

# *Matrix - Rhythm Therapy*

**Matrix Rhythm Therapy Curing Pain  
and Illnesses with Alpha Vibrations**

**By Reinhard Eichelbeck, Dießen, Germany**

# Matrix-Rhythm Therapy

## Curing Pain and Illnesses with Alpha Vibrations

So long we are healthy our muscles constantly vibrate, in rhythmic cycles of very small contractions and relaxations. These vibrations harmonize our musculoskeletal system, promote our metabolism and work to prevent illnesses. This is our body's own massage system. When it no longer functions properly, a whole variety of symptoms can result such as back pain, problems with the joints or disturbances in the healing of wounds. By now every third person in Germany suffers from illnesses of the muscles and musculoskeletal system. The vibration treatments of Matrix Rhythm Therapy can put our organism back.

By Reinhard Eichelbeck, Dießen, Germany



Dr. med. Ulrich Randall, born in 1955, works as a medical researcher and practicing physician at the Matrix Center in Munich, Germany. He developed the foundations for Matrix Rhythm Therapy (MaRhyThe) – a penetrating therapy method utilizing rhythmical micro-extensions of muscle tissue.

The heart of Matrix Rhythm Therapy is a special therapeutic device which utilizes vibrations in the frequency range of the brain's alpha rhythm (8–12 Hz) to relieve painful hardening and cramps in the muscles and make connective tissue more elastic and more permeable. This improves the supply of the cells with energy and nutrients, thereby restoring the effectiveness of the body's own natural healing processes. This is why just a few treatments can often suffice to eliminate symptoms which have persisted for years. *"As soon as the connective tissue and musculature have been mobilized, many problems go away by themselves",* explains Dr. Ulrich Randall, who de-

veloped the device at the University of Erlangen, Germany in the 1990s. Dr. Randall had earlier studied dentistry and medicine and afterwards worked as an intern in various clinics in Germany and Switzerland. In 1989 he became Assistant Physician at the Department of Dental, Oral and Maxillofacial Surgery at the University of Erlangen. There he encountered cancer patients whose tumors in the mouth and throat area were so large, that even after operative removal the chances of survival were minimal. He adopted the strategy of first trying to influence the rate of growth of the tumor by improving the overall conditions for the body's normal cells – among other things by changing the patient's life-

style and nutrition, by increasing the oxygen saturation and improving the elasticity of body tissue on a systemic level.

### The environment of the cells is crucial

The successes were promising, so Dr. Randall went on to observe living cells, taken from fresh tissue of patients, with the help of in-vivo video microscopy; and to study their reactions to external chemical and physical influences. This work was made possible by a 5-year research stipend for "Clinic-Linked Basic Research in Pain and Tumor Therapy". The results pointed once more to the decisive role played by the external environment of cells, including for

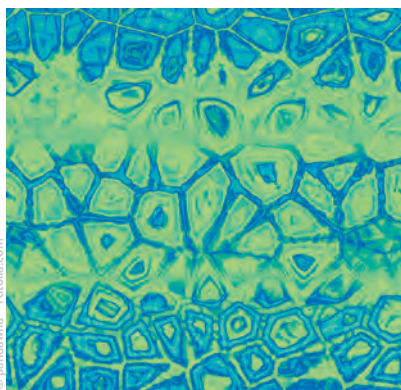


example the oxygen supply and the pH value. This confirmed what Rudolf Virchow had already recognized back in 1852, namely that *“all concepts concerning the fundamental changes in parts of the body, down to the individual elements of tissue, the cells and their derivatives, must be based on the cell territories”*.

At the beginning of evolution our earliest predecessors, single-celled organisms, swam around in the primordial ocean and fed on substances dissolved in the ocean's waters. Hundreds of millions of years later, after far-reaching transformations in the development of life, the cells of our body still live the same way. Since they are not directly connected to the blood and lymph vessels, their nutrition and the elimination of their metabolic waste products takes place in a kind of internal “primeval ocean” – the extracellular or intercellular fluid. This fluid contains nutritional substances, minerals and trace elements, oxygen as an energy carrier and hormones which regulate the cells, including gene expression. The medications or nutritive supplements which we ingest must all pass through the same “ocean” in order to reach the cells they are intended to act upon.

