

# “I looked upon people in wheelchairs with envy because I thought I’d never walk again without being in serious pain”

“How I got well without surgery, drugs or complimentary therapies using Meta-Medicine®”

**O**n September 24<sup>th</sup> 2003, one day after my 39<sup>th</sup> birthday, I was leaning over to place a flip chart while facilitating a leadership session for a client, when out of the blue my back went. Shooting pain down my left hand side mostly focussed on my hip rendering me practically unable to walk more than 10 metres without needing to sit down and recover from the massive pain.

**Running my own training company and qualified in hypnosis and other advanced therapies I immediately applied pain control techniques and used them to remove the root cause of the problem but this had little or no effect. Neither did pain killers.**

After finishing a busy week which included travelling to London I eventually got to see a Chiropractor. He manipulated my hip but the problem got considerably worse even after extended treatments. I’m not a person to give up so I went to see many other therapists during the following year including:

- an acupuncture professor who said it was chi stagnation, his needling did not help
- a healer who helps top celebrities said it was a legacy from my mothers death 27 years earlier, her work had no effect whatsoever

- my GP who diagnosed Ankylosing Spondylitis because he said it’s hereditary (my father suffers from this disease), I was tested earlier in my youth and I don’t have this disease but he would not listen
- a higher self therapist said it was everything unresolved in my life, I did clear a lot of emotional stuff but my back stayed the same
- a sport massage therapist who said it was sciatica, so he massaged my legs and back which temporarily made it better but the pain came back stronger a day later
- an NLP Master who said it was deep issues from the past so he cleared those, but nothing changed even months later
- a top BUPA consultant said an operation may or may not solve it, he also said that they rarely are successful, useful information but did nothing for the pain
- an Osteopath who works with the Olympic team who did some nerve stretching technique, that had no effect whatsoever.

## My back pain was nothing to do with mechanical problems

Everyone of these people really did mean well and I know that they successfully assist many people back to health but not one of them diagnosed my problem correctly! (However the Consultant and Olympic Osteopath did get close) All in all I spent over £8000 over a year and a half trying to solve this issue.

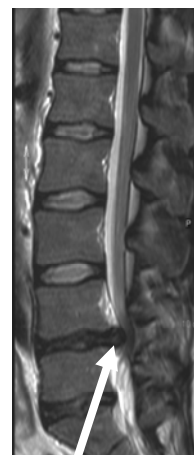
The breakthrough came using Meta Medicine, when after getting hold of an MRI scan of my back and a Computer Tomography ‘CT’ scan of my brain you could clearly see a herniated disc and a ring on

the CT scan that corresponded exactly to the Meta Medicine Brain Maps (see picture on last page).

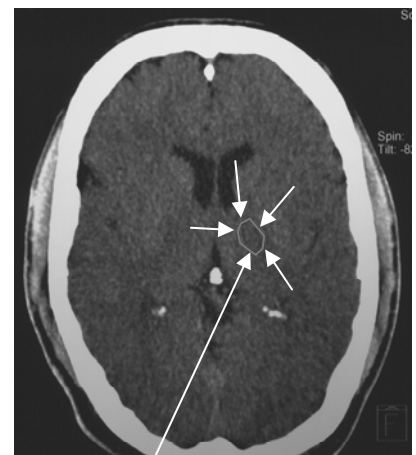
It was nothing to do with the mechanical problems that the Chiropractor tried to solve, psychological issues such as my mother dying or hypotheses like Ankylosing Spondylitis.

The problem was a core personality issue, that was related to me not sticking up for myself, I knew this because that’s what the CT scan pointed to and also what a herniated disc relates to in the area of my back from the Meta Medicine directory plus it related to exactly what was going on in my life but it was so much part of my psyche that I could not see it.

According to Meta-Medicine, each area of our brain corresponds to a specific organ. What trips that relay in the brain are survival issues that are imprinted in our DNA. These biological survival programmes are thousands of generations old and unfortunately do not correspond to how we live our lives nowadays but what is amazing is that each one of these programmes has a specific positive reason for running the way it does.



MRI showing the herniated disc



CT Scan showing the area which corresponds to the herniated disc.

