

CLINICAL BIOENERGETICS

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Clinical Bioenergetics

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FOREWARD

This booklet is an introduction to the new field of Clinical Bioenergetics, an eclectic combination of different specialties which is based on the concept of energetic disturbances.

One of our goals as holistic practitioners is to educate our patients in such a manner that eventually they will become independent of our care. As a result, patients must understand that they are ultimately responsible for their own health. Traditional medicine is based upon the treatment of symptoms, whereas Clinical Bioenergetics balances the energies which cause these symptoms.

Traditional medicine uses physical examinations, x-rays, and blood tests to very effectively test for the presence of disease. If these tests are normal, the patient is told that he is free of disease and is healthy. **But true health is not the absence of disease.** Health exists when a person is physically, mentally, and emotionally sound, and when the organs are functioning at maximal efficiency.

Important Caution

The intent of this book is to provide information based on the prevailing medical knowledge and on Dr. Michael Galitzer's experiences in his clinical practice. This information is for educational purposes only. Do not use the information in this book as a basis for changing the course of any therapy prescribed by a physician, or as a basis for self-treatment of any health or medical condition. Always consult with your health care practitioner on matters of health and disease.

INTRODUCTION TO BIOENERGETICS

Conventional medicine continues to develop at a rapid rate, becoming ever more technical and specialized. Depending on what type of headache you have, you may visit an internist who may in turn refer you to a neurologist, an ophthalmologist, or even a psychiatrist. In this traditional form of medicine, the different symptoms are viewed as different body parts being ill; but, what if all these symptoms are interrelated? What if your headache, skin rash, constipation, stomach ulcer, insomnia, and muscle spasms are all symptoms of the same underlying problem? What if the medicines that suppress your pain also suppress your immune system and possibly compromise your health over the long term?

Most symptoms are the body's way of trying to get rid of toxins and to regain homeostasis and balance. Therefore, most diseases should be treated not by suppressing the body's defense mechanisms, but by cooperating with these systems. *Your mind has the power and ability to cure any disease in the body.* Most people are unaware of this fact, and unknowingly use the mind to create illness.

Modern physics has determined that matter and energy are interrelated, and that matter can be seen as a denser form of energy. Vital to the understanding of futuristic medical therapies is the view of the physical body as an energy system, composed of wave forms or oscillations at various frequencies. Consequently, imbalance and disease of the physical body are a result of disturbances in the energy field of a particular organ or system.

Illness develops in a definite sequence. Initially there is dysfunction at an energetic or cellular level, an event detectable by bioenergetic technology. This is followed by abnormalities on a biochemical level, detectable by blood testing. Ultimately, alterations in the tissues and organs will appear as abnormalities (apparent on x-rays) or through cytological testing (biopsies). Bioenergetics addresses the cellular or energetic level, long before deeper damage takes place, and is thus truly *preventive*. However, the exact mechanism of how and when these bioenergetic changes result in physical disease is not yet clearly and accurately predictable. This may depend on one's toxic load, constitutional/genetic factors, nutritional balance, and most importantly, mental/emotional state.

New holistic perspectives encourage us to examine our habits, life-styles, belief systems, and attitudes. Most people fail to create a truly healthy life-style; instead, they may follow patterns which are not harmonious with true health. Bioenergetics endeavors to create a new awareness of health, life-styles, and natural, spiritual laws.

Healing is the making whole again of the human being at all levels—physical, mental, emotional, and spiritual. *Treating symptoms has nothing to do with healing.* The mind plays a dominant role in health and disease; fear, worry, tension, frustration, hate aggression, and other negative emotions can render us more susceptible to illness. At

least sixty percent of illness involves a psychosomatic contributing factor. Recent research in the field of Psychoneuroimmunology has proven the effects of emotions on the immune and endocrine systems. Dr. Carl Simonton, a respected cancer specialist in Los Angeles, California, and Dr. Janet Hranicky, a specialist in Psychoneuroimmunology, have been able to help many cancer patients achieve remarkable recoveries through a combination of emotional reconditioning and programs in visualization, relaxation, and meditation to augment standard cancer therapy. These techniques also help patients become aware that they can change both the course and quality of their lives.

Health is the balanced functioning of body, emotions, and mind. This principle should not be overlooked by either patient or practitioner if a cure is to be achieved. The root cause of illness is not always apparent, for the interactions between mind and body are complex. Therefore, it is important that the practitioner determine the appropriate therapy to commence the healing process. Should therapy begin by first removing toxins, or by emotional balancing? Practitioners of Bioenergetics must have a sound, fundamental knowledge of the functioning of the physical body and its energetic foundations in order to be able to determine the underlying causes of disease. They put all the different pieces together—acupuncture, homeopathy, nutrition, ecology, psychological counseling, etc.—in order to be responsive to the patient as a vital human being. These therapies activate and aid the body's own defense systems, thereby helping the patient return to wholeness. The following chapters of this book will focus on the foundations of twenty-first century medicine.

Chapter 1

TOXINS AND ILLNESS

Toxins may be defined as substances which produce physical, emotional, and psychological imbalances in an individual. We are constantly exposed to toxins every day. There are two types of toxins: *exogenous* and *endogenous*. Exogenous toxins are present in the outside environment, whereas endogenous toxins are produced as a result of imbalances in our metabolism. Major exogenous toxins which affect us are:

- *Tap water
- *Smog and petrochemicals
- *Coffee, tobacco, alcohol, sugar, food preservatives
- *Pesticides
- *Heavy metals: mercury, aluminum, lead, cadmium
- *Viruses: Epstein-Barr, Influenza, Cytomegalovirus, Herpes, HIV
- *Bacteria: streptococcus, staphylococcus, salmonella (food poisoning)
- *Parasites

Endogenous toxins are produced as a result of faulty digestion and metabolism. They can result from pancreatic digestive enzyme deficiency, poor eating habits, and wrong food combinations. Examples are candidiasis and elevated blood levels of uric acid.

