

Energy-Information Medicine ...

... evaluating the efficacy of the NES Health Infoceuticals on health-related quality of life and weight loss in overweight and obese individuals



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Abstract

Objective: The purpose of this study was to evaluate the efficacy of the NES Health Infoceuticals on health-related quality of life and weight loss in overweight and obese individuals.

Research Methods and Measures: Seven overweight/obese (1 male and 6 female) volunteers, mean age 42 years, participated in a two month case study. The Impact of Weight on Quality of Life-Lite (IWQOL-Lite) questionnaire was used to assess health-related quality of life. A Health Case History Report, the 24-hour dietary recall questionnaire, the NES Health Pro-Vision Scan and the Bioelectrical Impedance Analysis (BIA) were also used. Follow-up periods ranged from 1 to 2 months.

Results: Following the completion of the NES Health Infoceutical programme over a two month period, all participants reported higher IWQOL-Lite scores than their baseline scores (changes range from 1.9-18.3) and four of the seven participants demonstrated clinically meaningful change. Several improvements on the nervous, digestive, circulatory, muscular, immune and urinary systems have been also revealed. Bioelectrical Impedance Analysis (BIA) revealed a decreased body fat mass index (BFFM) and body fat percentage and an increase of their lean mass, fat free mass index (FFMI) and body water respectively.

Conclusion: NES Health Infoceuticals were associated with significantly improved quality of life, increased body lean mass and reduced body fat. These findings suggest the usefulness of conducting further randomised controlled trials with long-term outcome assessments.

Introduction

Theoretical and experimental evidence have been presented for the existence of an endogenous collective biofield that comprises electrical, magnetic, thermal, optical, and acoustic, classical and non-classical energy fields emitted from and contained within the complex of the human being (Benor, 2004; Creath & Schwartz, 2005; Curtis & Hurtak, 2004; Liboff, 2004; Mukhopadhyay, 2006). The biofield encodes information about the psycho-physical health of the individual and regulates both the energy needed to control bioprocesses and to transmit this information throughout the individual (Lindquist, 2001; Rubik, 1995). Based on the assumption that any disease may occur when the endogenous biofield is disturbed, this disruption can be addressed via interventions involving informational/energy fields by supplying bio-information at the quantum and potential levels to neutralise disease information within the body (Scandrett-Hibdon, 2005).

Several studies on the overweight population have demonstrated that obesity confers negative consequences and affects the quality of life in a variety of domains other than health, including physical, mental and psychosocial functioning, sexual life, self-esteem, and work-related quality (Nguyen, et al., 2006; Renzaho, et al., 2010). Considering quality of life as one of the major personal consequences of obesity and an important reason for seeking professional healthcare, improving health-related quality of life will represent a critical therapeutic goal of any obesity treatment and not simply to promote weight loss. This study was conducted to assess the effect of a therapy (NES Health), that purports to correct distortion in the body field, on the quality of life of subjects who are overweight.

Methods

Sample: Inclusion criteria were a BMI of at least 27kg/m² and age between 25 and 60 years. Exclusion criteria were water imbalances, skin abnormalities, malignancies, HIV, severe endocrine, hepatic, gastrointestinal or renal disorders. n = 7

Measures:

- > The Impact of Weight on Quality of Life-Lite questionnaire (IWQOL-Lite)
- > The Health Case History Report (I-Metrics CMS NuMetrics)
- > The 24-hour dietary recall questionnaire
- > The NES Health Pro-Vision Scan
- > The Bioelectrical Impedance Analysis (BIA)

