

Low-deep frequencies for shock and trauma cases – treating post-traumatic stress syndrome

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My path to discovering the low deep frequencies

More than 20 years ago I was suffering from multiple allergies-neurodermatitis, hay fever, asthma and food allergies and was successfully treated with bioresonance by Dr. Thomas Allgeier. From that point on I was captivated by naturopathy and so in 2004 I took my examination to qualify as a naturopath. I then trained in traditional homoeopathy, TCM and craniosacral osteopathy. Unfortunately at the time bioresonance was not an option for me for financial reasons.

3 years ago, Dr. Allgeier died much too soon and so for me and my family a great deal of security was taken out of my life.

This only became clear to me after a few weeks, when in a quiet moment I asked the question why I had been so unsettled since his death.

Mr Allgeier was a very exacting and capable therapist and over many years I learnt how important it is not to simply carry out therapy but to live and continually grow with it.

My gut feeling answer to my question was quite clear.

It's your turn now!

So at this point I would like to thank the company Regumed for making it possible for me to lease a Bicom Optima.

What I didn't realise was that working with this device with low deep frequencies was something new.

A focus in my training in craniosacral osteopathy was the trauma healing work carried out by Peter A Levine.

From this I was already aware that the main work of therapy lies in processing interrupted, physiological brain functions.

Today I would like to share my knowledge, findings and observations with you.

Basic principles:

Brainwave frequencies:

Alpha wave range:	7-14 Hz
Beta wave range:	14-30 Hz
Upper beta range	35-40 Hz
Theta wave range:	4-7 Hz

Delta wave range: 0.5-4 Hz

Every single sector serves quite distinct functions of the body.

Beta state - waking phase

When we get up in the morning, eat breakfast, see to the children, drive to work, attend to patients and take care of important appointments, our brains are virtually always in the beta state at a frequency of 14-30 Hz. This is the intensive and analytical mode of thinking. This is when we use our 5 senses – sight, hearing, smell, taste and touch. Our attention is directed outwards.

In this state we are constantly ready for action and have control over our own selves.

With a heightened state of wakefulness (high beta range), we have absolute control over our conscious mind. Here the brain works with great efficiency and penetrative attentiveness.

Alpha state - relaxed waking state

If we are able to take an interim break, with a short resting period when we close our eyes, become totally relaxed, direct our thoughts inwards and achieve a sense of happiness, this is when our awareness changes from an outer awareness and focuses inwards. Our thoughts are calm and our brains are now working in the 7-14 Hz frequency range, also providing space for creativity and intuition. This is the place for various forms of suggestion. Both visually and verbally this is where the influence of the subconscious mind is at its greatest. It acts like a bridge linking the conscious mind with the subconscious. Information can be exchanged back and forth.

Theta and delta wave range-sleep

Theta waves (4-7 Hz) are only measurable in a dream state. Therefore they are often ascribed to the subconscious mind. This is where we find our feelings or visual imagery as in our dreams.

The delta waves (0.5 - 4 Hz) are found in deep dreamless sleep or in a coma. The self-healing force is said to be at its greatest in the delta wave range.

According to recent research there is yet another brainwave band for what are known as gamma waves (40-80 Hz). They are responsible for gathering holistic 'gestalt' impressions from different forms of sensation (e.g. visual and acoustic impressions). They have great significance in terms of human orientation capabilities and for the subjective perception of space and time.

Our brains move between all these states of consciousness on a daily basis.

The difference between children and adults is also fascinating

A young child has a brain frequency of around 5 Hertz. The brain frequency of an adult is 11 Hertz.

We adults only reach 5 Hertz in deep sleep or during meditation.

Also, in young children the frequencies in the brain become aligned. This means they oscillate in both hemispheres of the brain in a similar rhythm. This produces an

astounding capacity for perception. Young children are not conscious of this – yet they are already meditating.

What happens when brain frequencies become aligned?

When the **brain stem (reptilian brain)**, the **limbic system** and the **neocortex** parts of our brains process information at a similar frequency, this is when the total potential of a human being can be utilised:

Feelings, logic, experience, archaic knowledge and intuition are placed on an equal footing, with optimum communication one with the other.