Toxins are discharged from the body by the liver, kidneys, lymphatics, colon, lungs, and skin. As more and more toxins accumulate in our system, they place severe stress on these organs of elimination. With continued accumulation, the liver, kidneys, and other organs begin to malfunction, causing a weakening of the immune system. The endocrine glands no longer secrete the proper amounts of hormones into the bloodstream; metabolism slows, producing a hospitable environment for illness.

Why is Conventional Medicine Unconcerned about These Toxins?

Medicine is concerned about acute intoxications caused by intake of high levels of toxins, for example, carbon monoxide levels in the blood as a result of smoke inhalation. The gradual accumulation of low levels of toxins cannot yet be measure by conventional analytical methods, so many doctors deny their existence. As instrumentation and measuring methods become more sophisticated, such toxic states will be recognized as dangerous. Many of these toxins compete with the essential vitamins, minerals, and trace elements in the metabolic process. Treatment protocols using very high doses of vitamins and minerals (orthomolecular therapy) fail to address the real problem. Also overlooked is the fact that most conventional medical research is conducted on one specific toxin, rather than on the combinations of toxins that are encountered daily. This “cocktail effect” arises when different toxins in combination create a *synergistic* effect, which is much more detrimental than the effects of the individual toxins.

What are the Symptoms Caused by Toxicity?

There are two types of illness caused by toxicity:

- 1) **Non-specific illness.** This includes poorly-defined symptoms such as fatigue, headaches, insomnia, bad breath, muscle stiffness, depression, allergies, etc. This group is very difficult to categorize, with many combinations possible. Many of these symptoms are also labeled as hypoglycemia, candidiasis, food allergies, and stress.
- 2) **Specific illness.** This includes better-defined syndromes having a characteristic set of symptoms. Some examples are: migraine, arthritis, psoriasis, influenza, sinusitis, immune deficiencies, tumors.

It is important to understand that in addition to toxic accumulation, other factors—such as stress, lifestyle, nutrition, electromagnetic stress, and emotional suppression—can contribute to illness. Such factors can amplify the deleterious effects of toxins. Finally, the genetic constitution is a contributor in the expression of a patient’s symptoms.

In the treatment of illness, the first step is the reduction of the patient’s toxic load. This process is called *drainage*, and begins with the prescribing of homeopathic remedies which stimulate the organs of elimination. Toxins must be removed, but nothing can get out if the “drains” are clogged. Certain homeopathic remedies are known to stimulate the liver, kidneys, intestines, etc., thereby “unclogging the drains.” After drainage, it is possible to determine the presence of a Key Toxin—the toxin that is most responsible for the weakness of the immune system. This Key Toxin is frequently a heavy metal, pesticide, petrochemical, bacteria, or a virus. Not only must the toxin be eliminated, but its source must be identified and removed from the patient’s environment. This process is called *detoxification*. After removal of the Key Toxin, secondary toxins are next identified and eliminated. This is akin to peeling an onion in which toxins are removed layer by layer. The process of drainage and detoxification can cause the patient to feel fatigued and depressed, among other reactions. Drainage and detoxification should take place at a rate which does not induce excessively strong reactions. When such symptoms occur, the process is proceeding too quickly. The remedies should be stopped temporarily, to allow the body to cleanse at its own pace. It is also essential that the patient drink at least eight glasses of fluids (excluding coffee and alcohol) daily to help flush the system during this period.

Chapter 2 CLINICAL NUTRITION

There is a vast amount of literature concerning nutrition, much of which is both confusing and conflicting. Life-style and nutritional habits contribute as much to the aging process as the passing of years. Eating a heavy protein meal after 8 p.m. is a significant stressor to the pancreas, the organ which produces digestive enzymes. Pancreatic enzyme production is at its peak in the morning hours and at its lowest in the evening. Therefore do not skip breakfast, and keep your dinner meal early and small. Otherwise, you may have a restless sleep, waking up the next morning with puffy eyes, no appetite, and fatigue.

The calories consumed in a balanced diet should be in the following proportions on average: 10-15% protein, 60-65% complex carbohydrates, and 20% fat. Total protein intake should not be greater than 40 grams per day. As a rule, one should increase the intake of whole grains, fresh fruits legumes, and fish, and eliminate refined sugar, salt, processed foods, canned foods, fatty meats, alcohol, coffee, tap water, and hydrogenated oils.

Recent research has proven that all hydrogenated oils (e.g. margarine) block the chemical pathways that are necessary for us to utilize the cholesterol manufactured by our bodies. In addition, the body requires certain essential fatty acids (now being removed by from many foods) in order to manufacture certain hormone-like chemicals called prostaglandins, which are vital for proper immune function. Essential fatty acids in your diet can be increased by consuming cold-water fish three times a week. Examples include salmon, cod, mackerel, sardines, and water-packed tuna (preferably without salt added). Warm ocean fish such as snapper, flounder, and perch are second best. Fresh water fish (catfish, trout) contain the smallest amount of essential fatty acids. Try to eat one tablespoon of virgin (not pure) olive oil daily on salads. Keep the bottle refrigerated after opening. As a snack food, walnuts are high in essential fatty acids. Supplements rich in essential fatty acids include fish oils containing EPA, evening primrose oil, and flax seed oil.

