

# **The Perfect Health Plan: Proven, Safe, Effective and Inexpensive**

**Robert L. Peck**

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There is, in fact, a nearly perfect health plan that continues through the ages manifested in the ability of people to bring forth that which was yearned for in their hearts. It is this power of health that has likewise caused it to be suppressed by rulers or institutions desirous of controlling others. This perfect health is defined, quite simply, as having the optimum ability to function and has little to do with the definitions now given by the pharmaceutical companies who have made their distorted definitions the law of the land.

The perfect plan is extremely difficult to describe since it is based on the inner metaphysical powers able to change the body and mind in order to find perfect health such as evidenced by the hero's feats or the redirecting of lives. The difficulty in explaining this simple and proven plan is that it has been almost thoroughly suppressed by the rulers of society who attempt to replace the inner health of individuals with conformance to their will and command. The modern populace now believes that health is something that is only obtainable with the products and controls of institutions in the outer world. People are taught that if they reject the products or teachings of the institutions, they may suffer loss of love, a failing body, as well as an early and painful death.

It seems necessary, therefore, to begin this article with the counter statement that it is the present health plans of powerful institutions that are isolating, maiming, killing and threatening to bankrupt Americans in the process.

In 2000, the powerful AMA finally was forced to publish an article<sup>1</sup> on the rising number of deaths which were being caused by medicine itself. The resulting article concluded that medicine was the fourth cause of death in the U.S., but what was even more surprising was that this earth-shaking news was ignored by politicians and the press. Since then, the number of deaths resulting from medical care continues to rise even faster, such that in 2009 medically caused death, or iatrogenic death, is now the third cause of death and still rising. Amazingly, the press and politicians make no mention of the deaths associated with medicine, but rather extol efforts to get everyone under the "protection" of medical insurance.

In the late 1940's I was a part of the old medical system working as a pharmacist filling prescription as well as making medicines such as pills, capsules, lotions, syrups etc. to fill the special needs of physicians in the Army Medical Department. A pharmacy in those days was a source of supply of medicine and support for both physicians and patients.

However, near the end of my Army career I saw a change taking place with the introduction of antibiotics as the first of the modern miracle drugs. Soldiers would seek an antibiotic to kill any protracted diseases after having sex with a prostitute, and so a physician was not needed at all, only a shot or a pill. In time, the introduction of miracle drugs fostered the hope that the drug companies would develop a particular pill to cure any specific disease. People no longer worried as much about bad habits such as promiscuity or smoking, since they believed that medicines already were available or would soon be available to treat any resulting diseases.

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<sup>1</sup> Starfield, B., Is US health really the best in the world? *JAMA*. 284: 483-485, 2000.

It was during this time that a large number of unopposed false statements were introduced into our society related to miracle drugs. The chief one, which still persists, is that before miracle drugs, people could only expect to live 38 years and that drugs increased life expectancy. Another was that miracle drugs were responsible for the disappearance of some of the old major diseases such as TB, scarlet fever, and pneumonia. (The data countering these false statements can be found my article, *The Great Medical Myth*). Pharmaceutical companies have promoted a dubious claim, which perhaps explains their current size and power, that they will be able to create a drug for almost every ailment and disease, if given unlimited funding, freedom and time. Over time a gradual change occurred, as healing was no longer based upon a physician prescribing medicine to assist in the patient's inner healing powers, but upon prescribing a pill which was believed able to kill invading infections or pathogens without any effort or concern on the part of the patient or physician. This change in medicine, from a physician working with the inner, complex and idiosyncratic healing power of individuals to simply administering an active drug, altered my decision to go into medicine and instead to study physics and the mysteries of energy and change.

It might be of interest to note that the concept of killing invading pathogens goes back to ancient times, starting with the early physicians' use of deadly herbs or minerals. This concept later led to baking the body of a syphilis victim to a temperature that killed the spirochete but not the patient. Finally, it has led to the deliberate poisoning of a cancer victim today with deadly chemicals of potency sufficient to kill a cancer growth but not the patient.

