

# **Report for a Clinical Study of the EMF Harmonizer+ to Reverse the Negative Health Effects of Cell Phone Use**

**Submitted by the Energy Medicine Research Institute**

Lisa Tully, PhD

August 5, 2019

## **ABSTRACT**

Results presented here assessing various parameters extrapolated from heart rate variability test data demonstrate that certain measures indicating stress on the body and a lower state of health in general are increased by 5 to 10 minutes of cell phone use (Android version 7.0). Most of these measures are reduced or reversed by attaching an EMF Harmonizer+ from EMF Harmony to the cell phone during use. Results of all three subjects tested were nearly identical, showing a reduction of the unhealthy effects of cell phone use. Furthermore, these tests also showed that use of the EMF Harmonizer+ often improved health measures above baseline levels. The results indicate the value of this product in remediating the harmful health effects of cell phone use, and that using a cell phone with the EMF Harmonizer+ may support one's health with long-term use.

## **INTRODUCTION**

Cell phones and smart phones utilize a band of the electromagnetic spectrum which ranges from 800 to 1,900 megahertz (MHz). Exposure to this EMF radiation has been documented by scientific studies to produce a number of harmful effects on biological systems. ([www.powerwatch.org.uk/science/studies.asp](http://www.powerwatch.org.uk/science/studies.asp)) For most of us, a cell phone is an integral part of our life that we cannot live without.

EMF Harmony offers a collection of EMF protection devices based on a technology developed in Europe and used there in a wide range of health care applications for the last 25 years. This technology uses a bio-energetic approach to harmonizing electromagnetic radiation and supporting the body in the presence of EMF's.

In this pilot study, the HeartQuest heart rate variability (HRV) measurement device was used to evaluate various physiologic parameters before and after using a cell phone, and then after using a cell phone with an EMF Harmonizer+ attached to it. The deleterious health metrics measured after unprotected cell phone use were reversed when using a cell phone with the EMF Harmonizer+ from EMF Harmony attached to it.

Results of all subjects tested show a deterioration after unprotected cell phone use in the following parameters: Neurohumoral Regulation, Psychoemotional state, Vegetative Regulation, Meridian Chart, Fractal Analysis and Energy Potential. Using a cell phone with an EMF Harmonizer+ attached reversed the effects of cell phone use and three representative samples are shown here. The ability of the EMF Harmonizer+ to minimize the effects of cell phone radiation on different body systems indicates the value of this product in remediating the harmful health effects of cell phone use.

## **METHODS**

Three healthy subjects were recruited to test the EMF Harmony product. In each subject a baseline 5 to 10 minute (determined on an individual basis) measurement was taken with the HeartQuest, followed by another test after using a cell phone for 5 to 10 minutes, then another test after talking on the cell phone with the EMF Harmonizer+ attached to it for a similar period of time.

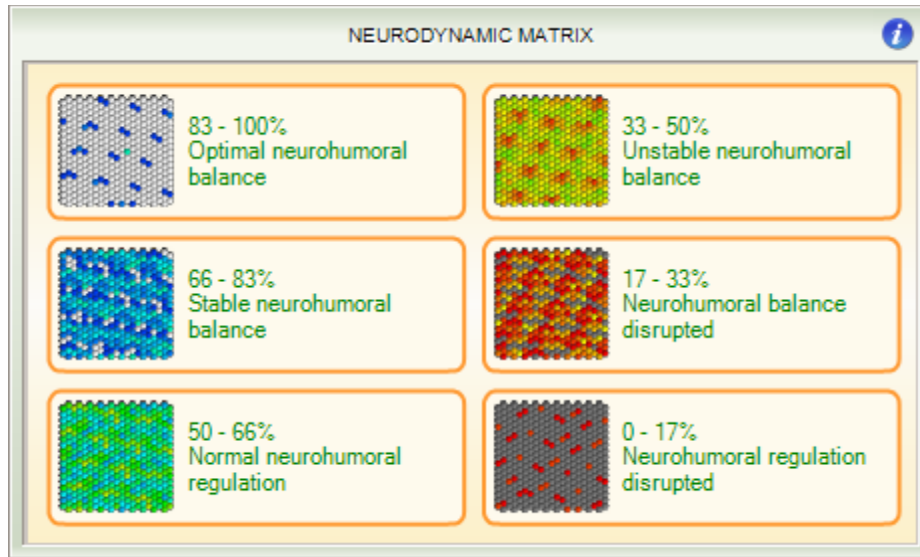
The HeartQuest (<https://innovativemedicine.com/solutions/heartquest>) was used to assess the body's regulatory systems and biorhythms based on heart rate variability. Information is extracted from the ECG frequency wave and correlated to a number of important health parameters.

## **RESULTS**

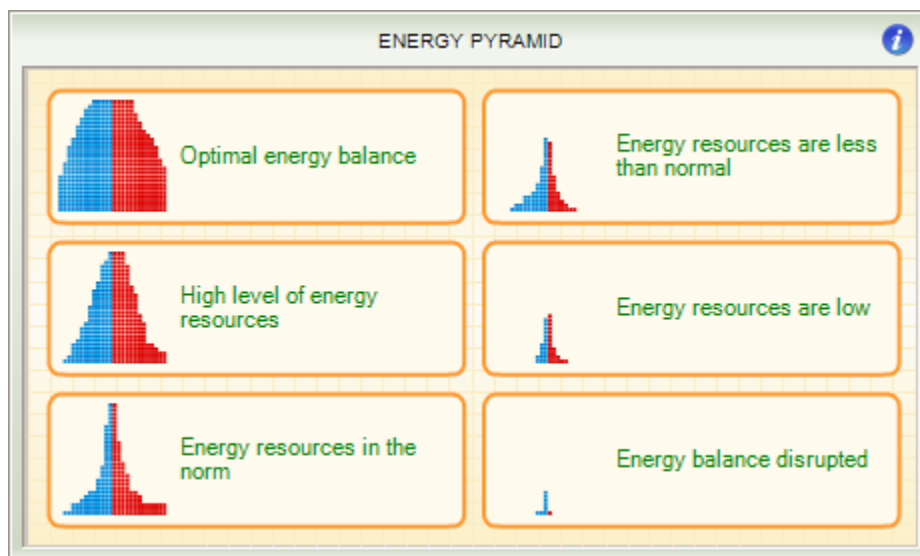
The results of this study demonstrate the harmful effects of cell phone use and the remediation of these effects by the EMF Harmonizer+. When the EMF Harmonizer+ is attached to the cell phone, the harmful effects of cell phone use as measured with the HRV machine are reversed in all subjects tested. Furthermore, the assessments of the subjects demonstrate that for most measures they present healthier test results during a cell phone call with the EMF Harmonizer+ than their baseline results before any cell phone use.

Results are shown for six tests that were evaluated from data collected with HeartQuest. A description of each test follows:

1. Neurohumoral Balance: The neurohumoral regulation system regulates the composition and the structure of biochemical substances in the organism, ensuring the constancy of internal environment and adaptation to changing living conditions.

