



## VIBROACOUSTIC THERAPY CASE STUDIES AND PROFESSIONAL EXPERIENCE

### Dr Riina Raudsik

[Dr Riina Raudsik](#) is the head of Jyri Health Centre in Estonia and has been using VAT as one part of alternative medicine since 1991. She has written five books about stress, metabolism, and the body's energy.

A person fights to keep his interior environment in balance with every possible opportunity, and the more effective the body is at producing energy, the better the result. When metabolic processes do not occur normally because of chronic tension (including emotional), then a person's body has no opportunities for cell renewal.

Together, the fear and memory centers are called **THE EMOTIONAL BRAIN**.

And since one part of the emotional brain is the memory center, then the emotional brain has **its own memory**, which preserves intense emotions. These intense memories, including rape, surviving a fire, the loss of parents, physical or mental abuse, but also, beautiful memories from earlier times, can set off alarms in the body, even after many years have passed. Research from the last few decades has shown that the membrane of each body cell is linked to the memory center, and these membranes are covered with tens of thousands of receptors. (Candace Pert, Bruce Lipton).

Humans are differentiated from animals because they have a well-developed frontal brain area called **the prefrontal lobe, which has the power to inhibit the fear center**.

The prefrontal lobe is also associated with planning and decision-making. It has access to the memory center, allowing us to plan for the future by taking into account previous life experiences. A person's free will is based on the ability of the conscious mind to change the pre-programmed behaviors of the subconscious mind (Bruce Lipton).

Why then do psychosomatic illnesses develop into diseases after many years of chronic stress? This is because the "emotional brain" controls all of the body's functions: Respiration, heart activity, blood pressure, digestion, immune system, hormone secretion, sleep, sexuality, fertility, glandular function and the metabolism of every organ and tissue cell (bones, muscles, mucous membranes, skin, blood, etc.)

In this way, the emotional brain controls organ function. Widespread tension in the "emotional brain" causes functional changes in the body and, after many years, irreversible organic changes in the body – through to **the development of disease**.

### THE AUTONOMIC NERVOUS SYSTEM

The "emotional brain" has its origins in the nervous system that regulates metabolism and organ functioning – **the autonomic nervous system**. The name autonomic is given to this system because it is not possible to substantially bend this part of the nervous system to one's will. Our

everyday behavior is based primarily on the subconscious or, in other words, what we have previously internalized. Every new situation requires our attention and energy, and so, a stressor may simply be a new life experience or upsetting thought. The older a person gets, the more difficult it is for them to adjust to new situations and even a simple life change may set off a hormonal uproar in the body - stress.

The autonomic nervous system has two sides:

1. **The Sympathetic nervous system** is associated with quick action. It is always focused on maintaining life activity and is ready to quickly fight. If something unexpected happens, the organism reacts automatically within a few milliseconds and only after that can we start to think about what we have done. This occurs due to the quick mobilization of the sympathetic nervous system.
2. **The Parasympathetic nervous system** is the counterbalance to the sympathetic nervous system; it has a regulative and restorative function in the organism. All restorative functions in our organism are under the control of this system.

The activation of the sympathetic nervous system increases the levels of blood sugar, constricts arteries, raises blood pressure, speeds up heartbeat and respiration and expands the bronchi and bronchioles to increase blood flow to the muscles. The body is ready for battle.

When such a state lasts for a long time, the body's defense system becomes exhausted and in this way, arrives at a state where the following ailments may occur:

- Unexplained fatigue
- Hot flashes
- Increased sweating
- High blood pressure
- Heart palpitations
- Tension headaches
- Muscle and tendon pain
- Dizziness
- Tinnitus (ringing in the ears)
- Nausea and ulcers
- Pain in the upper stomach, especially when the stomach is empty
- Gas
- Reflux disease
- Dry mouth
- Dry eye syndrome
- Dry cough
- Difficulty swallowing
- Feelings of suffocation at night
- Frequent colds, viruses and other contagious illnesses
- A heavy feeling around the heart
- Constipation, which over the years turns into chronic diarrhea
- Hair loss (caused by stress in women)
- Lack of sex drive
- Infertility
- Osteoporosis (thinning of the bones)

Of course, the above listed ailments do not all occur at the same time. Symptoms do not necessarily appear in everyone, but it is clear that these ailments are caused more or less from a constant oxygen debt in the body. This means that the demand for tissue metabolism is greater than the body's capacity to supply oxygen and produce energy. As a result, a state of **"souring" of tissues or a drop in pH** occurs.

