

PASCAS CARE

Environmental Illness

Environmental
Illness
SUCKS!



“Peace And Spirit Creating Alternate Solutions”

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Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

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We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*



“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

ENVIRONMENTAL ILLNESS (E. I.)SYNDROME:

Dr Sherry Rogers

Medicine made an error when it intimated you could eat, drink, smoke, and breathe anything you want because we had a magic pill for everything. That's not the way to wellness. So we're here to educate, not medicate.

In environment medicine or ecology we try to restore the balance to the system and create harmony with the environment.

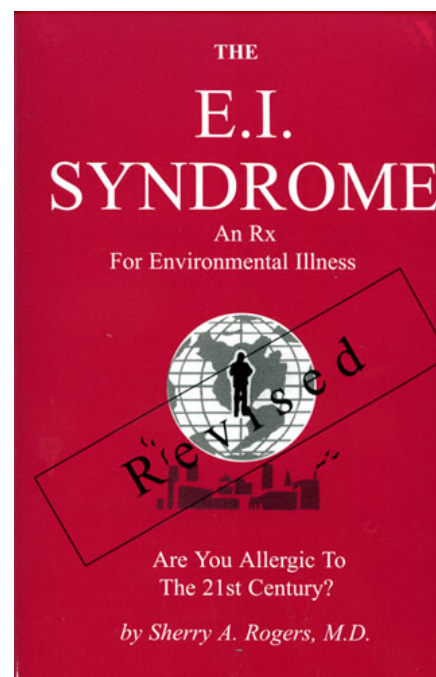
Baffling immunodeficiencies such as AIDS appear in epidemic proportions. Extreme chemical overloading of our universe has produced staggering varieties of cancer.

Some people with arthritis, migraines, eczema, sinusitis or psoriasis can be totally clear with just elimination of all yeast-containing foods for several weeks. When they get clear, all they need to do to prove whether Candida is involved is to challenge themselves and reintroduce these foods to the diet and see what happens.

The biggest reason we develop food allergies is that we eat the same foods day after day. It's the frequently eaten foods that are the causes of chronic symptoms. Further, if it comes in a box, a jar, or a wrapper, with a list of chemical names, you don't want it because the nutrition has been processed out and mould derived preservatives have been added.

It is the overload from various chemicals that damage one's immune system enough to turn on their allergies. The load of chemicals continually is growing. Some 20 years ago 1 in 20 people had allergies, and now it is **1 out of every 4 who suffer from allergies.** P.46 E.I Syndrome by Dr Sherry Rogers

1. Did you know that many patients with arthritis don't hurt if they don't eat any beef, tomato, pepper, or potatoes?
2. Did you know that many patients with inability to concentrate and muscle weakness are reacting to chemicals such as natural gas and formaldehyde?
3. Did you know that children with hyperactivity or unharnessed aggressiveness may be reacting to foods most frequently eaten, such as milk, wheat, corn, cane sugar, food dyes, and preservatives?
4. Did you know that many people with asthma, chronic colds and eczema are clear when they stop eating mould-containing foods, such as breads, cheese, alcohol and vinegars?
5. Did you know that many patients with psoriasis can clear with the correct fatty acid supplementation?
6. Did you know that many people with headaches are totally clear after they have gotten off coffee for a week?
7. Did you know that people with chronic tiredness are sometimes universal reactors and sensitive to many types of dusts, moulds, foods, and chemicals?
8. Did you know that many people who feel depressed or have symptoms at the office may be reacting to formaldehyde from the furnishings, supplies, and cleaning solutions?



9. Did you know that people with colitis often times have hidden food allergies and low blood levels of many vitamins?
10. Did you know that depression can be caused by chemicals from a sofa or carpet or by a yeast growing in your body, or because you have too many birth control pills or antibiotics?
11. Did you know that many people with diagnoses like chronic EBV (mono) and SLE (systemic lupus erythematosus) actually are universal reactors to many foods, chemicals, and Candida?
12. Did you know that many people with a host of symptoms who just never feel great have multiple vitamin and mineral deficiencies?
13. Did you know that no two people with arthritis have the exact same causes? A revolution in medicine has begun where we realise “cookbook” medicine is archaic for we have staggering individual biochemical, genetic, and environmental variability.
14. Did you know that E.I. classically attacks several organ systems at a time, leaving specialists who limit themselves to one organ baffled?
15. Did you know that many can be exposed to the same chemical, but they may all exhibit different symptoms or target organs? Some reactions will also be delayed or not manifest until combined with other exposures later on.
16. Did you know that when the precise balance for an individual body is restored, it has the potential to heal anything including cancer?



Case Management

**PASCAS
HEALTH**

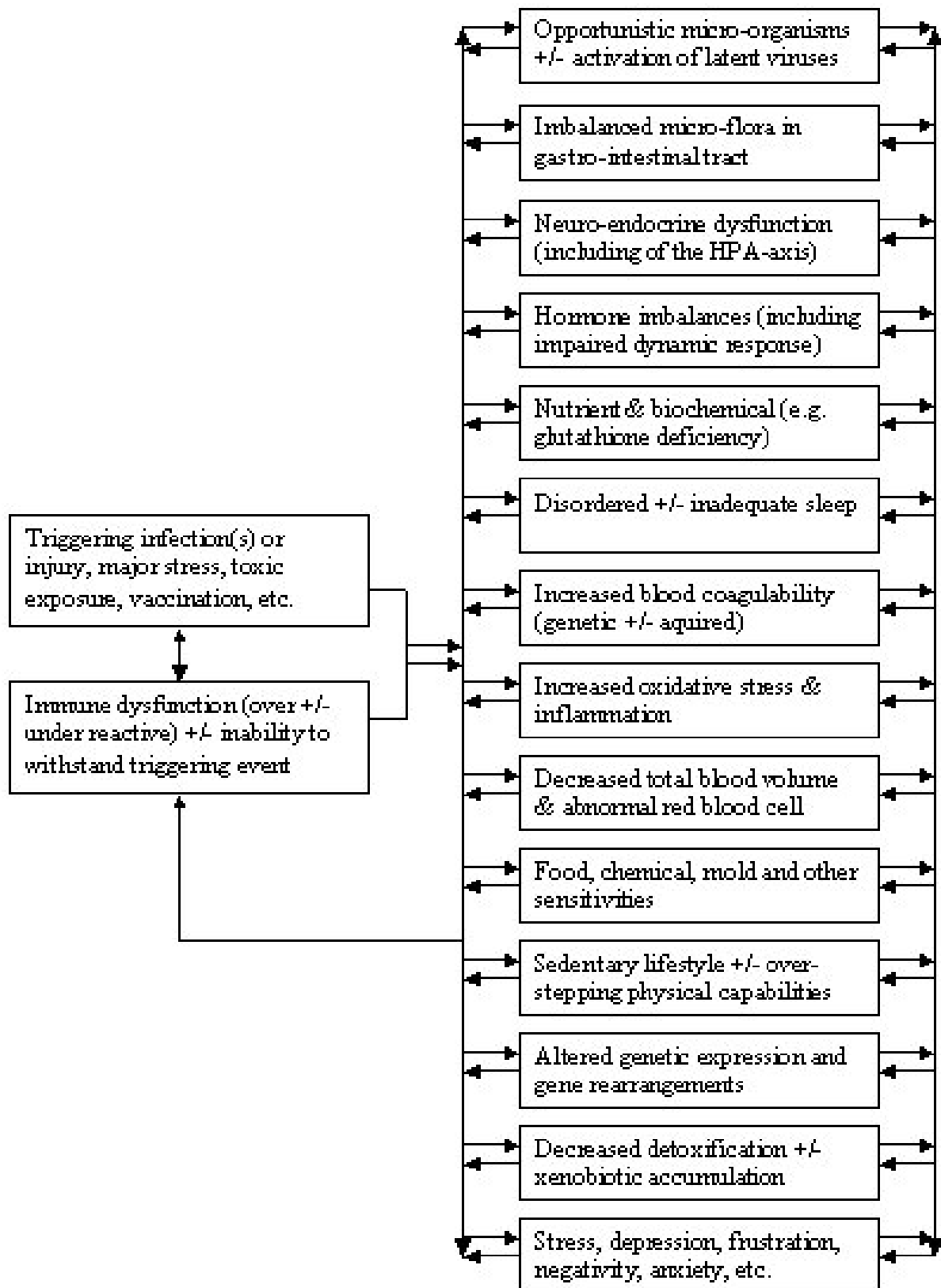


Streamer's Meeting

**Feeling
Healing with
Divine Love is
the key!**



Model of chronic fatigue syndrome (CFS) development:



ENVIRONMENTAL ILLNESS:

An environmental illness is a set of symptoms or a disease caused by chemicals, fumes, pollution, allergens, viruses, or other toxins or physical hazards commonly found in the environment. Exposure to toxins may occur in the home, workplace, or community.

Common symptoms include headache, cough, fatigue, and nausea, but they will vary according to the amount and type of exposure. Environmental illnesses are difficult to diagnose and are sometimes mistaken for other illnesses.

Symptoms may develop suddenly and disappear once exposure to the substance ends, such as when dust, cigarette smoke, or pet dander triggers an asthma attack. Sometimes symptoms may not develop for years, which can occur after exposure to cancer-causing chemicals.

Initial treatment for an environmental illness includes eliminating or reducing exposure to the factors causing the illness. Additional treatment is based on the specific symptoms and part of the body that is affected.

What is an environmental illness?

Chemicals, fumes, pollution, allergens, and other health hazards are common in our environment, and sometimes they can make us sick. Maybe you have mysterious headaches that only occur on weekends. Or you develop nausea and a rash after moving into a newly built home. Such symptoms can be caused by exposure to toxins commonly found in our homes, workplaces, and communities. For example:

- Those weekend headaches may be caused by a faulty furnace leaking carbon monoxide. Using a fireplace creates a back draft of furnace gases that can cause headaches. Replacing the furnace could make the headaches go away.
- Building materials in new homes—insulation, particleboard, carpet adhesive—emit formaldehyde, which can cause nausea and rashes. Also, the paper that makes up the outside layers of drywall provides the right conditions for the growth of mould. Exposure to these moulds may cause respiratory problems and allergy like symptoms and may provoke asthma attacks.

You and your doctor may not know what is causing your illness, or it may be mistaken for another problem. Environmental hazards can cause or aggravate a wide range of common medical problems. A thorough evaluation of the environments in which you work, live, and play could reveal the culprits.

What causes environmental illnesses?

Short- and long-term exposure to hazards such as chemicals, allergens, pollution, and other toxins can cause environmental illnesses. Chemicals in cigarettes are known to cause lung cancer. Exposure to asbestos, a common insulating material, can cause tumours in the linings of the chest and abdomen, lung cancer, and other diseases. Wood-burning stoves and improperly vented gas ranges can cause respiratory problems. Drinking water from a rural well contaminated with pesticides or solvents from a nearby industrial plant could cause cancer or neurological problems. Inhalation of spores from moulds that grow

on building materials can cause respiratory problems and may make asthma more severe. Exposure to certain chemicals in the workplace may cause sterility, especially in men.

But often we don't know such exposures are causing our sickness. We don't know the types or amounts of chemicals to which we've been exposed, especially when the symptoms of disease or illness don't develop for years. For example, most cancers have a latent, or silent, period that can last a decade or more before symptoms develop.

What symptoms do environmental illnesses cause?

