



Guidelines for Your Bioregulation

It is important to read this prior to commencement of your therapy

Bioregulation principally focuses around boosting inner health resources and facilitating personal development, where each bioregulatory treatment is a **new experience**. Regardless whether you are choosing regenerative, preventative or aesthetic bioregulation, all treatments are based on your **active participation** during and in between therapeutic sessions. Please note that strengthening physical and psychological weaknesses call for your full devotion to your therapeutic process, and willingness to accept occasional discomfort. Trust, honesty, commitment and **acceptance of personal responsibility for your health** are the essential preconditions for ongoing Biomedic therapy.

The Biomedic approach is **process oriented**. The process itself is fundamentally based on increasing awareness of relationship between bodily conditions and psychological processing. Heightened awareness of physical and psychological processing correlates with the ability to suspend defensive mechanisms of ego and mobilise inner health resources. The general recommendation is to simply follow the therapeutic process, allowing the changes to take place. 'Flowing' with the therapeutic process means learning how to surrender to your own primary nature, which is the state of original balance and ease. To grow out of a 'dis-ease', it is necessary to abolish any 'lack of ease' in one's body and mind.

Before a Treatment

- Please note that the Biomedic **Self-Assessment Form** should be completed prior to your first treatment.
- It is recommended not to undergo the treatment immediately after a meal.
- Please make sure to **switch off your mobile** phone or pager prior to each treatment.
- Remove jewellery, glasses, contact lenses, and anything in your hair.
- Only comfortable underwear is worn during the session. A therapeutic gown will be provided.

While receiving a Treatment

- Your physician will first discuss with you details about your health. Treatment will start by taking your medical history, as well as standard medical check ups where necessary. The examination also includes a detailed history of your psychological development and related issues of an emotional nature, which is followed by evaluation of your structural and postural restrictions. This includes evaluation of muscular tension, joints mobility, connective tissue pull, fluids flow and the energetic status of your body. The objective of the first treatment is to establish a personalised map of your constitutional and acquired weaknesses that need to be strengthened. Detailed knowledge of these weaknesses is necessary for devising your **Personalised Bioregulatory Programme**.
- Your Biomedic doctor will then tell you to lie on the therapeutic couch either on your stomach, your sides or on your back. Rest your arms at your side and **relax**. Once you feel settled, close your eyes. Simply tune into the process in the same way that you might listen to music.
- Focus your **attention on breathing**. Let your breath flow in and out deeply and effortlessly. Try to sink deeper into the present moment, letting thoughts drift out of your mind as easily as they have drifted in. If at any time during the treatment the need to sigh arises, just let it out with a deep sounding exhalation.
- Try to turn your complete attention to the therapeutic process. This does not mean analysing it or trying to figure out what particular technique the therapist is using. Do not try to help in any way, just keep your body as relaxed as you can, as this will allow us to detect and approach any **acute or chronic pattern of tension present**.
- Facilitate your own tissue consciousness. This means paying attention to the area of your body, which feels **painful, tender, ticklish, 'empty' or 'in need' of touch**. Awareness is all that is needed. Deliberate mental effort to relax the tension is counter-productive, hence should be avoided. Remember that effort is a form of strain, and that relaxation can never be achieved through any kind of strain.
- Mismanaged psychological problems, like suppressed or denied feelings, are always converted into muscular tension. Biomedic treatment aims to dissolve this tension, bringing the suppressed emotion back into your conscious awareness. As physical tension disintegrates, by a receptive and willingness to surrender to the **emotion that might emerge**, giving way to the impulse to cry, for example.
- The next therapeutic task is to integrate the entire experience in the most 'bioeconomically' viable way, which allows new insights to arise, and discovering higher levels of personal integrity.
- Feel free to speak if something is bothering you, for instance if you feel cold or if for any other reason you feel uncomfortable.

After a Treatment

- When the treatment is over let yourself absorb whatever you are feeling before you get up. A feeling of **lightness and wellbeing** is usually experienced immediately after the treatment.
- A mild **healing crisis** can sometimes be experienced particularly after the first few sessions. By definition, a healing crisis represents a short aggravation of the symptoms before permanent improvement takes place. Healing crises are always a positive therapeutic outcome, and thus should be welcomed despite apparent transient unpleasantness. It provides opportunities to practice patience, while observing how **self-regulatory processes actively restore your body in a cathartic way**. If a healing crisis appears, the feeling of wellbeing will be delayed usually from one hour to two days after the treatment, but consequent therapeutic improvement will then be even more strongly experienced.
- Depending on the condition of your health, your Biomedic doctor will suggest putting you on either a **regenerative** or a **preventative** programme. He or she will then discuss your therapeutic aims and objectives, and recommend the most appropriate therapeutic strategy to achieve them. You will then be recommended when to book the next treatment.
- **Enjoy your self-discovery.**