

HEALTH AND STRESS

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ENERGY MEDICINE AND OUR HAWAII CONGRESS ON STRESS

Key Words: Symtonic LEET, Nordenstrom's electrical circulatory system, PST, thermodynamic laws, entropy, "free energy" of Gibbs, ATP, human energy fields

What Happened To Montreux?

Our Eleventh International Congress on Stress will be conducted from November 26 through December 1 at The Mauna Lani Hotel on the big island of Hawaii. As many readers are aware, these events have previously been held at The Grand Excelsior Hotel in Montreux, Switzerland. They were made possible because of the generosity of Claude Rossel, the Executive Vice-President of the Biotonus Clinic, for whom I served as a Consultant.

Dr. Rossel had originally suggested organizing an International Congress to serve as a forum for researchers and practitioners who were interested in any aspect of stress research. Its purpose would be to provide an opportunity for participants to learn the latest developments in the field in a venue that would encourage the development of personal as well as professional relationships. This would also allow us to honor an individual who had made outstanding contributions by conferring an award in memory of Hans Selye's efforts..

The setting was spectacular. The Five Star Grand Excelsior Hotel is situated on Lake Geneva directly across from Evian, which was only 30 minutes away by car. Every room has a commanding view of the Swiss, French, and Italian Alps. Gourmet meals with fine local wines and after dinner get-togethers in the main salon with musical entertainment often supplemented by the Faculty fostered a unique camaraderie. Because of the enthusiastic response, Dr. Rossel decided to sponsor a similar but expanded conference annually.

The Congress quickly became a week-long conference that steadily grew in stature and popularity because of the high caliber of presentations and the unique ambiance. Claude has suffered a series of serious health problems, including a stroke, was unable to attend the last two Congresses, and recently sold both the Biotonus Clinic as well as the Excelsior Hotel. I will always be grateful for his generosity and foresight in inaugurating these events. The new owners are interested in perpetuating the "Montreux Congress", as it is often referred to. There is also strong support from local officials and others who have made the annual Montreux Jazz Festival such a success. Time will tell.

In the interim, we were fortunate to obtain funding from the Archaeus Foundation. This will allow us to hold the Congress in an equally serene and congenial Hawaiian setting, and to expand on the role of "electroceuticals" for the treatment of stress-related disorders.

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*The Newsletter of
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Paul J. Rosch, M.D., F.A.C.P.

Editor-in-Chief

e-mail: stress124@earthlink.net

home page: www.stress.org

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Looking Back At Our 1988 Congress

Our initial 1988 Congress consisted of two days of scientific sessions that attracted a Faculty of twenty investigators from all over the world. The first recipient of The Hans Selye Award was Stewart Wolf, who provided a 25-year follow-up on his Roseto study vividly showing the health benefits of strong social support. Some of the other speakers and topics they discussed included Type A Behavior (Ray Rosenman), Job Stress (Töres Theorell), Measuring Anxiety (Charles Spielberger), Predicting Cancer and Coronary Disease From Stress and Personality Scores, (Hans Eysenck), Disorders of Arousal and The Relaxation Response (Herbert Benson, George Everly), The Effect of Depression on Parameters of Immune System Function, (Kurt Zanker) and The Role of Attitude in Health and Disease (Daniel Goleman).

Looking back, it seems incredible that we were able to assemble all these luminaries and other pioneers in stress research who have gone on to make further contributions. This Congress opened up an important new frontier for the study of stress that we have steadily pursued and which will again be emphasized at our forthcoming Congress.

Energy Medicine - A New Stress Frontier

At our 1988 Congress, Boris Pasche presented data on the physiologic effects of Low Energy Emission Therapy obtained with the Symtonic device. The initial clinical trials for the treatment of insomnia and anxiety using this technology had been conducted at Biotonus Clinic by Dr. Rossel. When I was first asked to review these studies in 1985 and to evaluate the device I was very skeptical. Treatment consisted of applying a feeble force in the energy range of CB radio transmission to the hypothalamic region via an external electrode for 20 minutes three or four times a week. Double blind studies were easy to obtain since subjects felt nothing, and it was impossible to determine if the instrument was on or off.

