

## Treatment of the Patients by the CERAGEM-E

South Korea

Two-month period was chosen to treat 80 patients: 60 women and 20 men, from 08/05/2008 to 07/07/2008. Average age of the patients was 52, from 5 to 83 years. The default massage cycle by the automatic mode of the Ceragem-E was applied. Patients received approximately 60 massages.

15 patients tried few massages just for curiosity or, possibly, planning treatment in the future. Generally, all patients tolerated massages well, with the exception of three cases: 40 years old man refused to continue massages because it was not allowed to use alcohol during the treatment period. 73 years old woman had a strong pain in her spinal column, which she felt during the massage. She suffered from severe residual pathology after previous fractures. The internal projector caused pain while touching her spinal line. Another patient - 60 years old woman stopped taking procedures after physiotherapeutic reactions that she was afraid of.

Before starting and at the end of the treatment course all patients have been examined clinically. They were under a systematic control during the whole period of treatment. Special attention was given to the senior patients and those who had such problems as former strokes, heart attacks, high blood pressure, arrhythmia, had recent surgical treatments, prosthesis and various injuries. The range of pathologies was wide enough and dispersive due to small number of patients. This was the reason why it was complicated to evaluate the impact of the CERAGEM-E on treatment of different kinds of diseases. The major problems were: disorders of movement apparatus, cardiovascular and nervous systems.

Spine pathology dominated in the category of movement apparatus disorders: spondylitis, osteochondrosis, Schmorl hernia and its post-operational state, multi-directional listhesis, radiculopathy, traumas, low back pain, outcomes of rapid growth (for teenagers). Also arthrosis, paraarticular pathology and myopathy.

Cardiovascular system: general atherosclerosis, angiopathies, hypertony, various hypertension, cardiopathy, myocardial infarction residual pathology, depression.

Several cases of genitourinary, endocrine, and breathing systems.

Two months of observing the CERAGEM-E impact and a close contact with patients allowed to state that: the mechanic massage and heating derived from infrared radiation due to epoxy carbon panel's ray accumulation and generation through biologically active points and channels - are capable to generate complex of effects: physiobiologic, biochemical, and psychosomatic response.

Biophysiological changes in cellular-molecular level are being activated responding to the stimulation through central nervous system (CNS), by unconditional reflex, actually using the organism's own energetic resources. Receptors are cleaned, informative - signal communication is restored.

Retarded biophysiological mechanisms are reactivated. Quite soon, after 5 - 6 massage sessions, the general patients' health condition improved, they stated to feel good, "taste for life" has been returned and quality of life changed, and so depression was conquered. Psychotherapeutic effect

was evident.

This way to cure depression is effective as emotions and feelings are not choked, blunted (as by using medicaments). Patient's reactions, interests, character features are preserved.

After more massages patient's somatics improved. Obviously, blood circulation improved in all segments. Metabolism processes were accelerated after body received more oxygen supply, nutrients - basic energy resources.

Step by step previous discomfort disappeared, symptoms of diseases were reduced (it was obvious after 10 - 12 massages). Pain disappeared or was reduced significantly. Quality of sleep increased (after 5 - 8 massages). Though after 1 - 3 massages the sleep could get worse. Usually, improvement is sudden. Blood pressure was balanced. Those who had high (180-200 mm) pressure, had decrease in 10 - 20 mm. More dynamic is systolic (upper), less (0 - 10 mm) diastolic (lower) blood pressure. It becomes balanced after longer treatment (30 - 40 massages). Patients could stop using medicines for a certain period of time, reduce the doses or use them less frequently. Though this is the case, where increase trends should be observed carefully. Initial hypertony (not symptomatic hypertension) is incurable disease.

Positive impact on the cardiovascular diseases therapy was observed. The impact was achieved by spine massage, thermopressure – puncture. The heart-rate came to its normal level. Extrasystoles became less frequent, more significantly – ventricular extrasystoles. Breathlessness is lightened. Stenocardic pain, cardialgia passes or become less frequent. Standard methods of treatment can be used as well in these cases.

The most effective and the fastest impact was on spinal column. This was confirmed by all (100%) patients, who had complaints of that kind. Improvement started right after the first massage. Pain and stagnation stopped after 4 - 5 massages. 20 massages were enough for the best results. Though, after some time, 1 - 2 months brake there was a need to repeat 2 - 3 massages to return the positive effect.

