

### INTRODUCTION

#### Complementary Health Practice

CoherenceClinic frees up innate capacities for self-healing and conscious, healthy living: With Biophoton assessment and treatment – the focus of this paper -- and with conscious care, our services aim to bring the whole person and scope of Life Sciences into health practice.

Collaborating with clients and their doctors, we can look beyond generic symptoms to confirm cause of disturbance before treatment. When we treat, we do not pretend to heal or cure clients. Our practice focuses on facilitating clients' self-healing and healthy reconditioning. We are distinguished by our capacity to help make the most of keys to life, including the whole bio-psycho-social being and his or her inner light ("biophotons"). Light fields and specific signals guide processes in our bodies in measurable ways and tend to embrace our whole being in life, with potential for self-healing [1].

#### Assessment-guided Treatment

Every session involves testing the client's electromagnetic signals on hands and feet, with a dull probe testing galvanic skin response (GSR). Findings are specific and can be confirmed [2].

#### What is found through Biophoton-based Assessment can be treated. Findings include:

- **Physical energetic systems** where disturbances can be seen disrupting coherent light signals in body systems such as lymphatic and endocrine, heart, lung, skin etc.. These signals precede biochemical processes often not measurable by conventional tests.
- **Nature of disturbance:** Bio-chemical, bacterial, viral and microbial factors such as Lyme's bacteria, Staph or Listeria bacteria, Measles and Herpes virus, Candida or fungus;
- **Physical conditions** such as tonsillitis or chronic appendicitis and emotional stress, many cancers or need for homeopathic rebalancing and support (e.g. Echinacea);
- **Client-specific sensitivities and remedies** in terms of specific foods, other consumables or environmental exposure, dietary supplements, medications & electromagnetic radiation.

To find and address conditions such as these, we offer Core Assessments involving 3 sessions over 10-12 days. It results in a brief report to our clients and their health team. We provide no emergency medical care and accept clients by referral and pre-arranged appointments.

### Unique System and Practice

Our practice may appear similar to other electrodermal testing and GSR devices or screening services, but is not (e.g. New clients who have experienced Biomed and other screening devices or Radionic therapies often ask if we do something different: We do...).

First, we use an instrument that is unique [Chiren, Institute for Applied Biophoton Sciences] and particularly because it is validated as significantly reliable in controlled, blind, randomized multi-practitioner studies of measurement repeatability by independent researchers in Europe [2].

Furthermore, while our device appears familiar to those who know about "electro-acupuncture according to Voll" (EAV) systems, the Chiren differs here too. In addition to offering Voll body-correlates of energy measurements at acupuncture points, the device we use [5]:

- ✓ Makes use of a biofeedback design;
- ✓ Incorporates fiber optic systems for feedback in light frequencies similar to the light emissions (Biophotons) innate to healthy signaling in our body [1].

As important, when using the unique device we do so in the knowledge-based context of science-backed principles. The content and process of our practice differs from others so that we improve the potential benefits of the practice in terms of measurable client health [5]:

- ✓ Our practice is dynamic and empiric in process compared to other one-off screening tests or electromagnetic treatments;
- ✓ We base our work in principles of Integrative and Psychosocial Health Sciences as well as training in Biontology [5] wherein we assume the science-backed truth that the body has a tendency – like all other life-forms – to self-regulate towards health;
- ✓ An iterative process of assessment and feedback is part of our dynamic client-specific assessment and occurs over weeks.

This means that, together with our clients, we can verify changes in GSR findings in relation to the client's sense of relative improvement in health, support and gage actual changes through to an overall beneficial outcome and client condition. We have no interest in perpetuating others' myths to suggest our device is going to "fix" you or rid you of a disease. We are delighted to contribute in measurable ways to supporting our clients' journey towards health.

