

A practical pocket edition on
the application of Pulsating
Energy Resonance Therapy (PERT)

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DISCLAIMER

This booklet is intended as an educational tool to acquaint the reader with the application of PERT via the Medec BRS Systems and Pulse8 for Preventive Healthcare and maintenance of Health and Well-being. We hope the booklet will enable the reader to better understand and choose the applications of PERT to improve his or her well-being. We at Medec are promoting health not treating disease. Accordingly, this guidebook should not be substituted for the advice and treatment of a physician or other licensed health professional, but rather should be used in conjunction with professional care.

This booklet is meant to educate and should not be used as an alternative to proper medical care. The information and procedures contained in this booklet are based upon findings from scientific research and therapeutic application of pulsating electromagnetic fields. We at Medec have executed every effort to ensure that the information presented is accurate up to the time of publication. However, in light of ongoing research and the constant flow of information, it is possible that new findings might invalidate some of the data presented here.

Medec is not responsible for any adverse effects or consequences resulting from the use of any of the suggestions or procedures discussed in this guidebook.

Your health is important. Use this booklet wisely. Discuss the alternative options with your doctor. Ultimately, you, the reader must take full responsibility for your health and how to use this book.

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PART ONE: PULSATING ENERGY RESONANCE THERAPY (PERT)

Energy is the source of all Life and measure of all Health

Long before plants, animals and humans inhabited the Earth, it was permeated by energy fields. These fields and their natural energetic processes were essential to the development of all Life on our planet. The same energy is the source of human health and vitality, playing a vital role in our body for regeneration, healing and overall well-being. Injuries, stress and illness disrupt the energy field of the human body. A healthy person has sufficient energy to successfully combat injury and disease and to repair and correct any damage. Problems such as chronic pain are generally caused by energy deficiency.

THERE IS A SOLUTION — “PERT”

What does PERT stand for?

PERT is an abbreviation for ‘Pulsating Energy Resonance Therapy’. The primary feature of PERT is that it copies the natural biological electrical and electromagnetic force fields as they occur in the human body. These biological force fields are programmed into PERT devices as developed by Medec- and reintroduced to the fatigued and energy starved body of elderly or sick people. By using the frequency and intensity of the body’s own energy fields, these vibrations then activate the body’s own energies and assist the affected bodily systems to rebuild energy levels in the cells.

The building block of all living creatures is the individual body cell. The cells are the power plants of life. The body's own pulsating energy fields supply these miniature power plants with energy (transport of ions) and improve cell metabolism. This is how the PERT supports the natural self healing powers of your body.

Modern Research into PERT

When scientists resumed the study of pulsating electro-magnetic fields more than 35 years ago, they come across an instant effect, which further stimulated their research. They found that a pulsating electro-magnetic field could improve the blood flow in the whole body. Comprehensive scientific studies at European Universities over the last 25 years confirm the success of stimulating the biological energy fields with pulsating electromagnetic fields.

Numerous international publications prove the therapeutic effects of Pulsating Energy Resonance Therapy. For many years, Bio-Resonance Units incorporating PERT have been used worldwide in the Health and Wellness sector with great success.

In the seventies, research into electro-magnetic fields focused on the body's own frequency patterns and on how to adjust the oscillations of the induced electro-magnetic fields in amplitude, frequency and interference so as to optimise the measurable improvement of the blood flow. Furthermore, it was necessary to determine which frequencies every organ in our body respond to. The frequency treatment needed not only to affect the blood vessels but also to affect as many organs as possible, ideally simultaneously. As we already know, every organ and every bodily system oscillates at certain frequencies and so can be stimulated at these frequencies via bio-resonance.

Energy Resonance Systems

Energy Resonance Systems are the results of the most recent developments of this frequency research. Bundled multiple frequency patterns are generated by these systems. That means that a number of frequencies are sent out simultaneously. Furthermore, these systems can generate the same or similar currents as those flowing within the body.

Despite the low energies used, these resonance systems induce an electro-motoric force which is produced in the human body by the fast alternation of ultra-weak fields. The energy field is used to induce resonances. In this way, the body is stimulated by the activation of its own energies. In comparison to conventional magnetic field therapy, these systems are working with homeopathic doses.

Energy Resonance Systems represent a significant, qualitative improvement in the development of electro-magnetic field therapy devices. A vast advantage of these systems is that they were constructed as machines for home or clinical use. Gentle, regular treatment several times daily with the energy resonance field has proven a great success.

The Medec BRS (Bio-Resonance) Systems and Devices

The extensive research and experience that has been gained with the larger Bio-Resonance Systems utilizing PERT has been incorporated into the development of all Medec PERT Devices. These devices create a pulsating energy field. Naturally oscillating systems within the body are amplified, resulting in improved blood circulation and increased cell metabolism. Nine of the ten basic programs used in the Bio-Resonance Systems made by the Medec Corporation are incorporated into the Pulse8, developed for applying PERT to specific points.

This ensures the ongoing medical and clinical research relating to the Bio-Resonance Systems can be fully applied to the Pulse8 for applications and therapy recommendations.

