

5.7. A Scientific Opinion of Testimonials...

A Scientific Opinion
Of Testimonials by Users of
RHUMART®
*Health and Quality of Life
Rediscovered!*

By Dr A.-M. Bégué-Simon, M.D., november 4, 1991

The utility of the RHUMART systems in improving health and quality of life is undeniable.

Before proceeding to a physical examination of their patients, physicians encourage them to talk about their symptoms.

Medical educators have always regarded this stage of the examination, known as the case history, as an essential step in the evaluation of a patient's physical condition.

While the subjective nature of the patient's answers inevitably introduces an element of variability when evaluating the results of a treatment, the case history is nevertheless critical in determining the impact of any therapy.

Since every physician seeks an understanding of the patient's individual perspective of a health problem before conducting a physical examination, why should we not also value personal testimonials when evaluating the impact of the RHUMART conditioning system?

While the following testimonials do not constitute proof of RHUMART's effectiveness in accordance with the clinical research principles and procedures normally used to evaluate the benefits of a new product, they do indicate the utility of this cell conditioning system for human beings.

By "utility" we refer to the benefits this system offers to users.

These benefits have been reported by many users. The following comments are representative:

... "My health is better than it's been in the past ten years." (A person with lung cancer – Cassette Ri-TS5)

... "After three and a half months (with RHUMART), I have stopped taking any medication." (This person suffered from polyarthritis and took 90 anti-inflammatory drugs per month. An examination by the department of nuclear medicine revealed no further traces of inflammation, according to the attending physician. Video Ri-TS5)

... "Health is so precious, it can't be

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bought for a million dollars. I can drive my car, go to bed at 2 a.m.... I'm thoroughly enjoying life." Video Ri-TS5.

With reference to a deaf child with cerebral paralysis who was never expected to speak or to walk: "He has begun to speak and to walk by himself." Video Ri-TS3.

A person with degenerative disc disease who was unable to work for two years: "I could almost say I was dead for two years." The physician consulted 22 months after the accident told him that there was nothing more to be done. He would just have to live with the pain. Three months later, after a few conditioning sessions, this man went back to work. Video Ri-T30.

A man who had to have 21 teeth pulled used his RHUMART conditioner to help him relax prior to the ordeal. "About three or four times and in the morning before the appointment, I had a global conditioning session using parameters modulation 2, 10 minutes, N3. I was very calm when I left home, and when I stood up from the chair, the dentist was surprised because he had prepared me – he had told me I would have trouble because I had to have at least 10 needles." Video Ri-T16.

The effectiveness of a product or of a treatment for a specific ailment is determined by the subject's initial condition, the spontaneous evolution of the disease, the therapeutic effect, and the errors in measurement,

which are quite common during studies to determine the benefits of a new product. When evaluating the therapeutic effect, it is important to distinguish between the pharmacological, physiological, and placebo effects. What is known as the PLACEBO effect (from the Latin "I shall please") is a combination of three variables:

- *the type of treatment;*
- *the personality of the patient, who may be more or less open to trying a new product and more or less capable of verbalizing an opinion;*
- *the physician or "health consultant," who supplies the product.*

In fact, the effectiveness of a product is closely linked to the role and attitude of the physician, health consultant, or care-giving team. The importance of the doctor-patient relationship is recognized by many authors, including psychiatrist Michael BALINT of the Tavistock Clinic, and Franz ALEXANDER, long-time head of the Chicago Institute of Psychoanalysis.

Studies by H.K. BEECHER, D. McNAIR, and D. WHEATLEY have also shown that optimistic physicians obtain much better results than those who appear pessimistic or sceptical.

It is therefore quite astonishing to hear reports by RHUMART users about some of the defeatist and discouraging comments made to them by their physicians – comments

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more likely to induce despair than hope, such as **"Go on home. You are going to die,"** to a patient with lung cancer. Video Ri-TS5.