It is essential to avoid all hydrogenated oils such as margarine, cooking oils, desserts (donuts, cookies, cakes) and deep-fried foods such as french fries and potato chips. Instead, use the cold-pressed oils found in health food stores for cooking. If the cooking label does not state "cold-pressed", it is probably hydrogenated. Avoid cooking food at high temperatures, since all oils become hydrogenated at temperatures over 350 degrees. It is preferable to cook longer at lower temperatures, which also helps to preserve the vitamin content of foods. Stir-fried vegetables or wok crispy vegetables are healthier than those which have been over-cooked.

Eat only breads and cereals which are listed as 100% whole wheat or "whole grain" on the package label. Most brown breads are not whole grain, and have coloring added. Avoid processed or refined cereals or white flower products such as breads, crackers, macaroni, spaghetti, noodles, etc. You can obtain these foods in whole grain form from your health food store.

Fruits should be eaten by themselves, either one-half hour before a meal or two hours after. When fast-digesting fruits are held up in the digestive system longer than necessary by being combined with foods that digest more slowly, fermentation takes place and intestinal gas production is the result.

Proper food combining will also greatly improve digestion and assimilation of vital nutrients. Do not combine starches (pasta, rice, potatoes) with proteins (meat, chicken, fish). Unfortunately, this is the way meals are served in restaurants. The ideal way to eat is to combine vegetables with proteins, or to combine vegetables with starches.

Avoid artificial sweeteners, such as saccharine and “Nutrasweet.” Steevia extract, an herb which is a natural sweetener is an excellent substitute, and is healing to the pancreas.

Drink six to eight glasses of filtered or bottled water daily. Remember that at birth we are 97% water, and as adults we are 70% water. Premature aging is associated with a further loss of total body water (i.e., 60% water). Don’t drink water with your meals, as this dilutes the digestive juices necessary to digest your food. The best drinking water available in the market today is “Northwest Glacier Water,” which is very alive. Filtered water is very clean, but not energized. You can energize it by leaving it in the sun for a short period of time.

Chapter 3

THE PANCREAS AND DIGESTION

The Pancreas plays a pivotal role in health and disease. It is found to be the most stressed organ 80% of the time by practitioners of Bioenergetics. The pancreas is implicated in low blood sugar (hypoglycemia), indigestion (gas, constipation), heart disease, arteriosclerosis, allergies, diabetes, immune dysfunction, prostate problems, susceptibility to infection, and many other illnesses. According to Oriental medicine, it is also linked with compulsive behavior, obsessions, and worrying. Due to its role in carbohydrate metabolism, it is further linked with depression, addiction, fatigue, and hyperactivity.

The following factors will cause the pancreas to be stressed:

- *Exogenous toxins (coffee, alcohol, pesticides, etc.)
- *Emotional stress
- *Eating too fast, not chewing your food
- *Overeating. **Stop eating when you are no longer hungry, not when you are full.**
- *Poor food combining
- *Eating sugar and refined carbohydrates
- *Trace mineral deficiencies (chromium, zinc)
- *Many prescriptions and over-the-counter medications (e.g. Tetracycline antibiotics)

Patients with allergies (food and/or environmental) have a poorly functioning pancreas. They have reduced production of digestive enzymes—amylase, lipase, and protease—which are needed to digest the starches, fats, and proteins that we consume. When pancreatic function is diminished, incompletely digested food can irritate the mucous lining of the intestines, resulting in the absorption of partially digested proteins, which will intensify allergic reactions.

Pancreatic enzymes also play an important role in helping the immune system in its battle against infection and malignancy. **When the pancreas is stressed, taking pancreatic digestive enzymes with each meal (especially with dinner) can be extremely helpful.**

Here are a few important guidelines for optimal digestion:

- *Practice proper food combining, such as eating fruits by themselves.
- *Avoid consuming fluids with meals, allowing at least one-half hour before a meal, and one hour after.
- *Chew food carefully in order to optimally mix food with saliva.
- *Chew at least 25 times per mouthful.
- *Do not eat very large meals.
- *Avoid late meals and refined foods as snacks.
- *Avoid salt and sugar
- *Eat sufficient fiber. It is not necessary to add extra fiber if you already eat plenty of fruits and vegetables. If you are usually constipated, check with your doctor for the most appropriate fiber.
- *Physical exercise should be done daily, on an empty stomach. Abdominal training and breathing exercises are very helpful for the digestive tract.
- *Read labels carefully. The fewer the chemical names, the better.
- *Avoid colorants and unnecessary additives. The more natural, the better.
- *Avoid food that has been sprayed with pesticides. Such chemicals often accumulate in the pancreas, unduly stressing it.

Chapter 4 FOOD SENSITIVITIES

Food sensitivities affect everyone. Therefore they must be identified. When properly treated, patients will be much happier and healthier. There are five major types of food reactions:

- 1) **Chemical.** Example: hyperactivity in children resulting from food additives.
- 2) **Pharmacological.** Example: insomnia and irritability due to excess caffeine in coffee.
- 3) **Enzyme deficiency.** Example: diarrhea after eating dairy products due to lactase deficiency.
- 4) **IgE reactions.** Example: hives and asthma immediately after eating shrimp.
- 5) **Food intolerance.** This accounts for the majority of reactions, which most people refer to as “food allergy”.

