



handbook

For CAM Professionals -
best practices to work with
patients with chronic diseases

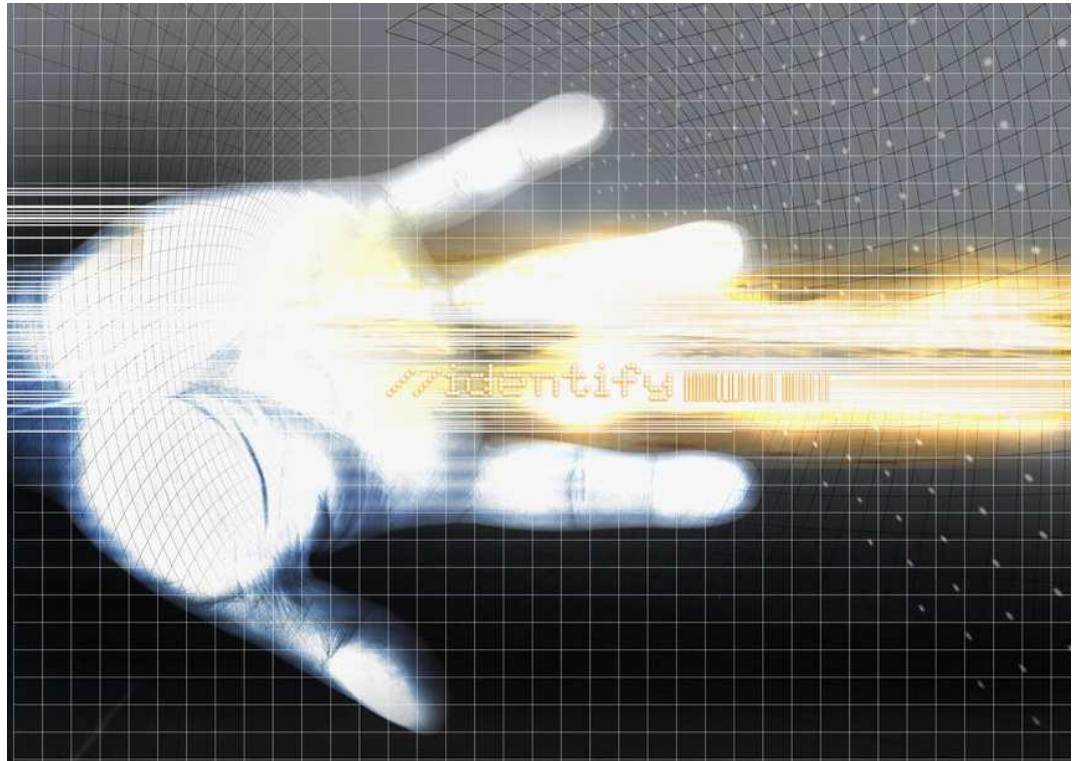




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Introduction

“

Complementary and alternative medicine is a broad domain of healing resources that encompasses all health systems, modalities, and practices and their accompanying theories and beliefs, other than those intrinsic to the politically dominant health system of a particular society or culture in a given historical period. CAM includes all such practices and ideas self-defined by their users as preventing or treating illness or promoting health or well-being. Boundaries within CAM and between the CAM domain and that of the dominant system are not always sharp or fixed.

”

CAM Research Methodology Conference, April 1995.

The best way to manage an illness is to prevent it from happening in the first place. Nonetheless, people who are already ill especially chronically ill benefit from greater control of their health. It is a common sense concept getting scientific roots, that people who take an active role in their health care, experience better health and improved healing. In spite of the advances in medical technology and constantly raising costs conventional treatments alone may not be adequate. Although many patients with chronic diseases tend to rely greatly on prescription medication, they often do not get relief in symptoms but suffer from unpleasant side effects. What's more patients feel that modern medicine became "distant and cold" and doctors treat the disease not the person, nor society at large. As worries

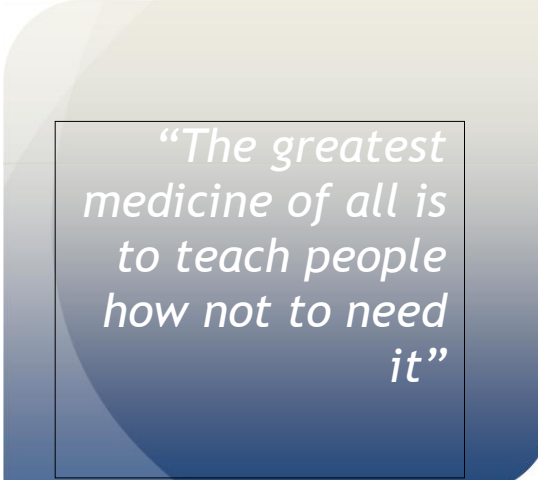
about flu pandemics and other disease outbreaks become more prevalent, greater authority is placed and will continue to be placed on each individual to support their well being and health.

Cultivation of health and wellness is a constant process, involving appropriate nutrition, movement, mind calming exercises, vitality enhancing practices and other healthy choices. This matter unfortunately is not merely a practice of swallowing a "magic pill" to cure every ill.

Many studies support the important role the mind plays in healing and in fighting disease as well as creating them. Disease it seems still is a hardly understood phenomenon. This proves the potential importance of developments and innovations originating in methods based on other scientific premises than mainstream medicine does.

As alternative therapies and practices gain greater acceptance as potential forms of healing, the terms to describe them are evolving as well. Today the term "integrative medicine" is often used to describe this form of health care when alternative and complementary therapies proved effective in scientific studies are being incorporated with conventional care. This slow but continuous change of awareness and understanding in the West leads to integration of alternative treatments into a health care system in an attempt to nurture the whole person – mind and spirit as well as body.

The current disadvantage for alternative therapies is that they are still viewed with a discriminatory eye and scepticism that is not applied in the same measure to an overly heavy system of healthcare that is in place, and has proven to contribute to global hazards, for instance through increasing viral dangers as a result of over medication with antibiotics and fighting bacteria with disinfectants. Therefore we feel the EU can be a forerunner in the emancipation of alternative ideas in



*"The greatest
medicine of all is
to teach people
how not to need
it"*

healthcare.

This handbook was prepared in the effort to provide valuable information for professionals as well as patients to help them choose appropriate CAM therapies and become more informed about available methods. The practices described in this handbook were chosen to promote health and wellness. It is important to keep in mind however that what's considered alternative today may be conventional tomorrow. Also, very often traditional therapies practiced in the West today became influenced and swayed by western medical thinking and many doctors do not practice authentic traditional medicine, but instead focus merely on symptoms. It is our hope that many methods described in the handbook may assist patients to become more active participants in their own health care. Each of us plays an important role in maintaining good health by choices we make each day.

Each chapter was written by a professional specializing and experienced in the given therapy, and we understand that there are many other great CAM practices, which simply did not make it to this handbook. Integrative medicine offers some wonderful opportunities to improve everyone's health and wellbeing.



General overview

There are many methods of what we call in the West complementary and alternative medicines. For many people, but also for professionals it is sometimes very hard to understand what these methods entail.

For the public it is important to know in choosing a method and for the professional it is important to know whether or not a client should be referred to another method and if so, what method, and to decide whether a method that is already used by a client interferes with the method of the professional.

This handbook is meant to help in that. It only covers a limited number of alternative/complementary methods, but it gives at least some insight for clients to make a choice. The Quality of treatment is quite another matter. Quality can only be achieved by following schooling and postgraduate schoolings. So clients in deciding who to turn to can also ask:

1. Where did the practitioner get his education , who was or where his teachers
1. What does he do to stay up to date in his profession, postgraduate schooling, research, publications etc.
2. Does he limit himself to what he has been schooled in, does he keep to an ethical code and does the school where he was educated have some form of ethics in their curriculum.

For the rest choosing a physician, whether regular or alternative is a matter of personal choice. Everybody should be free to make his or her own decision. Every therapist will of course consider his or her method the “best”. This is a good thing, because it shows the commitment and the trust of the therapist in his profession.

There is however no “best”, simply because many methods cannot be compared. The best is therefore what the client feels most comfortable with in undergoing and result. Of course results should be rewarding trust. But results are not only a matter of method, it is also a matter of dedication from the therapist to the client.

That clients should be informed with honest non biased information is without question. The handbook is meant for that, not for promoting a particular method. We suggest that this handbook will be expanded over the years so that more information about more methods is available.

To connect with the purpose of the project we also suggest to make the handbook part of the reading list of every education in alternative and/or complementary medicine.



Chinese medicine

Chinese medicine is generally known through its practices, such as:

- Acupuncture
- Massage
- Herbal medicine
- Qigong exercise

Although these are certainly part of Chinese medicine methods they are by no means specific for Chinese medicine. Many modern Chinese qigong exercises for instance originate in the 19th century heart of Europe where people practiced magnetic passes and exercises to charge themselves for that. Qigong itself did not exist as a term before the 1930's and became only generally used from the 1950's. It included healing exercises, ritual practices, yoga, daoyin, neidan, mantra, visualization and many other kinds of exercises. Modern acupuncture and herbal medicine are often based on politically motivated adaptations made in the last century in Japan, Korea and China to suit the modernization people saw as necessary to fit in with the rest of the world. Even on the theoretical level little remains of the past. Cupping originated from England, and it is often said that Chinese medicine is about 5000 years old while in fact history of Chinese medicine is a discontinuous development that was kick started about 2500 years ago with the unification of China. Only in the Song dynasty a complete and holistic theoretical framework was developed under the influence of Buddhism and Daoism. Daoism remained the main promoter of Medicine practice, but as a practitioner it was not before some 1000 years ago before there was an official status in society for the scholarship required to become medical practitioner.

This all means that asking your teacher or therapist what kind of practice, what theoretical model etc. is being used and what model of health is being used. If your teacher or therapist is aware of these differences you are more likely to have long term positive results.

Chinese medicine is primarily a learning process for body, thought and personhood. Interventions such as through acupuncture, food, massage, herbs or exercise can have acute and long term goals or results. It does mean that Chinese medicine can be applied both on acute diseases as well as revalidation or treatment of "consuming diseases". Consuming diseases are diseases that eat away your mind or body or both. The more serious your problem is the more disciplinary the nature of your solutions will be. Normally solutions are sought in the following order:

- 1) Exercise (daily) to enhance general vitality and concentration and develop tools to influence body functions, to keep the body fresh and active. Impact is low but shapes body form and temperature over time. Prevents aging

- 2) Dietary regimen (daily) by keeping track of how you eat and what you eat you can have a generally beneficial influence of long term processes. Impact is low but shapes well-being from digestion over time. Prevents aging
- 3) Massage (frequently) helps to unblock the passages of the body, keep the muscles and joints fresh where exercise seems to have difficulty to reach.
- 4) Acupuncture (when ailments arise) helps to restore normal body functioning and restore relationships between the inner and outer, regulate body temperature and pressure, compression and decompression of hollow spaces, flow of substances through the body. The working is through teaching the body how it ought to work, comparable with filling a cup of black currant tea with water until it becomes all clear again. Acupuncture combines techniques from earlier forms of massage as well as exorcism to deal with issues. It is practiced in military style (forceful dry needling) and civil style (gently guiding)
- 5) Rituals/healing (emotional/psychological or community based) serves to reconnect the person with society and family as required due to confusion, paranoia, fear, or other trauma
- 6) Herbal concoction (last resort) because herbs are not seen as products without danger in Chinese medicine one resorts usually to herbs alone when the benefits outweigh the disadvantages, disadvantages being side effects. The more herbs there are in a concoction the more risk the client takes. Often tried remedies are advised to take before adjusted and personalized formulas are used.

Nowadays herbal medicine is like its chemistry based bigger brother often advised as part of economic needs instead of health reasons. It even adjust to public aversion of bad fragrances of original herbs by producing chemically adjusted smell and taste free pills or granulates which only have a remainder of 10% effectiveness compared to pure herbs but which are 3x more expensive.

When one goes to clinical practice usually a diagnosis is taken first. This diagnosis can be based on western medicine of blood value diagnosis or on Chinese medicine diagnosis, including eye diagnosis, hand diagnosis, blood-pulse diagnosis, tongue diagnosis, diagnosis of lingshen.

On many things Chinese and mainstream medicine believe different things about the functioning of organs and body part. While biomedicine is chemistry based and mechanical or even deterministic in its outlook, Chinese medicine is based on things everybody can directly experience with a little effort and is considered empirical. Both are evidence based, but the nature's of their evidence is radically different.

We already mentioned that Chinese medicines consist of many different methods. Therefore one cannot say that for instance acupuncture and Chinese medicine are the same, or that Tuina and Chinese medicine are the same or that herbal medicine and Chinese medicine is one and the same. Chinese medicine is known through its unifying theory holist theory that is developed during the Song dynasty some 1000 years ago. The application of this theory can take place in different methods. Acupuncture and tuina/anmo are such methods, but meditation, Gongfu, personality development, social guiding and so on are also methods. Theoretically we could develop a surgery and chemo therapy based on Chinese medicine theory. Although then the methods

originate in modern western biomedicine, its use within a particular framework will make it Chinese medicine within the definition that Chinese culture gives to itself.

From the before we can split Chinese medicine in two sections to start with:

- True Chinese medicine (which uses mostly Chinese medicine theories)
- Altered Chinese medicine (which uses theories from non-Chinese origins)

It is important to classify a method as either this or that to really understand the tools to use to judge a quality or result. Each of these theories has different views of the body, health and what is disease. To find a proper name for this is also important.

