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Hover your cursor over the orange square  
in this corner of each slide to read my  
narration, or double click it to open.  
**ENJOY!**

# Holistic Approach to reducing dementia risk

through research into Bioenergetics

Dr. Garuth Chalfont, PhD


*"Research is to  
see what  
everybody else  
has seen, and  
to think what  
nobody else  
has thought."*



***"A living cell  
requires energy not  
only for all its  
functions, but also  
for the maintenance  
of its structure."***

***Albert Szent-Gyorgyi***

[g.chalfont@lancaster.ac.uk](mailto:g.chalfont@lancaster.ac.uk)



## Ways conventional medicine recommends to reduce dementia risk

- Treat depression & diabetes
- Improve vascular health
- Lower blood pressure
- Lower risk of stroke & heart disease
- Quit smoking
- Adopt a healthy lifestyle, etc.

*Most highly accessed paper in OBM Geriatrics*

### Drivers of Cognitive Impairment

- Inflammation
- Oxidative stress
- Chronic stress & Fatigue
- Gut dysbiosis
- Nutritional deficiency
- Mitochondrial dysfunction
- Impaired methylation
- Hormone imbalance
- Impaired A $\beta$  clearance
- Prescription medications

### Clients

- M mid 90s
- F 65
- F 76
- M 79
- F 71
- F low 70s

### Treatments

- Nutrition
- Exercise
- Stress reduction
- Sleep hygiene
- Detoxification
- Thyroid & adrenals
- Hormones
- Supplements

### Results

- Normalised serum levels, folate & homocysteine
- Normalised thyroid function
- Normalised levels of blood sugar
- Weight loss
- Decreased blood pressure
- Reduced medications
- Improved mental, physical & social function
- Improved cognitive function & MoCA scores
- Improved energetic, emotional & spiritual function

### Findings

- Not just a memory problem
- Never too late to start
- Success requires family support
- Nutrient deficiencies
- Prescription medications
- Misdiagnosed/mistreated thyroid function
- Toxicity, heavy metals, pesticides, infection
- Connection to diabetes
- Gut-Brain connection
- Dehydration & Fasting
- Metabolic syndrome

**Personalised Medicine for Dementia: Collaborative Research of Multimodal Non-pharmacological Treatment with the UK National Health Service (NHS)**

Chalfont et al. (2019) *OBM Geriatrics*, Volume 3, Issue 3

Find the paper with this link or scan the QR code:

<http://lidsen.com/journals/geriatrics/geriatrics-03-03-066>





How  
did  
they  
do  
it?

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pesticides, infection*

*Connection to diabetes*

*Gut-Brain connection*

*Dehydration & Fasting*

*Metabolic syndrome*

What  
did  
they  
find  
out?



# Ways to reduce dementia symptoms and improve cognition

- Nourish, exercise, reduce stress & inflammation, restore optimal sleep, and thyroid, adrenal & hormonal function
- Detoxify to clear heavy metals, chemicals, moulds, parasites and infections
- Relax, practice mindfulness, keep learning, stimulate your brain, dance, sing, do some gardening, express gratitude & love

Since the body can self-heal, what's missing?

# Life force energy

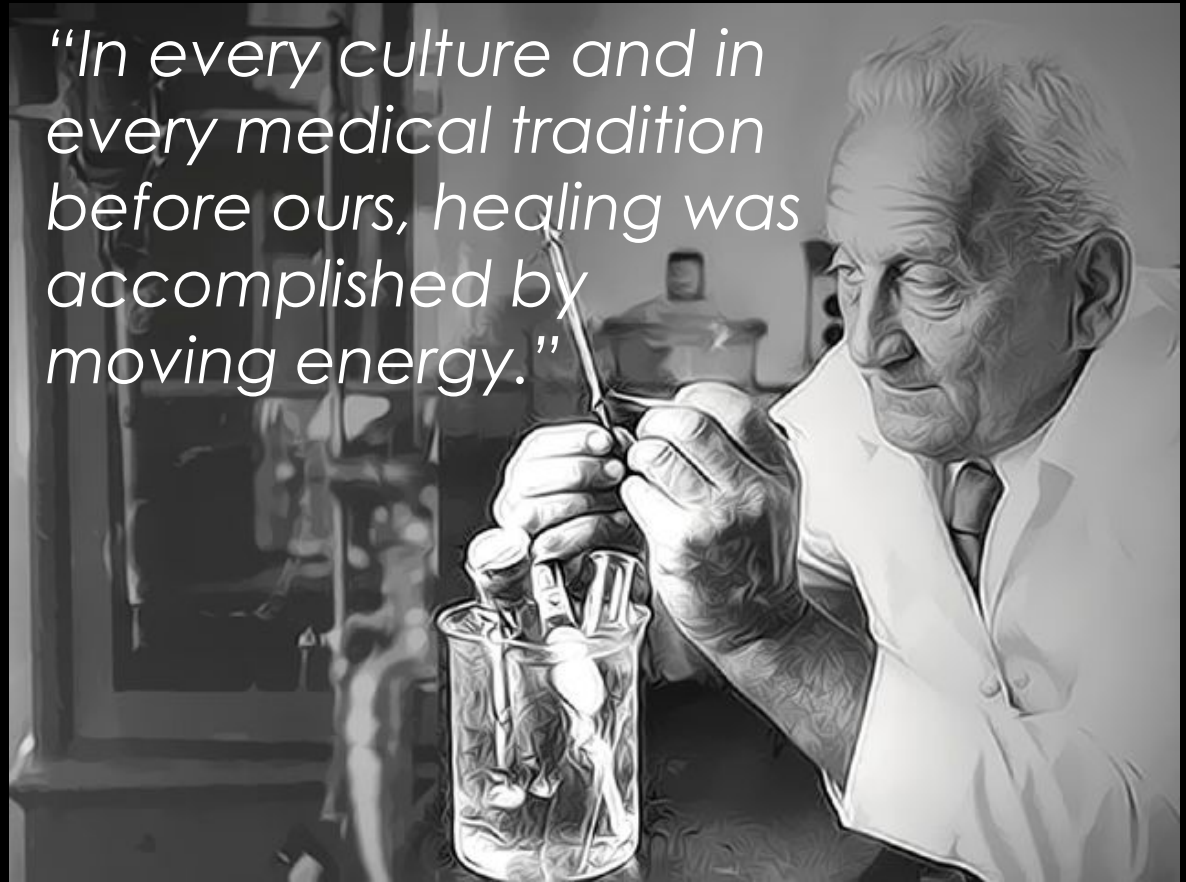
*"Everything in life  
is vibration."*

Albert Einstein

*"Physics always  
precedes  
chemistry."*

Dr Jerry Tennant

*"In every culture and in  
every medical tradition  
before ours, healing was  
accomplished by  
moving energy."*