It seemed inconceivable to me that this infinitesimally weak stimulus could produce any significant or lasting biological effects. Nevertheless, the results obtained following Symtonic treatment for several weeks were not only impressive and indisputable, but they also persisted for months after the cessation of therapy. I was anxious to learn if anyone could explain what was taking place and if others had any experience with similar approaches.

Ross Adey had shown that **certain weak electromagnetic fields could have powerful psychophysiologic effects that seemed to defy the laws of thermodynamics**. Norman Shealy, who had pioneered the use of TENS (transcutaneous electrical nerve stimulation) for the treatment of pain, had discovered that cranioelectrical stimulation could potentiate an analgesic effect. He subsequently found that it could also relieve depression in some patients more rapidly and effectively than drugs, and without any of their disturbing side effects. There was also the exciting theory of Björn Nordenström, who postulated the existence of an **"electrical circulatory system" composed of biologically closed circuits** that utilized the walls of blood vessels. Based on this, he had developed an effective treatment for metastatic lung malignancies. I thought that these individuals might shed some light on the Symtonic results.

(Continued on Page 3)

Our 1988 Congress therefore also included a presentation by Norman Shealy and Saul Liss on detailing the effect of transcranial electrical stimulation on neurotransmitter levels in the brain. One of their important findings was that this procedure significantly increased serotonin, which explained its ability to improve depression. They also found that pain was not relieved as effectively by transcranial stimulation in patients with low serotonin levels. To correct this they put these poor responders on a two week course of tryptophan, a serotonin precursor, following which their results were markedly improved.

One of the highlights of the Congress was Björn Nordenström's explanation of his theory of biologically closed electrical circuits in the body. While this might otherwise have sounded like some crackpot theory, his credentials were impeccable, since he had been Director of the Department of Radiology at the renowned Karolinska Hospital in Stockholm for two decades. He had also served as Chairman of the Selection Committee for the Nobel Prize in Physiology or Medicine, and had been nominated for this as well. **Some authorities believe that if his theory is confirmed, it could be as important as William Harvey's discovery of how blood circulates in the body.**

Björn's initial interest began when he noted on a routine chest X-ray, that there appeared to be an aura around a tumor that was subsequently found to be malignant. After scrutinizing the X-rays of other patients with primary and metastatic lung cancers, he found two others with this peculiar halo effect. He brought these films to medical meetings to show to colleagues. A few recalled having seen something similar once or twice in their careers, but assumed it was an artifact that occurred during the developing process.

Nordenström rejected this and was determined to find an explanation. His investigations confirmed that the abnormality was due to a strange energy field around cancer tissue. It was never detectable in lung tumors that were benign. He spent the next two decades studying how to measure this energy in experimental animals with malignancies.

He reasoned that if the electrical characteristics of malignant tumors differed from adjacent healthy tissue, correcting this abnormality might cause the cancer to regress. While he was able to confirm this in experimental animals, it was difficult to find human subjects. He was able to treat some who had failed to respond to conventional treatment or could not have survived surgery. He presented a case of metastases to both lungs in a 21 year old woman following a hysterectomy for uterine cancer. All four malignant tumors rapidly regressed, and ten years later, X-rays showed only scar tissue remained. Another 66 year old woman with metastatic ovarian carcinoma also showed no evidence of tumor on five year follow up.

The painless treatment consisted of inserting a needle into the tumor and connecting it to a battery that supplied a specific amount of electricity for 24 hours or less. These results have now been replicated all over the world. Chinese physicians reported **an 80 percent rate of total or partial regression of lung cancers** in 5000 patients treated in over 400 hospitals.

Nordenström, Shealy, and Liss provided updates on their research at later Congresses, along with other pioneers in electromedicine, and last year we devoted three days to this subject. Speakers included the renowned cardiologist, Demetrio Sodi Pallares, who demonstrated the remarkable reversals he achieved in far advanced cardiomyopathy and cancer using magnetotherapy. Richard Markoll presented Pulsed Signal Therapy (PST) double blind results in over 30,000 patients with osteoarthritis showing remarkable relief of pain and improved mobility. PST has now also been shown to be effective in tinnitus.

This Congress will again focus on advances in energy medicine. In addition to all the above researchers, other authorities will join to expand our vista of this exciting field. Our goal will be to explain how faith, placebos, homeopathy, magnetotherapy, and acupuncture can promote healing. Could all of these represent different parts of the same puzzle? Could there be some common underlying energy communication conduit?