The Chinese health-system and the way that doctors looked at disease are extensively described in many books. Unfortunately many concepts are translated in a way that is now in China looked upon as not correct. Examples are qi translated as energy, which it is not and jing as vital essence, which it is also not. But in order to work with these translations practitioners had to revert to western methods for understanding, because the original Chinese cosmology could not be understood with these translations. This has led to a complete new Chinese medicine, the modern Chinese medicine, which in essence is western medicine making use of Chinese concepts and techniques. The boundaries of the new medicine are vague and are easily blending into biomedical theory and are harder to blend in with true Chinese medicine.

In general we suggest to divide Chinese medicine in different subcategories¹:

3. Authentic Chinese medicine (authentic does not mean better!)
4. Modern Chinese medicine (modern does not mean better!)

Furthermore, within each subcategory different techniques are used. For instance:

- Acupuncture
- Dietary treatments (including herbs)
- Exercise
- Massage
- Other

Modern Chinese medicine.

Modern Chinese medicine commonly makes use of the western view on the anatomy and physiology of the body with as an extra the channel-system (also known as the meridian-system) and the acupuncture points. It also emphasizes herbal practice over acupuncture practice as we see happening in the many CM hospitals in China. For most EU countries it is the prime root on which Chinese medicine practice finds acceptance. Acceptance then is founded on discriminatory causes and the non-acceptance of Chinese medicine theory and

¹See for the development of Chinese medicine: Prof. P. Unschuld: medicine in China.

application of the theory. In many EU countries there also are requirements to practitioners to be biomedical doctors first and CM practitioners second. See for this also the following two documents:

- <http://www.aemh.org/pdf/RegulandlicencEUphysicians.pdf>,
- http://www.camdoc.eu/Pdf/CAMDOCRegulatoryStatus8_10.pdf, which is more specific on this topic)

The education system and content in China is almost 80% the same as for a regular basic doctor or nurse, and also western regulation systems often choose for a formula like that, especially in southern and eastern Europe. The northwestern theories generally also allow non MD's to practice.

Although there is merit for the highly industrialized and mechanized methodologies of biomedicine, it also loosens out on the particulars that come as a benefit with the authenticities of authentic Chinese medicine, which in itself is a source for possible innovation for biomedicine too. No medical system is ever finalized. From generation to generation change happens.

Let us take one example. The channel system is a loop and feedback system of information but also a system of nourishment for the body that is hardly ever discussed in modern texts. It is highly complex and explains both acute disease occurrence and treatment as well as that of chronic disease. In fact the difference between the body and the channels is in Chinese medicine neglectable. The difference is situated in the perspective and its use. The use of channels was defined as qi, meaning the perfection with which functions are executed. Since a body is defined as its qi the qi is divided in yin qi or substance and yang qi motility. Ying qi is the way the body is held together and shen qi is the way people are self-aware and give direction or form and motility. If perfection is achieved in a function it has qing qi, clear qi. If qi is absent there is death. Sloppiness in functioning or overly rigid functioning were described as aberrations of qi. In Chinese Biology traditionally medicinal substances were seen as a special category next to herbs/grasses, trees, mammals, fishes and insects. In modernized CM qi and blood are equaled to chemicals of thermodynamic values, energy etc. the outcome of diagnosis requires a different logic and outcome.

The channel-system that is nowadays used is a simplified one that is undone of some of its original ideologies that organized the body comparable to how an empire is organized. It made the body politic. Alterations made the body proto-biological. The one that originated shortly after WWII, was created when a doctor Yang, a Chinese neurologist adjusted the run of the channels to the neurological pathways. In this sense one can speak of energy, since the neurological system is working through electric pulses. It usually limits itself to either Tuina (massage) treatment, or acupuncture, or herbs. It has in common with the western medical system that it focuses on the symptoms rather than the causes of an illness as in our western world often quick results are asked for. It is often formulatic in nature (one symptom= one solution). The herbal treatments are used in the same way as in the western medicine and herbal practice, meaning that researchers look at the different nutrients in a herb (deduction), instead of looking from the small to the big (induction). The irony is that usually this is called Traditional Chinese Medicine, although the relation with tradition is not clearly there.

This example must be clarified that none of those systems offers better results than the other. So the example is not a judgment call. It shows the relevance of change and alteration.

AUTHENTIC CHINESE MEDICINE

The classic Chinese medicine or rather medicines (many subcategories can be found) is profoundly different from the modern Chinese medicine. Its focus is health and not illness. Most problems are what are called sub-health-problems, meaning that people have deviated from the path of proper health maintenance. So advice and correction through acupuncture, movement, massage or herbs can be necessary. Of course when there is a real illness the therapist has to know the system and the proper workings of everything very well, from experience, so he or she can actually from knowledge and not from formula treat the client. Furthermore in authentic Chinese medicines the practitioner is supposed to be able to take care of his or her own health and to have used everything that is being used on him or herself. This is called self-cultivation. Extensive scientific research in these methods has been done in Japan and in The Netherlands, as in China important parts of these methods have been banned by Mao Ze Dong. It includes modern Chinese Medicine. It very often makes use of combinations of all the methods including coaching towards a healthy lifestyle. The idea is that only the client him or herself can heal himself. That health is an action, a process, not a condition and that the task of the therapist is to take away the things that block the patient from taking control over the disease and educating the client into a better healthy condition and maintaining that. The moral cultivation is an important issue, from the client as well as the therapist.

A therapist has extensive knowledge, preferable from experience about, yin, yang, the waxing (five forms or influences) and of the anatomy and physiology in the Chinese way of the body-mind system.

The client is seen not only as the body or the mind but as a whole, including his upbringing, his environment and his work, friends, family etc. The medicine includes therefore behavioral advice, including diet (in the Chinese sense, not the western method where food substances are brought back to their separate components), behavior, taking care of health and place in society. Health is also a learning process, to show what they do and why they do it is therefore important element in treating the client.

Of course in days long gone there were no thin acupuncture needles as we know them today. Stone slivers where used or other sharp objects and acupuncture was more a form of bloodletting than anything else. Dietary advice was therefore important. Every food substance taken to improve health is seen as herbal medicine, and the therapist was expected to never give a treatment that he or she had not tested on him or herself. Movement, qigong, taiga's, yoga's, meditations and fitness where also included.

CONCLUSION

Chinese medicine is a complex and original medicine, based on a scientific cultural foundation. The cultural differences are not accepted by modern western science and therefore valuable information is not seen as scientific in the west. The cultural difference is the most important aspect and Chinese medicine can thus not be learned or given without taking these into account. Chinese science cannot be compared to Western science as they have a different cultural, cosmological background. Chinese medicine sees people as the result of four influences, the father, the mother, heaven and earth. Then after the birth the environmental influences start playing a part. This includes where a person grows up, what he eats and drinks and how he

behaves himself. Any method for treatment should therefore include movement (as it was meant in Chinese tradition, not the modern fitness or sports), dietary advice and only if necessary acupuncture. Herbs are used traditionally as a last resort. As far as known only the Oriental college gives education in all three methods.

Movement should lead to an increased awareness of how this movement affects the whole body. For every client there are different methods available. All can be considered as qigong as long as they take the foundational principles of qigong as a starting point. This means that movement should be an effort, should increase awareness of the whole body and can be explained in the Chinese scientific way. A movement that is done without this will only have a partial effect, if any effect at all. Movement therefore can exist of many methods: Chinese yoga, Chinese fitness, Taiji (not all the forms and Taiji methods are suitable for health), Qigong, Meditation. Movement can also be being moved (i.e. massage), but massage is additional to movement by the person him or herself.

Dietary advice should also lead to an increased awareness of what food does and so lead to a situation where the clients can for themselves decide what food-substances are to be avoided and what to take in case a problem arises.

MOVEMENT

The different kinds of movement that are considered to contribute to health should all have as a common denominator that it leads to a better awareness of the whole body. This means also that one cannot simply use an Indian yoga combined with a Chinese treatment. The purpose of a movement-method is determining its result. Indian yoga has as a purpose to increase the awareness of Brahman –Atman, In Buddhist forms of movement the purpose is to become a Buddha, so to be able to die consciously enough to make the right choices after death. Taiji's that are stemming from the warlords (Yang and Chen f.i.) have as a purpose to become strong and healthy, not especially to live long. Daoist methods originate in the same cosmology as the authentic Chinese medicines. It has as purpose to live long, happy and healthy, but also to contribute to society and be a morally sound person.

Modern yoga's, Taiji's meditation etc. have a totally different background. Movement should be an effort not just a feel good thing. Feeling good is very nice, but in case of problems there might first be some discomfort, only to obtain a better and lasting healthy condition.

The situation is complex, because many teachers claim their methods to be authentic and many teachers use Chinese concepts in a vague way to hide their ignorance. As we read for instance about the concept of qi in "Chinese martial arts" by Brian Kennedy and Elizabeth Guo; "martial arts teachers often use the word "qi" as a catch-all term for any aspect that the teacher does not understand, understands only in a vague sense, or finds difficult to articulate.

Giving advice on where to follow classes is difficult, but one could always do research about the teacher, his or her teacher and the lineage. Furthermore the teacher should be able to tell about the history of his/her methods including the lineage and the purpose. Special exercises to become healthy can only be advised by a

teacher/therapist, since it requires extensive knowledge both about the method of movement and about health and Chinese medicine.

FINAL CONCLUSIONS

As a whole, Chinese medicine has much to contribute to the world, not only to individuals but to society as a whole. It can be a source of innovation for all other forms of medicine just as biomedicine has been too.

Chinese medicine especially differs from what is known through another system of logic and different methodology that seem similar to things westerners traditionally do but that also are radically different, allowing for new approaches benefitting social responsibility, stress control, preventive medicine, insurance issues and preventing damage though uncontrolled aging.



Homeopathy

GENERAL OVERVIEW

Homeopathy is a system for the treatment of all illnesses and a wider consideration of how the individual is as a person.

Dr. Samuel Hahnemann, a German doctor, discovered the principle behind homeopathy in the late 18th century. Samuel Hahnemann, the founder of homeopathy, was a Renaissance genius who was skilled in many fields: he was a master pharmacist, a skilled linguist and translator who was fluent in seven languages, and the forerunner of today's natural healers who promote a natural diet and healthy lifestyle. He could also be called the first psychiatrist, because he was the first person in modern times to promote the human treatment of the mentally ill as well as curing them with his remedies. Decades before Koch and Pasteur, he understood the principles of contagious illnesses and successfully treated the deadly epidemics which ravaged Europe in the first half of the nineteenth century.

Homoeopathy was first established in England in the year 1832 when Dr. Harvey Quin, a friend of Hahnemann set up a practice in London.

WHAT IS HOMEOPATHY?

Homeopathy is a complementary or alternative medicine (CAM). This means that homeopathy is different in important ways from treatments that are part of conventional western medicine.

A central principle of the 'treatment' is that „like“ cures „like“ – that a substance that causes certain symptoms can also help to remove those symptoms. S. Hahnemann used plants and herbs but also many other substances to induce symptoms, with the aim of using as cures for diseases where the symptoms were similar.

A second central principle is based around a process of dilution and shaking, called succession.



Homeopathy is used to 'treat' an extremely wide range of conditions, including physical conditions such as asthma and psychological conditions such as depression.

Homeopathy by acute and chronic diseases:

The most common conditions that a homeopathic treatment can help:

- .asthma
- .ear infections
- .hay fever
- .mental health conditions, such as depression, stress and anxiety
- .allergies, such as food allergies
- .dermatitis (an allergic skin condition)
- .arthritis
- .high blood pressure
- .rheumatism
- ...and so on.

And accompanying by following diseases for example:

- .cancer
- .multiple sclerosis

...and so on.

Résumé

Homeopathy is really not a „pill for every ill“. But moreover it can offer a safe alternative to conventional medical treatments, and it can usually be given alongside ordinary medicines without causing problems.

Now, the great question is: can homeopathy cure chronic disease?

More precisely, can a person with, say, rheumatoid arthritis, a known incurable autoimmune disease, be cured with homeopathy?

Can she or he, after being treated for some months, one or two years, sometimes, be declared free of the disease and need no more medicine?

To say the truth - the answer has to be a definitely –Yes-!

Certainly the prerequisite – „sine qua non“ - the patients can only be cured of their chronic disease with the correct homeopathic medicine. The homeopaths call that medicine the similimum or the medicine that is most similar to the patient as well as to her or his chronic disease. Allow me to say it in other words, it is the homeopathic medicine that most perfectly corresponds to all the symptoms and all innate characteristics of the suffering patient. As a homeopath we have to find the patient's similimum, then the probability of a cure increases significantly. Unfortunately, it is really not so easy to find the similimum for a chronic disease.

It requires great skill, enormous study and a keen insight into the overall situation, the physical, mental and social situation of the patient by the homeopath. But it is doable!

So homeopathy is one of the bearer of glad tidings by the treatment of chronic disease and the cure and treatment is the main thing, in better words, it is the life work of all serious homeopaths all over the world.

To my colleagues: please do not hesitate to use that excellent resource of medicine by curing especially chronic diseases. But I want to please you, if doing that, first go forward studying the homeopathy of our all and brilliant colleague Dr. Samuel Hahnemann.

We absolutely are in need to find the similimum for the chronic disease and our patients. The training opportunities in homeopathy has to be termed commendable in Germany. For sure there are many very brilliant possibilities.

Please allow me to suggest one of them: www.homeopathie-akademie.de , „SteinbeisHochschule Berlin“ . They are linked with BKHD and moreover with AMM.

