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THE
RHUMART[®]
JOURNAL

*The Challenge of the
Year 2000*

SELF-HEALTH[™]

and the 2,000 Researchers of the
International RHUMART[®] Institute (IRI)

This historic document is dedicated
to the Québec Minister of Health
and Social Affairs

The Honourable Marc-Yvan Côté, who declared that:

**"Health and Well-being are too important to be left entirely in
the hands of the experts."**



A Word from the President

"Health and Well-being are too important to be left entirely in the hands of the experts" (Marc-Yvan Côté).

So, who better than sick people themselves and those close to them to take up the challenge of the year 2000 to improve health care?

This issue of the RHUMART® Journal begins with "The 7 Laws of Self-Health" as identified by Dr. Tom Ferguson, editor of Medical Self-Care (a USA publication).

The following subjects are also addressed:

The concept of **specialized RHUMART® societies** is introduced. You will learn how every owner of the RHUMART® AUTO-SANTÉ™ System becomes a real health researcher, closely involved with the efforts of society to improve the health of each of its members.

Dr. Jean Charlebois, M.D. presents another scientific publication - this time on **rheumatoid arthritis**.

A number of very impressive extracts from RHUMART® testimonials clearly prove that the AUTO-SANTÉ™ (Self-Health) Age has really arrived.

The **RHUMART® Index**, listing over 200 health problems, provides easy access to the RHUMART® video library and the results of a scientific CROP survey on 101 owners and users of the RHUMART® system are briefly presented.

Dr. Roland A. Drolet, Ph.D.
President

The RHUMART® Journal

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- **Distribution:** The Independent Distributors (I.D.) of
RHUMART® systems and
RESC™ Conditioners
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The International RHUMART® Institute (iRi), 1992

The Challenge of the Year 2000 **SELF-HEALTH™**

and the 7,000
Researchers of the

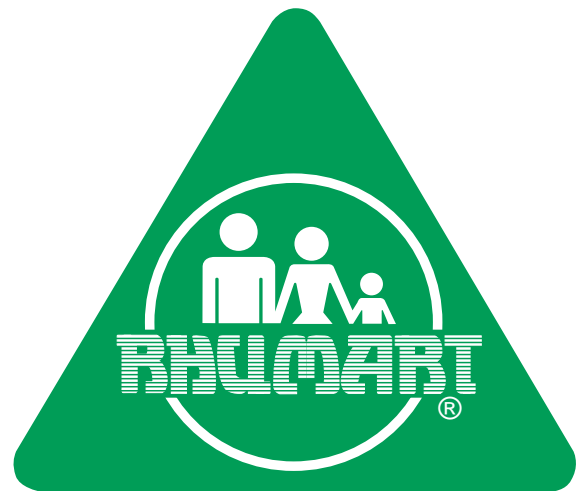
international RHUMART® institute (iRi)

by

Dr. Roland A. Drolet

Biomedical Engineer
M.A.Sc., Ph.D.

Founding Director of the iRi



This historic document is dedicated to the
Québec Minister of Health and Social Affairs,
The Honourable Marc-Yvan Côté, who declared that:

**“Health and Well-being are too important to be left
entirely in the hands of the experts.”**

Seven laws of

Self-Health

(translated in English by Deborah Blythe)

According to Dr. Tom Ferguson, editor of **Medical Self-care**, the following seven laws lay the foundation for self-health:

- 1) **Each person is already his or her own doctor.** People already solve 80% - 98% of their health problems by themselves. So why not continue this trend?
- 2) **Non-professionals could do a lot for themselves** if they had access to everything that is already available in terms of tools, skills, support and information. Collectively, we now know more than ever about the means of positively influencing our health. However this knowledge is not made easily available to the public.
- 3) **Spouses, families, friends** and our social and community networks are our best health resources.
- 4) **Health is not the absence of sickness.** We live from day to day along a continuum whose two poles are perfect health and mortal illness - throughout our lives we are always situated somewhere between the two extremes.
- 5) **What works best for the health of an individual depends at least partially on his or her beliefs.** The remedies in which a person believes are much more likely to succeed than those in which he has no faith.
- 6) **The primary goal of a health-care system should be to help people to look after themselves.**
- 7) **Health is a regenerative process.** The recuperative and healing powers of the human body are absolutely astonishing, but to function most efficiently they must be carefully nourished and maintained with **good eating habits, regular exercise, a suitable environment, the support of others, a meaningful life and self-knowledge.** Health is like the soil: if you take good care of it over the long term, it can renew itself and perform far beyond your expectations. But if it is neglected, overworked and exploited, it will soon lose the ability to support life.

Volume 1, Number 3

The challenge of the Year 2000: Self-Health™

and the 7,000 researchers of the international RHUMART® institute (iRi)

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I. Introduction

Governments are starting to encourage people to accept responsibility for their own health, thereby helping to reduce the spiralling health costs that governments have had to assume themselves in the past.

Definition of Self-Health

by L. Levin

Self-health refers to the concept of "self-care."

In the words of L. Levin, "self-care" is the "self-initiated and self-controlled application of the knowledge necessary for the promotion of health, the reduction of undesirable risks, the self-diagnosis and self-treatment of illness and, when appropriate, the effective use (while protecting oneself carefully) of medical and other professional resources."

The Foundations of Self-Health

Before self-health becomes a possibility, a certain number of conditions must be met. The subject must have a desire for autonomy, possess the necessary knowledge and skills, have access to certain tools, and be able to count on outside support when necessary.

It is thus important to offer courses in **self-health** to the public. These courses should provide basic training in the field of natural health and specific information about the "tools" or instruments available to help people achieve the autonomy they desire.

II. The RHUMART® Age

RHUMART® is a dream come true for every human being. Now available to men and women of all ages, RHUMART® offers an effective way to rediscover the benefits of perfect health, **including full autonomy.** Improvement is very often seen even in patients with a long history of chronic physical ailments such as **arthritis, arthrosis, hypertension, ulcers, lesions, chronic pain, back problems, sports injuries, migraines, and stress.**

Even people in relatively good health who suffer only from the pressures of daily living or the attendant professional or sports-related **stresses** have reported a "**rejuvenating**" effect from the RHUMART® system, allowing them to enjoy a sense of **vitality** and physical and mental **well-being** they had never experienced before the onset of their health problems. Although this revolutionary process is at first glance quite astonishing, it is nevertheless relatively simple to explain scientifically. (See Section III.)

But how is it possible for the RHUMART® system to help control inflammation and pain while at the same time stimulating the natural processes of cellular regeneration?

In what way does this system, when used correctly, improve the assimilation, the dissimilation, the maintenance and the normal regeneration of all kinds of biological tissue? Such results are possible because the RHUMART® system uses a unique type of patented electromagnetic wave to produce **impulses which are almost identical to those produced naturally by the human nervous system!**

And since all cells in the human body are "trained" to respond to this kind of bioelectrical command, they recognize the RHUMART® impulses as an effective means of controlling the life processes.

This revolutionary technique, which makes it possible to **naturally restore** the equilibrium of all biological functions, is, without a doubt, **a new form of physiological conditioning for living cells** that everyone should have the opportunity to benefit from.

Our twelve years of research with this system (1980-1992) have convinced us that, for the best possible results, this system should remain in the hands of the people using it. These people are in the best position to adapt the parameters of cellular conditioning to their own individual needs, since they are the ones

feeling the physiological benefits provided by RHUMART® - which soon allow the user to **regain full autonomy**, confidence and self-esteem.

In order to fully convince you of the RHUMART® reality, I invite you to listen to the enthusiastic, authentic testimonials which have been immortalized on video cassette. **If a picture is worth a thousand words, a one-hour human experience captured on video (containing 72,000 pictures) is worth at least 72,000 words!** Quite impressive, don't you think? (In fact the human eye can perceive 20 images per second and there are 3,600 seconds in an hour, so we can see 72,000 pictures per hour!)

It's not surprising, then, that a "living" VIDEO picture is the best possible way to fully communicate the whole truth about the RHUMART® experience as enjoyed by the 2,000 owners of this miracle of nature.



control your health
with the

RHUMART®

Auto-Health-System™

or the
RHUMART®
Life-regenerator™

RHUMART® is designed to help the human body maintain and improve health by reinforcing the body's natural defence and healing mechanisms.

see
Note-1



The RHUMART® Auto-Health-System™
AHS-B, with optional table.

The RHUMART® Auto-Health-System™

Brief description

The RHUMART® Auto-Health-System™ (AHS) is a **Physical Conditioning System** for living cells which uses unique and patented bioelectric impulses.

Scientific basis

The RHUMART® system is based on the electrophysiology of the human nervous system.

Physiological effects

(see Note-1)

RHUMART® induces three specific physiological effects:

1. **Improvement of blood circulation;**
2. **Relaxation of the nervous system, producing anti-inflammatory and pain-killing effects;**
3. **Stimulation of cell repair and regeneration**



AHS-M, RHUMART® Miniature Auto-Health-System™

RHUMART® is not...

RHUMART® is not a medical device. It is not designed or intended to help resolve one and only specific disease or health problem.

Why does it work ?

The RHUMART® technique subjects living cells to « smooth » **physical exercises**. In fact, the cells receive specific impulses, which recall the human nerve impulses. And, since the human neural impulses govern most of the body functions, we can understand how, with this method, we can induce important physiological effects.



