

Advanced Mind Body Diagnosis

Meta-Medicine® UK

SAMPLE

**Meta-Medicine®
Diagnosis and Therapy
Plan**

Date 2007

Meta-Medicine® Diagnosis and Therapy Plan

What is Meta-Medicine?

Meta-Medicine is not a Therapy but a diagnostic system. There are 10 important models of how and why the body creates symptoms, often called illnesses by Conventional Medicine. Conventional Medicine is excellent at diagnosing specific symptoms but they are unaware that there is a complex programme that the body is going through. This programme is started by a Biological conflict shock that upsets the balance of the person (and animals), and can be mapped through its whole process using Meta-Medicine®.

Meta Medicine therefore can explain why a symptom is there, what caused that symptom to occur, where the person is within the process and what they will experience next.

It also answers why certain issues become chronic and why issues can sometimes seemingly spread.

Knowing the cause of an issue can also bring light on what is the correct therapeutic intervention in order that a person can complete the biological process their body is going through. Meta-Medicine® looks at all the possible solutions to the original Biological conflict shock and therefore can offer solutions that affect the Mind, Body, Spirit, Social and Environmental interventions.

Until now all these therapeutic approaches were separate, however, Meta-Medicine® shows us how all of these different approaches can come together to support the whole person in becoming well.

The difference between Meta-Medicine® and Conventional Medicine

Conventional Medicine (*including many alternative and complementary therapies*)

- All disease, cancer, pain and illness (i.e. symptoms) are a 'Problem' because the body has made a mistake. Diagnosis takes the symptoms and labels them as a disease. All therapy is designed to eliminate, remove, suspend or relieve these symptoms. Therefore 'Cure' the 'Problem'

Meta-Medicine®

- All disease, cancer, pain and illness (i.e. symptoms) are a part of a biological programme caused by a shock which has threatened the survival of the client and its family, within its environment. Diagnosis is designed to find why the programme is there, what caused the programme to occur, where the client is within the programme. All therapies are designed to assist the client through the biological programme to wellness. Therefore completing the biological programme

Basic Medical Diagnosis of Multiple Sclerosis

Please note the exact cause is not known medically

Multiple Sclerosis (abbreviated **MS**, also known as **disseminated sclerosis** or **encephalomyelitis disseminata**) is a chronic, inflammatory, demyelinating disease that affects the central nervous system (CNS). MS can cause a variety of symptoms, including changes in sensation, visual problems, muscle weakness, depression, difficulties with coordination and speech, severe fatigue, cognitive impairment, problems with balance, overheating, and pain. MS will cause impaired mobility and disability in more severe cases.

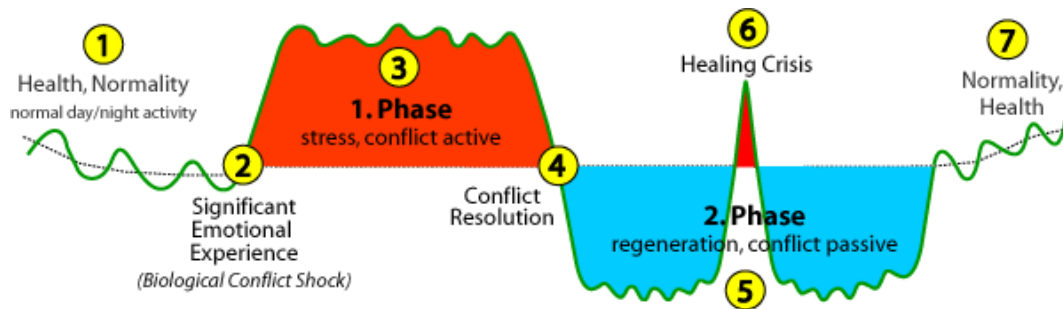
Multiple sclerosis affects neurons, the cells of the brain and spinal cord that carry information, create thought and perception, and allow the brain to control the body. Surrounding and protecting some of these neurons is a fatty layer known as the myelin sheath, which helps neurons carry electrical signals. MS causes gradual destruction of myelin (demyelination) and transection of neuron axons in patches throughout the brain and spinal cord. The name *multiple sclerosis* refers to the multiple scars (or scleroses) on the myelin sheaths. This scarring causes symptoms which vary widely depending upon which signals are interrupted.

