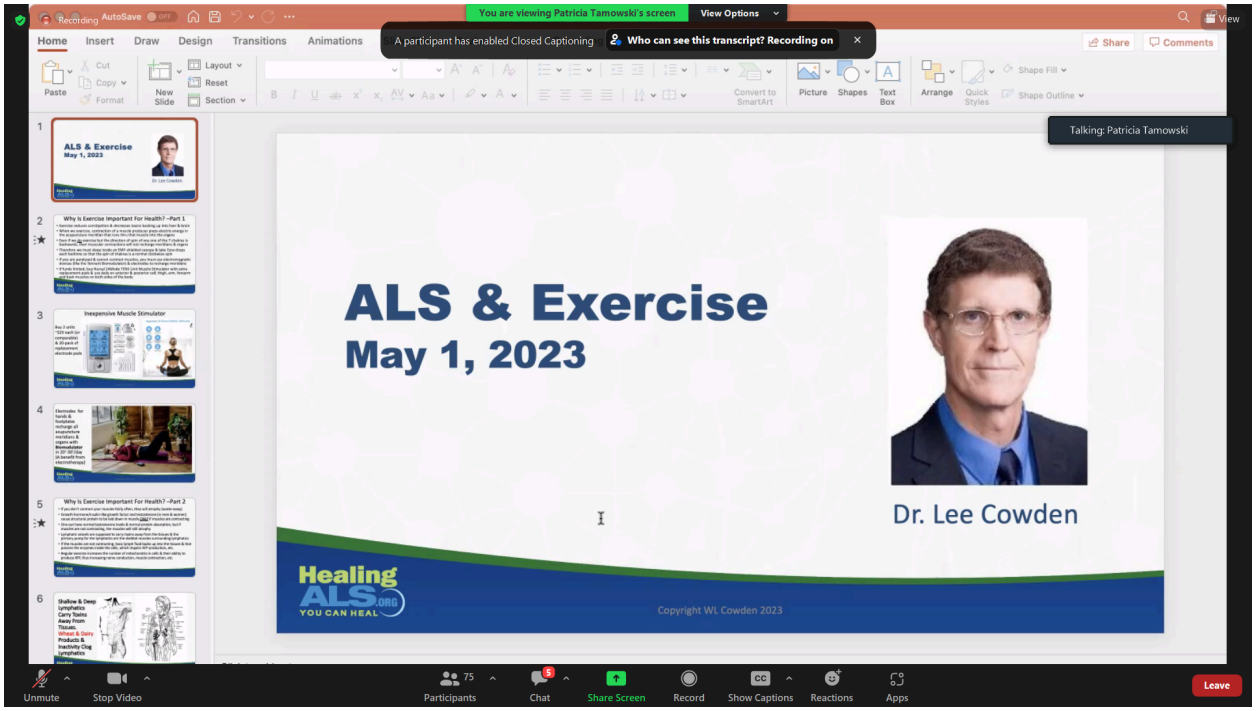
HealingALS.org Sunday Meeting Notes: Dr. Cowden and Exercise for pALS
May 1, 2023

Tish began the meeting around 11:08am PT and welcomed everyone to the meeting. She advised that Dr. Cowden is here as an educator, not as a medical professional.



Recording

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Why Is Exercise Important For Health? –Part 1

Talking: William Cowden

- Exercise reduces constipation & decreases toxins backing up into liver & brain
- When we exercise, contraction of a muscle produces piezo-electric energy in the acupuncture meridian that runs thru that muscle into the organs
- Even if we do exercise but the direction of spin of any one of the 7 chakras is backwards, then muscular contractions will not recharge meridians & organs
- Therefore we must sleep inside an EMF-shielded canopy & take Ezov drops each bedtime so that the spin of chakras is a normal clockwise-spin
- If you are paralyzed & cannot contract muscles, you must use electromagnetic devices (like the Tennant Biomodulator) & electrodes to recharge meridians
- If funds limited, buy Nursal 24Mode TENS Unit Muscle Stimulator with extra replacement pads & use daily on anterior & posterior calf, thigh, arm, forearm and back muscles on both sides of the body

