

Dr. Lyle Leffler's Philosophy

Introduction

No subject excites me more than *Health*. At a very young age, I was introduced to natural medicine. My father was an herbalist, and much of my youth was spent helping him to gather and process the many plants and herbs he used in his formulas. He truly believed you are what you think, eat, breath, and drink, and that God has provided us with a medicine for every sickness. My father was also very adamant that he grow most of the food that was put on our dinner table.

Unlike medicine chests of today, filled with a host of pharmaceuticals, our medicine chest was filled with various herbs. Sickness was rare in our home; however I remember on occasion coming home from school with the flu, only to be put to bed with extra blankets and given an infusion of blue vervain and mint tea. Within a few minutes, I would begin to perspire, my fever would subside, and by the next day I was back to school.

It was common to have my fathers patients stay at our home for one or two weeks at a time. This time was used to counsel them in regard to improving their health through diet, nutrition, lifestyle changes, and the use of nature's medicines.

After thirty-five years in practice there isn't a day that passes when I don't thank God for the knowledge and wisdom I have obtained in the area of natural healing. I'm constantly asked if I ever become sick, and how I withstand working such long hours, and the truth is that now, at the age of fifty-five, I enjoy empirical health. To date, neither I nor my family members have required the services of a medical doctor, though I have experienced personal affectations that have confirmed my philosophy that we are, emotionally, mentally, and physically, one being.

In my early twenties, every July 1st weekend, I would fall ill with a severe influenza, characterized by high fever, body pain, and extreme sleepiness. This malady occurred every year, and always at the same time. The question I needed to answer was, why? Every year around this particular time I became overwhelmed with the responsibilities of my father's herb business, which resulted in sleep deprivation. Once I became aware that this was the real problem, I was treated homeopathically, and there has never been a recurrence.

Similarly, when I was working in the medical homeopathic hospital in India, which I must say was the most stressful two weeks of my life, the patient load was horrendous and the working conditions were very poor. On the day that I was to return to Canada, I awakened in the morning with conjunctivitis of my left eye. The eye was inflamed and swollen, and the pain was like being scraped with razor blades. During my time at the hospital, I had treated several cases of viral conjunctivitis, so one could assume that I had

contracted it from a patient. What I needed to ask myself now was why had I become susceptible to this? Susceptibility is, after all, the underlying cause of all viruses. In the last days in the hospital, I had found myself in a very anxious state. I was wondering if I could maintain the pace at which I was working, and of course there was the issue of performance. I treated my conjunctivitis based on this, and within three hours there was a 70% improvement in my case.

Now, it is not my intention with this philosophy to create a sour taste in your mouth regarding medical science. There may be times when drugs may be necessary due to the severity of your condition; however you should still ask yourself if homeopathy can compliment the drugs you are taking. Homeopathic remedies do not conflict with drugs in any way. In fact, I've seen many patients requiring drugs for health issues such as asthma, hypertension, and angina, and since coming under the care of homeopathy, these same patients require few to no drugs for their conditions.

Presently I have many patients who go to their doctor for a yearly check-up and are given a clean bill of health. During the year these people deal with their everyday health issues by successfully using homeopathic remedies. With the philosophy I am going to present to you, I hope that I can create an awareness of the importance of having two doctors attending to your health, one medical, and one homeopathic. You should feel confident telling your medical doctor that whenever possible you'd like to treat your health concerns more naturally, with the use of homeopathy.

Origins of Homeopathy

I truly believe that the world is created without a single imperfection, and that any imperfections that now exist in our world are only a result of human beings. Intellectually, then, it is inconceivable that a perfect world would *not* contain a perfect system of medicine. This is where homeopathy presents itself, as the Earth's natural medicine.

In the seventeen hundreds, Dr. Samuel Hahneman was extremely disenchanted with medicine and its barbaric practices, such as blood-letting and repeated purging, both of which resulted in many lost lives. Instinctively, he knew that there had to be a better system of healing. While reading a medical text regarding the action of quinine treatment for cases of malaria, he found himself disagreeing with the information, and therefore decided to test the drug on himself.

