



# *INFRATONIC*

# *THERAPY<sup>®</sup>*

## *USERS GUIDE*

**Strategies, Protocols, and Users Reports.**

**Accelerated Recovery Through Sound Science**



# *INFRATONIC*

# *THERAPY<sup>®</sup>*

## *USERS GUIDE*

**Strategies, Protocols, and Users Reports.**



Copyright © 2002 CHI Institute, 2009, 2016 Sound Vitality

First Edition Printed 2002

Infratonic is a trademark of Sound Vitality.

All rights reserved. No part of this book may be reproduced in any form, nor by any means, without written permission from the publisher.

Sound Vitality  
4374 Dant Blvd  
Reno, NV 89509

[www.soundvitality.com](http://www.soundvitality.com)

ISBN 1-889983-07-1  
Printed in USA

# Contents

<b>Introduction</b>	<b>9</b>
<b>Chapter 1: Orthopedic Strategies, Protocols and Mechanisms</b>	<b>11</b>
The Basic Orthopedic Protocol	13
Acute Orthopedic and Debilitating Injuries	17
Specific Acute Orthopedic Injuries	18
Cartilage	18
Fracture	19
Herniated Disc	22
Ligaments and Tendons	23
Muscle Injuries	23
Chronic Orthopedic Injuries	25
Inflammation, Cell Wall Coherence, and Hyaluronic Acid	27
What is Infratonic Therapy?	30
Infrared Thermography & Diagnostic Enzyme Studies	30
Hyaluronic Acid & Meridians	31
Clinical Research on Hyaluronic Acid	31
<b>Chapter 2: Hospital Recovery Strategies and User Reports</b>	<b>35</b>
Unleashing the Biochemical Factory	35
What Impedes Healing	36
Anxiety	38
Pain	39
Edema	40
Tissue Healing	41
Adhesions	41
Bruising	42
Nerve Recovery	43
Peripheral Circulation	43
Scar Tissue	45
Chemotherapy	45
Radiation	46
Antibiotics	46
Anesthesia / Pulmonary Infection	46
Digestion	47
Surgical Recovery	48
Hysterectomy	48
Gall Bladder Surgery	48
Hip Replacement Surgery	49

Knee Replacement Surgery .....	50
Mastectomy.....	50
Prostate Surgery .....	50
Spinal Surgery.....	50
Recovery from Injury .....	51
Head Injury .....	51
Whiplash .....	52

### **Chapter 3: Cognitive Processing™ Concepts and Protocols ..... 55**

Points, Fields, and Distances .....	57
Cognitive Processing Centers .....	59
Cognitive Storage Areas .....	62
The Cognitive Processing Protocols .....	63
The Fear Protocol .....	66
The Anger/Grief Protocol.....	68
The Pelvic Floor Rage Protocol .....	69
The Mind Congestion Protocol .....	70
The Neuropathy Protocol .....	72

### **Chapter 4: User Reports by Ailment..... 73**

Allergies.....	73
Anxiety .....	73
Asthma.....	74
Calf Pain .....	74
Carpal Tunnel.....	74
Ear Infection .....	75
Ear Equilibrium .....	75
Eye Problems .....	76
Eye Pain.....	76
Ganglion Cyst.....	76
Headache.....	77
Hearing .....	77
Heel Spurs.....	77
Heel Spur Pain .....	78
Low Back Pain.....	78
Migraines .....	78
Menstrual Pain .....	79
Osteoarthritis.....	78
Osteoporosis .....	79
Peripheral Neuropathy .....	80

Psoriasis .....	80
Restless Leg Syndrome.....	80
Sciatica.....	81
Shingles.....	81
Shoulder Pain.....	81
Sinus Infection .....	81
Sinuses .....	81
Snoring.....	82
Spinal Stenosis.....	82
Sternum Inflammation .....	82
Stress.....	82
Tennis Elbow .....	82
TMJ - Temporomandibular Joint .....	82
Tooth Pain .....	83
Torn Rotator Cuff.....	83
Vertigo.....	84

<b>Chapter 5: Anti-Aging and Quality of Life.....</b>	<b>85</b>
Stroke .....	85
Worry Causes Aging .....	86
Old Traumatic Experiences May Accelerate Aging.....	87
Cellular Abuse .....	88
When Things Aren't Working.....	89

<b>Chapter 6: Pets .....</b>	<b>93</b>
Cats .....	93
Dogs.....	95
Horses .....	98

<b>Chapter 7: Sound Vitality Products .....</b>	<b>103</b>
Infratonic 9.....	103
Infratonic S .....	104
Scalene Light .....	105
The Nessor .....	106
Vital Harmony® Pendant.....	107
VitalRest .....	108
Accessories - Positioning Stand.....	109





# Introduction

Welcome to the world of Sound Vitality. We are delighted that you found your way to our products and are pleased with the possibility that you will join our evolving company and happy family of clients. We are a company committed to elevating the quality of life for all of humanity.

Sound Vitality offers innovative, noninvasive, drug-free solutions that can deliver real relief for pain and inflammation. We take our commitment seriously. We provide our clients with education, service, and community. Please check our website for conference calls, educational workshops and opportunities to visit with and learn from other users. Visit with me, the Inventor and my team during webinars to learn different ways to use our devices. You will also find many testimonials about our products on our web site.

Our Infratonic was designed to promote your quality of life. It is FDA listed as a therapeutic massage device. It is totally safe and noninvasive and provides effective relief for our users. The ease-of-use makes it available to everyone. The Infratonics remarkable ability to calm the cells allows the body to accelerate its natural healing abilities to accelerate recovery. When a localized area is damaged, the cells in that area become angry-inflamed. They get caught in a pattern or frenzy which inhibits our natural chemistry from doing its work. The sound waves from the Infratonic penetrate deep into the cellular level to dissolve the trauma and create an environment for personal healing chemistry to revitalize the area and relieve the pain and accelerate recovery.

Chapter 5 is devoted to enhancing quality of life and reducing the body's pre-programmed biochemical activities that can accelerate aging. Regular use of the Infratonic can, in many cases, encourage anti-aging and improve quality of life.

We simply aren't aware of the benefits of cellular trauma reduction because we think of minor discomforts as insignificant, but they are often the seeds of future chronic illness. I encourage you to keep your Infratonic in a convenient location and use it whenever you feel the slightest discomfort. Remember, you are getting far more benefit than just minor pain relief.

We hope you enjoy this Infratonic Therapy Users Guide. It is full of perspectives, protocols, and testimonials to guide you to broad and effective use of Infratonic therapy.

My simple and best advice it to ‘put it where it hurts’. And read the information in this guide. Our users are our best teachers.

Richard H. Lee  
April 2016



# Chapter 1: Orthopedic Strategies, Protocols, and Mechanisms

Infratonic therapy is used frequently, and effectively, to relieve pain and accelerate healing in orthopedic injuries including injuries involving fractures and torn tendons, muscles, and cartilage. The following user report illustrates this:

**RAO Fort Pierce, FL** *Having 4 Infratonic units, and being a chiropractor, I use all units for soft tissue injuries. Knee and ankle injuries. I'm team doctor for 3 soccer teams. No operations in the past 3 years. Prior to this, 7 knee operations. Orthopedic doctor can't believe my results. Very happy families having sons restored to normal function without operations.*

This first chapter is organized based on an orthopedic model supported by equine research. In short, the equine research shows that Infratonic therapy immediately reduces inflammation in the muscles and synovial tissue of joints as measured by blood levels of diagnostic enzymes AST and CPK and infrared thermography, respectively. Further, over a period of weeks, Infratonic therapy increases production of hyaluronic acid, the viscous oil that lubricates joints. Hyaluronic acid also accelerates wound healing, strengthens muscles, reduces scar tissue formation and normalizes scar tissue, creates hard and soft structures within the myofascial tissues, and, by selectively bonding to ionic compounds, creates electrically conducting and electrically insulating tissues within the body. This research is presented at the end of this chapter.

The basic principles and case studies are presented first because most readers are interested in how to use Infratonic therapy and user provided case studies, and will skim over the research. It is our hope that, once the reader knows what Infratonic therapy can do for fractures, damaged cartilage and tendons the research will be more appreciated and better understood.

**Basics** – In clinical practice, the Infratonic has proven to be highly effective in the aftermath of orthopedic injuries and surgeries.

**JO Fallbrook, CA** *A three year study on Geriatrics & hip fractures. Some patients on actual site about 1 inch away and others 2 to 3 inches away, directed at site of surgery. 10-20 mins. once a day for 1-2 weeks. Doctors were amazed after x-rays taken, healed so much faster than usual; could weight bear sooner and pain decreased which in some cases took no pain meds. Decreased limping, sleeping all night and less pain. Quick recovery surprised doctor. Good attitudes.*

One might think that pain relief is the only immediate benefit that might be realized, but rapid reduction of physical symptoms is also frequently reported.

**MB Richland Hills, TX** *My neighbor, a 16 year old female, took a serious spill on gravel while traveling fast on a motorcycle. The cycle, which slipped out from under her and dumped her on the pavement, then fell on top of her, producing contusions to the hip, abdomen and left leg. X-rays showed a hairline fracture in the left tibia. She used my Infratonic for self-treatment at her home for two periods of at least two hours each. Initial results showed greatly reduced edema and pain during the first treatment in which she placed the Infratonic under the calf of her leg while she took a nap. After a second similar treatment at night, the young woman moved about more easily. The effect of the Infratonic was to reduce pain, edema, anxiety about the pain, worry about the leg, and fear produced by the trauma of the accident. The leg did not swell up again and did not have the deep pain she had felt post-injury. There was a slight limp due to her overall muscular soreness, which disappeared after a few days. The young woman returned to work as a lifeguard two days after the accident. The resilience of young tissue in achieving fast recovery is wonderfully multiplied by the application of Infratonic therapy to produce coherence and remove interference to healing processes.*

The following is an even more remarkable report which illustrates that, in addition to pain relief and long term gains, the Infratonic frequently offers unexpected short term visible changes.

**BK Santa Fe, NM** *I was standing on a wooden bench, leaning over to reach something. The bench tipped over, and I fell, with the edge of the bench knocking hard into my right shin (tibia). The pain was excruciating, and it was some time before I was even able to get up off of the floor. I was unable to put any weight on my right leg - it turned out that I had a*

*hairline fracture from the blow - so with the help of a friend hopped back to my room where I immediately reached for my Infratonic. By this time my entire lower leg - from ankle to knee - was swollen, bright red and quickly turning purple.*

*What happened next is truly remarkable. As I ran the Infratonic up and down my leg - focusing it every now and then on the actual area of injury - the swelling started to subside and the purple color began to fade. I felt like I was a character on Star Trek, with the doctor using her medical tricorder (or whatever it's called)...you know, where the serious injury heals right before your eyes! Once the generalized swelling subsided, I focused entirely on the injury site, which was throbbing with pain and quite tender. I used the Infratonic all that evening, and almost non-stop the next day, which luckily was a Saturday. By that evening I was able to start to put a slight bit of weight on my leg. By Sunday evening, after another day using the machine, I was able to begin to walk a bit, although of course with some difficulty. The swelling over the fracture site was greatly reduced, as was the pain and tenderness. I continued to use the machine as often as possible throughout the next number of weeks, with continuing great improvement. I mostly targeted the injury site, but also followed along any tightness I felt in the muscles throughout my leg, as I knew this tensing was a reaction to the injury. I would also on occasion use the Infratonic on the bottom of my right foot, aiming up the bone. By the following weekend I was able to walk with only a slight limp, with the pain quite reduced, and localized to precisely the area of the hairline crack (I am a body therapist and could actually palpate the fracture). Within a couple of weeks my leg felt almost completely healed, with just some residual soreness around the injury site. This diminished with continued use of the Infratonic... I could actually feel the bone heal from the inside out, the actual bone "bruise" being the last to go.*

## **The Basic Orthopedic Protocol**

The basic protocol for all orthopedic injuries is to apply the Infratonic to the site of injury and to all surrounding areas which might influence healing, including adjacent tissue, swollen tissue, and nerve, blood, and lymphatic pathways. This is because all the cells in the area have the ability to impede, or contribute to healing of an injury, and trauma, both physical and psychological, affects the entire area, not just the damaged tissue.

## **Increased Pain:**

In acute injury, application of Infratonic therapy will sometimes cause increased pain as tissue normalization also means normalization of nerve function. In cases of tissue damage, when you feel increased pain on application of Infratonic Therapy, it is because you are bringing the nervous system on-line fast. While this increased pain may be the most effective for accelerated healing, it is definitely not the most comfortable. The best strategy is to go slow where Infratonic therapy increases pain because, while this pain increase is often thought provoking, excess pain does upset patients. Here are some examples of increased pain on therapy:

MB Mt Vernon, IA I jammed & sprained thumb. I was attempting to shut a sliding glass window when my hand slipped and I jammed my thumb with all my strength & force. I know it wasn't broken, but pain was extremely high.

Being a massage therapist I was certain I'd be out of work a week. I immediately put the Infratonic on my thumb. The pain intensified at first but I kept the machine on. I used it continuously for about an hour until the pain was totally gone!

I don't take painkillers although it might have helped. But the pain didn't get unbearable, even when it was intensified. Despite my original assessment of not being able to work, I actually was able to do massages the very same day. No pain. I used the Infratonic again for 20 minutes after work to prevent any recurrence of pain. Thank you for this wonderful machine!

It is generally not practical to cause the maximum amount of pain even if it provides the maximum rate of healing, as patients are generally not cooperative with this strategy. As an alternative strategy, start gradually. First, move the Infratonic about two feet away from the injured tissue and let the signal penetrate from a distance. Gradually move the unit closer (or further away) until the patient feels a slight increase in pain, then sweep from head to toe across the injury. You will find that over a period of minutes you will be able to move the Infratonic closer and closer to the injury site with minimal increase in pain.



A sweeping protocol is beneficial where there is substantial increased pain on application of the Infratonic. (This is uncommon with orthopedic injuries.) Sweep from head to toe across the injury site for a minute from a foot or two away, then move the Infratonic closer, focusing more on the injury site. Finish by sweeping again from a foot above to a foot below the injury with occasional whole body sweeps. See how close you can get with little or no discomfort.

The speed of sweeping is fairly slow, about 1 foot per second, or 5 to 6 seconds per whole body sweep.



Sweeping is most effective if the infratonic is aimed toward the body and tilted toward the direction of sweeping. Move it as if you were sweeping or pushing out any illness or stagnant energy, starting at the top of the head, and sweeping down and out the hands or feet.

Immediately after injury, start by dissipating cellular shock. Two or three minutes of sweeping soon after the occurrence of injury will dissipate a great deal of abnormal cellular function throughout the body, improving the patient's state of mind and mobilizing the body's healing resources.

The whiplash is a typical orthopedic injury which typically gets worse over the first few days as a result of muscle spasm which compresses vertebrae and nerves and restricts lymph flow. With time, the muscle spasm can cause as much or more damage than the original injury. Much of this additional damage can be prevented with early application of the Infratonic, as the following case study illustrates:

**CR Marysville, Ohio** *The impact totaled my Chevy Tahoe, and broke my seat clean off its mountings. Once they got my door open, the paramedics strapped me to a backboard and rushed me to the hospital. I was already bruised and in severe pain, but the doctor said, "I'm afraid you will get worse over the next 72 hours," and sent me home with pain killers and muscle relaxers. I took the muscle relaxers but chose Tylenol instead of the pain killers, so every bump on the ride home shot pain through me. It was such a relief to relax in my recliner with the Infratonic. I spent about an hour with the Infratonic mostly directly over points of pain and bruising on my neck. After that, I gave myself a 15-minute treatment every half hour until I fell asleep in the recliner at 2 AM. I awoke at dawn fearing that any wrong movement would cause excruciating pain like the night before. I moved gingerly but felt no pain. I was astounded. I felt my neck and found that it was still quite sore with light pressure. Despite my doctor's prediction, my pain and stiffness had vanished, and never came back. Only the bruised soreness on pressure remained. I stayed home from work that day, and treated myself with about six 15 minute treatments and continued muscle relaxants and Tylenol. The second day I felt fine, so I went to work. That night I gave myself two more 15 minute Infratonic treatments. The third day I went to the doctor and told him I intended to put up wall paper that evening. He responded, "No, you're not!" then hesitated, "Not until I check you out." He put me through his range of motion tests and found that, except for the heavy bruising, I was almost*



*normal. He was amazed. He simply couldn't understand how I could be getting better so fast. The Infratonic made what could have been a life-long ordeal into a few days of inconvenience."*

As the above illustrates, treatment of the acute injury as early as possible is of tremendous advantage. Instead of having traumatized cells make the problem worse, early Infratonic therapy reduces the traumatizing effect of the shock of injury so these cells can devote their energy to accelerated healing.

## **Acute Orthopedic and Debilitating Injuries**

People are often overwhelmed by the extent of injury which can overwhelm the healing system, or the traumatic shock that stalls healing. In these cases, suffering is often great and lifelong, and gains come slowly:

**KS Murrieta, CA** *To date I have had 20 major surgeries. I had 6 vertebrae fused because of severe spinal stenosis. I'm in constant pain and have been diagnosed with Fibromyalgia. Presently I am scheduled for knee replacement and later this year I'll require a hip replacement. I use the Infratonic for 20 minutes, several times daily, day or night, whenever the pain becomes aggravating. Since I started using your machine I found that my energy has increased and I accomplish more. My leg cramps are gone and emotionally I'm a happier person. Prior to using the Infratonic I had to force myself to perform simple tasks. I had difficulties concentrating and was always very tired. The continuous use of your Infratonic machine has resulted in alleviating some of my pains and reduced others to a tolerable level. On overnight travels, the machine is an essential piece of my luggage. I honestly could not be without this equipment anymore.*

**RW Amarillo, TX** *Problems being treated: Post trauma due to auto accident 1-12-2001. Closed head injury with profound swelling and minor fractures. Fractured right thumb & wrist. Major bruising of both knees, thighs, left shoulder, arm & upper back, profound bruising of pelvis, severe trigeminal nerve damage, and a sense of ill-being. Nerve shaft in sacral area is not intact.*

*Using the machine on all injury sites focusing on whatever caught my attention the most at the time of treatment. Used on both sides of injury*

*site to prevent an energy cyst. Used on both sides of my head to eliminate or lessen the intense pain. Used for many hours during awake times and slept with machine on bedside table. Go to sleep at night a lot with Infratonic on heart area. Especially for the sacral area the treatment allowed for me to sit in a tub for bathing. The relief was tremendous.*

**Results:** *Head pain diminishes each time machine is used. Wrist and thumb are getting better even though the fracture was diagnosed more than a year later. The burning pain from the bruising was not as intense. Nerve damage is healing much faster according to the TMJ specialist and the chiropractor. They say it will take about 3 years to fully recover, if at all possible, but not to plan on 100 percent. I say I will be 100 percent.*

*Quality of life improvements: I started using the machine about three months after the accident. I had been on narcotic pain pills just to get some sleep. After the first treatment I got so much relief that I was able to go to sleep that night. I treat all the points of pain daily and go to sleep with the machine every night. My thinking and memory has slowly improved even though I have good days and not so good days. I became optimistic the first time I used the machine - "I may actually heal!!"*

In debilitating multiple injuries the Infratonic often provides much appreciated pain relief, energy, and improved attitude that helps people to make it through a difficult recovery process. By reducing the cellular trauma, the Infratonic can also bring the cells of the body together for a more coordinated healing effort, frequently jump starting a stalled healing attempt.

## **Specific Acute Orthopedic Injuries**

Orthopedic injuries can involve damage to a wide variety of tissues many of which will be discussed individually below. One key aspect of orthopedic injuries, inflammation of the synovial tissue, will be addressed at the end of this chapter in the section on Equine research.

### **Cartilage:**

Though cartilage is generally slow to heal due to lack of blood circulation, Infratonic therapy is frequently effective toward pain relief and mobility.

**JM Arvada, CO** 31 years ago, cartilage of knee removed. Knee very swollen and painful. Due to the younger age of client, knee replacement not recommended at this time. Also, 1-1/2" Baker's cyst on posterior knee. Frequent repeated treatments of the Infratonic, 20 minutes during rest times for two weeks. Treatment ongoing. Already showing significant recovery of swelling and reduction in the size of the Baker's cyst. This is now relieving the intense pain. Client walking and sleeping much better. Less Motrin and Aleve. Client amazed at the swift, noticeable relief. Has tried many things in the past.

**LP Garland, TX** Patient fell hard on her knees on concrete. Extreme pain and swelling with limited mobility and range of motion. MRI showed loose body (cartilage); MD diagnosed joint effusion. Began treatment with 10 minutes 3 times per day on and around injury site. After 2 weeks, moved to 30 minutes, 3 times per day. Swelling noticeably reduced as well as radiant heat in area of injury. Greatly increased mobility and ROM. Great reduction in painkillers and anti-inflammatories being taken. Walks with less pain and more mobility. Reports better sleeping (which had been a big problem even before the accident) and optimism even though on a temporary leave from work because of injury on duty.

## **Fracture:**

The most physical of orthopedic injuries is the bone fracture. The aid provided by the Infratonic to fracture patients earns deep respect for this modality

**MB Brookings, OR** Multiple fractures of wrist. Pins inserted; quite painful. 20 minute treatments daily for one week, then 3 times a week for 2 more weeks. 3 weeks after the fractures occurred, orthopedic surgeon couldn't believe how much the bones had healed. Quite significant pain reduction during healing.

