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## **BLOCKS TO HEALING: A BRIEF OUTLINE**

1. Heavy metals- some examples include aluminum, lead and mercury all of which can be disruptive and suppressive to the immune system. Testing for specific heavy metals can be done through hair analysis or urine provocation lab testing. Treatment can be accomplished through a variety of chelating methods. You will be tested for the treatment that is most compatible and effective for you personally.
2. Geopathic stress / Electromagnetic smog – comes from living close to, or over faults in the Earth, sleeping over underground sources of water or electromagnetic smog coming from electrical outlets or electronic devices in the bedroom. Treatment may be as easy as repositioning your bed or switching off the electrical breaker to the bedroom during hours of sleep. A discussion with a naturopath or employing a skilled dowser to inspect your home, may be in order to achieve optimal wellness.
3. Scars – can create disturbance fields in flow of energy, lymph and blood and may cause a variety of symptoms such as constipation, diarrhea, numbness, pain or menstrual complaints. Treatment usually involves subcutaneous injection of the scar or all known scars. Sometimes treatment of a scar can resolve health concerns in an area of the body remote from the location of the scar.
4. Inherited virus / miasms – in some cases a mother carrying a high toxic load or chronic virus can unknowingly pass it on to the unborn fetus. While the baby may not exhibit symptoms of active disease, he may experience a chronic weakness of a particular organ system, that may be passed on through generations of the same family. Some examples of miasms include, syphilis, tuberculosis and psoriasis. Heavy metals such as mercury from a mother's dental work may also be passed to unborn children resulting in possible neurological difficulties. Our clinic offers assessment and treatment for a large number of inherited conditions.
5. Vaccine damage – some vaccines contain mercury or aluminum as preservatives. Young children with sensitive nervous systems or an already high toxic load are particularly vulnerable. Damage from vaccines may be difficult to diagnose and health issues may become chronic, lasting into adulthood.

6. Damage from old infections – in the worst case scenario structural damage may be done by past infections, leading to damage of function. Some examples are post polio syndrome that lasts many years after the patient is said to be free of infection or brain damage that occurs after an infection of encephalitis. A variety of treatment modalities may be employed to detox the residual infection and maximize the potential wellness of the effected tissues.
7. Damage from ongoing infections such as chronic viral, fungal or bacterial infection can put severe long term stress on the immune system making it more difficult to defend against new challenges to the system. Our clinic offers a variety of oxidative and anti-oxidative therapies as well as homeopathy and herbal therapies designed to reduce or eliminate chronic infection.
8. Acid / alkaline balance – when the intracellular matrix is too acidic, cellular respiration is less than optimal, which is a detriment to healing. Diet is a controllable factor in determining the pH of the system. Foods that contribute to a more acid matrix are meat, dairy products, grains and sugars. Foods that contribute to an alkaline environment are vegetables and fruits. While protein is acidic food, it is an essential component of a diet for healing. Balancing reasonable servings of protein with seven to ten servings of fruits and vegetables daily should help keep the pH in the alkaline range. A normal, good pH value for urine would be in the neighbourhood of 6.8. Urine can be tested with pH papers available at any pharmacy.
9. Toxins – a) metabolic b) environmental We are surrounded and exposed to toxins daily. Growth hormones and antibiotics found in meat are used to produce a larger animal faster. Whenever a choice is available organic foods are preferred. Some other ways toxic exposures can be avoided include, cooking and storing food in glass instead of plastic, avoid exposures to petrochemicals, avoid chemical cleaning products, avoid electromagnetic exposures, avoid herbicides, pesticides and fungicides, avoid being in industrial areas. At this clinic we have the technology to test individuals for sensitivity to any chemical, cosmetic or other substance found around their home or place of business.
10. Allergy – a) true allergy b) food intolerance. Intolerance or allergy to a food means either your body is working hard to eliminate the culprit food or has mounted an immune response to that food. This is a physical stress that can be avoided by avoiding any food that produces symptoms. Symptoms might include a digestive disturbance, shortness of breath, a stuffy nose, a skin reaction, difficulty sleeping, foggy thinking, change of mood or irritability, muscle cramping or pain, or a change in energy levels. Any food that produces symptoms should be avoided. Allergy or sensitivity testing is available through many naturopathic clinics. If this option is not available to you, a simple elimination diet can be helpful in identifying foods that are a problem.

11. Dental foci – amalgam, appliance, scars, root canal. A focus is a localized area of pain, inflammation or disturbance that can cause far reaching effects throughout the body. Even small dental amalgams can leach mercury from a tooth into the blood stream and be deposited in organs and bones, contributing to long term negative health effects. Root canals usually contain mercury and may also be a source of chronic, low grade bacterial infection. Scars tissue anywhere on the body is not well perfused by capillaries and can be a block to circulation.
  
12. Mental / emotional - refers to the mind body connection. Troubling or stressful events in a person's life can cause long term physical issues, that may only be resolved through recognition and treatment of the emotional event. A few examples are post traumatic stress syndrome, a broken heart from the loss of a loved one or a situation stemming from a person's inability to stand up assertively for themselves. The issues may be forgotten or unknown to the patient or they may believe they have no stress or issues surrounding that specific event. It is a very rare person indeed who can make it through life unscathed. Discussion with a professional counselor can often bring issues to light where the person can address the issue and begin the healing process. In this clinic we offer referrals to a variety of mental health professionals, as well as use Rubimed homeopathy, designed to address mental-emotional stresses that have affect on specific areas of the body.