Requirements to study there: final secondary-school examinations (Abitur) or a secondary school level I certificate (Mittlere Reife) and a professional experience as a „Heilpraktiker“ over 4 years.

The field of study leads to bachelor of science (B.Sc.) and comprises 6 semester. Moreover the students are able to cross over to the university.

Please inform yourself by internet. There is a really good description also about the chance to do it by e-study.

So here some indispensable references to the professional:

- Julius Mezger, „Gesichtete Homöopathische Arzneimittellehre“; Haug Verlag
- Kent`s Arzneimittelbilder; Haug Verlag
- Dr. med Karl Stauffer, „Homöotherapie“; Sonntag Verlag – today Thieme Verlag
- Karl Stauffer, „Klinische Arzneimittellehre“; Sonntag Verlag – today Thieme Verlag
- Boericke, „Materia medica und Repertorium
- Georges Vithoulkas, „Materia Medica“; Ulrich Burgdorf Verlag



Hypnotherapy

GENERAL OVERVIEW

The tool of hypnosis – and it is not really more but also not less than a tool – helps to lead us to a different perception of our world. But the requirement is that we have the intention of getting to know ourselves better. Do we really know ourselves? Or do we merely know that which we think we know through our experiences, our life experience? Surely we all agree that life experience is also full of drawn conclusions, disappointments, misperceptions recognized “too late” and much more. This and many other difficult experiences cover up a wide area or make it difficult to recognize at first glance quite a lot of ability. In any case, our experience often leads to us not being very respectful with ourselves, but increasingly steers our respect towards our environment. Of course our attention to our fellow humans is important, but we should still come first, as only in this way can we also perceive our fellow humans clearer. “Hypnosis” used correctly as a tool helps us, through recognizing ourselves, not only to live more respectfully, but also to judge more clearly, to evaluate, to decide to live healthier, happier and more successfully. Some say only then would they want to call it “life”.

Whichever way we want to express it to ourselves, the tool of hypnosis leads us, if treated accordingly, to that which we call “trance”. But “trance” is a “condition of being half awake”, which helps us to perceive ourselves and our fellow humans in a “de-hypnotized” way. So hypnosis helps us to perceive ourselves and our environment in a “de-hypnotised” way and therefore to act more autarchically.

The name “hypnosis” goes back to the Greek god “Hypnos”, the god of sleep. The Romans called the god Hypnos “*Somnus*”. “*Somnus*” comes from Latin and means “sleep”, therefore the Roman personification of sleep.

Two of the very important **roots** of therapeutic hypnosis, goes back to Dr. Anton Mesmer (1734-1815). Another one to James Braid, who was a Scottish physician and surgeon (1795-1860).

We are going **back to modern times**, when we speak about Dr. Milton Hyland Erickson.

TRANCE AND NEUROLOGICAL EQUIVALENTS

Of course trance, which is induced through the “tool” of “therapeutic hypnosis”, has also been examined scientifically. Therefore we know that trance, which can be induced through therapeutic hypnosis, is also measurable in the theta range of brainwaves. Therapeutic trance should be described as a “state of being half-awake”! Somnologists also call the theta state REM phases (rapid eye movement), as quick eye movements with the closed eyes of the sleeper can be observed while dreaming. It is imperative to access exactly this examined area of the human brain with an expert induction within hypnosis.

HYPNOSIS TECHNIQUES

Auto/Selfhypnosis can be learned quickly. What distinguishes them is that they, like their “big brother”, “lead hypnosis”, work with at least conditional foci and therefore can cover a very target-oriented area of use. Likewise, autohypnosis represents the most respectful instrument within self-lead trance work. It is not primarily about relaxing, but about using relaxation

consecutively, when I am close to myself, to my subconscious – communicating with myself.

Autohypnosis in the upper theta range (7 to 8 Hz), is an instrument which helps me to understand myself better, to draw from myself – from the, **for me**, “inexhaustible fountain” of my resources, my experiences, to make use of my benefits in an individual interconnection only accessible to myself.

Autohypnosis is extended through the special approach of communicative hypnosis, according to Susan Fischer. Communication, which is worth it.

Lead trance by means of CDs

“Lead trance states”, which are experienced by using CD`s are also designed for reaching slightly deeper trance states (6 to 7 Hz). However, for this we need the “accompanying voice”, whom we allow to lead us “inside” and “out” again.

The experience with ourselves remains with ourselves and involves unexpected surprises. There is nothing more beautiful than to let ourselves be surprised by ourselves again and again.

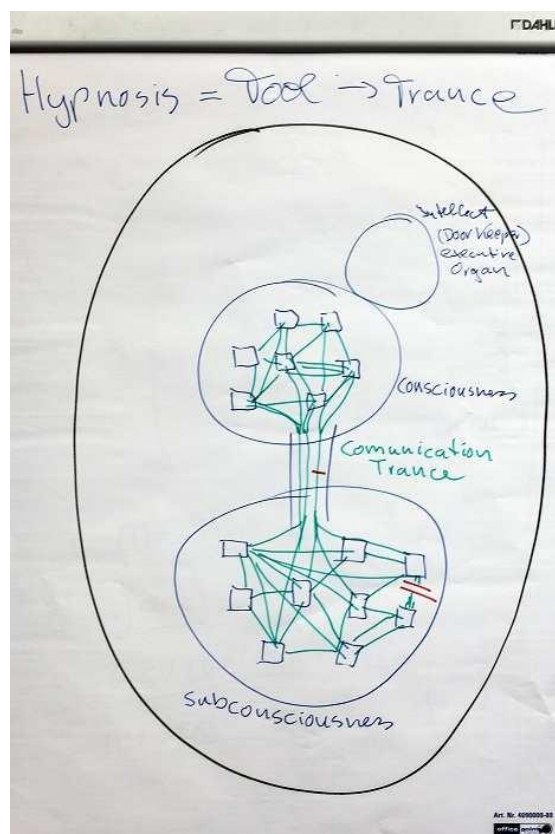
Lead trance with a therapist

The first step in individual, psychotherapeutic hypnosis work in practice is to develop a personal focus for regression work in trance together with the therapist by means of the therapeutic reflection. To recognize and experience direct communication between “conscious” (= external conscious) and “subconscious” (= everything working automatically) with the help of a personal therapist is the main goal of every hypnosis therapy.



Rediscovery of resources with the help of hypnosis

Work with hypnosis also often deals with the rediscovery of resources. What is particular about these resources, which humans do not store consciously, or which they are “sure” that they do not possess, is that one should research why they do not have the resources consciously available anymore, or how to “bring to light” their resources from the subconscious.



Moreover and on account of this, hypnosis, particular communicative hypnosis, is a perfect tool to act with chronic diseases.

CONCLUSIONS

When the conscious communicates with the subconscious, the mind has a break. There is simply no work for it, as there is first of all nothing to implement in the external. As we all know a chronic disease is an illness that is long-lasting and often permanent.

The most common ones are high blood pressure, diabetes, various cardiac disorders, arthritis, chronic obstructive pulmonary disease (COPD), recurrent headaches, endometriosis, pre-menstrual syndrome, painful menses, a wide variety of skin diseases, as psoriasis, acne, et cetera.

Moreover all the autoimmune diseases, for example rheumatoid arthritis, systemic lupus erythematosus (SLE), dermatomyositis, scleroderma, lichen planus, Sjogren's, temporal arthritis, only to mention a few of these highly destructive diseases.

For sure there are hundred of chronic diseases, as we know.

Please we should not forget, it is unbelievable, there are millions of persons who suffer from mental disorders (DSM) and neurological disorders as frequent depressions, bipolar disease, schizophrenia, insomnia, sleep terror disorder, sleepwalking disorder, hypomanic episode, hallucinogen related disorder, inhalant abuse, kleptomania, korsakoff's syndrome, panic disorder, posttraumatic stress disorder (PTSD), reading disorder, somatoform disorder, tourettesyndrome, stuttering, delirium tremens, claustrophobia, childhood amnesia, anorexia nervosa, Alzheimer's disease, enuresis (not due to a medical condition).

Migraines and other types of headache, narcolepsy and other sleep disorders, cranial nerve disorder, seizure disorders such as epilepsy, stupor and coma, multiple sclerosis (MS) and other demyelinating diseases, Parkinson's disease, essential tremor, organic psychosis and so on.

Please remember, really many millions of citizens especially between the ages of 18 and 64 also suffer from a chronic disease and please don't forget our children.

Of course not all chronic diseases are disabling but many are. Certainly there are exceptions but in general, conventional medicine cannot cure chronic disease.

The conventional medicine can manage chronic disease and render it less burdensome but it cannot cure chronic disease. The really great exceptions are the cured cases of various cancers. Using surgery, chemotherapy and radiation therapy many cancer patients are alive and well five and ten and more years later. However often they suffer from the many fold adverse effects.

We have to state in general, and apart from the successful treatments of cancer, virtually all chronic diseases cannot be cured by using so called „conventional“ medicine.

Without a doubt the diagnosis and treatment of chronic disease consume most of the medical and psychological resources we can offer to our patients.

NOW, THE NEXT GREAT QUESTION: CAN HYPNOSIS HELP IN CURING CHRONIC DISEASES?

More precisely, can a person with, let's say, panic disorder or posttraumatic stress disorder (PTSD) be cured with hypnosis? And, can a person with, let's say, migraines and other types of headache, narcolepsy and other sleep disorders be cured with hypnosis?

And, can a person with, let's say, rheumatoid arthritis, a known incurable autoimmune disease, chronic obstructive pulmonary disease (COPD) accompanying be treated with hypnosis?

To say the truth - the answer has to be a definitely –Yes-!

First, chronic pain is a very big field for curing with hypnosis. There are many studies, in USA, GB, Germany and other countries, too, to prove this.

All the findings of the studies indicate that hypnosis interventions consistently produce significant decreases in pain associated with a variety of chronic-pain problems.

At this point let me give a short overview to the term „hypnosis“.

The term "hypnosis" comes from the Greek god „Hypnos“, the God of sleep. So the meaning of the word hypnos stands for "sleep". Hypnotherapists use exercises that bring the person in a state of trance. That means a person in a deep relaxation and a deeply focused state, so coming in an altered state of consciousness. In this state of trance she or he, let's say, is unusually responsive to an idea or image. This does not mean that the hypnotist is able to control the person's mind or free will. On the contrary, trance brings to light the personal unlimited truth, his absolutely own truth. Subsequently hypnosis can actually teach the person how to master their own state of awareness. By doing so, people can affect their own bodily functions and moreover their own psychological responses. The responses from their, so called, subconscious.

Some words to the history of hypnosis:

The roots of hypnosis go back to the trance states used by shamanes and ancient peoples in rituals and religious ceremonies. But the therapeutic hypnosis as we know it today, was first associated with the work of a German physician named Dr. Franz Anton Mesmer (1734-1815). He is the founder of the „science of animal magnetism“. Mesmer

believed that illnesses were caused by magnetic fluids in the body getting out of balance.

So he used magnets and other hypnotic techniques to treat people. But the medical community was not convinced at that time. With the successful American psychiatrist, Dr. Milton Erickson (1901-1980), who used hypnosis in his practice, hypnotherapy regained popularity, not till then.

In the year of 1958, both, the American Medical Association and the American Psychological Association, recognized hypnotherapy as a valid medical procedure. And as we know since the year of 1995, the American National Institutes of Health (NIH) has recommended hypnotherapy as a treatment for **chronic pain**.

In many countries overseas, hypnotherapy is being included more frequently in a variety of setting. As we know from dental offices, emergency rooms and outpatients clinics. A lot of clinical studies suggest that hypnosis may improve immune function, increase relaxation, decrease stress, and ease feelings of anxiety. Moreover clinical trials indicate, when hypnosis is used prior to a procedure, patients stated they felt better prepared, more relaxed and more in control. And when it is incorporated during the procedure, the patient tends to be medically more stable. After the procedure they have less pains and recuperation tends to be faster. Therefore less pain medication being required. Dentists, all over the world, also use hypnotherapy as a method to control gagging, bleeding, pain and fear for their patients. So the state of trance can teach you self-regulation skills. For instance, a patient suffering from chronic pain may be educated how to turn his pain level down, like turning the volume of a radio down by the help of their subconscious. Accordingly hypnotherapy can be a very effective tool for managing chronic illness as well, with the same positive results. Moreover a hypnotherapist can teach his patient a self-hypnotherapy, so she can enhance a sense of control, which is very often eroded by chronic diseases and chronic pain, as we told before.

Other conditions for which hypnotherapy is frequently used including anxiety and addiction is for example: bulimia, bed wetting, anorexia and please see above.

Now there are several stages of hypnosis: as „reframing the problem“; becoming relaxed, then absorbed, may say, deeply engaged in the words or images by a hypnotherapist;

dissociating, means letting go of critical thoughts; responding, meaning complying with a hypnotherapist's suggestions, returning to usual awareness; reflecting on the experience; and a best practice by mental diseases and chronic illnesses, in case the focus is not primary the pain state, is a communicative hypnosis, means conscious is going to talk with the subconscious of the client, by the supervision of the hypnotherapist. So it is possible to uncover something which has taken a back seat, for example, of a chronic disease or a mental disorder.

So hypnosis is not only useful to reduce or stop chronic pains, reducing bleeding, requiring medication, relaxing, giving more stable, decreasing anxiety, moreover it can help to enhance the immune function.

In the end a decreasing immune function is always the setting of a chronic disease and often there is more to it than meets the eye, but and beyond that, the subconscious is able to tell us the mental disorders by uncovering the experience of the affected person. Furthermore it can help us to cure the traumas behind.