**CR San Diego, CA** About 6 weeks ago, I stepped off a horse trailer, landed wrong and broke my right lower leg about mid-way down. I had a rod put in the lower leg. I had a splint for about 2 weeks initially, and then no cast. With the Infratonic, I have done 3-4 treatments/day on medium setting. Using points on the bottom of my foot, as well as at the break point for about 10-20 min each. Afterwards I have done a sweep

*of my leg. I have not had to use pain medications at all throughout my 6 week recovery period. My x-rays at 6 weeks show some advanced bone healing. I am able to walk with a cane and much of the time without any props at all.*

**LJ Colorado Springs, CO** *I fell backward and landed on a rock wall, breaking 2 ribs lower right side - 8th & 9th ribs. I couldn't use any anti-inflammatories because of stomach problems: the swelling was making the pain worse. I put the Infratonic on the rib area for 1 hour and the swelling went down so much the first time. I used it every day for a week. Because the inflammation went down so much I was able to zip up my pants and move easier. I not only had reduced pain but I was back to work doing massage within 3 weeks. The ribs healed perfectly and I have no residual pain from accident.*

**HS Honesdale, PA** *Fractured 7th rib in front on left side/ torn muscle tissues in back and under left rib cage/ unable to lift left arm because of pain in back area and under arm. Used Infratonic over injuries. Treated four times a day, within three day results. Did many different techniques of sweeping; held on and away from pain areas. Was able to lay and sleep within 2 days in reasonable comfort, and though told 2 weeks before resuming work, was back to work within 7 days. Miracles do happen with the Infratonic. I use one for myself and my clients in my office daily.*

**VB Staunton, IL** *My 23 year old daughter was involved in a head on collision with a drunken driver. Major injuries were a dislocated left hip, compound fracture of right tibia, fracture of right fibula, broken nose, contusions and bruising of arms and body, associated physical and mental pain. Fractures were surgically repaired with titanium insert. In hospital 4 days and released to a hospital bed at home with an abduction pillow to stabilize legs. Codeine for pain.*

*Infratonic was applied to bruises on arms which were markedly improved in 2 days. Applied continuous 24 hours a day for the next 10 weeks. Able to eliminate pain medication after 10 days. Had no trouble sleeping. Mental attitude was excellent considering her confinement. Mostly she applied Infratonic to area of the fractures and on dislocated hip. Visiting nurses and therapists commented on her optimism and rapid progress, as did her orthopedic surgeon.*

**DK Danielsville, PA** *On Aug 17th 1999 I was hit on the front driver side by a pickup truck. I had to be cut out and air lifted to the hospital. The result: 6 cracked vertebra, sacral plate was broken, left pelvis was broken in 4 places, and left leg had nerve damage. My doctor told me partial body type casts were needed. I said no and wanted to know what I needed to do if I could go home. I would have to lie still on my back for 3 weeks and then I could possibly sit in a recliner type chair. 3 days later, I left the intensive care unit. My parents set up my office for me to recover in. I lay on the massage table for starters. With prayers, reiki, Shiatsu and the Infratonic, I set out to recover in record time.*

*I placed the Infratonic on CV6 on Med for the first 24 hours home. There was a lot of pain build up and released. After the first 24 hours I used the Infratonic on CV4, CV6, GB30 and Spleen 12. Running 24 hours a day on low. In a week and a half I was sitting in a recliner with pillows for my back.*

*Three weeks after the accident I was using crutches to start the process to walk. The Infratonic was still running all the time I sat or laid down. Now I was doing both sides of the body with the same points. My three-week check up surprised the Doc when I went in on crutches and not pushed in on a wheel chair. X-Rays he took shocked him at how fast bones were fusing together in all areas. The black and blue swollen leg was 75% retreated.*

*In 6 weeks I was without crutches, only a cane. In 8 weeks was back seeing clients on a limited scale. In 12 weeks was back to work fully. In the doctors words I shouldn't have been back to work till January 2000. He was amazed at everything. I still use it today in my practice and I do sleep one night a week in my office with the Infratonic going all night usually on CV6 for maintenance. I now have a thriving practice.*

**JVS So Yarmouth, MA** *On October 10, 1996 I was climbing up to my attic on the pull-down staircase and lost my balance. My left leg got caught between two rungs and as a result ended up with a major Tibia Plateau Fracture. I was rushed to a local hospital's ER. There was no orthopedic doctor on duty and thus I was examined, sent home with a wrap around cast until I could see an orthopedic surgeon. I declined surgery and in place of the wrap around cast, I was fitted with a fiberglass cast, which I wore for about 9 weeks. After it was removed, I had weeks*

*and months of physical therapy and weight training, while learning to go from wheelchair adjustment to arm crutches and actually had to re-learn how to walk again. It was a long and grueling experience.*

*It was approximately 3 years before I could walk again with some normalcy and even by this time, I had frequent problems with compression and swelling. During this period, something amazing occurred, as I received a flyer from your company in San Clemente, CA with the description of the benefits of the Infratonic Machine. I immediately knew that this was the miracle waiting for me!! I purchased the machine right away. After receiving the Infratonic, I used it daily for about an hour at least 2 to 3 times a day. I would set it directly on my knee and around the surrounding muscle tissue. I did not have the normal flexion and extension of the knee joint, which was noticeably displaced as a result of the accident. Over the weeks of using the Infratonic, I began to see wonderful results. There was less pain/compression and I was walking with much more ease and normal gait. My leg became stronger and I found that I could finally resume the tasks that I had done before the injury. I am a Polarity Therapy Practitioner, and after all these years I am able to stand with ease, while working on a client. That is a gift in itself!! I walk well and have very few limitations now. To this day, I still use my Infratonic. I have no doubt that this miraculous machine played a major role in my blessed recovery of body, mind and spirit!!*

## **Herniated Disc:**

**FH Yucca Valley** For nine months, I suffered intermittent pain from a chronic sciatic condition that become acute after ripening for many years. Neither acupuncture, chiropractic, Feldenkreis nor diet afforded significant relief for what an MRI finally showed to be a bulging disc. Happily, fate then intervened in the form of your Infratonic machine. After using this 3-4 hours a day for only six days early in May 2002, the nasty stiffness, aches and pains in my low back and buttocks all but disappeared. Practically overnight I became a new man!

**CG Lake Oswego OR** Low back left S.I. Injury L-4, L-5 Disc injured. Direct application 10 minutes on S.I. area and left leg for 7 treatments. Reduced pain medication in half doses from 1st treatment, less pain radiating down back of leg. Swelling and edema stopped immediately, less muscle spasms from 1st treatment. Walking, sleeping improved, better



*concentration, reduced pain and healing time was faster. Off of meds the day I used Infratonic therapy. Sense of well-being and peacefulness during and after treatments.*

**LF Ackley, IA** *Degenerative cervical discs with acute muscle spasms. Pain to neck and shoulders. Used Infratonic for 10 to 20 minutes with significant reduction in pain. Increased range of motion. Fewer muscle spasms. Continue to use Infratonic daily to maintain good range of movement to neck and reduction of muscle spasms and tightness. Have had no acute episodes of pain since using Infratonic on a regular basis.*

### **Ligaments and Tendons:**

**KR Jenera, OH** *I injured my knee while getting up from the floor. I am a very heavy person. I pulled tendons and muscles and popped my knee out. It took several adjustments from a chiropractor to get it back in place, but it would not stay in place. The pain was something else. So I decided after a couple weeks when it did not get better on its own to try the Infratonic.*

*The first treatment was for half an hour placed directly on knee. That night, another two hours on muscles and tendons around knee and under the knee. The next day it felt a little better. So that day I sat for eight hours and applied it half way up my leg, all around and under my knee, halfway down my leg and below my knee. The next day I could not believe how good I felt. I placed the Infratonic on the spots and also swept from my upper thighs through the tips of my toes. I used it each night for the rest of the week. Now I have no more pain. Also, when the chiropractor adjusted it after that, it stayed in place.*

**LN Idaho Falls, ID** *Patient, age 32, woke with severe knee pain. Had difficulty walking. Could not go up or down stairs with right leg. Chiropractic adjustment decreased pain by 40-50%. Then strapped Infratonic to lateral knee for 20 minutes. Patient treated one time. After treatment, patient was pain free and able to walk up and down stairs without limp or pain. Patient was very pleased!*

**CG Lake Oswego, OR** *Knee jammed under dashboard in front seat in vehicle. Bone bruise and tendon sprain. Used Infratonic directly on left knee 20 minutes for 6 treatments. Now have more flexibility in muscles*

*and tendons, less muscle spasms, less pain walking. No pain while kneeling down or putting weight on injured knee. Reduced pain meds by half and time of healing was speeded up. Severe leg spasms that were interrupting sleep have stopped. Able to resume exercise program.*

**BF Newport Beach, CA** *Knee sprain/strain medial collateral and patella ligament and tendonitis. 4 treatments, 20 minutes with ice and cross friction. Condition fully resolved. Freedom of pain, increased range of motion.*

**MGA Charleston, SC** *Torn anterior crus ligament. I could not use my left leg to go up or down stairs. That leg could not really hold my weight well at all. I was told by an orthopedic surgeon that surgery was absolutely necessary, that a ligament cannot heal because it gets no blood supply. The Infratonic helped a lot. I put it on my knee everyday for 2 weeks. I never had surgery and I am now able to do Tai Chi as well as walk upstairs.*

**POH Port Hueneme, CA** *Due to a fall, tore tendon and ligament in shoulder. This caused intense pain all the time. I couldn't use my hand or arm. Doctor told me that if steroid shot didn't work, the only alternative was an operation to repair damage. X-rays showed torn tendon. A corticosteroid shot was given, one week after fall. No change in condition. In next 6 weeks, I started using the Infratonic, 60 days after fall, twice a day for 20 minutes. Pain lessened after 4 sessions. I had 90 to 95% of use of arm after 30 days. When any residual pain starts, a couple of 20 minute sessions gives me complete relief. I can use my right arm again, and I know that if the pain returns I can banish it with a couple of treatments.*  
Muscle Injuries

**JSO San Diego, CA** *Condition: Lower back strain Treatment: One hour Infratonic placed directly over painful area for 40 minutes. The last 20 minutes I moved the Infratonic upward along the spine about 4 inches every 5 minutes to relieve some of the muscle tension along spine. Results: After the treatment, patient had much relief and could move around much more easily and stand straight up once again. I told him that most people continue to get more relief over the next 24 hours. He said that he doubted that because he gets much worse when he wakes up in the mornings. The next morning however, he was amazed when he woke up, he could get out of bed with NO PAIN! And he could stand up straight and*



*walk normally and had no need to take any pain medication.*

**EL Portland, OR** *I tore a muscle in my back, caused by coughing. It caused me excruciating pain. In the belief that it was a broken rib, and x-ray determined that it was not the case. I was on pain medication around the clock and was told that it would take 3 to 6 months to heal. By using the Infratonic frequently, for 15 minutes at a time, I found relief within 2 weeks. I also use the Infratonic for general relaxation.*

**PP Hampton, VA** *I was stretching my hamstrings on the floor and had my legs spread in a “V”. I leaned over to stretch my right hamstring and heard a distinct “pop” and my leg actually wobbled. It didn’t hurt at the time I did it. After about 2 hours pain set in. I treated with ice, massage, Guasha, chiropractor, moist heat and galvanic therapy for 2 weeks. My chiropractor suggested Infratonic on area 15 minutes. It took the pain away immediately and lasted for weeks. The torn hamstring at the Ischial tuberosity quit hurting for 2 weeks. I decided to buy one myself and use it on my clients (I’m a massage therapist). Now about every 6 months I sit on it for 1/2 hour or so and it lasts another 6 months. I can now sit for longer periods of time. I can run without weakness and can stretch without pain. I thought I was headed for surgery, but this saved my leg and career. I use it effectively with my clients now with great success.*

**MS Peoria, IL** *Marilyn badly twisted her ankle a few months ago. It was very painful and swollen. She used the Infratonic along with ice for about 2 hours before going to bed that night. The next morning, her ankle was pain free and all swelling was gone.*

## **Chronic Orthopedic Injuries**

In this section, we examine several case studies in which the healing of orthopedic injuries had stalled. The application of Infratonic therapy brought new hope for recovery or enough relief from pain and debility that the patients could return to a normal life.

**Tendons and Ligaments MC Grass Valley, CA** *The problem I’m especially targeting now is a condition called “mallet finger”. I damaged the tendons & ligaments on the top portion of the first joint on my middle left finger, causing the opposing muscles to close the finger unwillingly. I need to use a splint for 2 months to hopefully straighten it out somewhat.*

*Other than that the medical world offered no other help. That's where my machine came in! I have been treating the finger every day since it occurred for 1 hour of high frequency therapy. After the treatment my finger is perfectly straight, then I put the splint back on to keep it that way. I was told I would have terrible swelling of the joint and a lot of pain, however, I have never had either and I credit the Infratonic work I've been doing since the injury occurred.*

**Leg Injury RB Avon, CO** *Hip pain subsequent to bicycle injury recurring with exertion over twenty years. Applied Infratonic to iliotibial band of affected leg 3 times for twenty minutes. Immediate reduction in discomfort - lasting reduction in severity of flare-ups over 2 years. Greater comfort in all areas.*

**Sprain MF Portland, OR** *A patient presented with a 3 month old ankle sprain. There was moderate swelling and pain with walking. We used the Infratonic setting for 10 minutes only. The following day she had no swelling, painless range of motion, no pain walking.*

**Heel Spurs AK Cathedral City, CA** *Acute condition. While on vacation, hiked up a 3,000 ft mountain. Rough terrain, extreme climb. On the way down, sliding through volcanic sand, pressure was applied to heels. Returned home. Started playing tennis and experienced discomfort at bottom of arch near heel. Possible heel spur. Trying chiropractic, various ointments and stretches did not alleviate discomfort. Applied Infratonic 10 minutes each setting, every 2 hours when possible for 3 days. On retiring and arising, 10 minutes on mid sternum. Person continued to play tennis every day during treatments. After 3 days, pain stopped. No residual left. Reduction in Advil and Wobenzym after 2nd day. Not using any ointments now. No discomfort on arising. Back on tennis courts with good energy and pain free. No problems stopping and starting quickly on the courts.*

**Heel Spurs DB** *Heel spur pain. The patient has run over 100 marathons. He is 70 years old now. He is a local Atlanta television reporter on WSB Channel 2. Diagnosed with posterior calcaneal heel spur. Treated 15 minutes day 20 treatments. 90% reduction in pain. Reduced Ca sharpness of the spur on x-ray. Now has more efficient stride. Has been running 2 to 4 races per weekend. No more limping. My wife says "Thanks". Happier wife/Happier life.*

# **Inflammation, Cell Wall Coherence, and Hyaluronic Acid**

A Review of Controlled Equine Research conducted with Infratonic Therapy

## **Summary:**

Controlled research was conducted on groups of ten standardbred horses by Ronald J. Riegel, DVM to quantify the effects of the Infratonic on relieving pain and accelerating recovery. The results of this research indicates that the Infratonic relieves inflammation quickly, accelerates muscle recovery, increases hyaluronic acid production for improved joint lubrication, and improves athletic performance<sup>1</sup>. One mechanism of efficacy appears to be reduction in tissue inflammation which, in turn, restores the tissue's ability to produce hyaluronic acid.

## **#1 Inflammation:**

The first experiment, using infrared thermography, showed that inflamed hocks cooled immediately by more than 6 degrees Fahrenheit with a 10-minute treatment and stayed at least 6 degrees cooler than the control for several days after the treatment. This brought up the question, "What is the nature of inflammation that an infusion of Infratonic Therapy<sup>2</sup> can bring about such a profound and long lasting reduction in inflammation?"

Chronic inflammation as manifested in the hocks of competitive horses is thought to be an abnormal biological functioning (cellular trauma) of the synovial lining which is characterized by abnormal biochemical production. Instead of producing normal synovial fluid to lubricate the joint, it produces heat such that the animal feels pain on use of the joint. This is generally attributed to the daily pounding which the synovial tissue suffers in the course of the heavy training these horses undergo. Since most standardbred horses in heavy training experience some degree of chronic inflammation during the training season, this is a normal response to repeated trauma.

This finding of profound and long lasting reduction in inflammation, if it is to be understood within the realm of biochemical medicine, must be accompanied by measurable biochemical changes. Thus, research project #2 sought to find changes in diagnostic enzymes associated with inflammation.

## **#2 Muscle Damage: CPK and AST**

The second experiment<sup>3</sup> showed that, with a daily, 45 minute bilateral treatment, muscle damage, as measured by serum AST and CPK concentration, (as well as swelling and discomfort) declined progressively over a period of 6 weeks, with serum enzyme levels of CPK and AST about 30% above normal at the start of the study and within the normal range by the end of the study, while the control group showed increased enzyme levels. By the end of the six weeks treated horses were running six lengths faster than the control group.

This is a startling and unexpected result. Infratonic Therapy appears to have caused injured muscle cells to heal so as to stop losing fluid including the diagnostic enzymes CPK and AST to the blood stream. It seemed that the cell walls were simply becoming more coherent, and the muscle cells stronger despite a continued grueling workout.

A biochemical marker had been found in the blood which documented the reduced pain, accelerated healing, and improved performance. This research provides a mechanism by which the observed phenomenon is possible. This is enough to spark the interest in trainers and medical researchers, not just in the area of athletic performance and muscle healing, but in many areas. If Infratonic Therapy can increase the coherence of the cell wall and accelerate healing of muscle cells, can it do the same for the muscle cells in the heart in cases of heart weakness or congestive heart failure. Can it help increase cell wall coherence and accelerate recovery in other cells like liver, brain or kidney cells? However, before researchers are willing to go too far, they need a mechanism. It is not appealing enough that groups of cells, when infused with Infratonic Therapy, decide to stop abnormal functioning and start normal functioning unless we have a biochemical mechanism.

How is it possible that Infratonic Therapy applied to the tissue can increase cell wall coherence?

## **#3 Hyaluronic Acid.**

Hiroshi Motoyama, PhD. in his book “Measurements of Ki energy, Diagnoses and Treatments” presented that hyaluronic acid, with its ability to selectively bind and release ions (like Na<sup>+</sup> K<sup>+</sup> CA<sup>2+</sup>, Cl<sup>-</sup>, Mg<sup>2+</sup>)

controls the diffusion of many metabolites through the ground substance, and is able to create a dielectric in the dermal layer determining its electrical characteristic. “Viewed in another way, since hyaluronic acid is the main component of the ground substance, the material through which all metabolites to and from the cells must pass, functional changes in the state of the hyaluronic acid (average molecular weight, concentration, etc.) will necessarily result in changes in the distribution of many metabolites and ions in the ground substance.” This means that hyaluronic acid affects the coherence of the cell wall. Could increased HA be a principal mechanism by which the muscle cell wall becomes repaired in the above experiment?

Dr. Maruyama further notes that “It is well known that hyaluronic acid is responsible for the high viscosity and lubricant properties of synovia produced in joint cavities, and synovial sheaths (e.g. vagina tendinosis). Moreover, disturbances in the average molecular weight or concentration of hyaluronic acid in this synovia are known to play a very important role in the development of arthritis and rheumatoid arthritis.”

Since hyaluronic acid is produced throughout the body, and particularly in the muscles and synovial tissues, and since inflamed synovial tissues have substantially reduced hyaluronic acid production, it seems that a principal mechanism in the long term relief of pain and inflammation in the hocks, and the increased coherence in muscles might be due to increased production of hyaluronic acid, both in the synovial fluid and in the muscles. A gradual and steady increased production in HA might account for the gradual, linear reduction in diagnostic enzymes and increase in performance times over the 6 weeks of the CPK/AST test.

The third experiment<sup>4</sup>, again involving two groups of ten Standardbred horses, tested this hypothesis and showed that synovial fluid, and particularly hyaluronic acid production increased substantially and progressively over six weeks. Not only did the concentration and viscosity of HA increase to 60% higher than the control group, but the overall level of synovial fluid increased from “dry joint” at the beginning to “synovial fluid oozing out of the joint after removal of the needle” at the end of the six weeks.

This finding supports the hypothesis that Infratonic Therapy reduces inflammation in the synovial lining, thereby increasing HA production,

and indirectly supports the hypothesis that increased HA production in the muscle tissue increases coherence of the muscle cell wall. One additional hypothesis is that reduced inflammation may increase HA production in all traumatized tissues where decreased HA is associated with a disease process<sup>5</sup>. This would explain other therapeutic results obtained through Infratonic Therapy.

## **Additional Notes:**

### **1) What is Infratonic Therapy?**

Infratonic Therapy<sup>TM</sup> is a therapeutic massage method involving infusion of damaged or abnormal tissue with high and low frequency signals in several forms, mechanical massage, acoustical, and magnetic. The low frequency signal includes bands of randomly varying frequency, predominantly in the range of the brain's alpha rhythm while excluding the ranges of theta and low beta. The high frequency signal is also random and rides on the low frequency signal increasing the randomness and making the low frequency signal unpredictable by the body tissue, therefore more penetrating and more effective.

There is a small component of low frequency sound produced by all massagers, but the principal energy delivered is the massage action. The Infratonic differs from typical massagers because its signal varies randomly in frequency within a specific frequency range. Patents are issued on this technology.

### **2) Infrared Thermography and Diagnostic Enzyme Studies:**

A summary of the first two studies entitled, "Blood Chemistry Analysis Representing Evidence of the Effectiveness of the Use of the CHI Equisonic Infratonic on Standardbred Horses" is available from Sound Vitality at 1-800-682-7061, or at [www.soundvitality.com](http://www.soundvitality.com).

### **3) Hyaluronic Acid and Meridians:**

Hyaluronic Acid is capable of binding aqueous ions and creating ionic barriers to electrical currents. It can also release high concentrations of free ions to provide electrical pathways. In this way, hyaluronic acid

may be the principal active chemical in the formation of meridians, those highly conductive pathways which are measurable at the surface of the body, but cannot be discovered through surgery. See the Sound Vitality web page on Hyaluronic Acid.

#### **4) Clinical Research on Hyaluronic Acid (HA)**

The following is a review of clinical research on the effects of hyaluronic acid on a variety of tissues in the body. It is organized into three groups:

- a)** Treatments where increased HA relieves pain or accelerates healing.
- b)** Cases where reduced HA concentration appears to cause a problem.
- c)** Cases where excess HA is associated with disease processes.

These studies show that Hyaluronic acid is frequently a key component to tissue health and healing. The horse research shows that cellular inflammation brought about by shock can interrupt normal HA production, and that Infratonic infusion can reduce this inflammation and increase HA production in the hocks. Thus, it would follow that reducing shock induced abnormal cellular activity such as inflammation might increase production of HA wherever it is required. This may be a mechanism by which the Infratonic brings relief to a wide variety of conditions.

- a)** Treatments where increased HA relieves pain or accelerates healing.

**Accelerated healing and reduced scarring:** A study on wound healing shows that “increased levels of HA as observed during fetal wound healing or as achieved by the topical application of HA during wound dressing are associated with brisker healing and reduced scarring.” *Med Hypotheses* 1996 Oct;47(4):273-5

**Osteoarthritis:** Injections of HA into knees with osteoarthritis relieved pain on walking for six months. *Rheumatology (Oxford)* 1999 Jul;38(7):602-7

**Accelerated fracture healing:** HA combined with fibroblast growth factor, injected into fresh fractures accelerated fracture healing. *J Orthop Res* 1999 Jul;17(4):607-14

**Reduced adhesions:** A mesh made from HA, applied to the surgery



site in repair of hernia, reduced adhesion formation. *Surgery* 1999 Feb;125(2):211-6

**Temperomandibular joint resolution:** Injection with HA provided 73% clinical resolution of patients with non-reducing disk displacement of the temperomandibular joint, compared to 36% of the control group. *Oral Surg Oral Med Oral Pathol Oral Radiol Endod* 1007 Sep;84(3):241-4

**Accelerated ligament and cartilage repair:** HA injections accelerated ligament repair and protected and normalized damaged cartilage. *J Orthop Res* 1990 May;8(3):425-34

HA applied to damaged or osteoarthritic cartilage “completely protected human cartilage in explant culture and facilitated a full restoration of proteoglycan in damaged cartilage.” *J Orthop Res* 1999 Nov;17(6):858-69

**Accelerated wound healing:** “The rapid production of hyaluronic acid by fibroblasts in the early stages of wound healing may be of crucial importance as hyaluronic acid stimulates the migration and mitosis of mesenchymal and epithelial cells.” *Med Hypotheses* 1996 Oct;47(4):273-5

**Prevention of contracture formation:** Joint stiffness secondary to immobilization was reduced by 50% by intra-articular HA injection. *Clin Orthop* 1985 Jun;(196):306-11

b) Cases where reduced HA concentration appears to cause problems.

