

# **PSYCHOSOMATICS MANUAL**

## **Section C**

### **METABOLISM 101, THE LIFE FORCE AND OPTIMUM HEALTH**

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# **METABOLISM 101**

## **CELL PHYSIOLOGY: FEEDING THE LIFE FORCE**

Q: HOW DOES THE ORGANISM GET FED BY THE LIFE FORCE?

Q: HOW DOES AN ORGANISM PRODUCE ENERGY?

### **INHALATION**

- Inhalation
- Gas Exchange
- Exhalation

### **SENSORY STIMULATION**

- Vibration
- Touch
- Visual (Eyes)
- Auditory (Ears)
- Gustatory (Taste)
- Olfactory (Smell)
- Kinesthetic (Movement in Space)
- Temperature
- Pain (Sharp & dull)
- Pleasure

### **IRRADIATION**

- Sun
- Light
- Electro-magnetic
- Chakras
- Cosmic Energy
- Orgone

### **INGESTION**

- Ingestion
- Digestion
- Absorbtion
- Metabolization
- Excretion

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## HOW WE TRANSFORM, TRANSPORT AND UTILIZE ENERGY IN THE BODY:

Basic Nutrients, Oxygen, and Energy....  
Accumulated via  
INHALATION, SENSORY STIMULATION, IRRADIATION and INGESTION  
come together in the  
**MITOCHONDRIA**  
(= "Power plants" of a cell) and create electric charge.

### CHARGE ALLOWS MOVEMENT TOWARDS LIFE

Discharge allows release, recovery, and rest.

The proper cycle of charge and discharge creates  
"PULSATION"  
Pulsation is the Hallmark of all Life.

### THE RESULT OF FEEDING THE LIFE FORCE

the "Power plants" of a cell and passed on to  
the ribosomes (= produce proteins) and the cell wall.

Cell walls are electrically polarized lipoproteins.  
When energy is pumped into the membranes of the cell wall  
its molecules vibrate. They emit electro-magnetic vibrations.

Physicist Herbert Froehlich named the concentrated charge along a cell wall a "pumped system".

The uniform vibration along many cells when energy is pumped into them is called a "Bose-Einstein Condensate":  
An ordered system that vibrates in unison – a whole.

Vibration and the underlying experience of wholeness is the sign of a healthy biological system.

The result of feeding the life force via Inhalation, sensory stimulation, irradiation,  
ingestion is electric charge created in the mitochondria

Based on Ken Goldberg, M.D. , Core Energetic Therapist

## THE PRODUCTION OF ENERGY IN A BODY CELL

It may be useful to study the basics of physiology to understand the mechanism of energy production in a body cell.

A cell consists of a nucleus (which contains DNA) and a cell wall that encloses many complicated structures. These structures produce protein ("ribosomes", "granular endoplasmic reticulum" and "Golgi apparatus"), synthesize hormones (agranular endoplasmic reticulum), they work as housekeeper and digestive organ ("lysosomes", "phagozytic vacuoles") and perform many more essential functions. The organs responsible for energy production are the mitochondria.

**"Mitochondria"** are the energy producing units of the cell. Shaped like a sausage, they accumulate in areas of the cell where processes occur which require high amounts of energy.

To describe the exact biochemical mechanisms goes way beyond the scope of this study guide. The following are just a few pointers in understanding energy metabolism:

1. Food enters the body through the **digestive system** where it is ingested, digested and absorbed via the intestinal tract. These broken-down nutrients are distributed by the blood stream and reach the cell.
2. At the same time, oxygen is inhaled with the air and absorbed by the alveoli (= breathing organs) of the lungs. **Oxygen is carried by the red blood cells** and thus distributed by the circulatory system (heart and blood vessels) to the body cells.
3. The nutrients and oxygen reach the cell and become building blocks in a energy producing process called **Oxidative Phosphorylation**.

