

Conscious well-being

NES Health newsletter



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WIN WIN WIN! Win a copy of The Living Matrix DVD (Page fifteen)



Does a friend have **health** or **emotional issues** that are **wearing them down**?

Is a member of your family **fed up** with **feeling ill** or **tired**?

Or is **stress** getting on top of them?

Are they ready to take a step to a brighter, healthier future?

These people already have and they can hardly believe the difference:

Lynn Martin, long-term IBS Sufferer,

"Within the first month I was a different person. I just felt so much more confident. I eat normally now."

Dr Roy Minson, suffered from constant low energy levels,

"In three days I began to feel better, my own health responded so well to the Infoceuticals that now I want to help other people regain their natural state of health."

Katie Schmidt, suffers from Chronic Fatigue Syndrome,

"Within two weeks I wasn't tired all the time and I keep on seeing improvements everytime I see my practitioner."

Ann Lohrmann, suffers from high levels of stress,

"I'm normally a highly strung person but NES HEALTH helps me to get into balance a lot more quickly. I'm not so stressed anymore. I feel comfortable now and I am a much calmer person than I used to be."

Don't just believe their word, try NES HEALTH for yourself!

There's no better time than now to try NES Health. Email us at FOC@NESHealth.com with your name and address and we'll send you a voucher to get your first set of Infoceuticals **FREE OF CHARGE from your nearest NES Practitioner.**

Welcome



Welcome to the first edition of Conscious Well-being, the exciting newsletter of leading informational healthcare company NES Health.

With so many options available to you in healthcare, NES Health is making sure that everyone understands the power of bioenergetic and informational healthcare. We want to encourage you to take responsibility for your own health, to enable and empower you to learn how to heal yourself and others. We will take you on a healing journey and open your mind to the possibilities of healing.

In this edition of Conscious Well-being, we introduce you to NES Health and help you to explore how to kickstart your healing journey. There's a great story from NES Practitioner Kerryanne who shares her experiences with us, and an inspiring case study on Autistic Spectrum Disorders documenting the journeys of Sam and Brandon.

We also share with you some tips about nutrition and the role it can play in a holistic approach to health. We look at the healing power of sound with Sound Healing expert David Gibson and review the groundbreaking documentary film The Living Matrix which takes a bold and insightful look at alternative healing.

There are plenty of opportunities to contribute to the newsletter and we've got some fantastic chances to win prizes, including DVDs, Books and CDs.

If you want to know more about NES Health, or find a NES Practitioner, simply visit our website at www.neshealth.com

Enjoy

The NES Team

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For more information, to view our video testimonials or to locate your nearest NES practitioner visit www.neshealth.com

Introducing NES Health

NES Health puts people back in control of their healing journey. Whether you want to improve your personal health, or you're a practitioner, wanting to be on the cutting edge of healthcare, NES Health conducts the fundamental research and supplies the products, training and technology to enable you to be able to do just that - heal yourself and others.



NES Health and everything we do is based on one core belief: Information and energy control biology

The concept is simple.

Imagine the body as a computer. The body's cells and body parts are like hardware. The 'hardware' has been very well studied by Western Medicine over the last 100 years with little current understanding over what actually controls the body. What has been ignored is the body's information system or its 'operating system' and 'the energy' (like electricity) needed to run the hardware. Correct the control system of the body, enhance its energy systems and health improves - dramatically.

NES Health specialises in understanding the Information and Energy that run your body.

Let NES help you on your healing journey

NES Health's whole reason for being is to help you on your healing journey. We can help you embark on a healing journey and show you that there is a brighter, healthier future.

When we're ill, we often rely on others to take control. At NES, we believe that everyone should be in control of their own health - it's time to regain control and NES can help you.

Our focus is on what makes a body healthy. For many years NES Health has been working on products and training based on mapping out the information and energy fields of perfectly functioning bodies. And, along with NES Practitioners, we use that knowledge to empower you to set off on your healing journey and to heal yourself.

Kick-starting your healing journey can be immensely difficult and we would encourage you to find a practitioner with whom you feel at ease and in whom you can confide.

Your healing journey begins when you select a NES Practitioner and go to your first consultation to explore what NES HEALTH really has to offer you.

What to expect at your first consultation

All NES Health practitioners are trained in a wide range of alternative healing modalities; in using the NES ProVision analysis system; and have a wide range of experience in complementary medicine. NES Practitioners work with each individual client to develop a tailored programme dependent upon the aspects of healing that you would like to address. They consider your holistic well-being including:

- Informational assessment and correction: exploring your body's master control system and highlights distortions.
- Energetic analysis: identifying energy blockages in the body's systems.
- Nutritional analysis: highlighting issues in your current diet and making recommendations on supplementation.
- Emotional and mental analysis: identifying conflicts and working on resolution.

