

**e-Earth Energy Pulsating Electromagnetic Energy Fields  
(PEMF) improves Autism and Autism Spectrum Disorder  
(ASD). A Preliminary Report.**

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# **e-Earth Energy Pulsating Electromagnetic Energy Fields (PEMF) improves Autism and Autism Spectrum Disorder (ASD). A Preliminary Report.**

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## **Abstract**

(NASA Johnson Space Center-[TP-2003-212054](#), Goodwin, T.J. 2003) ran a 4-year long study, applying Earth's Electromagnetic Energy (e-Earth Energy) and found, "it can enhance the brain, body, tissue, organ and cellular processes towards greater repair, growth, and regeneration towards a stronger more vibrant state." After six years using the e-Earth Energy PEMF device, remarkable results have been found. Part of this work has included examining how children with Autism and ASD (Autism Spectrum Disorders) would potentially benefit from using the device on a regular basis. A study was conducted where children with Autism participated in a 30-day home use trial, using the device 4 times/week. Parents, teachers, and aides recorded ATEC (Autism Treatment and Evaluation Checklist) scores before and after the trial; parents recorded daily and reported weekly outcomes; parents recorded system setting usage. In addition to the child with Autism, all family members were able to use the e-Earth Energy system.

As a result of using the e-Earth Energy PEMF device, children with Autism improved in: forming relationships and with social interactions; verbal and nonverbal communication; repetitive sounds, words and behaviors; unhappiness, frustration and anger; intellectual unevenness, areas disabled or incomplete; gross and fine motor coordination; endurance; attention and focus; comprehension, learning and reading; sleep; bowel function. Effects were seen at home and at school. Also observed were reduced parent pain and stress levels, improved energy level, patience, more enjoyment and parenting improvement.

e-Earth Energy showed a cascade of improvement in all areas for children with Autism and ASD. Family home sessions comfortable and short, lying down or seated. Parent stress, pain, sleep, energy level and mental emotional well-being improved. Findings from this study indicate the e-Earth Energy delivery system's address of reducing overwhelming stress in both children and parents of Autism and ASD, is one possible mechanism of its efficacy to enhance the brain, body, tissue, organ and cellular processes towards greater repair, growth, and regeneration towards a stronger state.

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# **e-Earth Energy Pulsating Electromagnetic Energy Fields (PEMF) Improves Autism and Autism Spectrum Disorder (ASD) in 30-Days. A Preliminary Report.**

By: Eileen J. Kurlander Rev. Dr (h.c.), Practitioner and US FDA Certified Energy Medicine Device Distributor

## **Abstract**

To identify areas of the human condition the e-Earth Energy pulsating electromagnetic energy system can support children with Autism and ASD.

## **Background**

**‘Human condition’**--The human existence, including birth, physicality, eating and elimination, growth, development, emotionality, communication, being self-aware and reflective, having mental capacity, toxicity, desire and aspiration, sleep, social interaction, love, sex, and mortality.

**‘Autism’**--Autism and autism spectrum disorder (ASD) are both general terms defining a condition with a group of complex disorders of brain development and function in varying degrees, that causes human condition deficiencies:

- Difficulties in forming relationships and with social interactions.
- Difficulty communicating with verbal and nonverbal communication.
- Repetitive sounds, words and behaviors.
- Ensuing unhappiness, frustration and anger.
- Intellectual unevenness, areas disabled or incomplete.
- Difficulties in gross and fine motor coordination.
- Difficulties in attention and focus.
- Difficulty learning.
- Difficulty with sleep.
- Difficulty with gastrointestinal disturbances and ensuing immune system compromises.

## **Regarding Energy --**

- “Matching Earth’s frequencies and applying them has shown to “enhance the brain, body, tissue, organ and cellular processes towards greater repair, growth, and regeneration towards a stronger more vibrant state.” (NASA Study [Thomas Goodwin, 2003](#))

- Max Planck, 1918 Nobel Prize winner, quantum physicist, identified a neutral particle of energy, called a photon. I presume this energy is the activator and pathway to new intra-cellular opportunity. (E. Kurlander)
- Tesla first described the theory of pulsating electromagnetic energy fields (PEMF) in 1898. Over the last 118 years, technology has advanced with Russia, Germany, Japan and NASA leading the way in their use of bioelectromagnetics for health and wellness.
- From 1961, cosmonaut, Yuri Gagarin orbited outer space, it was learned living things could not survive hours without Earth's naturally pulsating electromagnetic energy field. NASA found the best wellness results came when Earth Energy was mimicked and applied. [Similar technology is used to support life](#) on the Space Station.
- US Government NASA National Aeronautics and Space Administration has been studying [time-varying electromagnetic fields](#) and publishing double blind placebo control studies for over 60 years. PubMed Research shows [474 PEMF studies](#). The National Library of Medicine lists over 1600 double blind placebo control studies on PEMF, [www.pemf.com](http://www.pemf.com)
- In 2003, [NASA's Dr. Thomas Goodwin](#)'s 4-year conclusive study found cells grew faster and stronger in 8-minutes, with the most effective combination of pulsating fields, using rapid time-varying waveforms with low intensity and low frequency to grow and repair tissues in mammals.
- The Earth pulsates this exact same combination of energy and all life is dependent on these rapid time-varying waveforms with low intensity and low frequency.
- The layers of the body-being can be altered and negatively affected by trauma, injury, inoculation, medication and toxins. The body-being can also be blocked from receiving Earth's fortifying energy from 'dirty' energy fields including WIFI, Radio, Television, alternating electrical current, electrosmog, cell towers. "ElectroMagnetic Pollution (EMF) may be the most significant form of pollution human activity produced this century!"- Dr. Andrew Weil, leading health expert.
- [The effects of grounding \(earthing\) on inflammation, the immune response, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases](#). Oschman JL, Chevalier G, Brown R. J Inflamm Res. 2015 Mar 24;8:83-96. doi: 10.2147/JIR.S69656. eCollection 2015. PMID:25848315
- Earthing: health implications of reconnecting the human body to the Earth's surface electrons. <http://www.ncbi.nlm.nih.gov/pubmed/22291721>
- e-Earth Energy replicated fields support holographic fields (Consciousness, Information, Energy and Matter 'Body' Fields). The e-Earth Energy PEMF system creates an approximate three (3) foot high field off the full body

applicator. De-stressing the system with cascading benefits of detoxification, fortification, balance and strengthening.

- e-Earth Energy System is manufactured in the world's largest medical manufacturing plant in Germany, this 18 year old company is currently producing its 5th and 6th generation of products. The designer, owner and engineer produced this to recover from cancer. Distribution is worldwide.

## Introduction

The e-Earth Energy Wellness System is a pulsating electromagnetic energy field system that involves a specially designed control box plus a number of applicators, either sat upon, or placed atop a body area of choice. Inside each applicator contains large 10" sets of flat copper coils with tight copper windings. These copper coils are able to receive and by virtue of their structure deliver varieties of vortexes with frequency signal and intensity combinations. These combinations are delivered in rapid variations that create a special vortex energy field. This field is large enough to cocoon the area or body. There is a synchronized brain entrainment sound and light system system that can work alone or with the full body applicator. Designed to achieve a variety of effects for a wide range of stress conditions. Can be used concurrently with most other therapies and supplements to enhance effect. Contraindicated due to liability for those pregnant, prone to seizures and with electrical implants. May be used for seizure activity under the care of a Doctor.

This is not a new technology or an experimental 'guinea pig' type study, this is a new use area for PEMF which has been proven for decades. The US FDA approved: Non-Union Bone Fractures, 1979 ;Urinary Incontinence, 1998; Muscle Stimulation, 1998; Depression and Anxiety, 2006; Stress, 2007; Brain Cancer, 2011. The e-Earth Energy PEMF system has been registered and approved for sale in the USA since 2007 for stress, though much of mainstream population is not aware of its existence or use. Though it's simple to use, many shy away from it as it is unfamiliar. The idea we even require Earth energy is not taught in school, nor is it offered as an option by their US medical doctors. The e-Earth Energy Wellness System is approved for sale in Europe and Canada and does not require a doctor. prescription. However, the groundwork in the US and elsewhere has been laid for families to own this and use it at home.

