

New Medical Paradigm: **Bioregulatory Medicine**

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INTRODUCTION

In contrast to a reductionism of the conventional allopathic medicine and its linear cause-effect therapeutic approach, Bioregulatory Medicine offers an entirely different, yet innovative medical paradigm. It shifts the emphasis from diagnosing and treating diseases, towards facilitation of an individuals Health. Rather than dwelling on causality, the *Bioregulatory Medicine facilitates an open and nonlinear flow of bio-information*, which is capable of counteracting dysregulatory factors and activating self-corrective mechanisms or homeostasis. In simple terms, Bioregulatory Medicine restores and facilitates our innate ability for self-healing.

The philosophical and operational platform for Bioregulatory Medicine is referred to as the Biomedic Health System. It is a uniquely integrated, multifaceted, process-oriented and above all, entirely *Health-centered therapeutic system*.

Being conventionally trained medical doctors, Bioregulatory doctors also take detailed patients' medical history on their first appointment, like any conventional GP would do. The difference between initial assessments is that doctors of Bioregulatory Medicine *also focus on psychological and bioenergetic assessment, structural evaluation and analysis of nutritional deficiencies and toxicities*; in order to identify additional dysregulatory factors involved in the process of pathological manifestations. However, the major difference between Allopathic and Bioregulatory Medicine is in the choice of therapeutic methodologies. While allopathy relays almost exclusively on techno-pharmacology, Bioregulatory Medicine *employs variety of natural modalities and techniques*, such as: nutrition, osteopathy, psychotherapy, acupuncture or homeopathy. The individual Bioregulatory treatment strategy greatly varies according to existing imbalances and bioindividuality, where each treatment is based on therapeutic methodologies that are the most indicated for homeostatic re-balance.

The Evolution of the Bioregulatory Medicine

Dr Constantine Hering, a contemporary of *Dr Samuel Hahnemann* – the founder of Homoeopathy, was the first physician to describe the principles of chronological disease progression, and the steps of disease reversal back towards Health. This is known in medical history as the Hering's Law of Cure. It states that healing happens from top - down, from inside – out, and in the reverse order of original pathological manifestations.¹

Following Hering's and Hahnemann's homeopathic approach, *Dr Hans Henrich Reckeweg* developed his own bioregulatory concept, known as Homotoxicology or the Antihomotoxic Therapy.² His concept successfully merged naturopathic and homeopathic medical paradigms, placing them within already established context of pathophysiology. Dr Reckeweg's Disease Progression Table, known at his time as the Reckeweg's 6-phase Vicariation principle, describes a disease as a process that gradually develops along the embryological tissue lineage in three major phases: humoral, matrix and cellular. The initial or Humoral phase of a Reckeweg's disease process is the stage of early dysfunctions and acute inflammations. Humoral stage evolves into the Matrix stage, where unprocessed toxicity is deposited into intercellular space, leading to chronic inflammatory and early degenerative changes. The last phase Reckeweg describes as the cellular toxic impregnation and consequent de-differentiation, which clinically manifests as variety of chronic degenerative and neoplastic diseases.

Reckeweg's followers and successors expanded his concept further, by incorporating contemporary Psycho-Neuro-Immuno-Endocrinology, Nutrition and Environmental medicine within his original antihomotoxic treatment methodology.

In mid eighties, *Dr Damir A Shakambet and I* started integrating conventional medicine and various eastern and western non-allopathic therapeutic methodologies. By early nineties, we have already established a coherent, scientifically viable and therapeutically effective Bioregulatory system of Health care. Integrating traditional Chinese medicine, psychotherapy, psychosomatic, nutritional or herbal medicine; as well as various structural, postural and bioenergetic therapies - was relatively easy and enormously professionally fulfilling. However, when we tried to bring classical homeopathy within biomedically unified Health system, it turned out to be almost impossible task. Regardless of our huge respect for Hahnemann's work, we have simply found classical homeopathy "un-integratable" within the concept of contemporary pathophysiology. Finally, Homotoxicology helped us to solve this peace of the "puzzle" by offering successful therapeutic integration of allopathy and homeopathy, and so integrated Bioregulatory Medicine was born.

