

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. Treatment consists in the acupuncture or electrical stimulation of the auricular acupoint that corresponds to the anatomical site of the malady.



## Alternative Medicine Definitions

(And Treatment Codes)

*Codes refer to letters found at the end of the name and address for each physician in our Physician Referral list. We hereby define those letter codes.*

**AC = Acupuncture (Includes AKABANE) =** The technique of inserting thin needles through the skin at specific points on the body to control pain and other symptoms. A form of primary health care, based on traditional Chinese medical concepts and modern oriental medical techniques, that employs acupuncture diagnosis and treatment, as well as adjunctive therapies and diagnostic techniques, for the promotion, maintenance, and restoration of health and the prevention of disease. Acupuncture shall include, but not be limited to, the insertion of acupuncture needles and the application of moxibustion to specific areas of the human body and the use of electroacupuncture, Qi Gong, oriental massage, herbal therapy, dietary guidelines, and other adjunctive therapies, as defined by board rule. Electrical Acupuncture = Stimulation with light electric current thru needles inserted at various acupuncture points. Laser Acupuncture = Use of specific laser wave lengths lightly applied at specific acupuncture points. **AKABANE = Acupuncture** developed by a Japanese named Kuoei Akabane of Hokkaido. Japanese Acupuncture Oriental medicine was brought to Japan from China in the 6th Century. Since then, Japanese physicians have refined and created techniques and ideas that differed from the Chinese. Needling techniques generally involve thinner or smaller needles and employ shallower insertions. Non-insertive techniques are also used. There are many feedback mechanisms, enabling both patient and practitioner to evaluate changes during the treatment session. Tight and tender points on the abdomen, as part of the diagnosis, can be released instantaneously. Improvements to symptoms are often experienced during the treatment.

**ACE = Auriculotherapy = Form of homuncular acupuncture** developed by Dr. P.F.M. Nogier of France. Its theory depicts the auricle (the outer portion of the ear) as an upside-down fetus with points that correspond to bodily parts. Such points number more than two hundred. Ostensible diagnosis involves examining the ear for tenderness or for variations in electrical conductivity.

**ACP = Acupressure = (Chinese and Japanese) treatment of symptoms by applying pressure with the fingers to specific pressure points on the body.** Synonyms: G-Jo, shiatsu.

**AK = Applied Kinesiology = Applied Kinesiology (AK)** is a system that evaluates structural, chemical and mental aspects of health using manual muscle testing with other standard methods of diagnosis.

The doctor using AK finds a muscle that is unbalanced and then attempts to determine why that muscle is not functioning properly. The doctor works out the treatment that will best balance the patient's muscles.

Treatments may involve specific joint manipulation or mobilization, various myofascial therapies, cranial techniques, meridian and acupuncture skills, clinical nutrition, dietary management, counselling skills, evaluating environmental irritants and various reflex procedures.

AK uses the Triad of Health. That is Chemical, Mental and Structural factors that balance the major health categories.

The Triad of Health is interactive and all sides must be evaluated for the underlying cause of a problem. A health problem on one side of the triad can affect the other sides. For example, a chemical imbalance can cause mental symptoms. AK enables the doctor to evaluate the triad's balance and direct therapy toward the imbalanced side or sides.

AK skills are developed and approved by the International College of Applied Kinesiology Board of Standards. These skills are refined from many disciplines including Chiropractic, Osteopathy, Medicine, Dentistry, Acupuncture, Biochemistry, Psychology, Homeopathy, and Naturopathy etc. Members of these professions share knowledge through the publications and conferences of the International College of Applied Kinesiology (ICAK).

A Doctor using AK during an examination will add a new dimension to standard diagnostics.

**AV = Autogenous Vaccine = A vaccine** made from a culture of bacteria or other bodily fluids taken from the person to be vaccinated.

**BE = Bio-Electro Brain Integration;**

**BD = Biological Dentistry = Biological dentistry** stresses the use of nontoxic restoration materials for dental work, and focuses on the unrecognized impact that dental toxins and hidden dental infections can have on overall health.

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**BH = Bio-Detoxification (Hubbard Method) =** Sauna exposure at 140° to 180° F temperature for 3-1/2 to 5 hours daily, each day, for approximately 3-1/2 to 5 weeks, the chief idea to sweat profusely thus eliminating toxins stored in otherwise difficulty to reach lipids, also with replacement of vitamins, minerals and essential fatty acids based on amount of niacin required to produce a flush. Church of Scientology also requires prior heart examination, doctor's written approval, and daily symptom monitoring as a "spiritual" exercise. Doctors who use this process require periodic laboratory tests for decrease of specific toxins accompanied with observation of disease symptom decrease. Scientific studies have shown remarkable ability to remove xenobiologics from lipids that normally will not release these disease triggering metabolites.

**BO = Bio-Detoxification (Other Methods) =** Detoxification is the body's natural method of eliminating toxins, or chemical products, that do not belong in the human body. Bio-detoxification takes place via the kidney, liver, urine, feces, exhalation, and perspiration, all natural methods. Doctors have specialized in assisting these processes. Their favorite methods may include chelation therapy, juice fasting, chlorella supplements, colon cleansing, acidic/alkaline rebalancing, hydrotherapy, skin brushing, exercises, massage (including lymph), aroma therapy, meditation, Vitamin C, and so on. (Also see Infra-red and far Infra-red sauna.)

**BV = Bee Venom Injections =** Bee venom is inserted beneath the skin of the patient either by needle or by a live bee sting. Known and used from antiquity, there are thousands of papers on the reported healing benefits of bee stings. As 2% of the population are allergic to bee stings, this method should be used only if the patient is known to be outside of the risk population.

**CA = Candidiasis Treatment =** Candida albicans is one of many yeast/fungal forms that, being ever-present, flourishes in the intestinal tract whenever "good guys" bacteria, such as Lactobacillus acidophilus, have been destroyed thru oral intake of antibiotics. It has six switching (survival) mechanisms, one of which is a fungal form that embeds itself deeply in the intestinal tract penetrating thru to the blood stream where undigested molecular proteins enter and become recognized as foreign antigens, thus setting up additional food allergies. Also this fungal form produces either alcohol or the metabolite of alcohol, acetaldehyde. (Acetaldehyde is the chemical that causes hangovers after drinking alcoholic beverages.) Long term exposure to systemic candidiasis results in mimicing many other diseases, including that of Rheumatoid Arthritis. Thus, Candidiasis is often overlooked by traditional medical practitioners who view their patients' symptoms as falling into a category of a known disease, such as Rheumatoid Arthritis, or other

classifications.

**CH = Chiropractic =** Chiropractic is a health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health. Chiropractic care is used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs, and headaches.

Doctors of Chiropractic – often referred to as chiropractors or chiropractic physicians – practice a drug-free, hands-on approach to health care that includes patient examination, diagnosis and treatment. Chiropractors have broad diagnostic skills and are also trained to recommend therapeutic and rehabilitative exercises, as well as to provide nutritional, dietary and lifestyle counseling.

The most common therapeutic procedure performed by doctors of chiropractic is known as "spinal manipulation," also called "chiropractic adjustment." The purpose of manipulation is to restore joint mobility by manually applying a controlled force into joints that have become hypomobile – or restricted in their movement – as a result of a tissue injury. Tissue injury can be caused by a single traumatic event, such as improper lifting of a heavy object, or through repetitive stresses, such as sitting in an awkward position with poor spinal posture for an extended period of time. In either case, injured tissues undergo physical and chemical changes that can cause inflammation, pain, and diminished function for the sufferer. Manipulation, or adjustment of the affected joint and tissues, restores mobility, thereby alleviating pain and muscle tightness, and allowing tissues to heal.

**CHN = Clinical Hypnotherapy =** Hypnosis is a state of inner absorption, concentration and focused attention. It is like using a magnifying glass to focus the rays of the sun and make them more powerful. Similarly, when our minds are concentrated and focused, we are able to use our minds more powerfully. Because hypnosis allows people to use more of their potential, learning self-hypnosis is the ultimate act of self-control.

While there is general agreement that certain effects of hypnosis exist, there are differences of opinion within the research and clinical communities about how hypnosis works. Some researchers believe that hypnosis can be used by individuals to the degree they possess a hypnotic trait, much as they have traits associated with height, body size, hair color, etc. Other professionals who study and use hypnosis believe there are strong cognitive and interpersonal components that affect an individual's response to hypnotic environments and suggestions.

Recent research supports the view that hypnotic communication and suggestions effectively changes aspects of the persons physiological and neurological functions.

Practitioners use clinical hypnosis in three main

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A second basic hypnotic method is to present ideas or suggestions to the patient. In a state of concentrated attention, ideas and suggestions that are compatible with what the patient wants seem to have a more powerful impact on the mind.

Finally, hypnosis may be used for unconscious exploration, to better understand underlying motivations or identify whether past events or experiences are associated with causing a problem. Hypnosis avoids the critical censor of the conscious mind, which often defeats what we know to be in our best interests. The effectiveness of hypnosis appears to lie in the way in which it bypasses the critical observation and interference of the conscious mind, allowing the client's intentions for change to take effect.

Some individuals seem to have higher native hypnotic talent and capacity that may allow them to benefit more readily from hypnosis. It is important to keep in mind that hypnosis is like any other therapeutic modality: it is of major benefit to some patients with some problems, and it is helpful with many other patients, but individual responses vary.

CO = Colchicine IV = Colchicine is a, pale-yellow alkaloid,  $C_{22}H_{25}NO_6$ , obtained from the autumn crocus and used in plant breeding to induce chromosome doubling and in medicine to treat gout. Used as an IV in proper dosages it becomes one of the strongest anti-inflammatory drugs known showing great efficacy for treatment of degenerative disc disease and low back pain.

COH = Colonic Hydrotherapy = Also called colonic irrigation, a trained colon therapist gently guides an applicator into the anus. Filtered water, and sometimes herbs or oxygen (as prescribed by a physician) are gradually introduced. This removes fecal material and gas buildup, and dislodges fecal material trapped in the pockets and folds of the colon. This helps restore favorable conditions for the proper intestinal microflora as well as improving all of the functions of the intestinal tract. (Enemas, colon lavages, clysters are generally self-administered and only involve cleansing and evacuation of the lower sigmoid colon and rectum. While not as thorough in cleansing, these are also useful.)

COS = Colloidal Silver Therapy = [According to

William Philpott, M.D.] Colloidal silver is made by an electrolysis method that produces a particle size of 0.0001 micron. These small silver particles are charged to a negative (south-seeking) magnetic field by the electrolysis method. This solution of colloidal silver is placed in the mouth, especially under the tongue for absorption. This provides quick absorption into the blood stream. These fine silver particles go throughout the entire body. The negative (south-seeking) magnetic field magnetically attaches to microorganisms, parasites and cancer cells which are positive (north-seeking) magnetic poled. Silver, in its own right beyond that of the negative (south-seeking) magnetic field, inhibits the replication of these cells. The small silver particles do not interfere in any way with human cell function.

CRA = Contact Reflex Analysis = Dr. Versendaal discovered that there are 9 major reflexes that tell the practitioner where the precise area of body malfunction exists. Each of these points are tested individually, and, depending on the findings, the client is prescribed a specific supplement and/or the mechanical area of the body is addressed.

