

Dr Gerald's review of Complimentary Therapies

Looking outside of the conventional medical box



By
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Dr Gerald's review of complimentary therapies

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INTRODUCTION

Today's medicine is focused around procedures and drugs and most of the medical profession pay at the most lip service to any *other* treatments that might possibly help their patients. One of the reasons for this is that we have almost no training in other therapies, no understandings of how they work and a slightly (in fact very) arrogant attitude that 'if we don't understand it' – then it doesn't work!

But many Complementary Medicines do work, which is why there are many Integrative Practitioners, and over 60% of people in most western countries use complimentary as well as conventional medicines.

The purpose of this booklet is to review some of these complimentary medicines. I have used many of these myself, but am by no means an expert in all. For this reason I decided to draw on the opinions of others, and it is much better to see and listen to them giving their advice than simply reading their words. So I have created a video book with links to the topics themselves.

The list of complimentary medicines is huge, and I'm certain that I would have missed out many. I have excluded those which I do not believe necessarily have benefit, but if the reader feels that there are others that should be included, and links that may be better than the ones I have chosen, the beauty of an e-book is that these can rapidly be changed, and I would value your feedback. I have also made some personal comments before each section, these are my thoughts, not necessarily those of the attached article, and I hope it does retain some balance, and give you some idea of my opinions on each individual therapy.

In addition you are welcome to visit my website <http://www.drgerald.co.nz> which down the left side has a list of various diseases, and my recommendations for treatment both conventional and complementary.



Dr Gerald Lewis MB ChB, FRACP, FRCP(UK), MD (Otago) Graduated from Otago University (New Zealand) in 1968, he trained mostly in the United Kingdom specialising in Cardiology, Clinical Pharmacology but also retaining an interest in General Medicine. In the succeeding years he has worked in General Practice, major teaching hospitals, smaller provincial public hospitals in New Zealand, a private hospital, and a number of integrative clinics (chelation therapy, intravenous vitamin C, EECp, nutritional medicine). He also has a private consulting practice in Auckland, New Zealand.

He has written many articles on general medicine, cardiology, hypertension, the treatment of high cholesterol, EECp, high dose intravenous vitamin C, chelation therapy, and coronary artery disease. He has also written, with his General Practitioner wife (Monica), books on nutritional supplements, cancer and heart disease.

He has been a member of the scientific committee of the New Zealand National Heart Foundation, a member of the New Zealand Pharmaceutical and Therapeutics Advisory Committee (PTAC); for his early work in demonstrating that calcium channel blocking drugs were effective in the treatment of high blood pressure he was mentioned in Who's Who in the world and Who's Who in medicine.

How this booklet works:

Each complementary therapy has a brief description from me, then a video describing the technique and giving more information. Left mouse click (with Ctrl tab down) over the picture should open and run the video . (If that fails, the link is also posted below the pictures)

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Because it is impossible to rate these therapies in any order of effectiveness, I have placed them in alphabetical order:

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Chapter 5 - EECF

Chapter6 – Energy work

Chapter 7- Homeopathy

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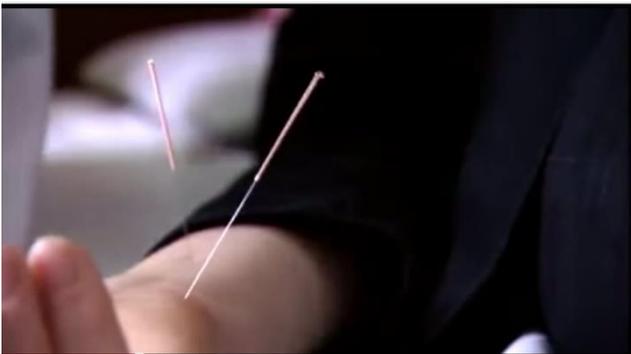
Chapter 12 – Prayer

Chapter 13 – Visualisation

Chapter 14 – Yoga

Chapter 1 – Acupuncture –

Along with many other complimentary therapies, acupuncture appears to work with the streams of energy within and around the body, which we and the medical profession neither understand nor appear to have an interest in. If anybody wants confirmation that it works, watch the beginning of this video which shows a young girl having open heart surgery (you can see her beating heart) under acupuncture with her eyes wide open. I am no expert on acupuncture but have absolutely no doubt that it has a major role to play in preventing and treating diseases and especially in relieving symptoms. I have seen too many people helped by this, to ignore it. I believe anyone with persisting or annoying symptoms should consider trying it if other therapies have failed.



