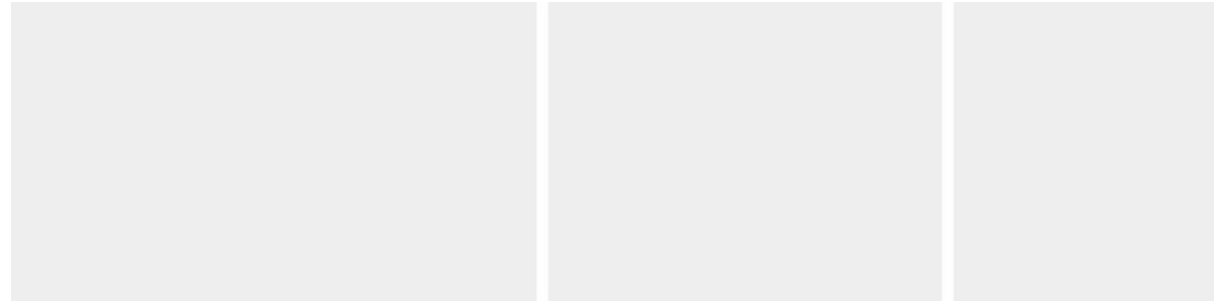


Analysis of the Effects of Rejuvenation on Clients' Stress, Physical Health and Emotional Problems

30 June 2008, Sarah McCrum, MA, PGCE, Dip LC



A Note from the Author

The testimonials and questionnaires analysed in this study were collected between 1990 and 2003. They were originally collected as informal records of people's experience and results from participating in Rejuvenation rather than for systematic analysis and publication. In 2003 all the recorded testimonials were transcribed and key information about each client was transferred to a database. Several requests have been made in recent months for research about Rejuvenation so the database and original reports were reviewed to see what could be learned from them. On closer inspection they were found to contain much material of potential public interest. They also suggested an approach for future research, once an improved system of data collection has been instituted.

With regard to my own scientific objectivity concerning Rejuvenation: having worked with the system/approach for 10 years as Director of the Academy of Potential Education, I cannot claim to be disinterested in it. However I have aimed to remain as objective as possible throughout this study and to represent the original materials as they stand.

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Introduction by Alex Hankey, PhD

Alex Hankey is a biophysicist with a special interest in researching the theoretical basis of Complementary and Alternative Medicine (CAM). He is on the editorial boards of the two leading journals in CAM and a regular contributor to them.

It has been a privilege for me to work with Ms Sarah McCrum for the last two years at the request of a senior colleague, who wanted an in-depth opinion of the Rejuvenation system of healing – formerly Shen Qi. As a result, we have published two papers in the leading journal in complementary medicine, have two more in the process of being accepted, and are working on more in the series. We have initially focused on case histories of healing through Rejuvenation. Some had good medical records accompanying them, so that self-report stories were backed up by solid medical evidence, tests as well as doctor's reports. The idea was to show that, at a purely anecdotal level, Rejuvenation could produce remarkable results even in cases where conventional biomedicine had not done so. Naturally the question arose as to the percentages of cases for which this is true.

It was under these circumstances that Sarah McCrum decided to inspect records obtained over the years from a number of Rejuvenation clients, of which a summary is contained in this document. It analyses some remarkable and provocative data. The data were contributed on a number of different occasions in different countries at a time when records seemed important to obtain, but no actual scientific value was imagined for it, so strict scientific protocols were not followed. On most occasions on which data was collected, groups filled out the requisite forms, or participated in interviews, without regard for length of time participating in 'Rejuvenation', or for whether their results were positive or not. In this way, health statements were obtained from 326 people who had participated in group sessions with Rejuvenation originator, Master Aiping Wang, and with some of her students. Nevertheless, despite the lack of 'special' individual treatments, and the seemingly 'innocent' way it was obtained, the data presents information clearly transcending its apparent narrative and anecdotal limitations.

What the analysis of the records shows is truly astonishing. It focuses on 263 Rejuvenation clients all of whom had been unable to solve their health problems elsewhere. Of the more than 1,300 health problems reported by these clients, more than half the problems (53%) were reported as cured (100% improvement). A further 16.7% improved by 80% or more, with less than one percent of problems reported as having not improved at all. When 58 problems, on which no comments were given, are subtracted out, the percentages of total improvement and near total (over 80%) improvement increase to 55.4% and 17.5%. Almost

three quarters (72.9%) of the clients had experienced very high degrees of improvement for pathologies which had often defied the best, prolonged efforts of the medical profession. The 12 problems reported as unchanged were distributed among clients who reported good improvements in other problems. No record contained stories of no improvement: every client had benefited.

Apart from the hope such records may justifiably give those who suffer from like complaints, the records have unusual, but crucial, scientific value: they establish, on an anecdotal level at least, that systematic healing is possible. In the West, and among the medical profession in general, there is growing recognition of such phenomena as spontaneous remission and the placebo effect. Healing is recognized, but generally thought to be so dependent on 'faith' (i.e. disbelief in science) as to apply only to the weak, the hysterical or the unscientific. The medical profession may tolerate the existence of 'healing', but most doctors do not know of any reliable system, only seldom recommend it, and only then under exceptional circumstances.

The Rejuvenation data contained herein is therefore a challenge to biomedical scientists: it strongly suggests that healing can be achieved systematically, and therefore that it should be possible to develop a scientific understanding of healing, even a theory of how healing takes place. At the very least such understanding should help scientists interested in healing recognize and understand more of what may happen in the healing process. More importantly, the data challenges us to obtain more data that is better suited for a full scientific analysis: obtained after hypotheses have been framed so that predictions can be tested; and under better defined circumstances, so its meaning is clearer. Despite this, the data tells a story that challenges today's understanding of medicine. More trillions of dollars are invested in health care and health research around the world each decade, than in almost any other human activity. Hugely sophisticated understanding has been obtained about human cells and how they can malfunction, of their genome, genes and their regulation. Yet biomedicine has not the smallest idea how healing even begins to work.

The Rejuvenation data helps expose this lack of knowledge as a glaring deficiency: how can it be that biomedicine with all its billions and trillions can offer no explanation for such a large set of systematic factual data? Maybe within the material that Rejuvenation presents lies the key to one of the next medical breakthroughs: how it may be that trained individuals can create such huge benefits to the physical and mental health of so many. If understood in a way that medical doctors and scientists can accept, they too will begin to put this kind of program to systematic use, and bring health to a larger fraction of their patients.

To scientific medicine, the data is seminal: it shows that systematic healing is possible. It challenges scientists to look for advances in our understanding of biology, which can accommodate ways of understanding healing and how it takes place. We hope that those in the medical profession who can see this possibility, will accept the challenge of making healing simple and enjoyable, as the records show, instead of leaving patients condemned to years of chronic disease.

Summary

The purpose of this report is to provide an overview of the types of results that have been achieved with Rejuvenation in the areas of stress, physical health and emotional problems. It is based on an analysis of testimonials, interviews and questionnaires with 326 Rejuvenation clients. The report focuses on 263 of these clients who had health problems which they had been unable to solve elsewhere. It gives an indication of the extent to which clients feel they have solved their problems and their general level of satisfaction.

For 263 clients who had been unable to solve their health problems elsewhere:

- 1,332 physical and emotional health problems were reported.
- 53% of problems were reported as completely solved (100% improvement).
- 70% of problems were reported as being completely or nearly solved (80-100% improvement).
- Some of the problems are viewed as incurable by Western medicine or require long-term medication to keep them under control.
- Improvements occurred in a very wide range of problems, both physical and emotional.
- Improvements frequently occurred in many different problems and symptoms simultaneously.
- People made many positive lifestyle changes while attending Rejuvenation.
- Improvements in health were accompanied by an increased sense of happiness, well-being, inner peace and relaxation.
- Less than 1% of all problems showed no improvement.
- Those who continued with Rejuvenation maintained their results long-term.

The original data are in a form that makes precise comparison between different clients' results difficult but overall trends stand out clearly. Clients consistently reported finding Rejuvenation highly effective in releasing stress-related problems and solving physical and emotional health problems for which they had been unable to find any other solution. They demonstrate that Rejuvenation offers a single approach to health and wellness that benefits many different kinds of problems.

Introduction

Overview

The purpose of this report is to provide an overview of the types of results that have been achieved with Rejuvenation in the areas of stress, physical health and emotional problems. It is based on an analysis of testimonials, interviews and questionnaires with Rejuvenation clients in five countries. It gives an indication of the extent to which clients feel they have solved their problems and their general level of satisfaction.

Rejuvenation

Rejuvenation is a system of natural healthcare, wellness and life education that provides people with life energy. It is based on the principle that the quality of a person's life energy determines the quality of their health, emotions and other aspects of life. It is generally used for multiple purposes including solving health and emotional problems, preventing sickness and promoting wellness, vitality and overall quality of life.

Clients usually attend group Rejuvenation Sessions on a regular basis. The frequency depends on the severity of their problems and the speed with which they want to achieve results - ranging from daily to once a week.

Rejuvenation was originated by Master Aiping Wang, who has been developing it for over 20 years. It has been constantly evolving throughout this period, with different names reflecting different stages of development. The current name 'Rejuvenation' has been used throughout this report for consistency.