CS = Cavitation Surgery = Cavitations result from root canal surgery and tooth extractions, and often harbor anaerobic bacteria. Performed by a biological dentist, the only available treatment for Cavitations at this time is surgical removal. Because of the lack of blood flow inside a Cavitation, standard medications or drugs cannot reach these lesions. Even homeopathic remedies will only work best during the healing process once the lesion is removed and the blood flow is reestablished. The surgery basically consists of an incision in the gum to expose the defect in the bone, and then scraping the area clean (debridement) to remove the unhealthy and/or diseased tooth and bone. Very often a biopsy is taken so that the disease process can be documented. Both hand and rotary instruments are used with sterile saline irrigation to remove the diseased tissue from the site. Packing and or grafting material may be placed in the surgical wound, and then it is sutured closed. Appropriate medications are prescribed, and written post-operative home care instructions are given. Because of the virulence of the disease process in the Cavitational areas, it is sometimes necessary to repeat the surgical intervention in order to completely heal the lesion.

CSA = Cranial-Sacral = This therapy is also referred to as cranial osteopathy, somatic cranial work, and sacro occipital therapy. It can be performed by a variety of practitioners, including chiropractors, osteopaths, physical therapists and massage therapists.

The craniosacral system is made up of cerebrospinal fluid and membranes or connective tissue (also called fascia) that surround the brain and spinal cord. The theory is that this fluid flows rhythmically (called the

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This therapy is a physical manipulation of the bones of the cranium. It is often said that the pressure used holds no more pressure than the weight of a nickel. Some say that you may not even be able to feel the manipulation.

The technique was originally developed by Dr. William Sutherland in the early 1900's. Dr. Sutherland, upon observing the sutures of the skull, believed that the bones of the skull move gently, rather than being fused together. Today the leading authority is Dr. John Upledger of the Upledger Institute. <http://upledger.com/> He found what he considered evidence of the craniosacral pulse and developed the meningeal approach to Cranial-Sacral Therapy. From the Upledger site, here is a good overview of the therapy. <http://www.craniosacral.is/english.htm>.

CT = Chelation Therapy = Chelation (key-LAY-shun) comes from the Greek word *chele* meaning "to claw" or "to bind." Chelation therapy is used to rid the body of unnecessary and toxic metals, and is employed by a growing number of physicians to reverse the process of atherosclerosis (hardening of the arteries). The reversal is accomplished in part through the removal of the calcium content of plaque from the artery walls through the injection of chelating agents. By restoring good circulation to all the tissues of the body, chelation therapy can help to avoid bypass surgery, reverse gangrene, alleviate intermittent claudication (cramps) of the legs, and restore memory. Due to its ability to remove toxic metal ions, chelation therapy reduces internal inflammation caused by free radicals (highly reactive destructive molecules), and as a result can ease the discomfort and disability from degenerative diseases such as arthritis, scleroderma (a hardening that occurs in skin and certain organs), and lupus.

Chelation therapy has been used safely on more than five hundred thousand patients in the United States for the past forty years, but EDTA (ethylenediaminetetraacetic acid), the drug used during the infusions, has yet to receive FDA (Food and Drug Administration) approval for anything other than lead and heavy metal toxicity. Still, there are over one thousand physicians who recommend and use chelation therapy for cardiovascular disease and related health problems. Following the treatment protocol set by the American College of Advancement in Medicine and the American Board of Chelation Therapy, FDA-approved studies are currently underway to establish the safety of EDTA.

DCF = Deep Cross Fiber Therapy = Sometimes called "Canadian Massage," it was originally created by Therese Pfrimmer in the 1940's. She worked on a cross-muscle fiber principle and called her work Deep Muscle Therapy. In the past 50 years, this therapy has changed the lives of literally thousands. It's one of the fastest

growing techniques used today. Her discovery, which led to the reversal of her own paralysis, consists of an extremely detailed, total body cross-fiber treatment which causes corrective changes in the muscle on a cellular level.

DF = Dark Field Microscopy, (Live Blood) = Dark Field Microscopy uses a specially adapted microscope lighting and projects the image onto a video screen. A skilled practitioner can detect early stages of various illnesses by the nature and form of microscopic organisms in the blood. The amount of time the blood cell stays viable and alive also indicates the overall health. The shape and nature of various blood components can also be more easily viewed, analyzed and indicate health problems.

DM = DMSO IV = DMSO stands for Dimethyl Sulfoxide, a substance formed as a byproduct of the pulp wood industry has many amazing properties chief among them is the ability to pass through cellular membranes without harming the patient. It can also carry along with it other drugs and substances some of intended help to patients and some harmful if misused. Laboratory studies suggest that DMSO cuts pain by blocking peripheral nerve C fibers. Several clinical trials have demonstrated its effectiveness. Burns, cuts, and sprains have been treated with DMSO. Pain relief is reported to be almost immediate, lasting up to 6 hours. A number of sports teams and Olympic athletes have used DMSO. When administration ceases, so do the effects of the drug. DMSO reduces inflammation by several mechanisms. It is an antioxidant and a scavenger of the free radicals that gather at the site of injury. DMSO was the first nonsteroidal anti-inflammatory discovered since aspirin.

DO = Dowser = It is the ancient art of seeking information or unseen objects through the use of non-ordinary perception. In practice it is a process of obtaining yes/no answers (or numerical answers) to properly worded questions with the use of a dowsing instrument and the proper frame of mind. Sometimes called divination, perhaps because the source of the answers seems to be from higher consciousness or universal mind. Types of dowsing tools: The primary tool is the mind of the dowser. Instruments and tools merely act like the needle on a gauge, showing in a kinesthetic way the answer to the questioner. Common dowsing tools include the famed forked stick, as well as L-rods, pendulums, bobbars and others. There is no particular power or magic in a tool, but some are more convenient for particular tasks than others. Each dowser will have a favorite, whatever they are most comfortable with.

ED = Electro Dermal Screening = Reinhold Voll, M.D. discovered that acupuncture points located on meridians decreased resistance to electricity, and that these points seemed to have a common measure between healthy people, but not for sick folks. Based on these

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. findings "Electroacupuncture according to Voll" (EAV) was established. This process developed into one that could not only determine specific health problems, but also identify nutrient and other related health problems. Later the system was computerized so that the electromagnetic signature of microorganisms, nutrients and disease processes were all stored in a computer and these signatures used to match against the patient's present day condition. To a great extent, for many of these bio-feedback systems, results depend upon the experience and knowledge of the practitioner.

**EFA = Environmental Factor Analysis = Determination of those factors surrounding our everyday living that are affecting our health.**

**EM = Exercise, Massage, and Stretching; Yoga = Structured exercise may be aimed at rehabilitating specific bodily parts, or for overall improvement of metabolic functions, growth and cellular repair. Massage can cover anything from light touches to deep tissue massage, and may also involve any one of numerous "schools" of therapeutic massage. Yoga is a well structured discipline derived as a subset of Ayurvedic medicine which, as exercises, aims at integrating physical, mental, and spiritual energies.**

**ES = European Spa (Waters) = Various spas have been popularized as places where wellness -- or at least temporary relief from illness -- occurs. Normally these are warm waters or muds that are laced with essential minerals that are otherwise lacking in the patients' systems. A good example are the spas in Israel, where a high content of boron is obtained while soaking. The warmth may beneficially stimulate circulation and, possibly in some spas, to some extent, system acidification is pushed toward a healthier alkalinity.**

**FA = Food Allergy Treatments = Food allergies are pervasive among all people of all ages. Biochemical rules for food allergies follow those of drug addiction. When eating the food to which we're allergic, first there is comfort or restoration of normalcy, in a sense a stimulant, then depression which drives the person back to reaching for the same food. Food allergies derive from Candidiasis which stem from over-use of anti-biotics. We're addicted to foods that we eat daily, or most often, to those that are most easily absorbed (alcohol, sugar, white flour, etc.), and to those that we subjectively convince ourselves we need or want. The result of food allergies can mimic virtually any degenerative disease, is the basic source of problems with Diabetes II, and is a basic source of stressor for many forms of Rheumatoid Disease, and for other diseases.**

**FT = Flotation Therapy (Reduced Environmental Stimulation Therapy) = Floating and swimming are as**

**old as our species, but floating in a floatation therapy tank with warm Epsom Salts was invented by John Lilly in about 1965. He was interested in meditation and in the physiology and psychology of the meditative state when he started working on the effects of sensory deprivation. He discovered that his experimental subjects, his students, enjoyed the experience of floating and reached levels of relaxation only seen in deep meditation. In fact within a few minutes a floating person can reach a depth of relaxation which takes many years to achieve by classical meditation techniques. Several commercial floatation therapy tanks were developed and some of these are still available from the USA, Australia and even Singapore. These floatation therapy tanks established the basic format of a closed chamber with about 25 cm (10 inches) of skin temperature Epsom Salts solution. Epsom Salt is used because it raises the density of the water, making it easy to float, and because it has a silky feel which is very good for the skin. Epsom salt is very different from sea salt (brine) in this respect. The enclosed chamber provides a cosy space which is warm, private, quiet and dark. Meanwhile another water product, the spa or whirlpool bath, became very popular, tens of thousands are made annually, and the rare incidence of infectious organisms became an issue. In the Floataway range of floatation therapy tanks the water is filtered and disinfected by either chlorine or hydrogen peroxide. The inside skin is formed from continuous curves of highly polished plastic resin. The filter system operates between each float to maintain a clean hygienic environment. Chlorine is the most effective way to quickly kill all infectious organisms, but bromine or hydrogen peroxide with a UV filter can also be used. Chlorine and bromine are not recommended by this foundation.**

**FS = Fasting = Everyone knows what constitutes fasting, but doing it safely and with a specific health objective is not so widely known. Fasting is often described as the cheapest and quickest way to solve many health issues. There are a wide variety of fasting recommendations from juicing to total abstinence from food for a period of time. Because of the breakdown products accompanying fasting, best that serious fasts be done under the care of a knowledgeable health professional.**

**HA = Hair Analysis = Hair element analysis is an important screening test for determining specific nutrient minerals and trace elements your body may be lacking. It can also readily reveal what toxic element pollutants such as lead, cadmium, mercury, aluminum, or arsenic you may be exposed to unknowingly. It's most important to understand that the hair sample must be taken after proper preparation, that repeated samples must be taken over time, that other types of tests should be used in conjunction with interpretation of the hair analysis, and that a reliable laboratory be used for consistent and reliable results.**

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**HE = Herbal Therapy = Herbal therapy is as old as the human race. Back in the early history of our species a taste of leaf or root was probably related to acidity or alkalinity which, in turn, related to decisions to use as a healing herb. Today animals of one species or another instinctively do the same, sometimes consuming what they would otherwise consider non-food, simply because the mold growing on it will dampen out intestinal infections. Today health professionals have a wide range of herbal usages. There are generally two types of practitioners throughout the world: One type uses herbs in the same way as they would use a patented drug, easing symptoms but ignoring the causes. The other uses herbs to battle the perceived causes of the present health condition. Useful herbs are found on every continent and island in the world, depending upon a particular need. The biggest danger when purchasing them is that generally one doesn't know how they were grown, how dried, transported, packaged, and so on. In other words, the same lack of knowledge that applies to the growing, transportation and storage of vegetables also applies to herbs. Some herbs, though the right ones for use, are actually useless due to poor soil, transportation, or storage conditions, or have been sprayed with toxic poisons to ward off bugs. In other words, there is little standardization of the product. Thus, many companies have sought to isolate active ingredients and to standardize their products in fluids, powders, or tinctures. Health professionals usually are quite aware of the variation among sources of the same herbs, and will have developed a source that consistently provides them with a safe and excellent product.**

