

ALTERNATIVE HEALTH CARE:

Space Age Interpretations
of
Age-Old Truths

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Your Well-Being Is Your Responsibility -
Know Your Options

Helen K. Cox, R.N., B.S and Blaine Patino

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ACKNOWLEDGEMENTS

I want to thank my parents, my husband and my children for their love and unquestioning support . . . even during those times when understanding on their part could not have been easy.

My wonderful staff 's enthusiasm and encouragement makes each day with them a joy, and all the clients and students who have come through the doors of Options have added significantly to my personal growth and the development of the Center's programs.

The testimonials used throughout this book come from various clients who were good enough to share their experiences with us. I am grateful for their contributions, and for the interviewing expertise of Arlene Franks, who keeps these files lively and interesting.

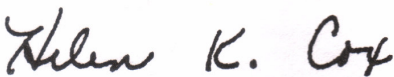
My deep appreciation for every instructor at the many workshops and classes I have attended, for every author of every enlightening and inspiring book I have read cannot be measured. A simple thank you does not seem enough for the motivation and education they provided me.

From all those mentors, I especially want to acknowledge:

Al Milliren, who envisioned a learning center, developed the original model, freely gave me material and his time, and - most importantly - believed in me. He continues to guide and support even from a distance.

Paul Dennison, who shares his creative ideas and insightful knowledge with all. I value our association.

Steve Horne, who has been an excellent role model. An iridologist, herbologist, and alternative health practitioner addressing all levels of healing, as well as an all around nice person . . . I am proud to be a fellow traveler.

A handwritten signature in cursive script that reads "Helen K. Cox". The ink is dark and the handwriting is fluid.

Helen Kay Cox
February, 1994

PREFACE

This book is long overdue if you believe my staff members, wonderful clients, and supportive co-workers and family. However, I believe it has been waiting for its debut; waiting for the right moment, the right climate of public opinion. Just as a healing can only occur when both the receiver and giver of care are both involved and committed to the same goal, the information offered in this book can only be useful when it is sought and desired. From the increased public awareness of and interest in alternative health care and natural healing, it appears the New Age has come of age.

I believe health seekers of the 90's are ready, willing and able to assume responsibility for their own well-being. That, in fact, they are demanding a change in the way our Western culture approaches health care. Some will analyze this phenomenon and say the search for alternative solutions is motivated by economic factors...health costs have soared to unmanageable heights. Others will have explanations based on a growing lack of confidence in our medical institutions and pharmaceutical establishments. Still others will point to the younger generation's better education and exposure to other cultures and traditions.

I say, all of the above! They are all factors contributing to the current surge of interest in new ways of looking at old problems. In truth, as you will discover as you read the following material, none of the disciplines offered for consideration at my Options Center are really "new." They are all based upon age-old wisdom and practices.

Modern thinking has, in some instances, improved upon that knowledge in its application to today's lifestyles. Twentieth century technology and enlightened research now offer broader insights into the "whys" of practices from the past. They take the basics of our predecessors in the healing arts and refine them to even better serve our purposes and goals.

For example, we no longer have to go harvest herbs and roots from the wild, hopefully preserve them, and administer them in a brewed tea or poultice. We have modern laboratories that are able to distill the healing essences from the herbs and encapsulate them for ease of administration....all under super-clean and safe handling conditions.

Other examples: Research in the field of Neurology has provided us with a better understanding of why Chinese acupuncture is effective. We are able today to put our finger on (no pun intended!) the exact spot where energy is blocked in a person's body and is causing discomfort or illness. With the electronic devices of biofeedback technology, we are able to visually confirm how mind can control autonomic body functions, such as blood pressure or heartbeat. We can benefit from experiments by pioneers in the field of Behavioral Kinesiology in order to raise our level of physical and mental health, as well as our learning capacities. We welcome this type of interaction and deeper appreciation of this marvelous creation we call our body.

I sense a trend in today's health conscious society to view the whole person, not just specialized parts of the human body. This is not, of course, a new trend in mankind's history. A "reawakening" is perhaps a better word.

For decades, our technology-dominated Western culture, our left-brain dominated culture, has separated the physical, emotional and spiritual components of a person in order to analyze, compartmentalize and - hopefully - heal that which seems to be out of order. Such thinking has produced impressive results in the areas of emergency/trauma care and laboratory analysis, and we are grateful for these skills. However, such tunnel vision serves a limited area of effectiveness. Our enlarged, broader view of the world, life and values demands a more comprehensive approach.

I really do not like the term "alternative health care." To me, it implies an either/or choice antagonistic to modern medicine. Procedures and therapies often labeled by that catch-all term can and should be complementary to all other health care programs a person has decided upon in the quest for total well-being. And certainly if one uses historical time as a benchmark, acupuncture, acupressure, herbology, massage, etc. are the more "traditional" healing arts! I look forward to the day all health care providers coordinate their efforts for the benefit of those who come to them for guidance.

I do not lay all the blame for prevalent attitudes in the health care field at the door of the professionals. I feel too many patients/clients have relinquished the responsibility for their own well-being. Whether this is due to a deliberate choice on their part or because they have been educated

by popular opinion to think that way makes a good subject for lively debate, but too many of us want someone else to tell us what to do, and to confirm or help us deny what we really, deep down, know for ourselves.

Now, getting back to the premise of this book. I am going to share with you the philosophy of wellness that is the foundation of my Options Center for Health and Education. I hope it will assist those of you who are newcomers to the idea of holistic health; that it will erase any misgivings you may have about the programs that are your option to pursue. I sincerely want to strip away the false mystique that unfortunately surrounds the subject of alternative health care in the minds of so many people.

For my readers who have already exercised their options and are embarked on their path to total wellness, I hope it will motivate you to stay the course and reach your goals! Individual responsibility for vital, vibrant living will bring the rewards you have a right to expect....no, a right to demand for yourselves!

Helen Kay Cox, R.N., B.S.N.
August, 1994
Peoria Heights, Illinois

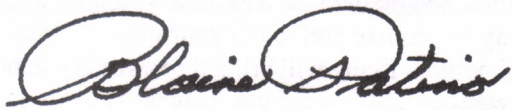
I envision a sort of health-care smorgasbord -a wide array of healing options from which we may pick and choose. I envision a diverse and dedicated corps of healers - medical doctors, chiropractors, herbalists, massage therapists, color therapists, homeopaths, and so on – working together in harmony and peace, their minds and hearts focused on the people they serve, with each healer pursuing the healing principle that best expresses his individual gift. I envision a health-care system in which healing is mainly the patient's job, with all who would be healers assuming but a servant's role.

Dean Black, Inner Wisdom: The Challenge of Contextual Healing, Springville, Utah: Tapestry Press, 1990, 22-23.

A NOTE FROM THE CO-AUTHOR

This is Helen Cox's story. She is the founder, director and guiding inspiration at Options Center for Health and Education and has spent twenty-five years practicing the healing arts. First, as a Registered Nurse in allopathic medicine, and then as an informed proponent of many alternative therapies in the fields of holistic health and natural healing.

I have spent one year collecting, organizing this book's material, and then putting words together. All research has been discussed with Helen for her personal input. Therefore I have chosen to tell the entire story from her point of view. "I" refers to Helen and "we" is that good old universal pronoun dear to the heart of writers.

A handwritten signature in dark ink, reading "Blaine Patino". The signature is written in a cursive, flowing style with large, connected loops.

Blaine Patino

SECTION I

YOU ARE IN CHARGE OF YOUR HEALTH

"Health becomes the freedom not to react to things, but to respond and have many options - not to be trapped by an old belief about life." ---Bill Moyers

"The purpose of taking better care of ourselves is not to avoid the disease, but to live life... Health is more than getting fixed in the doctor's office. Health is a way of being alive."
---Rob Lehman

Not only do I believe that each one of us is in charge of our own health, but I believe it is possible to achieve regeneration of health...permanent healing...not just a patch-up job of symptoms and a temporary cessation of pain, fatigue, a cough, a headache, etc. Isn't that what we all really want? To be returned to the balanced, harmonious, smoothly functioning person we are intended to be?

WELLNESS VS. STOP-GAP SOLUTIONS

"I've had this problem for years...I go to the doctor; it gets better for awhile, but then it comes back." This statement is the one I most frequently hear from clients when they visit my office. Modern drugs can and do provide temporary relief for many ills. In some instances the temporary respite they offer allows a body's natural healing system to do its work effectively so that a complete healing occurs. But too often the old health pattern resurfaces and the vicious cycle continues.

Honest health practitioners, be they medical doctors, chiropractors, osteopaths, naprapaths, nutritionists, homeopaths, acupuncturists or whatever, will admit that they or their techniques do not "heal". They provide the best environment they know of so the ailing body can heal itself.

So our goal should be to assist our own inner wisdom and amazing natural healing systems to function at peak performance. I believe there are four components to regeneration/permanent healing.

SALLY - OPTIONS FILE #160

Tired of the medical system . . .

She had been through the traditional medical route and she was sick and tired of it. Sally said she was not getting any better as she went from doctor to doctor, clinic to clinic, surgery to surgery. In fact, she felt worse.

