

# Human development XIX: The aetiology of somatic diseases. The energetic healing crisis ("kidney-crisis") of patients in Antonovsky-salutogenesis with clinical holistic medicine and holistic sexology

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## Abstract

The etiology of all non-genetic, non-traumatic, somatic diseases can be explained as coming from disturbances in the organism's biological informational system. On the cellular level the cells must know what to do and where to be, and lack of this information will cause either growth-disturbances or immunological disturbances (an either too strong or a too weak immunological self-nonsel self discrimination). We suggest that failure in the information system causes all somatic diseases that arises from lifestyle factors, and not from genetic or traumatic (physical environmental) factors. We recommend a therapy for these diseases based on rehabilitation of the function of the biological informational systems; such an intervention will also be a generally preventive medicine for humanity. In this paper we discuss the general cellular self-nonsel self discrimination and the specific immunological self-nonsel self discrimination. The understanding of cellular disorder as the origin of diseases leads to the natural question: why is the biological information disturbed? We suggest that emotions and repressed feelings in the human unconscious are also held by the biological informational system ("the body-mind") deminishing its ability to provide the cells of the organism with the information vital for their functioning. This allows philosophically for "the sence of coherence" – spiritual and emotinal health - as a fundamental basis for physical health.

**Keywords:** Quality of Life, QOL, holistic biology, theoretical biology, clinical holistic medicine, public health, human development.

## Introduction

In this paper we give our explanation of the non-genetic, non-traumatic, somatic disease etiology. These diseases stem from internal disorders in the

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organism and its information system. Disorders that make it difficult for the organism to take care of its normal functions in an orderly way. It is the case for most diseases that their etiologies (the first reasons) are unknown, but principally, the original reasons of disorder come from three sources: 1) Genetic disorders as DNA mutations and chromosomal defects. These kinds of disorders appear when a given genotype gives a bad phenotype, 2) Traumatic action from a physical influence, which could be an injury from outside coming factors as getting hit by a car or an infection by parasites or 3) Information disorders caused by disturbing influences between organs and/or organ systems. Conditioned learning is a very likely source for these information disturbances (1,2).

Lots of disease-groups belongs to the first group. A deletion of a gene on human chromosome 13 gives a specific kind of cancer (retinoblastoma). The presence of a mutation on both gene copies – one on each chromosome – each cell core contains a set of chromosomes from each of the parents – gives the autosomal recessive disease, Xeroderma pigmentosum (3). Many diseases fall into group 2, as asbestos in the lungs, agents that causes cancer (carcinogens) and radiation (3).

What is really interesting is that genetic and traumatic causes, apparently, only makes up small amounts of all cases of cancer and all other diseases there are identified several other causes (see for example (4) and American Cancer Society: <http://www.cancer.org/downloads/STT/CancerFactsandFigures2002TM.pdf>).

A major problem is that the etiology of diseases is not known. An example of this is that patients with a specific “genetic” disease have a specific “mutation” (a specific HLA-allele) more frequently then the population as a whole (5). The real connection between disease and its cause seems to be extremely complex and we think that a realistic interpretation would be that a “mutation” in the gene produces a defect product. But this seems to be wrong in many cases (5). In that case, the etiology and the connection to the HLA are unknown and cannot be connected to a genetic disorder.

Because the first two causes are consistent with a mechanical-reasonable interpretation of reality, they have, for a long time, been acknowledged as the reason for a lot of diseases. But the third cause has

first recently been evident. In this context, experiments with rodents shows that the immune system can be conditioned in a Pavlovian way (6,7). In the most famous experiments by Ader (6,7), he used a solution with a taste of saccharin – for the rat an unknown taste – as conditional stimulus and the effect of immuno-modulizing matters as unconditional stimulus. This made it possible for Ader to show that the humoral as the cellular immune response, had a corresponding modulation to the employed agent, when the rats tasted immunological neutral solution again. Concerning the immune suppression, the mortality of the rats was proportional with the amount of taste-liquid. These coordination experiments have not been able to determine the importance of the third cause. However, we assume that it is this cause that determines the huge variability, susceptible for the infection, concerning a row of diseases including the auto-immune and neoplasm.

