

Menopausal syndrome – successful treatment with bioresonance

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Introduction

Over 70% of all women suffer relatively serious endocrine and vegetative symptoms during the transition from sexual maturity to the **menopause**. Now that hormone replacement therapy is coming in for increasing criticism due to its not insignificant side-effects, a growing number of women are asking their gynaecologists, GPs and therapists for alternative forms of treatment. A range of food supplements (e.g. soya extract), phytotherapeutic agents (often with phyto hormones) and homeopathic remedies, both individual and in complex form, are available, which are highly effective. It is often necessary to take these preparations for months, if not years. Excellent results can also be achieved in this area with bioresonance without the need for medication and often with long-lasting results.

This example can also demonstrate that, depending on the structure of the practice and the needs of the patients, positive results can be obtained both with standardised treatment regimes and also with therapy tailored to the individual.

Physiology and symptoms

In this phase of life degenerative changes take place in the ovaries and follicle reserves are exhausted. At first anovular cycles occur gradually, followed by often irregular periods until menstruation finally stops completely. Progesterone levels are reduced, until the ovarian tissue finally also stops producing oestrogen. This leads to an increase in gonadotrophic hormones (LH, FSH) from the anterior pituitary lobe. This results in the entire endocrine system changing and the neurovegetative system

subsequently switching over to a **sympathicotonic** course.

For a number of women this heralds a variety of psychovegetative and organic disorders (**Tab. 1**).

Table 1

Symptoms of the menopause syndrome

Vegetative syndrome (vasomotor)

- hot flushes
- outbreaks of sweating
- palpitations, racing heart
- dizziness
- blushing, turning pale
- paraesthesia

Mental syndrome

- irritability
- nervousness
- disturbed sleep
- depressive moods

Organic syndrome

- osteoporosis
 - arthropathy
 - skin and mucosal atrophy
-

Once menstruation stops, the uterus' role as an **"eliminating organ"** also comes to an end with the result that, with additional energetic insufficiency in other organ systems, contamination from heavy metals and toxins also builds up. This situation benefits the onset of degenerative or autoimmune disorders.

According to the ideas of Traditional Chinese Medicine (TCM), (kidney) Yin

essence becomes exhausted, in energy terms, due to age.

The water element's (kidney/ bladder) controlling function over the wood element (liver/ gallbladder) declines as a result, so that (liver) **Yang** "increases". If this new energy which is released is not harnessed it can lead to "excessive" or "suppressed" reactions (**Tab. 2**).

Table 2

Menopause syndrome according to TCM

(Kidney) Yin deficiency (loss of essence)

- night sweats
- dry mucous membranes
- failing vision
- hearing loss, tinnitus
- back pain
- brittle bones (osteoporosis)
- disturbed sleep

(Liver) Yang excess

- hot flushes
- outbreaks of sweating
- palpitations
- high blood pressure
- headaches, migraine

(Liver) Qi build-up

- irritability
 - lack of determination
 - "bitterness"
-

Treatment

In conventional medicine hormone deficiency is treated by administering oestrogen, either on its own or in combination with progestin. This relieves the symptoms and offers the promise of "protecting the organs" and "staying youthful", yet the problem is ultimately only delayed a few years. The side-effects of this therapy are not without problems for some patients (weight gain, hypertonia, thrombosis, risk of cancer, etc.).

What are we actually trying to achieve?

The menopause is not an illness but a natural transformation process!

We do not want to "cure" women but help them to come through this phase of their lives with as few complications and symptoms as possible and without reducing their quality of life.

General approach (Tab. 3)

In energy terms, the motto is: "Preserve kidney Yin" and "divert liver Yang"!

Table 3

Support for menopause syndrome

"Top up" kidney Yin

- plenty of sleep
- reduce stress
- relaxation exercises, yoga
- healthy diet
- food supplements

"Divert" excess liver Yang energy

- new interesting activities
 - creativity, ideas
 - vitality
-

Yin essence which is already reduced through the stress of pregnancies, births and illnesses must be protected from disintegrating too quickly and be "regenerated" if possible. This calls for plenty of sleep, healthy diet, reduction in toxin contamination, food supplements, stress reduction through relaxation, wellness, etc. The creative Yang energy which is released and reaches outwards carries new ideas into interesting activities such as artistic expression (painting, music), sporting activities (gymnastics, dance, riding), social activities (politics, setting up a company) or new interests (travel, study, hobbies).

