

HEALTH REDEFINED

Dr. Roland A. Drolet, Ph.D.

I would first of all like to offer my definition of health. Too often, health is considered to be the absence of sickness. Presently, most health care systems are centred around illness and the treatment of sick people. But health means much more than that. ***It is a state of well-being and of a harmonious balance of mind and body. Health means happiness and feeling good about our - selves!*** In my opinion, the first and most important step towards regaining our health is to understand that our health belongs to us, and then to decide to use the means to control it ourself.

Your health is Your life. **You should be the judge of the best way to control it in order to attain the sense of well-being you desire.**

But why not include "illness" in our definition of health? **Illness** itself is a negative concept, and it **is not even a physical entity**. This is persuasively demonstrated in this Journal in my essay on the RHUMART® philosophy, titled:

RHUMART® Anti-Stress:
The Prevention or
"abolition of illness"

The Physiological Effects of RHUMART®

Dr. Roland A. Drolet, Ph.D.

RHUMART® cellular conditioning **gently works the body without disturbing the internal temperature.**

The temperature is raised very slightly where the applicator is placed, not because RHUMART® has a thermal effect, but because blood circulation is improved.

The following are the three principle effects of this conditioning: **the improvement of blood circulation in the area conditioned; a relaxing effect on the nervous system and a reduction of pain and inflammation; and finally, the stimulation of normal cellular regeneration and repair.**

With the RHUMART® system, **inflammation** is gradually **eliminated** as a result of the **improvement of blood circulation**. And when inflammation is eliminated, cellular degeneration is also eventually diminished.

Inflammation is a state of cellular imbalance causing the cells to function at too high temperatures.

When you have the flu with a high temperature, you know that your body isn't functioning as well as it should. With this in mind, it might help to think of persisting inflammation as a "localized flu."

The Physiological Effects of RHUMART® (continued)

Inflammation is a natural reaction to trauma. The problem is that very often, after this initial reaction, the brain doesn't succeed in regaining full control of the situation in order to make complete repairs.

The temperature remains elevated, the inflammation remains, and, gradually, cellular function becomes impaired as degeneration begins.

The improvement of blood circulation is a result of the **relaxation of the nervous system**, which causes significant vasodilation of the peripheral vascular system.

RHUMART®'s relaxing effect on the nervous system is directly related to the "resonance" or "wave similarity" between the RHUMART® wave and that of the nervous system, particularly at the level of "synaptic transmission" - the **intersection point** of the different parts of the nervous system.

The improved cellular regeneration and repair is largely a result of the improvement in blood circulation and of the increased permeability of the cellular membranes to several elements vital to cell life such as calcium, sodium, and potassium.

Health problems such as arthritis are usually triggered by some type of trauma, accident, surgery or major stress. Even cancer is often caused by an excessive stress borne by the human body.

*(See the Section titled:
RHUMART® Anti-Stress).*