**A person fights to keep his interior environment in balance with every possible opportunity, and the more effective the body is at producing energy, the better the result.**

As previously noted, a psychosomatic disorder directly affects a person's energy state. In this situation, the body requires significantly more energy than the process of cell metabolism is able to produce, **and the reproduction of our body cells requires nearly 90 percent of the body's energy!** Long-term stress increases the imbalance of energy in the tissues and symptoms of energy crisis begin to appear. In the presence of energy debt in tissue metabolism, a person eventually becomes aware of physical complaints. One main cause is the change to an acidic environment (metabolic acidosis) and the resulting disorders of organ function.

## **THE TREATMENT OF PSYCHOSOMATIC DISEASE SYMPTOMS WITH VAT**

The easiest way to understand the effects of vibroacoustic therapy on physical disorders is with the help of short descriptive case studies.

1. Tics
2. Stuttering
3. Tension headaches
4. Sleep disorders
5. Anxiety and panic disorders
6. Enuresis or nocturnal bedwetting
7. Encopresis or involuntary defecation
8. General state of tension, ligament pain
9. Physical complaints following narcotic use

The above listed disease symptoms are more common in children or have their beginnings in childhood. Children are very sensitive to stress. The activity of their emotional brain noticeably exceeds their ability for rational thought. But at the same time, children live out their emotions in a simple fashion and, therefore, day-to-day tensions do not usually stay around to haunt them.

Humans are energetic beings. They are able to tolerate prolonged tension when they are given time for regular self-renewal and rest. However, when this is neglected, the body will eventually turn against itself. Responses to chronic stress can damage both a person's psychological and metabolic

state. **These impairments, meaning, the inability of the cells to produce enough energy and the shifting of our body's interior environment towards an acidic state is the link to the energy crisis in the whole body.** The ability to recognize a psychosomatic disorder and a common interpretation between doctor and patient is the first sign of healing.

Vibroacoustic therapy has become one of the most popular forms of treatment worldwide for a variety of psychosomatic illnesses. In the course of our clinical work, it became evident that vibroacoustic therapy was particularly effective for the treatment of children's and adult's functional nervous system disorders. Most people fully recovered their health over a relatively short period of time.

The case histories presented in this book where vibroacoustic therapy was implemented, are taken from real life, during our medical work experience lasting nearly 25 years. As it turned out, in most cases the procedure was able to help the patient, but there were also setbacks. This applied to patients who were frightened by the painful after-effects following the first days of treatment, which was actually an indication that the body had begun its corrective changes and was on the road to recovery.

The fact that vibroacoustic therapy plays a positive role in the reduction of numerous illnesses has become clear for many who need help. However, this effective and pleasant procedure is also intriguing because, as in the case of any new form of treatment, it is contingent upon the desire to heal quickly. And so, sometimes there occurs the phenomenon where, from the patient's perspective, the treatment has outright supernatural powers. However, when a speedy recovery does not occur, it is followed by disappointment and treatment is neglected.

In this book we tried to emphasize that when there is a decline in body energy due to stress or psychosomatic disorders, a person's self-activation is of primary importance and that, along with treatment procedures, one deals with fixing his or her body energetics. It is important to teach people to pay more attention to the first signs of disease, to search for solutions and exert oneself in the name of good health because, after all, change depends on our attitude and us. For complete recovery, we recommend that in addition to treatment, a person change his or her lifestyle, diet, and increase physical activity. Evidence shows that opportunities for this are numerous, as long as the person himself has the desire, belief and good advisors.

MD Riina Raudsik

## **Case Studies Presented by Our Colleagues from Nordic Countries:**

### **1. MULTIVIB CASE**

Male age 72

Cold legs, sometimes pain / cramps in the calves, both legs. The client has worked in the forest for many years and has had unpleasant cold feeling in his legs for over 30 years.

