

THE AUTONOMIC NERVOUS SYSTEM AND AUTOPOIESIS
IN HEALTH AND ILLNESS

The autonomic nervous system (ANS) is the great natural physician of the body, and is activated in response to the 4 basic needs:

- | | |
|-----------------------|----------------------|
| 1) FOOD; | 2) SLEEP; |
| 3) SEX (Reproduction) | 4) SELF PRESERVATION |

These 4 basic needs activate the process functions of the ANS. These include:

- 1) Reproduction: e.g., growth hormone (GH), gonadotropin releasing hormone (GRH), follicle stimulating hormone (FSH), luteinizing hormone (LH)
- 2) Secretion: e.g., glucose, cortisol, insulin, TSH
- 3) Digestion: e.g., increased gastric acid secretion, increased catecholamines (NE, E), increased autophagy
- 4) Excretion: e.g., sweat, bile, urine, milk
- 5) Elimination: e.g., increased heart rate and blood pressure, increased breathing, increased movement of the GI system
- 6) Cellular Repair: e.g., immune stimulation, chemotaxis, autophagy

The autonomic nervous system is responsible for the process in the body known as AUTOPHAGY. AUTOPHAGY makes AUTOPOIESIS possible.

AUTOPHAGY: This term literally means "self eating", and is the process by which the body gains nutrition by the consumption of its own tissues. This process is operative constantly for the repair, preservation, and health of the body, and is the process responsible for healing from a disease like cancer.

Health is a state of balance maintained by a perpetual adjustment to forces from within and without, mediated by the autonomic nervous system. Through the years, the days, the hours both waking and sleeping, we are steadily responding to the conditions of life, to hunger and food, to cold and heat, to fatigue and rest, to anger and pleasure. We must also deal with our ambitions and our fears, with jealousy, with grief, with feelings of inferiority, with defeats as well as victories, and with the inevitable acceptance of aging. Health depends on how well the individual as a whole can maintain balance through all these changes. It is the autonomic nervous system (and its capacity to undergo autopoiesis) which is pivotal to this balance.

BIOPSYCHOSOCIAL AUTONOMIC APPROACHES
TO CANCERS OF THE EPITHELIAL CELL TYPE

HYPOTHESIS 1

(1) Nonphysical stimuli, such as meanings, symbols, and emotions are transduced into physical physiological events within a mind/body/spirit matrix as an inter-connected, total human experience, and these non-physical stimuli reflect whether life is meaningful, manageable, and comprehensible. There is a higher risk for cancer when life is viewed as not meaningful, not manageable, or not comprehensible:

TOTAL HUMAN EXPERIENCE

NON-PHYSICAL STIMULI	BODY	MIND	SPIRIT
MEANINGS (Meaningful)	+/-	+/-	+/-
SYMBOLS (Manageable)	+/-	+/-	+/-
EMOTIONS (Comprehensible)	+/-	+/-	+/-

Six intolerable emotional states, in women and men who had either breast, prostate, pancreatic, or colon cancer or who were at high risk for developing these cancers, have been the focus of our research investigations over the last decade. These six (6) emotional aspects of subjective human suffering include:

- | | |
|------------------|------------------|
| (1) Helplessness | (2) Hopelessness |
| (3) Shame | (4) Guilt |
| (5) Resentment | (6) Despair |

HYPOTHESIS 2

(2) Intolerable emotional states, such as helplessness, hopelessness, shame, guilt, resentment, or lack of admiration by significant others (i.e., despair) impact upon and directly influence various autonomic functions:

INTOLERABLE EMOTIONS

AUTONOMIC FUNCTIONS	HELP	HOPE	SHAM	GUIL	RESN	DESP
CELLULAR REPRODUCTION	+	+	+	+	+	+
SECRETION	+/-	+/-	+/-	+/-	+/-	+/-
DIGESTION	+/-	+/-	+/-	+/-	+/-	+/-
EXCRETION	+/-	+/-	+/-	+/-	+/-	+/-
ELIMINATION	-	-	-	-	-	-
CELLULAR REPAIR	-	-	-	-	-	-

HELP = Helplessness; HOPE = Hopelessness; SHAM = Shame;
GUIL = Guilt; RESN = Resentment; DESP = Despair
(+) = increased function; (-) = decreased function;

