

George Vithoulkas

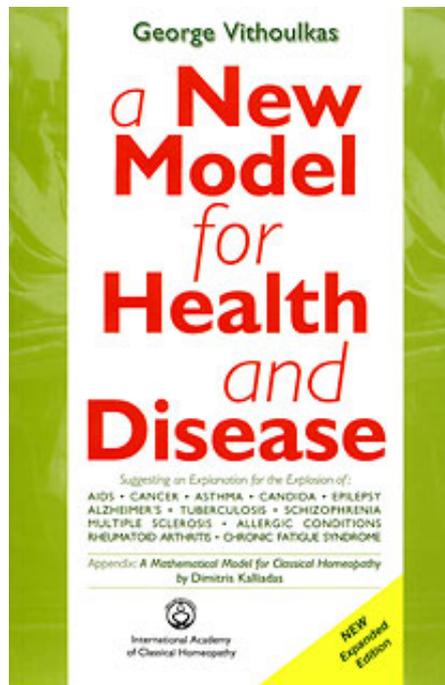
A new model for Health and Disease

Reading excerpt

[A new model for Health and Disease](#)

of [George Vithoulkas](#)

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STIMULUS OR INFORMATION

12. The organism always reacts as a totality to any given stimulus. In its natural condition, the organism recognizes a stimulus as information to which it is susceptible, and thereby vulnerable; this susceptibility generates an attraction and responsiveness to the stimulus.

Stimuli can be specific like bacteria, microbes, viruses, fungi, etc., or non-specific like climatic changes, emotional grief, mental upsets, shocks, etc.

An organism will be affected only by those stimuli to which it is predisposed and to which it has a particular affinity; this will be called its susceptibility. All other stimuli will leave it unaffected or unharmed.

Susceptibility to certain stimuli has to be understood as a potentially precarious state of health which the organism has had since birth or has developed after certain specific stresses. At a certain point in time and while the organism is under stress, this susceptibility to certain stimuli unfolds into an actual pathological condition (into an acute or chronic disease). These reactions (symptoms of diseases) are needed by the organism in order to counteract the stress. This unfolding is a natural process that springs from the law of selection, which states that if the individual is strong enough, he will survive the crisis and will come out of it deeply "cleansed" and even stronger.

The situation is entirely different if the organism is assaulted by a powerful drug that is introduced into it (especially on a long-term basis). These prescription and non-prescription drugs that are ingested every day by millions of people (patients, drug addicts, etc.) throughout the world have an unlimited power to destroy the defenses of the human organism, especially its immune system. AIDS, Chronic Fatigue Immune Dysfunction Syn-

drome (CFIDS), Candida, cancer, schizophrenia, arthritis, arteriosclerosis, Alzheimer's dementia and other chronic degenerative diseases are a few examples of the consequences of such violations of the body's ecology.

13. The power of the stimulus (or information) is directly proportional to the organism's degree of susceptibility (or vulnerability) to it.

Different organisms have varied degrees of sensitivity or vulnerability to different stresses. For instance, an organism with a great sensitivity to a specific bacterium or virus will, upon coming into contact with that microorganism, react immediately and dramatically with severe symptomatology. The more susceptible the organism is, the more drastic and immediate is the reaction, and therefore the more dangerous the outcome of the disease. Another person who is not susceptible to the same virus can literally consume it without any effect. This is perfectly exemplified in the incident involving Professor Petenkoffer, M.D., and Dr. Koch, who discovered the Tb bacillus. Professor Petenkoffer, in order to prove to his colleagues and Koch that it was not only a microbe that was needed to initiate a certain disease but also the organism's susceptibility or predisposition, drank a vial containing the Tb bacillus. He literally ingested the microbe but suffered no ill effects from it.

A man receives an emotional shock when a friend informs him that his wife is having an extramarital affair. Because of a similar previous experience during his first marriage, the man has been sensitized to such information. He therefore has a predisposition to be greatly affected by such negative stress, and his organism undergoes devastating consequences: he develops depression, a heart attack, diabetes or a terrible skin reaction, the exact nature of the reaction depending upon the predispositions inherent in his genetic make-up.

