

The Incredible Journey



From Illness To Health

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PREFACE	4
CASE: GETTING AT THE ROOT CAUSES OF CHRONIC MIGRAINES	6
CASE: REMOVING THE CAUSE IN A TUMOR CASE	9
CASE: TRACKING THE CHAIN OF CAUSATION IN RHEUMATOID ARTHRITIS	11
CASE: TREATING BURNS WITH <i>THE LAW OF SIMILARS</i>	13
CASE: TREATING PHYSICAL TRAUMA USING <i>THE LAW OF SIMILARS</i>	15
INTRODUCTION	23
WHAT IS HEALTH? WHAT IS LIFE?	25
DETAILS ON LIFE AS AN ANTITHETICAL UNITY	26
LIFE REQUIRES CONTINUAL ACTIVATION	28
OPTIMAL NUTRIFICATION	29
THE ROLE OF INFLAMMATION	31
RESONANT STIMULATION	34
GETTING AT THE CAUSE OF IMMUNE SYSTEM PROBLEMS	36
TREATING DISORDERS AND DISEASE	37
LAW OF SIMILARS AND LAW OF OPPOSITES	38
EXAMPLES OF TREATMENT USING THE LAW OF SIMILARS	41
STAGES OF HEALING	43
FIRST STAGE: TREATING THE ACUTE CONDITION	43
STAGE TWO: DEALING WITH CAUSATION	43
STAGE THREE: APPRECIATING HEALING AS A JOURNEY	44
THE FOURTH STAGE: SHIFTING OF UNDERSTANDING	46
DUAL TRACK TO HEALTH	49
STAGE 1: INITIAL CONSULTATION	54
STAGE 2A: DYNAMIC MEDICINE - SEQUENTIAL TIMELINE TREATMENT	54
STAGE 2B: DYNAMIC REGIMEN - UNIVERSALS AND DETOXIFICATION	56
STAGE 3A: DYNAMIC MEDICINE - INHERITED DISEASE CONDITIONS	57
STAGE 3B: DYNAMIC REGIMEN - METABOLIC BALANCING	58

	59
DUAL HEALTH TRACK	60
WHAT NEXT?	63
ANNEX	65
CHRONIC MIASMS	65
CHRONIC MIASM: PSORA	65
CHRONIC MIASM: MALARIA	66
CHRONIC MIASM: TUBERCULOSIS	67
CHRONIC MIASM: RINGWORM	68
CHRONIC MIASM: SYCOSIS	69
CHRONIC MIASM: CANCER	70
CHRONIC MIASM: SYPHILIS	71
CHRONIC MIASM: LYME	72

Preface

Some songs are classics. They speak to something archetypal, something we can relate to on a deeper level. One of these songs is Joni Mitchell's *Big Yellow Taxi*.

*Don't it always seem to go
That you don't know what you've got
Till it's gone*

This song can be about many things we've lost. For me it speaks to health and illness. We take our health for granted when we have it; we accept it as our birthright. We only come to appreciate just how valuable our health is when we no longer have it. We discover that life without our health can be as bleak as the parking lot of the song.

*They paved paradise
And put up a parking lot*

When we are sick, we are reduced to being on the outside looking in and we imagine what things used to be like when we had our good health.

*They took all the trees
And put them in a tree museum
And they charged the people
A dollar and a half just to see 'em*

What we first took for granted we are now willing to do almost anything to get back. And so, we start on a journey to recover our lost health.

At first, we think that our illness is just an aberration and that we will recover our 'paradise lost' in a short time. We then discover that the journey back to health is going to be much longer, more difficult, and less certain than we had first thought. We feel like we are in a maze with no clear or even reliable map to guide us.

The ancient Greeks had a myth about a King who was forced every seven years by a rival king to sacrifice seven of the strongest young men and seven of the fairest maidens from his kingdom to a creature, the Minotaur, half-human and half-bull.

The Minotaur was kept in the center of a labyrinth. One year, the group of youth who were to be sacrificed to the Minotaur included the King's son, Theseus. Theseus volunteered to try to slay the monster and free the kingdom from these on-going sacrifices. The challenge was triply difficult: first, to navigate the maze

and reach the monster's den, next, to slay it, and finally, to find his way back again. However, the daughter of the rival king fell in love with Theseus and decided to help him. She told him how to navigate the maze, gave him a sword to slay the monster, and provided him with a ball of thread so he could find his way back safely.

The myth of Ariadne's Thread, like all great myths, is an archetype for aspects of the human experience. For me, this myth is about having to face a devouring, relentless, and seemingly invincible monster – chronic ill-health. While we may have the courage to take on the monster, what we need to succeed is a guide through the maze so we can defeat the monster of chronic illness and get back safely. Ariadne's Thread in this case is a rational and systematic approach to identifying and removing the underlying causes of our illness.

Theseus, in Greek mythology, is the founder of ancient Athens, the center of the Golden Age of Greek culture, and is associated with a major cultural transition in Greek history. His name comes from the Greek root, *thesmos*, meaning 'rule' or 'precept.' Thus, Greek culture went from a culture based on a loose grouping of peoples based on often conflicting customs and traditions to one guided by the conscious understanding and application of natural and super-sensible laws and principles.

The conventional system of medicine has a certain internal logic and system – it sees life as a byproduct of matter and treatment as a mechanical application of chemistry (drugs) or surgery. While this approach may help the King maintain his kingdom, it is at the cost of an on-going sacrifice of vitality and life energy. Iatrogenic disease (from drugs and surgery) is the leading cause of death in our modern society. Drugs and surgery can have a role to play in severe emergencies, but they are unable to overcome the Minotaur of chronic illness.

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Case: Getting at the Root Causes of Chronic Migraines



I had a case early on in my practice involving chronic migraines that clearly illustrates the problem. The middle-aged woman had suffered frequent attacks, several times a month for over twenty years. She had been prescribed strong pain medications, but these only took the edge off the pain and did nothing to stop the attacks. Her doctors could not identify any cause, but only offer what they called 'pain management.' In her initial session, I was able to identify a series of physical and emotional shocks and traumas she had experienced prior to the onset of the migraines. After six months of treatment to remove these shocks and traumas, there was significant improvement in her migraines, both in terms of reduced frequency and intensity. She was able significantly to reduce the drugs she was on. By the end of a year, her migraines were gone, and she was able to go off her medication.

This is the classic case of 'you can't get there from here.' The migraine sufferer was 'here' with her recurring pain. She wanted to get 'there,' to where she was free of her migraines. Drugs couldn't take her 'there' because they didn't address the cause of the migraines. They could only give her some reduction in pain, but at the cost of her energy and vitality. Drugs are literally poisons. They are

pharmacological agents and the term pharmacological comes from the Greek term meaning poison. Drugs have specific intended effects, which is to poison or suppress one or more metabolic pathways producing a symptom or set of symptoms. They also have unintended effects called 'side-effects.' Both are direct effects of a given drug. It's just that some are wanted and the others unwanted.

The other reason why the conventional approach to illness can't get you from 'here' (illness) to 'there' (health) is because it has the wrong organizing idea to begin with. The use of drugs is based on the presumption that organic life is just the epiphenomenon of chemical interactions of particles, and when the chemical drugs can no longer manage the illness, the damaged groupings of particles (tissue damage) can be cut away.

I'm reminded of the newspaper article I read once about a middle-aged man who had undergone almost two dozen surgeries to remove or replace body parts. The periodic removal of tissue damage seemed to be regarded as a testimony for the marvels of 'modern medicine' rather than a sad commentary on its failure to address why all of this damage continued to happen.

We need a major transformation regarding how we look at health and illness. We need a science of vital nature that starts from the understanding that life comes first, and it is life that drives what goes on in the organism. Any approach to getting back to health has to be one that supports living functions either directly through living 'nutrients' - living and not dead air, water, or food - or by removing blockages so that these living functions can do what nature intended.



Nature is based on laws. Man's genius is that we can harness these laws to our benefit, or to our detriment. It all depends on how the laws are used. And how they are used depends on our understanding.

If we start from the presumption that organic life is just a result of chemical interactions inside what amounts to a machine, albeit a complex one, the focus is on using drugs and surgery. But drugs and surgery can only act palliatively; they cannot cure. To cure would require getting at the cause or as is most often the case, causes. Yet the mechanical-material approach to health and illness precludes this because only the visible or quantifiable is taken into account.

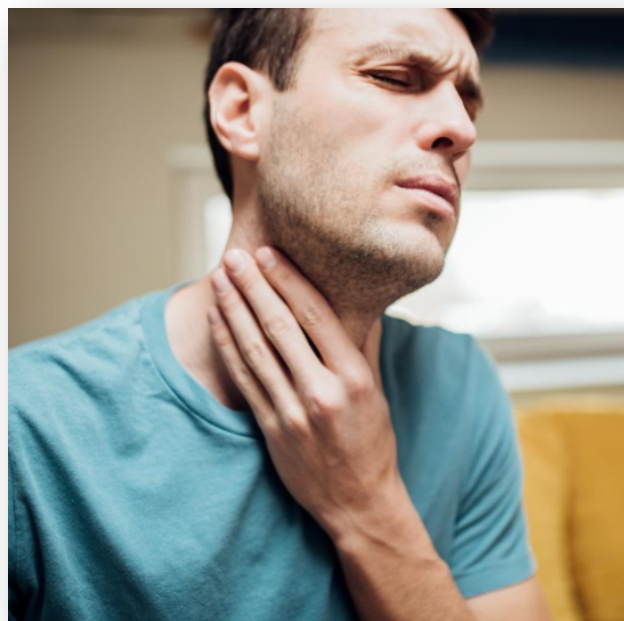
If the material body and the changes it undergoes result from non-material living functions, then the signs and symptoms of illness are not themselves the illness.

The causes have to be sought in things that affect the living functions. For example, inflammation and fever are themselves not the illness, but a result of an illness and part of the organism's own efforts to heal from a stress or imbalance. The inflammation or fever can cause pain, but pain is not the illness either; it is the critical signal the body gives indicating that there is a problem.

Thus, giving an anti-inflammatory can provide relief from the pain, but does nothing to address the illness itself. What caused the disorder or disease that led to the body's attempt to heal? That is what needs to be the focus. Unfortunately, the mechanical-material approach to life can only see the results and not causes, beyond generalities. If you have a headache, you are given a 'pain killer' and the matter is considered resolved. There may be some tests to rule out a direct physical cause such as an impingement on a nerve by a tumor. Even here, the impingement or tumor is only a proximate cause. The more important question is, what caused the impingement or the tumor?

Case: Removing the Cause in a Tumor Case

This reminds me of the case of a middle-aged man who came to see me concerning a persistent esophageal growth. He had trouble swallowing and an examination by several doctors determined that there was an overgrowth that blocked the esophagus. The solution was to cut the offending portion of the esophagus out and replace it with a platinum tube. But within six months, the growth had come back, now overgrowing the metal tube. Again, the overgrowth was cut out and again it came back and had to be removed. It was at this point that the man had come to see me. He realized that the surgeries did not address the underlying causes of the growth itself but were just removing the evidence.



After identifying various shocks and traumas in his life and systematically removing them using homeopathic remedies as well as making changes to his diet, a year passed and the growth had not returned. He continued treatment to address various inherited, epigenetic conditions that had created deep weaknesses in his system.

We need to start from the understanding that life is an over-riding reality and pre-dates matter. Matter is nothing but chemical elements organized into a certain

form by the living power. Death is the departure of the living power and soul-spiritual being from a physical body. At that point what was once an organized and active physical body becomes inert and starts to decay, eventually returning to its constituent chemical elements. This organizing power that keeps us alive requires certain stimuli from the environment to function optimally, which we call health.

Thus, illness is the result of a disorder created in our vital organization by less-than-optimal inputs. It can also result from various shocks and traumas to our system that block or distort vital functioning so that even if we are getting the right inputs, our system cannot take full advantage of them. Even if we eat the best and most appropriate foods, if our vital power is affected by emotional or other stressors (on-going or due to an unresolved trauma), we can't digest the foods properly, nor absorb fully those nutrients that are freed up.

If the stress also affects our metabolism in some way, then we can't fully utilize what nutrients we do absorb to produce vital energy. This leads to an imbalance in functioning, which then creates weaknesses. If these imbalances persist, we end up with a state of disorder rather than a state of health and this disorder manifests as symptoms.

The symptoms are our clue that all is not well. It's like various warning indicators on the dashboard of a car. They are there to warn us that there is a problem that needs to be addressed. Without these warnings, we would likely continue unaware that there was a problem and cause significant damage. If we turn these warnings off by suppressive measures, such as 'pain-killers,' without addressing the cause of the warning, we can generate chronic illness. The solution is not to 'kill the messenger,' but to understand the message. As one of the astronauts from the Apollo 13 is famously stated to have communicated to Mission Control after a fire aboard the spacecraft, 'Houston, we have a problem.'