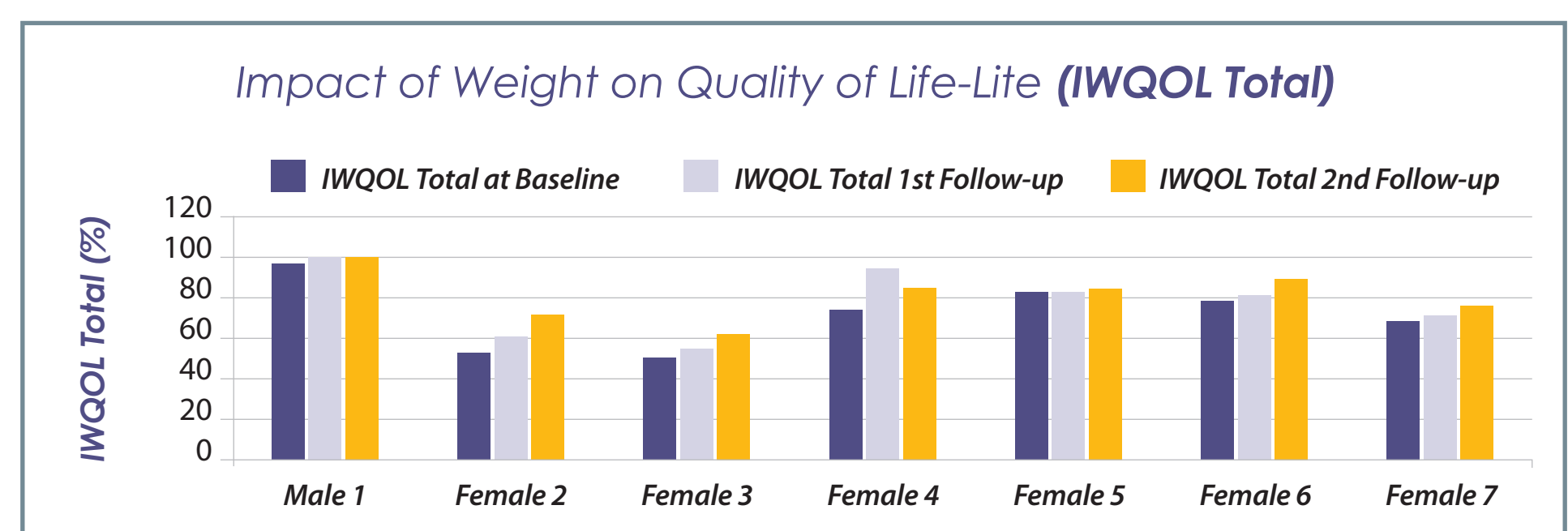
Procedure: Participants were asked to first complete individually the socio-demographic and the IWQOL-Lite questionnaires. Then an individual consultation with all participants was conducted by the researcher face to-face at the NES Health Head Office, Poole, Dorset, UK. All participants were asked to report everything consumed the day before using the 24-hour dietary recall questionnaire. In the end, participants were scanned with the NES Health scanning device. Body composition measurements at 5kHz and 50kHz were obtained using the Bodystat® 1500 MDD device.

Data analysis: The Health Case History reports were scored through recording the frequency of health-related complaints appearance among the participants. The 24-hour dietary recall was analysed by a complete nutrition intake processing system using the USDA database (Samios, 2010). Both descriptive and inferential statistical methods were employed for the analysis of the questionnaires.

