

KI-OM-LOGY

A paradigm shift from Recovery to Prevention, Performance and Anti-Aging

The Integration of the Romanian Balneology into the Economy of the Third Millennium

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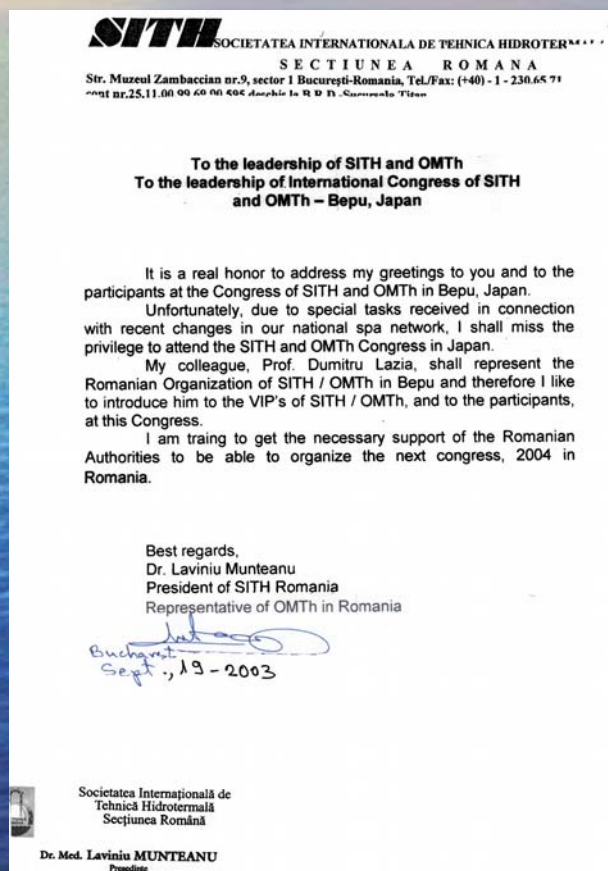
KI-OM-LOGY

presented on 28 September 2003
B-con Plaza, Beppu, Japan



THE 38th CONFERENCE OF SITH/THE 56th ANNUAL MEETING OF THE BALNEOLOGICAL SOCIETY OF JAPAN
at B-con Plaza, Beppu, Japan, 25-28 September, 2003

Delegation and Message from SITH & OMTH ROMANIA



**Dr. Laviniiu
Munteanu**

*President of SITH
Romania*

and

*Representative of
OMTH in Romania*

www.sindromania.ro

Wellness

The Next Trillion Dollar Industry

<http://www.thewellnessrevolution.info/> :

- ...Currently, the healthcare industry represents 1/7th of the U.S. economy or \$1 trillion and growing. According to their latest statistics, 1 out of 2 will die of heart disease and 1 out of 3 will die of cancer, because the current medical approach has focused primarily on TREATING THE DISEAS' SYMPTOMS...
- ...The **WELLNESS industry is currently a multi-billion dollar industry** which is comprised of natural, non-toxic products that PREVENT disease and provide a better QUALITY OF LIFE for all those that use them. A leading economist has predicted that the **Wellness industry will grow to \$1 trillion dollars in the next 10 years.** This industry will be driven by pure DEMAND including that of the aging Baby Boomers and their desire to look and feel younger and maintain an active lifestyle....

Note – Ec. Paul ZANE Wellness Industry Prediction in USA 2000

KI-OM-LOGY Definition

- KI-OM-LOGY is the art and science of restoring, managing and increasing of the human KI resources
- KI-OM-LOGY ***is a new part of Health Tourism that will complement Balneology and Climatology***

For more Information consult our Web page:

http://www.vitalitate.com/Desprenoi/KI_OM_LOGIA/tabid/186/Default.aspx

KI-OM-LOGY goals

- Health promotion
- Slowing down and reversal of the aging process
- Increase of creative, intellectual, emotional and physical performances regardless of age;
- The optimization of inter-human relationships
- Decreasing risks of work related accidents and illnesses
- Health recovery

KI-OM-LOGY Synergy

- Improvements in the human body potential of response to medical procedures:
 - spa treatments
 - climatology cures
 - physiotherapy
 - movement therapy
 - medical treatments
- Decreasing the secondary effects while following the above mentioned treatment

KI-OM-LOGY components

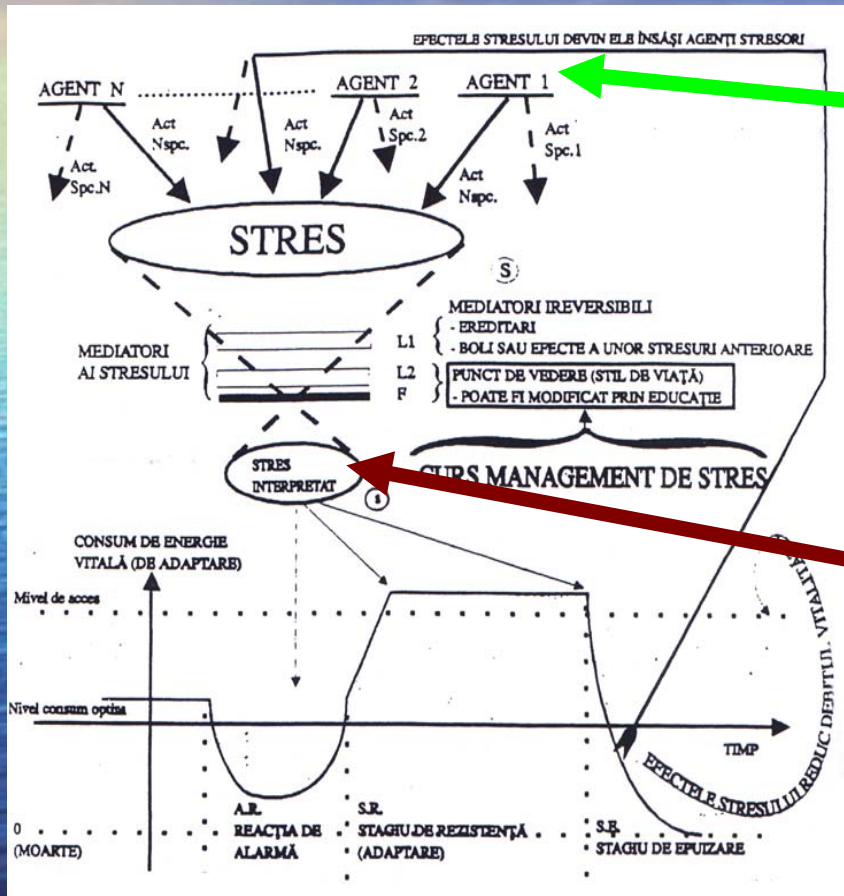
- **The Radiance Technique® TRT® (Real REIKI ®)** from Radiance Stress Management International, Inc:

The Radiance Technique® is the science and the art of activating and accessing the unmanifested Universal Energy for health recovery, illness prevention and increasing the performance level. These effects appear regardless the age of the people that use it.

