

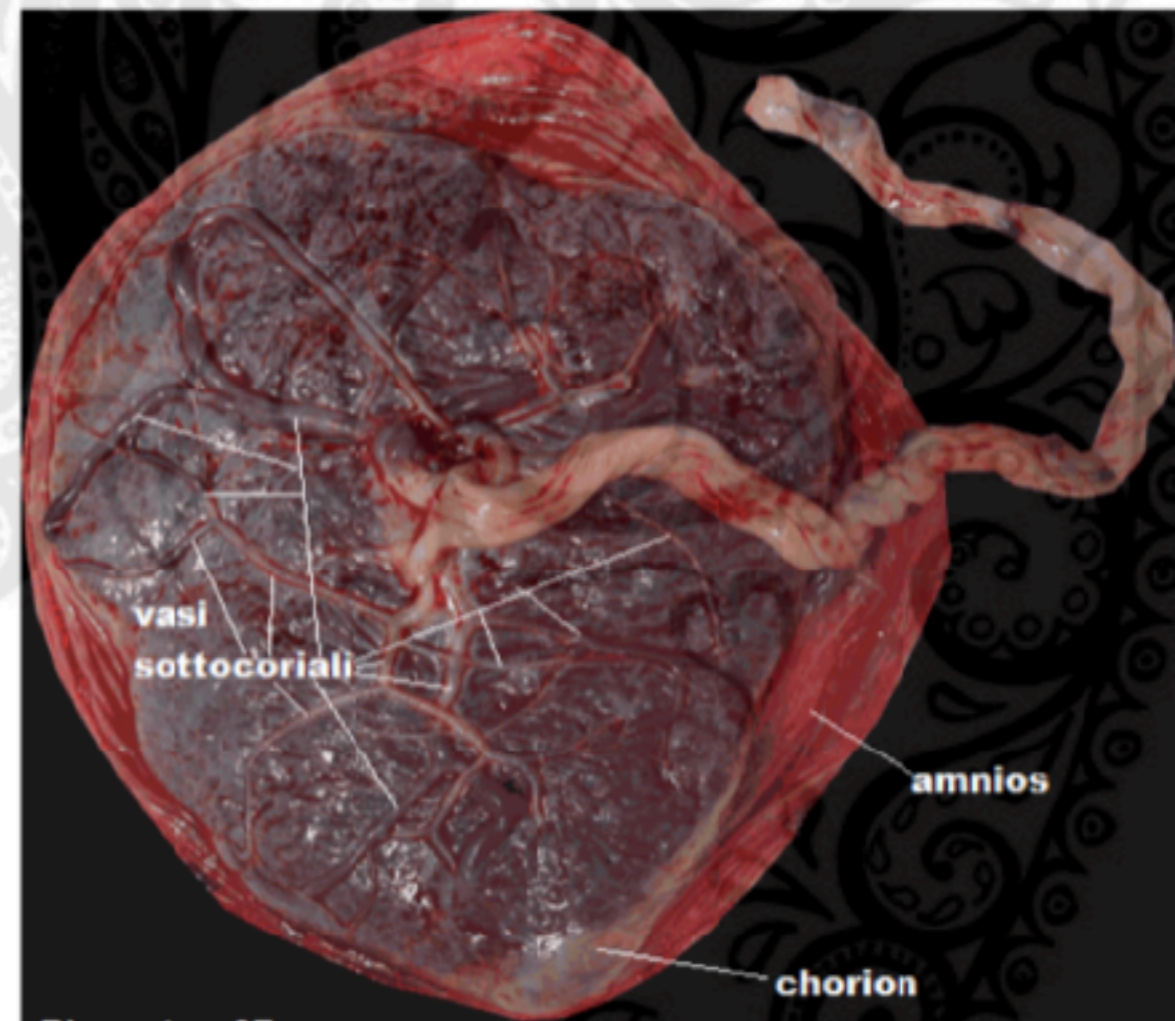
La Placenta

Magia e cura delle Radici della Terra

Dr. MD *Elena Benigni Sihsol* (www.medicinanaturale.net)

PLACENTA A TERMINE GRAVIDANZA:

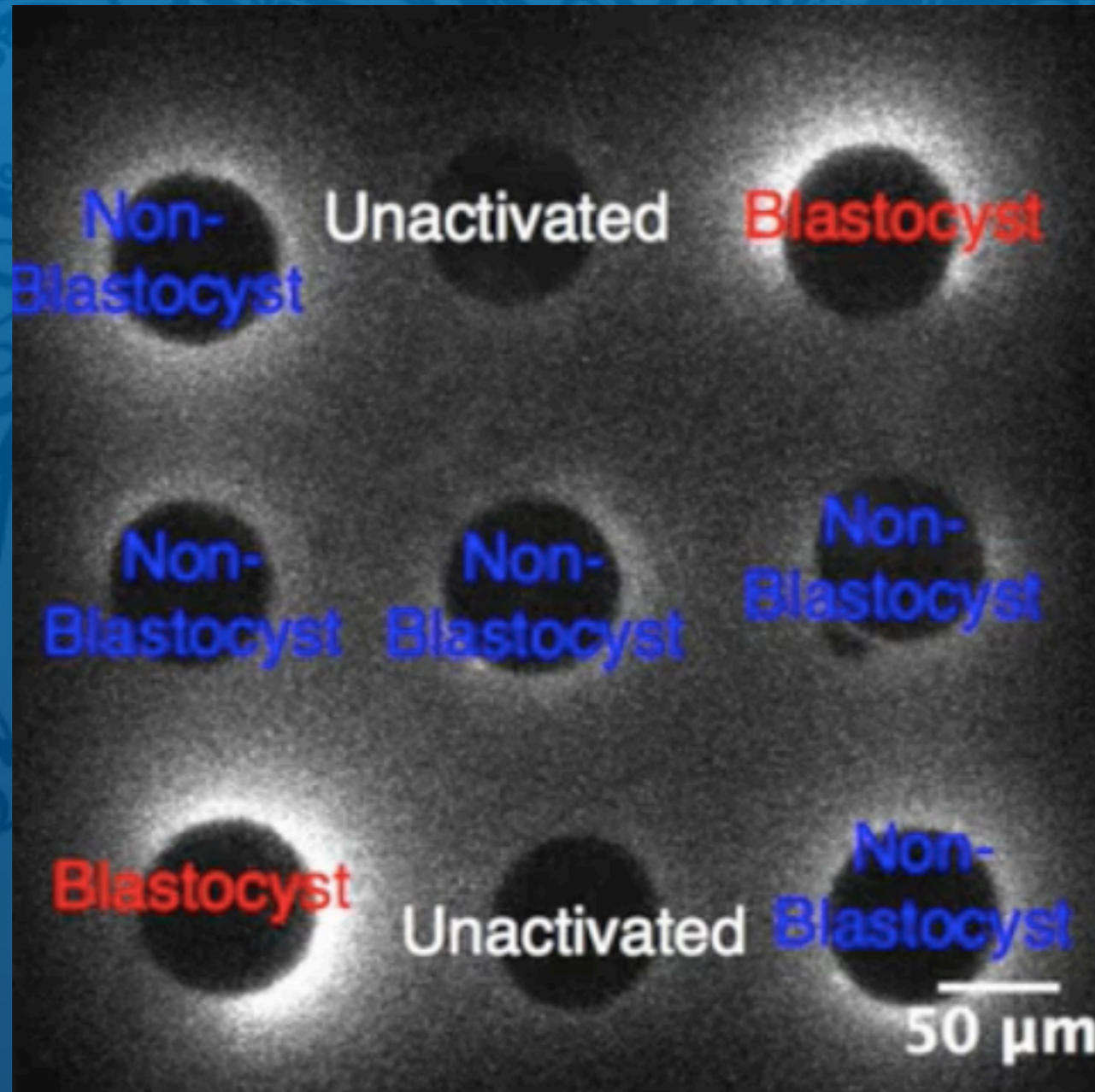
- Forma discoide
- Diametro 16-20 cm
- Spessore di 3-4 cm centralmente
Periferia di 0.5 cm
- Peso 500 g (1/6 del peso fetale)
Sino a 16-20 settimane rapporto invertito

