Holistic Approach to reducing dementia risk through research into Bioenergetics

Dr. Garuth Chalfont, PhD

"Research is to see what everybody else has seen, and to think what nobody else has thought."

"A living cell requires energy not only for all its functions, but also for the maintenance of its structure."

Albert Szent-Gyorgyi

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Ways conventional medicine recommends to reduce dementia risk

- Treat depression & diabetes
- Improve vascular health
- Lower blood pressure
- Lower risk of stroke & heart disease
- Quit smoking
- Adopt a healthy lifestyle, etc.
Personalised Medicine for Dementia: Collaborative Research of Multimodal Non-pharmacological Treatment with the UK National Health Service (NHS)

Chalfont et al. (2019) OBM Geriatrics, Volume 3, Issue 3

Find the paper with this link or scan the QR code:

http://lidsen.com/journals/geriatrics/geriatrics-03-03-066
How did they do it?
What did they find out?

**Results**

- Normalised serum levels, folate & homocysteine
- Normalised thyroid function
- Normalised levels of blood sugar
- Weight loss
- Decreased blood pressure
- Reduced medications
- Improved mental, physical & social function
- Improved cognitive function & MoCA scores
- Improved energetic, emotional & spiritual function

**Findings**

- Not just a memory problem
- Never too late to start
- Success requires family support
- Nutrient deficiencies
- Prescription medications
- Misdiagnosed/mistreated thyroid function
- Toxicity, heavy metals, pesticides, infection
- Connection to diabetes
- Gut-Brain connection
- Dehydration & Fasting
- Metabolic syndrome
Since the body can self-heal, what’s missing?

Ways to reduce dementia symptoms and improve cognition

• Nourish, exercise, reduce stress & inflammation, restore optimal sleep, and thyroid, adrenal & hormonal function
• Detoxify to clear heavy metals, chemicals, moulds, parasites and infections
• Relax, practice mindfulness, keep learning, stimulate your brain, dance, sing, do some gardening, express gratitude & love
“In every culture and in every medical tradition before ours, healing was accomplished by moving energy.”

Albert Szent-Gyorgyi, 1937 Nobel Prize
Discovered vitamin C
Father of Modern Biochemistry

“Everything in life is vibration.”
Albert Einstein

“Physics always precedes chemistry.”
Dr Jerry Tennant
Bioenergetics – a branch of Biophysics

• The study of the flow and transformation of energy in and between living organisms and between living organisms and their environment
• An interdisciplinary science that applies approaches and methods traditionally used in physics to study biological phenomena
• Energy Medicine - The realm of biophysics discusses the circuitry in our bodies. Problems give rise to disease, and healing is when circuits are repaired James Oschman
• The Biofield - Field of energy and information that regulates the homeodynamic function of living organisms; “within and around the organism, biocommunication, the bioregulation of everything including DNA.” Beverly Rubik

With thanks to Christine Schaffner N.D. and BeyondBiologicalMedicine.com
THE ELECTROMAGNETIC SPECTRUM

...is a band of colours, as seen in a rainbow, produced by separation of the components of light by their different degrees of refraction according to wavelength.
If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.

Nikola Tesla
(1856-1943)

Quantum Physics Discoveries

Every human cell has:
- Biophoton emissions that orchestrate all bodily processes.
- A semi-crystalline matrix.
- An ideal resonant frequency or vibration.

Read more in “The Field” by Lynn McTaggert.

Dr. Popp’s Discovery:
The Human Cell Has an Energetic Structure

Fritz-Albert Popp, PhD
Kirlian photography

Seymon Kirlian

Organic Raw Kiwi Fruit  Commercial Raw Kiwi Fruit

COOKED TOMATO  RAW TOMATO
Energy is information that can be stored.

