

SECTION II

YOU NEED TO KNOW WHAT TO FEED YOUR BODY AND HOW TO ASSIST ITS REGENERATION

"Most of what we eat is superfluous. Hence, we live off only a quarter of all we swallow. Doctors live off the other three-quarters."

---from an Egyptian papyrus

"Disease preys on an under-nourished body."

---Dr. William Albrecht, Head of Department
of Agriculture, University of Missouri

The news media today keeps us aware, in morbid detail, of all the "abuses" of our society: child abuse, drug and alcohol abuse, animal abuse, abuse of the elderly, ad infinitum. But what about the abuse we inflict on our own bodies? I am not referring to some perverse addiction, but the everyday routine of feeding ourselves.

NUTRITION AND DIET

There are 37 known nutritional essentials required for human function. (See highlight box.) There may be others, unknown at present or incompletely recognized.

With today's usual high calorie, low nutritional density diets, the chances of your body cells' receiving all of these essential elements are slim to not at all! You may feed your body 2500 calories per day, but still be forcing your cells to limp along in a semi-starvation state. You are abusing your wonderful physical machinery. You probably take better care of your automobile . . . and certainly most dog and cat foods give your pets more optimal nutrition!

NUTRITIONAL ESSENTIALS REQUIRED FOR HUMAN FUNCTION

ascorbic acid	molybdenum
biotin	niacinamide
calcium hydrogen phosphate	pantothenate
choline	phenylalanine
chromium	potassium chloride
cobalamine	pyridoxine
cobalt	riboflavin
copper	selenium
fluoride	sodium chloride
folic acid	thiamine
iodide	threonine
iron	tryptophan
isoleucine	valine
leucine	vitamin A
linoleic acid	vitamin D
lysine	vitamin E
magnesium oxide	vitamin K
manganese	zinc
methionine	

"But I stick pretty close to the Recommended Dietary Allowances as published by the government!" is often protested. And that's better than paying no attention to what goes into your mouth, **BUT** who does that

RDA apply to? It is interesting to note the government's regulatory disclaimer. I will paraphrase the bureaucratic verbage:

These Recommended Dietary Allowances are known quantities to meet the needs of *normal, healthy people* (their own words...emphasis supplied). Exceptions are: people of large or small body size, people living in warm or cold climates, people living at very high altitudes, people under high occupational work stress or exercise requirements, people with gastro-intestinal parasites, wounds, burns or post-hospitalization requirements, people with genetic biochemical abnormalities, people with particular kinds of metabolic abnormalities.

OTHER THAN THAT....the RDAs should work out just fine.

You can see why I believe so strongly that we each must take charge of our own selves, and not look to outside "authorities" to be responsible for our health.

Food - Friend or Foe?

From the standpoint of Western medicine, the role of food or nutrition in the treatment of disease is narrow. It is accepted that there are certain nutritional deficiency diseases, such as rickets, beriberi, scurvy and pellagra, but little acceptance of the theory that good nutrition might help to prevent diseases caused by infectious microbes.

Foods do not cause disease per se. Foods do not destroy cells. NOT eating foods that contain elements the body requires to build or regenerate cells can bring on one of the deficiency diseases mentioned above, e.g., lack of vitamin D can cause rickets, lack of vitamin C is the recognized cause of scurvy, etc. So it is "lack of..." that brings on problems.

Nutritional foods are cell builders. Others are "empty", lacking any biochemical elements valuable in the work of rebuilding or regenerating cells. White flour, white sugar and white rice are examples of empty foods. (Please note..."empty" does not mean the food is calorie-free!)

So we may not be lacking food, but we put food in our stomachs that merely takes up space. Space that nutrient-dense food should be allotted. **NUTRIENT-DENSE FOOD IS FOOD WITH A HIGH PROPORTION OF NUTRIENTS TO CALORIES.**

A constant diet of non-nutritional foods leaves your body with little to work with in its efforts to keep systems at top speed and in good working condition. Indirectly such foods can be labeled "dis-ease producing" because they have failed to provide needed elements to the body, thus weakening it to the point that germ life and viruses can flourish.

Such intruders live on chemically deficient tissue. BACTERIA CAN NOT THRIVE IN THE PRESENCE OF HEALTHY TISSUE NOR IN A SYSTEM THAT IS CLEAN (without accumulated waste and toxins).

Let us come up with some of our own morbid details for this type of abuse! When do maggots and parasites move into action? Where there is degenerated organic matter to feed upon . . . where there is sufficient nourishment for them to propagate their own kind. They are Mother Nature's clean-up crew: "This matter has lost its integrity, is no longer of any use...get rid of it!"

Dr. Roger J. Williams says in his book Nutrition Against Disease, "...the most basic weapons in the fight against disease are those most ignored by modern medicine: *the numerous nutrients that the cells of our bodies need* (emphasis supplied). If our body cells are ailing - as they must be in disease - the chances are excellent that it is because they are being inadequately provisioned."

Even if you do not keep up with all that is written and published about diet and nutrition, the average person feels intuitively that nutrition is more important than it is given credit for. Sugar, alcohol, coffee and cigarettes do not have their reputation as being bad for us just because some "health authority" said so. You know they are bad because of how they feel in your body when you have over-indulged. Your own inner wisdom lets you know that things are not well in the system.

And, as we have already discussed, we each have our own Personal Ideal as to what constitutes over-indulgence, what nutrients OUR body requires or has too much of. We are so individualistic in our nutritional needs, no committee could possibly set up minimum daily requirements that apply to everybody across the board. Even if such standards were acknowledged to be merely life sustaining and not regenerative, they would still be educated guesses.

Friend or foe? Food itself deserves neither label. How you use it . . . or misuse it . . . determines whether you enjoy all the benefits it was put on this earth to provide or whether it brings negative effects into your life.

Your constructive use of it is more apt to occur when you understand more about its role in the scheme of things and YOUR OWN INDIVIDUAL NUTRITIONAL PROFILE.

The Nutritional Assembly Line

I am no biochemist, and there are many mysteries in biology that continue to elude scientists and occupy lifetimes of research. However, enough is known to date that the average person can understand, and I find it a fascinating story.

Living organisms "live" because of cellular activity. Whether it is a single-celled entity such as yeast, bacteria, or protozoa, or whether it is a multi-celled organism such as a tree, an insect, or a human being, the cells all possess what you might envision as metabolic machinery...little factories working away doing their assigned job(s) in order to contribute to the organized whole.

Just how each cell builds its own metabolic machinery differs, but in every case each needs an input of raw materials with which to function. Each must get from somewhere, somehow, every necessary "nut, bolt, spindle, and gear." (To use terminology coined by Dr. Roger J. Williams.)

Some of these required materials are produced by the body itself, such as hormones and enzymes. But by and large the needed raw material, the building blocks, must be supplied by food.

Throughout its entire life, each cell must have a constant supply of water, oxygen, a proper temperature, and food. The needs of each of the billions of cells in our bodies differ, some requiring more nutrients than others due to their assigned function(s). The logistics of how this food distribution plan operates is mind boggling!

How the body controls all this metabolic activity is not fully known. It is very likely every cell does not get exactly what it needs all the time. However, most seem to have an ability to limp along for a long time be-

fore dying off from cellular malnutrition. (They also die from poisoning...getting something they do NOT require.)

"Liver cells, endocrine gland cells, antibody-producing cells - these are only a few examples of what is true for all body cells and tissues. All the cells of our body have functions to perform - some humble and some more spectacular - and all require nourishment in order to do their jobs. Whether we are talking about heart trouble or falling hair, about interferon production or brittle fingernails, we cannot escape the fact that the matter of cell nutrition lies close to the heart of the problem." (Dr. Roger J. Williams, Nutrition Against Disease.)

RUTH - OPTIONS FILE #109

Got to start from the inside out....

She was just coming back from vacation, feeling tired and out of sorts. "And I wanted a kind of check-up before I started back to school," recalls Ruth, a teacher.

Ruth had read about Options Health and Education Center, Peoria Heights, in the newspaper and was interested in alternative or holistic health practices. She had studied herbs and was aware of colon cleansing, but she says she was not aware of the extent to which nutrition is connected to wellness and good health.

Ruth's testing at Options revealed a "terrible yeast infection," so she began a lifestyle change involving herbs and a dietary overhaul.

"I thought I was eating all the right kinds of foods," she says now. Her diet was heavy on fruits, but she discovered through her Options program that with her body type she should avoid sugars. Even natural fructose had to be used with discretion.

"No one had told me (that) to work on the yeast problem, you had to start from the inside out," she notes. "I had not been in good health for a long time, but I didn't realize it."

Ruth acknowledges she was under a lot of stress, which also contributed to a general condition of ill health. She now practices Touch for Health and Brain Gym as ways of redirecting her energy, balancing her mind and relieving stress. She praises the Options program because it takes into account the emotional components of health as well as the physical ones.

"I feel like I can confide in (Options Director Helen Cox) and trust her," Ruth says. "I trust her judgement."

At one point, Ruth went through a "healing crisis," which is expected in such intensive programs, where life-long habits are broken and replaced by healthier ones. Some old symptoms returned briefly which she found discouraging, despite the warnings and counseling at Options.

"But then I started feeling better," she adds. "I feel better now at the age of 55 than I've ever felt." Through the program she says she feels more in control of her health and well-being.

Ruth would like to see more emphasis nationwide on holistic programs like the one at Options, which focus on prevention rather than cures. She feels prevention is the only way to solve the country's health care crisis, and a holistic approach is the healthiest way to go for all of us.

"I wish there were more people practicing this or even aware of it," she says. "...that you can heal without drugs and their horrible side effects."

