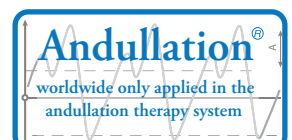


Dr. Uwe Gerlach
Neurofeedback Mentalsysteme



> Research Andullation Therapy
Influence on EEG and the Ability to Relax

Dr. Uwe Gerlach - Taunusstein - Wiesbaden



The Influence of the Andullation Therapy System – Andullation Therapy – on EEG and the Ability to Relax

> The Author

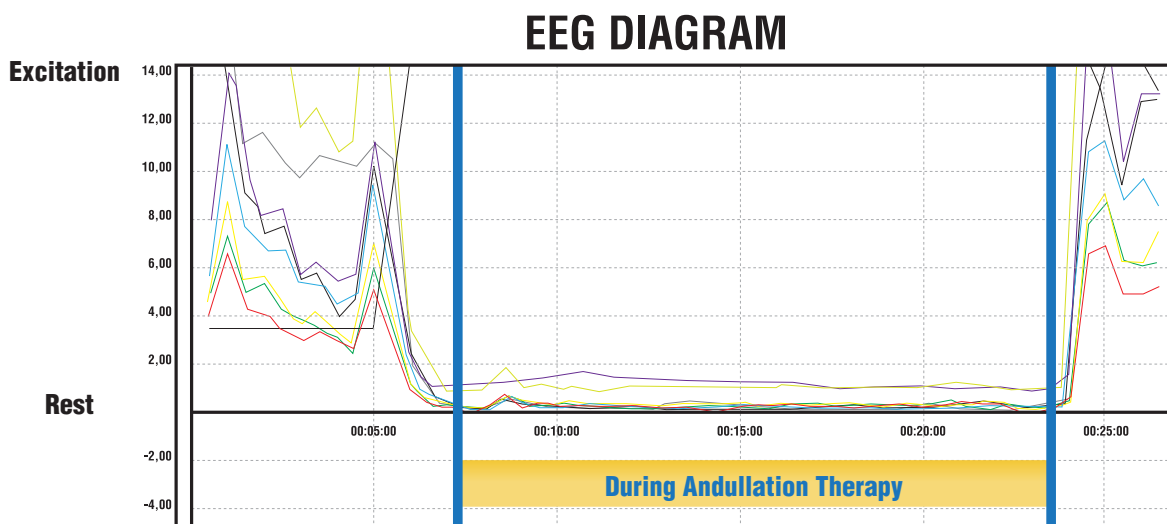
At the time of this study, Dr. Uwe Gerlach was 60 years old. As a physicist specializing in materials science, he carried out research at various research organizations. However, he was also active as a physician in occupational medicine. When he was 40 years old, he had to combat a serious illness, and realized only too well that he had been able to promote his own health particularly by means of very intensive relaxation every day. This gave him the courage and the strength to get his medical problem under control. With his extensive research experience he finally began to concentrate more and more on the investigation of the physiological phenomenon of relaxation. For this reason he engaged in the study of neurobiological technology and audio-visual stimulation and neuro-feedback (EEG-biofeedback). Dr. Gerlach has in the meantime become an acknowledged European authority in both these specialist fields.

> Study Methodology

During a period between May and August 2004 andullation therapy was tested on 50 test subjects in order to investigate the effect on EEG due to the medical hhp massage system, which had been developed for the purpose. The EEG diagrams were registered with the help of three different US Neurofeedback-2-channel-EEGs. All the andullation treatment programmes were tested. The investigation recorded for each test person the brain activity before, during and after the andullation therapy, both using the 1-channel and the 2-channel EEG. The measurement results in six important brain frequency fields were documented in a frequency band trace diagram (see diagram). Also, each person was given a questionnaire in order to evaluate their subjective well-being, their feeling of relaxation and their subjective feelings about stress.

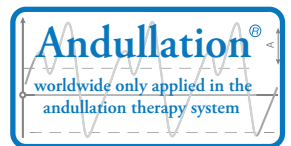
> Findings

In each test person the 15 minutes of andullation therapy on the andullation therapy system gave rise to a significant rest phase in the EEG. After the treatment each test person experienced a very positive effect in their general feeling of well-being. When the andullation treatment was additionally employed regularly thereafter, the capability of relaxing faster and better was also improved.



> Conclusion

Andullation therapy with infrared heat in combination with vibration stimulation over the whole body is an important treatment for being able to relax well. The repetition of this treatment increases the feeling of relaxation. The achievement of perfect relaxation contributes to combating negative stress.



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