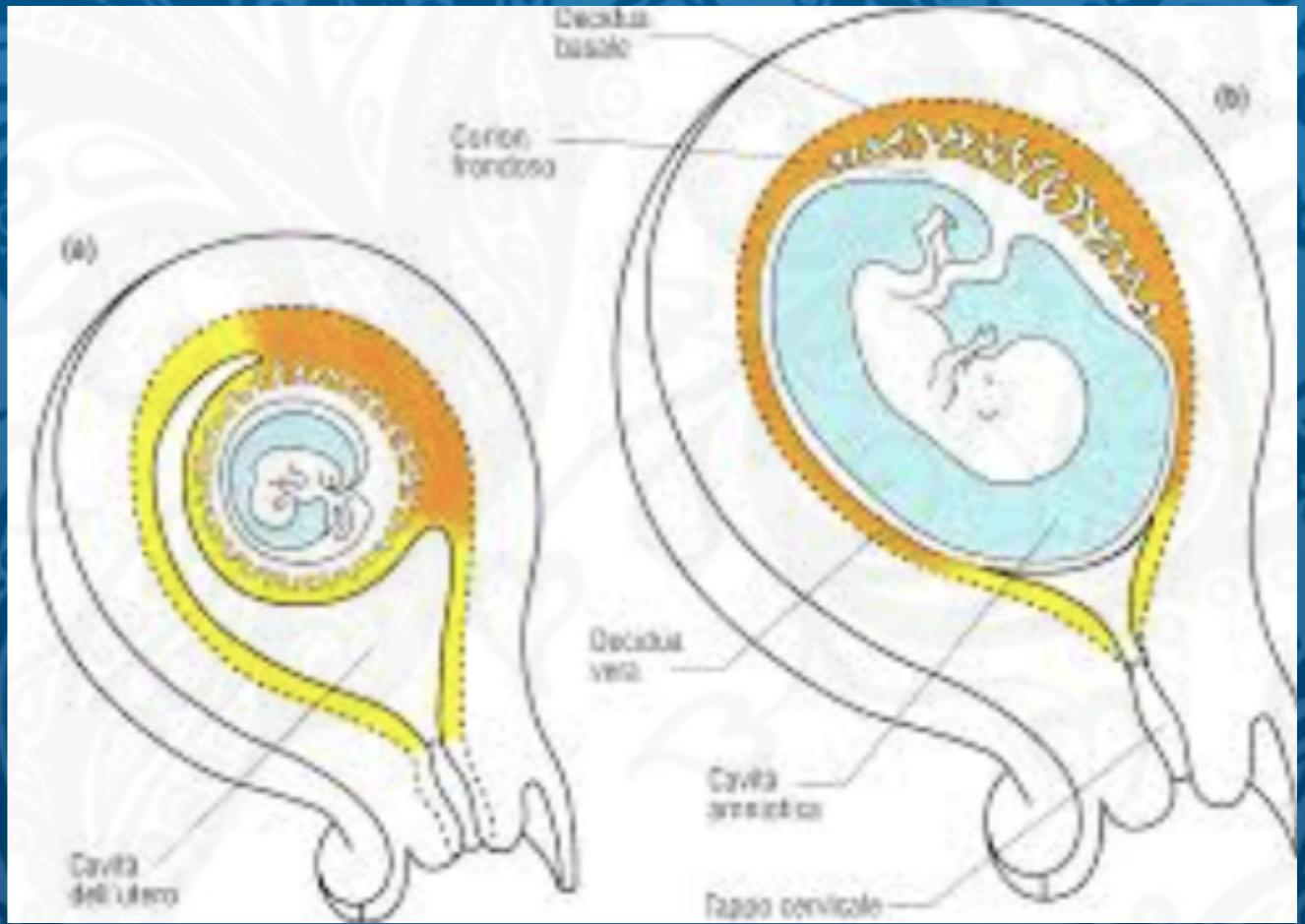


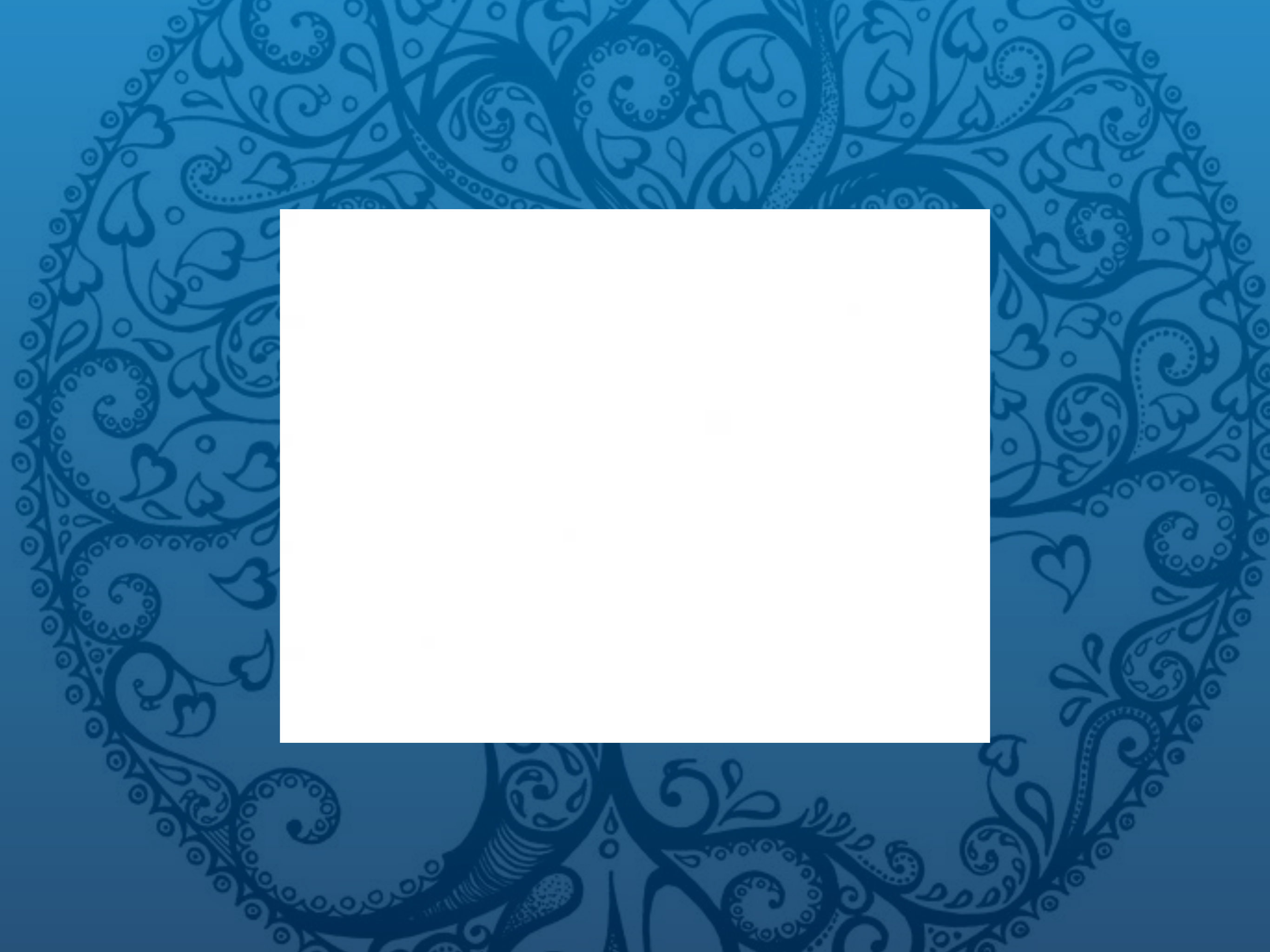
Placenta a 37 w

faccia fetale; inserzione centrale del funicolo

