



CHINA HEALTHWAYS

Infratonic QGM Bulletin

Understanding Infratonic Therapy

The Infratonic QGM operates on principles that are quite different than those with which most American practitioners are familiar. This bulletin was developed as a guide to users of the QGM. It is hoped that, through a deeper understanding of its operation, the reader can make better use of this unique modality.

The principles of operation should not be confused with medical claims. The QGM is intended for the purpose of relieving pain, relaxing muscle tension, and improving circulation. It can also be used to increase energy. It is not claimed to cure any diseases. The following pages present research to help the reader to better understand how to use the QGM.

Pain Management

The Infratonic QGM is often used to relieve pain. In this application it is applied directly to the area of pain for about 10 minutes. It is effective for many of the same reasons that massage therapy is effective. It promotes local blood and energy circulation, thereby dispersing stagnant energy and



Kirlian Videography shows enhanced conductivity around fingertip after treatment with the Infratonic QGM.



The Infratonic QGM Therapeutic Massager

metabolic waste products. It facilitates and stimulates sensory nerves to the brain, drawing the brain's attention to the local area of pain. It promotes a state of deep relaxation throughout the body by enhancing and synchronizing the Alpha rhythm of the brain's EEG brainwave pattern. This enhances the brain's healing and pain relieving ability.

While ten minutes to a specific point of pain is a typical application, the QGM can also be moved from point to point or left on a single point for hours if desired. There is no danger from getting too much QGM just as there is no danger from receiving an extra-long massage.

Neuro-Muscular Reeducation

Another popular application for the QGM is in facilitating the relaxation of specific muscles that, by their inappropriate tension or spasm, are pulling bones out of their proper alignment. The QGM is effective at reducing this muscle tension and enhancing the brain's awareness of the area. Once the muscles are relaxed, the vertebrae can be eased back into their

proper position, or sometimes move back by themselves. Relaxed muscles that are communicating effectively with the brain are more likely to learn to stay relaxed and to leave the bones in their proper position.

In this application, the area of misalignment is first identified, then the muscles causing the problem are identified. The QGM is applied directly to the tense muscles for about ten minutes to relax them and to induce a state of Alpha functioning in the patient's brain and nervous system. The bones are then gently manipulated into their proper position. If significant tension remains, many doctors prefer to apply the QGM for another ten minutes.

Energy Enhancement

The Infratonic QGM was developed in China for the purpose of supplementing human energy. The infrasonic energy from the hands of natural healers was measured, and the QGM was designed to reproduce this low frequency massage action.

Human energy is surprisingly difficult to measure scientifically. However, it is easy to measure subjectively, both by the person experiencing his own energy level, and by an observer who watches behaviors of another. Most people with low energy agree that the Infratonic QGM is extraordinarily effective at enhancing their feeling of energy, and observers report that people treated with the QGM seem to have more energy.

Kirlian Videography

Understanding the test results helps us to better understand how to use the Infratonic QGM

Kirlian photography has long been used to study energetic aspects of the human body. Researchers who believe that vital energy is not a significant factor in human life and health conclude that the fluctuating patterns of electrical discharge surrounding the test subject's fingers recorded by the Kirlian equipment are random fluctuations in an unstable device. However, those who believe in human energy discover that the Kirlian image is full of meaningful and significant information.

Live Kirlian videography allows the researcher to see beyond the Kirlian image as recorded on film. He can watch the images change in real time as the subject undergoes the selected experimental test protocol.

In the series of pictures presented on this page, the test subject kept his index finger on the Kirlian imaging plate while the Infratonic QGM was applied to his foot (kidney-1 point) over a period of eight minutes. The Kirlian image grew gradually in size and intensity over the entire test period and remained enhanced after the QGM treatment was ceased.

Drawing from Results

Many useful concepts can be drawn from this observation which are pertinent to using the Infratonic QGM as a therapy device. The key observation is that the electrical conductivity of the finger increased as a direct result of use of the Infratonic QGM. Other devices that measure electrical conductivity confirm that the QGM increases electrical conductivity.

Chinese medicine theory holds that a buildup of excess energy in muscles and other tissues is a direct cause of muscle spasm and pain. This is illustrated by electrical muscle stimulators which can induce muscle contraction which can become painful if high voltage is applied. By increasing the electrical conductivity of the treated area, the Infratonic QGM helps to release the stagnant energy from areas of pain and

spasm, relieving pain and promoting smoother flow of energy.