He thinks that is related to the job and work in extreme cold wintertime with the bad footwear. He is otherwise in good shape.

#### TREATMENT 2 TIMES Per WEEK

1. Treatment: I choose Yellow cd, with volume 19, 23 min, then Red volume 18, 23 min.

The client feels the treatment is relaxing and comfortable, he falls asleep almost.

2. Treatment: The client thinks that he's a little warmer in the legs, but is unsure whether it makes sense. I choose the same treatment as before and in addition ear acupuncture.

I've found that it seems like Multivib and acupuncture enhances the effect of each other, so I often use this combination.

This time the client falls asleep during treatment.

3. Treatment: Now the man is sure his legs start to get warmer.

I choose the same treatment as before since it seems to work fine.

4. Treatment: The client is still warm on the legs, and has less leg cramps.

The treatment is the same. He falls asleep this time, too, find it very pleasant.

5. Treatment: The client cannot believe it's true. He is warm and good on the legs - have not been cold since last time. I also think that it is absolutely amazing, as he has had these symptoms for so many years. I continue with the same treatment, no reason to change anything when progress is so good.

6. Treatment: The client comes smiling and happy, is still warm on the legs. Treatment is the same, and he wonders if he needs to come so often. We agree that he can wait a week for the next time.

7. Treatment: He has still been warm since last time. We will continue with the same treatment. Now he wants to try without further treatment, and will come back when he feels that his legs start to get cold again.

He does not contact me, but after three years I meet him in the city. He's still warm on his legs.

## 2. MULTIVIB CASE

Female 22 years.

The client has had a lot of headaches, growing past two months. She is a nursing student, has exams, and has also taken shifts at the hospital. I feel the muscles in her shoulders / neck, and they are very hard.

**1. Treatment:** I choose to combine Multivib with ear acupuncture in this case, to try to get rid of headaches as fast as possible. Green cd volume 18 first for shoulder / neck, then red cd to get out some stress and get her body to relax. She falls asleep during treatment, and feels that she is tired. She feels that there is something happening in the neck area after treatment, and is excited to find out what happens. I agree that she will come 2 days per week, 10 treatments.

**2 Treatment:** The client has had fewer headaches last 2 days. She is still tired and has a lot of stress in the body. I give the same treatment as before. She falls asleep this time.

**3. Treatment:** Now she had headache only once since last time. I give the same treatment as before. She falls asleep quickly, and feels that this treatment is lovely and feels relaxed.

**4. Treatment:** The client has not had a headache since last time, just been a bit heavy in the head a few days. Same treatment.

**5. Treatment:** Now she feels much better. Have not had a headache since last time, and she seems less tired. But she has still pretty stiff muscles in the shoulders and neck, so we continue the same treatment 10 times.

After 10 treatments, she has more energy and headaches are mostly gone, and the muscles are considerably softer.

We agree that she takes contact when she feels it starts to tighten up again.

### 3. MULTIVIB CASE

Female 81 years.

Fibromyalgia. Much pain in muscles and joints throughout the body. This peaks in stressful situations. She sleeps poorly. She also has an old fracture in her back that makes her get extra amount of pain in the lower back and hips as she stands long, or carries something in her hands. She cannot clean floors or vacuum so she gets help. Otherwise she is positive and healthy and driving so she gets out.

**1. Treatment:** As the client has the most problems in the lower back / hips and shoulders / neck, I choose to start with yellow cd, a little careful with the volume the first time, 14. Then I give her red volume 16. This is also beneficial for the muscles in the lower back / hips, as well as to provide good relaxation for the whole body. She manages to gradually relax, and finds it comfortable to lie on the mattress. She would like to try several times, and I give her an offer of 10 treatments, 2 times a week.

**2. Treatment:** The client feels no difference since the last time, but is determined to try 10 times. I give the same treatment as last time, but increases volume by 1 at each frequency. This because she had no discomfort after the last time.

**3. Treatment:** No change. The same treatment as before.

**4. Treatment:** Now she has slept better a few nights. The client feels that she relaxed better during treatment, falling asleep almost at the last minute.

**5. Treatment:** The client feels there has been less pain in the body, but is a little unsure, it varies little bit else too. This time I try cd green volume 16 first instead of yellow. Then she gets the red, volume 18.

