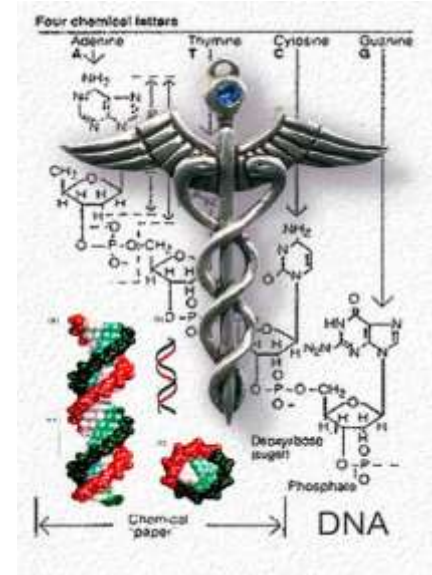


Holistic Integrative Medicine: An Introduction



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Definition Holistic Integrative Medicine

- Holistic: root word 'whole'
- Individual: whole person, part of bigger system.
- Body's systems interdependent parts of the person's whole being.
- Instead of only treating symptoms illness or *dis-ease*, overall physical, mental, emotional, spiritual, social, occupational, environmental wellbeing considered before recommending specific treatments, health coaching protocols.
- Practitioner in co-operative relationship patient - treat symptoms of illness, while considering underlying cause

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Definition Holistic Integrative Medicine

- Holistic medicine: preventing illness or disease - emphasising optimal health and wellbeing
- Physical body's natural state: health - illness or disease imbalance body's systems, unstable inner milieu (homeostasis).
- Holistic therapies emphasise lifestyle, return to normal physiological, biochemical functioning, emotional release work, avoidance chemical substances that might harm, contaminate the body. **Disease as teacher**
- Tools, techniques used: non-invasive, support body's return to natural state of health.

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Integrated Energy System

We are energy receivers & transformers, connected to Universal Life processes - depends on **how we manage energy**

Life systems, aspects



'By understanding that human beings are energy, one can begin to comprehend new ways of viewing health and illness'

-Richard Gerber, M.D.

A Practical Guide to Vibrational Medicine

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Principles of Holistic Natural Medicine

- 'First do no harm'
- Nature has healing powers
- Find, treat cause of disease
- Treat whole person
- Prevention best cure
- Physician as teacher/facilitator/guide
- Re-establish balanced health, wellness

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Aim of Holistic Medicine: Support Key Systems