The Database

The Academy of Potential Education houses a database of written and recorded testimonials, transcribed interviews and questionnaires carried out with 326 Rejuvenation clients in UK, USA, New Zealand, Croatia and Slovenia over the years 1990 to around 2003. It is estimated that tens of thousands of people may have participated in Rejuvenation during these years, so this group represents a small fraction of the total. However for the majority there are no written records and more recent records have not yet been organised in a database.

The database lists all of the problems mentioned by clients, which can be categorised as health problems, emotional problems, relationship problems and work problems. For this report the records have been analysed to assess to what extent each client solved their problems in the areas of physical and emotional health.

The Data

Client information was collected in different ways at different times and in different places. The main sources were:

- Detailed questionnaires
- Short questionnaires
- Brief summary testimonials
- Long personal testimonials
- Informal audio interviews
- Informal video interviews

Some clients provided detailed information through two or more of these methods. Other clients only provided a brief summary testimonial or an audio interview. Some clients reported at different times, representing different stages of improvement. In a few cases a relative reported on another family member, e.g. a child or husband.

Analysis

Stage 1

The database contains information about 326 people. The first stage of the analysis looked at the main reasons people came to Rejuvenation and the level of problems they presented. Clients were divided into two groups:

- Reported physical and/or emotional health problems for which other solutions had not worked
- Did not report any serious physical or emotional health problems

In total 1,462 health and emotional problems were mentioned by clients. These problems covered 162 different specific diseases and complaints.¹ Most clients reported multiple physical and emotional problems.

263 clients reported physical and emotional problems they had been unable to solve elsewhere (1,332 problems). Almost all had tried medicine and some had also tried various forms of complementary and alternative medicine as well. 65 clients did not report any serious physical or emotional health problems. They came for a variety of reasons which were not primarily health-related. These included (a) accompanying a family member, (b) professional interest and (c) personal interest. Although a few members of this group reported some minor health and emotional problems they generally talked little about health.

Stage 2

The second stage of the analysis focused on the 263 clients who reported physical and/or emotional health problems they had been unable to solve elsewhere. Each client's record was assessed for improvements resulting from attending Rejuvenation sessions. Each problem mentioned by a client was assigned to one of six categories.

- 100% solved
- Over 80% improved
- Over 40% improved
- Under 40% improved
- Not improved
- Not known
- Worse

Judgements had to be made for many problems, because clients did not necessarily express their improvements in terms of percentages.

¹ See list on p30.

On questionnaires clients gave percentages of improvement on a wide range of physical and emotional conditions. In interviews and recorded or written testimonials percentages were sometimes informally mentioned, e.g. "My digestion is 95% improved," but normally they described their level of improvement in words rather than numbers, e.g. 'My depression has completely disappeared but I still have some back pain.' In this case it was necessary to decide in which category to place them. The following criteria were used:

- If someone reported that their problem had completely disappeared or been solved it was judged '100% solved'.
- Where clients said that their problems were nearly solved or gave any percentage from 80-99% it was judged 'Over 80% improved'.
- Where clients said that the problem was much better or indicated a percentage improvement between 40 and 79% it was categorised as 'Over 40% improved'.
- Where clients said there was some or a little improvement, or gave a percentage under 40% it was described as 'Under 40% improved'.
- Where clients said there was no improvement it was categorized 'Not improved'.
- Where no information was given about the outcome in relation to a specific problem it was categorised 'not known'.
- Where a problem was described as being worse it was categorized 'Worse'.

Stage 3

The final stage of the analysis was to create a series of charts showing the numbers of clients at each level of improvement for a range of different diseases and problems. The following areas were looked at:

Summaries

- All health problems (physical and emotional combined)
- All physical health problems
- All emotional problems
- All stress-related problems (all emotional problems and some physical problems commonly associated with stress, eg high blood pressure, heart problems, digestion problems etc)

Key stress-related problems

- Insomnia
- Depression
- Addictions (coffee, cigarettes, alcohol and drugs)
- Tiredness/exhaustion
- Headaches/migraine
- Blood pressure problems (high and low blood pressure)
- Pain (any body pain)

Results

Distribution of Health Problems

Overall 1,462 health problems were reported by 326 people (average 4.48 problems per person). 127 people reported 1 - 2 problems. 101 people reported 3-5 problems. 71 people reported 6-9 problems. 26 people reported 10 - 20 problems. One person reported over 20 problems (23).

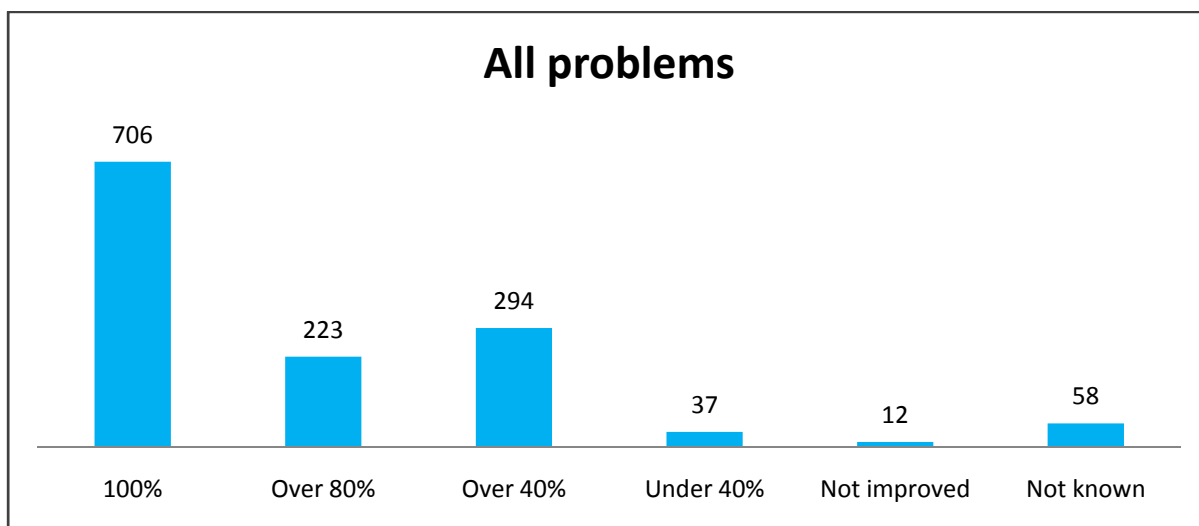
Of these 263 people reported that they had physical and/or emotional problems for which they not been able to find any solution (1,332 problems, average 5.06 per person). 65 people reported minor health problems, or none at all.

The group of people who reported more serious health problems consisted of 177 women and 86 men. The women reported 908 problems in total (average 5.13 per person). The men reported 424 problems (average 4.93 per person).

All the results described below refer to the group of 263 people who reported health and emotional problems that they had been unable to solve elsewhere.

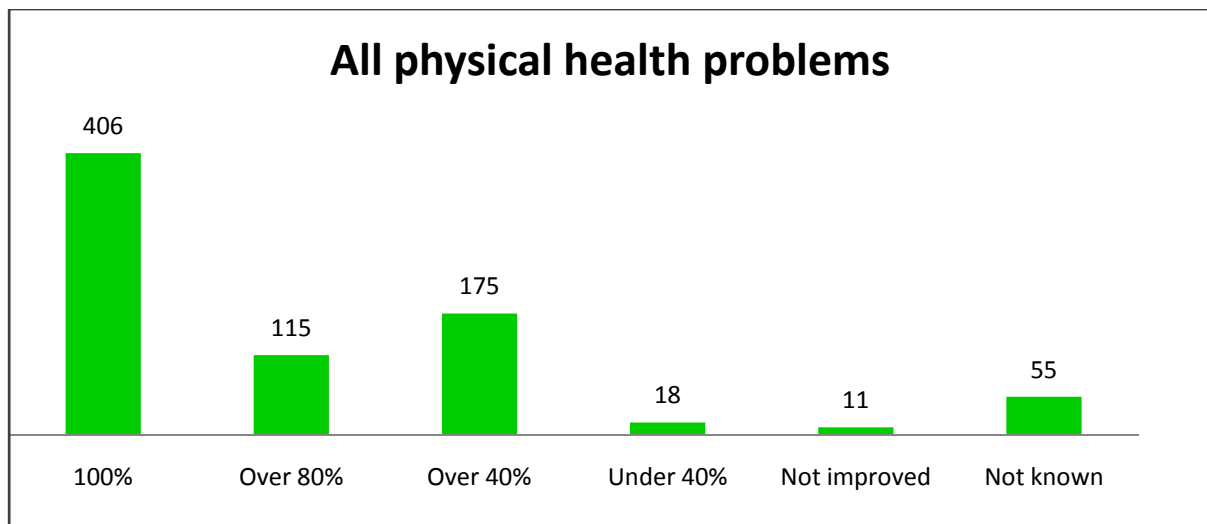
All Health Problems

Of all 1,332 health problems reported 706 (53%) were 100% solved. A further 223 problems (16.7%) were over 80% solved. 294 problems (22.1%) were more than 40% improved. 37 (2.8%) problems were less than 40% improved. 12 problems showed no improvement (0.9%). Results are not known for 58 problems (4.4%). 2 problems became worse (0.2%).