Your Individual Nutritional Needs

This complex process that goes on in our bodies of burning energy, building and repairing cells, etc. requires a constant supply of food elements. The cells of our bodies require chemicals, amino acids, vitamins, minerals, fuel (carbohydrate and fat)...all in the correct proportions. And it isn't as easy as driving up to the gasoline pump in your automobile and saying "fill her up!"

Fortunately, the Creator surrounded us with bountiful sources of food supply as well as an inner wisdom to guide us in the selection of what our cellular machinery needs. We are offered a grand assortment of nourishing material. But no one single source such as rice, corn, or grapefruit is likely to supply all the essentials. When you tire of eating the same food meal after meal and day after day, it is your body wisdom's way of telling you "a little more diversity is in order!"

But what is the magic formula? How can you be sure you have your nutrient proportions correct? As I have already stressed, we each have our own Personal Ideal, our own individual biochemical profile. If you are to keep your bodily systems well and happily coordinated, you need to learn to "read" the message your body is communicating to you as to its state of health or unhealth.

THIS IS WHERE KNOWING YOUR BODY TYPE COMES IN, AS WELL AS WORKING WITH MUSCLE TESTING. YOU CAN TUNE IN TO YOUR INNER WISDOM VIA THESE TWO EVALUATION METHODS.

The body type concept (thyroid type, adrenal type, pituitary type or gonadal type) can be used to establish your particular type of metabolic system, your particular nutritional pattern.

Each body type tends to crave certain kinds of food because these foods stimulate their dominant gland. This is not the direction to go. Do not indulge your dominant gland! Cravings are not necessarily harmful to you. It is just the way your body tells you it is out of balance.

Strive for balance in the entire glandular system; encourage a metabolism that runs on energy from all four major glands, not just one. Reduce intake of those foods which stimulate your dominant gland and eat more of the foods which enhance the actions of the other glands. For instance:

Adrenal Type: Problem foods are heavy proteins and carbohydrates (meat and potatoes are favorites).

Thyroid Type: Problem foods are carbohydrates like breads cakes and pastries, all sweets of any kind, and caffeine.

Pituitary Type: Problem foods are dairy products (milk, cheese, ice cream or yogurt).

Gonadal Type: Problem foods are spicy foods and fats (hot ethnic dishes, fried foods).

You can verify this for yourself by honestly identifying which type food you turn to when under stress. Which are your "comfort" foods? A Danish pastry and coffee? Ice cream? Mashed potatoes and gravy? Chips and salsa? Your dominant gland demands to be stimulated when you are "down."

Muscle checking can be used to identify specific nutritional requirements and the amount of each that is optimal.

When you look at your wellness goals from this enlightened viewpoint, this individual viewpoint, it becomes easier to tailor your diet and it certainly achieves better results.

At Options, each client is given body type nutritional recommendations. If physical symptoms, health history, iris reading, and/or muscle testing indicate special conditions such as candida yeast infection, diabetes, hypoglycemia, etc., then I work with the client on special diets.

Water - The "Forgotten" Nutrient

Do you drink enough water per day? Most people do not. It is "boring", especially when there are such things available as coffee, colas, teas, juices, milk, beer, wine and other exotic thirst quenchers. You may drink a lot of liquids, but the body considers any beverage that is not water to be food. It needs WATER!

Water is involved in nearly every physiological process. It moves nutrients, hormones and antibodies through the blood and lymphatic system. It is needed for the production of energy. Feel tired? Instead of something to eat for an energy boost, try a glass of water! Water can increase the ability of hemoglobin cells to absorb oxygen by a factor of 100 to 1,000 times. Hemoglobin cells carry oxygen to cells throughout the body. When the cells are receiving the oxygen they need, you have more energy!

Water is needed for cleansing the body of toxins and waste, for good digestion and assimilation, for maintaining proper body temperature.

Your mental activity also benefits from the simple act of drinking water. Besides the increased oxygen it helps make available to brain cells, water ionizes salts, producing electrolytes that increase polarity across the cell membranes of the brain. This increases electrical potential in the brain and allows the nervous system to choose its action. In other words, the in-

creased electromagnetic energy improves your reasoning power, and your reactions...physically and mentally...to a given situation.

So is the old eight-glasses-a-day dictum the way to go? Maybe eight is the magic number for you, but once again one rule cannot apply to everyone. A better rule of thumb is to **DIVIDE YOUR WEIGHT BY THREE. THE ANSWER IS THE NUMBER OF OUNCES THAT NEED TO BE CONSUMED PER DAY.** You will, of course, also be getting intracellular water from fruits and vegetables which are in some instances 85 percent water...very biologically active water at that.

Must you drink bottled water? Not if the tap water in your home tests free of lead and other contaminants. This is becoming more and more of a problem these days, and neither should you assume that just because it is "bottled" it is better for you. I advise you have your tap water tested and you obtain reports on the pureness of any bottled water you are interested in using.

Food Quality

In our haste to implement progress, to make life easier so we will have more time to get busier and busier, it appears some of the innovations created are counter-productive. I refer specifically to the food industry and the changes seen since about 1940 when food processing entered its phase of dispersing edibles for the public's consumption with extended shelf life for the retailer's convenience and profit.

To obtain food items "fresh" with little or no chemical processing is, these days, a privilege. Such fruits, vegetables, grains, fish, poultry and meats are not only difficult to find in many areas of our country, they carry with them a premium price when they are located.

Our watchdog government has allowed all kinds of preservatives and additives into our food supply with the attitude that they **MAY** be safe. Where are all the tests that drugs are subjected to? You can get no one to say just exactly what side effects may be waiting for the consumer ten or twenty years down the road. This is a concern of mine.

We hear a great hue and cry from citizen groups about pollution of the environment...air, water, noise, soil, etc. But what about pollution of the environment within which our body cells must function? Every food we put into our mouths should contribute in a positive way to a good **cellular environment**, not create extra work for our systems with the need to clean out toxic substances.

I therefore advise all clients at Options who wish to improve their nutritional profiles to avoid processed food products that have had their nutrients refined away (white flour, white rice, white sugar are examples), and/or added to for preservation, coloring or sweetening. This requires reading labels and identifying all the -ites and -ates which have been added and which have no nutritional value. In fact, they may be capable of doing great harm.

Insecticides and antibiotics are other culprits that find their way into our food chains, and it is harder to ascertain their presence. You can carefully wash fruit and vegetables before use, but chemical contaminants in fish, meat and poultry are there to stay....and to be consumed if you choose to eat them.

This state of affairs will be improved as the public becomes more aware that the NUTRITIONAL ENVIRONMENT of our body cells is every bit as important as the air we breathe and the water we drink. Good nutrition determines our degree of health, our children's brain development, our adult population's mental health, and even emotional balances that affect behavior in society.

Therapeutic Possibilities of Food?

Scientists are examining foods' chemicals and these natural substances may play a significant role in future treatment of common degenerative diseases. Christopher W. W. Beecher is a University of Illinois at Chicago professor of pharmacognosy, a science that deals with the medicinal products of plant, animal or mineral origin in their raw state. A recent article in the Chicago Tribune made this interesting observation:

"He (Dr. Beecher) says that work on the phytochemicals has greatly intensified in the past five years, but 'for the most part, we still are in the dark ages.' Though we may regard our food as a simple mix of carbohydrates, protein and fat, it is much more than that, he says. 'It is chemically complex and biologically active.'"

In the same article, Dr. John Potter, professor of epidemiology at the University of Minnesota and director of its Cancer Prevention Unit states, "My current working hypothesis is that it's the fruits and vegeta-

bles themselves (rather than extracts or pills) that contain the anticarcinogenic 'cocktail' that is beneficial to humans."

So the old advice to "Eat your fruits and vegetables!" may soon have scientific laboratory proof to back it up.

Components in foods that may help prevent disease

Active	Possible benefit	Food source
Terpenoids		
Carotenoids	Antioxidants that protect against cancer and may reduce arterial plaque	Parsley, carrots, winter squash, sweet potatoes, yams, cantaloupe, apricots, spinach, kale, turnip greens, citrus fruits
Limonoids	Promotes protective enzymes	Citrus fruits
Lycopene	Antioxidant that helps the body resist cancer	Tomatoes, red grapefruit
Monoterpenes	Cancer-fighting antioxidants that inhibit cholesterol production and promote protective enzymes	Parsley, carrots, broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplant, peppers, mint, basil, citrus fruits
Plant sterols	Block estrogen's role in breast cancer; help block absorption of cholesterol	Broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplant, peppers, soy products, whole grains
Triterpenoids	Prevent dental decay and act as an anti-ulcer agent. Bind to estrogen and inhibit cancer by suppressing enzyme activity	Citrus fruits, licorice-root extract, soy products

Thlois		
Allylic sulfides	Promote protective enzymes; inhibit cholesterol synthesis, inflammatory activity	Garlic and onions
Gamma-glutamyl allylcysteines	May have a rol in lowering blood pressure and elevating immune system activity	Garlic
Isothiocyanates	Induce protective enzymes	Mustard, horseradish, radishes
Phenolics		
Catechins	Linked to low rates of gastrointestinal cancer; may aid immune system, lower cholesterol levels	Green tea, berries
Coumarins	Prevent blood clotting and may have anticancer properties	Parsley, carrots, citrus fruit
Flavinoids	Block receptor sites for certain hormones that promote cancer; act as weak antioxidants	Parsley, carrots, citrus fruit, broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplant, peppers, soy products, berries
Genistein	May block growth of new blood vessels that are essential for tumors to spread; deters proliferation of cancer cells	Soybean products and possibly cabbage-family vegetables
Phenolic acids	May help the body resist cancer by inhibiting nitrosamine (acarcinogen) and affecting enzyme activity	Parsley, carrots, broccoli, cabbage, tomatoes, eggplant, peppers, citrus fruits, whole grains, berries

Miscellaneous		
Fiber	Dilutes carcinogens in colon and speeds them through digestive system; discourages growth of harmful bacteria but boosts healthful ones	Whole grains and many vegetables
Indoles	Promote protective enzymes that deactivate estrogen	Cabbage, brussels sprouts, kale
Linolenic acid	Anti-inflammatory agent	Many leafy vegetables and seeds, especially flaxseed
Phthalides	Stimulate the production of enzymes that detoxify carcinogens	Parsley, carrots, celery
Polyacetylenes	Protect against certain carcinogens found in tobacco smoke and help regulate prostaglandin	Parsley, carrots, celery

Chicago Tribune, 7/7/94



Body Type Exercise

Just as no one diet is right for everyone, no one exercise program fits the needs of everyone across the board. If you are presently exercising on a regular basis, but feel it brings little reward for the effort, or if you have given up attempts to get into a regular exercise routine because it does not make you feel any better, then you are probably not doing the kind of exercise which is correct for your body type.