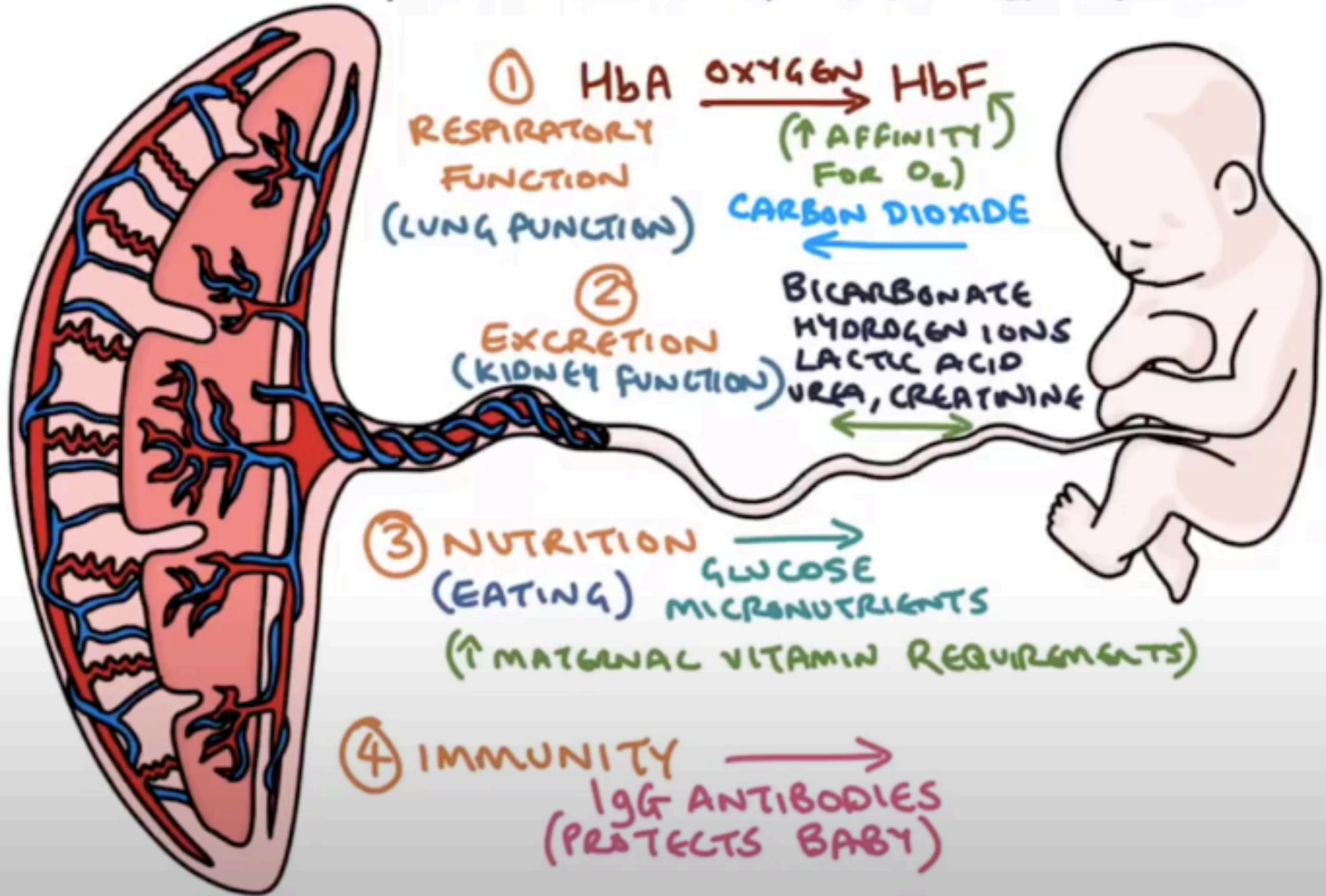
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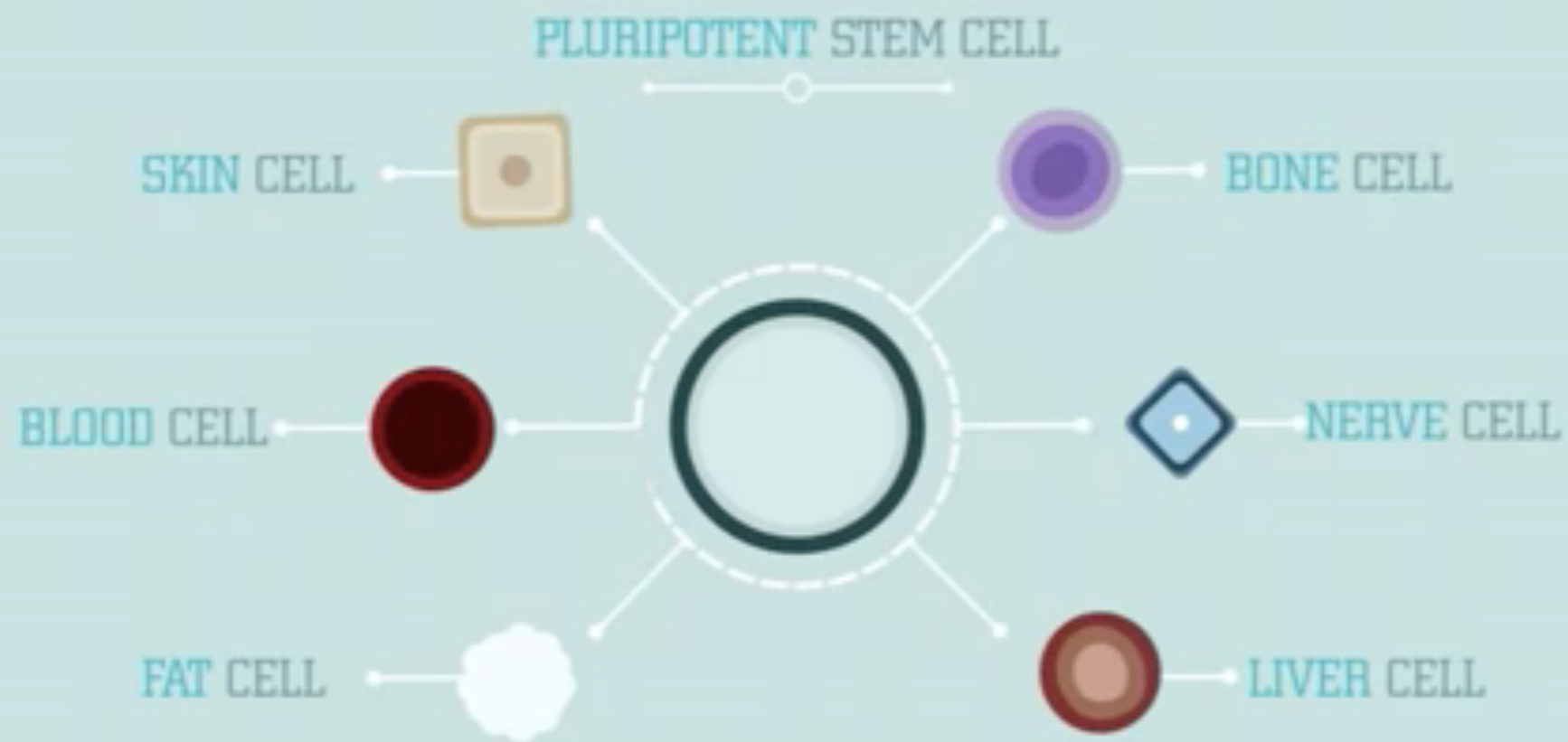