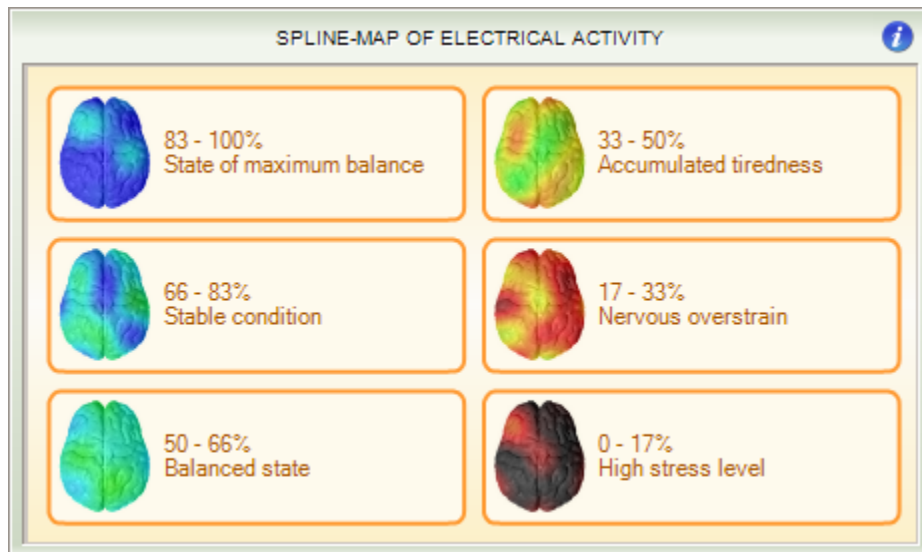


The energy pyramid characterizes the overall total of the organism's physiological resources and the balance between the cycles of resource accumulation and consumption (present dynamics of anabolic and catabolic processes). The blue area is proportional to the resource's recovery time and the red area is proportional to the consumption time. Minimal size of the entire pyramid signals exhaustion of physiologic resources.

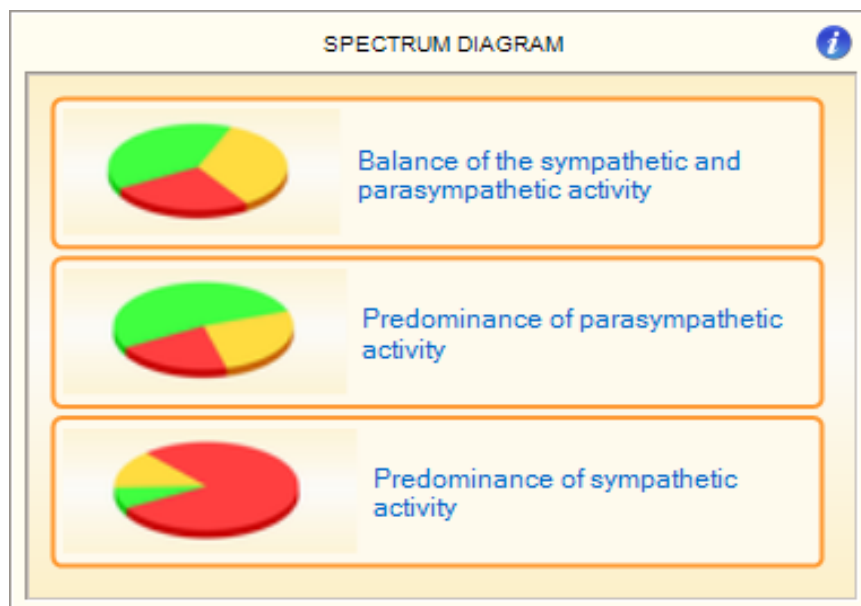


2. Psychoemotional State: The psychoemotional state defines the degree of psychological stress on the body. The frequency spectrum of the brain activity is obtained by means of translation of heart rhythms to the frequency range of brain rhythms. The obtained spectrum is divided into ranges corresponding to the frequencies of delta, theta, alpha, beta and gamma rhythms. Equal distribution of rhythms over the entire frequency range corresponds to the normal state.

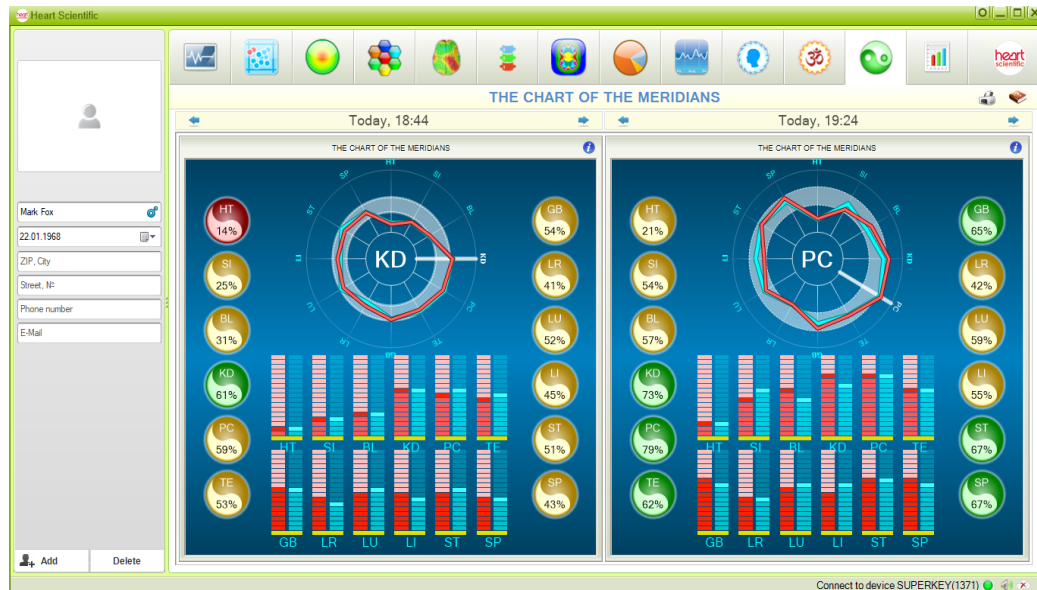
Predominance of delta rhythm is indicative of a disease state, overfatigue and stress.



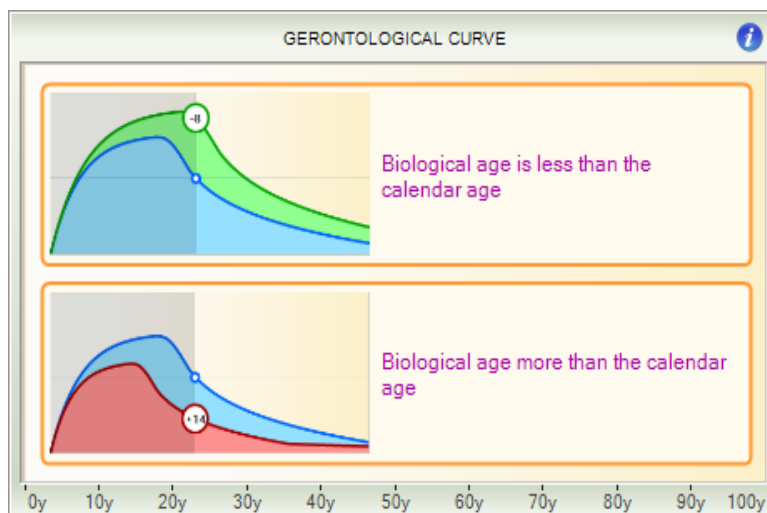
3. Vegetative Regulation: Vegetative regulation defines the relation between the activity of sympathetic and parasympathetic divisions of nervous system, which indicates stress level and ultimately, health. The spectral analysis is based on a physical transformation of the heart rhythm oscillations of the simple harmonic oscillations with various frequencies. An increase in sympathetic nervous system activity indicates stress.