**6. Treatment:** She thinks there are still less pain in the body, both hips and neck. She also has several nights of better sleep.

**7. Treatment:** The client feels it is progressing now. She has a little less tension and pain in the body and several nights of good sleep.

**8. 9. 10. Treatment.** She has received the same treatment in recent sessions, and she has experienced gradually less pain. In particular, in the neck and shoulders. And she sleeps better overall. She wants to continue to come once every other week for a while, to keep some tension in check. She knows that she cannot get rid of her illness, but thinks it's good to know that there is something that can dampen it a bit at times.

#### **4. MULTIVIB CASE**

Female 52 years

Menopause problems. Frequent hot flashes, sweating at night, does not sleep well.

She is otherwise in good shape.

**1. Treatment:** We agree to combine treatment with ear acupuncture. I give her female power cd volume 22. She thinks the treatment is pleasant and interesting and has a colleague who has tried the same thing with good results. She wants to try 10 treatments, twice a week.

**2. Treatment:** The client had more hot flashes first 2 days after treatment. Recent days have been like before. I told her that it's a good sign that there was a change and gave the same treatment as before.

**3. Treatment:** This was the same as the last, with more sweating first 2 days. I say that it can often be so the first 3-4 times, but then it often starts to get better. It is the body itself that must correct, and it may take some time. I continue with the same treatment, increases the volume to 23

**4. Treatment:** Still increasing heat flushes the first 2 days, but a little less during daytime the last 2 days.

**5. Treatment:** Now it has not been particularly worse after treatment. She also thinks it might have been a little less sweating at night. I give the same treatment, female cd, but additional cd red volume 20 she falls asleep.



**6. Treatment:** Now she is sure that there is less sweating at night, and she sleeps better. She is looking forward to coming for treatment and feels it is very good. She gets the same as last time.

**7. 8. 9. 10. Treatment:** Night sweating is almost gone and she feels much better. Sleeping well and has more peace in her body. She also feels that she has more energy, but is unsure if it is due to treatment, or if it's because she sleeps better.

We agree that she can come back when she feels that hot flushes begin to rise. She does, and it works well for her.

## 5. MULTIVIB CASE

Female 55 years

The client had a cold with a cough for 2.5 weeks. The last few days she has experienced severe breathlessness, and can hardly walk across the living room floor. She has been to the doctor today and been told that she may have pertussis, and should expect 4-5 weeks with cough. This she did not quite believe in, and asked if I have something that can help her. I recommend that she try Multivib orange, lung frequency. I will also stimulate the respiratory and immune systems with ear acupuncture. I suggest that she should come every day this week.

**1. Treatment:** Orange cd, volume 23. She could breathe easier during treatment. She decided that this is going to work.

**2. Treatment:** The client has been better after one treatment, and breathes a little easier. I give the same treatment as before.

**3. Treatment:** Now she feels significantly better, breathes easier, coughs less and has more energy. We're both pleasantly surprised to have such fast improvement. She receives the same treatment as before.

**4. Treatment:** The client comes for treatment later this day. She says with a smile that she has been walking in the woods, about 30 min. It was a little heavy, but she did it. It is absolutely amazing! She gets the same treatment, and lies half an hour extra today, with volume 19 for the last half. She did not get to come the next day, but we agree that she can call over the weekend if she wants more treatment.

I heard no more from her, and thought that she was doing well. I met her one month later, and learned that she had just gotten better and better week after, and coughed a bit next week, but then it was okay.



## 6. MULTIVIB CASE

Female 56 years

Hot flashes, several times per hour of the day and the night likewise. She is very tired, sleeps poorly and is pretty desperate. She will try Multivib before starting with hormone tablets. The client has a very demanding job with lots of travel and responsibility. She has a lot of stress in the body. She gets an offer of 10 treatments, trying to come 2 times a week.

**1. Treatment:** I suggest that we combine Multivib and ear acupuncture. I choose to give her the female cd, volume 24. Then she gets red cd, volume 20 to calm down the stress in the body. She has difficulty to relax properly during treatment, and thinks it is a bit long.