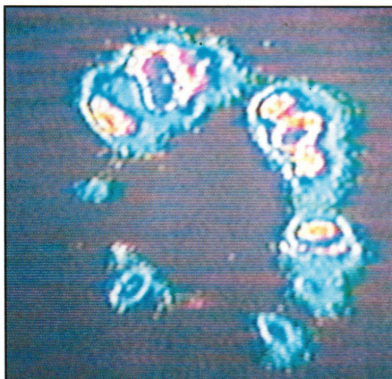
The experiment described here also shows that the Infratonic QGM affects areas of the body located far from the treatment location. In this case, the treatment point was the foot and the measurement point was the finger (It took several minutes for the finger to respond, but the changes were significant). From this it can be seen that, applied to one part of the body, the QGM affects the whole body.

Clinical use shows, however, that the QGM is more effective when applied directly to the area of pain or tension. There appears to be little or no additional benefit to applying the QGM to distal acupuncture points for relief from pain and muscle tension. Thus, it is helpful to think of the Infratonic QGM not as a form of acupuncture, rather as a form of energetic massage to be applied directly to the area of pain.

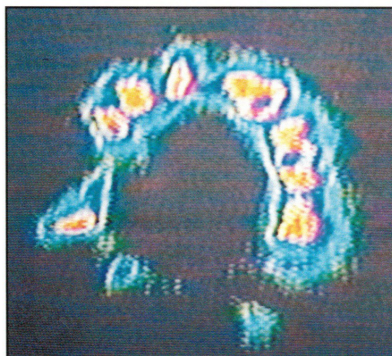
It is useful to view the Infratonic QGM as a device that increases conductivity in the body, relieving pain and muscle tension by allowing stagnant energy to flow out of problem areas. Increased conductivity may also allow more needed energy to flow into the area of pain. This understanding leads to effective application of the QGM.

Specific points have been found clinically to be better at enhancing energy flow for different parts of the body. CV-17, located on the chest between the nipples enhances energy flow through the lungs, heart and brain and is wonderful for relaxing particularly when someone has trouble sleeping. The solar-plexus enhances energy flow through the digestive system. Kidney-1 point on the bottoms of the feet opens up the legs to conduct "Yin" energy from the earth into the body.

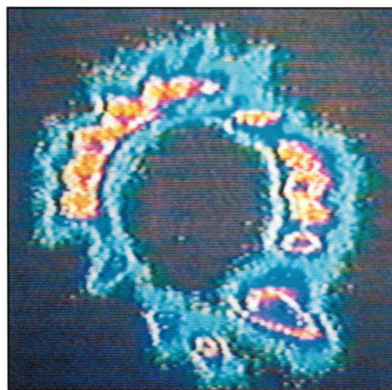
CV-6, the Dan Tian point, located one inch below the navel enhances flow through lower abdominal organs. According to traditional Chinese and Indian wisdom, this is the point where vital energy of the body is stored. Meditators will spend hours concentrating on this point to collect and generate vital energy. Holding the transducer on this point for ten minutes during deep breathing will enhance this process and allow a stronger experience of vital energy building within the abdomen.



Kirlian Video of finger before QGM. Blue, yellow and red indicate increasing intensity of Kirlian discharge.



Finger after 4 minutes with the Infratonic QGM at K-1 on bottom of foot.



After 8 minutes with the Infratonic QGM. Increased brightness indicates increased conductivity of finger.

Infrasonic Vitality

The Infratonic QGM was invented based on measurements of the infrasonic output of human test subjects. It was found that the ill and elderly emitted very low levels of this infrasonic energy whereas young, healthy subjects emitted a higher level. Qi-Gong masters, natural healers in China who claim to emit healing energy from their hands, were found to emit far higher levels of this infrasonic sound.

Experiments conducted at China Healthways Institute show not only that the hands produce infrasonic activity, but also that the Infratonic QGM is effective at modifying this activity. This laboratory procedure involves a hand-held motion detector which feeds data to a spectral analysis software program. The three graphs on the right are actual photographs of the computer screen.

