



It takes 20 years or more for a new scientific concept to “make it” into the conventional world. Science, the search for objective truth, does not exist apart from economics and politics. Therefore, every new discovery that challenges the status quo and related industries goes through phases, beginning with rejection and ridicule and ending in acceptance with a new status quo (and new industries). Many of history’s greatest scientists and their discoveries, such as Galileo and Semmelweis¹, Darwin, and recently Marshall and Warren² had this experience.

As Dickens wrote, “It is the best of times; it is the worst of times”. What makes this time so full of potential is the role of the internet in communication and access to information, the power of computers to organize and process this information, and a growing awareness and willingness to change. Examples are the organic food movement, recycling programs, growing skepticism about vaccination and medications, and the spread of yoga.

Holistic practitioners are often at this leading edge of knowledge. Holistic patients (clients) fall into two camps: those who are seeking prevention; and those who have failed to be “cured”, or are even getting worse in the face of conventional treatment. Once aware of new information, it is almost impossible to go backward to old ways³.

While we think of “technology” as involving machinery, it actually means “the application of science to practical issues”. Below are leading-edge Holistic technologies that are proving more powerful than the newest drugs and machines, especially for the chronic diseases that afflict the vast majority of society:

Nutritional Deficiency and Insufficiency

There are four classes of nutrients. The macronutrients, discovered first, are proteins, carbohydrate and fat. Then came micronutrients—vitamins, minerals, and oils, needed in very small quantities, but essential for optimum health. We are still learning about tertiary nutrients, such as bioflavonoids in plants that can have critical roles in health and prevention, and are dependent upon how the plants are grown. The fourth category are nutrients which we don’t yet know, but can only be made if we raise and eat our food the way it was done 50-100,000 years ago.

Cases of pain, depression, migraine, acne, IBS, autism and even potentially fatal diseases such as cardiac arrhythmia, wounds and infection have been healed by measuring and correcting levels of Vitamins D and A, Magnesium, Zinc, and Omega-3 fatty acids. Since each nutrient is absorbed and processed by a different mechanism, such deficiencies and their correction are highly individual. While everyone can be guaranteed to be deficient in at least one critical nutrient, without testing and monitoring, it is virtually impossible to identify and treat.

Since each nutrient usually has a role in numerous processes, deficiency of one nutrient can negate the effect of all others. For example, is it possible to build a house with all the materials—wood, cement, plumbing, etc., but without the nails? What if only one quarter of the necessary nails were available? What if you must build the house anyway? What then happens if there is a storm? This situation, where there is some, but not enough, is called “insufficiency”. It’s like giving a child or plant the minimum amount of water, food, education and love. This

growing creature would survive, but not thrive. We always want to have a few extra nails available when building. Here in America, the land of excess, we have this paradox of hidden starvation even in the most affluent.

Toxicity

Toxins can be generated from within our body, called endo-toxins, or come from the outside, called exo-toxins. For example, when the liver is preparing certain molecules to be eliminated, such as alcohol, it generates toxic intermediate compounds that must be rapidly de-toxified. If the liver is lacking certain critical nutrients (such as Selenium), is poisoned by certain compounds (such as Tylenol), or is overwhelmed by the sheer load of toxins (i.e. junk food, medications, etc.), these endotoxins can accumulate in specific tissues and cause or perpetuate illness.

Exo-toxins such as lead and mercury, while naturally occurring, are released in un-natural quantities and forms by industry every year, as well as billions of pounds of man-made toxic waste such as pesticides and plastics, representing thousands of chemicals. Many can not be degraded by nature and endure for thousands of years. “Xeno-biotics” refers to chemicals that mimic biological molecules, and therefore can alter a biologic process. “Xeno-estrogens” mimic estrogen. The rise in breast, ovarian, uterine and prostate cancer, as well as the earlier and earlier menarche of young girls, from 17 years old 100 years ago to as early as age 7 today, is a result of exposure to these chemicals in dairy, pesticides, and industrial waste^{3, 4, 5, 11}. Testing for many of these compounds in the body is difficult and expensive.

Food from Genetically Modified Organisms is toxic since it contains man-made molecules, has been shown to cause illness in many species, and has been inadequately tested. It may be related to increasing food allergies.

When a chemical is evaluated for safety, it is studied in a lab, in isolation. However, over our lives, even before we are born, we are exposed to and accumulate hundreds of toxins^{3,4,5}. The cumulative impact of this toxic load, called “The Cocktail Effect”, is virtually immeasurable.

Infections: Stealth, BioFilms and Genetic Modifications

Many of the organisms that cause illness have certain modes of being that render them highly resistant to detection and antibiotics. Some can go “stealth” by shedding or altering their external coats (such as Lyme), by hiding within cells (HIV virus), or by other tactics. Some can live “under the radar” for decades in a root canal or in the gut, toenail, or skin but still cause problems.

Most of these organisms create “biofilms”, fortress-like structures that increase the resistance of these organisms by up to 1000 times. Biofilms explain chronic and recurrent infections such as sinusitis, periodontitis, vaginitis, gut problems, implant infections and plaque on the teeth and in the blood vessels. Agents are now being developed, many of them herbally based, to tear down these biofilms. When taken simultaneously with anti-microbial agents the efficiency of such agents is magnified by up to 1000 times.

Our immune systems, programmed over millions of years, may not be able to identify and attack Genetically Modified Organisms (GMOs) since they contain “man-

made” molecules. Once released into the environment, many will share their altered genes with related and sometimes unrelated organisms, potentially creating entire new species of dangerous, resistant bugs.