PERT supports the self-regulation of the human body

Every person is a continuously self-regulating and self-optimizing "functional system" which responds to a multitude of external and internal influences – such as environmental toxicity, electrosmog, stress and metabolic waste. The human body requires large amounts of freely available energy to do so – only an energy rich body is capable to defend itself against outside negative influences, to repair and correct any damage and rebalance energy & function. To do so the body must be able to constantly replace more than a million cells per second.

Any living cell is characterized by its ability to communicate with its environment and to regenerate by reproduction (duplication). Via its organising centres, which form singular points in the body's bio-energy field located in local gaps in the fascia or collagen fibres, it is in direct connection with the environment, exchanging energy and information. In Traditional Chinese Medicine, these organising centres are called **Acupuncture Points**.

The maintenance of the structure and integrity of the human body requires that degeneration and generation of cells are balanced. The healthy human body needs to produce (duplicate) 1.0 Million cells every second to make up for the continuous cell death due to external and internal forces.

Disruption of the body's bio-energy can be due to many external and internal forces and their impact on the body systems. Internal causes are virus and bacteria invasions,

accumulation of metabolic waste, mental stress and emotional disturbances and traumas, lack of sleep and many more. External causes are physical injuries, radiation hazards, chemical pollutants in food, water and air just to name a few.

Pathological developments can take place at any time and at any place within such complex systems as the human body. Only in the case of disease do humans usually become aware of the energy required for recuperation.

Why is PERT effective for so many different types of problems?

PERT transmits electromagnetic signals similar to the various signals a healthy body produces during exercise. These signals primarily stimulate the biological-electrical systems of our body. They have a regulatory effect on imbalances and disruptions of the energy flow within the body thereby inducing repair and regeneration of the various tissues. Body systems depleted in energy are temporarily supported, which provides the basis for regeneration and healing. PERT therefore acts on the origin of disease and degeneration and not on the symptoms.

The goal of using PERT is to give the weakened areas the ability to repair energetic, functional and structural defects caused by disruptive factors. PERT as used in these devices therefore has a holistic effect, in strengthening the self-healing ability of the body.

PERT makes use of subtle pulsating energy fields to activate various energy-physiological processes in the body. The field forces of these pulses and signals are lower than the natural magnetic field of the earth and can only be measured correctly with high-tech instruments. These energy fields can therefore be described as very gentle and within the range of our natural environment.

The impressive energy-stimulating effects are achieved by using various pulse forms and pulse frequencies, which are identical to the biological energy fields of the human body. As these physiological energy pulses and signals are in resonance with our body, they stimulate the vibrational capacity of the various tissues of the body, such as capillaries, cells and connective tissue. Different frequency patterns trigger different energy-physiological processes.

The main energy-physiological effects of PERT

PERT induces physiological micro-vibrations in the various tissues of the body. This in turn leads to the following changes:

- PERT changes the electric charge of the membranes.
- PERT application especially helps energy-deficient cells.
- PERT increases the blood flow in the small vessels.
- PERT deepens breathing.
- PERT dilates the blood vessels.
- PERT induces and reinforces the reconstruction of cells and damaged tissues.

As a result PERT assists in the following physiological changes:

- Improved blood circulation and perfusion.
- Improved oxygenation of cells and tissues.
- Increased nutritional supply to cells and tissues.
- Increased removal of metabolic waste and CO².
- Improved cell metabolism.

PERT is widely used to help assist in “Improving Wellbeing and the Level of Fitness” and may also assist with creating the following benefits:

- Noticeable increase in energy and vitality, physical strength and mental ability
- Improved general wellbeing and physical performance
- A feeling of freshness and rejuvenation of the whole body - feel like a new person
- Physical relaxation and body strengthening.
- Physical regeneration (especially after long flights or strenuous exercises).
- Increased energy and performance level of the body.
- Mental rejuvenation (especially for people with high level professional stress).
- Increased general well-being by supporting relaxation and sleep as well as stress reduction.
- Better, deeper and more restful sleep
- Prevention of diseases related to or caused by oxygen-deficit.
- Reduced occurrence of sickness.
- Reduced seriousness of sickness, especially in old age.
- With increasing energy there is continuous improvement of the metabolism.
- Improvement of the body’s own defense mechanisms.
- Activation of the body’s natural healing processes (after sports injuries...).
- Reduction of wear and tear through sports or daily routines such as bruising, strained muscles and sprains.
- Counteracts environmental toxicity, especially electrosmog (computer, tv, mobile phones ...).
- Improvement of the effects of natural food supplements taken.

PERT may assist with improved regeneration

Improvement of energy status, functional regeneration and self healing of the body is best achieved before an energy deficiency is manifested as degenerative changes. Most people aged 35 or above show signs of an energy deficiency. Often they are working mentally very hard, are more or less constantly exposed to the pressures and stresses of modern business life, and live in an artificial environment. These factors gradually eat away their energy reserves, often only noticed when disease sets in.

PERT applied to a the body of a 50 year old, energy deficient person, has the ability to increase the body's energy in average by 5 to 15% within a period of three months. The results are a noticeable increase in energy and vitality, physical strength and mental ability, improved general wellbeing and physical performance, better resistance against disease and enhanced self healing after injury and disease.

