

Living Well Series: Stage Three, Optimizing Organ Function



In my practice and research I have come to identify four stages of healing that the body moves through when using natural remedies to heal the root of the problem. I refer to this process as The Living Well 4™. The three therapies I use work together to engage the body's natural ability to clean, eliminate and heal. The synchronized effect of eating a plant-based diet, taking Gemmotherapy extracts and a homeopathic remedy is exactly what I have found to provide the most powerful and effective cure.

I've thought a lot lately about how different the experience can be for individuals when healing in this manner and with very different end results than they are used to. I think it's worthwhile explaining that before moving on to what happens in stage three.

In a conventional or allopathic approach, a medication is used in order to stop a symptom with results usually occurring within hours or days. While some medications can stop life-threatening symptoms, they don't heal the cause. Though your experience of the problem has changed, all medications generally do is suppress symptoms and shift the burden on to other organs and organ systems. This is really important to

understand—changing your experience doesn't equal healing. In the short term, relief may be found, but in the long term the natural process of the body is interrupted and over time that causes an entirely new set of symptoms. This is why many individuals who start down the path to address their symptoms end up on multiple prescriptions.

When following protocols for The Living Well 4™, the secondary symptoms (sinusitis, skin conditions, headaches, sleep disturbances, etc.) that drove you to seek help will not be the first to heal. What gets fixed first is your body's ability to eliminate. That comes as a surprise to most people, however, it is fundamental when we plan to use the body's natural cleaning and healing functions. This approach may seem to bring around symptom relief more slowly, but when seen through the lens of harmonizing the body, the results are long-lasting.

We move to stage three of the process when secondary symptoms produced by poor elimination have been healed or greatly reduced during stage two. At this point the Gemmotherapy extracts shift to a more organ specific protocol. In stage three we often see organs take a new lease on life once they have been relieved of the burden of compensating for a body that hasn't been properly cleaning. I'll give you an example of this with a case of asthma in a young boy named Thomas.

Thomas' mom brought him to me because she was searching for a natural answer to the night time emergency inhaler he had been prescribed 18 months ago. Thomas, now 6, had always had sinus discharge, some times worse than others, but what was most disturbing to his parents was the spasmodic coughing he would have at bedtime. This was particularly worse when there were sudden changes in temperature which happened often in the fall and spring.

Thomas' mother confirmed my suspicion that he often skipped days between bowel movements and then he was frequently

constipated. Here's what I suggested for Thomas and why:

In stage one I prescribed European Blueberry Gemmotherapy extract and an all fruit breakfast to begin opening his bowels and supporting his kidneys. Before cleaning his lungs and healing their response Thomas needed optimized elimination. At the two week point Thomas' mom reported he was having a bowel movement every morning with much more ease and by three weeks was having two daily. At that time I also gave Thomas Lithy to use in the place of his inhaler for the nighttime cough. This dose could be repeated every 15 minutes. While they found some success with the Lithy, on one occasion Thomas' mother resorted to the inhaler to calm his cough. With his elimination now working well it was time to move on.

In stage two I added European Alder to begin lymphatic cleaning, Black Currant to decrease inflammation and support his adrenal glands through this cleaning process, and continued with the Blueberry that supported bowel and kidney function. Each evening he would take a dose of Lithy after dinner and then use it as needed if the cough began. To decrease the continuing sinusitis I suggested the elimination of all dairy consumption and prescribed a constitutional homeopathic remedy. After one month the cough was no longer occurring and they had not used the inhaler for six weeks. With acute episodes of the cough no longer occurring we could begin optimizing organ function in the next stage.

In stage three Thomas continued eating his all fruit breakfast, took a monthly dose of homeopathic remedy and a Gemmotherapy protocol that would clean his lungs while supporting adrenals and liver function. This next Gemmotherapy protocol included a morning dose of Black Currant and an evening dose of Hazel to optimize organ function and keep his symptoms from reoccurring.

Stage three Gemmotherapy extracts are all organ-specific and clean and fortify more deeply than any of the Gemmotherapy

extracts used in stage one and stage two. The work in stage three is like a final ascent when hiking. It is the last necessary push to get to a destination. The end goal in applying these three therapies over the four stages is to reach the point of harmonizing the body. This is not an end per se, but gets us to a point of discovering what support is still needed due to genetic weakness, the removal of an organ, or deep damage from chemotherapy or radiation. Be sure to check back next week when I wrap up this series by discussing how to harmonize the body in stage four.