Physical therapies

Physical therapies are an excellent way to improve the responsiveness of the vegetative nervous system. Their effects connective tissue and the psyche and can remove sources of irritation and loosen blockages. The body relaxes, experiences relief from pain and tension, and is ultimately able to help itself regain health. Physical therapies can also stimulate different forms of detoxification via the liver, kidneys and intestines, activate metabolism and improve the milieu inside the body. Due to its multiplicity of effects and possible uses, we often refer to our physical therapy department as the „energy department“.

Brainlight

„Brainlight“ is an auto-suggestive relaxation technique. It works best if the patient is lying down comfortably in a pleasant, relaxing atmosphere. Take a few moments to centre yourself, just like you would before meditating or other similar relaxation techniques. Breathe deeply and regularly. Then put the light-goggles on, and close your eyes. Your brain will register the pulses of light through your eyelids. Pay close attention to your body’s reactions, but do not evaluate them. Just let your thoughts flow. Many patients have discovered that they have more concentration and patience for daily tasks after a Brainlight session. The Brainlight technique gives us access to images, ideas and symbols directly from the subconscious, making it an ideal approach to visualisation and positive auto-reprogramming. The subconscious does not differentiate between reality and the imaginary world. You can imagine, for example, that the source of your disease is flooded and healed by the therapeutic impulses of light: There is no limit to the power of the imagination. Brainlight can be a way to learn to understand the symbols and messages of your mind. It can also send healing impulses to your brain that have a positive effect on the entire body and on the negative changes wrought by disease.

When should Brainlight not be used?

Patients with the follows diseases or symptoms should not use Brainlight:

• epilepsy, or persons who tend to have epileptic attacks
• migraines
• after brain surgery
• light sensitivity
• strong feelings of discomfort
• hyperthyroidism or excessive nervousness

Autohormone therapy (AHT) according to Prof. E. Schliephake

Auto-hormone therapy was developed by Erwin Schliephake, a renowned professor of physical therapy at the University of Wuerzburg. Schliephake, who had also com-
completed a course of study in electronics and colloid chemistry in addition to his medical studies, discovered that flooding the interbrain with short waves leads to measurable changes in the blood. In 1934, he succeeded for the first time in curing a patient with a brain tumour using short-wave flooding. This method was later researched and perfected. He describes the method and numerous cases of successful tumour treatment in his book*.

What is auto-hormone therapy?
AHT does not use electrical current. It applies electrical waves that follow certain laws and almost adopt the qualities of optical waves. The waves are created between two capacitor plates (called „Schiephake electrodes“). The tissue in the capacitor field is warmed and blood flow increases, depending on the dosage, thanks to biophysical reciprocal effects.

Treatment involves flooding the vegetative centres of the interbrain (pituitary glands, hypothalamus) responsible for the regulation of hormonal balance with these waves in a dosage that does not generate appreciable warmth. This flooding apparently helps normalise this regulative system, which is often impaired by disease. The vegetative centres are closely connected to the body’s immune system, which is also positively effected by AHT.

Chromotherapy

Colour – an oasis for the soul
We recommend chromotherapy for some patients. Below is some information about how this unique treatment approach works.

How do you feel when the outside world is a drab, cold grey? When the sky is filled with rain clouds and thick fog blocks your view? And how do you feel when the sun shines in spring and the world glows with bright colours? Just thinking about a dazzling spring landscape can free the spirit.

Colours and light have the power to influence our moods, though we usually don’t really notice how they effect us. The subtle effects of advertising are an excellent example, and advertisers know how to use light and colour to their best advantage. „Colours can repair the holes torn in the spirit by the excessive demands made on us, or by stress,” according to Prof. Brost, a recognised expert in this area. So let your soul find comfort and enjoy the healing powers of colour, light and meditative music.

We offer innovative high tone therapy using a pain therapy machine manufactured by the gbo Medizintechnik AG company.

The HiToP® 182 has two channels, one for use in pain therapy and one to revitalize the entire body. Experience has proven its effectiveness for a variety of different indications, and with pain management in particular. High tone therapy can be used for revitalization and mobilization, to dissolve blockages in the body, and to cleanse the body’s regulatory processes.

There are no side effects to treatment.

