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Support for Cancer & Chronic Illness

- Assessment
- Therapeutic Education
- Integrative Prescription

[Read prior to seeing Dr. Wilson]

A Lifestyle of Healing

-- Background for integrative programs --

This handout serves two purposes: A) Gives you background on the Five Levels of Healing and other factors for developing integrative medicine programs; and, B) Gives you resources to improve your health. A Lifestyle of Healing gives you different ways to look at your life. This increases knowledge about your health and more control over what develops from your health care decisions.

Your choices and actions influence the speed with which your health improves. Living in a way that supports healing just makes sense. Think of your life as a process of constant healing.

"A small shift in how you see yourself may unlock the door to moving ahead in your Journey of Health."

Enclosed are basic considerations for Integrative Medicine including overviews of the Natural World and how the body maintains health in the midst of stresses of many kinds. This includes "A New Understanding of the Natural World", that Dr. Wilson describes as based on the important equation, $E = mc^2$. The "Metabolic Temperature Graph" of Dr. Bruce Rind is an important way to keep track of your body's functional health. This will help you and Dr. Wilson choose effective next steps for you to take on your journey to improved health.

Ralph Wilson, N.D.

www.NaturalWorldHealing.com

Revised 11/02/2008

Integrative Medicine: Expanding our perspective of health

This informative packet includes several suggested ways we can understand human health and health challenges. You are invited to look for additional information on my teaching website:

www.NaturalWorldHealing.com

This information is part of the background training of many practitioners here. However, each patient receives the appropriate level of integrative approaches for their own needs. You are invited to ask your lead practitioner about the information that is relevant to your situation.

Sometimes people need care that is focused solely on the physical aspect. Sometimes, however, people do not respond adequately to treatments of their physical nature and they respond only after interventions are made on one or more of the other levels. These are displayed as upper levels in the five-level triangle model, or as outer levels in the concentric spheres model.

I am glad that my practice as a naturopathic physician is with other integrative medicine practitioners. This allows for a much more robust set of recommendations. You are welcome to ask me or other practitioners about the possibilities we can offer to meet your needs.

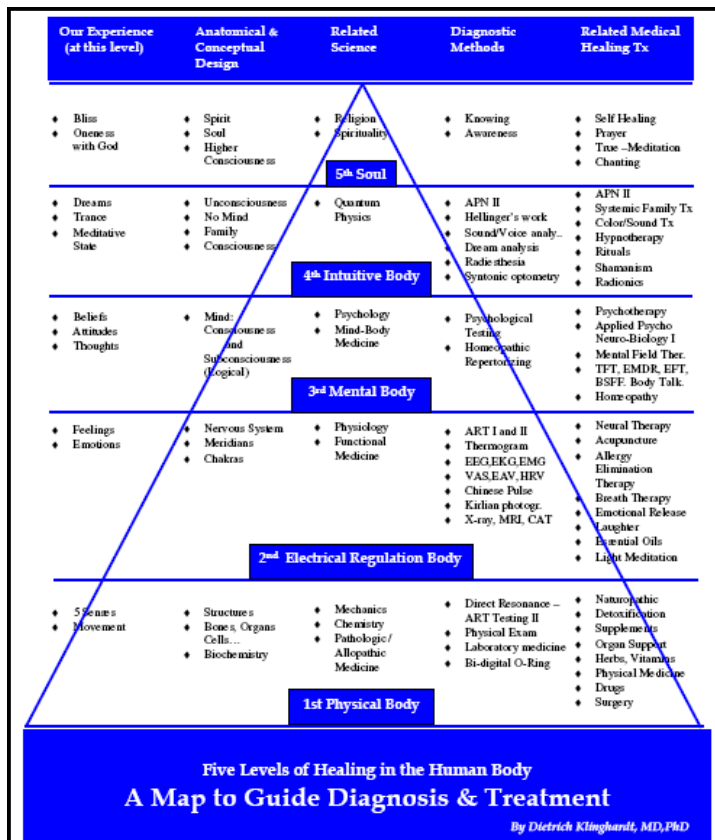
Ralph Wilson, ND

“It is more important to know what sort of person has a disease, than to know what sort of disease a person has.” – Hippocrates (460-377 B.C.)

Your self-knowledge: Dr. Wilson gives you information that will explain the mystery of your body and your personality and give you new confidence that you can make changes in your life.

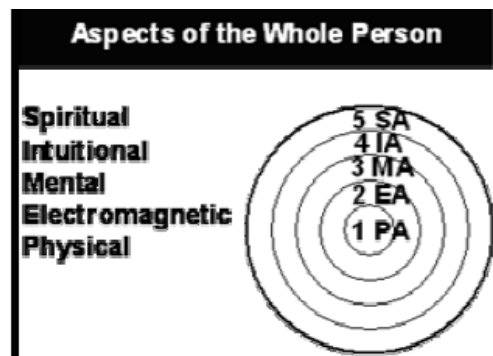
Temperature Graph: Learn about your Autonomic Nervous System and hormonal activity.

See the last pages of this packet for Dr. Bruce Rind’s **Metabolic Temperature Graph**. This gives you a life-long tool to monitor the effects of different treatments you may choose. Dr. Wilson recommends this as a way to monitor progress of treatment with Integrative Medicine and Integrative Homeopathy.



“Levels of Healing” -- Looking at the human being as an integrated whole, made of different aspects. This has been diagrammed as “Layers”, or as concentric “Spheres.”

These two models, or maps, can be valuable to guide assessment and treatment of human suffering and in increasing the level of health.



Our Experience (at this level)	Anatomical & Conceptual Design	Related Science	Diagnostic Methods	Related Medical Healing Tx
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- ◆ Bliss
- ◆ Oneness with God

- ◆ Spirit
- ◆ Soul
- ◆ Higher Consciousness

- ◆ Religion
- ◆ Spirituality

- ◆ Knowing
- ◆ Awareness

- ◆ Self Healing
- ◆ Prayer
- ◆ True –Meditation
- ◆ Chanting

5th Soul

- ◆ Dreams
- ◆ Trance
- ◆ Meditative State

- ◆ Unconsciousness
- ◆ No Mind
- ◆ Family
- ◆ Consciousness

- ◆ Quantum Physics

- ◆ APN II
- ◆ Hellinger’s work
- ◆ Sound/Voice analy..
- ◆ Dream analysis
- ◆ Radiesthesia
- ◆ Syntonic optometry

- ◆ APN II
- ◆ Systemic Family Tx
- ◆ Color/Sound Tx
- ◆ Hypnotherapy
- ◆ Rituals
- ◆ Shamanism
- ◆ Radionics

4th Intuitive Body

- ◆ Beliefs
- ◆ Attitudes
- ◆ Thoughts

- ◆ Mind: Consciousness and Subconsciousness (Logical)

- ◆ Psychology
- ◆ Mind-Body Medicine

- ◆ Psychological Testing
- ◆ Homeopathic Repertorizing

- ◆ Psychotherapy
- ◆ Applied Psycho Neuro-Biology I
- ◆ Mental Field Ther.
- ◆ TFT, EMDR, EFT, BSFF. Body Talk.
- ◆ Homeopathy

3rd Mental Body

- ◆ Feelings
- ◆ Emotions

- ◆ Nervous System
- ◆ Meridians
- ◆ Chakras

- ◆ Physiology
- ◆ Functional Medicine

- ◆ ART I and II
- ◆ Thermogram
- ◆ EEG,EKG,EMG
- ◆ VAS,EAV,HRV
- ◆ Chinese Pulse
- ◆ Kirlian photogr.
- ◆ X-ray, MRI, CAT

- ◆ Neural Therapy
- ◆ Acupuncture
- ◆ Allergy Elimination Therapy
- ◆ Breath Therapy
- ◆ Emotional Release
- ◆ Laughter
- ◆ Essential Oils
- ◆ Light Meditation

2nd Electrical Regulation Body

- ◆ 5 Senses
- ◆ Movement

- ◆ Structures
- ◆ Bones, Organs
- ◆ Cells...
- ◆ Biochemistry

- ◆ Mechanics
- ◆ Chemistry
- ◆ Pathologic / Allopathic Medicine

- ◆ Direct Resonance – ART Testing II
- ◆ Physical Exam
- ◆ Laboratory medicine
- ◆ Bi-digital O-Ring

- ◆ Naturopathic
- ◆ Detoxification
- ◆ Supplements
- ◆ Organ Support
- ◆ Herbs, Vitamins
- ◆ Physical Medicine
- ◆ Drugs
- ◆ Surgery

1st Physical Body

**Five Levels of Healing in the Human Body
A Map to Guide Diagnosis & Treatment**
By Dietrich Klinghardt, MD,PhD

The Vertical Healing System: the 5 Levels of Healing by Dr. Dietrich Klinghardt, M.D., Ph.D.

[He has also diagrammed these aspects of health as being concentric shells, the center core one being the physical. – Dr Wilson]

When you carefully study the pyramidal order of the 5 bodies (see drawing), much is self-evident and does not require further explanation. This healing system has evolved from interpreting the yoga sutras of Patanjali (which are believed to be over 10 000 years old) and from trying to express this ancient knowledge with contemporary language.

A few additional remarks may be helpful:

[First level] The lowest level is the physical body. It is at the bottom not because it is less valuable. Instead, the physical body is the foundation upon which everything else rests. It is our connection to the earth and the source of our physical energy. The physical body is identical with what we see, feel, hear (i.e.: when we scratch it), smell and taste (if we lick it). It ends at the skin.

[Second level] The 2nd level is the electromagnetic-body or "body-electric". It is the summation of all electric and magnetic events caused by the neuronal activity of the nervous system. Since most somatic and autonomic nerves in the body travel in the longitudinal axis of the body and the nerve currents spread as electric fields along these nerves, the magnetic fields created by these forces travel perpendicular to this axis into space. Even though their strength decreases with distance from the body, they extend into space beyond the skin. Theoretically these bio-magnetic fields extend into infinity.

