



**NES HEALTH**  
Through Energy & Information

## NES HEALTH RESEARCH

**Biopsychosocial exploration of the NES  
Health approach on the health and wellbeing  
of people with a variety of physical  
complaints**

# Biopsychosocial exploration of the NES Health approach on the health and wellbeing of people with a variety of physical complaints

**This phenomenological study was carried out at the University of Teesside in the UK, under the guidance of Professor Anna van Wersch, a recognized expert in health psychology.**

Professor van Wersch has written many scientific papers and articles including her recent book 'Complementary Medicine and Health Psychology' Open University Press, 2009, by van Wersch, A., Forshaw, M., & Cartwright, T, in which she cited the NES HEALTH system as 'an exciting new theory, applied specifically to health and illness based on controlling the quantum electrodynamic field (human body-field)'.



# **Biopsychosocial exploration of the NES Health approach on the health and wellbeing of people with a variety of physical complaints**

- **Date of Study: Sept 2009**
- **Participants: 5**
- **Aim: To explore the effects of NES Health therapy on a sample of people suffering from a variety of Medically Unexplained Symptoms (M.U.S)**
- **Researcher: Marie Lisa Aspland Supervisor: Professor Anna van Wersch Teesside University, UK**
- **Design: Multiple case history**

# Biopsychosocial exploration of the NES Health approach on the health and wellbeing of people with a variety of physical complaints

Methodology Multiple case study :

- 5 participants (4 female, 1 male)
- Mean age: 45 years
- Inclusion criteria:
  - Adult (over 18 years)
  - M.U.S diagnosis (Medically Unexplained Symptoms)



# Biopsychosocial exploration of the NES Health approach on the health and wellbeing of people with a variety of physical complaints

## Abstract:

Subjects suffering from M.U.S (Medically Unexplained Symptoms) that do not fulfill the criteria detaining a clear or exact aetiology were selected for this study. A small sample size of **n=5** was utilised and research findings established pre and post physiological measures of **Cortisol, sIgA, blood pressure and pulse rate recordings demonstrating positive intervention results**, a cluster of **t test analysis's showed 2 positive effect sizes**, thereby illustrating potential for further investigation and finally thematic analysis seized 4 major themes namely, *Bipolar extremities of the Infoceutical vs. Pharmaceutical domain, Relational embodiment vs. un-relational disembodiment, a fluctuation of Medically Unexplained Symptoms and finally introspective knowledge: the key to health.*

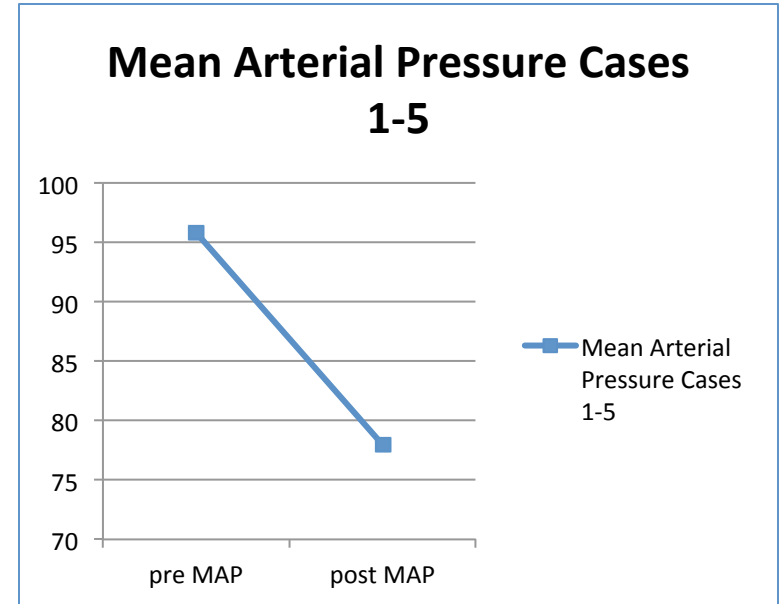
# Biopsychosocial exploration of the NES Health approach on the health and wellbeing of people with a variety of physical complaints

