

Praise for *FAB Health*

“Paulette Agnew’s book *FAB Health* is a practical and yet intriguing look into the power of energy to heal the body, whether that energy comes from the sun, water, food, bio-energetic devices or any other healing modality. We are all composed of energy, and every outside source of energy, whether from harmful manmade electromagnetic fields, or healing therapies, affects the energy of every single cell in our bodies, for better or for worse.

Paulette provides amazing insights into how natural, common things that we take for granted—things like the sun, ions from a rainstorm or waterfall, the earth beneath our feet, and healthy food—can do wonders for rejuvenating the body. She explains on an energetic and biochemical level, *how* and *why* these things affect the body’s innate energy field. In so doing, she provides motivation and inspiration for those of us who have become numb to the detrimental effects of Wi-Fi and an artificial, polluted lifestyle indoors, to go back to the basics and find better and yet simpler ways to be well with the tools God has given us.

What’s more, as someone who had a severe case of chronic Lyme disease and yet recovered using bioenergetic medicine, Paulette provides hope to the even the sickest of the sick with Lyme. Her story is a testimony to the fact that bioenergetic medicine is effective for healing even the most insidious degenerative diseases—without negative side effects. This should give hope to those who have failed antibiotic or other conventional therapies. Antibiotics, while useful, don’t always work for everyone and often leave more damage in their wake so better alternatives like those found in energy medicine are much needed. I highly recommend Paulette’s book to people with Lyme and those with chronic degenerative disease, as well as to those who simply want to better their health with tools that truly work.”

Connie Strasheim, Author, *New Paradigms in Lyme Disease Treatment: 10 Top Doctors Reveal Healing Strategies that Work* and 10 other books on holistic wellness

“I really enjoyed this book; it’s so interesting and dense, it presents a wide array of modalities of healing and at the same time replete with common sense. Paulette has managed to paint a picture for the reader a glimpse of the future of medicine or where medicine needs to be heading. In so few pages, she has introduced us to the physics and the chemistry of healing with herself as the living evidence of its efficacy. I found myself agreeing wholeheartedly to so many of the things Paulette wrote, none less than the fact that to improve health one needs to change one’s lifestyle, one’s diet and one’s attitude! Paulette Agnew provides a roadmap towards better health, especially for anyone with a chronic condition such as Lyme Disease. With regret, there’s a big audience that needs this book but happily this book is here for that large audience.”

Antony Haynes, Registered Nutritional Therapist, Functional Medicine Practitioner, Author, Lecturer, Teacher, Mentor

“If you are struggling with Lyme disease or Chronic Fatigue Syndrome, you definitely need to check out this book. I appreciate the holistic approach this book recommends for those struggling with challenging health conditions. Paulette takes you on her personal journey of healing and is living proof that this approach works.”

Dr. Laura Ricci, PT, DPT, NBC-HWC, WHNC

“Paulette Agnew’s book provides us with a much-needed explanation of why we get sick—at a molecular level—but also how we can regain health, especially when dealing with serious

illness. This is a priceless wealth of information and a gateway to a new era of health self-management.

This labour of love is packed with invaluable research and cutting-edge concepts that will bring new understanding—and hope—to anyone dealing with serious illness. Essential reading if you care about your health. It really is a manual for living constructively at a cellular level—I couldn't put it down.”

Margaret Cahill, Author, *Under Cover of Darkness: How I Blogged My Way Through Mantle Cell Lymphoma*.

“This is an important book that holds many of the answers to curing Lyme Disease. It certainly had me questioning much of the traditional science and medicine that we were taught at Dental School.”

Kevin Lawlor, Mountain Leader and Wilderness Medic

“*FAB Health* is an important book in the field of holistic healing and naturopathic medicine and should be on the bookshelf of every holistic practitioner.”

Antony J. Edwards, ND MD (MA) Psychotherapy MANM FBIH FRCP(MA)

“FAB is clearly an important healing modality that has enormous potential for the future. Conventional medicine is in an unacknowledged crisis of sustainability and FAB offers an approach that is genuinely capable of creating health rather than simply fighting disease.”

Robert A Duddell BA MARH Homeopath.

“What a GENIUS explanation of our bioelectric body and the new paradigm of medicine that is emerging! I love how Paulette shares from her personal experience as well as from the scientific literature to help the reader have a true understanding of how we heal and what can be done to assist this. For doctors, practitioners, and individuals, this book is a packed with insight and information about this new medical paradigm and how to apply it now.”

