



EPI Reading of Type 2 Diabetic Cases

October 2014

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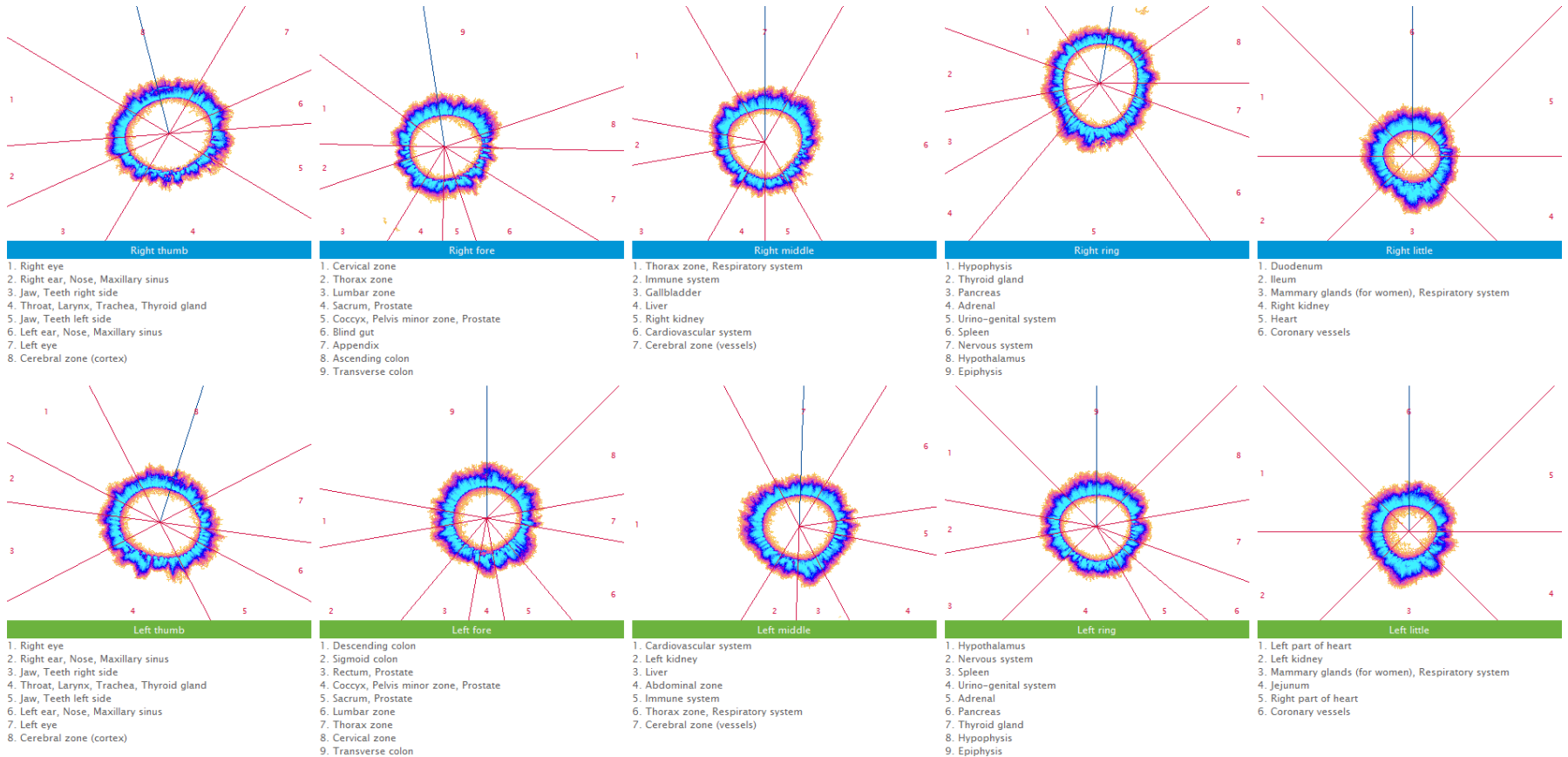


Introduction to EPI Readings

- Electro-photonic Imaging reads the photon emission from finger tips.
- The theory for using this is based on the concept of organ energy flows along the fingers in meridian points of acupuncture.
- The EPI technology has been developed over some 25 years or so funded by the Russian Health Department with Dr. Konstantin Korotkov leading the development, and is apparently used as part of the Russian Health System
- EPI readings are organ energy or instantaneous information status of the body's regulatory system and may not reflect physiological measurements. In the understanding of Chinese medicine and Indian Ayurvedic/Yoga system, information changes happen in the Naadis prior to manifestation in the physiological system. Changes would show up in the physiological system only if the pattern of information is consistent and long term. Yoga therapy uses the same paradigm – neuroplasticity – to reverse any abnormal condition.
- EPI readings in the organ system range from 0 to 10 and follows the work of Dr. Reinhard Voll from 1940s to 80s. 5 in the organ systems is considered absolute normal with 4 to 6 considered as normal zone and color coded as green. 2 to 4 and 0 to 2 are respectively color coded orange and pink and are below normal levels indicating weakening organ system. 6 to 8 and over 8 are respectively coded white and yellow and indicate hyperactivity in a system because of some abnormality that the body is trying to fix. Hyperactivity is not bad news, unless the body is unable to fix the system and system goes into weakness and slow degeneration. Measurement of stress and balance are on a different scale and should not be confused with this color coding.



Typical EPI Reading of 10 fingers



Healthy Normal Finger Readings – After a Yoga Session
Each finger image is parsed into segments referring to each organ system



EPI Camera and finger reading





Summary Overview

- An important factor for type 2 Diabetes is known to be stress
 - Oxidative stress is known to be a factor for a number of chronic diseases including diabetes
- The following 12 cases are evaluated with EPI - 8 of them with pre-post readings after certain interventions and 4 diabetics without any intervention
- Repeat: The EPI readings are readings of the Naadis – momentary information flow related to an organ system – and not physiological
- The readings suggest the following:
 - Stress as measured in the Naadis impact the Naadi measurement of strength/weakness in the Pancreas system
 - State of relaxation can change the Naadi reading and show no weakness in the Pancreas even for a type-2 diabetic
 - Non-diabetics under stress can have Naadi readings of Pancreas that make them look like diabetic. This leads to the speculative possibility of long term behavioral stress eventually resulting in type-2 diabetes
 - Further controlled long term studies correlating EPI results and physiological state are warranted for conclusive inferences.



Outline of Cases

1. Before and After Effects of Relaxation/yogic Treatment on Diabetics – 4 cases
2. Single reading on Diabetics – State of mind makes difference in Reading – 4 cases
3. Highly Stressed Individuals who have EPI profile of Diabetes but after one session of relaxation/yogic treatment become normal – 4 cases
4. Conclusion



1. Before and After Effect Among Diabetics



56 Yr old Female (A50)

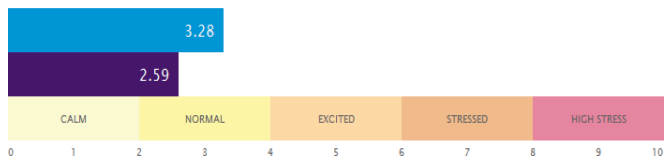
- Long term diabetic
- Physician by profession, who manages her diabetes very well with diet and medication
- Pre-reading indicates weakness in Pancreas and Nervous System
- Reading comes to normal after 45 minutes of yoga including spinal alignment, breathing, sound vibration and quiet observation practice



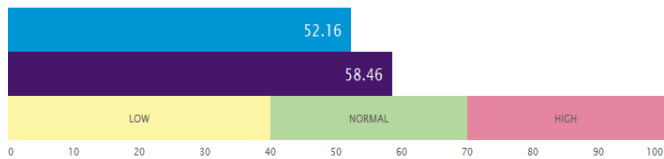
56 Yr old Female (A50)

Notice below that as stress level decreases from before (cyan blue) to after (royal blue) endocrine and nervous system on the right comes back to normal.

