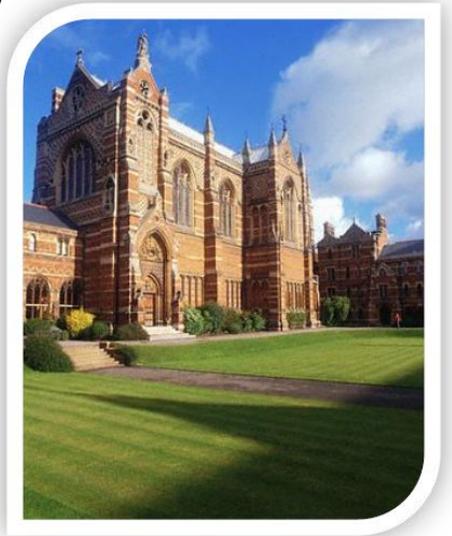


A Living Article

Pt. 1

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Let us first understand that there are two primary methods of approach when considering ones health. One method is disease centered and focuses on treatment or abatement of symptoms by aggressive and combative means called "Allopathic Medicine" and is practiced by most mainstream institutions and physicians and generally regarded as acceptable by the public. The other method is preventative and is promoted by Alternative and Complementary Medicine (or CAM) Practitioners and should be practiced by every individual, or at the very least, by every individual willing to take responsibility for their personal health and wellbeing. As we like to say "Accepting Your Assignment."



Traditionally, modern western medical research in our universities and institutions, as well as, general practice, has been almost entirely allopathic in nature and it has only been in recent years, that they have focused their eyes upon and opened their minds to the research of the less invasive and much less injurious practice of more natural or alternative modalities to include Preventative Medicine (PM). Alternatively, [and no pun intended] CAM practitioners have historically worked along lines of prevention.

Some accountability may be attributed to the individuals that do not have the information and/or a proactive approach to their state of health and wellbeing. Yet, it is because of those that choose not to, that modern western medicine has been allowed the luxury, if you will, of waiting until acute or chronic diseases have substantially or fully developed before attempting to subdue them through the use of synthetic drugs, surgical operations, chemical toxins, and morbid products of disease, such as serums, antitoxins, vaccines, etc. It is the allopathic practice of aggressively fighting fire with fire, poison with poison, and germs with germ products that is so very invasive and harmful to the human body. The idea being, that if one can kill the germ, then one has cured the disease. I'll discuss the term "disease" a little further on.

There are a number of natural modalities such as fasting, hydrotherapy, chiropractic, and mental therapies to name a few that are in general, preventive. Yet while in many respects, they can also be considered aggressive, they are not invasive and if properly applied do not injure the organism or interfere with the body's natural means of recovering health. In fact, as

a general rule they are specifically designed to enhance and aid the body in what it wants to do according to Nature's way. The same cannot be said of most surgical and medical treatment in modern Western Medicine.

In today's world of, "it's on TV, in print or on the Internet, so it must be true" people are so bombarded with information, especially from the pharmaceutical industry and much of which, many can not possibly understand, that few stop to question "Which method is the most practical or the most successful and which one is most appropriate for me?" Let alone which have stood the test of time or will carry us into the future. Yet, it is because of the boom of the "Information Age" that Western Medicine and Big Pharma have had good reason to take note of and be alarmed by the successes attributed to CAM modalities and Preventative



Medicine (PM) whether by unorthodox systems, schools or centers of information in preventing and treating human ailments, especially and in recent years as relates to Energy Medicine in particular.

"CAM" and "Preventative Medicine" are catchy and attractive new titles given to cover a wide array of procedures, protocols, therapies and modalities, many of which have been around and have proven to be successful for centuries as well as and don't be fooled, some others that are merely allopathy in disguise. And

while there are ample amounts of information, epidemiological studies, long term studies and anecdotal evidence in support of CAM and Preventative Modalities, there's no money in it for the "Giants" in telling you how to stay healthy, so it's left to the individual to dig the information out. And can you tell the difference between fact and fiction, healthy or harmful? Think about it. It is much less expensive and much more to one's advantage to be in good health and prevent illness in general than it is to cure even a single disease and people should be wise to this fact. Wouldn't it be better to ask whether or not there is some reason for the astonishing spread and popularity of these therapeutic innovations and why isn't it easier to find the information?