Our concept of the Bioregulatory Medicine extends Reckeweg's original understanding of disease evolution further into pathologic morphogenic field, which I refer to as the *Presomatic Syndrome* or Latent Disease Syndrome. Like Reckeweg's Homotoxicology, Bioregulatory Medicine also aims to achieve homeostatic rebalance, and to reverse a disease process via its earlier developmental stages and towards achieving the optimal Health. However, by placing the origin of a disease further into *bioresonant and psychosomatic* phenomena, Bioregulatory Medicine provides a therapeutic opportunity for a complete reversal of a dis-ease process, and consequent restoration of Health. This *extended concept of etiology*³ creates a necessary precondition for profound Preventative Medicine, as well as for scientific induction of what is otherwise known as spontaneous remission or the "*Restitutio ad Integrum*".

BIOREGULATION OF THE BIOLOGICAL TERRAIN

The state of one's Health is primarily determined by the quality of biological terrain or living matrix. Its vitality and purity is maintained by inherent ability of intercellular space to swiftly pass nutrients, bioactive molecules and neural impulses to and from the cells, and to promptly eliminate homotoxins. Intracellular and intercellular matrices are in constant biofeedback with the external environment, while interlinked by uninterrupted flow of information and energy. The entire informational flow is governed by intelligence with mutation adaptability, which manifests itself as *dynamic homeostasis or allostasis*.⁴

Various dysregulatory factors precipitate pathological changes of the matrix, such as electromagnetic smog, chemical pollution, iatrogenic pharmacodynamics or prolonged psychological strain.

In his book "A cancer Therapy" published back in 1958, *Dr Max Gerson* argued that the human body was permeable and as such, vulnerable to toxic substances in the environment, raising the awareness that "The environment is our external metabolism".⁵ In sixties, *Rachel Carson* continued warning the public that levels of exposure could not be controlled and that scientists could not accurately predict the long term effects of bioaccumulation in the cells, or the impact of mixtures of chemicals on human Health.⁶ Despite all warnings, environmental pollution and other forms of homotoxicity only skyrocketed in last couple of decades, becoming a serious Health hazard.

Those dysregulatory and tissue-altering factors are capable of inducing a chain of pathological reactions within the biological terrain. The process starts with a build up of *toxic overload*, disruption of ionic currents, intra and extra cellular changes in concentration of electrolytes and increase in *tissue acidification*, which further favours proliferation of pathological microorganisms. Increased acidity and toxic accumulation creates a *less-reactive matrix* and blocks informational flow between neural endings, cytokines, neurotransmitters and their cellular counterparts. Since a human system is structured as a multileveled hierarchy *that operates as an open biological system of informational exchange*⁷; bioregulation of non-active biological terrain calls for a multifaceted and process-oriented therapeutic approach. In order to restore original equilibrium, a Bioregulatory therapist has to simultaneously address various problems, such as: tissue hydration, remineralisation, detoxification, informational reactivation, regulation of tissue pH status and re-colonisation of disturbed microflora.

Toxic Blocks and Detoxification

Internally originated side metabolites such as amyloid and lactic acid, as well as externally sourced toxins, such as heavy metals (mercury from fish or dental fillings, lead from air or water lead pipes, aluminum from cooking utensils etc) and synthetic organic molecules (organophosphates, dioxin, herbicides,

colorings, preservatives etc); all tend to deposit within the living tissue. The majority of homotoxins are metabolised and excreted, but a small amount is regularly retained within tissues. Some synthetic toxic compounds cannot even be eliminated, due to a lack of specific metabolic enzymes.