"I'd been through the medical system and was pretty unhappy with that," she explained. "I've had two major surgeries within the last eight and a half years, and it left my immune system pretty well shot."

She had muscle spasms in her face. There was added stress in having to travel long distances for treatment and medical advice. She had even visited the Mayo Clinic.

"My whole life changed because of these surgeries," she said, noting the stress and emotional turmoil she lived with. "I was in a pretty bad place."

So she looked for something else.

"It seemed like all my friends were going to Helen (Cox, director of Options Center for Health and Education, Peoria Heights)," she said.

Sally had already decided to change her diet after problems following her second surgery, so she followed the Candida diet, which Helen recommends to clients with chronic yeast infections.....a condition that often occurs after a lengthy regimen of antibiotics. Sally also began taking herbs.

With Helen, she addressed her emotional trauma using various techniques including guided imagery and Touch for Health. The result, she says, is that she has worked through some of the issues of the past and has been able to feel "light and joyous"....a feeling she rarely experienced before the sessions. "Things that were negative to me, she's helped me see the good."

Sally said she is better able to accept things as they are, which has helped her in relationships.

She says that now when she looks in the mirror, "I'm seeing the person in front of me; I was seeing the past."

Sally and her husband both follow a healthy diet and cook together, which helps her follow the plan.

"What I've learned from going to Helen is this is going to be my way of life and that's kind of a neat thing. I had begun to feel kind of hopeless. Now I have hope. I am going to come out of it, and I will be well."

First, there must be an interaction between the client/patient and the health provider. A sick person who walks into an appointment and says, "Fix me!" is relinquishing control over his/her own health and headed for a harmful co-dependent relationship. And who's to blame if the doctor says, "Fine. Here is the prescription and my bill. Come back when you need me!" Because you **WILL** be back . . . until you learn you have to take part in your wellness program.

Second, a person must want to get well. That may sound like a ridiculous statement. "Of course, I want to get well! I wouldn't be here if I didn't!" But you might be surprised if you could get a print-out of motives and accepted behavioral patterns from your subconscious. (Actually, your symptoms are a form of "print-out".) It is not unusual to have unconscious blocks that are interfering with healing. This would explain why we can get well temporarily and then fall back into the old patterns of discomfort and disease.

What we think of as our "mind" is physical as well as mental because information/memories are stored in the cellular structures of our body. This mind (body and brain) is like a computer. Everything that happens to us is stored in its program. Since we do not always remember or have an understanding of when or how the program was written, we do not understand some of the strange print-outs we get in our bodies or in our reactive patterns.

For example, an automobile accident may have caused an injury to your shoulder. It heals and all is well...supposedly. But why do you still get a pain from time to time? Because the muscles stored the trauma of the car accident and something in your life triggers that old reaction. When the emotional trauma is eliminated and recreated to positive energy, then complete regeneration occurs on the physical level.

Third, we need a clear subtle body energy field. If we understand, as the Chinese have for thousands of years, that blockages or congestions can be picked up on the energy field and treated, we can prevent signs of illness and symptoms from ever manifesting themselves on the physical level. I will expand on emotional blocks and energy fields in later sections.

And fourth, the three dimensions of our brain must be integrated. These three dimensions are:

- laterality dimension (left and right hemispheres)
- focusing dimension (brain stem and frontal lobes)
- centering dimension (limbic system and cerebral cortex).

None of us escape negativity in our lives and most of us have come to accept certain limitations as "inevitable". We can learn alternatives to such attitudes, relieve the stress they cause, and develop our full poten-

tial for healthy, energized, stress-free living by removing learning blocks present in our brain.

This, too, is an area I will discuss in greater detail in a later section.

FOUR COMPONENTS TO REGENERATION/PERMANENT HEALING

1. Positive interaction between client/patient and health provider; a sharing of information with the goal of total well-being in mind.
2. Person must want to get well; be willing to make a commitment to his/her health.
3. Subtle body energy fields must be clear and balanced; emotional blocks broken up and energy allowed to flow freely.
4. Three dimensions of brain . . . laterality, focusing and centering . . . must be integrated to remove learning blocks.



DEFINITION OF HOLISTIC HEALTH

Holistic is a term often misused to identify health care providers not licensed to practice medicine. Other times it is used to cover all procedures and techniques considered to be "fringe" modalities, outside the world of so-called "orthodox" medicine.

Holistic health is not new, is not a creation of the New Age. In theory, established medical schools and educational programs have always addressed "the whole person"....a state of harmony between body, mind and spirit. Note I said *in theory*. In practice, perhaps as a result of the eighteenth century's Age of Reason, the concept of holistic health has been replaced with a form of separatism. The twentieth century finds us in the Age of Specialization. Body and mind have been separated for treatment, and spirit has been exiled to the venue of religion.

After much suffering, disenchantment and damage to personal integrity, today's health seekers are saying **NO** to being serviced and repaired by these specialized "medical mechanics", and **YES** to the concept of holistic health.

True healing is a realization of wholeness and holiness; therefore, to me, holistic health (or wholistic if you prefer that spelling) is a perfect balancing of the physical, mental, emotional and spiritual levels in a person.

The word "health" is from the Anglo-Saxon hal or whole, defined as a "flourishing condition; well-being, vitality, prosperity."

A definition of "holistic" from The Holistic Health Handbook, compiled by the Berkely Holistic Health Center:

"...an open system, based on positive assumptions about our compatibility with the nature which created us, along with all other life forms, and our ability to take care of ourselves and our relationships naturally and effectively. Our culture has strayed far from this position, but as the pendulum swings, we are gathering momentum back toward a healthy personal (and planetary) ecology."

The American Holistic Nurses' Association (AHNA) endorses two dominant themes in its conceptualization of health: wholeness and change. These two themes lead to categorizing worldviews as mechanistic versus organismic and change versus persistence.

" The organismic worldview assumes the person to be an active integrated being who is not reducible to discrete parts. Rather than reacting, the person engages in interaction with the environment. Behavior is considered probabilistic, rather than absolutely predictable from a cause and effect basis. Because holism is assumed, focus must be maintained on the larger whole and not the parts in order to understand the whole. The whole is considered more than the sum of the parts.

"In contrast, in the mechanistic worldview the 'man-as-machine' metaphor is often used. Behaviors occur in a reactive manner in response to stimuli, a passive linear cause and effect sequence. All phenomena, liv-

ing or nonliving, are the sum of discrete parts and the whole can be predicted from knowledge of the parts.

"In the change worldview, the person is viewed as always in a state of transition, and progress is valued. Change processes are a natural and inherent aspect of human existence (Fawcett, 1989a). Growth and change are desirable and full realization of the individual's potential is an ongoing goal.

"The persistence worldview focuses on stability as the natural state, with change occurring only when necessary for survival. Socialization is directed toward conservation of sameness, the maintenance of similar behavioral patterns and routines."

The conclusion is that the change worldview is not compatible with the persistence view, and the organismic worldview is not compatible with the mechanistic view.

TWO WAYS TO VIEW HEALTH

Mechanistic

Whole being can be predicted from knowledge of parts.

Reacts to environment.

Behavior is passive linear cause and effect sequence.

OR

Persistent Worldview

Stability is natural state; change occurs only when necessary for survival; conservation of sameness is stressed.

Organismic

Whole being is more than sum of parts.

Interacts with environment.

Behavior is probabilistic rather than absolutely predictable.

OR

Change Worldview

State of transition is natural and inherent; growth and change is desirable; realization of potential is ongoing process.

I BELIEVE THE INDIVIDUAL HAS AN INNATE BUT OFTIMES NEGLECTED CAPACITY FOR SELF-HEALING. Holistic health is the route of self-responsibility, the utilization of this powerful healer within. Holistic health is an attitude and a discipline that takes practice; an emphasis on individual commitment to personal growth and integration of body, mind, emotions and spirit in order to claim the "flourishing condition" under which we human beings are intended to function.

JENNIFER - OPTIONS FILE #181

Overcomes bulimia with alternative therapy . . .

Jennifer was ready for another kind of therapy. She wanted to kick her eating disorder, and the traditional psychological route of behavior modification just wasn't working for her.

"I pushed everything aside for awhile and got better,"she says, "but then ended up getting worse."

When her father learned of an alternative approach to healing the disorder, she decided to contact Helen Cox at Options Center for Health and Education, Peoria Heights.

Jennifer was bulimic, an addictive eating disorder that affects a person mentally, emotionally and physically. It involves an endless cycle of fasting, bingeing and vomiting. The cycle left Jennifer "hungrier and hungrier," causing her to eat ever larger quantities of food and to vomit more frequently. Eventually, she could not control the vomiting. Her mind was trained to trigger the body to vomit after food intake.

"I couldn't keep anything down," she remembers.

Jennifer was introduced to a multi-faceted treatment program, part of which was simply "talking through things," she recalls. "Helen got me to talk about why, about my inner feelings, about myself and my goals. She taught me how to relax and to express my feelings."

Jennifer learned to face her feelings when she felt like bingeing and purging and to reprogram those feelings into alternative responses instead of the self-destructive behavior.

