

BioBites: Navigating the Path to Optimal Health

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Discussion

American Medicine today. The American Medical Association (AMA) was formed in 1847 to separate the doctors who were practicing the “medicine of the day” from those who were not. A major change in medicine took place with the publication of the Flexner Report in 1910, funded by the Carnegie Foundation. Abraham Flexner was an accountant; his report laid out the criteria that determined, henceforth, what would constitute sanctioned medical training in the United States. After the publication of this report, the practice of homeopathy in the United States - which was previously quite robust - virtually disappeared. In the 20th Century Einstein and Max Plank developed the concepts of Quantum physics and Quantum Mechanics which introduced energy to the conversation of human science (different from the focus on matter, popularized by Newton). In 1953, Watson and Crick discovered DNA; in 2003, human genome sequencing was completed, advancing our understanding of genetics.

Allopathic Medicine (1847). The American Medical Association was founded in 1847. The AMA defined the nature of allopathic medicine (AKA mainstream, conventional, orthodox, western medicine), which is premised on care practices that treat symptoms and disease using drugs, radiation, and/or surgery. In defining standards of care, the AMA excluded herbal medicine, homeopathic medicine, osteopathic medicine, and chiropractic medicine. Allopathic means “opposite medicine”; the concept of the medicine is to eliminate the symptom by encouraging the opposite. Allopathic physicians receive an MD (Doctors of Osteopathy, DO, are now also considered to be part of mainstream allopathy).

Naturopathic Medicine (~1901). A distinct system of primary health care, which places the focus on how the body heals itself. Naturopathy emphasizes prevention, minimizing the potential for a problem before it develops. Naturopathic medicine has its roots in the 19th century, with many early advancements coming out of Germany. Prior to the Flexner report, naturopathy was a recognized form of medicine. It has gained notoriety more recently as consumers look for alternative approaches to health care.

Naturopathic medicine embraces many therapies, including massage, acupuncture, exercise, electric therapies, and nutritional counseling. The goal is to treat the whole person - not just the physical body, but also the spirit, the mental and emotional components. It also aims to identify and treat the root cause of illness, not just the symptoms.

Integrative Medicine (mid-1990s). Integrative medicine (AKA alternative medicine) arose as practitioners recognized that while symptoms may have subsided with treatment, the underlying conditions did not resolve. Integrative practitioners combine standard medical care along with alternative forms of treatment, such as yoga, massage, and acupuncture. Integrative practitioners identify poor lifestyle choices as the root cause of many modern chronic diseases.

Functional Medicine (2000's). Functional medicine takes a systems biology-based approach to addressing the root cause of disease. There is a heavy emphasis on labs and on genetics and epigenetics in the process of diagnosing disease. Compared with naturopathic medicine, there is a great deal of diagnostic capabilities left off the table.

Biological Medicine (320BCE). Biological medicine began with Aristotle, “the Father of Biology”. It is the science, practice, and art of healing that is accessible by each human body, regardless of the illness. It looks at how the body interacts with the world, other people, other entities (energies, etc). The goal of Biomed is to identify imbalances, illness and weakness at their source to restore optimized homeostasis and heal the whole person.

With biological medicine, we’re taking the best of science and the best of technology and looking at the body in a comprehensive way. There are no specialists in biological medicine because a whole-systems approach is integral to Biomed.

Biological medicine incorporates a range of philosophies and technologies: Naturopathic medical philosophy; advanced, low-zero EMF technological therapies; conventional western medicine; Chinese medicine; Ayurvedic medicine; herbalism; mind-body connection; etc.

How do we diagnose and treat? We use state of the art diagnostic testing. This testing isn’t comparative to others in the population; rather, Biomed diagnostics tell you what and how your body is doing at any moment in time and how systems are interacting. Common diagnostics include Heart Rate Variability (HRV) testing, Contact regulation thermography, Zyto scan, Neurofeedback, and many others.

The current paradigm is still based on the model Newton came up with: the body is a machine, for each action there is an equal and opposite reaction. Conventional, integrative, and functional look at what’s happening today and try to treat it. Biological medicine is the evolving paradigm that takes the energetic, sub-atomic component into greater consideration.

Three models: The first, retroactive medicine, waits until the body breaks down before diagnosing and treating. The integrative, functional model of medicine moves us more into the proactive model, considering lifestyle choices and natural forms of care (exercise, massage, etc.). Biological and naturopathic care focus on understanding how each body works and how the patient can balance their organ systems through self care and therapeutic care.

Q&A Synopsis

How does Biomed approach IBS? IBS means that physiologically the GI is having a hyperactive response. Biomed encourages us to view this response (and similar conditions) as symptomatic of system imbalance. It asks: which organ systems are contributing to imbalance? In each case, you’ll likely find there are at least five organ systems contributing to the physiological condition. Therapies are used to then treat the imbalanced organ systems. In this case, it’s likely that we’ll need to slow down the vagus nerve - the nerve that innervates anything in the chest, including the digestive system. We’ll also look at other systems to deduce how they are contributing to the physiological response.

