

**Chapter 2 .... The Roadmap and Compass Background Information on C.E.D.S. – To deepen understanding and appreciation of these screenings**

As the purpose of this book is for you to find a way to see yourself as a whole and to hopefully assist you in your personal growth journey, I still find it necessary to get into the history of CEDS.

It is important for you to understand it's origin and that it isn't just the latest trend and that it has indeed been available for some time now. (See timeline included below for major influences and developments along the way). It's popularity is also growing fast for very obvious reasons, once it is understood and appreciated for what it is and presents to us regarding our own body's health secrets, natural processes and inner wisdoms.

\*\* NOTE: I will attempt throughout the remainder of this guide, to refrain from using too much medical and complex terminology, as the purpose of this book is not to be a 'textbook', just an informational source for you to use in your comings and goings, introduction and growth, with these processes in your life, circumstances and situations.

It is time for some introductory comments on computerized electro dermal screenings or CEDS, how these screenings and processes developed through time and what they can do for you.

CEDS first began back in early Chinese medicine. As mentioned earlier, as you trace the path, development, influence and impact, even synergy of Eastern and Western medicinal practices, philosophies and healing disciplines, an exciting interaction and combination started to emerge, known today simply as 'integrated' or holistic medicine.

Here is a summary timeline to give you some insight on the history and origin of C.E.D.S.:

<b>2600 B.C.</b>	<i>Chinese medicine and Eastern philosophies texts with concepts of balance (in body, systems)</i>
<b>1600 B.C.</b>	<i>Egyptian Herbalism (numerous text)</i>
<b>400 B.C.</b>	<i>Hippocrates</i>
<b>1775</b>	<i>Electrophorus invented by Volta</i>
<b>1791</b>	<i>Galvani – electrical features of frog legs</i>
<b>1794</b>	<i>Volta – first battery invented</i>
<b>1827</b>	<i>Ohm's law</i>
<b>1953</b>	<i>Voll invents EAV or EDS</i>
<b>1952-55</b>	<i>Homotoxicology presented by Reckeweg</i>
<b>1972</b>	<i>Conductance point research (Tiller)</i>
<b>1974</b>	<i>FDA rules acupuncture non-scientific</i>
<b>1973</b>	<i>Skin conductance measurements can show changes in psycho-physiological functions(Darrow)</i>
<b>1975</b>	<i>Motoyama presents the functions of "Meridians" in the body</i>
<b>1977</b>	<i>More significant research studies on conductance point (Recihmanis, Marino, Becker)</i>
<b>1977</b>	<i>The body has a language all of its own – now scientifically proven ( Grinder, Bandler, Andreas C &amp; A)</i>
<b>1979</b>	<i>FIRST CEDS generation technology/software onto the market(Clark)</i>
<b>1981</b>	<i>First generation ACCUPATH 1000 device launched</i>
<b>1983</b>	<i>Second generation Interro device launched</i>
<b>1984</b>	<i>Isotope trace of conductance points (Darras)</i>
<b>1988</b>	<i>Bio-photon research (Popp)</i>
<b>1989</b>	<i>More isotope trace of conductance points (Mann and Mann)</i>
<b>1989</b>	<i>Third generation Biopath device launched</i>
<b>1993</b>	<i>Panel report on Bioenergetics (Rubik)</i>
<b>1996</b>	<i>FDA reclassifies acupuncture needles to Class II devices</i>
<b>1996</b>	<i>IEEE studies published on clinical application and science of CEDS</i>
<b>1998 to current</b>	<i>Fourth Generation DCM devices</i>

**Figure: History and Origin of CEDS**

To understand the proud history and legacy of CEDS, you need to recognize and embrace a fundamental truth underlying these processes, techniques and screenings. The science and rationale behind it has come a long way, based on studying and unearthing the facts that all living things rely on the efficient storage, transduction, and use of energy.

Many also call these processes and screenings, part of the discipline of ***transformational, total wellness or holistic therapy***, (also referred to as integrated medicine by many).

It is an innovative mixture of health and balanced living, medical sciences and practices from around the world and across the ages. Forms of it, like 'energy-therapy', electro-acupuncture, EVS/EDS, all draw some of its essence and inspiration from years of ancient medicine and wisdom, calling on both Eastern and Western philosophies and practices in the process. In the here and now, these are put together, to optimize technology and medical sciences at our disposal, to treat, heal and restore balance in our bodies and lives.

