

# AKOM

NATUROPATHIC.  
ALTERNATIVE.  
INTEGRATIVE.

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YOUR SPECIALIST MAGAZINE FOR APPLIED COMPLEMENTARY MEDICINE

"Everything flows" vs "too much poison"

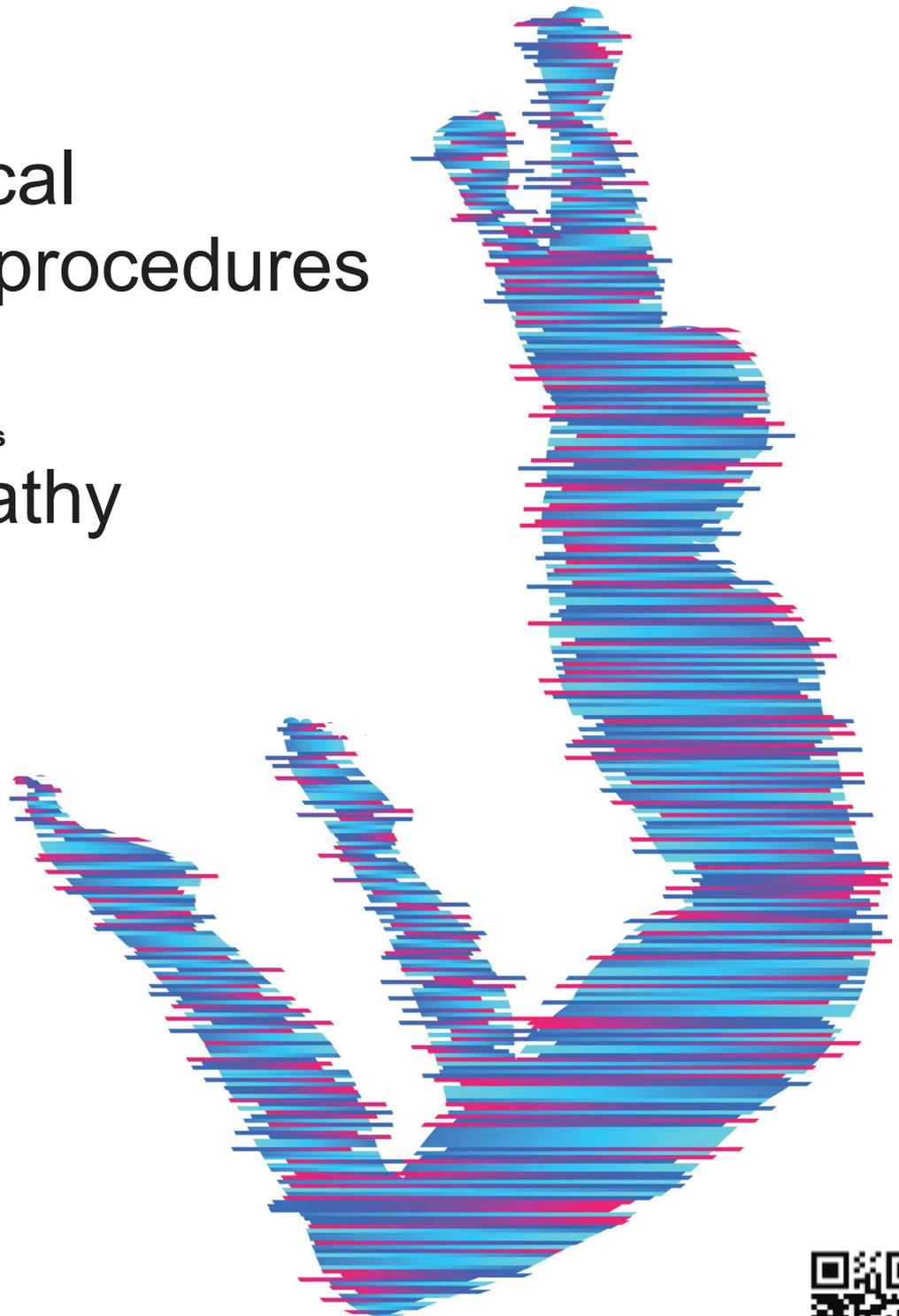
## Cleansing and detoxification

The Biofield Test

Biophysical  
Therapy procedures

Menopausal symptoms

Homeopathy





# Natural-acoustic keycodes for a therapy of the future

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Frequency therapy I  
HFT® – a new direction in medicine



Photo: ePixsooz - Fotolia.com

### Dr. Lutz Baumbach

Strictly speaking, this new direction started back in the 1980s to 1990s with a major technical innovation that caused a sensation and received a great deal of attention in the press<sup>1</sup> and media at the time. The East German engineer and tinkerer Rudolf Mechow<sup>2</sup> developed technologically generated omni-directional sound waves. With this he laid the cornerstone for Holographic Frequency Therapy (HFT) a technique developed many years later by Brachaus Mechow<sup>®3</sup>.

