



Delta Gardens Newsletter

February 2010

Eulogy for Medical Science

When a scientist tells you that the science is settled in regard to a subject, he's ceased to be a scientist and he's become an evangelist for one cult or another. The entire history of science is that nothing is ever settled. New discoveries are continuously made and they upend old certainties. – Lamar Woolsey

Three out of five of us have made a physician angry because you disagreed with him. Two out of five have been misdiagnosed or have had an illness that was overlooked because of carelessness, neglect or ignorance. Two out of five of us are not satisfied with the quality of care you are receiving from your present health doctor. One out of five has had a serious medical intervention that was unnecessary or went wrong. One out of 7 of us avoids going to any doctor because of a bad experiences at the hands of doctors. * Nearly all agree that costs of staying healthy within the health care system are off the charts.

Most people will agree that medical science is not meeting the growing complexity of today's health issues. Antibiotics have run their course with the human immune system. A 40 year old body today has developed resistance or immunities to several types of antibiotics. Several courses are often required to stabilize an infection. The immune system is constantly weakened by poisons which are designed to kill hostile pathogens, but take with them a host of other beneficial microbes.

At the same time newer and more dangerous pathogens are appearing. The health care industry has not been prepared to treat or even diagnose most of them. Two years ago the Center for Disease control issued a formal statement denying that chronic Lyme even exists. This leaves the long-term victims of Lyme without hope, without a place within the system. After all, if it does not exist then no one will be looking for a cure. Many victims of Lyme, fibromyalgia, chronic fatigue and other infections have had a medical professional or two raise an eyebrow of doubt at them and suggest that they visit a psychiatrist for their problems.

The problem is not knowledge, resources or technology. Medical science has evolved but the system that contains it has a crack, a fatal flaw: greed-pride-control. Insurance

companies now dictate what a doctor can and cannot do; pharmaceuticals are throwing huge resources into drug research, which dominates the science of medicine. Within this system only a few are looking for a cure that is not a new drug. And so, research proceeds to no longer ask broad questions about curing disease but operates along a single track: finding a profitable drug.

Admittedly drugs have their place and have saved lives. On the other hand drugs override nature. They ignore the wisdom of the body. They are blind to the healing power of the human system. They pretend that the human intellect supersedes divine intelligence. Two out of three of us are dependent on at least one pharmaceutical for our daily existence. Overuse, dependence and failure to explore alternatives are harmful features of today's approach to medication.

Are there ways of controlling infections without resorting to poisons? This question has been all but abandoned by medical research. What does the human system need to defend itself from the host of hostile pathogens that are eluding the current, potentially harmful drug method of eradication? What work on the personality will strengthen the vital energy of the body's defense system? Can we begin to examine pathogens as energy – consciousness? Can we re-introduce spirituality into the model used for research?

The answers lies with us since the questions are not being asked within the system. It has too much of a stranglehold even on the way we think.



In 2007 I was in the Amazon and met a village shaman who showed a group of us some of his plants. He explained through an interpreter how some of the plants affect health and gave many examples of how he helped local people with daily and more serious illness. He demonstrated on two people in the group how he could relieve a headache or a local infection. The two volunteers were pleased and amazed at the results. Most of the group was impressed but on the boat on the way back a man from California said critically: "I want to see the double blind experiments and the research evidence." Beyond what our eyes show us we want science to verify the truth before we believe it. I had a hard time visioning a simple man in a poor village having the resources to conduct double blind research. Or a research team funded to examine the work of a village shaman.

From drugs and dependence we have to find our way back to health, freedom and self-reliance. We have to reshape the paradigm and begin answering some of the broader more compelling questions about disease. We have to trust and use the resources we have from nature to strengthen the body against illness. We have to use words like “spirit,” “soul” and “vital energy” in our clinical language. And, most important, we – flower essence researchers and practitioners - have to form partnerships with those working in the medical field who can use and understand this language and who still hold the Hippocratic oath above the lure of money and fears of being censored by their own system.

Workshop Schedule 2010

March 27: Treating Lyme disease with Teasel, Training and Update Webinar – In two parts: Part one on Saturday March 27 at 10 AM – 11:30 AM and part two on the same day at 2 PM – 3:30 PM. For this format you will be given a site to log into. You will be able to see Power Point slides and hear the lecture. You will also be able to ask questions and hear the answers in real time. After 5 years of treating Lyme, our data base has grown, our recovery rate is increasing and we have learned more about the disease, co-infections, testing validity and other effective complementary treatments. Call Lindy for details and to sign up. Cost is \$125

April 23-25: Flower Essence Practitioner Weekend in New York City. Friday evening lecture; Saturday and Sunday full-day workshop. Topics: Treating Heart Disease with Flower Essences, Strategies for Treating Cancer, Introduction to Treatment with Gem Elixirs, Combining Flower Essences with Gems. Recent cases and demonstrations. Contact Carla Savetsky at csavetsky@gmail.com for more information and to enroll.

