

**Medeiros Institution of Free Teaching and Research in Advanced Science**

**Psychobiological energy influences the immune system**

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## **Abstract**

Some evidence exists that the human body radiates a form of energy still unknown to science, different from bioelectricity that can be externalized through apparently simple procedures, influencing the immunological system. The claim that this energy exists can be verified in the history of various Oriental and Occidental cultures, and is increasingly popular. Approximately 36 volunteers, divided into two groups, participated in the experiment: one group being designated as energy emitter and the other as energy receiver. The results were intriguing and coherent, but further investigations are crucial.

Keywords: psychobiological energy, bioenergy, psychobioenergy.

## **Introduction**

Ancient philosophies, religious doctrines and indigenous cultures mention the cure of illnesses by a form of energy emanating from a donor. The donor simply “transmits energy” to the sick person so as to cure him. In these cases, people already given up as incurable by medical science claim to have found the cure for important illnesses such as cancer and generalized infections, amongst others. According to a field study, several people confirmed to have undergone some level of experience that led them to seek this type of approach, and that they ended up finding the cure. The techniques applied by donors vary widely, but all have in common the transmission or externalization of an “energy”.

## **Objective**

The objective of this study is to discover if some type of biochemical reaction occurs in the organism of the individuals transmitting and receiving energy. The study will also try to verify if there is any degree of efficacy in regard to improving the immunological system.

## **Materials and Methods**

Total number of participants: 36. Fasting period of 12 hours. Experiment execution time period: 5 minutes including collection of blood samples.

Approximately 18 candidates designated as emitters were selected based on their claim to having the capacity to “radiate a form of healing energy”. Approximately 18 others were selected based on the fact that they were willing to submit themselves to the procedure, being exposed to the “energy” that would be radiated by the “emitters”. The latter used the technique of energy expansion, not associated to any kind of mental visualization, but to one short and rapid respiration accompanied by the positioning of their arms in the direction of the receivers, at a distance of 1.30 m between them. This position, according to the emitters, helps the energy to be externalized through the arms towards the receivers.

The emitters’ breathing can be summarized as follows:

- 1) Inspiration until the lungs are completely filled;
- 2) Retention of the air for 2 seconds;
- 3) Gradual expiration for approximately 3 seconds;
- 4) Return to normal breathing.

The emitters kept their arms extended towards the receivers for 1 minute. The receivers continued to breathe normally, in a passive condition. It should be pointed out that receivers did not know what to expect of the experiment, and did not even know the participants of the emitter group.

All the participants were free of any type of infirmity, and were therefore apparently healthy. The experiment was carried out in a clinical analysis laboratory, and was supervised by a staff of biomedical physicians.

Electrodes were connected to the participants to check for the oscillation of bioelectric potential. They remained for 1 hour in a calm place with low lighting, to relieve stress.

Before and after the procedure, blood samples were collected from the emitters and receivers. The samples were immediately submitted to clinical analysis in a conventional laboratory that was not directly connected to the research project. This procedure was adopted in order to avoid any subliminal or biased influence on the research results. This may have been an unnecessary precaution, since all the analyses are computerized. Other items, such as basal metabolism, basal calorific values, cardiac frequency and respiratory incursions, were evaluated during the procedure.