This technical innovation was so electrifying at the time, because until then, and even today, a principle based on sound waves that has no relation with our natural acoustic imprint and that may even potentially cause physical damage was being used. As a developer and manufacturer of amplifiers, Mechow did not shy away from the question of why conventional acoustic systems often appeared so loud that many people found them disturbing and the emanating sound pressure physically unpleasant. We do not experience these acoustic stresses when we are outdoors in nature – quite to the contrary, we feel comfortable and relaxed.

- 1 <http://www.spiegel.de/spiegel/print/d-9186741.html> Hi-Fi Rundum schön, Ausgabe [Beautiful all around, issue] 23/1995
- 2 [www.rudolf-mechow.com](http://www.rudolf-mechow.com)
- 3 [www.klanggesund.com](http://www.klanggesund.com)

## Frequency therapy



- 1 Excitation point at 12-15% of direct sound waves, mechanical excitation of the side and ultimately the whole body. All frequencies spread from one point simultaneously in all directions. The body of the violin, propagates sound waves indirectly and directly and disperses them at 360° angles. Sound is generated by exciting air molecules within a given space: the birth of omni-directional sound waves. (Graphic: Brachaus-Mechow / Photo: Shutterstock 113049718)

Building on years of decoding the physical laws of natural acoustics, Mechow tinkered with a technology until he succeeded in reproducing all physical natural-acoustic parameters with a geometric body<sup>4</sup>. Mechow roughly defined the following laws of natural acoustics:

- ▶ Natural sound waves always propagate as spherical shapes and are explosive.
- ▶ They only contain an approximate 12-15% direct sound wave component, which is sufficient for human spatial orientation. (In comparison: a conventional amplifier functionally emits a 100% directional direct sound wave).
- ▶ A sound engineer considers all other sound wave components as "indirect sound waves", which result from "direct deflections" (see diagram).
- ▶ Natural sounds consist of everything that is generated without the use of technology such as amplification and reproduction. This includes all of nature's sounds and noises, but also our voices and the sounds of natural musical instruments, such as the violin.

<sup>4</sup> German Patent- and Trademark Office IPC: H04R 1/32

- ▶ Natural sounds always consist of spectra
- ▶ They are triggered by a mechanical impulses, e.g. the bow stroke on the strings of a violin. This causes all frequencies to propagate from one single point in all directions at the same time. All produces a molecular harmonic wave. When this happens, molecules start to vibrate in a vertical plane, which is reflected in the horizontal plane (sine wave).

This original invention represents the beginnings of a completely new acoustic emission principle of amplifier systems and their ensuing effects. Rudolf Mechow marketed the concept. He was astonished by the feedback he received from users. His clients spoke, for example, of increased well-being, a gradual stalling of chronic diseases and improved hearing. It was not until many years later, after meeting his current wife, Kerstin Brachaus-Mechow, a music therapist and nature lover, who possessed a life-long practical experience of the issue, that he began to explore this phenomenon.

## Researching as a couple

They joined forces to address the question of why technologically generated omni-directional sound waves exert this positive effect on all biological systems.

They knew that audio holography, which can only be generated by emissions from two sphere shaped amplifiers, is a decisive factor for the response of cells to sound coming from all directions.



- 2 Harmonic waves cancel out interference fields. (Source: Mopic/Christian Vierus)



- 3 Newton's pendulum (Source: Brachaus-Mechow / shutterstock\_731084743)

## Give the body time

The challenge in the current industrial era, of course, is to be prepared to give the body this time. While medicine today mainly uses pharmacological agents and surgery to respond to a variety of symptoms and diseases in order to eliminate physical "problems" as quickly as possible, holographic frequency therapy relies on the following parameters:

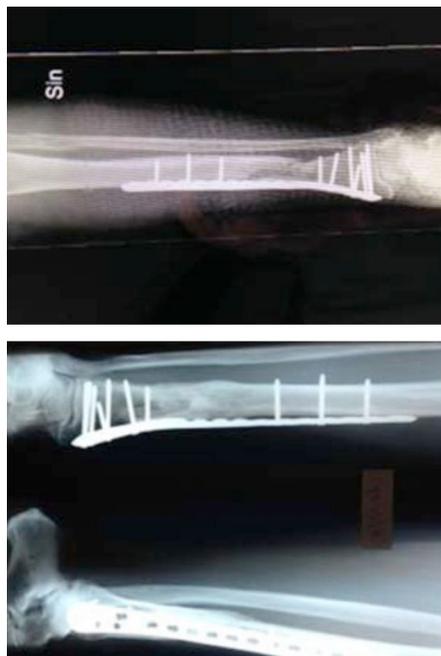
1. Audio-Holography with an in-phase frequency spectrum. (This requires further development of specific technical prerequisites that are unlike any of the conventional technological components used in industry)

2. Depending on the indication, one:
  - a. selective,
  - b. local or
  - c. application of sound waves to the whole body.
3. Depending on the indication, regular use.