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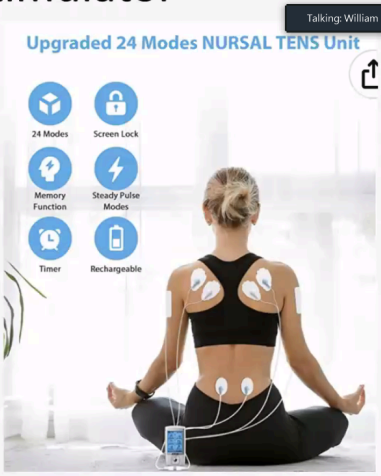
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Inexpensive Muscle Stimulator

Talking: William Cowden

Buy 2 units ~$20 each (or comparable) & 20-pack of replacement electrode pads



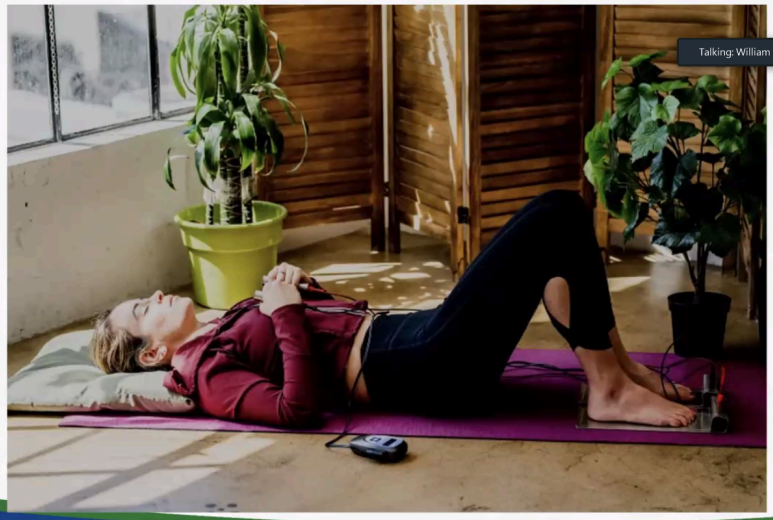


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Electrodes for hands & footplates recharge all acupuncture meridians & organs with **Biomudulator** in 20'-30'/day (A benefit from electrotherapy)



Talking: William Cowden

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Why Is Exercise Important For Health? –Part 2

Talking: William Cowden

- If you don't contract your muscles fairly often, they will atrophy (waste-away)
- Growth hormone/insulin-like growth factor and testosterone (in men & women) cause structural protein to be laid down in muscle ONLY if muscles are contracting
- One can have normal testosterone levels & normal protein absorption, but if muscles are not contracting, the muscles will still atrophy
- Lymphatic vessels are supposed to carry toxins away from the tissues & the primary pump for the lymphatics are the skeletal muscles surrounding lymphatics
- If the muscles are not contracting, toxic lymph fluid backs up into the tissues & that poisons the enzymes inside the cells, which impairs ATP production, etc.
- Regular exercise increases the number of mitochondria in cells & their ability to produce ATP, thus increasing nerve conduction, muscle contraction, etc.