“Biochemistry and cell biology have missed the boat by ignoring the centrality of life’s most abundant constituent: water.” Pollacklab.org/research
Energy is information that can be stored

“Biochemistry and cell biology have missed the boat by ignoring the centrality of life’s most abundant constituent: water.” Pollacklab.org/research
This fast-growing multidisciplinary field uses light-based technologies to answer medical and life science questions.
Rasmus Gaupp-Berghausen founded the laboratory Hado Life Europe in Liechtenstein and www.aquaquinta.com to continue Dr Emoto’s work.
Rituals

Using matter to carry information

Regardless of religious framing, the **physics of rituals** accounts for the transfer of energetic information into cells.

Chalice Well at Glastonbury, Our Lady of Lourdes in France, wine and bread at the eucharist... examples of physical matter containing energy information.
Homeopathy
Solutions carry Information

- The potency of a substance increases with dilution.
- A remedy transfers biological antibody information to the immune cells.
- Homeopathy affirms the unity of consciousness and the living physical world.

Holistic worldview, comprehensive philosophy, and practical capacity to translate the consciousness of a remedy source into physical, emotional, mental, and spiritual healing.
Plasma Energy
Plasma Energy


Human Biofield

All living beings (plant, animal, mineral, human) have an energetic field encompassing their physical bodies.
Human Biofield
Energy circuitry in the Meridians

Leaked or blocked electrical charges in one energy circuit relate to illness in specific organs or body parts.
Energy storage in the Chakras

**Human Biofield**

### The 7 Main Chakras

<table>
<thead>
<tr>
<th>Chakra</th>
<th>Color</th>
<th>Location</th>
<th>Incense</th>
<th>Crystal</th>
<th>Essential Oil</th>
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<tbody>
<tr>
<td><strong>ROOT</strong></td>
<td>Red</td>
<td>Tail Bone</td>
<td>Vetiver</td>
<td>Red Garnet</td>
<td>Cedarwood</td>
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<tr>
<td><strong>SURVIVAL, GROUNDING</strong></td>
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<tr>
<td><strong>SACRAL</strong></td>
<td>Orange</td>
<td>Navel</td>
<td>Patchouli</td>
<td>Carnelian</td>
<td>Ylang Ylang</td>
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<tr>
<td><strong>SEXUALITY, PASSION</strong></td>
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<tr>
<td><strong>SOLAR PLEXUS</strong></td>
<td>Yellow</td>
<td>Solar Plexus</td>
<td>Geranium</td>
<td>Citrine</td>
<td>Cinnamon</td>
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<tr>
<td><strong>CONFIDENCE, INTUITION</strong></td>
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<tr>
<td><strong>HEART</strong></td>
<td>Green</td>
<td>Chest</td>
<td>Rose</td>
<td>Emerald</td>
<td>Rose</td>
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<tr>
<td><strong>LOVE, COMPASSION</strong></td>
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<td><strong>THROAT</strong></td>
<td>Blue</td>
<td>Throat</td>
<td>Sandalwood</td>
<td>Sodalite</td>
<td>Eucalyptus</td>
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<tr>
<td><strong>EXPRESSION, CREATIVITY</strong></td>
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<tr>
<td><strong>THIRD EYE</strong></td>
<td>Indigo</td>
<td>Forehead</td>
<td>Jasmine</td>
<td>Labradorite</td>
<td>Lavender</td>
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<tr>
<td><strong>INDIGO</strong></td>
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<tr>
<td><strong>PSYCHIC ABILITY</strong></td>
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<tr>
<td><strong>CROWN</strong></td>
<td>Violet</td>
<td>Above Head</td>
<td>Frankincense</td>
<td>Amethyst</td>
<td>Myrrh</td>
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<tr>
<td><strong>CONNECTION, WISDOM</strong></td>
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The Biofield Anatomy Hypothesis

A person’s memories are stored in standing waves of energy and information in the biofield...

**Biofield Tuning** uses pitched tuning forks to locate, settle and release trauma and negativity from the past. Where stuck energy is located in the biofield gives clues to thoughts, feelings and emotions that need resolving.
The Biofield Anatomy Hypothesis

A person’s memories are stored in standing waves of energy and information in the biofield...