Participants	Age	M.U.S (medically unexplained symptom)	Duration of Symptom	Duration of participation
Case 1	30	Chronic fatigue, Fibromyalgia	5 years	8 months
Case 2	58	Chronic fatigue, Fibromyalgia	15 years	8 months
Case 3	34	Irritable bowel syndrome	4 years	2 months
Case 4	48	Chronic fatigue	8 years	4 months
Case 5	53	Chronic fatigue	13 years	4 months

# Biopsychosocial exploration of the NES Health approach on the health and wellbeing of people with a variety of physical complaints

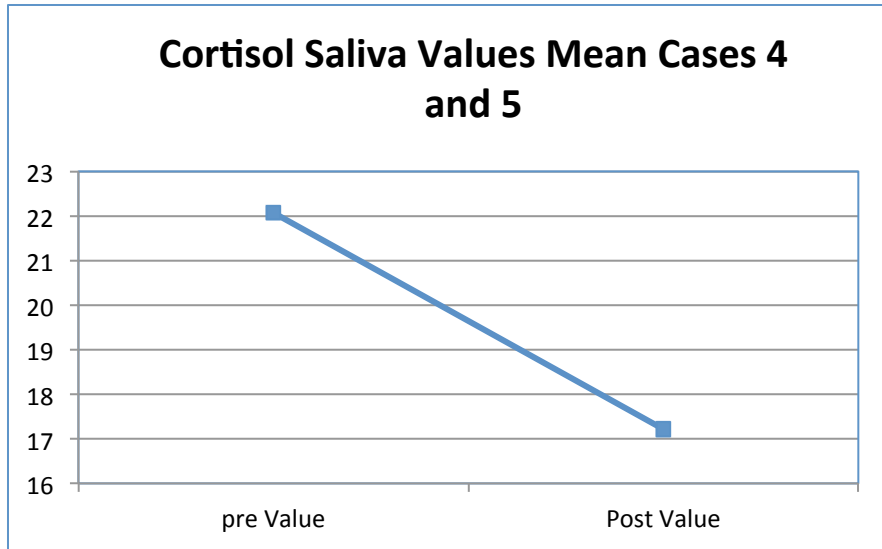
## Overall Results:

Mean arterial pressure readings were taken for all 5 cases, which were used to assess the participants cardiovascular state, pre and post Infoceutical intervention. The research findings established an overall decrease in blood pressure, therefore establishing that **the Infoceuticals had a positive effect physiologically throughout the intervention period**. In support of the cardiovascular measurements, there also appeared a reduction in pulse rate recordings.



# Biopsychosocial exploration of the NES Health approach on the health and wellbeing of people with a variety of physical complaints

Overall Results:



The quantitative physiological analysis incorporated Cortisol measures to assess each individual's immune state. Due to inconsistent findings and a lack of recordable Cortisol measures, only cases 4 and 5 had consistent documented recordings taken.

**However, the data from these cases illustrates a positive physiological effect of the Infoceutical remedies.**

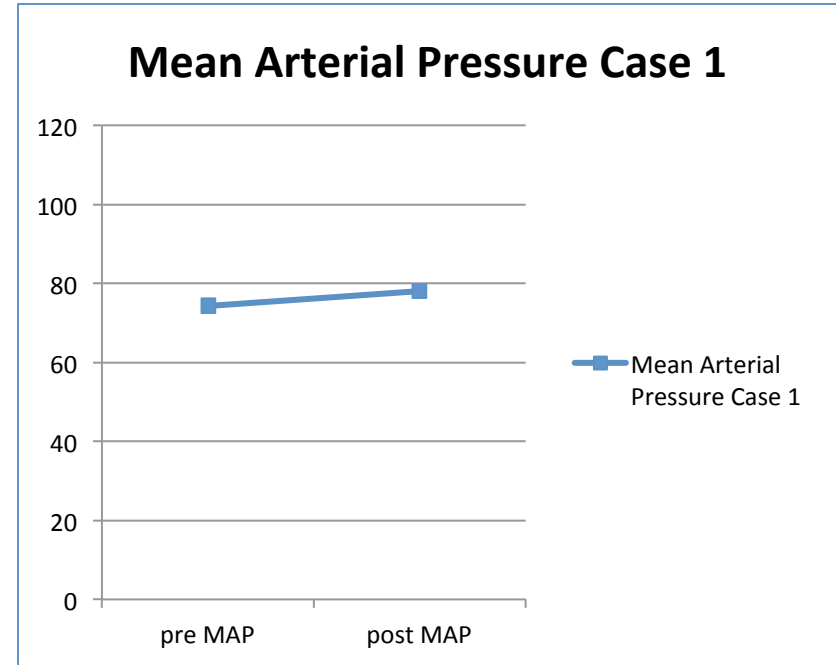


# Biopsychosocial exploration of the NES Health approach on the health and wellbeing of people with a variety of physical complaints

