

# Accelerate your personal and professional development and improve your therapy



Are you seeking new ways to deepen your health knowledge, enhance your current approach and improve your results with clients?

**M**ETA-Medicine® is a revolutionary breakthrough in mind-body medicine. It works by pinpointing the specific reasons for acute and chronic conditions, from musculoskeletal problems and skin disorders to anxiety and depression. This unique approach can be used by **all** therapists and health professionals, from massage therapists and energy workers to psychotherapists and nurses, to discover the cause of your client's problems and enhance your own growth. The goal is to find and treat the cause rather than the symptoms, provide a plan for healing and achieve 'META-Health'.

**META-Medicine® reaches the parts that other approaches don't even know exist! It:**

- 🕒 removes reliance on risk factors by enabling you to find the specific cause;
- 🕒 explains the *biopsychosocial* (mind-body-environmental) connection and how the brain is involved in every dis-ease process;
- 🕒 demonstrates the meaning and process of illness; and
- 🕒 identifies the factors that trigger chronic issues.

**How META-Medicine® will enhance your practice**

You can use META-Medicine® at different levels. At the higher level, it provides a comprehensive framework of health understanding that integrates the latest findings in epigenetics, mind-body medicine, neuroscience (including brain relay diagnostics) and evolutionary biology, giving a

scientific underpinning to your work.

On a practical level, it provides you with a diagnostic process for pinpointing the root cause, meaning and process behind clients' health issues, and creating a therapy plan **before** you apply your therapies.

Even when clients come to you to enhance their general wellbeing rather than resolve specific health issues, META-Medicine® provides a framework that helps you to intuitively recognise their core issues. You gain insight into their underlying patterns, determine which phase they are currently in, and can tailor your approach accordingly.

**Understand the connection between emotions and physical wellbeing through the two phases**

Before any therapy, it is essential to develop an understanding of the client's current thoughts, feelings and physiology. One of the goals of the META-Medicine® diagnostic process is to find the seven major points within the healing process and confirm it on the five main levels of our organism: organ, psyche, brain, autonomous nervous system and behaviour.

*The seven major points and phases of a disease process are shown on Fig. 1.*

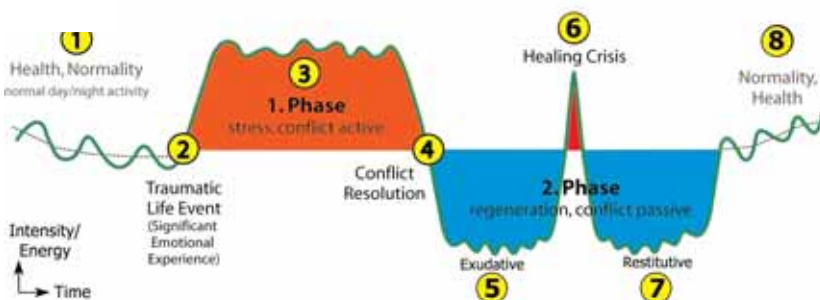
1. Health: Equilibrium and harmony between body, mind, spirit and environment, a balanced rhythm between day activity and night regeneration.
2. Significant emotional event or shock - an unexpected, intense, dramatic and isolating situation disrupts the equilibrium. Our unconscious mind reacts to such a shock with a biologically meaningful programme that has been labelled 'dis-ease'.
3. Stress (1st) phase: From the moment of shock until resolution, the individual remains in a state of sympathetic stress.
4. Conflict resolution: The turning point from a sympathetic into a parasympathetic state, made possible by an internal or external solution to the shock.
5. Regeneration (2nd) phase: The body enters a parasympathetic state and energy is diverted to healing. This is when most symptoms appear.
6. Healing crisis: A temporary test in which the body returns to a sympathetic state, characterised by symptoms such as headaches, cramps and seizures.
7. Health: A return to balance and harmony.

**There are several META-Medicine® concepts to help you to find these major points and phases, including:**

- 🕒 organ-mind-brain-social connection
- 🕒 known conflict content for each organ (see Fig. 2 for examples)
- 🕒 two phases of a disease
- 🕒 neurological wiring of a client
- 🕒 specific questioning techniques.

Key questions to uncover the root cause of your client's health issue: become a *biopsychosocial* detective!

Fig. 1



| Organ            | Brain area       | Nature of shock            | Psyche   |
|------------------|------------------|----------------------------|--|
| Bladder mucosa   | Cerebral cortex  | Territory-marking conflict | E.g. Inability to define boundaries or a position, physically or socially  |
| Breast - ducts   | Cerebral cortex  | Separation fear            | E.g. Sudden separation from mate, child, mother, home or nest  |
| Breast - glands  | Cerebellum       | Worry or argument conflict | E.g. Argument with mate, child, mother etc   |
| Colon            | Brain stem       | Indigestible anger         | E.g. Anger about a situation, boss, partner, etc   |
| Eye - cornea     | Cerebral cortex  | Visual separation          | E.g. We lost sight of somebody or something  |
| Lungs - alveoli  | Brain stem       | Fear of death              | E.g. Fear of death, from accidents, cancer diagnosis shock etc   |
| Muscles          | Cerebral medulla | Inferiority                | E.g. We feel unworthy or not good enough about something, such as our boss criticizing us in front of others. Different muscles relate to different types of inferiority |
| Skin - epidermis | Cerebral cortex  | Loss of contact            | E.g. the loss of physical contact to the mother, the flock, the family or friends  |

Fig 2

### Q1. What is the health issue?

#### What are your symptoms?

Naturally you can use all available diagnostic methods, traditional and alternative, to get as much clinical data as possible. The more data you have, the easier it is to find the major points, design a therapy plan and tailor your therapies to the client's specific situation.