So, to say the truth, there isn't really any doubt, that hypnosis can help with chronic diseases and moreover with pains and a variety of chronic pains and mental disorders.

Hypnosis is doing that by using the ultimate authority a person even can have!

To my colleagues: please do not hesitate to use that excellent resource of medicine/ psychology by curing especially chronic diseases. But I want to please you, if doing that, first go forward of studying the hypnosis and communicative hypnosis, in case we are all in need - and especially our patients - of a respectfully perception of ourselves and consequently of the big variety of diseases, especially chronic diseases and pains, according our Hippocratic oath and of course the WHO.

The training opportunities in Germany have to be termed varicoloured. Means, to say the truth, unfortunately there are many, but not only reputable as well as respectable training supervisors, whichever provide the education in hypnosis.

But you can resolve that in an easier way as at first sight. Please look to it, that they do not promise to learn hypnosis in a little while. The education of a professional study of hypnosis is in the need of abstract as well as practical application and furthermore it should cover fundamentals to the history of hypnosis and research findings. Moreover the institutes, let`s say the trainers, should have seen a fundamental education in hypnosis.

Please allow me to suggest the following literature, because I know, that I am not able to appoint all reputable and respectable institutes and moreover also it depends upon your patients and then in which kind of therapeutic hypnosis you want to be educated.



Ayurveda

Ayurvedic history in modern time is very similar to other cultural medicines in that it was completely revised to fit in with new knowledge imported from Europe through colonization. Ayurvedic medicine originated in India more than 3,000 years ago and remains one of the country's many traditional health care systems. Its concepts about health and disease promote the use of:

- herbal compounds,
- special diets,
- tongue scraping
- urine drinking
- oil drinking
- oily bathing
- other unique health practices.

India's government and other institutes throughout the world support clinical and laboratory research on Ayurvedic medicine, within the context of the Eastern belief system. But Ayurvedic medicine is not widely studied as possible source of innovation of conventional (Western) medicine.

THE BENEFITS OF AYURVEDA

The Ayurvedic approach to an illness is holistic and therefore after an Ayurvedic treatment a person will find an improvement in their physical, mental and psychological conditions.

- The ingredients used in Ayurvedic medicines are mostly derived from herbs, plants, flowers, fruits etc. making it a remedy close to nature.
- There are practically no side effects for Ayurvedic medicine.
- Ayurveda has been found to be an effective cure for many chronic diseases.
- Ayurveda not only helps in treating diseases but also in preventing the occurrence of diseases.

AYURVEDA AND CHRONIC DISEASES

In the Ayurvedic system of healing fifty percent of such diseases can be treated by adapting to Ayurvedic food and lifestyle. The food after digestion and assimilation into the body converts into "ojas" which represents immunity and vitality of a person. Excessive work, intense stress, overindulging habits, and sensory overload cause a gradual depletion of "ojas", which is often the root cause of disease. As a result of low 'ojas', people feel tired and exhausted especially at the end of the day or weekend. To get more energy, people resort to

power bar, power shake, caffeine, alcohol, chocolate or high sugar snacks. All these food items further deplete the 'ojas' (vitality) as they just stimulate our system and not strengthen or relax it. The real energy boosters are fresh fruits, vegetables, lentils, beans, whole grains, and spices. Most people are ignorant of delicious recipes made out of these energy boosters, and therefore easily resort to junk food.

More than 70 percent of all degenerative, chronic diseases according to ayurveda have their origin in inefficient digestion and assimilation of food. Cooking plays an important role in assimilation of food. Any food, including the energy boosters, will not be converted into energy (ojas) until it is fully digested and assimilated. In order to make it digestible, Ayurveda suggests cooking the food with spices to make various recipes. The spices stimulate the enzymes, and help in cleansing the colon. This facilitates the release of energy from complex carbohydrate, and increases the absorption of nutrients into the body. Spices also have a great medicinal value.



Relaxation techniques

Relaxation techniques can reduce stress symptoms and help to enjoy a better quality of life, especially for chronically ill and their caregivers.

Relaxation techniques are a great way to help with stress management. Relaxation is a process that decreases the effects of stress on your mind and body. Relaxation techniques can help to cope with everyday stress and with stress related to various health problems, such as chronic illness, cancer and pain.

Learning basic relaxation techniques is easy. Relaxation techniques also are often free or low cost, pose little risk and can be done just about anywhere.

THE BENEFITS OF RELAXATION TECHNIQUES

Practicing relaxation techniques can reduce stress symptoms by:

- Slowing heart rate
- Lowering blood pressure
- Slowing your breathing rate
- Increasing blood flow to major muscles
- Reducing muscle tension and chronic pain
- Improving concentration
- Reducing anger and frustration
- Boosting confidence to handle problems

To get the most benefit, use relaxation techniques along with other positive coping methods, such as exercising, getting enough sleep, and reaching out to supportive family and friends.

In general, relaxation techniques involve refocusing your attention on something calming and increasing awareness of your body. It doesn't matter which relaxation technique you choose. What matters is that you try to practice relaxation regularly to reap its benefits.

There are several main types of relaxation techniques, including:

Autogenic relaxation. Autogenic means something that comes from within you. In this relaxation technique, you use both visual imagery and body awareness to reduce stress. You repeat words or suggestions in your mind to relax and reduce muscle tension. For example, you may imagine a peaceful setting and then focus on controlled, relaxing breathing, slowing your heart rate, or feeling different physical sensations, such as relaxing each arm or leg one by one.

Progressive muscle relaxation. In this relaxation technique, you focus on slowly tensing and then relaxing each muscle group. This helps you focus on the difference between muscle tension and relaxation. You become more aware of physical sensations. One method of progressive muscle relaxation is to start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. You can also start with your head and neck and work down to your toes. Tense your muscles for at least five seconds and then relax for 30 seconds, and repeat.

Visualization. In this relaxation technique, you form mental images to take a visual journey to a peaceful, calming place or situation. During visualization, try to use as many senses as you can, including smell, sight, sound and touch. If you imagine relaxing at the ocean, for instance, think about such things as the smell of salt water, the sound of crashing waves and the warmth of the sun on your body. You may want to close your eyes, sit in a quiet spot and loosen any tight clothing.

As you learn relaxation techniques, you'll become more aware of muscle tension and other physical sensations of stress. Once you know what the stress response feels like, you can make a conscious effort to practice a relaxation technique the moment you start to feel stress symptoms. This can prevent stress from spiraling out of control.



Other techniques

Other common CAM techniques are listed below and some are more closely introduced. Not all of these are sciences by themselves:

- Yoga belongs both to Indian healthcare as well as to Chinese healthcare systems. According to some sources Indian Yoga was almost unknown in India until the late 1900's. It grew from a set of 15 exercises to over 350 exercises. Chinese yoga was early on integrated with martial arts and alchemy. The image currently popular on yoga is almost completely developed in the context of western yoga practice rooms and wellness clubs.

Yoga is considered a mind-body type of complementary and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety.

Yoga comes according to the yoga pradiipika in two forms:

Hatha yoga, yoga of the body

Raja yoga, yoga of royal attitude

Yoga itself is considered the discipline of forcing oneself. It is developed as a means to force mind and body to prepare itself for absorption in Brahman Atman, the highest divine principle after reversed deconstruction of oneself from the gross tangible to the watery, fiery, airy, and etheric levels of existence. It is a pathway of continuous detachment of the self to itself. In Chinese alchemy the reverse is wanted. Yoga has been revised through Chinese medicine theory in the Tang and Song dynasties and it has been made a tool to extend life. It is commonly categorized under daoyin and tuna.

Yoga has in the twentieth century developed many styles, forms and intensities, such as vinyasa yoga, astanga yoga, Iyengar yoga, yin yoga. Chinese yoga is mostly known as Shaolin Yoga and Wudang Yoga.

Yoga is developed in hot countries. It's common approach was to deal with body heat by developing a cooling of the body and a relaxation reflex first as to create a wider set of awareness. Later breathing of vipassana was added. In Indian yoga prana was breathed in and prana is wisdom. In Chinese yoga kongqi was breathed and kongs function is emptiness. These approaches are different from modern context where practitioners breathe air.

Yoga is often considered to be a good choice for stress management as well as body building.

The core components of modern hatha yoga and most general yoga classes are:

- Asana/Poses. Yoga poses, are a series of movements designed to increase strength and flexibility. Poses range from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits.
- Nipassana/consciousness breathing. Controlling your breathing is an important part of modern yoga. In yoga, breath signifies here vital energy. Modern Yoga teaches that controlling your breathing can help you control your body and quiet your mind.

The potential health benefits of yoga include:

- Stress reduction. A number of studies have shown that yoga can help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.
 - Improved fitness. Practicing yoga can lead to improved balance, flexibility, range of motion and strength. And this means you're less likely to injure yourself in other physical endeavors or in your daily activities.
 - Management of chronic conditions. Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia.
- Massage is developed and deployed in almost every culture around the world. Massage is a general term for pressing, rubbing and manipulating your skin, muscles, tendons and ligaments. Massage therapists typically use their hands and fingers for massage, but may also use their forearms, elbows and even feet. Massage may range from light stroking to deep pressure.
 - Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension.
 - Tai Chi/Taijiquan is originally a Chinese martial arts that included health development through continuous intensifying physical practice, starting from light and gentle movement and gradually developing heavy isometric practices, slow walking but deep sunken meditative walking to improve blood consistency and balance. Originally medical practice through exercise was based on taijiquan practice. In the 1930-50's it was redesigned following the model of Swedish heilgymnastics to be used as geriatric practice.
 - Meditation. Meditation has been practiced for thousands of years in many different cultures. In Europe there are strong traditions such as within Jesuit and Dominican communities, but at the core we often find remarks of Maimonides on meditation as a means to penetrate the 'mysteries'. These days, meditation is commonly used for relaxation and stress reduction. Techniques are borrowed and altered from Asia, East Asia and tribal cultures.

Meditation is considered a type of mind-body complementary medicine. Meditation produces a deep state of relaxation and a tranquil mind. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process results in enhanced physical and emotional well-being.

The Benefits of meditation of beginning Meditation can give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health. And these benefits don't end when your meditation session ends. Meditation can help carry you more calmly through your day and can even improve certain medical conditions. Traditional cultures of meditation wish to offer much more than that, but here is no place to discuss this. When you meditate, you clear away the information overload that builds up every day and contributes to your stress. The emotional benefits of meditation include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions

Meditation may be used as a treatment for various medical conditions especially those that may be worsened by stress. Meditation can relax and rejuvenate the mind and body and helps many people to refocus and gain happiness and inner peace. Meditation can help to relief such conditions as anxiety, depression, pain, stress and insomnia.

- Prayer based therapies, where prayer and reconnecting with the divine is seen as a source of spiritual healing. Indian, Chinese and Catholicism provides such modes of healing either in community, ritual setting of church/temple/
- Affirmation techniques. These originate in the America 19th century new-thought movement that was part of the development of capitalism. They reaffirm wished for tendencies through positive thinking. They are the foundation of many developments in child psychology and educational developments in the USA and EU since the 1960's, revitalized by the hippy movement and their vision of the new age, the Age of Aquarius.
- Alternative therapies based on electricity or magnetism use verifiable electromagnetic fields, such as pulsed fields, alternating-current, or direct-current fields in an unconventional manner rather than claiming the existence of imponderable or supernatural energies.
- Substance based practices use substances found in nature such as herbs, foods, non-vitamin supplements and megavitamins, and minerals, and includes traditional herbal remedies with herbs specific to regions in which the cultural practices arose. No vitamin supplements include fish oil, Omega-3 fatty acid, glucosamine, echinacea, flaxseed oil or pills, and ginseng, when used under a claim to have healing effects.
- Mind-body interventions, working under the premise that the mind can affect "bodily functions and symptoms", include healing claims made in hypnotherapy, and in guided imagery, meditation, progressive relaxation, qi gong, tai chi and yoga.^[26] Meditation practices including mantra meditation, mindfulness meditation, yoga, tai chi, and qi gong have many uncertainties. According to an AHRQ review, the available evidence on meditation practices through September 2005

is of poor methodological quality and definite conclusions on the effects of meditation in healthcare cannot be made using existing research.

- Naturopathy is based on a belief in vitalism, which posits that a special energy called vital energy or vital force guides bodily processes such as metabolism, reproduction, growth, and adaptation. The term was coined in 1895 by John Scheel and popularized by Benedict Lust, the "father of U.S. naturopathy". Today, naturopathy is primarily practiced in the United States and Canada. Naturopaths in unregulated jurisdictions may use the Naturopathic Doctor designation or other titles regardless of level of education.

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Recommendations for CAM Patients and their Families/Supporting Persons



Introduction

Chronic illness affects not only the lives of those suffering from disease but also those of family members and close friends who care for them. Attending to the impacts of chronic illness on family members is important because the physical and emotional health of family caregivers has the potential to influence the health, welfare and successful rehabilitation of persons with such chronic illness.

Effects of chronic illness are physical, psychological and social and may include worsened physical health, impaired social and family life, and increased stress, anxiety and depression. Increased financial, physical, and emotional responsibility falls upon family members who care for a person with chronic physical illness.

Relatives of the chronically ill patients share extensive coordination of care, including symptom management, disability, mobility, and dressings. In the face of these increasing challenges and responsibilities, caregivers often feel tired, isolated, and overwhelmed, because they lack support, training, information and a sympathetic ear. Furthermore, some family caregivers who are employed report missing work, taking personal days, and quitting or retiring early to provide care.