Once we understand that the symptoms are not the illness, we also realize that any true treatment must involve identifying and removing what caused the problem. If you have an arthritic pain, measures to ease the pain can be useful to help you function, but you then need to focus on finding out what is causing the pain to begin with. It might be because you have mold and are living in a damp basement, it might be due to dietary issues, it might be because of an accident in the past, or emotional stress, or inherited factors. In most cases of chronic illness, there are multiple factors.

Case: Tracking the Chain of Causation in Rheumatoid Arthritis

Let's take the case of a young woman who called me. She was suffering from a rheumatoid arthritic condition in her left knee. She had three small children to look after and was in a great deal of pain and almost confined to the bed or couch. She was taking painkillers and had had some steroid injections, but these had not helped her much. She stated that it had all started after a rubella vaccination she had been advised to take. She had heard that I was able to remove vaccination shock. I explained to her that it was certainly possible that the vaccination was a cause of her condition, but there could well be others. When treating for the vaccination trauma, the swelling and pain in her knee disappeared.



We continued to treat for other shocks in her life, in the reverse order of their occurrence. When we got back to a rubella vaccination that she had in childhood, her knee symptoms returned, but only temporarily as part of healing, indicating that the earlier vaccination was also linked to her knee issue. And again, while we

were treating for her inherited disease conditions, she experienced one more episode of the symptoms as part of her deeper healing. Since then, some twenty years later, she has not had a reoccurrence of the condition.

What this shows is that you can't get 'there' (back to health) from 'here' (illness) unless you follow the road of causality.

Identifying and then systematically treating for the underlying and multiple causes of illness is not as simple to do in practice as it is to say. Illness is much like a crime. We've been robbed of our health, and we need to find and successfully prosecute the perpetrators of the crime. Like any good detective, finding the culprits requires a systematic approach, examining all the evidence, asking the right questions and using past knowledge of 'the usual suspects.' Successful prosecution of the case depends heavily on proper 'police work', but also knowledge of the right laws to invoke as well as the appropriate remedial measures.

If the issue is due to dietary errors (whether of omission or commission), then making dietary corrections is the appropriate action, based on the natural law of opposites. If you are not getting enough protein, then you need to take more protein; if you are taking too much protein, then you need to take less. Or, if you are not eating the right kind of protein, you need to change your protein source.

On the other hand, if you are suffering because of a significant trauma, whether emotional or physical (such as a head injury), whether recent or in the past, making dietary changes may be generally beneficial, but will not remove the embedded trauma. To do this requires a different approach based on a different natural law, called the law of similars. This law is seemingly counter-intuitive, but valid and effective. A simple example will illustrate this. When a person gets a significant burn of any sort, which is a shock to the system, they invariably look to put a cold pack or ice on it. This will likely provide immediate relief, but if the cold pack is taken away the pain returns. This approach is only a form of palliation, not a removal of the shock to the system. However, if a form of heat is applied for a short period, and this heat is somewhat less than the heat that caused the burn, it will slightly increase the pain momentarily, but then followed by a cessation of the pain and rapid healing.

Case: Treating Burns with *the Law of Similars*

I had an occasion to learn the truth of this myself once when a waitress brought a pot of very hot tea. My hand slipped on the handle while pouring the tea and I somehow accidentally spilled the hot water on my bare forearm. The pain was intense, and I could see a red rash already starting to emerge. I quickly brought the ceramic tea pot as close as possible to the burn location, allowing the radiant heat coming off the tea pot to envelop it. At first, there was a slight sharp increase in pain, and I then withdrew the tea pot. Within a few seconds the pain stopped, and I could see that the redness was also quickly receding. Within a few minutes my arm was back to normal, with no mark of the burn.



Another practitioner told me of a similar story. Her sister had put her hand flat on a ceramic stove top because she wanted to show everyone that the stove was

actually off. It had been turned off, but it was, unfortunately still very hot. The entire inside of her hand was instantly burnt. The practitioner put her sister's hand in as warm a water as she could tolerate. She cried with the pain and was also given remedies for the shock. She kept her hand in the warm water for some time as she soon found that taking it out of the warm water resulted in the pain coming back. Eventually, however, she was able to take her hand out and there was no more pain. Her palm was quite red for a few days, but it did not blister and was completely healed within a week.

The use of the law of similars can also be done by choosing a medicine that has proven to produce the same type of pain. Of course, in this case, one would use an energetic form of the medicine, not a crude dose.

One year, when we were visiting Disney World, my daughter who has sensitive skin, ended up with a nasty first-degree burn. Instead of applying heat, I gave her a dose of a remedy called Cantharis, which is derived from a natural substance that in a crude dose can cause such burns. She got almost instant relief from the pain and was able to sleep that night. The next day, there was still redness, but it gradually disappeared during the day and there was no peeling of the skin.

There are countless examples like this of the use of the law of similars to remove shocks and allow full healing to take place.

Case: Treating Physical Trauma Using *the Law of Similars*

Another experience I had personally underscores the power of this law. I was trying to repair a garage door one day and managed to mangle my right pinkie finger between two segments of the door as it came down unexpectedly. The pain was



excruciating, but I was able somehow to raise the door up enough to extract my finger and get some remedies. Within about a minute the pain began to lessen, then finally was gone a few minutes later, which was amazing. I was told that I would always suffer some form of numbness in that finger and discomfort in the winter cold. However, this did not happen.

I have spent over thirty years studying and researching illness and health. It started because of my own health issues but has become a focus and abiding interest for its own sake so that others may also benefit. We live in a scientific age and knowledge needs to be grounded in reason and principle. What I admired about

the conventional medical system is that it has a systematic approach that guides all its actions, and at one point, I considered going into medicine at university. However, I instinctively rejected the presumption on which conventional medicine is based: that life is a by-product of chemical interactions and the body is just a complex machine. This mechanical-materialistic approach to the living organism reduces medical science to inert chemistry and mechanical physics and healthcare to drugs and surgery.

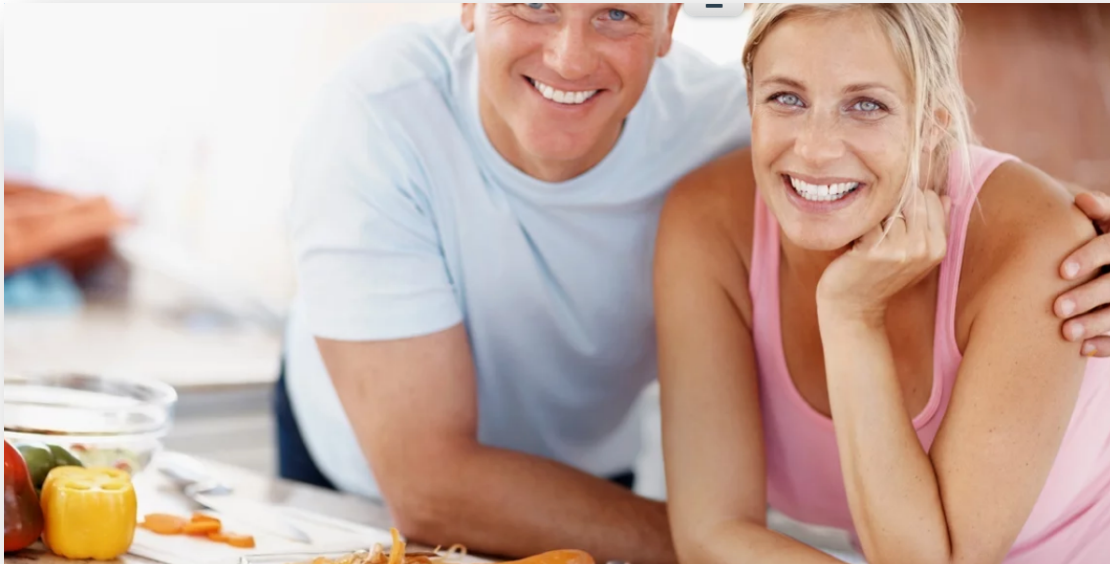
In my studies I was particularly drawn to two fields, the history of science and philosophy and the philosophy of science and history. These studies gave me the foundation I needed later in life to undertake my own research into the history and philosophy of Western medicine.

One aspect of my studies was the various currents in history that challenged or diverged from the orthodox approach to illness and health. These currents were resonant in that they approached illness and health from the perspective of an inherent living principle and power that guided and infused all of the operations of the organism, and this overall unifying natural healing capacity needed to be corrected, supported, and enhanced, which meant using energetic and natural (that is, non-poisonous) methods and remedies. This 'wholistic' and 'natural health' approach was certainly an alternative to the conventional approach which relied first and foremost on seeing the body as a collection of parts, and treatment as chemical and mechanical corrections or repairs.

However, as I studied more deeply about 'alternative medicine,' I also had growing concerns about the lack of any rational, scientific foundation. The 'natural health' field resembled more an oriental bazaar of competing and even contradictory claims. What was lacking was a science of life to underpin and properly link and organize the various elements into a rational and systematic approach to illness.

I came across this vital science, called *Romantic Science*, through my studies in the history and philosophy of medicine. It provides the unifying rational foundation for a system of healthcare, called *Romantic Healthcare*, that can more effectively treat illness and promote health and longevity. They are called Romantic because they emerged out of a powerful movement in Western science, called Romanticism (1770-1840), that sought to develop a science of vital nature, just as earlier there

had been the emergence of inertial science, which was the foundation of the first Scientific Revolution (Copernicus, Kepler, Galileo, Newton).



In *Romantic Science Healthcare*, life is understood as a dynamic process. Dynamic means an antithetical unity, a process involving two poles, where the operation of one is antithetical to but dependent on the other, just as masculine and feminine are opposite, but can only complete themselves in union with the other.

Thus, health is not about matter, but about the interaction and flow of forces and energies. Health then is optimal interaction and flow, such as the breathing in of oxygen and the breathing out of carbon dioxide. Anything that interferes in that interaction and flow will create an imbalance and if that imbalance persists or worsens, it will lead to a disorder or disease. Over time, there can be a chain of causes that develops, creating a complex condition, as each cause takes one further away from optimal. A true healthcare system is one that is able to identify and map the chain of causation and then systematically apply the right agents or methods to remove each cause in the right sequence or order, correcting errors of regimen (diet, nutrition, hydration, exercise, etc.) and removing blockages.

Health is a positive state of being, not just the absence of symptoms. Health constitutes the optimal functioning at all levels – body, mind, soul, and spirit – of the various antithetical unities that make up life.

Romantic Healthcare is, in short, a rational system based on knowledge of the dynamic natural governing laws of health and illness, applied: *first*, to identify where and when we took a wrong turn or got stuck along the way; and *second*, to identify how to correct the error.

My Personal Journey Through Illness Towards Health



I began my own journey to health in my thirties. The excitement and joy from starting a family and a promising career was increasingly clouded by persistent and growing health issues: chronic fatigue, recurrent headaches and migraines, cyclical 'colds and flus,' periodic bouts of depression, systemic yeast flare-ups, unyielding constipation, and worsening eyesight. I felt life was increasingly being reduced to just getting by. I was surviving, but not thriving.

As is the case with most people in this situation, I went the official route, not realizing there was any other option. Repeated trips to doctors failed to find anything wrong. As far as the doctors were concerned, and I went to more than a few over several years, I was 'healthy.' I felt anything but and got the impression as I persisted in seeking help that I was regarded as a hypochondriac, a fancy way of saying that they thought I was making it all up, that it was all 'in my head.'

Finally, I realized that as wondrous as the conventional system was at emergencies involving accidents or acute situations, at least at dealing with the immediate critical issue, if not its underlying causes, it had little to offer for less acute, certainly chronic conditions like mine. I knew that if I did nothing, I would eventually find myself in an acute condition that would finally show up on their radar, but I didn't want to wait around for that to happen. There must be something else I could do.

That's when I started to search for alternatives to the standard medical model. In the beginning it was out of sheer desperation - a grasping at straws that could somehow appeal my sentence and secure my release. I felt it was all somehow a giant misunderstanding on the part of the universe. I was an innocent victim. My sentence would be overturned and I could go back to living my life. However, the more I studied and experienced the world beyond 'modern medicine,' the more I became intrigued by what it had to say about health and illness, and the more I realized that the standard medical model was severely limited, not only because I had personally experienced this to be the case for me, but because it was based on fundamentally flawed premises about a science of life. This meant that, aside from necessary surgery and certain emergency interventions, this model had little to offer those suffering from illness, particularly chronic illness, other than a management of their progressively deteriorating conditions.

As I continued to study this field of 'alternative and natural health' while advancing in the recovery of my own health, I also came to realize that there was something fundamentally missing or flawed there as well. There were lots of options, but there was no overall framework, no rational foundation that integrated it all into a coherent, systematic approach to illness. There was no real 'alternative' in 'alternative health,' only a somewhat dizzying and often confusing array of individual products, therapies, and approaches, each either claiming to be 'the answer' or 'an answer' to a particular issue and then enclosing themselves into their little world with little or no regard to the rest of the answer. I felt like the little boy in *The Emperor's New Clothes*, seeing that the 'new clothes' were really an illusion.

