

**Retrospective study for the effect of Bicom 2000
machine in stop smoking in Egypt**
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Introduction:

Smoking is a world wide problem. Tobacco addiction is a global epidemic. Research suggests that nicotine is as addictive as heroin, cocaine, or alcohol (16). Tobacco smoke contains several thousand chemicals, many of which may contribute to human disease (2).

Nicotine is an extremely addictive which when inhaled in cigarette smoke reaches the brain in 10-15 seconds, faster than drugs that enter the body intravenously. Studies suggest that additional compounds in tobacco smoke, such as acetaldehyde, may enhance nicotine's effects on the brain (13).

It acts on nicotinic cholinergic receptors to produce its gratifying effects (5).

Smokers not only become physically and psychologically addicted to nicotine, they also link smoking with many social activities, making smoking a difficult habit to break.

When tobacco is unavailable, even for only a few hours, withdrawal symptoms often occur including anxiety, irritability, difficulty concentrating, restlessness, hunger, craving for tobacco, disturbed sleep and in some people depression (3). Tobacco is the major cause of lung cancer and chronic obstructive pulmonary disease(1), is a major risk factor for respiratory infections and other systemic infections (4) and is the major cause of death from cancer, cardiovascular disease and pulmonary disease (3) Worldwide, tobacco use causes more than 5 million deaths per year (15).

On average, smokers die 13 to 14 years earlier than nonsmokers (20). Tobacco products kill more people than AIDS, murder, suicide, fires, alcohol and all illegal drugs combined (12).

There are many methods to quit smoking or to reduce the number of cigarette smoked per day like nicotine patches, gums, nasal spray,

inhalers and lozenges and drugs like antidepressants, which depend on gradual withdrawal of nicotine from the body (10).

All of them are time consuming along a period from 3 - 6 months or longer (3).

Since year 2000 Bicom biomagnetic resonance machine was used to quit smoking by detoxifying the body from most of body nicotine, its metabolites and other toxins in cigarettes within 24 hours which is completed in 2 weeks.

Aim of this study:

The aim of this study is to evaluate the effect of Bicom 2000 machine in stop smoking in Egypt and to increase this effect to its maximum to improve the health and avoid the complications of smoking.

Material and patients

This retrospective study include 325 smokers, 290 males and 35 females, treated by Bicom 2000 machine for stop smoking from July 2006 to September 2008. Their age was between 18 and 72 years old with a mean of 48 years old. All of them smoke cigarettes. The number of cigarettes per day was between 20 and 80 with a mean of 36 cigarettes per day. The smoking period varied between 4 years and 40 years with a mean of 16 years, 12 of them start smoking early in life at 14 years old and 3 of them at 12 years old. No one of them had cancer in lung or in any other part of the body, but most of them had the usual side effects of smoking as chronic cough, excessive sputum, loss of appetite and reduced weight, recurrent colds and nervousness.

Most of them came to quit smoking because they want to stop smoking after failure of many previous trials using the gradual withdrawal nicotine and drugs methods. Some of them afraid because one of their relatives had cancer lung or died from it or because they had family history of cancer. Others came because one of his family had asthma and smoking in house irritate him for coughing and precipitate the asthma attack. Others came because their wives are pregnant and they afraid from the side effects of smoking on the fetus. For the same cause came the pregnant females or who want to be pregnant.

Two of them came to quit smoking because of the advice of their doctors because they were planned for cardiac catheterization and other 4 were planned for major operations as they had chronic cough.

Bicom magnetic resonance therapy is a new, non invasive, non chemical therapy that completely eliminate the craving to smoke. This is a biophysical therapy treat with electromagnetic waves.

The machine first read the body nicotine signature (waves) then deletes this signature. Once nicotine waves are cancelled, it becomes easy for the body to eliminate most of the nicotine within 24 hours.

Technique of Anti- smoking therapy using the BICOM:

1st step:

The patient is sent outside with a clean ashtray where he smokes his final cigarette before treatment, but only half of it.