Kim D'Eramo, D.O., Founder of The American Institute of Mind Body Medicine

“*FAB Health* is both well written and profound as it challenges so much of what we know about medical research. Paulette Agnew skilfully leads us into understanding a whole new healing possibility, which could become an important part of mainstream medicine in the next ten years. All patients, their lives, surroundings and history are different and require an integrated approach to healing. This book goes a long way towards enlightening us all about the real cause of illness, and shows us the way back to complete health through simple and natural solutions, especially with the rise of superbugs. If everyone read this book and embraced even a few of Paulette's concepts, there would be a much less strain on our health care systems.”

M. Erik, MD, PhD, Netherlands

“An eye-opening book which combines the natural, such as walking barefoot and catching the sun's rays now and again, with the latest high-tech advances in creating wellness and fighting disease. The scientific explanations are thoroughly well researched and backed up by the author's personal experiences. The future is here—a must-read for all medical practitioners and everyone who wants to keep well.”

Piers Warren, Author and Principal of Wildeye: The International School of Wildlife Film-making

“*FAB Health* is a fabulous journey into Nature’s perspectives of human health overlooked by today’s current medical model. Founded on science and the vital importance of the body electric, Paulette Agnew shares fascinating and crystal-clear insights on bioenergy and its relationships with health and disease. Here, you can’t help but find gems of wisdom that can shape your life and future health.”

Jack Tips, Wellness Wiz

“*FAB Health* holds our hands in sharing the truth about Health and Dis-ease. Paulette has done a remarkable job in researching, presenting and sharing the knowledge about Bioenergetic and Frequency tools available in Europe. Embracing them requires a paradigm shift but an exciting one that accelerates our journey to wellness. Through her book, we can finally understand the science and reason behind healing. Energy is everything and when we receive its help, now from the assistance of this book and associated lifestyle changes, we come back into energetic flow and balance. I hope someday this book is in every home, for it is about Us and the joy, passions and happiness that health creates in our life.”

Dean Martens, Clinical Herbalist, Founder and President of Herbs of Light Inc.

“*FAB Health* brings you a fabulous life again. When you really do apply the profound selected information to your life, a lot will change. Not only your health will change, but you will experience the full potential of your existence. Paulette managed to bring all the different elements of many different healing techniques together which are well researched and self-explored. It’s a real breakthrough for the worldwide bacteria problem.”

Raymond Niemeijer, Clinical Psycho-Neuro-Immunologist, Natural Health Therapist, Physiotherapist, Life-Coach, Yoga teacher and founder of Life-Centre Holland.

“Wildly inspiring! An essential life manual for those of you wishing to radiate health & vitality from the very core of your soul.”

Tamara Bell, ND, Dip., Hom., Naturopath, Homeopath

“*FAB Health*—a very impressive explanation of Frequency and Bioenergy. Not just well researched but valuable information for all. An inspiring must read book for everyone who wants to stay healthy.”

Bindi Desai, Bio-Protective Systems-Living with EMF Radiation

“Paulette Agnew is a powerful and gifted writer who has created a brilliantly organized and essential book for anyone interested in maintaining robust health through understanding the body electric. This book has enabled me to see and understand how my body works on finer and finer levels. By the way, the chapter on Magnetism is a must read! I have already incorporated many of her modalities into my daily routine and I can testify that they make a tremendous positive difference not only for me, but also for my entire family!”

Tina Erwin, Commander US Navy (Ret) Author and Podcast Host on The Karmic Path

“At our clinic, we utilise nearly every bioenergy hack that Paulette mentions in this book. We use them because they work and Paulette’s efforts to educate people to see practitioners who use these technologies is right on. With the methods that she describes, we are able to help cure the sick person to reorient the energies in their body toward healthy vibrational relationships. If you are sick, take this book and its information to heart. There is truth here. It is a truth that if acted upon, can not only set you free from disease, but also free to live a happy energetic full life.”

David I Minkoff MD, Lifeworks Wellness Center, Clearwater, FL

“Paulette’s clear and humorous explanation of healing process challenges us to think outside the box. Her enthusiasm and passion encouraged me to become more fearless in exploring these possibilities for my patients and myself. Paulette shows how energy and frequency medicine has already been well researched for the last few decades. Yes, caution and research has undoubtedly its place. However, healing the body is not done by pills alone. And as Paulette states, the era of antibiotics might come to grinding halt. Therefore I'm very grateful for all her work and zest she puts into trying to get everybody work together, (complementary and allopathic medicine) for the good of mankind and the world.