AHS-B, RHUMART® Basic Auto-Health-System™

How does it work ? (in scientific terms)

RHUMART® uses unique and patented bioelectric impulses in range of $20\mu\text{A}/\text{cm}^2$, of the type and intensity of Calcium Ion Current Impulses (Ca^{++}) involved in synaptic transmission of signals which are essential for the maintenance, repair and control of all known life processes.

Josée-Anne
Athlete



Sandra Barwick
New Zealand
ultra-runner

The RHUMART® *Life-regenerator™*:

Note 1

The following is extracted from a report on a research project headed by Dr. Benjamin Lau, M.D., Ph.D., associated professor of microbiology and immunology, published in LOMA LINDA University's newspaper, The OBSERVER (Thursday, August 27, 1981):

"Although high intensity, high frequency electromagnetic energy has been shown in the literature to impair normal immune responses, **his preliminary studies in animal models have demonstrated an enhancing immune response with low-dose electromagnetic energy.**

In the European literature, low-dose electromagnetic energy has been shown to increase blood flow and tissue oxygen supply and to hasten nerve regeneration."

The SELF-HEALTH™ Message

For how long has RHUMART® been in use ?

It has been used since 1978 on an experimental basis and in homes since 1980.



AHS-C, RHUMART® Auto-Health-System™
for Couples

Why hospitals do not use RHUMART® ?

RHUMART® is not designed or intended for hospitals, clinics or doctors of any kind. It is an **Auto-Health-System™** or a basic **Physical Conditioning System** which gives far greater and more reliable results in the hands of the end users themselves. Moreover, the RHUMART® Physical Cell Conditioning parameters must be chosen and adapted by each individual user for best results.

Safety and Effectiveness

The safety and effectiveness of the RHUMART® system were demonstrated on thousands of individuals over a period of twelve years (from 1977 to 1989).

Michel Careau
Canadian diplomat,
ultra-runner



Maurice Patterson
England
Queen's advisor



NATURE at its best!



AHS-P, RHUMART® Auto-Health-System™
de Luxe
(with optional Super-TENS and MAXI-2A rings)

International distribution

We have established a network of independent distributors who are presently making the RHUMART® System known throughout the world. With this international distribution system, we intend to supply with RHUMART® systems all human beings coping with serious health problems, so that they can eventually keep control over their own health, without referring to a health professional every time a health problem arises.

Thus, everyone will be more happy and autonomous **with the RHUMART® System** since «**Controlling your own Health**» means «**Controlling your own Life**» which is the very basis of **Freedom and Happiness !**



MBI-3004



MBI-1004 A.B
with MBI-1000

RHUMART® Super-TENS options

Dr. Roland A. Drolet was born in **Québec City, Canada** (1944). After his **Engineering Physics B.A.Sc.** degree at Laval University (1967), he completed the **M.A.Sc. and Ph.D.** postgraduate programs in **Biomedical-Engineering** at the University of Toronto (1971). He was **Professor of Bio-Medical Research and Electrical Engineering** at Laval University, (1971...).



Dr. Roland A. Drolet, Ph.D., the inventor

He was the **Founding Director** of the **Bio-Medical Engineering Division** of a **Teaching and Research Hospital** in **Québec** (the **CHUL**), 1971-1975. He was the **head** of the **Magnetic Laboratory** at the **Northern Telecom Montréal Branch** in 1967.

From 1975 to 1989 he has **invented, developed and evaluated** the unique **RHUMART® Auto-Health-System**.

your Independent Distributor of the
RHUMART
Life-regenerator

Name: -----

Tel.: -----

Note-1: (continued)

In an article discussing this research, Dr. Benjamin Lau also concluded that **the improvement in blood circulation** produced by the low-frequency waves is not due to an increase in heart rate or to an increase in blood pressure, but rather to a real decrease in **PERIPHERAL RESISTANCE** caused by peripheral vasodilation (itself caused by a relaxation of the nervous system).

The RHUMART® Journal

An inside look at the



conception



creation



and distribution of the Journal

We believe that this journal is the best possible way of conveying information to:

- owners of the AUTO-SANTÉ™ system,
- Independent Distributors of this system
- Registered Supervisors of the RHUMART® marketing system.

To anyone wishing to experience the personal development necessary to the full understanding and implementation of the new realities presented in the RHUMART® Journal, I would suggest the following guide, written by the best-selling American author, **KEN KEYES, Jr.:**

"HANDBOOK TO HIGHER CONSCIOUSNESS"

Editions Universelles de l'Ère du Verseau

C.P. 1074, Knowlton, Québec, Canada, J0E 1V0

The RHUMART® Journal is at the forefront of a major revolution in Health Care Systems throughout the World for its emphasis on Self-Health.

It might seem unbelievable, but if you talk to any one of the owners of the RHUMART® AUTO-SANTÉ™ System it will all begin to make sense to you!

If you don't know one of these owners/health researchers I would suggest that you order a few of the vide cassettes from the RHUMART® VIDEO LIBRARY (see the RHUMART® Index). Already, more than 200 different kinds of health problem have been attenuated by the 7,000 owners and researchers of the international RHUMART® institute.

The RHUMART® Journal should be published every three or four months in the future. This unique journal will cover a number of subjects, such as:

- RHUMART® products and services
- education and training in self-health
- the RHUMART® Philosophy and the RHUMART® Physiology
- the scientific basis and technical specifications
- the international RHUMART® institute
- the schedule of RHUMART® courses and conferences
- the future of RHUMART®
- health care costs control throughout the world.

• The 7,000 Researchers of the international RHUMART® institute

Dr. Roland A. Drolet, Ph.D.



Just who are these very humble researchers who are so preoccupied with discovering the thousand and one facets of the **RHUMART® truth** that they don't even have time to publish the results of their research? Who else but the 7,000 owners of the RHUMART® System, of course!

But why do we call these not-so-ordinary people "health researchers"? There are two basic reasons: first of all, because they enjoy the daily health benefits of the RHUMART® system; and secondly, because they employ **the scientific experimental method which is both the most elementary and the most reliable**

- working with the RHUMART® system every day, with their families, according to the directives of the inventor of the scientific **RHUMART® User's Guide**.

After all, it is the user, and only the user, who is in the best position to choose the optimal RHUMART® conditioning parameters based on his or her perception of the physiological effects produced by the system. These effects are:

1. *The improvement of blood circulation.*
2. *The relaxation of the nervous system, leading to a major reduction of pain and inflammation.*
3. *The stimulation of physiological cell repair and regeneration.*

It is by means of these three physiological effects that the RHUMART® system helps the human organism to combat every kind of health problem and illness by reinforcing its natural self-defense and healing mechanisms.

III. The iRi's Specialized RHUMART® Societies and the RHUMART® Secret



Dr. Jean Charlebois, M.D.

In 1990 we formed a Medical Advisory Committee chaired by Dr. Jean Charlebois, M.D. In the future we will organize a group of specialized RHUMART® societies made up of people who bought the RHUMART® system to **control the same type of health problems** such as **arthritis, stress, hypertension, insomnia, back problems, arthrosis, inflammation, general pain,** or any

other "**chronic health problem**" that is shared by a **minimum of 100 RHUMART®** users. These societies will be organized using the information in our computerized data bank.

The structure of these societies will make it possible for the members of the extended **RHUMART® Family** to help each other and all other people suffering from the same "problem" by pooling the results of their experiences. You will be able to find all of these "RHUMART® Tips," aimed at improving the health and well-being of people all over the world, in the pages of the RHUMART® Journal. And speaking of "RHUMART® Tips," the first tip that I want to pass on to all owners of the RHUMART® System and everyone who is about to become one, **is the RHUMART® secret.**

But it's a secret! I can't just give it away like that - with no build-up!

So, think about all of the people who have asked their **doctor's advice** either before or after buying their **RHUMART® AUTO-SANTÉ™ System**, when the doctors or "**who-knows-what-kind-of specialists**" in question were not themselves knowledgeable of the RHUMART® system.

In approximately 99% of these cases (according to our unofficial statistics), the potential clients or owners were disappointed when they saw the negative attitude of these "**so-called scientists.**" These doctors did not seem to know about, and certainly did not practice, **the experimental scientific method that**

requires one to conduct one's own experiments before drawing really scientific conclusions.

So, here is the RHUMART® secret:

Buy your RHUMART® system but be sure not to tell your doctor unless he already knows about it!

Of course more and more doctors are becoming receptive to the Age of Aquarius and I can only congratulate them.

Only when all doctors know about this secret will we all be able to enter the **Age of Aquarius** - the **SELF-HEALTH Age**.

I want to spare you from useless frustration, and **I ask you to allow me the personal pleasure of informing doctors all over the world via a "special satellite broadcast"** when they show signs that they are ready and willing to receive this "**love letter to the human race.**"



IV. Education and Accreditation by the international RHUMART® institute (iRi)

Dr. Roland A. Drolet, Ph.D.

Introduction to the iRi

The RHUMART® institute is responsible for all of the education, training and research programs related to the **AUTO-SANTÉ™**, the **RHUMART®** **Philosophy**, and our **holistic approach** to Health in general.



Conferences (By Invitation Only)

More specifically, the iRi organizes **Introductory Conferences** for those wanting to learn the basis of the RHUMART® phenomenon as well as the **courses for Independent Distributors (I.D.) and Accredited Supervisors (A.S.)** of the RHUMART® marketing network.

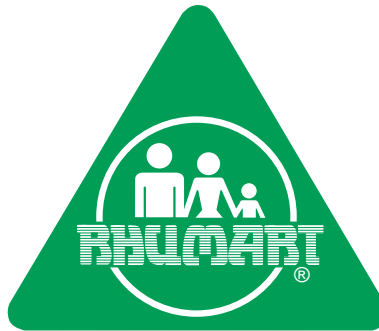
For more details on iRi courses, ask your I.D. or call one RHUMART® office of your choice.