The science behind acupuncture

<https://www.youtube.com/watch?v=ovT03jFxiaQ>



Figure 1 Young girl has Open heart Surgery under Acupuncture anaesthetic

<https://www.youtube.com/watch?v=t-dWMpuYnwQ>

Chapter 2 – Aroma therapy –

I have little experience with aromatherapy, I can certainly understand various emotions being triggered by memories associated with the senses particularly smell and how these might possibly affect one's response to symptoms or diseases. Some people find aromatherapy is soothing and helpful, mostly positive, by their effect claimed to come from reflexes within the brain releasing hormones (usually endorphins). As with nearly every other complimentary therapy, aromatherapy obeys Hippocrates first law "First do no harm!".



Figure 2 Aroma therapy

<https://www.youtube.com/watch?v=CQLtHn-sWOU>

Chapter 3 – chelation therapy.

Chelation therapy consists of the intravenous infusion of EDTA in combination with a number of other compounds (usually vitamin C, calcium and magnesium). The EDTA attaches itself to some heavy metals inside the body, releases them from the tissues and enables the body to excrete them. It is used by conventional medicine to treat lead poisoning, but most chelation clinics are offering it as a way to reduce coronary artery disease, by removing calcium from the artery wall. There has been great debate on whether or not this is effective, and it certainly has not been taken up by mainstream cardiology medicine. The only worthwhile trial that has been done to look at chelation therapy was the recently released (2012) TACT trial which showed quite conclusively that chelation therapy does reduce the incidence of cardiac events, operations and death in patients with known coronary artery disease who have diabetes. It was not effective in patients without diabetes! The reason for this difference is debated, and they are further discussed in the attached video. My current philosophy is to offer chelation therapy to people with known coronary artery disease who are diabetics – but not to others