Exercise should be a part of your total fitness program. CORRECT exercising will produce genuine and satisfying improvements in your entire system....metabolism, glandular balance, balance of the sympathetic and parasympathetic nervous systems, as well as mental functioning. But remember....you are a unique individual, and therefore an exercise that gets good results for someone else may or may not be right for you. You stand a better chance of reaping positive benefits from exercise when you base your choices on YOUR body type.

Exercise should not be only for muscular development or the pursuit of the "ideal" dress size. Keep in mind the body as a whole...what exercise does for the organs, the chemical and hormonal balance, the entire functioning of your physical self. Your exercise should specifically offset weaknesses your body type tends to have. It has been said that "most of us will choose a type of exercise that uses abilities we already have, and neglects to develop the abilities we need."

"We need to use a better yardstick than just looks in judging the success of an exercise program. But even judging by looks, the wrong exercise program won't give you what you want. On the contrary, most of the heavy exercisers I see in my practice have a strained, out-of-balance look that is a direct result of the wrong kind of exercise for their body type. The thyroid types on the wrong program look stringy and gaunt. The adrenal types tend to be heavy and muscle-bound. The pituitary types look overintense and fanatical, and the gonadal type women often look toxic and have exaggeratedly large (though muscled) rear ends. The results of the wrong exercise program, rigidly adhered to, are all too apparent to the practiced eye."

Elliot D. Abravanel, M.D.,
Dr. Abravanel's Body Type Program
for Health, Fitness and Nutrition, 1985.

Here are some general guidelines to assist you in tailoring your individual exercise program. There are hundreds of books on exercise giving details from which you can fashion your own routine, armed with the knowledge of what YOUR body needs.

Adrenal-Type:

This type usually has no lack of muscular strength, but needs to develop quickness and flexibility. Look for exercises involving eye-hand coordination (tennis, handball, etc.), activities that require quick, precise movement. A sedentary lifestyle makes this type especially susceptible to cardiovascular weakness, so include aerobic workouts. For flexibility,

some examples would be yoga, tai chi or other martial arts, ballet, jazz dancing.

Thyroid-Type:

The up-and-down quality of metabolism is this type's principal weakness. The development of endurance and stamina needs to be stressed. Typically well coordinated and flexible, less emphasis is needed in these areas. Look for exercises that increase muscular STRENGTH not flexibility (weight lifting, Nautilus-type workouts); aerobic activities such as sustained swimming, running, rowing, etc. should improve stamina and help stabilize metabolism.

Pituitary-Type:

This type directs most energy to the mind and tends to forget the body, so increased involvement of your body (particularly the lower body) should be stressed. Exercises that develop the large muscles such as weight lifting, calisthenics, etc. are indicated...for moderate not bulging muscles, and for stimulation of the adrenals. For best mind/body integration, avoid repetitive routines. Preferred would be fairly complicated activities that make you think about what you're doing, such as dancing, Karate, tai chi, etc. Otherwise, you will get bored.

Gonadal-Type:

This type has plenty of body awareness, but needs better balance between the upper and lower halves of the body. You need to develop strength in your arms (Nautilus-type workouts for upper body, tai chi, etc.), and to stimulate circulation in the sluggish areas below the waist (aerobic dancing, jogging, certain gymnastics). Exercises that involve the mind such as martial arts or dance provide a better mind/body integration and facilitate grace and balance. Avoid exercises that focus mainly on your lower body.



HERBS – A NATURAL SOLUTION

"God of his infinite goodnesse and bounty hath by the medium of Plants, bestowed almost all food, clothing and medicine upon man."

--Thomas Johnson
Gerard's Herbal, 1636.

"The frequency of use of unconventional therapy in the United States is far higher than previously reported.... We suggest that medical schools include information about unconventional therapies..in their curriculums."

New England Journal of Medicine,
January 1993

The second quote above is perhaps a portent that the herbal Dark Age is ending, that herbalists will escape the label of "quacks," and that the empirical body of knowledge offered by the botanical discipline of Herbolology will find its way into medical schools. We can hope.....

History and Background

Modern medicine is the evolution of the study and use by mankind of its first pharmacy...the plant world. The art of healing began with the use of herbs. If precedent and thousands of years of practice - with recognized benefits - is not arrogantly tossed aside, then it would seem more logical to think of allopathic medicine as the newcomer, the "alternative."

Between 1965 and 1980 one quarter of prescribed drugs sold in U. S. pharmacies contained constituents extracted from plant sources. This statistic has probably grown considerably in the last decade.

The value of plant-derived drugs such as atropine, codeine, digitoxin, digoxin, ephedrine, leurocristine, morphine, pilocarpine, pseudoephedrine, quinidine, quinine, tubocurarine and vincalukoblastine is discussed in pharmacology textbooks. It is estimated there are about 600,000 named plants in the world, but only about 5% have been analyzed! Who knows what cures yet await us?

A small clay tablet, excavated at the site of the Sumerian city of Nippur (now southern Iraq), is probably the world's oldest prescription record. Most of the ingredients inscribed in cuneiform characters 4,000 years ago were collected from the plant kingdom. Curative herbs such as thyme and mustard are listed as well as tree substances such as myrtle, pear, fig, and myrrh.

Medication from the bark of the willow tree (genus *Salix*) is mentioned, as it is down through history. Willow has a high content of salicylic acid...the active ingredient of aspirin, the most often prescribed drug today.

The Ebers Papyrus, a 66-foot-long scroll written in Egyptian hieratic script 35 centuries ago, contains more than 800 healing recipes.

The Egyptians ate roasted ox liver to improve night vision. (We know now that vitamin A found in liver has a beneficial effect on eyesight.) They put moldy bread on wounds or took it internally for various other maladies. (Many years would pass before scientists made penicillin and other antibiotics from mold cultures and soil bacteria.)

Another clay fragment excavated at Nineveh from the buried library of King Ashurbanipal of Assyria (668 to 626 B.C.) contains symbols representing 250 plants, along with mineral and animal substances used for Assyrian remedies. Many of the herbs were what herbalists call "simples" - garlic, licorice, mustard. Others were deadly nightshade or belladonna, henbane, and thorn apple, and one wonders how many patients met their demise as the correct dosages were experimented with! Today, however, we know they contain atropine, hyoscyamine, and scopolamine, prescribed by doctors to dilate eyes and to relieve spasms.

On the other side of the world we find ancient records in China: "oracle bones" etched with the names of plants and diseases; an herbal which lists herbs still in use today such as rhubarb, poppy, aconite, and ephedra (used even then to treat asthma).

Remedies for assorted maladies and accidents found in the writings of Pen Ts' ao Chino (c. 2800 B.C.) are still viable therapies in modern day China. Herbology is practiced alongside Western medicine and surgery in state-of-the-art facilities.

The Ayurvedic medicine of India has a pharmacopoeia of some 2,000 plants, and its herbal prescriptions are still widely used in that country.

Herbology is widely practiced in Germany, and Queen Elizabeth II has her own Royal Herbolgologist.

Scholars are recording evidence of the healing skills of our North American natives, using leaves, roots, bark, and seeds. Much of this traditional knowledge has been preserved in oral history, but is being recovered for our enlightenment.

Throughout all of history, in all parts of the world, we find detailed knowledge of the usefulness of plants as medicine. Mother Nature's pharmacy was used everywhere, and it is fascinating that claims of healing properties of certain herbs from one region were identical with those claimed for the same herbs in another area...even when communication was probably limited or non-existent!

Herbal therapy, both inside and outside of the medical systems of the world, has had its rise and fall of popularity, but this body of knowledge refuses to be ignored. The World Health Organization has a program entitled "Health for All by the Year 2000" with the goal of meeting the health needs of the world by utilizing the best elements of each country's traditional medical systems, including the utilization of plants as drugs which is so much a part of each developing country's profile. The method of reaching this goal was established after a worldwide study by two international health agencies and in its conclusion it was stated "Western medicine alone" could not do it.

Is everyone jumping on the natural health bandwagon? No, but many people are interested and feel environmental concern for the earth's air and water should also extend to exploration of other earth/man relationships. They would welcome the opportunity to benefit not only from modern day "miracle drugs," but from older therapies.

Richard Grossman, in his book The Other Medicine, very eloquently describes an idyllic turn of events:

"Were we able to see all medical knowledge without the parochial vanity of modernism, we could also see the other medicines as potentially complementary and supplementary to other treatments in dealing with dis-

tressful symptoms. We need not be confined to either scientific medicine or the unconventional therapies, but are blessed with the opportunity to use both the relevant treatments of the ancients and the modern, both the East and West, both the rationalist and the empiricist, both the sophisticated and the primitive."

