

REVEALED WISDOM FROM THE PAST

Rabbi Mosche Ben Maimon (1135-1204 A.D.), often referred to as the RamBam, was born in Spain and spent his adult life in Egypt as physician to the Pharaohs. He was not only a physician, but also a scholar and one of the most influential Jewish philosophers.

He lived in a time when Europe was emerging out of the Dark Ages and the Persian Empire was the center of science, medicine and art. Anything that was known in medicine was known to the RamBam. He wrote a compendium of 350 herbs which contained all the knowledge that was known at the time about herbology.

A number of years ago, I came across a writing of the RamBam in which he summarizes his opinion of how to have good health. Given the overall decline in health in industrialized countries, the RamBam's advice is just as timely and valuable as it was 800 years ago.

REVEALED SECRET #1:

"If a person cares for himself the way he cares for his horse there would be no serious illnesses. You do not find anyone who gives his horse too much fodder. He measures out only as much as the horse can tolerate. While he himself eats to excess. He makes sure his animal get proper exercise to keep healthy. When it comes to himself he neglects exercise even though it is a fundamental principal to health maintenance and the prevention of most illnesses."

Just last week I heard a news commentary on how there are now over 114 million newly diagnosed diabetics in China because they are giving up their traditional healthy diet for our 'modern' diet and the bicycle for the car. *When will we learn?*



When Dr. Atsuo Yanagisawa of Japan found out that 92% of the doctors he surveyed would undergo non-standard cancer therapy he was curious which specific therapies they would choose. The questionnaire asked the physicians to rank their preference.

The top ten therapies in order of preference are:

1. High-dose IV vitamin C 79% (176)
2. Immunotherapy* 51% (113)
3. Nutritional supplements 46% (102)
4. Hyperthermia 44% (98)
5. Chinese herbal medicine 39% (86)
6. Nutritional therapy ** 31% (68)
7. Low-dose naltrexone therapy 29% (65)
8. Intravenous Lipoic acid therapy 28% (62)
9. Palliative care 25% (56)
10. Gene therapy 22% (49)

Japanese doctors' attitudes to complementary and alternative medicine (CAM) is quite different than American physicians. CAM is practiced by 73% of all Japanese physicians because they find it helps the patient to maintain one's own health and improves quality of life.

*NK-cell, vaccine, Dendritic cell based immunotherapy, autologous immune enhancement therapy

**Organic food, Gerson therapy, etc.

Primary Food

If you've come to one of my workshops, you know that my practice as a health coach includes the concept of Primary Food. The food we put in our mouths is secondary food; Primary Food – your relationships, physical activity, career, & spirituality – is actually more important. Do you have relationships that nourish you? Do you let your body enjoy physical activity every day? Do you love what you do for a living? Do you have spiritual beliefs and practices that uplift you? Balance in these four areas is every bit as essential to great health as the food you eat! Stay Happy & Healthy! *Liz Kerby, Certified Health Coach & Nutritional Consultant*

Renaissance

Healing the Whole Person

THE FIRST HUG

Simple things like a hug from a child is often taken for granted. When I saw 2 ½ year old Isabella on her 30 day follow up appointment the first thing out of her mother's mouth was "a week after starting treatment she wanted a hug and stayed hugging for a long time".

As Isabella was diagnosed with Autism this was an important milestone in her road to recovery. Hugging not only creates a physical but also emotional and spiritual bonding. In Isabella's case it showed that she had a willingness to connect emotionally with her parents.

With autism more often than not I have found homeopathic treatment to be the key that unlocks the healing process of the child. For Isabella that homeopathic remedy was Belladonna.

Other improvements seen that first month were a lot more eye contact, less tantrums, saying, "Papa" more frequently, fewer panic attacks while asleep, no teeth grinding, no more striking herself, and just overall calmer.

Two years have passed since that first treatment and Isabella is intellectually ahead for her age and acts like any 4 ½ year old child. Except for a little 'quirkiness' in her behavior she is showing hardly any signs of autism and is well on her way to recovery.

Those who practice complimentary and alternative medicine (CAM) have come to realize that to effectively treat autism, one needs to look at the whole person. Clinical experience has shown that children suffering from autism commonly have dysfunction of the gastrointestinal, neurological, and immune systems. Ecologically speaking, the child's health becomes unbalanced. It is only by addressing the body as a whole and restoring normal function of the child's physiology can the body restore balance of health.

At Renaissance Health Centre we have found that therapies such as dietary, nutritional, and heavy metal detoxification when combined with constitutional homeopathic treatment will result in children recovering quicker from from autism.

When hugging a child don't be the first to let go!





HALF BLIND AND HALF DEAD

She slept 20 hours a day and spent much of the time she was awake in clinics waiting for treatment, often for ailments caused by the drugs she was given to control her multiple sclerosis.

Today it's a different story. 'I am transformed,' says Linda, 53, a busy mother and grandmother from Norfolk, who has regained her independence after taking the drug LDN. 'It has given me back my quality of life,' she says.