The following physiologic responses arise in the following organs, and are innervated by the following autonomic ganglia:

- (1) Cellular Reproduction: epithelial cells of breast/prostate/
pancreas/colon
altered GH/GRH/FSH/LH/reproductive hormones
reduced intracellular cAMP
- (2) Secretion/Excretion: glands, gallbladder, pancreas, adrenals,
thyroid, kidney
celiac/superior cervical ganglia
increased insulin/glucose/catechols/
cortisol/TSH
- (3) Digestion/Assimilation: stomach, spleen, small bowel
celiac ganglion
increased gastric acid/catecholamines/insulin
- (4) Elimination: lung, skin, bowel, heart
superior, middle, and inferior cervical ganglia
superior and inferior mesenteric ganglia
increased heart rate/breathing/blood pressure/
GI peristalsis
- (5) Cellular Repair: immune system, chemotactic mechanisms
cytokine modulation
cAMP modulation

HYPOTHESIS 3

(3) Autonomic neuro-transmitter outflow and effector cell efficacy are regulated as a function of (a) the prevailing psychological emotional pattern present, (b) the specific dysfunctionality of the emotional pattern, and (c) the presence of characteristic tissue mineral patterns, all of which contribute to an augmentation of malignant transformation:

INTOLERABLE EMOTIONS

AUTONOMIC DYSFUNCTIONS	HELP	HOPE	SHAM	GUIL	RESN	DESP
CELLULAR REPRODUCTION	TMP-1	TMP-2	TMP-3	TMP-4	TMP-5	TMP-6
SECRETION	TMP-7	TMP-8	TMP-9	TMP-10	TMP-11	TMP-12
DIGESTION	TMP-13	TMP-14	TMP-15	TMP-16	TMP-17	TMP-18
EXCRETION	TMP-19	TMP-20	TMP-21	TMP-22	TMP-23	TMP-24
ELIMINATION	TMP-25	TMP-26	TMP-27	TMP-28	TMP-29	TMP-30
CELLULAR REPAIR	TMP-31	TMP-32	TMP-33	TMP-34	TMP-35	TMP-36

HELP = Helplessness; HOPE = Hopelessness; SHAM = Shame;
GUIL = Guilt; RESN = Resentment; DESP = Despair
TMP 1 - 36 = Specific hair tissue mineral patterns

NEURO-ENDOCRINE/AUTONOMIC/TISSUE MINERAL RELATIONSHIPS

SYMPATHETIC ENDOCRINE GLANDS

Hypothalamus (Medial Portion)
Anterior Pituitary
Adrenal Cortex (Catabolic)
Adrenal Medulla
Thyroid
Ovaries (Progesterone)

PARA-SYMPATHETIC ENDOCRINE GLANDS

Hypothalamus (Lateral Portion)
Posterior Pituitary
Adrenal Cortex (Anabolic)
Pancreas (Endocrine)
Parathyroid
Ovaries (Estrogen)

When the sympathetic neuro-endocrine group is dominant, or over-active, the body will lose minerals such as calcium and magnesium. However, other minerals can build up in the body such as sodium, potassium, and phosphorus. This is due to a change in intestinal absorption and reabsorption by the kidneys of these elements. The sympathetic endocrine group can be referred to as the stress glands: they are activated by stress, and in turn raise the metabolic rate, the so-called "fight or flight" mechanism.

When the para-sympathetic endocrine group is dominant, the absorption and retention of calcium and magnesium is increased, while sodium, potassium, and phosphorus are decreased. When the sedative glands become dominant, a person may begin to feel fatigued, develop low blood pressure, and may suffer from depression. This is largely due to lowered energy production, contributed to by the increase in retention of sedative minerals such as calcium and magnesium.

The onset of chronic depression may be preceded by or accompanied by the mixture of intolerable emotions mentioned on page 1, emotions which will also be reflected in characteristic tissue mineral patterns of either sympathetic or parasympathetic dominant neuro-endocrine glands. The relationships between intolerable emotions, psychological defenses, autonomic nervous system function, and tissue mineral patterns serve as blueprints for health or illness.