Basically this is the name for the mechanism that produces energy from sugar (Glucose) then uses the energy and transforms it into electrical potential in the membranes (cristae) of the mitochondria. **This is where "ENERGY" is born!**

In this very complex process the "glucose" (sugar) is absorbed into the cell and going through many biochemical transformations to finally become "pyruvate". At each step more energy is harvested from it!

## PSYCHOSOMATICS COURSE

Chemically, as a side product of the sugar metabolism ADP (adenosine diphosphate) is converted to ATP (adenosine triphosphate). This **indicates that energy is added (= charged)** in form of the extra energy-rich phosphate molecule. **The extra energy can be given off** (= discharged) when needed by the organism. ATP converts to ADP.

**ATP = ADP + free energy** (simplified)

In a further process, called the **Krebs cycle** (or citric acid cycle), pyruvate, the end product of sugar metabolism, is converted into lactate while giving off energy. This is called anaerobic glycolysis and is activated ("flavoprotein-cytochrome chain") when the organism uses up more oxygen than available from breathing ("oxygen debt", i.e. fast running, etc.).

The advantage of the anaerobic process is that it can run without oxygen, the disadvantage is that much less energy can be produced.

Both, the anaerobic and the aerobic process of energy production involve a transfer of protons across an insulating membrane, the "cristae" of the mitochondrion. The potential difference across the membrane creates **electrical charge**.

**This electrical charge constitutes the biochemical basis for all other processes in the human organism.**

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## HOW THE BODY UTILIZES ENERGY

Compiled by Chris Beattie, L.C.S.W. based on "Job's Body" by Deanne Juhan

**Energy in form of ATP is produced in the Mitochondria of each cell via**

### Oxydative Phosphorylation and Anaerobic Glycolysis

**MUSCLE CELL:** Movement. Contraction of Actin–myosin filaments

**NERVE CELL:** Signals for muscle contraction, thought & memory

**LUNG CELL:** Absorption of oxygen, conduction of oxygen into the blood stream

**HEART CELLS:** Pump mechanism for blood. Transport of oxygen and nutrients to all cells of the body; Transport of immune molecules

**BLOOD CELLS:** Containment, transport, and distribution of nutrients, oxygen, and immune substances to all parts of the body

**DIGESTIVE ORGAN CELLS:** Absorption of food, break-down into nutrients, conduction of nutrients into bloodstream, creation of glucose

**ENDOCRINE CELLS:** Creation of hormones that influence bone growth, sexual maturity, menstruation, sexual fertility

#### **ORGAN CELLS:**

- Liver & Spleen: Metabolic waste & toxin removal
- Kidneys: Waste and metabolic byproduct removal
- Immune system: Protective system carried in blood stream
- Lymph system: Protective system non-blood stream based
- Reproductive Organ cells: Reproduction

Compiled by Chris Beattie, L.C.S.W. based on "Job's Body" by Deanne Juhan

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## WHAT IS HEALTH?

### **PULSATION**

**Charge & Discharge  
in a Healthy Organism**

**THE BODY IS THE PHYSICAL MEDIATOR FOR  
ENERGY & CONSCIOUSNESS VIA MIND AND EMOTIONS.**

**Therapy and energetic work cannot produce good results without**

- **Nurturing**
- **Regeneration**
- **Detoxification**

**of the body in order to maintain an optimal balance**

**CHARGE ALLOWS MOVEMENT  
TOWARDS LIFE.**

**Discharge allows release, recovery, and rest.**

**The proper cycle of charge and discharge creates  
“PULSATION”**

**Pulsation is the Hallmark of all Life.**

## **THE 'PRIMARY PERSONALITY'**

**By Gerda Boyesen**

The term Primary Personality is used by Gerda Boyesen to define balanced and regulated physical, mental emotional and spiritual health and well being

The person who is in contact with their 'Primary Personality' does not withdraw or encapsulate their life energy and it's associated "streamings" - the little rippling, tingling sensations within the body that tell us we are alive, a process that usually happens during childhood.

