



Research & Science

ENERGY MEDICINE

The Lokosana Principle - a quantum leap for optimizing the quality of sleep and activating the self-healing powers of the human body

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The health and vitality of civilized man in the 21st century is massively at risk due to changes in environmental conditions and lifestyles. The focus here is the increasing loss of the key source for health and vitality, namely sleep. Above all, the changes in the environment, in particular the rapid expansion of electromagnetic fields (so-called “EMF’s”), have a lasting impact on health and the important function of sleep connected to it. This insight affects diagnosis, therapy and cure. Health and holistic medicine urgently require new therapeutic approaches for diagnosis, treatment and cure of environment-related health disorders and diseases.

With the exploration of the Lokosana Principle, a quantum leap in energy medicine was made in support of all known naturopathic therapies and treatments. Through harmonization and activation of the body’s natural regulatory systems, on the one hand sleep quality is optimized while, on the other hand, selfhealing powers are activated to a previously unknown extent. Thus, sustainable therapeutic successes are made possible, especially in holistic healing.

Bio-energetic sleep as significant basis for health and healing

The experience of patients demonstrates ever more clearly that it is essential to include sleep and its healing and regenerative powers in daily diagnostics and therapy. The most recent research in sleep medicine suggests that both disease and health may arise during sleep.

Precisely in this context, the massively increasing energetic environmental impacts of artificial physical energy fields on sleep and its functions are of vital importance. Only under consideration and incorporation of these correlations, sustainable therapy and cure successes are possible at all in the future.

Sleep protection and optimization as an important preventive and curative factor

Healthy and sufficient sleep is one of the most basic functions and conditions of our lives. Also, a good night's sleep in terms of holistic medicine, obstetrics and lifestyle is one of the most important natural “drugs”: an essential therapeutic and preventive remedy.

Sleep medicine and the latest scientific findings from sleep research reveal growing evidence that sleep plays a much larger role than previously thought, both in maintaining good health as well as in restoring it.

All defense, repair and protection mechanisms of the body are controlled by sleep, in particular by hormones and transmitter substances released during sleep. Therefore, poor and / or insufficient sleep leads to a weakening of the immune system and to lasting disorders of metabolism.

As a result, medical and therapeutic measures in many cases no longer develop their full effect, because the natural regulatory systems and the cellular metabolism of the body are disrupted by artificial physical energy fields. Therefore, the protection and optimization of sleep is a vital goal of holistic therapy.

Sleep, healing and electrobiology

It has long been known that the regulatory systems in the body up to each individual cell are controlled electrobiologically. Therefore, electrobiology, i.e. the science of the basics and contexts of electricity in and on biological systems with an emphasis on humans, has tremendously gained in significance in the last 30 years.

Even much earlier, virtually simultaneously with the discovery and use of artificial electricity, a “risk science” has been created in this field, which deals with the potential hazards and curative effects of EMF's.

Extensive studies now indicate clearly that man is particularly susceptible to frequencies between 1 Hz and 1000 Hz because these resonate with the body's own control frequencies. Correspondingly, electric, magnetic and electromagnetic waves, radiations and frequencies have a biological effect.

Hazards of artificial electricity

The natural and biologically so important process of sleep today is at great risk. Millions of people complain about poor sleep and its consequences. As disease and stress always have been listed as major causes for sleep disorder, so today, from a biological perspective, are artificial energy fields (electromagnetic pollution) among the most common factors contributing to temporary or chronic sleep disorder.

Especially low-frequency alternating currents (AC) of our electrical supply network with 110 Volt / 60 Hertz has a huge impact on the regeneration processes during sleep. Thus, the pineal gland is very sensitive to electric / magnetic stimuli, resulting in an inhibition of the sleep and control hormone melatonin. The effect of this hormone on the body, in particular its impact on the endocrine system is scientifically well researched. In this context, reference is made to cell protection, cell repair, cell regeneration and healing mechanisms controlled by nocturnal melatonin release during sleep.

In addition to low-energy fields, also highfrequency and mostly pulsed microwaves (mobile, cordless phones, wireless devices like remote controls, WiFi routers, etc.) increasingly came under fire of risk science. Regarding the aspect of long-term impact, nowadays serious health disorders are attributed to the latter.

The Interdisciplinary Society for Environmental Medicine (IGUMED), an association of more than 3,000 general practitioners and doctors of all disciplines, observed a dramatic increase in severe and chronic diseases in their patients in recent years. A clear and temporal correlation between the occurrence of these diseases and the beginning of radiowave exposure or other electromagnetic influences is detected more frequently.

