Parathyroid and Arteriosclerosis

Editor:

John was fifty-six when he consulted me a year ago. I watched him inch his way toward my office while leaning on a crutch. He was unable to flex his feet. There was no pulse in his thin legs. CAT scans, a sonogram and an angiogram confirmed almost complete blockage of the arteries to his legs. Also, there was impaired circulation to the rest of his body, including coronary insufficiency. His cholesterol level was normal. He was advised by his former medical doctor to have his legs amputated. A kinesiology work-up indicated that the artery blockage was due to calcium deposits. A malfunction of the parathyroid tested as the principle cause. Herpes Simplex #4 (possibly chicken pox) tested as the principle causative agent, affecting the parathyroid. He received the HPVS #4 herbal program from Monastery of Herbs along with some mineral ascorbate. After two weeks on the program, his sister called and reported that John was dancing in the street. He had taken other herbal programs to further improve his health and now enjoys an active life.

This case illustrates the important role that the parathyroid has in some forms of arteriosclerosis. Parathyroid hormones main function to maintain normal calcium levels in the blood. This is primarily done by pulling calcium from the bone and increasing intestinal absorption. In hyperparathyroidism the blood level of calcium is elevated. I suspected that John had elevated calcium due to an inflamed parathyroid. On the other hand, the thyroid secretes calcitonin when the calcium becomes elevated in order to lower calcium blood levels. Therefore, both glands need to function properly in order to prevent calcification of the soft tissues.

While hyperparathyroidism and hypothyroidism are a prescription for one form of arteriosclerosis there are other factors to consider. A diet high in phosphates and calcium can contribute to the problem. A diet high in magnesium and potassium serves as some protection against this disorder. The other issue is that all arteriosclerosis is not the same. The etiology and treatment of arteriosclerosis due to fatty deposits are very different.

L.J. Marx, M.D.
Treatment of Lyme disease

Townsend Letter for Doctors
December 1993

Editor:

I want to let you know how well I've been since you published my last letter in your November 1992 issue, regarding my plea for help with my fourth Lyme disease attack. Each time I have had a Lyme infection I have been treated with massive doses of antibiotics, but have nevertheless been left with a pattern of recurrent headaches identical to those experienced during the initial acute Lyme episodes. This last time the headaches were so severe that they were disorienting as well as disabling. For several months I could not remember what it was like to have a clear-thinking and pain-free head.

One of your subscribers, Dr. Dorothea Lyndley from Connecticut, contacted me with information about treatment that had been successful for her own chronic Lyme infection. She had been working with a nutritionist who advised Carnivora (Venus Fly Trap extract) as part of a program that also included many vitamin supplements and glandulars. After I began this program my headaches cleared up about 70%. But each time I opened a new bottle of Carnivora I had a recurrence of devastating flu-like symptoms - high fever, and head and full body aches for 3 days. After three rounds of this (approximately 3 months) I stopped those treatments, as I decided to accept the 70% remission and live with it.

At this time a California physician, Dr. Louis Marx, sent a copy of his herbal book to me, having earmarked the page on "Spirochetes, Lyme Disease." Reading his book, I was impressed with his work of the last 10 years on "designer herbals" (with Dr. Clifford Alldridge at the Monastery of Herbs), and called him to discuss my situation. He encouraged me to order the Spirochete-Lyme program, but told me to expect that it might not give me 100% relief, and also that I might need to do several more herbal programs as one layer of disorder after another required attending to.

I placed my order and waited patiently for the herbal tinctures and capsules to arrive. This took several weeks, because one of the ingredients was back-ordered. But one day they did arrive and I began the herbal program immediately. Within three days the headachy feeling that I have lived with for years was gone. My head was as clear as a bell! It was unbelievable, and extremely pleasurable. I called Dr. Marx to tell him of my miraculous recovery and he said he was not surprised. His book gives much anecdotal material on miraculous recoveries from chronic ailments.

As I am a nurse-psychotherapist, working with my clients in a holistic format, I immediately saw a new way in which I might eventually help my clients with their myriad problems. In working with cancer patients psychologically, I often attempt to educate them about diet and nutrition, and about the pros and cons of using vitamins to raise energy levels and strengthen immune responses to their disease. Now we could think of adding some herbal programs.