**Premature aging:** Biochemical analysis showed that HA was decreased in skin showing premature aging, but was normal in normal skin on the same patient. *Dermatologica* 1986;172(5):241-4

**Disuse atrophy — Joint Immobilization:** When the knee joint was immobilized no decrease in HA was found, but when a ligament was cut, causing joint instability, HA content dropped by 80%. *Biochem Int* 1991 Oct;25(3):397-407

**Retinal Detachment:** Whereas the HA concentration in the vitreous body of normal patients was 92%, it decreased to 82% in patients with detached retina. In addition, the HA was of low hydrodynamic size (low viscosity). *Biochem Int* 1991 Oct;25(3):397-407



**Glaucoma:** Primary open-angle glaucoma may be a HA deficiency disease. *Med Hypotheses* 1998 Dec;51(6):483-4

c) Cases where excess HA is associated with disease processes.

The four studies below show an excess of HA measured away from the disease site in disease processes where deficiency in HA in the diseased tissue would seem more likely to be a causative factor. In all these studies HA levels within the diseased tissues were not measured. We hypothesize that, just as synovial tissues stop producing HA, when any tissue becomes traumatized, it stops producing its own HA. In an attempt to compensate, other tissues throughout the body increase their production of HA, but the local trauma causes tension which restricts the transport of this viscous, high-molecularweight oil to the local area in need.

In corneal disease, excess HA production was attributed to “non-specific tissue response to wounding” and “is seen in virtually the entire spectrum of corneal disorders”. *Invest Ophthalmol Vis Sci* 1994 May;35(6):2774-82

In mitral valve prolapse, thickening at the rough zone and spongia layer indicated increased HA while the fibrosa layer (the highly flexible hinge areas which take most of the stress) showed decrease in thickness or disappeared. *J Cardiol* 1993;23(1):69-77

In Marfan syndrome and Ehlers-Danlos syndrome, fibroblasts are measured to produce 3 to 10 times the HA of normal fibroblasts. A study of premature aging showed elevated urinary HA. *J Biol chem.* 1979 Dec 10;254(23):12199-203 and *Acta Derm Venereol* 1985;65(6):489-94

A fibromyalgia study found that this disease is characterized by elevated HA in the blood, yet the pain and rigidity associated with this disorder clearly suggests that the traumatized tissue is deficient in HA. *J Rheumatol* 1997 Nov;24(11):2221-4

While these last four studies draw the conclusion that the observed excess HA might cause the problem, it seems likely, at least in some of the above cases, that the high HA production may be the body’s attempted way to increase HA in local tissue, but that poor HA transport prevents effective HA delivery, and that the real problem may be that the local tissue is traumatized so that the tissue is not producing HA, creating abnormal

hardness and weakness of the traumatized tissue.

### **Conclusion on Hyaluronic Acid Research:**

The above equine studies show that Infratonic therapy applied to joints decrease inflammation and increase hyaluronic acid production, and that therapy applied to muscles decreases inflammation as measured by decreased local swelling in the muscles, decreased CPK and AST diagnostic enzyme concentrations in the blood, and increased muscle strength and endurance as reflected in faster performance times. Increased hyaluronic acid, which plays a role in cell wall coherence may be the mechanism by which these muscle cells become stronger.

The survey of research on hyaluronic acid indicates that decreased hyaluronic acid causes many ailments and increased hyaluronic acid resolves many ailments. Thus, one possible mechanism of effectiveness of Infratonic therapy appears to be the reduction of abnormal inflammation in cells, freeing the cells for increased production of needed biochemical compounds such as hyaluronic acid.

# **Chapter 2: Hospital Recovery Strategies and User Reports**

Chapter two presents Infratonic Therapy as it relates to hospital recovery strategies. While the Infratonic is a valuable tool in the hospital, most of our user reports come from therapy applied after returning home.

First we examine the cells of the body as a biochemical factory which when not traumatized by physical and emotional trauma produces whatever ingredients are needed for healing, and the role of Infratonic therapy to restore this function. We then examine different aspects of hospital recovery.

## **Unleashing the Biochemical Factory**

In chapter one, we examined applications of Infratonic therapy for orthopedic problems, and principally focused on the mechanism of reduced cellular inflammation response which frees the body's resources and the cells for increased production of hyaluronic acid. While this mechanism may explain much of the observed reduction in inflammation, pain, and edema, additional research indicates that Infratonic therapy can increase production of a wide variety of other chemicals which then play a role in accelerated recovery.

In a study of pediatric bronchial asthma one of two groups of children was treated with Infratonic therapy while the second group served as the control. The results showed that the treated group showed significantly elevated levels of several blood serum indicators, indicating increased resistance to asthmatic attack. The research study can be found on our website.

In another study, this time a laboratory test, 12 rabbits were used, six in the control group, and six in the case group. A single 1 ml dose of bacteria was injected into the bronchial area of each rabbit to induce a mild respiratory infection. Six of the rabbits were treated for 30 minutes once daily for 12 days. Blood serum antibody concentration was measured two days, seven days, 14 days, and 21 days after the initial infection. This antibody value is a very important indicator of the function of the immune system to defend against outside invaders.

Blood serum antibody level of rabbits after bacterial injections, shows accelerated immune response in the rabbits treated with the Infratonic. In figure 2 we see that the blood serum antibody level in the experimental group receiving the Infratonic rose much higher and much earlier than that of the control group. After only two days of treatment, the case group antibody level had increased by a factor of five over that of the control group. Even after three weeks, the control group hadn't reached this antibody level. After seven days the case group antibody level was seven times higher. In both the asthma study and the rabbit study we see that a simple application of Infratonic therapy brought about a significant increase in production of the needed biochemicals. Significantly, the chemicals produced were different dependent on the need of the body. And these chemicals are nothing like the hyaluronic acid produced in the equine studies described in chapter 1. This supports the idea that the cells of the body are capable of a wide variety of biochemical production, but don't necessarily produce what is needed. It appears that the Infratonic signal shakes up the instructions governing the cells so that they can stop producing the wrong thing and start producing the right thing.

## **What Impedes Healing?**

This brings us to an important question. Why? Why don't cells automatically produce the required chemicals for optimal healing? Why do they frequently continue to do the wrong thing. Here we offer two hypotheses, both of which probably have some application:

**1) Inertia.** Cells, like people may simply continue to do today what they did yesterday because it worked yesterday. Why get all upset about community graffiti, global warming, or war in the Middle East. What's that got to do with me? I'll wait and see if someone else doesn't take care of it. Sometimes you need to shake a person and say, "Look, the hurricane is coming and it will be here in a few hours!" to wake them up. The chaotic Infratonic signal may be just such a wakeup call, which says, "Come on you isolated cell. Pitch in and we'll all be better off."

**SS North Bend, WA** *Self treated a severe foot infection brought on by a puncture wound from stepping barefooted on a rusty nail that also had traces of a recently sprayed herbicide on it. Extreme swelling, heat, and blood poisoning tracks on foot and spreading up anterior thigh. Initially treated with tetanus shot oral antibiotics, ice and elevation of limb. Not*

*successful with regular medical approach infection swelling and septic condition of tissue continued for 24 hours plus. We applied the Infratonic to the top and bottom of the foot 10 min., 3 times. Within a 6-hour period all the streaking blood poisoning tracks were gone, the swelling was reduced to approx a 10th of the degree prior to the application. The heat, discoloration, swelling were gone. I was able to put a shoe on again and stand all day doing massage and elevated and iced foot just once the next day. Healing was complete four days later. By moving all the waste material out of the tissue, healing was greatly increased. Only mild pain at the puncture site the next day.*

**2) Residual traumatic Stress (Cellular Trauma).** Any kind of shock can throw a person off balance, like biting into an apple and finding half a worm. The cells of the body may respond in a similar way. In the case of the horses with inflamed joints described in chapter 1 the repeated pounding appears to traumatize the cells of the synovial lining to respond with chronic inflammation rather than hyaluronic acid production. This is also the case with hospitalized patients who might carry substantial programming of traumatic injury, childhood trauma, chemical shock, or incision induced shock, fear of hospitals or of dying, feelings of failure or of inability to support the family. In the hospital, the most common sources of cellular trauma are probably injury (including incision) and chemically induced shock, from infection, poison, or pharmaceuticals.

**EM Mosinee, WI** *I was in the kitchen fixing dinner and had some pasta boiling in a pan. I took the boiling water and pasta off the stove and was emptying the water in the sink. The lid slipped and the boiling water covered the back of my left hand. As you can imagine, it was very painful. I was supposed to play golf the next day, but knew there was no way I could put a glove on or even hold the club. By this time not only was my hand very red, but also it was swelling up. I put ice on the top of my hand but it was too painful: I thought about my Infratonic machine. Because I couldn't touch the top of my hand, I put the device on the palm of my left hand, and ran it through the 20-minute cycle three times. I waited about an hour and ran one more session, holding the device above the outside top of my left hand, not touching the hand. I couldn't decide whether to call my golfing foursome that night and tell them I couldn't play so they could call someone for a fourth. Finally I decided to wait until morning, knowing they would still have time to get a fourth in the morning. I went to bed. When I woke up, much to my amazement, my hand was not*

*swollen, just a little pink and it was not sore. I got my golf glove and put it on, and took a couple of swings with my golf club. No pain! I was exuberated and shared the story on the golf course that morning.*

Cells near to a damaged cell may respond with inflammation, or start mourning before their neighbor even dies, rather than chipping in to repair the damage. Chemical anesthesia may have lung cells so confused that it takes days to remember how to breathe effectively. And certainly, terrifying accidents can leave a person's entire body trembling, even with limited physical damage. An electrical shock can throw the heart into fibrillation, forgetting its natural rhythm. Traumatic programming may be a contributing mechanism for many cases of chronic inflammation and pain, whereas inertia seems more likely to be a factor in chronic non healing. In either case, waking up the cells to a higher purpose (getting together to heal the body) may be the principal mechanism of Infratonic therapy.

## **Anxiety**

It is well known in emergency rooms that the single factor which most affects the likelihood of survival is nervous anxiety. The shock from traumatic injury and fear of death can be debilitating as the cells of the body madly try to cope with overwhelming circumstances, exhausting the body's resources. If anxiety can be reduced, probability of survival can be dramatically increased.

**TS Phoenix, AZ** *First sparrow flew into my backyard window and was unconscious with her mouth opened. I moved her near the electrical outlet and the blood ran from her mouth. I circled the Infratonic around her head area for a few minutes then placed it next to her head. Soon her eyes were opened and put a few drops of sugar water in her mouth. After about 10 minutes, she flew off about three feet, rested, and flew another 6 feet, rested and flew up to a tree, rested and flew across the pool and away. I did not know whether she lived.*

*Second sparrow hit the window with a big thump. Her eyes were opened with heavy breathing. Circled the Infratonic around her head and dropped a few drops of sugar water in her mouth. In 5 minutes she flew away and gone. I did not know whether she lived either.*

*It was amazing that both birds looked as if they were dead. With the*

*Infratonic they flew away.*

This kind of anxiety is not like a mental thought that remains confined to the brain. It is an unstoppable fear that sweeps through and dominates every cell of the body. Infratonic therapy infuses the cells of the body with chaotic alpha activity, attenuating this programming and reducing anxiety on the cellular level. Slow sweeping of the entire body from head to toe is often the most effective here because every cell in the body is reached. A small relaxation of anxiety in every cell provides a global relaxation and a substantial reduction in the vital resources otherwise consumed by anxiety, providing substantially increased vitality to be devoted toward healing and increased likelihood of survival.

## **Pain**

Pain is often the driving force in medicine. Without pain, abnormalities are generally overlooked. Pain is what usually gets the patient to the hospital, and the reduction of pain is considered the most important factor in improved quality of life. There is no doubt that Infratonic therapy reduces almost every kind of pain.

Pain often vanishes immediately when the cells of the body are mobilized to start the required repair. The protocol is basic. Put it where it hurts, and if you get increased pain, start by sweeping across the site of pain from a distance.

**OC Cleveland, OH** *My 82 year old father had pancreatic cancer and was undergoing chemo treatments. I used the Infratonic on his abdomen every 2 to 3 hours at one hour intervals. The Infratonic did not appear to reverse the cancer. In the final stages I kept the Infratonic on his abdomen around the clock. My dad passed away peacefully without experiencing the pain so often associated with pancreatic cancer.*

**KL Fountain Valley, CA** *The Infratonic machine has given me my life back. I would hate to think of life without it. My ankle was turning purple and I was in chronic pain. I can't work anymore because of all the pain. When I use the machine, the pain is greatly reduced. The color in my ankle has become normal and I have less pain. I put the machine on many different parts of the body from 15 to 30 minutes. Now I have been able to reduce my medicines 90%. I sleep with the machine on all night,*

*otherwise I can't sleep. Thank you very much for giving me my life back.*

**EO Foster City, CA** One day my hand was hit by a power washer machine. The pain it caused was excruciating. Immediately, I put the Infratonic machine on the painfully red hand for 10-15 minutes. Within 15 minutes the coloration of my hand returned to normal and all the pain disappeared. Now I use the Infratonic for any pain experienced and I feel so good about not using pain pills, etc.

## **Edema**

Swelling and edema are a cellular response to clutter, an attempt to flush the intercellular space with fluid. The biggest problem is that the lymph system sometimes doesn't cooperate. If the cells supporting the lymph system don't wake up, the tissue swells needlessly, and the attempt to cleanse through flushing becomes counterproductive.

Like pain, edema is very common wherever the patient is sedentary and undergoes interventions which slow the body down. The Infratonic is very effective at activating the lymphatic system, and can bring edema down very quickly.

Apply to the bottoms of the feet and sites of lymph flow blockage. Also sweep along the pathway of lymph flow. Often simply resting the foot on the device, or positioning the device a few inches away from the bottom of the foot is sufficient to get things moving.

**BS Bala Cynwyd, PA** *I have been a ballpark vendor for 39 years. I run up and down the steps at ball games selling cold beer, soda, etc. I am also a heavy equipment operator, which means that I sit in a cramped cab of a machine and hit throttle, brake, throttle, brake with my foot for 8 or more hours per day. Due to the heavy stresses that my legs and ankles have been under, I had developed pain, swelling and stiffness in my lower extremities. When the Phillies baseball team was out of town, I was pretty close to normal in my ankle size, and I could walk without a limp. But after the first game of a home stand, I would get pain and swelling. I would also be limping.*

*Previously with my old Infratonic I would have a lessening of pain after direct applications over a period of days. I would not return to*



*almost normal till the team had left town for a couple of days. With the Infratonic, I placed the machine by my bed and let it run through the night. I received indirect treatment with a minimum of 2 hours at each of the Infratonic's three settings. Lo and behold! When I got up the next morning I couldn't believe it. There was no pain, swelling or stiffness. I could walk without a limp. This has continued since I first started using it in April.*

**MQ Rockville, MD** Edema following abdominal surgery. Patient treated at home every 2 hours. Treated over abdomen and thymus. No painkillers were used, scarring was minimized and edema eliminated. The plastic surgeon was amazed. Pain greatly reduced with meds. Knee pain, fatigue and edema. Treated 1 hour per day for two weeks. Edema notably reduced and eliminated. Much greater energy, pain gone, edema eliminated.

## **Tissue Healing**

An aspect which is of great importance to the recovery of most patients in the hospital environment is tissue healing, not just the skin from cuts, scrapes, and bedsores and incisions, but also internally, with minimal scar tissue or adhesions, and maximum nerve recovery.

## **Adhesions**

Adhesions occur when the body does not mobilize the resources necessary for complete healing. They are a stop-gap measure, to conserve vital resources for more immediate needs. The massage waves of the Infratonic penetrate deep into the body creating sound, so the body can create a healing environment.

**AB Salt Lake City, UT** *I had my gallbladder removed 23 years ago. For the last five years I was having pain in my gallbladder incision area, right side, and right back area. After eating anything, the food felt like it was stuck at the beginning of the incision area, causing pain. I didn't know what to do to relieve it! Punching hard on the area worked, so I did just that. Well it did relieve the pain. It seemed to push the food through. I searched out many different healing avenues, but none worked! I finally went to a surgeon who told me I had adhesions, which he couldn't operate on because they would only grow back. So I continued punching myself.*

*Now, how do you punch yourself with looking like you really don't like yourself or that you're just plain NUTS? I had to explain or suffer without the punching until I could get with people that knew my condition. I placed the Infratonic on the painful area for 40 minutes for one month. I no longer punch myself to move the food through the incision area. I have no pain, no feeling like my food is tucked into any area of the body. The adhesions are gone! What a relief!*

## **Bruising**

Bruising is a sign that waste products from injury and metabolic processes are not being eliminated by the lymph system. As with edema, the key is to activate the lymph system by applying to the immediate area and all along the lymphatic pathway. It is often most effective to apply the Infratonic directly to the bruise, and to sweep the lymph pathway.

**WD Langhorne, PA** *While catching for one of the pitchers on my son's baseball team, I got hit in my shin with the baseball. I had a bruise, which was very sore to the touch and a hard visible lump on my shin for weeks. The injury was not getting better. The lump was hard and sore. I placed the Infratonic directly on the lump and bruise for ten minutes. After one treatment, it was 80% better in reducing lump and soreness. After two treatments, the injury was 100% better. The visible hard lump on my shin disappeared after two treatments. I was amazed at how my Infratonic cured the injury in two simple treatments, when Mother Nature wasn't doing anything in weeks.*

**DW Ankeny, IA** *I am a massage therapist for a racing casino. Several weeks ago, one of our jockeys was kicked in the upper thigh by one of the horses. The kick was delivered with such force that there was an imprint of the horse's hoof on his leg. He experienced much pain and there was extensive blue/black bruising. I treated him twice using the Infratonic 8. I swept the entire leg several times and then treated his ear for a few minutes. I then treated directly over the affected area. Shortly after the second treatment, the pain was gone, the hoof print disappeared and bruising was gone. He still has a knot in his thigh, but there is no pain involved. The jockey was extremely pleased and surprised by the quick results.*

*I also treated the shin of a horse that was showing inflammation and a lot of tension. I used it for about 45 minutes. After the treatment the*

*inflammation was gone and the area was much more relaxed. The trainer was impressed with the dramatic results.*

**DG Grand Junction, CO** *Fell and hit my leg against curb of sidewalk. Calf muscles were bruised, swollen and painful. I used the Infratonic once a day, 30 minute treatments, for 10 days. Swelling in the calf muscles subsided. Black and blue bruises gone. Pain gone. I am gardening, jogging and working pain free in the office again.*

## **Nerve Recovery**

Where nerves are severed there is little that can be done, but where they are crushed, pinched, or shocked mechanically or chemically, Infratonic therapy is often valuable in accelerating the recovery process. Where the nerve cells are damaged, apply the Infratonic directly to the point of injury, and where the cells are shocked, and thus responding abnormally, apply it to the site of injury and surrounding tissue. Also apply it to the extremities, either the palms or bottoms of feet, and sweep along nerve pathways.

**MG Lenexa, KS** *Anesthesia during surgery damaged nerves and paralyzed right side from hip down. Dr. said I would not walk again. I'm walking on a walker. Improved sleeping, reduced pain, got rid of sciatic nerve pain. Can't get along without this machine.*

## **Peripheral Circulation**

Excessive bed rest, response to anesthesia or other drugs, dietary influences, chronic debility, or emotional trauma can interfere with peripheral circulation. In extreme cases, which unfortunately are common, poor circulation can cause peripheral wounds not to heal and to grow bigger and bigger, into decubitus ulcers or bed sores. Infratonic therapy has provided many remarkable recoveries here. It is most effective to apply it to the bottoms of the feet and to sweep along the area from the heart to the toes. Success has also been reported when supporting the Infratonic a few inches away from the sore or the bottom of the foot, and even on the floor under the bed.

**DHC Brookhaven, NY** *Peripheral vascular disease resulting in chronic ulcers labeled non-healing by MD. Each circular, 2.4 cm in*

*diameter. Amputation was discussed as an option. Used the Infratonic at least 3 times daily on the top of the knee in sitting and the bottom of the foot. Wounds reduced in dimension sufficiently to prompt vascular reconstruction surgery rather than amputation. Post-surgery wounds healed. Wounds remain resolved and use of Infratonic is sporadic.*

**MB Richland Hills, TX** *33 year old female experiencing pain, edema, restricted movement in left knee 6 months post-surgery for arthroscopic repair. Infratonic was applied by the woman to her sore, swollen knee for one hour during a meeting as we sat in adjacent chairs. The extensive discomfort that she usually felt when she stood up and began to walk did not occur after using the Infratonic for the one hour period. The edema had been reduced and the pain was slight, and movement was much easier to accomplish. Three weeks later, when pain and edema again dominated, purchasing an Infratonic became a priority.*

**WB Pacific Grove, CA** *Two ulcers on the bottom of the right foot, below the toes, parallel to each other for months; they were just stagnating, not responding to treatment. Then I began Infratonic treatment. The device was placed face up on the floor for 2 hours or more with the right foot rested lightly atop the Infratonic. Within 6 to 8 weeks of daily treatment for 2 hours or more, the ulcer on the right side closed up and healed. The one on the left was over 2 inches long and 3/4 inch deep. Now it's less than 1 inch long and 1/8 inch deep. Renewed optimism for a complete healing. Also, a side-effect of treatment is a very deep relaxation.*

**MC Elgin, IL** *The patient has had a catheter in for a long time and was having chronic pain in the bladder. Had wounds on the heels of his feet for 3 months. Treated on lower abdomen (bladder) for 10 minutes and on heels for 10 minutes. Finished with sweeping on the whole body from head to foot on side and back and from the chest out through the fingers. Very minimal drainage on the catheter. Reduced painkillers from 8 - 10 tabs to 6 tabs per day. Two days after the Infratonic treatments, the nurse observed considerable improvement on the wound. The wound previously measured 5" and was reduced to 3.5". Sleeping well, minimal complaints on the bladder pain and the wound is healing fast.*

## Scar Tissue

Melting scar tissue can be one of the more remarkable aspects of Infratonic therapy. Select a good hardened, raised, discolored, inflamed scar. It can be new or years old. Then apply the Infratonic for 10 minutes directly to the scar and watch what happens. While this particular application may be useful for beauty, comfort and avoiding reinjury, it illustrates the hospital recovery application, which involves facilitating the formation of normal tissue during wound healing. By applying the Infratonic during wound healing, you will probably not see unsightly or inflamed scar tissue in the treated wounds.