What first steps would you suggest I take to address histamine intolerance? Histamine is a compound in the body usually associated with allergies. Histamine is an over-response by the body when the body perceives something is irritating it. A biological practitioner will need to evaluate: what are the other factors contributing to this histamine response? Consider the histamine intolerance to be the last in a series of dominoes; what else has happened in the course of your health that triggered this histamine response?

Are there efforts to get insurance coverage for biomed care? Think about auto or home insurance: we have insurance for catastrophic events, not for everyday maintenance. Biological medicine largely addresses prevention - what we can do for ourselves to prevent catastrophic incidents - which does not, by nature, fall under the heading of insurance. Yes, to get started, to do the diagnostic testing and develop a treatment plan, requires an investment; but once you make that investment, things will begin to take care of themselves.

I'm highly sensitive to sedation; are there alternatives? Acupuncture is a very viable alternative. Hypnosis is another alternative therapy. You must find people trained in these approaches. General anesthetic is considered a western approach. The fact that you have issues with sedation suggests we look at how the body is metabolizing that medication; what are the organs of elimination doing, particularly the liver? Before you have sedation, let's see what we can do to support the functions of the liver to eliminate that medication in an efficient way.

Grounding: How does grounding work and why is it important? Native Americans wore moccasins or walked around with bare feet (speaking to the way the human body evolved). There is a natural energy, a natural rhythm associated with the earth. When you touch the earth (actual earth), you're able to pull the energy that circulates throughout the body back down, into the earth and change the body's energy. Walk with bare feet, walk on grass, walk in the snow, swim - all of these practices are effective for grounding.

Please comment on the COVID vaccine and the impact this may have on Biomed Center's protocols, in general. Consider why we have vaccines: they're not designed to prevent you from getting Covid. They are designed to help the body develop antibodies to limit the severity of disease. Whether or not to get the vaccine is very individual and may account for lifestyle, pre-existing conditions/risk-factors, etc. From a Biomed perspective, we want to think about all the things we can do to support the immune system. There are also supplements that support the immune function: Zinc, Vitamin D, Melatonin, Vitamin C. Everything has to be individually looked at. Speaking to the second part of the question, I do not think the vaccine interferes with the immune system and the Biomed Center's protocols for immune system support.

Do you recommend fasting? Fasting becomes an individual circumstance and situation that has to be evaluated. Water fasting should only be done in an in-patient facility. It can have a very dramatic effect on your metabolic systems. Today, people undertake all kinds of fasting. One of my challenges with fasting is, "what else do you do"? It's also about putting the body into the parasympathetic mode. If you stay in sympathetic dominance, even while fasting, you're not accomplishing anything because the body's systems will all slow down. If you want to fast, turn off your cell phone, meditate, read an enjoyable book, turn off WiFi - do everything possible to be 100% parasympathetic. Because so few people can do this, I don't often recommend fasting.

What about using LSD or other drugs to heal the body? From a biological medicine perspective, I feel I have many other tools to facilitate the type of neurological healing that these drugs are used to address, so these are not tools that I use.

I know that regular shelf salt is not good to consume, but I've been told Himalayan salt is good. What's the truth? A little is good, a lot is terrible. We need salt (sodium chloride). Why? It's part of our electrolyte system, which allows electrons to properly transfer from outside to inside the cell. When we transitioned to processed food diets and people started eating more

packaged foods, we started eating an increased amount of salt. Salt causes you to retain fluid; it also causes the heart to work harder, and blood pressure goes up. What you really need is Celtic salt, Himalayan salt, sea salt which contain something like 75 minerals, including macro minerals/ other minerals in tiny amounts. You add these salts as a flavor enhancer in small quantities; and doing this will not lead to the negative effects symptomatic of high-salt diets.

If you go to a biological doctor, what does the intake and treatment look like? In some ways, a visit to a biological doctor will begin the same as it would elsewhere: you'll fill out a regular intake form, you'll be asked to send any current lab tests you've had done. Where it'll likely begin to diverge is with respect to diagnostics: we'll do HRV, contact regulation thermography, ZYTO scan, perhaps a neurofeedback evaluation - we'll take a much more in-depth look at multiple systems.

When you come in, we won't just ask what your complaint is. We ask questions about every single organ system that you have, which includes your childhood history. We'll also evaluate your dental history, your experience with stress, etc. We're looking at the physical aspect, the science of the labs, the energetic therapies; all of this will likely take about 3 hours. At the end of that period of time, the practitioner may take another day or two to think about these many pieces of information we're gathering as with a jigsaw puzzle. We'll then develop a treatment plan that will include a range of therapies, supplements/vitamins, and/or lifestyle changes. It's incredibly more comprehensive. And we're not attempting to "fix" anything; we're trying to restore balance to the body.

The major difference is the amount of time taken and the energy invested to develop a deep understanding of the patient's unique systems and needs.