Treating Body, Mind and Soul

Alternative Solutions for Modern Living

Jan de Vries

Mainstream Publishing *eBooks*

BY THE SAME AUTHOR

BY APPOINTMENT ONLY SERIES
Arthritis, Rhumatism and Psoriasis
Asthma and Bronchitis
Cancer and Leukaemia
Heart and Blood Circulatory Problems
Migraine and Epilepsy
Do Miracles Exist?
Multiple Sclerosis
Neck and Back Problems
Realistic Weight Control
Skin Diseases
Stomach and Bowel Disorders
Traditional Home and Herbal Remedies
Viruses, Allergies and the Immune System

NATURE'S GIFT SERIES
Air: The Breath of Life
Body Energy
Food
Water: Healer or Poison?

WELL WOMAN SERIES
Menopause
Menstrual and Pre-Menstrual tension
Pregnancy and Childbirth
Mother and Child

JAN DE VRIES HEALTHCARE SERIES
How to Live a Healthy Life
Questions and Answers on Family Health
The Five Senses
Inner Harmony
Healing in the 21st Century
Hidden Dangers in What We Eat and Drink
My Life With Diabetes

NATURE'S BEST SERIES
10 Golden Rules for Good Health
New Developments for MS Sufferers

THE JAN DE VRIES PHARMACY GUIDEBOOK SERIES
The Pharmacy Guide to Herbal Remedies

ALSO BY THE SAME AUTHOR
Life Without Arthritis – The Maori Way
Who's Next?
A Step at a Time (Autobiography)

TREATING BODY, MIND AND SOUL

Healthcare Series

Jan de Vries

EDINBURGH AND LONDON

Epub ISBN: 9781780570372
Version 1.0
www.mainstreampublishing.com

First published in Great Britain in 2003 by
MAINSTREAM PUBLISHING (EDINBURGH) LTD
7 Albany Street
Edinburgh EH1 3UG

ISBN 1 84018 463 9

A catalogue record for this book is available from the British Library

CONTENTS

BODY

Throughout the 45 years I have studied the body and its marvellous construction, I have been constantly amazed at how it works. It is so beautiful and harmonious, and it would take a whole library of books to thoroughly discuss every part. In the 40 that I have written, I have only given a glimpse of what the body really is. We can only observe in astonishment when thousands of agents come to help heal even a little cut. Sometimes just an incredibly small adjustment is all that is needed to improve one's health. I find it remarkable to see how the body heals itself if sensible steps are taken. On the other hand, it is also unbelievable how many people destroy their own bodies through neglect.

When I see patients, I remember what I was taught during my time in China – to look, to listen and to feel. I can generally make a diagnosis even before a patient sits down before me in the consulting room. By looking at the placement of the ears and observing any imbalances the patient may have developed, I can consider where things have gone wrong in the body and decide what to do to harmonise it. The body can be likened to a ship that is overburdened on one side and capsizes, or the smallest wheel in a watch that fails to turn properly and stops the watch from ticking. Even minor problems can disturb the balance of our body and hinder it from working efficiently.

Chinese facial diagnosis, which I learned many years ago, is one of the tools that allow me to pinpoint problems so quickly. Using facial diagnosis, I can *look* and see what may be amiss with the patient who is sitting before me. The next step is to *listen* – not always to what the patient has to say, but to the tone of their voice and breathing. At this point I also focus on the energies which vibrate from the body and the feedback I am getting. The next step is to *feel* all the pulses of the

patient, their temperature and to observe what problems, tangible and intangible, that patient might have.

I have a responsibility when a patient comes to me for help to find the problem, fix it and then leave it. I take a very sensible approach to the patient standing in front of me, wanting help. I look at them and ask myself the question, ‘Where is the energy disturbed?’ Life is energy and it is most important that it should be lived to the full. Even when the smallest part of the body is causing problems, help should be sought to restore that part because, in the short time that we are here, we want to get the most out of life.

