

## Experience in the complex use of ART and craniosacral therapy

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The desire to constantly improve work efficiency provides an incentive to continuously enrich your medical arsenal of knowledge and skills. Long-term experience of using the method of bioresonance therapy has made it possible to abandon the search for "miraculous" homeopathic and allopathic remedies. The rational combination of BRT with the basic ONOM complexes, Roy Martin's preparations, resonant drugs, monopreparations in various potencies, Dr. Bach's infusions, etc., widely used in the IMEDIS system, allows us to satisfy the most demanding request in the creation of individual medicines.

An integrated approach to the human body is based on the triune principle his functioning (kinesiological concept). Weakness energy-informational methods of therapy consists in the possibilities of influencing the structural component. The inseparable connection of structure, biochemistry and psyche causes the migration of pathological signals between systems, making it difficult to achieve the desired treatment result.

We have long abandoned the symptomatic approach to treatment. The main goal that we set ourselves when working with a person is to form the optimal, at the moment, level of harmony, by restoring the basic elements homeokinetic regulation:

1. Elimination of external damaging impacts (geopathogenic, electromagnetic fields, radiation, p the consequences of adionuclides, xenobiotics) and their influence on the body.
2. Elimination of the phenomena of depletion of systems: endocrine and immune.
3. Elimination of psychosomatic and somatopsychic disorders of the agreed activity of the central nervous system with peripheral tissues and organs.
4. Elimination of violations in the coordinated activity of the sympathetic and parasympathetic divisions of the autonomic nervous system.
5. Elimination of insurmountable conflict situations in the human psyche.
6. If necessary, work with particular problems.

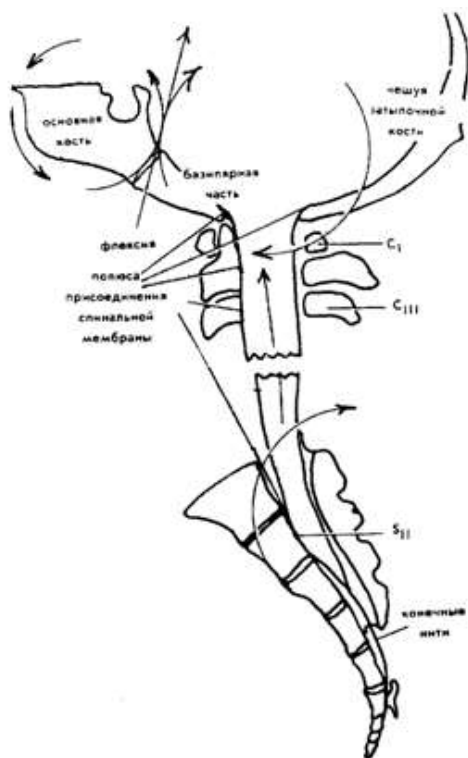
Only such a physiologically grounded approach can give the true optimal state of the body's functioning. Cu met preparations. D400 and VV are only diagnostic tests. All of the above steps allow you to effectively influence energy-informational and biochemical processes and completely eliminate only those disorders that have not yet received structural materialization in tissues.

At the present stage of the development of medicine, there are a lot of methods of influencing the structural component, but they all involve a rather aggressive therapeutic intervention, which is not combined with the above-described fine-tuning of regulatory mechanisms.

We have already reported on the high efficiency of the combined use of ART and soft tissue manual therapy techniques. Further search in this direction led us to the Appletcher Academy of Craniosacral Therapy (USA).

