

## **Micro-Element Therapy.**

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## TREATMENT

# MICRO-ELEMENT THERAPY (MET)

by Maya Kraus MD  
(Med Alternativa)

PERHAPS the most difficult aspect of writing about Micro-elements is describing them as opposed to writing about their application and effect. They represent an extension of the concept of 'vibrational' therapies. A vibrational therapy is one which effectively does no more than transmit the essential 'wavelength' or 'finger print' of a particular substance. This contrasts with trace elements which aim to deliver an identifiable quantity, albeit very small, by way of micro-dosage.

In the case of Micro-elements, these finger prints are those of individual minerals and are carried in purified water with no other substances added, thereby aiding absorption. Micro-elements have been in use on the continent for some 15 years and for the past five years in the UK. They are the product of research by Belgian complementary health therapist and scientist Professor Dr Charles Beijns.

Before describing the therapeutic use of these supplements, it may be helpful to relate Dr Beijns' philosophy and the approach which led to his development of what he refers to as 'Cellular Bio-catalytic Micro-elements', to use their full title. Dr Beijns' starting point is our ambient natural radiation/wavelengths, without which there would be no life, with its origins in

the cosmic radiation which is projected at and passes through the Earth.

This natural radiation in turn stimulates an infinite variety of wavelengths, not only in plants, and other forms of life (such as ourselves) but also in the many elements and minerals which make up our world.

Thus, every mineral has its own wavelength - perhaps most dramatically evidenced by the radioactivity given off by uranium!

In Dr Beijns' view, each body consists of two parts, the organic body and its energy. Similarly, the body's millions of different cells are variations of a whole made up in part from a wide range of elements which are variously arranged and in differing concentrations according to the nature and function of each cell. These elements, Dr Beijns believes, are in the form of Micro-elements which, by their nature, play both a physical as well as a chemical role as 'vibrator-transmitters' of energy - a fundamental of cell life. MET recognises that we are all subject to a wide variety of bodily insults, whether from harmful elec-

tro-magnetic or parasitic causes. In either case, restoring the integrity of affected cells can be helped by MET.

Turning to their application in practice, some 72 different Micro-elements are available either individually or in combinations, each representing a different mineral.

While they do not purport to deliver any significant quantities of a particular element, their primary purpose is to facilitate absorption of that element by the body. Interestingly, therapists have found that MET alone has often been sufficient to bring about an improvement in metabolic function without the need to prescribe additional mineral supplements.

In a study carried out at Dr Beijns' Brussels clinic, some 19 children from the LVIF Regional Specialised Children's Hospital in Kiev, Ukraine, were treated for the after-effects of having been exposed to varying degrees of radiation following the Chernobyl disaster. The study was undertaken under the aegis of IRENATH (The International Institute for Research and Development of Natural and Holistic Therapies) and involved the participation of both medical doctors and complementary therapists over a 17-day period. The project was aimed at helping to restore the children's individual immune system and relied heavily on MET.

Inevitably, the children benefited from the wholesome diet in Belgium and the range of therapies available to them, as well as the Micro-element treatment which comprised a range of individually prescribed Micro-elements taken twice daily. Nevertheless, the results were highly promising and the treatments have been continued in the Ukraine. The following statistics are based on initial testing of the individual's immune system using the Lecher/Schneider Antenna (Dr Beijns reports that the effectiveness of this system has since been confirmed through the use of recently developed and highly sensitive (X1000) electro-cardiogram equipment and the measurement of the level of lipo-proteins in the patient's intracellular fluid.

Micro-elements are typically given in exactly the same way as a therapist would recommend taking a particular mineral supplement and are compatible with both conventional and homoeopathic treatment. In matching the particular Micro-elements to individual patients, therapists have also found Vega testing, applied kinesiology (muscle testing) or dowsing particularly effective.

## Clinical assessment results

The treatment consisted of two parts:

- 1 Bio-catalytic cellular Micro-elements were administered to help rebuild the depleted cells, caused by irradiation.
- 2 The application of CETS (Cosmic Energetic Triangle System). Its main function is designed to capture secondary cosmic energy which is then projected back to the human cells by using a specific resonance field. The CETS system is also based on Micro-element Technology.