4. Meridian Chart: Information on the state of the patient's meridians is displayed. An assessment of the energy giving and receiving capacity of each meridian during the meridian diurnal cycle is displayed.



5. Fractal Analysis: Fractal analysis is designed to visually assess the degree of harmonization of biorhythms in body organs and systems (which have a fractal structure) with the purpose of detecting functional and pathological changes and assessing the organism's immune status, as well as predicting a patient's health state changes. The level of harmonization of biorhythms characterizes the level of consistency of regulatory systems, reflects the quality of organism's capacities of adaptation to changing conditions and is also an information index characterizing immune system status. The assessment of the body's adaptation level is used to determine biological age by means of fractal analysis.



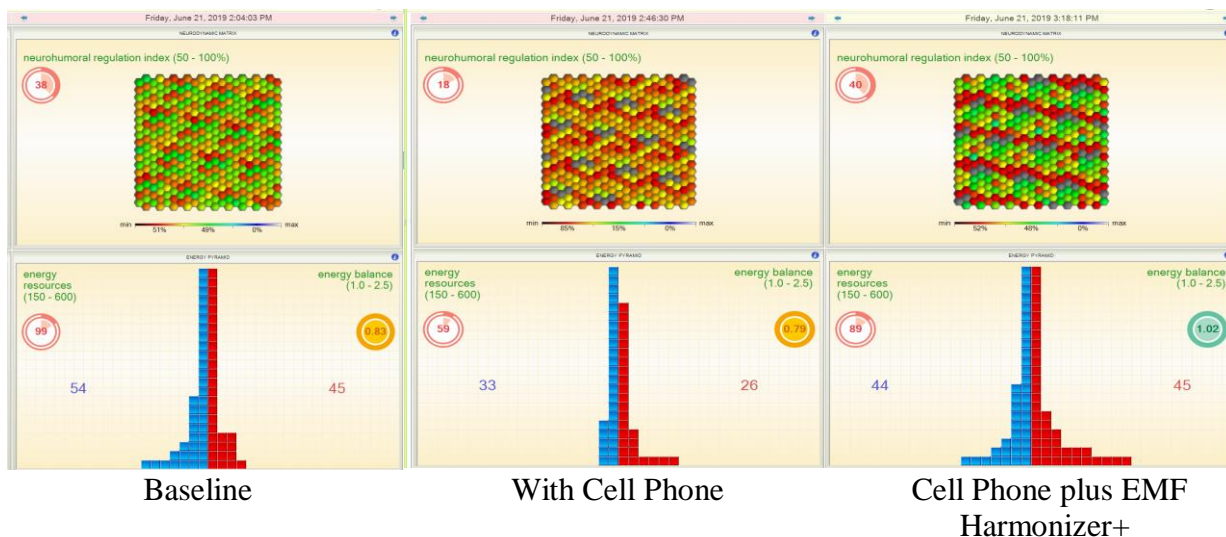
6. Energy potential (aura): The human body is a generator of electromagnetic waves and the quality and speed of release and absorption of energy by the body is determined by the chemical reactions which take place in the organs. An integrative index has been developed from the analysis of the quality of energy exchange by the body, as well as processes in the organs reflected in the cardiorythms that objectively show the functioning of the nervous, endocrine and vegetative systems. This index gives physical characteristics closely resembling the concept of an aura or biofield. The subject's aura is represented in the form of an animated human figure. The aura's color is determined by its general condition.

The following test data is expressed for each subject as baseline, after unprotected cell phone use and after cell phone use with the EMF Harmonizer+. Visual data is presented and can be compared to the above keys. In each figure a number is given that summarizes the results of the overall test in the range of 0 to 100%.

## Subject 1.

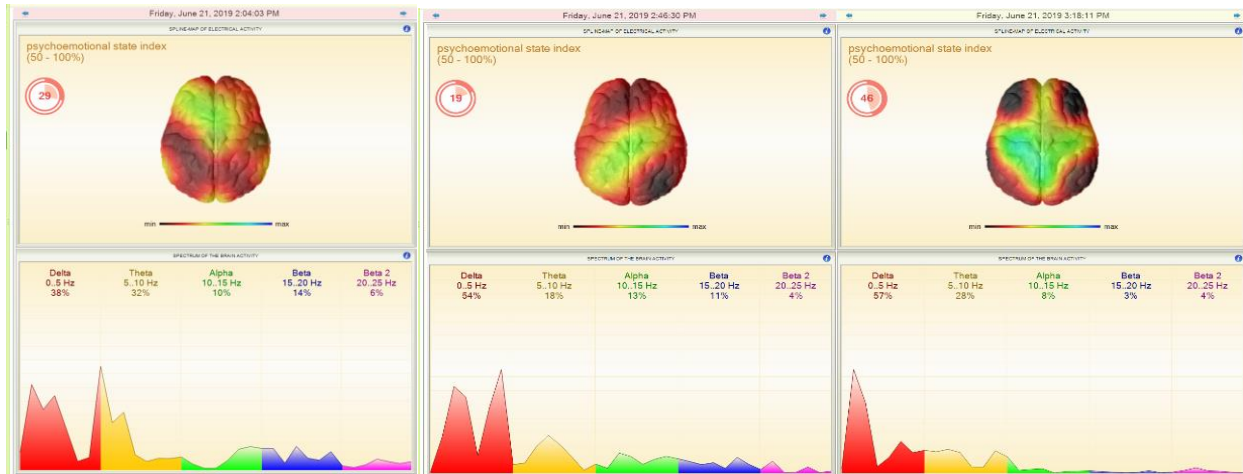
### Neurohumoral Regulation

Following are the results from the first subject. As seen, the Neurohumoral Regulation values decreased from 38% to 18% after unprotected cell phone use and this was restored by the EMF Harmonizer+ to 40%, a value that is improved above the baseline value (before cell phone use). Results for the energy resources changed from 99% to 59% and energy balance changed from .83 to .79 after cell phone use. With the EMF Harmonizer+ the energy resources were increased to 89% and energy balance to 1.02.



## Psychoemotional State

The psychoemotional state decreased from a baseline value of 29% to 19% after unprotected cell phone use and the EMF Harmonizer+ restored it to 46%, which is above the baseline value. Also, cell phone use causes an increase in delta brainwaves (middle image), which expresses as brain fog and tiredness.



