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Physician, Heal Thyself

Rev. Dr. K. F. Moseley, Esq.

Physician, Heal Thyself - What wonderful words to start one's path to naturopathy! As is often the case, we do so much based upon self-interest or need. Thus "Know Thyself" is prerequisite to healing yourself and others. I came to naturopathy after a lengthy absence from the biological sciences when I discovered that, while being treated by allopathic medicine, doctors actually waited for my condition to become worse!

I remember waking from my yearly fentanyl joy-ride after my esophagus had been scrutinized to check on my Barrett's dysplasia. I have had a congenital hiatal hernia, have been plagued by reflux since childhood, and in my fourth decade I was fainting away with great intestinal discomfort, so I consulted an allopathic (traditional medicine) physician who, in great kindness, said to call back when I could no longer swallow. Fortunately, there are more compassionate allopaths, one of which did confirm the hernia and discolored patch of esophagus, so I was put on two 20mg capsules of Prilosec per day and went along without much incident for seven years with yearly endoscopic monitoring. I could eat anything and was fattening up, cholesterol skyrocketing, and was unable to walk very far, maybe 100 yards total.

Upon clearing my head from the fentanyl, I asked how it had gone. Apparently, the dysplasia had grown in size, but the protocol was now to monitor every two years instead of every year.

Illogical and unreasoned positions drive me over the edge, so I began looking into the whole situation. I discovered a difference between approaches to health. This difference made sense, as all we have are philosophies of medicine, law, and other disciplines. As paradigms change, so do the underlying philosophies of life's current pursuits and understandings.

Upon discovering the differences in approaches, I found naturopathy. My first class was oriental tongue and fingernail

diagnosis. Imagine my surprise when I inspected my tongue, and the back was black! I was dying of dysbiosis and gastric dystrophy - GASTRITIS. Great, and many thanks, doc. By turning off my "proton pumps," you turned off digestion, making me a dead slug. By waiting till I had full-blown cancer you were keeping me from health and lining your pockets with gravy.

As I learned about digestion and what was happening, I realized I had to get off the pharmaceuticals. Just adding magnesium to the formula and claiming I was healed was just plain dishonest ... the magnesium alone would be more healthful. I could not stop "cold turkey," as I found I was in great pain without the pharmaceuticals. I began with a detoxification of my digestive system, and as I attacked worms and yeast I also began reducing my sugar intake with great healing effect.

By taking one grain out of each capsule every few days, and by taking enzymes (in my case, ox bile was essential) and probiotics, it took about 6 months to get off Prilosec. When I did have problems, I found that chewing fennel seed and a drinking a gulp of liquid lecithin together coated and relieved the burning. I also found that mild antacids did not work. It has been over four years, and I can sleep on either side and eat just about anything.

I did find I was allergic to many of the foods I had been brought up eating, such as spaghetti and other refined carbohydrates in general, so protein and fat-laden nuts are now a staple of life. I don't mix them together with carbohydrates, and I can't have carbs before bed (or in the evening). After removing other transfat hydrogenated poisons from my diet, my cholesterol came down quite nicely, and the nuts raised my HDL. Soy and oatmeal did their part, but I still need enzymes to deal with oats or any other grains.

Dr. Cocoa's method of pulse analysis is a neat way to check yourself to determine food allergies. First thing in the morning, take your pulse, and then take your pulse again after eating. Once you find an allergen, you are done testing for the day. When I was allergic to a food, my pulse would double.

Now I had some time to consider whence my condition originated. Upon delightful cogitation I decided it was food allergies coupled with a chronic fungal sinusitis, the sinus condition causing a "gulping" of mucous all night long. This activated the reflux of unsuccessful digestion, which had gone from enzymatic to mechanical digestion due to chronic and continuous stimulation. The hernia was the functional problem in not closing off the contents of the stomach. So a simple antihistamine was

all I ever needed to control the occasional food sensitivity, and as I got older I needed to retrain my digestive organs to function one at a time with gentle "kick-starting." I am in total repair now with my daily cabbage salad at night, which feels like it has knocked out the Barrett's dysplasia, and aloe juice with vitamin C in the morning, which is rejuvenating from the inside out. I now exercise vigorously.

My sinus spray is made up of naturally aerated seawater from Honuapo, Hawaii, with hydrogen peroxide, aloe juice, and colloidal silver in equal proportions with a clove and a ¼ teaspoon of xylitol. By adding a tonic of rosemary, olive leaf, ginseng, and cats claw, and tinctures of pau d'arco and echinacea to my regimen, I can now have days and/or nights with free breathing and no antihistamines.

I may only be at the beginning of de-coupling all the ailments that "cross-linked" along the way, but the tackling of what would have been life-threatening not only taught me to heal myself, but to also teach others.

I invite you to freely download my textbook on Growing and Healing with LEDs at <http://www.podomatic.com/ghostinthemachine>
the book is under Modern Alchemy #1

