

Life Spirit

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Pathways to Body, Health & Harmony

MAGAZINE

Debbie Chappell
*Listening to the
Real Problem*

*Spirituality
in the Pub*

**Seasonal
Adjustments**

Cool Foods, Hot Foods

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FORUM TECHNIQUE

Put it to the Test

LISTENING to the Real Problem ..

When a doctor told Debbie Chappell to 'have a baby to sort out your woman's troubles', she lost her faith not only in the medical system, but also her own ability to survive.

The already slim Debbie dropped 7kg to 45kg and started suffering panic attacks.

Despite exploratory surgery and treatments from five doctors and specialists, the pain, the weight loss and the panic attacks became worse.

The once outgoing and energetic TV and radio publicist was trapped in her home by pain and panic.

"I spent thousands and thousands of dollars on doctors and they diagnosed anything from irritable bowel to infected pelvis from an infected IUD.

"But as much exploratory surgery and drugs they tried, I only got worse.

"Once, while I was sitting in the waiting room, I overheard the doctor and specialist discuss my condition and decide that they should just pump me full of antibiotics.

"I realised they didn't care.

"The doctors couldn't find a disease so they couldn't prescribe a treatment.

"One doctor said I should go and have a baby — and then my period pains would go away!"

Debbie also tried a number of natural therapies.

She found some natural therapists were as rigid in their prescriptions as doctors.

"My cupboard looked like a dispensary with various vitamins, minerals and chinese herbs.

"In hindsight I recognised these therapists had fallen into the trap of the doctors of pushing their prescription rather than trying to find the real problem."

Acupuncture provided the first real relief.

Debbie was referred to an 'aggressive' acupuncturist, who also used iris diagnosis, who used charged needles for 50 minute sessions three times a day.

But he was in Perth, which required Debbie to go through immense pain and panic attacks, as well as cost, to fly from Sydney.

Acupuncture had given her a few days relief — and then she relapsed.

But that suggested that going to Perth for aggressive treatment might extend the relief.

It did — for six weeks.

There was a missing link not yet found, but some hope of relief.

A friend suggested Kinesiology and Debbie and her partner Steve did a course.

Just to get to the course meant a trip across Sydney's harbour bridge — and that meant a major panic attack for Debbie.

She had a private session, which at least cured her fear of going across the bridge.

"I really trusted the therapist because I was fine coming across the bridge after the session.

"Somehow that trust meant I was more receptive.

"Instead of being closed to any treatment, I started to accept the treatment and accept I could get better."

During the Kinesiology course, Debbie and Steve heard of a *LISTEN* technology.

They had to go to Queensland to see what it was about, but Debbie tried a few sessions.

LISTEN is a computer based system that uses vibrational analysis to gain biofeedback to find imbalances and problems in the body.

While it has been actively researched for more than two decades, only a few machines were in Australia.

After the sessions, which raised a number of issues, including some not raised in her six years of searching for relief from her problems, she was put on a course of vitamins and minerals.

Debbie Chappell descended from an effervescent publicist to someone trapped in her home by pain and panic.

After six years searching she found her problem — and her health.



"I thought, here we go again.

"But two days later I felt different.

"I felt fluey and really spaced out — but it was a wonderful spaced out.

"Obviously my body was de-toxing.

"Then my digestive system settled down, my back felt better, my periods were great and I was a lot calmer.

"Over a couple of weeks I got my life back again.

"I was still not 100 percent, but I got an understanding that my body was out of whack."

Further sessions led to further relief — and raised an interest in studying the technology.

"One of the issues LISTEN raised was asbestos.

"My father was a plumber and used asbestos lagging, although I'd never put one and one together before.

"Just the fact LISTEN raised this issue gave me hope that we were getting to the heart of the problem.

"The computer was listening to my body.

Friends saw her recover from a cot case — and wanted to know how!

