

# HOLISTIC MEDICINE

An Extract from  
NATURAL DIAGNOSIS AND THERAPEUTICS  
By Dr. Gilbert Ezengige



# CHAPTER 1

## THE PHILOSOPHY OF HOLISTIC MEDICINE

The phrase '*holistic medicine*' is becoming popular not only among circles of health practitioners but also the entire populace. Holistic medicine deserves the premium it generates in the minds of those yearning to be associated with good health. The accolade bestowed to it by lay men as well as health service providers is certainly justified for as the phrase implies, it addresses the *whole*, the totality of man's health.

Ever since man with greedy intention purportedly started acting on the biblical injunction to rule and subdue the earth, all aspects of his activities have followed sinusoidal pattern. First, curiosity for knowledge and clarity propels man to dismember a well ordered system only for him, shortly thereafter, to display an indefatigable will in joining the disorganized parts back again. In this child-like or more appropriately stated, childish process of dismantling and coupling, he most times, inadvertently suffers great loss and pain. However, these unpalatable experiences accompanying man's naivety are valuable and are sources of inestimable strength if and only if some lessons are learnt in the process so that in fulfillment to a phrase in Nigeria's national anthem "*....the labours of our heroes past shall never be in vain*".

Holistic medicine is a coinage descriptive of the assemblage of practices, modalities and techniques that are relevant to an individual's total health; physical, emotional, mental, social and spiritual. Holistic medicine propagates the teaching that an individual should strive to achieve equilibrium within his own being as well as establish the necessary harmony between himself and his environment. Health practitioners that are reluctant or indifferent to this *new gospel*, this new millennium paradigm in their healthcare delivery practices are swimming against the tide of reality and consequently and assuredly, systematically opting for irrelevance as the global age advances.

Holistic approach to health advocates the diagnosis and treatment of all aspects of an individual's personality. It propels health care providers to quickly come to terms that man is not really a physical entity just like a mechanical device or machine. There are marvelous links or threads neatly and invisibly woven between our physical organs and our higher faculties. The realities of such links are encountered not too infrequently in our daily conversations and expressions. Statements like 'I render my *heart*-felt apology, I can't *stomach* it any longer, he hasn't got enough *liver*, his circumstances make him to *shoulder* a lot of responsibilities etc are all indicative of **Organs/Emotions** links and relationship. From long time observation, many cultures have come to know that various emotions produce certain disorders in man and these speculations are well founded as science has been investigating and confirming them. It has been ascertained for instance that;

- An individual who is in the habit of always bottling up his emotional hurts is more likely to experience gastrointestinal discomforts and ulcers no matter what modern medicine proffers as the primary causes of these medical conditions.
- Hyper aggressive disposition causes a lot of white blood cells to flood our bloodstreams.
- Uncontrolled anxiety and stress negatively impact on the cardiovascular system leading to various types of heart ailments.
- Frowning frequently adds lots of unsightly lines to your face and makes you age faster.
- Constant, unexpressed anger promotes gallbladder stone formation.
- Grieve and sorrow hastens various types of heart diseases and lowers your immunity significantly.

In fact, emotional stress more than any other factors contributes to health disorganization and deterioration. Psychologists tell us that close to half of the illnesses that man is heir to are stress-related. In

explaining how a 'simple' state of mind such as *overexcitement* can lead to diabetes mellitus, Devendra Vora, an Indian Naturopath writes;

*'...wherever energy is required by the body as demanded by the adrenal gland to do some action quickly, the insulin producing part of pancreas slows down its process and allows more sugar/glucose, that is energy to go to the necessary part of the body. Now if the process is repeatedly continued due to over excitement [over functioning of adrenal gland], the pancreas slows down its process of creating enough insulin and over a period of few years becomes sluggish, so the control of sugar/glucose level in the body slows down and a stage is reached where diabetes sets in'* (Health in your Hands, Vora 1997).

What else need be said? What an eye-opener! So many lessons can be learnt following the line of thought presented by Devendra Vora. The principal issue capable of compelling health conscious individuals to serious reflection in Devendra Vora's postulate is the realization that some factors that seemingly appear unconnected to what is acknowledged as causes of specific diseases might actually be the underlying disease causative agents.