When the Lama Daboom Tulku's brain frequency was measured on 12.02.2002 this revealed his normal state of brain frequency to be more or less permanently at or below 5 Hz, as for a young child.

It appears therefore that a human can reach adulthood without losing this state of oneness and that lower brain frequencies and their synchronisation can qualitatively improve our abilities in adulthood.

When people experience trauma this appears to be compromised.

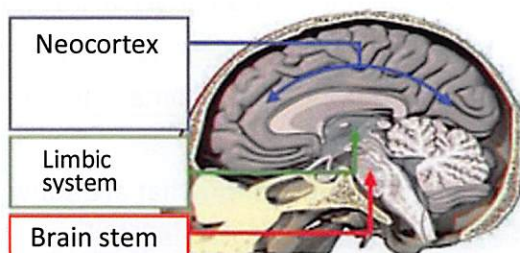
The balancing control centre – The limbic system

During the course of evolution, three main areas developed in succession:

Brain stem (reptilian brain)

Limbic system

Cortex (Cerebrum)



Tasks of the individual systems:

Brain stem:

Also called the reptilian brain, it regulates autonomous physical processes vital to life, such as breathing, heart beat and blood pressure, etc. which serve the primitive survival instinct of the individual and the species. It does this through

genetically predetermined behaviours (programmes), which resemble reptilian behaviour. These programmes, dating back over 200 million years, assume complete and paralysing control over us that is vital for survival in stressful situations.

Whenever the performance capabilities of our limbic brain and our cerebral cortex are impaired, whether it be through alcohol, drugs, stress, illness, age, tiredness or depressed mood, anxiety, panic or being in love, our mental state and our behaviour fall under the influence of our ancient reptilian inheritance.

A major problem today is that threats seem rather unreal to the brain stem, as they come for example from a cinema screen, our televisions, the stock exchange or maybe

even the tax office. The archaic brain stem has no direct means of resolving such situations, because there is no visible enemy to fight against, or from which it can flee.

Threats in our time are therefore predominantly on a mental level, yet the brain stem is unable to recognise this.

The reptilian brain therefore does not differentiate between fiction and reality.

People who have an overactive brain stem shun physical contact, keep their distance, and are afraid of closeness, which comes from their marked territorial behaviour. For example, if a reptile loses its territory it becomes depressed and/or impotent.

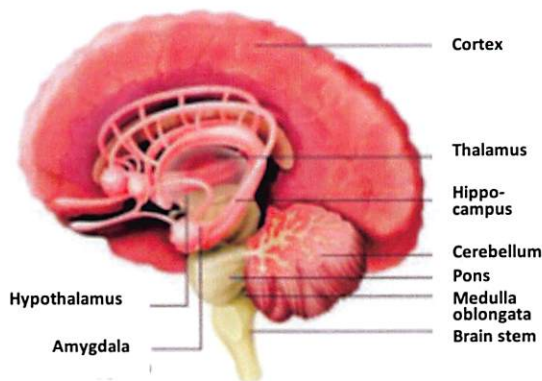
Many people likewise react to defeat or loss of their assets by regressing into these reptilian behaviours, and become depressed.

Limbic system

Parts of the cerebrum, the midbrain and interbrain belong to this functional unit.

This is where the control room is located, which allows collaboration between the different parts of the brain.

These include the hippocampus, amygdala, gyrus singuli, hypothalamus (pituitary gland), parts of the anterior thalamus, septum, the temporal lobes and various other brain centres.



The limbic system encloses the brain stem like a boundary (lat. limbus) and is connected via the thalamus (gateway of consciousness) to the overlying cerebrum. It combines information from the environment with information from within the body. Emotional experiences originate from this integration of the inner and external world.

The hippocampus plays a central role in the formation and processing of memories. The pituitary controls among other things the hypophysis and with it the hormone levels in the body. The amygdala is the crucial control centre in the brain for stabilising moods, aggression and social behaviour.

Physiologically one of the functions of the limbic system is to regulate the distribution of hormones and chemical messengers (neurotransmitters) like dopamine, glutamate, acetylcholine, GABA, serotonin, adrenaline and noradrenaline.

There are also neuromodulators and hormones such as opiates, oestrogen and androgens.

The limbic system is the hub of the endocrine, vegetative and mental regulatory system.

