

Beyond Brain Matter

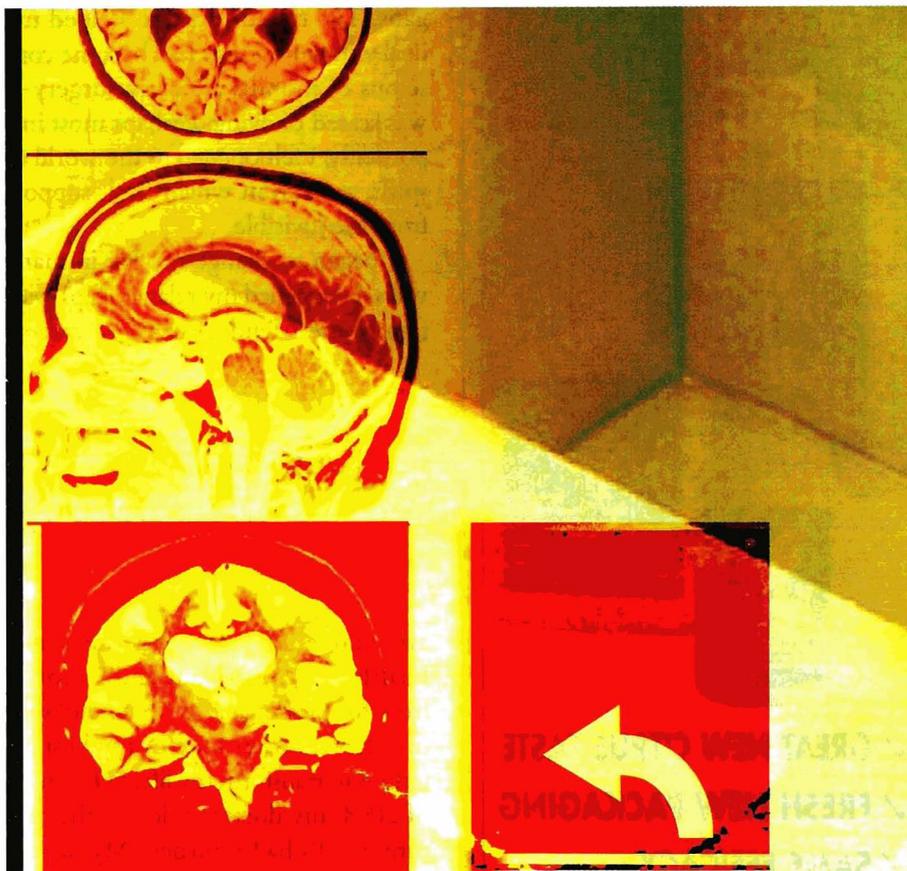
Transforming Biology and Embodying Wellness

BY JEANNINE WALSTON

“Violin and cherry,” I said peering at the red television screen. The image changed again, and my eyes started to close. My neuropsychologist grabbed my hand and insisted, “Stay awake.” I squeezed his fingers and focused my squinted vision. A building appeared on the screen. “Chaahh,” I slurred. “Churrcchh and...” I couldn’t recall the previous image.

On a cold metal table with my brain exposed to the air, a team of neurosurgeons mapped my brain’s speech and memory area. During the 12-hour procedure, they delicately removed my brain tumor and a centimeter of surrounding tissue. In the midst of their cutting, I vomited three times, had several seizures and lost sensation on my right side. When I gained full consciousness in the Intensive Care Unit (ICU), a loud clicking sound echoed in my head. I could not hear with my left ear or open my jaw. Bruised and wounded, I felt battle torn and numb.

I left the ICU two days after the surgery to get an MRI, which revealed no visible tumor cells. Radiation and chemotherapy were not recommended due to the successful removal of the tumor and surrounding tissue, the tumor’s low-grade classification, and my



age of 24. “Make sure you follow treatment developments about your tumor type,” said Robert Rosenbaum, MD, a neurosurgical fellow at the National Institutes of Health. “You need to be your own advocate.” I nodded my bald head not understanding what that meant.

With my life turned upside down, I had thought being tumor-free would bring me back to normal again. Now, suddenly aware of my mortality, I realized my life would never return to “normal.” Cancer broke me open beyond the cutting of my skull. My diagnosis, surgery and its aftermath forced me to look at the world through fresh

eyes. My experience raised the question, “Who am I?”

