

Healing Power

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Germany is known for combining biological and allopathic medicine. This includes the latest technological advancements. The borderlines between naturopathic and traditional medicines are not as strictly established as in the United States. This allows more freedom, even in universities, for both disciplines to share information and work with each other.

I would like to share a variety of interesting clinical trials, which reported that, —Mental health and emotions are major triggers, which can cause severe negative and positive changes in our physical body.

The Nobel Prize winner Celier summarized his brain research in a simple way: —Your brain is a big gland that produces joy and worry juices which affect the rest of your body.

A group of German scientists demonstrated the power of suggestion and it's affects on the physical body through the following experiment:

They administered a pill to a group of volunteers and told them it contained a substance that would make them nauseated. At the same time, the subjects were guaranteed the substance was harmless and would pose no health risks.

Without their knowledge, only harmless sugar pills were administered to the entire group. After 15 minutes the first cases of nausea were reported; after 25 minutes 75 percent felt nauseated and 50 percent were actually vomiting.

Another scientific experiment included a man being filmed without his knowledge. When he left his house in the morning, some neighbors looked at him with a frown and asked if he was feeling okay. He answered that he felt great and wondered why they asked. They responded: Well, you don't LOOK so great.

When he arrived at the office, co-workers asked the same question with worried looks on their faces. He responded that he felt great! Their comments drove him to the restroom to check his face. When his supervisor came by, he also asked if he felt well. By then he was perspiring, ashen; by late afternoon he was at home in bed with fever.

When the doctor arrived at his house, he was given a sugar pill. The doctor explained that he had caught a new virus and the antidote had just been made available. Ten minutes after swallowing the sugar pill, the subject's color came back, he started feeling better, his fever subsided and he got out of bed. This is another great example of the power of suggestion.

What is the moral of this story? Don't let anyone drive you crazy and don't give up your common sense. Be aware of the power of negative emotions and thoughts.

Here is another interesting report about a man in the intensive care unit with the prognosis of only seven days left to live. Without any apparent reason, the man started laughing. He continued laughing hysterically to the point of annoying the doctors and staff. After several days of laughing, all his health parameters became normal. Shortly thereafter he walked out of the Intensive Care Unit with no complaints.

Next I would like to share some personal observations: One of our family members was diagnosed with an inoperable brain tumor. She was released from the hospital and sent home to die. Her church members came over, and while eating fried chicken and potato salad, began singing and praying with her. They stayed the entire weekend. Monday morning she felt good enough to get out of her bed. The next day she went to the hospital for a CAT scan and to the surprise of everyone, the tumor had vanished without a trace - 100 percent gone!

To witness remarkable, miraculous healings, it must be understood that such events are not limited to a specific country or person. On the other hand, we know that just praying and eating chicken and potato salad is not the answer to curing brain tumors. However, some accomplished German physicians call this type of healing a

—Resonance Phenomenon||, which relates to a moment in time when circumstances and vibrations are in harmony and a spontaneous healing occurs. We can also see positive reactions now and then with homeopathic treatments.

This reminds me of a patient that was treated with homeopathy:

I saw a four-year-old boy with blepharitis. He had been treated for over a year with various antibiotics and was scheduled to undergo surgery on his eyelid. His parents ate mainly healthy foods and his overall appearance was good. Homeopathically speaking, he seemed to be a good resonator.

I thought the right constitutional homeopathic remedy might be able to ignite a healing resonance. The first remedy I administered was Luesinum 200X. We observed him for a couple days without any changes. Then I decided to give him one dose of Medorrhinum 200X. Two days later the little boy was totally cured and surgery was cancelled. In biological medicine (Homeopathy), it is understood that a dilution of 200X only works vibrationally, via its energetic information. (Even if no active particle in a highly diluted homeopathic solution is present, it is scientifically proven that the cluster structure of water can store information; it has a memory). In this case, the remedy created the ideal healing resonance, and the little fellow was cured.

A middle-aged man who owned a swimming pool service came to me complaining about arthritic pains in his knees. He also told me that he wanted to take an AIDS test. Basically he was a cheerful fellow doing well in his life.

His AIDS test came back positive and he missed his next appointment. I didn't hear from him for a month. I contacted the gentleman who referred this patient to me, and asked him to stop by his house and check on him. When he got back to me, he reported that my patient had locked himself in his house, closed all the curtains, wouldn't answer the phone, and stopped working. Since he received the test results, he developed lesions on his neck, was rapidly losing weight, contracted a sore throat and ran a low-grade fever. In other words, he was sitting in his house awaiting death from

AIDS. Yet, another example of how negative input to the mental state can evoke unhealthy emotions that trigger the outward appearance of disease.