The predominant theory today is that MS results from attacks by an individual's immune system on the nervous system and it is therefore usually categorized as an autoimmune disease. There is a minority view that MS is not an autoimmune disease, but rather a metabolically dependent neurodegenerative disease. Although much is known about how MS causes damage, its exact cause remains unknown.

Multiple sclerosis may take several different forms, with new symptoms occurring either in discrete attacks or slowly accruing over time. Between attacks, symptoms may resolve completely, but permanent neurologic problems often persist, especially as the disease advances. MS currently does not have a cure, though several treatments are available that may slow the appearance of new symptoms.

MS primarily affects adults, with an age of onset typically between 20 and 40 years, and is more common in women than in men.^{[1][2]}

The Two Phases of a disease process



Every illness goes through two phases. The 1st phase (conflict-active, sympathetic) and the ensuing 2nd phase (conflict-passive, parasympathetic) are described as a disease process or cycle. The typical symptoms of an illness, such as muscle or headache, running nose, ulcer, breast cancer, leukaemia etc. are not the illnesses *per se* rather a partial aspect of a comprehensive disease cycle.

1. Normality, health, equilibrium, balance

Health can be considered an equilibrium – a harmony between body, mind, spirit and environment, a balanced rhythm between day activity and night regeneration.

2. Biological conflict shock

Every disease originates from a biological conflict shock (a significant emotional experience). We have no strategy to deal with this unexpected, intensive, acute-dramatic and isolating situation. Our unconscious mind reacts to this biological conflict shock with a biological meaningful program which we have labelled disease.

3. Stress phase (conflict-active)

The biological conflict shock triggers the stress phase, which lasts until the conflict resolution. Our normal day-night rhythm is interrupted and our organism starts a disease process (which is biologically meaningful), overriding everyday functioning and focusing entirely on dealing with the unexpected situation. If an individual cannot solve the conflict then he will stay in the 1st phase.

Characteristic symptoms of the conflict-active stress-phase are:

Vegetative nervous system: The organism is in a on-going stress/sympathetic state, an extended day-rhythm. Typical symptoms are cold hands and feet, low appetite, sleeplessness, elevated blood pressure, low blood sugar, nausea, weight-loss and all other physical symptoms of stress. **Organ:** The affected organ is determined by the conflict context. Depending on the location of the corresponding brain relay the organ show either cell/tissue growth (swelling, tumour, etc.) or cell/tissue reduction (necrosis, ulcer, etc.) or a loss of function (eye sight, muscles, etc.).

Mind: Compulsive thinking, emotional stress, change of personality, everything circles around the conflict. **Brain:** At the moment of the conflict shock the corresponding brain relay changes, showing sharp concentric rings detectable on a brain CT. The exact location of the lesion of the brain relays is determined by the conflict context and the size by the intensity and duration of the conflict.

4. Conflict resolution

The conflict resolution is the turning point of the disease process, changing from the conflict-active stress phase into the 2nd conflict-passive regeneration phase. Conflict resolution is possible through a real or a spiritual solution of the initial conflict.

5. Regeneration phase (conflict-passive)

The activity of our nervous system changes from the sympathetic to the parasympathetic nervous system. Now our energies go into rest and recuperation, metabolism, regeneration and the build up of bodily reserves. We have warm hands and feet, develop temperature, feel tired, drained or exhausted and want to sleep or at least relax. The obsessive compulsive thinking around the conflict has gone and the inner stress, pressure and tension have dissipated. On a brain CT the affected brain relay also shows immediate change.

On an organ level our organism will do everything in its power to regenerate. The loss of substance or function from the stress phase is being repaired now. Even if we call this section of a disease cycle 'the regeneration phase', it is not meant to imply that the process always runs smoothly and without any complications. Often just the opposite may be the case. Many of the known illness symptoms occur during the regeneration phase.

