



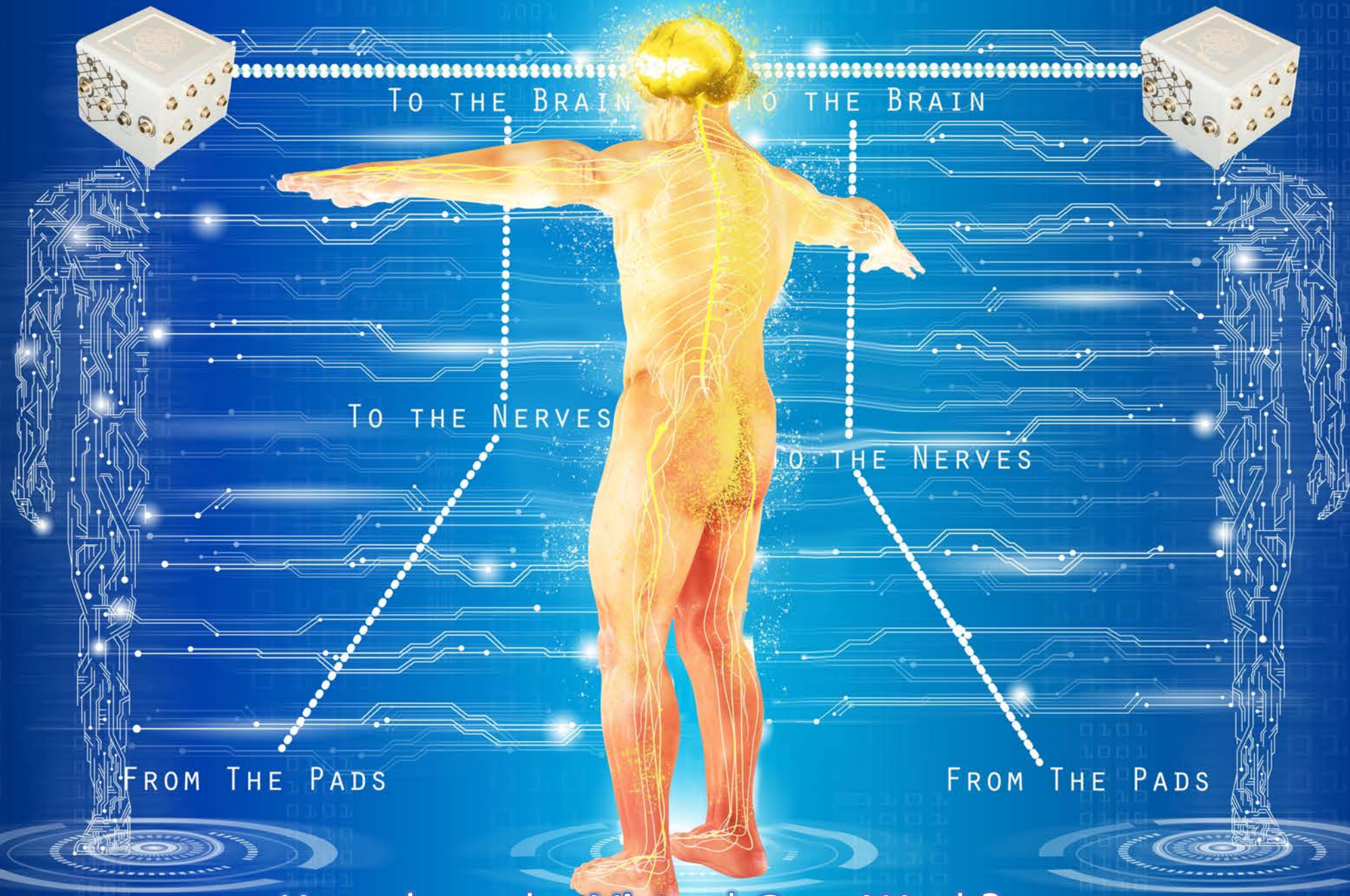
# RESONANCE BREAST LIFT with the Virtual Gym

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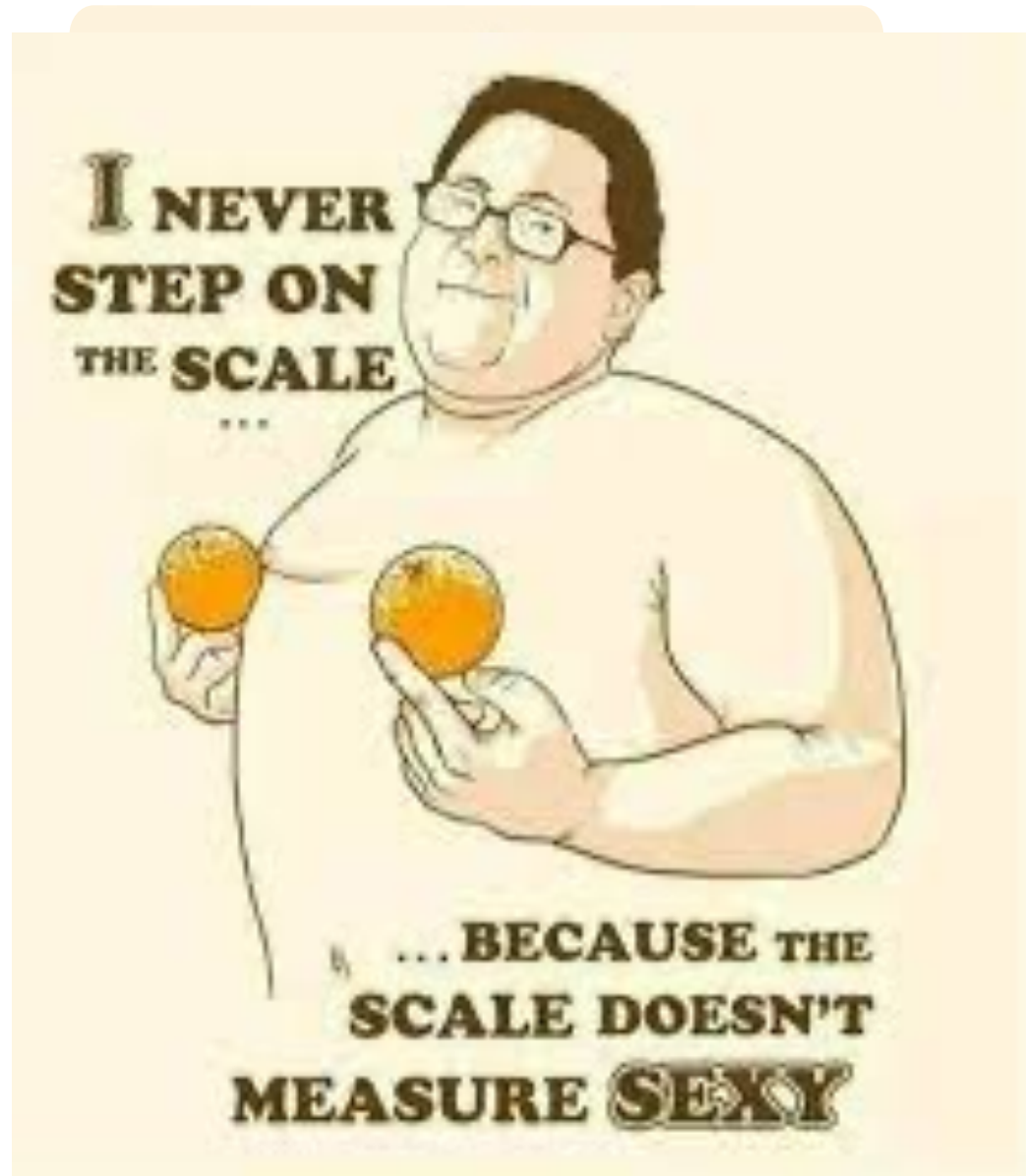
THE SCIENCE OF RESONANCE  
& HORMONAL BALANCE



THE BRAIN RELEASES HORMONES & ORDERS THE NERVES TO CONTRACT THE BODY



How does the Virtual Gym Work?



## CONSULTATION

- RULE 1.

PACEMAKER AND PREGNANCY ARE CONTRAINDICATIONS

- RULE 2.

TREATMENTS ARE SOLD IN PACKAGES. MUST MAKE A COMMITMENT

- RULE 3.

NUMBER OF TREATMENTS DEPEND ON

A/ THE SIZE OF THE BODY,

B/ LIFESTYLE

C/ EXERCISE

D/ EATING HABITS

- SMOKING OR DRINKING ALCOHOL WILL REQUIRE MORE TREATMENTS

- EXCESSIVE FOOD CONSUMPTION: THE BODY WILL UTILIZE THE FOOD THE INDIVIDUAL CONSUMES TO GENERATE ENERGY AND BUILD MUSCLE RATHER THAN THE FAT

# MANDATORY BEFORE TREATMENT

1. CLIENT FILLS IN THE  
HEALTH QUESTIONNAIRE

2. CLIENT SIGNS THE CONCENT  
FORM

3. CLIENT FILLS IN THE NUTRITION  
/ FOOD INTAKE QUESTIONNAIRE /  
GET SCORE AND DISCUSS IT WITH  
THE PATIENT

4. CLIENT FILLS IN THE  
CONSULTATION  
QUESTIONNAIRE / DISCUSS

5. CLIENT SIGNS THE GUARANTEE

6. CLIENT IS ASKED TO  
RESERVE HIS OWN SET OF  
PADS FOR SANITARY AND  
AVOID A POSSIBLE BACTERIAL  
INFECTION

7. CLIENT'S PHYSIQUE AND  
LIFESTYLE ARE ASSESSED & NO OF  
TREATMENTS:  
ONE TREATMENT IS EQUIVALENT  
TO ONE OR TWO MONTHS IN THE  
GYM

8. REALISTIC EXPECTATIONS: EG.  
IF CLIENTS NEED 2-3 YEARS IN THE  
GYM THAT'S EQUIVALENT TO 12  
/24-16 / 32 TREATMENTS

9. EXPLAIN THAT THE BODY WILL  
USE FOOD AS ENERGY BEFORE  
BURNING FAT. THEREFORE  
PROPER DIET IS CRUCIAL.  
SMOKING + ALCOHOL INCREASE  
TOXICITY HENCE THE NEED FOR  
MORE TREATMENTS

10. PADS MAY CAUSE REDNESS  
WHICH NORMALLY GOES AWAY  
AFTER 15 MIN TO HALF HOUR

11. CLIENT MUST BE INFORMED  
OF THE HEALTH CRISIS /  
HERXHEIMER REACTION AFTER  
INTENSE DETOX



## **KEEPING RECORDS**

### **ALWAYS TAKE PICTURES BEFORE AND AFTER EVERY TREATMENT**

- MAKE AN X ON THE FLOOR WHERE THE PATIENT STANDS
- MAKE AN X ON THE FLOOR WHERE THE PHOTOGRAPHER STANDS
- 3. TAKE PICTURE FROM THE FOLLOWING PERSPECTIVES
  - FRONT
  - QUARTER FRONT LEFT,
  - SIDE LEFT,
  - QUARTER BACK LEFT
  - BACK,
  - QUARTER BACK RIGHT,
  - SIDE RIGHT,
  - QUARTER FRONT RIGHT

If the client feels discomfort from a pad check the pad to see if its worn out. If the pad is worn out **immediately**



**ALWAYS INSPECT THE PADS PRIOR TO PLACING THEM ON THE BODY**



You should not have placed this pad on the client's abdomen. This pad can only be used on the legs



**Do not put self adhesive pads on abrasions, pimples, or wounds of the skin. Check the skin before you place the self-adhesive pads.**

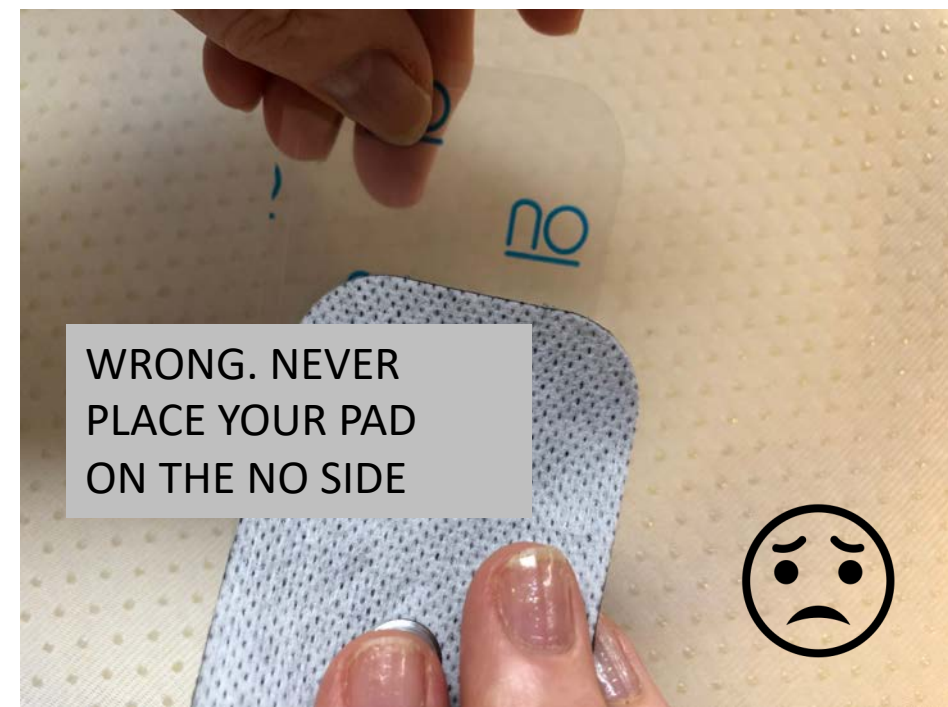
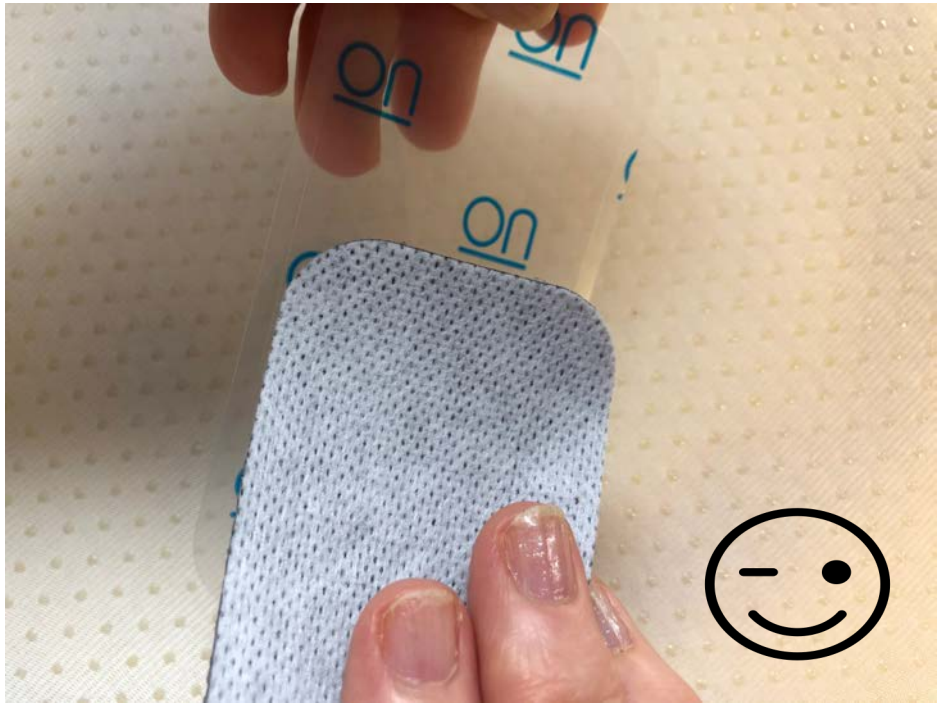