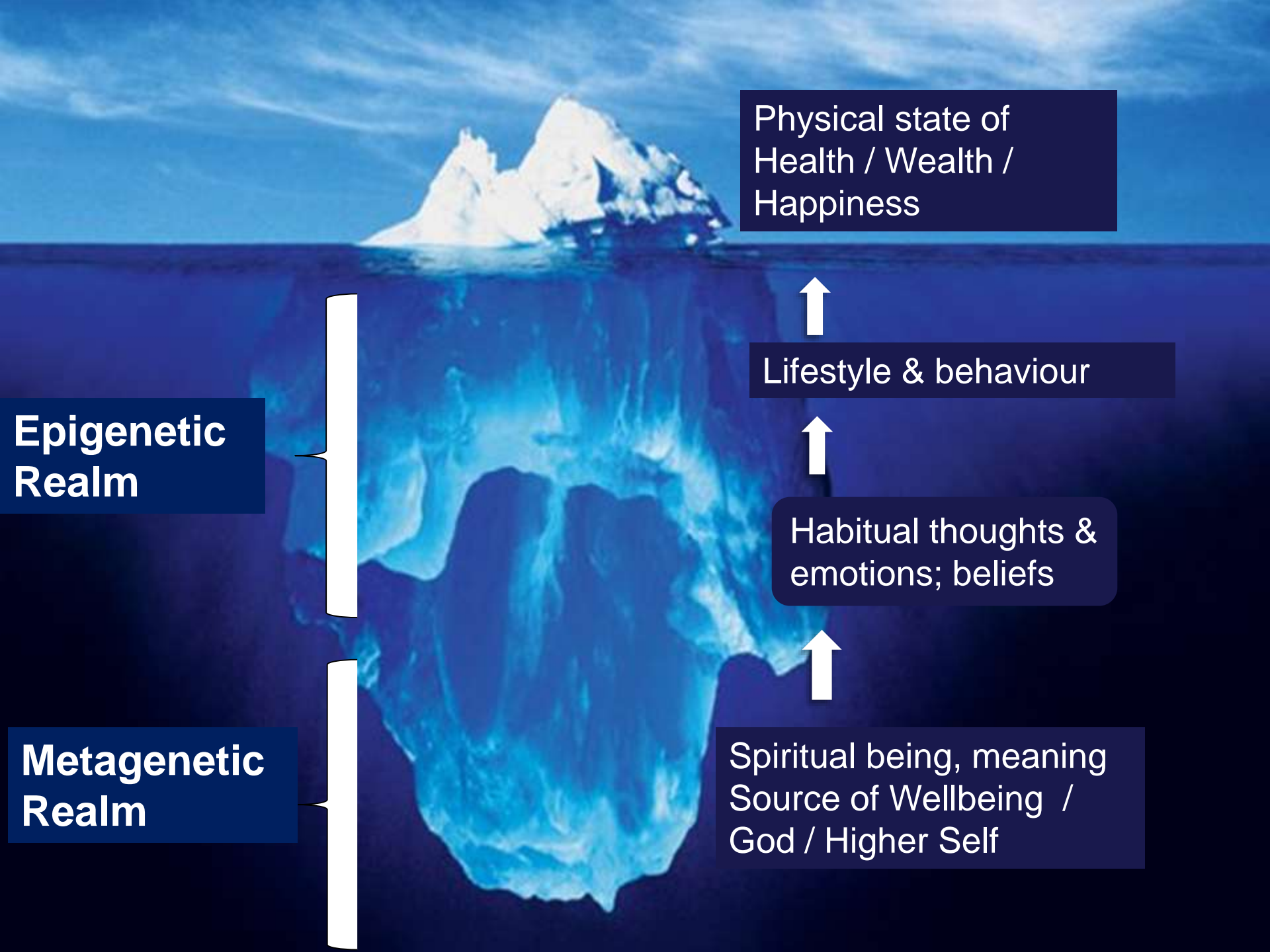
- Cardiovascular health
- Respiratory health
- Digestive health
- Immune system
- Reproductive health
- Nervous system health
- Endocrine system support
- Longevity & Life Extension
- Detoxification & Excretion

I suggest that the body and soul react to each other in sympathy.

A change in the state of the soul would necessarily be reflected in the body and vice versa
- **Aristotle**

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Physical state of
Health / Wealth /
Happiness