Classification of Herbs and How They Work

Orthodox medicine surrounds its prescriptions and diagnoses with the mystique of Latin and Greek and terms and labels unfamiliar to the average man or woman. Hippocrates taught: "Whoever treats of this (healing) art should treat of things which are familiar to the common people." Technical terms not understood are often misinterpreted by the patient and contribute to fear and needless dismay, thereby adding more stress to an already stressful situation. When a prescribed medication is familiar or its qualities are at least partially understood, most people are comfortable in cooperating with the treatment effort.

The terminology of Herbology is easily understood by "the common people." Botanical medicine is still explained using ancient traditions and symbology....updated with modern words, perhaps, more acceptable to our left brain approach to learning, but nevertheless consistent with basic principles of herbology.

In their efforts to alleviate the illnesses and pains of human life, earlier cultures looked to the elements they believed formed all things: air, water, earth and fire. They intuitively deduced that integrity is obtained by achieving balance among these elements. They then proceeded to categorize many areas of activity as belonging to one of these four elements, including ailments and their cures.

One of today's leading recognized Herbalists, Stephen Horne, endorses this four element concept, adds the categories of hot/cold, wet/dry, and uses the following herbal model to illustrate and develop many useful principles of herbology:

HERBAL MODEL of Stephen Horne

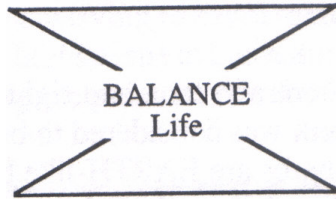
Bitters:

Herbs containing alkaloids, saponins, and related compounds. Used for cleansing and for altering the function of the body

Mucilants:

Herbs containing mucilage and related compounds. Used for soothing, protecting, lubricating.

Air
Hot (activating)
Wet (cleansing)



Water
Cold (soothing)
Wet (cleansing)

Earth
Cold (sedating)
Dry (toning)

Fire
Hot (stimulating)
Dry (dispersing)

Astringents:

Herbs containing organic acids, tannins in particular. Used for contracting, toning and tightening tissue.

Aromatics:

Herbs containing volatile oils and resins. Used for stimulating body processes.

Basically, this model is designed to show that health(life) is maintained by achieving balance.

There are four major categories of herbs:

Bitters
Mucilants
Astringents
Aromatics

When you understand the properties of each of these classifications, it is easier to see why the symbology of air, water, earth and fire apply. Let's explore the thinking behind the chart.

Bitter herbs cleanse and alter the function of the body, i.e., they dissolve and loosen morbid matter in the body and activate various body proc-

esses. Thus, bitter herbs act like AIR (oxygen is the breath of life or activator of life; oxygen is a dissolving element that breaks things down).

Mucilant herbs lubricate, soothe and protect; they hold WATER. In the digestive tract they coat the mucous membranes with a viscous (fluid) film; mucilaginous herbs also seem to aid in the production of healthy mucous elsewhere in the body by keeping it soft and loose (again, fluid).

Astringent herbs contract, tone and tighten tissues. In ancient tradition the earth element was considered to be cold and dry. Therefore, we say astringent herbs are EARTH-like because they cause tissues to be harder (dry) and they slow down or repress many body functions (cold or less active).

Aromatic herbs are stimulants, activators, antiseptics and disinfectants. In other words great energy is present as well as purifying components....FIRE. There is regenerative power in the volatile oils contained in aromatic herbs; they build the fire of life within our bodies.

What about the hot/cold, wet/dry designations? These, too, can be thought through logically.....

Herbs affect the structure of the body (by making it tighter or looser), and they can affect the function of the body (by speeding it up or slowing it down). Tradition identified these effects as drying or wetting and heating or cooling. (See highlight box.)

A **wetting** herb promotes a relaxing and loosening effect. One would want to loosen the tissues where there is something in the system blocking normal function, such as constipation, arthritis, blocked ducts or glands.

A **drying** herb makes tissues harder, tighter and more compact. One would want to dry up or contract tissues in situations such as excessive bleeding or hemorrhage, edema, swelling, etc.

Hot herbs speed up the function, hastens metabolism thereby creating more energy and heat in the body. Herbs of this nature would be useful combating fatigue, low energy or vitality as is often found with colds, poor digestion, poor circulation, etc.

Cold herbs slow down excessive metabolic activity. Conditions of excessive heat such as fevers or inflammation are "hot" because they are trying to expel toxins which are irritating the body. Cold herbs assist in this natural process by drawing off or absorbing the poisons, thereby "cooling down" the situation.

To summarize our understanding of the properties of herbs up to this point . . .

"To use herbs effectively, we need to first know the basic nature of the herb we are using. Does it contract and harden or does it relax and loosen? Is it stimulating or is it cooling and soothing? Once we know this, there is only one other thing we need to know and that is, which organ or body system does it influence the most...." (Stephen Horne, Nature's Field, March/April 1987.)

The "one other thing we need to know" alluded to in the above quote is beyond the scope of this book. This time around we will stick to basic concepts of natural healing for the newcomer who is investigating options in health care. Those of you who decide to further pursue the use of herbs should work with a qualified herbalist as to specific problems.

For a listing of common herbs in each of the four categories, please refer to the Appendix.

Preparation and Use

"One of the wonders of herbs is their tremendous versatility, not only for the scores of maladies which they treat, but for the number of ways in which they can be prepared and used." (Jack Ritchason, The Little Herb Encyclopedia, 1982)

Most everyone is familiar with herb teas. This is the most common association with herbs. A **decoction** is a tea made from roots and bark; an **infusion** is made from leaves and blossoms.

An extraction of an herb (usually in powder form) simmered with an oil, such as olive oil, then strained and bottled becomes an **oil of herbs**. A **tincture** is similar except the extraction is combined with vinegar or alcohol.

Ointments, salves and lotions are usually a variation of the oil based preparation.

A **poultice** or **herb pack** is for external use, and is prepared by mixing crushed fresh herbs or powdered herbs with mineral water to form a thick paste which is then spread on a cloth and placed over the affected area.

By far the most convenient form of ingestion are the **capsules and tablets** available today. Most herbalists recommend capsules and tablets be taken with a full glass of pure water before eating. It may also be recommended that tablets be chewed so that they are more easily digested and assimilated.

Repair, Regeneration and Maintenance

Drugs do not repair tissue. Drugs treat and/or suppress symptoms. Doctors do not heal patients. *Any* health practitioner you can name does not heal the sufferer. **THE BODY HEALS ITSELF**. This is the mystery and wonder of all ages.

Herbs work naturally with the body's own healing wisdom. They can be utilized to assist in the body's various systems for repairing, regenerating and maintenance. There are over thirty references to herbs in the Bible. In every part of the world the good Lord has provided plant material that can be used for healing and regeneration assistance.

HERBS ARE USED TO CLEANSE THE BODY, FEED THE GLANDS, AND TO BALANCE THE BODY'S NATURAL CHEMICAL COMPONENTS.

Although there is some food value in herbs (carbohydrates, vitamins, minerals, etc.), herbs are not used to provide the nutrients our bodies need to function. You still need to follow a nutritious, balanced, chemical-free diet as we have already discussed. Besides, herbs don't taste as good as fresh fruits, vegetables, nuts and grains! (Exception: the wonderful world of condiments used to season and spice cooking.)

Herbs are not a drug; they are not primarily a "quick fix", but work gently and naturally without serious side effects. Depending on the severity of an ailment or dysfunction, three months of sustained high dosage is usually the norm for repairs to be done. Complete regeneration sometimes takes a year or more. A rule of thumb used in the field of natural healing is that it takes one month for every year of illness to rebuild the body.

For repair work, dosages are often five to seven times that required for maintaining health (after the body has been regenerated). Unlike the scary stories we hear about overdoses and incorrect dosages of drugs, herb dosage is easily adjusted by observation of how your body reacts.

But you must give herbs a chance to do their job. As pointed out, they take time to do their job. (Another exception: there are herbs that work quickly to control pain, congestion and other acute conditions.) One of the hardest parts of the herbalist/client relationship is convincing the client to take ENOUGH of an herb LONG ENOUGH for regeneration. We are too used to life in the fast lane these days and most of us want instant results!

However, taking herbs is easier than it was hundreds of years ago. Technology has given us the capsule and the know-how to reduce pounds of plant material into powdered form. Instead of decoctions and infusions (steeping or boiling herbs, bark, etc. in water), you might say we now have "fast-food herbs"...a sort of McHerb, if you will!

One other point about taking herbs...they can be used alone (referred to as a "simple") or they can be used in combinations. You can take one at a time or dozens at a time without side effects. In fact, experience has shown that often herbs complement and enhance each other.

(Speaking of side effects....while many drugs are plant-derived, ONE component has usually been extracted for use, thereby destroying the plant's integrity and losing the synergistic effects of the other elements in the WHOLE plant.)

Cleansing, Cleansing, Cleansing

If there is one point agreed upon by all the writings and lectures and tapes you may read or listen to on the subject of herbs, it is the fact that they are cleansing agents. If herbs offered no other benefits, this therapy alone would be a boon to mankind. Why?

If the body were provided with the food it needs for energy and repair, in a form that is easily assimilated, AND THEN WASTE BY-PRODUCTS WERE PROMPTLY AND COMPLETELY ELIMINATED, IT WOULD NEVER COMPLAIN OR MALFUNCTION.