I asked his friend to go back to the house and encourage the man to retest due to the high number of false positives we saw at the time. He was able to convince the patient to be retested and the new test came back negative. The lesions, fever and sore throat disappeared. He lost all his symptoms, regained weight, opened the curtains, and got back to work.

The last case I would like to share with you underscores my point very well. A lady in her 60's came to me with intestinal cancer, which had spread to her liver and lymph system. She was given three to four months to live. While I took her case she told me, with tears in her eyes, how much she loved her grandchildren. She appeared to still be vital and I asked her if she was in a lot of pain. She said her pain was not relative to the extent of her illness. I asked her to tell me one thing that was absolutely guaranteed in her life. She was a little puzzled, but we eventually agreed that it was absolutely certain that we will all die. I said —Oops! You didn't know this. She wiped the tears from her face and smiled. I responded, —Well, you're not dead yet and you're not in a lot of pain, is that true? She nodded. I also mentioned that I have some arthritic patients who suffer much more than she does.

Then I told her a little story. —Let's say when you go home tonight, you're watching the news and see a report of a fatal motorcycle accident. You discover that the doctor you just saw this morning is now dead.

She looked at me in surprise and I asked, —Well, is that theoretically possible? I ride motorcycles. She responded, —Yeah, it could be possible. I continued, —In other words, although I'm sitting here healthy right now and you're suffering with cancer, I could be dead later and you'd still be alive, not feeling too badly. She agreed. I referred back to her statement regarding how much she loved to be with her grandchildren. Then I asked, —What's stopping you from being with your grandchildren every day and enjoying them? For example, why don't you take them to the zoo tomorrow and enjoy the

day? She wiped the tears from her face and said, —You're right doctor. I guess I'm so occupied with my fatal destiny. I appreciate your input. Yes, I will take them to the zoo. Thank you.

I worked out a biological therapy program for her, which she agreed to follow without exception. A week later I received a letter from her, thanking me again and telling me she had a wonderful time at the zoo. She continued to see and enjoy her grandchildren daily and, overall, did not feel too badly. Four months later, every one of her physicians confirmed all her cancers were in remission.

I don't have a magic bullet. I always look at the specific case, evaluating each patient's vitality factor and state of mind. I try to bring awareness to the obstacles in their lives. After that, I design an individual biological therapy program. Basically, I follow what my professors taught me. I strongly believe there is no magic cure for cancer... or any other disease. I don't want to be misunderstood and I'm not saying —it's all in your head. The powerful aspect of a positive attitude is undeniable. But the variations in the outcome will vary, depending on your childhood upbringing.

Although recommended by some, I believe it is insufficient to just mumble positive affirmations all day long, hoping to get well. The internal healing power must be ignited by positive mental thoughts and emotions. To reverse or prevent disease and create wellness, thoughts must be powerful enough to ignite the internal fire of passion in our solar plexus. An example is, we need to drink a certain amount of water a day, that won't necessarily motivate me to get a glass. However, an intensive thirst will.

Another example: If one only says —I will be rich or —I want this or that house, etc., materialization will never take place. Positive thoughts and emotional enthusiasm combined are all that is required for the manifestation of matter. Simply put, you must THINK, SEE and FEEL it before it will become real. In my younger days, one of my great teachers, who healed many people, explained it this way: —You have to visualize taking the tumor in your hands and with all your aggressive energy, see yourself slowly squeezing it, suffocating it and making it crumble into nothing.

A friend who is an award winning equestrian, confirmed this concept with the following practice:

Before entering any competition she visualizes already having won the event in her mind. There is never even a trace of doubt left when she completes her visualization. The night before a competition, while everyone else is out working their horses, she relaxes, giving herself and her horse a break. During relaxation, she spends her time VISUALIZING every detailed step of the course.

Effectiveness of this procedure has also been confirmed by a new breed of professional sport team coaches. Before games, they have their athletes reduce physical exercise and spend time mentally practicing their strategies. These techniques have been proven to work very well.

Now returning to the subject of health, I must again emphasize that becoming the dragon-fighter (warrior) is the key to overcoming health challenges. The powerful warrior uses positive mental practices and maintains emotional fortitude to be victorious. The mind and feeling become one force.