Albert Szent-Gyorgyi, 1937 Nobel Prize  
Discovered vitamin C  
Father of Modern Biochemistry



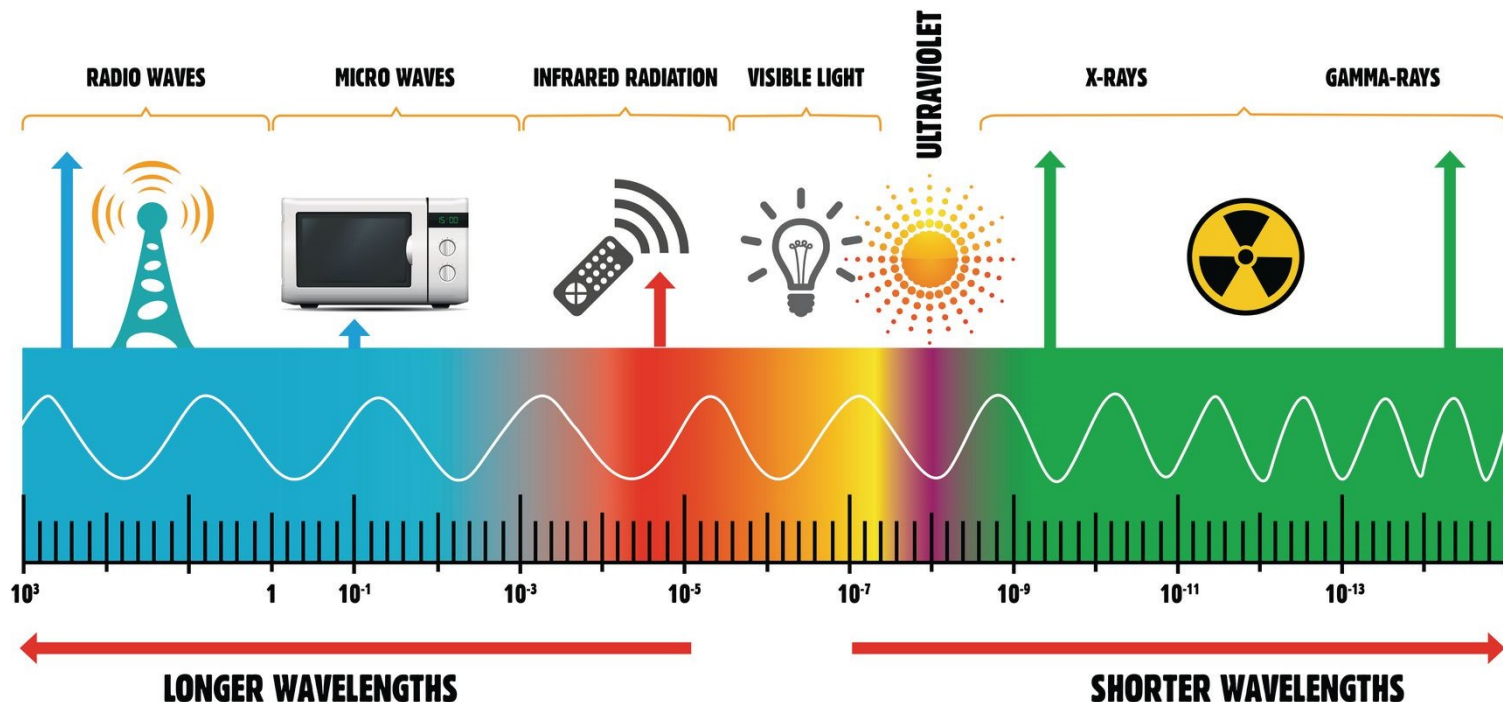
# Bioenergetics – a branch of Biophysics

- The study of *the flow and transformation of energy* in and between living organisms and between living organisms and their environment
- An *interdisciplinary science* that applies *approaches and methods traditionally used in physics* to study biological phenomena
- **Energy Medicine** - The realm of biophysics discusses the circuitry in our bodies. Problems give rise to disease, and *healing is when circuits are repaired* **James Oschman**
- **The Biofield** - Field of *energy and information* that regulates the homeodynamic function of living organisms; “within and around the organism, *biocommunication, the bioregulation of everything* including DNA.” **Beverly Rubik**

