

Introducing a Novel (very effective) Therapy for Programming and Reprogramming the Central Nervous System;

“A Mild, Self-Initiated, Sensory/Motor Stimulation Therapy, that Exploits and Enhances the Natural Chaotic Rhythms Of the Human Nervous System” –

The “Ware K Tremor” Health Trigger Process

Signifying “A Very Important Discovery Offering New Research Opportunities” Please arrange to view accompanying video footage of [the nonlinear neural dynamical events described –](#)

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Abstract:

Researchers around the world are extensively studying the role that 'Chaos' plays in our physical and emotional health and wellbeing. Chaos, Nonlinear Dynamics and Complexity, attracts significant attention in many fields - such as sociology, physics, biology and engineering. The research primarily focuses on applications in neural networks, biological and social systems, secure communications and information science.

We introduce a dynamical, 'self initiated' novel therapy, that exploits the natural chaotic rhythms of the human nervous system. The therapy has been successfully utilized for more than 25 years*, to assist patients with often critical disorders, regain control over their physical/emotional health and wellness futures. The 'present day' clients highlighted in this presentation, have overcome long term debilitating neurological restraints/conditions within very small (unprecedented) time scales. Accomplishments such as these are representative of programming and reprogramming/plasticity, recalibrating the central nervous system on a global scale, positively affecting all of the systems sub systems simultaneously. We have utilized EMG, EEG, and ECG simultaneously to observe these positive global transitions to the therapy. Whilst these data provides substantial evidence of enhanced neurological complexity, the real data are in the positive results that the clients obtain from this unique therapy.

This poster/video presentation will propose the mechanisms at work relating to the success of the therapy and emphasize the significance of 'arousal control' by the Clients to optimize reprogramming, reprogramming/plasticity potential; while they initiate the prescribed, very slow mild resistance exercises, in a super relaxed state. A 'self organizing' chaotic tremor emerges that evolves over time, rapidly enhancing the systems complexity – Programming and Reprogramming and/or Reorganizing the Central Nervous System. The re-established or enhanced neurological complexity of the system, enables the client to perform desirable physical tasks that had previously been thought of as impossible; not likely to be accomplished because of lesion; or dramatically impaired. Most commonly, long term attempt to acquire same through all other forms of therapy have failed.

* It must be noted that the significant positive effects of this therapy were accidentally discovered more than 25 years ago by Ken Ware. Clients attending the original centre (The Pioneer Valley Hospital in Mackay, Queensland Australia) were significantly benefiting from these techniques long before we had a scientific framework to begin to explain how the therapy worked. This will remain a work in progress.

Introduction:

We introduce novel exercise techniques which quite visibly expose the natural chaotic rhythms within the human nervous system (Chaotic response to stimulus = 100% x several thousand samples). Exposed nonlinear neural dynamics reveal sensory motor deficits that relates to the presence of physical/emotional instabilities/disease/disorder within the Clients system. The clients disorder/disease is sensitively dependent upon these initial conditions.

An unpredictable chaotic neural tremor is observed in 100% of clients (tens of thousands of clients have utilized these techniques successfully over the last 25 years), while performing exercises that deliver a very mild stimulus to their system - within the confines of a controlled, non threatening, supportive environment. The more the subject relaxes as they perform the movements and the slower they move the mild loads - the more visible the chaotic tremor becomes. The chaotic tremor always increases in intensity and randomness, relevant to the degree of disorder in the subjects system. There is usually an accompanying level of unjustifiable emotional anxiety or sensations of fear.

The assessable variable chaotic tremor will appear in every Client under these unique parameters;

However the nervous systems of clients who are in a good state of physical/emotional health - will display highly organized global neural activity under these parameters within a day or two, accomplishing an ever higher level of control over their physical/emotional health. Those clients who display 'extreme sensitivity to these initial conditions', because of the presence of physical/emotional disease/disorder in their system, often require much more support and encouragement. However significant measurable functional and cognitive benefits are noted within a few days and improve exponentially from there. The 'extreme' stochastic neural dynamics observed within vulnerable clients systems, relate to physical/emotional disruptions. However the Clients rapidly improves physical/emotional health at all levels – once these disoriented vulnerable regions of their system's sensory motor integration feedback loops are recalibrated to internal and external environmental stimuli.