Transitions and adaptation to major life changes and illness is based on the central role that family strengths and capabilities play in understanding and explaining psychological and behavioral outcomes.

How to help chronically ill to manage their illness?

Employ every discipline, consider alternative treatments

Create Individualized Care Plan (example)

Coaching, building capacity and offering guidance in self management

Assist in building community linkage. Work with every available resource to treat both patient and the illness.

Participate in community-based programs as well as regional or national support groups. These programs can cut financial cost, help individual to manage their illness and improve overall health and wellness.



Recommendations from the perspective of Chinese medicine

Chinese medicine is generally known through its practices, such as:

- Acupuncture
- Massage
- Herbal medicine
- Qigong exercise

Although these are certainly part of Chinese medicine methods they are by no means specific for Chinese medicine. Many modern Chinese qigong exercises for instance originate in the 19th century heart of Europe where people practiced magnetic passes and exercises to charge themselves for that. Qigong itself did not exist as a term before the 1930's and became only generally used from the 1950's. It included healing exercises, ritual practices, yoga, daoyin, neidan, mantra, visualization and many other kinds of exercises. Modern acupuncture and herbal medicine are often based on politically motivated adaptations made in the last century in Japan, Korea and China to suit the modernization people saw as necessary to fit in with the rest of the world. Even on the theoretical level little remains of the past. Cupping originated from England, and it is often said that Chinese medicine is about 5000 years old while in fact history of Chinese medicine is a discontinuous development that was kickstarted about 2500 years ago with the unification of China. Only in the Song dynasty a complete and holistic theoretical framework was developed under the influence of Buddhism and Daoism. Daoism remained the main promoter of Medicine practice, but as a practitioner it was not before some 1000 years ago before there was an official status in society for the scholarship required to become medical practitioner.

This all means that asking your teacher or therapist what kind of practice, what theoretical model etc is being used and what model of health is being used. If your teacher or therapist is aware of these differences you are more likely to have long term positive results.

Chinese medicine is primarily a learning process for body, thought and personhood. Interventions such as through acupuncture, food, massage, herbs or exercise can have acute and long term goals or results. It does mean that Chinese medicine can be applied both on acute diseases as well as revalidation or treatment of "consuming diseases". Consuming diseases are diseases that eat away your mind or body or both. The more serious your problem is the more disciplinary the nature of your solutions will be. Normally solutions are sought in the following order:

- 7) Exercise (daily) to enhance general vitality and concentration and develop tools to influence body functions, to keep the body fresh and active. Impact is low but shapes body form and temperature over time. Prevents aging

- 8) Dietary regimen (daily) by keeping track of how you eat and what you eat you can have a generally beneficial influence of long term processes. Impact is low but shapes well-being from digestion over time. Prevents aging
- 9) Massage (frequently) helps to unblock the passages of the body, keep the muscles and joints fresh where exercise seems to have difficulty to reach.
- 10) Acupuncture (when ailments arise) helps to restore normal body functioning and restore relationships between the inner and outer, regulate body temperature and pressure, compression and decompression of hollow spaces, flow of substances through the body. The working is through teaching the body how it ought to work, comparable with filling a cup of black currant tea with water until it becomes all clear again. Acupuncture combines techniques from earlier forms of massage as well as exorcism to deal with issues. It is practiced in military style (forceful dry needling) and civil style (gently guiding)
- 11) Rituals/healing (emotional/psychological or community based) serves to reconnect the person with society and family as required due to confusion, paranoia, fear, or other trauma
- 12) Herbal concoction (last resort) because herbs are not seen as products without danger in Chinese medicine one resorts usually to herbs alone when the benefits outweigh the disadvantages, disadvantages being side effects. The more herbs there are in a concoction the more risk the client takes. Often tried remedies are advised to take before adjusted and personalized formulas are used.

Nowadays herbal medicine is like its chemistry based bigger brother often advised as part of economic needs instead of health reasons. It even adjust to public aversion of bad fragrances of original herbs by producing chemically adjusted smell and taste free pills or granulates which only have a remainder of 10% effectiveness compared to pure herbs but which are 3x more expensive.

When one goes to clinical practice usually a diagnosis is taken first. This diagnosis can be based on western medicine of blood value diagnosis or on Chinese medicine diagnosis, including eye diagnosis, hand diagnosis, blood-pulse diagnosis, tongue diagnosis, diagnosis of lingshen.

On many things Chinese and mainstream medicine believe different things about the functioning of organs and body part. While biomedicine is chemistry based and mechanical or even deterministic in its outlook, Chinese medicine is based on things everybody can directly experience with a little effort and is considered empirical. Both are evidence based, but the nature's of their evidence is radically different.

When choosing a clinic to have treatment it is always better to go to a clinic where all aspects of Chinese medicine are practiced. A not for profit organization usually deserves more preference than a commercial clinic due to more fair pricing.

When wishing to follow a career in Chinese medicine you should first make an assessment on what level you would like to study. At the International Oriental College we offer Chinese medicine and gong fu studies at all different levels of grassroots instructor, clinical assistance level and beautician, Academic learning. These constructions are not commonplace. Levels and qualities can differ fairly wide. In countries like England

commonly a Chinese licensing program is hired by a university. In southern Europe the level is very changeable because Acupuncture is commonly seen as an addition to biomedicine skills. In general the level is given of what in China itself is considered introductory education. It is for EU students not allowed to practice in China, Korea or Japan due to perceived lack of educational substance. If one would want to pen a clinic in these countries it is summoned to hire local practitioners. EU practitioners go to prison for practicing without a credible level of license. Although there is much to criticize on developments in TCM in China, it does show also that education of Chinese medicine in the EU is still in its infancy, as its knowledge about actual CM realities.



Recommendations from the perspective of Homeopathy

First, you might be astonished about the idea of the founder of homeopathy Dr. Samuel Hahnemann, a German physician, Meissen, Germany 1755-1843, Paris.

His important idea, which causes homeopathy to differ from conventional medicine is individualizing. Let's say in accurate words: he maintained that there are no diseases, but only patients, and therefore a treatment must aim at treating the individual rather than the disease. For example, according to the basic concept of homeopathy proclaimed as such by his founder, let's say: ten patients suffering from the same 'disease', for example „multiple sclerosis“, each one will probably require a separate pharmaceutical substance, unless the symptoms of two or three of them are identical down to the last detail, a rare but not impossible situation.

The word 'homeopathy' is made up of the Greek words 'omoios', meaning 'similar', and 'pathos', meaning disease.

The system of homeopathy is based mainly on the principle that the cure for a particular disease is achieved through the use of pharmaceutical substances that, when administered to a healthy person, produce the similar symptoms as those of the disease in question. That is called: the law of similars, the Latin motto: 'similia similibus curentur.' Meaning, -Similars are cured with similars-.

Again, S. Hahnemann believed this to be one of the fundamental laws of cure. The idea had first been mentioned by Hippocrates, then by Paracelsus, and later by others. Hippocrates is one of the most famous Greek physicians, 460-375BC. He has been revered for his ethical standards in medical practice, mainly the „Hippocratic Oath“. This oath, as we all know is adopted as a guide of conduct by the medical profession through out the ages and still used in the graduation ceremonies of the most medical universities all over the world. Paracelsus (1493-1541) was a Swiss German Renaissance physician, alchemist, and botanist and so on. Paracelsus' most important legacy likely is his critique of the scholastic methods in medicine, science and theology, in due course.

The famous example to explain „similia similibus curentur“ is the substance of the plant „Belladonna“ which causes mydriasis, that is to say dilation of the pupil of the eye. So in case of mydriasis a homeopathic doctor will probably give Belladonna, in a highly diluted potency, in order to restore the pupil to its normal state.

Means, while conventional medicine believes that it must **fight the disease bearing factor** which it sees as the main cause for disease, homeopathy believes that it must **strengthen the organism's defense mechanism** in order to be able to fight the imbalance.

Let me give some words to the proving of remedies. In order to ascertain the therapeutic qualities of pharmaceutical substances, Dr. Hahnemann carried out proving of the remedies on healthy persons of both sexes in increased dosages, though not beyond the toxic levels. Moreover the reactions to the pharmaceutical substances gained in this manner were recorded in minute detail. The list of 'remedy symptoms', incurred on relatively healthy organisms, having been repeatedly ascertained, together with the topological symptoms of various substances, known from existing medical writings, were combined to form a valuable part of the homeopathic pharmacology, otherwise known as the 'Materia Medica. Moreover he published a complete account of his theories for the first time in his book „Organon of the Art of Healing“ in the year 1810. His book contains 294 aphorisms within which he develops the laws of his medical system. The book, named „Materia Medica Pura“ in which all the pharmacological substances that he and his students had proved on themselves and to others were included.

He also published the book „**Chronic diseases**“ in which he maintained that all chronic diseases are a result of the suppression either of skin diseases or syphilis or gonorrhea.

It is really important to understand the defense system of our organism, in case understanding the thinking of S. Hahnemann and his previous and his proceedings homeopathic colleagues.

So let's try to write in this way: the complex mechanism of the organism's defense system was named 'vital force' by Hahnemann. This phrase expresses the idea that there is a form of 'energy' behind the defense mechanism, a 'power with mind' which directs and coordinates the organism's reactions.

Let me give a further example: the body's temperature increases – fever – in order to suppress the disease factor, viruses, fungi, bacteria and so on, then therefore the organism needs support in its therapeutic efforts, rather than a suppression of the fever. That is according to the homeopathic idea. So let's say again: by giving a remedy, which is capable of causing symptoms in a healthy individual that are identical to those present in the patient, they are in reality stimulating and providing support for the defense mechanism in its attempt to rid itself of the disease. The true reason for disease is not infection of a disease element but rather the innate weakness of the defense mechanism and its inability to face up to the invasion and to neutralize it.

We all know the procedure of immunization. It goes back to and was introduced into England from Turkey by Lady Mary Wortley Montagu in 1721 and used by Zabdiel Boylston in Boston the same year. Then Edward Jenner introduced inoculation with cowpox, means „smallpox vaccine“, a much safer procedure. To do an immunization for example, smallpox (variola) was prevented in this way by inoculation, which produced a milder effect than the natural disease.

So it is the process through which the immune system becomes fortified against an agent, well known as the immunogen.

So in case this system is exposed to molecules that are foreign to the body (called non-self), it will orchestrate an immune response. Moreover it will also develop the ability to quickly respond to a subsequent encounter. That is called immunological memory – it is a function of the adaptive immune system. Let me give an example for a so called active immunization: by exposing an animal to an immunogen in a controlled way, its body can learn to protect itself.

Before the introduction of vaccines, the only way that people became immune to an infectious disease was by actually getting the disease and surviving it.

So you can see at the example of immunization, that the way of homeopathy is basically nearly the same thinking. The homeopathic system, in definite words, „*similia similibus curentur*“, is using almost the same process of body.

Please remember the above example: *„the substance of the plant „Belladonna“ which causes mydriasis, that is to say dilation of the pupil of the eye. So in case of mydriasis a homeopathic doctor will probably give Belladonna, in a highly diluted potency, in order to restore the pupil to its normal state.“*

It is the process with which the immune system becomes fortified against an agent.

At this point we have to admit the opponents of homeopathy to the floor: they accuse the homeopaths that they do not look after the true cause of an illness, and that they only treat the symptoms.

But remembering Dr. Samuel Hahnemann, here again: ***„there are no diseases, but only patients, and therefore a treatment must aim at treating the individual rather than the disease“.***

So the homeopaths consider that by strengthening the defense mechanism, they essentially enter more deeply into the true cause of the organism's imbalance, which is the weakness of the constitution and its inability to fight the disease unaided.

Moreover to have a look to the **chronic diseases**, in the most cases of them the cause of the illness is unknown and therefore hard to locate and eradicate with conventional medicines. To say the truth – that's true and we all, especially the patients know that.

By the way, illness that persists for longer than 6 weeks is referred to as **chronic disease**.

Let us have an insight to preparation-dosage: we remember -*similia sunt curantur*-. So the chief method to preparation and to produce a homeopathic remedy today is: having one part of the mother tincture of the active ingredient which is to be prepared is taken and diluted in 99 parts of inert substance. This can be

sterilized water, pure alcohol or milk-sugar. So if the substance is diluted in water, the mixture is subjected to at least ten strong successions and this dilution is called the 1st potentization. A part of this potentization is taken and diluted with a further 99 parts of inert substance and the new mixture is then again subjected to ten strong successions. Now we have the 2nd potentization of the remedy, and in the same manner further potentizations are achieved by diluting and „potentising“ the remedy until very great dilutions are achieved, having continued the above procedure ten, twenty, thirty or more times.

Note: the method of pulverization is used for metals which cannot be diluted in water.

How to discuss homeopathy with your conventional doctors?

As we all know, the greatest conflict concerning homeopathy lies in the quantities of the doses used. According to conventional doctors the doses of a homeopathic remedy is infinitely small and is not justified in having any action at all. Therefore they are looking upon homeopathy with a great deal of skepticism. They postulate that especially in high dilutions should not be even one molecule of active ingredient.

On the other hand the homeopaths postulate: that their experience shows that high potencies have even better therapeutic results. Moreover that the action of the pharmaceutical substance is probably due to the appearance of a 'new refined form of energy' that appears during the potentisation procedure.

But now the conventional doctors reply: that the results that are achieved by homeopaths are a form of self-suggestion, known to medicine as the placebo effect, particularly in cases when the patient believes that he is taking a „magic“ medicine.