## The “primordial ocean” inside our body

The intercellular fluid is embedded in a complex structure called the “extracellular matrix”. It includes (according to the present definition) all of the material which is located in-between the cells in tissues and organs. The extracellular matrix constitutes the largest part of the connective tissue, which is in turn the largest part of our body's



tissue. The connective tissue is a highly differentiated, highly organized system with a large number of elements – a kind of biotope. It contains special cells, fibrocytes and fibroblasts which produce collagen fibers and other components of the matrix. There are elastic fibers in stretchable sections of tissue and reticular fibers that form a fine network surrounding capillaries, muscle fibers and nerves. And swimming around in the fluid that fills the extracellular matrix is a whole armada of immune cells, macrophages, granulocytes and mast cells. In addition the connective tissue is traversed by the capillaries of blood vessels, by nerves and lymph vessels.

This entire complex is immersed in the extracellular fluid, whose characteristics are inseparably connected with the permeability and transport capacity of the matrix. The extracellular fluid plays an essential role in the health of the cells, and its quality has a great deal to do with our life style. *“If the transport pathways become clogged”,* Dr. Randoll explains, *“either because of too high viscosity due to inadequate fluid intake (with increasing age people drink less) or too low velocity (older peo-*

*ple move around less and exercise less), then the logistics of the cells break down. The end result of such derailed processes is the emergence of symptoms.”*

The flow of the matrix fluid is maintained in two ways. On the one hand, fluid is constantly added via the blood system and removed via the lymphatic system. But contractions of muscle cells also play an important role. Next to connective tissue

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**For each cell of our body the supply of nutrients and the removal of waste products occurs via an inner “primordial ocean”.**

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our skeletal musculature is the single largest unitary system in our body, and can thus be compared to a single organ. When it is set into motion it produces signal substances – so-called myokines – which exert a positive influence on our organism, while at the same time it “pumps” the flow of bodily fluids. This pumping action promotes the metabolism and reduces the burden on the heart musculature.

## Invisible microvibrations

The Austrian psychologist Prof. Dr. Hubert Rohrercher discovered in 1943 that our muscles constantly vibrate, day and night, from birth until 70 minutes after our death. These rhythmical “microvibrations”, which are too small to be directly seen or felt, occur in the frequency range between 7 and 13 Hz. Most (about 80%) are concentrated in the range 8–12 Hz. Interestingly, this corresponds to the frequency of the so-called alpha waves which are characteristic of our brain's overall electrical activity when we are in a relaxed, meditative state. The same range lies between two important frequencies of “cos-



**Prof. Dr. Hubert Rohrercher (1903–1972), a Austrian psychologist with a doctor degree in law and philosophy.**

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**Back pain is often a consequence of disturbances in microcirculation in the extracellular matrix.**

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Robert Stein im Interview mit  
Dr. med. Ulrich Randoll

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mic" significance: the so-called Schumann Resonance (7.83 Hz), which is the frequency of an electromagnetic standing wave oscillating between the surface of the Earth and the ionosphere; and the "First Fundamental Frequency" of the Earth which Nikola Tesla estimated to be "approximately 12 Hz". (More recent calculations yield a value between 11.75 and 11.79 Hz.)