The CAM approach does not wait until diseases have fully developed and gained the upper-hand in the body, but focuses its efforts on prevention by right-living, proper hygiene, a healthy diet and an individually appropriate exercise regimen and in general, a well grounded spiritual awareness. It is only as a result of insufficiency, that the treatment of developed of diseases by natural and less invasive or harmful methods, might give way to more aggressive therapies when absolutely necessary and even then, one might leave it to only the most dire of circumstances or as a last resort. By means of prevention and with appropriate knowledge and means, the human body can be put into a state of normalcy, such a healthy condition or proper homeostasis, that it can be practically invulnerable to infection or contagion by morbid

insults, germs, bacteria, parasites or miasms (predisposition to a particular disease) of variant degree.

The success of CAM and PM is unquestionably rooted in the fact that these practices concentrate their efforts on prevention instead of the aggressive treatment of illness. Creating and maintaining a state of continuous and vibrant health translates into greater efficiency of both cognitive and physical labors (sound body -sound mind); a greater sense of wellbeing and capacity for true quality of life; and I would argue that good health is one's best ally against failure and poverty.

In the words of Thomas Sydenham, "Above all, do no harm." [1] One must ask if this axiom, long touted by Western Medicine as their mantra, is a true reflection of allopathic medicine when considering the staggering litany of evidence to the contrary in the form of statistical results, known side effects, precautionary statements, mal-practice and civil lawsuits and even death counts, as they relate to both drug and operational modalities. In considering Sydenham's words, I would have to say that the Institutions, Practitioners and individuals that build on health and wellbeing by prevention are of greater value to the world and humanity than those that would allow the masses to drift into illness because of an ignorance of simple and natural laws, and attempts to treat them with at best questionable, often harmful and certainly invasive and aggressive methods as a first response.

Many CAM and PM practitioners pay little or no attention to the pathology or symptoms of an illness. Instead and depending on their practice (i.e. Chiropractic, Naturopathic, Herbal, Colonic, etc.) they may focus on any combination of diet, healthy lifestyle, elimination and detoxification therapies, breathing techniques, exercise, spinal adjustments to correct subluxation, or the establishment of spiritual, mental and emotional wellness programs. Practitioners of Energy Medicine (Homeopathy, Bio-feedback, Reiki, Acupuncture, etc.) on the other hand focus on restoring the body to a state of proper energetic homeostasis or resonance, the lack thereof, which they believe to be the root cause of disease. In effectively doing so, and with the help, co-operation and active participation by the individual they can succeed in building health and diminishing the susceptibility to illness. Given the right tools, the body is its' own best healer and best first line of defense against illness. There is also no question that in order to be successful in the future the modern practitioner will have to actively disseminate and fully share with his clientele the information necessary and spend much more time teaching than trying to cure.



Medical science has abandoned theory after theory and procedure after procedure that at one time, even while highly unsuccessful, may have been firmly rooted as a "pet theory" or an

excepted practice. In the same way, it is inevitable I believe, that we will witness many of these "stylish" ideas of today following the same path.

In no way are of my statements meant to deny a need for aggressive procedures or modalities, in the most dire or emergent of circumstances. And it is without question that aggressive and invasive modalities will remain, as long as people continue to work contrary to the laws of nature, with lifestyles and diets that make their bodies not only prolific breeding grounds for germs and parasites but, also incapable of defending against illness, or they are not willing to live in a manner that would eliminate the desire for unnecessary abortions, vanity or cosmetic surgeries or quick fixes. The same can be said regarding epidemics. However, while certain aggressive measures may from time to time have to be implemented and precautionary and preventative measures against such pandemic infections observed, they should be at harmony with the body and not contrary to the Law's of Nature by being suppressive. It is the belief of most Alternative practitioners that any modality should conserve, empower and build, not destroy. But, I digress.