## Case Study 1 'Diane':

30 year old mature student, suffered from Fibromyalgia and Chronic Fatigue syndrome for 5 years. This subject participated in the study for 8 months.

Physiological measures showed a slight increase in mean arterial pressure, however, positive effect noted from the intervention namely, an improvement in Daily Wellness, Daily pain, Daily mood, Daily loneliness, Psychometric scale Measures of perceived stress, Number of supports and Satisfaction of support. **Diane's case history demonstrates an overwhelming psychological improvement with regard to M.U.S intervention.**

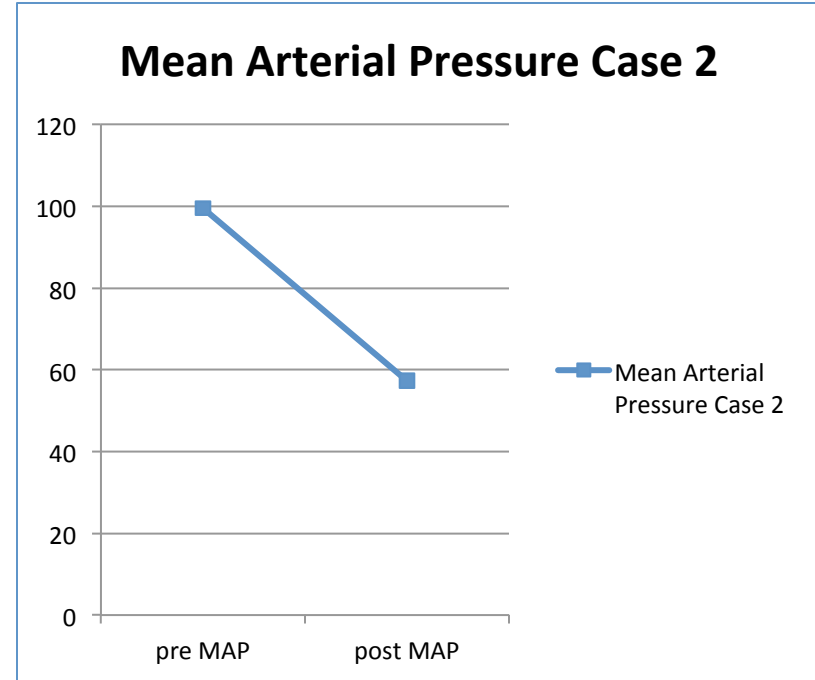


# Biopsychosocial exploration of the NES Health system approach on the health and wellbeing of people with a variety of physical complaints

## Case Study 2 'Helen':

58 year old mature student has suffered from Fibromyalgia and Chronic Fatigue Syndrome for 15 years. Mean Arterial Pressure recordings pre and post intervention indicated a vast reduction in blood pressure (-42.3 mmHg). Daily wellness and Daily mood scores increased. **Helen's case history demonstrates a physiological and psychological improvement with regard to the M.U.S.**

*'I think this has been the only (therapy) where I have seen any positive outcomes, although I am a great believer in complementary therapy and alternative therapies this is about the only one that I have actually seen any positive outcomes from since taking all these other weird and wonderful things, sticking crystals on your head have never really enthralled me, but this has been really good, this has been a very good experience and I am very pleased with it' - Helen*



# Biopsychosocial exploration of the NES Health approach on the health and wellbeing of people with a variety of physical complaints

