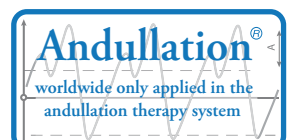




> Research Andullation Therapy
Chronic Fatigue Syndrome (CFS), Fibromyalgia (FM), Spasmophilia (SF)

Medical Research Team HHP



Research of the Effect of Andullation Therapy on the Chronic Fatigue Syndrome (CFS), Fibromyalgia (FM), Spasmophilia (SF)

> Introduction

Sooner or later, a research team will discover the exact metabolic and/or immunologic and/or neuroendocrine cause of the pattern of complaints that are specific to CFS [chronic fatigue syndrome], FM [fibromyalgia], and SF [spasmophilia], which, taken together, are estimated to affect 10% of the population. Since research into the influence of infection, trauma, stress, hormones, the mind, etc., is far from having produced a definitive and universally acceptable explanation, there is a strong conjecture that the main disorder should be found in the, much more difficult to analyse, microsphere of the regulating mechanisms or the metabolic processes in the cells. What has so far been established is that CFS, FM, and SF are accompanied by pronounced complaints to a much lesser degree in countries where there is a consistently higher ambient temperature.

Despite persistent scepticism of the medical and paramedical worlds, and certainly also of the average man in the street, the highly comparable complaints associated with CFS, FM, and SF – with their typically chronic fluctuating or chronic constant pattern – affect the entire person. Since, and for reasons still not understood, CFS, FM, and SF have a negative effect on all types of muscle fibre in various organs (cardiovascular, respiratory, gastrointestinal, musculoskeletal, androgenic, gynaecological, dermatological), these three disorders sometimes lead to complete physical and mental exhaustion. “My batteries are run down” is a remarkably frequent and all-embracing main symptom.

Chronic fatigue syndrome (CFS) is especially characterised by great muscular fatigue. Fibromyalgia (FM) and Spasmophilia (SF) are expressions of an abnormal stimulus at the neuromuscular synapse (cf. Figure 1). At this point of contact between nerve and muscle cells, electrical nerve cell energy is transformed into chemical muscle cell energy so that a person can perform normal activity. Those suffering from fibromyalgia (FM) experience persistently tensed and painful muscles throughout their entire bodies. Spasmophilia (SF) is then more typified by intense muscle cramping. The other symptoms associated with CFS, FM, and SF are quite often highly parallel (cf. Table).



Figure 1.
An electric signal is transformed at the contact between nerve and muscle cells into a chemical stimulus.