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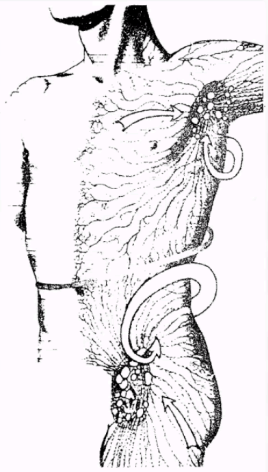
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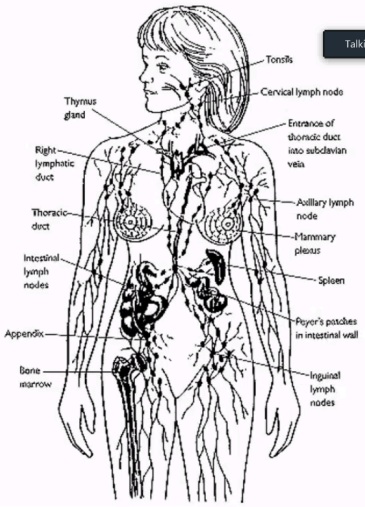
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Talking: William Cowden

Shallow & Deep Lymphatics Carry Toxins Away From Tissues.

Wheat & Dairy Products & Inactivity Clog Lymphatics





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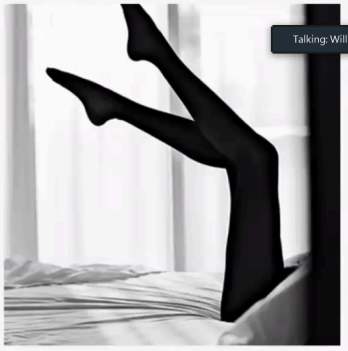
Talking: William Cowden

Chi Machine

Use with other therapies to open Lymph system (more "bathtub drain" work)



Can use the Daiwa Felicity Chi Swing Lymph Machine



Instead of buying a chi machine, lay on your back on the bed with your legs up, pretending to pedal a bicycle in the air (can do 1 leg at a time) or cALS can help pALS "pedal"

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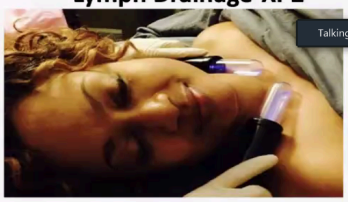
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Talking: William Cowden

PhotoMagnetic Lymph Drainage before **Chi-machine &/or Rebounder/jump-rope**



Lymph Drainage-XP2



Photon Sound Beam



Drain Glymphatics: https://pubmed.ncbi.nlm.nih.gov/25947369/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312397/

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Talking: William Cowden

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Vibration Plates Stimulate Muscles & Drain Lymph



Vibeplate.com
My favorite is 30”x48”
Vertical movement 2mm
Adjusts from 10 to 60 Hz
$3,300-$3,500