Lifestyle & behaviour

Habitual thoughts &
emotions; beliefs

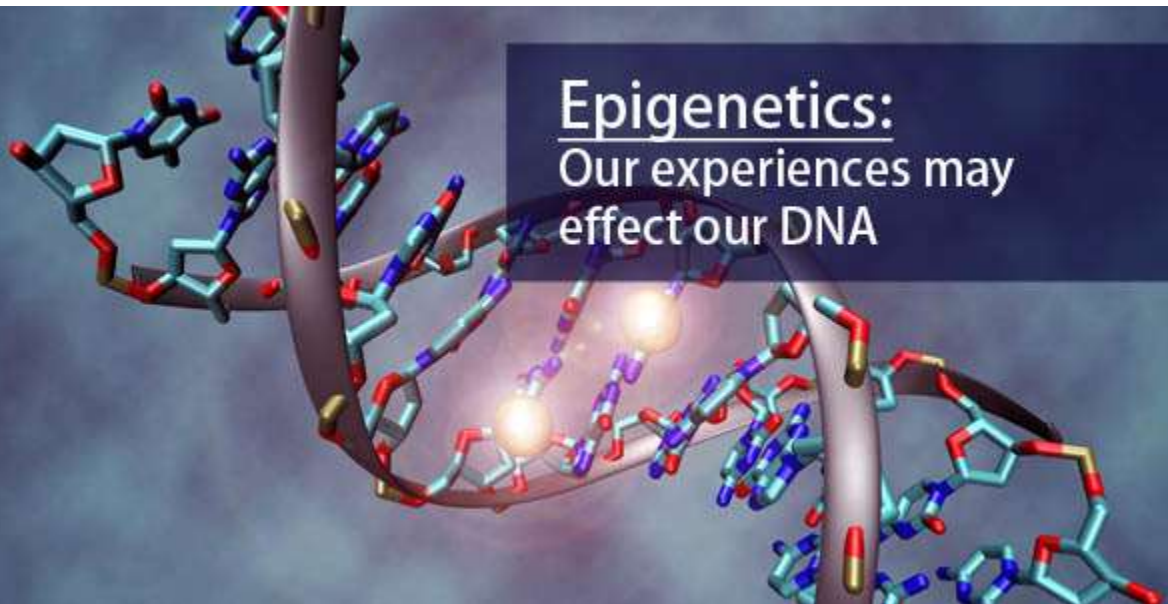
Spiritual being, meaning
Source of Wellbeing /
God / Higher Self

Epigenetic
Realm

Metagenetic
Realm

Epigenetics

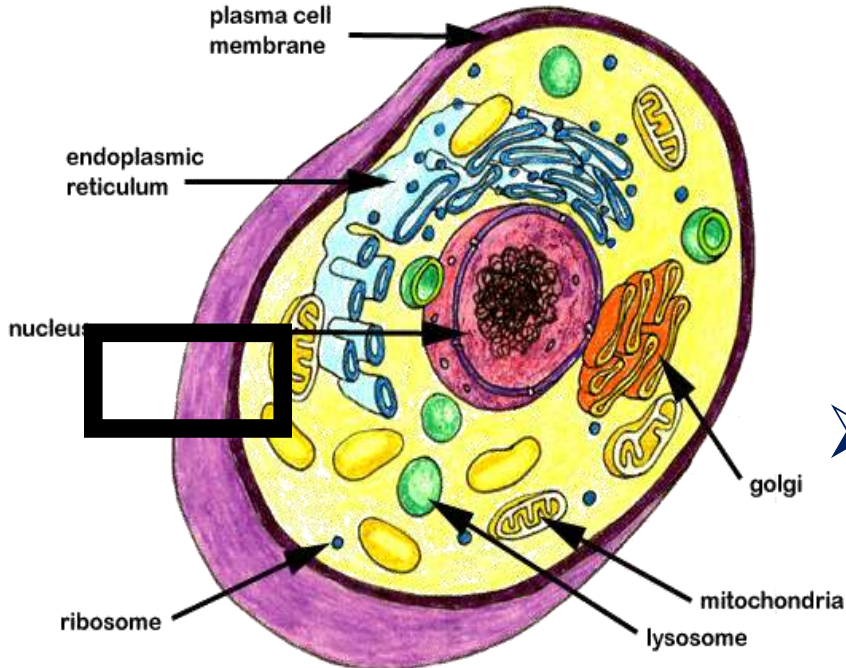
- ‘*Epi*’genetics - ‘above’ or ‘over’ the genetic information encoded in the DNA



