



The Five Element
Regeneration®



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The Five Element Regeneration®

A timeless and creative concept of care for
your health and the harmony of your body
and mind.





REGENERATION IN THE FIVE ELEMENT REGENERATION® SYSTEM

This new, progressive method of regeneration is founded upon the principles of bioinformation therapy and a holistic approach. It comes from the ancient theory of Yin Yang and the Five Agents (Wu Xing), into which the latest findings from wide-ranging areas of phytotherapy, homeopathy, crystalopathy and bioresonance are incorporated.

The carrier of this bioinformation therapy is an herbal polycomposite extract attuned to the order of the Five Agents to help bring all life processes in the body into a balanced state. This results in general harmonization of the personality of the individual, and thus to the overall strengthening of immunity.

In developing our preparations, we also took into account the principle that each plant, mineral and other substance that can be used for regeneration has the greatest effect when diluted to the right degree. Bioinformation preparations, developed based on this new method, affect the body at several levels at once. Active substances from plants influence the body's organs directly through meridian interconnection and, by applying bioresonance, information components interrupt the cause of illness stored in the person's information field. By this synergistic effect, their maximum potency is achieved.

The entire revolutionary Energy Regeneration® System consists of five basic wide-spectrum regeneration preparations which mutually enhance one another and are designed to harmonize all important areas of the body. The word "wide-spectrum" means that each preparation regenerates several areas at once.

Basic principles

“Inner tranquillity, composure, temperance, peacefulness and good cheer at the right time and place can be viewed as the bedrock of a healthy life.”





HARMONY AND DISHARMONY

Eastern terminology uses the concepts of harmony and disharmony. It does not use the terms health and illness. Treatment and resolution of any health issue lies in helping to restore disturbed harmony. Indeed, this concerns neither treatment nor correction, but rather harmonization and balancing.

One may notice that all recommendations of traditional Chinese medicine, whether from the area of diet, or directly from the phase of treatment (e.g. acupuncture), are done to restore harmony in the body. Of course, we do not speak of the body alone. On the mental, emotional, and energy levels, the level of our relationships with our surroundings and of various areas of our Being, whether or not we take this strictly materialistically as a solely terrestrial Being, or in the sense of a wider ideological context, we always arrive at harmony as a phenomenon of comfort and satisfaction, something much needed and desired. Harmony is ever more often emphasized not only in all the countries of the East, but its path has also found its way to the world of Western civilization. Harmony is presented as far more important than luck which is generally not emphasized because it concerns a marginal boundary having its own contradiction. If somebody is lucky, he eventually will become unlucky, thus good luck, just as bad luck, excludes harmony.



YIN AND YANG

One of the founding principles of Eastern philosophy is the coactivity of two contrary forces – Yin and Yang - which are symbolized by the cosmic principle of the Monad.

Each of these two forces contain within itself the birth of the other. Moreover, neither can be completely suppressed, as one energy could not appear without the energy of the other. The symbol represents constant change, to which everything must succumb only to reemerge as the complete opposite, like hot into cold and growth into decay.

The dark part represents the passive female principle of Yin, characterized by mass, femininity, sensitivity, intuition and the often wiser tactic of waiting. Its opposite is an expansive explosion, the quality of the light part of the Monad – function and the active energy of Yang - typical for the masculine principle. It is characterized by its dynamic and sharp spreading outward, aggression, and analytical thinking. It is the driving force behind change.

THE PRINCIPLE OF THE FIVE AGENTS

Besides the differentiation of Yin and Yang, the ancient Chinese classified primordial Qi (energy) into five

elements (agents) and six energies. The six energies arise from the constant movement of changes from Yin into Yang and vice-versa. The Five Agents are the manifestation thereof. The Chinese word for elements is far more illustrative than its versions translated into Western languages. Wu Xing when translated literally means five moving forces or five agents, thus something engaging actively, and not simply existing passively. We discover the Five Agents similarly as Yin and Yang in all spheres of life. Take a moment and consider these groups of five: the five seasons – spring, summer, gossamer, autumn and winter; the Earth's five directions – north, south, east, west and the middle, by which directions are measured; the five tastes – sour, bitter, dull or sweet, pungent and salty. We also move through five periods of the life cycle – childhood, youth, maturity, aging and old age. Unfolding from the Five Agents is the process of constant cyclical transformation of all things from birth, through growth, maturation, withering away and finally extinction.

As with Yin and Yang, everything that comprises our material and immaterial world may be divided into a table of Agents and Energies. Space tends toward harmony, so we know that the excess of one agent must necessarily correlate with a lack of a different agent. Just imagine a children's seesaw on the playground. When one child goes up, the other goes back down.

If the child on the ground uses force to go higher, he swings upward, which of course sends the other child back to the ground. The more aggressively the children attempt to effect change, the sharper the impacts they will experience.

This is a shining example for us. If we want to achieve balance, to even out some disharmony, we must not hurry and use force. Through violent efforts to achieve balance, it may happen to us – just like the child on

the seesaw – that not only do we not achieve balance, but we fall from the seesaw altogether and bump our noses. We work with this fundamental expectation – or we should do – in all fields, such as in astrology, traditional medicine, philosophy, and feng shui among others.

Similar to the theory of Yin Yang, the theory of the Five Agents is older than the oldest preserved written texts, these being **Wood, Fire, Earth, Metal** and **Water**. The agents were named based on terrestrial substances most similar to the elements used to denote them. We may therefore deduce from these substances the characteristics of individual agents, and vice-versa, include specific items into a Table of Agents based on their specific properties.





Wood

nature	Jupiter, east, morning, spring, windy
developments	birth, germination, springing forth
fauna and flora	hens, sprouts and upright-growing vegetables, spring fruits
type of grain	wheat, barley
sense	sight
musical note	"F-sharp"
color	green, turquoise, aquamarine
taste	sour
strength	centripetal
movement	centrifugal
smell	of blood
emotion	anger
expression	scream, easily frightened, tearfulness, twitching, tremors, originality, walking, stepping forward
body	liver, eyes, gall bladder, tissue, nails, HUN (supraconscious)
body fluids	tears
point of illness	tendons
entrance of illness	neck
bodily form	elongated
aspect	fresh, warm
characteristic	can bend and straighten up
function	permeate surroundings, spread
in phase of changes	birth, conception
moon phase	first quarter

Renders:

great humanity, childlike trustfulness, openness, a wide range of interests, naiveté, profligacy, comfort and inability to bring things to a decisive finish.

Wood and the energy of Wood – We increase wind by adding attributes listed in its own table, for example the color green, sour taste, etc.

We decrease wind by adding attributes listed in the table of Metal, for example the color white, spicy hot taste, etc.



Fire

nature	Mars, south, noon, summer, hot
developments	maturation, growth, spring
fauna and flora	fruit, corn, large-leafed vegetables, summer fruits
type of grain	millet
sense	smell
musical note	"A"
color	red, orange, pink
taste	bitter
strength	descending
movement	ascending
smell	scorched
emotion	joy
expression	laughter, chatter, wishes, attention, anxiety, running, visual acuity
body	heart, tongue, small intestine, nervous system, face, blood vessels, blood, SHEN (spirit, thought)
body fluids	sweat
point of illness	blood vessels
entrance of illness	chest
bodily form	sharp
aspect	bitter
characteristic	hot and rising
function	heats and dries
in phase of changes	maturation, growth
energy	very active
moon phase	full moon

Renders:

enthusiasm, warmth, determination, courage, strong leadership qualities, a natural authority, activity and aggressiveness, the desire for adventure and change, rashness, domination, self-esteem, anxiety and longing.

Fire and the energy of Fire – We increase Heat and Glow by adding attributes listed in its own table, for example the color red, bitter taste, etc.

We decrease Heat and Glow by adding attributes listed in the table Water, for example the color black, salty taste, etc.



Earth

nature	Saturn, middle, afternoon, gossamer, humid
developments	transformation, maturity, brook, condensation
fauna and flora	cow, round vegetables, grains, late summer fruits
type of grain	kao-liang, millet
sense	taste
musical note	"D"
color	yellow, all the colors of the Earth
taste	sweet, dull
strength	ascending
movement	cyclic
smell	fragrant
emotion	melancholy, contemplation
expression	singing, sighing, perception, considering, indecision, mistrust, sobbing, sitting
body	spleen (pancreas), mouth, lips, chest, muscles
body fluids	lymphatic fluid, stomach
point of illness	flesh (muscles)
entrance of illness	backbone, spine
bodily form	round
aspect	steamy
characteristic	reproduce and grow
function	amplify and multiply, damp – dampens
in phase of changes	maturing, mature
energy	descending
moon phase	moon, cloud cover

Renders:

foresight and real leadership skills, objectivity, serious and methodical spirit of enterprise, responsibility, discipline, conservatism, realism, indecisiveness, modesty, self-sacrifice, obedience, risk aversion, laziness.

Earth and the energy of Earth – We increase dampness by adding attributes listed in its own table, for example the color yellow, sweet or dull taste, etc.

We decrease dampness by adding attributes listed in the table of Wood, for example the color green, sour taste, etc.



Metal

nature	Venus, west, evening, autumn, dry
developments	maturation (over-ripeness), withering away, harvest, river
fauna and flora	horse, small, dense, contracted plants, fruits of autumn
type of grain	rice
sense	hearing
musical note	"E"
color	purple, white, metallic, Bordeaux
taste	sharp, pungent
strength	centrifugal
movement	centripetal
smell	musty
emotion	sorrow, sadness
expression	heart-rending cry, terse speech, phobias, will, lying, constant speaking (logorrhea)
body	lungs, nose, breath, large intestine, skin, PO (subconscious)
body fluids	phlegm
point of illness	skin, body hair
entrance of illness	shoulders
bodily form	dried
aspect	clean
characteristic	stiffness, can be molded
function	clench, retract, dry – dehydrating
in phase of changes	harvest
energy	concentrating
moon phase	waning crescent

Renders:

creativity, sex-appeal, self-confidence, rigidity, conservatism, endurance, sense of purpose, rules, strength to establish oneself, bellicosity, demanding of respect and refusal to submit.

Metal and the energy of Metal – We increase dryness by adding attributes listed in its own table, for example the color white, pungent taste, etc.

We decrease dryness by adding attributes listed in the table Fire, for example the color red, bitter taste, etc.



Water

nature	Mercury, north, night, winter, cool
developments	storage, death, sea
fauna and flora	pigs, beans, legumes, root vegetables, winter fruits and dried fruit
sense	touch, feel
musical note	"B flat"
color	dark blue and black
taste	salty
strength	circulating
movement	descending
smell	rot
emotion	fear, horror
expression	moan, tremors, complaining, standing
body	kidneys, ears, bones, bone marrow, urinary bladder, hair, secretions
body fluids	saliva
point of illness	bones
entrance of illness	small of the back
bodily form	flat
aspect	studious
characteristic	wet, saturates downward
function	moisten
in phase of changes	storage, preservation
energy	firms, retracts
moon phase	new

Renders:

significant intelligence, intuition, capacity to influence others, able to smooth out even the strongest resistance, through quiet yet untiring strength persuasiveness, able to communicate, deep thought, concentration, restraint but also passiveness and excessive reconciliation.

Water and the energy of Water – We increase coolness by adding attributes listed in its own table, for example the color black, salty taste, etc.

We decrease coolness by adding attributes listed in the table Earth, for example the color yellow, sweet or dull taste, etc.

Relationships between individual organs

All of the body's organs are interconnected and influence each other. There exists an entire series of relationships, not just between organs, but also between individual systems, and all that is going on inside becomes outwardly projected in some way. By observing outward expressions, it is possible to assess the conditions within organs, and thus understand the cause of any illness.





MERIDIANS

For deeper understanding of this issue, we must learn the energy channels in the body as they are known in traditional Chinese medicine. For example, if there are apparent symptoms of disharmony along an energy channel, pain may appear not only in the area of the organ to which the particular channel pertains, but also along its entire course.

These channels are called meridians because their longitudinal course within the body is reminiscent of Planet Earth's lines of longitude. The following pages discuss twelve pairs of regular meridians - twelve to the left half of the body and twelve to the right - and two extraordinary non-paired meridians. Their energy is concentrated into acupuncture points, which are successfully used not only in therapeutic treatment by experts, but also as acupressure points in everyday life.

Each meridian description is accompanied by a drawing, on its following page, which depicts the meridian's pathway. Please use these for reference as you read.

Lung meridian

PATHWAY

It begins inside the torso near the middle burner from where it leads downward to the large intestine, then back along the stomach in from the pylorus to the gastric entrance. It penetrates the diaphragm and enters the lungs, from where it continues upwards to the trachea and the throat. From the throat, it leads out towards the arms and along the inner side of the hand, it continues to the tip of the thumb, where it ends at the inner edge of the nail. The Lung Meridian has one branch, which separates roughly behind the wrist, and along the edge of the index finger, it continues to the inner edge of the base of the nail bed, and to the first point of the Large Intestine Meridian. This branch crosses the Large Intestine Meridian. *See following page.*

PHYSICAL MANIFESTATIONS OF ENERGY IMBALANCE

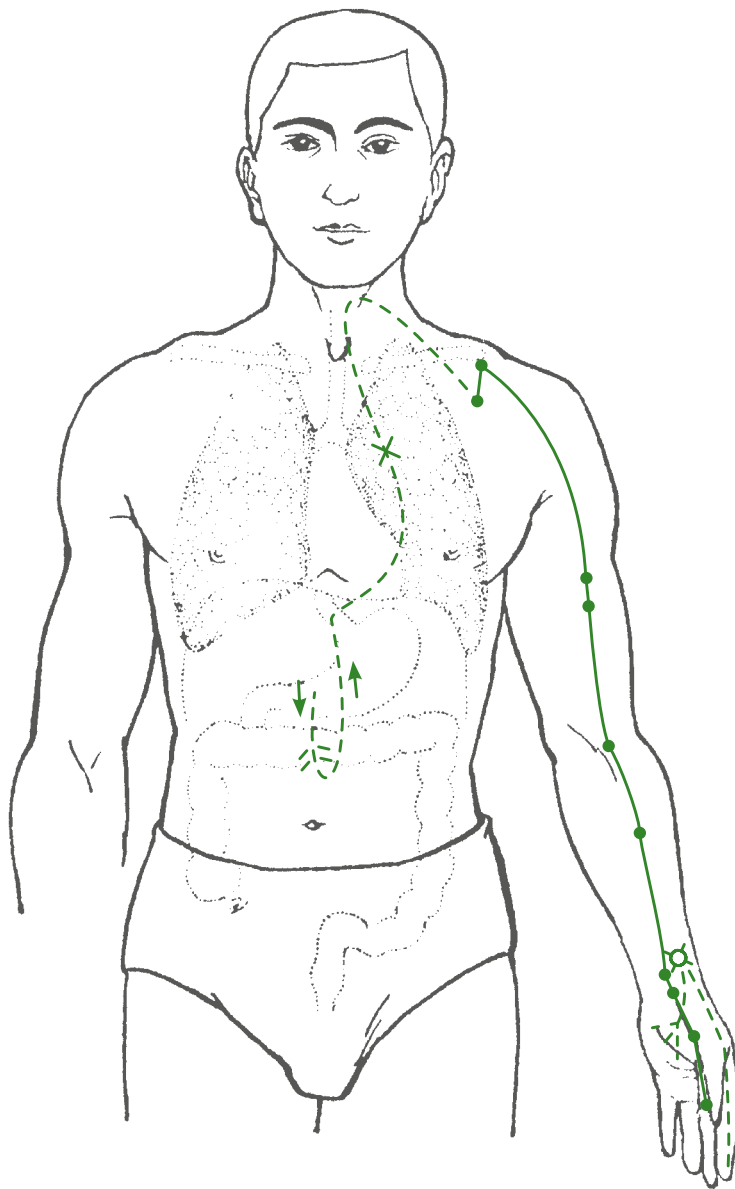
Related to individual functions of the lungs, typical ailments here include trouble breathing, cough, asthma, shortness of breath and fullness in the chest, pain between the collar bones, sore throat, chills, fever with and without sweating, decreased resistance to cold and infections. This can also include heart arrhythmia, pain in the wrist and shoulder, problems urinating, certain types of eczema, skin spots, dry, rough skin, and body hair loss.

PSYCHOLOGICAL MANIFESTATIONS OF ENERGY IMBALANCE

Emotional numbness, depression, melancholy, and self-deprecation.

