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On the Nature of Biological Medicine

Introduction

At the Paracelsus Klinik Lustmühle and the ventures connected with it, a form of medicine is practised which we call “Integrated Biological Medicine”. It is based on knowledge of orthodox medicine, physiology and biochemistry, but integrates various ancient forms of traditional natural healing, which have been tried and tested for thousands of years. On the other hand it also follows the very latest findings of scientific theory, physics and biochemistry.

The patient is regarded as a whole being, we never consider only the diseased organ. We never treat the symptoms themselves but the obstructed functions and causes, which can lead to the appearance of the symptoms. This paper offers a brief description of a few of the fundamental approaches that we use in Biological Medicine.

The Paracelsus Klinik is the first and only clinic in Switzerland where, over a period of more than ten years, all the methods described below have been used consistently and in a wide range of combinations by doctors and dentists.

Integrated Biological Medicine is particularly well suited to the treatment of chronic and nebulous diseases. It is basic therapy that can be used as the primary form of treatment in all types of illness. Therefore it is incorrect to call it “complementary medicine” as it is used not merely as a supplement to orthodox medicine but as a form of treatment in its own right.

Integrated Biological Medicine integrates the knowledge from different natural healing systems and philosophical teachings into a form

of medical treatment that approaches the patient as a whole, taking into consideration their dynamic processes. The doctor or therapist who practises Integrated Biological Medicine needs basic knowledge of physiology and human biochemistry, as these theories best explain the basic metabolism and cell reactions of human beings. For this reason, a previous study of science is also of advantage.

Integrated Biological Medicine, as practised intensively for more than ten years at the Paracelsus Klinik Lustmühle, integrates Chinese meridian theory, Ayurvedic and European Paracelsian theory of constitution, phytotherapy, homeopathy, and also traditional humoral therapies such as detoxification, stimulation therapy of a physical type and hydrotherapy. Homotoxicology is an important component of Biological Medicine. But one very important element which supplements the conventional natural healing processes, is **strict milieu theory**. Everything in human beings which “flows”, every movement of material and dynamic adjustment to a steady state condition is dependent on the **mesenchymal milieu**, i.e. the acid-base situation, the protein situation and the **orthomolecular conditions** in the inner compartments.

The mesenchymal (= interstitial) system works through all the tissues and links all the organs with one another. The mesenchyme is the specific carrier of all information and the instinctive (involuntary) function systems. Many diseases, in particular chronic diseases and disorders, are caused by an obstruction to the flow of information and the metabolism of the mesenchyme. Molecules and clusters (conglomerates of molecules) of water are important as the only carriers of information in the body, but directed polysaccharide molecules in the ground substance also act as other types of information carriers. This fact also partially explains the phenomenon of homeopathy, as it seems probable that the “information” from homeopathic remedies can modify the characteristics of the clusters of water molecules.

Another approach, difficult to understand by way of modern medical teaching, is **pleomorphism** as defined by Professor Enderlein: its isopathic approach and milieu therapy are important for Biological Medicine. Bacteria and their antecedents, proteins, affect every system in humans and are vitally important to us – not only in the digestive system but also for cell metabolism (uptake of oxygen / coagulation) and the

immune system (the bowel ensures the efficiency our immune system – see below). Therefore, according to the pleomorphic theory, infectious diseases are not caused by bacteria, viruses or fungi; instead these pathogenic organisms can develop by pathological means into pathogens as the milieu changes.

Modern Integrated Biological Medicine is characterised by an enormous store of knowledge from the traditional medicine of China and India, and also the teachings in central Europe of Paracelsus von Hohenheim. On the other hand it also integrates the latest physical and biochemical discoveries regarding trace elements, free radicals, vitamins, amino acids – that is, orthomolecular and physical discoveries regarding the significance of membrane potential, redox potential, the benefits of oxygen, etc.

It seems important to us, however, that our medicine is characterised by this very enormity of experience. Experience of tradition by millions of people and over centuries from our point of view counts for more than supposedly “double-blind”, “scientific” studies which are often nothing but reductionist ways of looking at things. Studies in which only single variables are compared and recorded in the human system – which, however, regularly contains within itself thousands of variables and dynamic alterations! It seems to us downright arrogant not to recognise traditional methods of healing because of their “unscientific” basis, although they are based on evidence and have been tried and tested over generations. But they are not recognised because their multifariousness does not allow them to be included in the non-dynamic and simplistic criteria of the conditions required for the study.