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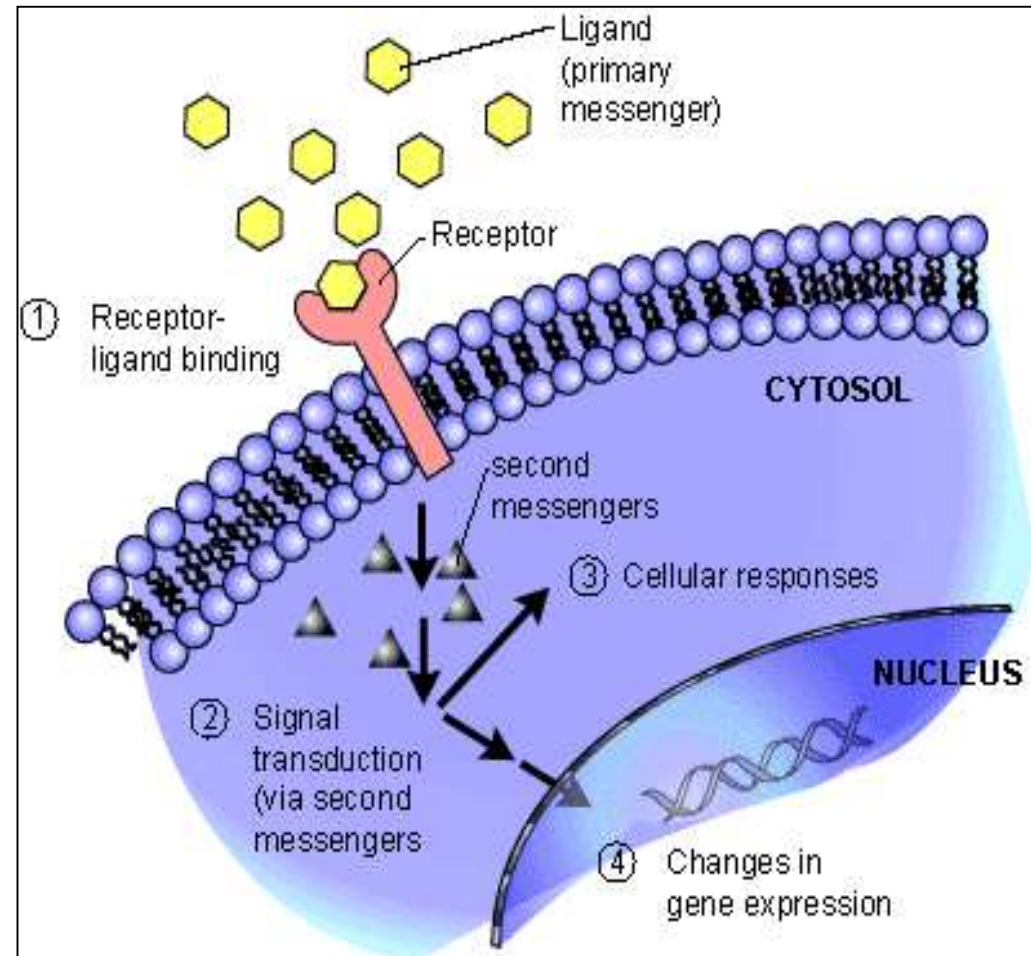


Epigenetic Structure



- **Epigenetic direct environment:**
 - H₂O
 - Oxygen: Breathing
 - Nutrients, micronutrients
 - Hormones, communication
 - Thoughts, emotions: vibration of molecules of emotion (Candace Pert); spiritual aspect of wellness
 - Cell membrane: brain of cell
 - Area of hope and control
 - Not victim of genes!

Epigenetic - Metagenetic Structure



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Thoughts & feelings



thought

- Emotions: only 2
- 80 000 / day; 80% \ominus
- ‘Neuro’ peptides:

information substances.

Thoughts, words: chemical messenger molecules of emotion, via bloodstream & matrix (connective tissue) to every cell