He then brings the cigarette butt and the ash in for treatment.

2nd step:

Basic therapy after bioenergetic test.

Input cup: saliva.

Input: hand plate electrode.

Output: modulation mat on back.

Memory device: chip.

3rd step:

Anti- smoking therapy with program 998.

Therapy time: 15 minutes.

Input cup: half-smoked cigarette with ash.

Memory device: chip.

Input: not used.

Output:

- Both hands on plate electrodes.
- Short flexible electrode on forehead.
- Modulation mat on back.

After treatment the Bicom chip is attached two fingerbreadths below the navel.

Results:

This study includes 325 smokers, 290 males and 35 females.

Represented in the following table:

| Item | Result | Mean |
|-----------------------------------|----------------|-------------|
| Age in years | 18 – 72 | 48 |
| Number of cigarettes / day | 20 – 80 | 36 |
| Smoking period in years | 6 – 40 | 16 |

Quit smoing results:

- 60 % of smokers quit smoking, 48% of them after the first sitting and 12 % after the second sitting.
- 8 % of smokers reduce the number of cigarettes smoked per day to 4 – 6 cigarettes.
- 32 % return to smoking after one week up to 3 months.

| Smokers state | Smokers No. | Smokers % |
|---|--------------------|------------------|
| 1-Smokers quit after one sitting. | 156 | 48 |
| 2- Smokers quit after 2 sittings | 39 | 12 |
| 3- Smokers reduce smoking cigarettes to 4 – 6 / day. | 26 | 8 |
| 4- Smokers failed to quit. | 104 | 32 |

Causes of quitting failure :

- 1- Why I stop smoking, I feel happy with smoking.**
- 2- I always with my group of friends, all of them are smokers, and I can not resist to be alone not smoking.**
- 3- Stresses in home, work and life are the most common causes to smoke again as they claim.**
- 4-smoking is fantastic, support and present my personality.**
- 5- Smoking helps me thinking well and takes critical decisions.**

Side effects of smoking:

The following table shows the side effects of smoking which mentioned by smokers in this study:

| Side effects of smoking | Smokers No. | Side effects of smoking | Smokers No. |
|--------------------------------|--------------------|--------------------------------|--------------------|
| No side effects. | 70 | Vertigo | 3 |
| Shortness of breath | 26 | Decrease activity | 7 |
| Chest wheezing | 6 | Sleepiness | 6 |
| Excessive sputum | 37 | Tension | 4 |
| Chronic cough | 30 | Anxiety | 7 |
| Dyspnea | 18 | Bad odor of mouth | 3 |
| Fatigue | 15 | Bad odor of cloths | 2 |
| Nervousness | 12 | Loss of appetite | 8 |
| Headache | 7 | Debility | 5 |
| Increase heart rate | 3 | Recurrent leg thrombi | 1 |
| Irregular heart beat | 1 | | |

These results are low in comparison to results in Poland Study done on 10,000 smokers, 70% of smokers stopped after the first sitting, became 90% after the second sitting and the last 10% not stopped because they did not want to stop (24). The cause may be the people are not aware of smoking and its complications as a real problem affect their health.

Discussion:

Cigarette smoking accounts for about one-third of all cancers, including 90 percent of lung cancer cases. In addition to cancer, smoking causes lung diseases such as chronic bronchitis and emphysema, and increases the risk of heart disease, including stroke, heart attack, vascular disease, and aneurysm. Smoking has also been linked to leukemia, cataracts, and pneumonia. On average, adults who smoke die 14 years earlier than nonsmokers (14).

Smoking cessation lowers the risk for lung and other types of cancer (22). The risk for developing cancer declines with the number of years of smoking cessation (22, 23). Risk for coronary heart disease, stroke, and peripheral vascular disease is reduced after smoking cessation (22, 23). Coronary heart disease risk is substantially reduced within 1 to 2 years of cessation (23).

Smoking causes 4.9 million deaths a year, or 8.8% of all global deaths. Smoking reduces life expectancy by an average of 10 years. People who stop smoking greatly reduce their risk of dying prematurely. Benefits are greater for people who stop at earlier ages, but cessation is beneficial at all ages (22, 23).