The *cumulative and synergistic effect of various homotoxins* increases entropy, and their negative impact on Health may become only apparent after many years. Clinical symptoms of cumulative *homotoxicosis* vary, from those described as being idiopathic, psychosomatic or iatrogenic, to those diagnosed as chronic degenerative diseases, such as liver cirrhosis or pulmonary fibrosis. The official diagnosis frequently depends on intensity of homotoxicity and location of the affected tissue. For example, in case of the Parkinson's disease, toxic deposition mainly takes place in the substantia nigra of the cerebral's basal ganglia and homotoxicosis is usually slow progressing.

Therapeutically guided detoxification stimulates diffusion of toxins outside the cells and tissues, and facilitates all eliminatory pathways of the body. *Bioregulatory detoxification* is carried out in three distinctive phases. We first *support excretion via main eliminatory pathways*, namely mucocutaneous surfaces (skin and mucous membranes of the respiratory, digestive and uroreproductive systems), hepatobiliary, renal and lymphatic systems; where therapeutic approach commonly focuses around colonic irrigation and liver detoxification.

The following stage intensifies elimination of homotoxins deeply stored within the extra-cellular matrix. *Detoxification of matrix* frequently involves *activation of inflammatory responses*. Apart from using homeopathic remedies, herbs and nutritional supplements, the matrix stage of detoxification is additionally supported by manual lymphatic drainage (MLD)⁸, in order to enhance transport of waste products via lymphatic system.

Following the detoxification on organ and tissue level, the final stage of bioregulatory detoxification is *intracellular detoxification*, which is beneficial for overall cellular metabolism. Jet again, homeopathy and bioresonance turn to be preferred therapeutic methodologies, as they resonate with cellular bioharmonics and dysharmonics.

Throughout the Bioregulatory detoxification, drainage remains a crucial part of the process, as toxins when pushed from the cell into the extracellular fluid must be drained outside a body, so as to avoid the "ping pong effect". *Dr. Julian Kenyon*, an experienced practitioner of homotoxicology, strongly recommends the use of drainage remedies to avoid the toxin re-entering the cells.⁹

In "Detoxification for Generations to Come", Dr. Michael Odent explains how the miasmatic effect of toxins and subtle poisons cross the generations and persist even after environmental toxicity levels have dropped.¹⁰ Bioregulatory medicine and its development is therefore a timely contribution to ever evolving Art of Medicine, coinciding with the emergence of new sciences and terminology, such as *Xenobiotic Medicine, Inductive chemistry or Inductoxenopathy*, as outlined by Professor Rati Ram Sharma.¹¹

Apart of somatic detoxification, Bioregulatory Medicine also supports a “*psychological detoxification*”. The importance of *psychological hygiene* for maintenance of optimal Health can not be emphasized enough. To increase a *quality of an individual’s self-management*, we use variety of therapeutic disciplines, from cancelling and post-Jungian Psychotherapies to neo-Reichian therapeutic approaches, particularly *Dr Lowen’s Bioenergetics*.¹² *Dr. David Hawkins outlines in “Power vs Force”* how Kinesiology too can be a powerful tool in a finding the hiding determinants of human behavior.¹³

By helping people to express their unprocessed emotions and to let go of negative thoughts pattern and self-limiting believes, Bioregulatory Medicine optimises individual cognitive functioning, emotional management and belief systems.

Informational Bioregulation of the Psycho-Neuro-Immuno-Endocrine System

The Bioregulatory treatment for Psycho-Neuro-Immuno-Endocrine system (PNEI) *facilitates informational flow* of a human biological system and *activates blocked biofeedback loops*. PNEI dysregulation needs a careful therapeutic assessment. It calls for detection and elimination of various factors involved, as it is usually a multifactorial condition. For example, ineffective eliminatory pathways impose disturbance on controlling PNEI system, where additional nutritional deficiencies, microtoxicities, geopathic stress, man made electromagnetic-magnetic pollution or allergies only enhance the entropy and further aggravate a vicious circle of PNEI dysregulation. Heavy metals and halogen elements are frequently overlooked, yet powerful *neuro-endocrine disruptors*, such as Mercury from dental fillings or Fluorine and Chlorine from the tap water.