In the early 1950's the pharmaceutical industry began to grow rapidly as its researchers attempted to develop new antibiotics and other miracle drugs for specific diseases. The FDA, in the meantime, extended its control to ensure that drugs could not be directly obtainable by consumers but had to be prescribed by a physician. However, this plan failed when the pharmaceutical supply houses, the pharmas, started marketing their products directly to consumers through expensive advertisements. The ads were very effective and their sales rapidly increased despite the required prescription of a physician and the required posting of warnings about the drugs. Physicians were not fully able to counter the ads and the warnings were pitched in such a manner that the public could ignore them as being of little concern. This clever marketing strategy resulted in what is now recognized as the massive over usage of the drugs<sup>2</sup> and the cause of over 100,000 deaths a year.<sup>3</sup> It should be noted that the FDA was created and empowered to prevent possible deaths from patent medicines and mind-altering drugs which were insignificant in comparison to the present iatrogenic deaths from FDA approved drugs.

Today most physicians have lost much of their role as health givers and instead their duties have become more administrative, which contributes to the higher costs of health care plans, now estimated at one third of medical costs.<sup>4</sup> Certainly patients are aware of the shortening of the time spent with physicians and the records that are involved in any office visit. This lack of time with a physician is also a result of the policies of the powerful AMA which, like many unions, insures the demand for its members by limiting the number of graduates from medical schools.<sup>5</sup>

A recent article<sup>6</sup> in *Science* caught my eye because of the question "*End of an Era ...?*" in its title, which was referring to the rapidly decreasing rate of new drug discovery, but which I interpreted as

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<sup>2</sup> Starfield, B. *Is primary care essential?* New York, NY: Oxford University Press 6213-35, 1992

<sup>3</sup> Starfield, B. Is US health really the best in the world? *JAMA*. 284:505-506, 2000.

<sup>4</sup> Starfield, B. The primary solution. *Boston Review* Nov-Dec. 2005.  
<http://bostonreview.net/BR30.6/starfield.html>

<sup>5</sup> Starfield, B. Is primary care essential? *The Lancet* 344 (8930): 1129-1133, 1994.

<sup>6</sup> Li, J. W. H. and Vederas, J. Drug discovery and natural products: End of an era or an endless frontier? *Science* 325: 161-165, 2009.

asking about the end of modern medicine and miracle drugs. The article was describing the problem of the pharma labs to find and test new drugs. In addition to the technical problems, it cited the loss of patent protection, demands for safer products, marketing costs, and litigation. I believe that Medicine based on the miracle drugs is indeed reaching the end of an era, primarily because of the idiosyncratic nature of people's expectations and their bodies' responses. However, if individuals could learn to control their expectations and responses then there would be far less need for an external drug in the first place.

I first found clarification of the methods of ancient medicine from the statements of Plato over two millennia ago. He reported the administration of active drugs by physicians and the use of operations or cutting by surgeons. However, he noted that the bulk of medicine was done by the magic and bedside manner of physicians which was highly individualistic and of value only to one patient. Every relationship between a physician and patient was unique and what worked for one patient might not work for any other. The effectiveness of this medical system was as good as that of today if measured by life expectancy, since Plato described the same 70 to 80 year life spans (such as his own 80 years).

The almost universal view of the body over two millennia ago was that the body contained separate intelligent and powerful controlling centers which were described or allegorized as inner gods with one god who had the power to heal. The duty of a physician was to placate or stimulate the inner healing god to effectuate a cure.

However, modern science is now producing data which supports the ancient concept that the body contains inner separate intelligent and powerful controlling centers. Research in the last fifty years or so has also added the knowledge that the centers of the body not only have intelligence but can also communicate freely with other centers through the release or reception of chemicals or hormones transferred by means of the flowing blood. Furthermore, the subtle feelings of the body are of equal or even more importance than thoughts in controlling these centers by causing the secretion or release of hormones. Of even greater interest is that modern science has found that it is impossible to describe the resulting powers of hormones in purely physical terms and is, in fact, resorting to allegorical anthropomorphic definitions. Consider for instance, a 2003 *Scientific American* article<sup>7</sup> on stress which describes the hormone epinephrine as handing out guns and the glucocorticoids as drawing up blueprints. Similarly, there is a statement in a recent article<sup>8</sup> in *Science* that the neuropeptide hormones oxytocin<sup>9</sup> and vasopressin modulate complex behavior and social recognition. There is, of course, the common statement that, "My hormones made me do it."

