



How the ASYRA and Bioresonance Systems Work

Bioresonance technologies have actually been around for decades, and there are various different ones. The ASYRA itself was devised by a NASA scientist.

In a nutshell, the ASYRA works on the Quantum Physics' principle that *"everything is energy."* Thus it can 'read' your energy field (whether you attend in person or send a hair/ nail sample) and match it up against other frequencies, some of which your body will like, some of which it will reject. In this way a picture forms of what areas of your body to support, and with what natural remedies.

The fact that we are not just a physical body but have an energy system too has actually been documented for centuries: this is ancient knowledge. It forms the basis of the acupuncture system, and many so-called 'alternative' ways of healing work via the energy system of our body, such as Reiki, acupuncture, sound healing, and even homeopathy.

This is a very different approach to that of Western medicine, but an extremely valid approach nevertheless, and completely fits in with the principles of Quantum Physics. Many doctors and dentists throughout the world use bio-resonance devices now, and the only hope is that this technology will be more widely used in such circles and made available to all soon.



More About The ASYRA Pro

As mentioned, the ASYRA Pro is a bio-resonance device, the technology of which has been around since at least the early 1950s when Dr Reinhold Voll studied the body's electromagnetic system and helped to identify how the energetics of our body govern the way our physical body (organs) work.

However, the knowledge that we are bio-electric beings first and foremost was documented at least 3000 years ago in China with the mapping of the acupuncture system which, in The Yellow Emperor's Classic of Internal Medicine (itself dating back to 100 BCE), describes how we have a vast and organised system of vital energy channels which convey life-force or Qi. This in turn governs how well our physical body functions.

Indeed, think of your body as a car: your car may well be in good working (structural) order, but it still might not get you very far as it has no fuel (energy.) But over time, if you have no fuel and do not run the car, engine damage (structural problems) may ensue. This is how the body works.

So, the ASYRA largely looks at how well your body (and it's organs & organ systems) are working functionally or energetically, but with a view to helping to suggest a way forward – with working with natural supplements – to improve your physical wellbeing of course.

I myself am a qualified Nutritional Therapist who has been working with the ASYRA Pro for over 15 years and have found it to be an amazing tool in helping to identify areas of the body to support to alleviate physical symptoms.

And ... I can tell you... that the woman who trained me all those years ago in the use of this device was the next day flying out to Qatar to train their royal physician in its use! So, although this technology is not 'mainstream news' yet, there are certainly private doctors and dentists throughout the world who utilise this technology and technology like it.

And the ASYRA itself was devised by an American who was a former NASA scientist. I think that NASA know a thing or two about energy fields!



Q. How does the ASYRA work?

The Asyra works by reading an individual's energy field (whether this is in person or via a hair sample), and pulsing digitally encoded energy fields of hundreds of items (such as foods, vitamins, minerals, herbs, hormones, neurotransmitters, probiotics, frequencies, colours, crystal energies) into it. Some things the individual energy field will reject: these items are then listed during the test as imbalances or sensitivities. The ASYRA will then seek to find a balancing agent (or beneficial frequency/remedy) for every imbalance. Most of these beneficial frequencies will be incorporated into a personalised homeopathic remedy, but some may be suggested as more physical supplements such as herbs, probiotics, minerals or vitamins. These remedies are then suggested to the individual taking the test as strategies to help improve his/ her symptoms over a period of 1 – 2 months.

It can help treat animals too in the same way (through sending a small sample of fur.)

If you are familiar with kinesiology, basically the ASYRA is a digital kinesiology device.

It might feel strange to you that the ASYRA can read your energy field from just a hair sample etc, but when you are familiar with the principle of Quantum Physics that “everything is energy” you will soon realise that everything has a frequency (absolutely everything – whether animate or inanimate), and that a hair sample etc can retain the frequency of the individual that it came from as it remains connected with the place of origin across the quantum field.