June 5-6: Herbal and Flower Essence Treatment of Lyme disease in Montpelier, VT. Kate Gilday and David Dalton will co-teach tested methods for treating Lyme and co-infections. Contact Amy Goodman Kiefer at amygkiefer@gmail.com or at 802-229-2507.

May 22, 23; June 26, 27; July 24, 25; September 25, 26: The 2010 Flower Essence Practitioner Certification Program in Hampton Falls, New Hampshire. An exciting, experiential, comprehensive four weekend training for those who want to immerse themselves deeply in this modality. Program includes a study of flower essences which includes both traditional roots and recent discoveries. The program helps participants develop both a scientific appreciation and an intuitive understanding of flower essences and methods of treatment. For those presently involved in a certified health practice. Cost is \$1395. Call Lindy at 603-601-6929 for a descriptive brochure and an application. This program is structured for people who live close enough to Hampton Falls to travel by car.

July 31-August 1: Cold Brook, NY; The 2010 Flower Essence Practitioner Certification Program. Taught by Kate Gilday, Don Babineau, and David Dalton. Contact Kate Gilday at 315-845-1515 for more information. This program contains both flower

essence and herbal interventions for various illnesses. Camping outdoors or in local B&B's are options. This format is ideal for those who live in driving distance of Cold Brook, NY or who are traveling from a distance by airplane. Cost is \$1495

November 5-7; Philadelphia, PA Flower Essence Practitioner Weekend at the Elkin Estate. For flower essence practitioners. Fine food, great workshop and exquisite accommodations at a reasonable price. Topics include: Using flower essence for fertility and conception; flower essence support for pregnancy and birth; Treating newborns and infants. If interested, contact Rhoni Groff at rgroff@comcast.net for more information.



Research Corner - Sulphur Gem Elixir

Usually yellow, brown or red, this mineral is found in many warm climates including Central and South America and India. Many spicy foods: garlic, onions, horseradish, radishes, mustard for instance contain trace amounts of sulphur. The medicinal extract of garlic, allicin, contains one sulphur and two hydrogen bonds. The homeopathic preparation of sulphur is used for an intense, overactive personality.

I got very interested in this elixir as I found many Lyme patients testing positive for it. When there had been neurological damage resulting in impaired motor functioning, vertigo, memory loss, tremors or palsy, this elixir was often used in the Lyme treatment itself or as a separate daily treatment.

Try this as a treatment for improving memory for either those who have trouble with recall or for students trying to improve the result of studying. In one case we were able to counteract the effects of an anti-depressant which was causing memory impairment.

On the emotional level there is an uplifting when there is a tendency towards fatalism, sadness, depression or negativity.

If you are treating Lyme and have a client with neurological symptoms, it is good to include this essence in your testing. If the client tests positive, consider also giving a stock bottle of this essence or a 1c homeopathic dose (30 drops into a half-ounce brandy-water bottle), as a daily treatment.

Use this also for those involved in intense mental activities, such as students, scientists, engineers, etc., or for those whose memory has become impaired from age, accident or illness.

It can be also used for inertia or powerlessness and therefore combines well with horseradish flower essence. Try it also with sunflower, comfrey or any essence you are using as a catalyst.

Microscope Fund

I am looking to purchase a microscope to begin a project of learning to test for yeasts, molds, bacteria and virus in the blood. It will take a few months to learn to do this. Since the microscope we need is fairly expensive and beyond our present means, I am asking for donations of any size. For the next few months we will be fundraising for this. Our first activity is a raffle of a set of essences made from corals and sponges from the Caribbean. There are 36 essences in this set. Raffle tickets are \$35, two for \$50. Call Lindy if you would like to support this venture. This will save our clients hundreds of dollars used for Lyme Testing and would give us first-hand information regarding infections.



Winter Sale

Sun amulets help with winter depression and have a warming quality which is valuable this time of year. Retail for \$35; now on sale for \$18 until the first day of spring. An uplifting gift for yourself or for someone you love!



* Prevention Mgn, April 2008