In order to explain how a chemical such as the hormone epinephrine can "hand out guns" to prepare to fight requires the shift of looking for metaphysical causes which is not popular in the modern world. I feel unusually qualified in this respect since I have already had to face the metaphysical nature of energy in the form of simple heat. This began with my development of a synthetic membrane which I described as using heat to carry water from one surface to the other and how another material used heat to cause a change in electrical properties.<sup>10</sup> I remember that I finally managed to prove to myself that heat could turn into motion with the argument that it was the heat in gasoline which moved cars and that it was heat which carried water to tops of trees far beyond what any physical system could do. My discovery that the flow of heat through a simple solution could turn into electrical power was perhaps the hardest change to explain to my own brain.<sup>11</sup> It was my

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<sup>7</sup> Sapolsky, R. Taming stress. *Scientific American* 289 (3): 86-95, 2003.

<sup>8</sup> Donaldson, Z. R, and Young, L. J. Oxytocin, vasopressin, and the neurogenetics of sociality. *Science* 322: 900-904, 2008.

<sup>9</sup> Commonly called the "cuddling hormone."

<sup>10</sup> See U.S. Patents #3,883,784, #5,055,171 and #5,211,827

<sup>11</sup> Thermo Galvanic Cells, Peck, R. #4,376,155, #4,410,605

research into the mysteries of heat which led me into looking at the heat conversions in the human body which started with converting the energy in food into heat. That conversion is simple, until it leads to the conversion of heat into higher transcendent forms such as heat becoming the energy to think, create, and reproduce as well as to heal or change the body and brain. Classical physics faced its first encounter with the mystical power of energy in considering life. Life violated what is called Second Law of Thermodynamics, or that everything has to decay or fall apart. Life reverses this decay by assimilating either solar or food energy to grow and evolve further. In considering the changeable nature of energy or heat, it was difficult for me to equate love, wisdom, imagination and creation as being another higher form of heat.

Imagine my pleasure when I discovered that the ancient world had already accepted the concept of the conversion of the hidden energy in food into the energy necessary to change the body and also the world. It wasn't until I was able to read Sanskrit<sup>12</sup> that I was able to find the underlying universal methods used to convert the body's heat or bio-energy into special higher, creative and transcendent energies such as manifested by self-actualized, fully alive, enlightened people<sup>13</sup> or, as we can define it for the moment, by fully healthy individuals. The ancient world considered that the flame of the sun was the origin of life. Modern languages still carry the ancient concept that heat or fire is the source of health and activity, illustrated in the English words: fervor, zeal, ardor, burning desire which have their origins in words meaning fire or heat. Similarly, flames are still used in religious worship to signify higher powers.

For those who want to refer back to Sanskrit writings, the early translations of Indian documents during the English colonizing were openly biased to support Christian concepts rather than "pagan" ones and that large differences can be found between the literal Sanskrit and the British translations.

One of the universal methods of converting food energy into an increased functioning of the body and mind was very strange even to me, since it consisted of just sitting and changing the pressure on the perineum. Sitting on the floor cross-legged is still used in modern yoga classes but the critical pressure on the perineum has been lost and with a goal of relaxation rather than stimulation. I decided that the ancient claim could be easily supported and so designed an experiment using volunteers who had practiced the early methods for at least a month.

This simple method followed the technique outlined in the ancient *Rig Veda*<sup>14</sup> that started with regular sessions of sitting with slight rocking with pressure on the perineum. The results of my experiment<sup>15</sup> were quite spectacular and certainly countered the old belief that aging must slow the physical response of the body, since the adults in the test were able to physically respond far faster than unconditioned adults and teenaged children. Even a 70-year-old could respond far faster than the fastest child.

I had to accept the concept that this simple exercise increased the health of the body, since it increased the ability of the body to both anticipate as well as respond to the outer world. Somehow varying the pressure on the perineum increased the conversion of basic heat into energies of sensing as well as responding.

Following this conclusion, I immediately became interested in the reports of Norman Cousins who

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<sup>13</sup> Read the early works of Abraham Maslow.