Precautions, safety and side effects

There is no documented case of negative side effects for applying PERT. The signals used by the Medec BRS Systems are similar in nature to the body's own signal generated during exercise and far below strength of the earth's magnetic field. Independent of that, we have to consider the following few points:

- PERT when applied is very well tolerable and if applied properly free of side effects.
- Any initial reactions indicative of a healing crisis, such as a detoxification reaction are positive signs for the effectiveness of the pulsating energies.

These initial reactions are different from person to person: some people, especially an electromagnetically

sensitive person (they are often weather sensitive), can experience intensifying pain, nervousness or heat waves. All these sensations are usually transient and disappear within the first few days of application.

But we can even prevent these reactions. By slowly yet continuously increasing the dose of application, we can give the body time to adjust to the "new" signals. The number of applications should be increased very gradually in older users. In case of acute injury, such as a sprain or bruise, the maximum time of local application is not limited. It can be several hours per day.

- Long term treatment is safe and effective. Patients can use energy resonance regularly several times daily. Generally speaking PERT is tolerated much better than therapy with stimulating electric currents, because electromagnetic induction is more effective and more comfortable.
- **Important:** These precautions are guidelines only. The optimal dose and time of application is different for every person, and has therefore to be individually adjusted.

Can you feel the PERT emitted by the Medec BRS Systems?

Most people feel little or nothing during the application. Sensations can be warmth in the extremities or at the area where applied. This is particular evident in people (elderly) suffering from a lack of blood circulation. This warming sensation is not caused by the amount of electricity generated in the body (the electricity is much too weak for such an effect) but by an improvement in the blood circulation.

Some people feel a tingling sensation

Some people experience an increase of wellbeing and vitality, which can last 5 to 8 hours. Some people can therefore not use the stimulating programs of the Medec BRS Systems in the afternoon or evening, since vitalising can reduce the requirement for sleep. Most people will however sleep better if the relaxing programs have been used 4 to 5 hours prior to bedtime.

Remember: The effectiveness of PERT is totally independent of the person feeling anything or not.

What can improve or reduce the effect of PERT?

The success of the PERT depends on several factors influencing the body's response to subtle low frequency electromagnetic fields, such as sufficient supply of nutrients, water & relaxation and the lack of disturbing factors. With PERT, energy is effectively transferred to the body by magnetic induction. PERT induces the flow of currents in the body by means of electromagnetic induction. The therapeutic effect consequently depends to some extent on the primary condition of an individual body and therefore differs from person to person.

PERT has however a high level of success. Statistics show that PERT may have assisted more than 90% of the people trialled increase their energy during a 12 week therapy period and more than 60% showed an improvement in their wellbeing and health. There are however no guarantees for successful healing. The effect is influenced by the general condition of the user, their constitution (the sum of the physiological and psychological characteristics), the energy balance, environmental stress factors, the basic metabolism and nutrition (chronic lack of nutrients needs to be compensated) as well as the regular application of the Pulse8.

If PERT does not have the desired effect then other factors may interfere.

These could be:

- Smoking – do not smoke 2 hours before and after the application.
- Coffee – do not consume coffee 2 hours before and after the application.
- Prescription medications and recreational drugs – the effect of medications, drugs and stimulants can be increased by PERT.
- Dehydration – as PERT increases the absorption of water into the cell, additional water is required when using PERT devices. Drink 2 glasses (500 ml) of non-carbonated water starting 20 to 30 minutes prior to and during the application.
- Vitamin and mineral deficit – as PERT increases the absorption and as larger amounts might be required for cellular healing, a deficit can be increased when applying PERT.
- Lack of oxygen due to ineffective / shallow breathing, such as affected by stress – practice abdominal breathing (deeper relaxation and better oxygenation).
- Electrosmog – disruptive electromagnetic fields can interfere with PERT.

How water, nutrients (vitamins, minerals and trace elements) and oxygen are absorbed faster

Sufficient fluids are the most important prerequisite for a successful application of the PERT. Water not only makes up 2/3 of the body mass but water as an electrolyte solution (minerals) is also required as the carrier medium for regenerative body signals.

PERT has the effect of increasing cell metabolism and allowing more waste materials (toxins and lactic acid) to be flushed out of the body by drinking more water.

It is therefore essential to drink two glasses of water 20 – 30 minutes prior to applying the PERT devices. Alcohol, coffee and black tea or tea generally can lead to dehydration and are not suitable. They are counterproductive for sufficient body fluids intake. Mineral water is also not suitable since it is not as readily absorbed as clean and pure water.

PERT and the effect of medication

Many studies have shown that PERT may enhance the effects of medication. This is due to the increased cell metabolism (absorption) and by stimulating blood circulation including improving the micro-circulation. Medications simply reach their target more effectively. This may improve the effect of pain medication for example. An additional pain reducing effect is the hyperpolarisation of nerve cells, which reduces the transfer of pain signals. Thus, PERT users often experience an immediate reduction of pain.

PERT may also assist with improving the effectiveness of blood pressure and diabetes medication. This requires better monitoring of such medication. After consultation with the physician, medication can and must often be reduced and sometimes can be stopped completely.

