

# natural resources

Whatever your prejudices about alternative medicine techniques that focus on healing the mind as well as the body can work real wonders. Here Kathy Phillips explores six holistic options

## BIO-ENERGETIC SYNCHRONIZATION TECHNIQUE

Most chiropractors limit themselves to the spinal column - the crunch and crack technique. Fix the bone, manipulate the neck and send the patient away, relieved until next tune. But some chiropractors, like Douglas Diehl, have taken the whole thing further. He believes that there are emotional, physical and neurological factors in any one trauma.

“You cannot cure someone by treating the symptom, instead of the cause,” he says. He now uses the bio-energetic synchronization technique, called BEST in the US, which combines his chiropractic and scientific background with applied kinesiology, reiki and toxicity analysis.

Diehl’s technique, honed over 25 years as a chiropractor, aims to clear out the clutter, physical or emotional. This he does in half-hour sessions in which the patient is clothed and usually lying down. He tests legs and arms with light muscle movements, applies pressure to specific points, and uses simple breathing and visualising techniques. The results are astounding - the patient becomes a sort of computer and Diehl merely presses certain buttons to delete emotional memory blocks, in the way that you would discard a file on a PC. As the emotional pains are eradicated, the physical problems disappear.

This is how it works: imagine that you have a car crash and break your arm. The body responds to the broken bone and that response is stored in the memory as what happens when you’re involved in a collision. As well as the physical damage, if the car was brand new you’ll probably be angry (the emotion associated with the trauma). Six months later, your arm has mended, the incident over and you don’t remember a thing. Two years on, a friend asks after that car: this triggers the anger, which then triggers the body’s response

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Healing powers: alternative therapies draw from nature as much as from science

stored in your memory. Suddenly your arm starts to hurt again, so you would normally go to a chiropractor, who would ask what you’ve done. You would say “nothing” and they would treat the pain.

It can also happen the other way round. Someone unwittingly thumps you on the arm, the body remembers the pain, and suddenly you’re angry and you don’t understand why. The therapist can treat the pain, or even the mood-swings, but the response will keep coming back unless you delete the memory, claim supporters of BEST, which is at the cutting edge of what is now known as mind/body medicine.

In the West, according to Diehl, people have lost the use of their “innate selves” - the instinct of the body to deal with pain. “Stuff from the past keeps getting in the way of the present,” he says. “The conflict in the mind between how you would like life to be and its reality is a major cause of stress. Once you take responsibility for your own reality, the choice to be well or to be sick becomes yours. I don’t believe in incurable diseases- I believe in incurable people. When you are in defence, your body doesn’t heal”.

*Douglas Diehl practises at 1 Harley Street, W1 (020 7291 4402)*

**B.E.S.T. IS HELPFUL FOR...**  
 ... Emotional and physical conditions, from backache, accident trauma and migraines to ME and cancer. It is particularly good for aches and pains that haven't responded to other treatments.

**TRÄGER MASSAGE IS HELPFUL FOR...**  
 ... Chronic muscle and joint problems, as well as more serious conditions, such as multiple sclerosis, muscular dystrophy and scoliosis. It is especially good for treating various sports injuries.