Baseline

With Cell Phone

Cell Phone plus EMF Harmonizer+

## Meridians

Overall meridian flow is given in percentages and symbols for meridian flow are expressed in color, where green is best, yellow is medium and red is the worst condition. As shown, all the symbols are yellow after the baseline test, 10 out of 12 symbols are red after unprotected cell phone use, and 8 symbols are yellow, only 2 symbols are red, and one symbol changed to green after cell phone use with the Harmonizer+.



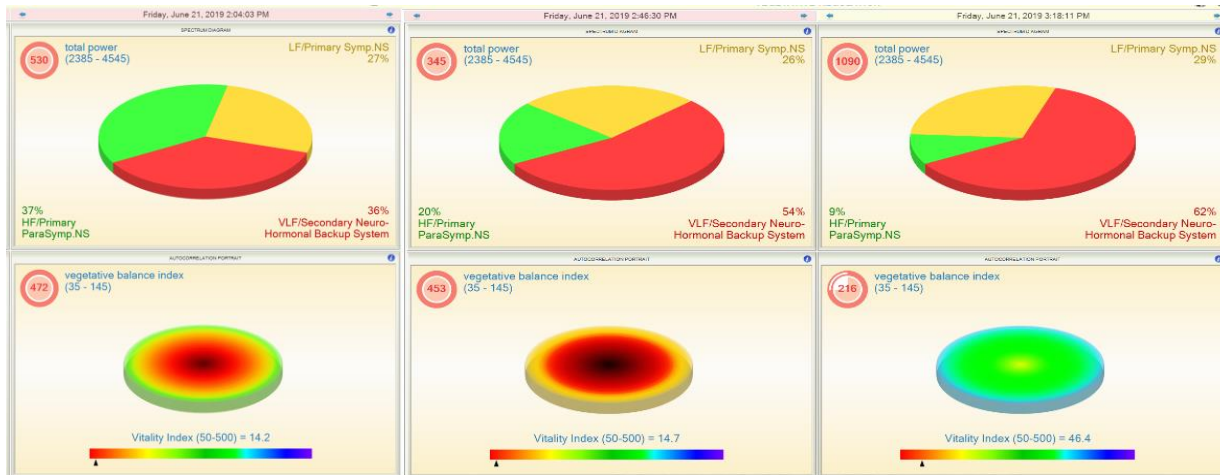
Baseline

With Cell Phone

Cell Phone plus EMF Harmonizer+

## Vegetative Regulation

Vegetative Regulation (heart rate variability) exhibited a decrease in total power from 530 to 345 with unprotected cell phone use that was restored to 1090 (nearly double the value before using the phone) by using a cell phone with the EMF Harmonizer+. The best indicator of results for this test are in the lower photo (vegetative balance index), which shows a change from red to black with an unprotected cell phone and was restored to green by the EMF Harmonizer+, which is a much healthier state.



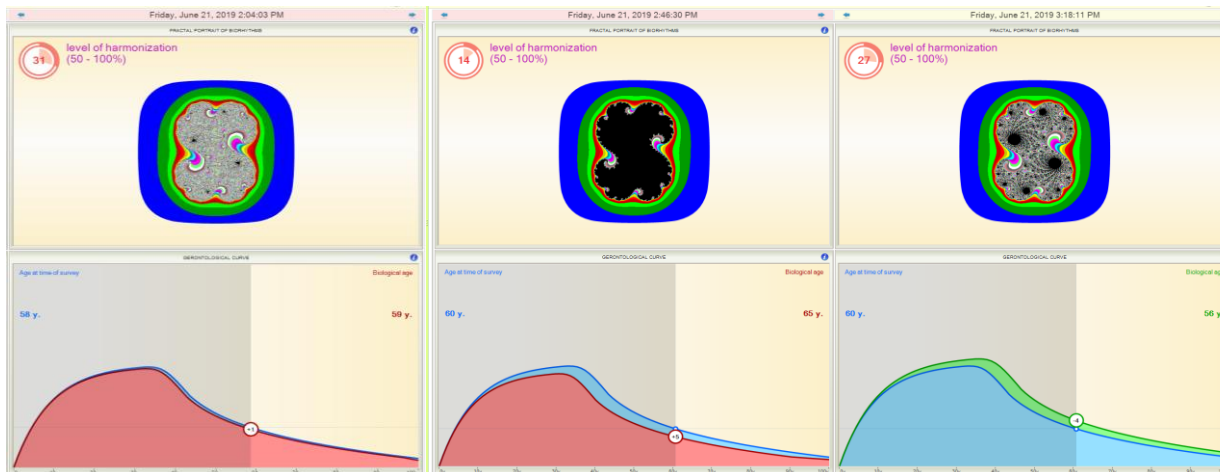
Baseline

With Cell Phone

Cell Phone plus EMF Harmonizer+

## Fractal Analysis

The fractal analysis values decreased from 31% to 14%, which was restored to a near baseline value of 27%. The subject is 58 years old, and the use of an unprotected cell phone extends the biologic age to 65 which is reduced to the age of 56 with the EMF Harmonizer+ - younger than the chronological age.