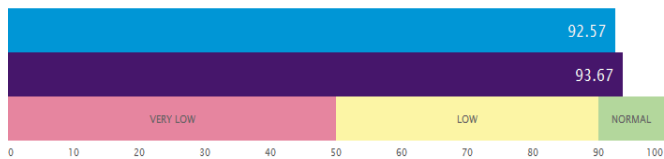
STRESS



ENERGY



BALANCE

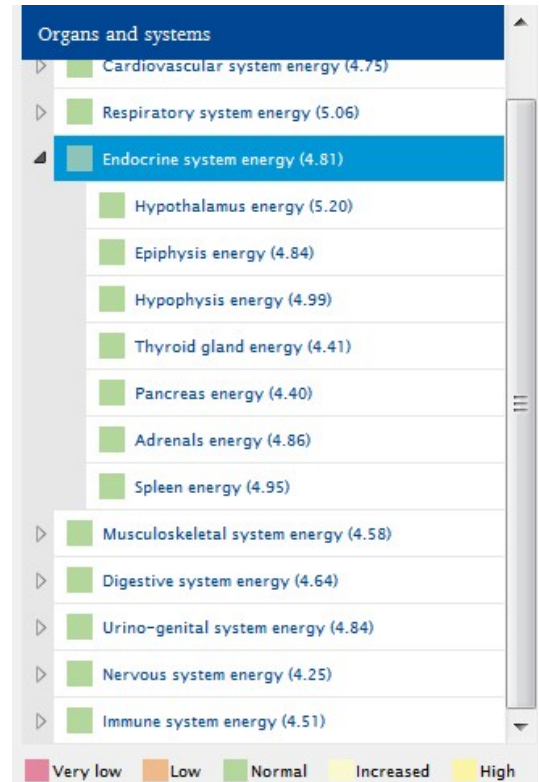
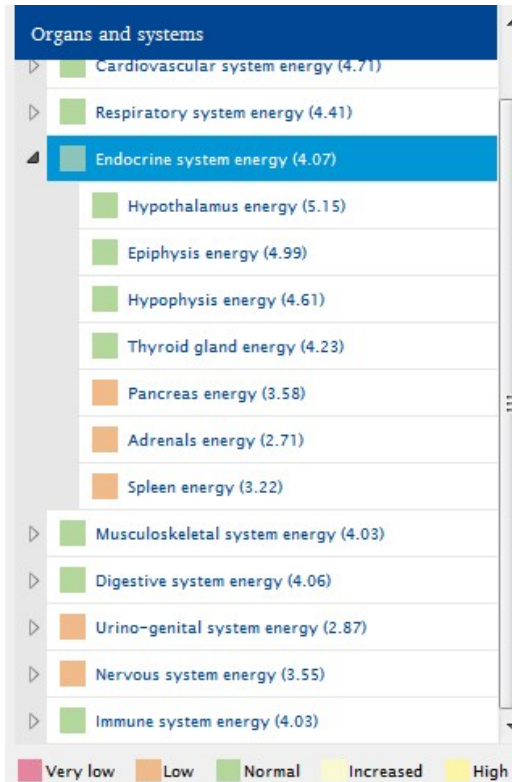


2014-10-06 20_14 - A0050

2014-10-06 21_03 - A0050

BEFORE

AFTER





74 year-old Male (A63)

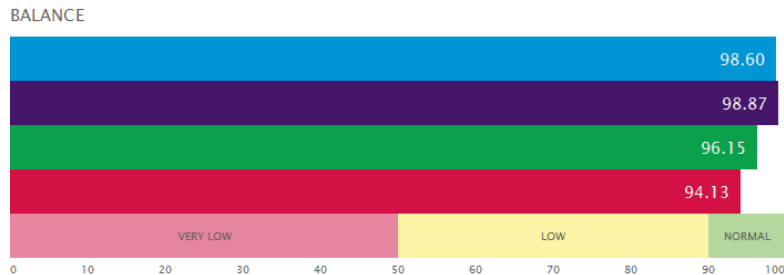
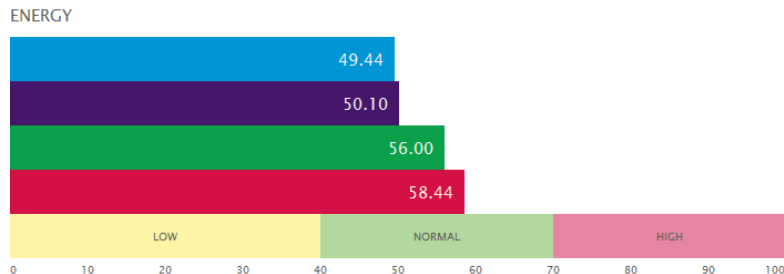
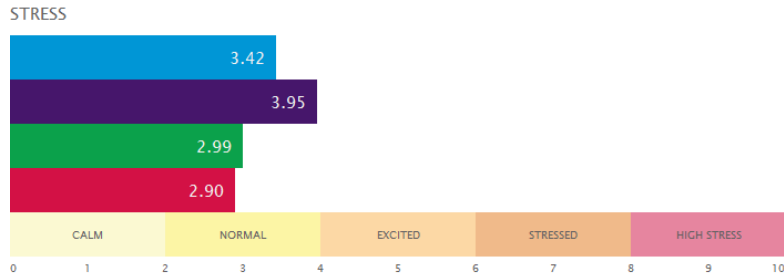
- Diabetic for 10 years
 - On Metformin for many years and just started 8 units of insulin every night
 - Highest HbA1c was 7.2, but recently has been around 6.3 or 6.4.
- EPI readings on a relaxed Sunday afternoon about 90 minutes after lunch indicated significant weakness in many organ systems
- Second reading was after Spinal Alignment and Beeja mantra Vibrations
- Third Reading was after Kapaalabhaati
- Fourth Reading was after meditation
- Progressive improvement is noted as stress level drops and energy level increases.



74 year-old Male (A63)

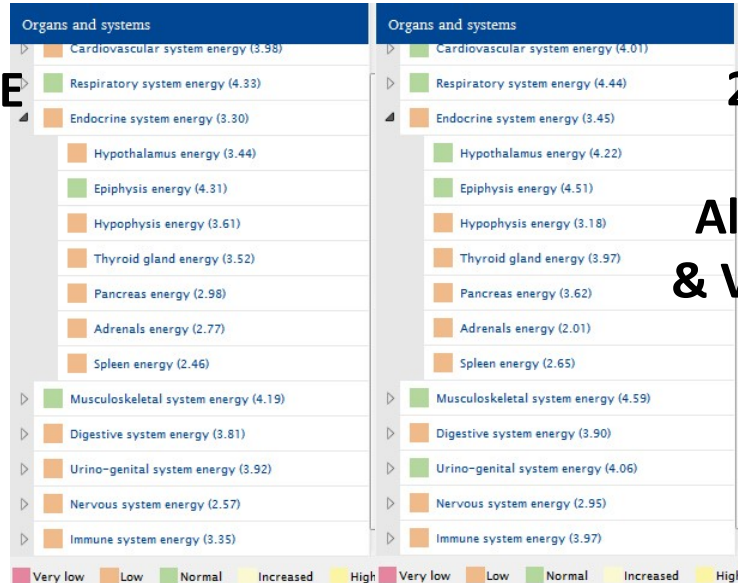
Notice changes in stress and energy levels at each reading, and the changing organ status.

