

Invisible malady: Investigating the possible energetic causality and treatment of Multiple Sclerosis and similar disorders.

Since the 18th century there has been a keen interest in attempting to discover the true origins of Multiple Sclerosis and similar dis-ease patterns. While there are always consensuses of opinions inevitably these are never a complete picture. In ancient times M.S was not specifically recognized but descriptions of similar disorders point us to situations where M.S may well have existed, albeit in very rare cases.

In this investigation I have tried to draw upon all the most prevalent ideas out there at the moment and consider what could be the main origin or combination of factors that allow this dis-ease to occur and how energetic medicine can attempt to engage with it. I have long-term personal experience, from my father having the dis-ease for over half his life in the progressive form where he gradually became more and more paralyzed. There are generally two forms of the dis-ease: a progressive form which is a gradual decline, or chronic M.S and a recessive form where the dis-ease will come on in short bouts and then either disappear for long periods or leave an area of the body paralyzed permanently.

I do not want to go into the Western physiology of M.S here, as this information is readily available. What I'm interested in are the energetics of M.S and in a sense just looking at the dis-ease via the symptoms presented, what can or can't be felt, or what the patient experiences. For energy medicine it is important **not** to involve oneself with the Western picture of the condition as it simply skews the mind to specifics and then one is unable to grasp the whole picture.

There are some common factors with M.S that have been identified from long-term anthropological research and this is somewhat useful. The distribution of M.S is mostly in the Northern regions of the world and mainly in Western countries. Secondly, there are associations with migration from a tropical/sub-tropical or warm region of the world to a temperate climate that can bring on the condition. Shock is another factor, be it physiological or psychological. It is also generally considered that the symptoms of the dis-ease occur a long time after the dis-ease actually manifests, so it is very difficult to trace. It occurs much more in people with a particular constitutional (genetic) type than others. There have been seen to be some "epidemics" though these are not really epidemics but high frequencies within a small region. Some believe that MS is associated with a slow-acting pathogen of some kind, but for energetic medicine this pathogen would be called a strong form of external "cold" from the environment, considering where the dis-ease occurs, and to warm-blooded patients.

So with all these factors how do we get a grasp of what is important and what isn't?

Let's go through them one at a time....

The distribution of M.S tells us immediately that the dis-ease is found in countries where there is a proliferation of coldness and dampness as opposed to heat and dryness. This suggests that the condition energetically is cold/damp-based and means it is likely to occur in environments which create this effect in the body initially or constantly throughout life.

The association of people who have the dis-ease being affected by a strong migration from the warmth to the cold again confirms the fact that the situation of M.S requires this cold-damp environment more than migration the other way, which does not initiate the illness. So clearly we have an external condition that makes this illness possible: coldness and dampness.

Shock is another factor for M.S., but not a very clear one. We know that any form of illness can be initiated by a sudden shock or sudden change to the body. There are many other illnesses where a severe trauma be it physical, climatic-change (e.g. migration) and/or other form of shock such as violence or psychological trauma can all cause a total scattering of the energetic system, thereby opening the body to the cold and damp environment that is required for this illness to set in. So in this case, if we leave aside shock as a key factor we can consider if it is literally a pathogenic-type disease where another entity like a virus enters the system or is it climatic cold? In ancient medicine there is little differentiation made between these two because essentially it is the same energy: coldness. A pernicious coldness which might be called a “virus” in modern terms would have simply been a strong, almost aggressive effect on the body. There have been many suggestions that M.S is a “slow-virus” meaning a “virus” that has somehow lodged in the body and stays dormant or slowly invokes a breaking-down of tissues for many years until the symptoms emerge. However no virus has ever been found. This is a dead-end as far as research goes and researchers are very good at finding things when they want to, so if a virus was the culprit of M.S it very likely would have been found by now.

This therefore indicates that it is more a climatic-cold that a pernicious-cold as far as energetic medicine is concerned, meaning that if there is a factor about environmental cold then particular people are going to have a propensity to the illness because it really depends on how you are able to deal with cold. This suggests the second important strand, constitutional (genetic) propensity, for which there is some clear evidence. There are suggestions of “epidemics” of M.S but as mentioned above these are not epidemics like a viral epidemic, it is simply that more cases are found in one area. So it is incorrect to consider M.S as epidemic and also it is suggested that there is a greater likelihood of having the dis-ease if someone in your own family has it, hence to some degree there is genetic propensity.