Your healing journey continues

Once your tailored programme has been created, over the coming months the practitioner will support you as together you tackle your issues one by one. Each NES practitioner has at their disposal a range of powerful tools to help:

- Remove Pain and Energy Blockages in the Body using the NES MiHealth (to be launched in 2010).
- Correct the body's master control system using Infoceuticals.
- Remove old restrictive emotional and mental patterns through EFT/NLP techniques with information laser acupuncture and liberate your consciousness (specially trained practitioners only).

What are Infoceuticals?

NES Infoceuticals are revolutionary drops created to re-establish the integrity of your body-field and to stimulate your body's self-healing capabilities, enabling your body to better deal with stressors.



Infoceuticals are safe, effective and simple to use and comprise micro quantities of colloidal minerals, which have been 'encoded' or 'imprinted' with information able to communicate with the human body-field.

- Improve nutritional support through dietary advice combined with functional supplementation in the form of NEStrition
- Rebuild your body at a pace you're comfortable with through the recommendations of exercises, Yoga poses and classes.

How to find a NES Practitioner

Finding a NES Practitioner couldn't be easier. Wherever you are in the world, you can access our Practitioner Locator on www.neshealth.com then simply select your country and view the certified practitioners.

What will it cost?

The cost of a consultation varies from practitioner to practitioner depending on location and experience, and ranges from £25 (30 Euros) to £95 (100 Euros) per hour with Infoceuticals costing £12 (15 Euros) each.

If you want to get well and stay well, visit a NES Practitioner now – go to www.neshealth.com to find your nearest practitioner. ●

Harry Massey, CEO of NES Health, has just published a stimulating new book *Healing Yourself and Others by Mastering Energy and Information* in which he explores the nature of reality and suggests that using his five core principles we can master life. This insightful book concludes with a vision of a new kind of healthcare available to everyone. To order your copy of *Healing Yourself and Others by Mastering Energy and Information* for just £5/5 Euros visit www.neshealth.com – alternatively, you can download the ebook for free.



The role of a good diet in the holistic view of health

In order to keep or obtain optimum health we need to be aware of all aspects of ourselves; this must include both the physical and the energetic body.

A holistic approach to nutrition entails using a combination of foods, nutrients and herbs to support optimal mental, physical and spiritual health. It can be used as a preventative health approach or as a modality for healing or symptom management for people living with chronic illness or other medical conditions.

The focus is on eating foods that provide your body with the highest levels of nutritional value and supplementing the diet with vitamins, minerals, amino acids, essential fatty acids and botanicals when necessary. However, it is much more than just eating a balanced diet.

Holistic Nutrition is Individualised

An important part of living a holistic healthy life style is getting to know your body and what it needs. Different people need different things. It all depends on your particular body chemistry and to some extent on your spiritual values and beliefs. Also, different illnesses, conditions or diseases have different nutritional requirements and each responds to diet and nutrition in a unique way. Some people function most optimally on a high meat diet while others do better with a vegetarian diet. The key is to tap into your heart's energy and access your intuition, take the time to think

about what you would like to eat – think about how different foods make you feel. Compare the energy boosting properties of a colourful and vibrant fruit salad to the dull and bloated feeling of a hastily grabbed burger and chips! Use your body's innate intelligence to guide you in your food choices.

The following are some general guidelines that can be applied straight away to help you kickstart your good nutrition regimen:

Eat a rainbow:

You can boost the healthy properties of your diet by eating a wide colour spectrum of food. Each colour provides a different range of phytochemicals (plant nutrients), vitamins and minerals.

Drink 8-10 glasses of filtered water per day:

Adequate water intake prevents dehydration, cleans out the body and promotes healing processes. Substituting water for beverages high in calories can also help control weight. In order to capitalise on the health benefits of water, it is essential to drink fresh clean water and so filtered water is the best option over tap water or bottled water.

Include plenty of 'good fats':

'Fat' often gets a bad press, however, fats from animal and vegetable sources provide a concentrated source of energy in the diet; they also provide the building blocks for cell membranes and a variety of hormones and hormone-like substances. Fats as part of a meal slow down absorption enabling you to go longer without feeling hungry.

In addition, they act as carriers for important fat-soluble vitamins A, D, E and K. For this reason a healthy diet should contain a certain amount of 'good' fats. These are fats that are found in nature that have not been modified. Good sources include avocados, coconut oil, flax seed oil, organic unsalted butter, nuts and seeds.