This test of infrasonic activity of the hand is not a measure of infrasonic activity within the body, but only of that of the hand. Trembling of the hands represent energy that is lost to the body. Reduced trembling as is seen with use of the QGM helps to conserving energy that would otherwise be wasted through unnecessary muscle contractions. This reduction may also be due to improved responsiveness by the muscles to nerve signals from the brain. Because pain in tense muscles may be intensified by trembling, reduced trembling may be a part of why the QGM is such an effective pain management tool.

Dominant frequency of hand movement varied considerably from person to person, varying from about 3 Hz. to about 25 Hz. with a peak around 20 Hz. being typical.

The case shown to the right is typical in that, once treatment with the Infratonic QGM began, activity in the range of 8 to 14 Hz. gradually increased over a period of 3 to 4 minutes. After ten minutes, when QGM treatment was ended, the hand steadied and the overall muscle activity subsided to far below the pretest readings.

Thus, by introducing 8 to 14 Hz. massage activity, the Infratonic QGM calms the

very low frequency muscle activity in hands and arms and brings the body toward the calm, mentally clear state of Alpha functioning.

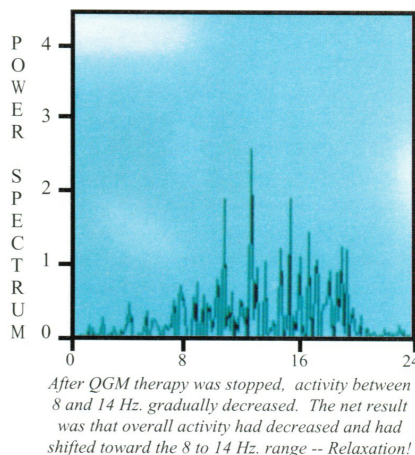
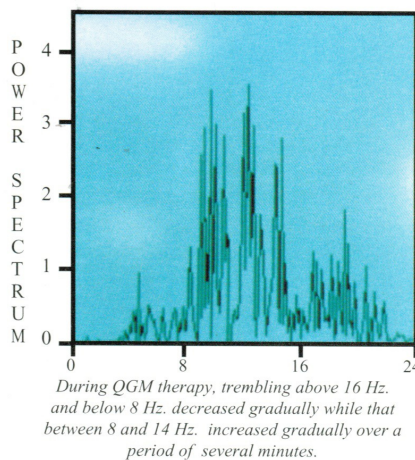
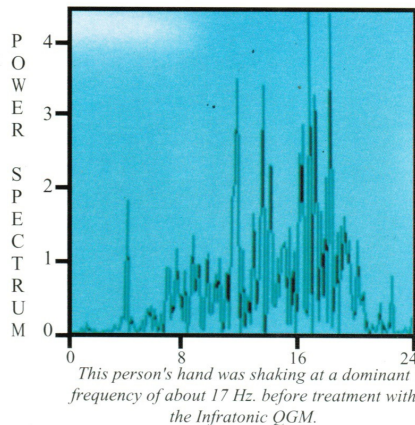
If it is true that infrasonic sound bounces around the body, then it follows that the 8 to 14 Hz. activity applied to the bottom of the foot takes a few minutes to start showing up in the trembling of the hand. The massage waves gradually fill up the leg and torso before traveling out the arm to the hand. It is also possible that the massage action is converted by the body into some other form of energy not yet measurable by modern science. This energy can then be used by the body to fuel different biological processes. This concept of an unmeasurable vital energy stored in the body is quite similar to the Chinese idea of "Qi" and is the key hypothesis upon which the Infratonic QGM was developed.

In a surprising turn, two acupuncturists were tested and neither showed any trembling. No measurable muscle activity in the zero to 50 Hz. range. Why would these doctors of physical medicine have such steady hands? Here are a few ideas on this:

1) People with calm hands become acupuncturists because nobody wants to be stuck by needles from a shaky hand.

2) These doctors, and most doctors engaged in physical medicine, are constantly touching patients. It could be that most of their infrasonic energy has been absorbed by patients, leaving the doctors depleted of energy in this range. This effect of losing infrasonic energy to patients may partly explain why so many doctors don't touch their patients much anymore and why so many nurses burn out after intense patient contact. It may also explain why so many doctors of physical medicine love the energizing effects of the QGM.