I had to make my own way through the bewildering array of options. It seemed at times like voyage through Dante's descent into the underworld and being constantly reminded of the sign at the entrance, "Abandon all hope, ye who enter here."

When you are chronically ill, you are desperate, and this desperation is a strong motivation to undertake even the most daunting journey beyond the official and familiar world of 'modern medicine' into the unknown. However, it should not have to be so. What is needed is a guidebook, that allows each traveller who ventures beyond the pale to find the path and places that are relevant to him or her, avoiding as much as possible dead ends and fruitless by-ways. Each journey is unique, but the guidebook gives us a structure and general plan for that journey.

The first step in this direction came in the form of a listing of all that was available, a menu for the famished traveler, *The Wholistic Health Handbook*. This laid out the riches to be found in this 'New World' of healthcare, but also compounded the problem of choosing which of all the options was the right one for you.

What was missing was a map through the maze, a way of organizing treatment measures for each person, a framework that would create a rational system of healthcare.

I value science and my desire for a rational approach to health extended both to the prevailing, official system (allopathic medicine) and its so-called 'alternative,' the 'natural health' field. Neither seemed very scientific - the first based on a mechanical-materialistic belief about life and a treatment approach based on tradition and authority and little, if any evidence, of effectiveness; the second based on a rather mystical-idealistic view about life and a restricted, grab-bag treatment approach with a tendency to see any one product or therapy as a panacea. Where the allopathic medical model reduces everything to particles, either 'germs' or chemicals, the natural health model abstracts all to a mystical vital force and treatment to measures to support the natural healing power.

For me, that was the most important and pressing task - to find a rational system of healthcare based on natural law principles - and one to which I have come to devote my energy and attention.

My own personal journey through illness became the means by which I discovered and learned about a rational system that has been in development for more than two centuries - *Romantic Healthcare*. This system provides the framework and map for each person's healthcare journey. And it is a journey, an epic one indeed, as we eventually discover once we set forth in the search for our 'paradise lost.'

This work is my attempt to set out the system of Romantic Healthcare so that you can decide if this resonates with you, or if you are already being treated using this system, to better understand your own journey back to health.



Introduction

I had a patient once who came to see me for a number of ailments. She told me that she had come for help but also was looking for an answer to a question she had. She posed her question by first giving the background. She had a number of serious health issues five years earlier and had consulted a practitioner who put her on a very specific and restrictive diet and some supplements. The results had been very positive, with all her symptoms disappearing. However, five years later, the symptoms all came back, but this time even worse than before. She went back to the practitioner, who tried the same approach, and even a few new things, but with little to no improvement.

At the end of her story, the patient asked me a logical question: 'Why did what worked before, no longer work, and why are the symptoms worse than before?'

My answer was equally logical: 'The underlying causes of the problem were mostly or not at all removed by the initial treatment, and these causes continued to worsen her state in the intervening years, to the point that the body could no longer handle the situation and her condition manifested again in symptoms, but now worse than before.' I then explained that the process of identifying the underlying causes and removing them was also reasonably simple, if not straightforward or quick.

The key to treating illness and getting to health is causality.

It's not enough to simply palliate pain and suffering. If you don't remove the cause or causes, it just amounts to illness management.

There are various levels of causation and the best healthcare system is the one that can identify and effectively treat the most causes. Most approaches to healthcare, unfortunately, involve palliation, either because the nature of causation is not understood, or because the understanding of causation is limited. Let's take a common example.

Inflammation causes pain. We have a plethora of terms for painful conditions based on this understanding, depending on where the inflammation is located: otitis media for middle ear inflammation and pain, arthritis for joint inflammation, sinusitis for inflammation of the sinuses, etc. So, if inflammation causes pain, the tendency is to treat the pain with an anti-inflammatory. This is a very superficial and limited approach to causality. Why? First, because pain is not the illness, only

the expression of the illness. Pain tells us that something is wrong, and we need to do something about it. Second, because inflammation is also not the illness, but an important part of the natural process in the body for correcting a problem. Managing pain through managing inflammation can be appropriate within a comprehensive treatment approach, but only so long as the actual causes of the illness are being addressed. To simply suppress inflammation and remove a headache for example without considering and removing the underlying causes is like cutting the wire on an engine indicator light in your car or pulling the battery from a fire-alarm without bothering to find out what caused these to be activated in the first place.

Without addressing causality, treatment becomes simply an elaborate game of managing symptoms without ever resolving the issue itself.



What is Health? What is Life?

Understanding the causes of illness starts with understanding health itself. And understanding health means first understanding life.



The prevailing, mechanical-materialistic explanation of life is that it is the 'chance whirlings or unproductive particles' as the famous English philosopher and writer, Samuel Coleridge, described it. In this view, the living organism is just a sort of very complicated machine and illness is just a matter of fixing the internal chemistry ('drudgery') and removing, replacing, or repairing damaged or worn out parts (surgery).

The understanding of Romantic Science is that life is the very nature of the universe, out of which came those 'whirling particles.' Life came first. Matter is only a product, not the source of life.

And the very essence and nature of Life is activity.

As activity, it is a power and as a power, it must be a dynamic functional polarity. This polarity is antithetical, meaning that the two poles are opposite but intimately connected, just as the interplay between the positive and negative poles drives electrical power.

What does this mean? It means that life is not a thing or a collection of things, but movement and not only that, but a pulsatory movement. When we want to check if someone is alive or dead, we check for a pulse. What creates movement is energy and force.

Health is then an optimum level of energy and force, produced by an optimal degree of oscillation and pulsation. This gives us the power we need to survive and thrive, and the reserve capacity to handle various stressors. When we are healthy, we are 'proof against the elements.'

If you are curious about details, you can read the next section. Otherwise you can skip over it.

Details on Life as an Antithetical Unity

Life is an antithetical unity: the two poles making up the unity of function are interdependent and interactive, that is dynamic, and, thus, self-generating. What are these two poles?



One pole is centrifugal and elevating or ascending in nature, moving outward from core to periphery, that is extensive. This is what in Genesis is termed 'the heavens' (SHMYM or 'shamayim'). The other power is centripetal and lowering or descending in nature, moving from periphery to core, that is compressive. This is termed 'the earth' (ARTZ or 'aretz') in Genesis.

Genesis 1.1: In the beginning God created the heavens and the earth.

The expansive power is dominant and the compressive power subordinate, resulting in a net expansion.

Expansion –
→ **extensive/centrifugal/ascending power**
→ **compressive/centripetal/descending power**

From this initial creative function emerged a hierarchical subset of subordinate antithetical functions, such as masculine-feminine, light-dark, heat-cold, etc. This hierarchy of dynamic or antithetical functions constitutes nature. Nature has a vital and an inert aspect. The vital side is the essence of what powers the living organism and generates its vital energy; the inert side is what makes up the material form. Without life energy, the physical body is just a dead weight, a corpse.

Thus, we have the dual aspects of Nature – vital and inert.

NATURE --
→ **vital nature**
→ **inert nature**



Life Requires Continual Activation

The vital (and inert) nature within us must continually interact with the vital (and inert) nature around us. We need a constant supply of nutrients to maintain life. These nutrients exist at all levels - body, mind, soul, and spirit. In this book, we will focus on the body. Nutrients are stimuli that activate a capacity in us that leads to vital energy or excitation. This capacity is dual in nature: one side receives the stimulant and the other reacts to it generating vital energy.

Generally, more energy is produced than is needed for the basic maintenance of life. Surplus energy goes into the generation and regeneration of tissue (cell division), in the form of physical growth and repair, and in creative activities in the outside world.

Vital nature contains an admirable, seemingly magical capacity for healing, as the process of stimulation (nutrification) produces energy to be expended and energy that is used for internal regeneration. In this sense, the living organism is a bit like a flashlight that contains a battery that is charged when shaken vigorously and can be continually recharged as long as it is shaken. However, the battery slowly loses its capacity to be charged. Like the flashlight, the energy production process of the body experiences a certain gradual loss due to 'wear and tear,' called aging. Thus, our bodies have a certain biological limit, but as long as we get optimal inputs or nutrients, we should age naturally ('gracefully'), not pre-maturely. Our biological age should correspond to our physical age.

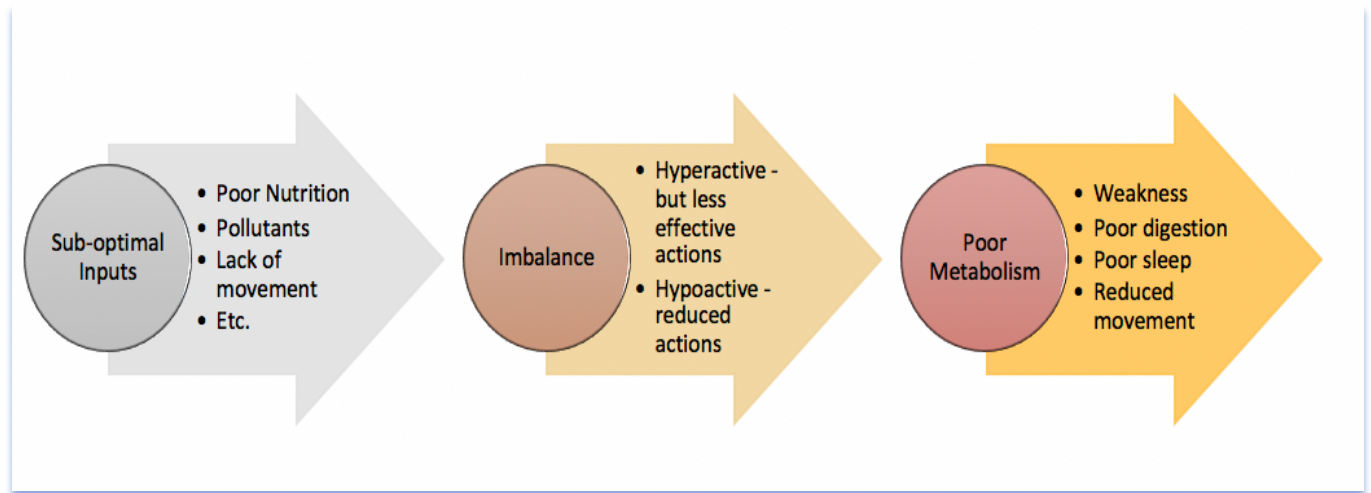


Optimal Nutrification

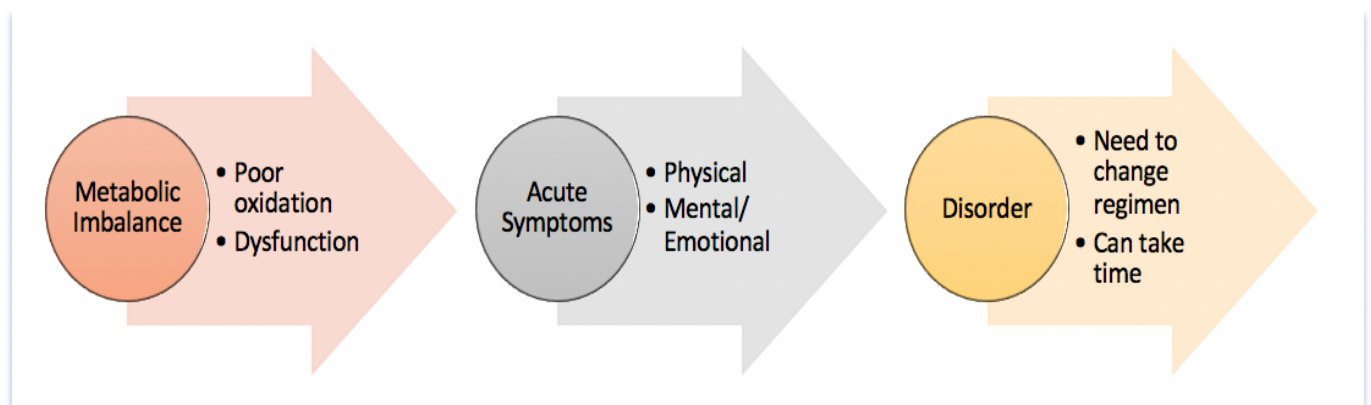
The key to health then is to get the nutrition that produces the optimal energy and reserve capacity.

If we get less than what is optimal, the vital operations of our organism can't produce the level of energy we need to maintain optimal functioning. We also then produce more waste than our system is designed to handle (endotoxins), which further depletes energy and can even cause damage. We now have an **imbalance**.

This imbalance, if it persists and is not corrected, leads to weakness in our vital functioning and operation and less resilience in the face of stress. This weakness is initially almost imperceptible: general symptoms such as less energy, motivation, joy, cognitive ability, etc. We know something is not right, and we feel we have a reduced vitality, but we don't yet consider this an illness.