Inside all of us we have these biological programmes that go back many generations, each one of these programmes is designed to ensure as a species we survive and evolve, this is not new, Darwin discovered this. Now what happens in us as human beings and also strangely in animals in exactly the same way, is that if we have an isolated shock, like a massive fright or ongoing repeated shocks that we do not solve, at exactly that point a brain relay trips in a specific place that corresponds to a specific organ, you can see where the brain relays are on the Meta Medicine brain maps (an example is shown on the previous page for my brain CT). The organ then reacts in one of two ways (dependant on what its biological purpose is).

The first way it may react is to increase its function by growing more cells – A really simple example of this is when you push a muscle really hard you damage it, you feel weak for a few days afterwards (the first phase) and then the muscle then repairs itself making you stronger in the second phase; this is the basic process behind body building. You push your muscles beyond their abilities, from the bodies point of view this is like having a small shock to the system so you cannot push your muscles

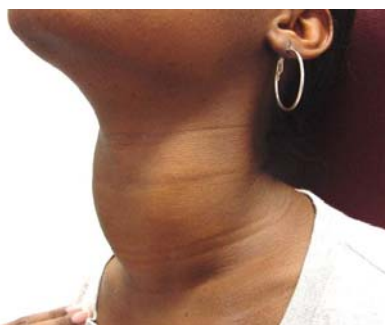
anymore – you feel weak until the body naturally rebuilds the muscles to make your muscles stronger and larger, so the next time you push them that hard you can deal with the weight, in body building you continuously increase the weights therefore building up the muscle.

The other way an organ can react is to grow at the start and then degenerate in the second part, our bodies always react in two phases. An example of an organ that has cell growth at the start is the Thyroid. (Why an organ grows or losses cells at the start in phase one is down to embryology – unfortunately this is too complex to explain here). Let's say a person cannot earn enough money because they aren't fast enough. This could cause the person to go into a regular shock each time this issue happens, their livelihood is literally

affected. If the person perceives this as a survival issue they will develop Hyperthyroidism, where the thyroid grows and produces extra thyroxin.

### The are two phases to every disease a cold phase followed by a warm phase

The biological reason for a thyroid gland growing in this way is so the person can move faster in order to survive, extra thyroxin is produced causing an increase in the persons metabolism. So more cells



Graves disease Goitre – a swollen Thyroid gland

are produced in the thyroid to give the person more speed, you can see a thyroid gland having swelled up in people with hyperthyroidism (Graves disease) as with the picture shown. However if the person resolves the conflict then the number of cells reduce

and the person returns to normal, although they will probably feel terrible for a few weeks after the resolution as the body readjusts to less thyroxin in the blood stream, this is the second phase.

Knowing that there are two phases to every disease is quite revolutionary. There is firstly a cold phase, this starts immediately after the initial shock, a person will have cold hands and cold feet, they will not sleep well, have a lack of appetite and mentally they will obsess about the shock that happened. After the resolution of the conflict then the person will feel hot, their hands and feet will warm up, they will feel tired and sleepy, have little or no energy. At the later part of this phase they will start to get their appetite back and eat very heartily. It is

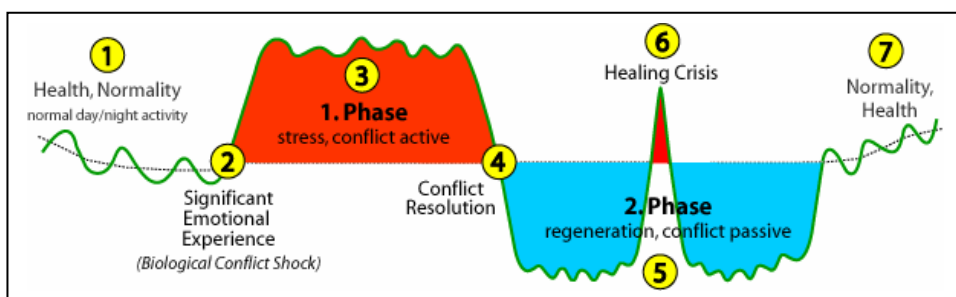
also in this phase that viruses, bacteria and fungi can be found to be active in the system. (These microbes are there for a reason and not a mistake but to explain this would take a long time and better left to a book or seminar.)

