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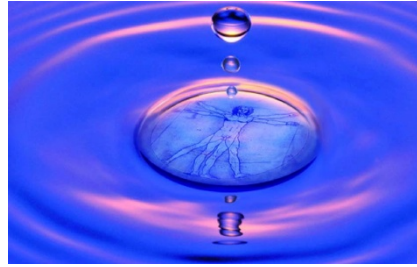
Metabolic Vigour

Prevention and Reversal of Metabolic Conditions such as Diabetes, Thyroid Conditions, Insulin Resistance, PCOS and More

**The Delta Hotel and Convention Center
Regina, SK.**

**Tues. October 2
7:30 p.m.**

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Achieving Optimum Health with Bio-Energetic Medicine

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This article also appears in the September Issue of Healthy Horizons.

There is a growing recognition that we need to move beyond our dependency on pharmaceutical drugs and surgery as the primary means of health care and include nutritional/biological modalities, as well as bio-energetic systems such as acupuncture and homeopathic medicine. The emphasis must shift even more toward prevention in order to reduce the risk of more serious disease. In addition to advocating better nutrition, regular exercise and belief systems to encourage health and longevity, we are becoming increasingly aware of the dangers of environmental pollution and the role that hereditary factors play in affecting our health or disease.

The Bio-Energetic View of Disease

Illness often begins with subtle imbalances in the human energy field. Once we understand this we begin to realize why pharmaceutical drugs and surgery (often life-saving in the seriously ill or injured person) need to be complimented with 'bio-energetic medical interventions,' in addition to nutritional/biological and psychological support, for the most comprehensive patient care.

On the diagnostic side, many innovative physicians and clinical researchers are now experimenting with advanced technologies such as electro-diagnostic instruments. Such instruments, applied to acupuncture points, can detect subtle bio-electrical energy imbalances that provide information that serves to expose the cause(s) of the deeper bio-energetic disturbances. This represents a

synthesis of advanced electrical and computer technology with the ancient concepts of Chinese medicine. Known as Chi in traditional Chinese medicine, this bio-electric energy flows through a series of circuits called meridians and can be affected by stimulating the acupoints of the body. European researchers have validated the existence of these acupuncture points by electrical conductivity readings. These acupoints have a lower electrical resistance compared with other areas on the skin, and their conductivity as measured by changes in galvanic skin resistance is higher. It is this specific measurement that is the basis of our ability to 'electrically read' the energy field of the corresponding organs and tissues.

Information received in this manner can suggest the status of the various organs or organ systems of the body, the possible presence of an environmental irritant, a viral or bacterial infection, or an allergic hypersensitivity state. With this important pre-diagnostic screening information, complimented by appropriate conventional medical diagnostic procedures, the practitioner can gain greater insight into the nature of the patient's condition as a basis for effective treatment. Electrocardiograms, MRI's and other examples of today's technology are all used to measure the biological activity of the body.

On the therapeutic side, electro-diagnostic technology can also help to determine which nutritional/biological and homeopathic formulations may best correct the bio-energetic dysfunction. In this way, we are better able to prevent the later manifestation of more serious disease and expediting the return to health of those who are ill.

Classical and Modern Homeopathic Medicine

While more and more physicians are beginning to accept the role of nutrition and biological medicine, and the influence of the mind on health and healing, the value of modern homeopathic remedies has only been recently rediscovered although it was established about 200 years ago by the

German physician and chemist Dr. Samuel Christian Hahnemann. Author of one of the most respected chemistry textbooks of the time and the personal physician to several members of the German royal family, he became disillusioned with the conventional medical practices of his day. Hahnemann gave up the use of the powerful toxic substances then being used as medicines which he often found was worse for the patient than their illness. He persisted in his lifelong goal to discover "if God had not indeed given some law whereby the diseases of mankind would be cured."

He discovered a fundamental law (which had actually been alluded to by historical predecessors such as Hippocrates and Paracelsus) referred to as the "Law of similars". Medicine is given to a patient based on characteristics it has in common with the symptoms and personality of the person being treated. From a homeopathic perspective, all disease is an external manifestation of an internal physiological and bio-energetic disorder unique to that individual. No single part of the body can be ill without affecting the person as a whole. Hahnemann had come to the conclusion that there was a balancing mechanism or 'vital force' that would continually strive to keep a person in optimum health in spite of all the negative influences, whether biological, environmental, or psychological, that they were exposed to. If the stress were too great or prolonged, or if the defense mechanism too weak then signs and symptoms unique to the individual would follow. Using the "Law of similars", he had obtained very impressive clinical results. However, sometimes there was a great aggravation of symptoms before the improvement occurred. In an effort to correct this situation, Hahnemann began to experiment with the size of the dose to see how little of the medicine he could administer and still create a sustained healing response.