Diagnosed in 2000, Linda was told she had an aggressive form of progressive MS and it would simply get worse, leaving her more and more incapacitated. 'It was as if I were a TV that wasn't tuned in. Everything was fuzzy - sound, vision, understanding - and I couldn't retrieve from my brain the words I needed.

Within weeks of taking LDN I was tuned in again. The burning sensation in my legs faded and I stopped needing the loo six times an hour.'

The effect was amazing,' says Linda. 'I want to make sure as many people as possible know about the drug so they might be relieved of their MS symptoms.'

People suffering from a wide variety of auto-immune diseases - including MS, Crohn's disease, arthritis and psoriasis are telling each other via the internet about the relief that LDN seems to give."*

Over the years we have successfully treated many different autoimmune disease with LDN. These include MS, rheumatoid arthritis, scleroderma, psoriatic arthritis, asthma, and Crohn's disease to name a few.

*<http://www.express.co.uk/posts/view/133731>
the-drug-that-changed-my-life-should-be-availabe-to-all



Bernard Bihari - LDN Pioneer

Bernard Bihari, a Harvard Medical College graduate, began experimenting with very low dose naltrexone (LDN) in the mid- 1980's. Up until that time it was used for treating people with addiction problems. He first found success in treating HIV/AIDS but soon found that it was useful in treating MS and later on found that it helped a myriad of other auto-immune diseases. Even diseases like ALS (Lou Gehrig's disease) and Parkinson's have been successfully treated.

How LDN works is by tricking the body into doubling and tripling its output of endorphins. This substance in turn, cause the immune system to strengthen. Studies have shown that auto-immune diseases are all marked by a weak, dysfunctional immune system. Once it is strengthened by LDN, it remembers that its first and most important job is to never attack itself.

Dr. Bihari found that not only was LDN helpful in auto-immune disease but also beneficial in treating many forms of cancer.

By going to <http://www.lowdosenaltrexone.org/gazorpa/interview.html> you can read how Dr. Bihari explains his paradigm-shifting theories.

Bringing Back Karina

At age 11, Karina underwent a metamorphosis in regards to her personality and health. Her mom describes her as an "old soul; people with problems have always been drawn to her even when she was little. She was very caring and musically talented. Up until five years ago she was the happiest. It was with the hormonal changes associated with puberty that the changes began." Karina then interjects, "It started with me figuring out that I like girls. I felt sad. I wanted to be somewhere else."

From that point on, her emotional and physical life fell apart. She says, "I have no motivation; I cry every other day for no reason-I just do. When I am not sad, I am extra cranky and mad. People just talking to me can make me so angry and snappy."

"For the last two years I have had these obsessive thoughts that I can't get out of my mind. I have five alarms set to make sure I wake up. I obsess that I am going to forget things so I am continually writing things on my calendar. And then I have this strange obsession that someone is going to take my clothes in PE."

As if this was not enough, Karina was also experiencing fatigue, daily headaches, and chronic diarrhea. Despite going to numerous specialists she had received no help.

I treated Karina with her constitutional homeopathic remedy *Acidum phosphorica* and began a series of acupuncture treatments. After six weeks, all of Karina's physical and emotional symptoms were gone. As her mom said, "She is back to being her cheerful self."

Our children do not have to be drugged. There are therapies like homeopath and acupuncture which can restore balance permanently on both an emotional and physical level.



Vision is the art of seeing things invisible. Jonathan Swift (1667-1745)

The Father of Probiotics

A hundred years ago a controversial therapy made it into JAMA (Journal of American Medical Association). The article titled Buttermilk Therapy discusses the validity of this unique food item. The journal quoted several authors who recommended fermented sour milk using pure cultures of bacteria, as a panacea for many ills including, appendicitis, tropical dysentery, and typhoid fever. They wrote, "...according to Metchnikoff, the habitual use of sour milk prepared with Bulgarian bacillus is conducive to a long life. As support to this last suggestion it is stated that in Bulgaria there are relatively more centenarians than in other countries of Europe."

The author counters the above claim stating that the longevity of Bulgarians is due to other factors," such as race disposition, outdoor life and absence of effeminating luxuries."

He concludes his article with the following, "The benefits derived from the use of buttermilk, sour milk and cultures of lactic acid bacteria for digestive and suppurative troubles are doubtful, and too much confidence should not be place in the application."

Well a hundred years later the medical establishment is finally recognizing the value of cultured products in maintaining a healthy digestive system. Some of the conditions they feel it is beneficial for are the following: urinary tract infections, vaginal infections, diarrhea, digestive tract infections, inflammatory bowel disease and irritable bowel disease to name a few.

Dietary traditions from different cultures exist because they have been proven over hundreds if not thousands of years to be of benefit. We should not wait for the AMA stamp of approval before trying - these tried and tested dietary recommendations.