FUNCTIONS OF THE PLACENTA







UM-BELLICO




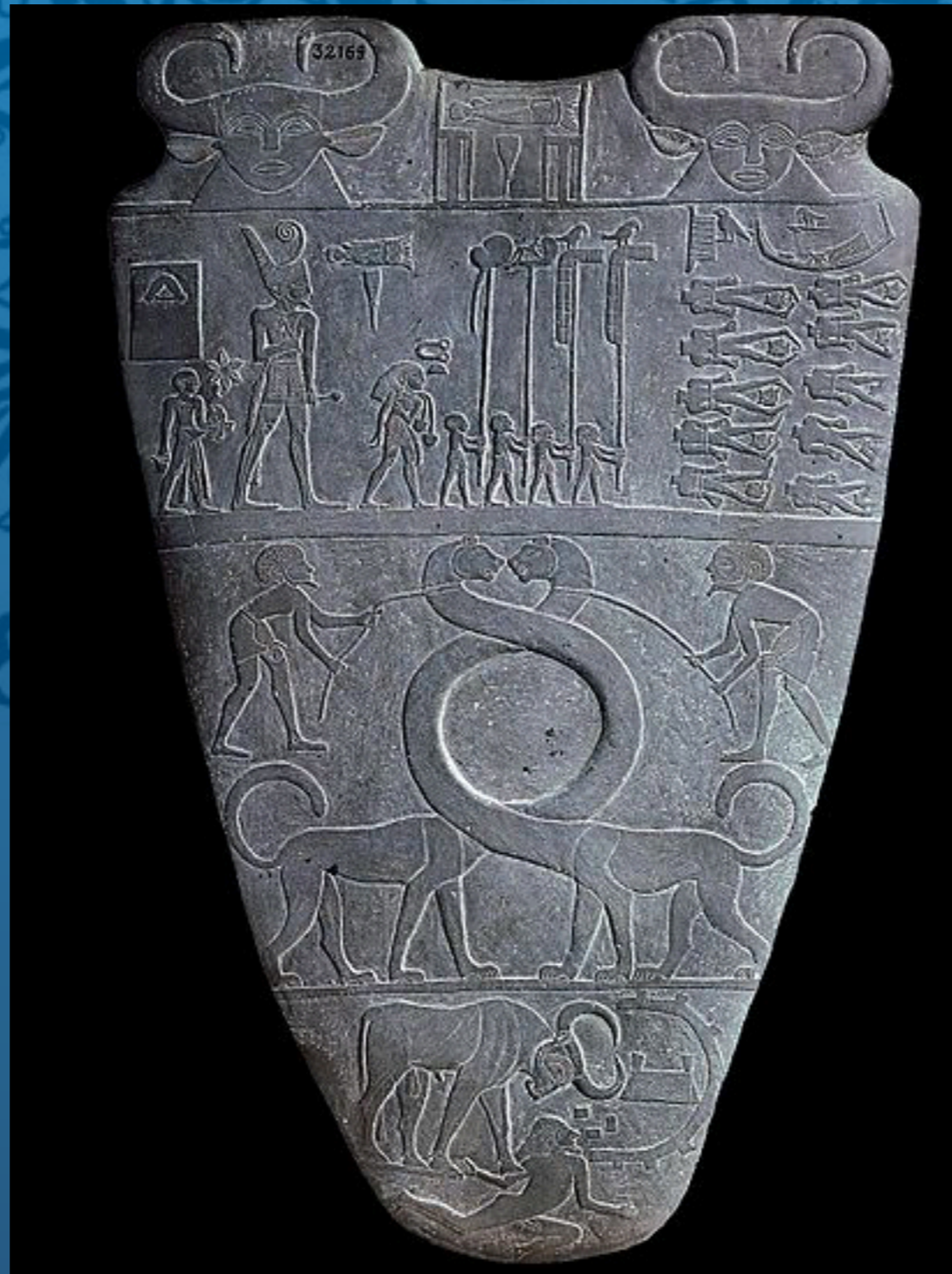
La Placenta

El chakra olvidado

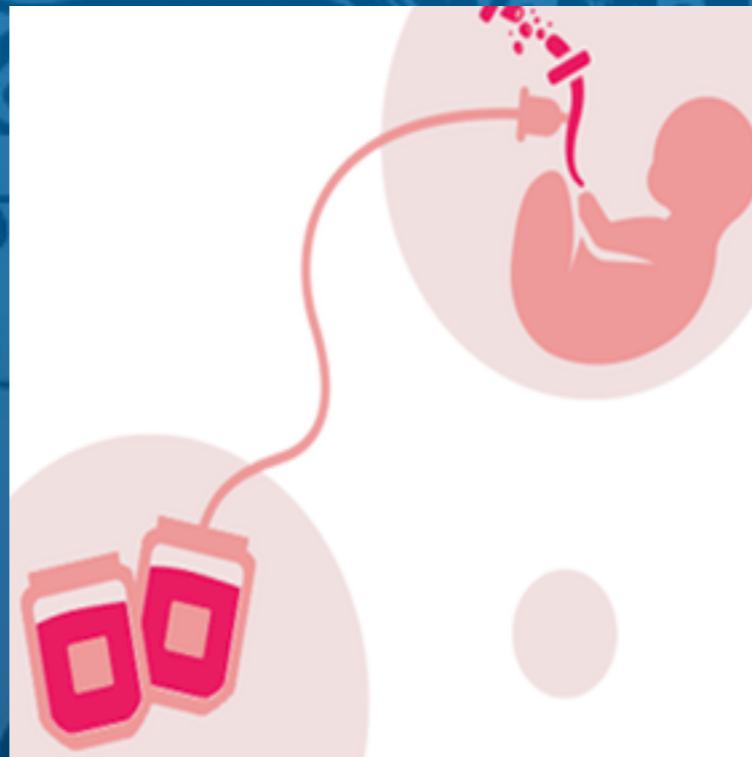


Robin Lim

 Editorial OB STARE







???

[La placenta](#)

[Il taglio del cordone](#)

[Come trattare la placenta](#)

[Nel mondo animale](#)