- **Freeze-Framer®** from *Institute of HeartMath*

Interactive Software Technology: Photo – Pletismograf connected to a PC by Serial Com Interface and attached to one finger to take heart rate readings (Pulse) + **Software Applications to Calculate and make the spectral analyses of heart rate variability (using The Standards recommended in 1996 by Task Force of European Society of Cardiology and North American Society of Pacing and Electrophysiology).**

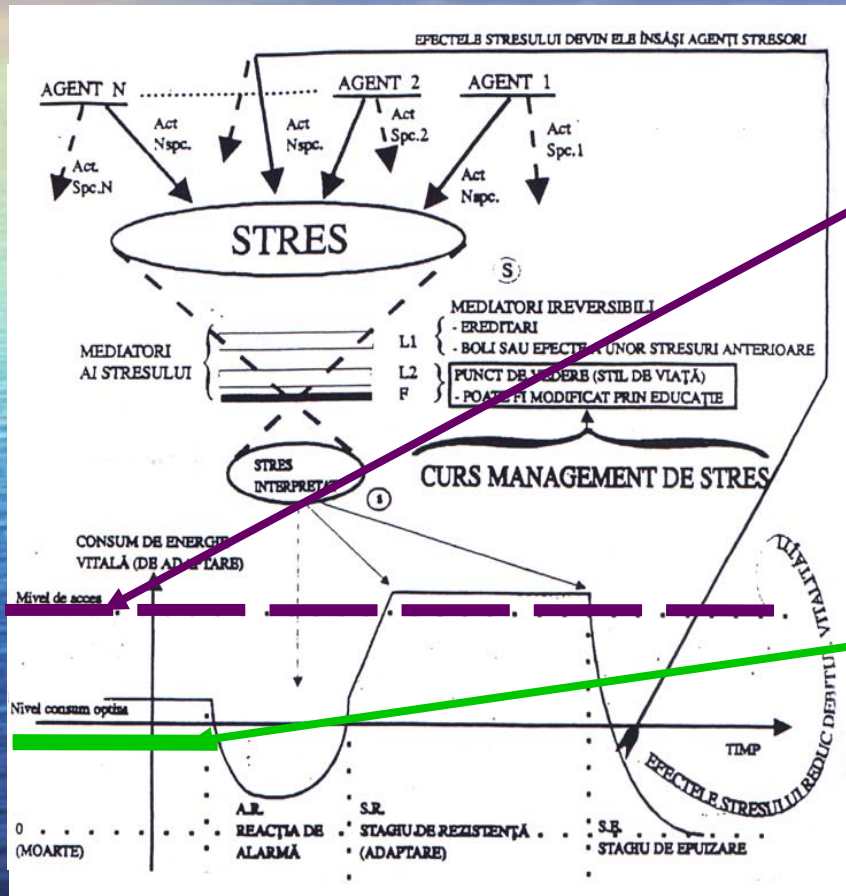
What is Stress?



The events do not produce stress, only our negative attitude towards them or to their negative consequences.

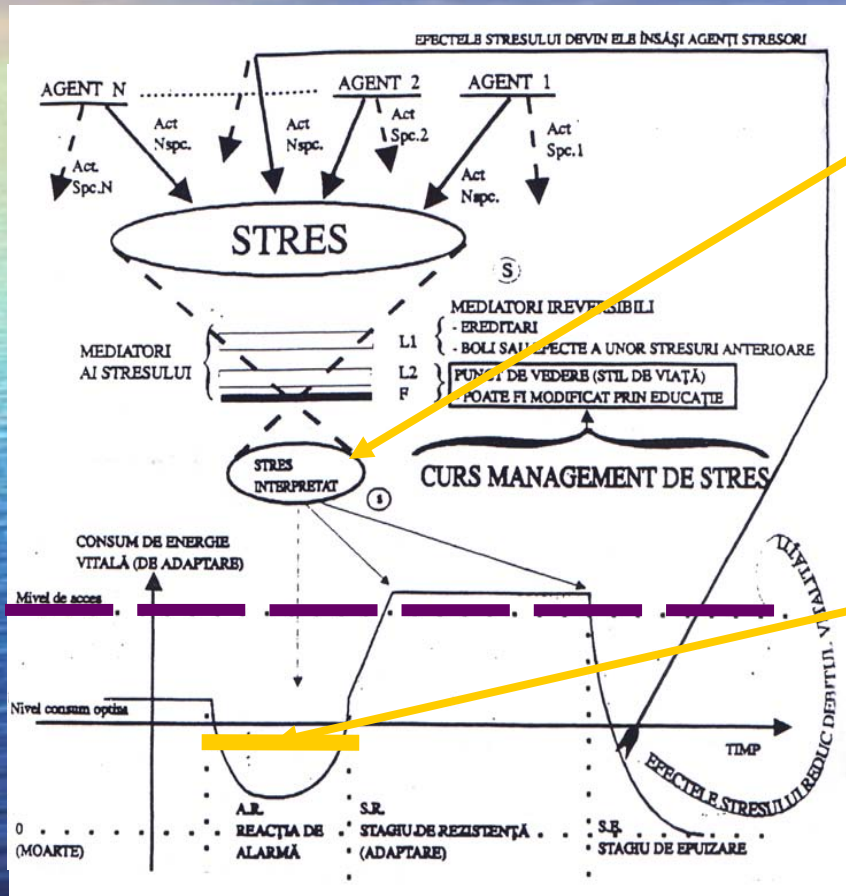
Stress is the human response to a sense of danger, real or imagined.

Optimum Health without Interpreted Stress



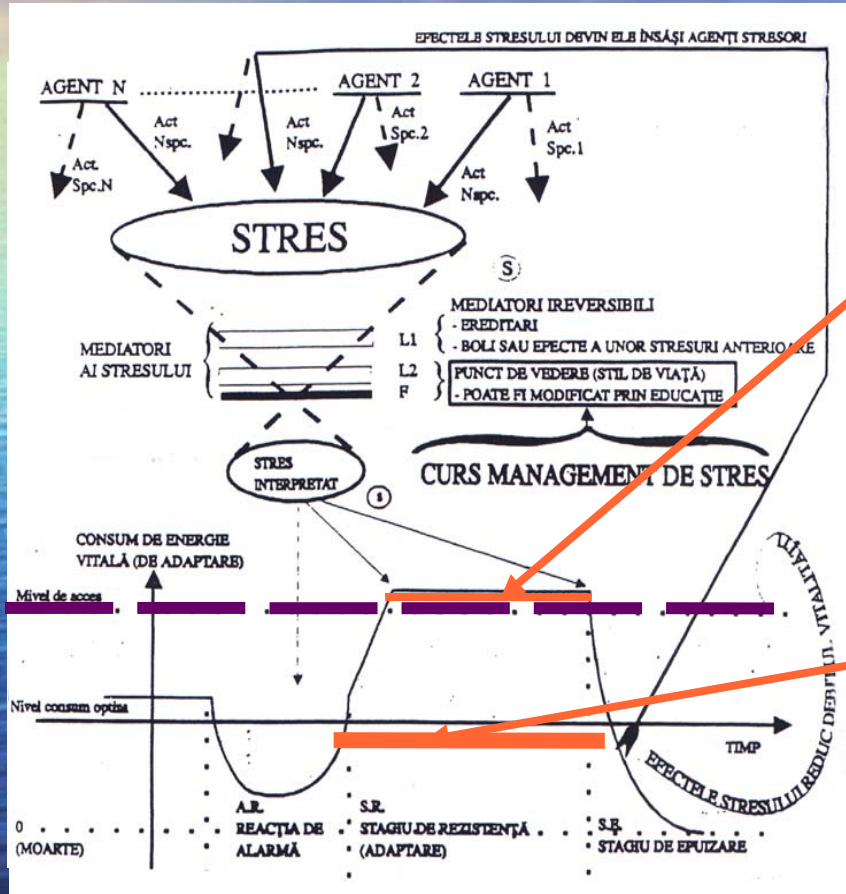
Each person receives a **daily quota of vitality** (Ki, inner radiance, adaptation energy or homeostasis energy) that will be enough for an optimal functioning and for a regeneration according to the inner plane's ideal blueprint. During this period of time the human is going through a period of **optimal health** that is associated on a psychical level with *serenity* and on a physical level *with no discomfort sensation*.