Avoid processed 'low fat' foods:

Processed and pre-packed foods are often full of chemicals and preservatives that the body does not recognise and so cannot correctly process. 'Diet' option foods also contain high levels of sugar and sweeteners which disturb blood sugar regulation and can leave you feeling low and apathetic. A whole food 'natural' diet is the best option whether it is vegetarian or whether it includes an amount of good quality organic meat.

Eat regularly:

The frequency of how often you eat per day will affect you in many ways. Many studies have concluded that those who eat four to six smaller meals per day have less body fat than those eating two or three meals a day, despite the fact that both groups eat about the same amount of calories. In addition, eating patterns of three or more meals a day may also have a positive effect on blood cholesterol and triglyceride levels. Also eating small, healthy snacks in between meals not only prevent you from gorging; it increases your metabolism and helps you feel energized and satisfied throughout the day.

Use good quality supplements:

Supplements and probiotics can help make up for any nutritional deficiencies that may be hindering normal metabolism and improve nutrient absorption. Herbs have been used medicinally throughout history by almost all cultures to aid and improve health and there are many good supplements on the market. Choose those that contain a synergetic blend of whole foods, minerals and herbs rather than those that are produced synthetically from isolated nutrients.

Combine carbohydrates and protein at every meal:

Your body works better with a balance of carbohydrates and protein. Not only is protein essential for building healthy muscle and maintaining a strong immune system, it stabilizes insulin levels, which leads to steady energy throughout the day. One more benefit: eating protein has been shown to reduce your appetite. So, avoid high-carbohydrate nutrition plans and instead balance your protein and carbohydrate intake.

In summary, good nutrition should be used as part of a holistic programme to obtain optimal health. This is not just freedom from pain and illness but is a feeling of vibrant health and bliss on a daily basis, as is your right!

As part of an overall wellness programme, good nutrition, exercise and personal development should be combined with therapies that address the energetic aspects of your body, such as hands on healing and informational health modalities such as NES Health Infoceuticals, to help ensure an all-round health plan. Life is for living, follow your own intuition and be healthy! ●

To support your healthy diet NES Health has launched a unique range of food supplements

To support your healthy diet NES Health has launched NEStrition. NEStrition is a range of carefully balanced food supplements enhanced with bio-information using NES proprietary imprinting technology. NEStrition supplements support the holistic nature of the body.

To attain a greater sense of wellness or to maintain current good health, our metabolism, immune system and other physical systems need to be working properly. That means our body needs to receive the proper nutritional building blocks to be able to build, repair and maintain itself.

How do NEStrition supplements differ to others on the market?

- The only supplements infused with bio-information using NES proprietary imprinting technology that bio-energetically may help correct energy and information distortions, and that help direct the nutrients to the places in the body where they are needed most.
- All are imprinted with the NES Absorption formula, which bio-energetically may increase absorption.
- Each of our formulations is a carefully thought-out combination of 'whole food', herbs and nutrients which are found naturally in our food.
- They do not contain chemicals and are made from, pure, natural, and where available organic, ingredients, including: botanicals, enzymes, minerals and vitamins that are readily recognised, retained, absorbed and utilised by the body.
- They contain natural digestive enzymes to further aid optimum assimilation and absorption of nutrients into the body.

The NEStrition line perfectly complements the NES Infoceuticals, each supporting the other to get the right information to the right place in the body-field and body.

NEStrition supplements can be purchased from NES-certified practitioners but you can find out more information at www.nestrition.com



NES Health helps to 'reverse Autism naturally'



According to the National Autistic Society, there appears to be no central register of everyone who has Autism, but basic statistics indicate that 1 in 100 children suffer from Autism, and that this figure is on the rise. It has always been believed to be a complex, life-long condition, affecting the development of communication, social and life skills.

Given then the barriers both medically and socially that surround Autism, it is heart-warming and reassuring to discover the inspiring story of Brandon, a child in the US diagnosed and evaluated with Autism at the age of 17 months. At the age of 5 years and 4 months, Brandon started on a healing journey culminating in the reversal of Autistic symptoms. NES was an integral part of this journey along with dietary changes and supplementation.

Instrumental to the positive changes seen in Brandon's health was Dr Chris Greene, a Chiropractor, NES Practitioner and Holistic Nutritionist who also hosts the cutting-edge radio show 'Wake Up to Nutrition', an innovative US talk show covering diverse health topics.

Dr Greene wasted little time in getting Brandon onto a cocktail of vital nutrients, and put him onto a detox programme which included an advanced probiotic formula. He then introduced NES and infoceuticals as part of the programme.

