



THE CRYSTALLINE HEALTH PRIMER

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Part 1: Synopsis of the root causes of disease

While it is tempting to consider the occurrence of a disease as an accident of nature, we know that there are causes behind all events. Delving deeply into the causes of disease, I have been able to identify only a few root causes. All diseases appear to be a result of some combination of these root causes.

The Root Causes are:

- ◆ **Missing nutrients:** Most people lack various key nutrients in their diet due to the poor quality of commercially grown or processed foods. A deficiency of any key nutrient means the sacrifice of some function or the loss of integrity of some structure. The main factors involved are insufficient basic nutrients, insufficient intake of raw foods and insufficient enzymes.
- ◆ **Digestive sabotage:** When digestion is interfered with, more wastes are produced. When the intake or generation of wastes exceed the body's ability to eliminate them, the wastes are, by necessity, deposited in the tissues. These wastes in the tissues inhibit the proper functioning of these tissues or may even kill them.
- ◆ **Lack of exercise:** Exercise is essential for flushing the wastes from the tissues.
- ◆ **Spinal subluxations & other trauma:** Spinal trauma, both major & minor, cause the development of subluxations. These create interference to the nerves and blood supply going to the organs. The organs suffer as a result.
- ◆ **Infections and parasites:** Many infections, such as strep and mumps, can cause permanent tissue damage. Some infections, such as syphilis, herpes and hepatitis, can establish a permanent foothold in the body. Parasites are much more common than we care to realize. In general, infections & even parasites have difficulty getting a firm foothold on a healthy body. Thus most people who succumb to these assaults have already been compromised by one of the other root cause.
- ◆ **Other injury factors:** The other most common factors are poisons, drugs, environmental exposure and radiant energy.
- ◆ **A poor attitude about life:** Attitudes and beliefs strongly affect your glandular and immune system and therefore your health.
- ◆ **Other minor factors:** Shallow breathing keeps oxygen at bare minimum levels. Insufficient water intake slows the removal of wastes from the system.
- ◆ **Genetic error and predispositions:** These are rare, but can cause serious or lethal diseases. Since, genetic errors are rare, it can be stated that nearly all chronic degenerative illnesses can be halted by simply ridding the body of wastes, parasites and pathogens, feeding it the missing nutrients and correcting the spinal subluxations. When the disease process is halted and harmony is restored, the organs and structures will be repaired by the body, unless damaged beyond the point of repair. Unfortunately, destroyed or removed organs won't regenerate.

Part 2: Overview

A wake up call

We are designed to live a healthy life span of 120 to 140 years old!

In the Vilcabamba Valley of Ecuador, there are a number of people documented to be over 120 years old. In 1981, Jose Maria Roa, the oldest person in the valley was still working his fields at the age of 132 years.¹ In the Hunza valley of Northwest Kashmir, men who still walked 10 to 15 miles to attend community court sessions were reported to be over 140 years old.²

The Hunza are also totally free of cancer and diabetes.

Americans live to an average age of 76.

Approximately 1 in 1,800,000 Americans live to be 100 years old, compared to 1 in 60 for the people of Vilcabamba.³ Since the average American will only reach age 76, we are only living slightly more than half of our potential life span. Retirement is a time meant for us to enjoy the fruits of our labor. Unfortunately, upon reaching this age, the typical American has a medicine cabinet filled with drugs which produce innumerable detrimental side effects. They fear that they will be unable to perform the basic daily activities of life without support from their medications. Most Americans will develop some major health problems by about age 50 to 70. This should be the midpoint of our life. By age 75, most are infirm or dead. Yet, a rare few have demonstrated that it is possible to remain healthy and productive well beyond 100 years of age. It is clear that our current paradigm of medical care has utterly failed us.

Diseases do not happen by accident.

Everything, including disease has a cause. Everything which happens to our health is directly caused by the health choices we make or which have been made for us by our care givers (parents & doctors). The only exceptions are serious accidental trauma, infections and genetic defects.

The Journey Begins

It is the purpose of the Crystalline Health Primer to present a new paradigm for health and disease. The keys to health have been fragmented into many competing health theories and practices. The answers are there, hidden in the cumulative knowledge of the many disciplines, but until now the many separate pieces of the puzzle have not been integrated into a coherent whole. This first chapter will present an overview of the new paradigm. So let the journey begin.

Destructive forces verse the body's regenerative powers

Since the time of conception, an epic battle has been waged by our bodies. The forces of regeneration have been pitted against the forces of destruction. Cells that die in the foray are continuously being replaced. Damaged tissue is likewise being cleared away so that strong new tissue can be formed. A strong regenerative force indicates resilience or the ability to bounce back from adversity..

The regenerative forces are charged with the task of repairing the damage caused by the destructive forces. In contrast, it is the destructive forces which inflict the damage that the body is subjected to. A destructive force is any factor or agent which damages the integrity of the structure, either the organism

as a whole or the cellular unit. The relative strength of these opposing forces determines our health or lack of it. In health, normal levels of wear & tear will be readily repaired. As resilience wanes or the levels of damage increase, repairs can not keep pace with damage. A gradual degradation of health results. When this occurs gradually over our lifetime, it is called aging. When the body responds with symptoms as a reaction to the degradation, we call it disease.

While understanding the sources of both the destructive & regenerative powers is the major key to understanding the causes of disease, there is yet a third factor which determines our health. That is our heredity. It is within the context of our genetic makeup that the opposing forces of destruction and regeneration contend.

Our inheritance; the hereditary factor

At the moment of conception, we are blessed or cursed with a unique gift, our genetic inheritance. At that time the pattern is set and we have to live with what has been bestowed onto us for the rest of our lives. This constitutes our inherited condition. Fortunately, the inherited condition for most people is quite adequate for good health. Assuming all went well prior to birth, these people begin life healthy. Their challenge is to remain so.

Genetic integrity and error

Not all people are so fortunate. Due to genetic errors, some people lack certain essential genes needed for health or they possess aberrant genes which have detrimental consequences. Their cells simply lack the inherent capabilities necessary to function normally. It started with a genetic mutation in an ancestor. The mutation was not critical enough to kill their ancestor before they were able to have children and passed on the defect to future generations. The result was a genetic disease. Most genetic diseases involve enzymes. There are thousands of enzymes coded by the DNA which are necessary for normal cellular activity. If a DNA error exists, then the cells may be unable to function properly due to lack of vital enzymes. The most common deadly genetic disease among Caucasians is cystic fibrosis which affects one in 3900. Other well known examples are sickle cell anemia, phenylketonuria (PKU) and lactose intolerance. More serious errors will result in a miscarriage. Luckily serious genetic diseases are rare. Genetic integrity implies that there are no significant genetic errors. It is a prerequisite for health.

Hereditary types

An important aspect of health is our hereditary type. These types are a result of human biological and cultural evolution. It is obvious that animals are designed to eat specific diets. A carnivore would soon die on a vegetarian diet. Though humans are omnivorous, meaning they eat both animal and plant foods, they fare much better on certain diets. Ethnic groups who lived for long periods of time in specific regional locations, adapted to the specialized foods of their region. Their body metabolism adjusted to function most efficiently on that specific diet. For example, traditional eskimos ate high levels of fat and meat which would be intolerable to the rest of us. Specific diets create different metabolic demands which in time cause evolutionary adaptation.

The forces of regeneration & vitalism

The regenerative forces of the body are collectively overseen by the vital life force. Most every health system in the world acknowledges the existence of a vital or life force except “official” western medicine. These others are vitalistic systems whereas official western medicine is a mechanistic system. The mechanistic perspective views living beings as no more than chemical and mechanical machines which can break and be repaired like manmade machines.

Vitalism refers to the concept that life imbues an organism with an innate wisdom and ability to maintain perfect health when provided with specific minimum requirements and not overwhelmed by destructive forces. It is the vital force which is considered responsible for the actual healing.

The life force: Blueprint for healing

The life force is an energy field or energy matrix which permeates the body. It can be photographed with Kirlian photography. If you take a photo of a fresh leaf which has a segment of it cut off, the missing part of the leaf will show up in the photo. The existence of these fields was conclusively proved by Dr. Harold Burr of Yale University School of Medicine. Electrical fields were measured on plants, animal and humans. A voltage difference exists not only on the surface of the body, but can be measured in the space surrounding the body. Animals and humans possess a field with a positive and a negative pole. Furthermore, the axis of this electrical pole as measured in an unfertilized salamander egg will predict the orientation of the future nervous system of the salamander following fertilization. This demonstrates that the electrical field is not just a byproduct of chemistry and anatomy, but that the field actually determines the development of the anatomy. The energy matrix functions like a 3-dimensional blueprint or template superimposed over the body which guides the processes of growth & repair.⁴

One of the many mysteries of biology is cellular differentiation of the embryo. Consider that a single cell reproduces itself billions of times to form the complex and intricate organism which you call your body. Hundreds of different type cells differentiate from the original single cell, each in their exact perfect location. During the early stage of the embryo, two identical neighboring cells with an identical set of genetic instruction will suddenly become different from each other. Each of the neighboring cells is destined to generate completely different structures. Yet we do not end up with a heart where the foot should be or visa versa. How does that occur? There is no chemical, mechanic or genetic explanation for this phenomenon. The only plausible explanation is that an energy matrix orchestrates the development of embryonic structures by guiding each cell to its proper function dependent solely on its location within the organism.

Wound healing is another example of the operation of the energy matrix. Minor wounds quickly regenerate into perfect copies of the original damaged tissue. During wound healing, specific reversals of the electric field correlate with different stages of the healing process. Again the only plausible explanation for this phenomenon is the existence of an energy matrix which surrounds the structures and guides the growth and repair of damaged tissues.

The body is constantly replacing tissue in an on going process of regeneration. It is again the energy matrix which guides the renewal work.

Metabolism

The vitalistic force expresses itself through the engines of metabolism. Metabolism is the process whereby raw materials are converted into energy & new tissues. The building & repair of the cells, tissues and organs of the body are dependent on the engines of metabolism.

The four main systems of metabolism include the digestive system (stomach, intestines & the rest of digestive track, liver, gallbladder, pancreas); respiration (lungs); cardiovascular (heart, blood & lymph vessels); & elimination (colon, kidneys, lungs & skin). The digestive system takes the raw materials (food & drink), breaks them down to basic compounds, absorbs them & converts them to usable forms. The respiratory system collects oxygen. The cardiovascular system then distributes these materials to where they are needed & collects the waste products. The elimination system eliminates the waste products from the body.

The activity of these systems are coordinated by control systems which include the endocrine (glandular or hormonal) system, the autonomic nervous system and the qi system which distribute energy to all parts of the body via the acupuncture meridians. Qi (or ch'i) is the life force which is variously called vitality, prana and other names. The hypothalamus in the central brain coordinates the glands and

nerves by controlling the pituitary gland, the master gland & by regulating the balance of the autonomic nervous system.

Influence of control systems:

Because of the ramifications of disrupted control systems in the development of disease, I am going to take a moment to elaborate further on their action. The nerves directly stimulate or inhibit the activity level of organs. Even more important, vasomotor nerves, which are nerves controlling the small blood vessels, directly effect the amount of blood received by the organs and tissues. Glands produce hormones which are received by target cells and which directly influences the activity of the cells. Chakras are energy distribution centers which distribute qi or prana. It isn't known how the chakras work, but they probably influence the amount & type of qi energy available.

To summarize:

- ◆ Nerves control the flow of blood to the tissues and control activity level of organs.
- ◆ Hormones regulate activity of the cell.
- ◆ Chakras probably regulate the qi.

Forces of degeneration: The primal causes of disease

For the purposes of this paradigm, the primal causes of disease are defined as those causes which initiate the disease process in a previously healthy individual. There is a subtle distinction here between primary causes and genetic error. A genetic error is an inherent defect. There exists no starting point of health.

So in our examination of primal causes, let us assume genetic normality. With this assumption, the first prerequisite for health has been met. If the fetus develops in a proper environment, a healthy baby is born. If this person later develops a disease, something went amiss between the time of the healthy baby to the time of the disease. Since we live in a world of cause and effect, the disease did not just happen. Specific events happened which diverted that healthy person onto the path of disease. It is the endeavor of this section to identify those specific events or conditions which begin the disease process. In order to identify these causes, it is helpful to understand the basic principles of health.

The first key to health is the health of the cell

The body is composed of cells and tissues. When all the cells of the body are healthy & properly functioning (i.e. cellular integrity) and the body structures are intact (i.e. structural integrity), then we have perfect health. Since the cells maintain the tissues and structures of the body, in the absence of substantial injury, healthy cells mean healthy tissues..

The second key to health is the cell environment.

The cell is bathed in fluids which supply it with oxygen & nutrients, and which carry away the wastes. It also receives qi, the life energy. When the cell environment is maintained, the cell will remain healthy.⁵

The cellular environment is determined by the proper working of the blood, lymph, nerves, glands and qi system. The blood and lymph deliver nutrients to the cells and remove wastes. The nerves and glands coordinate these functions and directly effect the activity of many cells. In addition to these anatomical structures, there are also acupuncture meridians which supply the life energy.

The cell environment and the health of the cell is the ultimate criteria of health. Whatever factors can detrimentally alter the cell environment are primal causes of disease.

Whenever the cell environment is impaired, the cells & tissues either starve or are drowned in their own wastes. This effect can occur at a local level when there is interference of the blood vessels, lymph and nerve supply or at a systemic level through malnutrition or overburdening of the elimination systems.

External verse internal causes

The factors which can detrimentally alter the cell environment can be divided into two groups. The first group involve external sources of a tangible, physical nature. These are causes which originate outside of us in the course of the body's interaction with its environment. The second group are mental/emotional factors which originate from within us; the internal processes of thinking and feeling. What you think and feel very definitely effects the cellular environment. These mental emotional factors were grouped together under the term auto-suggestion by D.D. Palmer, the founder of chiropractic.

