

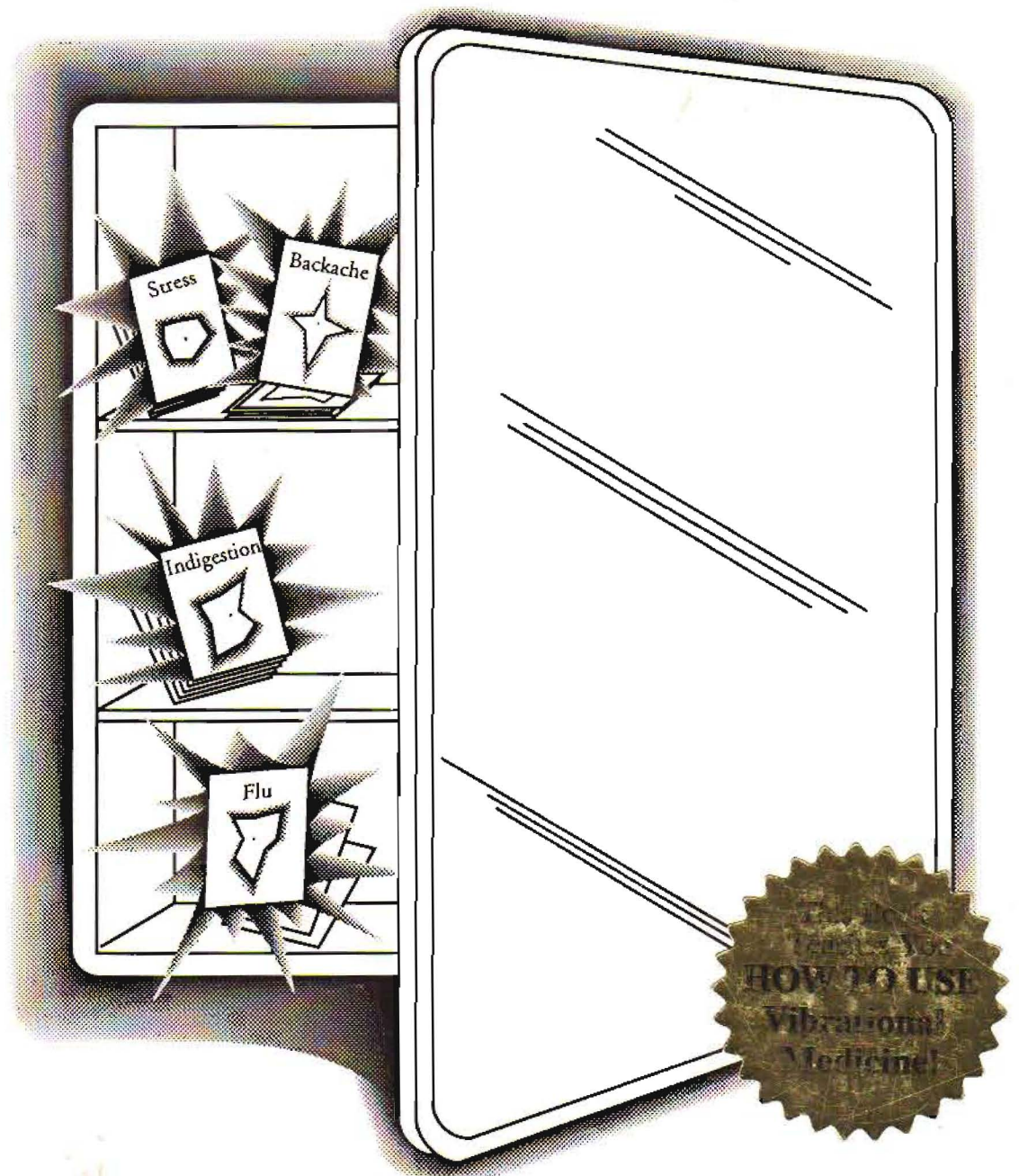
THE PAPER DOCTOR

A VIBRATIONAL MEDICINE CABINET

by Don Gerrard

58

MAGNETIC
PATTERNS
THAT
HEAL



What To Do When You First Buy This Book

REGISTER WITH US

Take a moment to register your purchase of this book with us. When we receive your registration, we will send you a free copy of the new RETURN LAG Remedy Card (see page 177) as well as detailed information concerning how you can expand The Paper Doctor into a portable self-healing system. In addition, if at some time in the future we improve any Magnetic Pattern in this book, as a registered user you will automatically receive a free copy of it.

When you discover how easy and effective it is to use Paper Doctor remedies, you will want to know how to expand your use of the Paper Doctor through our additional products. These include new individual Remedy Cards, the Paper Doctor Remedy Card set, and various supplies that make your Paper Doctor system faster and easier to use. For a detailed explanation of these products, read *Going Further With The Paper Doctor*, page 365.

HERE'S HOW TO REGISTER YOUR BOOK

Fill in the Registration Form on the bottom half of this page. Then cut out the form and mail it to us at:

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Registration Form 2A

Please register me as a Paper Doctor remedies user, and send me your new product information as it becomes available (at no cost or obligation to me).

Date: _____ Sex: ____ Age: ____

Name: _____

Address: _____

City, State, Zip: _____

I bought my copy of The Paper Doctor at: _____

What To Do Next

GET THE REMEDIES TO WORK

You can't possibly imagine how these remedies work just by reading about them. You must experience their gentle power first hand.

So when you get home with this book, read how to get started making and using these remedies. This material can be found on pages 43 to 60.

TRY SOME REMEDIES

If you have a specific complaint right now, such as indigestion, tension, fatigue, a cold or a headache, make a remedy for it. Make and drink the remedy three times in succession. If you chose the right remedy, you should notice a definite improvement in your complaint within 15 minutes.

If you don't have a specific complaint right now, you may not be able to get such dramatic results. However, if you make and drink the most appropriate among the following remedies (STRESS, page 261, FATIGUE, page 129, or ENERGY BOOST, page 117) three times in succession, you should feel more relaxed, or more energetic.

WHAT TO DO IF A REMEDY DOESN'T WORK

When a Paper Doctor remedy works on a complaint you have, you'll know it. You will feel definitely better. Paper Doctor remedies do not give just a "minimal placebo effect". If you are not sure whether a remedy is helping, that means it's not. If nothing happens after you use any remedy three times in succession, turn to page 61 and read the section called If You Have Trouble Getting The Remedies To Work.

TEST YOUR HEALING RESPONSE

The Healing Response is that innate mechanism which regulates the organism's defenses and enables it to fight stress and disease. Vibrational medicine works by trying to stimulate the Healing Response, to assist the organism in its fight to stay well.

You can test your Healing Response when you feel perfectly okay by making and drinking the remedy STIMULATING YOUR HEALING RESPONSE, found on page 253, according to the instructions for testing your Healing Response, which are on page 331. If you don't have a complaint right now, and you want to try the remedies, this is a good way to get started.

So go ahead, try a remedy!

Medicine Of The Future You Can Use Today

We stand at the beginning of a paradigm shift in health care that has far reaching consequences for everyone. The old model - a mechanistic, part-oriented, cause and effect viewpoint - is giving way to the new - a whole being, spirit-oriented, energetic approach to the treatment of illness. In the language of the physicists: our Newtonian universe is giving way to an Einsteinian one. The solid particle has also been seen as a wave; the observer must admit that he determines what he observes. Everyone and everything is in the same soup; none can stand apart and judge. Detachment, the very spirit of Newtonian science, is impossible.

As with the onset of any change in conceptual systems, at first the new model appears to throw everything into chaos. Everyone has trouble determining the standards by which common activities can be carried out.

For example, in Newtonian medicine, the patient can be afflicted with many diseases at once, each separate and discrete, each requiring its own medicine. In Einsteinian medicine, each patient can have only one disease at a time, a disease which encompasses all his symptoms, and which is unique to him alone. If the new model is accurate, how can the Einsteinian patient be treated? Many time-honored medical diagnostic and therapeutic tools may no longer apply.

Given time and practice, however, the new form becomes familiar, then accepted. A new order appears from the chaos and awkwardness gives way to experience, then bureaucratic routine.

In this book I do not discuss the concepts, the research, or the clinical experimentation behind this new paradigm, or its many implications for medicine; that job has been ably handled by Richard Gerber in his excellent book Vibrational Medicine (see Resource Bibliography). Instead I offer a simple, effective working example of Einsteinian Medicine for you to explore and use.

When you first thumb through the pages of my book, and see the magnetic patterns, you may feel amazed, skeptical or disbelieving. You too will be experiencing the disorienting power of a paradigm shift! You may think "These shapes can't heal. This book is unbelievable!"

But before you discard the book, consider this: magnetic patterns have been tested and used by thousands of people world-wide for more than 20 years. Perhaps what you seek is not proof, but an explanation. For that, begin reading How It Works, page 20.

For proof, don't try to stand apart and judge (old Newtonian reaction). Instead, try a remedy (new Einsteinian response).

Professional Comments

"This book is a small miracle.... While quantum physicists continue opening doors revealing our lives as pure energy and consciousness, The Paper Doctor lets us put these principles into practice to improve our own well being. A major breakthrough!"

Hal Zina Bennett, Ph.D., co-author of The Well Body Book and author of Follow Your Bliss

"The Paper Doctor is a distinctly unique, self-administered procedure claiming to correct many of the most common complaints of illness. The procedures are so very simple, never involve medical jargon, are of no more risk than drinking a thimbleful of water and may be effective for those open to the almost magical concepts of Homeopathy.

"The underlined 'may' implies my own reservations as a scientist conversant with the long history and central contentions of Homeopathy. Then, too, with author Don Gerrard's methodology we are one step removed from the homeopath's chemicals; for only the magnetic signature of these chemicals impressed solely on water is used as the remedy.

"Within recent years surprising findings about the structure and behavior of water - and of the primacy of bioelectricity - have suggested that biologists may have to reconstruct their models of the life processes. It could be that the near future will write a scenario wherein our scientific knowledge is found to be lagging behind the thinking in The Paper Doctor."

Dr. Norman N. Goldstein, Professor Emeritus, Biological Sciences, California State University at Hayward

"Having devoted most of my professional career to dealing with prevention, I am always looking for the most natural way to prevent or treat illness, so I was especially pleased to get The Paper Doctor. It is wonderfully simple, completely non-toxic and in my experience very effective. I highly recommend this book to everyone."

Thomas McGuire, D.D.S., author of The Tooth Trip and Tooth Fitness

"The patterns in Don Gerrard's Paper Doctor may very well be the next evolution in our way of conceiving and practicing energy medicine. As a classically trained homeopath, I am conditioned to using remedies made from the original substance diluted to a microdose. However, the healing potential that remains in the energized medicine is still somewhat of a mystery.

"One possible explanation of the homeopathic preparation is that what does remain as an active healing potential is a pattern retained in water. The "essence" of a substance may in fact be the pattern of an energy field. This book may only be the beginning of a vast rediscovered dimension of energetic medicine that may in time integrate homeopathic and other forms of non-material medicine."

Richard Plant, D.C.

THE PAPER DOCTOR

A VIBRATIONAL MEDICINE CABINET

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Disclaimer Of Liability

Neither this book nor any of its contents attempts to diagnose or treat any disease, medical condition, or serious ailment. If you think you have a disease or a medical problem of any sort, don't use this book, but consult your physician at once.

The remedies in this book, referred to as Paper Doctor remedies, offer non-toxic help for the non-serious complaints of daily living, as chosen by the reader.

Paper Doctor remedies must never be used as a substitute for prescription medication or a medical checkup.

The reader must decide which Paper Doctor remedies, if any, are appropriate for their non-serious complaints, whether any remedy they use is helping them, whether their condition is improving or deteriorating, and when to seek qualified medical help. This book is not intended to be, and must not be construed to be, a substitute for a physician.

The reader must use each Paper Doctor remedy only as instructed on the accompanying instruction page.

If a complaint persists or any questionable conditions arise the reader must discontinue using Paper Doctor remedies at once and consult his or her physician without fail.

Preface

by Richard Gerber, M.D.

Vibrational medicine or energy medicine may be considered to be the use of energy, in various waveforms or frequencies, to either diagnose or treat illness. Energy medicine is an innovative approach that is only gradually finding acceptance by doctors and health care professionals as we enter the end of the 20th century.

Albert Einstein and his famous equation $E=mc^2$, helped scientists to begin to understand the ramifications of an energy and matter unity at the beginning of the 20th century. It is only now that we are beginning to integrate the physicists' understanding of the energy/matter relationship into the way we view biology and medicine. In a way, Vibrational Medicine is Einsteinian Medicine because it builds upon the principles of the human body (matter) as a kind of structured energy field. This was one of the conclusions to come out of the discoveries of Einsteinian and Quantum physics.

The conventional aspects of Vibrational medicine encompass forms of healing with electromagnetic fields including electricity to suppress pain (via TENS devices), pulsed electromagnetic fields to accelerate the healing of broken bones (bone stimulators), sound waves to destroy kidney stones and cataracts (shock wave lithotripsy and ultrasonic phacoemulsification) and full spectrum light to treat depression (SAD/Seasonal Affective Disorder). These energy healing modalities are used in hospitals throughout the world. Yet the doctors who utilize them do not associate such healing via energy devices with the concept of Vibrational Medicine.

The less conventional or alternative side of Vibrational Medicine incorporates modalities that employ the use of what has come to be known as subtle energy. It is possible that the frequencies of energy in this spectrum fall outside of what we normally consider energy when describing the electromagnetic spectrum. In fact, this type of energy may be what has been called vital energy or life force. The existence of vital energy may have actually been predicted by Einstein's relativistic equations. Like electro-magnetic energy, subtle energy has different forms and frequencies but it also has very unique laws and principles that distinguish it from the known forms of electromagnetic fields. It is magnetic in nature, negatively entropic in character (creates increased order and organization), and is exceedingly difficult to measure directly. However, subtle energy can be indirectly measured and its existence can be documented by the effects that subtle energy has upon living and nonliving systems. The forms of Vibrational Medicine that utilize or affect the flow of this subtle energy in living systems include acupuncture, homeopathy, flower essences, and Therapeutic Touch (laying-on-of-hands healing).

Conventional electromagnetic healing approaches often tend to directly affect cell membranes in the body by altering the flow of different types of ions (electrically charged particles) in and out of cells and by affecting the electrical charge (or membrane potential) and the physiological functioning of cells. Slightly different frequencies of electromagnetic energy will promote very different cellular effects. The body possesses amplification systems which magnify the tiny chemical and energetic

signals normally (or unknowingly) entering the body so that small energy/chemical inputs can sometimes cause major physiological changes.

However, when dealing with subtle energy healing approaches, the energy input signals may cause changes by completely different mechanisms. For instance, acupuncture, the placing of fine needles into specialized skin regions of the body (known as acupoints) may work, in part, by rerouting circuits of life energy flow within the body (sending energy to deficient areas and removing energy from overly-charged areas). Seen from this perspective, the acupoints and meridians (lines of life energy flow) of the body can be viewed as components of a large integrated circuit, with acupoints being tiny amplifiers of signals. The acupuncture meridian system is but one of the body's many energy regulatory systems that actually oversee and control the known chemical and cellular processes that contribute to bodily health or illness.

Acupuncture and other subtle energy systems of healing can also provide structured information to the body. When acupuncture is used to heal illness, the final configuration of needles inserted into acupoints throughout the body may actually trigger a healing response in the body. Stimulation via acupuncture may also allow the body to respond (at certain energetic levels of information processing) in a more health-promoting fashion.

Another subtle energetic form of healing is homeopathy. In homeopathy, solutions of dissolved herbal, mineral and other substances are prepared in the form of very weak dilutions. These very weak dilutions are ingested and appear to have powerful therapeutic effects if the correct remedy is selected for the particular patient's ailment. Unlike conventional or allopathic medicines that can produce either intended or negative side effects in the body in a direct dose-dependent fashion, homeopathic medicines will only work if curatives are selected to match the patient's exact illness/symptom complex. Scientists are just beginning to understand why homeopathic dilutions heal in this way, but the best explanation of the homeopathic effect may have to do with a phenomenon known as resonance.

