

# Addiction Treatment

Assistance can be given for addictions such as **smoking** or **other substances** using BICOM Bioresonance Therapy. Bioresonance Therapy can help to detoxify the body from nicotine and other toxins without harm and will take away the cravings associated with stopping.



Utilising the body's own detox system, Bioresonance therapy is *the most natural way to stop smoking*.

It **removes the physical cravings for nicotine** which can make it so difficult to quit, and with this, the desire for the use of expensive nicotine replacement therapy is also removed.

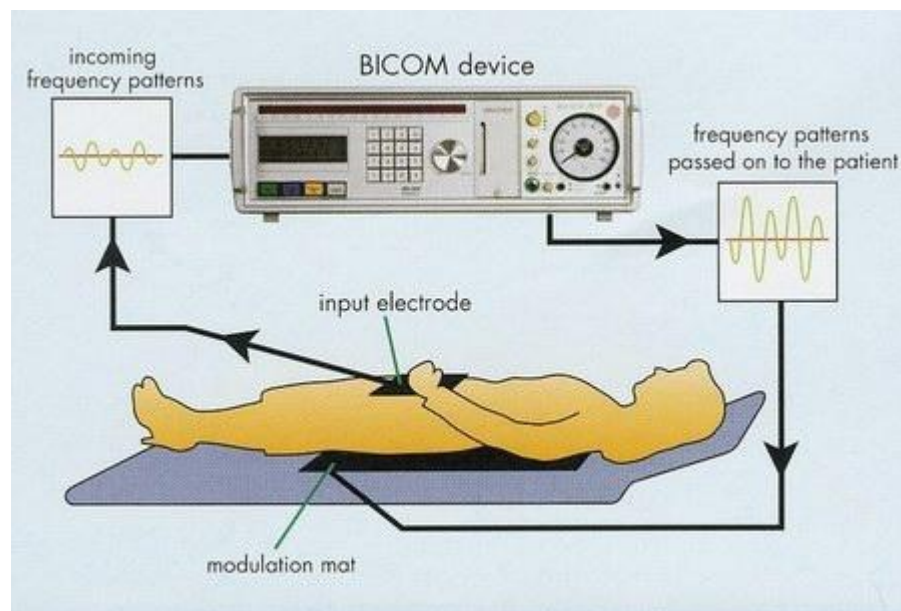
This is a non-invasive, non-chemical, non-hypnotic therapy that effectively removes the urge to smoke. The Nicotine treatment is proving to be up to 90% effective after 1 or 2 treatments.

Thousands of people throughout the world have given up smoking with the help of BICOM Bio-Resonance Therapy. Developed and used widely across Europe and the UK for over 25 years.

This type of therapy to quit smoking has been featured on many current affair and news programs throughout the world for its success in helping people to overcome nicotine addiction. *See my VIDEOS link under Resources Tab.*

The therapy we offer balances the body and triggers the release of stored toxins so that the body is stimulated to heal itself, giving hope for improved health and lifestyle.

The BICOM is a sophisticated Bio-Resonance (vibration therapy) treatment device incorporating over 400 preset therapeutic programs.



### **Prepare to give up smoking!**

- If you suffer with any serious health condition, then see your GP first and bring along a letter of approval to your appointment. This type of therapy is not advisable during pregnancy or if you have a pace maker.
- If you are taking any medication, then please bring these along to your initial consultation. In my experience, those patients who have been on long term anti-depressants, Bioresonance therapy is not always so successful.
- You should also try to drink at least two litres of water per day for two days before, the day of your appointment and for at least two days after. This is because the Bicom will essentially eliminate toxins from your body.
- Cut down on your consumption of adrenal stimulants such as tea, coffee, sugar and alcohol and get into the habit of eating more fruit and vegetables as these will also improve your general health and well being when you have quit.
- If you are really serious about wanting to quit the habit of a lifetime and other methods have failed, then this may be the therapy for you. **All you need to do is bring along your last cigarette to smoke as part of the therapy.**

In order to understand why smoking is so difficult to stop, it is worth understanding the mechanisms that keep you addicted to smoking. Addiction is a behaviour over which an individual has impaired control (RCP 2000). This can be a physical, psychological and social dependence to a substance.

Although cigarettes are full of different harmful substances (Tar, Carbon Monoxide etc), nicotine, which is not harmful, is the one that is addictive. The nicotine acts on receptors in the brain and, when in contact with these receptors, cause a response to the 'feel good' hormones in the body. It is this release of Dopamine in the brain that encourages the smoker to repeat the action.

This positive reward for the behaviour is recognised due to the speed the nicotine gets to the brain (7 seconds), when delivered by the very efficient cigarette. Every time the smoker draws on the cigarette and inhales the smoke, the brain can easily associate the action with the reward. Once levels of nicotine in the blood stream drop, the receptors in the brain start to crave more. This withdrawal from the substance is the reason smokers are unable to easily give up.