At the same time, Jennifer began taking herbs to help her repair the devastation her body had suffered from the disorder. She also learned a number of relaxation techniques such as sitting and breathing properly, and utilizing pressure points. She listened to relaxation tapes...."pump up tapes," she calls them....that increased her self-esteem and sense of self-worth. "Now I try not to put myself down so much," she says, and adds she has become more assertive in expressing her feelings.

"I've grown a lot since seeing her," says Jennifer. "A lot of it has to do with Helen; a lot of it has to do with my just dealing with the problem. I wanted to find someone who could make me stop. Helen made me realize it had to come from me."

Her message for those "suffering and taking abuse for it," is that help is available. Her message to everyone else is "it's something that needs to be dealt with. A lot of people don't realize how serious it is and how hard it is to stop."



TAILORING YOUR INDIVIDUAL WELLNESS GOALS

At this point I hope you are convinced you want to take on this self-responsibility, this commitment to total well-being. But where do you start? How does one begin to tap into all the intricate healing systems of our body/mind/spirit? How does one locate weaknesses, deficiencies? How can you be sure you are addressing the true needs of the organism?

Once again, healing is a naturally occurring phenomenon within the human being. Just as it is designed to correct imbalances (dis-eases), it is also capable of assisting us in its diagnosis.

At Options Center, we go through a series of techniques and information-gathering interviews with each new client to determine that person's

perceived state of health, his/her complaints and symptoms, as well as his/her own body's statement of its present level of function.

The first-time client discovers from the very first visit that "you are going to have to be a contributing partner in the planning of your healing program." Remember...we have said this is a self-responsibility project! My staff and I are only guides, sharing and apprising you of your options. (We also love you and are enthusiastic supporters of your decisions as you progress and learn.)

As a first step to tailoring your individual regeneration goals, ask yourself just exactly where are you coming from in your approach to health? The Health Consciousness Questionnaire in the Appendix is an example of this type of needed information.

"To get well, we must stop making ourselves sick!" Good advice! And the area of diet and nutrition is particularly susceptible to this admonishment. Keep a dietary record for a week and then compare your food intake to recommendations made later on nutrition. Samples of the nutritional forms I ask clients to complete are also in the Appendix.

The next three diagnostic tools may not be as familiar to readers as the attitude and nutritional aspects, so I will give you a more in-depth look at them.

Body Typing

"It's more important to know what kind of a patient has a disease, than what kind of disease the patient has."

---Sir William Osler, M.D.

The beauty of the organismic (over the mechanistic) viewpoint is the recognition that we are not all alike; that we must view each person as an individual with his or her own eccentricities, nuances, menu of needs and corrections. It seems such a simple conclusion when we can just look around us and observe these differences in physical appearances! These physical differences are a clue as to the health care program right for you.

Ancient Chinese medicine uses the five elements of nature to classify body types: earth, water, fire, air or ether. Traditional Western medicine classifies body types as **ectomorph** (the slim, rangy body type), **endomorph** (the round, plump body type), or **mesomorph** (the thick, more muscular body type).

Dr. Henry Bieler, physician and nutritionist and author of *Food Is Your Best Medicine* propounds the theory of distinguishing between individuals based on dominant glands. His "thyroid type" is much like the classic ectomorph . . . slender, fine-boned, long-limbed; his "adrenal type" corresponds to the classic mesomorph . . . square in shape, thick and solid.

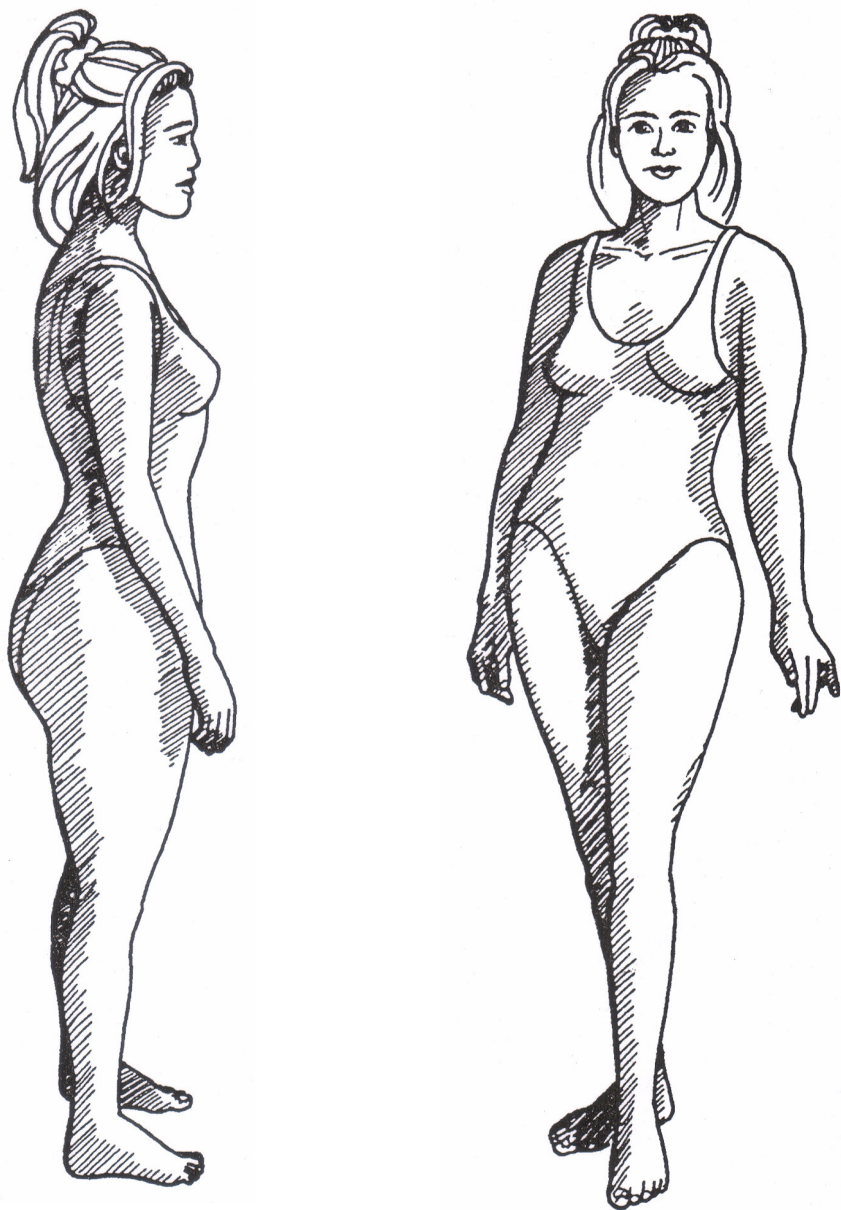
Elliot D. Abravanel, M.D, took the glandular classifications further and added the "pituitary type", as well as the "gonadal type" for women and wrote two bestsellers relating these four types to weight loss and total health fitness.

There is no one ideal body type. Each is just different from the other, not better or worse. Each has its own pattern and potential for optimal well-being. By knowing which you are, you can work with what is right FOR YOU and not what is good for other people.

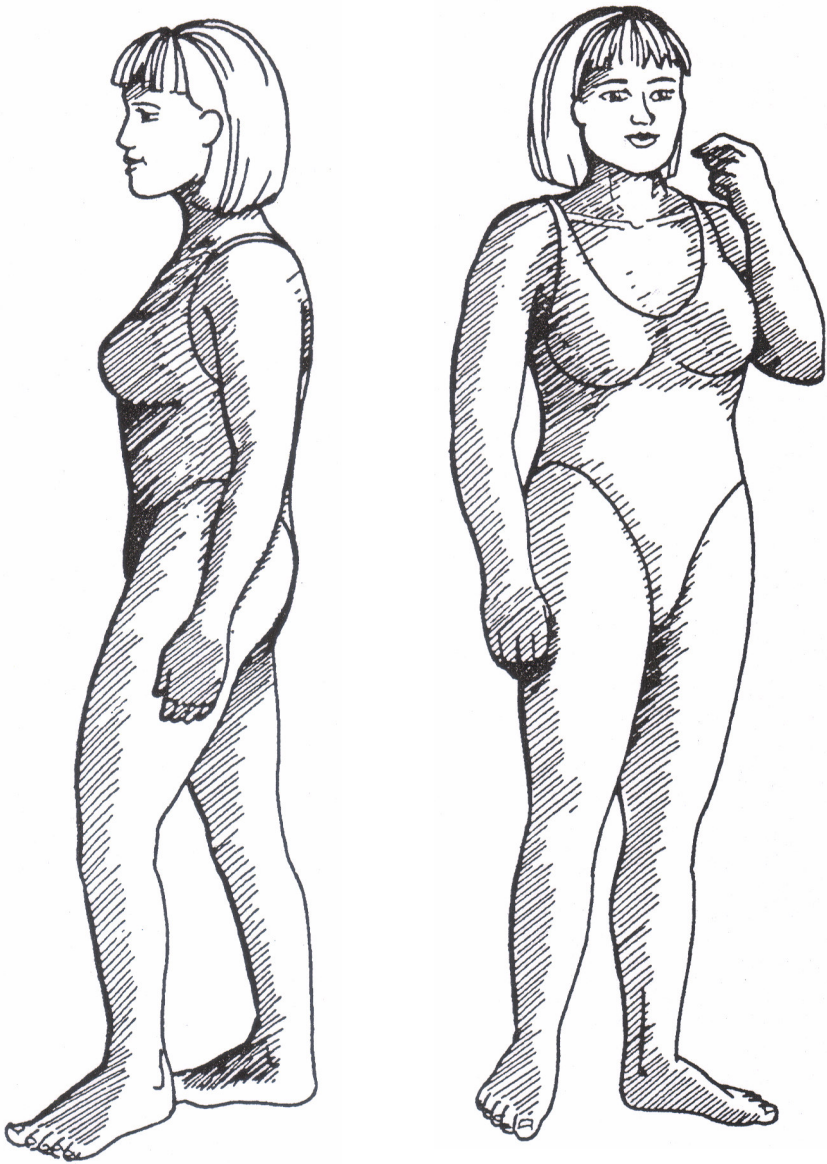
The gland most active in your system (adrenal, thyroid, pituitary or gonads) determines what kind of metabolism you have, how you typically react physically as well as emotionally. The chemicals or hormones each gland produces exert their influence in a characteristic way. So knowing your dominant gland gives you all sorts of valuable information about your personal and individual style of meeting life's requirements.