**HO = Hormone Replacement Therapy; Wilson's Thyroid Syndrome = As we age, vital hormones decrease in quantity, thus affecting many organs, symptoms and functions. Hormone replacement is simply supplying the difference between the quantity of a hormone that you are producing and the amount you should be producing. Percutaneous (on the skin) natural hormone replacement is probably the safest and least known in the United States. A compounding pharmacist mixes up the hormones that you should have according to a physician's prescription and you apply it twice daily on each side of your body. It is odorless and colorless. Your skin acts as a natural reservoir from which your system takes what is needed, thus no problem in over or under loading. Other forms of hormonal replacement can include adrenalin, thyroid and so on. Need and amount of each of these must be determined by a knowledgeable physician. Wilson's syndrome involves slowly increasing the amount of a specific type of natural thyroid required to help your body switch back to a normal thyroid state. Careful temperature measures are made. When norm is reached, one slowly comes down in dosage just as one slowly went upward. This method is totally different from standard**

**thyroid therapy which may involve daily thyroid tablets of a given size. Armour's thyroid or Naturethroid is usually considered best. Adrenaline shots may be required for some conditions. One should never take estrogen by itself, or, especially, synthetic or horse derived estrogen hormones as breast cancer or other problems may ensue. A triple form of natural estrogen in the right quantity and proportions is perfectly safe, however.**

**HD = Hydrotherapy, Heat and Cold = Using water for therapy dates back to the earliest civilization. Both hot and cold water, alone or in succession, have been used to stimulate the blood, to restrict blood vessels, to increase the metabolism, to relax or stimulate the body. The immune system is stimulated with hot water. Cold water discourages inflammation. There are many forms of hydrotherapy: hyperthermia, whirlpool baths, neutral baths, ice and contrast, baths and showers, sitz baths, cold water treading, steam, compresses and packs, with and without rubs, enemas/colon irrigation, wet sheet packs, hot blanket packs, ice packs, sprays and showers.**

**HP = Hydrogen Peroxide Treatment (Intravenous) = Hydrogen Peroxide, of course, is well known as an antiseptic purchased for external application on cuts and bruises. Not so widely known is that the intravenous use of very weak hydrogen peroxide solution will stimulate the patient's oxidative enzymes thus bringing about an improved ability to overcome infections. There are other advantageous claimed by those who advocate this approach.**

**HBO = Hyperbaric Oxygen = Oxygen supplied to the patient under pressure is called "hyperbaric oxygen." Normal "safe" pressure is 1.7 atmospheres equivalent to about 7 feet below water in a swimming pool. One lies in a plastic or metal tank for about 1 hour, either once or twice a day, and the oxygen finds its way into cellular tissues that are not easily furnished by blood vessels. There are an increasing number of medical conditions that find improvement under oxygen pressure. There are also high pressure (above 1.7 atmospheres) tanks that require very close medical supervision, usually found in hospitals. Some tanks use pure oxygen while others simply pressurize ordinary air which contains nitrogen and small amounts of rare gases besides oxygen. This last method under 1.7 atmospheres is rapidly gaining popularity for its ease of use, low cost, and safety.**

**HY = Homoeopathy (also Sanum, Sequential Homeopathic TX; Homeotoxicology) = A Western system dating back to Napoleonic reign that is based on the principle of "Like Cures Like." Uses small doses (actually infinitesimal) of specially prepared substances (botanical, zoological, and chemical). Therapy stimulates the body's defense mechanism and healing processes to restore normal function and homeostasis (bodily system balance).**

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Father of homeopathy, Samuel Hahnemann (1755-1843), wrote principles of classical homeopathic practice in a series of books called *The Organon*. He wrote six editions in his lifetime and the 6th edition was translated and published in the English language in 1996. Dr. Constantine Hering (1800-1880) established the first U.S. (Pennsylvania) homeopathic medical school in 1835. Homeopathy was reported to be safer and more successful treatment for cholera than conventional medical therapy in England in 1854. In 1900 there were 22 homeopathic medical schools, around 100 hospitals, over 1000 pharmacies. With the development of technological tools to diagnosis illness and synthetic drug production and utilization homeopathy declined in the United States and Western Europe. Today homeopathy is experiencing increasing popularity and in many parts of the world it is fully or partly integrated with the official health care system of some countries, e.g., Germany, India, France, Great Britain, Australia.

**IM = Immune System Modulation or Strengthening**  
= Immune System Modulation means, in essence, changing the way our immune system responds. Traditional rheumatoid treatments, for example, “Modulate” the immune system with drugs that ease symptoms while permitting the disease to continue onward. This modulation can be harsh or slight depending upon the drug given. A wide variety of other means for modulating the immune system are available to the practitioner. For example, there is a significant amount of information available to suggest that some strains of lactic acid bacteria may stimulate the immune system. This could be through either stimulation of the gut immune system, or modulation of the control of the immune cell production and function. Injections of dilute hydrochloric acid are known to stimulate the activity of leucocytes and macrophages. Eating allergenic foods will change the body’s immune functions, as will avoiding those foods. The deliberate modulation of one’s immune system to achieve a new homeostasis (balance) can be a very wide subject, both for good or evil.

**IR = Infrared Sauna = A Finnish steam bath** is one in which the steam is produced by pouring water over heated rocks. A bathhouse or room for taking such a steam bath can also produce a dry heat bath. In both instances a certain amount of infrared radiation reaches the patient. The electromagnetic spectrum is divided into three infrared segments by wavelength measured in microns (1/1,000,000 of a meter): 0.76 to 1.5 microns = near infrared; 1.5 to 5.6 microns = middle infrared; 5.6 to 1000 microns = far infrared This invisible band of infrared light, infrared energy, warms objects without warming the air between the source and the object. [Do not confuse this with UV radiation (sunburn) or atomic radiation (nuclear)] This band of light is not visible to human eyes but can be seen by special instruments that translate

infrared into colors that are visible to our eyes. The best example is the sun (80% of the sun’s rays are infrared). Our atmosphere allows infrared radiation in the 7 to 14 micron range to safely reach the earth’s surface. When warmed, the earth radiates infrared rays with its peak output at 10 microns. The human body radiates infrared energy out through the skin at 3 to 50 microns, with most around 9.4 microns. The companies who sell infrared products claim the following: Far infrared sauna therapy is said to duplicate the healthy frequencies. The tissues are purported to selectively absorb these rays as the water in the cell reacts in a process called “resonant absorption.” This is said to occur when the frequency of the far infrared matches the frequency of the water in the cell causing toxins to be dropped off into the blood stream and excreted in sweat, feces, and urine. Proponents of this therapy state that the healing response of our tissues may need a boost of infrared to insure the fullest healing response possible in a tissue under repair. Far infrared is claimed to penetrate the body’s tissues to a depth of over 1.5 inches. Due to the supposed deep penetration into the skin of the infrared rays being emitted from coils within the sauna walls there is a heating effect deep in the muscular tissues and internal organs. This “deep heating” is thought to be responsible for the healing effect and the other health benefits associated with these infrared rays.

**IN = Pybus'/Prosch's Intra-neural Injections; Specific Injection Therapy = Trigger Point Therapy = Intra-neural Injections** were discovered initially by nerve specialist Professor Roger Wyburn-Mason, M.D., Ph.D., Dr. Paul Pybus and later Dr. Gus J. Prosch and others who early learned that intra-neural injections solved two, sometimes three, problems: (1) dampen pain while the arthritic joints have time to readjust and heal; (2) halt the joint damage being formed during the interim period of intra-neural effectiveness, and, (3) sometimes, lead to an actual permanent stoppage of the disease process. The source of all joint damage is the same for rheumatoid arthritis and osteoarthritis, although the causes may differ widely. Notice that this paragraph emphasizes the word “Source” not “Cause.” Nearly 100% of traditional treatments for joint pain is aimed at suppressing joint pain. When attempts are made to solve the rapidly degenerating joint problem traditional medicine attempts to treat the joint. But, the joint is not the source of the problem! Here’s the source of joint damage: 1. A nerve ganglia with nerves leading to a joint is disturbed (damaged thru sports, accidents, or weakened via lack of proper nutritional substances). 2. Usually the disturbed nerve lies very close to the skin, and involves the uninsulated nerve fibers, called the “C fibers.” 3. The disturbed nerve fires off signals in two directions: (a) One set of signals goes to the brain which then sends back pain and swelling signals to the affected joint, (b) A second set of signals goes to the spinal cord and comes back to the joint as tension, or

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compression in the joint. While the painful, swollen and heated joint are terrible to experience, these symptoms are not the cause of the joint degeneration. The cause of joint damage lies in the second set of signals that goes to the spinal cord and comes back to the joint as tension, or compression of the joint. Joint cartilages have very few blood vessels of their own, and therefore rely on constant expansion and compression of the cartilage by the muscles and bony portion of the joint for its blood supply, its nourishment. It's very much like squeezing and expanding a sponge. Liquid in, liquid out: blood in, blood and waste out. Stop the expansion and compression of the joint and one causes the very important cartilage to suffer lack of nourishment. Lack of nourishment causes cartilage cells to die. Also the die off of cartilage cells causes secondary and free-radical damage within the joint. Knowledgeable physicians, were, and are, able to halt this degeneration during treatment thru the use of intraneural injections. The physician finds tender points along "C nerve fibers" (close to surface of skin), then injects a common anesthetic. Joint damage and pain is halted for 3 weeks, and sometimes longer, giving the doctor/patient time for other healing processes to operate effectively without further damaging the patient's immune system.

**IPT = Insulin Potentiation Therapy = Chemotherapy** drugs like to attack rapidly dividing cells, indiscriminately. In a tumor, not all the cancer cells are in this rapidly dividing stage all at once. They take turns. When insulin joined up with the excess of insulin-like growth-factor receptors on those cancer cells in the tissue culture, it stimulated growth in many of the cells that were not in this growth phase. This "metabolic modification by insulin" rendered more of these cells susceptible to chemotherapy attack, contributing to their increased death rate as observed in the experiment. In Insulin Potentiation Therapy, insulin administration does cause the blood glucose to go down. This is called hypoglycemia. This hypoglycemia is an anticipated side-effect of the insulin, one rapidly and effectively controllable with intravenous glucose infusions at an appropriate time, according to the Insulin Potentiation Therapy (IPT) protocol. The principal role insulin plays in Insulin Potentiation Therapy (IPT) is that of a biologic response modifier. It modifies the biologic response of cancer cells in such a way that lowered doses of anticancer drugs, administered in conjunction with insulin, will kill the cancer cells more effectively. Insulin modifies the cell membrane allowing more anticancer drugs into the cell. It also modifies the growth characteristics in tumors making more of the cancer cells vulnerable to anticancer drug effects. Due to the great excess of insulin-sensitive receptors on cancer cell membranes, practitioners feel that they are now able to create a clear differentiation between cancer and normal cells using insulin. Because of this important element of differentiation, along with the biologic response modification insulin produces, conventional chemotherapy drugs get

targeted more specifically and more effectively inside the cancer cells only, and this can occur with the use of greatly reduced doses of these cell-killing drugs. Cancer cells die, tumors shrink, and no side-effects are caused in any other tissues. Insulin Potentiation Therapy appears to be a new way of treating cancer using nothing other than conventional chemotherapy drugs.

