

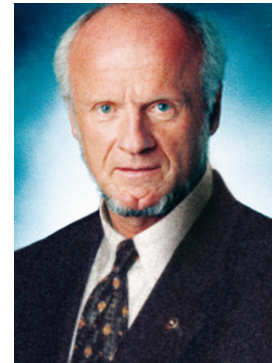
# Study – Dr. Uwe Gerlach

## The effect of the hhp Andullation Therapy System on the ability to relax

**Dr. Uwe Gerlach** is 60 years old and was formerly employed as a physicist in research of active ingredients. He worked as a scientist at research institutions and worked in industry.

20 years ago, he overcame a serious illness which awakened his interests in alternative medicinal treatments that promote health and as such strengthen the immune system over the long term.

From his own experience, he knew that daily relaxation was the key. After assessing all previously applied methods as insufficiently effective, he turned to the areas of neuro-technology, audio-visual stimulation and neuro-feedback (EEG biofeedback). He is one of the leading European pioneers in these areas.



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### STUDY DESIGN

Dr. Uwe Gerlach and Elke Sparkuhle, Taunusstein/Wiesbaden Study time period: May to August 2004, planning and implementation of experiment.

Effective declarative ability of the study was guaranteed by the competence of its leaders, who are among the European elite in EEG biofeedback.

The EEG diagrams were created with three different US neuro-feedback 2-channel EEGs. Every test subject was continually measured prior to and after use with a 1-channel assembly on a 2-channel EEG.

The assessment of the measurements was done based on a frequency band course diagram that, depending on the duration of the experiment, documented the six essential brain wave areas.

### STUDY SUMMARY

A massage on the hhp Massage System has a direct effect on the general sense of well-being. It was clearly demonstrated that, when used consistently over a period of time, the massage system trains the ability to relax.

The stimulation of the muscles and skin is one of the most important factors in the ability to relax. Relaxation is a key aspect for battling negative stress (dis-stress) and as such creates a foundation for healthy aging.