

The Effect of Therapeutic Sound on Chronic Digestive System Issues

A Personal Observational Study

This preliminary study was conducted with a woman who contacted Cyma Technologies to inquire if the AMI 850 could help with digestive system issues. No diagnostic testing had been performed. Due to her circumstances, she was unable to visit a professional office regularly. It was also determined during the initial interview with the Cymatherapist that her chronic health issues would require daily treatment. She rented an AMI 850 from her therapist which included tutelage for at-home use and special directives allowing her to be part of a study on digestive system illnesses.

The protocol period, which is generally scheduled for a full six weeks, was altered to four weeks, due to the subject's work schedule. She was also unable to complete the adapted four week study, due to what she described as very stressful life circumstances. The details below are excerpts of her brief health history, provided during an initial interview with the Cymatherapist who was overseeing her case. In addition, are study details from the "Health Tracker" document which she had been instructed to complete daily, during the study period.

HEALTH HISTORY

A 55 year-old woman presented herself with digestive system symptoms of chronic bloating and diarrhea, along with food allergies to gluten and dairy. She reported that symptoms of gas, bloating and nausea had started appearing periodically two years ago and had worsened over time. Her health history included an ovarian laparoscopic surgery, during which, her colon had been perforated. She was told that it would heal naturally and that no other measures were required. She also had a history of respiratory

infections which had required her to do numerous antibiotic regimens almost every year, for the past five years.

In the recent six months, the symptom of diarrhea had become more and more frequent. She was taking supplements, to include peppermint oil capsules and other herbs, which netted only temporary relief or no results. The bloating became constant, regardless of any food changes made or supplements taken.

The subject reported that she had been studying her symptoms in online health articles and had begun to fear that she had IBS or—possibly some other bacterial infection in her digestive system. She maintained a regular fitness and exercise program, which left her baffled as to why she had abdominal weight gain that would not respond to any increase in exercise.

THE METHOD

She was instructed to use the following two channels on the device daily, or alternate them each day for a four week protocol:

Channel Six to address potential bacterial infection in the colon, reduce inflammation, increase white blood cell motility, diminish uric acid and undigested protein

Channel Nine to support the digestive system function through repairing the colon wall reducing inflammation, increasing nutrition absorption, while improving gut microbiome health

Generally, Cymatherapy protocols with the AMI devices require six weeks, but due to her

circumstances, the study time was reduced to four weeks. The four week study period also had to be adapted, due to unforeseen work and travel demands. Consequently, the results of the study are considered to be inconclusive. However, valuable information was gained on the positive effects of using therapeutic sound to improve immune and digestive system health.

In the journal of her daily responses, she was asked to indicate whether one or two channels were being used each day, as well as to report the times the device was used. She was to list any changes in her symptoms daily. The following observations are excerpts from the journal she kept during the three week study.

STUDY PROGRESSION

During the first three days, she reported using both Channel Six and Nine, back-to-back in the afternoon, while lying down. On Day One she had severe diarrhea and was unable to leave the house. This describes the intermittent symptoms she had been having for months. She reported no pain, just the bloating and diarrhea, which she had been experiencing for almost a week, during what she called “her most recent episode.”

On Day Two, she had no diarrhea and also no evacuations. She reported this as “part of a pattern,” that would include one day of extreme symptoms, followed by no evacuations at all the following day. The “extreme days” were when she was forced to stay at home with symptoms happening throughout the day. The bloating had stayed the same, despite any attempted diet changes. Her food intake for the first five days consisted of light soups with some steamed vegetables.

On Day Three, the diarrhea returned, but the bloating remained the same. The usual

symptoms continued in the early part of the day, with none in the later part of the day or evening. She described this day as “ finally having some sense of relief.”

On Day Four, her first evacuation seemed normal, however, the bloating still remained and seemed to increase as the day went on. Later in the morning, the diarrhea returned and stayed throughout the day. Under the suggestion of the Cymatherapist, she changed the AMI 850 application to using each of the channels at separate times during the day.

On Day Five, her first evacuation was normal and no other symptoms presented themselves. The diarrhea did not return and the bloating remained moderate. Later that evening, she ate a sandwich with a non-organic tomato which would generally cause stomach upset. There was no apparent increase in symptoms before going to bed.

The following morning on the sixth day, the diarrhea had returned with two episodes in the morning. She attributed this to the sandwich which included several foods she was allergic to. The afternoon was normal, as it had been for the four previous days. Both channels were used at separate times each day.

The morning of the 7th day, her evacuation seemed normal, but with the moderate amount of bloating. Her diet that day was minimal—still eating light soups. It did not include any of the allergens she had identified as problematic for her. There were no apparent symptoms that evening. The two different channels had been used at separate times in the day.

On the 8th day, (which was the first day of the second week of therapy with Channels Six and Nine), she continued the use of both channels with a different schedule to

accommodate her lifestyle and work responsibilities: Channel Six in the early morning before going to work and Channel Nine after work—an hour after dinner. This technique was used for the remainder of the study. During the next two weeks her evacuation patterns began to stabilize. She increased her dietary choices to small vegetarian meals with rice twice a day.