**LC = Live-Cell Therapy; LCS - Live-Cell Therapy = Live cell therapy** is a unique and increasingly popular method of treatment for many conditions in which live whole cells or cell extracts are administered in their natural form. Although centuries old, new refinements in technology have made this form of therapy a treatment mode that is on the verge of exploding. Why? Because live cell therapy offers something that vitamins, minerals and other natural treatments cannot. It can provide the exact components necessary for the injured or diseased tissue to totally heal and sometimes regenerate. Live cell therapy has several names. It is also known as cellular therapy, live protein extracts, live cell fractions, tissue extracts, organotherapy or live cell extracts. The tissue used for live cell tissue extracts is typically from the organs or glands of sheep, cattle, pigs, and more recently from the cartilage of shark. Cellular therapy is in reality several thousand years old. Live cell therapy in Europe began in 1931 with Dr. Paul Niehans. Over 42 years, Dr. Niehans gave more than 45,000 cellular injections, after which he came to the conclusion that "cellular therapy is a method of treating the whole organism on a biological basis, capable of revitalizing the human organism with its trillions of cells by bringing to it those embryonic or young cells which it needs . . . selective cellular therapy offers new life to the ailing or diseased organism." Meanwhile, Dr. Niehan's clinic, Clinique La Prairie in Switzerland, became a place visited by the rich and famous for rejuvenation and treatment of serious diseases. Well known people such as Charles DeGaulle, Charlie Chaplain and Winston Churchill visited Clinique La Prairie to have these live cell injections for conditions ranging from memory loss, fatigue and depression to cancer. The majority of the people however came to rejuvenate their bodies. In the U.S., doctors were also experimenting with oral preparations of tissue extracts (Harrower, 1933, Endocrine Pointers). From the 1920's to 1950's, several groups of doctors in the United States used almost every gland, organ and tissue in live cell therapy with similar success. Some had remarkable success. With this therapy, the patient would be given fresh, freeze-dried, or frozen extracts of the gland or tissue. If it was an endocrine gland the hormones would be all or mostly removed. Live cells would be administered orally or by intramuscular or subcutaneous injection anywhere from once daily to once every three months. Occasionally therapy would continue for one to two years. The end result was often the disappearance of the maladies and no more need for medication or hormones to correct the cellular imbalance.

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**LD = Diminished Detox/Liver =** We are exposed to numerous environmental toxins in our everyday lives through the water we drink and bathe in, the air we breathe, and the chemicals, pesticides, herbicides and food additives in the food we eat. The accumulation of these toxic chemicals within our bodies has been shown to weaken the immune system and contribute to the development of cancer and other degenerative conditions. The liver has a primary function of detoxifying these substances and, when it has reached a level of poor functioning, a health professional guides the patient through a liver detoxification program.

Physicians may have their favorite methods for patient liver detoxification, but generally various nutrients are required in order for the liver detoxification to be carried out successfully. An adequate supply of key antioxidants is essential to prevent further liver damage. Milk thistle, vitamin C, selenium, beta carotene, vitamin E, and N-acetyl-cysteine (NAC) are all powerful antioxidants which are helpful in liver detoxification.

The amino acid SAM-E plays an important role in liver health, in addition to helping with depression. Cruciferous vegetables, such as broccoli, cauliflower, brussel sprouts and cabbage in the diet have been shown to enhance liver detoxification. Use these regularly when vegetable juicing.

The B vitamins, including riboflavin and niacin, also aid in liver detoxification.

The use of coffee in enemas for liver detoxification purposes is well known. It is a very powerful health practice for a healthy liver. The coffee enema is extensively used in the Gerson cancer therapy and is a practice which has been recommended by holistic and alternative medicine professionals for many years.

The coffee enema is used to detoxify the liver, NOT THE COLON. It is a low-volume enema that remains only in the sigmoid colon. There is a duct between the sigmoid colon and the liver called the "entero-hepatic circulation system." When the stool reaches this point, it contains many toxins, which are sent to the liver for detoxification.

Without getting too technical here, the caffeine that is absorbed into the entero-hepatic system causes the liver ducts, including the bile ducts, to empty into the sigmoid colon. Releasing the toxins in the liver ducts, makes room for toxins from the body to enter the liver for detoxification.

The alkaloids in the caffeine stimulate the production of an enzyme called "glutathione-S-transferase",

which is an enzyme that facilitates the liver detoxification pathways. The coffee enema is safe even for people who are sensitive to caffeine because the coffee remains in the sigmoid colon, where it will not be absorbed, provided the proper amount is used and the enema bag is not placed too high.

There are other methods such as the "liver flush" and other herbs, such as milk thistle, used by various practitioners.

**LGD = Leaky Gut/Dysbiosis =** Dysbiosis refers to a bacterial imbalance in the gut, which can compromise the immune system. It has been said that dysbiosis plays a part in many conditions such as: Irritable Bowel Syndrome, Ankylosing Spondylitis, Multiple Sclerosis, Chronic Fatigue, and others. The main causes of Dysbiosis are believed to be antibiotics and pesticides along with other environmental and dietary factors. Trillions of bacteria inhabit our bodies. In our digestive tract we have more bacteria than cells in our bodies. Some of these are beneficial to us, some are neutral and others are pathogenic. Normally these maintain a symbiotic relationship with the host but poor diet, lifestyle and some medications such as antibiotics can dramatically diminish the levels of "friendly" bacteria we have in our digestive tract and the result can be pathogenic and is quite likely to cause leaky gut. The official definition of Leaky Gut Syndrome is an increase in permeability of the intestinal mucosa to luminal macromolecules, antigens, and toxins associated with inflammatory degenerative and/or atrophic mucosa or lining. Put more simply, large spaces develop between the cells of the gut wall allowing bacteria, toxins and food to leak into the bloodstream. 70% of our immune system is located around the digestive system. In a normal healthy person the small intestine behaves like a selective sieve allowing only the breakdown products of digestion into the bloodstream. Nutrients and well digested fats, proteins and starches are readily able to enter into the blood stream whilst large molecules, microbes and toxins are kept out. In the intestinal tract, villi (finger-like projections off the lining of the intestinal tract with hair like cell membrane extensions called microvilli), serve as a point of absorption of nutrients. Nutrients such as glucose, amino acids or electrolytes are carried through the microvilli into the cells of the villus via active transport (carrier molecules take the nutrients across the cell membrane). Leaky Gut Syndrome causes the intestinal lining to become inflamed and the microvilli become damaged or altered. The damaged microvilli cannot then produce the necessary enzymes and secretions that are essential for a healthy digestion and the absorption of nutrients;

**LM = Lymph Massage/Light Beam Generator =** In mammals including humans, the lymphatic vessels (or lymphatics) are a network of thin tubes that branch, like

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blood vessels, into tissues throughout the body. Lymphatic vessels carry lymph, a colorless, watery fluid originating from interstitial fluid (fluid in the tissues). The lymphatic system transports infection-fighting cells called lymphocytes, is involved in the removal of foreign matter and cell debris by phagocytes and is part of the body's immune system. The lymphatic system includes the following functions: carries food and oxygen to the body's cells and tissues; carries wastes from the body's cells and tissues; removes larger protein wastes from the body's interstitial region; maintains fluid balance in the connective tissue; removes excess protein from many sources (antigen-antibody complexes, dead cells, androgens, estrogen, enzymes, lipoproteins); removes foreign particulate and environmental toxins; transports long-chain fatty acids (in food) from the small intestine to the liver; provides the medium in which the immune system functions, and intimately assists with that function. In short, the lymph is an indispensable part of the human cleansing, homeostatic, and defense systems.

The Vodder method of MLD is a European tool for gently stimulating peristalsis of the lymphatic vessels, and increasing the drainage of connective tissues. It has been successfully used to treat post-mastectomy patients who subsequently develop severe lymphadenopathy, but used by itself, it gets lymphatic results relatively slowly. The MLD seems superior in its ability, among dozens of other massage techniques, to effectively move lymph from a given area of the body, back to the heart and kidneys, for waste processing and elimination. The Vodder method can be performed with or without the Light Beam Generator. The process is considerably faster with the use of the Light Beam Generator, a hand-held device that emits an intermittent pulse of light and a stream of electrons which temporarily disorganize the electrical bonds of non-functional protein chains, lumps, and accumulations. (Non-functional proteins are randomly structured and therefore susceptible to dissociation/breakup by electron ionization from without; functional proteins in healthy tissue possess a structural alignment that is not susceptible to breakup by the LBG.) These waste protein chains can result from a breakdown in the normal operation of the lymph system described above. The LBG seems unique in its ability to safely soften nodules of accumulated wastes located in the lymph. For a short time following LBG application, a formerly tightly-bonded congestion will exist in a now un-bonded state. If the obstruction is quickly removed, the area will clear. If not immediately removed, however, most of the waste material re-bonds in place.

A second method, called lymphatic and energetic drainage is an original method developed by a French physician, Dr. Bruno Chikly. Today, lymphatic drainage has reached a new level of effectiveness and efficiency. Enhancements were made to the original Vodder technique by incorporating the most advanced scientific data on lymphology with whole-body healing values and di-

rect listening techniques. As in CranioSacral Therapy, we can easily develop and teach the skills to identify the very specific rhythm of the lymph system, then direction and quality of the lymphatic flow. Dr. Chikly was the first in the world to make this breakthrough. The method, Lymph Drainage Therapy (LDT), offers patients a myriad of benefits. Advance practitioners can really assess their patients (lymphatic mapping), monitor their work and check the result of their work at the end of the session. If needed (lymphedema, surgery, obstruction), they can finally find the best alternate pathways to reroute the lymph flow to a healthy area of the body.

The manual manoeuvres employed are very subtle (e.g. cranio-sacral movements). The work is done with flat hands using all fingers to simulate aquatic, wave-like movements, which enables the practitioner to deeply listen to the rhythm of the body fluids. A heightened awareness opens one's ability to attune to the exact pressure and rhythm necessary to enter into the flow of the lymphatic system.

LS = Davis' Scleroderma/Lupus Treatment = The Davis Scleroderma/Lupus treatment consists of starting the patient with any one of several anti-microorganism treatments as recommended by The Arthritis Trust of America Foundation (Roger Wyburn-Mason Treatment), and then provides periodic IV's consisting of either dimethylsulfoxide (DMSO), or hydrogen peroxide. Davis claims never to have had a failure in bringing about virtually total relief for both Scleroderma and Lupus.

MC = Metaphysical Counselor = Metaphysics is the branch of philosophy that examines the nature of reality, including the relationship between mind and matter, substance and attribute, fact and value. A longer definition: Metaphysics is a type of philosophy or study that uses broad concepts to help define reality and our understanding of it. Metaphysical studies generally seek to explain inherent or universal elements of reality which are not easily discovered or experienced in our everyday life. As such, it is concerned with explaining the features of reality that exist beyond the physical world and our immediate senses. Metaphysics, therefore, uses logic based on the meaning of human terms, rather than on a logic tied to human sense perception of the objective world. Metaphysics might include the study of the nature of the human mind, the definition and meaning of existence, or the nature of space, time, and/or causality.

In today's world, however, the word "Metaphysics" has become a description of many fields of interest. When one expresses an interest in Metaphysics, that interest may be in any one or a combination of the following subjects: Philosophy, Religion, Parapsychology, Mysticism, Yoga, ESP, Dreams, Jungian Psychology, Astrology, Meditation, Self-Help Studies, Positive Thinking, Life After Death, Reincarnation, etc.

The common denominator of these and all similar

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. subjects, of course, deals with an exploration of Reality, and in the idealistic sense, how such knowledge may benefit human life on this earth, both individually and collectively. If, then, this is the aim of such interests, it is why most professional Metaphysical Practitioners regard Metaphysics as a Spiritual Philosophy of life. All but a very few practitioners in Metaphysics today have a pivotal point of some sort of Spiritual Philosophy in whatever system or teaching of Metaphysics they are engaged. It is important to understand this, especially when reviewing the legal technicalities of being or attending a professional Metaphysician.

MG = Magnetics = According to William H. Philpott, M.D., the biological response to a static positive magnetic field is acid-hypoxia. The biological response to the static negative magnetic field is alkaline-hyperoxia. Positive magnetic field therapy is limited to brief exposure to stimulate neuronal and catabolic glandular functions. Positive magnetic field therapy should be under medical supervision due to the danger of prolonged application, producing acid-hypoxia.