Stress, Adrenal Glands and Thyroid Glands

Unlike the sex glands which awaken at 11-12 years old, the adrenal glands begin to produce their hormones at 3 years old. Adrenal hormones are designed to work for seconds to hours. When they do not cycle properly, or at levels too high or low, they weaken many systems. Our stressful lifestyles, including those of our kids, are causing both adrenal excess and fatigue. Without addressing adrenal dysfunction through stress management and good sleep, chronic dis-ease can develop and fail to respond to treatment. Thyroid disease and diabetes, now at epidemic levels, are due in part to unrecognized adrenal issues^{3,4,6,8}.

The Gut-Brain, Inflammation, Allergy and Probiotics

The gut does not just process food. Serotonin, the target neurotransmitter of the newest class of anti-depressants, such as Prozac and Zoloft, is the main signal molecule made by the gut. Even without gut symptoms, any mental dysfunction (including autism, ADD, anxiety, depression and OCD) requires that the gut be evaluated^{4,6,9}.

“Inflammation” is a low-level fire that is necessary for defense and repair, but like the flame in your water heater, can smolder or rage out of control. Many chronic diseases, such as atherosclerosis, arthritis, and cataracts are the result of decades of inflammation and can be reversed with improved gut function and related Holistic modalities.

“Leaky Gut Syndrome”, caused by gut inflammation related to many of the factors above, can turn an acute illness to chronic by over-whelming the immune system, liver, energy, hormonal and neurotransmitter systems.

Immune reactivity to foreign molecules (allergy) or to the self (autoimmune disease) always involves the gut and can be reversed if caught and addressed early.

Probiotics of specific types and amounts can alter internal ecology, “re-program” the gut and immune system, aid in detoxification and influence the above conditions^{3,6,9}.

Epigenetics, Morphic Fields & Energy Field Medicine

Current pharmaceutical commercials tell us that we are at the mercy of our genes. However, numerous factors (including the ones discussed above) can turn genes on and off. Even identical twins, with the exact same genes, can have opposite health profiles based on these factors.

“Epigenes” are molecules that modulate gene expression, and are passed on from generation to generation. If genes are long-term memory, epigenes are short-term memory. They remember your grandparents’ lifestyle and health, and can make you vulnerable or resistant to dis-ease at specific points in your life⁷.

“Morphic fields” are waves of information that transcend space and time, and can explain mysterious phenomena such as fetal development, autistic savants, and how species separated by thousands of miles develop the same behavior simultaneously⁸.

Energy field medicine utilizes these concepts, and those of quantum physics such as non-locality to influence health in mysterious ways. The energy field can be thought of as the blueprint that guides how a skyscraper is built. Modalities such as acupuncture, yoga, prayer and even good sleep work in part by utilizing this energy field^{3,8,9}.

The Impact on Our Clinical Studies and Knowledge

These concepts easily explain why medications, designed to “manage” or “suppress” symptoms, can enable a problem to persist and worsen. These new ideas also challenge our concept of aging--it may not be necessary!

Past clinical studies, even if “double-blind, placebo controlled” that have missed these factors may be rendered practically meaningless. The scientific and medical establishments have not been sufficiently open to these new paradigms.

Homo sapiens, despite its intellect, can succumb to greed and ego, ignore fact and put it’s species at risk. Hence the denial of global warming, the support of factory farms, the excessive use of nuclear and fossil fuels, and the dominance of the health care industry by pharmaceuticals.

The best of times is here in that individuals, families, and communities can embrace and implement the changes that are inspired and required by these new concepts. They can also use their power of purchasing and election to promote change. The sooner the better!

IMPORTANT NOTE: This educational material may not be used to make decisions about medical care without the oversight of an experienced practitioner.

Footnotes and Reading Materials (Books followed by ISBN number)

- 1 Galileo was incarcerated until death in 1642 and was not exonerated by the Catholic Church in 1994. Semmelweis proposed the existence of bacteria on the hands of medical doctors as a cause of “child bed fever” 10 years before Pasteur’s work and died in an asylum.
- 2 Marshall & Warren won the 2005 Nobel Prize for the initially rejected discovery of H. pylori infection as a main cause of stomach ulcers.
- 3 See Dr. Cheikin’s website, www.cheikin.com, for related articles as well as other topics, holistic health information and workshops.
- 4 McCandless, Jaquelyn: Children with Starving Brains: A Medical Treatment Guide... 4th Ed. Bramble, 2009. 1883-647-177.
- 5 www.ewg.org, environmental working group, is the premier organization for information about toxins in food and the environment
- 6 Moritz, Andreas: Timeless Secrets of Health and Rejuvenation. 2007. 9780-9792-75753
- 7 Look up an excellent Nova entitled “The Ghost in Your Genes”.
- 8 Sheldrake, Rupert: The Presence of the Past: Morphic Resonance & the Habits of Nature. 1995. ISBN 0892-815-37X.
- 9 Ballentine, Rudolph: Radical Healing: Integrating the World’s Greatest Therapeutic Traditions... 2000. 0609-804-847
- 10 Pollan, Michael (2006). The Omnivore’s Dilemma: A Natural History of Four Meals. New York: Penguin Press. ISBN 9781-5942-00823.
- 11 Campbell, TC et al: China Study: The Most Comprehensive Study of Nutrition Conducted and the Implications... 2005. 1932-100-385.
- 12 Sivananda Center: The Sivananda Companion to Yoga. New York: Simon & Schuster, 1983. 0684-870-002.

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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. He provides leadership to several medical institutions. Dr. Cheikin has extensively studied yoga, diet and metabolism, Ayurvedic, Chinese and energy medicine and other alternative modalities for over 30 years. He designs balanced, natural, individualized health programs for adults and children utilizing a combination of education and counseling, medical yoga, whole foods and supplements, detoxification programs and medical acupuncture. He specializes in obscure, chronic and severe problems that have not responded satisfactorily to other methods of healing. 610-239-9901 or www.cheikin.com