**2. Treatment:** She has hot flashes like before. We continue with the same treatment. She still has trouble calming down, having too much stress in the body.

**3. Treatment:** The client feels no difference. She sees no way to bring down her stress levels at work. The treatment is the same. Now we wait one week until next time because of her job.

**4. Treatment:** There is still no difference in heat flushes. I suggest we put down the volume of the female cd to 16. She tried it for a while, but feels that she is more stressed when there is little vibration. I turn up to 23 for last 10 min.

**5. Treatment:** Still no change, but she will not give up. She receives the same treatment as before, female volume 23 and red, volume 20. She feels that it starts to get a little more comfortable to lie on the mattress; she is able to relax a bit more when she is there.

**6. Treatment:** The client still has many hot flushes, stresses at work and sleep problems. We continue with the same treatment and hope that it will change.

**7. Treatment:** Still no good news about treatment results. But we continue as before.

**8.9.10. Treatment:** There is no difference when it comes to hot flushes and sleep problems. I have nothing more to offer. I assume that her stress level is too high, and this is the body's way of telling her. It is very difficult to do anything as long as she cannot change her lifestyle. She understands, and thinks maybe she should contact her doctor again to talk about the hormonal tablets.

Most people who have received this treatment have got hot flushes down to an acceptable level after 10 treatments, so I would not ask her to spend more money as there had been no improvement.

(I think she could change strategy after 6-7 treatments. I would concentrate on the stress. Japanese music- VAM, and green cd could be a good choice. Toril)

## 7. MULTIVIB CASE

He had gouty arthritis for several years. He has gout in the right big toe. It is very painful and inflamed, and it is painful to wear shoes and walk.

He also has an injury to a nerve in the neck after surgery. It gives a lot of irritation and coughing. He does not have much faith that it is something that helps, but his wife sent him to me....

**1. Treatment:** We agreed to try a combination of ear acupuncture and Multivib, 2 treatments per week. I choose yellow cd volume 19 first, then red cd volume 20. The client thinks it is a pleasant and relaxing treatment and is willing to try a few times.

**2. Treatment:** There has not been any noticeable change in the three days since he was at the clinic. I choose the same treatment, but increase red cd to volume 21

**3. Treatment:** Client feels that there is some minor pain in the big toe. But he's a little unsure.... I give the same treatment, and he says it is good to lie on the mattress. Today he falls asleep eventually.

**4. Treatment:** Now the man is sure, big toe is less swollen and painful. He almost does not believe it is possible, but is impressed with the effect of treatment. We continue with the same treatment, but increases red cd to volume 22 - he thinks it's good to feel that it shakes.

**5. Treatment:** The client has not had pain in the toe since last time, and is very glad that he was persuaded to try an alternative treatment. Cough and irritation in the throat is unchanged, but it's an injury and difficult to get rid of it. He gets the same treatment.

**6. Treatment:** The client is still painless, and the big toe is not swollen anymore. He is very happy and will terminate after treatment today. He gets the same treatment as before, and falls asleep pretty quickly.

## 8. MULTIVIB CASE

Male 76 years

The client has had a virus on the balance nerve for 2 months. He is nauseated and dizzy, and has poor balance. Otherwise he is vigorous and youthful for his age.

**1. Treatment:** I suggest Multivib blue cd that can be beneficial for ailments related to the head, and then red in terms of nausea and to calm the body. I will also combine with ear acupuncture. The client takes some time to lie down. He gets dizzy then. He gets a pillow under his head so he does not have to be flat. I start with blue cd volume 14. Then the red cd volume 19.

After the treatment, I help him and he will come up gradually. He gets a little extra dizzy, but settles down quite quickly at that level it tends to be. We set up 10 treatments with 2 times a week.

**2. Treatment:** There is no change yet, but that was not expected either. He gets the same treatment.

**3. Treatment:** Still no change. He gets perm needles in ear for nausea, and an increase in the volume of the blue to 15. The red is still volume 20.

**4. Treatment:** The nausea has been gone since the last time, and he feels a little less dizzy. It is better to lie down on the bench today, and he is relaxed. The treatment is like last time.

**5. Treatment:** The nausea is still gone, and he feels in better shape. I give the same treatment, but increase the blue cd to volume 16.