These CEDS-type healing disciplines, screening, efforts, options, promote and advocate:

- Dealing with you as a total being and person, not merely as a sum-total of your parts and/or partial, disconnected, separate test results.
- It proposes an environment and atmosphere where safety and support, relaxation and understanding the process, results and implications for your health and life, even coming up with remedies, are all part of this whole/holistic and comprehensive process.
- It does require acceptance and an integrated understanding of the whole person.
- These methods and channels help open one's heart to love and life, as well as balance and healthy living once again. It does so in a simple fashion, with practical steps and advice to follow that is grounded firmly in the findings of science, ancient practice and modern technology.
- It forms a roadmap or path to in-depth healing, making the most of what nature has given and will provide for us – helping to make a significant difference in our lives.

IT IS ALL ABOUT BALANCE and THE ART/SCIENCE, SKILLS AND MASTERY OF THE ABILITY TO BALANCE, THAT MAKES THESE SCREENINGS SO POWERFUL AND EFFECTIVE!

For those who are curious about the nature and development of CEDS, there are lots written and published on the topic. It is based on anatomy, physiology, cell theory, germ theory, Hering's law, Homo-toxicology,

Ohm's law, Electron theory and other principles and practices. There are numerous practitioners specializing in different fields, disciplines and applications, worldwide (I will come back to these later throughout the text).

Most practice and prepare for holistic and/or alternative healing disciplines and niche specialties like Bioenergetics Analysis for example:

**(DEFINITION: Bio-energetic analysis integrates the body with the mind and the emotions through a relational, somatic psychotherapy, relational and energy, healing discipline and practice).**

CEDS gives voice to some of these physiological occurrences in our bodies. It measures the response(s) of the body to energy. Conductance and resistance both 'show' these balances and imbalances. It makes it visible and measurable.

Sometimes our body holds tensions, blocks and bundled energies, hidden from plain sight, that can easily be 'spotted' or pinpointed in and through these screenings. Consciously or unconsciously, these energy fluctuations, can easily work and sabotage our efforts at balanced and healthy living. They **do** jeopardize our health and longevity! No question about it! As you read through this text, you will start to see why and how this actually happens.

Through these screenings, we can however identify and release, resolve and re-balance these energy and vibration issues effectively. You will have more accessible and flowing energy to discover, experience and express, even increase your potential for pleasure, enjoyment, well-being, balanced living and a bright future, than ever before. **EVEN BETTER – you will be utilizing these results, knowing what to change and how to get rid of the imbalance in your system.**

**\*\*NOTE:** Formal training and specialization are required for practitioners, across a wide spectrum of disciplines and practice areas, to operate the specialized equipment and effectively decode results, even when coming up with remedies.

For both medical and commercial use, there are training, certification and licensing guidelines, courses and regulations to follow. These professional practitioners are specifically trained to work with the relationship between the mind, emotions, and the body. They know the science, products database, results interpretation, technical terms and procedures to help you make sense of your results and remedies, **TO GET YOUR BALANCE, HEALTH and LIFE back!**

The wonder that forms part of this process, is that there are some participatory elements, self-exploration, support and encouragement involved in it as well. The processes are natural and it looks at you as an overall person, not just as another diagnostic case to be solved, by looking at parts and pieces. It is not fragmented, rather synergizing results to give a better overall picture and more comprehensive result. These facts and opportunities are yours for the embracing and taking, as you face your own path to awareness and growth! I encourage you to do so. It will change your life **FOREVER!**

We live and exist every day, our actions and condition manifested in the complex and interwoven energetic processes, interactions and vibrations of the mind and body. These screenings are firmly based in a solid body-mind approach to psychological, physical and emotional health and well-being.

It attempts to 'quantify' and give value to what we cannot see with our naked eye, in a very much

- (i) **preventative manner** – to catch the problem even before it starts,
- (ii) **corrective action**, seeing and solving, fixing and restoring the balances in your body,
- (iii) **pro-active follow-up**, doing the right things right,
- (iv) **a forward-looking perspective** as well, focused on assisting **YOU**, your total being and functioning, body and processes, through remedies. It helps you to get and be at an optimal state again.