Other comments reflect the physicians' lack of interest in inspiring confidence in patients who experiment with other approaches to treating their health problems. A rheumatologist who was told about children who had used RHUMART decided to drop a patient with rheumatoid polyarthritis, saying ...**"It's no good for you, and since you haven't followed my advice, I don't want to see you again. You will never get any better."**, Video Ri-T5.

The placebo effect is inconsistent, varying inversely with the length of time a person has been ill. In fact, long-term illnesses and those that have already been treated respond least well to placebos (K. RICKELS). In listening to the testimonials of RHUMART users, we note that many of them suffer from chronic illnesses, particularly those affecting the musculoskeletal system such as arthrosis, rheumatoid polyarthritis, and arthritis.

The placebo effect also varies inversely with the gravity of the illness, having the greatest impact on the least serious ailments. The greater the pharmacological and physiological effects, the less important the placebo effect will be (M. HAMILTON).

It would be foolish to deny that, like other therapies, the

RHUMART Auto-Santé also induces a placebo effect to varying degrees.

ANALYSIS of 28 testimonials by RHUMART® users

★ **Pierre Nadon:** The case of this man with multiple injuries incurred during a plane crash is very straightforward in the sense that the severity of the symptoms and the resulting functional disturbances are clearly explained, along with the physician's observation of the patient's functional improvement with RHUMART. What is missing is an indication of the parameters used during the sessions. The encounter with "conventional" medicine illustrates the ignorance of practitioners concerning the properties of RHUMART.

The discussion of the young woman with **skin disease** did not mention the diagnosis, but did indicate that the patient saw a distinct improvement with RHUMART. This was possibly a case of **ichthyosis or keratodermia**. There is no specific treatment for these diseases.

★ **Pierre Tétreault:** Unfortunately, this testimonial is imprecise. We can hypothesize that this may have been a case of

cardiomyopathy, or perhaps a systemic disorder involving the connective tissue. We would need the results of the physical and laboratory examinations (ECG, immune response tests, etc.) to be sure.

★ **Bernard Proulx:** If this was a true case of **rheumatoid polyarthritis**, it is interesting to note that this patient was able to stop taking all medication after three months of using the RHUMART conditioner. The significance of this testimonial lies in the fact that the examination done by the department of **nuclear medicine** revealed that the inflammation had in fact completely disappeared.

★ **Fernande Guillemette:** The reality of this testimonial lies in the improvement of the patient's **quality of life** and her perception that her health is better than it has been for the past 15 years. Ms. G. speaks of the stabilization of her cancerous tumour and the fact that it no longer bothers her. Was this confirmed by the ultrasound examination?

★ **Keven Pilote:** Two key facts emerge from this testimonial. The disappearance of the stomach ulcers was confirmed first by the fibro-optic bronchoscopy and later by the results of three scans carried out at three-month intervals. **These examinations revealed significant improvement, stabilization, and then a "75% cure."**

★ **Gisèle Lavoie:** This case is interesting because of the **tissue regeneration** induced in the child.

The case of cystic fibrosis would merit documentation, but the pneumologist's opinion that x-rays were not necessary is a very positive sign.

★ **Monique Aubut:** Improvement was noted in connection with several different health problems: **phlebitis, epilepsy, juvenile arthritis, and irregular heart rate in an infant.**

The interest of this testimonial lies in the fact that two people, suffering from arthritis and epilepsy, were able to **stop taking their medication.** An original point raised by this woman is that the Auto-Santé system enables people to be of benefit to others: "But for me, the greatest joy of owning this system is that I can be of enormous help to the people around me."

★ **Francine Bernier:** An astonishing detail revealed by this testimonial (if it can be taken at face value) is that an epidural was administered to this woman in labour without her knowledge. Two months after starting to use the RHUMART conditioner, she noticed a distinct improvement in the form of **reduced pain and increased autonomy.** The evidence of enhanced **endurance in an athlete** is also worth considering.

