

## Introduction

*"Waiting for the disease to clinically manifest itself to treat, is to build up guns after having declared war, to dig up the well at the moment of thirst"* (Nei-King-Sou-Ouen).

We are experiencing a paradoxical situation: academic medicine (allopathy) is more and more powerful as well as in the field of diagnostic precision (i.e. biology or scan) as in the therapeutic field (i.e. antibiotics, hormonal treatments, neuroleptics ...), while patients are feeling lost, or are feeling "as if they were sliced up in pieces" between different specialities, poisoned by short-term treatments (expensive ones!), without a clear and true logic behind what is happening to them [1].

On the other side, "alternative medicines" such as Chinese medicine, homeopathy, herbal medicine, aromatherapy, osteopathy, psychotherapy, micro-nutrition each offer elegant solution but solutions which are sometimes lacking coherence between them.

Each is lacking a federator concept: ***the diathesis approach*** (that is to say a classification of organic weaknesses and of their symptoms), a real revolution both in the understanding of the symptoms, or the sequence of diseases or in the logics, unifying the different medical practices which we invite you to discover in this book.

The notion of "background" has been put forward endlessly by physicians all around the world and throughout times because there was a need to try and systematise the divergent evolutions of patients in relation to each other. Each civilization has thus built up its "own system" to understand the phenomena. They are obviously similar to each other, even if there are notable differences regarding their building up. For example, we can mention: the 5 "movements" of Chinese medicine, the 4 Hippocratic "humours", the 3 homeopathic "constitutions", the 6 "phases" of homotoxicology.

A shared advantage between these approaches was to consider the psychosomatic coupling (the association between physical symptoms and psychological behaviours) and the evolution of situations over time according to objective logics, something that Occidental medicine is not doing - or very rarely.

Those synthetic approaches, aimed at a better understanding of the dynamic and the meaning of observed clinical events were difficult to elaborate, because they had to take into account two constantly opposed forces:

1. the innate potential (-inherited- genome by the individual), with a stronger or weaker adaptation capacity, partly revealed by familial history of diabetes, allergies, rheumatism, gout or hypercholesterolemia, etc.
2. the sum of physical constraints and mental ones which are going to be applied on those regulations during a lifetime (over work, fatty or too sugary diets, sedentary lifestyle, smoking abuse, alcohol, chronic infection or poly vaccinations, worries, etc.).

This book tells a story, the one of thinking, supported by the search for a biological validation method, composed from the correlation of simple

analyses, to make the underlying mechanisms of deregulation obvious and are inducing the onset of pathologic symptoms.

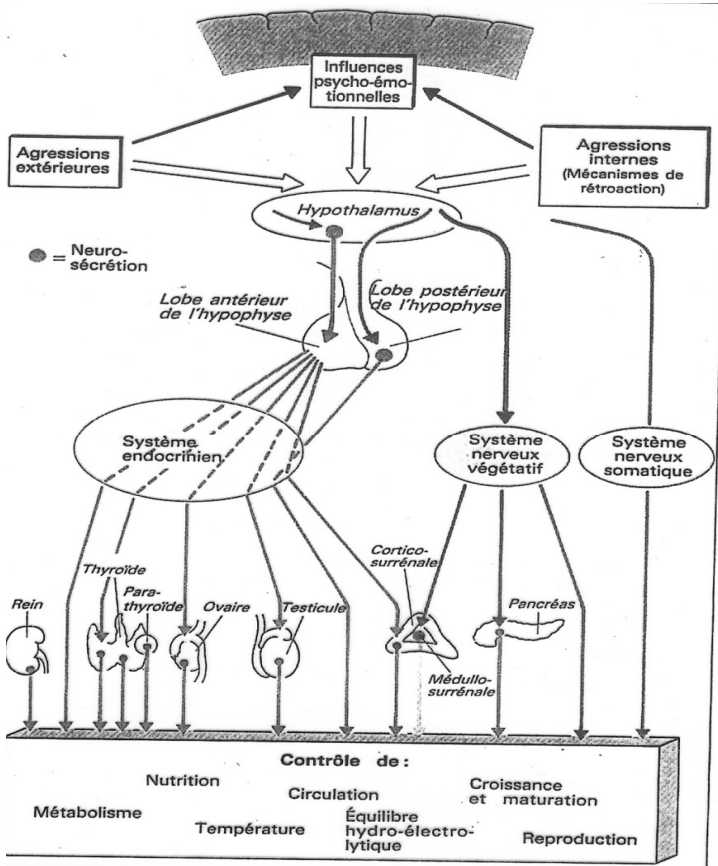
Our different studies were aimed at putting into practice a "biological scan" designed to rebuild a coherent biological picture of the patient from the confrontation between a great number of fragmented data. Obviously, this approach appears to be diametrically opposed to the academic allopathic approach in which biology must be specific (analytical), oriented towards nosology (that is to say aimed at confirming the diagnosis for a disease) and leading to the administration and monitoring of a traditional (allopathic) and chemical treatment.

With our approach (and its biological scanner), the philosophy is different: the aim here is to study conjointly the different functions of the "internal environment" (e.g. Claude BERNARD's studies), because **all the body functions are auto-regulated and prioritized**. The loss of one or two of those regulations will cause a cascade of reactions, which might be disproportionate compared to the triggering disorder (snowball phenomenon).

There are multiple physiological interactions:

- \* cortical interactions with endorphins: thinking and memory, humour disorders
- \*immune interactions (cytokines): balance of the immune system
- \*and hormonal ones (releasing factor and hormones) with their different organic receptors.

External agressions                      Psycho-emotional influences                      Internal agressions  
 (retroactive mechanisms)



Nutrition                      Circulatory system                      Growth and maturation  
 Metabolism                      Hydro-electrolytic balance                      Reproduction system                      Temperature

In this book, we are presenting these thoughts (and their tool of monitoring, the Health and Nutrition Profile), to invite patients and physicians to think in order for them to understand the dynamics of the phenomena observed and to optimize the weakest regulations with natural remedies, tailored to the needs of the different medical situations.