

Beyond 'risk factors':

The 'shocking' truth about illness that other health systems won't tell you!



Are you tired of hearing about risk factors, genetics, toxins, diet, stress and germs all being the cause of disease? Do you suspect that there must be something more fundamental, a 'missing link' behind a given dis-ease process?

In the 16th century, Descartes proclaimed that the mind and body were separate, and medicine has focused on understanding the bio-mechanical and bio-chemical aspects of dis-ease, while the **cause** remains a mystery. Medical dictionaries describe almost all diseases as 'idiopathic', meaning 'of unknown cause', or 'autoimmune', meaning the immune 'system' attacks the body. Beyond this, medicine can only offer hypotheses in the form of risk factors, including germs, genetics, lifestyle, mechanical malfunction and stress.

Therapists often look deeper, exploring body type, psychology, energy systems, our milieu, astrology and other data. Yet even within alternative and complementary approaches there remains a gap in understanding: a definitive and scientifically robust explanation of why **specifically** we get dis-ease.

Why does one person develop a cancer while another remains healthy? Why do some people have chronic digestive issues, while others get

frequent colds or heart problems? And why do people get a particular illness at a specific time in their life?

The reigning paradigm - aren't our genes, stress levels, toxins and germs the causes of disease?

Let's explore some of the current theory about why we get ill.

☹️ **Genetics:** The 'Primacy of DNA' is the latest media bandwagon and increasingly seen as the answer to many dis-eases. Yet Bruce Lipton's work in the field of cell biology and epigenetics has proved that the environment influences our genes, not the other way round. Furthermore, only 5% of illnesses are due to genetic heredity. So what about the other 95%?

☹️ **Nutrition:** There is ongoing debate about what constitutes a healthy diet and how certain foods may encourage or avert dis-ease. Yet there are groups of people, breatharians, who neither eat nor drink, and obtain energy

through meditation from prana or sunlight. This is scientifically documented. For the majority, nutrition is an important factor affecting our vitality, yet cannot in itself cause or prevent dis-ease.

☹️ **Smoking and other toxins:** The media emphasises the link between smoking and many dis-eases, yet research is inconclusive. Many of us know people who have smoked for years and still outlive their peers! Members of the 7th day Adventist community in the USA have even ingested strychnine with the belief that God will protect them and keep them well. And they don't get ill!

☹️ **Stress:** This is another popularly cited cause of ill health. What does 'stress' actually mean? What is it specifically? What may cause a stress-related illness for one person doesn't for the next. So how can we explain different reactions and tolerance levels?

☹️ **Viruses, bacteria and other microbes:** Louis Pasteur is often glorified as the saviour of humanity for his twin triumphs of pasteurisation and vaccination. What underpins both is Germ Theory, the foundation of Western medicine and Pasteur's legacy. However, the most pioneering areas of science are now showing that Germ Theory is based upon faulty assumptions. Even Pasteur realised this. On his deathbed in 1895 he said: *"The pathogen is nothing. The terrain is everything."*

Pasteur's denouncement came too late to stop the burgeoning medical-industrial complex. Yet mounting evidence, particularly from Dark Field Microscopy, is proving that viruses, bacteria and fungi are continually present within our blood environment. So this begs the question, why do we sometimes get ill, while at other times their presence has no effect?

Each of these factors can have a debilitating effect on the body-mind and result in lowered vitality. However, none can be considered (even in combination) to be the root cause of a disease. None of these risk factors satisfactorily explains why or when some people get ill while others remain healthy.

META-Medicine® highlights answers to these mysteries. META-Medicine® is an advanced mind-body diagnostic tool based on 10 principles. It integrates and goes beyond modern, complementary and alternative medical approaches.

The missing link - scientific evidence proves the connection between emotional conflict shock and dis-ease

If you've ever read books by Deepak Chopra or Louise Hay, you will be aware of the mind-body connection and emotional links with ill health. META-Medicine® provides us with a *scientific* understanding of how and why dis-ease begins. META-Medicine® explains how a conflict shock, or Significant Emotional Event (SEE), always precedes dis-ease. A SEE is an experience that is unexpected, dramatic and emotional, and we don't know how to deal with it. It can range from an argument to receiving bad news, such as a bleak medical prognosis, or a life-threatening situation like being involved in a car crash.

At the moment of the SEE, there are changes at all levels: psyche, nervous system, organ, brain and our interaction with the social environment. META-Medicine® maps the emotion felt at the time of the shock to a specific organ, allowing you to understand the cause and process of disease and healing.

Each area of the brain corresponds to a specific organ, and the impact of the SEE is observable on a brain CT (Computer Tomography) scan. The specific emotion experienced will determine which organ reacts. For example, the epidermis (upper skin) is affected by a loss-of-contact conflict, while the lung alveoli are affected by a fear of death conflict. The emotion is the driver of the dis-ease.

It was in Germany in the late 1970s that a medical doctor made this fascinating and profound discovery. Two events in his own life, the first the death of his son and the second a testicular tumour, led him to ask his patients very different questions. His findings were remarkable - all the women he interviewed, who were on a gynaecological ward for ovarian issues, had experienced a significant emotional shock, in this case, a profound loss, shortly preceding their illness. Furthermore, the patients' CT scans showed visible brain relay changes in the exact location of the brain responsible for directing the ovaries. Since then over 30,000 case studies have demonstrated the connection between significant emotional events, brain relay changes and specific dis-eases.