Kneipp Therapy

Pastor Kneipp visited Bad Mergentheim a number of times in the 19th century where, together with his close friend Dr. Stuezle, he treated patients in the oldest of our clinic buildings. This makes it a pleasure and an honour to be able to carry on part of this historical tradition.

His basic ideas are still fundamental to our clinic’s naturopathy treatment. Pastor Kneipp’s holistic approach, focused on bringing the body, mind and spirit into balance, is more modern today than ever before. Kneipp therapy is considered a classical alternative healing approach aimed at activating self-healing powers by strengthening resistance and inner balance.
The five pillars of Kneipp therapy

Though his water treatments may be best known, they are only part of the whole concept developed by Pastor Kneipp that rests on 5 inseparable pillars:

- Hydrotherapy (water treatment)
- Exercise therapy
- Phytotherapy (treatment with medicinal plants)
- Nutritional therapy
- Health maintenance therapy

This section deals exclusively with hydrotherapy. Water is a facilitator used to stimulate by changing temperature. This activates the nerves in the vegetative nervous system, the blood and lymph vessels, the muscles, and metabolism and improves their function. Its effects are both local and general.

A local effect results in an increase in circulation in the area treated. Inner organs, the circulation, the vegetative nervous system and the immune system can be positively influenced over the body’s reflexes, and the ability of the whole body to react increases. Circulation improves as does metabolism as the body is „detoxified“.

The methods developed by Pastor Kneipp (ablutions, effusions, baths, compresses, packs) are unique because they can be easily adjusted to suit a patient’s condition and reactions. One important principle applies to the use of Kneipp’s methods: if the body gets chilled or the patient reports feeling cold, ablutions or other applications of cold water must stop immediately. The entire Kneipp therapy programme has to be minutely adjusted to suit a patient’s state. The weaker the patient, the milder the therapy has to be for: „weak stimuli stimulate, strong stimuli can block!“

In the summer, we highly recommend a visit to the Kneipp facility in the Kurpark at the „Haus des Gastes“. Discover the pleasure treading water or a cold-warm bath can bring after a pleasant hike.

Magnetic field therapy

Magnetic field therapy is a form of treatment using static or pulsing magnetic fields created by magnets or electric magnetic equipment (mats, etc.) Diseased cells exhibit lower tension than healthy cells. Magnetic field therapy induces a current that increases blood circulation, amplifying the amount of oxygen transferred to cells. This provides an impulse that can speed up the healing process and strengthen the immune system. Magnetic fields also relax and increase the threshold of the part of the vegetative nervous system that controls the inner organs. This can help decrease pain.

The history of magnetic field therapy

The magnet probably got its name from the town of Magnesia in what is now West Turkey where naturally magnetic ores were discovered. Magnets have been used to cure disease for centuries, and their use in ancient China and Egypt has been documented. Cleopatra is reported to have worn a magnetic headband at all times, presumably to treat headaches. Hippocrates also wrote about the healing powers of magnets. Around 600 B.C., traditional Indian medicine called Ayurveda recommended using magnets to remove arrowheads.

Paracelsus (1493 – 1541) is considered the father of modern magnet field therapy. He used magnets to treat all sorts of illnesses – from diarrhoea to haemorrhaging – and ascribed magnets with the power to recharge the body’s vital forces. The first scientific paper on magnetism and the human body is from 1600 and was published by Sir William Gilbert, the personal physician for Queen Elisabeth I. Today external sensors probe the interior of the body and magnetic fields serve as a diagnostic tool (magnetic resonance tomography). That electrical current and magnetism can influence bone density was scientifically proven at the beginning of the 20th century, though the Italian Luigi Galvani was already writing about the interaction between bone formation and biomechanical electrical phenomenon in 1830.

Treatment

Magnetic field therapy uses a range of equipment, such as magnetic coils, field generators, pillows, foils, rods. The magnetic field itself is not tangible, though the increase in circulation may result in tingling, a feeling of warmth or heart pounding.
Full body treatments with equipment that generates a pulsing magnetic field generally last anywhere from 8 to 30 minutes and can be done a few times a day. The World Health Organisation, WHO, recommends that total treatment time not exceed one hour per day. Magnetic pillows or rods are recommended to treat localised pain and treatment may last between 10 to 24 minutes up to three times a day. Local applications can be used to complement whole body treatments.