Characteristic symptoms during the regeneration phase are:

- All types of inflammation, redness, heat, flu, otitis etc.
- Rheumatic pains or headaches
- Leukaemia, heart attack
- Breast ductal and cancer and much more

Characteristic symptoms of the regeneration phase are: Vegetative nervous system:

From the moment of the conflict resolution our organism changed into the parasympathetic state, an extended night-rhythm. Symptoms are hot hands and feet, good appetite, fatigue, weakness, need to sleep, lower blood pressure, even fever, inflammation. Organ: Now the organism has time to regenerate and repair the damage done in the prior conflict phase. Depending on the affected organ and its embryonic layer/brain relay connection it will repair itself through cell/tissue decomposition (removal of swelling, tumours, etc.) or cell/tissue augmentation (refilling of necrosis, ulcer, etc.) or a return of functional (eye sight, muscles, etc.).

Psyche: The conflict has been solved and a sense of relief is felt, the stressful and compulsive thinking is gone.

Brain: The brain lesion starts to heal, showing dark, blurry and indistinctive concentric rings in a brain CT. In the regeneration phase water and fluids are found in the area of the brain relays, often accompanied by headaches, dizziness, double vision and other cerebral symptoms.

Ideally, we should give our body time, attention and energy during this phase, to rebound from previous exertions. This rarely happens. Often our life circumstances do not allow for relaxation time or we misunderstand the signals our body gives us and act contrary to our own needs. When you have flu, for example, the biologic natural behaviour would be to lie in bed for a few days, to relax and allow your body to heal. It should be clear to us though that acting against the natural rhythm of our body is bound to hinder and delay healing. It becomes harder to make a full recovery, reflected in the large number of chronic illnesses.

6. Healing Crisis

Nature has incorporated a useful biologically mechanism into the regeneration phase that tests our strength and enables us to completely heal the illness and conflict. During the regeneration phase we experience a relapse of our initial conflict in slow motion, as a kind of 'biological test'. The second part of the regeneration phase depends on how we deal with this healing crisis. If the healing crisis is managed well, we can emerge invigorated and strengthened enough to overcome the illness completely and successfully.

Knowing about the healing crisis allows us to anticipate symptoms much more calmly and without fear, and deal with them in a better way. For example, we could prepare for and counteract the healing crisis, if we knew that a heart attack, epileptic seizure or liver coma was to be expected in the coming weeks. Fear of the symptoms would then give way to a holistic understanding of the interactions within our body. An experienced META-Medicine® physician or therapist would prepare us accordingly for such an event.

The healing crisis is followed by the second part of the regeneration phase. The patient has finally overcome the most difficult phase of the illness and may now look forward to healing completely.

7. Normality, Health, Vitality

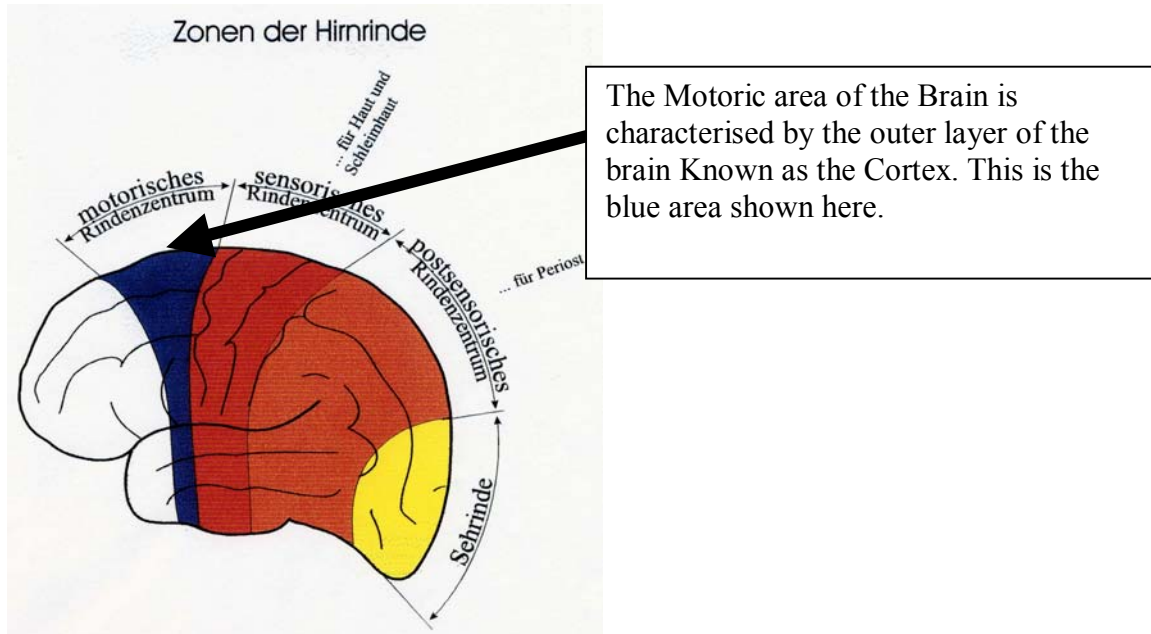
Irrespective of whether the illness lasted a few days, months or years, the organism has finally returned to its fully functional normal state and feels totally healthy. After our organism has sensibly counteracted the conflict we have returned to a state of balance – or harmony of body, soul and spirit. The day and night rhythm has normalised and we are back to our normal self.

