

PAUL MICHAEL

TREATING DIGESTIVE DISORDERS FROM
AN ENDOBIOGENIC PERSPECTIVE

An Innovative System of Plant Medicine



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AEON

First published in 2021 by
Aeon Books
PO Box 76401
London W5 9RG

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British Library Cataloguing in Publication Data

A C.I.P. for this book is available from the British Library

ISBN-13: 978-1-91159-755-1

Typeset by Medlar Publishing Solutions Pvt Ltd, India
Printed in Great Britain

www.aeonbooks.co.uk

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ABOUT THE AUTHOR

Paul Michael is a medical herbalist, practitioner of endobiogenic medicine and a qualified Gut and Psychology Syndrome (GAPS) therapist. He is a first-class graduate of the BSc in Herbal Medicine programme at Middlesex University, and a member of one of the main professional organisations for medical herbalists in the UK, the College of Practitioners of Phytotherapy (CPP). He has trained for over 7 years with Dr Jean-Claude Lapraz, and in his practice uses the endobiogenic approach in conjunction with classical herbal medicine. Paul Michael has written articles for *Positive Health Magazine*, and has hosted a series of radio talk shows focusing on the approach of modern herbal medicine in the treatment of disease. Paul has been involved in the teaching of endobiogenic medicine in the UK and is one of the founders of the Endobiogenic Medicine Society of the UK (EMS).

Paul has first-hand experience of inflammatory bowel disease (IBD) as he was diagnosed with Crohn's disease at the age of 19. He was never happy with the thought of taking conventional medication for Crohn's disease and was determined to find another way. It was this personal experience and determination that led him eventually to study phytotherapy; he is passionate about helping others with chronic illness so that they do not have to suffer needlessly.

Paul has been in remission from Crohn's for 18 years using phytotherapy and diet. Paul has also trained in the traditional Chinese internal healing arts of Qigong and Tai Chi and has a very strong interest in mind-body medicine.

FOREWORD

This new book by Paul Michael brings together three areas that have long fascinated me as a medical herbalist and healthcare practitioner: the workings of the digestive system, and its profound influence on general health; the extraordinary healing capacity of medicinal plants; and endobiogenic medicine—first formulated in France by Drs Christian Duraffourd and Jean-Claude Lapraz—which I have studied for well on 30 years.

Since training with me on the Herbal Medicine BSc at Middlesex University, Paul has worked single-mindedly on developing his expertise in endobiogenic medicine, both by rigorously applying it in his professional practice and by training with the two foremost exponents of endobiogeny in the world today, Drs Jean-Claude Lapraz and Dr Kamyar Hedayat. Indeed, he is one of the very few practitioners in the UK to have gained a qualification in endobiogeny with the Systems Biology Research Group co-chaired by Drs Lapraz and Hedayat.

The term endobiogeny will no doubt be unfamiliar to most English-speaking readers, but in this book Paul explains, with great clarity, its underlying principles and practical applications in medicine, illustrating these with vivid case histories from his own practice. His focus is, of course, digestive disorders, which, as well as being one of the commonest presentations in practice, also has a profound personal meaning for Paul. Since he is also a qualified GAPS therapist, he has a keen interest in the therapeutic potential of certain dietary regimes, for example, in IBD. Diet is, of course, combined with herbal medicine, which is one of the key agents of endobiogenic therapy.

Again, Paul devotes considerable attention to novel approaches to treating abdominal adhesions (which are common in the many IBD patients who have undergone abdominal surgery), including manual therapy and specific exercises.

This book, then, will be of interest to all those who seek and study integrative approaches to disease, and particularly to disease involving the digestive tract. I am convinced that they will be impressed by the outstanding results practitioners can get by adopting a genuine systems approach that targets the root cause of digestive (and other) imbalances, and uses plant medicines in a totally new way to restore equilibrium.

Colin Nicholls
President
Endobiogenic Medicine Society UK

ACKNOWLEDGEMENTS

I believe that it is important to give acknowledgement and thanks for the work undertaken in the past and the knowledge and experience shared.

I would like to thank Colin Nicholls (President of EMS), who was one of my lecturers at Middlesex University when I was studying phytotherapy, and was the person who introduced me to endobiogenic medicine and to Dr Jean-Claude Lapraz. In fact, he was the one who first introduced the UK to endobiogenic medicine. Colin has been a great help over the years, and is a person of great integrity who is always willing to provide support and guidance.

I would also like to thank Dr Lapraz, my mentor, a most modest and extraordinarily intelligent person. I have known Dr Lapraz for about 18 years now and I always look forward to seeing him and learning from him. He is always ready to share his immense knowledge with his students. I am indebted to him both for his invaluable help in stabilising my own medical condition and for his guidance and tuition in the field of endobiogeny.

Thanks, are also due to Dr Kamyar Hedayat for his profound work in the development of endobiogenic medicine.

Above all, thanks to my family for all their support during the writing of this book, and to all the others who contributed by way of interview or the sharing of knowledge. If it were not for all these people, this book would not have been possible.

For all of this, I am truly grateful.

INTRODUCTION

What is endobiogenic medicine (endobiogeny)?

Endobiogeny is a theory of terrain that assesses how the internal life of the body is generated and sustained.

Endobiogeny

Endo—meaning *internal*

Bio—meaning *life*

Geny—meaning *origin*

The terms endobiogeny and endobiogenic thus refer to the origins of internal life.

Christian Duraffourd MD conceived the endobiogenic concept, and its teaching was developed by Drs Christian Duraffourd and Jean-Claude Lapraz. Drs Duraffourd and Lapraz decided very early on to use plant medicines as the treatment modality as the complexity of the plants perfectly match the complexity of the human organism.

Endobiogenic medicine is a system of medicine that considers the endocrine system to be the true manager of the body. It is the true manager, as it is the only system that manages itself and every other system in the body. The autonomic nervous system helps to regulate the endocrine system. It regulates the intensity and duration of the endocrine function.

The theory of terrain is principal to the endobiogenic concept. When we speak about terrain, we mean the internal environment of the body. The environment of the cells, the tissues and the organs and how these function as a whole.

To explain the terrain: in my clinic, I use the analogy of a house that has mould growing in it. In order for mould to grow, there needs to be a suitable environment (terrain) for the spores to take root. If you simply use mould killer and clean the mould, it will keep coming back. You need to address the reason why the mould is there in the first place. Why is the environment suitable for the mould to survive and flourish? Once you change the environment of the house, e.g. stop drying your clothes on the radiators, add an extractor in the kitchen, install a positive air system etc. the mould will no longer find a home.

If we look at recurrent infection, we can see this theory at play in the human body. Have you ever wondered why some people are prone to specific infections and others are not? If we simply use anti-infectious agents, we may not succeed in preventing recurrent infection from returning or we may have to use anti-infectious agents constantly. On the other hand, if we alter the environment within, the infectious agent, whether it be a bacteria, virus or fungus, will not be able to grow and become pathogenic.

During the course of this book we will look closely at how the endocrine and autonomic nervous systems effect the terrain; specifically, in relation to the digestive system. We will look at treatment modalities, from an endobiogenic perspective, that alter the terrain in a positive way. Several detailed case studies will be presented, allowing you to see how patients are treated within this model of medicine. We will also discuss the functional biology (unique blood test) used to identify imbalances and to track patient progress. The functional biology shows over 150 markers and is unlike any other blood test.