This preliminary report is for families with children with Autism, and includes familiar areas of struggle. These parents are in the driver's seat to obtain a better life. It's important for parents to pay attention to their own health and that siblings get the attention and support they need. The Parents Reports and Daily Tracking, and Teachers Reportings. It's important that other parents

see what these very special children are experiencing, how it is impacting their life, and the whole family's life.

**Hypothesis: The e-Earth Energy PEMF Wellness Technology can assist in the recovery of the human condition, especially those with Autism and ASD.**

**Global Areas Affected:** <sup>1</sup>

- Supports Quantum Body Mechanics (and all their possibilities including body-brain function possibilities. Adapted EJK).
- Supports the Biologic Terrain (The cellular and overall environment, including toxic imbalances, disturbances. Also includes the mind and immune system. Adapted EJK).
- Supports the Holographic Fields (layers or blueprint of our beingness including Consciousness, Information, Energy and Matter. Adapted, EJK).

**Cellular Biologic Benefits of Earth Energy**

1. Increases Energy Supply in the Cell (ATP) and Mitochondria from a building up of fresh new supply of electromagnetic energy.
2. Cell uses the new energy to re-activate and revitalize itself.
3. Energy increases the ion pump activity in the sodium, potassium and calcium channels.
4. With more cells pumping, there's greater functionality in tissue, organs and systems.
5. Cells detoxify and eliminate wastes, like carbon dioxide, toxins and fluid.
6. Increases cell membrane electroporation for greater overall oxygen, mineral and nutrient uptake.
7. Recharges the Trans-Membrane Potential or TMP
8. Correction of cell membrane frequency oscillations so diseased cells can be nursed back to health through resonance and energy supply.
9. Cell membrane frequency support or corrections with biorhythm/circadian energy time-of-day synchronization.
10. Increases ATP production in the mitochondria. Energizing and directly affecting repair in the DNA and RNA.
11. Increases oxygenation through red blood cells' fresh oxygen uptake and assimilation into the blood through increased microcirculation
12. Oxygenation also supports overall vasodilation with added cell nutrient supply to all cells, particularly helpful to harder to reach extremity points including the brain.

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<sup>1</sup> Meyers. B *PEMF The Fifth Element* (Balboa Press 2014)

13. Increases full cellular Alkalinity, pH for the entire body, assisting with wellness, illness prevention, and supportive to proper overall function.

## **A Review of 30-Years of European Scientific Studies Show Benefits<sup>2</sup>**

1. Analgesic Action-(Pain Relief)
2. Healing Acceleration-(Bones and Tissues)
3. Vasodilation-(Increase in Blood and Oxygen Supply)
4. Anti-Inflammatory Effect-(Reduces Inflammation, moves to the Healing Cycle)
5. Anti-Edema Effect-(Reduces Fluid Build-Up)
6. Spasmolytic-( Increases Movement)
7. Anti-Spasmolytic-(Muscle Relaxation, Calmative)

### **Top Benefits of PEMF**

- Better Oxygenation
- More Energy ATP in Mitochondria
- Better Sleep and HGH Secretions
- Endorphins and Pain Relief
- Stronger Bones
- Increased Circulation
- Improved Immunity
- Relaxation and Stress Reduction
- Nerve and Tissue Regeneration

According to the WHO, World Health Organization, whole body therapy should not exceed one hour per day (there is no time limit for local treatment).

## **e-Earth Energy PEMF Wellness System's Method**

1. The system delivers energy to the whole body-field using the same life giving frequencies, intensities and rapidly varying waveforms matching to Earth's life giving energy in the extremely low frequency ranges (ELF) of .5-28 Hz using 6 sets of built-in non insulated copper coils (Helmholz Coils), intensified using square waves and sine waves with triple sawtooth waveform tops.

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<sup>2</sup> Jerabek J. and Pawluk W. *Magnetic Therapy in Eastern Europe: A Review of 30 Years of Research (1998)*

2. Matching frequencies of the Schumann Resonances in the Ionosphere and Earth's Geomagnetic Energies. All matching the Adey Window or biological window where cells have a measurable effect in the tissue. (W.R Adey, S.M Bawin 1976 ) (C.F. Blackman)
3. Energy resonates with the natural oscillation of cells and organ systems. The resonance effect restores disrupted or abnormal cellular and/or cell receptor oscillations that are vital for metabolic processes, circulation, cell regeneration and the immune system.
4. The wellness system delivers chronobiologic waveform packets of Earth Energy, time-synced to our biological clocks. Matching the Sun cycle as you use the system throughout the day. The chronobiologic wave patterns synchronize the circadian rhythms of the mind and body. The full body mat supports morning alert states, daytime coordination, evening relaxation and night time deep sleep. Time varied biorhythm settings assist in resetting the bodyclock, balancing and strengthening the brain, mind and body's functioning.
5. The direction of the energy vortex spin off the copper coils alternates between clockwise and counterclockwise. This energy polarity switch occurs every 2 minutes from North to South polarity. This is to prevent cells from fatiguing or accommodating to the signal. Allowing for greater cellular energy and wellness benefit. Cells go from receiving resonant energy to rebalancing and strengthening, this receive, repair and strengthen cycle repeats every 4 minutes.
6. Frequency loaded matching human condition resonance for optimal overall physical, mental, emotional balance and support. Technology is organ-time-specific according to the Traditional Chinese Medicine 24-hour Organ-Meridian Body Clock System. Resonant frequencies delivered match organ tissue's biological windows to support proper function. PEMF and energy information can support blood and lymph flow, adjusting energy excess or improving energy supply to the organs, to aid in organ and body system repair and regeneration.
7. Waveform used is a resonant triple top sawtooth sine wave, supporting tissue uptake of resonance and regeneration ability.
8. Used separately from the full body mat applicator, the NASA research proven square wave technology for special local area applicators for intensified need. Is not tied into the biologic clock or organ timed systems. Used for relief, speed growth and digestive support.

## **Method Used for Families with Children with Autism**

Family members used the e-Earth Energy PEMF Wellness System Technology with the full body mat and 1 local area pad applicator, including parents, typically developing children and children with varying degrees of non-verbal status autism and Autism Spectrum Disorder (ASD).

1. Full Body Mat Applicator

- a. Master Practitioner works with Mom/parent to follow directions for family use, and is supported weekly with a phone call. Report in with overall feedback, get questions answered, discuss daily tracking and make any necessary system setting adjustments.
  - b. Family members use applicators individually or in groups, lies down on or sits upon the e-Earth Energy full body mat applicator for overall support.
  - c. Children with Autism used 1-2x/day for 4 to 8 minutes. Use 5-7 days/week for 4 weeks, Children averaged 20 days/month or 5 days/week at 1x/day.
  - d. SPECIAL Supportive to Autism Settings used in the morning and the afternoon.
  - e. Use standard system clock-synced settings for evening and nighttime settings at level 10.
  - f. Parents and siblings use standard recommended full body applicator settings.
  - g. Once a week minimum the Customized individualized settings as needed.
2. Families and children with Autism, placed the local area pad applicator over specific areas for a variety of physical pains and emotional support.
- a. Daily or as needed according to Mater Practitioner for stomach/digestion relief and emotional support.
  - b. Over sore or injured areas for relief and speed healing support using individualized settings.
  - c. Used under feet for overall conditioning with individualized settings.
  - d. Using recommended and individualized system settings.