We have at the same time studied eight ego defensive mechanisms which are commonly erected as a protection against these aspects of suffering. The eight psychological defensive patterns which have been investigated in this work include:

- (1) Projection (PRO): creation of external dangers to falsify
the source of perceived threats
- (2) Intra-punitiveness (TAS): falsify the source of threats by
shifting the source to the self,
self-contempt
- (3) Reversal (REV): exclusion from consciousness, denial of fears,
inhibition of aggression, repression

- (4) Intellectualization (PRN): modify the meaning of the threat,
moralistic religious attitudes,
sensitivity to object loss, feelings of
isolation, rationalizations
- (5) Aggression (AGN): assumption of powerful roles or functions
as a defense, feeling defeated/hopeless/enraged
- (6) Symbolization (SYM): the affect inherent in the intolerable
emotions influences the organ choice
- (7) Regression (RGN): reversion to earlier modes of enactment of
the genetic code to escape intolerable suffering
- (8) Conversion (CVN): translation of the intolerable affect into
physical energy which drive cell division

UNCONSCIOUS DEFENSIVE MECHANISMS
 DEPLOYED AGAINST PERCEIVED THREATS TO WELL BEING
 OPERATIVE IN THE MALIGNANT PROCESS

PROJECTION (PRO)	INTRA- PUNITIVENESS (TAS)	REVERSAL (REV)	INTELLECTUAL- IZATION (PRN)	AGGRESSION (AGN)
Falsify the source of the perceived threats by shifting their origin from the self to others	Falsify the source of the perceived threats by shifting their origin from others to the self	Falsify reality by the exclusion from consciousness of ideas, memories, affects	Modify the meaning or significance of the perceived threats	Illusory assumption of powerful roles or functions to defend against inner conflict
LEFT HEMISPHERIC DOMINANCE	RIGHT HEMISPHERIC DOMINANCE	RIGHT HEMISPHERIC DOMINANCE	LEFT HEMISPHERIC DOMINANCE	LEFT HEMISPHERIC DOMINANCE
1. paranoia 2. psychopathic personality	1. critical of self 2. negative expectations 3. depressed affect	1. denial 2. repression 3. reaction-formation	1. isolation 2. rationalization	1. acting-out 2. displacement 3. regression
	Associated with: 1. headaches 2. ulcers 3. immune dysfunction 4. conversion reactions 5. psychosomatic disorders		Aggression, acting-out at the cellular level, is the driving force behind cell reproduction and growth	

The point of intersection between intolerable emotions and defenses erected against emotions is the outflow of neurotransmitters from autonomic nerve centers in the brain, with the resulting increased impulse traffic down the autonomic paraspinal chains, passing through various ganglia, and terminating in the release of hormones which then activate the effector organs being innervated producing a physiologic or a patho-physiologic response.

Biopsychosocial autonomic interventions are applied in our programs to restore balance between these systems. Our interventions are based on the 4th and 5th basic hypotheses developed over the last 7 year period.

HYPOTHESIS 4

(4) Autonomic neuro-transmitter outflow and effector cell efficacy are regulated as a function of (a) the prevailing psychological defensive pattern present (in BOLD below) (b) the functional efficacy of the defensive pattern, and (c) the likelihood that failed defense (BOLD) will precipitate the deployment of the higher order defenses Regression (RGN), Symbolization (SYM) and Conversion (CVN) thus contributing to neoplasia.

**PSYCHOLOGICAL DEFENSES
AND AUTONOMIC DYSFUNCTIONS**

AUTONOMIC DYSFUNCTION	PRO	TAS	REV	PRN	AGN
CELLULAR REPRODUCTION		+	+		+
ELIMINATION		+/-	+/-		+/-
SECRETION		+/-	+/-		+/-
DIGESTION		+/-	+/-		+/-
EXCRETION		+/-	+/-		+/-
CELLULAR REPAIR		-	-		-

PRO = Projection; TAS = Turning against the self; intra-punitive; REV = Reversal; PRN = Intellectualization; AGN = Aggression.
(+) = increased function; (-) = decreased function.

HYPOTHESIS 5

(5) Psychological defenses, erected against intolerable emotions, impact and influence the conscious awareness of these emotions, and impact and influence the obligatory anxiety which accompany them. These emotions are ameliorated by flower essence therapy, with a concomitant reduction in defensive deployment.