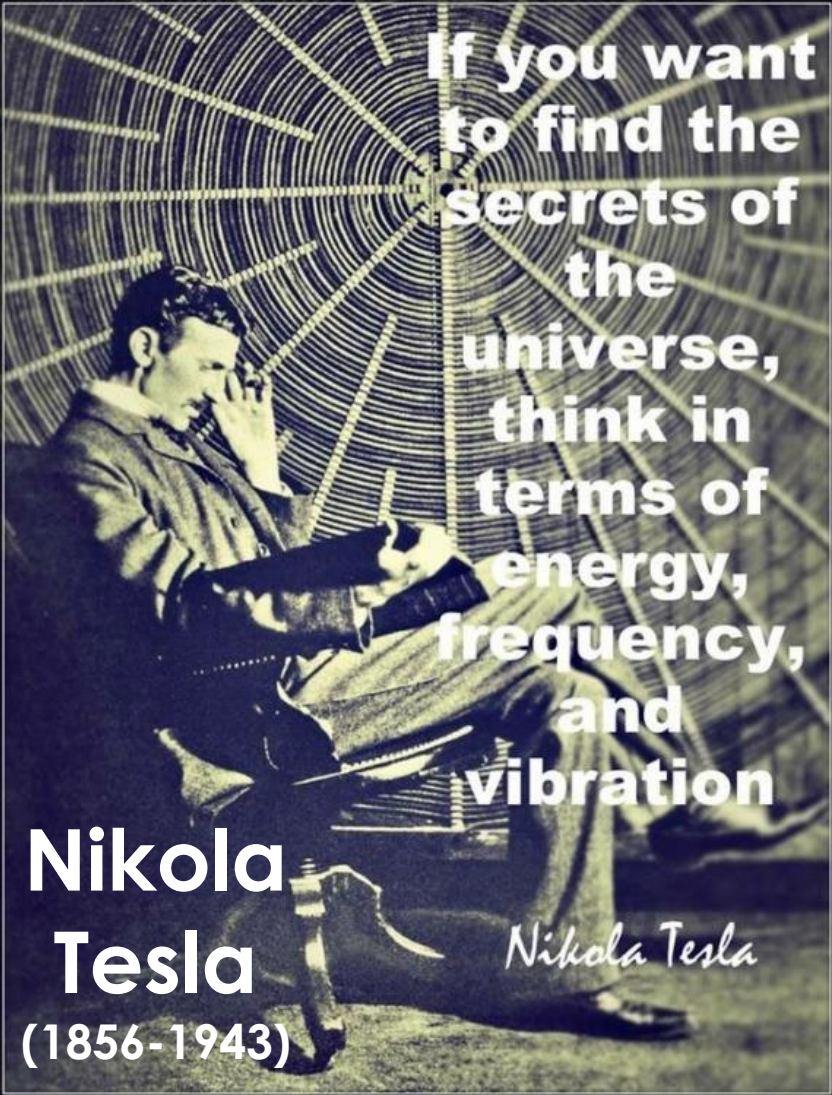


# THE ELECTROMAGNETIC SPECTRUM

...is a band of colours, as seen in a rainbow, produced by separation of the components of light by their different degrees of refraction according to wavelength.



See, Hear, Smell, Taste & Touch



If you want  
to find the  
secrets of  
the  
universe,  
think in  
terms of  
energy,  
frequency,  
and  
vibration

**Nikola  
Tesla**  
(1856-1943)

*Nikola Tesla*

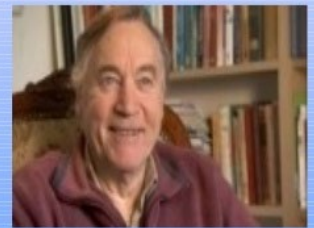
## Quantum Physics Discoveries

Every human cell has:

- Biophoton emissions that orchestrate all bodily processes.
- A semi-crystalline matrix.
- An ideal resonant frequency or vibration.

Read more in "*The Field*"  
by Lynn McTaggart.

*Dr. Popp's Discovery:*  
The Human Cell Has an  
Energetic Structure



Fritz-Albert Popp, PhD

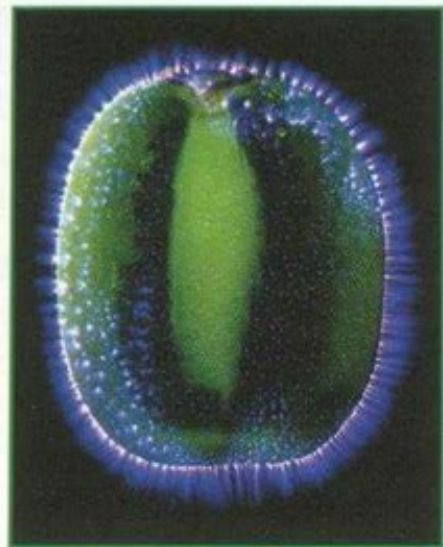
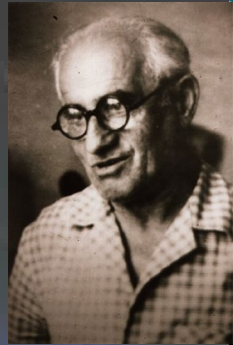


Kirlian photography



©2014 Kirlian.com

Seymon  
Kirlian



Organic Raw Kiwi Fruit



Commercial Raw Kiwi Fruit

**COOKED TOMATO**



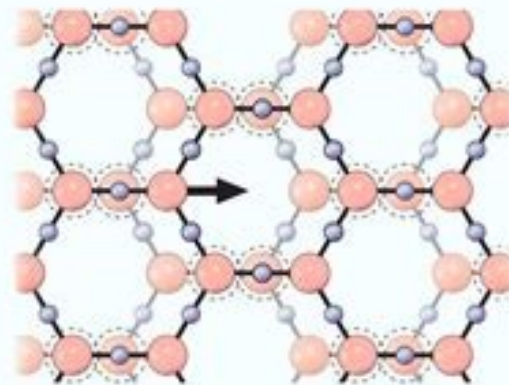
**RAW TOMATO**



# Energy is information that can be stored



**Gerald H Pollack**

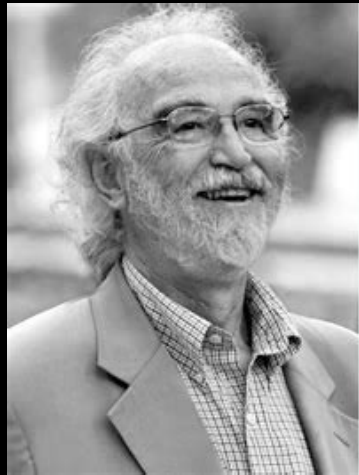


EZ WATER  $\text{H}_3\text{O}_2$

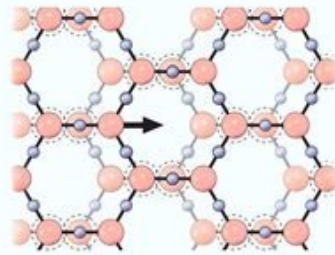
**“Biochemistry and cell biology have missed the boat by ignoring the centrality of life’s most abundant constituent: water.”** [Pollacklab.org/research](http://Pollacklab.org/research)



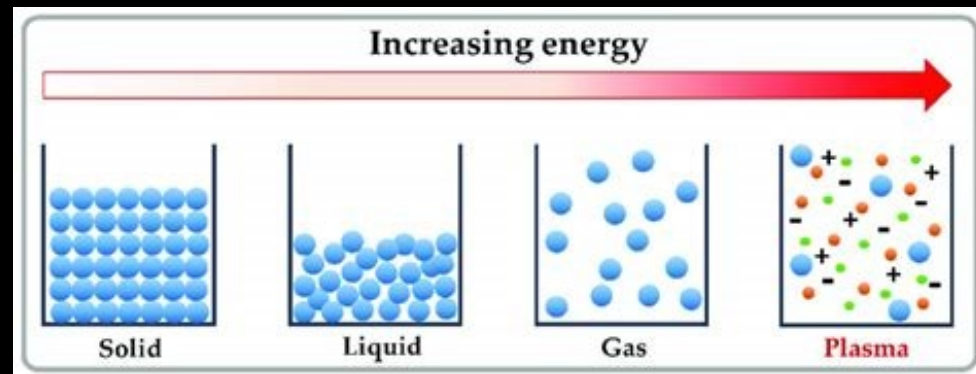
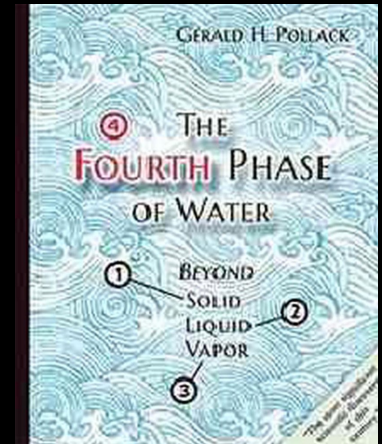
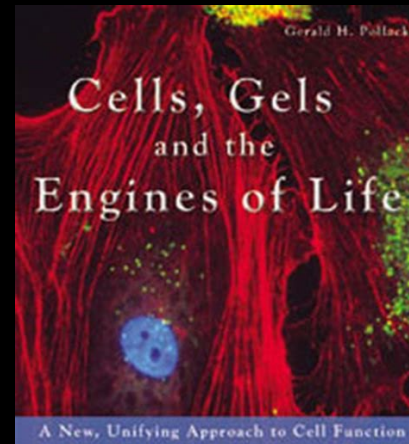
# Energy is information that can be stored