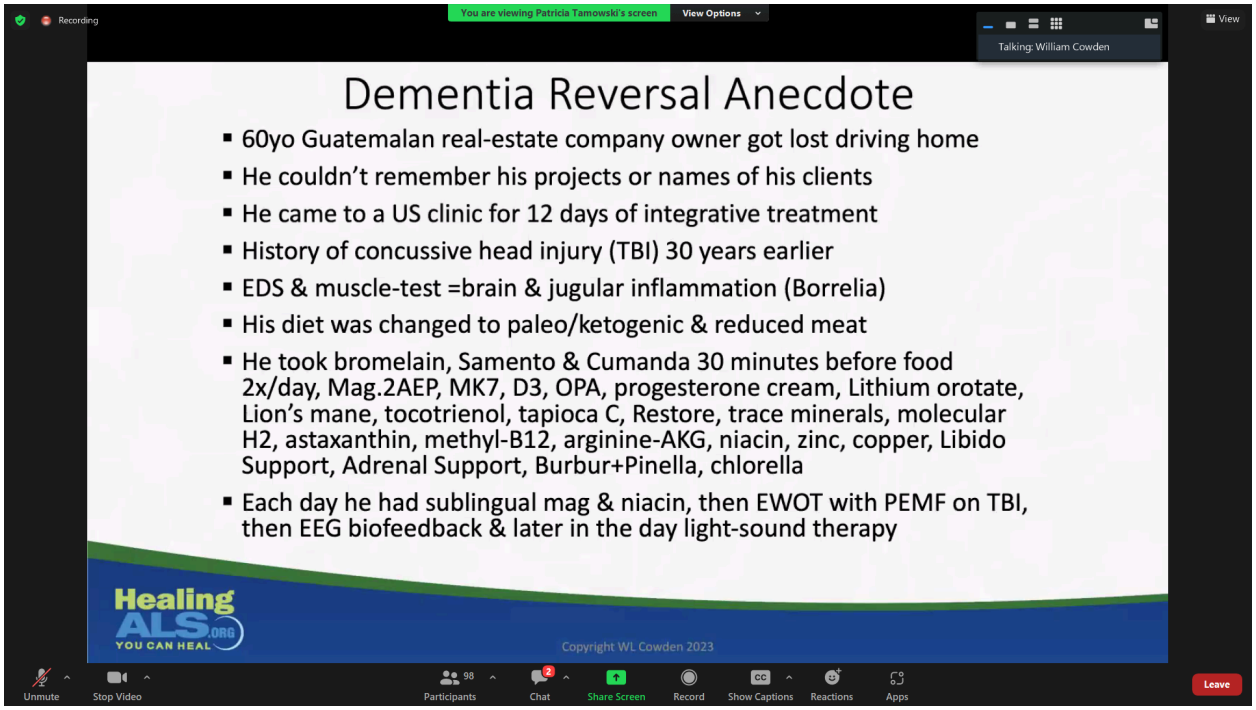


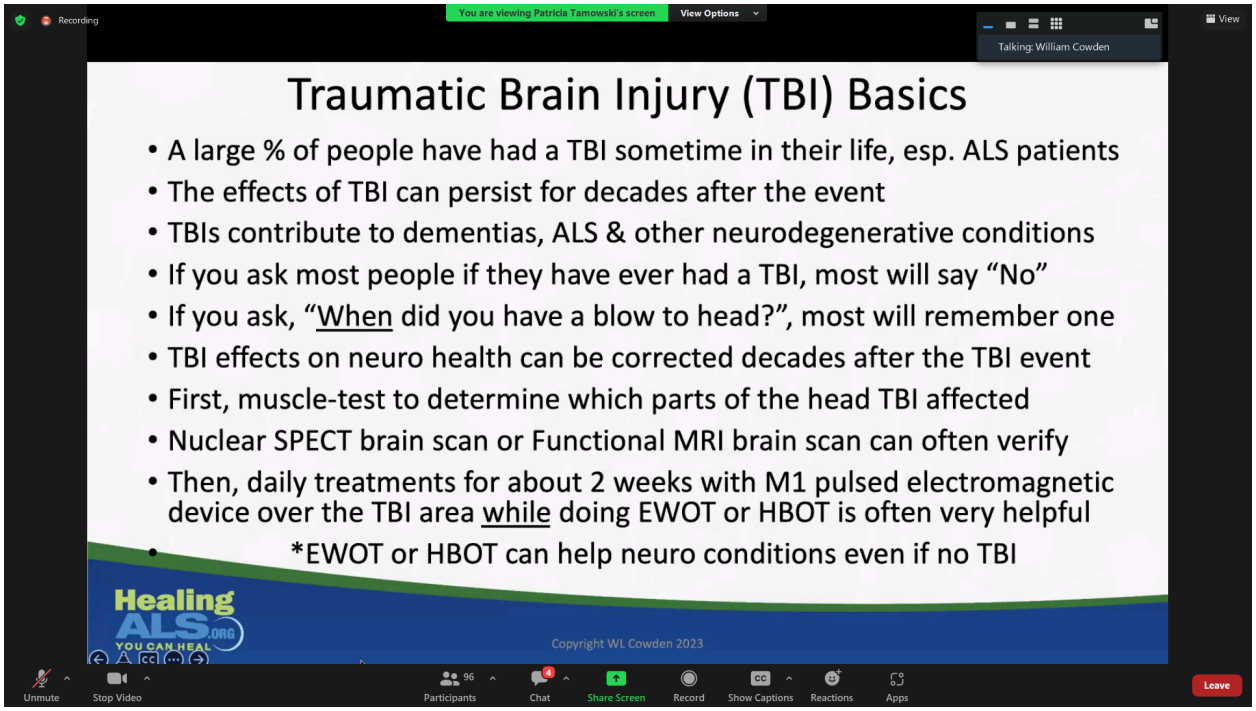
LifeproFitness.com 15”x30”
Turbo 3D Vibration Plate
Oscillating &/or pulsing 4-15 Hz
$250