**KD St. Paul, MN** *I had a very poorly healed “bikini” hysterectomy scar, discolored and poorly filled in. It always bothered me that the scar was so poorly healed. When I was hot and sweaty and tired from physical work, it would sometimes ache and bother me. No more.*

*In 2000, twelve years post-op, I decided to try using my Infratonic on it for short periods. I treated for 10-20 minutes at a time for a period of a few weeks (not even daily) directly on the scar tissue. Skin color of scar is now normal skin color, rather than reddish and scar tissue has filled in and smoothed out so that it is hardly noticeable. My chiro/ acupuncturist agrees that this is a very well healed incision. I was skeptical of some of the claims made in your literature for the Infratonic, but now I’m a true believer.*

**DV Tucson, AZ** *Scar tissue in urethra causing reduced urine flow and consequently infection and many other symptoms. Resting on perineum and side of pubic bone 7-45 minutes as needed up to 4 times per day. Regained control or reduction of urine flow, which was previously out of patient’s control, and as a result great reduction of urinary tract infections. Sleeping, eating, weight gain and many other forms of wellbeing as a result of reduction of urinary tract infections.*

## Chemotherapy

**RG Tulsa, OK** *Acute Lymphostatic Leukemia in 3 year old family member. Treated with Infratonic 3 times daily over aorta at kidney level. Combined with chemotherapy and extensive nutritional support. Showed clear of Acute Lymphostatic Leukemia via blood tests before starting*

*chemo and after 10 months of extensive chemo she exhibits no damage to her internal organs. I had to give the machine to her, as she would not allow anyone to remove it from her bed. Allowed her to sleep. Reduced pain. Increased energy.*

## **Radiation**

Like chemotherapy, radiation can have devastating effects, killing cancer cells but leaving the body so weak and the surviving cells so traumatized that recovery is difficult.

**EO Foster City, CA** *In the year 2000, I had completed several months of chemotherapy and radiation for breast cancer. In 2001, I purchased the Infratonic machine to treat the severe numbness in my feet. I used it consistently for an hour daily. I regained some feelings in my feet within a week or so. I continue to use it on various areas of the body that were painful. Pain is usually relieved in 10-15 minutes. Also, whenever I can't sleep I use the Infratonic and fall asleep. I am recovering well. Friends tell me how great I look.*

## **Antibiotics**

While antibiotics are seldom as devastating as cancer therapies, they generally weaken the body and the immune system. Infratonic therapy is the perfect integrative support for use with antibiotics to stimulate the body's cells and immune system to come alive and finish the job that antibiotics start, even if the attacking organism mutates.

**GC Priest River, ID** *While holding one of my mares, to be shod/ trimmed, she reared up, struck out her front feet and struck my left thumb. My thumb was almost torn off. It required 26 stitches. Thumb was sewn back up. Was given highest antibiotics you can get, due to the infection that went up to my elbow. Took no painkillers, don't really believe in them or have ever taken them. Used only Infratonic and antibiotics. Many times during the healing process, it would throb with pain. I would grab my Infratonic and pain would subside quickly. Swelling would also go down.*

## **Anesthesia / Pulmonary Infection**

Anesthesia, opiates, and exhaustion combine with lack of physical activity

(bed rest) to shut down bodily systems including pulmonary, digestive, circulatory, and lymph flow with problems of congestion and infection. The simple act of applying the Infraconic to the thymus, upper center of chest, for a few 10 minute treatments is highly effective at reactivating the lungs and entire body, though sweeping is also valuable.

**SO San Diego, CA** *Condition: Natasha, 2 years old, was not sleeping well, had a congested cough only when sleeping, no fever and generally feeling sluggish. Mom didn't wish to give drugs to her baby and wanted to try something else first. Treatment: Infraconic 30 minutes, twice per day. 10 minutes on upper back, 10 minutes on chest, 5 minutes Li: 4, 5 minutes on Li: 11. Results: By the 3rd day the symptoms were completely gone and the mother stopped the treatments. I encouraged her to continue the treatments for a few more days but she did not. The following week the symptoms returned although not as bad. We repeated the treatment and also included some herbs and within 2 days the problem was gone and did not return.*

**JJ Crown Point, IN** *My 85 year old client who I was working with for stiffness and sore muscles, began complaining about difficulty breathing. I tried a lung point. He responded immediately saying his breathing capacity had expanded while I placed the Infraconic on those points. We decided to proceed with the lung and respiratory points. Ralph called the next day so excited because he had mowed the entire lawn without taking breaks every 5-10 minutes. We started with 5 minutes on low moving up to high. He returned a couple times a week and now only twice a month unless he has a flair up with cold and dampness.*

## **Digestion**

Anesthesia can affect digestive function. Applying the Infraconic to the lower abdomen throws off the shock and gets cells moving again. It can also accelerate recovery of surgical wounds in the lower abdomen. It is so gentle that it can be applied directly over the wound. However, there may be an initial increase in pain, so approach surgical incisions slowly.

**SD Walnut Creek, CA** *Sheila uses the Infraconic for colon problems, especially constipation. She lies on her side and places the Infraconic on her back for about 10 minutes then on her stomach for another 10 minutes. Then she switches sides. Works great for her every time.*



**DD Clinton, AR** *Spencer was born with Spina Bifida. He is 3.5 years old. He had L4 function. He moves his legs, but not his feet, and is not able to walk. He also was diagnosed as having a small cerebellum and has poor coordination and balance. His bowel and bladder is affected. The Infratonic was placed on the thymus for 10 minutes, placed on the sacrum for 10 minutes, just below the navel for 10 minutes and bottoms of the feet for 10 minutes. This was done once a day for 10 days. Before using the Infratonic, Spencer had chronic constipation. He was unable to have a bowel movement without aid of Baby Lax. After using the machine, he started having three or more bowel movements each day.*

## **Surgical Recovery**

The following section presents several post-surgical recoveries where many problems must be addressed at the same time, making recovery difficult and the Infratonic even more valuable.

## **Hysterectomy**

**LL Hutchinson, KS** *Fibromyalgia, Diabetes, High Blood Pressure, Anxiety, Depression, Lupus, Lower back injury, Arthritis in feet and knees. I currently use the Infratonic continually at night. I place it on my lower back 10 minutes, upper back 20-15 minutes and fall asleep with it on my chest for relaxation. I feel much more relaxed after placing it on my chest at night. I do still have to take painkillers, however, because of the intense pain. I am able to sleep much better. I also found that after 2 surgeries (hysterectomy and repair of tennis elbow) that my recovery time was much shorter than others who had the same surgeries. I was back at work 3 weeks after the hysterectomy, and after 1 week in a cast my elbow had full range of motion.*

## **Gall Bladder Surgery**

**JB Roseville, GA** *A gentleman came in one day. He was so tired. I told him about the Infratonic and he asked to try it out. He had a long history of pain and fatigue. He could not find anything that would help with the fatigue and pain in area of liver and gall bladder. He was irritable, unable to rest.*

*I could tell that he was very sincere in getting help. Used (and continued*



to be used) for 3 consecutive treatments and the Infratonic was placed under the left foot for 10 minutes, and then the right foot for 10 minutes. We did not talk during this time. Each shoulder was then rubbed very, very slowly with the device. In 25 minutes, he was almost asleep. "I haven't rested that well in years!" he commented. He was energized, calm, and had no pain. He reported the next week that he was pain free for 2 days and slept really well for 2 nights. At that time, he did not know he had gallstones. After coming twice a week, for 3 months, he reported he was more energetic, had better digestion, and was more calm and patient with his customers. Then the gallstone attack hit and he had emergency surgery. He returned in a week for a treatment. He was healing very fast, and he said the doctor could not understand why he was recuperating so fast. He was able to go back to work one and a half weeks sooner than the doctor had predicted. The surgeon had given and prescribed painkillers, but he stated that he did not have to take them. Also, the scar disappeared! He said he knew it was due to the treatments because he had always been slow to heal, and prone to infections.

He said that the treatments definitely help him get into a deep sleep and feel refreshed in the morning. He said that his emotions improved because his pain had diminished so much.

## **Hip Replacement Surgery**

**RML Sedona, AZ** After walking on crutches for ten years, I had two hip replacement surgeries in 1997 and 1998. At the same time my 1-1/2 year old granddaughter, who was born with no hip sockets, had 3 surgeries and was in a full body cast for over six months at about the same time. We both used the Infratonic; she one week and me the next. I slept with machine and did not need any prescription painkillers or aspirin following surgeries. I'm not sure how her mother used it, either through the cast or on her head and feet. Both of us healed more quickly than our doctors expected and slept well without pain. With the cast holding her legs in the proper position, Sophia's body was stimulated to create the proper sockets. I believe the Infratonic helped this process. I now walk almost normally and take my dog on mile long walks. Sophia is now six and runs and plays with other children.

**LD Brookings, OR** Patient with right hip replacement. 65 year old female. Lots of anxiety regarding surgery and healing process. Began

*treatment with Infratonic 6 hours after surgery for 20 minutes. Too painful to touch surgical area so rested the Infratonic about 5" away. Patient gave herself treatment for the next 3 weeks at surgery site, multiple times per day. She was released from the hospital a day early. She healed so quickly that she didn't need to complete the usual series of physical therapy treatments. She was so thrilled with such speedy recovery, that she had the courage to have her left hip replaced 6 months later. She did not have access to the Infratonic this time and she experienced more post-operative pain, longer recovery time and still has some residual pain 8 months later. She would like to procure her own Infratonic now. What a difference!*

## **Knee Replacement Surgery**

**GR St. George, UT** Knee replacement. Used 2 to 3 times a day for an hour each time. Reduction in swelling and pain. Walking, reduced pain, advanced healing.

## **Mastectomy**

**CP Buffalo, NY** *Limitation of movement and loss of feeling due to modified radical mastectomy and lymph node removal on right side of body. Device placed under right armpit and along upper right arm for 10 minutes at least 3 times weekly but often 4 to 7 times weekly. Noticeable improvement in range of motion and flexibility of movement. Increase in feeling to the area. Overall well-being and optimism.*

## **Prostate Surgery**

**AS Las Vegas, NV** *Prostate cancer. I had 4 surgeries in 12 months time. My strength was greatly reduced and I had to take pain killers all the time. I was introduced to your product by my acupuncturist and ordered it for myself after 3 treatment sessions in her office, and use it daily. No more painkillers, I have regained my strength. I sleep better now. I have started to attend classes at the university. I also exercise with Tai-Chi to maintain my health. I recommend the machine to everyone.*

## **Spinal Surgery**

**MLR Dayton, PA** *I had neck surgery this past September. The*

*Infratonic helped my neck to heal quickly. I had a herniated disc removed between C6 and C7 and the doctor also found 2 pieces of bone chips imbedded in my spinal cord and nerves. The doctor removed the bone chips and herniated disc and put a bone plug between C6 and C7. I used the Infratonic daily before and after my surgery. I was to be completely off work for at least 2 months after my surgery, but the doctor told me when I was allowed to remove the cervical collar at 3 weeks that I could start anytime I felt like I wanted to. I started working (doing massage therapy) about 2 hours per day only 3 weeks after surgery.*

## **Recovery from Injury**

Head and neck injuries are a frequent cause for hospitalization, and the Infratonic, with its ability to reduce abnormal cellular activity and restore the body's healing ability, can be of enormous benefit.

### **Head Injury**

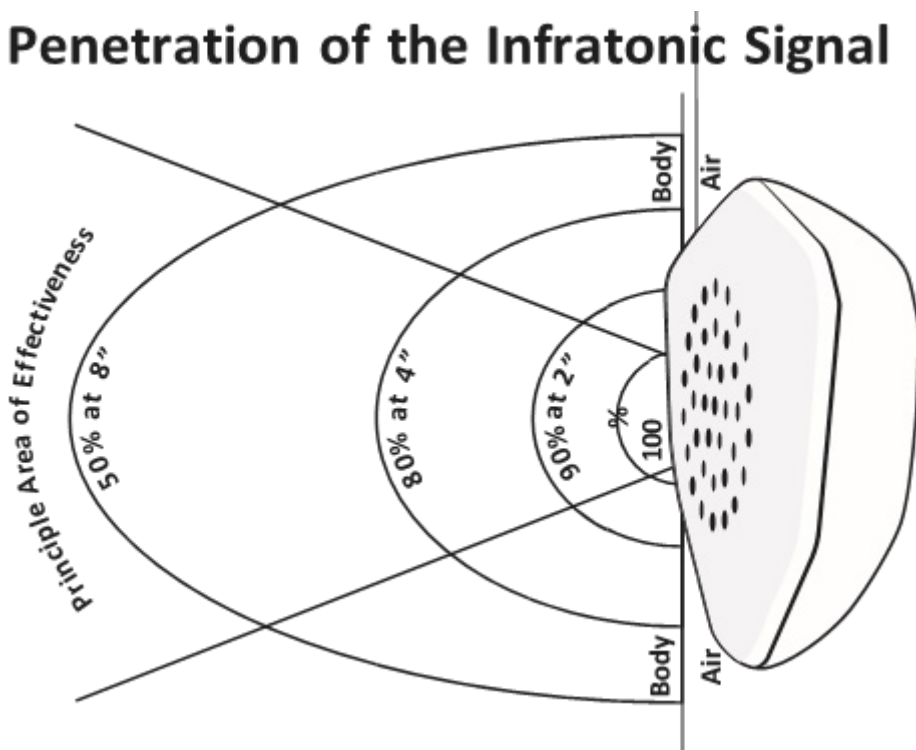
**MRS Albuquerque, NM** *I tripped & hit my forehead on metal beam, it swelled to 1/2 the size of a grapefruit. Treated the swelling and area with the Infratonic that evening. In the morning the swelling was gone and I had very little discoloration.*

**MK Arlington, VA** *Fell off an 8-foot wall and landed head first on concrete (made a terrible "crack" sound). Hospital said "concussion". Used quite a bit first two hours placed on head. Pain and weakness gone. Really felt pretty good by the next afternoon. Later on discovered neck problem which Osteopath and Infratonic helped get better. Now all better.*

**JJ Pacerville, CA** *Early one morning I tripped and hit my forehead, causing a 2-1/2" laceration and slight concussion. After stopping the bleeding, my daughter applied ster-strips and gauze. I immediately began Infratonic treatment on the top of my head, then at 10 minute intervals. For the first 48 hours, I used the Infratonic every hour. On the 5th day, the wound was all but completely closed with no stitches, infection. In addition, an 8" bruise on my thigh healed within one week. No pain, just a little tender. I am a 74-year-old step aerobics teacher, 5 times a week. I was back teaching by the 2nd week. I couldn't recover that fast without the Infratonic.*

**RK Hobe Sound, FL** *Due to auto accident, my head was hit and I couldn't walk steadily. Eyes blurry, Infratonic was placed at base of skull for ten minutes 3 times a day. My walking has improved 75 to 80%. My eyes are not as blurred. More optimistic about future total cure.*

## Penetration of the Infratonic Signal



## Whiplash

**JLR, DC Austin, TX** *Acute whiplash. Muscle test to determine setting or . Most patients initially test for . The unit is placed under the cervical spine through an ice pack while the patient is undergoing gentle passive traction for 10-20 minutes. Pain reduction and improvement in range of motion is faster than treatment with interferential. We treat 15 to 20 whiplash patients per day and the use of the Infratonic has shown a faster recover in the very acute cases.*

**CA Mercer Island, WA** *Four whiplash injuries, chronic pain entire left side of body. Conventional treatments unproductive, leaving me in chronic spasms. The only relief I can obtain from the chronic spasms is applying Infratonic to the spasm points in upper cervical, mid thorax*

*and acupressure points down left side of body. Sometime I use for 10 minutes other times for half an hour. This is a daily ritual for it is a daily problem and has been for 15 years. The only measuring tool is my ability to function. Without the treatments I have no relief from pain. Without it I would be confined to bed as I was for many years before trying the Infratonic.*

**MFK North Manchester** *2 car accidents within 2 years of one another resulted in debilitating migraines (daily), a weak neck, numbness and pain in both arms and chronic shoulder tension. Quality of life was greatly reduced. I have been using the Infratonic at the base of my neck for 1 hour 3-5 times per week for 4 weeks, then 1/2 hour 3-4 times a week for 6 weeks and currently 15 minutes 3-4 times per week. My chiropractor and I both noticed within only a few weeks that my neck felt completely different, like new strong tissue rather than the damaged, weak tissue that had been there for so long. I can sleep more comfortably, my mental state is great, my arms no longer have pain or tingle, shoulder tension is gone, the knot in the back of my neck is gone and I am well along the path to full recovery! Thank you so much!*

## **Summary:**

Infratonic therapy can play a central role in hospital recovery. While it does not displace any current medical interventions, it enhances them by reducing the cellular trauma induced by illness, injuries and interventions, which impede normal cellular function. In this way, Infratonic therapy mobilizes the body's own healing capabilities.



# **Chapter 3: Cognitive Processing Concepts and Protocols**

In Chapter 2 we examined the idea that cells often produce the wrong chemicals because of some sort of shock which leaves the cells responding abnormally, and that application of Infratonic therapy can awaken them to the need at hand, mobilizing their healing resources, thereby reducing pain, promoting circulation, and producing the needed chemicals to accelerate recovery. Here in Chapter 3 we take a bold jump, from cells being programmable chemical factories, to cells as conscious entities which combine together to form larger structures, tendons and internal organs, that have higher order consciousness, and eventually combine to form the physical body which supports the consciousness which we know as the physical consciousness of the human being.

In chapter 2 we discussed how a traumatic accident might shock cells throughout the body into abnormal activity, and how Infratonic therapy can normalize this activity. But here in chapter 3, we expand this concept, and assert that the shock of a traumatic accident is just an extreme case of sensory experience. Emotional experiences like getting a letter from the IRS or getting fired from a job can have a detrimental impact on the cells of our bodies, similar to the effect a broken bone or food poisoning can have on our health resulting in abnormal production of biochemical agents.

From this perspective, the human body is a cognitive processing network and every cell is a node in that network. Illness and injury have a major impact on our ability to process cognitive materials as do sensory input, emotions and thoughts. From this perspective, body and mind are inseparable.

Our emotional and mental lives are registered in the cells of our bodies. Emotions like fear, joy, anger, and grief, each cause cells throughout the body to produce characteristic chemicals, and frequently these cells get stuck in one of these modes of behavior, creating acute discomfort or chronic illness. Infratonic therapy works on this stored cellular programming just as it works on programming from traumatic injury.

**BL Woodland, WA** *Auto Accident - Hit from the rear with significant impact. I purchased my Infratonic after being treated at the chiropractor's office. I had resigned myself to "This is how I have to live now", when I got a call asking me to try the Infratonic. With the 1st treatment an amazing thing happened. Pinched nerve pain in lower lumbar disappeared! But in addition, at the end of the treatment, I could think clearly, colors were brighter (have MS too) and I felt like I could make decisions clearly. It changed my life. I was treated starting at base of neck and then worked on trouble areas. A good sweep is mandatory. The pain would seem to jump from left side to right side. You then catch it and sweep it down and out through the feet. You start relaxing with the device picking up the broken, stagnated blockages and moving it out through the hands and feet. It is important to do a good sweep after working a specific area.*

One fascinating aspect, presented in this report, is that this cognitive material can sometimes move from place to place in the body. It is often valuable to "chase the pain" as it decreases under the Infratonic and intensifies elsewhere. An excellent strategy when faced with this phenomenon is to sweep, or to run the Infratonic from the area of pain down the legs (or arms) to soften the tissue and create a pathway so that this material can move down the legs and out the feet.

**GJ Aloha, OR** *Female, 43 years old, with knee pain of 3 to 4 weeks duration. Patient placed face down on table. 2.5 minutes above knee at 45-degree angle toward knee and 2.5 below knee. To check if the "blockage" is gone I held the device over same side heel (through shoe) and observed reaction. Patient not touched with the device, nor could she see what was being done. After the two first 2.5 minute periods, I held the device over her heel and after 15-20 seconds the patient jumped up to standing and declared "What did you stab in my heel?". I said, "Nothing". After we both calmed down, she related both her knee and heel pain were gone.*

While some cognitive materials simply leave the body (through the feet in the above case) much of it appears to remain until processed. While this programming can be stored throughout the body, certain kinds of material tend to be stored or processed in specific areas. This chapter is devoted to describing these cognitive processing points. What follow are storage areas for specific kinds of material awaiting cognitive processing. As this



cognitive material (generally referred to as Stuff) builds up, we become uncomfortable. And as it gets processed we feel relief.

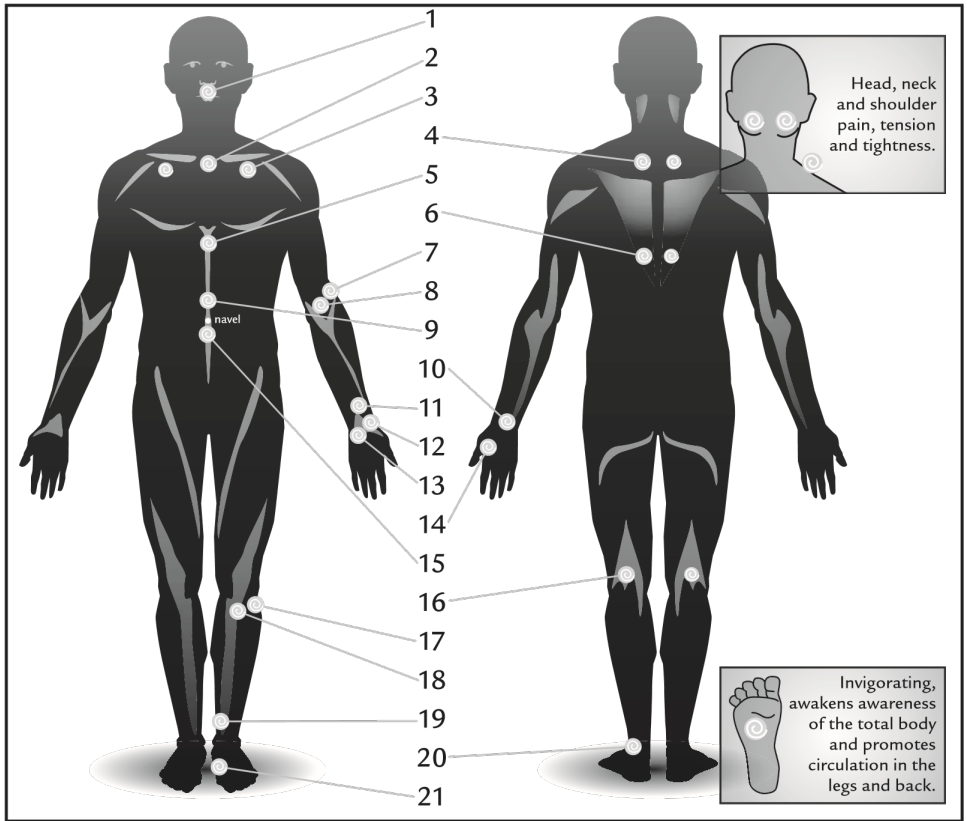
## **Points, Fields, and Distances**

Before we describe the Cognitive Processing centers, it is important to clarify the difference between the field related efficacy of Infratonic Therapy and the point related efficacy of acupuncture and acupressure. To address this fully, we must also discuss the concept of distance.