Alarm Reaction Stage Acute Disease



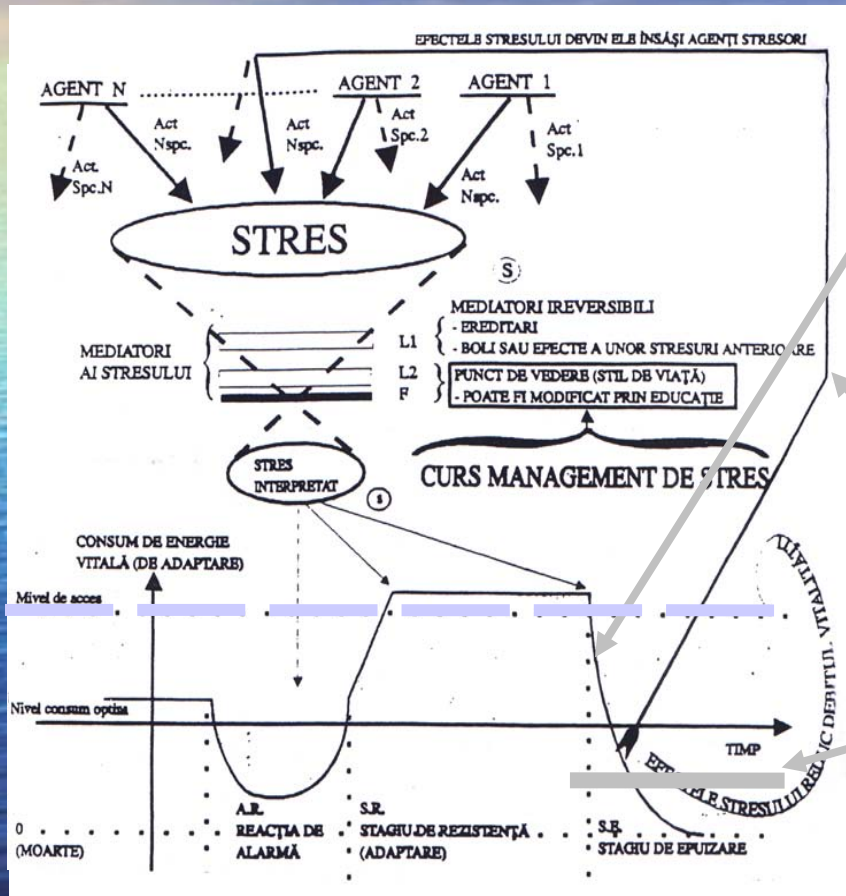
At the beginning of the apparition of an **interpreted stress** (generated by tiredness, work overload or imaginary or real feelings of danger) the human enters a **state of alert that is described by acute discomfort sensations associated with the alarm state**

Resistance (Adaptation Stage) OVERSTRESS



If the **stress continues for a long time**, a person **consumes a quantity of vitality that often is bigger than the available daily quota in order to adapt to this new state**. This deficit is covered first from some local reservoirs, which are associated to each organ, and from the central reservoir. This is the resistance stress stage that is characterized by the **disappearance of acute sensations from the previous stage due to endorphins and compensatory functional mechanisms fueled by the adaptation energy**.

Exhausted Stage Chronic Disease



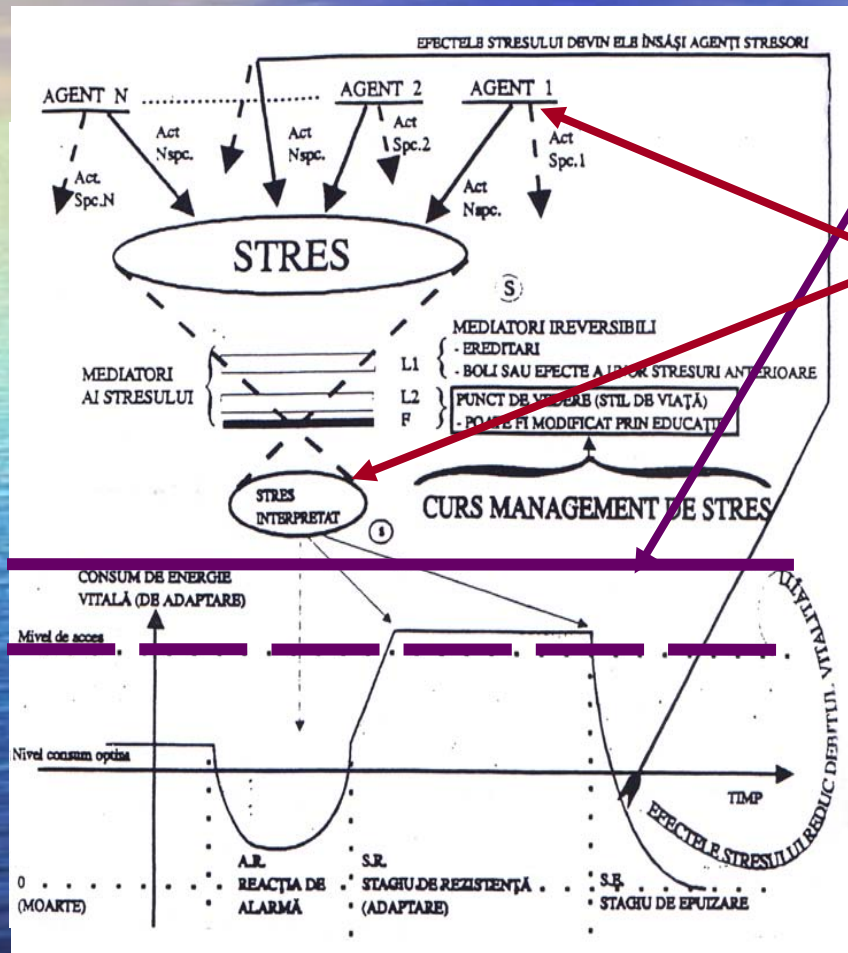
If the stress continues the vitality *reservoirs* are emptied. In order to survive human beings are going through a process of redistributing the vital resources from organs that are less important to the parts that are essential for survival..

This stage is accompanied by chronic discomfort sensations and by functional changes and in the long run by structural modifications. Accompanying sensations will appear at the energy depleted organs.

Worries about health degradation and Fear of Death become the most powerful Stressing Agent which will generate an Avalanche Reaction.

At this point we can see a gradual evolution chronic illnesses (at the level of the physical, emotional and mental plane) that are marked with illness crises. This is the depleting stage and if gone to extreme can ultimately lead to death.