Some patients find it difficult or impossible to mobilize these forces within themselves, mainly due to the lack of concentration. The limited time we have with our patients is not always sufficient to assist them in the awakening of their inner powers. However, as biological practitioners, we can call the patient's attention to self-healing tools, including love and compassion, which are accessible to each of us.

Let's consider that our current medical system has intentionally enacted an abuse of power to control public thinking regarding personal health. Through various means —The system (laws, media, etc.), has convinced us of our inability to create and maintain good health. So many people rely solely on —modern medicine to —fix their diseases and believe in spite of good intentions, the —false promise of good health.

Having surrendered personal power to such a system, certainly influences negative mental attitudes about health. In the most destructive way, those attitudes lead us to believe that:

1. We neither have to take responsibility for our health nor have control over it.
2. We have to believe everything we are told by doctors.
3. We have to rely on the current establishment for cures.

However, as we review statistics, it becomes alarmingly obvious that without conscious awareness, we have been lulled into dependency on a system that often does more harm than good.

To be precise, death caused by iatrogenesis (medical accident) has been reported as the third leading cause of death in the U.S. for a very long time. This is primarily due to the under-reporting of such deaths. It is estimated that only 20% are actually reported.

But... a recent report entitled —Death by Medicine||, authored by a group of researchers who reviewed volumes of statistical evidence, revealed that the American medical system is the **number 1** cause of death and injury in the US!! This places heart disease at Number 2 and cancer at number 3.

Before I talk about heart disease or cancer, let's explore this **number 1** cause and how it affects mental attitudes about health.

To date, (2009) many large demonstrations protesting the nearly 4,300 US casualties in Iraq have taken place across this country. On the other hand, I've never seen or heard of a protest against the nearly 100,000 people who die every year due to hospital-acquired infections...NOT from the disease or condition for which they originally sought treatment! Just think about that for a moment: 100,000 annual deaths due to negligence. But you never see or hear news reports about this tragedy. Interesting, isn't it?

Here are a few more personal examples of —medical accident tragedies:

A friend of mine went to an Arizona hospital for just a general checkup. He left the hospital in a wheelchair as a quadriplegic. Just had a checkup including some blood work and came out as a quadriplegic!! Unfortunately this type of medical accident,

maltreatment or misdiagnosis occurs more often than reported and announced to the general public.

My father had always been a healthy man. He died at the age of 93. By our standards, he lived a long life, but complained a lot during his later years of —just not feeling well, being fatigued and having some minor aches and pains. He was a bit of a hypochondriac, and I often wondered if his symptoms resulted from age-related expectations or from listening to the complaints of his contemporaries.

Regardless, his doctor prescribed several medications, which he faithfully took for years. I never believed his symptoms were disease-related. Instead, I thought he was overmedicated which is common among the elderly who are often improperly treated for —old age.

Talking about him reminds me of times in medical school when discussions about diseases and symptoms would actually cause some students to acquire the symptoms discussed (like when you kids come home from school and tell you a student was dismissed due to head lice and suddenly, **your** scalp starts itching).

Anyway, when my father died, the cause of death was unknown to the doctors. They performed an autopsy without family consent and discovered that his liver was in a state of decomposition due to overmedication (unnecessarily prescribed medications).

My father's story is a good example of how a patient's mental attitude toward minor symptoms combined with a doctor's eagerness to over-medicate, caused vital organ injury; eventually leading to —death by medicine.

Recently, I learned from a friend who is also a pharmacist that the curriculum for obtaining a professional pharmacy degree has been extended by an additional year. This change was made due to the need to awareness of ever-increasing complications caused by adverse chemical reactions. These often result from poly-pharmacy and over-prescribing. The students are required to learn more about dangerous side effects of drug–drug and drug-food interactions. Most doctors are either unaware of these potential health hazards or simply ignore them.

Earlier, I mentioned cancer as the third leading cause of death; following medical accidents and heart disease. Now, I want to take a closer look at this disease. It is interesting to note that more than 30 billion dollars has been spent on research since the 1960's, when President Nixon declared the war on cancer. However, traditional medicine still has found no cure.

It is a medical fact that most people develop cancer cells nearly every three months; approximately 1,000 times during a lifetime. In most instances however, we never know the cancer existed because the immune system destroys the aberrant cells. We know, for example, that cancer cells die in the midst of fever, which is a defense mechanism of the immune system. The body regulates this on it's own; it's an automatic and ongoing process.