Posture, position and clothing

Whenever possible, the user should lay or sit in a relaxed position and focus on regular deep breathing. Using relaxation techniques and playing music can improve the overall effect due to mind-body integrating effects. The effects of the PERT

may have a time delay of several minutes. The user should therefore remain in the relaxed position for some time (5-10 minutes) after the end of the PERT running time. The electromagnetic field is not influenced by clothing.

Use by children, and women during pregnancy

Due to its vitalising effect, long term use by children under the age of 7 years and use during pregnancy on certain points (such as the abdomen, lower back and ankles) is not recommended without the advice of a physician. Normally children do not need vitalising, and pregnant women do not need vitalising hormones as they are involved in pregnancy. PERT can however be safely used for short term durations by children (such as for injuries) or during pregnancy.

Contraindications (When Pert is not advised for use)

Every application to the body – be it as subtle as aromatherapy, flower remedies or a pampering massage – has its precautions and contraindications. With PERT these are very few.

Those users who have electronic implants ie. pace makers or insulin pumps should not use PERT, as the system can magnify any faults in these units. However, PERT does not influence the effectiveness of any electronics, which are working well and are well maintained. Implants in bone and tissue, such as hip replacements, are not negatively effected by PERT.

- Pregnancy – precaution. Although there are no negative effects described, PERT should not be applied in the first trimester of pregnancy, unless otherwise prescribed by a medical doctor.
- Acute and heavy bacterial and fungal infection. (Candida). Viruses on the other hand can be inhibited by PERT.

- High Fever – usually above 38°C. PERT is contraindicated until prescribed otherwise by medical practitioner.
- Severe heart rhythm disorder and severe chronic heart failure
- Strong bleeding and after heavy blood loss.
- Epilepsy – unless stated otherwise by treating physician.
- Electronic implants – such as cardiac pacemaker.

Only under the observation by a physician

- Burn out syndrome (requires supplementing of Mg and Ca.)
- Hyperthyroidism
- Bradycardia of less than 50 beats per minute
- Severe diarrhoea
- High doses of medication
- For the first few days after an operation
- High doses of long term immunosuppressive medication – organ transplant
- Acute forms of auto immune disease syndrome (AIDS)

PART TWO: APPLICATION OF PERT

When and how do I use the Medec BRS Systems and the Pulse8?

PERT can be applied to various parts of the body for up to 5 hours, depending on requirement. It is primarily used for localised stimulation of the blood and energy circulation in singular, trigger or acupuncture points of the body's bio-energy field.

All Programs incorporated into the Medec BRS Systems and Pulse8 feature from 1 to 9 programs that take 30 minutes each. They can be used repeatedly after each other, complementary to each other, and quite frequently. However, the initial reaction is followed by a slow regulation phase, which can last for several hours. It is therefore recommended to have short breaks of not less than 2 hours after every 30 to 60 minutes of application.

Programs and Frequencies

PERT stimulates or sedates the body's energy by offering the corresponding physiological frequencies. However, it not only offers one indicated frequency, but begins low and gently increases to the higher target frequency (stimulation) or visa versa (sedation) to reach the desired result. The different programs assist to support relaxation, better sleep, concentration and memory.

PULSE8

Main Program No.	Time (minutes)	Effect	Used for assisting with the relief of the following conditions
1	60	sleep preparation	nervousness, heart problems, sleep disorder
2	60	relaxation	bronchitis, migraines, weather sensitivity
3	60	regeneration	high blood pressure
4	60	anti-stress	fatigue, headache, heart attack prevention
5	60	vitality	rheumatism, hay fever, bronchial asthma
6	60	activity	allergies, circulation problems
7	60	endurance	intervertebral problems
8	60	regeneration	osteoporosis
9	60	energy	arthritis, fractures, low blood pressure

Programs 1 to 4 are used for Sedation: Relaxing the energy field; attenuating and reducing overactive vibrations. Usually applied in the later afternoon and evening.

Programs 5 to 8 are used for Stimulation: Invigorating, strengthening and tonifying the energy field; reinforcing and restoring the vibrational capacity. Usually applied in the morning and during the day.

Program 9 is used for Regulation: Stimulation followed by Sedation. Usually applied during the day. A very good midday program.

BRS

Main Program No.	Time (minutes)	Effect	Used for assisting with the relief of the following conditions
1	15	sleep preparation	nervousness, heart problems, sleep disorder
2	14	relaxation	bronchitis, migraines, weather sensitivity
3	12	regeneration	high blood pressure
4	10	anti-stress	fatigue, headache, heart attack prevention
5	12	vitality	rheumatism, hay fever, bronchial asthma
6	10	activity	allergies, circulation problems
7	10	endurance	intervertebral problems
8	10	regeneration	osteoporosis
9	10	energy	arthritis, fractures, low blood pressure
10	10	circulation	blood circulation
11	23	as program 1	
12	22	as program 2	
13	20	as program 3	
14	18	as program 4	
15	20	as program 5	
16	18	as program 6	
17	18	as program 7	
18	18	as program 8	
19	18	as program 9	
21	23	anti stress effect	
22	22	sleep supporting	
23	20	concentration	
24	18	meditation	
25	20	creativity	
26	18	relaxation	
27	18	memorising	
28	18	regeneration	
29	18	learning	

NOTE:
Programs 11-19
Duration of time
is longer.

