



Institute for Complementary  
and Natural Medicine

Journal  
Spring 2012

[www.icnm.org.uk](http://www.icnm.org.uk) | £2.50

*The Voice of Complementary Medicine*

The cover image is a close-up, artistic photograph of a glass dropper. A single drop of bright yellow liquid is suspended at the tip of the dropper. The background is a dense field of out-of-focus, blue-tinted oval shapes, possibly representing pills or capsules, creating a sense of depth and texture.

**Bioregulatory Medicine**  
*The Third Way?*



# Bioregulatory Medicine – Another Dimension

*“One does not discover new lands without  
consenting to lose sight of shore for a long time”*

Andre Gide



Dr Tatyana Bosh

by Dr Tatyana Bosh

*Illness-oriented conventional medicine is being challenged by demands for a health-centred medical approach. With an ageing population, we need a new system of healthcare geared for complex degenerative diseases, which is therapeutically effective, scientifically sound and financially viable. Bioregulatory Medicine has been born out of this challenge. It is an integrated, multifaceted, process-oriented, and above all, health-centred therapeutic system.*

Dr Constantine Hering, a contemporary of Dr Samuel Hahnemann, the founder of Homoeopathy, was the first physician who described the principles of chronological disease progression, and the steps of disease reversal back towards health. This is known as Hering's Law of Cure. It states that healing happens from top down, from inside out, and in the reverse order of original pathological manifestations.

## Disease Progression

Following Hering's and Hahnemann's homeopathic approach, Dr Hans Henrich Reckeweg developed the Disease Progression Table and described a disease as a process that gradually develops along the embryological tissue lineage in three major phases: humoral, matrix and

cellular. The initial or humoral phase of a disease is the stage of early dysfunctions and acute inflammations. This evolves into the matrix stage where unprocessed toxicity is deposited into intercellular space, leading to chronic inflammatory and early degenerative changes. The last phase is the cellular toxic impregnation which clinically manifests as a variety of chronic degenerative and neoplastic diseases.

Frustrated by the limitations of allopathy, and aware of a need for the paradigm shift in conventional medicine, we (Dr Damir Shakambet and myself) started integrating conventional allopathic medicine with various eastern and western alternative therapies in the mid-80s. Our intentions were ambitious: to integrate a fragmented CAM movement under one unified scientific umbrella of Bioregulatory Medicine, and to merge it with contemporary allopathic medicine. While respecting the achievements of modern medicine, we began exploring the teaching of pioneering doctors and therapists including Hippocrates,

Avicena, Paracelsus, Constantine Hering, Samuel Hahnemann, Hans H. Reckeweg, Edward Bach, Carl G. Jung, Milton H. Erickson, Erich Berne, Arthur Janov, Rudolph Steiner and many others. Unfortunately, their medical knowledge and wisdom is still largely missing from both allopathic and complementary medical curricula. Bioregulatory Medicine, however, delivers a model of integrated medicine, bridging the gap between CAM and allopathic medicine.

## Integration

By the early 90s, we had established a coherent, scientifically viable and therapeutically effective Bioregulatory system of healthcare. Integrating traditional Chinese medicine, psychotherapy, nutritional and herbal medicine, as well as various structural, postural and bioenergetic therapies was a relatively easy and enormously fulfilling task. Dr Reckeweg's concept of Homotoxicology helped us develop a successful therapeutic integration of allopathy and homeopathy, and so the Bioregulatory Medicine system was born.







## New Medical Paradigm

Bioregulatory Medicine differs from conventional medicine by shifting the emphasis from causality to facilitating an open and non-linear flow of bio-information which is capable of counteracting a multitude of health disruptors by activating self-corrective mechanisms or homeostasis. In simple terms, Bioregulatory Medicine restores and facilitates our inherent ability for self-healing.

During the first appointment, bioregulatory doctors always take a detailed allopathic and psychological medical history. Doctors of Bioregulatory Medicine additionally focus on psychological and bioenergetic assessments, structural evaluation and analysis of nutritional deficiencies and toxicities.

Perhaps the major difference between Allopathic and Bioregulatory Medicine is in the choice of therapeutic methodologies. Bioregulatory Medicine incorporates modern allopathic diagnostic technology,

but its therapeutic measures are drug free. Bioregulatory Medicine employs a variety of natural modalities and techniques, such as: nutrition, osteopathy, psychotherapy, acupuncture or homeopathy. Each treatment is personalised and based on the integration of therapeutic methodologies that are the most indicated for an individual homeostatic re-balance.

## The Presomatic Syndrome

Bioregulatory Medicine also introduces the concept of Extended Aetiology, which places the origin of a disease as psychosomatic, a condition which we refer to as the Presomatic Syndrome.

By identifying energetic, psychological and structural imbalances, Bioregulatory Medicine offers a therapeutic strategy to remove emotional blocks that would hamper physical recovery. In this way truly preventative medicine emerges as a new option for timely treatment in an ageing population.

## Bioregulatory Remedies

Bioregulatory remedies are all natural and include nutritional supplements, herbal, homeopathic or naturopathic preparations, which support and facilitate homeostatic mechanisms, rather than controlling or suppressing them. The most commonly prescribed medicines are complex homeopathic remedies which are combinations of traditional homeopathic remedies with homeopathically prepared immunological preparations, such as hormones, cytokines and micronutrients.

## CONCLUSION

Bioregulatory Medicine assesses and regulates all factors involved in the maintenance of optimal health. It is a process that aims to rehydrate, re-mineralise, detoxify, re-energise and restore structural resistances and postural misalignments of the patients and rebalance psychological and immuno-endocrine system control. It also offers an opportunity for spiritual nourishment, cognitive re-framing and improvement in emotional self-management.

Bioregulatory Medicine incorporates modern technological advances, but also offers solutions to the consequences of stress, pollution and toxicity. As an interdisciplinary medical approach that restores homeostasis by means of natural therapeutic methodologies, Bioregulatory Medicine puts the healing power of nature and Hippocrates' "Vis Medicatrix Nature" principle, back where it belongs – into clinical practice.

Dr Tatyana Bosh is president of the International Society for Bioregulatory Medicine and a Medical Director of the British Academy for Bioregulatory Medicine. For more information, go to: [www.biomedic.co.uk](http://www.biomedic.co.uk) or call +44(0)20 7935 6866

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