

# Vacusac

## Introduction

Recurringly medicine turns to naturopathic methods as alternatives to the often Symptom related conventional regimens of treatment. One and a half Century ago the german physician, H. G. Magnus, showed, that blood gives off more oxygen to the cells, when the body is exposed to vacuum. This old concept forms a foundation for treatment with the Vacusac-system. The principle of Vacusac therapy is shortly, that the body is exposed to an interplay of positive and negative pressure (vacuum). This pressure interplay has two basic effects:

1. It intensifies the blood circulation to the different organ Systems and thus increases the removal of waste products and excess amounts of fluid. The accumulation of waste products and excess fluid is a common denominator in chronic diseases such as:

- Insufficient arterial circulation (atherosclerosis).
- Insufficient venous circulation.
- Rheumatism (arthritis and arthrosis).

In acute diseases such as:

- Local accumulations of blood (hematoma).
- Rigid muscles (myosis).

2. It increases the supply of oxygen and vital Substrates to the cells. Thus it enhances the cells ability to resume normal function and to repair injuries.

These effects are of benefit in the above mentioned diseases and they are vital in respect to healing of Sports injuries.

## Procedure

The patient is wrapped in a layer of special felt and a hermetic bag is subsequently pulled over the layer of felt. The bag is connected to a pump-System creating a vacuum at different optional pressure modes and levels. Due to the suction of the bag the body is exposed to a vacuum (air can penetrate the special felt). The bag simultaneously exerts a physical pressure on the body surface and thus generates the pressure interplay mentioned in the introduction.

In addition to the effects described in the introduction - the Vacusac therapy affects up to 95 per cent of the body's acupuncture points. This creates an energy circulation, which compels all the Organs of the body to communicate and adjust their functions to the actual physical requirements of the body.

Tests of the technical performance of the Vacusac-system have been made at the Institute for Technological Engineering, Copenhagen. These tests have confirmed, that the Vacusac-system generates the pressure profiles specified by the manufacturer.

## Effects of treatment

A 77 year old male had been told by his doctors, that he had to accept a life with bad arterial circulation in the legs. He had to realize, that he would end his days in a wheel-chair and had to face possible amputation of the legs. After a series of treatments he now gardens daily and he can make long walks, which had been impossible for him for several years.

A spastic girl, who had been confined to a wheel-chair all of her life, was after a few Vacusac-treatments able to take her first steps.

The above mentioned case-stories are just a few examples of the results, that Vacusac can list.

On the basis of questionnaires distributed to clinics using the Vacusac-system we feel confident, that the Vacusac-therapy has beneficial effects in the following conditions:

1. Disabilities resulting from insufficient blood circulation especially in the legs (pain, oedema, stasis dermatitis etc.).
2. Muscular pain in the extremities and in the back.
3. Headache due to muscular tension rigidity.
4. Sports injuries such as: Sprains, minor fiber disruptions, increased muscular tension and local accumulation of blood and fluid.

The safety of the procedures involved in the Vacusac-treatment has been tested at a community hospital in Copenhagen, Denmark. The conclusion was, that Vacusac-treatment does not affect cardiovascular functions in an unfavourable manner and thus, that Vacusac-treatment can be used in patients with cardiovascular disease.

At the same community hospital a clinical study has been started aiming at an investigation of the beneficial effects of Vacusac-treatment in patients with insufficient blood circulation in the legs. At present 20 patients have entered the study.

Contraindications to the use of the Vacusac-system are: Haemophilia and medical treatment reducing the coagulation capacity of the blood (anti-coagulation therapy).