced from rhythmograms and scatter diagrams. Pulse rate (HR), the summary parameter for heart rate variability (SDNN), regulatory range (CV),

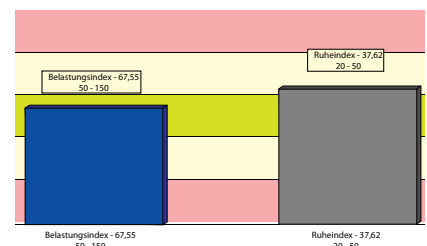
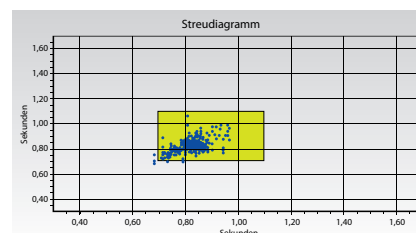
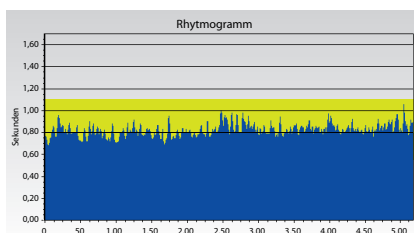
stress index (SI) and parasympathetic activity (RMSSD) are the parameters which provide meaningful information about the regulatory state of the superordinate system.

There are numerous studies which demonstrate the direct link between the onset and advance of various chronic diseases and the declining variability of the heart rate. Even if laboratory parameters, CT and MRI scans, for example, do not reveal anything abnormal indicating the onset of disease, existing dysfunction can be detected very quickly and reliably by measuring HRV. Precise HRV test results display in easi-

Example: limited regulation



Example: good regulation



ly understood diagrammatic form whether the superordinate control and regulatory system is already operating under permanent stress or whether it is well able to regulate the current conditions. Specific readings and the physical effects of stress and permanent stress are difficult to show with conventional diagnostic methods. As a result, physical regulatory disorders which already exist, but which have so far gone unnoticed, may manifest themselves in chronic disease, depression, sleep disorders, circulatory disturbances, high blood pressure, diabetes, burn-out syndrome and other disorders. Advancing interference fields as well as the likelihood of resulting complications can be identified well in advance once reflected in HRV readings.

HRV analysis for monitoring treatment

HRV analysis shows directly how the functioning of the autonomic

nervous system is affected by various therapies. Subordinate systems and organs such as organ control, hormone production, defence mechanisms, blood pressure control, energy supply, repair processes, cell regeneration, etc. can only function properly once again if the regulatory and functional ability of the superordinate control and regulatory system is improved.

Universities have already been working with HRV analysis for some considerable time in the areas of cardiology, neurology, diabetology, preventive medicine and stress research etc. and their results support the tremendous importance of HRV for routine medical practice.

HRV analysis is now ready to be used by medical practices as part of daily routine. Now all health professionals have the opportunity to diagnose regulatory disorders in a simple, quick and effective manner.

They can quickly identify ineffective therapies and replace these with effective ones – for the benefit of patients' health.

Previous practical experience from a large number of patient readings clearly shows patients' considerable unanimous interest in HRV analysis. The analysis is easy to understand and the status quo of the ANS's regulatory ability offers a far better understanding of existing disorders or advancing diseases than was previously available.

It is merely a question of time before all medical practices use HRV analysis as routinely as taking patients' blood pressure.

Silko Günzel, Potsdam

Autonomic nervous system in great need of treatment

Active Air® therapy proves effective

Despite the latest developments in Western medicine, many disorders and types of ill health which are connected to a greater or lesser extent with stress are steadily increasing, for example, cardiovascular disease, hypertension, cancer, allergies, lack of concentration and functional capacity, fatigue and burnout syndrome. In addition, disorders such

as depression, anxiety, sleep disorders, migraine, muscle tension, vascular disorders, gastrointestinal disorders, asthma, diabetes and chronic fatigue syndrome (CFS) are attributed to the risk factor, stress. According to immunologists, there is growing scientific evidence that severe chronic stress directly impairs the immune system leading to

immediate health disorders and representing a negative influence on the progress of existing disease.

If we look into the cause of these steadily increasing disorders, we must inevitably turn to the superordinate system which controls the body's regulatory system. Man's basic functions, respiration, metabo-

lism, cardiovascular system, digestive system, hormonal system, immune system, etc. are all controlled through the autonomic nervous system. This is made up of the sympathetic nerve and parasympathetic nervous system and adapts regulation of the biological system to changes in internal and external parameters.

In the aforementioned diseases regulation of this superordinate system is disturbed since the sympathetic nerve is forever active due to the many stress parameters present. Parasympathetic activity therefore falls by the wayside although it is urgently needed for vital bodily processes such as repair, regeneration and the building up of endogenous reserves. The parasympathetic nervous system, also known as the "calming branch" of the nervous system, takes care of rest, relaxation and recovery. If regulation is disturbed, however, and there is no longer sufficient energy available, it is only a matter of time before stress develops into dysfunction and then disease which, at some point, becomes chronic.

What treatment can break this vicious circle and bring about a natural increase in parasympathetic activity?

Active Air® technology uses fundamental processes of nature which provide a therapy for improving and normalising the regulatory processes of the autonomic nervous system. Photodynamic processes are used which are modelled on photosynthesis. Human, animal and plant cells recognise and use the specific energy which is released in this process for their metabolism. External

copying and provision of this so-called "relaxation energy from singlet oxygen" leads to an improvement in basic functional states thereby creating the conditions required for regenerative and repair processes.

Analysis of heart rate variability (HRV measurement) proves conclusively that Active Air® therapy increases parasympathetic activity where necessary and consequently ensures that superordinate regulation of the body returns to normal again. This breaks the vicious circle of stress-related regulatory disorders and all the subordinate processes such as organ control, hormone production, defence mechanisms, blood pressure control, energy supply, repair processes, cell regeneration, etc. can function better. Active Air® therapy is an inhalational therapy which can be combined with colour and/or aromatherapy. The effect of this therapy is proven anew on a daily basis by monitoring treatment using heart rate analysis. Further studies provide evidence of the remarkable effect of Active Air® therapy on the autonomic nervous system.

In a current study involving 37 patients (aged 23–83) with various diagnoses, where the regulating medication (Active Air® inhalation for 20 mins) was continued without interruption, HRV analysis results showed a significant increase in variability (increase in parasympathetic activity: RMSSD- $p < 0.001$, SDNN- $p < 0.01$), as well as a significant drop in sympathetic activity: SI- $p < 0.001$) and a significant increase in total performance (TP: total efficiency of the ANS $p < 0.001$) (M Kucera: Explore! volume 16, no. 2, 2007). These results represent a significant reduction in stress in the

body and a significant growth in energy and metabolic reserves (activation of metabolic resources) with a significant increase in efficiency of the autonomic nervous system.

To rule out a placebo effect by the therapy, the Institute for Agricultural and Urban Ecological Projects (IASP) at Humboldt University in Berlin was commissioned to investigate the effect of specific energy obtained through the technology on the root growth of plants. The results showed significant effectiveness compared with the control group.

In addition to studies, the many thousand examples of practical daily application now lead to the following conclusion: Active Air® technology provides a user-friendly treatment which is free from side-effects and which can be used effectively on all chronic and stress-related disorders as well as to prevent ill health.

Further information:

2009 seminars for therapists at www.active-air.com/de/seminare_therapeuten.html

Active Air therapy:

www.active-air.com

Biophysics of oxygen:

www.oxygen-biophysics.com

Michael Gorsolke, Liebenburg

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