

Editorial

Secret of Healthy Living in a Hostile World

Belle M Hegde

*The Journal of the Science of Healing Outcomes, Maryland, USA and Mangalore, India

**Manipal University, Manipal India

#London University, UK

##Northern Colorado University, USA

Kuwait Medical Journal 2009; 41 (2): 91-92

"The greatest truths are the simplest, and so are the greatest men."

JC and AW Hare

When one ponders over the multitude of risk factors in and around us in this hostile world, one wonders as to how we are alive at all. Medical claptrap informs us day in and day out about the multitude of potions-chemical drugs, surgeries, special foods, tonics *etc*, to keep us alive. The truth is that most, if not all, of those heavily advertised items damage the system further than helping us. The truth is that there is a very complicated, yet simple system inside each of the one hundred thousand billion cells inside the human body which function better than a super computer to compute all the internal and external inputs through multiple sources to transduce them into coherent methods to eventually put in place two fascinating energy systems, a low energy and high energy system, to keep us going^[1].

Let us first examine this nature's computer inside every cell which existed for nearly a billion and half years before the first nerves ever appeared in Jellyfish. It took another half a billion years for cranial nerves and brain to appear in organisms including man. The myth that the brain and the nervous systems alone keep us going has to give place to a more holistic view that there are many other important systems that help keep man alive. Then we will progress further in our understanding of human physiology and pathology. Life is a complicated system of individual cell function in the body in an interdependent manner to keep us alive and healthy. If the ten thousand odd proteins that are present inside each one of the trillions of

cells in our bodies do not work well we will have disease states. For recovery from any illness, body cells will have to function normally again^[2].

Our approach in the "so-called" evidence based modern medicine is to try and correct those changes (not knowing what they are) in disease states using chemicals or surgery. As a quick-fix, apparently, they help some people some times but all of them damage some part of the human system almost always, some times as late as five years after the event. One good example is a pain killer trasyolol which is now known to kill the recipient as late as five years after he/she had it! What happened to another pain killer wyox is now common knowledge. These measures have now resulted in considerable misery for mankind. To quote the most authentic scientific body of the USA: "The National Academy's data attributes 100,000 deaths per year to physicians' errors, added to well over 100,000 deaths due to severe drug interactions and another 100,000 fatalities from hospital-based-infections. (For a detailed analysis, see Death By Medicine, by Gary S. Null, *et al*)". This is from a country with less than one third the population of India. Thank God, we do not have statistics like this for India^[3].

What is the remedy? We must get to know the true physiology of cell function and try and see how we could restore that in the unlikely event of disease in a more natural way rather than inflicting chemical and surgical damage to the cells where possible. The fruitless research of modern medicine is based on statistical science and not true hard science. The "failure of millions of dollars spent on AIDS vaccine, failure of interferon as a wonder drug for cancer management with the latter still

Address correspondence to:

Professor B. M. Hegde, Manjunath, Pais Hills, Bijai, Mangalore 575004, India. Tel: +91 824221 7575, E-mail: hegdebmg@gmail.com;

web: www.bmhegde.com

*Editor in Chief, The Journal of the Science of Healing Outcomes, Maryland, USA and Mangalore, India

**Vice Chancellor (Retd), Manipal University, Manipal India

#Former Visiting Professor of Cardiology, London University, UK

##Affiliate Professor of Human Health, Northern Colorado University, USA

eluding a cure despite billions being wasted on cancer research and cancer screening (the latter has been shown to be useless and dangerous), and the ravages caused by drugs like thalidomide and thorazine," are there for all of us to see.

We need to arrange an urgent marriage between the beneficial remedies in modern medicine "like the excellent emergency care methods, brilliant surgical successes, time tested and harmless pharmaceuticals as also the newer life style changes" with the best and scientifically authenticated multitude of methods in many other systems of medicine into a judicious integrated system of medical care that is inexpensive, safe, and effective under all circumstances. Unfortunately, the vested interests in modern medicine are scuttling every effort in this field by hitting those efforts with an old but, effective whip "there is no evidence base" in other systems of medical care. This is the biggest lie.

