



Medicine was dramatically changed in the late 1800's with the discovery of anesthesia and antiseptics. This allowed for safer surgery and improvement of public health. The discovery of antibiotics and nutrients in the early 1900's enabled miraculous cures of previously fatal infections, scurvy (Vitamin C), pellagra (niacin) and other diseases. The drama of modern surgery and pharmacology in the 1950's and 60's romanced the Dr. Kildare generation, while the discovery of DNA allowed us to hope that we could manipulate the very code of life.

However, there are several other aspects of medicine and healing that, though less dramatic, are ancient, essential and miraculous, partly exemplified by the humanism of Marcus Welby, MD (who lasted longer on TV than Dr. Kildare). M.A.S.H. represented the integration of the technical with the human/spiritual.

The question "Why do I have these symptoms and what do I need to do?" drives a patient to their second and third practitioner when the first can't interpret the message. The mystical is operant in every symptom, office visit, handshake, conversation, remedy, and ultimately in every healing response.

## Symptoms and Healers

Even before a healer is sought, the patient (derived from "passion" or "suffering") has gone through a mysterious process. "Symptoms" are sensations that are delivered from our body, our inner wisdom, messages that have evolved over hundreds of millions of years. They enter consciousness in a manner similar to a sound or visual image. How these signals convey information is a mystery similar to music, demonstrating that consciousness is more than "objective" words or facts.

A symptom, by definition, is limited to the "subjective", which means it can not be demonstrated, measured or proven. It is confined to the inner world. A flaw in modern medicine is to favor the "objective" to the subjective. When the exam or lab tests fail to explain the symptom, it is then attributed to anxiety, depression, and/or stress.

However, the subjective realm is real, perhaps more real than the objective. It's what we experience 24x7. Imbedded in that message is even a deeper message: "Something is wrong, it must be addressed, and I can heal". In some ways, the symptom equals that impulse, as the greater the symptom, the greater the pressure to seek relief.

The ability of one human to influence another, be it a parent, teacher, or healer demonstrates the mysterious power of human connection. The intent, compassion, and empathy of a healer, or even a patient with his/herself, is often all that is needed to initiate the healing process. An old aphorism in holistic medicine is "if you listen to a patient long enough they will tell you what's wrong and if you listen even longer they will tell you what they need to heal". In other words, we know what we need to do, but need the support of another human being to help us move through the difficult changes ahead. Since the body's messages are usually not spelled out

in text messages or lab numbers, a healer offers the integration of intelligence, knowledge, experience and intuition to interpret the message in the symptoms. It's the patient who must do the work, with the support of the healer.

## Water and Minerals

A discussion of the mysterious nature of life would be incomplete without paying homage to the elephants in the room, the sun, soil, water, air and planet upon which life is based. Minerals, though not alive, were and are required for the formation and maintenance of life. Certain features of water continue to evade explanation, are intimately connected to life, and may be the basis of several present and future remedies. Life also requires the gravitational and geo-magnetic fields and grounding of the Earth, as well as the Earth's varying location with respect to the sun. We exist in a universe of matter and energy-- a fact that will never cease to mystify.

## The Medical and the Mystical

The mystical realm by its very nature is non-rational, non-cognitive, non-verbal, non-measurable and non-recordable. It's scary. When a cell or human dies, that loss of the life force is tangible, but still eludes science.

What we call the "placebo" effect is essentially the mystical life force of healing. Reticently acknowledged by medical science, the placebo effect is a recognition of the mystical side of human-ness. A placebo, either coming from self or other (which is why we must double-blind) is so powerful, in fact, that it must be considered in each and every research design, regardless of whether we are measuring humans, rats, cells or even water.

Toxins, infections, deficiencies and other material factors certainly are root causes for modern illness and dis-ease. However, the life force is inherently resilient and forgiving, and requires challenge. Without gravity, our bones turn soft. Without mental challenge, we are more prone to dementia. Every improvement begins with a problem. Allowing for and integrating the mystical into our lives is the basis for true healing.

## IMPORTANT NOTES:

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 and references such as "Anti-Nutrients", "Seeing the Obvious" and others.

Michael Cheikin MD is a holistic physician, Board Certified in Physical Medicine and Rehabilitation ("Physiatry"), Pain Management, Spinal Cord Medicine and Electrodiagnostic Medicine and licensed in Medical Acupuncture. Dr. Cheikin has extensively studied yoga, diet and metabolism, Ayurvedic, Chinese and energy medicine and other alternative modalities for over 30 years. He specializes in obscure, chronic and severe problems that have not responded satisfactorily to other methods of healing.

## Medical Mysteries\* (in no particular order)

Life on Earth
Water and Minerals
The Living Cell
DNA and Biochemistry
Inheritance and Procreation
Fetal Development
Prodigies and Savants
Sleep
Intuition
Creativity
Love
Eye Contact
Music
Consciousness
Belief and Intent
Emotion
Sensations: Sight, Hearing, Taste, Smell, Touch, Movement, the Body
Resilience

\*this list is focuses on those mysteries that are involved more directly with biology and life.