After years of effort, he disclosed a method of refining and purifying the original natural substance (from the plant, mineral, or animal) from which

the homeopathic remedy was derived. These purified essences were entirely free from the toxicity that had previously bothered him and yet exhibited enhanced biological activity. This process called potentization, places homeopathic medicine at the leading edge of the energy medicines for the 21st Century. In some ways, the potentization of medicines is both the most exciting and the most controversial part of the homeopathic system. It is believed that the energized homeopathic remedy works on a fundamental bio-energetic vibrational level rather than on a chemical level and can therefore affect the "whole person" by balancing subtle energy disturbances that are contributing to or causing the disease condition. Practicing clinicians use homeopathic remedies because they work and because they are safe. From the patient's point of view, this is all that really matters. Flower essences and the work of Dr. Bach are another example of homeopathic remedies that support bio-energetic balance and wellness.



In the year 1900, as many as 20-25% of all medical physicians identified themselves as homeopathic. There were over 100 homeopathic hospitals and 22 homeopathic medical schools. The decline of homeopathic medicine in this country is a complicated story, involving political, social, and economic realities. In general, it was caused by the emergence of powerful pharmaceutical medicines which seemed to bring more rapid results by quickly controlling symptoms and which left the slower working, but truly healing, natural medicines appearing to be old-fashioned. The famous "Flexnor Report" was used as an instrument to discredit and ultimately close down most homeopathic medicine schools.

Homeopathic medicine has always remained popular in other nations around the world. Today, Queen Elizabeth II is the patron of the famed Royal London Homeopathic Hospital. The Queen Mother was the Royal Patron of the British Homeopathic Association. The private physician to the British Royal Family is a homeopathic physician (as has been the case since the 1830's), and Prince Charles is known to carry homeopathic medicines whenever he travels. In France, over 18,000 pharmacies sell homeopathic medicines, and over 60,000 physicians actively practice the homeopathic system. In India there are over 70,000 registered homeopathic practitioners and Mahatma Gandhi stated that Homeopathic Medicine "cures a larger percentage of cases than any other method of treatment and it is beyond all doubt safer and more economical and the most complete medical science". Mother Teresa's support for homeopathic medicine is also well known.

The classical practice of homeopathic medicine relies primarily upon the patient interview from which the information elicited becomes the basis for the selection of an individual potentized remedy according to the Law of similars. The homeopathic remedy is finally chosen which, in physiological doses in healthy people, produces a symptom pattern most closely resembling that of the sick patient. With modern or progressive homeopathic practice, the determination of a medicine is based on "vibrational resonance" as defined by a balancing of the energy field represented at the topical acupuncture points. The potential for self healing under the influence of a potentized homeopathic medicine is greatly and profoundly enhanced.

With the advent of computerized electro-diagnosis, the disturbed energy field is measured directly to determine which homeopathic remedy or combination of remedies is needed to achieve the proper bio-energetic resonance. The clinician, who uses electro-diagnosis, is not limited to single remedies because she can determine with the bio-energetic

technology those combinations the system reports will best achieve the desired balance. Electro-diagnosis can also be utilized to provide pre-diagnostic screening information regarding chemical or environmental irritants, which can then be cleared at the beginning of the homeopathic medical program to allow the deeper acting constitutional remedies to be that much more effective. In the next 5-10 years, we are bound to see many applications of the combination of both classical and modern homeopathic practice in a unified healthcare system that integrates the bio-energetic perspective with biological/nutritional and behavioral modalities.

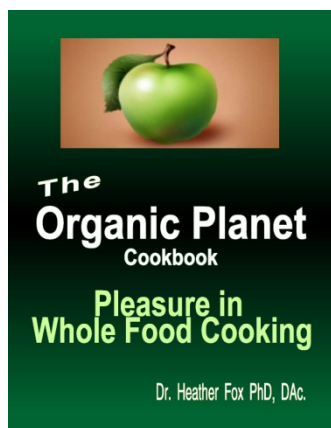
Note: *This medical technology should not be confused with so called 'biofeedback' devices which rely primarily on a 'consciousness or informational' interface of a symbolic nature between the client and a computer.*

End

HEALTHY COOKING With WHOLESOME FOODS

From *The Organic Planet Cookbook*
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NOW AVAILABLE!!



