

Hej,

Mit navn er Volker, stavet V O L K E R, men man siger F i begyndelsen af et ord. Derfor siger man FOLKER – og jeg er tysk og bor i København.

Jeg står her, fordi jeg har SCA 1 – og det har mine 3 søstre og 2 brødre også. Vi har alle arvet ataksi fra vores far. En søster sidder i kørestol, mens de andre 3 søskende går med rollator.

Min SCA 1 “has a repeating number of 46”, som betyder, at dette ataksi gen er progressivt. Derfor får det kroppen til at blive syg.

Alligevel var jeg uenig, da jeg fra den første dag og fremover hørte, at dette gen ville forårsage, at min krop fik denne sygdom.

Derfor sagde jeg til mig selv: JEG VIL IKKE HAVE DEN SYGDOM – DETTE GEN SKAL IKKE VINDE – JEG VIL VINDE – DET ER MIG, DER BESTEMMER.

Så det første, jeg gjorde, var at prøve at forstå, hvad sygdommens navn faktisk betyder. Her er, hvad jeg fandt ud af:

SPINOCEREBELLAR ATAXIA stammer fra *Spino*, som betyder rygrad. *Cerebellar* er navnet på den bageste del af hjernen, som er ansvarlig for balance og brugen af kroppens muskler via det centrale nervesystem. *A-* betyder “uden” og *Taxis* betyder enten “sammentrækning” eller “at lave orden”.

Kort sagt betyder denne sygdom: Uorden forårsaget af og i hjernen.

Som jeg lige har sagt, har denne uorden sin oprindelse i hjernen og påvirker det centrale nervesystem – dette betyder, at kommunikationsbanerne gennem det centrale nervesystem bliver blokeret på en eller anden måde. Enten sender hjernen en formindsket, en forkert eller en hæmmet kommando igennem systemet.

Uanset hvad det er, var det mere end logisk, at enhver kunstig stimulation af disse kommunikationsbaner in centralnervesystemet ville være nyttig.

“Indvendig behandling” blev stemt ned med det samme, fordi virkningen af piller, mad eller andre kosttilskud ville bruge for lang tid, inden de endelig ville nå hjernen eller nervecellerne.

Derfor var det nødvendigt at finde en “udvendig behandling”, og min første tanke var akupunktur.

Akupunktur arbejder med nervebanerne og bryder det gamle system med akupunkturpunkter i hele kroppen – og ifølge historien har det været benyttet med succes for at mindske eller endog fjerne smerte.

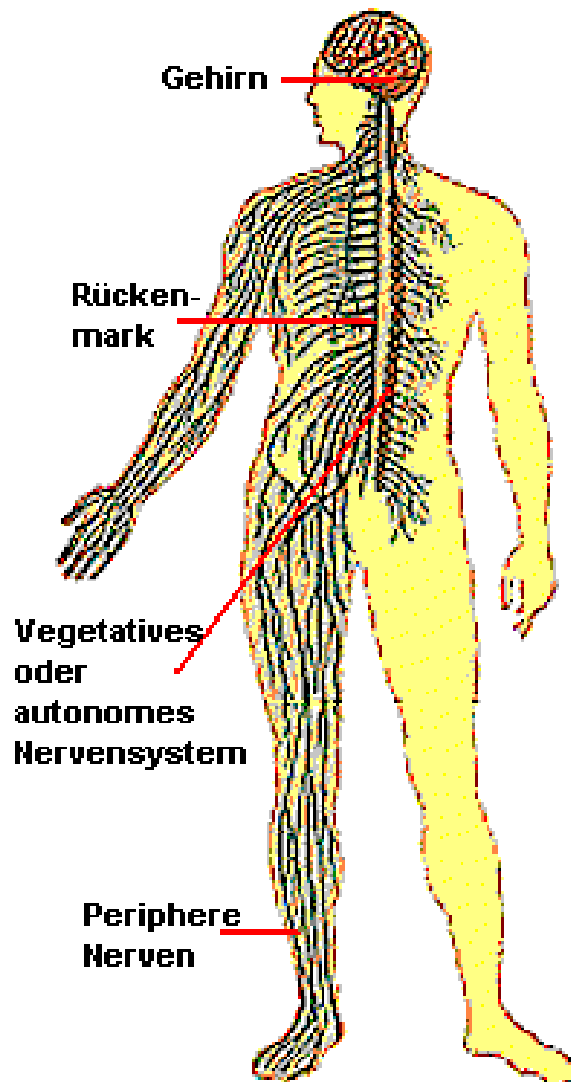
Derfor tænkte jeg: Hvorfor ikke prøve?
Jeg prøvede det – og det virkede nøjagtigt, som jeg ønskede.