[Third level] The next higher body which I call "mental body" extends to infinity squared and the higher two levels extend beyond that. Only mathematics is able to conceive the expansive size of the higher levels.

Over the 25 years that I have been in practice certain orders and rules have emerged and become obvious that appear to govern the relationship between these 5 levels of healing. In turn, each level has it's own laws and it's own order which needs to be acknowledged and understood. I will try to summarize those observations, so that they may be helpful to others. Each phenomenon that we observe in the physical realm seems to occur simultaneously also on the other 4 levels. In fact, the physical body is designed like a computer-screen that makes visible and tangible that which happens in the soul (the 5th level). However, you can have problems in the higher levels, which have not yet penetrated down to the lower levels. This is most known in acupuncture, where disturbances on the 2nd level are picked up by the practitioner (using pulse and tongue diagnosis and understanding early warning signs) before symptoms occur. The traditional Chinese medicine doctor was only paid when the patient's physical body remained healthy. He/she had to pick up the disturbance on the 2nd level long before it penetrated down to the 1st!

[Fourth level] The highest level, at which an interaction between physician and client is possible, is the 4th level. I call this level "dream-body".

[Fifth level] The 5th level is the plane of self-healing. I call this level the "spirit-body". The only relationship that exists here is the relationship between the individual and god. A physician, psychologist or guru who claims that he can be helpful on the 5th level is being arrogant, misleading, dangerous and simply wrong. Anyone, who truly has experienced this level will have an attitude of deep respect and understands, that it cannot be explained using language. People, that talk often about "god", "angels" and other spiritual experiences are suspicious to me and usually phony. Especially if they are from California, New Mexico or Sedona.* "New age" followers usually have significant unresolved family issues or guilt (that is either taken on from another family member or "earned" through one's own mistakes). The pain and necessary healing work is often avoided by involving oneself in extensive spiritual practices, that never seem to resolve the real issues.

True healing requires simultaneous work on all 5 levels. I will give an example:

[First Level]

The first level, the physical body, is the home of orthomolecular and conventional medicine. Let's assume a young female patient has the clinical diagnosis of "anorexia nervosa". We know that approximately 85% of these patients have a clinical zinc deficiency. Therefore the true diagnosis on the 1st level would be "zinc-deficiency". The laws that govern this level are the laws of biochemistry and mechanics. If you keep her on a life time of zinc supplements, she would probably stay reasonably well.

[Second Level]

However, looking at this patient at the 2nd and next higher level, the electromagnetic body, we may find that she has a hidden malabsorption syndrome caused by overactivity of the sympathetic celiac plexus (which leads to vasoconstriction of the absorbing lymphatics and blood vessels in the gut). This condition may respond well to periodic treatment with acupuncture or neural therapy. The patient would start absorbing zinc from the food again and would improve without zinc-supplements. The 2nd level has an organizing effect on the 1st! The laws that operate on this level are the natural laws of neuro-physiology (or the practical stepped down rules of acupuncture or autonomic response testing -- ART).

[Third Level]

Now let's look at the 3rd level, the "mental body": this young woman may have an unresolved conflict with her father, who was very oppressive during her childhood - stern, punishing, critical and at times violent. The unresolved memory held in her limbic system is responsible for stimulating the hypothalamus and sending sympathetic stress messages to the celiac ganglion, which is now in a

pathological state of chronic arousal. Finding and resolving this conflict with a targeted and specific approach such as Applied Psycho-Neurobiology ("PK") eliminates the focal area in the limbic system. The celiac ganglion cools permanently off and the patient starts to absorb zinc again - and gets well! The 3rd level has an organizing effect on the 2nd and also on the 1st level! Vice versa, without the absorption of food (1st level) and a functioning autonomic nervous system (2nd level) the patient would not have the energy and functioning mind required to remember the past and work with it in a healing way. The energy however to do the necessary healing-work comes from the lower levels! Therefore it is best for the patient, to treat all levels simultaneously - take zinc during the initial treatment period and have some neural therapy at the beginning of treatment. The laws that govern the 3rd level are the simple natural rules that are being gradually rediscovered by modern psychotherapy: nurture and love a child, provide it with opportunity to learn, keep it safe, nourished and warm. Each violation of these natural needs has consequences, leading to fairly predictable distortions of the mind, nervous- and immune system. Other "laws" and natural orders have been outlined by the leading psychologists of this century.

[Fourth Level]

Now let us go to the 4th level, the "dream body". The typical family-constellation in a young woman with anorexia looks like this: invisible to anyone on the outside, including the children in the family, the patient's father was deeply rejected by the mother- his wife - and subtly pushed her out of the family. The patient in turn is unconsciously loyal to the rejected father and holds the "magical belief" that if she disappears, the father would stay. "I leave for you" is the operative sentence and a sign of a deep and strong love and loyalty for the father. Anorexia is a way for the client to disappear. The father's oppressive behavior (behavior belongs to the 3rd level) was his way of responding to the wife's rejection of him (which in turn triggered and restimulated his unresolved childhood issues). If the therapist can facilitate healing in this situation, which may culminate in the child saying in the therapeutic session to the father (who does not need to be present): "Dear daddy! What happened between mom and you is none of my business. I am only your child. You are the grown-up and I am only your child. I trust that you can handle the issue with mom yourself! Look kindly upon me if I stay" And to mom: "Dear mom! I am only your child. Please look kindly at me when I stand by my father. He is the right and only father for me". Healing on this level often leads to instant disappearance of the associated unresolved conflicts on the 3rd level, and - in this case - disappearance of the celiac ganglion dysfunction and therefore improved zinc absorption. Again, the energy required for this healing work has to flow upward from the lower energy supplying levels. Simple interventions on the lower 3 levels would be laying the foundation to make the work on the 4th level possible. The laws that govern the 4th level are the rules and orders of Systemic Family Therapy "discovered" by Murray Bowen and Bert Hellinger: in a family every member has an even right to belong. If someone denies this right to one of the members, another member will try to balance the family by self-excluding him/herself. The 10 commandments of the bible may be an attempt to formulate the laws operating on this level. Other rules are discussed in the book: "Love's hidden symmetry" by Bert Hellinger, which is a must for anyone working on this level. Issues such as spirit possession, evil entities, alien takeovers and implants etc. seem to lose their grip on us when the family of the client is in a state where there is respect and love between all the family members of the system. A family system is comprised of the genetically linked persons of the last 3 generations and all of their respective partners.

[Fifth Level]

What about the 5th level, the "spirit body" then? Here are a few hints: it would be a good start, if after resolution of the physical problem both the physician and the patient turned inwards and upwards with an attitude of gratefulness. For the client to do something "good" with the newly gained hope and vitality and clarity may be the appropriate concluding work on the 5th level. Simply praying or meditating in a cave may be enough -but maybe not. If the work on the 5th level is not completed there may be a gradual relapse of the condition.... The laws that are operative here are gradually revealed to us as we mature.

Conclusion:

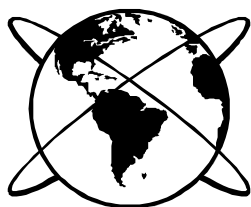
The vertical healing system can be a valuable foundation for understanding truly what holistic medicine is and gives the practitioner a road map that makes it easier to navigate the sometimes chaotic landscape of healing techniques. Each level has its own order and its own laws which need to be understood. The lower 3 levels belong to the personal realm, the 4th and the 5th level to the transpersonal realm. Each higher level has an organizing influence on the lower levels. The lower levels supply energy to the higher levels and create boundaries for the individual to exist in.

The practical conclusions for leading a healthy lifestyle and guiding a client towards wellbeing may look like this:

1. Put as much effort as possible into healing your own family. Don't rest, until there is love and respect between everybody in your generation and the two generations before you. The "family" includes children who have died early, aborted children, husbands that were excluded after a divorce, mothers that died at childbirth and uncles that died in a war. The healing involves relating and communicating to everybody that is alive and holding a loving memory of those who are gone.
2. Pump as much energy as possible into the lower 3 levels: eat right, sleep right, exercise and take your vitamins. Nurture your body-electric with massage, acupuncture, neural therapy, laying down by a waterfall, listening to good music and doing your yoga stretches. See a therapist to work through confusion and unresolved conflicts on the mental level.
3. Turn inward to investigate the 5th level. Don't follow anyone's advice. Create time and space to be alone. You need all of you, undistracted, to do this.

Basic considerations for Integrative Medicine

"A New Understanding of the Natural World" includes the *Vis Medicatrix Naturae*, or the Healing Power of Nature.



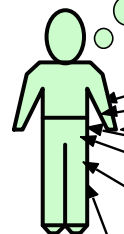
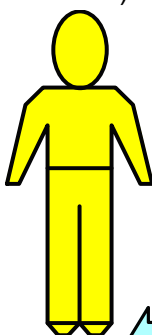
Everything is connected to Everything Else

Stresses, or "Obstacles to Cure"

These dissipate the body's innate ability to adapt and be flexible. They can block the body's ability to heal itself. This includes changing the "terrain" so pathogenic organisms thrive and complicate the picture.

Aspects of the Whole Person

- Spiritual (as you define it)
- Intuitional
- Mental
- Electromagnetic
- Physical



Trauma, Scars, Bone & Tissue injury

Food Reactions

Toxic Chemicals, Drugs, Vaccines, Pollutants

Heavy Metals

Skeletal, skull, dental bone misalignment

Environment, Geopathic or "Geogenic" Stresses

Other: Including Chronic Miasms Chthonic Disease



Principles of Naturopathic Medicine

The Healing Power of Nature
(Vis Medicatrix Naturae)

Identify and Treat the Causes
(Tolle Causam)

First Do No Harm
(Primum Non Nocere)

Doctor As Teacher
(Docere)

Treat the Whole Person

Prevention

Wellness

Ways to Discover What is Affecting Health

- Interview and health history
- Physical examination
- Laboratory tests
- Diagnostic imaging
- Other

To evaluate a person the Naturopathic Physician can draw on several different ways of knowing. Besides typical western techniques you may undergo analysis with 1) Chinese pulse, tongue and meridian correlations; 2) Ayurvedic body type; 3) Iris analysis; 4) Integrative Homeopathy assessment. A number of unique lab tests and technologies may also be recommended.

