

# PRESCRIBE FOR YOURSELF

## How to Make Alternative Medicine Work for You

BY LARRY TRIVIERI, JR.

### Protection you can wear

*The makers of the Teslar Watch, the BioElectric Shield and the QLink say their devices can help shield you from electromagnetic fields. We put their claims to the test.*

ELECTROMAGNETIC FIELDS ARE everywhere. They radiate from high-tension wires and just about every gadget and appliance you can plug in or switch on—from computers and televisions to microwaves, cellular phones, even waterbeds. While you can't hide from electromagnetic fields, some companies claim their devices can help protect against the dangerous effects.

These devices—typically small, wearable and consisting of little more than a microchip—are often met with skepticism, to put it charitably, by environmental and occupational hazards researchers. But their dubiousness tends to focus on external factors, such as electromagnetic field (EMF) emissions and the strength of ambient fields. Device-makers counter that their products aren't designed to neutralize those emissions, just the harmful effects they can produce in the body.

It does seem hard to believe that a pendant containing no moving parts, or a watch equipped with a special chip, can protect wearers from the strong and ubiquitous energy fields encountered every day in offices, cars and homes. However, in some cases the claims are supported by an impressive body of research suggesting these products can have significant, measurable physiological effects.

Clarus Products, for example, maker





## Manufacturers' research suggests such devices boost immunity and stabilize the nervous system, lessening the stress response and improving cardiac function.

of the QLink pendant, cites studies and endorsements by William Tiller, former chair of materials science and engineering at Stanford University, and Norman Shealy, M.D., a renowned, board-certified neurosurgeon and founder of the American Holistic Medical Association. ELF Labs, which manufactures the Teslar Watch, points to studies by Valerie Hunt, professor emeritus of physiological sciences at the University of California at Los Angeles, and by famed energy researcher Anthony Scott-Morley, D.Sc.

But we wanted to see for ourselves. So *Alternative Medicine* put three EMF protection devices through the paces, examining the claims made for them and the studies said to support those claims, and we came up with some surprising results of our own.

### Teslar Watch

Most people have heard of the Tesla Coil, invented by Serbian-American scientist Nikola Tesla. Tesla was also the man behind the technologies that led to radio transmission and radar, and the "father" of the scalar electromagnetic wave—the technological basis of the Teslar Watch. Researchers at ELF Labs say their timepiece produces a scalar wave that deflects EMF signals while radiating its own 8-Hz signal, close to the earth's natural resonance of 7 to 9 Hz, creating a "cocoon" in which the body can work within its own natural frequency range.

According to human bioenergetic field researcher Valerie

Hunt, scalar energy is produced when two identical frequencies meet head on, canceling each other out to form so-called stationary energy. "Currently, energy instruments only measure frequencies and wavelengths, not stationary energy," Hunt says, which explains why scalar energy is not widely discussed. "However, studies at the Max Planck Institute showed that the scalar wave, like that created by the Teslar Watch, caused the unclumping of lymph and blood cells. The smooth-flowing circulatory systems brought nutrients to cells and tissues and removed chemical and cellular wastes, resulting in improved healing and immune capacity." The 8-Hz wave produced by the Teslar Watch, says Hunt, "constitutes the most important frequency milieu for living tissues to remain functional and to communicate back and forth from DNA to genes to tissues, cells, organs and systems."

When worn over a person's left wrist, the watch's scalar vibrations are in direct contact with the collection of pressure points acupuncturists call the triple warmer. From there, in theory, the waves can spread through the meridian system of the entire body.

Teslar Watches cost \$70 to \$180, depending on the model. The company has also begun making business deals to have their chips inserted in the watches of other manufacturers. As of press time, the chips were already available in Philip Stein watches.



### BioElectric Shield

Charles Brown, D.C., D.A.B.C.N., is a chiropractic neurologist and developer of the BioElectric Shield. Beginning in 1990, Brown and his colleagues examined more than 12,000 people using applied kinesiology, a form of muscle testing believed to accurately assess a wide range of health conditions. Of

the people tested by Brown, 98% showed muscle weakness simply from holding a cell phone. However, according to Brown's study, within minutes of wearing the shield, subjects' strength returned to normal and in many cases improved. After three weeks of wearing the device, Brown observed, test subjects showed anywhere from 108% to 400% improvement in immune function, allergy points and liver, kidney, gall bladder and stomach function.

Strength levels of the test subjects also significantly improved during this period, compared with subjects who wore a placebo device.

According to Brown, the Shield works by employing a matrix of precision-cut quartz and other crystals to envelop the wearer in a shroud of their own energy, deflecting harmful or incompatible external energy.

BioElectric Shields cost from \$130 (sterling silver and brass pendant) to \$2,200 (for a pendant in gold that includes a cut diamond).

### QLink

Developed by Clarus Products International, the QLink is a pendant designed to boost and maintain the body's own natural bioenergy, strengthening it against the harmful effects of EMFs. According to Clarus, when the QLink is worn next to the body, the device's proprietary tech-





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**Patient references available!**

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nology "activates an omnidirectional protective field extending approximately two feet around the body."

In 1997, T. M. Srinivasan, Ph.D., reviewed controlled, independent tests of the QLink's technology conducted by scientists at the University of California at Irvine. Among the findings Srinivasan reported were a 30% or greater reduction in stress responses in cellular organisms exposed to the QLink field; nullification of EMF radiation generated by computers; reduction of anxiety among students wearing the QLink; and improved balance in the sympathetic and parasympathetic frequency bands of the heart-rate variability test, which indicates improved cardiac function.

Qlinks cost \$130 (acrylic pendant) to \$300 (polished or brushed silver).