A priori, we assume, that a disease has all three etiological elements – all three causes. But still, a persistent search for disruptions in the DNA, concerning both the big mental diseases (8), as the big somatic diseases (3) has not yet resulted in basic knowledge. Therefore, it is reasonable to suppose that these diseases alone can be understood from a mechanical reality interpretation. The documented occurrence of the placebo effect, and the general meaning of the psychological factor in almost all diseases (9), indicates a huge importance of the third etiological cause – a part of the emotional reality interpretation. Here we will discuss the etiology of the somatic diseases seen in the perspective of our holistic biological view.

### *The somatic diseases*

Based on the brain function and the immunological self-nonsel discrimination, we choose to divide the somatic diseases in the following five main groups:

- Diseases that directly are caused by a wrong neuro-regulation through hormones or the nervous system, among other things based in defective coordination between the intense

communication between hypothalamus and the higher integrative areas in the brain. For instance, it is possible that these diseases are caused by a learning disturbance through the limbic system

- A large group of diseases that today is considered as autoimmune diseases (10)
- Neoplasia (dysplasia and dysregulated cell growth), cancer, degenerative tissues disorder from general cellular disorder
- Infectious diseases
- Hyper-reactive diseases (i.e. allergi, excema, asthma)

A large group of diseases are today considered as autoimmune diseases (10). These are together with neoplasia, infectious diseases, and hyper-reactive diseases, the most non-genetic and non-traumatic diseases. For second to fifth main group, we set the following diagram (see table 1).

There are several problems related to this diagram: The existing immunologically knowledge is not able to explain the mechanism behind the ability of the immune system to distinguish between inner and outer stimuli – the self-nonself discrimination. It has not yet been possible to describe the regulation concerning to high or low immune-activity. Secondly, the relationship between the immune system and cancer is problematic. On the surface of cancer cell membranes, cancer specific markers are extremely rare. This should expectedly prevent that the T- and B-immune cells have an effect. The postulation that

natural killer cells (NK-cells) take care of destruction of the cancer cells is doubtful, because naked mice, have lots of NK-cells even if they led the cancer grow. Ten years ago, almost all immunologists thought that the immune-surveillance theory was correct. Following this, thousands of cancer cells spontaneously arise every day, and every day these again, are eliminated by the immune system. However, today most immunologists believe that such mechanism, through immune cells, does not happen at all (11).

As cancer is usually developed in connection with lengthy dysplasi, it seems to arise from local problems in the information that maintains the tissue (3). However, it seems as if cancer arises from error in the information system that is responsible for the cell differentiation (12). Errors in the immune functions can also be ascribed to an error of the level of differentiation (5). We believe that this is caused by the cell activity behind self-nonself differentiation that presupposes a really directed priming, namely, a beginning-differentiation.

Therefore, it is very interesting, that all non-neuro-regulatory diseases can be directed backwards to the information laying behind the control of the organisms cell differentiation. This is the same information that first controls the morphogenesis, and then maintains tissue and the organism (13,14).

**Table 1AB. Results of imbalance in the self-non-self discrimination. Here exemplified by cancer in (A) and more generalised as neoplasi in (B). This diagram can be used for most non-genetic and non-traumatic diseases**

**Example A**

<b>Stimulus origin</b>	<b>Too low discrimination</b>	<b>Too high discrimination</b>
<b>Outer stimulus</b>	<b>Infection</b>	<b>Allergy</b>
<b>Inner stimulus</b>	<b>Cancer (?)</b>	<b>Autoimmunity</b>