★ **Noël Duchesne:** This case of **multiple sclerosis** is significant because of the reported improvement in motor skills: "I had trouble walking.... The numbness in my legs, the sensation of inflammation have all disappeared." The para-

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meters chosen for the RHUMART conditioning sessions are specified, as they are in the case of the friend with (bone?) cancer. The friend regained the strength to take up a sport once again.

★ **Denise Choquette:** This testimonial about arthrosis is interesting because the person's pain disappeared and he was once again able to run.

★ **Gertrude Dumont:** If the original diagnosis was correct, this testimonial indicates the improvement of a patient with **multiple sclerosis**. The antibacterial effects of electromagnetic waves are also illustrated by this woman's testimonial.

★ **France Mathieu:** A case of **bladder cancer** is reported, tending to show the disappearance of sequelae (after-effects), astonishing members of the medical team who wished to discuss it.

★ **Robert Desmarais:** This is a typical case involving one of the century's chief medical complaints – **backache**, which may entail the following complications: **stomach ulcers** and loss of employment. Because of the **chronic nature of the pain**, the **psychological effects** may be pronounced. This man's job required him to use his back to a significant extent and the inability to relieve his lower back pain could have placed him in a very difficult position.

RHUMART gave him back his freedom of movement, his ability to sleep, and his sense of well-being.

★ **Laurence Savard:** The improvements in language and motor skills reported by Mrs. Savard in the case of a child with **cerebral paralysis** appear to be quite remarkable. It would nevertheless be necessary to verify the diagnosis of cerebral paralysis and deaf-muteness. One wonders, for example, whether the deaf-muteness was caused by the cerebral paralysis or by an emotional disorder such as autism. Still, the results are there, and the child "**began to speak in sentences and to walk.**"

The second case reported does not specify the reason for the man's loss of vision, but he did notice an **enlargement of his visual field!**

★ **Rollande Lefrançois:** According to this testimonial, a child's bed-wetting problem completely disappeared after a week of RHUMART Auto-santé conditioning sessions. While we don't have enough information to fully evaluate this result, it does raise important questions about the mode of operation and usefulness of this physical agent when dealing with a problem that is very common in young children and can persist into adolescence. The story of the young woman with systemic **lupus erythematosus** demonstrates a distinct improvement in her state of health: her blood pressure returned to normal; the hematuria (blood in the urine) – most likely related to a kidney disorder or **corticotherapy**

– disappeared; and she was able to return to a more normal life-style and contemplate resuming her professional activities. The case of **schizophrenia** is perplexing, because orthodox medicine generally has very little success in curing this form of mental illness. Schizophrenia is sometimes confused with other ailments such as **depression**, and this may have been what happened in this case.

★ **Gertrude Harnois:** It would be difficult to find a more complete **catalogue of health problems** than that reported by this woman. RHUMART is presented as being the **solution to all her woes**, which indeed appears likely given the psychosomatic element underlying all her ailments and functional disorders.

★ **Lyne Landry:** This person suffered from **auricular fibrillation and arthrosis**, both of which were relieved by RHUMART in three months. It was certainly a benefit for her to be able to **stop taking nitroglycerin** every day.

★ **Paul-André Routhier:** This person mentions **post-traumatic lumbar pain accompanied by pain and swelling of the knee** (hydrarthrosis). All of this was relieved by 20 10-minute RHUMART conditioning sessions. Mr. Routhier also discusses the case of his son, who suffered from kidney stones, and it should be noted that kidney or gall stones are sometimes eliminated spontaneously. The case of the

"terrible sprain" seems to me to have been relieved very quickly, since traditional therapy requires three to six weeks, or even longer in the case of very serious sprains.

★ **Denise Brault:** A case of second-degree burns is reported and it is interesting to note that the burns healed in only six and a half days. The rapid healing of the herpes zoster (shingles) is also remarkable if the problem was correctly diagnosed.

★ **Claude Bergeron:** This person reported a case of shingles which was quickly relieved by RHUMART and a **prostate tumour** which seems to have also benefited from RHUMART conditioning sessions.

