

ONDAMED: The System based on Truth, Belief, and Freedom

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This is the story of a man who participated in a paradigm shift in Integrative Medicine and 25 years later creates a paradigm shift with his own invention that allows conventional and integrative medicine to be combined.

Rolf Binder, the man who invented the ONDAMED Biofeedback System, recently spent some time reflecting back on his life. He has had many influences and experiences that have shaped him not only as a scientist, but more importantly, as a human being. He was kind enough to share some of these thoughts with us.

To understand Rolf as both a man and a scientist, one has to look back prior to the time Rolf was born. Rolf's father, Daniel Binder, spent four years as a soldier in World War II on both the Eastern and Western Fronts. During that time, Daniel witnessed death and destruction on a daily basis. These experiences, as you would expect, were extremely trying for a young man. Daniel returned back home after having served for 4 years, having been wounded on many occasions. He was hopeful, and longed for living and giving freedom within a peaceful environment. Daniel decided to continue his life as a farmer. His experiences in the war, seeing life and land destroyed, definitely influenced this decision. He saw how easily man could annihilate this living planet with all its beauty. He wanted to create rather than destroy, to build rather than tear down, to give life rather than take it.

Around this time Daniel met Rolf's mother, Frieda, a kind, civic-minded woman. They were married and started a family. Rolf was born on April 20, 1957.



Rolf Binder – Founder of ONDAMED

He had an idyllic childhood growing up on the farm, amongst people, plants and animals and plenty of hands-on hard work with his older brother and sister. This nature-driven life, surrounded by the love of his family, nurtured Rolf's belief in the creator. The Binders had a strong faith in God combined with living belief and freedom. Rolf was aware that there was more to life than could be seen and felt, heard and smelled. He believed strongly that intangible forces of life existed. In addition to exploring and experiencing utilizing his keen intellect, Rolf wished to appreciate life from other dimensional aspects.

In the seventies Rolf completed his education in *modern electronics*, working with the son-in-law of Dr. Franz Morrell. Dr. Morrell was the inventor of Bio-Resonance, which at its time, created a whole new model of diagnosis and treatment. In retrospect, it seemed that German therapists were just waiting for an application like this to enter the market place. Bio-Resonance created an entire shift toward energy medicine. This new wave created a ripple effect. Life was once again pumped into its forerunner, Radionics, a mind-driven diagnostic and treatment technique, invented by the Englishman Bruce Copen. These Systems are based on a similar application and still today, so many years later, you find brand-new fancy software driven mind-medicine devices, which are not marketed as Radionics, but are masked as a scientific medical approach. This is unfortunate and surely not following Copen's original concept.

The principle under which Bio-Resonance devices operated was that the body creates “sick” vibrations when ill. These “sick” vibrations then can be inverted by “sending” them through an inversion device (Mora) and convert “illness into health”.

By the late seventies Rolf was working side by side with Dr. Morrell, learning the intricacies of the theories and applications of Bio-Resonance. By the early eighties, Rolf, along with Dr. Wolfgang Ludwig, developed the Indumed. The Indumed was a very different concept and already carries elements of what was to come with Rolf’s invention of ONDAMED. The Indumed created electromagnetic impulse frequencies that were applied as a general application for the entire body.

During the eighties, Dr. Voll’s electro-acupuncture, EAV, became very popular. EAV tested meridians, or organ systems and varying substances such as vitamins, minerals, and homeopathic remedies. Many therapists, mostly in Europe, saw remarkable results and were helped immensely by this process. However Rolf had many questions as to whether this technology was as objectively technical as its developers had claimed. Rolf felt that the thoughts of the practitioner and patient were influencing the outcomes of the testing, making the evaluation very subjective. Rolf certainly believed in the power of the mind and felt that regardless of what was influencing the tests results, it seemed to be effective. Later developments in Applied Kinesiology seemed to echo the conclusions Rolf had reached.

As a result Rolf began to examine the concept that truth influences belief and belief influences healing. If a scientist or practitioner has a problem believing that a medical modality and its process are scientific, provable and can be replicated, then how can they be expected to practice with certainty? This lack of certainty is then perceived by the patient, which negatively affects the desired outcome.

For many years Rolf observed what was lacking in conventional medicine and how he could implement a change and partial completion to the conventional medical approach. Conventional approaches are certainly effective in dealing with acute problems, however chronic problems are treated in way that often mask the real underlying issue. Rolf, along with others, believes that in order to deal with chronic issues, one has to look at the body as an entire organism with a comprehensive method to find the underlying cause of symptoms and treat it effectively.

More and more, Rolf’s ideas and concepts of a more effective modality grew. How much more effective would a therapeutic approach be if he added a sound physical therapy to the mind-focused Bio-Resonance application? Not only did his ONDAMED creation represent a true physical therapy, it included and improved upon the mind-focused Bio-Resonance elements.