Results: (recovery of individual Immune System)

### 1 First measurement made on 28.10.91

Extent of total Immune system functioning (in %)	% of total children
100%	5%
63%	5%
16%	21%
12%	37%
8%	32%

### 2 Second measurement made on 9.11.91

Extent of total Immune system functioning (in %)	% of total children
100%	18%
63%	18%
32%	5%
16%	35%
12%	12%
8%	12%

### 3 Third measurement made on 14.11.91

Extent of total Immune system functioning (in %)	% of total children
100%	5%
63%	41%
32%	12%

These results were achieved in only 17 days. After this time the children were able to absorb and retain minerals and had much more energy.

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## Case studies

The following case studies are taken primarily from the author's own experience as a Health Kinesiology (HK) practitioner, with the first two cases being drawn from records of Dr Beijns.

**1 Arthrosis** - Jean was a 38-year-old professional football coach, suffering from increasing arthrosis of the leg joints. Iridological examination showed a number of red spots - signs of uric acid - and renal weakness. Dr Beijns recommended the use of the following Micro-elements:

Rh-Ni-Pd (Rhodium-Nickel-Palladium) to reactivate the adrenal glands in order to restore the natural cortisone/adrenaline balance.

Rh-Pd-Pr-Sm (Rhodium-Palladium-Praseodymium-Samarium) to soothe discomfort during exercise.

Ru (Ruthenium) to facilitate recalcification and support the Rh-Ni-Pd.

Pr to eliminate circulatory disorders.

Cu-Au-Ag (Copper-Gold-Silver) to help blood circulation.

Ca-F-Mg (Calcium-Fluorine-Magnesium) to aid calcium fixation.

After three months of progressive improvement, pain had gone, mobility improved and the arthrosis spots in the iris had disappeared.

**2 Asthma** - Thomas was an eight-year-old who had been asthmatic since the age of three and was reliant on his inhaler. His primary allergies were due to dust mite and animal hair (cats). Dr Beijns recommended the following:

Al-Mg-Br-Ni on the basis that Aluminium (Al) acts on cerebral circulation; Magnesium (Mg) acts as a cellular energiser; Bromine (Br) acts as a tranquiliser and helps reinforce the nervous system and Nickel (Ni) helps to prevent infection. This combination has been found to be consistently helpful for asthmatics.

Cu-Au-Ag to help both blood circulation and composition.

Ga (Gallium) aimed at helping to shrink and strengthen the pulmonary alveoli.

After feeling increasingly comfortable, Thomas was able to stop using his spray after four months and could still play with his cat. (It is worth mentioning that, in the author's experience, reflexology and individual dietary advice are also helpful with asthmatics.)

**3 Post Viral Fatigue (ME)** - Edward was referred to the author two years ago, aged 14 and having been ill for four years, diagnosed by a specialist as having extreme ME symptoms. He was very weak and had been at home throughout the four years. He felt tired after standing for only five minutes and his attention span was no more than 90 minutes - just enough to justify a private tutor twice a week. He had lost weight and was down to five stones and had been receiving anti-depressants (phenelzine) prescribed by the specialist,

but gave these up due to their side-effects. Alongside a course of reflexology to stimulate his system generally, Edward took the following:

TOTAL (a combination of all 72 Micro-elements) found to combat de-mineralisation and helpful with viral diseases and malnutrition (Edward could not manage more than a small bowl of soup or other small portions at a time).

This was followed at different times by: Mg (Magnesium) aimed at strengthening his calcium metabolism.

Se (Selenium) and Fe (Iron) for severe anaemia and lack of energy.

Zn (Zinc) aimed at stimulating the pituitary gland and sluggish circulation.

Ho (Holmium) for hypo-active thyroid.

K (Potassium) for muscular weakness.

Edward began to improve almost immediately. Having been first seen in June 1991, he was able to go back to part-time and then full-time education from September, gained his GCSEs and is now full-time at a higher education college. He continues to strengthen and feels that he benefits from periodic Micro-element top-ups (Zn/Mg/K) and is gradually getting back to a normal life-style.

**4 Psoriasis** - André is a chef who had developed severe psoriasis on his hands. He had been seeking help for two years both in England and abroad, before being referred to the author.

In addition to emotional stress release treatment (HK) and homoeopathy (*Cantharis* and *Silica* in tablet form and *Ant T*, *Plat* and *Cuprum met* in powder form, followed by *Phos*) André was found to have *Candida Albicans* and extreme sensitivity to cheese moulds and handling shellfish (HK allergy testing/desensitisation). He also benefited from local application of St. John's Wort Oil in conjunction with the following Micro-elements over three months:

TOTAL as an initial treatment, followed by:

S (Sulphur) as an aid to cleansing the system.

