

# OVERVIEW & THOUGHTS

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In order to express the importance of understanding what really takes place as health changes, it will help to begin with narrating a generic situation encountered by many when they decide to seek assistance with monitoring and controlling their health.

Let's say you have just spoken with your doctor about an illness that has been a repeated issue for you. As your problem has worsened over time, with each visit, your doctor has been unable to help you with providing an effective solution. You both seem to have reached a point at which you have thrown up your hands in defeat; incapable of determining a healthy course to recovery. What should you do? Certainly, no one is comfortable with just giving up on living as an answer to their health problems. Yet, many reach this point and go no further. However, what they should be doing is asking more questions; the right questions. What questions should you ask, though? Who do you ask? Well, in this introduction, we will review such important questions and others before going forward to explain how your health can be measured, controlled and completely redefined through a fresh understanding of the functioning mechanisms of health, disease and overall wellness.

## **What is my problem?**

Knowing what problems are affecting your health and how is essential in making a full recovery. After an initial diagnosis, or even continued failed treatment, it is always useful to begin personal studying of what information about your condition, if any, your doctor(s) may have given you. Simply because symptoms someone is experiencing may reflect those of one illness, does not mean they are not actually suffering from another. Misdiagnosis is a more common error than most would like to realize. For example, many Lyme sufferers go for long periods of time as misdiagnosed patients before the disease is correctly recognized. Doing the homework about your experienced symptoms will help greatly as it allows for personal comparisons with other symptoms and their causes; and it builds a firmer understanding of your own current and historical health. An important variable that should always be considered when determining what may have caused any health problems is a person's lifestyle. After given plenty of thought, it would only seem as common knowledge that the effects of poor health and lifestyle choices result in, well, poor health. Ergo, when a diet consists of many processed, sugary or fatty foods and a lack of raw foods such as fresh fruits and vegetables, it can be presumed that suffering from intestinal or bowel issues will eventually occur. Because lifestyle does play a significant role in health, more will be discussed about it under further questions.

## **Can my problem be fixed, despite what the doctor has told me?**

Although a conventional doctor may have given notice that there is nothing to be done using the prescribed treatments they would have to offer, there may be an alternative solution to recovering from what illness is affecting you. There are many credible online sources (including patient chat rooms, health and nutrition blogs operated by qualified health specialists, etc.) that discuss common illnesses or injuries and alternative methods to use to better address them. These resources normally provide much information that can be used as a foundation of general knowledge in health and treatment which would help in many ways. They typically also include contact information for alternative practitioners and their offices. Scheduling an initial physical or other

health evaluation with a skilled practitioner can help you decide how to move forward in your recovery using alternative treatment methods.

## **What alternatives are there, if any? What am I looking for in alternative treatments?**

When it comes to locating healthy and effective alternative treatments, there are almost countless ways to address what symptoms or other issues you may be experiencing. Many routines offer basic outlines covering general options that help to begin advancing wellness. Healthier eating habits and dieting are almost always to be suggested when it comes to regaining health naturally. Other lifestyle adjustments are likely to be recommended as well. Healthy amounts of activity every day is also beneficial to promoting health. However, when it comes to treating a specific condition or illness, it would be best to speak with a qualified alternative practitioner and review what individual plan should be set up for you.

## **Why should I commit to alternative treatments if conventional medicine has failed me already?**

Hesitation toward the use of an alternative health treatment is perfectly understandable. Many views about health and numerous other topics today are built off of the idea of “what you see is what you get.” If the scientific-research-driven chemical solution you’ve been choking down isn’t causing any positive effects, how could a plant? Or eating more Vitamin C?

- Change in mindset
- Taking responsibility for health instead of passing it to doctors/practitioners
- Guidance through progress/ coaching

## **How do I find a skilled and trustworthy practitioner?**

Quality equipment manufacturers can actually be very helpful with connecting those curious about alternative treatments with a trustworthy practitioner who can provide the information being sought and how to use such information. Once you have met with a practitioner you feel comfortable with having assist your recovery, you can begin to discuss alternative treatment regimens and the equipment you should be using as well. Knowledgeable practitioners can help you select your own equipment or tools that would be most feasible and effective for your personal application sessions. They or manufacturers can also tell you what to look for in such equipment.

## **How do I know what equipment to invest in and what selection criteria should I use?**

Similar to how a manufacturer may help you get in touch with a practitioner worth visiting, so can practitioners recommend manufacturers who provide the equipment worth investing in. When meeting a practitioner for the first time, it may be helpful to ask what equipment and also what supplements they use for their clients and

how they will be using their resources for you. Taking the information of what symptoms you are experiencing or what you may have been diagnosed with, a skilled practitioner will be able to determine whether direct contact applications or radiant plasma would work best to help your treatment. (We will elaborate the differences further in this section.) Lifestyle also plays an important role in choosing which equipment to purchase. Someone who may be bed-ridden due to illness could be best served using direct contact methods, while someone treating a chronic illness and also has responsibilities to move around for would likely want to use radiant plasma equipment. The actual health needs of a person are also an important factor in determining which tools to use. For instance, if a regimen includes that you also consume plenty of colloidal silver, it would seem wise to invest in a contact instrument like the PFG offered by Pulsed Technologies.

### **How do I avoid purchasing inferior equipment?**

First and foremost, it is very important to mention that there are many companies marketing equipment for alternative treatments that is actually poorly built, ineffective, and in some cases, potentially very harmful. Being able to distinguish schemes set up for targeting the desperately ill will help you avoid purchasing and using an inferior device that may in fact cause harmful pathogenic or toxic mutations after exposure. Companies advertising any “frequency devices” or “pulse generators” as **medical devices should always be avoided**. Certified medical devices are only available through conventional medical outlets (because they must meet strict guidelines established by the FDA to be qualified as such). Many companies market their devices with a “magic box” allure; a simple device capable of recovery wonders. Don’t fall for it. Most of the company’s production costs were likely spent on the advertising and promotion. When researching different companies that offer pulse or frequency generation equipment, the information found should not be confusing nor have any “gaps” or incomplete explanations about the functionality of the device. When this type of equipment is concerned, it may also be helpful to ask an expert to validate the effectiveness of which equipment you are considering for purchase. As mentioned before, you can always visit your practitioner to discuss what to invest in. Many online forums for practitioners and doctors, physicists, engineers, and most other relating fields can help with this as well.

### **I have selected and purchased my equipment. What do I do now?**

Now that you have chosen and met with a practitioner and finally purchased your equipment, you can begin furnishing a new understanding of health as your practitioner coaches you through your recovery. Many well-trained practitioners may actually be viewed more as a type of guidance counselor, helping you to properly evaluate, understand and correct your own health issues. Patient compliance is a very important factor in recovery. The guidelines your practitioners sets for your regimen have been specifically calculated to address your individual needs because they are what is required for your healthy recovery; no more, no less. Equipment familiarity will grow over time as you continue long-term use (which is always helpful). Self-application will become simpler and require less instruction, allowing for end-users to expand their knowledge of all the capabilities their equipment offers, aside from what they may have used as a treatment method. By this point, once you have progressed through treatment and gained much in the form of technical knowledge through use of your equipment, you will be ready to move forward in learning the deep underlying concepts of what all really takes place as your health changes. We will now elaborate on those concepts and other ideas to expose a new perspective of health, wellness and disease.