**Example B**

<b>Stimulus origin</b>	<b>Too low discrimination</b>	<b>Too high discrimination</b>
<b>Outer stimulus</b>	<b>Infection</b>	<b>Hyperreactivity</b>
<b>Inner stimulus</b>	<b>Neoplasi (?)</b>	<b>Autoimmunity</b>

*A model for somatic diseases etiology build on the morphological, psychical, and immunological self-nonsel self discrimination*

The Danish immunologist Niels Kaj Jerne (1911-1994) (15) suggested a network theory concerning the regulation of the immune system. But neither Jerne's, or any other immune network system hypothesis, seems to have any evidence (16). This can be caused by the difficulties that appears, when testing these hypothesis experimentally (this has been admitted by Jerne in personal communication in 1989). But, whatever happens, it is the case that such a network-hypothesis is not capable of explaining the immunological self-nonsel self discrimination (17). This is valid, since the network has to be complete to give any sense. But, after all, the hypothesis of Jerne has served its function by showing that the immune regulation does not happen at the cellular, but at the systemic levels.

If developing systems are disturbed, they have a considerable capability to correct themselves, as we have seen during the description of the morphogenesis. Such systems have a kind of morphological ability to discriminate between self and non-self, as biological systems have systemic information in their complex dynamism. This information is, as earlier described, a source to the morphological information. Almost all biological systems have the fundamental, immunologic capability to distinguish between self and non-self, the ability to distinguish our own biological system, from a stranger one. This ability exists both in single and multi-cellular organisms such as fungi or sponges (5). Existing phylogenic data has shown that the immunological self-nonsel self discrimination may arise from the same source as the morphological, namely the systemic information. It seems reasonable to believe that the evolutionary ancient developed immunologic self-nonsel self discrimination is the reason for the later developed extensions of the immune system. With mammals and humans it also seems that the immunological response of an antigene requires a disturbance of the biological system. Such disturbance can be mediated commercially, by an adjuvant. Using an adjuvant, an immune response can be obtained, against almost all antigenes, even if it belongs to the organism itself. This shows that the

regulation of the immune system happens on the superior systemic levels, and not on the cellular level, through selection.

As described earlier, the systemic information results in the capability of understanding whether a levels organization in an individual organism is suitable or not. When the organization of the levels is in coordination with the intension of the organism, these organizations can be understood as an expanded version of self, connected to positive emotions. If the opposite is the case, and the organization opposes the intension, this is understood as nonself in expanded sense, and connected to corresponding negative emotions as a consequence of a split in friend and enemy, and good and bad conditions, physiological as social and global. In this way, the psychical self-nonsel self discrimination has been developed.

The morphological, immunological, and psychical self-nonsel self discrimination fundamentally has the same systemic source and therefore the different aspects of self cannot be considered to be independent of each other. Conditioned learning can be understood as forced psychical self-nonsel self choices, across the biological intensions. The consequence of this may be that conditioned learning is disturbing the immunological as well as the morphological self-nonsel self discrimination. This disturbance reply to the etiological factors for diseases in the diagram shown above.

The theoretic consequence of coordinated learning for development of diseases. If a child wants to survive, it has to adapt itself to parental reality and intensions. The parents manifest themselves opposite to the child through will, speech and action (18). Often the parents are in two different reality interpretations, the emotional and the rational. As a woman, the mother usually prefers to be in the emotional, while the father prefers to be in the rational interpretation. If the parents are really limited by their own conditioned learning, there can be a huge gap between their interpretations. Thereby, it is hard for them to communicate in agreement, and the child may meet the parents on its own conditions to get an acceptable communication (or the child takes over). This process is the nature of the conditionings – the child learns to reduce itself in order to a narrow spectrum of human characteristics.

When the human exists in the emotional interpretation, it manifests its degenerated intensions belonging to this. Usually this is the social sphere, as love between man and woman, family, friends, and the relation to themselves. When the human exists in the rational interpretation the intensions are manifested in a similar way. Usually, these intensions are resignations in relation to the outer worlds arrangements as: "The working life is horrible. I am a failure because I can not earn any money and get a good place in live".