During this time period, she had no episodes that prevented her from going to work. She continued to take her nutritional supplements as she had done throughout the study. She attributed these improvements to using the AMI 850 device every day, twice a day at specific times. Even though her food intake was still limited, the bloating remained the same.

On day 20 and 21 she had a cup of black coffee in the morning, which seemed to have no adverse effects. On the final day of the study that she was able to complete, she said, “This is the closest to normal digestive system functions I have experienced in months.” She also described herself as hopeful that her normal life could return.

She reported that her symptom of bloating had finally begun to diminish at about 20%. Even though it was the last symptom to respond, she had been experiencing it for the past two years and was amazed at the improvement, as she had given up hope for any change to be possible.

At the beginning of the fourth week, she was forced to stop the study due to work/travel requirements. The Cymatherapist engaged her in a final phone interview. She voiced her disappointment at having to stop the study and also her fear that the symptoms would return. She said she had made the commitment to stick to her dietary improvements

as much as possible with her demanding work and travel schedule, and would contact the therapist for future sessions.

SUBJECT STATEMENT

“I had never tried any sound therapy before and certainly could not imagine that it would help my chronic digestive problems, as nothing else had. I did attempt to use a drug that was recommended by my physician, but I was not seeing any results from it. They said it could take up to a year. I also could not tolerate the way it made me feel. I noticed that it seemed to reduce my energy levels even further, which were already low from not being able to absorb my nutrients.

When I heard about the AMI device through a friend, I decided to inquire about it—as I was desperate. I saw my possibilities for having a normal life and being able to work my job slipping away. Within that first week, I still had symptoms, but I knew something was changing. I could feel the sound working in my body even though I didn’t really understand what it was doing.

Even a minor reduction of my symptoms gave me so much hope that I had renewed energy to cope with the distress and to take the steps to change my diet. I knew I needed to. I had also been afraid that this constant health problem would escalate into a more serious disease, many of which I had read about. This caused me a lot of stress, which I have now learned just made the situation worse.

Even though I had to change my diet, I was finally willing to do whatever it would take to help my body. I also knew that the diet change alone would not have made my symptoms reduce this dramatically, as I had tried many diets before. I sincerely believe there has been

a significant improvement of my digestive system and its function from the AMI 850 sound therapy. I will still take my supplements, but I hope to maintain this health improvement by eating in a way that doesn't cause inflammation. The Cymatherapist also suggested that I take steps to boost my immune system and lower my stress. My plan is to seek further sound therapy with her, as soon as my schedule permits.

I would definitely participate in another study of this kind. The Cyma Technologies staff and the therapist educated me on how to improve my health with the device. They also helped me understand more about my body and why it became ill, which was also very important. The device was so easy to use. I learned how to do it quickly, along with the study requirements. The more I did the channels, the more certain I became that it was helping me.”

DR. CROMWELL'S STATEMENT

“People regularly contact our company regarding specific health issues. Many of them have tried numerous therapies and have exhausted their options and finances. Sometimes we are able to refer them to one of our Certified Cymatherapists who are participating in collecting data for our ongoing professional level studies.

These “personal observational studies” assist us in accumulating preliminary data for future scientific exploration. Many of these preliminary investigations reveal exceptional results that can be achieved with sound therapy and its ability to address challenging health issues. The studies provide great learning experiences for both the therapist and the individual hoping to improve their health. This invaluable information, provided to us from people all over the world, often reveals the most prevalent health challenges being

experienced and guides us in choosing the area of focus for our next investigative studies on sound.

Even though this study was inconclusive, this female subject's study was of great interest to me, as there is an epidemic of digestive system distress and disease processes in our culture. There are multiple potential causative agents of these disorders in our current life experiences, to include chronic stress and inflammation, processed foods and environmental toxins—all with the potential to upset the natural order of the body's functions.

However, we know from some of our professional research that the two AMI 850 channels utilized in this study—Channel Six to support the immune system and Channel Nine for the digestive system—are highly effective in changing the symptoms of significant digestive system diseases, (like IBS Irritable Bowel Syndrome), along with creating solutions for other modern day digestive system challenges. When these illnesses are examined carefully, inflammation is almost always at the core. This can also be addressed with Channel Three on the AMI 850 device.

The subject had voiced a fear that she had a potential bacterial infection in her colon, so it was recommended that she use Channel Six to boost her immune system and potentially reduce the bacterial overload. She also commented that her fear had been increasing about these symptoms developing into a more serious disease that would prevent her from working and participating in a social life.

It is my professional opinion that if this client decides to resume the therapy, she will continue to see the reduction of her symptoms and an overall improvement in her physical and emotional health. Modern research has proven they are intricately connected. Each

channel on the AMI devices is designed to bring coherence to the physical and subtle bodies, which is why multiple aspects of health respond to just one protocol consisting of these two channels. It was also imperative for her to be a partner with the therapy by making wise food choices and participating in stress reduction.

For more information on this study and the AMI 850 device, contact us at:

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