An acupuncture needle is inserted into a “point”, usually along an electrically conductive pathway, whether meridian or nerve, to alter the flow along the pathway. The position and angle of the needle are often critical if therapy is to be effective. This is not true with Infratonic Therapy because it works, instead, with relatively large fields of cognitive material. At the head of the Infratonic, the effective center is about 1 inch in diameter. And, its effectiveness is about 80% four inches in front and an inch to either side of the device. Thus, precise location is impossible and unimportant. This is why “Put it where it hurts” is such an effective strategy, and why we describe general fields rather than specific points.

# Acupressure Point Chart

Applying Infratonic Therapy to the acupressure points to the right relieves pain in the corresponding areas listed below.



- |   |   |
|---|---|
| 1. Lower back, emergency pressure point – fainting, unconsciousness | 12. Neck  |
| 2. Coughing, hoarseness, sore throat, immune system                 | 13. Emergency pressure point – anxiety heart palpitations                     |
| 3. Respiratory, chest cold, asthma, letting go / grief release      | 14. Face, head, eyes, ears, mouth, teeth                                      |
| 4. Neck, shoulder, back, bones                                      | 15. Lower abdomen, bladder, intestines, male/female organs, energy storehouse |
| 5. Pulmonary weakness, cough, chest pain, fluid buildup             | 16. Lower back, leg   |
| 6. Mid-thoracic tension, blood, skin, heart                         | 17. Leg, knee, muscles, tendons   |
| 7. Arm, skin  | 18. Upper abdomen, energizing point   |
| 8. Respiratory  | 19. Lower abdomen, large intestine, bladder, male/female organs               |
| 9. Upper abdomen  | 20. Foot, leg, upper back   |
| 10. Hand, ear   | 21. Chest, ribs, depression, nervous system                                   |
| 11. Chest, heart, lungs, ribs                                       |   |
- NOTE: Points located on extremities apply to either left or right side.

## Cognitive Processing Centers

**Heart Center:** (Center of Sternum over thymus) This the main center for processing emotional stuff we are aware of, and the most commonly used Infratonic Therapy point on the body. In fact, one and two-year-old children will frequently spontaneously grab the Infratonic and contentedly hold it to this point. This is where all the divergent cognitive stuff comes together and gets organized into a coherent whole. Heart is one location where it might be beneficial to use all three modalities. Implanted electronic devices sometimes have a testing mode that is activated by a magnet and for this reason it is important to keep the Infratonic 6 inches away from any implanted devices such as pacemakers.

The Infratonic helps us cast the light of the intellect on emotional issues, helping us to see that the things we think we want don't really serve us. Physically, it can help to reduce inflammation and edema and normalize cellular behavior in the area as well (Helping our cells to see that what they thought they wanted, like inflammation or edema, does not serve their fellow cells). The heart center is also effective for strengthening the immune system, invigorating the lungs and strengthening them against infection. If the patient is aware of discomfort in the chest, apply directly to the area of discomfort until the discomfort disappears or moves to another location.

The Infratonic is also valuable where there is cellular damage and sluggishness, and where there is chronic cough or heart or arteries are compromised. The high beta frequency in the FULL selection of the 8000 helps bring the mental conflicts to light. Where we carry deep set or subconscious assumptions about the way things should be, and where these conflict with each other within us. The heart is put under a big strain. This signal helps us look beyond the mental plane of assumptions and find new ways to understand the situations we face.

**Back of the Heart:** When the heart gets overloaded or receives conflicting information, tension builds up in the back. It has been said that "we push stuff we don't want to see from the heart to the back". From the standpoint of cognitive processing, it is build-up of cognitive material and information conflicts in the neural plexi in the back, particularly along the spine, that are the principal source of pain and tension. Placing the Infratonic on these areas will help to drain out the excess cognitive

material and restore more normal function of the nervous plexi. Sweeping is also valuable here. However, to resolve the conflict, the heart center remains the most effective location for Infratonic Therapy.

Note: where the upper back near the neck tightens up, it indicates a conflict may be raging in the nerves between the heart and throat, indicating, possibly, that you're not speaking what's in your heart. When the tension is in the mid back, it may be that your instinctual mind, focused in the solar plexus, wants something that the heart knows is wrong. In either case, neural communication between the heart and another cognitive center is jammed.

**Solar Plexus:** The solar plexus is a nerve plexus which, when stimulated with Infratonic Therapy, brings the instinctual brain, the mass of nerves in the lower abdomen, particularly the intestines, into coordination. When we get hit by a challenge which threatens our belief system regarding our security, like a threat or a letter from the IRS, the solar plexus jams up. If faced with chronic conflict of this sort, we may suffer from indigestion, irritable bowel syndrome, ulcers, or chronic fatigue. Treating the solar plexus followed by the Heart Center helps bring order and calmness to the nervous system.

**Sacrum:** The sacrum can serve as a drainage point for cognitive material stored in the lower abdomen and thus is a central point to activate release of tension and trauma in the low back, hips and coccyx. It also serves another very important function. It evokes stored fears. It is the gateway to release the fear and trauma which is frequently stored in the abdomen and legs. Thus, we can evoke fears at the sacrum, and resolve those fears at the heart center, thereby resolving a significant amount of fear based discomfort and disability related to chronic pain, hypertension, poor circulation, and impeded healing. Treating this point can evoke old fears and uncomfortable feelings in the area of the heart, and even physical discomfort, so it is best to treat this point for a few minutes followed by the heart, thus activating, then processing old stored fear-based cognitive material. Treating sacrum then heart is the most important of all Infratonic Therapy protocols.

**Crown/Pineal:** The crown is the gateway to intuition. When it is open we find ways out of difficult situations more easily, depression lifts, and optimism begins to dominate our lives. The pineal is the endocrine

gland associated with this center, and is stimulated by application of the Infratonic. It is fascinating to discover that the intellect, while a powerful tool to guide us through the pitfalls of an emotionally driven life, the intellect can become a trap in itself. So often we have what we regard as a hopeless situation, and while telling a friend about it, we suddenly see a better answer, a new way which combines the best of both worlds. This answer does not come from intellectual analysis, but rather, a sudden leap in logic. When the crown is open, this is easy. When it is closed, it is hopeless. To a significant extent, depression is a closed crown.

For depression, if you feel a thick, heavy, and slow moving head, spend lots of time on the head. More often, the block is in the rest of the body, and particularly the legs and feet, as we don't let go of old cognitive material. We need to let go of insistence on our old answers to be open to new answers. From the cognitive processing perspective, this is literally true. Start with the legs and feet and clear out the old, then work on the crown to be open to the new.

**Bottom of Feet:** A principal flow of inspiration flows in the crown of the head, down the body and out the feet. The bottom of the foot including the arch and the bottoms of the toes, is the principal cognitive drainage area for the entire body. This flow is frequently blocked with cognitive debris which builds up in the hips, legs, and feet. Applying the Infratonic to the bottom of the foot allows the signal to travel up the leg, breaking up much of this material and allowing it to flow out the feet. It is often effective to follow this treatment with sweeping, to help the material to flow more easily after the legs and feet are more open.

If the leg is especially plugged and does not clear from treating the bottoms of the feet and sweeping, you may also want to try the inside of the leg just above the knee. This opens up the knee and stimulates blood production. Another point which is valuable to get stuff moving is on the inside of the ankle just behind the shin bone and about three inches up from the ankle bone. It is often tender here. This point opens the ankle and is also a cognitive drainage point for the liver, kidney, and spleen.

For edema and inflammation in the legs the bottom of the foot is an excellent place to treat the entire leg. This includes increasing lymph flow to decrease edema, and stimulating nerve and blood flow to accelerate recovery. Ten minutes on the bottom of each foot can make a huge

difference toward pain relief and recovery.

**Brow/Pituitary:** Stimulating the frontal lobe of the brain and the pituitary through the forehead brings the body to attention. The frontal lobe is central to coordinating all aspects of our lives, and brings the body into focus to support us in our lives. Apply Infratonic on the forehead for 3 minutes or so. This is valuable wherever focused intention is important for healing.

**Top of Cervical Spine:** The drainage point for the brow is the top of the cervical spine, providing drainage for the entire visual system, particularly the frontal lobe and eyes, but also the entire brain. A few minutes at the top of the spine will clear out the cobwebs and allow crisper focus of the mind.

## **Cognitive Storage Areas**

**Liver:** Anger is often stored in the liver. This anger can show up as inflammation throughout the body. Treating the front, side, or back of the liver with the Infratonic can help to break this up. It is often desirable to also treat the heart to help process the anger released.

**Spleen & Pancreas:** These digestive and endocrine glands are closely associated with both sugar metabolism and the cognitive material of betrayal. Treating this area will assist in relieving the symptoms of diabetic disabilities.

**Lower Left Abdomen — Grief Depot:** Lots of emotional material gets stored in the lower abdomen. This area is most effective to aid in resolving issues of grief.

**Lower Right Abdomen — Rage Depot:** This area is the main storehouse for old rage, whether from childhood, society, or genetics. Treat this area to relieve chronic inflammation of the pelvic floor including the prostate and bladder.

## The Cognitive Processing Protocols

Some simple protocols will be described below which are highly effective at accelerating certain kinds of processing. As cognitive materials are processed or swept out of the body, there is less cognitive material clogging up the tissues, and our bodies become freer to process cognitive materials. This is a principal reason why we feel both relaxation and mental clarity after an Infratonic treatment. As the load decreases, our cognitive processing capacity increases, allowing us to process bigger, more complex issues.

The following report illustrates the processing of past traumatic issues with “severe reactions”, dispelling her depression while increasing her range of motion. Cognitive material gets caught in joints and muscles, causing pain and restricted range of motion. Cognitive processing offers both physical and emotional benefit, illustrating how this cognitive material has both physical and cognitive import. It is the stuff that is the bridge between body and mind, the stuff that causes psychosomatic illness to manifest physically.

**PC Galloway, OH** *Cerebral palsy and its complications. This is a 51 year old female which has been receiving weekly massage for 6 years. She suffers frequent headaches, facial and neck pain, scoliosis, left foot inversion and left leg rotation. I have been using the Infratonic since October 2001. She receives weekly treatments, 35 minutes of massage & 35 minutes Infratonic. I use all 3 settings. Actually, since I have been using the machine, she has been having more severe reactions. I really believe the treatments bring many past trauma issues up and she is being released to a greater extent. The spasticity changes in degree from week to week. She comes in depressed and in pain and leaves laughing and hopeful. During treatment, her body goes through remarkable “unwindings” all over. She stretches and gets range of motion in her arms, neck, hips and legs that I could never “force” into a stretch. She can walk better. Her spine is more erect and headache and neck pain eases dramatically.*

While cognitive material is stored throughout the body, specific areas are major storage points for different kinds of cognitive materials. And while the point of pain is often a major area of cognitive materials and thus, treatment at the point of pain is an important part of the strategy,

progress will be accelerated greatly by also treating the related storage areas. Below we present several combinations of points as guidelines for treatment which are illustrated in the cognitive processing chart on the next page. Keep in mind that these are not points like trigger points or acupuncture points. They are areas of body tissue which are capable of storing and/or processing cognitive materials efficiently.

**Stress:** Stress is the most common byproduct of cognitive processing that gets stored in the body, and reduction in stress is the most commonly reported result of Infratonic therapy. Stress is our experience of conflicts in our lives which require immediate attention to find resolution. Just lay back and put the Infratonic on your chest over the Heart Center (See Cognitive Processing Chart for location) for 10 minutes. You will feel the Infratonic waves flow throughout your body, and you will find that stress throughout your body dissipates.

**RP Ft Wayne, IN** *He uses the Infratonic to treat a child who is hyperactive. After a 10-minute treatment, his grandson is calmed down for a few days. He also uses his Infratonic on an adolescent who suffers from agitation. The results are an almost immediate calming and mood elevation.*

**KC Morrison, MO** *My 5 month old baby was very upset so I nursed her but she still was upset. I then placed the device on her upper back and immediately she began humming with it so sweetly while I was nursing her.*

**MB Richland Hills, TX** *It occurred to me that the Infratonic could be used in a deliberate treatment program to relieve an 8 month old cat of underlying anxiety and aggressive behavior which would surface when least expected. This cat had been rescued from a parking lot when he was a few weeks old, and underwent abdominal surgery for an undecided testicle when he was four months old. Ankle-biting is not my favorite sensation when walking through the house, nor is face-attack when attempting to communicate with the cat.*

*I sat with the cat in my lap and held the device aimed at the base of its skull for 15 minutes. There were numerous neurological and muscular reactions, such as involuntary twitches of the skin and limbs, and an array of movements of facial features, following which the cat seemed to be able*



*to settle against me more comfortably. I repeated the procedure for 10 minutes after a break of 10 minutes. The cat has since demonstrated less hostility and more respect for the boundaries between us, and I am able to express more positive emotion to the cat which it seems to be able to receive and process in a manner unavailable prior to the influence of the Infratonic. In fact, if a shadow has orange stripes, then I have a shadow.*

This illustrates the first cognitive processing point we call the Heart, which is really applied to the thymus, the endocrine gland associated with the heart center. It also illustrates the most used protocol of all, the Heart Protocol. Here's an example:

**TK Canton, OH** *I have been using the unit for about 3 months now. I use it when I have trouble falling asleep. I place it in the middle of my chest or sometimes on my arm and I go right to sleep.*

By reducing stress and calming the mind, the Infratonic is very effective for sleep disorders. Use the Infratonic on Deep Calm setting where anxiety is subconscious. Use the Balance setting where you have ideas of what the issues are behind the anxiety. With the Balance setting, expect to gain insight into how to handle the issues in the world around you to reduce the source of your stress. While Infratonic therapy usually provides fast calming relaxation (and deep relaxing sleep) if we have fears near the surface of our consciousness, the Infratonic will accelerate the processing of these feelings and we may experience increased anxiety. In rare cases, people with occasional palpitation or tachycardia may experience these symptoms while using the Infratonic.

This experience of emotional discomfort is similar to our experience of increased physical pain as the Infratonic is applied to a fresh traumatic injury, except that, in the case of the Heart Center, it is often an old fear or unresolved conflict that lives deep in our body. Where there is significant discomfort, the best approach is often to work on it gradually. Holding the Infratonic on the point for short periods or several inches away and sweeping will gradually calm the heart by attenuating the active trauma. However, it does not resolve the deep-seated fear.

There are cases in which the experience of fear or anxiety is so great that the patient will not allow the Infratonic to be used on them. For these people, another alternative must be sought. Infratonic therapy is a safe,

and for most people, a very comfortable way to help resolve our fears. We have developed other effective devices to address trauma. Please look up the Nessor on our web page.

**Fear:** The principal stuff we need to release from our bodies is fear. This is true for health and healing just as it is true for feeling good about ourselves and moving forward in our lives. Fear makes us very uncomfortable, but as we face it our lives quickly simplify and we find we can make needed choices which we were afraid to make. Our fears are things we do not want to face because of the emotional or physical pain we start to feel when we approach them. Once we face them, they generally vanish and we can move forward in life. Our deepest fears are stored deep in our pelvic area, and are most easily reached by applying the Infratonic to the sacrum.

Emotional fears are best evoked applying to the sacrum while tribal genetic or survival fears are best evoked applying to the coccyx.

## **The Fear Protocol**

Because applying the Infratonic to the sacrum frequently evokes old emotions of fear, it is best to alternate treatment of sacrum with treatment of heart. Sacrum will bring up our old buried fears (as they are stored in our cells). We will probably not experience those childhood experiences which created the fears, just the emotional discomfort that was recorded in the cells. We may experience an increase in anxiety as this stuff comes up and forward to the area of the heart. When we do, it is time to move the Infratonic to the Heart Center to process this fear material, and integrate it into our entire body consciousness. Then we will experience relaxation again. This process of evoking stored experiential material is effective, whether as a shock induced by physical injury, emotional trauma, or mental overload.

Fears are so dominant in our lives, and so closely integrated with chronic illness, premature aging, and impeded healing that the fear protocol is extremely powerful in enhancing all aspects of our lives. Apply the Infratonic for 10 minutes on sacrum (or until you start to feel anxiety) then for 20 minutes on Heart. Repeat this protocol daily for two weeks, and see if your life doesn't change. Similarly, where the anxiety you feel in your chest does not have any conscious content, apply the Infratonic to the Heart Center.

**AL Newport Beach, CA** *PAC & PVC heart condition & arthritic left hip. Treat 20 minutes, 8 times daily in each location. Able to delay hip replacement and be ambulatory and pain reduction for hip. Less contractions of heart, thus less arrhythmia. Able to be more mobile and have increased energy.*

**JM Arvada, CO** *Swollen Left clavicle, extreme pain, limited movement of shoulder girdle, heart palpitations. 7-year duration. Went to Osteopath, MD, DOM, 5 different chiropractors, 3 masseuses, 3 energy workers with no relief. Infratonic, 2 times at night during sleep for 20 minutes, for 1-1/2 months (time of results). Clavicular/Manubrium swelling down (most ever). Pain almost completely gone. Range of motion 85% restored - wow! Heart palpitations stopped. Sleeping well.*

While we are frequently quite aware of anxiety, sometimes chronic fear causes tension in parts of our bodies which are hidden from our awareness. Some users report that Infratonic Therapy reduces the hypertension of the circulatory system.

**GV Bosque Farms, NM** *Had been having high blood pressure readings and had been told to keep records and get my own machine to take my own blood pressure. One morning before getting up I took my blood pressure and it was a bit high. I placed the Infratonic over my heart for about 20 minutes and retook my blood pressure and it had dropped 29 points to bring it into an okay level. Blood pressure tests since have continued to be in normal range but I also continue to use the machine several times a week in the same area. I am sleeping better and have more energy and feel better.*

**EP Park Rapids, MN** *Hypertension of long duration (20 years or more). Due to "white coat syndrome" and higher bp reading, my blood pressure is monitored at home. Example: 175/95 at Dr's office and 159/88 at home. 10 days before seeing a new doctor I ran out of my bp medicine. I began using the Infratonic. I used it every day for 20 minutes on sacrum, 10 to 20 minutes on heart. At doctor's office, I expected to have the usual high reading. For the first time for as long as I can remember the reading was very close to normal at 151/84. At home I had unbelievable readings of 127/72. I feel calmer and less fatigued.*

Since we all carry hidden fears in our bodies and unresolved issues in

our lives, the sacrum/heart protocol is a spectacular way to simplify our lives and often, improve our physical health at the same time. This is an incredibly powerful, life transforming protocol, and is the most important protocol in this book!

## **The Anger/Grief Protocol**

There are several variations which can be made on the Fear Protocol which will accelerate release of old stored emotions. Fear often causes us to repress our grief, and grief often causes us to repress our anger.

**DB Topanga, CA** *Severe fibromyalgia, arthritis, torn ligament right ankle, back pain, herniated disk and nerve damage. Whole body pain. Emotions - used for grief, stress, meditation, healing from severe childhood abuse. I use it at least 3 times a day, ten minutes each treatment, in the evening at the area that needs the most treatment. Bottoms of feet, right ankle, below knees, pelvic, back, hands, neck and chest points.*

*I don't use painkillers, I use my machine. Didn't need surgery on torn ligament or disk in back. I don't know if I can begin to tell you how much this machine has affected my life in all areas. I have severe physical problems but am able to function without painkillers. Emotionally it is a huge asset, releasing stress and grief. It helps me to meditate much more deeply, helping me to release and heal severe childhood abuse and trauma. I am very grateful that I have it. Thank you.*

A principal location where deeply stored grief and rage can be accessed is the lower abdomen to the left and right of the pelvic bone. If you push there and find tightness and discomfort, you have issues to work on. Grief is more often stored on the left side and anger on the right. This may be related to the fact that spleen and pancreas, organs of assimilation are located on the left side, and the liver and gall bladder, organs which break down foreign substances like animal food products, are located on the right. (Left side (sympathy) creates relationships and right side (anger) destroys them.) You can apply the Infratonic wherever in the abdomen you find tightness or discomfort. After ten minutes on the abdomen point it is most effective to apply to the Sacrum for 10 minutes, then the Heart Center for 10 minutes.

Cognitive processes stored in the pelvic floor are generally issues of survival, tribal issues, and inherited fears, which can contribute to a host of ailments like chronic low back pain and degeneration in the L4-L5 area.

## **The Pelvic Floor Rage Protocol**

Our bodies usually inherit substantial rage from genetics, parents, and the environment. This rage causes substantial health problems for the organs in this area. Most men suffer from prostate inflammation, and many women suffer from cystitis, dysmenorrhea, or chronic bladder infections. All are conditions of lower pelvic inflammation, and for which the pelvic floor rage protocol may provide substantial relief.

Apply the Infratonic to the lower right abdomen, just outside the pelvic bone for 10 minutes. Then move it to the sacrum for 10 minutes. Finish on Heart for 20 minutes. Repeat this protocol daily for two weeks, or as required to relieve discomfort. Be sure to monitor your pelvic floor inflammation or you may not notice when it disappears.

**JG Mission Viejo, CA** *Prostatitis for 25 years. I had prostate surgery for cancer and the symptoms of constant pain got worse. Low back pain, headache, neck pain, testicle pain. I bought the Infratonic, used it in the groin area, on the soles. I was improved but it wasn't until I used it all night in low that the pain retreated. Now after a year I still am symptom free. Doctors don't believe me and keep saying Prostatitis is incurable. I sleep well without having to get up to urinate, no pain, no irritation, no depression - I just didn't want to live. I even have erections which as a rule are not possible after prostatectomy, especially for a man of my age - 72. I tell this to my urologist and he just laughs and shakes his head. I am so grateful and so relieved that I can hardly stop talking about this machine. I don't take any drugs for the condition for over a year. Now I use the machine for anything that ails, even for relaxing. I take it with me everywhere I travel.*

**DM Myakka, FL** *Dr. DM has been treating a patient suffering from severe Clinical Depression. Placing the Infratonic over the thymus, thyroid, heart, spleen & liver areas greatly assists in mood elevation and calming. He described the difference in the man's countenance before and after treatment as a Jekyll/Hyde transformation.*

## The Mind Congestion Protocol

When our nervous system gets jammed up with excess worry, thinking, analysis, or argumentativeness, the nerve plexi throughout our bodies will tend to get overloaded. Frequently, and the center of this is the Solar Plexus, one of our key processing points. This is a complex nerve plexus which brings together the neural activity of the extensive nervous system of the intestines and digestive organs. It might be called the instinctual brain. Over-activity of the solar plexus can result in dwelling on analysis, argumentativeness, and attachment to facts. This excess nervous activity can contribute to a wide variety of conditions including chronic fatigue, and ulcers, as well as such amorphous conditions as fibromyalgia, which is diagnosed by hypersensitivity of nerve plexi throughout the body, or Lupus, which is associated with a feeling of mental congestion.