Please note that you must be invited to the Introductory Conference by an Independent Distributor, and you must bring the invitation with you in order to be admitted. If you have not been introduced to an I.D., please call our Montréal or Québec office and ask for a referral to an Independent RHUMART® Distributor.



RHUMART® Seminars

Every three or four months, MBI organizes two-or three-day seminars for I.D.s, A.S.s and all owner-users of the RHUMART® System. The success of these meetings is assured by the enthusiastic participation of the principal A.S.s, who share their **knowledge** and practical RHUMART® experience with the rest of the RHUMART® family.



User Sessions

In addition to the user sessions organized by MBI, the principal Accredited Supervisors of the RHUMART® marketing network regularly organize meetings where owners of the AUTO-SANTÉ™ system can bring their systems and exchange "tricks of the art" with other users.



Advanced Training for I.D.s and A.S.

MBI offers several advanced courses to Independent Distributors D.I. and Accredited Supervisors A.S. who wish to further their **basic training** and improve their ability **to communicate the RHUMART® message in the best possible way to everybody**. Some of the S.A.s also offer advanced courses.

As a rule, MBI offers a course every month in Québec and Montréal to all I.D.s and A.S.s who wish to climb the highest rungs of the RHUMART® career ladder.



The Four Diplomas of the iRi

Independent Distributors and Accredited Supervisors who have taken the necessary courses, attended a **RHUMART® Seminar**, and passed the corresponding written exam may earn one or more of the following four diplomas:

- **RHUMART® AUTO-SANTÉ™ (RAS)**
- **Independent RHUMART® Distributor (IRD)**
- **Accredited RHUMART® Supervisor (ARS)**
- **Professional RHUMART® Advisor (PRA)**

The 3 Mottos of all RHUMARTOLOGISTS™:

- I) *“EVERYONE a Health EXPERT with RHUMART®”*
- II) *“Choose the RHUMART® career for Life”*
- III) *“Supervise the RHUMART® Action as Professionals”*

No commentary. It's as simple as 1, 2, 3!

The RHUMART® Career Guide

This precious guide is absolutely essential to anyone choosing the RHUMART® career. The guide includes everything you need to know to become a Junior-Advisor (J.A.), the first step on the RHUMART® training ladder.

The RHUMART® student of Junior-Advisor (J.A.) can obtain this valuable training material from his or her **Sponsor-Distributor** (I.D.) at minimal cost.

To give you an idea of the importance of this Career Guide, the Table of Contents is reproduced on the following page. (The surprise of your life awaits you when you watch the VIDEOCASSETTES on training available from your I.D..)



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(may be changed without prenotice)

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 - Price list for RHUMART® systems
 - FORM used by DISTRIBUTORS
- (there are at least 8 different administrative forms)

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SECTION J

Retirement Program (for supervisors)
(including the request for decoration)



Let RHUMART® enlighten your life



V. Rheumatoid Arthritis

Dr. Jean Charlebois, M.D.

Rheumatoid polyarthritis (RPA) is the most frequent and the most disabling form of chronic inflammatory arthropathy. It affects 1% of the adult population and four times as many women as men. While it can begin at any time, most cases occur between the ages of 25 and 50.

The disease affects primarily the hands and feet (90%), the wrists, ankles and knees (80%), the shoulders (60%), the hips (50%), the cervical spine (40%) and a few other joints.

It is characterized by **inflammatory synovitis with resting pain and joint stiffness**, particularly in the morning when the patient wakes. The duration of morning stiffness is a fairly reliable indication of the extent of the inflammation and provides a useful yardstick by which to measure the evolution of the illness. Sedimentation (as measured by laboratory tests) is always accelerated and will fluctuate according to the inflammatory activity, thus providing another helpful parameter by which to measure the progress of the disease.

Patients must first be informed of the nature of their "illness" or inflammatory imbalance and of the various means at their disposal to help them take control of the situation. (Please refer to the discussion of the RHUMART® Philosophy titled,

"RHUMART® Anti-Stress"

In Vol. 1, No. 1 of the RHUMART® Journal.

In "treating" Rheumatoid Polyarthritis, the primary goals are to relieve pain, reduce inflammation, maintain good musculoskeletal function, and minimize or prevent joint damage. RHUMART® cell conditioning appears to have the unsuspected ability to partially or totally reverse the evolution of rheumatoid polyarthritis by means of its three basic physiological effects:

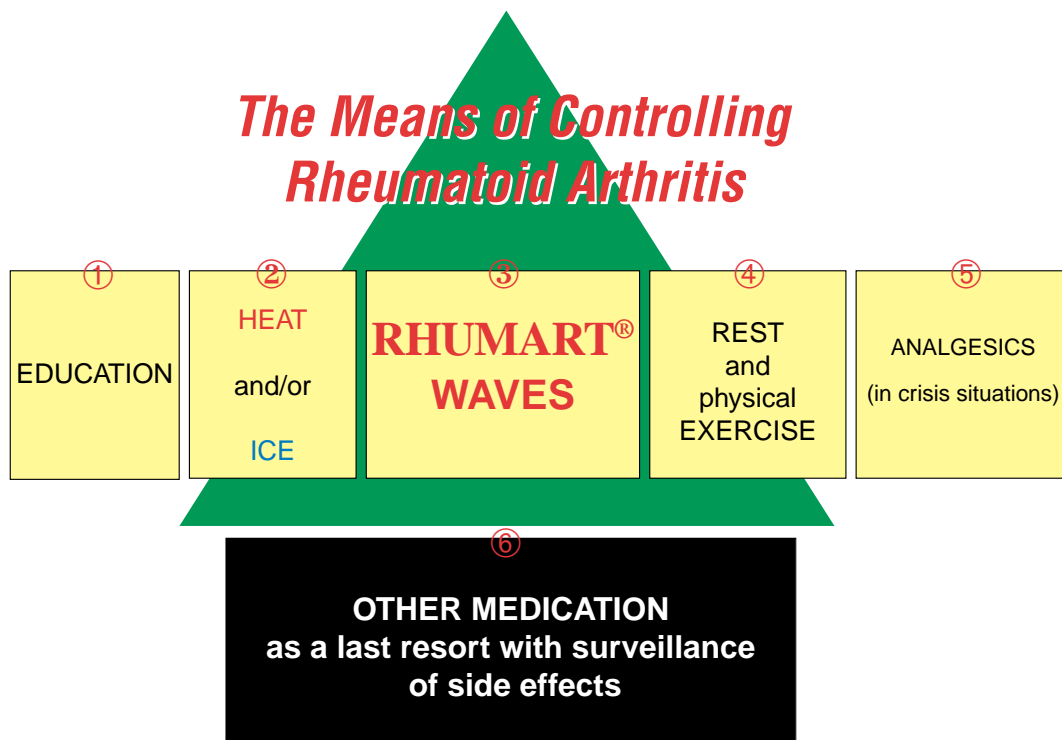
1. The improvement of blood circulation.
2. The relaxation of the nervous system resulting in a reduction of pain and inflammation.
3. The stimulation of physiological cell repair and regeneration in general.

How else can we explain the unexpected and often spectacular results obtained with this revolutionary technique, which stimulates the action of the nervous system at the level of interneuronal synaptic transmission?

In fact, the impulses induced with this system are very similar to the calcium ion (Ca^{++}) impulses that are essential for the transmission of nerve impulses in the human body (see the Section titled "RHUMART® Electro-Physiology" in the March, 1992 issue of this Journal).

The first annex to this report contains the authentic testimonials of a patient who used RHUMART® conditioning to control her arthritis. Annex 2 summarizes the conventional approaches to the treatment of rheumatoid polyarthritis and highlights the major side effects caused by the long-term use of medication in the "treatment" of this illness.

With the advent of the RHUMART® system the conventional treatment "pyramid" for this health problem can now be replaced to advantage with the following procedures:



• Case History

Rheumatoid Arthritis

Mrs. Louise Catellier, 68, first presented symptoms of rheumatoid polyarthritis in April 1989. In addition, she had begun to show signs of recurring bilateral carpal tunnel syndrome in December 1987 (electromyogram September 1988), which became symptomatic again in May 1989. Mrs. Catellier suffered from antral gastritis (X-ray January 1989) following the ingestion of Artria SR bid (a type of aspirin with a long duration of action) and she also suffered from cervical arthrosis with arthrosis of a disk (X-ray April 1988). In consideration of all of the above, we recommended that she buy a RHUMART® AUTO-SANTÉ™ System.

Mrs. Catellier acquired her AUTO-SANTÉ™ System on June 16, 1989. One month later she reported that the swelling in her hands had gone down and she was sleeping better. At the end of July she observed swelling in both ankles which was subsequently eliminated with the help of her RHUMART®. She later suffered from morning pain in her fingers, elbows, shoulders, and knees and swelling in her wrists, for

which she took an NSAID with an antiulcer agent for a period of one month. At that time the sedimentation rate had risen to 44, the test for C-reactive protein was positive and antinuclear antibodies were present (1:320).

In November 1989 Mrs. Catellier consulted a rheumatologist who confirmed my diagnosis of rheumatoid polyarthritis. At that time the patient presented no evidence of synovial inflammation, her sedimentation rate had normalized, and the antinuclear antibody test showed a titre of 1:100. She told us that the rheumatologist was surprised at how she was doing.