feeling

• Networks of habitual thoughts, feelings, beliefs, behaviour

• Neuroplasticity: new networks

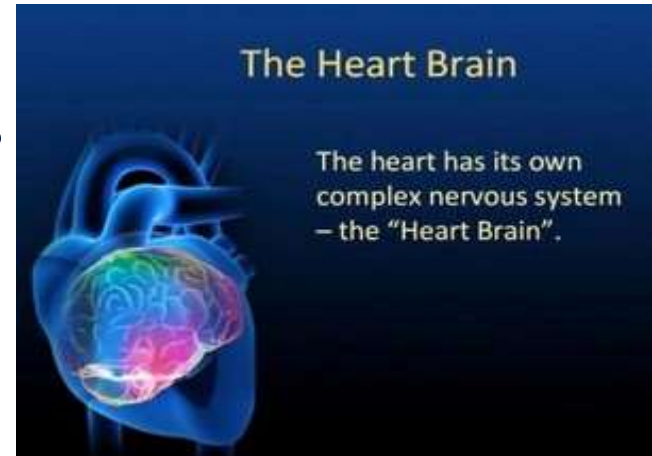
• Heart as brain

Emotion
expressed in
physical body



Heart as brain: Research 2006

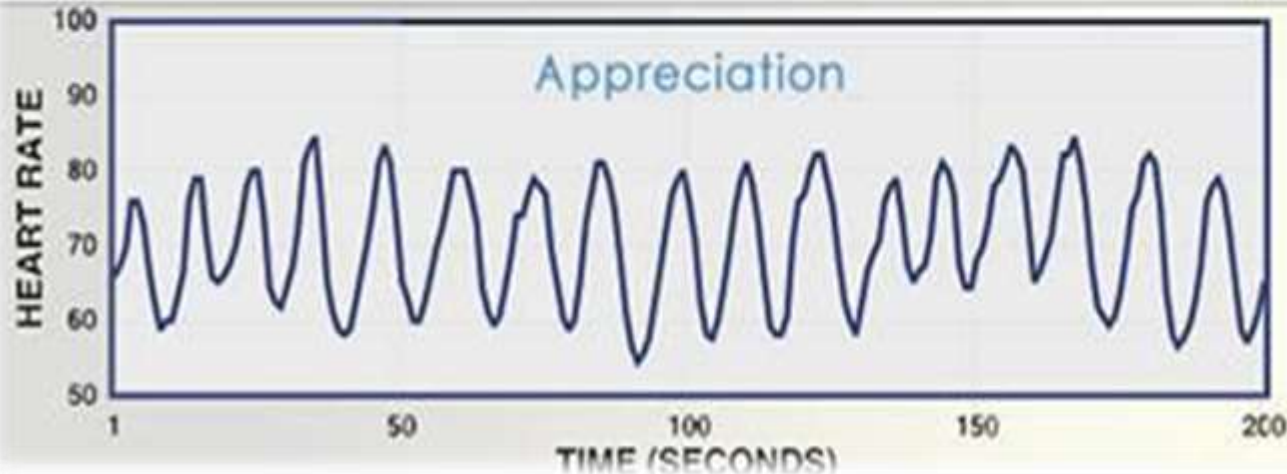
- Receptor sites for, manufacture peptides
- Heart important endocrine gland
- Major centre intelligence human beings – 24/7 comm. heart-brain
- Respond to experiences of world - production & release major hormone: ANF (atrial natriuretic factor)
- ANF profound effect limbic structure, function – i.e. emotional brain – memory, learning + control centres entire hormonal system
- 60-65% heart cells neurons, not muscle cells
- Identical to brain neurons: ganglia, axons, dendrites



Heart rhythm patterns & emotions



Cortical
Inhibition
(chaos)



Cortical
Facilitation
(coherence)

Energy analysis of heart disease

All these stress triggers!

NOT to say you CAUSE your disease on purpose!

- Issues with unconditional love
- Heart not in it anymore: work & relationships
- Perfectionist, driven, workaholic: type A behaviour
- Harshly judgmental
- Difficulty expressing emotions or feelings
- Denying feelings
- Difficult relationships – cannot cope with needs of others
- Self control issues - the inner drive to always be in control of situations
- Fear of failure - empathy with yourself and others