This dependence can be recognised by:

- A strong desire to take the substance
- Difficulty in controlling use (amount/time)
- Higher priority given to substance use than to other activities & obligations
- Persist in using despite harmful consequences
- Tolerance: need for increased amounts to achieve desired effect
- Withdrawal

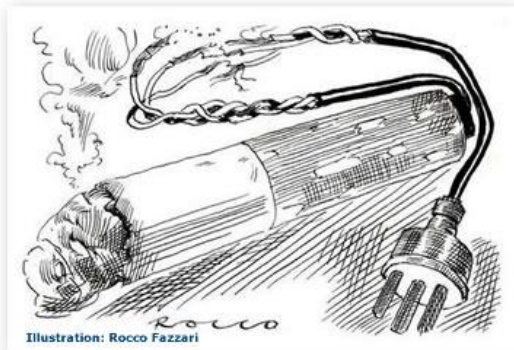
Withdrawal symptoms are of concern to most smokers. They may already be aware of the discomfort they feel when restricted from smoking and this may be the reason they feel unable to give up. Most smokers will have, at some time, encountered different severities of withdrawal and will be aware of the need to minimise these unpleasant responses to nicotine withdrawal.

## CASE STUDY: A sweat shock for a dirty habit

July 15, 2005 Sydney Morning Herald

<http://www.smh.com.au/news/world/a-sweat-shock-for-a-dirty-habit/2005/07/14/1120934364206.html>

**Can a smoker be rewired into giving up? Nina Goswami tests a treatment that claims an 85 per cent success rate.**



As the electrodes were attached to my forehead, I began to think that of all my attempts to quit smoking, this had to be the most ludicrous. This “bioresonance” therapy, however, claims to have an 85 per cent success rate, and costs £150 (\$350). On the surface it compares well with the much-praised Allen Carr course, which claims 53 per cent success and costs £199.

It was launched in Britain last month and uses a device called Bicom, developed in Germany 25 years ago to combat allergies such as hay fever and conditions such as eczema. Savita Bhandari, a health therapist who runs the Monadith centre in Croydon in south London,

said: “The bioresonance therapy gets rid of cravings by reverting the body’s frequency to what it would have been if you were a non-smoker.”

In the past three years, 10,000 people in Poland and Ireland have undergone the therapy, and, says the Monadith centre, it has been 85 per cent effective after just one session. A further 4 per cent needed a second session, given free of charge.

Mandy Kriester, in charge of my treatment, asked me to smoke two-thirds of a cigarette and put the ash in a beaker. I then had to stub out the remaining third in the beaker and also spit into it. The beaker, in theory, contained all the information needed for the Bicom to work out the “energy pattern” of my nicotine addiction.

Then copper plates were rested on my legs and wired to the Bicom. I rested a hand on each plate, and Kriester flicked a switch. I started to feel a tingling sensation.

“That’s the energy pathways opening themselves up,” Kriester said. Then she changed the frequency – “stepping it up a gear” to prepare me for the detox. By this time I felt tired, which, she assured me, was quite normal. “You should expect to feel fatigue in the first 24 hours. Also you might have a slight headache and dizziness. Just make sure you keep drinking water.”

Then the beaker was connected to the machine. Bhandari said: “The computer works out the electromagnetic pattern of the nicotine. It will invert the energy pattern of your addiction and that pattern will be sent through your body via the electrodes to cancel out the nicotine energy. The resonance of your body then becomes that of a non-smoker.”

For this session I had a headband containing electrodes in addition to plates for my hands.

Kriester said that although the treatment should take me physically back to being a non-smoker, it would have no effect mentally: “It is still down to you to make sure you don’t pick up a cigarette.”

Like a microwave timer, the machine marked the end of the session with a ping. I took my hands off the plates. Left where they had been were soot-black marks. “That’s the by-products of your smoking coming through your skin,” Kriester said. Apart from that, I felt the same as I had beforehand.

As I was about to leave, Kriester stopped me. “Nina, one last thing. Could I have your box of cigarettes? For the first couple of hours you need to keep away from temptation.” I grudgingly gave up my packet, which still had seven cigarettes.

Hours passed. I was very restless, continually needing water. Walking home, at the point when I would normally light up a cigarette, I was happy to go without.

Kicking off my sandals when I got home, I looked down at my feet and they were black. My curiosity led me to sniff my shoes: they smelt of tobacco. Unbelievably, the nicotine seemed to be coming out of every pore in my body. I had a bath, but after a good hour of soaking, the water had turned grey and murky.

The following evening I had drinks with two friends who are heavy smokers, but still I was not tempted.

Then came two of the most demanding weeks of my journalistic life to date: covering Live 8, and then the London bombings. I’ve been stressed, tired, and often in the company of chain-smoking journalists, but not once have I felt the urge to light up.