Brandon was scanned on a regular basis and was given between 1 and 5 Infoceuticals at each visit, with ESR and ES 8 given as a priority. As well as the NES scan and NES Infoceuticals, Dr Chris recommended that Brandon's family read and follow the dietary programme given in Dr Natasha Campbell-McBride's book *'The Gut and Psychology Syndrome – Natural Treatment for Autism, ADD/ADHD, Dyslexia, Depression and Schizophrenia'* (ISBN: 0954852001, Publisher: Medinform Publishing, Sep 2004).

Brandon's story is a testament to the unwavering commitment of his Grandmother, who through her endeavours found the right help at the right time for Brandon ensuring that he would get the best possible chance to lead a normal life. Interventions by Dr Greene, Dr Natasha Campbell-McBride and the Special Education Department are all factors that impacted on Brandon's life, who now has the same opportunities as other children without Autism.

For details of Brandon's amazing transformation please refer to the book, *Brandon's Window – A Grandmother's Documentary of Reversing Autism*

Naturally, published by his Grandmother Lynne George, which details the NES protocols used along with the dietary changes and learning activities that Brandon followed. You can buy this marvellous book from www.amazon.com.

In the UK, another success story in respect of Autism has been reported

*Sam was a severely Autistic 7 year old boy who attends a special school. His school report claimed that Sam had, "a lot of sensory issues" that, "no learning is taking place" and he is, "not able to concentrate and would not co-operate".

An extract from: *Brandon's Window – A Grandmother's Documentary of Reversing Autism Naturally* by Lynne M. George (ISBN: 978-0-578-00383-2, Publisher: Lynne M. George, Sep 2008)

The following extract is a transcription of the 'Wake Up to Nutrition' radio show, hosted by Dr Chris Greene. It details a conversation between Dr Chris Greene and Laurie Ledbetter, the US Distributer for Dr Natasha Campbell-Mc Bride, and clearly shows the importance both practitioners place on the use of the NES in these cases. The rest of the radio show transcript can be found in Appendix E of the book.

Dr Chris Greene: "So I mean, when we look at this, Brandon, and this is it – folks, Brandon is recovering because he's got someone at home that has taken the time, that's giving him his nutrients. The other thing that we've done with Brandon, of course, is the Infoceutical scan – the NES scan. Laurie, you're familiar with that as well".

Laurie Ledbetter: "I am".

Dr Chris Greene: "And, I think that the Energetic work that Peter Fraser and Harry Massey have put together has been a culminating factor on why Brandon has recovered. The energetic work is removing – the whole idea behind a NES scan is to remove the blocks that are impeding his healing".



Generally, Sam came home from school very upset and was difficult to control. His parents were unable to hold him and it would not be unusual for Sam to cry throughout the day when at home. Chronic constipation had Sam in absolute agony, literally screaming, which would upset his parents terribly. Medication proved to be ineffective and his parents were very worried about the quality of life Sam would have.

In September 2008, Sam's parents took him to see NES Health certified practitioner, Cynthia Hamilton who scanned him monthly over a nine month period. The changes to Sam's general well-being and behaviour patterns were

dramatic. There was an immediate positive change with his bowel movements, and after four months his mother was pleased to report that there were no bowel issues at all. After five months, the school were reporting back to Sam's family that his concentration seemed much improved, and seven months down the line, Sam needed to be set more challenging school work and he was now forming a vocabulary.

By June 2009, Sam's progress was remarkable. He was managing to write, speak and communicate with his peers at school and the change with his interaction in the family was noticeable.

One thing is certain; Sam's quality of life is now much improved. ●

*Names have been changed to preserve confidentiality.

NES Health is currently planning a clinical trial to assess the efficacy of the Infoceuticals solution in alleviating the symptoms of Autistic Spectrum Disorders. If you are interested in learning more about the trial, or in taking part, please call 01202 785888 to speak with NES Researcher, Sarah Turner or email research@neshealth.com

The healing nature of sound

David Gibson, President, Globe Sound and Consciousness Institute, California

We learn from a very early age the effects the magical nature of sound can have on the human mind. Even in the womb, we experience sounds that we can identify with outside of the womb. These sounds then help us to learn and experience the things that are going on around us. Sound really can be a God-given natural healer.

Sound Healing describes the educated and conscious use of the energy of sound to reach identified goals and promote wellbeing in the human system – including the expansion of consciousness. Sound Healing is founded on the premise that all matter is vibrating at specific frequencies. A basic physical concept is that an external sound source will significantly change the vibration characteristics of another vibrating object.

Let me introduce you to Dr Masuru Emoto. Born in Yokohama, Japan, Dr Emoto is a Doctor of Alternative Medicine and author of the books entitled *“Messages in Water”*. Dr Emoto says that if human speech or thoughts are directed as

“About the only time my children slow down and relax is when I put my Sound Healing CD on”.