The two phases of a disease are especially important in the practice and diagnosis of any healing profession; be it medical or therapeutic. Only through the understanding of the disease cycle can we understand symptoms better and also organise them in a logical system.

However, even as aware and intelligent patients, we can simply and effectively ascertain whether we are in the conflict-active stress phase or in the regenerative phase.

Multiple Sclerosis Symptoms and Meta-Medicine® Diagnosis

MS affects two areas of the brain the Cerebral Medulla (Shown) and the Cortex – The Motoric area of the brain. (Shown) This area controls the movement of the muscles



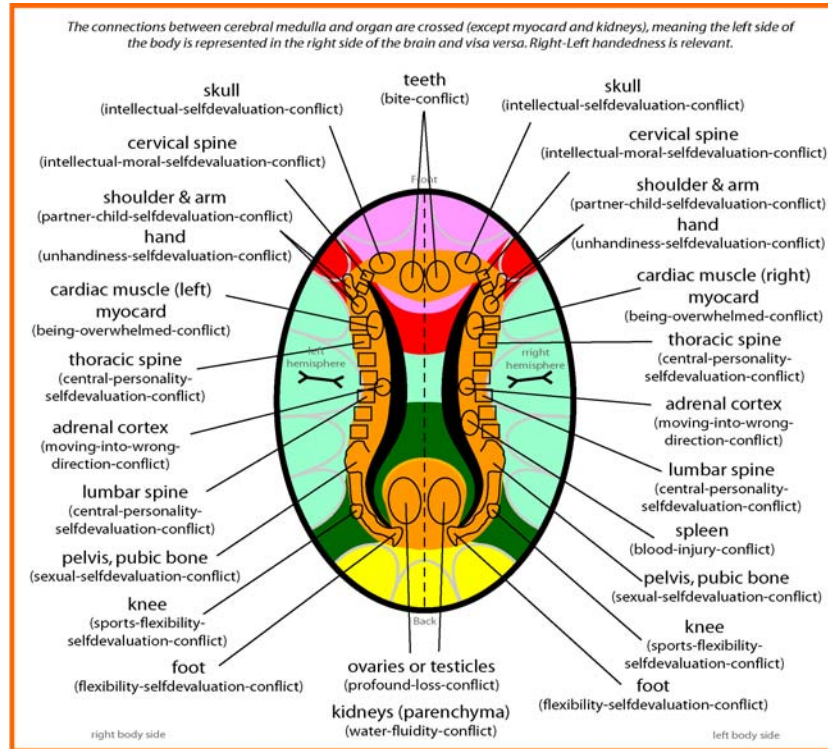
The Motoric area is responsible for the myelin sheaf, this affect coordination

The Cerebral Medulla is responsible for the muscular movement of our body. This has the affect of wasting away of the Striated Musculature. (skeletal Muscles)

***Skeletal muscle** is a type of striated muscle, usually attached to the skeleton. Skeletal muscles are used to create movement, by applying force to bones and joints; via contraction. They generally contract voluntarily (via somatic nerve stimulation), although they can contract involuntarily through reflexes.*

The Cerebral Medulla

Where the Skeletal Muscles relays are situated.



The Conflict shocks that cause MS to occur are

Unable to escape, to flee or unable to follow (legs) or cannot hold on, or defend or cannot hold on (arms) or unable to get away (evade) back and shoulder muscles or not knowing am I coming or going.

This in a women manifests as an ongoing social conflict/s that also affect the how the women values herself. So therefore the same conflicts happening in two separate brain layers.

