

**From *Zapped* by Ann Louise Gittleman**

### **Modern Physics Meets Ancient Medicine**

The findings of modern physics are now echoing those of Traditional Chinese Medicine. Both suggest that our bodies are essentially a composite of billions or even trillions of frequencies. These frequencies are expressed in the form of cells, organs, and tissues, which are constantly vibrating and communicating with each other—and the external environment.

How so?

The body is so amazingly sensitive that its bioelectric makeup can be affected by the planets and other celestial bodies. According to electromedicine expert James Oschman, Ph.D., “Sunspots and the cycles of the moon cause changes in ionospheric currents and geophysical fields, which in turn influence the fields within us.” Oschman believes that it should come as no surprise that geopathic disturbances can affect human physiology when you consider that geomagnetic storms on the sun can be so intense that they damage satellites, power lines, and telephone cables and disrupt radio communications.<sup>1</sup>

In early 2009, the National Academy of Sciences issued a report that estimated that a major solar storm could cause as much as two trillion dollars’ worth of just the initial damages to our communications systems, which might require four to ten years for recovery. In fact, a huge solar storm in 1859 knocked out telegraph communication and caused wires to burst into flames. In March 1989, a smaller storm knocked out power to nine million people in Quebec. The most recent report speculated that a more powerful space storm could, within a few hours, affect water distribution, perishable foods and medication, heating and air conditioning, and everything else that relies on electric power.<sup>2</sup>

Clearly our bioelectrical makeup can be affected by the larger magnetic field of the earth and other celestial bodies. Consider that more babies are born during the full moon due to the moon’s gravitational pull on amniotic fluid—similar to the way in which the moon impacts the tides of the earth. Cardiologist Stephen Sinatra, M.D., has noted that there is an increase in chest pain and arrhythmias especially around the full moon or intensified solar flares.<sup>3</sup> There’s an increased cancer incidence—mostly skin cancer—among airline pilots who fly close to the radioactive emissions from solar flares. Though no studies have conclusively linked their cancers to cosmic radiation, airline pilots are considered “radiation workers” for the purpose of measuring their occupational safety from the x-rays and gamma rays produced by the sun.<sup>4</sup>

What that means is that we are wired to respond to the electromagnetic forces in the universe, from the fields surrounding far-off celestial bodies to the vibes we pick up from each other to the radio waves from the thousands of cell towers that dot the landscape. The earth itself behaves like a giant electrical circuit. Because animals are also wired this

way, they respond to changes within the earth's surface (like earthquakes and tsunamis) even before scientific instruments register these events.

Becker, double-nominee for the Nobel Prize in Physics, compares in *The Body Electric* the meridians of acupuncture to electrical transmission lines, noting that they use direct current to transmit signals of injury. In *Cross Currents, The Perils of Electropollution*, he compares electromagnetic resonance in the human body to MRIs, noting that the body's innate resonances could be used to explain health problems and heal them.<sup>5</sup>

Becker's ideas and words were visionary. We now know that communication between cells of the body is facilitated by biophotons, biological light particles, which represent the quantum (smallest unit) of electromagnetic radiation. Biophoton emissions of an organism, it has been found, reflect the health of that organism. The biophotons of healthy people (and animals and plants) are strong and highly organized. People who are sick have weak and chaotic biophoton radiations. Such radiations are signals of dysfunction and imbalance throughout the body, which occur as the oscillatory rate of cells becomes disturbed. The biophotons even produce a visual image that can be captured through Kirlian photography or imaging techniques like bioluminal photography.

Biophotons are also directed through the body's system of meridians to specific organs or tissues that need them. All of our physical functions, as well as thoughts, emotions, and actions, are accompanied by biophoton communication between cells. These subtle energies operate at lightning speed, much faster than chemical reactions or transmissions of nerve impulses.

Researcher Masaru Emoto, Ph.D., who was trained in alternative medicine, published a book of photographs of water crystals he had exposed to negative and positive emotions. Those photographs, taken through a dark field microscope, show the perfect crystals of the water that had been exposed to emotions like love, words like gratitude, or thoughts of Mother Teresa, and the twisted, tortured crystals exposed to hateful words such as "You make me sick, I will kill you" or thoughts of Adolph Hitler. The photos were featured in the 2004 film *What the Bleep Do We Know!?* Similarly, when positive thoughts are introduced into the biofield of an individual, the quantity and quality of photons emitted by cells increase. Just like the water, it is the opposite when the thought or reaction is negative.