Gerald H Pollack



EZ WATER  $\text{H}_3\text{O}_2$



**“Biochemistry and cell biology have missed the boat by ignoring the centrality of life’s most abundant constituent: water.”** [Pollacklab.org/research](http://Pollacklab.org/research)

# A Laboratory Manual in BIOPHOTONICS

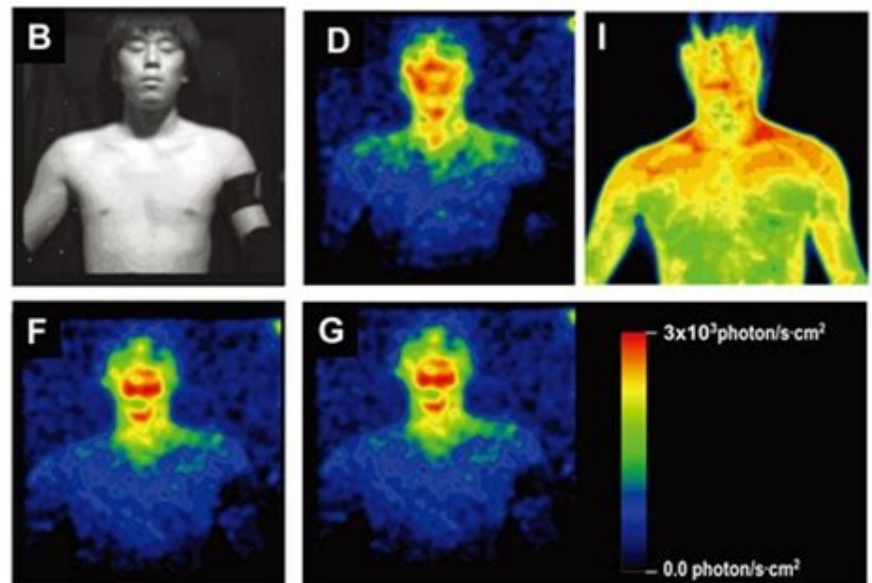


Vadim Backman • Adam Wax • Hao F. Zhang

LASERS • OPTICS • IMAGING • SPECTROSCOPY • MICROSCOPY  
**BIOPHOTONICS**  
BRINGING LIGHT TO THE LIFE SCIENCES®  
Nov/Dec 2015

## Biophotonics

This fast-growing multidisciplinary field uses light-based technologies to answer medical and life science questions





NATURAL PHYSICAL SCIENCE SERIES - LEVEL 2

# LIVING WATER: *The Perspective of Masaru Emoto*



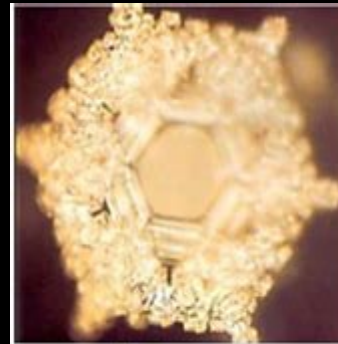
"Water is a source of life and its  
lessons for us are many."  
-Masaru Emoto



## Biophotonics

Reveals information in Water

### Dr Emoto's WATER EXPERIMENT



Love



Thank you



I hate you

Rasmus Gaupp-Berghausen founded the laboratory  
Hado Life Europe in Liechtenstein and  
[www.aquaquinta.com](http://www.aquaquinta.com) to continue Dr Emoto's work

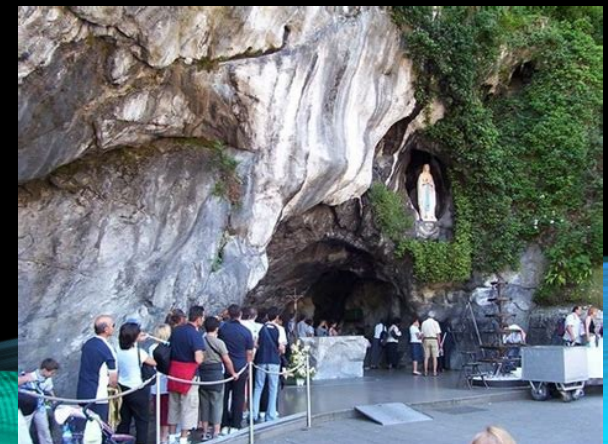
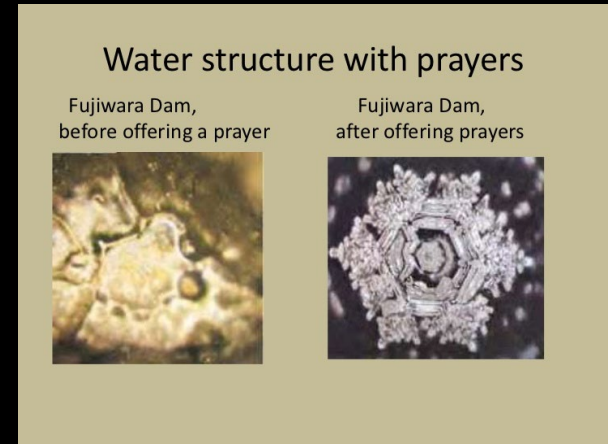


# Rituals

Using matter to carry information



Regardless of religious framing, the **physics of rituals** accounts for the transfer of energetic information into cells.