Bioresonance

It would be a real pity if some practices failed to use this promising method due to lack of time or organisational difficulties.

Standardised treatment regimes have proved effective in large medical practices. Therapy can be delegated to staff and the programs can also be used, without testing, either on their own or to supplement other therapies (**Tab. 4 and 5**).

Table 4

Menopausal symptoms (1st recommendation)

Input cup: blood, saliva, sweat
Input: hand, 7th cervical vertebra
Output: modulation mat on the back

- basic therapy
 - prog. 900 (vitality)
 - prog. 530 (metabolism)
 - prog. 970 (toxin elimination)
 - prog. 980 (hormones)
 - prog. 934 (hormones)
 - prog. 127 (harmonising)
-

Table 5

Menopausal symptoms (2nd recommendation)

Input cup: blood, saliva, sweat
Input: feet (heels), throat (thyroid)
Output: modulation mat on stomach,
lower abdomen

- basic therapy
 - prog. 980 (6 mins.), 981 (6 mins.), 934
 - prog. 900
-

Therapy is carried out each week for four weeks, then once a month.

If the beneficial effects of therapy are only short-lived, if the symptoms are very pronounced and persistent or if

accompanying disorders (rheumatic conditions, arthrosis, fibromyalgia syndrome, cardiovascular disease, metabolic and intestinal disorders) are present, an **individualised therapy regime which has been tested out**, is indicated. In this case known therapy blocks should also be sought out, the eliminating organs stimulated, chronic allergies eliminated and intestinal cleansing performed.

The relevant hormone and metabolism programs should then be tested out (**Tab. 6**).

Table 6

Menopausal symptoms (individual therapy following testing)

- basic therapy
- eliminate radiation exposure
- eliminate scar interference (lower abdomen?)
prog. 910 and 900
- activate eliminating organs (liver, kidneys, lymph)
- rectify meridian disturbances
- balance chakras
- treat central allergies
- intestinal cleansing
- eliminate toxins, viruses, parasites

Programs:

980, 981, 934 (hormonal imbalance)
916 (pituitary regulation)
900 (vitality)
530 (metabolism)
970 (toxin elimination)
910 (acid-base balance)
428 (thymus activation)
432 (shock treatment)

CTT:

Fire: triple warmer, female hormones
Water: kidneys, bladder, lymph,
female genitals
Wood: liver, gallbladder

The ampoules of the **Combined Test Technique (CTT)** can also be used in addition to the body's own frequency patterns.

An excellent way to supplement hormone programs is to perform chakra therapy (**Tab. 7**) in the same therapy session.

Table 7
Chakra therapy

VII	"crown chakra", crown of head epiphysis white / rock crystal
VI	"third eye", forehead-back of head pituitary gland violet/ amethyst
V	"larynx chakra", throat-neck thyroid, parathyroid gland blue / lapis lazuli
IV	"heart chakra", sternum-thoracic spine thymus green-pink / watermelon tourmaline
III	"solar plexus chakra", upper abdomen thoracic vertebra pancreas yellow / citrine
II	"polarity chakra", lower abdomen- lumbar spine gonads orange / fire opal
I	"root chakra", step suprarenal glands rot / ruby

Patients should be selected who are "open" and receptive to an approach such as this and the therapist should have plenty of time and some basic knowledge of chakras. Using coloured film and semi-precious stones in combination has proved effective. Chakra therapy can certainly also be delegated (approx. 2 mins. per chakra). However, it is far more effective if the

therapist tests out therapy time, notes physical and emotional responses and can discuss these with the patient at the same time.

Blocks in the 2nd (sacral) and 5th (throat) chakra often occur with the menopausal syndrome. These play a large part in the transformation of "physical creativity" (2nd chakra, genital function, "children") into "spiritual creativity" (5th chakra, "taking action", "artist").

Stimulating the known **ear acupuncture points** is also very effective with menopausal syndrome. Even if a "craving for food" and "weight reduction" are not a prime concern, through the choice of points and the BRT programs, they act strongly on metabolism, hormone system and psychovegetative balance.