Everything has its own resonant frequency. If one supplies energy in the resonant frequency of a particular system, there is maximal absorption of that energy. That energy transfer can be destructive as in the case of the singer who shatters the wine glass by loudly singing the resonant note of the glass, or it can be constructive as in the case of homeopathy. It appears that homeopathic remedies may provide a frequency-specific subtle energetic signal that is stored in water which is used to prepare homeopathic dilutions. Each homeopathic remedy contains the vibrational signature of the plant or other substance that was used to prepare the remedy. The energetic signal of each remedy may do one of two things. The signals may provide a resonant energy that supplies the catalyst or activating energy to push the body into resolving the illness on its own. In addition, the energetic cue may transmit a type of structured information to the body (in an energetic form) which assists the body in processing and discharging the toxicity of the illness. In a sense, the information contained within a homeopathic remedy may be viewed as an energetic pattern utilized by the body in restructuring itself at a molecular level while the body moves toward a level of greater inner order and organization. Most illnesses lead the body toward states of increasing cellular disorder.

Therefore, moving the body toward states of increased (physiological) order would naturally be associated with greater health and cellular harmony.

The information the body needs for healing can exist in a variety of forms. It appears that healing instructions may actually be coded in particular geometric patterns which the body utilizes at a subtle energetic level in order to create cellular (and molecular) order. There is evidence to suggest that water has the capacity to store various subtle energetic forms and vibrational/ energetic signatures. Water may have a tremendous capacitance in this respect. It has been shown that water in a sealed glass jar can store energy from a healer's hands. The charged water can then be used to promote plant growth. Conversely, water held by psychotically depressed patients has been shown to retard plant growth.¹ The energetic storage properties of water may also be involved in grabbing onto and holding the energetic signature of plants which are used for making homeopathic remedies. Recent theoretical models in physics even suggest that water may achieve permanent electrical polarization when incorporated into certain alternative healing modalities.²

It seems that energetic patterns stored in water are transferred to the body when a homeopathic remedy is taken internally. There are numerous European studies validating the effectiveness of homeopathy in treating ailments. Homeopathy is particularly well suited to acute disorders, and there are many versions of homeopathic first aid kits that contain remedies that may be helpful with a variety of symptoms and health problems.

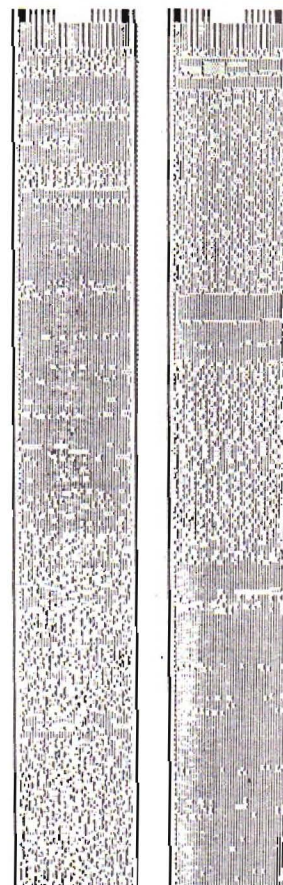
This brings us to Don Gerrard's book, *The Paper Doctor*. Within the pages of this book are the geometric energy patterns that are associated with many homeopathic first aid remedies as well as with a variety of other vibrational remedies. The concept presented here is unique among books and treatises on vibrational healing approaches. The geometric energy patterns on each page are a symbolic representation of the actual subtle energy contained in specific alternative healing remedies. The fact that symbolic representations can sometimes be as effective as the actual vibrational remedy is an unusual concept to most linear, logical thinkers. In order to give a better idea of how this healing approach can be conceptualized, I suggest an interesting computer analogy.

I am writing this preface on an Apple Macintosh computer. Several years ago, a company called Cauzin Systems came out with an interesting device called The Softstrip System that allowed someone to store computer programs on paper.

1. Gerber, R. Vibrational Medicine: New Choices For Healing Ourselves, Bear & Company, Santa Fe, New Mexico, 1988, (1-800-932-3277).

2. Del Guidice, E., Preparata G., & Vitello, G. Water as free electric dipole laser., *Phys. Rev. Lett.*, 61:1085-1088.

The system consists of two parts. The first part is special software that translates computer code into a graphical black and white pattern that is printed on paper. The patterns that are printed on ordinary computer paper are complex geometric grid patterns (sort of like thousands of adjacent micro-crossword puzzles) encoded as individual, one inch stripes of data. The patterns printed onto paper could then be read into any Macintosh computer equipped with a device called a Softstrip Reader. Light from the Softstrip Reader is reflected back from the tiny black and white strip-like patterns and is translated by the computer (using special software) back into the binary language of computer programs. (At a more simplistic level, this is the same technology which is now used by the bar-code readers in many supermarket check out lines.) Thus, data is changed from something that first existed as magnetic memory information in the computer to paper black and white symbols and then is changed back into magnetic information again on a floppy disc or hard drive. The information stored in a Softstrip can be anything from a word processing document to an entire software program that lets the computer do something special.



The interesting thing about the Softstrip System is that Xerox copies of the black and white geometric strip patterns are just as effective as the originals in transmitting the information to computer users. For a short period of time, one (now defunct) computer magazine included Softstrips on a central page that gave free computer programs to any reader who had the Softstrip system. The fact that copies of symbolic representations of computer programs are just as effective in running computers (equipped with Softstrip) as the original programs brings us back to Don Gerrard's concept of publishing geometric symbolic patterns of remedies in book form.

The patterns in this book are graphic representations of energy field patterns of vibrational remedies. They represent a symbolic form of bioinformation that is integrated by the body at a subtle energetic level first and at the cellular level secondarily. The vibrational storage potential of water is utilized by imprinting the geometric pattern of the remedies onto water using a magnetic source that is included with each book. Each created remedy is the magnetic subtle energy equivalent of a sunprint using sunlight, a natural energy source, to imprint photographic paper with the outline and shape of a leaf. The bioinformation exists as coded vibrational patterns in the water that are transferred from the geometric patterns on paper (just as the Softstrips are coded vibrational patterns on paper). The subtle energy system of the human body possesses a transducing system that is capable of transforming symbolic bioinformational messages into computer programs that run on the human computer. The body possesses the bioenergetic equivalent of a Softstrip reader which can be plugged into any Macintosh computer to read Softstrip encoded programs.

It is no surprise that messages and information encoded in one form are translated into other forms by the body. When a human finger touches a hard surface, pressure receptors in the finger translate mechanical deformation of the specialized receptor into changes in cellular membrane potentials (electrical charge). This electrical charge causes nerves to fire. The firing of one nerve causes the message to be changed into a chemical neurotransmitter released into a synaptic gap which is then retranslated by another nerve cell to transmit the message to the brain. The rapidity of the nerve firing determines whether the person interprets the pressure against the finger as hard or soft. The point is that a message changes forms many times from the time of input to the time of translation of meaning and integration by the system. What is truly amazing is that symbolically encoded information can be therapeutically healing to the human body!

The concept of using paper geometric patterns (along with weak magnetic fields) to encode water with therapeutic properties is nothing short of revolutionary. Many will find this a difficult concept to believe. Don Gerrard suggests some interesting experiments for the reader/user to try as personal validation of this healing theory.

As in homeopathy, there must be proper matching of the remedy with the patient's symptoms for a resonant transfer of energy and a therapeutic effect to occur. Those who try the remedies just to see their effect will find none if they are without symptoms. However, if instructions are followed, the chances for healing benefits are great. Perhaps Don Gerrard's unique concept will eventually provide further validation of homeopathic first aid and give support to the idea that energy can be stored and transmitted through the use of geometric patterns. Here is an entire vibrational science waiting to be fully researched and validated.

The principles demonstrated by the remedies in this book, and by the original homeopathic (and other vibrational) tinctures still await validation in the larger context of orthodox medical science. When we have adequately done this research, through the creation of an international healing research center, we will have successfully birthed 21st century medicine into being. The labor pains of this growing subtle energy science will be heard loudly during the next decade. Although the Paper Doctor is not intended to replace appropriate medical care, it attempts to create a unique Vibrational First-Aid Kit that will find increasing importance in the years to come.

Richard Gerber, M.D.

Author of Vibrational Medicine: New Choices For Healing Ourselves

November 29, 1990

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This Books Is Dedicated To Our Children:

Renee
Bren
Sean
Layne
Tim

I wanted to have it for you 15 years ago.

The Paper Doctor

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Remedy Table of Contents

The 9-page remedy table of contents which begins on the next page lists the Paper Doctor magnetic patterns. The healing action of each pattern is summarized in one or two lines, and the page number on which the pattern can be found is given.

All 58 magnetic patterns are listed under one of five categories:

Digestive Distress	begins on page 2
Headaches	begins on page 3
First Aid	begins on page 4
Sickness	begins on page 7
Personal Stress	begins on page 8

Within each category, all of the remedies are listed by name in alphabetical order. This makes it easy to locate your remedy.

HOW TO LOCATE A REMEDY

1. Decide which category your complaint falls into, and turn to that page in this table of contents. (See category page numbers above.)
2. Within your chosen category, look for a magnetic pattern whose name matches the name of your complaint. When you find it, read the brief description of its healing action.
3. If this brief description seems to match your complaint, turn to the page number given and read about the remedy in detail.
4. If the detailed description seems to match your complaint, try that remedy.
5. If it does not, or you're not sure, consider one or more of the alternative remedies listed on that page in the section called **ALTERNATIVE REMEDIES TO CONSIDER**.

TIP: If you don't find your remedy listed by name in this table of contents look for it by name in the Complaint's Index, page 341.

For Digestive Distress remedies, see next page.

DIGESTIVE DISTRESS

Constipation page 105

Can relieve constipation that occurs from emotional upset, stress, or traveling.

Diarrhea page 109

Can relieve common diarrhea due to traveling, business pressure or after eating unfamiliar or tainted food.

Indigestion page 161

Can relieve nausea, bloating, burping, and gas after overeating, eating while tense, or eating rich food.

Nausea And Vomiting page 193

Can relieve severe digestive distress, with persistent nausea and vomiting, that results from eating indigestible or tainted food such as one might encounter while traveling.

For Headache remedies, see next page.

HEADACHES

Chronic Headache

page 101

Use this remedy to relieve recurring headaches, or the "regular" headache you usually get.

Tension Headache

page 269

Can relieve a headache due to tense neck and shoulder muscles that results from stress, business pressure, or emotional upset.

Throbbing Headache

page 281

Can relieve an occasional painful, pounding headache.

For First Aid remedies, see next page.

FIRST AID

- Ache** page 73
Can relieve that sore, aching feeling anywhere in the body.
- Allergies** page 81
Relieves the complaints that often accompany respiratory allergies from airborne irritants.
- Backache** page 85
Can relieve back pain due to muscle strain or muscle spasms.
- Bee Stings** page 89
Can provide relief from the pain and local swelling that accompanies wasp and bee stings.
- Bronchial Irritation** page 93
Can relieve acute painful coughing with heavy, sore chest that comes from either environmental or emotional causes.
- Earache** page 113
Relieves pain or fullness in the ear from inner ear inflammation due to change in altitude, swimming, or a cold.
- Environmental Sensitivity** page 121
Helps relieve over-sensitivity to pollutants and irritants in one's home or work environment.
- Eye Irritation** page 125
Relieves inflammation, burning, tearing and redness from eye strain.
- First Aid** page 141
Use this remedy when anything negative happens to you.

For more First Aid remedies, see next page.

FIRST AID

Food Poisoning page 149

Can relieve the vomiting, diarrhea, nausea and abdominal pain resulting from eating tainted food.

Hangover page 153

Can relieve the bad effects from drinking too much alcohol.

Insect Bites page 169

Can provide relief from the pain and local swelling that accompanies insect bites.

Motion Sickness page 189

Can relieve nausea and vomiting that comes from riding in a car, or any moving vehicle.

Pain page 197

Can provide temporary relief for any pain in the body.

Physical Injury page 205

This remedy can relieve the shock, swelling and bruising that accompanies falls or blows to the body.

Poison Ivy page 209

Can relieve the rash and itching of poison ivy.

Poison Oak page 213

Can relieve the rash and itching of poison oak.

Pre-Menstrual Syndrome page 221

Can relieve the mood changes, cramping and bloating that often accompany a woman's monthly cycle.

For more First Aid remedies, see next page.

FIRST AID

Sinus Inflammation page 233

Relieves swelling and tenderness around the nose and eyes due to environmental irritants.

Smog page 241

This remedy relieves the smarting, watery eyes, sore throat and irritability that can result from prolonged exposure to smog.

Sports Injuries page 249

A deep-acting remedy for sprains or strains to ligaments or joints, or overexertion of the muscles.

Tired Feet page 285

A remedy for sore, cramping or aching legs and feet.

Toothache page 293

Can provide temporary relief from a toothache until you can get to your dentist.

For Sickness remedies, see next page.

SICKNESS

Flu page 145

Can relieve the aching and fatigue of a flu, and restore you sooner than rest and vitamin C alone.

Sore Throat page 245

This remedy relieves a sore throat before it can develop into a cold or bronchial problems.

Stimulating Your Healing Response page 253

This remedy stimulates your built-in Healing Response to help fight any infection or illness in your body. It can be used together with any of the infection and illness remedies in this book, or with any medication to help fight any disease process.

Stomach Flu page 257

Can relieve the digestive complaints as well as the aching and fatigue of intestinal influenza.

Sudden High Fever page 265

Can relieve a high fever that comes on suddenly and brings a hot red face, cold extremities and sensory distortion.

The Cold Remedy page 277

Use before or during a cold to restore your health and keep you going.

For Personal Stress remedies, see next page.

PERSONAL STRESS

Addictive Habits page 77

Helps end the unwanted but recurring use of stimulants or mood-altering substances.

Business Pressure page 97

Helps you maintain a detached calm in the midst of fast-moving people and events.

Energy Boost page 117

When you feel tired but must keep going, this remedy can help you get re-energized.

Fatigue page 129

Can sooth frayed, overstimulated nerves, and help you assimilate the experiences of the day so that you can relax.

Fearfulness page 133

Helps to relieve your fear of anything.

Feeling At Ease page 137

Helps you feel at ease in an unfamiliar environment or awkward social situation.

Hurrying page 157

Can relieve that impatient, irritated, agitated feeling that results when you are hurried or under too much pressure.

Inner Strength page 165

Brings inner strength in the face of adversity, including interviews, tests or impending physical hardships.

Irritability page 173

Helps to restore calm when you feel upset for any reason.

For more Personal Stress remedies, see next page.

PERSONAL STRESS

- Jet Lag** page 177
Use this remedy at the end of a long flight to restore your disoriented bodily processes and sluggish mental state.
- Lifted Spirits** page 181
Can help overcome feelings of discouragement, despondency, depression or grief.
- Mental Alertness** page 185
Relieves temporary drowsiness or indifference induced by a boring, repetitive task or the lateness of the hour.
- Panic Attacks** page 201
Helps relieve spontaneous episodes of sudden unknown fear that occur for no reason.
- Pollution Protection** page 217
Helps strengthen and protect the organism against the insidious effects of low-level atmospheric radiation.
- Regularize Erratic Lifestyle** page 225
Helps break persistent minor bad habits or correct self-defeating behavior patterns.
- Sleeplessness** page 237
Helps prevent sleeplessness due to waking in the night, or lets you sleep again after waking too soon.
- Stress** page 261
Use this remedy to restore your equilibrium after any demanding or distressing experience.
- Tension Release** page 273
Helps release tight muscles and relax the body.

For more Personal Stress remedies, see next page.

PERSONAL STRESS

Too Keyed Up page 289

Helps the hurried person to relax.

Traumatic Events page 297

Restores inner tranquility and mental orientation after any psychological shock or trauma.

Worrying page 303

Helps release the mind from persistent, worrying thoughts.

A SPECIAL REMEDY

Resistance page 229

Use this remedy when your chosen Paper Doctor remedies are not working for you.

Introduction

The Paper Doctor is:

a safe, effective, natural healing handbook based on a new technology known as magnetic patterns.

It contains the magnetic patterns for 58 non-toxic remedies:

1. that relieve common complaints
2. that work by activating your Healing Response to change the energy in your body.
3. that you make in a glass of water.

WHEN YOU BUY THIS BOOK, YOU WILL OWN A COMPLETE HEALING KIT

This book makes remedies for the most commonly-experienced acute complaints of life. It is an effective self-care kit that can relieve many of your daily stresses. It gets you going and keeps you going with non-toxic remedies.