Dr. Marx planned a workshop to teach health practitioners how to work with their clients with "Neuro kinesiology" (muscle testing and reflex points) and herbals. I attended his first workshop in June 1993. It was a very interesting and educational experience. I still find that I am a beginner in checking the body's reflex points with kinesiology, but I am studying and practicing this new "art" with my friends and relatives every day with some favorable results.

Anyway, I wanted to bring this new information and my successful personal treatment of Lyme disease to your readers. If anyone needs any further information, I would be very glad to share my experiences with them.

Pearl Bennette Atkin, RN, MA, CS
Spirochete Infections
Letters to the Editor

Editor:

The spirochete bacterial infections are one of the most, if not the most, destructive infections. These large corkscrew shaped bacteria destroy tissue wherever they attack. It is important to diagnose and treat early. Unfortunately, the usual diagnostic tests are not reliable. These bacteria can be recognized by use of a darkfield microscope, however, few doctors have them. Furthermore, there are a number of types of these bacteria and the most common ones are unidentified.

In the system that I use, the spirochetes are classified on a genus level; Spiro L is for Lyme disease, which is prevalent in the Northeast and spreading thru the Southwest. The deer tick is a major source of this infection. The Lepto Spirochete infection is attributed to contact with animal waste products. Inhaling dust from where animals defecate can result in this infection. Spiro P is unclassified and is the second most frequent spirochete infection. The source seems to be mainly insect bites. Spiro T is the Treponema genus. The species Treponema Pallidum is syphilis. Most of the time we are dealing with insect-vectored infection. The most frequent spirochete infection is unclassified and we call it Spiro X. This type has been linked to animal waste products. However, theoretically, all of the spirochetes can be transmitted by insect bites.

The signs and symptoms are widely varied, depending where the infection is active. If it attacks the brain, then there is destruction of brain tissue resulting in dementia, and/or bipolar or manic-depressive disorder. Every case of bipolar disorder, which I have evaluated, can be traced to a spirochete infection. Research has shown that this infection destroys sub cortical brain tissue that controls affect. This bacterium has shown up in schizophrenia, although my sample is much smaller.

Those with bipolar disorder may need to be on lithium for the rest of their lives to control symptoms. Patients much prefer lithium orotate over lithium carbonate. The usual dose for lithium orotate is 5mg three times daily; 5mg seems to be equivalent to 300mg of lithium carbonate. There are no side effects and there is no need or use in checking blood levels.

If the spirochetes attack the heart then the person gets congestive heart failure because it destroys the heart muscle. If the infection attacks the arteries then the person is likely to get a dissecting aneurysm. This infection frequently attacks the Musculo-skeletal system and is rheumatoid arthritis and fibromyalgia. There can be collapsing of the spine resulting in severe pain. These bacteria can attack most any part of the body. I call it the silent killer because of its insidious nature.

Since laboratory tests are unreliable, I have relied on the neuro-kinesiology testing which I have found to be highly reliable if done correctly. The herbal formulas have been very effective and can be purchased from the Monastery of Herbs (818-360-4871). The herbal programs last 17-18 days and that's it. By the way, I have no financial interest in this company.

L.J. Marx, M.D.
Chronic Fatigue Syndrome

July 1993
"Cause of Chronic Fatigue Syndrome"

Editor:

This is in response to reports in the Townsend Letter and various other publications, concerning the cause of the Chronic Fatigue Syndrome (CFS). One of the assumptions forwarded is that CFS must have a single cause. This is revealed by comments like: "since some CFS patients do not have the Epstein-Barr virus (EBV) then EBV cannot be the cause of CFS." This assumption is not valid.

Others have reported some improvements in this illness while taking various supplements and remedies. This does not mean that CFS is caused by a deficiency of these products. Anything that supports the immune system may result in a decrease in symptoms. These Band-Aide approaches do little to explain the cause of CFS.

My comments are based on having successfully treated a large number of CFS clients. I want to impress upon you that CFS is a reversible condition, and these people can live a normal and happy life. Once the disorder is properly treated there should not be a return of the disorder.

CFS is primarily a result of an accumulation of infections resulting in an overloading of the immune system. The only other significant factor is toxicity, especially heavy mental toxicity. Viral infections are the major culprit. The EBV heads the list. Most CFS is marked by low thyroid function and EBV is usually the infection that interferes with thyroid function. EBV can account for many of the secondary symptoms such as food intolerances, anxiety, and other mental symptoms.

