

THE REAL YOU IS A PERFECT YOU

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The Real You is A Perfect You

Love as the Key to Optimum Health and Well-Being

Guide santé

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PREFACE

No simple task, a preface; a journalist face to face with a man in a white coat (a doctor). There are two kinds of people in our profession (journalism): those who crucify and those who soft-soap.

In the medical profession, there are doctors who practice medicine and those who take care of a patient. If we have read this book well then we are close to those who take care of sick people, that is to say we are far away from those who treat illness, the preachers of lies, but then this is not the moment to try to stir up controversy.

We are going to read Dr Dufour's thoughts on the matter. One of his colleagues, Dr Sachs, recently said to me, "The doctor prescribes, the person taking care of a patient 'bandages'. The doctor cultivates the word and power, the person taking care of the patient 'unlocks'."

Forget Sachs, let's come back to Dufour.

According to him, our fears, apprehensions and emotions must be transformed into positive energy to improve our journey through life... complete recovery is not yet for tomorrow, taking care is, even if it is only to mollify death while listening to our body.

Certainly, the patient will die one day but not just any old way, thanks to the person taking care of him.

So let's die in good health.

Our dreams will always be there to pull us through.

Jacques ZANETTA
(Journalist and writer)

“The main factors of our state of health are, therefore, our known or unknown intentions and the way they manifest themselves in our thoughts, feelings and actions. Any physical problem is merely a materialised symptom of the true illness that is deep-rooted in the conscious mind”.

« *Guérir par la lumière* »

Ed. Tchou

Barbara Ann Brenna

PREAMBLE

The object of this book is to deliver the message that man is beautiful and good, that he is capable of living and, consequently, of dying in good health. He is unique and in this he must be respected. Nobody should allow himself to classify man into categories, to demean his standing to that of a machine or to try to make him fit into statistics.

I am dedicating this book to my daughters Marie and Cécile, to my son Laurent, my nephews and nieces, but it is equally addressed to the young and barely adult generation, the future of civilization, who is the key to the early 21st century! The 20th century saw science dominate with amazing, immensely useful inventions, advances made in many different fields, particularly in medicine. The mission of true scientists is to doubt and to question achievements and knowledge. Their constant search for truth and accumulation of eternally developing knowledge contributes to the evolutionary process of the world. Unfortunately, certain “scientists” have ceased doubting and, stoically dealing out their truths, have created the parallel reign of a dominating, racially biased and intolerant science. Forcefully proclaiming their counter-truths and lack of faith in the human being, they have done much damage to mankind and continue to do so; still in power, they are becoming more and more intolerant having realized that they are losing their race against time. But thanks to the younger generation for whom this book is intended, as well as for many others, they will not be able to impose their “non-knowledge” on mankind much longer.

The 21st century carries great hope and I very strongly desire it to be an enlightened century, one of rediscovery of the most precious endowment deep within man: true knowledge, that of the heart and spirit. Without it, man is no more than an object, a machine, or a hotchpotch of systems. Yet man is anything but that!

I hope that this hymn to love will find a profound resonance in all those who read or skim through it, that it throws light on the true dimension of man, and that, after all, you will be able to believe in yourself, in your true inner strengths which design your life and, of course, your health.

All this is only the tip of the iceberg; that is to say only the visible part of what goes on inside yourself on a level some call quantic, others spiritual, which is a very different level from that of the cells of your body (so well studied by science of the 20th century). Classification or words makes little difference, this is the sphere of the invisible, the intangible, where science cannot go. It is the place of faith in oneself, in one's inner strengths, a place singularly motivated by love. Nobody is able to really love as long as there is no self-love. Love must start with oneself, if not, it is not true love, unconditional love. While this important notion may at first seem illogical, it is nevertheless the foundation of true health and that which this book seeks to prove. Health will then be understood and, consequently, approached differently. It will become a global and unfragmented idea and visible proof of interior well-being or ill-being (when illness appears).

While writing this book, it appeared to me that the title "Dying in good health" would convey its message most effectively, but it was not possible to use this, as it was already taken! Death scares people who do not truly believe in man and to them it is an end in itself. This is not what death is; it is the transition from one state of being into another one, and so merely a transformation. Living in

good health is “being”; death is going towards a new state of being. Somehow, illness is a friend sending us a clear message, “You are no longer the way you should be; you have mistaken your state of being for another one.” If illness is present and the cause of death, this transition is going to be painful and difficult. All of this is simple, very simple. To scientists, this simplicity would seem suspect and even dangerous, but, finally, if you look deep inside yourself, you will realize that you have known this and what will follow for a long time. So say it and, live it and the century we are entering shall also “be”!

I

INTRODUCTION

Health and illness are very real preoccupations and a doctor is expected to reply very precisely to questions arising from them. A patient also expects a doctor to admit to not having the answer to a certain number of them.

Destroying is of no more interest to me than in-fighting, with which people get lost and which basically serves no other purpose than to gratify some of them with feelings of power.

Nobody, myself included, has discovered the master key to health for everyone. Such a magic wand simply does not exist! It is time to stop believing or imagining that there is a stone that will heal, a medication that does it all or a miracle plant. There simply is no magic formula. However, there is a rule, a very interesting perspective, a sort of ethic: understanding how the human being functions as a whole, body and soul, and why it is healthy or ill.

Let us try to answer some extremely simples, elementary questions other than with question marks and pseudo beliefs: Why are we or why do we fall ill? Why does the identical treatment for the same illness work for some people and not for others? How does one “catch” a microbe, a virus, and, above all, why don’t we have it most of the time?

“That is not where the question lies!” medicine tells me, “rather, look at what microbes and other disease-causing bacteria do to a healthy body and you’ll understand that there is nothing particularly complicated to look for.”

Medical school explains the mechanisms of illness very well; they are extremely complex and 20th century medicine has spent much time and money on discovering, describing, and teaching them. Statistics support research results. But does that answer the essential questions? Is it the way to preserve good health or cure illness? Medical School has not yet managed to explain the reasons responsible for the onset of these pathological mechanisms, nor why it is still impossible to stamp them out. These gaps, if not a deliberate misuse of institutional speech, are too evident and, according to the teachings of everyday practice, too often in contradiction with official language not to be called into question.

Saying that medicine is in a state of crisis is hardly original! Medical practices that have sprung up on the fringe of official medicine are evidence of this.

Why are these new techniques so popular with the general public? Too many people have been disappointed by traditional medicine; when a proposed remedy proves to be effective, you will be satisfied since, above all, every patient wants to be cured. Once you look elsewhere, the reason for it is simple: the medication that you had been proposed or prescribed did not satisfy you and / or did nothing towards your recovery. If a patient definitely subscribes to the so-called marginal practices, it means they are meeting his expectations.

I do not believe health can be controlled completely by the human brain (not even a scientific one!) one day.

Elaborating theories about health and illness satisfies the intellect but does nothing to help patients get well. Far too many doctors spend time on the former, while the patients expect them to concentrate on the latter. The mistake resides in the systematization and the generalization of theories. The common denominator