“Her book is an eye opener for a more holistic and individual way of treating patients. My dream is to see mainstream hospitals adding this exciting FAB medicine paradigm to give each patient the best chance of restoring health. I agree with Paulette that this could well be the best way forward in the future. Paulette is a true pioneer and deserves our curious and fearless attention to explore new paths of healing.”

Dr. Irene ten Berge MD, Netherlands, GP for 24 years.

“I love this book, it is very well written and structured, going through the journey of Paulette’s illnesses and her full recovery, explaining the different ways to the well-being and the healing path. It is also a data driven and scientific guide that I would recommend to everyone to read in order understand the basics of FAB leading to a healthy and happy life. Thanks Paulette for putting this piece of art together!”

Migdo Pomar Natal, Industrial Engineer, Homeopath, Reiki Master & Shamanic Healer

“In *FAB Health*, Paulette combines cutting edge research into frequency, vibration and magnetism with the study of the intricate workings and minutiae of cells and organs to arrive at a natural and holistic view. There is something innately satisfying in the use of modern technology with the age-old efficacy of natural healing. This book is a marvellous synthesis of these precepts and is brim full of information for the maintenance of good health. It is down to earth, common sense and easy to read. For those who find themselves in a hopeless state as a result of chronic illness and disease this book is an inspiration. It represents a resounding “Hallelujah!”, an oasis in the desert, a practical panacea which is at once healing and self-empowering. I heartily recommend this book.”

DarPan

“This is a great book! Well written in a way that will keep you reading and interested but covering important and not well-known energy concepts. It can really add to your healing possibilities. I love it.”

Shiroko Sokitch, MD, Heart to Heart Medical Center

“As people get sicker and sicker from toxins, superbugs, Lyme’s Disease, cancer, etc. astonishing opportunities arise. On one side: opportunities to question the very paradigms that got us sick in the first place. And on the other side: opportunities for new strategies for healing. Those of us who have battled for our own health and the health of our loved ones — and won — know that our civilization’s health systems are really disease systems and lack the insight, inspiration and innovation necessary to aid those most in need. Materialistic chemistry is sold to us by medical schools, doctors and gigantic corporations as the forefront of science yet materialistic chemistry’s prize: the pill, hasn’t solved our ills. As Paulette Agnew details in her book, *FAB Health*, a new type of medicine is already here and it has been gaining momentum. This new medicine, or as Agnew calls it, FAB Medicine (Frequency and Bioenergetic Medicine) includes light, energy, frequency and

electromagnetic treatments for reversing poor health and infections. FAB Medicine can be utilized with other treatments providing a better, more diverse strategy for healing. Paulette Agnew's book *FAB Health* arrives just in time and for you, the reader, can be a life saver.”
David ‘Avocado’ Wolfe, nutritionist, adventurer, organic / biodynamic farmer,
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founder of the non-profit www.ftpf.org

FAB Health

*Understanding why we become ill so we can get better.
Healing Lyme disease and other illnesses without antibiotics.*

Paulette Agnew

Also by Paulette Agnew

Beyond Fatigue Online Programme

Traya's Quest (A Spiritual Odyssey for Children)

For more information and other books in the FAB series visit: www.pauletteagnew.com

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Dedication

This book is dedicated to: All the mothers, grandmothers, women and girls and especially my mother Cynthia, an extraordinary, life-long, best friend, mentor and role model. Thank you to the Great Mother Earth for hosting us all and to the Mother of Creation which resides in all, for all time. Your strength, wisdom and love sustains humanity.

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Foreword

The rapid acceleration of startling break-throughs in the world of natural medicine and alternative treatments would seem to bear testimony to the fact that we are entering into a period of 'health enlightenment'. Millions worldwide are dumping Big Pharma and seeking a natural cure for ailments that, not long ago, were considered only curable via the operation theatre and months of intensive antibiotic prescriptions.

No longer. In her bubbling and illuminating investigations, Paulette Agnew flings open the window onto a whole new world of non-toxic treatments that aim to bring into harmony cutting edge technological advances and the time-honoured, grandmotherly wisdom of the ages. The light literally pours in—as one shares with Paulette her metamorphosis from someone on the edge of death to a state of full recovery into the joyous fullness of a life to be lived.