We know that excessive and persistent consumption of white sugar and devitalized white flour products can precipitate the establishment of diabetes mellitus in an individual by over tasking the insulin-secreting pancreas but it has not become a general knowledge that indulging in such food articles also awakens a peculiar emotional affection in man. It is a common experiential knowledge in diverse cultures that people who always crave for sweet things and devitalized sugar products actually crave for love (perhaps as an unconscious way to counteract the state of *bitterness* they are experiencing); a vacuum exist in them which only loving, tender care can fill. Such individuals reach out for substitutes; very sweet foods including lots of honey, sugar, candies and chocolates or at least rely excessively on starchy foods whose end product after digestion is glucose, these food articles temporarily satiate their crave for care and affection but as soon as their blood glucose level drop they reach out again for these sweet foods to maintain a lasting *sweet experience*, incrementally topping up their blood glucose levels.

This vicious cycle becomes established and goes on and on 'world without end' as the popular dictum goes. If as a result of this lifestyle, diabetes sets in, what factor(s) triggered it? Is it chocolate or heavy reliance on starchy foods, *bitter* state of mind, *love vacuum* or *unreciprocated affection*? **Perhaps, all of the enlisted factors are culprits, perhaps some or perhaps none of those.**

Excessive alcohol intake damages the liver but also stirs undesirable, beastly traits in man. Too much consumption of red meat burdens the kidneys but at the same time aggravates sexual instincts and destructive traits in human beings, the list is endless.

The human brain produces neurotransmitters which are known to play major roles in regulating how we feel (our moods, emotions and pain threshold). The Nutrients in the foods we consume trigger some amino acids which in turn influence the production of these neurotransmitters; epinephrine, dopamine, and serotonin.

Health and healing are affected by physical and non physical factors. The physical is defined by the non physical. The non physical gives meaning to the physical. The *emptiness* or the *hollowness* present in molded clay-work qualifies it to be called a **pot** or **jar**. Remove the *emptiness* and what you have certainly is not a clay pot. Certain *openings* on the walls of a cube structure qualify it to be called a **living room** and not a **cell** of a prison. Imagine! Just an *opening*, *emptiness*, *nothingness*!

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## **FOODS ——— EMOTIONS ——— BODY ORGANS**

- ✓ Foods affect emotions and also impact on the physical organs
  - ✓ Some emotional states call for specific foods for their management
  - ✓ The lack of a nutrient in an organ can evoke a peculiar emotion
  - ✓ Emotion influences physiology (think of the Physiological changes accompanying shocking news ; profuse perspiration as well as the urge to urinate or defecate)
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Non material substances are as real as physical objects; so, *thoughts are things*. Think of licking or gulping juice of unripe lime and at once you see yourself salivating; yes, the thought energy associated with licking of lime will cause the salivary gland to secrete saliva almost instantly. Science is beginning to see the connection between foods and emotions.

Still on emotion affecting physiology, a woman's regular menstrual cycle can alter drastically as a result of a relationship that has turned sour. There is a positive means of harnessing this emotional thought energy for healing and patients are so taught by practitioners of holistic medicine. The harbouring of fear is one of the negative ways of applying this neutral energy because organs are encumbered and harmed by it.

As an example, you tune in to a radio or a television station and hear or watch an oncologist, a cancer expert enumerate signs and symptoms of breast cancer, in a moment it appears some of the symptoms mentioned are with you, you quickly make up the other symptoms he enumerated but which you don't quite experience. You begin to assume you occasionally feel those symptoms too. You start to entertain and progressively harbour serious fears. You start to broadcast your fears to the cosmos silently out of passive defiance, this inward apprehension stays with you for years or even decades. One day, in carrying out a routine medical examination on you the doctor recommends further test to be carried out to 'judge' your *cancerous state* and 'pass a sentence' on you. (Doctors don't act that way, they don't wear wigs but stethoscopes) Nevertheless, in your mind's eye, in your innermost *be-devil-ed* being you are expecting nothing different. Lo and behold! The test comes out positive. *What you have feared most has happened to you* as was the case of the biblical character; Job.

The connection between human emotions/mental state and physical organs is fairly appreciated by all practitioners of medicine. Disciplines such as psychology, psychotherapy and psychiatry are proofs. However, the spiritual angle to wellness has not commensurately received the necessary attention it deserves. Here and there, some religious bodies and spiritual organizations are spotted who still keep the flame aglow though faintly. We speak of God, of Divinity of Spirit, of spiritual healing, of miracles and of God's great Love. Unfortunately, some of us

are guilty of religious acts bordering on extremism and complete ignorant-of-life-processes. These are the ones who would want to acknowledge God's healing and restorative power only if a sick person gets well without taking herbs, drugs and other necessary health aids. Some assert with all religious fervor and zeal they are capable of mustering that it is a faithless act for a religious faithful to combine prayers and drugs. This has led to jesters ridiculing this by their popular sarcastic expression that the 'combination' (prayers and drugs) would amount to an overdose.