Negative magnetic field therapy has a wide application in such as cell differentiation, healing, production of adenosine triphosphate by oxidative phosphorylation, processing of toxins by oxidoreductase enzymes, and resolution of calcium and amino acid insoluble deposits. Negative magnetic field therapy is not harmful and can effectively be used both under medical supervision and self-help application.

Used at sufficiently high strength, and long enough, some of the values of magnetic therapy are: Enhanced sleep with its health-promoting value by production of melatonin; Enhanced healing by production of growth hormone; energy production by virtue of oxidoreductase enzyme production of adenosine triphosphate and catalytic remnant magnetism; detoxification by activation of oxidoreductase enzymes processing free radicals, acids, peroxides, alcohols and aldehydes; pain resolution by replacing acid-hypoxia with alkaline-hyperoxia; reversal of acid-hypoxia degenerative diseases by replacement of acid-hypoxia with alkaline-hyperoxia; antibiotic effect for all types of human-invading microorganisms; cancer remission by virtue of blocking the acid-dependent enzyme function producing ATP by fermentation; resolution of calcium and amino acid insoluble deposits by maintaining alkalization; neuronal calming providing control over emotional, mental and seizure disorders. Dr. Philpott says, "Magnetic therapy has been observed to have the highest predictable results of any therapy I have observed in 40 years of medical practice."

MD = Mercury Detoxification, Teeth = Mercury poisoning is the ill effects on humans' nervous system -- a neurotoxin -- and other bodily systems due to the over-exposure of mercury. The "mad hatters" of the 19th century suffered from mercury poisoning which caused

personality changes, nervousness, trembling, and even dementia. The hatters were exposed to mercury in the felting process, where mercury was rubbed onto cloth to preserve it. Today, people are more aware of the dangers of some forms of mercury and many of its uses have been discontinued. However, mercury exposure is still a hazard for people with metal amalgams in their teeth, and in many industries; and mercury is present in the environment around us in pesticides and herbicides. Mercury poisoning can simulate many degenerative diseases. There is also the risk of exposure due to a thermometer breaking or mercury leaking out of a thermostat or any number of mercury-containing devices. If mercury vapor is inhaled, as much as 80 percent may enter the bloodstream. The degree of risk varies depending on the amount of mercury, the form, how often, and the age of the exposed person. Children (and also unborn fetuses) are the most vulnerable of the effects of mercury poisoning, yet we still place damaging mercury amalgams in children's teeth. The Environmental Protection Agency says that there is no lower limit to the amount of mercury that a body can tolerate, and the American Medical Association agrees, yet the American Dental Association continues to insist that mercury in the teeth is stable -- a patent falsehood. A number of European countries have phased mercury out of dental work because of its obvious damage to health. American dentists are required to handle and dispose of fillings in ways that protect themselves and their employees but for some irrational reason they insist that once its placed in the teeth, it is safe. To repeat, this is demonstrably false. The work environment can be designed to minimize workers' exposure. But some mercury will escape into the environment and much of it will change into methylmercury and eventually be eaten by fish. Mercury-contaminated fish are the next most likely source of mercury poisoning. It is recommended that mercury's uses in buildings be eliminated. Under no circumstances go to a dentist that is not trained as a "biological dentist" to remove mercury from teeth, as, without proper equipment and training one can end up sicker from accumulated mercury poisoning then prior to removal. Biological dentists are trained in safe mercury amalgam removal and/or in proper root canal cleansing.

Another major source for accumulating mercury is from pesticides and herbicides which are increasingly present in the air, water and food through agricultural and pest control processes. One trained in mercury removal from the body has several means for safe removal of accumulated mercury.

MR = Metabolic Regulation = Identification of metabolic regulation is a key point in metabolic treatment. Metabolic regulation phenomena depend on intracellular compounds such as enzymes, metabolites, nucleotides and cofactors. Knowledge about these compounds in combination with the known network of metabolic pathways allows treatments that lead to dynamic changes in

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metabolite concentrations over time.

MV = Mycoplasma Vaccine = (“anti-mycoplasma vaccine”) = Practitioners have seen evidence that mycoplasma are highly active in 80% of their cancer patients and are also involved in the autoimmune process, playing a role in conditions such as rheumatoid arthritis. Mycoplasma are extremely small, parasitic microorganisms that have no cell walls and are pleomorphic (form-changing). Present in relatively benign forms in everyone, they exist in pathogenic (disease-causing) forms in the blood of many persons with cancer and other degenerative diseases. These “stealth pathogens” are often able to evade neutralization by the immune system. The forms mycoplasma take and the extent of damage they do to blood cells correlate with the stage of a cancer or other disease. Their disease-causing effects are best observed through a darkfield microscope, an instrument used to examine live blood cells. Called the Platelet Culture Test, this study allows one to observe changes in the blood that are either predictive of or evidence of disease. Very abnormal, disregulated blood cells are parasitized by mycoplasma. Disease identification involves conclusions drawn from observing several factors in the blood culture: the death rates of platelets; the direct effect of mycoplasma on platelet shapes; the structure of the remnants of mycoplasma activity; and the effects of mycoplasma on white and red blood cells. “In examining the relevant factors,” says Filiberto Muñoz, M.D., “I can make early identification of forms typical of many cancers and illnesses.” Dr. Muñoz has extensive experience in mycoplasma detection and treatment. He worked with Werner Scheidl, H.M.D., of Germany, a pioneer in detecting the presence of mycoplasma on the surface of platelets and the originator of the platelet test. Whatever the disease implications of mycoplasma, these quickly-evolving pleomorphs make impossible targets for antibiotic treatment, leaving only immune-stimulating vaccines produced from a patient’s own blood as an effective defense. The Anti-Mycoplasma Autologous Vaccine (Myc-Vacc) was originally developed in Germany. (Autologous means produced from oneself.) The Myc-Vacc is prepared by drawing a sample of a patient’s blood, isolating and culturing harmless mycoplasmic substances, and purifying the extract for re-injection. The vaccine’s purpose is to enhance and strengthen the immune system so that it is able to reverse the disease process. “By giving a patient benign mycoplasmic substances through a Myc-Vacc,” Dr. Muñoz explains, “we are forcing the patient’s immune system to recognize the presence of disease-causing mycoplasma. In essence, the vaccine trains the immune system to attack mycoplasmic substances, which puts the stealth pathogens back into balance as benign forms.” Dr. Scheidl believes the incidence of cancer could be cut by 50% if people were to use this anti-mycoplasma therapy as a disease preventive.

NAET = NAET = Kinesiology, the “science of movement,” tests body muscles and their responses to determine nerve/muscle weaknesses which occur when under the influence of an allergen. By use of kinesiology, developed by George Goodheart, D.C., the NAET practitioner learns from the patient which substances trigger off an allergic reaction. Holding the offending substance in one hand closes up flow of energy the blockage of which can be addressed through the meridians, 12 primary energy channels first discovered by the Chinese thousands of years ago. The NAET practitioner very rapidly opens up the blocked energy channels, after which the patient must stay away from the allergen for time periods that may vary from 3 to 30 or more hours during which period the body’s nervous system becomes deconditioned from automatically responding to the allergen as though a danger is present. Unlike other methods for determining allergies, NAET discovers many more, and faster, and that they will include many foods, vitamins and minerals, essential fatty acids, hand creams, metals, house dust, pollens — even one’s spouse can unconsciously pose a threat to the conditioned nervous structure. All of these are swiftly identified and eliminated. The chief aim of NAET is rebalancing energy flow which, through repeated visits, is accomplished when no further allergens are found.

NEF = Neural/Fascial Therapy = Neural therapy is an injection technique known to provide instant relief of pain, increased motion and return of function for problems not able to be helped by other methods.

In 1925, two German physicians, Ferdinand and Walter Huneke discovered that procaine and lidocaine anesthetics caused immediate resolution of pain symptoms when injected into scars, nerves and tissues.

Neural means nerves. Nerves work by having a normal nerve flow. Nerves monitor and control all the body’s parts. Muscles move because of nerve flow to them. The heart beats because of nerve flow controlling it. All the special senses and internal organs work due to the control of the nerves. The nerve flow is critical to the sensation, function and movements of the entire body. When nerves become damaged through surgery, injury, falls, burns, and so forth, this vital nerve flow is broken. The broken nerve flow is like a short circuit in your house wiring. Pain, lack of motion, loss of function, poor endurance and many other body control malfunctions result from broken nerve flow and remain until the nerves are fixed. Everyone knows that local anesthetics block pain. The new information is that local anesthetics restore normal nerve flow. When the nerve flow is restored, the function and energy are instantly corrected. The pain and other sensory problems also instantly improve or resolve entirely. The nerve flow is restored by the exact placement of local anesthetic into and around the precise nerves involved.

The injections are done with a very thin needle by a

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Fascial means tissue. This fascial tissue interconnects all the body's parts. In science there is a law which states that structure determines function. In other words, your hand functions well as a hand if the structure is good. If the structure of your hand is damaged, your hand doesn't function well. As we discussed, scars from injuries can break nerve flow and structurally cause a pulling. Thus a pain and lack of function can result. In falls, hits and pulling injuries, structure is altered without visible scar formation. Tissue becomes squished or compressed. Since the structure has been changed, the function becomes abnormal.

Neural-fascial therapy is ideal for this problem. The tiny needle injecting a volume of local anesthetic restores the structure similar to a bicycle pump blowing up a flattened tire. Once the structure is restored, the function returns quickly and without side effects.

NET = Neuro Emotional Therapy = A form of "energy psychology." According to Jef Gazley, M.S, LMFT (<http://www.asktheinternettherapist.com/counselingarchive-energy-psychology.asp>), the term "energy psychology" refers to a number of related energy therapies that are based on the Chinese Meridian System of medicine. Energy psychology quickly and thoroughly relieves mental health problems by eliminating emotional traumas or blockages from the mind/body continuum by touching or tapping key points on the body. Some of the more popular forms of energy psychology are Neuro Emotional Technique™ or NET™, Thought Field Therapy or TFT, and Emotional Freedom Technique or EFT.

All these energy psychology techniques were developed in the mid 1980s to mid- 1990s, but are still rather unknown by the general public. These energy psychologies have been dubbed "power therapies" because they work so quickly compared to traditional talk therapy. This appears to be due in part because they target the more primitive parts of the brain. These would include the Limbic system, the Medulla Oblongata, and the Enkephalin system, which is in every cell of the body. EMDR or Eye Movement Desensitization and Reprocessing and Hypnosis are often included as "power" therapies although they do not directly utilize the Meridian System.

EFT, TFT, and NET™ all work by accessing the mind/body matrix or Meridian System in Chinese medicine. Chinese medicine addresses the body's need for balance or homeostasis. If the Chi or energy of the body is in balance then it is assumed that the body will be able to cure itself and run at top efficiency. Practitioners assess the body's balance by testing acupressure or acupuncture points in the body, which are divided up into 12 main Meridian Systems. These Meridian Systems are named for the main organs of the body such as the Lung Merid-

ian or the Liver Meridian. Each of these systems corresponds with particular emotions. For example, the lung meridian is associated with grief and sorrow and the liver meridian with anger and resentment. Through a process of tapping acupuncture points on the body, trauma is relieved and homeostasis is reestablished.

Applied Kinesiology tests the Chi or energy by taking a strong indicator muscle, almost any major muscle, and asking the client or patient to lock that muscle while the practitioner tries to challenge the strength of the muscle to see if it will hold its position. The practitioner might ask a client to hold their arm straight out in front of them and lock it, while the clinician with an open hand firmly pushes down on the arm right above the wrist.