Bioregulatory PNEI protocol addresses not only necessary education, dietary changes and PNEI specific supplementation, herbal and homeopathic medication; but a particular emphasis is put on identification and elimination of toxins with primary affinity towards neuro-endocrine tissues. The protocol may also involve structural bodywork for *entrapment neuropathies*, drainage of *perineural lymphatic congestion* or facilitation of the stagnant *cerebrospinal fluid fluctuation*.¹⁴

However, the major area for improvement regarding PNEI dysregulation is – psychological. Emotional factors are the most common trigger of PNEI imbalance. Cortisol and adrenalin are regularly increased in acute states of stress, a condition which when prolonged may eventually precipitate resistance of insulin receptors and manifestation of Diabetes Mellitus. Adrenal hypofunction and consequent exhaustion tend to follow the phase of an increased steroid production. Stressful states may also disturb hypothalamo-pituitary axis or result

in thyroid problems. In a similar way, over-exaggerated neurotransmitters may eventually result in synaptic depletion, such as the case of stress-induced serotonin deficiency, which can trigger manifestation of depression or insomnia.

Improvement in stress management plays a crucial role in PNEI regulation. Bioregulatory Medicine is teaching patients how to master “The Art of Self Use”. Choosing Health over stress and dis-ease frequently means choosing to face denied experiences and to process them in a more psychologically viable way.

Nutritional Bioregulation

To achieve longevity and maintain optimal Health, a normal human body needs intake of over 90 different nutrients daily: 60 minerals, 16 vitamins, 12 amino acids and 3 essential fatty acids. If this natural law is not respected, deficiency syndrome sets in and a disease may appear.

There are 147 diseases known by medical science that can be induced, triggered, aggravated or caused by Calcium deficiency only. Insomnia, muscle cramps and twitches, osteoporosis, hypertension, arthritis, Bell’s palsy, kidney stones, lumbago, colorectal cancer, premenstrual syndrome, gingivitis and receding gums are just a few of them.

Bad breath may inform us about Vitamin B3 deficiency; loss of sense of smell and taste and white spots on the nails are often an early sign of Zinc deficiency. Tin deficiency may aggravate male baldness, just like menopausal problems may be related to Boron deficiency; constipation to Magnesium deficiency; dizziness and tinnitus to Manganese deficiency; memory loss to vitamin B1 or omega 3 deficiency; menstrual problems to vitamin B6 deficiency; slow healing wounds to vitamin C deficiency; ruptured aneurysm and varicose veins to Copper deficiency; cardiomyopathy to Selenium deficiency; diabetes to Chromium or Vanadium deficiency; Alzheimer’s disease to vitamin E deficiency, and the list goes on...

Since *nutritional deficiencies impair homeostatic equilibrium*, and free radicals may cause cellular damage; prescribing nutritional supplements is an integral part of the Bioregulatory protocol. We use clinical assessment, laboratory analyses and bioresonance screening *to evaluate nutritional deficiencies, environmental toxicities or oxidative stress* of an individual.

Bioregulation of the digestive system may call for renewal of intestinal mucosa and gut associated lymphatic tissue (GALT). The recommended therapeutic programme then combines specific naturopathic, homeopathic or herbal preparations with a hypoallergenic organic diet and intestinal cleansing. Apart of the use of *probiotics, prebiotics, simbiotics¹⁵, herbal tonics or homeopathic preparations*; all-around bioregulatory treatment for digestive system also incorporates specific bioenergetic, psychosomatic and structural therapeutic supports. For example, *lymphatic drainage of cisterna chyli* and associated deep

abdominal lymphatics, manual *facilitation of peristaltic movements*, or *liberation of entrapped vagus nerve* (neural entrapment frequently happen in jugular foramen, due to stress-induced increased tension of the surrounding soft tissue) - are all capable of improving overall function of the digestive system. Similar functional regulation may be achieved by *acupuncture*, typically along stomach or spleen meridian; or simply by improving management of *impatience or unprocessed guilt*.