Knowing the organ indicates which type of emotion preceded the problem. For example, if the symptom is eczema, we know that the organ is the epidermis, and the emotion is separation. The meaning is in the stress phase: the skin desensitises and weakens, to enable the individual to overcome the feeling of separation. The eczema is the skin regrowing in the regeneration phase. See Fig. 2 for other examples of the organ-brain-psyche connection.

### Q2. When exactly did the first symptoms appear?

Getting the timings is important in META-Medicine®. Some symptoms, such as constipation, occur in the 1st phase. In most cases, the symptoms occur in the regeneration phase. For example, eczema and muscle pain are experienced in the 2nd phase, as the skin and muscle tissue repairs and regenerates.

If no therapies have been previously applied, the 1st phase will be the same length of time as the 2nd phase. So, if a client comes to you in the last stages of an eczema outbreak that has lasted for two weeks, you'll know that the initial shock or trigger occurred just over two weeks before the eczema started.

### Q3. Did you feel stressed and hyperactive or tired and exhausted during this time?

The client's answer will confirm which phase they are in. If they feel stressed, sleepless, lacking in appetite, cold or are obsessively thinking about a negative situation, they are in the 1st phase. Conversely, if they are lethargic, hungry, warm and fuzzy-headed, they are in regeneration.

This knowledge is essential when designing your therapeutic intervention. If the client is in the stress phase, they need help to release their negative emotions and memories, and will benefit from calming, balancing remedies. If they are already in regeneration (as most clients will be if they come for a one-off treatment), they will benefit from having more vital energy in their system to aid the healing process. It's useful to consider the tools, approaches and remedies you have, and work out which would be beneficial in each phase.

### Q4. What stress did you resolve just before your symptoms appeared?

This question is a reframe in itself, because most people think of the symptoms as the problem, not a sign of healing! Yet most symptoms occur in the regeneration phase. The resolution could be either an internal release of a negative emotion (such as hurt, anger, guilt or rejection) or an actual event, such as being reconnected with someone or leaving a stressful situation.

*Transform the way you think about therapies - promote the self-healing response!*

### Q5. What event occurred that took you by surprise or shocked you before the stress started?

By working out the time length of the two phases, you can ascertain the approximate date of the initial shock or trigger. You can ask questions like "Where do you feel pressure in your life?", "What in your life doesn't feel right?" or "Is there something you think about a lot?", to focus in on the relevant areas.

The specific emotional content and connection to an individual's neurological wiring provided by META-Medicine® help us to ask even more specific questions like "What happened on or around 15th January, where you felt separated from a mother or child figure in your life, and



wanted to bring them closer?" The client usually knows what it was!

Once you've built up a detailed biopsychosocial picture of the problem, you're in a position to create a META-Therapy Plan, providing tailored options to the client and applying your individual therapies:

- 1) Self-healing response (*bio*): increase vital energy through improving nutrition, subtle energies and physical wellbeing. You can treat the symptoms if necessary, ensuring that the treatment encourages healing rather than simply pushing the body back into the 1st phase.
- 2) Biological programme (*psycho*): help the client to resolve the conflict mentally, release the negative emotions and reduce their stress levels.
- 3) Environment (*social*): eliminate the triggers, help the client change their perceptions and interactions, and create a supportive environment for healing.

Knowing how long the dis-ease process is likely to last can help you to determine how many treatments and how much support a client will need. The META-Medicine® model also creates opportunities for co-operation among the therapy community, not only because it provides a common ground of understanding, but also because integrating different therapies within a META-Therapy Plan facilitates client healing.

### The goal of this model - which applies equally to therapists as to clients - is META-Health:

- ☺ high vitality and life energy
- ☺ healthy functioning organs
- ☺ physical fitness
- ☺ emotional resilience, balance and ability to deal with conflict and stressful situations
- ☺ clearly defined values and goals
- ☺ conscious and positive living
- ☺ social integration and a supportive social environment
- ☺ Biopsychosocial health and conscious evolution TT

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- ☺ find out about talks and courses, from evening talks and 2-day Introductory Courses to the 10-day META-Medicine® Practitioner Training;
- ☺ subscribe to our free monthly newsletter and access more articles; and
- ☺ register for a 15-minute individual discussion of your health issues or how META-Medicine® can help your practice.

Or call authors Robert Waghmare & Joanne Ross, META-Medicine® Health Coaches and Master Trainers, on 0845 838 6787