A highly persuasive argument that rings out throughout this book points us towards recognition of the holistic nature of our universe, ourselves and all life on our planet. The author leaps boldly into quantum mechanics, demonstrating how every factor of universal energy plays its role in the health and welfare of the billions of intelligent cells that comprise our living organism: body, mind and spirit. It's challenging stuff—and I applaud the placing of such wisdom at the core of the text. Paulette states:

“This concept, our interconnection with all things, could be one of the greatest mysteries of life waiting for each of us to explore. The discovery of our entanglement and the responsibility that lies inherent within this knowledge must be the next step for humanity if we are to survive as a species.”

Here is the essential truth that has alluded mankind for so long. A truth which has been blocked by a system that is based on division, separation and tunnel vision decision making. That is where we are today. In politics, economics, education and yes, health care. But, as Bob Dylan noted back in 1962 “The Times They Are A Changin’” and, even as the stagnant status quo flounders and fragments around us, we humans are grasping the nettle of something altogether greater and more purposeful.

We are becoming conscious; as Paulette says in the book “The vast majority of people live disconnected from this truth. They may think one thing and say something else, and their hearts have yet another desire and need. Healing is also bringing us back to this state of coherence.”

The healing process is indeed about coherence. Quantum coherence. It is about getting into balance all the unbalanced elements of our bodies and our minds. In *FAB Health*, we learn how the dance of photons and electrons can illuminate the pathways to health; how recharged negative ions spring to the defence of our immune systems; how new technical innovations can channel vibrational energies to revivify failing organs—and how sustained positive thinking and a local, fresh, 'real food' living diet, top all outside interventions.

I warmly recommend entering boldly into the adventure which lies ahead of you amongst the pages of this empowering book. You will come out the other end refreshed—positively

hopping with bioenergetic inspiration—and increasingly eager to take-on new levels of self-empowerment.

Sir Julian Rose, Pioneer of Organic Farming, UK, International Activist, Author of *In Defence of Life*, Advocate for Holistic Practices

Introduction

This book was inspired by a personal journey from being afflicted by a so-called incurable illness to a full recovery. It is based on my own experiences, as well as my research done over a period of three years.

In the latter stage of my illness, I came across a Frequency and Bioenergy (FAB) practitioner who applies a unique system of Frequency (via devices) alongside herbs, supplements, acupuncture and other natural therapies to treat patients. I soon realised that the combination of FAB treatments combined with changes to one's lifestyle can beat the toughest of infections. After two years of clinical and home-based treatments, without the use of antibiotics or other pharmaceutical drugs, I completely recovered from chronic Lyme Borreliosis.

I was determined to find out how it all works and am now sharing my findings with you in this book.

This book is packed with layers of information, ideas and cutting-edge concepts. It aims to show you that complex health challenges can be understood with a clear and simple approach. You will first learn about the existence of your holographic body, the invisible world of electrons, photons, frequency and energy flow. Through this knowledge, we then explore how illness can arise when a disturbance happens at these levels. Frequency and Bioenergy (FAB) treatments and technology can enhance and balance this layer of life, aiding the healing process.

Although much of this science began with Nicola Tesla and Dr Royal Rife over a century ago, Frequency technology is still an emerging field in health care. We are still very much in infancy with the clinical application of Frequency Medicine. But each year we gain greater access to new technologies which facilitate an understanding of how our bodies truly work.

Environmentalists, gardeners and nature-loving people will also enjoy this book because it shows how to help our great Mother Earth, to which we are intricately and invisibly intertwined.

My Story explains how I overcame advanced Lyme disease using a very different and emerging paradigm of health care and am living proof that it works.

Part One reveals the true secret of wellness, which is right in front of you.

You will be baffled to see how simple it is. You will be introduced to an invisible world of particles which are you in your physical form. You will gain an understanding of what your holographic body needs to stay healthy on a daily basis. You will be introduced to the technology developed by the brilliant minds of our era, and shown how this technology is going to add to our survival in modern times.

Following decades of scientific research and the development of highly tuned devices, finally we have arrived at the cusp of a new era in healthcare. Welcome to the exciting field of Frequency and Bioenergy (FAB) Medicine.

After reading Part Two, you will be able to take back your power and learn how to properly care for yourself, while understanding the importance of doing so. You will discover how cellular detoxification and vitality is the starting point for a strong immune system and perfect health.