If we look at the symptoms of M.S the main issue is generally described as being “nerve disorders”. Now if we forget this and don't think of the physiology according to Western ideas but instead just see what's happening we can simply look at the symptoms; basically a person begins *to be unable to feel*. They start to get a numbing of the periphery or get sensations they have not had before, basically the body stops being able to feel and usually this begins in the limbs. If we talk in relation to a case of extreme climatic cold such as the situation of hypothermia, we have a very cold body and the limbs sometimes cannot be felt at all. Also there can be a shivering and this shivering is very similar to the shakes and tremors found in M.S. patients. These are NOT seizures like epilepsy or other disorders which may appear similar, because these are muscular not brain-associated, the nature of the spasms and tremors is very different from the epilepsy range of disorders. It is my hypothesis that these are the expression of the body attempting to warm itself up and to start up blood circulation, but the problem is the cold is sticky, it clings to the body. It's not only about the body not being able to circulate or to be warm, but it is actually an inability for the body to

find what it needs within itself to protect it from the cold and this is where we come to the inner energetics of constitution, or what Western medicine would associate with genetics.

There are always two factors involved in any illness: genetics and epi-genetics. Genetics in Western medicine is the internal constitution of the body and the epi-genetics are what affects the switching on or off of internal genetic functions due to all exterior factors, from socio-economic stresses to environmental-climatic and the mental-health of those around. In Chinese medicine this is simply internal and external influences and so there is always a mix of the two in all diseases. Constitution is one of the key factors in understanding M.S. In my research I have found the work of Peter D'Adamo of the "Blood Group Diet" fame to be very key as a link between energetic medicine and Western categorization of constitutional groupings. In his work he has expressed that it is blood groups O and B that have the most likelihood of forming auto-immune like disorders, or disorders associated with the likes of M.S. So firstly is M.S an auto immune disorder? This again is erroneous. Auto-immune type disease in energetic medicine is fundamentally created from a mental-emotional dis-ease process at the base, this includes things such as Crohn's dis-ease, rheumatoid arthritis and various other disorders. The key in these dis-eases, especially if they are late onset, is based in how people express themselves. Most of these diseases are inflammatory and therefore usually to do with accumulations of heat in the body. (If they are early onset or from-birth disorders then they are of a genetic-origin and there may simply be weakness in the mother which then requires the exterior environment and the constitution to be looked at, in exactly the same way as described below, in order to help. However most auto-immune disorders are chronic patterns and as such start later in life or have symptoms at this time.)

This is just not the case with M. S, where there is no major inflammation, it is definitely more often found in people over the age of 20 and there is no real symptomatic evidence we can see to describe M.S as being based in an emotional retention route as there are so many different people who get it who don't all have a similar issue. Whereas for people with Crohn's a large percentage of the time there are very often emotional routes into the disorder, this is true auto-immunity which means more internal then external in simple terms. With M.S we are talking about something that contributory factors that are equally internal and external and so in Chinese medicine this is actually called an external influenced dis-ease as opposed to a more internally generated dis-ease such as Crohn's.

M.S is therefore highly unlikely to be an auto-immune disorder, so my feeling is that it is not only that blood groups O and B get auto-immunity-like disorders but in fact that these constitutions suffer from problems with the cold-climate. If we look at the origins of the O and B groups they come from the African region and Middle-Eastern regions of the world, they are based in warm-dry countries and probably spread along the Equatorial regions of the world. The highest population of O blood is along African descent and of B is along Middle-Eastern and Indian peoples. These are where there is a naturally warm environment. Of course O and B are spread throughout the world, but this has taken place over long periods of time, many generations of change affected the movements so they could to some degree adapt to coldness. However these two groups of people are most vulnerable to cold-damage

and also if these people migrate from warm to cold it increases their chances of contracting the disease because they have no adaptation in their systems.