However, education on Health and specific dietary guidance remain fundamental strategies for increasing nutritional awareness of our patients. The need for exclusion of acid-forming food from one's diet, such as white bread or sugar, and the importance of regular intake of alkaline food like fruits, nuts and vegetables - is gradually becoming a common knowledge. People are also now more aware that taking alkaline supplements, such as magnesium or sodium bicarbonate, may further help *preventing acidification of tissues*.

Bioregulation of Structural Rigidities and Postural Realignment

While Health is characterised by abundance and flexibility, dis-ease literally means "a lack of ease". Structural resistances and rigidities are regular sign of declining Health. For this reason, "hands-on" therapies are successfully used in folk medicine to help restoring vitality and vigour, for thousands of years.

For manual improvement of specific physiological system or tissue, Bioregulatory Medicine relays on a single technique, such as Chiropractic, Osteopathy or Lymphatic drainage bodywork. For general assessment and regulation of overall structural resistances, be they bioenergetic, fluid, soft or hard tissues related; we apply integrated bioregulatory bodywork, which we refer to as the *Psychosomatic Bodywork*.

Psychosomatic Bodywork (PSB) incorporates elements of: physiotherapy, osteopathy, chiropractic, shiatsu, Rolfing, bioenergetics, visceral manipulation, lymphatic drainage massage, biofeedback, craniosacral therapy, polarity therapy and kinesiology. At the Biomedic clinic, we now regularly use PSB to detect and release both acute and chronic structural resistances, as it helps us to treat: skeletal misalignments, muscular spasms, fascial restrictions, neural entrapments, poor joints mobility, spasms of visceral organs, stagnation of lymph, CSF (cerebrospinal fluid) or venous stasis, as well as bioenergetic blockages. Since structural resistances are somatic equivalent of unprocessed traumatic experiences, Psychosomatic Bodywork frequently precipitates psychotherapeutic resolutions.

Bioregulation of Salient foci, Allergies and Intolerances

The most common salient chronic infections are old genitourinary infections or dental problems, such as un-sanitised root canals. The presence of low-grade infections like candidiasis, may silently persist for years, just to be further aggravated by environmental toxicity, electromagnetic pollution, nutritional deficiencies or emotional stress. Silent foci persistently compromise the immune system, which may eventually react by manifesting allergic and immunological conditions, like migraine or eczema. Those hypersensitivity-based reactions are the most prevalent in people suffering a high toxic load or intestinal dysbiosis.

Allergic reactions are based on either immediate hypersensitivity or delayed hypersensitivity. Immediate hypersensitivity, like urticaria, is often triggered by salicylates, penicillin, shellfish, nuts, berries, benzoates (E210-E219) or food colorings like tartrazine. Delayed hypersensitivity is based on degranulation of local mast cells and a consequent histamine release, which may then precipitate manifestation of intestinal colics, arthritis, headaches or a multitude of other unspecific clinical symptoms.

Bioregulatory treatment for allergic conditions and hypersensitivities is based on identification of allergens involved and consequent detoxification of causative allergens, desensitisation and *immuno-modulation*.

After identification of the implicated allergens, contact with the antigen is avoided for three months, which changes the adaptation stage back to the alarm stage. During that time, the Bioregulatory program for detoxification and remineralisation is applied, to help removing traces of allergic substances and their antibody-antigen complexes, as well as to cater for nutritional deficiencies involved. Desensitisation is further facilitated by specific nosodes and the use of kinesiology or bioresonance devices, which work in a similar way to immunization. Specific immuno-modulation is addressed by acupuncture and prescription of *homeopathically prepared cytokines*.