**6.7.8.9.10. Treatment:** We continue with the same treatment. The nausea has been gone since the third treatment, and he feels that the dizziness is slightly getting better. But it is still quite troublesome and the balance is still poor. But he manages to drive again, and is happy with that. He will wait and see how it goes. He knows he can get in touch if he wants more treatments.

I met the man 1.5 years later. And he was still a bit dizzy and had trouble balancing. But otherwise he was in good shape and functioned fine in everyday life.

## 9. MULTIVIB CASE

Baby 3 weeks

The little girl is very upset, crying a lot especially at night, and has a lot of rumbling in her stomach. She is also slow in the stomach, and has pain in that area.

Parents are getting very tired and dismayed that the small one has so much pain. They have heard that reflexology can help.

**1. Treatment:** The baby is very upset and I feel that she has a lot of stress in the body. I choose to put her on the Multivib mattress while I give her reflexology, to see if she can be quieter there. I put on yellow cd volume 8. She is quiet for a while, and I see that she is listening and feeling the VAT. But she does not like me holding the legs to give reflexology...

I recommend that they come back after 3 days.

**2. Treatment:** The girl had slept well the day she got treatment, and she had proper bowel movement that day, but otherwise she was not better. I give the same treatment, and she is calmer today. I increase the volume of the yellow cd to 10, and sometimes, she gets quiet and seems to feel the vibrations. We agree that they shall come two times per week.

**3. Treatment:** She had a bowel movement the last two days, and sometimes she brings up air after breastfeeding. She cries a little less, but other times, she is unstoppable and gives clear expression of pain. She receives the same treatment. I only use about 10-15 min with young babies, as they respond quickly to treatment.

**4. Treatment:** Today, the baby's mood has improved. She smiles several times when I put the vibration on, and indicates that she recognizes this and enjoys it. No crying during therapy, and she has much less stress in the body. She had a bowel movement every day, and long periods without crying. She sleeps better, and so do the parents. We agree that they come back after a week to see how it goes.

**5. Treatment:** The girl has been like a normal baby now. Cries when she is hungry, but is otherwise happy and satisfied. She's approaching 7 weeks now and smiles and make noises, even when she is getting treatment today. It is very clear that she recognizes and likes the vibrations.

We stopped after this treatment.

## 10. MULTIVIB CASE

Male 69 years

The client is mentally handicapped. He has difficulty expressing himself and is quite headstrong. He has a lot of spasms in the body, and pain/wear in the knees and hips. He also has some headaches.

**1. Treatment:** The client comes with an assistant. After some persuasion, we get him to lie down on the mattress. I choose red cd and try gently with volume 17, which is enough for him. He manages to lie 15 min with his assistant sitting in the same room. It is decided that he shall try some more times at a later date, so we agree to come back in a week.

**2. Treatment:** Client needed little persuasion today too, but less than last time. He will have his assistant in the room, and he manages the entire program today.

**3. Treatment:** Today, he joined voluntarily and laid smoothly on the mattress. I try to raise a little volume, and 18 is okay. I ask him halfway through if he thinks it is good, and he answers yes. Assistant has agreed that they shall come back once a week. It seems that it is good for the client.

**4. Treatment:** We have no problem getting him to lie down again today. The assistant asks if she can go shopping while he relaxes and he says yes. There are no problems while she is out; I've got good contact with the client as he seems confident. I ask if he'll stay a little longer when finished. He agrees, and I put on yellow cd for his hips and knees. I'm careful with volume, 12. He manages a few minutes.

**5. Treatment:** Today he goes alone into the treatment room. The assistant can sit in the waiting room. He lies without protest and seems to relax. Both programs are going well, he rests about 40 min. He is tired today.

**6. Treatment:** There is no problem for him to be alone on Multivib-treatment. The assistant can sit in the waiting room, or go to the store. He enjoys himself; it's good to see. It is difficult to determine if

there is improvement in pain, because he has trouble expressing differences in pain. But there is no doubt that it is working well and relaxing him.