Symptoms depend on the environmental cause of the illness or disease. Common symptoms include headaches, cough, fatigue, and nausea. In some cases, you may not have any symptoms for years, until a disease progresses far enough for you to notice signs of it. In other instances, exposure may cause immediate allergic reactions, such as when contact with dust mites, cockroaches, pollen, or pets triggers an asthma attack. Or symptoms may emerge more gradually and become worse as the time of exposure lengthens.

For some people, going to work in a building with poor indoor air quality may cause headaches, coughs, dizziness, fatigue, and nausea. The building may be improperly ventilated, causing exposure to fumes from cleaning solvents or cigarette smoke. Or it may have bacteria, moulds, or viruses that have accumulated in heating and cooling ducts, carpet, ceiling tiles, or insulation that can cause fever, chills, muscle aches, cough, and other respiratory symptoms.

Symptoms of environmental illness are difficult to diagnose and may be mistaken for other medical problems. If you think exposure to toxins could be making you sick, it is important that you discuss your suspicions with a health professional.

How will I know my symptoms are caused by something in my environment?

You or your doctor may not know your illness is related to a toxic exposure unless your symptoms won't go away or they appear only at specific times or places. Good detective work by you and your health professional will be needed to diagnose an environmental illness. For example, if you keep a log of your symptoms, you may discover that you feel nauseous and sluggish throughout your workweek, but you feel better on weekends and vacations. Poor indoor air quality, which some people call "sick building syndrome," may then be suspected as the cause of your illness. But unless you discuss the variations in your symptoms with your doctor, it will be difficult for him or her to make such a connection.

Checking the walls of your home or workplace for efflorescence—a white, powdery or crystalline substance that accumulates on the surface of concrete, plaster, or masonry—can be a good initial indicator of the presence of moulds or moisture that can lead to moulds. Air sampling, in which trained professionals analyse a sample of the air in a building, is another way to determine the presence of moulds.

Many times solving the mystery isn't so simple. A more serious illness may be caused by something to which you were exposed decades ago. Perhaps you once lived near a hazardous waste site, or you had a job remodelling old homes, which exposed you to asbestos. Before talking to your doctor, think about your history, previous jobs, homes, and activities.

How will my doctor diagnose my symptoms as an environmental illness?

Doctors and other health professionals can diagnose an environmental illness by taking an exposure history, which is a lengthy set of questions about your home, workplace, habits, occupations, lifestyle, family, and other matters. Your answers to the questions can help identify chemicals or other hazards to which you've been exposed recently or in the past and help your doctor decide whether you need specific tests to diagnose your illness.

How are environmental illnesses treated?

Initial treatment for an environmental illness includes eliminating or reducing your exposure to what is making you sick. For example, one of the most effective ways to improve air quality is to get rid of the source of the pollution. Gas stoves can be adjusted to reduce emissions. You can also increase the amount of fresh air coming into your home, change furnace and air-conditioning filters often, and make sure exhaust fans in the kitchen and bathroom are working. Treatment beyond these first steps varies based on your symptoms, the cause of the illness, and what part of your body is affected.

The health effects of mould exposure are best treated by preventing or restricting further mould growth. Maintaining a dry environment indoors can help restrict the growth of moulds. Humidity should be kept at less than 50%. Though it may be difficult to do, it is important to eliminate exposure to moulds that have already infected your home or workplace or your child's school. Moulds should be removed from buildings by trained professionals, and you or your children should not return to the building until the removal process is complete.

Pascas Care patients with allergic symptoms receive:



Signs, symptoms & indicators of Environmental Illness / MCS:

<http://www.diagnose-me.com/cond/C247920.html>

Symptoms – Abdominal Pain



[\(Severe\) abdominal discomfort](#)

Symptoms – Cardiovascular



[Heart racing/palpitations](#)



Heart palpitations and dysrhythmias can be caused by chemical exposures in sensitized individuals.

Symptoms – Environment



[Suspected environmental illness](#)



[\(High\) chemical sensitivity](#)



[\(High\) cigarette smoke sensitivity](#)

Symptoms – Food – General



[Strong appetite](#)

Symptoms – Gas-Int – General



[Meal-related bloating](#)

Symptoms – General



[Constant fatigue](#)



Daytime grogginess is a possible symptom of [environmental illness](#).

Symptoms – Metabolic



[Hyperactivity](#)

Symptoms – Mind – Emotional



[Irritability](#)

Symptoms – Mind – General



[Having trouble concentrating](#)

Symptoms – Muscular



[Tender muscles](#)



[Individual weak muscles](#)



The muscular weakness may be due to a nerve problem caused by chemical exposure and [immune system](#) changes associated with [MCS](#).

Symptoms – Nervous



[Numb/tingling/burning extremities](#)

Symptoms – Respiratory



[Shortness of breath](#)

Symptoms – Skeletal**Joint pain/swelling/stiffness**

Joint pain is a possible symptom of [environmental illness](#).

Conditions that suggest Environmental Illness / MCS:**Allergy****Allergy to Foods (Hidden)**

People with multiple chemical sensitivities often have multiple food [allergies](#) as well. While reactions to chemicals in the environment are generally quicker and more easily identified, food allergies are usually delayed, making it harder to pinpoint the offending food. People with [MCS](#) are often unaware of hidden food allergies which could be contributing to their overall allergic load.

Autoimmune**Autoimmune Tendency**

Reports of [autoimmune](#) markers in [MCS](#) patients, like most MCS data, are inconsistent. One report demonstrated [antibodies](#) to [smooth muscle](#) (muscle tissue that functions without conscious thought – such as the heart) in half the patients seen in a clinical practice. In some cases, MCS could be viewed as a chemically-formed [autoimmune disease](#). [*Environ Health Perspect* 105(Suppl 2): pp.417-436 (1997)]

Circulation**Raynaud's Phenomenon****Bruising Susceptibility****Arrhythmias/Dysrhythmias**

An irregular or rapid heart beat and awareness of your heart beating are listed as possible symptoms of [environmental illness](#).

Digestion**Constipation****Immunity****Chronic Fatigue / Fibromyalgia Syndrome**

[MCS](#) is a distinct illness that many times is diagnosed secondarily to [CFS](#) and/or [fibromyalgia](#).

Mental**Poor Memory**

Metabolic**Migraine/Tension Headaches****Why?**

Central nervous system dysfunction is common, resulting in headaches, [chronic fatigue](#), poor [short term memory](#), hyperactivity, and increased appetite leading to food [cravings](#) and overeating.

**Tinnitus****Insomnia****Respiratory****Asthma****Why?**

Respiratory complaints include adult onset “[asthma](#)”, shortness of breath, and fibrotic [lung](#) disease.

Symptoms – Environment**Environmental illness (confirmed)****Risk factors for Environmental Illness / MCS:****Symptoms – Muscular****History of tender muscles****Symptoms – Urinary****Bladder infections****Environmental Illness / MCS suggests the following may be present:****Allergy****Allergy to Foods (Hidden)****Why?**

People with multiple chemical sensitivities often have multiple food [allergies](#) as well. While reactions to chemicals in the environment are generally quicker and more easily identified, food allergies are usually delayed, making it harder to pinpoint the offending food. People with [MCS](#) are often unaware of hidden food allergies which could be contributing to their overall allergic load.

Respiratory**Asthma****Why?**

Respiratory complaints include adult onset “[asthma](#)”, shortness of breath, and fibrotic [lung](#) disease.

Recommendations and treatments for Environmental Illness / MCS:

Dental

 Dental Metal Removal

Why? Hypersensitivity to dental metals and nickel is frequent in patients with [CFS](#) and MCS-like syndromes. Ongoing metal-induced inflammation can be present in the oral cavity and/or in any other place of metal deposition. Metal-driven [chronic](#) inflammation may affect the hypothalamic-pituitary-adrenal axis (HPA-axis) and trigger a myriad of non-specific symptoms characterizing CFS, [MCS](#) and other related diseases. The removal of metallic restorations can reduce [lymphocyte](#) sensitization and improve the health of patients. [*Neuroendocrinology Letters*, 20: pp.289-298, 1999]

Detoxification

 Sauna Detoxification Program

Why? To decrease the fat stores of chemicals, a heat (sauna) detoxification program has been developed consisting of selected nutrients, [colon](#) cleansing, heat therapy and massage. The protocol of nutrients, colon cleansing and heat therapy can often reduce the [serum](#) levels of these chemicals to "non-detectable".

 Liver Detoxification Phase II Support

Why? Reducing the body burden of chemicals can be enhanced by maximizing Phase II [liver](#) detoxification pathways with selected nutrients.

Environmental






 Chemical Avoidance

Why? Avoidance of chemicals, especially those you are sensitive to, is the first step in treatment. Face masks and air filters can minimize exposures when total removal is not possible. Circulating clean air into confined spaces will help, but total removal of oneself from the source should be accomplished whenever possible.

Mineral

 Selenium Allergy Protocol

KEY

-  Weak or unproven link
-  Strong or generally accepted link
-  Proven definite or direct link
-  May do some good
-  Highly recommended

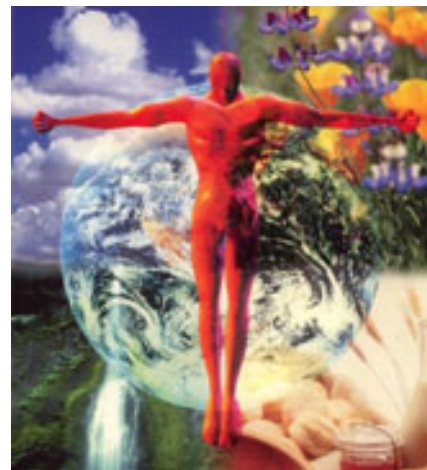
GLOSSARY:

Allergy (Allergies)

Hypersensitivity caused by exposure to a particular antigen (allergen), resulting in an increased reactivity to that antigen on subsequent exposure, sometimes with harmful immunologic consequences.

Antibody (Antibodies)

A type of serum protein (globulin) synthesized by white blood cells of the lymphoid type in response to an antigenic (foreign substance) stimulus. Antibodies are complex substances formed to neutralize or destroy these antigens in the blood. Antibody activity normally fights infection but can be damaging in allergies and a group of diseases that are called autoimmune diseases.



Anxiety

Apprehension of danger, or dread, accompanied by nervous restlessness, tension, increased heart rate, and shortness of breath unrelated to a clearly identifiable stimulus.

Asthma (Asthmatic)

A lung disorder marked by attacks of breathing difficulty, wheezing, coughing, and thick mucus coming from the lungs. The episodes may be triggered by breathing foreign substances (allergens) or pollutants, infection, vigorous exercise, or emotional stress. Extrinsic Asthma is triggered by pollen, chemicals or some other external agent; Intrinsic Asthma is triggered by boggy membranes, congested tissues, or other native causes... even adrenalin stress or exertion.

Autoimmune Disease (Autoimmune, Autoimmunity)

One of a large group of diseases in which the immune system turns against the body's own cells, tissues and organs, leading to chronic and often deadly conditions. Examples include multiple sclerosis, rheumatoid arthritis, systemic lupus, Bright's disease and diabetes.

Bacteria (Bacterial, Bacterium)

Microscopic germs. Some bacteria are "harmful" and can cause disease, while other "friendly" bacteria protect the body from harmful invading organisms.

Biopsy

Removal of a sample of tissue from a living being for diagnosis. A pathologist later uses a microscope to look for certain features, such as cancer cells, in the sample. A **fine-needle aspiration biopsy** involves inserting a thin needle to remove a small amount of tissue, sometimes using CT or ultrasound to guide the needle. A **core biopsy** involves obtaining a sample of tissue with a thick needle or by inserting a thin, lighted tube (laparoscope) into a small incision in the abdomen. Another biopsy method is to remove tissue during an operation.

