

## **BENGSTON METHOD CLINICAL CASE REPORTS**

### **ANIMALS**

#### **FEMALE DOG**

**Diagnosis:** Inflammatory bowel disease.

**Symptoms:** Too-frequent bowel movements, lethargy, inability to walk long distances

**Treatment results:**

- After 3 Bengston treatments, bowel movements normalized
- After 8 treatments, back to normal level of vitality and activity
- One year later, no further bowel disease issues detected by veterinarian

#### **MALE CAT**

**Diagnosis:** Age 9, two years prior diagnosed with lymphoma tumor in his duodenum. Surgical removal followed by oral chemo. In remission for 5 months, lymphoma recurred in liver and was given more chemo. Cancer-free for six months, then diagnosed with meagcolon blockage.

**Symptoms:** Primarily constipation, occasional diarrhea.

**Treatment results:**

- After first treatment, constipation stopped, cat had multiple bowel movements with formed stools over 24-hour period. Owner commented, "It looks like the therapy jump-started his GI system."
- After second treatments, increased diarrhea.
- After third treatment, formation of normal stools.
- After fourth treatment, x-ray showed less colon distension, vet said "things were moving." Normal stool formation and frequency of bowel movements continued.

#### **FEMALE DOG**

**Diagnosis:** Advanced squamous cell carcinoma, Dec. 18, 2013. Primary location: Larynx. Diagnosed as terminal, because surgery, chemo and radiation not options

- ◆ Bengston therapy begins Dec. 19, two times a week
- ◆ After 6 sessions, the dog had an external reaction at the cancer site
- ◆ Visit to the vet on Feb. 5, who was incredulous that the dog was still alive.
- ◆ CT scan indicates cancer has not spread (as was expected) and size and shape of pre-existing cancer cells have changed
- ◆ Looks and acts like a healthy dog, Bengston therapy continues twice a week.

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# HUMANS

## ALZHEIMER'S

### FEMALE, GREAT BRITAIN

**Diagnosis:** Three years prior to contacting us, diagnosed with Alzheimer's.

**Symptoms:** In a state of decline, incommunicative, increasing confusion, inability to do self-care and basic tasks.

**Treatment results:**

- After 1 Bengston treatment, able to dress herself and wash dishes.
- After 4 sessions, able to hold conversations and remember names of visitors, more upbeat attitude, more physically active.

### FEMALE, USA

**Diagnosis:** Woman in early in early 80s, diagnosed with Alzheimers

**Treatment results:** 8 distant Bengston therapy sessions. Daughter is a nurse and made meticulous, detailed notes of progress before and after full course of therapy

**Conversation Before Treatments:**

- ◆ Minimal coherent dialogue.
- ◆ Misuses words; nonsense speech
- ◆ Talks very little
- ◆ Unable to make choices
- ◆ Repeats words or questions/very frequently each and every day

**Conversation After Treatments:**

- ◆ Engages in meaningful conversation.
- ◆ Observes and offers input and insight.
- ◆ Asks about family and friends well being.
- ◆ Much less fixating easily stopped with redirection
- ◆ Verbally expresses wants and comfort levels

**Date/time Before Treatments:**

- ◆ Very minimal orientation to time (morning/evening)

**Date/time After Treatments:**

- ◆ When told, is oriented to morning/evening and time of day.
- ◆ Recognizes days when told and understands "routine" for weekdays and weekends.

**Emotional Expression Before Treatments:**

- ◆ Not really aware that anything is wrong
- ◆ Self absorbed
- ◆ Loss of interest in family and friends
- ◆ Frightened that someone is stealing and will harm her

**Emotional Expression After Treatments:**

- ◆ Desire to see and talk with family and neighbors
- ◆ Acceptance of physical limitations and wanting to do more for self

- ◆ Much less self absorbed, concerned more with others' well being
- ◆ Aware that something is wrong with her memory
- ◆ Enjoys outings and socialization
- ◆ Aware of wants and feelings and voices them

**Short-term Memory Before Treatments:**

- ◆ Inability to retain immediate events
- ◆ Repeats childhood events
- ◆ Has difficulty with phone conversations; does not remember who she is talking to or how to respond
- ◆ Does not remember names of family members/immediate caregivers or identify/recognize in person
- ◆ Difficulty concentrating on tasks

**Short-term Memory After Treatments:**

- ◆ Remembers events from previous day
- ◆ Will discuss topics and events from current day in the evening when asked
- ◆ Remembers family names
- ◆ Recognizes family when seen in person
- ◆ Still needs reminders on tasks but does not need as much repetition to complete

**Before course of therapy:**

- ◆ Before 12/12; very early stage of dementia (95%)
- ◆ 1/13 rapid decline started and progressed to a moderately severe stage to 7/13 (worst stage 0%)
- ◆ Her doctor stated, "it is as if she fell off a cliff."
- ◆ "I just have to state it was very challenging in the beginning. Many, many times we had to walk away, take turns, cry, and vent our feelings. It was exhausting emotionally and physically."