It took a horrible disease and tens of thousands of pounds from my savings to keep me alive and force me to review my attitude towards looking after myself! Do not wait until it is too late. Explore what is possible and available for you right now. Frequency and Bioenergy healing protocols are helpful for many conditions besides Lyme, from allergies to chronic fatigue, parasitic burdens, fungal outbreaks and viruses.

Urgent Action Required

This book is written partly in answer to a call for action from the World Health Organization (WHO) to find alternatives to the antibiotic apocalypse about to erupt.

The WHO states, ‘Without urgent action, we are heading for a post-antibiotic era in which common infections and minor injuries can once again kill.’

Herein lies one possible, replicable, financially viable solution.

Superbugs, Lyme disease and other chronic illnesses have become a major challenge to national health care systems and industries. Millions of people weakened by disease debilitates and demoralises the nation. A UK government report in 2014 listed almost one million employees who were on sick leave for a month or more each year. Sickness causes us to lose 130 million days per year, costing the national economy £100 billion per year. These figures are growing and are not limited to Great Britain alone.

Unwell individuals face financial repercussions due to high medical bills. Losing one’s health and vitality also impacts one’s emotional and psychological states, relationships and lifestyle. En masse we need to find creative solutions to these problems, learn how to stay well and change our attitude towards healthcare.

My wise grandfather had a favourite saying, ‘Necessity is the mother of invention.’

The emergence of antibiotic-resistant superbugs and the global Lyme epidemic may just be that ‘necessity’. We may not have any other option but to employ these emerging energy, light and vibrational techniques.

There is much here to assist those with daily health problems, chronic disease, and particularly Lyme Disease and its co-infections. My dream would be to see the majority of health practitioners and doctors incorporate these ideas into their clinical practices.

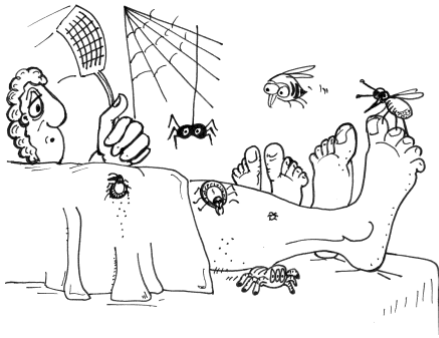
After reading this book, I hope you will be inspired to try this exciting path to wellness and encourage others to join you.

Through my associated website, www.pauletteagnew.com, you will have access to: up-to-date interviews with specialists, information on the proven devices that are used in Frequency and Bioenergy clinics, reading lists, research papers and suggestions for further exploration.

My Story

It's hard to know exactly when I contracted Lyme Disease as I have had many bites from bugs of all kinds and yet never had the red-bullet-ring rash or erythema migrans (EM). Most likely it was from a mosquito bite I received when working on the northern Kenyan/Southern Sudan border. I was working for a non-governmental organisation (NGOs) at the United Nations (UN) refugee and medical base. I trained Sudanese Catholic priests and nuns in simple trauma-healing techniques to help with the rehabilitation of child soldiers. It's hot there, very hot. The camps were low on water and we lived in single-skin wooden huts with chicken wire windows. Accommodation was basic, a simple bed with a territorial scorpion living underneath it and a surrounding mosquito net to keep out the zillions of flying bugs.

The sanitary conditions were very poor due to the lack of water and the used toilet paper went into open buckets for burning. We ate in an open-air restaurant with the food prepared and cooked outside. You know what flies are like; they take their pick of the fodder from kitchen to bathroom! At the same time, due to the Antonov shrapnel bombs, the huge medical tents were full of limbless men, women and children. Hygiene was a constant battle for all of us.



Don't let the bed bugs bite!

Under these conditions, it's easy to pick up a multitude of infections. As for bites, we had so many from everything that crawls, jumps or flies that no single bite stood out. People ask, 'Did you have a bite?'; gee, we were walking breakfasts for the masses. Prior to that trip, I had just come back from a great weekend break on the Kenya coast at Watamu beach in a friend's unusual treetop house. It also has no glass in the windows, allowing monkeys, snakes and mosquitoes to travel through the house. It's a malaria-rich area and of course we took precautions. Our chef prepared fresh, vile tasting neem tea for us daily to ward off the mosquitoes. Our stinky botanical body odour seemed to do the trick and I felt sure I had not contracted malaria.

Then halfway through the trauma-teaching programme I started to feel ill. I had no appetite, and developed a long list of symptoms; terrible fevers, chills, diarrhoea, headaches, digestive discomfort and more. Visiting the camp doctor, he tested me for malaria and concluded it was positive. He started injecting me with strong anti-malaria drugs. I was in no state to check or ask what was going on. This tipped my body over the edge.