Recognizing that the operation itself was mild in comparison to dealing with the “new me,” I began looking to alternative medicine for support in my recovery. I stopped going out to bars and started studying healing. Chinese medicine instructed me that disease develops from imbalanced chi, the body’s vital force. Energy healers conveyed that illness starts in the spiritual realm. A nutritionist cited evidence-based data that high copper levels and inflammation, among other factors, contribute to brain tumor growth. Even with the

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tumor removed, I needed to address the underlying cause of my disease.

While I had received acupuncture before, I soon began regular weekly treatments. They assisted in clearing my body of the medications used during my surgery, supported the healing of my brain and strengthened my kidney energy, digestion, liver and other organs. The treatments also helped me deal with emotions I had become conscious of months after my surgery—I was scared of dying. Perhaps most importantly, I felt opened to the world of spirit, a realm in which I felt support from the invisible.

I began to change my life in many ways. I deepened my relationships with family and friends, I changed careers

In spite of my best attempts to transform my life, the tumor cells returned.

and started my own business as a healthcare consultant, and I moved from the bustling city to a peaceful suburb. However, in spite of my best attempts to transform my life, in February of 2004, my doctors told me that the tumor cells had returned. My neuro-oncologist insisted surgery was the best option. But now the idea of surgery just felt too barbaric. Since the tumor appeared slow growing, and the mass did not impose an immediate threat on my life, I opted instead to explore treatments that would address the root cause of disease and underlying imbalances.

In a moment of clarity, I recognized I needed to heal from the inside out. And I needed to take responsibility for that healing. Although the disease manifested in my head, I knew my heart somehow played a role in my illness. Somewhere along the way, I had become disconnected from the rest of the world and myself, and my heart had closed. I recognized that inviting my

heart to open would allow me to connect with a universal life force and those around me. Just coming to that realization, I felt freed, healed and whole.

Determined to heal myself, I engaged in more selfcare, starting with a diet of raw foods, some macrobiotics, vegetable juice and wheatgrass, along with a new treatment protocol of acupuncture, herbs and supplements. As I changed what I put in my mouth, I worked to continue transforming my thoughts. In my fear, through my tears and in the calm of surrender, I listened intently to spirit. My intuition guided me from the Washington, D.C., suburb where I was living to the rolling hills of California. Just north of San Francisco, I found Miki Shima,

OMD, at the Institute of Traditional Acupuncture and Herbology, who treated me with acupuncture and herbs. He suggested I consult with Lynette McLamb, MD, an internist with expertise in homotoxicology.

Although I knew of homeopathy's theory of "like cures like" using small doses of highly diluted remedies from plants, minerals, and animals, I knew nothing about homotoxicology. Founded more than 50 years ago by Hans-Heinrich Reckeweg, a German physician and homeopath, homotoxicology integrates the treatment principles of homeopathy with the diagnostic approach of allopathic medicine. Unlike classical homeopathy that uses single remedies in patients, homotoxicology uses combinations of remedies to treat a variety of underlying causes for people with conditions ranging from allergies to cancer.

About 17,000 licensed practitioners in the United States use some form of



Using herbs from Traditional Chinese Medicine and acupuncture helps balance chi, the body's vital force.

homotoxicology with their patients. McLamb trained with Alta Smit, MD, a medical doctor and homeopath in Germany, and Jari Nakouzi, MD, an oncologist in Bridgeport, Conn., along with other professionals in the field. According to Dr. Nakouzi, homotoxicology is used uniquely for cancer as a biological chemotherapy without the side effects of conventional chemotherapy. "Homotoxicology works by stimulating the immune system to kill cancer cells and control the cancer growth. The disadvantage compared to conventional chemotherapy is that homotoxicology can work slowly. My goal is to give patients the best chance without causing damage. However, if homotoxicology cannot control the fast growing cells, then conventional chemotherapy is necessary," Nakouzi says.