**\*\* NOTE:** There are lots of courses and specialized training that you can take for becoming a bioenergetics Health Practitioner for example. If your interest is not for professional, but only personal pursuit and passion, there are many insights and recommendations scattered throughout this text, to help you better grasp and capitalize on these screenings as well.

As this brief overview of the history and origin clearly shows, inherent and at the base of this practices' development, these **bio-feedback type processes** (of which CEDS is but one), draw on the ancient insights, wisdom and depths of Chinese/ Eastern medicine, philosophies, healing practices and its basic principles of action.

**There are lots to master and grasp about energetic physiology, secondary routes, small circulation and the different classifications of the meridians in your body** (like the main ones and your heart).

*I will get to these and other intricacies in Chapters 3 and 4, when I take a more in-depth look at the screening processes (level I and II type screenings), how they unfold and what they can tell you about yourself, how it affects your life and what to do about it. Chapter 6 will look at the Meridians and energy pathways in your body in more detail as well.*

If you have always found yourself longing for some answers and solutions to well-being, balance, feeling grounded, connected and secure in your knowledge and existence, cherishing the wisdom of your body and believing that as one wakes up at a body level deep connections with the self, with others and the earth, wonderful things start to happen, not only in your body, but to your whole life, environment and relationships with the world and others in it. **YOU WILL BE IN BALANCE** (as you were meant to be from the start!)

Now it is time for an attempt at a DEFINITION of bio-feedback, CEDS and bio-energetics (BEM – another term often used in industry) :

**To a certain extent, it is all about utilizing and optimizing ways of understanding the total person in terms of the body and its energetic processes.**

*Bio-energetic Analysis, is but one field and discipline of application, where these screenings are especially helpful, liberating and powerful. It is a holistic form of healing discipline, that listens not only to your words, but also to what your body, vibrations, balance and energy paths (meridians) have to say. Some typify it as a kind of 'counseling' that combines cognitive work with bodywork. Experts in the field tote '**bio-energetic analyses** as capable of enabling and diminishing even anxiety and depression, overall promoting health and wellness in body, mind and spirit. This is done through **BALANCE** principles and **BALANCING** measures, agents, synergizing and harmonizing, the processes and workings in your body, in order for you to be able to live healthier and better!*

One of the base premises of this movement and various disciplines, is that there is **no fundamental separation between the mind and the body**. Symptoms reflect and create what is happening physically, and physical/somatic events, both result in mental and emotional states.

Lots of things create tension and imbalances in the body. These processes and screenings attempt to **decode and handle them effectively.**

Sometimes, you will hear practitioners advocate that these imbalances have direct effect on the energy levels of the individual, on the capacity for spontaneous and creative self-expression, and on feelings of well-being, health and balanced living.

If you are interested in CEDS and alternative holistic answers and solutions to what is going on in your body, health and life, now is the time to take the plunge...

This will be your opportunity to tap into your inner health secrets and natural potential of your body, thoughts and energies to 'heal' itself. It provides you with a holistic, comprehensive and intricate approach to dealing with illness, dis-ease and imbalances. It provides personal answers and solutions that you might not otherwise have considered.

**CEDS type readings, results and healing disciplines, revolve around the conscious integration then of mind and body.**

These methods seek out to help the individual gain greater understanding and awareness of energy patterns and imbalances and how to restore it fully. It is about optimizing the ability to experience, lead and live a balanced life, filled with joy and pleasure. Throughout these processes and screenings, methods of increasing body awareness may be suggested and encouraged. Many find this approach and recommendations refreshing and inspiring.

**To keep things really simple, there are energy field inside, outside and around us.** There are ways to pick up and measure these. These energy findings in humans and animals, can precede any physical manifestation of a symptom. Long before there is a signal or evidence or a problem, condition, illness or symptom, these energy forces have cues and clues, showing balances and imbalances that we can use to prevent, correct, treat and eliminate, restoring the equilibrium (balance) that should be there for optimal functioning, health and well-being.