Holistic medicine discards the extremist or reductionist view that stamps spiritual or material approach as all that is needed to effect cure. A holistic medical practitioner gratefully accepts from creation any system that engenders equilibrium in his patients. The word 'Patient' used in describing the sick person speaks volumes. Patients must exercise patience before the *forces of nature* awakened through fasting, prayers, herbs, massage, nutrition, aromatherapy etc will begin to act on them. If only those patients that change their doctors frequently as they change their clothes assimilate the meaning of just this one word (patient), they would save themselves so much disappointments and agonies.

Complementary, Alternative and Traditional Medicine advocate the use of natural and non invasive products and techniques in diagnosis and treatment. Practitioners in this category who completely imbibe the philosophy of holistic medicine will not delay a second in referring surgical cases to qualified surgeons for timely intervention. Such a referral do not depress them; instead, it awakens in them the feeling of gratitude to God for permitting and making available various ways in which health can be restored to the sick. In like manner, an allopathic practitioner that has welcomed the principles of holistic medicine will not tenaciously hold on his patients that are suffering from chronic diseases such as diabetes, hypertension, cancer, arthritis etc to the patients' detriment. He should encourage such patients to source for alternative health care, especially when the patients themselves desire to visit natural health practitioners. The doctor knowing full well that the medicines of the latter category of professionals are less toxic and are the most suitable treatment option for such conditions will not

mind. The *spirit* of holistic medicine drives away the *demon* of patient 'hunting and hoarding' often witnessed among health practitioners. It drives away the *inordinate greed* responsible for the unhealthy rivalry among health practitioners of different orientations.

Holistic medicine stresses the importance of regarding every individual as a unique creature requiring a specialized therapy that is structured and modeled strictly to suit him. The mental, physical and social conditions are factors that should be considered in working out appropriate remedies. Comprehensive health evaluative methods such as medical astrology, medical hand analysis, graphology, iridology, sclerology, applied kinesiology, reflexology, foot glyphology, tongue diagnosis etc may be adopted to ascertain the root cause of a patient's illness.

We are constantly reminded of the uniqueness of individuals when observing different facial looks with their corresponding unique finger prints. We also find same in diseases such as asthma where many triggering factors are responsible in different individuals. The statement that 'one man's meat is another man's poison' also lends support to this view. A research work carried out over a decade ago shows that even our blood types have much to say about the type of foods, drinks, drugs, exercises etc, that are suitable for us. In his controversial book titled "4 blood types, 4 diets. EAT RIGHT FOR YOUR TYPE", D'Adamo and Whitney made detailed analysis of different blood type requirements. This work covers all classes of edibles; meats, fishes, fruits, vegetables, cereals, legumes, breads and muffins, minerals and vitamin supplements etc. The authors noted that individuals with certain blood types are more predisposed to certain ailments. For example, blood type 'O' individuals are more predisposed to gastric ulcers than any other blood type due to a *high-gastric-acid-constitution* peculiar to them. On the other hand, blood type 'A' individuals are more predisposed to cancer of the stomach due to a *low-gastric-acid-constitution* peculiar to 'A' types. D'Adamo and Whitney therefore suggested a high meat diet for 'O' patients and a vegetarian diet for 'A' patients.

The concept of *equilibrium maintenance* is fundamental to the practice of holistic medicine. Modern medicine refers to it as homeostasis, the Chinese philosophers and physicians have a concept for that; YIN and YANG, the two opposing forces in nature simultaneously working for the good but in opposite directions. The Yin and Yang represents the negative and positive forces in nature, the passive and the active, male and female, cold and hot, night and day etc. In modern medicine we observe how diseases are classified under these two polarities with the prefixes *Hyper* and *Hypo* for examples in disease conditions like hypertension-hypotension, hyperactive-hypoactive, hyperventilation-hypoventilation and hyperglycemia-hypoglycemia etc.

Whenever anything upsets an individual's state of harmony, balance, equilibrium or homeostasis, that person or his environment suffers. The ancient philosophers noted that there are four basic elements in the universe; **earth, water, air, and fire**. The scientists would classify them as the four states of matter; solid, liquid, gaseous and ether. These *states of matter* in man must be in a state of equilibrium for good health to be enjoyed. In medicine, these parameters are scientifically measured (indirectly) and are designated as the **vital signs**. These vital signs are obtained from every patient before commencing any form of treatment.