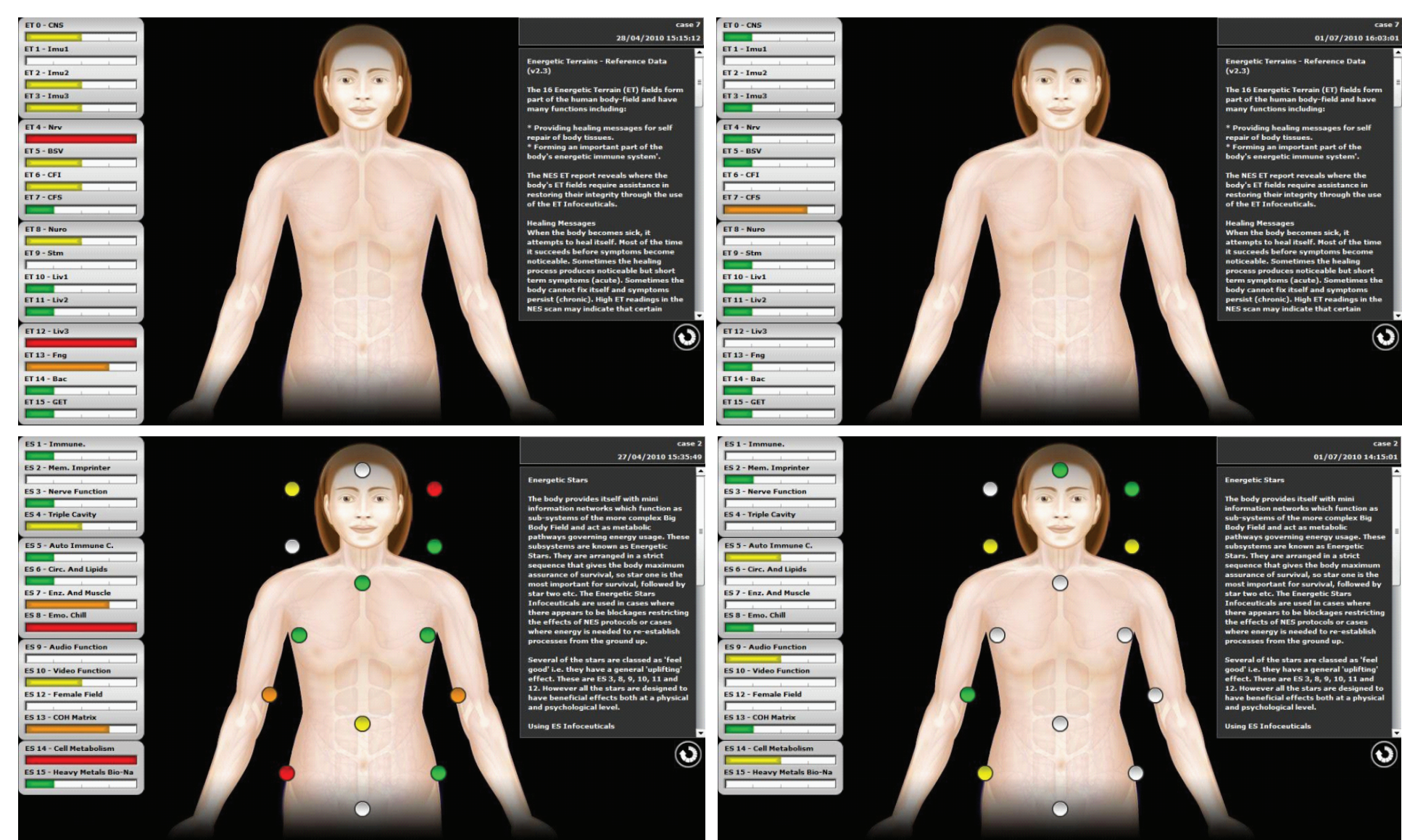
Results

The scores of the IWQOL-Lite on all female participants mostly reflected a poor quality of life at baseline. However, even though nearly all participants demonstrated improved IWQOL-Lite scores at the one-month follow-up compared to baseline (changes ranged from 0-20.8), only one participant demonstrated clinically meaningful change (Crosby, Kolotkin & Williams, 2003) at this time. At the two-month follow-up, all participants reported higher IWQOL-Lite scores than their baseline scores (changes range from 1.9-18.3) and four of the seven participants demonstrated clinically meaningful change (Figure 1).

Figure 1. A graphical presentation of the results of the IWQOL-Lite questionnaire at the two-month follow-up.



Comparison of the Participants' Health Case History Results at baseline and at the two-month follow-up after the NES Health Infoceutical programme. Following the NES Health Infoceutical programme over a two-month period, several improvements with respect to nervous, digestive, circulatory, muscular, immune and urinary systems respectively have been revealed among all participants.



Conclusions

> Our findings are consistent with those reported in other studies in which, obese individuals tend to report poor physical and emotional quality of life scores including sexual life and low self-esteem (Nguyen, et al., 2006; Renzaho, et al., 2010). Following a two-month programme with NES Health Infoceuticals and without any dietary restriction or physical activity, results showed significant positive changes in quality of life in all participants. Several health-related improvements were observed through each participant's perception of their health status in conjunction with the NES Health scan readings during the first and second follow-ups. Our results demonstrated the accuracy of the NES Health scan to assess health status and overall well-being before and after the programme.

> Interestingly, results from the Bioelectrical Impedance Analysis (BIA) revealed some positive changes in the majority of participants' body composition with a decrease of body fat and an increase of lean mass and body water percentages. In this study, the participants' nutritional regimes were revealed to be totally inadequate with a lack of important macronutrients and micronutrients leading to the assumption that our positive findings aren't supported by an optimum nutritional regime. The results of our study indicate, to some extent, that promising health effects can be expected from a NES Health Infoceutical programme, even when weight loss is minimal. The findings are encouraging to elicit further research in this area to ascertain the efficacy of NES Health therapy on an individual's health and quality of life.