

## Natural Healing and Biofeedback

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The human body has a way of healing that is built in and natural. All forms of wholistic health care follow these principles. *The goal of natural healing is to assist the body in healing itself.*

The most important principle of natural healing is “*self-regulation*” which means that the body is always actively organizing its functions so as to maintain a dynamic balance. If the body encounters a challenge that it is unable to completely resolve, it will *temporarily reorganize* itself in some new way that will permit the body to keep functioning even though it still has an unsolved problem. This kind of reorganization is called an “*adaptive reaction*”.

An “adaptive reaction” is an interrupted cycle of self-regulation and is acceptable in the short term because it allows one to keep functioning until the problem gets solved. *If the problem is not solved, the incomplete “adaptive reaction” will interfere with healthy self-regulation* and end up evolving into other new challenges to your well-being. One must search out these unresolved problems and assist the body in completing its goal of healthy self-regulation. This is “*natural healing*”.

If the cycle of adaptation is not completed, the body will try again and again to complete it. The body has an *inherent drive to complete the cycle* as a key component to its self-regulation. Evidence of the attempts to complete the cycle often manifest as “symptoms”.

Ironically, therapies that suppress symptoms and forcefully act upon the body’s functions interrupt or block the completion of the adaptive reaction.

### **Symptoms & Function**

*Symptoms serve as guides* in natural healing and one must be cautious if symptoms are suppressed. Of course, no one enjoys these uncomfortable and distressful experiences and if certain symptoms become excessive they should be temporarily controlled. However the goal of natural healing is not to stop symptoms. The goal is to assist self-regulation and *restore proper long term function*. When function is restored, the symptoms leave by themselves.

*Remember, in natural healing, the focus is not on stopping the symptoms but rather on restoring the functions.* Biofeedback uses symptoms as guides in the application of therapeutic processes that help the body complete the adaptive reactions and restore healthy functions.

To engage in natural healing, one must *reconsider one’s understanding of how the body functions* and decide on a course of action that follows nature. It is possible that *new views & attitudes* may be required.

## Ideas to Consider

- each session is unique because *the body guides* the session according to its own wisdom (when the suggested therapies that the QXCI generates are followed).
- the focus is on *health* and not on disease
- recovery is quicker & easier in a *clean, active body*
- healing starts in the *mind*
- recovery is slower & less effective if there is *no real desire to heal and change* for the better
- an improved state of mind is a *sign that recovery* is proceeding positively & that the body will follow
- natural body healing typically proceeds from:
  - recent* conditions to *older* conditions
  - more vital\_*organs to *less vital\_*organs
  - inside* to *outside*
  - top* to *bottom*
- something *started\_*should be *completed*
- incomplete adaptive reactions develop in *layers*
- each layer itself is *organized differently*
- typically, natural healing *starts with the upper most\_ layer* which is expressing itself by key symptoms
- any shift or *change* is the main *positive* sign
- sometimes a sign of *successful treatment* occurs with a *short aggravation* of the key symptoms
- a short *aggravation is good\_*& means that the proper function has been stimulated and healing has begun
- after one layer of healing has occurred, symptoms of an *older, deeper layer\_*of an incomplete adaptive reaction may *express themselves*
- these old symptoms are also good & are signs that the body is ready to heal\_an even deeper problem
- pharmaceutical medications may make it *difficult to follow symptoms & complete* adaptive reactions
- as *functions are restored*, current symptoms may be aggravated or old symptoms may reappear
- *treatment* is always more *effective* during a period of *symptom expression*  
rare intense reactions are a *profound sign of healing*  
*absence of symptoms may not be a sign of health\_*but instead a body blocked by incomplete actions
- the goal is to achieve the *most* while doing the *least*  
a session may require from *30 to 60 minutes*
- the more *recent* the problem, the *faster* the recovery
- *acute* conditions need *frequent, close* sessions
- chronic conditions need more space sessions
- a *pause* between courses may be beneficial
- function may be *restored before\_*all symptoms leave
- if chronic, the maximum benefit\_of treatments may manifest 1 to 3 months\_after last session