So now if you can accept that there are two phases to any disease and that in some parts of the body an organ increases in size in the first phase and other parts organs decrease in size. Then we can ask how did my herniated disc occur? In the first phase I had a conflict shock. The disc had a cell reduction, the outer wall of the disc reduced in size.

I had what Meta Medicine say was an unexpected, dramatic and isolated biological conflict shock, (Significant Emotional Experience ② See chart on this page) which in my case had to do with an inferiority conflict in me not sticking up for myself. I was co-training with a colleague of mine in early 2003 and he was so rude and so blunt to me on several occasions whilst we were delivering the training, that it hit me in the pit of my back right at the core of me as a human being. I love training, it is my life and someone being so incredibly rude to me whilst I was doing what I am totally passionate about really hit me hard.

Like a knife being stabbed into my back! I was so shocked by this colleague's behaviour that I had no strategy to fight back. Even though I was shocked I still carried on working with him, always saying yes, to his often very challenging demands; therefore abusing myself even further.

I carried on working with him for six more months but I wanted to break away from him and deliver my own trainings. This I did later on with my then girlfriend and now wife. We were together "co-training" in North Wales, 250 miles away from where we live. It was then that the resolution of the conflict (Conflict resolution ④) happened on the 24th of September 2003. As I was delivering I noticed Kristin was not criticising me, I liked this, I was in control so I made a



decision to stop abusing myself and that included not travelling 250 miles to a venue on my birthday. Moments after that thought as I was putting up a flip chart on the wall when my back went.

That training was the turning point where I stopped how I would abuse myself with people and work, taking on projects I did not want to do, always saying yes, allowing others to criticise my delivery whilst not fighting back.

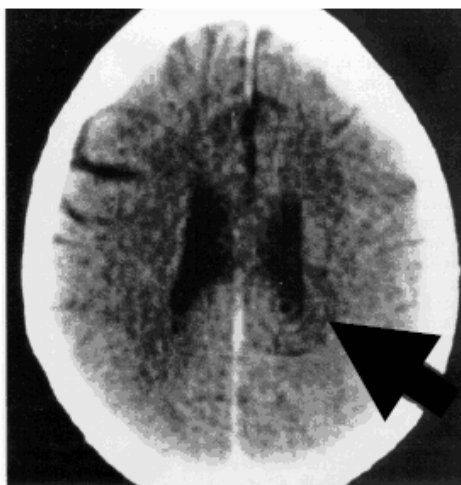
It was interesting because during the stress phase (1.Phase ③), I would wake up in the middle of the night obsessing about certain people and projects. I had lots of energy, ate very little, lost weight, and was manically running around a lot but I was very stressed, my shoulders were always tight, and I felt the cold, unusually wearing two pairs of socks because my feet were always freezing.

A few days after the conflict resolution ④ I started to sleep better. I definitely felt relieved. The cold stopped affecting me but I had very little energy (2.Phase ⑤). Little did I know that I was on the start of a very long healing journey, culminating with me applying Meta Medicine a year later to finally diagnose and eventually assist me in healing my back fully.

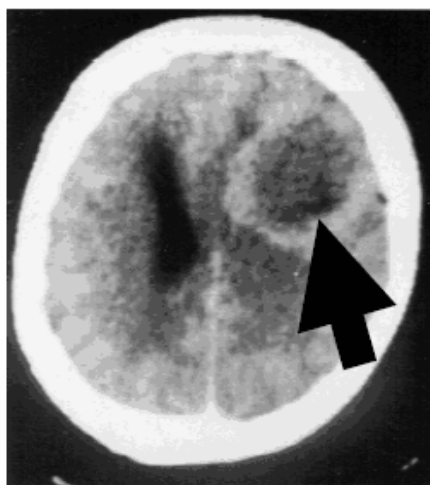
In October 2004 I had a brain CT and an MRI costing me nearly £1000. I then realised what the problem was and I started working on it immediately. I cut ties with people that I believed I had let abuse me including the colleague of mine, and I started sticking up for myself. It was at exactly that time almost a year and 3 months later in January 2005 (bearing in mind I had done so much mental work already without any effect) that my pain started to reside.