Injurious factors

An important group of destructive factors are those which cause direct and immediate damage to the organism. These will be designated as the injurious factors because they are capable of rapidly causing injury and damage. They include, chemical (poisons & caustics), thermal (heat & cold), radiant energy (particularly ionizing radiation), biological (micro-organisms & parasites), or mechanical (trauma).

We are routinely exposed to many chemicals which exhibit mild toxicity. In addition, the threat of accidental exposure to an extremely dangerous chemical is a reality we live with. However, the most toxic substances which the average person is routinely exposed to are drugs which we take for recreational or medical purposes. Prescription drugs are regulated because misuse can be lethal. Even nicotine, alcohol and caffeine are potent drugs with marked physiological responses.

During the process of digestion, mildly toxic substances form in the colon. These are insignificant if digestion is functioning properly, but can cause problems when normal digestion is disrupted or as a result of chronic digestive overload (overeating)

Most people are not subject to detrimental levels of thermal (heat & cold) & various other types of radiant energy, but in excess they can be lethal.

We are subject to attack by various organisms, notably various pathological microorganisms and parasites. Occasionally we even fall victim to large predators or venomous animals.

Finally, accidental trauma can severely damage or kill people. In addition, most people are subject to numerous minor traumas which create another unique health problem. The structure of the spine makes it particularly vulnerable to mechanical injury. Major trauma as well as repeated minor traumas create spinal subluxation which in turn, directly alters physiological functions. Subluxations are errors in the proper functioning of the spinal muscles, nerves and blood vessels.

These various damaging agencies cause quick, direct destruction of cells and tissue. Yet, if the cells survive, the body can rebuild. There are other more subtle factors which disrupt the cellular environment over time and set the stage for disease. These other factors must also be identified in order to fully understand the genesis of disease.

Other key factors effecting cellular environment

The cellular environment is dependent on the delivery of food, water and oxygen to the cells & the elimination of waste products. There must be an adequate supply of raw materials and they must be provided in their proper portions. Too much water, oxygen or salts will kill the cell as readily as too little. The raw materials then have to be absorbed, converted to a usable form and distributed to the

cells. We are specifically looking at what factors in our interactions with the environment could impact a healthy properly functioning system.

- Besides the injurious factors already mentioned, our intake of food and drink obviously has a large impact on the cellular environment. There is a wide variation in diet consumed by different people. Dietary errors are a prime cause of disease.
- Although most people have a more than adequate supply of air and water not everyone drinks sufficient water and this can contribute to ill health. Most people use shallow breathing rather than full breathing. This keeps oxygen at minimal levels rather than at optimal levels.
- The lymph system is part of the circulation system. The circulation of lymph is dependent on muscular movement rather than heart action. The lymph vessels have a series of one way valves. It is the pumping action of the muscles as we move about which circulates the lymph. Thus exercise and daily activity contributes greatly to health.
- Exercise is also significant in maintaining good muscle tone. Spinal health depends on good muscle tone.
- Each of the control systems can be directly influenced by the mind and emotions. Thus our thoughts, beliefs and emotions are of paramount importance in good health.

Summary of primal causes of diseases.

At this point I will summarize the assumptions which I have developed in this section. The cells will be in perfect health and will properly perform their designated function if:

We have genetic integrity

The cellular environment is properly maintained

And, the cells are not damaged by external forces

Finally, if the preponderance of cells are healthy then the body as a whole will likewise be in perfect health.

From the perspective of the cell, there are only three conditions which result in disease. First is a lack of nutrients, oxygen, water and Qi being delivered to the tissues. This results in starvation for the cell. Second is a failure to remove the wastes. This results in an accumulation of wastes in the tissues surrounding the cell and in the cell itself. Last are destructive factors which kill or damage the cell such as burns.

There are a limited number of primal causes which result in one or more of these three disease causing conditions. These can be summarized in the following categories and will be elaborated on in the next chapter.

◆ Inherent errors present at conception

1. Genetic errors

◆ Lifestyle errors and accidents

1. Dietary error

◆ Nutritional deficiency

◆ Digestive sabotage

◆ Water deficiency

2. Lack of exercise

3. Injurious factors

◆ Subluxations

◆ Infections & parasites

- ◆ Other injury factors
- 4. Mental & emotional factors (Auto-suggestion)
- 5. Shallow breathing

These errors are the starting point of disease. However, once any organ is compromised, it begins a whole cascade of effects. All parts of the body are dependent on the proper operation of all other parts.

Progression of the disease process

As we are subjected to the various disease causing factors, the battle between the destructive versus regenerative forces continues. Meanwhile the control systems are continually striving to maintain homeostatic balance. Homeostasis is a dynamic equilibrium or balance of the body's internal environment. This internal environment constitutes the cellular environment. It is the function of the control systems to restore equilibrium when it has been disrupted. It is very adept at it. By maintaining the homeostatic balance, the cellular environment is preserved. The body is subject to frequent sudden fluctuations of temperature, water, salts, sugar & fat concentrations. These values are returned to within narrow limits by complex feedback mechanisms. Despite all the stresses the body is subjected to, it is repeatedly restored to balance. Yet a time comes when the balancing mechanisms fail. Why is this? The answer is critical to the understanding of the disease process.

Stage 1: Weakening

As the forces of destruction begin to overwhelm the forces of regeneration we begin to experience a deterioration or weakening. Examples of toxic materials slowly weakening or destroying our organs are smoking and alcohol. Smoking causes the lungs to gradually become coated with ash and the lining of the air tubes to become damaged. The lungs function adequately enough for a sedentary life style, but if you attempt to hike up a mountain you get winded much quicker than you should because the oxygen capacity of the lungs has decreased. Likewise, heavy alcohol use gradually destroys the liver. The effects are not noticeable until considerable destruction has occurred.

In addition, dietary deficiencies gradually cause degradation because the body is unable to replace worn out tissues with healthy tissue. The building blocks are just not available. A good example of this is the thin and fragile skin of many elderly people. In all of these examples, the body may still function adequately under normal circumstances, but may fail under the demands of extraordinary circumstances. Our coping ability has decreased. We no longer have as much overall recuperative power available to us as we once did.

During this stage, the control systems are responding to the weakened areas. The qi system probably sends extra energy to the weakened tissues in an attempt to repair the damage. This will show up as increased energy in the effected meridian. The nervous system attempts to send more blood to the area which increases nutrients available for healing. This will show up as a slight inflammation in the effected areas. If there is notable tissue damage, there will also be irritation along with inflammation. The nervous systems reacts to this with reflex pain in other parts of the body. In particular, there will be sore tight muscles along the spine. The specific spinal area will indicate the involved organs. The glands will not initially show a response since the chemical balance is still adequate.

Stage 2: Compensation

Eventually the organs become weakened to the degree that they can no longer fully keep up with the normal demands on them. The blood chemistries begin to drift away from the optimal levels. Now the glands respond in an attempt to keep the blood chemistry as close to normal as possible. The glands can maintain conditions close to normal for quite a while, but the shifting hormonal levels may create

some symptoms of their own. As long as the blood levels can be held close to normal limits, there is no significant adverse effect on other organs and functions.

Stage 3: Failure

Eventually comes the time when the glands are no longer able to keep the blood chemistries to within safe homeostatic limits. The control systems will make the best possible compromises, but the abnormal chemistries may interfere with the normal functioning of other organs and may cause accelerated damage to other organs and tissues. Once a functional disease is established in one organ it will stress other organs which are dependent on the proper functioning of the first organ. This initiates a cascading process of disease in which many organs become involved.

Elasticity & the elastic limit

Physics defines the term elasticity as the capability of a strained body to recover its size and shape after deformation. Deformation is a change in shape. This refers to the ability of an elastic material such as rubber to return to its original shape. For example, when a rubber ball is bounced it flattens as it hits the floor, but then readily returns to its original round shape. Physics also defines a particularly relevant term, the Elastic Limit. This is “the smallest value of stress required to produce permanent strain in a body.”⁶ Stress is the force which causes the deformation (change in shape). Strain is the amount of deformation (either temporary or permanent). A straight plastic rod will bend and then return to a straight position. However, if you bend it too far the plastic stretches and no longer returns to its original shape. Or it snaps. The rod can only sustain a certain amount of stress and still bounce back to its original shape. If the stress exceeds its elastic limit, there is a permanent change in shape.

Living organism, including ourselves, react much like plastic in that we have an elastic limit, though a better term for humans is coping limit. We can be subjected to multiple stresses and still bounce back to our original status. However, if we experience an extreme stress such as from severe emotional or physical trauma, our coping limit is exceeded and we break down. These events constitute a shock to our system. Shock overwhelms the control systems. They are unable to cope with the situation and are thrown into chaos. In response to the chaos, new strategies may be developed to cope with the homeostatic balance. This is particularly true if the control systems were having difficulty adequately controlling the internal environment prior to the shock.

As an analogy of the disease process, consider a person who receives a large financial inheritance when they are young. This represents our health reserves. As unexpected financial needs arise, they can draw on the inheritance to deal with the problem. If they replace the reserves after the crises, then they remain financially secure. However, if they do not replenish the money, the reserves will slowly dwindle. A time will come when there will not be enough reserves left to get them through a financial crisis. The smaller the reserves, the less of a financial crisis they will be able to weather. If in addition, they squander their inheritance through constant frivolous spending, their inheritance will quickly be depleted. This is the effect of bad habits such as smoking or excessive alcohol use.

Triggering events

A triggering event is any event which exceeds the elastic limit. For example, imagine an old bridge. Each time a vehicle rolls over it, it bends. Cracks slowly develop and expand. Its elastic limit is decreasing. Finally one day a truck rolls over and it gives way. That truck precipitated a situation which had been developing for years. By contrast, a major earthquake can even collapse a new bridge despite a high elastic limit.

In humans, a triggering event may precipitate a health crisis. In excellent health (high coping limit), it takes a major trauma to exceed the coping limit. But if the health is poor (low coping limit), a small, seeming insignificant event can trigger a break down or health crisis. In the latter case the response to

the triggering event is out of proportion to the event itself because the recuperative powers have been undermined. The seemingly insignificant event is the straw which breaks the camel's back.

It should be noted that stress itself is not a bad thing. In fact, certain levels of stress or stimulation are necessary for good mental health. We actively seek out stimulation as an antidote to boredom.

Emotional shocks

In the chronicles of medical case histories, there are periodic references to cases which can be traced back to a traumatic event as the onset of the patient's ill health. The type of events cited are often violent illness, traumatic accident or a severe shock such as the death of a loved one. The shock of the event throws their system into overload. There is typically a strong element of fear involved related to the event. The fear puts the person subconsciously always on the defensive against a repeat of the trauma. Often new patterns of response are generated to cope with the overwhelming situation. Later, after the crisis has passed, the mind may still reactivate these response patterns when it is reminded of the trauma. It is a defensive response activated by subconscious fear and often it is not an appropriate response to the current situation. To free ourselves from the ill effects of shock, we must reconcile the trauma and reintegrate our emotional and physical patterns.

Functional versus organic disease

Organic disease indicates that there is actual damage to the organs. Although damage is gradually occurring during all of the three stages (weakening, compensation & failure), we do not usually designate the disease as organic until it has progressed to the point where there is significant damage to the organs or structures. At this point the disease usually has some distinctive characteristics which allow it to be labeled or diagnosed. This usually occurs around the beginning of the third stage. Ultimately, complete failure of an organ may result. However, prior to the point where it becomes designated as organic, there are other interesting phenomena occurring. (1) Functional disease occurs when one or more of the control systems become subjected to a chronic irritation or strain which prevents it from proper operations. All the organs are still fully capable of functioning properly, but they are misguided in their functioning because the internal guidance system is compromised. Its like a boat with a broken navigational system. Restore the navigational system and the boat can again find its way. The prime example of this is the subluxation. An injury may initiate the subluxation. The subluxation results in irritation to the nerves as they leave the spine on their way to organs and other structures. These organs may greatly increase or decrease their activity. Their altered function constitutes a functional disease. (2) Another cause of a functional disease is the group of diseases called psychosomatic. Strong emotions cause an glandular imbalance which results in symptoms. For example, there is a known connection between heart disease and highly driven, ambition, type A personalities. Certain drugs, sugar and other dietary errors shift the balance of key minerals which control the reactivity of the nerves. Chronic stress of this type causes specific groups of symptoms and is yet another example of functional disease.

Normally functional disturbances are evident before the organic damage is significant unless there is rapid and extensive damage such as may occur with poisons or infections.

Disturbed control systems

Even in the early stages of the disease process there are disturbances in the control system. Since these are usually the first indications of disease, the knowledgeable physician looks to these systems for both the early detection of disease and to unravel the underlying process of the disease.

Eastern medical practitioners look for changes of the qi flow as determined by the pulses. Chiropractors & osteopaths look for evidence of subluxation patterns consisting of changes in posture, pain, spasms and vascular changes around the spine. Western medical practitioners look for changes in blood chemistry. Since these changes all effect the cellular environment, they generate progressive degenerative changes in any number of remote locations. An endless variety of symptoms & diseases are the result.

Naturally, the diseases we develop are rarely from a single cause. We are all subject to small and large traumas, to dietary indiscretions, lack of exercise and emotional stresses. It is the accumulated effect of all these factors which take their toll on us.