ENERGY PRODUCTS HARMONIZING THIS PATH

Vironal – Droserin



Large intestine meridian

PATHWAY

It begins at the inner edge of the nail bed of the index finger, and leads upward along the finger through the arch between the index finger and thumb, continuing between the thumb tendons, then along the edge of the forearm to the bend in the elbow, from there along the outer edge of the bicep muscle where it goes to the shoulder. The path has a branch leading from the shoulder through the trapezius muscle to the shoulder blade and across at the nape of the neck to the seventh neck vertebrae. From there it returns through the trapezius muscle to the hollow above the collarbone, and then starts a branch leading into the lungs and through the diaphragm down to the large intestine. It has a branch in the hollow above the collar bone, which curves around the mouth and ends in the depression beside the nose. *See following page.*

PHYSICAL MANIFESTATIONS OF ENERGY IMBALANCE

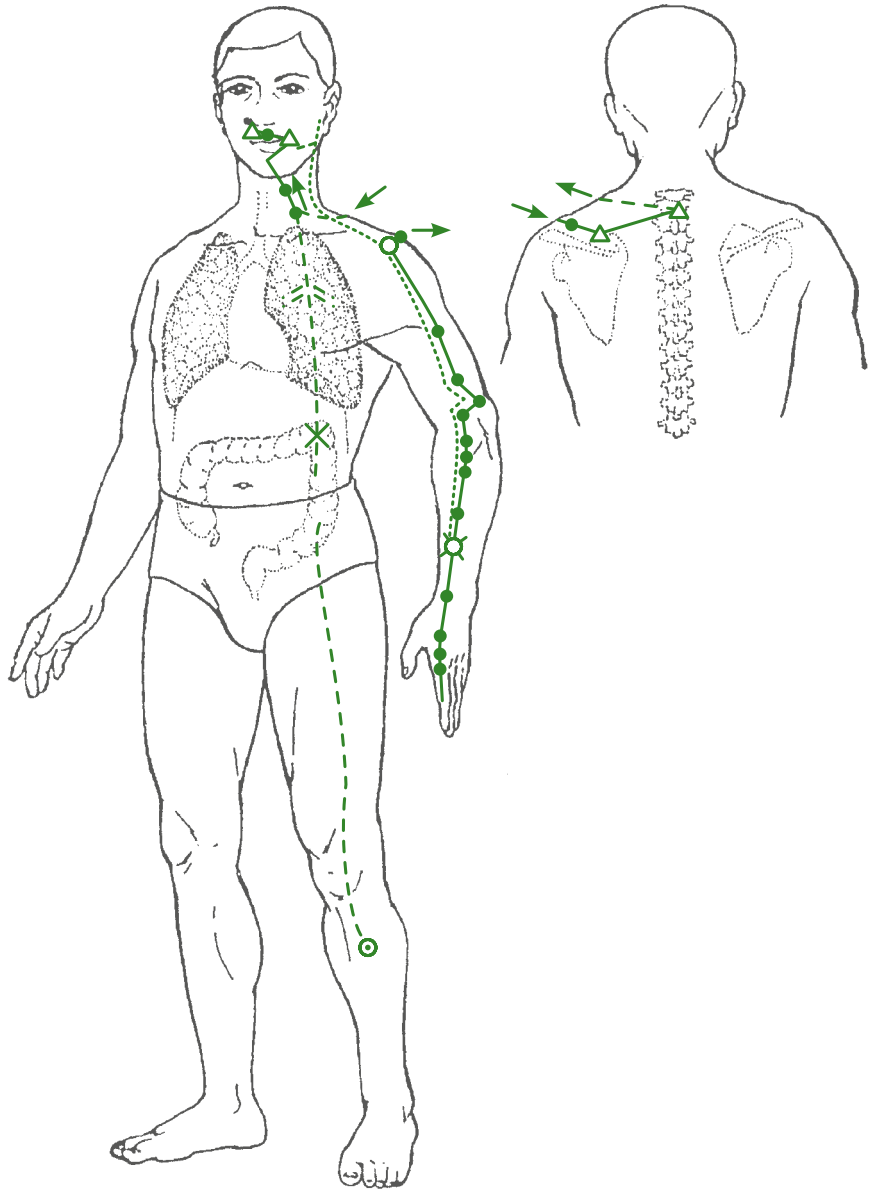
Toothaches, painful swelling of the throat accompanied by swollen tonsils, throat inflammation, pain in upper arms and in the abdomen can occur, but also yellow eyes, dryness of the eyes, discharge of thin mucous and nose bleeds, blockage in the throat, as well as failure and difficulties moving the index finger.

PSYCHOLOGICAL MANIFESTATIONS OF ENERGY IMBALANCE

Disharmony of the path can manifest in secrecy, long-time retention of outdated emotions and feelings, problems with the act of giving and receiving on an emotional level, leading to feeling unappreciated or abused and accompanied by unexpressed inner depression.

ENERGY PRODUCTS HARMONIZING THIS PATH

Vironal – Droserin



Stomach meridian

PATHWAY

It begins in the hollow beside the nostrils, leading to the root of the nose and through the corner of the eye, where it links to the Urinary Bladder Meridian. It then turns under the middle of the lower eye lid, from where it goes under the cheek bone, turns under the nose, and breaks off at a sharp angle, leading laterally above the upper lip to the corner of the mouth. It then leads along the edge of the chin up along the jaw, then rises straight in front of the ear to the corner of the forehead, and along the hair line to the middle of the upper edge of the forehead. It has a branch running from the jaw through the front and side of the neck along the artery to the inner end of the collar bone, above it levelly to the hollow above the collar bone, from here through the diaphragm down to the stomach and channel to the spleen. The main outer branch runs through the pectoral muscle to the nipple, turning sharply inward to the edge of the ribs, and from both sides of the navel it descends along the abdominal hollow to the area of the hips. Here it connects to another inner branch, which exits the pylorus and, through the stomach, leads to the hips. From there, the path descends through the hip joint through the quadriceps muscle on the thigh to the knee, through the front side of the calf muscles it runs along the outer edge of the tibia to the arch of the foot, and along the arch out to the second toe. *See following page.*

PHYSICAL MANIFESTATIONS OF ENERGY IMBALANCE

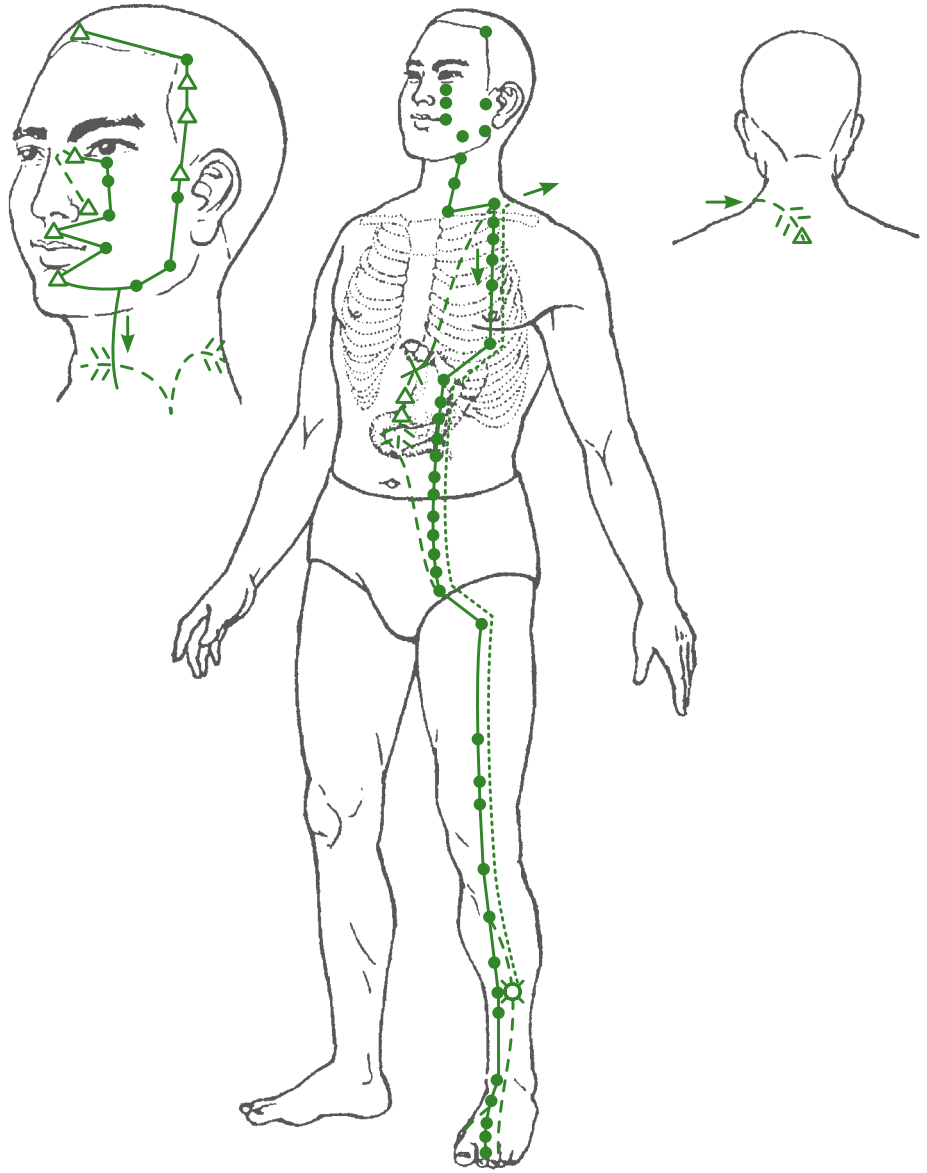
These symptoms can include flatulence, poor digestion, problems with temperature regulation, cold feet, further high temperature associated with delirium, painful swelling of the throat and knee and pain in the lower extremities along the path of the meridian.

PSYCHOLOGICAL MANIFESTATIONS OF ENERGY IMBALANCE

Disarmony of the path can exhibit itself, on the one hand, as the inability to receive love and grasp one's surroundings, manifesting in indifference, bitterness, silence, superficiality, and outbursts of anger, while on the other hand, it it could manifest in oversensitivity to emotional impulses and excessive worry.

ENERGY PRODUCTS HARMONIZING THIS PATH

Gynex – Cytovital



Spleen meridian

PATHWAY

This path leads from the end of the big toe along its inner side, through the inner ankle, along the tibia and through the inner side of the knee, thigh, and groin, later reemerging in the abdomen and connecting with the spleen. The path then leads to the stomach, runs through the diaphragm to the esophagus, and connects to the root of the tongue, spreading out below it. A branch leads off from the stomach, leading through the diaphragm and empties into the heart. *See following page.*

PHYSICAL MANIFESTATIONS OF ENERGY IMBALANCE

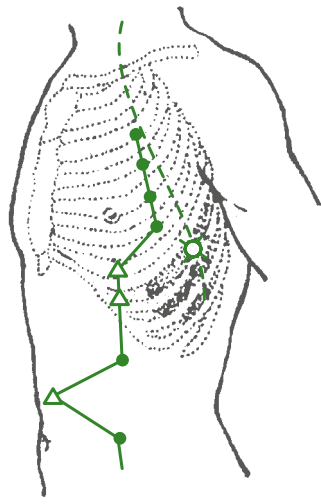
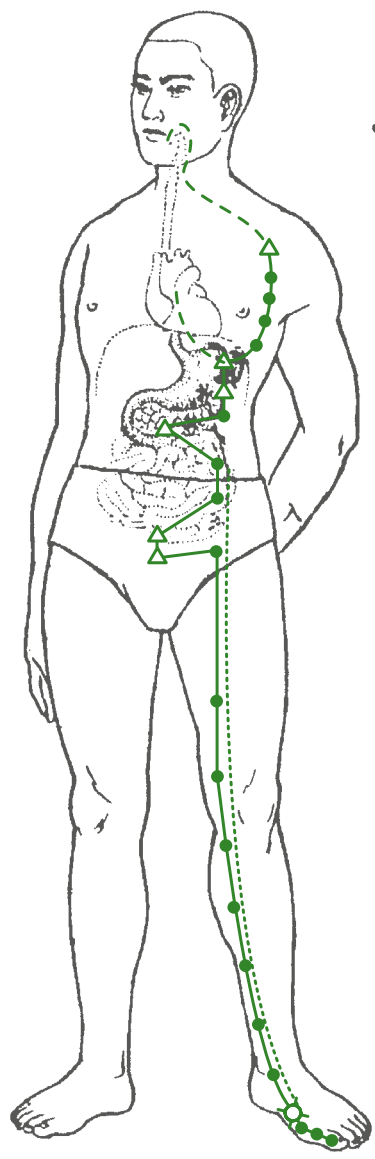
These manifestaions can include stiffening of the root of the tongue, urge to vomit after eating, stomach pain, bloating and belching, diabetes, sharp pain under the heart, soft stool and diarrhea with feeling of insufficient bowel movement, water retention in the body and hepatitis. Symptoms may also include inability to sleep soundly, problems during long periods of standing, swelling on inner sides of knees and thighs, feeling of cold in extremities, problems moving the big toe, lack of energy, watery discharge from the nose, throat, mouth and other mucous membranes, anemia, disorders of blood vessel elasticity, bleeding and bruising.

PSYCHOLOGICAL MANIFESTATIONS OF ENERGY IMBALANCE

These can include confusion, difficult and slow thinking, lack of concentration, problems with memory, volatile and fixed thoughts, compulsive actions and dogmatism, and heightened concern. The person may also experience sadness, self-pity, anxiety, feelings of mental instability and alienation, and have difficulty adapting to the environment.

ENERGY PRODUCTS HARMONIZING THIS PATH

Gynex – Cytovital



Heart meridian

PATHWAY

It begins in the heart, and branches off from there in three directions. One branch goes down to the small intestine, the second leads upward through the throat to the eyes, and the third goes through the lungs toward the armpits and from there, along the inside of the hand, ending at the tip of the little finger. *See following page.*

PHYSICAL MANIFESTATIONS OF ENERGY IMBALANCE

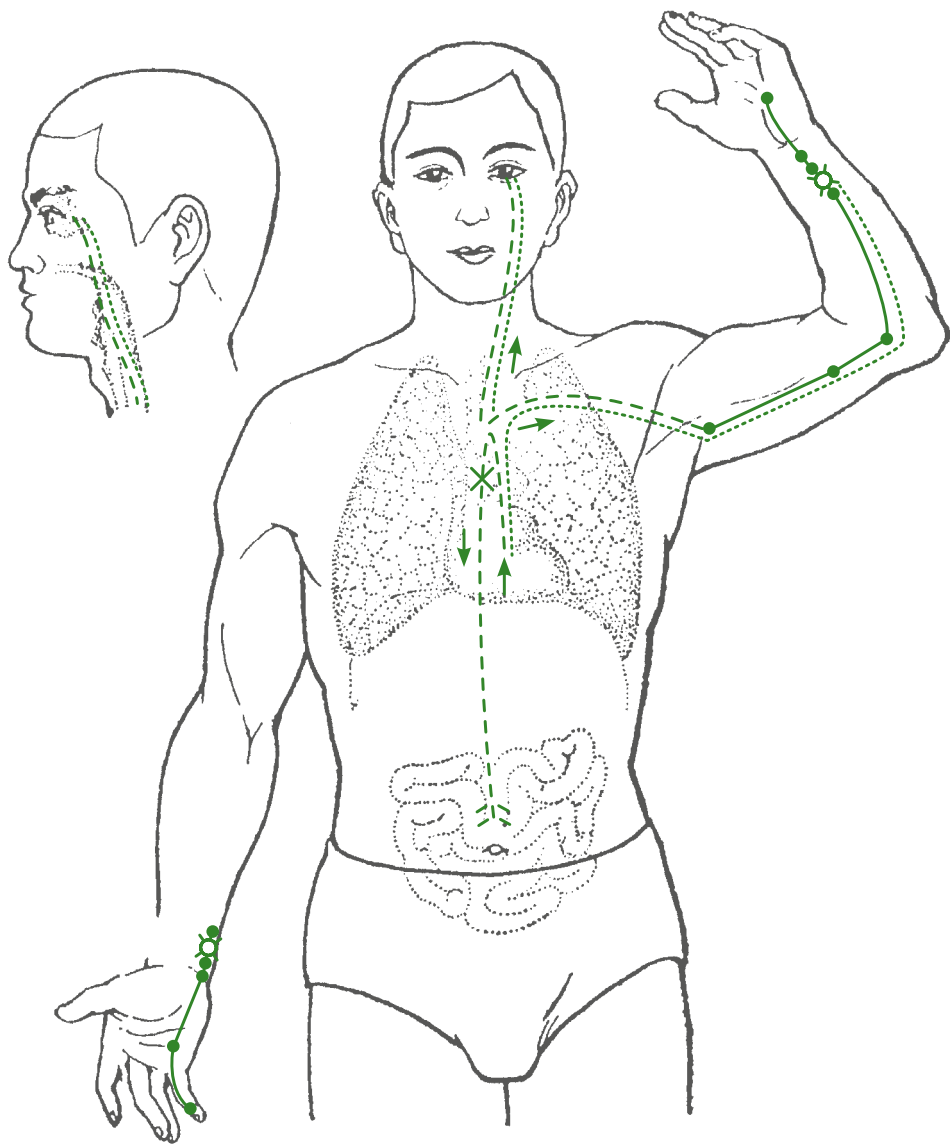
Diseases relating to functions of the heart, and organs or places intersected by the path, include heart palpitations, frequent flushing, nighttime sweating and sweating during non-strenuous activity, paleness of the face, palms and feet. The person may also experience sensitivity to heat and coolness, a feeling of dryness in the throat, thirst, heart pain, pain under the ribs and the inside of the hand, increased coldness of hands, a feeling of heat in the palms, and yellow eyes.

