

SURGEON ONE OF HANDFUL HERE SPECIALISING IN

TECHNIQUE WHICH SCANS BODY FOR UNUSUAL SOUNDS

By Jade Beecroft
SITTING in front of a computer, wearing a set of padded earphones and watching digital representations of your internal organs flash up onto the screen is not your average doctor's consultation.

But then, former surgeon and research scientist Dr Modestas Jarutis is not your average doctor. He is one of a handful of practitioners across Northern Ireland offering a technique called bioresonance, which is a full-body scan using special sensors inside headphones to tune into the body's energy and detect any areas of concern.

It sounds unconventional — to say the least — but Dr Jarutis (48) says his background and experience is very much grounded in more orthodox medical training and practice.

His aim is to merge ideas from conventional and holistic medicine, from his clinic at Portview Centre, off Belfast's Newtownards Road.

"I trained in Lithuania," he explains. "Over there, holistic practices such as acupuncture actually form part of conventional medical training. "I think attitudes towards medicine are different. Most Lithuanian mothers and grandmothers would have a grasp of basic herbalism; for example, they would use things like garlic, herbs and onions medicinally."

Dr Jarutis moved to Belfast in 2005 with his wife and family, and began working as a vascular and general surgeon at Lagan Valley Hospital, before moving to do a stint at Belfast City Hospital.

He then went on to take a post as a research scientist in Hull — commuting from Northern Ireland via Leeds Bradford — and worked for several different pharmaceutical companies.

"When I first heard about bioresonance, I was curious," he explains. "I liked the fact that it's so non-invasive."

"I bought a Hunter 4027 bioresonance machine and tested it on my friends and family. We were all impressed by how accurate it was; perfect results with no side effects."

Dr Jarutis founded his clinic, called Holistic Doctor, a year ago, offering a bespoke menu of treatments including kinesiology, acupuncture, homeopathy and dry medical cupping.

LIFESTYLE

He also offers glucose testing, a sleep disorders clinic, food sensitivity testing, reflexology, weight management, and many other holistic therapies.

His bioresonance machine is one of the stars of the show, allowing him to offer a full-body scan to determine which other treatments may be most beneficial.

"I use bioresonance as a diagnostic tool, it gives me a picture of the body at this moment," he explains. "It uses a high frequency electro-magnetic field which interacts with the brain and shows me how cells are functioning. It's quantum physics. "It's completely painless, patients simply sit at the computer wearing the headset and the machine does the rest. It's like an MOT."

Unless you're a quantum physicist, bioresonance can sound pretty baffling.

The basic theory behind it is the belief that all the body's cells — as well as viruses, bacteria and toxins — emit electromagnetic waves, and each frequency pattern will have very individual characteristics.

These frequency patterns can supposedly be picked up and interpreted during bioresonance treatment. The information is then fed into the computer for analysis.

In Dr Jarutis's clinic, the computer literally displays digital images of the patients' organs and physical structures, one by one, with red triangles highlighting any areas of concern, which can then be analysed in more depth.

"Bioresonance can also be used as a form of treatment in itself," says Dr Jarutis. "It uses technology designed to adjust your body's energy and effectively 'tune' it to a healthy frequency which can help with any problems hidden deep inside."

"Maybe you already heard that you are continually emitting energy and as long as this energy stays at the right frequency you feel well. The idea is to restore the correct pattern scientifically using the computer programme."

"The machine I use in my clinics helps to diagnose and restore any abnormal human body functions in a safe and natural way."

It's so high-tech, it might sound a little like something from the 1960s futuristic cartoon The Jetsons.

Listening in and looking out for your health



INNOVATIVE: Dr Modestas Jarutis in his clinic in east Belfast

Bioresonance procedure offers painless, non-invasive 'MOT' for patients, says medic

But Dr Jarutis is also a fan of some very low-tech and easy lifestyle adjustments to improve his patients' health. Simple techniques, like drinking more water, meditation and breathing exercises, fasting and practising gratitude, are also frequently on his prescription list.

"With meditation, water and rest, healing can start," he explains. "The body is extremely clever; you just have to give it a chance."

Dr Jarutis himself follows a programme of fasting which involves only eating evening meals for five days a week.

"Fasting gives your body a chance to stop focusing on digestion, and instead turn its attention to healing and replenishing," he explains. "If done properly and safely, it's one of the cheapest and easiest ways to good health."

"There are many different ways to fast. Some people do a 24-hour fast once or twice a week, perhaps going from evening meal to evening meal."

"Others fast for 14 or 16 hours daily, perhaps allowing themselves to eat between noon and 6pm. It allows the body to look around and see what needs fixing."

"But fasting is very individual, it's about finding what works for you and your lifestyle. As a general rule, women should fast for shorter periods than men, and it's okay to still drink water, tea and coffee."

"Also, try to build it up gradually — don't just stop eating. You might try initially skipping breakfast, having a light soup or salad for lunch, and then an evening meal. It's vital to make sure that when you break your fast, your meals are healthy and nutritious."

Dr Jarutis offers a number of health tips on his website, but the first is perhaps the most inspiring.

"Smile every morning because you woke up," he laughs. "Each day around 63,000 don't wake up, so you're one of the lucky ones. Be thankful for your life."

"I also suggest people ask themselves two key questions: If you knew you could succeed at whatever you did, what would you be? And if you only had six months to live, what would you do with your time?"

● **An hour-long bioresonance consultation with Dr Jarutis costs £100. For information visit www.holisticdoctor.eu.**

Doc's tips for a healthy life

1. Smile because you woke up today
2. Drink plenty of water
3. Aim for 7-8 hours sleep each night
4. Exercise — even if you start with just a five-minute daily walk
5. First thing in the morning, take a few deep breaths and just focus on your breathing
6. Meditate
7. Try intermittent



fasting, in whichever way best suits your lifestyle

8. Set yourself a small health goal and do it for 28 days