Central Nervous System (CNS)

A collective term for the brain, spinal cord, their nerves, and the sensory end organs. More broadly, this can even include the Neuro transmitting hormones instigated by the CNS that control the chemical nervous system, the endocrine glands.

Chronic (Chronicity)

Usually referring to chronic illness: Illness extending over a long period of time.

Chronic Fatigue Syndrome (CFS, Chronic Fatigue)

A disorder of unknown cause that lasts for prolonged periods and causes extreme and debilitating exhaustion as well as a wide range of other symptoms such as fever, headache, muscle ache and joint pain, often resembling flu and other viral infections. Also known as Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS), Chronic Epstein-Barr Virus (CEBV), Myalgic Encephalomyelitis (ME), "Yuppy Flu" and other names, it is frequently misdiagnosed as hypochondria, psychosomatic illness, or depression, because routine medical tests do not detect any problems.

Colon (Colonic)

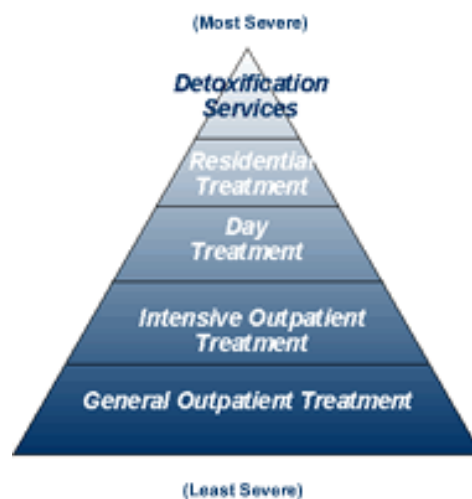
The part of the large intestine that extends to the rectum. The colon takes the contents of the small intestine, moving them to the rectum by contracting.

Crave (Craving, Cravings)

To have a strong desire for; to feel the need for.

Enzymes (Enzyme)

Specific protein catalysts produced by the cells that are crucial in chemical reactions and in building up or synthesizing most compounds in the body. Each enzyme performs a specific function without itself being consumed. For example, the digestive enzyme amylase acts on carbohydrates in foods to break them down.



Fibromyalgia (FMS)

Originally named fibrositis, it is a mysteriously debilitating syndrome that attacks women more often than men. It is not physically damaging to the body in any way, but is characterized by the constant presence of widespread pain that often moves about the body. Fibromyalgia can be so severe that it is often incapacitating.

Immune System (Immune Response, Immunity)

A complex that protects the body from disease organisms and other foreign bodies. The system includes the humoral immune response and the cell-mediated response. The immune system also protects the body from invasion by making local barriers and inflammation. The process may involve acquired immunity (the ability to learn and remember a specific infectious agent), or innate immunity (the genetically programmed system of responses that attack, digest, remove, and initiate inflammation and tissue healing).

Liver (Hepatic)

The largest and one of the most complex organs of the body, the liver is responsible for much of the metabolism of fats, proteins and carbohydrates. It is the site of much of the body's detoxification. It is connected very closely with digestion and the regulation of blood sugar, among many other functions. Found behind the ribs on the right side of the abdomen, it has many important functions such as removing harmful material from the blood, making enzymes and bile that help digest food, and converting food into substances needed for life and growth. **Hepatic:** Pertaining to the liver.

Lung (Lungs, Pulmonary)

Organ of the body, located in the chest cavity which is designed to bring oxygen from the air into the blood stream, while also expelling carbon dioxide and other waste gases out of the body. Pulmonary: Related to the lungs.



Lymphocyte

A type of white blood cell found in lymph, blood, and other specialized tissue such as bone marrow and tonsils, constituting between 22 and 28 percent of all white blood cells in the blood of a normal adult human being. B- and T-lymphocytes are crucial components of the immune system. The B-lymphocytes are primarily responsible for antibody production. The T-lymphocytes are involved in the direct attack against living organisms. The helper T-lymphocyte, a subtype, is the main cell infected and destroyed by the AIDS virus.

Metabolism (Metabolic, Metabolize, Metabolizes, Metabolizing)

The chemical processes of living cells in which energy is produced in order to replace and repair tissues and maintain a healthy body. Responsible for the production of energy, biosynthesis of important substances, and degradation of various compounds. Also defined as the sum total of changes in an organism in order to achieve a balance (homeostasis): Catabolic burns up, anabolic stores and builds up; the sum of their work is metabolism.

Multiple Chemical Sensitivity (Chemical Hypersensitivity, Environmental Illness, MCS)

The diagnostic label of Multiple Chemical Sensitivity (MCS) is being applied increasingly, although definition of the phenomenon is elusive. MCS has become more widely known and increasingly controversial as more patients receive the label. Persons with the label of multiple chemical sensitivity are said to suffer multi-system illnesses as a result of contact with – or proximity to – a spectrum of substances, including airborne agents. These may include both recognized pollutants and other pollutants ordinarily considered harmless. Some doctors believe that MCS is a purely psychological issue. Others, however, counter that the disorder can cause the kinds of problems that keep those who are affected from leading a normal life.

Nausea

Symptoms resulting from an inclination to vomit.

Nervous System

A system in the body that is comprised of the brain, spinal cord, nerves, ganglia and parts of the receptor organs that receive and interpret stimuli and transmit impulses to effector organs.

Parasite (Parasites, Parasitic, Parasitical)

An organism living in or on another organism.

Serum

The cell-free fluid of the bloodstream. It appears in a test tube after the blood clots and is often used in expressions relating to the levels of certain compounds in the blood stream.

Short-Term Memory (Short Term Memory)

Also known as **immediate memory** or **working memory**, this is a phase of memory in which a limited amount of information may be held for several seconds to minutes. In general, up to 7 'chunks' of information are stored for about 20 seconds.

Smooth Muscle (Involuntary Muscle)

The human body contains 2 types of muscle – smooth muscle and striated (skeletal) muscle. Smooth muscle is found in our internal organs such as stomach, intestines, blood vessels, or uterus (womb) and causes them to contract. These muscles are involuntary – that is, we don't control their movement.

Somatization

Physical manifestations (bodily reactions) to stress. Some psychological precipitant or factor, such as recent trauma or learned behaviour, causes a physical manifestation or symptom which has no other known medical explanation. It is not a form of malingering, where someone is faking or intentionally producing the symptom.

Syndrome

A medical condition characterized by a collection of related symptoms (what the patient feels) and signs (what a doctor can observe or measure).



Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.

An OVERVIEW of ENVIRONMENTAL MEDICINE:

Gary R. Oberg, M.D., FAAEM

"The time has come to give the study of the responses that the living organism makes to its [diet and] environment the same dignity and support which is being given at present to the study of the component parts of the organism.... Overemphasis on a reductionist approach will otherwise lead biology and medicine into blind alleys..." [Rene Dubos]

Introduction

The current medical care model has an impressive track record of performance for helping generally well patients who get acute and self-limiting illnesses such as infectious diseases and trauma. This model has assumed for many years that good health is the natural homeostatic state of the human body. The environment is seen as an essentially benign place that generally has little effect on health, and the diet is simply a passive source of metabolic fuels for the body's inherently stable metabolic functions. Therefore, when physicians are looking for the cause of a chronic disease, this same assumption is applied, and the potential roles of the environment and diet are superficially acknowledged, but their true importance in chronic disease is neither appreciated nor effectively accommodated in actual practice.



Yet, during the past several decades, there has been a burgeoning growth in the incidence of more complex and chronic diseases in our population. Unfortunately, application of the current medical model to these diseases seems to be resulting in a rapidly increasing cost for their care, accompanied by a rapidly decreasing satisfaction with the quality of life that results from this care. In an effort to find the explanation for this unacceptable and puzzling situation, a group of clinicians from various specialties banded together in the 1960's and formed a medical society that has evolved into the American Academy of Environmental Medicine (AAEM).

These physicians noted, as many have, that increased chronicity of illness and multiple organ system involvement consistently and significantly decrease response rates to treatment. They determined that such treatment failures seemed to result when too much emphasis was placed on the nature of the disease and its symptomatic treatment, and not enough attention on the causes and why the disease developed in the first place. To correct this situation, these physicians formed a new, more comprehensive, cause-oriented model for the diagnosis, treatment, and prevention of chronic disease, called the Model of Environmental Medicine.

The new model has its roots in the ancient traditions of both western and eastern medicine. In more recent times it has been influenced by research on the physiologic effects of prolonged exposure to cumulative stresses (Selye, 1946) (Randolph, 1962), by systems analysis (Bertalanffy, 1950), and chaos theory (Capra, 1996). The knowledge base used in this model is a standard composite of modern basic sciences and clinical disciplines.

The model of Environmental Medicine is based on the growing appreciation that the human body is constantly coping with its dynamic environment by means of a number of inherited, built-in, complexly interacting, and usually reversible biologic mechanisms and systems.

These systems are designed to maintain overall homeodynamic (not homeostatic) functioning among all biological mechanisms. Their ongoing adjustments are unique to the individual and change continually over time.

According to this model, substances in the diet or environment are appreciated as being potential stressors, capable of contributing to de-stabilization of homeodynamic functions, therefore causing disease. The term "homeodynamic functioning" is preferred because it reflects the fact that maintenance of health and function is an active process rather than a passive one. Categories of potential external stressors would include organic inhalants such as dusts, molds, pollens, and danders; the myriad of man made and naturally occurring chemicals; the diet and the many substances in it; infectious organisms; and physical phenomena such as radiation, heat, cold, humidity, vibrations, noise, electro-magnetic fields, etc.

Categories of potential internal stressors would include psychological stresses, genetic limitations, malnutrition, dysfunctioning biological mechanisms, etc. Treatment strategies must be individualized and customized for each patient.

THE MODEL OF ENVIRONMENTAL MEDICINE OPTIMAL HEALTH is a sustained state of optimal physical, neuro / cognitive, psychological, and social well being. It is achieved and sustained by an active, ongoing expenditure of metabolic energy to insure a homeodynamic stability of interacting biologic functions despite the dynamically changing potential for disruption from all environmental and internal stressors.

ENVIRONMENTALLY TRIGGERED ILLNESSES (ETI) are the adverse consequences that result when the homeodynamic interactions among biological functions are compromised by external or internal stressors. These stressors may range from severe acute exposure to a single stressor, to cumulative relatively low-grade exposures to many stressors over time. The resultant dysfunction is dependent on the patient's genetic makeup, his nutrition and health in general, the stressors, the degree of exposure to them, and the effects of seven fundamental biological governing principles: biochemical individuality, individual susceptibility, the total load, the level of adaptation, the bipolarity of responses, the spreading phenomenon, and the switch phenomenon.

ENVIRONMENTAL MEDICINE is the comprehensive, cost-effective, proactive cause-oriented, patient-centered and preventive strategic approach to medical care dedicated to the evaluation, management, and prevention of the adverse consequences resulting from ETI.



EVALUATION of ETI is accomplished by use of a chronological, sufficiently detailed, environmentally and diet focused history designed to accurately detect the various clinical patterns generated by the involvement of specific stressors and by the dynamic interactions resulting from the above governing principles. A positive history is then supplemented as indicated by an appropriate physical examination, laboratory testing to assess the functional status of the patient's biologic mechanisms, medical imaging techniques, diagnostic surgical techniques, and endorsed diagnostic testing techniques.

MANAGEMENT of appropriately identified ETI is by use of the endorsed treatment techniques of comprehensive patient education about the nature of the illness, correction of abnormal nutritional, metabolic, and psychological dysfunctions, immunotherapy, reasonable elimination of identified stressors, and symptomatic drugs and surgery where appropriate.