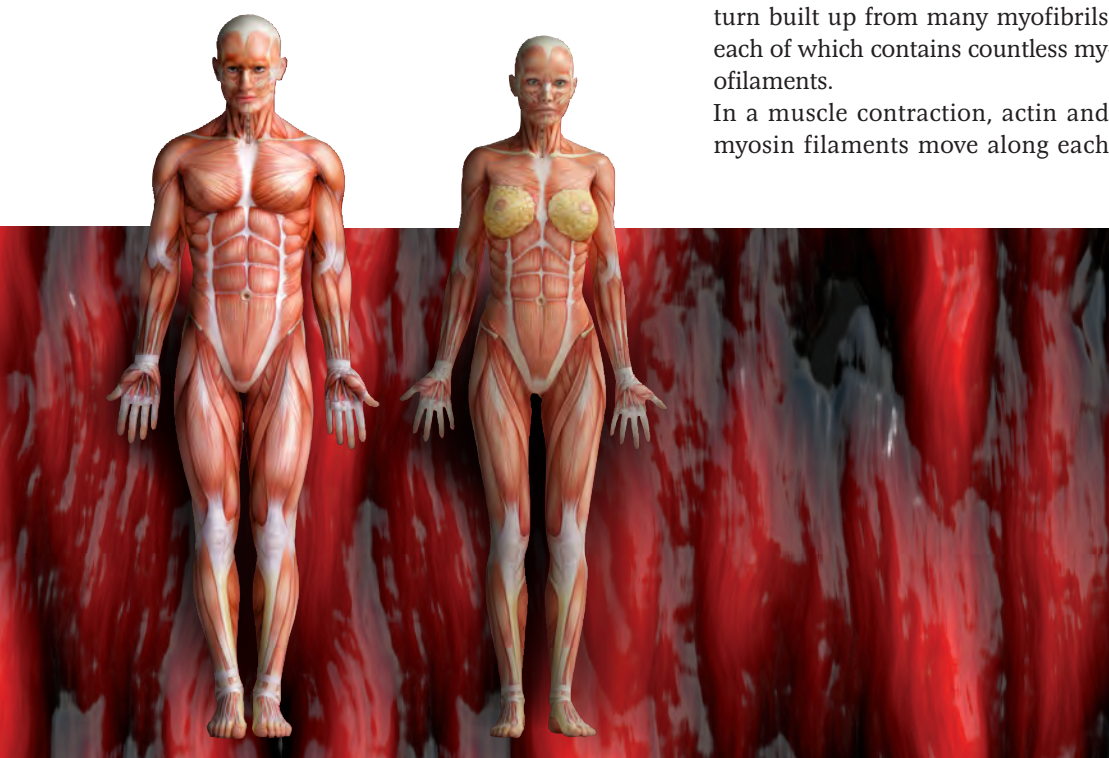
Since microvibrations are found only in warm-blooded animals, Rohrer hypothesized that they must play an important role in maintaining a constant body temperature. However, according to his calculations it would be enough, at room temperature, for only 2.5% of the musculature to vibrate. This low value suggests that the mi-

crovibrations fulfill additional functions in the body. Could it be that they insure a better coherence and communication between the individual cells through synchronous oscillations, thereby promoting the stability and state of organization of tissues and organs?

The microvibrations are generated by rapid cycles of contraction of the skeletal musculature. The structure of this muscle can be compared with that of the ropes used in boots. To produce a rope, many filaments are bound together to form a yarn, many yarns are combined into a strand and many strands into a single rope. Similarly, a muscle consists of many bundles of muscle fibers, each of which is formed from a large number of fibers; and each muscle fiber is in turn built up from many myofibrils, each of which contains countless myofilaments.

In a muscle contraction, actin and myosin filaments move along each

other in a kind of "rowing action", causing a shortening of the muscle fiber. In the contracted state the heads of the myosin molecules are bonded to adjacent sites on the actin filaments. In order for the muscle to relax, these myosin-actin bonds must be released – a process that requires the attachment of ATP molecules to the myosin heads, as well as the operation of so-called calcium ion pumps that consume ATP as a "fuel". The production of ATP by muscle cells in turn requires energy. From this we can see that on the molecular level the relaxation of a muscle is an active process, not a passive one; it is a process that consumes energy. When the supply of energy is completely cut off, for example when a person dies, then the bonds cannot be released, and the filaments can no longer move. This leads finally to the state we call rigor mortis – a total hardening of the muscle.