The pages of this book are like a portable medicine cabinet. This cabinet contains medicine in the form of magnetic patterns that work by changing the energy, not the chemistry, of your body. This vibrational medicine cabinet is durable and portable. It can travel with you anywhere - in your hand, your briefcase, or your luggage. When you experience how easy it is to make and use these remedies, The Paper Doctor will likely become a constant companion. All you must add is a small round glass and a little water.

INTRODUCING A NEW TECHNOLOGY

The Paper Doctor introduces a new technology known as magnetic patterns. This technology allows you to transfer the healing potential stored in one of the 58 patterns found on the pages of this book into water in a glass. When you drink the water, it will trigger your body's own Healing Response to relieve your complaint quickly and naturally.

HOW DOES IT WORK?

Behind every magnetic pattern in this book there is an actual, physical substance with proven healing properties. Each substance has been "converted" into a magnetic pattern representing the unique essence of its healing potential.

Magnetic patterns store the healing potential of a remedy much as the bar code on a bread package stores the information about its price. Under the influence of a small magnetic field, each pattern will transfer a "copy" of that remedy's healing potential to a neutral substance placed in the center of the magnetic field.

The Remedy Board located in the back of this book, which you will place under a pattern each time you want to make a remedy, supplies the magnetic field that transfers the remedy's healing potential into the water in your glass.

When you drink the water containing the pattern of a remedy, the information necessary to stimulate your body's Healing Response is passed to your nervous system. This information triggers your Healing Response to relieve your complaint.

Read How It Works, page 20, for details.

WHEN TO USE PAPER DOCTOR REMEDIES

Paper Doctor remedies do not treat serious illnesses. They do not cure diseases. And they cannot replace prescription medications.

Paper Doctor remedies help you gain relief from minor complaints - the aches and pains of daily life - before they can escalate into major problems.

More than 70 percent of all human health problems, as reported to doctors, are minor complaints. They manifest as some form of ache or pain, digestive distress, headache, the need for first aid, or the onset of an infectious illness. These problems, together with emotional upset, fatigue and tension, constitute the major transient imbalances in the human organism as it reacts to the stresses and strains of daily life.

The Paper Doctor answers these needs with quick, natural relief that is healthy for body and mind. Paper Doctor remedies are non-toxic. They cause no side effects. And they are inexpensive.

WHO CAN USE THESE REMEDIES

This book is intended to be used only by responsible adults. However, no technical, medical or pharmaceutical knowledge is necessary to make it work.

The remedies are safe for use with children, teenagers, adults, healthy older adults and pets. Remember that infants and small children cannot communicate their complaints very accurately, and are more seriously affected by illness than are adults.

Always consult your pediatrician or physician by phone as soon as your infant gets sick.

In all cases, responsible adults must control remedy use. To insure good results, every remedy must be used only according to the instructions accompanying it.

THIS BOOK IS A TOOL

The Paper Doctor has a spiral binding so that it will lay flat to make remedies correctly.

The Paper Doctor is written in short chapters for easy reading and quick reference.

The magnetic patterns are reproduced from computer designs that insure their accuracy.

THIS BOOK IS UNIQUE

In addition to the standard pain, first aid, headache, digestive distress and infectious illness remedies found in The Paper Doctor, I have included a number of unique but surprisingly effective remedies for personal stress as well. These include:

Stress	Jet Lag	Irritability
Addictive Habits	Fatigue	Panic Attacks
Lifted Spirits	Hurrying	Energy Boost
Business Pressure	Worrying	Tension Release
Environmental Sensitivity	Too Keyed Up	Fearfulness

IT'S EASY TO GET STARTED

You can start using The Paper Doctor as soon as you buy it. The brief instructions in the section called How To Use The Remedies, starting on page 43, will get you started using the remedies in a few minutes.

But before you begin, read How To Use This Book, page 17. It will help you understand how the book is organized, what its special features are and how to get the most from them.

HOW I CAME TO WRITE THIS BOOK

When I was younger, and traveled frequently, sometimes with my children, I yearned for a simple, effective first-aid kit that I could use at home or fit into my luggage, which would really work. Some of our kids were allergic to over-the-counter drugs, while all of us felt bothered by their strong effects. And we hated being at the mercy of unknown doctors in strange cities when our minor complaints troubled us, or escalated into alarming symptoms.

But what could we do? Where could we find first aid remedies easy for lay people like us to use? As far as I could discover, no effective alternatives to over-the-counter drugs existed. At least nothing that really worked.

Since at that time I was the editor and publisher of a series of self-care health books, this dilemma seemed doubly ironic.

According to the material in my books, we could use relaxation, breathing, exercise, vitamins, dietary changes, and visualization techniques to relieve our complaints. So we tried these. Sometimes they helped. Often they were slow to get working, or required so much effort before they worked as to engender our frustration. And they did not relieve many of our complaints.

But this attempt to help ourselves through natural processes sharpened my focus. I now knew that we needed a fast-acting, non-toxic, easy-to-use set of remedies. Where could I find those?

I looked further. First I tried herbal remedies. They are rooted in our folk traditions and all, but I found them too hard to learn to use, too clumsy in preparation and simply too much equipment to travel with.

Later I discovered Bach Flower Remedies. These worked better. When they worked, they were fast and gentle, with no side effects. Great! But their system had to be learned, and the remedies didn't relieve many of our complaints. Also, the 40 little bottles in the set were too bulky and delicate for traveling. We could easily take one or two along, but not all 40. Invariably the ones we left behind seemed like the ones we needed.

Then I discovered homeopathy. Homeopathy worked better still (and occasionally amazingly well). This system had a remedy for all of our complaints. However, it was even more difficult to learn and use, the remedies were sensitive to temperature, and going through customs with a box of strange-looking little white pills or powders was no fun at all.

SOME LESSONS THAT I HAVE LEARNED

From my search for easy-to-use, fast-acting, non-toxic remedies (even though it ended in frustration) I learned many things.

First, a remedy is not acceptable if the time or knowledge required to use it is very great, for then frustration becomes a very real factor that limits my interest in it.

Second, true portability for an entire set of remedies is surprisingly difficult to achieve. Everybody's solution is bulky.

For example, a kit of over-the-counter medications amounts to a medicine cabinet full of bottles and tubes. A kit of herbs is a collection of bottles or little boxes and assorted paraphernalia.

A kit of flower remedies is a loose assortment of (breakable) glass dropper bottles. A homeopathic first aid kit is a toolbox-sized box full of pill bottles. Each solution I discovered seemed to present new problems. Something else was needed.

And finally, I learned that most fast-acting non-toxic remedies are adversely affected by temperature. This greatly limited their portability, and made me uncertain about using them.

I thought about our problem a long time before I came to the solution presented in this book. In the course of it, I experimented with as many healing techniques as I could find. After awhile I despaired of ever finding a solution. My children grew up and I traveled less often. Life changes. But in the back of my mind, there was this unsolved problem. Where could I find a set of effective, portable, easy-to-use, non-toxic remedies? Where indeed?

When I first discovered the concept of magnetic patterns, it was quite by accident. Not only did I fail to recognize their potential to solve my problem, I literally laughed the person who showed them to me out of my house!

Although it is embarrassing for me to admit now, at that time I had great difficulty understanding that the healing potential in a remedy was essentially data, and therefore could be represented, stored and retrieved like any other data.

But once I grasped that idea, and saw it work, I realized that if a remedy's data could be stored as a symbol on a piece of paper, then a healing kit would fit into a book! From then on it was smooth sailing. Nothing but a lot of hard work was needed.

A BETTER MOUSETRAP

This book presents my solution to the need for a portable, easy-to-use, non-toxic self-care health kit.

Although somewhat large, this book is portable. It exists as one object, not a collection of bottles, and its remedies are not affected by temperature. They are essentially unbreakable. And the remedies fit into a smaller space than any comparable set of remedies I have ever seen.

These remedies work about as fast as over-the-counter drugs, but are safer to use since they have no side effects. You can learn how to use them in 5 minutes. You can choose the best remedy for your complaint in a minute or two, then make that remedy in 5 minutes more. The remedies in this book offer help for a wide range of useful physical and psychological complaints. Finally, once you own this book, there is nothing more to buy. You can make remedies indefinitely.

ACKNOWLEDGING MY TEACHERS

I have worked off and on for fifteen years to develop and perfect the concepts and the magnetic patterns presented in *The Paper Doctor*. However, I am not the inventor of the method I use. As you will read in the section called *How It Works*, page 20, Malcolm Rae, a brilliant British researcher working in the 1960s and 1970s, actually

developed the methods used to store the healing potential of a remedy in a geometric pattern. I have duplicated his research, creating my own magnetic patterns for your use in this book.

The many ideas presented throughout this book are the province of no one person, but of thousands of clinicians who, over many centuries, have labored to understand how nature heals. I am their student.

Among the many historical and personal acquaintances who have directly influenced my work in developing *The Paper Doctor*, I would especially like to acknowledge the importance of:

the writings of Hippocrates
the writings of Plato
the writings of Pythagoras
the writings of Paracelsus
the writings of Samuel Hahnemann, M.D.
the writings of James Tyler Kent, M.D.
the writings of Constantine Hering, M.D.
George Vithoulkas
Miestro Proceso Ortega, M.D.
Rosa Belendez, M.D.
Harris Coulter, Ph.D.
Catherine Coulter
Dana Ullman, M.P.H.
Jeffrey Mishlove, Ph.D.
Mike Samuels, M.D.
Hal Zina Bennett
Stanley Keleman, D.C.
Mary Harper, Ph.D.
the writings of A. T. Westlake, M.D.
the writings of Edward Bach, M.D.
the work of Malcolm Rae
the writings of David Tansley, D.C.
Bill Gray, M.D.
Richard Hornaday, Ph.D.
David Warkentin, P.A.

If you find *The Paper Doctor* to be an effective, inexpensive, portable remedy kit for managing the minor miseries in your life, my work will have been worthwhile.

How To Use This Book

SPECIAL FEATURES IN The Paper Doctor:

This book has been designed to give you the information you need to make and use Paper Doctor remedies quickly and easily. It contains these special features:

The Remedy Table of Contents: Page 1 contains a list of the 58 magnetic patterns in the Paper Doctor, together with a short description of the healing action of each and the page number on which that magnetic pattern can be found. When you have a complaint, look for it by name in this table of contents.

How It Works: Page 20. An easy-to-read explanation of how The Paper Doctor is able to make non-toxic remedies in your glass of water from the magnetic patterns in this book.

How To Use The Remedies: Page 43. These simple instructions will show you how to make and use remedies in a few minutes.

The Paper Doctor Magnetic Patterns: Page 70. This section contains 58 computer-drawn patterns together with instructions for using each one. You will make Paper Doctor remedies from these patterns.

The Health Strategies: Page 307. This section contains specific strategies for using Paper Doctor remedies to cope with infections, injuries, stress and the problems of traveling.

The Complaints Index: Page 341. This is a comprehensive list of common health complaints and the Paper Doctor remedies most likely to relieve them. When you can't find your remedy by name in the Remedy Table Of Contents, look for it in this index.

The Paper Doctor Remedy Log: Page 332. Keep a record of your Paper Doctor remedy use here.

The Glossary: Page 334. Contains easy to understand definitions of the terms most frequently used in this book.

The Paper Doctor Update: Page 321. This section contains the as-we-go-to-press very latest information on important aspects of making and using the remedies.

The Remedy Board: a special board containing a magnet will be found in the envelope located at the back of this book. You will use this board to make your Paper Doctor remedies. See How To Make A Remedy, page 50.

The Well Adult Page Number References:

For those readers wanting more specific medical information about their complaint, I have included page number references to another book, The Well Adult, (see Resource Bibliography, page 362).

The Well Adult is a good companion volume to The Paper Doctor. It is inexpensive and readily available in most bookstores. Its authors are experts, and have written an outstanding series of health books for the lay person over the years, including The Well Body Book, The Well Pregnancy Book, The Well Baby Book, and The Well Child Book. All are non-technical, easy to read and well-illustrated.

The Well Adult provides easy-to-understand medical explanations for the complaints listed in The Paper Doctor. Page number references to The Well Adult appear at the bottom of most Paper Doctor remedy instruction pages.

HOW THE REMEDIES ARE ORGANIZED

This book contains 58 magnetic patterns, arranged in alphabetical order for easy look up. Each magnetic pattern is printed on a separate page. Each magnetic pattern is accompanied by detailed instructions for its use.

COMPOSITION OF EACH REMEDY INSTRUCTION PAGE

Every magnetic pattern in this book is accompanied by an instruction page describing how to make and use that remedy. This page is written in easy-to-understand language. Every instruction page contains five sections, as follows:

USE THIS REMEDY IF: this first section describes the healing potential of the remedy, which is the set of complaints it can relieve. Read this section to see if your complaint is mentioned in this "remedy description". If it is, you should try the remedy.

SPECIAL INDICATORS: when present, this section summarizes the primary healing characteristics of a remedy to help you decide if it is likely to relieve your complaint. Special Indicators can also help you distinguish between two similar remedies. A remedy is not likely to work unless at least one of the special indicators listed matches (is similar to) your complaint.

HOW TO USE THIS REMEDY: is the name of the third section. Here you will find simple but explicit instructions for making and using the accompanying Paper Doctor magnetic pattern. Always follow the instructions in this section exactly.

ALTERNATIVE REMEDIES TO CONSIDER: is the name of the fourth section. It lists one or more alternative remedies which might help you if the remedy you chose does not. In The Paper Doctor, there are usually several remedies that can relieve any complaint. Before making and using a remedy, always consider the alternative remedies listed in this section. One of them might match your complaint better than the remedy you are about to make.

MEDICAL ALERT, the final section, is very important. When a complaint you have might need medical attention, **MEDICAL ALERT** will warn you. Always read this section carefully and follow the instructions written there. They take precedence over any other instructions on the page. The **MEDICAL ALERT** section only appears when it is relevant.

The **Well Adult** page references appear at the bottom of most remedy instruction pages under the brief heading The Well Adult.

HOW TO GET THE MOST FROM THESE REMEDIES

The experience of many people has demonstrated that you will have greater success if, before you select a remedy, you compare it with other remedies that might also relieve the same complaint.

There are always several remedies in the Paper Doctor that can help any complaint. Rather than making and drinking the first one you come across, take a few moments to read and think about the alternative remedies listed under the **ALTERNATIVE REMEDIES TO CONSIDER** section of the remedy you select. Extensive page number references have been provided to make remedy comparison quick and easy.

GETTING STARTED IS EASY

Clear, detailed instructions for how to get started using the Paper Doctor remedies are given beginning on page 43, in the section called How To Use The Remedies. After reading that section you will be ready to make and use Paper Doctor remedies.

Most people find it fun, easy and quite beneficial to use Paper Doctor remedies. I hope you will too!

HOW IT WORKS

Every magnetic pattern in this book is derived from a natural substance with well-documented healing properties.

The "parent" remedy behind each Paper Doctor magnetic pattern exists first in a liquid form. Through a process to be described in this section, I have converted 58 different liquid remedies into the 58 magnetic patterns you see in this book. Each pattern represents the unique essence or "energy signature" of one remedy's healing properties.

For example, the magnetic pattern for PHYSICAL INJURY, found on page 205, is derived from the homeopathic remedy Arnica, which has been used worldwide for almost 200 years. Arnica is itself derived from the common European and American herb Wolfsbane. Wolfsbane is known to promote healing of the soft tissues around bones after these tissues have been cut or bruised.

Some of the common complaints which Arnica is known to heal are:

- Bad effects from falls or blows to the head
- Mental sluggishness from concussion
- Head hot, rest of body cool
- Better by lying with head low
- Eyes appear dull with a fixed gaze
- Swelling of the nose
- Gums sore, swollen
- Dry tongue with disinclination to talk
- Mouth dry, with thirst
- Loss of appetite
- Articulations and cartilaginous connections of the chest feel as if beaten when moving, breathing or coughing
- Arms feel weary, as if bruised by blows
- Feet feel tired or inflamed after a walk
- Bruised soreness in the limbs
- Mechanical injuries to the limbs

These (somewhat technical) descriptions match some of the complaints people have after experiencing a fall, accident or other physical injury.