## Results

1. Autism Treatment Evaluation Checklist is an evaluation format (designed by Autism Research Institute) for parents and teachers. It tests 4 areas before a therapy and after to evaluate effectiveness. Categories include: Speech/Language and Communication; Sociability; Sensory and Cognitive Awareness; Physical/Health Behavior.
  - a. Two non-verbal autism children were tested both before and after the 30-days by their parents and teachers. All reported an amazing 14-15 point score reduction. Based on their scores, that was an approximate 29% improvement in 20-days use within a 30-day period.
2. Anna Maria Abba PARENT Video Testimonial for 8 y.o. son, Anthony  
<https://youtu.be/Bm4cK3VLL4E>
3. Fourteen (14) family members in the study, (6) parents, (4) children with autism and (1) of those with Autism Spectrum Disorder (ASD), and (4) typically developing children. Three (3) of the children with Autism were non-verbal category Autism, providing ideal information as parent and teacher observation was keen.

4. Overall Human Condition improvements reported by parents for children with Autism.  
The following are improvements reported

**a. Improved Body**

- i. Eating is less fussy and defensive, eating healthier foods and more of them.
- ii. Bowels moving, more frequency and with greater volume. Mom reports detoxification.
- iii. Greater endurance, feeling energized and present.
- iv. Improved fine and gross motor, improved to age appropriate functioning.
- v. Improved sleep, going to bed, falling asleep and staying asleep.

**b. Improved Mental**

- i. Improved attention, focus, concentration, and comprehension, learning to read now.
- ii. Anxiety lessened, less agitated and irritated.
- iii. Out of constant fight-flight stress, calmer and happier.
- iv. Anger and frustration diminished, attacks and biting gone, fewer and less severe tantrums, tantrums almost gone.
- v. Depressive feelings gone.
- vi. Less stimming and more calm throughout the day.
- vii. Now EASILY motivated.
- viii. Teachers report learning, and learning to read.
- ix. Teachers report IMPROVED behaviour at school

**c. Improved Social-emotional Connections**

- i. Showing emotions while using words, I love you.
- ii. Social gains, feeling comfortable and connecting with others with words and conversation.
- iii. More flexible and cooperative with planned activities, school, therapy, swim.

**d. Improved Cognition, Speech and Language**

- i. All acquiring more self confidence and pride in themselves.
- ii. More cooperative during evening routine, easier to get to bed.
- iii. More self-sufficient now.
- iv. (1) 10- year old non-verbal, became a reader and singer of ‘situation meaningful’ songs.
- v. (1) 8-year old non-speaker became a demander and singer of ‘situation meaningful’ songs, and a French imitator, and started using phrases.
- vi. (1) 10-year old non conversational demander became conversational and a singer of ‘situation meaningful’ songs, and requesting songs in the car to sing to.

- vii. Started imitating language better.
- viii. All moved up a level educationally. Advanced in reading, advanced to a Regular school, Advanced a level on AAC device, Advanced a level in Rosetta Stone.
- ix. Children are requesting to use the system.

## **Parent Comments, Full Reports & Daily Tracking for Children with Autism**

### **1. Physical Health**

#### **A. Eating**

- 1. Amenable to trying new foods
- 2. Increasing the amount of healthy and raw foods.
- 3. Trying more foods with fewer protests.
- 4. Is eating foods without objection or complaint. (This is a BIG DEAL. Had been very orally defensive and rigid with the foods he will tolerate.)
- 5. Ate 2 new foods while with other children.

#### **B. Sleeping**

- 1. Less oppositional going to bed
- 2. Faster getting to sleep
- 3. Sleeping soundly

#### **C. Bowel Behaviour**

- 1. Eliminating more often
- 2. After dinner elimination happening
- 3. Eliminating at school now.
- 4. Larger and more volume stools
- 5. Relief of gut discomfort
- 6. Better elimination (based on poop pictures)
- 7. Encourages easier bowel movements
- 8. Releasing Toxins

#### **D. Physical-Endurance/Gross/Fine Motor/Systems Re-Aligned**

- 1. Can sit still and watch a movie now.
- 2. Can settle long enough to learn, is reading now!
- 3. Is comfortable in his own skin.
- 4. More physical endurance
- 5. Better agility.

6. More stamina
7. Endurance, and Gross Motor:
  - a) Boy on a bicycle for a 4-day program for children with Autism. Stayed with it for an hour each day for 4 consecutive days. Two days, extended it to 1.5 hours.
  - b) Was able to tolerate awards ceremony. Was able to ride a 2-wheel bike.
8. Cleaned up his own mess.
9. Changed from reversing left and right and up and down to no longer confusing them.
10. Participated in the school jogathan and jogged 2.4 miles at the school.
11. Fine motor improving. Usually protested craft projects as fine motor work is too difficult.
  - a) First time ever completing a mother's day craft that was age appropriate.
  - b) Coloring and writing well.
  - c) Fine and Gross Motor Improved-Grasped and did a zipline.

## **II. Mental Wellbeing:**

### **A. Attention Span**

1. Able to attend to non-preferred activities for longer.
2. Attention span and focus improved greatly.

### **B. Stress**

1. Less stimming, calmer, more tolerant.
2. Out of the fight or flight body and son is overall calmer, and able to enjoy and participate in activities.
3. Hyperactivity is down.
4. Much calmer, far fewer tantrums or protests.
5. Tantrum duration and severity way down.
6. Irritation reduced overall.
7. Anxiety is down, now manageable.
8. Reduced stress, brushing teeth without fuss and going to bed easier.
9. Improvement in vision therapy exercises. Seemed calmer.
10. Instead of just tolerating new environments, he's staying longer at events and enjoying them. Being very agreeable.
11. Child was silent, depressive, angry, now happy and communicating needs and wants.
12. More tolerant to changes and less charged when changes happen.

13. Child indicates he is prouder, has much greater self esteem, and is happier.
14. Greater awareness, seems to have more brain function.

### III. **Social Emotional**

#### A. **Personal Connections with Others.**

1. Able to connect with others in new environments.
2. Initiating communication with family, in school and in new environments.
3. Deeper connection and involvement in the family.
4. On the playground, not hyperfocusing on the gate latch or wandering around the perimeter, but playing appropriately on the playground, as well as introducing himself to other children. "Hello, my name is \_\_\_\_, what's yours?"
5. He feels good about his own growth and has confidence in himself, he's happier.
6. "Rising in years" to age appropriateness
7. Started playing catch with others at a birthday party.
8. Requested to play catch at home.
9. Requested to play family board games again
10. Increase in connection to self and to others.

#### B. **Emotional Connections with Others.**

1. More affectionate.
2. Connected with toy emotionally, mothering it and loving it, saying, I love you rubber ducky and kissing it.
3. Interactive and spontaneously told his aide, 'I Love You.'
4. More affectionate with sisters. When we pick up younger sisters, he says. "I missed you today."
5. Bringing up and talking about past events with emotional connections. (While his Mom driving in the car, Isn't that where we went to a birthday party?" Commenting, "The swimming pool was warm.")
6. Consistent unprompted greetings and interaction with others.

### IV. **Cognition, Speech, Language**

#### A. **Cognition**

1. Participates more in the family and with his 2 sisters. Says, "I want to play too." Has better tolerance for play and is able to play for several minutes before getting frustrated.
2. More bids for joint attention with siblings. "Hey, look at me!"
3. Seems more 'with it'. Follows along with what other people are saying and makes comments.
4. Present in moment with family, friends.
5. Put book on his head and asked, "where is my book?"

6. He is proud of himself and says, "I'm my own Hero!"
7. Regarding the brain. "If the brain is 100%, he was at 50%, now he's at 75%, 'there's just more, there's more'."
8. Feels a sense of accomplishment.
9. It's easier for him to be in our world.
10. He feels good about his own growth and has more confidence in himself, he's happier.
11. He is More With-It and On The Ball.
12. Mom was wearing a hat, he said, "Mom you look great." Wanted to try on his Mom's hat. Went to the bathroom to see what he looked like in the mirror.
13. While driving, makes more comments about what he sees, "Look at that cute dog over there. He is little."
14. He enjoys being a helper now.
15. His self esteem and confidence went through the roof.