Meta-Medicine® Directory explanation

Cerebral Medulla Conflict – Striated Musculature

Biological Meaning

Motion-self-devaluation-conflict i.e. cannot flee (legs), cannot repel or hold (arms).

Phase 1

In the conflict phase there are a necrosis of the striated muscles (Muscular atrophy). Cell minus, necrosis / muscular atrophy

Phase 2

In the regeneration phase we find a restoration of the necrotized striated muscles with a muscular hypertrophy. In case of a syndrome (simultaneously active renal-collecting-tubule/territory-conflict) there may be a particularly intense swelling, frequently diagnosed as a myosarcoma. Here is also a very strong interaction with the Cerebral cortex (- / +) (see multiple sclerosis). cell plus, muscular hypertrophy, swelling, myosarcoma

The biological meaning is the cell proliferation and the strengthening of the muscles in the regeneration phase.

Cortex Conflict – Myelin Sheaf

Biological Meaning

Paralysing-conflict, i.e. cannot flee or come along (legs), cannot hold or repel (arms, hands), cannot evade (shoulder and back muscles), to be at a loss (paralysis of the legs), etc.

Phase 1

In the conflict phase we see an increasing motor paralysis of the muscles. There are less or no impulses coming from the motor centre of the Cerebral cortex (- / +) to the skeletal muscles, this can affect singular muscles, whole muscle groups or whole extremities. The paralysis is mostly not painful. In case of a longer duration there is a considerable danger of a second conflict and therefore of a schizophrenic constellation. cell minus, paralysis.

Phase 2

In the regeneration phase there is temporarily an apparent deterioration of the motor function. Uncontrolled convulsions can arise, and as a healing crisis we find an epileptic seizure. After this healing crisis the innervations of the muscles recovers slowly.

The biological meaning is the loss of function and the reflex of feigning death.

Client Left Dominant Wired*

*See Handedness**

It appears that the major issue is with you Client you are living the life of your mother and father. Whereby you feel paralysed by the circumstances that have plagued you in your inability to flee from the family nest.

Your father is considered 'Spineless' and your mother is a very domineering figure for the whole family.

The first symptoms appeared when you were 17 you thought you were pregnant and confided in your mother – 'She was lovely, just as a mother should be'. You said and then you got your period 2 days later.

Your mother then proceeded to call you everything under the sun; 'Tart, Whore, Slut, Only Slag's get pregnant'

This resulted in a pattern being replayed whereby you would end up grovelling to your mother letting her be the one in the right, even if she was not. You said she is a Psychological Bully.

Everyone in the family is affected by this, Bother, Sisters, and especially your father. All their lives there have been rows followed by them having to grovel to your mother.

The rows happen and then following the rows there is a time lapse where your mother does not speak to you or your brother and sister children (or the father) then someone has to give in and it is never your mother.

This results in you having to apologise to your mother, even if your mother is totally wrong, and say that 'You love her.' The Majority of rows are to do with how your mother dominates everyone especially your father. (Whom you love dearly.)

You feel sad that your father has lost out; and also you feel quite let down by him – he has always put your mother first. Probably because he has the same issue as you and your siblings. He is spineless and lets your mother dominate him.

There is so much hatred towards your mother; you say 'I would not care if I never saw her again. I HATE her so much.' you feel Paralysed by her (you wants to kill her). This manifest itself so much you would rather lie down and die. The only reason you don't is because of your husband. **THIS IS SIGNIFICANT.**

AT age 22 you went to live in Monaco, and it was there that your balance went bad (probably a healing crisis, and in the second phase of the whole

issue – therefore healing). You had to come back and live with your mother where she told you to Fuck Off.

Then following this major row there was a time where your disease did not get any worse or better until following a row at age 31. To do with a problem regarding a skin graft, where both your Mother and you ended up in the same hospital. This drew attention away from your Mother and she became very bitter towards you.

Note

There is also an ongoing issue with the Bladder which stems back to another row to do with the mother whereby you were put outside. Bladder mucosa symptoms in females such as this are connected with issues that relate to a social problem of an inability to be able to mark ones territory. In this case an inability to grow up and be a women in the household.