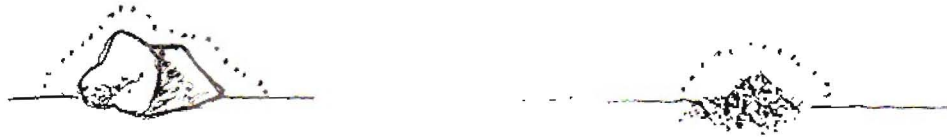
MAGNETIC PATTERNS STORE HEALING POTENTIAL

Each magnetic pattern in this book can be said to be "storing" one remedy's healing potential. Under the influence of a small magnetic field, the pattern will transfer a "copy" of this healing potential to a neutral substance positioned in the center of the pattern.

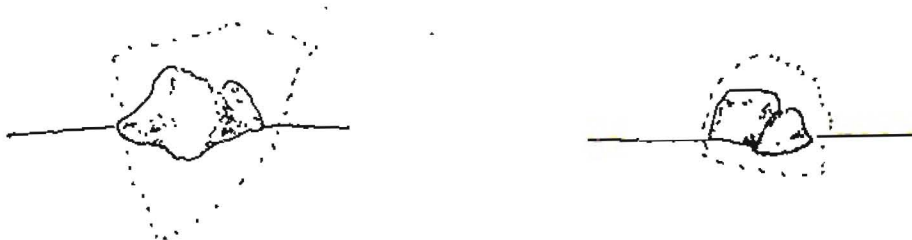
The Remedy Board located in the back of this book) which you place under a pattern's page to make your remedy contains a magnet. This magnet supplies the force which "makes the copy". The water in your glass becomes the neutral substance into which the remedy's healing potential is transferred.

In this chapter I will describe both the basic concepts behind the use of magnetic patterns and the steps necessary to create them. Then I will discuss how the healing potential of a remedy can be transferred from any magnetic pattern in this book to the water in your glass. I will try to explain how ordinary tap water can store a remedy's healing potential until you drink it. This will lead me into a brief discussion of microdose pharmacology. Finally I will present evidence for how the healing potential in the water you drink can become a "message" to your Healing Response to relieve a complaint.

I first became interested in the concept of magnetic patterns when I read of the work being carried out by researchers in England and France, who have been using a technique called radiesthesia since the 1940s to describe the healing energy in natural substances. These researchers have repeatedly demonstrated the presence of tiny energy fields surrounding all natural substances.



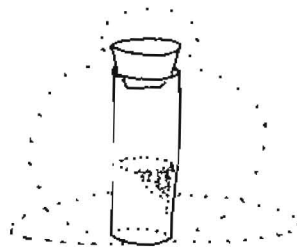
In their investigations, these researchers have explored the nature and possible function of these unique little fields. For example, they discovered that the energy field surrounding any pure substance is unique in size and shape to that substance alone. Different substances never exhibit the same energy field measurements, while different samples of the same substance always do. It is as though every substance on the Earth has its own unique "signature", represented by the size and shape of the energy field surrounding it.



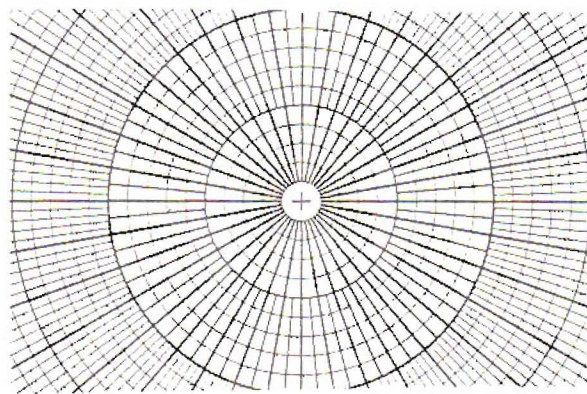
Since I will use the phrase "energy field" frequently in this discussion, I want to explain what I mean by it. Energy field is the name I give to some kind of tiny force which can be detected by a trained human being using the techniques of radiesthesia.

Although an energy field has been found to surround all natural substances, its true nature is unknown. The working hypothesis of most radiesthetists is that these little energy fields are somehow related to the Earth's magnetic field.

Radiesthetists have discovered that natural impurities in a substance will distort its energy field measurements. Therefore it is more common for them to measure substances after they have been crushed, filtered and diluted into a neutral liquid such as alcohol or water, since in that state they will be less likely to contain impurities. So radiesthetic investigations are carried out with substances which have been converted to liquid form and stored in corked vials. Of course, when a sample is a liquid stored in a vial, it is possible to detect three distinct energy fields around it - one for the substance, one for the glass vial, and one for the cork!



As their work progressed, researchers discovered that all substances exhibit their strongest fields when aligned with magnetic North, or measured from an orientation to magnetic North. One application of this discovery was the introduction of a reference point system or "grid" from which more exacting measurements could be made. A typical grid looks like this:



The magnetic patterns printed in *The Paper Doctor* represent the unique energy field "signatures" of 58 different healing substances. As you can see, most energy fields extend only a few centimeters in any direction, so the measurements which must be made are quite small. From these measurements, a magnetic pattern is developed. This pattern is drawn over a grid to an accuracy of one-tenth of a millimeter. Once the pattern is developed, the grid is no longer necessary.

Since the Paper Doctor magnetic patterns are printed on the pages of this book without their grids, their shapes may seem arbitrary. However, they are not. Instead, each pattern is the result of careful measurements carried out on a grid oriented to magnetic North. A pattern can be accurately created *only* from this orientation. A deviation of even one degree will render any pattern less effective or even unworkable.

INTRODUCING MALCOLM RAE

Over the past few decades, many researchers have verified the presence of these energy field "signatures" surrounding natural substances. Several theories about the nature of these fields have developed, and many suggestions have been made as to their possible usefulness. However it took the genius of the late Malcolm Rae to discover how to use this phenomenon for its greatest healing potential.

Rae's work is described in detail in the book Dimensions of Radionics (see Resource Bibliography, page 362), so I will only summarize that part of it which directly relates to the creation of Paper Doctor magnetic patterns.

Why is the work of this man relevant to our discussion? Because to create the magnetic patterns presented in *The Paper Doctor*, I duplicated a portion of Malcolm Rae's research. I did this by carefully studying a written description of how he carried out his work, then I repeated his experiments step by step. The results I obtained were similar to his.

This process took several years. After a number of futile attempts, I learned how to correctly "survey" a remedy for its energy field boundaries. Eventually I was successful in creating a magnetic pattern which looked similar to Rae's, and which actually worked. One day I discovered that a remedy made from my pattern had relieved a volunteer's complaint! This first pattern was an early version of **THE COLD REMEDY** found on page 277.

In the paragraphs that follow, I will briefly describe the key concepts and discoveries which make the Paper Doctor magnetic patterns possible.

Apparently Malcolm Rae set out in the 1960s to find a method of copying the healing potential of known therapeutic substances into a neutral medium (such as water). Before he began this work, Rae was fully aware that the possibility of "geometric healing", as this work was sometimes called, had been repeatedly discussed in the philosophical and medical literature of the Western culture since the writings of Plato. Many people have sought the secret to geometric healing, and thought that it lay hidden in the esoteric field known as Sacred Geometry.

Since the history and evolution of the idea of geometric healing is traced in a fascinating book by Malcolm Rae's friend, Aubrey T. Westlake, M.D., entitled The Pattern of Health (see Resource Bibliography, page 362) I will refer you to that volume rather than digressing further here.

Although not medically licensed himself, Malcolm Rae was able to win the confidence of several physicians with his extraordinary ideas, his rigorous thinking, and his determination. It's a pity that he never wrote a book! I suppose that many of his ideas are now lost.

By working closely with a number of doctors, Rae was able to test his results clinically at each stage of the work. I emphasize this detail so that you will understand that Rae thoroughly verified each step of the process I am about to describe.

Analyzing the phenomenon of "energy field signatures" at the outset, Rae established that three elements must be present around any healing substance: the substance itself; the invisible but all-pervasive magnetic field of the Earth; and the invisible but radiesthetically detectable "field signature" of the substance under study.

Rae hypothesized that somehow a substance and the Earth's magnetic field interacted to form the unique field signature of that substance. If this idea was correct, to recreate the healing properties of a substance, one must have two elements: the presence of the Earth's magnetic field, and a representation of the field signature of the substance one wanted to recreate.

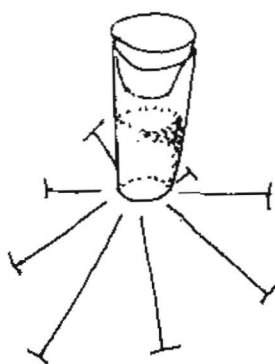
This line of thinking represented a radical departure from the traditional operations of Sacred Geometry, and opened up the possibility of new discoveries. Although it de-emphasized the role of geometry in the solution to the problem, it introduced magnetism into the equation, thereby providing a powerful new force for the development of a remedy's energy pattern.

Rae's experiments demonstrated that his observations and reasoning were correct. If he placed a geometric representation of the field signature of a healing substance into the Earth's magnetic field, the healing properties of that substance could be duplicated into a neutral medium, such as water.

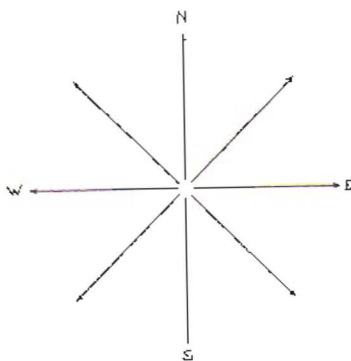
Radiesthetic researchers commonly measure the boundaries of the field signatures of various substances (in centimeters). They literally measure from the center of the substance to the edge of the field.

The "edge" is that location, some distance from the actual substance, at which the field appears to end. Naturally there are an infinite number of "edges" surrounding any substance. Even in the two-dimensional plane the number is infinite. The question was, what minimum number of measurements would be needed to produce a unique field signature?

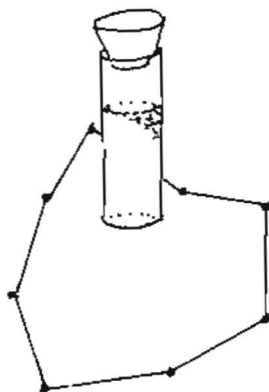
Through trial and error Rae discovered that eight measurements were sufficient to uniquely represent any substance. If he took eight measurements, each locating one portion of a field's edge, he would obtain a unique geometric representation for that healing substance.



Rae measured his substances in the eight common compass directions in a horizontal plane: North, South, East, West, Northeast, Northwest, Southeast, and Southwest.



By connecting the points depicting these measurements - delineating the various "edges" of the invisible field - Rae formed a geometric shape, or pattern, which represented the unique field signature of that substance.

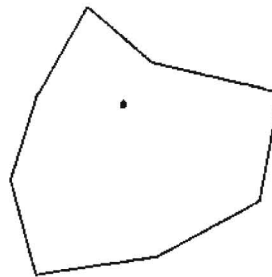


Rae surmised that if he aligned the North measurement of his pattern so that it pointed to the Earth's magnetic North, his pattern would 'look' to the Earth's magnetic field like the substance itself.

Rae found that by making a drawing of the field signature of a substance, and aligning it to magnetic North, he could recreate the healing properties of that substance in a vial of water placed at its center!

Very elegant! Brilliant discoveries usually are. Remember though that Rae spent many years of concentrated effort working these ideas out, and testing them clinically.

That point which represented the center of a healing substance was not necessarily in the visual center of the geometric shape, or pattern, which Rae created. This is because most substances generate fields which are irregular in shape.



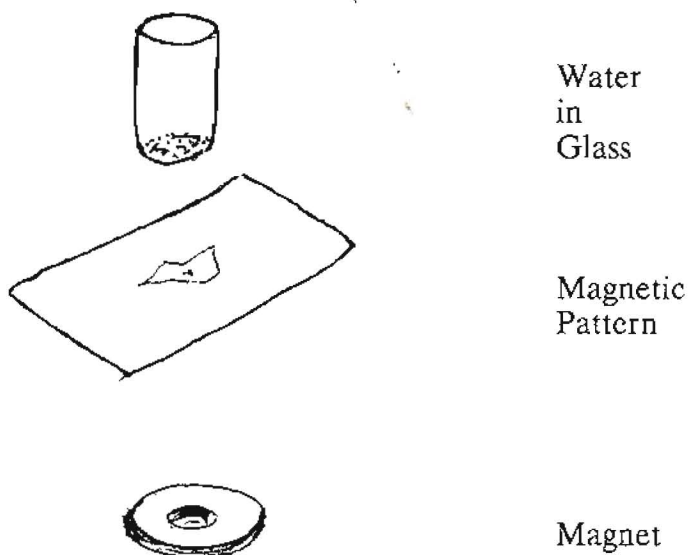
The small dot within each of the magnetic patterns in *The Paper Doctor* demonstrates this characteristic. The dot represents the energy center, rather than the visual center, of the healing substance. Each time you make a Paper Doctor remedy, center your glass of water carefully over this dot.

Once he had a geometric pattern which would duplicate the healing properties of a substance in a vial of water, Rae discovered that the remedy created would not be entirely accurate unless the pattern was exactly aligned to the Earth's magnetic North.

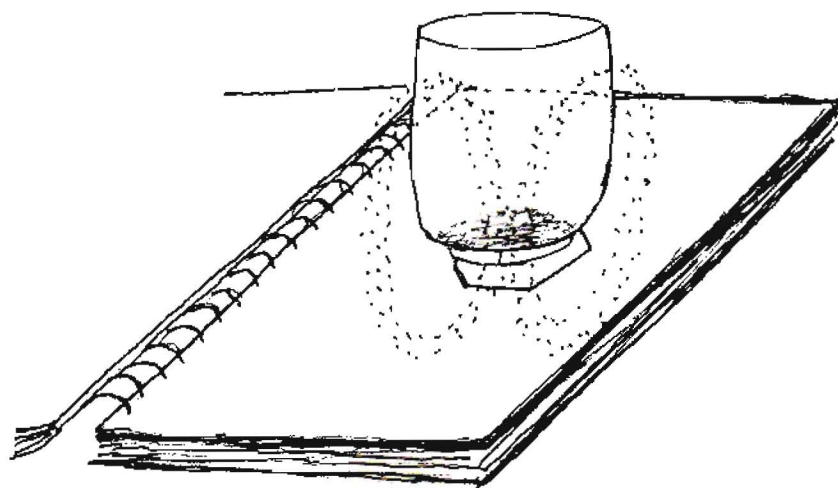


Here was a problem. One could not reasonably expect other people to carefully align each pattern before using it. It was too easy to make an error. No, something more was needed. Rae sought a device which would guarantee greater accuracy.

He found this device to be a small magnet. This 'local' magnet, even though small, was much more powerful - in the immediate area of the magnetic pattern - than the Earth's magnetic field. It would act as a substitute field to provide the force which enabled the transfer of the healing properties in any pattern to a glass of water.



The Remedy Board supplied with this book, when placed under a magnetic pattern page, provides this same "transfer force".



CAN A MAGNET ACT ON WATER IN A GLASS?

To satisfy yourself that the magnet in the Remedy Board supplied with this book has a force field sufficiently large to influence the water in a glass, get out your Paper Doctor Remedy Board. Now drop a pocket compass into an empty glass and slowly place the glass on the big dot on the Board. When the glass comes within 4 or 5 inches of the dot, you will see the compass needle begin to move. Clearly, the magnetic field of the magnet in the Remedy Board is large enough to influence the water (or anything else) placed into your glass.

But does this mean that a magnet can actually "do anything" to the water in a glass placed above it? Several experimenters have published reports which conclude that, indeed, it can. Perhaps the best known of these is the work of Dr. Bernard Grad, carried out during the 1960s at McGill University. At the time Dr. Grad was studying whether psychic healers actually exerted any beneficial effects on sick persons. During the course of his work, in a double-blind study he convincingly demonstrated that magnetized water stimulated the growth of plant seedlings.¹

EXPERIMENT WITH MAGNETIZED WATER

You can try a magnetized water experiment for yourself. Here's how.

The next time you have a complaint which you think a Paper Doctor remedy might help, place 1/8 inch of tap water into three identical small round glasses. Set the first glass aside as a control. You have done nothing to it.

Place the second glass directly on the large black dot on the Paper Doctor Remedy Board. Do not use any remedy pattern under this glass. You hope to end up with only "magnetized water". Wait 5 minutes. The water in this glass should be magnetized. Remove the glass. Set it aside marked as magnetized water.