PREVENTION of ETI is achieved by the skillful proactive application of the concepts and principles of Environmental Medicine. This would include the adoption of appropriate lifestyles that specifically minimize exposures to identified stressors as much as practical, that provide less contaminated air, food, and water, and that insure ongoing optimal nutrition and metabolic functioning, and optimal physical, neuro / cognitive, psychological, and social well being.

THE ULTIMATE LONG-TERM GOAL of appropriate diagnosis and treatment is the cost-effective attainment and sustaining of optimal physical, neuro / cognitive, psychological, and social well being. This includes the return to a pre-illness level of functioning and improved tolerance to stressors that previously caused adverse reactions. Through education, patients should develop and adopt appropriate lifestyles to prevent the recurrence and development of new illnesses.

Successful Application of the Model of Environmental Medicine

The proactive and preventive strategies of Environmental Medicine are applied through a conventional sequence.

This begins with a comprehensive environment and diet focused medical history, a physical examination, and diagnostic testing. It proceeds to a hypothesis of the condition's origins and concludes with an effective match between suggested treatments and a beneficial response by the patient.

There are several major requirements that must be met in order for all patients to benefit most effectively and consistently from the concepts and modalities of Environmental Medicine:

1. The physician must know how and when to supplement the current model with the Environmental Medicine model, as dictated by the needs of each patient. This involves determining when symptomatic drugs alone may be appropriate, and when it is necessary to also actively seek the actual nature of the disease with the goal of identifying and correcting its actual causes.
2. When treating acute and self-limited diseases, it is appropriate to look for fixed name disease diagnoses to guide the choosing of appropriate symptomatic drugs. The drugs may be used to buy time until the body's own homeodynamic functions recover from the acute illness, and restore health again.
3. When treating more chronic and complex illnesses, it is more useful to think in terms of identifying dysfunctions in specific biological mechanisms; for example, defects in insulin, glucose, and

glycosylation control; activation of chronic pro-inflammatory pathways, etc. The goal is to repair discovered dysfunctions, in order to return the mechanisms to their homeodynamic state, restoring health.

4. The physician must be able to identify and test for the complex range of possible external and internal stressors that can contribute to ETI.
5. The physician must understand the functioning of the body's many biological mechanisms and appreciate how they all interact inextricably in the "web of life". The physician must be able to assess the functional status of these mechanisms and their interactions with appropriate tests.
6. The physician must appreciate the true complexity of the relationships between biological mechanisms and the environment and diet as they interact in health and disease. As one astute old physician put it, "Mother Nature ain't playing Checkers! She's playing Chess!"
7. In order to ascertain the causes of disease and to understand the dynamic ongoing clinical manifestations of an evolving illness, the physician must effectively apply the six fundamental biological principles of Environmental Medicine while obtaining the patient's chronological history.
8. A reasonable effective treatment plan must accommodate the patient's individual list of stressors, the functional status of biological mechanisms, the level of understanding, and the patient's resources. Treatment modalities should be those that will be the most cost effective, convenient, and efficacious for restoring the patient to good health and preventing further disease.
9. The physician must try to discover the dynamic nature of each patient's illnesses, and the must be able to teach this to the patient in a clear and useful manner. After all, the word "doctor" comes from the Latin verb "docere", which means "to teach". There is no more powerful way for the patient to control his/her chronic disease than to understand its very nature and to be able to manipulate its causes to reverse and prevent it. This will be best achieved by an ongoing and dynamic partnership between a well motivated, effectively educated patient and a physician and staff who are well trained and experienced in the discipline of Environmental Medicine.

Forms of Therapy

The most effective and cost efficient therapies will be proactive and will stress early assessments and interventions to maintain optimal physical, emotional / cognitive, and psychological health, and spiritual well being. The short term and long term forms of therapy must be customized for each and every patient, and may consist of any combination of the following categories of treatment modalities:



1. **Patient Education:** On the nature of the illness, its treatment, and on future prevention.
2. **Therapeutic Customized Diets:** Whole food diets and nutraceuticals designed to reverse specific nutritional deficiencies; to provide optimal nutrition, and to accommodate specific diet related problems such as food-borne toxins, food allergies, and food intolerances, etc.
3. **Nutritional Supplements:** Vitamins, minerals, amino acids, fatty acids, and other specific nutrients provided to help correct or optimize specific biological mechanism functions such as detoxification, anti-oxidation, and anti-inflammatory pathways, etc.
4. **Immuno-therapies:** Customized vaccines made up of specific inhalants, foods, chemicals, etc. May be taken by subcutaneous injection or sublingually.
5. **Psychotherapies:** Specific modalities to attain and sustain optimal neuro / cognitive, psychological, social, and spiritual well being.

6. **Detoxification Therapies:** Specific oral and parenteral nutritional protocols, heat deuration / massage / exercise, etc. designed to detoxify indicated patients contaminated with various types of xenobiotics such as esticides, volatile organic hydrocarbons, heavy metals, etc.
7. **Environmental Controls:** Protocols to achieve clean air, water, and food by the elimination or minimization as practical of specific environmental stressors such as organic inhalants and chemicals, and physical phenomena.
8. **Pharmaceuticals:** All symptomatic drugs are routinely used as needed to provide symptomatic relief from symptoms while the underlying causes of an illness are being found and corrected. However, the potential for adverse reactions when using drugs must always be remembered.
9. **Surgeries:** Surgeries as indicated.

Demographics

There are hundreds of physicians (M.D.'s and D.O.'s) who have been trained in Environmental Medicine to varying degrees by attending the continuing medical education courses of the American Academy of Environmental Medicine (AAEM). They may be found in almost any medical specialty, scattered throughout all parts of North America and Europe.

AAEM has a directory of these physicians on its website at www.aaem.com. There are also many clinicians in any specialty who have independently appreciated various aspects of Environmental Medicine and have incorporated various insights or modalities into their practices.

Patients seeking out an Environmental Medicine approach to their chronic and complex medical problems come from all walks of life, all ages, both sexes, and many different cultural groups.

Indications and Reasons for Referral (Target Ailments)

Referral to a physician well trained and experienced in Environmental Medicine should be considered anytime a patient or his/her physician wishes to try to find the actual causes behind a chronic and/or complex illness rather than just continue to treat it with symptomatic drugs. All organ systems are commonly involved with illnesses that may respond well to the Environmental Medicine approach.

A referral might be particularly helpful if a patient's illness is chronic; consists of multiple symptoms in multiple organ systems; exhibits patterns that fluctuate over time (especially if the patterns are known to result from biological mechanisms dysfunctioning due to involvement with exposures to environmental inhalants, chemicals, or the diet); or has not responded satisfactorily to a symptomatic multiple drug approach.

Office Applications:

This list illustrates only some of the potentially extensive range of adverse health effects that have been associated with Environmentally Triggered Illnesses (ETI) as defined in this chapter. By listing a disease name here, it is not implied that it is always the result of ETI. However, the physician should be alert to the possibility and should consider evaluating the patient for an ETI connection if indicated by an appropriate history.

Where an illness does involve an ETI component, therapy to correct the contributing causes of the illness should always rank as the number one choice, ahead of any other therapy that is just symptomatic, though symptomatic therapies are appropriate adjuncts. All of the diseases and symptoms listed here are documented in the published peer reviewed medical literature to be potentially due to the mechanisms of ETI:

- **Systemic illnesses:** alcoholism, obesity, and tobacco use
- **Cardiovascular Disorders:** Migraine headaches, arrhythmias, vasculitis, thrombophlebitis, hypertension, angina, myocardial infarctions, edema and fluid retention syndromes
- **Eye/Ear/Nose/Throat Disorders:** conjunctivitis, eczema of the eyelids, blurring of vision, photophobia, laryngeal edema, Meniere's disease, recurrent otitis media, rhinitis, frequent colds, sinusitis, vertigo, hearing loss, tinnitus, and pressure in the ear.
- **Pulmonary Disorders:** Asthma, certain pneumonias, and chronic bronchitis.
- **Endocrine Dysfunction:** Thyroid dysfunction, premenstrual syndrome, fibrocystic breast disease
- **Gastrointestinal Disorders:** aphthous stomatitis, gastric and duodenal ulcers, chronic gastritis, irritable bowel syndrome, infantile enterocolitis, eosinophilic gastroenteritis, regional ileitis, ulcerative colitis, certain malabsorption syndromes, and gut flora dysbiosis
- **Hematologic Disorders:** certain anemias, thrombocytopenia
- **Genitourinary Disorders:** glomerulonephritis, nephrotic syndrome, chronic cystitis, recurrent vaginitis, enuresis, dysmenorrhea, infertility, and vulvodynia
- **Neurological Disorders:** Fatigue, certain seizure disorders, sleep disorders, Parkinson's disease, Alzheimer's disease, multiple sclerosis, and various cognitive and memory disorders
- **Neurobehavioral and Psychiatric Disorders:** attention deficit disorder, manic-depressive illness, somatoform disorders, sexual dysfunction, eating disorders, schizophrenia, panic disorders, irritability, anxiety, spaciness, and chronic fatigue
- **Rheumatologic Disorders:** lupus erythematosus, scleroderma, myalgia and arthralgia, fibromyalgia, rheumatoid arthritis, and other arthritides
- **Musculoskeletal Disorders:** muscle spasm headaches
- **Skin Disorders:** eczema, urticaria, angioedema, scleraderma, and dermatitis herpetiformis
- **Cancer**

Practical Applications

Appropriate indications and applications for both the current and the Environmental Medicine models are routinely and simultaneously found in every medical practice. A physician must know how to identify those patients who will benefit from each model, and should be able to provide all indicated care, or refer the patient out, as determined by the physician's expertise and experience. This involves determining when simply identifying and treating a disease after the fact with symptomatic drugs may be appropriate, and when it is necessary to actively and deliberately seek the actual nature of the disease with the goal of identifying and correcting its actual causes.

A simple ranking of conditions responsive to this form of therapy is as follows. As with all alternative therapies, use of Environmental Medicine does not preclude the use of mainstream medical therapies in addition.

Top level: A therapy ideally suited for these conditions.

Asthma, cancer (adjunctive therapy), gut flora dysbiosis, irritable bowel syndrome, Meniere's disease, rhinitis, and somatoform disorders.

Second level: One of the better therapies for these conditions.

Attention deficit disorder, chronic bronchitis, chronic fatigue, dermatitis herpetiformis, dysmenorrhea, eczema, enuresis, fatigue, fibrocystic breast disease, fibromyalgia, infantile enterocolitis, laryngeal edema, migraine headaches, muscle spasm headaches, myalgia and arthralgia, premenstrual syndrome, recurrent otitis media, regional ileitis, rheumatoid arthritis, sinusitis, ulcerative colitis, and urticaria.

Third level: A valuable adjunctive therapy for these conditions.

Alcoholism, Alzheimer's disease, angina, angioedema, anxiety, aphthous stomatitis, arrhythmias, certain anemias, certain malabsorption syndromes, certain pneumonias, chronic cystitis, chronic gastritis, conjunctivitis, eating disorders, eczema of the eyelids, edema and fluid retention syndromes, eosinophilic gastroenteritis, frequent colds, gastric and duodenal ulcers, glomerulonephritis, hearing loss, hypertension, infertility, irritability, lupus erythematosus, manic-depressive illness, multiple sclerosis, myocardial infarctions, nephrotic syndrome, obesity, other arthritides, panic disorders, parkinson's disease, pressure in the ear., recurrent vaginitis, schizophrenia, scleroderma, scleroderma, sexual dysfunction, spaciness, thrombocytopenia, thrombophlebitis, thyroid dysfunction, tinnitus, various cognitive and memory disorders, vasculitis, vertigo, and vulvodynia.