Functional Assessment: Heart Rate Variability Testing, Iridology photos, Craniosacral assessment and the Autonomic Response Testing and Applied Psycho- NeuroBiology of Klinghardt.

Ways to Help the Person Toward Healing

Remove stresses and Obstacles to Cure
Strengthen the immune system

Encourage healing in each of the aspects of the whole person.
"A Lifestyle of Healing"

Approaches used may include: Nutrition; hygiene/lifestyle measures; exercise and movement; physical medicine, manipulation and Cranio-Sacral therapies; medicines of mineral, animal and botanical origin; the use of water, heat, cold, light, electricity, air, earth, electromagnetic and mechanical devices, ultrasound; acu-meridian therapies; SCENAR; psychotherapy, counseling; education in energy-awareness model of health. Integrative Homeopathy (based on "Medical Heilkunst").

Healing-pathway: Unique for each person

[from www.NaturalWorldHealing.com.]

People are different in how they react to stresses, and in how they reclaim their health. Analogy: No two eggs break in exactly the same pattern.



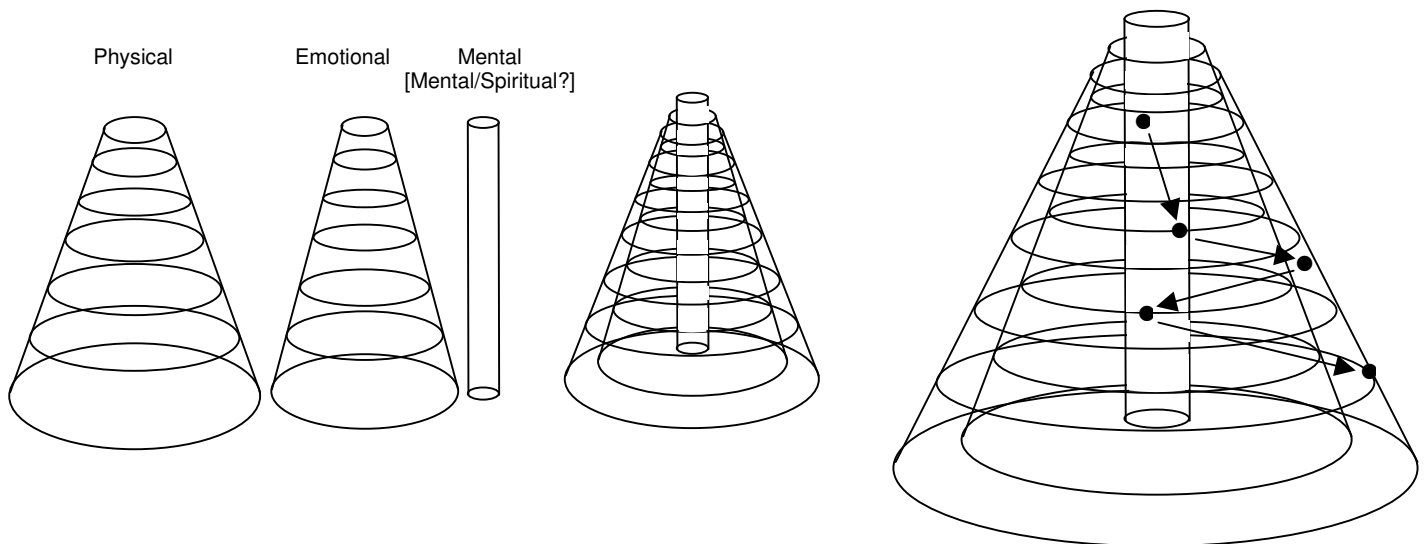
Ilya Prigogine [Nobel laureate in Chemistry]: Theory of "Dissipative Structures."

I call it the way to describe why no two eggs ever break in the same pattern, and why no two people experience illness or the healing process in exactly the same way.

- [The Ilya Prigogine Center for Studies in Statistical Mechanics and Complex Systems](#)
- [What is Chaos?](#)
- [Impressive and simple graphic showing collision of 3 balls as complex chaos response](#)
- [Dr. Prigogine's Autobiography](#)
- [Lay-Person's Essay on Prigogine's fascinating discoveries](#)
- [Counselor's view of Prigogine on dissipation and reorganization](#)

Likewise, when treated in a way that supports genuine healing, people go through a return pathway that often includes developing temporary symptoms in areas of the body of lesser importance than the original area of illness.

Example from Homeopathic practice: This graphic is sketched from [The Science of Homeopathy](#), by George Vithoulkas. It is based on a 3-level model of the human being. The core column is described as representing the Mental aspect, the middle cone as the Emotional and the superficial the Physical including the "least important" being the skin.



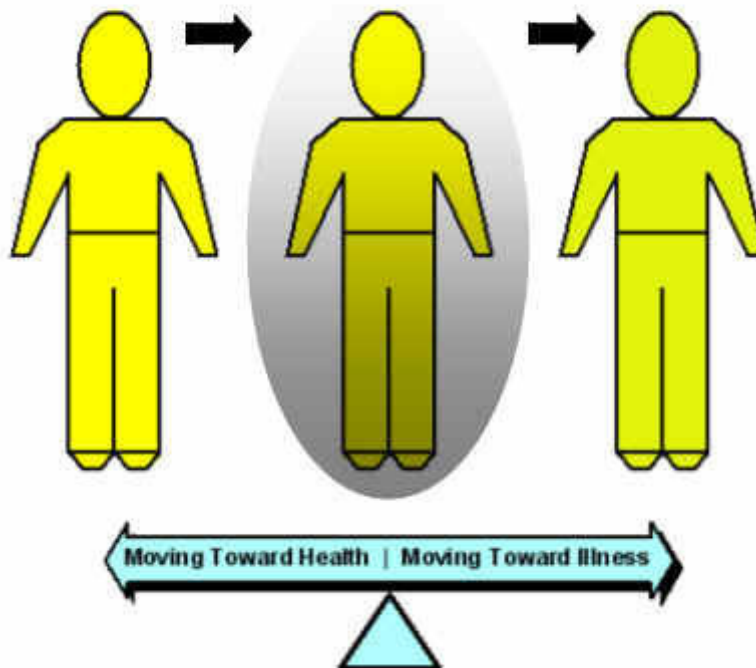
"Detoxification" -- The Concept

[from www.NaturalWorldHealing.com.]

Biological Dentistry and Naturopathic Medicine have taught me the value of removing "obstacles to cure" (a term from the science of homeopathy). Scientific presentations at the International Academy of Oral Medicine and Toxicology in March 2004 deepened my commitment to help people clean up their lives from the effects of chemicals, metals, and other restrictions to function. ["New species": **Homo toxicanus.**]

There are over a million citations from a Google search for "Detox" and "Detoxification." A Toxin is something that is not favorable to healthy function of body or mind. When I speak of removing toxins it refers to helping the body and mind have less interruption of healthy function. When a person "detoxifies", they remove some of the blocks to their self-healing ability. That means that by a generalized approach to helping the body repair itself, they are more likely to find that their specific concerns are also improved. When applied with awareness of Scientific Naturopathy and guided by wisdom from Acumeridian Science, Homeopathy Science (incl. its disclosure of the deadly Chronic Miasms) and the Expanded Paradigm approach, detoxification becomes a valuable part of an Integrative Medicine program.

"Dusted" by Toxins



Assessment and treatment can be done in several ways. My training in different approaches to health and health improvement guides me in choosing which we will use for your next steps along the pathway of reclaiming health.

F.Y.I.: **Detoxify or Die** -- An excellent book by Sherry Rogers, M.D.

My proposal for "New Species"

[See also [Homotoxicology Chart](#) | Homeopathy and the deadly [Chronic Miasms](#)) | [Biological Dentistry](#) | [Acumeridian Science](#) | [Food Additive Toxins](#)]

To emphasize the point that the human physiology, anatomy, psychology can all be affected by the prevalence of Mercury and other toxins in the environment, I propose that: Healthcare practitioners should constantly remind themselves that when we evaluate and treat patients they often will not respond in the usual and customary way because of the effects of mercury and other pollutants. The semi-humorous "new species" category should make this clear.

New Species of Human *Homo toxicanus*

"The
Hypochondriac"
by Honoré
Daumier, 1841.



The Fogg Art Museum, Harvard University

This unfortunate individual was ridiculed and is a case in point demonstrating the limited thinking of the medical establishment of his time. His plight was untouched by the medicine of his time. This illustration was shown in the New York Times article about a new program by psychiatrists and psychologists. Their Solution: if western medical science cannot find a diagnosis for illness, it should be called Hypochondriasis and treated by behavioral techniques and psycho-active drugs. [See [expanded page with link to Hypochondriac cartoons](#)]

He is the perfect example of what has become of the human race. We are more and more toxic from chemicals and various pollutions. Because western medicine has not yet been looking for the effects of toxins, many people are receiving less than optimum care.

This man is from London, a dirty and polluted city. He may have lived with gas lighting and poor air inside his dwelling. He is wearing a mercury-treated felt hat (which could cause "Mad Hatter" behavior). His clothes are constricting. His face shows effects of a likely inadequate diet, and maybe parasite-infested. He may be missing teeth or have dental disease. His fingers show tapering that may be related to low oxygenation in coal or gas-heated dwelling and office.

What he needs is a clean environment, better food, good dental care (without Mercury), and a healthy lifestyle. It seems clear to me that he would benefit from "detoxification" from chemicals, metals, microbial infestation, and even "toxic memories" (which the psychiatrists and psychologists would agree can sometimes be quite significant). Thus, I present to you: **Homo toxicanus**.