This gives us a group of people which is most likely to get M.S. Those people from warm countries who migrate to colder countries, who have blood groups O and B. It would be my first suggestion to make a study based on seeing if the catchments of M.S sufferers fall into this above category. In Chinese medicine the O blood group is called Fire-constitution and the B is called Earth constitution, they are the energetic expressions of spring and summer energy, which is warmth and light and dryness. These constitutions are born from within warmth/heat. So when they are taken from a warm country and moved to the cold they are like a tropical plant in the midst of winter.

The other issue, very importantly, is diet. The diet of the O and B groups will be very different from the Northern European diet which has been driven to all the countries where M.S is most prevalent, that of a wheat and sugar or carbohydrate-based diet. These people can neither deal with this kind of diet nor with packaged or refined foods. They need fresh meats and vegetables and in the B group some dairy products as well. The problem is that the diet doesn't work unless it is eaten in the warm environment of the countries from which these people originated. When one is eating locally to the diet that is originally designed for the body then one is gaining the nutrients not only of the food but also of the climate one needs to be in. This means adequate sunlight and exercise related to the body and then there is a possibility of significant change. The problem with this disorder, as with so many, is a single viewpoint that it is just internal or external, but it is always both, so as with all disease both need to be understood and connected to.

It is possible to use dietary supplements such as Vitamin D to deal with sunlight deficiency but this does not increase the sunlight in the body, for this you actually need sunlight, there is no real alternative. People believe they have a choice about their diet and the place they can live but disorders such as M.S didn't occur very much at all until the situation of significant migration and travel that happened very quickly, over not hundreds of years but months, weeks, days and now hours to go from summer to winter which is impossible for the natural body state to deal with. Our perception of "choice" is actually often a moving *away* from instinct.

M.S is therefore a metabolic illness. It is also an illness that occurs in cool countries. It is interesting that recently an article was published pointing out that M.S was not an auto-immune disease but a metabolic disorder.

http://www.press.uchicago.edu/pressReleases/2011/December/ORB_1112_MS.html)

The hypothesis proclaims that fats are the culprit here and the difficulty metabolizing them. My theory is that actually fats won't get well-metabolized under conditions of a) them not being the "right" fats i.e. those that can be digested easily via a particular constitution (using blood-group as a basic and very general guide); and b) if the external temperature is not warming the person's body enough and the food itself is not warm enough then very simply energetic reactions and metabolism of fats and everything else will be slowed right down, we need to speed them up here. M.S makes the body static, we need to ignite the fire again.

Hence what we get from the research is another key point, which part of the system is most affected by cold in the case of M.S? The fact that it is likely about metabolism allows us to understand that it is the digestive system which could be the key. If the digestive-fire energy is strengthened then the body will naturally warm up and be able to warm the peripheral surfaces of the body. It is well-known in Chinese medicine that the 4 limbs are the first to experience cold and fatigue in the case of metabolic weakness and as a result it is the digestive process of the pancreas and the bile from the liver which combine in the gut to break down the foods. If the foods are not right for the system it won't break down and will impair smooth functioning of the body. Also if it is too cold exteriorly then there is not enough energy to power digestion as the body is trying to keep out the cold as well, hence we have the situation of a Catch-22 which I believe is the M.S pattern, where the cold can penetrate and affect the body more or less deeply dependent on the internal and external weaknesses present. In the chronic form of the illness there is a slow breakdown of the metabolic system and eventually a total shut-down of faculties, just like hyperthermia moving inwards towards the body's core. In the recessive situation there are times the body seems to function normally and then the cold and metabolic weakness together form strong dips in energy which is when there can be an "attack" of the illness. It may also be that these different forms of the illness are also different constitutions within O and B groups which need to be investigated.

While a person who has migrated from the heat to the cold may get this picture above, there are many who have had generations behind them but still have an inner propensity for the disease. This is simply because even though there have been generations or adaptation, the specific conditions have not been expressed until now in a person with their particular genetic weaknesses. There is an inner weakening plus the exterior cold and that is enough to trigger the pattern.

Interestingly M.S and cancer share a common issue, cancer is often associated with being an auto-immune dis-ease but it isn't always of predominantly internal nature it also centres around the digestive function and is basically also a metabolic condition. In my findings this is actually of a completely different constitution to those who would get M.S. In the case of cancer it is more often that the patient will be of a different constitution, usually blood groups A or AB and the nature of temporization is due to an inflammatory response due to certain foods not being able to be completely digested, this is mostly due to a high fat and high animal protein intake and an inability to process wheat. Cancer is secondarily an auto-immune dis-ease, not primary. In a way it is unlikely that a M.S patient would get cancer or a cancer patient get M.S because constitutionally they are different.