Research Base:

Evidence-Based

There are literally dozens of books and thousands of articles in the world peer reviewed scientific literature that provide the data base about the nature of the interactions between humans and their environment in health and disease, or that provide support for the concepts and modalities as promulgated by the discipline of Environmental Medicine.

Basic Science

The information that delineates the molecular and physiological basis behind the nature of the "web of life" as used in Environmental Medicine is discussed in depth by Rea (Rea, 1992-96) and by Pischinger (Pischinger, 1991). Capra (Capra, 1996) discusses how these concepts actually apply at all levels of life on the Earth.

Risk and Safety

The practice of Environmental Medicine is a strategic comprehensive approach to medical care. It is not a limited modality of therapy for one or more specific purposes. The safety and risks of its application to ill patients is directly related to the medical skills of the practitioner to proceed wisely and effectively in the

evaluation and treatment, and to the severity and complexity of the patient's illness. This is true for all medical care models.

Efficacy

All illnesses whose causes include those involved with ETI will improve to some degree, within the patient's capacity to correct dysfunctioning mechanisms, if the specific causes can be properly identified and corrected as much as possible.

As the physician's depth of medical knowledge and level of clinical skills in Environmental Medicine modalities increases, the treatment outcome for a wider and wider scope of applicable illnesses will improve concomitantly.

Future Research Opportunities and Priorities

Much more research is needed in this area. Such topics relate to cost-effectiveness, nutritional needs in health and disease, responses to natural and synthetic environmental chemicals, epidemiology of ETI's, and systems interactions.

Drug-Like Information

The comprehensive treatment modalities of Environmental Medicine make use of all pharmaceuticals, nutraceuticals, dietary supplements, dietary manipulations, etc. as indicated for each case. The appropriate way to use all of these substances is beyond the scope of this overview discussion.

Self-help vs. Professional

The therapies involved with Environmental Medicine range in complexity from entirely safe and simple to potentially very dangerous and quite complicated. Whether any particular therapy may be self administered or utilized only under the care of a trained health professional will be best determined by an ongoing and dynamic partnership between a well motivated, effectively educated, and responsible patient and a physician and staff who are well trained and experienced in the discipline of Environmental Medicine.

Visiting a Professional

It is very helpful to tell the patient that the Environmental Medicine physician will want to know everything the patient can remember about when, where, and under what circumstances his/her different symptoms have occurred, the order in which they have evolved, and the results of how they have been evaluated and treated up to that point, because a chronological, sufficiently detailed, environmentally and diet focused history is the most important and revealing part of an evaluation. This history may be taken by having the patient fill out a comprehensive history form before the visit, or by an interview with the physician or staff member at the first visit. The final history is then supplemented as indicated by an appropriate physical examination. A typical first visit takes from ½ to 1-½ hours. Appropriate laboratory testing to assess the functional status of the patient's biologic mechanisms (some combination of blood, saliva, urine, hair, or stool specimens), medical imaging techniques, and endorsed diagnostic testing

techniques (skin tests, etc.) may be performed also at the first visit or scheduled for another time. After the physician has a complete picture about the full nature of the patient's problems, a comprehensive treatment plan will then be devised.

Subsequent management usually includes comprehensive patient education about the nature of the illness, and correction of dysfunctions by a variety of medical, nutritional, and psychological modalities. Once prescribed, the program is generally carried out by the physician's staff, with ongoing monitoring by the physician, as needed. Communication with the patient's other physicians (if any) is required in order to coordinate all care being given.

Through education, patients should develop and adopt appropriate lifestyles to prevent the recurrence and development of new illnesses. This goal will be best achieved by an ongoing and dynamic partnership between a well motivated, effectively educated patient and a physician and staff who are well trained and experienced in the discipline of Environmental Medicine.

Credentialing

The American Academy of Environmental Medicine (AAEM) feels that the most effective form of medical care based on this model can be provided by an M.D. or D.O., because these practitioners have the medical licensure to carry out all aspects of a potentially comprehensive evaluation and treatment plan. Patients should be careful to determine the credentials and professional experience of anyone from whom they seek medical advice.

Training

The American Academy of Environmental Medicine (AAEM) provides a comprehensive, ACCME-accredited Continuing Medical Education Program dedicated to train physicians in all aspects of Environmental Medicine. Its CME activities are based upon the Core Curriculum of Environmental Medicine, which is determined by the AAEM CME Committee. AAEM has different levels of membership, based upon the member's level of training in the field. There are also several non-physician categories of membership. All questions concerning AAEM and its physician education program or other functions should be addressed to the academy at its central office.

Other medical or health care provider organizations, with varying levels of accreditation, may provide educational activities about different aspects of the discipline, according to their educational goals and objectives. But only AAEM is currently providing a full and comprehensive program in this discipline, endorsed by this discipline's accrediting board, the ABEM/IBEM.

The American and International Boards of Environmental Medicine (ABEM and IBEM) are independent organizations with two missions:

- [1] To grant board certification in the field of Environmental Medicine, and
- [2] To establish educational and training criteria for those individuals wishing to prepare themselves as Experts in the field of Environmental Medicine.

Applications and other information may be obtained from the Executive Secretary of the Boards at the address below. The ABEM and IBEM are not members of the American Board of Medical Specialties.

What to Look For In a Provider

The reader may determine if any particular physician has credentials or training in Environmental Medicine from the AAEM and ABEM/IBEM by contacting these organizations. Also, AAEM has published Practice Guidelines for the Field of Environmental Medicine. Readers can call physicians and ask them about their practices and whether these guidelines are followed in their practices.

Barriers and Key Issues

There is already sufficient scientific support to warrant all physicians to at least become familiar with the concepts of Environmental Medicine and how they enhance the cost efficiency and quality of life response in the treatment of chronic complex illnesses.

However, it is difficult for physicians to embrace a comprehensive medical model that is different from what they are used to. But all physicians have the same goal for their patients: they want them to get better. Therefore, when they are aware of the credible scientific evidence to support the superior efficacy of a different way of treating the patient, they should take the time to at least become familiar with it, if not become trained to apply it in their practices. At the very least, physicians must become trained to recognize where the application of Environmental Medicine is appropriate, to deal with it, or be willing to refer appropriate patients to other physicians who have this training.

Associations

The American Academy of Environmental Medicine
7701 East Kellogg Avenue, Suite 625
Wichita, Kansas 67207

Bs: 316-684-5500
Fx: 316-684-5709
Em: centraloffice@aaem.com

President, ABEM/IBEM
American and International Boards of Environmental Medicine
65 Wehrle Drive
Buffalo, NY 14225

Bs: 716-837-1380
Fx: 716-833-2244

ACNEM-AUSTRALASIAN COLLEGE of NUTRITIONAL and ENVIRONMENTAL MEDICINE

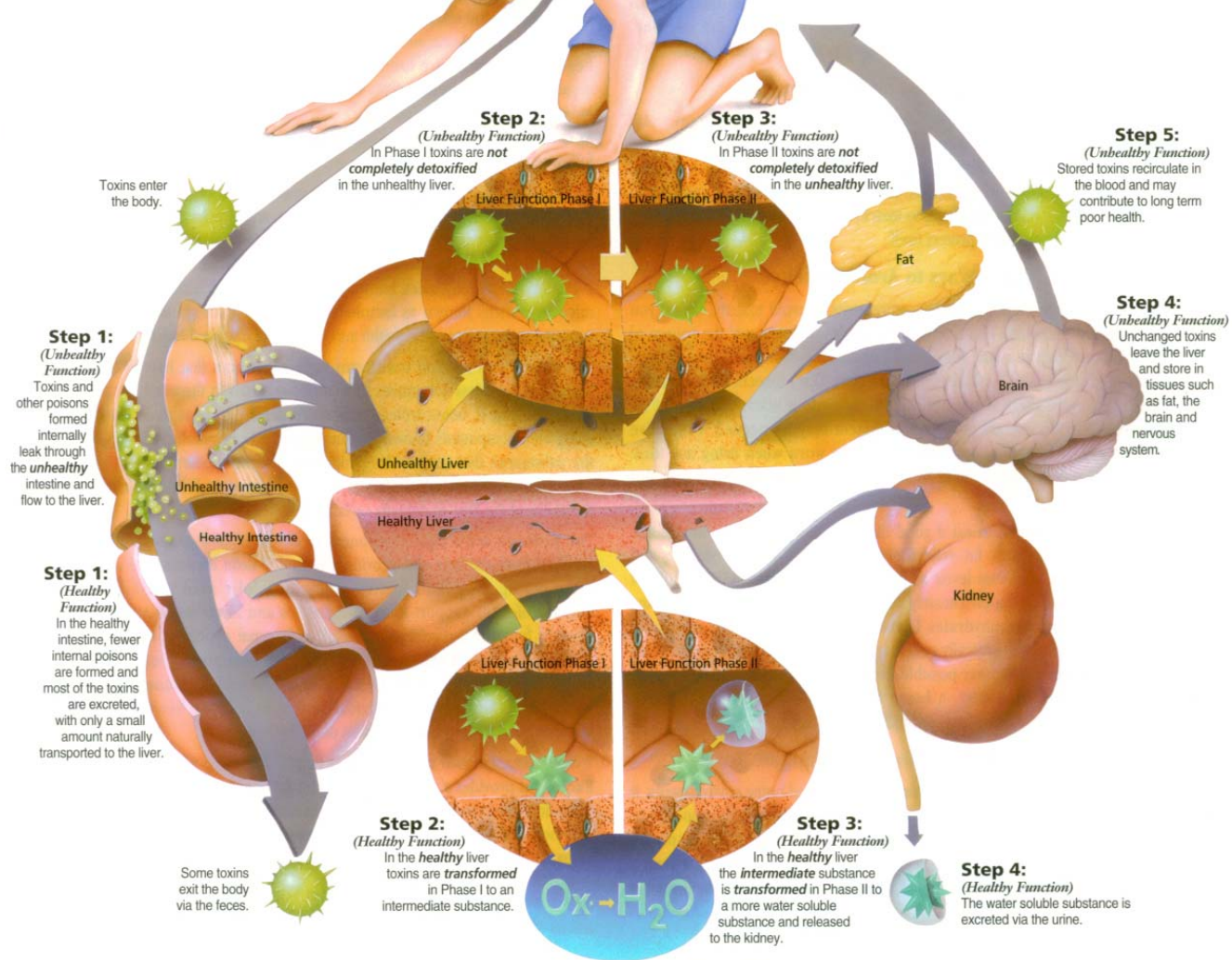
ACNEM (Australasian College of Nutritional and Environmental Medicine) is a post-graduate medical college established in the early 1980s. It is independent of all governments, government agencies and other organisations and relies on no other body for funding. It is a non-profit organisation.

Address: (rear)13 Hilton Street, **Beaumaris** VIC 3193
Bs: 03 9589 6088 Fx: 03 9589 5158



By living true to ourselves, true to our feelings, we are living true to God. It's that simple.

DETOXIFICATION



Step 1: (Unhealthy Function)
Toxins and other poisons formed internally leak through the **unhealthy** intestine and flow to the liver.

Step 1: (Healthy Function)
In the healthy intestine, fewer internal poisons are formed and most of the toxins are excreted, with only a small amount naturally transported to the liver.

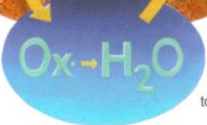
Step 2: (Unhealthy Function)
In Phase I toxins are **not completely detoxified** in the **unhealthy** liver.