Let us examine how we can use natural methods to get the damaged cells back to normalcy. The ten thousand odd proteins in each cell are functionally better than our supercomputers. They have two energy systems- the Low energy system and the High energy system. Initially, the proteins process all the information they collect from the body as also the outside world into a low energy information system which primes the other proteins to a high energy functional system that could power the body as a whole. In this milieu there are certain specific proteins that do the directing or chaperoning job very effectively. One such chaperone protein is the Heat Shock Protein, HSP 70. It is otherwise called Stress Responsive Protein (SRP 70) as it responds to every kind of stress in the cells^[4].

The HSP 70 protein is supervised by the HSP 70 gene. HSP 70 protein could be re-primed by heating the cell to 47°C but, that can never be done in the human body. The other method is to use some kind of natural energy to do the job. In health the cell uses the energy coming from the main source, sunlight, as also the magnetic energy generated by lightening throwing a halo of Schuman energy field around the earth (Schumann effect). All proteins are but carbon, hydrogen, nitrogen and oxygen as in the DNA along with amino-acids that come from food. The electromagnetic energy used by the cell proteins are then transduced to fire the mitochondria inside every cell to produce energy needed for life^[5].

Glen Gordon was one of NIH's brilliant young scientists, 4th in hierarchy at one stage. He was a pioneer in this field of trying to regenerate the damaged (ischemic) cells back to normal. This made the American Medical Association to file a law suit against him, which did not materialize at the end. He lost his entire grant support, though. He would not

relent. He has come up with a small Pulsed Electro-Magnetic Field (PEMF) generator powered by a battery to stimulate and up-regulate the depressed HSP 70 protein and thereby regenerate the cells again. My own initial enthusiasm with this toy of his is exciting. Time is not ripe to disclose the final data as the study is ongoing but the preliminary reports are very encouraging indeed. None the less, the results are an opening for us to look more deeply into many such natural methods of making the sick cells (individuals) to regain their strength and health without any long term detriment to the owner in the bargain^[6-8].

The marriage between the best in both the worlds, as suggested above, is our only solution in this dangerous state in which modern medical claptrap and statistical science have landed us. We need a holistic approach to human, nay, all problems of this world.

*"And all the loveliest things there be
Come simply, so it seems to me."
Edna St. Vincent Millay*

ACKNOWLEDGEMENT

Thanks to Glen Gordon for his inputs, help with gadgets and love. To Professor Rustum Roy of Penn. State, for many things that cannot be enumerated.

REFERENCES

1. Carson R. Silent Spring. Boston, Houghton Mifflin, 1962; 147.
2. Fried S. Bitter Pills: Inside the hazardous world of legal drugs. New York, Bantam Books, 1998.
3. Gordon GA. Extrinsic electromagnetic fields, low frequency (Phonon) vibrations, and control of cell function: A non-linear resonance system. J Biomedical Science and Engineering 2008; 1:152-156.
4. George I, Geddis MS, Lill Z, *et al*. Myocardial function improved by electromagnetic field induction of stress protein HSP 70. J Cell Physiol 2008; 216: 816-823.
5. Goodwin T. Physiologic and molecular genetic effects of time varying electromagnetic fields on human neuronal cells. NASA TP 2003/212054, NASA Technical and Scientific Library, Johnson Space Center, Houston TX.
6. Eichwald C, Walleczek J. Model for magnetic field effects on radical pair recombination in enzyme kinetics. Biophys J 1996; 71:623-631.
7. Aarons R. Tissue healing, EMFRAPID Symposium 3. NIEHS 1998.
8. Grant G, Cadossi R, Steinberg G. Protection against focal cerebral ischemia following exposure to a pulsed electromagnetic field. Bioelectromagnetics 1994; 15: 205-216.