REMARK: It is recommended to have a personal CERAGEM-E for the patients who have spinal column problems, or any other pathology related to mobility. For those patients, as a rule, relapses are caused by injuries of the spine, for example, lifting up big weight.

Younger patients were cured more effectively. As we noticed, young people, 16 - 20 years old, stated to be healthy after 5 - 6 procedures. They were treated because of pains in various parts of the back, as a result of osteochondrosis, spinal curvatures, too fast growth process, injuries, strains of muscles and chords. A sudden momental cure was in those cases when the massager restored a vertebrae which was out of the right position. 10 massages were enough for flared radiculopathy. Considerably effective was the treatment of joints' and paraarticular pathologies, myopathy. We noticed the faster effectivity, when additional projectors - warmers were applied to the most damaged joints.

A separate case should be pointed out concerning podagra disease. It is possible to use CERAGEM-E for this purpose, though the temperature of the device should be regulated. Massages should start from the body temperature and eventually increase (5 degrees) according to the joints' reaction. It is recommended to use more liquids and, if eye contours are intumescend, to use potassium-sparing diuretics every 3 - 4 days in the morning (e.g. Amiloridum 10 mg). In cases when urine acid salts are excreted in higher amounts and kidneys as well as ureters are irritated, it is

recommended to use spasmolytics for a short time (Spazmex, Spazmomen), No - Spa). Unfortunately, not all the joints' treatment cases were successful. If a joint is damaged more than a half, there could be no effect at all. This is good indication for prosthesis. To conclude, CERAGEM-E massages could help a patient to decide whether a surgery treatment is necessary or not.

Massage session had positive impact on other body systems as well. 2 cases have been observed with effective movement rehabilitation after a stroke. 83 years old woman had various strokes in the period of 5 years. She could hardly move by herself. Blood pressure was 180 - 240/100 - 120 mm Hg after the last stroke. Medicine treatment of blood pressure was not effective enough. Daily blood pressure was not stable, strongly fluctuated. Sometimes the pressure dropped to a very low level. The patient herself wanted to try the CERAGEM-E massages very much, her last hopes were put into it. We started the massage session after detailed clinical examination and close monitoring of her state of health. Her blood pressure was 190/105 before the first massage, after the procedure it dropped to 160/90. Body constraint elapsed as well as the muscle tension and tremors. She became more moveable. 40 massages were tolerated well. Blood pressure stabilized, reached the limits between 140/80 and 170/90, sudden fluctuations disappeared. The heart rhythm, formerly unstable, became normal. The amount and dosage of medicines were reduced. The patient started to move more, obtained body stability in an upright position. Former paresis passed away. She could walk in her apartment alone, even started to make food by herself, became able to meet the household needs, even to go shopping and to church (300 - 500 m distance).

Another 56 years old man had a stroke half a year ago. His right hand had hemiparesis. He could not move his right hand at all. Stationary rehabilitation in the sanatorium was not effective. The very first massage was already unexpectedly effective for him - hypertonus of the whole body disappeared, he almost doubled his step speed while walking. Every massage diminished the remaining symptoms of stroke. Although previously did not function at all, his right hand began to move. After 10 massages his body and mood reached overall improvement, he got hope to recover and went for the second rehabilitation planned ahead.

Another interesting story was the 15 year old boy's, who came to the massages because of the pain in his back. The reason for that was the boy's growing up process which was too intensive - growth of the spine was about 20 cm per year. Also, the boy had another problem - he seriously stammered, especially when asked something unexpectedly. Stammering was not his in-born problem - this was the result of a strong shock (he witnessed his father's death). The boy himself did not tell about this malaise. Pain in the back disappeared after 3 - 4 massages. The boy decided to prolong massaging in order to confirm the achievements. When he came to the 10th massage, he asked us whether we noticed that something really great happened to him - he was not stammering anymore! His mother was the first to see these beautiful changes in her boy's health. Both asked for additional 10 massages for, so to say, confirmation of the achievements.

The CERAGEM-E massages have normalized the function of the digestive system to the considerable number of the patients. Appetite improved, a sense of heaviness disappeared in naval area as well as abdominal distension and intestinal noises. Those who had constipation, got rid of that problem after 3 - 8 massages. For the other patients loose stools were normalized.

A very good effect has been achieved to the patients who had a rare disease - intestinal diverticulosis (2 cases). 60 year old man had a "blown up" - increased abdomen. His looking like pregnant appearance was confusing. He has been treated by various medical services, but without results. Finally, a right diagnosis was stated and the patient was treated by enzymes and flatulence

reducing medicaments. Situation improved a little. He was even advised for the surgery treatment, but he refused. The man decided to try the CERAGEM-E. After 4 massages his abdomen diminished, he started to feel good, and his appearance improved.

