

HEALTH AND STRESS

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Hans Selye Award Recipient W. Ross Adey, M.D.

Plenary Sessions On Energy Therapy In The Millennium,, The Epidemic Of Violence In Contemporary Society, Job Stress And Health In The Workplace, Post Traumatic Stress Disorder, Type A Behavior Update, Time, Stress And Creativity, And Much, Much, More. **Holistic Medicine Stress Reduction Day** - March 6

ALTERNATIVE MEDICINE WHAT IS IT? WHY IS IT SKYROCKETING?

Key Words: Placebos, Chinese and Ayurvedic Medicine, homeopathy, naturopathy, environmental medicine, chiropractic, biologics, nutraceuticals, manual, postural and faith healing, biofield, mind/body, bioelectromagnetics

In 1992, Congress established the Office of Alternative Medicine to facilitate the scientific evaluation of therapies that could improve health and well-being, but were usually not included in the educational curriculum or training of physicians. Implicit in its mandate was the need to serve as a clearinghouse for all such approaches, rather than investigating or endorsing a select few. But how can "Alternative" Medicine be defined? What would be included under this vague heading? What criteria could be utilized to determine where the limited funds available should be spent to get the greatest return?

Nobody seemed to have the answers to these crucial questions. "Alternative" suggests that something is being substituted for conventional treatment. But "Complementary" and "Integrative" Medicine had become increasingly popular synonyms, implying that these non traditional approaches should be used together with FDA approved drugs and procedures. "Holistic" or "Wholistic" embraced both concepts, but placed more of an emphasis on the importance of mind/body relationships, and the need to address emotional and spiritual needs in treatment.

"Questionable", "unorthodox", "natural", "New Age", and "unconventional" are frequently used, but each has a different connotation. So does "unproven", especially since this is the adjective applied to drugs and devices that are undergoing strict clinical trials to prove efficacy and safety. "Quackery" is a label critics utilize to infer that the treatment is not only worthless, but promoted by misguided zealots or outright charlatans.

What the public wants to know, is how can one determine if a treatment will help, and more importantly, be certain that it is completely safe?

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*The Newsletter of
The American Institute of Stress*

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Who Will Get The \$50 Million?

These concerns were catapulted into front page news a few months ago, when OAM was renamed the National Center for Complementary and Alternative Medicine (NCCAM), a subtle change suggesting more significance for supplementation rather than substitution. It was also elevated to the status of a full NIH center, and its budget for 1999 was boosted tenfold to \$50 million, causing an avalanche of applications for a piece of the pie.

What determines whether an unproven approach is worthy of scientific study? Acupuncture and homeopathy might have a high priority because they are utilized by large populations, and their persistence over long periods of time suggests they have merit. But what about biofeedback, botanical, megavitamin, and nutraceutical supplements, meditation, yoga, and other stress reduction strategies, the plethora of popular bodywork and massage procedures, aromatherapy, music, therapeutic touch, faith healing, magnetotherapy, special lights, crystals, and other types of "energy medicine", such as Reiki, and pyramid power?

All have ardent adherents eager to proselytize others. Some can be quite convincing because of lavish testimonials of triumphs when mainstream medicine has failed. Such claims are usually unsupported, extravagant, and purely anecdotal. However, some may be very authentic because of powerful placebo phenomena.

The Power Of Placebos And A Firm Faith

Placebo effects are a pervasive and powerful part of any therapy, whether it be a well established pharmaceutical product or a far out flaky approach devoid of any scientific support. Placebo responses can influence all treatment results, whether it be to Prozac, penicillin, radiation for cancer, or coronary bypass surgery. We will be devoting a subsequent Newsletter to placebos and nocebos based on new insights into how their effects may be mediated and the mechanisms of action that could be involved. This has important implications for stress research, since it provides an appreciation of unanticipated pathways of mind/body interrelationships that may be susceptible to monitoring and manipulation.