1. BEFORE



- 2014-10-26 15_02 - A0063
- 2014-10-26 16_20 - A0063
- 2014-10-26 16_40 - A0063
- 2014-10-26 16_51 - A0063

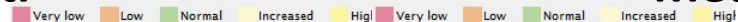
3. After Kapaalabhaati



2. After Spinal Alignment & Vibrations



4. After Meditation



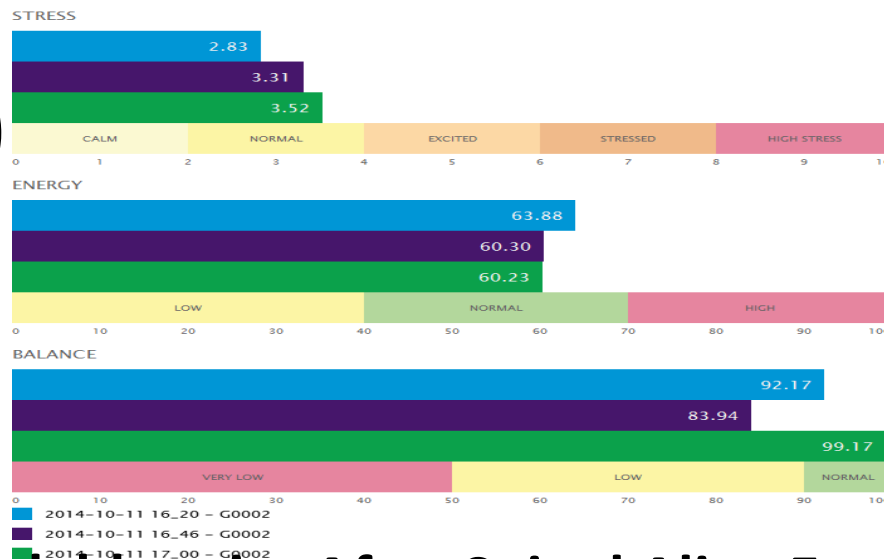


87 Year Old Male

- Diabetic for 40+ years
- Well managed with exercise, diet and medication with 3 children who are physicians
- Came to a health fair where one breathing exercise was first tested and thereafter a spinal alignment exercise was tested.
- Kapaalabhaati breathing exercise brought Pancreas to normal, but made nervous system worse
- Spinal alignment thereafter brought the nervous system back to normal, but the immune system became weak possibly because of the intense focus on the exercises.
- There was no time at the health fair for a meditative intervention to address the immune system

87 year old male(G2)

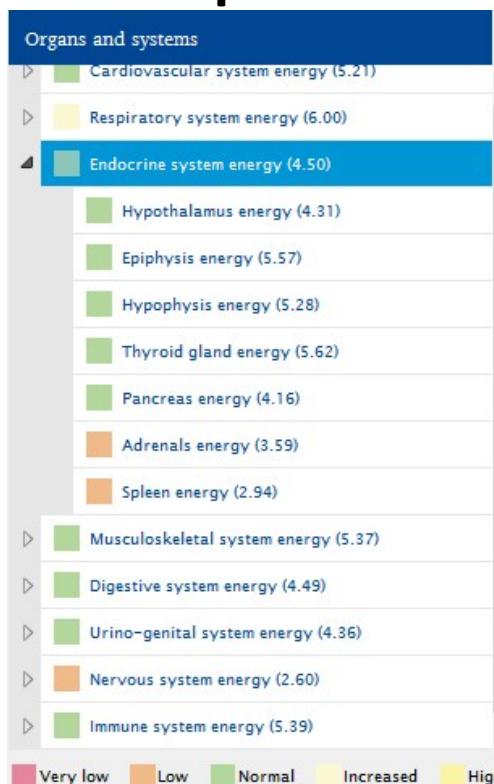
Notice on right side changes in stress, energy and balance level at each reading, especially balance in the last reading (green)



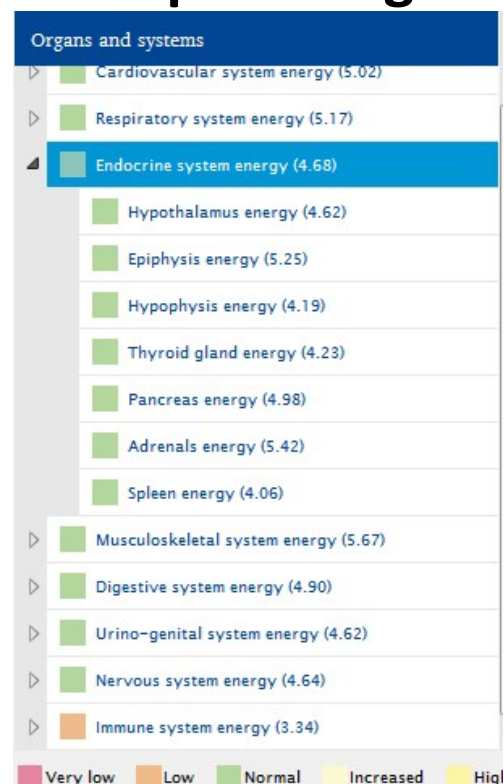
Baseline



After Kapaalabhaati



After Spinal Align Ex





55 Year old Male (A22)

- Diagnosed Diabetic for a while. Recent HbA1c of 8.2
- Workaholic who works 7 days a week from 9 am to 1:30 am.
- First reading was done in the middle of his normal activities
- Second reading was done when he was on vacation with no work in mind
- Vacation Relaxation made his EPI readings look normal



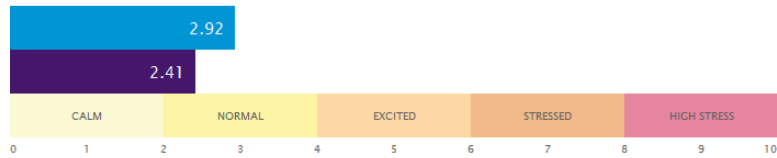
55 Year old Male (A22)

Normal Workaholic Mode

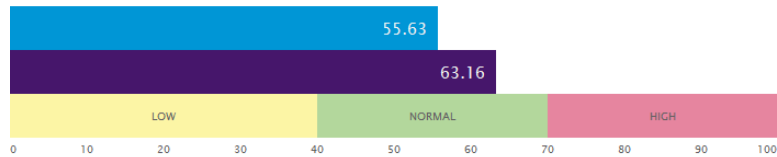
On Vacation

Notice below changes in stress, energy and balance level at each reading.