Two nights later I found myself slipping in and out of consciousness. I'm not sure what state I was in, but I knew it wasn't good. Chris, my colleague, woke up to find me lying on the floor of his hut. He got up immediately, threw me over his shoulder and rushed me back to

the clinic. The doctor found my blood pressure had dropped dangerously low and he spent all night pumping fluids into my body. I was flown out the next day for tests in Nairobi. After completing DNA tests, I discovered that he had misdiagnosed me. Nothing was found! No malaria, no tummy bugs, zilch!

As I look back now, I see now that this is when the Lyme disease started. I would discover later that many small insects and arachnids can infect you with *Borrelia* and its co-infections, not just ticks. This began a ten-year gradual decline in health as the *Borrelia* spread unknowingly through my body. It was worrying and confusing as repeated tests with doctors, hospitals and tropical medicine centres showed no infections, no reason for the endless barrage of complaints.

The slow decline as infection spread

As the disease moved through my body, organs and pathways, different symptoms appeared. Towards the end of that ten-year period, it became more difficult to think clearly and make decisions. I would walk to the kitchen and forget to make dinner, or leave the house and not lock the door. Booking a flight online was impossible. I was almost completely bedridden with fatigue and suffered regular five-day-long migraines. Heart problems, fainting and severe bouts of depression became part of daily life. My hand and feet joints became swollen and painful, and my knees started to collapse when walking downhill.

I was considered an attention-seeking hypochondriac, offered anti-depressants, painkillers, and steroids which I refused to take. At night, lying on the bed, I would wake up with my arms and legs completely numb. I would have to somehow flip myself over and force them to move. It was terrifying. Insomnia became the norm which caused me to turn to herbal remedies and on occasion pharmaceutical sleeping tablets. After a whole week of trying to sleep with light bulbs flashing inside my head, I would give in and take a tablet to get five hours of rest. Pain would move around the body, mostly focussed in the muscles and joints. Some days there would be mini explosions of pain within the nerves of my limbs, spine and brain.

It was a confusing and demoralising time in my life and finally after ten years I ground to a halt, barely able to move, with brain fog and extensive body pain. I had numbness in my limbs and my left arm had become paralysed. I couldn't lift a fork to my mouth; things were very bad. This also led to a frozen shoulder due to immobility. My hair was falling out at this point and some days I would vomit for several hours.

A time for desperate measures

In desperation, a friend took me to see an acclaimed medical intuitive in Europe.

(What? Hang on before you park me in the loony asylum—think about it. At this point you would try and do anything, wouldn't you?).

As she 'looked' into my body, the first thing the intuitive said was, 'You poor thing, you have *Borreliosis*, Lyme Disease. The microbes are everywhere inside you, from feet to brain!'

Until then I'd never heard of it. She also mentioned a few kinds of parasites that she could 'see' lurking in the lungs, eyes and liver from various African and Indian trips. They were all easily treatable apart from the Lyme disease using her unique homeopathic approach. At last there was a name for my illness and reason for all the years of suffering. Research and potential healing could now begin.

After researching the many treatment options for *Borrelia*, I opted for a non-pharmaceutical approach to healing myself. This was in part because I have such a bad reaction to drugs,

especially antibiotics, and also because I have always believed in a more naturopathic approach to cellular health and wellness. When you read Lyme patients' stories in books and online, they show that the antibiotic approach is not guaranteed to fully cure this disease. Large doses of antibiotics can cause more complications, weakening the body further. In addition to this, generally most doctors are not trained to support the body's detoxification pathways.

Successful treatment of serious conditions with pleomorphic and antibiotic-resistant microbes like *Borrelia* demand a different approach.

The use of strong drugs over months and years can cause serious side effects and weaken the body's immune system, gut and liver. My system was already badly weakened by ten years of disease and illness. What I felt I needed was something to strengthen my body and immune system—not batter it down further with strong pharmaceutical drugs. I'm also allergic to many Lyme and co-infection-preferred antibiotics (including metronidazole).