Normally the protein portion of a food is broken down by the digestive enzymes of the pancreas into single amino acids, which are then absorbed from the small intestine into the bloodstream, and transferred to the cells for repair and regeneration of cellular proteins. In cases of food intolerance, incomplete protein digestion causes large amino

acid complexes (instead of single amino acids) to be absorbed into the bloodstream. These large molecules are recognized by the immune system as foreign proteins, and antibodies are sent to bind to them. These large amino acid-antibody complexes can travel to any number of distant sites and set off an inflammatory reaction. Should it travel to the skin, acne will result; if it goes to the joints, arthritis will occur. Other common reactions include sinus congestion, migraine, fatigue, depression, and irritability. Such reactions can occur anywhere from one to seventy-two hours after eating the offending food. The underlying cause of all these reactions is weakness of the pancreas, with inadequate pancreatic enzyme production.

Treatment of these food reactions includes:

- The patient must completely avoid eating the offending food for three months.
- Supplement the diet with pancreatic digestive enzymes.
- Toxins which affect the pancreas must be identified and removed from the body.
- Therapy should be given for contributing factors such as dysbiosis, stress, and electromagnetic stress.
- Initiate regeneration therapy for the pancreas. This may include acupuncture.

The most common food reactions involve:

- Wheat (especially in chronic constipation).
- Soy, eggs, dairy, shellfish, citrus, and yeast.
- Nightshades: tomatoes, potatoes, eggplant (especially in cases of arthritis).

Chapter 5 DYSBIOSIS

When one is healthy, the large intestine flora consists of symbiotic bacteria, also referred to as “friendly microorganisms.” When an overgrowth of pathogenic or parasitic microorganisms occurs, it is called dysbiosis. Dysbiosis occurs in epidemic proportions in the United States. The end result of this condition is known as intestinal candida. Normally, lactobacillus acidophilus and other friendly bacteria live in harmony with the candida yeast organism in our large intestine. Antibiotic drugs are one of the major offenders in disrupting this harmonic relationship—the good bacteria are destroyed and the candida proliferate. As this proceeds, the candida changes its anatomy and physiology from the yeast-like form to the mycelial fungal form which can penetrate the mucous membranes of the large intestine and release toxins into the bloodstream. Resulting symptoms include flatulence, indigestion, depression, anxiety, irritability, PMS, migraine, mood swings, vaginal infections, and “brain fog”. Other causes of dysbiosis and candida overgrowth include birth control pills, steroids (cortisone), sugar abuse, mercury toxicity, pesticides, and refined foods with low fiber.

Treatment of dysbiosis should include the following:

- If the patient cannot tolerate yeast, eliminate all foods containing yeast (alcohol, salad dressing, vinegar, mayonnaise, mustard, ketchup, olives, mushrooms, breads).
- Eliminate all refined sugar and other refined foods.
- Increase dietary fiber—legumes, vegetables, bran.
- Supplement with lactobacillus acidophilus and bifidus in order to reintroduce friendly bacteria into the large intestine.
- Eliminate the toxins from the digestive system and the body through stimulation (drainage) of the kidney, liver, and lymphatic circulation.
- Avoid all poorly tolerated foods which may be depressing the immune system.
- Supplement with digestive enzymes; when needed, use yeast-free supplements.
- Begin specific therapies to strengthen the pancreas and the immune system.
- Institute therapy to reduce emotional stress, such as relaxation, yoga, meditation, etc.

Successful treatment of dysbiosis and candidiasis usually takes three to five months, but the rewards can last a lifetime.

Some cases of candidiasis are more difficult to treat. This occurs when the patient is also allergic to the by-products of the yeast infection. The paradox is that even though patients are allergic to these toxins, they are also addicted to them, creating a very delicate balance. Any therapy disturbing this balance will cause severe reactions such as hyperactivity, extreme fatigue, hypoglycemia, mood swings, allergic reactions, etc. Most of these patients are also chemically hypersensitive, and are allergic to alcohol and sugar. Therapy should proceed extremely slowly and can last up to two years. Most of these patients can be treated successfully.

Chapter 6

VITAMINS, MINERALS, and ESSENTIAL FATTY ACIDS

When patients are very toxic, the toxins interfere with many enzymatic reactions in the body, which require vitamins and trace mineral co-factors, such as zinc and manganese. Consequently, giving these patients large amounts of vitamins and minerals will drive these biochemical reactions, and patients will usually feel better. As patients get rid of these toxins, their need for vitamins and minerals is greatly reduced.

It has been discovered that overdosage of vitamins (including the water soluble B and C vitamins) is quite common. Mega-vitamin therapy is generally found to create more problems than it solves.

There are however, certain situations when larger-than-average doses of specific vitamins are called for. Smokers should take 20,000 Units of Beta Carotene (pro-Vitamin A) per day. Patients who abuse alcohol should take large doses of B vitamins, especially thiamine (B-1), along with 1000mg. of magnesium daily.

Concerning minerals, many patients are very sensitive to sodium, especially at the beginning of therapy. Patients who should avoid sodium (table salt) are those with asthma and those with auto-immune diseases such as lupus and rheumatoid arthritis. These patients should supplement with potassium chloride (KCl). Patients with kidney damage, hypertension, edema, and severe allergies should also minimize their intake of sodium.

Many patients are found to be deficient in magnesium and the trace elements, zinc and selenium. Replacement therapy with 500 mg./day of magnesium, 50 mg./day of zinc, and 200 micrograms/day of selenium will usually solve these conditions in several weeks.

All patients with abnormal blood sugar levels—either too high or too low—should supplement with Chromium Picollinate.

Another commonly seen deficiency relates to the essential fatty acids, of which there are two types—the Omega-3 or fish oils (EPA), and the Omega-6 or evening primrose oil. These two substances are very potent stimulators of the immune system, and are especially indicated for people with autoimmune diseases and for those with dry, lusterless hair and skin. Large amounts of these essential fatty acids are rarely needed—no more than three EPAs/day, and two evening primrose/day.