It is most interesting how the tremendous field of energy that is in the body can be disturbed. It is equally interesting to see, when I use acupuncture, how with just one needle the blocked energy flow can be released and allowed to flow freely again, so that the vital force in the body will work effectively.

Just as a watchmaker has to know the location and function of the different mechanical parts in a watch as well as their names, the alternative health practitioner has to know the names of all the parts of the body, their location and function, and must have an expert understanding of the general principles of anatomy and physiology. We are all familiar with the common names of the organs and limbs. We know that the veins and arteries carry blood to every area, and that digestion is carried out in the abdominal area. We might even know the Latin names for even the most intricate parts of the body. It is important not just to memorise the anatomical names, but also to know what action needs to be taken when problems arise. It is essential for practitioners to look at the body as a whole and to study anatomy (which is interesting for nearly everybody), so that they will have knowledge that will allow them decide what treatments should be carried out to improve a patient’s condition.

Looking at the human body as a machine, we see that it is composed of three parts. The first of these is the skeleton, made up of bones held together by ligaments, joints and muscles which introduce motion, nerves to control the action

of the muscles, and blood vessels, which provide a source of nutrition and waste removal.

The second part of the body is the mind, a gift from God that makes us different from our fellow creatures. The third part is the extremely delicate processing and manufacturing plant which is contained within the body, the viscera. This processing plant is designed to take in a variety of raw materials and to convert them into products usable by the various components of the factory of the body. These three parts, whilst often separated by the manipulator, psychiatrist and physician respectfully, are actually part of one complete, functional unit, welded together by the autonomous nervous system.

The autonomous nervous system with its chemical counterpart, the endocrine system, constitutes the great two-way street by which the three major components of the human body are linked. Anything, large or small, which happens in one area will be reflected in one or both of the others. There is a general tendency in modern health practitioners to limit themselves to treating two parts of the body, the mind and the viscera, while ignoring the mechanical and electrical areas, but the three must always be considered as a whole.

Life means movement; perfect form means rhythmic balance. All humans are made up of atoms and it is this life force which maintains the normal rhythm of their bodies.

The nervous system controls every function of the body. If the motor system is disturbed, excessive or deficient physical action ensues; if the sensory system is disturbed, the result will be pain. The sympathetic nervous system is the superintendent of all the bodily functions. We must seek always to establish and improve the circulation of the blood and other fluids.

Interestingly, in Chinese medicine a great deal can be diagnosed from the skin. The layers of the skin are known as the epidermis and the derma, and there is also a third layer composed of fatty tissue, sometimes known as subcutaneous fat. The condition of the skin, the hair and the glands can give

us a lot of information about what is taking place inside the body.

If we examine the anatomy and structure of the body, we see how it is composed, and this type of study includes all animal and plant life. The science of looking at the functions of the body, how it operates, is known as ‘human physiology’. It is very important to learn as much about the body as possible, as we will come to discover in this book.

The body is basically divided into three parts – the head, the trunk and the extremities.

The head consists of a number of separate bones, fitted together as the skull, covered with muscles, flesh and skin. The head contains the eyes, the ears, the nose and the mouth. Inside and on top of this bony structure, we find the brain – the primary centre for regulating and coordinating body functions.

The trunk – which is the portion of the body exclusive of the head and the limbs – is divided into three sections: the chest, the abdomen and the pelvis. The chest (technically called the thorax), located between the base of the neck and the diaphragm, consists of the trachea, lungs, oesophagus, heart, circulatory system, pulmonary system, veins and arteries, aorta, pleura, vena cava, sternum, ribs and muscles, very intricately put together. The gullet (or oesophagus) is the tube that carries the food from the mouth to the stomach and includes the windpipe, which is technically known as the trachea. Below the thorax we find the large cavity called the abdominal cavity. This is separated from the thorax by a large wall of muscle. The abdominal cavity contains all the organs that are concerned with digestion: the stomach, the small intestine, the large intestine (known as the colon), the liver, the kidneys, the spleen, the gall bladder and the pancreas. In the lower part of the abdomen (called the pelvic region), we find the bladder and the rectum. The regenerative organs and sex organs are also found in the pelvic region.