Since September 1989 Mrs. Catellier has had no swelling in her hands (carpal tunnel) and since January 1990 she has had no pain or morning stiffness. She uses her RHUMART® AUTO-SANTÉ™ System regularly and **takes no medication** for her arthrosis or her rheumatoid arthritis.

We would like to thank Mrs. Catellier for her spontaneous testimonials

relating how the RHUMART® system has improved her quality of life.

Other RHUMART® users have had equally good results. Among other things, the creation of Specialized RHUMART® Societies will allow us to gather statistics concerning a large number of rheumatoid polyarthritis cases

In view of such positive clinical results, we are already looking forward to the day when more specialists will take an active interest in the RHUMART® phenomenon, thus helping us to gain more insight into the causes and treatment of this crippling "disease." We may find that the RHUMART® wave acts on the underlying cause of rheumatoid polyarthritis!

- **ANNEX 1**

The Authentic Testimonial of Mrs. Louise Catellier

I suffered from rheumatoid arthritis for two years. The worst attacks were in the evening and at night, with the pain easing off in the course of the morning.

Sometimes I couldn't even use my arm - the pain was too great and my arm felt like a lead weight.

My knees hurt so much I had trouble walking, and I couldn't sleep on my side because my shoulders were too painful. My wrists and knees were swollen, my fingers were deformed, and I had trouble sleeping.

The inflammation in my wrists compressed my carpal tunnels even more and my hands swelled up if I stayed in one position for too long. At night the swelling was unbearable.

After a consultation the specialist advised me to have an operation.

I experienced side effects with every arthritis medication I tried.

A few people had told me about the RHUMART® system, and one day my doctor,

Dr. Jean Charlebois, knowing that I didn't want to have an operation for my carpal tunnels, suggested I go to a RHUMART® meeting to find out more about it.

In spite of his scepticism my husband gave me a wonderful present: the RHUMART® AUTO-SANTÉ™ System. Purchase date: June 16, 1989. By September 1989 the swelling in my hands was gone. The arthritis went into remission in November 1989, but it struck again over the holidays. By mid-January 1990, thanks to my RHUMART® system, the arthritis had disappeared again. Now I can sleep normally and life is wonderful.

Schedule of RHUMART® Sessions

One day with the rings for ten minutes, the next day with the Rebones for five minutes. No sessions on the weekend.

Louise Catellier
Québec
June 20, 1990

• ANNEX 2

Conventional Treatment for Rheumatoid Arthritis

- 1- The amount of **rest** needed depends on the severity of the illness; an acute flare-up may require two or three weeks of hospitalization.
- 2- **Heat** and, occasionally, **ice** will help relieve pain and reduce muscle spasms.
- 3- **Physical exercise** done at least twice a day after a warm bath or shower will help to maintain range of motion and prevent muscle contractures and atrophy.
- 4- **An orthosis** will help to improve joint function and provide support to certain parts of the body (e.g. the soles of the feet).
- 5- **Medication** (which all has side effects):
 - a) **Analgesics (acetaminophen with or without codeine) relieve the most severe pain.**
 - b) **Non-steroidal anti-inflammatory drugs (NSAIDs)**, which are analgesic, anti-inflammatory and antipyretic, **block the production of prostaglandins** - the substances believed to be responsible for producing pain and inflammation. The standard NSAID is ASA (aspirin). NSAIDs reducing prostaglandin production can cause **digestive problems** (ulcers, of which 10% are asymptomatic), **vasoconstriction** (with resulting circulatory problems) and **liver or kidney damage**, depending on how they are eliminated. Elderly people are most susceptible to the side effects related to elimination. The physician should be on the lookout for azotemia and creatinemia.

Diflunisal, a non-acytelated salicylate derived from ASA (acetylsalicylic acid) has an anti-inflammatory action equivalent to that of aspirin, but it inhibits the production of 25-50 times less prostaglandin (in vitro), and is thus less toxic to the stomach, the kidneys and the lungs.

Indomethacin (Indocid) is an NSAID taken at bedtime to relieve night pain and reduce morning stiffness.
 - c) **Therapeutic agents inducing remission:**
 - i) **Gold Salts (Myochrysin I.M. - Ridaura oral)** induce RPA remission in 75% of cases. If they are tolerated by the patients **they must be taken for life**. However, 30% of patients must discontinue treatment because of **skin rashes, inhibition of blood cell production by the bone marrow, or proteinuria indicating kidney damage**. Before every injection, a blood count and a urinalysis should therefore be done. About 50% of patients taking Ridaura suffer from **diarrhea**. Both drugs are contraindicated in pregnant women.
 - ii) **Penicillamine (Depen)** resembles **gold salts** in several ways: **twelve weeks of increasing doses** are necessary before the positive effects of the treatment are felt, and the side effects are the same. Penicillamine is also contraindicated in pregnant women.
 - iii) **Antimalarial Drugs** - hydroxychloroquine (Plaquenil) and Chloroquine (**Aralen**) - require **six months** to take effect. **Eye examinations** should be done every six months to guard against **eye damage** (central scotoma). Vision should also be checked at home every week using Amsler's chart. Contraindicated in pregnant women.
 - iiii) **Salazopyrin, even when in increasing doses, may cause gastrointestinal problems, skin rashes, or neutropenia** (a reduction of **white cells**). A blood count should be done **once a month**.

d) **Immunosuppressive Agents**

i) **Azathioprine (Imuran) must be taken for six months before a positive effect may be observed.**

It is toxic to the **spinal marrow** and blood counts must be done once a week for the first three months, and every two weeks after that.

ii) **Methotrexate** taken once a week with an initial dose of 7.5 mg increased by 2.5 mg per week until a maximum dose of 15 mg per week is reached may produce **nausea, vomiting, mouth ulcers, bone marrow depression and hepatic fibrosis.** Once a cumulative dose of 15 mg is reached, a **liver biopsy** is necessary to diagnose this latter complication, which is not revealed by blood liver tests. Regular blood counts are also required to monitor bone marrow function.

e) **Cortisone injections into the joint** are helpful when there is major inflammation in one (1) joint. However, repeated injections may damage the **cartilage** and such injections should therefore not be administered **more than once a year**, or more than three in the course of the patient's lifetime.

f) **Oral Cortisone** should only be prescribed for patients who have not been helped by any of the above treatments, or have had to discontinue other therapies because of negative side effects. **It should be noted that cortisone does not in any way affect the progress of the disease. Bone destruction is not slowed** and joint deformities may still occur. Certain exceptions should be borne in mind when prescribing this drug: when the patient is 70 or over; when the RPA is progressing very rapidly; when a vital organ is affected; when certain other social considerations are involved. In these cases the smallest possible dose should be administered: 2.5 mg of Prednisone bid, with a maximum of 5 mg bid.

The possible **long-term** complications of any cortisone therapy are **osteoporosis** and **spontaneous bone fractures.** Supplements of 1000 mg of calcium daily and 50,000u of **vitamin D** every Sunday are recommended, but **do not always prevent** osteoporosis.

6- Surgery: synovectomy, arthroplasty (hips, knees), repair of hand deformities.

Conclusion:

It must be remembered that Rheumatoid Polyarthritits treatment must keep pace with the evolution of the disease itself, and that every medication from **aspirin to Prednisone is potentially dangerous.**

Before the RHUMART® phenomenon was discovered, patients had no choice but to follow the various treatment steps described above.

We wonder how many patients fully understand these treatment steps, including the complications that could result from their medication and the careful monitoring it requires.

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VI. Extracts from RHUMART® Testimonials

**"The medical diagnosis was in:
there was talk of an eventual colostomy."**

That's when I said, "No thank-you."

Ulcerative Colitis

I had ulcerative colitis: I had one ulcer in the anus and three in the stomach. The medical diagnosis was in: there was talk of an eventual colostomy. That's when I said, "No thank-you."

I came to a RHUMART meeting with Mr. Turcotte.

Dr. Drolet did such a wonderful job of explaining the central nervous system! He explained how the nerve impulse leaves the head and travels down the spinal column. At the end of the nerve cell there's a synapse which gives a kind of little jolt to the cells; that's when you have a nerve impulse.

Since I'm a very visual person I had no problem picturing all this in my head. I said to myself, "It's true."

I didn't hesitate. I bought the system. Now I have no pain in my anus and I have an 80% improvement on my right side.



Herniated Disk

I have a friend who had a herniated disk but who had no faith at all in bioelectricity. I said to her, "Before being operated why don't you at least give it a try?"

She arrived at my place bent over double and filled with doubts. After three conditioning sessions she feels 80% better.

So as far as I'm concerned, Dr. Drolet, what you tell us is true!

LUCIE GILBERT, Québec, September 1989
Cassette Ri-T3 (in French)
English translation: Deborah Blythe



FRANCOIS DROLET • Québec • September 1989
Cassette Ri-6B

Ear Infections

**P R E V E N T I O N ,
Relaxation,
Sleep**

I got ear infections all the time when I was a child. My sister here can confirm it. I had one or two infections every year. We treated them with antibiotics, but they always came back. At about the age of twelve, I decided to stop taking medication. I kept some aspirin in case of emergencies, and I went with the RHUMART system.

The RHUMART system is also great for prevention and general well-being. I use it every night - it relaxes me, and helps me to sleep better. And when you don't have a lot of time for sleeping, a short RHUMART session does the trick!

You sleep for five hours and feel like you've slept for twelve! It's amazing!

I'm 17 now and I haven't had a single ear infection since.