Chalice Well at Glastonbury, Our Lady of Lourdes in France, wine and bread at the eucharist... examples of physical matter containing energy information.



# Homeopathy

## Solutions carry Information

Water has a **memory that continues** even after many dilutions. Professor Luc Montagnier  
2008 Nobel Prize for Medicine



- The **potency** of a substance **increases with dilution**.
- A remedy **transfers biological antibody information to the immune cells**
- Homeopathy affirms the unity of consciousness and the living physical world.



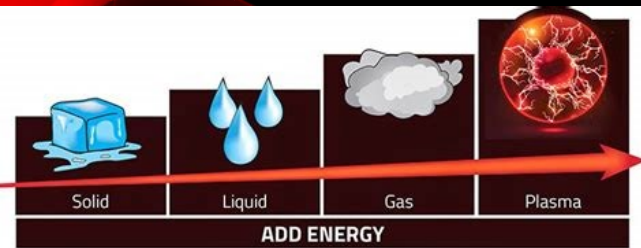
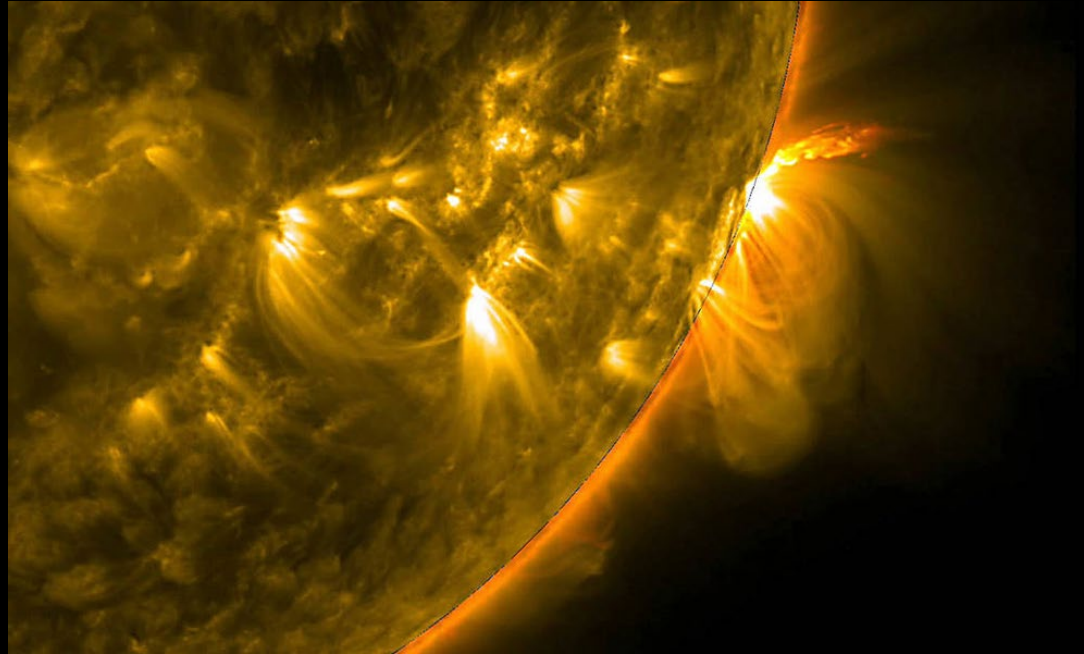
Holistic worldview, comprehensive philosophy, and practical capacity to **translate the consciousness of a remedy source** into physical, emotional, mental, and spiritual healing.

# Plasma Energy





# Plasma Energy





# Plasma Medicine

Alexander Fridman | Gary Friedman



WILEY

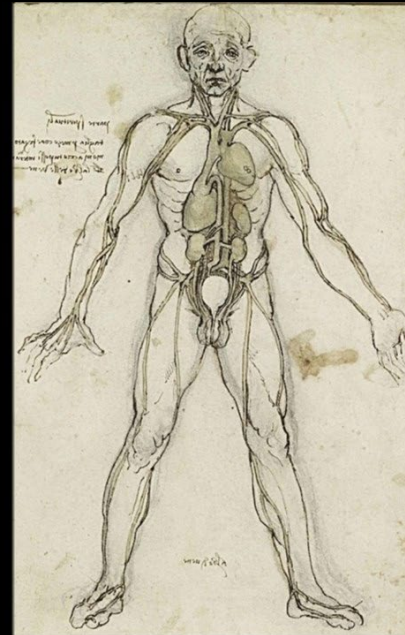
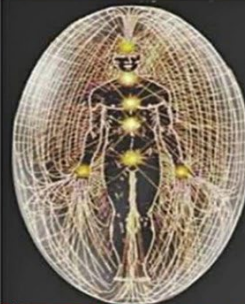
Jezeah, M. A., et al. (2020). "Direct cold atmospheric plasma and plasma-activated medium **effects on breast and cervix cancer cells**." Plasma Processes and Polymers.  
Laroussi, M. (2014). "From **Killing Bacteria to Destroying Cancer Cells**: 20 Years of Plasma Medicine." Plasma Processes and Polymers **11**(12): 1138-1141.  
Liu, D., et al. (2020). "**Plasma medicine**: Opportunities for nanotechnology in a digital age." Plasma Process Polym: e2000097.  
Yan, X., et al. (2020). "Atmospheric **pressure plasma treatments protect neural cells from ischemic stroke-relevant injuries** by targeting mitochondria." Plasma Processes and Polymers.