**LOWER ORDER DEFENSES
ERECTED AGAINST EMOTIONS**

INTOLERABLE EMOTIONS	PRO	TAS	REV	PRN	AGN
HELPLESSNESS	Bach 1	Bach 2	Bach 3	Bach 4	Bach 5
HOPELESSNESS	B-6	B-7	B-8	B-9	B-10
SHAME	B-11	B-12	B-13	B-14	B-15
GUILT	B-16	B-17	B-18	B-19	B-20
RESENTMENT	B-21	B-22	B-23	B-24	B-25
DESPAIR	B-26	B-27	B-28	B-29	B-30

PRO = Projection; TAS = Turning against the self; intra-punitive; REV = Reversal; PRN = Intellectualization; AGN = Aggression.

Bach 1 to Bach 30 = Therapeutic Flower Essence Formulas
 UNCONSCIOUS PSYCHOLOGICAL DEFENSES

PROJECTION	INTRA-PUNITIVENESS	REVERSAL	INTELLECTUAL-IZATION	AGGRESSION
SELF-AFFIRMING COPING STRATEGIES				
TRUST	RESPONSIBILITY	HOPE/OPTIMISM	DETACHMENT	ASSERTIVENESS
BACH REMEDY 1	BACH REMEDY 2	BACH REMEDY 3	BACH REMEDY 4	BACH REMEDY 5
White Chestnut Gentian Scleranthus Cerato	Pine Walnut Wild Oat Crab Apple	Honeysuckle Clematis Star of Bethl. Gorse	Beech Sweet Chestnut Rock Rose Cherry Plum	Red Chestn. Chestnut B. Cerato Centaury
Vervain Chicory	Willow Impatiens	Agrimony Wild Rose	Holly Aspen	Water Viol. Agrimony

NOTES:

The six flowers in bold above are used together as an emergency remedy for crises related to self-other relationships. This six flower formula, represented by cerato, pine, gorse, holly, gentian, and water violet provides one with access to the core of the inner self and therefore acts as a natural healing intelligence, useful in any disease to dispel and release negative emotional states, and as treatment for spiritual emergencies. This is especially true in a disease like cancer. Worry and insecurity disturb the body's ability to rebuild new cells and to repair old ones, while despair, shame, rage, and guilt inhibit immune function and promote rapid cell growth.

The best strategy for healing is to learn to reduce worry, to reduce fear, and reduce the frequency of becoming annoyed. Morbidity, gloom, and depression always mean failure. It is emphatically our duty to be happy. We must feel sympathy with others, but not identify ourselves with their sorrow. Finally, we must look for the essential inner self in ourselves, and in everyone.

THE FINAL COMMON DEFENSIVE/AUTONOMIC PATHWAYS
CONTRIBUTING TO NEOPLASIA

THREE KEY HIGHER ORDER DEFENSES
THAT SUSTAIN NEOPLASIA

[CHAKRA LEVEL]/ AUTONOMIC FUNCTIONS	SYM	RGN	CVN
[6TH] CELLULAR REPRODUCTION	Brain Pituitary		Dec. cAMP Inc. Angio.
[5TH,4TH] ELIMINATION	Thyroid Parathyroid	Calcitonin	
[5TH,3RD] SECRETION	Lung Breast	CEA CA 27.29	Dec. cAMP Inc. Angio.
[3RD] DIGESTION	Liver Pancreas	AFP CA 19-9	Dec. cAMP Inc. Angio.
[3RD] LYMPHATIC/SKIN EXCRETION	Adrenals		
[2ND,1ST] ELIMINATION	Prostate Ovaries Uterus	PSA CA 125	Dec. CAMP Inc. Angio.
[1ST] CELLULAR REPAIR ACGS/GST	Colon Bones/C.T. Immune Sys.	CEA DHEA	Dec. cAMP Inc. Angio.

SYM = Symbolization: the affect inherent in the intolerable emotions influences the organ choice for malignant transformation;
RGN = Regression: reversion of the genetic code to an earlier mode of enactment resulting in cancer antigens (CA);
CVN = Conversion: translation of affect into physical energy in the form of reduced cAMP, increased angiogenesis, and increased cell proliferation;

ACGS = Altered tumor cell glycoprotein synthesis
GST = Increased serum galactosyltransferase
C.T. = Connective Tissue cancers
Dec. = Decreased
Inc. = Increased
cAMP = cyclic adenosine mono-phosphate
Angio. = Angiogenesis
CA 27.29 = Indicative of metastatic breast cancer
CA 19-9 = Indicative of GI cancers
PSA = Prostate Specific Antigen
CA 125 = Indicative of ovarian cancers
CEA = Chorio-embryonic antigen for colon/lung/breast cancers
DHEA = Dihydroepiandrosterone/immune functional capacity
AFP = Alpha-fetoprotein