The A and AB group can live in cooler climates, making it a both a metabolic and genetic issue, less to do with climatic cold but more to do with emotional stresses as an exterior environmental factor together. So a calm environment and a mainly vegetarian diet with fish and without wheat and dairy and sugar is generally the basis for a cancer diet which is different from the high protein diets of the M.S constitutional patterns. The pattern is the same with digestive weakness and stagnation in the liver energy as a foundational pattern but in a totally different constitution. In cancer the auto-immune part is the emotional turmoil but the metabolic part and genetic part is not an auto-immune issue so one can't classify the dis-ease so easily. These points are part of D'Adamo's research but are corroborated

by my findings clinically. It also corroborates with ancient conditional typing and so we gain the ability to join ancient with modern worlds. The ancient constitutions, for example the 5-phase constitutions of Chinese medicine, were based on China being the centre of the world so all the constitutions came from China, this meant it is variations *within one blood-group*. Today we need to see things more broadly and to realize that there has been multi-cultural mixing and as result there is a equipment to know our lineage through blood in order to act as a foundation for more subtle constitutional analysis within this. So for example let's say the African continent is considered Fire energy, then within this fire are 5-constitutions, so there can be fire within fire or metal within fire etc. This is a refinement but we need to start with the basic constitution first which is why blood-group is a vital component in this expression.

My conclusion is that I feel M.S needs to be considered a disorder of internal energetics and external environment together, it is fundamentally a cold-based pattern that fundamentally affects the digestive system chilling it (forming the pattern digestive deficiency with liver function stagnation as a foundational pattern in Chinese medicine). The way to change this pattern is fundamentally for a person with this illness to immediately respond to it. When symptoms are first experienced one should simply move to a different region of a country or move country to a **warmer and drier** climate (without air-conditioners!). This is very important. The warm foods that related to the ancestral constitution need to be taken for several years and exercise that is right for the body needs to be expressed. This may seem like a radical step but simply what one is doing is following a track back round to connect a person with their ancestral origin and ancestral climate.

I am not sure what the descriptions in the ancient medical classics were in relation to, they do seem similar to a MS-type disorders, they too follow a similar pattern of digestive effect at centre and there being what we called a true cold false heat scenario to begin with. In this the pattern is where a person is both hot and cold together but the cold symptoms are the root of the illness and the heat symptoms are symptoms of blockage due to cold. This of course progresses later on in the chronic patients to a situation of "no-return" or difficulty returning to normal function once the blocked energy starts to overheat and stagnate the whole body energy.

While the above may seem like the pipe dream of an "alternative therapist" searching to help his father, I have spent my entire lifetime living alongside this illness and I know it intimately. The above is an energetic expression of how the illness can possibly be "cured" and is a foundational expression to show how other diseases that are similar can also be investigated with the same way of understanding constitution and exterior energetics. In this way many of the illnesses we believe have no possible remedy can be understood and remedied, but it requires that the ideas of the Western patho-physiology be let go of and that instead of a person looking down a microscope for answers, they look to their own instinctual senses. The above is an attempt to re-connect the M.S sufferer with the nature of what they feel and to draw them towards the places they need to live and to foods they need to eat in order to protect themselves from the cold that they cannot and never will be able to tolerate. Life isn't a choice and sometimes we find ourselves at the end of a chain of generations of erroneous movements that were about socio-political motivations for migration but we have to listen to the nature of what we are and respond to this.

This information and my whole process of the last three decades has always been a voyage to try to cure my father, but it was never going to be. I hope that this message may get out to individuals who suffer this illness and help them to re-consider the information differently, rather than the same old stuff that is about trying and failing to find a cure because of the narrowness and insecurities of modern scientific ideology. What I am suggesting is not a belief system, it's an experiment and for those of you who can enter into the possibility of seeing a different way of looking at illness then I leave this article as a possible direction towards resolution of this invisible malady.

In memory of my father, Victor.

David Nassim
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