After taking a single dose of quinine, Dr. Hahneman found he was experiencing symptoms similar to those of malaria. Thinking his experience was coincidental; he decided to try the same dose on his family members. They also showed similar symptoms of malaria. Excited by his new discovery, it occurred to the doctor that if a substance could produce symptoms similar to those of malaria, the same substance may also be a *cure* for malaria. He embarked upon the laborious task of finding similar proofs for many of the substances used by the Eclectic School of Medicine.

Dr. Hahneman's investigation into this new theory concluded that each substance given to his test subjects produces symptoms similar to those of certain illnesses. He referred to this new system of medicine as Similia Similibus Curentor or, a substance that can create symptoms in a healthy person can cure those same symptoms in an unhealthy person. The result of this new system became Homeopathy.

Dr. Hahneman's Three Primary Principles:

1. The physician has no higher aim than to make people well or to pursue what is called the Art of Healing.
2. The highest ideal of cure is a speedy, gentle, and enduring restoration of health, or the removal and annihilation of disease in its entirety, by the quickest, most trustworthy, and least harmful way, according to principles that can be readily understood.
3. The physician prescribes individually by the study of the whole person according to their basic temperament and response. Consequently, he must diagnose the patient as a whole. Therefore, a patient must be assessed mentally, emotionally, and physically, and temperature, food cravings, sleeping habits, and the individual response to events in their life must be taken into account. Disease, as we understand it, is only an expression of a deeper imbalance in the body.

Today, the homeopath perceives your health issue as an expression of something deeper, such as grief, injury, indignation, sleep deprivation, work stress, relationship problems, etc... This list is endless. This is the foundation of most of our society's health concerns. The foundation of homeopathic practice considers the patient not only as an individual, but as a complete unit, all parts of which comprise a well-balanced whole. Homeopathy, therefore, does not consider any one part as being ill, but considers the manifestation of illness in one part in relation to the whole person. The homeopath will make inquiries into your mental and emotional state as well as the characteristics of your physical complaints, such as what intensifies and relieves your symptoms, what is going on in your life, and in what manner you respond to all of the above. They will then prescribe a medicine based on the totality of symptoms that will gently, and without side-effects, cure you.

Common Sense and Investing In Your Health

In my 30s, after practicing medicine for a few years, I found myself reminiscing over many of the conversations I had heard my father having with people who would come to our home in search of good health. His dialogue would always include the following questions:

What is your main complaint?

How does it make you feel?

How is your digestion in terms of gas and bowel movements?

How are your kidneys working?

Describe your eating habits, occupation, lifestyle, sleeping habits, etc...
How are you feeling mentally, emotionally?
How is your energy?

He would ponder the answers for a few minutes and then make suggestions in terms of diet, lifestyle changes, and herbal remedies. In a few weeks, when the people returned, they would say that, while they may not be cured, they definitely *feel* much better. The advice they were given wasn't medical advice, but instead pure old fashioned Common Sense. Unfortunately, common sense no longer seems to be in practice in today's medically-oriented society.

If we were to use common sense, we would ask the following questions:

Why are people becoming so dependent on drugs?
Why is the need for organ transplants increasing?
Why is the need for joint replacement increasing?

Our society's health is deteriorating at an alarming rate. How can you prevent or cure any disease if you don't have a clear and complete comprehension of its cause? To me, cause is elementary.

At present, disease is addressed first by diagnosis. This means that the symptoms you are experiencing represent a particular disease, which is confirmed by a battery of tests. This is then followed by the standard and acceptable treatment provided by medical science for that particular disease. There is no mention of the cause, and most times treatment is ongoing and often for the rest of your life.

Common sense, and finding the cause of your symptoms, goes hand-in-hand with being willing to invest in your health. Several years ago, a patient of mine in long-standing was consulting with me and told me that for every dollar he had spent in my clinic, he had made forty dollars in his life. Now, many patients have thanked me for the help that they have received, but I had never heard this particular comment before. I asked the patient to elaborate, and he said that, at eighty years of age, he was still able to work and enjoy a weekly paycheck. When he was forced to retire from his past job at age seventy, he was healthy, and free of aches and pains, he required no drugs, and he felt great. He said that his present health was due to my advice and wisdom that I had given him over the years.