Craniosacral therapy is one of the areas of cranial osteopathy and is based on knowledge about the functional and structural organization of the cerebrovascular regulation system and the mechanisms of circulation of cerebrospinal fluid. Back in the 70s, specialists from the College of Osteopathy at the University of Michigan, USA, proved the mobility of the skull bones. Inside the interosseous sutures, blood vessels, nerve endings, collagen and

elastic fibers that do not undergo ossification even at a very old age. In the course of further research, it was found that an integral barro-dependent liquorodynamic system functions in the central nervous system. The process of production and resorption of cerebrospinal fluid is not a constant, but a cyclic process, which is regulated by the pressure in the cranial cavity and the tension of the dura mater. The rhythm of these vibrations is 6-12 cycles per minute. Dynamic changes in the volume of the cranial cavity through the dura mater initiate cranial-caudal movements of the sacrum (see Fig.). Further, the rhythm is transmitted through the connective tissue structures to the most distant corners of the body, to each organ and tissue, and can howl recorded both by electronic equipment and by a specially trained doctor. Movement is the foundation of life itself and the adequacy of movement is the key to healthy functioning. Any pathology in the body begins with stopping or perverting movement. The fundamental principle of craniosacral therapy is the dynamic unity of the organism, which is holistically attuned to the craniosacral rhythm.



Rice. Flexion of the craniosacral mechanism

It is the integrity of the approaches that makes it possible to organically combine the methods of ART, bioresonance and multiresonance therapy with craniosacral therapy.

At the first stage, we used ART as a method of objectifying the effectiveness of craniosacral therapy. OBI were chosen as diagnostic criteria - as a "mirror" of the state of connective tissue structures, integral indicators: adaptation reserves, OPI, a scale of vegetative loads, indicators of intoxication, a scale of psycho-emotional burdens.

We selected a group of 38 people - 19 women and 15 men, aged 28 to 72 years, all of them received only sessions of craniosacral therapy. ART measurements were carried out before the first and after the fifth session. The research results are presented in table. one.

Table 1

Indicators	Before 1 session	After 5 sessions
OBI	> 3 (2/21 - 5/14) - 38 people	<3-4 people > 3 (3 / 18-6 / 12) -34 people
OFI	13-22	9-18
RA	exhausting 4 tbsp. - good 2 tbsp	medium 3 tbsp. - high 4 tbsp.
Vegetative load	\$ 4 - 10 people \$ 5 - 28 people	\$ 2 - 4 people, 3 USD - 23 people \$ 4 - 9 people, 5 USD - 2 persons
Intoxication	Intox I - 7 people Intox II - 38 people	Intox I - 38 people Intox II - 24 people
Psychological some loads	\$ 3 - 9 people, 4 USD - 14 people, \$ 5 - 15 people	\$ 1 - 8 people, 2 USD - 11 people, 3 USD -13 people, \$ 4 - 6 people

As a result of the studies, it was found that craniosacral therapy (CST) has a pronounced drainage effect on the connective tissue structures of the whole body, reduces vegetative loads and psycho-emotional burden, and has a harmonizing effect on the entire body.

At the second stage, a study was carried out of patients who received a CST session after electropuncture methods of exposure (ART, bio- and multiresonance therapy), i.e. the patients were already in optimal condition before the CST session. The main purpose of these sessions was to help the tissues adapt to the well-oiled energy-information matrix and use all the components of the "health triad" (biochemistry, psyche, structure). Evaluation of the effectiveness of such work was carried out by comparing the main indicators in patients who received a CST session after ART (198 people) and those who did not receive CST sessions (23 people). Immediately after the CST session, the main indicators remained practically unchanged. During dynamic observation, it was found that in patients who did not receive a CST session,

CST sessions provide stabilization of the achieved optimal state: after 10-14 days, 2.5% of patients left the optimum (all of them had newly acquired damage by external interference fields), 84% of patients retained or improved the previously achieved values by the second session.

conclusions

The above clearly demonstrates:

- 1) high efficiency of CST as an independent method of treatment (see table);
- 2) the feasibility of combining energy-informational treatment methods with impact on the structural component of the human body (CST, soft tissue manual therapy techniques, etc.);
- 3) the need for a complex therapeutic effect on the all components of the "triad of health" (biochemistry, psyche, structure).

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