

Experimental trials of the ‘Gunalight’ technology at Health Optimizing Bergen, the mother-clinic of the global high-tech clinic group, Health Optimizing.

Trial 1 overview:

4 people underwent ‘Gunalight’ therapy daily for 3 weeks in January 2020, following the main protocol recommended in the manual; 3 core points on the right side every second day and 3 core points on the left side every other second day. ‘Health Optimizing Main Assessment’ was performed before, halfway through, immediately after, and 1 week after the 3 weeks of therapy, mapping up to 20 000 parameters with a combination of 8 high-tech methodologies (see www.healthoptimizing.com/assessment for details). Health Optimizing’s Global Medical Director, Dr. Helen Muir, and Scientific Director, Thomas Aksnes, were jointly performing the trial and evaluating the results.

Trial 1 result summary:

It was evident that ‘Gunalight’ therapy had a measurable influence on the participants. However, the measurable effects were not always towards balance. The therapy seems to stir the pot; triggering things to come out of adaptation. When the body adapts to an imbalanced situation as the new norm, the intrinsic self-regulating and self-healing mechanisms are no longer trying to resolve the imbalance. ‘Gunalight’ seems to counteract this adaptation, but leaves it up to the body’s intrinsic mechanisms to then resolve the challenges and restore homeostasis (balance).

Idea for a different second trial:

At Health Optimizing clinics, our experience has shown that certain combinations and sequences of technologies can create results far exceeding the effects of standalone technologies. We saw the potential in using ‘Gunalight’ as a pre-treatment immediately before ‘Health Optimizing Homeostasis’ therapy to kick things out of adaptation before stimulating intrinsic regulation of the body’s homeostasis. The clinics already use two other pre-treatments: ‘Health Optimizing CellRegulation’ is mandatory in all Health Optimizing clinics, and in Health Optimizing Regional and Royal Retreat clinics, ‘Health Optimizing DendriteStim’ is mandatory as well. These are examples of when $1+1=3$, not 2, and we saw the potential for ‘Gunalight’ to be another such example. (Read more about the mentioned technologies on www.healthoptimizing.com/therapies)

Trial 2 overview:

Within the 12 working months from August 17th 2020, to September 17th 2021, a total of 100 sessions on ‘Health Optimizing Homeostasis’ were performed with ‘Gunalight’ as a pre-treatment in addition to the mandatory pre-treatments. The ‘Gunalight’ sessions were performed by a therapist on 3 points simultaneously with 3 units: 10 minutes on the left side followed by 10 minutes on the right side. The results were evaluated based on the response-measurements during ‘Health Optimizing Homeostasis’ therapy, as well as the speed of recovery measured during the ‘Health Optimizing Main Assessment’ follow up assessments. The trial results were evaluated by Health Optimizing Bergen’s nominated team members: Evie Toft (Head of Therapy), Dr. Sri Kailayanathan MD (Assessment Practitioner), and Thomas Aksnes (Scientific Director).

Trial 2 result summary:

Effects were noticed supporting the theory described in section, “Idea for a different second trial”. The effects were not essential enough to make ‘Gunalight’ a mandatory pre-treatment in Health Optimizing clinics, but the threshold for that is extremely high. However, the results were evident, and sufficient to make ‘Gunalight’ a suggested pre-treatment in Health Optimizing clinics. The easiest integration is to use it simultaneously with ‘Health Optimizing CellRegulation’ prior to ‘Health Optimizing Homeostasis’ therapy. The more profound integration is to have clients use ‘Gunalight’ at home with the protocol from Trial 1, as a series of pre-treatments before ‘Health Optimizing Homeostasis’. As demonstrated in Trial 2, there is no disadvantage to using ‘Gunalight’ simultaneously with ‘Health Optimizing CellRegulation’, and due to the important health benefits of the latter, this combination is preferable when using ‘Gunalight’ for home therapy.

Bergen, October 29th 2021



Thomas Aksnes, Scientific Director