Juvenile Diabetes

Hello! I'm going to tell you about a **three-year-old boy with juvenile diabetes. He had to have injection twice a day and sometimes even at night.**

His doctor at the C.H.U.S. said that if the little boy used the RHUMART system, he would have nothing more to do with him. His parents finally found a diabetes specialist in Québec.

He has been using the RHUMART system for about a month and a half now.

He places the pad over his pancreas. **Now he only needs a single injection in the morning.** His blood sugar level used to go as high as 15; now it is 2. His doctor is very pleased with the results.

Ménières Disease

I also know a man who suffered from **Ménière's Disease.**

For the last five years he hasn't been able to leave his house. **One of the symptoms of this disease is loss of balance. His doctor even visited him at home because he was always falling down.**

His hand also trembled a lot. One evening I used the rings on him - just five minutes at amplitude 2.

Since then he doesn't tremble at all. He can even play the violin now.



RÉJANE GAGNON LABRIE • Québec • March 1990
Cassette Ri-T5 (in French)
English translation: Deborah Blythe

Angina, Chronic Pain in the Back and Arms

HEART PATIENT At the Operatory Stage



WALLACE LAPIERRE • Québec • February 1989 • CASSETTE Ri-T7
(in French and English)

I am a Christian missionary. I have suffered from angina for the last ten years, and I haven't been able to engage in any physical activities at all. In June 1988 I went to see my doctor in Tracadie. He wanted to send me to Montréal for open-heart surgery. I heard about the RHUMART system from a Little Sister of the church in Matane.

I had suffered from back pain for the past twenty years as well as from pain in my arm for about a year. I asked the Sister if she would give me at least four conditionings during the four days that I would be in Matane.

After only two sessions I had no more pain in my back or in my arms.

I then turned my attention to my heart. I had been taking medication for ten years and now I was facing open-heart surgery.

I called Dr. Gagnon and talked to him about the RHUMART system. When I got home I talked to my wife: "I've been suffering for ten years like this. Don't you think we should buy this system?"

When we counted up all the money I had spent on medication in the last ten years we realized that I had spent:

TEN THOUSAND, ONE HUNDRED THIRTY FOUR DOLLARS on pills !

And I was still faced with an operation...

So we met Dr. Gagnon in Montréal. He taught us how to use the system and we went home with our new RHUMART AUTO-SANTÉ System. And I began my conditioning with it.

I always start my RHUMART sessions with the parameters 6-2-10 (Amplitude 6, Modulation 2 for 10 minutes).

After two months I decided to start reducing my medication.

***I was taking ISORDIL,
LOPRESOR and CARDIZEM.***

I was feeling pretty good and I didn't think I needed so much medication.

I started skipping doses of Cardizem first, then Lopresor, then the others, cutting down very gradually. My wife, Gaétane, had read in Dr. Mongeau's "Dictionnaire des médicaments" that it might be disastrous to stop all at once.

When I reached the point where I was taking only one of each kind of pill every morning and every night I went to see my family doctor. I told him what I had been doing.

"Don't do that, Mr. Lapierre: your heart may work fine for a while, but later it could start seizing up and you might have a heart attack!"

"Yes, but I feel fine. Have you ever heard of the system invented by Dr. Drolet in Québec? I bought it and I'm treating myself with that."

"Mr. Lapierre, don't be so ready to believe in miracles. It was your heart that created new veins - it did its own bypass."

He gave me a one-year prescription. He even increased the dosage because he knew I was going to take less than he prescribed. He knew this because before I had been taking three pills every three hours. If I had listened to him, I would have apologized for not taking the pills. But I told him that I would continue to do the same thing as long as I was feeling good.

Today I can even run up a flight of stairs with no problem. It's really extraordinary!

"I was a heart patient, and now I can do almost everything that the rest of you can do."

English translation: Deborah Blythe

CAR ACCIDENT

Chronic Pain



I had a **car accident in 1979**. It was a work-related accident.

The C.S.S.T. granted my disability claim. I said, "That's all very well but I'm not cured. I'm still in pain."

My trapezius muscle was swollen from the front all the way around to the back. It was very painful. **I couldn't sleep on my right side any more because my three fingers would swell up right away.**

They told me, "You'll be given a sum of money and you'll have to learn to live with the pain."

"Yes but what then? Do you have something else?"

They said, "Yes, we have something; we have medication. You're just going to have to accept the fact that you'll have to take it from now on, and you'll come back here for check-ups."

Well, after ten years of taking medication and having my children rub my shoulders with inflammation-reducing ointments, and all the rest of it, my brother bought a RHUMART system. I used his system for a few months, it helped a lot, and I bought my

own.

I can't really say that I'm 100% better because my spine is still twisted.

But what I can say is that before, when I drove a car, the slightest little bump in the road was agonizing for me. Now, I drive my car, I get around, I do what I want to do, and I can sleep on my right side or my left side - it doesn't matter.

As far as I'm concerned, it's a 100% improvement.

JACQUES LAJEUNESSE

Québec, March 1990

Cassette Ri-T5 (in French)

English translation:

Deborah Blythe

CYSTIC FIBROSIS *in a child*

RHUMART really works for him. He has developed a lot - he's grown and he's gained weight. Just last week he said to me, "Look at my knuckles - my fingers are getting fatter." Things are really going well. When he was tested last summer his lungs weren't in very good shape. his respiration was good but **the doctor said:**

"His respiration won't stay this good for long if his lungs continue to deteriorate." I saw the pneumologist again last November. His respiration had improved so much that the doctor didn't even take any lung X-rays.

Things are really going well with RHUMART.



GISELE LAVOIE • QUÉBEC, March 1990
Cassette Ri-T5

Generalized Rheumatoid Arthritis



URBAIN FAUCHER, Québec, March 1990
Cassette Ri-T6 (in French)

I had pain in all of my joints for two years. I went to see my doctor and after several examinations he said, "**You have gout.**"

He gave me some painkillers, but a month later the pain was worse and I couldn't work at all any more. That was a year ago.

I wasn't satisfied with the way things were going, so I went to see a specialist at the CHUL. He diagnosed **generalized rheumatoid arthritis**. They began treatments but there was no improvement. Five months later I couldn't work at all, I needed a chair to help me walk around the house, and it was almost impossible for me to go down to the basement.

I met an Independent RHUMART Distributor through some friends. I had nothing to lose, so I started to go for conditionings. After about 15 sessions I noticed that my pain was beginning to disappear. I could sleep better at night and my joints felt better.

But my hands were so swollen that I couldn't even close my fist. When I saw that, I came to a conference and I bought my own system. That was in August, 1989.

At that time I had been taking **GOLD SALTS** for two months and **I was getting an injection every week.**

I continued to do conditionings every other day and I continued to feel better. I slowly started to reduce my medication and things were still improving, so I told my doctor, "I'm going to stop taking the gold salts altogether and I'm going to just use my RHUMART system."

He answered, "There's not much I can say. I've heard of RHUMART, but I don't really know what to tell you." So I asked him, "What do you think?"

He said, "**If you want to get better, anything is worth a try.** I'm going to give you a report to give to your rheumatologist." I said, "Don't mention RHUMART in your report."

I went to see my rheumatologist. She examined me and said, "You're doing fine. Continue with your gold salts. I think you're doing much better than you were." I said, "That's great. I'll keep taking them." I had completely stopped taking the gold salts two weeks earlier.

I went back home and told my family doctor, "I'm not going to take them any more. If I have to come back once in a while, I'll come back." **He knew very well that the medication was damaging my eyes. I was taking antibiotics and I stopped taking them too.**

"It's been two months since I stopped taking any medication."

"I'm back at work and everything is great."

English translation: Deborah Blythe

Rheumatoid Arthritis and... a RHUMART® Child

“For ten years I was taking up to 100 Indocid a month.”

When I was 27 I started to have pain in my knees, my ankles, my elbows and my hips. A doctor told me, "It's rheumatoid arthritis." It got worse every year and I started to limp.

I started to take physiotherapy at a general hospital in Québec, but I had to stop - it was too painful.

I heard that chiropractors were good for these kinds of things. I invested a lot of money in that - a big fat zero.

The same thing with acupuncture. A lot of money - no results.

With nuclear medicine my rheumatologist determined that I had **arthritis in the elbows, the hips, the lower spine, the knees - just about everywhere.**

He said, "You have no choice. Continue your medication."

I was taking up to five Indocid a day and I was still in a lot of pain. At that time our bedroom was in the basement. I always let my wife go down first: I didn't want her to see me going down the stairs.

It was terrible. I missed at least 15-20 days of work every year.

One day I had a chance to talk to Dr. Drolet on the telephone. I asked him if bioelectric medicine was good for arthritis.



In February 1992, there are at least two RHUMART® children: They are the RHUMART® results that Dr Drolet is most proud of. Also, thanks to the mother who helped in many ways.

My wife and I met him that very night. Afterwards, my wife said, "We're going to come back tomorrow and buy the system."

And so I began my conditionings. Soon I began to drop one or two medications a week. For ten years I had been dosing myself up with 100 Indocid a month.

I have had my RHUMART system for two and a half years now and I've completely stopped taking any medication.

Now I celebrate the anniversary of the day when I bought my AUTO-SANTÉ. It's the best investment I ever made.



A RHUMART® Child

Because of my health problems, my wife and I had decided not to have children. For the last five or six years we hadn't even given it a thought.

One year after buying my RHUMART system things were going so well that I made a suggestion to my wife: "Why don't we have a baby?" Today we have a 12-month-old little girl - thanks to RHUMART!

You can be sure that if I hadn't had my RHUMART at home, I wouldn't have this little girl now (in 1992, we have two children).