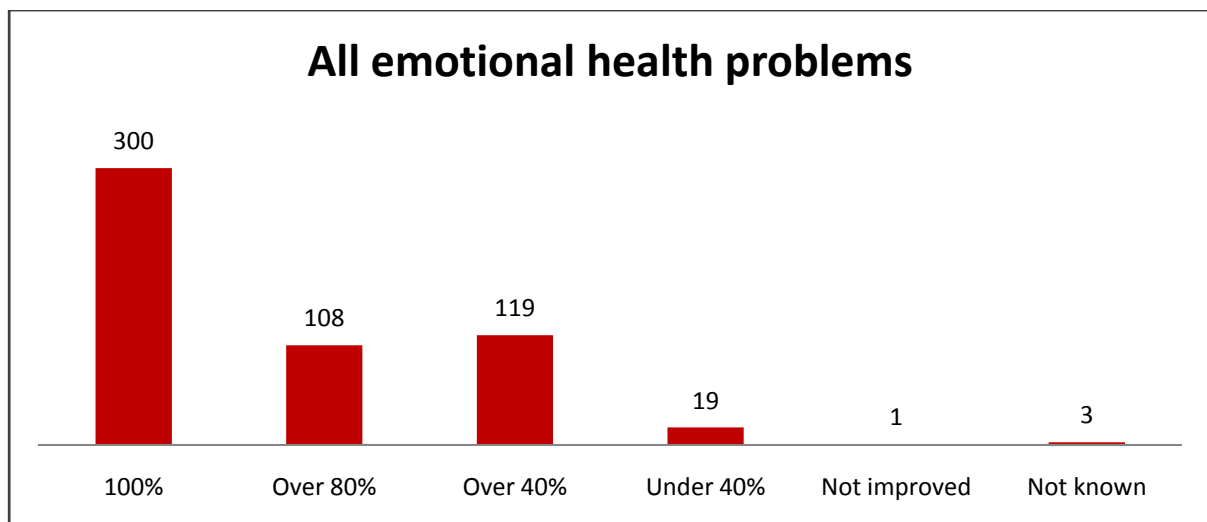
Physical Health Problems

In total 782 physical health problems were reported. This group includes all problems which can be described as primarily physical and having physical symptoms. It excludes emotional and psychological problems, stress and nervous problems. 406 of these were 100% solved (51.9%), 115 were over 80% solved (14.7%), 175 were over 40% improved (22.4%), 18 were less than 40% improved (2.3%), 11 showed no improvement (1.4%) and the outcome is not known for the remaining 55 (7%). 2 problems were reported worse (0.3%).



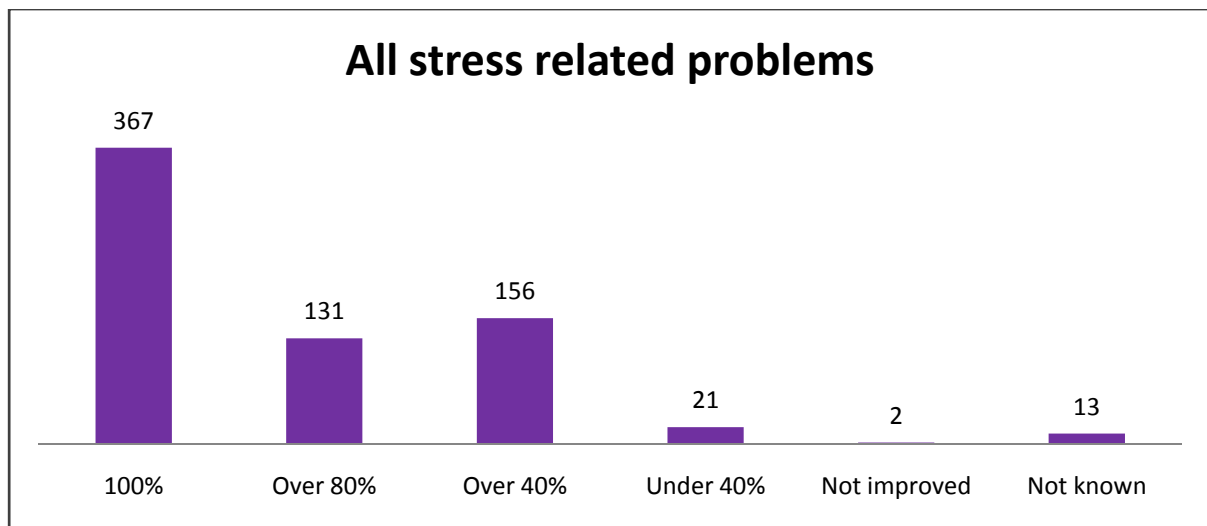
Emotional Problems

Of the 550 emotional problems reported 300 were 100% solved (54.5%), 108 were over 80% solved (19.6%), 119 improved (21.6%), 19 were less than 40% improved (3.5%), 1 showed no improvement (0.2%) and 3 are not known (0.5%).



Stress-Related Problems

Clients reported 691 problems that are commonly associated with stress, including physical problems such as irritable bowel syndrome, high blood pressure etc and a wide range of emotional problems. 367 were 100% solved (53.1%). 131 were over 80% solved (19%). 156 were over 40% improved (22.6%). 21 were under 40% improved (3%). 2 showed no improvement (0.3%) and the outcome of 13 is not known (1.9%). 1 problem was reported worse (0.1%).



Other Results

Throughout the entire database 12 problems were reported as not having improved and two were reported as having got worse. In each of these cases the client reported high levels of improvement in a number of other problems.

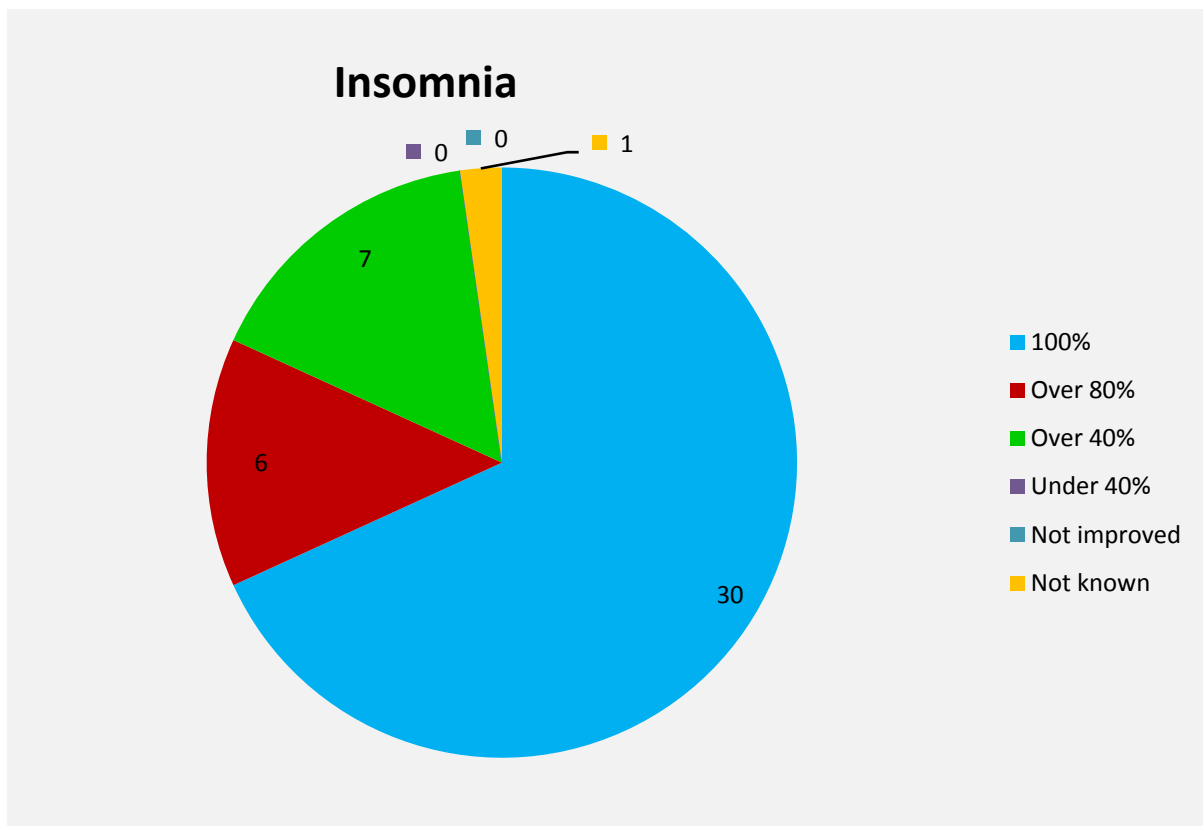
Difference Between Men And Women

On average women reported slightly more health problems than men (women averaged 5.13 per person, men averaged 4.93 per person). Men achieved better average results than women. An average of 3.79 problems reported by men were 80 - 100% solved, whereas women achieved an average of 3.36. Men reported an average of 0.79 problems and women 1.28 problems having been 40-79% improved. Further research is required to establish whether this is a general pattern, and if so for what reason.

