

# Science Newsletter



## 2.1 EUROPEAN UNION

Gerry Pollock continues his research on the Arasys in his lab in IBS, the European Union funded research center in UK.

## 2.2 Q & A

Is Arasys similar to the system that Bruce Lee used to pump up his muscles. The answer is no. Arasys is a very sophisticated device that does not stimulate the muscle but delivers a message to the nerve to get the muscle to contract. The procedure is effortless and comfortable.

## 2.3 METABOLIC RATE

The neuro-resonance caused by the Arasys waveform unlocks the series of biological events that physical exercise stimulates, ultimately speeding up the metabolic rate.

## 2.4 HEALTH BENEFITS

The lymphatic system has to rely on muscle contraction, to circulate the lymph fluid. The vigorous muscle contraction produced by the Arasys results in a very efficient lymphatic drainage that optimizes body functioning.

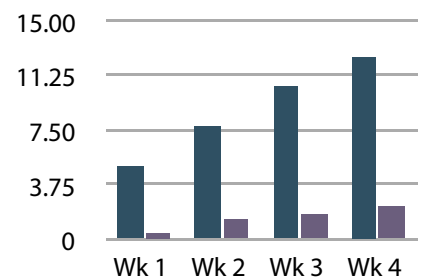
## The London University Invention that Carves the Waist Effortless Exercise for the Mom

Pregnancy and especially repeated pregnancies, stretch and distort the breasts and abdomen. As the baby grows, the uterus presses on the inside of the muscle wall of the abdomen. At the front of the abdomen, the two vertically oriented "Rectus" muscles (the "six-pack" muscles) get pulled apart, and actually separate as the fascia elongates. Once the baby is delivered, the skin collapses, and may leave loose hanging skin. Because the underlying muscle has also been stretched, a bulge may be apparent in the lower abdomen. The pregnancy effect on the breasts are no less dramatic. Due to hormonal changes brought on by pregnancy, the breasts start to grow. Following delivery, breast feeding causes the breasts to repeatedly stretch. After breast feeding is complete, the breasts typically decrease in size, resulting in stretch marks and loose skin. In short, pregnancy is followed by breast tissue loss and drooping, abdominal stretching of muscle and skin, and local collections of fat. Until recently, the main two solutions to these problems were several weeks or months of an exercise regime or plastic surgery. But moms with newborns usually have no time to go to the gym. And a lot of people avoid plastic surgery because of all the dangers involved in surgery, the side effects or the expense.

In search of an alternative we were impressed by the contribution of Gerry Pollock, the co-inventor of the first pacemaker, who recently introduced to USA a no sweat, painless solution that is changing people's lives.

Gerry called his invention Arasys and invested 17 years of research in its development. He formulated a waveform, made out of a formula of up to 1,000 frequencies. This waveform that to date no one has managed to duplicate resonates the biological signal sent by the brain to the nerve in charge of the muscle during regular exercise. Gerry's waveform contracts the muscle the way it would if the body was engaged in a strenuous workout. Below are the results of a pilot study with moms ages 26-32, trying to lose inches after their first pregnancy. Subjects were randomly assigned in 20 minutes of an Arasys procedure or 80 minutes of exercise. Inch loss was significantly higher with the Arasys procedure, and significantly less time

consuming. Inches Lost around waist and abdomen with Arasys versus exercise



Reportedly, the Research division of Arasys Perfector is presently conducting more research studies on the Health Benefits of the Arasys. For more info go to

[www.mesodoc.com](http://www.mesodoc.com)