Also another reason I'm pleased is that the inventor of this system is a Quebecer. If he had been German or American, I might still be at home tonight with my rheumatoid arthritis.

THANK-YOU VERY MUCH,
Dr. Drolet!

BERNARD PROULX

Québec, February 1989
Cassette Ri-6A (in French)

*English translation:
Deborah Blythe*

Juvenile Rheumatoid Arthritis A Dramatic Case



Mr. and Mrs. Couture with their son, Martin

The most serious case treated at the CHUL.

Martin has had juvenile arthritis since the age of thirteen. His body is crammed full of anti-inflammatories.

We have had the system for five months, and two months ago Martin started to reduce his doses of medication, without consulting his doctor. He went from 20 mg of Cortisone to 2 mg, and from 1000 mg of Naproxen to 500 mg.

My boy has to have monthly check-ups at the CHUL. Last Friday he went to see his rheumatologist, Charlotte Grondin. When she saw him she said, "Do you take your medication? He said: "Yes". She replied,

"That's impossible. You're telling me fibs. The swelling has all gone down. Tell me the truth." He answered, "The truth is that we bought the RHUMART system five months ago."

She said, "Martin doesn't trust me, so I can't trust him. Why should I continue to look after him? It costs the taxpayer a lot of money."

Martin was completely lost after her brain-washing. She told him he would never get better. She added he had chronic arthritis and he should face facts:

IT'S FOR LIFE!

To make a long story short, in the last two months Martin has started to enjoy life. He's able to smile and to play jokes - he's even starting to get on my nerves! I think he's starting to feel like a normal boy.

It's interesting to see the changes since he started to use the RHUMART system. Dr. Grondin noticed that there was less inflammation...

Now he can get through the nights without pain. I no longer have to give him Tylenol at 5 a.m. so that he'll be able to get out of bed in the morning. And I don't have to give him breakfast in bed now either.

I think that a lot of his problems were caused by the huge doses of medication that he was taking: 1000 mg of Naproxen every day - that's more than you would give a grown man.

RHUMART is our last hope, because we've tried chiropractors, acupuncture, iridology and the "Sunrider" products - just about everything.

For now things are going very well with RHUMART and Martin is really confident. He says he's going to get better:

"I know in my heart I'm going to get better - that I won't have to have plastic hips, and that I'll be able to play hockey again like before."

(He was supposed to get plastic hips this winter but the operation has been postponed until July.)

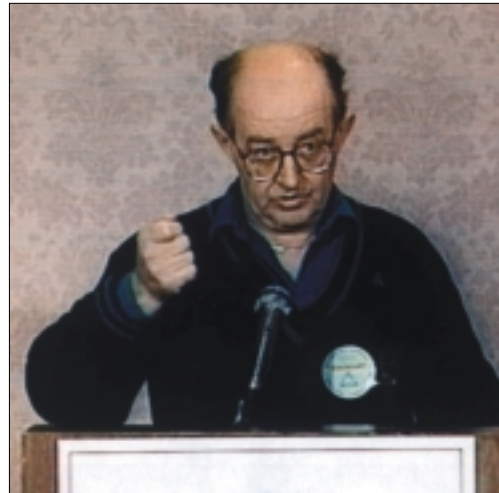
DENISE COUTURE, Québec, Mars 1990
Cassette Ri-T5 (in French)
English translation: Deborah Blythe



Martin Couture and Dr. Jean Charlebois



Denise Couture



Juvenile Rheumatoid Arthritis A Message of Hope

I want to offer a word of encouragement to Mrs. Denise Couture, whose son Martin has the most serious case of juvenile arthritis treated by the CHUL. I want to talk to you about my son, Julien. I bought the RHUMART system for him. His case of juvenile rheumatoid arthritis was a bit like Martin's. Julien is 15 now; he was 12 when we discovered he had rheumatoid arthritis.

On November 16 we had official medical confirmation from Doctor Grondin: no more juvenile rheumatoid arthritis! I didn't even tell them that Julien had been undergoing RHUMART conditioning for the past several months. There didn't seem to be any point in mentioning it.

I can't get over how well our boy is doing.

I think you will help your son with RHUMART too.

ADÉLARD RACINE, Québec, March 1990

Cassette Ri-T5 (in French)

English Translation: Deborah Blythe

Pilonidal Cyst

After the 8th RHUMART Session There Was Nothing Left

When I was 18 I had to have an operation to get of a **pilonidal cyst**. It was near my tailbone. **I had had it since I was born:** it seems that sometimes they grow and sometimes they don't. **A doctor had already opened it up: it was full of pus, hair, bits of teeth,** all kinds of stuff. He inserted a gauze and it went away.

But three months later it was back. **I went to see a surgeon. After examining me he said, "Oh, it's a pilonidal cyst. You've got to have an operation,** but first we have to get rid of the cyst." So I spent eight days in the hospital. That was 18 years ago.

A few months ago **my daughter was facing the same situation. The first time it happened, she was pregnant** (interesting!). Because of her condition, **the doctor simply opened it up locally,** but he said the problem would come back and he would have to operate at a deeper level to get rid of it completely. As he had predicted, the cyst came back after she had her baby.

I already had my RHUMART system then, so I told her, "Come and see me before having your operation."

I didn't really know how to treat that kind of problem, so I asked Marcel Derenne, who had sold me my system. His wife is a nurse and she knows all about pilonidal cysts. We gave my daughter ten RHUMART conditionings with the two

pads placed on top of the tailbone with both south polarities facing the back. We used the parameters

A6-n3-T10

Dr. Drolet - Did the cyst disappear completely?

Mr. Roy - Yes. After the third session she had a lot of trouble walking - and sitting too. She walked like a robot because her underwear was rubbing against the sore spot. She told me, "I think you're making it worse." So I said, "Look at the User's Guide. It says that **before the problem disappears it could get a little worse.** Don't give up. I know it'll work."

She continued the sessions and the cyst slowly started to disappear. After the eighth sessions there was nothing left, but I said, "Come two more times just to be sure."

Dr. Drolet - How old is she?

Mr. Roy - She's 21.

Dr. Drolet - She's completely cured?

Mr. Roy - Completely cured.

Dr. Drolet - How long has it been?

Mr. Roy - About a month and a half.

Dr. Drolet - And everything is still fine?

Mr. Roy - Still fine.

She doesn't need an operation now because RHUMART® got rid of the cyst.



MAURICE ROY, Québec, March 1990

Cassette Ri-T6 (in French)

English translation: Deborah Blythe

Blocked Ear, Eczema, Asthma, Circulation

Quality of Life

*"I fell
in love
with
this
system!"*



We bought our RHUMART system after my husband had a heart attack because we wanted to increase his resistance a little bit. But I ended up literally monopolizing it.

I had a problem with my ear for about seven and a half years: it would plug up. I consulted three different E.N.T. specialists. It must have been psychosomatic because they couldn't find anything wrong. But it really affected **my quality of life**. I didn't know where to turn for help. I used the system three times for about five minutes at a very low level. After that I felt fine for weeks.

I continue to do global conditionings, but every once in a while when I'm feeling a bit nervous, I use the REBONE-4A on my ear for five minutes at amplitude 3 and the feeling goes away. Once I was afraid the problem wouldn't go away and I put the REBONE a little higher on my head. That made me sick to my stomach. I didn't feel well at all.

I also had eczema for several years. I practically lived on **cortisone**. That's gone too.

I have literally fallen in love with this system. **I couldn't do without it now, because it has really improved our quality of life - for both my husband and myself - in every way.**

I was also able to help an elderly woman with poor blood circulation. She always had bruises caused by broken veins and, although she didn't tell me at first, she had also been asthmatic for many years. One day she said to me, "You know, I don't need to pump my lungs any more." **She has no more asthma attacks now and she is doing very, very well.** She only needed ten to fifteen RHUMART sessions at the rate of three a week.

A Warning from Dr. Drolet:

I would like to remind you that when selecting the amplitude for sessions involving the head it is important not to overdo it. Amplitude A3 with the REBONE-4A on the head is very high. Many people work with amplitude A1 or A2 and get very good results.

People tend to think that the higher the intensity, the faster they will get results, but sometimes it's just the opposite.

DORIS SIMARD, Québec, March 1990

Cassette Ri-T6 (in French)

English translation: Deborah Blythe

How to buy your own RHUMART System... when you haven't got a cent!

Hello! I would like to tell you how it's possible to buy a RHUMART system when you haven't got a cent in the bank. Lots of times people tell us, "I haven't got any money." Well, I didn't either - I was broke. I was feeling very "burned out," and having a pretty hard time. I would make a decision one day, but feel helpless to carry it out the next.

After attending an information evening hosted by Francine Bernier, I decided - notice the words "I decided" - that I would get a RHUMART system. And I set myself a time limit. Not six months! I didn't say "I want," I said "I have" my system. And to reinforce my decision, I said it to a friend. You know, when you tell someone else about a decision you've made, it's like you make a promise to yourself. It was as though I was compelling myself to do it. So I said to my friend, "Aline, I don't know how I'm going to get the money, and I don't know what is going to happen. All I know is that I haven't got a cent, but someone, somewhere does have the money I need. And I'm going to get it! Next Friday, (I gave myself seven days) I will have my system. Someone will lend me the money or I'll win the lottery, but I will get it!"

Aline, in her very sweet voice, answered me: "If you need a guarantor, I'm here." That's when I understood! I understood that when every fibre of your being has resolved to do something, when you are absolutely **DETERMINED, it happens.** That really gave me a "lift."