What do I feel when I apply PERT?

During PERT very sensitive people might notice mild reactions, such as a tingling sensation or slight increase in body surface temperature. These reactions may occur due to the stimulation of different energy-physiological processes in the body, such as improvement of energy flow or release of stagnant energies. These regulatory processes may continue – usually unnoticed for several hours after treatment. It is this slow regulation process which is most beneficial. What you might experience is a kind of relaxing tiredness, similar to after a relaxing aromatherapy bath or pampering massage.

When applying PERT as a preventive measure, sensitive people might notice a slight tingle in and around the point or a warm feeling spreading from the point. When applying the PERT to strains, sprains, bruises, wounds and problems areas of bones, joints, teeth and the jaw, a slight pain may be felt as the blood and energy circulation is increased.

ALWAYS CONSULT YOUR DOCTOR OR THERAPIST IF YOU ARE DISTRESSED OR CONCERNED BY ANY REACTION TO PERT.

What is PERT used for?

As said before, with PERT we are assisting to stimulate, sedate and regulate the energy flow within our body, thereby promoting and restoring a healthy energy field and improving the energy-physiological processes. We are not specifically treating manifested diseases.

If you are interested in the application of PERT for treatment of specific ailments or problems, you have to consult a therapist or doctor, who is experienced in the application of PERT. The list on the next page can be used as a guideline to choose the right program for specific indications, (health problems).

Why is there often more than one program listed?

Often more than one program is listed, as it is recommended to alternate the programs according to the 24-hour periodicity of the body. As a guideline, the suitable times of the day are – regulating early morning, stimulating during the day and sedating in the late afternoon & evening. The programs vary with each person applying PERT for him or herself, depending if more stimulation or more sedation is required. As a general rule, we always consider the periodicity of the natural energy fluctuations and apply a combination of several programs – regulating, strengthening & relaxing.

For treatment of specific ailments or problems consult a therapist or doctor, who is experienced in the application of Bio-Resonance Therapy.

The list on pages 24-27 can be used to choose the right program for the specific indications. Often more than one program is listed, as it is recommended to alternate the programs for the suitable time of the day.

When applying the Pulse8, use the BRS programs as a guideline to choose the correct program. However, remember that the **primary requirement for proper use is the correct location of the point.**

Note: When applying the Pulse8 please always follow these three steps:

1. Choose the correct location of the point as described in the diagrams listed on pages 36-43
2. Apply the Pulse8 properly to that specific point
3. Choose appropriate program

PLEASE CONSULT A TRAINED THERAPIST IN PERT FOR FURTHER ADVICE ON APPLICATIONS OF PERT.

A PRACTICAL GUIDE

When to use the different PERT Programs:

INDICATIONS	PROGRAMS
Allergies	5,6,7
Ankylosing Spondylitis	5,6,7,8,9
Arteriosclerosis	5,6
Arthritis	5,6,9
Arthrosis	5,6,8,9
Asthma	1,2,5
Bed wetting (children)	1
Blood circulation - improve arterial & venous circulation	2,5,6,9
Bone - enhance healing	5,6,7,8,9
Bone - enhance stability	5,8
Bronchial asthma	5,6,7
Bronchitis	2
Cartilage - assist regeneration	6,7,8
Concentration - increase	3
Chronic Fatigue Syndrome	4,9
Chronic pain	4,9
Circulatory system	5,6
Diabetes (old age)	5,6,9
Digestion - improve digestion	9
Disorders of paranasal sinuses	5,6,7
Dizziness through imbalance	2,5,6

A PRACTICAL GUIDE

When to use the different PERT Programs:

INDICATIONS	PROGRAMS
Edema	9
Energy level - increase energy & reduce fatigue	4,5,8,9
Electrosmog (computer screen & mobile phone) - rebalance	1,5,9
Gangrene	5,6
Haematoma - sports injuries	5,6,9
Hay fever	4,5,7
Headache	4
Heart complaints	1,3
Immune system	5,9
Impotency	2,5,9
Incontinence of urine	2,6
Inflammation of middle ear	5,6,7
Inflammation	1,5,6
Intervertebral problems	6,7,9
Jetlag	1,5,9
Joints - improve energy & blood flow	5,6,8,9
Libido - improve sex drive & performance	2,5,8,9
Lungs - strengthen lung energy	5,6,7
Lungs - enhance relaxation and slow down breathing	1,2,7
Lymph - improve circulation	5,6,9

A PRACTICAL GUIDE

When to use the different PERT Programs:

INDICATIONS	PROGRAMS
Macular edema (eye)	5,6,9
Meditation	4
Memory	7
Menopause - improve transition	5,9
Menstruation - harmonisation	5,9
Metabolism - improve	1,5,9
Migraine cervical	2,5,8
Migraine	2,6
Multiple Sclerosis	5,9
Muscle tension	5
Neck - reduce tension	2,5,6,8
Nerve inflammation	3
Nervousness	1,2
Normalization of fatty acids	5,9
Osteoporosis	8
Pains	5,8
Parkinson disease	5,9
Pelvic Floor - strengthening & invigorating	2,5,6,8,9
Regeneration	5,8,9