[See: [Detoxification: The Concept](#)]

TABLE OF HOMOTOXICOSES (SIX-PHASE TABLE) Abridged version

Organ System	HUMORAL PHASES			MATRIX PHASES			CELLULAR PHASES		
	Excretion Phases	Inflammation Phases	Deposition Phases	Impregnation Phases	Degeneration Phases	Differentiation Phases			
Skin	Episodes of Sweating	Acne	Nevi	Allergy	Scleroderma	Melanoma			
Nervous System	Difficulty concentrating	Meningitis	Cerebro sclerosis	Migraine	Alzheimer's disease	Gliosarcoma			
Sensory System	Tears, otorrhea	Conjunctivitis, otitis media	Chalazion, cholesteatoma	Indocyclitis, tinnitus	Macular degeneration, anosmia	Amaurosis, malignant tumor			
Locomotor System	Joint pains	Epicondylitis	Exostosis	Chronic rheumatoid arthritis	Spondylosis	Sarcoma, chondroma			
Respiratory Tract	Cough, expectoration	Bronchitis, acute	Silicosis, smoker's lung	Chronic (obstructive) bronchitis	Bronchiectasia, emphysema	Bronchial carcinoma			
Cardiovascular System	Functional heart complaint	Endocarditis, pericarditis, myocarditis	Coronary heart disease	Heart failure	Myocardial infarction	Endothelioma			
Gastrointestinal System	Heartburn	Gastroenteritis, gastritis	Hyperplastic gastritis	Chronic gastritis, malabsorption	Atrophic gastritis, liver cirrhosis	Stomach cancer, colon cancer			
Urogenital System	Polyuria	Urinary tract infection	Bladder stones, kidney stones	Chronic urinary tract infection	Renal atrophy	Cancer			
Blood	Reticulocytosis	Leucocytosis, suppuration	Polycythemia, thrombocytosis	Aggregation disturbance	Anemia, thrombocytopenia	Leukemia			
Lymph System	Lymphedema	Lymphangitis, tonsillitis, lymphadenitis	Lymph-node swelling	Insufficiency of the lymph system	Fibrosis	Lymphoma, Hodgkin-/ non-Hodgkin lymphoma			
Metabolism	Electrolyte shift	Lipid metabolism, disturbance	Gout, obesity	Metabolic syndrome	Diabetes mellitus	Slow reactions			
Hormone System	Globus sensation	Thyroiditis	Goiter, adenoma	Hyperthyroidism, glucose intolerance	Menopausal symptoms	Thyroid cancer			
Immune System	Susceptibility to infection	Weak immune system, acute infection	Weak reactions	Autoimmune disease, immunodeficiency, chronic infections	AIDS	Slow reactions			
	Alteration*	Reaction*	Fixation*	Chronic Forms*	Deficits*	Decoupling*			
Psyche	Functional psychological disturbance, "nervousness"	Reactive depressive syndromes, hyperkinetic syndrome	Psychosomatic manifestation, neuroses, phobias, neurotic depression	Endogenous depression, psychoses, anxiety neurosis, organic psychosyndrome	Schizophrenic defective states, mental deficiency	Mania, catatonia			

BIOLOGICAL DIVISION

The six-phase table is a field matrix reflecting medical experience based on careful observation and empirical learning. It is a phase-by-phase arrangement of disorders with no direct relationship between them. No causal pathogenetic link between disorders can be inferred. The table was developed in hopes of providing a prediction system to assess the possibilities for a "vicariation" effect [moving right-to-left as the body gains strength]. From <http://www.homotoxicology.net/Documents/biotherapy.pdf>, by Ralph Wilson, N.D., Washington DC www.NaturalWorldHealing.com

Autonomic Nervous System Function Stress Factors

A checklist for consideration. These factors may be helpful in understanding your health concern. Treating them may be important in moving toward vibrant health.

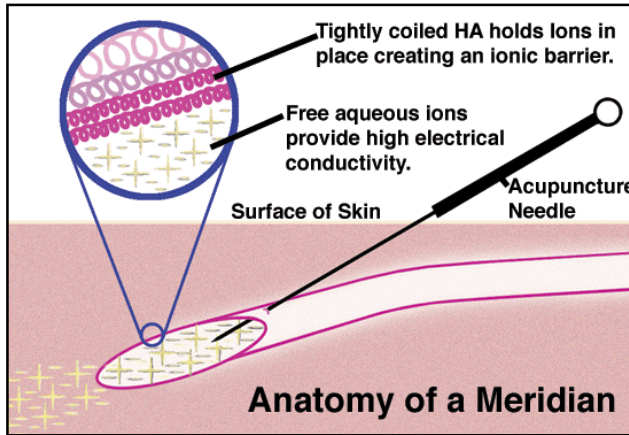
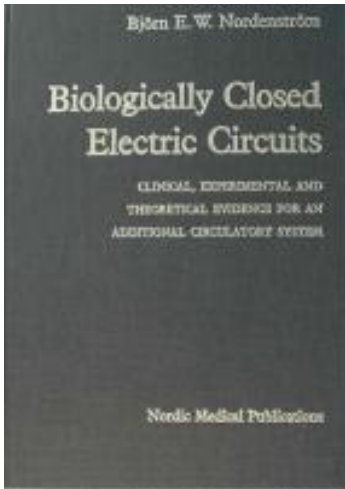
Inherited/Constitutional Factors:	
<input type="checkbox"/>	Genetic constitution
<input type="checkbox"/>	Degree of physical fitness
<input type="checkbox"/>	Psychological and emotional patterning
<input type="checkbox"/>	Homeopathic Constitutional Type
Temporary Destabilizing Factors:	
<input type="checkbox"/>	Illness
<input type="checkbox"/>	Emotional and physical stress
<input type="checkbox"/>	Lack of sleep [also poor sleep habits, lights on, etc., are stressful]
<input type="checkbox"/>	Intoxication from alcohol (within 24 hours), toxic chemicals, etc.
<input type="checkbox"/>	Physical exercise within the patient's time to rebound (or fully recover)
Chronic ANS Dysregulators:	
<p>These chronically depress the functional state shown in the Heart Rate Variability test--usually depressing the Parasympathetic Nervous System tonus, and increasing the Sympathetic Nervous System tonus:</p>	
<input type="checkbox"/>	Chronic Miasms/Chthonic Disease of homeopathy theory
<input type="checkbox"/>	Heavy metal toxicity
<input type="checkbox"/>	Toxic chemical overload: Fluoride in water, pesticides, etc.
<input type="checkbox"/>	Allergies or hyper-reactivity to foods, the environment and even one's own self [My note: this would include "auto-immunity" as screened for in Auto-Immune Resonance screening.]
<input type="checkbox"/>	Toxic Interference Fields (usually from <u>scars</u> , <u>toxic teeth</u> or from <u>bone infections including "Cavitations"/jaw osteonecrosis</u>)
<input type="checkbox"/>	Chronic infections (virus, fungi, Lyme, Mycoplasma, Candida, parasites)
<input type="checkbox"/>	Noxious energies (including "geopathic stress" and electromagnetic radiation) This can include light in your room during sleep.
<input type="checkbox"/>	Chronic GI disturbance
<input type="checkbox"/>	Major structural disturbance
<input type="checkbox"/>	Psycho-emotional issues
<input type="checkbox"/>	Immune dys-function
<input type="checkbox"/>	Electrolyte/Neurotransmitter imbalances
<input type="checkbox"/>	Dys-oxygenosis (championed by Capital University's President, Majid Ali, M.D.)
<input type="checkbox"/>	Hormonal dys-function
<input type="checkbox"/>	Chronic Malnutrition: Low intake of nutrients, or the opposite, over-intake of food. Blood sugar swings.

Acupuncture: Concept and Proof

For more information and resources: see Acumeridian Science at www.NaturalWorldHealing.com

"These are important times for humanity because we are now developing the scientific understanding of how earlier successful medical systems worked. The Acupuncture system connects all parts of the body. New Model: Hyaluronic Acid is held in place by electromagnetic fields generated by flow of blood and forms protective 'tubules' that allow ions to flow in protected fluid, thus creating the 'meridian system' used in acumeridian techniques." -- Ralph Wilson, N.D.

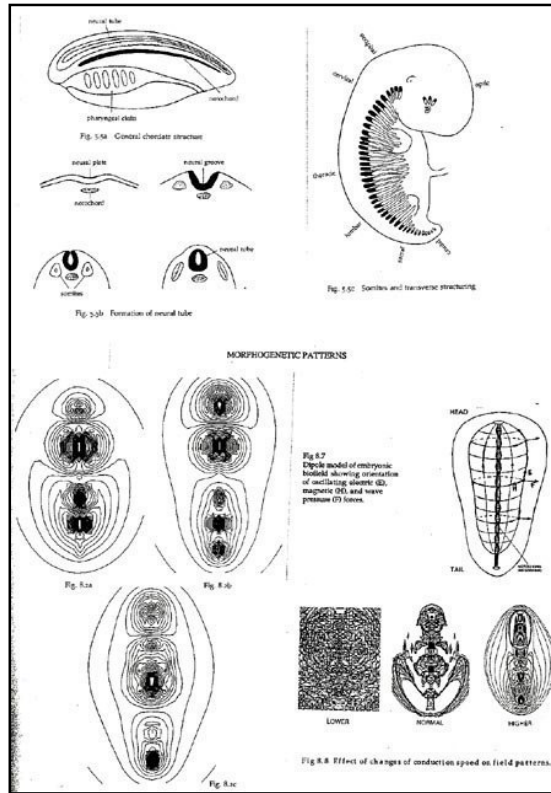
Nordenström found electrical current carried in blood vessels that generates electromagnetic fields throughout the body.