Rolf believed strongly that there must be a way to make energy medicine more objective, effective, and relatively easy to learn. He felt that energy medicine had become too complex and esoteric. Some machines took years to master. He felt that if one was to focus on an effective therapy approach, it should not be on the utilization of the technology, and it should not be to examine illnesses and conditions. Rather, the focus should be the healing process. Sure, you can examine and test for hours and label a patient with a fascinating diagnosis, but why not take a shortcut and go right to HELPING the patient out of his or her “disease jungle”??

With ONDAMED, we search for the resonance frequencies in the patient, which are able to restart the body’s regulatory functions by dissolving interference fields, such as inflammatory processes and scar tissues. By influencing the nervous system with special frequencies and frequency combination, we are able to quickly manage stress in the patient. This is a key function to restore health. Consequently the body takes it from there, regulating the hormone functions and the lymphatic system which have a profound impact on the body’s ability to function better.

ONDAMED uses specific pulsed frequencies to initiate the correction of both the metabolism and communication on a cellular level. Rolf understands that the end result of all illness, whether physical or emotional, is stagnation within the body and that specific electromagnetic impulse rates can move this stagnation in a measurable and effective way. Yet, how does one discover the correct frequency and area that is preferential to the stagnation occurring in a sick individual? An objective measurement tool would be necessary to facilitate this process.

The Vascular Autonomic Signal (VAS) is a physiological response of the neuro-vascular system of the body to information being brought into its energy field. This response can be manually felt as a pulse change on the wall of the radial artery. The discovery of the VAS by Dr. Paul Nogier in 1966 brought an energetic diagnostic tool to the world, the science of which was recognized by Rolf to be an optimum method when used in combination with ONDAMED. Dr. Nogier believed that the nature of the human body is highly sensitive and a powerful instrument that is responsive to subtle energy changes.

The VAS is a physiological “readout” of this sensitivity, transducing the subtle energy into a physical form to bring the emotional response into the forefront.

The VAS has the remarkable capacity of providing a focused physical response that represents a reading of the body’s total and immediate reaction to the ONDAMED stimulus. Like a computer analysis, the VAS provides a readout that has synthesized information from the whole human system, including the entire range of physiological and subtle level (emotional/mental) energies and moreover, allows the practitioner to observe the patient’s reactions during therapy.

In 1994 ONDAMED was born and presented to the medical community at the "Medicine Week" Conference in Baden-Baden, Germany. By the time this product came to market, Rolf had developed a System that not only could determine frequencies that a patient needed on an individual basis, but also a System that allowed the practitioner to apply these therapeutic frequencies to the reaction areas in the body, thus helping the sick to alleviate illness by promoting the individual healing process. With Rolf's perspective, he had switched the focus in energy medicine completely. ONDAMED allowed the practitioner to focus on patient's complexities rather than the devices complexities. ONDAMED allows relief instead of burden to the practitioner. Within minutes, the practitioner receives the answers to **what, where** and **how intense** to use this application. The practitioner is being guided through the entire application with the help of the pulse Biofeedback (VAS).

To better understand the physical aspect of this method, one needs to know that not only the frequency is essential, but more importantly, the assimilation of those frequencies in the body. The development of the applicators was key to create the proper vibration in the tissue and nervous system. It is common knowledge that brain wave frequencies range between approximately 1 – 30 Hz. When a patient receives frequencies in the Delta wave range, it is a common response that the patient falls asleep or gets very relaxed and tired. This is a perfect example of proper assimilation of a specific purpose during therapy, using specific frequencies to reach a specific physical state, while at the same time supporting the emotional state. Further, the vibration in the tissue causes movement in the bodily fluids, supporting the metabolism on a cellular level and stimulating the lymphatic system. The movement of bodily fluids offers therapeutic effect in acute and chronic conditions ranging from open wounds to arthritis.

Over the past 11 years the ONDAMED integrative medical practitioners and clinicians in many different countries reaching from Australia to Singapore to India and to the United States and throughout the European continent have adapted application. The success of this method has touched thousands of people's lives around the globe. From its creation in a basement in a small town in Germany, it now finds its place in some of the foremost medical institutes and hospitals throughout the world, where prominent researchers are leading clinical trials studying the efficacy of ONDAMED in treating such disorders as Major Depression and Chronic Pain Syndromes,

In talking to Rolf, one hears the words truth, belief and freedom mentioned independently and together. Rolf feels fortunate that he has lived in an age when one has the freedom to do that which one believes. He has committed his life to the development of technologies for the betterment of sick individuals. ONDAMED is his gift to the world through which a paradigm shift is created in the field of medicine. ONDAMED may be one essential bridge connecting conventional and integrative medicine. 🌸



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