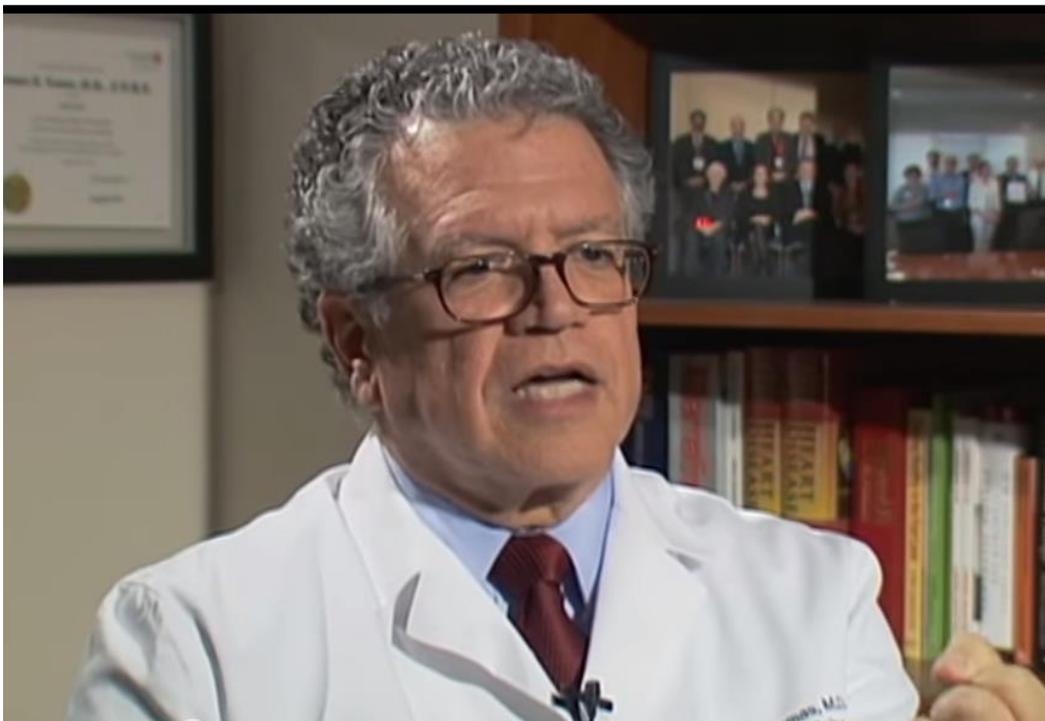


Figure 3 Chelation therapy review of TACT Trial

https://www.youtube.com/watch?v=TK_bix0GbMQ

Chapter 4 - Coronary artery disease treatments

This is an enormously large topic, and one which we will shortly be addressing in a further e-book. However the development of blockages in the arteries (atheroma) leading to angina, heart attack and sudden death is one of the major diseases of today. The treatment of this however unfortunately has become embroiled in controversy, big business and closed minds. The attached video by Julian Whittaker needs to be watched with the realisation that he also has his own personal opinion, but he does bring out a lot of truth. There is no debate that prevention is by far the best treatment, and that lifestyle, exercise and good nutrition play the major component of this. The claim by the pharmaceutical industry that the statin drugs are the most important is a wild and outrageously untrue exaggeration.

Treatment is even more difficult, and I will let Julian Whitakers video guide you to your own opinion. I think it tends to underestimate the value of bypass surgery a little – there is no debate that if you have known disease of all three of your coronary arteries, high left anterior artery stenosis, or left main coronary artery disease, that bypass surgery does improve your survival somewhat. The same cannot be said for angioplasty and stenting which simply relieve symptoms. Even the medical profession is becoming concerned at the number of unnecessary procedures being done in modern hospitals.

In the video Dr Whittaker mentions EECF, therapy which I have had some experience. By encouraging the development of natural collaterals (bypass vessels) it can more slowly relieved symptoms, and although no trials have been performed comparing this to angioplasty, it could possibly improve long-term prognosis. It is further discussed below.

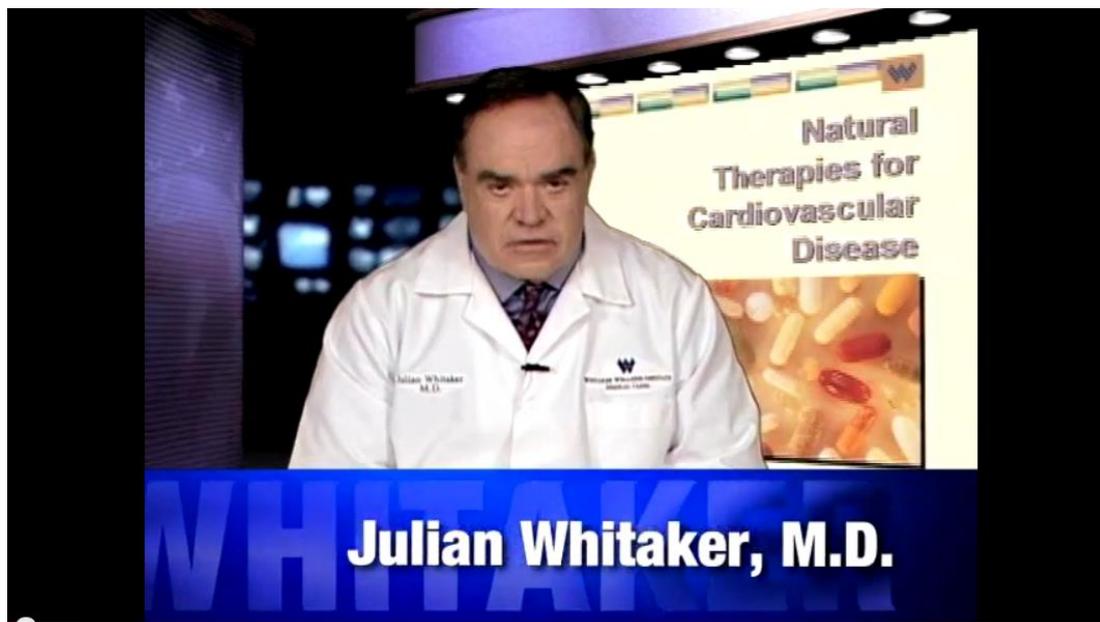


Figure 4 Dr Whittaker discusses conventional and complamntary heart disease treatments