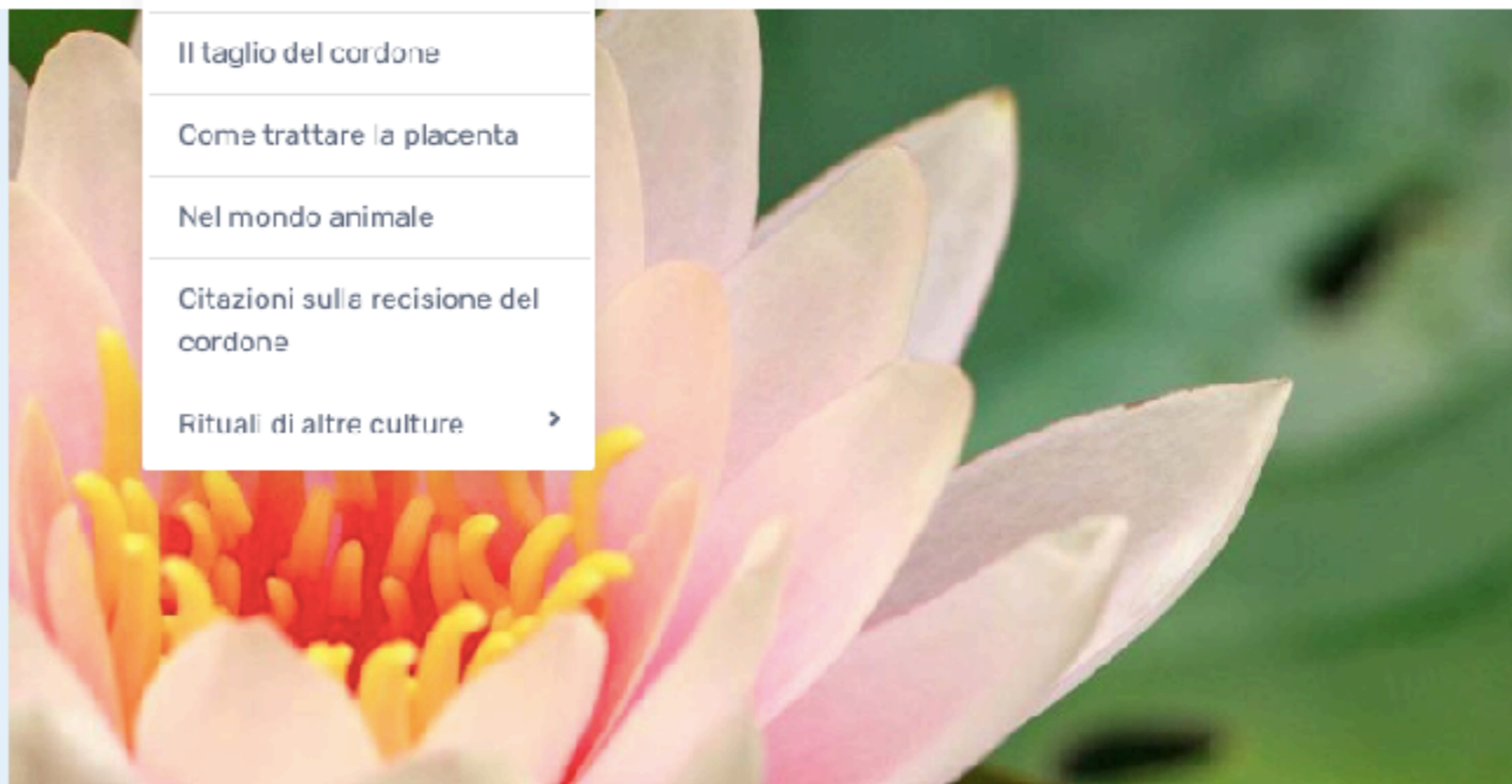
[Citazioni sulla recisione del cordone](#)

[Rituali di altre culture](#) ▶

Rituali di altre culture

La nascita si conclude con la nascita della Placenta Il secondamento, ovvero la nascita della placenta, viene raramente rappresentato e se ne parla poco. Spesso, ci si dimentica che la [...]