I (Iodine) for hypertension.

In (Indium) which has been found to be helpful in skin diseases.

After three months of treatment, André's hands had improved enormously. The cracking and discoloration had gone and, although still a little rough, the skin on his hands now looked healthy and the dreadful itching and discomfort had gone. He is back at work but still needs to resist some of the gastronomic temptations he offers his customers!

**5 Menopause** - the author has treated herself and a number of her patients successfully in virtually always eliminating the distressing effects of menopause (such as hot flushes and so on). The successive use of the following courses of Micro-elements has been consistently helpful, often without the need for further follow-up courses:

TOTAL initially, then followed by:

Ga-Pb-Sn (Gallium-Lead-Tin) aimed at

helping the body adjust to hormonal change.

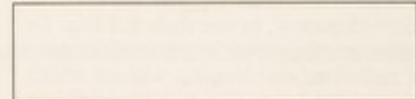
Ca-F-Mg aimed at helping the body to fix calcium and avoid osteoporosis.

B (Boron) which has been found to be helpful in cases of severe calcium deficiency - taken to aid the body's utilisation of calcium.

(Note: Ga-Pb-Sn and Ce-La-Va-Sc-Y combinations have also been found to be extremely helpful in the treatment of PMT and painful menstruation.)

**6 Insomnia/Geopathic Stress** - two-year-old Hannah's mother was at her wits' end. Hannah had never slept for more than two/three hours at a time and was emotionally insecure and hyperactive. Following referral, her cot was moved to a safer place after dowsing showed that it had been sited over subterranean water, but she still had difficulty establishing a normal sleep pattern. She gradually improved over a two-week period with the help of Zn and Mn, both of which can be helpful in counteracting irritability. Zn in particular, has been shown to help insomniacs.

By the end of the Micro-element courses (two weeks) Hannah had started sleeping through the night. Her insecurity and periodic aggression had clearly been caused in the past by her lack of adequate sleep and these symptoms also receded within a very short period of time.



These are just a few examples of the use to which therapists are putting Micro-elements. An increasing number of therapists are also using MET for their own protection while at work - in particular just three to four drops of Ce-La-Va-Sc-Y daily has been shown to be particularly effective as a general protection against the 'energy drain' which 'hands on' therapists can sometimes experience while working with stressed or depleted patients. This combination has also been found to be helpful in dealing with environmental stresses, such as can arise while using computer equipment.

#### Blood analysis service for practitioners

While therapists use a variety of techniques to identify patients' needs when prescribing mineral supplements and Micro-elements, it is now possible to carry out a highly detailed and sophisticated blood analysis, using a blood sample subjected to the layer microscopy technique developed by Gaston Naessens.

The MET technique has been developed by Professor Charles Beijns and analysis tests confirmed by the Centre Européen d'Etudes Biologiques (CEEB) in Brussels.

In approaching the subject, CEEB recognised that there was a need to identify the problems in mineral absorption, with the need to remedy mineral imbal-

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ances whether levels of individual minerals are too high or too low. Using the Naessens technique, it has been possible to identify mineral levels in the blood quite accurately.

Together with Professor Dr Charles Beijns, originator and producer of Micro-elements, CEEB have developed tables showing appropriate MET prescription options which have been identified as appropriate to treat mineral imbalances, whether the blood test shows mineral levels to be too high or too low. The tables show the appropriate prescription options for 24 different elements. The approach adopted recognises the compatibility of conventional mineral supplements with MET, the primary role of MET being to assist the body in 'fixing' individual mineral absorption.

Referring to the tables, it can be seen that too high a level of calcium can benefit from prescription of magnesium and fluorine Micro-elements while too low a level can be treated by prescribing one or more of calcium/magnesium/fluorine or the combination Ca-Mg-F, all in Micro-element form - with or without additional mineral supplements. Another example of a frequent imbalance is sodium (Na) where too high a salt content can be treated with combination Rh-Ni-Pd (Rhodium-Nickel-Palladium), whereas too low a sodium level (typically resulting from an excessive no-salt diet) can quite simply be remedied by a modest increase in dietary salt. Another element which can frequently cause difficulties in absorption is iron. Again, this can be remedied relatively easily as shown in the tables.