The problems of the outer world is that it forces us to use our senses. When children grow up to be young people, they want to leave home. Then, hard pressed, they have to leave the emotional interpretation to be able to manage the new problems. Simply, they learn that the emotional interpretation cannot help them to solve the important, practical problems, and therefore, they are forced to repress this. This means that they become an adult and reasonable person. By denying their emotions, they deny a great part of the biological life. This means that a great part of the biologic reality become non-self. The attention is applied to the brain, and away from the body. Signals from the body are not understood, since the representation of the whole is absolutely busy with the brain. A human in this condition, is extremely sensitive to the pictures of the body contained by the brain. This is because these pictures will be represented in the whole by great power. Thereafter, they will influence the body with a considerable strength, through information transmitting interactions.

As described above, the reality model in the brain is constructed as a consequence of the body functions (compare the model of Piaget) (19). The concrete aspects of the human life that can be suppressed through conditioning, give rise to pictures limited to these aspects. The sick and distorted pictures caused by the parents influence, can be thought of as corresponding to different parts of our body functions.

However, theoretical, conditioning can result in specific disturbances of the information conditions of the body. When a human is tied to a limited rational interpretation, it may generally be assumed that this disturb the information of the body. The degenerated intensions and the confused pictures, on the other hand, exists in the emotional interpretation, but an

adaptation of feelings and reason to a healthy model of the reality in the brain and the regeneration of the degenerated intension in its whole.

### **The energetic, healing crisis ("kidney crisis")**

In deep and intensive therapy with hypnosis, psychodynamic therapy, clinical holistic medicine and holistic sexology (20-66) patients can enter a physical, healing crisis, closely connected to the Meridian of the Kidney in Chinese medicine. The crisis can be extremely unpleassant with the sensation that the body will die physically; this idea can be further enhanced by the strange fact that the kidneys sometimes also physically temporarily shuts down its production of urine during the crisis. The crisis is often followed by radical and fast healing of physical illnesses and psychosexual problems strongly indicating that the physical and sexual problems were actualy caused on an informational level, not a chemical level in the body. The energetic, healing crisis, and the spontaneous healing after this crisis is important to know, as it is tempting to call a doctore to give morphin and other relevant treatment to the patients that suddenly seems be be extremely ill physically. The healing crisis normally last from 4 hours to 2 days depending on the ammount and quality of human and emotional healing ressources provided to the patient; no adverse effects have been registerd afterwards, and the healing seems complete.

### **Discussion**

The way of fight and resignation – the way of integration or disintegration, health and diseases. Through its whole life, the individual search to adapt its varying life situations, through an ongoing modification of the intension and reality model in the brain. This ongoing modification of the intention may, if it develops itself as an ongoing degeneration, have a greater importance for the development of disease, then the basic conditions. Therefore, it is of a great importance to clarify the patterns of intension degeneration through a human life.

Though this pattern also has a meaning in childhood, the parents maintain their children in their interpretation of the world. Normally, the pattern is expressed when the youngster is drawn from home with its content of ideas, visions, and life strategy. If the youngster has great aims, or, has been conditioned with care, he inevitably meets great opposition on his way through realization of his goal. Often this will result in a great deal of defeat. If, on the other hand, the youngster is focused on fighting to get the things to succeed, he has difficulties to give up his ideas. However, he will then take up the fight again and turn in this way a lot of defeat to victory. A human that is focused on fighting, will usually be able to realize his goal. The learning process presupposes a subjection to the reality interpretation and the intensions through ongoing revision. The intension reacts, and the reality model is expanded to better being able to imply the reality, and the emotions. This human, through time, will integrate a great part of his coordinated human wholeness, but this strategy however, demands courage, because of the knowledge that this fight can result in defeat. Such a human often achieve to unfold life, but may live with the consciousness of defeat, which on the other hand is a fundamental biological factor, that is impossible to avoid.