★ **Lionel Vallières:** This person's hand injury illustrates once again the **tissue and nerve regeneration capabilities of the Auto-Santé**; the details supplied by Mr. Vallières indicate that he also **regained feeling in his hand**.

★ **Daniel Croteau:** This man, suffering from **rheumatoid polyarthrititis**, was able to **reduce his consumption** of anti-inflammatory drugs. He reports functional improvement, which is particularly significant in a person with this type of health problem.

★ **Thérèse Thibodeau:** This woman presented with a **comminuted fracture of the ankle** resulting from an accident. It was relieved by the Auto-Santé.

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★ **Jacques Guilbault:** *Accidental damage to the spinal cord resulted in injury to the intervertebral disks in the lumbar region. Very distinct improvement allowed this man to resume working after an interruption of two years.*

★ **Louise Beaudouin:** *This case of achalasia or cardiospasm is interesting because the ill effects of this disorder are felt after meals and could have made it difficult for this businessman to carry out his responsibilities. It would be wise to rule out the possibility that the cardiospasm was symptomatic of cancer of the esophagus, which, in some cases, is at the root of this problem.*

★ **Jacques Matte:** *This man suffered from bursitis. After three months of RHUMART conditioning, he was able to resume playing tennis.*

★ **Martin Couture:** *This young man suffered from polyarthritis; after three months of RHUMART sessions, he was able to reduce his corticotherapy; his overall state of health improved, and his coxotuberculosis (pain in the hip) was relieved.*

★ **Renée Rhyman:** *This person suffered from Hodgkin's disease or another form of lymphoma (?); improvement was documented using the investigative techniques usually employed with a serious illness of this type. A more in-depth study*

would be useful to confirm the effectiveness of RHUMART in cases involving cancer and/or the immune system. Dr. A.-M. Bégué-Simon

Conclusion

These testimonials contain a truth that it would be irrational to ignore. *Most of the testimonials report an improvement or a disappearance of symptoms in terms that are sometimes very clear, but that are of course different from those used by clinical research specialists attempting to prove the effectiveness of a health product or procedure.*

Is this issue of concern to RHUMART users? Is the data resulting from comparative studies of interest to them? Is this approach to research and the acquisition of knowledge the only valid way to evaluate and acknowledge the value of a health procedure?

These questions raise another important issue: that of the scientific value of qualitative research designed not to oppose the realm of measurable, objective results achieved with the use of methodologically rigorous protocols and appropriately designed statistical analyses, but – on the contrary – to complement it by granting a voice to the individual. Qualitative research is the study of the empirical world from the point of view of the person: the subject of the study who gives meaning to the observed phenomena.

Let us be open-minded and demonstrate our respect for their respective supporters by acknowledging the validity of two different approaches to research – one quantitative and the other qualitative – whose common goal is to better understand the health needs of the individual.

Shall we deny the public's ability to express an opinion and to search out the path or paths to physical wellbeing that best suit its needs and aspirations?

Having for the most part sought in vain to relieve their pain in the hope of regaining a life of freedom and independence, these people began to notice – sometimes quickly and sometimes after a few months – significant changes in their daily routines that allowed them once again to live the lives they chose.

Of course, we can not be sure of all of the diagnoses referred to in these testimonials or of the disappearance of the lesions and functional disorders described (not always clearly) therein. But perhaps we should view this lack of clarity as evidence of the need for better communication between physicians and patients, communication which would enable them to understand and then clearly explain what has happened to them. Still, these people were able to express what they had felt and experienced: their newfound independence and the freedom to take charge of their own health. Unfortunately, this goal does not receive sufficient attention in the

health-care field today, but it is a major advantage of the RHUMART Auto-Santé system. One person's testimonial ended with these words: "We are our own best doctors." Video Ri-T8.

*Three centuries ago, MOLIERE put very similar words into the mouth of Argon's servant, Toinette, in *The Imaginary Invalid*.*

After listening to these testimonials by people who have achieved independence and freedom from pain, I believe that they have a very real value in illustrating the utility of the RHUMART system.

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