The laboratory report produced profiles of the blood sample so as to show individual mineral levels in relation to each of the elements included in the accompanying tables. Imbalances within a certain band above or below the 'optimum meridian level' are shown, but can be ignored. Those imbalances which go beyond the median band would then be capable of treatment based on the options set out in the tables.

Interpreting the tables-

X-Y-Z means complexes - ready-made combination products.

X/Y/Z are single mineral choices for MET prescription.

**Too high** - where analysis shows excessive levels of a particular mineral then one or more of the individual or combination Micro-elements shown can be used to bring it into balance.

**Too low** - the most simple approach is to prescribe the particular element in Micro-element form individually or choose a combination in which other elements interact, as shown in the table.

**Heavy Metals** - of particular interest is the proven ability of Micro-elements to deal with excessive heavy metal residues such as aluminium and lead, the treatment for imbalances being shown in the tables. A special combination for the treatment of mercury excess (Hg) will, it is hoped, be available shortly.

## MET Prescription Tables

ELEMENT	TOO HIGH	TOO LOW
Ca Calcium	Mg / F	Ca / Mg / F Ca-Mg-F
Mg Magnesium	Ca / F	Mg / Ca / F Ca-Mg-F
P Phosphorus	Ca-Mg-F Ca / Mg / F	P / Ca-Mg-F
Cu Copper	Ag / Au / Mn / Co / Zn	Cu / Zn / Au / Ag / Mn Cu-Zn / Cu-Mn / Co-Cu-Mn Cu-Au-Ag
Zn Zinc	Cu / Ni / Co	Zn / Zn-Cu / Zn-Ni-Co
Fe Iron	Zn / Mn-Ci-Co	Fe / Zn / Mn-Cu-Co
Na Sodium	Rh-Ni-Pd	
K Potassium	Cu / Ni	K / Cu-Ni-K
Co Cobalt	Mn / Ni / Zn	Co / Mn-Co / Mn-Cu-Co Mn-Co
Mn Maganese	Co / Cu	Mn-Co / Mn-Cu-Co / Mn-Cu Mn / Cu / Co
Cr Chromium	Ru / Pr / Os / Ir	Cr / Sm / Co-Ni-Zn / Co-Ni
Br Bromine	Al / Mg / Ni	Br / Al-Mg-Br-Ni
Ni Nickel	Al / Br / Mg / As / Pt S / Pb / Ti / Rh / Pd	Ni / Al-Mg-Br-Ni / As-Ni-Pt-S Ni-Pb-Pt-Ti / Rh-Ni-Pd
As Arsenic	Ni / Pt / S / C	As / As-Ni-Pt-S / As-S-C
F Fluor	Ca / Mg	F / Ca-F-Mg
Ce Cerium	La / Sc / V / Y	Ce / Ce-La-Sc-V-Y
V Vanadium	Ce / Sc / Y / Li	V / Ce-La-Sc-V-Y / Va-Li
Li Lithium	V	Li / V / Va-Li / Rh / Pd / Os / Pr
Se Selenium	Rh-Ni-Pd / M / Ru / Os / Ir	Se / Ge / Mg / Rh-Ni-Pd
Rb Rubidium	Rh-Ni-Pd	Rb / Ge / Mg / Rh-Ni-Pd
Pb Lead	Mg / Ni / Pt / Ti Ga/Sn	Pb / Ni-Pb-Pt-Ti / Os / Ir
Cd Cadmium	Rh-Ni-Pd / M / Ru Pr / Os / Ir	Cd / Cu-Au-Ag / Rh-Ni-Pd
Al Aluminium	Br / Mg / Ni	Al / Va-Li / Al-Mg-Br-Ni
M Molybdenum	Rh-Ni-Pd / Ru / Pr / Os / Ir	M / Cu-Au-Ag / Rh-Ni-Pd

AAR	= 'ANTI ATOMIC RADIATION' Specially made to take smaller quantities of atomic radioactive isotopes out of the body like: STRONTIUM, CAESIUM, IODINE. Dosage: 10 dr x 2; Complex of approx 60 elements.
SPORT	= 'FOR ALL SPORT PURPOSES' Accelerate biochemical processes. Specially made to avoid the misuse of steroids etceters. Must be used in a period of min 14 days before active periods. Dosage: Max 10 dr a day; Complex of approx 40 elements.
MTA	= 'METABOLIC TOLERANCE ACCELERATOR' Created to help fat burning in a slimming process. Can lead to a bad 'personal perfume'. Dosage: 10 dr x 2; Complex of approx 50 elements.
BACKPAIN	= 'PAIN KILLER' Made to take away pain in the lower spinal area. Must be taken for a minimum of one month. Dosage: 10 dr x 2; Complex of approx 10 elements.