**HOW TO PLACE PADS BACK ON THE PLASTIC**

**CORRECT. PLACE PAD BACK ON THE ON SIDE**



**CORRECT. ALWAYS HOLD PAD FROM THE MIDDLE OF THE PAD**



**WRONG. NEVER PLACE YOUR PAD ON THE NO SIDE**





# RESONANCE BREAST LIFT



8 WEEKS  
8 HALF-HOUR  
TREATMENTS  
ONCE A WEEK

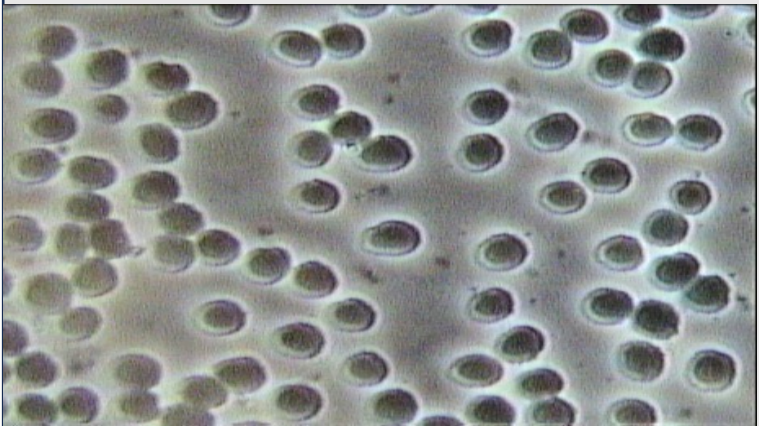
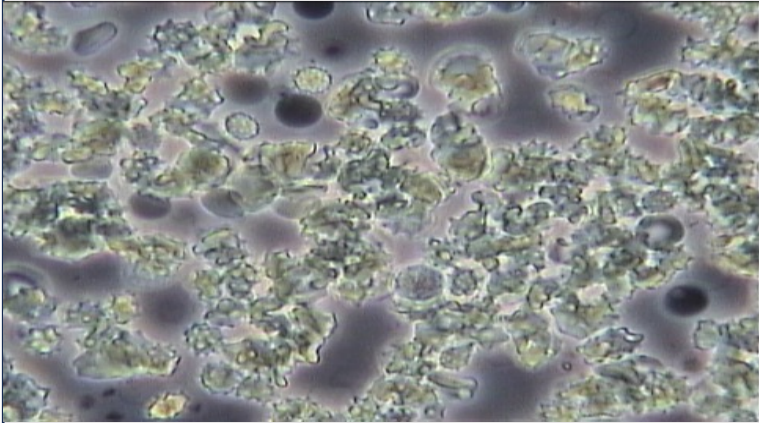
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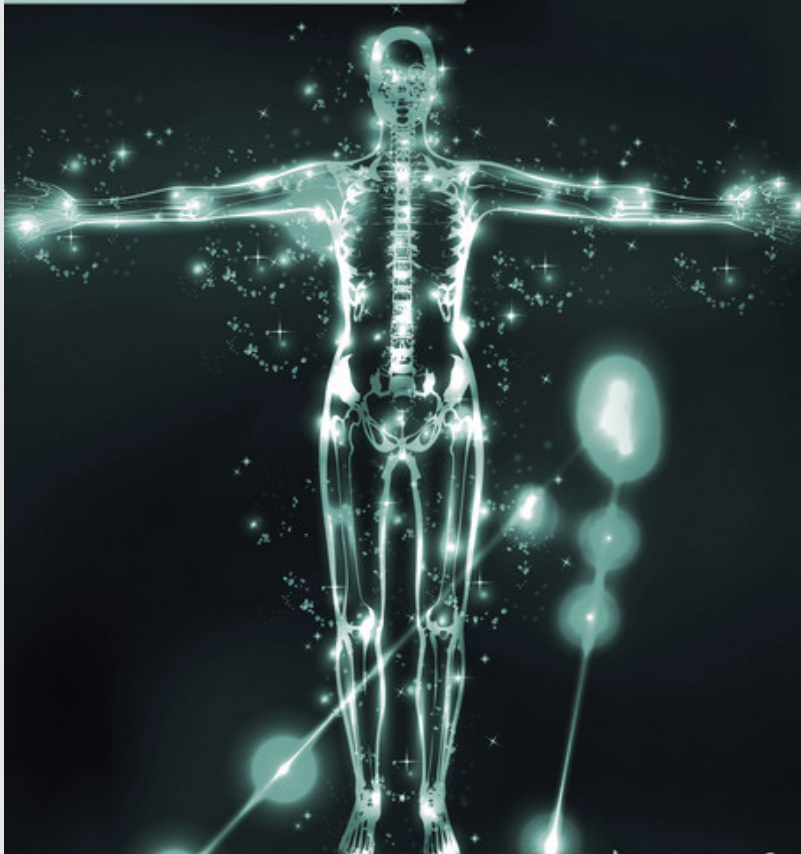
4 WEEKS  
8 HALF-HOUR  
TREATMENTS  
TWICE WEEKLY

# RESONANCE BREAST LIFT

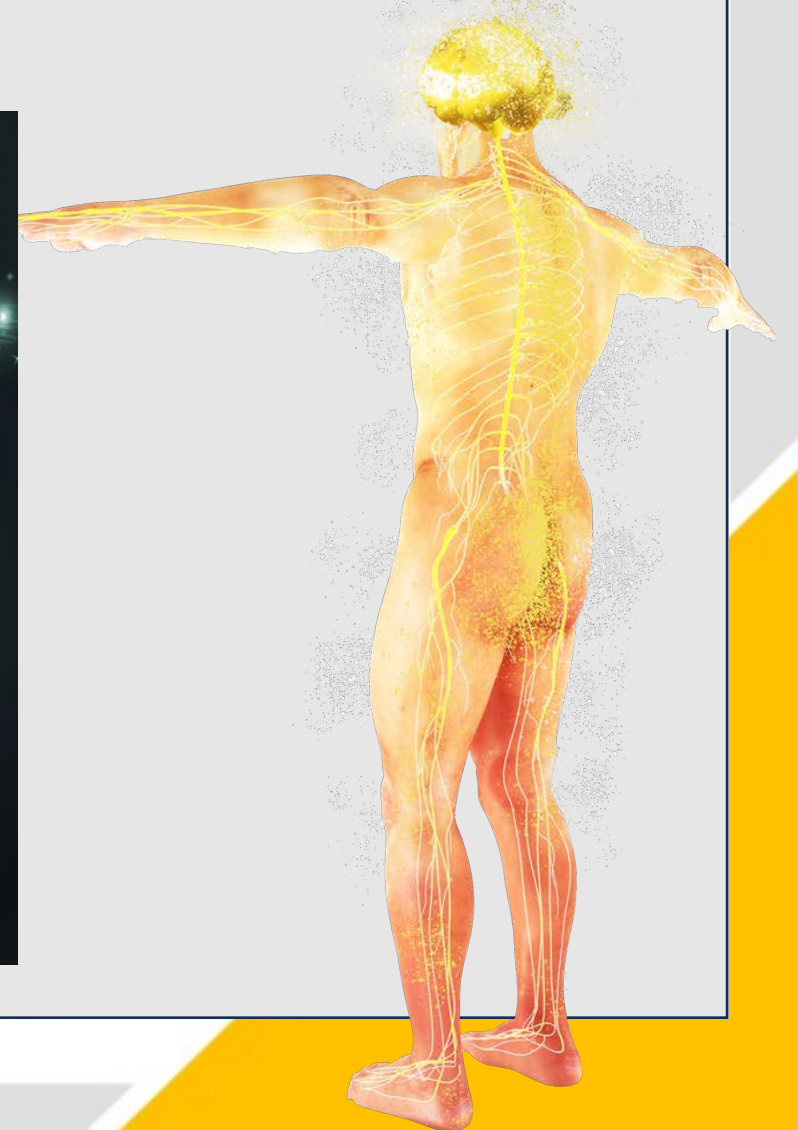
SEPARATES RED BLOOD CELLS  
IMPROVES CIRCULATION



ULTRA DETOX



BODY SYNCHRONY



BALANCED HORMONES



# Gestalt Body

UNBALANCED HORMONES

BROKEN LINKS

# When the body is not Resonant

SYSTEMIC DYSFUNCTION

INFLAMMATION

TOXICITY

FATIGUE

HUNGER

OBESITY

FATTY LIVER

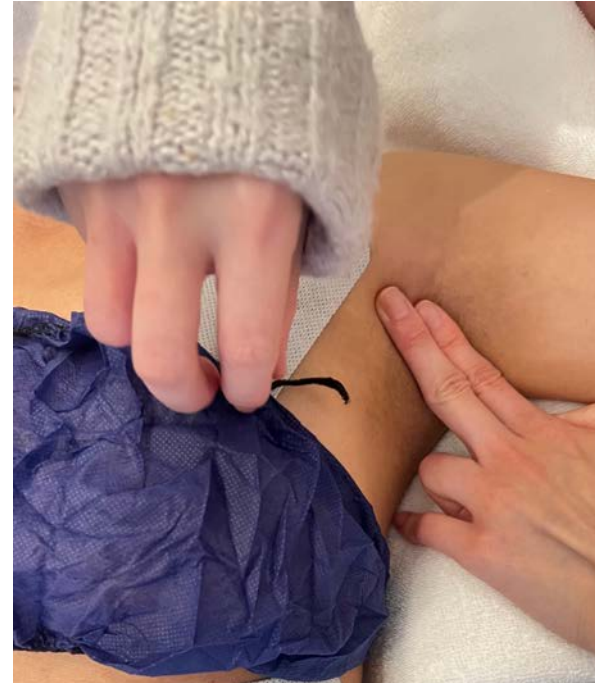
AGING

DISEASE



## BREAST LIFT

The pads on the front of the body are ALWAYS Black. The Pads on the back of the body are ALWAYS Red



First Pad must be 5 fingers away from the middle and 0.5-1 finger above the nipple

Second Pad must be 0.5-1 fingers below the armpit, unless the patient is swollen in that area in which case the pad must be closer to the swelling

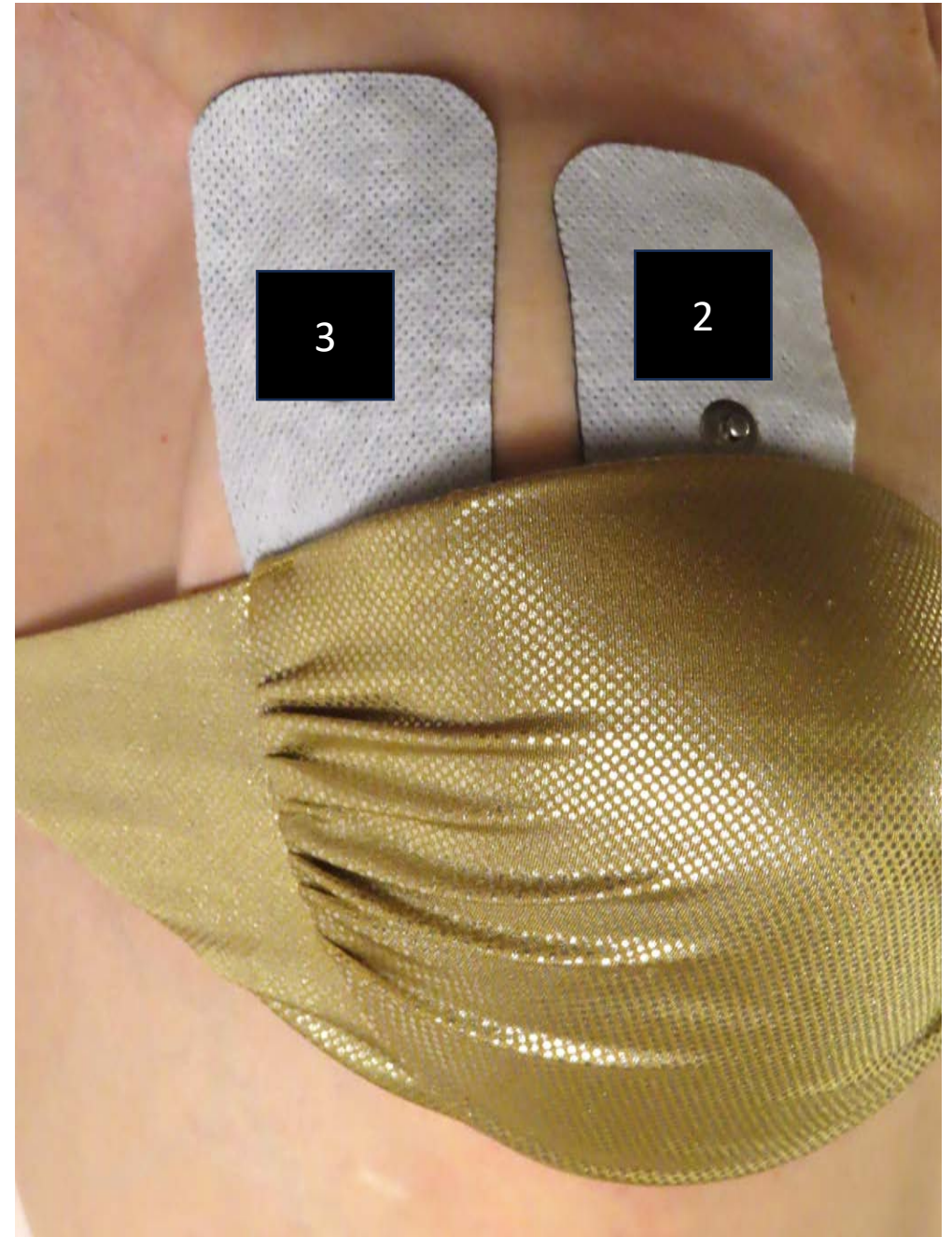
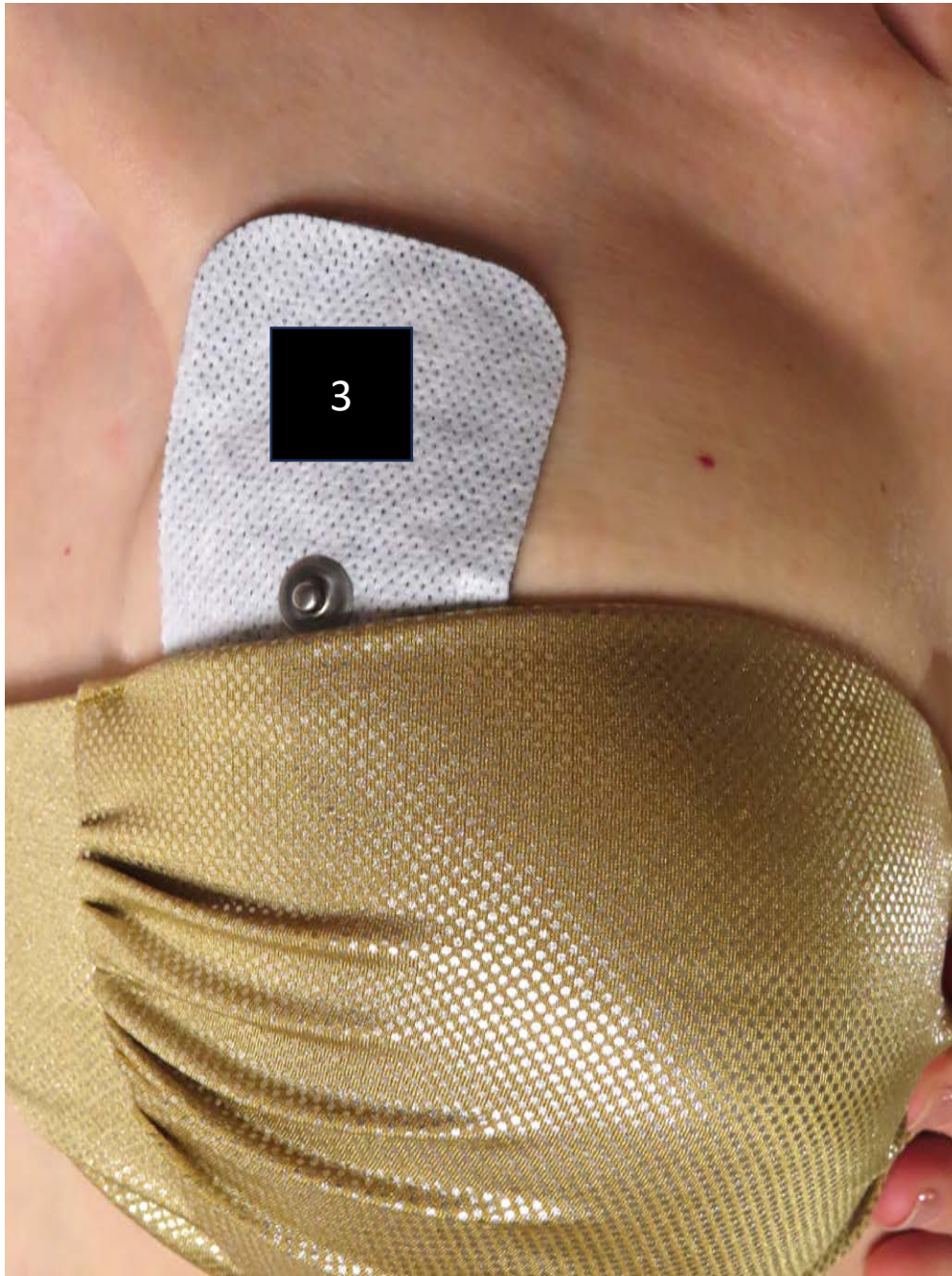
RIGHT SIDE 2 Black / 13 black (one finger apart) on the front and 3 Red 15 Red at the back.