<sup>14</sup> *Rig Veda* 1:28:1-6 (original Sanskrit)

<sup>15</sup> "Measuring improved response time with girding or bandha" in Peck, R. *Controlling your hormones*. Lebanon, CT: Personal Development Center, 2008

was increasing his health by sitting and laughing for long periods of time. He made history with the publication of his discovery of this method which was curing his otherwise fatal illness.<sup>16</sup> Cousins used the simple steps clarified in ancient writings.<sup>17</sup> He first formed an image of his goal as well as a path toward it. He then committed himself to a regime of sitting and laughing which served to stimulate his abdomen and lower perineum. His deep belly laughter also activated an inner abdominal churning that released the higher healing energy directed to manifest his image of health. The book *Persuasion and Healing*<sup>18</sup> elaborates upon the various means of unleashing the inner healing power of the body using perineal and lower abdominal muscles which includes Cousins's healing experiences with laughter<sup>19</sup> as well as other common experiences such as crying.<sup>20</sup>

There is another method of converting the basic energy of the body into a healing energy and that is perhaps easily introduced with a well-known enigma in medicine which is even getting into the popular press. It is known that antibiotics are losing their power to combat infections, yet a large number of people are still getting antibiotics to eliminate their cold symptoms. These people are quite certain that this works for them, yet science has proven antibiotics are not able to directly counter viruses that cause colds or flu. The cure cannot be denied, yet it is impossible that the antibiotic pill is the cause of the cure.

This enigma was known to Plato over two millennia ago when he stated that physicians used magic to cure diseases with potions and treatments many of which were even then known to be normally ineffectual in curing. When I was a pharmacist, I witnessed the power of the military APC<sup>21</sup>, with the common nickname of "all purpose capsule," which was able to cure all kinds of ailments from diarrhea to dizziness, even though this pill contained little more than mild pain killers and a mild stimulant. I also heard physicians wondering about the power of Phenobarbital, a very mild sedative, as they described how it seemingly cured a powerful disease. This mysterious healing power can be present in something as simple as a morning cup of coffee for those people who find that caffeine is able to open them to a new world. (Recent studies also indicate that the caffeine can be secretly removed, but the coffee still functions as before.)

Modern science now labels this inner healing power the placebo effect, so named for the earlier magic of physicians used "to please" (*placebo*) the inner healing power or god. The placebo effect is associated with the power of some potion, pill, drug, or treatment to cure the illnesses or weaknesses of the body and mind. This magical result can follow from the belief in a steaming cup of coffee, a daily dose of hearty laughter, or a prescription for an antibiotic.

The connection between the belief of the mind and the physical body is listed today as psychosomatic (*psycho*: mind, *soma*: body) and is well studied because of its ability to actually make people ill or even cause death. However, the control of pharma is evidenced in the fact that the reverse psychosomatic effect which is able to cure (without drugs) has received very little support and in fact is largely discredited.

The effect of the mind on the body is largely explained by the feelings resulting from strong expectations or images of the brain stimulating the production of steroid hormones such as epinephrine by the churning or agitation of the lower belly. These hormones are then felt to flow through the body awakening the body to further changes from the mentally directed neuropeptide

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<sup>16</sup> Cousins, N. *Anatomy of an illness*. New York, NY: Norton, 2001

<sup>17</sup> See the *Rudrayāmala* in Peck, R. L., (2008) *Controlling your hormones*. Lebanon, CT: Personal Development Center.

<sup>18</sup> Frank, J. D, and Frank, J. B. *Persuasion and healing*. Baltimore, MD: Johns Hopkins Press, 1991

<sup>19</sup> Provine, R. *Laughter*. New York, NY: Penguin Books, 2000

<sup>20</sup> Frey, W. H. and Langseth, M. *Crying: The mystery of tears*. Minneapolis, MN: Winston Press, 1985

<sup>21</sup> Acetylsalicylic acid, Phenacetin, Caffeine

hormones. The awakening of the inner power was described by the ancient as many describe it today, as an upward movement from the lower belly like a snake or the flow of nectar. This model is still honored with the caduceus or the snake on a staff as the symbol for medicine.

One of the common examples of the power of this system is given by the heroes who perceive some danger such as a burning house with an entrapped child and then experience an inner rush of energy along with an insight of what will happen and what they must do. As they respond to this demand, they also experience a rapid increase in health such that their image of the immediate future can be manifested through the inner generation of supernormal strengths and powers required to manifest their vision.