### **The Four Elements**

The *fire* element among other physiological activities maintains body heat and aids digestion principally through the circulatory, digestive and musculoskeletal systems. Imbalance of the *fire* element usually results to heart and circulatory problems.

The *air* oxygenates our cells and promotes flows such as the bowel movement, promotes all bodily movements including the limbs and joints as well as elements connected with sexuality, vigor and longevity. Serious derangement of the *air* element could lead to respiratory diseases such as bronchitis, asthma, pneumonia etc as well as conditions like dizziness, fainting and joint disorders.

The *water* hydrates us as well as serves as a vehicle for transporting nutrients and toxins in and out of the system. The ancients believe that *water* element in us is impressionable to emotional essences and energies and conduct such to the physical organs through its various

medium; lymph, blood, enzymes, hormones, semen, saliva etc. A great imbalance of the *water* elements often results to urinogenital affections.

The *solid* like our bones, muscles and tendons supports our frame and *energetically* lends support and endurance to us. Imbalances of *earth* element in humans results to diseases of the musculoskeletal system as well as diseases characterized by solidification, hardening, constriction, stones, and tumors.

The knowledgeable ancient medicine men even relate more intimately with the 'spirits' behind these elements known as the elemental beings and harness their energies in ameliorating different disease conditions. They are called *elves, nixies, gnomes and sylphs*; (Air, Water, Earth and Fire elemental beings).

Holistic medicine practitioners do not regard germs as primary culprits in divers' disease conditions that befall mankind. Different types of germs have always existed and will continue to exist. Why? Oh, we need some of them to ferment our drinks (the probiotics), decompose our manure in the field for maximum crop yield at harvest time. Some microbes help in synthesizing



**The Four Elements**

**Fig. 1 Courtesy; [www.examiner.com](http://www.examiner.com)**

## VITAL SIGNS

## THE ELEMENTS

Temperature

Fire

Respiratory Rate

Air

Blood Pressure

Water

Pulse

Solid

different types of vitamins in our intestinal tracts. So useful are these microorganisms (harmless as well as harmful types) that without them the pollution level in the world would have reached a tremendously unimaginable level making it impossible for you and your loved ones to breathe fresh air. Their roles in biodegradation should be appreciated by all. Truly some of the microorganisms portend serious health hazards to humans, animals and the plant kingdom. However, as long as we do not turn ourselves to heaps of wastes through indulging in unhealthy diets and poisoning our emotional, mental and spiritual state, all microorganisms; beneficial as well as non beneficial, harmful as well as harmless ones will only be in transit within our bodies. If we adopt wrong lifestyles the strangers in transit become tenants. With further deterioration in health, they begin to lay claim to our bodies thereby becoming land lords, ever demanding exorbitant rent (health charges). The destructive forces in this instance start to gain upper hand over the constructive forces; catabolism over anabolism, disintegration over integration, *'things fall apart and the center cannot hold'*. The **center** is man's spirit loosely called soul. The center (spirit) cannot hold onto unwholesome matter i.e. physical body for life existence on earth. The result is physical death (detachment of spirit from the physical body).

**HERING'S** Law of Cure is cardinal to Holistic Medicine Practitioners. The law states that **'ALL CURE STARTS FROM WITHIN OUT AND FROM THE HEAD DOWN AND IN REVERSE ORDER AS THE SYMPTOMS FIRST APPEARED'**. All cure starts from **"WITHIN"**; that individual who has lost hope on life or is fed up with life as it is usually expressed in common parlance is a difficult patient to treat. Recovery from his illness is made almost impossible by his state of mind. He falls sadly in the

category of an *incurable patient with a curable disease*; the nightmare of any practicing physician.

All healing systems are governed by sets of laid down principles. The principles of Naturopathy and Holistic Medicine are the same, they are as follows;

1. *Vis M̄dicatrix Natur̄æ*; (The Healing Power of Nature)

This reminds us that it is the duty of health practitioners to facilitate and augment this well ordered, intelligent natural healing process. Doctors facilitate the healing process, they enhance the process through their timely intervention, they don't *start* the healing process (the process is inbuilt). The cells of the body follow the inbuilt healing program as instituted by the maker of the human body and executed by his servants ; the nature forces. Holistic health care providers at best imitate nature's ways and cooperate with her to dispense healing to the sick

2. *Toll̄ Causam*; (Identify and Treat the Causes)

We learn from this that it behooves on those involved in the healing art to endeavour to get to the root cause of their patients illnesses as that is the only way to know how best to treat them as well as prevent future occurrences of such diseases. Palliative measures won't take anybody any far.

