



Your Journey to Health, Well-Being and Abundant Energy



NES HEALTH
Get Well • Stay Well

Your Journey to Health, Well-Being and Abundant Energy

by Harry Massey

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Introduction

Imagine having boundless energy, enthusiasm and zest for life.

What would it mean to you to sleep deeply every night and wake up refreshed and eager to take on your day?

If you already feel healthy and want to stay well so you can enjoy every moment of your life, this book is for you.

And if you're struggling with any kind of health issue, this book is even more vital, especially if you have become frustrated with your attempts to get better.

You see, conventional medicine and even many forms of alternative medicine, have limits. They often address symptoms instead of getting to the root of the problem and promoting real healing.

For anyone who wants to *get well* and *stay well*, this E-book could be the most important information you ever read.

It's about an energy-medicine system that harnesses your body's innate healing power. No, it's not crystals, voodoo or pixie dust.

It's called bio-energetics. Essentially, it's activating the body's own information and energy to heal itself.

If you're not familiar with the term, here is a simple definition:

Bio-energetics is the study of information and energy in living organisms.

An evolution is taking place right now, and you're on the cutting edge. It's changing the landscape of what we know about healing, speeding recovery time, and making old methods obsolete.

Many scientists are calling this revolution "The Most Important Discovery Since DNA", yet it's been under the radar until very recently.

When it was featured on The Doctors Show, they called the miHealth device "the health device that patients don't want to live without."

You'll find out more in the next pages, but first I want to tell you why I'm so passionate about this new healthcare discovery...and how it can help you get well, stay well, and thrive.

I know, because it revolutionized my health. Here is my story. I hope it helps you create your own amazing story of healing with bio-energetic medicine, which is truly the medicine of the future.

Bedridden to “Better than Ever”: The Story of Harry Massey

Hi, my name is Harry Massey.

Sometimes it takes years for all the pieces of a puzzle to fall into place before a dream becomes reality.

That dream began twelve years ago, when I was inspired to create a Home WellNES System for people just like me. At that time I was ill, and getting sicker by the month. I was diagnosed with Chronic Fatigue Syndrome (CFS) and my health deteriorated steadily until I was bedridden for seven long years.

As someone who has taken a long healing journey myself, I understand how you may be feeling. Whatever your situation now, I hope my story will encourage and inspire you, while providing practical steps you can take to get well and stay well.

My discoveries changed my life and my view of health and well-being. I built NES Health to save you many of these steps along the road.

My story began when I was a vigorous, healthy, athletic university student in England. I never thought about illness. Losing my health was just not on my radar—until it happened.

While travelling abroad, I came down with a virus. It may have triggered my acute illness, but was probably not the only cause.

During my youth I never thought anyone young could get ill, so I burned the candle at both ends. I would go rock climbing in the daytime, and raving and partying all night. I often didn't sleep. For two or three years I pushed my body really hard, thinking I was completely indestructible... until suddenly I wasn't.

The trigger for my illness was when I went mountaineering in the Alps. I remember going up the L'Aiguille Du Pain, and feeling my glands swelling. Over the next 6 months my gland problems continued but I kept pushing myself. I thought I would get through this with exercise — mind over matter.

At that time I went to a New Year's Eve rave. It finished at seven in the morning and I drove up to Scotland, about a 10-hour drive. I had a few hours of sleep and got up at four the next morning. While climbing an ice route to Ben Nevis I was so tired that I actually fell 60 feet off the mountain.

I managed to save myself by performing an ice-axe arrest. Luckily, I fell onto a snow slope and not another rock or I think I wouldn't be here today. Years later I had an X-ray and found out I'd had two fractures in my spine that had fused.

During that time I had a lot of heavy emotional stress and was completely exhausted.

Eventually everything I loved to do — rock climbing, paragliding, running, studying — became impossible. I could barely function well enough to conduct daily activities. For all intents and purposes I was housebound, and for much of that time I was bedridden as well.

Descent into Illness

I descended into a nearly decade-long illness. The symptoms were devastating. At first I had only flu-like symptoms, but over a two-year period I lost strength and began to suffer from a host of progressively worsening problems. Crushing fatigue would hit me like a storm, leaving a black cloud over my head. I endured aggravated allergies, multiple digestion issues, impaired memory, reduced muscle strength, and agonizing pain.

