

# Free from hot flushes

**Torun got rid of her menopause problems with sound vibrations. Now, studies show that treatment with MULTIVIB has a good effect on climacteric problems.**

- I sweated quite extreme; it was like I came straight up from a bath with clothes on. It could happen anytime, anywhere. I tried to think that menopause was something I just had to deal with, but no one can bring three changes of clothes every day. At one point I just gave up and decided to book doctor's appointment, tells Torun Sigurdson from Trondheim.

Later that same week, saw an advertisement from Klinik 1

- It was a stroke of luck! I was willing to try a lot before medication. The ad was looking for volunteers for a project about women and menopause, and I did immediately contact them.

It was not long before Torun could feel the difference.

- And only by lying on a mattress and have comfort! At first I did not know if it was just random variations, but later it was clearly better. I can get a hint of relapse if I am ill, but under normal circumstances, I do not have it. Luckily, I did not need the doctor's appointment, Torun's smiling.

At first she went to therapy three times a week, but now she goes once a week. Eventually she could escalate further.

## **A lions purr**

I tried the MULTIVIB mattress of Toril Vaernes Troen, natural therapist at a clinic in Trondheim. A surprisingly pleasant and relaxing vibration, waves through the body. Torun has described it as a lions purr. The speakers are located at strategic points in the mattress, and sends low frequency sound vibrations through the body, like a deep massage. The sound waves move in a frequency range that has a beneficial effect on the body.

- We consist of 70 percent water, so it is like putting a glass of water on top of a speaker, there will be vibrations. It is not more complicated, and anyone who can take a bus ride can do it, says Toril.

The different treatments are adapted to different problems, she explains. The menopause program is also used to treat PMS and menstrual cramps. A person who has a sore neck or shoulders will get a different program than a person who has a sore lower back.

- We have had very good results with neck and back problems, lung problems, fibromyalgia, dizziness, sleep and digestive problems, among other things. This means that they experience relief, not that they are completely healthy. Some have declared that they sleep better at night, even though they came for something else, smiles Toril.

When her granddaughter had colic, Toril bought an extra mattress for the little, with the result that all slept well at night. The mattress can also be used by pregnant women.

## **The world's largest uterus.**

Toril compare what happens in the body under the influence of MULTIVIB with putting sugar in a teacup.

- It takes a long time for the sugar to mix with the tea if you do not shake. So it is with the body, the vibrations affect the diffusion between cells, blood circulation and lymphatic system. Also the production of enzymes is affected.

The child in the womb experience the same type of vibration, says Toril.

- The inventor, Olav Skille, call MULTIVIB for the world's largest uterus!

Torun rises from the mattress after her program. You'd think she was tired, but she is not.

- I am both more alert and more relaxed. I have more energy after treatment, and it lasts longer each time. I'm not saying that this should work for everyone, but for me it works! Therefore, it is also

important to communicate it to others, smiles Torun.

#### MULTIVIB

Olav Skille is one of the world's leading researchers in Vibroacoustic Therapy (VAT), which is the name of the treatment. He has studied low-frequency sound waves impact on people over 40 years. Skille spread knowledge about the method in Europe in the 80s. The treatment lasts for 23 minutes, and the greatest effect is achieved by three treatments a week until you notice a good effect, so you can step down gradually.

The doctor Riina Raudsik has written the book PH balance & Vibroacoustic Therapy, she has used this form of treatment in Estonia for over 20 years.

There are therapists who use MULTIVIB in the whole country, here you will find a complete list:

<http://www.multivib.no/behandling>

It is among other things shown good results at:

- Abdominal pain / colic
- Kidney Stones
- Asthma / bronchitis
- COPD
- Reduced blood circulation
- Stroke
- Cerebral palsy
- Parkinson
- Stress, depression

#### Research results

Norwegian Multivib therapists have conducted an experimental study about soothing effect on menopausal problems, with encouraging results. Course of treatment lasted for a month and consisted of ten treatments. 28 people in Trondheim and Oslo participated.

The conclusion was that treatment with MULTIVIB had a good effect on the most common symptoms of menopause, especially hot flashes, mood swings and sleep problems. The report can be found here: <http://www.multivib.no/referanser>

#### Climacteric

Menopause comes in most 45-55-years old women. Complaints often last a few years before and after: abnormal sweating, hot flushes, bleeding disorders, heart palpitations and sleep disturbances, and can largely be explained by estrogen deficiency.

#### Treatment

Exercise helps prevent osteoporosis. Hormone therapy is offered to almost all women who have problems. The disadvantages of hormone replacement therapy are that it is a small increased risk of breast cancer, blood clots and cardiovascular disease. Results from recent research avoid prolonged treatment.

#### Captions:

MULTIVIB is easy to use and operate, and consists of an amplifier, a mattress with speakers and a selection of CDs. Torun Sigurdson experiencing the treatment as relaxing and energizing, and are now at natural therapist Toril Værnes Trøen at Klinik 1 once per week.

