

ME Research Study using the SoeMac

Extract from Interim Report by R. Dempster – July 2015

Summary findings so far.

Of the 12 people to complete the initial 8-week Study period (6 weeks with the SoeMac plus 2 weeks wash-out), all have shown some benefits or other, although we are not yet ready to advise that in all 12, the benefits are conclusive. Improvements were specifically noted in many of the Study group in better sleep, mental alertness and cognitive thinking. We are very encouraged by the findings, and have extended the Study period, and observe continued and progressive improvements. It is a very exciting time. Here are my notes of what we have learnt so far;

Study overview.

We sought volunteers from the Nottingham and Mansfield ME support groups. The people on the Study are mainly acute sufferers of the illness, are a variety of ages, and have suffered for different periods of time. It was decided not to have a control group with placebo machines, due to not wanting to waste a person's time, in this initial study. 16 people applied for the study, and 12 play an active part. Of the other 4 people, 1 chose not to start, one encountered problems in both using the SoeMac and recording the information, so was discounted, and the other 2 were actually Fibromyalgia, and not ME, sufferers (of these, 1 has shown benefits, 1 is neutral).

The study has not been finalised and there is some way to go before all the figures can be analysed and full results reported. This first study period of 6 weeks with the SoeMac was too short, and the time has been extended for some people. What we got was an indication of the benefits, and now the longer Study period is giving far better, and consistent, results and more information.

Future studies will need to last longer, probably for as long as 6-months, as it has become clear that the Fatigue related conditions are complex, affect different people in different ways, and respond to the SoeMac in different timescales.

Learnings from the Study.

1. The SoeMac does and can react with the symptoms of ME/CFS in a positive way.
2. There were no reports of any negative reactions with any prescription medications.
3. It is a gentle treatment that can be regulated by the amount of time using the SoeMac.
4. Benefits from the SoeMac can be overwhelmed by chronic pain levels, which need to be controlled first by pain medication.
5. The SoeMac is not a one stop treatment; life-style, pacing energy levels, environment and diet are all important, and cannot be ignored. It should be seen as one of a number of tools in the toolbox used to counter this condition.

6. Other illnesses or conditions can and will slow down progress, as they would with any person having these complications.
7. The treatment pathway is different from anything you can get from the medical profession at this time, and works on the body as a whole, not just on one part.
8. The ME/CFS illness appears to be reversible; no permanent damage has seemed to occur that would make this impossible.

The Body systems.

1. Systems related to detoxification of the body, in the removal of waste products and toxic element build up, requires a lot of energy to remove some of these elements of gas, ion channel flow, and chemical wastes from processes in the body.
2. The autonomic nervous system which monitors and controls all the back ground functions and responses of both glands and organs. The study has noted there is a homeostatic balancing to this system from the treatment which can help the heart, lungs, stomach, brain, stress, memory and sleep to varying degrees.
3. The nervous system synapses in reducing pain and the messaging of the nerves themselves are working better.
4. The lungs in function and clearance of mucus.
5. The blood circulation as a whole, but also in the smaller vessels, which also includes the brain and allows the heart to function with less effort and the health of haemoglobin to move through those smaller circulation systems.
6. Oxygen supply via the haemoglobin is noted to improve, perhaps due to the better blood circulation and breathing. This is more important in supply to areas of the brain which has been a problem for ME/CFS people. The Haemoglobin level was tested (low) in 1 person before the Study, and then after using the SoeMac, the level was normal, which may or may not be an indicator of a rebalancing of the oxygen/haemoglobin system. Blood-oxygen saturation levels were tested on a number of people within the study, and all were normal.
7. The muscles in ion channel flow and PH, which allow better recovery times from fatigue.
8. Immune response to viruses is noted to be improved with regard to recovery times.
9. A general balancing and small increase in energy levels. Whether this is due to all of the above or not is unclear, but there is an improvement when using the SoeMac. Due to the nature of the illness affecting the whole body this may show a slow progression that builds up over time.
10. A major metabolic boost in both energy and cognitive thinking can be produced by a certain use of the SoeMac, which lasted from 2 hours to 4 days, without the normal payback of fatigue or other side effects. It was possible to plan and repeat this process, and create a positive spike in energy levels when required. This has only just come to light with this study, and is a new development. The theory behind this is quite straight forward, and is being researched further. We hope it will help future users of the SoeMac to be more effective.

Study details.

Of the 12 people on the Study,

5 people have finished the 8 week study period, all showed positive indications to different systems being affected: pain control, improved sleep, mental alertness, breathing better, detox, slight energy uptake to varying degrees. Due to the short time these people spent using the SoeMac, it is difficult to be categorical that their improvements were obvious enough, but much was learnt from the results and information given. This has been very valuable with regards to medication reactions, life style impact, reaction to the symptoms of ME/CFS and areas in which the SoeMac impacted the illness. There were no negative indications.

2 people are in the early stages of the study but have used the machine for a period of time. Due to life getting in the way one person has only recently started the full study, but has reported positive results helping her over a difficult period. The other person has completed parts of the study and reported positive results, but due to complications of food intolerance the results have been disrupted to the degree that a full study will have to be restarted at a later time. I am continuing to work with her to resolve her health problems.