An enthusiastic belief and a strong faith in any therapy can significantly influence how patients will respond. There are numerous dramatic demonstrations of this, one being a patient with multiple metastatic lesions who was told that krebiozen, a new anticancer compound, would provide a prompt cure. Following a brief course of treatment, his metastases "melted like snowballs on a hot stove". He went from being bedridden, to a full active life, including flying his own plane, until he read a newspaper report that the drug had been found to be worthless. The lesions rapidly returned, and he succumbed to his illness shortly thereafter. Equally impressive was the ability of ipecac, a drug used to induce vomiting after poisons were ingested, to actually relieve symptoms of nausea and vomiting in pregnant women, when they were convinced by physicians that it would provide instant relief. Although these placebo investigators knew this was false, the therapist's belief is also important.

An optimistic, enthusiastic approach will obviously reinforce any patient's positive attitude. However, at our Tenth Congress, we will show how a researcher's projected thoughts can actually change the hydrogen ion concentration of a solution by a factor of ten, influence the thermodynamic activity of a liver enzyme, as well as the time it takes for a fruit fly larva to develop. It is likely that worthless treatments can produce stunning successes in some patients, if the awesome potential for self-healing that resides in all of us is unleashed by such forces working in concert. That is why "double blinded" studies, in which neither doctor nor patient knows what is being prescribed remains the gold standard. Since many alternative therapies do not lend themselves to this type of testing, it may be difficult or impossible to rule out the power of the placebo.

The Roots Of Alternative Medicine

It is important to recognize that what we may consider to be unproved or dubious practices because they have no supportive scientific rationale, have been mainstream medicine in other cultures for thousands of years. Since many alternative approaches are based on these ancient systems, it may be useful to briefly discuss those that have had the most influence, and are still popular.

Traditional Chinese Medicine is based on the concept of *qi* (*ch'i*), an energizing force that animates the body according to a prescribed pattern of flow. *Qi* exists in all living things, and in humans is primarily derived from animal and plant sources that are consumed. However, it is also found in our natural environment, and can be transferred from certain individuals to others. In addition to *qi*, two other major components of living organisms are considered to be blood and moisture. To determine the cause of an illness, it is necessary to look for imbalances in heat/cold, wetness/dryness, and excess or deficiencies of *qi*, blood and moisture that could upset the normal balance between all of these.

This equilibrium is regulated by five interactive organ networks: the liver, heart, spleen, lungs, and kidneys, each of which can generate wind, heat, dryness and cold. In this complex philosophy, each of these organs also corresponds to components or phases of other systems (wood, fire, earth, metal, and water), five cycles of development, five seasons, five climates, and five personality types. Illness results when the organ networks are out of balance, or lack *qi* because of deficiencies or obstruction of normal flow. Determining the nature and source of disease is accomplished by such things as carefully observing the color and texture of the tongue, brightness of the eyes, color of the nails, prolonged palpation of the pulse to determine specific characteristics, and the patient's general demeanor. Once the cause of the problem is established, restoration to normal may require certain herbs, special acupuncture procedures to open up the flow of *qi* through specific channels or meridians, or acupressure in the form of *shiatsu*, *tsubo*, and *jin shin jyutsu*, which accomplishes this without needles. *An-mo* and *tuina* are remedial massage techniques using eight elaborate *kua* or hand movements that follow certain patterns, depending on the nature and severity of symptoms.

There are also certain physical exercises such as *qi gong*, *t'ai chi chuan*, and numerous variations on all of the above. Acupuncture needles may be twisted, subjected to moxibustion, in which herbs like mugwort are burned over them to speed up treatment effects by providing heat. Cupping, which creates a suction between the skin and an inverted glass of warm air, may also be used to draw warmth into cold conditions like arthritis. Some of these modifications were developed by Japanese practitioners, or have been adopted relatively recently. Modalities are frequently combined, and the addition of botanical preparations is quite common.

