

EXCERPT: The Precision Dose

A Natural Health Discourse By Dr. Jack Tips (N.D., Ph.D., C.Hom., C.C.N.)

In natural therapeutics, does a precision dose exist, and if so, how important is it to determine and implement? With the numerous variables that affect the body's response to a measurable dose of natural therapeutic agents (herbs, vitamins, minerals, nutriments), many natural health professionals are taught that there is no precision dose discernable and that getting in the "ballpark" is close enough. This is mostly true. Yet, here we examine the importance of dosage and the concept of the "increasing incremental dose" for herbal therapeutics.

The Dual Action Of Natural Therapeutics

The application of herbal nutrition as well as other natural, medicinal substances *e.g.* plant-derived vitamins, minerals, nutriments, not only provide the body the nourishment to help correct symptom-expressions, they also elicit the body's innate healing mechanism to move towards more optimal health of its own accord. Thus, the natural medicines uniquely provide a dual approach to healing – the raw materials and a healing directive.

This is an important and fundamental difference between the natural-health protocols that safely and effectively nourish health restoration according to natural law VS the medical drug-therapy protocols that unilaterally dictate biochemical reactions with dangerous side effects and ignore the body's innate healing processes.

Despite being generally safe and effective, the natural health therapeutics can over stimulate the body as well as encounter resistances that lead to side effects either from a component of the therapy or from the action of the body's own self regulatory processes.

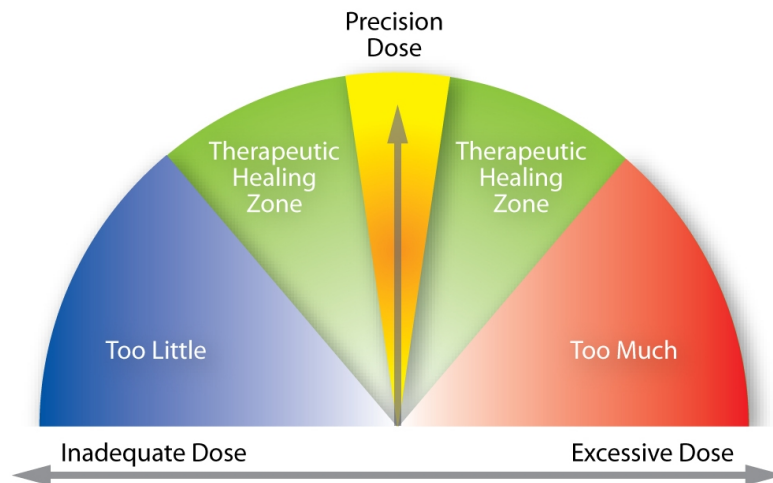
Ultimately, the pathway to cure is governed by the body's innate self-regulatory mechanism whose processes have numerous checks and balances that support survival and protect life. These checks and balances can both hasten and hinder cure. The healer must artfully cooperate with this process, and one method is by the precision dose.

Since the natural health programs support and elicit the body to heal itself, and by doing so, employ another, greater intelligence in the process; there is a broad range of dosing latitude enjoyed by natural health professionals when compared to the narrower allopathic drug prescribing methods of the medical profession where overdosing and side effects are prevalent. However, within that broad latitude dwells a dosing "sweet spot" – the *precision dose* that positions the body's healing processes on the pathway to the most rapid, gentle, and thorough cure.

Coupled with this concept of dual action, is the reliance on the body's *innate wisdom* to properly apply the nutritional therapeutic agents. Part of this assumption is that the body will both discard excessive, or augment deficient, therapeutic agents, and thus allow the practitioner a wide range for dosing effectiveness.

So we find that oftentimes, being in the "ballpark" with a dose is all that's needed to initiate the healing process, but the more optimal dose expresses the law of economy – accomplishing the most with the least amount of effort. Thus the precision dose exists and is a worthy goal for natural health practitioners who are dedicated to facilitating cure and not just amelioration of symptoms.

Herbal Nutrition Effective Range



Overview: Five Dosing Outcomes

- Excessive Dose failure due to aggravation, rejection, toxicity
- Inadequate Dose failure due to lack of impact
- Adequate Low Dose success, may take longer and risks homeostatic neutralization
- Adequate High Dose success, may take longer and incur moderate side effects
- Precision Dose success, most rapid, gentle, and thorough

The Precision Dose

Practitioner-healers aspire to hit that ‘sweet spot’ dosage where the body’s innate checks and balances do not offer unnecessary resistance by its innate directive to maintain the current homeostasis that unfortunately includes symptom expressions. This means that there is a precise dose, but that ‘being in the ballpark’ can get the job done.

Finding this sweet spot is the true calling of a healer because it alleviates suffering, avoids aggravation, and allows the body to proceed along the gentle, rapid, and thorough pathway to cure. Whether a muscle-test, electro-diagnostic, or assumptive technique, practitioners need to tailor the impact of the program to the individual.

To be effective practitioner-healers, we must get our dosages in the ballpark, and the closer we approach the precise dose, the more effortless can be the desired healing results.

Dose Too Small. Dosing accuracy is important because if a dose of a physical substance* is too small, or the potency too low, not enough beneficial change is initiated. There is simply not enough material or impetus for the body to engage in a significant healing process. Again, this is two-fold: The dosage is insufficient to affect the person bio-chemically, and it is insufficient to elicit the body’s innate healing mechanism to change homeostasis and move toward cure.