Light microscopy image of striated skeletal muscle fibers in a longitudinal tissue section (hematoxylin-eosin stain) © wikipedia

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**The "extracellular matrix" is the main component of connective tissue, which in turn constitutes the largest part of our body's tissue.**

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## Energy deficits and relaxation

Even a small energy deficit can cause some muscle fibers to remain in a contracted state. These “contraction residues” can add up in the course of time, causing the muscle to become permanently strained and hard. This condition is frequently accompanied by pain which arises when the connective tissue surrounding our muscles – the fascia – pinches or presses down on the nerves – so-called myofascial pain. Besides this, impairment of blood supply and lack of oxygen causes muscle cells to produce lactate, whose accumulation leads to a local acidosis and irritation of pain receptors (myoacidotic pain). Finally, muscle stress and prolonged strain on the attachments of the tendons can also result in inflammation and swelling (myotendinitic pain).

All these processes reduce the permeability of the matrix and thereby

the strained and hardened muscles and render connective tissue more permeable? This is the central question that Dr. Randoll asked himself back then in Erlangen. *“When qualitative and quantitative deficits in the environment of the cells reach a certain point, adhesions must be released by mechanical means in order to restore the flow of energy”,* he recognized. *“That is the key to effective therapy.”*

It was natural to examine various methods of physical therapy from this standpoint. In every human culture for example, going back to the earliest times, various massage techniques were used to treat strained and painful muscles. A special variant of massage technique is vibration massage, in which tissue is set into vibration by the motion of the masseur’s hand. In his textbook, *“Teaching in the Science of Osteopathy”* William Garner Sutherland, one of the pioneers of osteopathy, presented vibration massage as a method for promoting lymph drainage.

## Modern vibration massage

*“From a historical point of view Matrix Rhythm Therapy can be described as a vibration therapy which specifically targets the skeletal musculature”, Dr. Randoll explains. “It can be broadly understood as a further development of the classical vibration massage. Vibration massages are effective in the area of rehabilitation and sports medicine. But they are naturally very strenuous for the therapist and are limited by their inability to penetrate into deeper layers of tissue.”*

In order to reach these deeper layers Dr. Randoll developed a special therapeutic device, the so-called “Matrix Mobile”. This device can be viewed as a kind of resonator acting as the extended arm of the therapist. The therapeutic action is produced using a hand applicator with a vibrating head that swings back and forth with a frequency of between 8 and 12 Hz – i.e. with a frequency which corresponds to the naturally microvibrations of the muscle cells. The aim is to restore the natural, healthy mode



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of vibration to cells that have gotten out of their normal rhythm.

To achieve this goal Matrix Rhythm Therapy exploits a physical principle known today as “entrainment”, which first described in the 17th century by the Dutch astronomer and physicist Christiaan Huygens. He observed the behavior of two pendulum clocks which were fixed to a common wooden base. After a while the clocks came to beat synchronously. A similar phenomenon was observed with metronomes. In both cases the common base transmits vibrations between the two oscillating systems, permitting them to influence each other and thereby gradually synchronize their oscillations. In an analogous way the matrix mobile resynchronizes muscle cells whose vibrations have become disorganized.

