



## 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.

President

Ph.D.

## The RHUMART® Journal

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

and the 7,000  
Researchers of the

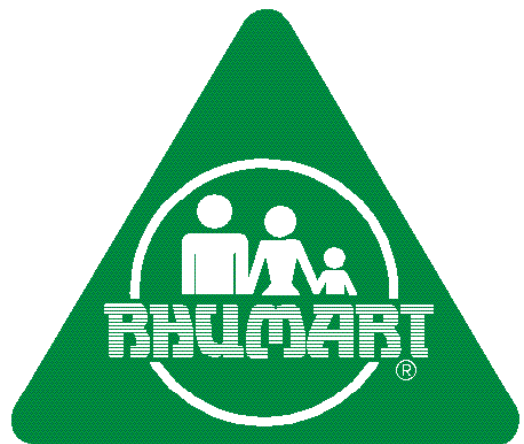
**international RHUMART® institute (iRi)**

by

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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.

# 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.







*Let RHUMART® enlighten your life*

