



## How do you find out if a certain therapy works for you?

The CDC (Centers for Disease Control and Prevention) describe a classic "triad model" for infectious diseases (1), which in my view is also applicable to any disease and also in relation to the effectiveness of a therapy. This triad model includes the cause of the disease ("agent"), the person it affects ("host"), and that person's surroundings ("environment").

In my practice, I apply magnetic field therapy using a device that produces a pulsating, low-frequency electromagnetic field. You are coming with chronic back pain and ask for help. Described with the image of the "triad model", the "agent" would be my therapy device and the "host" is you, the person suffering from chronic back pain. The therapy device has defined characteristics and also its application regarding duration and frequency per day are described by the manufacturer. How often you come to the treatment will be determined by the decrease of your complaints. With regard to "environment" the matter becomes more complex. You have to ask: Where and when will the device be used? Since electromagnetic fields interact with other fields in their environment and thus the effect of the device can be changed, you must be sure that e.g. no router or PC of a neighbor is behind the wall next to which the treatment couch is placed (Be sure, there is nothing like that in my practice). The natural radiation coming from outside - from earth's magnetic field, solar wind, moon, other planets - is subject to temporal fluctuations and interacts with the field of my device. The external natural radiation can have an extreme effect on your own electromagnetic fields (for example generated by your heart), which is proven by research (2). You, the "host", are the most difficult part of the "triade" to define. What is your age? Woman or man? What is your current overall health status? What is your lifestyle, diet, drinking and exercise habits? Are you under a lot of stress right now? If I know all these factors, I often already have a clue to (a) possible cause(s) of the disease development, which can be different for each person. The therapy used will only be able to work optimally if these causes are eliminated. Do you have confidence in me as a therapist? What background knowledge and expectations do you bring with you regarding this therapy? It is known that in any therapy a part is effective as placebo (3).

As a therapist I have experience with this special kind of magnetic field therapy for more than 10 years and I also write about it in professional journals. The probability of a positive effect on you can only be stated if I have done my job properly and have carried out a detailed anamnesis (conversation with you to find a diagnosis and therapy) and have received detailed answers to the questions asked. Demand the time for doing this from every serious therapist. If it is not offered, do not let yourself be treated there.

### Resources:

- (1) <https://www.cdc.gov/csels/dsepd/ss1978/lesson1/section10.html>
- (2) Liboff A R: Medical Problems Arising from Solar Storms; In: Bioelectromagnetic and Subtle Energy Medicine, CRC, Rosch PJ (edit.), Boca Raton, FL; CRC Press 2014, 2. Auflage, S. 401-10
- (3) [https://www.dropbox.com/s/k2kq2uy5xj0kez8/Comed\\_EMFelder\\_Oktober2020.pdf?dl=0](https://www.dropbox.com/s/k2kq2uy5xj0kez8/Comed_EMFelder_Oktober2020.pdf?dl=0)

Dr. phil. & HP Cornelia Renate Gottwald, Your Holistic Health Coach since 2006  
Von Eichendorff Ring 10 a, D - 84405 Dorfen, Phone 0049-8081-9158, [www.best-in-balance.de](http://www.best-in-balance.de)