53 years old woman had complaints concerning her appearance - increased abdomen and constant discomfort of digestive system. Medicament treatment showed no positive results. She was determined to get investigation and even to have a surgery treatment. Several CERAGEM-E massages liquidated her ailments. She continued massages up to 20 because of spine pathology. After 1 month brake, though digestion has been normal, abdomen started to grow again. Everything came to order soon after the body cleaning methods have been applied.

The CERAGEM-E had positive impact on diuresis system. Massages rekindled thirst and so activated the cleaning process of the body. Massage and warming expanded urinary tracks, activated blood circulation and metabolism. Physiologic processes fastened the whole body's activity and the entire cleaning process. For two patients stones from internal organs removed.

Discomforts caused by prostate problems were removed for several men. Urination became less frequent, many of them did not wake up at night, the stream became stronger. Most of them acknowledged enhanced potency.

23 massages helped one man to convalesce from prostate disorders. He had tried different kinds of treatment before, but they were not successful.

Women who had painful menstruations, after several massages felt much better - menstruations became less painful. Those who had urine problems - could not hold urine - felt better after 10-30 massages.

Women also observed positive impact on cellulitis. It started to regress, most effectively after 60 procedures. It is obvious that in this case more time is needed.

More massages are needed (over 50) and a longer period of time (about 2 months) for skin diseases. Rash disappeared for those who had psoriasis (2 cases). Warts in various parts of body started disappearing. Pigment spots became more pale (ichtiosis – 1 case). Hair growing process became more active and those who had gray hair noticed appearance of some darker hair.

Relatively quickly and efficiently acute or subacute processes were treated: a runny nose (rhinitis) and sinusitis, upper respiratory catarrh, pharyngitis (sore throat), laryngitis (throat), hoarse voice (voice strings), bronchitis, allergic reactions, lightweight injuries (contusion, sprain), bite and sting, the wounds. It is not recommended for them to accept the treatment during fever period.

There were instances where patients felt the improvement in the adoption of the CERAGEM-E massages: stoped using medicines or reduced their dosages. Mostly calmatives, soporifics, analgesics, antipiretics, blood pressure lowering.

A special group of patients for an abdominal area massage (pressure points 13-14-15) was gathered for those to whom, as we noticed, treatment was more effective in that position. Time for this massage position was increased. We made sure that healing is more effective due to the fact that

modification is able to cleanse the body physiologically by self-regulatory mechanisms (see the separate study).

### **Conclusions:**

Summarizing the results and having in mind that the patients have been chosen accidentally for the three months period, it could be stated that:

1. The South Korean termomassager Ceragem-E model IIa class equipment, which works by ancient Eastern medicine healing and impact on organism methods, could be effectively used in nowadays medicine practice.
2. This equipment can: heat the body with the help of hot nephritis stones more than the body is heated by its natural temperature; perform a general and a deep massage, thermopressure, thermopuncture by infrared and nephritis stones' energetic radiance (analogy for needle acupuncture); stretch and straighten the spine removing one vertebrae from another as well as restoring them into the right position.
3. Stimulation of biologically active points and channels relaxes muscle, improves blood circulation, fastens metabolism, cleans up the receptors, activates signaling and feedback communication of CNS, gives analgetic impact, lifts up the spirits. The body is restored, renewed, regenerated.
4. Cinders and toxins are removed through intestine by evacuation, through kidneys with urine, through skin with sweating and lungs with air breathed out.
5. CERAGEM-E could be used for: the body strengthening (immune system) and cleaning; disease prevention (risk factors); healing locally or in combination with other methods, and restitution (rehabilitation).
6. Diseases and disorders of all organism's systems can be treated. Impact is bigger upon a direct contact to the organs.
7. It was observed that the fastest and the most effective healing was of movement apparatus: the spine, joints, ligaments, muscles and nerves.
8. There are no absolute contradictions concerning this method. Sometimes certain circumstances could be required. Those circumstances could be determined consulting family (private) doctor.
9. CERAGEM-E sessions can aid in healing in early stages of diseases when reactivity of the organism is good (younger patients). Chronical and periodically renewing diseases (older patients), after a certain remission, can be renewed, so repeated (several) procedures are recommended.
10. It is recommended to obtain a personal CERAGEM-E for constant, repeated treatment.