

# A different view on illness and recovery

*original written in 1998 by drs. M.D.Dicke, pharmacist*

*for the leaflet on the occasional of the introduction of his new advice company Ad Rem*

Sometimes we want to describe what the word health is meaning and then we find a good description from the World Health Organization, but in fact everybody knows very good what it is meaning to be healthy. You are then free to do everything that is possible to do what you want to do within your natural possibilities. You are free to use your physical and mental possibilities. As soon as you get ill there is only one thing you want and that is to get better, feeling healthy again. In this short communication I want to express my view on illness, health and recovery. This view is the result of more then 20 years working with homeopathy and special with research. The fundamental research with Dr. R. van Wijk about the similia principle gave the fundament for this view.

## Illness

The first question to my opinion is: what is illness?

The following suggestions can be done:

getting symptoms / problems with the natural balance / disharmony / possibility on recovery

Illness is in the first place the appearance of symptoms. Symptoms can be seen as very useful signals telling us that the body has taken action and the signal that the recovery system is working. Not all way's this recovery system is without problems. In case of problems the illness will stay and the recovery does not finish his job, the illness become more and more chronically. From this point of view illness is:

Illness is a holded up self recovery

This point of view is not common sense in medical science, but on the base of these thoughts a systematical connection between illness, health and recovery can be made. In the following picture this connection is thought as a chemical equation reaction. On behalf of the surplus or taken away of the ingredients this equation moves to illness or health.

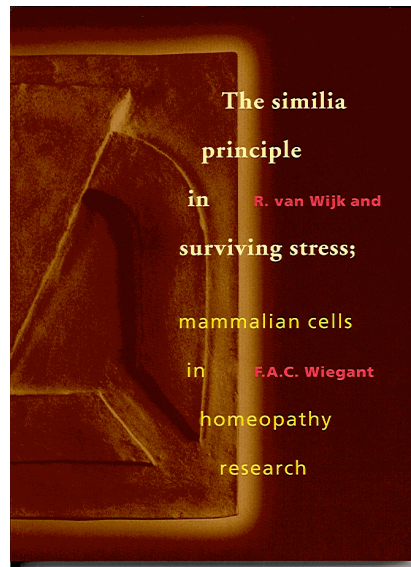


*"health and illness as a equation reaction"*

*If in this equation the symptoms are removed the equation will be shift to the side of the illness, trying to find a new equation. The system will be provoked to produce more symptoms. If more symptoms will be admitted then this equation will try to shift to the health side. The self recovery system will be activated and this explains the in homeopathy sometimes seen first aggravation after the use of a remedy.*

## Fundamental research

Based on the research program on the University of Utrecht from 1990 until 1998 is showed with animal cells that indeed a small dose of an original toxic substance (with this substance an artificial illness was first provoked with these cells) the recovery process significant improved. The degree of recovery could be measured on behalf of the concentration of recovery proteins (heatshock proteins). This unique research is published in more then 20 scientific publications in specialized magazines. A survey of the most important results is published end 1997 in a book:



R. van Wijk, F.A.C. Wiegant, The similia principle in surviving stress, mammalian cells in homeopathy research, Universiteit Utrecht 1997

In the mean time there is also made a documentary where this research is the central theme:



Available by the homeopathic company VSM Geneesmiddelen : *Op eigen kracht, actuele wetenschap over homeopathie en zelfherstel. (On own force, actual science about homeopathy and self recovery)*

## Consequences

What are yet the possible consequences of this renewed insight?

- The research to new medicines should get a new impulse. The purpose is now to find remedies that not take away symptoms but produce useful symptoms.
- The content and meaning of the word medicine will change. The medicines until now can be better called chemical reagents useful to titrate symptoms away.
- The usual names of regular medicines will be changed. The use of the word anti..... (anti-biotics and so on) will be changed in pro..... (pro-biotics).
  - There will be exist a new category of medicines: *recovery remedies*.
- The family doctor must change his normal procedure and first have to find a useful recovery therapy.
- The normal medical care system will gradually change from curative to preventive care.

## Strategy of treatment

Based on this view and the fundamental research a new order of treatment strategy should be introduced. Three main steps can be distinguished:

1. The stimulation of the *self recovery* system or the holded up self recovery.
2. The *addition* of substances that not can be stimulated any more by the self recovery system: vitamins, vital nutrition.
3. The *correction* of the existing disease because this disease is too far away in progress to stop the process by stimulating the self recovery.

On the same way as in the previous picture a connection can be made between these three treatment strategy's and the consequences for the health system. When the accent in the health care system is based on the correction, in fact the passive involvement of the expensive circuit of treatment possibilities, the costs of the health care system will be only rise. There is less space for the own responsibility of the patient. When in the contrary more the self recovery will be stimulated by natural therapies the health care system can be shifted towards the preventive care system. The active involvement of the patient is then expected. Without any doubt this can cause enormous savements of money but the most important issue is that this way of thinking contribute the existing healthcare system for the sake of our patients.