PSYCHOLOGICAL MANIFESTATIONS OF ENERGY IMBALANCE

Incapacity for empathy, anxiety, emotional instability, overly sensitive reactions, hysteria, and other behavioral disorders can manifest. The person may be easily distracted or have problems with speech and an inability to communicate, on the one hand, or verbosity on the other. They may experience failing memory, forgetfulness, insomnia, and nightmares as well.

ENERGY PRODUCTS HARMONIZING THIS PATH

Korolen – Ruticelit



Small intestine meridian

PATHWAY

It begins at the outside tip of the little finger, leading along the outside of the finger and the inside of the palm to the wrist, then along the lower edge of the ulna to the elbow between the joint protrusion. It continues along the outer rear side of the upper arm to the rear side of the shoulder, and from there, it continues through the scapula and trapezius muscle under the 7th neck vertebrae. From here it leads forward to the hollow above the collar bone, where it branches into two opposite directions: one path leads down through the channel into the heart, the stomach and small intestine, and the other, the main path, leads upward along the side of the neck through the jaw to the cheek bone and to the outer corner of the eye, where it returns to the ear and penetrates it. From the jaw, a small branch again breaks off through the cheek directly to the inner corner of the eye, where it connects to the Urinary Bladder Meridian. See *following page*.

PHYSICAL MANIFESTATIONS OF ENERGY IMBALANCE

Sore throat, pain in the shoulder and upper arm, spreading pain in lower abdomen, and syndromes related to problems creating and distributing bodily fluids can occur. It is also associated with yellow eyes, tinnitus, deafness, and pain in the neck and shoulder.

PSYCHOLOGICAL MANIFESTATIONS OF ENERGY IMBALANCE

Disharmony of the path manifests in failures to analyze and process feelings, including overly critical behavior, non-critical analysis and an incapacity to evaluate one's own feelings. Underlying this may be a fear of existence, feeling incapable of gaining from one's activities, inflexibility, feeling unable to establish boundaries, carelessness, overestimation of one's capabilities, advancing one's own boundaries at the expense of others, or a state of irritation backed by disorders of the central nervous system such as epilepsy, or epileptiform states.

ENERGY PRODUCTS HARMONIZING THIS PATH

Korolen – Ruticelit

Urinary bladder meridian

PATHWAY

This longest and most complicated path starts at the inner corner of the eye, rises upward through the forehead to the crown, where there are also branches leading to the ear and the brain. From the crown, it runs down the neck muscles and splits into two branches. The inner branch roughly copies the spine to the sacrum. At the waist, it has a connecting channel to the kidneys and urinary bladder. It has another branch that runs from the waist to the coccyx. Via the gluteus maximus muscle, it reemerges on the rear side of the thigh and its middle descends to the hollow of the knee. The outer branch continues from the neck through the inner edge of the scapula and on down to the small of the back, then continues through the gluteus maximus muscle around the hip joint to the hollow of the knee. Here both branches join and lead through the center of the rear of the calf, then to the outside around the ankle to the outer heel and, along the outer edge of the foot ending at the base of the little toe nail. *See following page.*

PHYSICAL MANIFESTATIONS OF ENERGY IMBALANCE

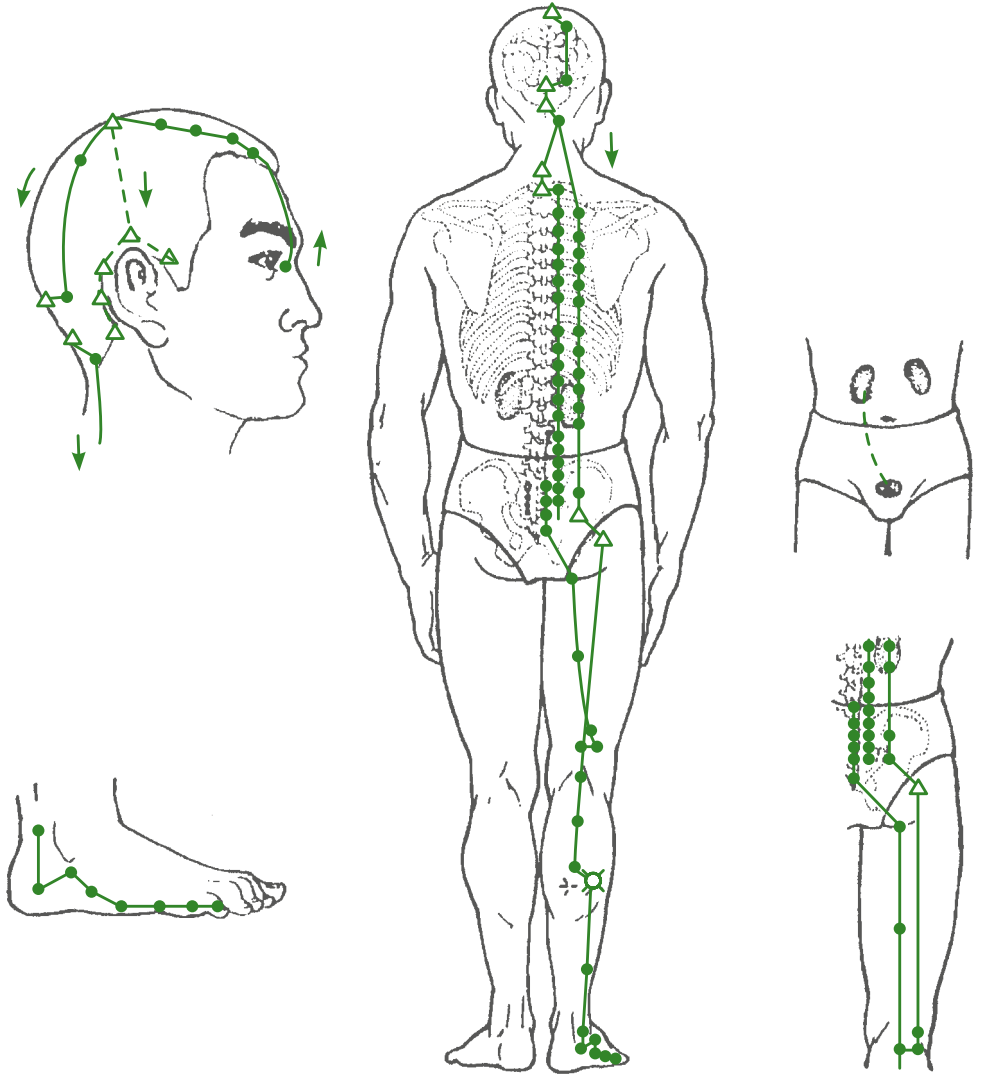
Possible symptoms can include headache penetrating into the brain and the fontanel, a feeling of the eyes being squeezed out of the head, pain reminiscent of pulled neck muscles, pain and stiffness in the spine, sore muscles in the neck, back, waist, knees, and the rear side of the calves and heels. There can be feelings of imbalance in the waist, knots in the hollow of the knee and sharp pain in the calves, hemorrhoids, fevers with chills, I moved this to the next section seizures accompanied by loss of memory, watery eyes, discharge of thin mucous or blood from nose, yellow eyes, difficulties relating to urination, including incontinence and frequent urination or urine retention, an enlarged prostate, bone diseases including certain forms of arthritis and osteoporosis, premature hair loss as well as, graying and loss of shine, cavity-prone teeth, hearing failure, loss of mobility of the little toe, insufficient nourishing of tendons in the body, and painful feelings of coldness in the extremities.

PSYCHOLOGICAL MANIFESTATIONS OF ENERGY IMBALANCE

Restlessness, timidity, shyness, thoughtlessness, carelessness, hyperactivity of the autonomic nervous system with overreactions to stress and an incapacity to relax, cowardice, and mental disorders manifesting as delirium or madness.

ENERGY PRODUCTS HARMONIZING THIS PATH

Renol – Artrin



Kidney meridian

PATHWAY

It starts under the little toe and rises across the center of the arch, around the inner ankle and up along the inside calf through the hollow of the knee and the thigh, penetrating the spine and connecting with the kidneys via a channel to the urinary bladder. Its direct path protrudes upward from the kidneys, penetrating the liver and diaphragm, submerges into the lungs, continues along the neck and surrounds the root of the tongue. Its next branch exits the lungs, by a channel that leads to the heart and gathers in the middle of the chest. *See following page.*

PHYSICAL MANIFESTATIONS OF ENERGY IMBALANCE

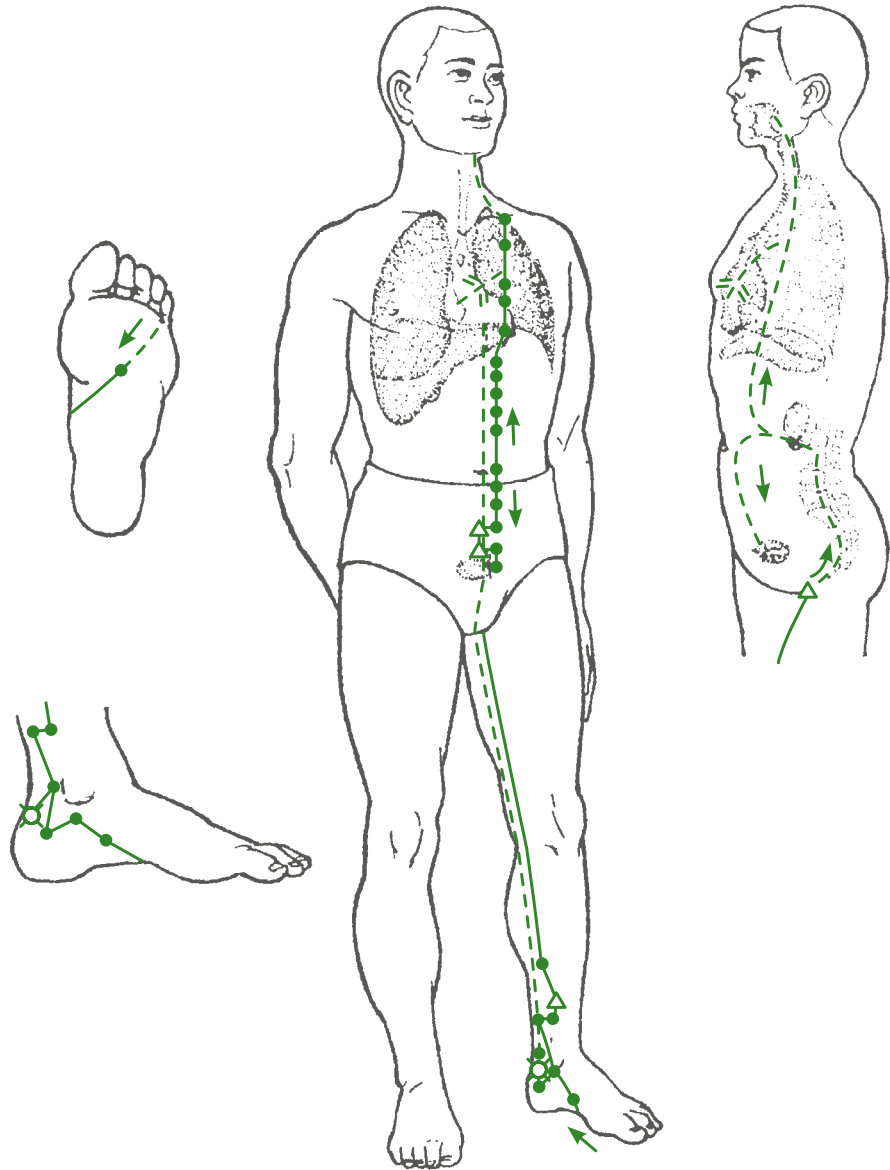
This includes all illnesses of the kidneys relating to their functions, loss of appetite, ruddy complexion, dark circles around the eyes, swollen eyelids, bags under the eyes, acne, eczema, dryness of the palms, shortness of breath, coughing up bloody mucous, wheezing and gasping, heat in the mouth, dry tongue, inflammation of the throat, strep throat, hepatitis, blurred vision, arrhythmia, pain in the heart, painful feelings of stiffening and cold being drawn into the bones, and fatigue, which can be chronic. This imbalance is also associated with difficulties in sexual and hormonal areas, infertility, a tendency toward termination of pregnancy, and delayed growth. It can also include headaches and sensitivity of the shoulders, the inner knees, thighs, calves and ankles, accompanied by swelling and/or burning pain in the feet, weakness of the lower extremities, and pain along the path. Problems with hearing and balance, tinnitus, and stumbling, as well as fragility of bones and cavity-prone teeth may occur.

PSYCHOLOGICAL MANIFESTATIONS OF ENERGY IMBALANCE

These manifestations can include mental anguish, indecisiveness, hesitation, anxiety, sensitivity, impatience, cynicism, irritation, forgetfulness, decreased motivation, feelings of hopelessness, tendency towards unpleasantness and grief, phobias, timidity and fear.

ENERGY PRODUCTS HARMONIZING THIS PATH

Renol – Artrin



Pericardium meridian

PATHWAY

It begins in the middle of the chest, runs through the pericardial sac, which encloses the heart and descends downward through the diaphragm, interconnecting the three burners. This superficial branch of the path of this path continues from the chest to its side, three inches under the armpit and then turns upward into the armpit, and continues from there through the middle of the inside upper arm, through the bicep muscle to the bend of the elbow, and through the forearm to the palm ending at the tip of the middle finger. In the middle of the palm, a branch splits off that runs through the ring finger and ends at its tip. *See following page.*

PHYSICAL MANIFESTATIONS OF ENERGY IMBALANCE

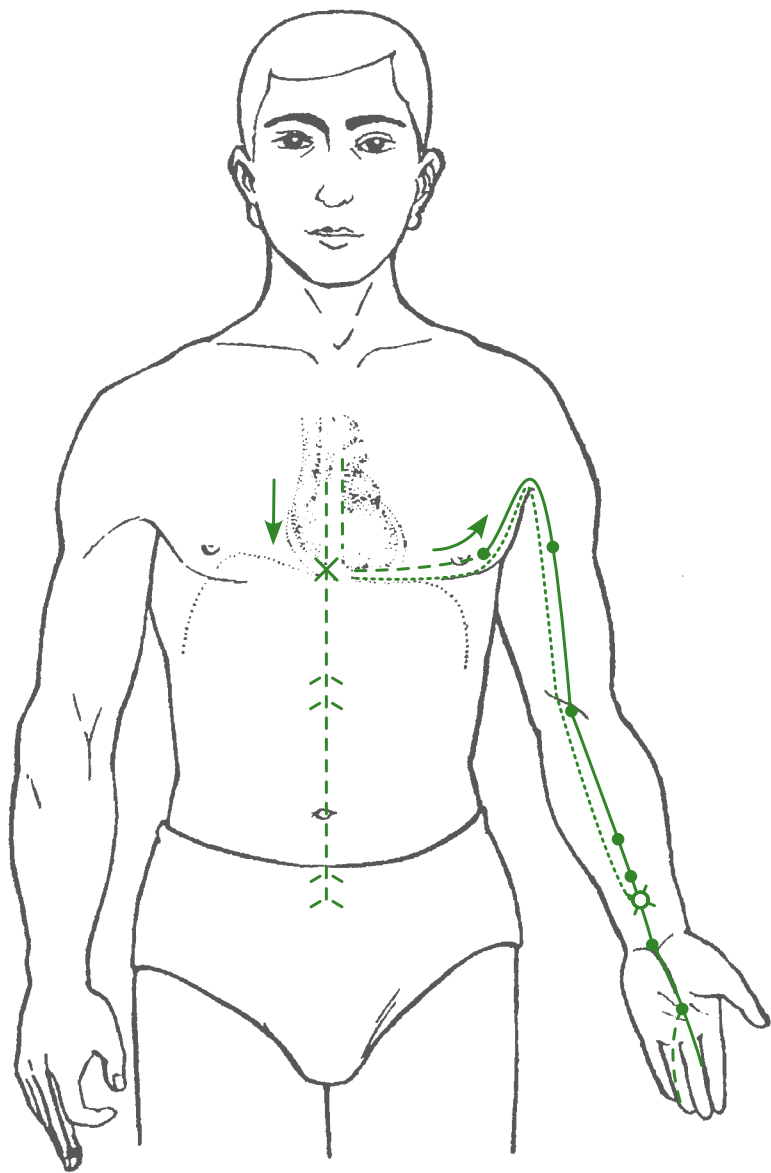
Cramping pain at the inner forearm and in the bend of the elbow may be experienced, as well as heart problems felt by bloating or heavy beating, a feeling of heat in the palms, reddening of the face and yellow eyes.

PSYCHOLOGICAL MANIFESTATIONS OF ENERGY IMBALANCE

There may be a tendency towards continual loud laughter or experiencing of mental anguish.