## Plasma Energy

### The Plasma Energy Field

*The ultimate  
controlling energy  
force of life.*

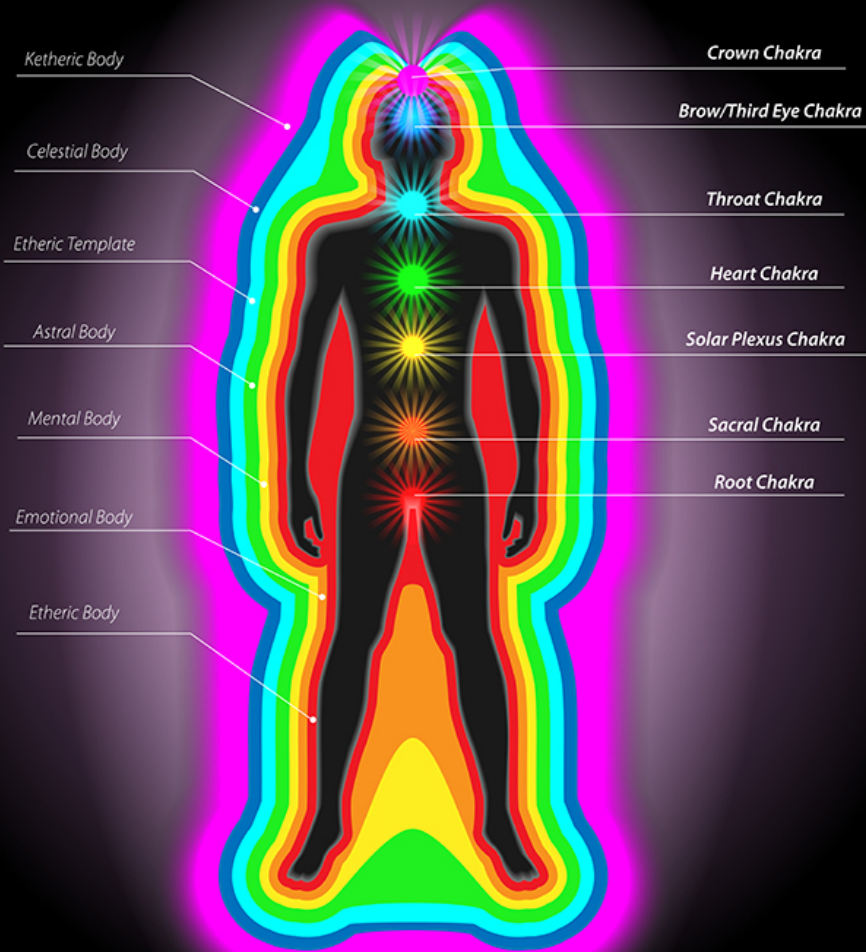
*Exercises  
supreme control  
over all molecular  
biochemistry.*





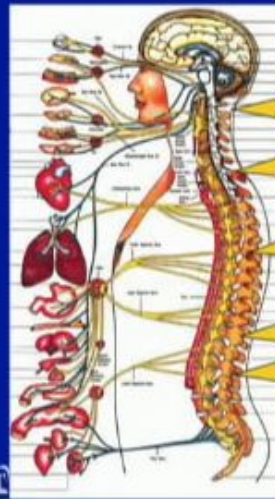
# Human Biofield

All living beings (plant, animal, mineral, human) have an energetic field encompassing their physical bodies



# Human Biofield

## Energy circuitry in the Meridians



As the voltage goes up the back, it uses the autonomic ganglia along the spine to go to every organ.

C-1: Parasympathetic

C-7: Lung

T-5: Heart

T-11: Spleen

L-2: Kidney

EU2017  
FUTURE SCIENCE

## Healing is Voltage

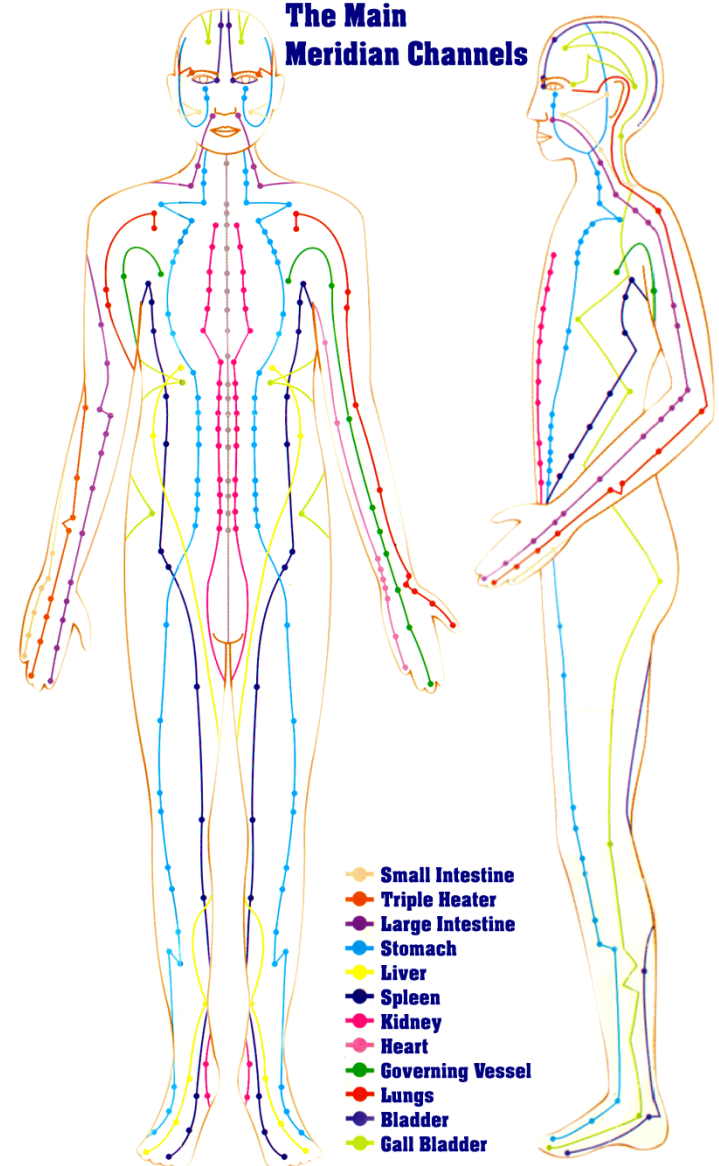
Acupuncture Muscle Batteries



An Atlas  
Jerry Tennant, MD, MD(H), PScD

Leaked or blocked electrical charges in one energy circuit relate to illness in specific organs or body parts.