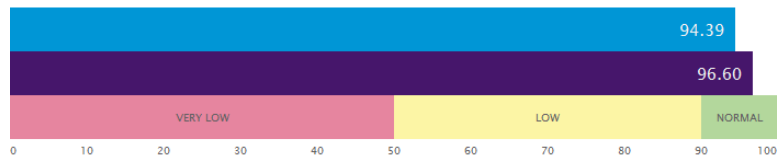
STRESS



ENERGY

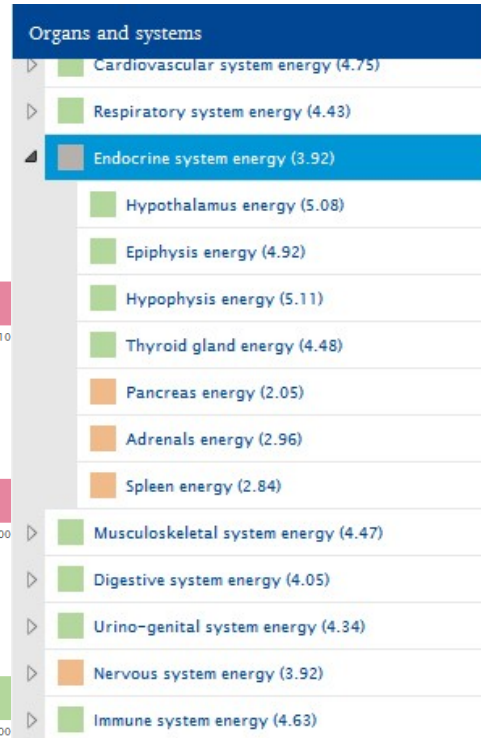


BALANCE

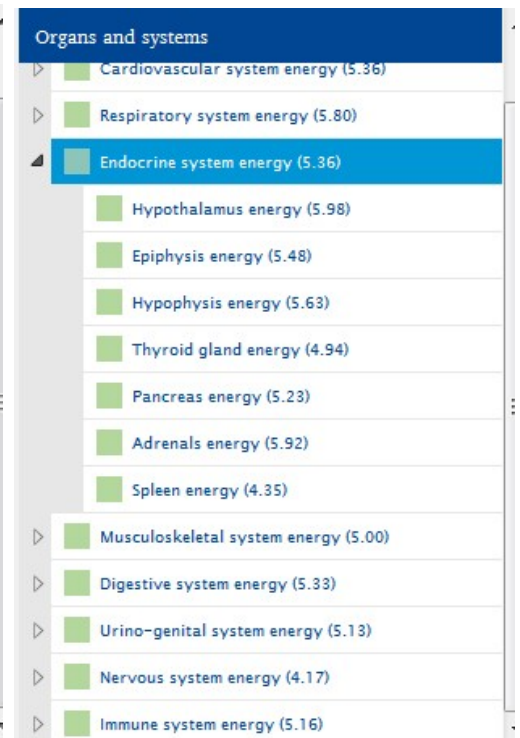


2014-09-20 16_35 - A0022

2014-09-27 18_15 - A0022



Very low Low Normal Increased High



Very low Low Normal Increased High



2. EPI Profiles of Known Diabetics



Single Reading Observations

- Four known type-2 diabetics are measured with EPI
- Type 2 Diabetics in relaxed mode show normal EPI results
- Yogic experience of neuroplasticity suggests that if such people can be made to relax deeply daily for a period of time, over a few months they should be able to overcome it.
- The counter point suggests that inability to mentally relax on a continuing basis through neuroplasticity leads to onset of Type 2 Diabetes at the physiological level



79 year old Male (A33)

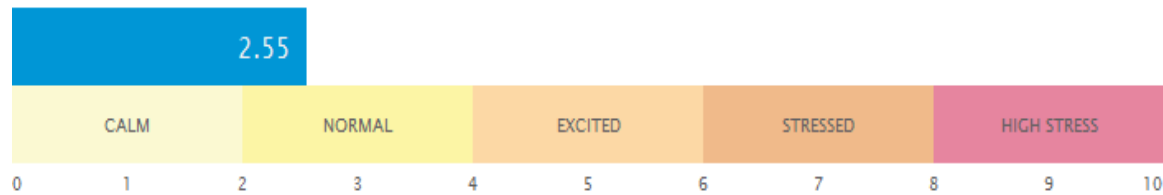
- Type 2 diabetic for 28 years on managed diet, exercise and medication. Highest A1c in 2002 of 7.5. No other ill-health conditions.
 - First managed with diet and exercise. 25 years ago, 1989, began medication of metformin. In 2000 added lisinopril due to minor kidney damage. Added Actos in 2003. In 2006, added statin and baby aspirin. In 2011 replaced Actos with insulin – now 18 units, and previously 40 units daily.
- Began yoga therapy in May with three exercises: spinal alignment, full breath deep breathing and meditation with mantra
- A month into practice HbA1c dropped from 6.9 to 6.7. Some 4 lbs of weight loss was noted.
- After 3 months, noticed reduction in abdominal fat and waist size reducing from 38 to around 35/36 inches.
- EPI machine was not available for reading before. Was done only after.
- Subject notes significant improvement in vitality and well-being. Has reduced insulin dosage. Next blood test is scheduled for December 2014



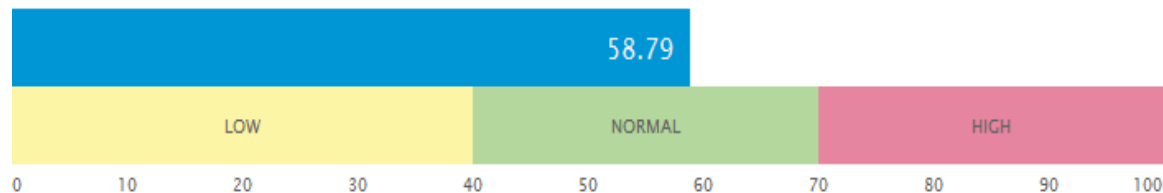
79 year-old Male (A33)

Notice optimal level of low stress, good energy and high balance and observe that the subject shows complete normality in the systems, being a diagnosed diabetic for 28 years.

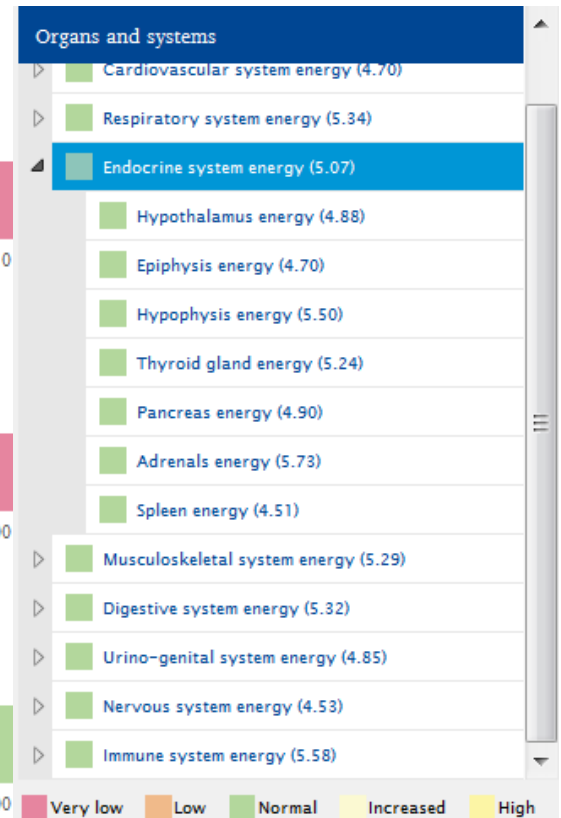
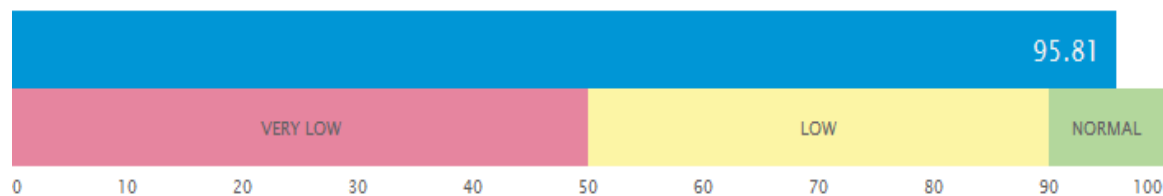
STRESS: Normal