The question now becomes, how many people invest in their personal health throughout their lifetimes like this gentleman did? We make sure that we invest enough to secure finances for retirement, lavish improvements on our homes, travel, and entertainment, but we spend very little on our health. This is so disheartening when you realize that health, and ultimately vitality, is the single most important entity in our lives. It's worth more than *all* the wealth that could possibly be obtained throughout one's lifetime. I find it interesting that people would work their entire lives to create and maintain wealth, and yet would relinquish it all in return for their good health. Health is vitality and energy, which are essential for the functioning of every physiological and biochemical process,

for influencing one's academic/athletic performance, for affecting the ability to endure the stresses of business, and for impacting our relationships. For example, one's sexuality depends on his or her vitality, and we are now seeing an increase in the need for prescription drugs in much younger men in order to maintain their sexuality.

I see many a wealthy person come into my clinic that, in searching for their wealth, have squandered their health and are now experiencing an inhibited life without joy or happiness. They are now living each day with the realization that they are being kept alive by drugs. Why? They invested very little in their health.

The Industrial Revolution and Its Effects on Our Health

The 20th Century was the most exciting era to date, hosting a variety of revolutionary changes in virtually every aspect of day-to-day life. This time period is often called the Industrial Revolution. The visions implanted in society's mind were that their inventions would create an easier life, allowing for more free time. Medical science was no exception, with many profound achievements and discoveries that enticed people with the promise of greater health and longevity.

We have now entered the New Millennium, and we must pause, assess, and devise conclusions as to what effect the Industrial Revolution has had on society in general. Has it made life easier? If medical science has kept its promise of better health and longevity, then what is the current state of society's overall health?

For the most part, I believe medical science has kept its promises. People are living as many as twenty years longer, and in some cases, more. New and improved diagnostic procedures, surgical procedures, and many life-saving drugs have profoundly affected the human lifespan. Many people who would have lost their lives due to infections, heart attacks, strokes, or other life-threatening diseases and injuries are now being spared. We must also acknowledge organ transplants, which for many represent a new lease on life, and geriatrics, where diseased joints are now being replaced, allowing individuals to lead active, pain-free lives. These are the areas where medical science has excelled in present-day healthcare. However, if you are suffering from ailments such as chronic sinusitis, chronic fatigue, fibromyalgia, arthritis, Multiple Sclerosis, Parkinson's Disease, headaches, premenstrual syndrome, and depression, medical science has accomplished very little. Believe it or not, as of yet, we haven't even found a cure for heartburn. The medical solution for this is the little purple pill that must be taken for the *rest of your life*.

Despite ongoing research for new and improved drugs for chronic illness, there is little evidence to suggest that there is any reduction in the incident of such diseases. When we talk about research, we are talking about billions of dollars. Obviously, since healthcare costs increase at a rate of 8% per year, something fundamental is being overlooked in society's quest for good health. If the brightest minds in medical science are spending billions of dollars and are still unable to find a cure for a single health problem, what

could they possibly be overlooking? Maybe the time has come for a different approach to our society's health concerns.

Some years ago, I asked a patient who delivered prescriptions for a local pharmacy if they had experienced any effects from the recession. The driver said no, but added that the business was in fact suffering. When I asked why, he told me that they'd lost twelve of their best customers to death, and that each customer had been receiving seven hundred dollars per month in drugs. Simple mathematics says that twelve customers, at seven hundred dollars each for twelve months equal one hundred thousand dollars. Two things became very obvious to me: One, that we have become a drug-dependant society, and two, that healthcare has become a *very* large and *very* profitable business. Now consider this: What would *one cure* do this profitable business?