"I felt the guesswork and the 'tick a box' diagnosis was being replaced by something unbiased listening to my body.

"But my problem was not just medical.

"I'd had an interesting childhood and maybe an emotional reaction about this had helped flare up my body's reaction.

"The LISTEN sessions found stress in my system that was from my mind as well as my body being well out of balance.

"All the surgery did not work previously because it was not taking the emotional issues into account and a number of therapists were only looking at their areas of interest and not the broad emotional and physical issues.

"If there was ever a person who needed genuine wholistic diagnosis and treatment, it was me in my situation from the late 1980s to the mid 1990s."

After the initial LISTEN session, Debbie was prescribed a number of homeopathic

drops, including Bushflowers and acidopholis, plus vitamin supplements and some food to stay off for three weeks.

When she went back to the therapist after three weeks, he naturally asked how she was feeling.

"I said that he didn't have to test me because I could feel that it worked.

"I just said a very big Thank you."

It took further courses of homeopathy and diet to regain her health.

Friends who had seen her turn from effervescent to a cot case — and then saw the remarkable recovery — wanted to know how.

Debbie and Steve also wanted to understand what had happened so began intensive study into the *LISTEN* technology and Kinesiology.

They eventually became qualified practitioners and bought a *LISTEN* machine, largely to test themselves and their friends.

It was a case of the patient being so impressed by the cure they became a practitioner.

Debbie and Steve have a lot of business people as clients.

"They see a computer that analyses for 25,000 problems — it's what they can relate to.

"It's just a tool to find out what the body needs, but it takes out the personal practitioner bias.

"We had a man come with a neck right out of position and real pain.

"He'd been to six chiropractors and neurologists, but they couldn't find the problem because they were looking for a bone or nerve — a mechanical problem.

"*LISTEN* found a high level of toxins and questioning revealed that he worked with poisons. When that issue was sorted out and he de-toxed, the neck problem was fixed. It wasn't a mechanical problem at all.

"That sort of thing happens all the time.

"My own experience shows you've got to search for the real problem and be willing to try remedies — there are plenty of alternatives.

"Medicare gives doctors 10 minutes with a patient, which might include one or two minutes listening to them.

"We spend 90 minutes with a patient trying various tests with the *LISTEN* — and just talking with them.

"It's a better search for the real problems.

"If I hadn't searched, I could still be trapped in pain and panic." ■



What is the "LISTEN" technology?

The *LISTEN* technology is electrodermal screening.

It combines eastern and western medicine with computers, electronics, homeopathics, acupuncture, herbals, anatomy, physiology and chemistry.

EDS uses an ohmmeter circuit and a stimulus.

By contacting the skin with probes from the ohmmeter (generally in the fingers), the operator measures resistance across the body.

By introducing a stimulus, such as a sound, smell, sight, force (or generally) electromagnetic field, the operator measures any change in the resistance in the presence of the stimulus.

In EDS, the resistance measurements show a pattern that can be interpreted as

an energy balance or imbalance.

Because the body is made of different materials with electrical properties — and these can vary according to the condition of the body part — EDS can detect variation from normal.

In a *LISTEN* session, the client holds one end of a circuit in one hand while the operator places the probe into parts of the hand (like an acupuncturist) and the computer measures the resistance to the minute electrical force through the body.

The computer then matches this resistance to a catalogue of 25,000 items in its memory.

The session takes 90 minutes on average because the operator has to run through all areas of the body and hone into those showing most imbalance.

Further testing hones into various maladies that the computer suggests.

By talking with the client, the operator can use the computer to find any pattern of imbalances and suggested maladies.

It is then up to the practitioner (who may or may not be the operator) to suggest remedies.

There are 75 *LISTEN* machines in Australia. Of the 15 in Sydney, three are operated by medical practitioners and many are used by chiropractors. They are being used in hospitals in the USA.

Every six months the computers are updated to pick up any new drugs or problems which may affect the body. ■