The concept of “regulation”

Biological Medicine speaks of **regulation** as a concept for the fine-tuning of the inner milieu and attaches great importance to this regulation. The ability to regulate is a precondition for the maintenance of an inner balance, even in a changing environment. Regulation is for the most part provided for by receptors in the **autonomic nervous system and limbic system**, by the mesenchyme, and also by the bowel, which is the largest organ in our bodies. But particularly the intact intestinal flora (our largest “organ” in terms of numbers of cells) and the **Peyer’s lymph patches**

which are found in the submucous membrane (and which form 80 % of our lymphatic system) are what enable regulation and demarcation from the environment and have an important influence on the detoxification of the human body.

The bowel, the lymphatic system and the intestinal flora are therefore included in practically every course of integrated biological therapy. The bowel and its bacteria ensure the link to Mother Earth and are a deciding force in determining our parasympathetic nervous system's and our **ability to build ourselves up**. (See also the paper: The Intestine, Nutrition and Health)

The understanding that human beings are a part of the whole, i.e. of the earth and of creation, and are very closely connected to the earth for the whole of their life as well as before and after, colours the thinking behind holistic medicine most deeply in the manner of the anthroposophists and Paracelsus.

One further point has a different relative importance in Integrated Biological Medicine compared to the rather more statically aligned and organ-oriented theories of orthodox medicine:

The dynamics of all vital processes

All processes in the living organism are dynamic and all the organs are continually being destroyed and rebuilt. Every organ, even a diseased one, rebuilds itself, with a different rhythm for each organ. The lymphatic system, for example, has a regenerative dynamic of about three weeks, intestinal bacteria take a few days, and slowly regenerating tissues such as cartilage and bone take years. In this way every disease of an organ has a rhythm that must be taken into consideration during treatment. The treatment of a diseased organ in order to build it up must always be continued for as long as it takes for one or more regeneration cycles of the corresponding tissue to be completed.

But it is important to note that every organ renews itself, even a diseased one! When the milieu situation and the conditions for the build-up of new tissue are supported, then the newly forming tissue can develop better and become more resistant! This theory is of the greatest importance, as even in degenerative diseases of the organs (e.g. hepatitis, cartilage defects, osteoporosis, arteriosclerosis, etc) work must be done

primarily on the conditions for building up the corresponding organ and on the “anabolic” ability of the body to build itself up. This is provided for by general milieu therapy, isopathy and orthomolecular “cell therapies”.

Traditional Chinese medicine takes particular account of rhythmic renewal processes. Its “**five element theory**” explains the connections and rhythmic support of the different organs, one to another. It also explains the “energetic” and meridian connections between the different organs. Therefore Integrated Biological Medicine integrates the theories behind Chinese medicine in its approach.

Integrated Biological Medicine is therefore not simply a form of treatment with natural remedies instead of chemical medication, but a bringing back of the patient to a dynamic connection with the regulation processes and thus the laws and rhythms of Nature and the Earth.

However theoretical this sounds, the consistent implementation of it is logical and straightforward. Biological Medicine is simple, deals with living things and is straightforwardly logical – that is why it is biological!

PARADIGMS OF BIOLOGICAL MEDICINE

In order to make it easier to understand, here are a few short explanations of the basic approaches of Biological Medicine:

1. Human beings become ill because of toxic overload.

The significance of heavy metals / organic toxins / dysbiotic toxins / fungal toxins

The **concept of toxic regulation blockades** is of the greatest importance in Biological Medicine. Influences that obstruct the delicate adjustments of the metabolism are the most important causes of disease. Natural healing experiences show that nowadays the **influence of toxins is the most important blockade to regulation**. In the forefront are the toxins from heavy metals (mercury, lead, palladium), other toxic metals (aluminium and nickel) but also organic toxins (e.g. preservatives in

foodstuffs, which however also “preserve” the vital processes as a result of their long-term accumulation).

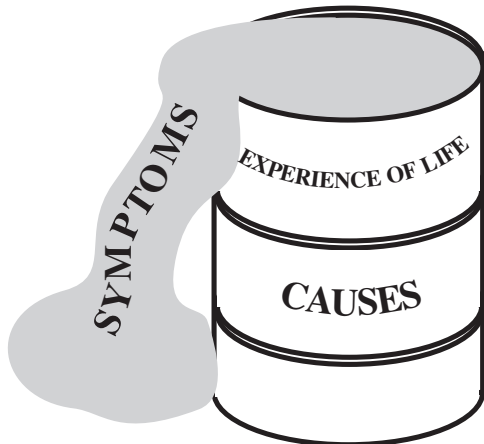
Also of great significance are **microbial toxins**, e.g. from dental foci, chronic dysbiosis and/or fungal infestation. Toxins block normal regulatory and adaptation processes in the body by misdirecting metabolic processes, disrupt the behaviour of bacteria and compete with other, natural detoxification processes. Many toxic blocks to regulation can be simply proved by chemistry or fine energy, but unfortunately they are mainly disregarded in medical explanations.