He or she is a person who is in touch with his or her 'libido' circulation, the pleasure that is derived from being in one's environment and obtained from participation in any situation. He or she will not betray this in themselves or deny it for themselves or others. There is a natural joy in life, a euphoria that is also practical and pragmatic. He or she is "grounded".

The Primary Personality is curious, not afraid of anything new. He or she is also flexible and can take the unexpected, is not defensive, but is able to protect him or her self. There is a basic security, a stability and an honesty. This person can give or take openly. He or she has a readiness about them and a presence that attracts and gives to others.

On an auric level, the red and blue energies are in proportion, which means that the earthly energies and the more spiritual energies are balanced and work together. There is pleasure in work and in relaxation, a gentle euphoria and mild intoxication in the pleasure of living.

We all have these attributes within us; what we need most is the capacity to balance, to self-regulate. With this capacity we do not get fixated in any one aspect.

When the function of one aspect is fulfilled it recedes back into its potential and another aspect takes its place. Our work with people is to help each person to realise all aspects of the Primary Personality within themselves.

The Primary Personality is our full human potential. The pleasure of helping people to come back to their Primary Personality, unique to them, but common to all, is no less than their own pleasure in re-experiencing it.

It is holy work, for Man and Woman are sacred beings'.

From: Gerda Boyesen, 'The Primary Personality', Journal of Biodynamic Psychology, No. 3, London, 1982

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## THE INTEGRATED MEDICINE MODEL

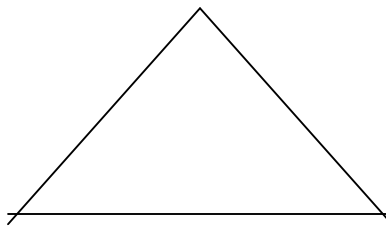
### THE INTEGRATED MEDICINE MODEL

- 1) **Physical Body**
- 2) **Electrical Regulation Body**
- 3) **Mental Body**
- 4) **Intuitive Body**
- 5) **Soul**

Base on Integrated Health "PYRAMID" (Dr. Klinghardt)

## TRINITY OF INTEGRATIVE HEALTH

**Nourishment**



**Regeneration**

**Detoxification**

FOR A HEALTHY LIFE EXPERIENCE THIS TRIANGLE MUST BE BALANCED  
PHYSICAL AND EMOTIONAL HEALTH DEPENDS ON THIS OPTIMAL BALANCE  
GOOD THERAPY AND SUCCESSFUL PERSONAL GROWTH WILL NOT BE  
EFFECTIVE IF THE ORGANISM IS WEAKEND

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## **FUNCTIONAL HEALTH PROBLEMS:**

- 1) Toxic Bowel**
- 2) Hormonal Dysregulation**
- 3) Dys-autonomia**
- 4) Dysregulation on the Psycho-emotional Level**  
**(Mental, Family Systems and Spiritual Levels)**
- 5) Dys-oxygenosis**
- 6) Structural Dysfunction**
- 7) Chronic Infection**
- 8) Cell Communication Dysfunction**
- 9) Toxic Foci**
- 10) Nutritional, Metabolic imbalance, & Life Style Factors**
- 11) Specific Biochemical Problems and Organ System Dysfunction**

**EFFECTIVE THERAPY AND PERSONAL GROWTH WORK  
MUST INCLUDE  
REMOVING THE FUNCTIONAL HEALTH PROBLEMS OF A CLIENT**

# CoreSomatics

## INTEGRATIVE MEDICINE

&

## CORE ENERGETICS

LIFESTYLE CHOICES & EXERCISE

DETOXIFICATION

NOURISHMENT

REGENERATION

**= TRANSFORMATION & HEALING =**

SPIRIT  
H.S.