However, over time, the weakness and sub-optimal vitality manifests as more specific symptoms. If the imbalances persist, they eventually turn into a state of disorder that manifests more prominently, and we tend to recognize this as being ill. This **disorder** is the second level of illness.



The symptoms are not the disorder, but rather are manifested as a result of the efforts by the body's self-healing capacity to restore homeostasis, using inflammation as a key tool.

So, to come back to a point made earlier, inflammation is the cause of pain and discomfort, and the various discharges our body triggers it to get rid of old and damaged tissue and toxins. Inflammation is not, however, the cause of the disorder (illness).

The Role of Inflammation

The body's way of healing is to generate an inflammatory process, which marshals the resources of the immune and repair systems and directs them to a particular area of weakness or damage. The body also produces its own bacteria to clean up the dead and dying tissue, much as the oil industry may use beneficial bacteria to clean up an oil spill. This inflammatory process produces some pain and discomfort, but then results in a greater level of health and functioning, similar to a home renovation.

However, anti-inflammatories, even cold applications on a sprain or a strain, are designed to *shut down* this process. Blocking a natural repair process and the necessary clean-up of toxins can only *weaken*, not strengthen. In addition to anti-inflammatories, which directly target the inflammatory process, any other interventions that work to suppress symptoms (which are part of the healing process the body is engaged in) indirectly shut-down or interfere with the inflammatory healing process.

This is graphically illustrated by the child we were treating for a weak immune system (constant colds), with chronic earaches and allergy symptoms. On a regular visit to the pediatrician during the process of treatment, he noticed some redness in his ears.



The child had not complained of pain or discomfort at all, yet this inflammatory process, part of the healing reaction to some natural remedies the child was taking, was assumed by the pediatrician to be an infection. No actual test for a bacterial infection was done, which is also all too common, and he prescribed antibiotics. The mother still accepted (at that point) that inflammation = infection, and infection meant that antibiotics had to be used.

After the child was on antibiotics for several days, the mother noticed that his appetite was not the same and that he was showing some signs of unusual crankiness. Overall, he did not seem as healthy as he had been previously. She returned to the doctor in a week and the redness was still there. A second round of antibiotics was prescribed although the mother had reported the negative effects, which concerned her.

During the second course of antibiotics, the mother noticed her son becoming even more lethargic and irritable and that he had trouble walking, which was very unusual. She returned to the pediatrician after a week and the redness was still present in the ear. Despite the mother's concern the doctor prescribed a third round of antibiotics.

That was the proverbial straw that broke the camel's back – she lost trust in the conventional treatment and brought the child to our clinic. We explained that the redness was inflammation, part of a healing attempt on the part of the body to correct a problem. We treated for the shock of the antibiotics on the child's system and within a few days, he had recovered to his previous state of health. The redness eventually disappeared on its own after the healing process had been completed.

If inflammation is the general response to disorder, the proper approach is to address the causes of the disorder. The fundamental cause is sub-optimal stimulation, which we term regimen or lifestyle issues. This involves essentially hydration, movement, sleep, fresh air, sunshine and diet. Diet, or what we also tend to call nutrition, is the one we tend to focus on.

Thus, any rational approach to illness needs to identify and correct faulty stimuli or inputs, which we could broadly call nutrification, both in terms of things we should not be doing ('errors of commission') and things we should be but are not ('errors of omission').



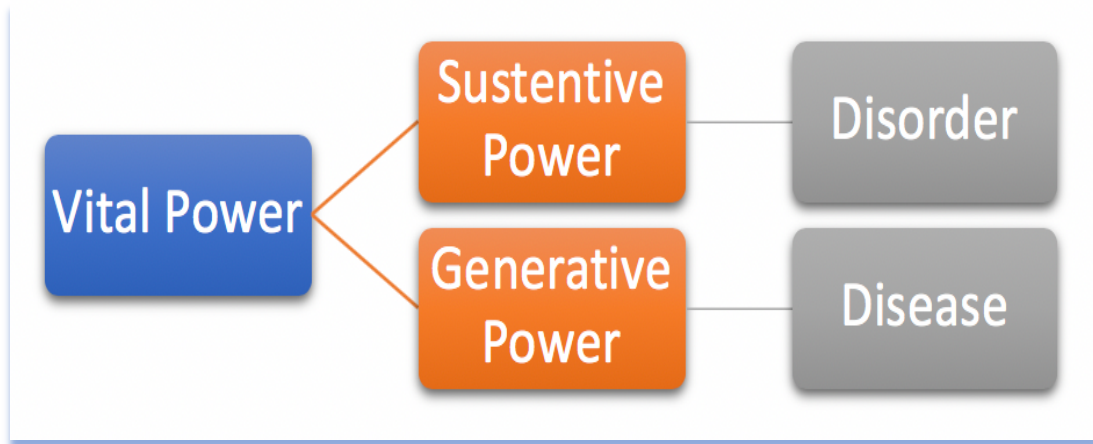
Resonant Stimulation

The challenge is to know what to avoid and what not. The challenge is also that while we all have universal needs - water, food, sleep, rest, and movement - we are also biochemically unique (linked to our unique genetic code). While some things remain mostly universally valid, diet and nutrition has become more and more individualized.

Romantic healthcare provides you with recommendations for optimal regimen, and most particularly regarding dietary and nutrient recommendations that take your individual situation into account.

Disorders, if not corrected, can lead to something more serious - **disease**.

The vital power in the organism consists of two sides or aspects: one is to sustain vital operations (sustentive side or maintenance of life) and the other is for generation and regeneration (generative power or creation of life).



Disorders exist in the sustentive power. When disorders persist, they can weaken the generative power to the point that the disorder impinges on it, such that the disorder now also becomes a disease condition. Disorders also weaken the generative power to the point that it becomes susceptible to attack by various disease agents. These can be infectious agents (pathogens), or various shocks and traumas, whether physical, mental-emotional, energetic (EMF, ultrasound, x-ray), or iatrogenic (drugs, vaccines).

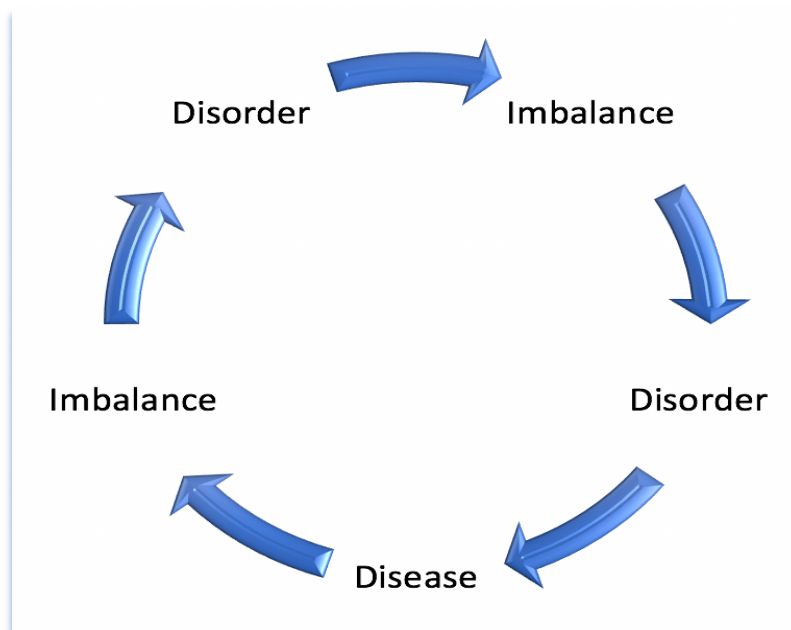


Getting at the Cause of Immune System Problems

I recall the case of a lady who came to me complaining about a poor immune system. She seemed to 'catch whatever was going around' as she put it. I assessed her diet and nutrition, as well as her hydration status. I found that the foods she was eating were not compatible for her metabolism based on certain typologies (blood, glands, metabolism) that influence what foods are beneficial and which inimical for a given person. I also explained that the water she was drinking was both low in quantity and of poor quality (tap water) in terms of its ability to get into the cells and support metabolism. She was effectively dehydrated. Within 3 months of correcting her diet and water intake, she felt much better and no longer seemed to 'catch everything.' A check-up at six months confirmed her continued improved state.

It is important to try to correct imbalances, and certainly disorders as soon as possible, as the diseases they give rise to then create further imbalances and disorders, creating a vicious cycle - unless it is stopped and reversed..

These disease states then produce their own imbalances, leading to further disorders and you can start to see a vicious cycle starting, unless it is stopped and reversed.



Treating Disorders and Disease

So, knowing all this, how should we logically and rationally go about treating a person to remove blockages and obstacles?

First, we need a dual-track approach, one that addresses both types of illness – disorders and diseases.

Second, we need the best and most comprehensive map of what went wrong. All illness is the result of stressors. What is needed is as comprehensive list of stressors as possible. This list would include, at a minimum, the following:

- accidents
- surgeries
- emotional traumas and conflicts
- drugs
- vaccinations
- x-rays
- ultrasounds
- toxins, poisons
- radiation
- inherited weaknesses (genetic and epigenetic)
- lack of or improper nutrition
- dehydration
- lack of or improper movement and exercise
- lack of or restless, un-refreshing sleep

Third, we need a rational approach to treatment for these stressors that takes into account the nature of how they operate and thus, how best to remove and resolve them. There are two fundamental laws of nature when it comes to illness. These laws have been known since the time of the early Greek physicians. The first and best-known law is the 'law of opposites' or as it was known in medieval times, *contraria contrarius*. The second, and lesser-known law is the 'law of similars' or

similia similibus. It is lesser-known as it is not immediately obvious and requires a certain exercise of reason, along with some empirical research to confirm for one's self. Earlier I had mentioned the use of warmth to treat sunburns and cold to treat frostbite, both methods well-known to native cultures, but this 'instinctive wisdom' has largely been lost in modern times.

Law of Similars and Law of Opposites

The law of opposites is indicated and effective when dealing with imbalances and even disorders. If you are out of balance in one direction (too much or too little), we intuitively understand that you need to go in the other direction (less or more). Thus, too much protein is corrected by a reduced protein intake, and too little by an increased intake. Not enough fats and oils require we take in more and vice versa.

The law of similars indicated, for a more specific purpose, that of disease. This is because disease is a specific kind of illness that involves not just an imbalance or disorder, but a much more profound and deeper derangement of your body's vital operations. This means that, although it may have been caused in some way by sub-optimal nutrition (too much or too little), simply correcting this fault by the law of opposites is no longer sufficient and requires a different approach. This different approach involves the use of a remedial agent, called medicine. A medicine is a substance that has the power to alter the operational state of an organism profoundly, which is what makes them very powerful, but also potentially damaging if not used properly.

There are two general errors made with medicines in the conventional sense:

First, medicines tend to be used based on the law of opposites. This can provide relief from symptoms, by opposing the internal vital operations that are producing these symptoms, but this relief is only temporary. There is no cure of the illness itself.

Second, medicines, if given based on the law of similars, need to be given in a dose that does not at the same time engender a medicinal (iatrogenic) disease.

Drugs, while they can be effective in certain emergencies that require a temporary suppression of activity, are generally applied based on the law of opposites: anti-inflammatories, antibiotics, anti-depressants, etc. They can only be palliative at best. At the same time, they are prescribed in doses that engender further disease (iatrogenic) - these disease effects are generally dismissed by calling them 'side-effects' when they are the direct effect of the medicinal agent.

What is needed is medicines that are sufficiently altered in dose and that are used according to the law of similars. For example, if your eyes get irritated from cutting onions, you can remedy this by taking a very small dose of onion (*Allium cepa*) extract.



Let's say you touch some poison ivy and get a rash with intense itching. Pioneers, who were busy clearing the land and always at risk of poison ivy, learned to drink a tea in the spring made from young poison ivy leaves. The tea protected them from reacting to poison ivy all season. This is an example of the law of similars.

But the law of similars goes beyond this. If someone complains of vomiting and diarrhea, has a strong need for fresh air, but is freezing despite being piled under the covers, and has a lot of fear or anxiety, this presents a picture of arsenic poisoning. The person swears, reasonably enough, that they have not ingested arsenic, but it certainly looks as if they had. We would say the person is suffering from an “arsenic-like” disease. The law of similars justifies our giving the person an energized, diluted dose of arsenic (*Arsenicum album*), which will remove the disease state (and the symptoms associated with it).

The optimal dose usually means one that has been highly diluted materially, but at the same time potentized dynamically. Why? Because disease is a dynamic derangement of the vital power and the effective action of the medicine is its dynamic power - the material aspect generally results in the ‘side-effects.’

We had a dramatic case of a woman who called us at 3:00 a.m. from Mexico City with a sudden case of dysentery. She had continual diarrhea and vomiting, was restless and very anxious. The symptoms and the situation matched that of an “arsenic-like” disease, though she had not ingested any arsenic.