**SCIENTIFIC BACKGROUND****Beings of Light**

It has been nearly a century since scientists showed that we are all “enlightened” beings: Living cells, tissues and bodies emit light in the visible blue and UV range of 200-900 nm [3]. Research by Alexander Gurwitsch indicated in 1922 that living cells emit “mitogenetic rays” in the form of low intensity light [Ibid]. Over the following few decades, scientists around the world began to use photo sensors sensitive enough to quantify photon emissions.

In 1974, Professor F.A. Popp began to explore the quantum effects of light emitted from living cells and observed an ultra weak and cyclical radiation and uptake of photons, light he called “biophotons” [4]. Biophotons help define an organism as a living matrix that acts as a complex dynamical system with holistic, collective and coherent self-referential behaviors [1]. Popp and colleagues showed that biophotons flow from effects other than chlorophyll, thermal influence, chemical luminescence or contamination. Biophotons feature the electromagnetic characteristic of constructive interference and demonstrate a high degree of laser-like coherence [1].

**Frequencies Regulate Health**

Organisms are self-preserving systems of energy and information that demonstrate coupled resonance across fields defined by a distinct and measurable range of electromagnetic frequencies [5]. Biophoton emissions not only precede biochemical reactions in what we perceive as the living physical body [1]. Biophotons guide energetic capacities for self-healing by mediating an organism’s and cell’s high sensitivity to environmental change and processes of auto-catalytic self-regulation.

**BENEFICIAL PROGRAMS****Novel Health Application**

Popp was not alone in his explorations. In 1982, his early papers were translated by a Dutch scientist, Johan Boswinkel, who began to develop an understanding of bio-resonance, holistic and integrated health principles [5]. With emphasis on turning research into useful applications to “restore the foundations of everyone’s health”, Boswinkel created his first instrument in 1983. And by 2000, he released a set of novel devices including the “Chiren” with a built in computer interface and fiber-optic systems.

### **Therapeutic Methods and Protocol**

The Chiren instrument appears, at first glance, to be similar in design to other instruments that make use of skin testing equipment, specific frequencies and programs (e.g. Biomed). The Chiren makes use, however, of a biofeedback design, light based communications and fiber optic technologies along with the tool that measures galvanic skin resistance (GSR) at acupuncture points on clients' hands and feet. The Chiren has an information screen that shows how measurable points relate to body functions according to studies by the German physician, Rheinhold Voll [Ibid].

To find and treat the cause of health complaints, therapy follows an iterative client-centered process that overlaps empirical diagnostic tests with client-practitioner dialogue and light ("biophoton") treatments. In addition to treatments based on findings from Assessment (examples given above), there are specialized scar, whiplash and Dyslexia programs.

Treatment always follows immediately after Assessment. Because it measures the client's energy in terms of balanced or disturbed signals and relates that to a client's process of self-regulation, therapeutic protocol calls for sufficient time between sessions for clients to respond to the light-based stimuli, rebalance and self-heal [Ibid]. The protocol, therefore, calls for no more than two treatments per week. And the therapeutic process is, therefore, completely specific to the client and customized to address their evolving health over time.

Through the Institute of Applied Biophoton Sciences in Rotterdam and, more recently, in San Francisco, Johan Boswinkel distributes his biophoton instruments and training certification.

### **Independent Studies of Applied Biophoton Sciences in Europe**

In addition to a word-of-mouth clientele, Boswinkel attracted the attention of researchers in Europe who studied biophoton therapy as part of the curriculum of the EU Interuniversity College for Health and Development. Biophoton therapy was featured as part of its integrative and complementary health work including Boswinkel as a guest lecturer. Under the direction of Dr. PC Endler, the MSc programs address fields such as homeopathy, deep psychology, psychoneuroimmunology and regulatory biology in relation to "Salutogenesis", a concept coined by Aaron Antonovsky to describe health as it relates to a person's sense of "coherence" [6].