Heritary Factors	Primal causes (Destructive factors)		Triggering events → Pathways precipitated by shocks & triggering mechanisms →	Indications		D I S E A S E
	Spiritual (internal)	Physical (external)		Functional	Organic	
Genetic error Inherited dietary requirements, body types & characteristic disease processes	Mental & emotional factors (Auto-suggestion)	Dietary error <ul style="list-style-type: none"> • Nutritional deficiency • Digestive sabotage • Water deficiency 		Signs & Symptoms		
		Lack of exercise				
		Injurious factors <ul style="list-style-type: none"> • Subluxations • Infections and parasites • Other injury factors 		Damage		
		Shallow breathing				

Table 1

Putting it all together

This concludes the overview of the new paradigm on health and disease. It is summarized in table 1. We inherit certain body types, metabolic tendencies, dietary needs and the tendency to different type of disease processes. (column 1) This inheritance will determine our individual requirements for health. Most of us are fortunate to start life with genetic integrity which allows us our full potential for health. The primal causes of disease are listed in column 2 & 3. The first group is our own beliefs, attitudes and emotional sense of life. (column 2) These factors are directly under our volition. The second group of primal causes include dietary errors, lack of adequate exercise, other injurious factors and improper breathing. (column 3) Equally important is our spiritual growth process. When this becomes blocked or challenged, we lock energy in the body and set the stage for the disease process. As these various primal causes work to undermine our health, the regenerative forces which are coordinated by the innate vitalism continue the struggle to rebuild the health. Gradually as our health is undermined we progress through a slow weakening, followed by glandular compensation and finally organ failure. During this process our coping limit becomes less and less, meaning we have continually less coping ability. Triggering events exceed our coping limit. (column 4) If there is a lot of fear involved with the event, some abnormal response patterns can develop. (column 5a) Generally functional diseases develop first. Given time organic disease develops.(column 5b)

notes to part 2

- 1 - Secrets of Long Life-How to remain healthy, sexual & actively working beyond 100 by Dr. Morton Walker, Devin-Adair Publishers, 1983
- 2 - Hunza, The Himalayan Shangri-La by Taylor, R & Nobbs,M 1992
- 3 - Ibid. Dr. Walker
- 4 - Burr, Harold The Fields of Life 1972 Ballantine Books pg 62-67, 88
- 5 - Heart cells can be kept alive in the laboratory for well beyond our life expectancy.
- 6 - College Physics 6th ed. Schaum's Outline Series, McGraw-Hill Books, p. 90

Part 3: Fleshing out the paradigm

Nutrients and wastes

The cell environment and the health of the cell is the ultimate criteria of health. Whatever factors can detrimentally alter the cell environment are primal causes of disease.

Whenever the cell environment is impaired, the cells & tissues either starve or are drowned in their own wastes. This effect can occur either at a local level or a systemic level. At the local level, the cellular environment will be adversely effected if the operation of the blood vessels, lymph and nerve supply is impeded. These various vessels pass between and through muscles and other structures. If these structures create obstructions to the vessels, then the cellular environment degrades and the cells get sick or die. These structures can be obstructed thorough injury, scar tissue formation and psychological muscle tensing. The original osteopaths worked and kneeled the muscles and associated structures to free up the vessels and restore normal function to the areas supply by those vessels.

At the systematic level, there can be a general insufficiency of raw materials, i.e. nutrients, oxygen and water. If this occurs, the body prioritizes the delivery of essential nutrients giving the most critical systems first priority. Thus the blood supply to less critical systems, such as the muscles, may intentionally be restricted to ensure delivery of nutrients to more critical systems. So the initial symptoms of nutritional deficiencies may be decreased endurance or general fatigue.

Also at the systematic level, the elimination systems may become overwhelmed. Wastes are normally processed and eliminated by the liver and kidneys. When these organs are unable to keep up, the first response of the body is to utilize secondary elimination routes. These include the lungs, skin and other mucus membranes. In another words, any direct path to the external world. The wastes secreted through these membranes tend to be irritating and often cause inflammation. If wastes are eliminated via the lungs and respiratory system, there may be discharge of phlegm and bad breath or sinusitis. Via the skin, there may be rashes, eczema or psoriasis. Via the membranes of the intestines, there may be colitis (physiologically, the contents of the intestines are considered outside the body). That is why these tend to be among the most common compliants of otherwise healthy people, along with back pains and digestive problems. If despite all this, the body is still unable to depose of all the wastes being generated, then the body is force to deposit the wastes in the tissues. There is no other option left. Again the body will prioritize the depositions. The blood flow becomes more sluggish in the lest critical systems which are the joints and muscles. Now instead of wastes being flushed out of these areas, they begin to accumulate in the tissues around the joints and muscles. The result is joint and muscle compliants, such as arthritis and fibromyalgia, which are extremely common.

Hereditary factors

Morphological types

W. H. Sheldon developed a classification of morphological types generally acknowledged by western medicine. There are three basic body types named after the three primal germinal tissues found in embryos. Ectomorphics are thin wiry type. Clint Eastwood is an example. They can eat all they want without putting on weight. The women naturally have the small thin bodies of models and usually small breasts. Mesomorphics have husky muscular builds. They may put on some fat, but over a muscular frame. Think John Wayne. Endomorphics have very efficient metabolism. They have heavy rounded bodies with the tendency to turn everything to fat.. Think John Candy. This is good if your have to

survive a long cold northern winter with a limited food supply. Today however, it's mostly just a constant struggle against weight gain.

In India, Ayurveda medicine also recognizes three similar constitutions which they call dosha's. These each represent a different metabolic type which have different requirements of diet and exercise.

Dr. D'Adamo's blood types

Dr. Peter D'Adamo, N.D. proposed a theory that blood type provides a specific indicator of our hereditary metabolic type. He postulated that early Cro-Magnon man had no antibodies in their blood and were thus type O. They were hunters and thrived on meat. As humans begin to grow crops & raise livestock type A blood developed. Type A blood had greater resistance to infections which were more frequent in crowded settlements. Their diet consisted primarily of crops. Later as other groups left the fertile river valleys and pushed northward, they became herders and their diet changed to meats and dairy. The blood type B came into being. Recently, the intermixing of blood types A & B has resulted in type AB (only about 5% of population.)

Dr. Hahnemann's miasma

Dr. Hahnemann, the founder of homeopathy, noted that despite prescribing the correct remedy, patients with chronic diseases would often relapse. After years of meticulous observation, he concluded that these chronic conditions had an underlying hereditary condition which he dubbed miasma. He identified three miasma, each of which manifested unique symptom characteristics. Other miasma types were later identified by others which are usually considered to be hybrids of the primary three.

Next time you are in a crowd, notice the wide variety of shapes and sizes that people come in. We can not say what the final consensus on this issue may be, but there is undoubtedly significant correlations between Hahnemann's miasma, the morphological types, the dosha's and the blood types.

The important point is that heredity endows us with different body types. Each body type has a different metabolism with distinct disease tendencies, varied dietary requirements and different activity needs. The types even appear to have distinct temperaments. What may be a healthy diet for someone else may not be for you. Thus, our heredity provides most of us with the potential for excellent health, but it does impose upon us some individualized requirements and limitation with regard to diet and activity which must be observed if we wish to continue to enjoy optimal health.

Nutritional deficiency

As a result of modern methods of growing, preserving and preparing food, most diets lack sufficient organic trace minerals, heat liable¹ amino acids & enzymes. "The Health & Nutrition Examination Surveys conducted by HEW indicate that greater than 75% of americans consume a diet that is nutritionally inadequate. Data from the Essential Metabolic Analysis (EMA), the only currently available test that determines functional nutrient status indicates that 90% of patients tested are deficient, with an average of three deficiencies per patient."²

1. Insufficient basic nutrients.

Trace minerals are lacking because most commercial food is grown on mineral deficient soil. Instead of returning organic materials back to the soil, artificial fertilizers are used for fast growth. Lacking a proper balance of nutrients, the plants become vulnerable to insect pests which can now only be controlled with pesticides. The pesticides kill the soil organisms, bacteria, mycorrhiza (fungus) & earthworms, which are necessary for healthy soil. With no earthworms to aerate the soil nor organic materials to hold the water, the soil becomes hard packed. The soil is no longer living nor

healthy. Various studies have shown that food grown on healthy soil dramatically decreases the incidence of infections & illness in both animals & people.³

The processing and preservation of food further depletes vitamins and minerals. For example, B6 losses are 15-56% in freezing, 43-77% by canning and 72% by the refining of grains. Refined flour lost 50-86% of seven vitamins tested and 40-88% of minerals.⁴ Of course, the longer food is stored the more nutrients are lost. Some amino acids are destroyed by heat. Boiling and steaming vegetables leaches out water soluble vitamins. It's a wonder that any nutrients are left by the time our food reaches our plates.

2. Insufficient intake of raw food

Several of the essential amino acids are destroyed by cooking.¹ All the amino acids need to be present in sufficient quantities for any of them to be utilized in the productions of enzymes and other proteins. Imagine an automobile assembly plant that runs out of pistons. There may be an abundance of every other part, but until they get more pistons, no cars can be built. If other parts continue to arrive at the plant, they will have to be stored in the warehouse until the pistons arrive. Soon the warehouse will be overflowing with parts but no automobiles can be made. A similar situation occurs with amino acids. If certain amino acids are chronically deficient, an excess of the other amino acids can accumulate in the blood and tissues, while critical proteins and enzymes fail to be made.

3. Insufficient enzymes

Raw food contains enzymes which help to digest it. Enzymes helpful in digesting the food are destroyed when it is cooked over 118° F. If our digestion is weak, then incompletely digested food particles end up being absorbed into the blood. This in turn causes changes in the blood such as clumping of the red blood cells or inhibition of the white blood cells. This decreases the ability of the blood to carry oxygen & fight infections. If the oxygen delivered to the cells drops to 60%, the cells become cancerous.⁵ It is of note that Dr. William Kelley considers the lack of pancreatic enzymes to be the cause of cancer.

Autonomic nervous system balance

The balanced functioning of the autonomic system is under the control of the glands and is very directly effected by the presence of or lack of specific nutrients necessary for its operation.

Whole food concentrates versus synthetic supplements

Foods containing naturally high amounts of certain vitamins also contain many other factors associated with the activity of the specific vitamin. These factors are not found in the isolated synthetic vitamin product. For example, natural vitamin C complexes contains, in addition to ascorbic acid, vitamin P factors⁶ (bioflavonoids, hesperidin, rutin) important for blood vessel strength, vitamin K needed to prevent excess bleeding, vitamin J needed for oxygen carrying capacity and tyrosinase, an important adrenal activator. All of these factors work together for the health of the vascular and adrenal system.

Vitamin E is normally associated with the other fat soluble vitamins, (Vitamins F, A, K, & D). One factor, E2 is a powerful muscle relaxant, particularly for the heart. Vitamin B may have as many as 36 factors rather than the dozen or so found in most Vitamin B formulas. Even though only needed in small amounts, these other factors are still important and they are found in natural food concentrates.

Chromograms are made using filter paper and a solvent to separate the various compounds of a vitamin or other substance. The result is a circular pattern. Ascorbic acid (isolated Vitamin C), results in a simple target type of pattern with several concentric rings. Natural vitamin C results in a rich complex pattern closely resembling lace. There is a distinct difference in the two products. The differ-

ence may not be important to the chemist, but they are to the body and to your health. The only adequate nutritional sources for us are biological. Artificially formulated vitamin supplements are inadequate.

Summary

As a result of these many factors, it is almost impossible to get adequate nutrition from our current food supply.⁷ We must supplement our diet with a quality raw, whole food source of nutrients.

Raw whole foods which are rich sources of vitamins and minerals include alfalfa, fresh whole wheat with the germ, oats, peas, mushrooms, liver, carrots, kelp, yeast, sprouts, honey, fruit & vegetable concentrates, and algae. Various algae such as spirulina and blue green algae are an excellent general supplement, because of the high mineral content and ideal amino acid profile.

Digestive sabotage

1. Dietary excess

Over eating generally, and the excessive consumption of poor quality food overtaxes the digestive and eliminatory systems. As the cells use the food, wastes are created and must be eliminated. If these can not be adequately eliminated, they are deposited in the tissues.

- ◆ Excess proteins create uric acid which gets deposited in the joints as gout.
- ◆ Excess sugars create carbonic acid which gets deposited in the muscles and joints as muscle pains and rheumatoid arthritis.
- ◆ Excess saturated fats create cholesterol & triglycerides which gets deposited in the arteries as atherosclerosis (hardening of the arteries) and in the gall bladder as gall stones.

2. Improper food combining

Proteins, carbohydrates and fats are all digested differently. Proteins are digested slowly and only proteins are chemically digested in the stomach. Carbohydrates digest relatively quickly. They are processed in the mouth and small intestine. The small intestine completes the digestion of all three. The bottom line is that proteins and carbohydrates interfere with each other during digestion. As hunter-gathers, people probably feasted on meat, high in proteins and fats, when the hunt was successful. At other times they would be eating mainly fruits, nuts and tubers.

3. Insufficient chewing

Chewing is the first stage of digestion. The more thoroughly the food is chewed, the less work needs to be done by the rest of the digestive system. In addition, there are enzymes in the saliva which preform the first stage of starch digestion. This stage is aborted when food is bolted down.

4. Activity immediately after meals

There are two divisions of the autonomic nervous system. One branch is devoted to physical and mental activity. The other branch is devoted to digestion and metabolic processes. When you become very active, the digestion is severely inhibited. That allows blood being used for digestion to be diverted to the brain and muscles for activity. The natural tendency after a big meal is to become drowsy. The body wants you to be inactive so it can focus on digestion. When you eat and run, you tend to gobble down food without properly chewing, and then the activity following the meal interferes further with proper digestion. Is it surprising that you often end up with indigestion?

5. Eating foods we are not designed to digest

For millions of years of evolutions our diets, as hunter gathers, consisted primarily of meats, fruits, nuts, berries and tubers. These were supplements with grubs, greens and assorted other vegetables

and occasional eggs. There was minimal, if any grains until 5 or 6 thousand years ago. There were no fried foods before frying pans. There was no canned, frozen or otherwise processed foods, and no food additives until recent times. The health of ancient people has been shown to deteriorate with the transitions from hunter-gather to agriculture. It seems that our bodies are not evolutionarily designed for such a high intake of grains. Wheat and corn are also among our most common food allergens. As for the fried and processed foods, our digestive systems simply have not evolved the capacity to digest and process these new 'foods' efficiently.