On the basis of daily patient experience,
Interdisciplinary Society for
Environmental Medicine is convinced that long-term consequences resulting from this exposure may include ADHD, aggressiveness, depression, environmental and / or food allergies, atherosclerosis, hypertension, Chronic Fatigue Syndrome (CFS), degeneration, diabetes, epilepsy, genetic defects, fibromyalgia, cardiovascular diseases, stroke, heart attack, hormonal disorders, hyperactivity, immune deficiency, susceptibility to infections, cancers, dyslexia, MS, Parkinson's disease, chronic pain, infirmity, tinnitus, tumors, and many other modern diseases.

Electro-sensitivity as a consequence

Nowadays, electro-sensitivity primarily caused by nocturnal electro-stress is a common diagnosis given by environmental health professionals and statistics indicate that currently 5% to 10% of the Central European population can be diagnosed as electro-sensitive. This group of people already responds to small doses of electric / magnetic or high-frequency radiation with very diverse symptoms, mood disorders and in particular inclination to vegetative dystonia and various forms of allergic reactions. As already mentioned, the low-frequency alternating currents (AC) of our in-home power grids (110 Volt/60 Hertz) play a predominant part in this effect.

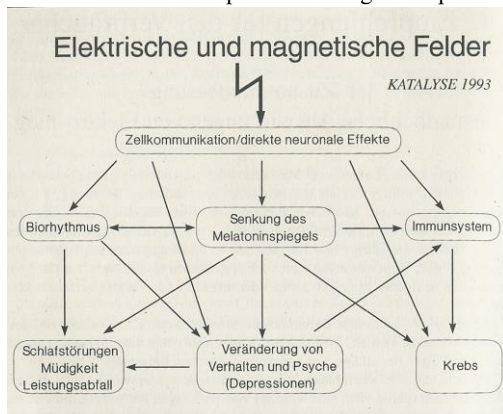
Electric protection for technical appliances only?

Legal regulations ensure that technical facilities and equipment will not be disrupted by such influences, and hence they are tested for their electromagnetic compatibility (EMC). This is also true in hospitals and clinics, where special installation requirements exist and special shieldings are utilized in diagnostic and therapy equipment.

In addition, in industrial manufacturing (e.g. computer chip production) all work places including working staff are grounded, so that disruptive alternating electric fields or static charges can cause no damage to the highly sensitive electronic components.

The cell communication is disrupted

A scientific model of the possible biological impacts of EMF's influences (electromagnetic pollution) to humans.



Each human cell and in particular our billions of neurons work with electric potentials and magnetic signal stimuli based on DC, however. The fact that the human organism responds to artificial energy fields is confirmed by the numerous electro-physical diagnostic and therapeutic possibilities applied nowadays, especially the wide range of applications of "energy medicine" reaching from acupuncture to magnetic therapy. Thus, in artificial electricity lie both risk and healing potential.

For decades, scientific trials and international studies have shown that artificial and EMF energy fields can induce a variety of symptoms and mood disorders, and contribute to pathological processes, especially in humans.

The active mechanisms reach into the cells, where it comes to changes in the cell membrane potentials. Likewise, there are scientific studies that demonstrate the changes in cell metabolism (ex., potassium-sodium pump). In addition, scientific experiments show that these influences contribute to and promote acid hypoxia.

Thus, it appears now scientifically proven that exposure to artificial energy fields on the one hand can interfere with cell metabolism and on the other hand can lead to extensive and momentous communication disorders at the neural level. In addition to numerous physical symptoms, this may also lead to mental behavioral disorders, suicides and depression.

Technical radiation versus natural radiation

In addition, the ever increasing artificial radiation fields overlap and distort biologically important natural energy fields. This relates mainly to the natural geomagnetic field, which is a biologically regulative factor and is involved in varied and vital processes, such as the transport of oxygen into the cells. Moreover, natural electromagnetic fields contribute to hormone regulation (e.g. melatonin). As these subtle fields are superimposed or distorted by technical radiation (60 Hz alternating fields), the release of the vital sleep and protection hormone melatonin is delayed or inhibited.

Likewise, hypothalamus, thymus gland and adrenal cortex are interfered with in their functions by electromagnetic pollution. This leads to various regulatory disorders (sleep, metabolism, nervous and hormonal system, weakening of the immune system, and so forth) and changes in mood. In case of prolonged influence a resistance to therapy is often observed.