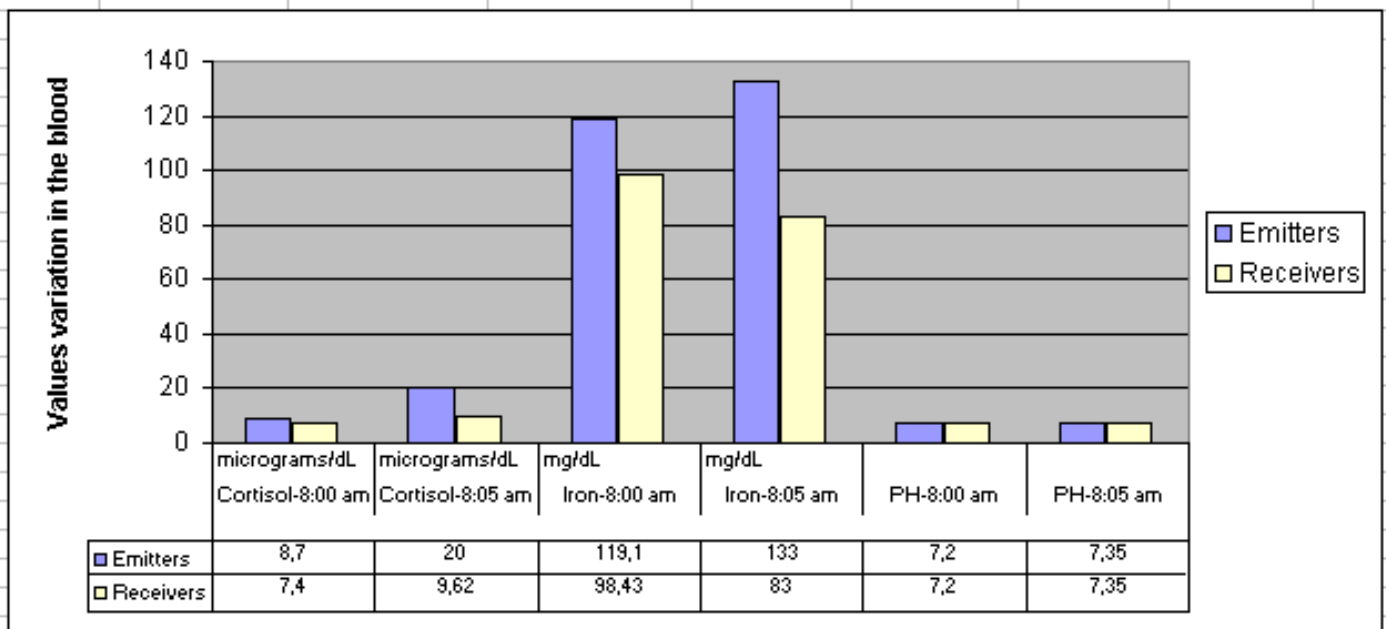
## Results

Important changes occurred in the following control items:

Emitter group: values compared with control samples: 11.70% increase in seric iron, 2% increase in blood pH and significant increase of 130% in cortisol.

Receiver group: values compared with control samples: 16% decrease in seric iron, 2% increase in blood pH and 30% increase in cortisol.

	Cortisol-8:00 am	Cortisol-8:05 am	Iron-8:00 am	Iron-8:05 am	PH-8:00 am	PH-8:05 am
	micrograms/dL	micrograms/dL	mg/dL	mg/dL		
<b>Emitters</b>	8,7	20	119,1	133	7,2	7,35
<b>Receivers</b>	7,4	9,62	98,43	83	7,2	7,35



## Discussion

Observation of the emitter group: after the energy externalization procedure, the group presented symptomatological reactions, such as: headaches, slight nausea, scotomy and clouding of vision. The description of these symptoms resembles the typical reactions to increase in free iron in the blood. The pH, however, tended towards neutralization, and the cortisol increased significantly.

Observation of the receiver group: after the procedure, they felt weak and had an increased appetite. We did not observe any symptoms such as those described previously, except for vascular dilation of the extremities, like hands and feet.

In general, the bioelectric reading indicated a negative polarization. Before the experiment, most of the members of the two groups presented bioelectric readings that oscillated between 1.4 mV and 4.5 mV. During the procedure, both groups oscillated to  $-15\text{mV}$ .

Other items observed, such as respiratory incursions, basal metabolism, basal calorific value and cardiac frequency did not present any significant changes.

According to Dr. Randolph M. Nesse – M.D and Dr. George C. Williams – Ph.D. in their book about the mechanisms of the onset of disease (*Why we get sick*, pgs 28 and 29 - edited by Editora Campus (Rio de Janeiro: 1997), “our organism has a defense mechanism that most people are unaware of, and that doctors sometimes inadvertently try to block. A patient with chronic tuberculosis is found to have a low level of iron in his blood. The doctor concludes that correcting the patient’s anemia will increase his resistance, and administers an iron supplement. The patient’s infection worsens.”

Another important section of the book addresses the importance of maintaining a low level of iron in the blood, since bacteria use iron to accelerate their metabolisms.

During the experiment we observed several important factors in both groups. First, the iron level of the receiver group decreased 16%, which is functionally ideal for containment of bacterial proliferation. Along with the seric iron decrease we encountered the normalization of the pH to an almost neutral point. We know that most pathogenic bacteria develop in an acidic environment. And finally, the cortisol level increased 30% compared to the control sample, an increase that is essential for the control and elimination of pathogenic agents.

However, in the emitter group, we observed an 11.7% increase in seric iron and a rise of 130% in the cortisol level, indicating an effect similar to a high level of stress, causing an overload on the functioning of the adrenal glands. The symptomatology of all the emitters, described previously, presented this negative effect.

## Conclusion

The experiment evidenced important points, which should be taken into consideration and which justify further research. Something influenced the emitters and receivers to the point of altering factors such as their seric iron, cortisol and blood pH. The expectation at the beginning of the experiment was that, if any change was to occur, the form of energy would be bioelectricity. However, this was not supported by the results, since the bioelectric potential decreased during the process instead of increasing.

For the receiver group, such procedure could be considered beneficial, especially for the control or containment of bacterial development. However, for this group, the procedure was found to be stressful and not as benefic.

## Bibliography

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