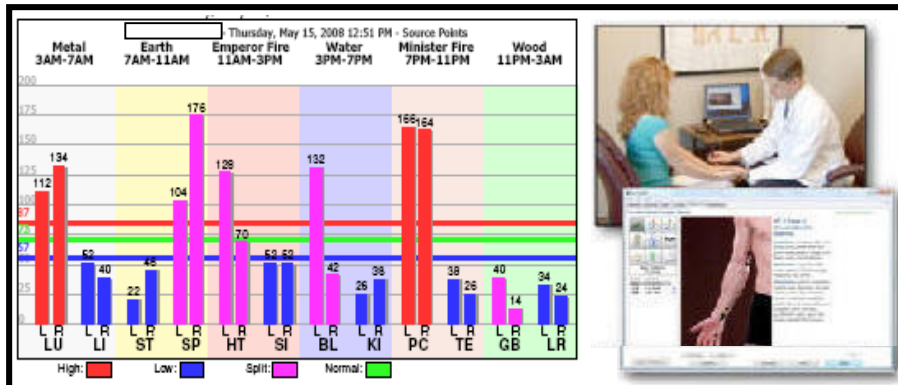
Through the ages the doctors of their cultures made "models" to describe their experience.



Reinhold Voll, M.D., built the energy measuring device we know as ElectroAcupuncture According to Voll (EAV or EDS)



Nakatani's Ryodoraku points: Acugraph Digital Meridian Imaging. This was expanded by Voll into the EAV/EDS technology.



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Overview of the Integrated Biological Evaluation

[excerpted from handout of practitioner trained at www.KlinghardtNeurobiology.com]

Introduction

The most leading edge information available to us today suggests that the best way to restore health is not to suppress symptoms but to clean up the body's internal environment so that the body systems can function normally and without interference. That is the strategy behind health-centered medicine. This clean-up is simple in principle: sound lifestyle, modifications in diet, exercise, adequate rest and relaxation, **and removal of the internal accumulation of toxins and pathogens**. In order to be effective it is necessary for -patients to actively participate while the professional must make detoxification safe and effective.

Detoxification, as the name implies, involves removal of toxins, which are generated by parasites, bacteria, viruses, toxic emotions, solvents and other chemicals, and heavy metals – all of which impair the body's immune and autonomic nervous systems. Those are the systems in charge of our survival and well-being. Thus, it is important for a holistic physician to employ a safe and effective detoxification process and to make that process as predictable as possible.

The Road Back To Health

Unless we have a guide to treatment we are either guessing or going by an arbitrary rule that suits our current view. Sometimes that works, sometimes it does not. A preferred option is to use certain systems of the body as a guide to treatment. **The immune system and the autonomic nervous system** (the very systems impaired by toxins of all types) can direct us into an effective *“Sequence of Therapy”* that will render healing.

The Immune System

Marker number one is an immune system that is confused and misrouted due to chronic unresolved focal and other toxicities. In such circumstances the immune system turns inward to attack the person and renders the person in an autoimmune state. The practitioner of A.R.T. is able to determine if the immune system is in an autoimmune state and also the primary cause of the autoimmunity. The cause of autoimmunity is prioritized as the first issue to treat.

Autonomic Nervous System

The other major marker we can use as a guide to healing is the *autonomic nervous system*. The autonomic nervous system is the automatic nervous system. It performs vital duties without our thinking about them. The duties include regulation of digestion and assimilation of food, hormone production, temperature control, and timing/arousal mechanisms (fight or flight). This information will allow us to further prioritize treatment. If the autonomic nervous system is regulating the normal body functions in the defensive or protective mode against a condition it perceives to be present in the body (such as metal toxicity, root canal toxicity, parasites, viruses, etc.), we are able to find exactly which issue is responsible. This issue gives us a further order of treatment that will open up normal regulation of nerve supply and circulation to deprived areas and lead to healing.

Autonomic Response Testing

The safe, non-invasive method for gathering the diagnostic information is termed **Autonomic Response Testing (ART)**. This procedure consists of testing muscle strength of a strong and testable muscle either in the body or that of an indirect testing assistant. (Research has shown a small branch of sympathetic nerves innervate the fibers of each muscle spindle that makes up part of every muscle). Dysfunction in the body is displayed by a change in muscle strength while an organ, gland, tooth, area of the body, substance, or function is being tested. Dysfunction in any abnormal area of the body is thus evaluated along with their solutions.

Direct Resonance Testing

Another vital piece of the puzzle is provided by **direct resonance testing**. [This has been extensively researched in the U.S. and Japan, as a result of the labors of Yoshiaki Omura, M.D., of New York City.] The Biological Law of Identical Substances states, “If there is an identical substance outside the body as there is inside the body, a stress reaction in a muscle is created.” When samples of various organisms are placed directly over areas in the head, face, jaw, TMJ, or other body parts, and if that organism is present in any of those areas, a muscle is weakened. The presence of intracellular organisms that are hidden from most tests are thus revealed and a treatment is also revealed in the same manner.

All of this information is organized into a treatment plan with priorities ruling the sequence.

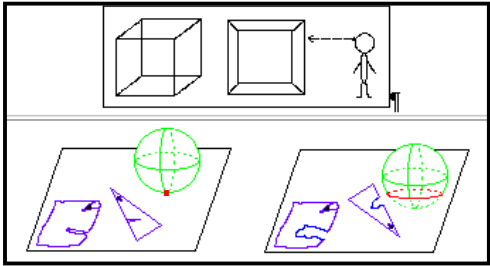
The First Step Back

It is imperative to make sure a person is “fit to treat” before they can be treated effectively. In order to do this it is necessary to desensitize the person to all substances the immune system has “tagged” as part of a problem, i.e., all the substances to which the person reacts negatively. The immune system reacts in an allergic way to things (including body parts that it associates with the main problems).

Health-compromising substances and organisms react with the body in three ways: the toxic way (as a poison), the neural way (affecting the body at distant sites through the autonomic nervous and acupuncture systems), and the allergic way (reactions through the immune system). The allergic way is handled first, then the other conditions are treated in a determined order that leads to healing and immune systems rebuilding.

All of the items, substances, body parts, etc., that the person is sensitive to, combined with the intracellular and extracellular organisms living in the person are determined. These are then inactivated as the first step of treatment. As mentioned above, an individualized sequence of the rest of the treatment can then be followed for each person with risk of adverse reactions.

Thinking Beyond the Physical Surface of Life Helps Solve Health Puzzles



Abbott wrote Flatland in 1887 >> Einstein pondered it. Life is simultaneously Substance and Energy: $E = mc^2$ It is difficult to feel the truth of this. Energy is not the same as our body. Once we begin to think about using energy wisely and protecting our energy, it makes "health puzzles" more open to solutions.



$E = mc^2$ This is a way of understanding **Life as simultaneously Substance and Energy.**

Dr. Albert Einstein's equation has helped unlock many mysteries about the laws of nature.

Dr. Samuel Hahnemann was ahead of his time -- **over 100 years before Einstein** he developed a dynamic scientific system of thought that led to a more powerful system of cure for Disease by treating people as both Substance and Energy. He learned to extract the energy from a substance by repeatedly diluting and vigorously vibrating it. This brought out the homeopathic phenomenon.

"It is only the ignorant vulgar that still look upon matter as dead mass, for from its interior can be elicited incredible and hitherto unsuspected powers..." S. Hahnemann, MD

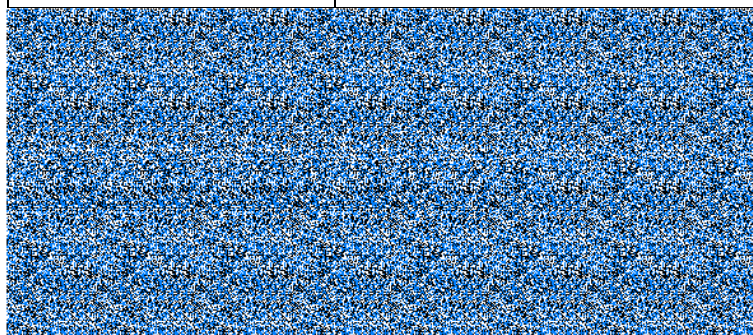
Over his career he discovered evidence of unseen energies inside people as well as inside substances. He discovered "Chronic Miasms" that act like "human computer viruses." Basically, he gave us a "Science of Human Energies." When used as part of a series of steps taken using the Heilkunst program, many seemingly unrelated approaches can be integrated into an individualized health improvement journey that frees the person to enjoy more vibrant health.

This dual way of thinking is part of the practice of homeopathy. It helps make sense of body and mental symptoms and unseen processes that the western medicine of today does not yet have agreement on a way to consider as a whole.

$$E = mc^2$$

Seeing what requires the trained eye.

Learn more at: www.MagicEye.com



Dynamic Aspects of the Human Being: Basis for Homeopathy and Heilkunst

Basis for the Dynamic System of health care developed from insights of Samuel Hahnemann, M.D. New accurate translation of his **newly revealed case notes** reveals a system that now includes Biological Dentistry, nutrition, detoxification, physical manipulation, and more, but also uses homeopathically prepared medicines to cancel out Chronic Miasms and other energy "Diseases" that act like computer viruses in humans. See: www.Homeopathy.com

$E = mc^2$ -- Hahnemann was the first to write about the **Dual Nature of Humans** and the **Dual Nature of Disease**, and to develop a dynamic model to treat what have until now been puzzling overlapping pictures of Disease action and human reaction and degeneration of the Living Power when overpowered by a too-strong Disease. Humans have both a physical survival (or "Sustentive") aspect and a deeper creative Disease-fighting (or "Generative") aspect. Recent recovery of Hahnemann's case notes (in the 1960s) and proper translation from the German has given us a powerful picture of **how over 100 years before Einstein he saw humans as simultaneously Substance and Energy**. Homeopathic percussion/dilution separates the energy from the substance and allows us to give homeopathic Medicines that contain the energizing essence of the material from which the medicine was made.

His clinical experience included "Regimen" (giving nutrition, removing toxins, physical treatments, and more) to help the Sustentive aspect of the human but went on to discover there were Diseases that could only be treated with homeopathically energized substances so as to create a Medicine that helped the Generative aspect drive out Disease.