Active Stress Management

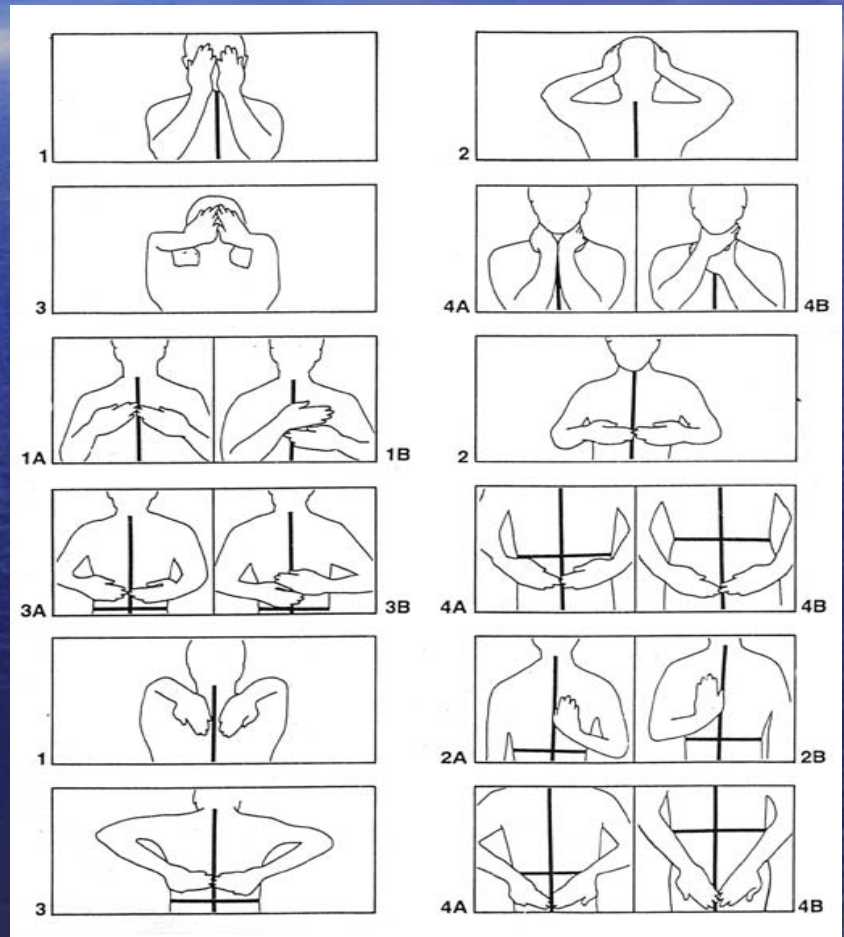
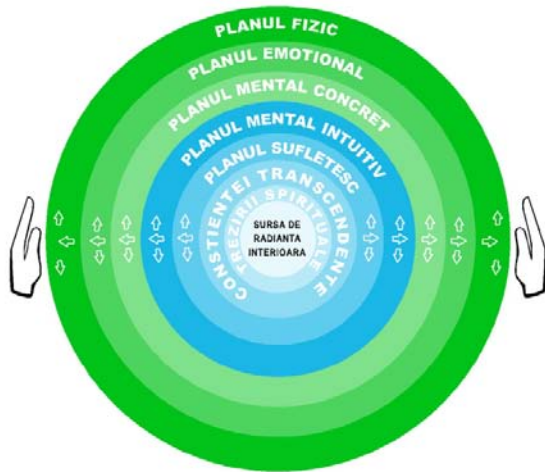


The process of getting ill can be prevented, decelerated, stopped and even reversed (partially or completely) by Actively Managing Stress TRT® through the daily use of the 4R rule:

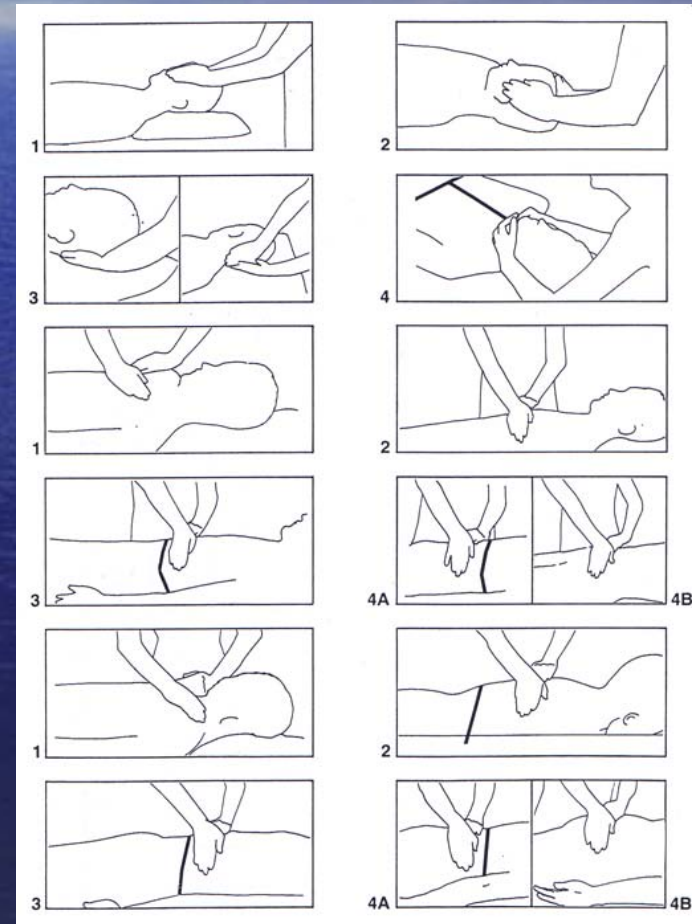
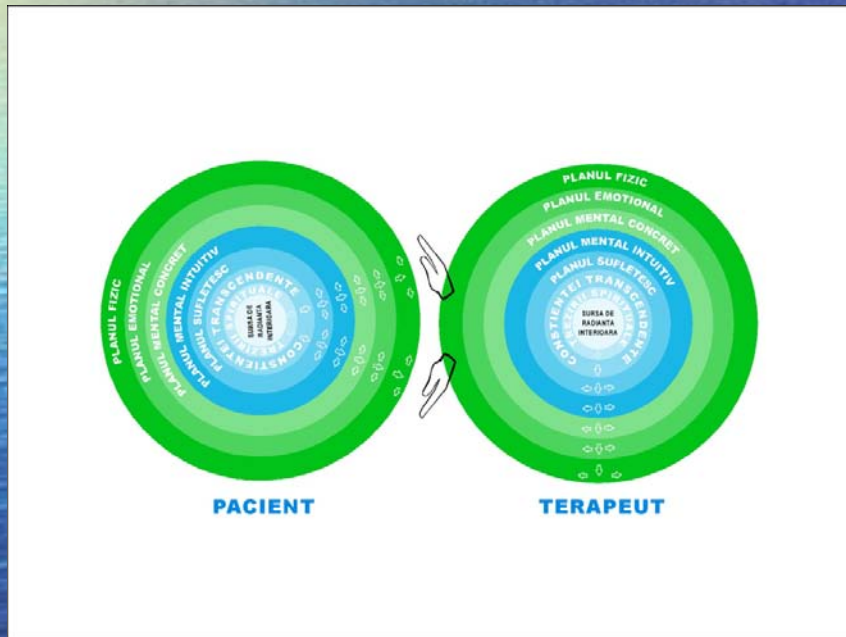
- **Interior Radiance** bringing a vitality supplement to replace the one used by anterior by Using Everyday the Radiance Technique®.
- **Personal Responsibility** based on continuing education through which every person will change gradually the **lifestyle** and the **inner attitude** towards existing events. The "Stress Management using The Radiance Technique®" course offers a method (TRT®) and the information you need for changing the lifestyle and the inner attitude towards events, if used as advised (on a daily basis).
- **A Support Network** which provides us with friends, family members or co-workers to support us during difficult times. The Radiance Technique® used locally (by applications of TRT® 1st degree activated hands) or remote (using the universal symbols learned in the 2nd degree TRT® course) can be an efficient and simple method of building support networks.
- **Natural Resources** Through everyday use of The Radiance Technique® on aliments, water and environment can help amplifying the positive effects of these resources and the toxic effects, caused by pollution, can diminish.

