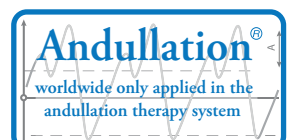




> Research Andullation Therapy
Chronic Fatigue Syndrome (CFS), Fibromyalgia (FM), Spasmophilia (SF)

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, micro-sphere 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.

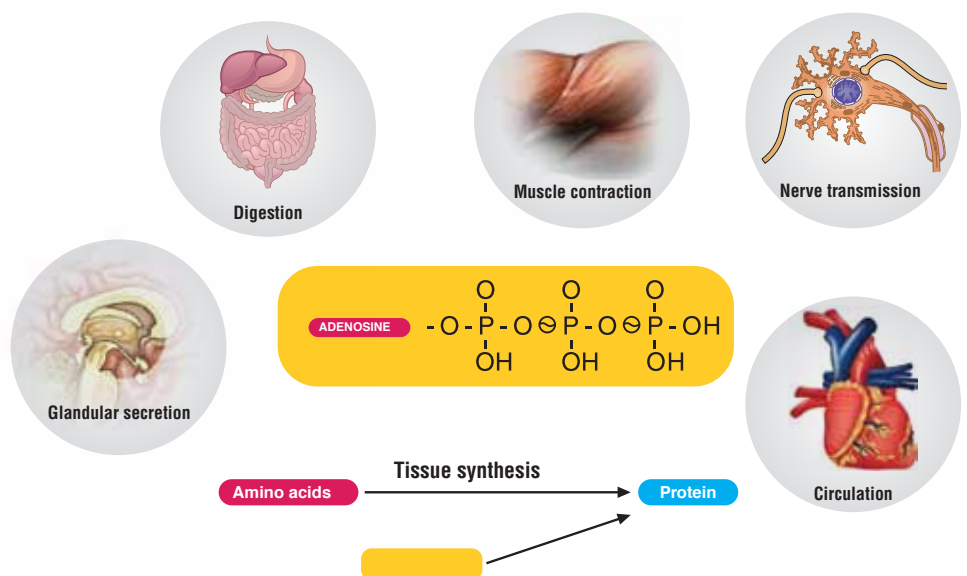


Figure 2:
ATP as energy source for all biological work. (Essentials of Exercise Physiology – WD Mc Ardle, FI Katch, VLKatch – 2000)

> Table

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

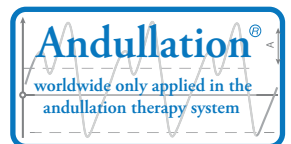
Symptom	CVS	FM	SF
Fatigue	•••	•	•
Muscle pain	•	•••	•
Muscle spasms	•	•	•••
Disturbed sleep	•	•	•
Headache	•	•	•
Loss of concentration	•	•	•
Memory loss	•	•	•
Restless legs		•	•
Depression	•	•	•
Bilateral 'tender points' 11/18		•	
Clinical tetany tests			•
EMG crypto-tetany test			•
Blood tests	Normal	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.



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