



IMMUNE FUNCTION IMPROVEMENT AFTER SLEEPING ON A BED WITH AN INSULATED ELECTROMAGNETIC FIELD SYSTEM



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INTRODUCTION

Immune system, as a homeostatic system, contributes to the appropriate function of the organism, being an excellent marker of health [1]. Some studies have shown that long-term exposure of electromagnetic fields produced by modern technology cause inhibitory effects on the immune response [2]. The aim of the present study was to investigate the effect of resting on an electromagnetic field insulating system in several immune functions, state of wellness and the rate of aging (biological age).

MATERIALS AND METHODS

Women and men 25-79 years



Initial task

- To answer a wellness survey
- Blood extraction to analyze several immune functions.
- Calculation of the rate of aging (biological age)



2 months



Placebo group
n=12
Normal bed

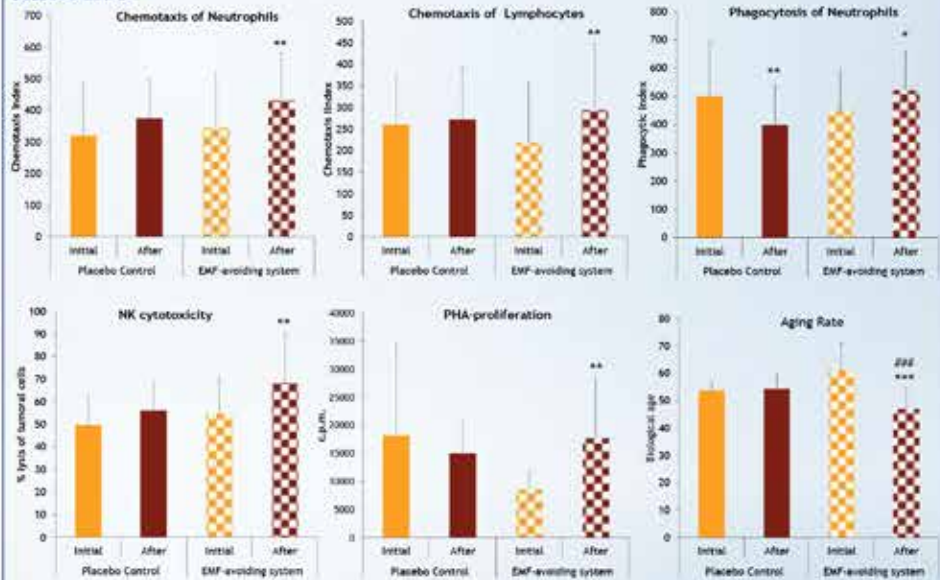


Experimental group
n=30
Bed with HOGO system

After 2-months

- To Answer a wellness survey
- Blood extraction to analyze several immune functions.
- Calculation of the rate of aging (biological age)

RESULTS



*p<0.05, **p<0.01, ***p<0.001 respect to the corresponding initial value.
 ###p<0.001 respect to the values in placebo controls
 EMF: electromagnetic fields
 c.p.m.: counts per minute

Biological Age vs. Wellness	Total	Women	Men
HOGO system group (n)	30	21	9
Pearson's coeficiente (r)	-0.126	-0.336**	-0.097

Table 1. Pearson's correlation between the values of biological age and the wellness scores (survey) obtain after sleeping 2 months on beds with the HOGO system. ** P<0.01



CONCLUSION

To rest on a bed with the HOGO system (natural materials and free of electromagnetic fields) for two months improves several immune functions associated with health and rate of aging and consequently, decreases the biological age.

BIBLIOGRAPHY

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- [2] Hanie Mahaki, Hamid Tanzadepanah, Naghi Jabarivassal, Khosro Sardanian & Alireza Zamani (2018): A review on the effects of extremely low frequency electromagnetic field (ELF-EMF) on cytokines of Innate and adaptive immunity, *Electromagnetic Biology and Medicine*, DOI: 10.1080/15368378.2018.1545668.



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