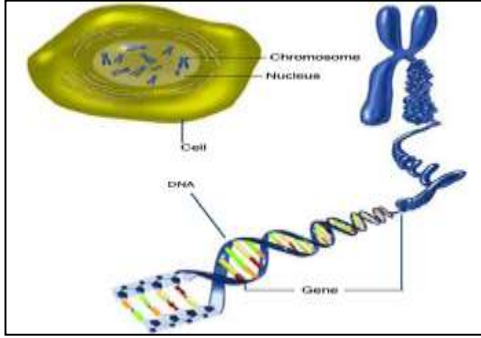
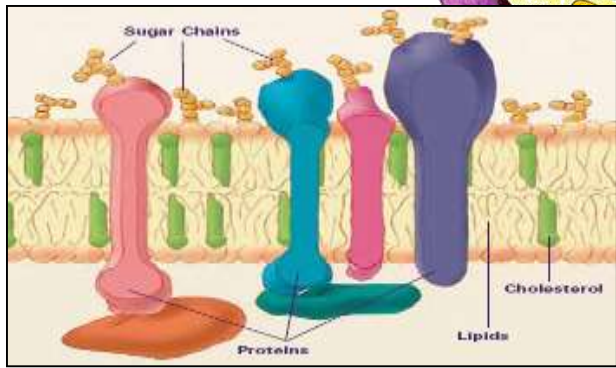
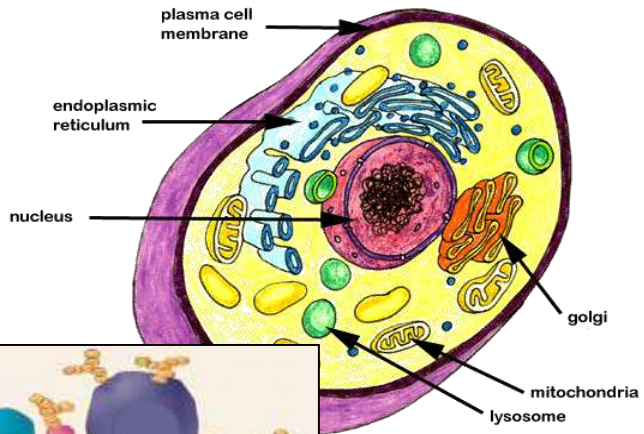
Mind-body heart link: Research

‘The abyss between the emotions and physiology narrowed in 2005 as researchers discovered that emotional stress can indeed, produce symptoms of a heart attack. Although the research team concluded that the mechanism remains unknown regarding reversible left ventricular dysfunction precipitated by emotional stress, it was suggested that stress hormones might temporarily overwhelm heart cells. Nicknamed the ‘**Broken Heart Syndrome**’, the cause might best be described as ‘adrenalin poisoning’.

- Wittstein, L. Neurohumoral Features of Myocardial Stunning Due to Sudden Emotional Stress. *New England Journal of Medicine*. 352(6): 539-548, 2005

Restoring Epigenetic & Metagenetic Environment

Improve energy metabolism cardiovascular system



- **Love** (giving & receiving of unconditional love); heart and thymus gland, seat of the immune system
- Language: idioms

Nutrients
Oxygen
+ emotions
+ vibrations

Micronutrients

- Antioxidant combination
- Trace minerals
- B-complex vitamins B1, 3 (Niacin), 5, 6, choline, inositol; B12 & biotin; folic acid NADP
- Magnesium, calcium amino acid chelates
- Co-enzyme Q10 40-80mg / day
- Essential fatty acids