**7.8.9.10 Treatment:** He has been to therapy once a week now, and he seems to like it and get good relaxation. It may seem like he has a little less spasms, but it varies widely. It is decided that he should come three times a week for a period, because he has good relaxation and enjoys himself.

**Gunn Nilsen 64**

**Stroke 2004**

**Polymyalgia Reumatica**

**Perniøs Anemia**

Started 16/3-11: The treatment was painful because of inflammation in the body, but she wanted to continue. The first treatment was a reminder that the left side was "gone." She had deceived herself by taking control.

After 6 treatments, 4/4-11: Can recognize both sides of the scalp as she washes her hair. During the first 6 treatments there have been more urine and feces (other consistency). She has less water in the body, is less tired and feels more in touch with her left body half (pain). She has spent an hour in the woods without foot fails. Her voice changed, she feels that she loses control. More pain during treatment, but will continue because of everything that happens in the body.

After 16 treatments, 9/5-11: better balance, able to stand on one foot and has been on the stepladder and washed windows. Less water in the body. The body feels more whole. She feels she will be less controlling, automatic features work better. Still a lot of pain during treatment, but discovers that the pain will disappear if she sits on the mattress.

After 22 treatments, 17/6-11: Can run the wheelbarrow again. Does not have to worry about keeping balance anymore. The toes have become more relaxed for longer periods of time.

After 26 treatments, 26/7-11: Finding a position that enables her to lie on the mattress without pain. Turning the foot to the point that "opens up". But unable to find or keep the point all the time, or every time. Feels more balanced and handles problems better than before.

After 37 treatments, 12/10-11: For the first time, client experiences a completely painless treatment. Does not need to find the correct position. She has been for a walk in the woods without pain. About 5 km.

After 45 treatments, 7/12-11: The treatment counteracts the side effects of prednisolone (water in body); The treatment is painful this time, because of shoveling snow before treatment and overworked muscles. Notice that more muscles come alive.

After 48 treatments, 4/1-12: 2 weeks Christmas holiday with mental stress. The entire left side of the body is hopeless. The face on the left side hangs. Just a little hint of pain during treatment. Ellipses in the legs.

After 50 treatments, 17/1-11: Still painless treatment. Intense tingling in legs and arms. Has climbed the ladder with one leg in each step + shovel in hand. Up on the roof and shoveled down 1 m high snow 35kv.m.

Comments from Gunn after 50 treatments in 10 months:

The treatment reduces the side effects of medications: Less mucus production (side effect of blood thinning medicine) and has fallen about 15 kg in weight due to less water in the body (side effect of prednisolone).

Has regained feeling in the skin, body parts, and legs. Ellipses in the skin and muscles of the neck.

Has been for a walk every day about 1 to 1.5 hours since before the treatment started. Previously, it went about 1 hour before the pain stopped. Now it takes 15 min. Do the polymyalgia burn out faster? Am in better mental balance and have more initiative to take care of myself. Less emotional because of lost skills. Have better coping. Feeling that the head is more in place and is no longer controlling. More spontaneous.

The most unique feature of this treatment has been balancing the mind and emotions. I need this stimulation particularly due to:

- It provides circulation in the body without physical exertion.
- It stimulates impulsivity and automatic. Do not have to think about and control all movement.

### **Reidar Ulseth Nilsen , 45 years**

Well-functioning Cerebral Palsy., Dyslexia

Start: 13/10-08: Pains and tensions in the body during session, but felt that something unusual was happening in the body. He felt increased energy after treatment. Afterwards had strange / unusual dreams and been more often to the WC.

After 6 treatments, 24/10: Walking better, more pronation, modified propulsion. Has better bladder control and is more seldom up during night. Improved bladder control.

After 10 treatments, 5/11: Standing steadily on both legs. Walking is noticeably better. Bladder control and rectal sphincter function improved.

After 22 treatments, 5/1-09: Is not so flushed / breathless during physical exercise. Reducing VAT from 3 to 1 sessions a week. He cannot take any more because of increasing changes in the body.

After 30 treatments, 4/3: Podiatrist satisfied. Feels that his feet are more accessible. Chiropractor also pleased with the development.

After 32 treatments, 16/3: Better / more relaxed sleep. Better balance, no longer difficult to walk on slippery ice.