3. *Primum Non Noc̄ere*; (First Do No Harm)

This principle impresses on us the primary responsibility as health care service providers to ensure that all diagnostic and therapeutic procedures carried out on a patient are safe and harmless. These procedures should not worsen a patient's health status in a fashion similar to sprinkling salt to an injury site. If this advice is taken seriously by health care givers, over 80% of *iatrogenic* disorders would not surface.

4. *Doc̄ere*; (Doctor as Teacher)

We are reminded by this principle that the original meaning of the word Doctor is Teacher. Holistic Medicine Practitioners take out time to teach their patients healthy lifestyles. A considerable length of time is equally spent with the patient to educate him

about his disease condition and most especially the role the patient is expected to play in his journey toward recovery and good health.

#### 5. Holistic Healing Approach;

Treatment should be directed to the whole person (Mind, Body and Soul). A holistic medicine practitioner pays adequate attention to his patient's verbal accounts, non verbal heart transmissions (often sensed by conscientious practitioners), gesticulation, demeanor, carriage, voice and tone. Having identified the area of his clients' life requiring urgent attention, the physician consequently incorporates or modifies his treatment plan to cater specifically for those needs.

#### 6. Disease Prevention Ideology;

There is a saying that prevention is better than cure; I add that prevention of diseases is cheaper and more noble (very befitting of humanity). Methods of disease prevention are among the top priorities for holistic medicine practitioners. If all the sophistications, technological ingenuity and efforts geared towards the development of modern medicine therapeutics and sometimes to irrelevant research pursuits are channeled in the direction of preventive medicine, the world would become a better place for humanity.

Realizing that all the organs of the body are so interwoven, holistic medicine practitioners often recommend detoxification program as the first course of health intervention in virtually all forms of diseases. A superficial view of this necessary practice might seem to be unnecessary but there is great wisdom in it. The goal is to prevent noxious substances in other parts of the body (which when left alone would migrate to the afflicted site following the law of attraction of similar species) from further aggravating the condition of the patient.

Holistic medicine admits that man is a micro ecosystem which is a part of a larger ecosystem. External influences, even seemingly remote ones are known to contribute to health and diseases. Hence we know that the radiations of the celestial bodies such as planets, sun, stars, asteroids etc affect plants, animals and man equally. In recognition of this fact,

certain religious festivals or societal ceremonies are slated, for instance, during certain phases of the moon. The psalmist affirmed: 'The sun shall not smite you by day nor the moon by night.' (Psalm 121:6). This is an acknowledgement of the sun and the moon's effect. In Africa, indigenes have since known through observation and being closer to nature that certain maladies, especially those affecting the mind tend to aggravate during certain phases of the moon. Lunatics are called so because of the effect of *lunar* (moon) cycle on them. This same lunar cycle explains the cause for the rise in sea level documented by oceanographers during the full moon phase. Astrologers for millennia know that our moon influences female fertility to a large extent. The 28-day lunar cycle corresponds to the average 28-day menstrual cycle in women. Ancient civilization knew the influence that our moon has on copulation and fertility hence the popular phrase '*honey moon experience*' uttered in connection to the newly married couple.

Skeptics would hastily declare that these assertions are unfounded, that all is a farce and mere figment of imagination stemming from a childish, 'poor fellow' brain. Ok. How can that 'brilliant' skeptic help the 'poor fellow' by explaining the effect of these invisible stellar radiations on substances in a laboratory test tube? Let us recount the experiment generally known as the Takata Experiment. The excerpt below is extracted from the book of Robert Carl Jansky a medical astrologer, biochemist and an engineer titled **Astrology, Nutrition and Health**.

*In 1938, Dr Maki Takata at Toho University in Japan began a biochemical study of the ovarian cycle in the human female. The presence of chemical messengers, called 'hormones', in the body had only recently being recognized, and their monumental influence on personality and physical development was not yet understood.*

*To carry out his program of research, Takata needed to develop a method of removing the protein albumin from the blood, because this substance interfered with his work. Takata's method, now known as Takata reaction, consists of adding certain compounds to a blood sample, causing the albumin to flocculate or precipitate out of the liquid potion of the blood so that it can then be removed by centrifuging. Up until this time, scientists had believed it to be an iron clad law that if a series of chemical reactions was performed under the same set of*

*conditions (heat, light, purity, humidity etc) each reaction would proceed at the same rate in any geographical location. Takata discovered that this law did not seem to apply to his albumin flocculation reaction. At certain times it went faster at other times slower. He set out to discover why this was so after carefully verifying that other scientists using his test around the world were observing similar phenomena.*

*.....he was driven to examine the implausible causes: it turned out that the **rate of the reactions varied with the time of the day, the date of the year, the eleven-year sunspot cycles, eclipses and magnetic storms in the earth ionosphere.** Heresy! Clearly celestial influences were exerting a powerful influence upon the protein in the blood.....'*

End of argument!

