

# Natural Accelerated Healing and Growth

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This article describes a method to accelerate wound healing to  $\frac{1}{4}$  to  $\frac{1}{2}$  of baseline recovery time and accelerate muscle growth achieving similar results to use of anabolic steroids. These methods are legal and safe which optimize the natural tissue regeneration process.

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## Foreword

These techniques tend to produce rapid results. Injuries usually heal in about one third of normal time. Muscle growth is considerably accelerated using this program.

This program avoids the need to use anabolic steroids or unnatural growth catalysts which create a matrix of physiological imbalances, often leading to compromised long term health.

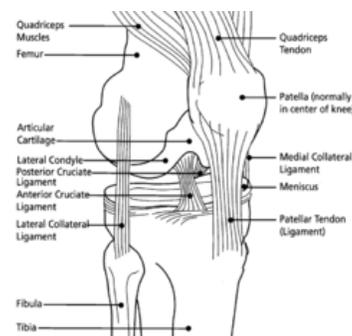
The method optimizes the natural factors which accelerate tissue growth or natural healing without creating imbalance:

- Optimizes availability tissue growth substrates;
- Accelerates cellular substrate growth by non-invasive energetic stimulation;
- Energetically suppresses pathogens & micro-infections which inhibit tissue regrowth in open wounds;
- Energetically catalyzes cellular differentiation to optimal structure and minimum scar accumulation.

## Principles

Healing is a cellular response to injury resulting in restoration of structure and function. These techniques apply to both wound healing and adaptive growth. Tissue regeneration and re-differentiation are both chemical and energetic processes.

A [wound](#) is physical damage to functional tissue after trauma which hinders physical performance or produces discomfort; Muscle growth is a process induced by “exercise” which causes cellular breakdown in muscle tissue, which heals producing more muscle tissue.



## Healing and Growth

Both wound healing and tissue growth depend largely on [anabolic metabolism](#). Anabolic metabolism is chemical process associated with tissue reconstruction. Energetics are an emerging aspect of the healing and growth process, and present significant



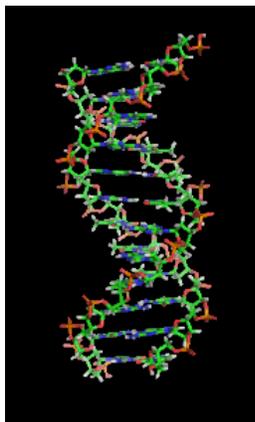
opportunity to enhance human performance and reduce the duration and discomfort of injury.

Both exercise and injury disrupt the structure of cells which grow back in moderated excess an attempt to limit future disruption. The degree of disruption and the individual physiology govern the regeneration process.

Tissue growth through anabolic metabolism is tightly controlled. These controls prevent many dangerous over-growth conditions, like cancer, and diseases which cause physical disfiguration. Artificial methods which disturb growth-limiting controls are dangerous because they imbalance a delicate system of checks and balances.

## Energetic Healing

Modern medical literature tends to describe life as chemical process virtually disregarding energetic aspects of physiology and healing. Chemistry is oddly viewed as the dominant control in most physiological responses. This essay regards life, healing and growth, as an energetic phenomenon. Chemistry is present, but subservient to energetic controls.



This strategy differs considerably in nature because presents the energetic process of healing as dominant. We assert that cellular DNA is energetically active in the cell and drives the cellular morphological tendencies which

control tissue growth, adaptation and healing. These views are quite different than the chemical dominant views in medical literature.

In a nutshell:

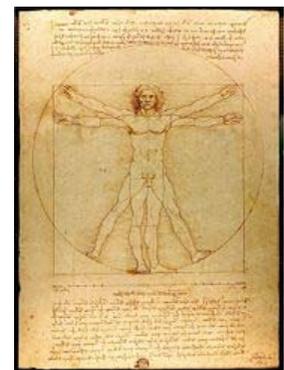
- An energetic template controls the form of the body.
- The template has both structure and strength.
- DNA is the energetic linkage between the cell and the template.
- The difference between tissue reality and the template drives metamorphosis.
- Cell reproduction and redifferentiation are healing.
- The magnitude of the difference template and reality determines the cellular redifferentiation rate.
- The template evolves driven by cellular stress.

Healing is rate limited by:

- The strength of the energetic template.
- Availability of building materials.
- The ability of cellular DNA to recognize template differential.
- Morphological capability of the cells shift.
- Reproductive capability of morphological cells.

## The Template Model

An energetic template controls the form of the body. The template has both structure and strength. Structure dictates physical tissue attributes by triggering cell type formation. Strength defines the clarity of form by enabling morphological



cells, to determine their “type” based on position in the structure. The DNA is an antenna which enables each cell to correlate its actual position with the template position.