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GIUGNO 2022

Periodico mensile - Anno XII, numero 116 giugno 2022 - € 6,50
Distribuzione: Poste Premium Press LOMBARDIA/000446/04_2020C.ONV - Prima immis. s. s. n. 20 maggio 2022

L'altra medicina

n. 116

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vivere secondo natura

MAGAZINE

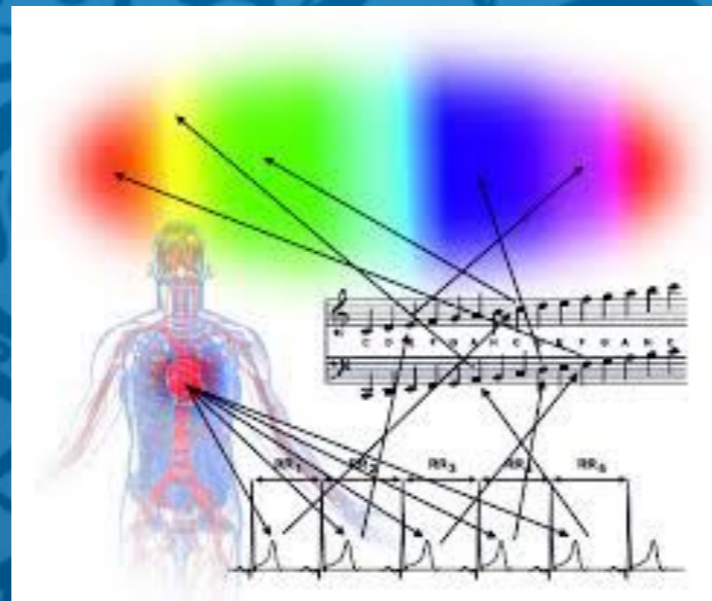


SPECIALE PELLE

LO SPECCHIO







SOUND OF SOUL: Heart's Biofeedback Music-Therapy

E. Benigni, E. Kantzari, V. S. di Palumbo, C. Pristipino.

Background/Purpose

Heart Rate Variability (HRV), is actually the more advanced system to study and analyze the role of heart in the balance of body homeostasis.

Sound of Soul, a biofeedback computerized system based on the patient's HRV, can translate this equilibrium process in form of sounds and colors (fig. 1). Therefore by this device the heart express its activity like a "conductor of a big orchestra", enhancing the biofeedback effect throughout the music. This implies that the person can get a deep, beautiful and sounding contact resonating with the complex physiological processes occurring in her/his body, just listening to the sounds generated by heart rhythm variability. Actually we are using this method in different situations. For example: analgesia; support in breastfeeding; sleeping problems; anxiety and many more.



fig. 2 Woman in active phase of labor at 7,5 cm of dilatation

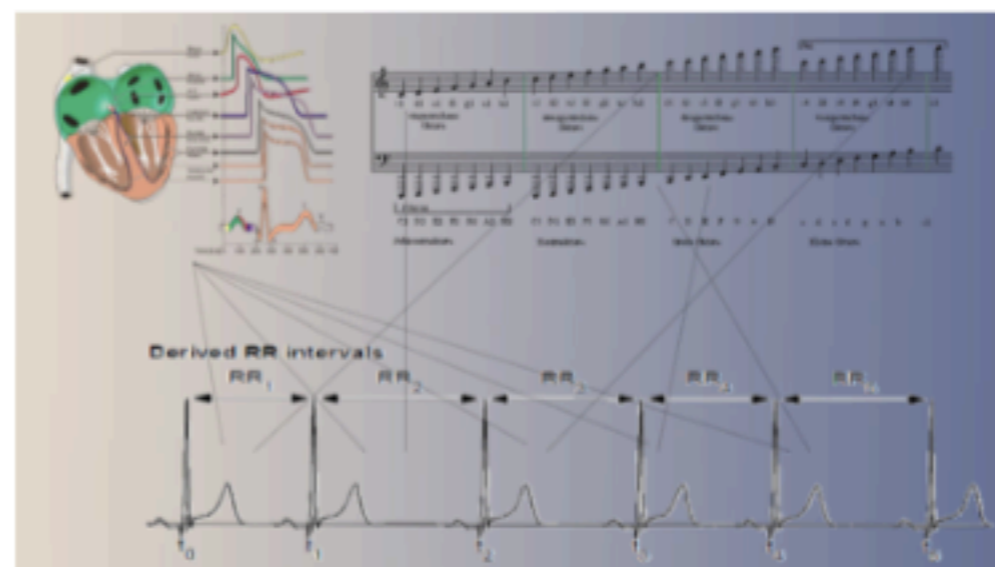


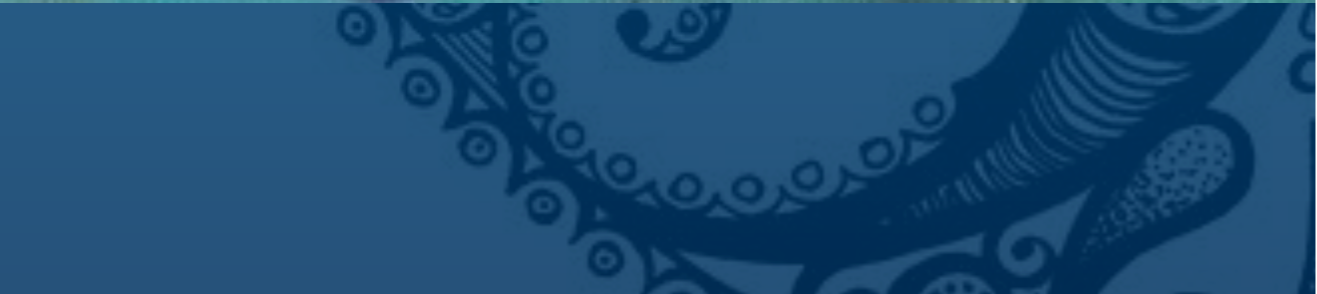
fig. 1 The principles of Sound of Soul. Each ECG R-R interval is converted into the corresponding sound frequency.