1 person has been doing the study for a longer period and has reported positive results, but I do not have all the study information paperwork, which I hope I can resolve at a later date.

The last 4 people are on the extended research study period. (All have acute ME/CFS). 3 people have been on the study from 15 to 18 weeks, all are now showing positive overall results to general health for which the benefits are still increasing in the areas which will be noted below, and the uptake in health increased from week 10, and although their health is still poor in normal terms, the results come as a massive relief to them, and their ability to do more, think more clearly, and enjoy a better quality of restful sleep, with reductions in pain and other benefits as part of a stable progression. 1 person is at the 8 week period with some positive indications of improvement that are not yet conclusive, but are likely to start in the weeks to come, in line with those above.

Deatiled observations from the group of 12.

1. Detoxification. 8 people, gas in early weeks, muscle clearance later weeks.
2. Breathing better. 3 people, not normally noticed if lungs have normal function. By the 3rd- 4th week.
3. Sleeping better. 11 people, deeper longer more refreshing sleep, which leads to feeling rested and alert when waking. Occurred in early weeks, and continued to improve over time, giving increased benefits.
4. Blood circulation improvement. 7 people, 1 person showed major benefits from this in circulation to feet and general health. All showed an increase in mild terms of oxygen supply and wellbeing. From the early weeks onwards.
5. Pain reduction. 6 people, there was a general reduction in pain levels across the group which was quite marked, and showed a gradual improvement from the early

weeks onwards. The pain level increased when usage of the SoeMac was stopped. The lowering of meds was possible in some cases.

6. Alertness and cognitive thinking improvement. 9 people, the improvements to the brain environment in blood supply, sleep, autonomic function and others. It did help the mental process and ability in clearer thinking. The later weeks showed the biggest benefits of this.

And from week 6 onwards.

7. Muscles relaxing better and less stiffness. 6 people, improved in longer term, allowing for extra stretching exercise or use.
8. More stable activity levels, 4 people, allowing for new things to be done without the fatigue payback. This includes both mental and physical activity.
9. Recovery from colds reduced by an estimated 50%. 2 people,
10. Heart and breathing response to exercise. 1 person,
11. Temperature control of body improvement. 2 people
12. Slightly better energy levels over the day from base line. 5 people,
13. Food intake and more interest in food. 2 people,
14. Improved migraine control. 1 person,
15. Better management of stressful conditions, 3 people,
16. Major metabolic boost to ME/CFS symptoms. 4 people have experienced this so far; they say it is like going back to before their illness (2 people). The other two had a large increase in energy levels beyond which they could ever hope for, which lasted a number of days. At the end, it resulted in a slight tiredness, but there was no fatigue crash or payback, which would have been the normal expectation. It seems this process can be repeated and planned for.

Possible side effects and reactions noted.

1. Light headedness, dizziness. (mild) early weeks of study, which did wear off.
2. Headaches (mild) but only in early weeks.
3. Upset Stomach. 2 people, 1 of which had existing food intolerances, showed sensitivity to the SoeMac. People with IBS were not affected to any noted degree.
4. Increased pain levels. 1 person. In first 3 weeks, and then resolved to lower levels, and then improved altogether. Currently on the extended study period. (She did comment that her body did normally react quite negatively to any new change).
5. 2 people reported being disturbed by the red light and noise from the machine when sleeping, and it is deduced that those with hyper-sensitivity, may be disturbed by this.

Summary of results

I performed in-depth desk research on many papers, into the cause and effect of the ME illness symptoms, and then aligned this to the pathways and systems of how the SoeMac works and influences the body, so as to understand the observed benefits, as a logical process. In the early weeks, 1 to 6 there was some response to the ME symptoms, and this was a very helpful start to the research. In weeks 7 to 18 these results have become more stable. It does indicate that changes to the symptoms in the earlier weeks, need time to allow the body to start a process of healing.

Here are two theories of why this may be so.

1. Haemoglobin live for about 17 weeks, if new ones were better on day one, it would still take 17 weeks in order to complete the cycle of clearing all of the original haemoglobin.
2. An immune response from the body would produce anti-bodies into the system; it would still take 4.5 to 6 months for the anti-bodies to clear the system to that response. It is clear there is a logical time line to the process of the body healing.

The positive results are in areas that are important to the pathology of the illness, and therefore show the potential to help all symptoms of the illness in the longer term. Of the 3 people at 15- 18 weeks, 100% show positive gains in these areas and are stable and continue to improve. No limit to the treatment has been reached to date.

The negative impact of treatment with the SoeMac has been shown to be limited, with no major side effects or reactions to medication and other conditions/illnesses, some quite serious. It has been shown to be safe in its use.

For people with ME/CFS the signs are very encouraging, so far, in having an impact on this illness. While much more still needs to be done, both within this study and future ones, so much has been learnt that we will start to bring more positive outcomes in both help and relief to these people.

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