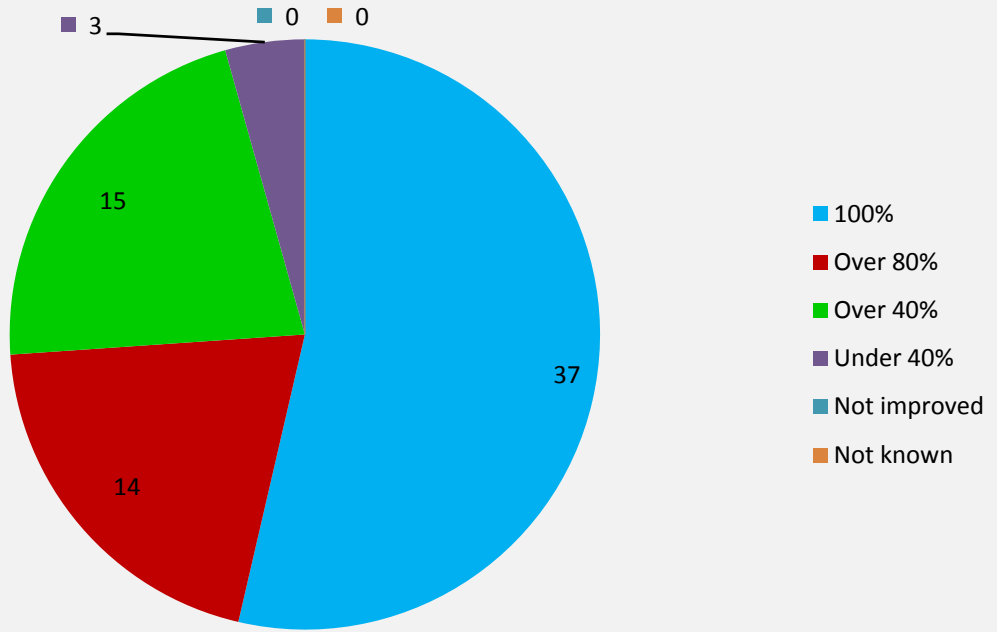
Individual Stress-Related Health Problems

The following charts show results across some of the most common stress-related health problems – insomnia, depression, digestive disorders, addictions (alcohol, coffee, cigarettes and drugs), tiredness/exhaustion, headaches/migraines, pain, high and low blood pressure and nervous problems. Over 50% of clients in each problem group achieved a 100% solution to their problem. 67% of people with insomnia and over 78% of people with addictions achieved a 100% solution.

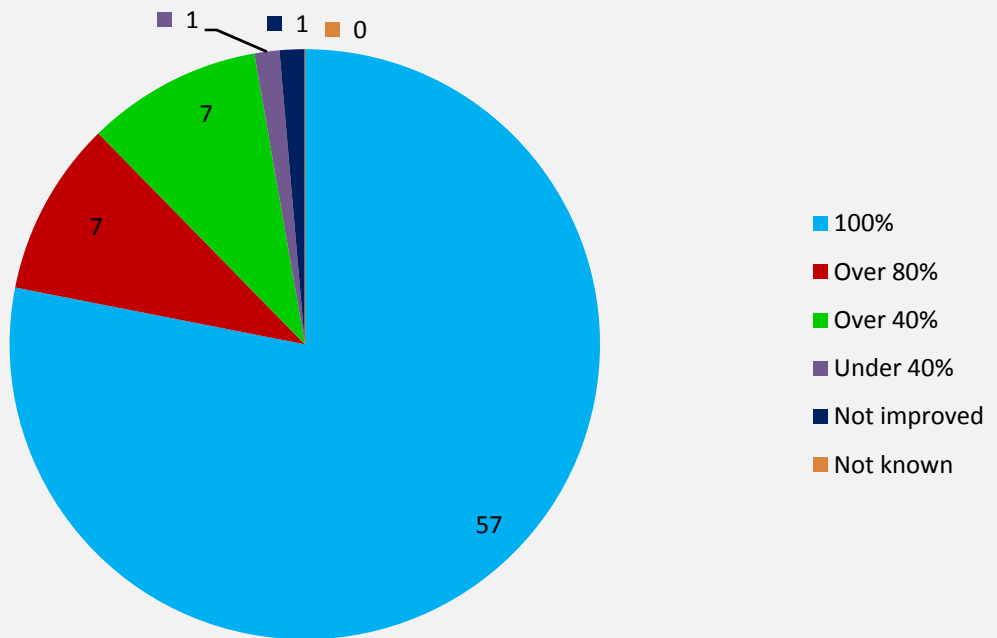
N.B. Numbers on the charts represent numbers of people who reported the problem in question.