Number two is the Herpes virus #6 followed by the Cytomegalo virus and Infectious Mononucleosis. The next groups of infections to consider are the liver viruses. Hepatitis B is the most common. Other Herpes viruses are also important, especially Herpes Simplex #2 and Herpes Simplex #4. Of course, the HIV viruses can lead to CFS.

Bacterial infections can be important. The spirochetes (Lyme disease and the Treponema genus) can be major players in CFS. They can produce depression, mania, memory loss, and other mental symptoms as well as fatigue. Other bacterial infections to be investigated are mycobacterium Tuberculosis and Atypical Tuberculosis.

The liver parasite Leishmania can produce profound fatigue. Toxoplasmosis is a tiny parasite that prefers the central nervous system and is the most common finding in panic disorders, vertigo, headaches and other head symptoms. The yeast-fungi infection Cryptococcus Neoformis is the second most common basis of these central nervous system irritations and inflammatory symptoms. Other yeast infections such as Candida Albicans are seldom a major factor and are highly over-rated. Candida is usually a secondary infection and will often clear when the primary infections are cleared.

Over the years I have had consistently good results by using the herbal remedies listed in the Technical Reference Section of my book Healing Dimensions of Herbal Medicine. Although the herbal programs take about three weeks to complete, most symptoms are gone after a couple of days. The programs should not have to be repeated. Your bookstore can order the book through New Leaf Distributors or order directly from my office for $18 postpaid.

L.J. Marx, M.D.
Phobias & Panic Disorders

Townsend Letter for Doctors
April, 1993

Editor:

Phobia can be defined as the fear of losing control. Panic can be defined as the sensation of losing control. The loss of control can refer to painful psychological stimuli such as denied feelings or memories. This is called anxiety. The experiencing of loss of control of our bodily functions will result in panic. Once a person has a number of loss of control experiences there develops a phobia that is likely to last beyond any resolution of the traumatic experience.

Thanks to the excellent research of Dr. Harold Levinson, we now have an understanding of the mechanism involved in the formation of phobias and panic attacks. In his book Dr. Levinson explains how at least 90% of these disorders have a common physical basis that is a disturbance in the vestibular-cerebellar axis.

A careful history will usually reveal subtle inner ear symptoms such as vertigo, equilibrium dysfunction, fear of heights and open spaces, and avoidance of crowds and being in motion. Dr. Levinson reports good results by treating these people with anti-motion-sickness medications.

Our own research has revealed that a few central nervous system infections account for most of these disorders. The most common infection is Toxoplasmosis. This microscopic parasite has a predilection for the CNS. Toxoplasmosis produces meningitis type symptoms such as neck pain, headaches and vertigo. In severe infection there can be marked psychiatric symptoms. Cats are a major source of this infection. It is important to wash hands after any contact with cats. Also, their stools contaminate the soil that can be inhaled by humans. The second most frequent cause of inner ear disease is the fungus Cryptococcus Neoformis. Like Toxoplasmosis this fungus gains entrance into the body by inhaling contaminated dust or dirt. Once the infection is in the nasal passages it can enter the sinuses and then the CNS. This infection also produces meningitis symptoms and especially characteristic is insomnia.

Other infections to look for are Epstein-Barr virus, the Cytomegalo virus, and the Herpes Simplex #2 virus. Occasionally it may be necessary to test for other causative agents.

Sadly, many of these sufferers engage in extensive psychotherapy. Lack of relief from psychotherapy tends to lead to self-blame and further loss of self-worth. An accurate diagnosis and definitive treatment can make a dramatic turnabout in the quality of life for those with phobias and panic attacks. It is great relief for these people to realize that it is not their fault and they are not crazy.

I will be offering one day workshops on Neuro kinesiology Testing and the use of herbal remedies. The workshops will be on Saturdays in Ventura. A date will be set whenever I have ten participants. Those interested should contact me.

L.J. Marx, M.D.
This is in response to Mr. Fonorow's request for information on Hepatitis C, as well as other hepatitis and viral infections. My experience is that all these viral infections are easily treated by the herbal programs that I have previously written about.