The opposite pattern, the way of resignation, can lead to defeat and even death. However, this is almost never realised by a human forced to choose this way. This pattern is realized, through des-integrations cycles. Each time the individual suffers defeat these cycles are repeated in a narrowing spiral. If this youngster, that has not yet learned to take the circumstances of life as a challenge, decides to live as its parents, it has the change not to suffer great defeats in life. In this way, this person will be able to live throughout life, like his parents. But, when this person will encounter resistance and defeat, he will give up and compromise on goals and ideals, that are reduced depending upon the circumstances. With the lack of respect for the seriousness of the life, this person, at this stage, begins a new game, with a smaller goal. Now, it has gone through a des-integration cycle. Usually, the first of a number. This person can be really well equipped by qualities, from its first step alone. But, when giving up, each time suffering defeats, this person will reduce itself. Instead of fighting to make reality better, this person allows

himself to be coordinated by the reality, again and again. After a row of defeats and compromises, the intension of this human is extremely degenerated. Therefore, this human has limited itself to almost nothing. This means, that the unfolding of its life, has stopped. This human described above is therefore expected to get seriously ill.

Psychologically a trauma is leading to a reduction in the ambition for self-realisation and every time an intention that is important for the organism is closed down, that aspect of the organism is repressed from its life and consciousness. One way of phrasing this is to say that its status is converted from "self" to "nonself". When a person continuously is using this pattern of resignation through life, gradually more and more of his biological reality is transformed into nonself. Over time it is possible that he gets somatically ill, as he is denying his life, body and its energies like sexuality. Choices taken after this destructive pattern has the effect of reducing his life. Therefore, when a person chooses not to fight, he really chooses the way of the victim. The biological intensions can be reduced to almost nothing. One stops running, working, walking, move... One gives up on partner, friends, to love people. All this goes on, until the person does not like life anymore. One gets despondent, tired, frail, weaken, weaker and ill. The modern human often lives a rather miserable life. He often dies after a longer period of disease and weakness, instead of dying satisfied after a fulfilled life.

Hypnosis as a way to gain control of the situation: The physical self-nonsel self discrimination affects the immunological self-nonsel self discrimination directly. Hypnosis is a phenomenon that can be understood from the principles of figure 1.

When a human, totally adapts himself to another human's intension, he temporarily loses his own initiative and therefore if he is in a situation of hypnosis has to follow the commands from the hypnotist. It is the resistance from the hypnotized, and the hypnotisers own consciousness, that puts these limits and the reason why this situation is suitable for testing the frames of human possibilities. When hypnotized, the command not to react immunologically on an intra-dermal injection of tuberculin, effects the usual blush and swelling fails to appear (20)