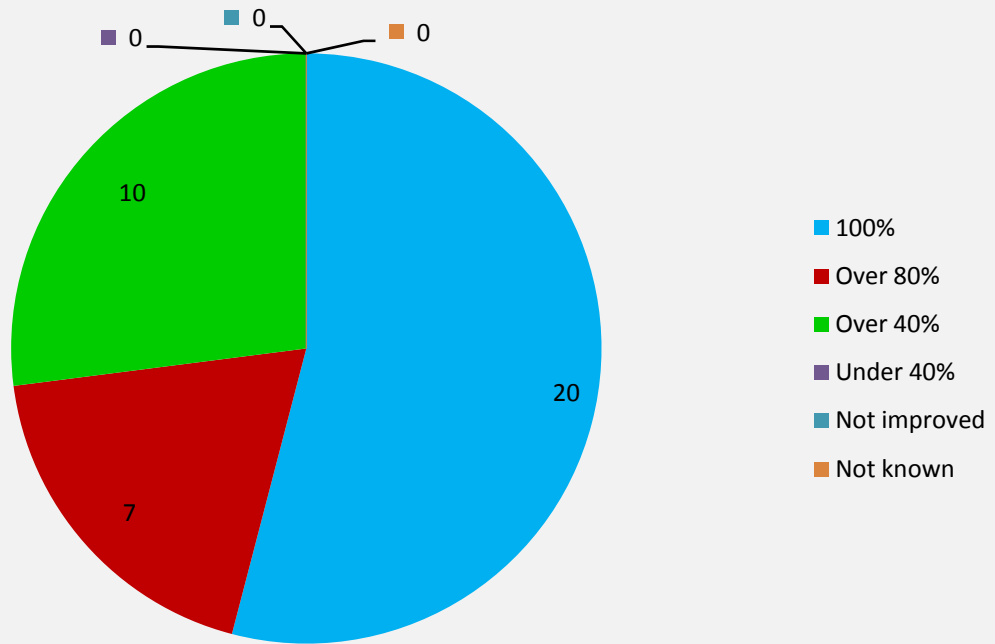
Depression



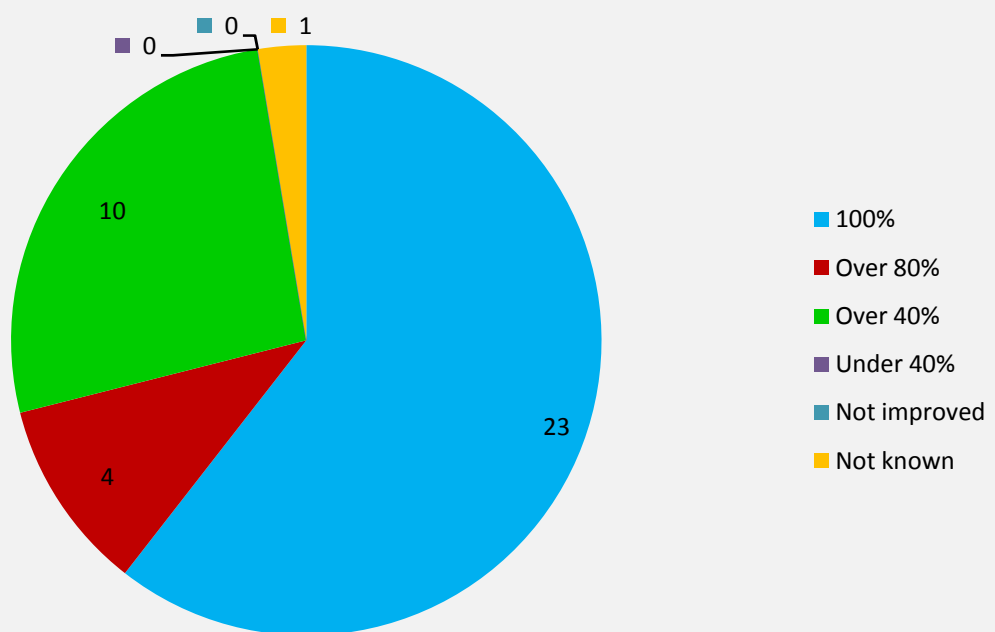
Addictions



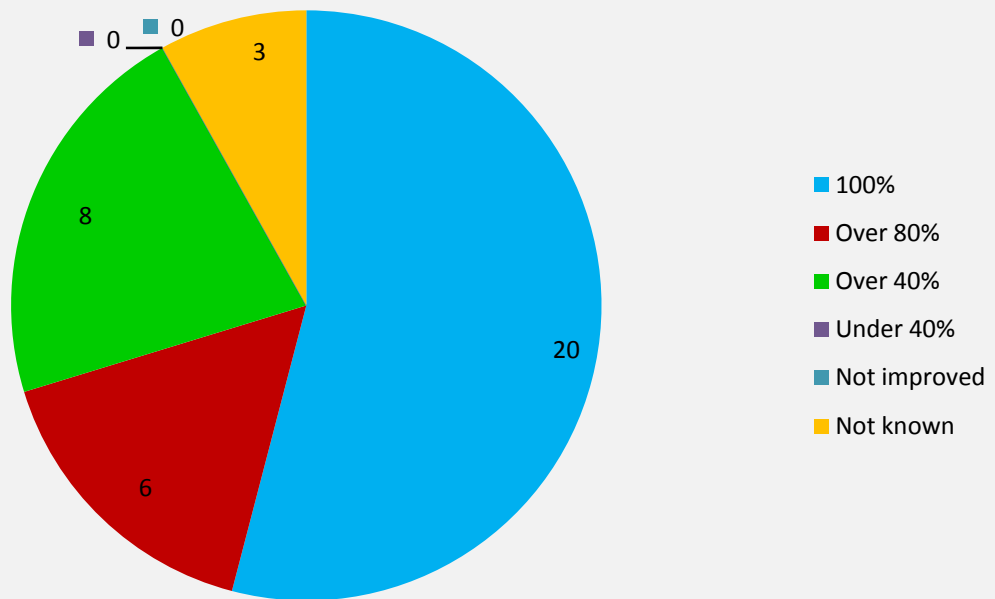
Tired/exhausted



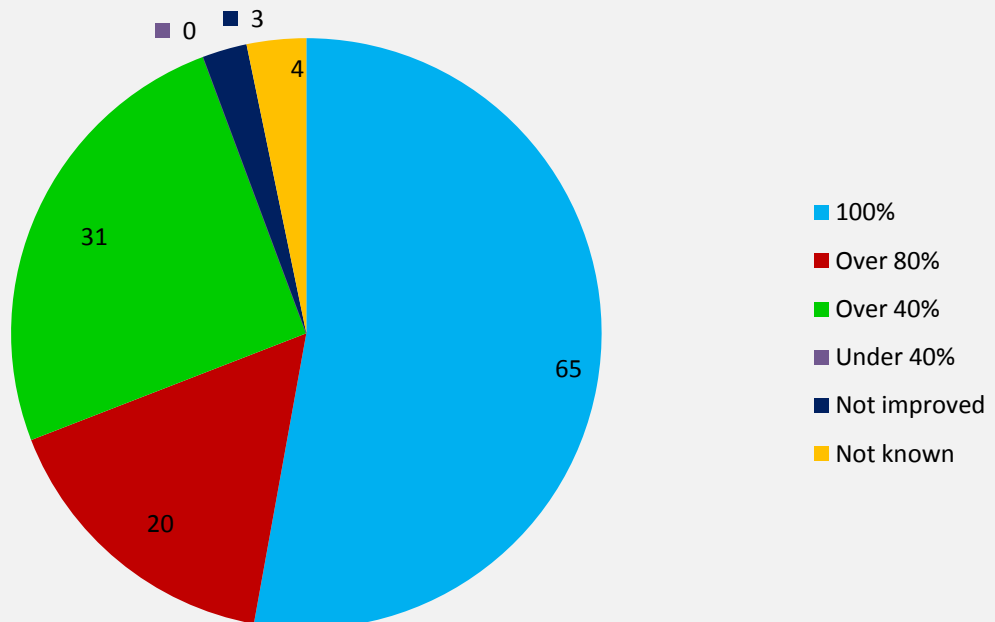
Headaches/migraine



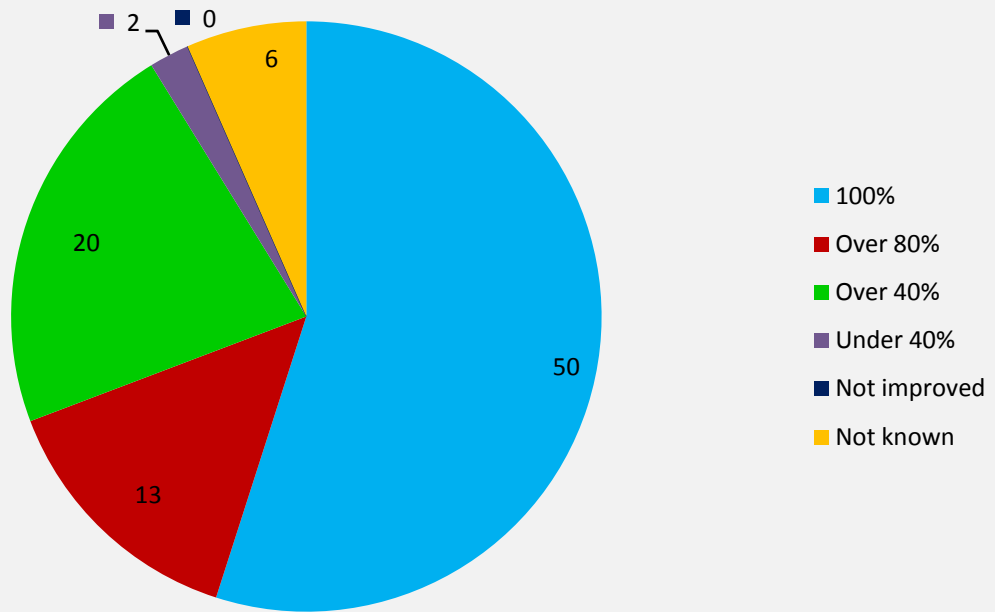
Blood pressure



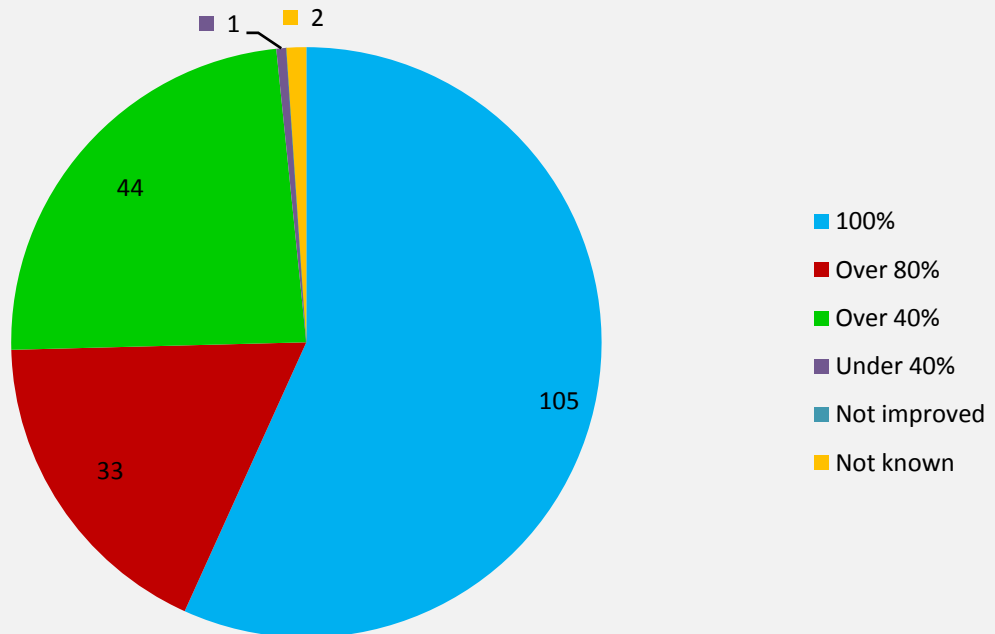
Pain



Digestive problems



Nervous problems





Observations

During the analysis of the testimonials and questionnaires certain themes and patterns emerged. In this section a series of observations is recorded that were made during the analysis. Each observation is followed by a typical quote from the testimonial database to illustrate the point. These observations should be researched systematically in the future to provide a fuller picture of the effects of Rejuvenation.

1.

People came to Rejuvenation for a wide variety of health reasons. There are many descriptions from people who had suffered for ten or more years with chronic health problems.

“I suffered spinal problems for about thirty years, and for over twenty years I've had problems with my stomach, digestion, kidneys, hips, and also my memory was very weak. I also felt tired too. No doctor could help me. I went to a Bioenergist who also couldn't help me.”

2.

Many people reported that Rejuvenation was the first thing that solved physical and emotional problems that their doctors had been unable to help them with. Some people had also tried various complementary and alternative health practices without success.

“About a year ago my oldest daughter developed a very bad chest infection and hadn't been able to get rid of it. She tried medicine, acupuncture, yoga, jogging, but it just had not gone away and she was depressed and unable to work on her master's thesis. She came here for three weeks, attended Rejuvenation sessions and since being back (at college – Ed.) she's better than she's ever been in her life. Her health is much better and she has all kinds of creative ideas for her thesis. She is really happy and enjoying life again.”

3.

Many people reported having taken many prescribed medicines, sometimes over a long period, with inevitable side effects. There is a tangible sense of relief expressed in many testimonials that it is possible to solve both physical and emotional health problems naturally.

“My wife is very much dependent on pills and all types of medication. She used to take three or four different types of pills on a daily basis. Recently she went on a few business trips and for the first time she didn't take medication while on a trip. It is pretty unbelievable considering that four weeks ago she was taking medication every day.”

4.

Many people reported no longer requiring medication once they had been doing Rejuvenation for a period.