However, no matter how well you care for your body, it naturally builds up toxins. Toxins are the result of metabolic activity. And, in today's society, most people give their bodies food that builds up an abnormal amount of these poisonous substances....over and above what the body can eliminate and/or detoxify. As these toxins build up in your system, illness or dis-ease may occur.

A cold or the flu or a more serious ailment happens when the body is full of toxins, excess mucus and other waste. Germs, microbes and parasites live on the waste in a body. It is normal for the body to try to cleanse itself of these unhealthy accumulations. So the next time you have a runny nose, a fever, diarrhea, realize your body is just trying to save your life.

The body's eliminative systems are the bowels, the kidneys, the bronchial tubes, the skin and the lymphatic system. Herbs are of great assistance in the elimination/cleansing process. In fact, most herbs when first taken will have a laxative effect whether that is the effect you are taking it for or not. Herbs can stimulate the peristaltic action of the bowels, increase urination (diuretic), act as expectorants, and increase perspiration.

The body will continue to manifest its "disease crisis" until enough of the offending toxins or irritants are removed to sustain life. Herbs can

be used to finish the clean-up beyond this minimum level so the same symptoms or ailments do not recur.

As we learned in our discussion of iridology, nearly everyone has some inherent weaknesses in the body. For some it may be the respiratory system. For others, the vulnerable area may be the sinuses, the liver, the kidneys, the thyroid or reproductive system. To prevent toxins settling in these vulnerable areas, herbs can be used to strengthen natural defenses and to move out the undesirables.

A word of caution here....

When dealing with a long standing condition, or if the client is very debilitated, I feel the process of elimination should proceed slow and easy. A sudden and immediate release of large amounts of toxins and waste into the body's system may be too much for it to handle. Once again, you must listen to the body and let nature do her work as you gently assist the healing process.

CASE #136 - PAT

Relief from chronic cold symptoms . . .

It was her second winter of persistent cold symptoms and she was seeing the doctor again to get relief. He said it was asthma and bronchitis and prescribed the same medication he had the winter before - medication that did not work for her.

"I don't know why I even got the prescription filled," Pat says now, looking back.

Her daughter was visiting about that time and asked Pat if she'd ever considered the holistic health approach. Pat admitted she hadn't, but felt desperate enough to give it a try. They located Options in the Peoria phone book and made an appointment.

"I didn't know what to expect," says Pat, "but I didn't want to go back (to prescription drugs)."

Pat began seeing Helen Cox, Options Director, who suggested a regimen of diet and herbs. Helen warned Pat that in the process of healing, the

body might revert to past symptoms before being cleansed of the toxins and infections.

"Sure enough," says Pat, "my body reverted to old symptoms, but I could see improvement right away. I did have some ups and downs, but within three months, I was totally different."

Her fateful meeting with Helen was several years ago, and, according to Pat, she has felt healthy ever since. She found that over the years her body had become immune to antibiotics, and they were no longer effective in fighting cold and flue symptoms. Now, herbs will clear the symptoms quickly.

"Within a matter of hours," she says, "you feel relief and you feel so much better. It seems so simple, but it works. I think I'll continue with it for the rest of my life. I rely on Helen's advice. So far, it's been great for me."

The herbs Pat takes change from time to time, but she sticks pretty close to her healthier diet and expresses no regrets at the lifestyle change.

"I stay away from sweets," she says, "and eat more garden type food - fruits and vegetables - as well as turkey and fish. Your body kind of lets you know when you indulge in a piece of chocolate cake or the like! I don't stick to a strict diet...I just know when to get back on again."



HOMEOPATHY - THE LAW OF SIMILARS

"As humankind evolves, the individual becomes a more integrated and finely tuned system and more sensitive with respect to changes in subtle energies. Our future medicine will proceed towards the development of techniques and treatments that use successively finer and finer energies..."

---Dr. William A. Tiller, Professor
of Materials Science and
Engineering, Stanford University

The principles of homeopathy (from the Greek words *homois* and *pathos* meaning similar and suffering) are in harmony with those of herbology in that they both seek to cure with natural laws of healing and use natural medicines from the plant, animal and mineral worlds. This system of medicine supports the body's efforts to fight the dis-ease, to heal itself, not merely suppress symptoms.

States regulate the practice of homeopathy. Usually, it can be employed legally by those whose degree entitles them to practice medicine in that state. This includes MD's, Doctors of Osteopathy, Doctors of Naturopathy, Dentists, Veterinarians and certain Doctors of Chiropractic. However, homeopathic remedies can be purchased over-the-counter by the public without a prescription.

These remedies are prepared in accordance with the processes described in the Homeopathic Pharmacopoeia of the United States, the official manufacturing manual recognized by the FDA. They are non-toxic. They are available at a cost considerably less than most prescription and non-prescription drugs.

History and Background

The father of homeopathy was Samuel Christian Friedrich Hahnemann, a physician in Germany. Disillusioned in the early 1800's by the medical profession's "brutal and senseless methods....patients were cauterized, blistered, purged, and bled"....as well as the way medicines were prescribed (multiple drugs mixed in one prescription), he gave up the practice of medicine and earned his livelihood doing medical translations.

A well-read scholar and inquisitive thinker, he was doing a translation of Lectures on the Materia Medica by William Cullen, a Scottish professor of medicine. Dr. Cullen stated that cinchona bark cured malaria because of its astringent and bitter qualities. Hahnemann knew of other astringent and/or bitter plants that did not cure malaria, so he decided to do a bit of medical research....on himself. Here is his own account of the experiment:

"I took by way of experiment, twice a day, four drachms of good China (quinine). My feet, finger ends, etc. at first became cold; I grew languid and drowsy; then my heart began to palpitate, and my pulse grew hard and small; intolerable anxiety, trembling, prostration throughout all my

limbs; then pulsation, in the head, redness of my cheeks, thirst, and, in short, all these symptoms which are ordinarily characteristic of intermittent fever, made their appearance, one after the other, yet without the peculiar chilly, shivering rigor. Briefly, even those symptoms which are of regular occurrence and especially characteristic - as the stupidity of mind, the kind of rigidity in all the limbs, but above all the numb, disagreeable sensation, which seems to have its seat in the periosteum, over every bone in the body - all these make their appearance. This paroxysm lasted two or three hours each time, and recurred if I repeated this dose, not otherwise; I discontinued it, and was in good health."

Hahnemann concluded he had stumbled upon the law of "similars", mentioned by Hippocrates in the 4th century B.C., as well as Hindu writings of the 10th century B.C., and the noted Swiss physician, philosopher and alchemist from the 16th century, Philippus Paracelsus. **THE LAW OF SIMILARS STATES THAT A REMEDY CAN CURE A DISEASE IF IT PRODUCES IN A HEALTHY PERSON SYMPTOMS SIMILAR TO THOSE OF THE DISEASE.** In Latin, *similia similibus curentur*....let likes be cured by likes.

Friends and some fellow physicians who were attracted to Hahnemann and his search for truth in healing, joined him in his experiments. Testing substances on themselves, keeping meticulous records of symptoms produced etc., the group had a listing of ninety-nine "provings" when Hahnemann died in 1843. By the end of the century, the homeopathic pharmacopoeia had over six hundred more remedies added to it.

Was this new system of medicine hailed as a great discovery? Of course not! Chemists (the 18th and 19th centuries' pharmaceutical interests) were incensed and ridiculed Hahnemann. Many in the medical profession considered his theory heresy.

Nevertheless, Hahnemann published his findings and philosophy in 1810 under the title Organon of the Healing Art. In 1821, he published a long list of proven remedies in Pure Materia Medica and Chronic Disease. The foundation for homeopathic practice was laid and began to spread throughout Europe.

Dr. Hahnemann's medicine was put to the test during the cholera epidemics of the 1830's in Europe. His patient death rate was less than 20%, compared to his colleagues' rate of over 50%. It later proved its effectiveness in the United States during the 1849 cholera and 1878 yellow fever epidemics as well as those of typhoid and scarlet fever.

People on both sides of the Atlantic were ready for a humane system of medicine. It arrived on our shores about 1825 and was very popular during the latter half of the 19th century. In some areas - New England, the Middle Atlantic, and the Midwest - one out of four physicians practiced homeopathy. The clients or patients of the homeopathic doctor came from the elite of the communities as well as the "common folk". Social, business and political leaders were attracted as well as the era's intelligensia....Mark Twain, Louisa May Alcott, Horace Greeley, Daniel Webster, Henry Wadsworth Longfellow, to name a few.

So what happened to the twenty-two homeopathic medical schools and over one hundred homeopathic hospitals we had in 1890? Where are all those homeopathic physicians?

Homeopathy was a great threat to orthodox medicine. After all, its practitioners were licensed medical doctors! These doctors had the nerve to be critical of "the system"! They were taking away well-paying patients!

In 1846, two years after the American Institute of Homeopathy was founded, "the system" responded by forming its own association, the American Medical Association (AMA). Pressure was brought to bear. Homeopaths were not to be admitted to standard medical societies. (This Code of Ethics has since been reversed.) Homeopaths were ostracized and denied credibility.

The infamous Flexner Report of 1910 gave a low rating to homeopathic schools, thus drying up the monetary support for them from foundations such as the Rockefeller grants. Who did this evaluation of medical schools? The AMA. One by one the homeopathic schools had to close, followed by the homeopathic hospitals.

The rise of the drug industry made homeopathic prescribing which is time consuming and intellectually demanding "too slow." We had become a mobile urban society, specialization replaced the old-fashioned

family doctor. Medical historian Harris L. Coulter observes: "The pharmaceutical industry...allied with the American Medical Association in its final campaign against homeopathy."