## The Main Meridian Channels



The Association For Meridian & Energy Therapies  
<http://TheAMT.com>



# Energy storage in the Chakras

# Human Biofield



## THE 7 MAIN CHAKRAS

### ROOT

RED

SURVIVAL, GROUNDING



LOCATION: TAIL BONE

INCENSE: VETIVER

CRYSTAL: RED GARNET

ESSENTIAL OIL: CEDARWOOD

### SACRAL

ORANGE

SEXUALITY, PASSION



LOCATION: NAVEL

INCENSE: PATCHOULI

CRYSTAL: CARNELIAN

ESSENTIAL OIL: YLANG YLANG

### SOLAR PLEXUS

YELLOW

CONFIDENCE, INTUITION



LOCATION: SOLAR PLEXUS

INCENSE: GERANIUM

CRYSTAL: CITRINE

ESSENTIAL OIL: CINNAMON

### HEART

GREEN

LOVE, COMPASSION



LOCATION: CHEST

INCENSE: ROSE

CRYSTAL: EMERALD

ESSENTIAL OIL: ROSE

### THROAT

BLUE

EXPRESSION, CREATIVITY



LOCATION: THROAT

INCENSE: SANDALWOOD

CRYSTAL: SODALITE

ESSENTIAL OIL: EUCALYPTUS

### THIRD EYE

INDIGO

PSYCHIC ABILITY



LOCATION: FOREHEAD

INCENSE: JASMINE

CRYSTAL: LABRADORITE

ESSENTIAL OIL: LAVENDER

### CROWN

VIOLET

CONNECTION, WISDOM



LOCATION: ABOVE HEAD

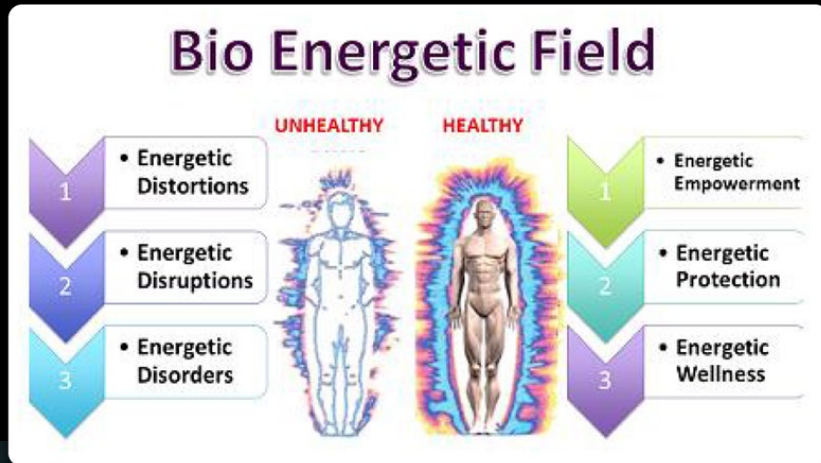
INCENSE: FRANKINCENSE

CRYSTAL: AMETHYST

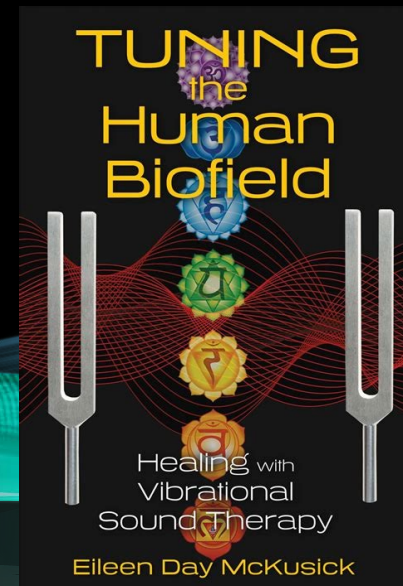
ESSENTIAL OIL: MYRRH

# The Biofield Anatomy Hypothesis

A person's memories are stored in standing waves of energy and information in the biofield...



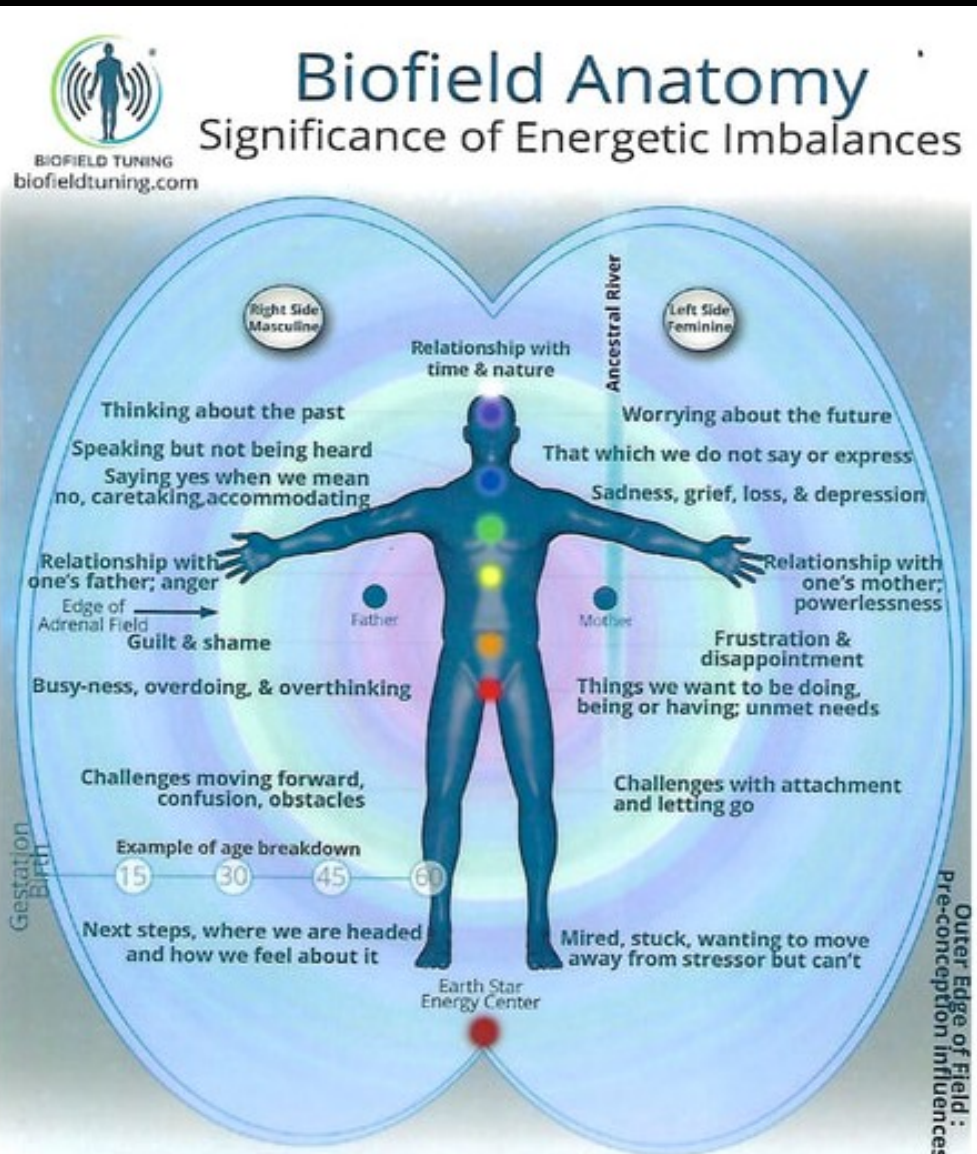
**Biofield Tuning** uses pitched tuning forks to locate, settle and release trauma and negativity from the past. Where stuck energy is located in the biofield gives clues to thoughts, feelings and emotions that need resolving.