ENERGY PRODUCTS HARMONIZING THIS PATH

Korolen – Ruticelit



Three burners (triple energizer) meridian

PATHWAY

It begins at the ring finger nail and runs through the middle of the outside of the hand, running through the elbow at the joints of the humerus and radius bones, continuing up through the shoulder and around the scapula to the 7th neck vertebrae. From there, it continues forward through the trapezius muscle to the hollow above the collarbone and to the sternum, where it diffuses into the pericardium and heads downward through the upper, middle and lower burners. From the center of the chest, another branch splits off, leading upward through the hollow above the collarbones, through the throat and up above the ear, where it bends sharply downward to the lower jaw, and from there it returns up under the eye. Behind the ear, yet another branch splits off, which penetrates the ear and then continues to the outer corner of the eye. *See following page.*

PHYSICAL MANIFESTATIONS OF ENERGY IMBALANCE

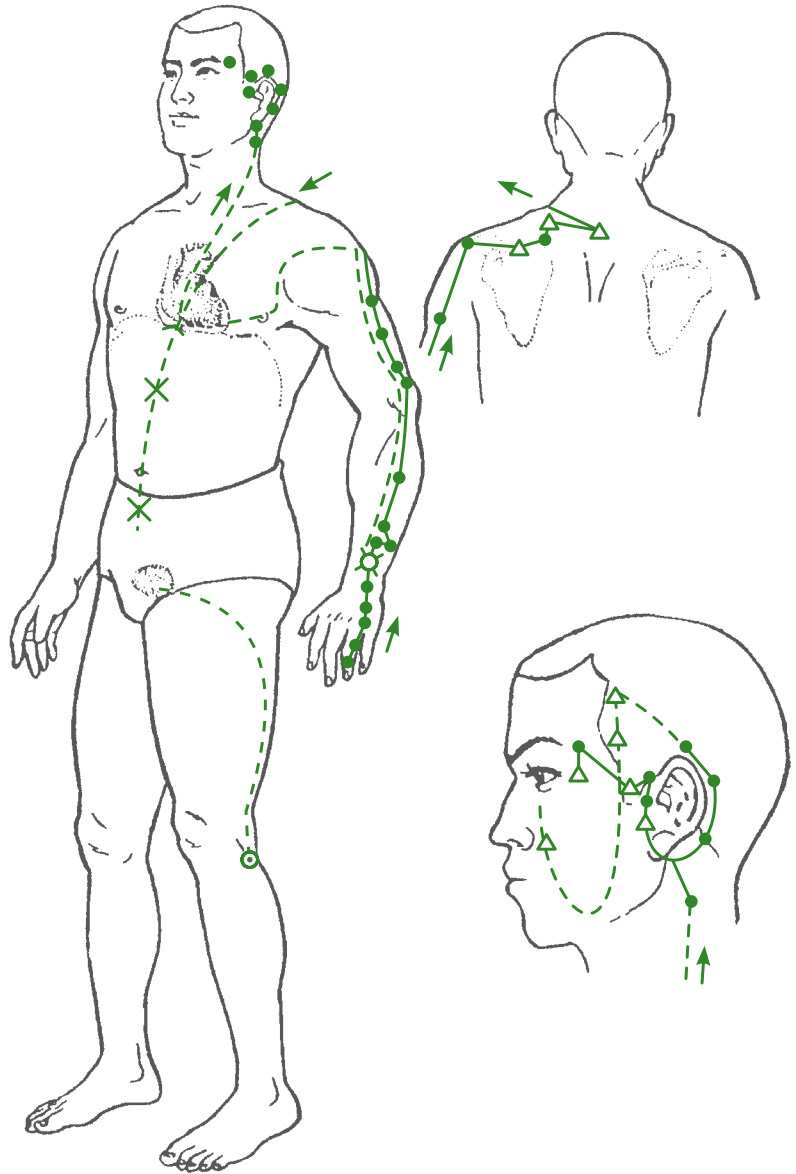
Possible effects include diminished hearing, feelings of ringing in the ears, painful inflammation of the throat, sweating, problems with thermoregulation, circulatory problems, problems with functioning of the lymphatic system and weakened immunity, allergies, retaining fluids and toxins and swelling along the pathway. This imbalance may also cause pain in the outer corner of the eye, swelling of the face in the cheek bone area, pain behind the ear and on outside of the shoulder, in the upper arm, elbow and forearm, and an inability to use the index finger.

PSYCHOLOGICAL MANIFESTATIONS OF ENERGY IMBALANCE

The person may experience feeling a lack of openness in social relationships, or feel overly worried about oneself and close people.

ENERGY PRODUCTS HARMONIZING THIS PATH

Regalen – Protektin, Gynex – Cytovital, Korolen – Ruticelit



Gall bladder meridian

PATHWAY

From the outer corner of the eye, it rises in the curves to the top of the head, then downward to the area behind the ear, continuing along the outside of the neck to the shoulder and then to the hollow above the collar bones and side of the torso, leading all the way down to the little toe. From the corner of the eye, another branch splits off down to the lower jaw, connecting with the Three Burners Meridian, and through the cheek bone, it returns to the eye. The course of the entire path is quite complicated, especially throughout the head. *See following page.*

PHYSICAL MANIFESTATIONS OF ENERGY IMBALANCE

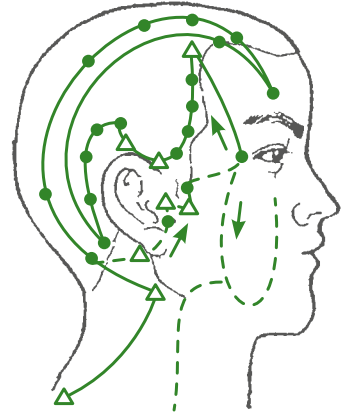
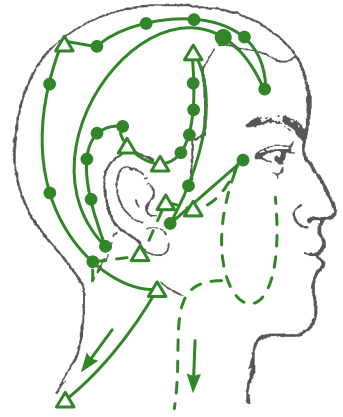
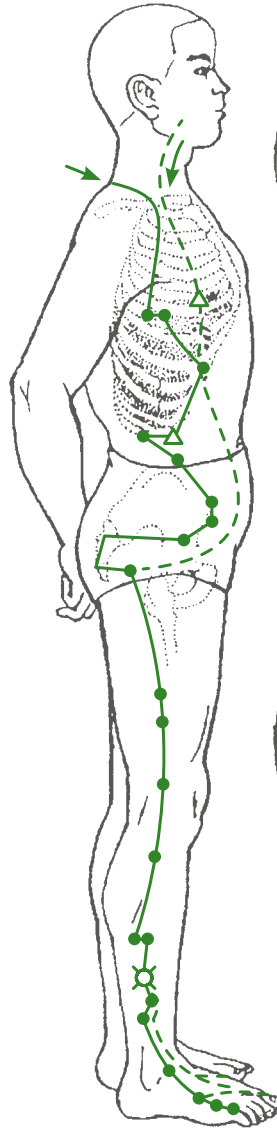
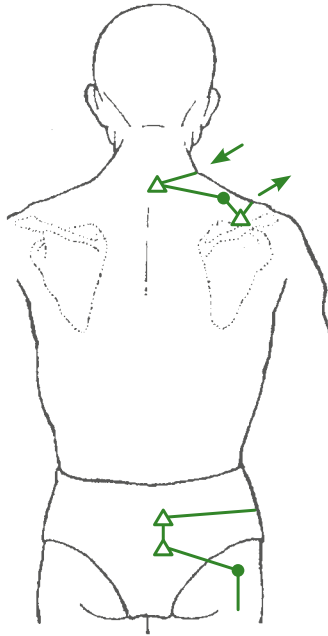
These can include gallbladder ailments and gall stones, bitterness in the mouth, pain in the hypochondrium (the area on the left and right side of the upper third of the abdomen), frequent sighing, dry skin where the surface lacks oil or moisture, droopy face, feeling heat rising along the outer side of the calf and thigh, worsening condition of the bones (though this is a function belonging to the kidneys), headaches towards the front and at the corners of the eyes, stiffness of neck and shoulders, painful swelling in the hollow above the collar bones and in the armpits, inflammation of lymph nodes in the armpit or neck, profuse sweating, seizure with fever or chills, external pain of the joints at points along the path, including the ribs, hips, knees and ankles, and immobility of the fourth toe.

PSYCHOLOGICAL MANIFESTATIONS OF ENERGY IMBALANCE

One may experience feeling a of creativity and independent judgment, foggy thinking, inability to practically implement life plans, increased attention to details manifesting in perfectionism, excessive assumption of responsibility, chronic dissatisfaction, impatience, and constant irritability.

ENERGY PRODUCTS HARMONIZING THIS PATH

Regalen – Protektin



Liver meridian

PATHWAY

It leads up from the big toe's nail base along the instep to the inside ankle, then continues upward, crosses the Spleen Meridian and continues past it along the inner side of the calf and thigh to the groin, where it curves around the genitals. It travels through the underside of the abdomen, turning to the side under the floating ribs. From here, there is a branch that is also connected to the stomach, liver and gallbladder. From the liver, it continues on the inside of the torso through the diaphragm and hypochondrium to the throat. Behind the pharynx, it protrudes through the nasal cavity to the optic nerves and continues to the top of the head. One branch of the path leads from the optic nerves to the corners of the mouth and circles the lips from the inside. The last short branch leaves the liver, penetrates the diaphragm and disperses into the lungs. According to certain sources however, it continues on to the area of the stomach and the middle burner. *See following page.*

PHYSICAL MANIFESTATIONS OF ENERGY IMBALANCE

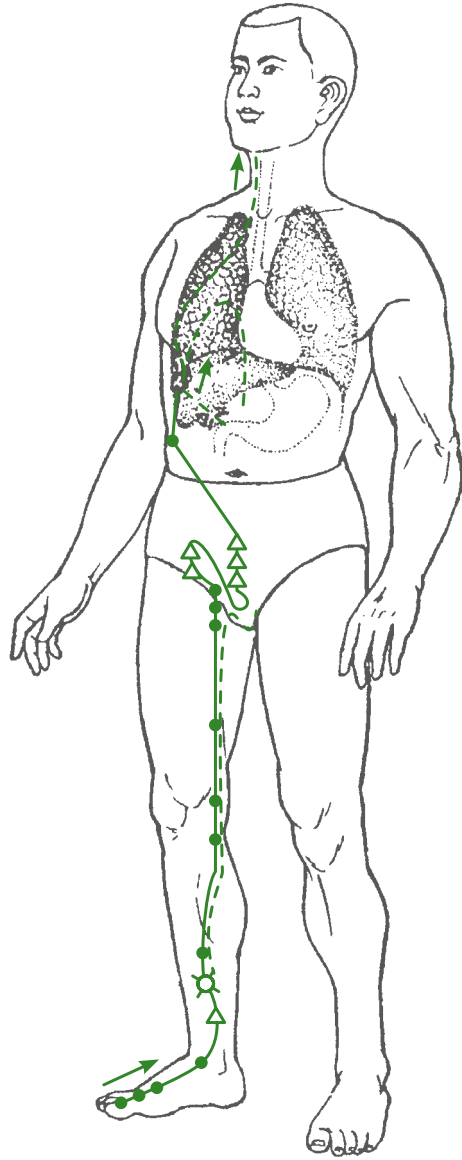
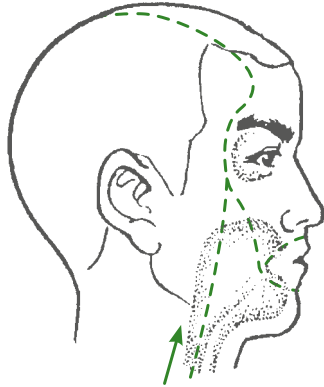
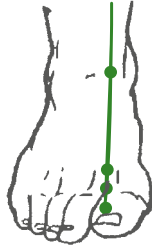
Besides illnesses relating to liver functions, certain localized ailments are also associated with this meridian, such as problems bending the torso forwards or backwards and pain in the small of the back. Symptoms such as headaches, tinnitus, blurred vision and dry eyes may occur as well as bloating in the hypochondrium, vomiting, constipation, diarrhea, digestive disorders, incontinence or difficulties urinating, increased fatigue, a swollen scrotum, sometimes alternating, in men and abdomen swelling in women, muscle cramps along the path, and illness of tendons, joints and ligaments. Outward, visible symptoms can include a dry face with a dusty color, soft, weak, brittle nails, and dull hair without shine.

PSYCHOLOGICAL MANIFESTATIONS OF ENERGY IMBALANCE

Excessive self-control or a feeling of weak self-control, unbalanced behavior and emotions, outbursts of rage, anger, and impulsive expressions may be exhibited. The person may experience increased irritability, oversensitivity to noise, to strong odors and tastes, frustration, inflexibility of thinking, or an overworked feeling with an incapacity to relax, or may make excessive plans.

ENERGY PRODUCTS HARMONIZING THIS PATH

Regalen – Protektin



Conception vessel meridian (front central)

PATHWAY

Having two paths, the top path leads from the pubic bone through the center of the torso up through the throat, penetrating the chin below the lower jaw and finally forking out under both eyes. The inner path continues backward to the coccyx, penetrating the spine and continuing upward. *See following page.*

PHYSICAL MANIFESTATIONS OF ENERGY IMBALANCE

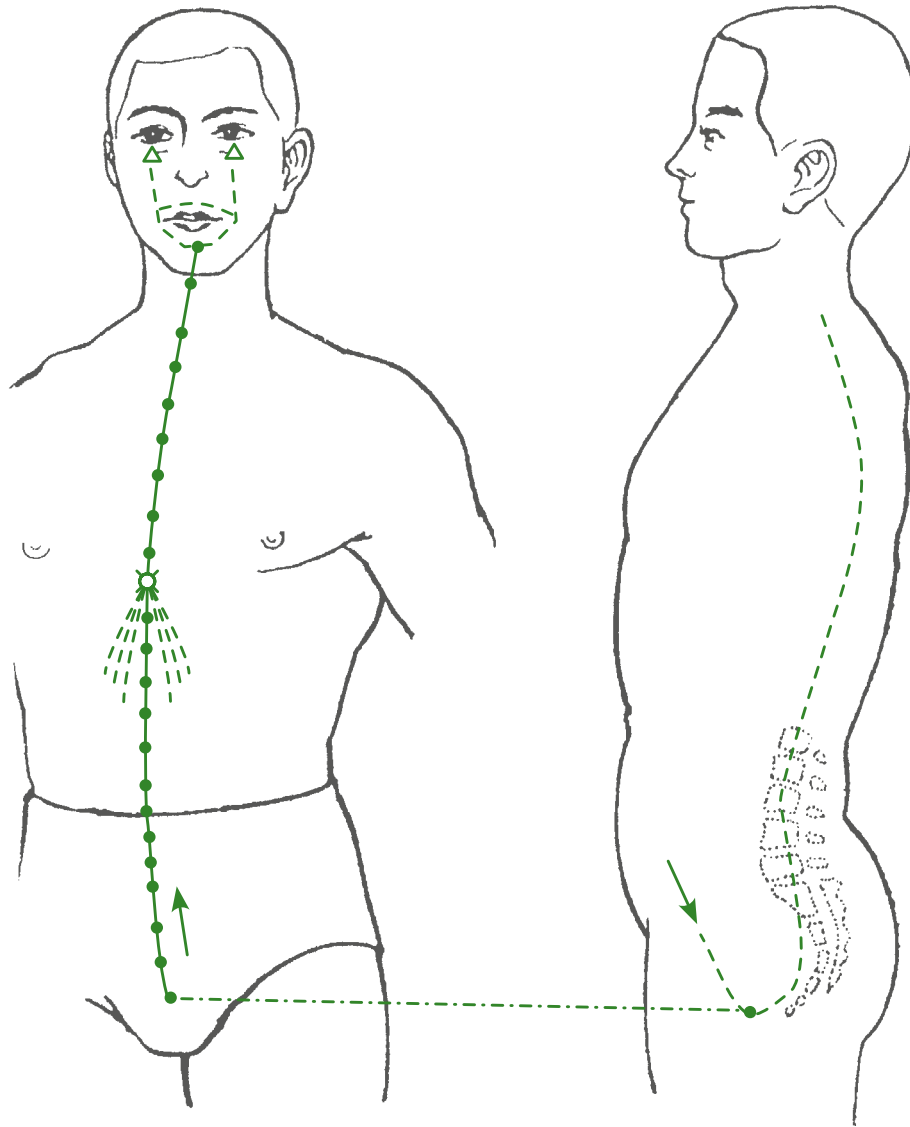
Amongst women, problems may develop with menstruation, painful breasts and discharge. Clots may form in the lower abdomen, and she may have a tendency toward termination of pregnancy. For men, the functions of the path are linked to the origin of hernias. For both sexes infertility, diarrhea, constipation, problems urinating, vomiting blood, cough, toothaches and sore throats, and pain in the central line of the front side of the torso may occur.

PSYCHOLOGICAL MANIFESTATIONS OF ENERGY IMBALANCE

Emotional instability, frigidity, tremors, nervousness, problems with speech, stuttering, and a weak will may manifest.

