

# The Vital Male

When Cyma Technologies was developing the **Male Vital Energy** channel on the **AMI 500**, we interviewed men of various ages and backgrounds to find out their definition of being a “vital male” in today’s world. Here are comments from four men, ages 28-83, and the results of a clinical preliminary study.

## Harold

Being healthy and being in my 80’s I attribute to working on a farm for most of my life. In my recent retirement years, I have found it extremely important to stay active. You won’t be able to do this without the right food and you have to get outside. I feel my best when I am able to help with daily activities like cooking and cleaning and checking in on my neighbors.

A few years ago, I started noticing a drop in my energy and no one could seem to explain it. I have always loved to read about technology and that’s how I found out about the **AMI 500**. After living a long time, I am pretty good at watching trends—and this new kind of frequency medicine seems like it is something for the future. I use the **Male Vital Energy** channel every morning while the coffee is brewing. I have regained a good bit of the level of energy I used to have, and now it lasts throughout the day. The **AMI 500** also helped the aches and pains I have had for years from working on the farm. Enjoying every day makes me feel vital.

## Terry

I am a 41 year old father of three. I know this is exactly what I want to do with my life, but sometimes I have no energy left for things I want or need to do for myself. It takes a lot of patience to raise three children and it requires a lot of energy to be involved in their lives. I was finding myself exhausted and even though I didn’t want to admit it, the excitement had gone out of my marriage. My wife was working all the time too and we had very little time together except for parenting responsibilities and rising budgets. I was having a difficult time admitting to myself what was happening in my life. All there seemed to be was work. I knew something had to change, but I had no idea of what to do.

Then I read about the **AMI 500** and how it had vitality channels for men and women. I was so impressed that there was something for us both to do to help ourselves in one instrument. I told my wife about it and we decided to make an investment in ourselves. We took turns using it every day, and after three weeks, we started to notice a

difference. We still had some energy left at the end of the day. I don't know if this is what it is supposed to do, but I noticed I had more patience with my children and didn't get crazy over stressful things so much. My wife and I calmed down and actually started enjoying each other's company again. I am so glad we invested in ourselves and our relationship. I feel vital when my relationships within my family are working and growing.

## **Samuel**

I am a 30 year old, single male. I have a corporate job that involves high stress. Over the last year, I was finding myself less and less interested in social situations. I was not sure how I would ever find a life partner with no energy to do anything after work. My recent health exam showed signs of the beginnings of high blood pressure, so I knew I had to do something about my mental and emotional health. I had read a lot about the side effects of getting on heart medication, so I started researching alternative health methods. That is when I found the **AMI** devices. On the website it said that the **AMI 500** could help with male vitality and so I decided to give it a try.

At first, I didn't really notice any new energy, but I started to sleep better, which I came to understand was so important in order for me to reclaim my energy in other parts of my life. After a couple of weeks, an unusual thing started to happen... I began to feel more self-assured and I wasn't afraid to seek out social situations. I actually had enough energy to stay after work and join some work acquaintances for dinner and drinks. For me, "vital" means being engaged in situations other than work. I believe I can correct my health now, because my "heart is in the right place" and I have more peace about my future life.

## **Alex**

I am a 28 year old, single male. I work out every day, almost. I feel like I have to keep at it, so I don't start showing signs of aging or get health problems. I have some fear about heart disease because it runs in my family. I didn't know there was anything you could do about it, except wait and see. So, I was excited when I saw an opportunity to be involved in a study about the "effects of therapeutic sound on human physiology". It was posted at the gym and said it would explore increasing vitality, so I signed up for a six-week study to be held in our local doctor's office. For me, "vital" means doing everything I can for my health and learning about what that truly means.

Here are Alex's results using the **Male Vital Energy** channel on the **AMI 500** for six-weeks:

## **Preliminary Study with the AMI 500 Male Vital Energy Channel**

This preliminary study was performed over a six-week period with the **AMI 500** therapeutic sound device, using Channel Five for **Male Vital Energy**. The subject, Alex, a 28 year old male, presented himself for pre-testing at a complementary medicine office in Pittsburg, PA. His preliminary assessment was made with the VedaPulse diagnostic tool to measure aspects of his health in the following categories:

Energy levels, stress indices, inflammation levels, functionality of the major systems of the body to include reproductive, respiratory, digestive, immune and cardiovascular. During the initial interview, a brief health history was recorded.

### **Clinical Observation**

Alex reported being in good health with no major complaints, other than muscular aches and pains due to working out almost daily. He did voice concern over "coming down with some unexpected disease," since he had a familial history with some cardiovascular and respiratory issues on his father's side.