Avoid using supplements containing artificial colorants or other chemicals. The purest and most natural vitamin complexes are preferred over synthetic vitamins, since natural vitamins come with many co-factors which cannot be produced commercially. Most natural vitamin companies mix synthetic vitamins with a natural base containing these co-factors.

There are only a few indications for orthomolecular (mega) vitamin therapy. They are:

- Severe auto-immune disease
- Malignancy
- Some psychiatric conditions

Most other conditions can be treated more effectively by dealing with the underlying causes of disease, instead of symptomatic vitamin therapy. After years of mega-vitamin therapy, the body becomes dependent upon these vitamins and minerals and cannot function properly without them. Most people who are properly detoxified and treated homeopathically find it unnecessary to take anything more than a multi-vitamin once or twice a week. Most vitamin or mineral deficiencies are caused by poor nutritional habits and/or malabsorption caused by dysbiosis. When such problems are overcome, a single

multivitamin/mineral capsule is sufficient to counteract the effects of environmental pollution and emotional stress.

Chapter 7 CLINICAL HOMEOPATHY

Homeopathy is the school of medicine founded by Samuel Hahnemann, M.D. (1755-1843). The experimental research and practical studies for homeopathy were carried out between the years of 1798 and 1818, culminating in the publication of Hahnemann's first major work, *The Organon*. Hahnemann's fundamental propositions, unique to homeopathy, include:

- The action of homeopathy preparations is determined by observing the objective and subjective symptoms which occur when they are administered to healthy human subjects in toxic doses.
- The action of homeopathic preparations in the healthy subject constitutes their therapeutic potential with respect to the sick, meaning that the symptoms which they cause, they can also cure. When administered to sick people in order to cure symptoms, these homeopathic preparations are given in microdoses. This is the Law of Similars.

The Law of Similars defines a simple method by which substances may be selected for the treatment of patients. The substance *Cinchona Officinalis* (Peruvian Bark), containing quinine, will produce malaria-like symptoms when repeatedly administered to healthy human volunteers. Its use, therefore, in the treatment of malaria is in accordance with the Law of Similars. Orthodox medicine's method of vaccination, immunization, and allergy desensitization are similarly in accord with homeopathic law. The term homeopathy means "like suffering," whereas orthodox medicine is termed allopathy, meaning treatment with opposites.

Homeopathy made great strides in the United States during the late nineteenth century. By 1900, 15% of American physicians were practicing homeopathic medicine.

Let us rephrase the Law of Similars. Any substance which produces illness when administered in a strong dose to a healthy person can cause the disappearance of the same illness when administered in a weak dose to a sick person. For example, a strong dose of "Ipecac" induces vomiting; in a homeopathic weak dose, it is a remedy for people with nausea and vomiting. "Coffee" prevents sleep in most people; in a homeopathic dose it is used to treat insomnia. "Opium" causes constipation; in a homeopathic dose it is used to treat constipation.

Dr. Constantine Hering discovered that healing in homeopathy occurs in a set pattern:

- 1) Healing proceeds from the deepest levels (mental and emotional as well as vital organs) to more superficial sites (the skin and extremities); i.e., for the inside out.
- 2) Healing flows from the upper part of the body to the lower part.
- 3) Healing progresses in the reverse chronological order from the original presentation of symptoms.

According to the first postulate, a cure is generally in progress when the status of the emotional state and vital organs improve, even though skin symptoms are worse. In the second law, a patient is considered improved when arthritic pain in the neck has improved, even though there is no change in his knee pain. The third law states that patients will frequently re-experience old symptoms from their past during the healing process.

Homeopathic medicines are prepared in a very specific way. The initial or original substance is diluted in nine parts of water and then vigorously shaken 10-20 times. This is a 1/10 dilution, or 1X. To make a 2X dilution, one part of the 1/10 dilution is mixed with nine parts of water and again shaken 10-20 times. Other systems utilize a 1/100 dilution in lieu of the 1/10 dilution. This is known as centesimal dilution and is designated 1C (1/100), 2C (1/10,000), etc. Other dilutions such as LM and Korsakov are used less in the United States than in Europe.

The shaking process, called *succussion*, is vital in the preparation of homeopathic substances, for it seems to impart energy to the mixture. Homeopaths frequently use substances as dilute as 200X (or 200 dilutions of 1/10). It is believed that each succussion step imparts more energy to the mixture, so although the 200X is extremely dilute, it is exceptionally potent. Because of their energetic nature, homeopathics are intended to rebalance disturbances in the human energy field which are causing the physical symptoms. This is why they are so effective in not only eliminating the symptoms of a disorder, but bringing a lasting relief.

There are two terms needing definition: classical homeopathy and clinical homeopathy. Classical homeopathy seeks to match the specific signs and symptoms of the patient (physical, emotional, and mental) with the known effects of a homeopathic remedy. In classical homeopathy, the practitioner prefers to use one remedy at a time in a high potency. After taking one dose, the patient waits four to eight weeks before the effects are clear to the practitioner. A second dose or a different remedy is prescribed only after the first dose has ceased its action (this may take several months). This type of practice is very difficult to master, requiring years of study and research before proficiency is attained. Classical homeopathy is intolerant of any other form of homeopathy especially of clinical homeopathy.

Clinical homeopathy frequently uses mixtures of low potency homeopathics (1X to 20X) which are synergistic in action, that will work on specific organs or tissues; e.g., liver, pancreas, lymphatics, etc. Most practitioners of Clinical Bioenergetics and holistic medicines use both classical and clinical homeopathy in addition to other schools of homeotherapeutics, in order to produce a more balanced effect.