Før jeg begyndte med behandlingen, var min gang ikke lige, og min balance var meget dårlig, lige som jeg var meget søvnig. Jeg fik 5 behandlinger i rap – mandag til fredag – og min tilstand blev bedre dag for dag.

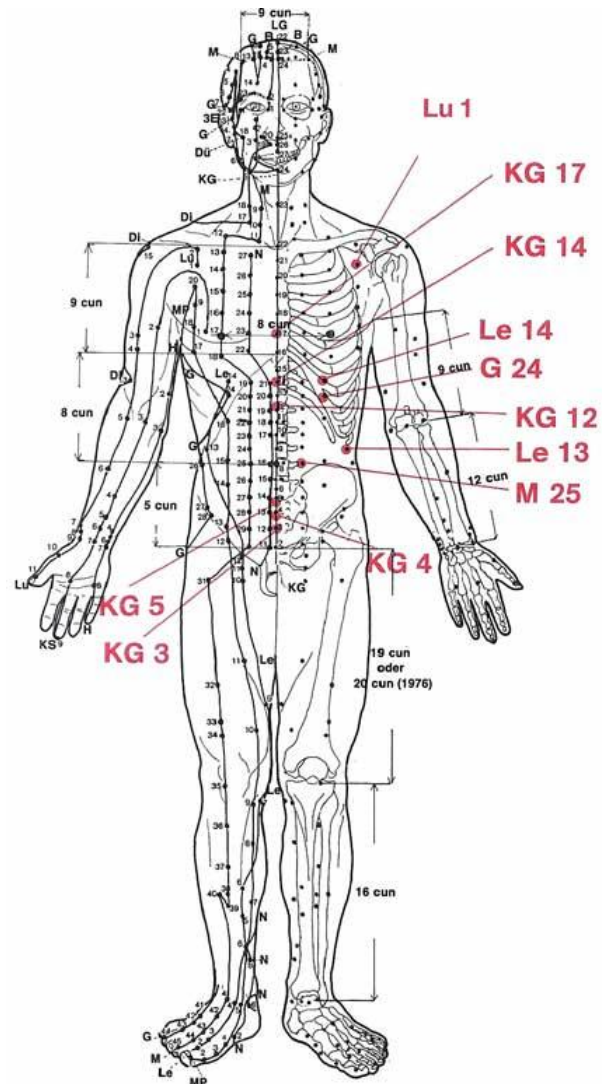
Jeg har fået behandlinger siden november sidste år, og det virker så godt, at min gang er blevet rigtig god, dvs. Jeg kan faktisk gå lige, og min balance er næsten normal. Mit søvnbehov på 10-12 timer er gået ned til 8-9 timer i døgnet.

Her er 2 billeder – et af det centrale nervesystem og et af akupunktursystemet, som viser de baner, som er stimuleret med nåle:
(ET DIAS MED BEGGE BILLEDER)

DET CENTRALE NERVESYSTEM



ACUPUNKTUR SYSTEMET



Som I kan se, er disse to billeder næsten identiske.

Dette betyder, at hvis man "udvendigt" stimulerer disse kommunikationsbaner, som bliver brugt af centralnervesystemet, vil den indvendige "hæmning", som kommer fra hjernen – og som er forårsaget af ataksi – blive "OVERHALET" og man vil få en bedre gennemstrømning og funktion af nervebanerne.