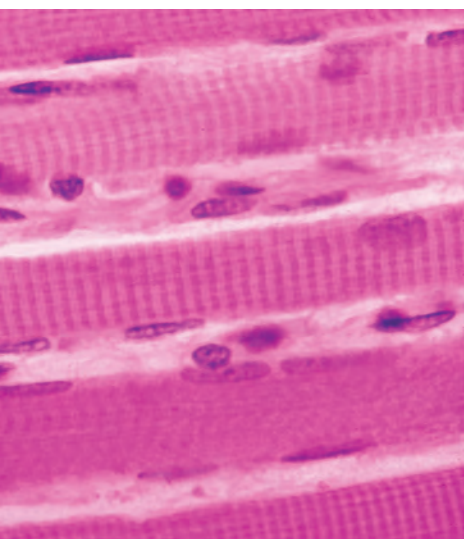
The two sides of the vibrating head are shaped in the form of a logarithmic spiral. This form is closely related to the so-called Golden Section – a relationship that is commonly found in the morphology of plants and animals. When the vibrating head is applied to the body it generates a harmonic wave pattern which propagates throughout the body. When the vibration head is moved along the body, its special shape generates an asymmetrical pressure distribution, inducing a pump/suction effect in the tissue and setting the matrix fluid into motion. The resulting therapeutic effects are supported by the action of a magnet located in the vibration head. Experience and scientific studies have shown that magnetic fields promote blood circulation and can alleviate pain. The combined mechanical and magnetic vibration mo-



**William Garner Sutherland (1873-1954)**, pioneer in the field of osteopathy. A student of Andrew Taylor Still, he elaborated the approach of cranial osteopathy which was the basis for John E. Upledger’s development of cranial-sacral therapy.



**Christiaan Huygens (1629-1695)**, Dutch astronomer, mathematician and physicist. He is the founder of the wave theory of light, formulated a relativity principle in the context of his study of elastic collisions, and built the first pendulum clock.



the energy supply to the muscle cells even more. The ability of the muscles to relax is further reduced, and muscle hardening becomes worse. A vicious circle! How can the vicious circle be broken and the harmful processes reversed? How can we loosen

bilizes the connective tissue, and muscular tension is released. The exchange of nutrients and metabolites is also strengthened, as well as the transport of oxygen in the tissue. The cells revert to their healthy natural vibration.

By 1998 Dr. Randall had developed his device to the stage of practical application, and since then has trained more than 4000 therapists (physicians, dentists, physiotherapists, practitioners of alternative medicine, medical masseurs etc.) in its use. Each applies Matrix Rhythm Therapy to their area of specialization.

### Where the therapy helps

*"Matrix Rhythm Therapy has proven itself in all cases where the symptoms are caused by disturbances in the micro-circulation", Dr. Randall explains. "That includes above all the areas of perioperative care in trauma surgery, in rehabilitation, in pain therapy as well as chronic diseases of the nervous system and musculoskeletal system."*

Indications include for example back pain, disorders of the tendons, muscle hardening and muscular atrophy, pain in the limbs, especially in the shoulder, hips and knee; head and neck pain; oedemas, scars and disorders of wound healing. In Dr. Randall's experience "chronic illnesses above all are characterized by a destruction of the matrix around the cells, which is why they are particularly accessible to a sophisticated matrix therapy directed toward re-regulation of cell processes."

Good results have also been obtained in the treatment of conditions arising from diabetes. The famous Japanese water researcher Dr. Masaru Emoto was once one of Dr. Randall's patients. Every time he stayed in Germany he went to Dr. Randall to be treated. In his case diabetes hampered the blood circulation in the legs. *"In 2008 I had three treatments by Dr. Randall," he wrote at the time, "Since then my condition has improved dramatically and it was possible to cancel a partial amputation that had originally been planned."*

Matrix Rhythm Therapy proved to be useful also in sports medicine – not only in cases of injuries or other acute conditions, but also for prevention and in training. Many leading sports figures have discovered the benefits of this therapy: Grand Slam ace Roger Federer, World Champion und Playboy model Susi Erdmann, Luge World Champion Silke Kraushaar-Pielach and the Austrian Snowboard Champion Brigitte Köck.

Additionally, Matrix Rhythm Therapy has shown its value in the treatment of physical disabilities. This is demonstrated by the experience of Dr. Christoph Garner, Director of the Bad Griesbach Clinic, in the treatment of patients with severe cerebral dysfunctions, as for example after strokes, in cases of multiple sclerosis and in children with brain damage from early childhood. Garner has utilized Matrix Rhythm Therapy in such cases for over 15 years.