So what was happening on a physical level in my brain and my disc cartilage? In the first phase ③ I was obsessing about how I always said yes to people

and ending up abusing myself by doing so, as I said during this phase there was a cell reduction in my disc, it literally became spongier. On a CT scan of my brain, if I had had one done at this time, you would have seen this first phase showing up as a small ring. I have seen many CT scans with these rings emanating from the centre of the tripped relay and on the one shown below you can see the ring showing up on the CT scan at exactly the point the brain map indicates. On resolution of any problem this ring changes to a cauliflower like ring, again I have included a CT as an example.



A CT scan clearly showing rings in a tripped relay in the first phase



A CT scan showing a cauliflower ring. This client is in the second phase

In my back during the resolution phase ④ the cartilage bulged, a cell plus, it literally oozed out the side of the joint. You can see this in the picture of the MRI. The biological reason for this bulging is to rebuild the cartilage to strengthen it so I could deal with a problem like this with more strength, in the same way as a muscle rebuilds.

Now let's discuss the pain I was feeling. Well this came from the disc pushing up against the nerves in my spinal cord. Sending shooting pain down my legs, but mostly in my left hip and leg. Chiropractic manipulation of my left hip had no effect, as you can see the cartilage was pressing up against my spinal cord and had nothing to do with my hips.

Neither did acupuncture do anything. The problem was in my cartilage pushing up against my spinal cord which affected the nerves in my hips and legs. Ankylosing Spondylitis was not the problem either, these are bone spurs that fuse up the spine restricting movement, not a cartilage problem. The

psychological work (remember this is also my profession and I believe in it) had no effect either because although I solved a lot of problems, I did not address the real issue, my personal self devaluation of myself!

The best money I spent was on getting an MRI so I could see what was going on inside my lower back, and the CT scan which clearly showed the ring, corresponding to the issue, in the resolution phase. Can I say that the cost and hassle of getting these scans is immense. A CT scan in this country is £500 (£300 more expensive for the

same thing in Germany or the USA) and you need to get a friendly doctor to write to the people who carry out CTs if you are going privately. The MRI cost me £250. To get one you need to go through a consultant not a doctor this time, again I saw the

consultant privately which was also expensive.

### **Our brains have our whole medical history stored in them which we can read via CT**

The films showed me the way and I was able to make a correct diagnosis myself. However the pain had not fully disappeared, it was 95% gone. So at the Meta Medicine Diploma training this year in June I was used as a demonstration subject. Dr Anton Bader MD who heads up the Meta Medicine association. He read my CT scan and within 1 minute of looking at it he told me everything about my problem without even asking me any questions.

He did say it was in the second phase I had resolved the issue but not 100% and at some level I was continuing to abuse myself mentally, I was flabbergasted at his diagnosis, he knew exactly how long the problem had been carrying on, he also knew when it started, why it had not healed

properly and a heck of a lot more, all from reading my CT scan.

At the same time just to show the accuracy of a CT scan he told me about some other issues I had had many years earlier. Basically my CT had every illness I had ever had recorded on it. When I received the CT originally from the hospital the consultant who looked at it said there were no significant intracranial lesions identified. It makes me wonder if only these doctors really knew how much information there is stored on a Brain CT.

I have often thought how much more could be done for people with serious unsolvable issues, if just by analysing their brain CT you could get their whole medical history. No misdiagnosis, no hypothesis, no missing notes, just the facts.

I worked on clearing out the last few issues with Meta Medicine Health Practitioner Christa Uricher, she has had amazing results working with people from around the world assisting them to get well especially with Cancer patients. The thing was, I did not consciously realise it, but I was still letting myself be abused by some of my clients.

### You rarely need a CT for a Meta Medicine Diagnosis

One in particular was always on my back, asking for this to be sorted and that to be done, it really frustrated me and I wanted to say 'Get off my back!', but I did not. However when I returned from the course I did get rid of this person from my life. I also went on a vegetarian diet, cut out alcohol and coffee so my body could complete the last part of the healing phase, I had to stop artificially stimulating my system so my body could naturally complete the final warm, sleepy phase of the healing. You can see what I am referring to in Phase 2 in the diagram shown on the previous pages.