ENERGY PRODUCTS HARMONIZING THIS PATH

Gynex – Cytovital, Korolen – Ruticelit



Governing vessel meridian (rear central)

PATHWAY

This central path influences the function of practically the entire body. It begins in the lower part of the torso and has four branches. One leads from the area of the lower abdomen and continues through the coccyx, enters the spine and heads towards the neck, through the top of the head, and then enters the brain and descends through the middle of the forehead under the nasal septum and to the upper canines. The second branch goes from the lower abdomen to the outer genitals, from there to the coccyx, where it connects with the Kidney and Urinary Bladder Meridians respectively. Together with those meridians, it penetrates the spine and comes out above into the kidneys. The third branch runs from the abdomen across the naval and heart into the throat, runs along the lower jaw, circles the lips, and rises from them by two branches up under the left and right eye. The fourth branch begins along with the Urinary Bladder Meridian by the inner corners of the eyes; from there it rises in two parallel branches across the forehead to the crown, where the branches rejoin, channeling together into the brain and descending to the back at the middle of the neck. Above the scapulae, it splits off to their sides, only to reunite down along the spine to the waist, where it submerges into the inner torso, penetrating the kidneys. *See following page.*

PHYSICAL MANIFESTATIONS OF ENERGY IMBALANCE

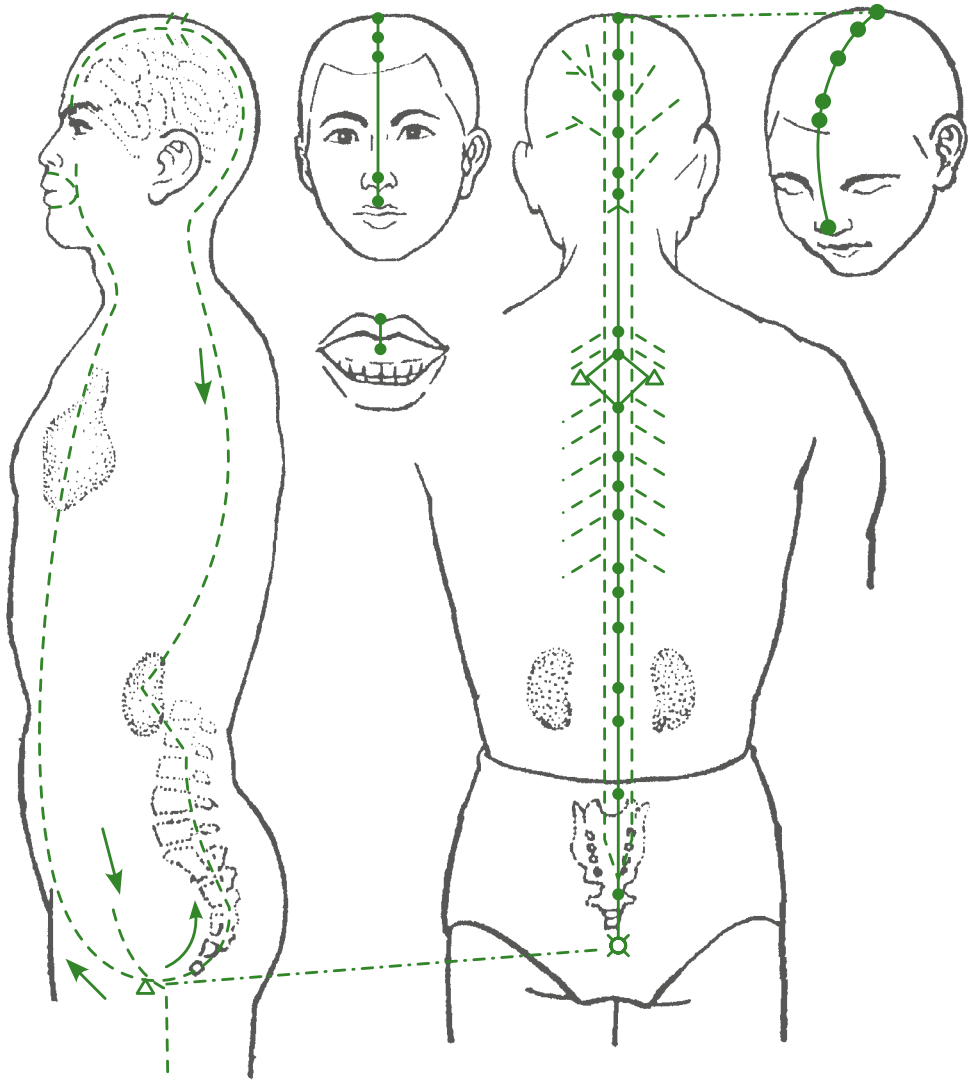
Nervous disorders, cramped seizures of an epileptic nature, pain shooting from the lower abdomen up to the heart, difficulty urinating or incontinence, hemorrhoids, dryness in the throat, infertility, tensing up of the spine into spasms followed by a sagging back of the muscles, spasmodic stiffening of the spine and back pain severe constipation, hernia, lack of vitality, sexual dysfunctions, and fainting.

PSYCHOLOGICAL MANIFESTATIONS OF ENERGY IMBALANCE

Lack of creativity, incapacity for independent judgment, muddled thinking, incapacity to practically implement life plans, increased attention to detail, and feelings of excessive responsibility may manifest.

ENERGY PRODUCTS HARMONIZING THIS PATH

Korolen – Ruticelit, Gynex – Cytovital



CHAKRAS

As endocrine glands are important for control and regulation of the physical body, just as important for control and regulation of the energy system are the energy centers, called chakras. In a healthy body, this represents the energy center of a spiral, which rotates at a certain speed and enables life energy to channel through the body, spinning to the left (counterclockwise) in the event that a certain area that the chakra supplies with energy needs to be

awakened and to the right (clockwise) when the area needs to slow down its activity. This vital energy channels through all energy centers, running from the very bottom of the torso and upwards along the spine. The energies of the six chakras eventually connect into the seventh chakra, which is found at the crown of the head. When the spinning of the spiral begins to slow down, circulation of energy is slower or becomes blocked. This results in worsening health and aging.

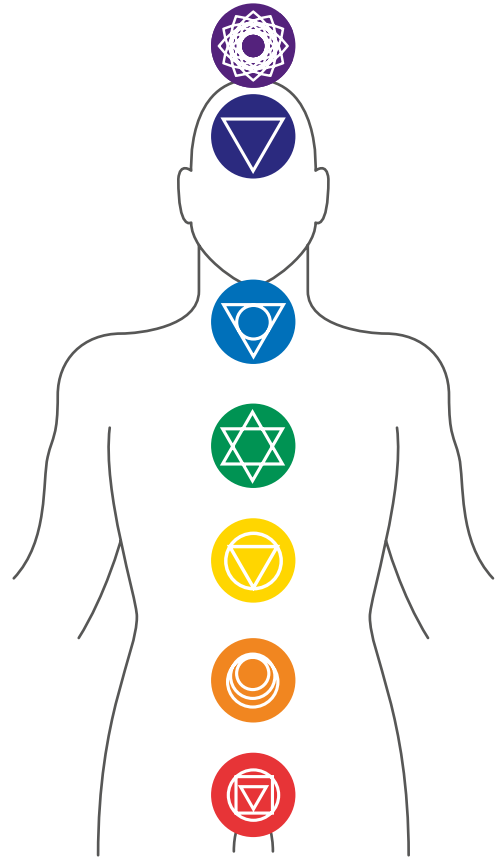
ASSOCIATION OF CHAKRAS TO ENDOCRINE GLANDS

CHAKRA	GLAND	COLOR
ROOT CHAKRA	adrenal	red
SACRAL CHAKRA	testes/ovaries	orange
SOLAR PLEXUS CHAKRA	pancreas	yellow
HEART CHAKRA	thymus	green
THROAT CHAKRA	thyroid	blue
BROW CHAKRA	pituitary gland	indigo
CROWN CHAKRA	pineal gland	purple

It is highly interesting to note that the existence of seven basic chakras, which have connection in the circulation of energy, roughly correspond to the placement of the endocrine glands. Each endocrine gland plays a vital role in the body, and with the help of hormones, they assure correct function of each individual cell. The secretions of endocrine glands flow directly into the bloodstream where they find their way to various organs, stimulate them or attenuate them, or affect their function in some other way. In good health, the endocrine glands work in complete harmony. One only need look in medical books, where individual functions of the hormonal system are described, for it to be clear how important it is to have this system in tune.

If one of the seven energy centers is interrupted, the performance of the corresponding gland is weakened too, and the bodily area pertaining to it and its function show failures, and thus signs of illness. Unbalanced energy in chakras also has a strong effect on emotions and the mood of a person.

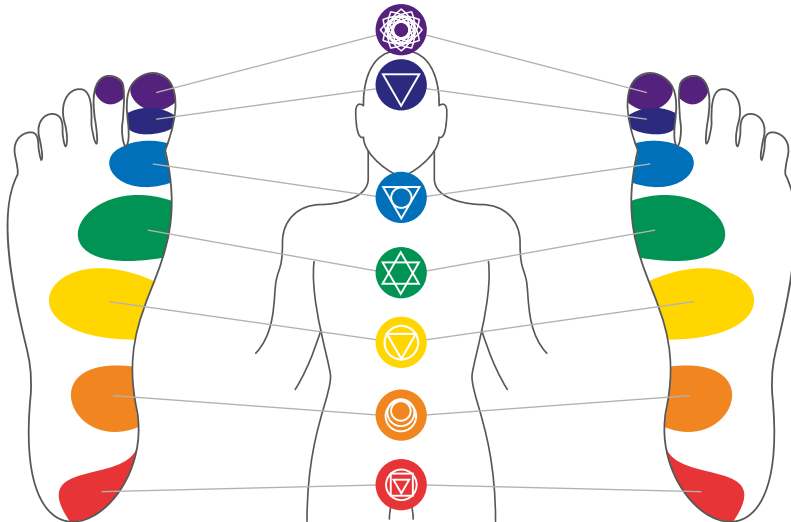
Returning health and strength to the body means bringing its energy spiral into the necessary rotations. Maintaining the balance of our system can be achieved with movement that is balanced on both sides, breathing energy exercises, mantras, yantras, relaxation, meditation, appropriate nutrition and by utilizing the Energy series harmonization preparation.



REFLEX ZONES

Each of the seven chakras has its reflex zone on the foot (see Image below), as do all of the body organs (see Image on page 49). We have these organ reflex zones at several places on the body as well, which are also the ends of nerves (in the hands, face, ears, and head) and where the condition of the relevant part of the body is accurately reflected. Acting on the smallest and most remote place can positively or negatively influence individual organs. From these

findings comes one of the oldest natural treatment methods of all, reflex therapy, or reflexology. Its use is estimated to have begun around 5,000 BCE. This method, which uses pressure and massage of the reflex zones, is appropriate not only for therapy, but also for generally reliable diagnostics. Performing diagnostics by pressure on reflex areas of damaged organs is usually unpleasant, but based on intensity of pain, the reflexologist can judge the seriousness of the illness.





Gradual dissipation of pain, on the contrary, signals a return to the better, thereby confirming the correct therapy procedure.

In reflex therapy, it is possible to precisely direct the effect toward not just the necessary organ, but even to its specific part. The effect of this method is immediate,

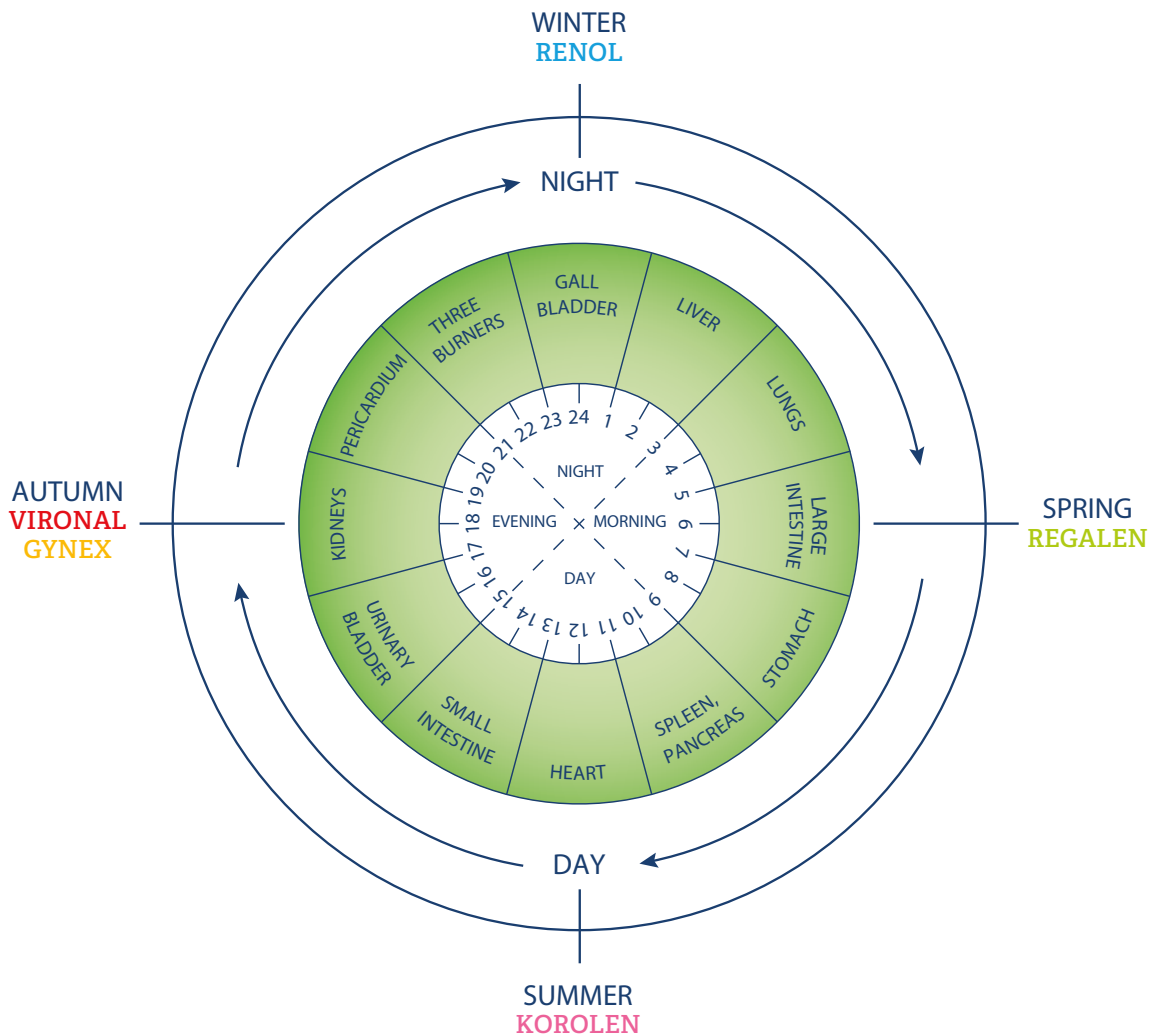
which is of huge importance in the event of pain, acute ailments and when receiving first aid. Using Energy herbal body creams when massaging reflex zones can, of course, help to achieve a synergistic effect. Massage potency is also increased by acting on the zones at the time when the relevant meridian is in the active phase as found on the Organ Clock.



BIOLOGICAL ORGAN CLOCK

One of the basic concepts of traditional Chinese medicine is management of energy, or opening of meridians better known to us by the term biological clock. Simply put, in each period, certain energies are affecting our physical bodies more strongly, and others more weakly. If we need it to increase, it is certainly good to use it at the time of its strongest effect, and if, on the contrary, we want to decrease it, we take advantage of its weakest time. We must remember that during Daylight Savings Time, time has moved forward by one hour, so when calculating we must subtract one hour. (Daylight Savings Time applies from the last Sunday in March to the last Sunday in October.) We apply this the same way as we would with solar collectors. It would be hard for us to think of setting up the collectors with their backs toward the sun. The management of energy is generally valid, and the entire material world runs by it, and of course, the human body also belongs to this world. Just as we can strongly influence the potency of solar collectors with their precise positioning, the correctly chosen period for our daily habits can also significantly influence their potency.

Let us look more closely at the management of our bodies. We know that there exist 6 energies, thus there exist 6 networks of the body.



Schematic representation of “energy circulation” in the body over a 24-hour cycle. Showing the 12 main meridians’ period of maximum activity – minimum activity would be 12 hours later.

Network of Metal – Dry (controls Wooden Tiger and Hare)

Lung Meridian: 3:00 a.m. – 5:00 a.m., February,
Vironal, Droserin

Large Intestine Meridian: 5:00 a.m. – 7:00 a.m., March,
Vironal, Droserin

Start of the Yin day, day of matter, falls into the third hour of the morning. The day opens with the Network of Metal. Its task is to cleanse us, to form a diagram of the day, to fulfill the will to complete activities, and not least of which, to firm us up for more effective living of the new day. The Wooden Tiger and Hare will force us to move, and will affect us in the sphere of Yin Yang, in the sphere of man. The end of Network of Metal comes in the seventh hour, so if we want to utilize its effects, it is necessary finish waking up by 7:00 a.m.