Now make the Paper Doctor remedy you think will ameliorate your complaint. This will also take five minutes. When done, set this glass aside too, marked as a remedy.

Now the experiment begins: First, drink glass number 1, the plain tap water. Wait 15 to 30 minutes. Can you tell any difference in yourself, or in your complaint?

If your complaint is still present, drink glass number 2, containing the magnetized water. Wait 15 to 30 minutes. Can you tell any difference in yourself, or in your complaint?

If your complaint is still present, drink glass number 3, containing the Paper Doctor remedy. Wait 15 to 30 minutes. Can you tell any difference in yourself, or in your complaint?

Under the best conditions, assuming the Paper Doctor remedy you chose was the right remedy for your complaint, this is what might have happened:

After glass number 1, no change.

After glass number 2, some improvement, but not necessarily in your complaint. Magnetized water alone may have some healing (or stimulating) properties.

After glass number 3, a definite improvement in your complaint.

You may have to carry out this experiment more than once to be certain of the results.

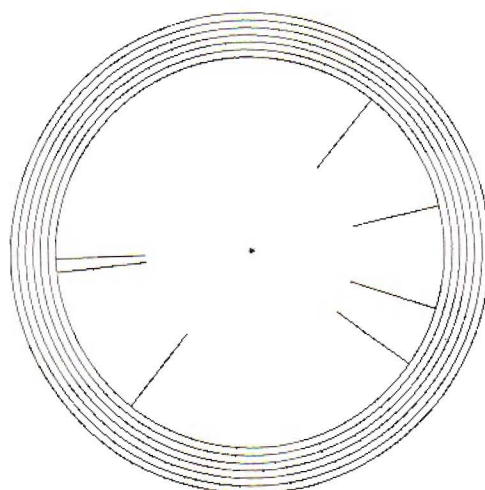
Try using this experiment as an ice breaker at your next party. It will get people talking!

SUMMING UP MALCOLM RAE'S CONTRIBUTION

Malcolm Rae continued his research for more than 15 years, eventually developing a clinically-precise system for reproducing the healing potential of various remedies from printed patterns.

Rae's system requires the use of an expensive instrument, and is designed for use by trained professionals, but it does provide the precise control over remedy dosages necessary for medical research. His method still uses patterns, but they are now more abstract and no longer display the characteristic eight-sided geometric shapes found in *The Paper Doctor* which are so visually informative of each remedy's healing potential.

Here is an example of a pattern I have made in a design similar to Malcolm Rae's abstract patterns. Each magnetic pattern is a series of concentric circles. They differ from one another only in the number and location of the partial radii within each pattern.



One advantage to circular magnetic patterns is that a pattern can be any of several sizes yet store and transfer the same healing potential. Therefore uniformly small patterns can be made. But on the negative side, the patterns lose their visual meaning. In other words the analogical information of a remedy's healing potential is stored as a series of angular proportions rather than in a loose but unique shape.

Rae's system is in use today by physicians and researchers around the world. That portion of his work which I have briefly described here is intended to sketch his development of a magnetic pattern which would successfully store and transfer the healing potential of a remedy, as well as to convey the depth of my indebtedness to this man, and to those who worked with him, including David Tansley, D.C.

Now you have an idea as to how magnetic patterns are made, let's discuss the steps necessary to make a remedy from a magnetic pattern. One of the key questions to investigate is: how can ordinary water hold the healing potential of a remedy?

To answer this question, we must briefly investigate some of the properties of water.

THE PROPERTIES OF WATER

Water, ordinary drinking water, turns out to be a deceptively complex substance, many of whose properties are still under scientific investigation. For example, water is known as the universal solvent; you can dissolve just about anything in it. Why is this? Water has a number of unique characteristics. One of them, known as its "dipole moment", allows a water molecule to attract the molecules of most other substances. When a substance is dissolved in water, its ionic and/or molecular bonds are broken. If an electrolyte, such as salt, has been dissolved, the individual ions are separated and a 'dipole envelope' is formed around each ion. In the case of non-electrolytes, such as sugars and organic molecules, labile structures are formed and other complicated events occur which are not yet understood. These properties demonstrate that water is a deceptively complex substance.

But is water able to store a remedy's healing potential until you are ready to drink it? And if so, how?

Water molecules are known to be capable of storing and releasing energy. They can do this in four different ways. These storage modes are known to physicists as kinesis, spin, vibration and excitation. Each mode occurs only when specific temperature conditions arise within the molecules.

KINETIC STORAGE

The kinetic mode describes energy which is stored and released by molecules as they continually collide with other molecules in a haphazard fashion. This type of energy storage occurs as water is heated; it is random and unreliable, since energy stored will be quickly lost when the water boils, and lost in an unpredictable manner. Such unpredictability makes the kinetic mode an unlikely candidate for storing the healing potential of a Paper Doctor remedy.

SPIN STORAGE

The spin mode occurs between water molecules which have been heated to at least 100 degrees Fahrenheit, so that they override the mechanics of the force holding them

together (known as their dipole moment) and literally spin around each other for brief periods. This mode can only occur in water molecules which have been heated to the simmering point, on their way to a boil. Spin energy occurs frequently in microwave cooking. But it only occurs at a temperature above which all life forms start to die. Obviously it is an unsuitable mechanism for storing a remedy's healing potential.

EXCITATION STORAGE

Excitation, or electronic excitation as it is formally called, is a form of research-induced energy storage capable of great strength and intensity. By shooting high energy particles at selected substances, scientists can actually alter the orbits of the electrons within these substances so that they produce tremendous energies. This type of research has led to the development of lasers and other powerful controlled-beam tools. Certainly not the province of The Paper Doctor! I mention excitation here in order to remind you that the subtle elemental forces we are exploring can be powerful indeed.

VIBRATION STORAGE

So we are left with vibratory storage. It is the only other known mode of energy storage within the molecules of common substances such as water. What are the characteristics of vibration storage?

Upon examination, vibration storage is a good candidate to explain how water can hold the healing potential of a remedy. When a molecule absorbs energy, it vibrates more intensely. Water molecules can vibrate (hold energy) for long periods of time, then later release their energy, returning to a less vibratory state. In other words, vibration storage is relatively stable and predictable.

Vibratory storage can occur in water when it is gaseous, liquid or even frozen. In fact, recent experiments have demonstrated that patterns known to have been placed in liquid water, were still present after the water was frozen, then thawed back to the liquid state.

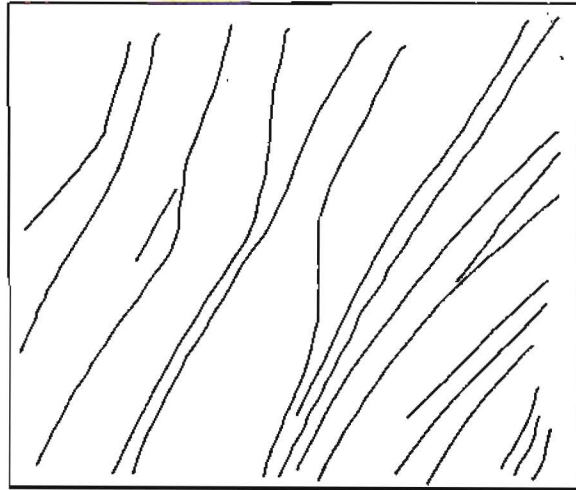
PATTERN STORAGE

But can water store patterns? Photographs taken with polarized light have clearly shown the formation of ice crystal structures in pure frozen water, whether it is distilled water, rain water, or tap water. When a healing substance, such as the Arnica mentioned at the beginning of this section, is added to water, polarized light photography reveals a change in that water's crystal structure. In other words, the distilled water 'looks different' to the camera after Arnica is added to it. One might expect this.

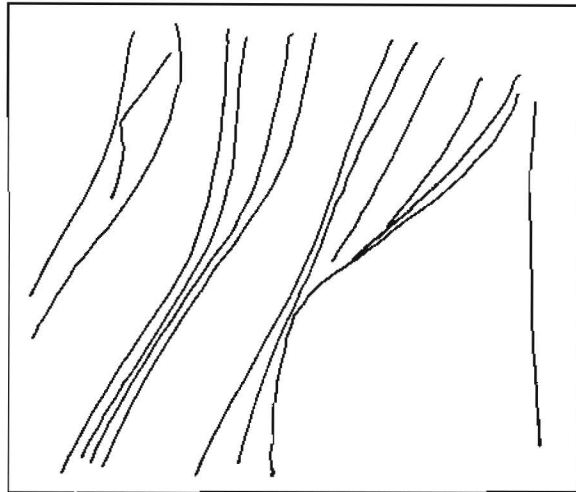
But surprisingly, the new pattern continues to be seen even after the healing substance (Arnica in our example) has been diluted (with more water) - even when it is diluted so

thoroughly that not one molecule of the original remedy could possibly remain in the water! After the actual remedy is gone, some pattern or "shadow" of its presence persists.

The experiments I refer to occurred like this: Commercial distilled water is photographed.



Now Arnica is added to the water and it is photographed again.

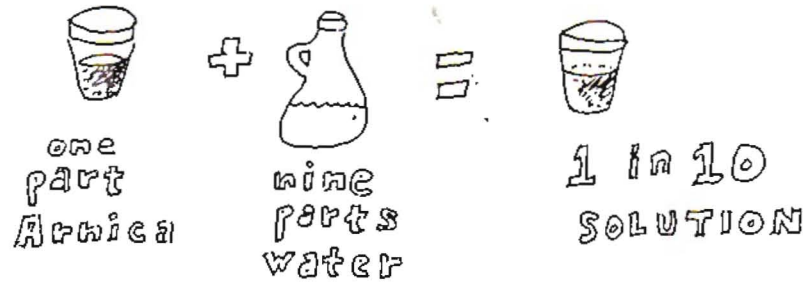


The water appears changed as a result of the addition of the Arnica, as we would expect.

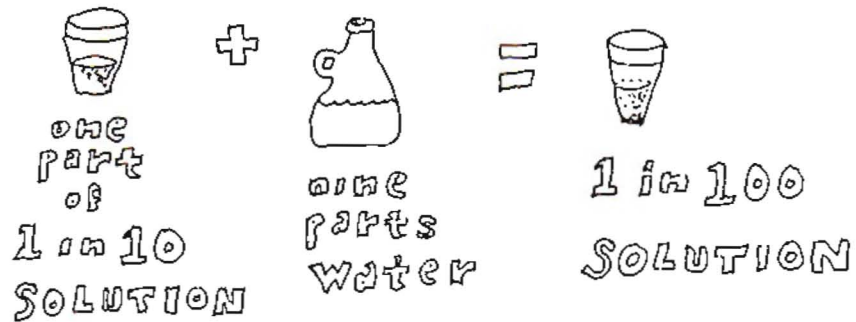
Now this water, containing the Arnica, is diluted repeatedly with more distilled water, until the mathematical possibility of even one molecule of Arnica remaining is very remote.

This state, in which the dissolved substance is entirely removed from the diluent, is reached by a methodical process. One part of the substance is diluted in nine parts of water. This is repeated 24 times, each time using only one tenth of the previous mixture.

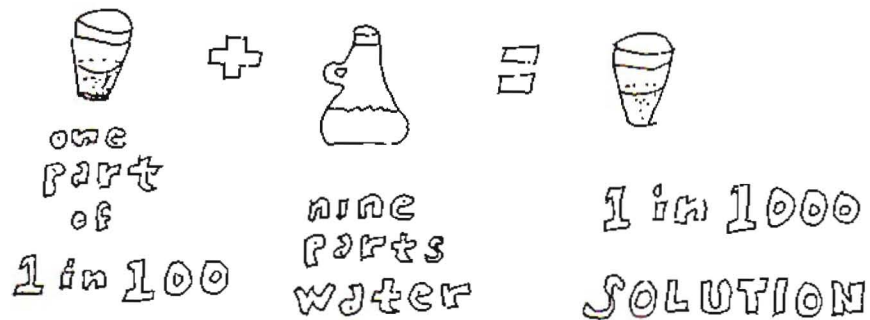
FIRST DILUTION



SECOND DILUTION



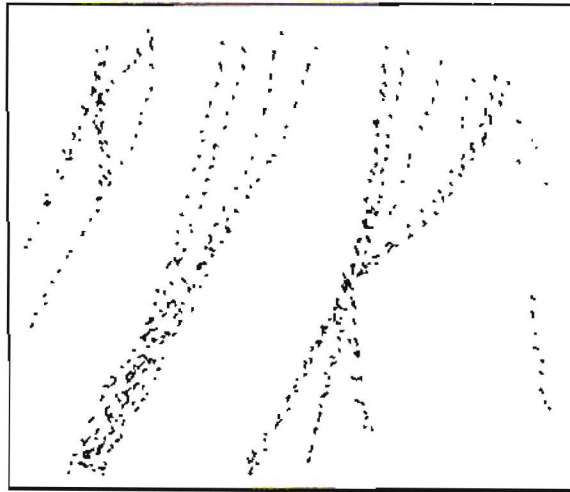
THIRD DILUTION



and so forth...

After this process is completed, the likelihood of any molecules of the original substance remaining in the mixture becomes zero. This result is predicted by a chemical equation known as Avogadro's constant.

Now the water is photographed again. If all the Arnica was removed, the pattern portrayed should match the original distilled water photograph.



But it does not! Conclusion: some "pattern of information" about the presence of the Arnica remains clearly visible in the water.²

Obviously more research must be done in this area, since phenomena exist which have interesting possibilities but which can't easily be explained. The work I have been describing represents the domain of a new branch of pharmacology that only emerged in the 1980s. It is known to researchers as **Hormesis**.³

Now we can establish that the healing potential of an actual remedy can be transferred to the water in a glass, and represented there by a photographable pattern. But how does this pattern stimulate the human organism to heal? In order to answer this question, we must introduce the idea of non-chemical remedies as bio-information.

ONE DIFFERENCE BETWEEN DRUGS AND PAPER DOCTOR REMEDIES

Prescription drugs (as well as over-the-counter drugs and illegal drugs) are chemical agents which work by dissolving in your stomach, then being absorbed either in your stomach or through the lining of your intestines into the blood stream, where they circulate to all parts of the body, affecting the function of selected organs, tissues and cells as they go. We have been taught how medicines work in public school, so healing by chemical action seems natural and familiar.

Paper Doctor remedies, known technically as microdoses, work on an altogether different principle. They bypass the stomach and blood stream, acting directly on the nervous system, which is the message center for the organism. When you drink a Paper Doctor remedy, its pattern acts to send a "message" to the Healing Response, that inner intelligence which controls and regulates the bodily processes. Just how this occurs cannot be explained - yet. That it occurs has been repeatedly observed.

You will experience this phenomenon in action each time you use Paper Doctor remedies. At first it may seem magical because your complaints will disappear "like magic" without you're being able to feel anything happening. But of course, any unfamiliar technology appears to be magical at first. The radio was magical to my parents. Television was the magic in my childhood. Is not the view of planet Earth from a space shuttle still pretty magical? The difference between magic and technology is largely a matter of familiarity.

THE IDEA OF MESSAGES

The idea that a healing substance may work by non-chemical means, transferring its "message" directly to the body, comes from a relatively new (and controversial) branch of medical research known as psychoneuroimmunology, or PNI for short. PNI research attempts to establish a scientific explanation for how people can influence their illnesses merely by their beliefs.

Although originally begun as a study of how spontaneous remissions of potentially fatal illnesses (such as cancer) can occur, PNI research has led to an intense study of the processes governing both the neural pathways of the nervous system and the autoimmune response (the body's remarkable ability to defend itself against foreign invaders). PNI researchers have established that both the nervous and the immune systems are capable of learning, and of transferring information along their pathways in a non-chemical form.⁴ The information that is transferred is know as bio-information.

This same little-understood mechanism can account for the transfer of the "message" in a Paper Doctor remedy from the water you drink to that defense center in your organism which I call the Healing Response.

Though this mechanism is not well understood, we can deduce that it exists since drinking the water containing a remedy "does something". Precisely how the pattern of healing information in the water affects your body cannot yet be explained.

To test this idea further:

The next time you have a complaint which you think a Paper Doctor remedy might help, place 1/8 inch of tap water into two identical small round glasses. Label each glass on its bottom with identical labels, and number them 1 and 2.

Set glass number 1 aside as a control.

Make your chosen remedy in glass number 2 in the usual way.