Electro-magnetic forces and energy for life processes, hold the keys to better understanding and dealing with our bodies, lives and health. Responses in your body, or energy changes, can be 'registered' and be quite telling about what is going on inside your body, ***without any invasive maneuvers, testing or needles.***

All and every process in your body, needs and uses energy. It is what we need to live. Your lifestyle balance is what is being 'investigated' and measured here. Balancing or provoking an energy resistant response, is what is being scrutinized and utilized with the CEDS technique.

**CEDS uses electrons to measure resistance chances.** This tells us the story and path of energy in and throughout your body. Your skin or dermis acts as the 'conductor', as one electrode (electro – describing the nature of the process (electric/energy), is placed (mostly on your hands or feet), on various locations on your skin – therefore the 'dermal' in the naming of the procedure. The energy then 'flows' through to the other electrode, which is placed elsewhere on the body (normally the opposing hand or foot). This registers a reading and gives results. It is then up to your practitioner, to advise you about possible energy imbalances that are occurring in the body.

If you need and want help balancing your body, restoring energy equilibrium - in and throughout your human system - then this is the way to go!

Electrical resistance in the body can be measured and explained. There is no magic or mystery here. It is proven science. EDS (electro dermal screening), measures the electrical features (resistance and conductance). Computerized software, readings, results and potential remedies, all enable and empower you to actually do something meaningful about and with it!

The screenings use non-invasive, using low-risk equipment and devices , operated by a skilled, trained professional. These practitioners can administer the screenings effectively and consistently. They can get readings and results, decode them, provide remedies, even make some recommendations for restoring balance and lowering any resistance.

There are numerous devices on the market and lots of development over the past century in this field. Some of the practitioners that utilize this technology are listed in Chapter 9.

Some of the main areas of exposure and expertise includes: (in no particular order)

- Acupuncture
- Anatomy
- Biochemistry/Chemistry
- Computers and electronics
- Herbals and homeopathics
- Physics
- Physiology

... and many more.

Science, engineering and medicine all come and work together in these techniques, to provide you with meaningful screening tools, processes, products and healing disciplines, that actually work and make a difference... FOR YOU – as an individual, not just another case or 'diagnosis'!

From herbs, homeopathy, combination therapies, NAET, homo-toxicology, pharmaceutical healing disciplines and interventions, observations, meridian therapies, acupuncture, anatomy , physiology, electronics, electricity and the brain, EDS/EVA (Reinhold Voll), software and

technology, devices, measurements, to bio-energetics and CEDS, traces the path of influences, disciplines, areas of practice, science, research and development throughout the ages – there is lots to learn and appreciate.

Impact and input from all of these fields, developments, discoveries and innovations, feed into, impact and shape, what we know today as modern CEDS... **the cornerstone of integrated, holistic medicine!**

Now that we know a little more about the background and development of CEDS, it is time to move on and look a little more closely at the processes and screenings themselves.

I will take a brief look at the equipment (computer/devices like ohmmeter and signal generator), the role and function of frequency, voltage, current, resistance, conductance and how they all work together to form meaningful measurements, results to tell us a story of our hidden, inner world of energy if you will.

Consideration of the CEDS protocol and what to expect in and throughout the screenings:

- (i) Level I (identifying and base-lining the current situation in your body, resistance/conductance measurements, meridian readings, energy balances and imbalances) and
- (ii) Level II (restorative focus and therapy to deal with the imbalances, restoring equilibrium and energy balance, use of remedies and more) screenings will both get attention.

You will learn about and experience first-hand in these processes and screenings:

- which points are measured and why,
- how measurements are taken and the rationale behind it,
- why and how the process actually works to give you a reading and result, a remedy.
- Interpreting the readings, results and remedies
- Administration of the screening itself: Selecting, measuring and interpreting
- The role of balance, chi, meridians and circadian flow in the body

... and much more. This helps you to actually be able to go and do something meaningful to manage your own health and balance to and extent as well.

**It is of utmost importance that I again emphasize that this is NOT a medical diagnosis.** Neither does this process define or 'diagnose' a symptom. Presence and causes of imbalances are what is in question here. Think of it like peeling back the layers of an onion – slowly, one piece at a time, until the core is revealed. This is what the CEDS processes actually allow you to do.