“During these seven months I actually cured my gastritis. Before I was taking Gastal tablets, from 4-8 every day because I couldn't survive without them. After one month of Rejuvenation I simply felt I don't need them anymore. Now when I think of Gastal even though I sometimes have stomach pain I feel like vomiting. My circulation is much better. Before I had big wide veins and blue feet. They are not so blue any more and the veins are smaller. I was also taking Andol, 2 tablets for better circulation and I haven't taken it for five months now and my circulation is great. I had pressure in my head and my eyes became wet if I didn't take Andol for just one day. Now I don't feel any pressure, my eyes are not wet and I am not taking Andol. I will continue coming as long as I can. Regarding my blood sugar I was taking half a tablet daily and was on a diet and managed to keep it at 6-7 units. My blood sugar level is now stable and I am not taking tablets. What I want to say is that whatever I was taking - vitamins, Andol, Euglucon - I am not taking any more because I don't feel the need for them.”

5.

Different people took different lengths of time to respond to Rejuvenation and this was not directly connected with the severity of their problems. There are many reports of people with multiple health problems lasting many years who are completely, or almost completely healthy after two or three months.

“There are changes throughout my body, not just my joints. My skin became smoother, and my concentration is 100% better. I can think easily now. I know exactly what to say at a particular time to achieve my aim. I even know what other people think about me. I had some trouble with my gall bladder, but it's all gone. The same is true for my stomach and kidneys, and I have no more gastritis. My gynaecological problems have disappeared too.”

6.

People often got unexpected results, which appeared to happen automatically, easily and with no effort on the part of the client.

“I’d had a very hard year, working a lot, and I realized how tired I was and that I didn’t want to work as much. I had been drinking coffee in order to do all of my activities even though I knew it wasn’t good for me. I’d get a bad headache if I didn’t drink it and then if I did drink it I’d get a bad headache so I didn’t know what to do. When I started coming to Rejuvenation with my Mum it was within two sessions that I didn’t drink any caffeine at all and I didn’t feel bad or anything. It was very easy and that was really nice.”

7.

Many people give lists of symptoms and problems that appear to clear up almost as soon as they start Rejuvenation.

“Before Rejuvenation I had a lot of problems with my tonsils, frequent infections with very high fever – usually over 39oC. It would always come with an ear infection resulting in a heavy dose of penicillin or some other antibiotic. After Rejuvenation I immediately didn’t have any of those any more. It would occur at least twice a year with these heavy symptoms. Other than that it would be minor problems with my throat. As soon as I came to Rejuvenation all of those disappeared, I simply didn’t have any of them any more. Another thing was that I had a lot of problems with my stomach, basically a very irritable stomach. As I was a nervous person any emotional event would have an impact, like digestion problems and feeling heavy in the stomach. I was also in hospital because if I ate any heavier food I immediately got problems. So that was solved pretty quickly. In hospital they didn’t know what it was. I stayed there 10 days and they did research but they couldn’t discover anything. They just found an irritable stomach; they found that the acid levels were not ok. Also I had problems with food in general. I had to eat all the time, very regularly. I couldn’t eat sugar, too much sugar, because I would immediately feel very dizzy, or too little food and I would also feel dizzy and sick, like vomiting and headaches. After Rejuvenation really quickly I simply stopped having these symptoms.”

8.

There was a common pattern of fast improvement at the beginning followed by a longer period of stabilisation and establishment of good health.

"I was very dizzy all the time. I had so much pain all over my body - that was the first symptom. This happened after a drug overdose - speed. Then I tried to do something with Western medicine, but they couldn't help, and I realized that it wasn't possible to do all the checkups and exams in a short time. I would need a whole year to find out what was going on. I decided to do something for myself. I tried bioenergy, and nothing happened - I felt better during the treatment but after an hour or two I was the same again. When I'd tried everything else and nothing worked I started to attend Rejuvenation. My first session was a revolution - it completely changed my life. I was so exhausted that I could hardly get to the session. During the session I didn't feel anything special but afterwards I felt like an angel. I could run with no pain, no tiredness, nothing. My head was so clear, it was incredible. It took about 9 months to completely clean out the problem with my head, but during this 9 months I changed my life completely, and understood what life actually means."

9.

Other people took longer to achieve full health but many reports suggest that with persistence it was possible to achieve a high level of health, regardless of the starting point.

"Apart from other serious troubles and disturbances in the whole of my body (chronic gastritis, chronic inflammation of kidneys, chronic bronchitis, disturbances in the left circulation block, hemorrhoids, insomnia, lack of will, headaches and related), the main reason for my beginning Rejuvenation was because of my heart arrhythmia - I kept losing consciousness while walking or working. Several times I only came round just before falling down, and luckily prevented myself from falling by catching myself on my hands. At night I would wake up in a panic, suffocating, and the only position I could sleep in was lying on my right side. Because of that I went to the emergency room two or three times to get tranquillizers, which I didn't take because I felt worse after taking them for the first time. I am now in my 9th year of progress...I have eliminated all the above listed physical problems; my emotions are not so deep any more; I have released most of my fears and self-pity; I have become more determined, regained the will for life, got rid of almost all worry and deep thinking, improved my relationships with other people and obtained a new view on life and enjoyment in it."

10.

Many people suggested that improving emotional stability is inextricably linked with improving physical health. There are frequent descriptions of health improving as people became more peaceful and less emotional.

“Day by day you feel lighter, happier and more peaceful; you feel satisfied; you don’t feel sick on the inside any more. Before I felt really sick, like rotten from inside, like something was really wrong with me, but I didn’t know what; but after this releasing I felt it was going out and I was getting healthier day by day.”

11.

Many people came to Rejuvenation for one or two specific problems and ended up solving a whole range of problems.

“I originally came to Rejuvenation for help with my neck and my back. I was being treated by a chiropractor on a regular basis. Since I started Rejuvenation five months ago I have had significant improvement with my pain and have discontinued other treatment. I have also stopped taking all vitamins and medications, including aspirin, herbal laxatives, sleeping aids and hormones for menopause. My energy level has increased by 50%. The quality of my life is very much improved. I am no longer constantly depressed and I am learning to enjoy life and be happy.”

12.

Rejuvenation produced some highly exceptional results with diseases that are usually considered incurable.²

“At the age of 38 I was diagnosed with hepatitis C. I was always tired and exhausted. I had to quit work as I couldn’t walk more than 5 steps. I was very depressed. All my joints were constantly very painful. I had cramps in my feet. The doctors offered no hope of treatment 12 years ago for Hepatitis C. I took some vitamins and I prepared myself for a slow death. At the age of 41 I came to Rejuvenation and after 10 days I was able to sleep. After 1 ½ months I had much more energy. I could walk. I regained my concentration and my depression disappeared. Today I am working full time; I am very active physically and socially; I no longer have hepatitis C (confirmed medically - Ed.). I received no medical treatments other than Rejuvenation to cure my hepatitis C.”

² Two articles by Sarah McCrum and Alex Hankey report 7 examples of exceptional healing cases (2008a; 2008b).

13.

Many reports are by people who were employed or working although there is not enough data to analyse this specifically. It is clear that solving physical and emotional health problems had a positive effect on people's ability to function effectively at work.

"My menstruation problems were quite serious. The pain was so strong that I was practically nailed to the bed. At that time I was unable to eat or drink, I vomited all the time and suffered very much from painful cramps. The results showed up slowly, but continuously... My body now functions completely normally during the days of menstruation (I don't need sick leave any more) and I feel very fresh and relaxed. I gave up the painkillers right after I had started Rejuvenation. I haven't used any kind of medications ever since."

14.

Rejuvenation was used for prevention and health maintenance as well as cure. Many people reported making significant lifestyle changes, including giving up drinking coffee or smoking, making major changes to emotional behavior and attitudes and changing relationship and work-related behavior.

"I smoked cigarettes for 40 years (2 packs a day) and quit smoking after attending Rejuvenation sessions for three months. I am drinking one cup of coffee a day – down from approximately 10 cups a day. I have noticed a change in diet and am automatically eating healthier. The day-to-day duties of my occupation have not changed, however I am experiencing more enjoyment and peace and go about my day without stress."

15.

Many people reported that they enjoy attending Rejuvenation. Whilst initially approached as a therapeutic activity it became an experience of enjoyment and learning with longer-term attendance. Throughout the database clients report feeling much happier, more peaceful and more at ease with themselves than before.

"I've had severe depression, was on several types of anti-depressants for several years. I've stopped taking the anti-depressants. Friends say I'm happy all the time now; I don't have this dark outlook on everything. I'm very happy now. Physically I feel good all the time. Sometimes it scares me because I feel I want everything to happen so fast that I feel like maybe I'm shortening my life, because I'm looking forward to the next day and the next week so much, that I might be speeding everything up too much."

16.

Many people reported on improvements in relationships and work as well as health, but these were not included within the scope of this analysis. A future report will look in more detail at these changes.

"I used up all of my energy at work during the week, so on the weekends I had no energy left for my personal life with my wife and social activities. The quality of my life suffered and I began to be depressed. Since I attended Rejuvenation with my wife I was able to spend quality time with her and show her that I did have an intention to put effort into our marriage. We went through several arguments and discussions which eventually helped us realize how important we are to each other and how much we actually support each other."

17.

Everybody benefited from Rejuvenation. Overall less than one per cent of reported problems failed to improve, and even in these cases each client experienced high levels of benefit across a number of other problems.