Finally, Torun Sigurdson from Trondheim can take a simple shopping trip to buy flowers without being overwhelmed by hot flashes.

# Torunn ble kvitt hetetoktene

Svetten rant og rant og Torunn ble mer og mer fortvilet. Løsningen ble en lydvrerende madrass!

TEKST: HEIDI LØVHØI • FOTO: GLE MØRTER MELGÅRD OG VÅGCONTINI

– **JEG SVETTET** helt ekstremt, det var som om jeg kom rett fra et badekar med klærne på. Det kunne skje når som helst og hvor som helst. Jeg prøvde å tenke på overgangsalderen var noe jeg bare måtte takle, men ingen kan ha med seg tre klesskift hver dag. Til slutt ga jeg opp og bestemte meg for å bestille legetime, forteller Torunn Sigurdson (53) fra Trondheim.

Senere den samme uken kom hun over en annonse fra Klinikk 1, som søkte etter forskerspersoner til en ny metode mot slike plager. Torunn meldte seg, og det tok ikke lang tid før hun merket bedring.

– Det var helt fantastisk. Da jeg først merket bedring, var jeg usikker på om det var behandlingen som virket eller om det var tilfeldige svingninger. Etter en stund var jeg ikke i tvil, jeg ble jo bra. Jeg kan få et snev av tilbakefall hvis jeg er syk, men ellers går det veldig fint, smiler Torunn.

I starten gikk hun til behandling tre ganger i uken, nå går hun en gang hver uke. Etter hvert vil hun kunne trappe ytterligere ned.

**VI PRØVER SELV** Multivib madrassen til Toril Værnes Troen, naturterapeut ved Klinikk 1 i Trondheim. En overraskende behagelig og avslappende vibrasjon bølger gjennom kroppen. Torunn har beskrevet det som en løve som maler. Høytalerne sitter på strategiske punkter i madrassen og sender lavfrekvente vibrasjoner gjennom kroppen, som en dyp massasje.

– Det finnes mange programmer. En person som har vondt i nakke og skuldre, vil få et annet program enn en person som har hetetokter. Vi har hatt svært gode resultater med nakke- og ryggproblemer, lungeproblemer, fibromyalgi, svimmelhet og

fordøyelsesproblemer, blant annet. Pasientene opplever lindring, og vi får stadig tilbakemeldinger på at folk sover bedre om natten, selv om de kom for noe helt annet, smiler Toril.

Hun sammenligner hva som skjer i kroppen under påvirkning av Multivib, med det å ha sukker i en tekopp.

– Det tar lang tid hvis man ikke rører. Slik er det også med kroppen. Vibrasjonene påvirker diffusjonsprosessen mellom cellene, blodstrømningen og lymfesystemet. Også produksjonen av enzymer blir påvirket.

– Jeg blir både mer våken og mer avslappet, jeg får mer energi etter behandlingen, og det varer lenger for hver gang. Jeg sier ikke at dette virker for alle, men for meg har denne metoden betydd et bedre liv, smiler Torunn.

**OPPFINDEREN OLAV SKILLE** står bak Multivib. Han er en av verdens ledende forskere innen Vibroakustisk Terapi (VAT), som er behandlingsformens navn. Han har studert lavfrekvente lydølgers påvirkning på mennesker i over 40 år. Behandlingen varer i 23 minutter, og størst effekt oppnås ved tre behandlinger i uken til man merker god virkning, så kan man trappe gradvis ned.

Norske Multivib-terapeuter har gjennomført en forskningsstudie omkring lindrende effekt på klimakterieforstyrrelser. 28 kvinner fikk ti behandlinger i løpet av en måned. Konklusjonen var at «lydmassasjen» hadde god effekt på de vanligste plagene ved overgangsalder, spesielt hetetokter, humørsvingninger og søvnproblemer.

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**BEHAGELIG:** Multivib er behagelig å bruke og lett å betjene. Den består av en madrass med høyttalere og et utvalg cd'er. Torunn Sigurdson begynte med behandling hos naturterapeut Toril Værnes Troen ved Klinikk 1 tre ganger i uken, men har nå trappet ned til én gang i uken.

## Hjelper mot flere plager

Behandling med vibroakustisk terapi kan hjelpe mot flere slags plager og tilstander:

- magesmerter/kolikk
- mensmerter/pms
- nyrestein
- overgangsalderplager
- astma/bronkitt
- kols
- redusert blodomløp
- hjerneslag
- cerebrel parese
- Parkinson
- stress, depresjon

## Finnes i hele landet

Det finnes ca. 100 behandlere/klinikker som benytter seg av Multivib i hele landet, her finner du en komplett liste: [www.multivib.no](http://www.multivib.no)

**Pris:** Kan variere. Ved Klinikk 1 i Trondheim koster 10 behandlinger kr 1800. Det er også mulig å kjøpe eller leie apparater til eget bruk ved enkelte klinikker.

*slik får du en bedre overgangsalder*