The shoulder, arm, forearm and hand are known as the upper extremities; the thigh, leg and foot are the lower

extremities. Thus, in anatomy, when we refer to the arm, we mean the upper part of the upper limb, being that portion of the upper extremities located between the elbow and the shoulder, and when we refer to the leg, we mean only the part of the lower limb located between the knee and ankle.

Now we will look at the most important part of the body – the cells. Cells are the building blocks from which every part of the body is formed. They are microscopic in size, so small that they cannot be seen with the naked eye, and are of various shapes and sizes, depending on their function. Each cell is a complex living unit in itself, able to digest food, take in oxygen, expel waste products and reproduce, with the exception of the nerve cells, which are totally different. The cell centre is called the nucleus. The central portion, where the cell reproduces itself and manufactures additional cells, is the protoplasm, and consists of various elements, such as carbon, iron and sodium, suspended in a thick, colourless liquid-like material containing a large amount of water. The entire cell is surrounded by the cell wall. Up until the nineteenth century, very little was known about the nature of life. Since then we have discovered that life is the renewing of cell tissue and therefore cells may well be compared to bricks, joined together to form all the tissues and organs of the body, including the bones. Some of the cells have the special ability to feel cold, heat, pressure, etc. Together they make up the nervous system, which carries messages to and from the brain. The cells that are able to contract and expand are joined together to build muscles. The more commonly known cells are those found in the bloodstream, the red blood cells and the white blood cells.

The tissues consist of cells linked together to form a special fabric or structure in the body. There are various types of tissues – skin tissue, muscular tissue, connective tissue, cartilage tissue and nerve tissue – which we are all acquainted with. Tissue, and other cells, is massed together to form the organs. The eyes, ears, nose, tongue and skin are known as the sensory organs, providing us with the five senses. In my

book, *The Five Senses*, I give a lot of information on seeing, hearing, smelling, tasting and feeling.

The body is divided into nine principal systems which are composed of tissues and organs, each having a specific function in its operation. These are:

- the vascular system
- the muscular system
- the nervous system
- the excretory system
- the respiratory system
- the alimentary system
- the skeletal system
- external secretions
- the reproductive system

This is a summarised version of the body. It is, however, much more complicated than that. When I look at a patient's whole system, I think of energy and where that may be disturbed. I am quite sure that the future of medicine is energy, so I want to go into great detail in this part of the book about the importance of harmonising it in the body where it has been disturbed.

To understand what being a doctor, surgeon, acupuncturist, manipulation therapist or even a patient really entails, we need to know a little bit about how the body functions as a whole.

BONES

The word skeleton is derived from the Greek word for 'mummy'. As many of the mummies, when found, consisted mostly of bones, anatomists applied the word to indicate the bony framework of the body. One of the important functions of the skeleton is to act as a protective covering for vital body organs, such as the brain, lungs and heart. Without this structure, the body would be a flabby shapeless mass incapable of any motion. Therefore, the skeleton acts as a framework for the body, as well as a means of locomotion. It

also serves as a surface for the attachment of muscles and, as muscles by themselves can neither push nor pull, these movements are also dependent on the bones themselves, assisted by the muscles. A bone never moves on its own – it is the muscles that move it.

Bones are formed of cells and connective tissue. A large amount of lime salts (especially calcium phosphate) accumulate in and around the connective tissue cells in early life, making them rigid, with a stony hardness that permits them to withstand a lot of weight and pressure without bending or breaking. When we examine the bones, such as the clavicle, sternum, scapula, ribs and patella, the large bones, short bones, flat bones and irregular bones, it is quite astonishing to see how they all join together.

I deal with cartilage a lot in my work. It is found in every joint of the body, holds the skeleton together and is not only tough but also flexible and elastic. These properties are essential. In the spine there is a piece of cartilage between each vertebrae, known as the intervertebral cartilage. In addition to assisting the movement of the spine, this cartilage also act as a shock absorber.