The mind congestion protocol consists of applying the Infratonic to the solar plexus for 10 minutes followed by 10 minutes on the sacrum. Finish with 20 minutes on the Heart Center. You may find immediate relief. On the other hand, you may find substantial increase in pain and analytical, argumentative activity. If so, start with just a minute or two on each are. The key to successful treatment is to attenuate nerve plexus activity and analysis, and transfer this function to the Heart Center, allowing the heart to process the cognitive material which overwhelms the solar plexus, the abdominal brain.

**Fibromyalgia KH Wishek, ND** *I was diagnosed with Fibromyalgia in 1995. Dr. felt I had it long before that time but a car accident in May of 1995 made the pain and symptoms more severe and almost to the point of unbearable to move or motivate. I was placed on strong pain meds. These brought on liver dysfunction. I was then given Mononitrate for the High Blood Pressure possibly caused by the pain meds. I was also put on Amitriptyline to help me sleep and relax. Next came Paxil to help with the depression brought on by being so limited in what I could do physically since the car accident. I was put on Mononitrate because of the anxiety attacks I believe I was getting from all the meds above.*

*I received my first Infratonic in 1997. I began three times daily treatments. First on bottoms of both feet for improved circulation in my legs, my worst area of pain. I placed it on my right upper pelvis where tissue was torn from bone from the car accident. I then did behind my legs, my abdomen,*

*below and to left and right of belly button. Then I go to my center chest and each side of temple and the top center of my head. It took about one and one half hours to do all these areas, sometimes longer on my tough pain days. As of November 2001, I take no prescribed meds. NONE -0-! I still do daily treatments but only twice daily.*

## **Fibromyalgia – Getting Started**

**VS Valparaiso, IN** *I have fibromyalgia and other autoimmune disorders. The Infratonic made it possible for me to be able to have massage therapy. Prior to using it I could not tolerate even light touch. It has helped me to be able to have treatments I couldn't have before.*

## **Fibromyalgia – Long Term**

**CR Jupiter, FL** *Car accident; 5 herniated discs. Chronic fatigue, TMJ and Fibromyalgia. Treat every day for 3 years, 20 minutes to 3 hours per treatment. It's the only thing that helps me get through the day.*

Lupus is another condition associated with neural overload, this time, more related to the nerve endings and mental fogginess.

## **Lupus and Mind Congestion**

**CH Stevenson, WA** *Systemic and skin herpes. The Lupus is attacking my skin with red lesions on my head, in my ears, nose and mouth and extremities. Also, it is attacking my muscles, bones and now my brain. I also am being treated for Fibromyalgia as well. I just received the Infratonic and am using it all over my body for 20 minute durations, 2 to 3 times on day. It is too early to have x-ray, photographs or blood tests show any change (I've had the machine only for 9 days) but I do notice a reduction in my Morphine and Compazine. I definitely have reduced pain, improved sleeping and quality of my sleep. I have less fatigue and achiness. I feel less of a "cloud" over me and "fog" to think through. I am convinced of its healing abilities and am thrilled to be able to own an Infratonic.*

**JH Ocala, FL** *Systemic lupus and scleroderma for 5-1/2 years. Severe pain, fevers, swelling, lung and bowel involvement. Brain reading/comprehension on difficulties. Very advanced stages. Used Infratonic on*



*all chakra's about 15 minutes each and individual pain areas Now taking less sleep medication and no anti-inflammatories. Sleep, aching, mind congestion all improved.*

## **The Neuropathy Protocol**

From the perspective of cognitive processing the basis of the neuropathy protocol is the hypothesis that a deep seated betrayal of trust at some deep level such that the instinctual mind doesn't want to try, and withdraws support from the legs. The left side of the abdomen is included in this protocol (10 minutes) to evoke these old emotions of betrayal. The bottoms of the feet are also treated for 10 minutes each to activate lymph flow and blood circulation, to help break up the huge amounts of cognitive debris stored in the legs and feet, and to open up a pathway (out the feet) for much of this cognitive debris to leave the body. The heart center is then treated for 10 minutes. Once this cognitive material is released, normal neural and circulatory function are frequently restored.

**WB Paradise, CA** *Diabetic Neuropathy. Can't walk so I am in a power wheel chair. Feet and lower legs discolored with pain. Draining water blisters. Use 10 minutes under feet and over spleen and 20 minutes on chest. Have been doing it for 7 days. First 2 days, no change. Third day less tingling in both feet. 5th day more movement. 6th day more movement, less swelling and less pain. 7th day water blisters have dried up and quit draining. With crutches I can now walk 19 to 29 steps. I am sleeping better; only waking once to urinate. I am beginning to have hope this will work.*

### **Summary:**

Cognitive Processing is an extremely powerful form of Infratonic Therapy, providing a practical basis for, and effective results in the broad, important, and often maligned field of psychosomatic medicine. It is also a powerful pathway, not just out of pain and chronic debility, but also toward emotional and mental health. And further along this pathway is the objective of enhanced human potential.

As our bodies are cleared of counter-productive programming our bodies become far more capable tools to carry us through lives of greater achievement and service.



# Chapter 4: User Reports by Ailment

This chapter is devoted to all those ailments for which our users found the Infratonic so valuable that they were inspired to write. As a disclaimer, it is important to keep in mind that Infratonic therapy is not claimed to cure diseases, only to reduce inflammation and other abnormal cellular activity. This frequently allows the body to heal itself more efficiently. Just because an ailment is listed below and one person got relief does not mean that someone else will get relief for the same condition. On the other hand, this is such a broad list of ailments that it is reasonable to conclude that Infratonic therapy is likely to relieve symptoms of discomfort associated with most ailments, and clear the way for accelerated healing, if the body is willing.

## Alphabetical by Ailment

**Allergies DE Midvale, UT** Hay fever. The worst I've had in years. Pollen count was over 200. For 3 weeks I was having sinus and lung problems. Used Infratonic on the bottoms of feet for 10 minutes, over Thymus for 10 minutes, sweeping 10 minutes 2 times per day. I can breathe again; my eyes quit watering, sinuses dried up. It's wonderful! I slept all night with no runny nose or cough.

**Anxiety KS Reno, NV** *I am a professional business person but like many people, I experience a significant level of fear/anxiety when faced with the prospect of public speaking. Recently I was booked to present to a group of 20 people and when I woke up the morning of my presentation, I immediately began to experience the familiar symptoms of anxiety and fear. It then dawned on me that the Infratonic 9 has a Deep Calm setting and decided to use it on that setting for the 30-minute drive to my meeting location. The results were truly astonishing! Upon arriving, I felt extremely peaceful and calm and those feelings of serenity stayed with me for the 30 minutes leading up to and throughout my entire presentation. For the first time, I was able to public*



*speak without any anxiety whatsoever. I felt focused and centered, and my presentation went great! It was such an amazing relief to be able to public speak without any anxiety or nervousness, and I owe it all to the Infratonic 9. I am definitely incorporating the Infratonic 9 as a pre-speech ritual from now on!*

**Asthma: SF Dodge City, KS** *My daughter has episodes of asthma, which seem to be brought on by weather changes/seasonal changes. She has experienced this since 2-1/2 years of age. At night the Infratonic is placed at the upper thoracic spine for 20 minutes and chest for 20 minutes alternating throughout the night. Also spinal subluxation are adjusted and appropriate nutritional therapy. Episodes of asthma/bronchial irritation are decreased.*

**Calf Pain: BP Cedar Grove, NJ** *56 year old woman with chronic daily left calf pain, for many years. History of chondromalacia patella. Used Infratonic 2 to 3 times per week, 10 minutes at knee joint to upper calf. 7 treatments. 100% pain free after many years. Normal gait. Able to walk any distance without pain.*

**Carpal Tunnel: CR Helm, CA** *Carpal tunnel right wrist. Scheduled for surgery in 10 days. Works in a school cafeteria as a cook. Massaged her hand and arm then I put the Infratonic for 20 minutes on the wrist. After first treatment she was without numbness for 3 days. After second treatment she took off her brace and cancelled surgery.*

*After third treatment she can't believe she almost let a doctor cut on her. She has no numbness and feels she is back to normal. She thinks I'm a miracle worker instead of my magic Infratonic.*

**Carpal Tunnel: CF Davenport, IA** *Right hand pain and numbness in fingers. Gradual onset from work. 72 year old female. Denies acute trauma. Carpal tunnel syndrome. Treated with Infratonic daily for 10 minutes per hand and wrist for 3 weeks followed by chiropractic adjustment of wrist and cervical spine. Had previously treated with MD with anti-inflammatory and was awaiting surgery. Grip test went from 2 to 10 bilaterally. Range of motion returned to normal. Reduced swelling in wrist and fingers. Able to sleep without numbness. Sleeping better, able to perform household tasks and take care of invalid son.*

**Ear Infection: RMN Mission Viejo, CA** *My Daughter, Kelsey was born with bad ear problems and the membrane under her tongue went clear to the front of her mouth. She was having trouble with speaking, hearing and chronic ear infections. The doctors said she had lots of inflammation and scar tissue which was blocking drainage of the ears. At age four, in attempt to remedy the problems, she had an adenoidectomy, and had the membrane under her tongue cut to increase its flexibility, and had tubes put in to drain her ears. She continued to get pain every time she got a common cold or stuffiness. The tubes didn't help. Between ages 4 and 8 we lived with frequent ear infections, antibiotics and doctor visits. She lived on antibiotics and soon gained resistance to them. Three or four types all stopped working. She had constant earaches, was going regularly to speech therapy and couldn't hear the instructors at school, and missed a lot of classes as a result of the ear infections and doctor visits. Marks on her report cards were terrible. Then at 8, she started using the Infratonic because I was told that it was effective at all sorts of inflammation. She used it twice per day fifteen minutes at a time, sometimes applying it directly to the ear, but mostly using it on the inside of her wrist about two inches from the heel of the hand. She liked that point because, as she applied the Infratonic to that point, she could feel a pumping on her skin which seemed associated with draining in the ears. Her condition improved significantly within a few days. She continued to use it daily for about 4 months, then dropped to about twice per week, applying it whenever she felt discomfort and continuing for a few days to be sure it stayed away. Then at nine years old a doctor examination showed that she had no significant scarring or swelling. The doctor had said that this swollen inflammation would never go away, but it was gone.*

*She could hear, was free of pain, and her grades had increased dramatically as well.*

**Ear Equilibrium: CH Rochester, MN** *A 69-year-old female, Caucasian presented with complaints of dizziness/equilibrium. Problems for the last 3 years after an inner ear infection. MD was unable to help. Diagnosed as Eustachian Tube Dysfunction - Have to live with it. Cervical spine adjustments first, then used Infratonic 10 minutes on each ear at the following points: Covering ear; below ear angled superiorly, above ear angled inferiorly. 11 times over 2 months. Patient felt ears draining & popping during first 3-5 treatments, with improvements in equilibrium felt after 2nd treatment and better hearing after 3rd treatment.*

*Able to golf and bowl without losing her balance for the first time in 3 years.*

**Eye Problems: FMC Grass Valley** *It started with a slight headache over my left eye (by the temple). In the next few days, my eyelid began to sag so that my eye was only half open. My vision began to blur and I was seeing double. I went to an eye specialist who diagnosed a blood clot near the eye. He told me I would get worse by the end of the week and then I would go completely blind in that eye.*

*I began immediately using this machine for 20 minutes, twice a day. Within a week, there was a noticeable improvement and by the end of the third week my eye was back to normal. I'm so grateful for the Infratonic and the Sound Vitality. Thank you from the bottom of my heart.*

**Eye pain: FR Hilton Head, SC** *My eighty two year old neighbor had complained of severe chronic eye pain behind her left eye socket. She had consulted her internist, ophthalmologist and received an MRI. No clear diagnosis emerged and no relief was experienced. We decided to try the Infratonic above eye area. After twenty minutes she experienced relief from the pain! Betty went to the ophthalmologist who was concerned about her condition and mentioned her unusual treatment option and the remarkable results. Betty was so relieved to finally get relief that her good mood naturally returned along with her sense of humor.*

**Eye pain: OC Cleveland, OH** *My granddaughter was combing my hair and accidentally stuck her long fingernail into my eye. The pain was tremendous and my vision began to blur. I thought my cornea was scratched. I held the Infratonic about 4 inches from my eye for 20 minutes. The pain was reduced almost immediately. For the next 8 hours I used the Infratonic every hour for 10 minutes on medium. The next day my eye was fine. No pain or redness and my vision was clear.*

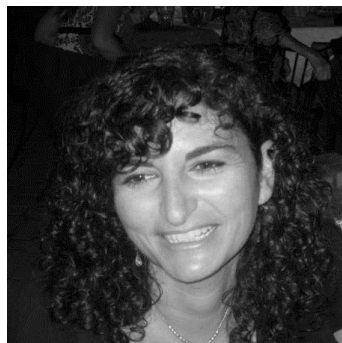
**Ganglion Cyst: DH Scottsdale, AZ** *I have been using it on my wrist where I have a ganglionic cyst for 20 minutes on high Acute twice a day and after just two weeks the pain has greatly subsided.*

**Ganglion Cyst: JA Bethpage, NY** *Ganglion, wrist pain, inflammation. Unit placed on back of wrists daily 10 - 15 minutes. Reduction in swelling & pain. Ganglion seemed to not be swollen anymore. Almost complete*

*recovery. Pain has not returned. Only a slight weakness remains in wrists.*

**Headache: EV Seffner, FL** *Headache. Top of the head for 10 minutes. Then swept from top of head to end of fingertips for 20 minutes. Within 20 minutes headache was completely gone. Rested very well that night after treatment.*

**Headache: JR New York, NY** *I suffer from widespread pain and chronic fatigue, as well as migraine headaches. Several years ago, a friend had a strange machine set up next to her bed that she said was for alleviating pain. She swiped it across my shoulder, which had been hurting for several months. After only a few swipes it actually made a noticeable difference! So I borrowed it for my hip, which had been experiencing severe pain for several years. I slept with it for only one night and the pain was GONE. I purchased the Infratonic 9 that same week and sleep with it most nights. It's worked wonders for me. I would recommend this to anyone who is experiencing any sort of pain because it has made such a big difference in my life.*



**Hearing: LN Idaho Falls, ID** *Patient, age 32, woke with severe knee pain. Had difficulty walking. Could not go up or down stairs with right leg. Chiropractic adjustment decreased pain by 40-50%. Then strapped Infratonic to lateral knee for 20 minutes. Patient treated one time. After treatment, patient was pain free and able to walk up and down stairs without limp or pain. Patient was very pleased!*

**Heel Spurs: NS Miami Beach, FL** *I was a jogger for the last 40 years every day. Last year I developed spurs on my right heel and had to stop jogging. Then it got so painful, I had to walk on my toes to get to the bathroom. I started using the Infratonic on right heel for 10 minutes, as often as I could, sometimes as much as 8 times a day. Within one week, I was back jogging every day as before. I do not take any medication of any kind including painkillers. 100% improvement. No pain whatsoever. Walking, dancing and jogging as usual. I still use the Infratonic everyday on feet, heart and head and have never felt better. Totally relaxed after each use.*



**Heel spurs: AK Cathedral City, CA** *Acute condition. While on vacation, hiked up a 3,000 ft mountain. Rough terrain, extreme climb. On the way down, sliding through volcanic sand, pressure was applied to heels. Returned home. Started playing tennis and experienced discomfort at bottom of arch near heel. Possible heel spur. Trying chiropractic, various ointments and stretches did not alleviate discomfort. Applied Infratonic 10 minutes each setting, every 2 hours when possible for 3 days. On retiring and arising, 10 minutes on mid sternum. Person continued to play tennis every day during treatments. After 3 days, pain stopped. No residual left. Reduction in Advil after 2nd day. Not using any ointments now. No discomfort on arising. Back on tennis courts with good energy and pain free. No problems stopping and starting quickly on the courts.*

**Heel spur pain: DB** *The patient has run over 100 marathons. He is 70 years old now. He is a local Atlanta television reporter on WSB Channel 2. Diagnosed with posterior calcaneal heel spur. Treated 15 minutes day 20 treatments. 90% reduction in pain. Reduced Ca sharpness of the spur on x-ray. Now has more efficient stride. Has been running 2 to 4 races per weekend. No more limping. My wife says Thanks. Happier wife/Happier life.*

**Low back pain: JEK Tacoma, WA** *Disintegrating disc, lower back, sciatic nerve pain left side, shoulder and neck stiffness and pain. Acupressure points 5 minutes each daily. Ease of motion and pain - No painkillers.*

**Migraines: DC Washburn, MO** *I have had a history of migraines, pain on the left side of my head. After no migraines for 6 months, I had a severe one. The Infratonic was used for 10 minutes on my head and neck. First 2 minutes on the left side of my head. The unit was swept forward across my forehead, up and down both sides of the back of my neck and forward and backward all over my head. I had immediate relief of the migraine, something that has never happened before. I was able to continue on through the day with no problem and the migraine has not returned.*

**Menstrual pain: AH Rosemount, MN** *Menstrual cramps/swelling. Treated lower abdomen for 15 minutes, 3 times. Reduction in painkillers, pain, and swelling.*

**Menstrual pain: GV Pensacola, FL** *PMS and Perimenopausal symptoms. Menstrual cramps, anxiety, mood swings (I bought my first Infratonic 6 years ago for a knee injury that it helped heal and discovered it for this use, which I continue to treat). Place around abdomen - area of cramps for 5 minutes. Move to different areas. Treat the 7 chakras, 1 minute each. Over thymus and on balls of feet. Sweep entire body. Cramps dissipate, emotions balance out. Feel calm and centered. Usually only need to treat once during cycle. If needed, repeat procedure. Optimism. At onset of menses, it can feel like a heavy cloak descends on my being. After treatment, this feeling lightens and cramps are lessened considerably. I use the Infratonic for emotional and stress clearing at least twice a week.*

**Neuritis: JSO San Diego, CA** *Condition: Neuritis flare-up right foot, unable to wear shoes due to pain. Treatment: With client lying face down and using the positioning arm for the Infratonic, I placed it one inch from the bottom of the foot. Used it for 20 minutes. Results: The pain was gone. The client could walk without pain.*

**Osteoarthritis: HC Kalamazoo, MI** *50 year old white female with beginnings of osteoarthritis in fingers of right hand and severe osteo in the big toe, plus need for replacement and severely disfigured hands. Joints in fingers swollen with pain, limited range of motion; big toe swollen to size of golf ball with pain and difficulty walking and buying shoes to fit.*

*Treated fingers/toes 10 minutes followed by 10 minutes, twice daily. After 2 weeks, began seeing decrease in swelling and pain in joints. The toe returned to almost normal size. MD was impressed with results. Now better able to use right hand and much better able to walk. Taking dance classes for 14 weeks.*

**Osteoporosis: SH Seattle, WA** *30 years of ongoing osteoporosis pain. Unable to tolerate pain drugs. I use the Infratonic for 20-30 minutes, 2-3 times a day when flare-ups occur. Works like a charm. My technique is to sit in a comfortable armchair making gentle, direct contact to the rib cage (most often my worst problem) or other areas that need attention. Visits to the medical clinic have been greatly reduced. No more experimenting with pain killers. Sleeping, ease of movement and optimism greatly improved.*

**Peripheral Neuropathy: HP Bend, OR** *I am writing to let you know how the Sound Vitality Infratonic-9 helped me regain my mobility. For almost 15 years I have suffered from non-diabetic peripheral neuropathy. It left me with no feeling from mid-calf down to the bottom of my feet. My feet were so numb and blocky that they were like having feet made out of cement. I could not flex my ankle or wiggle my toes. This condition made it very difficult for me to walk. I have tried several things to improve the condition in my feet and nothing made any difference until I tried the I-9.*

*I started using the I-9 about 3 weeks ago. I use it several times a day on my feet for about an hour each time. I was amazed that within a day or two of starting to use the I-9 I could flex my foot and wiggle my toes! After two weeks of use I now have greatly improved feeling and circulation in my feet for the first time in years. In fact, the only "down side" has been that I have regained so much feeling in my feet that I am now having to learn to walk all over again.*

*Definitely a side effect I am thrilled with! In addition to my feet I have been using the I-9 on my hands. I fell and broke my arm 7*

*years ago. As a result of the break I had continual sharp pain in the side of my hand and little finger. Nothing I did helped. After using the I-9 just a few times the pain is completely gone! This is the first time my hand has been pain free in the past 7 years.*



*I would definitely recommend the Infratonic -9 to everyone. While I don't pretend to understand how it works I can absolutely say that it does! Thank you for developing such a great product!!*

**Psoriasis: HB Mayport, PA** *I have psoriasis. My right leg was dark brown and very scaly. Used Infratonic on high 10 minutes in the morning and 10 minutes in the evening. My leg is about 90% improved. The color is getting normal and psoriasis is clearing up.*

**Restless Leg Syndrome: MG Foster City, CA** *I have restless leg syndrome. The doctor says there is no known cure. Motrin or such*



*painkillers could help relieve the pain if it gets severe. I did not like having to rely on this method. I decided to try my Infratonic to treat the pain in the feet. In a matter of weeks, I felt calmness. My energy started to improve. I now can take short walks daily and my thinking is also getting better.*

**Sciatica: VB Plum City, WI** *My husband and I both have pain in our hips and sciatica. We use the Infratonic every night for about 1 hour each. It takes away the pain overnight. Also had back pain and neck pain. That's gone too.*

**Shingles: EB Austin, TX** *Pain between toes, nerve damage from shingles. Treated feet 2 hours daily. Makes toes soft and reduces pain (I don't take medicine).*

**Shoulder Pain: VB Plum City, WI** *My husband and I both have pain in our hips and sciatica. We use the Infratonic every night for about 1 hour each. It takes away the pain overnight. Also had back pain and neck pain. That's gone too.*

**Shoulder Pain: SV Sandy Valley, NV** *Shoulder pain, sharp like a knife, decreased mobility. Treated 10 minutes each. After one week, no pain. Painkillers no longer needed.*

**Sinus Infection: Novato, CA** *Sinus infection, leg cramps and back and neck tension. Placed machine between eyes, over calf muscles, over chest and directly on muscle spasms. 10 minutes, 3 times. Sinus infection released and pain relieved. Cramps relieved. Also relief of spasms and tension.*

**Sinuses: MS Peoria, IL** *I've had great result with my Infratonic. I've had good results with my fibromyalgia. I use the machine for my sinuses also, splitting the 20-minute session. I put the machine over the master sinus point, above the bridge of my nose and putting it on the sinus cavities above each eye. Then putting it on each side of the nose. My mother who had had sinus surgery three times keeps polyps from forming in her sinuses by using the machine on her face every day. Her surgeon is amazed as she goes for checkups every 6 months. It took her awhile to be polyp free though. My mother also broke up a documented large gall stone into hundreds of pieces.*