It controls emotional behaviour, plays a central role in our feelings and, along with other centres, plays an important role in memory.

Disorders of the limbic system result in disorders of emotional behaviour and in animals behavioural disorders specific to the species.

Research has already shown that disorders of the limbic system are associated with obvious behavioural changes in the case of epilepsy and psychotic illnesses (fits of anger, feelings of anxiety, olfactory hallucinations etc.) These are accompanied by vegetative responses such as changes in blood pressure. Damage to the hippocampus leads to memory defects.

Cerebrum, neocortex and the frontal lobe

The cerebrum governs thinking, planning, decision-making, targeted actions but also the suppression of instincts and negative urges.

The prefrontal lobes, which are located in the front part of the neocortex (in the frontal lobe), are what distinguishes us from the animal world. This region of the brain enables a higher level of thinking and feeling than is possible in animals (based on our current knowledge).

In cases where there is a lack of an efficient networking system, people are primarily governed by the brain stem and limbic system.

From my own experience as a practitioner, I can say that there is frequently a deficit in this area in children who wet themselves for a long time, have ADHD, outbursts of anger or who cry a lot.

The cause can lie a long way back.

Trauma, shock and stress

After more than 14 years as a practitioner with many dear patients, many destinies, many successful treatments and the good fortune in some cases to travel with them on their further life journeys, I am humble and happy that there are so many people who share their knowledge. People who constantly look for associations in life through which we all get help and can give help.

During my training to become a craniosacral therapist, I have, in the course of body therapy, come across Peter Levine (book 'Trauma Heilung' ('Trauma Healing' etc.). His many years of experience and knowledge of physiological processes in man and animals have helped enrich me and my work.

In his opinion trauma symptoms are examples of bound energy and forgotten lessons in life.

Trauma is described as an incomplete process of a general survival strategy across different species.

Biological basis

During a traumatic event (danger/stress) the key responses are controlled by the brain stem, they are not definitively influenced by any rational decision or intellectual process.

The biological response follows an autonomous procedure, and if this procedure is not processed in its entirety, the body remains 'hanging' in a traumatised state.

If however this natural procedure is completed in full, then the body recovers spontaneously and fully.

Biological responses

In situations which are life-threatening or where there is no way out, the **fight, flight or freeze** (called death-feigning reflex) response is triggered.

These responses can be neither prevented nor influenced by the affected party.

Example:

Collision

Impulse to get out and hit the person involved in the collision (fight)

Following the accident report, you want to go straight home and to bed (equivalent of the safe cave, flight)

There is often the need to go on holiday (flight)

Or on approach of the oncoming vehicle in an accident, you felt unable to move and powerless (freeze)

When you have a bleeding wound, you feel no pain and perhaps only notice it when you see the blood (freeze response)

All these responses may re-emerge in everyday life or reappear time and again (fear of driving the car, feelings of powerlessness when something happens quickly, anger when you are out shopping and someone invades your space)

This means that the person affected remains in a trauma situation and continues to experience life from this perspective.

Monotraumas and trauma systems

"Traumatic events are a factor in virtually everyone's life in varying degrees of severity and frequency, starting with inadequate supplies in the womb to complications during birth, neglect in childhood, medical procedures and even cancer, accidents, losses, acts of violence, natural catastrophes and long-term stress.

The monotrauma as a single traumatic event tends to be more of an exception.

Traumatic events build up in the subconscious mind of an individual's trauma system, and are connected by the similarity of the aspects of these traumatic experiences."

Peter Levine

In his work with the body Peter Levine uses the afferent fibres of the nervous system in order to access and work with these central areas.

We for our part have the low-deep frequencies!

Therapy

We have now become familiar with all of the systems involved.

The important issue is the central role of the

brain stem and the limbic system.

We know about the control of the entire body from these areas.

Case 1: My own experience

I came upon shock treatment during a professional development course with Regumed.

The speaker reported successful treatment of Sudeck's atrophy of the foot. At the end of the training he said in passing: "Everyone should undergo this themselves"

Well, the genie was out of the bottle ;-)

I went home and ran the program series 10147 shock therapy.

I observed myself and what happened? Nothing

In the morning, other than a feeling that I had slept much better, and from day to day had a little more energy, I noticed nothing. Until.....