A PRACTICAL GUIDE

When to use the different PERT Programs:

INDICATIONS	PROGRAMS
Relaxation - reduce nervousness & tension	1,2,6
Respiration	2,7
Rheumatoid arthritis	5,6,8,9
Rheumatic diseases	5,6,8,9
Scars - improve healing	6,8
Sinuses - open up energy flow	2,7
Sleep - improvement	1,2
Smoker's leg (lack of circulation)	5,6,7,8,9
Spine - strengthen energy flow in spine	5,6,7,9
Sport injuries - improvement	5,9
Stress - assist dealing with mental stress	1,2,4
Stroke	4,5,6,7,8
Sudeck's Disease	5,6,7,8,9
Tennis elbow	6,8
Thrombophlebitis	5,6
Thrombosis	5,6
Tinnitus	5,6,7
Varicose ulcer	5,6
Weather sensitivity	2,3,4,9
Wound healing	5

What intensity is generally used by PERT?

When applying PERT to specific points of the body working with ultra weak intensities has proven to be very effective. This has two main reasons:

1. Ancient medical traditions, such as Chinese Medicine, have observed that the human bio-energy system has openings on the body surface at specific locations, the famous Chinese acupuncture points. These points are interconnected forming the meridians. The acupuncture points on a meridian influence the flow of vital energy through the energy channels, thereby they can regulate energy-physiology processes in the body. This effect allows PERT to regulate internal energy processes by application externally to singular points.
2. The special form of the signals and impulses, as well as the composition of the various frequencies of the pulsating magnetic field allows for weak intensities having measurable biological effects. Since the applied magnetic field of the Medec PERT devices is of a much lower intensity than the magnetic field of the earth, it is well within the recommended limits and therefore considered ultra weak. Therefore no precautionary measures are necessary.

PART THREE: USING THE MEDEC BRS SYSTEMS & PULSE8

Advantages of PERT

- **Deep penetrative effect** of the pulsating energy field
- **Less precision in application required** – less accuracy in application does not reduce the effect of PERT
- **Longer lasting stimulation** – PERT induces the flow of currents in the body by means of electromagnetic induction resulting in a longer lasting stimulation locally and in the whole body.

Techniques of PERT

Stimulating or Toning Programs recommended:

- Programs 5 to 8.
- Program 5 ideal for energy along the spine and for midline in the front of the body.
- Program 6 ideal for haematoma and scars.
- Program 7 ideal for bones and cartilage.
- Program 8 ideal for sacrum, legs, knees & feet.
- Usually combine various toning programs (see indication & program list).
- Stimulation usually requires shorter time of application than sedation.
- Toning: 2 to 5 minutes at each point if several points are combined – up to 15 minutes for singular points at one time. (applies only for Pulse8)

Tranquilizing or Sedating Programs recommended:

- Programs 1 to 4.
- Program 1 ideal for improving sleep and relaxation.
- Program 2 ideal for inducing relaxation and reducing tension.
- Program 3 ideal for inducing regeneration and increasing concentration.
- Program 4 ideal for meditation.
- Usually combine various sedating programs (see indications & program list).
- Sedation usually requires longer time of application than stimulation.
- Tranquilizing: 5 to 10 minutes or longer at each point if several points are combined – up to 60 minutes for singular points at one time. (applies only for Pulse8)

Maximum recommended treatment period:

- No limit at all for the body
- Not more than 60 minutes in the head/face area per day.

What can the Medec BRS Systems be used for?

It can be used for:

- prevention and relaxation
- maintenance of health and wellbeing
- promoting of blood and lymph circulation
- supporting wound healing
- promoting bone healing
- counteracting pain, particularly in the musculoskeletal system
- releasing tenseness in muscles

- improving sleep and reducing stress
- improving performance in sports
- assisting in treatment of sports injuries (bruises, sprains etc.) and speeding up recuperation
- releasing headaches and reducing migraine
- lighten up moods

How does PERT actually work?

PERT works in five ways:

- It induces the flow of currents in the body by means of electromagnetic induction.
- With the help PERT it has become possible to induce physiological action potentials in the body.
- The software within the Medec PERT devices contains copies of natural well-defined biological electrical and electromagnetic force fields of the human body.
- Biological force fields programmed into the Medec PERT devices are reintroduced to the fatigued and energy starved body of elderly, exhausted or sick people.
- Local stimulation with PERT leads to general energy-physiological response within the whole body.

What does PERT actually do?

PERT assists with:

- regulatory and balancing effect on the autonomic nervous system
- stimulation of bone and cartilage through piezoelectric effect.
- wound healing

- nerve recuperation
- reduction of pain
- improving blood and lymph circulation
- increasing oxygenation
- increasing supply of cells with nutrients and oxygen
- removing metabolic waste from cells and connective tissue (purging effect)
- reducing stress
- regulating digestive function
- deepening breathing

How can I achieve the best results?