ENERGY: Normal



BALANCE: Normal





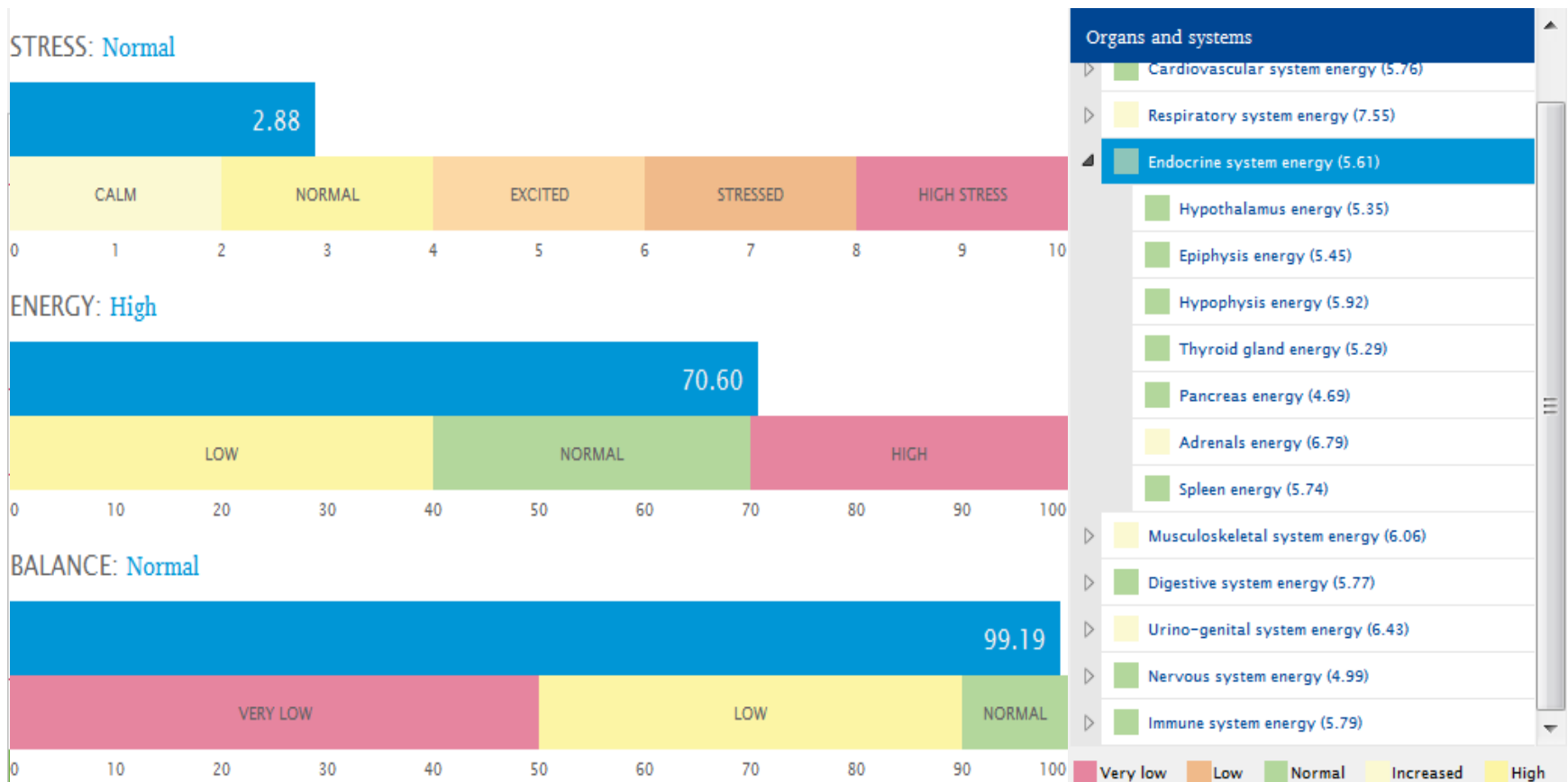
58 year old Male (A38)

- Walk-in subject at a Diabetic Clinic
 - Known Diabetic for 22 years
 - On Insulin Lantis 14 units and lisonopril, Humalog as needed (not generally used) daily
 - No current comorbidities; Hyperactive thyroid 16 years ago
 - Sep 2014 A1C – 7.1; Previous in June 7.6
- EPI readings showed normal results
- Interview with subject showed that his mind was always working and when he came to the clinic at the end of the day he had let go of other “to do’s” in his mind and was relaxed in the clinic. Readings were taken after about 90 minutes of lecture at the clinic.



58 year old male (A38)

Notice optimal level of low stress, good energy and high balance and observe that the subject shows complete normality in the systems with a relaxed mind-set at the Diabetes Clinic.





60 year old male (A39)

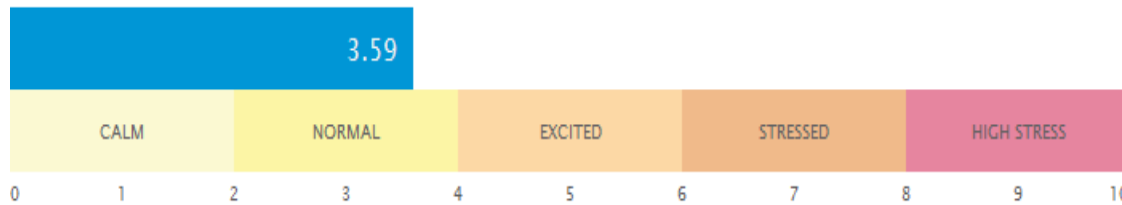
- Walk-in subject at a Diabetic Clinic
 - Diagnosed 6 years ago;
 - On Metformin (Glucophage); Also on Lisinopril, Symbastatin, Chlorthalidome (diuretic), Coreg and aspirin – daily; also Vitamin D2 50,000 IU once a week
 - Last A1c in Jan 2014 was 5.6
 - Comorbid: High Cholesterol, High BP, Coronary artery disease; Had coronary cath in 2011
- EPI readings showed the diabetic condition with weak Endocrine, Digestive and Urino-genital Systems
- Situation did not permit trial of any yoga exercise intervention



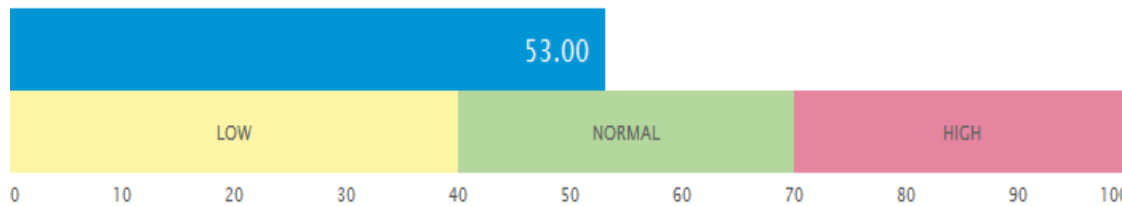
60 year old male (A39)

Notice low balance and higher than average stress of 3 and observe that the subject shows weakness in the Endocrine, Digestive and Urino-genital systems

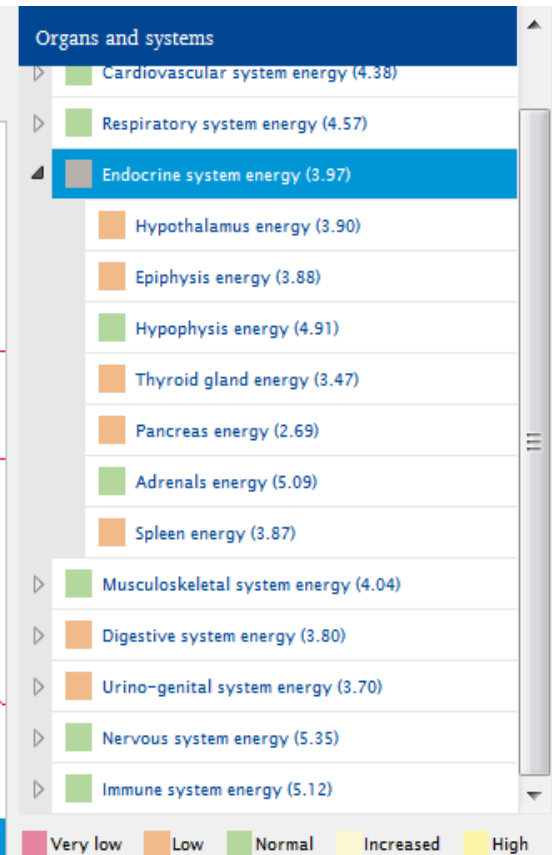
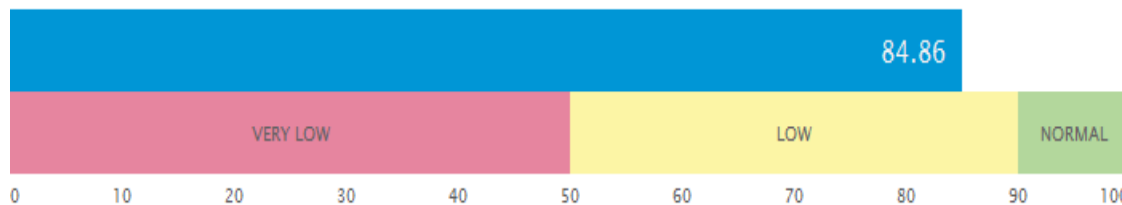
STRESS: Normal