Herbal therapies are usually directed to specific sites, particularly the organ networks, in order to stimulate the flow of *qi*, or restore cold/warm and other balances. The "energetic" effects of herbs are categorized according to five flavors: pungent, sour, sweet, bitter, and salty, each of which has therapeutic value for different diagnoses. Chinese herbal formulae also include products derived from plant, mineral and animal extracts, based on how the ingredients interact, since adding certain substances can enhance results or reduce side effects.

Ayurvedic Medicine has also been practiced for about 5000 years, primarily in India, where it originated. *Ayur* refers to longevity, *veda* means knowledge, and Ayurvedic medicine is particularly appealing to those who strongly believe that physical and emotional health are inextricably intertwined. It emphasizes the relationship between spirituality, consciousness, or the "inner life" of the individual, with such external environmental influences as diet, interpersonal relationships, vocational, and avocational pursuits.

In Ayurveda, the life force equivalent of *qi* is called *prana*, and is concentrated in five *vayus*, or organ centers: brain, throat, heart, small intestine, and lower abdomen. Other structures and functions are controlled by emanations of *prana* from these centers through *srotas*, or channels much like the Chinese meridians. Similarly, illness results when the flow of *prana* becomes blocked, or levels are low. Good health also depends on the elimination of *ama*, toxic substances that accumulate in the body. *Ama* increases when wastes are not adequately removed from the gut, digestive power (*agni*) is poor, the wrong foods are eaten, or spiritual needs are not fulfilled. (Continued on Page 4)

Disease is similarly determined by the individual's *dosha*, or constitutional makeup, the three main types being *vata*, *pita*, and *kapha*. *Vata* is associated with air and is derived from normal metabolic activities; *pita* comes from fire and is energized as a result of catabolic breakdown processes; and the source of *kapha* is water and earth, and it is associated with nutritional actions that promote anabolic or building-up activities in the body. While everyone has some aspects of each of these three *doshas*, one type tends to predominate.

A *dosha* is characterized by evaluating such things as physical features, temperament, behavior, and responses to stress. Analyzing *dosha* proclivities can help determine what illnesses the individual will most likely develop, and it is not unlikely that one of these assessments may have anticipated the profile of Type A coronary prone behavior. Ayurvedic treatment corrects *dosha* disturbances by determining their source through careful analysis of the pulse, and restoring normality using herbal remedies, yoga, *pranayama*, *abhyanga*, *rasayana*, and *pancharkama*.

Pranayama is the practice of alternate nostril breathing, which has calming and stress reduction effects in almost all who practice it. In *abhyanga*, the skin is rubbed with sesame and other oils to increase circulation and remove toxins from the body. *Rasayana* uses specific herbs that can have powerful effects on different *doshas*, and is facilitated by the use of special mantras that are repeated during the induction of deep meditation. Yoga may be thought of as "meditation through movement". In India, it usually includes taking certain herbal supplements and adhering to special dietary and daily regimens, in addition to the customary breathing techniques, exercises, and specific postures and positions. *Pancharkama* is a cleansing therapy in which sweating, the elimination of fecal waste, and even vomiting is encouraged to rid the body of wastes (*ama*), and herbs and oils are used as cathartics, emetics, and diuretics. This can be a very intense process, and is often practiced in special centers or retreats, especially by those who are convinced that it is necessary to engage in this cleansing regimen with every change in season. As in Chinese medicine, botanical products are often an important component of all therapies, but choosing them requires special expertise.

Herbals are selected for their ability to have specific influences on *vayus* and the flow of *prana*. They are frequently given with *ghee* (warm milk, melted butter), or *nasyas*, best described as a nasal rinse. Many Ayurvedic medicinal botanical formulations have been shown to contain powerful chemicals like L-dopa, which provides benefits for patients with Parkinson's disease, and khellin, the source of cromoglynic acid commonly found in bronchodilators used for asthma. One popular herbal concoction is *triphala*, which blends Indian gooseberry, an extremely rich source of vitamin C, with other native herbs that promote proper elimination. *Trikatu* combines ginger, black pepper, and Indian pepper to improve digestive processes and the absorption of nutrients.