Now "shuffle" the glasses until you are certain you can't tell which is which. Arbitrarily choose one of the glasses and drink the water in it. Wait 15 to 30 minutes.

Can you tell any difference in yourself, or in your complaint?

Remember, if you have to imagine that your complaint might be better - it's not.

Once you have decided that your complaint is either better or not better, look at the label on the glass. Did you drink the control or the remedy?

What do you conclude from this small-sample, single-blind experiment?

IS IT PLACEBO?

My medical dictionary defines placebo as any substance which has no intrinsic therapeutic value, but which is given to satisfy a patient's symbolic need for drug therapy. In other words, placebo is an inert substance which can't do anything to relieve your complaint unless it works just because you believe it will. Through the use of a placebo, many fantastic cures of serious and even fatal illnesses have been recorded over the years.

So what is a placebo? After intense study, PNI researchers have concluded that people definitely have the ability to trigger powerful self-healing forces in their bodies. The placebo effect appears to be one name for the action of this little-understood mechanism.

Formerly considered a medical nuisance, the placebo effect is now recognized as a powerful ally, but a notoriously unreliable one. In other words, no one can predict when and for whom it will be working.

However, comprehensive studies over the past 20 years have demonstrated that 55% of the therapeutic benefit of all drugs is due to the placebo effect. This means that more than half of the people who took placebo, but thought they were taking some powerful drug, received a beneficial effect similar to those who actually took the drug. This holds true even for morphine - a powerful pain-killer used to ameliorate intense pain.⁵

Because of these statistics, no one can claim that their drug, remedy, or other therapeutic regimen is not sometimes just a placebo. For many people who use any remedy, including Paper Doctor remedies, placebo will be operating a lot of the time.

However, there's more. Pharmacists automatically label any non-chemical remedy a placebo because the definition of "intrinsic therapeutic value" is a substance containing at least one chemically-active ingredient. By this standard Paper Doctor remedies must be placebo.

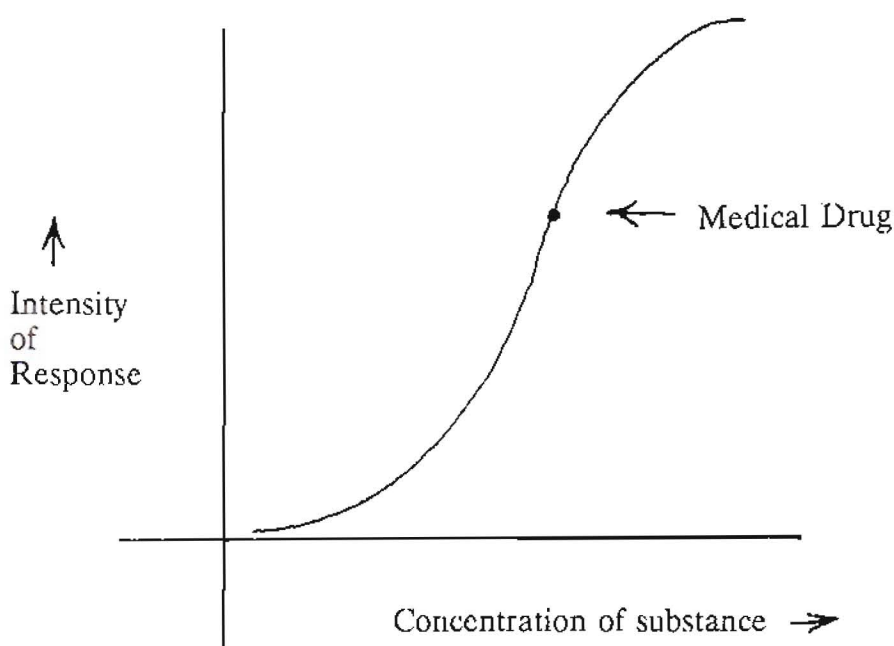
Vibrational medicine is by definition non-chemical. It is so new, there is no category for it in pharmaceutical thinking. So vibrational medicine remains unrecognized and untested. But how can you test it? What tests could be made if all the testing standards are based on the assumption of "active ingredients"?

Perhaps you can begin to see why Paper Doctor magnetic patterns, and other forms of vibrational medicine, require a paradigm shift. It's not only that they are a new form of medicine. To admit that they have some validity is to call into question some of the most fundamental assumptions of existing biochemically-oriented therapeutics.

INTRODUCING THE MICRODOSE

What is a microdose? It is the pharmacological term given to a special method of drug preparation, the kind used to produce Arnica and the other healing substances which "parent" the Paper Doctor magnetic patterns.

Microdoses are known to pharmacologists (those people who study and prepare drugs) as "threshold doses". Microdoses exist only at the low end of the standard pharmacological scale known as the **Dose-Response Curve**.

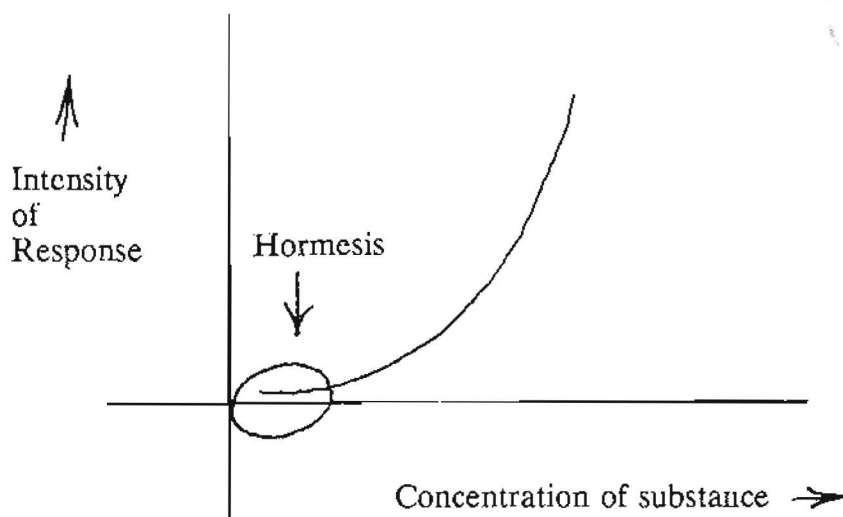


THE DOSE-RESPONSE CURVE

The Dose-Response Curve demonstrates the fundamental pharmacological principle that an increased dose of a drug will always give an increased effect, while a reduced dose gives a reduced effect. This principle always holds true for chemical substances.

It is this phenomenon that has led medical researchers to use toxic (but hopefully not fatal) doses of their drugs as medications. The Dose-Response curve explains why over-the-counter medications are advertised as "extra strength" or "more powerful". The basic idea is that increased beneficial effects can only occur from an increased dose. This same phenomenon causes the problem that people experience when using medical drugs - their toxicity.

Hormesis focuses on a phenomenon which apparently contradicts the Dose-Response Curve, namely that minute doses (microdoses) can also give powerful healing effects.



Hormesis studies the healing effects of extremely minute doses, those found in that part of the Dose-Response curve where formerly no beneficial effects were thought to occur.

Microdoses are very dilute solutions which exhibit healing potential only after all traces of the original or "parent" substance have been removed by dilution. Since they are so dilute, microdose remedies contain no active ingredients. This is why they have no side effects or other harmful consequences. Paper Doctor remedies, existing only as vibratory patterns in the water in your glass, are a by-product of microdose pharmacology.

THE BODY IS ALSO A STANDING WAVE FORM

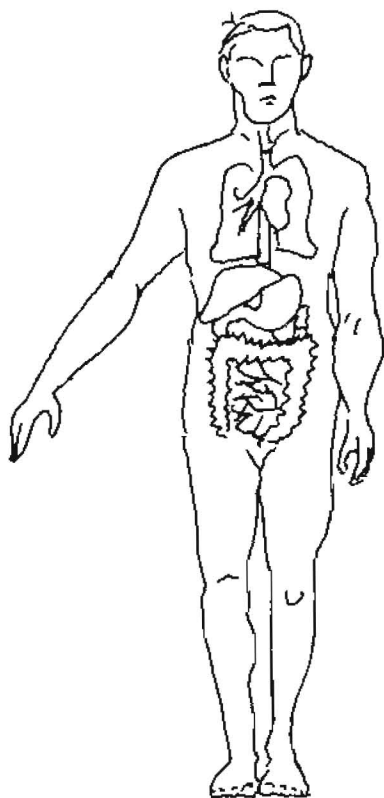
Yes, I know about organs and organ systems, tissues and cells, biochemistry, bacteria, viruses and DNA. For the past several hundred years medicine has sought "the cause of disease" in one or more of these solid, discrete body components.

But that's not the whole story. The human body is also a hierarchically-arranged structure of interacting energy patterns. Taken together, these patterns form a standing wave.

What is a standing wave? It is an energy form that appears to be an object. Waves rolling across the ocean appear as little walls of water moving across its surface. But that isn't so. In fact, the water molecules merely rotate up and down while the energy of the wave form moves through them. The water molecules don't go anywhere. Only the wave energy actually "moves along".

The human body appears to be solid and "real". But if you dare to look at it closely enough, its solidity dissolves into patterns of energy that are moving through time.

TWO VIEWS OF THE HUMAN BODY



The Body As Solid Object
Composed Of Discrete Parts



The Body As A
Standing Wave

Contemporary research in a number of fields is driving toward an astonishing conclusion: that the "world" we experience and claim to live in is not real. It does not exist except as a product of our consciousness (whatever that is).⁶

For example, we can only experience "the world" as a stream of sensory data: eyes, ears, nose, tongue, and skin constantly bring us data about our surroundings. However, this data is crude, unformed, blurred and indistinct. It is defined after it passes beyond our sensory receptacles, that is, either in or on the way to the brain. This means that to a large degree we determine what we experience!⁷

In addition, our sensory "windows" are open to only a minute part of the total electromagnetic spectrum. Because we can directly experience only a small part of the data exchange constantly occurring in the Universe, we believe ourselves to be "discrete objects living in a world".

With the index finger of your right hand, touch the chair you are sitting on. What do you feel? Your chair, of course. No! Scientists say that you only experience one variety of the sensation you call touch. Touching just triggers the selective stimulation of a small part of your nervous system. You can feel something of your finger, but never the chair! Think about that.⁶

For the past 50 years, physicists have repeatedly demonstrated beyond a doubt that when they try to manipulate the smallest discrete entities in the universe - the components of atoms - they become energy packets, or waves! $E=mc^2$ means that our solid, dependable world is really empty space filled with very complex energy patterns.

When medical researchers probe far enough, they too will discover what the physicists already know - that the human body is an energy illusion, and that the "cause" of disease they so earnestly seek probably lies in distortions of some of our energy patterns. This hypothesis is the basis of my claim that Paper Doctor magnetic patterns are "the medicine of the future."

If the apparently solid human body is really a highly complex set of energy patterns, and the Paper Doctor magnetic patterns can transfer a pattern of energy to the water in your glass, then perhaps when you drink the water, one set of patterns, through the principle of resonance, is able to influence the other, and ameliorate your complaint.

Although now in its infancy, energy medicine is literally the wave of the future!

CONCLUSION

So how does it work? Paper Doctor magnetic patterns obviously cannot operate according to the biochemical principles which we have all been taught rule the body and govern its mechanisms. To judge magnetic patterns on a biochemical basis is ludicrous. If we are to take them seriously at all, magnetic patterns must be judged according to some non-chemical framework. But what? This is where a paradigm shift in our ideas about the nature of health and illness takes place. We need to recognize that the body can be healed by very subtle resonant energies, as well as by biochemical intervention.

I propose that magnetic patterns, and the "water remedies" which can be made from them, make use of at least five subtle and little-noticed but powerful principles of Nature:

1. **The all-pervasive but invisible power of magnetism.** Long recognized by physicists as one of the four fundamental building blocks of the Universe, magnetism is all but ignored by adults in our culture. Unlike gravity, a subtle, all-pervasive force we can't ignore, magnetism appears to have no effect on us. But is this really true? Experiment to appreciate the power of geomagnetism: carry a pocket compass with you at all times. Where on this Earth can you go that the compass doesn't register anything?!

Conclusion: all organisms live in a tiny geomagnetic bath. How important is geomagnetism to the sustenance of life?

2. **The ability of water to store patterns of energy.** Water dissolves and transports substances, and nourishes life. Apparently it also temporarily retains a record of this activity, which we can observe as patterns of energy impressed upon its surface, or carried within its molecular structure.

The work of French researcher Jacques Benveniste has demonstrated that water retains a memory of the original molecules of any substance diluted in it. (Source: New Sense Bulletin, May 1991, from the Journal of the French Academy of Sciences.)

3. **The ability of geometric patterns to store healing potential.** This phenomenon is surprising. It is a discovery wrung from Nature by Malcolm Rae's rigorous experimentation. "Rae's Law" may be stated thus: If you can duplicate the energy field boundaries of a microdose, you can recreate its healing potential. The Magnetic Patterns in this book are all examples of Rae's Law.
4. **The essentially energetic nature of all matter, including the human body.** It is only the limited electromagnetic 'window' provided by our sense organs that keeps us ignorant of this fundamental fact of existence. We believe our bodies are solid objects in a hard world. We may not be aware of many radiations beyond heat, light and sound, but scientific instruments reveal a full-spectrum Universe, alive with an enormous variety of subtle energies, in which particles also behave as waves.
5. **The body's ability to transfer information by non-chemical means.** It appears that the organism may use bio-information to control some of its most important processes, including the Healing Response. Robert O. Becker, perhaps the foremost bioelectric and biomagnetic researcher in America has "presented the scientific evidence for the existence of electromagnetic energy systems within the body that control growth and healing, regulate the level of activity of the brain, and produce vitally important biological cycles by deriving timing information from the natural electromagnetic environment of the Earth." See Footnote 8 next page, especially Cross Currents, page 86. Becker's work sketches the basic pathways by which Paper Doctor remedies can communicate with the Healing Response.

When you use magnetic patterns, you take advantage of these natural principles to set in motion a healing process which works by changing some of the subtle energies, not the chemistry, in your body.

The work of many physicians, researchers and lay people over 25 centuries of observation, discussion, treatment, experimentation, and evaluation has been necessary to bring Paper Doctor remedies to you. Countless medical pioneers - both researchers and clinicians - have contributed to our understanding of the Healing Response, to the discovery of microdose pharmacology, and to the development of effective magnetic patterns. As more people become concerned about the toxic nature of the drugs they take, microdose pharmacology will grow. Your interest in and use of Paper Doctor remedies will contribute to this growth.

See The Paper Doctor Update, page 321, for the latest technical information on this subject.

FOOTNOTES

1. Bernard Grad, "Some Biological Effects of Laying on of Hands and Their Implications", Dimensions of Holistic Healing, ed. Otto & Knight, Nelson-Hall, Chicago, 1979.
2. Paul Callinan, M.Sc., N.D., D.Hom., Ph.D., "Homeopathy, How And Why It Works", Simply Living, Vol. 3, Number 9.
3. Sagan, "What is Hormesis and Why Haven't We Heard of It Before?", Hormetic Effects in Pharmacology, Health Physics, 1987.
4. Lecture by Margaret E. Kemeny, Ph.D. entitled "The Immune System: Minding The Body and Embodying The Mind" given in the fall of 1989 in San Diego.
5. Evans, F., "Expectancy, Therapeutic Instructions, and the Placebo Response", in White, Tursky & Schwartz, Placebo: Theory, Research & Mechanism, Guilford Press, New York, 1985.
6. Fred Alan Wolf, The Body Quantum, Macmillan, New York, 1986.
7. "It is the observation itself that brings the physical world into existence." This astonishing quote can be found in George Greenstein's The Symbiotic Universe, William Morrow and Co., New York, 1988, page 222.
8. The man who has pioneered the identification and description of possible energy-controlling subtle mechanisms in the body is Robert O. Becker. Two important works are The Body Electric: Electromagnetism And The Foundation Of Life, William Morrow, New York, 1985 and Cross Currents: The Perils of Electropollution, The Promise of Electromedicine, J.P. Tarcher, Los Angeles, 1990.
9. Felix Franks (ed), Biophysics Of Water, Wiley, New York, 1982. A technical exploration of the structure and function of water in biological systems.
10. Cyril W. Smith & Simon Best, Electromagnetic Man: Health And Hazard In The Electrical Environment, St. Martin's Press, New York, 1989.

