

Electromagnetic Information Transfer: Stress Management

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EDITORIAL

Received date: 04/10/2021

Accepted date: 13/10/2021

Published date: 24/10/2021

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EDITORIAL NOTE

The use of electromagnetic signalling in clinical practice is increasing in importance in the treatment of various conditions such as joint and low back pain, chronic kidney disease, psoriasis, and depression because of its documented potential benefits. The working hypothesis is that therapeutic electromagnetic signalling brings clinical benefits through resonance effects. Resonance between electromagnetic signals and target tissues, organs, and/or whole organisms causes both local and systemic effects. The transmission of information over signals of the Electromagnetic (EM) nature is considered. These signals are electromagnetic fields and currents. The contradictions and difficulties of Information Theory (IT) and Signalling Theory (ST) are revealed and the reason is justified. Accurate and quantitative examination of signals of the nature of EM shows that the channels of information transmission are discrete due to their physical nature. The transition to continuous channels is possible only in connection with the traditional signal representation approached.

Recently, a pilot study was published investigating the effects of electromagnetic information transmission via water systems on stress. In a recent study, a total of 36 people participated in the study-24 (mean age: 40.1 ± 8.6 years) were treated and 12 (mean age: 38.3 ± 5.6 years) were enrolled in the control group. All participants showed mild anxiety/stress symptoms, as shown by a score greater than 5 on the 7-point (GADS7) scale of the Generalized Anxiety Disorder Scale (GADS7). As part of the procedure, the treatment group self-administered a therapeutic electromagnetic signal daily for a month using an aqueous system. At the beginning of the study (i.e., baseline), all participants were provided with Salivary Alpha Amylase (SAA) collections and questionnaires. And one month after being performed on the Depression Anxiety Stress Scale (DASS) 21. The digestive enzyme SAA was collected because it was recently identified as a potential stress biomarker as its concentration increased after psychosocial stress. This pilot study illustrates the promising use of therapeutic electromagnetic information transfer to help people with mild stress. Even though additional work is still needed to fully understand the mechanism of action as well as the whole treatment process (e.g. use a larger sample size, see whether the rate of improvement can be maintained over longer periods of time, etc.), the study was elegantly conducted as it was randomized, double-blind, placebo controlled trial, and neither the patients nor the physicians were aware of the group assignments.

It is also interesting that the study participants suffered from "mild" anxiety/depression. These people are usually not eligible for treatment with conventional medications and are not allowed to see a doctor. As a result, the quality of life of these people will be adversely affected. By providing alternative treatment options such as electromagnetic signalling therapy and IC, it helps individuals manage stress without the side effects associated with traditional psychotropic drugs.