For example, visualize one of each gland type at a stressful meeting. Notice the characteristic different reactions to stress - the A-type (adrenal) is very aggravated, ready to jump down someone's throat; the T-type (thyroid) is nervous and irritated; the P-type (pituitary) is spacey and anxious; the G-type (gonadal) feels vaguely frustrated. These are all biochemical reactions.

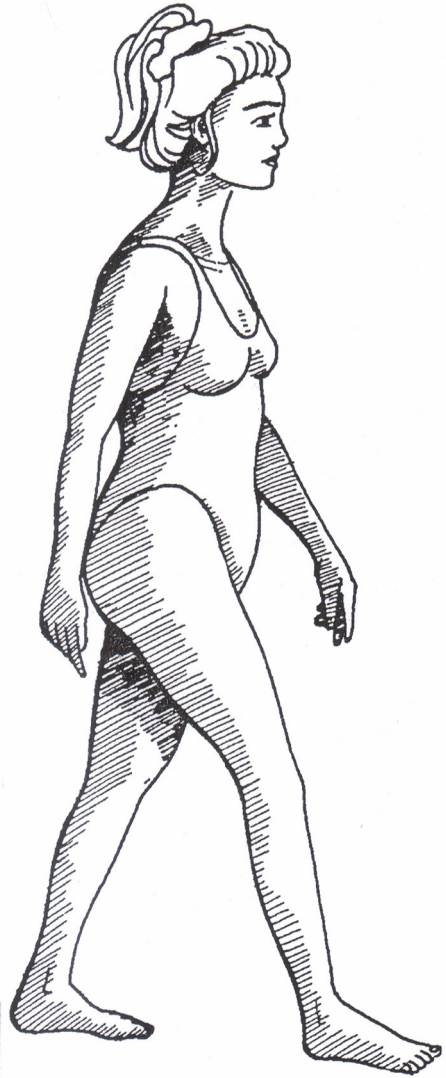
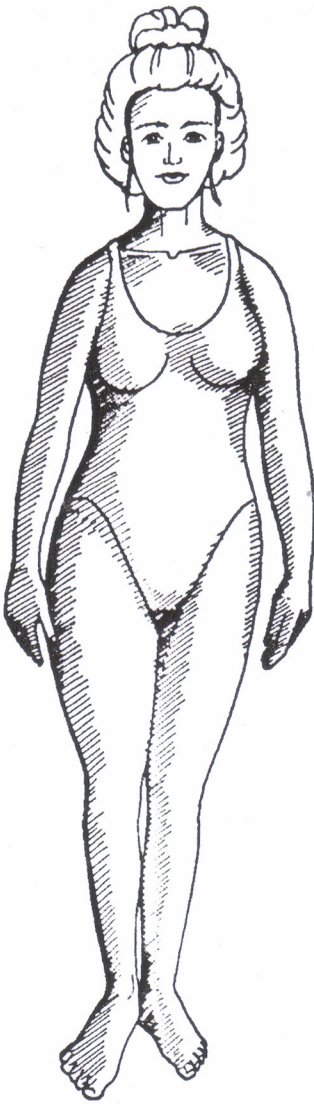
These same biochemical factors enter into what kind of food you prefer (spicy, sweet, starchy, etc.), what kind of exercise you lean toward, your energy level, your work preferences, your creativity patterns, your sexual relationships....everything!



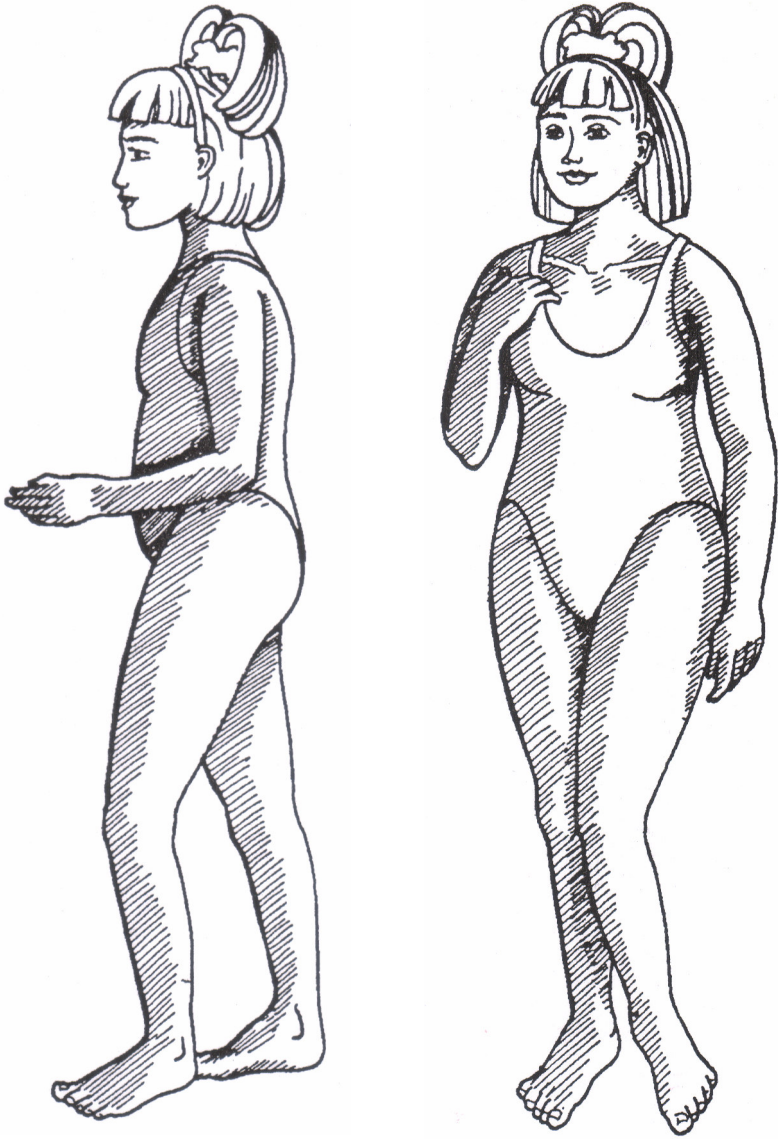
G-type: Lower half of body larger than the upper half; defined waist; prominent buttox; “sway back”; head is slightly small for body size; any fat tends to accumulate below the waist.



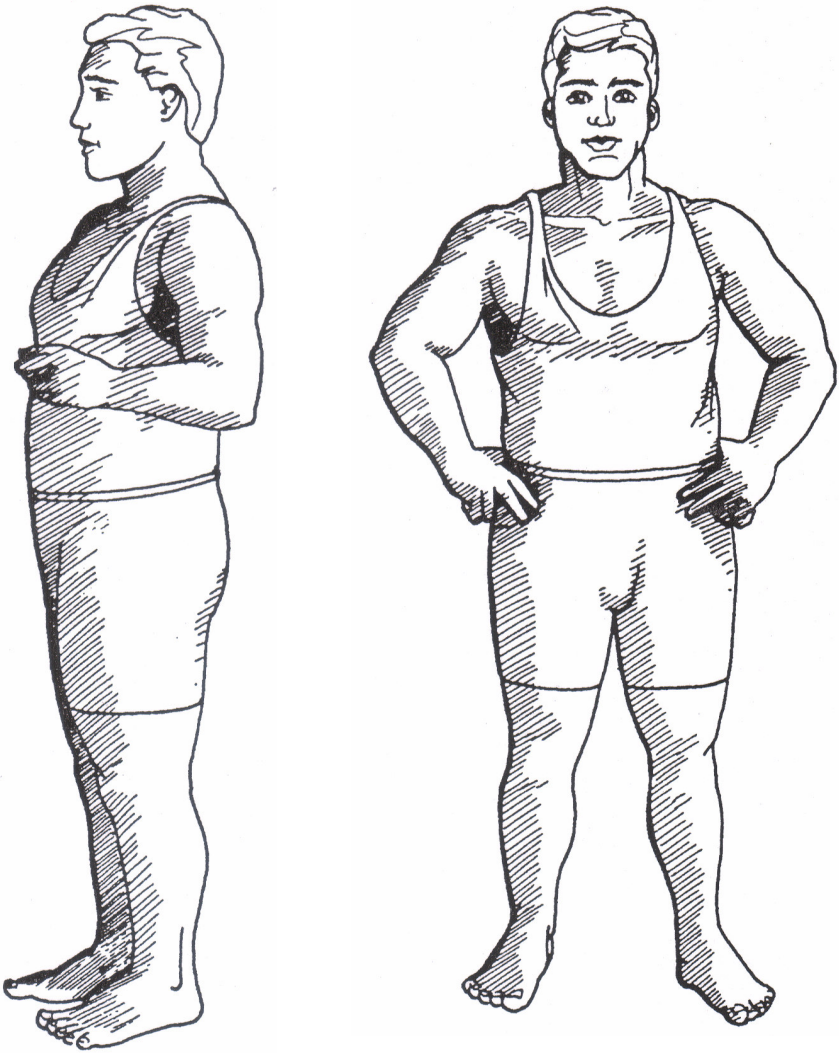
A-type: Torso is squarish and sturdy without defined waist or hip lines; breast well developed; flat buttocks; straightback; square or round face; fat tends to accumulate across the stomach and upper back.