Den akupunktør, jeg går hos er BOEL ACUPUNKTUR. Hans hjemmeside er www.acunova.dk, hvor man kan finde ud af, hvad han gør, hvordan han gør det, og hans evne til at hjælpe folk med vise former for smerte, handicap eller sygdom.

But beware, his kind of acupuncture is special: it is called “Acupuncture 2000” and is unique in the treatment of pain. “Incurable” pain-patients are the daily visitors coming for treatment. Taking 300 people – who had tried “everything under the sun” – they were treated with the following results: there have only been 29 patients (out of these 300) who did not experience an alleviation of the pain over the course of a few treatments. And this is Mr. John Boel speaking!!!

So I highly recommend this man and his way of acupuncture! His main office is in Aulum/Jutland, in Industrivej Nord 22 and the other office in Copenhagen, located in Østbanegade 17.

Here is the web page, so you can see how it looks. (SLIDE)

Then I am doing also something else!
I bought a magnetic corset, which is really good.

This corset has 20 magnets inside, each having strength of over 1000 + Gauss. Gauss is the name of the scientist who measured how far a magnetic field reaches and with what intensity.

The effect of these magnets is of such a nature that a few doctors were testing 194 patients on the effectiveness of such magnets – these patients were 45 to 80 years old, with pain in joints or hips.

Three groups were formed, the first group wore a bracelet with normal magnetic strength, the second group a bracelet with weaker magnetic strength, and the third had a placebo bracelet.

Occurrence and severity of the symptoms were regularly checked with all participants and logged. After the end of that twelve-week study, patients with a normal magnetic bracelet showed a significant decrease in their pain. Patients with a weaker magnetic bracelet or the placebo group showed no improvement.

These doctors said and recommended: Patients using magnets should wear them for 4 months 24 hours a day. That is a purely arbitrary directive but it has been tried and tested. So if one wants to use magnets against the poor coordination of Ataxia, this treatment should be done over a longer period of time. The magnets carry their energy permanently, without becoming weaker.

I bought such a bandage with several magnets and wear it every day. I can tell you that so far three things happened:

- 1) my gait is better since I wear a physical strengthening around the hips.
- 2) Then the poor coordination to through the nerves to the legs is strengthened – so much so that I can clearly differentiate between “bandage on” versus “bandage off” – so obvious!
- 3) And third it improves digestion, stimulates the intestinal track and the general blood circulation. I digest better, I'm more alive, I am always feeling warmth around my body and I need lesser sleep.

So I can highly recommend this thing also! I bought it for 50 Euro at IDOFUX which can be found in AMAZON.

Here are the specifications and it looks like this:

MAGNETIC BACK SUPPORT BELT WITH 20 POWERFUL MAGNETS

- BI-POLAR Magnet (+/- pole = magnetic field on one side of the magnet)
- magnetic back support belt with 20 powerful magnets ever 1000+ Gauss.
- Dual hook and loop closure system provides excellent fit
- Three elastic rods provide extra support.
- Available in 2 sizes: up to 86cm or 87-120 cm waist circumference
- The ideal support for your back and stomach area
- stores body heat and improved blood circulation

(SLIDE)



So all this I wanted to convey to you as my help for you.

I know that the INTERNET is filled with “Ataxia is unhealable!”

These two treatments show and evidence that YOU do not need to go effect to that illness or believe what the Internet says, but you should say to yourself:

***** I CAN DO SOMETHING ABOUT IT! *****

The prime thought one needs to go around with is: YOU ARE THE BOSS! And that means: THE BODY IS JUST THE EFFECT OF WHAT YOU ARE THINKING AND BELIEVING!

So please “believe” that Ataxia can be halted, stalled and bettered to a point where one can walk around, speak normal and has his mind fresh.

My name is VOLKER and I am available for everyone afterwards in case there are any questions.

Thank you very much for listening!