Staring at a white ceiling was my reality for many years. I was suffering from immune problems and constant migraines, and experiencing massive liver pain all the time.

I was also allergic to numerous food, including walnuts, peanuts, melon soy, wheat, and dairy. I could only eat a few really pure things, and I didn't have the energy to shop for food or cook for myself.

I Thought, "Modern Medicine Will Fix Me."

I was only 21 at the time, and I'd had a very conventional upbringing. I thought, "Yeah, modern medicine is going to fix me."

I sought out many medical specialists to determine what was wrong with me. They categorized my constellation of symptoms under that amorphous label of Chronic Fatigue Syndrome. After a few years I realized they didn't have any solutions to offer me.

I started looking elsewhere and came to alternative medicine. The first place you end up is in nutrition, so over a seven-year period I tried everything.

I tried Gerson Therapy where you drink eight pints of juice a day and do coffee enemas three or four times a day. The process was exhausting and left me completely depleted.

I ate a raw vegan diet, and then went on a three-week water fast where I lost a third of my body weight. I ended up at 122 pounds, with hardly any muscle mass. At nearly 6'2" I was really thin.

I also tried homeopathy, had vitamins and minerals injected into my veins, and became a human pin cushion with acupuncture needles poking into every part of my body. Some approaches helped, but only for a short time. I couldn't find a lasting path back to health.

By age 23, I was completely and utterly desperate. I began my bedridden journey, feeling isolated from society and completely trapped.

Meeting Peter Fraser

Fortunately I met Australian Peter Fraser, a former professor of acupuncture, practitioner of herbalism and traditional Chinese medicine, and an independent researcher into the bio-energetics and information systems of the body, which he called the "Human Body-Field."

The "body-field", he explained, is a network of information and energy that serves as a kind of master control system for the physical body, coordinating all physiological processes.

The basic premise is that if cells and other aspects of the physical body lack the proper information, they can't do their jobs correctly.

Information can become "distorted" for many reasons, including exposure to pathogens or environmental toxins, too much stress, poor diet, and overexposure to electromagnetic fields. These distortions cause the body's processes to break down, resulting in the symptoms of disease.

For more than twenty years, Peter had been exploring how to detect distorted information in the body-field. He had devised a way to correct distortions so the body could resolve problems more efficiently. It would then return to functioning as nature intended it to, which is to maintain a vibrant state of health and well-being.

“Information” may be even more fundamental than energy

Peter’s ideas intrigued me. I knew from reading about biology and physics that “information” underlies everything in the universe. In fact, many leading-edge physicists consider “information” to be an aspect of reality even more fundamental than energy.

No one had explored health from this perspective before, and Peter seemed to be among the pioneers, so his work intrigued me. To be frank, I was so incapacitated that I was willing to give just about anything a fair try.

I met with Peter in 2000. He explained his approach and research, and agreed to let me use some of the remedies he was developing. They were the most unusual remedies, because they looked like nothing but water.

They reminded me of homeopathic remedies but he soon educated me about how they were different. They were based on the principle that the energetic structure of a substance can have healing properties.

He had conducted thousands of experiments and collected datasets that correlate the body-field to the various aspects of the body—such as cells and tissues, the various organs, body fluids such as blood and plasma, and even the emotions. Most importantly, it correlates to how energy is directed and controlled in the different parts of the body.

Peter’s remedies, which we now call “Infoceuticals,” were pure information encoded into tiny amounts of plant-based micro-minerals that are suspended in water.

They correct distortions in the body-field, ultimately directing the body’s own healing capacities. I used these Infoceuticals over the following two years and my health improved dramatically. Today, I am back to a healthy and vibrant state of well-being.

Eventually, I went into business with Peter, turning his human body-field theory into a viable clinical system, called NES Health.

You can get more in-depth details of how the Infoceuticals were developed, including more about my personal story and Peter’s research, in our 400-page book *Decoding the Human Body-Field: The New Science of Information as Medicine* (Inner Traditions/Healing Arts Press, 2008).

