



Content from the 33rd Video of
"Dr. Kono's Dementia Video Channel"

Vibrations Heal the Brain



Think of Health at the Elementary Particle Level and Adjust the Vibrations

I will talk about "vibrations" that have a major impact on the human body. Vibrations are a phenomenon in which similar patterns propagate through space. The human body is composed of innumerable elementary particles, and the wavelength of these elementary particles that are constantly moving like waves determines the state of one's health. Bad sound vibrations can make you more susceptible to becoming sick, and good sound vibrations can treat illnesses.

Everything in the universe has its own unique frequency, and certain frequencies resonate with life and promote growth. A good frequency for humans is 528 Hz, which is said to repair damaged DNA. It is no coincidence that the Beatles hit song "Imagine" and religious music have a tonic of 528 Hz.

"Bioresonance" refers to vibrations being applied from the world of physics to medicine. Bioresonance stems from bio (biological) and resonance (the production of a sound as a result of vibration). One can measure and treat the energy of the body by subjecting the body to a specific resonance. The specific frequency of each internal organ is applied, the cause

of the internal organ disorder or illness is measured from the deviation in the frequency, and the deviated frequency is adjusted (the vibrations are adjusted) for treatment. Invented by German physicist Paul Schmidt in 1976, the "Wave Motion Measurement and Treatment Device" is still used as part of treatment in Germany.

The Effect of Ultrasound Vibrations

Ultrasound is generally said to be a high-frequency sound that is inaudible to the ear. My clinic also has ultrasonic devices for treatment. Here I will report the results of having 315 patients with cognitive and developmental disabilities use an ultrasonic device only once.

What I would like you to focus on is the fact that the ultrasonic device

was used only once (20 minutes) and yet 53% of patients evaluated it positively. As more than half of the patients suffer from impaired consciousness such as Lewy body dementia or epilepsy, I think this ultrasound has an arousal effect on the brain. The main test items that showed improvements were liveliness, speech, and eyesight, while some of the patients said that the ultrasound had a calming effect. When asking the 143 patients, who said they experienced a positive effect from the ultrasound, about the duration of the effect the most common answer was 2 to 3 days (48 patients), while 41 patients said the effects continued for 2 weeks to a month or more.

My YouTube channel also showcases some before and after videos of patients. For example, a 59-year-old man who has had Parkinson's disease



Doctor
Kazuhiko Kono



Nagoya Forest Clinic



Dr. Kono's Dementia
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for 20 years showed a significant difference in the way he walks thanks to the ultrasound. Although it may not be applicable to everyone, the effects of ultrasound on the brain can deliver outstanding results. I also introduce changes in building block-related activities and the walking of patients with symptoms such as dementia and epilepsy.

There are two types of sounds, ones that are good for the body and ones that are bad for the body. Sounds, like those recorded on a CD, that are digitized by editing out some frequencies tire out the body and have a negative effect on one's body and mind. A typical speaker produces sound by artificial vibrations. However, the development of a speaker that sees a hollow straw fiber layer placed in front of the speaker to convert the sounds to natural sounds is making strides, with the Chinese government adopting this method for dementia treatment in 2019.

"Transcranial Electrotherapy Stimulation" that Stimulates the Brain with Electromagnetic Waves

Along with ultrasound, electromagnetic waves are making headlines as a type of vibration that can be applied to medicine. Electromagnetic waves are waves (vibrations) that propagate through changes in electric and magnetic fields. Light and radio waves are also types of electromagnetic waves.

The hypothalamus has an arousal center, but the neurotransmitters involved with the arousal center are unknown. It is speculated that the hypothalamus may emit electromagnetic waves to other areas of the brain in order to keep the entire brain aroused.

In other words, it is speculated that the hypothalamus is the center that controls the entire brain not only with neurotransmitters but also with vibrations such as that of electromagnetic waves.

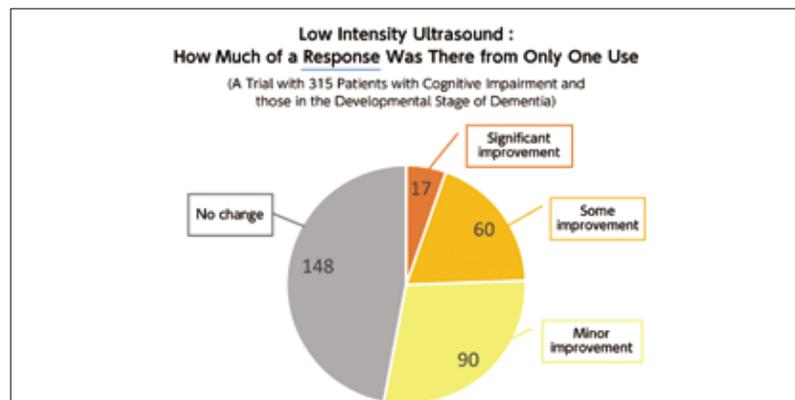
When stress causes the abnormal activation of certain circuits in the brain that have a certain frequency, it has a negative effect on the brain. "Transcranial electrotherapy stimulation" destroys the activated circuits by using electric current. This treatment method, in which eight electro-

magnets are placed on the patient's head and a direct current of 1 mA is passed between the electromagnets, is effective for insomnia, depression, and addiction. This method is said to be more effective than antidepressants and have no side effects.