What Have We Learned From The Past?

Throughout recorded history, every culture has had its own folk medicines, from tropical African tribes to Eskimos in the arctic, and American Indians, Mayans, Gypsies, and groups and sects in between all over the globe. Scientists just reported that the "Ice Man" discovered in 1991 at the foot of a retreating glacier, where he had been buried for 5300 years, also used natural remedies. Since he had been dried by Alpine winds and then encased in ice, his effects had been remarkably well preserved. A careful search of his rectal contents turned up eggs of *Trichuris trichiuria* (whipworm), a parasite that causes abdominal pain and anemia.

Researchers feel confident that the Ice Man used a botanical product to treat this infection, since among his belongings, they found two walnut-sized lumps tied to leather thongs. Analysis revealed them to be the fruit of *Piptoporous botulinis*, a plant containing oils that are toxic to parasites, as well as very strong laxative compounds that would "cause expulsion of the dead and dying worms and their eggs." In addition, he had what appeared to be several "tattoos" on his body. These were made by cutting into the skin with a sharp object, filling the incisions with herbs, and then burning the herbs, thus cauterizing the wounds. Further investigation showed that most of the lesions were situated over joints that had been damaged by arthritis. The lead investigator speculated "that he might have used these tattoos as a form of localized therapy for relief of muscle and joint pain."

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Scarification of the skin of a similar nature has also been a common practice of many primitive tribes to protect against disease, and may do so by stimulating immune system defences. Archeological findings from France, South America, and the Pacific, reveal that 2000 years before the Ice Man lived, openings were cut into the skull using flint sharpened tools. The reason for this is not clear, but some have suggested that it may have been an attempt to relieve severe headache, or possibly to let evil spirits out. Evidence of advanced callus formation around the borders of these holes indicates that many who were trephined in this crude fashion apparently survived for long periods of time.

Western physicians have adopted or rediscovered many treatment approaches used by for centuries by Eastern and Indian physicians. Some, like purging, leeches, blood letting, cupping, and high colonic irrigations, were in vogue for long periods of time, but fell out of fashion in this century with advances in the development of drugs and surgical procedures. A few, such as "taking the waters" and other spa therapies, and various types of massage are still popular. Others are being resurrected, such as the use of leeches in microsurgery, or consuming large amounts of garlic on a regular basis.

We are also beginning to recognize that certain procedures, such as the prolonged palpation of the pulse by patient practitioners probably provided important prognostic information. These highly sensitive and experienced individuals could detect subtle nuances in how fast and smoothly the pulse wave reached its peak, sustained this level, and the speed and nature of its decline. Such characteristics could be evaluated and compared at various body sites, as well as with inspiration, expiration, breath holding, and changing positions of the body. After all, there was little else to go on to make a diagnosis.

Eighteenth and nineteenth century Western physicians also relied on palpating the pulse to diagnose valvular heart disease. Narrowing of the aortic valve caused a small hard pulse that rose and fell slowly (*pulsus parvus and tardus*), whereas incompetency was associated with a high pulse pressure that came and went very quickly (*pulsus magnus et celer*), and was called a "collapsing" or "water-hammer" pulse. Abnormalities in the rate, rhythm, smoothness of the rise in pulse pressure, and firmness of the vessel were also diagnostic aids.

However, they never developed the skills of the ancient Chinese, who distinguished at least 23 kinds of different pulses, and could spend an hour or more to complete an investigation. They believed that all diseases could be diagnosed through the pulse, since every illness altered the blood, which in turn could be detected through the pulse. The Ebers papyrus indicates that Egyptian physicians had a similar complicated system of pulse diagnosis 4000 years ago. Today, we usually just count the number of beats for thirty seconds and note any irregularities, since we sophisticated imaging and electronic equipment to establish a diagnosis.