My Flash of Insight into Helping People World-Wide

One day while lying in bed staring at the ceiling, I had a flash of insight:

“Why should people who are so ill they can’t get out of bed have to drag themselves from clinic to clinic in hopes of finding the right help? What if there was a way for people to find out what was wrong with them and get well from the comfort of their own home?”

At the time I was extremely weak. But I was strongly determined to find a way to help people around the world, from the comfort of their homes, using energy-based bio-technologies.

This was the birth of a revolutionary idea: a total wellness system that works remotely so that anyone can be advised by a practitioner on what’s going on in their bodies, and activate their healing system.

Bio-energetic medicine saved my life. It also led to my mission in life: to create the healthcare of the future, that anyone can access, anytime, anywhere.

Yours in WellNES



Harry Massey, CEO

About NES Health, Harry Massey, and You

In 2002, Harry Massey founded NES Health Limited, a company dedicated to creating a 21st-century system of healthcare based on integrating physics and biology.

He invented two health-related clinical technologies: the NES miHealth and NES ProVision, along with developing a range of Infoceuticals, a new breed of liquid energetic remedies with information imprinted, or encoded, in water.

Harry is also the author of a number of books including: *The Unturned Stone*, *Decoding The Human Body-field*, *Healing Yourself and Others*, and *Choice Point: Align Your Purpose*.

In 2009, he wrote and executive produced *The Living Matrix: The New Science of Healing*, to educate and inspire the general public about cutting-edge bio-energetics and bio-informational approaches to health and well-being.

Harry also founded and acts as Chairman of The Institute of Bio-energetic and Informational Healthcare, which provides first rate educational courses in energy medicine to train health practitioners to their fullest clinical potential.

In 2011, Harry wrote and directed the film *Choice Point: Align Your Purpose*, which includes interviews from Richard Branson, Archbishop Desmond Tutu, Dr Scilla Elworthy, Jean Paul DeJoria, Jack Canfield, Barbara Marx Hubbard and Gregg Braden.

The vision behind NES Health and Choice Point is to help us attain a healthy, wise and purpose-filled life so that, collectively, we can change the world for the better.

Will you join us?

Your Body's Amazing Healing Powers

Did you ever think about how your body instinctively knows what to do? If you cut your finger, bruise your knee, or catch a cold, your amazing body knows how to heal.

Your body is beautifully equipped with natural mechanisms to repair itself. It knows how to kill faulty cells, fix broken proteins, slow aging, eliminate toxins, fight infections, get rid of foreign bodies, and otherwise keep you healthy.

But your body doesn't just choose functions at random. It seems to "know" what to do, and many scientists are now saying the body has its own kind of inherent intelligence. It seems to have an "information code" that tells it how to grow and repair.

What Do the Mystics Know?

When people heal from a disease without modern interventions, bio-chemical medicine has no framework to support these events. They often dismiss them as spontaneous remissions... or the result of the placebo effect.

But is it a miraculous cure or can science explain how the body heals?

Mystics and healers claim we are "energy beings" surrounded by a complex, structured network of fields that interpenetrate the human physical body.

At NES Health we call this the Human Body-Field (HBF), and we believe it is the master control system for all your physiological functions.

Information as the New Medicine

The idea of information as medicine may seem radically different.

How can something as intangible as "information" have any effect on your body, let alone on the state of your health?

It may sound unbelievable, or at least unfamiliar to you, but let's explore how it works.

A perfect example of this is the marvel of life itself. We all start from a single cell that divides over and over again, forming tissues and organs, ultimately creating a functioning human-being.

How miraculous is that? And how exactly does nature know what to do?

The answer is “information.” Information describes the way our systems are organized, but information also *directs* the development of that system to create “life”.

Information + Energy = Life

Ultimately, **information** and **energy** are the building blocks of life, and everything we do to our body, including all therapies, directly affect our energy patterns.

The basic premise for healing is that if cells and other aspects of the physical body are missing the proper information, they can't do their jobs correctly. Without the correct information, body processes break down, resulting in the symptoms of disease.

We are all susceptible to information becoming distorted because we are exposed to environmental toxins and pathogens, too much stress, poor diets, electromagnetic fields, and much more.