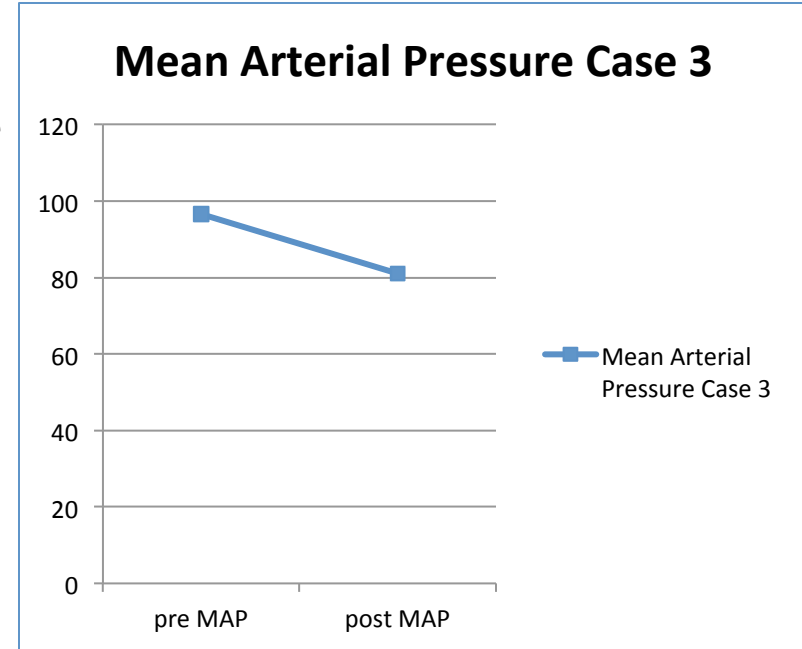
## Case Study 3 'James':

35 year old student suffering from Irritable Bowel Syndrome and tiredness for 5 years.

A premature 2 month duration of the study was conducted until the subject requested to withdraw due to negative perceptions.

Despite the negative perceptions, the subject showed a decrease in Blood pressure (-15.9 mmHg) and a decreased pulse rate (-4/min). There was a positive psychological effect as demonstrated by an increase in Daily wellness, a decrease in Daily stress and a decline in feelings of loneliness.

This case is interesting as initially the subject was skeptical and did not expect to see any effect of the Infoceutical treatment. **Despite this the subject did experience an effect which was perceived as negative, and there was a measureable (positive) physiological effect.**



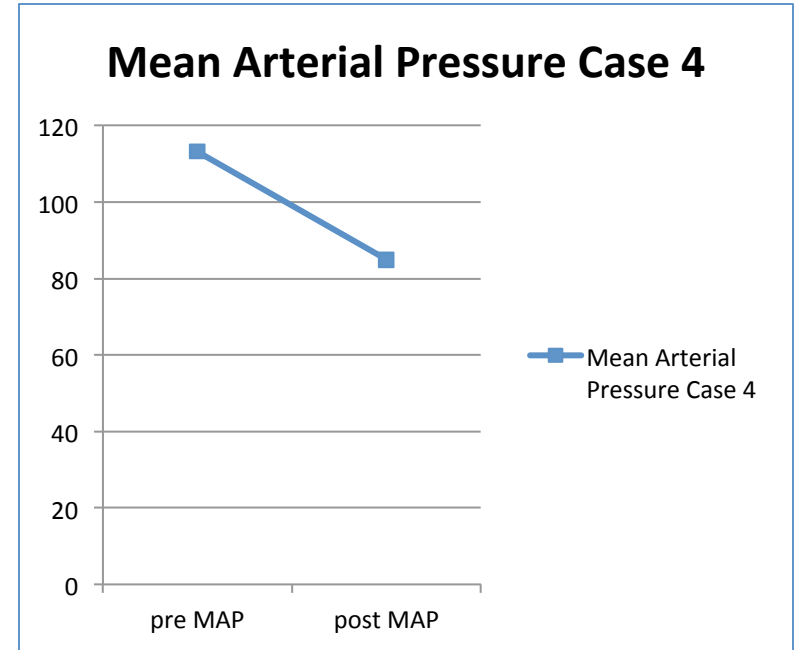
# Biopsychosocial exploration of the NES Health approach on the health and wellbeing of people with a variety of physical complaints

## Case Study 4 'Amy':

48 year old student suffering from Myalgic Encephalomyelitis or Chronic Fatigue Syndrome as well as Irritable Bowel Syndrome for 6 years. The subject had a spinal cord injury that may have contributed to the presenting symptoms.