"The biggest change is that I no longer get headaches everyday. I had been taking 2-8 aspirin daily since I was 15 years old. I never thought I would ever be able to stop taking aspirin or be free of headaches. I am now working through migraines. They started increasing in frequency once I quit taking aspirin. I never had them before. I think my body is going through withdrawal from the aspirin. I feel this problem will resolve itself with time. As I feel better physically I find I am more in touch with my natural rhythm. Each day I feel lighter and more confident."

18.

There was a strong contrast between people's experience of medicine and Rejuvenation. Whereas accumulating medical treatments often led to increasing complications, Rejuvenation provided a single approach which gradually eliminated problems.

"I was treated with very heavy medication. I was taking lots of hormones, receiving ACTH infusions and I was trembling because of all the infusions, just as if I was connected to electricity. I was swollen because of the hormones. To stop trembling, the doctors gave medication for calming me down, sedatives, and then I stopped shaking. Because the sedatives worked too much, the circulation in my head stopped and I was very dizzy. To improve my circulation they gave me Stugeron forte, which means they gave medication after medication. As soon as a symptom appeared, they gave me medication. This is how I was treated for 17 years. I was poisoned because of the medication. Beside that I had constant inflammation of the lungs and bronchi, I was sick all the time. I took lots of antibiotics, a whole cartload, I think. It turned out that I couldn't take any more medication this year. I couldn't even take half an Aspirin from Bayer any more. Automatically my body resisted that..."

...The only thing I was interested in was my weight, I didn't believe that anything else can be cured. I sat down and slowly I got interested in that. Eventually reactions started and I forgot that weight was my problem. I didn't realize when, but slowly I got into the process, I became interested in everything, and I got results – the symptoms of MS were reduced and I started to walk better and I was less dizzy. When you have MS you are dizzy (like drunk), you walk with difficulty, and you can't do anything. When I got a little better, I said to myself that it could get even better, so I continued. So I persisted to the end and I was completely cured. It took me one year to get completely cured."

19.

Overall it is clear that the health benefits of Rejuvenation have a major impact on a person's quality of life and result in significant changes of behavior, both physically and emotionally.

"I can now say that even during the most challenging times at home and this includes no sleep, a crying baby, a kitchen full of washing up and a partner working late most evenings, that I never fell back into depression, not once. I now use these techniques in every part of my life. With time, any challenge, any difficulty, is eventually turned into a positive learning experience as opposed to a problem I can't solve."

"I feel completely healthy and fit now. I have reached an inner peace. Sometimes I feel happy for no particular reason and I value this result almost more than the health I have gained."



Commentary

This study is based on a number of collections of data that vary in the extent to which they were systematic and comparable. Therefore this analysis provides an indication of key characteristics and results of Rejuvenation, along with suggestions for further research.

Whilst this is not a fully representative sample of clients, it can be characterised as a typical sample. Data were collected under different conditions in different groups, but it appears that in the majority of cases most clients in a particular group took part in the data collection, regardless of how long they had been participating in Rejuvenation sessions. It is therefore likely that other groups would show similar patterns of results.

The results are reported at different stages in people's participation in Rejuvenation. Since it is a system that is used for prevention and ongoing health maintenance as well as solving specific problems a single group sometimes contained people in their first or second session along with others who may have been participating for two years or longer. It was clear in cases where results were recorded at two different times for the same person that improvements continued to be made, as would be expected. Therefore the results reported here can be presumed to underestimate the level of final result where people continued to attend Rejuvenation sessions on a regular basis.

These results are self-reported. They indicate clearly how clients felt their health had changed and how they judged their own health. There are medical records to support client reports in some cases, and in some testimonials clients mention medical test results.

Data was collected in different ways with different people, so it is difficult to be precise in estimating improvements and comparing results. It appears that people tend to report slightly lower levels of improvement when asked to give a percentage rather than describing in words. For example someone might say 'My headaches have completely disappeared,' but if required to write a percentage improvement they would say 'My headaches are 95% improved'. In this analysis those two answers would have resulted in the former being categorized as '100% solved' and the latter being categorized as 'Over 80% solved'. However the differences are slight and in the real world of health the difference between 95% and 100% improvement is marginal compared to the problems that people had before. Therefore this analysis gives a good general indication of client outcomes and client satisfaction. Future research should aim to collect medical as well as self-reported data to provide more precise information.

Each record in the database shows all the problems mentioned by a particular client. For example a client with depression might also talk about stress, lack of concentration and tiredness. Each of these problems is listed for that client. Where a client had a specific disease, for example multiple sclerosis, the disease would be entered as well as any specific symptoms mentioned by the client, such as walking problems. At times this approach results in one client reporting a number of related conditions. It is clear from the testimonials that people rarely suffer from one isolated health problem.

There are medical records to support client reports in some cases, and in some testimonials clients mention medical test results. However these results are self-reported and should not be deemed to constitute medical information. However they give a very good indication of client satisfaction and of how clients themselves judge their own health.

Each record in the database shows all the problems mentioned by a particular client. For example a client with depression might also talk about stress, lack of concentration and tiredness. Each of these problems is listed for that client. If a client said, 'I was suffering from exhaustion. I was tired all the time,' they would be reported as having exhaustion and tiredness. If they did not mention tiredness it would not be reported. Where a client had a specific disease, for example multiple sclerosis, the disease would be entered as well as any specific symptoms mentioned by the client, such as walking problems. At times this approach results in one client reporting a number of similar conditions. However this has little effect on the overall results of the analysis. It is clear from the testimonials that people rarely suffer from one isolated health problem.



Conclusions

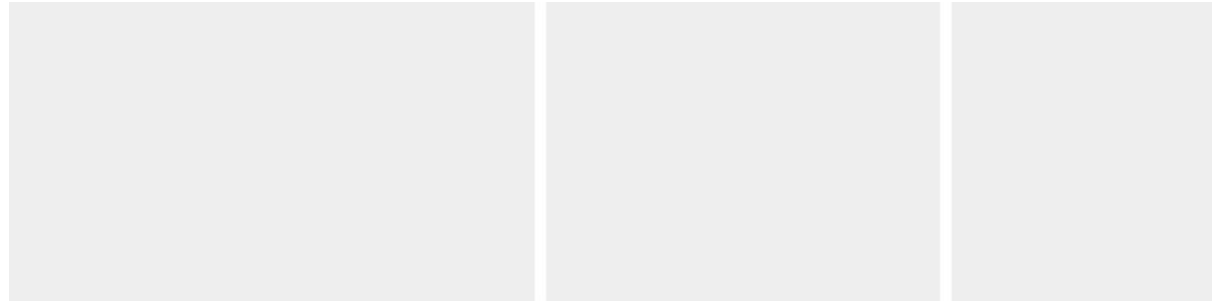
The main conclusions are formulated as a series of statements about Rejuvenation based on the above analysis of testimonials and questionnaires.

For 263 clients who had been unable to solve their health problems elsewhere:

- 1,332 physical and emotional health problems were reported.
- 53% of the problems were reported as completely solved (100%).
- 70% of the problems were reported as being completely or nearly solved (80-100%).
- Some of these problems are viewed as incurable by Western medicine or require long-term medication to keep them under control.
- Improvements occurred in a very wide range of problems, both physical and emotional.
- Improvements frequently occurred in many different problems and symptoms simultaneously.
- People made many positive lifestyle changes while attending Rejuvenation.
- Improvements in health were accompanied by an increased sense of happiness, well-being, inner peace and relaxation.
- Less than 1% of all problems showed no improvement.
- Those who continued with Rejuvenation maintained their results long-term.

The original data are in a form that makes precise comparison between different clients' results difficult. Further research should be carried out on Rejuvenation to provide more detailed information on client results and to test the observations listed in this report. Rejuvenation should also be compared with other medical and alternative approaches to healthcare, both curative and preventative, to assess its cost effectiveness and its effect on overall quality of life.

Overall trends stand out clearly from this analysis. Clients consistently reported finding Rejuvenation highly effective in releasing stress-related problems and solving physical and emotional health problems for which they had been unable to find any other solution. They demonstrate that Rejuvenation offers a single approach to health and wellness that benefits many different kinds of problems.



References

McCrum, S., & Hankey, A. (2008a). Rejuvenation – A system of energy healing - Case studies 1. Submitted to The Journal of Alternative and Complementary Medicine .

McCrum, S., & Hankey, A. (2008b). Rejuvenation - A system of energy healing - Case studies 2. Submitted to The Journal of Alternative and Complementary Medicine .