Effects on the body

The lungs and the large intestine try to rid themselves of wastes. After the third hour, coughing increases, and the large intestine causes the urge to defecate. A pathological symptom may be asthma attacks or diarrhea. If we regularly go to sleep after 2:00 a.m., the Conscious Mind cannot harmonize using the Corporeal Soul or subconscious - sleep will be intermittent, interrupted, and nightmares may haunt us.

Network of Earth – Dampness (controls Wooden Dragon and Fire Snake)

Stomach Meridian: 7:00 a.m. – 9:00 a.m., April, Gynex,
Cytovital (Korolen, Ruticelit)

Spleen Meridian: 9:00 a.m. – 11:00 a.m., May, Gynex,
Cytovital (Korolen, Ruticelit)

Reality and the empathy of Earth begins to provide effects at 7:00 a.m. All of our activities are filtered through its glasses, and it should guide us to a responsible approach to the work that awaits us. The Energy of Earth is Dampness, which descends and keeps us grounded. Belonging to the Earth is useful contemplation, but also pointless musings. So that we do not collapse from the weight, we are helped by the Wooden Dragon and Intelligent Snake. These should be the guarantee that we think through our efforts with the necessary insight and use all available information.

Effects on the body

The work of the stomach is at a maximum followed by the spleen; this period is the most important for the creation of after birth energy from food. Activity of the stomach depends on warmth and dampness, so our breakfast should correspond to this. The ideal morning food is soup or porridge, preferably from cereals, for example, sweetened with honey.

Network of Fire – Heat (controls Fire Horse and Goat)

Heart Meridian 11:00 a.m. – 1:00 p.m., June, Korolen, Rutilcelit

Small Intestine Meridian 1:00 p.m. – 3:00 p.m., July, Korolen, Rutilcelit

Promptly at 11:00 a.m., we release ourselves from Earth and rise up with the flames of Fire. Our activity is gaining momentum, and motivation should reach the highest degree. The Universe does not give us a choice. In Yin Yang the wild Fire Horse gains control. At 1:00 p.m. the highest Yang breaks into Yin, the Sensitive Goat should calm everything to the level that the Network of Water gains momentum at 3:00 p.m.

Effects on the body

Our activity increases between 11:00 a.m. and 1:00 p.m. We experience the period of highest heat, thus we should utilize this in winter for noonday lunch. It is best in the summer to move food to 3:00 p.m. (the start of the Network of Cool) or at noon to have cool foods such as fruit and vegetable salads, or pudding). Exceptionally burdening for the body is cold food in the winter like salads, and heavy, fatty foods in the summer such as deep-fried foods or creamy sauces. To calm the body and improve the quality of the work of the kidneys during this time, and especially in summer, it is exceptionally beneficial to have a small nap after 1:00 p.m. In hot regions, a siesta is required.

Network of Water – Cool (controls Metal Monkey and Rooster)

Urinary Bladder Meridian 3:00 p.m. – 5:00 p.m., August, Renol, Artrin

Kidney Meridian 5:00 p.m. – 7:00 p.m., September, Renol, Artrin

3:00 p.m. is a very important turning point. The task of Water is to finish, pulling everything to its very conclusion. Over the next four hours, Water, with the support of the Metal Monkey and Rooster will help us finish our workday so that we can devote further time to other activities.

Effects on the body

The name of the network makes it clear that the most important act will be working with water. If we do not maintain our drinking regimen and drink the most in the evening, the body begins to retain fluids to acquire sufficient fluids for its next day's activities. This results in swelling mainly of the lower extremities. In women, this can significantly increase the accumulation of fluids in the body prior to the start of menstruation. The period of Cool in the organism is the ideal period for eating in summer months. We can also take advantage of it when losing weight, as Cool brings with it a diminished appetite.

Network of Fire – Glow (controls Metal Dog and Water Pig)

Pericardium Meridian 7:00 p.m. – 9:00 p.m., October,
Korolen, Ruticelit (Gynex, Cytovital)

Three Burners (Triple Energizer) Meridian
9:00 p.m. – 11:00 p.m., November, Korolen,
Ruticelit (Gynex, Cytovital)

Glowing embers are needed for food preparation and for warming up after a long day's work. The glow contains a dew point, i.e. the same amount of heat as moisture. Moisture will allow us to sit, but also to feel the need for another. The loyal Metal Dog helps achieve this. The twenty-first hour of the Water Pig should open a path, that we should take to the empire of dreams, but it may also point us towards the refrigerator. The gourmet Pig (9:00 p.m. – 11:00 p.m.) enjoys tasting life in the most characteristic way, and the ideal period of Glow for digestion may massively support this.

Effects on the body

It is the ideal time for a second supper if we need to gain weight. Unfortunately, this period has the same effect on an obese individual. We can simply prevent this by substituting small portions of cooler foods, such as a banana. If a fever begins to rise at this time, we do not reduce it as a rule, as this is a protective reaction of the body, the goal of which is to burn the enemy and any waste in the body.

Network of Wood – Wind (controls Water Rats and Ox)

Gall Bladder Meridian 11:00 p.m. – 1:00 a.m.,
December, Regalen, Protektin

Liver Meridian 1:00 a.m. – 3:00 a.m., January,
Regalen, Protektin

Wood means a beginning, and in this case, case a return to the start. During the following four hours, Wood must try to remove everything from us that we have gained over the past day, and what could hurt us in the future. The energy of Wind blows around all the corners of our body, cooling our pains. The Water Rat and the Ox also increase the abilities of Wood significantly.

Effects on the body

This period is designed for work of the liver and HUN, our supraconscious, which should positively harmonize our Conscious mind during sleep. Alcohol and heavy food put a great strain on the body. If we go to sleep regularly after 2:00 a.m., the Conscious mind may harmonize very negatively through nightmares using the PO (the subconscious) between 3:00 a.m. and 5:00 a.m. If around 2:00 a.m., a fever still has not dropped, we can reduce the fever with cold compresses on the wrists and forehead.



BIOINFORMATION

The Five Element Regeneration® system is founded upon the principle of bioinformation therapy and on a holistic approach to man, concentrating on the entire personality (from mental, emotional, spiritual and physical aspects) and incorporates the fact that the body and mind are as one. The unique composition of herbs and minerals can mimic the energy of biochemical reactions and exponentially speed up the expulsion of toxins from the body.

Bioinformation therapy is made up of preparations that mimic the biochemicals released by our sub-cortical centers, controlling the vegetative, or autonomic, nervous system and regulating the functions of internal organs. The preparations of bioinformation therapy are of course only similar, thus they must be used repeatedly at regular intervals so that they then work on the principle of resonance.



Principle of resonance and effects of bioinformation on humans

This very complicated process cannot be briefly described, but the principle of resonance itself may be explained by a simple analogy. If we stand in the middle of a footbridge and jump at one spot irregularly, no significant effect occurs. If we start jumping regularly, the bridge starts to swing. It is clear that even small force can have great influence over a body. It also depends on what weight we are dealing with. A butterfly could not effectively get the bridge to swing. The rhythm of jumping may be compared to regular dosage of bioinformation preparations, and our weight to the quantity that we use. All this influences the course of regeneration.

Just as sound and movement resonance exists, we may also speak of bioresonance. The function of The Five Element Regeneration® system – homeopathy, biotherapy and instruments that are successfully used here and abroad for treating a number of diseases “of civilization” is founded upon bioresonance. For each of us, it is possible to eventually evoke the regeneration process according to certain rules. In order to influence bioresonance, we need only to create bioinformation therapy that is similar to what the body naturally produces.

If we introduce living matter that is the carrier of a certain type of information to new information that is only partially similar to it, through repetition, we can evoke a change in the wave length of the original information, and then the living matter begins to resonate at the same frequency. In practical terms, this means that by using the appropriate corresponding information, it is possible for the body to gradually cancel or suppress negative information, which may be sufficient for a reverse regeneration process to be initiated. At the same time, an adjustment in the energy proportions in meridians will occur, as well as a return of lost vitality or strength or life-force.

If gentle force is applied repeatedly in the same direction, it may cause even such a "miracle" as you see in the image. Over time, the fragile stem of the plant forced its way right through the thick asphalt sidewalk. A person would need a jackhammer to accomplish this. The fragile plant's ability to penetrate such a strong layer of asphalt was caused by small but repeated force aimed in a single direction.

Bioinformation therapy and homeopathy work on a similar principle. The Energy bioinformation preparations also work with seemingly negligible force, but through regular use, this force is capable of similar "miracles" just as the plant in the image. Strength is

found in repetition and everything progresses in its own time. After a certain period of repeated action, the biotherapy information of the preparations reaches its goal. If we are also correctly tuned to certain bioinformation, the bioresonance then multiplies the resulting effect.

Reverse reactions

With the help of bioresonance, it is also possible to explain the origin of reverse (or alleviating) reactions upon regeneration. How fast and for how long we are able to establish a reverse regeneration process in the body depends on our systems tuning in to certain information.

Reversal is a defense mechanism reaction of the body to bioinformation that begins by activating as toxins leave the body. This may appear, for example, as a rash or its temporary worsening, signs of problems relating to previously experienced illnesses. There may be various discharges from various body orifices such as discharge with mild burning at the end of the urethra in men, or discharge from the vagina in women. Microbiological examinations of such discharges may be negative. Each of us is unique, and reversal may take many forms. If you are not sure if a worsening condition is a matter of reversal, consult a therapist or a physician about your condition.

The Five Element Regeneration® - Herbal Concentrates

Herbal concentrates are wide-spectrum herbal regenerative preparations made according to modern knowledge of phytotherapy, psychotronics, crystallographic and bioresonance. These are highly concentrated products containing herbal extracts, essential oils and bioinformation components in a mutually balanced, synergistically acting complex.





THE EXCEPTIONAL NATURE OF HERBAL CONCENTRATES

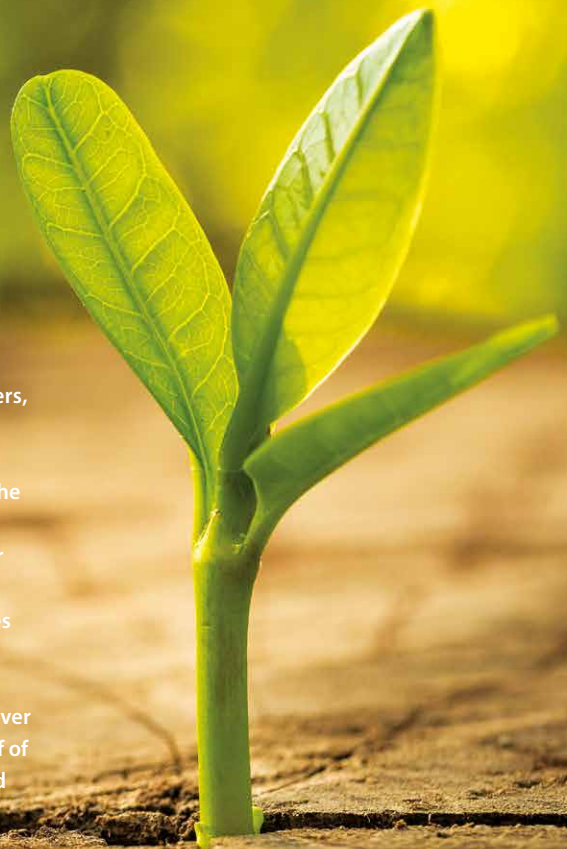
To achieve a deep-rooted, efficacious effect, we have developed advanced phytotherapeutic products known as “superconcentrates”. Selected herbs proscribed by an exact formula are carefully processed by means of the most effective water-alcohol extraction possible and are then vacuum-concentrated to the highest, most effective level. As a result, the therapeutic values of our active substances are several times greater than those of ordinary extracts and account for as much as 90% of the final product’s content.





Regalen

Regalen may be used for gastric disorders related either to worsening activity of digestive organs (e.g. insufficient creation of digestive juices), or poor diet (overeating, irregular meals, and eating foods high in fat). Thanks to the high concentration of bitters, it strongly supports digestion and helps the body to rid itself of wastes. This preparation may also be used for thorough, overall detoxification of the body including blood and tissues as well as the digestive system. Since Regalen stimulates the activity of organs that relate to processing and removing toxins from the body (liver and intestines), it is a very suitable product for spring cleansing cures. Improvement of the activity of the liver positively influences all other physiological processes in the body. Regalen is also very suitable when resolving all allergic conditions (skin and system manifestations), which are caused by insufficient function of the liver and gallbladder and the diminished ability of the body to rid itself of harmful toxins. Regalen may help overall regeneration of cells and tissue by ridding the body of these toxins.



Energy effect according to TCM principles

Regalen harmonizes energy meridians, mainly the Liver, Gallbladder, and Three Burners (Triple Energizer) Meridians as well as the Large Intestine Meridian.

Usage of Regalen

- » provides strong detoxification and antioxidant effects; the high content of bitters influences the metabolism and digestion. It rids the body of poisons, parasites, fungus and waste, adjusts digestion processes and proper absorption of nutrients, vitamins and minerals, helps to stimulate appetite, alleviate heartburn, bloating, flatulence, irritable bowel syndrome, upset stomach and mouth odor
- » effectively regenerates the liver after hepatitis, infectious mononucleosis, after damage by alcohol, toxins or medicines, and is used to treat liver steatosis – fattening of the liver
- » stimulates the activity of the gallbladder and creation of bile, and helps prevent gallbladder inflammation and formation of gallstones
- » helps with skin problems such as eczema, skin rashes, acne and psoriasis
- » has a beneficial effect on allergies (dust, pollen) and on asthma
- » decreases the level of cholesterol and adjusts the metabolism
- » is proven to help combat fatigue during psychological and physical exhaustion, during migraines and headaches at the forehead, temples and hair roots
- » decreases the symptoms of pre-menstrual syndrome and adjusts the menstrual cycle (mainly when the body skips menstruation cycles)
- » supports the regeneration and nutrition of cartilage and connective tissue (tendons and ligaments)



Using Regalen to treat the psyche

» *Assists in alleviating irritability, ritality and impulsive behavior, touchiness, outbursts of rage and anger, chronic dissatisfaction relating to feelings of injustice, crying fits, oversensitivity to noise, and suppression of emotions*

To achieve greater effect, we recommend combining Regalen with our Protektin cream from The Five Element Regeneration® - Herbal Body Creams (apply to affected areas, reflex zones, and during massage of acupuncture paths).

Regalen helps the person to relax and freely express his/her true feelings, to tear down inner barriers and also to recognize boundaries.



Korolen

Korolen may be used not only preventatively for a lack of energy and overall wear and tear on the body, but also for acute or chronic illnesses associated mainly with the heart, and the circulatory and nervous systems. It improves oxygenation and brain function.

Due to the positive effect on the spleen and bone marrow, it may improve the quality of the blood and support creation of blood cells. It may provide overall improvement in immunity by affecting the spleen and the nervous and hormonal systems. Korolen may have a positive effect on all psychological difficulties associated with a lack of energy or problems caused by toxicity caused by damaging substances (toxins, poisons, molds, metabolic waste). It may positively influence the regeneration processes after the occurrence of tumor-forming illnesses.

Energy effect of Korolen according to TCM principles

Korolen harmonizes energy meridians, mainly the Heart, Small Intestine, Pericardium, Three Burners (Triple Energizer), Conception Vessel and Governing Vessel Meridians.

Usage of Korolen

- » supports detoxification of the body, has antioxidant and regenerative effects, and removes mold and heavy metals from the body
- » prevents the origin of cardiovascular illnesses, as well as arteriosclerosis, heart attack and strokes, regulates blood pressure
- » improves blood flow to extremities, the condition of varicose veins and hemorrhoids, increases elasticity of vessels and capillaries
- » harmonizes the hormonal system (mainly the pituitary gland, pineal gland and thymus)
- » supports immunity and creation of blood cells in the bone marrow, and is good to take for anemia
- » improves the oxygen supply to the brain, memory and concentration
- » for children with ADD/ADHD and prematurely born children, it contributes to maturing of the brain and its functions
- » helps to reduce stress, burden from overwork, fatigue, and combats neurotic disorders, insomnia, depression and anxiety
- » recommended for diabetic patients as prevention of circulatory complications of diabetes (diabetic leg, ailments of the eyes, kidneys)
- » can be applied for prevention and supplementary treatment of tumor-forming illnesses (mainly leukemia)



Using Korolen to treat the psyche

» *behavioral disturbances, mental anguish, impatience, hysteria, emotional instability, inability to establish friendships, speech disorders, memory disorders, sleeping disorders, forgetfulness, loss of motivation and enjoyment of life*

To achieve a greater effect, we recommend combining Korolen with our Ruticelit cream from The Five Element Regeneration® - Herbal Body Creams (apply to affected areas, reflex zones, and during massage of acupuncture paths).

Korolen supplies energy for life and enjoyment of it. It opens one's personality and positively affects the development of long-forgotten capabilities.