Baseline

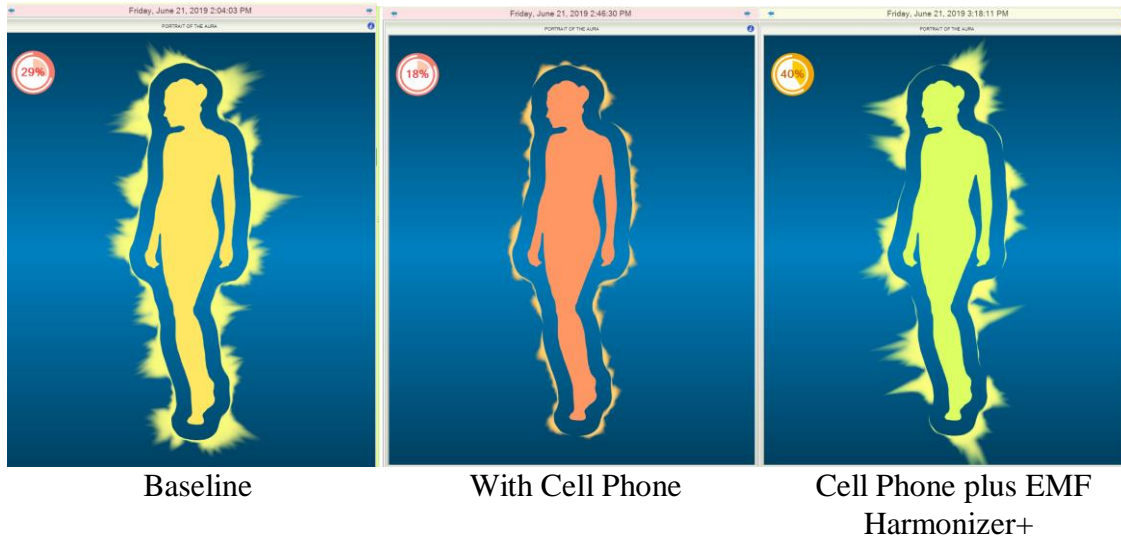
With Cell Phone

Cell Phone plus EMF Harmonizer+



## Energy Potential

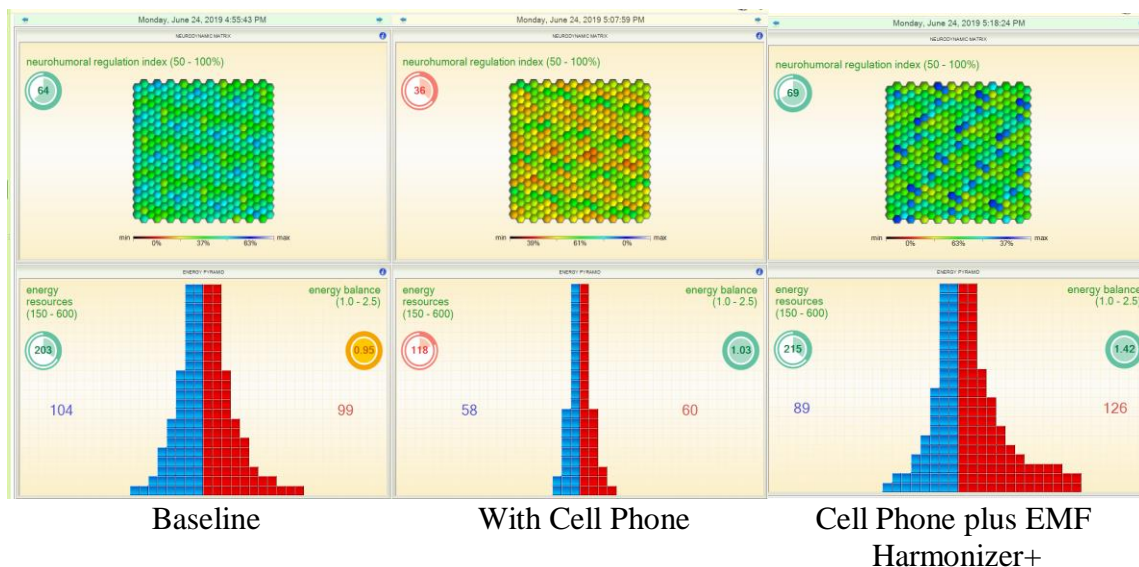
The energy potential, or aura, decreased from 29% to 18% with an unprotected cell phone call and was increased to an above baseline value of 40% with the Harmonizer+.



## Subject 2.

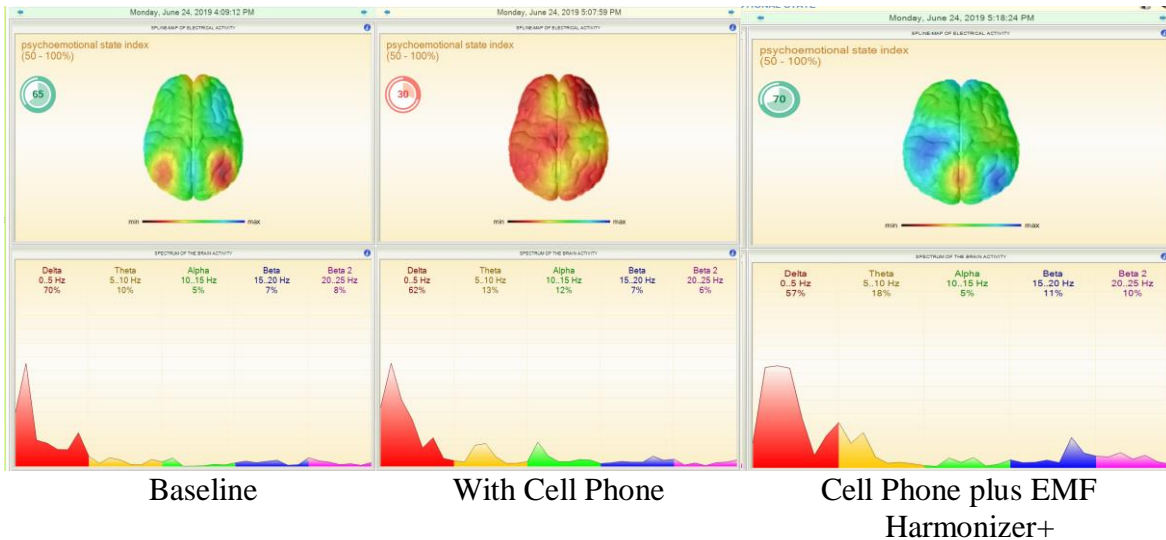
### Neurohumoral Regulation

Following are the results of tests from the second subject. As seen, the Neurohumoral Regulation values decreased from 64% to 36% after unprotected cell phone use and this was restored by the EMF Harmonizer+ to 69%, above the baseline value. Results for the energy resources changed from 203% to 118%, then restored to 215%, which is again above baseline. One can visualize the changes in energy resources and balance in the lower image and both are increased with the Harmonizer+.



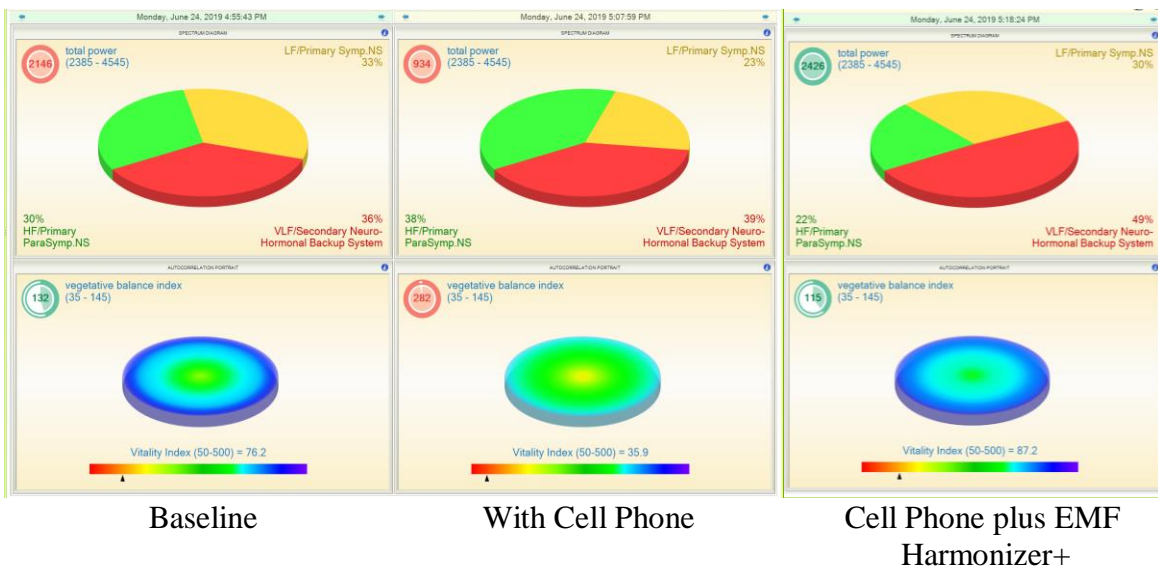
## Psychoemotional State

The psychoemotional state decreased from a baseline value of 65% to 30% after unprotected cell phone use. The EMF Harmonizer+ restored this state to 70%, which is again above the value before cell phone use. One can visualize the changes in the images at the bottom, showing a decrease in functioning of the brain in many areas with cell phone use and a recovery with the EMF Harmonizer+.