The ribs are joined to the sternum (the breastbone) with cartilage, allowing a certain amount of movement, such as is needed when breathing or absorbing a sharp blow on the chest. The surfaces of bones that come into contact with other bones at the joints and sockets, where the bone articulates, are covered with cartilage. As cartilage is also formed of connective tissue and constantly replaces itself, it is of great assistance in preventing wear and assuring smooth movement in the joints.

The skeleton acts as support for the body and protects parts of it. The bones have two other very important functions. If we were to cut a bone – such as the femur – in half lengthwise and look inside, we would see that the outer layer of the bone consists of a very hard substance resembling ivory. The hollow central part consists of a soft pulpy substance called marrow, which is of two types, red and yellow. It is the red marrow in

the bones that produces red and white blood corpuscles, as well as the blood platelets which are present in the proper proportion to other elements. The yellow marrow is a form of concentrated fatty material which can act as a form of chemical energy when nourishment is badly needed.

It is a fact that calcium is important to the blood and, actually, to every type of cell in the body. The bones are able to store it when there is an excess in the blood and if our body needs extra calcium, the blood can take it from this store.

MUSCLES

Legend tells us that in ancient times, hunters observed that when a long muscle exposed in a living animal was tapped, a wave ran along the muscle, making it resemble a scurrying mouse. The word ‘muscle’ literally means ‘little mouse’.

When the skin, which forms the external covering of the body, is removed, flesh known as lean meat is exposed. This flesh is actually the muscle tissue and is white in colour: it is the blood circulating through the muscle which gives it the red colouring associated with lean meat.

Wherever movement is needed, muscle tissue is found. It makes up 50 per cent of body weight in an athlete (due to the exercise and growth of the muscles) and approximately 40 per cent of body weight in other people. When it is realised that every movement of the body, including the beating of the heart and the digestion of food is dependent on muscle, there is no need to stress its importance in our daily life.

Muscles are formed of cells which have become elongated and developed into fibres. These fibres are held together in bundles with an intercellular substance which acts as a cement. The bundles are covered with a membrane called a ‘muscle sheath’ and groups of these membrane-covered fibres are held together, in turn, with an outside sheath, much as a group of rubber bands might be held together with elastic tape.

In addition to their function of articulating the skeleton, practically all body heat is supplied by the muscles. This heat

is created by the muscles while changing form and pulling. The simple act of standing or sitting calls many muscles into play, creating heat. Part of the reason it is necessary to use covers when we go to bed at night is the smaller amount of heat produced when more of the muscles are at rest.

THE NERVOUS SYSTEM

Of all the systems in the body, the nervous system may be considered as the master system and the nerve tissue the master tissue. Every organ in the body is dependent, in part, on the activity of some other organ. Muscular activity, for instance, requires additional respiration, heart action and circulation. A regulating power is needed to ensure that all the body systems are properly coordinated and work in harmony. This regulating power is the nervous system. It is composed of three parts:

- the central system
- the peripheral system
- the autonomic nervous system

The central and peripheral nervous systems are together known either as the cerebral spinal system or the voluntary nervous system. The central nervous system consists of the brain and the spinal cord. The brain, which is very soft and delicate and of vast importance to the whole body, is protected on the outside by solid bone covering the skull. The divisions of the brain are: the cerebrum, the cerebellum, the midbrain, the pons Varolli and the medulla oblongata.

THE CIRCULATORY SYSTEM

The circulatory system of the body has many duties to perform, such as the carrying of nutrition to all the cells, oxygen from the lungs and digested food from the intestines. It also assists in the elimination of waste products from the cells. There are approximately nine pints of blood in the circulatory system of the average person and it is very important that this

blood is kept in constant circulation in order that it may cover every portion of the body and perform its normal function.