6. Eating food additives

Food additives and preservatives are not foods. Most are toxins which place a burden on the liver which is charged with detoxifying and eliminating these items.

7. Antibiotics kill necessary intestinal bacteria

The intestines work similar to a compost pile. When working properly both are full of microorganisms hard at work decomposing the food. With the proper balance of microorganisms, also called flora, the process goes smoothly. In healthy small intestines, the predominant flora helps create an acid environment which inhibits growth of the bacteria and yeast which produce gas or toxins. Antibiotics kill all the flora except the yeasts. This allows the proliferation of the yeasts, in particular *Candida albicans*. *Candida* produces toxins which can be absorbed by the intestines. Under these conditions, the *Candida* change from a benign form to a form in which root-like structures burrow into the intestinal walls. This damages the gut wall. The *Candida* can also escape into the blood stream and invade other tissues.

The effect of digestive sabotage is to generate more wastes which the body must deal with. If too many wastes are generated or the ability of the liver or kidneys becomes compromised, then wastes unable to be eliminated will be stored in the tissues. The need to eliminate these wastes forms the rationale for many therapies such as fasting, juice & raw vegetable fasts, colonics, sweats & liver cleansing. These have been highly successful for remedying the effects of accumulated wastes.

Insufficient water consumption

The body needs to keep a certain amount of water at all times to maintain the blood pressure & hydrate the cells. The excess water is used to flush out toxins through the kidneys. As the intake of water diminishes, the kidneys must work harder to conserve the existing water. Waste elimination isn't as efficient.

Lack of exercise

Exercise plays an essential role in ridding the tissues of accumulated wastes. Vigorous exercise increases circulation and opens the small blood vessels deep within the tissues. Wastes are thus flushed out of the tissues. Movement also provides the pumping action within the muscles which returns the lymph back to the heart.

Exercise also improves muscle tone. This is very important. As bipeds who walk on two feet, we wage a constant battle against gravity in our endeavor to remain standing. As postural muscle groups of the trunk lose tone, the spinal curves become accentuated. This necessitates more effort to remain upright and accelerates the wear on the spinal joints. Subluxations (spinal problems) develop and progress with time.

Stretching and yoga keep the muscles & joints flexible.

Subluxations

1. The Subluxation is a loss of normal spinal function

The spine contains 24 movable bones which are designed to be both flexible and carry a load. This dual function of the spine make it particularly vulnerable to injury. Spinal injuries impair the functioning of the spinal muscles, joints, blood and lymph vessels and nerves. Chiropractors call these aberrations subluxations.

2. There are two basic types of subluxation. Injury subluxation and reflex subluxation.

- ◆ Injury subluxations are primary subluxation. They result from spinal injury and the loss of spinal muscle tone.

Poor muscle tone means the spinal structures have less support and are therefore more susceptible to injury. Injuries may be the result of repeated micro-trauma (small injuries). These occur from repetitive tasks such as shoveling or picking up a child. Injuries may also occur from falls and accidents or as a result of an unexpected load, sudden jolts or impacts. These injuries, small and large tend to be cumulative.

1. Injury causes permanent damage to the soft tissues of the spine (muscles and ligaments), if untreated.
 - ◆ Injury results in inflammation. There are also alterations in nerve response, muscle tone & mobility.
 - ◆ Research shows that within one week of an injury, muscle damage begins and within a few weeks, becomes permanent.⁸
 - ◆ Obviously, any spinal trauma, pain, soreness or other symptoms need immediate chiropractic care to prevent permanent changes.

2. These soft tissue changes cause faulty spinal mechanics.

Adhesions, ligament shorting and other soft tissue changes prevent the normal smooth joint movement. This causes irritation and further restriction of movement.

3. Faulty spinal mechanics cause progressive spinal degeneration.

A subluxated spinal segment means that its movement is aberrant or non existent. Aberrant, faulty movement cause wear on the joints. Gradually the faulty movement wears the joints out. Research demonstrates that any loss of normal movement in a joint causes irreversible degeneration within 2-3 weeks.⁹

- ◆ Reflex subluxation are secondary to organ distress. While not a primary cause of disease, they perpetuate disease.

Since virtually any organ distress will generate a reflex response to the spine in the form of sore and tender points along the sides of the vertebra, the early stages of disease can be detected here long before other signs and symptoms manifest. The spine is an excellent early detection system for disease.

3. Subluxations and the nervous system.

- ◆ Nerves control all functions

Gray's Anatomy states: "The purpose of the brain and nerve system is to control & coordinate the function of all the tissues, organs and systems in the body and to adapt the organism to its environment."

Spinal nerves go to every organ & control normal functions.

- ◆ Subluxation interferes with normal nerve conduction.

Initially, the changes in the joint irritates the local nerve roots. As degeneration progress, the nerves become compressed, which causes pain and degeneration of distant organs.

Dr. Su at the University of Colorado clamped the spinal nerves of anesthetized, life supported animals while measuring the electrical output. The electrical output began to decrease at 6 ounces per square inch pressure, and continued to decrease as increasing pressure was applied. At 12 ounces per square inch the electrical output ceased & the organ supplied by the nerve died. Basically, the organs can not live without a nerve supply.

Other research demonstrated about 98% correlation between diseased organs and spinal subluxation in the region of the spine providing nerve supply to the diseased organ.¹⁰ The mechanism is probably an interference of the blood supply which is controlled by the spinal nerves. Interfering with the blood supply disrupts the normal cell environment.

4. Characteristics

- ◆ Subluxation often begins at birth.

The frequent practice of pulling the baby out of the birth canal exerts horrendous stretching force on the neck. Spine & brain stem damage occurring during birth killed about 5000 American newborn babies a year in the early 1960's.¹¹

It can be assumed that for every baby that died, many more were born with upper neck damage. Studies indicate that these upper neck problems cause a wide range of symptoms, most of which are quickly resolved with gentle adjustments. A short list of baby problems which are normally resolvable in 3 to 5 treatments include colic, digestive problems, middle ear infections, bedwetting, asthma, bronchitis, headaches, sleeping disorders, retarded development and other conditions.^{12, 13}

- ◆ Subluxation often have no symptoms.
- ◆ As subluxations progress, pain may extend into the arms, legs and head. Normal organ function is disrupted.
- ◆ Advanced subluxations cause the organs to degenerate or fail.

Until the subluxation is well established, there is usually no symptoms except for a local tender area. Since it may only be tender when pressed on, people are often totally unaware of its presence. This is the danger! Serious problems are silently developing.

5. Cerebrospinal fluid and cranial "subluxations"

A continuous sack-like membrane surrounds the brain and spinal cord and contains a fluid which bathes the central nervous system. This fluid, called cerebrospinal fluid, is produced in the cavities of the brain and flows around the brain and cord. Its major known function is to cushion the brain and cord. While the circulation of this fluid is well known, it is not generally known or accepted by medicine that the cerebrospinal fluid has an active pumping mechanism. This mechanism, called the primary respiratory mechanism, was discovered by Dr. Sutherland, an osteopath. Cranial Osteopathy was developed by him to treat problems resulting from the interference of the pumping mechanism. This therapeutic system formed the basis of CranioSacral Therapy, Sacral Occipital Therapy (SOT) and other cranial related therapies which are generally accepted by chiropractors and osteopaths but not by the medical profession.

The sutures or joints of the skull actually form an intricate system of hinges and sliding joints which allow the skull to expand and shrink with each breath cycle. Medical science claims that these joints do not move. However, close examination of the sutures from an engineering perspective show that they are perfectly designed for micro-movement. Furthermore, since it is known that non-moving joints generally fuse together, these close fitting sutures would most certainly fuse solid if they were not constantly in motion. It can be verified by close visual inspection that most skulls have sutures which are not fused. X-ray studies at Michigan State University's College of Osteopathic Medicine have finally confirmed these cranial movements.

On inhalation, the skull expands and the spine elongates; the reverse occurs on exhalation. This results in a pumping action. The exact purpose of the pumping action is not known. Most likely the squeezing action to the brain and cord increases the delivery of nutrients to the neural tissue. The mechanism would be similar to rinsing out a sponge mop. The dirty water is squeezed out and then replaced with fresh water. Clinically, it is noted that when the movement becomes locked up, problems develop. Locking occurs as a result of trauma, either from birth or from other physical or psychological trauma.

In summary, there is an alteration of neural function whenever normal movement of the structures encasing the central nervous system is compromised. Thus cranial locking and subluxation are a cause of neural aberration. This indirectly effects the cellular environment.

Infections & Parasites - injury factors

1. Parasites

The role of parasites is probably underestimated. Parasites are a normal feature of the natural world, attacking the strong as well as the sick and weak. Parasites residing in the intestinal track deprive the body of some nutrients. Others, such as flukes & trichinosis eat their way through the muscles and organs. Protozoa are microscopic organisms, some of which cause specific illnesses such as malaria & amebiasis dysentery.

We are exposed to parasites more than we realize. We can get them from our pets, from undercooked food (especially meats and fish), and from contaminated water and soil.

They are also difficult to eradicate. Most medicines strong enough to kill them are also harmful to us.

2. Infections

Infections are invasions of microorganism (bacteria, virus & fungus).

◆ Healthy, robust people rarely get infections

Micro-organisms play an essential role in decomposing dead plants & animals. They are designed to live on dead material. The high oxygen level of healthy tissue kills most disease organisms. In general, disease organisms will only thrive on weak and dying tissue.

In one experiment, a scientist and his staff ingested cholera bacteria. While some of the staff came down with the infections others were completely unaffected.

◆ Chronic infections

If we do not completely eliminate invading viruses, they may find safe haven within the cells where they can survive for years. Both herpes virus & syphilis are known to live dormant in the nerves for years. It is a possibility that live vaccines may allow viruses to survive by bypassing normal immune response.

Other injury factors

1. Poisons

There are numerous artificial and natural poisons. Exposure is particularly common in occupational settings.

2. Drugs

Drugs, by definition, alter normal function. The most potent drugs are prescription medications and some of the illegal recreational drugs. All prescription drugs are potentially lethal poisons. 2000 Americans die per week from reactions to prescription drugs.¹⁴ Most drugs are neutralized by the liver and then eliminated by the kidneys. In the process many drugs cause damage to these organs. Tylenol & Ibuprofen can and do destroy the kidneys.¹⁵ Over the counter pain medications kill 16,000 Americans every year.¹⁶ Even though medicinal herbs are relatively safe, they still must be used with care. In addition, tobacco, alcohol and coffee are all drugs. Nicotine and caffeine both strongly effect the nervous system and the vascular system. Nicotine depletes our Vitamin C. Excessive alcohol use destroys the liver.

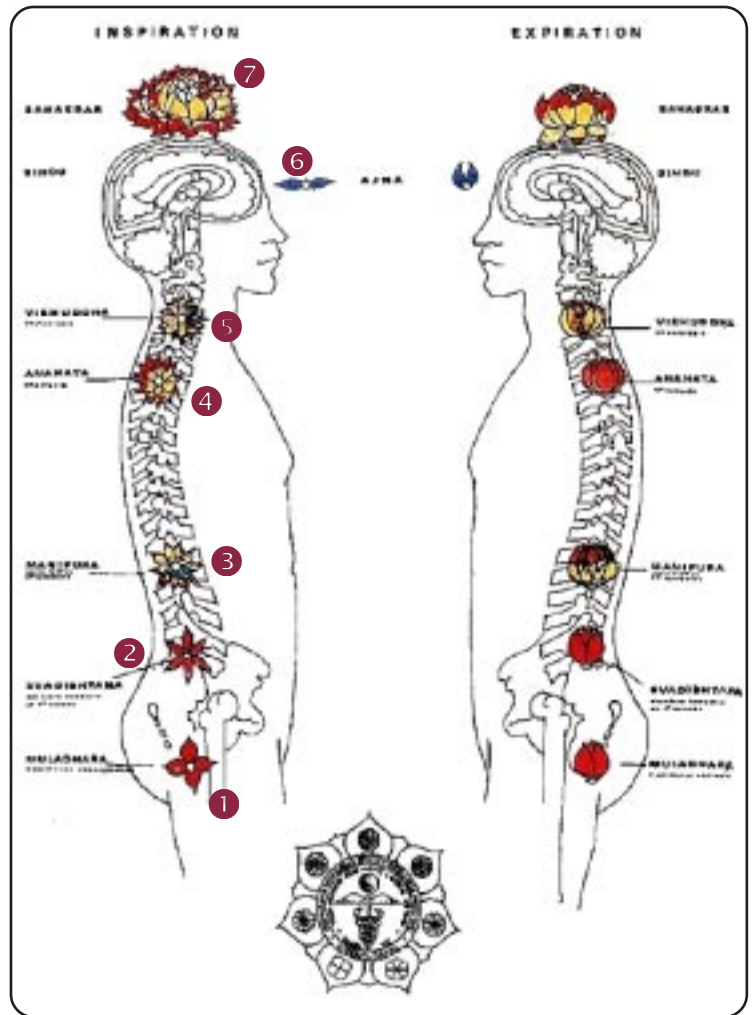
Environmental pollutants & foods that are altered from their natural state put an additional burden on the body. For example, margarine is made from healthy polyunsaturated oils. Polyunsaturated means the oil has many(poly) unsaturated bonds. The oil is then saturated with hydrogen so that it is no longer polyunsaturated nor healthy. Margarine increases the bad cholesterol while decreasing the protective cholesterol. It is suspected of increasing the risk of some cancers.

3. Environmental exposure

Heat, cold, wet and dry.