- No smoking – in general or at least 2 hours before and after application of PERT.
- Drinking a lot of water – at least 0.5 litres half an hour before each treatment and 3 litres daily.
- Exclude contraindications and consult your physician to obtain precise medical diagnosis.
- Exclude and counterbalance hyperacidity by proper supply of minerals.
- Practice deep abdominal breathing during application and in general.
- As individuals, we all react differently to the stimuli set by PERT. Individual adjustments are therefore essential.
- Take nutritional supplements (vitamins, minerals and trace elements) to support the body functionally.
- Regular wholesome food intake.

- Avoidance and elimination of risk factors and disruptive factors (intake of food additives, exposure to geopathic stress, toxic chemicals and electrosmog for example).
- Regular use (compliance) is essential for at least 6 to 12 weeks. Thereafter we can reduce frequency of application.
- Correct choice of programs.

Are there any side-effects?

Clinical studies on more than 200,000 patients using PERT have shown no side effects detrimental to health. PERT is virtually free of any side effects and is well tolerated by most people. The most commonly noticed “unwanted” effect is the primary response of the body to the improved energy and blood circulation. This consists of transient increased release of toxins and metabolic waste or a brief increase in pain sensations at sites of chronic pain.

In using the big PERT devices, such as the MEDEC Bio-Resonance Systems, these “unwanted” effects are only seen in about 10% of the patients. They can be largely avoided by gradually increasing the number and intensity of the applications and ensuring an adequate intake of water to flush out waste and impurities. In comparison to the big PERT devices, the Pulse8 is much less likely to produce these “unwanted” effects. Be assured, that all these sensations are transient in nature.

Absolute contraindications: Electrical implants, such as cardiac pacemakers.

Relative contraindications: Epilepsy, pregnancy, high fever, untreated hyperfunction of the thyroid.

How often should I use PERT?

PERT should be applied several times daily, (ideally 3 times or more). In addition, the application time in each session should be increased to achieve the optimal dose. In acute injuries (sprains, bruises, haematoma), PERT can be applied for several hours at a time to obtain best results.

When can I expect to see results?

Pulsating Energy Resonance Therapy (PERT) is a natural remedy. Through the administration of pulsating electromagnetic forces, the capacity of the body to heal itself is activated or strengthened by the conveyance of very little energy. Modern medical technology calls such methods "minimal energy techniques". Through the fast alternation of these weak fields (pulsations) a fairly high energy is induced in the human body. The energy field is used to induce resonances within the body. In this way, the body is mainly stimulated by the activation of its own energies. In comparison to conventional magnetic field therapy, these systems are working with homeopathic doses.

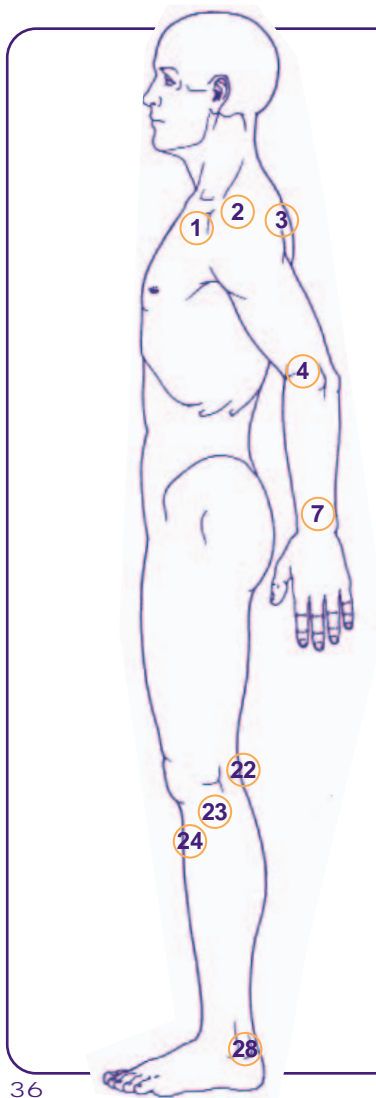
Physiological action potentials of the biological force fields reintroduced to the body by the PERT lead to a general energy-physiological response and increased flow of energy. These mechanisms may take effect in the body within minutes. Therefore, an application of 10 minutes on a singular point is sufficient for a healthy person. Depending on the person's constitution, the effect of the therapy wears off after one or two hours in a weak person with low energy levels or only after eight hours or more in a healthy person. Therefore, PERT can be and should be applied at least two to three times a day.

The manifestation of permanent positive effects very much depends on the body's reactivity to the impulses set by PERT. An acid or toxic body will respond much slower than an alkaline and fully functional body. Acute pains due to a sprain or bruise will respond much faster than chronic pain. The longer a painful condition has existed, the longer it will take for a pain relieving effect to be observed.

According to the experience gained with 200,000 people using a PERT system, it takes approximately 6 to 12 weeks for permanent positive effects to set in. In exceptions it can take 6 months or even longer.

What does one feel the first time?