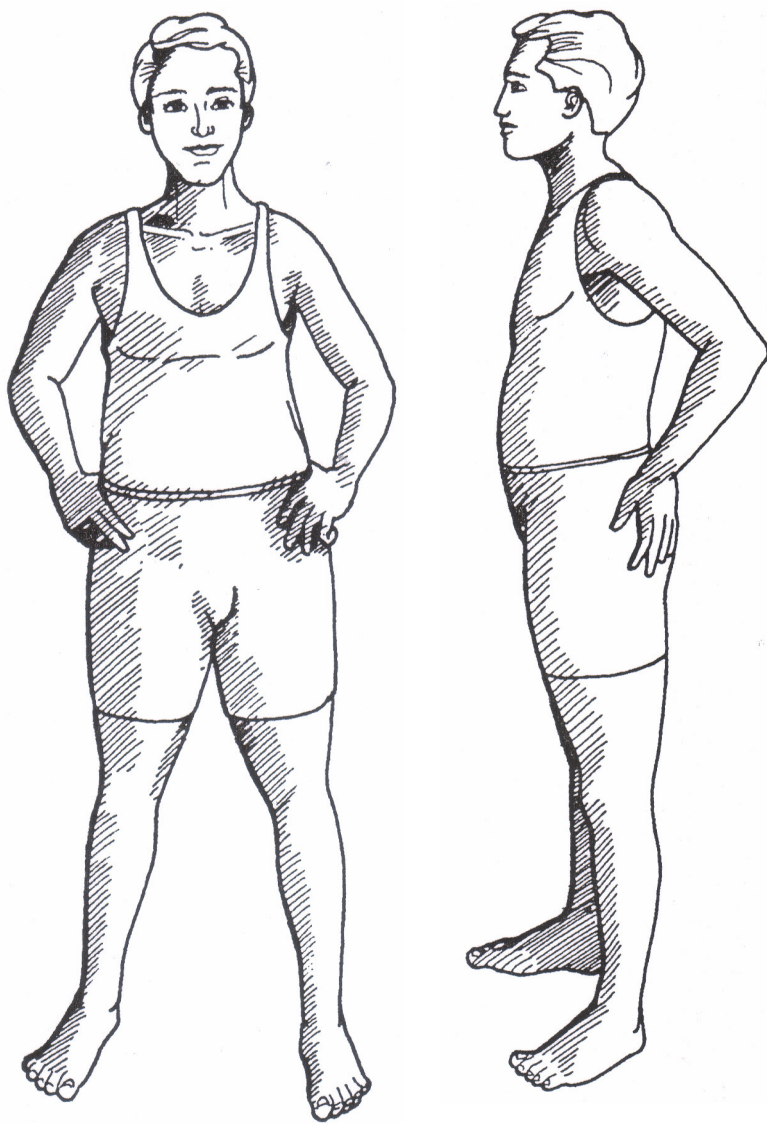
T-type: Body is rounded, fine-boned, curvy; fuller through the middle than at the extremities, but waist remains defined; rounded but not pronounced buttocks; lower back straight, shoulders rounded; face and neck long and slender; fat tends to accumulate around waist hips and thighs.



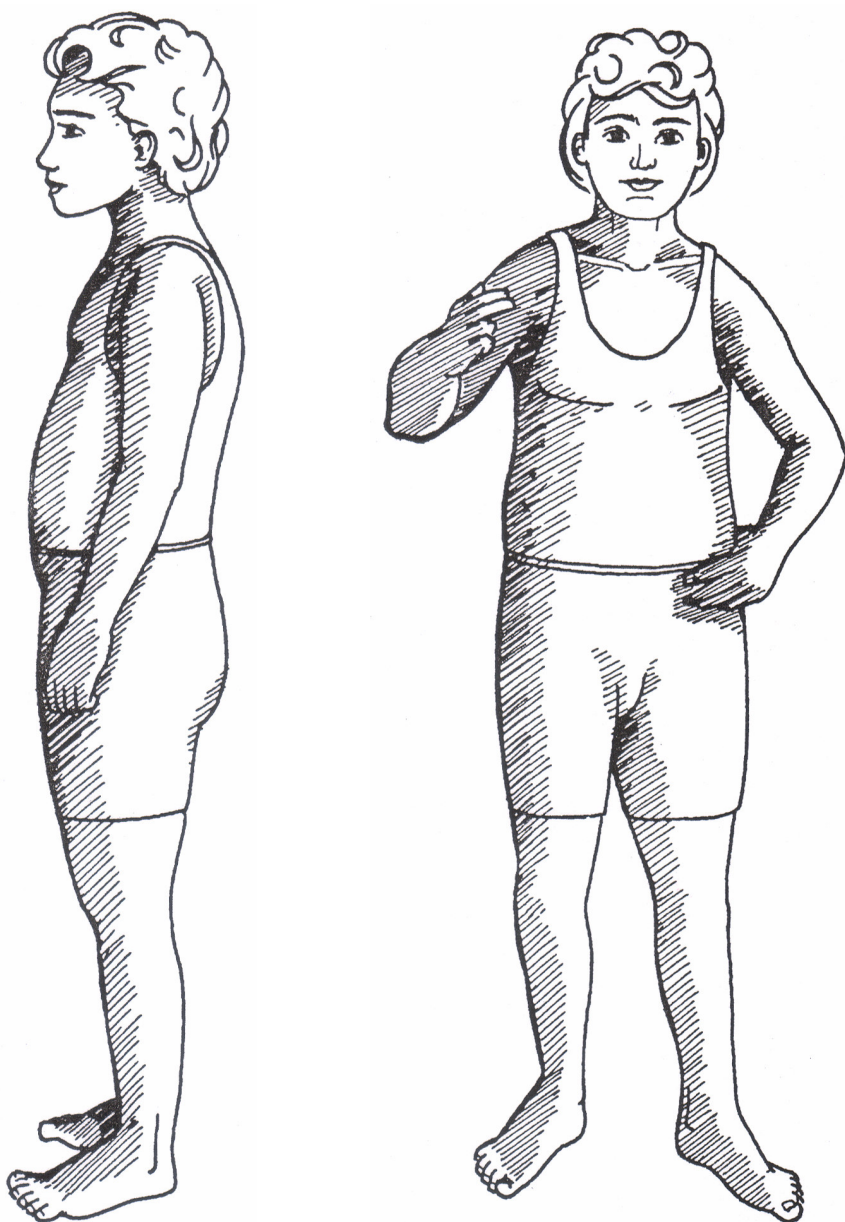
P-type: Childlike or “underdeveloped” torso; small breasts, childlike buttock and tummy; rounded shoulders; head is slightly large for body and comes forward from the line of the back; fat accumulation gives appearance of all-over “baby fat” or pudginess.



A-type: Body is square and sturdy; broad chest, little waist definition; straight, thick thighs; bulky muscles; back slightly swayed; buttocks rounded; square or round face, thick neck; fat tends to accumulate across upper back and the stomach (classic “pot belly”)



T-type: Body is long-limbed, “rangy” and fine-boned; buttocks flat; head and face are long and slender; fat accumulation is in upper arms and thighs, around the waist (classic “love handles”)



P-type: Boyish and slender appearance; sloping shoulders; concave chest; underdeveloped muscles; back is curved, buttocks rounded and childlike; head is round and slightly large.

At Options we use these four body types to establish your nutritional needs and metabolic eccentricities, and to personalize your wellness program:

MEN

Adrenal (A-Type)
Thyroid (T-Type)
Pituitary (P-Type)

WOMEN

Adrenal (A-Type)
Thyroid (T-Type)
Pituitary (P-Type)
Gonadal (G-Type)*

**The sex glands (testes) of men do not produce a separate body type as do the sex glands (ovaries) of women. The male testes work closely with the adrenals, so the male A-Type is in effect an adrenal/gonadal combination.*

For more details, see the Body Type Check List in the Appendix.