Luckily, she had an emergency homeopathic remedy kit with her. We told her to dissolve a few pellets of *Arsenicum* in water and to sip it every few minutes until her symptoms subsided. She told us on her return that she felt better within minutes, and within an hour her symptoms had gone, and she was able to sleep.

By morning she was almost fully recovered, needing only to drink some extra fluids and restore lost electrolytes. The extra fluids and electrolyte replacement placed her back in the realm of the law of opposites, since once the disease had been removed using the law of similars we needed to help her sustentive power restore balance or homeostasis.

The law of similars works everywhere in disease. You may have heard of its use in frostbite, where you are advised to use snow to gradually unfreeze the frozen part. To use heat (the law of opposites) would result in tissue damage.

It works equally well in the case of burns though we are taught, strangely enough, *not* to use it. Next time you have a burn try the law of similars. When you use cold, you get instant relief, but as soon as you remove the cold source, it starts to hurt badly, and you can get long-lasting scars.

When you slowly re-expose the burn to heat (a similar, but not as intense as the heat that caused the burn), you will notice an immediate increase in discomfort, followed very quickly by a resolution of the pain and the quick recovery of the skin.

Examples of Treatment Using the Law of Similars

As I told you earlier, I once spilled scalding hot tea water over my arm in a restaurant. We didn't have remedies with us but remembered the law of similars and took the still quite warm mug and placed it against the burned arm for as long as could be tolerated, several times. Within a minute, the pain was gone and within



about 30 minutes, the angry red burn had disappeared.

The key, of course, is to remember the term “similar.” If you use the same heat as caused the burn in the first place, you only get more of a burn. So, you have to use something less hot, but similar. It works!

Years ago, I encountered a blacksmith who explained how he treated burns, of which he had received many. He would put his burned part as close to the fire as he could stand. He stated that this helped it heal quickly and left no scarring. His arms were indeed devoid of scars. People were impressed, but no one understood why, as this went against the “official” advice.

We are also told to use cold packs when we have inflammation (swelling), like when we have a serious sprain or strain, but the law of similars would demand heat. Strangely enough this is what we do when we lightly strain our muscles, but when there is visible swelling, it seems that conventional medicine doesn’t trust the body’s healing power and tries to suppress the evidence. Inflammation and heat are the way the body heals.

The third element we need in a true system of healthcare is a way to identify which remedial agents or measures are needed to correct which disorder and disease, which means to remove their cause or causes.

Fourth, we need to remove the disorders and diseases in the right order. Not only must the right remedy be given, it needs to be given at the right time.

Fifth, we need to take into account of the stage the patient is in.



Stages of Healing

First Stage: Treating the Acute Condition

In the first stage, the person is usually in an acute state of pain, whether physical or mental-emotional or both. This stage requires an acute intervention to support the body's healing efforts and perhaps to address the most obvious and immediate causes, whether in terms of nutrition or shocks or both. It may also require emergency intervention in terms of drugs or surgery if severe and serious enough to the point of organ malfunction and tissue damage.

There are effective measures that can help the body recover more quickly from surgery or drugs, as both of these, while they may be justified in emergencies, constitute a shock to the system that can themselves create longer-term issues.

Stage Two: Dealing with Causation

Once the acute, or emergency situation, has stabilized, treatment can focus on addressing the deeper levels of causation. Usually one can expect to see good,

steady improvement. There are also important realizations that arise regarding one's situation and the need for changes, which provides greater motivation to undertake the steps necessary for greater vitality and sense of well-being, particularly in regards to a regimen, as these require the patient's willingness and ability. Even small changes can make a big difference, and often slow, steady change is the best foundation for improvements.

One patient came to see me seeking advice on what changes he needed to make to his diet. After assessing what he was currently doing, I made several general basic recommendations, which I thought were reasonable and doable. However, after listening to me, he stated he wasn't going to do any of them. He then said that he had been to other practitioners who had told him much the same thing, but he had refused to follow their advice as well. I wondered why he had bothered to consult me if he had no intention of following any advice and was tempted to ask him that directly. I thought for a moment, however, that he had come seeking help, so I sat back and asked him what he wanted to do. He then sat back himself and said, "No one has ever asked me that." Then he thought a bit and said he was prepared to cut back on his coffee from three cups a day to one. I said, "OK, then do that." He left the consultation happy and seemingly motivated. I wasn't sure if he would come back at all, but he did several weeks later. He reported that he had accomplished his goal and felt some improvement. I then asked him what he would like to do next, and he gave me his next suggestion. This process went on for a year to the point where he had made most, if not all, of the initial recommendations I had given him.

In other cases I have had, patients are not ready to make changes to their diet or other aspects of lifestyle affecting their health without first working to remove various blockages, usually due to cumulated shocks and traumas that have sapped their energy and will-power, making any change seem overwhelming and even threatening. Once enough traumas and shocks have been removed to provide energy and motivation, steps can be taken to start making regimenal changes.

Stage Three: Appreciating Healing as a Journey

In the third stage of healing, patients come to take a more active role. They are more engaged in the process and ask more questions about what is going on, as well as realizing that their healing is a journey. They go from seeking quick fixes and fearing that they may never get well to understanding that the road to their

condition involved many causes over a period of time and that removing them and allowing the system to heal will take some time. The longer you have been in ill-health, the longer it can take to reverse things. For most of us, we realize we need to take active measures to regain our health in middle-age, and, it can take a year or two to put it back on a firm foundation. While this may seem a long time, you will be reassured through the process by the steadily increasing sense of strength and well-being.



These days, even for many young children, treatment can take a year or more, as the increasing interventions in pregnancy and birth as well as the intensive schedule of vaccinations tend to have a greater destabilizing effect than was the case in the past. You can read our book on childhood autism for more details on this - *Autism: The Journey Back, Recovery of the Self Through Heilkunst*, available from our clinic office.

The Fourth Stage: Shifting of Understanding

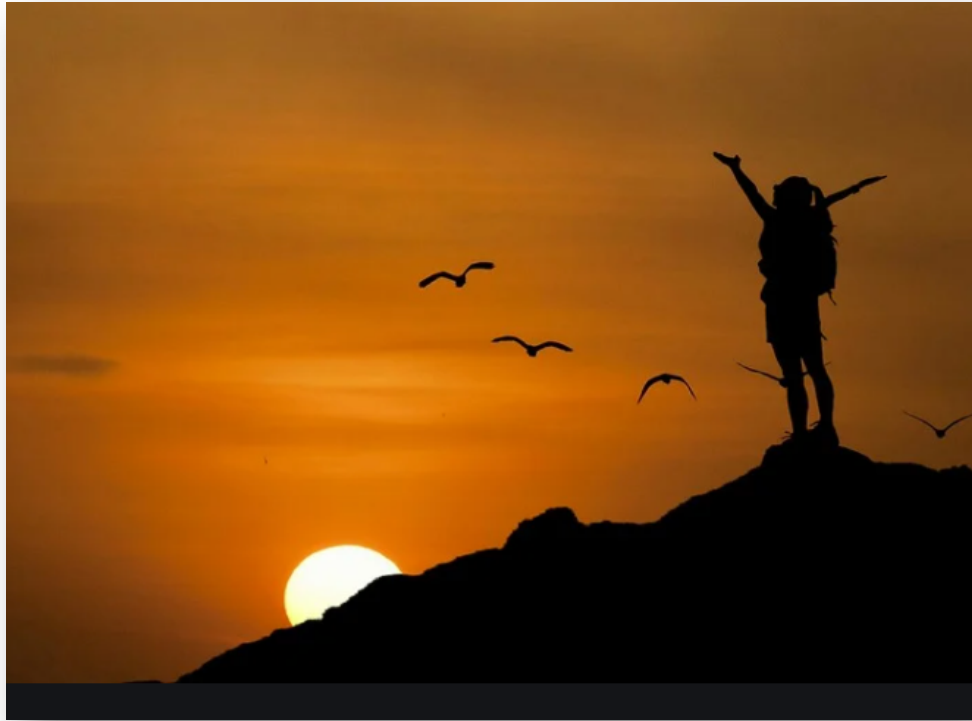
The fourth stage of healing involves a significant shift for adult patients. They start to understand that health is not just at the physical and psychological level but that it involves deeper soul-spiritual issues about their true purpose in life and about the deeper lessons to be learned from their experiences. The focus shifts from suffering and trying to end it, to the meaning of that suffering and what it is telling them about how they have been living their life. Once the door has been opened to trying to understand rather than just rejecting one's illness, it is possible to begin to examine one's situation and choices and how they might have contributed to the illness. All illness is the result of receiving less than optimal nutrition (at all levels).

A small percentage of illnesses are linked to certain genetic mutations, which directly affect the ability to receive the full benefits from nutrition that is otherwise beneficial to a person. Even here, however, the most recent research has revealed and confirmed that these mutations can be muted to a large degree by positive nutritive inputs.

Anything that is less than optimal constitutes stress. Recent research reveals that almost all illness, particularly chronic conditions, is due to stress. In a state of health, we can handle a certain degree of stress, and if we pay attention to the more subtle signs of imbalance (less motivation, enthusiasm, energy, sleep, productivity, confidence, and the tendency to be more irritable, hesitant, withdrawn), we can make corrections to restore balance.

One of the side-benefits of becoming ill is that we are forced to pay attention to what we had previously taken for granted - our health. We are forced at some point to acknowledge that our previous way of living has contributed to our becoming ill, and that we must take responsibility for our actions. In the past, prior to being ill, we acted more like sleepwalkers or daydreamers, going through life based on patterns, whether regarding food, work, or relationships, that we acquired without much or any thought. As the saying goes, 'actions have consequences,' whether positive or negative.

The biggest challenge is how to know what actions will be positive and which will be negative, and then to make the decisions for health once we know. The foundation for health begins with the physical body; if this level is imbalanced and disordered, then our healthy functioning at all other levels - psychological and spiritual - is impeded. Life on earth requires that we treat our physical body, the carrier for our soul-spiritual self, as a temple, to be honored and not desecrated.



In the past, ancient wisdom guided a person to take in resonant nutrition and to avoid things that were inimical. With the rise of civilization, we have mostly lost that innate wisdom. We also face a greater challenge to our health from corruption and degradation of naturally nutritious foodstuffs, and our water and air, by synthetic (and mostly inimical) chemicals due to industrialization. While industrialization has brought many benefits, it also comes with a host of challenges in the form of processed foodstuffs that are attractive but not necessarily resonant.

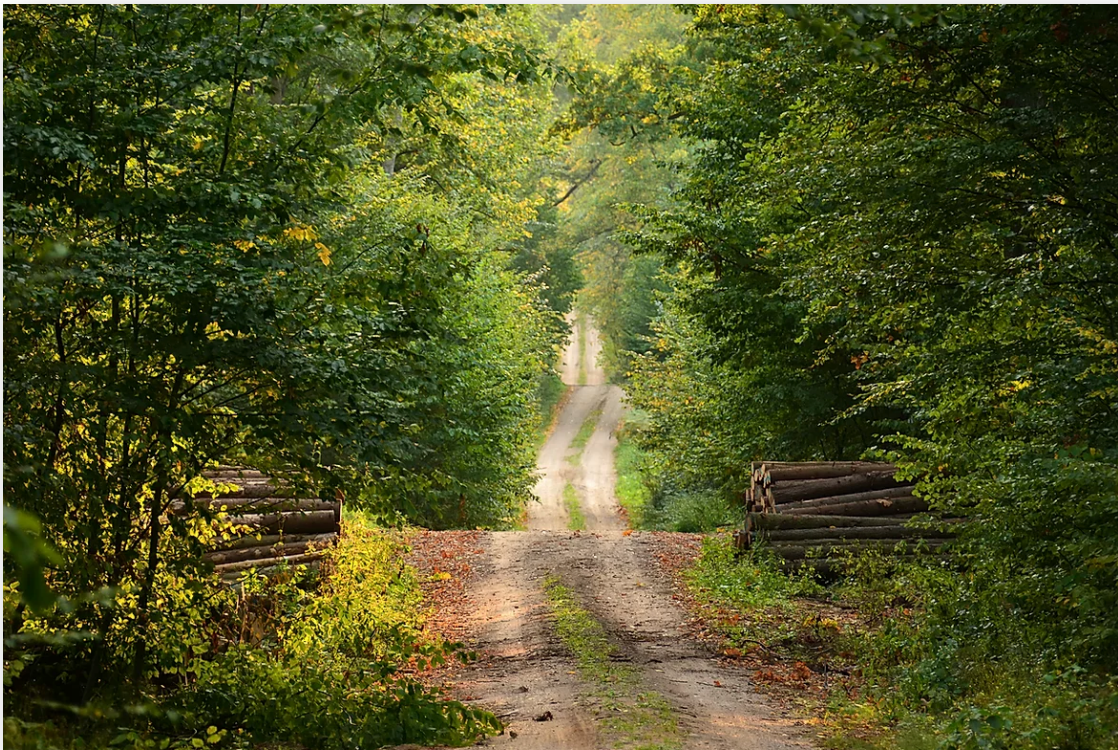
Faced with the plethora of products available at our modern grocery store and food outlets, it is difficult to know what is good for us and what is not. Some things we know are not healthy, and even if we find them hard to resist, we can still make efforts on our own to limit them or cut them out all-together. However, there are many foodstuffs that are generally regarded as healthy, but the reality is that not

all of these are healthy for you individually. There is also a lot of conflicting advice about which diet to follow - vegan, paleo, ketogenic, Mediterranean, macrobiotic, etc. Following a diet based on a belief that it is best for everyone, whether from belief or because it worked for some people, is not a good way to proceed.