The body consists of water and electricity. It is believed that muscle testing checks to see if the muscle has enough electrical activity in it to hold. It appears that Chi is essentially the same as this electricity. Dr. Goodheart, the father of Applied Kinesiology or AK, first demonstrated therapy localization. Therapy localization occurs when the therapist tests a strong muscle alone or in the clear. Then either the client or the therapist touches another part of the clients' body to test if a change of muscle strength occurs. If it does, then dysfunction is assumed to be present in the localized area.

Chiropractors who practice Applied Kinesiology routinely test or challenge a vertebra in the neck or the back, and if the muscle goes weak then they can assume that the vertebra is misaligned. They then put the vertebra back in and retest. When the muscle is strong it is assumed the vertebra is back in alignment. The client routinely reports feeling much better.

Although there are great similarities among these three main forms of energy therapies in that they all are based on Eastern medicine, there are also many salient differences, at least between Thought Field Therapy (TFT) and NET™. Robert Callahan is the formulator of Thought Field Therapy (TFT). He developed his system after being introduced to Chinese medicine from a chiropractor who was practicing Applied Kinesiology.

The energy therapies adapted and built on Dr. Goodheart's work by applying AK to the emotional arena. Emotions are energy and therefore emotions can be muscle tested through the electrical system of the body. Thought Field Therapy differs from traditional Applied Kinesiology, however, because most of Dr. Callahan's techniques do not utilize muscle testing except minimally. Instead he developed several algorithms of tapping certain acupressure points while thinking of a problem such as an addiction or a phobia. This method often allows the body to return to homeostasis and therefore the craving is reduced or the fear is alleviated. Not only is it a highly effective system for many problems, but recent studies have shown that it is quicker and more effective than cognitive behavioral therapy (CBT). However, many repetitions of the treatment are often necessary with this particular type of energy therapy.

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Emotional Freedom Technique (EFT) is an offshoot of Thought Field Therapy (TFT). It was developed by Gary Craig, a minister and personal trainer. There seems to be very little difference between Emotional Freedom Technique (EFT) and Thought Field Therapy (TFT). Emotional Freedom Technique (EFT) taps all the meridians with the rationale that thereby they are bound to balance the affected meridian. Emotional Freedom Technique (EFT) also varies the affirmations used in Thought Field Therapy (TFT). Most of the following systems that are offshoots of Thought Field Therapy (TFT) also differ mostly in slight variations of tapping and/or affirmations and were developed later than Thought Field Therapy (TFT). These other systems include Be Set Free Fast (BSFF), Energy Diagnostic and Treatment Methods (EDx™), Emotional Self-Management (ESM), Evolving Thought Field Therapy (EvTFT), Freedom From Fear Forever (FFFF), Healing from the Body Level Up (HBLU), Human Software Engineering (HSE), Psycho Energetic Auro Technology (PEAT), Seemorg Matrix Work, TAAP (TAAP Training Institute), Tapas Acupressure Technique (TAT), Thought Energy Synchronization Therapies (TEST), and Three-in-One Concepts (3 in 1).

Dr. Scott Walker, a chiropractor and applied kinesiologist, developed Neuro Emotional Technique™ or NET in the early 1980's. He developed his system independently from Dr. Callahan and within the same time frame. Both men were influenced by Dr. John Diamond who worked with Meridian systems in the late 1970's and early 1980's and developed Behavioral Kinesiology. Dr. Diamond stressed the use of positive verbal affirmations to change meridian systems.

All of the energy systems have great merit and are quite effective. What makes NET™ or Neuro Emotional Technique™ vastly superior and versatile is the tailored muscle testing that is the standard in this technique. Individual muscle testing makes pin point diagnosis of a problem possible.

Dr. Callahan was a cognitive behavioral therapist before becoming an energy therapist. Possibly because of this, practitioners of Thought Field Therapy (TFT) often stress the theoretical importance of operant and classical conditioning or stimulus and response learning to explain why energy therapy is effective. Conditioning is certainly one of the main ways through which energy therapies work, but it is not the only component.

The essential reason that some believe NET™ is so much more effective than any of the other energy therapies is that part of the muscle testing protocol involves assessing for the earliest event where a feeling or problem originated. Because of this component the energy balance is more complete, and as a clinician there usually isn't a need to repeat the corrections multiple times, which is often the case with the other energy therapies.

The theoretical basis behind NET™ is not only behavioral in nature, but psychodynamic. Freud's concept

of repetition compulsion is one of the central tenets of NET™. Freud believed that when a trauma is not fully processed or relieved an individual will develop a maladaptive symptom or behavior pattern in a fruitless attempt to resolve the original problem. A present stressor is more likely to become a trauma if it is similar to an event that was traumatic to an individual in their past. When the earliest trauma is relieved at the basic energy level, most present traumas collapse in response. Not addressing this earliest pain is the most common reason for psychological reversal, which shows up with much greater frequency in the other systems for energy rebalancing. Therefore, NET™ seems to be more thorough in its approach, although it is still relatively unknown by mental health practitioners and the general public compared to Thought Field Therapy (TFT) or Emotional Freedom Technique (EFT).

There have been several studies in Florida universities and South America where Thought Field Therapy (TFT) has been proved effective and NET™ is now under extensive study at Oxford University. It will not be long until these recently discovered energy systems will take their place as accepted and respected treatment modalities. Some believe that NET™ will become the gold standard of these mind/energy therapies.

NH = Natural Hygiene = Natural hygiene is the art and science of living healthfully to maintain body integrity. It includes but is not limited to the following and is all that we need as self directing humans to have highest quality of life: 1. a biological agreeable diet in digestive friendly combinations and so far as possible without chemicals, preservatives, additives and artificial ingredients; 2. exercise/activity (should not be limited to just aerobic or just stretching or just weight lifting); 3. pure air; 4. pure water containing appropriate minerals; 5. internal/external cleanliness; 6. good sleep habits; 7. sufficient sunlight; 8. rest and relaxation; 9. stress management, emotional poise, self discipline; 10. play/recreation; 11. non toxic environment; 12. creative useful work/hobbies/interests; 13. self -awareness/mastery/intuition; 14. friendships/love/expression of natural instincts; 15. having a dream/motivation/passion/vision; 16. meditation/prayer; 17. laughter; 18. avoidance of toxins and anything that interferes with the body's reparative, purifying or other functions in addition to periodic efforts to detoxify; 19. engaging in that which optimizes our physical, spiritual, emotional nerve energies.

NM = Naturopathic Manipulative Therapy = Naturopathy is a system of therapy based on preventative care, and on the use of heat, water, light, air, and massage as primary therapies for disease. Some naturopaths use no medications, either pharmaceutical or herbal. Some recommend herbal remedies only. A few who are licensed to prescribe may recommend pharmaceuticals in those

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. the practitioner leaves the room. These pauses and the gentleness of the treatment are what make Bowen unique. It is said to offer rapid, long-lasting relief from pain and discomfort.

Naturopathy is an American healthcare profession. It was founded in the US as a formal healthcare system at the turn of the 20th century by medical practitioners from various natural therapeutic disciplines. By the early 1900s, more than 20 naturopathic medical schools existed, and naturopathic physicians were licensed in most States. Today there are more than 1,000 licensed naturopathic doctors in the US.

As practiced today, naturopathic medicine integrates traditional natural therapeutics — including botanical medicine, clinical nutrition, homeopathy, acupuncture, traditional oriental medicine, hydrotherapy, and naturopathic manipulative therapy — with modern scientific medical diagnostic science and standards of care. The medical research base of naturopathic practice consists of empirical documentation of treatments using case history observations, medical records, and summaries of practitioners' clinical experiences.

The Naturopathic Practitioner may achieve alternative therapeutic effects by any of the following, or other comparable, approaches: actinotherapy, acupressure therapy, applied kinesiology, art therapy, administration of Bach flower remedies, Bowen technique, colonic irrigation, cryotherapy, cupping, electrotherapy, exercise, rest, remedial dance therapy, heliotherapy, hydrotherapy, leech therapy, magnetic induction therapy, massage therapy, mega-vitamin therapy, music therapy, naprapathy, olfactory sympathicotherapy, osseous manipulative therapy, neural therapy, pattern and visualization therapy, pelotherapy, phototherapy, plant juice therapy, phytotherapy, psychotherapy, reflex and zone therapy, remedial diets and fasting, Rolfing, Schüssler's biochemic therapy, sound and ultra-sound therapy, thalassotherapy, traction, and/or the identification and correction of geopathic influences. There is a minority of naturopathic practitioners that has experimentally ventured upon other therapeutic approaches, such as radiæsthesia or radionics, bioresonance-, chromo-, crystal-, orgone-, or polarity-therapy, in addition to the more traditional naturopathic armamentarium of treatments. With the possible exception of megavitamin therapy, or, perhaps, Bowen technique, these approaches to treatment may, by and large, be in harmony with various forms of homœopathy and medical herbalism, and variations of these forms of therapy are, therefore, often major components in Naturopathic Medicine.

The Bowen Technique, is allegedly a healing, often miraculous, life-changing, hands-on therapy, that is said to have revolutionized the healthcare world!

It is said to be a simple and powerful technique that helps relieve all kinds of pain, and is so gentle that it can be used on anyone from newborn infants to the elderly. The Bowen Technique is not massage, acupressure or chiropractic. There is no manipulation, adjustment or force used. The practitioner uses thumbs and fingers to gently move muscles and tissues. In between each set of moves,

While it may help speed up recovery time, the Bowen Technique is not meant to replace medical treatment.

NT = Neural & Laser Therapy = Light amplification of stimulated emission of radiation (laser) is a light beam from the electromagnetic spectrum. Unlike conventional light sources a laser beam travels in only one direction and is monochromatic with its photons (little packets of energy) which are all identical in size, traveling equidistant in time and space. Low-level laser therapy (LLLT) has been investigated and used clinically for over 30 years, mostly in Eastern Europe and Asia. The ability of lasers to cut, cauterize and destroy tissue is well known. These same or similar lasers at lower powers can nonthermally and nondestructively alter cellular function. This phenomenon, known as laser biostimulation, is the basis for the current use of lasers to treat a variety of articular, neural and soft tissue conditions. Used at acupuncture points, instead of traditional needles, they can accomplish the same objective as traditional acupuncture.

A variety of names have been used to describe the same type of low-level laser: biostimulation, low energy, low reactive, low intensity, soft and or cold laser. In current practice, Low-level laser therapy (LLLT) uses low output levels (15100 mW), short treatment times (10-240 seconds), and low energy levels (1-4 J/cm<sup>2</sup>).

The mechanism and effectiveness of Low-level laser therapy (LLLT) has been compared with ultrasound therapy, and should be considered as an extension to the accepted physiotherapy modalities that currently utilize parts of the electromagnetic spectrum, such as short-waves, microwaves, infrared, and ultraviolet therapy.

Low-level laser therapy (LLLT) is a relatively safe procedure. Due to the low level, nonthermal nature of the laser, there is no tissue destruction or other hazards that you would find associated with the higher powered lasers. (The FDA has classified the most commonly used low level lasers as a class III.)

Laser therapy is gaining laboratory and clinical data to prove its effectiveness. Low-level laser therapy (LLLT) has gained acceptance for treating a variety of osseous, neural and soft tissue conditions in many parts of the world. The acceptance in the U.S. has been limited because of the rigors of the FDA approval process. Many of the earlier studies involving laser use lacked proper scientific controls. Today there are many controlled studies that are well-designed and multicentered. These studies include the use of modern electrodiagnostic and magnetic resonance imaging to monitor the subjects response in an effort to objectively study the role of Low-level laser therapy (LLLT) in treating neuromusculoskeletal pain.