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Dementia Reversal Anecdote
60yo Guatemalan real-estate company owner got lost driving home
He couldn't remember his projects or names of his clients
He came to a US clinic for 12 days of integrative treatment
History of concussive head injury (TBI) 30 years earlier
EDS & muscle-test =brain & jugular inflammation (Borrelia)
His diet was changed to paleo/ketogenic & reduced meat
He took bromelain, Samento & Cumanda 30 minutes before food 2x/day, Mag.2AEP, MK7, D3, OPA, progesterone cream, Lithium orotate, Lion's mane, tocotrienol, tapioca C, Restore, trace minerals, molecular H2, astaxanthin, methyl-B12, arginine-AKG, niacin, zinc, copper, Libido Support, Adrenal Support, Burbur+Pinella, chlorella
Each day he had sublingual mag & niacin, then EWOT with PEMF on TBI, then EEG biofeedback & later in the day light-sound therapy
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Traumatic Brain Injury (TBI) Basics
A large % of people have had a TBI sometime in their life, esp. ALS patients
The effects of TBI can persist for decades after the event
TBIs contribute to dementias, ALS & other neurodegenerative conditions
If you ask most people if they have ever had a TBI, most will say "No"
If you ask, "When did you have a blow to head?", most will remember one
TBI effects on neuro health can be corrected decades after the TBI event
First, muscle-test to determine which parts of the head TBI affected
Nuclear SPECT brain scan or Functional MRI brain scan can often verify
Then, daily treatments for about 2 weeks with M1 pulsed electromagnetic device over the TBI area while doing EWOT or HBOT is often very helpful
*EWOT or HBOT can help neuro conditions even if no TBI
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ExerciseWithO2Therapy System & Stationary Bike



ICES- M1 from Micro-pulse.com on head at 7-8 Hz

Finger Oximeter





- Manfred von Ardenne, 2000, *Oxygen Multistep Therapy: Physiological and Technical Foundations*, Thieme
- Modin A, et al. Nitrite-derived nitric oxide: a possible mediator of 'acidic-metabolic' vasodilation. Acta Physiol Scand. 2001; 171(1):9-16

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Treating TBI with EWOT after Muscle-Testing

- Plug-in & turn-on oxygen concentrator to fill the EWOT bag with 95% O2
- Give client oral Mag.malate, Deep Ocean Trace Min. & water before exercise
- Give client enough rapid-acting niacin orally to get a skin flush & itch
- Place M1 on client's head where muscle-tested to need it & turn on 10-13Hz
- Put the finger oximeter on client's finger & put client on exercise equipment
- Put O2 mask from EWOT bag snugly on client's face & start exercising
- Use high-intensity interval training (HIIT) & adaptive contrast for best results
- Treadmill does not work well for HIIT because it changes speeds too slowly
- After the exercise, client to drink more water & do David Delight Pro x30min.
- Repeat all the above steps once daily for 5 days, off 2 days +/- repeat 5 more

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Talking: William Cowden

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High-Intensity Interval Training & EWOT