Energy Medicine is any of a class of medicinal or healing disciplines that deals with illness at the root cause and bringing the body back to a proper energetic homeostasis. Homeopathy, Reiki, Acupuncture and Bio-feedback are just a few examples of Energy Medicine. In the past, it was CAM disciplines that were most associated with Energy medicine. However, in recent

years and thankfully so "Mother Nature" and "High Science" have made their introductions! As such, new discoveries and advances in study techniques have caused Energy Medicine to become a main focal point of nano-technological research.



We must also first understand that all living systems have a bio-electric field or Vital Force, sometimes called an aura or etheric body, which is a subtle-energy that surrounds and envelops the physical system and governs all systemic processes by means of energetic transmissions. Every atom, every molecule, every cell, organ or system within the body of a living organism does its work in relationship to signals from this bio-electric field. In turn, the

Vital Forces of every living system are governed by a Universal Subtle Energy or Life Force that gives rise to such things as Circadian Clocks, Rhythms and Seasons all of these and more, that work to regulate and give instruction to all living as to when, how and in what form a living system should function.

Again, Energy Medicine is centered on the idea that all disease can be traced back to an improper or altered energy (dissonance), whether spiritual, mental or physical be it at the local or systemic level. I have written a brief article entitled "Let Your Light Shine" that elucidates

the high points of this God-given energy a little further. Suffice it here to say that, there are many insults of varying degree and form that work non-stop at interfering with and altering the state our energetic selves.

The hazards of continued exposure to such energetic interruptions are also well documented and readily available. Some examples of these insults are Electro-Magnetic Pulses (EMP) generated by cells phones & towers, high-power lines, computers and excessive in-home or office electrical networks. Other culprits include microwaves, X-rays, overexposure to ultra-violet rays, environmental toxins, chemically and synthetically processed foods, energetically dead water and synthetic medications.



The vibration frequencies of X-rays for example far exceed and are extremely destructive to the tissues of the human body. The effects of over exposure to X-rays including but not,



limited to the total destruction of the ovaries and womb in women, the testes in men and of other vital organs is well known and has long been documented. The same can be said of radio-activity, the emanations of radium, barium, cobalt and other substances which even still today are widely exploited as therapeutic agents for various cancers as well as other diseases and testing procedures. Conversely, the destructive powers of inorganic minerals, causing injury to the tissues of the human body, are attributed to the facts that, the velocity of their vibratory signals are too slow and their molecular structures too chaotic for the body to contend with.

The destruction caused by high power rays, EMP, as well as of inorganic minerals or synthetic medications is very slow and subtle. These effects very often manifest over many, many years. And while returning the body to a complete state of optimal health takes some time, I know of several phenomenal energetic products that kick start the process and help to re-establish proper energetic homeostasis, rejuvenate the body and bring about a new awareness and sense of wellbeing.



So, in our modern day society we have a popular mind-set that allows, I dare say condones, the use of treatments and methods by the medical establishment that in many cases cause at least if not, greater harm to the body than the disease they we're intended to cure. We have a wide array of healthcare options in a variety disciplines with an even greater number of modalities that many people are either unaware of or as in many cases do not have a full enough understanding of them upon which to make a cogent decision.

I would like to reiterate at this point, that this brief article is not intended to besmirch the name or reputations of any Research Institution, College of Medical Learning or the Pharmaceutical Industry at large. In the vernacular, "I'm just not down with their poison, burn or slice-n-dice methods" as a **FIRST** response to illness. Now having said that, one might ask "What's a body to do, then?" or "How am I to regain my health?" and "Where do I start?" The answer to these questions, are not so complex and require only a modicum of effort and we will address them in the next installment of the Living Article.

[1] "Origin and Uses of *Primum Non Nocere*-Above All Do No Harm!" Cedric M. Smith, MD, FCP, From the Department of Pharmacology and Toxicology, School of Medicine and Biomedical Sciences, State University of New York at Buffalo, Buffalo, New York. Posted at; The Journal of Clinical Pharmacology website.