

# BIOREGULATORY OPHTHALMOLOGY

## A paradigm shift in Eye Health Care, by Dr. Tatyana Bosh, MD

*The healthy scientific paradigm promotes integration...  
Systems biology provides a scientific paradigm  
for a personalised bioregulatory treatment.*

Dr Damir Shakambet



Illness-oriented conventional medicine is strongly challenged by increasing demands for a Health-centred medical approach. To improve Health, we need a new system of genuine healthcare, which is therapeutically effective, scientifically sound and financially viable<sup>1</sup>. Bioregulatory Medicine has been born out from this challenge. It was formulated in mid eighties, at the Biomedic Centre in London, to stretch the limits of allopathic medical doctrine and deliver a long needed paradigm shift in medicine.

### Ophthalmology Bioregulated

*“In the science of ophthalmology, theories, often stated as facts, have served to obscure the truth and throttle investigation for more than a hundred years... In making this statement I am well aware that I am contraverting the practically undisputed teaching of ophthalmological science for the better part of a century, but I have been driven to my conclusions by the facts, and so slowly that I am now surprised at my own hesitation.”*

Dr William H. Bates (1860 – 1931)

Ophthalmology is the medical specialty that **diagnoses and treats diseases of the eyes** by means of using **modern technology, pharmacology and the eye surgery**. Bioregulatory Ophthalmology integrates the conventional Ophthalmology with various natural CAM therapies, in order **to improve ocular functions and enhance the vision**, without the use of corrective lenses, drugs or invasive surgical procedures. Bioregulatory Ophthalmology is simply based on the **bioregulation of ocular homeostatic mechanisms**.

Since Bioregulatory Ophthalmology explores and teaches physiology and pathophysiology of the eyes also from the psychosomatic point of view, it offers the non-conventional methodology for treatment of visual disturbances. It introduces a new concept of extended aetiology<sup>3</sup> that stretches the conventional allopathic aetiopathogenesis of the eye diseases further into the bioenergetic, structural and psychological realms.

Bioregulatory Ophthalmology approaches any pathology of the eyes as a single evolving process, where dis-ease is considered as a verb, and not just as a noun. It explains the visual entropy as the process that evolves through time and different clinical expressions; when it also evolves through different conventional diagnosis<sup>4</sup>. No wonder it has been seen by conventional Ophthalmologists only as a variety of often unrelated diseases, such as conjunctivitis, myopia or macular degeneration – which are than treated in isolation, as if they are unrelated pathological entities.

Bioregulatory Ophthalmology attempts to bioregulate this process of progressing 'ocular lack of ease' in its totality. Early presomatic dysregulation of the eyes (e.g. bioenergetic, nutritional or structural weaknesses) are detected and bioregulated to prevent or treat dysfunctional stage of a dis-ease process - typically manifested as a refractory anomalies. Since uncorrected refractory errors further facilitate manifestation of inflammatory and degenerative conditions of the eyes, restoration of the faulty structural constellation of the eyeballs back to their normal spherical shape also plays an important role in prevention and treatment of acute and chronic diseases of the eyes.

Bioregulatory Ophthalmology not only teaches its students theoretical understanding of the eye's functioning from psychosomatic point of view, but it also provides them with the practical benefits of improved eyesight.

Unfortunately, since corrective eyewear and laser eye surgery have become a very profitable business, non-profit making medical knowledge is generally kept outside the mainstream medical profession. To make sure it remains so, bioregulatory methodologies capable of improving eye-sight are frequently labelled as medical charlatanism that lacks true scientific references, and is therefore both therapeutically non-effective and medically irrelevant.

Luckily, "the proof is in the pudding"; the true value or quality of something can only be judged when it's put to use. The fact that the results are what count is not only common sense, but it is also the most fundamental principle of Hippocratic Medicine, otherwise known as the Ex Juvantibus Principle. It comes from Latin meaning "from that which helps". In medical contexts this refers to the process of making an inference about disease causation and treatment from an observed response of the disease to a treatment. Although the Hippocrates Oath is fundamentally based on Ex Juvantibus Principle, since monetary issues and politics become integral part of the mainstream medicine – this principle has sadly been frequently overlooked in medical practice.

## **Improving Vision with Bioregulatory Ophthalmology**

*"There is no question that the eye care industry is exceptionally good at examining eyes and fitting them with eye glasses, contact lenses or performing laser surgery. Nearly 60 percent of the American population now relies on some form of vision correction, and a multi-billion dollar industry has sprung up to meet this need. What they cannot do is restore vision to normal. They don't know the way and they don't have the answers. To them it's a genetic predisposition and there is nothing you can do about it. What we need is a new understanding, a new approach that works for everyone, a clear path to success and a theory that explains how do we reactivate Eyes." - John Bershak, 2008*

Bioregulatory Ophthalmology is a simple, non-invasive and safe solution for vision improvement. It offers a process-oriented medical treatment, a personal journey through a multifaceted therapeutic process that aims to rehydrate, re-mineralise, detoxify, re-energise and restore faulty structural relationships related to the eyeballs and vision. Treatment methodology incorporates variety of CAM methodologies, such as: Bates method for visual re-education, Cranial Osteopathy, Traditional Chinese Medicine (TCM), Nutrition, Homeopathy, Phytotherapy, Psychotherapy, Colour Therapy, Iridology, Kinesiology, Psychosomatic correlation, Bioenergetics and the Creative Visualisation.

