

# Holistic approach to medicine, treating the cause.

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## 1. INTRODUCTION

When we don't feel safe, we become anxious, even sick with anxiety. Many pathogenic influences come from these behaviors. However, these behaviors are very often a response to our fears. For example, we eat too much and badly, we smoke, we drink alcohol, and we put excessive stress on ourselves because we feel unwell, caused by the fear of lacking, of not being loved, of getting old, of dying. Or of falling ill, because our medicalized society projects illness onto each of us, even if we are in good health. Because the body obeys anxieties: illness is cultivated, just as fear is cultivated.

Today people are overwhelmed by fear against everything and everyone. Such a negative feeling is called a "nocebo" effect (from the Latin *nocebo*: "I will harm"), based on the placebo model. In analogy with the hypothesis on autoimmune diseases (that these diseases, caused by the own defense system, are the consequence of an excess of hygiene, preventing the defense system from training and learning to defend itself against real enemies), it could be argued that the outburst of phobias and disproportionate fears are the consequence of too little exposure to phobogenic stimuli, inducing an irrational reaction against what should be considered as a normal event

## 2. EVEN THE DISCIPLES OF HIPPOCRATES ARE NO LONGER RESPECTED

Hippocrates said, "Look for the cause and treat it, look for the cause of the cause and treat it, look for the cause of the cause of the cause and treat it".

The reference values used in modern medicine are limit values and agreed upon. However, these limits are

artificial: they are based on agreements that are themselves based on theoretical considerations and studies. All results within the reference range (between a lower and an upper limit) are considered normal or healthy, although different processes are probably already failing. These people will not be considered "sick", because their symptom set does not fit the picture of a real disease... However, chronic illness usually starts insidiously, almost unnoticed, and is accompanied by diffuse complaints such as fatigue, muscle pain, headaches, sleep disturbances, concentration problems, mild stomach disturbances or other vague symptoms. In most cases, the causes lie in the diet, hormonal management, and the activity of the immune system.

In modern health care, diagnoses, treatments, and management choices are increasingly determined by technology, management and effective scientific models and protocols. Using evidence-based evidence as a model, backed up by figures. While the potential of a personalised approach putting the patient at the center of care has been neglected. Because today we are more concerned with the symptom than the human being (patient).

Indeed, health care is not an exact science, it is intimately linked to our relationships and emotions, within a meaningful economic, ecological, social, and cultural context. All these factors influence each other.

Doctors and therapists are confronted with a suffering person in every consultation. It makes no sense to put this person in a box and have him or her follow a pathway previously set by some of the great aerologists of medicine.

The integrative approach is based on the idea that chronic diseases occur due to a change in the physiological, biological, and psycho-emotional balance of

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the patient. The management of patients requires both conventional medical consultations and complementary medicine consultations. These different approaches allow an assessment of nutritional, neuropsychological, immune, micro-nutritional and genetic conditions.

### 3. REFERENCES

1. <https://www.apa.org/monitor/2012/04/rejection>



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