By way of example: The case of a patient with a fracture which failed to heal (a frequently encountered problem in older people). A weekly 30-minute application of sound waves at the site of the fracture activated the body's own healing powers to such an extent that the bone finally knitted together.

### Nature as a teacher

The effects of natural sounds on molecular energy have been researched and substantiated not only by Mechow and his wife but also by many users over the years. Over the years, the development and application of HFT®, formerly known as natural sound therapy, has enabled both forms of therapy to establish ever more precise scientific foundations and successes. An increasing number of medical doctors and therapists such as alternative practitioners, physiotherapists, ENT-specialists and psychologists participated in these seminars, which opened up the biophysical, scientific applications of this method and provided additional exciting insights.



3 Initiation of healing by HFT® of a fracture in a 76-year-old female patient. (Source: Dr. L. Baumbach)

Many years of application for a large range of indications have confirmed that HFT® does not damage biological systems that are intrinsic to the body, such as microorganisms and/or bacteria.

Field	Symptom/ Disease	Local sound wave input
Gynaecology	Infertility (also after chemo)	Local pelvic self-application (two cases known, one after chemo)
Internal	Herpes external Herpes affecting internal organs resistant germs Wound resistant germs in the body	in case of immediate sound wave application to treat the initial symptoms selectively or locally selective whole body with four Mechow® sound wave transducers (with proven treatment success)
Orthopaedics	Osteoarthritis	selective (switching off pain and increased mobility)
Neurology	Migraine caused by tension Dysphagia after stroke	between episodes local The feeding tube could be removed after one week.
Surgery	Sudeck's disease	selective
Nutrition	"hunger knock" during fasting Detoxification/cleansing	whole body (significant improvement in well-being, revitalising) whole body
ENT	hearing loss (without organ damage) chronic pain	local, extended application, as neuronal networks need to form. depending on the indication and region involved
Orthopaedics	heel spur	selective, several cases reported.
Internal	internal/external scars	selective or local
Ophthalmology	Vitreous ageing	selective (one reported case of self-application)

1 Treatment successes

## Your own invention as a life saver

Mechow has given me permission to publish two reports from his own experience of how his invention saved his life several times here.

About 10 years ago he developed severe prostatitis. Spleen and liver were extremely enlarged. Standard clinical treatment consisted of administering antibiotics. Unfortunately, there were already some resistant germs which mutated with each additional administration of medication, and the disease reached its peak with around 17 resistant germs and very high fever. In the end, no medication was effective. Since the clinic advised him to have his spleen and prostate removed as the only alternative (which he probably would not have survived), he was discharged at his own risk. Mechow wondered: "How can I help myself?"

This led to a decisive methodical development, namely the application of sound waves on organs. Mechow selectively treated his prostate with sound waves every day. After about three weeks a new laboratory test revealed that there were no more resistant germs.

In January 2017, the doctors diagnosed him with prostate cancer. The widespread unspoken suffering of many men after removal of the organ drove him to make a risky decision. He tried an experiment on himself. After about 3-4 months, a specialised MRI showed a prostate completely free of lesions. Today many men benefit from his findings.

### Scientific proof

In the specialist seminars, the participants repeatedly asked Mechow and his wife about double-blind studies that would prove the now extensive practical successes. In the process, they encountered seemingly insurmountable obstacles in the approach taken at universities and the like.

Dr. Lutz Baumbach

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The question arose as to how a biophysical method, such as HFT®, could be proven in a study with a method that had previously been used and was based on purely biochemical processes. Preliminary laboratory tests showed that in a test tube containing nutrient solution and germs the application of hologram sound waves did not result in any changes in the samples, which was not surprising for Mechow and his wife Kerstin. In the meantime, the realisation matured that a biophysical method is only possible using biophysical scientific parameters. This means that only when universities establish such methods, which are accepted by science, can this concept be proven.

Table 1 shows a few application fields and successful treatment results.

Mechow and his wife, Kerstin Brachaus-Mechow, see themselves as pioneers of a change in awareness of how, in times of resistance and hospital germs, we can maintain or strengthen health by means of a novel technology and method. What they are very concerned about: The quantitative multitude of often very desperate people who do not experience an improvement in their suffering using conventional methods and the still extremely low rate of HFT® users. This is why the wheels of change turn somewhat slower because the success of a method is still measured by double-blind studies. For this reason, both must first of all bring a completely new understanding of biophysical processes into their heads in order to subsequently make a comprehensive therapeutic treatment with HFT® possible on site. It is therefore not uncommon for patients to make their way to Mecklenburg-Western Pomerania by plane to get help.

The theoretical principles of HFT® are now available as webinars, but live training in this procedure remains indispensable.

**"Nature is our teacher. We can learn a lot from it. We will never teach her, but she teaches us."**

Theorem by Rudolf Mechow

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### Visual examples



**Bone oedema following fracture of the cuboid heel bone left before / right after HFT®**

Photos: Dr. L. Baumbach

### Blunt trauma



Photo: Self user: Bernhard N.

Above before, below after HFT®