Caveat: Warfarin and other blood thinners

- Amino acids: L-carnitine, N-acetyl-l-cystein

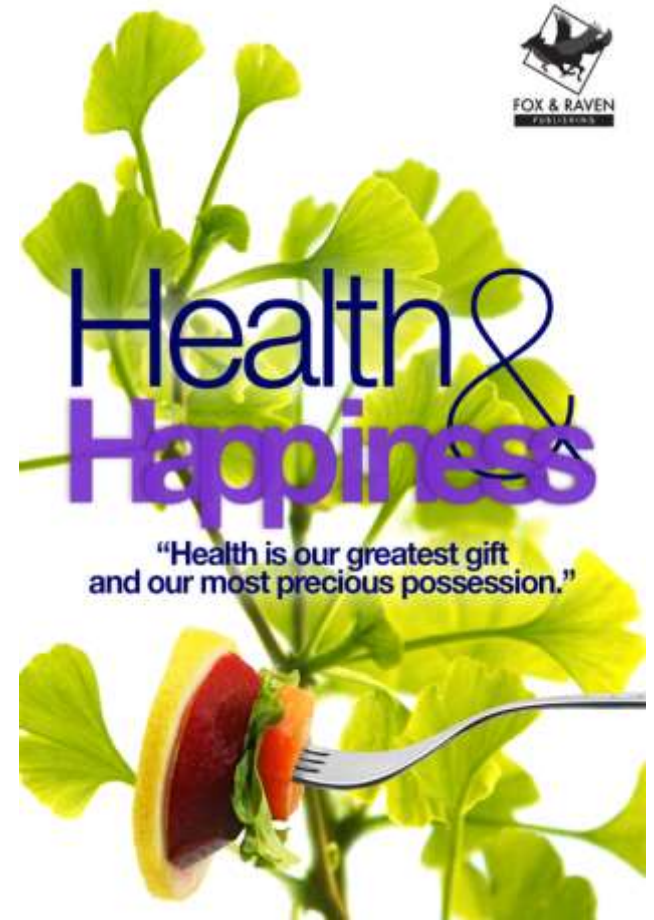


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Herbs for Heart Health

- Garlic
- Ginkgo biloba – 40mg 3x / day
- Crataegus oxyacantha (Hawthorn berry) – 500 – 750mg / day
- Ginseng
- Phytoestrogens, e.g. soybeans, chick peas, lentils



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Homocysteine

- ↑ levels ↑ risk: damage inner lining arteries -atherosclerosis
 - Treatment: cheap, simple, extremely effective:
 1. Vitamin E: +/- 100mg / day
 2. Vitamin B6: 50mg / day
 3. Vitamin B12: 0.25mg / day
 4. Folic acid: 0.4mg / day
 - Conversion homocysteine into beneficial antioxidants.
Genetic tendency - often deficiency of these nutrients

Heart facts

- Research: 400 IU's Vitamin E per day lowers the risk for a heart attack up to 77%. 100 IU's per day, lowers it by 43%.

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Nutritional deficiencies: prescription cardiovascular drugs

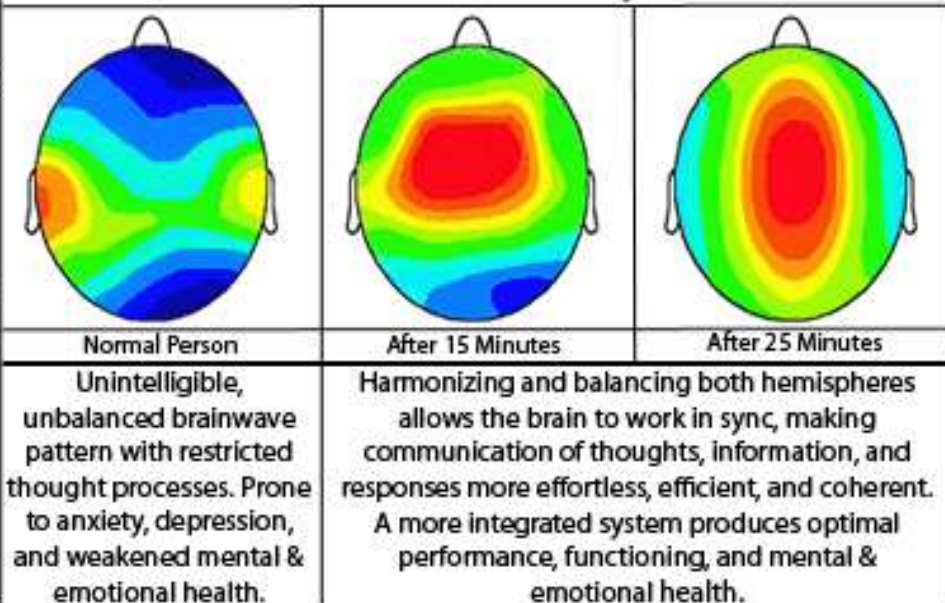
<http://drarien.co.za/heartfacts>

- Medicine prescribed for treatment of high blood pressure
- Medicine prescribed for heart failure
- Cholesterol lowering drugs
- **CoQ10**
- **B1, 5, 6, folic acid**
- **Calcium, magnesium, potassium, zinc**