These herbal programs can be ordered from the Monastery of Herbs (818-360-4871). The programs consist of one bottle of dried herbs in capsules and two bottles of liquid extracts. The adult dose is 4 capsules per day and 20 drops or one dropper full of each of the extracts. The programs take 17 to 18 days to complete. Most symptoms are gone within two to three days. I also recommend taking two 5 mg tablets a day of lithium orotate during the course of treatment. Lithium orotate can also be ordered from Monastery of Herbs.

The program for Hepatitis C is named Liver #3, Hepatitis B is named Liver #2 and Liver #1 is for Hepatitis A.

While there are many viral herbal programs, I will enumerate those of most interest: EBV program is for Epstein-Barr virus; HPVS #1 is for oral herpes; HPVS #2 is for Genital Herpes; W-Papiloma is for the Human Papilloma virus; HPVZ #4 is for Herpes Zoster; HPVS #4 is for Chicken Pox; IMN is for the Cytomegalo virus; and Polo is for polio.

L.J. Marx, M.D.
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Editor:

I enjoyed reading your latest issue concerning Chronic Fatigue (CFS). I have had many successes in treating my cases involving both CFS and Fibromyalgia. I agree with the majority of your articles stating CFS is viral in nature but can also have numerous other causes. Please let your readers know that CFS is a reversible condition. My success is based on a unique blend of South American and Chinese herbs combined with tinctures that allow the herbals to penetrate the cell membrane and go to the nucleus of the cells, made by Monastery of Herbs. The Monastery of Herbs may be reached at 818.360.4871.

These formulas helped to alleviate the painful symptoms of CFS and other viral/bacterial infections usually within 18 days. Another major source of frustration for some patients is fungus, especially Candida. I had one client in particular who was given product #181, F Alba, along with appropriate herbal supplements to remove his constant joint pain and within 5 days his condition improved immensely.

These blends can bring new layers of infection up and also need to be worked with at the right time. I have been reading your magazine for several years now and have noticed many articles about using herbals to address some of the above conditions. In my opinion, most of the studies used herbs that were not powerful enough to be effective. Except for the Monastery of Herbs, I believe that most herbs are not powerful enough for today's advanced viral and bacterial mutations because our immune systems are constantly under attack. The proof of this statement is that when patients come to me with their “band-aide” remedies that purport to help support their immune systems, most of these remedies contain toxic agents that keep the herbs from being readily absorbed into their cells. Even antibiotics seem to not work as well today because of the clients' poor diet and body PH.

Let's eliminate the layers of disease from the body so that we can live a normal and successful life without taking allopathic medicine on a daily basis. For your information I do not have any financial interest in the aforementioned company.

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Osteoporosis

Editor:

It is appropriate to discuss Parathyroid and Arteriosclerosis together because they have much in common.

Osteoporosis or demineralization of the bones can result from two basic causes. The first type is due to pathology of the parathyroid gland. When the parathyroid gland is inflamed, it puts out excess parathyroid hormone. This results in elevation of calcium in the blood. The high level of blood calcium can only be maintained by drawing calcium out of the bones. Much of the calcium is excreted. However, the rest is deposited in the soft tissue resulting in clogging of the arteries, kidney and gall bladder stones, and deposits in joints and various soft tissues as osteoarthritis.

The cause of this pathological form of osteoporosis is the chicken pox virus (HPV-S #4). A person may have contracted the virus early in life, but symptoms may not manifest until years later. The accuracy of this statement is demonstrated by the rapid improvement seen upon taking the HPVS #4 herbal program. It is important to be aware that if this condition exists, all the minerals and other nutrients will not stop the continued deterioration of the skeleton.

The second form of osteoporosis is primarily due to nutritional deficiencies. There is much confusion and misinformation in regard to which minerals build strong bones. The biggest fallacy is that calcium is the principle mineral needed. Calcium will not rebuild bones and can contribute to the worsening of the disease. The minerals needed to strengthen bones are magnesium, potassium, manganese, boron and silica.

These minerals need to be in a bio-available form to be effective. Inorganic minerals will not be effective. Carbonates, oxides, sulfates, etc. are ineffective and toxic. Amino acid chelated minerals tend to be ineffective and toxic.

The forms of minerals that most consistently test well are the ascorbates, aspartates, and orotates. The ascorbic acid, aspartic acid and orotic acid must be chemically or electrically bonded with the mineral. Putting inorganic minerals in a solution or mixture of amino acids will not work and is just a form of deception. Most minerals on the market and even in health food stores are not effective. It is surprising how effective the right minerals are even in modest doses. I use "Alacer" brand of mineral ascorbate and "Atrium" brand of aspartates and orotates.