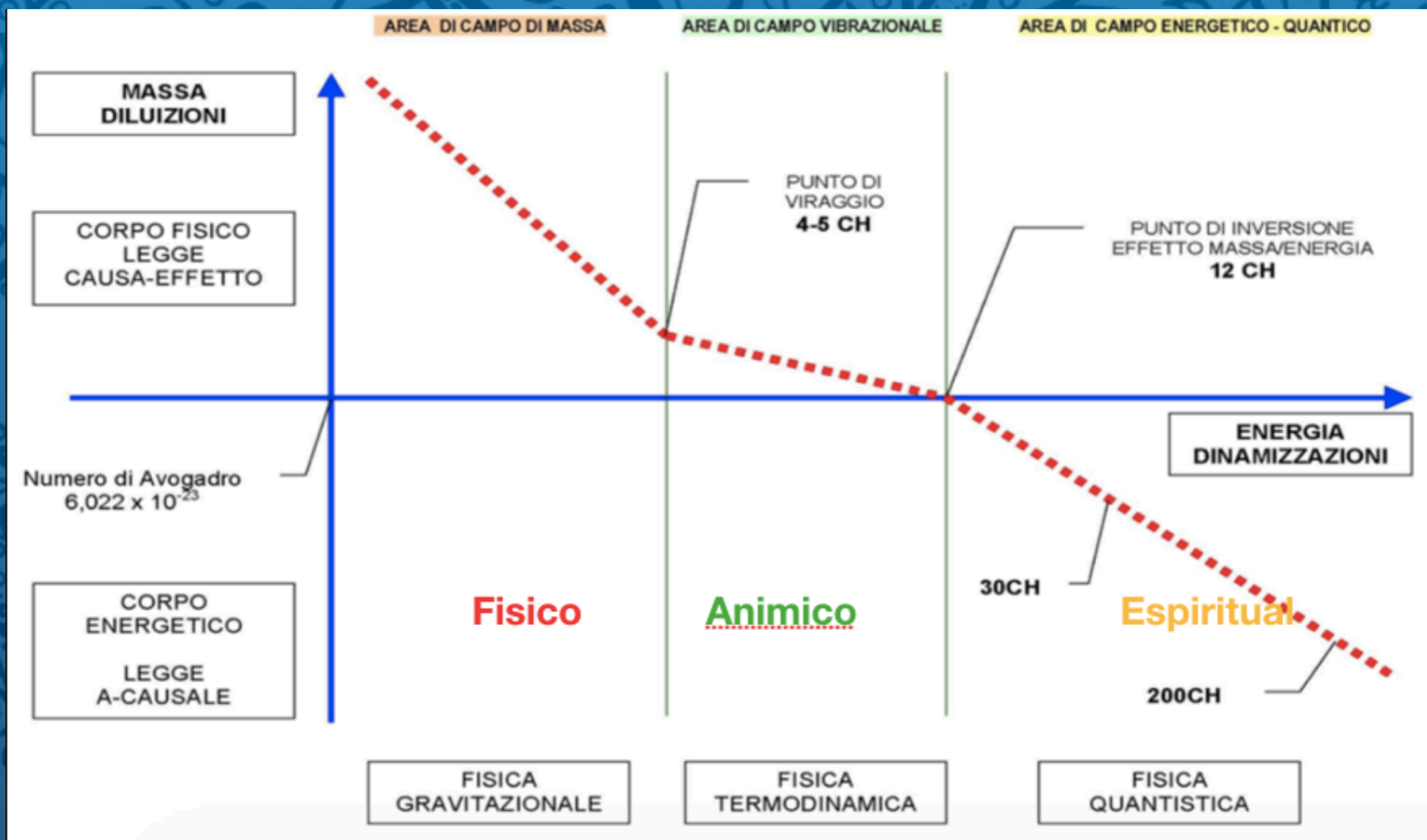
Methods

The aim of this study was to quantify the effects of heart music therapy (HMT) on pain perception during labor. We enrolled 34 consecutive patients in the active phase of labor: the first 17 underwent HMT and the subsequent 17 underwent usual care. To measure pain at baseline and after interventions we used the Visual Analogic Scale (VAS) and Behavioral Rating scale (BR). HMT consisted of 20 minutes Sound of Soul session.

Results

Both groups were similar in terms of age, parity, marriage, the rate of attendance of a preparation course and baseline pain levels. At 20 minutes from baseline, patients undergoing HMT experienced a statistically significant decrease of pain as compared to their baseline values, while patients undergoing usual care experienced a statistically significant increase (fig.3). Moreover, HMT patients





- **CH1 denti**

- CH2 nervi

- CH3 Sensi

- **CH4 S. Nervoso Centrale**

- CH5 Tendini

- CH6 Legamenti

- CH7 - Ossa

- CH8 - Muscoli scheletrici

- CH9 - Muscoli lisci

- CH 10 - Pelle

- **CH11 Cuore**

- CH 12 arterie

- CH 13 vene

- CH 14 Linfatici

- **CH15 Polmone**

- CH16 Fegato

- CH17 Cistifellea

- CH18 Pancreas

- CH19 Stomaco

- **CH20 Intestino**

- CH21 Milza

- CH22 Utero - ovaie

- CH23 Genitali

- CH24 Reni

- CH25 Vescica

- CH26 Gh. Endocrine

- CH27 Gh. Esocrine

- CH28 Sangue

- CH29 midollo

- **CH 30 S. Immunitario**



An artistic illustration featuring a fetus in a womb, a placenta, and a woman's profile. The fetus is shown in a purple and pinkish hue, with the placenta attached to the bottom. The woman's profile is in a warm, reddish-brown tone. The background is a deep blue with a subtle pattern of stars and a crescent moon. The entire image is framed by a decorative blue border with intricate floral and geometric patterns.

Workshop di riconnesione con la Placenta si Nascita

E presentazione dell' opera poetico documentale

GENERAZIONI CLAMPATE

Pace alle radici della Terra



Dr MD E. B. Sihsol



GRAZIE!!

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