In addition, the human being absorbs about 50% of its daily required “life energy “ from the naturally occurring ambient background radiation. To accommodate this, the human organism is able to amplify radiation many times. It is a perfect antenna for all forms of energy of natural and technological origin.

Years of testing have shown that it is necessary to protect people not only during sleep. Rather, it is essential—in particular with sensitive and ill patients—to employ additional compensating and revitalizing action during treatment and as accompaniment.

With this in mind and due to the lack of sound information, in particular therapies in the field of energy medicine are increasingly rendered absurd because of its inherent use of artificial electricity. Acupuncture needles, for example, protruding from the skin act as antennas for all artificial energy fields, in particular for low and high frequency radiation. Thus, a high-energy form of therapy with unknown response possibilities of the organism may arise from a finely tuned energy form of therapy.

The revolution for sleep and health:

Lokosana[□] Magnomed Edition Peter Graus sleep and therapy mat

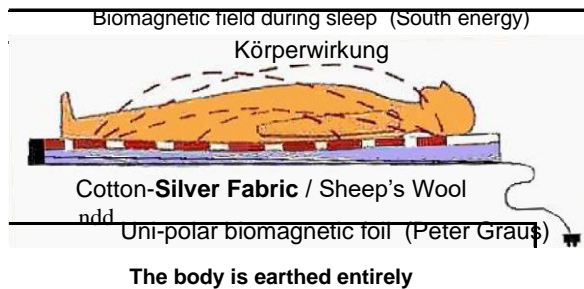
With this special resting and sleeping mat a revolutionary method was developed to measurably and reproducibly reduce physically and compensate biologically technical radiation fields, specifically lowfrequency alternating fields at places of permanent lingering (sleeping places, workplaces) and increasingly at places of therapy.

Through years of testing, studies and medical / therapeutic experiences the **Lokosana Principle** could be developed and supplemented. These three major factors were in the foreground:

- a) Body-Earthing
- b) Biomagnetic Therapy
- c) Silver-Resonance Therapy This newly discovered and technically implemented passive combination therapy during sleep has proven to be an ideal and necessary complement to existing therapies.

The Lokosana Principle:

[lokos=earth, sana=health]



The three modes of action:

1. The body is entirely earthed with the help of a security-certified plug (SEV).
2. Biomagnetic resonance therapy via South Pole Energy.
3. Body's own and biologically vital frequencies are conducted via the pure silver in the cotton-silver fabric (SilverResonance Therapy).

Based on years of research and interdisciplinary collaboration, experts from medicine, sleep research, physics, residential and electro-biology, etc. under the leadership of Dr. Günther W. Amann-Jennson have succeeded in developing the Lokosana Principle. Its main emphasis is the connecting and thus earthing of the human body to the balancing and healing powers of the earth during sleep, at stationary workplaces (e.g. computer desk) and during diagnosis and therapy. At the same time, biologically relevant and revitalizing bio-magnetic fields are established, which will be complemented and supported by a silver-resonance therapy.

Healing information by Peter Graus

Energy therapist and healer Dr. Peter Graus (Paracelsus Clinic, St. Gallen / Lustmühle, Switzerland) has become internationally known for his successes with a special healing sleep therapy. In the course of this therapy, Dr. Graus quickly puts his patients in a state a healing sleep on a specially designed reclining table (SAMINA) that enables the patients to absorb very specific healing energies.

This therapy is supported by the sleep mat and its incorporated organic magnetic foil specially treated by Peter Graus, Lokosana[®] Magnomed Edition Peter Graus.

This results in demonstrably positive processes in which the following occurs during sleep and therapy: a) a biological neutralization of EMF energy fields; b) a

balancing of the body's own regulating and control systems; and c) an activation and strengthening of selfhealing and vitalizing forces. The synergetic effects of this completely new treatment method grant the physician and therapist in his work a quantum leap towards healing.

Scientific methods of verification

In addition to technical and physical measurement methods, the Lokosanaaction principle was also confirmed by the following scientific verification methods: double-blind study in a sleep laboratory for the detection of significant improvement of sleep onset, sleep efficiency, sleep duration and total sleep architecture, several international clinical studies on biomagnetic therapy, darkfield blood diagnostics according to Prof. Enderlein, Prognos energy diagnostics, melatonin test, HRI measurements, test of free radicals, as well as extensive objective and subjective improvements of well-being and vitalization of the test persons / patients.