The recovery rate of subjects from even the most hard to conventionally treat physical/emotional diseases/disorders, is at unprecedented time scales. Most importantly, the subject manages this process themselves with 'hands off' support and advice. We have developed a comprehensive program that enables assessment of a the client's responses to (all) external/internal environmental stimuli; recalibrate sensory/motor deficits and continue to add value to the subjects control over their physical/emotional futures.

The “Ware K Tremor” Health Trigger Process, highlights the “Self Organizing” ability of the unrestrained human nervous system to recalibrate itself to an orderly state;

It is proposed that under the prescribed parameters, the mild afferent stimulus or environmental signal, enables 'Vital' information maintained in neural networks, relating to the normal structure and function of the Clients system to emerge - prompting dynamical neural bifurcations to relay this information, which ultimately Reprograms, Programs, Recalibrates the Central Nervous System; And/or Re-organize existing or remaining neural networks to compensate for, or bypass lesions; And/or promote Neurogenesis within the Central Nervous System as required. These 'emergent phenomena' manifest as significantly measurable physical/emotional benefits to the Clients.

The cognitive (Executive) commands by the Clients are vital to the success of the therapy: The composed planning and initiation of the movement; along with other initiatives, i.e. to stay calm and not react to anxieties; Maintain sound posture to enhance information processing; control the speed to super slow; Allow the tremor to evolve when it becomes apparent and maintain a sense of 'flow of information' through the system; Enable the tremor to migrate throughout the system - which synchronizes/recalibrates the system, physically/emotionally to internal/external stimuli.

In relation to Spinal Cord Injury; The initial application of these techniques, affords assessments of the true functional values of all existing self organized reorganization, reprogramming or programming. On going therapy then exploits and enhances complexity of these assemblies. E.g. Short and long Propriospinal Interneurons, Central Pattern Generators, Neurogenesis and Glia.

Clients 1:

History: Aggressive Sarcoma Resulted in the Complete Removal of Posterior Compartment of Thigh & ¼ of Adductor/Abductor Process, Complete Sciatic Nerve and Many Peripheral Sensory and Motor Projections Were Removed on the 15th of March, 2013.



The Client is now able to perform movements - predicted to be impossible to effect, because of consequential inhibitory lesion from the surgical procedure and demonstrates sound bilateral stability when doing difficult exercises that involve both limbs together.



Client began Ware K Tremor therapy 18th March, 2013.

There was no sensation below her left knee and her movements were very restricted. All other therapies had proven to add little value to these conditions. There was no indication that she could illicit a leg curl or adduction. Her compensatory limp was extreme and causing crisis to distant regions of her body.

The photos and accompanying video footages were taken 44 sessions post her first visit to the centre. She now has constant sensation in her leg and her gait is dramatically improved.



It is proposed that Ware K Tremor Therapy and the cognitive maintenance of the prescribed parameters, enables 'Vital' Information (memory) maintained in neural networks, relating to the normal structure and function of a clients system to emerge - prompting dynamical neural bifurcations to relay this information, which in this case, re-organized, reprogrammed and axonally and synaptically enhanced remaining neural networks to compensate for, or bypass lesions; And/or promoted Neurogenesis within the Central Nervous System as required. Note: The exercise photos and accompanying video footages were taken 44 sessions post her first visit to the centre.

Client 2:

History: Paraplegic - World Renowned Highly Accomplished Paraplegic Wheelchair Athlete; T12 incomplete paraplegic. Injuries from accident 27/06/88 - broke back in 3 places T5/6 burst T12 Pelvis R in 4 places; broke right arm in 2 places & humerus and ulna; fractured sternum, broken ribs, Right punctured lung, etc. Resulting in loss of abduction R loss of plantar and dorsi flexion, almost zero glute activation. Can walk short distances with Canadian crutches - everything else wheelchair.



