

Fibromyalgia (FMS) Recovery

Health recommendations with Plasma Energy

Part – 6

Will Continue

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For those who have Fibromyalgia
FMS

**Effective techniques,
recommended by Mr. Mehran Kesh**

What is Our Aim

- The following are a compilation of several workshops, as we have understood them.
- Our Aim is to improve our health and also share this information publicly with those who are seeking knowledge, as clear simple form as possible.
- Any contribution to improve this knowledge will be appreciated by the universe as well as us.
- We shall appreciate if you share with us any recovery experiences

What is FM?

Fibromyalgia (FMS) is a medical condition characterized by chronic, widespread pain which heightens with pressure; other symptoms including tiredness and sleep and memory problems. Its hidden, psychological origin is usually «Child abuse».

It sets in from age of pre-birth to puberty.

What are Symptoms of FMS?

General Symptoms of FMS are:

- Pain and tenderness around the neck, shoulder, back and hip joints.
- Abdominal pain
- Chronic headache
- Dryness in mouth, nose and eyes
- Hypersensitivity to heat and cold
- Poor concentration
- Incontinence
- Irritable bowel syndrome
- Stiffness or tingling in fingers and feet
- General Stiffness

Medication

Treating fibromyalgia syndrome (FMS) is a tricky business, because FMS presents so many symptoms.

A variety of disciplines and medications are used for helping the sufferers of this painful syndrome.

- Analgesics
- Anti-inflammatory medicines
- Antidepressants
- Muscle relaxants
- Sleep modifiers
- Anti-anxiety medications
- Medications to treat chronic pain

With Plasma Technology

Recovery is :

- **Easy, clean and quick and effective**
- **With no ache or pain**
- **No side effects**
- **No cost**

What to do -1

Plasma Energy Patches:

One can cover them with a thin cotton cloth while putting on the body or alternatively stick them on a T-shirt for the chest area and on the pajama pants for the abdomen and kidney area.

What to do -2

1. Large Patch: (80% ZnO + 20% CO₂) should be used for 1-2 hours, 3 times a day on the head area. The patch can be fixed into a hat.
2. If there is pain in the back region 1 large patch at the chest area or to the stomach area diluting the mixture of (50% CO₂ + 50% ZnO)
3. 2 Small patches will be placed on the shoulders or back area (50% CO₂ + 50% ZnO) 100% High Concentration will be placed in the back zone. **(Never on the spine)**. 1 - 2 hours, 3 times a day.



Front Side : Light mixture
of %50 CO₂ + %50 ZnO



Back Side : heavy mixture of
%50 CO₂ + %50 ZnO

For hip joint and back problems – Incontinence and Irritable bowel syndrome – Abdominal pain



Front Side : Ligth mixture of
50% CO₂ + 50% ZnO

Back Side : heavy mixture of
CO₂ + ZnO

What to do -3

Large Patch: Large absorbent kitchen towels should be thoroughly washed and dried, before being soaked with Gans water (80% ZnO + 20% CO₂)
It should be placed in the pillow case every night. For emotional release.



What to do -4

- **Breathing Pipe:** Must be used during the treatment. Fill gans water into the fine outer tube (50% ZnO + 50% CO₂). (Dr. Rodrigo's design is below)
- If there is no pipe, use a hookah. Put gans water into the bottle. (PIPE IS MORE EFFECTIVE)



What to do -5



**If you wish,
you can make
your own
hooka using
one bottle
and two
pipes.**

Plasma Liquid Use

- **Drink Plasma Energized Water:**

3 drops ZnO + 6 drops CH₃ + 2 drops CuO Gans water mixture, 3 times per day

- **Also,** 10ml CO₂ Gans water should be mixed with half a liter of water and be drunk in the morning, afternoon and evening (half a liter of water)

- **Spray,** Gans water every day (50% CO₂ + 50% ZnO) can be placed in a spray bottle and applied to the body's sensitive areas (neck, back, hip and fingers.)

Effect

Usually the person will get a sensation as if "ants are moving under his skin".

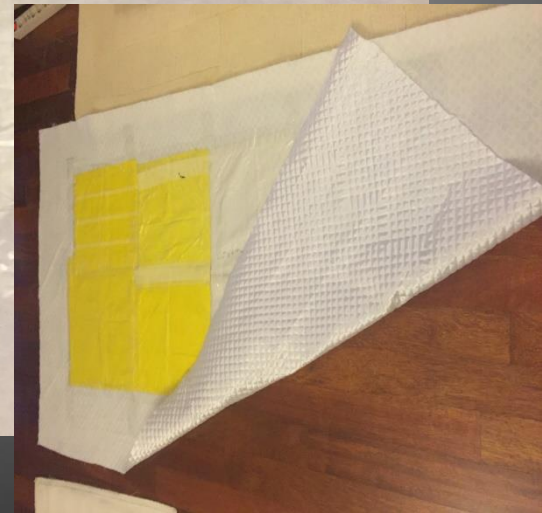
This is due to the renewal of the Neuro System, which has been suppressed to block the feeling of pain

Alternative Applications

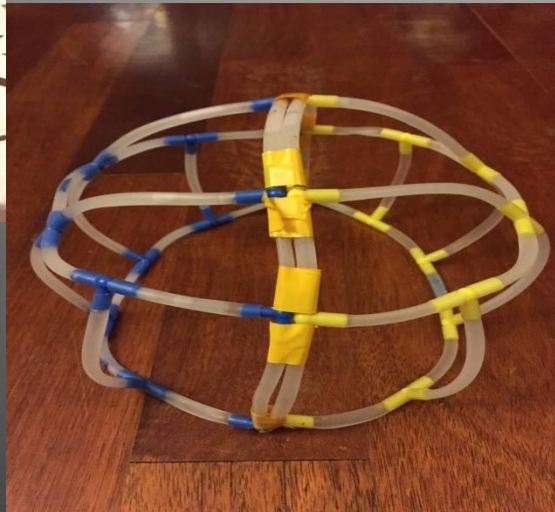
Large Patches for Massage Table bottom cushion for the Whole body (Except Head); Strong (100%) mixture of 50% CO₂ + 50% ZnO Gans water.



Large Patch for Massage Table as blanket for the whole body.
Weak (50%) mixture of 50% CO₂ + 50% ZnO Gans water.



Tube Helmet for the head
20% CO₂+ 80% ZnO Gans water
(Dr. Klaus's Design)



1 hour for 2 - 3 times daily.
I use together with the
whole body Patches

**We Thank Mr. M. Keshe
and Keshe Foundation
Members for supplying
the knowledge, Freely and
Willingly**

**I hope you benefit from
our experiences**