

STUDY “ESOGETIC MEDICINE”

Therapy: Color Puncture

Study Topic:

Continuous insomnia in children (up to the fifth year of age)

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Study Manager:

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Difficulties with falling asleep and sleeping through the night are very often found in children. The frequency of sleep disturbances in children at preschool age is 10 to 20 percent.

Up to now, there are few clinical studies regarding the therapy of sleep disturbances in children. Largo describes a study with 52 children, who are up to three years of age. A healing rate of 65 percent was reached with a therapy developed out of discussions with parents and sleep patterns, which the parents themselves prepared for their child. The duration of this therapy was between two and maximum six weeks.

However, studies regarding reasons for insomnia in children were done more frequently. A. Kahn and co-workers have examined 146 children under the age of five. All these children suffered from continuous insomnia. The most serious reason by far was physical strains (85 percent), which was mainly due to wrong behavior by the parents (58 percent). Other reasons were exaggerated anxiety by the parents (14 percent) due to limited causes of the child’s personal environment (5 percent) and indigestibility of cow’s milk (17 percent). The authors have not indicated the time period of the behavioral therapy until the insomnia was cured.

Other studies describe the therapy difficulties of continuous insomnia, which involve the long healing periods and a remarkable commitment of the therapists and the families affected.

Subject of the Study:

- * This study was carefully executed over a period of three years (1989 through 1992).
- * This study included 80 children – 50 boys and 30 girls.
- * Grouping of age:
 - one year and younger: 16 children (20 percent)
 - between one and three years: 54 children (67.5 percent)
 - between three and five years: 10 children (12.5 percent)
- * All children suffered from specific sleep disturbances.
- * All children were symptomatic for at least three months before the study began.
- * 71 children suffered from continuous insomnia and 23 children suffered from trouble with falling asleep (in 14 cases, both symptoms were associated).
- * The sleep disturbances occurred every night.
- * A medical cure was tried with 19 patients (23.75 %) before color therapy was applied.

Since the children were treated by other pediatricians, an examination was not carried through. After a case history, the patients were treated with color puncture according to Peter Mandel.

Method

The Color Puncture Therapy of the esoteric medicine was applied. With this therapy, skin points of the traditional Chinese acupuncture and further energy points and zones discovered and defined by Peter Mandel are radiated with a colored light source. The contact between photons and energy points effect a resonance of the cellular biophotons and this way forwards information to the central endocrine glandular system. This sends specific information to the competent brain structures and balances out the misinformation, which the disturbance effected.

In this study, we treated with red light (in the central frequency of the red light spectrum) on both acupuncture points kidney 1 and with violet light (in the central frequency of the violet spectrum) on the points Yin-Trang, KF20 and KG19.

The duration of the treatment was one minute per point. The entire duration of the therapy was five minutes. We used a PERLUX B111 therapy apparatus for the color puncture application.

Course

152 treatments were necessary for the 80 patients – on average 1.9 treatments per child. The treatments were repeated in intervals of 7 to 15 days, if an improvement or cure did not set in in the meantime. The maximum therapy duration was 4 weeks.

Definition

Disturbances in falling asleep:

The child falls asleep approximately two hours after it has gone to bed.

Continuous insomnia:

For a period of at least four weeks, the child wakes up two or more times during the night and wakes up the parents.

Improvement of the symptoms:

The frequency of waking up has reduced to at least half. The parents' sleep is no longer disturbed as much.

Cure:

The child falls asleep within thirty minutes after having gone to bed and sleeps through the entire night.

Results

Healing success:	in 45 patients	56.25 percent
Improvement of symptoms:	in 30 patients	37.50 percent
Without success:	in 5 patients	6.25 percent

Positive results, which means cures or improvements were reached in 93.75 percent or with 75 children.

Summary:

In comparison to other treatment methods of the continuous insomnia in children, the color puncture of the esoteric medicine is an extremely quick and effective treatment method. Furthermore, it is harmless, simple and painless.

The result of the therapy is visible a few days after the treatment. This allows a physical recuperation for the child and the parents and therefore a restoration of a positive psycho-emotional relationship.