ENERGY: Normal



BALANCE: Low





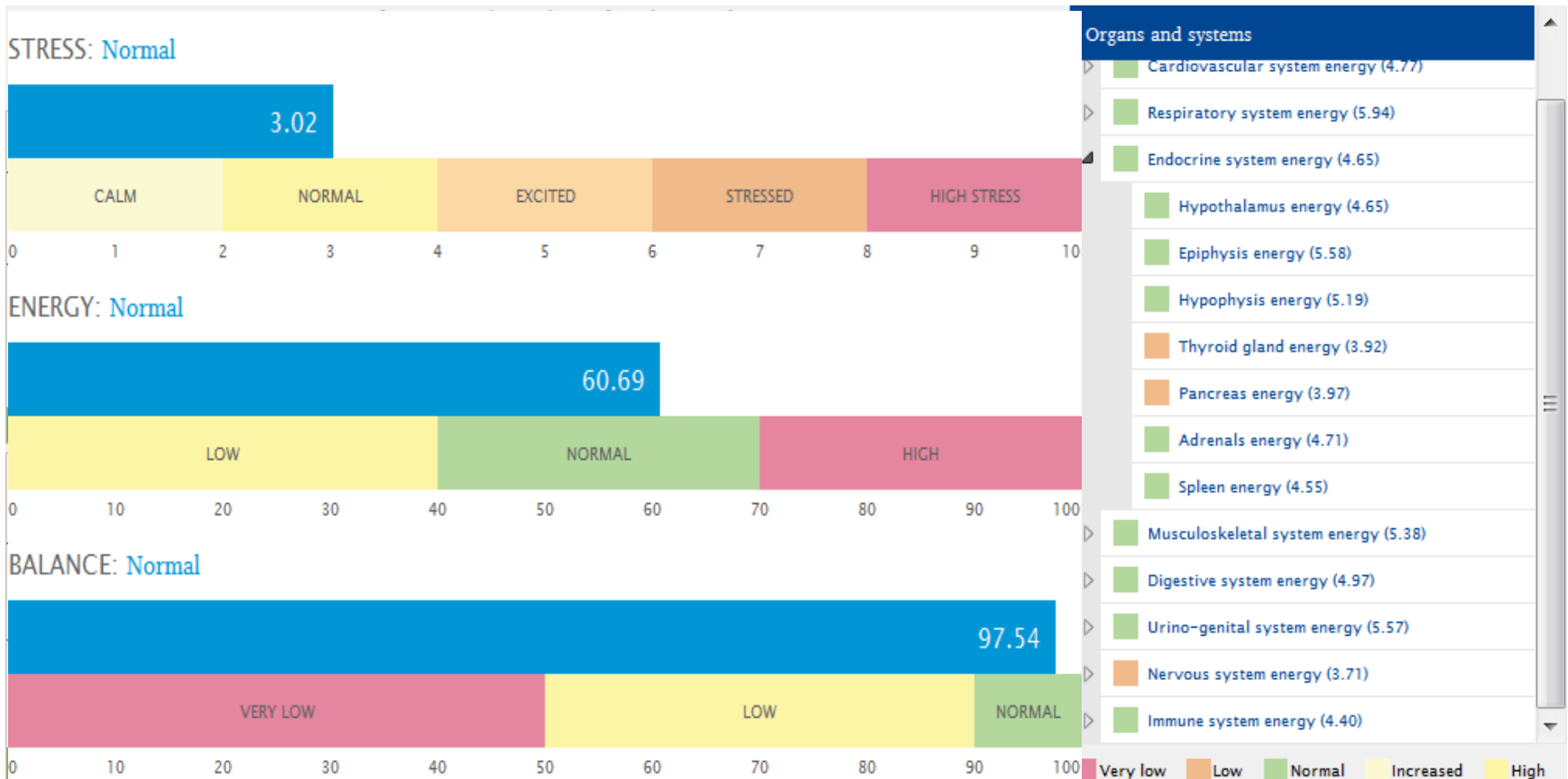
44 year old Female (A40)

- Walk-in subject at a Diabetic Clinic
 - Diagnosed in July 2014 – A1c 11.4 and in September 7.9
 - Metformin, Glyburide, Genuvia, Neurontin, Lisinopril, Atenol Chlothaldone
 - Comorbid: High BP, High Triglycerides, obesity
- EPI readings showed the diabetic condition
- Situation did not permit trial of any yoga exercise intervention



44 year old Female (A40)

Notice average stress of 3 and observe that the subject shows marginal weakness in the Pancreas and Thyroid glands.





3. Effect of Stress on Those Not Diagnosed as Diabetic



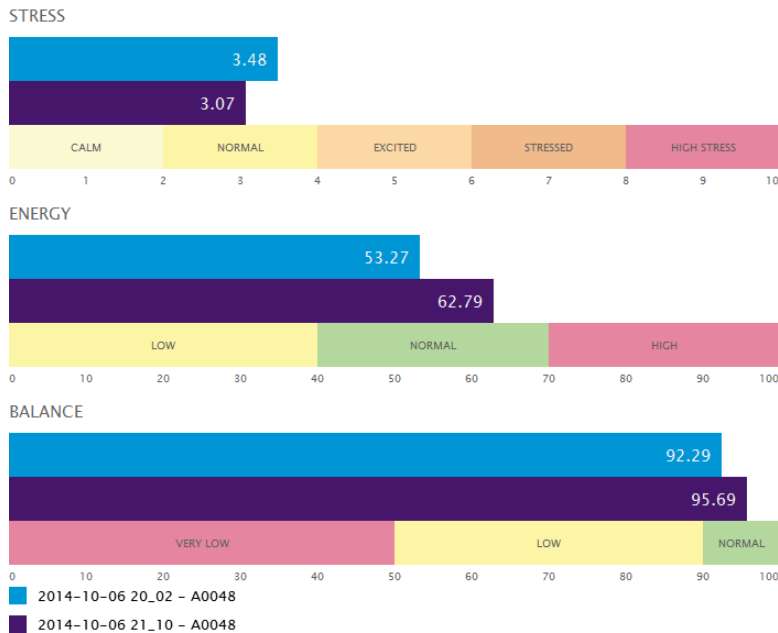
Effect of Stress on Potential for Type 2 Diabetes

- 4 Subjects with severe stress show EPI readings indicative of pancreas weakness
- All of them showed immediate change in EPI either after yoga treatments or after other environmental changes that reduced stress
- Our understanding of the EPI readings of the Naadis combined with wisdom of traditional medicine systems like Yoga-Ayurveda and Chinese Medicine suggest that if the subjects pursue a lifestyle that keeps the same pattern of stress within some time frame of a few months or years, they would become type 2 diabetic at the physiological level