- **Coherence** is the state when the heart, mind and emotions are in energetic alignment and cooperation.
- It is a state that builds resiliency – personal energy is accumulated, not wasted – leaving more energy to manifest intentions and harmonious outcomes.

Dr. Rollin McCraty, HeartMath Institute Research Director

[www.heartmath.org](http://www.heartmath.org)
Holistic Approach to reducing dementia risk through research into Bioenergetics

Heal ALL our Bodies – Mental, Emotional & Spiritual IMPACT the Physical

Essentials
- Clear traumatic memories, emotions and negativity from Biofield
- Restore Heart, Mind and Emotions to coherence and resilience
- Detoxify chemicals, metals, pathogens, infections, mold & parasites
- Eat a highly energised diet containing ample life force energy
- Healthy Gut with diet, prebiotics, probiotics & Deprescribing meds
- Exercise & Move your body, Restorative Sleep and Detoxification
- Daily fresh air, light, sound and colour from nature, and ions from Grounding/Earthing (touching soil, sand, grass, mud with bare feet)
- Electromagnetic biology repowered towards self-repair & regulation

The Approach must be Personalised
Your story is your unique fingerprint or snow flake

You don’t heal disease, you heal stories.
Holistic Approach to reducing dementia risk
How to regenerate your Bioenergetics

AVOID

- **GMOs (Genetically Modified Organisms):** Eat non-GMO food
- **Glyphosate (‘Round Up’):** Eat organic, not conventionally grown
- **Chemicals, heavy metals, pathogens & mould** (multiple sources)
- **EMFs** Electromagnetic Frequencies in the harmful ranges negatively impact the biofield and the morphology of the blood. Buy an EMF meter, check your home for hot spots, rearrange furniture if needed
- **Microwaves** Destroy the energy in food. Don’t heat/eat or store hot food in plastic nor drink from plastic bottles or styrofoam coffee cups
- **5G and Wireless WIFI** Use an ethernet cable and turn wireless off; Swap your cordless phones for wired, go back to using landline. 5G can be sent through fibre cables, not radiated wireless from towers.
- **Mobile phones** Limit exposure, keep phone from touching head, turn off whenever possible and use in airplane mode when turned on.
- **Smart metres, Smart homes & Devices** emitting wireless radiation
Holistic Approach to reducing dementia risk

How to regenerate your Bioenergetics

Tools to measure and analyse your Energetic Potential

- Autonomic Response Testing (ART), Heart Rate Variability, Muscle testing, Pulse diagnosis, Photomultipliers, Bioresonance scanning, Adverse Childhood Experiences (ACE) score, Gas Discharge Visualisation (GDV), Polycontrast Interference Photography (PIP)...

Therapeutic Tools and Interventions

- MIND-BODY - Meditation, Chanting, Deep breathing, Reiki, Yoga, Tai Chi, Emotional Freedom Technique (EFT), Tapping, Eye Movement Desensitization & Reprocessing (EMDR), Neural therapies, etc.
- LIGHT & COLOUR – Laser, Photobiomodulation, Photodynamic therapy, Colour puncture, Red light, Near & Far Infrared light, etc.
- SOUND – Sound of Soul, Biofield tuning, etc.
- MIND-BODY-FREQUENCY - Pulsed Electro Magnetic Fields (PEMF), Frequency Specific Microcurrent, Biomagnetism, Rife technologies, Biofeedback, LENS neurofeedback, Infoceuticals, Homeopathy, etc.
‘Dis-ease’ is a symptom until we heal what attracts it.

“The body is innately intelligent and when we remove the roadblocks on resistance to health and flow and coherence, the body can self-regulate and heal.”

Christine Schaffner ND,
The Sophia Institute and BeyondBiologicalMedicine.com

Explore your bioenergetics and help create the future of medicine.

Contact: DementiaPioneers@gmail.com  g.chalfont@lancaster.ac.uk