While homeopathy is having to make a comeback in the United States, such is not the case in other parts of the world. In many places, allopathic and homeopathic medicine coexist and work side by side.

"In Britain, members of the Royal Family have been cared for by homeopathic physicians since the reign of Queen Victoria. There are around 200 homeopathic physicians in Britain; the principal hospitals offering such treatment are in London and Glasgow. France has nearly 800 homeopathic physicians, and the movement is also active in Germany, Austria, and Switzerland.

"India is a stronghold of homeopathy, with 124 homeopathic medical schools. Central and Latin America are also important centers. In Mexico there are three homeopathic medical colleges, two of which are state supported. There is a similar school of medicine in Brazil, and the medical school in Santiago, Chile, includes a professor of homeopathy. Around 450 Argentine physicians are homeopaths." (Homeopathic Medicine at Home, Maesimund B. Panos, M.D. and Jane Heimlich, 1980.)

Homeopathy is on the rise. Dissatisfaction of both doctors and patients with the side effects and incompleteness of synthetic drugs appears to be the catalyst that will bring renewed exploration of this unique and gentle system of healing.

Law of Proving, Single Remedy and Law of Potentization

The LAW OF PROVING refers to the homeopathic method of testing a substance to determine its medicinal effect. A group of HEALTHY people (not animals...homeopaths do not believe animals react the same as human beings) are divided in half (as in standard double-blind tests used in pharmacological experiments). The control group is given a placebo (unmedicated tablet or pill), and the other half of the test group is given the substance being tested.

While taking the medications given to them, both groups record precisely all the symptoms consistently experienced, such as fever, loss of memory, dizziness, nervousness, thirst, etc. The "proved" symptoms are

then listed as a *characteristic remedy picture* in the *Materia Medica*. This is a reference book used by homeopathic prescribers.

When treating a patient, the homeopath matches the patient's symptoms with the remedy picture in the *Materia Medica* and applies the Law of Similars.

The SINGLE REMEDY principle refers to the practice of using only one substance for treatment; the one that most closely mimics the symptoms of the disease. Homeopathy says that one is all that is necessary if selected properly. There is no need for a different remedy for each symptom being experienced. The correct one will cover the whole symptomology.

The theory is to treat the whole person, not just symptoms. Therefore, the prescription for a headache, as an example, can vary from person to person. Everyone has a unique and personal constitution. Your headache may make you nauseous, while others experience dizziness. Pain may be in different locations, etc. An in-depth investigation of each case history is required.

The single remedy principle, along with treating the whole person, is often referred to as "classical homeopathy", the art in its purest form. It requires a practitioner with a depth of experience, insight and practice. ("Kentian homeopathy", named after homeopathic doctor James Tyler Kent, also involves strictly following Hahnemann's standards.)

The trend today among practitioners of homeopathy is away from the lengthy process of ascertaining the "single remedy". Knowledge of effective remedies that apply to a general category (such as colds, flu, arthritis, inflammation, rashes, etc.) has resulted in commercial preparations available in health stores and some pharmacies that are "panoramic formulas". These contain multiple essences useful for a specified condition. The body responds to the essence it requires; the others "miss the mark" and are eliminated with no ill effects.

The LAW OF POTENTIZATION (minimum dose) refers to the method of preparing a homeopathic remedy, and is probably the hardest concept for most people to grasp.

Homeopathic remedies are substances diluted in alcohol or distilled water which are given a series of vigorous shakes or "succussions." Hahnemann developed this system of preparation to reduce the aggravation of symptoms for the patient. (Such aggravation was to be expected, of course, since the remedy itself produced symptoms similar to that of the disease.)

This hard-to-believe dilution process not only reduced the toxic effects of the remedy, but made it more potent! Here is an account of his succussions:

"...he mixed one part of the substance with 99 parts of the liquid, and submitted the mixture to 100 vigorous succussions. This dynamized mixture he called 'the first centesimal potency.' Then he mixed one part of this potency with 99 parts of water or alcohol, and again succussed the dilution 100 times to produce the second centesimal potency of the drug. The third step in the process, of course, diluted the original substance to one part in a million, and the fourth step to one part in a hundred million. He repeated this process up to thirty times and apparently did not go beyond that, although his successors did." (The Holistic Health Handbook, Berkeley Holistic Health Center, 1979.)

As strange as it seems to common sense, the higher the dilution...the less of the original substance present...the greater the potency of the medicine. The resulting mixture is so diluted that there should be virtually nothing left of the original essence!

CASE #124 - DIANE

Finally rid of life-long rash.....

Diane had been burdened all her life with eczema, a rash which covered her body. She saw doctor after doctor, took treatment after treatment, only to find the irritating condition continued.

By her own description, Diane was a "mess, a disaster," when she walked into Helen's office at Options a few months ago. She came to Helen on the advice of a masseuse, whom Diane had gone to see with her sister. After Diane described her condition, the masseuse suggested the problem might be associated with the liver. Diane says that was the first time anyone had made that connection.

She took the masseuse's advice with a "I'll give it a try...what the heck" attitude and contacted Options. She says she hasn't looked back since.

Helen introduced Diane to herbs and a homeopathic ointment. She used it on the rash which covered her face and hands. Within a couple of days, "The rash was virtually gone. Only one finger of one hand still showed signs of the skin condition," Diane says.

Since that time, Diane has taken herbs for her inner body as well, to "flush the system" or cleanse the body of toxins. "You've got to deal with your body," she says, "It's got to be cleansed. We have all these toxins...."

Diane has learned a more healthy lifestyle, one without medication or synthetic hormones. She had taken estrogen, but has discontinued it and lost the bloating which made her "almost unable to walk." She has also come down two dress sizes!

Diane came to Helen as a "last resort," but says Helen was able, through various techniques, to pin point "exactly what the body is looking for, what it needs."

When friends and acquaintances express amazement at the healing evident in Diane, she tells them about Helen and her herbs. "I recommend Helen," she says, "and I recommend herbs to everyone. The herbs were here before modern medicine."

Why Does It Work?

Hahnemann said it was because "the powers, which are, as it were, hidden and dormant in the crude drug, are developed and roused into activity to an incredible degree."

Paracelsus wrote: "The Quintessence is that which is extracted from a substance...After it has been cleansed of all impurities and its perishable

parts, and refined to the highest degree, it attains extraordinary powers and perfections...In it there is great purity, and it is because of this purity that it has the virtue to cleanse the body." (Remember Paracelsus? This was back in the 16th century!)

Now jump with me into the 20th century and read a quote from Vibrational Medicine, Richard Gerber, M.D., 1988:

"In giving homeopathic preparations of the plant, the physical drug properties of the herb are removed, leaving the subtle-energy qualities that are absorbed into the water to predominate.

"What Hahnemann may have actually been doing is empirically *matching the frequency of the plant extract with the frequency of the illness* (emphasis supplied)...Matching the total symptom pattern of the patient with the complex of symptoms produced by a particular remedy was an ingenious method, albeit unknown to Hahnemann, of energetic frequency matching. Using the Law of Similars, Hahnemann was able to give the patient a dose of the needed subtle energy in the exact frequency band needed. That is why in classical homeopathy one cannot mix different remedies to treat many different symptoms. The remedy that best expresses the patient's unique symptom complex will be curative. Comparison of the patient's symptom complex with a remedy's symptom complex allows the homeopathic physician to make an empirical frequency match that will neutralize the illness."

Energetic frequency matching! What does this bring to mind? How about CHI or PRANA or KA? (Refer to first section under Muscle Testing.) Yes, once again we run across reference to the "vital force" that animates man; the theory that the body or whole human being is a bio-energy system.

Many homeopaths talk about remedies "resonating" with the body's "vital force." In other words, our bodies vibrate on a cellular level at certain energy frequencies. When unhealthy, our cells need a booster shot of subtle energy to get back in balance...."in tune", resonating at its proper rate. The correct ethereal energy injection "moves the system from the sickness vibrational mode to the orbit of health." (Dr. Gerber)

Space Age Medicine

Hahnemann was far ahead of his time. He even stated it is not microbes or viruses or bacteria that cause disease...it is the organism's susceptibility that is the culprit. If we are "in tune"...if our energy fields are not blocked and are in correct balance... such invaders can not harm us. We have all seen and wondered at this phenomena. Expose a group of people to a contagious disease and some will succumb while others are unaffected, even when sleeping in bed with infected persons! On the other hand, we have seen cases where one lives in a healthy environment with a healthy life style, and still they "catch" whatever is going around.

Numerous theories are offered as to why homeopathic remedies work. We still are unable to prove by current scientific criteria just how this age-old method assists the body's ability to heal itself, but physicists are taking an active interest in the whys and wherefores.



"Disease will never be cured or eradicated by present materialistic methods, for the simple reason that disease in its origin is not material.....Disease is in essence the result of conflict between Soul and Mind, and will never be eradicated except by spiritual and mental effort."

---Edward Bach, M.D., B.S., D.P.H.,

Heal Thyself, 1931.

THE BACH FLOWER REMEDIES

Just as Dr. Samuel Hahnemann's name is practically synonymous with homeopathy, another equally visionary physician, another rebel against his era's medical practices, was Dr. Edward Bach (1886-1936) whose name is synonymous with Flower Remedies.

The Bach Flower Remedies belong to the family of subtle methods of healing, similar to the classical homeopathy of Hahnemann. They work on the subtle energies of the body. But unlike homeopathy, these flower essences do not operate under the Law of Similars, do not address physical symptoms, but deal exclusively with STATES OF EMOTIONAL DISHARMONY. By transforming negative feelings to positive ones, the body's natural healing ability is enhanced.