You probably noticed that I did not mention calcium supplements. I don’t use calcium because it is not needed and people with osteoporosis have an excess of calcium in the soft tissues where it does not belong. Taking the above minerals will help bind that calcium into the bones. Furthermore, research has shown the body can transmute other minerals into calcium, if needed (Schutte, Metabolic Aspects of Health, Discovery Press 1979).

Osteoarthritis is primarily a nutritional disorder and has the same cause and treatment as osteoporosis. It is likely that if you have one, you have the other.

Another major cause of these disorders is a high acid diet. The body has to each minerals out of the bones to neutralize the acids. A high protein diet is the main culprit. Coffee, soft drinks, and “junk” foods contribute to acidosis and loss of bone minerals. A diet largely of vegetables and fruits will help build up an alkaline reserve. Acidity greatly accelerates the deterioration of health and fosters many diseases and an early death.

In contrast, Rheumatoid arthritis is primarily due to chronic infection. The various spirochete bacterial infections and tuberculosis are the most frequent findings.

L.J. Marx, M.D.
Pelvic Disease

October 1993

This is in response to a plea for help regarding PID.

Yes, there are some problems associated with identifying and treating many infections. We need to realize the limitations of medical diagnosis and the use of antibiotics if we are to become free from dependency upon outworn medical technology.

Antibiotics usually work through the circulatory system. The tissues that are richly supplied with blood are likely to receive more antibiotic. The tissues that have less blood supply are less likely to respond to the drugs. This has been demonstrated in syphilis where antibiotics will clear the bloodstream of the infection and the VDRL will become negative. However, the spirochetes continue to thrive in the tissue.

Another problem with antibiotics is the limited range of infections that are affected. Each type of antibiotic will affect some types of bacteria while other bacteria will not be affected. Also, bacteria can develop resistance to antibiotics. That leaves many types of bacteria untreated. Many bacterial infections are secondary infections. That is, they live on tissue damaged due to underlying viral, parasitic and fungal infections. Antibiotics are relatively ineffective against most primary infections. If viral infections are not cleared then bacterial infections will return even if they were successfully treated prior to treating the viral infection.

In my experience viruses most frequently set the stage for secondary infections. Therefore, any program that does not effectively treat the viruses will not succeed.

With PID the Herpes Simplex #2 (Genital Herpes) and the Human Papilloma Virus are frequently involved. Although all the chronic fatigue viruses tend to locate wherever there is tissue damage and further aggravate the disease. The two bacterial infections most associated with PID are Gonorrhea and Syphilis. Other bacterial infections to look for are Chlamydia, Lymphogranuloma Venereum and Tuberculosis.

When I started to practice herbal medicine, the biggest problem was getting an accurate diagnosis. I quickly learned that the standard laboratory tests were not accurate enough to rely upon. This let me to adopt a form of muscle testing called Neuro-Kinesiology developed by Dr. Clifton Alldredge. He also developed specific herbal programs for the treatment of the many dozens of infections. Actually, to be accurate, we really treat the reflex points rather than the infection. We simply do not have the millions of dollars needed to verify whether the reflex point for a specific infection is identical to the medically recognized organism. Nevertheless, the results have been consistently effective and the system works better than anything else I have encountered.

Herbals work on a different principle than antibiotics (at least the herbals I use). Herbals appear to work on a vibratory basis. The effect of this is that the remedies are not dependent on the circulatory system to be effective. Therefore, the herbals work any place in the body regardless whether there is a blood supply or not. Actually I have observed excellent results from simply having a person soak in an herbal bath.

L.J. Marx, M.D.
Depression

Editor:

Most of the people who come to me with complaint or diagnosis of depression have a physical basis for their malady. While the majority does have symptoms of depression, these symptoms are secondary to the physical disease. Those disorders that produce fatigue and disturbance of mental function will most likely lead to depression. The patient is given a clear-cut diagnosis or explanation for their symptoms then it is more likely to be accepted by the patient and not lead to depression. These illnesses that are poorly defined and have an uncertain basis tend to lead to self-doubt and self-blame.

Sometimes it is not clear how much of a person's symptoms are psychologically based or due to physical causes. I suggest that the patient treat the medical problems first, since this can be done in a fairly short time. After treating the physical problems, most patients feel so well that they do not feel the need for psychotherapy.