* Please note the caveat “physical substance.” This is because in ‘dynamized’ medicines, e.g. medicines that are potentized according to classical homeopathic procedures, the smaller the dose the more dilute it is the deeper and more powerful it becomes to impress the body to correct its symptom picture. This article is primarily focused on physical doses of substances such as herbs, vitamins, and minerals.

Dose Too Large. Reciprocally, if the dose is too large, then the healing process can be impaired resulting in unnecessary:

- Aggravations¹
- Herxheimer Reactions² (die off)
- Metabolic bottleneck effect (too much of one facet of a chain reaction where the body cannot support the other facets of the chain)
- Excessive burden on the liver and kidneys to process (detoxify) metabolic byproducts
- Lymphatic congestion inhibits waste removal
- Redistribution of toxins into deeper tissues, and
- Side effects.

To determine the most optimally effective, daily dose of a natural product for your patients, you must first be aware of the numerous, interrelated components that comprise the gestalt of the body's innate healing processes. Simply put, the more you understand and embrace the body's innate healing processes and how natural remedies work to support and elicit healing, the more accurate will be your ability to interpret and determine the precision dose because you will be simpatico with the truth of healing. This is because: *that which you hold to be true is the matrix through which your testing procedure operates. This is implicitly true of muscle testing techniques and the reason that different practitioners muscle test and get different answers or insights. The information is being filtered through the testor's faculty of 'truth.'*

This simpatico state is not a projection of thought and does not require thinking about anything which, if occurs, skews the testing results. It is a simple understanding of the body's innate healing processes and the many variables that impact the dynamic movement of energy from expressing its current congestions as symptoms to a more refined and freely flowing vibratory rate that does not encounter resistances and thus does not manifest as symptoms.

You do not have to memorize all the variables, just being *aware* of them that they exist and have potentials that influence your work is what is necessary. Understanding their processes allows your 'instrument' to resonate more effectively and it provides greater sensitivity in your testing calibrations.

Consistency and Accuracy of Kinesiology. The reason that kinesiology (muscle testing) has variances in accuracy among practitioners is because the practitioners do not share the same consciousness regarding the body's Laws of Healing. Attitudes and expectations affect the quality and outcome of your testings.

The individual practitioner's awareness, consciousness, experience, understanding, and scope of knowledge all influence the outcome and accuracy of the testing procedure. Thus, a common language and awareness is necessary for consistently accurate and more mutually verifiable results. And, of course, you will engage the ability to determine the precise dose.

Individuality Means Variables

¹ **Aggravation** – an exacerbation or intensification of the disease symptoms previously experienced. Often associated with the action of the correct and effective program as part of the healing process. Samuel Hahnemann founded this concept in his book, *The Organon Of Medicine*, (1842) 6th Edition, see aphorisms 157-161, 247-249, 280, and 282.

Herxheimer Reaction (Herx) occurs when large quantities of toxins are released into the body as bacteria, fungi, parasites, and viruses die, due to corrective treatment. Typically the death of these pathogens and the associated release of endotoxins occurs faster than the body can remove the toxins via the natural detoxification process performed by the kidneys and liver. Symptoms include fever, chills, headache, myalgias, and exacerbation of cutaneous lesions.

Each human being is biochemically unique. This means that each human being may have a different pathway to cure as her or his innate vitality moves to correct the symptom expressions as opposed to having the medicine itself remove symptoms by suppression of the body's life processes.

Symptom-Expression. "True healing occurs when the body solves or overcomes the disease (the morbidic influence that elicits errant gene expressions), and no longer expresses symptoms in response to that disease-resonance. Thus true healing corrects not only the morbidic agent or disease process, it corrects the body's incomplete attempts to be free of the disease process. This is consistent with the dual action of living medicines that nourish and stimulate the body's innate healing mechanism and even directs it toward cure. Inevitably, herbal/nutritional molecules "talk" to the chromosomes about how to express optimal health."

For example, one person may be more likely to encounter skin conditions when a cleansing therapy is begun, but another may experience loose stools, and yet another develops headaches. Navigating through these individual responses may require different dosages and program components (drainage³ support) for each person, and often require a change of dose (increase or decrease) during the healing program.

Symptom expressions are not only a disease process being a nuisance. They are also the effects of the body's innate healing mechanism maintaining balance. Thus symptoms are a combination of a morbidic agent (disease process) and the body's attempt to maintain homeostasis. This is the dual nature of symptoms. A medicine that suppresses symptoms inevitably suppresses the very life processes of the patient. This is why the great healers of the past often referred to poisonous drug medicine as an 'abomination' doing more harm than good, because that rightly saw that prescription drugs derange the body's innate wisdom and block the pathway to cure.

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Further, these variables are perpetually in a state of flux. Understanding these variables empowers the practitioner to be a more accurate perceiver of the precise dose because this awareness impresses the internal matrix through which the testing information passes.

By reading this material thoroughly, you will impress your mind and subconscious mind with the understanding necessary for accurately obtaining the precise dose from your chosen modality, even if it's the "Kentucky Windage" or "Best Guess" meter.

The variables that affect the dose include: end of excerpt ... (article is 16 pages)

³ Drainage assistance for the body's detoxification pathways (lymphatic, hepatic, renal) so that toxins and waste products can leave the body without congesting or obstructing the eliminative routes and result in aggravation of symptoms or cause new symptoms as the detoxification effort seeks other outlets (skin, lungs).