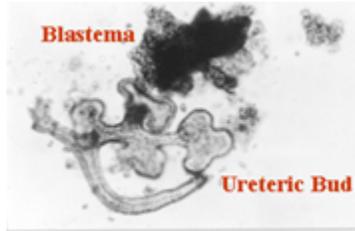
The difference between the tissue and template structures drive healing. Larger differentials produce faster healing because tissue form is very different from the template form. This explains why tissue regeneration in severe injuries is very rapid in the beginning, but slows as the trauma is less severe.

When tissue is less than template, growth occurs. When tissue is more than template, cell death, apoptosis occurs. The magnitude of the difference between template and tissue determines the rate of the physiological shift.

Deterioration of the cellular ability to adhere to the template results in physiological degeneration.

Healing speed is as fast as possible while Cellular growth tightly controlled.

This is a critical distinction. We can optimize healing, to an almost unlimited rate. **BUT** Structure changes are tightly controlled, and are limited to incremental shifts in the biological template, driven by incremental *evolution* in structure mandated by physiological inadequacy, recognized by the



tendency for repeated damage pattern in tissue.

There are lots of keys here:

**One time healing is not rate limited.** In a primal context, injury inhibits our ability to survive. Fast healing is a fast return to survival enabling behaviors.

**There is body template.** This template provides the structural character of the body. The cells in the body implement to the template. Healing returns the tissues to the form dictated by the template.

**The template is adaptable.** The template is not fixed. There is a bi-directional communication where the template recognizes a need for evolution driven by a repetitive cellular trauma. Trauma iterations cause the template to adapt slowly.

**Adaptation is driven by need.** Adaptive response is governed by a recurrent stimulus which imprints the template. The imprint shifts the template to generate tissue which will be less susceptible to the source trauma.

**Cellular trauma patterns drive adaptation.** Note that a single injury does not cause adaptive response. A cut, sprain or broken bone causes regeneration to the original state under optimal conditions. Repeated trauma, usually minor, drives the adaptive response where the body anticipates future needs.

**Adaptations are permanent.** Injury causes the cells to *heal to* the current template instead of an earlier version.

**Adaptations are genetically coded.** Moreover, there is a tendency to pass



template adaptations to offspring, in contradiction to [Mendel's laws](#). **Durable Adaption is continuous** –[See Pottinger's Cats](#) teach ancestral genetics are not the sole factor in inheritance. Environmental influences cause durable genetic shifts in a single generation.

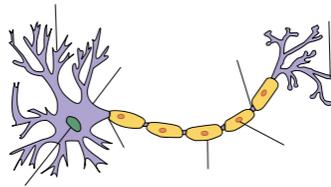
In simple language, tear it up repeatedly, and it grows back a little stronger each time. The operative word is *little*.

In a healthy organism, cellular growth is rate limited by difference in the cell and the template, and by the resources available for the cell to grow. These resources are energetic and substrate.

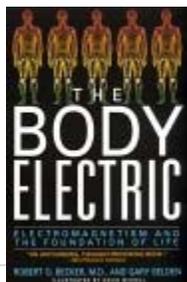
## Cell Proliferation & Redifferentiation

There are two phases to the healing response, cellular proliferation and cellular redifferentiation.

Cellular proliferation occurs when there is an energetic disruption in the body, usually triggered by tissue trauma. The body responds to trauma by enabling undifferentiated [fibroblast cells](#) to proliferate. Early fibroblast cells are weakly differentiated. Successive generations of fibroblast cells mutate to match the energetic template corresponding to the template location.



Robert Becker showed that when a nerve cell intersected epithelial tissues, a [blastema](#) formed. The electro-energetic junction [between nerve](#) cells and [epithelial cells](#) created an



environment which enabled both reproduction and redifferentiation sufficiently to partially regenerate portions of mammalian limbs.

We suggest that this phenomenon is integral to all healing responses. Energetic perturbation augments the environment enabling both cell development and cellular redifferentiation. The key missing ingredient is energetic disturbance.

Enhanced  
energetic  
disturbance  
accelerates  
healing.

There are two natural accelerants:

1. Energetic disturbance enhances fibroblast reproduction;
2. Energetic perturbation accelerates blastema cell differentiation.

This pair of responses likely results from a combination tissue stress and free biological energy leakage naturally created by trauma. In simple terms, an injury ruins some cells and damages others. The aggregate trauma creates a ground zero area, which is naturally surrounded by a near ground zero. Cells at ground zero die. Cells around ground zero are bathed in raw materials, and have lesser trauma.

This combination of raw materials and stress cause cellular reproduction in surrounding tissue. Stressed cells expand, and then enter [mitosis](#) to minimize cell membrane surface area. This process causes proliferation in

surrounding tissue. When the surrounding tissue is “genetically similar” to the damaged tissue, redifferentiation is minor. The energetic disturbance eventually morphs the surrounding tissue into the appropriate type.

