

# **BODY CLEANING BY CERAGEM – E**

## **SOUTH KOREA**

### **\*Characteristics of Patient Contingent\***

14 women group was selected for basic organism cleaning procedure. Average age – 61 years. The youngest – 39 years, the oldest – 76 years. The main criteria for the selection - dysfunction of internal organs: stomach, liver, gall bladder, intestine, kidney and urinary bladder. Central indication for the selection was constipation. Patients have been using medicaments to cure these ailments in the past. There were no acute dysfunctions at the moment of experiment. Medicaments have been used episodically before the procedures, mainly after appearance of discomfort. Most often analgetics, spasmolytics, secretolytics, enzymes have been used. Patients did not use any medicaments during the period of procedures. There were no evident symptoms of growing more active or symptoms of exacerbation before the procedures. 12(84%) of patients had constipation of various degrees. 4(28%) - hard level, as evacuated every 2 – 4 day. Occasionally medicaments or special food has been used. 3 (21%) - had urogenital problems.

### **\*Methods of the Procedure (Automatic – Manual)\***

A patient has been laid on the back. Automatic switch turned on to the position AUTO. After 3 roundtrips of front – back procedure, as waist – chest and neck parts were under impact of termopresure, projector stops at the initial point (1 and 9 points of the scheme, patient has been turned over on abdomen and then 3 times the manual massage has been performed, reaching the top of the breast bone (2 and 13 points of the scheme) and going down to the hip bone (12th point of the scheme). After that Moxa procedure has been accomplished, making stop for 5 minutes at the point of: urinary bladder, the navel and at the breast bone. The procedure has been finished by massaging abdomen from breast bone to the final massaging point 7+-2 times. The procedure time was 45+-2 minutes.

### **\*Methods of Patient Control \***

Patients have been weighed by the same electronic scales at the beginning and the end of the procedures. Patients examined their weight by themselves during the procedures. Anthropometric examination has been accomplished according to classic standards: height, breast width, waist, hips and upper arms. Clinical examination of internal organs has been done by: inquest, examination, auscultation, palpation, percussion methods. Blood pressure and pulse have been measured. In separate cases patients were sent for X-ray, echoscopy, electrocardiography to the medical care center according to the place of residence. Laboratory investigations were done by QPC Autoread Plus haematology analyser: blood tests, glucose, cholesterol. It has been recommended for the patients to study urine and excrements, it's color and smell, and to keep a diary.

### **\*Discussion\***

Each patient took 20 procedures, which were tolerated perfectly. Especially patients liked stomach massage. After 3-5 procedures twelve (86%) lost some weight - few of them even up to 2 kg. Only 2(14%) of patients did not loose weight at all. All of them felt the increase of appetite. 3(21%) of them were constantly thinking about food and eating. After first 6-9 procedures the weight either increased or decreased. After the end of the course 7 people, (49%) had 1.9 kg average weight increase from 0.7kg to 4.8 kg. For 5(35%) of the patients average weight decrease was 1.02 kg, from 0.5 to 1.4 kg and the weight of 2 patients,(14%), remained the same. Whether it is an influence of the frame type (normastenic, astenic, ypherstenic), or because of the statistic dispersion - low

number of persons under the examination. Change of the weight was confirmed by anthropomorphic measurements, change was for 1-3 cm. More significantly – weight increase; hips, waist, thighs, mostly at the place where fat is accumulating. Measurements of those whose weight decreased has been observed – limits were smaller from 0.3 – 0.7cm. In 4(28%) cases measurements did not change. After the first procedure patients felt some discomfort and stress. After 2-3 first procedures, sleeping disorders have been claimed by some patients. It was not relaxing, shallow sleep. Patients were also feeling stomach disorders, slight stitch, gas in the stomach, dryness in the mouth 12(84%). 2(14%) - did not feel significant changes. All earlier complaints came to the surface, weak points of the body were visible too. In 9(63%) cases the strongest physiotherapeutic reaction has been felt, 3(21%) - in average, 2(14%) - not strong reaction. In 10(70%) cases symptoms of the digestion system disorder were obvious: change of the taste, bitterness, sourness, dryness in the mouth, belching, noise in the intestine, intestine blowing, episodic spasms and pain under the right rib and around the navel. Intestines became softer, for 2-3 days evacuation and urination became more frequent. Constipation has passed away. There were no diarrhoea cases. 5 persons (35%) - the colour of excrements became darker, mucus derivatives appeared, smell became stronger. After 3-4 days it cleared up, consistency became even, almost without a smell. 2(14%) of patients, who had discomfort of urogenital system before cleaning course, and did not have constipation, had constipation developed after 3-4 procedures, which took place for 4 days. Patients evacuated for 2-3 days, very plentifully, and frequently urinated. There were no other derivatives found: (blood, parasites, concrements). 4(28%) of patients had a discomfort of urogenital system. Urination became more frequent and plentiful, nicturia (night urination) also. They felt heaviness and stitching in kidney area, itching in urethra. 2(14%) - had quite strong spasmodic pains in the middle and lower part of the stomach. One patient used spasmodic medicine (NO – spa). All patients observed change in urine. It became darker first, but very soon became lighter and without colour or smell. Turbidity of urine, which has been kept in test – tubes, has increased, sediment appeared. Up to 6 – 7 procedure it increased, later on – decreased. 2 patients had pain during procedures, bigger derivatives were found in urine – sand, crystals of gravel size. No stones were found. Neither of the patients observed changes in genital system. Active processes in separate groups (digestive system and urinary tract) took place during 12 – 15 procedures. In gastroenterological group urological symptoms were experienced, but weaker and a little bit later in time (second plan). Urologic same as gastroenterologic. As characteristic feature, all patients had plentiful sweating, especially at night.