4. Radiant energy

There are different types of radiant energy. The most damaging types come from radioactive sources. These include high energy particles and gamma radiation (high energy electromagnetic waves). Other forms of electromagnetic energy such as strong sources of microwave, ultraviolet and infrared can all be harmful, particularly with prolonged exposure. Probably the only microwave sources strong enough to be harmful are found near microwave or radar broadcasting antenna. Old leaky microwave ovens could also be a problem. Ultraviolet from the sun causes sunburns and skin cancer. Going to sleep under an infrared heat lamp could result in skin burns. ELF (extremely low frequency) waves cause mental and emotional derangement¹⁷ Apparently they alter the normal firing rate of brain waves. The 60 hertz flicker from florescent lights are reported to trigger epileptic seizure presumably by this same mechanism.¹⁸ Since the 60 hertz power lines are in the ELF range, accusation have been made that it is a health hazard to live near the high voltage cross-county



power lines. An interesting side note is that people living over certain geological formation and particularly underground flowing water have been reported to have higher incidence of cancer and other health problems. The effect may be from subsonic vibrations which act as an irritant to the nervous system.

Mental/ emotional factors

The mind-body connection

There is a famous phenomena associated with hypnosis which illustrates the power of the mind over the body. If a hypnotized subject is told that a pencil eraser is the burning end of a cigarette and if the eraser is then placed against the subjects skin, a blister will quickly develop as if the subject was actually burned. Thus an absolute belief held by the subconscious will cause the body to respond accordingly. This phenomena clearly demonstrates the power of the mind to elicit a powerful bodily response via the nervous system. Obviously, firmly held beliefs can profoundly affect the course of a disease.

The role of fear on health

- ◆ Worry, anxiety, & low self esteem are all aspects of fear.
- ◆ Fear stimulates the sympathetic nervous system which is responsible for dealing with danger. All functions not immediately needed to deal with a threat are shut down. Thus the processes of digestion and repair are inhibited.
- ◆ Fear directly stimulates the sympathetic nervous system, and causes the release of adrenalin.
- ◆ Fear causes tension and rigidity in postural muscles in preparation to fight or run.
- ◆ Fear inhibits the immune system as well.

Chronic fear patterns are core beliefs usually established during childhood (& perhaps even in the womb ¹⁹). They are based on how safe and secure our experiences of childhood were.

Emotions

Emotional reactions effect a portion of the brain called the hypothalamus. This portion of the brain is a neural link to the pituitary gland. The pituitary is the master gland of the body. It releases hormones which then stimulate the other major glands (thyroid, adrenal, gonads). The hormones, of course, mediate the metabolic activity of the body. Thus, a strong link exists between emotions and the metabolic activity of the body.

Armoring

Ever get tense? Tensing is a way of preparing for anticipated danger. But it is also a way of suppressing the experience of feelings. Uncomfortable feelings such as hurt, grief, anger, etc. can be suppressed by tensing areas of the body related to the emotional pain. People often tense their postural muscle to block experiences of feelings which are uncomfortable or painful. This alters their postural carriage to one which is less effective and less flattering. Dr. William Reich called this armoring. Dr. Alexander Lowen developed a psychotherapeutic system called bioenergetics based on releasing the stored emotional content of muscular areas such as the jaw and pelvis.

Life stages

Just as the child goes through various developmental stages, there is continued growth throughout life. There are periodic crossroads in which we must deal with various identify crises. The main ones

occur approximately every 14 years with minor ones mid way between. The major crossroads are adolescence (about age 14), the 'Saturn return' (age 28), mid life crises (age 42), and retirement (age 56). During these crossroads, we are more susceptible to acute illnesses. If we are unable to shed our old identity and embrace a grander conception of ourself, we experience stagnation of our spirit and become more susceptible to chronic illnesses.

Chakras

Hindu teaching tell of a series of energy centers in the body. Traditionally there are 7 main centers emanating from the brain and spine. However, there are a number of minor centers as well, such as at the center of the hands, feet, elbows & knees. A medical doctor, Dr. W. Brugh Joy, discovered these centers for himself in the course of his medical practice. There are excellent drawings of these centers in his book, Joy's Way .

The seven major energy centers correlate to specific psycho-emotional issues. Some examples are your sense of the world as a safe or threatening place, your loyalty to family values verse personal autonomy, sexual and relational issues, and the ability to express yourself. Specific areas of the body are also correlated to these centers. An internal conflict involving one of these issues which remains unresolved tends to manifest as distress and ultimately disease in the bodily areas associated with the center.

The significance of the chakras are expounded in the hindu literature, however, a contemporary perspective can be summarized from the works of Caroline Myss, Ph.D. and Mona Lisa Schulz, M.D. Both are medical intuitives with an impressive record of accurate diagnosis utilizing their intuition. They have found that each chakra or emotional center is a focus for specific emotional issues and effects specific organs & tissues when afflicted.

The 1st center correlates to the blood and bones, immune system and spine. It actually anchors to the sacrum which is the foundation or base of our spine. Emotionally it relates to our sense of safety and support in the world. It particularly relates to the dynamics of our family of origin or intimate community (tribal sense). It represents gaining the protection of the group in exchange for accepting the values of the group.

The 2nd or sexual center physiologically relates to the structures in and around the pelvis, which are the genital organs, bladder, kidney and ureters, part of colon and the low back. It should be noted that the kidneys and genitals arise from the same embryonic tissues. The center relates to our sexual energy. On one level it is associated with the process of loosening our bonds from family and forging new ones with peers and intimate partners. It is also about ambition and the drive to create and to acquire what we desire. It is also our ability to process and eliminate negative feelings.

The 3rd center or solar plexus includes the structures found in the abdominal cavity, including the intestines, liver and gallbladder. It may even include the mouth and upper digestive tract. It relates to our sense of personal power, our self confidence, our ability to take care of ourselves and accomplish objectives. Symbolically it is our ability to assimilate the experiences of life and to utilize what we have learned.

The 4th or heart center rules the structures of the chest, specifically the heart, lungs and breast. It relates to matters of the heart, love, nurturing, compassion, our relationships and feelings.

The 5th or throat center controls the structures of the neck, including the thyroid and throat. Emotionally, it relates to communication, self expression, and declaring our will or intention. The neck bridges our head and heart and so also relates to the communication between these two types of thinking. If we can establish rapport between our head and heart (logic & feeling), our level of expressive capacity is significantly enhanced.

The 6th center governs the structures of the head including four of the organs of perception (sight, hearing, smell, taste) and the brain. This corresponds to our ability to receive and process sensory information and to interpret it. Thus, this governs are perceptions of reality.

The 7th center relates to the connective tissues, muscles and genes. It is the blueprint of who we are, our destiny and the structures which hold everything together.

Improper breathing

According to some teachings, such as yoga and Huna, breath is the key to long life and health. They assert that certain breathing exercises accumulate Qi or life energy. It may only be the difference between fully oxygenated blood and minimally oxygenated blood or it may have something to do with the full operations of the cerebrospinal breathing mechanism and its related fascia network. Or, there may well be subtle mechanisms at work, as yet unknown to science.

Synopsis of the root causes of diseases.

While it is tempting to consider the occurrence of a disease as an accident of nature, we know that there are causes behind all events. Delving deep into the causes of disease, I have been able to identify only a few root causes. All diseases appear to be a result of some combination of these root causes.

The Root Causes are:

1. **Missing nutrients.** Most people lack various key nutrients in their diet due to the poor quality of commercially grown or processed foods. A deficiency of any key nutrient means the sacrifice of some function or the loss of integrity of some structure. The main factors involved are insufficient basic nutrients, insufficient intake of raw foods and insufficient enzymes.
2. **Digestive sabotage.** When digestion is interfered with, more wastes are produced. When the intake or generation of wastes exceed the body's ability to eliminate them, the wastes are, by necessity, deposited in the tissues. These wastes in the tissues inhibit the proper functioning of these tissues or may even kill them.
3. **Lack of exercise.** Exercise is essential for flushing the wastes from the tissues.
4. **Spinal subluxations & other trauma.** Spinal trauma, both major & minor, cause the development of subluxations. These create interference to the nerves and blood supply going to the organs. The organs suffer as a result.
5. **Infections and parasites.** Many infections, such as strep and mumps, can cause permanent tissue damage. Some infections, such as syphilis, herpes and hepatitis, can establish a permanent foothold in the body. Parasites are much more common than we care to realize. In general, infections & even parasites have difficulty getting a firm foothold on a healthy body. Thus most people who succumb to these assaults have already been compromised by one of the other root cause.
6. **Other injury factors.** The other most common factors are poisons, drugs, environmental exposure and radiant energy.
7. **A poor attitude about life.** Attitudes and beliefs strongly affect your glandular and immune system and therefore your health.
8. **Other minor factors.** Shallow breathing keeps oxygen at bare minimum levels. Insufficient water intake slows the removal of wastes from the system.
9. **Genetic error and predispositions.** These are rare, but can cause serious or lethal diseases.

Pathways

The importance of the control systems (Qi, nervous & glandular) was mentioned in chapter one. At some stage in the disease process, these systems become disrupted and are no longer able to maintain harmonious balance within the organism. This breakdown is the result of the cumulative insults upon them imposed by the various primal causes already enumerated. This section briefly lists which primal causes each control system is most susceptible to. This represents the pathway from cause to disrupted controls system which culminates in disease. Alternately, there may be direct damage to the organism from the injurious agents.

Qi imbalance: Emotional conflicts disrupt the chakras which coordinate the qi flows, Traditionally, the qi is considered to be upset by adverse weather conditions, emotional distress and physical shocks. Overall, it seems that shocks, either physical or emotional, are the common denominator responsible for triggering derangement of the qi .

Nervous: Head and spinal trauma is probably the main cause of both subluxation and jammed cranial sutures. Poor posture sets the stage for subluxations. Exercise is necessary for proper posture. Blocking emotional pain by armoring of the muscles also alters the posture. Subluxation are also caused by reflex irritation from the viscera. Sources of irritation include parasites, infections, drugs and poisons.

Hormonal imbalance: Emotions are an important source of hormonal upset. Of equal importance are any dietary problems effecting metabolism including insufficiency of nutrients or enzymes, digestive sabotage or use of antibiotics. Even water deficiency will have some effect. Hormonal responses also result from drugs and poisons.

Damage: Damage comes from all the causes listed as injurious factors, particularly trauma, drugs, poisons, environmental exposure, infections and parasites.

notes to part 3

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- 2 - Brochure by Essential Metabolic Analysis company
- 3 - The Healthy Hunzas, J. Rodale 194 9 pps 20-35
- 4 - American Journal of Clinical Nutrition May 1971
- 5 - The Prime Cause & Prevention of Cancer with Two Prefaces on Prevention Dr. Otto Warburg; twice Nobel Laureate
- 6 - The permeability vitamin discovered by Szent-Gyorgyi and associates.
- 7 - The Health & Nutrition Examination Surveys conducted by HEW indicate that greater than 75% of Americans consume a diet that is nutritionally inadequate.
- 8 - Krusen's Handbook of Physical Medicine & Rehabilitation pg. 391 on Adhesion formation.
- 9 - Experimental Models of Osteoarthritis: The Role of Immobilization, Tapio Videman, M.D. Clinical Biomechanics, 2:223-229, 1987
- 10 - Sympathetic segmental disturbances, Henry Winsor, M.D. The Medical Times 1921, 49, 1-7
- 11 - Neglected Spinal Cord, Brain Stem & Musculoskeletal Injuries Stemming from Birth Trauma; Dr. Gottlieb; Journal of Manipulative & Physiological Therapeutics; Oct. '93
- 12 - 94% of infantile colic responded satisfactory within 2 weeks & after an average of 3 treatments. Infantile Colic Treated by Chiropractors: A Prospective Study of 316 Cases; Drs. Niels, Niels, & Jacobsen; Journal of Manipulative & Physiological Therapeutics
- 13 - 87% of middle ear infections resolved completely in 5 days. The Efficacy of Chiropractic Adjustments in Otitis Media: A Preliminary Report; Dr. Fallon; Chiropractic Pediatrics
- 14 - Yale-New Haven Hospital Study
- 15 - Tylenol causes 5000 cases of kidney failure per year in US according to New England Journal Of Medicine report of Dec. 1994.
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- 17 - Secrets of Cold War Technology, Gerry Vassilatos, 1996 Borderland Science Research Foundation pgs 238-239
- 18 - Ott, John, Health and Light- The Effects of Natural and Artificial Light on Man and Other Living Things. Old Greenwich, Conn.: Devin-Adair, 1973
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Part 4: Energy or vibrational medicine

Homeopathy

In 1810, Dr. Hahnemann published a revolutionary book which laid the foundation for an exact science of healing known as homeopathy.

Medicine's secret of cure: Like cures like

At that time it was known that quinine cured malaria, but the relationship between quinine and malaria was unknown. To discover the properties of quinine, Hahnemann drugged himself with the medicine & noted its effects. Even though he did not have malaria, he gave himself all the symptoms of malaria as long as he continued to dose himself with the drug. He had discovered the secret of determining the curative power of any medicine. The principle, called the LAW OF SIMILARS, states that a substance which produces symptoms in a healthy person cures those symptoms in a sick person. This law has been consistently verified by homeopaths for almost 200 years.

The principle of drug potentization.

Even though the traditionally prepared medicines would cure when given according to the law of similars, they were still often quite toxic. In an attempt to minimize the toxic reaction of many of the drugs, Hahnemann made an even more amazing discovery. By a special process called potentization¹, it was possible to eliminate all toxic reactions while actually increasing the effectiveness of the drug. Science is at a loss to explain how these potentized medicines work. Yet 200 years of miraculous cures attest to their effectiveness. There is now substantial scientific research further validating potentized medicine.

Research on homeopathy

Science has long denied that potentized medicine could have any effect. This is because at a 12C or higher potency the probability is that none of the original drug still remains in the medicine. Yet, scientific technology is now capable of demonstrating the reality of potentized medicines. Dr. William Nelson Ph.D. has developed several ways of demonstrating the energy of the remedy. A kirlian photo of a drop of potentized medicine reveals a distinctive energy pattern which is specific for each medicine. Even the potency of the medicine is distinguishable by subtle variations in the pattern. Freezing a drop of homeopathic medicine under rigorous condition of controlled temperature and absolute lack of vibrations will also exhibit unique crystal patterns for each different remedy.