The Industrial Revolution has given us air and water pollution, has loaded our soil with insecticides and pesticides, has given us genetically altered foods, and foods adulterated with chemical additives, and all the while we're being told these things are healthy for us. Because we live in a very naïve society, we believe everything we are told. We were promised an easier life, but only if we would invest in new and costly inventions. For example, a farmer is persuaded to purchase a larger tractor, capable of pulling an eight-furl plow, much more than his current three-furl plow. However, after purchasing the tractor, the farmer realizes he must purchase *more* land in order to afford the higher payments on his new tractor. He then becomes depressed about money issues, requiring anti-depressants. His blood pressure starts to increase, requiring blood pressure medicine. Due to the stress, his eating habits become poor, causing elevated cholesterol, which also requires medication. He's also using sleeping pills to make up for his stress-related sleep deprivation. The medicine has now caused gastric complaints, requiring further medications, and on and on it goes. This scenario is occurring far too often in every aspect of society.

Objectives For A Healthier You

Before anyone can expect to maintain good health, they must first qualify exactly what the definition of good health is. Health would imply a state in which one is free of illness. This would mean all medical tests performed would show no presence of pathology, and the body is physically free of aches and pains. However, a state of health can also be described as having a soundness of body and mind, where there is an overall sense of well-being. In other words, feeling great in every respect. This is referred to as Total Health. If this sense of well-being is absent, it is referred to as a state of unease, which will always evolve into a state of disease.

Here are some objectives you should keep in mind while trying to maintain good health:

1. **Prevention:** Preventative medicine may be thought of as eating nutritionally, using sensible supplementation, exercising regularly, etc... The traditional school of medicine perceives preventative medicine as the early detection of disease,

- often leading to a greater possibility for a cure. I agree. However, I personally believe there is more to it. Preventative medicine is dealing with your everyday health issues in a curative way, without the use of “Band-Aids”. For example, if an asthmatic was asked how they succumbed to their health issue, they may say it started with a recurring and prolonged cold, which then led to bronchitis, then pneumonia, and finally to asthma. But what happened in terms of prevention for the cold that started the whole cycle? Remember, *you cannot become chronically ill unless you first become acutely ill.*
2. **Choice of Doctor:** Personally, I’m adamant that, regardless of age, everyone should employ the services of both a medical doctor and a homeopathic doctor. You may ask why you need a homeopathic doctor, especially since your medical doctor can refer you to many doctors specializing in whatever area of medicine you require. Presently, medical science has made the greatest achievements in the areas of emergency care, life-and-death situations, and surgical procedures. However, in terms of your everyday health, little has been accomplished. Each time a new health issue appears, another “Band-aid” is suggested. Your doctor will always play an important role in the monitoring of your health. He or she has access to numerous tests and diagnostic procedures, which are often necessary to determine if pathology is present. The results of these diagnostic tests can create parameters by which your condition can be monitored, but this does not necessarily lead to a cure. Just observe people who are taking medication for something as simple as heartburn for the rest of their lives.
 3. **Diet:** We often have no control over external influences in our lives, such as grief, disappointment, etc, which profoundly affect our health. But you do have total control over what you ingest. The Industrial Revolution, which is totally responsible for today’s lifestyle, has resulted in erroneous dietary habits including fast food restaurants, fried food, and excessive coffee and alcohol consumption. Our supermarket shelves are lined with man-made foods, of which the nutritional value is nil. Most times when vitamins are added to foods, they are unnatural. Our stomachs have literally become garbage disposals. In order to create a profitable industry, we are led to believe that certain foods are harmful to our health, such as butter, which leads us to use man-made margarine instead. Many foods have been altered and say they are *low fat, low carb*, etc... These products can in no way be considered as real *food*. They are nutritionally incomplete and are in fact hazardous to our health. Your body is your temple, your Mercedes Benz, and it will only run well on high test fuel. Eat the food our Creator gave us, good quality protein such as eggs, meat, fish, cheese, fruits, vegetables, nuts, seeds, whole grains, butter (*not* margarine), and foods that are free of additives and preservatives. Most importantly, obtain food that is unrefined and organically grown.