**Snoring: TM Brookville, PA** *My husband was complaining that I snored all night. I used the Infratonic machine 1 night at a doctor's office. I put it on the bottom of my feet, also put it on my chest and my arms. For the next two nights I did not snore, and I slept wonderfully.*

**Spinal Stenosis: AL Vancouver, WA** *Spinal stenosis in neck creates headaches when I sleep wrong or when I'm under stress. Use Infratonic 20 minutes on neck, 10 minutes on heart and on feet and hands. Reduces pain and swelling.*

**Sternum Inflammation: HC Kalamazoo, MI** *Severe Costochondritis (inflammation of tissue connecting ribs to breast bone; associated with Fibromyalgia. Use Infratonic 20 minutes twice a day. Within a month the pain was significantly decreased to the point where I discontinued getting local injections!!! Because the local tenderness continues, I continue using the Infratonic with the goal of being pain free.*

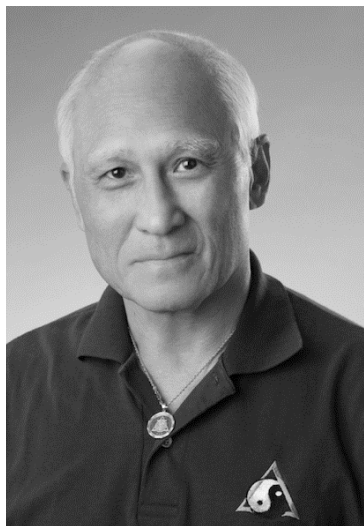
*It's now much easier to put clothing on, but the most significant improvement is the peace of mind associated with not having to get regular pain injection in a very tender area.*

**Stress: SM Seattle, WA** *When I first arrived at Moreah's office, I was feeling stressed and my whole body was experiencing what I describe as "systemic pain." Within a couple of minutes of using the Infratonic 9, my chest and the tightness around my heart melted away. I then used it to balance my brain and experienced a calming effect within minutes. To top that off after moving it to the top of my spine for several minutes, the systemic pain was calmed down and I felt a warmth and relief as though I had taken pain medication.*

**Tennis Elbow: WDF Langhorne, PA** *I play competitive racquetball. Each time after I play I get a sore, tender elbow (tennis elbow) which is very painful. I place the Infratonic directly on four areas of my elbow for five or ten minutes on each spot. The tenderness and soreness to the muscle, tendons and ligaments vastly improved. I wouldn't be able to play racquetball if it wasn't for my Infratonic. It works every time.*

**TMJ trigeminal nerve pain: CG Lake Oswego, OR** *Pain radiating from jaw joints to ear, neck and shoulder. Holding on 4 points, 6-7 minutes each at jaw, ear, neck and shoulder at a distance of 1 away from*

*body. Needed less cranial/sacral adjustments while the pain significantly decreased and TMJ adjustments were very progressive cutting treatment time down considerably at dentist and with cranial adjustment. Improved sleep, reduced pain, markedly improved healing time of jaw joints. A general sense of wellbeing and peacefulness; not as impatient with healing process. Reduced headaches and irritable bowel, improved concentration.*



**Tooth Pain: JC Aiea, HI** *I suddenly experienced pain and sensitivity to cold when biting on a dental bridge I had for 5 years. Studying the x-rays and examining the bridge for any dental decay and leaking margins of the bridge, the dentist could not find anything that was causing the tooth pain, cold sensation to the teeth and soreness on biting. I'd been suffering shortness of breath and bowel movement shortly after I had a stroke. Since the bridge teeth is related to the lung and large intestine, I placed the Infratonic on both the organs site and teeth. To my amazement, all dental symptoms disappeared and has not returned. As a Holistic dentist, I am highly recommending that the Infratonic be used by all dentists for not only dental pain but gum diseases, swelling after tooth extraction, TMJ dysfunction, and facial pain.*

**Torn Rotator Cuff: ME Rodney, MI**

*Hello, three years ago I had a torn rotator cuff, left shoulder, had surgery, took forever to heal with much pain while doing so. One year later the right rotator cuff tore! I remembered the horrible ordeal and this time was more prepared by renting a recliner that would stand me up, moving to a downstairs bedroom, but most importantly became introduced to a lady that knew about your Sound Vitality Infratonic machine and offered to lead me hers for my impending ordeal. Let me tell you!!! I immediately began using the Infratonic, placing it on the site, sleeping with it on the spot, moving it*



*around the shoulder area and the repaired bicep muscle. Even moving it around on the back of the shoulder where the tense muscles were affected. Within a week I was moving around with little pain and within two weeks I was pain free. The doctor couldn't believe the progress and I finally told him what I attributed it to. He just looked at me with no comment.*



**Vertigo: KM, Bend, OR**

*I could not be more pleased with the Sound Vitality Infratonic 9! This device has become an indispensable tool in our family's first aid kit. I have used it to alleviate joint pains in multiple sites, as well as for ear pain associated with a recent bout of otitis. My son has used it for back pain associated with traumatic injury. I even tried it*

*for a difficult episode of vertigo, with great success. The device is clearly effective at reducing inflammation in a variety of settings. Safe and effective, this is clearly a revolutionary alternative to traditional medical therapy.*

## Chapter 5: Anti-Aging and Quality of Life

From the first swat on our bottoms that inspires our first breath to an auto accident or the breakup of a long standing relationship, traumatic experiences program our cells, filling us with odd responses and limiting our cells' ability to respond optimally to life. This is just like the cells which make up the synovial lining in the horses' joints which forget to produce Hyaluronic Acid (HA), but instead, respond with inflammation, resulting in pain and debility. Our cells could respond optimally, but they often don't because of stored trauma.

We are awash with programmed responses which result in a host of abnormal functioning and resulting ailments including; allergies, arthritis, chronic inflammation, constipation, hardening of our soft tissue like myofascial tissue and arteries, and softening of our structural tissues through osteoporosis and degeneration. Traumatic injuries, in particular, may have long since healed, but deep-seated programming may remain, creating chronic problems:

**Stroke: HO Cliburne, TX** *Wife uses every day for her stroke two years ago in November. Whole body went out of whack. Last 2-3wks used on self-15 hours day! Excited about so much that's happened to her: a cyst on head that itched, used on low for 10 min each time, relieved the itch. Uses on drooping eyes from stroke, after two days 10 min each treatment; now can open better, and not dry anymore. Uses for headaches. Uses on each temple 10minutes on each. Relieves the pain. Problem with hearing, left ear; since age 9 from scarlet fever. Hears better now! She's thrilled with everything. Uses for sinus trouble. Uses on low for all head problems. Growth in lymph gland since age 9, gone after two days! Thyroid gland partially reduced.*

*Has angina from heart attack. Relieved with 20 minute treatment a day, over heart, under breasts. Helped so much...indigestion been relieved with 20 minute treatment. Frequent urination since stroke has been relieved. Dry vagina, tests negative for cancer; uses for one hour between the legs. Helped with dryness dramatically. No more breaking out or itching. She's 83 yrs old and has arthritis in hands. Could not open without pulling fingers. After only one treatment she can open the left hand and keep it open! After 2 days of treatment, right hand is almost able to open (this from stroke), stiff wrist from stroke and now can move it and elbow is able to drop and straighten. It's changed her life.*

Just as a truly relaxing vacation can lift the world from our shoulders, relieve the ulcer in our gut, and pain in our back, returning to a stressful situation can bring them right back. Often a physical trauma like a stroke or an emotional trauma like a failed marriage or loss of employment can cause us to age many years within a few months. Years of expectations not met or dreams not realized can burn frustration, anger, or depression deep into our cells, displacing the programming which rebuilds our cells and keeps us young.

Plastic surgery is certainly a way to fix our appearance temporarily, but it does little to address the cellular trauma which causes premature aging, and often adds even more trauma to the cells through incisions, stitches, and injections. If we don't address the cellular programming issues of aging, the gains will be short lived and our bodies will not respond positively to the surgical incision. In fact, there have been many reports of post-surgical use of the Infratonic in which bruising and swelling disappear rapidly and incisions heal faster than expected.

**Worry Causes Aging:** Chronic anxiety and worry accelerate aging because they occupy the cells, tying up the resources which might otherwise be devoted to rejuvenation. Watching TV can take our minds off our own problems, but frequently add even more compelling worries, like a plane crash, a bomb scare, or a newly discovered widespread disease. While it is important to be aware of environmental problems so we can take appropriate actions, dwelling on them as worries is a major cause of accelerated aging. The media gains audience by presenting worry causing issues in as captivating a way as possible, which means touching into and expanding our fears and worries. So watching TV or reading the newspaper is not generally a good way to relax.

Conversation can be very relaxing, but frequently, conversation is dominated by sharing fear and worry inducing issues we heard about. "I had a nice day walking in the forest." simply doesn't compete with "Sixteen children died in a bus kidnapping which started with stealing Twinkies at gunpoint. A psychologist declared he was addicted to the creamy filling!"

Relaxing exercise, meditation, and inspirational music are excellent approaches to reprogramming ourselves away from worry, but often we forget, or simply don't find time in our hectic lives.



A wonderful way to relieve anxiety, worry, muscular tension and the non-stop stream of repeating thoughts is to apply the Infratonic for 10 to 20 minutes over the thymus, or anywhere on the chest where discomfort is felt. This can be done any time, but the most effective time is just before falling asleep because your state of relaxation or tension just before sleep often continues for hours. Watch a horror movie before bed and you're liable to have a fitful night of sleep. With this tension and fear echoing throughout your body, your immune system, your rejuvenation system can be partially or completely shut down. On the other hand, if you are relaxed before falling asleep, the cells of your body have the freedom and the resources to work all night clearing out the old toxicity, softening old scar tissue, and rebuilding damaged skin and internal organ cells. Here's an example of what worry can do to inhibit the recovery process and how Infratonic Therapy can help.

**CQ Beverly, MA** *40 year obese woman, multiple bone fracture, compound fracture of rt humerus, casted & sling, later splinted. Not healing. After 3 weeks, MD wanted to operate and use pins. Patient was frantic and full of anxiety. She did not want the operation. Infratonic daily on fracture for 10 minutes, 2 to 3 times daily in and out of office. Also treats liver, spleen and 3rd eye.*

*X-ray after 2 weeks. Fracture healing. Calus formation and pain decreased. Patient able to move neck and shoulder better, improved mood. Hope and visualization of recovery. Spirits lifted. Sleeping improved, stress improved in every way.*

Try keeping the Infratonic by the side of your bed and use it over the thymus while falling asleep. You will probably find that you sleep deeper and more soundly, and wake up more rested.

And don't be surprised if, after a few weeks or months, people start commenting on how you seem more relaxed, optimistic, and younger.

## **Old Traumatic Experiences May Accelerate Aging**

While the day to day worries we pick up in a hectic daily life can come and go, deep seated programming from childhood trauma, (losing a loved one, violent injury, or having our trust betrayed) can leave a deep scar on our emotional lives. This scar is recorded as cognitive material in cells

throughout the body. It is not like the transient worries which come and go. It is with us all the time. It can bear down heavy on our shoulders, eat away at our stomach, or drain vitality from our low backs. It can attack our hearts causing tachycardia or palpitation or cause our veins and arteries to tense up in chronic fear, causing hypertension. It can shut down the nervous or circulatory system, preventing us from walking forward in life. These ancient scars drain our vitality, create chronic pain, and misdirect the rejuvenation functions of our bodies.

Accelerated aging occurs because the cells and organs of the body are preoccupied with horrendous and painful events of the past. Releasing the deep programming of these events stops the accelerated aging and releases the body's resources to undo much of the damage. Not only do we look younger, but we feel younger, freed from the ghosts of the past.

Chapter 3 describes Cognitive Processing, a method for dredging and resolving stored trauma of these past traumatic events and transmuting it. The basics are as follows: Put the Infratonic where it hurts or on key trauma storage areas like the sacrum or lower abdomen to dissolve and evoke the old programming. Then put it over the Heart Center to resolve any cognitive issues which arise from facing these old ghosts.

Another effective approach is to watch TV or movies which evoke anger, fear, grief, or other emotions, and apply the Infratonic wherever discomfort is felt, particularly over the Heart Center. The cognitive material presented in the movies evokes a cellular response, and the Infratonic helps us to resolve this material within ourselves. A third approach is to use daily life to evoke old traumatic patterns within you. Apply the Infratonic after experiencing encounters with strangers or acquaintances that evoke a strong negative emotional or physical response. This may provide the key to resolving issues deep within you that opens the door to feeling and looking younger and more alive.

## **Cellular Abuse**

While this is a magnificent world we live in, it is also hazardous. We need sun on our skin to vitalize us, but it damages our skin. We need to eat food, but most foods contain chemicals which assault one organ or another. The air we breathe, the water we drink, nothing is 100% pure. Fortunately, we have been given extraordinary bodies, capable of



eliminating toxins and rebuilding damaged cells. While we are sometimes simply overwhelmed by environmental factors, more often, the body just doesn't respond fast enough or in an effective way to rejuvenate the cells. We wind up with damaged cells and toxic build-up, which, in themselves continue to program the rest of the cells.

There is an enormous number of methods to cleanse the body of toxic waste and damaged tissue. Colonic cleansers, deep breathing, chelation, drinking lots of water, avoiding most foods, skin brushing, even regular baths and showers and gentle exercise are highly effective at promoting rejuvenation through cleansing. Cleansing goes a long way toward rejuvenation, and can frequently reverse chronic illness. Often this process is slow because the cells which must do the cleansing and elimination are heavily traumatized by the damage and toxicity.

To accelerate the process of cleansing and rejuvenation, it is very valuable to apply the Infratonic signal to all the tissue which is traumatized, and which is needed for cleansing. This may seem overwhelming because there are billions of traumatized cells in our bodies and only one Infratonic. Keep in mind that the Infratonic signal travels through the entire body. Applying it to the heart and the bottoms of the feet will provide gentle stimulation to every cell in the body. Applying to the center of the abdomen will reach the cells of the intestines and promote elimination activity. Sweeping with the Infratonic is most effective at reaching every cell of the body. Simply hold the Infratonic against the body and sweep across all the areas which need awakening. One minute of sweeping down the arms, and down the chest, abdomen, and legs, will provide a gentle activation of the body tissues.

Sweep the body for one minute daily, (only 30 minutes per month!) continue your dietary and other cleansing activities, and be patient. It took years for your body to collect the cellular damage, trauma, and toxicity it has. Allow a few months to see and feel the difference. Don't be surprised if your friends notice too.

## **When Things Aren't Working**

As we grow older, (and often when we are younger) things can stop working. It is interesting to note that, for many 80, 90, and 100 year olds, everything works fine. For these fortunate people the organs of the

body continue to perform their normal function. The cells have not shut down and there is no conflicting programming causing chronic problems. They frequently have young looking skin, a young sounding voice, and a contagious attitude of optimism.

On the other hand, age often “takes its toll”. Our emotional traumas compound with environmental damage, toxicity, and physical injury, and the weak points in our bodies begin to show chronic debility.

Whether with bowel movements, bladder control, chronic lung or heart conditions, loss of memory, drive, or optimism, the Infratonic is frequently reported to work wonders. Simply apply it to the area of dysfunction for 10 to 20 minutes per day, then to the thymus for 10 minutes and see what happens. Where cells are seriously damaged, be patient and don’t expect instant miracles. But where it is simply a case of the cells not choosing to do what needs to be done, you are likely to see a dramatic recovery as the following case study illustrates.

**AM San Diego, CA** *I was diagnosed with Hepatitis C at age 75 and now I am 80 years old. I started using the Infratonic 1 year ago, because I could not take any medication treatment due to my age and I was feeling bloated and losing my appetite. On ultrasound it showed my liver and spleen to be enlarged, and my Alpha Pheta protein level was 650. I slept with the machine over my liver, and moving it to my spleen and right away I started belching, releasing gas. I started to digest my food much easier, and found comfort with the machine. Two months later the ultrasound showed no more enlargement as I continued to sleep with it. Now, a year later my Alpha Pheta protein level has dropped to 125. I have gained 12 lbs., now weighing 97 lbs. and having so much energy, where I do not need to take naps and feel exhausted any longer. I owe my health to the Infratonic, and now celebrating my 80th year of health. I have also used the Infratonic for leg cramps, headaches, muscle pain and other discomforts, and have found such great relief.*

**DD Wishon, CA** *Donna’s father began using the Infratonic at the age of 88. He was very skeptical but gave it a try. Once he began treatments, he saw definite improvement. His macular degeneration seemed to be arrested. All aches and pains were gone. It also helped him with the shortness of breath that he had been experiencing. Donna also stated that she noticed her father was having quite a bit of difficulty hearing people*

*on the phone. Several weeks after telling him that she thought he had a hearing problem, she called to speak with him. She soon noticed that he didn't seem to be having any problem hearing her. She mentioned that to him, and he said, "I've been treating my ears with the Infratonic"!*

Remember that there are two effects to expect from Infratonic Therapy. The first is that the inflammation or other product of abnormal cell behavior is likely to decrease immediately just as the inflammation in the hocks of horses in chapter 2 decreased with Just a single 10-minute treatment. The second effect is more gradual. The cells in the synovial membrane of the horse's hocks immediately stopped being inflamed and producing pain inducing chemicals and started doing useful things like producing Hyaluronic acid. However, the increase in HA, decrease in muscle specific diagnostic enzymes, and increase in athletic performance was gradual over a period of six weeks.

Thus, just because the pain vanishes after the second or third treatment, don't think that the cells have completed the process of healing and rejuvenation. Continue using the Infratonic. Don't be disappointed if the pain or dysfunction does not disappear after the second or third treatment because the healing of rejuvenation is a slow and invisible process. Be patient and stick with it.

**DH Scottsdale, AZ** *I will be celebrating my 81st birthday in July this year. I am proud to say thanks to my "wonder machine" Infratonic because it has given me the energy of a woman much younger. Last spring a friend of mine from church could barely walk without the aid of a walker. She, being close to my age, started me wondering how much longer my hips would sustain me. For you see, I also had been suffering from exhausting pain in my hip area, and but for the grace of God was able to remain on my feet long enough to attend church and handle the few events that I enjoyed attending.*

*In June last year, I went back East to visit family and friends where I lived for over 50 years before moving to Arizona. I visited an orthopedic doctor there for my hip and back problems, and he recommended hip surgery and prescribed pain medication to help me deal with my discomfort.*

*When I returned home to Scottsdale in September, I saw my friend again in church. She was walking in on her own and appeared to be completely*

*recuperated. She was spry and optimistic about her newfound freedom without her walker. I was so impressed with her appearance and ability to walk on her own again that I approached her to ask her how she was feeling. It was then that she began telling me about the Infratonic. After our conversation I went home and did my research on the product, then ordered my very own Infratonic.*

*I had been diagnosed with osteoporosis and osteoarthritis on my left hip and a buildup of calcium deposits that were spike like in shape pressing on the bone in my hip area. Needless to say, it was very painful.*

*When my Infratonic arrived, I began working on my hip the second I got it out of the box. Oh yes, I had a few other little aches and pains, but the hip needed my attention first. I used it twice a day in the beginning, testing it to find out what the Infratonic was capable of doing. At first I was rather timid, not understanding its full effects. Gradually I increased it to as much as an hour at a time, for as many as 3 times a day. In approximately 3 months I realized that I hardly had any pain remaining in my hip. And, to everyone's surprise, including my own, I was walking without limping.*

*Now, I am using the Infratonic for all of my little aches and pains on my shoulder, back, and on the bottom of my feet for extra energy. I am in the habit of using it consistently and persistently now that my hip has begun feeling better just to preserve the healing that I have accomplished thus far.*

It took your body a lifetime of interesting and often traumatic experiences to get to where it is today. With healthy living and Infratonic therapy, you can take years off your past and add joy, activity, and optimism to your future.

## Chapter 6: Pets

Infratonic therapy can also be used on pets. Please visit our website at [www.soundvitality.com](http://www.soundvitality.com) to view animal studies and additional testimonials.

