

Homotoxicology: biological medicine for the 21st century

In a more in-depth follow-up to his introduction in the last issue, Professor Michael Kirkman, C.I.Biol, Director of Academic Affairs UKGB International Society of Homotoxicology and ICM Adviser in Homotoxicology, explains in Part 1 of a two-part article the central importance of the subject to complementary medicine.

THE aim of this paper is to stimulate interest in Anthro-po-Toxicology and Anti-Homotoxical therapeutics, based on the work of D^r Hans Heinrich Reckeweg (1905-85), who formulated Homotoxicology in 1952, as a valid system of medicine.

It has been thoroughly researched at centres of academic excellence in Germany, the USA, and elsewhere and has been the subject of innumerable published clinical trials in peer-reviewed, international journals. As such D^r Reckeweg's insight and genius has stood the test of time, becoming the system of medicine for the 21st century.

Sources of information and relevant education, with detailed research reports related to the system, are also given.

What is Homotoxicology?

Basically, it is about present-day biophysics, immuno-pathology and biological molecular activity, within the scenario of a holistic, scientifically rational, biomedical system of healing within classical diagnostics of the nature of disease.

Aristotle stated "Health is harmony, dis-ease is discord". Such a concept is reiterated by D^r Henry Lindlahr in his *Philosophy of Natural Therapeutics* (1975): "Disease is a disturbance of the normal equilibrium of the body's functions" followed by "disease is an abnormal or disharmonious vibration of the elements and forces composing the human entity on one or more planes of being". These disturbances of our vibrational pattern, he maintained, are due to:

1. Lowered vitality;
2. Abnormal composition of blood and lymph;
3. Accumulation of morbid materials and poisons (toxins).

They are an adequate summary of the theories of disease causation that form the basis of all natural therapies.

One view, supported by the theories of modern particle physics, is that Vitality (the concept of Hahnemann) may be expressed in the terms of the vibrational quality of living things; this in turn is dependent upon the composition of the body fluids (homeostasis in effect) - in particular their nutrition (supplying through the diet the necessary and vital biological molecules to provide for the immune system requirements at their optimal levels). This situation may be impaired by the inadequately neutralised and other eliminated products of metabolism (especially free radicals and singlet oxygen/nitrogen products and the products of inflammation - endotoxins). The latter concepts, with many allied concepts known collectively as 'toxaemia theories', have held great sway in naturopathic thought. Certainly, D^r Reckeweg's system falls within the toxaemia concept.

In addition to advocating better nutrition, regular exercise and belief systems that encourage health and longevity, we are becoming increasingly aware of the roles that environmental pollution and hereditary susceptibility play in affecting our health or disease. These factors need to be considered in both the sick and the well if we are to establish a truly comprehensive therapeutic and preventative medical program for the 21st Century.

Applying post-Einsteinian concepts to medicine

At the heart of this expanded view of therapeutics and preventative medicine is the application of post-Einsteinian concepts of modern physics to medicine. Whereas surgery intervenes at the level of structural anatomy, and pharmaceutical medicine at the level of cellular biochemistry, the Einsteinian model moves us away from the older Newtonian mechanistic world view to one that looks upon matter as particularised energy, vibrational in nature, and the human body as a multidimensional energy field. (See *Vibrational Medicine* by Richard Gerber, MD, for a comprehensive view on this subject.)

When we begin to realise that illness often begins with subtle imbalances in the human energy field, completely undetectable through conventional diagnostic technologies, we can understand why pharmaceuticals and surgical procedures (often life-saving in the gravely ill or injured person) need to be complemented with 'bio-energetic medical interventions', in addition to nutritional/biological and psychological support, for the most comprehensive patient care.

There is both a diagnostic and a therapeutic application of the Einsteinian concepts to modern medicine. On the diagnostic side, many innovative physicians and clinical researchers are now experimenting with advanced technologies such as electro-diagnostic/biofeedback instruments. Such instruments, applied to topical acupuncture points, can detect subtle bioelectrical energy imbalances, which provide information that serves to elucidate the cause(s) of the deeper bio-energetic disturbances.