Where Does Energy Come From And Go?

Energy Medicine is a catchy phrase but what does it signify? Exactly what is energy? In physics, energy means the ability to do work. All of the energy that is essential for life and growth comes from the sun. During photosynthesis, chlorophyll in plants uses the energy from sunlight photons to convert carbon dioxide and water into starches and sugars. When we consume these carbohydrates, their chemical energy can be used immediately or to make new chemical bonds that can store energy for future use. **The most important storage sites are the powerful phosphate bonds in adenosine triphosphate (ATP),** which provide what is known as "free energy" when they are split off.

All of these energy transfers are governed by the laws of thermodynamics. These state that energy can never be created or destroyed; it can only be transferred, and that during this transfer, some of it is lost. Since energy can't be destroyed, it doesn't really disappear, - it's just not available to do any purposeful work, and this is referred to as entropy. Heat can be converted into chemical, mechanical, or electrical energy and vice versa, but some energy is lost during each transformation because of entropy. That is why perpetual motion can never be achieved in a closed system.

Albert Einstein used a roller coaster ride to illustrate entropy. As the car accelerates to earth, gravitational potential energy is converted into kinetic energy, the energy of motion. The reverse happens as it ascends the next loop. However, it will never reach the same height because of friction between the wheels of the car and the rail that creates heat. This heat energy is dissipated back into the environment and is not available for the roller coaster to use.

This analogy also helps to explain "free energy". The roller coaster operates because electricity powers the car to the top where it can take advantage of gravity's potential energy. Electricity can also be used to slow the speed of the car's descent, or to supply it with light and heat. Physically pushing the car to the top would accomplish the same goal, but nothing else. Electricity supplies energy that is free for the system to use for any purpose it chooses.

The application of these principles to living systems was first described by the nineteenth century physicist Josiah Gibbs. Gibbs devised equations to calculate the amount of heat generated by chemical reactions, and to measure the amount of energy available to the cell that it was free to use for any purpose. This so called "free energy of Gibbs" was like having money in a 24 hour bank. You could use the money to purchase anything you wanted provided your account had enough funds.

The energy for all cellular activities is stored in ATP, a compound found in the mitochondrial powerhouse of every living cell. The free energy derived from ATP is like money in the bank that the cell can use for any purpose, whether it be making a specific enzyme, hormone, or for reproduction. Sodi Pallares has shown that **magnetotherapy can increase the production of ATP,** which could explain why it benefits patients with heart disease, arthritis, cancer, depression, anxiety, insomnia, and other disorders that have no common cause.

When the only tool you have is a hammer, everything becomes a nail. Bolstering ATP is the easiest way to explain why magnetotherapy can have so many diverse effects because it conforms to the current chemical/molecular model of how communication takes place in the body. It is likely that electromagnetic stimuli can transmit or generate energy through other mechanisms that have not yet been delineated. The same may also hold true for acupuncture, homeopathy, faith healing, aromatherapy, music, visual imagery, therapeutic touch, and other subtle energy modalities that can also benefit varied disorders.

Scientists have identified four types of energy: electromagnetism, gravity, and weak and strong nuclear bonds. They believe that these can explain all the phenomena in the universe, including biological reactions. They also propose that all of these forces are interrelated in their "Grand Unified Theory", but have never been able to prove this. **Is there a fifth form of energy beyond the bounds of Newtonian physics** that provides a missing link? Is it somehow related to *chi*, *prana*, or other ancient concepts?

Can We Learn From The Past?

The Bible tells us that "There is no new thing under the sun." Five thousand years ago, the ancient Hindus spoke of an energy called *prana* that was the source of all life and pervaded the universe. Yogis and Ayurvedic practitioners developed breathing techniques, meditative practices, and physical exercises that used *prana* to promote health, longevity, and altered states of consciousness. These practices have persisted and are now enjoying a resurgence of popularity. The Chinese concept of a vital energy called *Qi* also dates back several thousand years. *Qi* or *chi* was present not only in living things, but in all of nature. Qigong masters could control or balance the body's *Qi* and its *yin* and *yang* components through meditative disciplines that enhanced physical and mental health as well as spiritual development.