Just in the same second the homeopaths reply that they obtain the best results with babies, small children and animals, where the possibility of self-suggestion is discounted.

Another demur could be that the system is antiquated and that it has no place in modern medical practice.

The answer should be: the steady therapeutic results obtained over the course of more than two centuries form proof of homeopathy's timelessness rather than its decline.

And a next demur you can often hear: that homeopathy does have certain results, there are not enough double blind experiments indicating the type and extent of the results.

Now please remember: ***„there are no diseases, but only patients, and therefore a treatment must aim at treating the individual rather than the disease.“***Dr.Samuel Hahneman

So the homeopathy's supporters say that such research does exist, although not in great quantities, as homeopathy presents certain difficulties in these experiments, since it requires that each patient has to be given a separate remedy, which is incompatible with double blind experiments, where all patients take the same medicine for the duration of the experiment.

In the last years, nowadays, **more scientists from other branches** show an interest in the area of homeopathy.

Some of them believe that the therapeutic force is transmitted with the potentising procedure and the powerful succession of the remedies to the water molecules which thus contain the 'memory' of a new energetic state.

And yet another attempt is to explain the action of homeopathic medicines with the „small clusters“ theory and moreover that their action is due to the change in structure of the water molecules under the influence of the substance with which it comes into substance, as well as to the powerful succussions to which the dilution is subjected, and therefore that the dilution of the water becomes organically active.

In any case homeopathic medicine is in the field of vision. Nowadays we cannot disregard the state of homeopathic in our medical world of curing illnesses and moreover the big field of chronic diseases. To say the truth the scientific world is giving us, nearly daily, more answers to comprehend the homeopathic system in a modern way that our mind seems to need. So homeopathy is in progress with its history which is based on Dr. Samuel Christian, F. Hahnemann and more in the formerly history to, you remember, Hippocrates, and don't forget Paracelsus, and so many other great physicians all over for hundreds of years and decades until their arrival at the scientists of quantum physic and biologists and so many more experts nowadays.

Are both medical approaches necessary? Meaning conventional medicine and homeopathy.

They certainly are! There is no doubt that there has been a misunderstanding in relation to the therapeutic limits of each method.

On the one hand that it can cure anything, on the other hand that homeopathy does not cure anything.

Truth naturally lies somewhere in between.

What, in reality, are homeopathy's prospects?

The question is: is there a way of avoiding these final stages? Is there any medicine which can bring the organism back to its state of balance, when it is still time, in order to prevent, for a long time at least, its weakening?

The answer lies with classical homeopathy. The true application of homeopathy can bring about these results.

Homeopathy intervenes where conventional medicine can hardly do anything, at the outset of chronic disease, where the disturbance has mainly still a functional character. When it intervenes with the true homeopathic remedy it stops any further development of the disease. Conventional medicine with the chemical medicines at its disposal can suppress pains or suffering at the last stages without however being able to stop the debilitating progress of the disease.

The main diseases that can be treated with homeopathy are as follows:

Chronic headaches, migraines, vertigo, petit Mal, sinusitis and frontal colpitis, allergic rhinitis, bronchial and allergic asthma, gastritis, gastroenteritis, hepatitis, liver damage, hepatic fatty degeneration, inflammation of the gall bladder, duodenal ulcer, colonic irritation, spastic and ulceric colitis, chronic conjunctivitis, otitis, juvenile acne, atopic dermatitis, neurodermatitis, triple neuralgia, intercostals neuralgia, herpes zoster, cervical syndrome, lumbago, lumber sciatica, myalgia, muscle fibre and tendon damage due to accidents, gynaecological conditions, mastitis, endometriosis, sterility, pre-menstrual syndrome, cystitis, urine incontinence, prostatitis, sperm abnormalities, phobias and anxiety neuroses, anemia (not Mediterranean), ADD, et cetera. Moreover the diseases I had given above.

To say the truth: in such and more chronic conditions, if homeopathic treatment starts in the very beginning of the problem, the possibility for a cure is given in almost 90% of the cases under correct classical homeopathic treatment.

One word to the examples: multiple sclerosis, grand Mal, acute psychotic episodes, collagen diseases, psoriasis, diabetes, endocarditis, Parkinson's, benign myalgic encephalitis, or chronic fatigue syndrome. For those categories of diseases to reverse to an order of 60%, it demands an extremely experienced and really well trained homeopathic doctor.

Please do not hesitate to use the big chance homeopathic medicine provides and shows you by curing illnesses and chronic diseases.

There are so various kinds of chronic diseases homeopathic medicine can help.

You know anyway, „there are no diseases, but only patients“!

Advice to our patients:

-the appropriate remedy must match every one of the patient's symptoms, and not only the disease.

-homeopathy unfortunately is not „a guide for the blind“, each new case is truly a challenge for the doctor.

-you might remember this is because each organism presents its own singularity and it needs its own „constitutional“ remedy, even though it suffers from the same clinical picture.

-that is the fact, that we have to say the necessity for the doctor to study each case separately, makes homeopathy difficult to teach, and to apply, because the study of homeopathy is as well very long as the conventional medicine study is nowadays.

-therefore this is why there are homeopaths who have studied extensively and who are good doctors, as well as those who are mediocre and those who have trained very little or not at all.

-so please have a look to the homeopaths, in Germany most of the really good doctors in homeopathy you find as an occupational profile named „Heilpraktiker“ and homeopath, that also could be a doctor with academic studies.

-there are very good schools for homeopathy in Germany and moreover there are particular courses of studies at some universities. However we have to say that the good homeopathic schools are often outlying of the universities, today. In case the „old“ very good educated homeopaths are teaching mostly outside university.

It is impossible to publish all literature issue homeopatic.

So here only one indispensable reference to our patients and moreover on these grounds that we want to give the advice **not** to cure by yourself. Please be on the lookout of a good homeopath, as described above!

We want to advice one of the really good books the patients could study to the knowledge base of homeopatic.

-„Homöotherapie“ von Dr. med. Karl Stauffer ISBN 3-87758-004-1, Sonntag Verlag, nowadays ThiemeVerlag, Stuttgart



Recommendations from the perspective of Hypnotherapy

Illness that persist for longer than 6 weeks is referred to as chronic disease.

And pain that persists for longer than 6 month is also referred to as chronic pain.

We should know, that unrelieved chronic pain can cause considerable suffering, physical limitations, and moreover emotional distress. Chronic pain often persists despite treatment with analgesics and physical modalities. Although it is one of the most common reasons for seeking medical care. For example: chronic back pain or patients with advanced cancer also suffer from persisting pain.

So chronic pain is the most common reason for the use of complementary and alternative therapies. Hypnosis was generally found to be more effective than nonhypnotic interventions such as attention, physical therapy, and education, however there is a lack of standardization of the hypnotic interventions examined in clinical trials. But many studies, all over the world, proved hypnosis interventions for chronic pain as effective.

Moreover most of the hypnosis interventions for chronic pain include instructions in self-hypnosis and that shows the way how to give more self-determination to the suffering patient. The treatment of chronic pain generally, but not always, involves a hypnotic induction with suggestions for comfort and relaxation. Beside that, posthypnotic suggestions may be given for reduced pain that can continue beyond the session. And beside the self-hypnosis, the patients can use providing tape recordings of hypnosis sessions, that can also be used to reduce pain on a daily basis outside the sessions. Sometimes hypnotic induction is able to give the people an immediate reduction in pain severity following hypnosis treatment, whereas others can more obtain reduction in pain with repeated practice of self-hypnosis.

Advice: a pain diary will be useful as a measure of pain intensity, by using pain medication, but a relaxing diary is more useful by doing self-hypnosis or using hypnosis treatments because it is important for the patient to look after his internal process in self-determination.

As we know, chronic pain is a complex phenomenon that may be affected by emotional, cognitive, behavioral, and physiological responses and a multimodal treatment approach, as hypnosis, may be important for some chronic-pain patients.

Hypnosis can help to cure pains of every description.

For example: as seen above, back pain, cancer pain, over that, arthritis pain, migraine, fibromyalgia et cetera.

Moreover, for the reason that hypnotic treatment is able to give responses to physical and emotional diseases, it is one of the perfect treatments for let`s say, for example: epilepsy, multiple sclerosis, immune function disorders, resolving affect and phobia, psychological shock, as well as organic spinal cord damage, et cetera.

Hypnotic therapy or hypnotic psychotherapy is able to yield effective results derive only from the patient's activity, often not knowing what that internal activity may be. The therapist merely stimulates the patient into internal activity and then he guides him and exercises clinical judgment in determining the amount of work to be done to achieve the desired results.

Some words to the basic utilisation of hypnosis: hypnotherapy is a process whereby we help people utilize their own mental associations, memories, and life potentials to achieve their own therapeutic goals, as well as physical or mental goals. There are so many potentials that already exist within a person but that remain unused or underdeveloped because of a lack of training, understanding or illness. So the hypnotherapist helps the patient to get his mental skills, which are available to deal with the problem, either the mental or the physical disruption.

First the professional hypnotherapist is using the initial phase, preparation. That means, a period of carefully observation during the therapeutic interview. The most important factor in any therapeutic interview is a positive feeling of understanding and mutual regard between therapist and patient. In order to cure chronic diseases the most often approach is that patient and therapist are using this rapport, see above, to create a new frame of reference together. This frame of reference will serve as the growth medium in which the patient's therapeutic responses will develop. Let's say: the hypnotic response is the natural outcome of the subconscious search and processes initiated by the therapist. So the hypnotic response appears to occur automatically or autonomously, because, again: it is mediated primarily by subconscious processes within the person.

But various responses need not be initiated by the therapist, hypnotic phenomena, in fact, were discovered quite by accident as natural manifestations of human behavior that occurred spontaneously in trance, means the state of hypnosis. And this without any suggestion whatsoever. Here some classical hypnotic phenomena: catalepsy, anesthesia, amnesia, age regression and time distortion and so on. For example the phenomena anesthesia can be used at curing physical pain. Almost the same principles hold true in psychotherapy or chronic disease. The natural resources of a person can be uncovered by using hypnotic phenomena to cure internal physical or mental derailment, subsequently disorders and maybe consequently illnesses or diseases.

Lets say: hypnotic therapy and psychotherapy is a learning process for the patient, a procedure of reeducation in terms of self-determination and autarkic and consequently healthy life.

Advice to our patients: please do not hesitate to use that excellent resource of medicine/ psychology if you are ill or particularly you are suffering from a chronic disease. But I want to please you, if doing that, first go forward with studying the diversified offers.

To do that, you should turn your attention to the items as follows:

- before considering hypnotherapy, you need a diagnosis from your doctor to know what needs to be treated.
- some hypnotherapists are licensed medical doctors but they don't need to be.

Some are psychologists and in Germany Heilpraktiker. But that is not the main thing.

- they should **not** promise to cure your disease with one or two short settings.
- first they should make a professional anamnesis and a first counseling.
- after that they further should recommend you two settings to explain you the therapeutic hypnosis, giving answer to all your questions and to your potential anxiety with hypnosis.
- moreover they should please you to give a short abstract about your family history.
- it is really important, that your first setting with hypnosis should only be for your personal safety, let`s say only a personal test for you.
- and then enjoy yourself and the wisdom of your subconscious in communication with your conscious.

It is really amazing, your own professional physician in you and you can use it by day and by night, every time to be healthy.

So here only some indispensable references to our patients:

- Self-Hypnosis Demystified, Adam Burke; e-book
- Self-Hypnosis, „The Chicago Paradigm, Erika Fromm & Stephen Kahn

and as a fundamental book to hypnosis:

- Being-as-self in autarchy through hypnosis, Susan Fischer, ISBN 978-3-9813314-7-9

Moreover tapes as: „Your Journey“, Guided Trance with Lady Susan, ISBN 978-3-9813314-0-0

and please ask your personal hypnotherapist, too.



Recommendations from the perspective of Ayurveda

Advices to patients with Multiple Sclerosis:

- 1) Remove coffee from the diet, black or green tea can be taken up to 200 ml per day, not more.
- 2) If you drink colas or soft drinks (sweet carbonated beverages) stop them all immediately.
- 3) Stop smoking cigarettes. If the patient is smoking more than 5 per day then a gradual reduction over one to two months is required. Abrupt stopping can cause a relapse or attack.
- 4) Reduce or stop all forms of alcohol from the diet. Small amounts of red wine can be taken – not more than 200ml per week.
- 5) Use ginger tea plus digestive spices to increase Agni (digestive capacity). See recipe at the end of this document. Dose is 10 times 100ml per day, or one liter total.
- 6) Increase regularity in your life. Develop habitual schedules for eating, sleeping and work. Six days per week need to be very regular and one day can be rest from the schedule per week.
- 7) Avoid eating between meals. Avoid sweets and chocolate. If you eat sweets eat them after the mid-day meal when they will do the less damage.
- 8) Daily planning:
 - a. Wake up, go to toilet
 - b. Apply a thin layer of sesame oil all over your body. Avoid putting it on your head and hair. Dress in comfortable clothes.
 - c. Put 1 or 2 drops of sesame oil in each nostril. Allow the oil to move to the back of the throat then blow your nose and remove all fluids.
 - d. Have a hot drink (ginger tea, etc.)
 - e. Do 10 minutes of breathing exercise – alternate nostril breathing is best, but watching the breath pass the entrance of the nostrils is good enough.
 - f. Have a hot shower – dress for the day, stay warm.
 - g. Eat breakfast – warm food in small amounts if you are not hungry. Warm food in larger amounts if you are hungry.
 - i. Mid-day – stop and eat lunch. Eat warm food if possible. Avoid cold raw foods as the only lunch. Salads can be eaten after a warm meal. Take at least 30 to 60 minutes break at mid-day. This should be a main meal in your day.