As mentioned earlier, there are numerous possible sources of imbalance in your body and system. Here are but a few (in no particular order):

- Allergic overload
- Dental
- Drug side effects
- Extreme temperature variation
- Geo-pathic
- High or low radiation
- Injury
- Lifestyle (more on this later)
- Microbiological contamination
- Negative thought energy (I will also look at the power of positive thought in a later chapter, as this has immense impact and potential for and in our lives)
- Nutritional
- Physical exhaustion
- Pollutants (electro-magnetic or environmental)
- Psychological

Other lifestyle sources of imbalances may be:

- Diet
- Drugs (alcohol, pharmaceuticals, OTC, illegal)
- Exercise (improper)
- Levels Hydration or dehydration
- Shock, bad news, fright
- Sleep
- Stress
- Other abusive habits

Everything in our bodies are connected and intertwined somehow. These processes and screenings help us put this gigantic puzzle together, take it apart again, look at it (both in part and whole) and start seeing the BIGGER picture and beauty! OUR BODY'S INNERMOST HEALTH SECRETS WILL BE REVEALED!

**These bio-effect, bio-feedback metrics actually help us to take a look inside and see things differently and in most cases for the first time!**

***"The Doctor of the future will give NO Medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."  
-Attributed to Thomas Alva Edison***

Take allergies and allergy elimination – another field, where the contributions and insights of these methodologies and screening processes have been invaluable too. (See Chapter 8 for great examples and testimonies to the effectiveness of these tools).

These 'allergic reactions' are depicted as blockages in energy, assessed previously through muscle testing, now with CEDS screenings for more accuracy and the balancing remedies arrived at in this fashion are gaining in popularity and support.

NAET screenings (also known as *Nambudripad's Allergy Elimination Technique*), are gentle and non-invasive, that with regular treatments bring relief and results that last. Most parents find it works great for infants and young children and adults of all ages, also report anything from marginal to optimal success. Again, reiterating that individual cases and responses will differ.

It was developed, by Devi S. Nambudripad, DC, LAc, RN, PhD, an acupuncturist, chiropractor, kinesiologist, and registered nurse from Buena Park, California, USA. She depicts allergies as a clash of energy fields between allergens introduced to the system of the allergy sufferer. An allergy is defined in terms of what a substance does to the energy flow in the body. Allergies are the result of energy imbalances in the body, leading to a diminished state of health in one or more organ systems.

When contact is made with an allergen, it causes blockages in the energy pathways called meridians. Thought about in another way, it disrupts the normal flow of energy through the body's electrical circuits. This energy blockage causes interference in communication between the brain and body via the nervous system. This blocked energy flow, is the first step in a chain of events which can develop into an allergic response.

(Source Link: Nambudripad DS. <http://www.naet.com/subscribers/index.html> NAET Web site, accessed 8/15/2006)

Time to discover MORE about the screenings themselves and what to expect from them, as you venture down this path of discovering your body's inner secrets! Stay tuned.

**Dr. Robert Hilton's Address; 14th Biennial Conference: Bioenergetic '98: The Passion and The Person, Arles France, May 24 to 29, 1998.**

*We are still crooked trees, but we have discovered that even crooked trees, given the proper care can blossom in the Spring and the crookedness becomes a testimony of the struggles against the winds, storms and droughts of life.*

*A few years ago at Christmas time, I bought a centerpiece for the dining room table. After the holidays when the original flowers had all bloomed and died, the evergreens in the arrangement continued to live. Along with these evergreens was a dead twisted twig of some kind that had been completely painted gold and was used as part of the decoration. Virginia threw out the dead flowers, and keeping the gold twisted twig for decoration along with the evergreens would refurbish this display with fresh flowers.*

*She did this process for several weeks when one day I pointed out to her that the dead twig was alive. The weeks of watering the other flowers had slowly nourished this twig and a tiny green chute was coming forth from under the layers of gold paint.*

*We both simply stood in awe for neither of us thought there were any life there at all. Our hearts were touched by the mystery of nature and the persistence of life to express itself. So many times my clients have said, "Thank you for not giving up on me." And they have also said, "You have helped me even when you didn't think you were. You have helped me be real by being real yourself." They have also said as I did to my therapist, "You have helped me blossom and grow, not by your analysis of my problems or by your skill as a bio-energetic therapist, but by being who you are and receiving my love."*