Positive effects of continuous application of the Lokosana Principle

A 4-year monitoring and evaluation period states following results:

Even before the scientific results from the sleep laboratory were known, the positive responses as well as the improvement of health, energy level and the subjective well-being were clearly detectable. Similarly, the inclusion of sleep optimization with help of the Lokosana[□] Magnomed Edition Peter Graus mat demonstrated significant and reproducible changes in the parameters of the studied patients, when the patient/test person used an earthed Lokosana[□] Magnomed Edition Peter Graus sleeping mat. Further improvements were achieved when simultaneously using earthed Lokosana Edition Peter Graus seat cushions at work and / or therapy places.

It was striking that even in patients which had supposedly “completed” therapy, the non-responsiveness of the organism to therapeutic measures could be rescinded.

Present reviews

Measurements, records and studies during regular use of the Lokosana[□] Magnomed Edition Peter Graus sleep and therapy mat have confirmed previous reviews:

- A significant improvement in the onset of sleep, sleep efficiency, sleep duration and the entire sleep architecture is achieved. Thus, the quality of sleep and all the functions of sleep are significantly improved.
Among other things, the pineal gland produces more melatonin.

- The cell metabolism is activated by alkaline hyperoxia thus the detoxification of the body is accelerated significantly.
- Vegetative dysfunction and nonspecific mood disorders (e.g. migraines, headaches, sensitivity to changes in the weather, etc.) are positively influenced.
- The organism can absorb and utilize the inhaled oxygen more efficiently (up to + 30%)
- In many cases, it results in a significant reduction in pain (e.g. rheumatoid arthritis, fibromyalgia).
- It leads to better healing of wounds (vascular response, inflammation, tissue regeneration).
- Non-responsiveness of the organism to treatment is rescinded and especially stimulus therapies (homeopathy, Bach flower remedies) and energy therapies (acupuncture) work more efficiently.
- There will be a noticeable and measurable reduction of stress reactions, mental stability is strengthened.
- Measurable and noticeable increase of power and endurance.
- The immune system is activated and strengthened, the defenses of the body are augmented.

These shared experiences are mainly feedback from doctors, therapists and patients who achieved an improvement or cure of various ailments and illnesses by the additional use of the Lokosana® Magnomed Edition Graus mat. It is confirmed that the medical / therapeutic work was strongly supported by the use of this special sleep and therapy mat. Based on previous, extensive experience, the application of the “Lokosana principle” has proven particularly useful for the following medical indications and syndromes:

- **Sleep disorders of all kinds, starting with initiating and maintaining sleep, to sleep apnea**
- Pain of all kinds
- Skin conditions such as neurodermatitis, psoriasis, eczema etc. □ Cancers at all stages
- Vegetative disorders
- Hearing noises, tinnitus
- Blood pressure disorders
- Psychological life blockages, mental instability
- Muscle strains and aches, joint pains
- Respiratory diseases
- Inflammatory processes
- Rheumatic diseases
- Stomach pain
- Menopausal symptoms
- Hormonal imbalances
- Bladder problems
- Lack of energy (Burnout, CFS)
- Concentration and learning disorders □ Hyperactivity
- and many more.

Summary

All biological life processes are controlled by electric-chemical impulses. Without natural and body-inherent energy fields, life in the form as we know it would be impossible.

The human being is an open system, which maintains its life energy pulses through these natural external field influences. This mechanism is impeded increasingly through the action of technical radiation (electro-smog). The consequence is a deficit in natural and vital radiation fields (e.g. geomagnetic field), resulting in longterm disruptions of sleep, well-being and health. Moreover, this deficit in “biological regulatory factors” increasingly results in non-responsiveness to treatments and resistance to therapy.

These artificial field influences including interferences, distortions, reflections etc. disrupt the entire regulatory system of the human organism and affect it up to the atomic structures of the cells. The consequences are complex and encompass diverse ailments reaching from acidosis up to the development of chronic and / or degenerative processes. So-called domino effects may be triggered, which can lead to a series of nonspecific symptoms and syndromes.

The Lokosana principle based on entire body earthing, bio-magnetic therapy (dormant bio-magnetic field), and silverresonance therapy during sleep has multicomplex and – causal effects. Conditions of tension are broken down physically and mentally, and anti-stress mechanisms are activated. This form of passive therapy during sleep allows perfect accessibility to muscular and cellular relaxation.

Furthermore, previous experience shows that the self-regulation of rhythmic processes of life are promoted and favorably influenced. This is also a clear indication for the fact that especially the large self-regulation systems such as the nervous, hormonal and immune systems are balanced and strengthened.