A person who is sensitive to rose pollen will have devastating effects when coming in contact with it, while others will enjoy the roses' fragrance.

Patient A is very sensitive to a certain antibiotic and literally falls apart upon contact with a small quantity of it. The allergic reactions (hypersensitivity) provoked by even an in-

finitesimal amount of penicillin and its derivatives are already well known.^{1"4} Patient B can withstand considerable quantities of the same antibiotic without adverse effects.

Some people who take an antibiotic won't develop a disease or serious side effects immediately, but will have delayed hypersensitivity. If we keep on giving the drug in an unwise way, it is certain to cause a predisposition even in those who initially were not sensitive to it. Recently a lot of interest has been focused upon delayed hypersensitivity caused by antibiotics such as rifampin, amphotericin B, metrodinoxazole, doxycycline and tetracycline.^{5"7}

In my opinion, antibiotics that could have been life-saving and a blessing in really dangerous cases are prescribed in such a way that they will prove to be one of the greatest curses of our modern civilization. They may spare a patient's life but leave him blind, deaf, afflicted with kidney, liver or brain damage, bone necrosis, ulceration of the bowel, intestinal hemorrhage, skin scars, extreme sensitivity to sunlight, or other disabilities that may last for months or years. Only during the past decade have we begun to recognize the magnitude, severity and complexity of the problem. Today it is only too obvious that adverse drug reactions represent a major public health menace of alarming proportions.⁸ Accordingly, I conclude that antibiotics should be given only in emergency situations and only if the life of a patient is threatened.

14. Stimuli or information can be positive or negative, promoting either evolution or degeneration.

We all know the beneficial effect of providing insight or information to people, especially when it concerns the "gray" or confused areas of their emotional or mental spheres. The whole idea of psychotherapy is based on this assumption. In the same way, a medicinal plant or mineral has to provide this much-needed information to really benefit the human organism.

Once the stimulus (which should always be understood as a subtle energy charge) passes a critical level (the organism's ability to automatically cope with it), a change takes place where self-regulation or disturbance occurs, which is akin to the nature of a **quantum jump** evoking a new rearrangement

of energy patterns. By this quantum jump we imply that the organism, in a split second, changes its level of health; it marks the beginning of evolutionary or degenerative processes. This jump becomes necessary for the organism to cope with the new situation created by a hostile or a positive stimulus.

Hostile stimuli are comprised not only of bacteria and viruses, but also chemical drugs (medicines). The human organism when confronted with a drug initially attempts to eradicate the drug's toxic effects, and so re-establish order. However, when exposed to a frequently recurring onslaught of drugs, things take a different turn. A primary example would be AIDS cases. AIDS patients often have a history of multiple exposures to antibiotics for the treatment of sexually transmitted diseases acquired before AIDS becomes manifest. These antibiotics, themselves noxious influences, represent stresses that undermine the host's defensive reaction to the AIDS virus. As a consequence, the host's defenses retreat a "quantum jump", from the level where the virus's effects had been contained, to a deeper level. This defensive shift actually signifies that the host is more deeply disturbed than previously; the immune response has proven inadequate in coping with this intruder. If the host continues to be subjected to the effects of strong drugs, the disturbance will penetrate deeper and deeper levels; e.g. the central nervous system—the deepest level of involvement in AIDS virus infections.

The negative influence of drugs is not only quantitative but also qualitative, the former being the visible or direct side effects of drugs upon the human organism, and the latter being the subtle, long-range impact upon the natural defenses. The long-range impact is the destruction of the organism's inner ecology. After prolonged allopathic "therapies" a patient's defense system becomes confused and almost paralyzed, losing its capacity to initiate curative responses because such reactions are constantly counteracted by the intervention of some allopathic medicine.

On the other hand, most of the serious alternative therapies focus on strengthening the curative abilities of the organism. If the stimulus is curative or positive, a process of regeneration will begin and ultimately a real cure can take place. But the stimulus must be powerful and specific.