A Message from Dr. Kono

Some people just assume that vibrations are unscientific because it extends beyond quantum mechanics to the spiritual world and religion when you really dig deep into it. However, one ought to know the reality that advanced quantum mechanics is already close to the world of spirits and vibrations.

I am grateful that the patients whose brain function improved dramatically with just 20 minutes of ultrasound pushed me to study more about vibrational medicine and gave me this learning experience. I will continue to research the two major future medical treatments of vibrational medicine and fasting medicine and provide them to everyone in a patient-friendly form. Let's ensure we are equipped with the wisdom to maintain our health and immunity and treat ourselves without resorting to medication.



Aiming to Prevent Dementia with Proper Exercise and Stress Reduction



Hetero Clinic
Dr. Keiko Kinomoto

At present, there is no way to “completely stop ourselves from getting dementia.” However, research has gradually revealed ways in which we can become less susceptible to suffering from it. We sat down and spoke with Dr. Keiko Kinomoto of Hetero Clinic (Kamakura City, Kanagawa Prefecture), who has set up a “Dementia Prevention Outpatient Department” and provides exercise programs that are said to be effective in preventing dementia.

Prevention and Early Treatment are Important in Winning the War against Dementia

It is said that one in five elderly people have dementia and about one in two people aged 85 or above have dementia.

Dementia imposes a heavy mental and physical strain not only on the patient but also on their family.

Alzheimer’s disease is the most common cause of dementia, but there are some diseases that can be treated. I recommend that you get tested properly at least once.

That being said, many types of dementia are difficult to treat at a fundamental level, so it is important to prevent them and stop their progression by getting treatment early on.

The Two Keys to Preventing the Onset of Dementia Are Proper Exercise and Reducing Stress

Most of the people who visit us at the Dementia Prevention Outpatient Department of the Hetero Clinic are those who do not yet fully suffer from dementia but are beginning to worry about forgetfulness or are in the early stages of dementia. Our medical treatment focuses on doing proper exercise and reducing stress.

Our basic course is a combination of using the ultrasonic head massager “Ultra-ma,” the exercise program “Sense Up Work,” and emotional counseling.

Stress is a brain nerve cells’ worst enemy. I think that people who are healthy and strong even when they are old have less stress.

Even if you try to reduce the amount of stress you are under, it is often difficult to do it by

yourself.

Therefore, at our Dementia Prevention Outpatient Department, in order to reduce stress, emotional counseling is provided on the patient’s first, fifth, and tenth visit.

“Ultra-ma” increases the effect of this counseling.

At our Dementia Prevention Outpatient Department, patients are asked to take “Ultra-ma” first. “Ultra-ma” not only has a relaxing effect but also increases blood flow in the brain.

Next is the “Sense Up Work” exercises. Exercise is the most effective at increasing the number of nerve cells in the brain.

In this “Sense Up Work” program, you will be asked to perform simple movements while paying attention to all kinds of muscles throughout your entire body. Experiments with mice have also shown that focusing attention is effective in growing nerve cells.

As excessive exercise can be counterproductive, you should make simple movements while focusing on your body to grow nerve cells.

Exercise also reduces stress, so you can expect a synergistic (compound) effect by combining these three.

Dementia Prevention That I Encourage You to Do at Home

Not only what you do when you are diagnosed with dementia, but also what you do day to day is important in preventing the onset of dementia. There are three things that I want you to be particularly conscious of in your day-to-day life: sleep, exercise, and breathing.

Sleep is important in order to prevent dementia. During sleep, substances and waste products that cause dementia are excreted. Not only that, but a lack of sleep can make you more vulnerable to stress and more irritable.

If you’ve slept for a long time and still feel tired the next day, the quality of your sleep may be poor.

Balancing the rhythm of your lifestyle, adjusting your bedroom environment, and making positive changes to your bedding will improve the quality of your sleep.

Be aware that eating or drinking alcohol before you go to sleep can reduce the quality of your sleep.

Also, as I mentioned earlier, exercise is very good in helping to prevent dementia. It is said

that it is more effective to exercise for 30 minutes or more twice a week than to do vigorous exercise once every 10 days. How much exercise is good for you differs depending on each individual. It’s a good idea to do exercise that you can keep up without overdoing it.

Breathing is a very good way of balancing your autonomic nerves. The autonomic nerves work regardless of whether you want them to or not. For example, your heart keeps beating while you sleep, but you can’t stop it or beat it on your own accord.

The exception to this rule is breathing. Breathing muscles are controlled not only by the autonomic nerves but also by the voluntary nerves that work according to your will. You do not stop breathing while you sleep because your autonomic nerves are at work, but you can consciously stop breathing and change the speed of breathing through your voluntary nerves.

Thus, changing how you breathe will also stimulate the autonomic nerves. For example, if you breathe slowly and deeply, your parasympathetic nerves will take charge and you will relax.

Sleep, exercise, and breathing are all important, but trying to improve all three at the same time may cause stress. You may want to start with the one that seems easy to tackle.

Recent studies have shown that the abnormalities in the brain that cause dementia begin 20 years before the onset of dementia. Given that the risk of developing dementia increases in one’s 60s, from our 40s and 50s, we should shift to a lifestyle that is conscious of preventing the onset of dementia.

Start your life with an eye on preventing the onset of dementia today so that you can continue to live life on your terms.



Hetero Clinic

DATA

Internal Medicine, Neurology, Psychosomatic Medicine (by appointment only)

☎ 2-9-11-5 Hase, Kamakura-shi
☎ 0467-53-8731
@ <https://hetero-clinic.com/>