Typical diseases which are frequently caused by toxins are ulcerative colitis, tumour diseases (combined with other factors), chronic fatigue syndrome, neuralgic pain (mostly combined with dental foci or chronic viral overload), multiple sclerosis, almost all allergies (mostly in combination with significant lack of trace elements), infections, etc.

Therefore in biological regulation medicine we always look for blockades to regulation, and for these particular regulation diagnostic methods are used.

The “barrel of disease”

Symptoms (in the illustration the over-flow from the barrel) first occur when the ability of the body to compensate (filling the barrel until it overflows) is exhausted. This explains why just a few problems do not lead to symptoms or disease and can often be compensated for years on end. The method in Biological Medicine is such that where there are diseases and symptoms it is always possible to look for the reason why the “barrel” is filling: Toxic overloads / excess of acid / disturbance fields / weakness of the constitution / electromagnetic overloads and endobiotic overloads (see following).



The main regulation blockades

- Foci, disturbance fields (e.g. teeth, old scars, old foci of infection)
- Chronic organic and inorganic toxic overloads
- Heavy metals from the teeth / preservatives / disinfectants
- Bacterial and fungal toxins
- Excess of acid / excess of protein in the mesenchyme / “building up of morbid matter”
- The build-up of free radicals (e.g. toxins or morbid matter from the normal cell metabolism which are not excreted)
- Chemotherapy products, antiphlogistics, etc., accumulated over a long period
- Food intolerances resulting in damage to the intestinal mucous membrane
- Long-term physical stress with overload of the sympathetic nervous system

2 Disease is the expression of a reduction in the body’s ability to regulate itself and the result of degenerative development.

The significance of Dr. Reckeweg’s teachings / Homotoxicology, the onset of degeneration as the expression of the body’s reduced ability to excrete and react.

Dr. H. H. Reckeweg, M.D., himself a great homeopath, initiated crucial developments in homeopathic science. His **six-phase teachings** explain the theory of Biological Medicine behind many issues: A healthy body can detoxify itself by normal excretion stools, urine, perspiration, etc. When the inner level of toxicity is raised, the body should recognise this and through self-regulation develop excretion symptoms such as vomiting, diarrhoea, increased sweating, high temperature, etc. But if it is suppressed or too lethargic, it develops instead a leucocytolytic form of

“inner excretion”: that is, an inflammatory and/or hyperergic reaction. If this too is suppressed (by medication or regulation blockades), the body stores up the toxins, which then cause deposition problems (like liver disorders, vascular disorders, circulatory problems, hypertonia, a high cholesterol level, etc., myoma, myogelosis, etc, etc). (= **Deposition Phase**). With long-term therapy, the deposition phase can mainly be made to regress.

According to the type of toxic overload, the toxins can enter the cells: the body even impregnates its own cells with toxins (free radicals), which can lead to changes in function of the cells. Examples of this are: thyroid problems, diabetes, heart failure, hormone disorders, etc. (= **Impregnation Phase**)

Long-term cell intoxications can lead to irreversible damage to the cells and to tissue degeneration or tumours. Thus the doctor of Biological Medicine also regards cancers as a “degenerative development” (= **Degeneration or tumour phases**). Some typical degeneration phases are diseases of old age, lack of brainpower, arthrosis, osteoporosis, cirrhosis, all problems of insufficiency. But frequently people who are still too young are affected by degenerative problems, which are then almost always the expression of influences restricting the body’s regulatory mechanism.

Here too, in therapeutic terms, one can draw out a simple and logical consequence: problems of chronic degeneration or even tumour problems can be cured by inducing the body to increase cellular activity (with catalysts, trace elements, vitamins, etc.) and then supporting the body’s ability to become inflamed and to excrete endotoxins.

Here biological regulation medicine is at odds with conventional “modern” medicine, which treats symptoms by suppressing them and inhibiting inflammation. In Biological Medicine we try to detoxify the cells, the mesenchyme and thus the whole body. On the other hand, the patient’s powers of regeneration are built up, which in turn favours natural modification and the dynamics of the tissue.