Such instruments are really a synthesis of advanced electrical and computer technology and the ancient concepts of Chinese medicine. Known as Chi in traditional Chinese medicine, this bio-electric energy is said to flow through a series of circuits called meridians which can be affected by stimulating the topical acupoints of the body.

Although the theory of Chi life-energy (called the Vital Force in European natural medicine) may seem very abstract to logical Western thinking, European researchers have validated the existence of these acupuncture points by electrical conductivity readings. Since these topical acupoints have a lower electrical resistance compared with other areas on the skin, their conductivity as measured by changes in galvanic skin resistance is higher. It is this characteristic 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 of the body, the possible presence of an environmental irritant, a viral or bacterial infection or, even, an allergic hypersensitivity state. With such pre-diagnostic screening information, complemented by appropriate conventional diagnostic procedures, it is obvious that the clinician can gain greater insight into the nature of the patient's condition as a basis for effective treatment.

On the therapeutic side, electro-diagnostic/biofeedback technology can also help us to determine which nutritional/biological and homoeopathic 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 to expedite the return to health of those who are ill.

The miracle of the potentised microdose

While more and more physicians are beginning to accept the role of clinical nutrition, biological medicine, and the influence of the mind on health and healing, the value of modern

homoeopathic remedies has only recently been rediscovered. Established about 200 years ago by the German physician and chemist Samuel Christian Hahneman, homoeopathic medicine, even today, is still ahead of its time. 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 gradually became disillusioned with the conventional medical practices of his day. Hahneman gave up the use of the powerful toxic substances then being used as medicines. He found, all too often, that the medicine was often worse for the patient than their illness. He was not discouraged, however, but persisted in his lifelong goal to discover "if God had not indeed given some law whereby the diseases of mankind would be cured". (William Bergman MD, Medical Directorate, Hahnemann Health Associates, New York.)

Because of his devotion to truth and a strong commitment to benefit mankind, Hahnemann experimented on himself and an ever-growing list of friends and followers. 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, whereby a medicine is given to a patient based on characteristics which it has in common with the symptoms and personality of the person being treated.

From a homoeopathic perspective, all disease is an external manifestation of an internal physiological and bio-energetic disorder unique to that individual. As such, no single part of the body can be ill without affecting the person as a whole. Since all the symptoms being manifested are assumed to reflect the effort of nature to heal, all must be taken into account in order to select the homoeopathic formulations best suited to strengthen the person's defence and healing mechanisms at that particular time.

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, to which they were exposed. But if the stress was too great or prolonged, or the defence mechanism too weak, then signs and symptoms unique to the individual would follow. The theory was that the appropriate homoeopathic program would strengthen the vital force and support dramatically the process of healing already in progress, so that health could be restored quickly and naturally.

One problem that confronted Hahnemann in his early work was the issue of toxicity. Utilising the law of similars, he had obtained very impressive clinical results. However, sometimes there was an 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 discovered a method of refining and purifying the original natural substance (from the plant, mineral or animal kingdom) from which the homoeopathic 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 potentisation, places homoeopathic medicine at the leading edge of the energy medicines for the 21st Century.

Potentisation consists of successive serial dilutions and vigorous shaking or grinding of the original natural ingredient. The most common strengths of potentised remedies are those that have been diluted as much as 6, 30, 200, 1000, 10,000, 50,000 and even 100,000 times or more. This process of potentisation is quite different, when one considers the energy released, from simple dilution. Neither diluting nor shaking (grinding) alone will work; it is a particular combination of both processes which potentises the remedy so that it becomes both effective and non-toxic.

That he could produce such outstanding results with these minute doses, without the risk of toxicity, astonished the medical profession of Hahnemann's day. But the clinical results were indisputable and many prestigious physicians, who were originally called upon to discredit and expose homoeopathic medicine, soon became outspoken advocates of the system.

If it is difficult in our day for the scientific community to appreciate the validity of a medical system that depends primarily on a bio-energetic interaction with the inner resources for self-healing, rather than on a biochemical reaction with a part of the body, imagine the situation 200 years ago. In that pre-Einsteinian era, referred in medical history as the "heroic era", nothing was known of energy fields and electromagnetic waves. Physicians still employed regularly such crude methods as burning, purging, bleeding and the dosing of their patients with toxic substances such as mercury and arsenic. Even today, it is often far easier for physicists to understand the concept of acupuncture and homoeopathy than for those who have been locked into departmentalised and materialistic view of health and disease by their somewhat outdated orthodox training.