After 35 treatments, 27/4: Mental change - feels more accessible. Better functions at home and at the gym. More relaxed. Easier to perform tasks.

After 41 treatments, 8/6: Now a lot happened in the back, sway (Lourdosis) reduced. He has better balance. Feels as if his legs are longer.

After 43 treatments, 17/6: Reduced resting heart rate. Can now bend down to put socks on the both legs. Feels more symmetrical.

After 50 treatments, 12/8: Reading speed has increased, better distinction of letters. It is easier to recognize different faces. It seems as if the brain has a clearer and more specific understanding of the body. This makes it easier for him to interpret visual and auditory impulses. Can do things more efficiently and has therefore more energy. Can now use short pants; have always had to wear long pants in order to know/feel that his legs are present.

After 64 treatments, 12/11: Feels improved visual impressions and body image. He has felt unstable in the lower back for a while. He thinks this is due to changes in the communication between large and small muscles. Small muscles activated and the large more relaxed.

After 75 treatments, 24/2-10: Something is happening in the upper back, neck, shoulders, breath.

After 95 treatments, 18/8: Wants to walk more and can go longer trips than before. He is sleeping less during day, is less tired and breathing is better. Bowel problems.

After 102 treatments, 13/1-11: Has recently fallen asleep during treatment, but sleep has better quality.

After 112 treatments, 1/6: Something is happening to respiration and lung volume. Less flat footed.

After 115 treatments, 30/5: Changes in gait. The feet are now used differently. Propulsion stronger. He has a notch in the leg which is significantly reduced.

### **Reidar's own comments about Multivib:**

The brain and the body have a constant ongoing conversation. The conversation has several topics and themes. This is because they both need to know the other.

One topic is the musculoskeletal system. The conversation is characterized by brain asking and the body responding. The answers provide the basis for new, more detailed questions. The brain builds



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an increasingly accurate view, an objective map. The map of the body is used when the brain initiates and controls the motion.

Another theme is new body-image. Conversation starts with a spontaneous report from the body. The brain tries to understand whether it is a new wound, broken bones, fatigue, refreshed, bodily pleasure. Based on the spontaneous messages, the brain answers/informs.

A third theme is the mental functions. Conversation characterized by brain seeking assurance that the body exists. When the body confirms that the body exists, the brain is soothed. The more detailed body describes itself, the more the brain feels calmed.

You can stimulate conversation in several ways. Exercise is a common and easy way to stimulate conversation. The challenge is to make the conversation more varied and exact - not just louder. Increased accuracy in conversation simplifies life in terms of movement, pain and reassurance.

When you move, the conversation becomes louder. If the movement pattern is familiar to you, you will learn little, the conversation is not more diverse and accurate. As long as you try to learn new and difficult movement combinations, conversation will evolve.

I have spent many years learning new and difficult exercises. My goal has been to develop the conversation to change every day. The process – changing the conversation - began with strange exercises 15 years ago. 3 years ago I started with something new and incomprehensible again. (VAT)

Toril at the Klinik1 asked if I wanted to try the Multivib mattress. I was shocked. The body is stimulated directly. It is completely different from physical exercises. The mattress is controlling the conversation with the body. For a long time I was confused - did I experience pain or pleasure?

The frames of the conversation burst. Pain and confusion say that my brain is overwhelmed. The brain does not control the conversation, and this reminds the brain of the conversations reported spontaneously from the body. The brain's interpretation is pain. Only gradually an update of the body map becomes the brain's primary focus.

More changes are stimulated by Multivib. I got better vision - reading and recognizing faces. Better balance and coordination - altered movement patterns. Resolutions of fibroids - improved blood circulation, lower blood pressure. Reduced physical stress. Reduced weight because of water loss. Improved organ function and bladder control.

Provided by **Toril Værnes Trøen, Olav Skille Vibroacoustic Therapy in Nordic and Europe**

[Testimonials from US](#)

[Encouragement letter to use VAT by Dr Naghdi, MD](#)

**For more information about incorporating Vibroacoustic Therapy as an interactive wellness platform, please contact – Avigail Berg-Panitz, 5612778282. [avigailberg@gmail.com](mailto:avigailberg@gmail.com)**