

Layers of Health and Disease

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Ancient forms of medicine such as Ayurveda and Chinese Medicine conceptualize illness and its treatment in with multiple layers, planes, sheaths, or dimensions. These layers are usually a hierarchy; however, the hierarchy itself is often multi-dimensional and fluid. For chronic disease, the treatments based on these paradigms can be very successful.

Progression and Measurement of Illness

Within these models, illness first manifests in the energy plane as symptoms, which are defined as something the patient perceives and are therefore "subjective". "Signs" are findings a doctor can detect and are therefore "objective". Symptoms are initially transient or intermittent, locating to a region (i.e. toe) or function (i.e. bowel movements). Since they are not yet chemical or structural, they cannot be measured by current technology. Bio-energetic measurement methods used by some practitioners show poor reliability under blind testing, whether done by computer or kinesiology (where specific muscle response is measured)

Occasionally, there are physiological correlates, such as change in heart rate or skin color. However, these findings usually vary "randomly" because they represent a response, not a cause. Conventional medicine treats such symptoms by suppression with medications.

As energetic imbalances persist and coalesce, like steam condensing into water, patterns emerge and become measurable and predictable on the bio-molecular layer.

Before someone develops diabetes, arthritis, dementia or glaucoma, there are often bio-molecular (blood, urine, stool, other) tests that indicate that some imbalance is brewing (deficiencies, toxicities, allergies and infections). These tests are usually not endorsed by conventional medicine, but can be game-changers in verifying that something is wrong. They also enable monitoring response to treatment.

As the molecular abnormalities persist, gradually the body makes structural changes. These can be seen on exam (macular degeneration), x-ray or MRI (arthritis, tumors), or other studies (vascular studies in cardiovascular disease).

Healing

In this model, there is no "fix" or "cure". There is a gradual healing that usually occurs in all three dimensions simultaneously. Often, the symptoms do not change for a while, while the root causes of the disease begin to improve.

Structural problems such as a kidney stone or blocked artery usually respond best to structural treatment. Similarly, biomolecular issues such as diabetes usually respond quickest to biomolecular treatments including medications, supplements and diet. Energy treatments can be helpful but are often insufficient because the "root cause" issues have often been present for decades or even in prior generations.

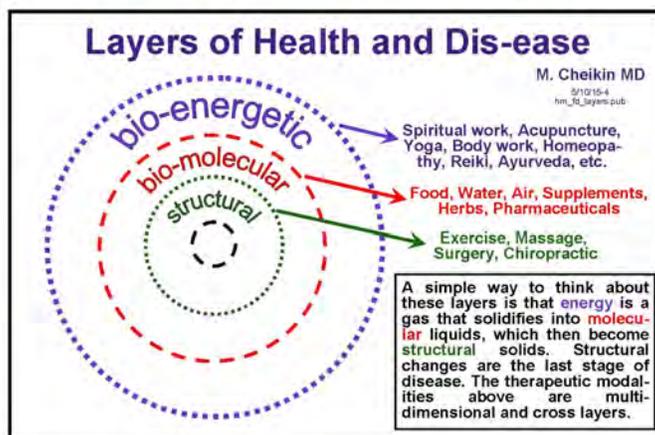
Integration with Conventional Medicine

Acute medical conditions such as asthma, hypertension,

cancer or trauma require conventional medicine (drugs and surgery) to quickly intervene to prevent damage or death.

However, such treatments often do not get to the "root causes" of disease and have limited effectiveness. There is often recurrence, progression, side effects and/or tolerance to medications requiring more of the same.

Using diabetes as an example, the structural changes are usually seen in the kidneys, retina, and nerves; the bio-molecular changes are seen in the blood tests, and the bioenergetic (symptom/ functional) changes are experienced as bloat, nerve pain, and fatigue. After the diabetes is safely controlled and stable with medications, working with a holistic practitioner can help identify and modify the lifestyle and other root causes that can allow for long-term healing. With improved sleep, yoga, acupuncture, diet changes and supplements, there may be no change seen at first, or things might even get worse as the healing processes initiate. After a few sessions or weeks, there usually is modulation of symptoms indicating change.



Placebo Effect

The placebo effect is so powerful that every current medical treatment **MUST** be compared to placebo through double-blind studies in order to gain acceptance and payment in conventional medicine.

While having a negative connotation, the placebo effect essentially means that the mind and spirit, through belief and emotion, can independently cause some degree of healing. This effect can be considered

mainly bioenergetic, as it is not initially chemical or structural. There can also be a negative placebo effect, where beliefs or emotional needs interfere with the healing process.

Symptoms are what ultimately drive patients to seek help. Instead of being negative, symptoms can be interpreted as a message from our inner wisdom. They reflect bio-energetic imbalance that if addressed early, can be used to guide diagnosis and treatment. Improving our sensitivity to this dimension as patients and practitioners through practices such as yoga can be transformative.

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1. **This educational material may not be used to influence medical care without supervision by a licensed practitioner.**
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3. Dr. Cheikin's website has related articles such as "Biorhythms", Sleep, Adrenal Fatigue and many others.

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