**FINDINGS IN CONTROLLED STUDIES**

Researchers at the EU Interuniversity, now including doctoral students, initiated scientific studies and reported their results in peer-reviewed journals. These include:

**Reliable Assessment Tool**

Featuring Assessment-guided treatments, Biophoton Therapy uses the Chiren device and relies on repeatable measurements by different practitioners in order to produce empirically demonstrative findings. Studies by EU researchers found significant repeatability of measurements with the Chiren under conditions of double blind randomized human trials [2].

**Significant Biological Effects of Biophoton Treatments**

Using the Chiren device, researchers published the following findings:

- 2010 Research of the aggregation of erythrocytes indicated that people treated with the biophoton program showed an aggregation of red blood cells 97.8% less marked than aggregation in (i.e. 2.2% of) the control (100%) group ( $p < 0.01$ ) [7].
- 2010-2009 - Fundamental studies concluded that information produced and transferred by the Chiren were significant compared to a control group ( $p < 0.01$ ):
  - Enhanced the rate of wheat seedling germination by 16.8% [8],
  - Delayed the souring of milk by 16.7% [9]; and
  - Promoted synaptic development of cortical neurons in a rat model by 19% when subjects were treated with the biophoton harmonizing program [10].

**Human Health Benefits of Biophoton Therapies**

Working with the Chiren, practitioners gathered evidence of health effects in their practice:

- 2012-2014 - Leslie Hayman reported on a pilot clinical study by four therapists from the EU Interuniversity College that indicated biophoton therapy significantly decreased the frequency and intensity of random health complaints [11]. Statistics are being further analyzed in preparation for follow-up publication in a peer-reviewed journal in late 2014.
- 2010-2011 - Research by Ellen and Wim Pet of Holland showed that, among children and adolescents, 92.5% of chronic health complaints disappeared over 13 weeks of therapy with an average of fewer than three sessions ( $p < .01$ ) [12].

News for many, such findings are consistent with principles fundamental to all sciences [13].

### **Biophotons in Conventional Medical Science**

With widespread recognition that cells emit light, some scientists limit their focus to mechanical models and biochemical theories so hold a unique understanding of the dynamics at work [5].

Pre-dating Popp's work, A. I. Zhuravelv discovered bioluminescence as a feature of free-radical oxidation [14] while H.H. Seliger explored weak light emissions as a generic chemical marker of oxygen metabolism [15]. Their views described cellular light as if a waste bi-product marking quantifiable but secondary chemical reactions. Such views persist and find popular reinforcement as they provide a widely understandable basis for building commercially viable diagnostic technologies useful in medicine to this day [4].

The findings of Popp et al grounded Boswinkel's work and related research in Europe. Popp's perspectives not only embraced – but built on – the understanding of scientists who limit their work to mechanical ideas [4]. As noted above, Popp's views and descriptions of biophoton effects are none-the-less, consistent with fundamental principles from across sciences [13].

### **Technologies Consistent with Complementary and Alternative Medicine**

Biophoton therapy might be described as a Complementary health practice in terms defined by authorities at the U.S.-based National Institutes of Health. While Boswinkel was developing biophoton therapy, the National Institutes of Health formally recognized the field of complementary medicine by establishing the National Centers for Complementary and Alternative Medicine (NCCAM). A comparison of biophoton therapy to practical definitions provided by NCCAM [16] indicates that biophoton therapy can be considered Complementary in so far as biophoton therapy includes features described, for example, as follows:

- Energy Medicine in terms of veritable forms of energy used in light therapy;
- Mind-Body Medicine in so far as Boswinkel's device includes biofeedback programs and homeopathic information based on Bach Flower Therapies;
- An Alternative diagnostic system because the therapy interprets health using holistic systems including Five Elements teachings of Traditional Chinese Medicine. According to NCCAM, holistic approaches to diagnosis constitute an Alternative Medical System.

Widely used in Europe and designed as a biofeedback system, Chiren biophoton devices are accepted by safety authorities (such as the Food & Drug Administration in the U.S.A.)

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