Marcel Volga also demonstrated energy changes in water energetically charge by a crystal.² Measuring the water with an ultraviolet spectrophotometer, several additional bands of photon energy were present in the spectrograph of the charged water versus the uncharged water. The ultraviolet spectrophotometer measures the intensity of each frequency of ultraviolet light in the same manner that a prism separates white light into a rainbow.

Since potentized medicines no longer work at a chemical level, the only explanation is that it directly effects the life force. It is when our life force is weak that we develop disease. Homeopathy has demonstrated that a strong life force can heal most diseases. The correct homeopathic medicine strengthens the life force, allowing it to heal the body.

Symptoms are the body's attempt to restore health.

When the body's equilibrium is upset, the body does what is necessary to restore order. The attempt to rid itself of disease or heal damaged parts produces symptoms which may be uncomfortable.

For example, if we get an infection, it will attempt to rid itself of germs (pathogens). When germs get in the respiratory tract the body will produce and expel lots of mucus. The mucus traps the germs & carries them out of the body. Thus your nose may run, causing sneezing, or you may be coughing up phlegm from the lungs. In the digestive tract, germs or poisons are expelled by vomiting or diarrhea. The body will also generate a fever which kills many germs & increase the white blood cells needed to kill the germs. Local inflammation brings white blood cells to an area of infection.

An injury will cause inflammation which helps prevent infection while also helping to close any wound, thus speeding healing. Pain reminds you to rest the injury until it has healed.

Wastes & poisons are discarded through the bowels, urine, lungs (bad breath), & skin (rashes).

All these symptoms are there to speed recovery. Any medication which suppresses these symptoms delays or prevents recovery.

When symptoms are suppressed, the disease relocates to more vital organs.

When a drug or therapy succeeds in causing a symptom to go away without allowing the body to truly recover, it is a suppression, not a cure. This is typically what occurs in modern medicine.

If a disease is suppressed, it appears to go away, but the disease process actually shifts to more important & vital organs. Though you may seem to be better, the stage is set for more serious conditions.

A typical progression is that the body will attempt to eliminate some toxins through the skin causing a rash or other skin condition. If this is suppressed it may show up as a sinus condition or allergy. Then perhaps as rheumatism, arthritis or digestive problems. Eventually, it may end up as a chronic respiratory problem, weak heart, kidney failure or mental deterioration.

Any true cure reverses the disease progression.

Disease progresses from less vital functions to more vital functions. Symptoms which were repressed in the past will usually resurface during the process of true healing and in the reverse order from which they were suppressed. This process is called retracing. It is usually necessary to retrace the development of disease to its original beginnings before you can truly regain your health.

Polarity & zone therapy

Dr. Harold Burr scientifically demonstrated that the body is electrically polarized, meaning it has two poles. This electric field can be measured at a distance from the body. During wound healing, specific reversals of the field correlate with different stages of the healing process.

Polarity is a therapy which is based on the premise that illness results from alterations of these fields and that health can be restored by balancing these fields. Both hands are placed on the body to complete a circuit. For example, the negative right hand may be placed over the head which is positively charged, while the positively charged left hand contacts the negatively charged abdomen to complete a circuit. In addition to the body being polarized, it is postulated that there is a flow of energy through and around the body similar to the magnetic flow lines around a magnet. It is also postulated that on each side of the body there are five distinct energy streams flowing through an energy zone corresponding to each of the five fingers and toes. The energy of this flow originates from the five lower chakras. For example, the earth energy originates from the first chakra and flows through the little toes, the little fingers and the outside 1/5 of each leg and arm and the outside 1/10 of the trunk and head.

Another variation of polarity therapy is zone therapy which stimulate the different fingers and toes to effect organs along the energy flow described above.

Acupuncture

Acupuncture utilizes a number of acupoints arranged along meridians which follow a winding course along the surface of the body. Classically, there are 365 acupoints which correspond to the days of the year, however, around 1500 acupoints are actually known. Classically there are 12 meridians, but an additional eight have been identified by Dr. Voll using ohmmeters to locate and map the acupoints. Each meridian corresponds to a specific organ, but its not necessarily the physical organ as recognized by western medicine. The meridians actually energize a functional system related to the organ from which the meridian derives its name.

Official western medicine is beginning to acknowledge the validity of acupuncture. Some medical schools are even including courses in acupuncture. Besides some 4000 years of practical experience and documentation, evidence acceptable to western standards is being accumulated. The electrical characteristics at an acupoint are distinctly different from the surrounding area. The acupoint is about the size of a dried pea. The electrical resistance drops dramatically at the point. In addition, as electrical current is introduced into the acupoint, the point actively responds to this by developing a counter resistance. Dr. Voll did extensive work measuring the electrical characteristic of the acupoints. He claimed that each point corresponded to a specific and unique organ or structure of the body. The health status of that structure was revealed by the electrical response of the acupoint. Low resistance indicated acute inflammatory conditions. High resistance indicated chronic sluggish condition and the tendency toward tumors. A slow response indicated a weakness of the corresponding structure.

Dr. Zang-Hee Cho, a physicist at the University of California at Irvine studied the effect of acupuncture stimulation using a functional magnetic resonance imager (fMRI) scanner. The fMRI produces a color map of brain activity by measuring small changes in oxygen content of the blood flow in the brain. Insertion of needles into acupoints on the foot and ankle correlated to vision caused the visual portion of the brain to light up in a manner identical to when light was shined into the eye. Placebo stimulation of a non acupoint on the big toe caused no response in the brains visual cortex whereas stimulation of the acupoint or actual stimulation of the eye by light caused a distinct response.³

Other studies have documented the release of endorphins in response to acupuncture which produces a generalized analgesia

Resonance

Everything can be set into vibration, from bridges and monumental stones to jello to molecules. The natural rate of vibration at which something will vibrate when set in motion is its resonance frequency. When something is exposed to an energy source vibrating at its resonance frequency, it absorbs energy and is set in motion. Micro-wave ovens radiate an energy set to the resonant frequency of water. Therefore, the water in the food heats up, but not the glass.

Resonance therapy

In 1934, 16 terminal cancer patients were treated and cured within three months in a clinical trial organized by a team of doctors and scientists under the auspices of the University of Southern California. The cures were confirmed by a team of four medical doctors and a pathologist. The revolutionary therapy utilized a modulated radio frequency which was tuned to the specific resonate frequency which destroyed the cancer virus.

A number of independent medical researchers (Dr. George White, M.D., Dr. Albert Abrams, M.D., Royal Rife, George Lakhovsky, Dr. Hahnemann, M.D.) each pursuing separate lines of investigation, arrived at similar or complimentary discoveries. The therapeutic principle they utilized was the same. The results they reported with regard to cancer, tuberculosis, syphilis and other infectious and degen-

erative diseases were miraculous. Their findings were meticulously researched, tested, documented and published. The effectiveness of these methods were further verified by thousands of other doctors who utilized their techniques. In addition, no detrimental side effects have been reported by these methods.

What happened to these miracle cures? Unfortunately, the discoveries were ignored or suppressed due to a number of reasons. One large factor was that the medical-pharmacological model still endorsed today dictates that health and disease are driven by biochemistry. The spectacular cures achieved in 1934 were instead based on the principle that the bioelectrical fields of the body control the biochemical processes. The world was not yet ready to accept a bioelectrical model for health and disease. A second factor was political and economic. Pharmaceutical based therapies are extremely profitable. A third factor was that specialized equipment and/or skills were needed to effectively demonstrate the research findings. Now, however, with the advances in electronics and technology since the original research was done (mostly prior to 1935), the opportunity exists to retest and verify (or refute) the principles involved and potentially make this technology available. It is my belief that this technology offers a safe and final solution to cancer, all infectious diseases including AIDS and many degenerative diseases. If these reputedly safe and effective therapies can be substantiated, then the continued use of dangerous and heroic, yet often ineffective, therapies (i.e. drugs & radiation) will be unnecessary. It is time to utilize the current advances in technology to reevaluate these principles with an open mind.

Historical Research

Dr. George Starr White, M.D.

Dr. George Starr White, M.D., working in the late 1890's, discovered an important reflex of the vagus nerve which he called the Sympathetic-Vagal Reflex. The vagus nerve is the parasympathetic nerve supply for most of the internal organs. "Any stimulation of the vagus produces what is termed 'vagal tone,' and with a change in 'vagal tone' there is a change in the tension of the viscera" ⁴ This change in visceral tone was monitored by percussion (eliciting sounds by tapping) the borders of the organs, usually the stomach, which would shift 1/4" to 1/2" when stimulated. Further, "it can be proved that the magnetic meridian [earth's magnetic field], energy from a magnet; human energy, and light, color, and sound waves, will all produce a change in the tonicity or tension of the viscera." ⁵ The reflex fades after a few minutes. Strict testing conditions need to be observed to get accurate responses. ⁶

He found that when a healthy person faces East-West, there is little or no stimulation of the vagus, but when that person turns facing North-South, the vagus is stimulated, and the Sympathetic-Vagal Reflex is elicited. ⁷ This is due to the earth's magnetic field. Thus the Vagal Reflex is elicited when a healthy person turns from a East-West to a North-South orientation.

While diseased people do not exhibit this response, ⁸ he found that the normal Vagal Reflex could be restored by shining specific colored light on them. ⁹ The color would be specific to the disease and thus be diagnostic. Furthermore, light treatment using that specific color would often help or cure the disease.

Dr. Albert Abrams

Working in the 1910's & 1920's, Dr. Albert Abrams ¹⁰ used techniques similar to Dr. White (i.e. percussion of the stomach and organs to detect the Vagal Reflex). He did most of his work using healthy test subjects who were facing in an East-West orientation. He found that bringing a cancerous tissue sample near a subject would provoke the Vagal Reflex. He also found that the Vagal Reflex could be provoked by connecting a wire between the healthy subject and a cancer source (i.e. a cancerous tissue sample, a cancer patient or a blood sample from a cancer patient). The same findings also applied for T.B., syphilis, and other infectious diseases. In addition, he found that by placing an electronic tuning device (similar to a radio tuner) in the line of the wire, the Vagal Reflex would only be provoked at a specific setting

of the tuner. This is because the disease energy is blocked by the tuner, except when it is tuned to the resonate frequency of the disease. Since each disease or pathogen had its specific and unique setting of the tuner, the tuner setting which elicited the Vagal Reflex was diagnostic. The degree to which the disease had developed could also be determined. The larger the resistance needed to block the Vagal Reflex, the more advanced was the disease. He reported successful treatment of cancer, and numerous infectious diseases with specific modulated radio frequencies (apparently microwave range enveloped by a 43 megahertz wave).

George Lakhovsky

Mr. Lakhovsky advocated a theory that cells have natural oscillations which are maintained by ambient natural energy fields. If the oscillations are interfered with, the cell becomes sick. In 1931, he constructed his famous Multiple Wave Oscillator which generated fundamental waves from 750 Kilo-hertz to 30 Gigahertz. The theory speculates that the cell would absorb frequencies needed for optimal functioning. His book includes impressive before & after photo documentation of malignant tumors and other conditions which were cured.¹¹

Royal Rife

In the 1930's, Royal Rife developed a light microscope capable of magnifying 30,000 times. This is sufficient to view a virus.¹² Utilizing the microscope he made several profound discoveries.

Using chromatic light sources, he discovered that each organism would only illuminate with a specific color. "Bacillus Typhous is always a turquoise-blue; Bacillus Coli is mahogany-colored; Mycobacterium Liprae is always a ruby shade; the filter-passing form of virus of tuberculosis is an emerald green; the virus of cancer is purplish-red, etc."¹³ Thus each micro-organism has a specific natural resonance frequency.

By using mono-chromatic light to 'stain' the live organism instead of killing them with chemical dyes he was able to observe the life cycle of living organisms including viruses.

This led to the observation that some organism transmuted into a different organism when the chemical environment is altered. This phenomenon could only be demonstrated using the Rife microscope.

He also discovered that present in every cancer tumor is a cancer virus. Inoculating this virus into lab animals consistently caused cancer growths.

A final observation was that when a disease causing microorganism is subjected to its resonate frequency, it disintegrates.

The sixteen remarkable cancer cures of 1934 were done by Rife under the auspices of the University of Southern California. Thousands of further patients were completely cured of cancer by 1939 when the technology was suppressed by the American Medical Association and others.

Summary of findings

There are a number of conclusions which are implied by these various research results. These conclusions are consistent with the basic laws of physics.

1. Organisms radiate a bioenergetic field.
2. The bioenergetic field of each organism has a specific resonance frequency. This resonance frequency signature can be used to identify it. This is the same method by which compounds are identified with a spectroscope.

3. Patients infected by a disease organism radiate the bioenergy of the infecting organism. The presence of the infection can thus be determined by detecting the resonance frequency signature of the pathogen.
4. The human nervous system is reactive to this bioenergy.
5. When a person is exposed to a pathogen (or other detrimental bioenergy), there is a physiological response. (i.e. the Vagal Reflex)
6. This bioenergy can be conducted by wire and generally follows the rules of electricity and electronics.
7. The resonance frequency can be determined using standard electronic tuning circuits.
8. Pathogens can be destroyed using specific resonance frequencies. This provides a cure for infections.

Conclusion

Main stream science has not yet recognized these phenomenon since they are not able to be detected with conventional technology. The bioenergy is either of insignificant strength to be measured or has been obscured by background noise. Drs. White and Abrams were only able to investigate the biofields by using the Vagal Reflex.

The implications of this research is revolutionary. Drs. White and Abrams methods allow an immediate, accurate, non-invasive, inexpensive and objective method of diagnosis for any infection, including cancer. It further allows immediate individualized assessment of the effectiveness on any treatment. Therefore, the therapeutic effectiveness of various modalities such as homeopathic remedies, nutrition, the Rife frequency generators, color as well as traditional drugs may be evaluated for each individual patient. Drs. Abram and Rife utilized a safe and effective means to treat infections including viral and cancer using resonate frequencies. If these technologies bear scientific scrutiny and can be successfully developed, then cancer, AIDS and other infectious diseases will be conquered.