Aromatic herbs affect human emotions and psychological disposition of individuals as well as influencing the functions of bodily organs. This represents the field of aromatherapy. Various colours also have different therapeutic effects. The technique of tapping the visible spectrum of light for healing purposes is well known to practitioners of chromo therapy and heliotherapy.

In a nutshell, the all accommodating nature of holistic treatment modalities ensures that diverse health factors are adequately addressed. The focus is on the individual patient, *to restore harmony within and without*; the emphasis is not on the disease by whatever name it is called or some perceived disease-causing microbes or parasites.

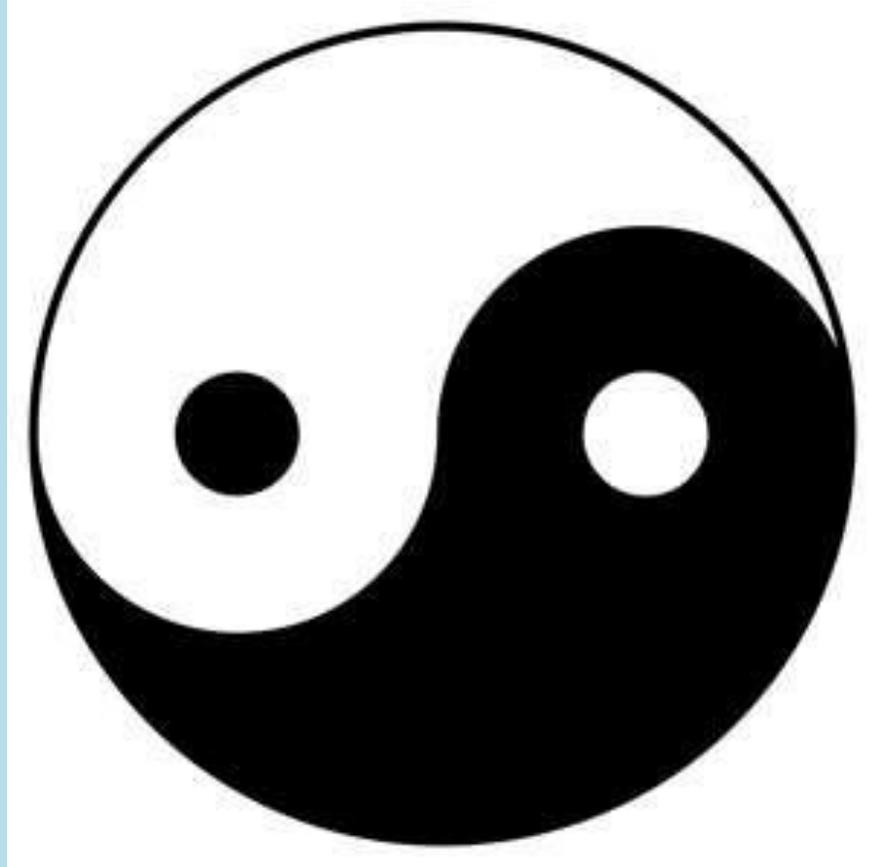


Fig 2 **YIN AND YANG**

Symbol of Equilibrium or Homeostasis



# CHAPTER 2

## DIAGNOSIS IN NATURAL MEDICINE PRACTICE

The success of any medical system largely depends on the accuracy of its diagnostic modalities. Poor diagnosis will definitely lead to a wrong therapy surely as night is followed by day. Wrong administration of therapeutics cannot but further complicate a patient's overall health condition thereby creating a *new* but false and misleading 'causative factor'. The rate of increase in *iatrogenic* diseases among the populace is alarming. The cycle of misdiagnosed and mal therapeutics recurs over and over and above all, at the expense and discomforts of patients and their loved ones who pay doctors' bills as well as bear the disease-induced emotional trauma and inconveniences.

'Accurate diagnosis'; these words connote a totally different meaning in the field of natural medicine far from its commonly-held, narrow meaning in conventional (allopathic) medical system. 'Accurate diagnosis' does not imply exactitude in pinpointing offending pathogens, chemicals or physiological anomalies of any sort; in natural medicine, it implies the obtaining or getting to the *root cause* of an ailment. This root cause may be physical, emotional, mental or even spiritual as the case may be. So, it is a question of tracking the genesis of that problem rather than relying on the present *snapshot* of a patient's health status. Common sense and logic supports this line of thought, for in this postulate, the roles of pathogens are also given their due places; they enter the scene at certain stages of *unwholesomeness*.