- k. Have a hot drink in the late afternoon (16h or 4pm). Avoid sweets or candy bars.
- m. Eat the evening meal earlier rather than later. You need to have 3 hours of time to digest your dinner before going to sleep.
- n. Avoid dairy products at night. NO yogurt or creamy foods. Eat lighter than at mid-day. NO desert or snakes after eating.
- o. If there is a problem in the evening after dinner NOT to eat sweets then you should sit 10 minutes and to the breathing exercise that you did in the morning.
- p. Before sleep apply a little sesame oil to the bottom of your feet. Cover them with socks and go to bed.
- q. You should be in bed by 23h or 11pm.

9) Diet should be nourishing but simple. The evening meal should avoid heavy foods and dairy products. This will give more energy in the morning. Eating earlier in the evening and allowing more time to digest will help stabilize the energy levels and reduce fatigue. Eat enough that you are not hungry at 23h but not too much that you feel heavy.

Dietary considerations: to increase our immunity we need to increase our ability to digest and assimilate what we eat. We also need to eat things that we can digest and assimilate. This is the basic starting point. A toxin reducing diet is often needed before proceeding with a long term nutritional program. It is indicated for the treatment of MS.

This requires a strict diet of no animal products and no stimulants. Regular meal times should be established.

Avoid these foods: all stimulants (coffee, all alcohol), fermented foods, acidic foods and Peanuts.

Foods that are helpful: Spelt (grain), Whole Grains (wheat, etc.), Almonds, Spirulina, Chlorella, and Ghee.

Herbal treatments are less important than diet and should be given by a qualified person.

Example of the protocol for treatment of Asthma:

Preventive Tips for Asthma :

- a. Avoid cold and damp places.
- b. Go for morning or evening walk,
- c. Do yoga mainly 'Pranayama' (see more on page...)
- d. Avoid over eating . Take light dinner one hour before going to bed
- e. Avoid Tobacco, wine and smoking Keep rooms well ventilated . Avoid air conditioners, coolers and direct air of fan,
- f. Avoid perfumes , Mosquito repellents
- g. Drink boiled water in plenty
- h. Avoid over exercise and over indulgence in sex

Recommendations from the perspective of Stress therapy and meditation

Moderate physical activity such as walking, mind-body classes like yoga.

Most of recommendations are based on the **experiment led by the French Federation of Kundalini Yoga in 9 major French cities on May 2011.**

Suggest one of the following practices to soothe and help release stress and reconnect with the life force:

Breathing through the left nostril

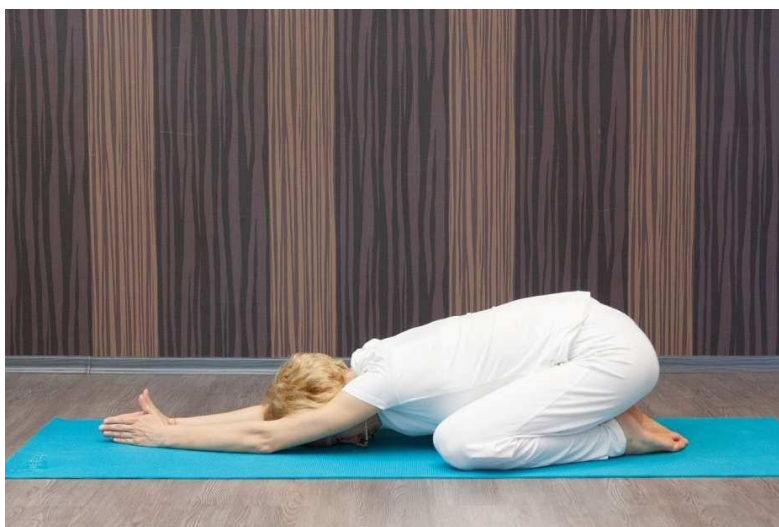
Kriya (set) for creativity

"Sitali Pranayama"

meditation

Kriya for creativity (source: *Physical Wisdom*, pages 12-13)

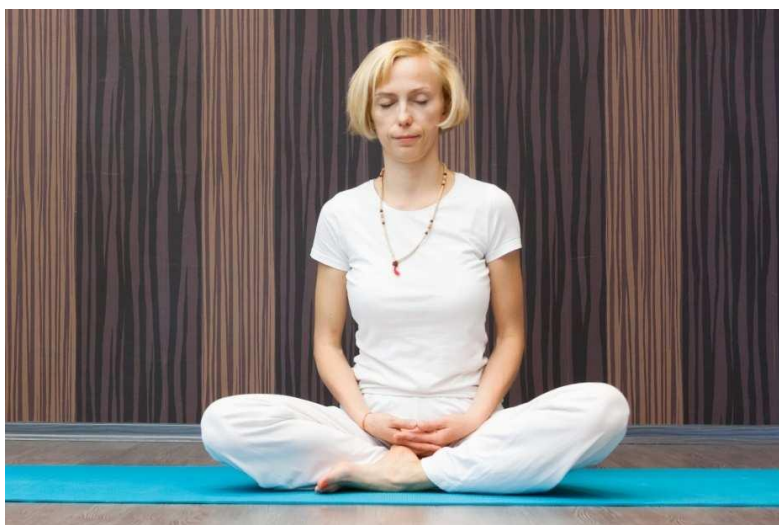
Step 1. Seat on your heels, put your forehead on the mat, arms extended forward, palms together. Inhale, hold the breath and as you hold imagine colors of the rainbow fill your spine from the base going direction to your head: red, orange, yellow, green, blue, blue-violet and violet as they reach the crown of the head. Exhale and repeat up till 5 minutes.



Step 2. Sit up, stretch your legs out straight, lean back supported by your arms and relax the head back. Breath slow and deep through the nose for up till 3 minutes, every breath must be very complete. On every exhale imagine right light out of the top of your forehead. To finish inhale, hold the breath as long as you can, exhale and lie down to relax.



Step 3. Sit up in the easy pose or on the chair (if on the chair both feet should be on the ground and spine straight not touching back side of the chair). Interlace fingers on your lap and start chanting long “Ong” which means Creative Consciousness or Creative Infinity. Pull chin in so when you chant sound “NG” you feel vibrations in your upper palate of your mouth. Continue up till 11 minutes.



Step 4. Sit up in the easy pose or on the chair. Press palms together in front of your chest, thumbs pressing firmly into heart center. Concentrate your attention at this point of your heart center. After 2 minutes start rubbing your palms strongly, creating heat between them. Rub them for 2 minutes and then bring them apart some 10 centimetres with palms facing each other. Feel the energy with its polarity created between your palms, right palm positive, left palm negative.



Step 5. Sit in the easy pose or on the chair. Bring hands at the heart center, right hand is cupped facing down and left facing up. Start long and relaxed breathing, imagining ball of light gathering between your palms. Do this for 4 minutes. Relax and smile – you are opening your heart.



Step 6. Sit in the easy pose or on the chair. Press your right palm firmly against your heart center, bring your left arm behind your back so that left palm is pressed against spine exactly opposite to right palm. Begin breath of fire, breathing rapidly and vigorously through the nose. Pump the navel with the breath. Continue up till 2 minutes. Then inhale through the nose, hold the breath for as long as it feel comfortable and exhale. Rest with eyes closed and palms on your lap. Lie down and relax for minimum 5 minutes.



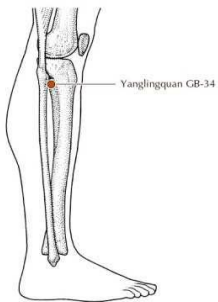
Massage, Acupressure

Acupressure is a traditional Chinese medicine technique based on the same ideas as acupuncture. It involves placing a physical pressure at specific points on the surface of the body by means of a finger, hand, elbow or various devices. The intend is to restore the flow of life energy (Qi). Another term for acupressure is shiatsu. Acupressure is used to treat a wide variety of conditions including musculoskeletal pain and tension, depression, anxiety, sleep difficulties, headache and nausea. Some people also use it for relaxation technique. One condition for which studies have show acupressure to be effective is in treating nausea. Numerous scientific studies support the use of acupressure applied to a specific point (PC6) on the wrist to prevent and treat nausea associated with surgery or chemotherapy, as well as nausea related to morning sickness that accompanies pregnancy. Some people have also found wrist acupressure effective in reducing motion sickness. The PC6 point is located about three finger-widths from the crease in your wrist (see picture). Below we present a simple set of points for a self acupressure treatment for chronically ill with multiple sclerosis who experiences musculoskeletal fatigue, tinnitus, problem with body balance, clouded mind, difficulty with concentration and insomnia.



We start with a point (KD1) located on the bottom of the right foot approximately at the first 1/3 distance from the tip of 2nd/3rd toe to the heel of the foot. We press the point with the thumb of opposite hand and hold for five seconds as we exhale.

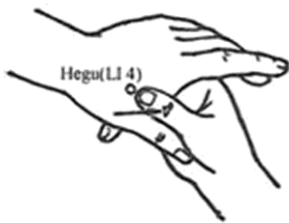
Repeat 9x and switch sides. We finish by clapping the point with the palm of opposite hand approximately 50x. Repeat on the other side.



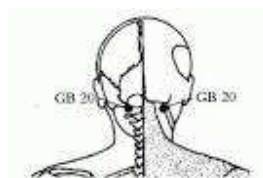
We continue on the right leg first pressing the point (GB34) located with the knee flexed. Palpate for the head of the fibula on the lateral aspect of the leg just below the knee in a depression below to the head of the fibula. Press the point with the thumb of opposite hand and hold for five seconds as you exhale. Repeat 9x and switch sides. We finish by tapping the point with the fist of opposite hand approximately 50x. Repeat on the other side.

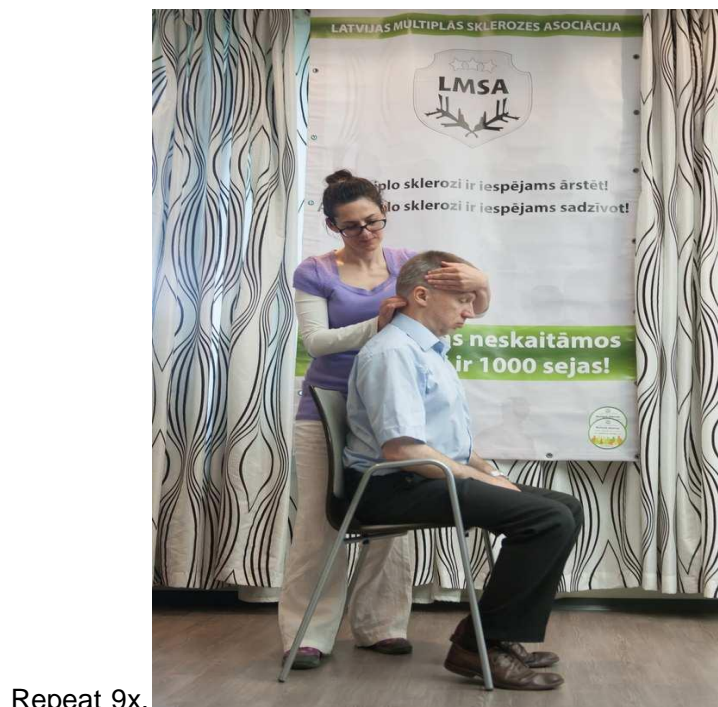


Next we move on to the right hand as we press the point (LI4) located between first and second metacarpal bone close to the mid distance of the 2nd metacarpal bone. Press the point with the thumb and index finger of opposite hand and hold for five seconds as you exhale. Repeat 9x and switch sides.



Using both thumbs press the point (GB20) located about 0,5 cm above the hairline on the back of the head in the depression midway between spine and mastoid processes. Press the points on both right and left sides simultaneously using your thumbs and hold for five seconds as you exhale.





Repeat 9x.

Finish off by using tips of all of your fingers to tap gently over and around the point (DU20) located at the top of your head moving in clockwise direction for 1-3 minutes. This technique is relaxing, improving blood flow to the brain energizing yet calming. It improves concentration and acuity, clearing cloudy mind.





Follow good nutrition. Consider five elements diet.

The five elements system of the ancient China serves as an aid for understanding the limitless correspondences that influence every facet of life. The five elements are fire, earth, metal, water and wood. The terms refer to dynamic qualities of nature and describe changes in the flow of life energy. The five elements build upon one another and mutually reinforce each other. If one is out of balance, it can impair another. Traditional Chinese Medicine doctors perceived a way to classify foods and disease according to simple easy observed patterns: one eats cooling foods for overheated conditions, and warming foods are best for people who feel too cold. Detoxifying foods are for those who carry excess toxins, building foods are good for deficient persons and so on. This system can be highly effective even if the medical name of the disease is not known and all imbalances can be treated using five element diet. The flavor of food is sometimes difficult to describe yet it provides insight into the therapeutic dimensions and actions of the food. It is also important to understand flavors in terms of their thermal nature (warming/cooling value) their remedial actions (moistening, drying, astringent, purgative, antibiotic, disbursing, tonifying, etc.) where their energy is directed in the body and how they are used therapeutically in various organ systems. According to Five Element theory the flavors are as follows: sour, bitter, sweet, pungent and salty. In the diet of healthy person the flavor should be balanced. Earth element is associated with sweet flavor and is considered the most central aspect of body. The sweet flavor is the primary flavor of most carbohydrates such as grains, vegetables, legumes, nuts, seeds and fruit and it should be accompanied every day by small amounts of bitter, salty, pungent and sour foods. When health is poor and during acute disease conditions it is usually helpful to change just flavors emphasizing one obviously important flavor and restricting the contraindicated one. The flavors not only bring balance but also bring a person into harmony with seasonal influences. The quality of flavor is very important. If a flavor is generally helpful for an organ function too much of that flavor has the opposite and weakening effect. This is often seen in the use of sweet flavor which benefits the spleen pancreas and digestive function. However when too much is taken, the result is weakening of digestive absorption, mucus accumulation, Candida overgrowth and blood sugar imbalances such as diabetes.