List of Reported Diseases and Health Problems

Legend

- A** - 100% solved
- B** - Over 80% improved
- C** - Over 40% improved
- D** - Under 40% improved
- E** - Not improved
- F** - Not known
- G** - Worse
- T** - Total

all problems ³	A	B	C	D	E	F	G	T
Agoraphobia	1	0	2	0	0	0	0	3
AIDS/HIV	0	0	1	0	0	1	0	2
Alcohol	11	1	0	0	0	0	0	12
Allergies	6	3	6	0	0	0	0	15
Alopecia Areata	0	0	1	0	0	0	0	1
Anemia	2	0	1	0	0	1	0	4
Anger	7	11	5	3	0	0	0	26
Angina pectoris	4	1	2	0	0	0	0	7
Anxiety	2	5	3	3	0	0	0	13
Appendicitis	1	0	0	0	0	0	0	1
Appetite problems	2	1	1	0	0	1	0	5
Artery problems	0	0	0	0	0	1	0	1
Arthritis	2	3	2	1	0	1	0	9
Asthma	4	1	0	0	0	0	0	5
Athlete's Foot	0	0	1	0	0	0	0	1
Atresia valvulae tricuspidalis IC	1	0	0	0	0	0	0	1
Back injury	0	0	1	0	0	0	0	1
Bed wetting	1	0	0	0	0	0	0	1
Bipolar Disorder (Manic Depression)	1	1	0	0	0	0	0	2
Bladder infection	6	0	3	0	0	1	0	10
Blindness	1	0	0	1	0	0	0	2
Blood in urine	3	0	0	0	0	0	0	3
Blood pressure - high	17	5	7	0	0	3	0	32

³ A few problems are not identified on this list.

all problems ⁴	A	B	C	D	E	F	G	T
Blood pressure - low	3	1	1	0	0	0	0	5
Borderline personality	1	0	0	0	0	0	0	1
Bowel problems	4	0	1	0	0	0	0	5
Bronchitis	9	2	0	0	0	0	0	11
Bulimia nervosa	2	1	2	0	0	0	0	5
Burned out	1	0	1	0	0	0	0	2
Cancer - appendix	1	0	0	0	0	0	0	1
Cancer - bladder	1	0	0	0	0	0	0	1
Cancer - bone	0	0	0	1	0	1	0	2
Cancer - breast	0	0	1	0	0	0	0	1
Cancer - large intestine	1	0	0	0	0	0	0	1
Cancer - lung	1	0	1	0	0	0	0	2
Cancer - other	1	1	1	0	1	3	0	7
Cancer - prostate	1	0	0	0	0	0	0	1
Cancer - skin	0	0	0	0	0	1	0	1
Cardial insufficiency	1	0	0	0	0	0	0	1
Cerebral Palsy	0	0	1	0	0	0	0	1
Chronic Fatigue Syndrome	0	1	2	1	0	0	0	4
Cigarettes	19	1	2	0	0	0	0	22
Circulation problems	4	5	9	1	1	1	0	21
Climactery problems	4	0	2	0	0	1	0	7
Coffee	17	5	5	1	1	0	0	29
Confusion	3	1	1	0	0	0	0	5
Constipation	2	1	1	0	0	0	0	4
Crohn's Disease	1	0	0	0	0	1	0	2
Cyst - womb	1	1	1	0	0	0	0	3
Cysts	5	2	1	0	0	0	0	8
Deafness	1	1	1	0	0	1	0	4
Depression	37	14	15	3	0	0	0	69
Dermatomyositis	1	0	0	0	0	0	0	1
Diabetes	2	3	2	0	0	0	0	7
Diarrhea	2	0	0	0	0	0	0	2
Digestion problems	8	5	5	0	0	0	0	18

⁴ A few problems are not identified on this list.

all problems ⁵	A	B	C	D	E	F	G	T
Dissatisfaction	5	2	3	1	0	0	0	11
Down Syndrome	0	0	0	0	0	1	0	1
Drugs	10	0	0	0	0	0	0	10
Ear problems	6	1	1	1	0	1	0	10
Emotional	6	9	6	1	0	1	0	23
Exhaustion	11	4	2	0	0	0	0	17
Eye problems	5	1	2	0	0	1	0	9
Fatigue	2	2	0	0	0	0	0	4
Fears	17	9	8	1	0	0	0	35
Fibroadenomy	1	0	0	0	0	0	0	1
Fibroid tumour	1	0	0	0	0	0	0	1
Fibromialgia	0	0	1	0	0	0	0	1
Fungal infection	5	1	0	1	0	0	0	7
Gallbladder stones	5	2	1	0	0	0	0	8
Gastritis	9	2	2	0	0	0	0	13
Glaucoma	1	0	0	0	0	0	0	1
Gum problems	1	2	3	2	0	0	0	8
Haemorrhage - brain	0	0	1	0	0	0	0	1
Head injury	1	1	0	0	0	0	0	2
Headache	18	2	8	0	0	0	0	28
Heart attack	3	1	1	0	0	0	0	5
Heart problems	16	4	6	0	0	2	0	28
Hemorrhoids	6	1	0	2	0	0	0	9
Hepatitis C	1	1	0	0	0	1	0	3
High cholesterol	2	1	1	0	0	1	0	5
Hodgkins Lymphoma	0	0	1	0	0	0	0	1
Hole in the heart	2	0	0	0	0	0	0	2
Hopelessness	11	2	2	1	0	0	0	16
Incontinence	1	0	0	0	0	0	0	1
Infertility	4	0	0	0	1	0	0	5
Insomnia	30	6	7	0	0	1	0	44
Irritable bowel syndrome	2	0	2	0	0	0	0	4
Kidney - sand	2	1	0	0	0	1	0	4

⁵ A few problems are not identified on this list.

all problems ⁶	A	B	C	D	E	F	G	T
Kidney infections	5	0	0	0	0	2	0	7
Kidney problems	20	1	5	0	0	0	0	26
Kidney stones	3	0	0	0	0	2	0	5
Knee problem	1	2	1	0	0	0	0	4
Lack of concentration	9	2	2	0	0	0	0	13
Leukaemia	0	0	0	0	0	1	0	1
Liver problems	8	3	6	0	0	1	0	18
Liver transplantation	1	0	0	0	0	0	0	1
lumbago	0	1	0	0	0	0	0	1
Lung problems	4	2	2	0	0	0	0	8
Lymph problems	1	0	0	0	0	0	0	1
Memory problems	0	2	2	0	0	1	0	5
Meningitis	2	0	0	0	0	0	0	2
Menstruation problems	15	1	5	0	0	0	0	21
Migraine	5	2	2	0	0	1	1	11
Miocarditis	1	0	0	0	0	0	0	1
Multiple Sclerosis	1	1	1	0	0	0	0	3
Myome	0	0	0	0	1	0	0	1
Nausea	3	1	0	0	0	0	0	4
Neck problems	2	2	4	0	0	0	0	8
Nervousness	23	9	10	0	0	0	0	42
Nightmares	3	0	0	0	0	0	0	3
No inner peace	3	3	1	1	0	0	0	8
Nose bleeds	1	0	0	0	0	0	0	1
Osteoporosis	1	0	0	0	0	1	0	2
Pain - arm	7	2	2	0	0	0	0	11
Pain - body	2	2	2	0	0	0	0	6
Pain - bone	2	2	0	0	0	0	0	4
Pain - hip	2	2	0	0	0	0	0	4
Pain - joints	5	2	2	0	0	0	0	9
Pain - knee	3	1	1	0	1	0	0	6
Pain - leg	10	1	6	0	2	1	0	20
Pain - muscle	2	0	1	0	0	0	0	3

⁶ A few problems are not identified on this list.

all problems ⁷	A	B	C	D	E	F	G	T
Pain - spine	22	5	10	0	0	1	0	38
Pain - stomach	10	3	7	0	0	2	0	22
Panic attacks	3	1	0	1	0	0	0	5
Paralysis - left side	1	0	1	0	0	0	0	2
Peanut allergy	1	0	0	0	0	0	0	1
Pessimism	0	0	1	0	0	0	0	1
Pneumonia	2	0	0	0	0	0	0	2
Prescribed drugs	22	0	1	0	0	0	0	23
Prostate Diseases	1	0	2	0	0	1	0	4
Psoriasis	1	1	3	0	0	0	0	5
Psychological problems	7	2	4	0	0	0	0	13
Rheumatoid arthritis	4	1	2	0	0	0	0	7
Sacroilitis	0	0	1	0	0	0	0	1
Sadness	7	3	6	0	0	0	0	16
Sciatica	1	0	0	0	0	0	0	1
Schizophrenia	1	0	2	0	0	0	0	3
Scoliosis	1	0	0	0	0	0	0	1
Sight problems	3	1	7	5	3	0	1	20
Sinus problems	0	1	3	0	0	0	0	4
Skin problems	4	7	2	0	0	0	0	13
Spondilosis	0	0	0	0	0	1	0	1
Sports injuries	2	1	0	0	0	0	0	3
Stomach ulcer	1	0	0	0	0	1	0	2
Stress	7	6	12	3	0	0	0	28
Stroke	1	0	0	0	0	0	0	1
Stutter	1	0	0	0	0	0	0	1
TB	0	0	0	0	0	1	0	1
Tetralogy of Fallot	1	0	0	0	0	0	0	1
Throat	5	2	1	0	0	1	0	9
Thrombosis	2	0	0	0	0	1	0	3
Thyroid gland problems	9	1	2	0	0	2	0	14
Tiredness	7	1	8	0	0	0	0	16
Tumour – breast	1	0	1	0	0	0	0	2

⁷ A few problems are not identified on this list.

all problems ⁸	A	B	C	D	E	F	G	T
Tumour - neck	0	0	0	0	0	1	0	1
Ulcerative colitis	2	0	1	0	0	1	0	4
Urine in joints	1	0	0	0	0	0	0	1
Varicose veins	0	1	1	0	0	0	0	2
Vertigo	2	0	0	0	0	0	0	2
Walking problems	7	2	6	0	0	2	0	17
Weight problem	8	1	2	1	1	2	0	15

⁸ A few problems are not identified on this list.