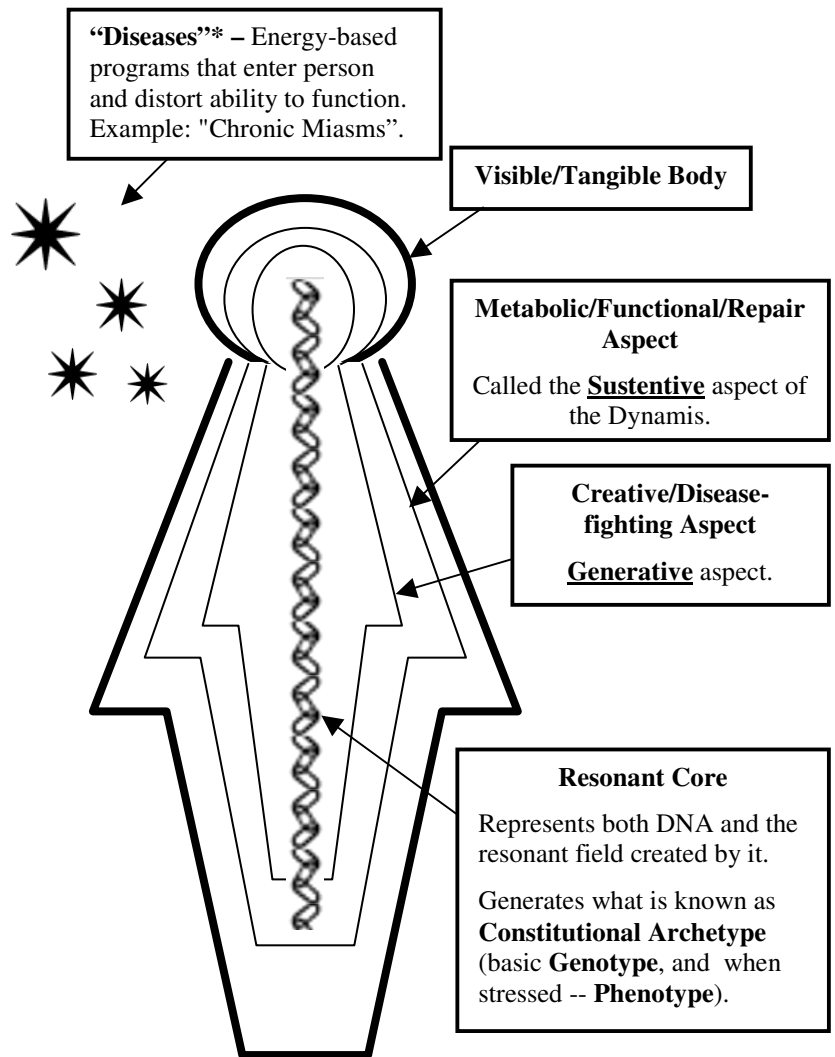
Over his career, his case notes show, he perceived/discovered solid evidence of hidden Diseases of a deep nature. He found two kinds, one is known as "Chronic Miasms" that are found to some degree in all people and that spring into action when other health problems are finally removed. The other is "spinoff" pathogenic and Chthonic Disease categories that also can affect people to different degree (these have two "streams", the Hot Stream -- visible/manic; and the Cold Stream -- deep socially isolating Diseases).

The healthier our patients become, I think they need to address the deeper Diseases. These deep Diseases can create some nasty physical and psychological situations, as Hahnemann himself observed as he the caring physician labored so long to help them:

"...How often, for instance, in the most painful, protracted diseases do we not meet with a mild, gentle mindedness, so that the Remedial-Artist feels impelled to bestow attention and sympathy upon the patient. If he [the physician/Remedial-Artist] conquers the disease and restores the patient again – as is not seldom possible in the homeopathic mode – **the physician is often astonished and startled over the dreadful alteration of the mind, where he often sees ingratitude, hard-heartedness, deliberate malice and the most degrading, most revolting tempers of humanity come forward, which had been precisely the patient's own in his former days.** [S. Hahnemann.].

What Hahnemann was beginning to recognize in the situation above is the existence of Disease still deep inside the treated patient, and that later he was able to address as what we now call

***Chronic Miasms, Chthonic Diseases, etc.**



v. 06/18/2008

What if Most of What You Were Taught About Homeopathy Was Wrong?
(take the True and False test on the next page [quiz found at www.NaturalWorldHealing.com])

Integrative Homeopathy Program: At a Glance

A) Pro-active removal of "Primal Diseases"/"Chronic Miasms" that cause disturbed energies and functions of the body and mind. If not removed (specifically called "Cure" in homeopathy), these may erupt later when the patient is weakened or otherwise made susceptible to the expression of the Disease. B) Treatment of currently active Disease as determined by classical homeopathic assessment. C) Arranging Sustentive treatments and supportive Regimen including: Biological Dentistry, chiropractic, therapeutic diet, lifestyle changes and more.

Aspects of the Program	What you experience	Notes
<p>Dr. Wilson, First and Second Visits: [May be combined.] Interview, Physical Exam, Functional testing. Establish Outcomes Assessment parameters.</p> <p>Classic Homeopathic interview. Possible initial homeopathic Rx.</p> <p>Prepare Timeline for Collaborative Management and sequential Rx by Faculty of Hahnemann College for Heilkunst.</p> <p>Supportive Referral: Dental, Medical, etc.</p> <p>Dr. Wilson Tx: Craniosacral therapy, Somato-Emotional Release, SCENAR, APN/Mind-Body counseling, etc.</p>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p>Dropper Bottle: Take one drop liquid, 1-2 times a day</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p>Powders: 3-4 packets, one per night or q 3 to 7 days.</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <p>Supportive Referral Tx: Biological Dentistry; Detox; Allergy work; Chiropractic; Craniosacral Tx; Diet; SCENAR, Gentle exercise, counseling, etc.</p> </div>	<p>Dropper Bottle(s): Varies, can contain Constitutional Archetype, pathic treatment, Emotional Trauma Release, etc</p> <p>Powders: Varies, can contain Miasm Tx, current event on the Timeline. Can be q night for 3-4 nights; or 5-7 days for 3-4 doses of increasing homeopathic potency.</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-top: 20px;"> <p>Optional: Journal; self-awareness work; gentle movement. Study homeopathy. Homeopathy Home First Aid Kit.</p> </div>

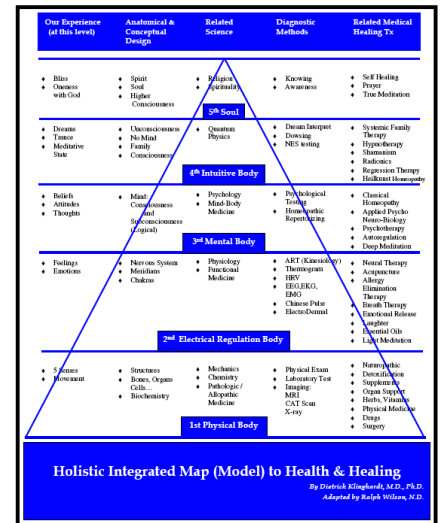
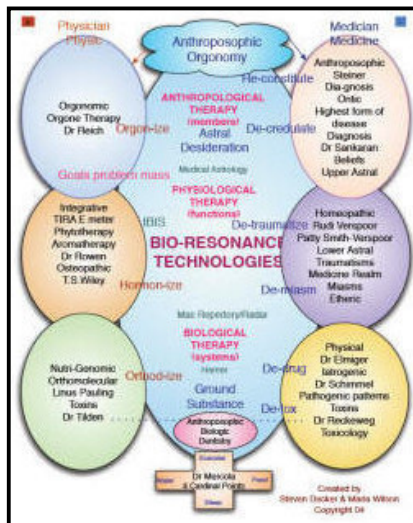
Major Contributions of Medical Heilkunst or Anthroposophic-Ornomy to the integration of classical homeopathy into overall treatment planning. These must be part of the program, not optional. Including Pro-active treatment & need to address both the **Sustentive** and **Generative** aspects of the *Dynamis* or Living Power.

Chronic Miasms	Chthonic Diseases	Iatrogenic, & Pathic	Timeline Impacts	Core Level Delusion	Constitutional Archetype
Cancer, TB, Syphilis, Ring Worm, Psora, and 1-2 more.	Deep psych-based Disease that can erupt when nearly healed.	Treat all the drugs taken, Rx or recreat. & Treat all past diseases	Shocks, accidents, psych trauma, and more, in the lifetime.	The deepest imbalance, takes time to discern.	In health, one of six basic types from Sulphur to Silica/ earthy to spiritual.

Regimen/Sustentive Tx: Absolute need to include Biological Dental; Detoxification; Nutrition; Structural work; Exercise; Lifestyle; Social support, etc., in assessing for sequenced/Jurisdictional inclusion in an integrated treatment program.

Compatible with a number of therapies and fits within models such as the 5-Level Map to Health and Healing from Klinghardt (www.NeuralTherapy.com), and the Anthroposophic-Ornomy model from Decker and Verspoor (www.NovalisOrganon.com, www.Homeopathy.com and www.Heilkunst.com)

Contact: Ralph Wood Wilson, N.D.
DrWilson89@hotmail.com
www.IntegrativeHomeopathy.org
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www.NaturalWorldHealing.com



Typologies Information

Personality Typing -- Another way to understand yourself. This gives you a broader perspective about the innate makeup of body and mind. You are unique; no one else is exactly like you. I want to give you more ways to discover your own gifts and the challenges that need support. No one model can ever fully describe who you are. Some models of describing body and mind include:

1. Rayid iridology (www.Rayid.com): “What the Eye Reveals” by Denny Johnson. Types include:
Stream: Kinesthetic learner. Stable, grounded; boundaries are important. Challenges: Change, risk.
Jewel: Mental type. Seeks data. Challenges: May have issues around “control” & trusting others.
Flower: Visually expressive. Learns by hearing. Challenges: Emotionally reactive, self-control issues.
Shaker: Combination of above. Motivated, persistent. Challenges: Impatience, overwork, burnout.