Theory of Resonant Energy

Note: The rest of this chapter may be skipped by those not technically inclined.

Based on the foregoing information, I am proposing a theory of resonant energy as a mechanism for the working of the acupuncture points and homeopathic medicine. As an introduction to my theory I will quote Dr. W. Brugh Joy's observation on the chakra's (Pg.163).

I believe the energy fields reflect and influence the structure of the body and its organization into organ systems. I also suspect that the chakra system is a mechanism that interrelates the gross physical body and the subtle or etheric bodies. I further believe that the chakra system, the physical body and the etheric body are in some sort of relationship with the meridians of the acupuncture system. The energy that emanates from the chakras and the energy that flows through the qi system are one and the same thing; the energy is either qualified by the chakra system or somehow refined by an individual interrelated systems and that the chakra system modulates and transduces that basic energy. The body splays this one primary energy into its component frequencies just as the prism splays light.

Qi energy which is undifferentiated life energy is absorbed by the body through the chakras. The chakras act as step down modulators for the energy. By this I mean that the Qi energy is transformed into energy of specific frequencies by the chakras. Each chakra produces a different frequency. The lower five chakras supply energy which are of the quality of the five elemental forces (fire, water, air, earth & ether). Each of the 12 main meridians are assigned to one of these elements. A different meridian becomes dominate for two hours of each day. Thus the chakra provides each meridian with extra

energy for a two hour interval every day. The upper two chakras possibly supply the governing & conception meridian which run along the midline of the back & abdomen.

The chakras are typically depicted as having petals of several colors. This suggests that each chakra has two or more frequencies unique to it. Each petal possibly supplies qi to a specific meridian or portion of meridian.

Chinese medical philosophy states that the qi flows along a path, called a meridian, connecting the related acupoints. However, no physical or anatomical meridian has ever been located or demonstrated. This suggests that the meridians, if they exist, are etheric paths of energy with no physical correspondence. However, it is not necessary that the qi flows in confined pathways for acupuncture to be valid.

Resonant theory of acupoints

I propose the Resonant theory of acupoints as an explanation of acupuncture. According to this theory, the acupoints are resonant receivers of energy. Since the body is mostly composed of electrical conductive fluids, an electrical signal generated anywhere in the body immediately spreads to all parts of the body. This is what allows EKG & EEG signals from the heart and brain to be measured relative to leads at the hands and feet. If the chakras generate specific frequency signals which the acupoints are tuned to then they will absorb that energy just as a radio picks up the signal from the broadcast station. The acupoints function like small radios tuned to the chakras. Thus during the two hour period each day that the meridian is dominate, all the acupoints of that meridian will be receiving extra energy.

Now according to radionics theory, each organ and structure has a specific frequency which it resonates to. According to Dr. Voll, each acupoint corresponds to a specific organ or structure. So if each acupoint has a second tuned resonator within it which is tuned to an organ then the connection between the acupoint and organ can be explained without the necessity of physical vessels going to every organ. I will call the resonator tuned to the chakra the primary resonator and the resonator tuned to the organ or structure the secondary resonator. Now, if the two resonators are harmonically related, then as the primary resonator receives energy from the chakra, energy will automatically be transferred to the secondary resonator which in turn will emit this energy directly to the related organ or structure which is tuned to receive it. Thus the acupoint acts as a frequent transducer redirecting energy from the chakra to the organ.

In addition, some of the secondary resonators will inevitably be harmonically related not only to its primary, but also to the primary of other meridian groups. This creates the possibility of some acupoints being related to other meridians. These points are called association points in acupuncture theory.

One reason the acupoints are located on the surface of the body may be to allow self correction of the energy flow. I believe that if the energy transfer becomes sluggish or congested, it causes a tingling or itching at the point. We have all experienced a sudden itch at some point on our skin. We immediately scratch the itch and stimulate the acupoint. We regularly perform acupoint stimulation on ourselves without even realizing it.

The energy transmission between the acupoints and the organs is bi-directional. Thus the organ receives extra energy from the acupoints during the daily two hour charging period. The rest of the time, the acupoint receives energy from the organ. Thus the electrical resistance measured at the acupoint reflects the state of the organ. Dr. Voll used the acupoints to assess the status of the organs.

Resonant theory of homeopathy

Homeopathy can be explained by a related theory, the Resonant theory of homeopathy. Physics uses spectroscopic techniques to identify chemical compounds. Each drug has a unique energy signature which allows it to be identified. This unique energy signature is apparently transferred to the water & alcohol medium during potentization of a drug by the homeopathy method. Potentizing the drugs presumably transfers the energy signature to the water & alcohol medium. This energy signature can be physically demonstrated as already noted. Dr. Abrams asserted that each organ has its characteristic

dominant resonant frequency which he was able to measure with electronic tuners. According to my acupoint theory, the acupoints have a specific secondary resonance frequency which matches the correlated organ. I suspect that most drugs have several peak energy frequencies. My theory is that each frequency peak of a drug will activate acupoints with close frequency values. Thus a given drug will activate several acupoints at various locations around the body. Each activated acupoint will in turn stimulate the related organ. Thus the complex energy signature activates a series of acupoints and finally effect various organs and tissues. The drug also directly effects those same structures. However, I suspect that the direct action is very transient, ending as soon as the drug is dissipated, while the action on the acupoint has a much longer duration. Perhaps the acupoint stores the energy released by the drug. A more likely scenario is that acupoints become congested and unable to perform their function. The drug or traditional acupuncture treatment clears the acupoint so that it can again function normally.

notes to part 4

- 1 - Potentization is a process of repetitive diluting & vigorous shaking
- 2 - Magical Blend, issue 14, "The Advocacy of Marcel Vogel" P.23-24
- 3 - Dole, C. "Needles & Nerves" Discover , Sept. 1998 p.59-62
- 4 - George Stare White, M.D., The Finer Force of Nature in Diagnosis & Therapy, Health Research 1929
- 5 - Ibid.
- 6 - Artificial stimulation of the Vagal Reflex has to be avoided. This requires grounding the patient, testing in semi-dark conditions and avoiding other strong sources of electromagnetic and magnetic energy, not allowing flexing or extending of neck, strong smells, emotions or other stimulation.
- 7 - Presumably this is because the somatic thoracic nerves following along the rib cage act as a directional detector of the earth's magnetic flux.
- 8 - op. cit. pg. 63-64
- 9 - Ibid.
- 10 - Albert Abrams, A.M.,LL.D.,M.D., F.R.M.S., New Concepts in Diagnosis and Treatment, Physico-clinical Co. 1921
- 11 - Georges Lakhovsky, The Secret of Life, True Health Publishing Company, 1951
- 12 - He accomplished this using quartz lens, short distances between lens, and the heterodyning of chromatic and ultra violet light.
- 13 - Mark Gallert, New Light on Therapeutic Energies Wheaton & Co. 1966 p. 53

Part 5: The health care system

Health care or sick care?

The AMA type health care system is in fact not a health care system, but a sick care system. In the early stages of degenerative disease, the goal of care is to suppress the symptoms. Pain killers, anti-histamines and other common medications merely silence the early warning signals of a disease process. When the disease has progressed to the point of serious organ compromise or failure, then medicine steps in to manage the disease process. Insulin, high blood pressure medication or anti-epileptic medicine make no attempt to cure the disease but only to control the more dangerous or disabling manifestations of the disease. This is sick care, not health care. Health care, on the other hand, heeds the first warning signs of disease as they manifest themselves and seeks to address the underlying causes. The causes are usually nutritional deficiency, toxic conditions, latent infections, parasites, subluxations or emotional factors. These can be identified and corrected without the need to wait for vital organs to begin to fail.

In defense of modern medicine, it is superb at acute emergency care such as severe trauma, burns, poisoning and heart attacks. They are adept at keeping the person alive until the body has time to heal itself or to regain homeostatic control. Antibodies have been the great boon to modern medicine and in fact are largely responsible for its current prestige and power. Antibiotics have brought under control many of the great plagues and infectious diseases which have ravaged and decimated humankind since the dawn of civilization.

Infant mortality

“Infant mortality rate (IMR) is a measure of the health of a population. It is sensitive to the effects of poverty, education, nutrition, environmental exposures, stress, and changes in the quality and accessibility of medical care. The IMR in the United States is 22nd among the 62 nations with complete vital statistics.”¹ Note that roughly a third of the developed countries have a better IMR than the U.S. Life expectancy is the other main indicator of a nation's health and the U.S. also rates similarly low. What accounts for our poor showing among nations. Which of the indicators which effect IMR has the U.S. fared poorly? Is it poverty? Certainly poverty exists in the US, but not nearly to the degree of most any other country in the world. Perhaps education? Despite problems in our educational system, it is universally available and the U.S. has long had one of the most educated citizenry in the world. Certainly a case could be made for the stress of the hectic American lifestyle, but I doubt that this could solely explain our poor IMR standing. Environment exposure certainly is a factor, yet despite massive industrialization and widespread environmental abuse, the U.S. still has some of the strongest environmental protection laws in the world. What about accessibility of medical care? Health care is very accessible to the American people. Pregnant women have a high priority in our welfare system. While nobody knows for sure the reason for our poor IMR rating and everyone is entitled to their opinion, I speculate that the blame can be primarily directed at the poor nutritional quality of food being delivered to our people by agribusiness and the type of care provided by the American medical system which is designed as a sick care system, not a health care system. Stress and environmental exposure are also significant contributory factors.

Dangers of drug therapy

In 1998, the Journal of the American Medical Association published a study on the incident of adverse drug reaction (ADR) in hospital patients. It analyzed all the available studies on the subject. It presented the most favorable prospective of the subject by only tabulating ADR which resulted from properly prescribed and administered drugs. It found the overall incident of serious ADR was 6.7% or about 2.2 million patients in 1994. Serious ADR meant those that required hospitalization, were perma-

nently disable, or resulted in death. The overall fatal ADR was .32% or about 106 thousand patients in 1994. These figures include the combined rate of patients who were admitted to the hospital because of ADR and the patients who had an ADR while in the hospital, so they should be representative of the ADR of the entire population. This makes ADR from proper drug use between the fourth to sixth cause of death in 1994. These figures specifically do not include ADRs resulting from errors in drug administration, noncompliance, overdose, drug abuse, therapeutic failures and uncertain ADRs. Errors in prescribing or administration are significant in themselves.

Of side note, there has been a lot of press in the last few years about the dangers of chiropractic adjustments of the neck because of the risk of strokes. The literature reports only 183 cases of strokes resulting from spinal manipulation over a 60 year period (1934-1994) of which 33 died and 6 had serious disabilities. Thus, for each death resulting from spinal manipulation, 192,000 people die of ADRs, and 2900 children die from allergic reactions to aspirin. The total risk of stroke from spinal manipulation is .00001-.0003%. Yet medicine would have you believe this is an unacceptably dangerous procedure.

In addition, despite the fact that chiropractors administer about 95% of the total spinal manipulation, less than half of the strokes were caused by manipulation performed by chiropractors. The rest were other type physicians who while providing 5% of all manipulation administered caused over 50% of the strokes.

The politics of western medicine.

It's not news that medical care costs are spiraling upward out of control. A major portion of our personal budgets and our tax dollars are going toward medical care. While this is bad news for us as the consumer, others are profiting royally. All the money being spent by the population at large is being gleaned by those in key positions in the health care industry. It is clearly big business. To understand the politics of medicine one must follow the money trail.

The big profiteers are the pharmaceutical companies and the insurance companies. Western medicine is centered around drugs and surgery. The doctor examines you and writes a prescription. You go to the hospital where you get lots of drugs and perhaps surgery. Surgery entails using more drugs for anesthesia, pain killers, antibiotics, etc. The pharmaceutical companies produce a product. The doctors and hospitals are the main route for the sales and distribution of their products. The examinations and diagnostic procedures are all geared toward the selection of an appropriate regime of drugs. It is no surprise that a main source of funding for medical schools are pharmaceutical companies.

Consider the medical system from a corporate point of view. The corporate world of pharmaceuticals produce products to be sold. To promote the sales of their products, they invest heavily into medical schools which train a specialized sales force for their products. Naturally, the companies are bias toward a pharmaceutical treatment of conditions rather than a non-pharmaceutical treatment. Drugless alternative methods cause a loss of drug sales. To maximize profits it is important that their elite sales force have minimal exposure to the alternative methods such as physical therapy, electrical therapy, hydrotherapy, nutritional and herbal therapy. Because they are providing such large amounts of funding to the schools, they can exert tremendous influence on the curriculum.

“The big drug companies routinely provide medical schools with free equipment, free computers, free supplies, free seminars, as well as large grants of money. In return for this support, the medical schools refuse to teach courses on natural medicines and nutritional therapies. This is tragic, because these kinds of safe, natural alternatives can help alleviate many types of health problems without dangerous side effects. As a result, most physicians only learn to treat the symptoms, without addressing the underlying disease. So whenever a doctor suggests some kind of pharmaceutical drug as the solution to a medical problem, remember that this doctor is only doing what he or she was taught in school: ‘Treat medical problems with drugs and if that doesn’t work, well... There’s always surgery’”²

They also invest heavily into medical research which is aimed at pharmaceutical solutions to medical conditions. In essence the research is for product development. Since they obviously do not invest in non-pharmaceutical solutions, alternative methods die for lack of funding. Since the trade journals are supported primarily by drug advertising, its easy to prevent any significant coverage of the benefits of drugless methods. So overall, exposure to drugless alternatives is minimized by inhibiting research funding, preventing publication in the trade journals and controlling the curriculum.