Muscle Testing

Muscle testing (or contact reflex analysis as it is also known) has its origin in the art and science called applied kinesiology. **BOTH MUSCLE TESTING AND KINESIOLOGY ARE BASED ON THE RECOGNIZED FACT THAT THERE IS SOME KIND OF BIOLOGIC ENERGY FIELD(S) INVOLVED IN HUMAN HEALTH AND DISEASE.** Much research and experimentation remains to be done in order to satisfy today's penchant for double blind studies, laboratory tests under controlled conditions, etc. However, many cultures for thousands of years have appreciated the existence of this "life force" or energy that animates man.

Today's terminology for this primary essence of life is often electromagnetism. It relates to China's chi (pronounced chee), India's prana, Egypt's ka, modern Russia's bioplasmic energy, and Star War's the Force. Whatever label it is given, the reference is to the invisible-to-the-human-eye energy field(s) that surround the organic physical body.

A THERAPIST CAN WORK WITH THESE ENERGY FIELDS FOR EVALUATION AND REGENERATION PURPOSES. When this energy is free flowing from point to point in the body, all bodily sys-

tems function as they were designed...to attract what is needed to be life supporting or to repel that which is not. If this energy is blocked or congested, the body experiences loss of power or becomes over-energized at one or more points, i.e., the body is thrown out of balance... and in come stress, pain and illness. This is your inner wisdom's way of sounding an alarm that something is amiss.

Before discussing muscle testing per se, a little background information is in order.

Up until recent times, consciousness was considered the end result of certain activities of the central nervous system. Period. Now researchers are recognizing and acknowledging that the mind can and does influence biomolecular mechanisms that regulate the body. They are admitting that the brain, computer extraordinaire that it is, still needs a programmer in order for it to instruct the nervous system and all other body systems as to what acts to perform, what reactions to have, and what goals to achieve.

Where is such a programmer? Neurophysiologists may identify areas of the brain that execute commands, but these are not the source of consciousness, the life force that exists in all living creatures, the programmer of our body/brain's computer hardware.

Now stay with me for just a bit while we dip into the world of physics. For our purposes in this book I will simplify theories that others have spent lifetimes exploring.

Ever since Isaac Newton's observance of that historical apple, the thrust of traditional medicine has been to view the human body as a biochemical machine. The Newtonian model of reality sees the universe as a complex, intricate mechanism... the ultimate computer. And that is all right as far as it goes, but the question posed above...where is the programmer?...puzzles many.

Enter Professor Albert Einstein with his famous equation: $E=mc^2$. The Einsteinian model of reality proved to scientists that energy and matter are dual expressions of the same universal substance. Here is our primal energy, the source of our consciousness. **HUMAN BEINGS ARE COMPLEX ENERGY FIELDS THAT INTERFACE WITH PHYSICAL/CELLULAR SYSTEMS.** Here is where we find our pro-

grammer! Here in these higher dimensional energy systems, also referred to as our subtle energetic anatomy.

Still with me? If not, you are not alone. The Einsteinian viewpoint may have found friends and advocates among physicists, but few medical doctors or medical colleges abandoned their Newtonian mechanistic approaches. These subtle forces were not dealt with, nor even discussed usually, because their existence was never documented by anatomical dissection.

That problem of documentation is being overcome, however. As physicists and scientists gain more experience with the phenomena of electricity and magnetism, perspectives are changing. Sophisticated apparatus is already with us in the form of X-ray machines, CAT scanners, EEGs, MRIs, electronic biofeedback monitors, and Kirlian photography. I believe we will see many new advances in the field of electromagnetism over the next decade, so the skeptics will be able to "see" what older civilizations have known intuitively for centuries.

For bible scholars, the healings achieved by Jesus as recorded in the Book of Mark point to a knowledge of energy fields. Scholars and scientists believe the image on the Shroud of Turin was created by electromagnetic energy.

Chinese Acupuncture Meridian System . . .

The most familiar example for most of us of this interface of the physical body with its higher energetic fields (composed of energy at higher frequency levels than what the human eye can see) is the Chinese acupuncture meridian system.

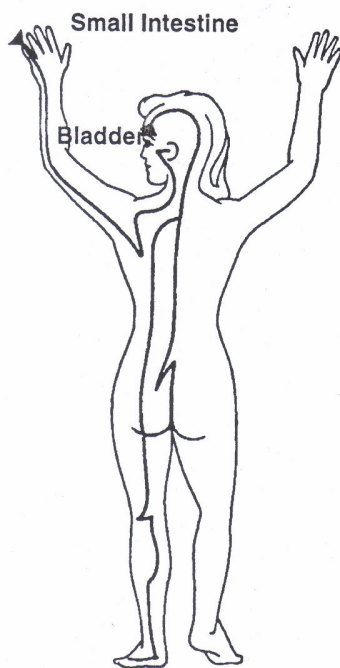
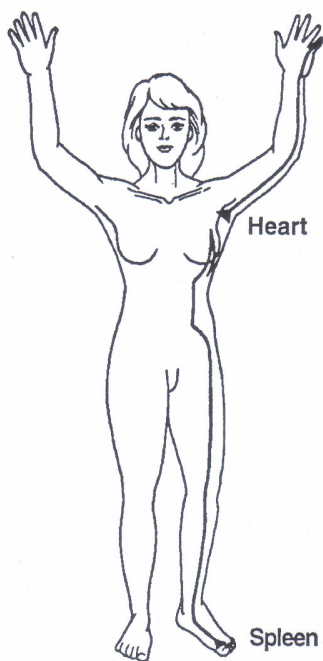
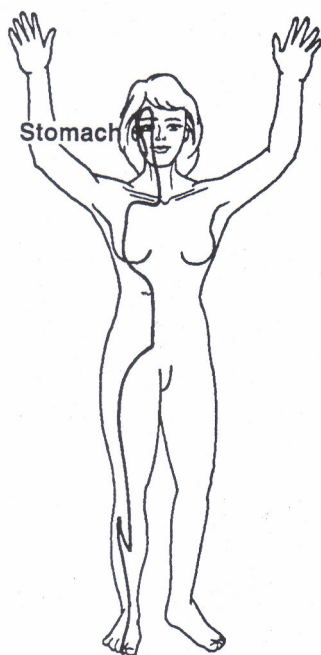
The Nei Ching or Yellow Emperor's Classic of Internal Medicine is said to have been written between 2697 BC and 2596 BC and is probably the earliest known text on acupuncture healing. In the seventeenth century, Jesuit missionaries sent to the Orient observed and reported instances of Chinese physicians treating illnesses by inserting needles into the skin. Unbelievable!

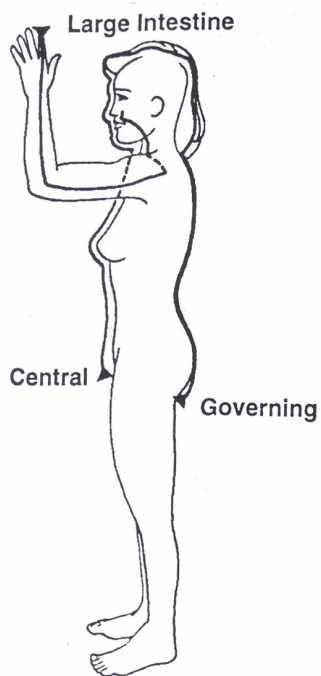
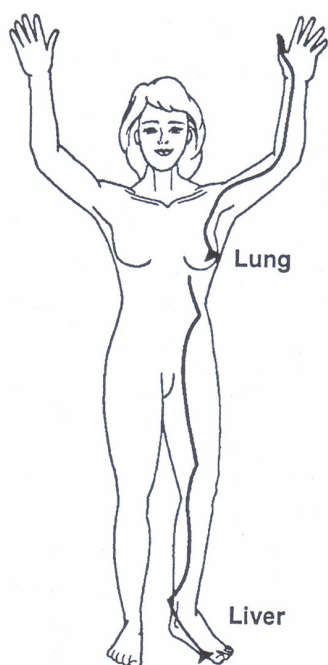
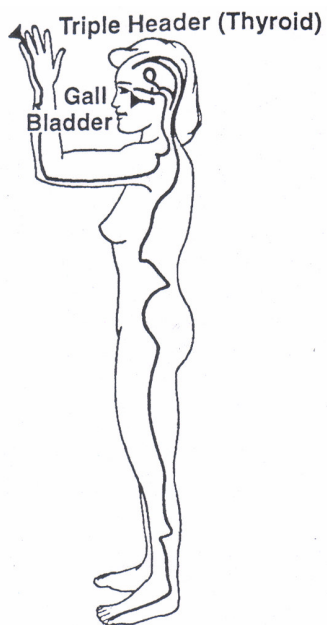
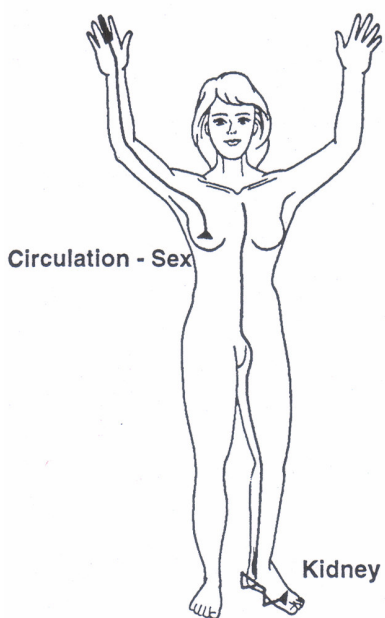
But today acupuncture continues to be employed as a healing technique in China, right alongside modern drugs and surgery. In fact it is often the preferred anesthesia prior to and during surgery.