#### **B. Speech**

1. Using more words,
2. Increased language from words to phrases.
3. Uses descriptive language
4. Improving to more natural (less ABA robotic) communication style.
5. Better Speech, has less lag-time between questions and answers (increased Auditory processing)
6. Creativity improved. He made up a song and was singing, it was relevant to what he was doing.

#### **C. Language**

1. Able to have more conversational turns.
2. Adding colloquialisms. Used slang, "Check this out." Had never said that before.
3. Using spontaneous colloquialisms that flows. Asked both parents, "what did you do today?" Followed up with "And then what?" Then asked us to ask him about his day.
4. Asks, "Say these words to me". To request books be read, is much more often and goes through 5 books or so before getting tired and moving on to something else.
5. Now, appropriate spontaneous language.
6. He asks for specific songs in the car and is singing some of the words for them.
7. Requesting to go to Legoland with the family. Never verbalized it.

8. Child independently uses system, goes to his sister's Rosetta Stone French lessons. Works 1-hour daily every day after school on his own and advances past typical sister to level 2.
9. More musical, singing songs with melody and some lyrics.
10. Video on Child with Autism, Ana Maria Abba  
<https://www.youtube.com/watch?v=Bm4cK3VLL4E>

## **School Teacher Input to Parents, for Children with Autism**

1. He flows more, has greater awareness and comprehension and is picking things up.
2. Previous short 5-minute at best attention span, now sitting through a school play 20 minutes long, comprehending and enjoying it.
3. Things are clicking more, they are sinking in, he is 'getting it'.
4. Needs less prompts to say hi, bye, and use manners. He's becoming more consistent.
5. Less frustrated, happier, more participatory.
6. Better focus.
7. More and longer periods of concentration
8. Calm enough now, is learning to read.
9. 1st time all year, able to sit and participate in group reading in General Education class.
10. Great behavior. Having 'really good days' at school.
11. Participated with good behavior on a field trip, Also sat with the other children and ate 2 new foods, cucumber and tomato.
12. First time using the swings at school.

## **Parent Reports**

### **For themselves and their typically developing children.**

#### **Stress**

1. More relaxed, not as stressed out, more tolerant of children.
2. Stress reduced, calmer, more able to deal with stressful life, whatever gets thrown at me.
3. I feel the energetic blocks, the points of tension give way to the energy moving through the bottlenecks in my body, opening, expanding and relaxing.

#### **Mental Wellness**

1. Elevated mood, feeling happier.
2. Better wakefulness during the day, and less reliant on afternoon coffee.
3. Had an easier time destressing, relaxing and going to bed and falling asleep.
4. More upbeat, and better able to handle what comes each day.

### **Energy and Focus**

1. Better focus and motivation.
2. Better sustained energy all week.

### **Sleep**

1. Sleep better, wake up feeling rested
2. Better quality sleep
3. Having better overall sleep
4. Spouse is snoring less.

### **Pain**

1. Quickly recovered from pain from sports injury.
2. Out of intense debilitating pain,
3. living with much reduced pain, sometimes gone completely.
4. Reduced localized and overall pain
5. Anna Maria Abba's PAIN <https://youtu.be/TRD9cl5dV0I>

### **Bowel Movements**

1. More frequent and better bowel movements.
2. More complete and regular bowel function.

## **Conclusions**

Families and their children with Autism effortlessly achieved significant gains in a wide range of human condition categories.

- Children with Autism showing amazing and very significant advances in foods tolerated, improved sleep, better bowel function, greater physical endurance, improved fine and gross motor, increased overall energy level, greater mental well being with diminished aggressive behaviours, overall sense of calm present. Focus and attention improved, comprehension and learning improved, stress, depressive feelings and anxiousness decreased and greater emotional balance and happiness shown. Greater social-emotional connections to peers, parents, objects and teachers. Fears allayed and cognition and self-esteem improved. More words and speech improved and language use improved.

- Children with nonverbal speaking category Autism, jumped from nonverbal to manding and words. Others jumped from speaking words to speaking phrases and adding colloquialisms, becoming more conversant, and now reading.
- Parents and typical children, showing very significant results supporting the human condition. Reporting increasing mental wellness with anxiousness decreased, calm feelings improved, exhaustion relieved and feelings of happiness and centeredness, presence. Better overall sleep, improved energy level, better focus and attention, pain relief and stress reduced, greater elimination/detoxification and improved emotional balance and strength.
- The children and parents found ease and pleasure adding it to their daily routine along with their therapies and supplements. The non-verbal children self choose using the system by laying down on the mat when desiring its effect. Parents commenting their children must have known and liked the benefits and wanted more.
- Sessions were easily accomplished in the comfort of their own home, laying down or sitting on a sofa. Convenient for all members of the family. Sessions took under 10-minutes, 5 days a week or 20 days a month, with very significant results reported in all categories.
- The preliminary findings give great hope for what can happen next. The We Care Spectrum Wellness Center offers services to support families with Autism to use the e-Earth Energy PEMF Wellness Technology at home for the whole family. We would like to continue gathering data for the larger study including families with children with Autism Spectrum Disorders. Grants/Funding and family payments will be needed for this work to continue.

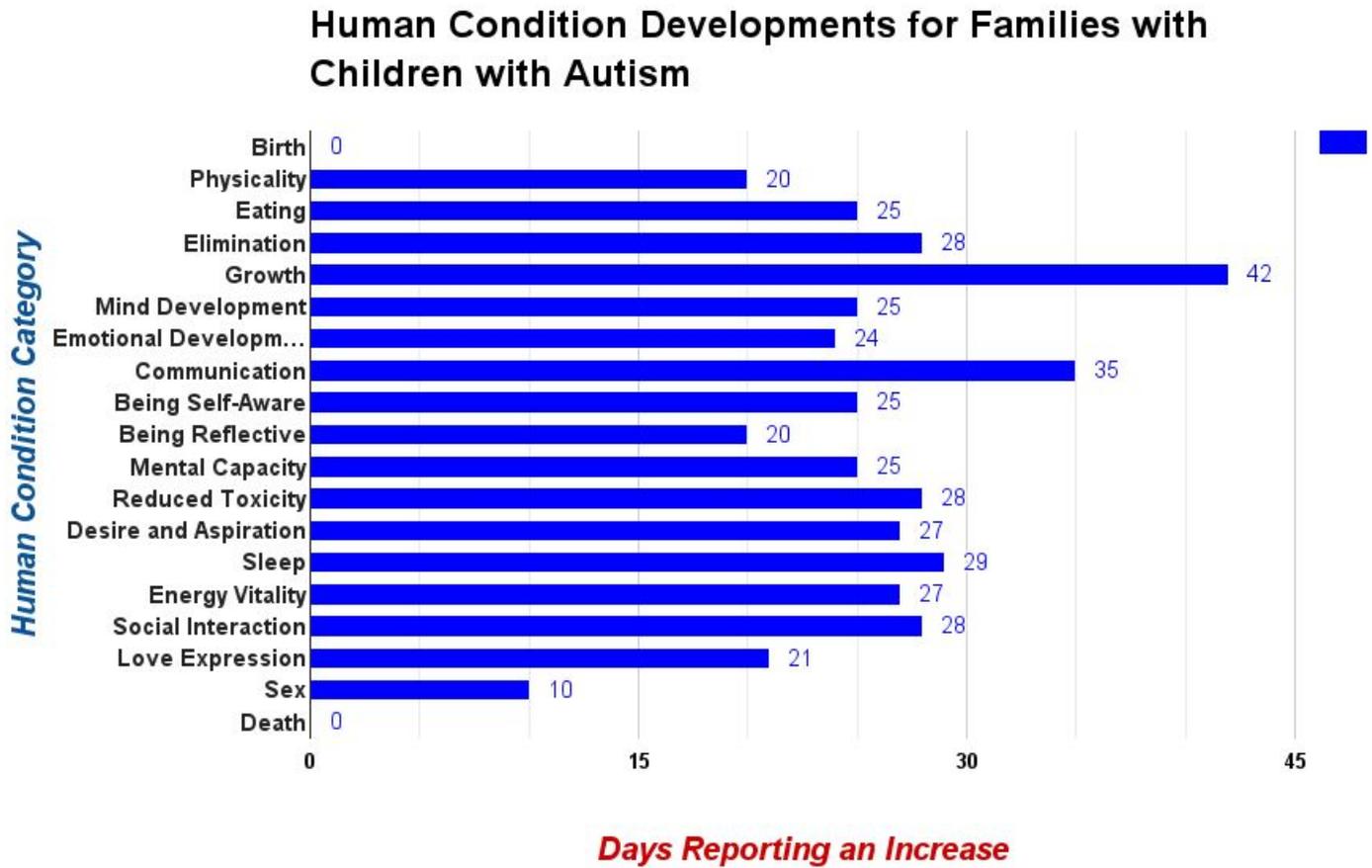
There are two parts to the study. One, the 30-day Spectrum Success Starter Program including a full family intake, system set-up support, weekly check-ins with individual personalized system adjustments, and tracking and reporting. The second part is the equipment ownership, including Spectrum Wellness Center's sales service, customer service and warranty service. Spectrum Success Optional Maintenance Program is available for ongoing support.