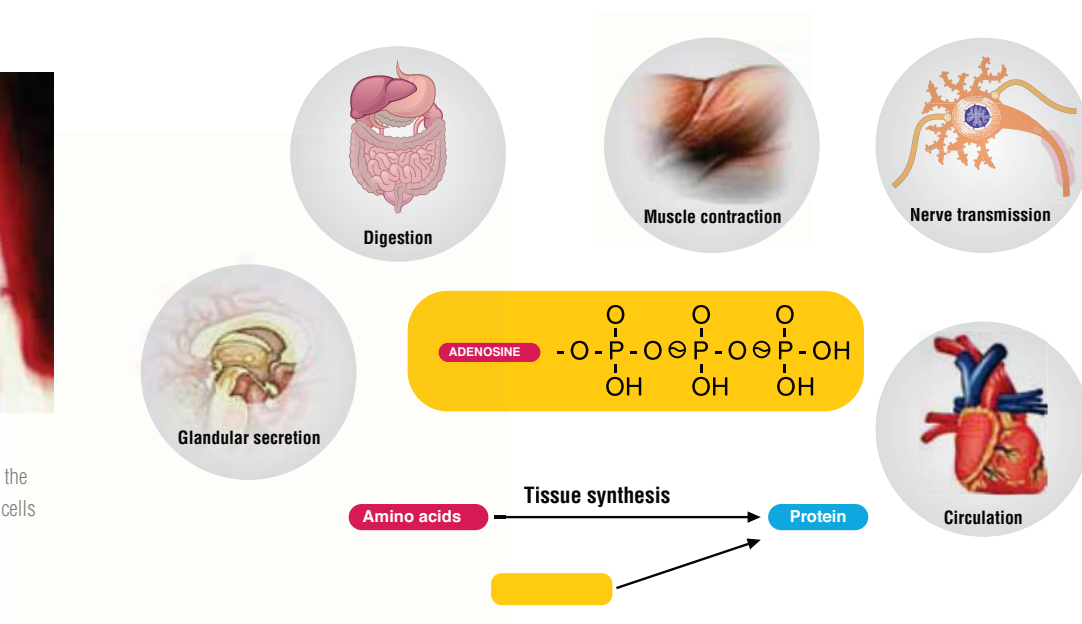


Figure 2:
ATP as energy source for all biological work. (Essentials of Exercise Physiology – WD Mc Ardle, FI Katch, VLKatch – 2000)

> Table

Summary complaints CVS – FM – SF (••• = typical, • = usually present)

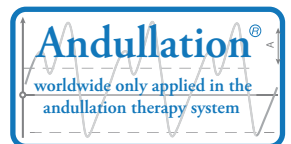
Symptom	CVS	FM	SF
Fatigue	•••	•	•
Muscle pain	•	•••	•
Muscle spasms	•	•	•••
Disturbed sleep	•	•	•
Headache	•	•	•
Loss of concentration	•	•	•
Memory loss	•	•	•
Restless legs		•	•
Depression	•	•	•
Bilateral 'tender points' 11/18		•	
Clinical tetany tests			•
EMG crypto-tetany test			•
Blood tests	Normal	Normal	Normal
Mg deficiency	One in three	One in two	
Disturbance of Ca metabolism			•
Cortisol deficiency	•		
Serotonin deficiency	•		
Radiology	Normal	Normal	Normal

To help the patient recover his/her energy (ATP, or adenosine triphosphate), treatment plans available to be carried out under the multidisciplinary supervision of a physician, physiotherapist, and psychologist.

Andullation is a supplementary method to stimulate the cellular production of energy (ATP) and to restore it as far as possible to each person's normal level. It has also been found that the combination of relaxation (lying down with knees bent) and heat (energy production) reduces the symptoms of CFS, FM and SF.

As reported at the website, www.andullation.co.uk, andullation administered while in a particularly relaxing prone posture, in addition to the production of energy through infrared heat sources (short IR A wavelengths), will also activate the energy factories (the mitochondria) in the body's cells.

Someone suffering from CFS, FM or SF will be better able to recuperate by means of the higher production of his own bodily energy (ATP) (Figure 2) and ultimately function better once again. Andullation represents a better quality of life.



> Research Centre Sporeg
Ambulantes Rehasentrum
Strahlenbergerstrasse 105-107
D-63067 Offenbach am Main

> Andullation Centre UK
0800 - 0124202
info@homehealthproducts.co.uk
www.homehealthproducts.co.uk
www.andullation.co.uk

研究谐振近红外理疗

慢性疲劳综合症 (CFS), 纤维肌痛 (FM), 痉挛症 (SF)

研究谐振近红外理疗对慢性疲劳综合症 (CFS), 纤维肌痛 (FM), 痉挛症 (SF) 的功效。

介绍

总有一天, 研究小组将发现 CFS [慢性疲劳综合症], FM [纤维肌痛]和 SF [痉挛]特异性疾病的确切原因是由代谢和/或免疫和/或神经内分泌引起的。这些症状加起来估计会影响 10%的人口。由于对感染、创伤、压力、荷尔蒙激素、精神等影响的研究远没有产生明确和普遍接受的解释, 用一种强烈的猜测认为, 主要疾病应该在更困难的地方发现分析, 在调节机制微球中或在细胞代谢的过程中。迄今为止已经确定的是, CFS、FM 和 SF 伴随着明显的疾病, 而在环境温度一直较高的国家, 疾病的程度要低得多。