Laboratory analysis price list can be obtained from Simon Kraus of Herbamin, PO Box 5, Albury, Surrey GU5 9DN, Tel/Fax: 0483 202047.  
Herbamin are the sole UK suppliers of MET - please call for further information.

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### Practitioner's Guide

**1 Ce-La-Va-Sc-Y A:** for short, acute diseases (flu, infections, and so on).

**Ce-La-Va-Sc-Y B:** for ongoing problems, such as depression or any viral disease (so-called ME) or in general, where there is a weak immune system and the patient is prone to further infections, such as with Asthma sufferers, and so on.

Also helpful for the practitioner 3-4 drops only are taken in the morning and can protect during his/her work.

**Ce-La-Va-Sc-Y C:** for chronic diseases, such as arthritis, asthma, cancer and so on.

In general Ce-La-Va-Sc-Y can be given alongside other Micro-elements, helping to stabilise the disease process, also increasing the ability to resist electro-magnetic influences.

When in doubt, and there are no testing facilities available, such as Vega, Applied Kinesiology or dowsing, and so on, we recommend Ce-La-Va-Sc-Y B. All three, A, B, and C can be interchanged for chronic disease.

#### 2 How many Micro-elements can one prescribe at any one time?

A number of therapists have asked whether it is all right to take a number of Micro-elements at the same time. This is fine, provided that each Micro-element is taken one after the other (not mixed).

#### 3 Side-effects

We find that, apart from Fe which (like conventional iron) can cause slight constipation for a few patients, in that case we give Herbowel B which works gently, but effectively, Micro-elements do not give rise to side-effects and can readily be taken alongside homoeopathy and conventional medication. I should mention that I have had dramatic success with two patients taking Hf (Hafnium) for gall bladder problems, who successfully passed stones after treatment. Unlike with homoeopathy, mint and coffee does not



*Maya Kraus is a therapist specialising in Health Kinesiology which she uses alongside other therapies, including iridology, acupuncture and reflexology. As well as running her own clinic near Guildford, Surrey, she has lectured both in this country and abroad, including courses aimed specifically at introducing medical doctors to the use of kinesiology in general practice. She has been responsible for the introduction of Micro-elements to UK therapists over the past five years.*

effect the effectiveness of the Micro-elements, although we recommend less or no coffee intake for most patients.

The only annoying problem is that sometimes the drippers don't work very well in the beginning, this is due to the fact that Micro-elements are based in pure water solution. It is helpful to lift the plastic dripper to help the air escape. There is no danger of contamination.

#### 4 Dosage

In general, 10 drops a day are sufficient in most cases or where there is a weak constitution. However, for chronic or acute disease, 10 drops twice daily would be more effective, children half the dosage, babies 2-3 drops a day. When taking homoeopathic remedies, it is advisable to keep Micro-elements 20 minutes away from the remedy.

Micro-elements are best taken first on rising and/or last thing at night - 15 minutes away from food.

## HERBAMIN

# Micro-Elements - Water Based Mineral Therapy Supplements aimed at restoring cellular integrity

Used successfully for many years in Europe, therapists in this country are fast discovering how MICRO-ELEMENT TECHNOLOGY (MET) can aid Mineral absorption in the body.

### Bio-catalytic Cellular Micro-elements are:

- ✓ Pure water-based (no alcohol, no glycerine)
- ✓ Non-Allergenic
- ✓ Lactose free
- ✓ Safety tested for over 15 years
- ✓ Simple to take - in liquid form (available in 30ml Bottles)
- ✓ 72 different Micro-elements and combinations (e.g. Zinc, Iron, Calcium)
- ✓ Compatible with homoeopathic and conventional treatment
- ✓ Safe to take during pregnancy and for children

### Let Micro-elements help you to help your patients

For further information on Micro-element mineral therapy please write or phone:  
HERBAMIN, PO Box 5, Albury, Surrey. GU5 9DN  
Tel: (0483) 202047



## Micro-elements A Cell's Best Friend