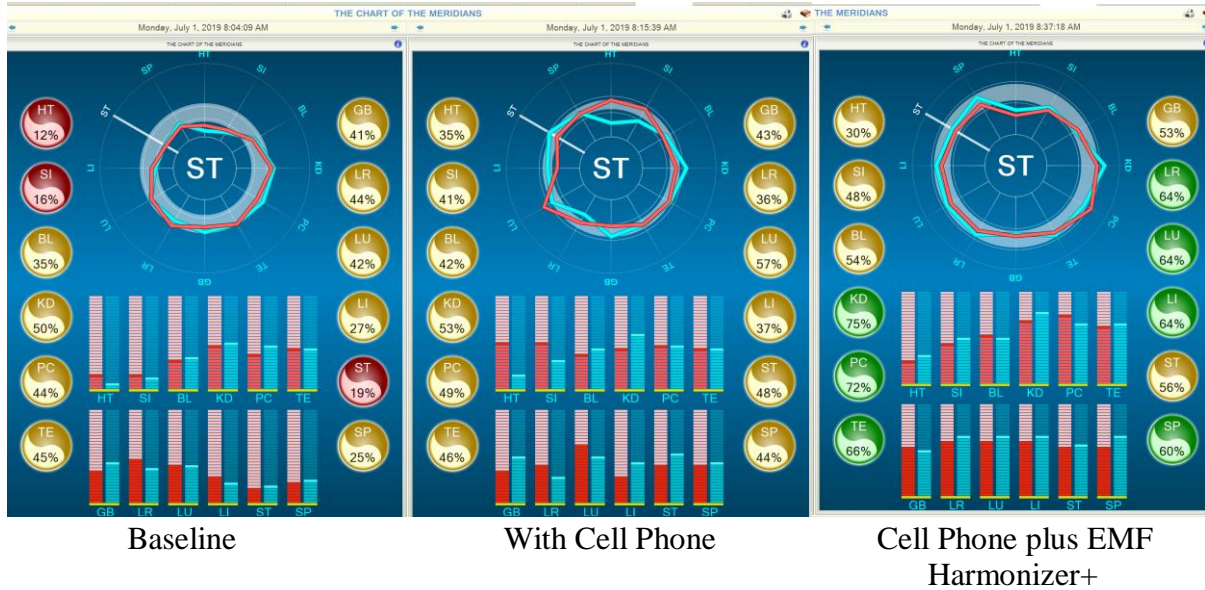
## Vegetative Regulation

The heart rate variability measures exhibited a decrease in total power from 2146 to 934 by unprotected cell phone use, and was restored to an above baseline value of 2426 by using the EMF Harmonizer+. The visual representation of results for this test are in the lower photo, showing a change from blue/green (above average) to no blue (average) with a cell phone, then restored to blue/green by the EMF Harmonizer+.



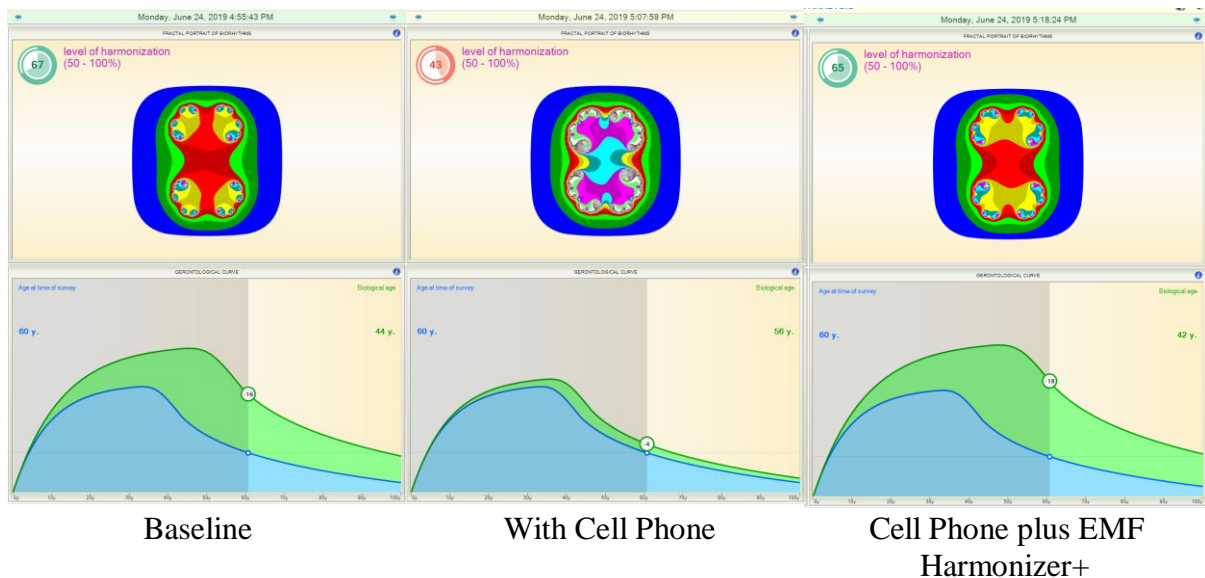
## Meridians

As shown, the meridian values show mixed results after unprotected cell phone use, but after use with the Harmonizer+ demonstrate notable improvements in all but one value. Once again, meridian flow is improved from the baseline values for all measures, an indicator of better health.



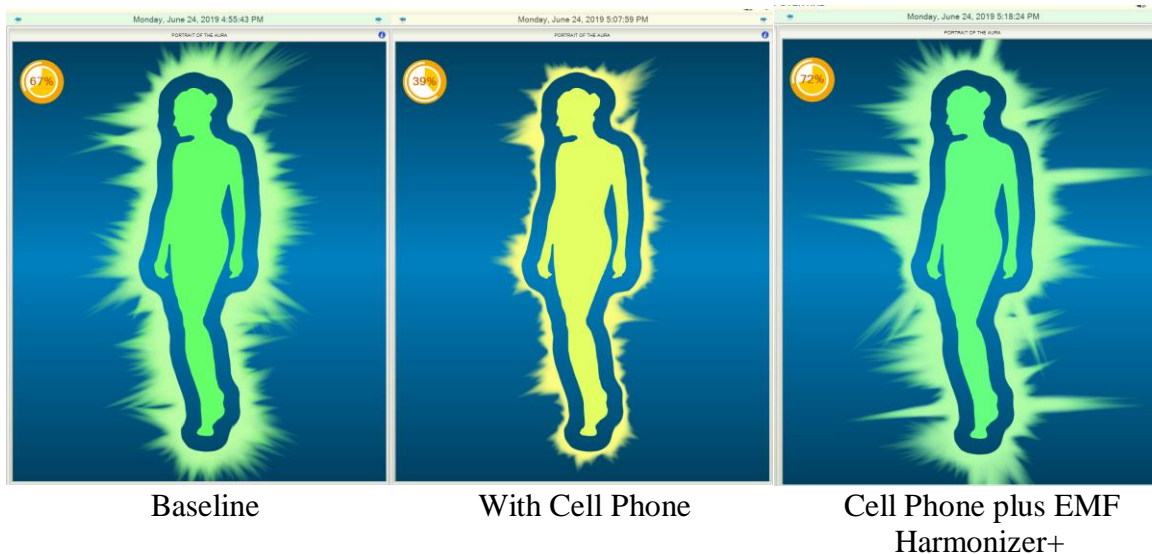
## Fractal Analysis

The level of harmonization at baseline is 67% and drops to 43% after unprotected cell phone use, and is restored to a nearly baseline level of 65% with the Harmonizer+. The subject is 60 years old and the baseline biological age was observed at 54, which increased to 64 and then decreased to 42 (younger than baseline).