When I started to become chronically ill and realized I needed to make some fundamental changes, I was advised to eat according to the macrobiotic dietary rules. I followed these rules assiduously, but discovered that rather than getting better, I was getting worse. I was told that I had not followed the rules properly, so I doubled down and continued, but the results were even worse. I eventually stopped, and then searched for another diet that would work. I now know that the diet plan that works for me is not one of the fixed plans presented as being 'the one' that is best for everyone, but that is individual to me and that also can shift as various factors shift within me and in my life.

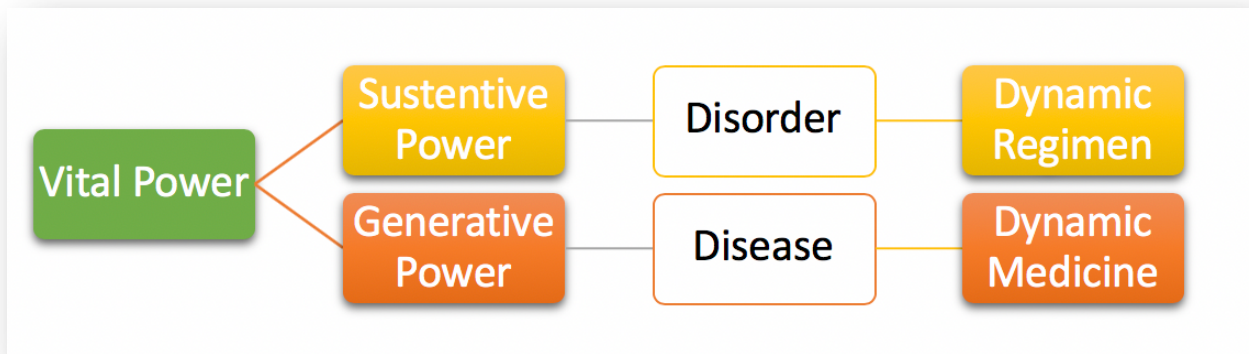
Once we become conscious of the fact that there is no 'one-size-fits-all' diet, we face the daunting task of determining what foodstuffs are best and worst for us. This is where a scientific and rational approach to nutrition is needed.

Dual Track to Health



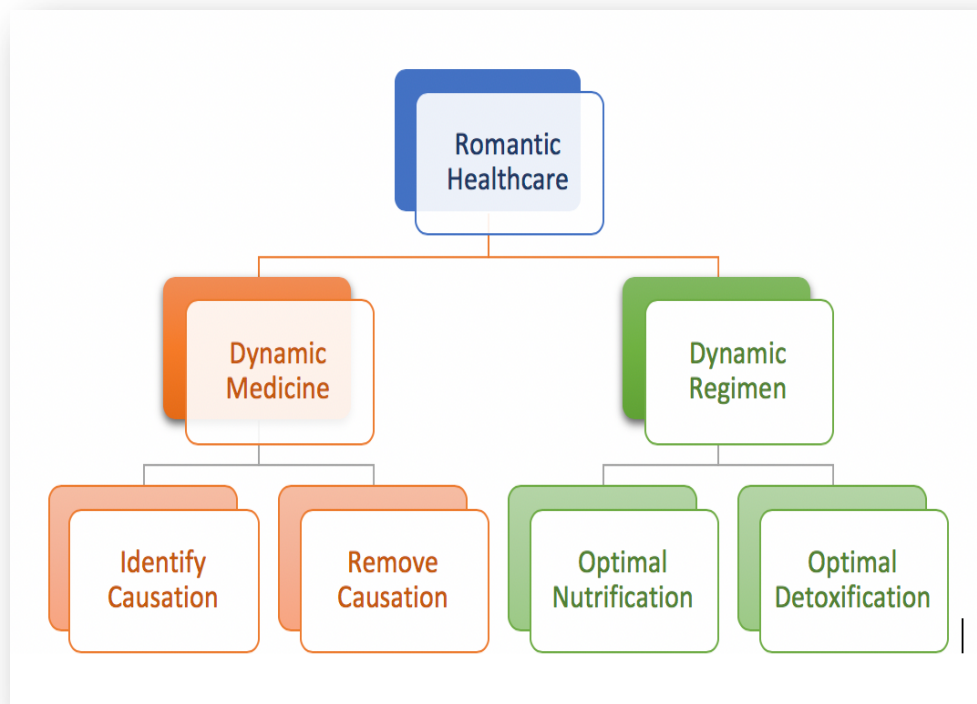
As set out earlier, our daily regimen in terms of sleep, hydration, diet, and movement is critical to our health. All of these elements provide nutrition, or inputs, in some form or another that support or take away from our healthy functioning. At the same time, because of factors in our life to date as well as the influence of past generations, we all have certain weaknesses and blockages that prevent us from either from taking the necessary steps to proper nutrition or if we do, from fully benefitting from it. What is needed in most cases in this day and age is a dual track approach to health.

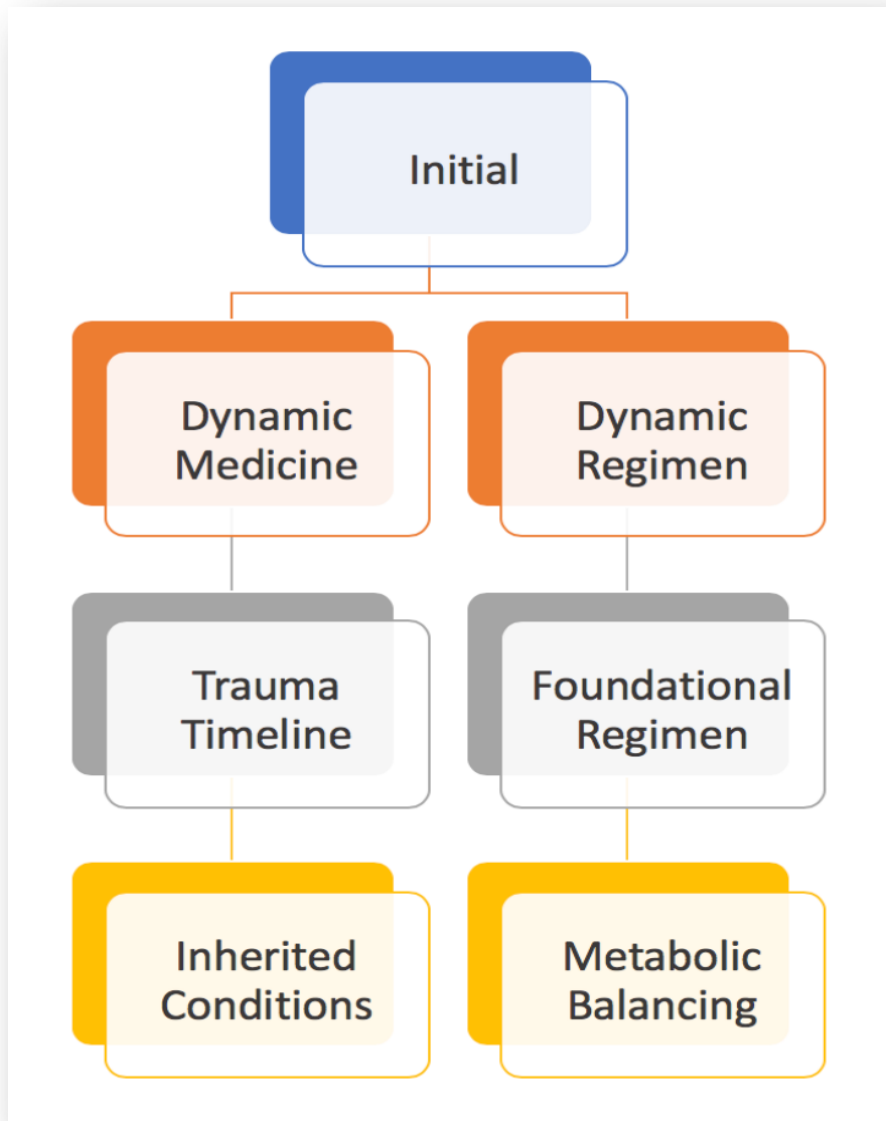
The dual track approach to illness consists of Dynamic Regimen and Dynamic Medicine. Dynamic Medicine is also often termed *Heilkunst*, a German term for dynamic medicine. Dynamic Regimen could also be termed *Heilkunde*, referring to the treatment of disorders. Both are dynamic because they work with and support the vital energy system that drives the physical body.



Thus, each case of illness, usually chronic in nature these days, would start with an initial consultation to assess the overall situation and the various factors involved, both in terms of disorders and disease. This is followed by a more detailed, systematic treatment of disease on the one side (Dynamic Medicine) and disorder on the other (Dynamic Regimen). All treatment is sequential in nature, as the order in which things are approached is important to the success of treatment as well.

As you will see from the details below, the essence of Dynamic Regimen is nutrification and detoxification; the essence of Dynamic Medicine is the identification and removal of cause.





Initial Consultation

- Identify acute issues
- Identify life traumas (timeline)
- Review general state of regimen (diet, supplements, exercise, etc.)
- Provide homeopathic remedies for
 - any acute issues
 - most recent traumas
 - constitutional support
 - emotional imbalances
 - stress and anxiety
 - organ support (adrenal function, liver function, hormonal balance, etc.)
 - detoxification
- Provide educational material for building a healthy routine



Dynamic Regimen: Regimen Consultation

- Identify major typologies for appropriate diet - blood and glandular types
- Provide specific advice on fundamental supplements and products to strengthen foundational health
- Follow-ups (bi-weekly) to support the implementation of enhanced regimen protocol and to review areas for adjustment




Dynamic Medicine: Sequential Heilkunst Treatment

- Regular monthly follow-ups to assess progress and to provide subsequent remedies for trauma treatment along the timeline
- Modify overall support remedies (stress, detox, acute conditions) as needed
- Follow-up consultations every 4-6 weeks are recommended



Dynamic Regimen: Metabolic Balancing

- Advanced assessment of two fundamental and critical drivers of metabolism:
 - homeostatic control functions (homeostasis)
 - mineralogical systems (nutrient operation)
- Objective testing (at home or via a lab) - easily done at home or based on a small hair tissue sample



Dynamic Medicine: Inherited Disease Conditions

- Upon completion of the trauma timeline, commence a systematic treatment of inherited disease conditions
- There are several layers of these conditions; therefore, the number of layers that need to be treated vary with each case
- Follow-up consultations every 4-6 weeks, or as needed

Stages of Treatment - Details

Stage 1: Initial Consultation

The initial consultation is important to get the overall assessment of your situation, and to begin the process of determining both regimenal disorders and disease conditions.

Each person comes to the initial consultation having already made various changes to their lifestyle, in particular regarding diet and nutrition. This forms the starting point for the subsequent more specific consultation on regimen and guidance in implementing Dynamic Regimen (Heilkunde).

Each person also has a different timeline of disease states created during their lifetime in the form of shocks: accidents, mental-emotional traumas, surgeries, birth traumas, drugs, x-rays, vaccinations, etc. This forms the basis for systematic treatment using Dynamic Medicine (Heilkunst).

Usually you will be given certain dynamic medicines following from your initial consultation. You will also be given an outline of the process of dynamic regimen. Since dynamic regimen demands more specific involvement on your part, there is a separate more specific consultation scheduled to discuss what you can do to improve your regimen in terms of hydration, recreation (movement and exercise), dormition (sleep), and nutrition (diet). The focus and measures recommended will depend on where you are based on any changes you have already made.

Stage 2A: Dynamic Medicine - Sequential Timeline Treatment

Any significant shock to our system can injure the generative side of our vital power, and this then becomes a specific kind of illness we term disease. Thus, the cause of the disease in these cases is the specific shock. The role of Dynamic Medicine, or Heilkunst, is the removal of these shocks using specific dynamic or energetic medicines. These shocks occurred in a certain sequence through one's life and must generally be removed in the same sequence, but in reverse order.