We must also consider the fact that we are a society that tends to consume enormous amounts of food at one time. This is a major cause of hyperinsulinism, which can lead to Type Two Diabetes, obesity, hypertension (high blood pressure), hypercholesteremia (elevated cholesterol), and coronary heart disease. Remember, *the decision to be sick or to be healthy is yours and yours alone.*

4. **Nutritional Supplements:** I'm astonished at how many physicians tell their patients that if they eat a healthy diet, they don't require nutritional supplements. Seventy-five years ago, this may have been accurate, but today it's nonsense. Unfortunately, in this geographical area, we rely on food that is grown in green houses, and food that is imported and either chemically ripened or left to ripen on a shelf. These foods are again nutritionally deprived. The overuse of chemical fertilizers and pesticides in crop production leaves a lot to be desired in terms of the quality of our food. Nutritional supplementation now becomes very important. Your individual requirements are based on age, occupation, and state of health. Always consult your natural healthcare provider to ensure that you are taking the core essentials, and, most importantly, always purchase from a reliable source, such as your health food retailer; Nutritional supplements should be their specialty.
5. **Regular Exercise:** This is a must in order to maintain the integrity of your heart, arterial and venous circulation, and lymphatic circulation (which could be considered as the detoxification of the body). Regular exercise is the only way to maintain good muscle tone and the integrity of your bone structure. Exercise has been well-recognized by medical science as a preventative of Osteoporosis (which is becoming more prevalent in today's society) and obesity. Also, there is no better way to combat stress than regular exercise.

Case Studies

Case #1: A male, age sixteen, was diagnosed with glaucoma of the right eye. Although the family had been patients of homeopathy for many years, they felt the seriousness of this condition required the attention of an eye specialist. Within one year, this young boy had lost his sight and the right eye was removed. Within six months, glaucoma appeared in the opposite eye. His parents now decided to try homeopathy. When the patient was asked what issue in his life was affecting him the most, he said his father's abandonment of his mother, his brother, and himself. He confessed that he sometimes became so angry he would hit the wall with his fist. Based on this story, the boy was prescribed Staphisagria, which cured him over the next several months.

Case #2: A gentleman, age sixty-eight, was suffering with unstable angina (chest pains related to the heart), which was not responding to drug therapy or my cardiovascular support regime. He was told his only option was bi-pass surgery. On inquiring deeper into his personality and the present events of his life, I discovered that he and his father were tobacco farmers, and that their farm had recently been sold to his daughter, who was currently going through a divorce. Because of this, the farm would have to be sold again. Based on this, he was prescribed Causticum, and has now been free of angina for eight years without requiring a single drug.

Case #3: A woman who suffered from Crohn's Disease for many years and who had been successfully treated homeopathically, came into my office doubled over with abdominal pain. She thought she should go to the Emergency room. When asked what preceded this event, she revealed she'd had a terrible fight with her daughter. She was given

Colocynthis and asked to wait an hour, after which time if there had been no improvement, she was to go to the Emergency room. Within the hour her pain had been completely resolved.

Summary

These are the highlights of my philosophy:

1. Your health is the most important entity in your life. Investing in your health will profit you more than all the wealth you could acquire in a lifetime.
2. As people age, many will spend most of their wealth on a nursing home. Most often they will require drugs just to keep them alive.
3. Although medical science has a track record of many amazing discoveries, which undoubtedly have saved numerous lives and given many a second chance at life, society's health still remains in a catastrophic state.
4. Life expectancy has increased considerably, but this is in no way a reflection of society's health, as people are requiring drugs at a much younger age.
5. Billions of dollars are being spent trying to find cures, but little is being spent in trying to determine the cause of disease.
6. The Industrial Revolution is the primary cause of society's present state of health.
7. Pharmaceutical companies are only interested in developing drugs that must be taken for the remainder of one's life.
8. Healthcare is on the verge of a monetary collapse.
9. Medical science is incomplete. They fail to understand the human body as a whole, mentally, emotionally, and physically.
10. Your health is not just the responsibility of your doctor, but your own responsibility. A physician's specialty is sick people. You require a doctor who specializes in healthy people.
11. It is *your choice* whether you are sick or healthy.