About 14 days after the treatment (having not thought any more about it), I had a dream:

A strong man stood in front of me and I knew for sure that he was about to hit me in the face with the back of his hand. My response to this: nothing. I was totally aware that I was doing nothing. I was very well aware that I was doing nothing about it and the question in my head was quite clear: "Why am I doing nothing?"

Then I felt the blow and woke up:

I was screaming like never in my life before, my heart pounded and my whole body was in turmoil. I looked over at my husband. He lay peacefully in bed. I felt embarrassed and I was glad he hadn't stirred, which surprised me, as I had the feeling that the whole neighbourhood must have been woken up by the noise.

The next day at dinner I told my husband I had had a bad dream. His response – nothing. I told him in more detail and got quite agitated because I had woken up screaming the previous night.

My husband's response:

"Last night? You've been doing this for 14 days".

At this point I'd like to thank my husband for not rousing me from my sleep for the previous 14 nights. He too is a craniosacral therapist and knows that these processes really do have to run their course.

For a few days I tried to think where this all came from. More than 20 years ago I had experienced several incidents of domestic violence. Yet it would never have occurred to me that this could still be affecting me in any way.

Case 2: former soldier, aged 24

The patient came because of sleep disturbances and wanted something to help him settle.

2 years earlier he had returned from a war zone where he had been stationed for 4 months.

He reported that after his return he was examined by a doctor and was discharged in the "best of health".

His present situation:

Wife 23 and daughter 2 years old.

Constant relationship problems since his return. She always wants to talk and he wants to run away.

Now she wants a divorce.

At first I didn't think in terms of shock therapy at all until I noticed how he talked and the words he used.

... if she wants war then she can have it, I will carry on until it all blows up, I will fight for her even if it's the last thing I do ...

I asked him about his experiences on the frontline and he said that his sergeant twice feigned a vehicle breakdown while travelling to the front so that his lads wouldn't get there. Not all the other vehicles came back in one piece.

He withdrew into himself more and more and the only thing that still does him good today is his fishing. He needs his peace and quiet.

No major testing:

1st therapy: Week 1

Basic program (BT) based on conductance value (89)

10147 "Shock therapy"

Channel 2 (C2) Substance complex "Energy boost" and input cup C2 or honeycomb CTT ampoule "Fire"

Substitution "Vitamin B complex"

Hypericum C30

2nd therapy: Week 2

Felt generally better. Restless sleep for the first few nights of the previous week. Woke up with calf cramps. (Substitution after testing, phosetamin NE supplement)

Basic program (BT) based on conductance value (88)

Shock treatment after testing

3094.0, 3095.0, 241.1, 432.0

Channel 2 (C2) Substance complex "Amethyst"

3rd therapy: Week 3

He reported that he had had a frank discussion with his wife. He has certainly made a lot of mistakes. He will let her go but remains hopeful if they keep their distance a little. (He was no longer using angry, war-based vocabulary).

Basic program (BT) based on conductance value (75)

Shock treatment after testing:

3093.0, 3094.0, 432.0

3017.0 Release block

3074.0 Nerve regulation

Channel 2 (C2): Substance complex "Energy boost nerves"

4th therapy: after 4 weeks

His wife had now moved out and they had reached a good arrangement regarding their daughter. He felt very empty but realised it was doing him good no longer being compelled to do things. He was coping well in the empty apartment.

CTT ampoule "Fire" from the 5 element test set

Liver 311.1.

Kidney 3078.0 381.6

Yin-Yang balance 507.0

Channel 2 (C2): Substance complex "rock crystal"

Follow-up check in 4 weeks with the option of getting in touch immediately if he felt worse again.

Follow-up check

He is feeling well but he keeps forgetting his tablets. The family situation is settled and there's nothing more to be done. He has found friends again and now and then he even looks at attractive women again. He is always there for his daughter and has even rearranged his apartment with a children's area and his own private area. As he does not know whether he will have a family again, he would now like to get on professionally and attend vocational college. "No one will complain now if I am at college in the evenings".

Retest:

Only shock treatment 3094.0 in test.

