

# The body's operating system

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By borrowing a term from the computer industry, we find a way to understand the body. Our bodies are managed by an Operating System just as the software of a computer works with the hardware. Break the rules of that System and the body breaks down.

This insight has come from observing cures wrought by the CellSonic VIPP machine which does not use drugs and is non-invasive. How this cure is unclear, so we presume it is triggering the immune system. That then leads us to ask how the immune system is so powerful. This approach gives us a better understanding that should guide doctors and regulators.

We worry. Do other animals? For sure they display anxiety and fear but do not go to the extent of humans to manage problems. If we did not worry, there would be no doctors. Thanks to the brain mutations that occurred about 60,000 years ago, homo sapiens became more manipulative than other animals. Even so, it is only recently, within the last few centuries, that the specialist function of medical doctors became established. Prior to that, humans lived and died as do most other animals.

The speed of understanding of the body is rapid and getting close to the stage where death could be prevented. Many people believe this is a desirable goal and they have surely not worked out the consequences [1]. It highlights the first rule of the operating system for all creatures, that the species takes priority over the individual.

Humans devote great resources to healing individuals and they are applied right up to death. In other animals we see abandonment. It raises the question of whether we need doctors, but this is not an acceptable question to any individual who is suffering. They want help and interestingly their family and friends also want them to get help. This is another unique characteristic of humans. It is built into our Operating System, hard wired as some would say. Ensuring it is applied is our guilt and fear; when our time comes we too want to be helped.

These systems over which we have no control determine the role of medicine and its practitioners. They come as part of the package developed during the mutation of the brain. We must also understand that the brain is not static. It adapts to circumstances and as change occurs, usually caused by humans, the human brain evolves, always selfishly putting the individual before the species.

In 1972 I was cycling through Holland on my way to Rome and caught up with an entomology student. I asked him how mosquitos served humans. Remember that in those days we had a view of the world in which everything was for the benefit of humans. We had a right to interfere with nature to make it suit our purpose. Rivers were diverted and dammed. Forests cut down and wild animals slaughtered. The concept of a chosen race still haunted Europe. I was therefore surprised by his answer, that the purpose of mosquitos could be to control humans. We certainly are the most damaging species ever known on

Earth. Fifty years ago, we did not think of Operating Systems. Now the interconnectedness of things is understood, of humans in their environment and inside the humans the relationship between mind and body.

The inability of humans to control themselves because they are driven by a force hidden inside their brain may seem fanciful until you go down to the Accident and Emergency Department on a Saturday night to see the victims of senseless violence. Why do they get drunk? Why is it always violence? Are they really human?

Step back from the chaos and blood. Central to the Operating System is belonging. We are born to parents and belong to a family. Criminologists show that most criminals grew up without love [2]. The family is the essential support for all humans. Families live in communities which in turn associate with other groups and this is where the relationships, to my mind, can go wrong. In the world today, we see countries and parts of countries wanting to be independent, to break off relationships. It is xenophobia on a national scale. Why the aggression and hatred? In sport, competition should be friendly but is often not. Aggression is built into our brains. The Operating System triggers violence. Is this a survival mechanism dating back to when we were animals competing with tigers and hyenas for food? Why did it not become redundant like our monkey tails or the ability to breath underwater.

Can this violence be bred out of us? Ask your ethics committees if you can run a trial on selective breeding of humans to find a cure for violence.

Fortunately, not everyone takes fear of strangers and anger to extremes. What I see on my travels are parents each from different continents with bright children. I listen to them in the queues at the airport. In a restaurant I may be eavesdropping on the family, parents of different colours and face shapes, pretty children with a blend of both and conversations that put the Saturday night brawlers to shame. I have hope. Humans can be delightful. They can all love each other. Marry someone from a different continent. The further apart the gene pool, the better the offspring.

The Operating System that makes us fight in the false belief that it protects us has to be overcome. As doctors, you cannot do much about it except recognise it for what it is, a built-in fault that is inappropriate today.

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Long before humans evolved, there was a more profound condition that affects all living things; the formation of the Earth with an atmosphere and around it the ionosphere. What came into being millions or billions of years ago affects us today. Understanding it has come about in my lifetime. In the 1950s, at school in Bradford in England, our maths teacher referred to the Appleton Layer, something in the ionosphere of which he was very proud because a Bradfordian called Edward Appleton [3] had discovered it by mathematical calculation and showed that it affected us. It was not until last year when in conversation with Professor Simon Shepherd at Bradford University that I remembered the Appleton Layer and suddenly that piece of jig saw added to the picture and I saw a fundamental cause of the body's Operating System.

Using Appleton's figures, Otto Schuman in Germany calculated that there is an electro-magnetic field of 7.83 hertz on the Earth. It is called the Schuman Resonance [4]. It means that all living things are affected by electrical and magnetic influences. Living cells have evolved in the presence of this field. Bradford University has an anechoic chamber from which all electrical fields are blocked. Spend a few minutes inside it and you feel weird, almost ill. All corrective measures (medicine) have to take the electrical properties into account and any oncologist who does not understand this can only kill and killing is not curing [5].

Cancer is the replication of mutated cells. Mutations are happening all the time in all of us. To cure cancer, it is necessary to stop the cell mutating which means changing the behaviour of the cell, not necessarily killing the cell. No drugs can do it, they are only able to kill. The body has a built-in system to remove mutant cells. It is needed because most organs in the body replace their cells regularly, the process of cell division. Old species such as ants and sharks have stable organs, but humans are still settling down. The immune system is constantly searching for aberrant cells and will eliminate them when it can. A weak immune system cannot perform this function. Vitamins, lots of sleep and exercise all help the immune system. It diminishes with age, we suspect, so a patient cured of cancer may still have an immune system that fails to manage the cell replication process leaving mutant cells to multiply. This need not be a problem because further CellSonic treatments taking only a few minutes will stop the replication of the mutant cells. It would not be a case of the cancer having returned; it is just that the original conditions apply, and the immune system has to be supported. All this is part of the body's Operating System.