So, ASYRA Screening works in a very different way to conventional medical tests for example, but nevertheless is extremely valid when you look into it closely. In fact, you might want to read the book ‘The Quantum Doctor: A Quantum Physicist Explains the Healing Power of Integral Medicine’ by Amit Goswami PHD. In this book, he explains scientifically how the ‘new science’ of quantum physics has a spectacular ability to integrate conventional science with spirituality and healing; and he describes how Traditional Chinese Medicine, acupuncture, Ayurveda, as well as other so-called ‘alternative approaches’ can be proven ‘scientifically’ to be valid approaches to healing.

Indeed, he describes how these seemingly different models can be combined into a new system of integrative medicine, together with the best of allopathic medicine. He also offers profound insights into the relationship between physics and consciousness, and how this plays a key role in healing the body. This approach offers physicians



and patients a whole new way of applying healthcare with a greater potential for healing and could be the basis for a major paradigm shift in medicine.

I recommend this book if you feel that you need to better understand the science behind homeopathy and other frequency medicines/ alternative approaches to healthcare.

Q. How many ASYRA sessions will I need?

Each ASYRA session is a standalone session in that there is never any requirement to have a follow up: you only have a follow up session if your symptoms are on-going and you would like to go deeper into your health issues and receive more support.

That said, for complex health issues it can certainly be a good idea to have repeat sessions, with usually three sessions being optimal to really help you to make significant changes to your health.

However, many people (and animals) have benefitted from just one session; and some just like to have a check up every 6 months or so. So... really ... it is basically up to you and your requirements.

Q. Can I continue to take my medication alongside ASYRA Screening?

Of course you can. The screening/ testing process and the natural remedies suggested afterwards will not interfere with your medications. In fact, as a qualified Nutritional Therapist and member of BANT, I have access to a database that suggests any possible interactions between certain medications and natural remedies, so I will always check this before definitively recommending any natural remedies to you.

The hope is always, however, that you will begin to feel stronger and stronger through the recommended natural remedies, personalised homeopathic formulas, and other advice, so that you might be able to liaise one day with your GP or consultant about reducing your medication.



Q. Tell me more about the Food Sensitivity Analysis part?

ASYRA Screenings can be undertaken with or without in-depth Food Sensitivity testing. Please ask Sarah for advice about this if you need to as to which test may be best for you.

However, the ASYRA was certainly designed to help identify food sensitivities.

Food sensitivities are classified as substances triggering an immune response. Unlike allergies, the immune response in 'sensitivities' is believed to be the 'IgG' antibody which, although problematic, is usually more subtle than the immune response to an allergy.

Food sensitivities tend to occur when the overall health of the body (and digestive tract) has become compromised. Thus improving overall health – and especially digestion - frequently results in food sensitivities being 'out-grown.' For this reason, food sensitivities can come and go a lot, reflecting the overall health of the body, and are seldom in themselves the main issue.

Many are surprised to see that often many 'healthy foods' such as vegetables are listed. This is simply because, although undoubtedly offering many nutrients, many whole-grains and vegetables in particular can be incredibly difficult to digest as they are so fibrous and bulky. And it's the same with many beans and legumes too. So you need a strong digestion to deal with these foods on a regular basis.

As for the usual suspects – gluten, dairy and sugar – the ASYRA can of course pick these items up if they seem to be problematic. And even if they have not been indicated as a 'food sensitivity', as these foods are so mucous-forming, often they are best kept to a minimum anyway (especially if you have certain health issues which involves a lot of mucous.)

As well as food sensitivities, the ASYRA test can sometimes pick up on other dietary pointers for you too, which will be summarised in the results as necessary.



This is a brief introduction to ASYRA Screening – I could say a lot more! But, for now, if you have any further questions about the process then please do email me at: contactqn@proton.me, or message me on 0770 107 4875.

With best wishes,

Sarah

**Nutritional Therapist & ASYRA Practitioner
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