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**NV = Proper Nutrition, Supplements, Essential Fatty Acids, Diet Manipulation and Fasting =** There are a multitude of “proper nutrition” menus based on one pet theory or another. Several principles apply universally: Each of us is genetically different, generally requiring a different diet than someone who is not in our genetic classification. Books have been written on this subject, alone. Overall, however, we all need a diet closer to that of our early ancestors consisting of whole grains, wild game, fresh, non-farmed cold water fish, and so on. This is often called “the caveman” diet. Additionally, the proper diet should be one that maintains an alkaline-acid balance in our system and, to the extent the diet does not, it is the wrong one for us.

Diet manipulation and fasting processes are done for many reasons: find allergenic foods, correct alkaline-acid imbalance, correct weight problems, and so on.

**NUT = Nutritional Therapy =** Using nutrition to heal. See “Proper Nutrition, Supplements, Essential Fatty Acids, Diet Manipulation and Fasting” and “Natural Hygiene.”

**OA = Other Allergy Treatments (Includes Low Dose Antigen Therapy) =** A variety of techniques are used to reduce or eliminate allergies. Food allergies are already described, and so this defines exogenous allergens, those substances outside of the body that create an allergic response, such as pollens, chemicals, and so on. Strictly speaking, chemical irritants are not the same as antigen-allergen relationships derived from pollens and other “allergenic” agents, although often it is difficult to tell them apart by observing symptoms without further testing or study of the patient’s environment. One common method of decreasing allergenic response, also used by traditional medical practitioners, is that of subcutaneous (below skin) injection of a small amount (bleb) of the antigen. Little by little the amount injected is increased, thus, in theory, building up a resistance to the antigen. Use of large quantities of vitamin C, either orally or injectable, will also reduce allergenic response. Herbal treatments, anti-candida, diet, homeopathy, parasite control, probiotics, and various other means might be employed. William Philpott, M.D. has developed a 5-day and 7-day rotation diet together with the proper use of strong magnets that seems to solve the food allergy problem. (See the research section of <http://www.arthritistrust.org>)

**OM = Osteopathic Manipulation =** Osteopathic manipulative medicine is one of the hallmarks of the osteopathic profession. Manipulative therapy is a “hands-on” non-surgical treatment of the whole body with emphasis on the musculoskeletal, neurologic, lymphatic, and vascular systems. A small percentage of D.O.s complete additional training in manipulative medicine and specialize in non-surgical treatments of a variety of problems. Osteopaths have been around for 125 years,

before chiropractors, physical therapists, massage therapists, or anyone else doing manipulation in health!

There is a big interest in the allopathic (M.D.) community and more M.D.s are learning manipulation than ever before.

Musculoskeletal problems are probably some of the most common things Osteopaths treat, including all types of back pain, shoulder pain, neck pain, scoliosis, carpal tunnel syndrome, thoracic outlet syndrome, and many other upper or lower extremity problems. They frequently treat headaches, especially tension and migraine types. Other medical conditions such as asthma, allergies, and chronic sinusitis may respond well, too. Manipulation is often the treatment of choice for many conditions, but it is also used as an adjunct to more traditional medical therapy.

**OR = Orthomolecular Medicine =** Orthomolecular Medicine [a term coined by two-time Nobel Prize winner, Linus Pauling, Ph.D.], emphasizes natural substances such as vitamins, minerals, amino acids, essential fats, and diet in the prevention and treatment of diseases. Food and chemical sensitivities, candida, and parasites are considered important. Chelation for the elimination of heavy toxic metals is utilized where needed. Robert F. Cathcart, M.D. adds, “I am especially interested in the use of mega doses of vitamin C, both orally and intravenously.”

**OX = Oxygen Therapy (Includes Multi-step) =** Oxygen therapy is a medical treatment that provides extra oxygen to the tissues of the body through the lungs.

**Multi-Step =** A wide variety of illnesses - including heart disease, cancer, circulatory disorders, and mental illness - are sometimes related to oxygen deficiencies. Although not a cure, oxidative therapies generate more oxygen in the body and can contribute to the recovery of disease, as well as help to achieve optimum overall health and longevity. Developed in the late 1960s by Professor von Ardenne, oxygen multistep therapy combines oxygen therapy, drugs that facilitate intracellular oxygen turnover, and physical exercise adapted to individual performance levels. This unique therapy has diversified into more than 20 different treatment variants and is now practiced in several hundred settings throughout Europe.

Alternative/complementary practitioners often call hydrogen peroxide infusions and ozone infusions by the name of “bio oxidative” therapies. This is somewhat of a misnomer as shown by researchers that a good, deep breath of air will contain more oxygen than the total of either infusion. More than likely oxidative enzymes have been stimulated, which then helps to kill of invasive microorganisms.

Of course, hyperbaric oxygen will supply tissues (intercellular) with a great deal of additional oxygen.

**OZ = Ozone Therapy =** Oxygen/ozone therapy is a

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term that describes a number of different practices in which oxygen, ozone, or hydrogen peroxide are administered via gas or water to kill disease microorganisms, improve cellular function, and promote the healing of damaged tissues. The rationale behind bio-oxidative therapies, as they are sometimes known, is the notion that as long as the body's needs for antioxidants are met, the use of certain oxidative substances will stimulate the movement of oxygen atoms from the bloodstream to the cells. With higher levels of oxygen in the tissues, bacteria and viruses are killed along with defective tissue cells. The healthy cells survive and multiply more rapidly. The result is a stronger immune system.

Ozone itself is a form of oxygen, O<sub>3</sub>, produced when ultraviolet light or an electric spark passes through air or oxygen. It is a toxic gas that creates free radicals, the opposite of what antioxidant vitamins do. Oxidation, however, is good when it occurs in harmful foreign organisms that have invaded the body. Ozone inactivates many disease bacteria and viruses.

Oxygen and ozone therapies are thought to benefit patients in the following ways: stimulating white blood cell production; killing viruses (ozone and hydrogen peroxide); improving the delivery of oxygen from the blood stream to the tissues of the body; speeding up the breakdown of petrochemicals; increasing the production of interferon and tumor necrosis factor, thus helping the body to fight infections and cancers; increasing the efficiency of antioxidant enzymes; increasing the flexibility and efficiency of the membranes of red blood cells; speeding up the citric acid cycle, which in turn stimulates the body's basic metabolism.

PA = Parasitology = Human Parasites & Worms = How to safely eliminate parasites & worms by various cleansing methods.

PO = Photo-Oxidation (-phoresis) Therapy = Photo-Oxidation Therapy (P.O.T.) is ultraviolet irradiation of the blood. It is a natural healing method that has been used for over 30 years by hundreds of European physicians. Photo-Oxidation Therapy (P.O.T.) is safe, non-toxic, and very effective. The medical procedure is as follows: 60-100 cc. of blood are collected by vein puncture into a 60 cc. syringe or an I.V. bag which is connected to silicon and glass tubing. The blood flows through the tubing and passes across an ultraviolet light and collected in the syringe or I.V. bag. From this container it is re-infused. The procedure takes approximately 25 minutes. All equipment is sterile and is disposed of after each use.

When is Photo-Oxidation Therapy (P.O.T.) indicated? Biological photo-oxidation creates high energy molecules in the blood that oxygenates and electrically charges the body. The result is a cleansing and healing effect. Weak and damaged cells are cleansed; viruses, fungi, bacteria are killed, and circulation is enhanced.

Photo-Oxidation Therapy (P.O.T.) is reported to help inhibit cancer growth. Medical applications for Photo-Oxidation Therapy (P.O.T.): Viral illness - Flu, hepatitis, herpes, AIDS; Microbial illness - Infections, gangrene, fungus; Used for burns, radiation and wounds; Supplemental therapy for: Chronic illness - M.S., colitis, Crohn's disease, cancer; Circulatory -Disturbances and obstructions; Eye disease - When caused by poor circulation; Geriatric - With old-age phenomena Photo-Oxidation Therapy (P.O.T.) produces well-being; Radiation and chemotherapy - Are better tolerated and side effects are reduced when supplemented by Photo-Oxidation Therapy (P.O.T.).

PR = Procaine Therapy = In Romania, Gerovital, or GH3, has been used for over 50 years to help people look and feel younger. It has attracted thousands of people each year to the spas of Romania and Western Europe where this therapy has been widely used. GH3 is a modification of the local anesthetic, procaine. It was developed for anti-aging uses by Professor Ana Aslan in Romania in the 1940s. The discovery of procaine's potential anti-aging properties was a serendipitous finding. Prof. Aslan was experimenting with the pain-relieving effects of procaine on patients with severe arthritis by injecting it into the arteries which supplied blood to the area of the affected joints. She logically theorized that procaine, being an anesthetic, would relieve the joint pain. She was surprised to find that in addition to dramatic relief of joint pains, many patients also noted (1) improved memory, (2) less depression, (3) more energy, (4) restoration of normal hair color, (5) improved skin tone, and (6) a generalized feeling of well-being.

PHY=Physiotherapy, Manipulative Therapy = Physiotherapy = therapy that uses physical agents: exercise and massage and other modalities. Manipulative Therapy = The skilled and specialized use of manual and/or mechanically applied movement techniques, as a part of comprehensive orthopaedic physical therapy for disorders of the moving parts of body

PNB = Peri-neural and regional blocks = Injection of an anesthetic agent about a nerve that results in blocking nerve signals especially in a region.

PS = Christ's Psoriasis Treatment = Helmut Christ, M.D. has had great success using a combination of nutrition and Fumaric Acid Ester (not fumaric acid). See "The Surprising Psoriasis Treatment," at <http://www.arthritistrust.org>, "Articles" tab.

PSV=Psychotherapy = Psychotherapy and Counselling are professional activities that utilize an interpersonal relationship to enable people to develop understanding about themselves and to make changes in their lives. Professional Psychotherapists and Counsellors

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. work within a clearly contracted, principled relationship that enables individuals to obtain assistance in exploring and resolving issues of an interpersonal, intrapsychic, or personal nature. (inflammation and pain) by sense of touch, to confirm results of other tests, such as stress analysis, that are correlated.

**PSY = Psychology =** The word “psychology” is the combination of two terms - study (ology) and soul (psyche), or mind. The derivation of the word from Latin gives it this clear and obvious meaning: The study of the soul or mind. This meaning has been altered over the years until today, this is not what the word means at all. The subject of psychology, as studied in colleges and universities, currently has very little to do with the mind, and absolutely nothing to do with the soul or spirit. Basically it is the study of how people behave individually or in groups and can range from interpersonal study of the psyche thru how best to design instruments that will be used by humans.

**QK = Qigong (Chi Kung) =** A Chinese system of prescribed physical exercises or movements performed in a meditative state.

**RD = Wyburn-Mason/Blount Recommended Medications =** In the 1960s nerve specialist Prof. Roger Wyburn-Mason, M.D., Ph.D. was curing people with so-called “incurable” rheumatoid diseases, including rheumatoid arthritis. He and a world-renown amoebologist felt that they had discovered a commensal, ever-present amoeba as the cause of tissue sensitivity (antigen/antibody relationship) which created the more than 100 systemic rheumatoid diseases. Although his broad spectrum anti-microorganism treatment was successful their original theory was not upheld. Later a committee of doctors added other causes to be explored to insure wellness from this so-called “incurable” affliction. The main avenues to be explored were: proper nutrition; anti-candida treatment; anti-allergen treatment; the Wyburn-Mason/Blount anti-microorganism regimen; safe removal of mercury and other metals in the body (including from the teeth); sterilization of root canal; re-balancing of hormones; detoxification, both colon and lipids, including removal of pesticides and herbicides. See <http://www.arthritis-trust.org> for complete program, especially *Arthritis* Book by di Fabio and Prosch.

**RF = Reflexology =** Reflexology is the art and science of working specific reflex points (areas) on the hands, feet, and ears to relax and relieve stress and pain in the body.