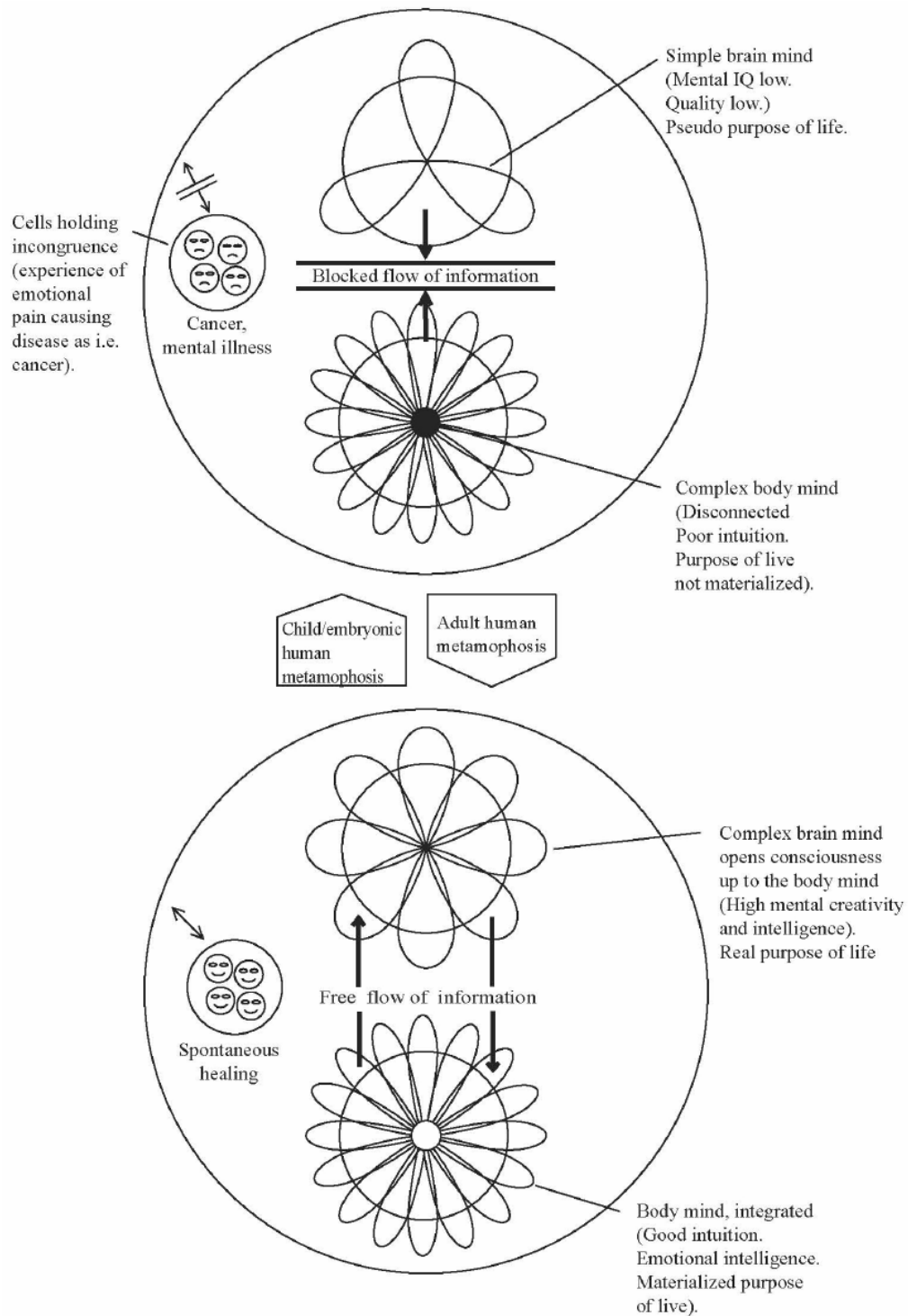


Figure 1. This figure illustrate what happens when two people are in confrontation.

This shows that the immunological reaction has to do with the patient's own psychological control, in spite of the fact that the patient often does not believe

this. We define this as the psychological self-nonsel discrimination directly interfere with the immunological self-nonsel discrimination.

From hypnosis, similar instances are known concerning the mind's influence on the immune system. It has been possible to hamper an allergic skin reaction using an inter-dermal egg test of an 18 years old girl (20) and other experiments that could hamper the allergic reactions associated with asthma and hay fever and treat a 12 years old boy allergic to cats (20). A number of dermatological diseases with an immunological origin have been treated by hypnosis, usually with a great amount of success. Hypnosis could cure half of 27 patients with chronically urticaria (nettle rash) (20). Other suffering has also been cured, as for example congenital ichthyosiform erythrodermia hernia, which is a disease that causes a darkening of the skin. The etiology of this disease is unknown, and only hypnosis has been able to cure it (20). In addition, the inflammatory reaction following a burning can be controlled by the mind, since it can be hampered through hypnosis (20). Through hypnosis it has been shown that a patient with warts spread out over the body could be freed from these on the one side, if this was the demand from the hypnotiser (20). This seems to show, that the regulation of the immune system acts through a specific mechanism that can be controlled by the mind, and not only unspecifically, by means of hormones.

