

Holistic Medicine *VS* Conventional Medicine

See health differently!

Holistic medicine is "*pro-health*" and offers the teachings of millennia-old medical wisdom. From the Greek word *holos*, meaning "*whole, entire,*" it aims to care for the human being by taking into account their four bodies: physical, emotional, mental, and spiritual. It therefore seeks to understand the invisible connections that link our lifestyle habits, our diet, our thoughts, our psychological state, our emotions, and our energy resources.

At the opposite end of the spectrum, **conventional medicine** is composed of doctors, surgeons, and "*specialists*" who simply treat the symptoms of diseases without teaching their patients how to live a healthy life. They practice anti-disease medicine, and we call it a "*healthcare system.*" Ironic, isn't it? On the one hand, modern science has led to great successes in emergency medicine and surgery. Its technology "*saves lives,*" but at what cost?

So-called technology has been accompanied by a precipitous decline in knowledge of the fundamental principles of healthy living, the responsibility of each individual for what happens in their life, and natural therapeutic methods. Have our doctors forgotten the five principles of Hippocrates, the father of medicine? Here they are:

- the holistic nature;
- the balance of the body (*dietary disorders, deficiencies, toxins, stress*);
- vitality;
- causalism (*the search for the cause of the imbalance*);
- hygienism (*lifestyle advice*).

Unfortunately, the secrets of living in harmony with the Universe, taught by shamans, therapists, and sages of the past, have been dismissed as worthless superstitions and consigned to oblivion. Only the science of Big Pharma has been considered serious.



A medicine of progress...

Louis Pasteur, to whom the invention of the first vaccine is attributed, has been promoted to the forefront of a medical system that denies its origins and devotes itself to the cult of "*scientific progress.*" "*Trust us,*" the "*researchers*" proclaimed, "*thanks to the research in our laboratories, you will soon experience the perfect health you dream of, thanks to our vaccine and drug weapons.*"

**I have a document in French containing the whole truth about vaccines and viruses. It will soon be available in English.*





The fall into hell!

Unfortunately, today, after nearly two centuries of scientific medicine, the results are hardly encouraging. The development of science has been accompanied by increasing pollution not only of the air, water, and soil, but also of our bodies, and we are now paying the price with our health. Our immune systems, strained beyond their normal capacity, are collapsing, and diseases of civilization are multiplying at an alarming rate.

In the United States, it is estimated that nearly 800,000 people per year die from modern medicine.

Let's go back in the past a little.

Until around 1920, universities generally held the view that medicine was an art served by science, rather than a science supported by art. Unfortunately, they were threatened by American organizations that eventually influenced them to change course, and they made a 180-degree turn towards "*scientific*" medicine.

The role played by the Rockefeller Foundation over several decades in shaping university medical schools worldwide has been colossal. The "*evolution*" of medical sciences, bacteriology, vaccination, and more, has completely changed the curriculum, and the original medicine of our ancestors, guided by nature, has been sidelined in favor of *Big Pharma... and \$\$\$*.

The truth...

In my studies and research, I have seen hundreds of accounts from people who, instead of suffering and complaining, chose to step out of the victim role and become the architects of their own health. They understood that illness is not inevitable or a sentence handed down by doctors! They sought to understand why they had become ill and what the meaning was of what was happening to them.

Does illness have a meaning?

The major problem for far too long has been the lack of understanding of quantum medicine and its laws governing the influence of thoughts and emotions on the physical body, leading us to experience discomfort or illness. Illnesses are therefore signs of imbalance in a person's life, whether on an emotional, spiritual, or physical level. Furthermore, the meaning

of illnesses is very personal and varies according to beliefs, culture, personal experiences, and so on. **They are an opportunity to understand who we are and to evolve.** They are an invitation to grow! No one is "*guilty*" of being sick. However, we must learn to take responsibility for our health. Among the many factors that contribute to illness, some could



be avoided. This, too, is part of finding meaning in one's illness: understanding our responsibility in the processes that make us sick and deciding to change our lifestyle habits. This is where our true power over illness lies.



The truth... (continued)

Following a diagnosis, some people turned to health education and a quest for meaning, instead of accepting the doctor's fatalistic diagnosis. They grasped the fundamental principles of holistic medicine, which addresses the human being in their entirety: physical, emotional, mental, spiritual, familial, social, professional, environmental, and so on.

In 20 years of passionate research and training on everything related to healing, I have found that healing is only possible by taking this totality into account.

"Let food be thy medicine."

- Hippocrates

"Take care of your body so that your soul will want to stay in it."

- Gandhi

If, for example, only the physical body is treated, remissions, improvements, and greater comfort in suffering are achieved, but no complete and lasting cure. Even worse, chemical treatments continually delay a return to health, since they **increase the body's toxicity**, which, according to all schools of natural medicine, is one of the fundamental causes of all physical illnesses.

Therefore, the loss of a conscious connection with the spiritual body (the soul), combined with negative thoughts, repressed emotions, stress, sugary and processed foods, artificial colors, vaccines, and chemicals of all kinds... all of this leads to the accumulation of toxins in cells and intercellular spaces, which the immune system and excretory organs can no longer eliminate. In short, illness is a stage of detoxification and a call for change.

Unfortunately, modern medicine has forgotten the fundamental principle that we are a holistic being and it considers disease as an enemy to be fought with drugs or surgical operations.

Patients who have recovered from serious illnesses have understood that healing is always **the result of the body's natural processes**, which knows how to detoxify and regenerate when its efforts are not hindered.

Personally, I dislike the concept of healing that equates it with the disappearance of symptoms. Blocking the body's elimination processes with cortisone, antibiotics, or any other medication or surgery does not lead to a true cure. These are merely emergency measures. For me, a patient is only truly healed when they have learned to manage their own overall health.

Finally, having a healthy body without being in harmony with one's emotions, thoughts, and spiritual life is meaningless. **Health must encompass all aspects of being**; otherwise, it remains an unfinished sketch or a project still in limbo, unable to materialize.

When you begin to treat your pain not as a problem to be solved, but as a portal to self-understanding, you unlock a new path.