How To Use The Remedies

The next four short sections will tell you how to begin using Paper Doctor remedies. They contain the information necessary to learn:

How To Get Started, page 44

How To Choose A Remedy, page 45

How To Make A Remedy, page 50

How To Evaluate A Remedy, page 55

You will be ready to begin using Paper Doctor remedies as soon as you have read these sections.

If you have trouble getting any remedies to work, read *If You Have Trouble Getting The Remedies To Work*, page 61.

If you have questions about the details of making and using the remedies, read the section called *Tips And Cautions* beginning on page 63.

How to Get Started

Getting started using Paper Doctor remedies is easy. Read over this page to get a general idea for how it's done.

FOLLOW THIS SIMPLE METHOD:

1. **Work on only one complaint at a time.** But to get results, you must have a real complaint.
2. **Use only one remedy at a time.**
3. **Try to find the best remedy for your complaint.** Either choose a remedy by its name, or read *How To Choose A Remedy*, page 45.
4. **Make and drink your chosen remedy three times in succession.** After you drink your chosen remedy three times, wait 15 minutes or more to see what happens. For details, read *How To Make A Remedy*, page 50.
5. **Evaluate the results of the remedy you used.** If after 15 minutes your complaint is not clearly better, read *How To Evaluate A Remedy*, page 55, to accurately interpret what happened.
6. **If your chosen remedy has improved your complaint** (your complaint is better but it's not gone) repeat the same remedy.
7. **Keep using a remedy so long as it improves your complaint.**
8. **Stop using a remedy when your complaint disappears.**
9. **If you're not sure whether a remedy has helped, that means it hasn't.** When Paper Doctor remedies work, you'll know it. Something will definitely be different. You don't have to imagine it.
10. **If a remedy hasn't improved your complaint after 3 uses,** either it's the wrong remedy (choose another one), or you will need to use the RESISTANCE remedy, page 229, before your complaint will improve. Read *If You Have Trouble Getting The Remedies To Work*, page 61, for details.

To start using Paper Doctor remedies, that's all you do!

More detailed instructions, should you need them, appear in the pages that follow.

How To Choose A Remedy

When you have a complaint and want to use a Paper Doctor remedy to relieve it, you must first choose the right remedy. If you don't choose the right remedy, the remedy you make and drink is not likely to work. You may feel upset and think Paper Doctor remedies in general do not work, or you may just feel frustrated at having spent your time making and drinking a remedy that did nothing for you.

Therefore it is very important that you learn how to choose the right remedy for any complaint you have. This will allow you to gain confidence that you can relieve minor complaints through your own efforts, and also enjoy using the Paper Doctor remedies, because they are working for you.

It's not hard to choose the right remedy, but you must remember a few things.

STRATEGIES FOR CHOOSING THE RIGHT REMEDY

1. Make A Match: For a Paper Doctor remedy to relieve your complaint, it's healing action (the description of the complaints it can heal) must closely match your complaint. Although all Paper Doctor remedies are named for complaints they can heal, to be certain that you have chosen the right remedy don't rely solely on its name. Before you use the remedy, read the description of its healing action in the section on the remedy instruction page called **USE THIS REMEDY IF**. Then ask yourself "Does the description I am reading match the complaint I experience?"

2. Check the Special Indicators: Many remedy instruction pages contain a section called Special Indicators. Special Indicators summarize the healing characteristics of a remedy. For a remedy to help you, at least one of its Special Indicators should match your complaint.

3. Check The Alternatives: Before you use the chosen remedy, check for alternative remedies that might work better.

Here's how: Read the section on your chosen remedy's instruction page called **ALTERNATIVE REMEDIES TO CONSIDER**. This section contains a list of additional Paper Doctor remedies that might match your complaint as well or better than the one you have already chosen. Take a minute to read over this list. Perhaps it will suggest a remedy you have not thought of.

For example, let's assume you feel nauseated. You could just turn to the pattern for the **INDIGESTION** remedy, page 161, and make the remedy. Although it is a powerful remedy, it will not relieve your indigestion unless its healing action

actually matches your complaint. Therefore you should also consider NAUSEA AND VOMITING, page 193, and FOOD POISONING, page 149, which are listed as alternatives for this remedy.

It's tempting to summarily dismiss NAUSEA AND VOMITING because you don't have vomiting. And you could dismiss FOOD POISONING because you are certain that you haven't been poisoned. But remember, after reading the descriptions accompanying each of these remedies, you might change your mind.

By reading the descriptions of all three of these remedies before you decide on one, you will make a better decision. You will be more likely to find the best match for your complaint, and therefore more likely to relieve it.

Follow this practice regularly and you will gain consistently better results from the Paper Doctor remedies.

4. Develop Your Skill: By following the simple remedy selection processes described below, then reading your chosen remedy's description, as well as the descriptions of relevant alternative remedies, before you use any remedy, your success using Paper Doctor remedies will increase.

After selecting but before using any remedy, ask yourself "Is this the best remedy for me now? Does it closely match my complaint? Is there a better alternative?"

REMEDY SELECTION METHODS

Three remedy selection methods have been built into The Paper Doctor. All three are quick and easy to use. Each is designed to help you quickly find a likely remedy. Either that remedy, or one of the alternatives listed with it, will be most likely to relieve your complaint.

The three remedy selection methods are called:

The Logical Method
The Index Method
The Affinity Method

WHEN TO USE EACH METHOD

If you are new to The Paper Doctor, use the Logical Method.

If you can find your complaint listed by name in the Remedy Table Of Contents on page 1, use the Logical Method.

If you can't find your complaint listed by name in the Remedy Table Of Contents, use the Index Method.

If, after reading the descriptions of two different remedies, you can't decide between them, use the Affinity Method.

Here is a description of each of the three remedy selection methods.

THE LOGICAL METHOD

This is the easiest way to choose a remedy if you are a newcomer to The Paper Doctor. Here's how the logical method works:

1. Each remedy in this book bears the name of a complaint.
2. Choose the remedy whose name matches the complaint you have.

For example, if you have indigestion, choose the remedy named INDIGESTION. The Remedy Table Of Contents, page 1, lists the remedies by name and page number to make it easy to choose a remedy by the Logical Method.

THE INDEX METHOD

But what if you look through the Remedy Table Of Contents, and don't find a remedy whose name matches your complaint?

When your complaint is not the name of any remedy in this book, you can use the Index Method to find the most appropriate remedy.

As an example, let's say you feel nauseated, but when you look through the Remedy Table Of Contents, you do not find a remedy named Nausea. You find Nausea And Vomiting, but you're not vomiting. What do you do?

Look in The Complaints Index, page 341. In this index I have listed many commonly-experienced complaints, in alphabetical order. Following each complaint is a list of those Paper Doctor remedies likely to relieve that complaint.

Look through this list for your complaint. When you find it, select the most appropriate remedy from those accompanying it. Note that the most appropriate remedy may not be named what you would expect, so you might have to read several of the remedy descriptions in order to locate the most appropriate remedy for you.

For example, the index entry for "Nausea" lists these remedies:

INDIGESTION, page 161
 FOOD POISONING, page 149
 STOMACH FLU, page 257
 NAUSEA AND VOMITING, page 193
 PRE-MENSTRUAL SYNDROME, page 221
 MOTION SICKNESS, page 189
 TOO KEYED UP, page 289

To locate the most appropriate remedy, turn to the page number given for a likely remedy and read that remedy's description under the heading called USE THIS REMEDY IF. Of course, you can just skip over those remedies which clearly don't apply. In the above example, men would just skip the remedy PRE-MENSTRUAL SYNDROME.

Note: the Complaints Index does not list the names of diseases. It only lists possible discomforts you could experience. So don't go looking for your disease in this index. You won't find them. Diseases are the province of the medical doctor, not the Paper Doctor, which has remedies only for minor complaints.

THE AFFINITY METHOD

Use this method when you have located several likely remedies but can't decide between them. The Affinity Method is a "tie-breaker". You would use it when you couldn't decide between two or more remedies - even after carefully reading the descriptions of the healing action of each.

Here's how to use the Affinity Method:

Some people report that, when they are seeking a remedy, and have narrowed their choices down to two or three remedies, they sometimes feel attracted to one remedy more than the other(s).

This is not something that occurs because of the remedy name or its description. Most people seem to respond to the way one geometric pattern looks, that is, to its shape. The shape itself makes them feel something. When asked to explain just what their attraction consists of, they seem unable to do so, except to say something like: "I am drawn to this one".

The Affinity Method is an intuitive method. It operates in a non-logical way, and seems to have validity for those who can use it. It takes advantage of the highly visual aspect characteristic of each of the Paper Doctor magnetic patterns.

After having selected several remedies that might work for you, if you can't choose between them, give the Affinity Method a try. Look carefully at each of the magnetic patterns on the remedies you have chosen. If you feel more attracted to one remedy than another, by its appearance alone, use that remedy. It is not necessary that you understand why you are attracted to the one you choose.

Remember that Affinity is a personal thing. Don't ask someone else to choose a remedy for you by looking at the shapes. If you do, the remedy they choose probably won't work (for you).

Examples of common situations in which using the Affinity method might be appropriate. You can use Affinity when trying to choose between:

THE COLD REMEDY and ALLERGIES
 THE COLD REMEDY and FLU
 ALLERGIES and ENVIRONMENTAL SENSITIVITY
 TENSION HEADACHE and THROBBING HEADACHE

PUTTING THESE METHODS TO WORK

Finally, to summarize the principles of remedy selection:

1. A remedy will only relieve a complaint that it closely matches.

Therefore, choose every magnetic pattern carefully.

2. After choosing a magnetic pattern by any of the above three methods

read the description of its healing action in the section called USE THIS REMEDY IF on the remedy instruction page accompanying that pattern. Then read the SPECIAL INDICATORS section.

3. If the description of a remedy's healing action does not seem to match your complaint, the remedy may not help you

even though you chose it by one or more of the three methods portrayed above.

FINAL NOTE

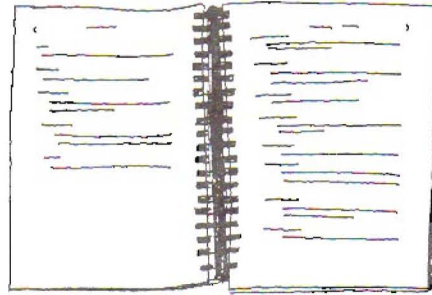
If you regularly use kinesiology (muscle testing) as a method of determining the appropriateness of a remedy, you can use it to find the best Paper Doctor remedy as well. Just place the subject's finger on each magnetic pattern you want to test. If you have trouble getting a clear response, place the Remedy Board under each pattern and try again. The magnet in the Remedy Board will amplify the pattern's healing potential.

How To Make A Remedy

It's easy to make a Paper Doctor remedy. All you need is a small glass from your kitchen, a little tapwater and any magnetic pattern in this book. The entire process takes about 5 minutes. Here are the steps you must follow.

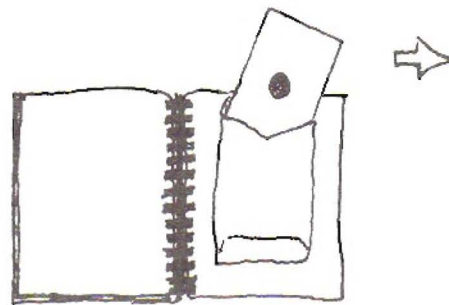
1. Choose the remedy you want to make.

If you are not sure how to choose a remedy, read the previous section called How To Choose A Remedy. It begins on page 45.



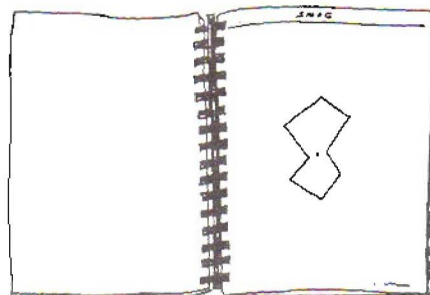
2. Get your Remedy Board.

In the back of The Paper Doctor there is a thick board called the Remedy Board. You will use this board each time you make a Paper Doctor remedy. Carefully remove the Remedy Board from the back of the book now.



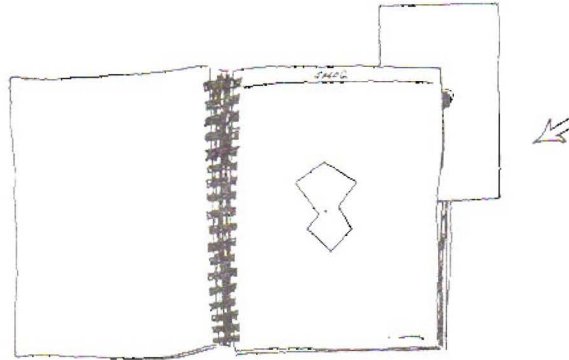
3. Turn to the page containing the pattern for the remedy you want to make.

Refer to the Remedy Table Of Contents if you need help locating your remedy's page number. Notice that each magnetic pattern is printed on a separate page. It's this page that you will use.



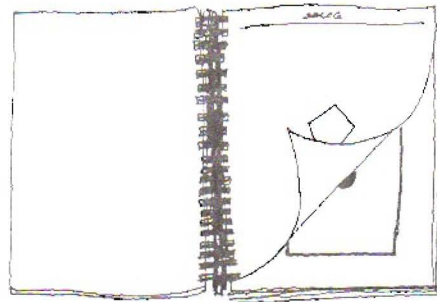
4. Place the Remedy Board.

First, be sure The Paper Doctor is lying flat, on a flat surface. Now, place the Remedy Board directly under the page containing the pattern for the remedy you want to make. Be sure there are no other pages between the Remedy Board and this page.



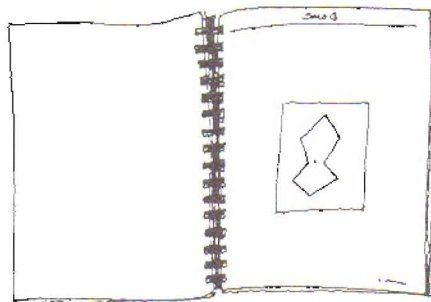
5. Position the Remedy Board.

Notice the dot printed in the center of the Remedy Board. Also notice that there is a second, smaller dot somewhere within the magnetic pattern you want to use. Lift up the pattern page and position the Remedy Board underneath it so that its large dot is directly under the smaller dot in the magnetic pattern. This aligns the magnet in the Remedy Board directly under the magnetic pattern, and guarantees that the remedy will be correctly made.



6. Position the plastic sheet.

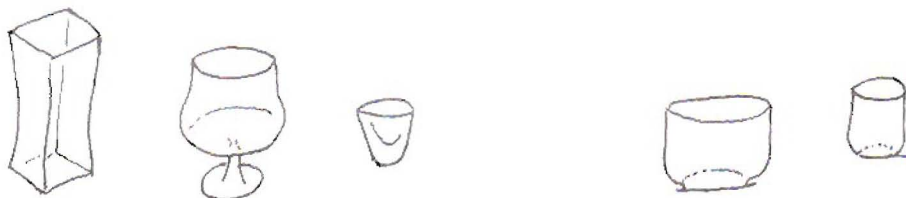
There is a small plastic sheet taped to the Remedy Board. Gently remove it. Now turn the magnetic pattern page back on top of the Remedy Board. You will see your magnetic pattern, and the Remedy Board will be directly under it. Lay the plastic sheet over the magnetic pattern. This will keep any water clinging to the outside of your glass from ruining the paper when you put the glass down on it.



7. Use a plain round glass.

You must make your remedy in a small round glass, like a juice glass. The inside shape of the glass must be round. The bottom of the glass must be flat, not raised. The idea is to get the water in the glass as close to the geometric pattern as possible. A small, round glass with a thin, flat bottom works best.

The bottom of the glass cannot be extra thick like a shot glass. And do not use a glass with a stem, such as a wine glass. Your glass does not have to be transparent. A plastic 'glass' or a paper gup will work as well as a 'glass' glass if the bottom is flat, and not recessed.



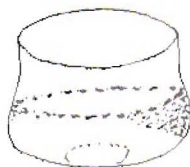
These glasses won't work: not round, not flat or too thick.

These round glasses will work great.

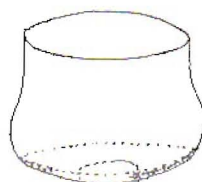
8. Pour a very small amount of water into the glass.