### Our test

We also used the heart-rate variability test in our informal trials. HRV is the measurement, in milliseconds, of the beat-to-beat changes in a subject's heart rate, and it gives a dynamic glimpse of the state of the autonomic nervous system. This system controls the beating of the heart, the movement of the gastrointestinal tract and the secretion of hormones by the endocrine glands, among other vital functions. Variation of the intervals between heartbeats is due to the interaction of the two arms of the autonomous nervous system: the sympathetic and parasympathetic nervous systems. The parasympathetic system slows the heart, while the sympathetic system accelerates it. Thus, an HRV test is a good measurement of a body's overall response to stimuli. HRV is well-established, and it has been used for many years by cardiologists, gastroenterologists, endocrinologists and even psychologists.

For our tests we enlisted the services

of I. Michael Borkin, N.D., of Santa Monica, Calif. Borkin is a naturopath, and he frequently uses HRV to assess the condition of his patients.

We hooked up our subject to the HRV monitor and took a baseline reading of her HRV. She was in a healthy state, with her sympathetic and parasympathetic systems stable and within normal parameters.

Next we had the subject answer her cell phone, a Nokia 8160. Her sympathetic nervous system went into "fight or flight" mode, producing the stimulating hormones cortisol and adrenaline and accelerating her heart rate.

After an interval, we had the subject answer her cell phone again, this time while wearing the BioElectric Shield. The HRV monitor showed that her autonomous nervous system remained stable, with no change in her heart rhythms.

After a rest period we had our sub-



### Resources:

#### BioElectric Company

63 Windsong Way  
Lavina, MT 59046  
800-217-8573  
www.bioelectricshield.com

#### ELF Labs

Rt. 1, Box 21  
St. Francisville, IL 62460  
618-948-2394  
www.elflab.com, www.teslar.com

#### Clarus Products International

1330 Lincoln Ave., Suite 210  
San Rafael, CA 94901  
877-0343-4345  
www.clarus.com

#### Tools for Wellness

(carries all three lines of EMF protection devices)  
9755 Independence Ave.  
Chatsworth, CA 91311  
800-456-9887  
www.toolsforwellness.com



ject wear a Teslar Watch and answer her cell phone. Again, her nervous system remained stable.

To make sure our subject had not simply stopped responding to the energy emitted by the phone, we again had her answer wearing no device. Her autonomic nervous system responded violently again.

Finally, we tested the QLink, which, like the previous two devices, showed a significant protective effect.

Admittedly, ours was just one test, and we cannot discount a possible placebo effect. Still, the results were impressive. Concluded Borkin: "My per-

**Ours was just one test, and we cannot discount a possible placebo effect. Still, the results were impressive.**

sonal research has revealed that exposure to a cell phone may cause an increase in sympathetic activity and induce the fight-or-flight response. Further study has also shown that the use of certain devices designed to reduce this exposure may in fact compensate for some of the negative impact of using a cell phone. Our informal study demonstrates that these anti-EMF devices deserve further study."

That's science-speak for, "Who would have thought it—those darned things seem to work!" **AM**

**Larry Trivieri, Jr.** is a recognized authority in the fields of holistic and alternative healing. His most recent book, *The American Holistic Medical Association Guide to Holistic Health*, was published by John Wiley & Sons in May 2001.

## Need a New Health Plan?

*Try a sauna. Not only can you remove dangerous toxins, but get therapy at the same time.*

Industry, Ca.- a company in California has developed a sauna with a heater so sophisticated, that even professionals find it amazing. Curiously, the company may have designed it too well. The people that are buying these saunas for the home are finding less need to visit their doctors and physical therapists and are re-evaluating the necessity of some of their medicine.

Wellness centers and holistic practitioners are finding it a must for their practices. The company designed *far infrared* heaters that are tuned to a wavelength that match the human body exactly. Therefore, the heat penetrates the body at a greater depth, which amplifies the detoxification effect. The heaters the company uses have been known to trigger three times as much sweat as traditional saunas. This helps with the removal of dangerous toxins that are stored in our bodies.



Dr. Toshiko Yamakazi, author of "The Science of Far Infrared Technologies" states, "When toxic materials enter your body, clusters of water encapsulate them. Where these toxins are accumulated, blood circulation is blocked and cellular energy is impaired. However, when a *far infrared* wave is applied to these large water molecules, the water begins to vibrate. This vibration from the *far infrared* reduces the atom's ion bonds that hold together the water molecule. As the breaking down of the water molecules occurs, toxic materials are released such as cholesterol, fat-soluble toxins, heavy metals, sulfuric acid, sodium, ammonia and uric acid. This unusually high



concentration of heavy metals is not found in the sweat from normal exercise."

Physical therapists and pain management clinics have been using infrared heat to treat muscle injuries for years. The company has taken this type of heat to the next level by manufacturing *far infrared* heaters. Infrared only heats the surface. By contrast, the enhanced high-tech *far infrared* heat is absorbed by the human body at a two-inch depth. Professionals that have used it are very impressed. They claim that the *far infrared* is much more efficient in relief of pain from arthritis and muscle spasms, and aids in the healing of soft tissue injuries without overheating the skin.

According to a company spokesman, "Our sauna is a great addition to any home gym and aids in weight loss. It's also a great cardiovascular workout for those of us who don't get enough exercise. The air doesn't get stuffy, and it's only one-tenth the cost of operating a conventional sauna. You can get one up and running in your house in less than two weeks. No costly remodeling or plumbing is needed. It's completely portable!" The name of this sauna is "**Health Mate.**" The company will mail you a free brochure, video, and even a small book on the health benefits of *far infrared*.

**You can call PLH Products toll-free at (800) 946-6001 to receive a free brochure and video.**



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