Successful and effective anti-smoking therapy

Anja Meyer, Naturopath, Lörrach, Germany / Switzerland

Dear colleagues,

I am delighted to be able to report on my experiences of anti-smoking therapy using bioresonance on the occasion of the 50th International Congress here in Fulda.

I come from Lörrach, a town in South Baden, right on the Swiss border near Basle. I have worked as a study nurse at the University Hospital in Basle for more than 6 years. Two years ago I opened my own naturopathic practice to complement my work as a nurse.

My job at the University Hospital in Basle involves clinical research into pneumology and I head up several medical studies (in-house studies from various senior physicians and professors at the hospital and various studies commissioned by different pharmaceutical companies).

One of the first major projects I undertook at the University Hospital in Basle some 6 years ago was anti-smoking therapy. I have helped several hundred patients in their efforts to quit smoking. During these studies I learnt more about and used the following anti-smoking options:

- Psychopharmaceuticals (Zyban)
- Champix
- Nicotine substitutes
- Investigational drugs
- Placebos

With these anti-smoking methods I have helped a number of patients to quit with varying degrees of success.

After 3 years these studies were complete and I have since worked on other projects.

But quitting smoking is still an issue close to my heart.

When I heard about the possibility of helping patients to quit smoking using bioresonance from the company Regumed, I wanted to use this in my own practice too. Since I have plenty of experience in this area it was very interesting for me to see how this method actually worked.

Quick fact guide to smoking

- Smoking causes lung cancer (85% of lung cancer cases are a result of smoking)
- Smoking causes COPD and emphysema
- Smoking causes cardiovascular disease (heart attack, angina pectoris, stroke, vascular occlusions, …)
- Smoking ages the skin
- Smoking damages health (smoking is the single most avoidable cause of death)
- Smoking is expensive
- etc.

When all of this is taken into account, there is actually no reason to smoke.

BUT:

Quitting smoking is a laborious process and most patients need help to rid themselves of this vice.

- Surveys have revealed that 60% to 70% of smokers want to quit.
- Every year 30% of smokers attempt to quit.
- Unfortunately only 2% succeed (without professional help).
Many smokers have numerous failed attempts behind them. 

And this is precisely where we can really help the patient.

As already mentioned, there are various (orthodox) treatment methods.

But this also raises various points for discussion:
- Should drugs be used to treat these patients?
- Who benefits from this therapy?
- Does the patient wish to be treated with drugs?
- Can the patient be given these drugs (drug interactions!)
- Side effects of medication!

Here are a few examples:

**Side-effects of nicotine substitute:**
Headaches (30%), dizziness, nausea, disturbed sleep, problems with concentration, hiccups, erythema and pruritus in up to 35% of cases (patch), ...

**Side-effects of psychopharmaceuticals:**
Sleeplessness (24% v 15% placebo), dry mouth (13% v 5% placebo), loss of appetite, epileptic fits, allergic reactions, ...

**Side-effects of Champix:**
Sleeplessness, irritability, anxiety, panic attacks, changes in blood pressure, ...
Bioresonance therapy

Since as a naturopath I am not able to prescribe mainstream medicines and because an increasing number of patients DO NOT wish to be treated with drugs, this was a great opportunity for me to start practising anti-smoking therapy with bioresonance.

I have since treated ca. 70 patients in my practice with a success rate of 70% to 80%!

I am very impressed with this method, because I am already familiar with the alternative options using orthodox medicine and therefore am able to judge for myself how effective bioresonance is.

Method

Therapy plan:

My therapy plan is as follows:

The patient comes to see me for a

- consultation (ca. 1 hour) including a
- lung function test
- CO₂ reading
- precise smoking case history
- consultation, motivational advice and planning a quit smoking day (day X).

It is important for me at this point to set an exact quit smoking day and to keep a logbook. The patient should not attempt to quit smoking at the first appointment at the practice. This requires careful planning and preparation.

Why would I like to quit smoking:

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Once this has all been discussed, the patient comes into my practice on day X with their final cigarette and I carry out the anti-smoking therapy (see diagram below).

After leaving the practice, the patients should not smoke any more cigarettes.

Anti-smoking therapy with Bicom 2000:

Step 1:

The patient brings the final cigarette he smoked into the practice.

Step 2:

- Basic therapy (e.g. 130) or according to conductance reading
- Program 970 (toxin elimination)
- Program 210 (lung acute-inflammatory)
- Program 900 (activating vitality)
- Anti-smoking therapy (998/15 minutes)

Step 3

Input cup:

half-smoked cigarette with ash in the glass insert

Input electrodes:

none – only input cup used

Output electrodes:

1. Both hands on plate electrodes (red cable)
2. Short flexible electrode on forehead (red cable)
3. Modulation mat on back

Storage device:

Chip and Bicom minerals

After ca. 3–5 days I repeat this treatment and again after ca. 7 and 14 days.

Based on the method outlined above, I require 45 minutes per session. I also use this time to talk to the patient about quitting smoking and to give them useful tips and motivational advice.

If the patient is feeling good, I let them go. After one month I contact the patient again by telephone. If everything is OK, I offer to check the patient's lung function again after 3 months (I see this as being very important, because the readings are often considerably improved). This also prolongs contact with the patient and allows me to observe how well they are progressing in the longer term.
Electrode positioning in step 3

I have received the following feedback from patients on this therapy plan:

- Even after the 1st session, less desire to smoke
- Few, if any withdrawal symptoms
- It is easier than they thought it would be
Summary
For me, anti-smoking therapy using bioresonance is a very successful and efficient method to offer to smokers.

I have been able to help a number of grateful patients quit smoking using this method – with no side effects.

My wish for my patients is a healthy, smoke-free life. I can attempt to do this with the aid of bioresonance.

Try it for yourself – your patients will thank you for it!