"They do not act by the roundabout route via the physical body, but at more subtle levels directly influencing the *energy system that is man*. (emphasis supplied)" (Mechthild Scheffer, Bach Flower Therapy; Theory and Practice, 1981.)

Preparation and Use of Flower Remedies

Flower essences are liquid concoctions very simply prepared by immersing a flower into pure water in a glass container and exposing the mixture to sunshine or heat. No potentization (the specific rhythmic shaking of a homeopathic preparation) is required.

The flowers are then strained out and the herbal water is stored in a glass bottle, preserved with an equal amount of glycerine or brandy. This is the "mother tincture" or the "stock tincture" for that single-flower essence. From this preparation, prescriptions can be prepared in smaller and diluted quantities.

Usual dosage is three to seven drops under the tongue, four times a day. Drops can also be diluted in a glass of water or cup of tea. To intensify the effects, more frequent use is suggested rather than an increase in the dosage. More than one flower essence can be taken at the same time, but too many at once seems to confuse the issue.

Some ready-to-use preparations on the market today combine several flower essences and are labeled to indicate the emotional or psychological problems they affect.

The majority of plants used are what many consider weeds, and they must be gathered only in places where nature is still unspoiled. If cultivated, they lose their healing powers. They are non-toxic, non-poisonous...unlike some plant material used in homeopathy. According to Bach, they are plants of a "higher order"... "the happy fellows of the plant world."

Harvesting the flowers is more critical than gathering herbs. Only the blossoms are used; the plant is not destroyed. The blossoms must be picked at the point of full maturity when all the energies are at their peak, and on a cloudless sunny day. (One wonders how many such perfect days the Bach people have in Great Britain!) The time element be-

tween the picking and the infusion is kept to a minimum in order to preserve as much of the flower energy as possible.

Bach's Rescue Remedy is probably the best known formula and is found in many home's first aid kit. Used for emergency situations or sudden trauma, it reduces the effects of shock and minimizes pain. It calms hysteria. It can be used for pets and plants, as well as human beings!

History and Background

Bach Flower Remedies are made of flowers found mostly in Britain. Other lines of flower essences have been developed from native flora around the globe, but Bach Flower Remedies are referred to by many as the "Cadillacs" of the field. They are listed in the Homeopathic Pharmacopeia. The Bach Centre in England continues today to produce its flower essences, and has representatives throughout the world.

Edward Bach was a bacteriologist and homeopath with a very lucrative practice on Harley Street, London. At age 43, disillusioned with drug therapies and firmly believing illness was a symptom of mental or emotional imbalance, he retired to Wales to search for a simpler, more natural answer. He wanted something that "did not require anything to be destroyed or altered."

To illustrate his philosophy, here are some quotes from his two books, Heal Thyself and The Twelve Healers, which are classics:

"The main reason for the failure of modern medical science is that it is dealing with results and not causes." (Heal Thyself)

"Disease is in essence the result of conflict between Soul and Mind, and will never be eradicated except by spiritual and mental effort. (Heal Thyself)

"The real primary diseases of man are such defects as pride, cruelty, hate, self-love, ignorance, instability and greed; and each of these, if considered, will be found to be adverse to Unity." (Heal Thyself)

"The mind, being the most delicate and sensitive part of the body, shows the onset and the course of disease much more definitely than the body, so that the outlook of mind is chosen as the guide as to which remedy or remedies are necessary." (The Twelve Healers)

"Thus, behind all disease lie our fears, our anxieties, our greed, our likes and dislikes. Let us seek these out and heal them, and with the healing of them will go the disease from which we suffer." (The Twelve Healers)

Bach prepared 38 single-flower essences, each to be used for a different personality imbalance such as melancholy, nervousness, irritability, loneliness, indecision, envy, fear, discontent and so on.

He wrote that these essences worked by "flooding our bodies with the beautiful vibrations of our Higher Nature, in the presence of which, disease melts away as snow in the sunshine." He felt the energized essences provided the "energy boost" needed to reconnect the link between body and soul/spirit which some negative personality fixation had severed or weakened. When inner connectedness between all levels of our being is restored, when hardened patterns and old habits of thinking are broken through, the body's self-healing powers are no longer hampered.

Expressed another way, here is the opinion of Steven Horne, Master Herbalist: "I believe that many of our health problems have their roots in unresolved emotional conflicts. In a nutshell, I've learned that emotions are a type of energy. When this energy does not find its proper natural expression, then it stagnates inside the body. It becomes, in essence, an emotional or psychic 'toxin'. This emotion will then express itself in destructive, unnatural ways. One of the ways these buried feelings express themselves is through physical illness or pain. Just as physical toxins or poisons must be cleansed from the body for healing to occur, these unresolved emotional issues must also be expelled or cleansed from the system for healing to occur."

"Flower remedies are not really remedies in the sense that they provide something lacking. I feel they should be considered more as a health catalyst...they energize our natural healing wisdom when we are stuck in the inertia of an undesirable or detrimental emotional habit; they remove the fear, the depletion of vitality needed to make a change."

Steven Horne, Master Herbalist

Peeling the Onion

Whether used by individuals as a home remedy or by holistic physicians, chiropractors, psychotherapists or other health professionals as a counseling tool, flower essences are used to identify and focus attention on deeply buried feelings or problems, not as a medication for physical ailments. Selecting the correct flower remedy is an intuitive, right-brained activity...not an exact science.

After the need for a particular essence is established (by analyzing one's history and current state of affairs, or by a counselor's insight, or by muscle testing), and the dosage has brought about the desired effect, it is not unusual for other emotional imbalances to surface. It is likened to the peeling of an onion....remove one layer and another is there to be handled! You should not be alarmed, but realize you don't have to solve all your imbalances at once. Take your time, set your own pace, and enjoy the challenge.

BACH FLOWER REMEDIES

The Bach Flower Remedies belong to the family of subtle methods of healing, similar to homeopathy. They do not address physical symptoms, however, but deal exclusively with states of emotional disharmony. Dr. Bach formulated thirty-eight flower-based formulas purported to cure certain emotional problems. It was his theory that by transforming negative feelings to positive ones, the body's natural healing ability is enhanced.

FEAR

Remedy Rock Rose (helianthemum nummularium)	Problems Sudden emergency causes terror, panic, horror; addiction to drugs	Results Able to mobilize self; heroic selflessness
Mimulus (mimulus guttarus)	Frightened of life, but hides it; timidity and shyness; specific anxieties and phobias	Able to face world with equanimity; sensitive but not anxious
Cherry Plum (prunus cerasifera)	Fear of losing control of self; afraid of nervous breakdown or doing harm to self or to others; uncontrolled outbreaks of rage; unable to cope with "dark forces: believed to be inside	Able to gain spirituality and overcome fear of subconscious; courage and strength; spontaneity

Aspen (<i>populus tremula</i>)	Unconscious anxieties; foreboding of something terrible but unknown; over imaginativeness; nightmares	Faith to face experiences, insight into higher spiritual spheres and confidence of security
Red Chestnut (<i>aesculus carnea</i>)	Fear for those they love; over-protective, over caring; excessive selfless concern	Rational concern for others; positive thoughts of security and well-being; able to visualize desirable and rather than the worst
LACK OF INTEREST Remedy	Problems	Results
Clematis (<i>clematis vitalba</i>)	No real interest in present situation; daydreamer; inattentive; idealistic; little aggression or vitality; indifferent to good news or bad	Finds connection between fertile imagination and real world, able to bring creativeness to realization; purposeful and active idealism
Honeysuckle (<i>lonicera caprifolium</i>)	Lives in the past, expecting little from present or future; homesickness; relives past pleasures and glories; refuses change	Learns from past and applies lessons to present; assumes new responsibilities and interests; releases regrets and sorrows of past
Wild Rose (<i>rosa canina</i>)	Apathetic resignation to life; no ambition; completely passive; fatalistic	New vital interest in life; realizes inner freedom and ability to make constructive changes
Olive (<i>olea europaea</i>)	Complete exhaustion after long period of strain; no personal energy left; feels completely "washed out" in body, mind and spirit	Able to make contact with higher source of energy; copes with great stress by giving themselves up to inner guidance; strength and vitality
White Chestnut (<i>aesculus hippocastanum</i>)	Lacks concentration in present because of thoughts constantly going round and round in head; mental arguments and dialogues won't go away; difficult to sleep; head feels full and ideas disarrayed	Mental state calm and peaceful; able to constructively sort important and unimportant thoughts
Mustard (<i>sinapis arvensis</i>)	Black depression; melancholia; deep despair for no reason; completely introverted at mercy of mood	Inner serenity to work through grey days; cheerfulness and joy
Chestnut Bud (<i>aesculus hippocastanum</i>)	Repeats same mistakes, never learning lesson; attempts to forget unpleasant experiences as quickly as possible; appears naïve, inattentive; slow to learn	Takes note of life's events and learns from own experience and that of others; mentally active and focussed on present; a good learner

LONELINESS

Remedy

Water Violet (*hottonia palustris*)

Problem

Finds it difficult to approach others with ease; appears reserved, conceited, aloof; tension and stiffness from keeping “a stiff upper lip”

Results

A well-balanced, independent minded person; able to create atmosphere of calm, poise, dignity, sympathy, wisdom, and island of peace for others, able to pass on values and exchange energies with others

Impatiens (*impatiens glandulifera*, I. Roylei)

Impatient; cannot “stand fools gladly; impetuous and hasty; nervous indigestion; excessive self-will and reactions

Patience, empathy and understanding for others; able to put quickness of mind, power of decision and intelligence at the service of others

Heather (*calluna vulgaris*)