The World Health Organization's definition of health sheds more light on this. Health is defined as a state of complete physical, mental and social wellbeing and not mere absence of illness. The same Institution defined Traditional Medicine as the entirety of all knowledge, of all *explicable* and *inexplicable* methods of diagnosis, prevention and removal of physical, mental and social imbalances, based on the personal experience and on observation passed on from generation to generation. We can deduce the following from the above definitions.

1. That the inexplicability of some medical practices, theories, physiological processes does not invalidate their usefulness in the health care delivery system neither does it really matter to patients and health care givers provided consistent good results are obtained from such practices. Where is that doctor or *specialist* who can truly affirm that he knows all there is to know about the intricate nature of man's body activities; gestation processes, the marvelous brain and nerve activities, the complex state-of-the-art chemical factory in the liver and so much more? In fact medicine acknowledges some hidden factors that could result to illnesses; they are usually classified as unknown or unidentifiable causes.

Some disease symptoms have no traceable roots; this is how Wikipedia the free encyclopedia defines **medically unexplained symptoms** (MUS); “Medically unexplained physical symptoms (MUPS) or medically unexplained symptoms (MUS) are patient symptoms for which the treating physician, other healthcare providers, and research scientists have found no medical cause. The term does not necessarily imply that a physical cause does not exist, but rather notes that cause(s) for given symptoms are uncertain, unknown or disputed—there is no scientific consensus.” Wikipedia went on quoting a task force of the US National Institutes of Health as follows, “Medically unexplained syndromes (MUS) present the most common problems in medicine.” **Estimates of primary care consultations with medically unexplained symptoms range from 15% to a high of 66% in specialty settings** Wikipedia surmised.

2. That limiting diagnostic modalities to only physically identifiable parameters is equivalent to equating man to a mechanical device. This is the 3-dimensional Cartesian perspective. Humans don't fit well in that cast-mold of *physicality*. Leave that mold to Engineers to work with. Man's experiences are not limited to stimuli coming from the five senses alone; *seeing, tasting, touching, hearing, smelling*. Almost everybody at some times in their lives suddenly became moody out of no just cause or more appropriately stated, out of no physically identifiable reasons. Similarly every person at some points in their lives woke up from sleep feeling so elated and

joyful irrespective of the awareness of mounting bills to pay that they went to bed with. In all these, the human spirit with its own separate sense organs of perception is responsible for that shift in perception. The effectiveness of placebo in medical practice rides on the back of that *extra*, non material aspect of man and the effect it is known to have on the physical.

3. That the psychic, mental and emotional aspects of man must be given appropriate attention in the diagnostic fields if any meaningful and lasting headway is to be made in the healing business. In other words, *psychology* and *physiology* is an inseparable pair in fathoming the entity called man and the diseases he is predisposed to.

Great advances have been made in alternative and complementary medicine in the area of diagnosis, the same may equally be said of traditional medicine. However, a lot of bias stemming from self erected barriers hinders many health workers of modern times from making an objective and true assessment in this regard. One of such commonly-held but wrong view is the assumption and the assertion that *literacy* and *education* is one and the same thing. That is not true; literacy leans more on the ability to read and write. Education on the other hand, revolves around knowledge impartation and acquisition. The implication for this proper delineation is that *readers* and *hearers* (representing literate and possibly illiterate respectively) attain same height when both display commensurate commitment to learn. It so happens therefore, that some 'illiterate' traditional medicine practitioners who scaled through requisite tutelage under proficient masters are well **educated** and as such should be accorded maximum respect.

Natural diagnostic methods encompasses areas of study like **aura diagnosis, medical palmistry, tongue diagnosis, reflexology, pulse diagnosis, medical astrology, applied kinesiology, graphology, auriculotherapy** and the three forms of eye diagnosis that are the major premise of this book; **IRIDOLOGY, PUPIL ANALYSIS AND SCLEROLOGY.**

THE EAR IS SHAPED LIKE A FOETUS



Fig 3 AURICULOTHERAPY CHART

Photo credit [www.doctorzalan.com](http://www.doctorzalan.com)