This program could provide one of the keys to creating a shift in whole family recovery and wellness.

**Chart 1. Overall Human Condition Development for Families with Children with Autism.**

Human Condition advancements occurred across-the-board throughout the 30-day study. Parents, typical children and children with Autism and Autism Spectrum Disorder showed development throughout the Human Condition. Shown are frequent incidences of overall growth and development. As well as increases in Communication. Other high ranking areas for everyone was achieving better sleep; bowel and toxin elimination. Also increased for everyone was with new and more Social Interactions, New and Improved Energy and Vitality, An interest in and showing new Desires and Aspirations. Advances in Being Self Aware, Greater Mental Capacity, Mind Development and Emotional Development also had a noticeable impact on the family as well as in individual's pride in self. On par with that was better eating, consuming more foods, more often and without fuss. Advances in Self showed up in Being Reflective, and showing Love Expression towards self and others. Physicality advances covered strength and endurance, fine and gross motor advances. Sex incidences increased. There were no births or deaths reported. The wide array of Human Condition categories and the high number of incidences

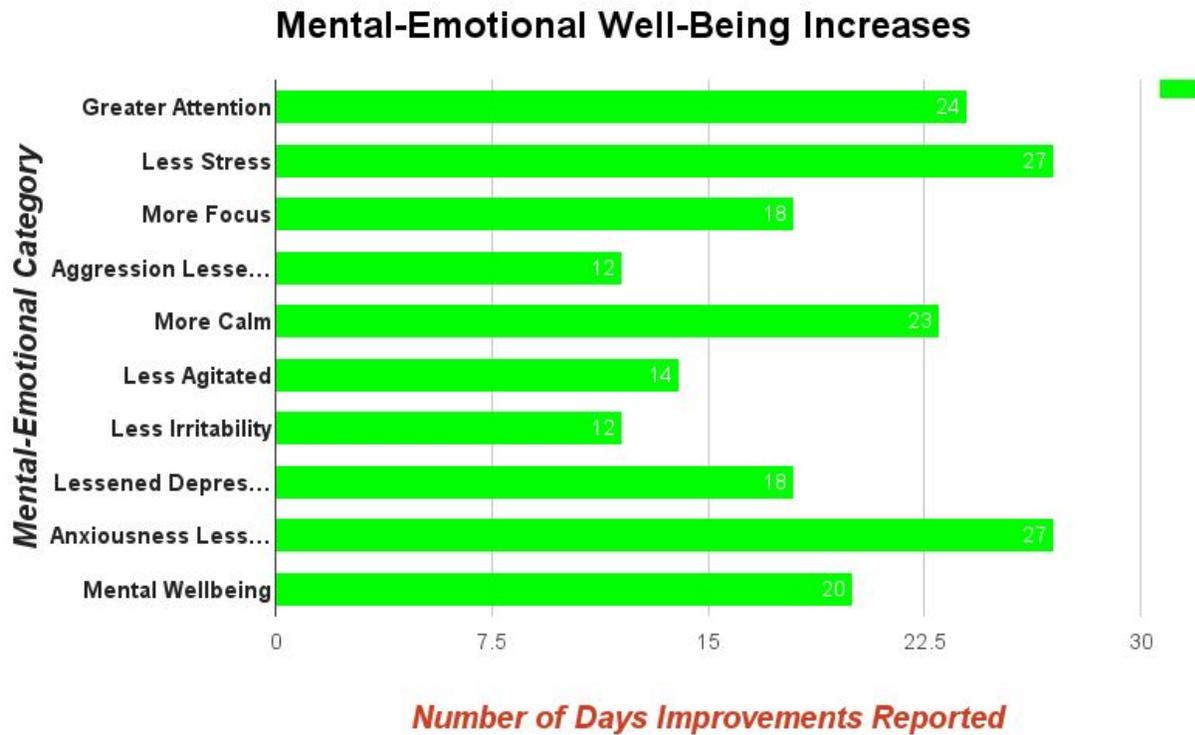
indicates effectiveness.



#### Chart 2. Mental Emotional Well-Being for Children with Autism

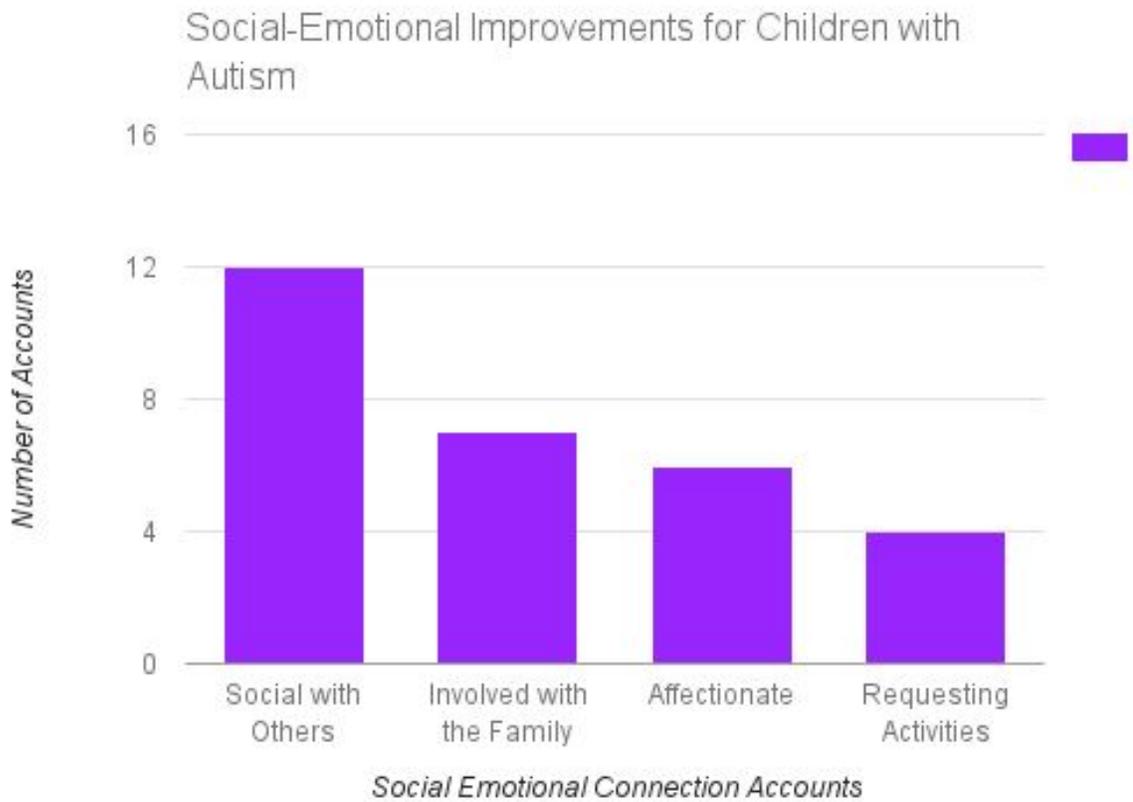
Children with Autism showed advances in the Human Condition with new Mental-Emotional advances showing up throughout the study. They were overall much less stressed and much less anxious. They were calmer with greater attention. They were less depressed and focused. There was less aggression, agitation and irritability. After a session, they were out of constant fight-flight and calmed down. As a result, they were better able to focus and direct their attention, making learning possible. As a result, they were happier, self esteem and pride in self went up. Note, these effects spilled over into affecting the overall family dynamic as well as