### **The Stress Frequency**

It's important for us to know that biophoton signals are blocked when we're under the kind of subliminal stress caused by electropollution. The bottom line is that electropollution is continually disturbing—whether you know it or not—your sympathetic nervous system, which elevates your fight-and-flight response that in turn raises cortisol, your stress hormone. Fluctuations in cortisol lead to numerous health disorders ranging from belly fat and thinning skin to even more serious health problems like erratic sleep patterns, accelerated aging, reduced immunity, cardiovascular disease,

blood sugar ups and downs, autoimmune disease, and mood disturbances. For most all of us today, unnatural exposure to artificial frequencies is constant, and often unavoidable, due to the rapidly escalating wireless nature of our society within the past decade.

Some radiation is more damaging than others, depending upon its frequency and proximity. Interestingly, there is one major insight that researchers Emoto, Becker, and Gerber share: there are frequencies that heal, and there are frequencies that harm. Unfortunately, we have been engulfed in a growing maze of accumulating harmful frequencies over the past hundred years, primarily in the extremely low frequency (ELF) range (where power line frequencies fall), the radio frequency (RF)/microwave range (where all things wireless live), intermediate frequencies (dirty electricity), and in the highest frequency ranges of ionizing radiation (such as x-rays and gamma rays). Man-made frequencies in these ranges impact us most basically at an energetic level, at the biophoton level, for we are essentially energetic beings. One of the most significant changes since the 1990s has been the advent of digital communications that work on vibration frequencies that our cells can sense and respond to.

Electromagnetic radiation spans a continuum of vibration rates or frequencies from zero vibrations per second (no vibration) to the cosmic radiation at one hundred sixty billion vibrations per second. Another way of describing this is with wavelength. The wavelength is the distance between successive crests of a repeating vibrational. Wavelength is related to frequency, and wavelength goes down as frequency increases.

The relationship between different radiations is shown in a chart called the electromagnetic spectrum. That spectrum is divided into ionizing radiation on the top (which consists of very short, high-energy waves that are powerful enough to damage cellular matter) and nonionizing radiation below x-rays (which consists of longer, lower-energy waves that are still powerful enough to have a significant impact on matter) at the bottom. The dividing line between ionizing radiation and nonionizing radiation falls just above visible light. Each section of the electromagnetic spectrum (see chart) has a specific frequency expressed in vibration or cycles per second which has been given the name Hertz.

Like everything else in our world, our bodies and every organ and tissue they contain have their own distinct frequency. The late Bruce Tainio of Tainio Technology, an independent division of Eastern State University in Cheney, Washington, built the first frequency monitor in the world, and using it, he determined that the average frequency of the human body during the daytime is 62 to 68 Hz. When the frequency drops to 58 Hz, cold and flu symptoms appear; at 55 Hz, disorders like candida take hold; at 52 Hz, Epstein-Barr, and at 42 Hz, cancer.<sup>6</sup>

It seems that in addition to being physical beings, on a more basic level, we are beings of energy whose chemical processes are dependent upon the free flow of that energy through our bodies. Findings in the field of physics have confirmed this, beginning with Einstein's discovery that matter and energy are basically interchangeable.

<sup>1</sup> James Oschman, *Energy Medicine: The Scientific Basis* (Edinburgh: Churchill Livingstone, 2000).

<sup>2</sup> National Research Council, *Severe Space Weather Events—Understanding Societal and Economic Impacts: A Workshop Report* (Washington, D.C.: National Academy of Sciences, 2009).

<sup>3</sup> Stephen Sinatra, *Heart, Health & Nutrition* (June 2008): 7.

<sup>4</sup> Curious about Astronomy?, <http://curious.astro.cornell.edu/question.php?number=307>.

<sup>5</sup> Robert O. Becker, *Cross Currents: The Perils of Electropollution, The Promise of Electromedicine* (New York: Tarcher, 1990).

<sup>6</sup> WordPress.com News, "Magnetic Fields," <http://wordpress.com/tag/60-hz-magneticfields/feed> (accessed September 24, 2007).