

# **Dr. Tom Yarema, Part 1**

## **Center for Wellness and Integrative Medicine, Soquel, CA**

### **Featured Sonic Vibration Location**

[www.drtoamyarema.com](http://www.drtoamyarema.com) ~ 831-621-2535

"Every doctor needs to be a Lympho-Maniac!", declares M.D. and international award-winning author Dr. Tom Yarema. "A SonicLife machine is the easiest, most accessible and the safest technology to use on all patients as the first step in improving their health.

"Every single person that needs medical attention by definition, any disturbed physiology, have pockets of waste products being retained. That waste might be inside the cell or in the nucleus of the cell which is a cancer cause. For any patient coming in with a physical ailment, cognitive disorder or brain fog, they need their lymphatics cleansed. Sonic vibration moves the lymph fluid and moves it toward the blood. When the Lymphatic system is decongested then several things happen.

1. The capillaries begin to be able to deliver oxygen and nutrients to the cells. We call this micro-circulation.
2. The lymph that was holding all the waste product and toxic molecules, the white blood cells which are more in the lymphatic, get to move with more grace, agility, and speed.
3. When the lymph was congested, it was literally compressing the cell. When it decompresses, the cell membranes get to breathe easier and the receptor sites get to move their joints, flex their muscles and become more effective.
4. This improves the uptake at the cell membrane level of nutrients and oxygen and also ions, those dissolved salts, then the cells get to have a greater battery charge. That charge should be greater inside the cell than outside the cell.
5. That space that was congested is now less gummy, less congealed. The communication between the DNA, the immune system and the genes of the microbiome is enhanced.

Dr. Tom's journey to this understanding actually began at the U.S. Military Academy West Point. He was studying Mandarin Chinese. The Maharishi Mahesh Yogi had started teaching his Transcendental Meditation first to the Pentagon and next, the U.S. military academies.

Stay tuned for Part Two of Dr. Tom Yarema's journey.