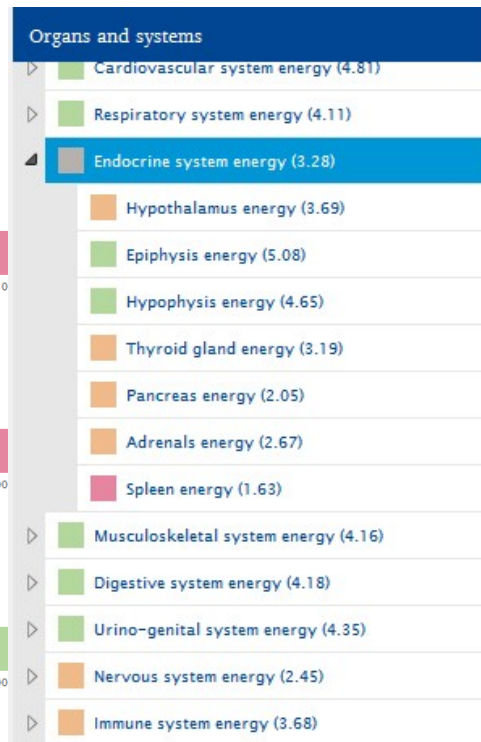


37 Year old Female (A48)

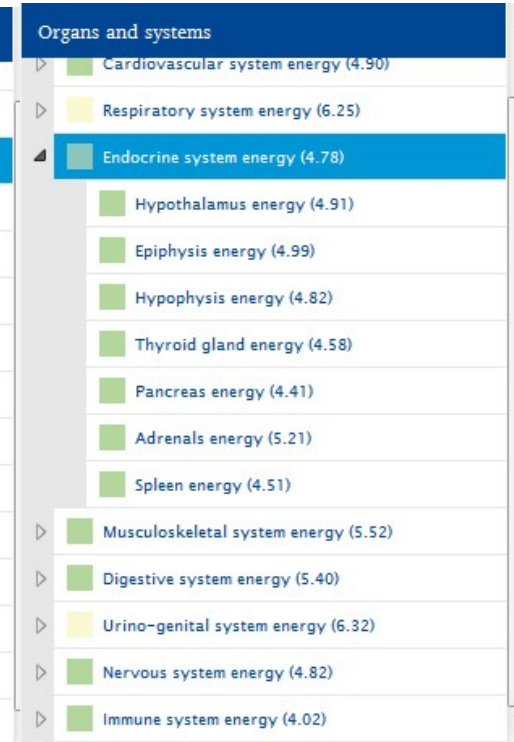
Notice as stress decreases and balance and energy increase below after a 45 minute yoga regimen, the subject's weakness in the Endocrine, Nervous and Immune systems disappear.



BEFORE



AFTER

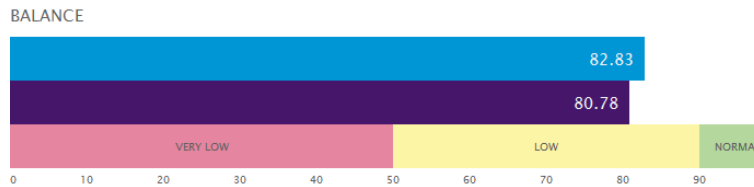
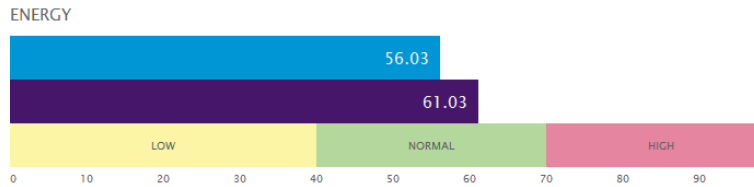
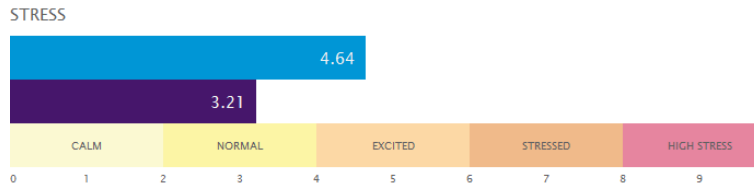


Very low Low Normal Increased High Very low Low Normal Increased High



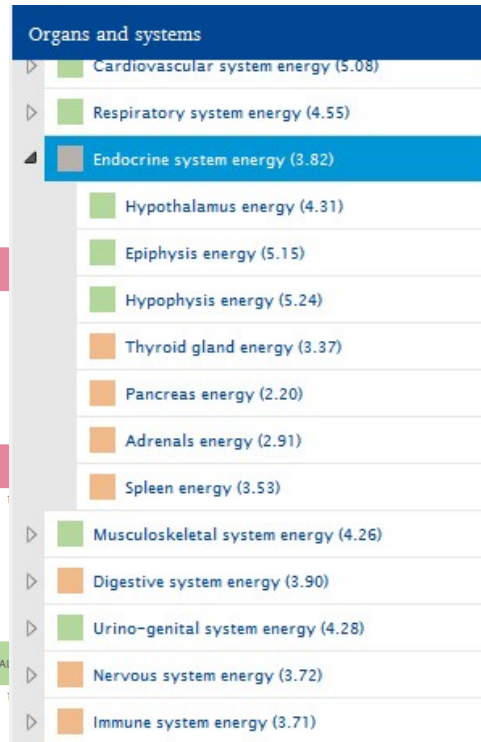
31 Year Old Male (A61)

Subject was in a hurry and was persuaded to do a 3 minute meditation, which resulted in significant reduction in stress and improved Endocrine and Immune System readings.

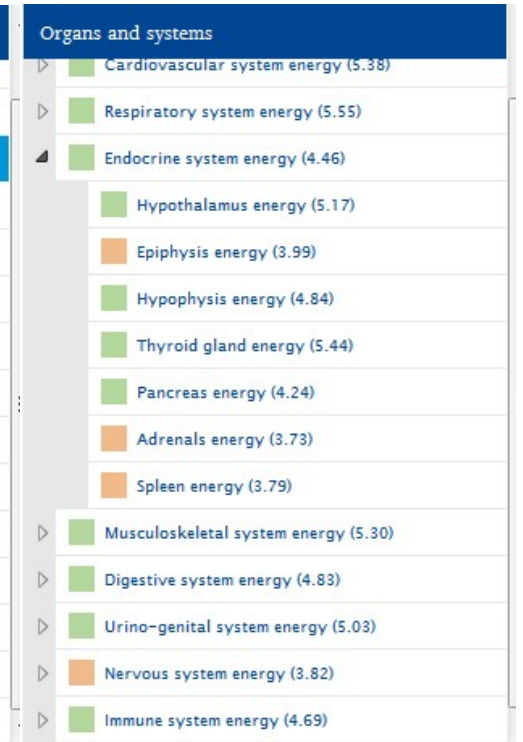


■ 2014-10-13 17_38 - A0061
 ■ 2014-10-13 18_03 - A0061

BEFORE



AFTER

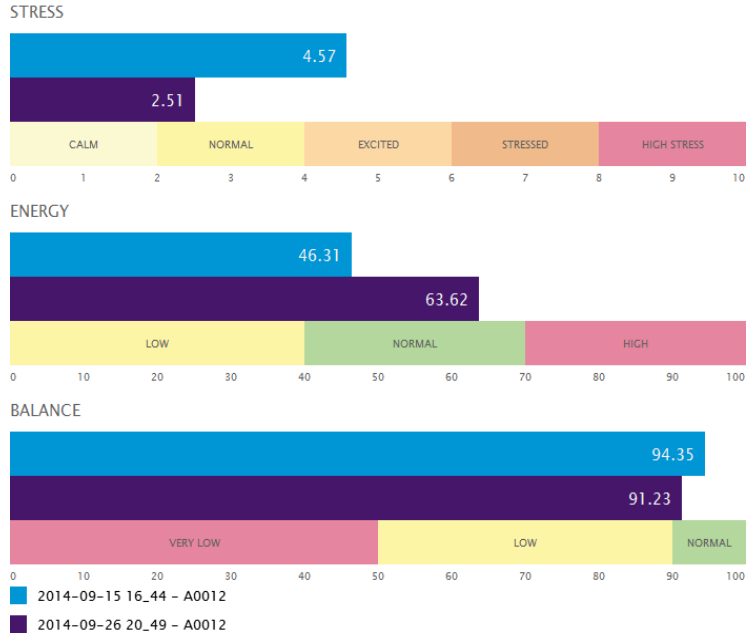


■ Very low ■ Low ■ Normal ■ Increased ■ High ■ Very low ■ Low ■ Normal ■ Increased ■ High