The Use of Homeotherapeutics and Mesotherapy in Bioregulatory Medicine

The most commonly prescribed medicines during Bioregulatory therapeutic interventions are complex homeopathic remedies, homeomedicines or *homeotherapeutics*. They are combinations of traditional homeopathic remedies with homeopathically prepared immunological preparations, such as hormones, cytokines and micronutrients. Those nanopharmaceutic homeopathic preparations are nowadays produced by different laboratories worldwide. “Heel” in Germany, “Guna” in Italy or “New Vistas” in Ireland are some of the well known companies that offer a wide range of homeotherapeutics for oral, local or parenteral applications. More details are available in BHF – British Homeopathic Formulary.¹⁵

Being capable of informational reactivation, homeotherapeutics provide modern practitioners with a valuable therapeutic opportunity. For example, chronic infective lesions of the Epstein-Barr virus in glandular fever are effectively treated by a homeopathic preparation containing the viral *nosode*. Epstein-Barr nosode boosts immune system against this dormant microorganism. It activates macrophages and process of cloning specific T-helper cells, which consequently increases number of anti-inflammatory cytokines. Nosodes tend to be even more effective when combined with other homeopathic and nutritional preparations.

To further maximise a therapeutic impact of complex homeopathic remedies, they may be injected directly into the site of the problem. The injection of homeopathic preparations is generally referred to as the *Mesotherapy*, *Biopuncture* or *Homeopuncture*. Mesotherapy typically penetrates only the surface layer of the skin, to deliver homeopathic preparation into associated acupuncture point. Bioregulatory Aesthetic Medicine is principally based on the Mesotherapy.

As general public is becoming more Health-aware, there is a progressive increase in demand for Bioregulatory aesthetic procedures, the *Biofacelift* being particularly in demand. Biofacelift is an authentic technique for Aesthetic Bioregulation, formulated by Dr Damir A Shakambet to represent a healthy alternative to surgical aesthetic procedures and botox. Apart of massage and acupuncture, the method additionally involves Meotherapy. Micronutrients like collagen or hyaluronic acid are injected intradermally, to stimulate local mitochondria and fibroblasts. The resulting increased collagen production and cellular regeneration, help reducing wrinkles and creating a radiant facial expression.

Homeotherapeutics are currently in UK 'Prescription Only Medicines' (POM). They are categorised according to their specification and therapeutic indications in the 'British Homoeopathic Formulary'. The Academy for Bioregulatory Medicine runs regular Homoeotherapeutics Courses, teaching how to use those remedies and providing therapists interested in the Bioregulatory Medicine with prescription requirements.

CONCLUSION

Bioregulatory Medicine assesses and regulates all factors involved in the maintenance of optimal Health. Bioregulatory treatment represents a personal journey through a multifaceted therapeutic process. This process aims to rehydrate, re-mineralise, detoxify, re-energise and to restore structural resistances and postural misalignments of patients. It also offers to a genuine Health seeker an opportunity for spiritual nourishment, cognitive re-framing and improvement in emotional self-management.

Bioregulatory Medicine fully matches the incidence of morbidity in modern society. This innovative approach to public Health incorporates modern technological advances, but also offers solutions for detrimental consequences of the contemporary civilization, namely stress, pollution

and toxicity. Being interdisciplinary medical approach that restores homeostasis by means of natural therapeutic methodologies, Bioregulatory Medicine puts healing power of nature and Hippocrates's "Vis Medicatrix Nature" principle, back where it belongs – into clinical practice.

Biomedic team lead by Dr Tatyana Bosh and Dr Damir A Shakambet practice at the Biomedic Centre, 23 Manchester Street, London W1U 4DJ; where they are also running courses and seminars on Bioregulatory medicine. For more information contact www.biomedic.co.uk or call +44(0)20 7935 6866

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