Biological Medicine requires subtle **research methods** which show the doctor the state of reaction and the level of blockades in the patient:

Research methods in biological regulation medicine:

- Clinical examination of the patient
- Orthopantomography of the teeth and measurement of galvanic currents in the mouth
- Thermoregulation diagnosis
- Darkfield microscopic examination of the vital blood
- Holographic viewing of the blood crystallisation (dried layer test)
- Investigation for toxic chemicals, testing for heavy metals and hair analysis
- Testing of the autonomous nervous system using rhythmic procedures (including Heart Rate Variability)
- Measurement of redox potential and the acid-base milieu in lymph, urine and blood
- Electroacupuncture for the measurement of the “energy flow” in the mesenchyme
- Fine regulatory tests from traditional medicine such as kinesiology, radiesthesia

These regulation testing methods do not only show how regulation is disturbed but also the disturbance foci, toxic overloads and even subtle information.

3. Disturbance foci trigger chronic diseases or make them worse

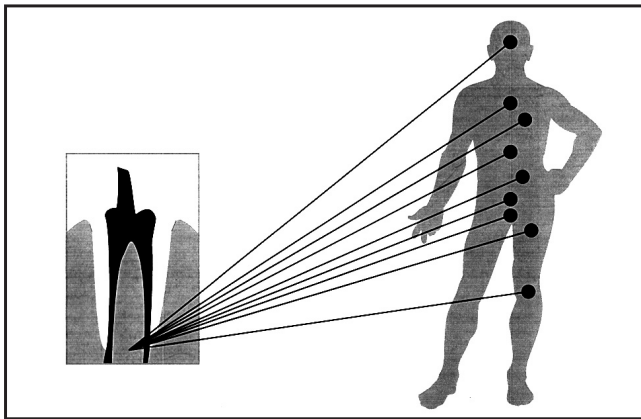
A disturbance focus is an underlying focus of inflammation which is not noticeable at the point of the focus but which can cause a remote interference via the mesenchyme or via the meridian system, the result being incorrect reactions in the remote organ. Disturbance foci are very frequently one of the joint causes of chronic diseases.

The disturbance foci which occur most frequently (approximately 80%) are:

- Dead (root-treated) teeth
- Old scars or chronic inflammation of the tonsils or nasal sinuses
- Chronic mis-colonisation of the bowel with underlying irritation of the intestinal crypts

In chronic illnesses which do not heal using other natural healing methods, one should always consider disturbance foci. Frequently we see disturbance foci as the cause of MS, polyarthritis, back pain, headache and neuralgia. Only subtle regulation testing can show the presence of disturbance foci, such as electroacupuncture, milieu tests and thermoregulation diagnosis according to Professor Rost. Disturbance foci cannot be discovered using normal blood tests.

THE DISTURBANCE FOCUS



The disturbance focus

(= Underlying inflammation which can only be sensed by its remote effect)

- Needs a “trigger”, that is, a second cause
- Can remain silent for years!

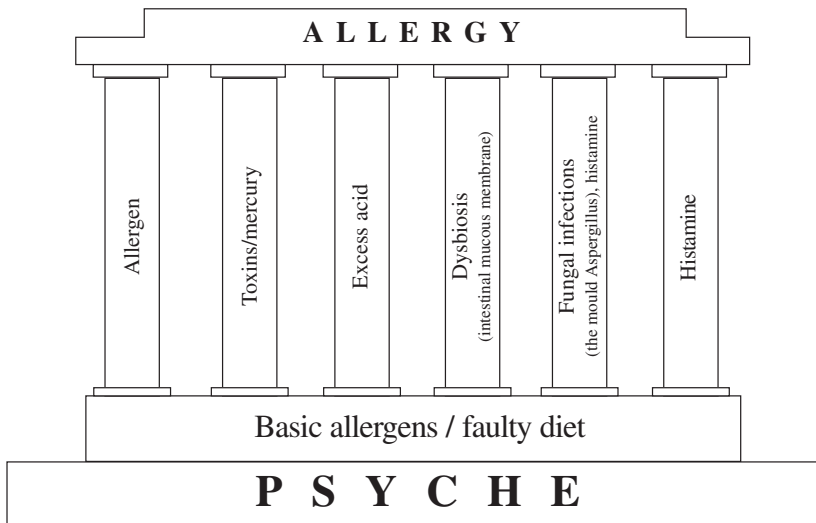
4. All diseases are multi-causal and depend on the constitution of the patient.

