

## Intensive Therapy

The first holistic clinic in the world was opened by Dr. Norman Shealy in October 1971, to treat primarily failures of back surgery. It consisted of 4 weeks hospitalization with 8 hours a day of behavior modification and a success rate of 75%. Within a year it was treating every conceivable chronic disorder and soon became a two-week outpatient program. Over the years over 40,000 patients have been treated for chronic diseases including heart disease, depression, anxiety, pain and cancer with an 85% success rate. This clinic remains at the forefront of Holistic Medicine as The International Institute of Holistic Medicine, which offers one- or two-week intensive programs, 40 hours a week:

40 hours of evaluation and therapy

- Liss Cranial Electrical Stimulation with Biogenics
- TENS around pain area
- Sacred Rings Stimulation with GigaTENS or sacred oils
- Transcutaneous Acupuncture
- PEMF FOR PAIN REDUCTION, circulation, gamma creativity
- RejuvaMatrix Solar Homeopathy
- Posture Pump in spinal problems
- Vibratory music
- Infrared Heat
- RelaxMate and Light Therapy
- Health Rider and Limbering Exercise
- Biogenics
- Progressive Life Therapy
- Massage
- Sapphire enhanced AdrenoScalar® Therapy

- Ozone therapy
- Nutritional therapy
- IV therapy

The cost of this program is \$3500, not billable to any insurance program. Two weeks is \$6000. Additional charges for IV therapy and supplements as needed.

### Liss CES

#### The Liss Cranial Electrical Stimulator

Has been used by us in over 30,000 clients. It is totally safe, uses only 2 milliamps of current at 15,000 cycles per second, raises beta endorphins, the natural narcotic, and normalizes serotonin, the most important mood neurochemical

### TENS

Transcutaneous Electrical Nerve Stimulator was developed in the 1960's by Dr. Shealy. It is now used all over the world. It should be used above and below or either side of pain, not directly over the area of pain, and may be used up to 24 hours a day

### Rings Stimulation

Five acupuncture circuits were discovered by Dr. Shealy. These can best be stimulated without needles using either human DNA frequencies electrically, 52 to 78 billion cycles per second, or with specific blends of essential oils (Transcutaneous Acupuncture). The Rings are:

**FIRE:** Raises DHEA, the most important hormone in the body. Has been clinically proven to reduce migraine frequency 75%, reduce depression in 70% of patients; reduce pain in 80% of patients with diabetic neuropathy.

**AIR:** Raises Neurotensin and Oxytocin, both of which help reduce pain and improve 80% of patients with depression and anxiety

**WATER:** Normalizes aldosterone the hormone for balancing water and potassium and reducing congestion and edemas

**EARTH:** Restores and increases calcitonin, the most important hormone for bone strength and pain reduction

**CRYSTAL:** Reduces free radicals 80%. Free radicals are responsible for all degenerative diseases and inflammation

Stimulating just Fire, Earth and Crystal daily leads to rejuvenation of telomeres by 3.5% each year. Under best of circumstances telomeres ordinarily shrink 1% a year. For healthy longevity this is the best known technique.

### Pulsed Electromagnetic Field Therapy-PEMF

Low level electromagnetic therapy is safe and effective in improving circulation, decreasing inflammation, reducing pain and helping healing, including freedom from narcotic addiction.

### POSTURE PUMP

A simple safe device for restoring normal curve in lumbar or cervical spine. Assists in reducing discs that are bulging

### VIBRATORY MUSIC

Music itself is relaxing. When you feel the sound as well as hear it the mental, physical and emotional relaxation is optimal and assists also in pain relief.

### HEAT

Far infrared heat assists in reducing inflammation and in healing

### RelaxMate and Light

The brain follows light frequency. Using flashing light at one to 7 cycles per second 90% of individuals relax deeply and train the brain to sleep better

### Health Rider and Stretching

The Health Rider allows you to move more easily every muscle in the body without straining. Stretching of every muscle and tendon improves mobility and reduces pain

### BIOGENICS SELF-REGULATION—Retraining the Nervous System

For over 100 years the concept of self-regulation has been scientifically studied. Beginning in 1912 Dr. Johanne H. Schultz developed a self-hypnosis approach called Autogenic Training. In 1969 the first of six volumes of scientific overview was published, including 2600 scientific references. Today there are over 17,000 references. Schultz demonstrated that 80% of stress illnesses could be successfully managed with AT. Students, athletes and business people became more successful using AT. In the early 1970's Dr. Elmer Green introduced biofeedback training, using feedback of EEG, Temperature and EMG to assist patients with overcoming a wide variety of chronic illnesses, beginning with migraine and hypertension, and proceeding to numerous other illnesses. In 1977 Shealy introduced the broader use of Biogenics which has been shown to be of great benefit in thousands of patients with chronic pain and

depression. This includes basic biofeedback approaches and numerous exercises to assist individuals in learning specific control over sensation and muscle tension, as well as releasing past trauma.

### **AUTOGENIC TRAINING**

My arms and legs are heavy and warm

My heartbeat is calm and regular

My breathing is free and easy

My abdomen is warm

My forehead is cool

My mind is quiet and still

### **BIOGENICS**

**Be Here Now-stay in present time**

**Belief in self-biofeedback “proves” to the individual that the mind influences body. Temperature control is best as it controls circulation and it is a primary function of the autonomic nervous system**

**Relaxation—over a dozen techniques, mostly involving respiration**

**Talk to the body & mind—organ specific phrases**

**Progressive Relaxation—Tense and Relax. Shown by Edmund Jacobson to help 80% of patients with chronic diseases**

**Love it—learning not to dislike the problems in the body**

**Collect and release—An American Indian tool as preparation for meditation**

**Circulate electrical energy—integrating the concepts of regulating the piezoelectric aspects of the body**

**Breathe through the skin. First learn to do it through your dominant hand. In 20 minutes you can make the hand numb. Then switch to an area of pain and breathe through the skin over it to make it numb**

**Expand electromagnetic field—originally the Christos effect for releasing past trauma**

**Balance emotions—over a dozen Gestalt and related exercises**

**Spiritual attunement—true meditation, attunement with the divine**

**Shealy's doctoral dissertation included beneficial effects in 200 patients and this tool has been used in thousands of patients since then.**

**Past Life Therapy and Life Progression Therapy**

Many times, problems appear to be related to unfinished anger, guilt, anger or depression from a previous life. Using deep relaxation in a state of reverie, many individuals learn to release and resolve such past life trauma and progress forward.

## MASSAGE

Total body massage is one of the best ways to improve movement, reduce pain and help relaxation

## Sapphire enhanced AdrenoScalar Therapy

Scalar energy is many times faster than the speed of light and has been found to be the most healing energy known. Sitting in the presence of scalar energy is relaxing and healing, reduces free radicals and inflammation and the ultimate stress hormone, adremomedullin. It is totally safe.

Click here to [Request an Intensive](#) or call [417-467-2124](tel:417-467-2124)