尽管医学界和辅助医学界一直持怀疑态度, 当然街上的普通人也持怀疑态度, 但相当多的疾病都与 CFS、FM 和 SF 相关——它们通常具有慢性波动或慢性持续模式——影响着整个人。由于 CFS、FM 和 SF 不明原因, 对各种器官(心血管、呼吸、胃肠道、肌肉骨骼、雄激素、妇科、皮肤科)的所有类型的肌纤维有负面影响, 这三种疾病有时导致完全的身体和精神衰竭。“我的精力已耗尽”是一个非常频繁和包罗万象的主要症状。慢性疲劳综合征 (cfs) 的特点是严重的肌肉疲劳。纤维肌痛 (FM) 和痉挛 (SF) 是神经肌肉突触异常刺激的表现 (参见图 1)。在神经和肌肉细胞之间的这种接触点, 神经细胞能量转化为化学肌肉细胞能量, 这样一个人就能进行正常的活动。患有纤维肌痛 (FM) 的患者在整个身体中的肌肉有持续紧张和疼痛。痉挛 (SF) 更多地表现为强烈的肌肉痉挛。与 CFS、FM 和 SF 相关的其他症状通常是高度平行的 (参见表)。



图 1:
电信号在神经和肌肉细胞之间的接触转化为化学刺激。

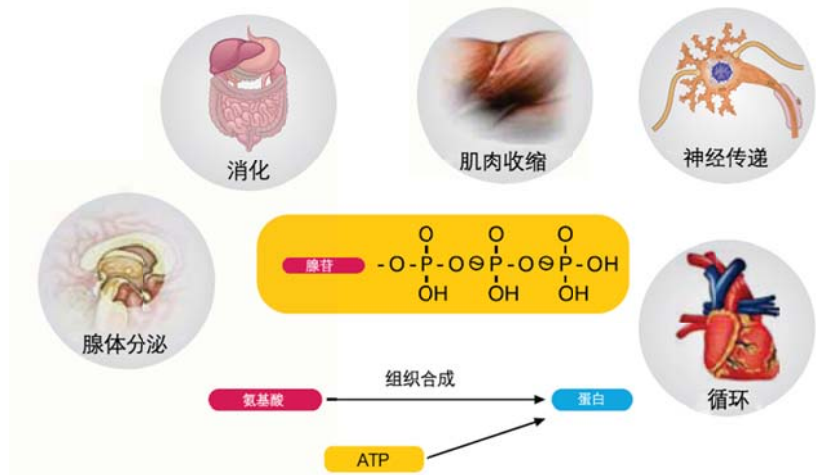


图 2: ATP 作为所有生物工作的能源。

运动生理学精要——(WD Mc Ardle, Fi-KATCH, VLKATCH - 2000)

表格

CFS、FM 和 SF 疾病的总结。(••• =典型的, • =通常存在的)

症状	CVS	FM	SF
疲劳	•••	•	•
肌肉疼痛	•	•••	•
肌肉痉挛	•	•	•••
睡眠障碍	•	•	•
头痛	•	•	•
精力不集中	•	•	•
记忆丧失	•	•	•
不宁腿		•	•
抑郁症	•	•	•
双边压痛点11/18		•	
临床手足抽搐试验			•
肌电图手足抽搐试验			•
血液测试	正常	正常	正常
缺镁	三分之一	三分之二	
钙代谢障碍			•
缺皮质醇	•		
血清素不足	•		
放射	正常	正常	正常

为了帮助病人恢复他/她的能量(ATP, 或三磷酸腺苷), 治疗计划可以在医生、物理治疗师和心理学家等多学科监督下进行。

谐振近红外理疗通过刺激细胞产生能量 ATP 的方法, 尽可能的使每个人的储存水平达到正常值。研究还发现, 放松(屈膝躺下)与发热(产生能量)相结合可以减少 CFS、FM 和 SF 的症状。

正如网站上报道的那样, www.andullation.co.uk, 谐振近红外理疗在特别放松的俯卧姿势下, 除了通过近红外热源(短 IR A 波长)产生能量外, 还能激活身体细胞中的能量工厂(线粒体)。

患有 CFS、FM 或 SF 的人通过更高产生自身能量(ATP)(图 2)将能更好地恢复健康, 并再次有效地获得能力。谐振近红外带来更高质量的生活。