RACHEL GOSSELIN • Montréal • September 1989 • Cassette Ri-T3 (in French)

On Monday morning I went straight down to a credit union (caisse populaire). And do you know who served me? The nicest, friendliest credit manager they had, who just happened to be the one who knew me the best. "Hello, Mrs. Gosselin. How are you?" "Very well, thank-you. I'm going to go into business with RHUMART."

I needed it for myself and I only found one way to be able to pay for it: to go into business with RHUMART

"What's that?"

I began to tell her about the RHUMART system.

I knew what I was talking about and I didn't lack for words. I had gone there for a loan, right? And I suddenly realized that, instead, I was selling her on RHUMART. WOW! I'm good; I'm capable! It was really fun!

She asked me a ton of questions about the possibilities of the system. She was sold! I had to remind her that I was there for a loan. "And I need \$5 000 to buy it."

I explained my whole plan to her: that I would host information evenings; that I already had a team; that I had already taken training and helped my friend to make two sales to qualify,

that another was in the bag... **"All I need, Michèle, is \$5 000 for three months.** You know I'm not working. I have no security to give you, but I do have a guarantor."

We all know that credit unions don't lend money without security. But it occurred to me that I had been doing business with them for 25 years and they knew me very well. "You know, Mrs. Gosselin, I'm going to try to get you the loan without a guarantor. Just give me 24 hours."

When I walked out the door I was so sure that I had the loan that I forgot all about it.

The next day the telephone rang at 10:00 a.m. sharp: exactly 24 hours later. The manager told me, "I've deposited \$5 000 into your account. You can write cheques on it right away." My legs were like rubber! I said to myself, "That's it. I'm on my way!" That was April 3, 1989.

Two and a half months later, on June 23, I paid back my loan. I sold six systems from June 13 - 30.

I had kept my word: three months and my \$5 000 loan was repaid.

English translation: Deborah Blythe



*"My heart is a garden and I am its gardener,
I plant my goals and my objectives,
And water them with love,
I nurture them with "joie de vivre,"
And only then am I a millionaire!"*

(Rachel Gosselin)

VII. *The RHUMART® Index*

A list of the topics encountered by users of the RHUMART® AUTO-SANTÉ™ or Self-Health™ System and the reference to the video documentaries where you will find them discussed.

The RHUMART® Index - a veritable little dictionary of the topics already encountered by users of the RHUMART® AUTO-SANTÉ™ System!

The RHUMART® Index- a handy reference guide to help you choose the videocassettes you wish to buy for yourself or as gifts for your family, friends or clients!

The RHUMART® Index illustrates that RHUMART® has already been used with unprecedented success to attenuate or even eliminate hundreds of health problems (see the 2 page summary of the scientific CROP survey of the results obtained by more than 1000 Canadians selected at random among the owners and users of the RHUMART® system in November 1991.

Please note that each of our "testimonial" cassettes has been assigned a number beginning with the letters "Ri-T." E.g. Ri-T5.

We currently have at your disposal over 40 video cassettes in French and approx. 10 in English. We also have the testimonials of eight nuns: Ri-TS1 in French.

Subject	Cassette(s)	Subject	Cassette(s)
Abscess	Ri-T15	Bone deformation	Ri-T1
Accident: Auto	Ri-T5	Breasts: firmer	Ri-T8,12,18
Accident: Burns	Ri-T12	Burnout	Ri-T3,8
Accident: Cerebrovascular	Ri-T12	Burns	Ri-T8,12,13,14
Accident: Sequelae	Ri-T4,Ri-T14,Ri-T18	Bursitis (elbow, shoulder, leg)	Ri-T1,2,3,4,11,16
Acne	Ri-T8,Ri-T12	Calluses	Ri-T10
Acne rosacea	Ri-T7	Calves	Ri-T4,10
Aging and health	Ri-T13,Ri-T15	Cancer	Ri-T1,3,5,11,12,15,16,18
Allergies	Ri-T14	Cardizem	Ri-T7
Alveolitis	Ri-T1,Ri-TS1	Career	Ri-T8
Amputation avoided	Ri-T2	Cell conditioning	Ri-T1
Anemia	Ri-T5,Ri-T11 Ri-T13	Cell regeneration	Ri-T8,14
Animals	Ri-T6,Ri-T16	Cervical cap	Ri-T3
Ankylosing pelvospondylitis	Ri-T17	Chemotherapy	Ri-T1,15
Anti-inflammatories	Ri-T2,Ri-T3 Ri-T10	Cold feet	Ri-T4
Antibiotics	Ri-T11,Ri-T12,Ri-T13	Constipation	Ri-T7
Anxiety	Ri-T11	Corset	Ri-T18
Arm lost	Ri-T1	Cortisone	Ri-T6,9,11,15,Ri-TS1
Arms	Ri-T7,11,15,16,18	Cough	Ri-T12
Arthritis	Ri-T1,7,11,13,16,17,18	Cramps	Ri-T11,13
Arthritis: juvenile	Ri-T4,6,8,11	Crohn's disease	Ri-T4,5,6,11,14,16
Arthritis: rheumatoid	Ri-T2,3,4,5,6,9,10,11,12,15,Ri-TS1	Crutches	Ri-T13,16
Arthrosis	Ri-T1,6,7,8,9,11,12,14,17	Cuts	Ri-T1
Arthrosis: cervical	Ri-T2,4,6,15	Cystic fibrosis	Ri-T5
Arthrosis: degenerative discopathic	Ri-T4,6	Cysts	Ri-T1,4,12
Aspirin	Ri-T1,8,9,11	Cysts: in the breasts	Ri-T1,5
Asthma	Ri-T6,9,11,12,14,15,17	Cysts: philonidal	Ri-T6
AUTO-SANTÉ™	Ri-T2,Ri-T4	Deafness	Ri-T6,9,10,13,14
Back	Ri-T2,3,4,7-13,15,16,17,Ri-TS1	Decongestants	Ri-T12
Before an operation	Ri-T14,Ri-T16	Depression	Ri-T2,3,13
Bladder	Ri-T3	DiaBeta	Ri-T17
Blood circulation	Ri-T2,4,6,7,10,15,18,Ri-TS1	Diabetes	Ri-T6,14,16,17

The RHUMART® Index (continued)

Subject	Cassette(s)	Subject	Cassette(s)
Diabetes: juvenile	Ri-T1,Ri-T5	Inability to walk	Ri-T9,11,Ri-TS1
Diabetic coma	Ri-T4	Inactivity	Ri-T11,12,13
Diabinese 250	Ri-T17	Indocid	Ri-T2,3,11
Diarrhea	Ri-T11,16	Infection	Ri-T15,17
Diet	Ri-T15	Inflammation	Ri-T5,6,10,11,15,17,18,Ri-TS1
Difficulty in walking	Ri-T9,10,12,18,Ri-TS1	Injuries	Ri-T18
Digestion	Ri-T7	Insensibility, rigidity	Ri-T3,10
Digestive system	Ri-T11,16	Insomnia	Ri-T2,7,11,13,15,16
Discouragement	Ri-T11	Insulin	Ri-T4,16
Ear	Ri-T3,6,11,15,16,Ri-TS1	Int'l RHUMART® Inst, and specialized RHUMART® societies	Ri-T17
Earache	Ri-6B,13,17,18	Intestines	Ri-T15,17,Ri-TS1
Eczema	Ri-T1,6,7,17	Irritability	Ri-T8
Edema	Ri-T6,10,18	Isordil	Ri-T7
Empracet	Ri-T1	Knees	Ri-T13,18
Encephalitis	Ri-T4	Lacrimation	Ri-T17
Energy	Ri-T8,10,13,14,15,Ri-TS1	Legs	Ri-T1,10,11,12,13
Epicondylitis	Ri-T17	Leukeumia	Ri-T8,12,18
Epilepsy	Ri-T6,8	Limping	Ri-T1
Equilibrium	Ri-T15,16	Liver	Ri-T16
Euglucon	Ri-T17	Lopresor	Ri-T7
Extrasystoles	Ri-T15,Ri-TS1	Lordosis	Ri-T15,Ri-TS1
Eyes: infections	Ri-T1,2,10,11,17	Lumbar graft	Ri-T7
Family system	Ri-T12,14	Lupus erythematosus	Ri-T16
Fatigue	Ri-T8	Maalox	Ri-T11
Fibromyositis	Ri-T9,11,14,16	Medication	Ri-T12,16,17
Fibrosis	Ri-T3	Ménières disease	Ri-T5
Fingers: numbness	Ri-T10	Menopause	Ri-T16
Fingers: severed	Ri-T3,5	Methotrexate	Ri-T11
Flu	Ri-T3	Migraine	Ri-T8,14
Fracture: arm	Ri-T16	Modern medicine	Ri-T1
Fracture: open (and shoulder)	Ri-T3,4	Morphine	Ri-T12
Fracture: spine (and leg)	Ri-T9,10,12	Multiple sclerosis	Ri-T3,5,12,14,15,16
Fracture: wrists	Ri-T15	Muscle ailments	Ri-T12
Ganglions	Ri-T4	Musculoskeletal system	Ri-T4
Glaucoma	Ri-T2,11	Myelography	Ri-T7
Gold salts	Ri-T6,9,11	Nails	Ri-T10
Gout	Ri-T6	Naprosyn	Ri-T7,9,11
Gums	Ri-T1,14,16	Neck	Ri-T11
Hair growth	Ri-T4,13,15,Ri-TS1	Nervous system	Ri-T12,15
Hands	Ri-T1,10	Nervous tension	Ri-T7
Head	Ri-T8,11,14	Neuralgia: generalized	Ri-T7
Head: bumps	Ri-T10	Neuralgia: ocular	Ri-T4
Heart	Ri-T6,7,8,12,15,Ri-TS1	Newborn infant	Ri-T6,8
Heart rhythm	Ri-T6,8	Nitroglycerin	Ri-T15
Hemorrhage	Ri-T10	Numbness	Ri-T5,12,15,16
Hemorrhoids	Ri-T1,9,15,Ri-TS1	Operation avoided	Ri-T3,8,9,14,16,18
Herniated disk	Ri-T3,4,6,8,9,10,11,13,14,15,17,Ri-TS1	Orthosis	Ri-T10
Hip	Ri-T13	Orudis 200	Ri-T15
Hormones	Ri-T16	Osteoporosis	Ri-T2,17,Ri-TS1
Hospitalization	Ri-T16	Pain: see accident, arm, arthritis, arthrosis, back, burns, bursitis, calves, cancer, chemotherapy, Crohn's disease, cuts, earache, ears, eczema, encephalitis, eyes, fingers, glaucoma, gout, gums,	
Hot flushes	Ri-T16		
Hypertension	Ri-T18,Ri-TS1		
Hypoglycemia	Ri-T18		

