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How to Learn and Understand Holistic Medicine

(My commitment to biological medicine)

To learn alternative medicine in its whole, you need a completely different way of thinking - the thinking in terms of "regulation" and "information" and that all diseases have their purpose.

Seen in this light, symptoms are never diseases, but rather are signs of regulation. The human being is part of nature and reacts like everything in nature.

So the biological doctor has to train his feeling for analogies, (correspondences) in order to be able to understand the relationships between nature and patient's symptoms.

For me this involved at least ten years of following courses, staying with many alternative doctors, reading books, and just doing the new methods. And this process always continues.

This holistic and biological approach to medicine is so completely different to school medicine thinking that it probably will never be possible to teach it at Medical Universities.

You can only be a biological doctor with deep dedication to helping and healing, accepting that biological medicine is always the primary focus of care. It supports human reactions and never suppresses them, because these reactions always have their meaning, which we attempt to understand. In addition, being a biological doctor also means understanding that "school medicine" is always only complementary and secondary to biological medicine.

Doing holistic care is never treating diseases, but is mostly supporting special reactions for different constitutional types.

When biological medicine is subjected to the "scientific" methods commonplace today, with their statistical studies and controllable rules, it will always fail. This gives the appearance that holistic treatments do not act well. But we need to be proud of the fact that biological medicine often fails these studies, because the rules of these studies are wrong. They do not reflect the reality that the human being exists on a higher level than that which is statistically controllable with standardized studies.

So if we really want to know about the effects of our treatments, we have to ask patients about their change in attitude towards life, their understanding of their symptoms, and their intent to change themselves.

Trying to understand and study homeopathy allows you a very deep insight into the human character, its archetypal reactions, and the meaning and structure of personalities. This study takes you to a deeper level of information, into these dimensions that make human beings individuals. Homeopathy therefore always has to be an important part of education for a holistic doctor, in part because the study of homeopathy also educates his own character.

Isopathy and Enderlein thinking is basic, because it teaches us that everything in man is dynamic, always changing and reacting. It reminds us that we are most intensively part of the earth and nature, out of which we develop and live, and to which we return. Bacteria, viruses, and other microorganisms, which are commonly thought to be the causes of diseases, develop within us.

They are normally, in the form of proteins, part of all our cells. To emphasize: only our internal milieu, which we ourselves have built, changes these microorganisms, and by doing so, changes our diseases.

So you see, learning biological medicine involves changing yourself, finding new interests and guidance. (For me this involved at least ten years of following courses, staying with many alternative doctors, reading books, and just doing the new methods. And this process always continues.) It is believing in the good of nature, of which we and our patients are an integrative part.

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