Nicotine changes the brain chemistry and structure, so the brain can not function normally without it (11). Nicotine provides direct effects such as pleasure, stimulation and stress relief and it also reverse the unpleasant symptoms of nicotine withdrawal.

Quitting tobacco is difficult and may require multiple attempts (18), as users often relapse because of withdrawal symptoms (17, 18). Tobacco dependence is a chronic condition that often requires repeated intervention (19).

Quitting by Bicom is easy in one sitting which may increased to 4 sittings which take only 4 weeks. If relapse occur due to any reason other than withdrawal symptoms which not follow quit smoking by Bicom, the smokers can be treated again by Bicom.

Among cigarette smokers, 70% would like to quit, and 46% try to quit each year. Spontaneous quit rates are about 1% per year.

Simple physician advice to quite, increase the quite rate to 3%. Minimal intervention program increase quit rates to 5% to 10%. Whereas more intensive treatments including smoking cessation clinics, can yield quit rates of 25% to 30% (7).

In this study 60% of smokers succeeded to stop smoking and these results are better than all the available methods discussed before. But they are lower than the results obtained by other centers in Europe and Poland which are about 90% after the second sitting.

**The number one reason why people fail at quitting smoking is their inability to fight of withdrawal symptoms as:
feeling very irritable, gaining weight, feeling dull and lifeless,
increase tension, inability to sleep and constantly fatigued.**

In this study quit smoking using Bicom bioresonance therapy was not accompanied by any withdrawal symptoms except slight feeling of craving from time to time but can be tolerated and disappear after short time.

**Smoking is the single most preventable cause of death and disease.
The main strategies for cessation of smoking are behavioral
Counseling, pharmacologic intervention, or a combination of the two.
Pharmacological therapies found to be effective for treating tobacco
dependence include nicotine replacement products (e.g., gum, inhaler,
patch) and non-nicotine medications, such as bupropion SR (Zyban)⁽¹⁹⁾
and varenicline tartrate (Chantix)⁽²¹⁾.
Stop smoking by Bicom depend on inversing the waves of nicotine and
its metabolites together with the other chemicals in tobacco
electronically and introducing these inversed waves to the body to**

balance its nicotine waves and facilitate the excretion of nicotine and all toxic metabolites from the body. This is a natural process without any side effects on the body.

All types of smoking cessation medications double the smoking cessation rates compared with placebo treatment (9). Nicotine replacement medications include nicotine gums, transdermal nicotine patches, nicotine nasal spray, nicotine inhaler and nicotine lozenges. All seem to have comparable efficacy, but in a randomized study compliance was greatest for the patch, lower for gum and very low for the spray and the inhale (10). Nicotine medications used for 3-6 months and its use for 6 months or longer is save and helpful in smokers who fear of relapse (3).

In this study the smoker quit after one sitting to the maximum of 4 sittings according to latest Regumed recommendations with weakly sitting which are in total one month which is very short period in comparison to other methods.

Smoking cessation therapy is far more cost effective than almost any other preventive medicine intervention. By Bicom therapy cost is cheap in comparison to other ways of quitting. Smoking costs, include only the price of cigarettes in one or two months, can help you to quit smoking by Bicom for the rest of your life.

All quitting medications depend on gradual lowering of the nicotine doses. On the other hand a break through had occurred in the last decade when a Polish scientist discovered after about 20 years of using bicom machine in treating allergies and detoxification of the body that nicotine can be eliminated from the body by the same theories.

Bicom break the physiological and psychological addiction and detoxify the body from all the chemicals in the cigarette through the mucus membranes, the skin and urine. This strong detox will take place for up to two weeks. What is more important also is the detoxification of the body from all we know or do not know of chemicals that are present with nicotine in tobacco, and this is not possible by other methods.

I hope in future studies to increase the success rate of quitting in my country which need real awareness of the smoking problem and its complications on health.

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