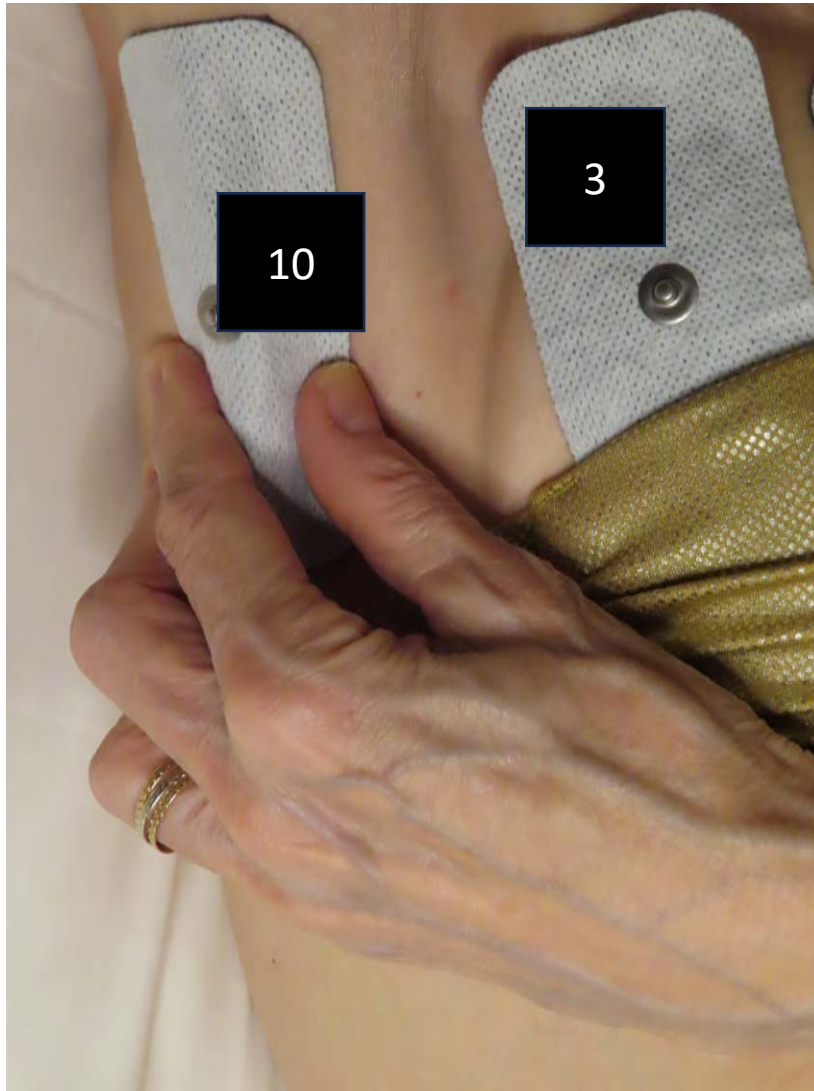
2 /13 Black must be next to the 3 / 15 Red, one finger apart

LEFT SIDE 3 Black / 15 black (one finger apart) on the front and 2 Red 13 Red at the back.