Michelle Pickard,
Mother of 3 in Bournemouth.

water droplets before they are frozen, images of the resulting water crystals will be beautiful or ugly depending upon whether the words or thoughts are positive or negative.

Science has proven that sound, or vibration, has a strong impact upon substance. For example the study of Cymatics (the study of visible sound and vibration) has shown how sound creates

geometric patterns in matter. Dr. Emoto has proven that sound changes the molecular structure of water. However, more importantly, sound changes consciousness. Many ancient civilizations and modern indigenous cultures have used sound to heal and access higher levels of consciousness for thousands of years.

The field of Sound Healing includes a wide spectrum of techniques and therapies ranging from the use of natural acoustic instruments and voice to complex technologies. Sound is now being used for simple relaxation, stress reduction, sleep disorders, alertness and clarity enhancement, learning, immune system enhancement, pain reduction, personal transformation, raising consciousness, and connecting to spirit.

Your root frequency

Each of us has our own root or soul frequency. When in touch with that frequency we are centered, grounded and perfectly present. However, with all of the noise around us (including electromagnetic noise) we easily get distracted from our own frequency. Using toning and vibroacoustic massage (massage tables with speakers in them) we are able to regain our frequency. Not only do we have a core frequency, each organ, tissue, muscle, vertebrae, chakra and etheric field has a resonate frequency. The more you become aware of this symphony within you, the more you can maintain a healthy musical flow within your whole system.

The harmonic structure of sound

Most people don't consciously realise that when you hear and listen to an instrument playing one note that there are actually multiple notes making up the sound. These are known as harmonics. Each of these harmonics makes up a sound and is mathematical multiples of the root frequency. This same mathematical structure is found in the distance between the planets, in the weight of each vertebra, in chemistry, and in the etheric fields (aura) surrounding the body.

It is through such correspondences that we begin to see the “unified field” where we are all connected with each other, with nature and with every aspect of the universe. We are always connected with this unified field. The goal is to become more conscious of this connectedness.

The power of intention

In the opinion of Dr Emoto, if you focus love on water, it will create a beautiful geometric crystalline pattern when it freezes. If you focus any negative emotion on water it will form a discordant, chaotic pattern. Through his scientific studies, Dr. Emoto has proven that your intention not only affects matter, it affects yourself and others. This same concept has also been shown to be true in Quantum Physics. Simply stated, the way you perceive something affects the way it is! It is now known that your intention is carried on the sound waves to another person. In fact, if you record music with intention it will be transmitted when played back.



“Body-Field Sound Healing is perfect for my yoga class”.
Karen Ruggers, Los Angeles.

Binaural beats – HemiSync

Binaural beats are created when two tones are detuned from each other by a small amount. For example, if you have a tone generator creating 60 hertz and another one putting out 67.83 hertz you will hear the difference between the two tones, which is 7.83 hertz (which is the Schumann Resonance - the resonant frequency of the earth's atmosphere between the earth and the ionosphere). When you have two speakers playing the two different frequencies simultaneously, the two sounds cancel each other out as they physically meet in space. However, when you wear headphones, the two sounds never meet, as the physical brain is in the way. In order to make reality consistent, our brain creates a third frequency on its own. Because the frequency in the left ear goes to the right brain, and the frequency in the right ear goes to the left-brain, this third frequency created by the brain connects the two sides of the brain. When this occurs, the Corpus Collosum, which functions to connect the two sides of the brain, lights up. As you might know, when the left and right sides of the brain are connected you are operating at your highest potential. Therefore, we commonly use binaural beats in headphones to synchronize the brain and light up the Corpus Collosum.

So you see...there really is more to sound than meets the eye. It is something we all take for granted because it happens subconsciously all around us as part of everyday life. We shouldn't

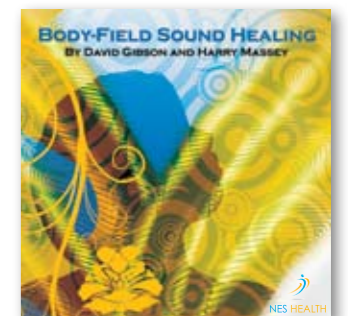
underestimate how sound has the potential to generate positive frequencies within ourselves and others.

If you are interested in exploring the healing power of sound, you'll enjoy the new imprinted music CD from NES Health, *Body-Field Sound Healing*, a first-of-its-kind audio experience in which music is encoded with information to enhance your well-being. The music is created by world-renowned sound healing expert David Gibson, of the Globe Sound and Consciousness Institute in San Francisco, CA. The bioenergetic information is provided by NES Health Limited, founded by visionaries Harry Massey and Peter Fraser, who have discovered how bio-information informs and directs the human body-field.