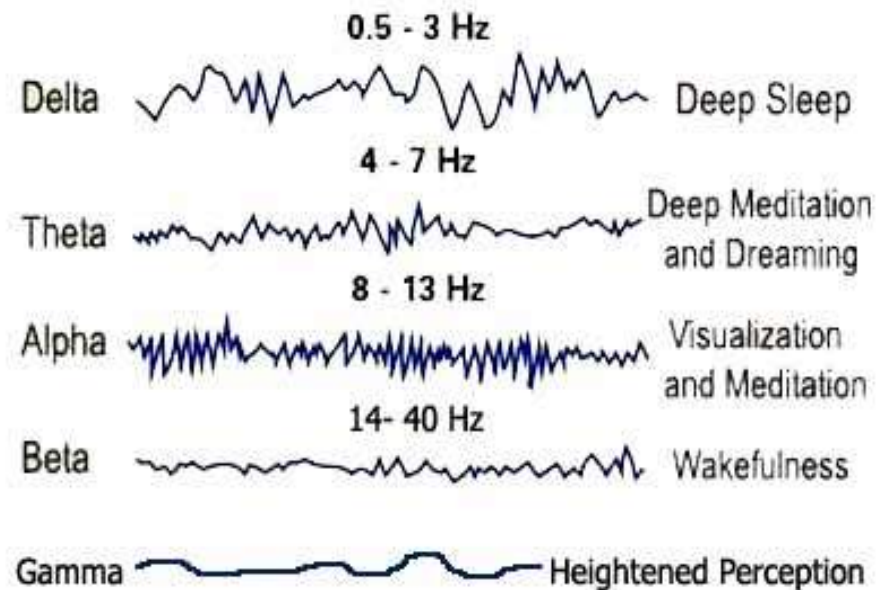
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Theta Brainwaves - Before and After Synchronization



Enhanced for Illustration Purposes



Relaxed, aware, creative brain wave frequencies: vibrations of peptide to every single cell and its receptors

Elicit healing waves of theta and delta



Mind-set

Human beings can change their lives by changing their perceptions, attitudes, thoughts, habits & limiting beliefs

- Natural age: 120 years (new research: 200!)
- Damage
 - Stress, lifestyle, free radicals
 - Stuck emotions of bitterness, grief, resentment, unfinished business
- Setting your own biological clock
- Think, believe in the marrow of your bones: young, vigorous, alive, **joyful**



Natural Balance, Homeostasis

- Perfectly possible to live life well for at least 120 years. Latest research: 150-200 years!
- Our choice: to retain heart-mind-body health
- Choose biological age, heart age – reset bio-energetic blueprint
- Epi- and Metagenetics determine ultimate age, wellbeing



Holistic Attention: Focused Awareness (Inner Milieu - body, mind & emotions)

‘The right reaction to a symptom may as well be a welcoming rather than laments and demands for remedies, for the symptom is the first herald of an awakening psyche which will not tolerate any more abuse. Through the symptom the psyche demands attention. Attention means attending to, tending, a certain tender care of, as well as waiting, pausing, listening. It takes a span of time and a tension of patience. Precisely what each symptom needs is time and tender care and attention. Just this same attitude is what the soul needs in order to be felt and heard.’ From: *‘A Blue Fire’* by James Hillman

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- Natural, Holistic, Integrative Medicine incl. LBA, screening, herbal remedies, food supplements, trace minerals, energy, mind-body healing
- Weight Control Clinic –aimed at insulin resistance, blood sugar & energy balance, metabolic syndron
- Mind Solutions & Stress Solutions.
- **SUBSCRIBE TO FREE NEWSLETTER!**
- Workplace Wellness
- Health Shop: real time, online.
- Books. CD's. Products
- Psychologist, Colon Hydrotherapy
- Room to grow!



3 Keys to Youthful Living: 28 Feb