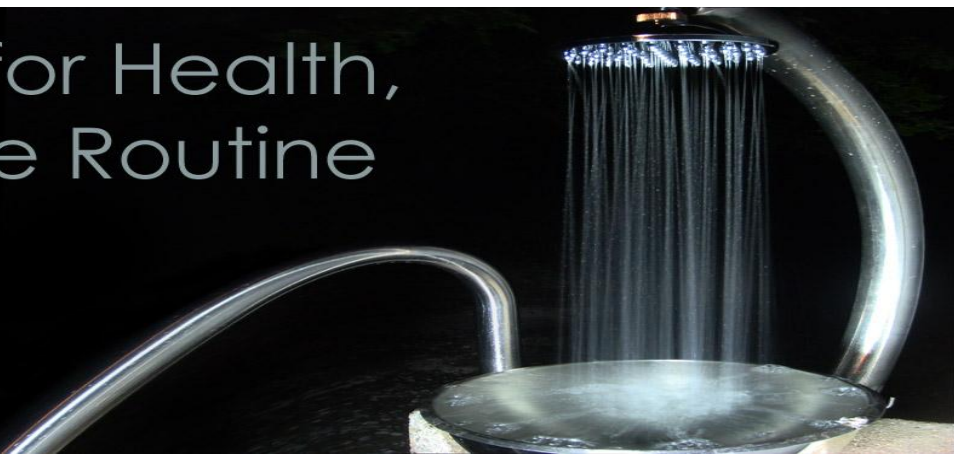


A Gesture for Health, a Discharge Routine

EHS Refuge Zone



A Gesture for Health, a Discharge Routine

A vital necessity for human beings whose organism is completely bio-electromagnetic

Electrical exchanges are the basis of all our vital functions. In human biology these can all be measured (heart 0.1 mA, brain 10 mA par m², etc). When we die these electrical exchanges stop, leaving the electro-encephalogram flat.

It's essential to realise that all our senses - vision, smell, etc - and also our thoughts arise from the electrical impulses of the nervous system. The problem nowadays is that these electrical communications are being disturbed by radiation in the microwave spectrum, something that has never happened before since the creation of humanity, because this type of radiation does not exist in nature.

This has serious consequences for all species, including the human.

Electromagnetic fields (EMFs) exist in two broad categories: natural EMFs from 24-70 μ T (in continuous fields so that they do not cause any induction in conducting materials), which are at the origin of life and essential for it; and artificial EMFs, which are, make no mistake about it, the most serious environmental pollution humanity has ever known and which threaten the future of every species in the short term. In fact it can be observed already that most winged creatures of millimetre or centimetre scale (birds, bees, insects, etc) are gradually disappearing or have already disappeared, in more or less general indifference! As an example, ten years ago on a drive from Lyon to Marseille one had to clean off the windscreen at least twice, whereas after the same journey this year the windscreen was clean! And for the smaller birds, one only has to look around to see that there are very few left.

The fact is that in the last 10 years or so this new very damaging artificial electromagnetic environment created by wireless frequencies (HF microwaves) has been influencing the electrical functions that occur naturally in the metabolic processes of all living things, including the electrochemical potentials of cell membranes. Basically this radiation induces electrical currents in the organism that interfere with the natural ones. This is a form of insidious ongoing electrocution.

All living tissues (human, animal and vegetable) absorb part of the energy generated by the artificial HF electromagnetic fields that cause this environmental pollution, which has damaging effects on cellular processes. This weakens the metabolism of those who are well, and for those who are already in poor health or elderly it aggravates their [pathologies](#) and can even cause premature death.

The mechanisms governing the absorption of EM radiation are different depending on the frequencies and the dose received (ratio of power intensity to time of exposure). [These cellular mechanisms have been described precisely by Dr Richard Gautier.](#)

These energy impacts always provoke in the end a rise in temperature (the thermic effect) as well as non-thermic effects which cause pathological disturbance, reversible or irreversible, via processes described scientifically in the [Microwave Syndrome](#).

A gesture for health, a discharge routine: why is it needed?

Until now humanity has never been faced with artificial radiation, but during the last few years there has been an [exponential increase](#) in this new environmental pollution, and of the worst kind: that from HF microwaves, which makes our whole environment hostile to living beings.

The artificial irradiation from LF and HF induces superficial charges in the body, according to the wavelength and power intensity, which circulate within the body towards the earth. This interaction also creates repeating electrical flows called Foucault currents, which result from magnetic induction. [\[more info in Wikipedia\]](#)

The discharge routine is a salutary health gesture that makes it possible for the body to rid itself, temporarily or permanently, of this invasive disturbance.

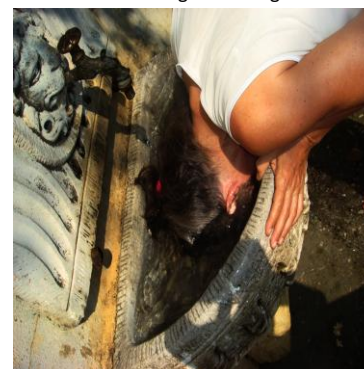
There are many discharge routines, more or less effective, the simplest and most effective being walking barefoot. Those who do this habitually, as in Africa, do not have any neuro-degenerative pathologies such as multiple sclerosis.

It was Dr Jean-Pierre Maschi who was the first to highlight this slow and progressive electrocution of the human body that plays a primary role in so-called 'diseases of civilisation' such as rheumatic, cardiac and neurological conditions, in particular multiple sclerosis. Starting in 1967 he perfected a therapeutic method and started using it to treat people with rheumatic problems and multiple sclerosis. The results surpassed his greatest hopes and thousands of patients were helped.



An EHS child using a discharge routine

For this exceptional pioneer, it was at this time that his problems started. Since his methods did not fit into the establishment mould and were a challenge to the medical world at the time, the Ordre de Médecins rejected him for life in November 1968. It took almost 20 years for the evidence to be accepted! In March 1990, it was President François Mitterrand who amnestied him and President Jacques Chirac who reinstated him in February 2002.



EHS making the most of a salutary discharge routine

For some years now Dr Roger Santini and Next-up Organisation have been studying various discharge routines, and during the last year real-life tests in the EHS Refuge Zone (France) have made it possible to construct and refine an effective discharge unit that provides immediate relief for the EHS.

Next-up thanks those whose gifts to the organisation have enabled us to produce this discharge unit.

A further restorative method at a cellular level will be available when [a production unit for hexagonal water](#) in quantity is operational.



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Photos Olivier Hahn

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