Step 3: (Unhealthy Function)
In Phase II toxins are **not completely detoxified** in the **unhealthy** liver.

Step 5: (Unhealthy Function)
Stored toxins recirculate in the blood and may contribute to long term poor health.

Step 4: (Unhealthy Function)
Unchanged toxins leave the liver and store in tissues such as fat, the brain and nervous system.

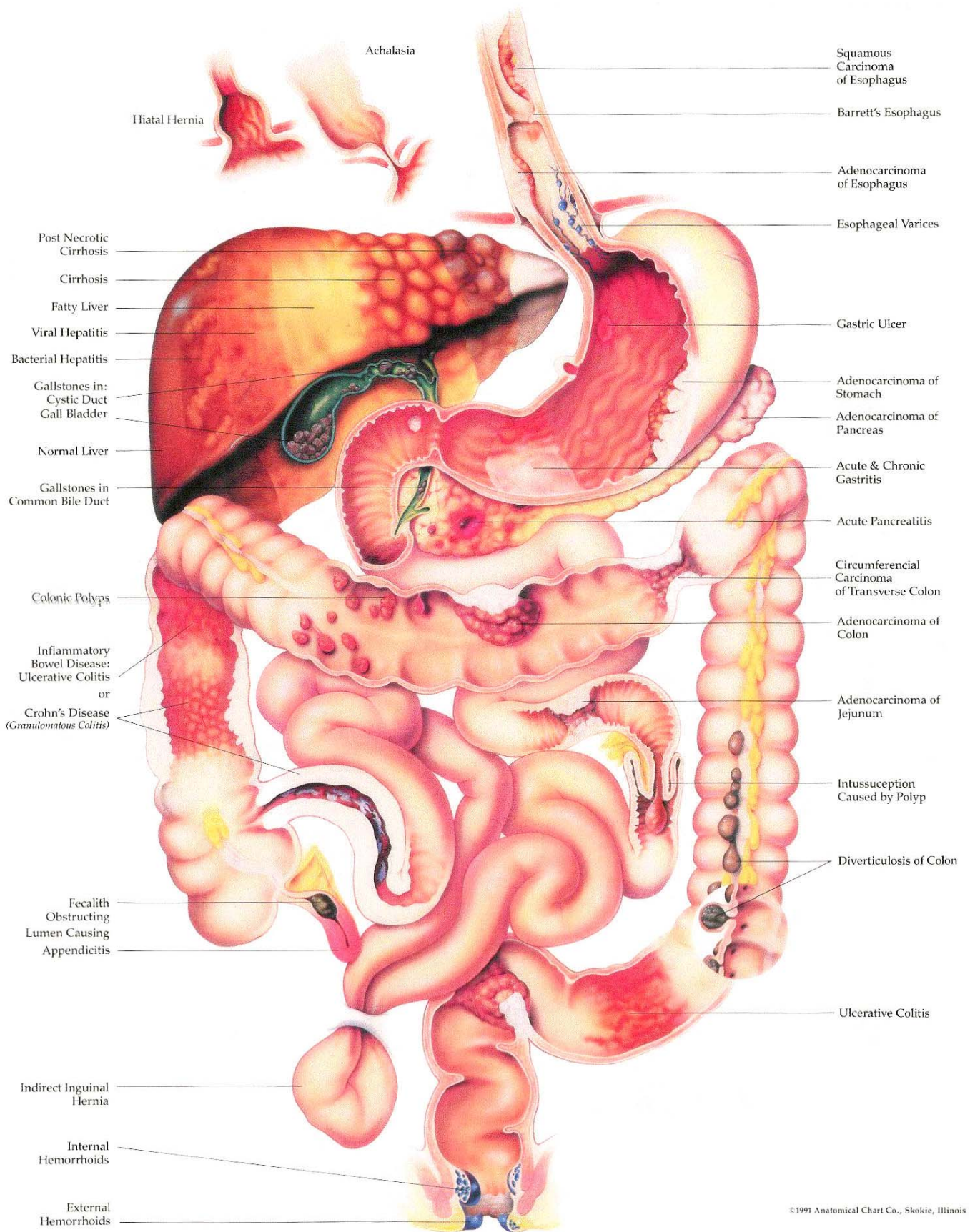
Step 2: (Healthy Function)
In the **healthy** liver toxins are **transformed** in Phase I to an intermediate substance.



Step 3: (Healthy Function)
In the **healthy** liver the **intermediate** substance is **transformed** in Phase II to a more water soluble substance and released to the kidney.

Step 4: (Healthy Function)
The water soluble substance is excreted via the urine.

Step 2-A: (Healthy Function)
Harmful free radicals ($OX\bullet$) are formed as a result of Phase I activity, but are **transformed** to harmless water (H_2O) by antioxidant nutrients.



The EFFECT of MEDICINE?

<http://www.treelight.com/health/healing/NutritionalHealing.html>

Medicine likes to take credit for the improvement in human life spans, but it's not clear just how much medicine has really done. The claim is based on the fact that average life expectancy has improved dramatically since 1900 or so, and that claim is certainly true. The discovery of disease-generating mechanisms and the science to combat them has certainly been beneficial, but that progress that has been made against disease has been through:

- Plumbing and garbage disposal, which eliminated the source of many diseases.
- Vaccinations, which eliminated a large class of infant mortalities.
- Occupational safety laws, unions, and child labour laws, which eliminated large number of industrial accidents, mosquito and pest control, which cut down on several more diseases.
- Heating, air-conditioning, and cars, and affordable clothing which protect us from inclement weather.
- Sick days and vacation time that give a body a chance to rest and recover from sickness and the stresses of daily existence.
- Ambulance and emergency medical technicians, which allow life-saving first aid to be applied in timely fashion.
- Improvements in dentistry, which allow people to keep their teeth and keep eating much later in life. (It used to be that people lost teeth early, and went downhill rapidly thereafter.)
- Improvements in farming and food storage technology, all but eliminating starvation and gross under-nourishment.

When you subtract all of the advances that have been made as a result of science, technology, and social change, it's not clear what effect medicine (in the form of drugs and surgery) has had on human life-span. At times, such medicine seems more focused on prolonging death than on creating the kind of energetic health that results from preventative nutrition.

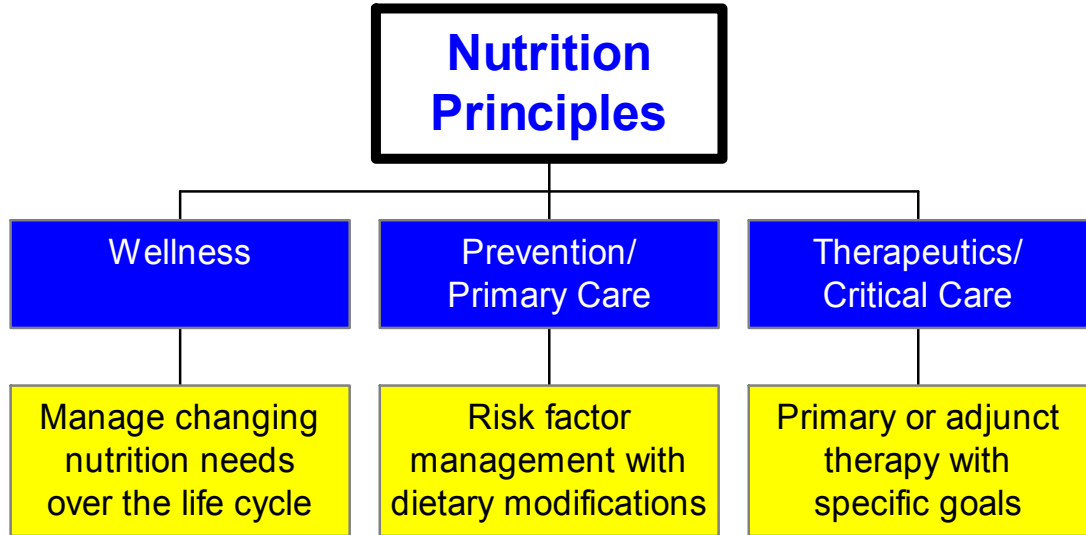
And then there is the small matter that medicine still uses the mindset that was appropriate in the 1900's.

At that time, the discovery of bacteria, viruses, and other microbes was brand new. Diseases were and are caused by such things, and medicine did find ways to "attack the bugs". Of course, other activities like plumbing, garbage collection, and sanitation were even more important in preventing disease, but medicine did find ways to treat the diseases that people caught.

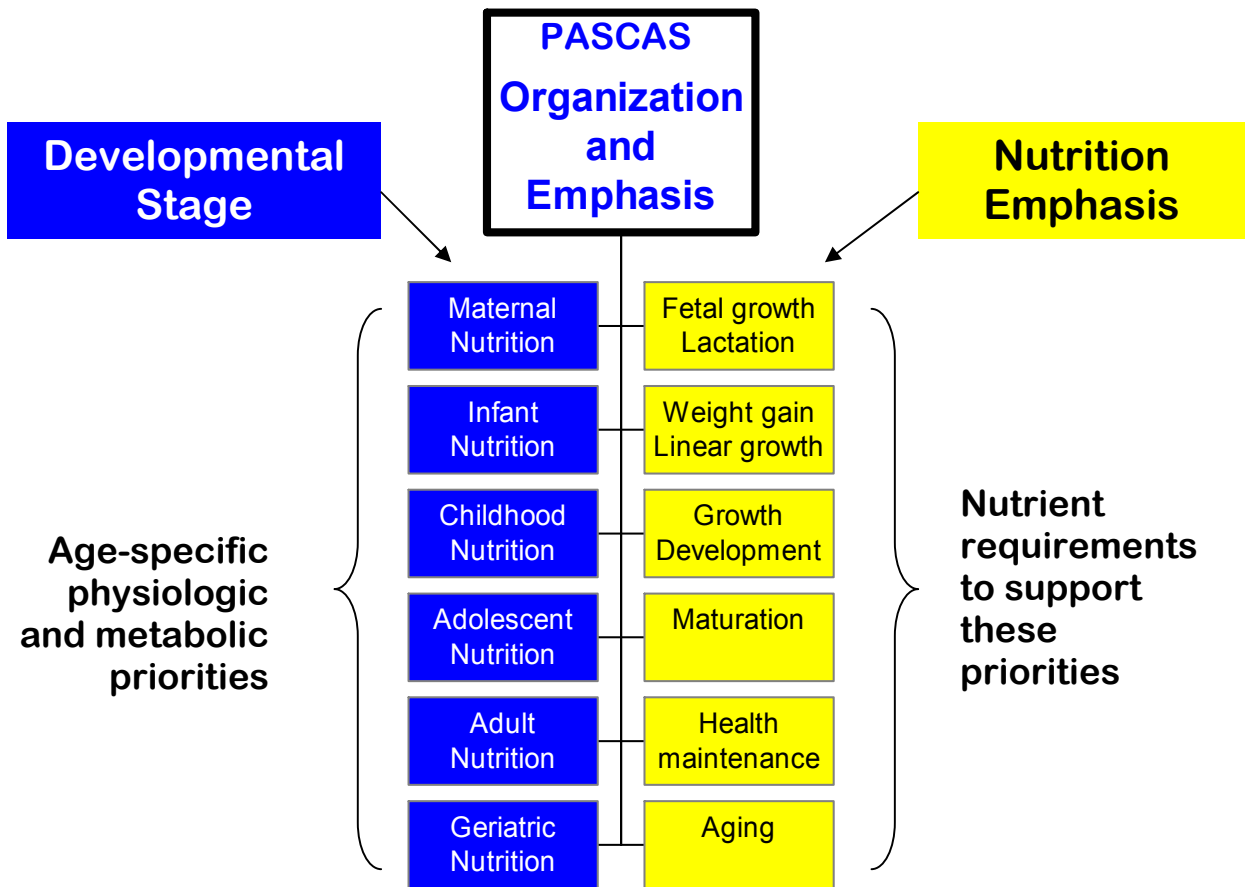
By the 1970's and 1980's, however, "bugs" were the least of our concerns. Obesity, neurological disorders, and autoimmune diseases became much more prevalent -- largely due to the corruption of the food supply in the name of corporate profit. Doctors kept looking for medicines they could use to treat the diseases, but the problem with that approach is that there is no "bug" to attack.