Diagnosis

There have been many conflict shock throughout your life, all are to do with different parts of the body. The most notable are do with the legs. This is an inability to be able to flee conflict. Basically you cannot get away from the mother and what your mother has done to your father. It is as if Client is wanting to punish your mother by remaining ill. In fact your mother has become very religious so she can cause her daughter to heal. Saying that it is Jesus that will heal you. You have said you won't get well because your mother would end up saying it was Jesus that did it.

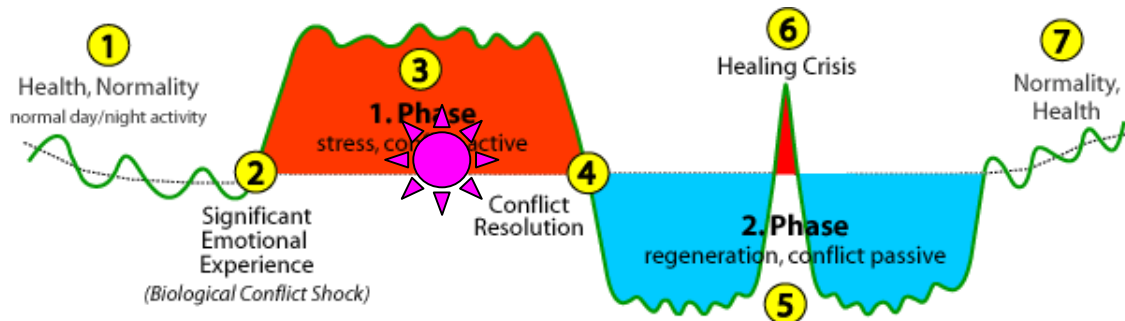
There is so much Hatred of the mother!!!

Where are you in the healing process?



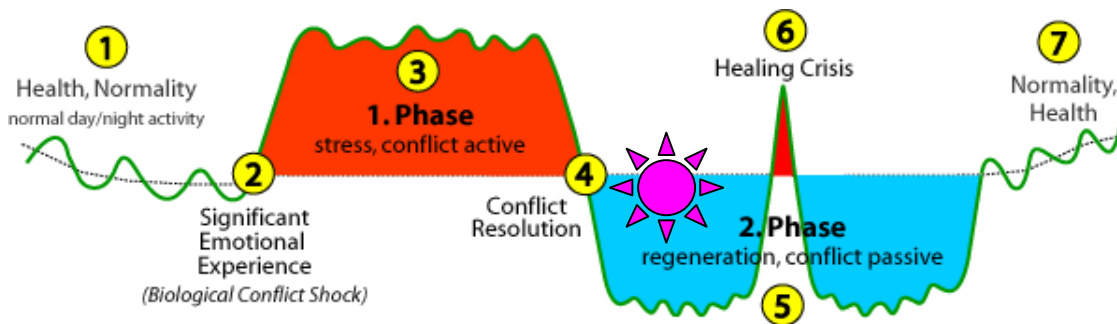
This symbol represent where you are stuck within the disease cycle.

Cortex – Motoric response (Myelin Sheath)



This can be explained in that you are stuck in the first phase for the Cortex issue (this is to do with the Myelin Sheaf - the motoric response of the muscles.) You are paralysed and unable to Flee (legs), unable to hit away clenched hand (Mother), unable to hold onto (Father.)

Cerebral Medulla – muscular response (Striated Musculature)



Also at the same time you are stuck in the second phase of the striated muscles – they are stuck in the regeneration phase. You will typically feel pain and swelling in this phase. This will fluctuate as you pass further through the phases but it never resolves the underlying self devaluation conflict.