He also reported some occasional sleeplessness, which he attributed to worry about his finances. He had been hoping to buy an engagement ring for his girlfriend, but had been unable to make neither the financial nor emotional commitment, as he felt he would have to change his lifestyle completely to be able to afford a home, family and a successful relationship.

He was working as an assistant at an auto repair shop and hoped to become a mechanic at some point. He did express some concern about the toxins in the work environment, but he hoped that working out at the gym was helping him to offset this potential health challenge.

He reported that he ate a healthy diet with some sweets, which he said he was able to burn quickly during his workout. He was not on any medications. He said he did not take nutritional supplements, as it was not in his budget.

### **Study Instructions**

Alex was to report to the doctor's office three times per week, for 45 minute appointments, for a full six-week protocol. Each session involved the use of the **AMI 500** device and listing what changes he noticed in his physical, mental and emotional health he noticed after each visit.

He was instructed on how to use the **AMI 500** device with the "**Three Point System**" designed by Cyma Technologies, which utilized the same channel for **Male Vital Energy** on each of his visits to the doctor's office.

The directions for the **Male Vital Energy** channel start with placing the device on the solar plexus, alternating with exact acupoints on the outside of each wrist, where it joins the arm. He repeated this technique for the full thirty-minutes during each of the sessions. No other pharmaceuticals, recreational drugs, nor supplements were used by the subject during this therapeutic sound study.

The following are the VedaPulse readings taken pre-study and at the conclusion of the required six weeks:

**Energy Levels:** Normal range: 1500-3000

Baseline: 1380      End of Study: 2050

\*\*\*Low readings in this category can suggest that there is a decrease in vital energy or nutritional insufficiency.

**Metabolic Stress:** Normal range: 0-25

Baseline: 34      End of Study: 30

\*\*\*Elevated readings in this area indicate high stress levels and that the detox systems in the body need more time and resources to help excrete toxins. It can also indicate signs of intestinal dysmicrobial cenosis (disruption of the normal microbial system), resulting in the immune system being stressed due to persistent infection and interruption of healthy metabolic functions.

**Immune Deficiency** Normal range: 0-25

Baseline: 35      End of Study: 30

\*\*\*Elevated readings can indicate inability of the immune system to adapt to challenges and possibly cellular cytotoxicity (can cause cell death or inhibit healthy cell growth).

**Rate of Aging** Normal range: 25-50

Baseline: 45      End of Study: 40

\*\*\*Elevated reading generally indicates inability to handle stress.

**Inflammatory Threshold** Normal range: 25

Baseline: 35      End of Study: 35

\*\*\*Elevated reading suggests exacerbation of disease potential due to cellular inflammation.

**Reproductive System** Normal range: 25

Baseline: 25      End of Study: 25

\*\*\*Elevated reading indicates abnormal hormone balance and high levels of bacteria.

**Endocrine System** Normal range: 25

Baseline: 25      End of Study: 25

\*\*\*Elevated reading may indicate abnormal thyroid and adrenal function.

**Stress Level** Normal range: 200 and below

Baseline: 250      End of Study: 225

Indicates ability to handle stress.

**Cardiovascular System** Normal range: 25

Baseline: 25      End of Study: 25

\*\*\*Elevated numbers indicate risk of developing heart disease

**Gastrointestinal System** Normal range: 25

Baseline: 40            End of Study: 35

\*\*\*Elevated numbers could indicate bacterial overgrowth syndrome or milk intolerance.

**Urinary System** Normal range: 25

Baseline: 25    End of Study: 25

\*\*\*Elevated numbers indicate risk of infection

**Neuro/psych Disorders** Normal range: 25 or below

Baseline: 40            End of Study: 32

\*\*\*Elevated numbers indicate long-term chronic stress or negative emotional patterns.

**Detoxification** Normal range: 25 or below

Baseline: 45            End of Study: 40

\*\*\*Elevated numbers indicate inflammation in the detox pathways.

### **Research Physician's Statement**

My first impression of Alex was that he was extremely fit and had a lot of natural energy. He emphasized how important his workouts were for his physical and mental/emotional health. We must remember that addressing physical fitness is only one aspect of our health that we need to address, as was proven by some of his other readings.

When I see low numbers in the Energy Levels category readings, especially in an individual with his characteristics, it can indicate that he is not eating enough or getting enough nutrition from his food to supply the energy for his workout program and lifestyle.

His Metabolic Stress readings showed high, which can indicate that his body is having challenges with releasing toxins. This makes sense when considering his work

environment. Many of his readings were not high, just showing slightly outside of the normal range—however, each of these categories can be an indicator as to where the body is showing stress, or the beginnings of a disease pattern.