When the surrounding tissue is mangled, the energetic availability is too low, and the cellular chaos prevents functional reorganization, resulting in incomplete healing, because of an absence of redifferentiation.

### The Pinky Paradox

Examples of Mammal Tissue Regeneration:

- Fingers severed from young children under age 11 above the last crease on the first knuckle always grow back.
- Canadian researchers discovered a [technique to regenerate tooth root material](#).

The curious contrast is the child finger example. When a child’s finger is reattached by surgery, scarring and dysfunction normally result. When the child’s finger is cut off – regeneration is perfect and scar free. This certainly begs some questions about human cells, around regeneration and healing .

Question	Observation
<b>Why is this special case of amputation recoverable?</b>	Regeneration is possible in mammals under appropriate conditions. Medical texts which assert “mammalian cells are incapable of regeneration” are wrong. It only takes one exception to break the rule – and this is an exception. Moreover

it indicates that human cells are capable of regeneration under the conditions.

**What are the special conditions which enable regeneration complex structures like fingernail and fingerprint?**

This is regeneration, not repair, because it involves recreation of complex structures, like fingernails and fingerprints.

**How does the body control creation of these structures?**

Supports the notion of energetic template. Blastema cells start un-differentiated, and then become what they are supposed to be.

**Why is the crease key?**

Probably because the crease corresponds to an underlying resource required to drive regeneration, likely bone marrow or a special nerve.

**Why won’t the finger grow back if severed below the first knuckle?**

There is probably another missing and unidentified cofactor required to grow back a joint.

**What changes at 11 years old?**

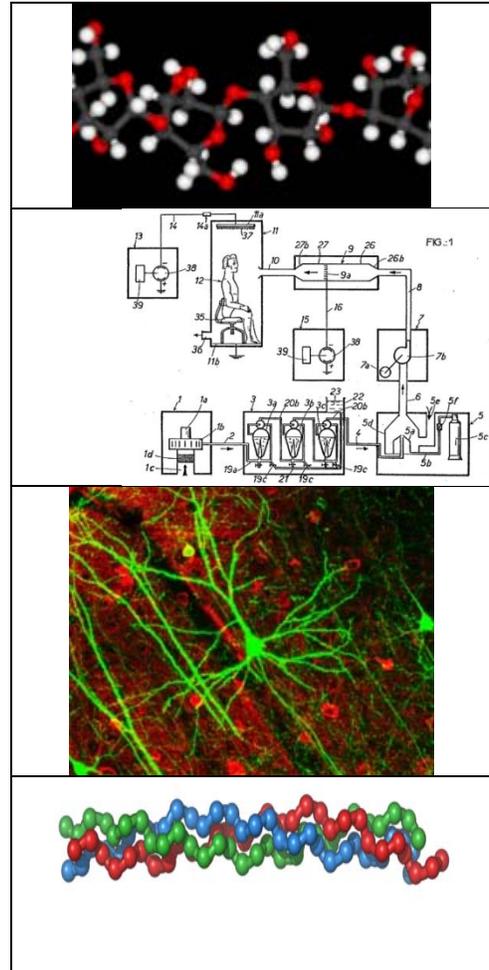
A systemic shift that occurs that decreases the spontaneous ability to regenerate complex structures.

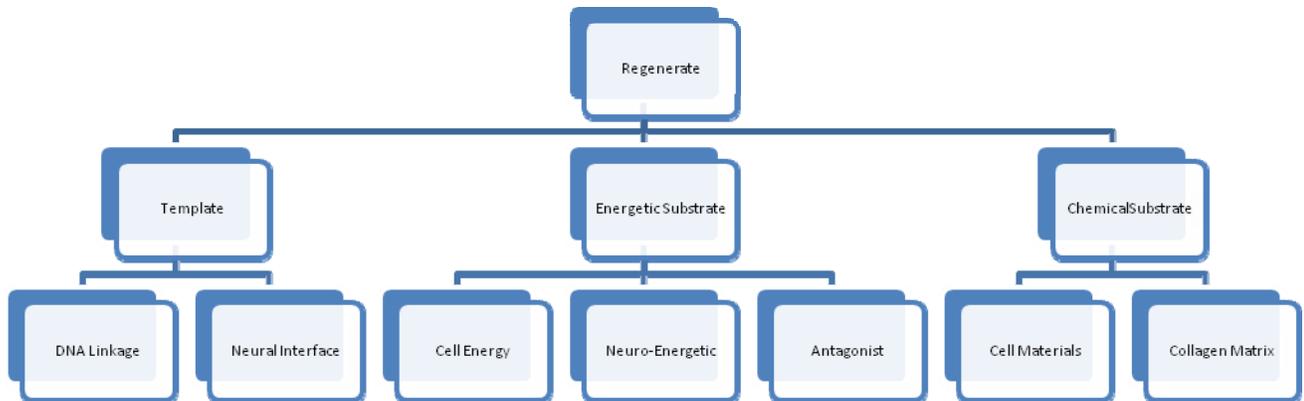
## Protocol Components

So let's build some candidates for strategy components to enhance the healing responses based on this example.