http://www.vitalitate.com/stresul_si_trt1.htm

12 TRT® Positions to Restore Vitality for Yourself



12 TRT® Positions to Restore Vitality for Others



Directing Energy to a Distant Person

PASUL 1

DEFINIREA SUBIECTULUI DIRECTARII
SE ASEAZA NUMELE SAU FOTOGRAFIA

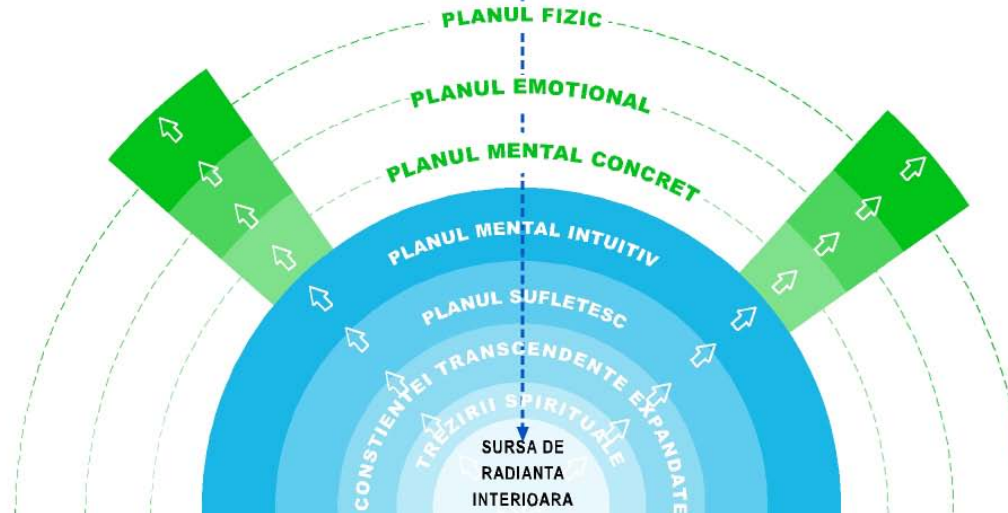
PASII 2,3,4

CHEIA PENTRU DIRECTARE

SE MODELEAZA SIMBOLURILE: SU22M, SU4M, SU1M,

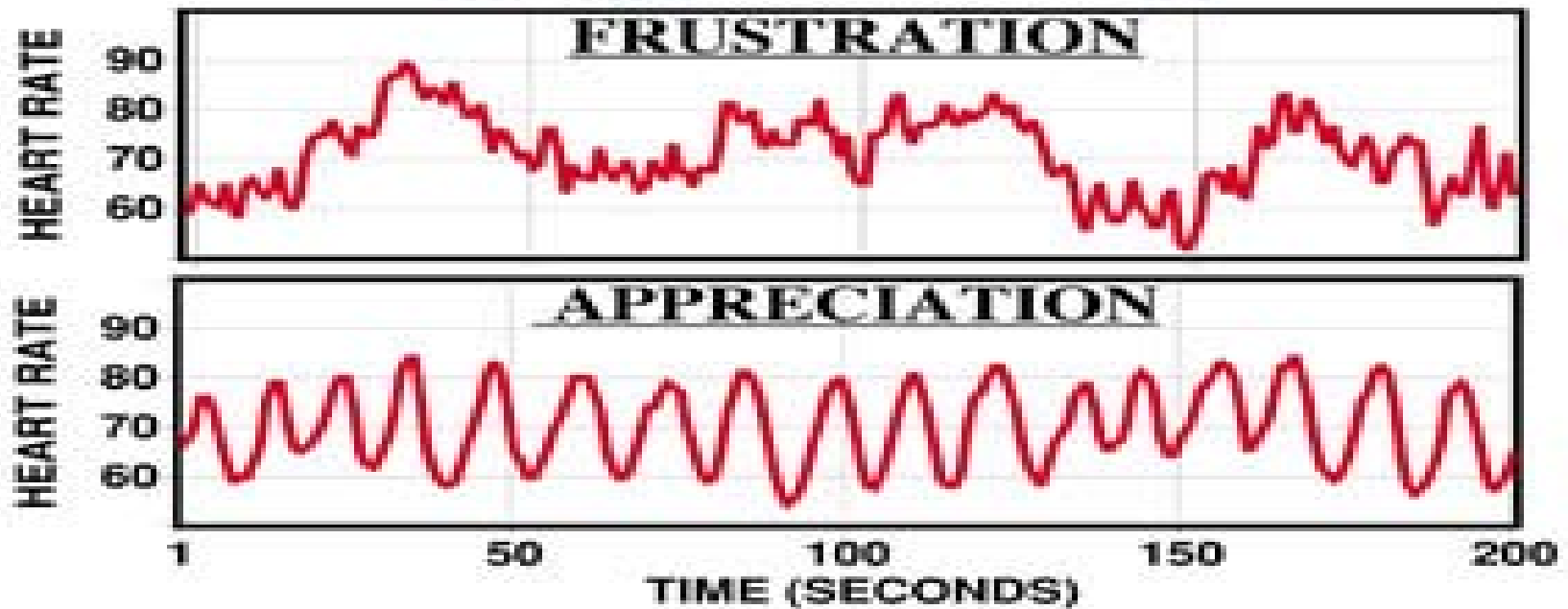
PASUL 5, 6, 7

POZITIONEAZA CANALUL DISTANT PE
ZONA CAP, FATA SI SPATE



Heart Rate Variability

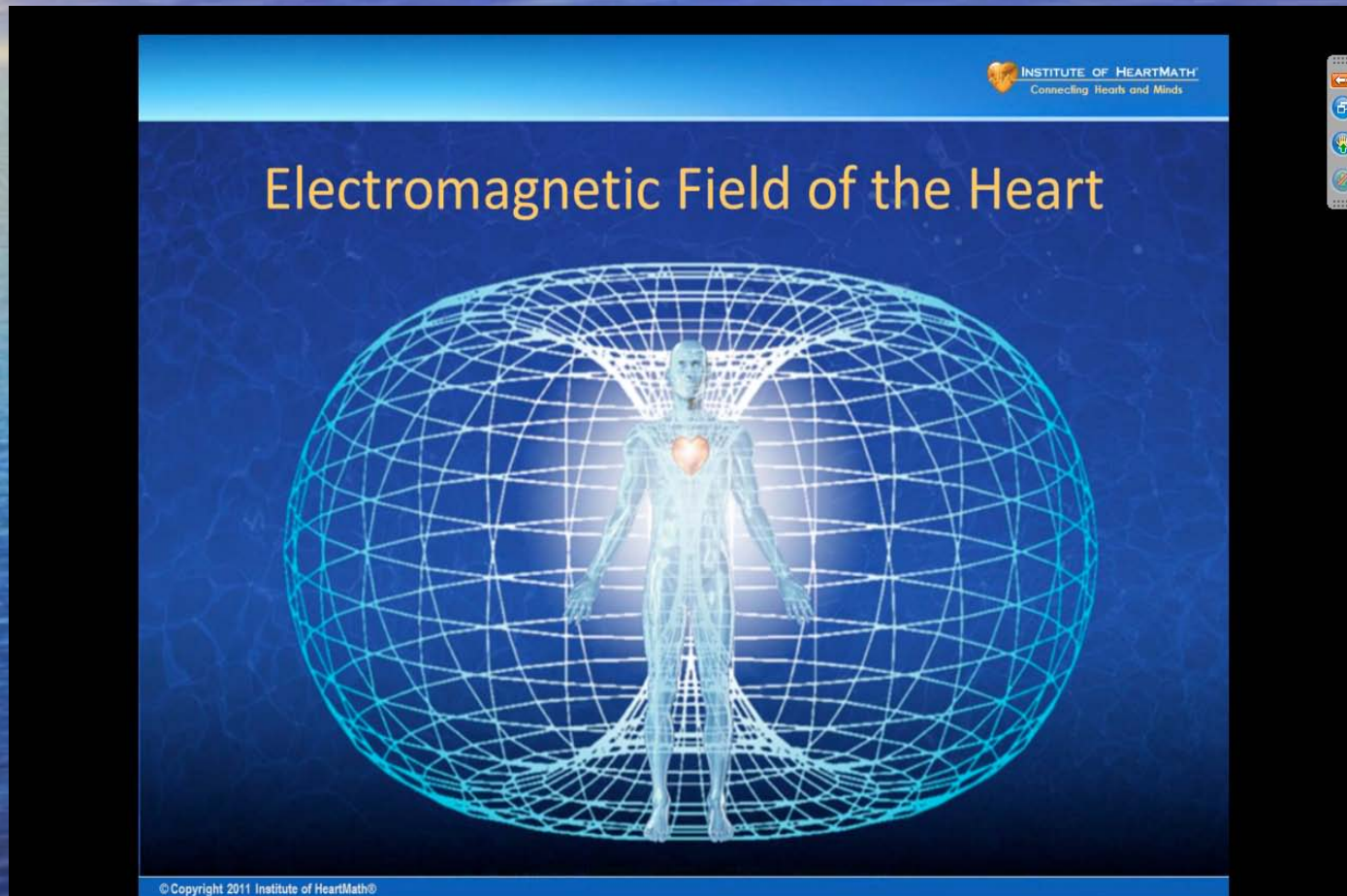
Changing Heart Rhythms



