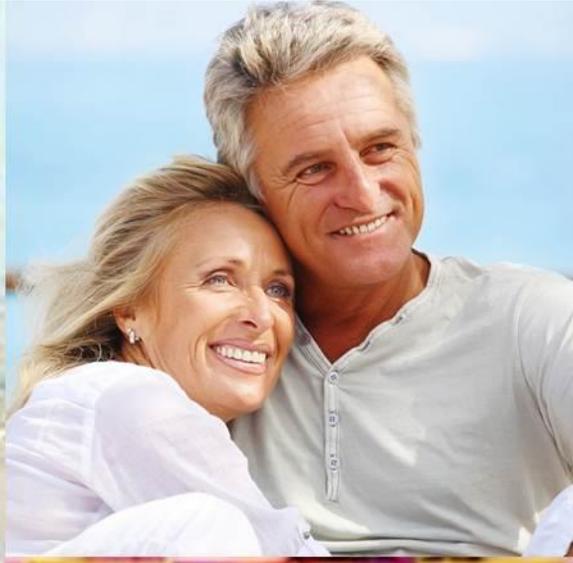


# ((( ONDAMED ))) a better way to make you better



(((ONDAMED))) a better way to make you better



A BETTER WAY TO MAKE YOU FEEL BETTER

ONDAMED  
Electronic Magazine

April 25<sup>th</sup>, 2013

IN THIS ISSUE

## National Stress Awareness Month

Stress Awareness Month has been held every April, since 1992.

During this annual thirty day period, health care professionals and health promotion experts across the country join forces to increase public awareness about both the causes and cures for our modern stress epidemic.

*Sponsored by The Health Resource Network (HRN), a non-profit health education organization, Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society.*

“Even though we’ve learned a lot about stress in the past twenty years,” says Dr. Morton C. Orman, M.D., Founder and Director of HRN, “we’ve got a long way to

go. New information is now available that could help millions of Americans eliminate their suffering.”

Dr. Orman has invited leading health care organizations across the country to develop and disseminate helpful educational materials and other information about stress during the month of April. He is also encouraging stress experts and other health care leaders to conduct public forums, discussion groups, and other informative community events.

We, at ONDAMED, join these efforts and bring you this first issue of ONDAMED electronic magazine with the hope of increasing awareness and providing education to support you in your efforts of making your patients feel better.



### National Stress Awareness Month

#### ONDAMED in the news

#### 15 Ways to Reduce Stress

#### Stress Relief Protocol

#### Events



#### Silvia's Corner

Read recent inspiration and insight by Silvia

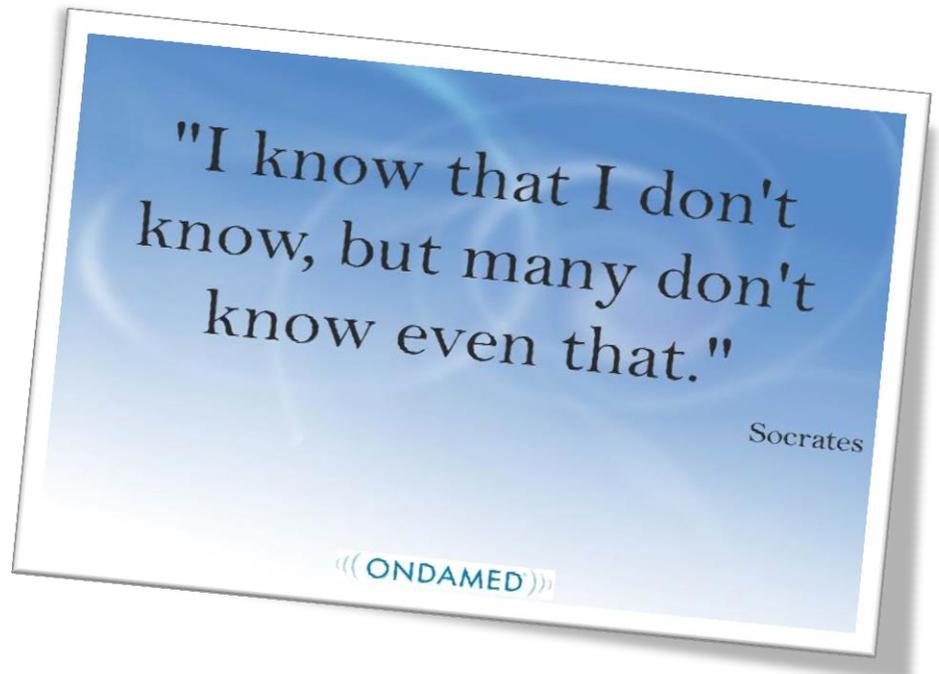
## ONDAMED IN THE NEWS: Unique Technology Puts Energy Medicine into the 21st Century... and Hollywood