Self-centered, talkative hypochondriac; hatred of being alone, “the needy child”; poor listener; tends to exaggerate emotionally

Selflessness, empathy for concerns of others; good listener; interesting partner in discussions

OVERSENSITIVITY

Remedy

Agrimony (*agrimonia eupatoria*)

Problem

Inner worries hidden behind façade of cheerfulness; will do a lot just “for the sake of peace” sociable in order to forget troubles; resorts to alcohol or drugs to cover unpleasant thoughts

Results

Negative experience no longer suppressed; takes off rose-colored glasses and objective; genuine inner joyfulness and optimism

Centauray (*centaurium erythraea*, c. *umbellatum*)

Weak willed, easily exploited, sometimes a martyr in desire to please others; running risk of losing own chance of personal development

Able to say no; wisely gives service without giving up own inner objectives; powers of own will restored

Walnut (*juglans regia*)

Difficulty meeting change in life, biological or environmental; vacillates before influence of old habits, family traditions, relationships; cannot “break loose” and go own way

Immune to outside influence and able to free self from shadows of the past; remains true to self and follows life goal; recognized laws behind life changes

Holly (*ilex aquifolium*)

Lack of love for others; jealousy; hatred; envy; supersensitive to real or imagined slights; distrustful and suspicious

Heart is opened to universal love; sense for scheme of things, every person in right place; inner harmony able to give and receive love

OVERCARE FOR OTHERS' WELFARE

Remedy

Chicory (*cichorium intybus*)

Problems

Possessive, domineering; manipulative; selfish forces attention on family and friends, demanding gratitude; self-pity if own way is ignored

Results

Gives without expecting or needing anything in return warmth, kindness, sensitivity genuine love and devotion to others

Vervain (*verbena officinalis*)

Excessive zeal to win everyone over to own viewpoint, convert them to the "good cause"; fanatical; very intense, unable to relax; hyperactive

Allows others to have their opinions; thinks in a wider context; exerts less pressure, but carries others along with own enthusiasm; less nervous tension

Vine (*vitis vinifera*)

Convinced of own infallibility, telling others how to do things; inflexible; power hungry; a tyrant

Wise, understanding leadership, strength unites with love and selfless care for others, helping them find their own way

Beech (*fagus sylvatica*)

narrow-minded, intolerant; arrogant; highly critical; sits in judgment of others, seeing their faults and condemning them

More open-minded; has new insights and is able to reach deeper truths about self, able to bring ideals into material world in constructive way; joy in life and relationships

Rock Water (water from well or natural spring known for healing power)

Strict, rigid ascetic view of life; hard on self in order to be an example for others; self-righteous; perfectionist; suppresses worldly desires

More open-minded; has new insights and is able to reach deeper truths about self; able to bring ideals into material world in constructive way; joy in life or relationships

DESPONDENCY AND DESPAIR

Remedy

Larch (*larix decidua*)

Problems

Feels inferior to others; expects to fail; no self-confidence; hesitant and passive

Results

Self-limiting concepts dissolved, allowing potential to come to fruition; assesses things critically but from a positive point of view; perseveres in tasks undertaken

Pine (*pinus sylvestris*)

Self-reproach, always blaming self even for mistakes of there's; never content with own efforts or results; introverted, little joy in life; clings to guilt feelings; feels unworthy, inferior, and underdog

Able to forgive self and forget; deep understanding of human nature; feels genuine regret, but releases need for guilt; sets realistic goals and expectations

Elm (<i>ulmus procera</i>)	Temporary feelings of inadequacy; overwhelmed all of a sudden by turn of events or responsibilities, though normally very capable	Normal excellent self-confidence and leadership ability is restored, able to see problems in proper perspective; convictions that help will come at the right moment
Sweet Chestnut (<i>castanea sativa</i>)	Reached one's limit of endurance; no more help or hope; utterly helpless and unprotected; unbearable anguish, but no thoughts of suicide	Realizes suffering was necessary to open up new level of consciousness; sees a new beginning, new horizons, able to take hold of a new life
Star of Bethlehem (<i>omithogalum umbellatum</i>)	Suffering shock from serious news, loss of someone dear, fright from an accident, any traumatic experience; may be unconscious block from event long forgotten	Self-healing mechanisms of body restored; inner "numbness" dissipated and nervous system able to adapt to energy changes; mind cleared and vitality enhanced
Willow (<i>salix vitellina</i>)	Unspoken resentment, bitterness, "poor Me" or "victim of fate" attitude; anger smouldering beneath the surface; moody, touchy, begrudges other their own good fortune	Make conscious use of the law of cause and effect, realizing one's thoughts attract positive or negative events; takes responsibility for own fate; radiates faith, calm and optimism
Oak (<i>quercus robur</i>)	Illness or adversity ahs brought the noble fighter to his knees, but still he struggles on, never giving up	Is able to see life need not be a constraint struggle; allows self to "lighten up"; normal endurance, strength and reliability is restored
Crab Apple (<i>malus purnila</i> or <i>syvestria</i>)	Definite ideas as to how the world around them, their body and inner life should be . . . flawless; feel unclean, infected; self-disgust; overvalues detail; great need for cleanliness in home, food and environment	Sees things in proper perspective; recognizes man is imperfect; little things no longer upset composure

UNCERTAINTY

Remedy

Cerato (ceratostigma willmotiana)

Problems

Lack of confidence in own decisions; constantly seeks advice from others and is often misguided; often acts against better judgment; appears gullible; needs to know what is currently “in”

Results

Accepts guidance from own “inner voice” and intuition; trusts self; able to gather information, organize and successfully use it; quiet assurance

Scleranthus (scleranthus annuus)

Indecisive; erratic; vacillates constantly between two possible options; mood fluctuates from one extreme to the other; nervous and jumpy

Inner balance calms self; able to integrated potentials in own life.; decisions are instantly made and actions taken; powers of concentration and determination are enhanced

Gentian (gentianella amarella)

Easily discouraged; compulsive need to question everything, skeptical; pessimistic; disappointed if there are unexpected difficulties; lack of faith

Optimism and perseverance, unshakeable confidence the problems can be overcome, able to live with conflict

Gorse (ulex europaeus)

Extreme hopelessness and negativity; hope given up; and “oh, what’s the use” attitude; can be persuaded to try other solutions, but really has no hope they will work

Gains a different attitude toward situation, accepting all will come out right according to one’s destiny; accepts setbacks in state of peace, able to gain new strength from deep inside; learns to never say “never”

Hornbeam (carpinus betulus)

Weariness; doubts there is strength, mentally or physically, to carry on affairs of the day although this gets better once one gets going; one-sided lifestyle, mainly on mental plane; come into life when something unexpectedly interesting occurs; “Monday morning” mental hangover

Certainty one will master the tasks ahead; enthusiasm; clear cool head; interest in variety of activities

Wild Oat (bromus ramosus)

Lack of fulfillment; cannot decide on vocation that will satisfy strong ambitions; dissatisfaction because one’s mission in life is not found frustrating; boredom

Gets clear idea of what is really desired; acts intuitively rather than impulsively; recognizes inner guidance of Higher Self instead of looking to the outer world for answers to discontent

HERING'S LAW OF CURE

Constantine Hering (1800-1880) is often identified as the father of American homeopathy. Hering brought to the attention of those who were pursuing the path of natural healing his observation of the following natural law:

When nutritious foods and/or herbs are used for achieving balance, the body will heal from the top down, from within out, and the most recent symptoms will leave first.

This healing process has guided natural healers down to this day, and its validity has been proven over and over again.



HEALING CRISIS VS. DISEASE CRISIS

As the healing and regeneration process proceeds, you will have some ups and downs...some good days, some bad days. It is important that you recognize whether such "crises" are encouraging or a warning; whether the events being experienced are a "healing crisis" or a "disease crisis."

A healing crisis comes as a result of following the rules of good nutrition and elimination; a disease crisis results when laws of good health have been ignored.

The healing crisis usually comes after several weeks or months of correct eating and herbal supplementation. The body is eliminating toxins and waste, some of which may have been stored for a long, long time. It happens when the body has enough vitality to withstand the upset and quite often when you have been feeling really good. It only lasts two or three days. You should assist this evacuation of unwanted elements manifesting as phlegm, catarrh, mucus, fever, etc. Work with this natural way of righting what was wrong.

For some individuals the body picks off this waste a little at a time, and no healing crisis ever comes about. The complete cleansing just takes longer. For those who are unpleasantly surprised with uncomfortable symptoms, do not despair! Realize what is happening, take it as a good sign you are on the right track. Your commitment to achieving total regeneration of health is not always easy.

The disease crisis is another story. It happens when the body is too full of mucus (when parasites and germs have enough mucus to feed on, they multiply) and toxins to carry on its functions properly. The disease crisis, too, is eliminating these poisons but it usually occurs when body strength and vitality are lowest....when body systems just can't cope any longer. Actually, the body reverts to the disease crisis in order to save your life! If clogging continued or poisons in the blood continued being pumped throughout the organism, systems would shut down or malfunction, and life could not be sustained.

Because the disease crisis comes about as a last resort, you are in a weakened state and the crisis may last several weeks. Also, the body only eliminates enough waste down to a level to sustain life. If you do not change your lifestyle and eating habits, you just build up to another repeat performance of the undesirable symptoms.

As you become aware of your body and watch this miracle of healing happen, your fear of disease will lessen and the various aches and pains we all suffer from time to time will take on a new perspective. **YOU ARE NOT A HELPLESS VICTIM FIGHTING AGAINST UNKNOWN ODDS! YOU CAN ASSIST THE LIFE FORCE WITH WHICH YOU ARE BLESSED. IT IS ON YOUR SIDE!**