The representation of the patient's body in his brain, evidently, interacts with the body (21), so that an improved representation involves an improved condition. This means that a distorted representation – a bad picture – of the body in the brain may give disturbances of the body information. When a degenerated intension is characterized through distorted, sick pictures of the reality, it is likely that a wrong intension and reality interpretation could be the reason of disease.

What do we do when we get seriously ill? When we as patients are no longer able to solve the problems ourselves, we consult the physician that use the modern medicine and surgery. The education of a physician has its background in the reason-oriented, mechanical interpretation of life. This implies that the physician offers to help his patients with a “mechanical” surgical intervention: a physical or chemical solution. It is only rarely, that the physician sees himself in a true preventive role and when it comes to preventive advice, as more exercise and less

alcohol, less fat, and less tobacco, it is seldom followed.

Physical diseases can be prevented in a far more effective and fundamental way, i.e. by means of regeneration of man's purpose of life through growth of self-knowledge. Regeneration of purpose through self-knowledge not only helps man to avoid psychiatric and somatic illness. In all areas of life man will gain constructive intensions, which are the best basis for his well being. Not only he himself and his relatives will benefit from this, but also the world at large, becoming populated by more whole and able people feeling responsibility.

This being said, we need a more thorough understanding of the factors leading to degeneration of purpose and the tools for the regeneration of it, before the direct use of the mental factor will be applied as a standard routine in daily medical praxis in a truly scientific way.

The physician shall prevent – of course – but until now it has not been understood how it should be done. When people are carrying on an intensely unhealthy way of life, this is simply a symptom that their life is not functioning. It is the duty of the physician to make people function, to teach them the good, unfolded, happy life. No doubt that exactly this above anything else produces healthy people. Therefore it is our sincere hope that the theoretical, biological basis for a preventive medicine will be a first step towards a happier mankind and a better world.

The possible etiology of most somatic diseases as a repression of the organisms fundamental intentions leading to emotional problems kept in the human unconscious and severe disturbances in the biological informational system leads to the conclusion that in the end most somatic diseases must be cured through a shift in the patient's consciousness. The suggestions that somatic diseases often are manifestations of impurities in the consciousness is in accordance with some recent research (22) and opens up for psychodynamic (23-25) and scientific holistic therapy as the rational cure also for physical (and mental) diseases, psychosexual developmental disturbances, and chronic and psychoform pain (26-66). It might also explain the most interesting connection found in so many studies now between the sense of coherence and somatic disease (67-73).



## Conclusions

Through life an individual adapts to his various life situations by ongoing modification of his intension and the reality model in his brain. If he lets go of too many central intentions his life will become dull and he will lack energy. In the end the repressed and denied aspects of his life will cause so much disturbance in the biological information in his body that he can become sick, mentally or somatically. Therefore it is of a great importance for the doctor to clarify and investigate his patients to reveal this sad pattern of degeneration of intensions, if they are present.

Aspects of life is repressed every time an intention, defined as a need for the person by his biology, is repressed and that side of the person labeled as "non-self". When an individual is living by this destructive pattern of resignation, gradually all his biological reality are transformed to nonself. Over time it is possible that he gets somatically ill. This means that when a person chooses not to fight for his values and dreams, he really chooses the way of the victim. This role-play goes on and on until he does not like his life anymore. He gets despondent and ill, and often dies after a longer period of disease and weakness, instead of dying satisfied after a fulfilled life.

Regeneration of the purpose of life (or the life mission) through self-insight not only helps man to avoid mental and somatic illness, but in all areas of life man will also gain constructive intensions as basis for his well-being. Not only himself and his relatives will benefit from this, but also the world at large. It is our hope that the understanding of somatic disease will lead to cures for many of the diseases that continue to plaque mankind, and to a preventive medicine that will be an important step forward.

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