After 20 years of testing, research and utilization in Europe and the US, one very unique program promises to change the way stress and pain are managed.

*PRLog (Press Release) - Apr. 2, 2013 - BOCA RATON, Fla.* -- As the pressures of modern life continue to escalate, and stress being called "the disease of the century" with over 80% of Americans suffering from it, a promising European therapy brings new hope, and relief. After 20 years of testing, research and utilization in Europe and the US, one very unique program promises to change the way stress and pain are managed.

ONDAMED is a customized, personalized approach utilizing a focused Electro-Magnetic Field Biofeedback device. Combined with the patients' own pulse biofeedback, it provides a non-invasive breakthrough modality to promote stress relief and relaxation, enabling the practitioner to relieve pain stemming from various conditions.

The program has generated great interest in the medical community, as well as in Hollywood among the stars. Celebrities have adopted the system into their life as a way to bring psychological balance to their entire body and mind. Suzanne Somers has featured the treatment in her books "Breakthrough", "Knockout" and "Bombshell", as well as Kevin Trudeau in his book "Natural Cures Revealed" and many others.



Thousands of practitioners are using ONDAMED in the US and worldwide, calling it "the future of medicine".

"Patients with neuropathy who use ONDAMED have reported up to 90% of their pain relieved" claims Dr. Steven J. Bock, the founder and co-director of Rhinebeck Health Center in Rhinebeck, NY and the Center for Progressive Medicine in Albany, NY. Dr. Oschman, scientist and author of "Energy medicine: The Scientific Basis", calls it an "ingenious design derived from decades of careful research from around the world".

ONDAMED can be used on patients for promoting relaxation and improved sleeping patterns, and is being investigated in patients who are seeking relief from pain. Licensed healthcare practitioners, psychiatrists, acupuncturists, and surgeons are using it as part of their practice.

For more information about ONDAMED, visit [www.ondamed.net](http://www.ondamed.net) or e-mail [support@ondamed.net](mailto:support@ondamed.net).

###

## 15 Ways to Reduce Stress from Your Life

by Silvia Binder

1. Rest more, get more sleep.
2. Walk in nature for about 20 minutes three times per week.
3. Drink plenty of good quality room temperature water (good quality water is water that contains no chlorine and no fluorides).
4. Have fun and find reasons to laugh more.
5. You become what you eat, therefore eat less quantity and more quality foods; less sugar, wheat, and milk products. Golden rule: don't eat if it doesn't meet your taste or quality standard. Better to be hungry than polluting your body.
6. Surround yourself with environments and people you enjoy.

7. Be aware of stress created by radiation from cell phones, microwaves, TV's, battery-operated toys, gaming consoles, high-powered electricity lines, etc. Try to reduce such influences as much as you can.
8. Observe your animals or birds nearby and find the beauty and brilliance of these beings living in the moment.
9. Breathe more consciously; remember breath is life.
10. Take off your shoes and connect to the earth.
11. Read or write poetry.
12. Dance as if nobody is watching.
13. Listen to your favorite music.
14. Try to view life from 180 degree angle (upside down or downwards up).
15. Get yourself on the ONDAMED and let your cells get stimulated with deeply relaxing fields, improving your sleep patterns, stress tolerance and quality of life.