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Electromagnetic field of the Heart

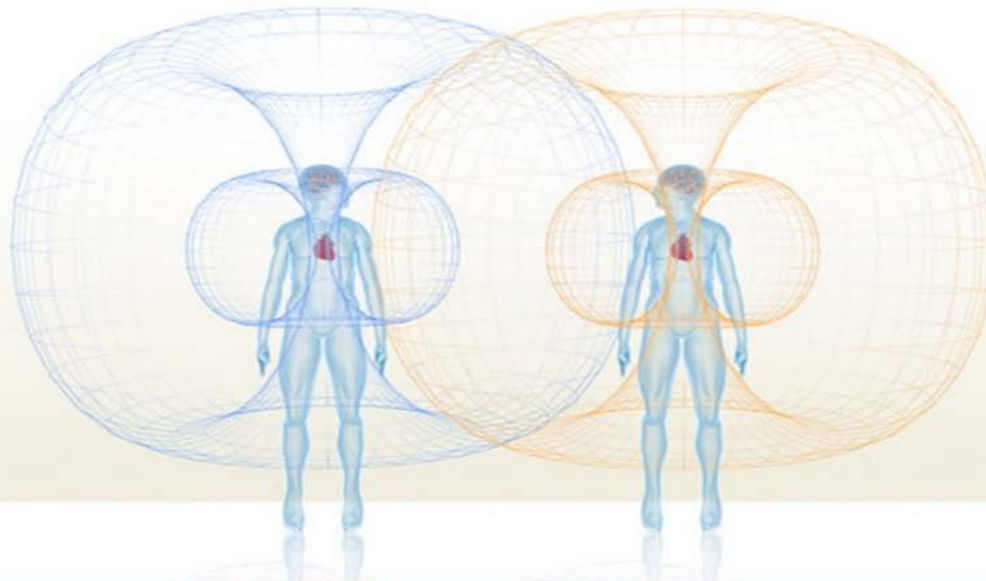
is 5000 times as high as that of the brain and occurs up to 3 meters around each person



Electromagnetic Interaction

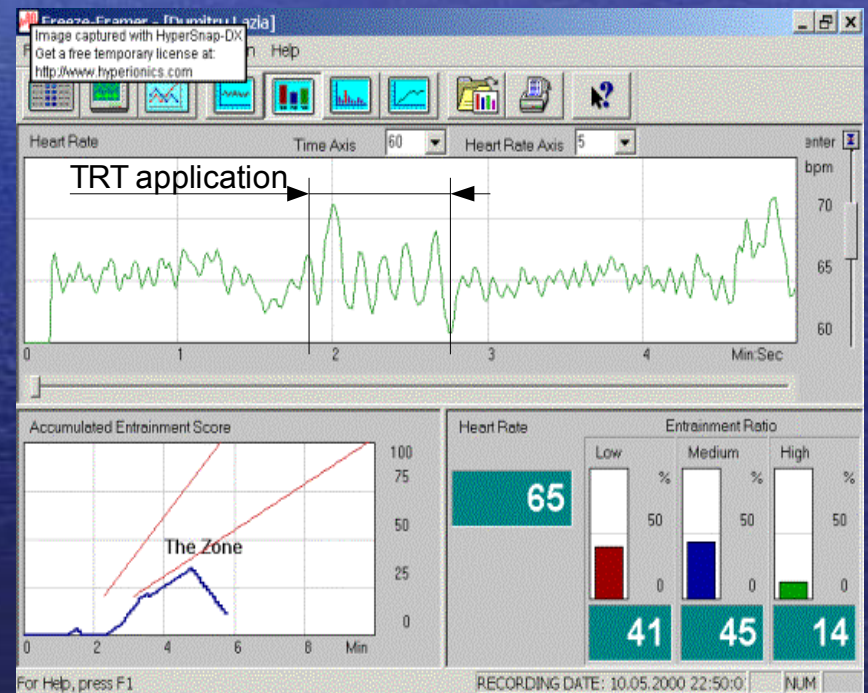
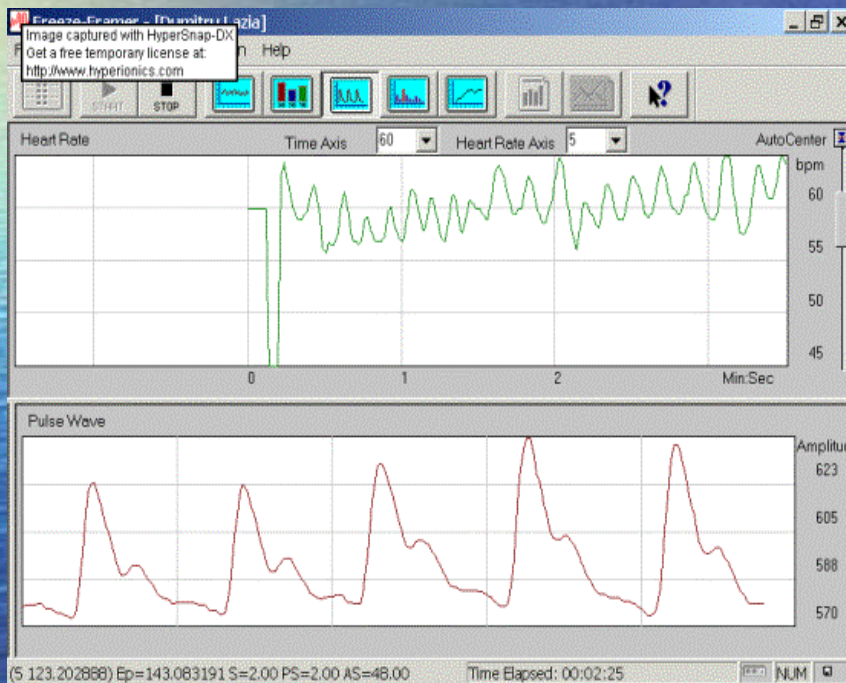
between two persons under 3 m away

The heart radiates an electromagnetic field that energetically affects those in our environment, whether we are conscious of it or not. We experience this when we are affected by each others' moods, attitudes and feelings.