# Diagnosis from the Feet

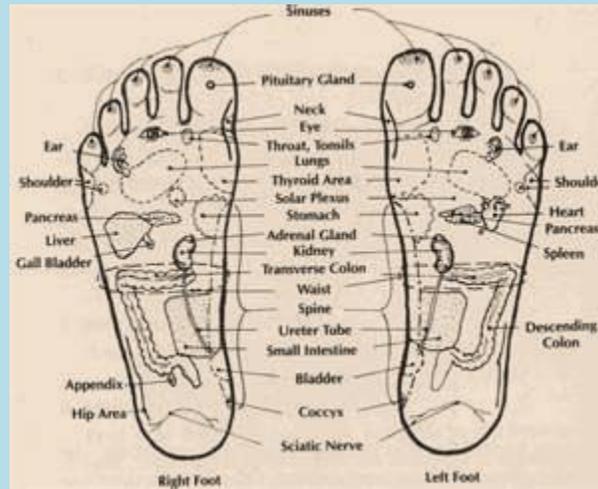


Fig.4 FOOT REFLEXOLOGY CHART

# Diagnosis from the Tongue

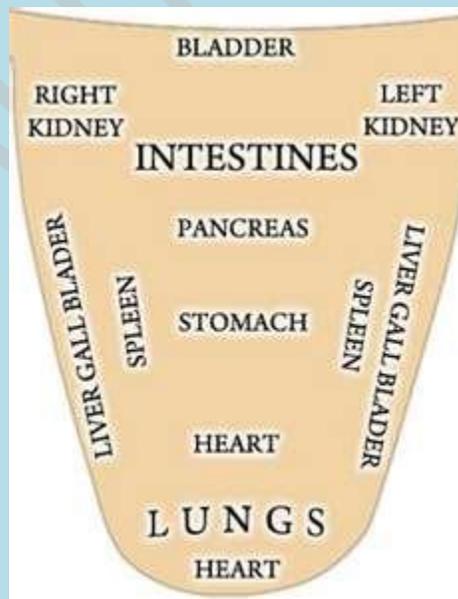


Fig. 5 TONGUE DIAGNOSIS CHART

## Diagnosis from the Iris

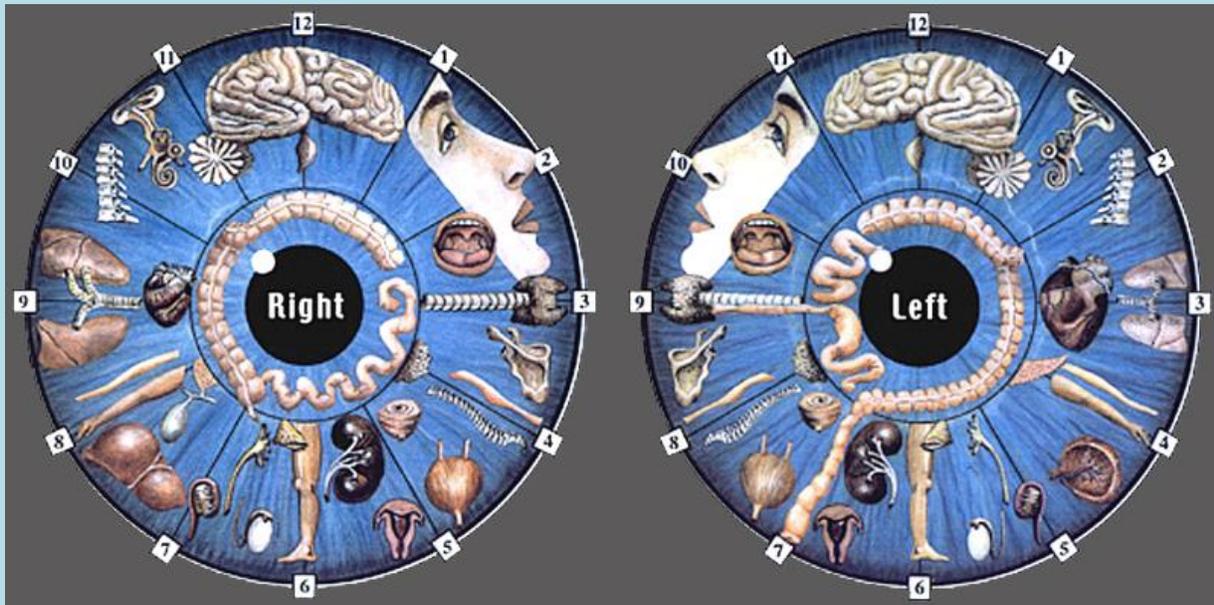


Fig. 6 IRIDOLOGY CHART

## Diagnosis from the Sclera



Fig. 7 SCLEROLOGY CHART