From my two-hour initial evaluation, McLamb recommended specific combination remedies—in drops, tablets and vials—that I incorporated into my daily regimen of herbs and supplements. Since beginning my protocol, my days start and end with dissolving homeopathic tablets underneath my tongue. I drink several glasses of water each day sprinkled with an evolving array of homeopathic liquid drops. I also use liquid homeopathic vials that I place in

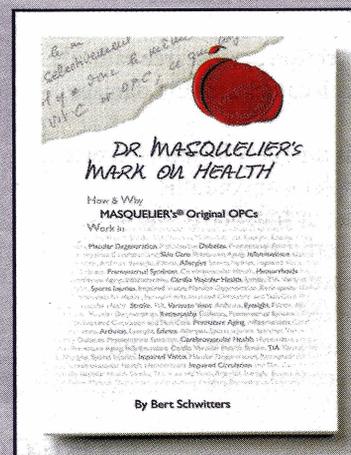
my mouth, inhale through a nebulizer or have injected into acupuncture points. Remedies target toxicity and stimulate my body's capacity to heal itself. "Your body possesses an innate self-healing mechanism that can prevent and treat illness. This same mechanism initiates a series of reactions that creates disease to either eliminate the toxin or control its bi-

ological effects. Disease is either the physical body's way of waging a defense in order to purge toxins, or the organism's attempt to compensate if elimination is not possible," McLamb explains. Along with the homeopathic remedies, her words became my medicine.

According to McLamb, since tumors represent the highest level of toxicity in the body, according to homotoxicology's six-phase disease chart, toxins likely challenged my liver, kidneys, skin, mucous membranes and other organs for years. Reviewing my life, I recalled the lake I swam in as a child that was treated with pesticides, a car with a broken exhaust system, a gas leak in an apartment, long-term antibiotics usage, health ailments from my travels outside the United States, poor diet, stuck emotions and childhood frustrations. I wonder if this heavy burden of toxicity, combined with my underlying constitution, could be responsible for my disease.

"The individual phases of disease progress as the effects of toxins penetrate more deeply over time," says McLamb. "Our goal with homotoxicology is to reverse this process and restore health. The dynamic process of healing occurs from within to without, from above to below, from most vital to least vital organ, and in reverse order of appearance of symptoms." She

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emphasized that homotoxicology works better when paired with other therapies such as nutrition, acupuncture, herbs, chiropractic, massage, emotional and spiritual work, and even conventional medical treatments when appropriate. For people with significant toxicity and deficiency on the cellular level, nutritional support may be required before the homotoxicology protocol begins. "It is not just about the homeopathic remedies. You need to

As my cells detoxify, the stored emotions in my body also release.

engage your healing process from many directions," she said.

Dr. McLamb emphasized that we needed to regulate the biological rhythms within my system to increase internal strength before cleansing toxicity through drainage. She did not want the contained toxicity releasing too quickly and flooding my system.

After a few months of the regulating protocol, we began the drainage phase in the spring of 2005. Like a river being cleared of old debris, my body continues to move the toxins out. As a result, I have developed skin outbreaks in recent months, including rashes on my face and arms. I envision my body letting go of what no longer serves me. The drainage phase includes homeopathic injections. Because these injections are targeted into acupuncture points and specific meridians that flow throughout the body, the remedies travel across energy pathways and access deeper parts of my being. After injections, I sometimes think more clearly and have more energy. I also smell chemical odors releasing from my skin and often experience intensified emo-

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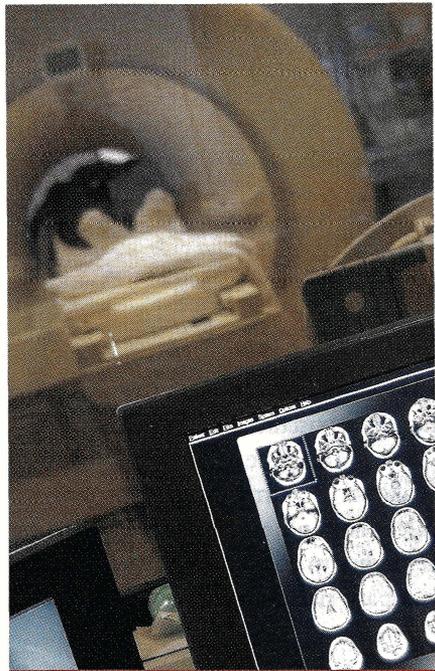
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tions. I'm learning that as my cells detoxify, the stored emotions in my body release as well.