The Research into Correcting Distortions

For more than thirty years, Professor Peter Fraser of Melbourne University, NES's co-founder, had been exploring how to detect and correct distorted information in the body-field. No one had explored health from this perspective before. Professor Fraser was the pioneer.

Professor Fraser conducted tens of thousands of experiments and collected data sets that correlate the body-field to the various aspects of the body. These included everything from cells and tissues, to organs, body fluids such as blood and plasma, and even to emotions.

Most importantly, he studied how the body directs and controls energy in the different parts of the body. He devised a way to correct distortions so the body could get back to functioning as nature intended it to, which is to maintain a vibrant state of health and well-being.

Peter Fraser developed remedies based on the principle that information can change the structure of a substance, giving it healing properties when that information is transferred to you.

We call these remedies Infoceuticals™. They are pure information encoded in structured mineral water. The information in Infoceuticals corrects distortions in the body-field, ultimately directing the body's own self-healing capacities.

The next section explains the science of water and how it stores information. You'll discover how these remedies activate the body's innate healing intelligence, making them the remedies of the future.

Water: The Science of Miracles

What do you need to survive: Air? Food? Facebook?

If you included "water" in your answer, you're right. Water is crucial to life. In fact, your body is more water than anything else!

Did you know that your blood, bones and muscles are composed largely of water? A staggering 99 percent of the molecules in the human body are water molecules.

That's because the proteins and fats in our bodies are made up of water molecules. In fact, every cell in your body is filled with water. You can truly say we are born as water babies.

Wonderful Water: It's Not What's in Your Kitchen Sink

Your body is made of trillions of cells. They contain dozens of smaller, functioning structures that coordinate thousands of processes in your body.

Every cell in your body is the center of a whirlwind of activity coordinating thousands of processes.

The cells do everything necessary to keep you alive, from extracting energy from the food you eat, to secreting hormones, removing waste, and monitoring your salt and water levels.

Inside your cells are proteins and other structures, with spaces that are filled with water. This means there are lots of surfaces that interact with water and impact its structure. In fact, water is part of the very structure of your cells.

Water is H_2O . However, the water in your cells is not ordinary tap water that runs into your kitchen sink. It has a unique crystalline structure. Instead of being H_2O it is H_3O_2

The "structure of water" means the way water's molecules are organized, and scientists have discovered some amazing things about water.

First, water molecules can join together into groups, called clusters. Most surfaces and molecules in your body are H_3O_2 and have a gel-like consistency. This type of water is found next to water-loving surfaces such as proteins and cell membranes

and has a special order of layers with different electrical charges from ordinary tap water.

This structured water works as memory cells, in which water actually records information it is exposed to – just as a laser encodes information onto a Blu Ray disc.

Water: One of the Primary Ways We Get Information

In the last section, we discovered how everything comes down to energy and information. We are completely connected to the environment around us, where we obtain information we need to survive and thrive.

Water is one of the primary ways our bodies get this information.

In a series of fascinating experiments in the 1990s, Dr. Masaru Emoto gained worldwide acclaim with his groundbreaking discovery that water is deeply connected to the consciousness of its surroundings.

Dr. Emoto performed a series of experiments observing the physical effect of information on the crystalline structure of water.

He exposed water to different environments. Then, using a very powerful microscope with high-speed photography, he captured the “expressions” of water, to show how they were imprinted by focused intention.

The frozen water samples showed that positive information such as classical music, focused prayer or uplifting words and phrases caused beautiful geometric crystals to form, whereas negative information such as samples from polluted rivers, focused rage or words such as 'hate' and 'fear' created distorted and randomly formed crystalline structures.

Dr. Emoto's book *The Hidden Messages in Water* was published in Japan in 2005. With 500,000 copies sold internationally, it shows the keen interest in the amazing properties of water.

Many respected scientists such as Mae Wan-Ho and Professor Gerald Pollack also suggest that water does indeed exhibit different properties, depending on what it has been in contact with, meaning that water has memory.

Gerald Pollack is an academic researcher at the University of Washington. His latest book, *The Fourth Phase of Water*, provides a new understanding of water that holds the key to solving numerous puzzles in biology.