<https://www.youtube.com/watch?v=qi1M09Zwri0>

Chapter 5 – EECF therapy –

This has been discussed in the coronary artery disease review, and is a very simple non-invasive way of creating new blood vessels to the heart. During Enhanced External Counter Pulsation, the patient lies on a couch and large cuffs (similar to blood pressure cuffs) are placed around the legs, thighs and pelvis. These inflate between heartbeats, increasingly blood supply in the coronary arteries and at the same time reducing the amount of work the heart has to do. In my experience it is very effective in treating patients with angina, it is approved by the FDA for this and also the treatment of heart failure, and hypertension although the latter does have less concrete long-term results. It also potentially beneficial in patients with strokes, other neurological conditions and peripheral vascular disease (disease to the arteries of the legs). The results are not immediate, the treatment lasts for one hour and usually up to 31 treatments are required to achieve the maximum benefit (opening up new arteries). It is also probably a good idea to have a couple of treatments on an annual basis to keep the arteries open should they be required. In most countries unfortunately this has not been accepted as a form of treatment compensated either by insurance or the health system.

If I had angina (not unstable or with severe 3 vessel disease) - EECF is probably the first therapy I would use !

Testimonials of patients' results - [click here](#)

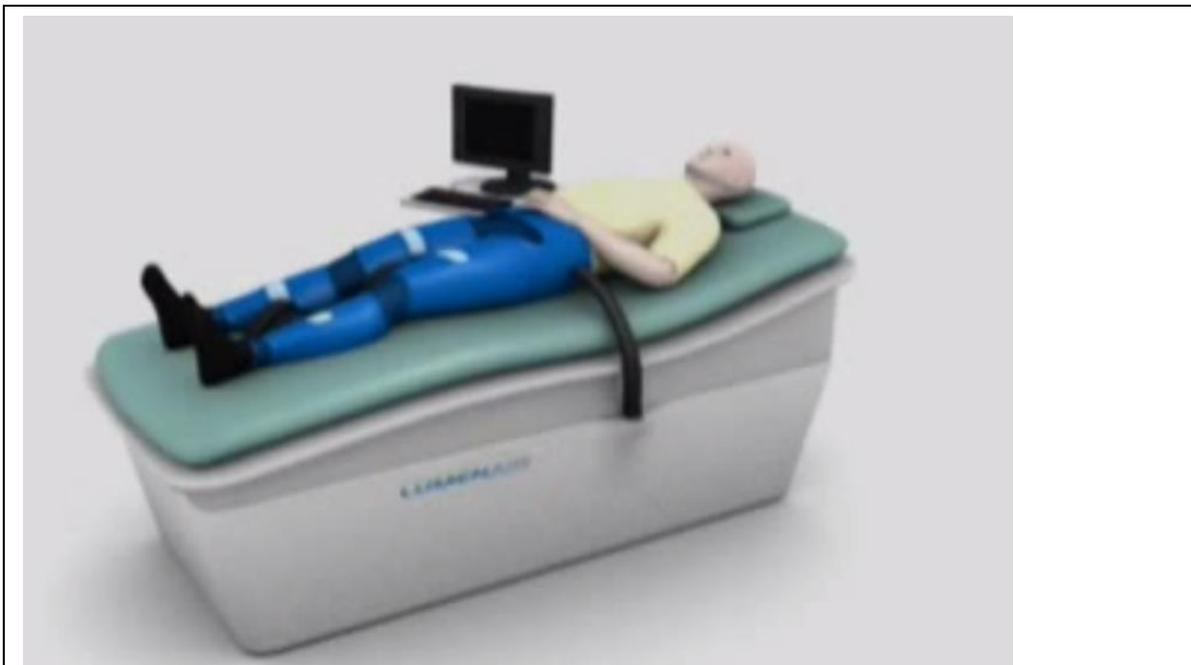


Figure 5 How EECF works

https://www.youtube.com/watch?v=M55_H8JS5i4

Chapter 6 – Energy work –

Healing touch, Reiki, Qigong, laying on of hands....

These all use the energy fields of the body (discussed in acupuncture above) which we in the medical profession neither understand nor use. However these fiends do exist, in fact are appreciated by all of us. eg – if you are sitting still in a chair with your eyes closed, you can often feel the presence of somebody who has quietly entered the room; if somebody enters your own personal space you feel it – this is energy!