Around the sixth century B.C., the Pythagoreans believed in a vital energy that permeated the universe, whose radiance (light) could be used to restore health to sick patients. Jewish mystical teachings in the Kabbalah, which was written around the same time, referred to a vital energy that could be visualized around the body called the "astral light", since it was thought to emanate from the stars. This human energy field appears as a halo in paintings and statues of Buddha, and as a light emanating from the fingers of certain Indian deities. Christ and other spiritual leaders similarly were often depicted as having a halo in early Christian paintings.

Energies analogous to *chi* and *prana* have resurfaced over the centuries as the *archaeus* of Paracelsus, Newton's cosmic aether, Mesmer's universal fluid, the odic force of Reichenback, Brunler's biocosmic energy, and Reich's orgone. Human energy fields and auras were first photographed by Kilner and later Kirlian. De La Warr and Drown subsequently built instruments to detect and measure these fields and developed Radionics, a technology that could use these fields to diagnose and treat diseases. Radionics is still being investigated in England. **Should the existence of human energy fields be disregarded simply because we are unable to explain what they consist of?**

Acupuncture has been used to relieve pain and treat other disorders for thousands of years. Its popularity could never have persisted for so many centuries unless it were effective. Until recently, it was ignored if not derided by most Western physicians because there was no scientific rationale to explain its alleged effects. Faith healing, magnetotherapy, homeopathy, and therapeutic touch have suffered a similar fate for the same reason. None of the above are associated with any consistently observed endocrine, immune, or central nervous system responses. Any biologic effects would appear to defy the laws of thermodynamics.

Yet, it is quite clear that feeble electromagnetic signals can produce significant psychophysiological changes without detectable thermal effects. It seems plausible that energies of a similar magnitude generated internally could have similar effects. **Thus, EEG and ECG waves may not merely reflect the noise of the machinery of the brain and heart, but signals being sent to specialized receptor sites through unknown pathways.** Could these conduits be related to ancient concepts of meridians that conduct *chi*, the bioenergetic yogic *chakra* vortices, or Nordenström's "electrical circulatory system"? Can some of this energy be transferred from one person to another without physical contact? **Is it possible to store some form of this force that Tiller refers to as "intentionality" on a computer chip for future use?** We intend to provide convincing evidence to support many of these theories.

This Congress will explore mechanisms that seem to mediate the healing power of faith, placebos, acupuncture, homeopathy, and magnetotherapy. It has been suggested that these may all have some common energy link that has yet to be defined. Whether this can be demonstrated is not important. **Theories don't have to be correct, only facts do.** Some theories are valuable primarily because of their heuristic merit, in that they lead to the development of new facts that later result in better theories.

The body contains its own best pharmacy. Our goal is to provide insight into how to tap into this vast innate, unlimited potential for self-healing that resides in each of us.

A Snapshot Of Our Hans Selye Award Recipient And Congress Offerings The Eleventh International Congress on Stress

November 26 through December 1, 2000

The Mauna Lani Bay Hotel and Bungalows, Island of Hawaii



Dr. Herbert Benson will be this year's Hans Selye Award Recipient. Dr. Benson is Chief of the Division of Behavioral Medicine at the Beth Israel Deaconess Medical Center, founding President of Harvard's Mind/Body Medical Institute, and has served on the Board of Trustees of The American Institute of Stress since its inception in 1978. He is the author or co-author of over 150 scientific publications and more than four million copies of his books have been printed. He is perhaps best known for demonstrating the stress reduction effects of meditation, and promoting the Relaxation Response as a simplified measure to achieve these rewards. His research, which extends from the laboratory and Asian field expeditions to the clinical arena, has served to provide a bridge between East and West, belief and science, and to elucidate mind/body relationships. In addition to exploring the power of the placebo effect, in recent years he has devoted his interests to demonstrating how a firm faith, spirituality, and prayer can promote health and healing. In recognition of Dr. Benson's accomplishments, this Congress will pursue these and other relevant themes.

WHAT'S SO DIFFERENT ABOUT THIS EVENT?

