

# NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

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## Rife therapy

In the 1920s and '30s, Dr. Royal Raymond Rife—a bacteriologist studying at Johns Hopkins University—observed that viruses, bacteria, and cancer cells had their own resonance frequencies.

He built his research off of studies conducted by a 20th-century scientist, Dr. Albert Abrams, who believed:

All matter vibrates (that vibration is what we call frequency), and vibrations were specific to the type of matter and what it's made of. Those vibrations emitted by different types of matter can be detected, classified, and measured by specialized operators.

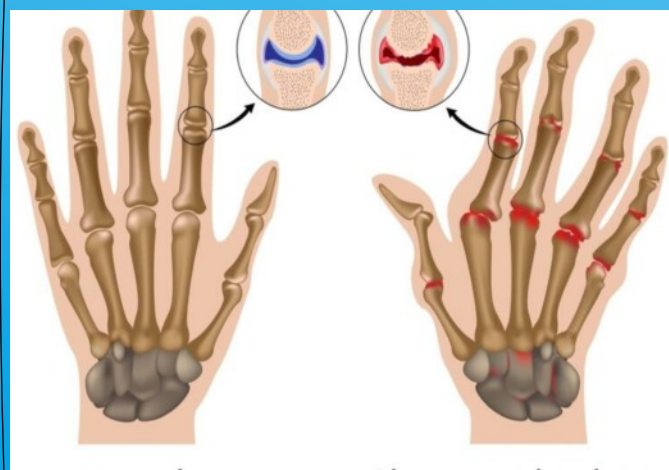
Dr. Rife compared his experiments to an opera singer who breaks a wine glass by using her vocal cords. The sound made from striking and holding the correct musical note (frequency) would interact with the glass, causing it to vibrate and shatter.

Everything in the world has its own natural frequency. Rife machines detect the frequencies of cells or organisms, then blasts them with their own frequency thus destroying them.

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## News

Refer a friend and get 50% off your next visit. Also remember our bulk buy packages, pay less for your treatments by buying group appointments. Stay warm, stay safe and be happy.

## Chronic arthritis

As we age, our bones become weaker. That's why elders are more likely to develop arthritis, break their legs, and their joints are not as flexible as before. Arthritis is the swelling and inflammation of one or more of your joints. There are more than 100 different types of arthritis, all with their causes and treatment methods, but two of the most common types are osteoarthritis (OA) and rheumatoid arthritis (RA).

Although arthritis is more common among adults aged 65 years or older, it can affect people of all ages, including children and teens. Also, arthritis is more common in women than men and in people who are overweight.

The most common signs and symptoms of arthritis include:

Pain, Stiffness, Swelling, Redness, and Decreased range of motion.

In the case of RA, you may feel tired or experience poor appetite. You may also have severe RA that can cause joint deformity if left untreated.

For such conditions that are not effectively treated with regular Physiotherapy, Rife therapy has shown some wonderful results in reducing the symptoms of these chronic diseases. Using frequencies to stimulate healing in the body we are able to reduce the arthritic symptoms which can lead to a better life for those who suffer these conditions. Why not take advantage of our introductory offer of 10 treatments for only \$200. Call now.

## EXERCISE OF THE MONTH:

### Walking

One of the most effective and safe forms of exercise is walking. It is something the body is naturally designed to do and thus it is not asking too much of the body beyond what it can cope with.

It has been shown that walking can be as effective as running from a cardio-respiratory point as well as useful in weight loss.

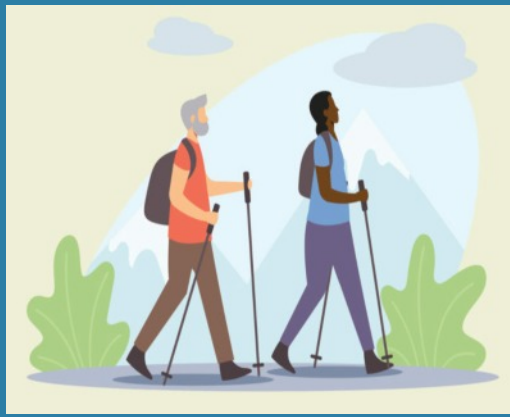
The great thing about walking is that you can control your pace and stride easily, you do not have the pounding effect on your joints and there is more chance to have a look at the scenery.

You can also vary where you walk, whether it is on the beach, on grass or on the harder surfaces of pathways and roads.

One way to make walking more effective as an exercise is to add a hill or two, this will work the cardio-respiratory systems a bit more.

Another thing to do is focus on a different part of your body for a minute or two while you walk, this will bring in a third dimension into the exercise as it demands more from your brain.

So take a walk and enjoy.



## BRAIN TEASERS OF THE MONTH

It was a hot Sunday afternoon and a woman was walking slowly through the savanna when she spotted a ferocious tiger in the distance. Instead of turning around or seeking refuge, the woman began to run towards the tiger. Why didn't she run away?

(Answer below)

### Have a laugh



Why science teachers should not be given playground duty.

## Healthy living

How healthy are you? Do you have a healthy diet? Do you exercise regularly? Do you drink at least eight glasses of water a day? Do you get enough sleep every day? Do you live a healthy lifestyle?

Our body is our temple and we need to take care of it. Think of your body as your physical shell to take you through life. If you repeatedly abuse it, your shell will wear out quickly.

Life is beautiful and you don't want to bog yourself down with unnecessary health problems. Today, your vital organs may be working well, but they may not be tomorrow. Don't take your health for granted. Take proper care of your body.

Good health isn't just about healthy eating and exercise — it's also about having a positive attitude, a positive self-image, and a healthy lifestyle.

So treat your body well both inside and out, and live the life you deserve.

### Tips of the month

There is a saying in Tibet:

**“Tragedy should be utilised as a source of strength.”  
No matter what sort of difficulties, how painful experience is, if we lose our hope, that's a real disaster.**

**Dalai Lama**