HERBAL FORMULAS USED TO
TREAT AUTONOMIC DYSFUNCTIONS

CHAKRA LEVEL/ AUTONOMIC FUNCTION	HERBAL FORMULA IDENTIFICATION
[6TH] CELLULAR REPRODUCTION	Herbal Formula (E/I): 5,12,13,14,
[5TH,4TH] ELIMINATION	Herbal Formula (F/J): 7,8,
[5TH,3RD] SECRETION	Herbal Formula (G/K): 10,11,13,14,
[3RD] DIGESTION	Herbal Formula (G/K): 10,11,13,14,
[3RD] LYMPHATIC/SKIN EXCRETION	Herbal Formula (K): 4,7,8,9,
[2ND,1ST] ELIMINATION	Herbal Formula (H/L): 1,6,
[1ST] CELLULAR REPAIR	Herbal Formula (D): 2,3,13,14,
PSYCHOLOGICAL DEFENSES	PRO TAS REV PRN RGN

Herbal Formulas (D) - (L) = compounded GAIA botanicals extracts
numbered (1 - 14, see page 11)

- GAIA Extracts:**
- (1) Sheep Sorrel/Burdock Supreme
 - (2) Reishi/Bupleurum Supreme
 - (3) Astragalus Supreme
 - (4) Yellow Dock Root
 - (5) Thuja Leaf
 - (6) Juniper Berry
 - (7) Hoxsey/Red Clover
 - (8) Echinacea/Red Root Supreme
 - (9) Scudders Alterative Compound
 - (10) Sweetish Bitters
 - (11) Devil's Club Supreme
 - (12) Phyto-Proz Supreme
 - (13) Phyto-Quench Supreme
 - (14) cAMP Coleus Forskohlii Supreme

<p>Sheep Sorrel/Burdock Supreme (1)</p>	<p>Reishi/Bupleurum Supreme (2)</p>	<p>Compounded Astragalus Supreme (3)</p>
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<p>Sheep Sorrel Burdock Root Slippery Elm Bark Turkey Rhubarb Root</p>	<p>Reishi mushroom Bupleurum Root Astragalus Root St. Johnswort Buds Skullcap Root Lomatium Root Red Root Licorice Root Thuja Leaf Prickly Ash Bark</p>	<p>Astragalus Root Schizandra Berry Ligustrum Berry Yellow Dock Root (4) Thuja Leaf (5)</p>
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<p>Juniper Berry Supreme (6)</p>	<p>Hoxsey/Red Clover Supreme (7)</p>	<p>Echinacea/Red Root Supreme (8)</p>
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<p>Juniper Berry Spring Horsetail Corn Silk Goldenrod Tops Cleavers Herb Marshmallow Root</p>	<p>Red Clover Blossoms Buckthorn Bark Barberry Root Bark Burdock Root Stillingia Root Poke Root Cascara Sagrada Bark Licorice Root Prickly Ash Bark</p>	<p>Echinacea Species Red Root Baptisia Root Thuja Leaf Stillingia Root Blue Flag Root Prickley Ash Root</p>
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<p>Scudders Alterative Compound (9)</p>	<p>Sweetish Bitters (10)</p>
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<p>Corydalis Tubers Black Alder Mayapple Root Figwort Flowering Hb. Yellow Dock Root ----- Devil's Club Supreme (11) Devil's Club Root Bark Jambul Seed Dandelion Root & Leaf Uva Ursi Leaf Tumeric Root</p>	<p>Indian Gooseberry Tumeric Root Milk Thistle Seed Wild Yam Root Fennel Seed Cardamon Seed Calamus Root Anise Seed Bitter Orange Ginger Root Sea Vegetation Marine Algae</p>
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<p>Phyto-Proz Supreme (12)</p>	<p>Phyto-Quench Supreme (13)</p>	<p>cAMP Coleus Forskohlii Supreme (14)</p>
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<p>Kava Kava Root St. Johnswort Bd. Passionflower Gotu Kola Leaf & Root Schizandra Berry Siberian Ginseng Root Wild Oat Seed Stinging Nettle Seed Calamus Root Prickly Ash Bark</p>	<p>Green Tea Tumeric Root Ginkgo Leaf Licorice Root Sib. Ginseng Root Rosemary Leaf Thyme Leaf Schizandra Berry Ginger Root</p>	<p>Coleus Forskohlii Bupleurum root Feverfew Leaf & Root Skullcap Root Jujube Dates Licorice Root Ginger Root</p>
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COLEUS FORSKOHLII AND AUTONOMIC RE-EDUCATION