Chapter 8

FLOWER ESSENCES

The flower has always been regarded and used as a symbol of beauty, and of the development of our highest human faculties. Examples are the rose as used by the Rosicrucians and Sufis, and the thousand-petalled lotus in Indian philosophy. When human beings first stepped upon planet Earth, plants had nearly perfected their evolution. We owe much of our development to the energies we drew from the plant kingdom.

Scientific research has proven that emotions can affect nervous system function, hormone levels, and immunological responses. In the early 1930s, fifty years before any major research on stress-related disorders, the renowned British physician, researcher and homeopath, Dr. Edward Bach recognized that many of his patients' ills were related to their various negative states of mind. He noted that fear, anger, lack of confidence, jealousy, hopelessness, resentment, guilt, and uncertainty so depleted a person's vitality that the body lost its natural resistance to infection and other illness.

Bach felt that illness was a reflection of disharmony between the personality and the Higher Self of Soul. We come into this world with a certain soul purpose. We then develop a personality that is a reflection of how we perceive this world. Frequently our personality is in conflict with our soul purpose. Bach felt that the subtle vibrational energies of flower essences could assist in realigning our personality with our purpose, and thus create greater harmony within us. By correcting these emotional factors, patients would increase their physical and mental vitality and thus be aided in resolving any physical illness.

Bach discovered the effects of various flowers through observation of how they affected him. Bach was so sensitive to his surrounding environment that he frequently had to isolate himself from the crowds in London, because the city life was too disruptive and draining. Living in the English countryside, he took long walks in search of the emotional healers within nature. His sensitivity to subtle energies was so great that by touching the morning dew from a flower to his lips, he could experience all of the physical symptoms and emotional states to which the flower's essence was an antidote.

Bach discovered 38 flower remedies. He prepared these essences by placing the flower upon the surface of a bowl of spring water for several hours in sunlight. The subtle effects of sunlight were critical in charging the water with an energetic imprint of the flower's vibration. The 38 Bach remedies related to the following seven emotional states:

- * Fear
- * Uncertainty
- * Insufficient interest in the present
- * Loneliness

- * Over-sensitivity to outside influences and ideas
- * Despondency
- * Overly concerned with the welfare of others

The flowers used by Bach are from certain plants of a higher order. Each embodies a certain soul quality, or, to put it in energetic terms, has a particular energy wavelength. Each of these plant-based soul qualities is in tune with a certain soul quality in a person, i.e., with a certain frequency in the human energy field.

Chapter 9

DENTAL AMALGAM FILLINGS: THE MERCURY PROBLEM

A continuing controversy in medicine is the paradox that a very toxic substance such as mercury becomes totally harmless once it is placed in the teeth. This discussion has been going on since dentistry began using mercury many decades ago. Bioenergetics has demonstrated that a high percentage of persons with chronic disease have mercury as the Key Toxin. In most cases, the mercury was leaking from the fillings. Many patients are also found to have problems caused by a secondary phenomenon, oral galvanism, in which an electrical current is created in the mouth when two or more metals are used for fillings. This current is similar to that of a battery in which the anode and cathode are also composed of different metals. Years of research in Bioenergetics has shown:

- 1) Mercury is toxic in any form
- 2) Mercury fillings can induce serious side-effects in individuals overly sensitive to mercury.
- 3) Long-term exposure to mercury in most people will cause chronic stress in the body.
- 4) For those people in whom mercury is the Key Toxin, metabolic processes are blocked, along with the immune system.
- 5) Patients without mercury fillings are more responsive to treatment than those with mercury fillings.

Based on these observations, it is safe to say that mercury is not the preferred material for use in dental fillings. You are strongly encouraged to do further reading on this subject, and decide for yourself whether to replace your mercury fillings with more appropriate materials such as porcelain, gold, or composites when the opportunity arises.

With allergic patients, persons who have auto-immune illness (rheumatoid arthritis, lupus, multiple sclerosis, etc.), and patients with immune system weakness (AIDS, etc.), extra precautions should be taken before removing the fillings. During and after removal of the fillings, reactions can occur because of the extra release of mercury in the body. These reactions can be blocked by specific homeopathic remedies. After removal of mercury, most patients will not immediately experience any change in their symptoms, since there are still large reserves of mercury in the brain, nervous system, colon, kidneys, bones, adrenals, and pancreas, which have accumulated for years. With

homeopathic drainage and detoxification, these reserves will be eliminated. It often will take up to six months to remove all traces of mercury, but the rewards are great.

It may be difficult to find a dentist who is aware of these serious problems. The American Dental Association (ADA) has positioned itself in favor of amalgam fillings, and discourages their members from removing fillings for reasons of toxicity. In Sweden, mercury is not allowed to be introduced into the teeth of pregnant women because of its proven damaging effects on the fetus. It often takes time for Medicine to acknowledge that a mistake has taken place. With the mercury issue, lack of cooperation between the medical and dental professions has made things even more difficult.

Mercury may cause symptoms months or years after implanting it in the oral cavity. Patients then seek out physicians who make no connection between the symptoms and earlier dental work. Once a treatment is considered safe, it takes much suffering before a change is effected, especially when the side-effects are difficult to notice. Yet the evidence exists: many patients have greatly improved their general health after removing their mercury amalgam fillings.

Chapter 10 DETOXIFICATION

All chronically ill persons have a very high accumulation of toxins in their bodies. Many healthy persons will also have a high level of toxicity. In the United States and other industrial nations, environmental pollution is causing much of this toxic effect. High levels of toxicity cause stress on the tissues, slowing down the metabolic processes and interfering with the function of the immune system. The stronger the body's constitution and the more balanced one's mental condition, the longer it is possible to maintain relative health with a high toxic load. Ultimately, however, we all pay the price.