The CD is available from www.neshealth.com/music for £13.00 +VAT. ●

*We have 10 copies of **Body-Field Sound Healing** to give away to the first ten lucky readers who send their name, address and email address to cdcomp@neshealth.com. Alternatively, please send your details to Music CD Draw, NES Health Limited, East House, Braeside Business Park, Sterte Avenue West, Poole, Dorset, UK, BH15 4BX.*

GOOD LUCK!



“My clients often comment on the music I use in my practice. Body-Field Sound Healing is a great alternative to the usual choices.”
David Hepworth, NES Practitioner



NES & ME – my journey

By Kerry Anne Allen

Three years ago I was diagnosed with ME (Chronic Fatigue Syndrome) by my doctor. At this time I noticed that my health had started to deteriorate. I had visited my doctor hundreds of times but he was not able to find anything wrong with me. I had countless number of blood tests, which all came back negative and so the doctor suggested that other than prescribing a course of anti-depressants and referring me to a specialist, there wasn't much else he could do! It came as a devastating shock to me because I knew there was something wrong!

Being a Nutritional Therapist I had always looked after my health and my body, and I truly believed in natural therapies. I began my journey to search for a cure, being open-minded and trying everything from acupuncture, meditation, reflexology and hypnotherapy to massage, nutritional therapy supplementation, herbal tonics and potions. Even though these therapies were helpful, none of them were able to help me to fully recover. I instinctively felt there must be something else; the missing link that could help me re-align and bring my body back to a balanced and optimal state of health. Slowly my illness began to affect every part of my life. I needed to sleep at least ten hours each day so I almost lost my job and my relationship was deteriorating rapidly too. I needed to take action. I had a house and family to look after and my future was not looking promising at all. My life seemed to go into complete chaos and

I didn't know which way to turn. I was ready to give up on any hope I had of becoming well again, in fact, the truth be known, things got so bad that I wanted to give up completely. It was then that I was introduced to a NES Practitioner through a friend. In a last-ditch attempt to get better, I went along for a scan! I was instantly amazed by the information being displayed on the NES software. It was so congruent with all the symptoms I had been experiencing. I purchased the NES Infoceuticals and took the drops that evening. The next morning, for the first time in a long time I actually felt like I had slept and had more energy. My constant aching joints and swollen glands had gone. I was very excited and felt that I had finally discovered the missing link I was so desperately searching for. Over the next six months, I started to feel better and better. Most of my symptoms had

disappeared. I still have to pace myself but I feel fantastic. I am continuously improving and am on the most magnificent journey of my life. I can honestly say that NES has helped me to get back on the road to health. My life has purpose again and I wouldn't change it for the world.

I would certainly recommend NES to anyone as an additional treatment to try for a health issue.