The Overall Pattern

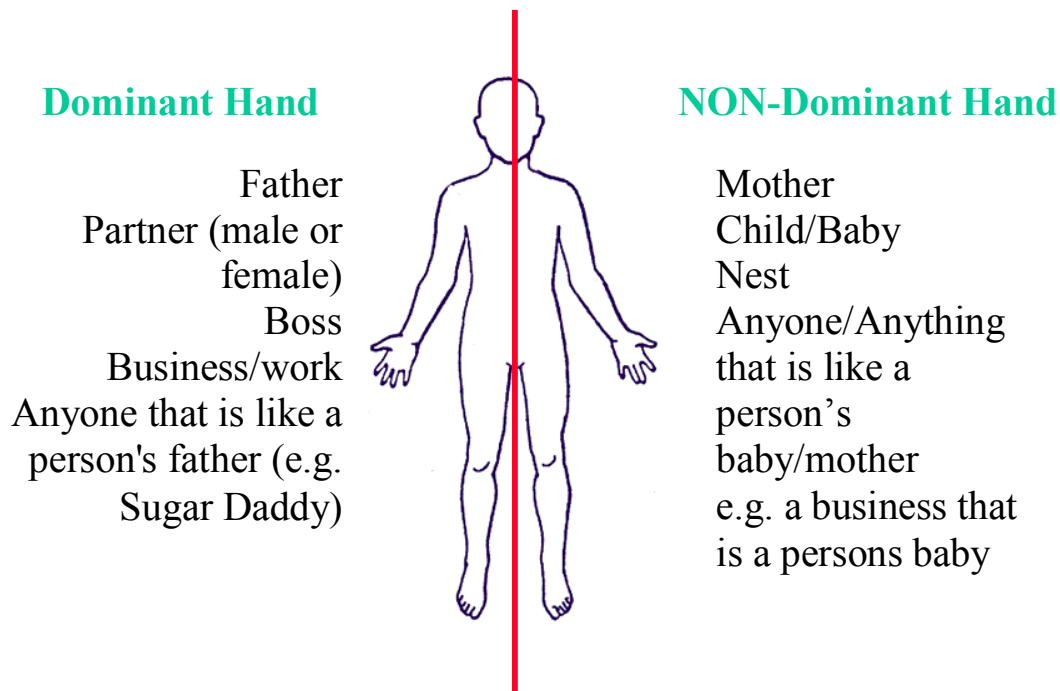
Fear of mother (Myelin Sheaf) – Paralysed by domineering behaviour of your mother, living in continuous first phase – fear of mother, hence the right side is worse than the left (Right side is mother for you Client).

Fear for your father (Myelin Sheaf) – Paralysed by fear of what your mother will and does do to your father.

Self devaluation (Striated Muscles) – Cannot get away from your mother, devalues yourself by having to give into your mother. In the same way your father does.

Handedness*

Which side our symptomology show up on is reflected in the connection we have to certain people. In your case your Dominant hand is your left hand and so all issues relating to your mother show up on the right hand side of your body.



Meta-Medicine® Therapy Plan Suggested Therapy

This therapy plan looks at all areas of a person life. Therefore the

Mind – everything to do with emotions

Body – The physical workings of the body

Spirit – the reason for being

Social – who the person interacts with

Environment – where a person lives

The Mind

Paralysed

Clear out the feigning of death (When attacked by a larger animal, smaller animals feign death so they are no longer worthwhile pray). This is the biological reason for the Myelin sheaf issue.

Clear out all conflict shocks related to rows with your mother, from all ages 12 through to now.

Clear out the underlying pattern of why you row with your mother, how do you cause yourself to do this.

Clear out the fear you have of your mother. Manifested in the clenched right fist.

Clear out the Hatred (anger) you have of your mother

Clear out the anger you have towards your father for being Spineless

Revaluate the relationship with your Parents within your mind – How come you are living your parents lives and can't flee from them?

Self devaluation

All Muscular issues are to do with how we devalue ourselves in relation to others. This is the biological reason for the disease. During the second phase we rebuild the muscles so we become stronger and better able to deal with the core devaluation.

Devaluation – I will never be as good as my mother, impossible, she always wins, even when she is totally wrong. My Mother never apologises why is this significant?

Clear out the need to grovel after a row.

Clear out any limiting decisions as to not living your own life.

At some level you are living your parents lives and until you feels you have solved the issue between your father and mother you cannot live your own life.

The significances here is that MS clients cannot flee their relationships so they devalue themselves.

Clear out the need to punish your mother (SECONDARY GAIN) what is it that you are getting from your relationship that you will have to let go of when the MS has disappeared.

Recommended therapies EFT, Time Line Therapy™ and NLP.