- HIIT with EWOT is a cardio exercise alternating short periods of intense anaerobic exercise with less-intense recovery periods to provide improved tissue oxygenation, athletic capacity, fat burning, glucose metabolism...
- Adaptive-contrast ExerciseWithOxygenTherapy is needed for optimum benefit (95% and 15% inspired O2)
- During EWOT, high-intensity exercise is with 15% O2 and recovery exercise is with 95% O2
- HIIT exercise sessions include a warm up period, then several repetitions of high intensity (max) exercise separated by medium intensity (50%max) exercise for recovery, then a cool down period
- The number of repetitions and length of each depends on the exercise, but may be as little as 6-8 repetitions with just 10-30 seconds of intense exercise & 6-30 minutes of total exercise
- For very fit people, a common formula is 2:1 ratio of hi-intensity work to recovery periods but for less fit, may be 1:3 ratio (30:90 seconds) or even lower ratio (10:50 seconds)
- HIIT can be outside or indoors but if combined with EWOT must be stationary (elliptical/Bowflex/Schwinn Airdyne stationary bike all MUCH better than a treadmill)
- **For paralyzed patients, HyperBaric Oxygen Therapy (HBOT) can be used instead of EWOT to treat TBI**
- M1 electrodes at 10-13Hz attached to head where TBI is, by muscle-testing, for entire EWOT/HBOT session
- Best to give 100+mg of short-acting niacin 15-20min before each EWOT or HBOT

Milanović Z, et al (Oct2015). Sports Med (Systematic Review and Meta-Analysis) ***45*** *(10): 1469–81.*
Ramos JS, et al. (May2015). Sports Med (Systematic Review and Meta-Analysis) ***45*** *(5): 679–92*
Weston KS, et al (Aug2014). Br J Sports Med (Systematic Review & Meta-Analysis) ***48*** *(16): 1227–1234*

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Talking: William Cowden

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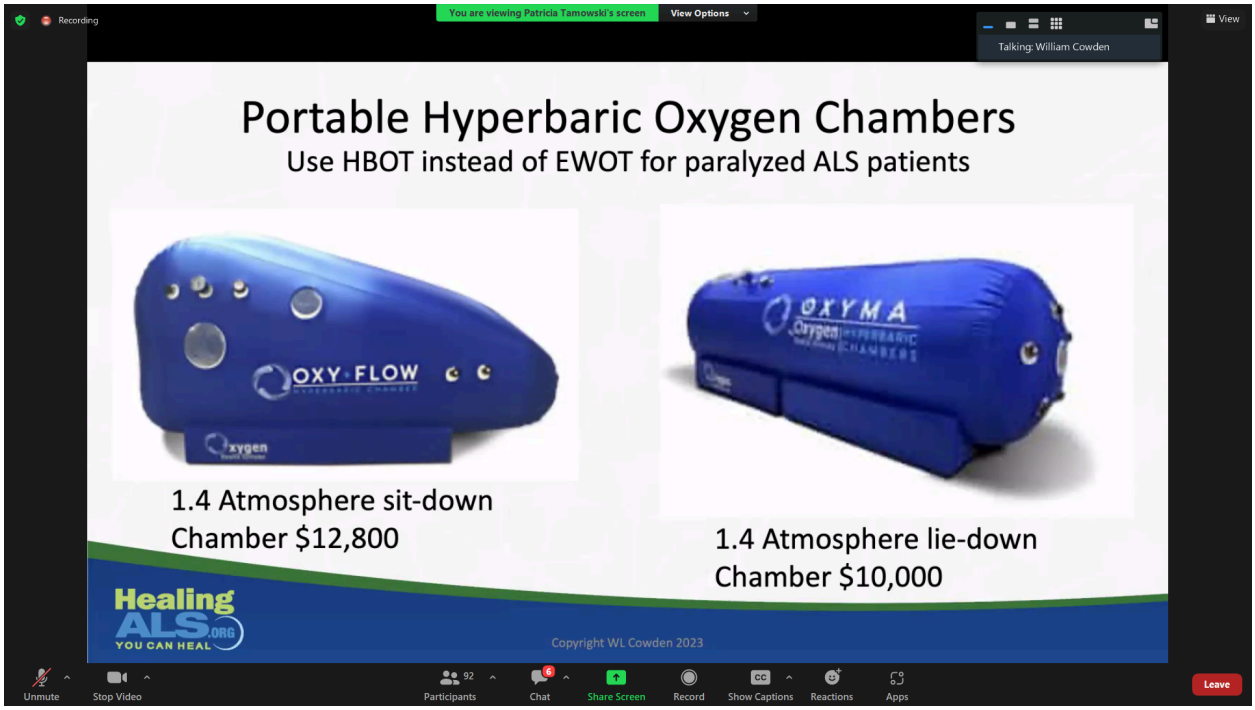
David Delight Pro used for 30min.2x/day helps rewire brain circuits
www.mindalive.com



