

LESSON VI – An Approach to Various Diseases

© Rev. FRED J. FOX B.A.
Reflexologist
 21 HALEWOOD ROAD
 LIVERPOOL L25 3PH
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Introduction: Healing from disease must always come from within a person; it cannot be imposed from without. External help is effective only if it initiates or supports the process of self-healing. Such is the case when obstacles to self-healing are removed or at least reduced and when energy is given to support various functions of the body which are otherwise too weak.

The chief way to remove obstacles to the process of self-healing is by clearing the lymph system of toxins which burden the autonomic nervous system and prevent various organs, such as the pancreas or liver, from functioning properly. But there may also be mental and/or emotional blockages as well which stand in the way of recovery because they cause too much stress or simply dampen the resolve to get well. Here is where a bit of psychotherapy can help.

One way in which the healing process can be supported is by wholesome nutrition, with some emphasis on whole, unprocessed foods. Highly refined foods such as white sugar, white salt, white flour and highly processed foods such as margarine and artificially coloured, flavoured and preserved articles should be kept to a minimum. These are so-called left-swing foods because, when their effect on the autonomic nervous system is measured, they cause the needle of the measuring device to swing to the left. This denotes suppression of the sympathetic nervous energy supply to various organs, causing them to become hypotonic and therefore less capable of performing their specific functions. The pancreas, for example, may then be unable to produce sufficient enzymes of one kind or another or the liver may not be able to process the blood adequately.

Another way in which the healing process may be supported is with homoeopathic medicine. This means that the body is given a specific form of energy by means of a 1polarized or 1magnetized medium, usually lactose (milk sugar) to make up for what is lacking or deficient in the body, usually in the nervous system. Thus, Cuprum Met. Can be used to energise varicose veins so that they can function better, or Arnica can be used to stimulate the adrenal glands so that one can cope with stress better in an emergency.

Other forms of support are – spiritual healing or polarity therapy, colour therapy, aromatherapy, the use of gems, psychotherapy, and of course reflex zone massage. Acupressure and the moxibustion can also prove beneficial, the one by balancing energy supply throughout the body, thereby increasing it to weak areas; the other by building up energy with heat and infrared rays.

Often the kind of support that is needed is one which reduces energy in an organ or area of the body which is hypertonic. Here, again, homoeopathic preparations can be used such as Belladonna in case of a throbbing headache or Rhus Tox in case of lumbago and sciatica. Acupressure can also be very useful as can reflex zone massage. In both these cases the massage should be slow, anticlockwise, and gradually deepening.

Some cases:

1. Simple arthritis and polyarthritis are brought about by a faulty nucleoprotein metabolism resulting in the formation of too much uric acid, which the kidneys are not able to excrete and which therefore crystallise in muscles and joints where the circulation is under par. Self-healing can be initiated by lymph drainage exercises to clear the autonomic nerve supply to the pancreas so that it can freely secrete the enzymes necessary for proper uric acid conversion to urea and urates for excretion by the kidneys and to stimulate the kidneys so that they can better cope with their task of filtering the blood.

2. Rheumatoid arthritis involves inflammation in the joints. This comes about from faulty nucleoprotein metabolism as above, but the inflammation is caused by the fact that lymphocytes attack the uric acid crystals and dissolve them, Histamine is released by the cells and the area becomes engorged with blood. This is a healing process, but until the source of the excessive uric acid is cut off through improvement of the pancreas, the healing process cannot succeed.

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3. Osteoarthritis comes from faulty calcium metabolism. An imbalance between hormones produced by the thyroid and parathyroid glands raises the level of calcium in the blood and tissue fluid too high and then deposits form in joints or other places where there is a focal point of pressure, such as the heels. Calcium spurs on the heels are usually the first evidence of faulty calcium metabolism. These may become very painful. But clicks on any joints such as the knees, the hips, the shoulders, and the jaw are also easily recognisable signs. If this is not corrected, joints may become deformed. But usually, it is a combination of faulty calcium metabolism with faulty uric acid metabolism that causes severe inflamed and very painful deformation of joints. To correct the calcium metabolism, first treat the 3 pairs of cervical ganglia on the back of the neck through the reflex zones on the back of each of the big toes and then the glands themselves through the reflex zones on the big toe. Keep in mind that parathormone from the parathyroid raises the level of calcium while calcitonin from the thyroid lowers it.

4. Tumours develop because of wild reproduction of cells. The process begins with mutation of cells by a carcinogen. Usually, the mutated cells are quickly recognised and disposed of by white corpuscles (phagocytes) but if the immune system is weak a tumour or wild growth of tissue may develop. A further complication arises from the fact that such tumours are surrounded by a thin coating of protein which has a negative charge, and which repels white corpuscles because they, too, have a negative charge. Here a second line of defence comes to play. The pancreas normally processes sufficient protein digestive enzymes not only to break down protein from food in the duodenum but also to digest foreign protein in other parts of the body. Once the protein coating around a tumour is digested, the phagocytes penetrate to the tumour and reduce it, bringing it under control. This brings about a remission. If the tumour is eventually completely isolated and contained, it is called a benign tumour.

In dealing with cancer, therefore, one must concentrate on getting the pancreas back to normal production of protein enzymes and on stimulating the immune system. Lymph drainage exercises, after massage of the reflex zones and stimulation of the pancreas and thymus through the reflex zones are the basic therapy. The thymus is important because it plays a role in stimulating the phagocytes. A very valuable psycho-therapeutic exercise is to combine mental command and visualisation with rhythmic breathing. The procedure is established rhythmic breathing by counting to four, more or less slowly, until a comfortable and relaxed intake of air and then output is established. Then substitute the count of 4 of the intake of air with the words: "Attention phagocytes" and the output of breath to the count of 4 with the words: "Destroy the cancer cells" This should be done for 10 minutes, twice a day, before meals when plenty of pancreatic enzymes should be available and the body is not busy with digestion of food. During the intake of air, one should visualise the phagocytes standing to attention, and then during the output of breath one should visualise the devouring the cancer cells.

5. Psoriasis: this comes through faulty metabolism due to a shortage of enzymes from the pancreas. Metabolites, the result of incomplete metabolism, escape from the body through the skin, causing a rash. Treat the pancreas by clearing its autonomic innervation through lymph drainage exercises and then by stimulating it via the reflex zones.

6. Asthma and Bronchitis: inflammation and / or spasm in the bronchi and bronchioles of the lungs can be relieved by lymph drainage exercises, followed by reflex zone massage. For relief from an attack of asthma, acupressure on CV 22 on the suprasternal notch should not be forgotten. The Chinese call this point "Sudden Heaven" because of the rapid relief it can bring. Behind asthma and bronchitis there is usually also a problem with the colon because of unhealthy intestinal flora. Miso is recommended because it contains strong strains of lactic bacteria which prevent fermentation and putrefaction in the colon. End products of fermentation and putrefaction are picked up by the blood and excreted in the lungs. This causes irritation and inflammation in the lungs.

In asthma sufferers there is usually also an emotional problem to be dealt with. The cause may be subconscious. Perhaps a faulty relationship with a parent.