We all know people who have lived their entire lives without symptoms, only to suddenly discover that they have a serious illness at an advanced stage. The key to health is to clear toxins from the body, minimize stress, and adopt a healthy life-style. The foundation of Bioenergetics is detoxification, which is the process of removing toxins from the tissues and organs. There are many ways to accomplish this. Several time-honored techniques that are helpful include sauna, exercise, colonic irrigation, and lymph massage. However, none of these approaches is sufficiently specific for today's chemical exposure. There is a better treatment: homeopathy is the only form of medicine based on toxicology. In homeopathy, the effects of known toxic substances are studied on healthy persons. Homeopathy is the most potent and complete form of detoxification known. The symptoms caused by toxins can be treated effectively using homeopathic principles.

As stated earlier, the initial step in getting toxins out of the body is called drainage. This is the process of stimulating the organs of elimination, such as the liver, kidneys, lymphatics, colon, and skin. Mild discomfort can occur due to the release of toxins into

the circulatory system. These can include headaches, irritability, sinus congestion, depression, insomnia, fatigue, “brain fog”, and acne.

These reactions are temporary and can be avoided. If they occur, simply stop taking remedies for a few days. Drinking eight glasses per day of purified water helps the kidneys and bladder to flush out freed toxins. Exercise, steam baths, and saunas can also be of considerable help. A diet avoiding red meats, additives, refined sugars, alcohol, and coffee should be followed. Most reactions occur for one or two days and are minimal. If they do not go away in a few days, consult your physician.

It is important to realize that when a patient initially visits a practitioner of Clinical Bioenergetics, that person is **toxic** and his/her major organ systems are usually **weak** and functioning at below-average levels. After successful detoxification, the patient is **non-toxic, with weak organ function**. The art of getting a patient well is **to make strong what is initially weak, so organ function must be regenerated**. Acupuncture, when combined with homeopathy, can be very helpful in speeding the process of strengthening the organs.

Chapter 11 INTEGRATION WITH CONVENTIONAL MEDICINE

Bioenergetics and holistic medicine are quite different from conventional medicine, yet they can be complementary.

When patients are about to have a major surgical procedure, it is important to prepare them pre-operatively to facilitate faster healing with fewer complications. This can be done by gentle stimulation of the organs of drainage—the liver, kidneys, and lymphatics. In addition, post-operative healing will be accelerated by starting the patient on the homeopathic remedies Arnica 6X and Bellis Perennis 6X two days before surgery, and continuing for 10 days after surgery (dosage is three times daily). Additionally, if you give a patient Phosphorus 12X three times on the day before surgery and once on the morning of surgery, you will greatly reduce any possible complications of general anesthesia, because Phosphorus protects the liver. With parents planning a pregnancy, it is of great benefit to maximize their health by detoxification before conception, and also to provide post-conception care for the mother, as well as neonatal care for both the mother and baby.

When a patient must undergo aggressive therapy—such as chemotherapy and radiation, it is helpful to have complementary treatment with Bioenergetic support and homeotherapeutics to minimize the damage caused by these therapies and to hasten the process. (The organ initially weakened by cancer chemotherapy is the liver.)

In cases of corticosteroid or prednisone therapy, the immune system is suppressed, and homeopathy will have less effect, but it can still be used to counteract the long-term side

effects. In addition, prolonged use of prednisone will cause adrenal atrophy and under-production of adrenal hormones. By giving patients Ribes Nigrum (black currant) in 1X potency while they are taking prednisone, the adrenal glands will be nourished and stimulated.

When prescription drugs are needed, homeopathic preparations can be used simultaneously, to minimize side effects and obtain the best results.

Chapter 12

SPIRITUAL ASPECTS OF ILLNESS

For most people, illness serves a purpose. To understand this purpose, it is necessary to understand spiritual laws. This has nothing to do with religion, but requires understanding of the higher purposes of illness. Consider the following example from clinical practice.

Many cancer patients are found to have an emotional blockage or unresolved frustration. One patient, when asked directly if she really wanted to cure her cancer, became very thoughtful. Finally, she answered, “No.” She realized that if she became cured, she would lose all the secondary gains attendant with her illness. Her husband had quit working overtime to be available to help her. Her three daughters, who rarely visited, were now visiting daily. When it was explained to her that it might be possible to receive similar attention in another way, by doing volunteer work and by her visiting her daughters regularly, she suddenly realized that she no longer needed to have cancer in order to get attention. She recovered completely in several months.

It is important to understand that illness is a warning sign, and that here is a lesson to be learned from it. Something is wrong physically, emotionally, or both. If we only heed the warning signal and not the underlying cause, the body will find another way to warn us by evoking another warning signal. Let us pause here, to reflect upon our lives.

How are we doing in life? This question has little or nothing to do with finances, but rather poses the question, “Are we headed in the direction that is right for us?” Consider the price we pay to chase our dreams:

- * Loneliness, because there is no time for a relationship
- * Lack of sleep, because we have too much to do or think about.
- * Little relaxation time, such as listening to music, reading a good book, going on vacation, or just doing nothing.
- *Lack of appropriate rewards, such as massage, Jacuzzi, sauna, or other healthy relaxing activities.