Wheat Flour Substitutes

You can still bake your favourite recipes without using the traditional wheat flour. Here is a list of wheat substitutes and the proper amounts.

FLOUR (To replace 1 cup of flour) AMOUNT TO SUBSTITUTE FLOUR

Amaranth flour - 1 Cup
Barley Flour - 1 1/3 Cup
Buckwheat Flour - 7/8 Cup
Coconut Flour - 1 Cup
Corn Flour - 1 1/3 Cup
Corn Meal - 1 Cup
Garbanzo (Chick Pea) Flour - 3/4 Cup
Kamut Flour - 7/8 Cup
Millet Flour - 1 Cup
Nuts (finely ground) - 1/2 Cup
Oat Flour - 1 1/3 Cup
Potato Starch Flour - 3/4 Cup
Quinoa Flour - 1 Cup
Rice Flour (Brown/White) - 7/8 Cup
Rye Flour - 1 1/4 Cup
Soy Flour - 1/2 Cup + 1/2 Cup Potato
Starch Flour
Spelt Flour - 1 Cup
Sweet Rice Flour - 7/8 Cup
Tapioca Flour - 1 Cup
Teff Flour - 7/8 Cup

FLOUR (To replace 1 tablespoon of wheat flour as a thickener) AMOUNT TO SUBSTITUTE

Agar(Kanten) - 1 1/2 tsps
Arrowroot - 1 1/2 tsps
Bean Flour - 3 tsps
Corn Starch - 1 1/2 tsps
Gelatin Powder - 1 1/2 tsps
19
Guar Gum - 1 1/2 tsps
Kudzu Powder - 3/4 tsps
Oat Flour - 1 tbsp
Sweet Rice Flour - 1 tbsp
Rice Flour - 1 tbsp
Rice Flour (Brown/White) - 1 tbsp
Tapioca Flour - 1 1/2 tbsp
Quick Cooking Tapioca (Pre-cooked) -
2 tsps
Xanthan Gum - 1 tbsp

Buttered Nut and Lentil Dip

**1 Cup Butter or Half Butter and
Now® Brand Coconut Oil**
1 Small Onion Chopped
1/3 Cup Inari® Red Lentils
1/2 Cup Grated Carrot
1 1/4 Cups Vegetable Stock
1/2 Cup Inari® Whole Almonds
Crushed
1/2 Cup Pine Nuts
1/2 Teaspoon Ground Coriander
1/2 Teaspoon Ground Cumin
1/2 Teaspoon Grated Fresh
Gingerroot
1 Teaspoon Chopped Fresh Cilantro
(optional)
sea salt and pepper

1. Melt half the butter in a saucepan and fry the onion over a medium heat stirring frequently until golden brown.
2. Add the lentils and vegetable stock.
3. Bring to a boil, then reduce the heat and simmer gently, uncovered, for about 25-30 minutes, until the lentils are tender. Drain well.
4. Melt the remaining butter in a small skillet.
5. Add the almonds and pine nuts and fry them over a low heat, stirring frequently, until golden brown.
6. Remove from heat.
7. Put the lentils, almonds, and pine nuts, and carrot with any remaining butter, into a food processor.
8. Add the ground coriander, cumin, ginger, and fresh cilantro.

BIOENERGETIC MEDICINE

ELECTRO ACUPUNCTURE & ELECTRODERMAL SCANNING



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- A Bioenergetic Medical Scan and Analysis can identify what you require
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- Can guide your ability to alleviate chronic long-term difficulties

** Customized programs start at \$89. Supplements, herbals, botanicals, and other modalities are not included. Please ask for a complete price list.*

Coming
in
October

Dr. Fox will be Speaking at:

The Delta Hotel and Convention Center
Tuesday, October 2 at 7:30 p.m.

Metabolic Vigour – Prevention and Reversing Metabolic Conditions such as Diabetes, Thyroid Conditions, Insulin Resistance, PCOS and More

**Join us for an Evening Reception and Informative Seminar
Call 522-2407 for Details**