increased individual relationships. Participation in school and everyday situations were impacted.



### **Chart 3. Social-Emotional Improvements for Children with Autism**

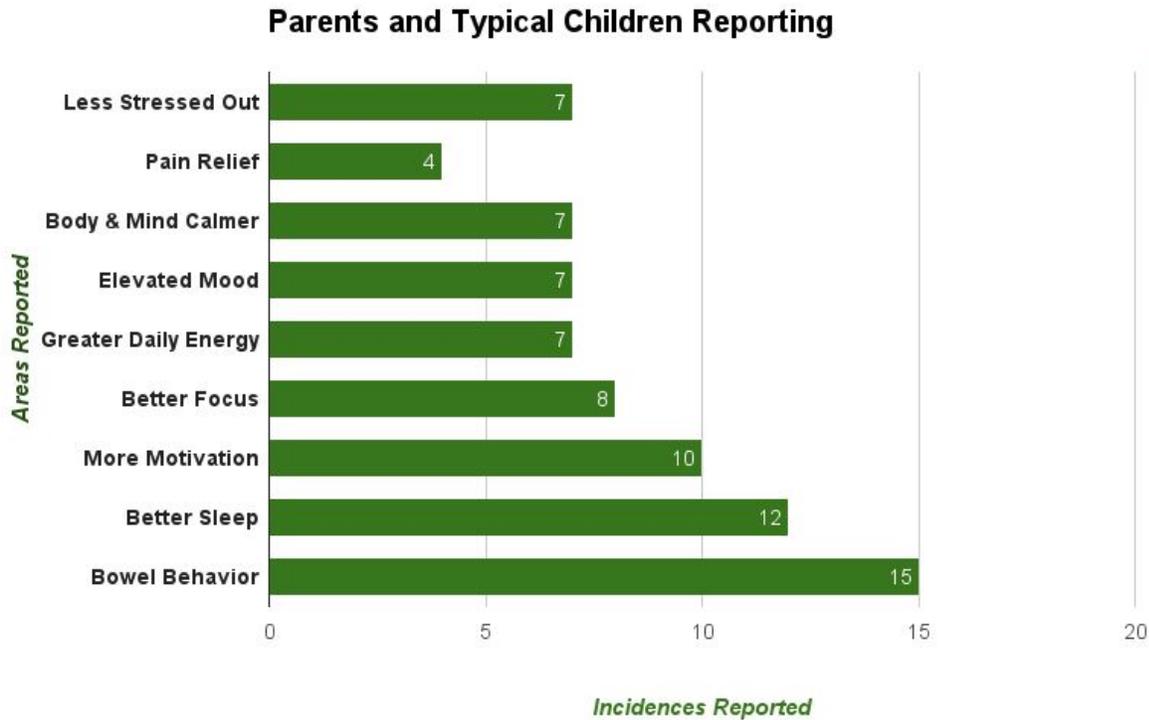
Non verbal children with Autism showed large advances in the Social-Emotional Condition showing new outgoing social behaviours. They also showed greater emotional connections to people they knew, people they didn't know, and objects. This showed up in their thoughts and words towards others. Verbalizing to family, teachers, and a favorite toy, "I love you," some for the first time. An increase showed up in unprompted social greetings (hi, by) and there were more conversations and interactions at home, during school, traveling in the car with family and in other social environments.



#### **Chart 4. Parents and Typical Children Reporting**

Parents and children using the system reported a wide array of overall advancements in their Human Condition. Improvements reported in bowel behavior, improved sleep feeling more rested throughout the day, feeling more motivated or less depressed, overall less stressed out and able to relax and enjoy the moment. Having better focus with less distractions, having greater

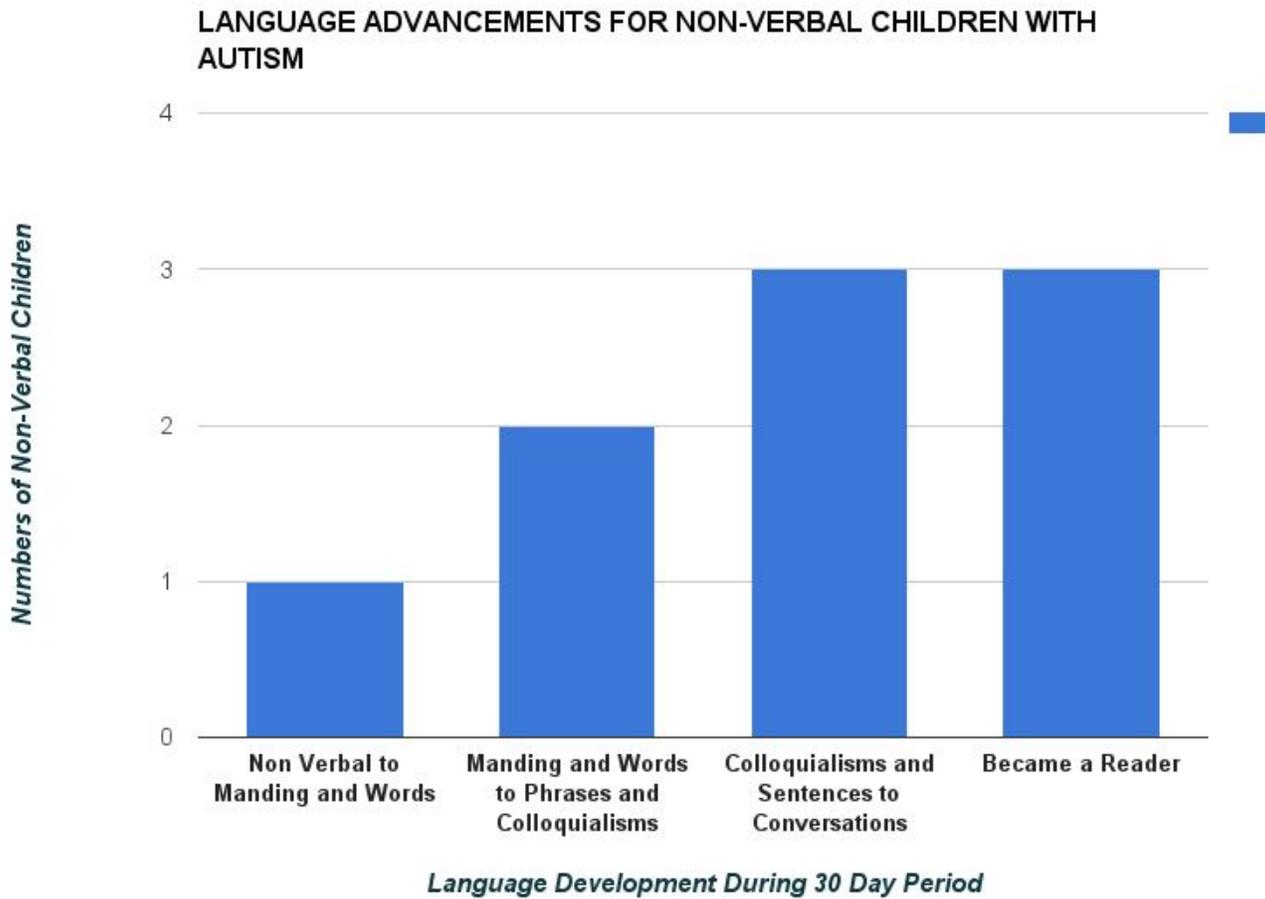
daily energy, feeling happier, feeling overall calmer and less anxious, and experienced pain relief.



