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No drugs used here

*The biomedic system looks to the entire body to offer holistic remedies, writes **Sylvia Thompson***

CONVENTIONALLY TRAINED doctors Dr Damir Shakambet and Dr Tatyana Bosh were in Dublin at the weekend to speak about a new system of holistic healthcare they've developed called the biomedic system of integrated medicine. The approach focuses on improving health through comprehensive assessment and treatment of psychological, bioenergetic, nutritional, environmental and physical aspects of the individual's health condition.

"We look at the psycho-neuro-endocrino-immunology of each person and aim to re-balance these regulatory systems through a variety of therapies," explains Shakambet.

The assessment itself starts with a conventional medical check-up and detailed medical and psychological history, looking at emotional issues and stress management. Nutritional and lifestyle analyses follow, with laboratory analyses of nutritional deficiencies and environmental toxicity. The doctor then examines the posture of the body, evaluates muscular tension, joint mobility, connective tissue pull, blood flow, lymphatic and cerebrospinal fluids and works out the energetic status of the body.

Similar to many bodywork therapies, the approach is defined by strong mind-body connections and, according to Bosh, the personalised patterns of imbalances are a coded language of each person's psychological mismanagement. In other words, your beliefs, thoughts and emotions resonate physically within your body over time. Various therapies - psychotherapy, neurolinguistic programming, acupuncture, homeopathy, nutritional therapy, psychosomatic bodywork, massage, shiatsu and many more - are then used in the treatment, depending on the state of specific biological, psychological or psychosomatic processes.

Shakambet and Bosh believe that contemporary, orthodox medicine has become over-specialised and pre-occupied with a symptoms-altering approach.

"In our research, we began digging beyond the current medical dogma of techno-pharmacology which fuels the unnecessary war between alternative and orthodox medicine," explains Bosh.

"What we found in our research into anatomy, biochemistry and quantum physics were many pioneering doctors who challenged the boundaries of medicine. Now, what we are offering is a contemporary version of the Hippocratic restorative model of medicine."

Although keen not to be described as alternative therapists, Shakambet and Bosh draw on a number of alternative and complementary therapies in their London clinic. "No single therapy will cure an individual. They are all just tools and the key is to know when and how to use them," says Bosh.

Chemical or pharmaceutical drugs are not used as part of the treatment. However, the theory of homotoxicology is also central to the approach, as disease is viewed as the body's biological reaction to homotoxins (poisons in the body) and its attempts to eliminate them. Homeopathy and Bach flower remedies, redefined as nanopharmacological remedies, are used in treatment.

"The emphasis is on the process rather than the end product, so we view disease as a lack of ease and we explore this process through different conventional allopathic diagnoses and find ways of re-balancing the bioregulatory systems rather than suppressing the symptoms," says Bosh.

In their London clinic, Bosh and Shakambet have treated patients with both acute and chronic conditions. Their so-called curative biomedicine has been used in the treatment of gastritis, stomach ulcers, hypertension, asthma, eczema, backache, headaches and joint pains.

They also promote two other strands of their approach - preventative biomedicine and biomedic stress release. The former aims to strengthen the body's immune system, stimulate self-regulatory mechanisms and restore physiological functioning and, in so doing, reduce tiredness, anxiety, indigestion and menstrual irregularities.

The biomedic stress release views stress as a mismanagement of the self and encourages individuals to find new and more appropriate ways to self-expression. According to Bosh and Shakambet, the solution is not in straining harder to fight our problems but in understanding stress as a faulty response to life.

On their visit to Dublin, Shakambet spoke about how this approach can be used to treat depression and psychosomatic conditions, with an emphasis on mental and emotional health and wellbeing.

Bosh spoke about how the biomedic system of integrated medicine can be used in the treatment of chronic illnesses including irritable bowel syndrome, fibromyalgia and chronic fatigue syndrome.

- Log on to www.biomedic.co.uk for more details

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