This video discusses energy, what it is and how some energy therapies work.

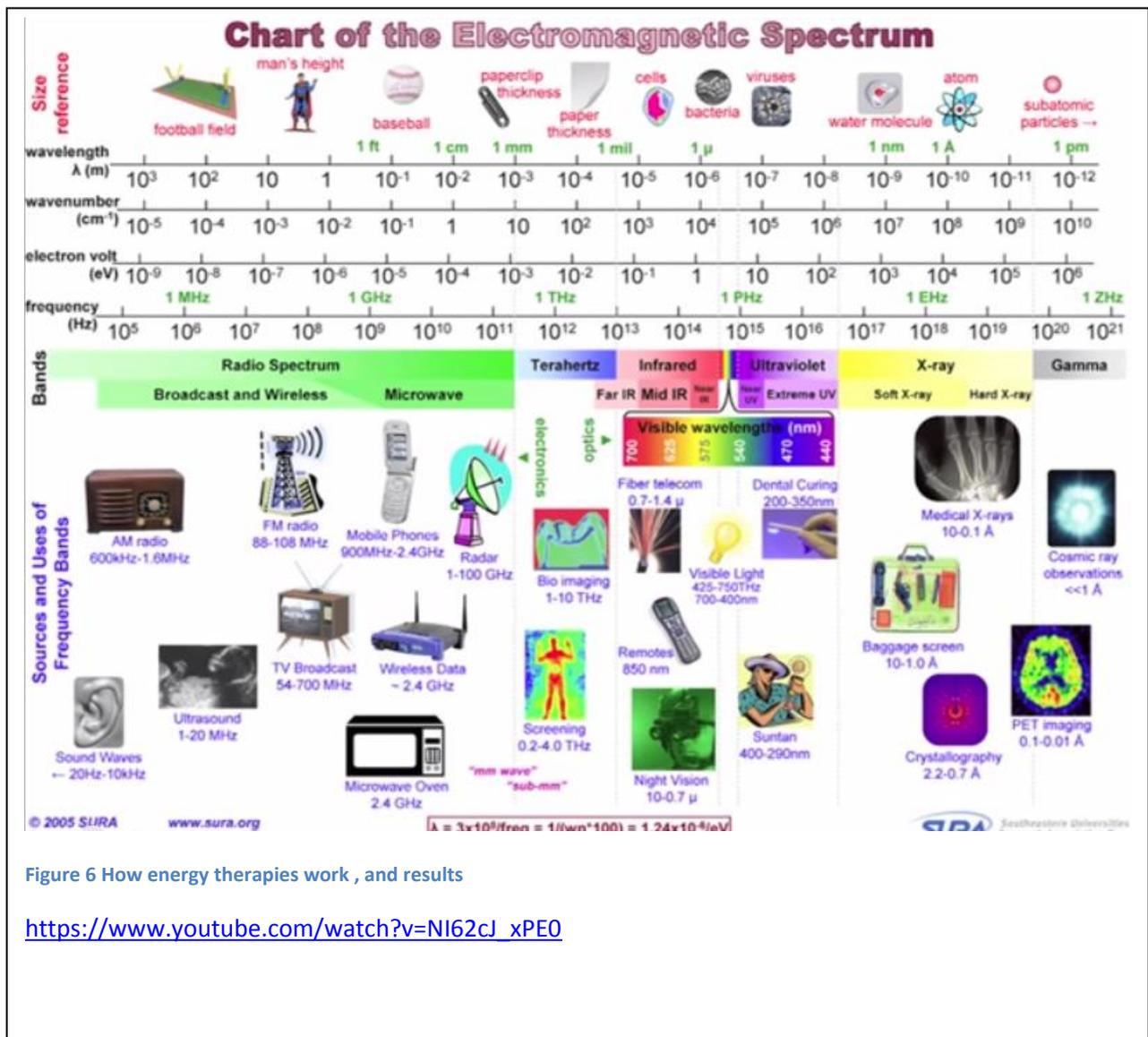


Figure 6 How energy therapies work , and results

https://www.youtube.com/watch?v=NI62cJ_xPE0

Chapter 7 – Homoeopathy –

For most of us, dilution of a product down to an almost infinitesimal size and then expecting it to have some effect on the body is inexplicable. However many people genuinely believe homoeopathy works and is effective. Personally I have little experience either positive or negative. The attached video discusses homoeopathy, and suggests that it works by making microbubble hydrate clathrates which generate electromagnetic signals. There are other theories as well, but this is a taster to see that perhaps what seems implausible could possible work.