The constitution, not the diagnosis, is important – Homeopathy / constitution theory / five element theory.

Very many diseases are “idiopathic”, i.e. their cause is not known. But only because they always have different causes which can be combined quite individually in different patients, depending on the **patient’s constitution**.

A wide-ranging search for different causes is therefore very important in chronic diseases, and so is identification of the patient’s constitution. Every type of constitution is sensitive to different forms of stress, as we can see in homeopathy with its highly polished teachings on the constitution.

It is exactly in this sort of disease that as many contributory causes as possible must be found – like the little stones of a mosaic, they only create a picture when they are all put together, for example, the “**Allergy Temple**”. A good example of this is allergies or asthma. The allergen is usually only a triggering factor. But the root of the problem is caused by



milieu factors and contamination which alter the immune system's capabilities: food allergies, heavy metal contamination, dysbioses or fungi, lack of trace elements. Thus people with allergies can be healed without the possible of eliminating the allergen, but on an individual basis and only by removing the contributory causes.

Theory of constitutions is of the greatest importance for Biological Medicine and can be found again and again in practically all the tried and tested traditional methods of healing, although under different names. Only "modern" orthodox western medicine pushes the significance of the typically individual reactions by different patients into the background and treats diagnoses in a reproducible and non-individualised manner. This, of course, has the big advantage that orthodox medicine can be learnt in "cookbook fashion" and can also be reproduced by everybody. But it has the disadvantage that medicine is not performed for the benefit of the person but "against a diagnosis" and loses its artistic character.

In the following section I shall list a few different descriptions of constitutions, which come from the teachings from different healing traditions:

Traditional Chinese medicine

- **Meridian constitution types** (according to Dr. Rau, "**Function circle types**") Liver-Gall Bladder – Heart-Small Intestine – Stomach-Spleen/Pancreas – Lung-Large intestine – Kidney-Bladder
- *The 5-element cyclic phases and their characters:* Wood (spring) – Fire (summer) – Earth (late summer) – Metal (autumn) – Water (winter)

Ayurvedic medicine

Kapha, Pitta and Vatta types

These three types correspond astoundingly to the constitutional types in Kretschmer's teachings and Enderlein's three main types: congestion, inflammation and degeneration types equivalent to the Mucor, Penicillium and Aspergillus constitutions

Enderleinian isopathic constitution types

Mucor, Penicillium and Aspergillus types

Prof. Dr. Günther Enderlein, the founder of isopathy and developer of the theory of pleomorphism, observed that when an endobiontic high valency prevails, there is normally an associated inclination to a specific group of diseases, as well as a typical type of constitution and character of the patient.

- **The Mucor type** inclines to congestion, in many aspects corresponds to the syphilitic type, tends towards diseases of the body fluids, of the vascular and circulation system and, problems with the metabolism and glandular system. In many ways this type is also like Kretschmer's leptosome-entodermal type.
- **The Penicillium type** inclines to infectious diseases, reactions of the excess type, ulcerations, inflammations of the bacterial kind, possibly with cell reorganisation. In many ways this type is similar to the sycotic miasm.
- **The Aspergillus type** is the psoric type who in youth tends towards allergies and lymphatic problems. However, as this type grows older, degenerative and chronic problems begin to appear. This type's predispositions include diseases of the connective tissue, the legs and spine, the brain and the kidneys. The basic disease is tuberculosis or in the homeopathic sense the "tuberculinic" reaction.

Kretschmer's theory of constitution

- **Leptosome-ectodermal-arthenic** (schizothymic-introverted)
- **Normosome-athletic-mesodermal**
- **Pyknic-entodermal** (cyclothymic-depressive-extroverted)

Hahnemann's theory of miasms

As well as describing the constitutional dispositions of the main

homeopathic polychrests (i.e. of the individual important remedies) Hahnemann, the great founder of homeopathy, also created a reaction typology which distinguishes between three principal reaction types; these almost exactly correspond to the main Enderleinian types and for that reason attract again and again the same constitutional remedies but also feature specific reaction types and as a result specific types of disease. When he described the accompanying constitutional types, Hahnemann took as his starting point the typical diseases of his time:

- **The syphilitic constitution**

A syphilitic person tends towards destructive reactions: diseases of the metabolism, congestive and irritable diseases, diseases of the legs and spine, as well as in his/her behavioural tendency towards fiery-impulsive, erratic but also destructive reactions.

- **The sycotic constitution**

Stems from sycosis (= disease of the condylomata, gonorrhoea): an intermediate type, but with tendency towards overflowing reactions, infectious diseases, in effect the penicillium type.