It now appears that these ancient persistent pulse palpators were on to something. Complex computer analysis of heart rate variability showing minute alterations over prolonged periods, and modern chaos theory, can reveal patterns that are powerful predictors of sudden death and heart disease. It is likely that this was appreciated thousands of years before the birth of Western medicine.

Numerous drugs, including aspirin, morphine, digitalis, quinine, ephedrine, colchicine, ipecac, cocaine, and more recently, tacrine for cancer were derived from folk medicines. These often came from indigenous plants not found in abundance in other parts of the world, and have been pursued by pharmaceutical companies because they had been utilized successfully for centuries. Other drugs were developed from plants with powerful but harmful effects, or possibly poisonous, since it seemed likely that they contained chemicals that might be useful for treating certain conditions. One example is the "bush tea" made in Jamaica, which caused "the vomiting sickness" and often a coma-like state. Researchers subsequently discovered that one of the ingredients caused a marked drop in blood sugar, which led to the formulation of phenformin for the treatment of diabetes.

It is likely that the components of many herbal remedies used in past centuries are now extinct. Thousands of others with medical potential that still exist in rain forests and remote areas of the globe are rapidly being eradicated by industrialization. Another source of great concern is that native medicine men and tribal healers proficient in herbal therapies are disappearing, and have left no written records. Efforts are underway throughout the world to preserve this information and endangered botanicals.

More Recent Alternative Systems

Over the past two centuries, several systems of medicine have been developed as alternatives to conventional drug treatment. While previously considered as fringy if not worthless by Western medicine, some have been gaining respectability, and now enjoy increased popularity due to the tidal wave of interest in Alternative Medicine.

Homeopathy was developed in the late eighteenth century by Samuel Hahnemann, a German physician who noted that when he drank quinine, he experienced many of the symptoms of malaria, although he did not have the illness. Based on further experiments with other compounds, he concluded that any such substance that normally causes a healthy person to become ill, will cure someone who is already sick with the same symptoms if given in infinitesimally small doses. "Like cures like", or "the law of similars" became the first tenet of homeopathy. The second was the "law of infinitesimals", which stated that a repeatedly diluted remedy actually became much more powerful with each dilution. The third "law of chronic disease" proposed that any herbal or drug treatment taken to cure a disease, would eventually make it worse, unless it was given as a homeopathic dilution. This has been largely abandoned by modern practitioners, who often include herbs to be taken along with homeopathic preparations.

Diagnosis involves a lengthy interview to formulate the correct patient-specific *simillimum* homeopathic prescription. This is based not only on symptoms and physical signs, but all aspects of the patient's spiritual and emotional well being, since these are considered equally important. The actual remedies are dilutions of plant, animal, or mineral substances based on their chemical and biological activity when highly diluted. Poison ivy will be cured by a homeopathic preparation of the plant, and the more it is diluted, the greater its potency. The strongest, is diluted by a factor of ten, 20 times, and contains no measurable poison ivy. Since sugar is added to most homeopathic dilutions, they are often called "sugar pills".

Half of all French physicians and a third of those in England regularly refer patients for homeopathy. Although not as well accepted here, several states licence homeopaths, and remedies are regulated by the FDA based on a Pharmacopeia.

Naturopathy is based on the healing power of nature (*vis medicatrix, naturae*), and was introduced here by Benedict Lust in 1902, with his American School of Naturopathy. Its basic precepts were first and foremost, to do no harm, pinpoint and treat the underlying cause of the illness rather than symptoms, recognize the enormous power of the body to heal itself, treat the whole person, act as a teacher (*doktor*) to help the patient understand both diagnosis and treatment, and how to practice preventive measures in order to take a more active role in preserving health. It promoted the use of natural cures such as herbal medicines, and the need for proper nutrition and bowel habits. Naturopathic doctors now study the pathologic causes of illness, as well as the laboratory sciences that are part of the medical school curriculum. They also receive training in homeopathy, Oriental medicine, physical manipulative techniques, hydrotherapy, and botanical medicine. Behavioral medicine is strongly emphasized, since naturopathy recognizes the important role of stress in upsetting physiologic balances that lead to illness. There are three accredited naturopathic medical schools in the U.S., and over a thousand naturopaths (N.D.s) are licenced in 11 States. Naturopathy is now also practiced in Europe, India, and Asia.