To further increase profits it is also important to eliminate or minimize alternative disciples such as chiropractic, osteopathy, and homeopathy. The biggest competition to the drug companies at the turn of the century was homeopathy. The homeopaths had their own hospitals including Johns Hopkins and Mayo Clinic. The AMA was the first to organize politically and was able to corner the government funding. With the Flexner report of 1910 on medical education in the US & Canada, they were able to force the closure of nearly all the homeopathic schools. That effectively killed homeopathy in the US until about 1970 when it began a resurgence. They also tried to eliminate osteopathy and chiropractic. In 1963 the AMA organized the Committee on Quackery with the express purpose of eliminating chiropractic.³ "...its prime mission to be, first, the containment of chiropractic and, ultimately, the elimination of chiropractic." ⁴ In 1987, the US district court found the AMA guilty of conspiring to destroy the profession of chiropractic in the WILKS, et al., vs AMA, et al. case. The decision was upheld in the US Court of Appeals in 1990. The AMA had organized a national boycott of chiropractor by banning interprofessional cooperation between medical doctors and chiropractors. Evidence at the trial also showed that the AMA, in concert with other medical associations, engaged in activities to "undermine chiropractic educational institutions, conceal evidence of the usefulness of chiropractic care, undercut insurance programs for patients of chiropractors, subvert government inquiries into the efficacy of chiropractic, engage in a massive disinformation campaign to discredit and destabilize the chiropractic profession and engaged in numerous other activities to maintain a medical physician monopoly over health care in this country."⁵

When tactics to eliminate the competition failed the next best solution was to assimilate them and turned them into part of the drug distribution network. In 19?? osteopaths were incorporated into medicine as second rate medical doctors. Now most osteopaths give primarily drugs with little, if any, osteopathic manipulation. Currently there is an attempt to train chiropractors in pharmacology at Western States Chiropractic College in Portland, Oregon. The program would graduate Doctors of Chiropractic Medicine. This would 'integrate' chiropractors into the system and convert them into drug distributors as well.

While physical therapists do not use drugs, they allow the medical doctor to keep control of the patient and continue the use of drugs as the primary modality.

Acupuncture was disregarded by the AMA for a long time. Now however, acupuncturist have united politically and have gained popularity. Acupuncture has begrudgingly been accepted by the medical community. A few medical doctors practice a modified form of it.

The use of radiation therapy presents somewhat of a paradox since radiation is a drugless form of therapy. However, medical grade nuclear pellets are undoubtedly profitable and there is a natural affiliation between the nuclear industries, the oil companies and the pharmaceutical companies.

So overall, the general tactics for dealing with drugless practitioners of medicine are to destroy the schools, discredit the profession and if this fails then assimilate the profession and train them to dispense drugs.

At first look, one would expect that the insurance companies would not be partial to the type of health care they pay for as long as it was cost effective. That is what they have you believe when they cite cost effectiveness as the reason for denying alternative care. However, taking a closer look we realize that the pharmaceutical and health insurance industries are closely intermeshed. Corporate philosophy dictates that to maximize profits you attempt to control interrelated industries. Many large shareholders in insurance companies undoubtedly have large share holdings in pharmaceutical companies as well. They certainly do not have stock in alternative medicine corporations. Mostly likely there is a certain degree of interlocking directorships among the various boards. The ideal way to ensure drug sales is

sell insurance packages to the consumer which primarily pay for drug related services. Thus insurance companies attempt to only pay benefits for pharmaceutical rather than non drug related procedures.

Cost effectiveness of the health care system is not actually a concern to the insurance companies. In fact, the more expensive the health care system is, the more they profit. Their revenues come from premiums on policies and profits are based on a percentage of the premiums. Competition among different carriers and government supervision prevents them from charging premiums of more than a certain percentage above the actual costs of health care. However, given that constraint, their profits increase as the cost of health care escalates. A car salesman makes a lot more in commissions by selling a Cadillac than a Rambler. So they live a paradox. They maximize their profits by paying out as little as possible in claims as compared to their competitors, and they stay competitive by keeping their premiums low, yet their profits increase when escalating costs force premiums up yet higher. Because of overlapping corporate interests, they try to keep the money in house, that is, from the consumer to the insurance companies to the pharmaceutical companies. As the elite sales force for the pharmaceutical companies, the doctors and hospitals receive a hefty portion of the profits also.

Managed care; non-physician treatment coordinator

The idea of managed care is basically sound in principle, but the way it is currently applied is fundamentally flawed. The current system is an outgrowth of the paradigm that official AMA type medicine is the only legitimate health care. It assumes that any valid therapeutic method has been evaluated and incorporated under the umbrella of official AMA medicine; therefore all other systems are considered superfluous or fraudulent. The medical doctor is then assumed to have an overview of all the valid modalities and is entrusted with the coordination of all care. However, in general, medical doctors are not trained regarding alternative methods. The medically trained doctor is simply not equipped to coordinate an integrative approach to healing which encompasses alternative approaches to healing.

An even more fundamental flaw to the current managed care system is the concept of entrusting comprehensive care to a physician, either medical or alternative. By physician, I mean any provider who determines a course of care and administers treatment. Such a practitioner has been heavily trained and indoctrinated in a specific system of treatment. They are, in essence, a specialist in a particular system. Because of this, they view every condition through the filter of their own training and specialty. If a given patient with skin rashes and fatigue goes to a series of doctors, the dermatologist may find a simple skin rash needing cortisone, the allergist may find an allergy to soap or food & will recommend removing the offending item, the psychologist may determine that it's a psychosomatic rash needing counseling, the naturopath may perhaps find a toxic condition of the liver or colon needing a cleansing program, the chiropractor a subluxation needing adjusting, and the acupuncturist a qi imbalance needing acupuncture. A trained specialist is naturally and even necessarily bias. The point is that one tends to find what one is looking for. When naturopathic trained to find certain things, naturopathy what you tend to find. In addition, since most health problems tend to have many different elements to them, each of these practitioners are probably partially correct. It is inappropriate to place the coordination of care into the hands of any such practitioners. Currently it is the official medical practitioner who assumes this role. As a result, with few exceptions, every condition is first treated with drugs whether or not this is the most appropriate or effective approach. Only if the drugs fail and the patient insists on alternative options are alternative therapies even entertained. This does not serve the consumer who ultimately has paid for the care with their premiums or out of their pocket.

There is one simple solution to this dilemma. That is the creation of a new class of health care providers, the treatment coordinator. This person is specifically not a doctor, nor a nurse trained only in western medicine. A specialized educational program needs to be designed to give full exposure to all the healing approaches, with an emphasis on their individual strengths and weakness. The many outcome studies continually being generated which compare the effectiveness of various approaches for various conditions would need to be included. The treatment coordinator would take the history, gather what data is needed, refer out for any specific evaluations needed then, taking into consideration indi-

vidual patient preferences, co-ordinate a multi-disciplinary treatment plan. Ideally, care would start with the safest, most effective approaches for the patients specific condition, and would progress to other approaches as needed.

Therapeutic approach

The overall approach is to

- 1) Identify and remove any causative factors still present.
- 2) Manipulate control systems to restore balance
- 3) Rest over-stimulated systems and jump start weak systems.
- 4) Repair structural damage.

1) The first step is the most difficult; identifying the main causes of the condition. Normally, western medicine is satisfied to identify the disease process without regard to how it developed. Chiropractic is satisfied to identify the manifestations of the disruption as reflected in the spine, a key control system. Again, often without regard to the underlying cause. Of course there are exceptional practitioners who are the exception to these generalities.

Once the cause is identified, steps can be taken toward resolving the issues. This may entail a change of lifestyle, job or relationship. This is where recommendations can be made; but the patient must assume responsibility for this aspect of their own healing. No one can do this for them.

The patient may be unwilling to acknowledge the needed change or to implement it.

2) This step includes the utilization of homeopathy or acupuncture to balance the chakra distribution system, and/or chiropractic or traditional osteopathy to restore the nerve integrity and/or hormones, nutrients or drugs to balance the hormone system.

3) Resting overworked systems may involve a low stress diet or herbs which sedate organs. Organs not working up to par may need to be stimulated with herbs, reflexology, or adjustments.

4) After having taken all the other steps, and given the body a chance to heal, any structural defects still remaining, such as a bad heart valve, will need to be surgically resolved.

Ideal therapeutic system

The first step is appropriate diagnosis. The objective is to determine the degree of involvement of the primary causes which are nutritional insufficiency, toxic condition, infections, parasites, subluxations, emotional, spiritual or genetical. The current status of the control systems should also be ascertained. The diagnostic process involves history, questionnaire, physical exams, and special tests.

The treatment is tailored to the individual patient based on the diagnostic findings. If the findings indicate biochemical imbalance then any specific nutritional deficiency needs to be resolved. Basic dietary guidance along with general nutritional support such as Blue-green algae should be taken during the recovery stage. If evidence of a toxic condition exists, then liver or colon cleansing programs should be administered. This may include herbs or supplements, restriction diets, sweats, fasting or colonic.

The spine is the master circuit breaker of the body and will reflect any illness. Therefore, having a chiropractor address the spinal issues during the healing process is very important. It is essential to correct the spine before any true healing can ensue. It may take time for the body to reverse the physical alterations of the spinal structures. Deep tissue therapy will facilitate this process considerably, especially for long standing conditions and for ones with histories of trauma. Rehabilitative exercises should be included for any chronic conditions.

Any deep seated emotional problems which may be underlying the problem needs to be addressed with counseling. Self help practices such as mediation and journaling should be undertaken. Spiritual counseling should be undertaken to discover the source of any spiritual discontent and to take steps to resolve the issues.

Any infections or parasites need to be eliminated with the standard medical procedures, medications or herbs. Another alternative is the Rife technologies.

After four to six weeks or when a plateau in the healing process is reached, acupuncture or homeopathy therapy should be initiated. These therapies are able to work at a deeper level to address some of the constitutional or hereditary issues.

Self evaluation for selecting care

This section is designed to provide you with a starting point in assessing what may be contributing to your health problems. It is not intended to be conclusive, but to direct you to an appropriate health professional.

Genetic errors

- ◆ Family history. This is the best indicator of possible genetic errors. If none of your older family members has a genetic disease, then it is unlikely that you do.
- ◆ Many of the genetic errors show symptoms either at childhood or at adolescence.

Emotional factors

- ◆ History of childhood abuse. Growing up with parents who are alcoholic or addicted to drugs is a good indicator of emotional issues which may be impacting your health. The same is true of any other causes of childhood abuse.
- ◆ Other severe trauma at any time of life such as war trauma or rape.
- ◆ Early signs include sleep disturbances, irritability, emotional instability.
- ◆ Later signs include a sense of no purpose to life, chronic depression, uncontrollable anger and unreasonable fears.

Trauma (Subluxations)

- ◆ Permanent disabilities from injuries are generally obvious. Subluxations may not be obvious or may be ignored.
- ◆ Tender sore spots along the spine. These may not be noticeable unless rubbed.
- ◆ Tight knots along the spine.
- ◆ Curvatures of the spine. Look in the mirror to see if the shoulders and top of hips are level.. Have someone look at your back as you bend forward. Is the spine straight? Lay on your abdomen and have someone push upward on your heels toward the head. Then check to see if your legs are the same length.

Germ

- ◆ Long term low grade fever
- ◆ Inflammation

Parasites

- ◆ Eating more than normal but still feeling hungry
- ◆ Itchy anus at night
- ◆ Pain around navel
- ◆ Grinding teeth while asleep
- ◆ Irritability, nervousness, restlessness

Poisons

- ◆ Dark circles or bags under eyes
- ◆ Body odors or bad breath
- ◆ Lots of muscle and joint aches
- ◆ Iris of eyes appears cloudy around outer edge (white or yellowish haze)
- ◆ Skin eruptions

Missing nutrients

- ◆ Emotional swings
- ◆ Increased or decrease nerve reflexes
- ◆ Skin or nail problems
- ◆ Lack of strength or endurance
- ◆ Night sweats
- ◆ Fast pulse

Digestion

While digestive problems are not listed as one of the primary causes of disease, digestive dysfunction exacerbate problems related to nutritional deficiencies, toxins and parasites.

- ◆ Abdominal pain, burning or discomfort after meals
- ◆ Gas, bloating
- ◆ Nausea

notes to part 5

1 - CD Summary; Center for Disease Prevention & Epidemiology; Oregon Health Division, August 3, 1999

2 - Dr. Ronald Lawrence, Assistant Clinical Professor, U.C.L.A. School of Medicine

3 - In the Public Interest William Trever 1972 Scriptures Unlimited

4 - Committee memo of 1971. Ibid. pg. 4

5 - 1987 booklet by non-profit motion palpation institute, pg. 16

Contents

Part 1: Synopsis of the root causes of disease	2
<i>Synopsis of the root causes of disease.</i>	
Part 2: Overview	3
<i>This is a new paradigm for health & disease.</i>	
A wake up call	3
The Journey Begins	3
Our inheritance; the hereditary factor	4
The forces of regeneration & vitalism	4
Forces of degeneration: The primal causes of disease	6
Summary of primal causes of diseases.	8
Progression of the disease process	9
Putting it all together	12
Part 3: Fleshing out the paradigm	13
<i>The first chapter presented an overview of the Crystalline Health Paradigm. This chapter will explore in more detail the various issues outlined there. We will start with a topic which is central to the understanding of the disease process.</i>	
Nutrients and wastes	13
Hereditary factors	13
Nutritional deficiency	14
Digestive sabotage	16
Part 4: Energy or vibrational medicine	26
<i>In this chapter we will discuss what is known as energy or vibrational medicine. These forms of therapy seem to work directly with the life force or qi energy.</i>	
Homeopathy	26
Polarity & zone therapy	27
Acupuncture	28
Resonance	28
Resonance therapy	28
Historical Research	29
Summary of findings	30
Conclusion	31
Theory of Resonant Energy	31
Part 5: The health care system	34
<i>This part looks into the health care system, including the politics of medicine.</i>	
Health care or sick care?	34