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Q & A

1,How do I stop fasciculations? If you don't produce enough NADP+, you need to use supplemental NADP+ or try Ozone therapy and Saunas. See the video for more instructions.

2. How can you tell if your chakras are spinning backwards? Have a practitioner/chiropractor muscle test for this. If you can do your own muscle testing, you can do it yourself–see the videos or instructions.

3. Stimulation

4. Does sitting on a bouncing ball help to drain the Lymph. System? Yes, but you probably need a "catcher" to spot you so if you lose balance, you could be caught before hitting the floor. The rebouder is only about $35 at Walmart. More conversation on exercise

5. How do you know when too much exercise is too much? Don't go to exhaustion. Go easy on yourself, start slow and listen to your body.

6. What can you use for arms and hands? (see the chat box notes below for Heather's answer).

I got disconnected here for about a minute. Missed discussion on "rebounding." About 1 hour into the meeting.

7. When you muscle test all supplements and they test strong/positive, does that mean you should keep taking them? If you want to find out if a product is effective for a particular organ, put one hand on the organ, and another on the hypothalamus. See the video for further instructions.

8. Question on using HBOT and something else. Missed it.

9. What is the name of the product from (something) David Delight-Pro?

10. Can you exercise with a chi machine? No, not enough.

11. Can you exercise with a home peddler? Yes, that's fine.

12. What is a replacement for OT or PT at home? The major benefit to OT and PT is their evaluation of what you should do.

13. Question about high and low intensity oxygen used above. Listen to the video at about 1 hour and 5 minutes

14. If a person does a sauna every day, can I do rectal and gaginal ozone therapy every other day also? See the video for the complete answer–I couldn't keep up. With ozone therapy, make sure you are in a room that can expel air with a fan.

15. I swim every day, and only have speech problems. Should I stop swimming? The chlorine and toxins in the water could be detrimental to you. Try a saltwater pool or an ozonated pool.

16. How important is it to walk or swim? Every pALS ought to do some exercise at leat a few days a week. But, get rid of EMF's if at all possible, especially at night.

17. Is walking with a rollator good? Yes, however you can move!

18. Does visualizing exercise also help? Yes, to a degree.

19. Missed question on lactic acid. A chi machine will help get lactic acid out.

20. Does intermittent fasting help the lymph system? It helps most people, but not everyone. If we put certain foods in the gut, they cause inflammation. Try to do keto or paleo-genic fasting.

21, What would be a good plan for ?

22. Can ALS patients w/out brain trauma benefit from H-1 pulse device? Yes.

23. What can a pALS with a head drop do to help with that? Hang down with your head over your bed looking down. One pALS used a Wand to help strengthen her neck muscles. Listen to the video for more information that I could not record here.

24. A bulbar pALS gets panic attacks and then can't breathe. Any suggestions? See the video at about 1 hour and 28 minutes to see what Dr. Cowden recommends you do and a supplement to take.