Basic program (BT) based on conductance value (78) 10132

Channel 2 (C2): Substance complex "rock crystal"

Vitamin B still showing, and the phosetamin is discontinued.

He still came twice a year to the practice for a check-up, he was attending the vocational college and he will get in touch if he needs anything.

Case 3 former soldier 2, aged 38

Ulcerative colitis and weeping inflammation on the tibia.

He always had to have people around him and also had to go jogging.

He had fits of rage and panic attacks at work, whenever his colleague accidentally dropped tools on the floor. He was shocked at his reaction and had to hold back to stop himself from hitting him.

He was a soldier for 8 years with several deployments abroad in Afghanistan.

He has been back again for 1.5 years. The army doctor had discharged him as having no problems. A year ago his colitis started. Killing and being killed did not matter to him.

At home it is no better either. When asked why he joined the army he replied: "I learnt a trade to please by father, but that got me nowhere, then I joined the army so that I was at least rid of him". He was hit a lot and there was a lack of love in his childhood and youth. "All his other siblings (7) were more important."

He was thinking about going back because he wasn't coping well at work, and that stresses him greatly. "At least there I know what I have to do and I do it properly!"

Testing:

Conductance (87)

CTT ampoule "Fire" from the 5 element test set "Spleen".

Allergy to milk and protein

Kidneys + lymph

Geopathy + scars

1st therapy: Week 1

Basic program (BT) based on conductance value (87)

Shock treatment series 10147

Channel 2 (C2): Substance complex "Energy boost nerves"

additionally in input cup/honeycomb Channel 2: Aconite C30 + CTT ampoule spleen

Substitution after testing

Vitamin B complex and phosetamin supplement

2nd therapy: Week 1

Kidneys: 3078.0, 3079.0, 3080.0, 480.1

3rd therapy: Week 2

After following a milk-free diet the gut calm down.

BT conductance (80)

Shock treatment 3078.0, 3079.0, 432.2,

960.4 Vegetative disorder Autonomic nervous System disorder
IC/honeycomb Channel 2: Aconite C30 + CTT ampoule spleen

4th therapy: Week 2

Feels more settled at work.

Has spoken to his colleague.

Geopathy balance 700.3

Scars 900.2, 910.5

Lymph 3066.0, 930.3, 200.3

Channel 2 (C2): Substance complex "rock crystal"

5th therapy: Week 3

Shins are getting better

Basic program (BT) based on conductance value (78)

Shock treatment 3079.0, 3080.0,

432.2

960.4 autonomic Nervous system disorder

Channel 2 (C2): Substance complex "rock crystal" and/or "Energy boost "

6th therapy: Week 3

He thinks a lot about his father. Whether he should visit him after all these years. He was looking to make contact again with his brothers.

Kidney 3078.0, 480.1

Yin-Yang balance 507.0

Channel 2 (C2): Substance complex "rock crystal"

Ordinarily now would have been time to look at the allergy but in the meantime he was coping well without it. (previously 2 litres a day).

Arrangements made for a family visit. Check-up after this visit.

Check-up 4 weeks later

The visit to his father went well.

3 days before the visit his colitis really flared up again. He had wild dreams. He then doubled the vitamins and the phosetamin.

The visit was good because his father apologised to him. It turned out there had been some financial worries and he, as the youngest, bore the brunt. His father had been very worried that something bad could happen to him in Afghanistan and asked him not to go back there.

He said to him: You don't need to go to war to prove you're a man. You are a better man than I am, because you don't hit little children.

He will call by every 6 months to see if everything is stable.

The ulcerative colitis is under control and he has medication for emergencies. Milk is omitted from his diet and he no longer eats seafood. Now and again I meet him in the street. He is well and also he stays relaxed even if the hammer gets dropped now and again!

Case 4: Train driver, aged 38

Anxiety attacks and suicidal thoughts

Happily married, 1 daughter

2010 panic attacks, in the 1990s dizziness and anxiety states and before that irritable bowel diagnosed. At the age of 11 almost choked on a peach.

Train incidents 1997, 2005 and 2009.

2x fatal (suicide by train)

The last time he was able to stop the train. The man stood in front of him and waved wildly that he should run him over!

He did not seek psychological help as he thought he could manage on his own. His father, also a train driver, helped as best he could.