## Energy Potential

This value (biofield or aura) decreased from 67% to 39% after unprotected cell phone use and there was an increase above baseline value to 72% with the Harmonizer+.

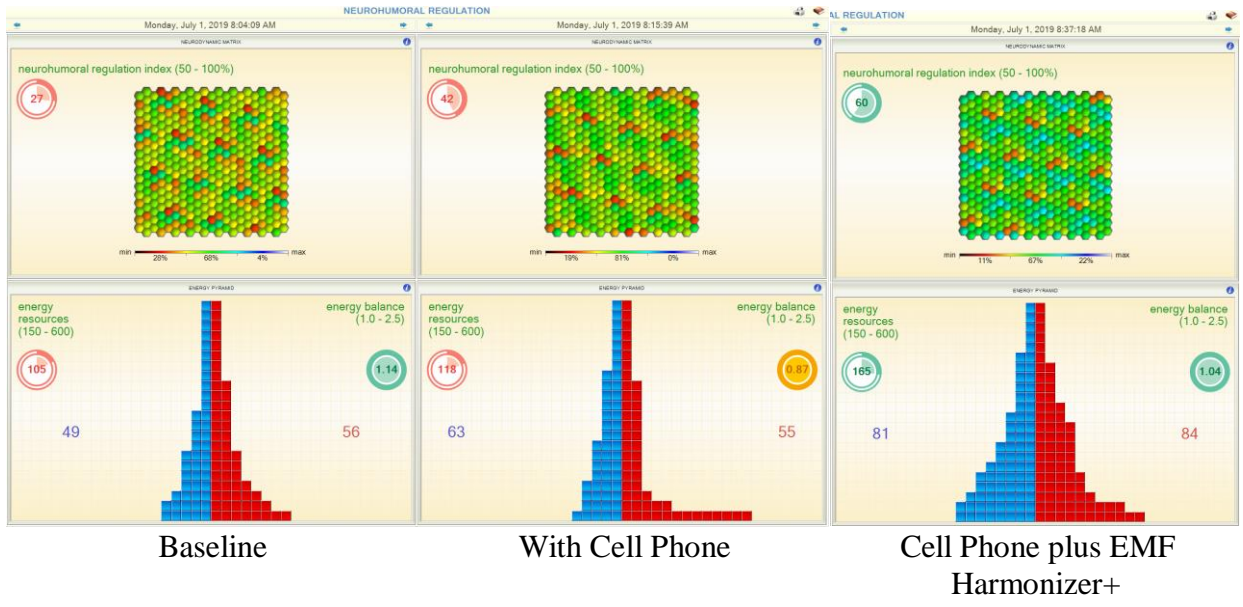


## Subject 3.

### Neurohumoral Regulation

Following are the results of tests from the third subject. This subject actually showed increases in many measures after the unprotected cell phone use, which occurs in some populations and is called a “startle response”. All measures, however, were improved to significantly above baseline and unprotected use with use of the EMF Harmonizer+.

As seen, the Neurohumoral Regulation values for this test showed an increase with unprotected cell phone use from 27% to 42% (still in the red or unhealthy range), and this was improved with the EMF Harmonizer+ to 60% (now in the green or healthy state). Results for the energy resources and balance were both restored to a healthy state with the EMF Harmonizer+.



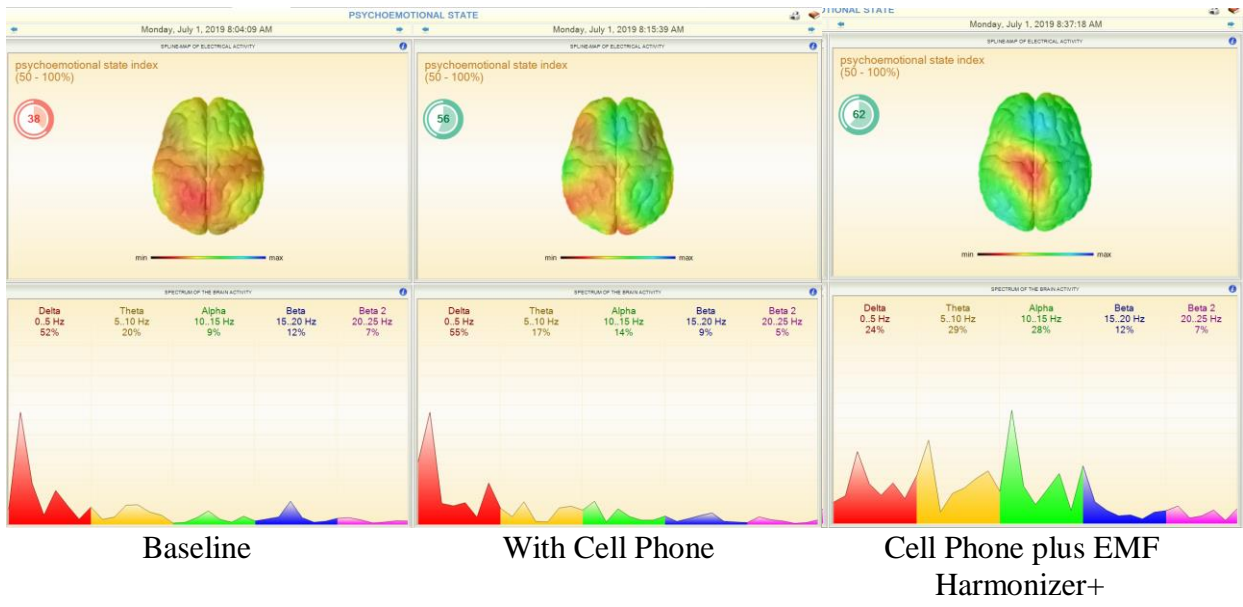
Baseline

With Cell Phone

Cell Phone plus EMF Harmonizer+

### Psychoemotional State

The psychoemotional state changed from a baseline value of 38% to 56% after unprotected cell phone use. The EMF Harmonizer+ attached to the phone provided an increase to 62%, almost double the baseline value. One can visualize the changes in the lower images.



