



Home | Four-In-One Holistic Therapy (Onnetsu)

## Four-In-One Holistic Therapy (Onnetsu)

Dr. Johanna Budwig was continually talking about the benefits of sunlight and natural heat. More and more scientists are discovering that she was ahead of her time in this research. Studies were being carried out in these fields by NASA as far back as the 1960s. A further study in 1981 confirmed that infrared rays of 2 – 25 $\mu$  of **wavelength in the sunlight are necessary for life.**

They also discovered that 4~14 $\mu$  of Far Infrared radiation is indispensable for metabolism, rejuvenation, healing, and growth. It's also essential to make heat and energy occur by a resonance action within cell molecules of the human body.

Onnetsu originated in Japan by the late Tomeko Mitsui and Kazuko Tatsumura. At the Budwig Center, we have found it easier to say Four in One and hence nicknamed it this way because it reminds us of the many benefits the body receives when applied correctly. There is a healing wand as well as a mat used to apply the treatment. The wand and mat both have the properties of FIR heat and Terahertz waves, which are sub-millimetric waves from deep within the planet, and they are both used to balance the autonomic nervous system. When a person has cancer, it becomes a priority to balance this system to restore their health. We cannot hope to boost the immune system without first balancing the autonomic nervous system. For more information read about various [clinical studies and research](https://budwigcenter.com/wp-content/uploads/2021/07/Four-In-One-Clinical-Studies-Research.edited.pdf) (https://budwigcenter.com/wp-content/uploads/2021/07/Four-In-One-Clinical-Studies-Research.edited.pdf) that has been carried out.

## How The Four-In-One Therapy Works

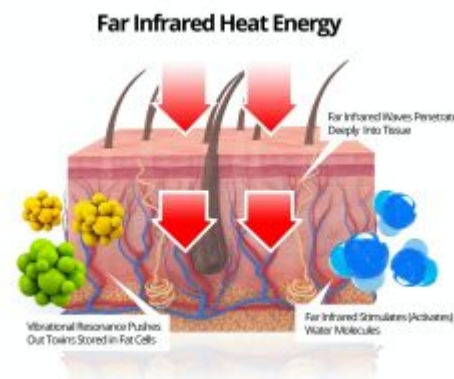
### (1) Terahertz Vibration

Terahertz is extracted from active volcanic rocks. As we apply these vibrations, our body's water molecules are activated, enabling unhealthy cells to gain balance and promote a healthy flow of energy in organs and systems that carry liquid (circulatory system and lymphatic system).

### (2) FIR Hyperthermia

Hyperthermia creates heat and initiates a fever-like state. This state causes an intense, sustained elevation in core body temperature. The results? It enhances the immune system and therefore activates a natural self-healing process in the body. Healthy cells rejuvenate, and the unhealthy cells' environment is changed.

In July 2013, The Lancet Oncology published an article on the beneficial effects of hyperthermia (heat therapy). A team of clinicians headed by Rüdiger Wessalowski, MD of the University of Düsseldorf, made some exciting discoveries. They found that treatment that included deep-tissue heating **produced better results than generally achieved with surgery, radiation, and chemotherapy alone.** Far Infrared light therapy penetrates deep into the tissues and cells, making the natural healing process faster and more effective.



The patient can benefit from the FIR heat with both the mat and the wand. However, the advantage of the wand is being able to apply the targeted therapy directly on the lesions and desired areas that need treatment.

### (3) Balancing the Autonomic Nervous

The autonomic nervous system oversees automatic functions in the body, such as breathing, circulation, digestion. A cancer patient's autonomic nervous system has been stuck in either a sympathetic (fight or flight mode) or parasympathetic (rest and digest mode, borderline depression) and thus require therapeutic support to regain balance. This support is accomplished by lying on the mat or having the healing wand treatment applied to the sides of the spine.

### (4) Acupuncture (without the needles)

Acupuncture stimulates specific points on the body (meridians) with a needle that penetrates the skin. This process excites the biochemical responses in the human body via the nerves releasing feel-good chemicals that can aid in inflammation, stress, and so forth.

With the Four-In-One wand, a skilled therapist can apply the heat to acupuncture points (meridians) as one would in Moxibustion, promoting a balance in the natural flow of energy, helping to maintain body temperature as well as becoming an individual therapeutic session.