The only possible remedy, in this case, is doing for the food supply what plumbing and garbage collection did for the microbial environment -- clean things up, to prevent the spread of disease. Unfortunately, since medical education is largely paid for by drug companies, the effect of nutrition on health is sadly underrated by the medical profession.

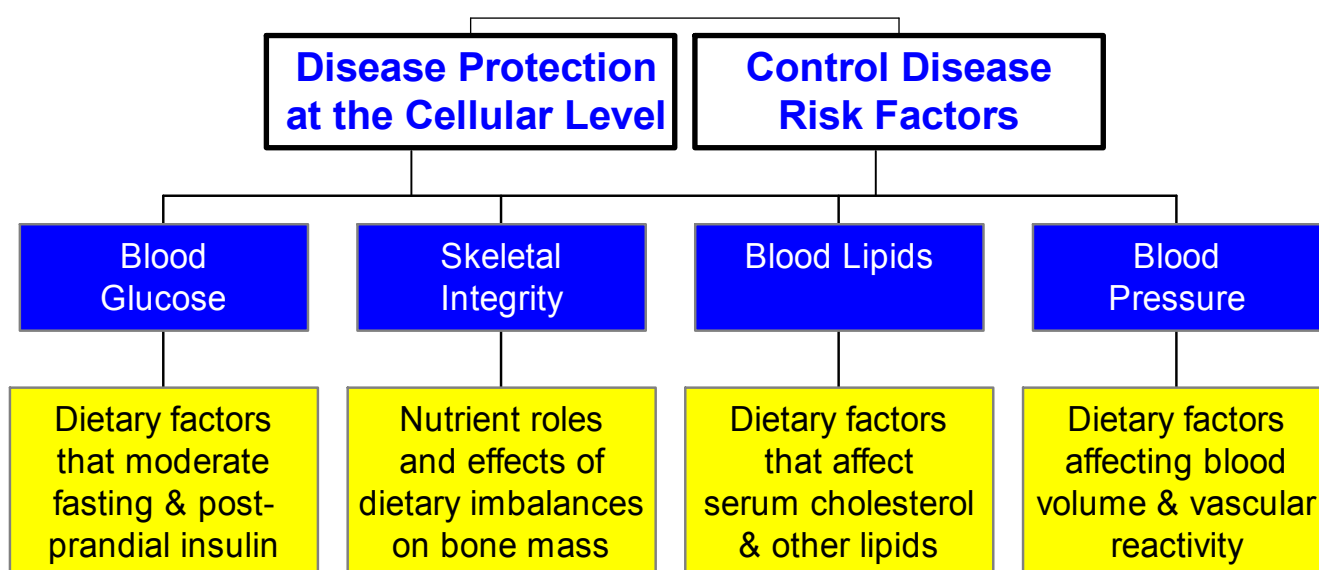
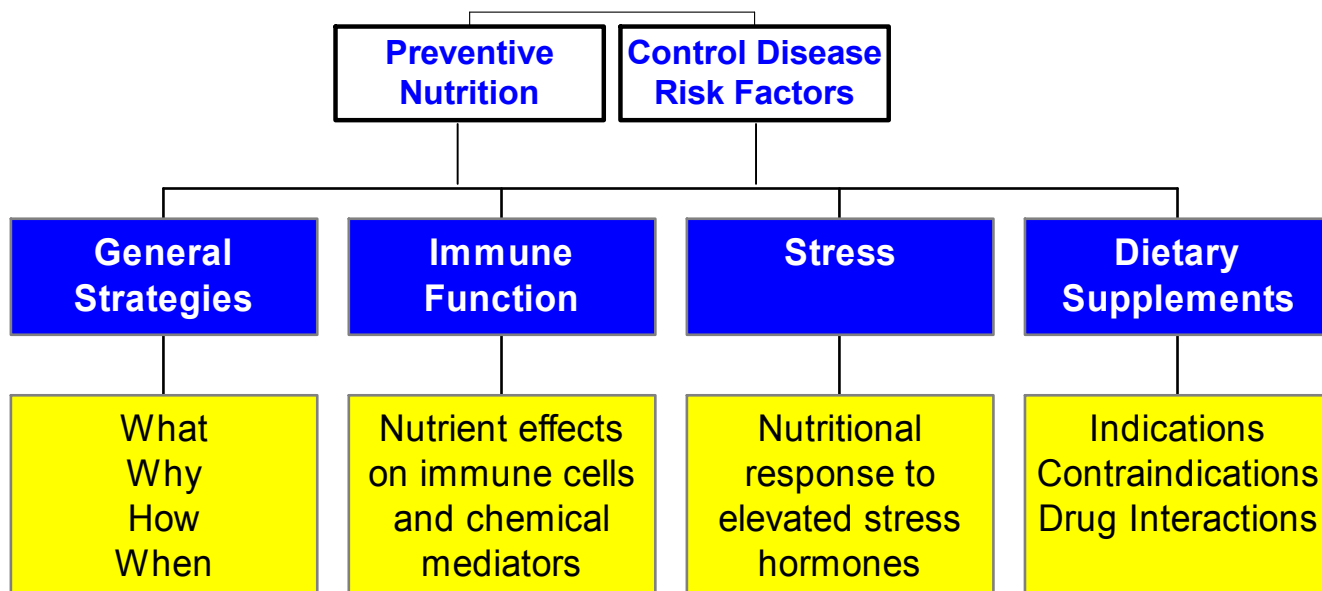
NUTRITIONAL HEALING



NUTRITIONAL BIOCHEMISTRY



ENVIRONMENTAL MEDICINE



Dr Sherry ROGERS:

Dr. Sherry Rogers MD, is a Fellow of the American College of Allergy and Immunology and a Diplomate of the American Academy of Environmental Medicine, (pictured at left) and has been in private practice for over 26 years.

Dr. Rogers lectures on her original scientific material worldwide, as well as giving advanced courses for physicians. She developed the Formaldehyde Spot Test and published her mould research in three volumes of the Annals of Allergy. She has published chemical testing methods in the National Institutes of Health Journal, Environmental Health Perspectives.

In addition, she has published multiple scientific articles, authored 13 books including her most recent, "The High Blood Pressure Hoax," "Detoxify or Die" and "Pain Free" and been environmental editor for Internal Medicine World Report. Dr. Rogers has appeared on numerous television and radio programs, in addition to Healthy, Wealthy and Wise and writes monthly articles for health magazines, plus her own newsletter, "Total Wellness."



EI Syndrome by Sherry A Rogers MD	ISBN 0 9618821 7 4
Detoxify or Die by Sherry A Rogers MD	ISBN 1 887202 04 8
Pain Free in 6 Weeks by Sherry A Rogers MD	ISBN 1 887202 03X
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MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

It is the injuries to our subtle bodies caused by our wayward mind that bring about the manifestation of mild discomfort, then acute pain within our physical body, and ultimately the illnesses and diseases that we then seek medical assistance to suppress. Modern medical systems do not address the cause of such illness. Ask yourself, when was the last time that a medical professional told you what the underlying cause of an illness was?

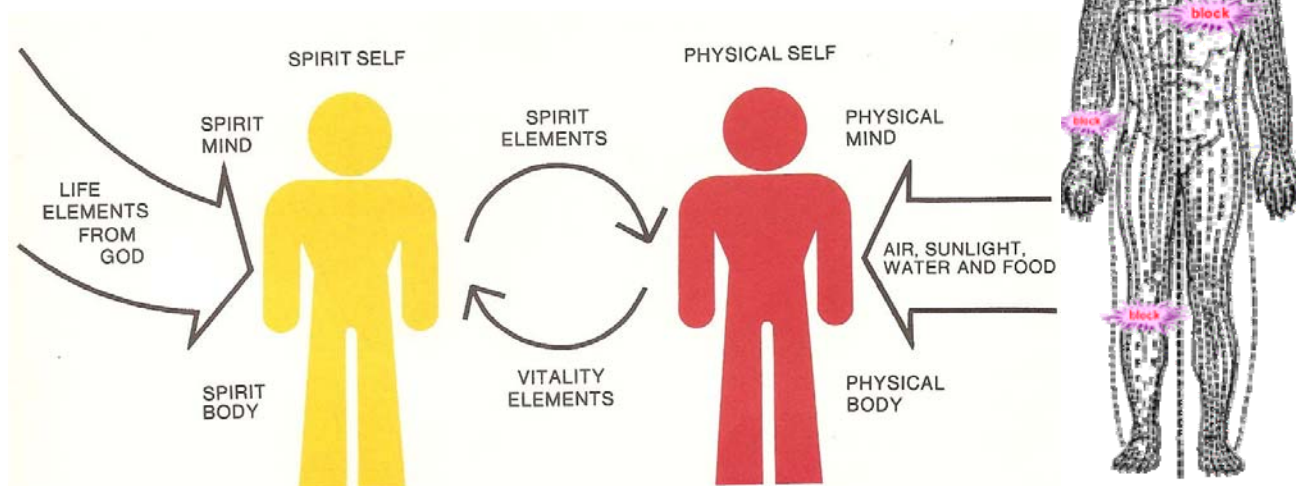
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments provided are only temporary as the underlying injury remains within our subtle bodies.

We have other bodies that are just as real as the physical body, they are all connected, if we have a problem within these subtle bodies, such problems most likely will manifest on the physical, so why not attend to it utilising a healers help on these subtle levels thereby helping yourself on the physical.

Example, our genes are multi-layered. Our genes are not only part of our physical being but are far reaching. They are:

- on the physical level
- on the emotional level
- on the mental level
- on the psychic level
- on the spiritual level.

We need to understand our **genes are not just physical, but on all levels.**



In fact our issues and illness that we recognise within the physical body are on all levels.

Only by one engaging in the process of Feeling Healing can one delve down into the core emotional issues originating from our childhood, being in the form of childhood repression and suppression, that we can then express and release such injuries and bring about permanent health to our physical body. The process of Feeling Healing is the only way to remove the underlying cause of physical illness and discomfort.

MAN is not meant to INTERFERE with the DRIVERS of PAIN:

21 September 2011

Verna, a Nature Spirit: Mary spoke of the disease resistant microbes coming about because of all the antibiotic food animals are forced to eat in some of the developed countries, well that's our department, one of them anyway. We are the ones responsible for such disease resistant bacteria. You see bacteria are open to easy manipulation from us, and so we're slowly bringing about the disease resistant strains along with the viruses and funguses that will be required by humanity in the times to come.



Humanity is NOT meant to heal itself of all disease by killing off the microbe, by doing things to stop it harming you. Humanity is to grow in truth beyond the need to have such microbes affect it, thereby not having to do anything at all to 'protect' itself from the so-called 'bugs'. The common cold only causes you such bother because you're already causing yourselves so much bother by refusing to feel the bad feelings you're denying. The bother's are the same, the cold coming to you so you can feel how you're really feeling – bothered, that being how your parents made you feel.