Freeze-Framer® HRV

the effect of 1 Minute application of TRT® Activated Hands onto the Hearth Position



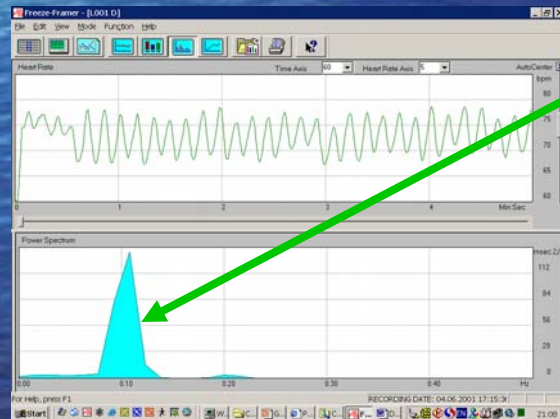
Freeze-Framer® HRV Spectral Analysis



A Tired Manager:

Sympathetic Nervous system activity (0.033 - 0.04 Hz) is at a maximum level. This means that the person is stressed and therefore exposed to the ***risk of instability and premature aging of the vascular system.***

Parasympathetic nervous system activity (0.15 - 0.40) is active. This shows that the person needs rest to recover, but he cannot sleep because of the higher Sympathetic SNA spectrum values



A Healthy Person after 12 TRT® Self Position:

The HRV graph shows us that the equilibrium state between the 2 branches of the autonomic nervous system has been reached. The coherence of the heart rate change is showed by a stabilization around the 0.12 Hz value of the heart rate change. This state activates the intuition and assures an efficient application of the intellectual skills.

http://www.vitalitate.com/virus_emotional_si_trt1.htm

Wellness using TRT®

- A complex of measures (the initiation to the Radiance Technique®, the Radiant Sessions, changing towards a healthy lifestyle and changing the attitude towards events, the evaluation of the equilibrium state between sympatic and parasympathetic autonomous nervous system, maintaining an active support network and using quality natural resources) can be offered towards any person under the umbrella of an integrated touristic service:

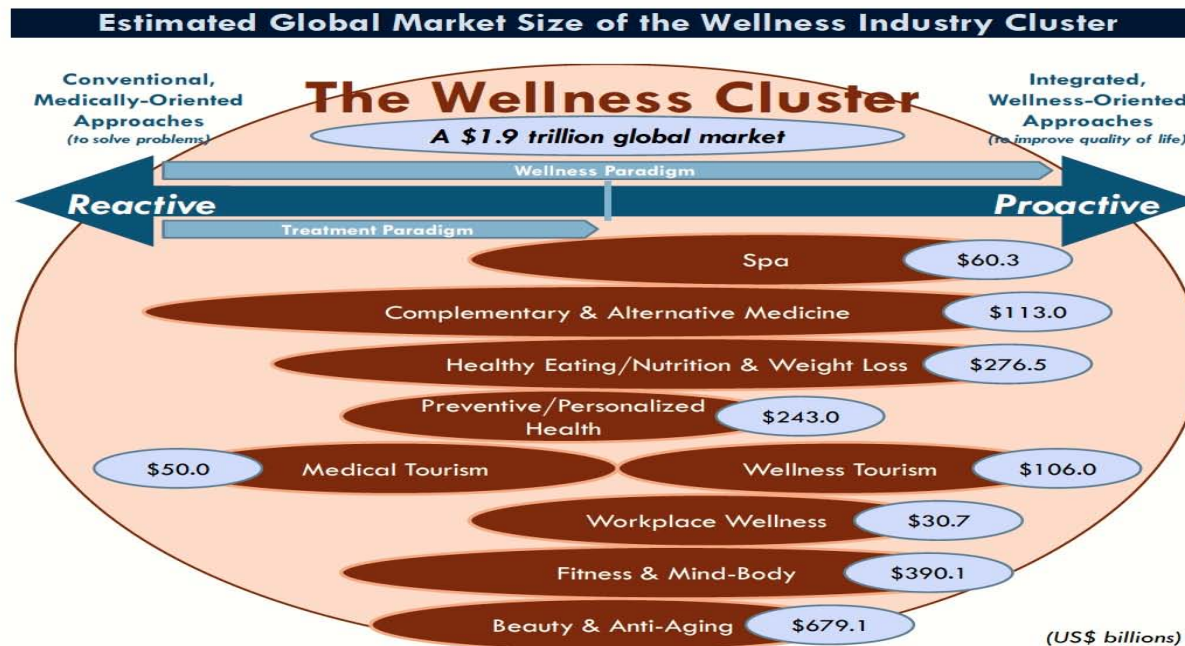
Get-in-shape session - a hands application session consisting in placing special trained operator's hands in a 12 positions sequence, according to the Radiance Technique®. This will help the receiver re-balance and restore his adaptation energy.

Stress Management Courses - for those who want to learn more about how to apply to themselves a "Get-in-Shape" sessions and how to reduce stress influences in their life, we can provide them with Stress Management courses using The Radiance Technique®. During these 1-week courses you will learn how to use The Radiance Technique® to restore your adaptive energy, and how to change your lifestyle and improve your response to stressful situations.