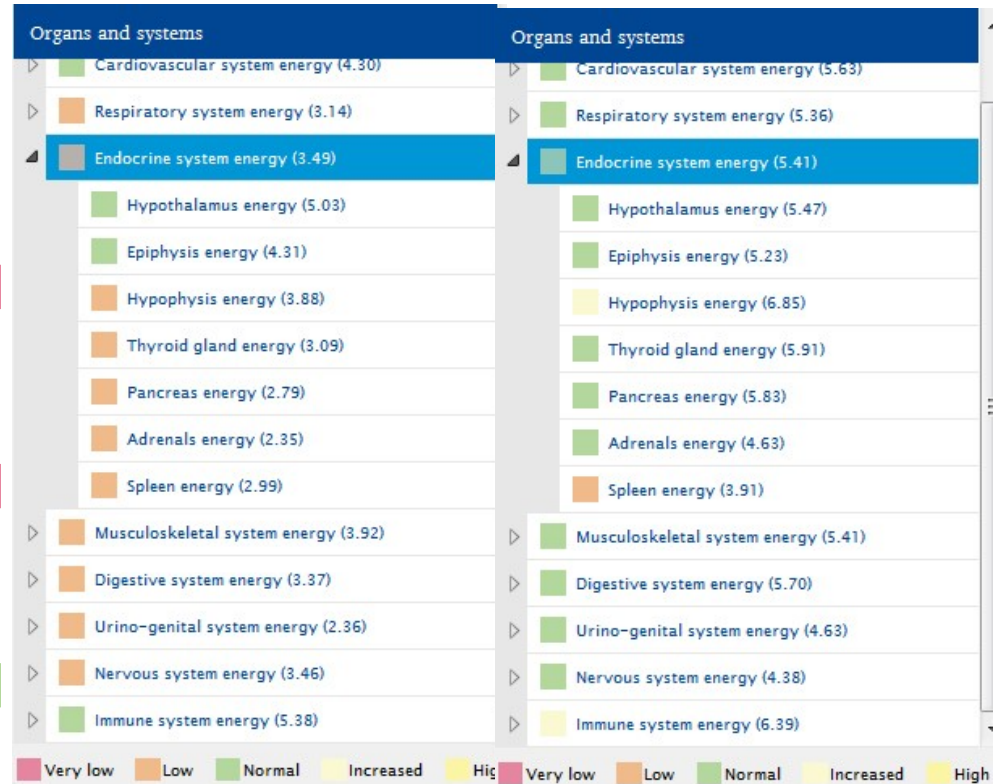
21 Year Old Male (A12)

Young man under severe career opportunities related stress after 9 days returns to normal as his preferred career options fruition.



BEFORE

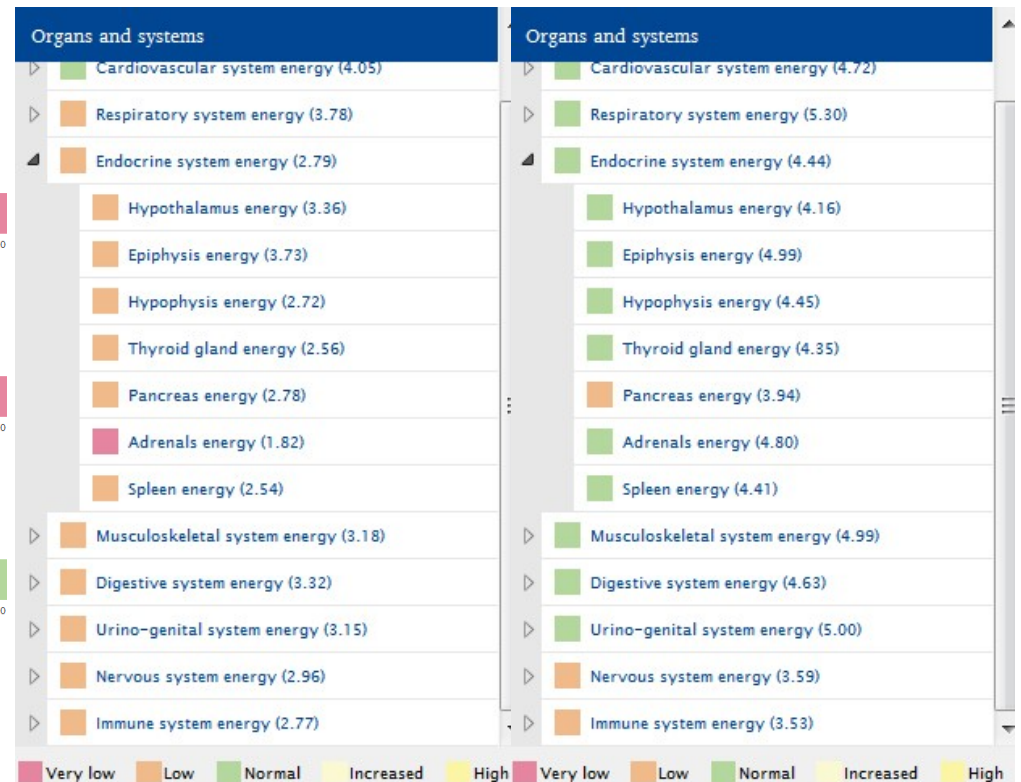
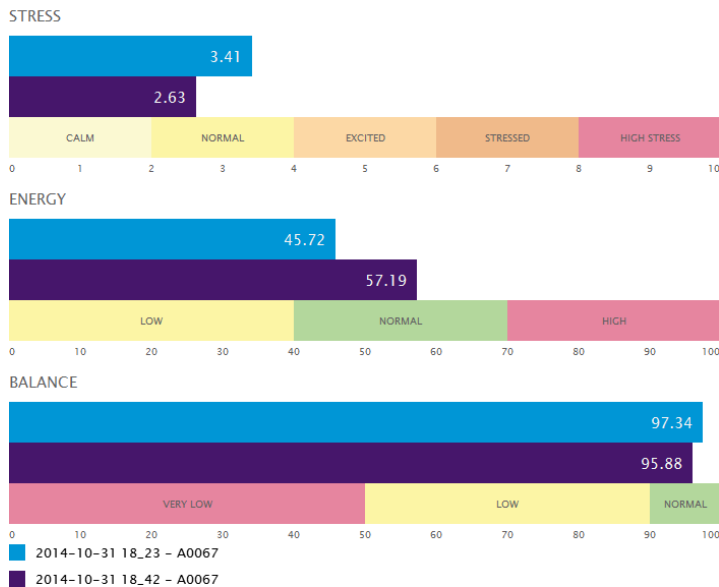
AFTER





49 Year Old Female (A67)

Mother worried and under stress of a non-performing son while leading a regular work life as a school teacher. Below are changes after 3 Rounds of Bhastrikaa of 20 breaths in each round. Fourth round may have helped further. Observe reduced stress and higher energy as well, with all organ systems improved.





4. Conclusions



Analysis of Results

- Oxidative stress is known to be a factor for a number of chronic diseases including diabetes
- Results show that low stress and high balance in the system counters pancreatic system weakness in the EPI readings
- The readings also suggest the following:
 - State of relaxation can change the Naadi reading and show no weakness in the Pancreas even for a diagnosed type-2 diabetic
 - Non-diabetics under stress can have Naadi readings of Pancreas that make them look like diabetic. This leads to the speculative possibility of long term behavioral stress eventually resulting in type-2 diabetes
- Further controlled long term studies correlating EPI results and physiological state are warranted for conclusive inferences.



Conclusion from EPI Analysis

- EPI measures Naadi, the underlying Information Management system that regulates the body at a given instant.
- Stress and relaxation can change the instantaneous readings to the degree that it has no correlation to physiological condition.
- The immediate impact on the EPI readings from yoga interventions suggests that EPI could be an valuable tool for effective yoga therapy.
- With EPI use in yoga therapy, the tendency to recommend one size fits all for each disease condition as has been the tendency in research studies can be avoided.
- Long term observation of EPI readings and eventual physiological changes is needed for conclusive inferences on EPI readings and Naadi as the mechanism for healing.