## Stress Relief Protocol

by Silvia Binder

Rolf and I wish to share a Standard Stress Relief Protocol with our ONDAMED practitioners...

"Recently a Danish ONDAMED Therapist informed me of her successful work with ONDAMED in helping soldiers and veterans suffering from PTSD. She has drawn much attention to her work, especially with soldiers, veterans and psychiatrists, as well as a Danish health insurance company. Her cases show that within 6-8 weeks, young returning soldiers suffering from PTSD have the ability to become more calm, stable, improve their sleeping habits and start enjoying their lives again.

Michael, 40, is one of these young soldiers undergoing ONDAMED therapy. Within 6 weeks of frequent ONDAMED sessions, Michael completely changed his life from preparing to retire to instead apply to a university where he'll study Portuguese to become an interpreter. He was sent to war seven times throughout his life, starting as a teenager. His symptoms included aggression, fainting, anxiety, flashbacks, extreme sweating during sleep, tension headaches, insomnia, nightmares, etc. He is prescribed sleeping, anti-depressant, and anxiety medication. After 12 sessions, he can now sleep through the night, been through 4 weeks without

nightmares, he is less aggressive, feels no tension headaches, no fainting, and is more comfortable with himself and his environment. The practitioner used all available 4 Modules combined with Biofeedback.

See below for protocol. For more information contacts us.

## ONDAMED Stress Relief Protocol

Use: Weekly Sessions. Upon completion of Session 5, repeat two more sets of Sessions 1-5

Applicators: NA: Neck  
MA4: Stomach  
MA8: Along Spine

| Sessions   | Program | Program Indication                     | Time |
|------------|---------|--|------|
| Session 1: | 15      | Revitalization                         | 10   |
|            | 28      | Psycho Autonomic Nervous System        | 12   |
|            | 41      | Brain Harmony                          | 12   |
| Session 2: | 54      | Strengthening of the Constitution      | 16   |
|            | 50      | Anti-Stress                            | 12   |
| Session 3: | 133     | Stimulation of Right Side of the Brain | 7    |
|            | 35      | Heart & Cardiovascular Functions       | 10   |
|            | 168     | Mental - Spirit                        | 16   |
| Session 4: | 44      | Theta Brain Waves                      | 8    |
|            | 132     | Aggression Reduction                   | 7    |
|            | 64      | Heart/Lung/Thymus Region               | 15   |
| Session 5: | 56      | Synchro-Plexus                         | 7    |
|            | 70      | Old emotional overload                 | 12   |
|            | 50      | Anti-Stress                            | 12   |

## Events

Come and see us at any of the following, upcoming events:

**May 2-4:  
Schwanau, Germany**

**Intensive Course in German**  
Click [here](#) for more information.

**May 30-June 1:  
Dallas, Texas, USA  
IFM (Institute for Functional  
Medicine) Conference**  
Click [here](#) for more information.

**"Accidental Cure Conference"  
in St. Louis** on Sept. 13-15 2013

For more information visit:  
[www.ondamed.net/events](http://www.ondamed.net/events)

From Silvia Biner:

Your fellow earthlings are waiting for you  
to live your powerful YOU, touching the  
lives of those around you;  
Inspiring each and everyone of them  
to Re-create themselves.

Why wait?

Breathe, connect, and continue every day,  
this hour, and this very moment to

Re-create Yourself.

- Silvia Binder

(((ONDAMED)))

## Silvia's Corner

Thank you for your feedback and participation in our marketing and PR efforts – we have received great responses and will incorporate your insights in our communication efforts. If you haven't gotten the chance yet to fill out our quick survey, please take the time to do so:

[http://www.ondamed.net/fileadmin/user\\_upload/images/publications/eblasts/survey.html](http://www.ondamed.net/fileadmin/user_upload/images/publications/eblasts/survey.html)

Read Silvia's Blog:

[www.silviabinder.wordpress.com](http://www.silviabinder.wordpress.com)

Make sure to "Like" us on Facebook:

[www.facebook.com/ondamed](http://www.facebook.com/ondamed)

[www.ONDAMED.net](http://www.ONDAMED.net)