<http://www.vitalitate.com/Cursuri/Cursuri/tabid/299/Default.aspx>

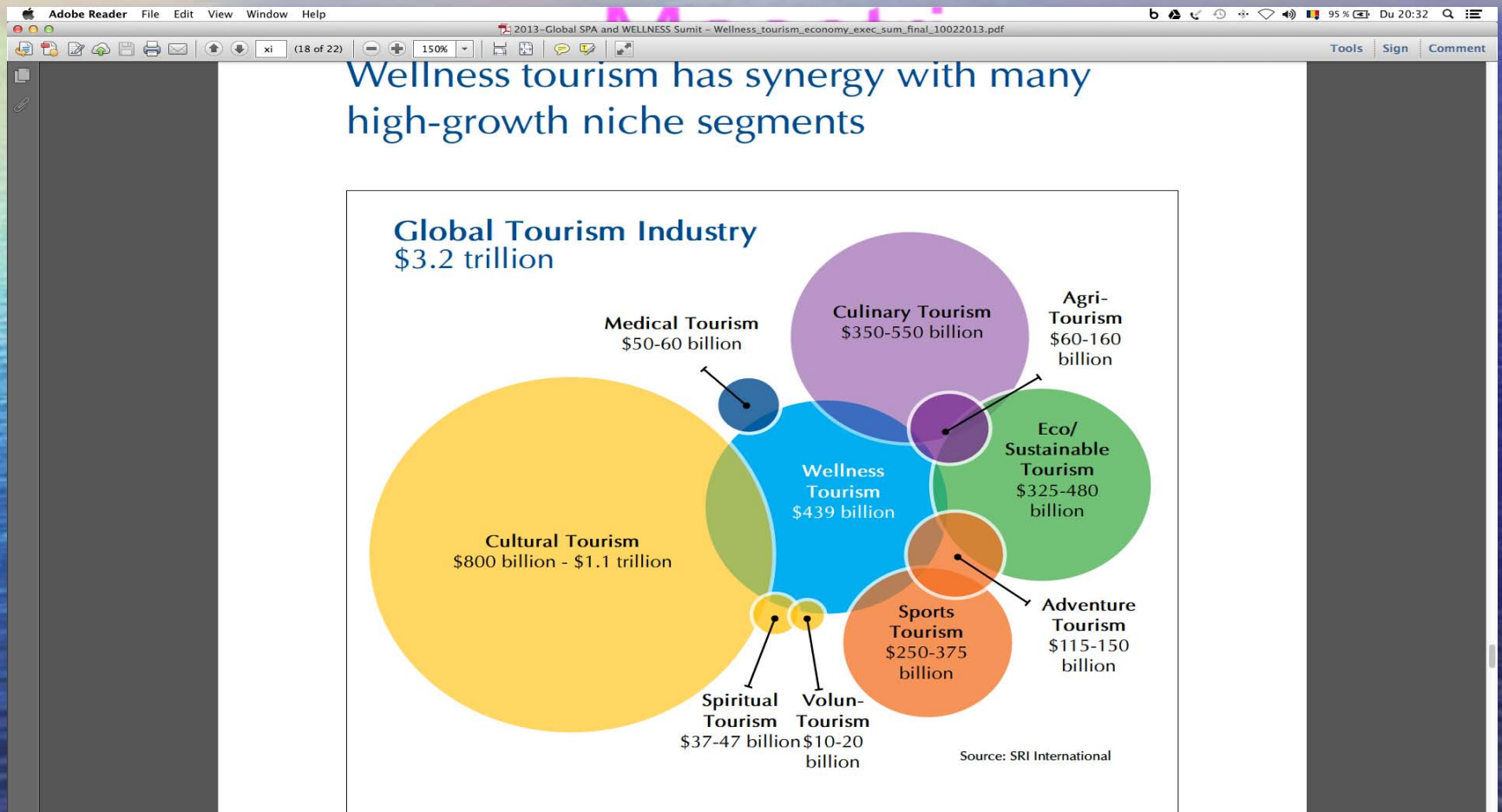
Wellness Industry in 2009

2012-10-31 WI C LS - Spas and the Global Wellness Market- Synergies and Opportunities.pdf



¹ The continuum concept used in this model of the wellness cluster is adapted from Dr. John W. Travis' wellness-illness continuum, detailed in Appendix A.

Wellness Tourism as part of The Global Tourism in 2012



Work without Stress

*2002 was the year dedicated by our company, **R-OM-SERV srl**, to the prevention and diminishing of effects caused by workplace related negative stress. By anticipating and then actively integrating some of the points included in "**Work without Stress**" initiative of the **European Union**, we succeeded to work with local partners in order to organize a symposium on this subject that will include practical solution presentations in the last week of October during the following years.*

http://www.vitalitate.com/Managementulstresului/Campania_UE_Munca_fara_Stres/tabid/174/Default.aspx

Insurance for workplace accidents and professional illnesses

In the January 2000 – June 2003 period we participated to a research partnership that is the base for the development of the norms for Law number 346 from 5th of June 2002. This law deals with the obligatory Insurance for workplace accidents and professional illnesses. These norms will be applied starting with 2004.

- **The unhealthy behavior of employees, caused by their incapacity to cooperate with stressful conditions, are at the source of 80% of workplace deaths;**
- **Most of the work accidents are caused by work related stress, and between these are also those accidents that have involved major ecological catastrophic events (like the those at Three Mile Island or Exxon Valdez)**
- **Over 95% of the calls that the family doctors receive in US are caused by stress provoked illness and 80% of the illnesses that lead to a stay in a hospital had at their origin stress**

THE TOKYO DECLARATION

on Work-Related Stress and Health

Because Work related Stress does not respect national borders and in order to proceed meaningfully with respect to the above mentioned objectives, it will be necessary to develop more formal interactions and ***partnerships between international and national authorities, bodies and organizations with an interest in reducing the economic and health burden of stress related ill-health in the workplace.***

<http://www.workhealth.org/news/tokyo.html>

Occupational Cardiology and TRT®

The occupational cardiology is a new medical discipline that connects cardiology and preventive occupational medicine.

Recent researches have identified the job related stress as the main cause of the apparition and aggravation of arterial hypertension. Psychological tension at the workplace reaches its maximum in the situation where there are very high requirements and expectations, but there is a minimal level of liberty allowed in taking decisions or executing normal tasks. ***Intense and long term psychological workplace tension leads to the long term activation of the sympathetic nervous system. The consequences are the apparition, and if long term, aggravation of the metabolic syndrome (a series of symptoms that are often signalized in parallel with: obesity, hyperglycemia, hyper insulin, and a high presence of lipids).***

An Active Stress Management system using The Radiance Technique® offers simple, efficient and safe solutions for the prevention and recovery of cardiovascular diseases that are produced by workplace stress

The Radiance Technique® and *Health and General Insurance*

Research conducted at the Institute of HeartMath confirmed the importance of the active support network (through which people that are involved in stressing situations feel family, friend, colleagues or community members) to be beside them by talking and concrete action.

By graduating **The First and Second Degree Official Program of The Radiance Technique®**, each TRT® alumni, will discover the importance of the support network and will acquire two efficient and easy to use instruments for development and maintenance of support networks (the radiant touch through direct contact with the person who needs help and the energy directing procedure for the remote help).

TRT® on Health Promotion

- We proposed an additional step to the stages included in the concept of Health Promotion by including **the prevention of overstressed state as a third priority**. The prevention of developments and the recovery of the handicap will become the fourth priority. Also we proposed to add a level of **Creative – Intuitive and the Soul level** to the human model included in this Health Promotion model:

http://www.vitalitate.com/Desprenoi/Promovarea_Sanatatii/tabid/187/Default.aspx

TRT® & Romanian Tourism

- As a member of OPTBR and SITH Romania (Romanian chapter of International Society of Hydrothermal Techniques) we participate at the campaign that will develop the Romanian Balnear tourism.
- ***The strategy adopted makes the shift from a recovery oriented tourism to a prevention oriented one, shift that is in line with World Tourism Organization. The new "Get In Shape" integrated tourism service will be part of this transition***

Our TRT® Origin:

We've been using The Radiance Technique® (Real Reiki®) since October 1982
http://www.vitalitate.com/Desprenoi/Despre_noi/tabid/147/Default.aspx



Dr. Mikao Usui



Dr. Jujiro Hayashi



Mrs. Hawayo Takata



Dr. Barbara Ray



Dumitru Lazia & Dr. Barbara Ray
Miineapolis USA October 1982



Aurica & Dumitru Lazia ROMANIA

REFERENCE

<http://www.trtia.org/books.html>

The 'Reiki' Factor in The Radiance Technique® (Expanded Edition),
by Dr. Barbara Ray

The Official Handbook of The Radiance Technique® by Dr. Barbara Ray

The Expanded Reference Manual of The Radiance Technique®,
by Dr. Barbara Ray

The Radiance Technique® and Managing Stress, by Dr. Barbara Ray

The Radiance Technique® On The Job, Expanded Edition, by Fred W.
Wright, Jr.

The Radiance Technique® and Cancer, by Katherine Lenel

The Science of Homeopathy Section 1: The Laws and Principle of Cure
by George Vithoulkas

M.D. Eliot s. Dacher <http://www.healthy.net/dacher/>

REFERENCE

<http://www.trtia.org/books.html>

The 'Reiki' Factor in The Radiance Technique® (Expanded Edition),
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Dr. Alfred BARRIOS – USA

Stress Control Card

Using the card is in a room with temperature 21 to 23 degrees and well lit:



Keep your thumb pressed crystal temperature sensitive and index finger on the back.

Count to 10 and then raise your thumb and read the color code.