

Ask the Expert: Healing with the Lokosana® Grounding Pad



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[Translated from the original German language]

Lokosana® grounding pad supports medical and alternative treatments and therapies

The Lokosana® grounding pad was designed to be slept upon as part of a healthy, ideally, organic bed and its purpose is to restore the natural state of electricity in the body while asleep. Though it has absolutely no electric current, Lokosana® protects the human body from EMF exposure when it is plugged in and while lying on it because it increases melatonin production. Melatonin controls the night/day cycle (circadian rhythms), helps people fall asleep easier (drowsy effect), promotes longer deep sleep, increases sleep duration, supports better REM sleep and overall improves sleep efficiency. This is especially important for people who suffer from poor health and those undergoing medical treatments, whether traditional or alternative, because the healing power of sleep is universally vital to recover health.

Sleeping on Lokosana® can remedy sleep disorders. The significant effect of this grounding pad has been documented in several independent sleep studies and is therefore an important success factor in physical, mental, emotional, and spiritual healing.

The biologically-active Lokosana® Grounding Pad is best placed below a sleeping pad with sheep wool filling (SAMINA) as described and results in a capacitive (non-contact) whole-body grounding. This triggers a series of biological effects, especially in the bio-electrical control system. This leads to a measurable shift in the autonomic nervous system in the direction of parasympathetic which helps reduce physical and mental stress and therefore positively affects the sleep process.

The biophysical base of Lokosana® is a special, clinically tested fabric comprised of cotton-silver threads and organic magnets with negative polarization incorporated into the pad. The full effect is based on the combination of bio-magnetism, body grounding and the extremely low frequencies of the Earth's electromagnetic field spectrum (Schumann resonance) and silver-resonance. The Lokosana® grounding pad is used to neutralize distortions of the geomagnetic field that are caused by metal box-spring beds and the like.

This unprecedented combination of different mechanisms of action supports all protection, regeneration and regulatory functions in the organism. The body is balanced bio-electrically and bio-magnetically while lying on the pad and the measurement of HRV (the heart rate variability) is enabled. The increased secretion of melatonin is very important, especially in the case of degenerative diseases of the muscular, skeletal and nervous systems or cancer, Alzheimer's, etc.

Sleep and dream processes are optimized

Double-blind studies conducted in a sleep laboratory setting have shown a potential for sleep quality improvement between 70 and 85 percent. Specifically, both falling and staying asleep were positively influenced. The success rates of patients feeling less pain and increase in pain tolerance was also positively influenced by the potential synergistic effect mechanisms by about 80 percent.

Pain, sleep and cancer patients benefit

In particular, alternative and integrative medical doctors, energy practitioners, healers and other therapists have long used the special edition Lokosana® to support their treatments and therapies successfully. The more valuable bio-technology applies to patients suffering from chronic pain, cancer, burn-out syndrome or lethargy, and other health disorders. Surgical orthopedic surgeons and therapists confirm faster healing after surgery and sports injuries. Even healthy individuals with high performance demands such as dedicated athletes are convinced of the effect Lokosana® has and credit the sleeping pad at least in part for their sporting achievements and success.

Detox: Faster rescue from toxins and heavy metals

All detoxification therapies are positively supported by Lokosana®. The Paracelsus Clinic of Oncology in St. Gallen, Switzerland has found in cancer patients that all drainage and detoxification processes are significantly accelerated by Lokosana®. The energy level could be raised substantially over a few nights, also determined by the HRV measurements. Furthermore, the mood of patients noticeably improved which is an important foundation for healing.

Lokosana® for Therapeutic Use

When Lokosana® is used simultaneously while administering different therapies, the grounding pad is fastened to the treatment chair or table with rubber bands at the corners. Then the usual chair or table covering is applied such as a towel or sheet so that the patient is grounded over a large surface area during the actual treatment or therapy. The result is that the patient is typically much calmer and this is true especially for alternative, integrative, energy and psychotherapeutic treatments. When patients are more relaxed the resulting therapies are more effective.

Lokosana® Office for the Workplace

Most of us work at some sort of computer workstations and these are increasingly burdened by EMF's. The aim of the Lokosana® Office cushion is to minimize EMF stress and revitalize the body. Lokosana® Office uses the same effective mechanisms as the Lokosana® sleeping pad and optimizes the entire energy system in a natural way. By partially grounding the body, the energy potential of each individual cell is balanced again and supplied with natural oscillations (Schumann frequency). Through the Bio-capacitor principle, this leads to a natural degradation of the bio-electrical magnetic stress on the electrostatic body. Countless symptoms caused by "electro-magnetic stress" such as muscular tension, autonomic dysregulation, headache, lethargy, etc. are counteracted in a positive way.

In summary, Lokosana® Office is an ideal complement to Lokosana® grounding pad for the bed. It is also designed to support therapeutic treatments. In particular, it makes sense for patients who suffer from toxicity or who react more strongly to EMF's. Doctors and therapists who work with "healing energies" or through occupational exposure have a high "bio-energy loss" therefore the use of Lokosana® Office for one's own work or treatment station can be very helpful.

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