The regulatory system of the psyche is also positively influenced by the use of the Lokosana[□] Magnomed Edition Peter Graus sleep and therapy mat. Among other things, this is achieved through activation of the REM phases (dream phases), which is detectable when studying the recorded sleep profiles. Active dream phases are very significant, especially for the processing of mental stress conditions.

Also interesting is the observation that highly contaminated, electrosensitive persons / patients may show a reaction of “initial exacerbation” when using the Lokosana[®] Magnomed Edition Peter Graus mat. However, these symptoms were only limited in time (3-14 days) and could be compensated by profuse drinking of water (2-3 liters daily.) An increased need for Vitamin C + E was also noted.

Of course, the “Lokosana Principle” presents itself as a preventive measure to protect oneself from health consequences of modern radiation-dependent technologies and to obtain better sleep, more vitality and resilience of the immune system through the mechanisms already described.

Through its use, also previously chronic health disorders such as insomnia, allergies, tinnitus, hormonal imbalances etc. vanished quickly. Likewise, it is remarkable that so far even syndromes which are difficult to treat have responded favorably to its use with the additional employment of appropriate medical / therapeutic measures.

Conclusion

The increasing threat to health and sleep by external influences such as technical and physical energy fields (electro-smog) is henceforth both diagnostically and therapeutically of crucial relevance.

The daily exposure to radiation has increased steadily in recent years and affected in addition to the workplaces especially the biologically particularly relevant sleeping spaces and hence our resting and regeneration phases. However, the application of various technical diagnostic and therapeutic devices often put additional stress on the already diseased organism. In this context, far too little attention is given to therapy places in particular. Just consider, for example, the additional electro-smog stress on the patient or the incorrect programming of the blood during dialysis.

Recent long-term studies at work and sleep paces, as well as reports of over 3,000 physicians (Interdisciplinary Society for Environmental Medicine) prove sustained health disorders and serious diseases caused by electromagnetic pollution such as: cardiovascular disease, cancer, allergy, vegetative dystonia, immune deficiency, fibromyalgia, even psychological disorders and many others.

Technical field influences and especially their summations and interactions can collectively interfere with the protective, regulatory, regenerative and healing mechanisms of the human organism or block them completely. In this process, the blockage of the sleep, protection and regulation hormone MELATONIN is a key factor.

In particular, low-frequency alternating fields seem to play a central role and may also have combined effects with environmental toxins, chemicals, viruses, bacteria, fungi, and even electrically conductive implants. However, the massive increase in allergies, especially food allergies, may also be attributed to these effects.

For holistic medicine, healing and therapy, this comprehensive and practical experience means that complementary measures are inevitable for long-term success. The focus here is the protection of the organism and, in particular, the functions of sleep from EMF's. Only in this way a targeted activation of the self-healing powers during sleep through stable, biologically relevant magnetic fields and a strengthening of the body's energy systems through silverresonance therapy is possible. In future, this practical and clinical experience should be actively incorporated into diagnosis and therapy.

Therefore, the optimization of the functions of sleep is an important therapeutic measure. This is demonstratively achieved by the Lokosana[□] Magnomed Edition Peter Graus

sleep and therapy mat. Its effect can be increased even further with the additional and simultaneous use of a holistic sleep system (www.samina.us).

In addition, diagnosis and therapy places should also be equipped with the Lokosana® Magnomed Edition Peter Graus sleep mat (special edition for therapy tables).

A complementary electrobiological optimization of the workplace with the special seat cushion Lokosana® Magnomed Edition Peter Graus is highly recommended.

Sustainable therapy and the continuing improvement of health and well-being does not seem possible without consideration and elimination / neutralization of these elementary disturbances. At the same time, this approach is also an essential step in order to get health care costs under control in the medium and long term.

Years of positive experiences demonstrate that the human being/ patient must be protected and therefore grounded both during sleep as well as during therapy. This is one of the outstanding active principles of Lokosana® Magnomed Edition Peter Graus.

Please note instructions for use and care! (Enclosed with each Lokosana Magnomed Edition Peter Graus).

Please note in particular:

- The label must always be on the foot side, bottom right (otherwise false polarization!)
- Connector between grounding plug and sleep mat must be firmly secured.

More technical/therapeutic information can be obtained through:

Peter Graus, Paracelsusklinik St. Gallen/Lustmühle (CH) Telefon +41 (0)71 3300121
Email p.graus@paracelsus.ch

Technical advice on active principle, sleep optimization, clinical and scientific studies:

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Lokosana[□] Magnomed Edition Peter Graus is available exclusively through physicians, naturopaths, therapists, clinics, health centers and pharmacies.

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