The blood vascular system is classified as:

- the circulatory medium blood
- the heart
- the blood vessels
- the regulating mechanism

THE LYMPHATIC SYSTEM

One of the most important systems in the body is the lymphatic system. Unfortunately, there are often a lot of problems with it. It is a circulatory system with which most people are not familiar, transporting a fluid called lymph around the body. Unlike the blood vascular system, the lymphatic system does not have a heart to use as a propelling force – it is dependent on the movements of the muscles and joints for its propulsion through the body. The lymphatic system consists of lymph fluid, lymphatic vessels through which the lymph flows, lymph nodes and a large organ called the spleen. You will find it interesting to see in some of the case histories in this book how often the lymphatic system plays a part in twenty-first-century diseases.

I often think of my great friend and teacher, the American naturopath Dr Leonard Allan, who said, ‘Life is energy and energy is life.’

THE HEAD

Parts of the Skull

Although there is little that can be directly accomplished with massage where the bones of the skull are concerned, they are indirectly benefited by massage of the head, due to the stimulation of nerves and the activation of the blood supply that nourishes the bones.

The skull rests upon the spinal column, and has been divided by anatomists for the purpose of study into two main sections

– the cranium (containing the brain – also known as the ‘brain case’) and the face (or anterior region).

The Bones of the Cranium

The cranium is formed by the following bones: the occipital, parietal, frontal, temporal, ethmoid and sphenoid.

The Occipital Bone

The occipital bone derives its name from a Latin word indicating the back of the head. The occipital bone, therefore, is found at the base of the skull, and helps to form the ‘floor’ of the cranium. There is a large foramen (opening) in the lower portion of the occipital bone, through which the medulla oblongata passes, to join the spinal cord. The occipital bone also has two processes called condyles, which are shaped like flattened knobs, and which articulate (form a joint) with the atlas (the first spinal bone).

The Parietal Bones

The parietal bone derives its name from a Latin word meaning ‘wall’. There are two parietal bones, one on each side of the skull. Meeting in the centre, they form the main wall of the cranium or skull.

The Frontal Bone

The frontal bone forms the forehead and the roof of the sockets for the eyes (orbital cavities). In the inner angle of the orbital cavities, there are two small depressions in the frontal bone in which the lacrimal glands (tear ducts) are set. These are the ducts that keep the eyes moist by constantly washing them.

The Temporal Bones

There are two temporal bones, one on each side of the skull in the region of the ears. They derive their name from a Latin word meaning ‘time’, as it was found that the hair first begins to turn grey in this area, thus indicating the passing of time. The temporal bones contain two very important structures. One of these, at the bottom of the temporal bone, is the

opening to the middle ear (that part of the ear in which vibrations are carried to the brain). The other structure is the mastoid process, which is the part of the bone that goes down behind the lower part of the ear. The mastoid portion of the temporal bone is in the form of a honeycomb. The cavities are called mastoid cells, or sinuses. These contain air and have an opening to the cavity of the middle ear. Inflammation of the lining of these mastoid cells results in the condition known as mastoiditis. There is also a slender, pointed piece of bone which goes downward from the under surface of the temporal bone, called the styloid process, to which are attached some of the muscles of the tongue.

The Ethmoid Bone

The ethmoid bone derives its name from a Greek word meaning ‘sieve’, and is a small, irregular mass of spongy bone of no particular shape. The ethmoid bone is found in the nasal cavity. It has numerous perforations through which the olfactory nerves (nerves of smell) pass, going to the nose.

The Sphenoid Bone

The sphenoid bone derives its name from a Latin word meaning ‘wedge’. The body of the sphenoid bone has two broad wing-like processes which help to form the frontal part of the cranial cavity. The centre of the sphenoid sags down, forming a saddle-like depression, in which some of the glands found in the head are located. The lower part of the wing-like process of the sphenoid acts as the origin of the muscles found in the palate.

The Bones of the Face

The features of the face are formed by the following bones: the nasal, zygomatic, maxilla and mandible.

The Nasal Bones

The nasal bones are two small bones set in the middle and upper part of the face, and form the bridge or upper part of the nose (the lower part of the nose is formed entirely of cartilage).