Paradigm shift - symptoms are bio-logically meaningful

Even if we accept that emotions cause dis-ease,

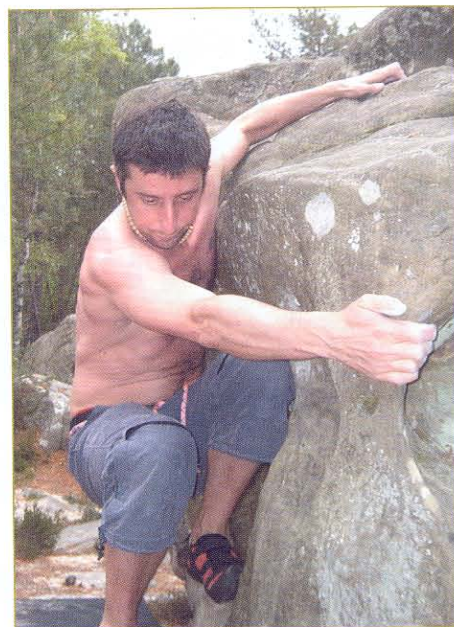
a question still remains about why specific emotions trigger specific dis-ease processes.

Let's look at a couple of examples.

Imagine a mother walking along a street with a young child in tow. The child is bouncing a ball, drops it, and the ball rolls into the road. The child instinctively runs after it. Imagine at that moment that a car rounds the bend and hits the child. How does the mother react? The accident is unexpected, dramatic, and emotional, she has no strategy for dealing with it. She will instantaneously go into the fight-flight-freeze response. If her primary emotion is worry for the child's survival, she will also get a growth of breast gland cells in either her right or left breast (this depends on her neurological wiring, and will only occur on one side, unlike during pregnancy). This unexplained growth, if diagnosed by a medical doctor, is likely to be labelled as a breast cancer. So why does it occur? It is an emergency programme to enable the woman to produce milk to nurture the child back to health. It is a biologically meaningful response.

Another example is a disease that Robert, co-author of this article, experienced as a child. When he was two and a half years old, his parents lost him in Edinburgh. When they found him two hours later he was red from head-to-toe, screaming and inconsolable. He had experienced a bio-logical conflict shock: an abandonment-isolation-existence conflict. This started a dis-ease of the kidney nephrons, Nephrotic Syndrome. In this process, the capillary endothelial cells of the nephrons increase, causing the nephrons to close up and the body to hold onto water. Why? Current evolutionary theory points to modern man having originated from middle Africa. In this environment, if a young child was left outside alone for any significant period of time, it would have died from dehydration. Holding onto water prevents this. Therefore, this dis-ease is logical and meaningful from an evolutionary perspective. Interestingly, Nephrotic Syndrome primarily affects young children between the ages of 15 months and four years old.

From a META-Medicine® perspective, rather than being errors of nature or the cumulative effect of 'risk factors', our bodies' reactions are bio-logically meaningful, with the goal of survival



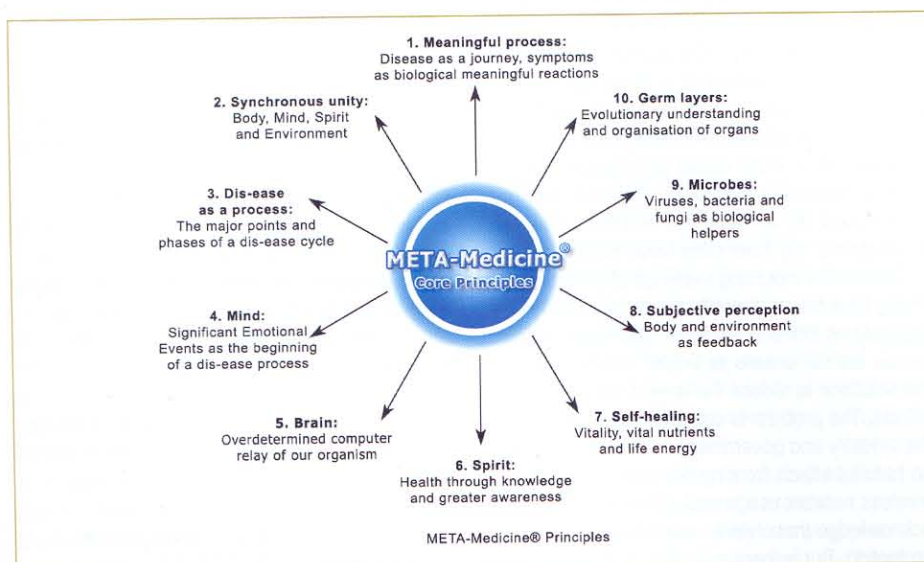
and evolution. This is the case for all dis-eases, including colds, eczemas, diabetes and cancers.

META-Medicine® provides us with precise and bio-logical answers to our health questions. As therapists, if we know the cause of a dis-ease, and the meaning of our body's response, we can do more than simply treat the symptoms. We can assist healing and empower individuals at all levels - the mind, body, spirit and socially - working with, rather than against the healing process. **TT**

© Robert Waghmare and Joanne Ross are licensed META-Medicine® Health Coaches and Trainers. They run monthly introductory talks and two-day trainings in META-Medicine® for health professionals, therapists and coaches, and individuals interested in understanding and overcoming health issues.

The next two-day trainings are on 19-20 January, 23-24 February & 19-20 April 2008 in Birmingham.

To find out more, visit www.metamedicineuk.org, email info@metamedicineuk.org or call Robert and Joanne on 0845 226 0082.



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