25. A pALS can't sweat. Would a sauna work? You don't have to sweat to release toxins. Still do the sauna.

26. Would a wand help the voice if you held it under the neck? It wouldn't hurt.

27. Would a Scandinavian sauna be as good as an infrared sauna? The IR sauna penetrates more deeply than a steam sauna.

28. A pALS is very sensitive to EMFs. Her body shuts down maybe for days. Is there any way to not be so sensitive? An accumulation of heavy metals may be causing the increased sensitivity. Do a urine test at Great Plains Lab in Kansas to test for metals. DMSA 100mg may help to provoke them.

29. Is GABA useful for pALS, at 9 grams per day? Most ALS patients have a deficiency in the parasympathetic realm. GABA could help if it is liposomal. You shouldn't need 9 grams; maybe 1 gram at max.

Respectfully submitted,

Jim Getka

I only got the tail end of the chat box because I lost the connection during the Q and A. Here's what I have:

Lisa Bougie to Everyone 12:07 PM
Very thankful for you making the time to share your expertise, Dr Cowden. Thank you. ✨
Sarojini Bose to Everyone 12:08 PM
I have bulbar ALS. Recently I have been having panic attacks. No family history of psychiatric illness. When I get panic attacks I couldn't breathe
Mireia Marcos Marcos to Everyone 12:08 PM
Would it be a good plan to bounce and move toxins and follow with a sauna then sweat them out?
Julie Calderwood to Everyone 12:09 PM
Can ALS patients without brain trauma benefit from HBOT with M1 pulse device?

Karl Wisner to Everyone 12:13 PM
safe time of rest between exercises?
Linda Allwein to Everyone 12:15 PM
Is a tens unit and the chi machine a good combination?
Cony Rodriguez to Everyone 12:17 PM
Can Amanita Mushrooms and eZov be taken at the same time ?
Niklas Elf to Everyone 12:17 PM
Is testosterone therapy beneficial or DHEA for fighting the muscle losses? Or tongkat ali maybe?
Kae S Denny to Everyone 12:20 PM
Ozone machine: please share the link?
KARIN THILMONY to Everyone 12:26 PM
I got mine from https://www.promolife.com
Karl Wisner to Everyone 12:27 PM
Is creatine good for muscle growth with ALS?
Niklas Elf to Everyone 12:28 PM
I am so sensitive to EMF that if i get exposed all my body turns off like an off button and all my symptoms get 1000% worse. I lose all speech, and the heartbeat cannot next to beat, cannot next to breath, sit or anything. It can be like this for Days up to a week and every move is about focusing in the mind to survive til the symptoms lower its aggressive stage. I live in the forest now, but is there any way to not be so sensitive that you know of?
Matt Alexander to Everyone 12:28 PM
Is a Scandinavian type sauna of any benefit?
Suzanne Groce to Everyone 12:30 PM
I cannot sweat. Is there another option than a sauna?
Larry Silveman to Everyone 12:32 PM
Would wand help your voice if wand under neck
Mireia Marcos Marcos to Everyone 12:32 PM
Thank you so much for all this knowledge🙏❤️
Betsy Lyons to Everyone 12:34 PM
Thanks so much! Great presentation!
Karl Klassen to Everyone 12:35 PM
Creative brand?
Valentina Voronova to Everyone 12:38 PM
How take sauna with breathing machine and what type.thanks
eric herrera to Everyone 12:39 PM
Do you recommend growth hormone
Linda Tolisano to Everyone 12:39 PM
what type of sauna do you recommend
KARIN THILMONY to Everyone 12:39 PM
I never sweat. Now that I got my gut moving and sauna, I now swear sweat.
Kae S Denny to Everyone 12:41 PM

My acupuncturist recommended wanding the back of the head, on a speech point. It has improved my speech
Larry Silveman 12:44 PM
Thank you, I am getting Scalp Acupuncture to improve my voice. It's slowly helping. I need 18 months of scalp acupuncture
Lisa Bougie 12:45 PM
THANK YOU!