**Risks and Dangers**

Magnetic field therapy should not be carried out, or only carried out under a doctor’s close supervision, on patients with electrical implants such as pacemakers or insulin pumps. Care should also be taken with patients with hyperthyroidism, cardiac dysrhythmias, who take blood thinners or have a fever (in particular older patients).

People with low blood pressure may initially react to treatment (in the morning in particular) with dizziness. Sensitive patients may experience an initial worsening of symptoms, a sign that the body is reacting to treatment. These may occur only after the first treatment or disappear again after two to six weeks. Such reactions can be reduced or avoided entirely by slowly increasing the magnetic dosage. The older a patient, the more weak the magnetic field used for treatment should be. Children up to three years of age receive one third of the adult dose, older children one half.

The effect of magnetic field therapy

Magnetic field therapy is not a panacea, but its use in clinics and surgeries has shown the following positive effects:

- activation of metabolism
- increase in blood circulation
- increase oxygen supply to the cells
- improved resistance
- stimulation of the body’s self-healing powers

These effects result in fundamental purification and detoxification, regeneration of biochemical processes in the body, and can speed up the healing of injuries, wounds, and scars after surgery. Rheumatic illnesses can also improve under magnetic therapy. Other conditions positively affected include acute and chronic pain, breathing difficulties, and cramps. Users have also described a sense of harmony between the nervous system and spirit.

In generally, magnetic field therapy can be effectively used in combination with other naturopathic healing methods, such as our immunobiological therapy. This is why – with the exception of the exclusion criteria mentioned above – is it an integral part of our programme.

**Pneumatron Pulsation therapy**

(Pneumatron-treatment)

Pulsation therapy intensifies blood circulation to the tissue and stimulates lymph flow, which has a positive effect on metabolism (detoxification) and the immune system. This is achieved through the pulsing interaction of negative pressure and atmospheric pressure which causes tissue to vibrate. The cells are activated by an increase in capillary blood volume and the resulting increase in oxygen.

Glass bells are used as a rule, for they slide well on the skin, though silicone bells (for longer selective applications) or permanent vacuum bells (for classical cupping with variable suction) may also be used.

The treatment penetrates far into the tissue, deeply relaxing the muscles, especially around the tendons, in a way that is hard to achieve using manual techniques.

**Programmed Oxygen Multistep Therapy (OMT)**

We use OMT to improve the supply of oxygen to the body which can help reduce the rate of metastasization or recurrence in cancer patients. It also serves to strengthen the body’s immune system.
This multistep therapy consists of three important steps:

• Patient is given a medicine that improves the oxygen supply to the cells and strengthens the immune system, taken about half an hour before inhalation begins. Patients at the Hufeland Klinik do not need any additional medication, since they already receive oxygen-enriching preparations.
• Patient then inhales oxygen at around 3-4 litres a minute for two hours. Please note that inhaling for less than two hours will not produce the desired result. Longer interruptions (more than around 7 minutes) are also to be avoided.
• Physical or mental activity.
• Patients should exercise their minds as they inhale by solving puzzles, for example, or reading a book. Sleeping or relaxing will reduce the effectiveness of the treatment. Patients should not lie down after treatment. We recommend 30 minutes of physical activity (going for a long walk, climbing stairs) in so far as the patient’s condition permits, during which the pulse rate should increase considerably.

Respiratory Biofeedback

The breathing rhythm is clearly audible through the headphones, where a pleasant organ tone changes as the patient inhales and exhales. It is very important that you do not do any breathing exercises. Remain passive and breathe normally and freely. Concentrate on the autogenic training formula:

– *It breathes me.* –

Was does respiratory biofeedback do?

You may have already noticed that many of the symptoms of a disease are accompanied by tension and fear. These inner tensions have to be reduced, since they can make you sick and block the healing process. Biofeedback is one way to do this.

In „respiratory biofeedback“ equipment is used to make a life process that is normally unconscious, in this case breathing, consciously perceived and thus self-regulatory. A sensor placed over the chest without contact renders the patient’s own breathing movements visible and audible. The sensor sends signals to a lamp and set of headphones. The patient can clearly see, even with closed eyes, how the lamp brightens and dims with each breath.