The Body

Once the mind work has been carried out the body will go through the regeneration phase. This will be painful as the body heals itself. The muscles will hurt and swell a little. The Myelin sheaf will rebuild and there may be some tingling during this time. Also it is likely that there will be a loss of movement in the muscles. It will seem as if the issue is getting worse when it is actually healing. This will pass after the healing crisis. This may manifest in a fit or more likely in a Migraine showing up in the top front part of the brain. After this issue there will be a lot of Urine passed as the Oedema in the Myelin and the brain is squeezed out from the brain relay and the corresponding Myelin Sheaf's.

Following the Migraines/fit the body will slowly return back to normal function. This will result in the muscles returning to normal. However as with any muscles that has not had any exercise for some time it will take some time to rebuild normal muscle strength. Therefore once the issue has fully resolved a fitness plan will be required.

Change diet to an alkaline diet, No meat, coffee, alcohol, dairy. Lots of green vegetables, pulses etc. We can put you in touch with a Meta-Medicine Health Nutritionalist – please call our office number. Pro-biotics to support the digestive system during the second phase. This can be obtained through Karl Dawson at www.e-f-t.com

There are Homeopathic remedies that will assist the regeneration phase and remind the body what to do during this time. We can recommend highly skilled Homeopaths who understand Meta-Medicine, please call our office.

It is suggested that if there are regular Migraines or seizures, further medical advice must be sought.

Take Aloverise the Aloevera product you mentioned.
Glyco –Nutrients – These will help rebuild the Myelin Sheaf – The Homeopath will assist you on how to get these.

IMPORTANT

If during this time the issue becomes life threatening or dangerous please consult with your GP.

If there is an emergency situation related to the regeneration phase during this time please go to your local hospital to get immediate treatment. Please keep us informed as soon as you can so we can remove any fears you may have regarding the symptoms.

Off the shelf pain killers are advised during this time. Aspirin and Paracetamol can help, if you are not allergic to them. Stronger pain killers may be required at certain times, please refer to your GP.

The Spirit

The areas to address here are more of a reason 'Why' we continue with a disease rather than completing the cycle.

Look at why you have not been able to Flee your parents?

Why were you born into a family where your mother was so domineering and your father so spineless?

What lessons at a spiritual level do you need to learn about being attacked and then feigning death?

How is it that you have allowed yourself to be dominated by someone?

How is it that you have not lived your life but punished your mother by getting back at her through your father and your disease? What is the underlying message here?

What is the connection between you and your father, what relationship are you playing subconsciously?

Explore past life connections between you, your father, your mother?

How similar are you to your father and for what reasons do you want to get back at your mother?

Look at your connections between your siblings and the whole dynamic of your family.

I believe that you are attending a cruise later on this month to address these issues - Esta Higgs Your Inner Being on July 7th

Plus recommended other therapies are Constellation Therapy – We can recommend a practitioner to carry out this work and also EFT and the SOUL. I mentioned some colleagues who carry out great work in the USA. They can work via skype, to assist you with any loose ties you might have after the Esta Higgs work.

The Environment

During the healing process (Phase 2) removal of all triggers that do not support you are absolutely necessary. A change of environment is essential and you have done this by moving out and getting married. (Being in the family home would have been disastrous.)

However that does mean you must remove yourself for the time being from going to the family home, and also removing all associations that you feel have attachments to your mother and MS. Many people believe their disease is who they are; saying this such as I am an MS sufferer, but the issue is merely a reflection of where they are in their lives. Stop saying you are an MS sufferer and talk about symptoms only. Remove out of sight any literature you have to do with MS. This includes any literature on your computer. All you have to do is to put it away somewhere safe or better still remove it completely.

Remove all pictures and articles you have in the house that relate to your mother and father.

Remove all artefacts (including Jewellery) that you associate to your parents.

Social

Since your mother and father (plus siblings) are all triggers for this issue it is important that you remove or limit any time spent with them. This is especially relevant to your mother.

Once you have completed the healing phase you can then resume contacts with new boundaries in place. During the healing when you are likely to feel unwell stay clear of all of them.

No talk of the past or seeing them will be required. This also means by phone, email etc. Let your husband deal with all correspondence to do with your family.

Siblings can visits as long as there is no talk about your mother or your father. There must be boundaries laid down and stuck to.

You likewise must resist all temptation to contact them. This is about your parents getting on with their lives and you allowing them to do that. Make sure you clear out all fears you may have regarding this process.

Once you are well keep your distance from your parents and avoid all rows and conflicts that you could or might get drawn into.