



Issue 7

# The Whole Story

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**BETTER HEALTH, ONE STEP AT A TIME**

**The Health Newsletter of the Hahnemann Clinic for Heilkunst**

**Restoring Health One Person at a Time**

**What is Heilkunst?**

Go to our website at [www.heilkunst.com](http://www.heilkunst.com) to read more.



## Regular/Annual Tests: Are they Necessary? Advisable? Useful?

People often ask if they should be taking the usual conventional tests that are often recommended by certain health organizations and/or their family doctor. Such regular or annual check ups have been part of the conventional medical system since the 1860's when the AMA was founded.

The annual check-up with its various tests for otherwise seemingly healthy individuals has become a belief and a ritual - a belief that it will prevent disease, or at least lead to early detection and early effective treatment, and a ritual that most Americans and Canadians seem to expect their family doctor to follow.

Whether you want any tests or they are recommended, the main issue is - are they really necessary?

**Summary:** There is no solid evidence that annual check ups in otherwise healthy people is of any value in maintaining health, preventing disease or prolonging longevity.

### **Details -**

**Myth:** We need regular medical check-ups, they are an essential part of a prudent personal health strategy, and we are risking our lives if we don't undergo them.

**Reality:** The actual evidence is that annual check-ups in a-symptomatic individuals cannot be linked to improved health or longevity. Most recently, a study in the Archives for Internal Medicine concluded:

"Despite contrary evidence, most PCPs believe an annual physical examination detects sub-clinical illness, and many report performing unproven screening laboratory tests. Primary care providers do not appear to accept recommendations that annual physical examinations be abandoned in favor of a more selective approach to preventing health problems." (Vol 165, No. 12, June 27, 2005)

So, why, as the same report tells us, do most primary care doctors believe the contrary and strongly recommend or conduct such testing?

To be fair, they are reflecting the general belief of the population that such testing is of value since its value has been touted for close to 150 years. On a darker note, such testing provides a significant source of income.

New York Times: "Checkups for people with no medical complaint remain the single most common reason for visiting a doctor, according to surveys by the Centers for Disease Control and Prevention. In 2000, they

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## Regular/Annual Tests - necessary?

accounted for about 64 million office visits, out of 823.5 million visits over all. At \$120 to \$150 per visit (and \$2,000 or so for the gold-plated "executive physical" that many companies offer to top executives), that adds up to more than \$7 billion a year." (August 24, 2007)

Why would the general public believe that tests in the absence of any overt symptoms of disease are somehow valuable?

*One*, because they provide a seemingly objective answer to an underlying anxiety about one's health. It seems we worry that we are not healthy even though it seems we are, or at least there are no obvious symptoms we are sick. We do not take health for granted, as our birthright from a loving creator, but see it as something that can be taken at any moment by capricious gods. The annual check up either provides reassurance that we are still on the right side of the gods or confirms our deepest fear of the loss of their beneficence.

*Two*, because they have been told this over and over despite any lack of evidence. Now that the evidence is finally there, it goes counter to the conventional wisdom, which has become an entrenched belief and custom.

In the last two decades a movement in conventional medicine has arisen called "evidence-based medicine." It seeks to only do those procedures that have been proven to be effective, both in terms of health and cost. What this new research has revealed is that only about 10-20% of medical

treatments have actually been shown to work better than placebo, and if one adds in the negative "side-effects", placebo is often more effective. While modern medicine shines in emergency treatment and necessary surgeries, it is effectively a failure when it comes to chronic and general illnesses.

The metabolic/degenerative diseases, to use the words of Dr Kasper Blond, world-renowned cancer specialist, "must be considered as an **insoluble medical problem** because it is essentially **a nutritional and social problem**. Such a problem cannot be solved by animal experiments, vaccines and drugs. Statisticians, pathologists, biochemists and doctors **cannot solve social problems.**" (<http://www.soilandhealth.org/02/0201hyglibcat/020121horne/020121ch12.html>)

This ineffectiveness extends to the various tests built around the largely ineffective conventional medical treatments. Those treatments only treat (palliate or suppress) the superficial symptoms and the tests developed to assist in this treatment only scratch the (largely chemical) surface of the complex functioning of the human being. The interactive, dynamic functional nature of our health, at all levels - body, mind, soul, spirit - is left out of the equation.

New York Times: ...in a series of reports that began in 1989 and is still continuing, an expert committee



**We do not take health for granted, as our birthright from a loving creator. . .**

sponsored by the federal Agency for Healthcare Research and Quality, an arm of the Department of Health and Human Services, found little support for many of the tests commonly included in a typical physical exam for symptomless people... (August 24, 2007)

Regular tests are also notoriously unreliable. They measure only superficial indices, many of which have not been shown to be linked to any reliable prediction of health problems.

