

The human being, as the product of nature, is an ideal creature. This statement would be true if people lived in harmony with the natural environment. Unfortunately, a long time ago, people left their natural environment and have since been defining their own living conditions, which often do not support proper physiological functioning of the human body. The world created by people is mostly artificial in nature. An artificial environment puts a lot of strain on those biological adaptation mechanisms of the body, which did not keep up with essential changes in human development - as stressed at one of UNESCO's sessions. At the same time, due to technical development as well as the intensified pace of lifestyle and complicated social relations, the need for such mechanisms has grown significantly.

The level of adaptation of the human body to living conditions created by a man himself is too low. The proof for that could be the ever-increasing degree of civilization-related diseases. The number of cases grows systematically and the character of diseases changes constantly.

### **The illusion pill**

In order to treat civilization-related diseases, there are commonly used medicines, natural remedies and physical medicine. However, pharmacotherapy is considered the main achievement of civilization. Instead of propagating a healthy lifestyle, the mass media advertise pharmacotherapy as omnipotent, thus creating the "pill syndrome" - a pill is a remedy for every disease.

Highly developed countries have a powerful pharmaceutical industry, which is one of the most profitable businesses in the world. Enormous amounts of money are spent every year on theoretical research and introduction of new drugs on the market. As a result, the pharmaceutical market is constantly changing, which gives an illusion of progress.

At the same time, widespread usage of pharmaceuticals has resulted in new problems, such as: allergies, lower immunity, and dysfunction of homeostasis, which is the result of toxic chemical compounds. We have learned that people cannot be cured by pharmaceuticals alone. That is why, since the end of the 20th century, a great interest in medicinal herbs and physical medicine has developed. These are natural methods and, if used properly, they stimulate physiological reactions of the body, thus leading to normalization of dysfunctions.

### **Magnetic fields**

The human body has always been exposed to cosmic electromagnetic radiation as well as the earth's magnetic field. That is why the magnetic field is the natural, therefore normal, environment for physiological reactions of the body. The development of radio, TV and electronics has produced an artificial electromagnetic field in our human environment. This field interferes with the natural magnetic field of the earth and causes damage to physiological adaptation mechanisms in the human body.

### **Viofor JPS is a step forward**

Viofor JPS by Med & Life Polska generates a weak variable magnetic field similar to the earth's magnetic field. The variable amplitudes and frequencies of the field cause changes in the cell electrical processes and in ionic reactions in systemic fluids. It also creates conditions for their normalization and strengthens the adaptation mechanisms of the body.

The mechanism of the effect of magnetic fields has been professionally discussed by Prof. Aleksander Sieroń in his book "Application of magnetic fields in medicine", which I highly recommend.

The nervous and circulatory systems are the most important systems of the body. They stimulate the synergy of all organs and, thus, the proper functioning of the body. They also participate in the adaptation process of the organism and provide nourishment to tissues. Finally, they help in maintaining of homeostasis.

Physical, mental and social strain lead to stress, which has become a part of human life. On the one hand, stress reaction protects the organism and induces adaptation processes. On the other hand, in case of increased intensity, stress can lead to disturbances of physiological reactions and can result in diseases, including diseases of the nervous system.

### **Stress, the nervous system and a variable magnetic field**

Diseases of the nervous system are considered to be civilization-related diseases and are mainly caused by stress. In the past few years, there have been increased incidents of these diseases, and what is more, they seem to attack people at a younger and younger age. Social cataclysms and negative emotions due to poor lifestyles are also the cause of stress.

Due to the above, we have studied the effect of weak magnetic fields on the most common diseases of the nervous system.

The studied group consisted of 64 patients (41 women and 23 men) in the ages between 23 and 65, who suffered from the following diseases:

vascular-vegetative dystonia 14

neurosis 11

neurasthenia 13

migraine 11

insomnia 13

All patients – both objectively and subjectively – apart from typical clinical symptoms, also indicated emotional changes (increased nervousness, irritability, and inadequate reactions to external stimuli) which proved dysfunctions of the nervous system. The patients also showed high fluctuations in arterial blood pressure.

Therapy with the use of Viofor JPS was recommended in order to normalize the functions of the nervous system. For the procedures, a large applicator (mat), programme P1 and application method M2 were used. The procedures were applied every evening (except for Sundays), between 5 and 7 p.m. , for 12 minutes. The treatment cycle consisted of 6-12-18 procedures. There were no other therapies used. During treatment, arterial blood pressure, patient's emotional state, state of capillaries, and the reaction of peripheral and central nervous system were controlled.

The therapy resulted in increased stress resistance and in the limitation or elimination of pharmaceuticals taken. The treatment helped the patients to change their stereotypes and improved their understanding. It also helped them to develop a healthy lifestyle, eliminated psychic discomfort and increased resistance to stress.

**Prof. Oleg Ivanovich Efanov, head of the Institute of Physiotherapy at the State Medical-Stomatological University, Moscow, General physiotherapist for the Russian Ministry of Health, Chairman of the Russian Association of Physiotherapists and Health Resort Medicine, Member of International Academy for Computer Information.**