Coleus forskohlii is a member of the mint family which grows as a perennial on the sun exposed dry hill slopes of India, Nepal, Sri Lanka, and Thailand. Forskolin, the active ingredient in Coleus forskohlii, has its basic mechanism of action through the activation of an enzyme, adenylate cyclase, which then increases the cyclic adenosine monophosphate (cAMP) in cells. Once formed, cAMP activates many other enzymes involved in diverse cellular functions.

Under normal conditions, the adenylate cyclase enzyme embedded in the membrane of certain body cells is only activated by hormones. Some of these hormones are released by the sympathetic branch of the autonomic nervous system. These autonomic hormones bind to specific receptors attached to the adenylate cyclase enzyme. Forskolin bypasses these autonomic receptors, and activates the membrane bound adenylate cyclase enzyme thus allowing intracellular cAMP levels to rise.

The physiological and biochemical effects of a raised intracellular cAMP level include:

1. inhibition of platelet activation and degranulation
2. inhibition of histamine release
3. increased force and contraction of heart muscle
4. relaxation of the arteries and other smooth muscles
5. increased insulin secretion
6. increased thyroid function
7. increased breakdown of fat cells (lipolysis)

Recent studies have found forskolin to have mechanisms of action which are independent of its ability to increase intracellular cAMP levels. Forskolin has been shown to inhibit a number of membrane transport proteins and channel proteins through a mechanism that does not involve cAMP. The result is again a transmembrane signaling that results in activation of other cellular enzymes.

Forskolin has been shown to be a potent inhibitor of cancer metastases, and the cAMP generated within the cell by forskolin slows down cell replication and pushes the cell toward differentiation and maturity. Cell maturation slows down the cancer growth. Forskolin also is a potent immune system enhancer through activation of macrophages and lymphocytes. Forskolin increases salivation thus improving problems with a dry mouth, and it stimulates digestive secretions including the release of hydrochloric acid, pepsin, amylase, and other enzymes.

Forskolin also promotes nutrient absorption in the small intestine. It has anti-depressant activity, and because of its ability to stimulate the breakdown of stored fat, it is an excellent support for weight loss programs. Forskolin increases thyroid hormone production as well as stimulating thyroid hormone release.

Forskolin has tremendous anti-spasmodic actions, especially effective in spasms of smooth muscle found in the lung (producing asthmatic like spasms), or spasms in the GI tract, the uterus, bladder, and arteries. Forskolin can not only be used to treat asthma, but also intestinal colic, uterine cramps (menstrual cramps), painful urination, angina, and hypertension.

It is anti-allergic and anti-inflammatory, and inhibits the release of histamine and inhibits mast cell degranulation, and inhibits platelet activation and degranulation by interfering with platelet activating factor (PAF) binding to receptor sites on the platelets. PAF plays a central role in many inflammatory and allergic processes.

Psoriasis is a common skin disorder that seems to be caused by a relative decrease in cAMP when compared to another cell regulating compound cyclic guanine monophosphate (cGMP). The result of this imbalance is a tremendous increase in cell division. Preliminary studies have indicated that forskolin may be of great benefit in persons with psoriasis via its ability to normalize the balance between cAMP and cyclic GMP.

Animal studies on forskolin indicate an extremely low order of toxicity for forskolin, although it should be used with caution in the presence of low blood pressure and peptic ulcers, and in the presence of certain prescription medications such as anti-coagulants, anti-asthmatics, and anti-hypertensives due to drug-herb synergistic interactions.