3 /15 Black must be next to the 2 / 13 Red, one finger apart

**STEP BY  
STEP  
UPPER  
BODY  
DETOX  
&  
BREAST  
LIFT**





Additional pads  
On the back

# DETOX & BREAST LIFT



10

2

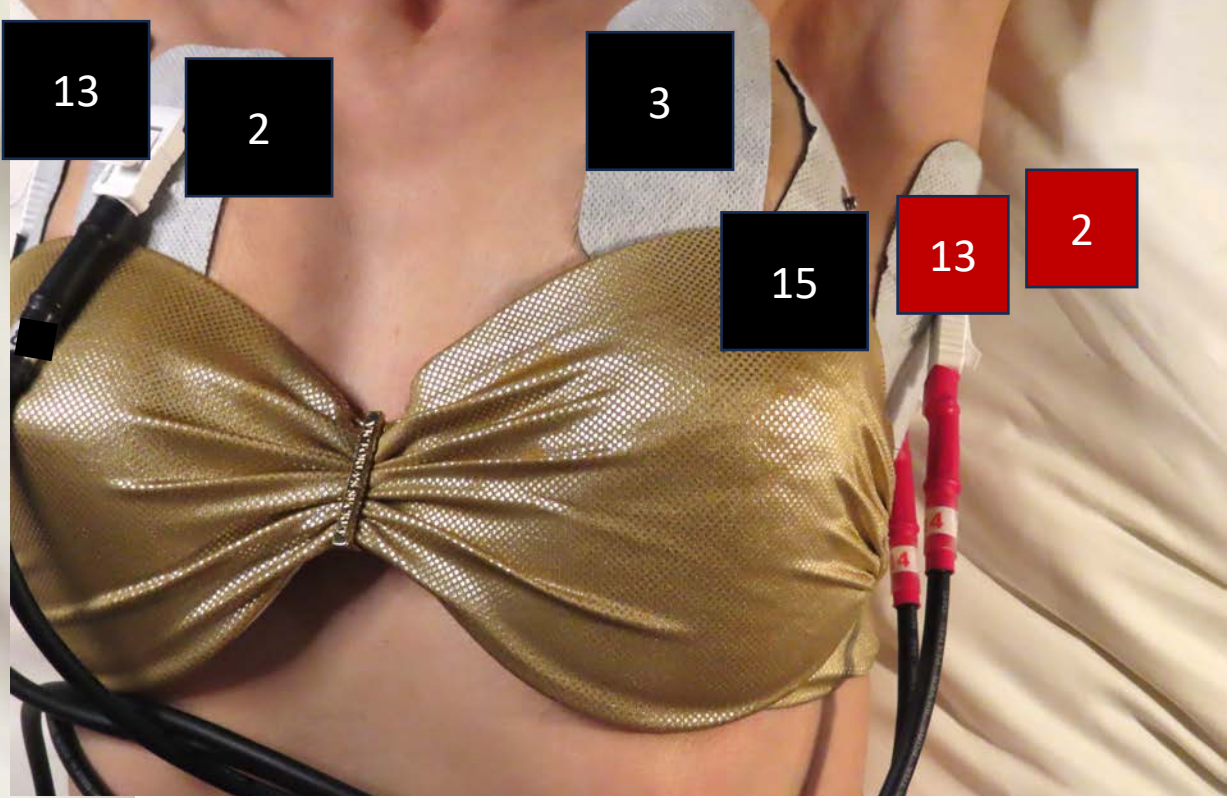
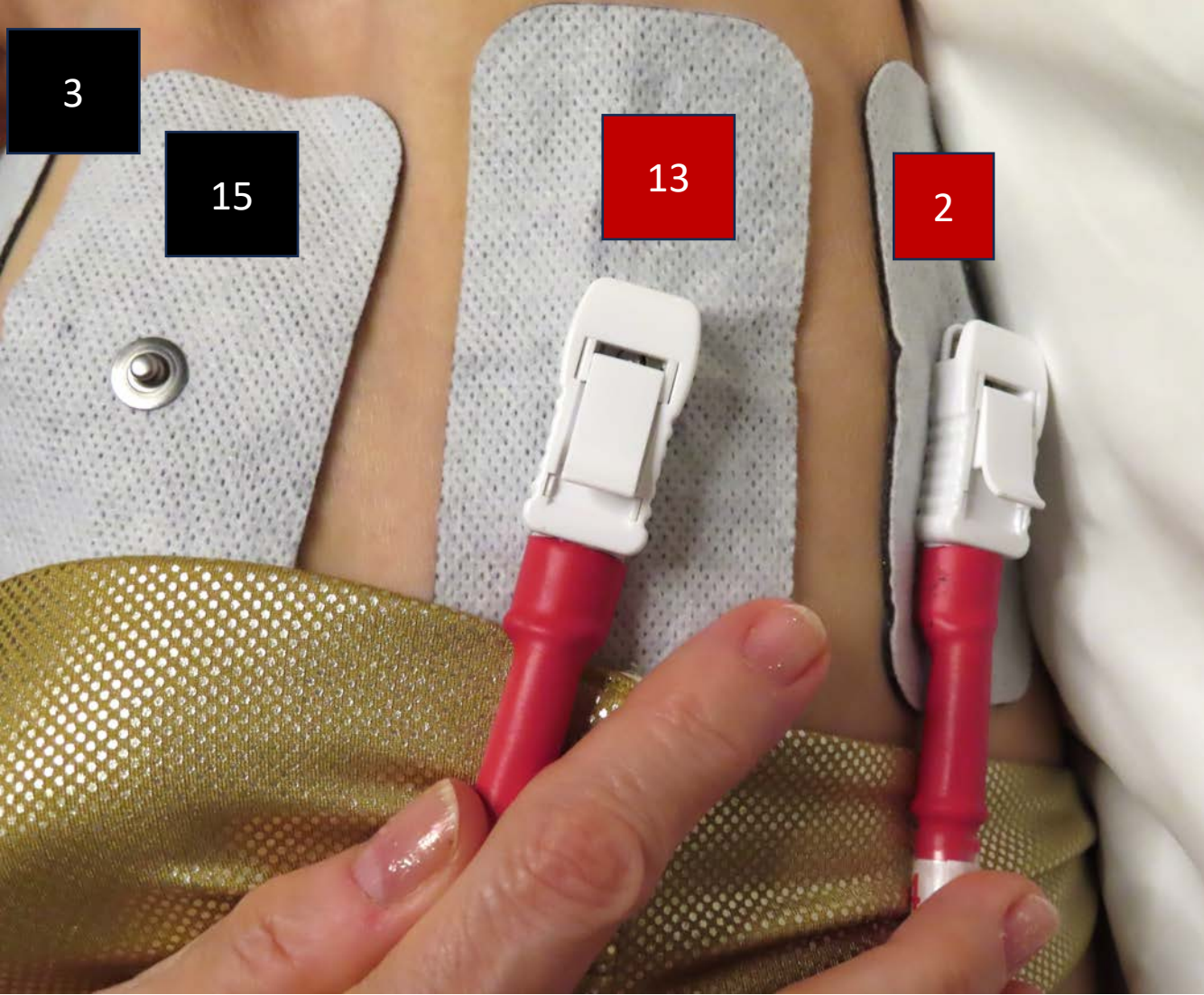
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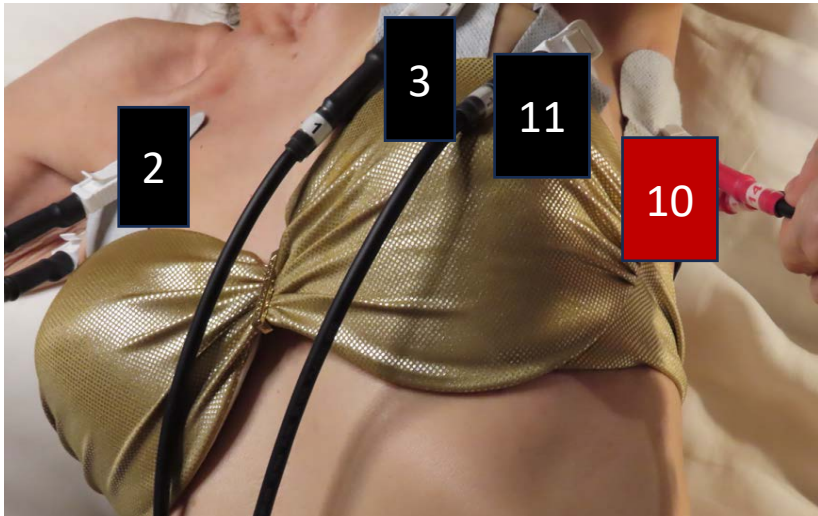
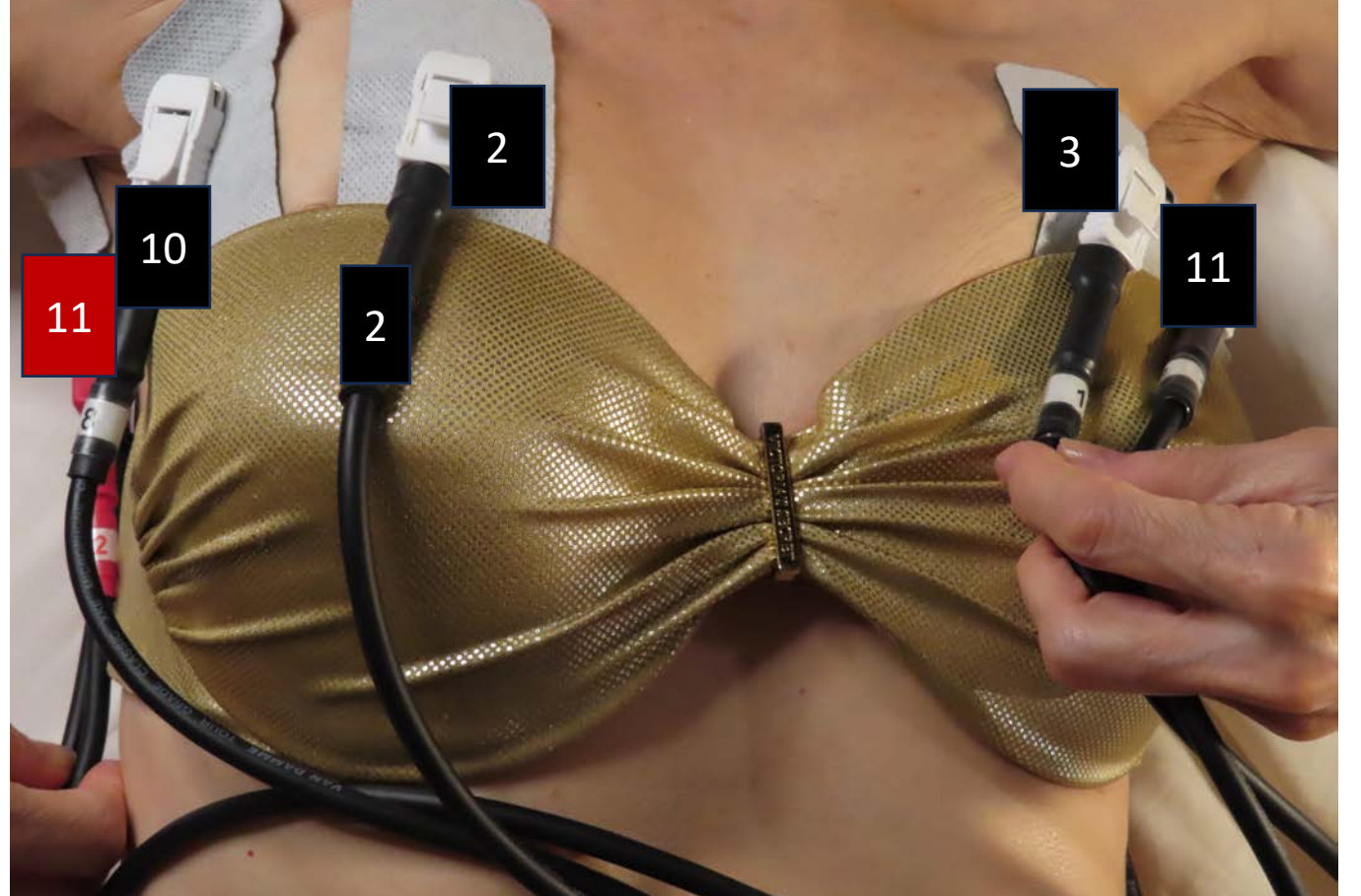
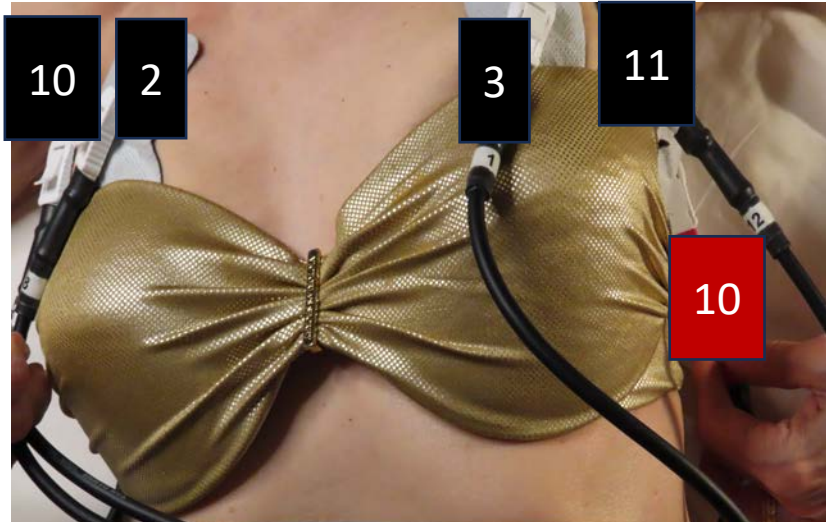
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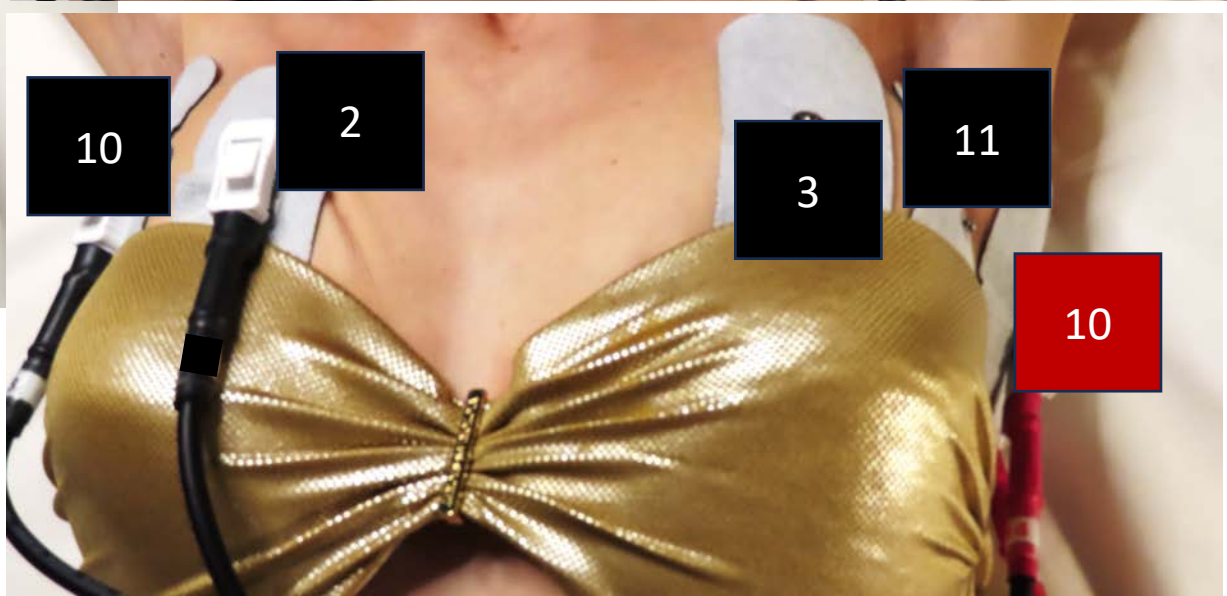
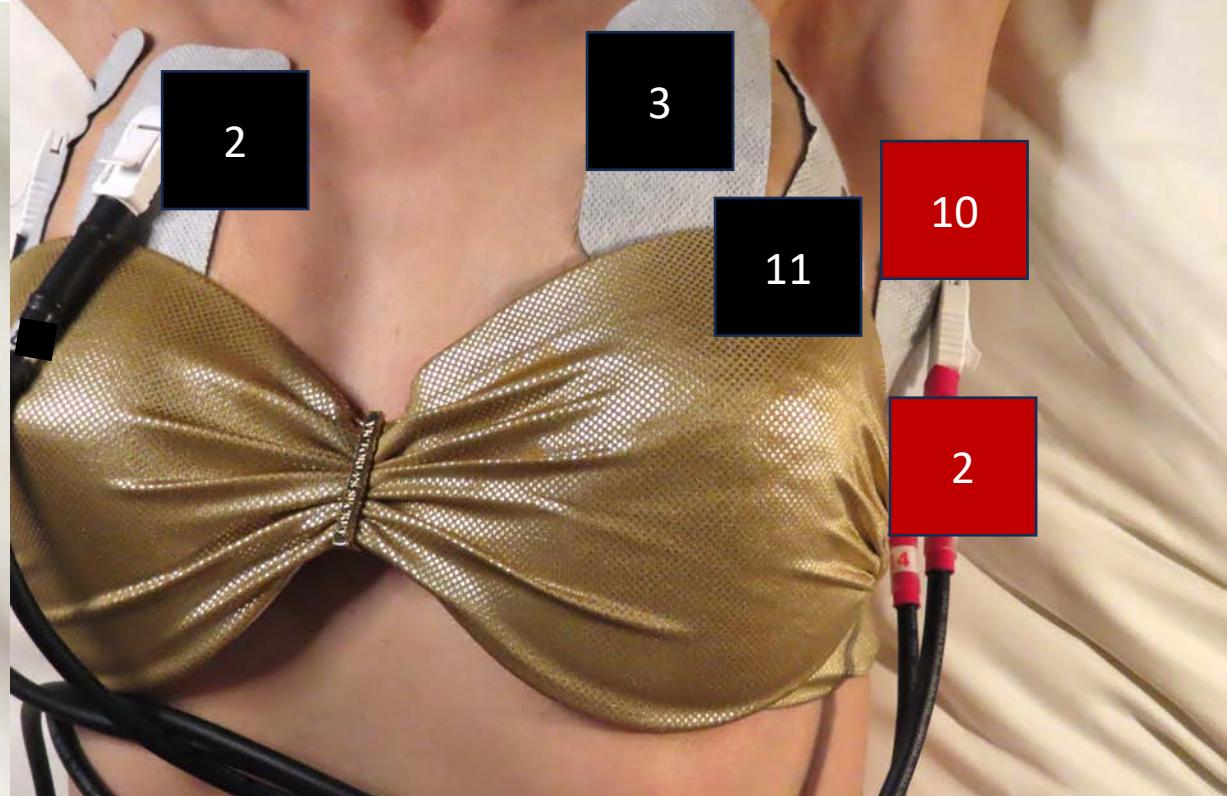
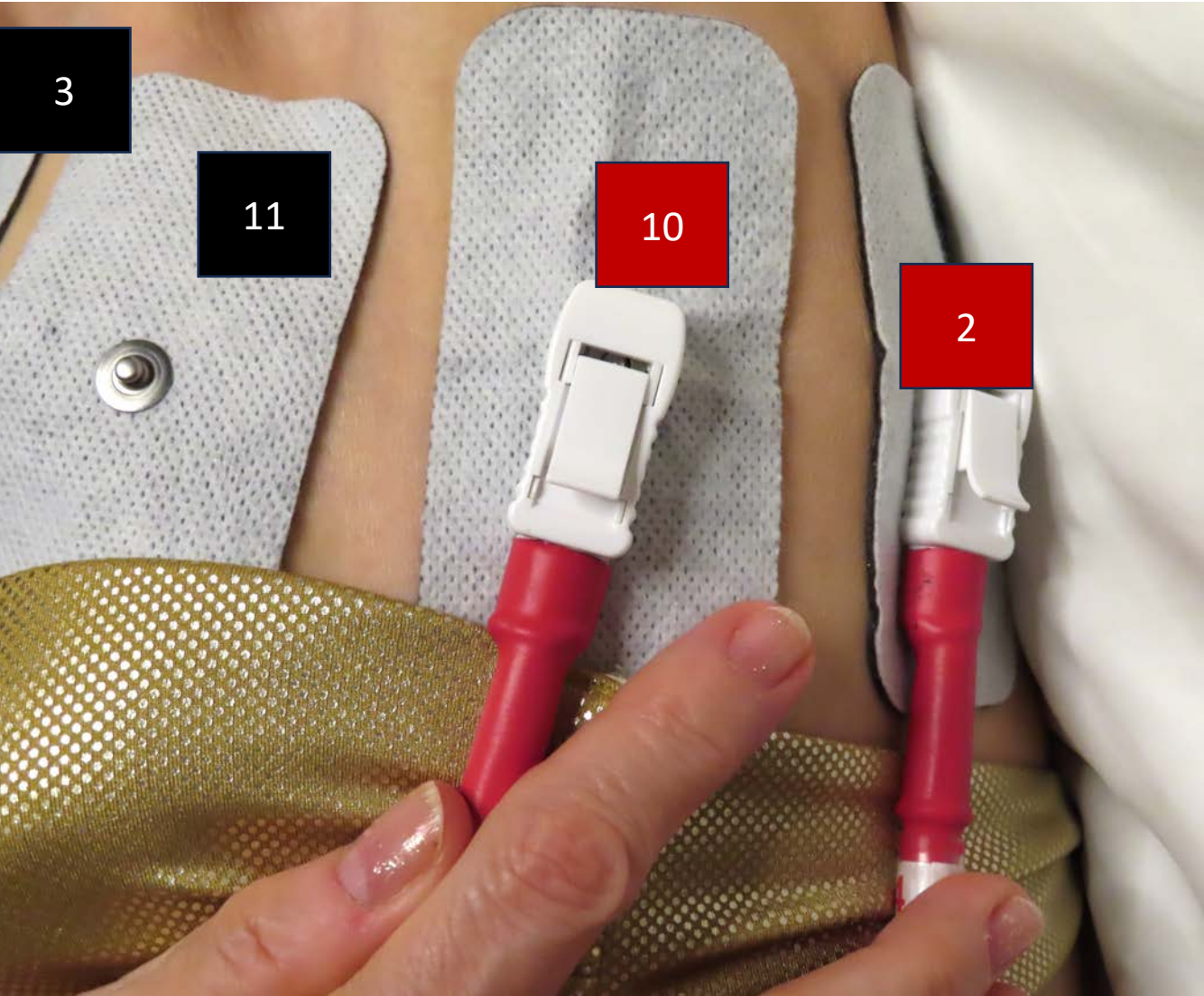
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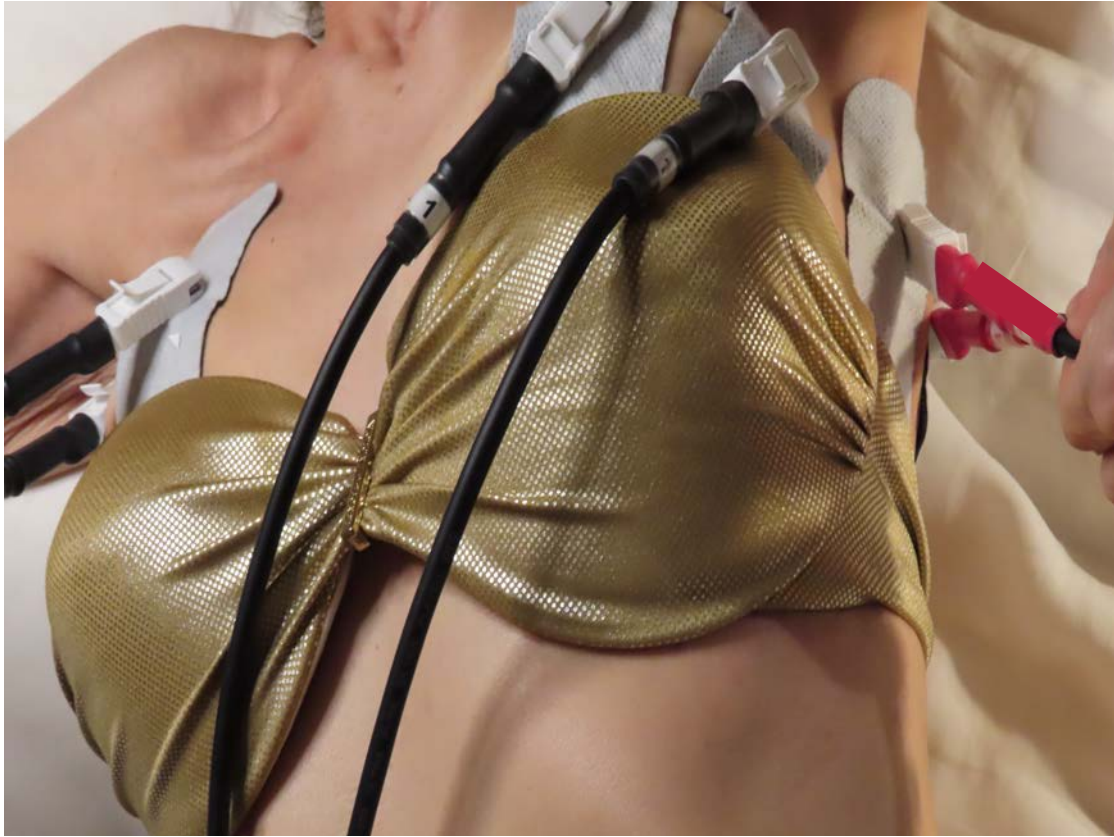
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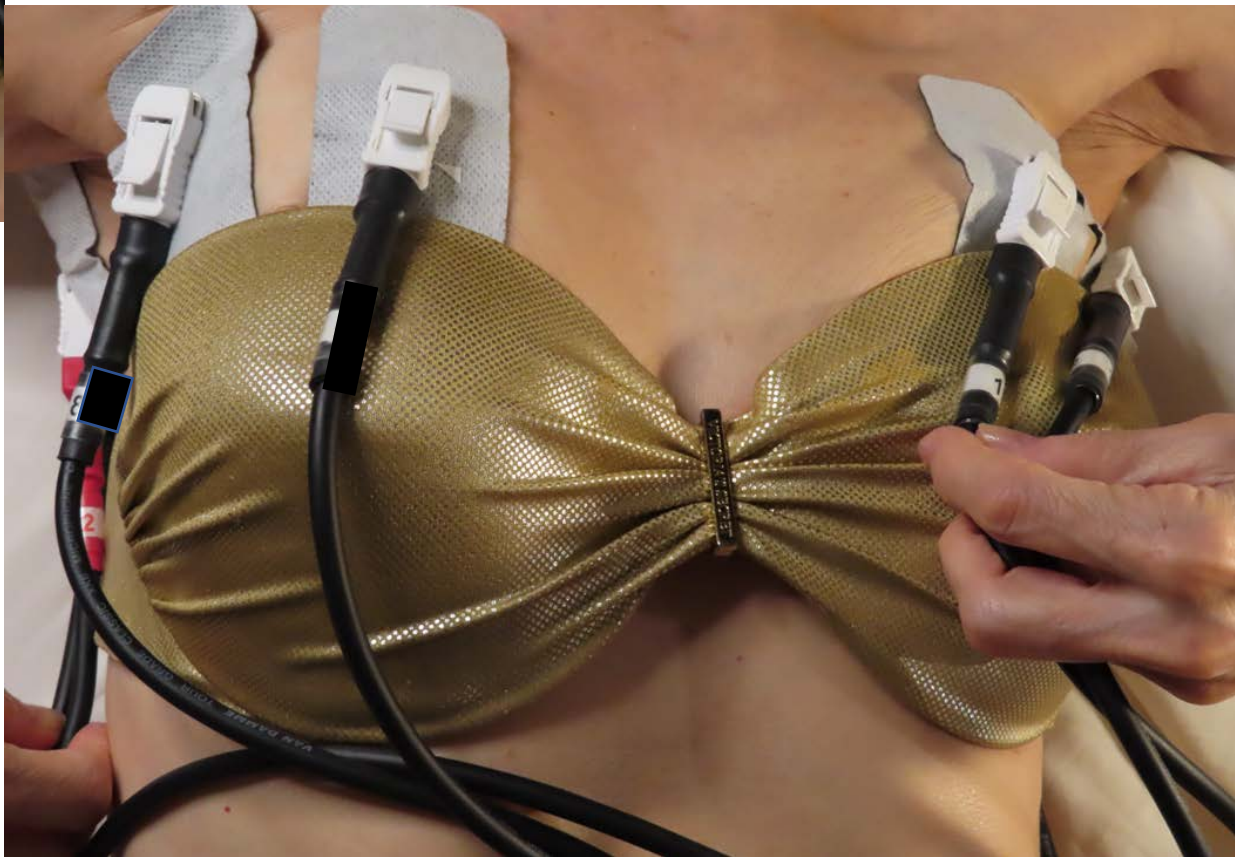
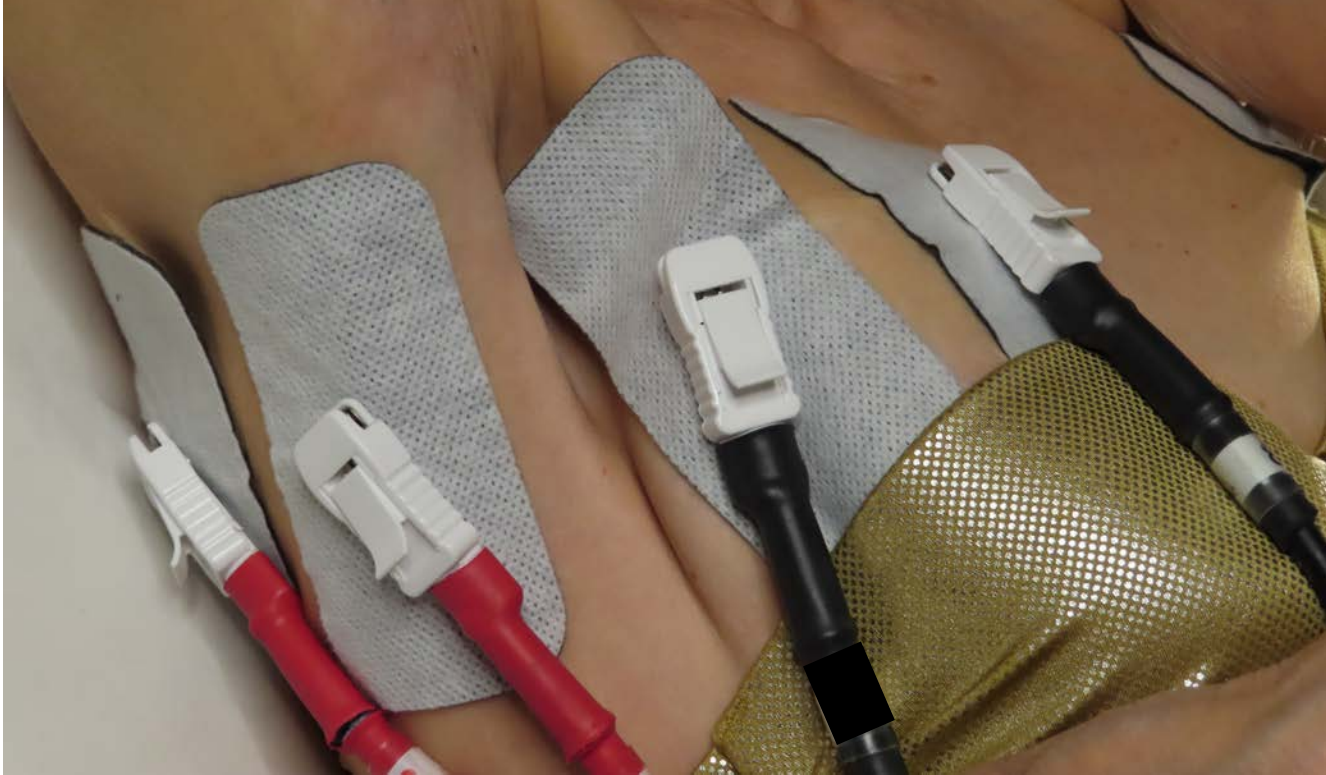