Four-In-One therapy is completely harmless and non-invasive as it provides vibrations, heat, balance, and increased blood and lymphatic flow and energy. By applying all these potent energy sources, it stimulates the body's natural healing power. The combination of the technology in these devices and the therapeutic application results in the following:

- Oxygenates and rejuvenates cells
- Stimulates the blood circulation and lymphatic fluid flow
- Weakens abnormal cells to promote detoxing of chemical residue general toxicity
- Strengthens immunity by balancing the Autonomic nervous system
- Accelerates tissue repair and reduces inflammation
- Balances pH levels

## How We Apply This Treatment At The Budwig Center

The patient puts on a specialized outfit, much like pajamas, consisting of an organic cotton top and bottom. Then, we start by applying the treatment to the sides of the spine to balance the autonomic nervous system. Then we apply the wand to acupuncture points. During this process, the patient provides feedback to the therapist, indicating how long they can tolerate the heat on each point. Then individual areas are treated and targeted based on each patient's needs. Our doctor provides instructions on how the treatment is applied depending on the patient. For example, we explain how to work on different body areas, whether in a circular motion, holding pressure on various points, or brushing in side-way motions.

As the patient is lying on their back and areas on the front side are being treated, we may show them how to apply the treatment to themselves. Doing so makes for a better session as they become more in tune with their bodies and responses, depending on the area and application method. The whole session lasts between 45 minutes and 1 hour.

Daily sessions are provided when you sign up for one of the intense treatment programs at the clinic.

Individual sessions cost 80€.

We discuss with each patient whether or not purchasing this device is recommended to carry on after the program. If so, we provide training for self-treatment, which can be done twice a day.

**To Find Out More How We Can Help Cancer Patients With Four-In-One Holistic Therapy Combined With The Budwig Diet And Protocol Please Contact Us For A Free Consultation**

**Do you have a question? Get in touch with us.**

[Privacy & Cookies Policy](#)

[Privacy - Terms](#)

Name

Email Address

Email

Message

I agree with this site's Privacy Policy

**SUBMIT**

Home(<https://budwigcenter.com>)

Explore(<https://budwigcenter.com/explore/>)

About Us(<https://budwigcenter.com/about-us/>)

Why Choose Us (<https://budwigcenter.com/10-reasons-why-people-choose-the-budwig-center/>)

Our Therapies (<https://budwigcenter.com/our-therapies/>)

8 Healing Pillars (<https://budwigcenter.com/8-healing-pillars/>)

Testimonials(<https://budwigcenter.com/testimonials/>)

Our Store(<https://budwigcenter.com/our-store/>)

Phone:  
(866) 251 3569

Email:  
contact@budwigcenter.com

Address:  
Calle Rio Mesa, 28, floor 1 office, Torremolinos,  
29620, Málaga

Contact Us(<https://budwigcenter.com/contact-us/>)

Clinical Programs & Fees (<https://budwigcenter.com/clinical-programs/>)

FAQ'S(<https://budwigcenter.com/faqs/>)

Dr. Budwig Bio (<https://budwigcenter.com/dr-budwig-bio/>)

Sign Up Form (<https://budwigcenter.com/sign-up-form/>)

Articles/ Blog (<https://budwigcenter.com/posts/>)


Patients Area (<https://budwigcenter.com/patients-area/>)

Arriving in Spain (<https://budwigcenter.com/arriving-in-spain/>)

Phone: (866) 251 3569

Email: contact@budwigcenter.com

Address: Calle Rio Mesa, 28, floor 1 office, Torremolinos, 29620, Málaga

 [www.facebook.com/budwigcenter](https://www.facebook.com/budwigcenter)  
 [twitter.com/budwigcenter](https://twitter.com/budwigcenter)  
 [www.instagram.com/budwigcenter](https://www.instagram.com/budwigcenter)  
 [youtube.com/channel/UC...](https://www.youtube.com/channel/UC...)  
[www.budwigcenter.com](https://www.budwigcenter.com)  
[budwigcenter.com/center-subscription=1](https://budwigcenter.com/center-subscription)

[Terms & Conditions\(https://budwigcenter.com/terms-conditions\)](https://budwigcenter.com/terms-conditions) | [Ameba Comunicación\(https://ameba.es/\)](https://ameba.es/)