The confusion which exists today in the field of alternative methods of healing is due to the fact that the so-called practitioners of these therapeutic arts are not experts in their specialties and therefore cannot provide the individualized and absolutely specific treatment necessary for each case. The fault does not lie with the individuals who practice these therapies, but with the health authorities who have so far shown a frightening indifference in supporting alternative educational centers. There are a few exceptions in the U.S.A., such as schools of Osteopathy and Naturopathy. Individuals who want to learn an alternative therapeutic modality in depth usually cannot find an authoritative school or educational center. In desperation they turn to anybody who professes to teach these alternative therapies. Confusion and exploitation often result. For their part, medical authorities are contemptuous of alternative therapies; they promptly label them "quackery" and refuse to examine them further.

So convenient a response will not long remain tenable. The emergence of AIDS, CFIDS, Candida and other new epidemics and diseases have already alarmed the unsuspecting public into questioning the assumptions of the allopathic bureaucracy.

15. During the process of changing levels through quantum jumps, the organism offers considerable resistance which can be transcended only by the intensity and quality of the stimuli (information).

At all times, the organism is automatically adjusting to the stresses received from the inner and outer environment. Thus in order to maintain a status quo or homeostasis, it puts up resistance in the form of minor and imperceptible changes within the body, which constantly reestablish the inner balance.

Yet there are positive and negative stimuli which, because of their quality and intensity, overthrow this resistance and initiate positive or negative processes.

If a friend of yours asks you to change your way of life, it is certain you will resist in the beginning; but if he keeps on giving you his reasons, and if these reasons strike a sensitive chord in you, you may opt for the change. It is the same with every kind of information. Initiating any real change will de-

pend on how deep your need is for it, how much you appreciate it, and what kind of sensitivity—predisposition—you have towards it.

If you keep on hammering an organism with antibiotics, eventually, because of the strength of the stimulus, the organism will have to change its level of resistance and go to an even deeper level. Here we may cite the example of *Proteus*, a non-pathogenic organism (a natural inhabitant in the intestinal flora) which mutates to a pathogenic organism under continuous treatment with antibiotics given for milder infections. The overall health condition of the individual is thus degraded.

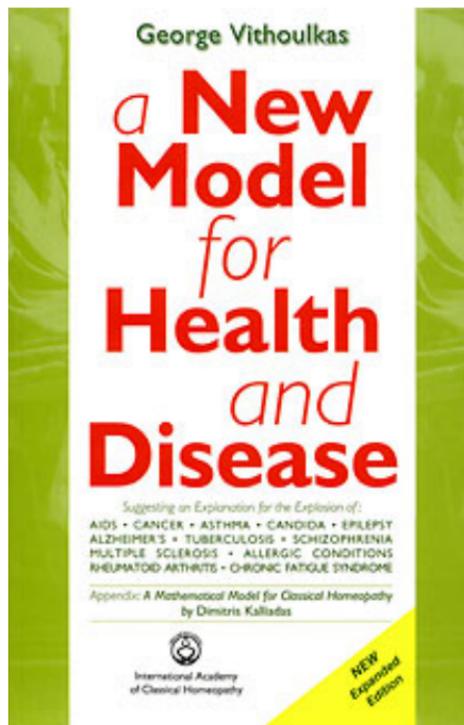
16. A relatively healthy organism is at all times in a state of "sensitive balance" with a certain degree of "unpredictability" concerning the future. Any changes that may ensue because of a stimulus will depend on the organism's health—on all three planes—as well as the quality and intensity of the information (stimulus-stress) it receives.

Because of its very nature, a healthy organism is in dynamic balance, which it tries to maintain at all cost. When the human organism has attained this balance and is in the best possible health, it exhibits a kind of vulnerability because of its dynamic, fluidic state. It seems that everything in its environment has to work for it now, harmoniously and conclusively, if it is to maintain this optimum, balanced condition. The tendency is to easily lose such an equilibrium under a strong negative or positive influence. Moving negatively is akin to "entropy"; moving positively is akin to evolution toward a higher level of existence.

It appears it is not so difficult for a negative stimulus to break down the first defenses of a healthily balanced organism, but once disturbed the organism will put up another line of defense that is much more difficult to break down. This means the stimulus necessary to push the disorder into deeper levels has to be much stronger and more invasive.

For example, let us look at the case of a chronic hay fever sufferer.

In the early years of this individual's life, it appeared that his hay fever condition began from "out of the blue" and with-



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