The autonomic nervous system is vulnerable to psychic insults, below are some strategies to minimize them:

1. Whatever situation you meet in life, consider first whether it is really worth fighting for.
2. Try to keep your mind constantly on the pleasant aspects of life and on actions that can improve your situation.
3. Try to forget everything that is irrevocably ugly or painful.
4. When faced with a task that is very painful yet indispensable to achieving your aim, don't procrastinate.
5. Nothing paralyzes your efficiency more than frustration, nothing helps it more than success.
6. Even after the greatest defeats, the depressing thought of being a failure is best combatted by taking stock of all of your past achievements, which no one can deny you.
7. Admit that there is no perfection, but in each category of achievement something is tops - be satisfied to strive for that.
8. Do not underestimate the delight of real simplicity in your lifestyle.
9. Realize that all humans are not created equal, though they should have a birthright to equal opportunities.
10. There is no ready made success formula that suits everyone.

If we are emotionally sound, we will be physically sound. The emotions, through the autonomic nervous system dictate the fate of the body. Body and mind are one. When we truly want to be well, to live long and in health, we have the power to do it - especially if we learn methods of re-educating our autonomic nervous system.

REASONS WHY PERSONS GO INTO REMISSION FROM CANCER

Lawrence LeShan, author of "Cancer as a Turning Point" once defined the elements of a nightmare in the following manner:

- a. someone or something is doing something terrible to you
- b. you have no idea how long it will last
- c. you have no control over it

This definition of a nightmare, in many ways, fits the situation experienced at the time of the initial diagnosis of cancer

Why do some patients succumb to cancer while others survive? In the book, *The Survivor*, Terrence Des Pres writes about the survivors of the holocaust, and he summarizes the accumulated observations in the following manner:

1. Survivors are not victims, and refuse to see victimization as total.
2. Survivors fight as best as they can, and do not consent to death in any form. Survivors do not accept the logic of the situation imposed upon them.
3. Survivors must be prepared to run risks that keep them alive by bringing them closer to death.
4. Survival is a collective act - nobody survives without some help.
5. Survivors showed a definite rhythm of decline and renewal; survivors not only awake, but re-awake, fallow and begin to die, and again turn back to life.

OTHER REASONS WHY PEOPLE GO INTO REMISSIONS

1. Resolution of their fear of dying.
2. Re-establishment of the status quo, through a process of re-adjustments.
3. Making and keeping a committment to self-fulfillment:
 - a) to fulfill one's dreams
 - b) to discover one's true and most authentic self
 - c) to sing one's own song
4. Having a passion for something (something which is defined as creativity, in its broadest sense) is correlated with remission.
5. Intuitive/creative discovery of the combination of appropriate treatments which accurately reflect an understanding of the belief system of the patient leads to remission.
6. Acceptance, gratitude, and forgiveness are the keys to

maintaining neuro-chemical balance required for remission.

If we are to understand the process of life, we must come to understand the dynamics of the destructive force, checked only by the creative force.

As the creative forces in an individual are exhausted, there is a natural progression of all living things toward dissolution and death.

This view is not new. More than 2000 years ago the Greek physician and philosopher Empedocles taught that two dynamic principles determine the phenomena of the visible world. He called them Friendship and Strife.

Whether we call them attraction and repulsion, fusion and fission, friendship and strife, love and hate, peace and war, good and evil, the concept is the same: two forces are pitted against each other, whether we speak of the far reaches of the universe, of the atom, or of the inner world of each human being.

When one is without inner security, without the belief in one's own worthiness of love, one surrenders not only the fight for love, but also the fight for life itself.

From "Stress Without Distress" - Hans Selye

"Few people like to think about death, and the prolongation of life is one of the most ancient ambitions of humankind. Yet to really love life is to accept death, as the latter is the natural endpoint of the former."

When the creative force is negated, we unconsciously choose the path of slow suicide. Often illness, which begins as a retreat from a life which is unacceptable, becomes a vicious cycle compounding itself. It is always painful to awaken from self-deception to reality. For if reality turns out to be a trap with no hope of escape, it can become unbearable and often lead to deep despair.

A decision we cannot make, an obstacle we cannot surmount is pushed down below the level of consciousness where we no longer feel its pain. Time lays veil after veil over hurtful events, so that when we later come to a crisis or a point of decision, and the course of our difficulty is obscured from understanding, the solution often thus remains beyond the reach of our conscious reason.

As clinicians, we must come to more fully recognize, understand, and promote the healing power of words spoken by our patients, words which reflect a release from an intolerable burden. In those rare moments, when one feels understood by another, such release may often be as powerful and as healing as potent drugs.