**After course of therapy:**

- ◆ For myself and talking with her caregiver, I would say a recovery of 60% compared to pre-Alzheimer's (still needs 24/7 care), 80% compared to start of this year.
- ◆ The doctor states she is now "medically stable, less goofy, and is strong as a horse."
- ◆ Easier to care for her now. More cooperative. Conversations are enjoyable. Depression and anxiety has greatly improved.
- ◆ Verbal and physical demonstration of authentic, gentle and heartfelt love and concern for others. Awareness and voicing of feelings. Calmness and acceptance and some happiness to what is happening presently.

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**CANCER**

**MALE, JAKARTA**

**Diagnosis:** Cancer in mouth, sinus, and nose.

**Treatment results:**

- 8 Bengston sessions, client did not do image cycling.
- Prayers from family and an herbal remedy done simultaneously.
- Complete cure. Two years later, no recurrence

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## **DEPRESSION**

**FEMALE, USA**

**Diagnosis:** Clinical depression for 10 years. Client tried to do image cycling, could not master it.

**Treatment results:**

- After first and second sessions, severe panic attacks and mood swings followed by calm states.
- After 4 sessions, husband described her as 40-50% improved
- Four months later, husband described her as 70% improved
- One year later, emotionally stable, no emotional relapses.

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## **GASTROINTESTINAL ISSUES**

**MICHEL, USA**

**Diagnosis:** Male in his 50s, irritable bowel syndrome (IBS) for 30 years.

**Symptoms:** Painful bowel movements in the morning, diarrhea-like texture, every 4 to 5 days.

**Treatment results:**

- After 1 session, improved energy.
- After 2 sessions, muscle pain in the rectum area that lasted two weeks.
- After 4 sessions, no IBS episodes for 3 weeks (compared to once every 4 to 5 days).
- Follow-up 4 months later: "I am doing fantastic with the IBS, I consider myself cured. I have not had an episode since 10 April. Prior to April 10 I had 3 episodes in the previous 35 days, with each one becoming milder. Keep in mind, I have had IBS for 32 years, and in the past 5 years I would rarely go 5 days without an episode, so to say I am cured is an understatement!"

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## **MULTIPLE ISSUES**

**MALE, GERMANY**

**Diagnosis:** Chronic inflammation processes in the heart and kidneys, hay fever, and eczema caused by mercury amalgam poisoning. Client was not responsive to chelation (standard treatment for mercury poisoning).

**Treatment results:**

- Client cycled enthusiastically
- After 1 session, hay fever gone
- After 3 sessions, eczema cleared completely
- After 4 sessions, chronic feelings of flu (symptomatic of heart valve abnormality) gone, eye-floaters reduced, improved concentration

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**OPHTHAMOLOGY**

**MALE, USA**

**Diagnosis:** Two cataracts, one macular tear. Total restriction on driving. Was scheduled for surgery in 6 weeks when client called for therapy.

**Treatment results:**

- 7 distance treatments prior to surgery, client did not do image cycling.
- Day of surgery, client was re-diagnosed as having only *one* cataract and *no* macular tear
- Based on reported vision changes during six weeks of therapy, client's presumption is that one cataract and macular tear cleared with Bengston therapy.
- Ophthalmologist test and report six weeks after surgery: "The doctor read the chart and said, '20/20 uncorrected; 20/15 with correction.' She then looked at me and said, "Moving from 20/200+ to 20/15? *Simply. Never. Happens.*"
- "It's a miracle. Thank you."
- Client driving again.

**FEMALE, USA**

**Diagnosis:** Legally blind, cause unknown. Balance problems.

**Treatment results:**

- After session 1, vision and balance worse.
- After session 2, vision and balance improved.
- After sessions 3 to 6, balance stabilized and vision became increasingly "crisper"
- After session 8, vision sufficiently improved so that she could get glasses.

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## **STRUCTURAL ISSUES**

### **MALE, GERMANY**

**Diagnosis:** Male age 20, Genetic defect leading to a retarded ossification (Dysostosis Cleidocranialis).

Symptoms: "I started to walk very early, which is atypical and nobody recognized the symptoms, so my weak spine moved into a heavy scoliosis. One vertebra toppled about 70 degrees to the side, taking the following vertebrae with it. In addition my collarbones are not fully closed, which makes the whole system even more instable."

### **Treatment results:**

- After 4 sessions, significant decrease in pain and significant increase in flexibility
- First change of this kind client has ever had