The Meridian Pathways

The Chinese envision the flow of the essential life energy which they call *chi* as moving along a system of pathways or MERIDIANS. Each of these meridians is related to a specific body organ. They are:

Body energy flows along pathways known as *meridians*. These meridians are identified with the name of the bodily organ to which they relate; however, energy actually flows in one continuous, unbroken flow in a well determined order. There are twelve primary meridians plus two labeled “central” and “governing”, as well as many minor connecting ones.





If an energy imbalance occurs in a particular meridian system, the associated organs will be affected. By inserting needles at specific points along the meridian, the energy flow in that meridian can be influenced and a therapeutic effect on the associated organ is brought about.

Acupuncture's ability to treat or block pain is its most accepted role in Western medicine today, although just how it is able to create its analgesic effect is argued. Because these meridians do not follow any known anatomical pathway, mechanistic-oriented minds find it hard to accept that these electromagnetic energy channels are there! Research in the growing field of neuroendocrinology may be able to change this attitude.

Now let us get back to the subject of Muscle Testing and its role in tailoring your personal health regeneration program.

Muscle Reflex Communication System . . .

Dr. George Goodheart, the originator of the specialty called Applied Kinesiology, discovered that there is a direct relationship between muscles and meridians. Muscles can be thought of as "energy pumps" that assist the flow of energy through a meridian. A weak muscle indicates an energy imbalance; a strong muscle indicates the flow of energy is unimpeded.

When I refer to "muscle testing", I am not referring to the strength of a muscle as a physical therapist might assess it, but to the ENERGY condition in the meridian associated with that muscle. This differentiation is an important point to remember.

The body has an ability to sense and feel harmonizing or conflicting energies. This is due to the properties of resonance and dissonance. "When two wavelengths of energy are in harmony or in tune with each other they resonate together. The effect of resonance can be observed when a particular note causes a chandelier to vibrate, or a singer hitting a certain note causes a glass to break. The object was vibrating at the same rate as that particular note, and being in harmony with that note, it absorbs the energy of it and increases its rate of vibration. In the case of the glass breaking, the glass absorbs so much energy that it vibrates apart." Master's Course in Holistic Healing, Nature's Field, 1992.

Stressful conditions (situations or choices undesirable to the body) disrupt your energy flow. Such a disruption affects the muscles. Think about the physical reactions felt when you are suddenly given bad news or frightened...weak knees, heart palpitations, dry mouth, light-headed, etc. These are all physical reactions, muscle reactions. Your body wisdom is telling you, "Undesirable! Not nice!"

"The first time someone demonstrated muscle response testing to me, I was skeptical. Well, one day I was demonstrating muscle testing to a friend, just for fun. I was showing him how a person's arm muscles were weaker when they were holding something like sugar and stronger on healthier foods. My oldest daughter, Sarah, was fascinated with the muscle testing. She was six at the time. So using my fingers, she began to muscle test me on various substances. I was talking to my friend, not paying much attention to what she was doing, except when she said 'hold'. Then I would hold my two fingers together tightly while she tried to pull them apart. Believe me, I was holding tight; after all, I wasn't going to let my six-year-old daughter best me in a contest of strength.

"Then she dropped something on my lap and said, 'hold.' I held as hard as before, but my fingers came apart. I looked down and saw that she had dropped sugar on my lap. I was incensed and didn't believe it. I made her do it again and had the same result. We tried it several different ways and it always came out the same. As long as I wasn't touching the sugar, I could hold my fingers together, but as soon as I touched it, my daughter could easily pull them apart.

"After that experience, I knew that touching a substance which wasn't good for you could make an actual difference in a person's physical strength. I have since proved this to myself many times over."

Steven H. Horne,
Master Herbalist and Author

Through a complicated interaction of energies, the brain records every event experienced and analyzes it against your PERSONAL IDEAL. (One man's meat is another man's poison, so what is all right for one person may be rejected for the next.)

If there is a match of the event (or food or herb, etc.) with what is right for YOUR functioning, muscles remain strong...energy balance is present. OK!

If there is a mismatch, muscles become weaker...energy imbalance is present. ERROR!

So it is possible to use this muscle reflex communication system to assess the body's energy flow, its nutritional needs, its emotional blocks (if any). We can, in effect, "talk" to our bodies and tap into our inner wisdom whose sole purpose is to keep us in perfect health and vitality.

"We experience the effects of resonance and dissonance all the time, but most of us are virtually unaware of it. For example, when we meet someone who thinks and feels a lot like we do, we say we feel 'in tune' with that person. We might also say that we are 'on the same wave length' or we get 'good vibes' or 'good vibrations' from them. When we are in harmony with someone in this manner we feel more energized, stronger, edified and more alive. Conversely, you have probably noticed that contention tends to drain your energy. We speak of contention as 'discord,' 'disharmony' or 'bad vibes.'" Ibid.

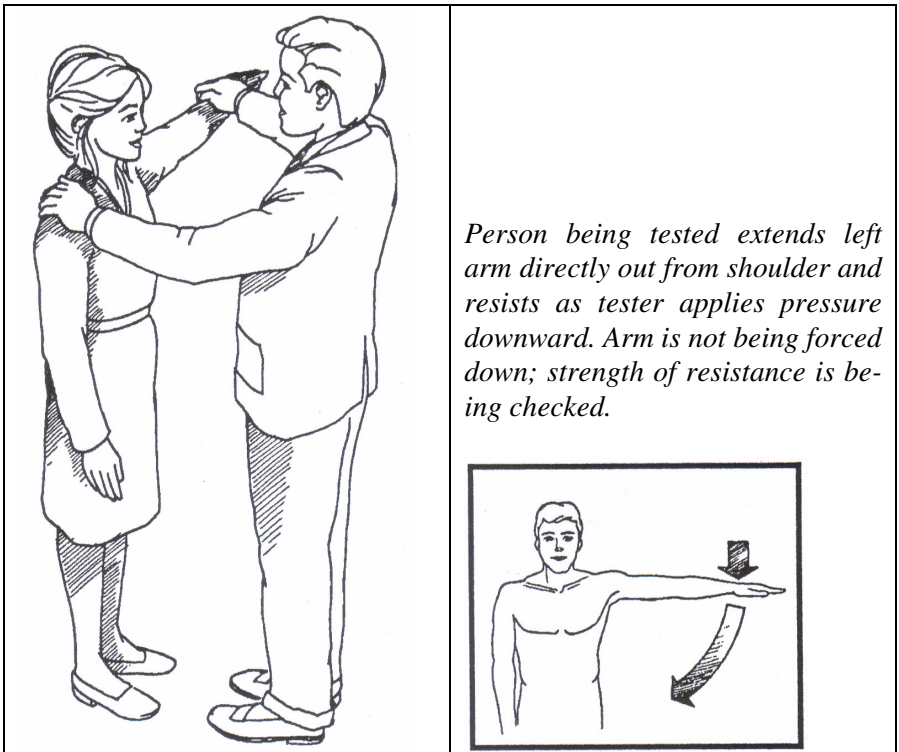
Have you ever experimented with a pendulum? You know...a wooden spool or ball at the end of a piece of string that you dangle from your finger and thumb. You watch it rotate clockwise or counterclockwise as you ask questions. You have, of course, established whether a clockwise or counterclockwise rotation means yes or no for you! Then you ask questions...Will I get a date for the prom? Will I pass my math exam? Will I become rich and famous? All such profound inquiries...

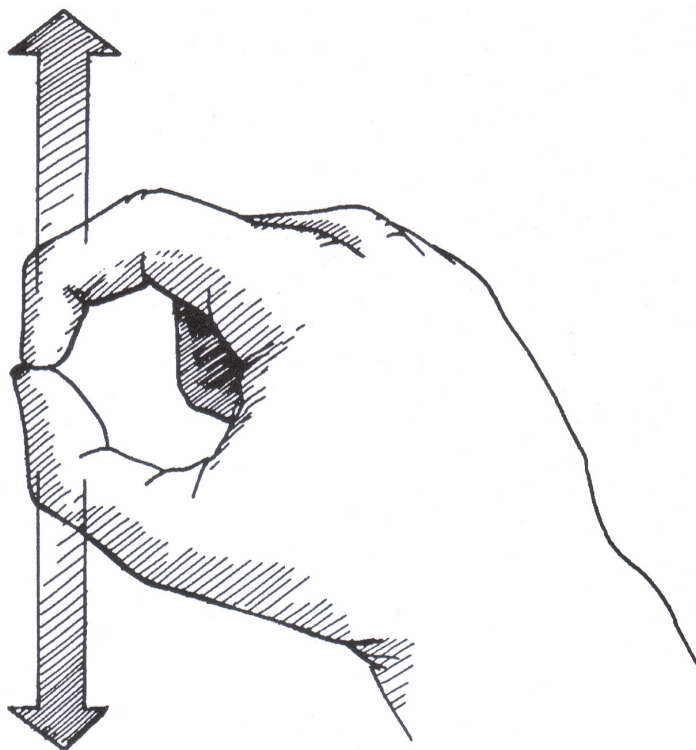
Well, the principle involved here is more than a parlor game trick. The pendulum is another example of energy field dynamics. Properly used, a pendulum can provide accurate indications, much as a sensitive water douser can find where to drill the well. There is wisdom behind what many dismiss as old wives' tales!