One of the most feared post-menopausal complications is **osteoporosis** with the danger of bone fractures. Medication offered by conventional medicine is not without its problems due to the side-effects it produces. Constant recommendations to consume excessive quantities of milk should also be viewed critically as inadequate calcium absorption, protein deposition and tissue hyperacidity may be more likely to have an adverse effect.

An organic diet rich in vitamins and minerals and predominantly containing foodstuffs with an alkaline effect is essential together with plenty of physical exercise.

Other helpful courses of action are metabolic programs (530), treatment of nutrient points (especially calcium and phosphorus point), acid-base balance (812), intestinal cleansing, treatment of chronic allergies (cows' milk (!), wheat) and toxin elimination.

Heavy metals (e.g. mercury from amalgam fillings) may be stored up in bones, nerve tissue and in the pituitary gland (overlying endocrine regulating organ)!

The recommendations mentioned here can essentially also be applied to **other endocrine disorders** such as menstrual disorders, hormone-related headaches, disorders in puberty, following pregnancy, etc.

Menopausal symptoms in men can also be influenced according to these criteria.

Counselling

In addition to BRT the use of **Bach flower remedies** and other flower essences has proved effective for psychovegetative stabilisation.

A brief **therapeutic discussion** can often work wonders. It is important to point out that the menopause syndrome is not an illness to be treated or suppressed but the start of a new stage of life.

If you accept and love yourself for what you are, you will also be accepted by others and will be able to love others. A spare tyre, orange-peel skin and wrinkles bother men much less than the advertisers would have us believe.

Our world evolves according to our attitude to life and our beliefs.

You can believe that you are old, worn out, ugly, that you've "missed out" on important things in life and it's "too late" now anyway; you can also believe that you are mature, experienced in life, "wise", still attractive and still have many new and interesting experiences ahead.

And you are always right...

CASE STUDIES

Case 1: female patient A.D., aged 47 Oct. 2006 - Aug. 2007

Series of Bicom treatments for chronic intestinal complaints, "nettle rash", food allergies

15 Oct. 2007

*Vaginal bleeding (post-menopausal) for 4 weeks, gynaecological examination normal, should take hormones!
She doesn't want to however...*

Treatment:

Basic therapy, 980, 981, 934, 900 weekly, 4x

5 Nov. 2007

Feels fine, no more bleeding!

Wants to continue coming once a month...

Case 2: female patient G. H., aged 49

12.02.07

Outbreaks of sweating, insomnia, weight loss for 3 months

Test:

- ▶ hormonal imbalance
- ▶ allergic to wheat and spelt

Treatment:

1. chakra, 980, 981, 900
2. chakra, 980, 981, 900
3. 980, 981, wheat, spelt 530
4. 980, 981, wheat, spelt 963, 944, 998

05.04.07

No more symptoms!

16.07.07

Menopausal symptoms reappeared: extreme tiredness, racing heart and dizziness.

Treatment:

Basic therapy, Progr. 980, 981, 900, 934 in 1 week intervals, 3x
in 4 week intervals, 3x

Afterwards free of symptoms!

Wants to continue coming once a month as a preventive measure.

Case 3: female patient M.M., aged 53

Recurrent urticaria, weals; multiple food allergies, oedema, hypertonia, recurrent tachycardia, 1 x anaphylactic shock

Test:

- ▶ wheat, salicylates, additives
- ▶ beta blockers

Treatment: Sept. 2004 - Oct. 2006

Series of Bicom treatments

No more allergic reactions, lost 30 kg (!)

Since Jan. 2006

Menopausal symptoms

Treatment:

980, 981 (hormonal imbalance)
904 (heart trouble)
480 (kidneys)
812 (acid-base balance)
weekly, 4x

Afterwards free of symptoms!

Still comes once a month...

Case 4: female patient S.W., aged 46

Case history:

Hashimoto's thyroiditis, endometriosis, hypertonia.

Hot flushes, insomnia for 5 months.

Test:

- ▶ hormonal imbalance
- ▶ amalgam and aluminium contamination
- ▶ EBV

Treatment:

Basic therapy, Progr. 980, 981, 934, 900
each week, 4x
once a month, 2x

No longer any hot flushes or insomnia!

Only now is the patient reporting increased hair loss and has decided to go for amalgam clean-up and toxin elimination.