After 15 procedures the “brighter” period of clinical improvement has started. Considerably improved general state of health, mood, sleep. Energy and working capacity increased, appearance improved and working capacity too. Various phenomenons of discomfort disappeared (100% obstipation especially).

Considerable changes were observed in dynamics of laboratory investigations. Before Ceragem procedures no significant pathologic features were observed. Only several cases: 3(21%) had an increase in cholesterol, higher than 7.75 mmol/L, 2(14%) glucose amount in blood more than 6 mmol/l. 1(7%) - leucocytosis – 13.4·10<sup>9</sup>/L. 1(7%) - ESR 20 mm/h., 2(14%) changes in urine (1 case – up to 25 erythrocytes, 2 – leukocytes, up to 70). After this cleaning course of the body, all ubnormalities disappeared, two cases with high cholesterol in blood has been observed.

Reforming tendencies in haematologic system have been observed while dimensions were in normal limits. Blood cells increased in average from 301 up to 376·10<sup>9</sup>/L; HCT from 420 up to 429 l/l; hemoglobin from 136 up to 138 g/L. 1%(66 – 65% and 34 – 35%) changes were observed in granulocytes, lymphocytes, monocytes relation. Tendency to decrease the amount of cholesterol has been indicated – in average 6.16 – 5.97 and glucose 5.65 – 5.35 mmol/L. The most considerable amount of cholesterol decrease has been from 6.70 up to 4.65 mmol/L., sugar - 6.1 up to 5.3 mol/L.

Patients evaluated body cleaning by CERAGEM method as following: very good – 9(64%), good – 4(29%), active impact – 1(7%). Communication among the patients and the staff(operators) who performed the procedures has been good and close.

To 3(21%) of the patients psychotherapeutic help has been offered. After the procedure has been finished , the results have been discussed and voted.

Before starting the procedures, the seminar called “Body Cleaning Theory and Practice” has been organized. The patients and other residents of the area have been acquainted with history of body cleaning procedures, detoxication, it's beginnings, basics, mechanisms, methods applied previously and now, advantages and disadvantages, practical experience and results. It has been explained to the patients what reactions and sensations could be experienced and expected to: initial discomfort, physiotherapeutic reaction, changes after body has been cleaned. 3(21%) of the patients had asked for psychotherapeutic assistance, and this has been granted. After the course have been completed, we organized a discussion about the results, and patients voted also.

## Conclusions:\*

1. CERAGEM equipment could be used for body cleaning, as it makes physiological processes of the body more active.

2. By stimulating biologically active points and channels, the receptors are cleaned, endings of the nerves activated, receptivity of synapses and peripheral nerves increased. It improves the connection and communication of the CNS. Also, balances sympathetic and parasympathetic nervous system, irritation and inhibition processes. It stimulates

circulation, while activating metabolism and biochemical processes.

3. Sensations of the patients, clinical and laboratory experiments indicates that mouth, pharynx, oesophagus receptors has been cleaned. Stomach, intestine, liver, gall bladder, pancreas, kidney, adrenal gland, urinary bladder and other feather situated organs were under influence of mechanisms of improved blood circulation and metabolism.

4. Subjective observations and objective judgement supplied the facts which showed that body cleaning took place not chaotically, but according to a certain sequence. First of all the cleaning started from the predominating ailments - the weakest points (locus minoris) of the body. Clunkers and toxins are removed from the body in four ways: through intestine, with excrement, through kidneys with urine, through skin with sweat and through lungs with air breathed out.

5. Body cleaning has been performed by the principle of self regulation, as the body uses it's own energy forces; without drastic influence from outside (drugs, supplements, electrolyte infusions, enema and other). These are the reasons why longer period of time has been required and higher number of procedures.

6. Procedures create stressful physiological situation during first 3 up to 10 procedures, which causes physiotherapeutic reaction (ailing symptoms become more distinctive) and frequently disturbing patients. It is not recommended to stop the procedures. Exacerbation comes through quicker while using the procedures. Physiotherapeutic reaction is a normal criteria of reaction. It is prognostic sign of influence effectiveness.

7. This body cleaning procedure did not have negative impact on neither of the patients. Before starting the course, the main spectrum of what symptoms could occur has been explained. To 20% of the patients psychological - psychotherapeutic support has been needed.

8. CERAGEM equipment could be used to maintain health, for disease prevention, restitution of chronic diseases, as a supplement to other methods of treatment.

9. This body cleaning method is the most physiological of all known now: there is no aggressive impact from outside, it does not cause a disorder in various levels of intestine, does not mix and wash out microflora, security elements, does not disturb the balance of electrolytes, alkalinity and acidity balance, artificially does not force physiological processes of internal organs' system.

10. There are no general contradictions for this method to apply. For separate cases the procedure could be performed under specialists' control.

Ph.D. R.Skarulis