For those interested in integrative medicine, this Congress will provide new insights into how acupuncture, homeopathy, and other "complementary and alternative" therapies can provide benefits for many stress related complaints. There will be a particular focus on the psychophysiologic and stress reduction effects of subtle energies, including feeble electromagnetic, olfactory, visual, auditory and tactile stimuli. Some seemingly miraculous "religious healings" have been authenticated based on indisputable objective evidence. Like placebo effects, these cannot be explained in terms of our current chemical/molecular model of physical communication. However, such cures become comprehensible in an emerging paradigm of energy communication at a physical/atomic level that may also help to clarify how acupuncture, homeopathy, and other subtle energy therapies achieve their benefits.

We will demonstrate how a combined magnetotherapy-metabolic approach has resulted in amazing reversals of far advanced metastatic malignancies and end stage cardiomyopathy. There will be presentations dealing with other types of pulsed magnetic field therapy that may soon prove to be the most effective and safest treatments for insomnia, osteoarthritis, migraine, and certain degenerative neurologic disorders. A special session being organized by Japanese physicians in honor of the late Yujiro Ikemi, our 1992 Hans Selye Award recipient, will present the latest advances in the use of chi gong energy, psychoacupuncture, and aromatherapy. There will be a workshop on Medical Resonance Therapy Music®, which has been shown to improve immune system function and reduce pain, stress, and duration of hospitalization in double blind studies in Germany and Eastern European countries. Other workshops will demonstrate the cost effectiveness of visual imagery to reduce stress and duration of hospital stay, achieving biological and psychophysiologic coherence through novel brain-heart communication technology, Transformational Kinesiology as a biofeedback indicator of subtle energy stressors, the inner alchemy of Buddhist tantric practice, and Bodyscan™ 2010 non-cognitive biofeedback to detect stress induced imbalances in the body.

Plenary sessions will be devoted to an update on occupational stress and Post Traumatic Stress Disorder. Brief After Dinner talks are planned to include presentations dealing with stress and heart disease, stress and the skin, chronobiology, and psychoneuroimmunology.

To be astonished at anything, is the first movement of the mind towards discovery.

Claude Bernard

Schedule, Arrangements, And Registration Information

The Congress will commence with a Welcoming Cocktail Party, Gala Banquet, and Award Ceremony on Sunday evening, November 26, and conclude on Friday afternoon, December 1. The schedule of dates, the titles of planned Plenary Sessions and their Chairpersons is as follows:

Monday	• Faith, Belief and Stress Reduction in Health and Healing	Herbert Benson, MD
Tuesday	• The Global Epidemic of Job Stress: Causes and Cures	Lennart Levi, MD, PhD
Wednesday	• Placebos: Can They Cure Disease as Well as Illness? • Post Traumatic Stress Disorder	Robert Ader, PhD George Everly, PhD
Thursday	• Does Intentionality Mediate Faith Healing and Placebo Effects?	William Tiller, PhD
Friday	• Magnetotherapy in the Millennium	W. Ross Adey, MD

The Mauna Lani Bay Hotel is considered to be one of the world's top resorts. (Their bungalows, which can cost \$5400/night with tax are over ninety percent occupied year round. See www.maunalani.com for a live view of championship golf courses, and other facilities). Ample time will be provided so participants can enjoy the serene and stress free ambiance of this magnificent setting where the dress code is always informal. (Ties or jackets are never necessary). A limited number of ocean view rooms (regularly \$500-\$550) have been made available to Congress participants at \$175/night plus tax for two. Congress Registration Fee of \$500 includes Continental Breakfast daily. (Twenty percent discount to Fellows and Members). Attendance will be limited to 200 in order to provide an intimate atmosphere and promote personal interaction with our star studded Faculty.

SOME OF THE SPEAKERS AND THEIR PRESENTATIONS

- The Power and Biology of Belief – Herbert Benson, MD
- Science and Spirituality: Oxymoron or Opportunity? - Wayne B. Jonas, MD
- Integrating Ancient and Modern Mind/Body Energy Medicine – Leonard A. Wisneski, MD
- Does Memory in Water Explain Homeopathy? – Jacques Benveniste, MD
- The Effect of Intentionality on Inanimate and Biological Systems - William A Tiller, PhD
- Bioinformation, Subtle Energies, and Vibrational Medicine – Richard Gerber, MD
- Healing Dialogue and Spirituality Treatment of Heart Disease – James J. Lynch
- Pulsed Signal Therapy for Osteoarthritis, Pain, and Tinnitus – Richard Markoll, MD, PhD
- The Effect of Remote Spiritual Healing on the EEG – C. Norman Shealy, MD, PhD
- Are Placebo Effects Primarily Conditioned Responses? – Robert Ader, PhD
- Is There an Electrical Circulatory System? – Björn Nordenström, MD
- Effects of Spiritual Healing: From Humans and Plants to DNA – Daniel Benor, MD
- Magnetotherapy in the Millennium – W. Ross Adey, MD
- Dynamical Energy Systems And Energy Medicine Research – Gary Schwarz, PhD