As I continue to dance between my head and heart, eight years after my first diagnosis, I will also move between the regulation and drainage phases of my



MRI scans every few months indicate that the tumor has stabilized.

homotoxicology protocol. McLamb anticipates that my biological terrain and environmental milieu will be restored in one to two years on these therapies. I'll then go on a homeopathic maintenance program twice each year to help preserve internal strength and address any accumulation of toxicity.

In the next few weeks, McLamb and I will add another level of therapy: injections of *Viscum Compositum*, a combination remedy that contains *Viscum album*, or mistletoe, as its main ingredient. Each injection will combine a small amount of my blood with *Viscum Compositum* through a dilution process. Since the blood carries energetic information about prior toxic exposures, the injections help the body to recognize the toxicity, through

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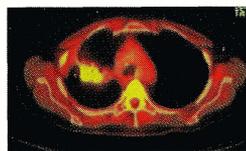
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Homotoxicology uses combinations of remedies to treat chronic illnesses.

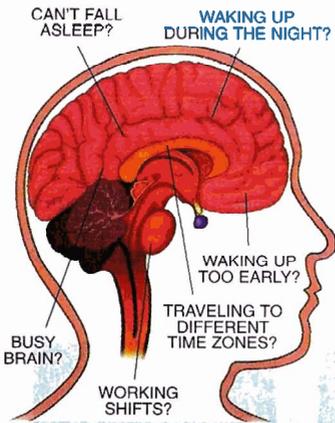
the principle of like cures like, to target the viscum therapy appropriately.

For advanced cancer patients, Nakouzi concurrently combines viscum injections and regulation and drainage remedies to address toxicity due to the rampant nature of disease. "My treat-

Homotoxicology treats more than the tumors—it targets the whole being and its underlying toxicity.

ment approach is aggressive from day one," he said. Nakouzi also uses electroacupuncture through a diagnostic screening device called EAV testing, which detects imbalances and identifies the organ of dominant focus. The testing is based on the concept that electromagnetic field (EMF) disturbance, caused by physical, emotional and mental turmoil, can occur in any organ of the body and create internal disaster. "Instead of aiming homotoxicology in the dark, I target the dominant organ

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associated with each person's disease. Therefore, all cancer patients are not treated with the same protocol. Rather than treating the label, I treat the patient with customized therapy," he explains.

Homotoxicology alone cannot successfully treat tumors, according to Nakouzi. McLamb has told me that homotoxicology doesn't treat tumors, but the whole being and its underlying toxicity. Both physicians agree that cancer requires a multidisciplinary approach combining a variety of therapies.

My journey continues though my outcome is unknown. I see a neuro-oncologist at the University of California at San Francisco for MRI scans every few months. The scans appear stable. The accumulation of toxins and the development of disease took many years, and perhaps lifetimes. I am committed to the healing of body, mind and spirit. I will engage this process until the end of time.

As I walk through my neighborhood admiring the vibrant redwood trees of Northern California, I know that I embody that same vitality, a deep and enduring wellness, even with a brain tumor. **A**

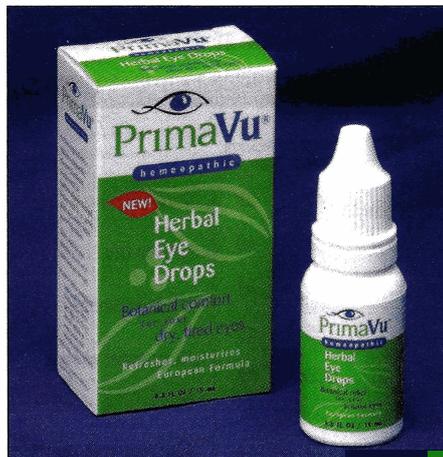
Jeannine Walston is a freelance writer living in the San Francisco Bay Area.

More on homotoxicology

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Lynette McLamb, MD, Institute of Traditional Acupuncture & Herbology, 21 Tamal Vista Blvd. Suite 110, Corte Madera, CA 94925; (415) 924-2910.

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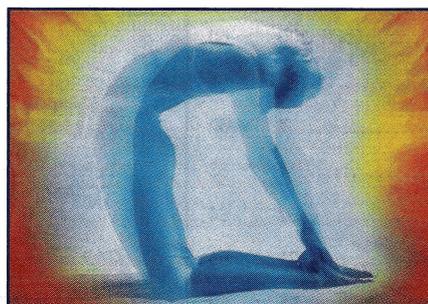
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