**Chart 5. Language Advancements Children with Autism**

Non-Verbal children with Autism experienced advancements in Speech and Language. Children who used manding (language only a parent understands) advanced to needs and wants language. Those using needs and wants words, advanced a level to using phrases and colloquialisms. There

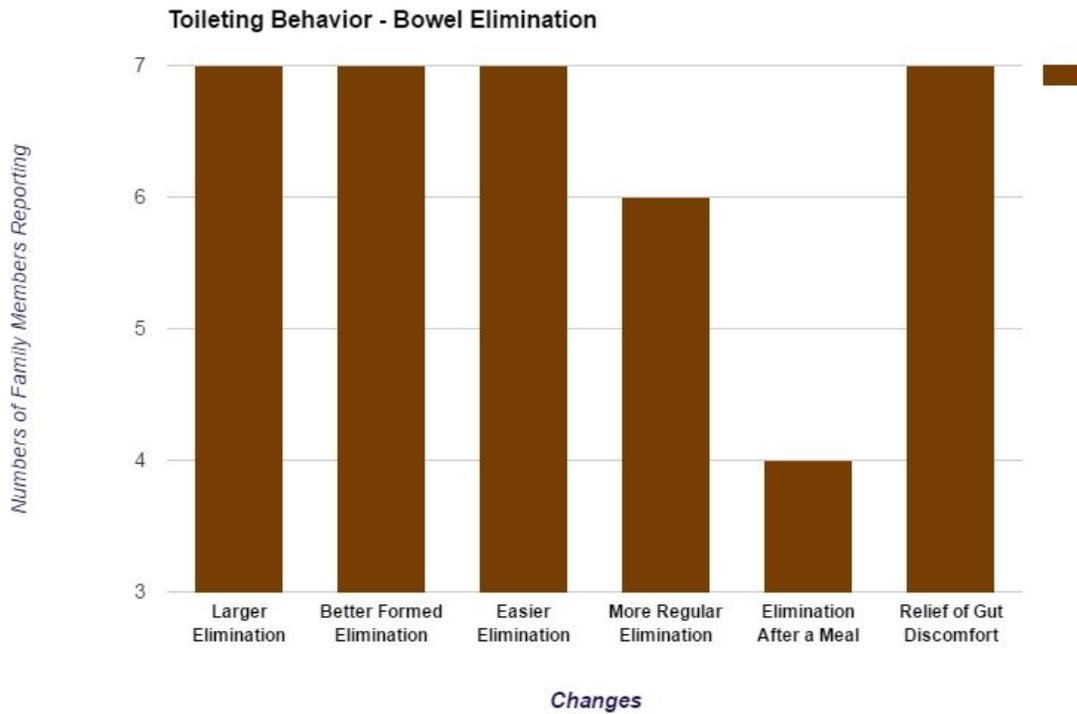
was further advancement to speaking in more flowing sentences and having more conversational turns. All began to read.



**Chart 6. Toileting Behavior and Bowel Elimination**

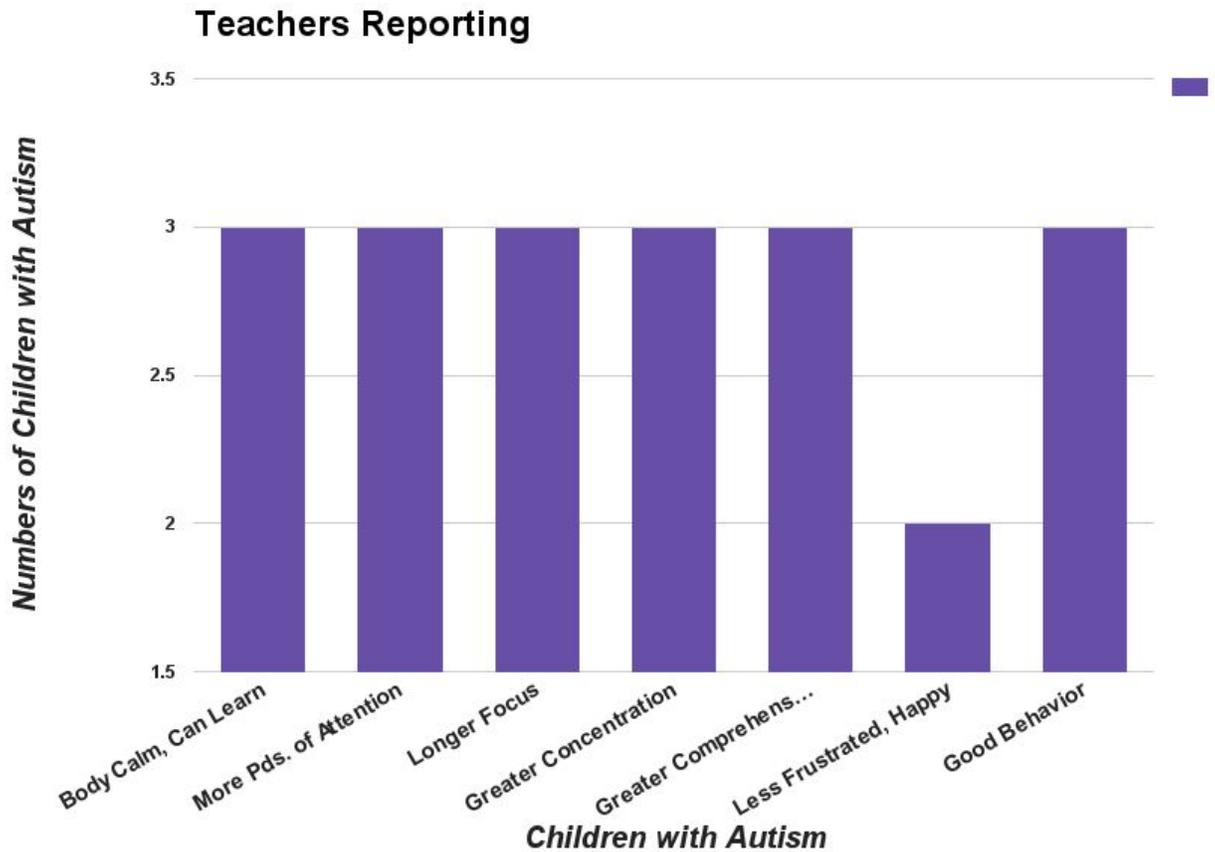
Eating and bowel function for children with Autism generally presents difficulty. They experience defensive food behavior, difficulty tolerating varieties of foods, gut discomfort with

constipation, and diarrhea. Advances showed more regular elimination, larger eliminations, better formed bowels, easier to eliminate, and relief of gut discomfort. Also, after meal elimination. All children improved and made advances in toileting.



**Chart 7. Teachers Reporting**

Children noticeably advanced in the classroom. Good Behavior was now being reported. Bodies were calmer, so easier for the child to learn. Displayed many more periods of Attention, Longer periods of Focusing and with Greater Concentration, with large Advances in Comprehension. The body was calmer and the ability to learn greatly improved. Teachers reported much improved social behavior, focus, attention, comprehension, and now learning to read.