His Immune Deficiency reading, while only slightly elevated, did not completely return to the normal level, even after six weeks of Cymatherapy. This could indicate that due to the toxic environment, the body's ability to create healthy cells was diminished.

His Rate of Aging was in the normal range, which we would expect of a man of his age and fitness level. Other categories suggested that he is clearly experiencing the beginnings of an inflammatory response in his body. This could have been caused by a combination of environmental toxins, emotional stresses and possibly his excessive work out programs.

He was within the normal range for both his reproductive and endocrine systems—both of which we would expect for his age, lifestyle and fitness level.

As I continued my dialogue with him during the exit interview of the study, it became clear that he was a “worrier,” which he admitted. Even when everything seemed fine, he was always anticipating some problems and pushed himself a lot, as a means to prepare for whatever might happen.

This explains the elevation in the numbers in the category of being able to handle stress. I was pleased to see his healthy reading in the cardiovascular area, as developing heart disease had been a source of fear for him. I advised him that long-term chronic stress could lead to disease processes, so he agreed to look into some stress reducing programs.

There are a lot of positive aspects generated during high physicality workouts, when kept in balance with the stressors of life.

On further discussion with him, his gastrointestinal readings began to make more sense.

What he had referred to “as a few sweets which he could burn off in a workout,” was actually eating sugar of different kinds every day to “build energy,” as he called it. His urinary health was normal, most likely due to the large amounts of water he reported drinking daily—another positive aspect to his workout plan.

The Neuro/Psych disorder category had the most elevated numbers for him. Even after six weeks of Cymatherapy, the numbers were still elevated. I encouraged him to seek out a “life coaching” program which could assist him to better understand his emotions and help develop a plan for moving forward in his life. Cyma Technologies AMI devices

provide channels for mental/emotional stress management—however, these were not included in this particular study format.

This study is a great example of how illness can start, even in younger years, if all aspects of health are not addressed. Alex has the potential to live a long and happy life with some minor lifestyle adjustments and time spent on self-inquiry. For this study, the subject had the benefit of three visits per week. Cyma Technologies suggests daily use of the device for chronic health challenges, which is available for private owners using it at home. It is my opinion that Alex could have made more improvements in his stress and inflammation levels, if he had access to the therapy daily.

### **Alex's Statement**

I am so glad I signed up for the study. I learned a lot about health and about myself. One of the best things about doing the **Male Vital Energy** channel was that I started to relax. To be honest, I signed up thinking it would give me more energy. The truth is I don't need more energy; I have a lot of it. I just need to quit pushing myself so hard. From the time I was little, I felt anxious. I would bite my fingernails and my mother was always telling me to quit fidgeting.

The study helped me examine different aspects of my health—especially how stress was affecting it. There is more to the whole fitness thing than just lifting weights. I am taking a look at my future and I am getting some financial counseling so I can make some real plans. I hope to do some more Cymatherapy. It was great to have thirty-minutes to sit and have some dedicated time to spend with myself. After the first three weeks, I noticed a solid flow of energy that fueled my whole day—even when I added extra hours at work.

Not only do I feel strong in my body, but now I have the chance to see how much more I can do to help myself with my life ahead.

### **Dr. Cromwell's Statement:**

There are many components that make up vital energy for the human form. When developing this channel, we focused on what would bring harmony into the lives of males living in the modern world. In the traditional sense, males are expected to be strong physically, referring to their build and body type. The channel does contain frequencies for supporting this aspect, but there is much more.

When we examine the list of the most common things that steal our vitality, Alex had three of the most common culprits: poor food choices, high levels of stress and relationship challenges. The **AMI 500** channels will always bring health-giving benefits, but each person must be a partner with the therapy in order to institute transformation in their health.

Alex is the perfect example of how his work environment was causing the beginnings of health issues. Inflammation was developing, contributing to his body's inability to release toxins. His work environment was presenting a much greater health challenge than he was aware of. Despite the fact that he had done a full six-week protocol, the numbers in some of the categories only slightly improved or stayed the same, which we could postulate are due to his ongoing daily exposure to toxins.

Human beings are constructed beautifully, in the sense that our physical, mental, emotional and spiritual bodies are interwoven. The health of all aspects of our beings has an impact on our overall health. Cymatherapy, with the **AMI 500**, can address many of our challenges with a dedicated use of the protocols—especially when we are seeking to restore our vital energy. I believe both our **Male** and **Female Vital Energy** channels provide positive, easily accessible solutions for the challenges that are creating energy decline in our modern life.

We are grateful to all of those who participate in our studies which continue to demonstrate the efficacy of our non-invasive, drug-free sound therapy.