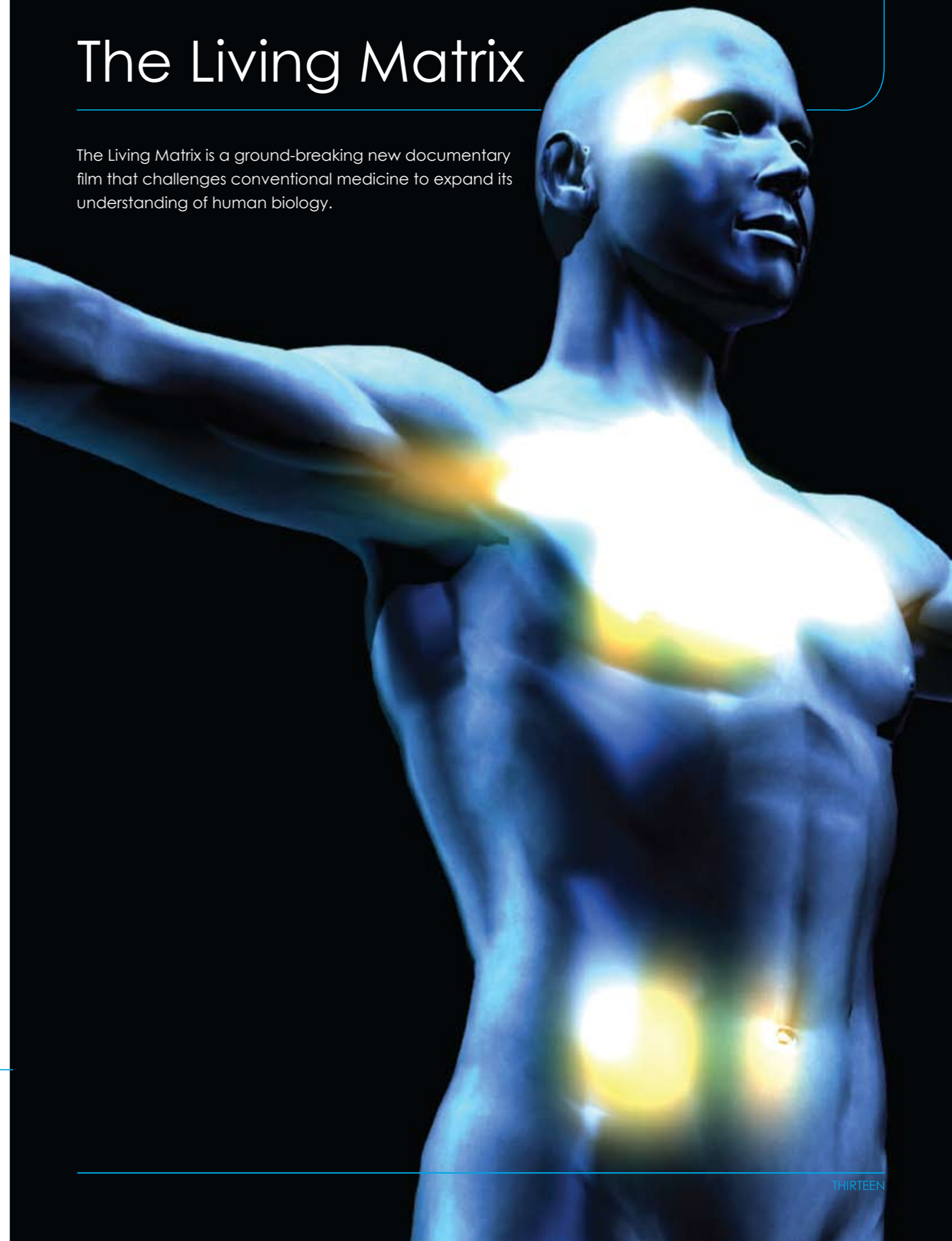
To find your local NES Practitioner, contact NES Health on 01202 785888 or alternatively visit their website www.neshealth.com.

Share your healing journey with us

We are sure there are lots of you who have similar experiences. If you would like to share your healing journey, please email marketing@neshealth.com. For each healing journey we publish, we will send a fabulous NES Health goody bag.

The Living Matrix

The Living Matrix is a ground-breaking new documentary film that challenges conventional medicine to expand its understanding of human biology.



Pioneers working in the field of "bioenergetic medicine" are challenging conventional medicine to expand its understanding of human biology.

Produced by Harry Massey and directed by Greg Becker, *The Living Matrix* uncovers evidence-based research in bioenergetic medicine that reveals energy and information fields – not genetics – drive human physiology and biochemistry. They hope that the new film will challenge the medical community to expand its thinking on human biology and health, thereby acting as a catalyst in improving our healthcare system.

"Everyone is talking about this film. And, with good reason."

Woven among interviews with world's most respected experts in bioenergetic medicine, dynamic 3-D graphic animation takes *The Living Matrix* viewer on a journey deep into the structure of the human body to illustrate how quantum biology influences health. Through in-person interviews and dramatized video vignettes that document the stories of people who recovered from chronic illness, including an 8-year-old boy born with cerebral palsy, an osteopathic doctor with a brain tumour, and a housewife bedridden with chronic fatigue syndrome – the film demonstrates the effectiveness of bioenergetic medicine where traditional medicine often falls short.

The mind, body, spirit connection

"At the most fundamental level, all matter – including the human body – can be described in physics terms as fields of information and

energy," said film producer Harry Massey. "Information is the controlling factor of the body's energy fields, and therefore is the most important component for health. Western medicine has yet to move outside its comfort zone to embrace these revolutionary findings, which can have profound implications not only for medicine, but for the pharmaceutical industry and other health-related areas."

The thrust of the film is that our bodies are not just cells, tissues and muscles. We are not just physical beings. That is too simplistic. In fact, we are all made up of energy. We know this to be true scientifically because we can measure it. We measure the heart with electrocardiograph (ECG) machines for example. We are also made up of information. This is evident in the way that cells know to multiply and the heart knows how to regulate itself, amongst other things.

Bioenergetic medicine says that in fact the body is entirely interconnected and must be treated as a whole. Our many non-physical aspects – state of mind, beliefs, emotions, and lifestyle are major influences on our health. This is somewhat at odds with the conventional Western medicine view of the human body as a machine built of separate parts, with the associated notion that we can pinpoint a certain area of the body with laser-like precision and treat it on a solely physical level.