Gynex

Gynex generally compensates for the imbalances of the body whether on the mental or hormonal level in either men or women. It may protect nerve cell tissues and harmonize the activity of glands with internal secretion by influencing the pituitary gland – the gland controlling the activities of all the others. The high content of natural phytohormones (plant substances of a hormonal nature) in Gynex has the strong ability to detoxify the body, especially from toxic chemical substances, which are stored in fatty tissue and have a long-term effect on the organism. Phytohormones also may help prevent infections, cardiac diseases and osteoporosis. Gynex may improve function and assure protection of the skin and all mucous membranes that line the surface of internal organs (lungs, stomach, intestines), both strengthening the protective barrier of the body during contact with the outside environment and enhancing overall immunity. Gynex has a very good influence on support of fertility for both sexes.

Energy effect of Gynex according to TCM principles

Gynex harmonizes energy meridians, mainly the Conception Vessel, Three Burners (Triple Energizer), Spleen and Stomach Meridians.

Use of Gynex

- » harmonizes the hormonal system (pituitary gland, thyroid, mucous membranes, pancreas, adrenal gland and ovaries), and also has a strengthening effect on immunity
- » used to treat female infertility of a hormonal and mental origin
- » adjusts the menstrual cycle, prevents painful, irregular or heavy menstruation and premenstrual syndrome; helps with gynecological inflammation, yeast infections, ovarian cysts and disorders of the breasts, and has a preventative effect against breast and cervical cancer
- » during menopause, it stabilizes the psyche, decreases nervousness and alleviates the intensity of hot flashes and sweating
- » stabilizes thyroid activity and acts against hair loss
- » is a potential supplement during treatment of multiple sclerosis
- » improves the health of diabetic patients
- » stabilizes the psyche, eliminates the negative effects of stress and improves the energy state of the body; strengthens the organism during physical and mental exhaustion, gastric neuroses, depression and problems adapting to new conditions
- » improves the condition of the skin, mucous membrane and lungs and has a protective effect on the vascular system
- » for children with ADD/ADHD, it helps treat speech disorders (dysphasia, delayed speech development)



Using Gynex to treat the psyche

» *difficulty adapting to change, laziness and disinterest, self-pity, emotional instability, slow thinking, over-concern, falling into the cycle of never-ending fear and doubt, problems with memory and concentration*

To achieve greater effect, we recommend combining Gynex with our Cytovital cream from The Five Element Regeneration® - Herbal Body Creams (apply to affected areas, reflex zones, and during massage of acupuncture paths).

Gynex leads a person to accepting him/herself, the good and bad sides, it supports a balanced acceptance of life circumstances and the consciousness that even the bad things are a part of life.



Vironal

Vironal significantly strengthens immunity and the ability of the body to resist the penetration of undesirable microorganisms. It may be used as an effective protective barrier against a wide spectrum of pathogens of both viral and bacterial origin, spreading by the air, by droplet infection or via foods. It may be used preventively during contact with a large number of people, especially during a viral epidemic, or during acute illness. Vironal strengthens just these organ systems that initially confront outside pathogens – the pulmonary system, digestive system and the skin – because support and protection of threatened terrain is the only correct approach in the fight against infectious diseases (unfortunately, allopathic medicines also destroy, along with the given pathogen, the cells of the stricken tissue, which for this reason paradoxically becomes more susceptible to further infection).

Energy effect of Vironal according to TCM principles

Vironal harmonizes energy meridians, mainly the Lung, Large Intestine, Spleen and Three Burners (Triple Energizer) Meridians.

Usage of Vironal

- » works preventively against the transmission of infections in public places
- » stimulates the activity of the lungs, and aids in breathing difficulties (wheezing, shortness of breath)
- » stimulates activity of the large intestine and spleen
- » helps in the prevention and treatment of both viral and bacterial illnesses (including colds, runny nose, virus, flu, fever, coughing, bronchitis, sore throat, inflammation of the nasopharynx, strep throat, sinusitis, pneumonia and gastrointestinal ailments)
- » able to induce sweating, decrease fever and can be combined with antibiotics
- » suitable as a supplement to treatment and recovery of childhood illness (measles, scarlet fever, chickenpox, rubella)
- » reduces the amount of relapses of chronic infections of the urogenital system, the respiratory system, the gastrointestinal tract and skin
- » strengthens immunity and the lymphatic system
- » supports bone marrow activity
- » appropriate for digestive disorders such as bloating, flatulence, gastric and duodenal ulcers caused by Helicobacter pylori bacteria, chronic inflammation of the intestines, diarrhea, Crohn's disease, ulcerative colitis and bowel diverticulosis.



Using Vironal to treat the psyche

» *sadness, melancholy and tightness, emotional numbness, feeling an inability release a fear of making bad decisions, self-deprecation and inability to maintain order in life, clinging to order, demanding attention, nightmares, possible insomnia, phobias*

To achieve greater effect, we recommend combining Vironal with our Droserin cream from The Five Element Regeneration® - Herbal Body Creams (apply to affected areas, reflex zones, and during massage of acupuncture paths).

Vironal supports the feeling that we are capable of protecting our living space, strengthening will and responsibility for one's own life.



Renol

Renol may influence correct functioning of the excretory glands (kidneys and urinary bladder), adjust the efficiency of the body with minerals and maintain optimum blood pH. Correct function of the kidneys is related to control of red blood cell creation in the bone marrow and blood pressure regulation, as well as influencing the flow of all fluids through the body (e.g. lymph) and maintaining balance of the inner parts of the organism. The body's entire support system (bones and joints) is also energetically connected to the excretory organs, and Renol may thus be used to treat illnesses involving mobility issues. Renol may also uphold proper function of male sex organs and works against male infertility. The kidneys are a very sensitive organ and have a very hard time regenerating if damaged. They hold stored natural energy, and if overburdened, this energy escapes, eventually leading to a decrease in all functions in the human organism. The activity of the kidneys should thus be strengthened to avoid premature aging.

Energy effect of Renol according to the principles of TCM

Renol harmonizes energy meridians, mainly the Kidney, Urinary Bladder, Spleen and Three Burners (Triple Energizer) Meridians.

Usage of Renol

- » designed to regenerate the kidneys, adrenal gland, urinary bladder, prostate and lymphatic system
- » works against urinary bladder and tract infections, difficulties urinating, kidney diseases, formation of kidney stones and certain chronic gynecological illnesses (cervical inflammation and vaginitis)
- » in children it also works against nighttime bed wetting
- » helps relieve problems with the prostate, problems urinating due to prostate enlargement and male infertility; generally benefits the healthy condition of the male sex organs
- » effective in treating mobility illnesses and issues – pain in joints and back, osteoarthritis, rheumatoid arthritis, rheumatism, gout and ankylosing spondylitis
- » helps treat migraines and other headaches (temple and forehead) as well as problems with hearing loss
- » stimulates the activity of the lymphatic and immune system, rids the body of heavy metals, eliminates swelling of lower extremities and eyelids
- » is appropriate for people with allergies or asthma
- » prevents repeated strep throat and middle ear infections
- » helps problems with skin such as eczema or acne
- » improves the quality of teeth, nails and hair; protects hair from premature graying



Using Renol to treat the psyche

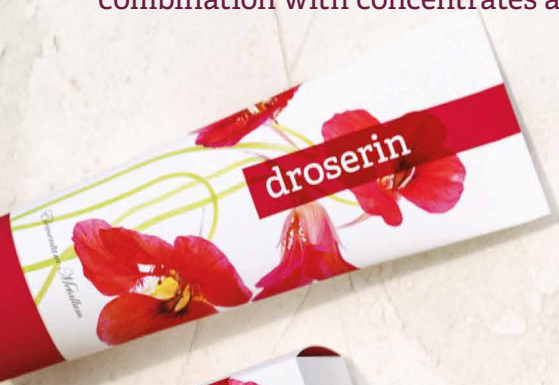
» *inability to relax, distrust associated with suspicion and cynicism, shyness, indecisiveness, resignation, unrest related to fear of constant threat, CNS hyperactivity, mainly in children with ADD/ADHD*

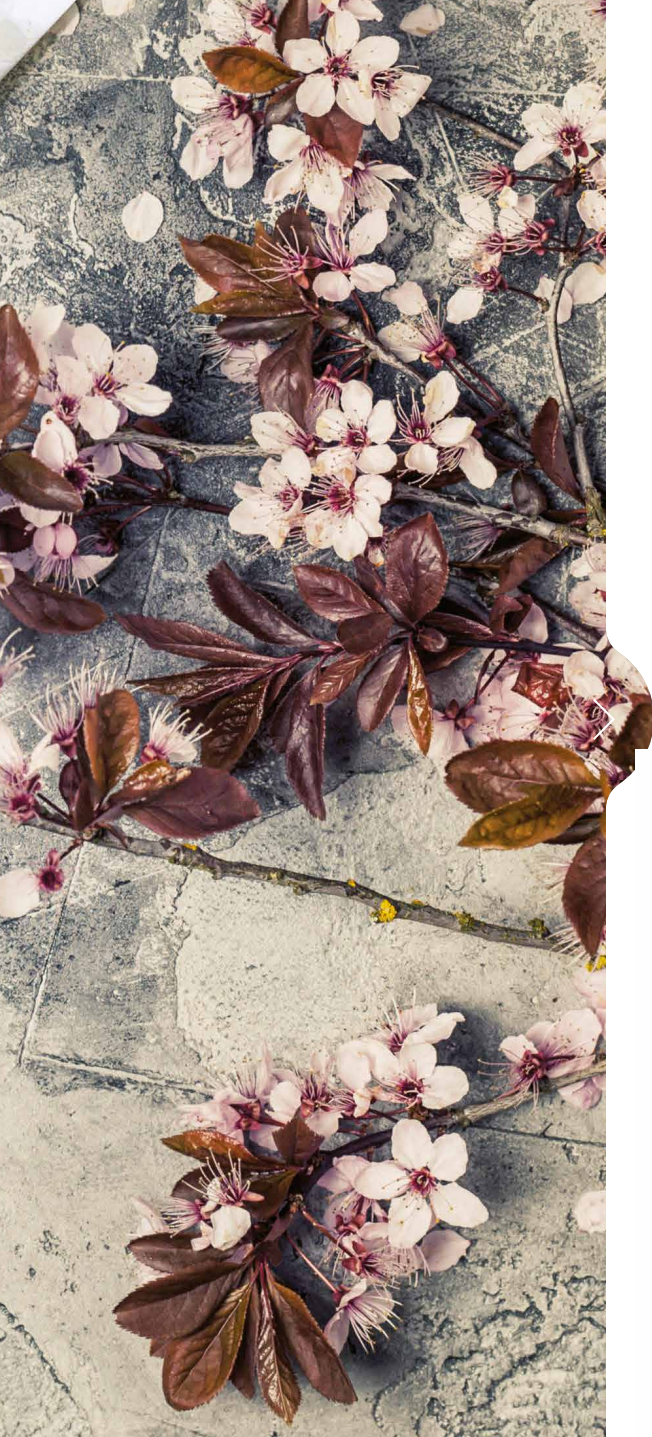
To achieve greater effect, we recommend combining Renol with our Artrin cream from The Five Element Regeneration® - Herbal Body Creams (apply to affected areas, reflex zones, and during massage of acupuncture paths).

Renol brings trust in life, a feeling that all is as it should be, and courage to move forward and leave things to their natural course.

The Five Element Regeneration® - Herbal Body Creams

The Five Element Regeneration® - Herbal Body Creams are offered as a supplement to multiply the effects of The Five Element Regeneration® - Herbal Concentrates. These are corresponding to the energies of the five agents as well: Protektin – Wood, Ruticelit – Fire, Cytovital – Earth, Droserin – Metal and Artrin – Water. Creams can be used both in combination with concentrates and individually.





THE EXCEPTIONAL NATURE OF HERBAL BODY CREAMS

Unlike other ointments, The Five Element Regeneration® - Herbal Body Creams comprise an impressive 50% herbal extract. These carefully balanced compositions contain many rare natural ingredients. Purely natural vegetable oils make up the base of the creams. Their clear advantage is their high content of care and protection agents and vitamins. Humic acids and rare resin extracts (myrrh, incense, Croton lechleri) and energy-charged Tertiary thermal water are integral to these products.



Ruticelit

Ruticelit cream contains extracts from peat, which have an **antiinflammatory effect**. It is also known for its **antifungal effects** and positive influence on **strength and elasticity of capillaries**.

Energy effect of Ruticelit according to the principles of TCM

Ruticelit harmonizes energy meridians, mainly the Heart, Spleen, Pancreas, Large Intestine, Liver and Kidney Meridians.

Usage of Ruticelit

- » phlebitis, leg ulcers, hemorrhoids, varicose veins, thrombosis
- » insufficient peripheral blood flow, breaking of fragile capillaries on the face and along the body
- » regeneration of tissue and skin after contusions, hematoma and bruises
- » bedsores, burns, poorly healing wounds
- » regeneration after excessive exposure to sun or after radiation treatment
- » ischemic heart disease – apply to affected area of the chest
- » insufficient blood circulation, refreshing blood vessels in the legs after a long time standing, strain in the calves
- » sports (before training apply to muscle groups that will be the most used) – improves peripheral blood flow, oxygen supply, nourishment and growth, and accelerates the flushing of lactic acid and other metabolic waste

Ruticelit may be combined with other Energy products, we recommend mainly Korolen, King Kong and Stimaral.





Cytovital

The main strength of the entire complex of active ingredients in the cream Cytovital is concentrated on regeneration of **the hormonal system**, nourishing **skin cells** and their intense regeneration.

Energy effect of Cytovital according to the principles of TCM

Cytovital mainly influences the Conception Vessel, Lung, Heart, Stomach, Three Burners (Triple Energizer), Urinary Bladder, Thoroughfare Vessel Meridian, which originates in the pelvic cavity and runs alongside the kidney meridian up to the thorax, and the Meridian which runs from the Lower and Middle Burners into the Upper Burner and nourishes the heart.

Usage of Cytovital

- » deep regeneration and detoxification of cells in cases of major skin damage, such as scars, cuts, scrapes, cellulite, inflammation and burns
- » regeneration of tissue and skin for cancer patients during radiotherapy
- » thyroid gland illness
- » ovarian cysts and inflammation, uterine fibroids and cervical inflammation, lumps in the breast – apply to skin above the organs
- » antioxidant protection against free radicals
- » replenishment and rejuvenation of tired complexion
 - smoothes wrinkles and prevents their formation

Cytovital may be combined with other Energy products. We recommend mainly Gynex, Korolen, Stimaral and King Kong.



Droserin

The bioinformation cream Droserin is sought after for its strong **antibacterial and antiviral effect**.

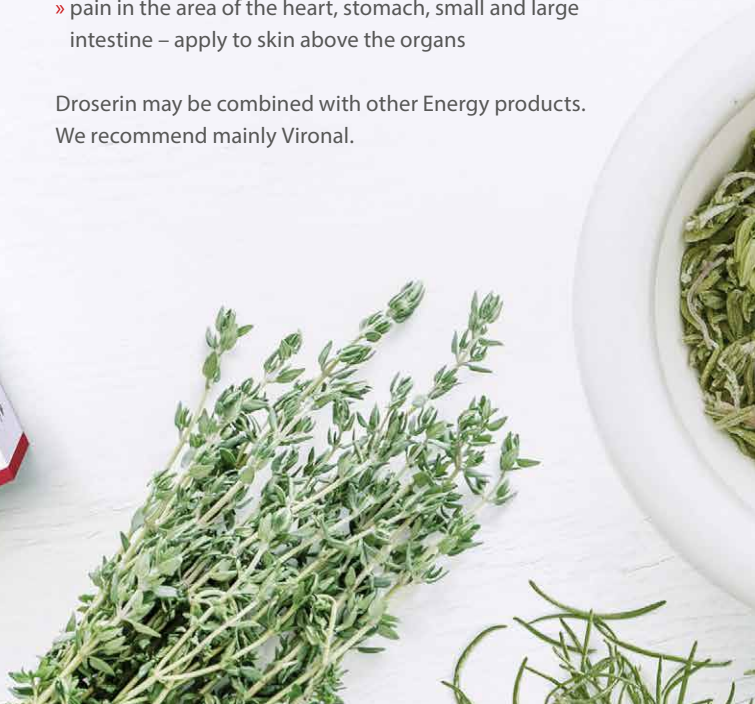
Energy effect of Droserin according to the principles of TCM

Droserin harmonizes mainly the Lung, Large Intestine, Small Intestine, Heart, Liver and Stomach Meridians, so it has a positive effect in conditions relating to insufficient function of organs along these channels.

Usage of Droserin

- » cough, bronchitis, pneumonia – spread over entire chest
- » flu, strep throat, cold, sinus infection – apply to area of throat, neck, nose, forehead, chest and cheeks
- » middle ear infection – rub in cream around ears
- » sore throat and middle back, shoulders, between the collar bones, bend of the elbow
- » certain microbial and fungal diseases of the skin, such as acne or eczema in the groin, preceded by profuse perspiration
- » pain in the area of the heart, stomach, small and large intestine – apply to skin above the organs

Droserin may be combined with other Energy products. We recommend mainly Vironal.





Artrin

The cream Artrin is sought after for its strong **analgesic, anti-inflammatory and circulation-stimulating effects.**

Energy effect of Artrin according to the principles of TCM

Artrin harmonizes mainly the Urinary Bladder, Kidney, Spleen, Three Burners (Triple Energizer), Stomach, Governing Vessel, Conception Vessel, Small Intestine, Large Intestine, Tendon/Muscle Meridians, which originate in the extremities, meet at major joints and end at points ranging throughout the torso and head, and the Liver Meridian.

