

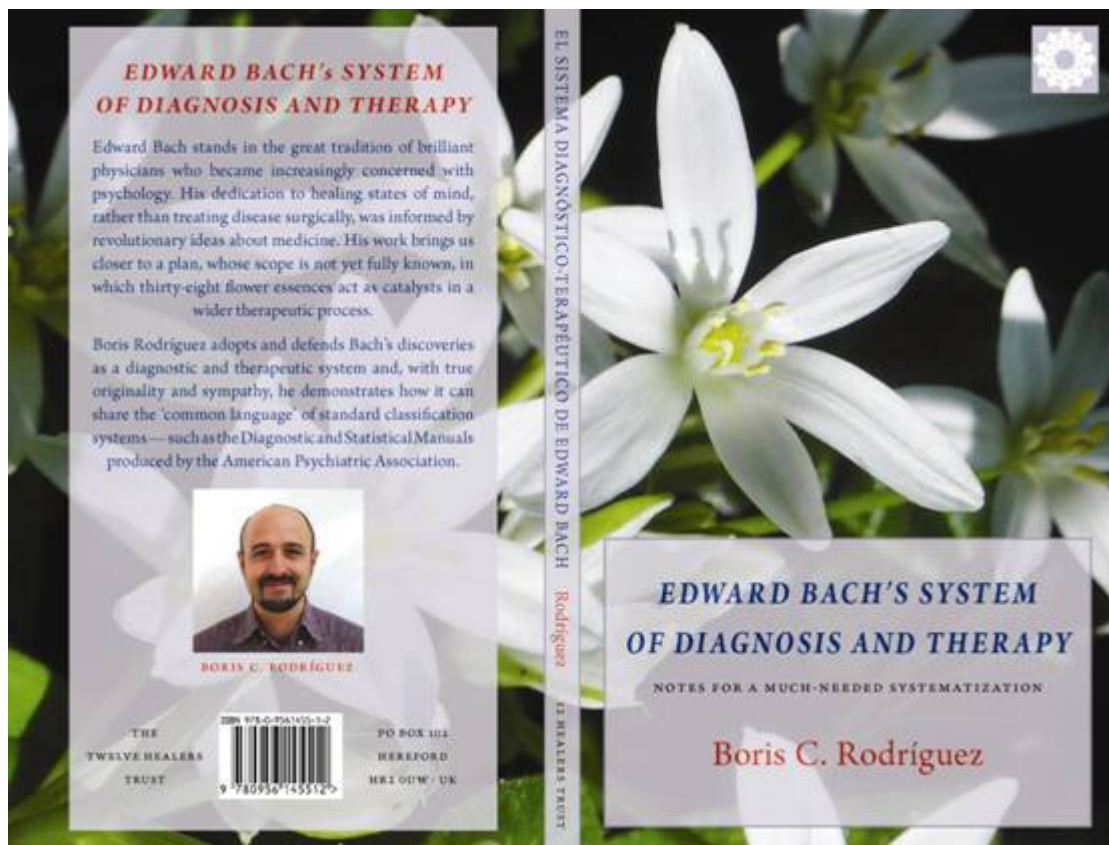
Report for 12HT from Cuban project

Twelve Healers Trust links with Cuba

During 2008-09 the Trust has been actively supporting the research work being carried out in Cuba by the National Program for Natural and Traditional Medicine. This has resulted from the contact with Dr Conchita Campa of the Finlay Institute in Havana following the International Bach Cromer Conference in September 2006.



The Trust has commissioned the printing and publication of *El Sistema Diagnóstico - Terapéutico* by Boris C. Rodriguez (System of Diagnosis and Therapy) in both Spanish and English. This has been circulated in Spain, Argentina, Chile and of course in Cuba. It brings to greater prominence the work of Sr Rodriguez which is particularly significant because of the link made between Bach flower therapy and models used by the American Psychiatric Association.



A further project in Cuba involves our support for a long term study of the benefits of using Bach flower therapy to help people suffering from high blood pressure.

In this project it is proposed to carry out a clinical trial. Arterial hypertension patients will be studied, and aleatorization statistical methods will be employed to determine the total sample for this study. It has been decided to make a control group to compare the results. Bach Floral Remedies will be the only medical therapy in use. A personalized characterization and transpersonal pattern diagnosis will be the clinical method to indicate proper flower treatment in every patient. The principal variable to measure will be systolic and diastolic arterial tension. Other cardiovascular parameters will be employed such as hemodynamic, electrocardiographic and echocardiography parameters. Clinical, physiologic and psychology evaluations of Bach Flower Essentials Therapy on diagnosed essential

hypertension patients is the main purpose of the present study.

For the purposes of the study the Trust donated a portable heart monitoring machine with ancillary equipment. This was shipped to Cuba, in April 2009, with the kind cooperation of Cubana Airlines.



Dr Mainegra wrote from Cuba saying:

We have just brought home the box with all the things inside from the Finlay Institute. Here we are sending the photos. We have made some tests with the equipment, the software, the cables and one pair of electrodes, and everything is all right! The electrodes shapes are quite standard, just like those of regular use in critical patients to measure electrocardiography signals, so we think that we might get some from the Critical Care Unit where I worked before. We will manage; the most important thing is to have this monitor - small, easy-weighed, portable - to perform this study. Regarding the acknowledgement to The Twelve Healers Trust, it will be made properly by our Health Ministry.

Thanks again, for everything!