Consider how the pharmaceutical companies employ clinical trials to test reactions of new pressure as an example. Any effect that the particular drug might have on something other

than blood pressure is labelled a 'side-effect'. Whereas if you really think about it, side effects are the body's way of waving a red flag and demonstrating that the whole body is participating in the trial, not just a single function. Scientists in complementary and alternative healthcare have come a long way in demonstrating that the body is more complex and intricate and that it is not possible to test or treat any single function of the body without affecting other functions. Bioenergetic medicine does not have a separate category for side-effects as it takes energy, emotion and wellbeing along with biological, physical and chemical into account at the same time.

The emerging science

The film's producers, Harry Massey and Greg Becker, argue that bioenergetic medicine is the only alternative healthcare practice based on scientific evidence. The film presents new scientific research which shows that one person's intention can actually affect another person's physiology. Specifically, *The Living Matrix* presents a study in which cancer patients and their spouses were in different places, yet the patients still responded to random compassionate intentions of their spouses. The responses were recorded by electromagnetic devices attached to the patients' bodies.

The film reinforces its message with a number of real life experiences. Scientist Dr Marilyn Mandala Schlitz explains her belief that as a youth she reversed the prognosis of leg amputation by positive thinking. Former US



astronaut, Dr Edgar Mitchell, says he worked with a healer 3,000 miles away to eradicate a kidney abnormality visible on an MRI scan. And the star of the film is Demetrios, a young Greek boy with cerebral palsy. After one session with healer Dr Eric Pearl, Demetrios apparently stood up and walked without braces. If such occurrences are scientifically explicable and replicable this would be remarkable indeed.

The placebo effect and the power of belief

One of the most interesting aspects of the film is the way it addresses the placebo effect. Often the placebo effect is discounted as coincidence or dismissed as unscientific. It doesn't count. In fact, one third of all occurrence of healing or improvement in health, whether with drugs, surgery or other treatments, can be attributed to the placebo effect. So the placebo effect is the most reliable medicine in the world! Why is this? Bioenergetic medicine asserts that the belief in being cured is the bridge that connects information outside the body with the body's ability to heal itself. That is, when you believe something, your intention brings the information you need to where it is needed so that healing can happen.

Ultimately, *The Living Matrix* reinforces the idea that we are all responsible for our own health, not just choosing the healthcare that is right for us or the practitioner who treats us but, more importantly, because our thoughts and beliefs determine our wellbeing.

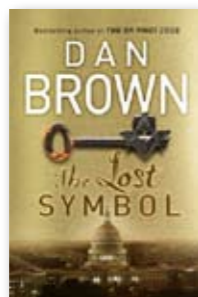
"Some people spend years suffering, mostly in a conventional medical system that restricts their choices and limits their wellbeing by dismissing bioenergetic medicine as the placebo effect or

spontaneous remissions," said Becker. "However, many people are embracing new approaches, and *The Living Matrix* offers them deeper insight into how and why bioenergetic and informational health care works. It invites traditional practitioners to consider a total integration between conventional and alternative medicine."

Unlike other documentary films about alternative medicine, the film brings together academic and independent researchers, practitioners, and science journalists – such as internationally known healer Dr. Eric Pearl, American medical doctor and former Stanford University professor Dr. Bruce Lipton, and former US astronaut Dr. Edgar Mitchell – whose work reveals evidence that bioenergetics play as significant a role as biochemistry in human physiology and biology. In the film, they explore bioenergetic principles of the human body field and informational healthcare, which may be the most important factors influencing health and wellness.

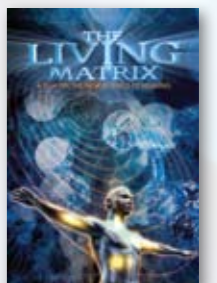
This internationally-acclaimed film will change the way you think about health and healing and encourage the medical community to reassess its approach to human biology for the sake of our collective good health. ●

Dan Brown, author of the best-selling book *The Da Vinci Code*, has written a new book *The Lost Symbol* which features some of the participants of the *Living Matrix* movie prominently. Dr. Katherine Solomon, the female protagonist, is described as being a "noetic scientist" and appears to be based on a composite of a few of the leading figures in this field. Additionally, leading author Lynne McTaggart and her *Intention Experiment* are directly referenced in the book. *The Lost Symbol* is an artful weaving together of fact and fiction, and the real-life Institute of Noetic Sciences is mentioned several times in the book, as are some of the theories behind the new science of healing.



WIN WIN WIN

The film is available on DVD from www.LivingMatrixShop.com but if you want a chance to win one of 10 copies that we have available to give away, please send your name, address, telephone number and email address to TLM@neshealth.com or send it to *The Living Matrix* Draw, NES Health Limited, East House, Braeside Business Park, Poole, Dorset BH15 4NB.





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