

## **Pyramid – Human Energy Exchange Effects**

### **Quantifying the Effects on the Physical and Nervous System Biofields**

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#### **Summary**

**Objectives:** The main purpose of this study was to measure the effect of a single session of Pyramid energy on physical and nervous system health status on 5 individuals, naïve to pyramid energy.

**Design:** The study design was a simple assessment before and after 25-minute exposure to a Nubian custom-made pyramid by Rion De'Rouen of Team Light.

**Settings:** The study took place at a private facility in Glendale, Arizona.

**Subjects:** Subjects in the study ranged in age from 28 to 62 years, one male and four females.

**Interventions:** One 25-minute session of laying supine inside the pyramid at a 35 degree southwest to northeast axis within the base of the pyramid. The pyramid front face axis is approximately 20 degrees west of north. No instructions regarding focus or intent was provided for the sessions.

**Outcome Measures:** Before and After the pyramid session each subject was measured with the LuceMed's EBG scan. The system measures the bioelectric energetic exchange within the body pertaining to mitochondrial respiration, a relative measure for biophoton exchange. Two measures are made, one pertaining to the physical function response and the other to the autonomic nervous system response across the five major body systems: Cardiovascular, Gastrointestinal, Hepatic, Renal and Respiratory. While the EBG scan has the capability of producing measurements across 49 different organs/structures in the body, it was decided that a focus would be made on the overall body system outcomes.

**Results:** Statistically significant improvements were observed for the following physical function measures: Renal,  $p=0.007$  while remaining did not achieve significance. The autonomic nervous system measurements also had significant outcome: Cardio,  $p=0.04$ , while the remaining systems did not achieve significance. It is to be noted that the following systems were within a point or two to achieving significance; physical function: *Digestive, Nervous & Endocrine*; autonomic nervous system: *Respiratory, Urinary, and Large Intestine*. Additional result observations revealed overall improvements in the immune system overall, as well as overall increase in the nervous system response as a whole.

**Conclusions:** The results found for this very small study were interestingly in alignment with the results found for the Russian pyramid research carried out by the Scientific Research Institute carried out by Mechnikov, Russian Academy of Medical Sciences on the pyramids built by Alexander Golod. In the Golod pyramid research it was found that the immune system was substantially improved after time spent in the pyramid, and the same was found for this study. The Golod pyramids also demonstrated the ability to structure water. It is thought that this property of structuring water contributed to the significant responses found for the cardiovascular and renal systems as the water changed the flow of water through the circulatory processes of the body. It is known that the energy vortex increases as it moves up through the top of the pyramid, as such future research outcomes would likely be improved with the subject being placed higher within the pyramid, instead of lying flat at its base. Lastly, had the study been larger, and subjects placed higher in the pyramid it is quite possible that significant results would have been observed for all of the major body system thus rendering the time spent within the pyramid to be beneficial and substantially restorative for health and wellbeing.