

Often I talk about how alternative practitioners look at things in a different way from the conventional medical model. In conventional medicine there is a mechanistic and reductionistic method of categorizing health problems. What I mean is the body is viewed more like a piece of machinery and that every condition is reduced to a “part” being the culprit. This fits well with the pharmaceutical intervention treatments that define modern medicine but, unfortunately don't seem to be working optimally for the chronically ill patient. When there is a part that is not working there is a reason for it. The body has a great facility for healing itself and when we “do the right thing” it usually does not break down. There is also the fact that nothing happens in a vacuum, when one thing is wrong it usually affects other things. If you have heart burn, for instance, it could be caused by spicy foods, food allergies or sensitivities, h. pylori (a bacteria), stress, high stomach acid, low stomach acid with decreased production of the protective mechanisms of the stomach lining. You could give Prilosec, Nexium or Prevacid, etc. and these will block symptoms but they may not address the cause. Then, when the person stops the medication the problem comes right back. That means you have not addressed the problem.

What that means is we need to look at the whole person, why is this happening in the first place. The stomach is not necessarily the main problem so treating it without treating the cause is futile and destines the person to remain on medication for life. We need to do our own CSI episode and get to the bottom of the problem. We cannot easily replace a body organ like we can a part on a car so we need to find what is causing the dysfunction and repair it. If there is a problem with spicy foods, first we stop the spicy food then we give the body nutrients to help repair the damage to the digestive tract. After that, we may be able to add those problem foods back in to the diet with out a problem, we may have to continue to avoid them or we may be able to reduce the body's reaction to the food. But, if we simply give an ant-acid or an H2-blocker then we are missing the opportunity to create a healing environment and make a real difference in a person's life.

We often do things to limit our body's ability to function and we then look to outside sources for

help. What we need to do is recognize our body's symptoms and then act appropriately to stop those from happening. If we are staying up too late at night, or not sleeping well due to whatever reason and we drink coffee to “perk us up” in the morning then we have a problem. After a while our body gets deprived of “real energy” since we are not sleeping, (and probably not eating right to boot!) and we need even more coffee, soda, cigarettes, etc. to get us going. After a while we stress our adrenal glands so much that even the coffee doesn't help anymore. What we really need is to give our body the nutrients, sleep, water, etc. it needs and improve vital functions such as digestion, detoxification, cardiovascular function and mental/emotional issues so the body will work optimally. When we do this we are honoring our body as a whole and most of the time conditions we are suffering with will decrease or go away on their own. A bulk of my practice is made up of people suffering with multiple health issues since they have tried “everything else” first. If I were to look at them from a mechanistic approach I would just have them do what their MD's and health food store clerks are doing: take this medication or supplement for this problem, this one for this problem, this one for this problem... you get the picture. Whether you are taking 20 medications or 20 herbal supplements for individual problems you are not getting to the root because you are only treating parts. We must look at our body as a fully integrated organism and treat it as such for the true healing to be accomplished. If you don't you will be taking a lot of stuff for the rest of your life. It's your life. It's your health!