



UNIVERSIDAD COMPLUTENSE
MADRID

FINDINGS OF THE RESEARCH PROJECT:

THE EFFECTS OF RESTING ON NATURAL MATERIALS FREE OF
ELECTROMAGNETIC FIELDS ON THE IMMUNITY SYSTEM AND THE
BIOLOGICAL AGE

INVESTIGATION

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OBJECTIVES

The objectives that have been stated are:

1. To evaluate the efficiency of resting on natural materials free of electromagnetic fields, that is, what it means to utilize the technology HOGO in the biological age of healthy volunteers.
2. To evaluate the efficiency of resting on natural materials free of electromagnetic fields, that is, what it means to utilize the technology HOGO, on the state of health through an analysis of the immune profile in volunteers who are healthy.
3. To evaluate the efficiency of resting on natural materials free of electromagnetic fields, that is, what it means to utilize the technology HOGO, on the state of health through the analysis of the parameters of the oxidative stress (antioxidants and oxidants) and the oxidative damage particularly (lipid oxidation) in volunteers who are healthy.
4. To evaluate the efficiency of resting on natural materials free of electromagnetic fields, that is, what it supposed to use the technology HOGO, on changes in the plasmatic concentrations of the different hormones that promote stress hormones (cortisol and dehydroepiandrosterone) in volunteers who are healthy.
5. To test the possible placebo effect in all the previous objectives.

CONCLUSIONS

From the results obtained up to this moment, the following conclusions can be stated:

1. All of the subjects that utilized the resting system HOGO for 2 months (60 days) have decreased their biological age, being the rejuvenating mean of approximately 15 years. The effect was more profound in the experimental group "BED" than in the "TOPPER" group. In addition, in the case of the "BED" group the effect was more profound in the subjects that started with a biological age over 50 years. This rejuvenation was not found in any other subjects than during this time of the experiment who slept using the standard resting system, without using the HOGO technology, which did not modify their biological age.
2. All of the subjects who utilized the resting system HOGO, respectively, during the 2 months have improved the functionality of their immune system, especially in those aspects that are associated with a better state of health (chemotaxis, phagocytosis, antitumor activity (NK) and lymphoid proliferation) and this effect was more profound in the case of the "BED" group if we compare it to "TOPPER". This effect was not experienced in the subjects that utilized the standard resting system (PLACEBO group).
3. All of the subjects that have utilized the resting system HOGO ("BED") for 2 months have improved the redox stage of their cells, especially increasing the antioxidants defense (GPx) and have decreased the levels of oxidants (GSSG) and the oxidative damage (MDA). This effect was not shown in the subjects who utilized the standard resting system (PLACEBO group). This could contribute to the improvement of the function of the immune cells in the organism as a whole.
4. Through two months of using the resting system HOGO, respectively, the subjects of the experimental group "BED" showed a considerable increase and decrease of the

blood plasma concentrations of two hormones involved in a stressful situation for the individual: DHEA and cortisol, respectively. The better balance of cortisol/DHEA promotes a better response in a stressful situation and better homeostasis.

5. Those subjects who were analyzed after 6 months of using the resting system HOGO, respectively, who had a biological age of 50 years and older, saw that they were more rejuvenated at their biological age.
6. The positive effect of sleeping in the resting system HOGO improved the immune system, the health, and rejuvenated the biological age is due clearly to the components of the technology HOGO and is not due to the subject being convinced that his or her health could be improved by utilizing the placebo effect.

The results of the current investigation, although it is only a pilot study, have indicated that resting in the HOGO system promotes a significant rejuvenation process of the biological age and a better state of health. These results show this can have an impact on a greater and healthier life expectancy.

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