- **The psoric constitution**

From psora, which stands for 'scabies', common at that time, a degenerative type of skin disease. The psoric person reacts too little, tends towards atypical reactions, degenerative diseases and neuro-degenerative diseases. However, their character is predictable and clear, though often also rigid, systematic and "dry", orderly.

Carl Hutter's theory of types (naturals)

Carl Hutter is the founder of pathophysiology, the theory of postural expression and a person's appearance. Hutter has described an enormous number of links between posture, bodily build, the physiognomy of the face and people's character. He too describes three main types, which he calls "naturals".

- **The resting and eating natural**

A person with a sturdy body and stomach, calm, practically inclined, simple, the lymphatic type.

- **The moving and doing natural**
Inclined to be energetic and masterful, quick to perceive and react, large, dynamic, a muscular person, and a person who moves a lot.
- **The thinking and feeling natural**
A person with fine features and large forehead, a strong spiritual/psychic radiance. An introverted thinker, musician type.

The important thing about recognising the patient's constitution is that one can treat in a much more individual manner or also recognise what will be their physical reactions to treatment. But it also enables you to advise the patient on preventive measures and to recognise disease tendencies. According to their basic constitution, the patient will also encounter a specific type of problems and themes in their life, time and time again. Constitutions therefore also have a strong influence on the patient's psychology and how he or she experiences life. This understanding is what also the **homeopathic theory of constitution** works with: the assignment of a very specific experience, disease tendency and clinical picture to the individual homeopathic remedies.

5. Nutrition is an important factor in healing

Or – the power for the organism to be renewed comes from Nature's ability to re-build (anthroposophic theory) and is supported by diet!

The intestine is our largest organ by far and contains as many bacteria as there are cells in the human body. The intestinal mucous membrane is the organ, which can replace and re-build itself the fastest. Both these powers of renewal and the intestinal bacteria affect our whole being and are to a great extent dependent on what we eat. A person's ability for recovery and restoration – especially if someone has a degenerative illness – must therefore in turn be a building-up process of the colon. That is why individual changes in diet are of the greatest importance in chronic diseases. Food should be wholesome, if possible in its natural state and very low in animal protein, preferably vegetarian and with no cows' milk.

Food intolerances are extremely common and are commonly the cause of chronic diseases, where often the connection with food has not

been made: practically all allergies, skin complaints, rheumatism (especially polyarthritis), behavioural problems in children, practically all infections, etc.

In the long term a healthy diet is the most important factor in the treatment of chronic resistance to health. (For further thoughts on this subject see the paper – The Intestine, Nutrition and Health)

6. The intestine connects us to the Earth

It connects us to the Earth through the intestinal bacteria and through the fact that our food provides us with everything essential for renewal and what we need as building materials in our body. The bacteria make sure that all this works and also detoxify us. They also “pre-digest” many materials – live in wonderful symbiosis with human beings: they are actually part of us. They ensure that our immune system functions by continually stimulating it. They come from the earth, and they are also what return us to the earth after our death. They give us anabolic and ethereal powers to shape and build ourselves up.

The care of the intestinal flora by means of isopathic therapy and fibre-rich vegetarian food is of the greatest importance. But it frequently happens that the patient requires a specific course of therapy over a longer period of time with trace elements (e.g. molybdenum), vitamins and amino acids, as well as adjustment of the acid-base balance, so that their intestinal flora can once again develop properly. Enemas, colonic irrigation and specific bacterial remedies can speed up this process considerably. The practical significance of these associations is striking: diseases caused by the intestine are a frequent occurrence: migraines, allergies, lung complaints of various types, back problems in the lumbar region, epigastric flatulence, nausea, chronic constipation and excess weight!.

Here too Biological Medicine has a few subtle testing methods which show whether the intestinal flora are intact: thermoregulation diagnosis, comprehensive testing of stools for the ability to digest and absorb, as well as darkfield microscopy, which demonstrates the dynamic processes of the development of bacteria on blood or other testing media.

On the Nature of Biological Medicine

The special point about Integrated Biological Medicine is, therefore, that it combines individual, different methods of natural healing and links modern orthomolecular knowledge with the constitutional type of the patient. During therapy the disease of the organ remains in the background in contrast to the re-attainment of the dynamic regulative condition of the whole patient.

A summary of Dr. Rau's lecture on "New ways in Medicine" at the Medical Congress at Glarus, 20 – 22 September 2001.

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