Muscle testing, which anyone can learn, has three things going for it:

1. It is inexpensive...no elaborate machinery or equipment is required. Many physicians do it as part of a routine physical examination.
2. There is nothing scary about it...no needles, pain or other trauma.
3. (And this is where its evaluative role comes in.) It can provide information that is otherwise unavailable from case history, physical examination or laboratory tests.

Even more beautiful, it can tell you something is wrong inside **BEFORE** anything abnormal shows up on the outside.





Person being tested places thumb and index finger together to form a circle, and is told to resist as tester attempts to pull the fingers apart. If the body's response is negative, the finger will part no matter how much resistance is offered!

Iridology

*"There is so much useful information in the iris that iridology has the potential to become one of the most widely practiced assessment tools in both the physical and psychological health fields."*Bill Caradonna, R. Ph.

Iridology is the science of analysing the iris of the eye. Our eyes are the link or bridge between our inner and outer worlds. You might say the eye is a microcosm (small part) reflecting the macrocosm (entire person). The iris has also been likened to a roadmap . . . telling you where you are, where you are headed and obstacles along the way.

Not a Modern Discovery...

Believed to have originated in ancient Greece, research in the art of reading the iris cites Hippocrates as an original practitioner. A 1670 book, Chiromatica Medica, is said to contain statements that "markings in the iris indicate diseases." Folklore contains references to the eyes of humans and animals as "maps" that indicate feelings and physical well-being. There is evidence that numerous religious groups - the Jesuits, the Brahmins and the monks of Tibet, for example - knew that the colours of the eye were influenced by diseased conditions of the body. This was centuries ago. Stone records have been found in Asia Minor that contain drawings of the eye and its relationship to other parts of the anatomy. The Chinese examine the eyes as part of their diagnostic procedure to this day.

In his book Iridology: A Guide to Iris Analysis and Preventive Health Care, 1993, Adam J. Jackson, practising iridologist and physical therapist from London, calls Ignatz von Peczely, M.D. from Hungary the "founder of modern iris analysis." He relates the following incident that remained in Dr. Peczely's memory and resurfaced many years later in his medical practice leading to extensive research regarding the indisputable correlation between the markings in his patient's eyes and their diseases.

"I was only eleven years old, when one day I tried to catch an owl that defended itself violently, and plunged its claws into my hand, and the more I tried to free my hand the deeper did the owl, with its claws, pierce my flesh. There was no other

way but to try by force to break the one leg of the owl in order to extract the claw, and as I was a strong boy I succeeded in doing so.

"During the struggle I and the owl chanced to look each other sharply into the eyes, and the very moment I broke the leg in two, I observed to my surprise a black streak appearing in one eye of the owl. However, a friend of animals, I took the bird home, bandaged its leg, and treated it until it again was well during which time the bird became so tame that it returned and ate at my table in the garden, and continued doing this a long time after it was liberated.

"In the fall of the year the owl flew away, but next summer it returned and was quite tame as it had been the previous year. And one day sitting with it on my hand, I happened to notice the black streak in the one eye of the bird, and saw that it was there just as plainly as on the day when it originated, but it was now bordered and surrounded by white lines!"

Extracted from Iris Science,
Dr. H.W.Anderschou (1916)

Dr. Henry Lahn brought the practice of iridology to the United States from Sweden in 1904. Since then many have worked to bring iris analysis to the attention of both the medical profession and the general public. Bernard Jensen, D.C., N.D., from the USA has been a leader in the field for over fifty years and is an often quoted authority. Germany has produced significant contributions to iridology research - Joseph Deck, Dr. P. Thiel, Pastor Felke, Dr. R. Schnabel.

James T Carter, O.D. defines this system of health analysis as follows:

"Iridology....is the art and science practiced through the observation of the texture, pigmentation, and density of the iris whereby the physical condition and activity of all special organs and/or systems of the body are directly and most profoundly observed. Structural defects, chemical imbalances, toxemias, inherent weaknesses and predisposition, tensions, endocrine disorders, etal., are observed through direct iris examination. The location, and often the etiology or cause, can likewise be determined. Reflex responses to diseases in other areas are most readily de-

tected. The basic premise from which this definition is derived is that each organ or tissue area of the body has a corresponding locus within the iris, which undergoes 'microinflammatory' change simultaneous with the change at the organ level during its imbalance or disease states."

In a 1975 paper entitled What The Eye Reveals, Morgan B. Raiford, M.D., summarized with three points:

1. "The eye is the only organ system that visually displays the blood vessels and the status of our circulation."
2. "The eye is a chemical-electronic computer system. It reveals much of our total electro-chemical balance."
3. "An understanding of what the eye reveals is essential to every medical specialty."

What are we looking for in an examination of the eye?

If you look closely (with the assistance of a magnifying glass), you will see many fibers radiating out sunlike from the pupil to the iris periphery. These nerve fibers are extensions of the brain, and start forming early in the fetus.

If these fibers are straight and lie close to one another, it is said to have "fine density". A "loose density" label attaches to fibers that are wavy or unevenly arranged, with openings between them. Iris density is an indicator of one's general constitutional disposition, tendencies inherited from your parents. Thus, they can act as a sort of **EARLY WARNING SYSTEM** for congenital weaknesses.

This type of information is invaluable to the therapist and the client. It points the way to needed *preventative* measures. One can adjust one's life style and habits long before a weakness is ever manifested as illness in the physical body, possibly making the likelihood of its ever doing so unlikely!

IMPORTANT POINT: A delicate constitution (loose density) can be just as vital as a strong constitution (fine density) when all other factors are weighed and a healthy life style is maintained. If a particular weakness is on your map but you haven't manifested it as yet, there is still

time to change your direction! It's what you do with this valuable information that counts. A strong, resilient type person may ignore sensible health rules and be worse off than the person with a lesser inherited physical integrity. **THIS IS ANOTHER OPPORTUNITY FOR SELF-EMPOWERMENT. WE CAN TAKE CONTROL OF OUR HEALTH BEFORE A PROBLEM OCCURS TO BE "FIXED."**

An interesting observation made by one iridologist....he has several cases on file in which parents "who exhibited numerous weaknesses cleaned and strengthened themselves before conceiving a child. They bore children with beautifully clear eyes, even when their older children inherited defects." So we can influence future generations by empowering our own systems!

(Another bible story comes to mind. Esther was chosen along with other virgins as candidates to be King Ahasuerus's new Queen. However, each woman had to undergo twelve months of "purification" before being taken to the King's bed. Is it possible they were cleansing their systems in order to enhance the health of any royal heirs that might be conceived? Incidentally, the King chose lovely Esther as his Queen...)

Other marks in the eye that a trained iridologist interprets are color or pigmentation, small or large arcs, spokes, furrows or rings, and...wonderful to see...healing lines. Healing lines indicate regeneration is taking place.

Using these "eye maps", the iridologist acquires information about your constitutional nature, state of your organs and body systems, strengths and weaknesses. If trained in the Rayid method, he or she can also identify emotional\behavioral factors.

Iris signs are dynamic and do change over time to reflect changes in the corresponding body areas. Two exceptions: (1) If an organ has been surgically removed, the corresponding iris point freezes in its presurgery condition. (2) Changes under hypnosis are not shown in the eye.

Iridology can reveal:

- ...Constitutional strength or weakness.
- ...Relative amounts of toxic settlements in organs, glands and tissues.
- ...Where inflammation is located in the body.
- ...Underactivity or sluggishness of the bowel.
- ...Spastic conditions or ballooned conditions of the bowel.
- ...High risk tissue areas in the body that may be leading to disease.
- ...Lymphatic system congestion.
- ...Poor assimilation of nutrients.
- ...Healing signs indicating an increase of strength in an organ, gland or tissue.
- ...Adrenal exhaustion, which may indicate low blood pressure, lack of energy, slowed tissue repair, deficiencies of Vitamin C and adrenalin.
- ...Response to treatment; how well the body is healing itself and at what rate.
- ...The overall health level of the body as a unified structure.

Iridology cannot:

- ...Predict or indicate blood pressure levels (abnormal or normal), blood sugar level or other specific diagnostic findings or laboratory test results.
- ...Identify what medication or drugs an individual is using or has used in the past.

Iridology is not a new "fad", any more than the concept of holistic health. Their roots are in ancient wisdom. It does appear a great deal of interest in iridology is being generated today in both traditional medicine and alternative health care. It is an assessment system being used by many different kinds of practitioners. The field continues to be explored, and I feel iridology will assume an ever increasing role in future health programs.