*"In this way we achieve an in-depth relaxation of the musculature, which can be maintained over a long period by periodic treatments", he reports. "In addition to cases of spasticity this method is very effective also for contractures which often arise when spasticity has existed for an extended time. Another area of application is inflammatory processes in the joints as well as spinal problems, where this method achieves very penetrating and long-lasting effects."* Meanwhile not only human beings, but also their four-legged friends have benefited from Matrix Rhythm Therapy. Horses have been successfully treated for problems in the back, tendons, muscles and scars, as well as for poorly healing wounds. Positive experience has also been made in veterinary practice with small animals. Here dogs are especially good patients.

### Supporting the body's self-healing processes

Since its beginnings more than 16 years ago Matrix Rhythm Therapy has gained more and more supporters, not only in Germany, but in 27 other countries. An undisputable advantage of Matrix Rhythm Therapy lies in the fact that it can readily be combined with other

therapies. In his medical practice, for example, Dr. Randall applies infrared heat treatment, oxygen therapy and dietary consultation as supplemental treatments. He regards it as very important to motivate his patients to participate actively in the healing process. *"Above all the therapist's task is to create favorable conditions for the body's cells", he says. "The patient is responsible for maintaining the beneficial effects of the therapy over the longer term and for insuring prevention by changing his or her patterns of behavior in the areas of nutrition, exercise and relaxation."* Here we can recognize the holistic, systemic approach of Matrix Rhythm Therapy, in which the main focus is to bring about a situation where the body's own healing powers can work in an optimal way. A human being is not a machine with dead parts, which wear out or break and have to be replaced by technicians intervening from the outside. The human body is a biological system and is more a process than a structure – a process that constantly transforms and renews itself. It is estimated that in the course of 7 years every single molecule in the body has been replaced by another molecule. But in this process the overall organization remains in principle the same, as long as the body does not grow or shrink too much.



Dr. med. Christoph Garner is a specialist physician for neurology, as well as a Practitioner of homeopathic medicine, physical therapy and geriatrics. He is the Director of the Clinic for Neurological and Geriatric Rehabilitation (KWA Klinik Stift Rottal) in Bad Griesbach, Germany. Dr. Garner has been utilizing Matrix Rhythm Therapy for 15 years.

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[www.dr-randoll-institut.de](http://www.dr-randoll-institut.de)



***"Since the treatments by Dr. Randoll my condition has improved dramatically and it was possible to cancel a partial amputation that had originally been planned."***

**Dr. Masaru Emoto**



**Dr. Masaru Emoto (1943-2014)** was a Japanese doctor of alternative medicine. He became famous through the water crystal images in his bestselling book *"The Hidden Messages in Water"*.

This is where the body's own self-organizing, form-creating forces must work – forces that undeniably embody a sort of intelligence of their own. They are able to maintain the body and repair it when disturbances or injuries occur. In 2015 the Nobel Prize went to a scientist who discovered how our cells repair their DNA when it has been damaged. For that they need no doctor. The same applies to our skin when it heals a wound. Decisive are the self-healing powers of the body. If they didn't exist then we would have died long ago.

Our forefathers still knew: *medicus curat, natura sanat*: the doctor takes care, nature heals. Or as Paracelsus expressed it: "The outside doctor stitches up your wounds. You recover through your inner doctor." Paracelsus spoke all the time about our "inner doctor" and also about our "inner pharmacy". He wrote, for example: "There is such a pharmacy inside the human being, as there is in the world. And there is such an inner doctor, as there is a doctor in the Universe as a whole."

A little less than 500 years ago the physician and psychotherapist Josef Zehentbauer wrote in this book, *"The Body's Own Drugs"*: "All important medicines that doctors use in their treatments, are utilized in a similar (more naturally tolerable) form by the human body itself." Thus, for example endomorphines, that alleviate pain; endovalium, which promotes relaxation and relieves anxieties, and numerous others. Recently an endogenous antibiotic was discovered – the protein "psoriasisin" – which uses a no-

vel mechanism to kill a variety of filamentous fungi.