Thus, the basis for treatment here is a timeline of shocks and traumas, which becomes the map. Whether a given shock will damage the generative power depends on several factors, but clinical experience has shown us that the following stressors almost invariably create a disease state in each person and thus are generally treated for:

- drugs
- vaccinations
- x-rays
- surgeries, birth interventions
- concussions, broken bones, deep wounds
- severe insect and animal bites
- poisons (chemical, plant or animal)
- suppressed grief, fear, anger, guilt, etc.
- major infectious microbes (cholera, flu, typhoid, malaria, yellow fever. etc.)

If you have any of these, they can potentially produce, on their own or in combination, almost any condition imaginable. Conventional medicine simply looks at the visible results, picks the most common symptom and gives it a name, presuming thereby to have identified a disease. However, the disease is the consequence of a shock and it is this cause that must be addressed.

Case: Getting at the Cause of Urinary Incontinence

As an example, I once had a case involving a teenager with urinary incontinence. I asked what the conventional diagnosis had been, and she said, “exercise-induced incontinence.” Apparently, they hadn’t found a Latin or Greek term for this yet! I asked what they had suggested as treatment, and she answered, “Nothing.”

I then asked the young teen what sports she played, and she gave us a long list. I asked her if the incontinence happened during all of the activities and she said no, it only happened during karate class. I suggested that they had gotten the “diagnosis” wrong, and that it should have been more correctly termed “karate-induced incontinence!”

On further questioning, it turned out that young lady felt unfairly dealt with by her instructor and had a degree of suppressed anger. I gave her the appropriate homeopathic remedy to remove the blockage to her healthy functioning caused by her suppressed anger and the condition went away. There never had been any “exercise-induced incontinence,” only a disease caused by suppressed emotions, in this case anger.

In another case, a woman came into our office in tears because the doctors had told her she would have to learn to live with her chronic arthritic pain. She was told

she could take aspirin (which didn't really help her pain and caused stomach problems), move to a dry climate, or suffer until it became so bad that powerful painkillers would be prescribed. Needless to say, she didn't like any of the options she was offered by the rheumatologist despite his impressive degrees and many years of study.

I told her in all seriousness that we had no cure for "arthritis," but that I could remove the disease states causing it, which we were eventually able to do, though it took some time due to the many disease states involved in this case, as is the case for those with chronic conditions.

The length of this stage will depend on the number of shocks and traumas in your timeline. Consultations are generally every four weeks and usually two shocks can be removed between consultations.

Stage 2B: Dynamic Regimen - Universals and Detoxification

This consultation focuses on your current regimen in terms of sleep, hydration, movement, and diet and sets up a program for you to follow to refine your regimen in line with what is most beneficial for you individually.

Diet is the most complex, and also, for many, the most difficult to change, although most people have already made various changes on their own, particularly in terms of eliminating junk or empty calorie foods, going on certain specific diets (vegan, paleo, macrobiotic, maybe doing some form of cleanse or fasting as well, and taking various supplements). However, unless these things are done rationally, based on an understanding of your particular biological make-up, these changes risk doing more harm than good.

You will learn the specific things that you need to do to optimize your regimen, in particular your diet and supplementation, as well as be given specific guidance for detoxification. Regular follow-up consultations will help guide you to implement the right regimen for you. Once you have integrated these measures into your daily routine, you can continue on your own for the most part, with periodic sessions to assess results and refine your individual regimen.

All of these measures work in combination with the treatment for disease states on the Dynamic Medicine side, as poor regimen can hamper the healing process after various shocks and traumas are removed. At the same time, it is difficult to get the

most out of your regimenal changes as long as there are shocks to the system that interfere with proper metabolic functioning.

Stage 3A: Dynamic Medicine - Inherited Disease Conditions

A fundamental aspect of Dynamic Medicine or Heilkunst is the discovery by its founder, Dr. Samuel Hahnemann, of primary, constant infectious diseases of a chronic nature that can be passed on from one generation to another. These represent archetypal disease forms, often referred to as 'chronic miasms', out of which emerge numerous variable and individual disease states. By removing these archetypal or primary diseases, we can also eliminate most if not all of the secondary disease states linked to them.

We know today that these chronic miasms are inherited through a process called epigenetics, and they constitute a certain predisposition to illness from the time of conception. Most chronic health issues today have their roots in these chronic miasms and without addressing them, any other treatment is simply suppressive or palliative, which results in the disease being driven deeper into the organism, affecting more important organ functioning. Thus, it is an observed fact that certain conditions such as anxiety or breathing issues can become progressively worse in succeeding generations. Thus, some breathing difficulty in one generation can become mild asthma in another and severe asthma in yet another; mild anxiety can turn into an anxiety disorder in the next generation and then into more severe forms such as phobias or panic attacks in yet another.

“Miasm” is an old medical term for “noxious influence” or “bad air.” There are acute miasms, of which the most common are the childhood diseases like measles, mumps, scarlet fever, etc., as well as the well-known infectious diseases such as yellow fever, malaria, cholera, typhoid, and smallpox. There are eight of these miasms and they are treated in a specific sequence and through several layers, as the inheritance with these disease states often extends back several generations.

An annex to this booklet provides more detail on each of these miasms. The most recent one is Lyme, which is not as well known or studied as the others but is often found to be significant for serious conditions that have become widespread today such as autistic spectrum disorders (ASD).

Stage 3B: Dynamic Regimen - Metabolic Balancing

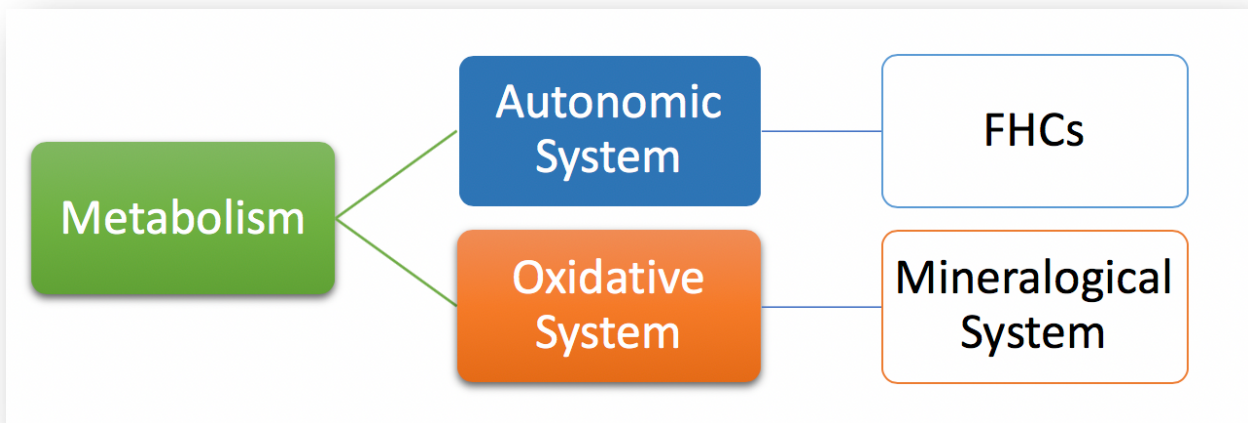
There are two main drivers of metabolism: fundamental homeostatic controls (FHCs) and mineralogical drivers.

FHCs, operating through the autonomic system, determine the essential balance between our sympathetic (tension) and para-sympathetic response (relaxation). Too much of one or the other allows for imbalance and the emergence of metabolic disorders.

The mineralogical system drivers involve dynamic interaction between nutritive minerals, in particular calcium, potassium, magnesium, phosphorus, iron, selenium, and zinc. It is this mineralogical system that drives the oxidative system in our body that provides us with vital energy.

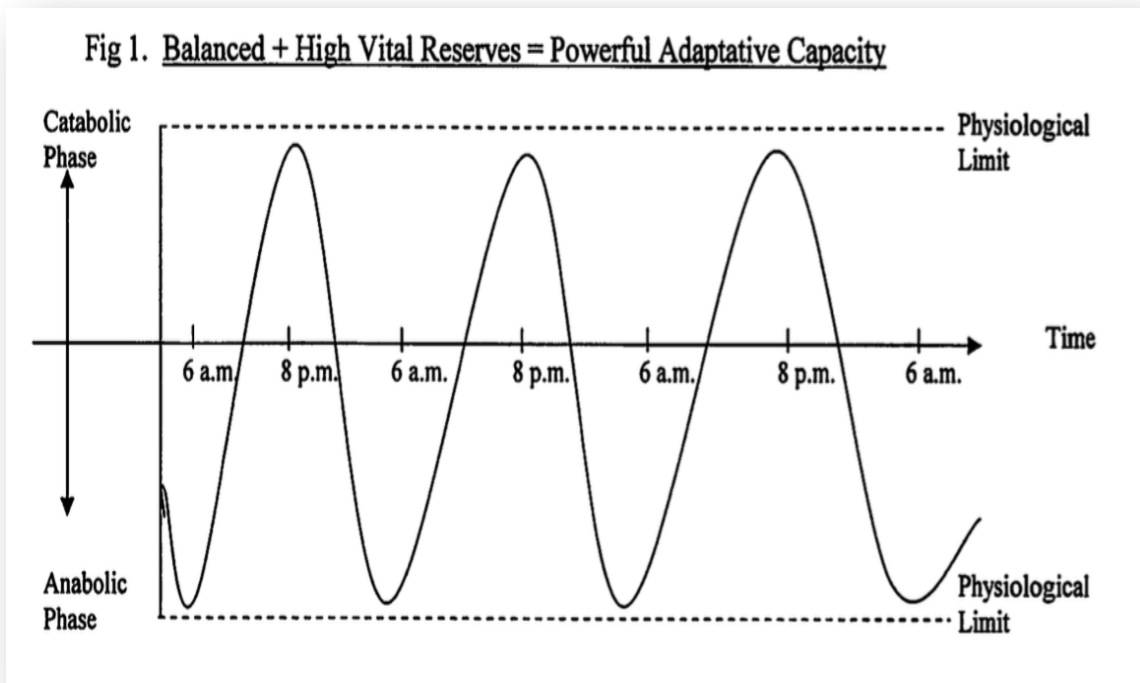
The interaction between both sets of drivers determines the level of functioning of our metabolism, both in terms of the proper rhythm between sympathetic and para-sympathetic, and fast and slow oxidation in terms of our biological cycles, and in terms of the creation, assimilation and utilization of nutrients. This plays importantly into supplements as giving individual or even several nutrients, such as vitamins, minerals, enzymes, and co-factors, will have little benefit, and may even make things worse, if one or both of the driver systems are not balanced.

Romantic Healthcare has specific ways of balancing both driver systems.



The mineralogical system is responsible for our reserve energy capacity, and thus, our ability to absorb, process, and resolve physical shocks and psychological conflicts.

Both together give us a healthy pulsation of vital energy with optimal amplitude, as shown in the following chart.



Dual Health Track: Back to the Beginning



Your ability to thrive in life depends biologically on your body's metabolic functioning.

This functioning consists of two factors:

First, a diurnal cycling between consumption (catabolism) and production (anabolism).

Both these aspects are going on all the time, but in the daytime, consumption of energy and nutrients and wear-and-tear of tissue dominates, as that is the time we are most active. At night, production of energy and nutrients and repair and replacement of tissue dominates. When all goes according to plan, we wake refreshed in the morning, ready for another productive day.

Second, a vital reserve that acts as a buffer against sudden shocks or traumas.

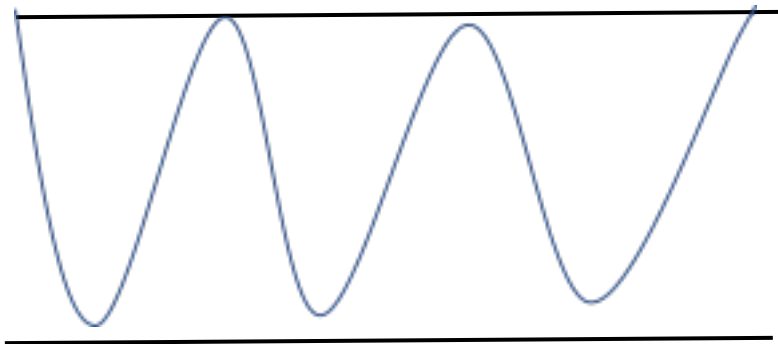
At birth, you possess a certain level of vital reserves or reserve energy that acts as a buffer for the various stressors you may encounter, both in terms of sub-optimal

nutrition and toxicity on the one side, and various shocks and traumas on the other. This vital reserve is because you are given more energy than you can use at the start of life. We can see this in the seemingly boundless energy of children and young adults. It is like having a certain inheritance or amount of savings that can cushion you at times when expenses (energy depletion) are greater than income (energy production). This allows us to handle acute stress situations.

The level of your vital reserves will vary depending on inherited factors, some genetic but most epigenetic (acquired through the family line, but not fixed in the genes). Some individuals seem to have a robust constitution, and others less so, and some even quite weak overall in terms of resistance to stress and illnesses.