Let's say a patient goes for a check-up and the doctor finds a tiny little knot or spot. He takes a biopsy and later proudly declares that he found some cancer cells. He congratulates himself on his ability to find the cancer at such an early stage. But the truth is, the cancer is already in its last stage, as it took about ten years or longer to get to this point. No one just wakes up from one day to the next with a tumor. A detectable cancer takes a long time to develop.

THREE FACTORS ARE INVOLVED IN THE DEVELOPMENT OF CANCER:

First, a constitutional weakness, which is often genetically inherited must exist. Most humans have one or more constitutional weaknesses. To understand this, let's take a look at the following example:

Many symptoms, affecting different areas of the body, may accompany the flu, although the flu itself is caused by one virus or viral strain. People will experience flu symptoms according to their constitutional weaknesses. So during flu season some people may have a head cold, some may develop bronchitis or body aches throughout the musculoskeletal system and other may have gastrointestinal discomfort, including diarrhea. But, all these different reactions and symptoms result the same cause.

Without pointing to any specific disease, I just want to emphasize that encountering the same pathogen can create different experiences depending on the constitutional weakness of the individual. In traditional medicine, if you have symptoms in the lung, you go to a pulmonologist, muscle and joint pain will take you to a rheumatologist and stomach complaints are treated by a gastroenterologist although all these different conditions may have been caused by the same pathogen.

It is very helpful to become familiar with your own constitutional weaknesses. For example, a patient with stomach sensitivities should be more cautious with food consumption. One with weakness in the liver, may not tolerate alcohol well and may be more prone to constipation. But a constitutional weakness alone, does not cause cancer. Once patients become aware and practice a healthy lifestyle according to their constitutional weakness, safeguarding their health from cancer and all other diseases becomes easier and more effective.

The second contributing factor is emotional trauma. For example, stress due to an accident, loss of a family member, bankruptcy, divorce, stressful relationship, or job, etc., can take an immeasurable toll on our health. It is a fact that such events can batter the immune system; contributing to disease and reducing the lifespan.

The third contributing factor is exposure to toxic stress. For example, harmful chemicals and heavy metals in food and water; over-consumption of recreational drugs, including alcohol and cigarettes, too many prescription medications, etc., can weaken the immune system and lead to cancer.

Researchers and experienced doctors have concluded that when these three factors come together, they become a serious trigger for cancer development.

TO GET WELL AGAIN...

The first requirement for regaining health, while battling cancer, is the possession of vitality.

Any healing process requires energy. If the patient has been treated with chemotherapy and/or radiation, if surgery was performed and the general condition appears very weak, the chances of recovery via biological medicine will be slim. In other words, if starvation has nearly taken a life, even with the feeding of a nutritious meal, digestion, metabolism and assimilation of nutrients may be impossible. And, if that is the case, healing will not be possible.

OVERCOMING OBSTACLES

The first, most important, but difficult, obstacle to overcome is fear. In every culture of the world, you'll find fairy tales where the town or country is threatened by a dragon, giant or a King Kong type of monster, etc.. The king always sends for the bravest man and asks him to kill the beast. Although the different countries are unaware of one another's cultures, they all have a similar tale: a threat exists that must be overcome by courage.

Similarly, there comes a time in everyone's life where the beast must be challenged. It may be the loss of a loved one, an accident, disease, bankruptcy, divorce, war, etc.. At times such as these, no one escapes having to choose between —caving in or —fighting!

Here's an example of a patient who made the choice to fight:
A 50-year-old man came to my office with lung cancer. Prior to his visit with me, he had gone to a prominent cancer clinic in Texas. The cancer had woven its way through both lungs like a spider web, so surgery was out of the question. They recommended intense chemotherapy, which he refused.

I explained to him that there is no magic alternative cure, despite the occasional speculative news report he had heard. Nevertheless, he was determined to use alternative methods. My task was to identify and help him become aware of the obstacles in his life, and support him with biological medicine.

He appeared to be physically strong and convinced me that he has no fear and wanted to fight this cancer with all his might. He also strongly insisted there was no way he would die from cancer. Two and a half months later, he went back to Texas for another checkup.

To his doctor's surprise, cancer was no longer detected. The lungs were completely cancer-free. As so often found in situations like this, his doctors were puzzled. At the same time, they were not the least bit interested in understanding the trigger for his —miraculous healing. In this situation, it was clear that this patient refused to give in to fear and **his courage became the healer.**

I believe a good doctor, at his best, can give 50 percent; the other 50 percent must come from the patient. This leads me to my next example.