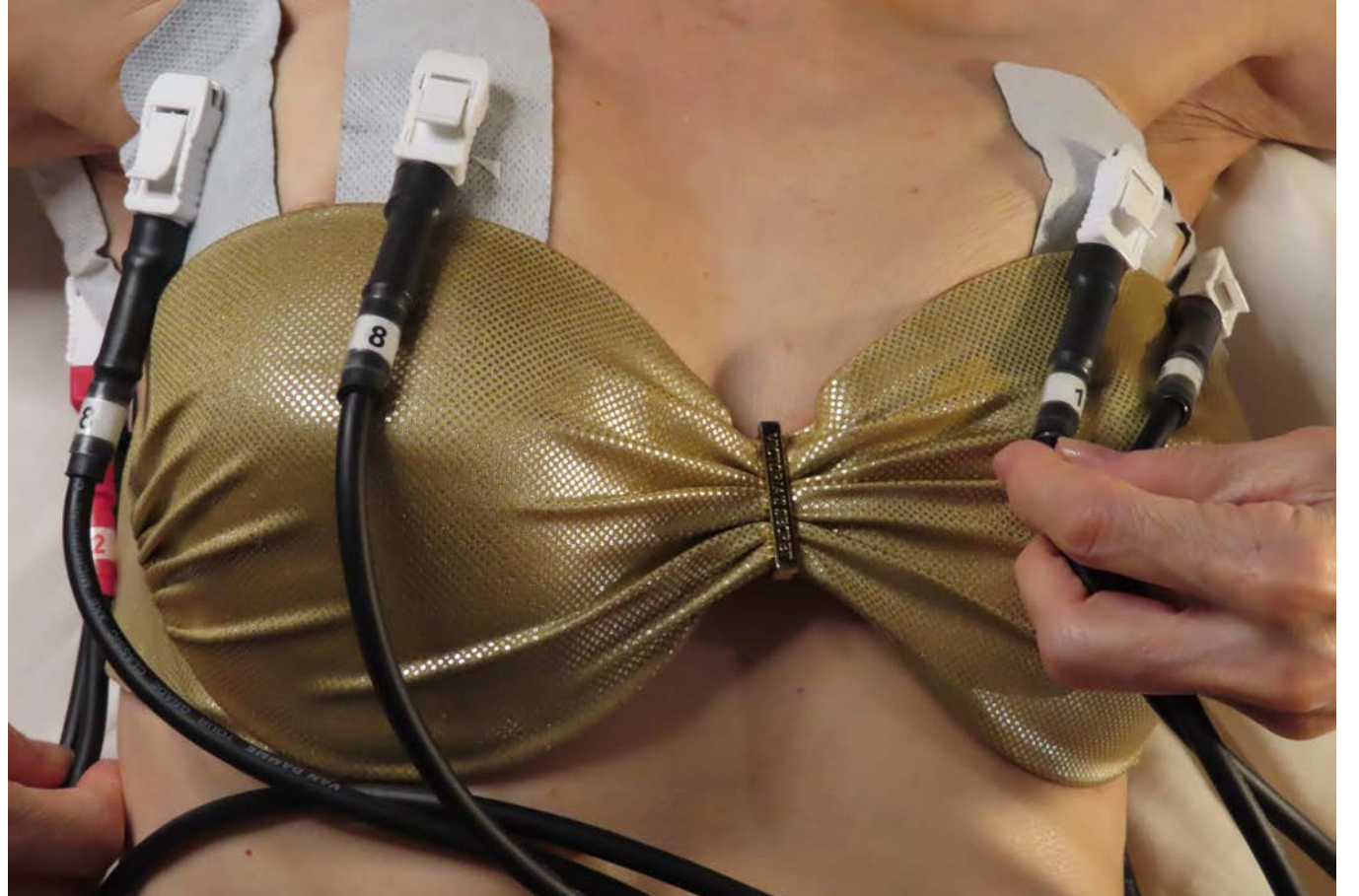
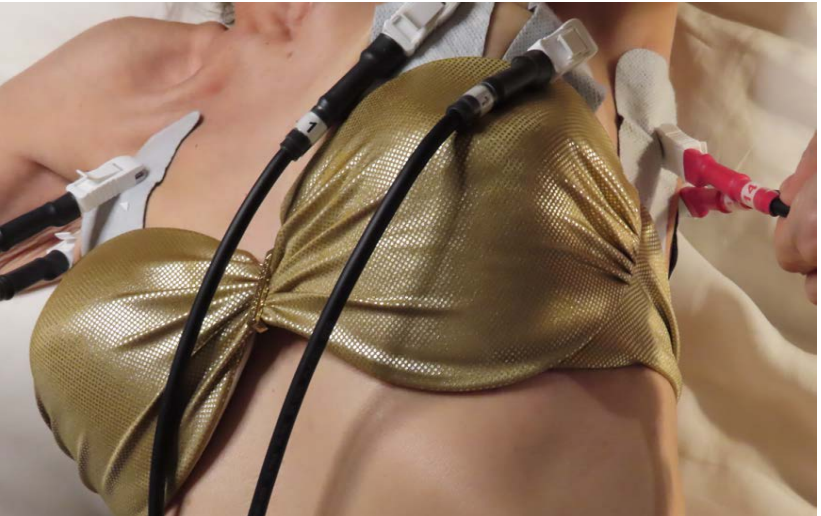












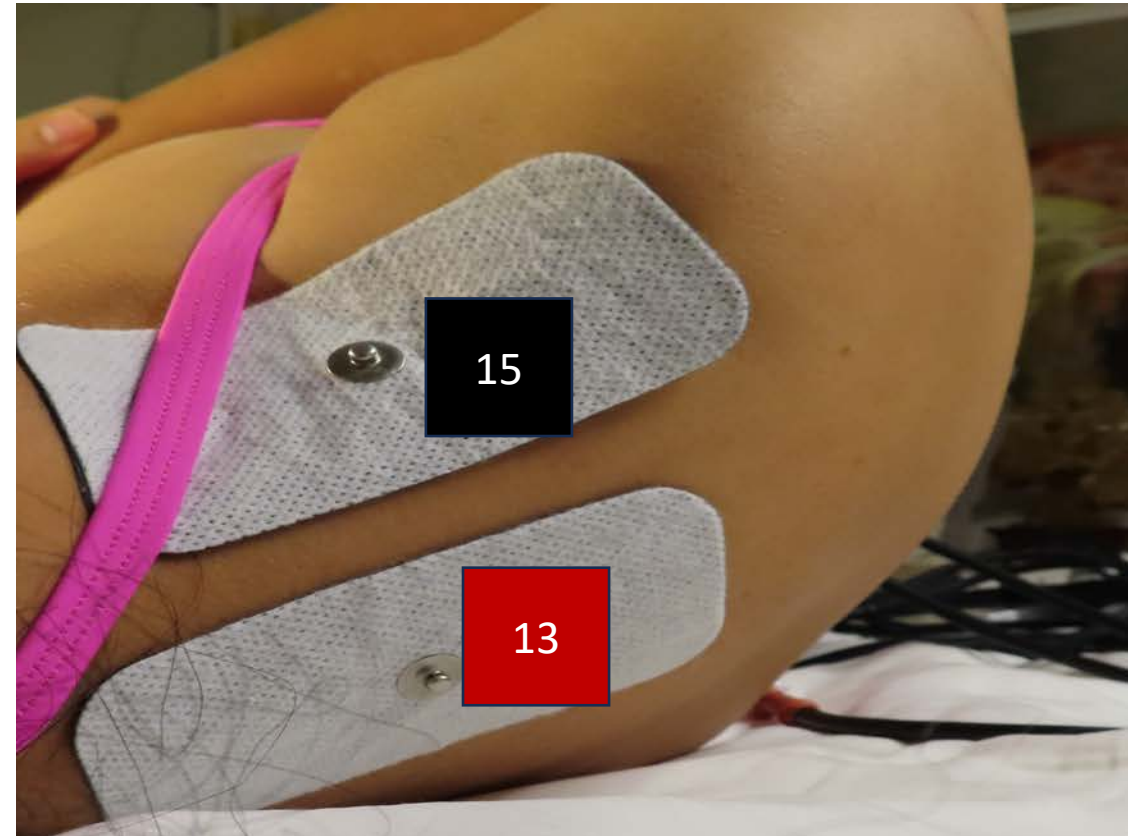
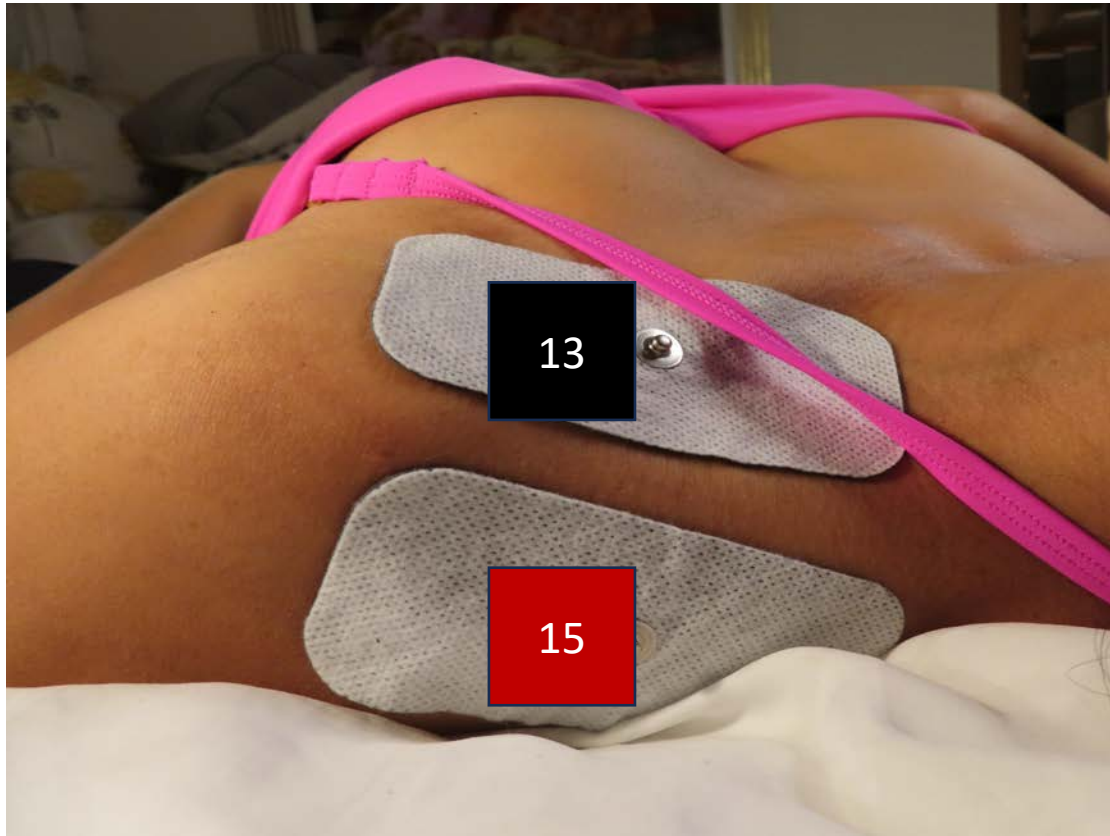




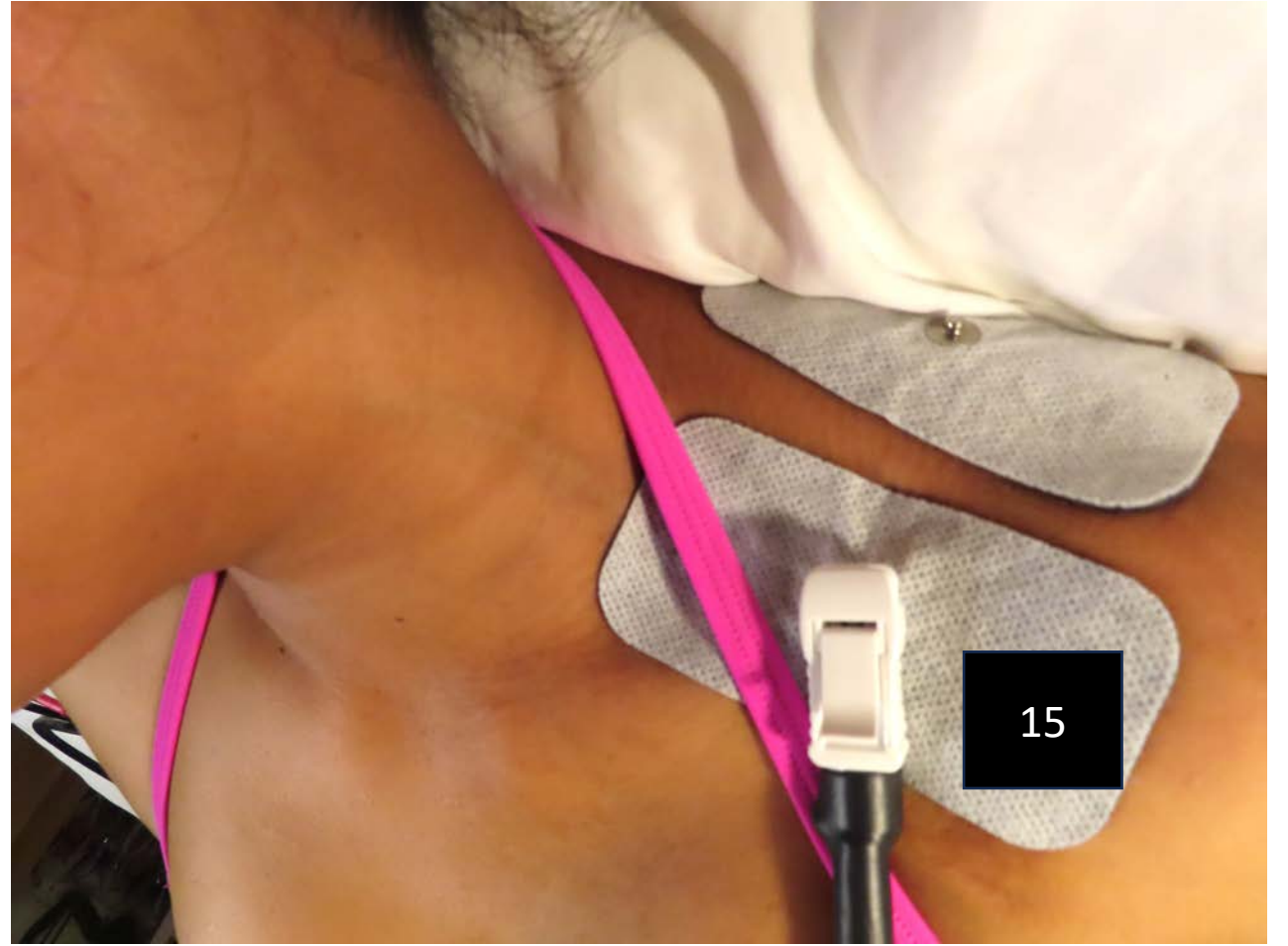
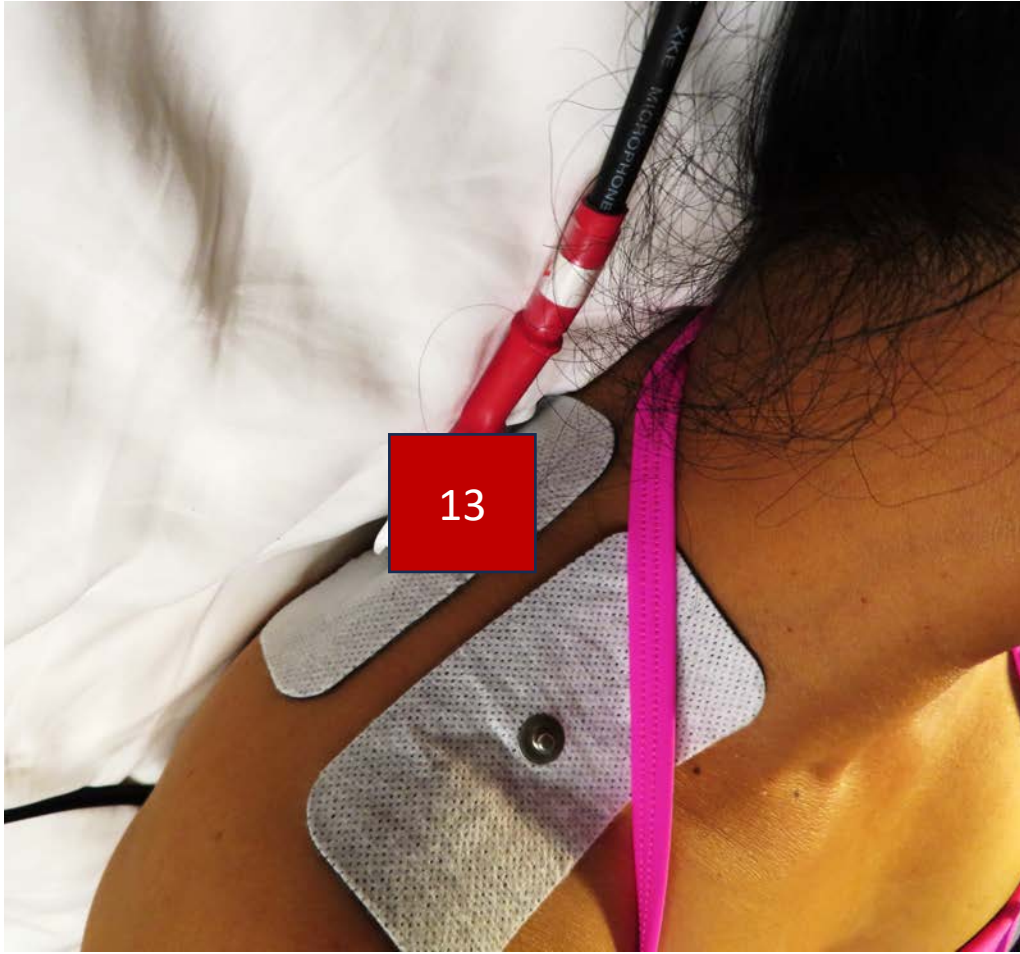