Mom reports six weeks after stopping use: “There is more whining and more oppositional behavior, regularly and across the board. He is not as social as before, he’s much less motivated and there’s more irritability. His bowels are slower and his self-confidence has slid, no skills lost or regression.” New skills acquired in cognition and speaking remained, regression in social and behavioral areas back to prior to the study.



## We Care Spectrum Wellness Center

[www.e-EarthEnergy.com](http://www.e-EarthEnergy.com)

**e-Pro and e-Tablet PEMF Wellness Systems**

### Starter Systems Come With:

- 1 Control Unit of your choice, select the e-Pro Digital or the e-Tablet Computer.
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- 1 Localized Area Pad
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- Discomfort & More!

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Standard 3-year product and 1-year Tablet warranty



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Eileen J. Kurlander

For over 20 years, Eileen Kurlander has offered many scientifically proven, evidence and testimonial based mind-body and spiritual healing techniques to her clients locally and internationally. She offers products, services and research in Energy Therapies for the family. She also conducts research and works with families who have children with Autism and Autism Spectrum Disorders.

Eileen is a frequency wellness specialist, trained to adjust frequencies so living systems move to higher levels of function and balance. Her natural Energy Therapy assists adults, parents and children kick-start into better life and health. She assists them with a daily support system at home, using an e-Earth Energy system.

Eileen believes using healthy Earth based energy to shift the human condition affecting the quantum mechanisms, biologic terrain (biome) and the holographic fields (including consciousness and information systems) is a key to establishing whole family health.

Eileen enjoys lecturing on new energy therapy options for families including the history of Earth Energy and how it supports the cells, body and all life. She introduces the mechanisms of family-friendly energy devices, and for the first time shares how it supports the overall human condition in families. Reporting from her scientific research article, **Improved Human Condition of Children with Autism and their Family Using e-Earth Energy, a PEMF Energy Medicine Wellness System Technology, in a Preliminary Study of 14 Participants in 30-days.** She is excited to present its across-the-board results bringing new options and hope for the Autism community as well as the immunocompromised.

### **Professional Experience**

**We Care Spectrum Wellness Center - Chair**

**Natural e-Intelligence e-Earth Energy Products Owner 2009 - Present**

**Ultimate Solution Tune\*Ups Coaching & Healing, Owner-Master Practitioner 1994 - Present**

Instructor - Private/Group Mindful Meditation, Earth Healing 2015

Practitioner - MTT Meridian Tapping 2013-Present

Referring Agent - Real Estate, Coastal Premier Properties San Diego, CA 2009-Present

Support Staff - Soul Memory Discovery Course 2007

Practitioner - Master Energy Information (small group/individual) 1993-Present

Practitioner - Energy Intuitive 1993-Present

Practitioner - Health Intuitive 1993-Present

### **Education**

**University of Wisconsin, Madison Bachelor of Science, 1992**

**Dahn Healer School, Ilchi Lee, Korean Method, Sedona, AZ 2001**

### **Degrees, Licenses and Certifications**

**Bachelor of Science – Human Ecology (Formerly “Environment, Textiles & Design”), University of Wisconsin, Madison 1992**

**FDA Certified Distributor - Energy Medicine Devices 2016**

Universal Rabbi, Universal Life Church 2013

Certified Instructor - Laughter Yoga June 2013

Certified Practitioner - Access Consciousness Bars 2012

Certified Health Technician – Biofeedback, MediConsult Academy 2012

Certified Health Technician - iMRS Magnetic Resonance Stimulation, MediConsult Academy 2010

Certified Health Technician – SLRS Brain Entrainment, MediConsult Academy 2010

Certified Master BioScalar Therapist and Educator, Dr. Valerie Hunt Technique 2009

Reverend - Doctor of Divinity (h.c.), Universal Life Church 2004

Licensed Certified Coach - Spiritual Healing, Natural Therapies Association of North America 2004

Master Pulsor Practitioner, Dr. Yao NASA Scientist 2000

Certified Master Healer -Reiki, Japanese Usui origin 1994

Certified Specialist – Gerontology, Institute on Aging University of Wisconsin Madison 1989

**Courses, Seminars and Specialized Training**

**Soul Center for Spiritual Healing, Certificate -Nurturing and Feeding of your God Self, Rabbi Dosick 2014**

The New Brain Science Webinar Series, NICAMB National Institute for the Clinical Application of Behavioral Medicine 2013

The Tapping Solution World Summit, Nick and Jessica Ortner 2013

Master Class, Masters of Intention, Scientist Lynne McTaggart 2013

The New Healing Course, Scientist Lynne McTaggart 2011

Landmark Life Empowerment Education 2010

Real Estate Business Coaching, Tom Ferry Elite 2008

PSi Life Empowerment Seminar 2006

Soul Memory Discovery Training 2003

Rayid Analysis Iris Iridology, Paulette Suzanne 1994

**Awards**

**Top 25 Jewish Women in San Diego, San Diego Jewish Journal 2014**

5-Star Real Estate Agent Best in Client Satisfaction Award, San Diego Magazine 2008

Volunteer Excellence Award, San Diego Jewish Academy Zikaron V'Tikvah - Butterfly Project 2008

Volunteer Excellence Award, San Diego Jewish Academy Avodat Yadeinu - Menorah Project 2007

Community Recognition for Initiating La Jolla JCC Youth Sunday Soccer League, Lawrence Family Jewish Community Center 2006

Bella Wolfe Outstanding Teenager Award for Dedication, Commitment and Involvement in the Community, Indianapolis Jewish Community Center 1982

National Honor Society, North Central High School 1982

**Media Appearance/Interviews**

“What Is Your Holistic Lifestyle” Show - Representing the Holistic Chamber of Commerce Chapter Presidents with Founder, Camille Leon March 2015

“What Is Your Holistic Lifestyle” Show - Representing Natural e-Intelligence’s e-Earth Energy PEMF, February 2016

“Raising your consciousness 8-minutes at a time.” Conscious Talk Show with Linda Summers, Blogtalk Radio February 2016

“What Doctors and Patients Don’t Know” - Conscious Talk TV Show with Linda Summers, August 2016

### **Published Articles**

US Veterans Magazine, PTSD Population using Energy Therapy, Summer Issue 2014

### **Public Speaking and Event Presentations**

Presenter - Subtle Energy Retreat, The science of PEMF to Live and Love, October 2014

Presenter - Holistic Living EXPO -Tune Up Your Life September 2014

Speaker - Voice For Hope Holistic Fair, Washington DC- PEMF to Live and Love, April 2014

Featured Speaker & Panelist - Military Mental Health Forum, by Office of Congressman Scott Peters, Military Mental Health Project, & the UCSD Veterans Assoc., June 2014

Guest Speaker - Holistic Chamber of Commerce Convention "Separatism Gives Way to Complementary and Integrative Wellness" Legislative Policy Advocacy Consumer awareness, education, wellness-based health programs, and economics Estes Park, Colorado June 2014

Speaker - Holistic Chamber of Commerce No SD County, Tune Up Your Life and Enjoy the Benefits of PEMF, San Diego May 2014

Presenter - e-EarthEnergy.com Bioelectromagnetics and PEMF, Long Beach, CA February 2016

Presenter - e-EarthEnergy.com PEMF, Encinitas, CA January /2016

Presenter – Herbally Grounded, Summerlin - Las Vegas, NV , May 2016

### **Memberships**

Toastmasters Founding Member, Oceanside Improv June 2016

President - Holistic Chamber of Commerce, San Diego No County Chapter May 2013 – Dec. 2015

President - Holistic Business Toastmasters Club August 2013- 2014

Founder - Holistic Business Toastmasters Club August 2013

Founder - Holistic Chamber of Commerce, San Diego North County Chapter May 2013

### **UPCOMING PRESENTATIONS**

**e-Earth Energy, Improves Autism and Autism Spectrum Disorders (ASD).**