**SP = Sclerotherapy, Proliferative Therapy, Reconstructive Therapy =** In this form of treatment, medical specialists (M.D. or D.O.) often utilize x-ray, photographs, blood tests and thermography (infra-red mapping of body inflammation through heat sources). Such practitioners become very skilled at locating hot spots

After locating all the body points that require this form of treatment, a fine needle that does not convey a great deal of pain is used to insert close to the bursar sacs (at the joints at the junction of bones and ligament) a combination mixture of procaine and sodium morrhuate, or similar substances that create localized irritation.

The procaine acts as an immediate pain desensitizer (as it also does in Intra-neural therapy) and the body eventually converts it to a form of Vitamin B which is then easily utilized to good purpose. The sodium morrhuate is a natural body substance -- a derivative of Vitamin D -- which the body uses to promote the growth of fibroblasts and collagen tissue, both necessary to reattach and/or strengthen tendons and ligaments to the bone. Fibroblasts are cells or tissues from which connective tissue is grown. Collagen is a fibrous insoluble protein found in connective tissue, including skin, bone, ligaments and cartilage, and represents about 30% of the total body protein.

According to practitioners of this therapy modality, Sclerotherapy is indicated:

1. When ligaments are either lax or torn, then the ligaments can be strengthened.

2. When any joint has pain lasting longer than six weeks. A healthy body should be able to heal torn or lax ligaments within six weeks. If joint pain persists beyond six weeks, it is an indication that the body has not been able to handle it on its own and that the joint is unstable from lax or torn ligaments.

3. Any joint that is helped by a support or brace. A brace or support functions as ligaments do. That is, they function to stabilize the joint. If a support brace helps, proliferative therapy is indicated as it strengthens the ligaments, enabling the necessary support.

4. Any joint that fails to respond to manipulation or adjustments. Many joint problems can be resolved with manipulations/adjustments and often manipulation/adjustment is the treatment of choice. Manipulation is highly effective when bones are out of alignment as a result of bad posture or injury. When manipulation or adjustment doesn't provide lasting relief it is because the ligaments are lax or torn and can't hold the joint in place.

5. Any joint that is worse after surgery. When injured joint spacers are removed in surgery (discs, cartilage) this causes the ligaments to become lax. This laxity causes the joint to become unstable and eventually form arthritis.

6. Any joint that is better with rest and worse with exercise. Rest allows the body to heal itself and also reduces friction which is caused by a torn or lax ligament in a weakened joint. Exercise of an unstable joint makes it hurt more as it creates increased friction. Because of the decreased blood supply in ligaments, rest alone is often not sufficient for the body to heal itself. And,

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. because ligaments and tendons do not contain muscle fiber, exercise will not heal an injured ligament or tendon.

7. Any popping, snapping or clicking joint. A joint that is unstable snaps, clicks or pops. Proliferative therapy causes strengthening of the ligaments and thus stabilizes the joint thus eliminating the popping, snapping and/or clicking.

8. Any torn tendon or tendonitis that does not resolve after six weeks. Tendons are like ligaments in that they are fibrous tissue and they attach to the bone. They also have a lack of blood supply like ligaments, and therefore have a poor healing ability. Proliferative therapy causes a permanent strengthening of torn or lax tendons just as it does for torn or lax ligaments.

ST = Soft Tissue Therapy = Massage is the practice of applying structured pressure, tension, motion or vibration -- manually or with mechanical aids -- to the soft tissues of the body, including muscles, connective tissue, tendons, ligaments, and joints, to achieve a beneficial response. A form of therapy, massage can be applied to parts of the body or successively to the whole body, to heal injury, relieve psychological stress, manage pain, and improve circulation. Where massage is used for its physical and psychological benefits, it may be termed "therapeutic massage therapy" or manipulative therapy.

A massage therapist may assess clients by conducting range of motion and muscle testing and propose treatment plans; treat soft tissue and joints of the body through soft tissue manipulation, hydrotherapy, remedial exercise programs and client self help programs; provide courses of treatment for medical conditions and injuries or wellness maintenance; maintain records of treatments given; and may work with other healthcare professionals as part of a team that facilitates an environment that promotes health and overall wellness. A massage therapist is not licensed to diagnose, perform manipulations or adjustments of the human skeletal structure, diagnose, prescribe or provide any other service, procedure or therapy which requires a license to practice chiropractic, osteopathy, physical therapy, podiatry, orthopedics, psychotherapy, acupuncture, dermatology, cosmetology, or any other profession or branch of medicine unless specifically licensed to do so.

In commercial settings, massage techniques involve the client being treated lying down on a massage table or in a massage chair, or on a mattress on the floor. Except for modalities such as Thai Massage or Barefoot Deep Tissue, the massage subject is generally unclothed, and the body may be "draped" with towels or sheets. This also helps keep the client warm. In some jurisdictions it is required that certain areas such as the genitals on both genders and the breast/nipple area on women be draped at all times. Due to the necessary physical contact between the practitioner and the client, sexual arousal (or signs of it) is possible, but rarely intentional. In Swedish Mas-

sage, the most popular style in the USA, the treatment may start with the client face up or down for the first part of the session; the client then rolls over (draped by the towels or sheets) for the second half of the session. Relaxation is necessary for maximum therapeutic benefits to be achieved.

TBM = Total Body Modification = Method that involves locating stressed organs or body areas so that "tried and tested reflex points and muscle testing" can be used to stimulate specific areas of the spine. This supposedly restores balance to the nervous system by stimulating nerve cells in the brain, which enables the brain to regain control of the body and guide it back to health.

TE = Tetracycline (minocin/minocycline) = The use of these antibiotics was pioneered by Thomas McPherson Brown, M.D., who felt he'd isolated a single cause of rheumatoid diseases to be a mycoplasma. Health professionals who use Dr. Brown's approach on rheumatoid disease patients will inject a measured amount of one of the preceding antibiotics. Generally a small amount is used periodically, called "pulsing." It may require as long as a year of repeated visits and injections.

According to Harold W. Clark, Ph.D., who worked with Dr. Brown for many years, a mechanistic approach would 1) search for and eliminate the microbial cause(s) and metabolic defects. 2) identify and block immune complex formation, and 3) control and eliminate inflammation, pain, and fatigue. The elimination of the microbial root cause should be the primary target. The less pathogenic or nonvirulent microbes would be less reactive requiring less antibiotic treatment.

1. *Antibiotics*; such as minocyclines, in low pulsed doses should be directed at inhibiting the microbial cause and preventing the disease. The multi-prong tetracyclines can also act as antioxidants, immunosuppressants, and protein synthesis inhibitors.

2. *Immunosuppressants*; that come in many different forms of alternatives including low dose prednisone that blocks the immune-complex formation and the activation of Complement which promotes tissue destructive inflammation.

3. *Antiinflammatory antioxidants*; such as dietary supplements and the nonsteroidal antiinflammatory drugs (NSAIDs) to eliminate and prevent the tissue destructive inflammation.

Several other major contributing factors affecting the occurrence and severity of the rheumatoid disorders must also be considered in selecting the most effective treatment. These include variable factors such as: health, diet, exposure, and physical & mental Stress. The most effective treatment is good health that is individually controlled by ones' diet, and exposures to physical and mental Stress. The goal of many alternative therapies is helping to achieve maximum good health with natural dietary supplements and both physical and mental stimulants.

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. In addition fixed factors that include: age, gender, and genetic susceptability, all of which can help, hinder or predispose the therapeutic success. The treatment, for optimum benefits, should be individually adjusted for ones' age, body size, and gender. Even though the symptoms on the surface are similar the underlying mechanisms can be different.

**TMJ = TMJ Dysfunction & Orofacial Pain = Temporomandibular Disorders = Chronic Orofacial Pain Syndromes = Temporomandibular joint (TMJ) pain.** The many names used to describe chronic pain associated with the Temporomandibular Joint (TMJ) pain dysfunction syndrome, myofascial pain dysfunction (MPD) syndrome, Costen's syndrome, cranio-mandibular syndrome — testify to the uncertainty surrounding the etiology and treatment of this chronic pain problem . Many names have been used to describe chronic pain associated with the Temporomandibular joint and the muscles of mastication, including TMJ pain dysfunction syndrome, myofascial pain dysfunction syndrome, Costen's syndrome, and, more recently, TMD. Various practitioners use differing techniques, some requiring removal of mercury and sterilization of infected root canals, some the use of Sclerotherapy, and so on.

**TPT = Trigger Point Therapy** was discovered by Janet Travell, M.D. When sensitive and often painful muscular spots were injected with either saline or a procaine (anesthetic) solution great relief ensued. Later Bonnie Prudden, one of the world's leading experts in physical fitness and exercise therapy, found that a relatively deep pressure applied to these same points for five to seven seconds could relieve about 90% of all muscle related pain. As is true with Sclerotherapy (Prolo Therapy), injuries, deficient nutrition, or any other type of trauma can set up a semi-permanent cycle of muscular pain.

**US = Ultra Sound Therapy = The use of ultrasonic waves for diagnostic or therapeutic purposes, specifically to image an internal body structure, monitor a developing fetus, or generate localized deep heat to the tissues.**

**VC = Vitamin C Therapy (Intravenous) = Two time Nobel winner, Linus Pauling, Ph.D., popularized his discovery about the importance of Vitamin C in human diet. Robert F. Cathcart, III, M.D. repeatedly demonstrated that the body's need for vitamin C varied according to stress and degree of invasive microorganisms. He developed a technique known as the "Bowel Tolerance Method," of oral intake for vitamin C.**

See the following table for dosages versus medical condition:

**USUAL BOWEL TOLERANCE DOSES**

<i>Condition</i>	<i>Grams Per 24 Hours</i>	<i>Number of Doses Per 24 Hours</i>
Normal	4-15	4
Mild Cold	30-60	6-10
Severe Cold	60-100	8-15
Influenza	100-150	8-20
ECHO, Coxsackievirus	100-150	8-20
Mononucleosis	150-200+	15-25
Viral Pneumonia	100-200+	15-25
Hay Fever, Asthma and Food Allergy	0.5-50	4-8
Burn, Injury, Surgery	25-150	6-20
Anxiety, Exercise and Other Mild Stresses	15-25	4-6
Cancer	15-100	4-15
Ankylosing Spondylitis	15-100	4-15
Reiter's Syndrome	15-60	4-10
Acute Anterior Uveitis	30-100	4-15
Rheumatoid Arthritis	15-100	4-15
Bacterial Infections	30-200+	10-25
Infectious Hepatitis	30-100	6-15
Candida Infections	15-200+	6-25

However, often the degree of stress (inflammation, et. al.) or nature of microorganisms is such that oral dosages are insufficient, at which time health professionals give intravenous dosages, sometimes in huge amounts over many days.

**VI = Visual Imagery =** When defining what visual imagery is, it is often important to figure out what it is not. One way to do this is to compare visual imagery with visual perception, visual hallucinations, and non-visual memory.

Visual imagery is different from visual perception because visual perception requires the object to be actually present and visual imagery does not. For example, when one says, "I see a rock," and there is in fact a rock in sight, then that is a visual perception. If there were not a rock in sight, that would be a visual image.

However, if one thought there was a rock actually present when in truth there was not, that would be a visual hallucination. In a third case, if one refers to the memory of the rock using some other kind of memory device such as verbal, abstract, propositional, etc., then that would be a non-visual memory and not a visual image.

Therefore, visual imagery concerns deliberately seeing in one's mind an object as if it were right there, when in fact it is not.

Some therapists feel that the use of visual imagery which concentrates on positive scenes, feelings, outcomes, etc. will help the patient to mobilize emotional/spiritual/bodily forces in such a way that improved health results.