Initially he was able to carry on as normal.

But he could not get the picture of the waving man out of his head.

Because of the anxiety attacks he was now only able to work in the office. He enjoys this.

Again and again he had feelings of hopelessness with thoughts that nothing made sense any more and he would end it now.

He was treated by traditional medical means with antidepressants and psychotropic drugs.

Unfortunately the metabolism of his liver is too fast so that not enough of the active substances reached his blood.

Other mainstream medications were tried too, but so far this has not really helped. Therefore he looked to bioresonance for help.

Testing

CTT ampoule "Fire" from the 5 element test set "Spleen".

Bicom BodyCheck (BBC):

Geopathic stress, in hypophysis + pituitary

Restriction in prefrontal anterior lobes (red entropies otherwise everything yellow)

with indication of somatoform disorder

Allergies milk, protein, wheat, salicylic acid

Pathogens: Epstein Barr virus in the brain

Gut: dysbiosis

Liver, kidneys, lymph, unremarkable

1st therapy: Week 1

Basic program (BT) based on conductance value (67)

Shock Therapy series 10147

Channel 2 (C2): Substance complex "Amethyst"

Substitution after testing Bactoflor

2nd therapy: Week 1

Geopathy balance 700.3

BBC memory Capsules with saved geop. stresses 197.0

Output headphones

Input cup/honeycomb Channel 2: Aconite C30

3rd therapy: Week 2

Shock treatment 3093, 3094.0, 241.4, 432.0

3027.0 Depression

3084.0 Regulation, general

Channel 2 (C2): Substance complex "Energy booster nerves"

Further treatments were carried out

Liver, kidney, lymph

Pathogen elimination using BBC capsules and ampoules

Brain activation on right and left with the low-deep frequencies 3086.0, 3084.0

Vegetative dysregulation 3021.0

CNS disorders 3032.0, 3047.0

After testing.

A continual improvement in symptoms was seen. At the same time we detected a massive vitamin D deficiency.

This has since stabilised and my patient has had no suicidal thoughts for a long time now. The mainstream drugs were working and the dosage has in fact already been reduced.

The allergy treatment is already in progress.

We are still waiting for the final result.

In summary:

A whole range of influences affect us during the course of our lives. The human body is not able to directly and/or properly work through and process all of these influential factors.

So time and again we see these factors being stored in the body itself. Physiological sequences can sometimes grind to a halt. Whether as a result of material, mental, energetic or chemical processes. Given that the head is the most important control unit for all processes and our brain oscillates at low frequencies, it seems reasonable to assume that by deploying the low-deep frequencies we promote self-healing more directly and help re-establish a previously interrupted cascade of healing processes.

It is my experience that patients first and foremost come to see me in my practice because of their physical problems.

The issue of patient stress is often lurking unseen in the background. Time and again we detect stress symptoms of unclear aetiology.

These point to an interruption in the body's own physiological healing process.

An important consideration during therapy to release "halted" healing processes:

Humanity and compassion

During shock treatment there is no need to confront the person with their shock events. Whatever is stored in the body will be picked up by the electrode.

Connecting mentally with the traumatic situation does not produce better frequencies. The opposite is in fact true. The only thing we can trigger in this way is a **re-traumatisation** → i.e. the patient returns to the reptile brain mode of fight/flight/freeze.

We have learnt that the powers of self-healing are found in the lower frequency range. The higher the stress, the higher the brain frequency.

Create a peaceful and pleasant room where you as the therapist can also relax. Please stay with your patient during the shock therapy and be there in case your patient's subconscious mind sends out messages. Sometimes topics emerge which were not apparent at all previously and so it is important to have an empathic therapist by their side.

Calm and empathy are the keys to success.

Please take care that if electrodes are uncomfortable (e. g. on the neck) that you find alternatives (e. g. for children, you might try holding an ankle electrode against the neck.)

It is known that blockages of the hyoid bone can be caused by unspoken words. A constriction of the neck because of an electrode is then extremely unpleasant and could send these patients back into the brain stem mode.

Thank you for listening today. I'm glad I have not had to flee the stage in brain stem mode and would like to thank Regumed for making it possible for me to share my experiences with you all.

... Everyone should have shock treatment done once ...