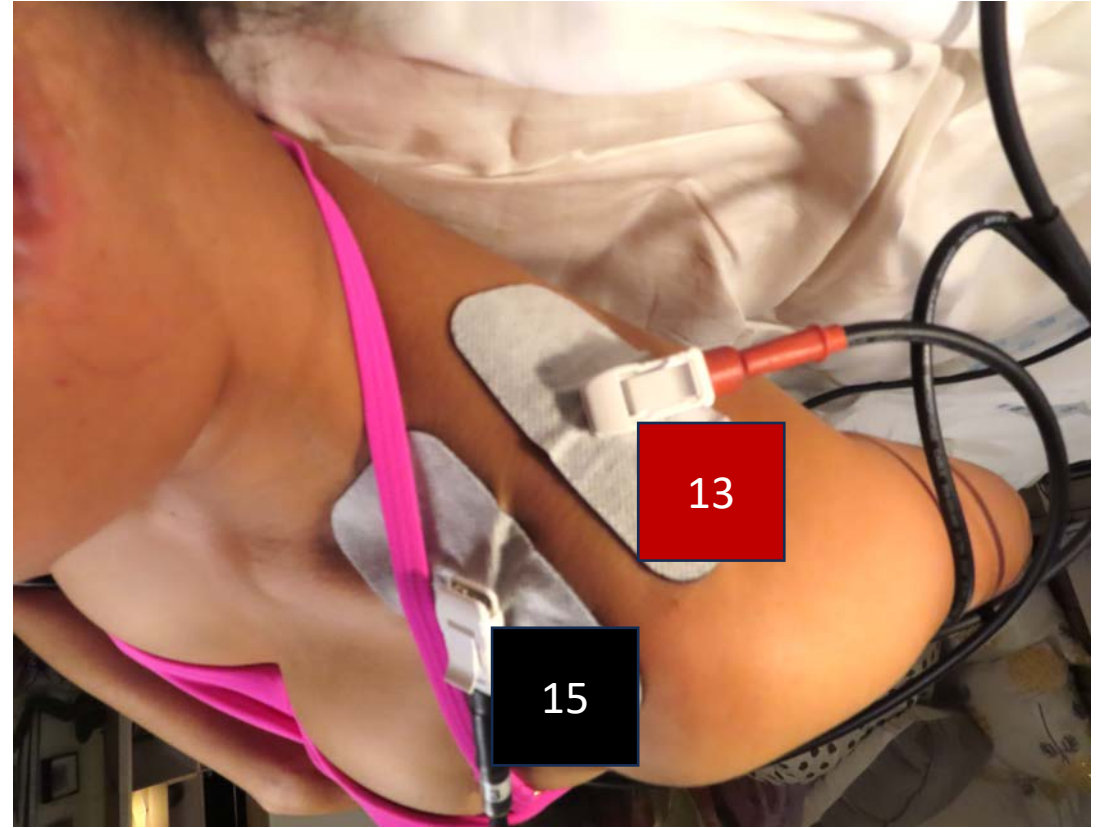
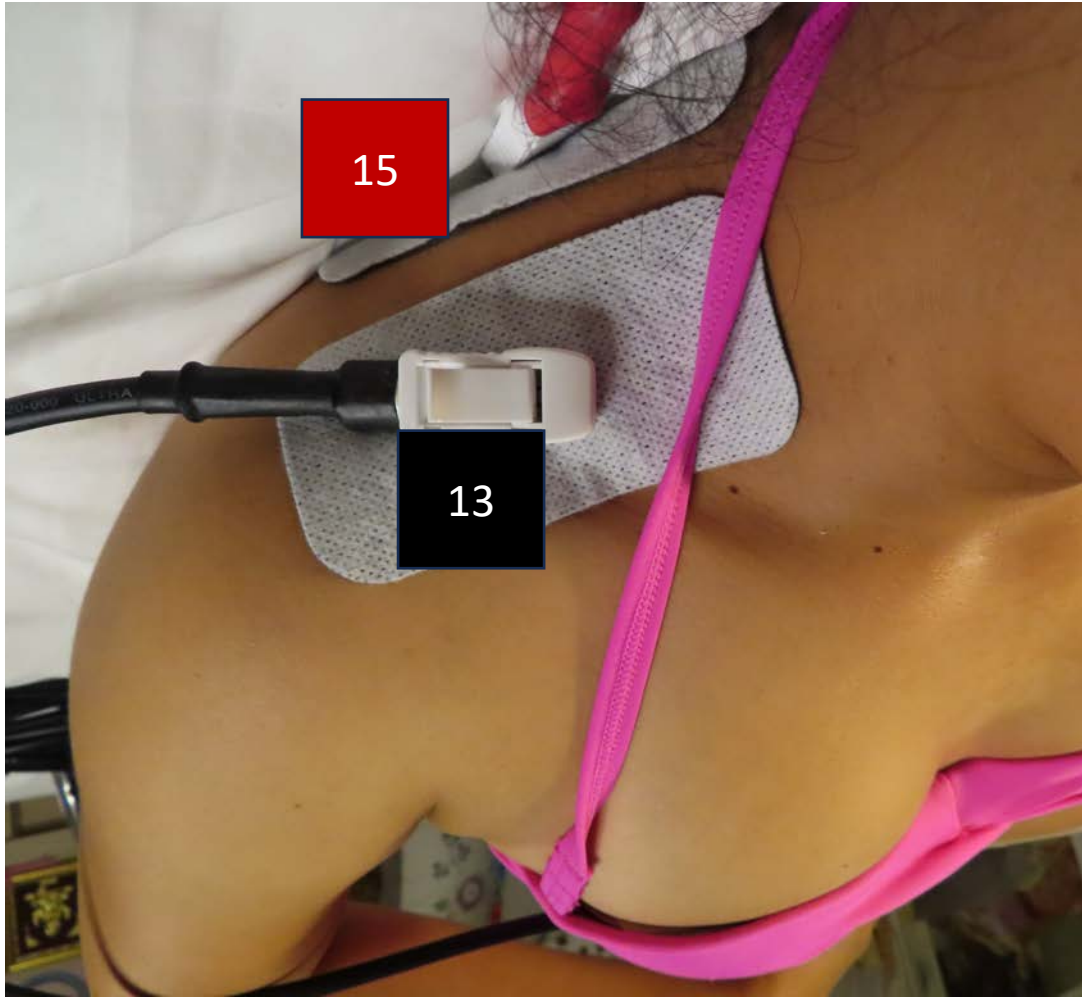






# Shoulder Sculpting & Detox





# Before Starting the Device ALWAYS CHECK:

## CHECK THE VOLTAGE

IT MUST BE IN THE  
MAINS VOLTAGE  
SUPPLIED IN YOUR  
COUNTRY



PLUG THE POWER CORD  
INTO THE MACHINE



CHECK THE PLUG  
IS THE PLUG  
ALL THE WAY IN?



ALIGN AND PRESS THE  
CABLE'S THREE PIN  
DINS INTO THE THREE  
HOLES OF THE  
CHANNEL



SAFELY SCREW IN EACH  
CABLE. DO NOT DETACH  
CABLES UNLESS IT IS  
NECESSARY

# Starting the Device STEP BY STEP:

STEP 1. TURN ON THE KEY TO THE ON POSITION



STEP 2. YOU WILL NOW HEAR THE FAN.

STEP 3. PUT THE PADS ONTO THE CLIENT'S BODY (SEE PADDING LATER)



STEP 4. ATTACH THE CABLES ONTO THE PADS SEE NEXT PAGE ON HOW TO CONNECT THE CABLES



STEP 5. MAKE SURE ALL THE CHANNELS ON THE RIGHT SIDE ARE NOT LIT UP



STEP 6. MAKE SURE ALL THE CHANNELS ON THE LEFT SIDE ARE NOT LIT UP.



THE MACHINE WILL NOT START IF ANY OF THE CHANNELS IS LIT UP

STEP 7



Check the Deeper Muscle / Visceral Fat  
Waveform. It must  
be turned all the way to the left

STEP 8



Check the Subcutaneous Fat /  
muscle/ Detox Waveform. It must  
be turned all the way to the right

BEFORE  
STARTING  
THE  
MACHINE



STEP 9



SIGNAL DURATION  
2-8 SECONDS

Check the Contraction Duration  
It should be on 8 secs.  
For Aerobics like Exercise Put  
Contraction Duration at 2 secs

STEP 10



Check the Rest Duration.  
It should be on 8 secs ONLY until you  
turn on all voltage channels. THEN  
TURN IT TO 2

BEFORE  
STARTING  
THE  
MACHINE

TURN RESTING KNOB  
TO 2 SECS

INCREASE THE RIGHT SIDE VOLTAGE KNOBS IN EXTREMELY SMALL INCREMENTS  
**EVERYTIME YOU INCREASE THE VOLTAGE A LITTLE**

**ASK CLIENT:** ARE YOU OK? CONTINUE UNTIL YOU GET A CONTRACTION

STEP 21



STEP 22



STEP 23



STEP 24



STEP 25



INCREASE THE VOLTAGE IN EXTREMELY TINY INCREMENTS AT ANY TIME

STEP 26



STEP 27



STEP 28



STEP 29



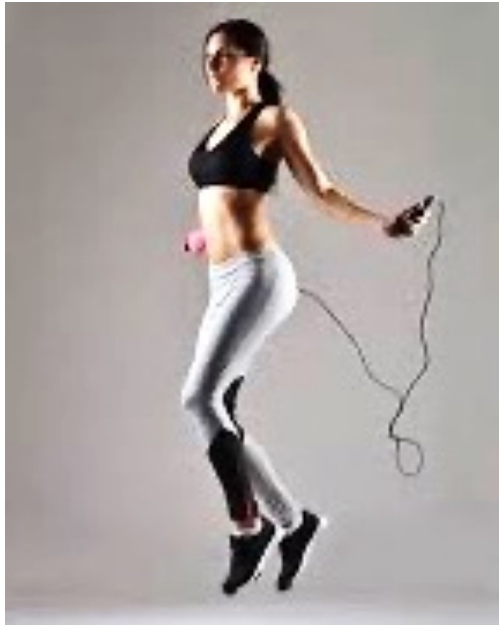
**EVERYTIME** YOU  
INCREASE THE  
VOLTAGE A LITTLE

**ASK CLIENT:**  
ARE YOU OK?

CONTINUE UNTIL  
YOU OBSERVE THE  
CLIENT HAVING  
8 SECS  
CONTRACTIONS



RESISTANCE / STRENGTH  
EXERCISES

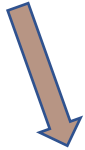


## AEROBIC EXERCISES



**CONTRACTION  
TIME 2-6 SECS**

EXAMPLE: THE TWO WAVEFORM POSITIONS ARE ALWAYS DIFFERENT



YOU NEVER TURN BOTH WAVEFORMS SIMULTANEOUSLY.

YOU ALWAYS WAIT FOR AT LEAST 2 CONTRACTIONS AFTER YOU CHANGE ONE WAVEFORM BEFORE CHANGING THE OTHER



CHANGE THE WAVEFORM ONLY WHEN THE REST DURATION BUTTON IS LIT UP

**YOU MUST CHANGE THE EXERCISE EVERY MINUTE**

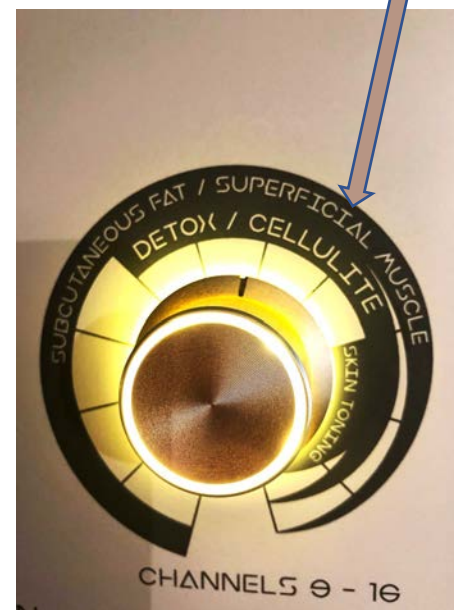
**CONTRACTIONS INCREASE AS YOU INCREASE THE VOLTAGE**



**CONTRACTION ALSO INCREASES AS YOU TURN THE DEEPER MUSCLE WAVEFORM ON THE LEFT COUNTERCLOCKWISE**



**CONTRACTION ALSO INCREASES AS YOU TURN THE DETOX ON THE RIGHT WAVEFORM COUNTERCLOCKWISE**



**IN ORDER TO GET RESULTS THE CLIENT MUST HAVE VISIBLE CONTRACTIONS**

**1. YOU MUST CHANGE THE EXERCISE EVERY MINUTE**

2. Always ask before increasing. Can I increase the Chest?

3. Put your hand on the left exercise button and wait: Inform the Patient. NOW I AM GOING TO CHANGE YOUR EXERCISE. READY? Ready? Ready?

**4. ONLY WHEN THE REST DURATION IS ON** – Only then YOU CHANGE THE LEFT EXERCISE KNOB ONE STEP UP CLOCKWISE

5. AFTER ONE MINUTE Put your hand on the Right exercise button and wait: Inform the Patient. NOW I AM GOING TO CHANGE YOUR EXERCISE. READY? Ready? Ready?

**6. ONLY WHEN THE REST DURATION IS ON** – Only then YOU CHANGE THE Right EXERCISE KNOB ONE STEP UP ANTICLOCKWISE



# What other Health Benefits you will get with the breast Lift



**256 exercises 1000 times in an Hour with 10 secs FULL BODY contractions**  
**25,600 Exercises in an Hour**



# SUPPRESS HUNGER



<b>Leptin (DECREASES APPETITE)</b>		<b>Leptin increased by +13.41%</b>
<b>Ghrelin (INCREASES APPETITE)</b>		<b>Ghrelin decreased by -8.28%</b>





8 WEEKS  
8 HALF-HOUR  
TREATMENTS  
ONCE A WEEK

OR



4 WEEKS  
8 HALF-HOUR  
TREATMENTS  
TWICE WEEKLY

INCREASE  
MOTIVATION  
PRODUCTIVITY



8 WEEKS  
8 HALF-HOUR  
TREATMENTS  
ONCE A WEEK

OR



4 WEEKS  
8 HALF-HOUR  
TREATMENTS  
TWICE WEEKLY





The Virtual Gym  
REDUCES STRESS

Due to Normal Cortisol



Cortisol / STRESS

<0.00001

P<0.00001

Cortisol decreased by -21.92%

130 Subjects



DETOX



8 WEEKS  
8 HALF-HOUR  
TREATMENTS  
ONCE A WEEK

OR



4 WEEKS  
8 HALF-HOUR  
TREATMENTS  
TWICE WEEKLY

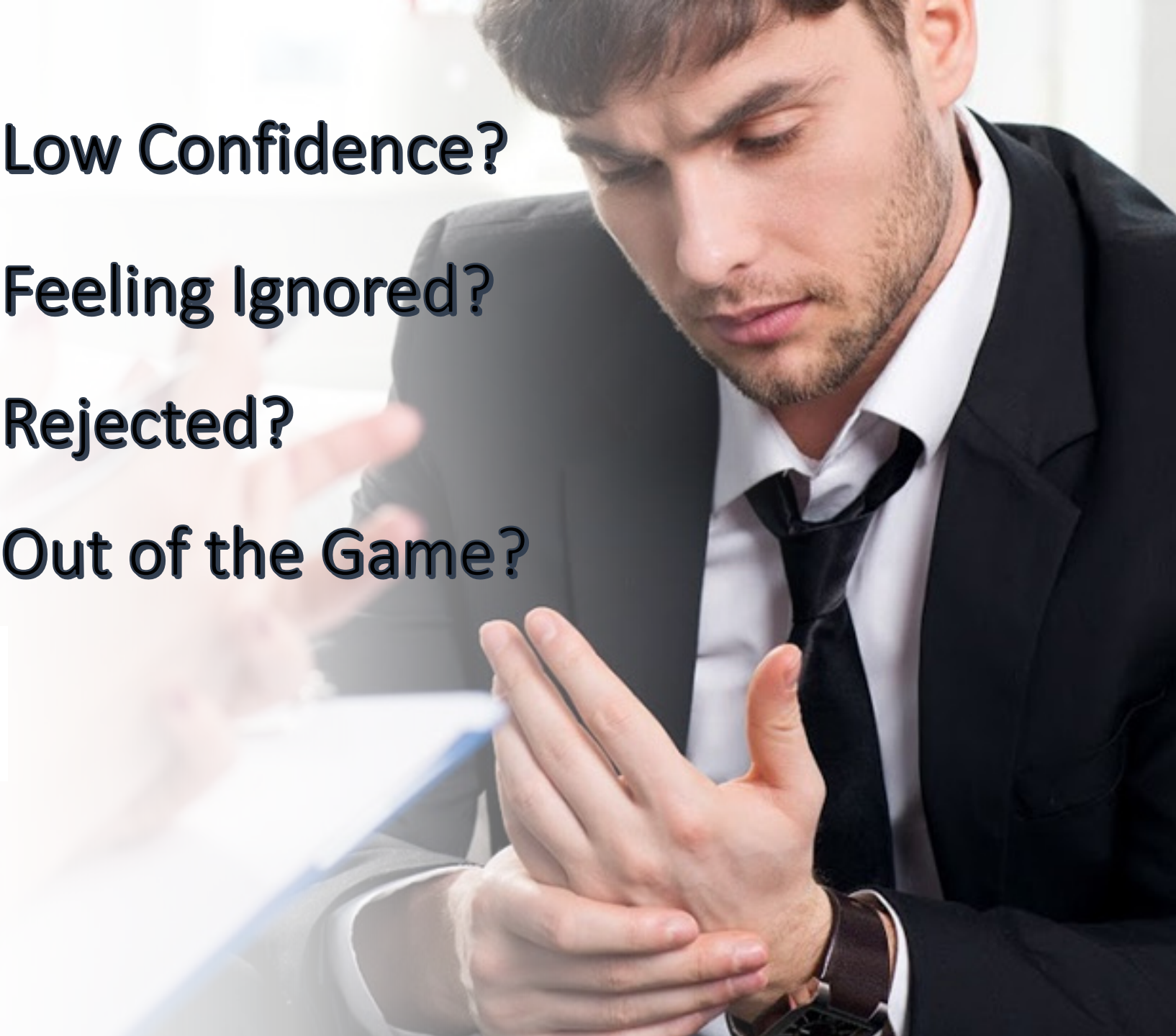
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OR