The RHUMART® Index (continued)

Subject	Cassette(s)	Subject	Cassette(s)
head, hemorrhoids, herniated disk, inflammation, insomnia, rheumatism, sciatica, shoulder, spinal, column, sprain, stomach, stress, teeth, tendinitis, tennis elbow, torticollis, ulcerative colitis, ulcers, varicose veins, wounds, zona.		Spinal column	Ri-T7,9,10,12,14,15
Paralysis: face	Ri-T9,15,Ri-TS1	Sports	Ri-T7
Paralysis: following a peridural	Ri-T7,9,11,14	Sprain	Ri-T1,4,16,18
Paralysis: heart	Ri-T16	Sprain: lumbar	Ri-T7,12
Paralysis: legs	Ri-T13,17	Steroids	Ri-T7
Paralysis: partial	Ri-T7,12	Stomach	Ri-T1,10,11,13,15
Penicillin	Ri-T11	Stones (kidney, liver)	Ri-T10,15
Peridural	Ri-T7,9,11,14	Stress	Ri-T3
Phlebitis	Ri-T4,6,Ri-TS1	Sudeck's atrophy	Ri-T15
Physical condition	Ri-T7	Surgam	Ri-T7
Plantar fascia	Ri-T17,18,Ri-TS1	Swelling	R7,13,14
Plantar warts	Ri-T4,15,16	Tachycardia	Ri-T3,15
Polyneuritis	Ri-T1	Tagamet	Ri-T11
Prevention	Ri-6B,11,14,16	Teeth	Ri-T1,16
Prostate	Ri-T9	Tendinitis	Ri-T1
Prosthesis avoided	Ri-T13	Tennis elbow	Ri-T3,11
Psoriasis	Ri-T10	Thrombophlebitis	Ri-T4,6,8,14
Quality of life	Ri-T6,14,Ri-TS1	Thrombosis	Ri-T6,8
Questran	Ri-T11	Thumb: crushed	Ri-T8
Raynaud's disease	Ri-T10	Tinnitus	Ri-T16
Recovery time	Ri-T8,12	Toe	Ri-T2,15,Ri-TS1
Relaxation	Ri-6B	Tone	Ri-T9,10,12
Respiration	Ri-T15	Torticollis	Ri-T1
Respiratory system	Ri-T15	Tumour	Ri-T4
Rheumatism	Ri-T7,11,15	Tumour: arm	Ri-T15
RHUMART® effects	Ri-T13,16,17	Tumour: breast	Ri-T4,6,8,14
RHUMART® possibilities	Ri-T2,10,17	Tumour: head	Ri-T15
Rickets	Ri-T7	Tumour: spinal cord	Ri-T1
Salazopyrin	Ri-T9,11	Tumour: spinal column	Ri-T15
Salmonella	Ri-T4,Ri-TS1	Ulcerative colitis	Ri-T3,8
Scarring	Ri-T1	Ulcers	Ri-T11,17,Ri-TS1
Scepticism	Ri-T1,6,10	Ulcers: varicose	Ri-T1,4
Sciatica	Ri-T1,7,10,13	Urticaria	Ri-T15,Ri-TS1
Scoliosis	Ri-T9,10,11,12,14,17	Varicose veins	Ri-T4,16
Sedatives	Ri-T15,Ri-TS1	Vantolin	Ri-T12
Sensibility	Ri-T1	Vertigo	Ri-T5,16
Sequelae: Accidents	Ri-T4,14,18	Voltaren	Ri-T11
Shingles	Ri-T1,4,10,15,16,Ri-TS1	Walking difficulties	Ri-T1,15
Shoulder: dislocation	Ri-T10	Weakness	Ri-T15,Ri-TS1
Shoulder: fracture	Ri-T3	Will to recover	Ri-T1
Side effects	Ri-T7,8,15,17	Wish to be dead	Ri-T11,13
Sight	Ri-T1,9,11,14,17	Wounds	Ri-T1,4
Sinusitis	Ri-T4,9,10,11,12,14,17	Wrists (fracture)	Ri-T15
Skeletal system	Ri-T15		
Sleep	Ri-6B,Ri-T15,16,Ri-TS1		
Smile of pain	Ri-T3		
Sniffing	Ri-T1		
Sore Throat	Ri-T4,5,7,15,16		

Don't forget!

Extracts from the testimonials of RHUMART® users are included in the pages of the RHUMART® Journal

VIII. Results of a CROP scientific survey on 1001 owners and users

A CROP Survey Supports RHUMART Claims

PRESS RELEASE

JANUARY 15, 1992

(English translation: Deborah Blythe)

A scientific survey conducted in November 1991 by CROP (Centre de Recherches sur l'Opinion Publique) among 1001 owners of the RHUMART Auto-Santé system proves that this system fulfills its great promises and effectively improves the health and quality of life of its users.

In the beginning, all of those surveyed purchased their RHUMART Auto-Santé systems for health reasons; most had been suffering from some type of pain or illness for an extended, or very extended, period of time.

- The reasons given most often for buying the system were arthritis or arthrosis (24%); pain, e.g. in the back, knees, or shoulders (21%) rheumatism (7%); fatigue, stress, migraine headaches, or insomnia (7%); circulation problems (5%); and a general desire to maintain overall health and fitness (4%).
- The majority of these health problems (57%) had existed for more than five years; almost a third (32%) had existed for more than ten years; and 12% had existed for more than 20 years.

A total of 78% of owners claimed that after using the RHUMART Auto-Santé system for three months they had achieved very satisfactory (37%) or satisfactory (41%) results; on a more long-term basis, 79% of owners claimed that as of November 1991 they had achieved very satisfactory (43%) or satisfactory (36%) results.

When questioned about the specific results obtained, three-quarters of the owners surveyed answered that they had achieved the following results with the RHUMART Auto-Santé system:

- improved quality of life (75%);
- reduced pain (76%).

A majority of those questioned also declared that since starting to use the RHUMART Auto-Santé system they

- were less stressed (63%);
- were able to work more efficiently (56%);
- were more active (54%);
- and slept much better than before (52%).

In addition, a substantial minority of those surveyed declared that since starting to use the RHUMART Auto-Santé system they

- enjoyed more autonomy in their homes (37%);
- digested their food better (36%);
- went out more often (29%);
- and travelled more frequently (18%).

These results clearly demonstrate that the RHUMART Auto-Santé system has a positive impact on the health and quality of life of users with chronic health problems.

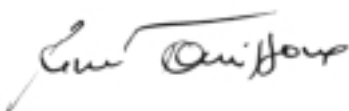
But there's more: owners of the RHUMART Auto-Santé system consult physicians much less frequently and consume much less prescription and non-prescription medication.

A comparison of the number of consultations before the purchase of a RHUMART Auto-Santé system and the number of consultations at the time of the survey shows a 39% reduction in the number of visits to general practitioners (GPs) and a 59% reduction in the number of visits to specialists.

In addition, 62% of those users who took prescription medication (n=606) and 71% of those who took non-prescription medication (n=199) were able to reduce their intake of these drugs after starting to use the RHUMART Auto-Santé system. In fact, 53% of those cited above (n=377) report that they no longer take any prescription medication at all, and 49% (n=141) have stopped taking non-prescription medication.

It should also be noted that the owners of the RHUMART Auto-Santé system all received training to help them adapt the conditioning parameters (amplitude, modulation, and length of session) to their individual needs on the basis of their body's reactions. This training is reflected in the fact that 94% of owners reported no difficulty in using their RHUMART Auto-Santé systems.

We can thus conclude that the RHUMART Auto-Santé system allows people to improve their health and their quality of life, while at the same time reducing medical expenses related to medication and visits to physicians.



René Tounissoux
Consulting Sociologist

RHUMART® Conference: Sherbrooke, september1990





The RHUMART® system helps the human organism to fight every kind of health problem and illness by reinforcing the body's natural self-defense and healing mechanisms.

Physiological Effects

1. Improvement of Blood Circulation,
2. Relaxation of the nervous system resulting in a major reduction of pain and inflammation,
3. Stimulation of physiological cell repair and regeneration.



The Inventor: Dr Roland A Drolet, Ph.D.

Your Independent Distributor of

L'étincelle-de-Vie

RHUMART

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