The Bioregulatory protocol for improving eyesight aims to optimise the biological terrain of the eyes and visual pathway. Once their optimal shape and function is restored, the vision naturally improves. The regulation of both visual axes and the eccentric fixation<sup>5</sup> is achieved primarily by realignment of the musculo-connective tissue of the eyeballs. The protocol may additionally reinforce the function of the retinal photoreceptors, release intracranial entrapment neuropathies of the 3<sup>rd</sup>, 4<sup>th</sup> and 6<sup>th</sup> cranial nerves, strengthen the eye-mind correlation and improve synchronisation of the left and right brain hemispheres. It also may incorporate various nutritional, herbal or homeopathic bioregulatory remedies, such as Heel's Musculi Oculi Suis-Injeel, Guna-Trauma or New Vistas Eye Sarcodes and Eye Liquescence<sup>6</sup>, to additionally facilitate and support structural and functional integrity of the visual apparatus.

Bioregulatory eye treatment is always personalised according to the uniqueness of one's bioindividuality. Although it is effective in prevention and treatment of somatic pathology of the eyes, such as glaucoma, cataract, macular degeneration, trauma induced visual disturbance or age related presbyopia; Bioregulatory Ophthalmology is particularly effective in correction of refractive errors such as short-sightedness (myopia) and long-sightedness.

## **Bioregulatory Ophthalmology and Psychological Self-empowerment**

*"Eyes are the windows of the soul."* Traditional eastern wisdom

The eyesight is our most important sense. Through it we gather much of our knowledge of the world. To interpose an artificial barrier between our eyes and our environment, in the form of glasses or contact lenses, represents a fundamental interference with the natural process of perception. If our perception is faulty, so too, in equal measure will be our whole attitude to life, our behaviour and our beliefs<sup>7</sup>. Hence, while regular practicing of the Bioregulatory Protocol for Visual Improvement may steadily improve the vision, people may also notice how their entire personality undergoes subtle changes too; and how their hidden potential becomes realised and transformed in the direction of balance, confidence and independence.

And finally, let us also not forget the legacy of the orthodox theory of accommodation and over 100 years of treating refractive errors with corrective lenses on a widespread scale. Consequently, faulty vision has not only become the most common phenomenon nowadays – but it has also sunk deep into the collective psyche which shapes the very epigenetic experience of the human species.

We now need to act.

At this stage, we need not just to improve individual visual apparatus and restore optimal eyesight, but also fight the collective ignorance regarding natural means of correcting vision. Furthering the Health consciousness of the general public in this way will prompt the long overdue paradigm shift needed in modern Ophthalmology.

*"The needless subjection of the eyes of the coming generation to the domination of glass lenses must have an absolute and malevolent influence on the mentality of any weak eyed nation."<sup>8</sup>*

**Dr Tatyana Bosh MD is a president of International Society for Bioregulatory Medicine and a Medical Director of British Academy for Bioregulatory Medicine. She practises at the Biomedic Centre, 23 Manchester Street, London W1U 4DJ.**

**References:**

<sup>1</sup> ***Bioregulatory Medicine: New Medical Paradigm* – Tatyana Bosh MD, Townsend Letter, issue 330, January 2011**

<sup>2</sup> ***Better Eyesight Without Glasses* – Dr William H. Bates, ISBN 10: 0007109008**

<sup>3</sup> ***Extended Aetiology; module III - Manual for Bioregulatory Medicine; Dr Tatyana Bosh, MD – Biomedic Foundation Press***

<sup>4</sup> ***Materia Medica Homoeopathia Antihomotoxica; Dr Hans-Heinrich Reckeweg 4<sup>th</sup> edition – Aurelia; ISBN 3-922907-96-2***

<sup>5</sup> ***Improve Your Eyesight* - Jonathan Barnes; ISBN: 0285635085, Souvenir Press**

<sup>6</sup> ***BHF – British homoeopathic formulary – Dr. Damir A Shakambet MD Biomedic Limited ISBN 0-9552067-0-7***

<sup>7</sup> ***The Art of Seeing* – Aldous Huxley; Creative Arts Book, ISBN -10: 0916870480**

<sup>8</sup> ***Use Your Own Eyes* - W. B. Mac Cracken, MD; published in 1937 by The Professional Press (Berkeley, California)**