ENERGY & CONSCIOUSNESS

MIND  
OVER  
BODY

Core Energetics  
Therapy

Mask → Lower Self → Pain  
**AUTHENTICITY**  
...MEANS WITNESSING WHAT IS  
AS HORRIBLE THAT MAY BE

## HEALTHY BOWELS = HEALTHY BODY-MIND

### THE 4 “R”S OF INTESTINAL REGENERATION

- Remove
- Restore
- Regenerate
- Re-inoculate

**REMOVE**....toxic food & substances from bowels (anti-allergy, elimination diet).

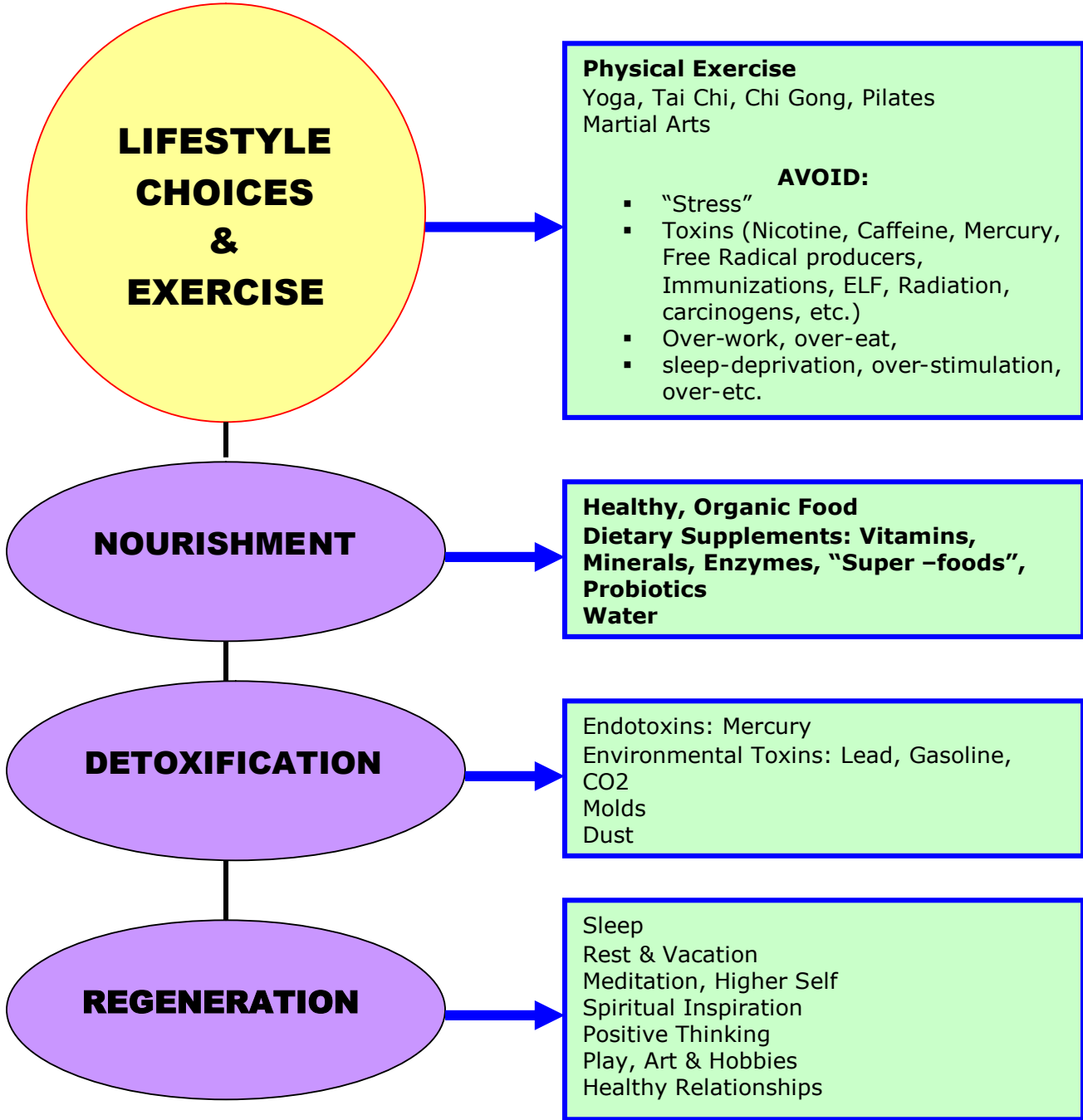
**RESTORE**....enzymes (pepsine, trypsin, pancreatin) and stomach acid balance (Betaine-HCl)

