

## Pulse Biofeedback

© By Steven Bock, M.D., FAAFP, FACN, ACCUP

*"There's more to energy medicine than acupuncture," says Dr. Steven Bock, who discusses his work in this area.*

Increasingly, medicine is moving from the Western model to integrative medicine, which includes alternative methods, and on to energy medicine, which involves theories based on quantum energy.

Western medicine is based on Newtonian physics. This paradigm provides a linear concept in which each reaction leads to another reaction. For instance, a pharmaceutical drug can stop an asthma attack. Epinephrine can reverse anaphylaxis. In emergency medical situations, this linear thinking is essential and useful. But as quantum physics sheds new light on energy medicine such as acupuncture, Reiki, and electromagnetic stimulation, an increasing number of people want to avail themselves of the scientific basis of Western medicine, combined with openness of alternative medicine, and subtle and healing energies of quantum or electromagnetic healing.

Do you ever think when you get a small cut, "Five days to a week and it will heal?" Do you wonder what is occurring at the site of your injury? Is the very thought affecting the injury itself? How is it possible that placing acupuncture needles in the foot can relieve headaches instantly? How does meditation quiet the nervous system, or the endocrine system? The organized principal that governs many of these life forces is called "Chi" in Chinese medicine; the "vital forces" in homeopathy; and "prana" in Indian Ayurvedic medicine.

Through the discovery of quantum physics, it is now known that there is a much greater force than just the biochemical and electrical energy that guides life processes. In general, each body has many energy systems at its disposal. For example, there is the metabolic-chemical energy system that occurs on a cellular level to provide us with the energy of our daily activities, enzyme processes, nervous system, muscle movement, and hormonal production.

We now understand that DNA is a double stranded molecule, which contains our hereditary make-up and the blueprint for our particular characteristics in life. DNA determines our genes. Genes act like a template for proteins. These proteins effect reactions that occur in cells. They cause biochemical products to be formed, which end up performing specific functions. One of the most important functions is the formation of energy compounds called ATP (adenosine tri-phosphate), which power our cell machinery. This metabolic-chemical energy system is a complex connection between all of the cells in the body.

Another example is the electrical-energy system that travels along our nerves and in our brain. This is analogous to digital bites. In the nervous system, this electrical energy system can be converted to neurotransmitters (part of the chemical-energy system). There is also a bioelectrical system in the body, which has a storage capacity for electrical charge. It has been shown that each cell can function as a cellular capacitor or as a "semi-conductor."

Another energy system in the body is one that uses light energy (photons or light waves). With our intake of food from plants, we digest the proteins and carbohydrates, but we also incorporate photons. Photons are light energy emissions from plants that are stored in the body and provide information in the form of electro-magnetic energy. Thus the endocrine system communicates to the nervous system, the nervous system to the immune system, the immune to the digestive system, and on and on - electromagnetic energy on a quantum level, controlling ongoing life processes.

Yet, there is still a more subtle energy system in the body, moving faster than the speed of light. This vital force, or Chin, or prana is spiritual energy, which works through other areas of the body including the "chakras" and something called the "etheric body," the energetic aspect of our being that bridges our purely physical state with our purely spiritual state.

When a person is ill, this individual's body is not functioning properly. It can either be a functional problem or a pathological problem. A functional problem would be one in which there is pain or a system is not functioning, but there is still the absence of disease. With eventual damage to cells and organs, one can have the onset of "disease."

Conventional medicine has often waited for this dysfunction to progress to disease, which then can be treated with medication. These medications block certain reactions and enzyme systems, alleviate the symptoms of disease, but do not get to the root of the problem.