Paracelsus also wrote: *"Man is born to fall down, but he has two helpers to raise him up into the light of Nature. The internal doctor and internal medicines are both born at the moment of conception. The externally-born doctor must act only when the inborn doctor stops working, gives up or is tired out."* When we have such effective medicines in our own body, then why do we get sick at all? Could it be because our cells lack the basic substances which they require to produce the internal medicines? Can it be because our unnatural diet no longer supplies them? Because the extracellular matrix is clogged and transport is blocked? Is the "internal doctor" despondent and tired out because there is too little energy, because there is a lack of oxygen? Is it because we do not breathe optimally, because we are stressed and tensed up? Because there is something wrong with the environment of our cells?

Many things tell us that this is the reality. And if so, then the main task of the physician is to be a system optimizer and logistics optimizer; to help improve the disturbed environment of the cells, by providing oxygen and heat, trace elements, vitamins, electrolytes and nutrients; by reducing stress, by attention and care, and by treatments like Matrix Rhythm Therapy. And generally by trusting what Paracelsus told us: "This is what every doctor should know, namely that the body itself cures more illness than the doctor and his medicines." Because in the final analysis health is not something we have to fight for la-

boriously, with the help of physicians and pharmacists. Health is our normal, basic state.

*"Since life consists of processes, symptoms are process-disturbances that occur on the cellular level because the environment of the cells has deviated from its normal condition", writes Dr. Randoll in his book on the Matrix concept. "This suggests a new approach: if therapy can create the proper external conditions for cellular self-organization to take place, then nothing more can prevent the body's own self-healing processes from doing their job."*

This approach could become the basis for a new paradigm in medicine – assuming that physicians can recover their trust in Nature, and that patients are ready to take responsibility for their own health and recovery, participating actively and cooperating with their own inner healing processes. But this requires more than simply handing over a health insurance voucher at the doctor's office. ■

#### The author



**Reinhard Eichelbeck**, born 1945 in Lauterbach, Germany, studied psychology and theater as well as German studies and art history. He authored dramas and cartoons for school television and worked as scriptwriter for children and youth programs for the German television channel NDR. After several years as an independent writer

and theater director he became the editor of the NDR family program. He was active there for 10 years, producing programs for older children, youth programs, documentary films and documentary series on a variety of themes. In 1985 became director of the program "Einblick" for the television channel ZDF. Since 1987 he has worked as a freelance journalist, author and photographer.

# Dr. Randoll Institut

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Already by the end of the 1990s Dr. Ulrich G. Randoll was convinced that the key to health is to be found on the level of cellular processes. It is possible to intervene into these processes via the medium surrounding the cells: the extra-cellular matrix. Dr. Randoll developed Matrix Rhythm Therapy and has trained over 3000 people in the utilization of this method. Since then he has presented the Matrix Concept in many national and international congresses and workshops. His book, "The Matrix Concept" has appeared in two languages.

The Dr. Randoll Institute has the task of promoting prevention, rehabilitation, therapy and diagnostics. The goal is to transfer the new knowledge of biological systems theory and fundamental cell-biological research into the domain of medical practice. The noninvasive, nature-conformal therapeutic methods which have been developed on the basis of earlier research projects are now being applied for the benefit of patients in a wide variety of branches of medicine, and further optimized.

The Dr. Randoll Institute organizes seminars, professional training courses and workshops with Dr. Randoll and his group of lecturers.

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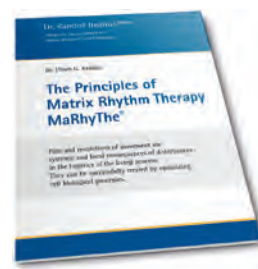
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