A lady in her late 40's came to my office with her husband. While sitting there, her husband explained that she had intestinal cancer. By the way, intestinal cancer is the most common cancer in the U.S. During the entire consultation she never looked into my eyes. Her husband did all the talking. She worked most of her life as a librarian. I explained policies of my practice and recommended that she think about my alternative approach. Reflecting on her appearance, the way she sat cowering in a nearly fetal position, reminded me of a mouse sitting paralyzed in front of a snake. Her fear was obvious. I wasn't very optimistic. They never came back; four weeks later I learned she had died. This case was just the opposite of the man who chose to fight and declared he would not die from cancer.

Yes, fear paralyzes the human organism. Paralysis begins the moment breathing changes when a patient succumbs to stress. Think of what goes through someone's head after hearing the ice cold words of an oncologist, —you must strictly adhere to the cancer therapies or you will die. If traditional cancer treatments had fabulous success rates, I wouldn't be writing this article. But reality speaks for itself.

In a situation like this, the patient must ask him/herself, —What do I have to lose? No matter what the life challenge is, there is a choice to be made. A person can do nothing and wait for —something to happen, or he/she can switch into fighting mode and take it head-on. But in order to overcome the obstacle, one must become the warrior and fight the dragon.

SECOND OBSTACLE: FAMILY PRESSURE

There is no question that a loving family wants to do its very best for one of its members in need. However, we must remember that most people form their opinions about cancer from what they learn via the news media and tabloids. Without understanding the truth about cancer treatments and cure rates, family members may get together and assure their loved one that they will do anything within their power to help. This might include taking out a second mortgage and even sending him/her to the —Mayo Clinic. It always surprises me when someone pulls the Mayo Clinic out of their sleeve. It is perceived to be the Holy Grail of medicine, although its success with cancer treatment is no greater than anywhere else.

I have no doubt the family's intentions are good and sincere. I call this an American approach: If there is a problem, a specialist (a hit man) is hired, paid some money, and takes care of the problem. In this case, the oncologist is the hit man hired to get rid of the cancer. But a closer look reminds us that with so many people dying of cancer every day, the paid hit man approach is not the answer. Healing cancer requires full participation, undeniable determination and overcoming obstacles.

The Internet can be a wonderful source of information on treatment options and alternative approaches to wellness. But often family members may resist learning about and supporting alternative treatments for their loved one. It's not uncommon for a cancer sufferer, who looks for alternatives, to receive comments from family members such as, —You should see a REAL doctor!.

A cancer patient can be easily overwhelmed by the scare tactics of traditional doctors, family pressure and the large variety of alternative therapy choices. I must admit that lay persons can become easily confused by the enormous amount of information on the subject matter. I am aware that it is much easier to pass this responsibility on to an expert, but taking some level of responsibility has its rewards. And, without question, it is most important that the patient follow his/her gut instinct and heart and is not ruled by fear.

THIRD OBSTACLE: NEGATIVE THINKING

It is a scientific fact that 70 percent of our thoughts throughout the day are negative. Let me share a couple of humorous examples.

Most people check twice to see if the letter they deposited in the post office mailbox fell through the slot. Why? Because the mind says, —You better make sure it went in. Even though it was obvious it went in the first time, we choose to fear that we may not be sure of what we saw.

Similarly, before flushing the toilet, most people always turn around and check. Are they actually thinking that it mysteriously vanished? These are humorous examples of our negative thinking and how the thoughts lead to inappropriate behaviors. But it can become much more serious.

SUMMARY

Integrative Medicine requires doctor-patient teamwork and offers significant tools to awaken the healing powers that reside within every human being.

At the physical level, in any conditions, the practitioner's **first step** is always the proper diagnosis and evaluation of the case, including determining the **vitality** of the patient.

The **second step** is to make the patient aware of life **obstacles** which often, may not appear to be related to symptoms and the condition, for example: dental health, systemic parasite infections and other factors including emotional and environmental stress.

And in the **third step**, indicated biological therapies are initiated and supported by vitalizing nutritional programs.

These three steps are the foundation of responsible patient management. When followed, any practitioner can be assured regardless of outcome, that the very best has been offered to each patient.

The statements above have not been evaluated by the FDA. The nutritional suggestions and research provided are not intended to diagnose, treat, cure or prevent disease and should not be used as a substitute for sound medical advice.