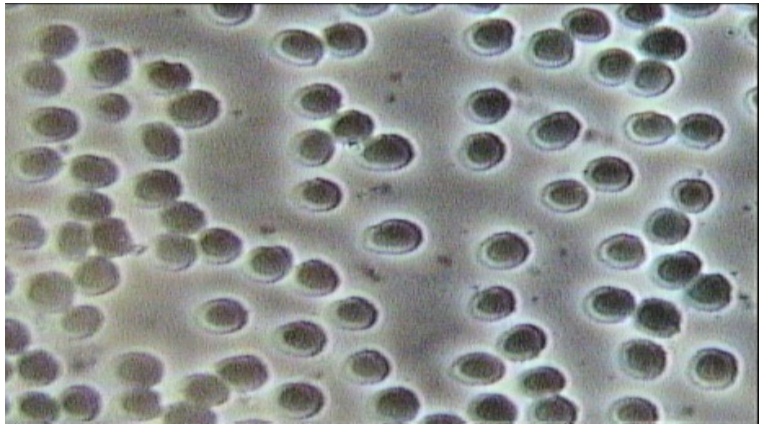
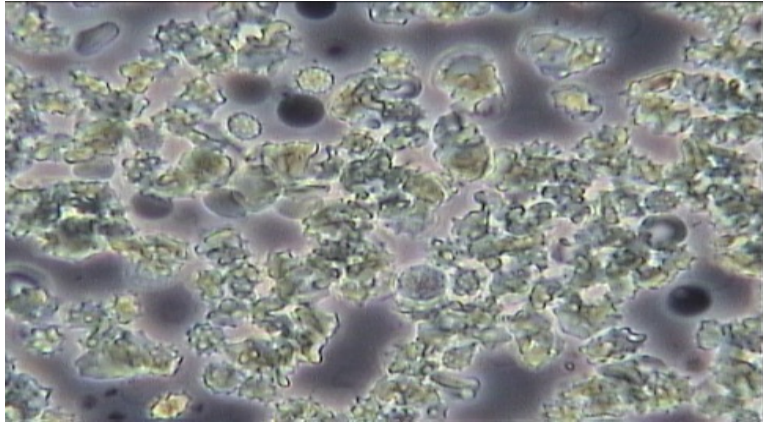


4 WEEKS  
8 HALF-HOUR  
TREATMENTS  
TWICE WEEKLY

**Low Confidence?**  
**Feeling Ignored?**  
**Rejected?**  
**Out of the Game?**



**SEPARATES RED BLOOD CELLS  
(1290 SUBJECTS)**



**INCREASES TESTOSTERONE  
(130 SUBJECTS)**



10 WEEKS  
10 40-MINUTE  
TREATMENTS  
ONCE A WEEK

OR

5 WEEKS  
10 40-MINUTE  
TREATMENTS  
TWICE A WEEK

OR



2.5 WEEKS  
10 40-MINUTE  
TREATMENTS  
THREE TIMES A WEEK

Testosterone. ENERGY / CONFIDENCE

<0.00001

P<0.00001

Testosterone increased by +52.20%



# Increase Your Drive!

8 WEEKS  
8 HALF-HOUR  
TREATMENTS  
ONCE A WEEK

OR



4 WEEKS  
8 HALF-HOUR  
TREATMENTS  
TWICE WEEKLY



Testosterone= ENERGY / CONFIDENCE      <0.00001      P<0.00001      Testosterone increased by +52.20%

IGF-1 - Insulin Growth Factor 1      <0.00001      P<0.00001      IGF-1 increased by +19.68 %



**EFFORTLESS**  
Fitness  
Increases  
Libido  
&  
Physical  
charisma

**8 WEEKS**  
**8 HALF-HOUR**  
**TREATMENTS**  
**ONCE A WEEK**

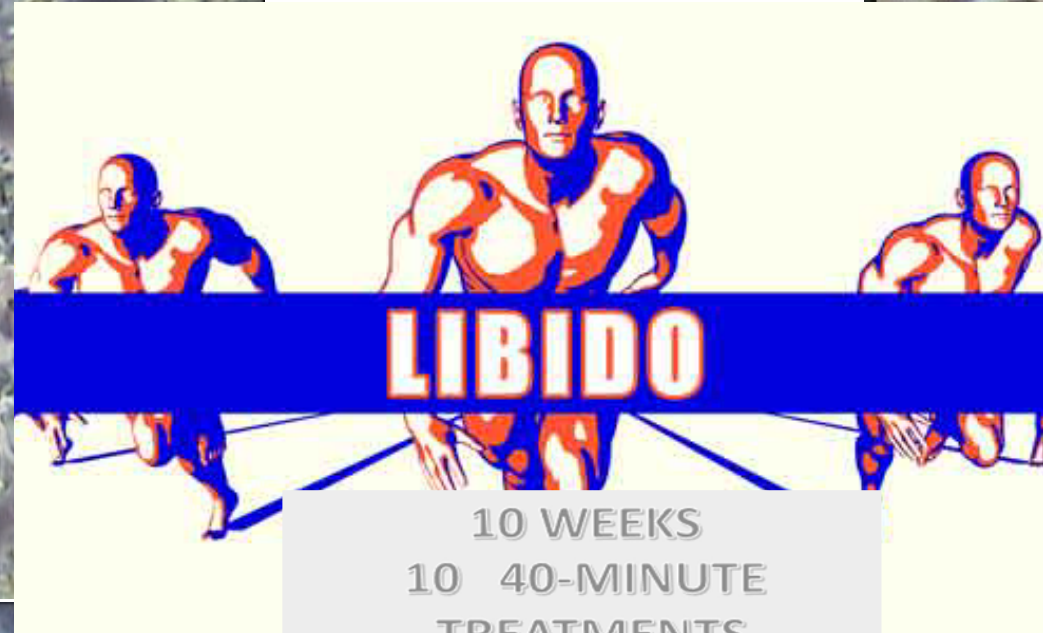
OR



**4 WEEKS**  
**8 HALF-HOUR**  
**TREATMENTS**  
**TWICE WEEKLY**

# INCREASES LIBIDO BECAUSE BLOOD SEPARATION ACTS AS A NATURAL VIAGRA

1290 SUBJECTS



10 WEEKS  
10 40-MINUTE  
TREATMENTS  
ONCE A WEEK

OR

5 WEEKS  
10 40-MINUTE  
TREATMENTS  
TWICE A WEEK

OR



2.5 WEEKS  
10 40-MINUTE  
TREATMENTS  
THREE TIMES A WEEK

SU

ONE VIRTUAL GYM Treatment

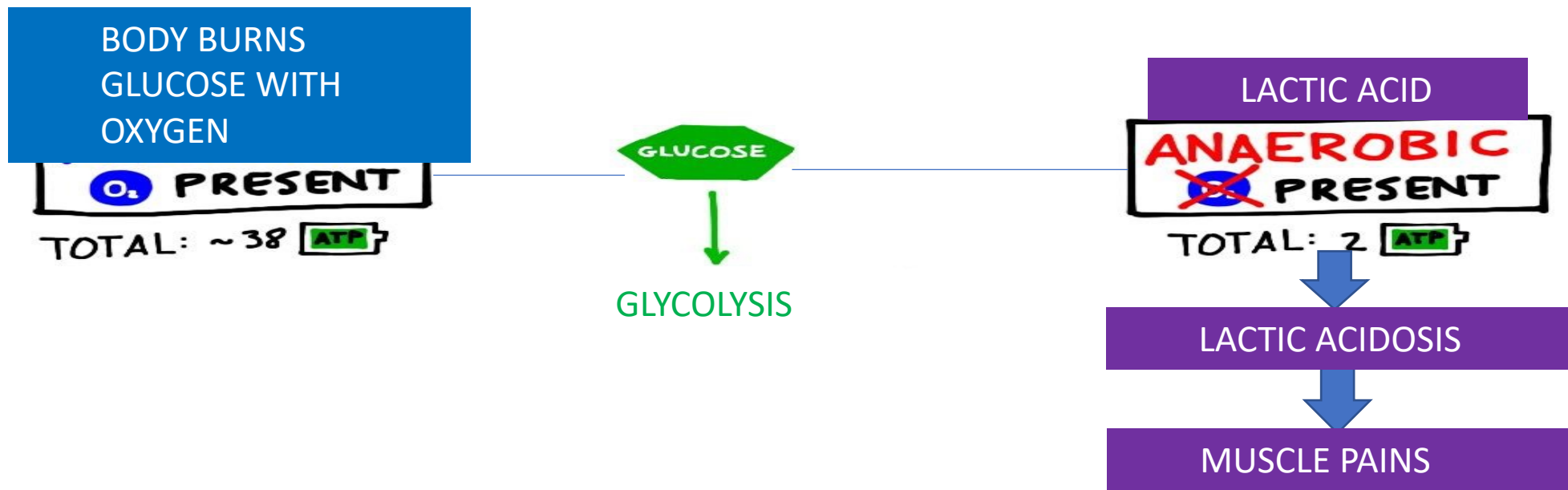
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4 – 6 WEEKS IN THE GYM!

Depending on:

- ❖ Size / Weight
- ❖ Lifestyle
- ❖ Age
- ❖ Health Status





EXERCISE ENERGY PRODUCTION OXYGEN (AEROBIC) + LACTIC ACID (ANAEROBIC):  
 $38+38+38... +2+2... + 38+38+38... +2+2... = A$  levels of ATP

#### 4. FASTER MORE DRAMATIC RESULTS THAN EXERCISE

VIRTUAL GYM EFFORTLESS EXERCISE ENERGY PRODUCTION OXYGEN (AEROBIC ONLY):

$38+38+38... 38+38+3... + 38+38+38... = B$  levels of ATP

**B levels of ATP > A levels of ATP**

## LASERS / RF SLIMMING

- \* METABOLISM = NO CHANGE
- \* HUNGER = NO CHANGE
- \* MUSCLE = NO CHANGE

## RESULTS REBOUND



## FITNESS

- INCREASED METABOLISM
- BALANCED HORMONES
- DETOX & REDUCED HUNGER
- MUSCLE MASS INCREASE

## NO REBOUND



Brain is  
Energized by Virtual  
gym Unique  
Complex Signals  
of 8,000  
intertwined  
waveforms



## How is the Virtual Gym different than Electrical Muscle Stimulators EMS or ELECTROMAGNETIC DEVICES?



THE VIRTUAL GYM SENDS A SIGNAL TO THE BRAIN AND THE BRAIN ORDERS THE MOTOR NERVES TO CONTRACT THE **ENTIRE BODY** CAUSING A **FULL 10 SECONDS CONTRACTION** AS IN A VARIETY OF EXERCISES AS A RESULT, THERE IS AN INCREASE OF HORMONES, ENERGY, OPTIMAL IMMUNITY AND SYSTEMIC BALANCE. THE VIRTUAL GYM OFFERS A BODY TUNING

VS



MUSCLE STIM AND ELECTROMAGNETIC DEVICES SEND MULTIPLE PULSES PER SECOND TO STIMULATE ONLY THE **INDIVIDUAL MUSCLES DIRECTLY UNDER THE STIMULATION AREA** They **DO NOT INVOLVE THE BRAIN**  
**NOTE: THERE IS NO FORMULA OR SIGNAL INVOLVED IN ANY MUSCLE STIM DEVICE**



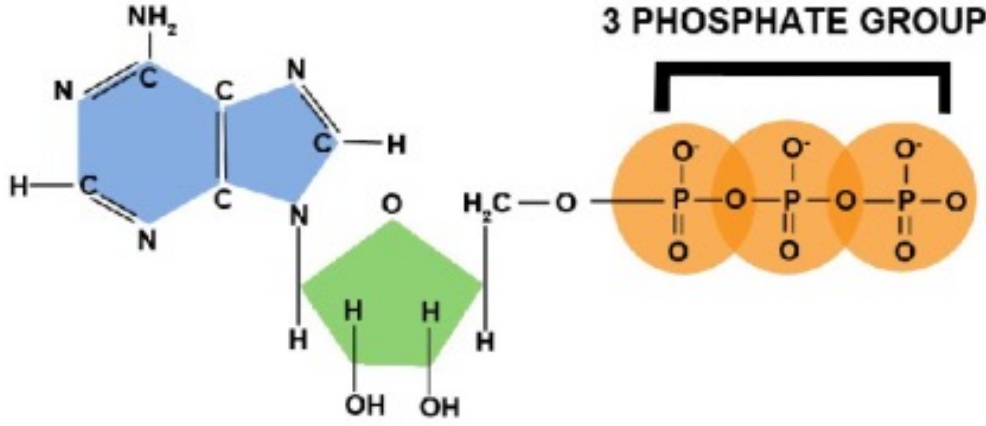
# The VIRTUAL GYM IS NOT A MUSCLE STIMULATOR