Environmental medicine evolved from the specialty of allergy, and was developed by Theron Randolph a half century ago. It focuses on the ability of environmental substances that upset normal biochemical and physiologic activities resulting in symptoms that have no other obvious source. Dyes or preservatives found in commercially produced foods, additives like MSG, car exhaust fumes and other atmospheric pollutants, formaldehyde and chemicals frequently found at home and in the workplace are the worst offenders. While most people don't seem to be affected, some individuals can be extremely sensitive to minute amounts of these substances. Others react adversely to wheat, egg, corn, or dairy products which can cause allergic reactions, asthma, arthritis, and depression. The body eventually loses its ability to cope with these allergens, which are also referred to as stressors, or incitants, and the immune system starts to fail. It is estimated that over five million Americans now suffer from some form of environmental illness.

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In recent months, severe sensitivity to peanuts has been responsible for banning peanut butter in school lunches, and many airlines no longer include peanut based products in their snacks. Environmental doctors are board-certified physicians who treat patients with simple allergic problems, complex diseases, or functional and behavioral complaints, since all of these may have an environmental basis. Individuals differ greatly in the time it takes to develop environmental intolerances, since this depends on the nature of the stressor, and the duration and frequency of exposure. Blood analysis, endocrine and immune function studies, psychological evaluation, nutritional analysis, and provocation testing, as well as routine measures are also used to establish a diagnosis. Treatment consists of avoiding or being protected from the offending agent, desensitization procedures, immunotherapy, vitamins, nutritional supplements, orthomolecular approaches, and most importantly, patient education in preventive measures. Environmental Medicine is still considered to be "alternative", because it utilizes unapproved therapies to boost immune defenses.

Chiropractic therapy focuses on the relationship between abnormalities in the spine and nervous system dysfunction that cause pain, muscle spasm, or limitation of motion. Practitioners use manual procedures and interventions rather than surgery or drugs. It is included here because the A.M.A. waged a lengthy and unsuccessful battle to have it discredited, and many orthodox physicians still consider it as an alternative approach or glorified physical therapy. However, reimbursement by fiscal intermediaries is now common, and chiropractors are increasingly being accorded a status approaching that of osteopaths.

What Else Should Be Included?

Acupuncture has already been approved for certain conditions, and other alternative approaches are attempting to obtain similar recognition for specific complaints. These vary tremendously.

Biological Treatments embrace an assortment of drugs and vaccines not approved by the FDA which are often promoted for the treatment of cancer, coronary heart disease, and other obstructive atherosclerotic disorders. They include antineoplastons, procaine, shark and cartilage products, ethylene diamine tetracetic acid (EDTA) and chelation compounds, immunoaugmentive therapy, Coley's toxin, neural therapy, apitherapy, iscador, and "biological" chemotherapy based on different theories.

Nutritional Supplementation for the prevention and treatment of chronic diseases is perhaps the fastest growing and most controversial aspect of Alternative Medicine. It reflects a rejection of governmental policies which generally do not recommend supplementing the typical American diet with vitamins or nutrients beyond the recommended daily allowance (RDA). Alternative dietary and nutritional supplementation adherents contend that there is no way that optimal health or significant disease prevention can be achieved by diet alone. In addition, there is a strong belief that daily vitamin intake well above the RDA may be required to reverse the effects of long-term deficiencies or to prevent malignancies and atherosclerotic complications. **Orthomolecular Medicine** involves the use of very high doses of vitamins, minerals and other nutrients to prevent and treat chronic diseases, especially those believed to be due to metabolic abnormalities. Megadoses of vitamins C and E are particularly popular, but could backfire.