### Cat Testimonials

**Abscess: MC Glendale, AZ** *My small blue-gray cat, Lidia, got in a fight with another cat. A huge abscess the size of a golf ball, developed behind her ear. She always sleeps on my chest. I used the CHI machine (chaos model) on Med. setting every night, either directly on her if she let me or on me near her body, on “Continuous”. Probably used it about an hour each night.*

*Within a few days the abscess started getting smaller. I didn't have to take her to a veterinarian, no antibiotics. It got small enough so she could move her head to lick at it. It completely resolved in about 10 days! (At first the energy of the “thumping” was too intense for her. I used it near her for about 2 days, then she let me put it on her after that.)*

**Broken Bones/Bites: GM Harbor, OR** *I've had excellent results when treating 2 cats with the I8. The first cat to be treated is 20 years old. It broke it's paw in 2 places. I applied the Infratonic directly at the breaks and used the Body setting for 2 minutes. After 4 of these treatments, the cat was walking on the paw and has only a very slight limp.”*

*“The second cat was bitten by a raccoon. I took the cat to the Vet who prescribed antibiotics but said there was no hope that the cat would survive. I treated the cat by placing the Infratonic under the rib area on Body setting. I only treated for a few minutes. I repeated this for 5 days. The cat is now fully recovered with no sign of injury at all.*

**Injury: DK Stevens Point, WI:** *My cat got caught in the door as I was closing it. (It closed shut!) Used QGM (Mind) directed at cat's abdomen. He looked very relaxed and turned to lie on his back. Haven't taken him to a vet but there appears to be no residual damage. My kitty recovered! He had a dent in his body.*

**Hearing Loss: CC Centreville, VA** *My 17 year old cat was starting to lose hearing and look sickly around the eyes. Used QGM each evening near her (Mind) for 20 minutes. At first she didn't like the noise/vibration, but when she realized it made her feel better she would go up to it when she wanted it on.*

*Eyes improved immediately. Sickly demeanor stopped. Had 2 chiropractic treatments in addition to QGM and hearing improved in a few months. She lived to be 20 and picked the day to make her transition while healthy. I went through a similar experience last May-June with my Himalayan cat. He would never go near the QGM until he was sick. Then it helped his energy level and he liked it before he passed.*

**Anxiety and Aggression: MB Richland Hills, TX** *It occurred to me that the Infratonic could be used in a deliberate treatment program to relieve an 8 month old cat of underlying anxiety and aggressive behavior which would surface when least expected. This cat had been rescued from a parking lot when he was a few weeks old, and underwent abdominal surgery for an undecided testicle when he was four months old. Ankle-biting is not my favorite sensation when walking through the house, nor is face-attack when attempting to communicate with the cat.*

*I sat with the cat in my lap and held the Infratonic aimed at the base of its skull for 15 minutes (Mind). There were numerous neurological and muscular reactions, such as involuntary twitches of the skin and limbs, and an array of movements of facial features, following which the cat seemed to be able to settle against me more comfortably. I repeated the procedure for 10 minutes after a break of 10 minutes. The cat has since demonstrated less hostility and more respect for the boundaries between us, and I am able to express more positive emotion to the cat which it seems to be able to receive and process in a manner unavailable prior to the influence of the Infratonic. In fact, if a shadow has orange stripes, then I have a shadow.*

**Injury: EAL** *Our cat was pinned under the automatic garage door for some 45 minutes. When discovered, he was in shock, eyes bulging, tongue hanging from side of mouth, barely breathing. My husband & I stayed up all night and used the Chi machine on his back, on for 15 minutes, then off for 15 minutes, repeat. We also used the sweeping motions every so often. The next morning he stood up with difficulty, but he has steadily improved.*

*For the next two years, when he would see our daughter using the machine, he would jump up in her lap and accept any treatment offered. He was not a lap cat before, so this was very discernable.*

## **Dog Testimonials**

**Torn Ligament: LF Ackley, IA Problem:** *Black Labrador 2 yrs old, with a torn crusiate ligament from a direct hit into a door frame. She was instantly unable to put weight on her back leg. She was started on Rimadyl x 10 days for inflammation. The vet recommended surgery. This was devastating news as this dog was trained for dog shows. Infratonic therapy was started the next day.*

*Treatment: Infratonic therapy was started in 24 hours with the following protocol: All 3 settings were used during each session, beginning with Mind setting directly over the knee and surrounding area for 30 min, followed by an hour session starting with Mind, then Body with it positioned under her paw to work its way up the leg. Finished with Mind setting for sweeping over body 5-6x all the way down the leg and tail.*

*The next 8 days following injury the 3 settings were used for hour, 2 hr, and 3 hour sessions through out the day, beginning with Mind at the point of injury, body under paw, and finish with sweeping on Mind setting over the body. There was a 2 day break because of access to the machine, and then more sessions for 3 days using Mind/Body/Mind 3 times a day for hour sessions following the above protocol. Mind directly to injury, followed by Body placing it under paw, finish with Mind sweeping over body, down the leg.*

*Quality of Life Improvements: Immediately following the injury the Labrador walked on 3 legs. Initially the Lab was very restless, and the therapy seemed to induce some discomfort. After a few sessions the lab became so relaxed during the sessions. As the treatments continued, the dog began to anticipate the start of infratonic therapy and would settle back and lay quietly during the therapy. They observed the dog to be so relaxed.*

*The 3rd day the Lab began bearing weight with a slight limp. The dog was re-evaluated by a specialist for surgery, and informed my niece that he could not do surgery at this time because the dog had a normal gait.*



*He did feel that the dog had frayed the ligament to some degree. He did anticipate the dog would eventually need surgery as she increased her activity. Total time logged for Infratonic therapy over a 14 day period was 30 hours using the Mind/Body/Mind. Her activity for 3 weeks was cage rest with gradual short walks and mild exercise.*

*It will be almost 8 weeks since the injury and the Lab has an occasional limp, despite her increased activity. Her future is uncertain for dog shows, but for now this family is thankful this dog was spared a costly surgery that also had a risky outcome. The dog walks with a normal gait other than an occasional limp. My niece has used Infratonic on her other show dogs, and their performance was noticeably improved following a treatment prior to their show.*

**Degenerative myelopathy and idiopathic vestibular: GC Amesbury, MA**  
*Problem: Degenerative myelopathy and idiopathic vestibular in my 15-1/2 yr old German Shepherd.*

*Treatment: My Shepherd (Radja) has been undergoing acupuncture for many years to help in many different ways. About a year and a half ago her allergies caused a bacterial infection to set in her spine, causing difficulty for her to walk - through acupuncture she started walking better, along with homeopathy. Recently, she developed vestibular syndrome and it really knocked her on her fanny. The vet prescribed Belladonna for a day along with relatively frequent treatments with the Infratonic - I worked with her for about 10 minutes each session and immediately noticed a difference in her comfort level, along with increased recovery. For her age she has recovered quite quickly and continues to receive treatments with the Infratonic which is helping tremendously (an understatement I might add). Her visits to the vet are weekly - I believe if I could work with the Infratonic at least a couple times a week it would improve her recovery that much more.*

*Quality of Life Improvements: Radja's quality of life has been improved by enabling her to sleep better - because of the degen. myelopathy she would position herself in odd positions, never really completely comfortable, which didn't allow for a very good night sleep, hence hindering her recovery. Since the Infratonic she is more aware of her hind quarters, thus allowing her a better position - more comfortable - longer sleep periods - allowing for more improved recovery. She is brighter because*



*she can see the improvements - not relying on me as much to help her get up and reposition herself, it has given her back some of her independence which is crucial to her well being. Thank you, as I write there are tears in my eyes in gratitude for your product. I have been working with her for quite some time with many modalities to continue to improve her walking, sleeping and mental state - the Infratonic has been extremely instrumental in all of those areas in such a short amount of time.*

**Hip Dysplasia: MDW St. Petersburg, FL** *The patient is my dog - he has congenital hip dysplasia, causing periods of lameness and pain. Daily applications of the Infratonic directly on the hips and related muscle groups for 10 min. periods on the "Medium" intensity setting. The use of anti-inflammatories and pain relievers has now almost stopped and x-rays show a marked reduction in displacement. My dog now enjoys walks and can run and move without any signs of limping or pain. His quality of life has improved most dramatically.*

**Limping: AR Murraysville, GA** *Quest, a 3 year old Labrador with a medial cruc. tear in the left knee was limping for 2 weeks. The scheduling of surgery was due in one week. In five treatments (before the surgery deadline) quest received 30 minutes at several points along the leg and tailbone (Mind). Surgery was postponed. After the first two treatments, the limping vanished; running and walking restored.*

**Recovery: RW Amarillo, TX** *The machine was used on our 4-month-old Chihuahua puppies when they were neutered and they had a most speedy recovery. Hence, the pups sleep with me at night and love to be next to the Infratonic. They love it and the shaking of the Infratonic doesn't bother them at all.*

**Eye Injury: WL Congress, AZ** *Recently my neighbor's dog almost lost an eye in a dogfight. I was amazed how the dog quieted right down when I put the CHI machine directly on his eye. His eye was slightly infected also. It healed his eye in record time and the infection went away too. A doctor may claim the effect of CHI is all in people's heads, but when I saw the amazing effect it had on that dog, any doubt I may of had disappeared at that moment.*

**Stiffness: JJ Bartonville, IL** *A 10 year old golden lab mix developing stiffness in the hips over wintertime. After lying on the floor, the dog would*

*hobble for a few steps before walking normally. Treatment with the QGM (Mind). Initially, the dog would not tolerate skin contact. Infratonic was placed about one foot away from hips and run 30 minutes to one hour. Six treatments. In two weeks, the dog now jumps up from the lying position with little effort and appears more comfortable overall.*

**Digestive Issues: EB Austin, TX** *A 4 week old pug puppy with cholic (gas). Treated with (Mind) on shoulders and stomach for 10 minutes daily. Now sleeps and has no pain.*

**Cancer: V** *I have a 13 year old Labrador who was misdiagnosed with hermangiosarcoma, later to discover it was an undiagnosed chronic disease. I have borrowed an Infratonic QGM and used it on my dog for the past 6 weeks, needless to say she is running again, playing, and eating on her own. I thought I was going to lose her because of the cancer, or a stroke - whatever the case may be, but this machine has become my answer. I purchased one and use it on my dog with the Infratonic placed above her kennel for 4 hours each day. She bounces out of her kennel, her blood work is normal again, all without using any drugs. Thank you, and Shamie thanks you as well.*

## **Horse Testimonials**

**Inflammation: KB Alpine, CA** *I use this machine on my horses often. Soreness disappears, swelling diminishes, etc. I have a mare who had a throat problem and could not whinny. She didn't whinny for over 5 years. After 3 days of a 10 min. session with the Equitonic (Infratonic) - she started whinnying and still is. No further treatment has been necessary. Shoulder Pain CM Beverly Hills, FL Tendonitis - Horse wouldn't put weight on front leg. Treated front shoulder (Mind) setting 10-15 minutes, eight times per day. Horse was able to walk again. After steroid RX, the horse could run again."*

**Ulcer: GP Great Neck, NY** *A three-year-old thoroughbred filly was found to have a bad ulcer on her epiglottis, which was interfering with her racing ability. She habitually made it worse by displacing it herself out of nervousness. We began using the machine 10 minutes in the morning. We repeated for another 10 minutes about 10 minutes after the first treatment. This continued for 2 weeks; sometimes an afternoon 10-minute treatment was added.*

*The filly was rescoped 14 days later to find we had an 85% improvement. We continued on for another two weeks, morning treatments only. This was a very unusual case as the only known treatment for this condition is drugs and/or surgery. The filly ran and won her next race after this treatment.”*

**Muscle Issues: NW Pella, IA** *I have owned an Equisonic (Infratonic) since July 1988. How I was introduced to it was through my Chiropractor who gave me your newsletter telling how your employees used it on horses as my chiropractor knew I had horses with lameness and muscle problems. I knew I needed to try one and have used it extensively for my horses for their muscle tightness and inflammation in their feet from the chronic laminitis. It has been heaven sent as now I can help them relieve their pain. I've treated other friends' horses with good results. I feel I couldn't be without it as it serves me in many ways.*

**Fracture: LY Safety Harbor, FL** *Fracture of tibial crest with open wound to joint of thoroughbred horse. Told by several vets that horse would never be sound to ride except for trail at a walk. After 8 months and three sets of x-rays no apparent change. Horse was not healing and would never be sound. Used the Infratonic for one month, every other day, for fifteen minutes to one half hour. Held device directly over fracture. In only that one month, x-rays taken again. Vet said “I don't know what you're doing, but don't stop”. The fracture has almost healed and almost all of the arthritis was gone. I truly believe the Infratonic healed my horse. He is not lame at all. And it is all quite amazing. You should see him run and buck and play and never take a sore step. Thank you.*

**Bone chip: SB Monrovia, CA** *This horse was a wonderful jumper. 9 years old and because of his size and ability he had contracted a bone chip just below the left knee. I had watched this horse for a year prior to buying him. He would jump beautifully for a month and then would be off for 2 months. She had the leg x-rayed and was told of the bone chip. This had been going on for a couple of years and would have continued had the owner not taken ill and decided to sell Bailey.*

*He was off when I purchased him. I was ready to have the surgery on the leg when I started the treatments with the CHI (Infratonic). The leg was scanned a month later and the vet felt that the surgery wasn't needed at that time. That was two years ago and he hasn't had an off day since.*

*UPDATE: 4 days ago Bailey slipped off a sidewalk coming back from a trail. He tweaked his shoulder and limped a quarter of a mile back to the stables. Thank goodness the Chi machine (Infratonic) was in my truck. I worked on him for one hour and then gave him an herbal anti-inflammatory. When I started he was on 3 legs; when I left he was back on all fours. What is really interesting about this whole CHI thing is that it does work. I believe that the reason animals responds so well to it, is that they do not know how not to. They just know that they feel better.*

*I've had people call it Voo Doo and chuckle under their breath. Yet, my horses are fit and happy. The people who have the most to say about my methods have 3 horses off and vet bills climbing. I've turned around 2 at the barn and the office and they now have their own machines. They watched and saw what it did for me and my babies. Thank you. You have contributed to my well being. My horses appreciate you too.*

**Tendon Injury: TO Whitesburg, GA** *9 month old filly, spooked and hit extensor tendon on left leg over fetlock joint. Within one week tendon showing thickening. Did not respond to wraps or sweats. Treated with Equitonic (Infratonic) 20 minutes per day, 5 days per week (Mind) then 10 minutes per day, 5 days per week. Reduction in thickened area on tendon about 80% in 6 weeks. Now about 90% reduction in tendon size. Joint almost look normal. Enlargement of joint areas are faults in conformation. This filly is showing in breeding/sport horse classes where confirmation makes up a large part of her overall score.*

**Contusions/Ligament: MB Richland Hills, TX** *Horse, contusion and ligament damage to joints when hoof was caught in high fence after horse reared up. A 10 year old gelding who had reared up against the fence during the night had been caught in a strenuous biomechanical situation, made worse by twisting the hindquarters around in a half-circle so that the forelimb was twisted awkwardly in a form of horse jujitsu, and was held in that position for hours. Two days after the incident, the Infratonic was applied to the forelimb, which was swollen, torn, hot and tender to touch.*

*Initially, the horse was skittish about the unusual vibratory sounds from the Infratonic, which was made one week later. The immediate results of the Infratonic application were reduction in swelling and tenderness, which did not return. As the horse was placed on lead to walk, the hesitancy and limp that had originally been visible was much less*

*apparent. Then, during lunging activities, it was possible to observe the horse self-adjusting to the increased capability of the leg by beginning to place more weight on the leg and by obtaining a more even stride.*

**Tendon Injury: TO Whitesburg, GA** *I bought the Equitonic (Infratonic) about 2 months ago to treat a tendon injury in my weanling filly. She had wacked the extensor tendon at the fetlock joint on her left front leg. The tendon showed some thickening with a lump at the site of injury. She never took a lame step but as a horse showing in breeding classes this would hurt her show record. After 2 months with no sign of diminished swelling, my vet suggested sweat wraps. The wraps only made the filly mad. They did not reduce the size of the thickening. After almost two months of 5 day a week treatments, the thickening is down about 80%.*

*The filly's mother has been semi-retired. She is a retired race horse that found a second career in dressage. We have been stuck at first/second level because she has arthritis in her hocks and chronic back pain. This was making her unreliable in the show ring. She was never really lame but just sore. This is the reason she was bred. I have been using the machine on her. Her attitude has changed. She is sounder than she has been in years. She is schooling third level dressage. I hope to get her back into the dressage arena and earn my USDF bronze medal with her.*

**Inflammation: DW Ankeny, IA** *I treated the shin of a horse that was showing inflammation and a lot of tension. I used the Infratonic (Spirit) for about 45 minutes. After the treatment the inflammation was gone and the area was much more relaxed. The trainer was impressed with the dramatic results.*

**Ring Bone: TG Park City, UT** *My patient is my 7 year old expensive Oldenburg Dressage mare, imported and beautiful. She developed ring bone and upward fixation of the patella ligament. We are training for International competition. I tested the machine at Big Animals and desperately want to own the Big Animal product. After using the machine on her 5 times for 45 minutes each treatment, she was on her road to recovery.*

*It also helped heal arthritis in my hands and back. My mare is being ridden everyday; improving everyday. She is a Grand Prix horse and I hope to have this machine for her and all the other horses in our barn. It*

*is remarkable. I am an acupuncturist and herbalist. This machine worked miracles on Enta, my mare. This is a powerful healing device. May I have one?*

**Competition: EH Ramona, CA** *My horse and I have used the Equitonic (Infratonic) consistently for 2 years. Luna, my 8-year-old mare who competes in Endurance with a very heavy competition schedule, has crooked front legs and weak front hooves (a lot of stress to this area). I work as a horseshoer and compete in Endurance with 2 horses; heavy physical demands daily. I treat Luna 3 times a week on acupressure points throughout whole body, sweeping (Body) large muscles.*

*Myself, I treat daily, 2 hours in evening from head to toe (especially lower back and legs. Luna - with rides every 2-3 weeks including multi-days has consistently finished in top 10, winning many rides and in best condition with no pain medication after any rides. I have maintained a grueling physical schedule with only occasional Advil. After every treatment at night, I sleep well and wake refreshed and ready to go.*

# Chapter 7: Sound Vitality Products



## Infrasonic 9

### *For Maximum Accelerated Healing*

This therapeutic massage device combines stochastic ultra-low- frequency sound waves that penetrate superficial and deep layers of the body to dissolve cellular trauma of all kinds. It complements all other treatment modalities to remove barriers to healing, without messy gels, pads or side effects. Use it with your patients to:

- *Reduce physical pain*
- *Vitalize subcellular healing*
- *Relax tight muscles*
- *Relieve nerve impingement*
- *Minimize anxiety*
- *Enhance local circulation*





# Infratonic S

## *For Maximum Emotional Processing*

This therapeutic massage device combines stochastic ultra-low- frequency sound waves that penetrate superficial and deep layers of the body to cultivate conscious awareness and dissolve emotional trauma of all kinds. It complements all other treatment modalities to dissolve subliminal limiting beliefs and other emotional sludge where there is no conscious connection to it. Use it with your patients to:

- *Dissolve subliminal limiting beliefs*
- *Dissolve emotional cell memory*
- *Dissolve stuck emotions*
- *Dissolve stored emotional trauma in tissue*
- *Reach chronic tension and inflammation stored deep in the body*



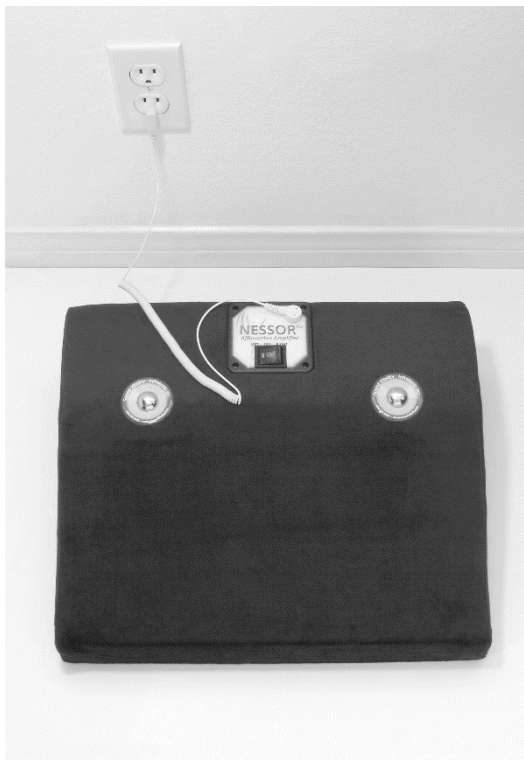


## Scalene Light

### *For Maximum Environmental Conditioning*

This therapeutic device in an environmental conditioning unit that acts as powerful yet loving electronic sage, dissolving residual fears, depression and heaviness leaving homes, offices, retail stores and convention halls feeling light, joyful and inspiring. This unit is not intended for direct application to people or animals. Use it with your patients to:

- *Break up heavy congestion in a variety of spaces*
- *Make environments more comfortable and light*
- *Keeps spaces fresh and cleansed*
- *Increase coherence and harmony*
- *Promote productivity and creative thinking*

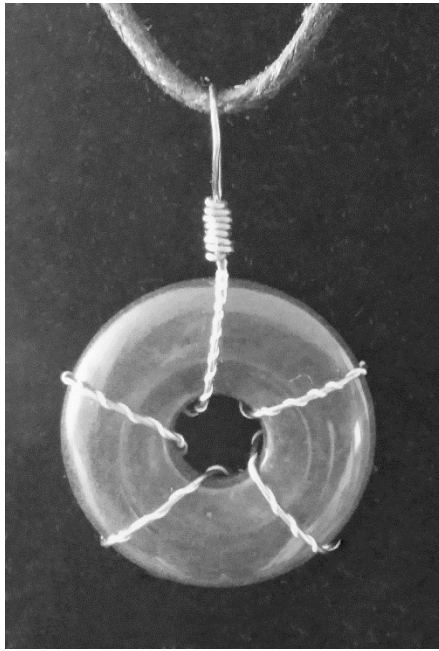


# The Nessor

## *For Maximum Environmental Conditioning*

The Nessor is a device that awakens traumatized cells in the body, bringing them into a plasticity state so they can reduce the reactivity of the person. Clients who have experienced the Nessor enjoy a more peaceful relaxed daily life. This is a wonderful tool for anyone who has ever experienced trauma, stress, physical or emotional angst. Use it with your clients to:

- *Increases inner peace*
- *Causes dissolution of unconscious reactivity*
- *Shifts minor and major patterns of reactivity*
- *Accelerates physical and academic performance*
- *Creates stronger personal, interpersonal and global connections*
- *Facilitates greater mental flexibility*
- *Increases the ability to let go of emotional and mental baggage*

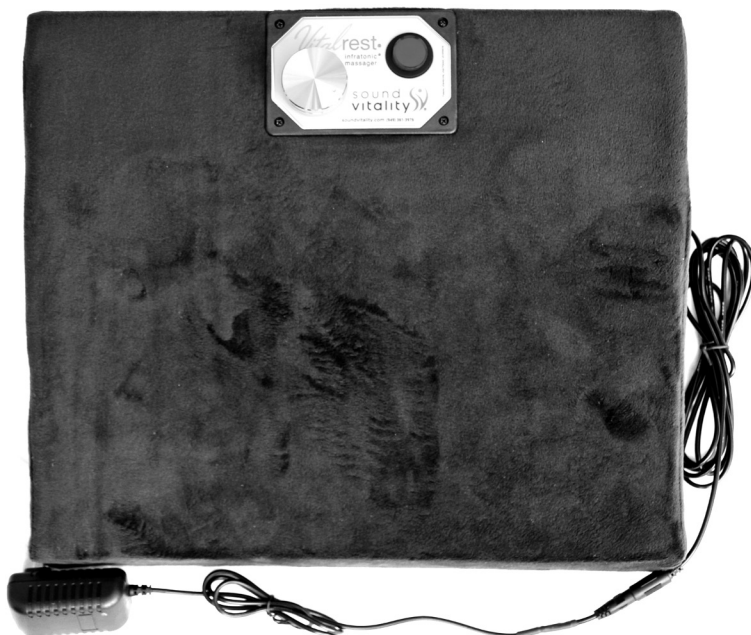


## Vital Harmony® Pendant

*Finally, a Pendant with Proven Scientific Research*

The Vital Harmony® Pendant is composed of a mineral jade core wrapped in conducting alloy wire. It is highly efficient at absorbing ionizing electromagnetic radiation. It transforms harmful UV into UVA (good ultraviolet) which supports and vitalizes the body. Wearing the Pendant in the center of the chest, helps protect the body from damaging UVC (bad ultraviolet) and helps eliminate free radicals. An effective device to protect you and your loved ones.

- *Protects against UVC (bad ultraviolet)*
- *Reduces Free Radicals*
- *Increases Energy, Vitality and Flexibility*
- *Reduces Inflammation*
- *Reduces Lactic acid*
- *Promotes clearer and broader thinking*



# VitalRest

## *For Maximum Accelerated Healing*

The VitalRest is a highly effective vitalizing foot rest which combines a soothing foot massager with deep relaxation and extraordinary healing power of Infrasonic signals. When you send these signals up the nervous system to the brain, you bring about a large increase in coherent alpha brain waves and healing activity, enhancing neutral communication all along the nervous system.

- *Reduces pain and numbness*
- *Improves foot/feet issues*
- *Improves circulation and vitality*
- *Accelerates recovery to the entire lower body*
- *Improves circulation in legs*
- *Promotes deep relaxation*
- *Breaks up congestion in the body*



## Positioning Stand

Provides hands free application for the Infratonic 9.

sound  
vitality

