

Matrix-Rhythm-Therapy:

Utilizing the entrainment effect to optimize body performance and tissue regeneration in chronic diseases.

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Introduction

Diabetes is a good example to explain the etiology and pathogenesis of chronic diseases. Meanwhile it is a serious public health problem in Germany, leading among other things to approximately 40,000 amputations every year. General characteristics of Type II diabetes patients are obesity, stress, lack of movement and a large amount of carbohydrates in their diet (high glycemic load). A mismanaged life-style, maintained constantly over many years, can transform physiological processes into pathological ones. We are convinced that Type II diabetes is most frequently like other diseases the result of an unhealthy life style.

Quite generally, psychosomatic stress shifts the sympathovagal balance via the vagus nerve and via the sympathetic trunk. This stress influences not only conscious and mental processes, but also directly affects cellular functions in various organs.

On the local level we find in diabetes II patients early signals like numbness or burning, and tingling sensations in the toes (polyneuropathia of lower extremities). There are other disturbed sensations such as pain and heat. We find abnormal cellular metabolism, functional changes in the extracellular matrix (the local environment of cells) and problems in the transport of insulin from blood vessels to the cells. Finally, after years of cellular mismanagement and inadequate cellular logistics, general body performance declines, and syndromes such as swelling and non-healing wounds appear. Such cascades of events are characteristic for many other chronic diseases.

Our hypothesis is that such local and general symptoms correlate with changes in body rhythms and pulsations, which can be treated (readapted) both mentally (via meditation, Yoga etc.) and physically by various approaches of Indian (Ayurveda) and traditional Western medicine.

Rhythm and life

Life without rhythm does not exist. Body rhythms (brain rhythms, breathing rhythms, heart-rhythm, skeletal muscle rhythms, etc.) can be seen as the result of synchronizations of cell rhythms. The question we asked ourselves, was whether it might be possible to induce specific time-patterns in the body, internally via the mind (meditation, Yoga) and externally, from the outside, by physical-therapeutic methods utilizing the principle of entrainment or synchronization of cellular vibrations by an external signal. Activating cellular rhythms and their correlated processes can be expected to result in systemic as well as local healing effects.

Our recent research work with high resolution video microscopy has indicated that it is possible to influence cellular rhythms and behavior by changing the state of the cellular surroundings – the extracellular matrix – and thereby the conditions under which cells operate.

To apply this idea to whole-body treatment, we focused especially on the skeletal muscle because it constitutes, with 45% of the total body mass, the largest single organ of the body. It pulsates in the range of 8 -12 Hz (the same frequency range as the alpha rhythm of the brain) and is responsible not only for our macroscopic movements but also, together with the heart muscle, for the body's microcirculation (arterial, lymphatic and venous flow).

Consequences

The idea was born, to construct an apparatus (called the Matrixmobil) which activates processes in the skeletal muscle by synchronizing cell vibrations. This idea was the origin of Matrix-Rhythm-Therapy. Like an engine being restarted, cellular processes are restored to their active state.

Today the Matrixmobil is the most powerful tool of the new Matrix-Concept. We have used it to treat many diabetes patients, including in India, with remarkable success.

Result

We shall present how tissue regeneration – in diabetes patients and others, and even in the most severe surgical cases – as well as overall body performance, are improved using this entrainment method. Matrix-Rhythm-Therapy releases blocked neuromuscular processes and restores the sympathovagal balance, so that – in the language of Vedas - the embodied spirit is made to become one again with the Universal Spirit.

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