From this experiment it is seen that the Infratonic QGM, applied to the body for ten minutes can have a profound calming effect. Further, the reduction in random muscle activity may contribute to the QGM's high effectiveness in pain management.



Verifying The Infratonic QGM

Does the Infratonic QGM really work? This is a question that thousands of doctors have asked themselves. And thousands have tried one to find the answer. Of these, less than 2% feel that it was not effective and return it. They, of course, receive a 100% refund. However, the vast majority of doctors keep them and many buy additional units for home and for other treatment rooms.

"Does it work?" is not the real question here. The real question should be "Will what the QGM offers be of benefit to my patients?" While it does not work for everyone, most people with chronic pain and low energy are greatly benefited by the QGM.

Let's suppose that a doctor orders a QGM on a trial basis. He at first may test it on himself, but assuming he is healthy and has a high level of energy, he will probably experience nothing more than a gentle relaxation. On that basis, the doctor may send it back immediately.

He might try it out on his mother who spends most of her day in bed with low energy and aches and pains everywhere. This is an excellent test which is likely to turn his mother into an effective QGM sales person. However, it does not show that the QGM works for everybody.

If he tries the QGM out on two or three members of his athletic club before exercise, he's liable to find that many of them feel little or no benefit. But if one of them turned his ankle or has a muscle spasm, the doctor is likely to see spectacular results.

The best tests of the QGM are done by doctors on their patients. Most of their patients suffer from lots of aches and pains, low energy, and tension. This kind of testing is why such a high percentage of doctors who try the Infratonic QGM keep it. If a doctor treats ten or twenty patients with the QGM he will see a broad spectrum of responses. In this way, he also gains a better understanding of how it works.

Why not just use pain killers?

If someone has chronic pain and pain pills take care of most of the pain most of the time, why does he need the Infratonic QGM? What does it offer that pain killers do not?

Pain killing drugs work by numbing the nerves and the brain. The pain relief is at the expense of impaired awareness. In many cases, the dosage of the pain killing drug must be periodically increased as the pain gets worse or as the body adjusts to the drug. Addiction often results. The bottom line is that, by using pain killers, the patient becomes less and less alive. Why give up life if there is a choice?

The Infratonic QGM works in a very different way. It activates the local

area and facilitates nerve communication to the brain. This is why a small percentage of patients first experience an increase in the sensation of pain (usually for a few seconds, though rarely for a day or two). These few patients usually have significant improvements in their condition once the initial period passes.

Vital energy is the basis of the QGM. People who use the QGM to relieve their pain experience optimism and enhanced awareness. Those who rely on pain pills are more likely to experience dulled awareness and depression. People with pain prefer the Infratonic QGM because it makes them feel more alive.

Most will experience a deep sense of relaxation during the treatment and a vague sense of euphoria and enhanced mental clarity afterwards. A few will insist that the ten minute treatment made them feel better than they have felt in a long time. And one or two who didn't think much of it the first day will call the next day and rave about it. A few may sort of like it but feel no benefit.

Occasionally the doctor will find someone who experiences increased pain upon application of the QGM. The low frequency sound waves open communication between the brain and the local area of pain. This increase in pain is often a good sign that with continued use the QGM may break through the pain cycle. Usually the feeling of increased pain is temporary and many of these will see dramatic improvement in their condition over the next few days or weeks.

A common question from doctors who are reluctant to try the device on their patients is "how do I explain this modality to my patients?" Besides shar-

ing the patient guide "Infratonic QGM in Clinical Practice" which explains the QGM in laymen's terms, he will often find it helpful to say "I have 30 days to evaluate this new therapy device based on low frequency sound waves and I need your feedback. Please let me know how it has benefited you".

The only way for a doctor to discover if the QGM has a place in his practice is to try it. And it is best to try it on every patient who is in one place for more than 5 or 10 minutes. Patients will communicate its effects. While many patients will note a dramatic improvement almost immediately, others may be aware of an improvement until the next day. Some may not believe that such a simple device could possibly do it.

The best thing to note is that patients will be leaving the office feeling happier and a little more alive, and will appreciate a doctor who uses safe, health enhancing, non-invasive treatment. The QGM also has a calming effect, of benefit even to children.