**REGENERATE**.....bowel environment with F.O.S. (fructose oligosaccharides), vitamins, minerals, butyrate, etc.

**REINOCULATE**....with healthy bacteria (acidophilus, etc.) and/or homeostatic soil organism

Sources: Dietrich Klinghart, M.D. , Mark McClure, D.D.S et.al.

**BEFORE YOU START THERAPY: CHECK THIS OUT....**



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**STOP!**

**Before you go any further:**

**Check your client's lifestyle**

- **Exercise**
- **Healthy Nutrition**
- **Enough Sleep**

**ULTIMATELY, WE FEED ON DIVINE ENERGY, BUT WE NEED A HEALTHY & FIT BODY TO BE ABLE TO RECEIVE THE FULL LOAD OF ENERGY!**

**Below are a few suggestions for what to look out for:**

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## **SELF CARE for CLIENTS**

### **Tips for Keeping One's Batteries Charged**

When you first interview a client, and throughout the therapy, keep in mind how well this person is able to maintain basic body functions. Nothing in the body/mind/emotions system can function properly if the body is not maintained on an ideal level! Even your car needs a full gas tank, a regular oil change and a tune-up to keep it running smoothly. On the body level you need the synergy of all biochemical functions in order to be able to increase and sustain optimal charge.

**Electrolytes** (minerals are necessary for electrical charge and conductivity) and **neuro-peptides** (neurotransmitters) must be in optimal supply for nerve, brain and muscle function. A complex synergy of **hormones, enzymes, vitamins** and other **essential nutrients** is responsible for the harmonious regulation of all bodily processes. Healthy life style choices" are a form of grounding. They help the person to charge, be in contact with their energy and to be fully in reality. Some of the omissions, difficulties and disturbances you will find in unhealthy lifestyle choices are **diagnostic** for deeper-seated characterological issues.

#### **SELF CARE, NUTRITION, EXERCISE & HEALTHY LIFESTYLE CHOICES FOR OPTIMUM CHARGE:**

- **Physical Exercise:** Charge (Aerobic) exercises, Stretch, Heart rate, Muscle tone, Endurance, Relaxation-Release, etc. **Sleep:** A disrupted sleep pattern can interfere with many hormonal and mental processes in the body. One needs rest to function properly. Does your client have dreams?
- **Food:** What kind? How much food is this person taking in? Is a diet necessary? Over-eating, bingeing, purging or starving? **Drugs:** Medications (prescription medication, mood stabilizers (Prozac, etc.), hormones, as well as "recreational drugs" (uppers, downers) may strongly influence a person's internal balance in either direction, both because of their direct action and side effects.
- **Nutritional Supplements:** Vitamins, Minerals (for electric charge), Immune boosters, Psycho-Nutrition (Melatonin, 5-HTP, Ginko Biloba, PS-100, SAM-e) can support a person's functioning and biochemical charge.
- **Health Issues:** Allergies (Food, pollen, dust etc.), Toxins, Blood sugar (Hyperglycemic (diabetic) , Hypoglycemic (Low blood sugar), Thyroid problems (Wilson Syndrome, Hyper/hypo-thyroidism), Cholesterol, Blood pressure, Immune Deficiency (various), etc. can impair a person's full energetic expression.\
- **Hazardous environmental influences:** Environmental toxins, Food additives, Food radiation, Genetically altered food, Microwaves, Electronic radiation (antennas, cell phones, TV), High voltage electro-magnetic.

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