# The Biofield Anatomy Hypothesis

A person's memories are stored in standing waves of energy and information in the biofield...



- **Coherence** is the state when the heart, mind and emotions are in energetic alignment and cooperation.
- It is a state that **builds resiliency** – personal energy is accumulated, not wasted – leaving more energy to manifest intentions and harmonious outcomes.

Dr. Rollin McCraty, HeartMath Institute Research Director

[www.heartmath.org](http://www.heartmath.org)

# Holistic Approach to reducing dementia risk

through research into Bioenergetics

Heal *ALL* our Bodies – Mental, Emotional & Spiritual *IMPACT* the Physical

## Essentials

- Clear traumatic memories, emotions and negativity from Biofield
- Restore Heart, Mind and Emotions to coherence and resilience
- Detoxify chemicals, metals, pathogens, infections, mold & parasites
- Eat a highly energised diet containing ample life force energy
- Healthy Gut with diet, prebiotics, probiotics & Deprescribing meds
- Exercise & Move your body, Restorative Sleep and Detoxification
- Daily fresh air, light, sound and colour from nature, and ions from Grounding/Earthing (touching soil, sand, grass, mud with bare feet)
- Electromagnetic biology repowered towards self-repair & regulation

**The Approach must be Personalised**

Your **story** is your unique *fingerprint* or *snow flake*

You don't heal disease, you heal stories.



# Holistic Approach to reducing dementia risk

## How to regenerate your Bioenergetics

### AVOID

- **GMOs** (Genetically Modified Organisms): Eat non-GMO food
- **Glyphosate** ('Round Up') Eat organic, not conventionally grown
- **Chemicals, heavy metals, pathogens & mould** (multiple sources)
- **EMFs** Electromagnetic Frequencies in the harmful ranges negatively impact the biofield and the morphology of the blood. Buy an EMF meter, check your home for hot spots, rearrange furniture if needed
- **Microwaves** Destroy the energy in food. Don't heat/eat or store hot food in plastic nor drink from plastic bottles or styrofoam coffee cups
- **5G and Wireless WIFI** Use an ethernet cable and turn wireless off; Swap your cordless phones for wired, go back to using landline. 5G can be sent through fibre cables, not radiated wireless from towers.
- **Mobile phones** Limit exposure, keep phone from touching head, turn off whenever possible and use in airplane mode when turned on.
- **Smart metres, Smart homes & Devices** emitting wireless radiation

# Holistic Approach to reducing dementia risk

## How to regenerate your Bioenergetics

### **Tools to measure and analyse your Energetic Potential**

- Autonomic Response Testing (ART), Heart Rate Variability, Muscle testing, Pulse diagnosis, Photomultipliers, Bioresonance scanning, Adverse Childhood Experiences (ACE) score, Gas Discharge Visualisation (GDV), Polycontrast Interference Photography (PIP)...

### **Therapeutic Tools and Interventions**

- **MIND-BODY** - Meditation, Chanting, Deep breathing, Reiki, Yoga, Tai Chi, Emotional Freedom Technique (EFT), Tapping, Eye Movement Desensitization & Reprocessing (EMDR), Neural therapies, etc.
- **LIGHT & COLOUR** – Laser, Photobiomodulation, Photodynamic therapy, Colour puncture, Red light, Near & Far Infrared light, etc.
- **SOUND** – Sound of Soul, Biofield tuning, etc.
- **MIND-BODY-FREQUENCY** - Pulsed Electro Magnetic Fields (PEMF), Frequency Specific Microcurrent, Biomagnetism, Rife technologies, Biofeedback, LENS neurofeedback, Infoceuticals, Homeopathy, etc.

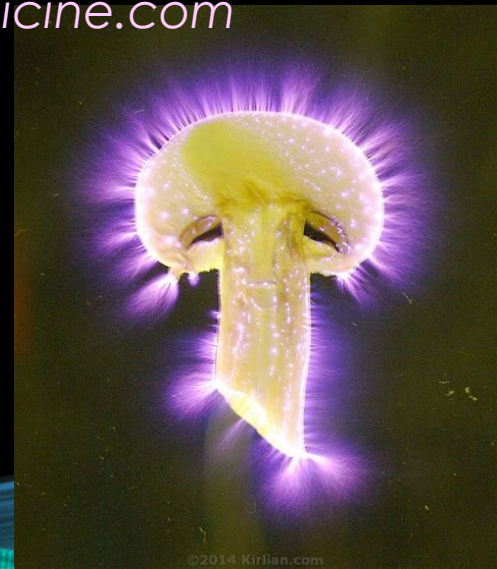
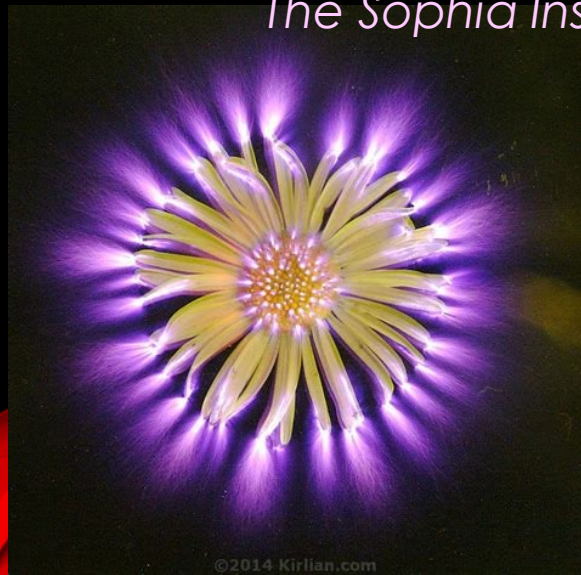


# 'Dis-ease' is a symptom until we heal what attracts it.

"The body is innately intelligent and when we remove the roadblocks on resistance to health and flow and coherence, the body can self-regulate and heal."

Christine Schaffner ND,

*The Sophia Institute and BeyondBiologicalMedicine.com*



Explore your bioenergetics and help create the future of medicine.

Contact: [DementiaPioneers@gmail.com](mailto:DementiaPioneers@gmail.com) [g.chalfont@lancaster.ac.uk](mailto:g.chalfont@lancaster.ac.uk)