Manual Healing Methods are based on the belief that dysfunction in one part of the body, can have a significant effect on other areas to which they have no obvious physical connection. **Massage Therapy** involves the scientific manipulation of muscles and soft body tissues to relax spasm, increase blood flow, and return them to a state of optimal function. There are many modifications, including **Swedish**, **Lymphatic**, and **Neuromuscular** massage. Remote healing by **Reflexology** is accomplished by massaging special sites in the feet where stresses are thought to have settled due to gravity effects. **Rolfing** consists of very strenuous manipulation of the fascia over muscles to correct gravitational misalignment. It is used all over the world, but accredited Rolfers must complete seven months of intensive training at the Rolf Institute in Colorado. **Postural Therapies** focus on the relationship between the musculoskeletal system and body movement. The most popular are those developed by Alexander, Feldenkrais, and Trager.

Biofield approaches involve placing the hands on or close to the body to detect or transfer energies, and include **Therapeutic Touch**, **Faith Healing**, and **Reiki**, as well as devices that emit or realign these forces. (Continued on Page 8)

Mind-Body Interventions are based on the belief that stress, emotions, and mental processes can play a crucial role in both causing disease and promoting health. Support comes from research confirming the contributions of stress to sudden death and heart attacks, deleterious effects on immune system function that lower resistance to infection, malignancies, and autoimmune disorders like rheumatoid arthritis. Meditation, visual imagery, muscular relaxation and autogenic training techniques, hypnosis, biofeedback, music, art, dance, and exercise therapies, religious and other social support groups are some of the stress reduction strategies that fall into this category. In addition to specific benefits, such practices often help patients perceive their illness in a different fashion that helps to minimize their physical complaints and emotional distress. Although the ability of religiosity or a strong belief system to influence the course of an illness is usually ascribed to a placebo effect, this does not explain the healing effects of remote prayer by others. As will be shown at our Tenth Congress, the following types of forces may be involved.

Bioelectromagnetic therapies are based on an emerging science devoted to studying how electromagnetic energies affect cellular function. Electromagnetic devices approved for healing bone fractures have been successful in hundreds of thousands of patients in whom non union had persisted for years despite repeated surgical procedures. Others recently developed are on the fast track for FDA approval for pain relief, acceleration of soft tissue and bone healing following trauma, nerve and tissue regeneration, and stimulation of immune system function. At least one manufacturer of powerful rare earth **permanent magnets** is seeking approval for pain relief and possibly accelerated healing based on very scientific studies. Also in this category are picotesla stimulation devices based on "**Jacobson Resonance**" formulations that have been reported to improve patients with Parkinson's disease, epilepsy, multiple sclerosis, and other neurologic disorders, Nordenström's **electrochemical therapy** for metastatic malignancy, and the use of **electroporation** to treat impotency and drug resistant tumors. **Cranioelectrical stimulation**, and particularly repetitive transcranial magnetic stimulation (**rTMS**) have been shown to be safe and effective in cases of depression resistant to drug therapy, and possibly useful for correcting disturbances in circadian rhythms such as jet lag. At least one device can now make claims for pain relief and reduction of anxiety and depression. Symtonic **low energy emission therapy** has been shown in double blind studies to be very effective for treating insomnia and anxiety without any of the side effects seen with drugs, and **Neuroelectric therapy** shows great promise for the treatment of addictions and withdrawal symptoms. We witnessed the stunning success of **metabolic-magnetotherapy** in patients with terminal cancer and cardiomyopathy at our last event. All these cutting edge bioelectromagnetic advances will be featured at our Tenth Congress.

What Works, What Doesn't? How Can You Be Certain That A Treatment Is Safe?

Some herbals and megavitamins can be dangerous, especially when taken together, or with medications. There are also worthless and potentially harmful copycat devices. What can help, what might hurt, what to watch out for, and other important issues, will be discussed in detail in our next Newsletter, so stay tuned.

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Editor-in Chief

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