Actually, even apart from bio-energetic considerations, the knowledge that very small amounts of a substance can be responsible for significant physiological effects is not unheard of in medical science. As Dana Ullman, MPH, states in his book *Everybody's Guide to Homeopathic Medicines* (Jeremy P. Tarcher, Inc., 1984, pp.15-16):

"A milligram of acetylcholine dissolved in 500,000 gallons of blood has long been known to lower the blood pressure of a cat, and even smaller amounts affect the beat of a frog's heart. Florey, the co-discoverer of penicillin, reported in 1943 that pure penicillin can inhibit the growth of sensitive micro-organisms in the laboratory at dilutions of 1:50,000,000 to 1:100,000,000."

"The human body manufactures only 50 to 100 millionths of a gram of thyroid hormone per day, and the concentration of free thyroid hormone in normal blood is just 1 part per 10,000 million parts of blood plasma. Yet this hormone is a powerful regulator of metabolic rate."

"There have been numerous other experiments in the fields of botany, zoology, bacteriology and physics that attest to the power of microdoses, including homoeopathic potencies more dilute than 12c."

Double-blind clinical and laboratory studies have also provided evidence that the medicines act even though the dose is infinitesimal. One study in the *British Journal of Clinical Pharmacology* showed the effectiveness of homoeopathic medicines in treating people with rheumatoid arthritis.

In some ways, the potentiation of medicines is both the most exciting and the most controversial part of the homoeopathic system. It is believed that the energised homoeopathic 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.

Practising clinicians use homoeopathic remedies because they work and because they are safe. From the patient's point of view, this is all that really matters. We await further research, by advanced electro-computer instruments, into the vibratory nature of homoeopathic remedies for a deeper explanation of their exact mechanisms of action. In the meantime, they are available and can be readily used along with other nutritional and biological modalities, to benefit people in a wide range of acute and chronic disease.

Patterns of water clusters

Clusters - also known as nanoparticles, nanocrystals, nanoclusters and quantum dots - are increasingly attracting scientific and technical interest. They are arrays of matter that can be described as arrangements, patterns or "molecular designs".

As we penetrate into the world of nanometers, we become aware of the physical variation possible in the molecular arrangement of elements within a single chemical formula, right down to the arrangement of particles in the atomic nucleus. These particles deal with the structure, thermodynamics and topography of clusters, magnetic clusters in molecular

formations, semiconductor crystals, nano-crystals and quantum dots and - of particular interest to medicine - water clusters. A contribution provides new content that enlivens the perennial discussion of the interrelationships between structure and function.

If we disregard the possible applications of clusters in laser technology and in the production of nanocrystals, quantum dots and superthin films and choose instead to concentrate on their significance in medicine, the results of research on water clusters are especially informative. Many physicists say that water, which is of decisive

Figure 1 illustrates this for monomers through septamers. In addition, within each cluster form there is still a substantial degree of latitude with regard to the arrangement of elemental structures, bond capacities and surface energies.



Figure
Click to enlarge.

1

importance as a transmitter of information in material dilutions, has the "memory of an elephant". This ability to transmit information cannot be derived from the unitary chemical formula H₂O; rather, it results from water's multiplicity of cluster formations

In solutions, water molecules tend to form pentagons and hexagons, with the pentagonal structure predominating. Pentagons seem to make closed surfaces possible. "Magic number" (numbers that demonstrate especially stable formations) of linkages between H⁺ and H₂O ions may be the basis for water's memory of dissolved substances.

Much of cluster research is still theory, but the facts and the models that concur are enough to permit the characterisation of clusters as carriers of information. This applies especially to dissolved medications in which the dissolved substance forces the solvent to form clusters. The key to the biological efficacy of high dilutions in homoeopathy may lie in this cluster-forming ability of solutions. Through contact with the dissolved substance, its "information" is transmitted even when molecules of that substance are no longer statistically present in the solution.

(to be continued)