MUSCLE STIMULATORS DEPOLARIZE MUSCLE  
DEplete ATP / DEplete THE ENERGY  
OF MUSCLE CELLS

## An ATP Molecule

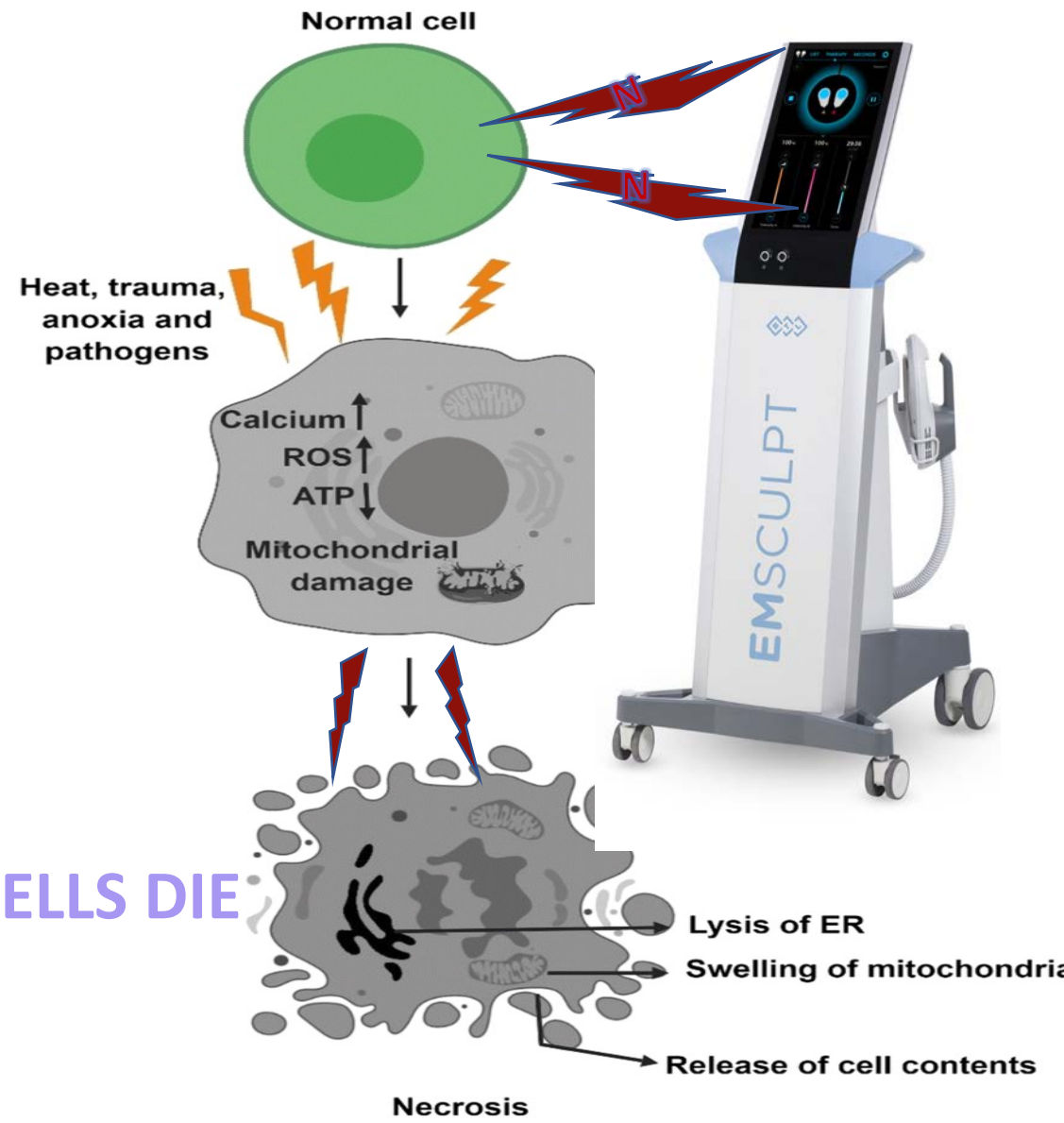
ADENINE Promotes Adenosine

3 PHOSPHATE GROUPS



RIBOSE Sugar, a natural part of DNA and RNA

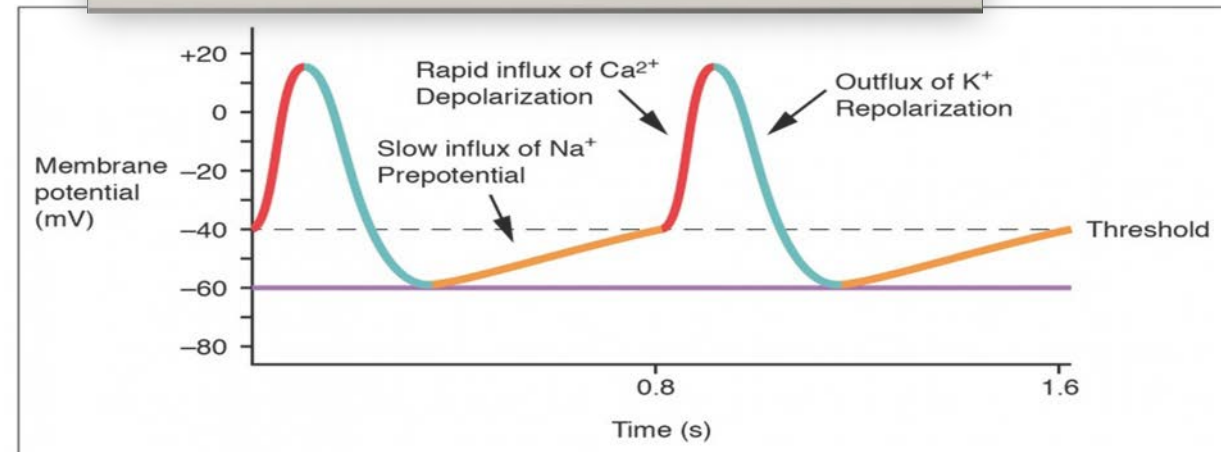
MUSCLE CELLS DIE



**SIGNALING EFFORTLESS EXERCISE:  
VOLTAGE DRIVEN BODY LANGUAGE -  
COMMUNICATION - NOT ELECTRICAL**  
Uses voltage to pass through your skin  
an unlimited resolution complex signal  
(composed out of 8,000 waveforms)  
that continuously induces 10 secs  
contractions of a large group of  
coordinated muscles simulating very  
strenuous exercise that even  
professional athletes who have  
invested a life in the gym have difficulty  
performing.



**MUSCLE STIMULATORS – LIMITED RESOLUTION  
JUST ELECTRICITY – NOT COMMUNICATION**  
send short electrical pulses to individual muscles  
that twitch. DO NOT CONTRACT  
**TOGETHER IN A COORDINATED FASHION**  
Repeated use leads to muscle cells apoptosis as a  
result of trapped calcium pausing ATP production.  
(Pinton et al 2008 and others)



# BODY RESONANCE

INCREASE TESTOSTERONE  
INCREASE BMR

INCREASE METABOLISM

FITNESS ENERGY

BURN MORE CALORIES

INCREASE LIBIDO

FEEL YOUNGER INCREASE MUSCLE

INCREASE GROWTH HORMONES

INCREASE  
LEPTIN

OPTIMAL HDL

CONTROL  
DIABETES

HEALTHY LIVER

REDUCE CORTISOL

REDUCE HUNGER

DECREASE BMI

REDUCE INFLAMMATION

REDUCE VISCERAL FAT

REPAIR FATTY LIVER

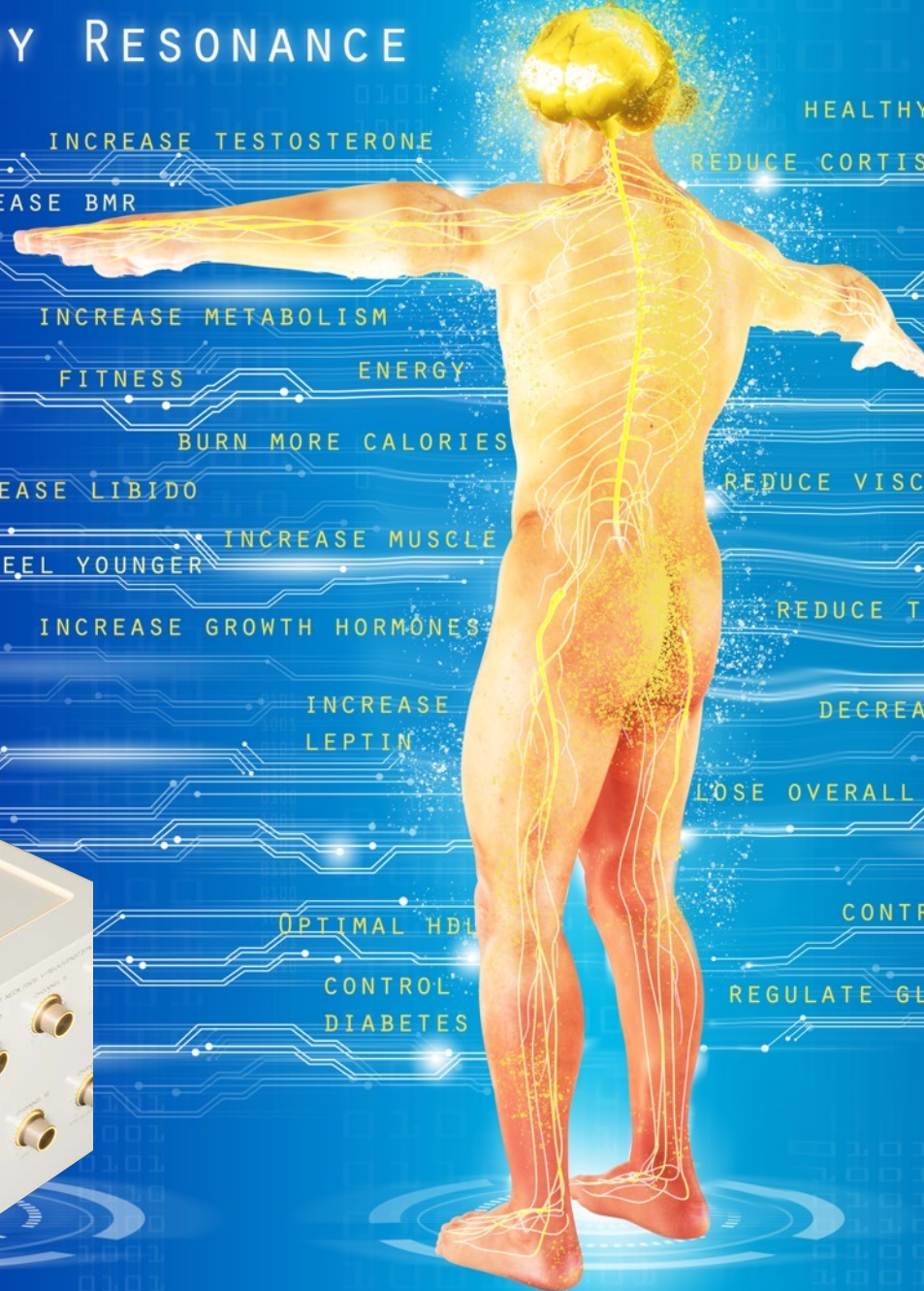
REDUCE TOXICITY / DETOX

DECREASE BAD CHOLESTEROL

LOSE OVERALL FAT / BODY SCULPTING

CONTROL APPETITE

REGULATE GLUCOSE & INSULIN

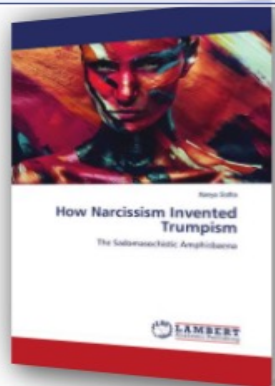




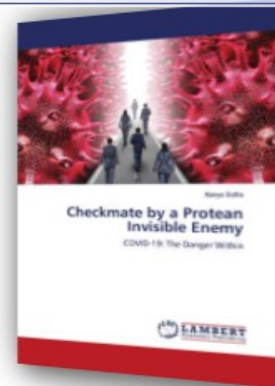
Buy now



Buy now



Buy now



Buy now



Buy now

Xeque-mate por um Inimigo Invisível ...

9786204935331



Buy now

Schachmatt durch einen unsichtbare...

9786204935300



Buy now

Jaque mate por un enemigo invisible ...

9786204935317



Buy now

€57.90

Scacco matto da parte di un nemico i...

9786204935324



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Comment le narcissisme a inventé le ...

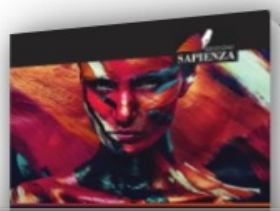
9786205298473



Buy now

Come il narcisismo ha inventato il tru...

9786205298602



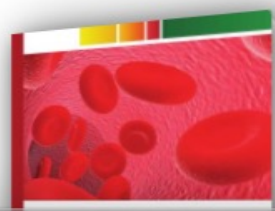
Cómo el narcisismo inventó el trumpi...

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Impacto da doença falciforme no cui...

9783330728691



Uma introdução aos Primeiros Socorr...

9786205103548



A obrigação recíproca dos pais na pr...

9786200580061



## Education and qualifications (2)

Sort

### The New School for Social Research: New York, NY, US

1986-09-01 to 1992-08-29 | Ph.D (Clinical Psychology)  
Education

[Show more detail](#)

Source: Xanya Sofra

### City University of London Centre for Culture and the Creative Industries: London, London, GB

1981-09-01 to 1988-10-18 | PhD (Neurology)  
Education

[Show more detail](#)

Source: Xanya Sofra

## Invited positions and distinctions (1)

Sort

### WHO'S WHO GmbH: Gilching, Bayern, DE

2006-06-15 | Honored Member (Handmaster Who's Who)  
Distinction

[Show more detail](#)

Source: Xanya Sofra

## Gain without pain: beyond sport effortless exercise solutions

Journal of Aesthetic Nursing  
2020-06-02 | Journal article  
DOI: [10.12968/joan.2020.9.5.202](https://doi.org/10.12968/joan.2020.9.5.202)  
Part of ISSN: [2050-3717](#)  
Part of ISSN: [2052-2878](#)  
CONTRIBUTORS: Xanya Sofra

[Show more detail](#)

Source: Xanya Sofra

## Empowering the woman: a comprehensive model of sexual anti-ageing

Journal of Aesthetic Nursing  
2020-04-02 | Journal article  
DOI: [10.12968/joan.2020.9.3.118](https://doi.org/10.12968/joan.2020.9.3.118)  
Part of ISSN: [2050-3717](#)  
Part of ISSN: [2052-2878](#)  
CONTRIBUTORS: Xanya Sofra

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Source: Xanya Sofra

### Adverse Effects of Sedentary Lifestyles: Inflammation, and High-Glucose Induced Oxidative Stress—A Double Blind Randomized Clinical Trial on Diabetic and Prediabetic Patients

Health [Show more detail](#)  
2020 | Journal article  
DOI: [10.4236/health.2020.128076](https://doi.org/10.4236/health.2020.128076)  
Part of ISSN: [1949-4998](#)  
Part of ISSN: [1949-5005](#)  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### Dynamics of Female Sexuality; Hidden Emotional Issues

Health [Show more detail](#)  
2020 | Journal article  
DOI: [10.4236/health.2020.126051](https://doi.org/10.4236/health.2020.126051)  
Part of ISSN: [1949-4998](#)  
Part of ISSN: [1949-5005](#)  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### Technological Advances in Accelerated Wound Repair and Regeneration

Health [Show more detail](#)  
2020 | Journal article  
DOI: [10.4236/health.2020.127053](https://doi.org/10.4236/health.2020.127053)  
Part of ISSN: [1949-4998](#)  
Part of ISSN: [1949-5005](#)  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### The Dark Reflection of Sadism within the Brilliance of the Narcissistic Persona

Health [Show more detail](#)  
2020 | Journal article  
DOI: [10.4236/health.2020.129092](https://doi.org/10.4236/health.2020.129092)  
Part of ISSN: [1949-4998](#)  
Part of ISSN: [1949-5005](#)  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### Exercise Solution for the Optimal Metabolic Control of Type II Diabetes

ACTA SCIENTIFIC GASTROINTESTINAL DISORDERS [Show more detail](#)  
2021-06-01 | Book chapter  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### Covid-19 Mutations and How the Vaccine Enhances Immune Intelligence

Journal of Endocrinology and Metabolism Research [Show more detail](#)  
2021-02-01 | Journal article  
DOI: [10.37191/maps-ci-2582-7960-2\(1\)-014](https://doi.org/10.37191/maps-ci-2582-7960-2(1)-014)  
Part of ISSN: [2582-7960](#)  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### The War Against SARS-CoV-2: The Immune Giant Collapsing Under Its Own Rampaging Cytokine Storm

Journal of Endocrinology and Metabolism Research [Show more detail](#)  
2021-01-01 | Journal article  
DOI: [10.37191/maps-ci-2582-7960-2\(1\)-013](https://doi.org/10.37191/maps-ci-2582-7960-2(1)-013)  
Part of ISSN: [2582-7960](#)  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### A Randomized Longitudinal Double-Blind Clinical Trial on Long-Term Neuropathic Symptomatology Relief & Pain Analgesia

Health [Show more detail](#)  
2020 | Journal article  
DOI: [10.4236/health.2020.127054](https://doi.org/10.4236/health.2020.127054)  
Part of ISSN: [1949-4998](#)  
Part of ISSN: [1949-5005](#)  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### Adverse Effects of Sedentary Lifestyles: Inflammation, and High-Glucose Induced Oxidative Stress—A Double Blind Randomized Clinical Trial on Diabetic and Prediabetic Patients

Health [Show more detail](#)  
2020 | Journal article  
DOI: [10.4236/health.2020.128076](https://doi.org/10.4236/health.2020.128076)  
Part of ISSN: [1949-4998](#)  
Part of ISSN: [1949-5005](#)  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### The Importance of Systemic Balance in Safeguarding Health: A Randomized Double-Blind Clinical Trial on VLDL, Triglycerides, Free T3, Leptin, Ghrelin, Cortisol and Visceral Adipose Tissue

Health [Show more detail](#)  
2020 | Journal article  
DOI: [10.4236/health.2020.128078](https://doi.org/10.4236/health.2020.128078)  
Part of ISSN: [1949-4998](#)  
Part of ISSN: [1949-5005](#)  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### A Review of COVID19 associated factors: CRP, Creatinine, Bilirubin, VLDL, HDL, Triglycerides, Cortisol and Thyroid Function

Journal of Endocrinology and Metabolism Research [Show more detail](#)  
2020-11-01 | Journal article  
DOI: [10.37191/maps-ci-2582-7960-1\(2\)-011](https://doi.org/10.37191/maps-ci-2582-7960-1(2)-011)  
Part of ISSN: [2582-7960](#)  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### The Affinity between Obesity and COVID-19

Journal of Endocrinology and Metabolism Research [Show more detail](#)  
2020-10-01 | Journal article  
DOI: [10.37191/maps-ci-2582-7960-1\(2\)-010](https://doi.org/10.37191/maps-ci-2582-7960-1(2)-010)  
Part of ISSN: [2582-7960](#)  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### How to get rid of visceral fat: a randomised double-blind clinical trial

Journal of Aesthetic Nursing [Show more detail](#)  
2020-09-02 | Journal article  
DOI: [10.12968/joan.2020.9.7.268](https://doi.org/10.12968/joan.2020.9.7.268)  
Part of ISSN: [2050-3717](#)  
Part of ISSN: [2052-2878](#)  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### Balancing hormones improves Type 2 diabetes

Journal of Diabetes, Metabolic Disorders & Control [Show more detail](#)  
2022-08-17 | Journal article  
DOI: [10.15406/jdmdc.2022.09.00232](https://doi.org/10.15406/jdmdc.2022.09.00232)  
Part of ISSN: [2374-6947](#)  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra ★ Preferred source (of 2)

### How Narcissism Invented Trumpism

Lambert Publishing [Show more detail](#)  
2022-04-11 | Book  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### Vaccines' Safety and Effectiveness in the Midst of Covid-19 Mutations

Health [Show more detail](#)  
2021 | Journal article  
DOI: [10.4236/health.2021.133023](https://doi.org/10.4236/health.2021.133023)  
Part of ISSN: [1949-4998](#)  
Part of ISSN: [1949-5005](#)  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### To be or Not to Be Vaccinated

Archives of Metabolic Syndrome [Show more detail](#)  
2021-08-26 | Book chapter  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

### Checkmate by a Protean Invisible Enemy.

Lambert Publishing [Show more detail](#)  
2021-08-04 | Book  
CONTRIBUTORS: Xanya Sofra

Source: Xanya Sofra

THE CENTRAL NERVOUS SYSTEM DISCARDS ANYTHING THAT IS NOT IN SYNC WITH IT AS NOISE



47 years research from London University by Dr Gerald Pollock – co-inventor of the Pacemaker and Dr Xanya Sofra