Figure 7 Homeopathic Doctor discusses how Homeopathy may work.

<https://www.youtube.com/watch?v=lpC8BvHyorg>

Another homeopathic doctor discusses trials and results - [click here](#)

Chapter 8 - Intravenous vitamin C –

By giving vitamin C as an intravenous infusion, gives this natural vitamin supplement the effectiveness of a drug. **Infections** - I have personally seen in patients with both viral and bacterial infections improve and be cured with intravenous vitamin C, and it is tragic that the medical profession is ignoring this. The attached video discusses the intransigence of the medical profession, and the sadness that relatives are being forced to watch loved ones die (in fact make the decision to allow them to die) rather than give them the opportunity to try what is a very safe therapy.

I personally believe (from experience) that iv Vitamin C should be given routinely to patients in ICU and those with critical illnesses. There is good scientific evidence behind this, the dangers (if any) have been hugely exaggerated and I am lobbying health lobbies to make this life saving therapy available – especially in situations as discussed in this video.



Figure 8 Debate on the use of iv Vitamin C to treat infections in Intensive Care

<https://www.youtube.com/watch?v=OpjikqBeJ78>

CANCER - Intravenous Vitamin C therapy is also potentially a very effective treatment for cancer. The high dose vitamin C attacks the cancer cells but leaves the normal human cells unaffected, and is being used in many forms of cancer. Unfortunately most of the information is anecdotal simply because clinics that provide this treatment are not set up to do major clinical trials which cost millions of dollars. However work on isolated cells, animals and humans have all shown that high doses of vitamin C are toxic to cancer cells but not normal cells.

My personal view is that vitamin C should not be used instead of chemotherapy (if the latter could potentially be effective) it also should not be used at the same time as chemotherapy or radiotherapy, but certainly between courses of chemo or before and after treatment is finished, I believe vitamin C has a real role to play.

Two videos on how iv Vitamin C may help with Cancer and testimonials [click here](#) and [click here](#)

Chapter 9 – Naturopathy –

Naturopathic practitioners, many of whom are doctors believe correctly that rather than treating the illness, they should be treating the patient as a whole. This video describes the process. (In actual fact it is hard to understand why this is not part of conventional medicine, it certainly used to be.) I suspect that time and money are major impediments to this practice being lost.



Figure 9 Doctor discusses Naturopathic Medicine

<https://www.youtube.com/watch?v=G1M4KNynMRg>

Chapter 10 – Nutritional therapies –

This seems almost too obvious to even mention, and yet when one looks at the meals provided to patients in hospitals or the recommendations of the medical profession to their patients on nutrition, our dietary intake for many essential nutrients is severely lacking. In this video Dr Saul discusses the value of nutrition.



Figure 10 Doctor discusses value of Nutritional Medicine

<https://www.youtube.com/watch?v=zrHCeWMWYxs>

Chapter 11 – nutritional supplements –

This is a very hot potato, and one not usually addressed by the medical profession. With the reduction in the quality of our food (depleted soil, food processing and cooking) and the poor choice of food made by most of us in our children, it is ragingly apparent that all of us are not providing our bodies with the ideal nutrients (vitamins and minerals and essential fats) that they require. We provide supplements to our animals and pets - if we don't they become sick and can even die. The food we eat comes from similar soil, why do we think we are different? I strongly believe that we should all be taking a good multivitamin and multi mineral, omega-3 fish oils and calcium and magnesium for most of our lives.