Generally, your vital reserve energy is highest in childhood, then slowly declines with age. In general, by your early thirties the reserve energy is no longer able to fully cushion your system from stressors and gradually you have greater difficulty in recovering from stressors. At the same time, aging also reduces the regularity of your diurnal cycle – less energy is produced in the day and less replenishment takes place each night.

So, in the early part of life, you have balanced cycling with a large amplitude, full energy waves, which looks something like this:



Later, in early adulthood the size of the energy waves starts to decline:



Towards middle-age, we see even more of a decline:



This doesn't take into account the distortions that can occur in the cycles themselves - they become irregular reflecting your internal energy imbalances.



The lower part of the wave is the anabolic phase and the upper part the catabolic phase. If you have too much of one relative to the other, various issues can result.

In addition to removing the various shocks and traumas and getting rid of the obvious sources of toxicity, it is all the more important, as you age, to pay attention to correcting your metabolism - this can be done using energetic remedies, but more importantly, by achieving optimal nutrification, mainly through eating the right foods and taking specific supplements as indicated by your metabolic status.

By being more careful of your health in terms of optimal nutrition and toxic depletion all through your life, you will ensure that reductions in the regularity and amplitude of your metabolic cycles are kept to a minimum to begin with. By doing this as you get older, you will ensure that reductions in metabolic function due to aging are within the natural range and you are able to function at the optimal range for a given age.

It is possible, also, due to such efforts to have a biological age that is below your chronological age in terms of the norm - norms are just averages of individuals in a given population, and the efforts you make to support your health put you way above the norm.

There are various calculators of biological age online that work using basic algorithms related to known factors, such as weight, exercise, smoking, diet, and mental-emotional states. Some sites include mental-emotional factors. I once did a

study of all the studies on longevity, and found, amidst all of the varying factors, two that were almost constant - the first, a physical one was nutritional levels and the second was one's mental-emotional state of mind. In my case, using this measure, my biological age is 15 years younger than my chronological age. The average for various tests is around 10-15 years. Certainly, I feel healthier now than I did 20-30 years ago!

What Next?



You might be wondering what happens after you have gone through this dual-track treatment process to re-build and restore your overall health. You have come a long way from where you were. You feel much better and most if not all of your 'aches and pains' are gone, and you have a more positive attitude regarding life. You feel more satisfied and engaged. What happens now? Is there more to do?

One option is simply to continue on a maintenance program you follow mostly on your own, with periodic tests such as the dynamic hair analysis for your metabolic type to make small adjustments to your diet. You can also check in with your

practitioner as the need arises when you have a specific complaint or concern. You can also undertake specific activities that support the changes you have and are making to your lifestyle.

Another option is to enter the second phase of your health journey, which is more about the soul-spiritual aspects. This takes us beyond the energetic-physical concerns and issues and more into issues related to mind and consciousness.

The second option addresses a feeling we might have that there is more work to be done in our life here on earth, that there is more to be understood about ourselves and the world around us. Once the body is freed from pain and lack of energy, we are now free to think about other issues, such as relationships - to ourselves, to others, to God - and the meaning of life, our life in particular. This takes us on a second phase of our journey and is the topic of a separate book.

Annex

Chronic Miasms

Chronic Miasm: Psora

Keynote: Deficiency, lack



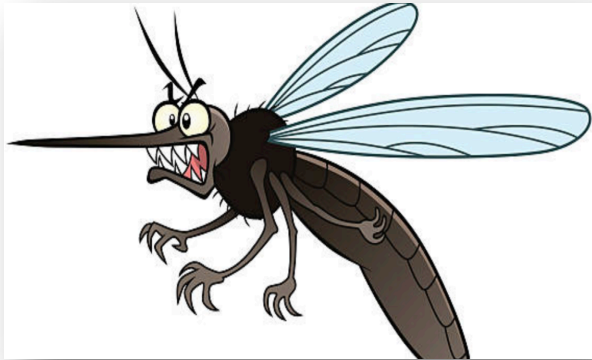
Psora is mainly a disease of deficiency at all levels – deficiency of knowledge, thought, assimilation of ideas and nutrition. There are a host of conditions identified by the prefix “hypo” (hypotension, hypochondriasis, hypotrophy) associated with Psora. It causes little or no structural change, but much disturbance of functions, feelings and sensations. It seems to involve largely the neurological and endocrine systems of the organism.

The Psoric state of mind feels it does not have enough (of anything, be it money, food, energy, love, warmth, etc.). You may be familiar with it if you know anyone who had to live through the Great Depression or a war. They may hoard food, toilet paper, rubber bands or twist ties, for no apparent reason other than, “You never know when you may need them.” The stereotypical street person illustrates this miasm well, when they are carrying with them every one of their possessions, while wearing virtually all of their clothing, including coats and hats, even in sweltering heat.

If there is Psora in your family history, it will manifest, according to Dr. Roger Morrison in his Desktop Guide, as: Abscess. Acne. Allergy. Anxiety. Aphthae. Asthma. Boil. Bronchitis. Colds. Connective tissue disease. Depression. Dermatitis. Eczema. Headache. Insomnia. Otitis media. Pharyngitis. Phobic disorders. Psoriasis. Scabies. Sciatica. Skin ulcers. Upper respiratory infection. (among other conditions.)

Chronic Miasm: Malaria

Keynote: Feels victimized



Malaria used to be endemic in Europe and North America, though drainage of swamp lands and development have now restricted this disease to tropical regions.

Malaria is a blood disease, causing high fevers and affecting the liver in particular, where the malaria plasmodium hides when it goes dormant. There are many types of malaria each with different periodicities or break-outs.

The state of mind of Malaria is one of irritation, negativity and general despondency. Where Psora is a sense of loss of power, capacity, Malaria is a periodic attempt to resist this trend through inflammation, but the energy demands lead to a sense of general fatigue. There is a general sense of being attacked, victimized, feeling at odds with their surroundings, environment.

Chronic Miasm: Tuberculosis

Keynote: Restlessness, feeling constricted



Tuberculosis is familiar to most of us in its manifestations and appears to have elements of both Psora and Syphilis. One of the keynotes of Tuberculosis is an internal restlessness and degree of consciously-directed destruction. Tuberculosis was widespread in Europe and North America in the 1880s and first part of the 1900s, but is now mostly found in less developed countries.

The person with tuberculosis in the family history has a great desire for change, and it can manifest at any level. They will travel, if possible, to new locales. They may change jobs, change houses, and if those more expensive outlets are not open to them they will change the furniture placement in the house, or paint the walls, or hang new curtains. They cannot even drive to work in the same way every day, because they need the change of route and scenery.

Common conditions related to Tuberculosis (from Morrison's *Desktop Guide*): Adenopathy. Alcoholism. Allergy. Alopecia. Amenorrhea. Arthritis. Asthma. Astigmatism. Autism. Behavior disorder. Bronchitis. Bruxism. Colds. Compulsive disorder. Connective Tissue disease. Croup. Enuresis. Flushes. Headache. Hodgkin's disease. Hyperactivity. Lymphoma. Malignancy. Meningitis. Menopause. Mental retardation. Osteomyelitis. Pneumonia. Respiratory infection. Rheumatoid arthritis. Scoliosis. Sexual disorders. Systemic or discoid lupus. Tinea. Upper respiratory infection. (among other conditions).

Chronic Miasm: Ringworm

Keynote: Feeling conflicted, stuck



This was common until recently and still is to some degree found in children. It produces a characteristic round rash on the chest or arm, usually not itchy.

The state of mind of Ringworm is 'wants to, but can't'. One attempts to escape the low energy cycle but can't resulting in an even lower energy level. This inability to exercise one's will produces a sense of despair and irritability.

Chronic Miasm: Sycosis

Keynote: Excess, sudden reactions, inflammation



Sycosis is the gonorrheal infection, a sexually transmitted disease, once widespread, but still quite common.

This miasm produces inflammation in various parts of the body (in contrast to Malaria's general, systemic fever), which are identified in conditions by the suffix - 'it is': sinusitis, gastritis, arthritis, blepharitis, mastitis, etc.

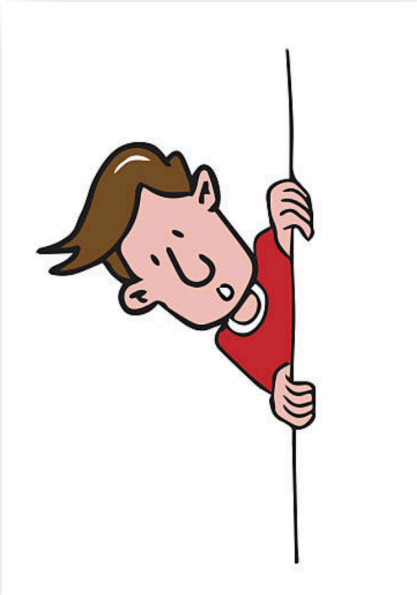
We see in sycosis an excess in mind and tissue, providing the foundation for later tissue degeneration. People who have sycosis are more susceptible to vaccine shock, to the ill-effects of any suppression of morbid discharges (nasal secretions, vaginal discharges, etc.) and to the shock of the surgical removal of various skin manifestations (warts, cysts, fibroids, moles), which can lead to the activation of any latent sycosis.

It seems to involve mainly the blood and circulatory systems, with sycotics being highly susceptible to heart attacks, blood disorders, the ill-effects of blood transfusions, arteriosclerosis, etc. The state of mind is of excess – the sex, drugs and rock-and-roll energy, like Las Vegas at 3:00 a.m., and those who are just getting started at night when others are going to bed.

From Morrison's *Desktop Guide*: Allergy. Angina. Anxiety. Arthritis. Asthma. Behavior disorder. Eczema. Herpes. Hypertension. Interstitial cystitis. Leukorrhea. Manic-depression. Migraine. Otitis. Peptic ulcer. Pulmonary fibrosis. Reiter's syndrome. Sinusitis. Urethritis. Vaginitis. Warts. (among other conditions).

Chronic Miasm: Cancer

Keynote: Sensitivity, timidity, lack of sense of self



The essence of the cancer miasm is sensitivity to the world and criticism, and anxiety for others and events generally. It shares some noteworthy features of Tuberculosis, such as hair on the spine, blue sclerae, genupectoral sleep position and the desire for travel. There are also links to Sycosis – hyperactivity in children, increased sexual desire, amelioration by the ocean, desire for salt, sweets and fats, and insomnia.

Carcinosin is fastidious and worse from consolation. It desires chocolate and has a love of dancing. It is exhilarated in thunderstorms. It has a strong connection with the constitutional remedy *Silicea* and also to *Natrum mur*. The essence of cancer is resignation, a loss of the self, living for others and not realizing their own destiny.

It is also a great remedy for opposites. There can be great love or desire, then intense hate or aversion.

The child can have high fevers or no childhood fevers. They have a magnetic energy and attraction. The sexual desire of the cancer type tends to be high.

From Morrison's *Desktop Guide*: Abscess. Acne. Allergy. Asthma. Chronic fatigue syndrome. Colitis. Constipation. Cough. Developmental delay. Diabetes.

Dysmenorrhea. Headache. Immune deficiency. Insomnia. Moles. Nevi. Ovarian cyst. Premenstrual syndrome. Rectal prolapse. Respiratory illness. Sinusitis. Tics. (among other conditions).

Chronic Miasm: Syphilis

Keynote: Self-destruction, resentment



Syphilis is represented by the characteristic genital ulcer and, in general, involves ulcerative conditions. It is marked by tissue destruction and degeneration, involving various conditions marked by the prefix “dys” (such as dystrophy, dystonia). Here we see the corrosive effects of the syphilitic infection in terms of the mind (suicide, serious mental disorders) and the body (ulcers, decay, congenital defects). Most very serious disorders have their roots in this miasm.

The syphilitic patient will lean toward either *self-destruction*, as in bulimia, anorexia, drug or alcohol addictions, obsessive-compulsive disorders (Did I lock the door? Did I lock the door? Did I lock the door? Did I turn off the stove?), and even flesh-eating disease lies in this realm; or *destruction*, including violence toward property or others.

From Morrison's *Desktop Guide*: Abscess. Acne. Alcoholism. Alopecia. Aneurysm. Anxiety. Bone pains. Compulsive disorder. Headache. Insomnia. Leukorrhea. Malignancy. Mouth ulcer. Neuralgia. Psoriasis. Scoliosis. Skin ulcer. Astigmatism. "Growing" pains. (among other conditions).

Chronic Miasm: Lyme

Keynote: Withdrawal, self-isolation



The most recent and most endemic of the chronic miasms, Lyme has deep fatigue and a desire to withdraw from the world, not wanting to be bothered interacting, particularly in terms of speaking and conversing, and preferring to live in their own world.

Physically, it seems that Lyme has many digestive issues (GERD) as they have low energy and difficulty breaking down foodstuffs, reflecting their difficulty in 'digesting' the world around them.