

ROYAL REPORT, VOL. 6, ISSUE 1

"Providing Medical Solutions for Health Enhancement"

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HEART VARIABILITY TESTIING— NOW AVAILABLE FOR HOME USE!

Most of my patients know that I do heart rate variability ("HRV") testing in my office. The reasons for this because it:

1. measures an individual's overall state of health and well-being;
2. assesses the balance in the autonomic nervous system that control approximately 90% of one's bodily functions;
3. monitors a patient's response to treatment.

What does HRV test? HRV measures the time interval between each heart beat. Believe it or not, every individual has a unique heart rhythm. This rhythm is like a window into your brain. In other words, your heart rhythm, as seen through HRV testing, allows us to view the balance in the nervous system of your brain.

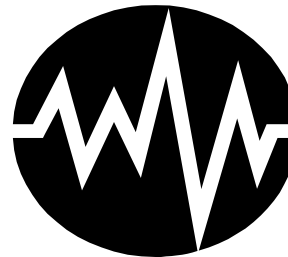
Your brain has two primary nervous systems: central and peripheral. The central nervous system ("CNS") is also known as the "autonomic nervous system" ("ANS") because it controls the bodily functions automatically, with-

out your having to think about it. The peripheral nervous system controls the voluntary muscular movements of your body. However, it is the ANS that HRV assesses.

The ANS is further divided into two components: Parasympathetic Nervous System ("PNS") and Sympathetic Nervous System ("SNS"). Depending on the variability of your heart rhythm, you may have an excess or deficiency of either sympathetic or parasympathetic tone. Too much variability results in heart arrhythmia and not enough results in heart failure. Thus, for optimum health, you need the variability of your heart to be within a certain range of activity.

Personal Experience

I was introduced to HRV testing through Israeli physicists with whom I helped to conduct clinical research while working at another clinic. The results of that research can be found in the appendix of my book, The Royal Treatment. Essentially, we discovered that HRV testing changed in response to a homeopathic medication administered to a pa-



Heart Rate Variability measures the time interval between each heart beat.

tient. This was truly a medical discovery! It objectively demonstrated one way by which homeopathic medicines influence the body. That is, they have a sympathetic or parasympathetic effect and thus, can be used to create balance in the ANS.

As a result of that experience, my colleagues and I negotiated a deal with Arrhythmia Research Technology ("ART"), the largest maker of heart electrodes in the world, to market their FDA-approved HRV equipment. The cost for that equipment to professionals was \$30,000. Today, through advancement in computer technology and software, I am now able to offer HRV technology for \$3,000. In

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Heart Rate Variability:

- ◆ The best predictor of "sudden death syndrome."
- ◆ Assesses the balance between PNS and SNS activity in the brain.
- ◆ Can be used to monitor a patient's response to treatment (e.g., homeopathic, chiropractic, allopathic, etc.)
- ◆ The future of medicine will be HRV testing and biofeedback treatment, us-

HRV TESTING FOR HOME USE

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short—assuming that you already have a Pentium computer, 133 MHz or faster, with Windows 95 or better and at least 8 MB RAM—you can own this technology yourself and use it to monitor your health, and that of your family, at home.

Dr. Alexander Riftine

The HRV technology to which I am referring was developed by Alexander Riftine, Ph.D., a Russian Scientist. Dr. Riftine is a former officer in the Soviet Navy where he served for 8 years as a computer specialist and 9 years as the Laboratory Director of Medical Cybernetics at the Naval Hospital in Vladivostok, USSR. While at the hospital, he personally analyzed the functional state of upwards of 10,000 patients and compiled the results in a computerized database. Dr. Riftine also used HRV to help Russian athletes evaluate the effectiveness of their training regimes. In 1991, he introduced his Health Express system to the United States.

Dr. Riftine's system allows for the results of HRV testing to be analyzed by graphs that are easy to read. The interpretation is provided by the computer. The system also contains a Nerve Monitor program that allows for a patient's ANS response to treatment to be observed in real time. Electrocardiogram ("EKG") software is available for a separate upgrade.

Dr. Thomas Bigger

Thomas Bigger, Jr., M.D., Professor of Medicine and of Pharmacology in the cardiology division of the College of Physicians & Surgeons of Columbia University, has reviewed Dr. Riftine's software. Dr. Bigger, one of the world experts in HRV technology, compared Dr. Riftine's Nerve Express algorithm (the mathematical calculation used to extract data from the heart rhythm) with the standard CHRONOS algorithm in three separate studies. At the conclusion of the third and final study, conducted from the Research Holter Laboratory at Columbia University on 20 patients with heart disease, Dr. Big-

ger proclaimed that the statistical analysis showed "excellent agreement between the two algorithms." Consequently, Dr. Riftine's HRV software compares favorably with the standard technology used by HRV researchers worldwide.

The Future of Medicine

Personally, I consider HRV technology to be the "future of medicine." Here's why:

1. Most modern-day disease results from an disturbance in our vegetative state or equilibrium;
2. Stress is a precursor or contributor to such disease; and
3. HRV can monitor such disturbances before they manifest physically.

In the future, as doctors become more conversant in HRV testing, you may be able to be monitored at home and evaluated long distance by your personal health care practitioner. However, the technology is available to you now. Why wait until the medical profession decides to get educated?

Personally, I believe that the informa-

tion in the field of electromagnetism is going to explode to such a degree that the government will not be able to control it. Already, scientists are refining methodologies to use light and sound, generated by the HRV pulses of your heart, to be used as brain biofeedback through your eyes and ears, respectively. Eventually, this will also be available in software for home use. However, HRV will need to be performed in order for such a biofeedback treatment to be possible. Perhaps, this will even be an upgrade to Dr. Riftine's current technology.

For now, if you are using HRV testing in conjunction with QRS treatment, a pulsing electromagnetic field (See Royal Report, February 2001), know that your ability to monitor, maintain, and/or improve your own state of general health can be done safely and effectively at home.

ORDER HRV FOR HOME USE

The cost for HRV is \$3000 (incl. shipping). Order by calling RCAM at 702-433-8800 Or Toll Free at 888-DAN-ROYAL.

INSURANCE SOLUTIONS

Are you having trouble collecting from your health insurance company? Perhaps, you don't understand your policy. An insurance policy is a contract between you and your insurer. For example, an insurer usually has within 30 days to pay a claim after it has been received.

For those of you who do understand your contract, but are still having problems, I recently contacted the Nevada State Insurance Division. Here is the way it should work:

1. File a complaint against your insurer with the Consumer Insurance Division, Department of Business and Industry, by calling 702-486-4009;
2. Fill out a questionnaire that will be sent (or faxed or e-mailed) to you;
3. If the complaint is valid, the insurer can consent to a \$500 fine per claim;

4. The insurer can request a hearing but the fine increases to \$2500 per claim;
5. At this point, the Enforcement Division of the Nevada State Insurance Division gets involved. Your case will be reviewed and argued by the state attorney to the Insurance Division. A decision is rendered by a hearing officer. Fines depend on the violation but can include suspension or revocation of license (if the violation is egregious or continuous).

Assuming you have met your deductible, there is no logical reason why you should be denied payment for legitimate medical services. Hopefully, the above information will empower you to be more in control of the company to whom you send, in good faith, your insurance premiums.