AN UPDATED SCHEDULE OF PRESENTATIONS, WORKSHOPS, AFTER DINNER TALKS AND FACULTY LISTING CAN BE OBTAINED ON OUR WEB SITE WWW.STRESS.ORG BY CLICKING ON ELEVENTH CONGRESS. SINCE ACCOMMODATIONS AT THESE PREFERRED RATES IS LIMITED, EARLY REGISTRATION IS ADVISED. A REGISTRATION FORM IS AVAILABLE ON OUR WEB SITE THAT CAN BE PRINTED OUT, COMPLETED, AND FAXED TO 914-965-6267 OR MAILED TO THE AMERICAN INSTITUTE OF STRESS, 124 PARK AVE., YONKERS, NY, 10703. FOR ADDITIONAL INFORMATION, CALL TOLL FREE 1-888-24-RELAX OR E-MAIL STRESS125@EARTHLINK.NET/

The scientist does not study nature because it is useful; he studies it because he delights in it, and he delights in it, and he delights in it because it is beautiful. If it were not beautiful, it would not be worth knowing, and if nature were not worth knowing, life would not be worth living.

Jules Henri Poincaré

**Book Review: VIBRATIONAL MEDICINE FOR THE 21ST CENTURY:
The Complete Guide To Energy Healing And Spiritual Transformation.
William Morrow, New York, 2000, 446 pages. Richard Gerber, M.D.**

As the subtitle implies, this book provides a comprehensive review of alternative and complementary practices, some of which have been in existence for thousands of years. It distinguishes itself from other offerings of a similar nature because it attempts to explain how these modalities achieve their effects based on scientific explanations rather than anecdotal speculations. At the core of this is vibrational medicine, which views the body as a complex system of pulsating energies that work in synergy when they are in balance. Infections, physical trauma, stress, and metabolic disorders cause disturbances in this balance that result in different types of illness. While mainstream medicine relies on drugs for treatment, vibrational medicine uses different forms of energy from magnetotherapy, as well as visual, auditory, and olfactory stimuli. **These can all be tuned to restore equilibrium and to heal spirit and mind, as well as body.**

This is explained in the first three chapters, which show how all of this relates to the acupuncture-meridian model, the concept of chakras, as well as modern medicine. Other chapters are also devoted to homeopathy, acupuncture and Chinese medicine, the art of healing with flower essences such as the Bach flower remedies, healing with color and light, various magnetotherapy approaches, remote healing (Radionics), and Bioenergy healing (the laying on of hands, therapeutic touch, Reiki). The last chapter consists of useful appendices that identify resources where the reader can obtain additional information on all of the above and related topics. An extensive and up to date reading list of books is also provided.

In certain respects, this book is an extension of the author's 1988 *Vibrational Medicine: New Choices for Healing Ourselves*. It appeared as a paper back by a relatively unknown publisher in New Mexico and was not widely advertised. It dealt much more with theory than practical applications and the language was far too technical for the average reader. Despite this, it sold over 100,000 copies because it was so superior to anything else available that attempted to explain the basis of ancient therapies and how they related to contemporary medicine. This book is far superior and explains these and numerous other complex topics in an authoritative, attractive and easily understood fashion. Space constraints preclude describing the numerous other assets and attributes of this rather remarkable offering, which is so congruent with the goals of our next Congress in Hawaii. **Those of you who are able to join us will have an opportunity to hear and meet Richard Gerber, Ross Adey, Jacques Benveniste, William Tiller, Norman Shealy, and other distinguished scientists whose research he describes. This book is highly recommended.**

Paul J. Rosch, M.D., F.A.C.P.
Editor-in-Chief

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