

Lokosana® expertise  
Prof. Dr. A. Varga



## **Extracts / statements / summary of the expertise of**

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### **on the examination of the physical properties of Lokosana® (capacitative mattress) and its health effects for the user.**

#### **1. Description**

The capacitative grounding of the user is advantageous because it protects against possible “shocks” (pulses) of electro-magnetic stray fields. As is known, a „capacitor“ possesses two electrodes— in our case, one is the resting human body, the other the cotton-silver fabric in the core of the grounding pad \*.

\*Lokosana® operates on the principle of a capacitor with a dielectric.

#### **2. Measurement results and stray field resonance**

Due to its structure Lokosana® generates a stray field resonance of 8.41 Hertz. Next to other low-frequency fields, this stray field resonance is a biologically significant frequency in our environment (for example, the Schumann frequency of 8 -12 Hz) which may affect our vital biorhythms (e.g., sleep-wake rhythm) via resonance.

The human body's own existing electrical processes that may not be influenced from the outside:

- 1) The brain frequencies (EEG) \*\*
- 2) The human body's existing electrical control circuits (for example, ECG) \*\*\*

\*\* Cerebral and nervous system

\*\*\* Cardiovascular system

### 3. Fields and radiation from the environment

#### a) At home / at the sleeping place:

At home / at the sleeping place, there is hardly a device that is not electrically powered and each electrically operated equipment emits an electric field—some more, some less. \*

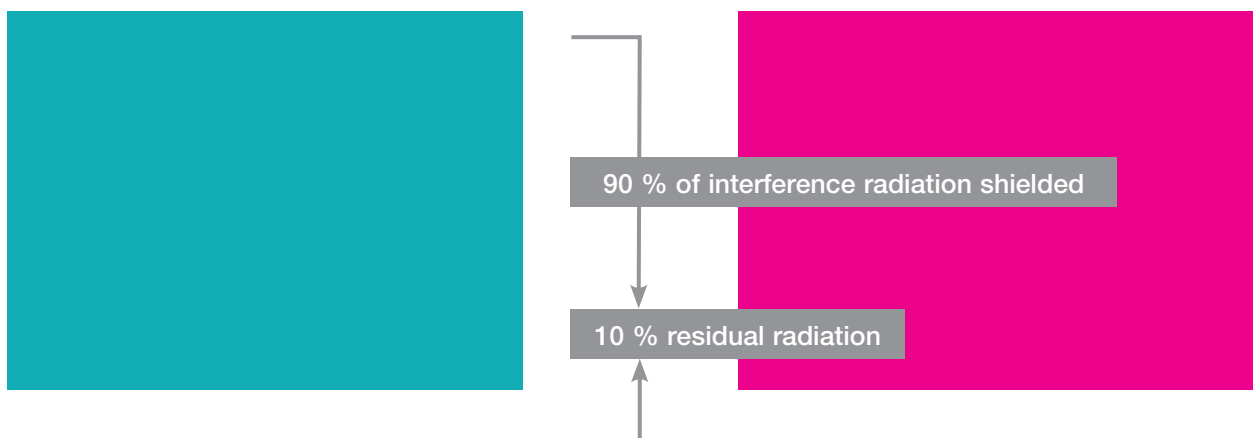
\*As does the electric power supply in house and apartment (120 V / 60 Hz); inter alia, digital cordless telephones (DECT) are very problematic.

#### b) From the outside:

Electric fields and rays of different frequencies and amplitudes (force) come through windows and walls from the outside. The transmitting equipment for telecommunication (mobile phone, radio, TV, etc.) are electrical devices which spread electromagnetic fields and radiation along with modulated information (images, language, control pulses, etc.). The civilized man in modern society requires these achievements of modern technology.

This is to be treated with caution just as other environmental parameters, e.g. chemical environmental factors. However, it must not affect the health of people.

### 4. Shielding effect



Oscilloscope registration of body tension without Lokosana . Amplitude 10 cm.

Oscilloscope display of residual body tension. The shielding effect is 90 %. Amplitude 1 cm.

## 5. Summary

The examined Lokosana® sleeping pad demonstrates the capacitive grounding of the user. From an expert view, two parameters are required; the C and R of the pad. These are so favorable that the resonance frequency of the Lokosana® sleeping pad manages to protect the human body's EEG and ECG control circuits from interference fields. \*

Based on the available studies and some medical expertise, it can be said that the Lokosana® sleeping pad is beneficial to health through increased production of melatonin in the pineal gland of the user.

The shielding against electromagnetic fields from the people's surroundings \*\*is at around 90% with Lokosana®.

\*Particularly, the cerebral and nervous system as well as the cardiovascular system are protected against electromagnetic pollution during sleep. This is vitally important for physical, mental, and spiritual regeneration.

\*\*Valid for low and high frequency.

Frastanz (A)/Nussloch (D), on July 19, 2004