A Little Science... On Your "Water-based Battery"

We can think of the biological building block of life, the cell, as a battery that must obtain energy to charge it. Water is part of the structure of each cell, and just like a battery, it needs to be charged.

We are always surrounded by infrared radiation from the sun, which we store as heat. We humans rely on sunlight as the energy source that "charges" the "water batteries" in our tissues.

Water that interacts with light and heat becomes "charge separated". This means that the water molecule changes structure as the positively charged hydrogen atoms are repelled, leaving a negatively charged hydrogen and oxygen group.

This "separation of charge" allows us to draw electrical energy from our "water-based battery."

The Living Matrix

The Living Matrix is an interconnected system that reaches into every part and system of your body. It's made up of the collagen network. Collagen is the most abundant protein in the body. It helps strengthen connective tissue and provides cushioning for various parts of the body.

The matrix is truly living, in that it provides our bodies with a stable structure. It is also the container for our internal ocean, the fluids where many crucial biochemical and metabolic reactions take place.

No water, no life.

The matrix is the sponge that holds water in our bodies. It bathes our cells with nutrients, helps us eliminate toxins, and transmits memory and information to all the cells and tissues.

That's why the living matrix needs to be well hydrated. This network acts like a liquid superconducting cable that operates at the speed of light, touching every part of our cells almost instantaneously.

Energy and information in the Living Matrix affect every cell and every aspect of our body-field, including the nervous system, the immune system, the endocrine system (including hormones and neurotransmitters), right down to how our DNA is expressed (epigenetics).

Infoceuticals: Revolutionary Remedies of the Future

As we've been discussing, water is a bit like a computer's hard drive that can store audio and visual information and then play it back.

The information your body receives is vitally important, because it influences which proteins your body manufactures to repair or create new tissue. The better the information you give your body, the better your health.

Infoceuticals contain pure information that actually change the environment of your cells, directly correcting specific information structures and energy patterns in your body.

In this way, instead of just relieving symptoms, they activate your body's own healing mechanism, supporting and encouraging a more balanced, healthy life.

"Within two weeks of taking Infoceuticals, I wasn't tired all the time and I keep on seeing improvements every time I see my practitioner."

-Katie Schmidt, suffered from Chronic Fatigue Syndrome

Your Personal Energetic First-Aid Kit

We create our Infoceuticals by starting with the purest multi-staged filtered water. Potassium, magnesium and Himalayan crystal salt are added to make a saline solution that is ideal for our proprietary structuring and imprinting process.

This specialized liquid contains the information designed to enhance cellular energy.

You take Infoceuticals as drops in a glass of water. Drop by drop, these ground-breaking remedies help return your body's energy flow to its perfect, natural state, where its own innate healing intelligence can do what it is designed to do.

Infoceuticals are safe, natural, effective, non-invasive and easy to use. Think of them as your energetic first-aid kit.

"NES is very accurate. With the Infoceuticals, I could feel a shift immediately. I'm much happier and it's a lot more fun living my life this way."

- John Fuhler, suffered from insomnia

Launching Your Journey to Health

Are you excited about launching your journey to health and well-being?

Our mission is to put the power of restoring your health back into your own hands. However, it helps to have a practitioner to guide you when you start out.

NES Health Practitioners are trained in a wide range of alternative healing methods and have in-depth experience in complementary medicine. They also receive extensive training in using the NES Health protocols, devices and supplements.

Your NES Practitioner will work closely with you to address your health issues at the physical, emotional and energetic level.

NES Practitioners do not diagnose or treat any specific disease. Instead, they see you as a complete human being, with the goal of helping you achieve your highest possible level of wellness.

Best of all, you don't have to travel to a clinic or a practitioner's office. If there isn't a NES Practitioner in your vicinity, you can still consult with one from the comfort of your own home.

How to Contact Your NES Certified Practitioner

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Your practitioner will guide you on how to do the scan, and then recommend a protocol of Infoceuticals to support you on your healing journey.

We're sure you will be amazed at the process, and at what the scan reveals! Keep reading for the details below.

People just like you experience the benefits of NES Health every day.

"I'm normally a high-strung person but the Journey to WellNES Kit helped me to get into balance. I'm not as stressed anymore and I feel much calmer."

- Ann Lohrmann, suffered from high levels of stress