Humanity is to see that it's futile to keep trying to solve the problem by killing it, that it won't go away that way. It might be able to delude itself that it's done the job, but it's only short term and the bug will return, even stronger than it was. Had you left it as it was, and concentrated on growing in truth through the doing of your feeling-healing, then you'd have nothing to worry about from the bug. The bugs only cause you the suffering you require because it's what you need to help you feel bad as you refuse to allow yourself to feel as you do – bad. But instead of allowing it to make you feel bad, all so you can express such bad feelings uncovering the truth of them, you try to kill it and make it go away only exacerbating your self- and feeling-denial, only making things even worse for you in the long run.

When you have a disease, all the pain you feel from it IS ALREADY pain that's already within you, it's nothing new. You're not suddenly being attacked by this thing that's causing you all this pain. You're being helped by this thing to become aware of the pain you're already feeling, but are refusing to accept and acknowledge. And because you are denying yourself this pain, it all being felt in your early life and being kept buried within you, so it seems like suddenly your full of pain all because of your disease. And it's true that on a physical level the disease is causing you pain, but on the emotional, mental, spiritual and psychological levels, it's only helping you become aware of what you're not allowing yourself to feel. So do you see, YOU ARE ALREADY THE PAIN, it's all already there in you, you're already feeling it, only you've told yourself you're not. So the bug comes along into your body, your soul allows it to 'infect' you instead of rejecting it, and it makes you feel bad, all the bad feelings that are lying dormant within you. Only they are not dormant, you've just blocked them out, that being how extraordinary the mind is.



Were humanity true to its feelings and not under the influence of the Rebellion, it would have evolved beyond the current diseases that afflict it. It would have encountered other higher diseases, but would be well on the way to not having to require their help either. There are higher diseases awaiting humanity in the future, as it moves beyond the current ones, but by then such disease will be known for what it is, to help stimulate certain feelings which when expressed and the truth found, bring about the healing of the illness. As for the current diseases, we'll keep making them resistant to your medicines forever, it's all very easy for us.

Extracts from: With Verna – the Nature Spirit by James Moncrief

WE are meant to grow up LIVING FULLY CONNECTED to our FEELINGS:

Humanity has always had an awareness and involvement with spirits, with life on the other side, because we are all heading that way, we all end up dying and becoming one of the spirits, and were humanity living rebellion-free, then nearly everyone would enjoy some level of spirit involvement either directly or indirectly, loving such an expansive awareness in life.

We are meant to grow up living fully connected with our feelings in our physical reality, and at the same time with full feeling awareness of spirits and life after death, because after all, God is the greatest Spirit of us all.

And so having an awareness and involvement with spirits can, and should, help us have more of an awareness with our Mother and Father. And it's not with just spirits, it's also with the angels who are with us all the time, and the nature spirits should we be open to them, and even higher spirits if we are to work with them, such as the Melchizedeks or Trinity Teacher Pairs. But mostly for those people involved with the Divine Love, it will be with the Celestials spirit group that is assigned to help them.



It is very important to understand that spirits and spirit life is meant to be part of life on Earth. However that's not to say everyone need to have an ongoing relationship with their spirit friends, but they can at least still be aware of spirits and spirit life and where we will be going and something about what to expect once we die. And when you are open to it, lessening the grip of one's fears about it, then we will find it will be just another aspect or level of life, and one that can give us quite a lot of comfort.

TRUTH LOVING SOUL V ERROR INFLICTED MIND



**Feeling
Healing with
Divine Love is
the key!**



To liberate one's real self, one's will, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

Feeling bad is Good! It's okay to feel bad.

Feeling bad is good.
 Feeling bad is GOOD!
 It's not bad to feel bad – it's good.
 FEELING BAD IS GOOD!
 Very good!!!

And feeling really bad is also good.
 And feeling worse is even better.
 It's all very good!

It's okay to feel bad.
 Bad feelings are okay.
 It's good to feel bad.
 Bad feelings are GOOD!

It's good to feel bad about feeling bad.
 Your bad feelings are YOUR feelings.
 YOUR bad feelings have a right.
 A right to exist.
 A right for you to feel them.

Your bad feelings are a part of you.
 Bad feelings are good and they are your feelings!
 ACCEPT THEM!

It's okay to feel bad, there is nothing wrong with feeling bad.
 You might not like feeling bad, but it's okay to feel bad.
 You are allowed to feel bad. Give yourself permission to feel bad.
 Bad feelings shouldn't be dismissed.
 Bad feelings already feel unwanted, why make them feel more rejected?
 You are your bad feelings – if you reject them, you are rejecting yourself.
 Why are you rejecting yourself? Why are you rejecting your bad feelings?
 Is this how you want to live – rejecting a natural part of yourself?
 Is this how you want to live, rejecting your bad feelings?

Feeling bad is normal. We all feel bad. We all feel bad a lot of the time, even if we won't admit it, or even if we're not aware of it.

There are many bad feelings, all sorts of different bad feelings, and they are a normal part of

you – of everyday life.

Bad feelings – your bad feelings – are to be welcomed. Bad feelings are to be wanted. Bad feelings are to be accepted.
Bad feelings are to be loved.

If you ignore or deny or dismiss or reject your bad feelings, what are you really doing? Denying, dismissing, rejecting yourself. Is this what you want to do? Because if you do, you'll only make yourself feel even worse.

You are your bad feelings – Your bad feelings are you.

Bad feelings have just as much right to life as good feelings.

Be true to your bad feelings – acknowledge, honour and accept them!

Accept your feelings.

Accept yourself.

So Remember:

Feeling bad is Good!
Accept your bad feelings.

The full acceptance of your bad feelings, and the seeing of the truth they are trying to show you, comes from having expressed – spoken – about them. And speaking about them to someone who cares about you: a friend.

As you vent your feelings, the pent up ‘bad’ energy goes, often leaving you with the understanding of what they are all about: why you are feeling them. And once you understand and know this truth, then you are healed and free of them.

As young children we were all stopped from freely and fully expressing all our bad feelings. Things were done to us, we were forced to behave in ways we didn't want to, all of which made us feel bad. But we couldn't complain about how unjustly we were being treated. We tried, but often only to be met with harsher rejection treatment.

As adults we still have all this bad treatment going on within us. We formed patterns when we were young based around all the negative unloving parenting we had. And now being unconscious of these patterns we still (also unconsciously) expect bad things to happen to us to make us feel bad – and to feel just as bad as we did back then. And so bad things do happen. And we do feel bad.

So as an adult, we are experiencing life in the moment now as the adult, together with all we felt back when we were young, only we are unaware of it. Something will make us feel bad, and on the surface of it we might know why we are feeling bad, yet underneath, deeper within us, it will key into and trigger repressed bad feelings making us feel even worse in the situation than we might have otherwise felt.

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling-

experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside ourselves, to connect with what made us feel the same bad feeling when we were young.

We are our bad feelings, and like them, WE ARE STILL WAITING TO BE HEARD.

The honouring, accepting and expressing of our bad feelings is our attempt to speak up and finally be listened to: to be accepted and loved – not rejected. And as an adult we can now do this, whereas, a child we could not.

And so if you no longer want to feel bad then through complete self-acceptance is the ONLY way to heal yourself – allowing yourself to feel as bad as you do feel. If you don't feel good about anything in your life or about anything to do with yourself – if you have one bad feeling at all, that feeling or bad thing will somehow be connected all the way through you to your early childhood. And so simply, if you feel bad about anything, if you are sick or don't like any aspect of yourself or your life, it's all because of how you were treated during your early childhood, and it's still going on deep within you. Your childhood has ended but the resulting mental and will patterns that dictate to a high degree your emotional and feeling state are all still in existence, still unconsciously controlling you. And because you are denying yourself the knowledge of these patterns, so too are you denying yourself the resulting feelings from them – all your bad feelings.

When you see the truth, the whole truth of your negative self-denial state, then with your will you can stop living in rebellion against yourself and choose to live positively. And in that choice you are healed.

The aim of Feeling-Healing

The real aim of doing your feeling-healing is to perfect your relationship with yourself, with others, with nature, and in the end, with God.

Until we are living true to all our feelings and living wanting to grow in truth from our feeling experiences, we can't live a perfect relationship. If we live denying any part of our self we can't have true relationships.

Until we accept all of those parts of us we're denying, and understand why and how our denial came about, we can't live as our soul desires us to, as we have been created to live.

And when we do honour all our feelings and live the truth revealed by them, then naturally without any effort or mind control we'll just be perfect.

Many people try to seek God, try to understand the Greatest of all Mysteries before they try to understand themselves. We will never be able to understand or relate properly to God until we can understand and relate properly to ourselves. We come first. We have to learn how to fully honour and totally accept ourselves and then we can move out into the world and greater universe.

We are to be true to our soul by living true to our feelings.

To want to live true; true to how you feel, is to want to be perfect.
And your feelings are the way.

Feelings First Spirituality The New Way

Feelings First
FF
Feeling Free

The New Way, Feelings First Spirituality
Learn to live with God through your Feelings

Accept, express and long for the truth of your feelings

Be free in your feelings
Free your feelings from your mind's control
Live true to your feelings; your feelings are your true self
Live true to yourself through your feelings



Live true to yourself by living true to your feelings.
Long for the truth of your feelings.

Accept / Express / Bring out ALL of your good, and most importantly,
BAD feelings.
Want to understand why you're feeling them.
Use your surface feelings to take you deeper into your repressed and
hidden feelings.



The Feeling Way is the True Way.
Your feelings are your spiritual guide.
Your feelings will take you to God.

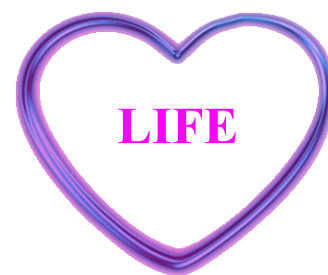


Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

Our feelings are sacrosanct and we should respect them accordingly. And we should NEVER block them out, ignore, override, banish, deny or reject them, because if we do, we're only doing that to ourselves, as Our Feelings Are Our Self.

Our feelings are the gateway to our soul. Our feelings are the closest we can get to our soul. Knowing the truth of our feelings is knowing the truth of our soul, and knowing the truth of God.

Feelings First Spirituality is the True path for humanity.
It embraces all people.
It completely unifies the world.
Everyone can relate to everyone else through their feelings.
And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.
No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.
So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.



The New Way, Feelings First Spirituality is what is to replace all man-made, mind-contrived religions that so many people have enslaved themselves to. The New Way, Feelings First Spirituality will set us free of all that control, ending the Rebellion and Default within ourselves as we do our Feeling-Healing, and ending such control and spiritual stagnation in the world.

Bring on the End Times – get it over and done with! Let's all see that Jesus is not going to come again, that Prophecy has failed all the mind-controlled platforms. Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by looking to our own feelings for it. Self-revelation through our feelings is the way to go.

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it's about time!** With the Way of our Feelings replacing it.

The End Times means the end and therefore a New Beginning. And that new beginning is a whole new Spiritual Age – an age based on self-revelation of truth through one's feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



The Feelings First Spirituality is the True Way to God because it helps you get to know God, helping you to reach out, connect and be personal with God, and do God's Will, all through your feelings. It is the only true way of getting to know the God of Feelings – our beloved Heavenly Mother and Father, the Great Soul of Divine Love.

Love comes through our feelings and not our mind, as we've all been wrongly led to believe.

Feelings First; then comes The Truth; then comes Love.

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise

HOME