As a general rule, when someone has a high energy level it is difficult to be depressed. The treatment is to clear the body of the causative agents that interfere with the flow of life energy. The causative agents are mostly common infections. The Epstein-Barr virus, the Cytomegalovirus, Infectious Mononucleosis, HTLV #4, the various hepatitis viruses, and some of the other herpes viruses can be major factors. The spirochete bacterial infections are a frequent cause of depressive symptoms, especially if these infections are in the Central Nervous System. Liver parasites such as Leishmania and Liver Fluke need to be considered. Fungal infections can take advantage of a depressed immune system and prevent recovery. If all else fails, then consider heavy metal poisoning. Mercury toxicity from dental amalgams is certainly the most frequent finding.

Also, mercury toxicity can be the basis of chronic allergies. There cannot be well being while mercury is continually being leached into body tissues from dental fillings. There is an alternative perspective on the dynamics and healing of psychologically based depression. Depression is generally depicted as a mood or emotional state. However, I would define depression as not being a mood or emotional state at all, but a mental state. It is a state that lacks feelings. The pain of depression is the pain of being deficient of emotions or feelings. It is like being suspended in an empty space without connection to what gives us a sense of being. It is isolation from feelings, resulting in a sense of nothingness. Yet there is a dread of feeling emotions because of the fear of experiencing even more pain. Little does the depressed person realize that to deny experiencing feelings is the creator of the even more intense suffering of depression?

The downward spiral of events begins with a belief system. The acceptance of a belief must lead to judgment, and this includes judgments against the self. To judge self as unacceptable in some way is denial of that part of self. This is repression. The rejection of some aspect of self requires energy to keep that fragment of our being out of consciousness. The separation creates a space or gap. This gap is guilt. Guilt is a nothingness that swallows up our life energy. It is like a black hole in space, it takes and doesn't give back.

Why would someone embark on such a self-destructive path? As a child he is taught early in life that he fails to live up to the standards of parents. The child chooses to agree with the parent's judgments because it is the only way he knows how to get love and approval. He feels helpless to break free from his dependency. He does what he thinks is necessary to become acceptable and that includes self-reflection and self-blame. He gives up self to become not self. Of course, he never gets the acceptance because the parental figures can't love the child because they don't love themselves. Also, acceptance is a way of freeing another while rejection is a means of controlling others.
As an adult, the depressed person blames himself for being unlovable and has contempt for all of his natural feelings that he was told are unacceptable. The energy spent on repressing the emotions has the effect of compressing his own life energy. Compression inhibits the very vibration of life. The will is to stop vibrating, which is death - the wish to cease to exist. The more we deny, the more we die.

Therefore, the quickest way to break through a depressive state is to move the feelings. With the movement or release of feelings comes relief from the depression. The feelings coming forth can be expected to be "negative." There is much rage to be released. Even though there is much pain, it is a great relief from the angst of depression.

Acceptance of the unpleasant emotions is an essential part of healing. Keep in mind; negative states are only negative because that is how we have judged them. The rage and pain need to be handled like an abused child or spouse. Listen and accept all that comes forth without excuses or being defensive. Once the energies have been accepted and released, the "negative" aspect ceases and the energies are transmuted into warm loving feelings. Healing has occurred.

Along with this process it is helpful to review the person's life and educate them as to how they developed the pattern of self-denial. We need to realize that the decisions we made in our earlier years were an attempt to solve a difficult situation the best way we knew how at the time. Therefore, there should not be any blaming involved. Self-forgiveness is a necessary part of healing.

Nevertheless, the problems that continue into adulthood are not the direct result of what happens to us, but is the product of the decisions we make in response to our experiences. In depression the key decision is to try to solve the problems through others. As long as the depressive pursues this approach there is no breakthrough. Healing can only occur when the depressed person abandons all efforts to solve his self-esteem problem by getting the approval of others. This approach means giving away power and self-determination. We become at the mercy of others and see ourselves as helpless and dependent. Healing comes from within. It means accepting full responsibility for our lives. Thus we become self-empowered and self-integrated.

The light of understanding is the alchemy of transmutation. While judgment rejects and excludes, understanding accepts and includes. The culmination of understanding is to realize that our source of love, joy and peace is within our own hearts.

L.J. Marx, M.D.