**'(the scan) showed where my discs were missing, it showed absolutely everything that was wrong with me' - Amy**

**There was a reduction in Blood pressure post intervention (-28.3 mmHg), as well as a reduction in Cortisol saliva (-5.ng/ml). There was a vast psychological improvement as indicated by a reduction in Daily Stress (-4) and Mood (-5) scores**



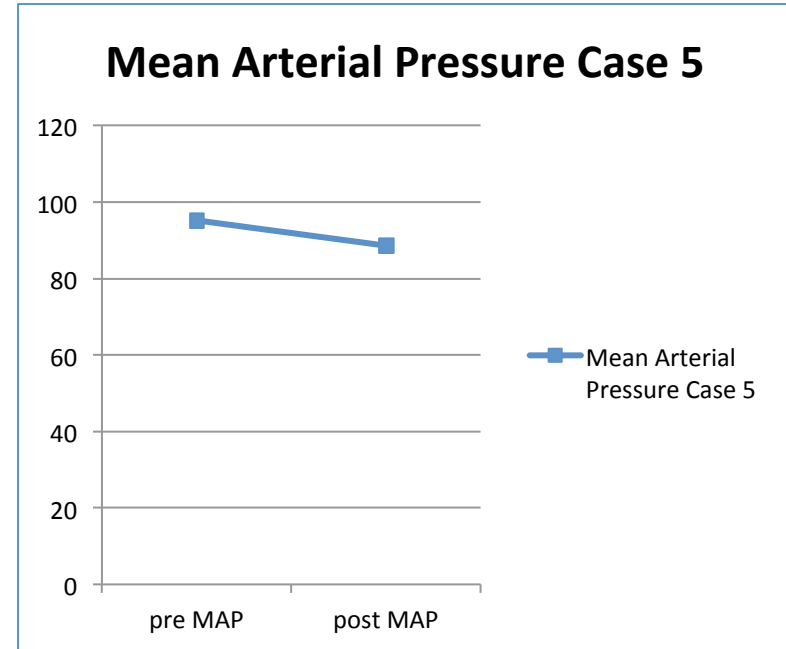
# Biopsychosocial exploration of the NES Health approach on the health and wellbeing of people with a variety of physical complaints

## Case Study 5 'Paula':

53 year old individual recruited by means of a snowballing procedure has suffered with Myalgic Encephalomyelitis or Chronic Fatigue Syndrome.

The subject showed a reduction in blood pressure over the study period (-6.7 mmHg) and also a reduction in pulse rate (-17/min). In addition a physiological reduction of Cortisol saliva measurements of (4.23ng/ml) pre and post intervention illustrated a largely strong positive affect of the Infoceutical treatment. **Upon exploration of psychological effects, the Infoceuticals appeared to have affected Paula physiologically as opposed to psychologically.**

*'I started sleeping the very first week I started taking them (Infoceuticals)' - Paula*



# Biopsychosocial exploration of the NES Health approach on the health and wellbeing of people with a variety of physical complaints

## Conclusion:

The five M.U.S sufferers that took part in this study demonstrated a positive physiological and psychological effects from the Infoceutical intervention and the NES experience. This is a difficult to treat population and therefore it may be better to provide individuals with an improved quality of life for their life long symptoms, rather than to seek a pharmaceutical 'cure'.

All the participants experienced an effect of the intervention, mostly positive with four of the five subjects continuing with the protocols after the end of the study out of personal choice.

One of the subjects did experience some perceived negative effects of the Infoceutical regime, this is interesting as it suggests that for some clients there may be a worsening of symptoms before the symptoms improve.

*'I do feel a lot more empowered, a lot more in control of my condition and of people around me as well, yes I do definitely' Helen*

# Biopsychosocial exploration of the NES Health approach on the health and wellbeing of people with a variety of physical complaints

For more details on this study and other studies into the use of NES Health please see:

[www.neshealth.com/en-gb/research](http://www.neshealth.com/en-gb/research)

or mail: [research@neshealth.com](mailto:research@neshealth.com)