

# Hangab health aspects

## Effects and Test

In a lot of old cultures, the inverted position is known for its revitalising and centering characteristics. Whether it is in yoga, with the shaolin, the druids & witches,...

It helps with both low and high blood pressure, in regenerating the spinal discs as well as the joints in knee, shoulder and pelvis, it can release traumas, states of shock and old patterns.

## Hangab in the test

We feel it instinctively: hanging upside down does something to us. It turns our world upside down. But change does not only happen on the outside. Also on the inside energy comes into motion and things can place themselves in a new order. And since these changes are very clearly experienced subjectively by every single person, we had the idea to look for the objectively measurable as well.

Motivated by the enthusiasm of the general medical practitioner Dr. Inge Erbe, we conducted a test with six persons for this purpose in October 2005.

The Osteopath Bettina Eisenmann and the Kinesiologist Gabriele Dangel also showed a strong interest in examining the positive effects of Hangab from the particular point of view of each of their therapy methods. So they tested different specific parameters with the six persons before and after a 45-minute Hangab session. Beyond our expectations there were profound improvements on all levels (physical, ethereal and energetic) showing in all of the 3 test perspectives.

## Essence

Our body's ability for self-healing seems to be massively activated by Hangab, which se affects existing blockades of our energysystem and joints swiftly and lastingly.

## Tested Parameters:

### GENERAL MEDICINE:

- pulse and blood pressure
- blockades in joints (measured at ear acupuncture points)
- energy balance of the right and left cerebral hemisphere
- physical size

### CRANIOSACRAL OSTOEPATHY:

Through palpation of the head

- form of the skull
- functioning of the cervical spine (flexion, extension, torsion, side-movement, rotation, vertical strain, lateral strain, compression)
- vibration of the brain fluid (with mobility, amplitude and strength)
- endocrinal spasms or injuries of the brain which have their origin in trauma, emotional or family related experiences and which affect our systems in a negative way

## **KINESIOLOGY:**

Via muscle test the following have been examined:

- self-healing ability
- life-energy (Prana)
- detoxication ability
- immune system
- hormonal system
- right/left cerebral hemisphere energy flow
- joint blockades
- blockades of the Chakras

## **Test results**

### **GENERAL MEDICINE:**

- harmonization of blood pressure in all the test persons
- no acceleration of the pulse, which means no strain on the heart circulatory system
- fixations and blockades were dissolved (measured at the ear through acupuncture points)
- energy balance of the right and left cerebral hemisphere with all the six test person
- physical size increased up to 3 centimeters which suggests a regeneration of the intervertebral discs

### **CRANIOSACRAL OSTEOPATHY:**

- all clients had dysfunctions and changes in mobility, amplitude and strength of the vibration of the brain-fluid before the test. Afterwards there was diagnosed a distinct reduction of dysfunction in the skull and a better vibration of the brain fluid
- after the Hangab the injuries in the brain were to be felt much less. That means that the concerned areas in the brain are functioning better and the trauma are losing their inhibiting effects on body and life
- all the six clients experienced the „stillpoint“ and „deep stillness“

This means deep relaxation and a new „charging“ of the energetic system.

### **KINESIOLOGY:**

- the self-healing ability before was between 20 and 60%, afterwards between 90 and 100%
- blockades of joints and vertebrae disappeared
- all charkas were activated (before some or all of the charkas had been blocked in five of the persons)
- improvement of immune-system in two cases from 70 to 100%

## **Outcome:**

Health is defined by the intact interaction of all the body and organ functions, in harmonious movement, ability to perform intellectually and a balanced emotional life. Many people today are conscious of the meaning and value of their health.

Hangab has obvious positive effects on our energy and therefore also on all other systems and our health.

All of us who have been part of this test were astonished and enthusiastic about these almost unbelievable results, which results matched in all the different testing methodes!