The outcome is that I can now walk, run and exercise without any pain. Something I thought would never

happen. It has been a long journey almost 2 years. I have heard that a herniated disc is similar to the pain a woman goes through in childbirth so you can fully understand what was happening to me and why I spent £8000 trying to solve it.

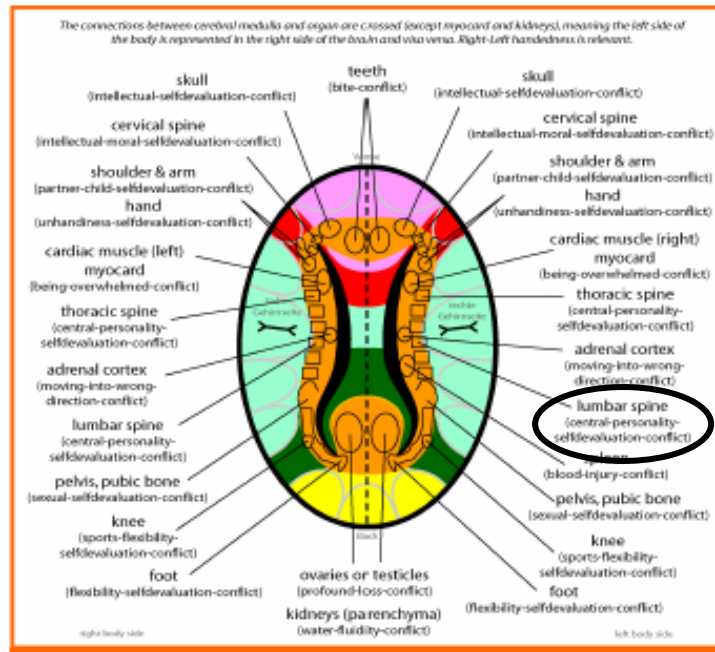
I run my own business and I still had to work but during the journey I have learnt a tremendous amount. I am very glad I never had an operation; I was told by the consultant that they rarely do solve the issue; I have also read that some

there is no explanation as to what is the cause of many diseases. I never knew that doctors don't know what causes most diseases. For me that's very worrying!)

### We now have the chance to approach disease very differently

It seems that Meta Medicine can also assist people such as complementary health practitioners to correctly ascertain what the real problem is and then to either redirect their client to another practitioner or treat the persons correctly with their own style of therapy.

I personally believe Meta Medicine will revolutionise how we treat people, it will mean we will rewrite the medical dictionaries. It will allow the pharmaceutical industry to develop even more effective drugs and most importantly it can finally bring complimentary therapy and traditional medicine together in one cohesive unit working for the overall clients wellbeing and long term health.



operations remove the disc completely!

My belief is that Meta Medicine can really advance the way we approach health. With its understanding of why diseases occur and how it so simply explains with no guesswork, no hypothesis, no fancy theories as to what is exactly happening in a person during a disease cycle. With just a basic understanding of anatomy, physiology, neurology and psychology, anyone can understand what is happening to them plus you rarely need a CT for a diagnosis, If you know what organ is causing a problem you can work out very accurately what is going on.

Also it takes away the 'hypothesis' diagnosis that all health practitioners base their deductions upon, whether they are a medical doctor, acupuncturist, homeopath, hypnotherapist, EFT practitioner, chiropractor or massage therapist. (Just read Merck's Manual which is the most widely used source of medical information in the world, often

For too many years we have not known why disease occurs, treating everything either with a pill, surgery, ignoring it or going the complimentary way, sometimes with great results other times with disastrous consequences. I dread to think would have happened to me if I had had an operation on my back, I definitely would not be able to do a long run like I can now and I may have ended up in a wheel chair later on in my life if I had had the cartilage removed but thanks to the diagnosis I got from using Meta Medicine my back is healed.

Richard Flook is an NLP trainer with his own training business in the UK. He lives in Bristol with his wife and travels extensively coaching and training private and corporate clients in advanced management and communication skills, personal development and health issues.