The significance for us in cooking and health is:

Each of these tastes is found on the tongue, so if each is found in the meal, the meal will be satisfying. (For example: Rice with Dulse sprinkle, Fish with Ginger, Winter Squash, Kale, Sauerkraut).

Each of these tastes influences a different organ system in the body so foods from each category need to be eaten every day to nourish all of the organs.

If a certain organ needs support, you can make extra sure you eat the healthy foods in that category.

Each of The Five Elements has a corresponding season, with its attributes and foods. What follows is a basic summary of how the elements translate into our Western calendar, and how to make food choices that are particularly nourishing for our bodies during any time of year.

Fire: High summer, from the summer solstice of June 21 to mid-August

During the summer months, life is at its most expansive, full manifestation. The sun is at its highest, food is abundant, and all plant life is full of vital life force. The element of summer is fire, the associated color is red, the flavor is bitter, and the energy of fire is connected to the heart and small intestine. The hours of the day when the Heart is most active are between 11 a.m. and 1 p.m.; small intestine is 1 to 3 p.m.

Foods that most enhance the fire element:

Grains: Corn, maize, popcorn, amaranth, quinoa

Vegetables: Asparagus, Brussels sprouts, chives, endive, okra, scallions

Beans and Pulses: red lentils, chickpeas

Fruits: apricot, guava, strawberry, persimmon, peaches, cherries

Fish: shrimp, lobster, crab

Spices: chilis, curry, and spices in general are considered fire foods

Earth: Mid-August to the fall equinox of Sept 21

During late summer we experience a distinct shift, a brief pause between the explosive energy of summer and the quiet descent of autumn. While the days are still hot, evenings turn cooler, the sunsets come a bit earlier and the harvest begins to slowly shift from the delicate juicy foods of summer to the hardier foods of fall. The earth offers up all of her great abundance, and it is a time when all of life seems to balance. The earth element is the most stable of the five, its color is yellow, the flavor is sweet, and the associated organs are stomach and spleen. The hours for stomach are 7 to 9 a.m.; spleen is 9 to 11 a.m.

Foods that enhance the earth element:

Grains: Millet

Vegetables: Sweet corn, all squash: (acorn, butternut, Hokkaido, Hubbard, spaghetti, pumpkin) shiitake mushrooms, beets, onions, parsnips, rutabaga, collards, chard, artichoke, sweet peas, and string beans

Fruits: sweet apples, figs, cantaloupe, sweet orange, honeydew, tangelo, raisins, sweet grapes, papaya, dates, tangerine

Fish: salmon, tuna, swordfish, sturgeon

Nuts: Almonds, pecans, walnuts, sesame seeds, sunflower seeds

Sweeteners: agave, maple syrup, rice syrup, barley malt, molasses

Metal: Autumn, from Sept 21 to the winter solstice of December 21

During the fall a downward shift occurs; the light lessens, days grow shorter, and energy descends back into the earth for the dormant cycle. Leaves fall from the trees, the last fruits ripen, and life energy contracts. The color of the metal element is white, its flavor is spicy or volatile, and the associated organs are lung and large intestine. The hours for lungs are 3 to 5 a.m.; large intestine is 5 to 7 a.m.

Foods that enhance the metal element:

Grain: White, brown, and sweet rice, mochi

Vegetables: cauliflower, cabbage, Chinese cabbage, celery, daikon radish, onions, watercress, mustard and turnip greens, turnips, garlic, cucumber, leeks

Beans and Pulses: white beans

Fruits: Banana, pear, apples

Fish: Bass, snapper, cod, haddock, herring, flounder, sole, halibut

Herbs and Seasonings: dill, fennel, thyme, ginger root, horseradish, cinnamon, cayenne, basil, and rosemary

Water: Winter, from December 21 to spring equinox of March 21

Winter is the dormant season, when all life force burrows deep in the bosom of the earth. It is a time of replenishing so that when spring comes, the gathering energy will burst forth with new growth. The color of the water element is black, its flavor is salty, and the associated organs are bladder and kidneys. The hours for bladder are 3 to 5 p.m.; kidney is 5 to 7 p.m.

Foods that enhance the water element:

Grain: Barley, buckwheat, black rice

Vegetables: Beets, burdock, asparagus

Beans and Pulses: Adzuki, black beans, black lentils

Sea Vegetables: arame, dulse, Irish moss, kelp, hijiki, nori, wakame, kombu

Fruits: blackberries, raspberries, blueberries, purple and black grapes, watermelon, black raspberries

Fish: blue fish, caviar, scallops, oysters, clams and mussels

Nuts: chestnuts, black sesame seeds

Condiments and Seasonings: tamari, shoyu, miso, tekka, gomasio, umeboshi, salt cured pickles (these last two are also sour)

Wood: Spring, from March 21 to summer solstice of June 21

Spring marks a miraculous bursting of energy. Sap, which is nature's lifeblood, courses through the trees; new life pushes its way up from the depths of the earth, and we are surrounded by a bright sense of renewal and

creativity. The color of the wood element is green, its flavor is sour, and the associated organs are gall bladder and liver. The hours for gall bladder are 11 p.m. to 1 a.m.; liver is 1 to 3 a.m.

Foods that enhance the wood element:

Grain: wheat, oats, rye

Vegetables: broccoli, parsley, lettuce, kale, collard greens, carrots, alfalfa, beets, leeks, zucchini, shiitake mushrooms, artichokes

Beans and Pulses: mung, lima, green lentils

Fruits: limes, lemons, grapefruit, green apple, sour cherry, avocado, plums, quince

Consider spiritual needs such as meditation, prayer.

You can get many benefits from incorporating spirituality into your life. Two of the best ways to cultivate your spirituality are to improve your self esteem and to foster relationship with those important to you. Spirituality can help you with in the following areas:

Focus on personal goals. Cultivating spirituality may help you uncover what's most important in your life By clarifying what's important you can eliminate stress by focusing less on things unimportant to you which may consume you.

Connect to the world. The more you feel you have purpose in your life the less solitary you feel. – even when you're alone. This can lead to an inner peace during difficult times.

Release control. When you feel a part of a greater whole you realize that you are not responsible for everything that happens in life. You can share the burden of tough times as well as the joys of life's blessings with those around you.

Expand your support network. When you find spirituality in church, mosque, or a synagogue, in your family or in walks with your friend this sharing of spiritual expression can help build strong relationship.

Lead a healthier life Some research appears to indicate that people who consider themselves spiritual are often better able to cope with daily stress and to heal from illness or addiction.

Many people use prayer for their own health concerns and for those of others. In many religious institutions prayer groups pray for members of their community who are sick.

We are complex beings with mind body and spirit intertwined. Find ways to energize your spirit as well as your mind and body. Doing so can bring a healthy balance into your life.



Meditation 1

Sitali Pranayama

Seat in easy pose or on the chair (see picture next page on how to seat correctly on the chair). Hands are in Gyan mudra – index finger and thumb together placed on the knees. Curled the tongue as it would be a small straw - inhale long and deep through the month (curled tongue) and exhale long and deep through the nose. Continue at least 3 minutes.



Meditation 2

Stress relief and cleaning the emotions from the past

Seat in easy pose or on the chair. Place hands at the heart center level, tips of the fingers are touching opposite hands tips. There is a space between palms (see photo). Fingertips are pointing up. Look at the tip of the nose and start breathing: inhale 5 second, hold 5 seconds, exhale 5 seconds (counting till 5). Continue 11 minutes or until you feel relieved from the stress.



Help to create an oasis in patient's home. Areas used by patient need to be made safe and easily accessible.



Questions from patients and Answers from Therapists

1. How to make sure that the specific CAM method is suitable for me?

Each method is suitable for any person if he or she has enough patience to follow advices of this particular method and develop desire to cooperate with the CAM specialist to get the best results. But of course there are subjective factors— cultural background, personal beliefs, affections and relationship with the CAM specialists influence the choice of certain method and results of the treatment.

2. Does CAM specialist need classic medical examinations to recommend treatment?

It is good to get information of already made diagnosis from other specialists including regular medicine doctors. Any kind of diagnosis is contributing to the therapist's general diagnosis from its own scientific perspective. Usually CAM professional would explain the differences of diagnostic methods of the particular system and treatment possibilities from this point of view.

3. Will CAM therapy require additional resources from me, for example, will it reduce ability to work?

Normally CAM treatments would stimulate work ability and improve the quality of life for the client even in the process of treatment. But of course it also depends on individual state of health or particular disease. If such situation CAM specialist can modify treatment plan to make person better adapt to the treating process. This allows client keep on usual working and other activities he or she is used to.

4. Do I have a risk to worsen my health stage through using CAM therapy? How can I protect myself from such outcome?

In some cases symptoms can worsen and you can't really protect yourself from that. That means that treatment is effective, but not in a right way. It usually requires adjustment of the treatment if such things happen, especially when it is a result of resistance of the body/disease to change towards health resistance. It can be also matter of time – person can need more to time to adapt so treatment process can be slowed down.

5. Is it worth to make the classic examination records of the state of health before and after the course of CAM treatment?

Yes, it is good to make records and register the results of treatment. It makes any person more confident about the treatment method he or she uses. Many CAM specialists are also making testing before and after the treatment to see the changes.

6. Whether choosing a CAM therapy I have to give up the classic medical treatment I'm taking? Can CAM therapy fully replace the classical medical treatments, including drug therapy?

It depends on patient and diagnosis. In some cases there is no need to give up any treatment. In other situation it would be better if the patient will be more clear in commitment to the chosen CAM method. Sometimes if you mix treatments it makes more unclear what treatment makes what causes which outcome. Technically different treatment methods might interfere and slow down the results. That's why it is advised for different therapists of a one patient to share information between them about what and why they are recommending in their treatments to get the better results for the client.

7. Do I need to ask my medical doctor for the permission to use particular CAM method? What do I do if my treating doctor criticizes the CAM and categorically opposed to any CAM therapy?

In general you should not require a doctor permission for the treatment. Such permission in some countries is required for insurance purposes. But of course if your regular medicine doctor is opposed CAM methods it can influence relationship between you. In such case you can find other specialist who is more open to the alternatives.

8. What if relatives do not recognize the CAM methods and refuses to support me in this treatment process, especially if I'm dependent from them?

Usually such situation can be solved if CAM specialist invites family members for introduction of the method and possible treatment results.

9. Can CAM therapy actually improve my health condition? How long it will take until I feel that particular CAM method works for me?

It wouldn't be much of a therapy if a person didn't feel the changes soon enough. Usually health condition is improving step by step. Of course it is the question of right adjustment of the treatment plan while the same cure can be beneficial in one situation but inappropriate in other. Advice - if you have any doubts or questions discuss them with your therapist.

10. How to make sure about CAM specialist qualifications? Where I am able to find objective information about CAM methods and specialists?

Being certified is not the crucial thing that describes the qualification of the specialist. Also membership of the official associations also doesn't guarantee the result. References about the treatment results or even numbers of cured, can tell much more.

11. Does health improvements is influenced by how much I believe in this particular CAM method, how much I have studied it?

It usually is not required while success of the treatment is not dependent on client's beliefs. It is possible to achieve results even you don't believe - it just takes more effort and work. Confidence and trust makes possible to improve and fasten results of the treatment. Even Placebo theory tells - no matter what treatment you chose you will create the certain trust to the method you use.

12. Is it reasonable to use CAM treatment if I do understand that I will not be able to follow all the recommendations?

Recommendations for the client are there to achieve goals more easily or fast. So generally result should be able to be reached within treatment, but if a person is not following all recommendations it is harder to get the result.

13. Should CAM specialist explain in details the methodology used, possible outcomes, etc.?

Normally it is part of the treatment. But it also depends on the psychological aspects of the relationship between specialist and a client.

14. Is it important at what age patient starts CAM treatment?

It is possible to start treatment at any age, but sometimes treatment needs additional strategy to deal with particular age. If we talk about elder people sometimes it is reasonable to clear out if a person is ready for

serious changes and also expenses. But there are also simple things which can be done for general health improvement health at any age – for example, a little more physical activities.

15. What to do if I suspect dishonest or manipulative behaviour of the CAM specialist?

If a client has suspicion about dishonest behaviour or secondary purposes of the specialist should try to discuss this with the therapist and/or go to the professional organisation. Most of such ethical things should be described in a code of ethics of such organisations. To avoid any misunderstandings CAM specialist always should explain what and why he or she is doing. There also exist cultural differences – for some societies is normal to touch patient in specific places for treatment purposes, in other societies the same thing is strictly forbidden.

16. What to do if advices of different CAM specialists are controversial /contradictory? Which one to believe and follow?

Sometimes you have to choose – either this or that direction or method, because they can have different approach to the cause and solution of the problem. It doesn't mean one is wrong and other is right. But if the methods are controversial choose the one you are more confident in.

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