Usage of Artrin:

- » degeneration and swelling of joints, rheumatoid arthritis, polyarthritis, rheumatism, gout, tennis elbow
- » pain in the coccyx, spine and neck muscles
- » regeneration of bones after breaks, contusions, inflammation of muscles and tendons
- » muscle fatigue, insufficient blood flow to extremities and all motor-related difficulties
- » problems with kidneys, urinary bladder, prostate
- » urge to vomit, fainting, migraines – apply over temples, abdomen and under the nose
- » stomach pain, diarrhea, digestive ailments, bloating and flatulence – apply to abdomen
- » inflammation of nerves and toothaches
- » support for the lymphatic system

Artrin may be combined with other Energy products. We recommend mainly Renol and King Kong.





Protektin

Thanks to the high proportion of proven and totally natural substances, Protektin holds unique **regeneration and cleaning effects for the skin.**

Energy effect of Protektin

according to the principles of TCM:

Protektin harmonizes mainly the Liver, Gallbladder, Stomach, Spleen, Governing Vessel, Thoroughfare and Yang Link Vessel Meridian which links the bladder, gall bladder, triple burner, small intestine, and stomach..

Usage of Protektin

- » eczematous and problematic complexion prone to rashes
- » acne, psoriasis, dermatitis, allergic rashes, inflamed skin condition, poorly healing wounds
- » supplement during treatment of vitiligo (loss of skin pigment)
- » protects skin against various types of radiation, such as during radiation therapy for cancer patients and upon visiting the solarium
- » treats pain in the stomach in the upper third caused by problems with the liver, gallbladder, stomach, spleen and pancreas – apply to painful places
- » treats flatulence (bloating), infant colic – gently massage cream into the abdomen

Protektin may be combined with other Energy products. We recommend mainly Regalen, Renol and King Kong.



REGENERATION PROCEDURE AND APPLICATION OF HERBAL BODY CREAMS

Apply the cream locally at problematic areas in a very thin layer 1-3x daily. They are easily spreadable and water soluble. Many experienced therapists speak of the benefit of applying creams at the locations above organs, at reflex zones or acupuncture points, for both acute problems and various chronic illnesses. It is proven to work through either massage or simply spreading the cream on the relevant points. In the event of temporary worsening of skin problems, this may be a reverse regeneration process. This phenomenon is positive and can be influenced by decreasing the frequency of the application of the cream and increasing fluid intake. In the same cases, we recommend consulting with a specialized consultant or therapist.

Regeneration system

According to the ancient Chinese Masters, the only path to a good life is prevention. Chinese doctors considered illness as failures in life. This period full of stress, unhealthy diets and improper interference of time demands on our biological clocks of course causes discomfort and all too often, illnesses as well. This is true despite our efforts to lead a healthy lifestyle. And this is where we find a wide range of effects of the Energy products. But how can you quickly navigate in order to select the right product?



KEY TO DETERMINING THE RIGHT PREPARATION

Prevention

Let us imagine The Five Element Regeneration® as a never-ending cycle. We can start from anywhere, but we also must know what we want to achieve. There exist several ways to help choose the correct preparation:

» Though we feel healthy, we are often interested in strengthening the organism preventively even more, whereas we can use bioinformation preparations according to the time of year or the Organ Clock. In this case we reach for Regalen in the springtime (spring = Wood = Regalen) or in December and January (period of opening of the Gallbladder and Liver Meridians), thus cultivating energy of the applicable element (see Biological – Organ Clock on page 51).

» Traditional Chinese medicine recommends as the most important prevention method support of the Mother (previous element), since She knows best what to give Her Son (following element). So it goes, that one element is the mother of the next. This theory comes from the basic law “Mother conceives, nourishes Son”. The mother cares for the child because she knows best what the child needs, and can interfere even in the case of the child’s problems. In this case, the Mother helps the Son use therapy in the most effective manner. This method is often used when we are not sure when selecting a preparation. The Mother is aware of the status of her Son, and will thus direct harmonization in the proper direction. If we use the time of year, harmonization will be performed in an utterly general way in needed areas regardless of the affiliation of the problem or ill organ to one of the Five Agents.

In practice this means that preventively or when experiencing a health problem (e.g. cough – lungs = Metal), we will use in winter (Mother – Water) Regalen (Son – Wood), in the spring (Wood) we will use Korolen (Fire)... If we are able, we always begin in December (Mother – Water) with Regalen (Son – Wood).

We can also use the products in the indicated order:

Vironal/Droserin – prepares a circle for regeneration upon which Regalen will work

Regalen/Protektin – prepares a circle for regeneration upon which Renol will work

Renol/Artrin – prepares a circle for regeneration upon which Gynex will work

Gynex/Cytovital – prepares a circle for regeneration upon which Korolen will work

Korolen/Ruticelit – prepares a circle for regeneration upon which not only Vironal but not all the other preparations will work.

Health problems

To determine the correct preparation for specific health difficulties, we use information on individual products, and try to find the internal correlation of our problems with the listed indications, or apply other methods:

» We monitor the course of the applicable meridian and search for accord between our problems and places through which they run. (See the image of individual paths with their description on pages 18 – 45). For those wanting to further understand the energy system of the body and relationships between organs, we recommend books by Vladimír Ando, „Classic Chinese Medicine I–V“.

» In order to determine the right product, it is possible to use instruments that work on the principle of the EAV method – for example the Supertronic, developed and adjusted for the needs of Energy company consultants. This method makes it possible

to find out the suitability or incompatibility of Energy preparations for a specific individual. Based on measured deviations from normal values, it is easy to find out the origin of health problems and determine the optimum preparation suited to eliminating the cause of the ailments.

» Other options for determining the appropriateness of preparations include various methods such as kinesiology or automatic drawing).

SYSTEM OF USAGE

For prevention, we mostly choose multiple concentrates based on a predetermined order. After usage of the corresponding quantity of preparation that we chose as the basic quantity, we continue further based on the recommended order.

This method in most cases is also appropriate when health problems occur, and after a certain time, we can also return to the preparation first used. Hereditary disposition or weakening of a certain body organ signals the need to sometimes give the body preference above all else and repeatedly strengthen it. One package of concentrate may suffice for one person for regeneration, whereas another person may need more. We are all different, so we have to approach regeneration individually.

The order of use of preparations may be changed and specified by various testing methods. It is also possible

to combine two concentrates. In this case, we use a larger dose of the preparation relating to the problem causing us greater complications and whose effects are more apparent. The second preparation administered in smaller doses only helps to speed up an ongoing regeneration process, or we can use it to immediately tune our bodies. Using a large number of preparations at once or even their over-combination of course will not bring any effect, the same as excessive increase in dosages.

OPTIMUM REGENERATION CONDITIONS

The basis for regeneration is detoxification of the organism, thus we have to provide for the body a sufficient amount of fluids so that the released undesirable materials could be thoroughly flushed. People with decreased blood pressure should especially take care to drink more fluids.

How much water one should drink depends on each individual. The drinking regime is governed by the person's constitution, age, body size, activity of the organism and the local environment. Work and movement in heat lead to major losses of fluids and minerals by sweating, thus we must immediately replenish the body with the appropriate amount of fluids.



A person should drink at least two liters of fluids per day during normal activity. If the person is in the midst of taking a regeneration cure, even more fluids are necessary, since insufficient fluid intake may result in a worsening overall health condition. It is essential to have enough fluids for the proper function of the kidneys so that toxins can be flushed out; kidneys may retain these toxins in the body if the needed drinking regime is not upheld. Moreover, balance of the inner environment is dependent upon sufficient and regular fluid intake. In the event of insufficient fluids, a person begins to be frequently irritated, complains of headaches and has a hard time concentrating (especially true of children).

A supplement to pure water may include herbal tea without sugar, fresh vegetable juices, etc. We do not recommend excessive consumption of carbonated water, nor unilateral use of mineral waters, whose mineral content can burden the kidneys. Besides this, you can enjoy a few drops of the preparation Fytomineral as a mineral supplement in your water glass.

REGENERATION PROCEDURE

1. Shake the concentrate preparation well prior to use. This causes dynamization, thus increasing the preparation's potency.
2. During regeneration, increase the intake of fluids – especially high-quality, pure water without CO₂!
3. Recommended dosage: for adults age 18 and up, 2–7 drops 1–3x daily, for children aged 12 to 17 and up 7 drops per day, children aged 3 to 11, 2 drops per day. A person with lots of health problems or suffering from a chronic illness (long-term eczema for example) must always begin with a lower dose, which will gradually be increased, for example 1–3 drops 1x daily. If temporary worsening does not appear, increase the dosage after a week to 3 drops 2x daily. Temporary worsening means for example expansion of the area affected by eczema. When after another week, no serious reaction appears, again increase the dose. In this way, we gradually increase up to the maximum daily recommended dose. Anyone feeling healthy may start off straight away with the maximum dose.
4. Concentrates are used a half-hour prior to eating and afterwards, best diluted with water, or can be administered directly by drops in a spoon.
5. The Five Element Regeneration® products are a starter that begin regeneration processes. For moderate cases, we recommend 3 weeks of use, for more severe cases, it is possible to repeat a 3-week cure even several times over, always with a week-long break in between. If we do not take a break from using it, the body grows accustomed to the

preparation and stops reacting to it. In the case where we change one preparation for another, at the recommendation of a therapist, it is possible to extend the break even by several weeks. We thus provide the body time to process the effects of the first preparation.

6. Detoxification and overall regeneration mostly take place without reverse symptoms. If small manifestations of a reverse appear, this is a good sign for fast and effective regeneration. Of course some people may experience extreme sensitivity to bioinformation preparations, acquiring an excessive reaction even after just one drop of preparation. In this case, it is better to start regeneration with another product and then switch to the one that evoked the strong reverse at the start. Gynex is highly suited to this role; it stabilizes the body, thereby helping it to further direct the of regeneration.
7. If the reverse reaction is strong and bothersome, it is possible to extend the intervals between individual doses (e.g. 1 drop every other day, or 1 drop 1x every three days or 1x weekly or every 14 days) or decrease dosage to 3 drops, or even down to 1 drop per day. The following rule applies – the greater the response by the body, the fewer doses and the greater intervals between individual doses. However, it is good to uphold regularity of usage.

8. In cases when the reverse reaction lasts longer than 14 days, it is recommended to stop taking the preparation and let the effect wear off. This should lead to overall improvement of the condition. After disappearance of the reverse reaction, it is possible to start up the dosage in drops and increase it after a week.
9. During acute illness (flu), or if an acute difficulty joins a chronic illness, it is possible to use higher doses of a newly started preparation for the acute condition without worrying that a strong reverse might be provoked for a chronic illness. It is useful in these cases to take up to 7 drops 3x daily. However, we maintain this dosage only as long as necessary, but no longer than a maximum of 5 days.

IMPORTANT NOTICE

If pregnant, only use preparations after consulting with a qualified therapist or physician. Also follow your physician's orders in cases of serious health conditions! The preparations are not recommended for children under 3 years of age. Diabetics may use these preparations. If you use medications prescribed by a physician, do not stop taking them without the physician's consent! The physician him/herself will determine what medications and in what doses are right for you based on your condition, or whether you no longer need medication. It is possible to use the Energy preparations as a supplement to classic treatment.

SUMMARY OF ENERGY PREPARATIONS ACCORDING TO TCM AGENTS

Individual organs are mutually dependent upon one another and their activity is interconnected; poor function in one organ immediately appears in a person's overall health and comfort. If the basal energy does not achieve harmony, we attempt, with the help of TCM methods, to initiate the healing process of the organism by our evening out of proportions of individual elements in the human body. Besides concentrates, other Energy preparations directly taken from the Five Agents are another extremely important aid in this effort. This integral series of preparations is conceived so that they can be used to harmonize elements not only in TCM, but also for instance even during problems with space (drafty workspace – Regalen, dark areas – Korolen, uncertainty at the highest floors of a tall building – Vitamarin). With the help of Energy

preparations, we can direct the body's energy to places where its therapeutic effects are needed. Detailed information on Energy products can be found in the *"Product Overview"*.

REGENERATION AND VITAMINS

Flavonoids, antocyanins and betacarotenes from plants contained in Energy products have antioxidant effects. Upon the method The Five Element Regeneration®, it is not recommended to supply the body with huge doses of other types of vitamin and mineral preparations, which the body is not only incapable of utilizing, but whose excess must be expelled from the body afterwards. If we provide the body the chance to regenerate, it can effectively use the vitamins contained in quality food. During the winter, during recovery or at times of expending higher amounts of energy, when natural drawing of vitamins and minerals from food does not suffice, we may use Vitaflorin and Fytomineral.



CLOSING WORDS

The intertwining of matter, energy and information is natural. Just as natural is the interconnection of classic treatment with natural regenerative processes. There is no doubt that harmonization and prevention mean more to health than treatment of illnesses. It is better to spend a smaller amount of money with a little time and energy on prevention than to undergo expensive treatment later, often accompanied by problems with family and work. Application of the Energy preparations is wide-ranging in terms of both preventing and treating health problems. Their use has seen very good results even in areas when classic medicine methods fail. Combining these preparations with treatment procedures of classic medicine is both successful and appropriate.

A well-chosen treatment procedure by a physician and gentle harmonization are mutually and wonderfully beneficial to each other.

LITERATURE

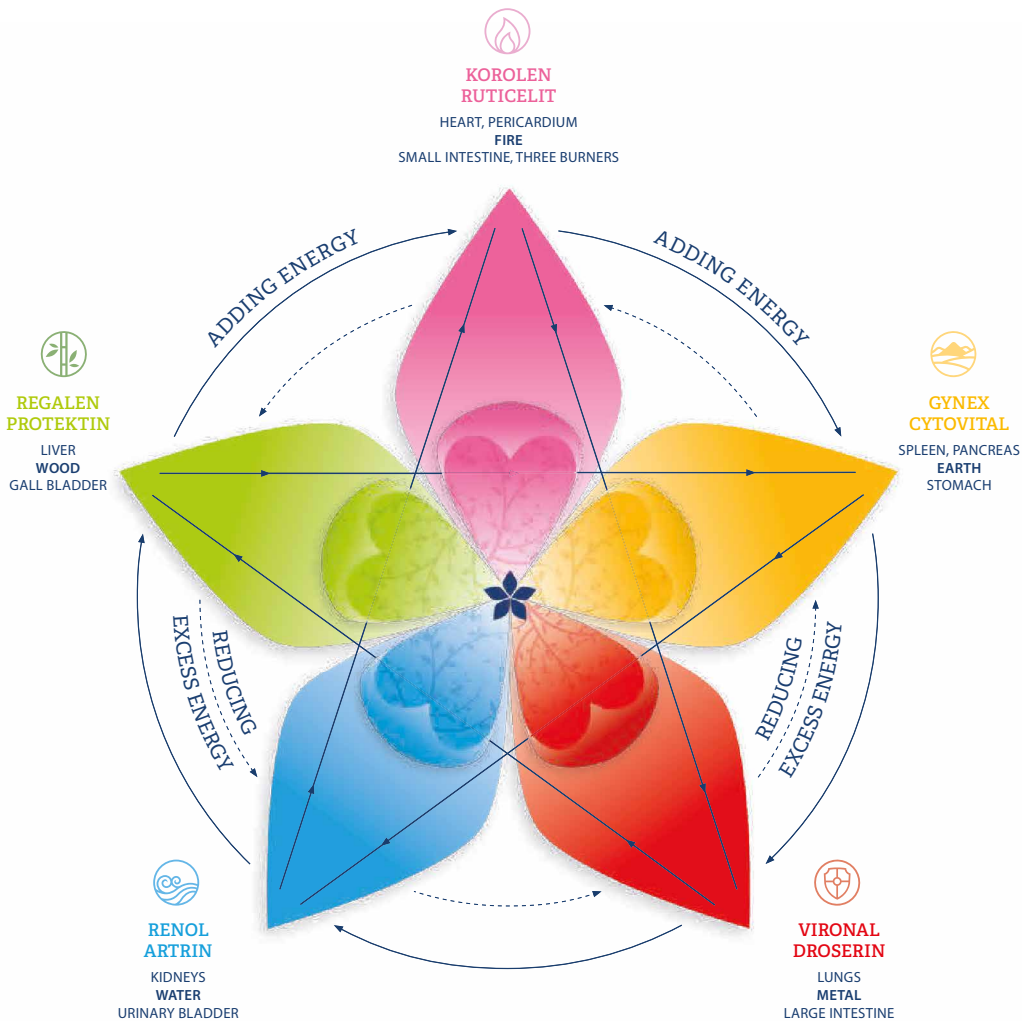
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The Five Element Regeneration® Rose

Pattern of the universal five driving forces (agents) of traditional Chinese philosophy and medicine, which are related to the five relationships of mutuality, the five laws – birth, oppression, control, overcoming and mutual containment, and the interplay of with the forces – Wood, Fire, Earth, Metal and Water – means harmony, bringing health and peace.



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