- 40 to 50% of the people using PERT initially feel nothing during the first session.
- 40% are aware of a pleasantly warm sensation.
- 10% feel a tingling sensation locally or propagated along certain pathways (meridians)
- 70-75% feel a relaxation response of the body with loosening of especially the back muscles following the application.



SHOULDERS

Point 1:

Point 2:

Point 3:

ELBOWS

Point 4:

WRISTS

Point 7:

KNEES

Point 22:

Point 23:

Point 24:

ANKLES

Point 28:

LOCALISED APPLICATION OF PERT:

WHEN TO USE: Coughing, wheezing, experiencing pain in chest, shoulder and back, or fullness in the chest.

Pain in the shoulder and arm, motor impairment of the upper extremities.

Aching and weakness of shoulder and arm.

Pain of the elbow and arm, motor impairment of the upper extremities, itchiness of skin, swollen and painful mouth and throat, fever, diarrhoea, high blood pressure.

Pain and motor impairment of the elbow and arm, hand tremor, pain in the cheek, pain and stiffness at the nape of the neck, deafness, tinnitus.

Low back pain, pain in the hip joint and surrounding soft areas, motor impairment of the hip joint and lower extremities, sciatica, tension and contracture of tendons in the back of the knee, hemiplegia (unilateral paralysis).

Pain and swelling of the knee joint, hemiplegia (unilateral paralysis), muscular atrophy, motor impairment, pain and numbness of the lower extremities, sciatica, pain in the area of the ribs and the hypochondriac region (liver, gallbladder area), a bitter taste in the mouth.

Stomach pain, stomach and duodenal ulcers, bloating, diarrhoea, constipation, digestive disorders, indigestion, dysentery and other disorders connected with the digestive tract, hemiplegia (unilateral paralysis), and nervousness.

Pain in the heel, paralysis of the lower extremities, sciatica, pain in the back and lumbar region, pain and spasms of the nape of the neck, shoulder and arm, stiffness of neck, headache, blurring of vision, dizziness, insomnia.

LOCALISED APPLICATION OF PERT:

ELBOWS
Point 5:

CHEST & ABDOMEN
Point 16:

Point 17:

Point 18:

Point 19:

Point 20:

Point 21:

WHEN TO USE: Pain and numbness of the armpit, arm and hand, disorders connected with the elbow joint, as well as pain in the area of thorax and ribs.

Seminal emission, impotence, vaginal discharge, retention of urine, frequency of urine, hernia, bedwetting, pain and itchiness of the external genitals, irregular menstruation.

Irregular menstruation, dysfunctional uterine bleeding, amenorrhea, bedwetting, seminal emission, retention of urine, neurasthenia, abdominal pain, diarrhoea.

Stomach pain, vomiting, regurgitation, digestive disorders, bloating, stomach and duodenal ulcers, diarrhoea, dysentery, mental and emotional problems associated with the solar plexus.

Wheezing, hiccup, pain and feeling of tightness in the chest, insufficient lactation, heart problems.

Cough, wheezing, sudden hoarseness of voice, sore throat, hiccup, vomiting, goitre.

Abdominal pain, acute and chronic gastroenteritis, dysentery, diarrhoea, constipation, bloated abdomen.

LOCALISED APPLICATION OF PERT:

WHEN TO USE: Pain in the area of thorax and ribs, stomach pain, general agitation, palpitation, hiccups, nausea, vomiting, mental and emotional disturbances.

WRISTS
Point 6:

HANDS & FINGERS
Point 8:

KNEES
Point 25:

ANKLES
Point 26:

Point 27:

FEET AND TOES
Point 29:

HANDS & FINGERS

Point 9:

Point 10:

SPINE

Point 11:

Point 12:

Point 13:

Point 14:

Point 15:

Point 28:

Point 30:

LOCALISED APPLICATION OF PERT:

WHEN TO USE: Headache, redness of the eyes, deafness, tinnitus, sore throat, pain in arm, elbow and hand, motor impairment of the fingers.

Headache, toothache, facial swelling and paralysis, swollen and painful mouth and throat, redness with swelling and pain of eyes, contracture of fingers, joint pain in the upper extremities, pain in the jaw-joint (Temporo-Mandibular Joint Syndrome called TMJ).

Irregular menstruation, pain and stiffness of the lower back, haemorrhoids, muscular atrophy, motor impairment, numbness and pain of the lower extremities.

Pain in the lumbosacral region, muscular atrophy, motor impairment, numbness and pain of the lower extremities, irregular menstruation, seminal emission, impotence.

Stiffness and pain of the back, lumbago, seminal emission, impotence, menstrual irregularities, vaginal discharge, diarrhoea.

Poor memory, anxiety, palpitation, pain in the chest and back, stiffness of the spine.

Fever, sunstroke, common cold, cough, wheezing, stiffness of the neck and back, backache, mental and emotional disturbances.

Pain in the heel, paralysis of the lower extremities, sciatica, pain in the back and lumbar region, pain and spasms of the nape of the neck, shoulder and arm, stiffness of neck, headache, blurring of vision, dizziness, insomnia.

Pain at the crown of the head, dizziness, blurring of vision, mental and emotional disturbances, sore throat, dryness of the tongue, pain or difficulty in passing urine.

NOTES