By this time, I was already in the final, critical, fourth stage of the disease, where the spirochete had penetrated the blood brain barrier and fully infested my central nervous system. This led to the paralysis of one of my arms and facial palsy. By some grace, I had met an extraordinary practitioner who has been successfully treating Lyme and its co-infections for over twenty years. He has developed an approach to healing by uniquely combining Frequency technology and Bioenergy medicine. I immediately made an appointment and booked a flight to Europe where I stayed with friends who took me to the clinic three times a week. This was the beginning of my road to a full recovery. I have since met many people with Lyme Disease who moved over to Frequency and Bioenergy treatments after finding antibiotics ineffective.

To die or not to die? The battle begins.

It was a miracle. Prayers were answered. A solution had finally appeared. Although I was critically ill at this stage, my extraordinary therapist was determined to fight for my life. The battle had only just begun. Due to the advanced state of the disease, it was required that I be treated for many hours a day for a duration of four months. After those four months, my condition became stable and I slowly began to improve. I returned home where I continued to treat myself under the guidance of the practitioner. It would take another year and a half to fully recover, regain complete health and get back to a normal working life.

Battle—you might think that's a strange word for a peace activist and a yogi, but in the Bhagavad Gita, Arjuna the warrior (the indwelling soul of you and I) stands on the battlefield of life. This epic story is thousands of years old, yet perfectly describes our modern-day struggles and was certainly very relevant to my journey. It is said that the great warrior's knees were knocking and his hair stood on end, and when he saw the army spread out in front of him he dropped his bow and arrow and said to his charioteer (his Higher self) 'I will not fight.' It was all too much for him. His 'enemy' was in fact all the parts of him and his life that did not serve him well, his weaknesses, his wrong associations, doubts and fears.

The ancient text goes on to explain that we need to fight these negative thoughts and attitudes. I also felt as though there was a battle raging within my body against the *Borrelia*, and that I had to conquer both it and any negative or unhealthy attitudes which would prevent healing. Faced with this massive struggle, I could have chosen to stop fighting—but I didn't.

When I began my treatment at the European clinic my extracellular Lyme count on the Bioresonance device was extremely high, almost at maximum infection. At that time, I was fully incapacitated. However, four months later I could manage to walk for forty-five minutes, compared to being immobile, and the nerves began to work again in my arm. My

brain was relatively clear again and I was able to return to society as opposed to living a bedridden, pain-filled, forgetful existence. A year later my brain began to fully switch back on and I was back to teaching in my yoga school, walking five miles a day and laughing with life again.



Cured at last. Onwards and upwards!

Two years after starting treatment, I celebrated my return to life with a week of climbing in the Dolomites and enjoying eight-hour mountain hikes as high as 8500 feet; awesome! At last I was feeling whole in my body amongst the wonderful mountain air. Being over fifty years old after twelve years of disease-ridden hell and a chewed-up body...What a miracle!

Throughout this twelve-year battle, the *Borrelia* and co-infections had damaged quite a few organs and systems in my body, which took time and a daily home programme to completely rebuild. At this point, Lyme disease had fully taken over my life.

Taking back responsibility

Okay, so how do you fight this microscopic enemy that has taken over your body and brain? For me it began by taking back responsibility and not giving up. There are days when you feel the benefits of treatments and other moments when you are knocked down by the Herxheimer reactions. These Herx's (flu-like symptoms) occur when your body gets overloaded while trying to detoxify and you feel absolutely terrible. Just remember during these moments that they will pass and you hold the power and keys to this battle. The Herx reaction is named after two doctors—Adolf Jarisch and Karl Herxheimer—who originally observed reactions in patients who were given mercury as a treatment for syphilis. They thought the reaction came from toxins released by the dying spirochetes.

Never hand your power over completely to any one therapist or doctor blindly. Question everything and do your own research. Lay out your strategy and your plan of action. Have your backup plans ready for the bad days and those times when you think you are getting nowhere fast. Always have faith in yourself and never underestimate your own strength, even when all hope seems lost. Where there's a will, there's a way.

A quick note at this point on the power of prayer, which in itself needs a chapter, if not a book of its own. During the days of darkness, when undergoing initial treatment and the battle seemed to be overwhelming, hundreds of friends worldwide held me in their prayers. On the second day of the prayer vigil, my practitioner uncovered a breakthrough with my illness. This was two weeks after starting the treatment with him. He figured out that he could break the hold this illness had on me. This was the day my life turned around and my body

began to fight back. Slow and weak at first, but gradually with the enormous energy being poured into me globally and with months at the clinic, my body started to recover.