I found one very convincing study of the power of mental expectation or intention undertaken by the Princeton PEAR group<sup>22</sup> which recorded how very sensitive mechanical or electronic devices could be altered by observers expecting or intending to cause a change. This study has received little publicity, perhaps because the ability to speed up a clock a few seconds a day is hardly newsworthy, even though the conversion of body energy to an unknown radiated energy able to control a machine certainly should be. The PEAR group also verified the ability to radiate and receive simple mental images. The increased sensory perception and strength of athletes in the zone<sup>23</sup> can be an illustration of the powers studied by Princeton. A common experience of the conversion of a thought, to a feeling, to a physical response, is with blushing resulting in increased awareness and physical stimulation.

Both modern and ancient sciences agree that feelings or the images of the mind have a power to release an inner nectar. Modern science calls this nectar hormones, while the ancient world called it by many related names such as *ambrosia*, *amrita*, *soma*, *haoma* etc. The nectars do not of themselves possess manifested powers of the body but do unlock the energy sources in the body.

Both sciences also agree upon the necessity of first envisioning, desiring, or yearning for a well-defined goal. The envisioning of the goal is not sufficient as most people are aware, it must also be accompanied with the quickening or activation of the body with enthusiasm. The word enthusiasm carries us back to the ancient model which comes from the Greek (*en*) “within” and (*theos*) “gods.” To be enthusiastic is to be filled with the power of gods (and not, of course, with your doubts and physical weakness). (Modern medicine partially makes up for this lack of quickening, but not enthusiasm, with the administering of stimulants.)

It is enthusiasm which is no doubt the chief factor in determining the effectiveness of using the placebo effect to cure an illness, weakness, or to gain full health such as can be gained in an emergency situation.

The ancient writings, as well as modern experience point, to the problems of gaining enthusiasm. Enthusiasm begets enthusiasm, but how does someone get him or herself jumpstarted? Many people claim that the hardest part of the day consists of getting sufficient enthusiasm to get out of bed, but once they get up and get going, their enthusiasm for the day can increase. The ancient world developed special activities to gain enthusiasm or methods of awakening those inner powers.

In researching the ancient methods of increasing inner energy or enthusiasm, I gradually awakened to the fact that governments and rulers have hidden the methods of doing so to their subjects. My two colleagues work with children and attempt to revive their enthusiasm for learning as well as living. They attempt to overcome the results of children being forced to sit on hard flat seats for long periods

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<sup>22</sup> Jahn, R. G. and Dunne, B. *Margins of reality*. San Diego, CA: Harcourt Brace, 1989

<sup>23</sup> Csikszentmihali, M., *Flow: The psychology of optimal experience*. New York, NY: Basic Books, 1997

of time without moving — with their tummies pulled in, backs held straight, and breathing kept shallow — all of which are diametrically opposite to the basic starting methods of increasing enthusiasm.

If you still retain some of your childhood enthusiasm, you might try to increase your vitality as young children are able to do. Take a deep breath, push your tummy out, clench your anus, and exhale strongly as you pull the tummy back. If you can experience the rise in vitality, you know what schools suppress, as well as sample a route to being more alive and responsive.

The ancients described detailed methods of reviving and increasing the transcendental creative energy first found in childhood,<sup>24</sup> but these methods are so suppressed that most people cannot even talk about them much less try them out. There is no evidence of any resulting harm, physical or psychological, other than your deep conditioning that if you did those described things you would surely fall into some horrible fate, worse than death, if you continued.

For those who are seeking more information or are willing to read one of the suppressed ancient writings, I recommend reading *Controlling Your Hormones* in which I included a re-translation of one of the oldest and perhaps shortest technical Sanskrit texts. The book prepares the reader for accepting the ancient methods by presenting the little publicized scientific knowledge of the perineum and its role in the physiology of the body. The included *Rudrayāmala* also list some of the powers of perfect health which are contrary to many modern religious views, such as not needing religious training and being able to use the love in one's own heart to change the self and world.

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<sup>24</sup> See the *Rudrayāmala* in Peck, R. L., (2008) *Controlling your hormones*. Lebanon, CT: Personal Development Center.