Baseline

With Cell Phone

Cell Phone plus EMF Harmonizer+

## Vegetative Regulation

The vegetative regulation measures exhibited an increase in total power from 921 to 931 with unprotected cell phone use, which was subsequently increased to 1793 by with the EMF Harmonizer+ (nearly double). The visual representations of results for this test are in the lower images, showing a change from red/green (below average) to no blue (average), then to blue/green (above average).



Baseline

With Cell Phone

Cell Phone plus EMF Harmonizer+

## Meridians

As shown, for the baseline test 3 out of 12 symbols for meridian flow are red and the rest yellow, all 12 are yellow after unprotected cell phone use, and after cell phone use with the Harmonizer+ 7 out of 12 are green, with only 5 yellow.



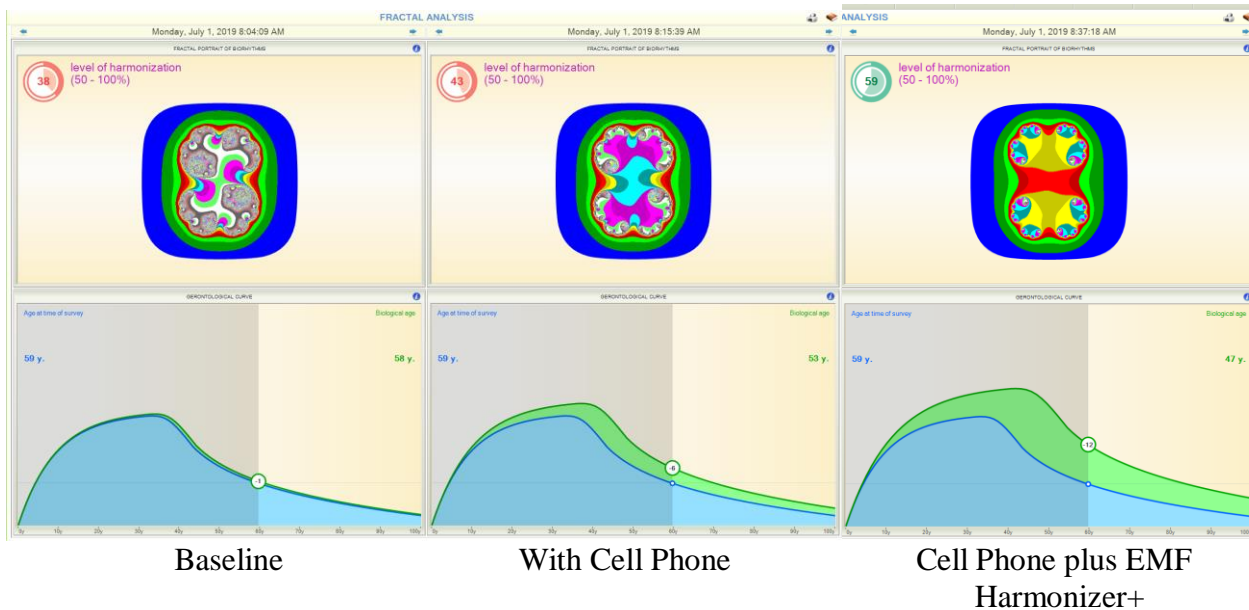
Baseline

With Cell Phone

Cell Phone plus EMF Harmonizer+

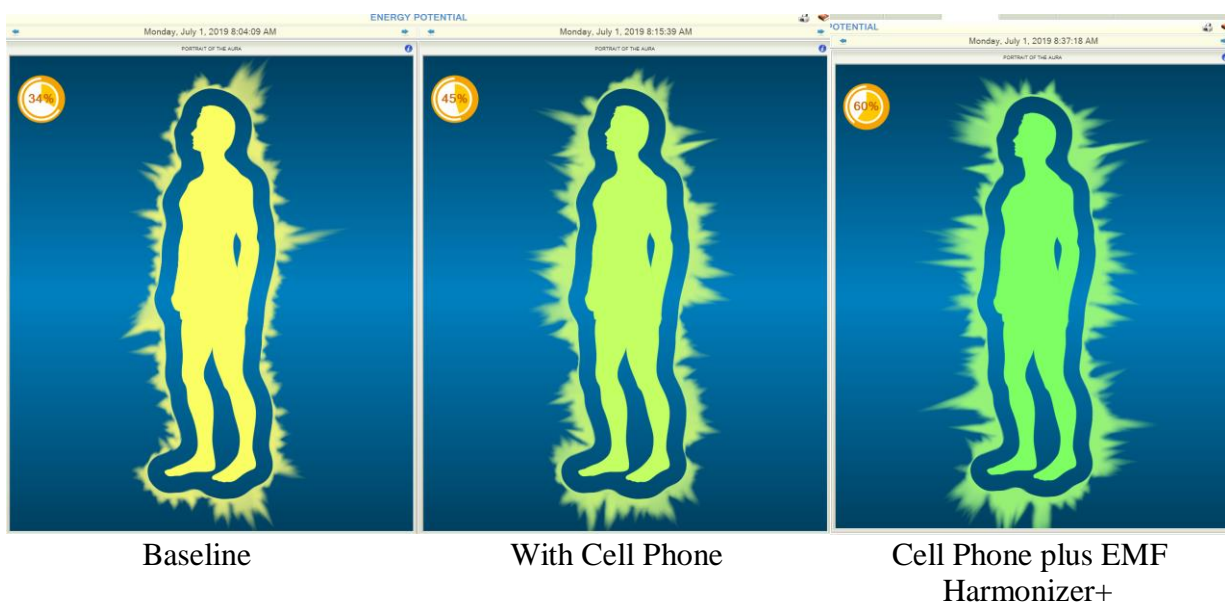
## Fractal Analysis

The level of harmonization at baseline is 38%, increases to 43% after unprotected cell phone use (still in the red or unhealthy range), and is further increased to 59% with the Harmonizer+ (now in the green or healthy range). The biological age of the subject was 59, which was measured at 58 at baseline, 53 after unprotected cell phone use and then 47 after cell phone use with the EMF Harmonizer+.



## Energy Potential (biofield or aura)

This value changed from 34% to 45% after unprotected cell phone use, then to 60% with the Harmonizer+, nearly double the baseline.



## **DISCUSSION**

Results of this pilot study show that when subjects were tested for a number of health assessments, 2 out of 3 measured negative effects with unprotected cell phone use, and all subjects showed significant improvements when the EMF Harmonizer+ protection device was attached to the cell phone during use. All was extrapolated from heart rate variability data collected with the HeartQuest device. These HRV tests are a comprehensive representation of the health of all of the body systems and the results demonstrate that using the EMF Harmonizer+ is beneficial for your health.

These results were corroborated by a separate group in Europe using a different model of HRV measurement device. In addition to the protective effects from cell phone use of the EMF Harmony device, they also found an improvement above baseline levels, which is a confirmation of the benefits of the EMF Harmonizer+.

## **CONCLUSIONS**

Results of this study show that in three different healthy subjects, when the EMF Harmonizer+ is attached to a cell phone during use, their health condition is improved significantly above the levels found when using an unprotected cell phone.