On the worst days, my friends assured me I would live and when you are in that huge black hole of doubt trying to find peace with the world, you need to have that reassurance. I feel so privileged to have such authentic, caring friends and family around me. Sometimes it's our nearest and dearest who hold onto us when we have nothing left. Facing the end of this existence—and coming back—changes you profoundly. Perhaps that's why I had to go on such a physical and spiritual journey.

This is my story, my chosen healing path, research and opinions. I am not a medical doctor and you must follow your own thoughts and pathway to health. Choose your own health practitioner and follow their advice. For all you wonderful doctors and therapists trying to help your patients fight chronic diseases like Lyme, I hope this book will give you some insights as to what other weapons you can add to your armoury. The ideas and concepts within may broaden your own research, treatment plans and strategies. For me, healing begins with an open mind, the willingness to try something new and the faith to go with your intuition and higher guidance.

Part 1
Frequency, Photons and Electrons
The Essence of life

We are energy beings, made of photons and electrons and when aligned with the correct electromagnetic frequencies, we exist in harmony and good health.

Chapter 1

Medicine of the Future—Frequency and Bioenergy (FAB)

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

—Albert Szent-Gyorgyi, Nobel Laureate (1893-1986)

Frequency and Bioenergetic Medicine (FAB) is the term I have coined for the combination of technology and natural remedies. Later I will talk more about the technological devices which produce frequencies for healing and how they work. As there are so many phrases and names for different types of Frequency and Bioenergy medicine approaches, I will stick to the FAB acronym throughout this book.

Increasingly, more and more people are fed up with the use of conventional medicine, its side effects and its often harmful treatment methods and medications. Nothing is worse than being constantly told: ‘It’s all in your mind.’

There is a reason people are seeking alternative and effective treatments; they want to be truly healed. Guidance on managing symptoms alone is not sufficient enough to eradicate an illness. They want to find effective solutions to permanently remove the cause of their health condition.

I believe that Frequency and Bioenergy medicine is the best means to treat and heal a wide variety of physical and emotional conditions. Awareness of the astounding healing ability of this combined approach will grow in the years to come. When this happens, the possibilities of healing will be limitless, causing a dramatic change in global healthcare.

We are gradually seeing growth in the number of doctors and practitioners moving away from treating isolated symptoms and towards an integrated approach. Many of these practices have their roots in natural forms of healing, such as the ancient medical systems of Ayurveda and acupuncture.

The rapid rise in complex, chronic diseases, exacerbated by poor lifestyle choices and environmental stresses, demands a comprehensive, contextual patient examination. This approach can be named many things by many therapists and may be a confusing labyrinth to navigate. Terms like ‘holistic’, ‘functional’ or ‘integrative medicine’ are used to encompass a wide variety of methods and techniques.

I use the term Frequency and Bioenergy Medicine (FAB) as it includes the emerging field of light, energy, frequency technology and electromagnetic treatment possibilities.

FAB therapies are mutually inclusive, and usually have the best results when various techniques are employed together. It can also be used alongside pharmaceutical medicine. Doctors in Germany are already integrating various FAB methods into their clinics and day-to-day treatment protocols.

Most people today are ‘programmed’ to want an easy way out of their suffering by consuming a few tablets. Using the FAB approach often requires a change in lifestyle, diet

and attitude. The collaboration of patient and practitioner is paramount to regaining complete wellness. In FAB medicine, a single device or technique usually is not able to fix everything. It normally demands the combination of a few techniques, tailored for each individual case. This may seem obvious to you, but if you are new to exploring healing methods beyond the allopathic model, it is an important concept to embrace.

When I was ill with Lyme along with its multiple co-infections my practitioner employed an array of devices and healing modalities together, creating a cohesive and powerful treatment plan.

Frequency and Bioenergy is not a new concept. For example, electromagnetic technology has been around for years and some hospitals already integrate this form of medicine.

Orthopaedic Surgeons and Sports Medicine clinics around the world use specialist FAB devices, for example Pulsed Electromagnetic Field (PEMF) devices are found in many of the top football, basketball and baseball clubs.

Some of the well-known technology used in current medical practices include: X-rays, electroencephalograms (EEGs), ultrasound, transcutaneous electrical nerve stimulation (TENS) machines, electrocardiograms (ECGs), computerised tomography (CT) scans, and magnetic resonance imaging (MRI).

In time, we will begin to see some of the newer and lesser-known devices find their way into forward-thinking clinics bringing healing and balance. Some of these devices can also identify problems which were previously undetectable by conventional means.