2. Homeopathic Medicine (www.IntegrativeHomeopathy.org and www.Homeopathy.com): Main archetypes (Genotypes and Phenotypes) are listed as 12 in number. A few characteristics are mentioned below; these are not necessarily all present in any individual. An excellent writer about this is Catherine Coulter, in her book, Nature and Human Personality: Homeopathic Archetypes.

First the 6 Genotypes (Main Homeopathic Personality Archetypes):

Sulphur: Strong, hot, fiery personality, generous in giving out energies and money. When stressed or ill may show self-aggrandizement, over-taxing his/her ability to give, become dirty, smelly, disorganized. Would rather rip off a button than deal with a challenging buttonhole.

Silica: (From Sand, quartz) Many facets, durable, holds to principles, conscientious. When stressed or ill may lack animal warmth, cold hands and feet, lasting exhaustion from mental exertion, hard, inflexible, critical of others and self. Like glass, can break if limits passed.

Phosphorus: (From metallic Phosphorus, which burns brightly) Radiates a captivating energy, spontaneous and calls upon her/his strong psychic sensitivity and extrasensory perception. When stressed or ill, they may lack sustained energy to carry out their plans, and their many imagined goals may dissipate and be unrealized.

Calcarea carbonicum: (From Oyster shell) A pearl, lustrous personality (Mozart, Helen Keller), can be a very hard worker. Understands others, by nature a nurturer. When stressed or ill may become isolated, defensive, obstinate, insecure, lethargic, and inactive.

Pulsatilla: (From the Wind Flower). Delightful personality, radiant, lovely in moving with the winds of events. When stressed or ill may feel blown about, changing mind, dependent on others for support.

Lycopodium: (From Club Moss: protective cover for the earth.) High self-esteem, resilient, adaptable, can burn brightly. When stressed or ill may become detached, distrustful of extremes (intellectual or emotional), avoids confronting problems on deeper levels of relationships.

Under stress those six main archetypes can regress to six other (Phenotype) archetypes:

Arsenicum album: (From Arsenic oxide) Perfectionist. Overdoing things. A controlling personality. Pride. Competitive. Strict regimentation (as in healthcare program, athletics). Fears for safety: family & self. Fatigue.

Nux vomica: (From the "Poison Nut") "Type A" personality; driven; sensitive; feels everything strongly; capable of hard work and diligence; receptive and intelligent.

Natrum muriaticum: (From Table Salt) Sensitive, impressionable, sadness, weary from life, resentful, bears grudges, difficulty expressing emotions, fears closed spaces, does good works but fears is a failure; intense hopes and dreams.

Sepia: (From the black ink of cuttlefish.) Overworked, exhausted, tolerates dysfunctional family ("I've got to do well"). Hides emotions. Weepy.

Staphysagria: (From Stavesacre, a green plant.) Mental depression, hysteria, hypochondriasis, sexual excess or prior sexual abuse.

Lachesis: (From venom of Bushmaster snake) Possessive. Addictive behavior. Strong sex drive out of control if not in committed relationship. Dislikes tight clothing, neckties.

3. Ayurvedic Medicine (www.AyurvedaOnline.com): Whose types include:

Vata: Quick, Mobile, Cold, Dry, Rough (skin and hair)

Pitta: Sharp (mind, speech), Moist, Hot, Sour (breath, body odor if in excess)

Kapha: Heavy, Slow, Sweet, Steady, Soft (skin, hair, personality).

4. Traditional Chinese Medicine (The Web That Has No Weaver): Whose types include:

Fire (Opening vs Manic/Sound = Laugh)

Earth (Connecting vs Need to give or seek Sympathy and Attention/ Sound = Sing)

Metal (Releasing vs Depression & Sadness/ Sound = Weep)

Water (Aligning vs Fear/ Sound = Groan)

Wood (Trusting vs Irritation & Anger/ Sound = Shout).

5. BioTyping (www.BioType.net): "The Mind-Body-Hormone Connection" by Laura Power, Ph.D. Types include:

Gonadal: Social and sexual intelligence. Focus on sex, motives, relationships, and gender roles. Strong opinions on sex, child and reproductive issues, for or against.

Pancreas: Survival intelligence. Focus on filling the needs of self, others and the community. Ranges from quite intelligent to forgetful, depending on secondary type.

Adrenal: Tool and body intelligence. Focus on action, challenges, and overcoming obstacles. Good visualization and building skills.

Thymus: Creative intelligence. Focus on innovative solutions. Often artistic or musical. Can range from brilliant to earthy, depending on secondary type.

Thyroid: Precision intelligence. Good with concepts, science and math. Meticulous in thought. Project and detail oriented. Often academically gifted.

Pituitary: Communicative intelligence. Focus on communicating ideas, leadership and organization. Vacillates between powerful memory and forgetfulness.

Pineal: Intuitive intelligence since childhood. Focus on picking up and processing new information. Alert learner. Sometimes psychic, clairvoyant or precognitive.

Balanced: The acute intellect and mental quickness of a thyroid type.

Responses to Care:

Pathways Options Understanding

Ralph Wilson, N.D., M.S. Acupuncture

Your Name: _____

Date: _____

As we begin our work together it is beneficial to acknowledge there are factors that may reduce the effect of treatments and hold you back from optimizing your health. **These cannot all be focused upon at the same time.**

I am deeply committed to use my training in several systems of understanding health and health problems to help you figure out what steps to take next on your life pathway. I am optimistic because I base my work on an Expanded Paradigm to explain Life. This **Ongoing Reclamation Project** of your life is always “under construction”. I value highly the aspect of life called Spirituality, or Higher Purpose to help make sense of one’s situation. We need to stay in communication along the way.

And... **Enjoy the Journey.**

See my web site for more details: www.NaturalWorldHealing.com

Review of Potential Obstacles to Self-Healing

Your response to my recommendations and treatments provided will depend on several factors. Achieving an optimal healing environment is very difficult in our modern world. The listed factors [in homeopathic literature these would be called “Obstacles to Cure”] are expected to have major impact on your innate self-healing abilities. This will help us keep an objective perspective on your responses to the care I provide.

Obstacles to Self-Healing:

- [dealt with:] **Alcohol use**
- [dealt with:] **Allergies or hypersensitivity**
 - [dealt with:] **Foods** [dealt with:] **Environment** [dealt with:] **Self**
- [dealt with:] **Chronic GI disturbance**
- [dealt with:] **Chronic malnutrition**
- [dealt with:] **Drugs, prescription medications**
- [dealt with:] **EMF / Cell phone / Geopathic stress**
- [dealt with:] **Inborn constitutional sensitivity**
- [dealt with:] **Infection: Parasite / Bacteria / Virus / Fungus**
- [dealt with:] **Major structural disturbance**
- [dealt with:] **Oxygen metabolism disruption**
- [dealt with:] **Stress**
 - [dealt with:] **Family dynamics stress** [dealt with:] **Belief System stress**
 - [dealt with:] **Life Event – from the past – stress**
 - [dealt with:] **Physical stress**
- [dealt with:] **Tobacco use**
- [dealt with:] **Toxic interference fields**
 - [dealt with:] **Scars** [dealt with:] **Teeth/Bones**
 - [dealt with:] **Heavy metal deposits**
- [dealt with:] **Other:** _____

Acknowledgement of the above:

Patient: _____ Date: _____

Dr. Wilson: _____ Date: _____

Breathing and Focus: Resources for Your Healing and Continued Learning

These are two approaches to improving the health of your Autonomic Nervous System. Much information is available about these on the Internet and elsewhere.

1. Breathing for Supporting Health and Healing

Breathing is one of our most important functions and plays a large part in the patterns of disease and health. Breathing can be implicated in 50-70% of diseases as a causative or contributing factor according to Dr Charles Stroebel, Professor of Psychiatry, University of Connecticut Medical School.¹ Dr Konstantin Buteyko, former head of the Laboratory of Functional Diagnostics in the Siberian Soviet Academy of Sciences identifies 150 diseases as being associated with breathing.

One Simple Exercise: Respiratory Sinus Arrhythmia (RSA). Here is a basic breath technique that will increase your Parasympathetic Nervous System activity. It is simply this: Take a deep breath. To increase the parasympathetic effect **let your belly bulge out** as your lungs inflate. Then after you have slowly drawn in a big breath, hold it for a short time and then gently release the breath and **pull your abdomen inward to squeeze out an extra amount of air** from your lungs. You can do this for several slow breaths in a row. Be careful not to hyperventilate. Repeat whenever you feel stressed (taking care to stay alert if you are driving, etc.).

You can learn more at www.Breathing.com. That Internet site has free breathing tests and evaluations.

2. Focus for Health and Healing

When you focus your attention you also increase the parasympathetic activity. There have been many research studies into the response to keeping one's attention centered on one thing. The most scientific approach to this is the work of Herbert Benson, M.D., available in his book, The Relaxation Response:

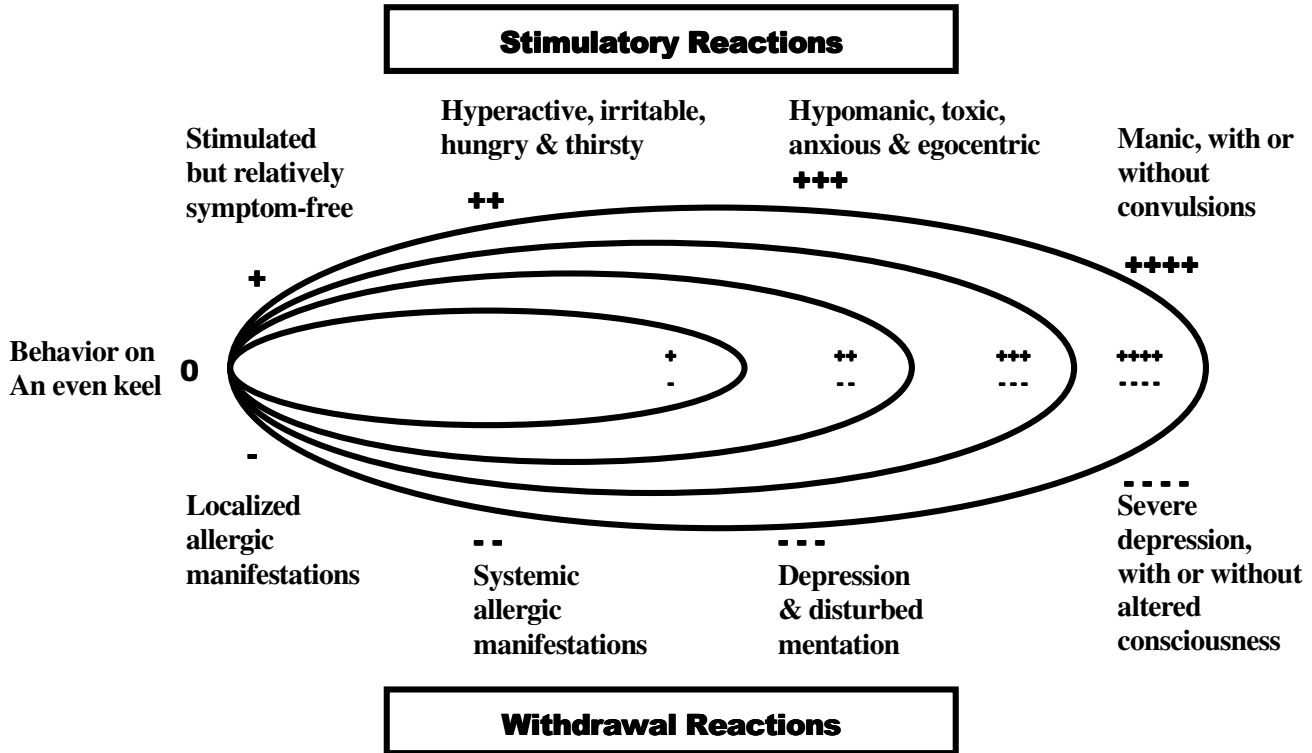
Focus: For Health and Healing

1. Sit quietly in a comfortable position. 2. Close your eyes.
3. Deeply relax all your muscles, beginning at your feet and progressing up to your face. Keep them relaxed.
4. Breathe through your nose. Become aware of your breathing. As you breathe out, say the word, "ONE", silently to yourself. For example, breathe IN ...then OUT, silently saying "ONE" on the IN, then "ONE" on the OUT, etc. Breathe easily and naturally.
5. Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm.

1. Fried R., The Hyperventilation Syndrome, Research and Clinical Treatment, John Hopkins University Press, Baltimore and London, 1987.

2. Buteyko K.P., Buteyko Method; Experience of Application in Medical Practice. Patriot, Moscow, 1990

Clinical Levels of Specific Reactions
(Food or Environmental -- from Dr. Randolph*)



Directions: Start at Zero (0). Read up for predominantly Stimulatory Levels. Read down for Withdrawal Levels.

++++	Manic with or without convulsions	Distraught, excited, compulsive, agitated, enraged and circuitous or one-track thoughts, intense cravings, "Fight for air", muscle twitching & jerking of extremities, cramps, convulsive seizures & altered consciousness may develop.
+++	Hypomanic, toxic, anxious & egocentric	Aggressive, loquacious, clumsy (ataxic), anxious, fearful & apprehensive; alternating chills and flushing, ravenous hunger, excessive thirst.
++	Hyperactive, irritable, hungry and thirsty	Tense, jittery, hopped up, talkative, argumentative, sensitive, overly responsive, self-centered, hungry and thirsty, flushing, sweating and chilling may occur, as well as insomnia alcoholism and obesity.
+	Stimulated but relatively symptom free (subclinical)	Active, alert, lively, responsive and enthusiastic with unimpaired ambition, energy, initiative, and wit. Considerate of the views and actions of others. Thus, usually comes to be regarded as "normal" behavior.
0	Behavior on an even keel as in homeostasis	Children expect this from their parents and teachers. Parents and teachers expect this from their children and students. We all expect this from our associates.
-	Localized allergic manifestations	Running or stuffy nose, clearing throat, coughing wheeze (asthma), itching (eczema or hives), gas. Diarrhea, constipation (colitis), urgency and frequency of urination, and various eye and ear syndromes.
--	Systemic allergic manifestations	Tired, dopey, somnolent, mildly depressed, edematous with painful syndromes (headache, neckache, backache, neuralgia, myalgia, myositis, arthralgias, arthritis, arteritis, chest pain), and cardiovascular effects.
---	Depression and disturbed mentation	Confused, indecisive, moody, sad, sullen, withdrawn or apathetic. Emotional instability and impaired attention, concentration, comprehension and thought processes (aphasia, mental lapse, and blackouts).
----	Demented and Amnesic	Nonresponsive, lethargic, stuporous, disoriented, impairment or loss of external sensory functions, melancholy, regression, paranoia, delusions, hallucinations, sometimes amnesia, and, finally, comatose.

*Formatted by Dr. Ralph Wilson, Naturopathic Physician www.NaturalWorldHealing.com. From "Brain Dysfunction and Other Constitutional Adaptation Reactions" [chart] by Theron Randolph, M.D.: Environmental Medicine – Beginnings & Biographies of Clinical Ecology. 1987: p 111

Track Your Temperature: A Quick and Easy Way to Determine Metabolic Health

[This is the basic information to begin the metabolic assessment that Bruce Rind, M.D. has made available on his website: www.DrRind.com. You are invited to visit that site and see the details of his program. I am giving this to you at this time so that you can have this important tool for learning about your own metabolic health.]

Dr. Rind's Metabolic Temperature Graph™ is a method for measuring and interpreting daily temperatures to gain insight into metabolic energy issues associated with both adrenal and thyroid function. To get a brief understanding of Dr. Rind's approach towards identifying and correcting metabolic energy problems read his overview on [Metabolic Therapy™](#).

Track Your Temperature: A Quick and Easy Way to Determine Metabolic Health

If you're not feeling quite up to par, take your temperature. Not to determine if you've got a fever – rather, **temperatures reflect an individual's metabolic energy state**. The average daytime temperature of a healthy individual is 98.6 thus making 98.6 the optimal (as opposed to normal*) temperature. Lower than optimal temperatures reflect a lower than optimal metabolic state which is usually controlled by the thyroid mechanism. Wide variability of temperature reflects an unstable or fatigued adrenal system. Thus, on the road to health, one wants to go from low and/or unstable temperatures to 98.6 and stable if possible.

The Metabolic Temperature Graph™ is an extremely valuable feedback tool that provides a roadmap with which one can see whether they are moving toward or away from a healthy metabolic state. It provides insight as to whether therapeutic efforts are working or not working, as the case may be. This feedback helps guide the treatment program on a daily basis.

It is very important to follow the directions provided to create your own Metabolic Temperature Graph™ as soon as you know you are having a problem with your thyroid and/or adrenals or you suffer from any of the symptoms associated with low metabolic energy. This will provide you a baseline to work from. Once corrective actions are underway, the temperature pattern will show you how your health is progressing.

****Optimal as opposed to Normal.** The frequently used term of 'normal' refers to a mathematical or statistical situation. Thus, a 'normal' state of health probably means you have some medical problems. It may be normal to die at 76 yrs of age, but at 75 years old, you may decide that what you really want is 'optimal' health as opposed to 'normal'. Normal is not the same as optimal, whether it relates to longevity of life, a body temperature or a lab test result.*

How to Take and Plot Temperatures

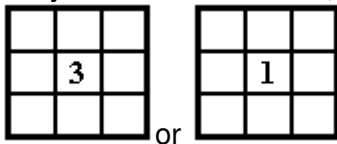
How to measure temperatures

Temperatures are measured orally. Make sure the thermometer is placed deep under the tongue. Take three temperatures *approximately* three hours apart, starting *approximately* three hours after waking up. For example, if one wakes up at 6 AM, measure temperatures around 9AM, 12 Noon, and 3 PM. Try to avoid taking temperatures after activity or eating and drinking for at least 20 minutes. Even climbing a

flight of stairs can raise one's temperature for short period of time. Taking one's temperature several times in a row will yield temperatures that rise each time. This is usually due to the muscular activity of the tongue and mouth. So, take only one reading. I have found digital oral thermometers most appropriate for monitoring metabolism. There are many good models available. I have found the Lumiscop Digital Thermometer to be one of the most accurate for the price and use these with my patients. I do not recommend mercury thermometers because: they expose you and the environment to toxic mercury when they break; they are too slow; and, the accuracy depends on leaving them in your mouth the same length of time each time you measure. I do not recommend axillary temperatures because the axillae are relatively cooler and more variable in people with stressed adrenals. Ear thermometers are the least accurate of all.

How to plot the temperatures

1. Plot only the daily **average** on a graph. Write clearly, use black ink if possible (it copies and faxes better).
2. Instead of using a dot or 'x' in graph cell, **use a number** that reflects the number of temperatures you took that day. Thus, if you took three temperatures, write a 3 in the cell that reflects the average of those three temperatures. Or if you only took one temperature, write a 1 in the cell that reflects that one temperature. They should look like this, respectively:



3. Indicate on the chart, where appropriate, any **meaningful events**. For example, starting a new medication or supplement, changing a dose, illness, stress, "had a great day", "felt tired...depressed today", menses, "worked all night", "slept more than usual" etc. These are very important when interpreting the graph. In cases where there is a change in temperature pattern, it is helpful to consider any possible events or changes in hindsight that may provide value in the interpretation.
4. Connect the numbers with a line. If you miss taking temperatures for a given day, do not run the line through that day. Simply stop and restart the line. **Color highlighting** makes the graph easier to analyze (see color sample).

Use these Unmarked and Sample graphs to get started. Remember that the Metabolic Temperature Graph™ is really a navigational map in disguise. The more accurately you fill it in, the more detailed and helpful the map. It will help you navigate toward 98.6° F and better health. *Note that it is better to do a temperature graph that is imperfect with fewer than three temperatures daily, too much or too little time between temperatures, and too close to physical activity or rest than to not do one at all.*