- **Supplement cellular energy with Pulsed Magnetic Fields.** Devices which deliver energy to deep tissue are available and affordable.
- **[Stimulate the interface between the template and the cellular matrix.](#)** Pulsed magnetic fields also bio-energetic turbulence supporting cellular proliferation and redifferentiation toward the biological template;
- **Reinforce the neurological quantum substrates linkage with hydrolyzed nano-silica.** Silica is a key element in the quantum amplification micro-layer in nerve cells, between the myelin sheath and the axon. It is primarily composed of silicon, and serves as a quantum amplifier of nerve signals, and depletes with age. Supplementation supports neural power transmission, improving the flow of information between the cells and the template;
- **Optimize cell proliferation substrate.** Raw materials are readily available in the form of [phospholipids](#), [amino acids](#), and [heteropolysaccharides](#);
- **Optimize the [collagen](#) production substrate.** This requires [Niacinimide](#), [L- Lysine](#), [Proline](#), [Vitamin C](#), and [Hyaluronic Acid](#)
- **Optimize the metabolic substrate with supplemental oxygen.** Oxygen is required for virtually all metabolic functions. Tissue trauma causes

inflammation, which reduces blood flow, and oxygen delivery. Oxygen deprivation is frequently a rate limiting component in tissue recovery.

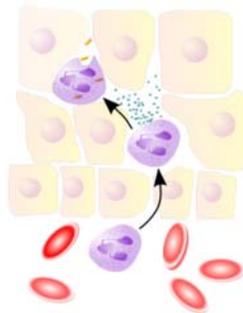




## Healing is a multi-part process

A trauma event triggers a physiological response:

- Pain usually results signaling the brain to avoid activities which cause further damage;
- The body initiates an inflammatory response;
- Cleanup starts by removing foreign objects and severely damaged cells;
- In-situ cells reproduce provided they are not too damaged;
- Fibroblasts enter rapid reproduction to rapidly produce collagen-scar tissue restoring structural substrate;
- Functional Substrate Fibroblasts begin to morph into the appropriate types re-differentiating tissue into the appropriate type;



- Redifferentiation continues until the scar converts to normal tissue, or until redifferentiation cannot continue due to limiting factors.

## Electrical Acceleration of Fibroblastic Metamorphosis

Animal cells have the ability to change.

[Fibroblasts](#) are morphologically heterogeneous cells. This means that they are able to transform, over successive generations, according to the template, to what they are supposed to be.

This phenomenon is frequently observed with autograft [Anterior Cruciate Ligament reconstruction](#).

Autograft techniques use tendon tissue, which normally



connects muscle to bone, to replace ligament tissue, which connects bone to bone. Tendon and ligament tissue are similar but distinct tissue types.

After a moderate period of time, grafted tendon tissue transforms to ligament in place. This tendency illustrates the ability of mammal cells to mutate from one tissue type to another as part of the healing response.



Transplant conversion is evidence of a template, which governs the cell type, and influences the healing process.

Physiological factors that catalyze fibroblast proliferation and template driven mutation are significant cofactors to healing rates.

[Electrical stimulation accelerates the process of fibroblast redifferentiation](#). This phenomenon likely occurs because PEMF stimulation reinforces the linkage between the DNA, governing cellular expression, and by strengthening the template expression.

This phenomenon partially explains the tendency for pulsed magnetic fields to significantly accelerate healing rates. See also [Mitochondrial Reference Summary](#).

### **Anabolic Factors**

Enhanced anabolic metabolism is the core of the muscle building process. Tissue regrowth is often enhanced by anabolic steroids, usually [testosterone](#), which catalyzes the cellular regrowth process. Testosterone overrides the rate-limiting checks and balances which control

tissue growth. Prolonged exposure to anabolic steroids often generates testosterone antigens which oppose natural hormonal function, and produce a net-negative response over time or other metabolic issues.

It also provides a mechanism for accelerating tissue growth for creation of strength and body mass without use of anabolic steroids.

Wound healing is a cellular response to injury resulting in restoration of structure and function. A wound is physical damage to functional tissue after trauma which hinders physical performance or produces discomfort.

## Research References

### Biological Transformation – An essay on fibroblastic catalyzation

#### Silica Energetic Substrate

#### Erythrocyte dedifferentiation

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#### Homeopathic Testosterone?

*Metal Ion Matrixes – Fulvic/Humic Acid*

*Pulsed Magnetic Fields – Dedifferentiate  
Fibroblast cells to configure DNA segments*

*ION concentration*

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Mineral Substrates & Hydro-Silica