Recently, we have found that, when there is dysfunction in the body, the electro-magnetic frequencies that are generated by different cells and different processes are out of harmony. As discussed above, the different frequency of photons perform different functions. More specifically, biophysicist Dr. Fritz Popp has determined that a range of photon frequencies cause a variation of responses in molecules of the body. These "photon emissions" as Popp calls them, provide a perfect communication system for transferring information to cells throughout the body. Research shows that DNA is one of the most essential stores of light and sources of bio-photon emissions. It is capable of sending out a vast range of frequencies. Frequencies may be linked to certain functions and certain organ function. DNA may be like a master tuning fork that is able to change the vibrations of different energy systems. Disease could then be a disturbance in this natural resonance system and electromagnetic treatment can realign the resonance of the body.

So, compared to conventional use of chemical drugs and surgical interventions that interrupt, or even just mask the symptom progress of a disease, integrative medicine uses a broader approach, incorporating natural substances, nutrition, herbs, and homeopathy to reestablish proper function. For example, acupuncture uses needles to trigger certain meridians to relieve pain and correct dysfunctions in the body. And the medical literature is increasingly confirming that alternative forms of healing like acupuncture, Reiki, and even prayer, can mobilize the energy of the body and stimulate functional healings.

I have been practicing integrative medicine for over 25 years. About 20 years ago I started studying acupuncture. It always amazed me that placing needles in certain parts of the body can affect a function of the body dramatically. While taking course in California the use of various techniques for treating acute injury and illnesses, we were told to go home and practice on ourselves, or willing friends. During this time, I was playing basketball at night. In the past when I had played vigorous basketball, I had a tendency to sprain my ankle; and the injury symptom would proceed on a certain course. The ankle would swell up and I would need to be off my feet, or even on crutches, for three or four days.

The night after the acupuncture course, I played right into my instructor's hands. I played basketball, sprained my ankle and was carried off the court. At my friends' house, I placed certain needles at points for the injury. When I awoke in the morning, the swelling was down and I could walk normally. This experience reinforced my expanding admiration for acupuncture and stands as my own entry into energetic medicine.

Recently, I have become interested in "pulse biofeedback", the ONDAMED System. By this method, one monitors various electromagnetic frequencies via applicators placed on the body while simultaneously reading the patient's pulse. A change in the pulse signals a reaction to a particular frequency, indicating a particular area of dysfunction in an energy system or organ system. As well, the practitioner can select appropriate frequencies and transmit them to stimulate specific systems, organs, or blockages towards healing. The location of the impulse waves, or electromagnetic frequencies waves, is particularly beneficial to initiate internal body regulation. A large number of individual programs have been designed for specific applications such as pain relief, stress, sleep disturbance, regulations of chronic fatigue syndrome and organ dysfunction, and treatment of allergies, asthma, arthritis, etc. The ONDAMED System offers the possibility to align each application specifically to the person's area of abnormal resonance.

In my research of this method I have watched as conditions like sinus problems and joint pain that previously needed prescription medicine or natural remedies, were relived remarkably quickly with electro-magnetic frequency modulation. Even more impressive is the effect this method has shown with patients with severe neurological problems such as neuropathy. These patients are usually followed by neurologists. There is really no treatment or cure. The neurologist usually uses, along with pain medications, which modulate the threshold of pain but do not really change the condition. On the other hand, patients with neuropathy, who use the ONDAMED Biofeedback System, have up to 90 percent of their pain relieved. Sleep problems also improve markedly, feeling returns in their hands and feet, and ambulation improves as does strength. Overall, there is generally an 80-85 percent improvement in this very difficult condition when this pulse Biofeedback System has been used.

After 30 years in medicine, it never fails to amaze me how we often lose sight of magical mystery of the human body. We often think that our therapies are very scientific and advanced. In reality, the body is the most complex computer known and it can and it will heal itself when given the right energy and direction. ONDAMED offers the possibility to tap into that healing potential and correct many of the imbalances that cause or exacerbate disease. ❀

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*Dr. Steven Bock is a co-founder and co-director of the Rhinebeck Health Center and the author of "Stay Young the Melatonin Way" and the co-author of "Natural Relief for Your Child's Asthma" (HarperCollins) and "The Germ Survival Guide".*