Why is the medical profession not support this? Simply because there are no trials showing no benefit, but I believe this is because most of the trials have been done with cheap and inferior supplements that do not provide the body with what it needs. How can we possibly expect an answer from such a trial design? In addition there are some supplements (e.g. vitamin A and iron) which should not be present of a conventional supplement given to everybody, (too much A can be toxic, but beta carotene can be converted to Vitamin A if necessary (most of the negative trials contained Vitamin A). For the one person in 300 with the gene for haemochromatosis, iron in the supplement can cause damage). Therefore we need to choose our nutritional supplements with care. In this BBC video they discuss the use of vitamins, possibly with a slightly negative slant, and come to the conclusion that more work needs to be done about this.

In the interim however I would still recommend that everybody should be feeding their children, teens and adults as well as they can but also providing them with good quality comprehensive multi, fish oils and possibly calcium and magnesium, tailor made, appropriate for their ages.



Figure 11 Review of the pros and cons of taking vitamin supplements

<https://www.youtube.com/watch?v=0tZLg-WIQCs>

Chapter 12 – Prayer –

This involves any particular spiritual group, and certainly not simply Christianity. Many people appreciate (feel) the power of others thinking positively towards themselves, not only close but also at a distance. There has been some research suggesting that positive energy (vibrations) from a group of people can sometimes be detected on the other side of the world. Prayer fits very well with the energy philosophy of many of the other complimentary therapies, and I'm quite certain that it is effective and beneficial.



Figure 12 TV discussion of the value of prayer

<https://www.youtube.com/watch?v=nmIKzZqZwNM>

Chapter 13 – Visualisation.

I still remember many years ago when Dr Dean Ornish (cardiologist) suggested that his patients should visualise their coronary arteries, and imagine them opening up. This was a very brave suggestion to what at that stage was virtually a society of plumbers. However he has turned out to be quite correct and many people feel that visualisation plays a huge role in the treatment of many diseases including coronary artery disease, but especially cancer. These two videos discuss visualisation and I hope they help.

Visualisation tape and video to try [click here](#)



Figure 13 Louise Hay discusses visualisation

<https://www.youtube.com/watch?v=UKM1v9hje38>

chapter 14 – Yoga –

This is a therapy to which I have absolutely no experience, and do not feel I'm in a position to comment. Realising this lack of knowledge is mine, not that of the millions of other people around the world who practises healing art. I therefore present this video without comment:



Figure 14 Practitioner describes Yoga therapy to a sceptic

<https://www.youtube.com/watch?v=Z7bDL3ToTPs>

Conclusions –

I hope you have found this booklet helpful and as mentioned in the introduction I would value feedback, suggestions, errors and omissions, comments, more helpful videos and any other information you might have – I'm happy to receive these at my email drgerald@zoho.com.

As mentioned in the title of the book I believe we need to be looking both the inside and outside of the box when treating and preventing diseases. Modern medicine is extremely effective at relieving symptoms without necessarily prolonging life or outcome. There are many drugs which in fact relieve symptoms, but accelerate either the disease or the demise of the patient. Very few make people live any longer or avoid complications. I think it is important for the medical profession to make this information clear, and advances on the Internet enables patients to Google information both about their disease and their treatment making them almost as equally knowledgeable as their doctors. Unfortunately however their judgement and knowledge of the human body, pathology, drugs and conditions is dramatically less than their doctors so ideally this should result in a healthy and satisfying discussion and conclusion. Unfortunately in today's medical clinics, consultation time available does make this difficult.

It is for this reason that I have written my website www.drgerald.co.nz which lists down the left-hand side most of today's diseases, with a description of the disease, medical therapies which I would recommend, lifestyle, nutritional, complimentary and supplemental suggestions as well. This is free, and I'm happy to provide the service. Again if you feel there are diseases that I have not included or need changing, I would value any suggestions.

Conventional medicine has a real part to play, and has saved literally billions of lives, particularly with infections. Current therapies and procedures reduced symptoms hugely, but providing modern medical therapy is rapidly becoming beyond the ability for many countries to be able to afford. Complimentary medicine has the advantage of being a great deal cheaper, much safer (in the USA the fourth leading cause of death in hospitals is pharmaceutical drugs given correctly) and in most cases can be performed either by complementary practitioners or even the patients themselves.

Naturopathic medicine which incorporates the best of conventional and complementary therapy is obviously the best for the patient, and the country. Unfortunately big business and a resistance of many medical practitioners and teaching universities to change will make this a tough row to hoe.

Gerald Lewis MD