We should ask ourselves the following:

- * Do we express ourselves, or do we keep most of our worries and frustrations inside?
- * Are we creating too much pressure upon ourselves with too many deadlines and “there’s not enough time?”
- * Do we take five minutes every morning to reflect on and plan our day?
- * Do we set goals? Are they realistic long- and short-term goals to keep us on target?
- * What is our definition of happiness? Have we included health, flexibility, fulfilling relationships?
- * Do we take time out before sleep to evaluate how our day went and reflect upon what we could have done to be more positive, loving, and constructive?
- * Do we wake up grateful to be alive another day and realize how lucky we are?
- * Are we content with what we have, or are we always striving for more to feel secure? And if we do not get what we want, what is the price we pay in our health, through our anger, depression, lost hope, and insecurities?
- * Do we see the positive side of events, even when they are apparently no in our favor? Are we able to look at every obstacle and accident as a new opportunity to grow and to learn?
- * Do we empower other people by telling them positive things about their outlook, health, work, and anything else we appreciate about them?
- * Do we take time to reflect upon and relive the beautiful moments in our life, the moments of success and joy?
- * Do we seek out situations where both parties can be happy with their achievements, or do we prefer to come out the triumphant winner?
- * What would we like to change in our life, if we could? Do we really believe it is possible?

Now is the time to make a plan and set long-term goals for changing the things we want to change. Isn’t one of the goals of this life to be the best we can be? It is entirely up to us not only to accomplish our goals, but to enjoy the process as well. Once we understand the role we play in the formations of disease and how illness is often our way of dealing with ourselves and the world, we will come closer to understanding health.

Chapter 13

PROGRAMMING THE MIND: THE PLACEBO EFFECT

The mind plays an important role in health and illness. There is scientific proof that fear, worry, tension, anxiety, and other negative emotions can weaken our immune system and make us susceptible to illness. Dr. Janet Hranicky, a well-known psychologist specializing in the relationship of emotional attitudes to the occurrence and treatment of cancer, has researched cancer patients for the past 15 years, and has found that they are more apt to have a long-standing belief system that keeps them in a state of emotional pain. They distance themselves from people close to them, and from nature. They are not interested in play and having fun. They tend to harbor resentment and self-pity, and have more difficulty creating meaningful long-term relationships.

One of the most overlooked aspects in medicine is the role of physicians in their patient's progress. Their beliefs about the patient and about the recommended treatment will dramatically influence the outcome of the therapy, whether it be conventional treatment of holistic therapy. Physicians' strong beliefs in their therapy and in their patients will cause the patients to believe more in the therapy, as well as to believe in themselves!

A physician can do much to help guide the patient in a more living and positive attitude, and into a state of receptivity, which will permit the body's regenerative forces to work more effectively.

This booklet is intended to help you understand how this works and also what you can do to help in your own healing process. Ignorance is not a valid excuse for illness. Health is the balanced functioning of the body, mind, and emotion—a principle which must be reinforced by both practitioner and patient if a genuine cure is to be achieved.

One of the major tools in our possession is the power of creative visualization. When this is used to bring about pure love in one's heart, as well as forgiveness and contentment, the elements are in place to create mental/emotional peace and true healing. Let us understand the placebo effect—the mind's power to cure many diseases. Conventional medicine has regarded it as an unexplained phenomenon, called upon to explain the unexplainable. It has been used to account for the "spontaneous cure" and the "spontaneous remission". In a research setting, a medicine is considered effective only if it has a significantly greater benefit than otherwise obtained by the placebo effect.

The positive placebo is created when a person's belief system expresses trust in the treatment's benefits. This belief will enhance the effect of the intended treatment. The more the patient and the doctor believe in a cure, the greater the probability of cure. The most dramatic placebo effects are called miracles. If a patient strongly believes that therapy will work, the patient will be helped, even if that therapy was previously proven to be ineffective. For years, the scientific community regarded all successful results of healing by holistic practitioners as placebo effects. This was partly true, since holistic practitioners all encourage their patients to heal by believing in their recovery.

The positive placebo effect can be enhanced considerably by creative visualization. Every time you take a remedy, visualize the action of the remedy helping you get better.

Chapter 14

CONCLUSION

Another aspect of Clinical Bioenergetics and holistic medicine is the ongoing nature of this form of treatment. Once a patient's health is restored, it must be *maintained*. This is accomplished by returning for regular check-ups at least two or three times per year. It is essential to find the appropriate maintenance program to continue to slow the aging process and to counter-act the effects of environmental pollution. Every person, healthy

or sick, needs a maintenance regimen for prevention as well as recovery. Remember that health is a dynamic process, one which continually fluctuates with our challenges and difficulties, our response to these challenges, our ever-shifting emotional balance, and our evolving coping skills. Each of these events is a stressor and makes demands on the organs and tissues, and on the nervous and endocrine systems which support them.

We must come to expect change in our bodies. If we understand this, it will help us view with greater respect our bodies and health, and we will become ever more attentive to the subtle signs and signals that this intricate system provides.

LET US ALL CELEBRATE OUR HEALTH!

ABOUT THE AUTHOR

Michael Galitzer, M.D., graduated from S.U.N.Y. Upstate Medical School in 1973. His long-standing training in traditional medicine (14 years) as a Board Certified Specialist in Emergency Medicine, coupled with his work in Bioenergetic Medicine, give him a unique perspective in healing. He was the director of an emergency room in a major Los Angeles hospital.

In 1986 he opened a preventative medicine and nutrition practice in Westwood, California. Since 1987 he has been practicing Bioenergetic Medicine and Homeopathy in Los Angeles. In addition to practicing Acupuncture, he is doing extensive research on the endocrine system. Dr. Galitzer lectures nationally and internationally. He is currently developing natural medicine products.

Dr. Galitzer is also President of the American Health Institute, which is dedicated to education and research in Bioenergetic Medicine. The Institute has developed a program which focuses on the emotional and energetic shifts that are necessary for patients with cancer.

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