The level at which the immune system kicks in, meaning when it is started, is determined by the Operating System and was set during evolution and probably earlier before the brain mutation defined the species as homo sapiens. Life back then was arduous by today's standards. Survival depended on hunting for and gathering food. It was all muscle action. With the new brain, ingenuity and tools were possible and the desire was and is always for less or easier muscle action. Only in the last few years, still within my lifetime, has it become possible to exist with minimum movement. In civilised society, we have to make an effort to exercise. Writing this paper has taken three hours typing plus three hours cycling. Thinking occurs whilst pedalling, not sitting at the keyboard. There is a correlation between lack of exercise and increases of disease and cancer. The body's Operating System is in danger of being contravened.

To know at what level of exertion the immune system begins to operate, look only at life in medieval times. You don't need to go back to the Palaeolithic. Even monarchs and rulers had to exert themselves and

many were rulers due to their physical prowess. Today's (democratic) rulers are assessed by their intellect, not muscles.

Our bodies struggle when they are only exercised for a few minutes a day. Without exercise, it is the brain that consumes most calories, so concentration leads to hunger with inadequate muscles allowing sugars to damage the pancreas.

The other problem is sleep. Apparently civilised people, usually meaning urbanised, get less sleep than primitives where there are no power lines or concrete. What I want to see are statistics correlating sleep with Alzheimer's disease. There is a hypothesis that sleep cleans the detritus from the brain that would otherwise clog up the cells. The pressure to work and so-called play reduces the time in darkness needed to re-charge the brain. All this sleep is fundamental to the Operating System, so damage caused by breaking the rules cannot be repaired with drugs; the rules have to be obeyed [6]. Teenagers who sleep 12 hours are letting their growing bodies develop. Chastising parents accusing them of being lazy are causing problems. If those same teenagers, then indulge in alcohol and narcotics then they are certainly asking for trouble. The Operating System never wants the brain to be detached. Contentment and pleasure is sufficient. Acting the fool and raving is the behaviour of the deranged who before long will have a body that does not perform without pain.

Is there a link between aggression and alcohol detachment? Is this the flaw in our constitution? Is further evolution required?

My understanding of the Operating System comes from observing and deducing what is happening. I have refrained from trying to guess. Acceptance does not diminish the intellect, it is pragmatic. An explanation can follow. Priority is to know what is going on.

Modern doctors struggle when faced with unexplained facts. Did they refuse to buy a bicycle when the shopkeeper could not explain how it would balance for mile after mile on two wheels? I am sure they never asked because they had seen bicycles travelling along the street without falling down. Why then do many countries refuse to allow a cure known to work until it has been explained in molecular detail. By law, patients are forced to suffer amputation to protect the smug ignorance of bureaucrats and politicians.

The CellSonic VIPP technology (very intense pressure pulses) non-invasively achieves many cures without side effects and no drugs are used. It may be many years before researchers can explain the phenomenon but that should not prevent patients being cured. On a recent tour, I met a patient cured of liver cancer that had spread throughout her body and she had declared herself cured three days after the first treatment. Blood tests and scans later confirmed her prognosis.

Another lady at the same CellSonic Clinic was down to one kidney dialysis a week from three after regular treatments and she felt very much better. She was in her mid-sixties and did not need an explanation. All she wanted was the visit to the clinic and that made her happy. That feeling of happiness, by the way, is another observation which is always reported, and I have asked for it to be recorded in patient's logs because it is a feature of the treatment. Strange but true. Have we discovered a cure for depression?

The third patient to whom I was introduced was equally remarkable. Her spinal cord had been severed four years before. After a series of CellSonic treatments to her spine and both legs down to the ankles she is regaining control of her legs, bowel and bladder. With delight she showed me a video of her swimming and she was moving her

legs. New nerves are forming most likely as a network by-passing the severed main nerves. Whether she will completely recover back to normal remains to be seen but this is good medicine by any measure. She is not being drugged so she has no side effects and there is no surgery.

Despite my own protestations, I still ask “how” after conceding the “what”. The sharp pulses of CellSonic are breaching the threshold of the immune system and causing a self-induced repair. I bounce this suggestion off many doctors and none have rejected the idea. My message is, trust your observations and make the patient's health your priority. Admit that in many cases drugs and surgery do not work. The poisons versus pulsations argument is gathering force and will keep researchers active for years to come.

## References

1. The consequences of curing death are dire. Our species survival depends on a steady evolution to produce individuals with immunities in the world of bacteria in and around us. Break that interaction and the immunity is broken resulting in mass extinction. Cellsonic.
2. Child care and the Growth of Love by John Bowlby My edition is in Pelican published 1965 His obituary was published in The Independent 5<sup>th</sup> September 1990
3. [https://en.wikipedia.org/wiki/Edward\\_Victor\\_Appleton](https://en.wikipedia.org/wiki/Edward_Victor_Appleton)
4. (1952) This global electromagnetic resonance phenomenon is named after physicist Winfried Otto Schumann who predicted it mathematically in 1952.
5. Review of reports of curing cancer with CellSonic VIPP machines <https://symbiosisonlinepublishing.com/palliative-medicine-care/Volume4-Issue4.php>
6. Travelling frequently, I know the problem of jet lag and the only correction is to accept that it takes one day for every hour of change. There are no drugs that will help without causing damaging side effects.