Client began Ware K Tremor therapy 16th -20th on May, 2013. As a result, he took his first unassisted stable steps in 25 years, on the 20th, May 2013, after just 4 days of this therapy. He is now able to perform exercisers (as demonstrated in accompanying photos) that were considered inconceivable by his past and present medical and therapeutic supports. He is noticing very small de nova sensation in his lower legs, which he considers to be a massive start. The evolved focus and character of this client dramatically optimized the reprogramming, reprogramming/plasticity potential of his nervous system to manifest such amazing results in such a small time scale.

Role of Propriospinal Interneurons, Central Pattern Generators in SCI; reorganization – regeneration. PN's synchronise sensory motor activity between Cervical and lumbar CPG's – important for the maintenance of synchronized motor outputs - movements like walking or running. PN's also contribute to plastic reorganisation of spinal circuits and PN's are capable of significantly circumventing an incomplete spinal cord lesion and re-coordinating locomotor CPG's. Ongoing therapy will now further enhance and strengthen relative feed forward and feedback loops in the Spinal Cord, Brain Stem, Cerebellum, Basal Ganglia, Thalamus, Limbic System, Pre-motor and Sensory Motor Cortex's. See handout for more details;



Client 3:

History: 6 years severely impaired movement and lifestyle due to Chronic lower back pain; 2006 Prolapsed Discs L5/S1 and L4/L5; July 2011 - Discectomy performed at (L5/S1); November 2012 – Revised Discectomy (L5/S1); Diagnosed with Graves disease in 2010

Client began Ware K Tremor therapy 29th January 2103. In the 13 weeks since beginning Ware K Therapy this client has now worked her way through to Program 7. She is able to Leg Press and Hack Squat 100kg in a composed and controlled manner without discomfort. Ware K Tremor therapy stimulated the self organizing processes which optimized reprogramming, reprogramming/plasticity potential; The dramatically enhanced complexity of her system enabled her to experience a range of improvements, including highly diminished stress, depression and anxiety symptoms; Highly diminished pain levels; Restoration of hope for long-term health and future; Improved and sustainable focus and concentration; Increased mobility and capacity to perform all daily tasks (including walking long distances, driving for long periods, tying own shoelaces, hanging out washing, grocery shopping, vacuuming, cleaning, gardening etc.);Return to full-time work (10 – 12 hours/day – 5 days/week);less irritability and agitation; Increased social activities; Enhanced emotional and physical strength.



Client 4:

History: Current (2012) Hawaiian Ironman World Champion ; Chronic right hip trauma; Nerve Impingement tightening psoas, QL, and obliques - significantly impairing ongoing training efforts . His condition was worsening after 6 Weeks of intensive therapy.



Client began Ware K Tremor therapy on the 13th – 16th April, 2013. In only 3 days the client was able to do 3 x 100 metre sprints with zero warm-up or stretching – his hip was completely unrestrained. Again, The evolved focus and character of this client dramatically optimized reprogramming, reprogramming/plasticity potential affords his nervous system to manifest such amazing results in such a small time scale.

Clients comments: “I had run a few steps over the last month to test my hip, and every step had felt unnatural, painful, and restricted. My right psoas, QL, and obliques had freed up completely in the first two days –something that countless massage from several different people from all fields could not do over 6 weeks – so I knew things had changed. Sprinting flat out, with no warm up is the epitome of what you learn through the process, and how we should feel in a chaotic (natural) state. There is no tightness and no restrictions when there is no thought or control. I took off and sprinted. There was no discomfort, imbalance or hesitation. (ID excluded) felt the same. Walking back with our eyes closed to further keep our minds unaware, and seeing what the body does on it's own as Ken watched to keep us from going way off track into a building. In the second sprint I felt the energy flow from around me, through me, let all control go and I lifted for the best sprint I've ever done. The feeling of running with no control, as a kid, as an animal, it was awesome.”