Director of the Prevention Research Center, Yale University School of Medicine:

"Despite its time-honored status and apparent appeal to patient and practitioner alike, the annual physical does not stand up well to the cold, objective glare of evidence-based scrutiny. The exam is low yield. How surprised are we to learn that tapping knee reflexes in apparently healthy 40-year-olds is about as likely to reveal pathology as a divining rod?" (<http://news.healingwell.com/?p=news1&id=526534>)

While such tests occasionally reveal a problem, the treatment is then mostly ineffective and often makes things worse. This is seen in the fact that conventional medicine is the first, second or third killer of North Americans depending on the statistics you look at.

New York Times - the same Agency for Healthcare Research and

Quality " warned that such tests can lead to false alarms, necessitating a round of expensive and sometimes risky follow-up tests. (August 24, 2007)

So, the tests themselves are of limited value and any treatments that arise therefrom equally.

If you are being treated wholistically and you maintain a healthy lifestyle, then you have little to fear, and no need to undergo such allopathic tests, unless in an emergency situation.



## FLU SEASON - be prepared!

The Hahnemann Clinic, in Ottawa, is very happy to announce it is providing, for the **eighth year**, **FREE** homeopathic vaccinations against Influenza (the flu). Homeopathy is a system of medicine that is more than 200 years old, and homeopathic vaccinations (administered orally) are safe and effective, with no side-effects.



This offer is open to anyone residing in the greater Ottawa-Carleton area, regardless of ability to pay. This vaccination is available to others in Canada and the US at affiliated clinics.

Call the Hahnemann Clinic at 613-692-6950, or one of our affiliated clinics, for information or directions, and to schedule an appointment time.

### *Affiliated Clinics:*

**Hahnemann Clinic for Heilkunst,**  
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[susan@homeopathy.com](mailto:susan@homeopathy.com)

*There is also a listing of practitioners offering the free flu immunization in Canada and the US at [www.nupath.org/flu](http://www.nupath.org/flu). NUPATH is the National United Professional Association of Trained Homeopaths, in Canada. (This listing has not been kept up to date, but it is probably mostly accurate.)*



*Jason's Wonderful Banana Bread (with options)*

1/2 cup butter  
 1 cup sugar (or use less)  
 2 eggs, beaten  
 2 or 3 bananas (3 is nice)  
 1 1/2 cups flour (Jason uses all spelt, you can use 1 cup white, one-half cup spelt)  
 1/2 tsp. salt  
 1 tsp. baking soda

cream together butter and sugar  
 add beaten eggs  
 add mashed bananas  
 beat until smooth  
 add dry ingredients  
 mix well

(Jason recently recommended adding loads of wild blueberries into this mix for a delectable treat!)  
 Bake for 1 hr. at 325F and keep an eye on it toward the end so it does not burn or overcook.

*Sara's Molasses Tea*

*I have recently recreated a drink that I invented many years ago and it is gaining popularity here with my friends...*

Place 1 Tbsp. of organic, non-sulphurated Blackstrap Molasses  
 in 2 cups of boiling water (rather, I pour the water onto the molasses),  
 stir well,

add some ground Cardamon and some Stevia to make it sweeter for my taste (it is not necessary, some like it as is...)

and add a little bit of milk or cream to lighten it till it looks like a Latte.

This is most delicious and will support your good blood iron levels as well as make your digestion smoother.



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We're online!

See us at:

[www.homeopathy.com](http://www.homeopathy.com)

[www.heilkunst.com](http://www.heilkunst.com)

## Hahnemann Clinic Online Store

For your immense shopping pleasure, we have put all of the products that we offer in the Clinic online. This enables you to order what you need, when you need it:

[www.homeopathy.com/store](http://www.homeopathy.com/store)

## Autism Spectrum Seminars this Fall

Rudi and Patty will be in:

**Connecticut on the 14<sup>th</sup> and 15<sup>th</sup> of September** (for their 10<sup>th</sup> anniversary!),  
and in **Calgary on the 12<sup>th</sup> and 13<sup>th</sup> of October**,

discussing the Heilkunst approach to the disorders included in the autistic spectrum, and on Heilkunst more generally. If you'd like information about either of these events, please contact Venetia, at [registrar@homeopathy.com](mailto:registrar@homeopathy.com) or 613-692-1700.

## In our next issue:

Well, we usually have all kinds of great ideas about what the next issue will be about, which we list here. And then Rudi gets other ideas! So we will just say that we do want to do an issue on the benefits and purpose of sugar, and see if that topic is covered in the next issue! (It wasn't this time!)

*If there is a topic you would like us to cover in this newsletter, or if you have a favourite recipe you'd like to share (especially that relates to blood or glandular types), please send us a note, at [patty@homeopathy.com](mailto:patty@homeopathy.com).*

## Making a Donation to the HCH Trust . . .

If you would like to support our work further in the fields of education and medicine, particularly our research, scholarships for practitioners and to assist patients who are not able to afford their own treatment, please contact us at [registrar@homeopathy.com](mailto:registrar@homeopathy.com). You can make simple, automatic monthly donations, or individual donations, including through the United Way – to Hahnemann Center for Heilkunst Trust, # 87275 3918 RR0001.

**And a huge thank you to all who already support the Trust!**