About ONE TEASPOONFUL of water (measuring just $\frac{1}{8}$ th of an inch deep in the glass) is all you need. This will be just enough water to roll out of the glass into your mouth. Don't use more than $\frac{1}{4}$ of an inch of water, maximum.

Spring water, purified water or bottled water is okay to use instead of tap water, but don't use mineral water or any liquid food, such as milk, wine, or soft drinks.



This won't work: too much water in the glass.



This will work: only $\frac{1}{8}$ inch of water is in the bottom of the glass.

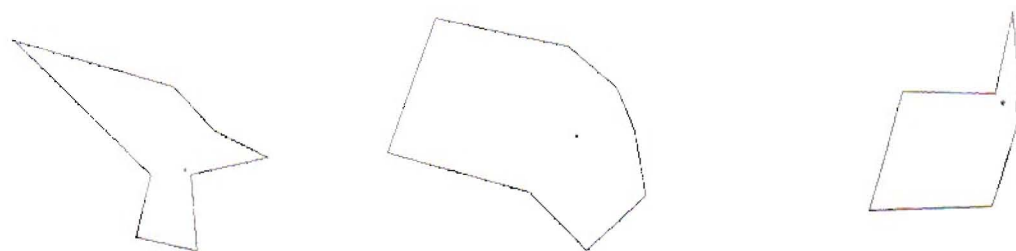
WARNING: If you put more than 1/4 inch of water into your glass, it may take more than five minutes to transfer the pattern into it, so you will think that the remedy does not work. Pay attention to this detail. If you're not sure about the amount of water you have, leave the glass on the pattern longer, for example ten minutes or more. See Making Remedies In Larger Amounts Of Water, page 329.

IMPORTANT: After you put water in the glass, wipe off the outside of it so that you don't get water on the book.

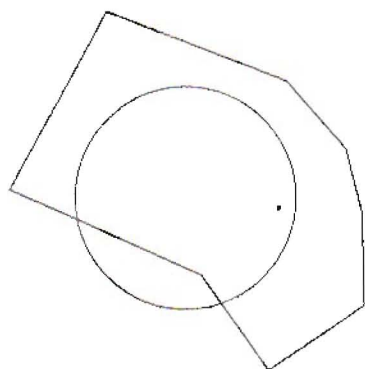
9. Place your glass containing the water on the magnetic pattern.

Center the glass over the small dot in the magnetic pattern. This dot represents the energetic center of the pattern.

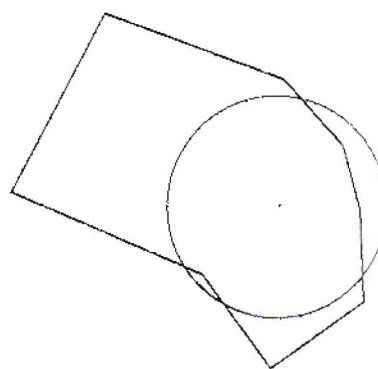
Every pattern has a small dot somewhere within its boundaries. It may not be in the visual center of the pattern.



Wherever the dot is located, center your glass over it, even if it means that part of the bottom of your glass is outside the pattern. Look down on your glass from above to see that it is centered over the dot.



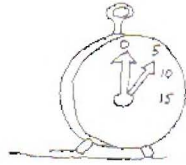
This setup is incorrect!
The glass is not
centered over the dot.



This setup is correct.
The glass is centered
over the dot.

10. Wait five minutes.

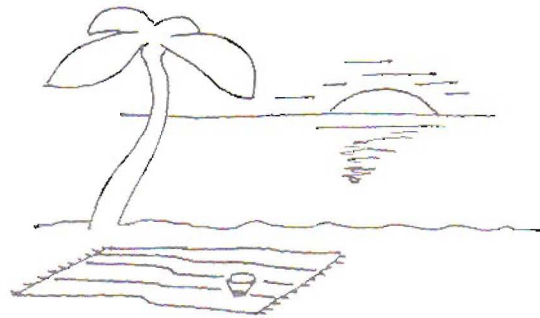
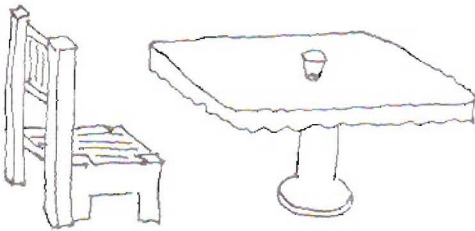
If you wait longer it will not hurt. However the remedy DOES NOT get stronger if you leave it on the pattern for more than five minutes.



11. Your remedy is made.

When you drink the remedy, it will taste like water. That's because it is water. You will not be able to taste the remedy, but it's there. To learn how this works, read How It Works, page 20.

12. Drink the remedy immediately.



Don't leave your remedy sitting around somewhere. It will get antidoted. Then it won't work.

If you must remove the glass from the magnetic pattern page without drinking it, pour the remedy out in the sink and start over again when you can drink the remedy right away.

13. Evaluate the results.

After drinking the remedy, wait a few minutes to give the remedy time to act. Then evaluate whether it has improved your complaint. Read How To Evaluate A Remedy, beginning on page 55.

14. Put the book away.

After your complaint is relieved, remove the Remedy Board from beneath the magnetic pattern page and place it in the back of this book. Store the Paper Doctor for safe keeping until you need it again.

That's all there is to making a Paper Doctor remedy. To learn about other factors which can influence the remedies you make, read Tips And Cautions, page 63.

How To Evaluate A Remedy

After you drink a Paper Doctor remedy you may be surprised to find that you don't feel it doing anything to you.

When you take a medical drug, you know it is doing something because it makes you feel different. That "something different" you feel is a side effect of the drug. Since Paper Doctor remedies are non-toxic, they have no side effects. So you won't feel anything. But this doesn't mean that the remedy isn't working.

PAPER DOCTOR REMEDIES WORK GENTLY

When your complaint is relieved, it will just disappear without your realizing it, or feeling anything. All natural healing occurs like this.

Newcomers to Paper Doctor remedies sometimes get confused. How do you evaluate a remedy that works so gently? How can you tell when something has really happened?

The answer is this: you have to track what's happening to your complaint. You have to notice whether it is getting better or worse. But that's easy to do. Here's how.

HOW TO TRACK WHAT'S HAPPENING TO YOUR COMPLAINT

1. Make and drink your remedy twice in succession.
2. Wait 15 to 30 minutes for the remedy to work.
3. Evaluate what has happened. Depending on what you decide, you will either make another remedy or put the book away.

Step number one, make and drink a remedy, is obvious. The first time you use a remedy, make and drink it twice in succession. Although any correctly chosen remedy will give relief if you make and drink it only once, it will work faster if you use it two times before you evaluate it. After using a remedy twice, wait to see what happens.

Step number two, wait, is very important. It allows you to validate each remedy's effect by giving that remedy time to work.

How long to wait? You should always wait a minimum of 15 minutes, though it won't hurt to wait a few minutes longer. Remember that Paper Doctor remedies work by stimulating your own Healing Response to relieve your complaint. This takes a little time. Don't be in a hurry. Give the remedy time to work.

Step number three begins your evaluation. Now is the time to ask yourself what has happened to your complaint.

HOW TO EVALUATE YOUR COMPLAINT

Each time you evaluate the results of a Paper Doctor remedy, one of five possibilities will be true. Depending on which one it is, you will know what to do. The five possibilities are:

- Your complaint is gone
- Your complaint is better (but it's not gone)
- Your complaint is unchanged
- Your complaint is suddenly worse
- Your complaint is slowly worse.

Let's discuss each of these possibilities in detail:

1. Your complaint is gone.

Your complaint is either gone or it's still present. If you have to wonder whether it's gone, it's not.

If the complaint is gone, make an entry in your Remedy Log (see page 332) noting which remedy relieved your complaint, then put The Paper Doctor away.

2. Your complaint is better (but it's not gone).

Once again, either your complaint is better or it's not. If you have to wonder whether it's better, it's not. Better means clearly, unmistakably better.

If the complaint is better, your remedy is working. Take the same remedy again. Keep taking it as long as you get better from it. Stop taking it when your complaint is gone, or when the remedy no longer makes you better.

When a remedy no longer makes you better, even though it did a few minutes ago, and your complaint is still present, you must choose another remedy to relieve the complaint further. Usually one remedy will remove your complaint entirely, but sometimes more are needed.

3. Your complaint is unchanged.

If this happens, something is wrong. The remedy is not working. Either you chose the wrong remedy, you made the remedy incorrectly, or the remedy was antidoted before you could drink it.

You should always make and drink a remedy three times before you decide that it's not working. If you have no results after 3 tries, follow this troubleshooting procedure:

First, examine your remedy making process:

Did you choose the right remedy for your complaint? Reread How To Choose A Remedy, page 45.

Did you make your remedy correctly? Reread How To Make A Remedy, page 50.

Have you overlooked something important? Read Tips And Cautions, page 63.

If this analysis did not reveal some error on your part, use the RESISTANCE remedy, page 229, two or three times.

4. Your complaint is suddenly worse.

If your complaint becomes clearly worse after taking a remedy, STOP. Take no more remedies. Wait to see what happens next. Most likely your complaint will get better, and then disappear. No more remedies will be needed.

If this happens you have had what's known as a "healing crisis". A healing crisis is a good sign. It means your remedy is acting deeply, and that this complaint will probably not return again soon. To learn more about how a healing crisis works, turn to page 335.

5. Your complaint is slowly worse.

If your complaint gradually worsens after drinking a remedy, probably the Paper Doctor remedy you chose is having no effect. Your complaint is worsening naturally (just as it would do had you used no remedy at all. For example this might happen in the case of a fever, which keeps climbing at the same rate after you use the FLU remedy.) Have you chosen the right remedy? Maybe your complaint is not what it appears to be!

Now you must make a judgment call. Should you put this book aside and CALL YOUR DOCTOR?! You must take the responsibility for making this decision. Use the **Medical Alert** section of your chosen remedy's instruction page as a guide, but also use your common sense. Are you misinterpreting the nature of your complaint?

If you decide to keep trying The Paper Doctor, follow the troubleshooting instructions given under number 3 above. Let your common sense tell you

when it's time to seek medical help. Later, when the crisis is past, you can analyze what went wrong with your Paper Doctor remedy selection.

SUMMARIZING THE REMEDY EVALUATION PROCEDURE

After you use a Paper Doctor remedy one or more times, look for one of two things to happen:

1. Your complaint is clearly better or has disappeared.
2. Or, your complaint is almost immediately worse (due to a healing crisis, see number 4 above).

If neither of these things happens, the remedy is probably not working. You should seek another remedy.

If you are not sure whether a remedy is working or not - it is NOT working. You do not have to imagine that any Paper Doctor remedy is working. Paper Doctor remedies work when they clearly improve or take away a complaint. Otherwise, they are not working.

If your complaint has disappeared, put the book away, you are done.

If your complaint is clearly better, either wait to see if it will disappear by itself or use the same remedy again.

If your complaint is immediately worse, you are most likely having a "healing crisis". Stop using all remedies. When a healing crisis occurs a remedy is acting deeply. Your complaint should disappear soon.

HOW TO KNOW WHEN PAPER DOCTOR REMEDIES AREN'T WORKING

It's easy to know when Paper Doctor remedies aren't working. Here's how:

If your complaint stays the same after you use a remedy several times, the remedy is not working.

If your complaint is slowing growing worse after you use a remedy several times, the remedy is not working.

REMEDY REPETITION

In most cases, you will have to use a Paper Doctor remedy more than once before your complaint will completely disappear.

Therefore you need instructions for repeating a remedy.

Every remedy instruction page gives explicit instructions for how often to repeat that particular remedy. Usually these instructions say to use the remedy twice in succession, then repeat it every 15 minutes until you feel recovered. But your experience is the best teacher.

After you have achieved several successful "cures", and think that you have a basic understanding for how these remedies work, you can vary these instructions as you see fit.

In the beginning, go slow. Give yourself time to learn how to monitor a complaint, how to watch its progress, when to respond with another glass of remedy and when to leave it alone.

In addition to this advice, there are a few general guidelines you can follow.

HOW FREQUENTLY YOU SHOULD REPEAT ANY REMEDY DEPENDS UPON

The seriousness of your complaint, or

The intensity of your pain, or

The severity of your trauma, or

The duration of your illness.

Usually:

The more serious, the more intense, or the more severe a complaint, the more frequently you should use a remedy.

The longer you have had a complaint or illness before using a remedy, the longer you may have to use your remedy before the complaint will be relieved.

COMMON FREQUENCIES OF USE FOR MOST COMPLAINTS

Acute complaints: every 15 minutes.

Long-standing psychological complaints: 3 to 4 times a day for up to 2 weeks, or until changes occur.

HOW TO USE THESE REMEDIES WHEN YOU ARE AT WORK

If you can't take this book to work with you, you can make and drink your remedy two or three times in succession in the morning, and, if needed, two or three more times again at night. That way you use the remedy four to six times in two 15 minute intervals.

If this book is too big to carry to work with you, consider purchasing the Paper Doctor Remedy Cards, (see Additional Paper Doctor Products, page 365). The Remedy Card set contains the 58 remedies found in this book printed on 5 inch by 6 inch cards. The entire set is about the size of a paperback book.

WHEN TO START ON A NEW COMPLAINT

When you first begin using Paper Doctor remedies, work on only one complaint at a time and wait at least one day after a complaint disappears before beginning to work on a new one. In this interval, watch for:

- The return of your former complaint, or
- The unexpected disappearance of other complaints, or
- The appearance of any new complaints.

After you become more experienced, you can probably work on several complaints at once. The key is to avoid becoming confused. Experienced users report that they regularly work on two or three complaints at once. More than that and you might begin to overstimulate the Healing Response (see page 66).

USING THE REMEDY LOG

Be sure to enter the results of each remedy in your Remedy Log. This will teach you more about how Paper Doctor remedies work, as well as reveal what kind of complaints you tend to have when you get sick (headaches, digestive troubles, stress, etc). By recognizing the kind of complaints you usually have, you may be able to diminish these problems by making personal or lifestyle changes.

If You Have Trouble Getting The Remedies To Work

Most people will get Paper Doctor remedies to work the first time they try them. However some people who have never used vibrational medicine before may get inconclusive results. If this happens to you, read this section.

LOOK FOR DRAMATIC RESULTS

When Paper Doctor remedies work, they do not give a minimal effect. They give dramatic results. By dramatic results, I mean that your complaint will be eliminated or greatly reduced in intensity after only two or three glasses of a remedy. Once you obtain dramatic results, you will find it easier to believe in the Paper Doctor's effectiveness. Many users have obtained dramatic results from the following remedies:

- Allergies, page 81
- Bronchial Irritation, page 93
- Fatigue, page 129
- Indigestion, page 161
- Stress, page 261
- The Cold Remedy, page 277
- Toothache, page 293

Although any remedy in this book can produce dramatic results in individual cases, the most likely way to obtain dramatic results is to have a complaint which one of the above remedies can relieve. The remedy most likely to give you dramatic results is **FATIGUE**, page 129. Use the remedy after a hard day's work. Make and drink the remedy three times in succession. You should notice a definite sense of relaxation within 15 minutes.

IF NOTHING HAPPENS AFTER USING A REMEDY

If nothing happens after you use **FATIGUE**, or another Paper Doctor remedy, either you did not need a remedy at that moment, did not choose the right remedy, or are resistant to that remedy's effects. Learning how to choose the right remedy may require you to practice several times. Practice means not giving up on The Paper Doctor if the first few remedies don't seem to work. Reread the section called **How To Choose A Remedy**, page 45. But first read the following information concerning resistance.

THE NATURE OF RESISTANCE

Approximately fifteen percent (15%) of all the people who try Paper Doctor remedies will initially be at least somewhat resistant to their effects. Although it is impossible to

know in advance who **these** people will be, the following keywords may help you understand what I mean by resistance, and therefore whether resistance is your problem:

SKEPTICAL - the skeptical person will assume Paper Doctor remedies don't work.

HURRIED - the hurried person works and lives under constant pressure. They think fast, talk fast, and eat fast. Being always on the run, they may not have the time to give these remedies a fair try.

RATIONALIZING - the rationalizing person thinks of himself or herself as "scientific" or "detached" from life in order to understand it. They tend to explain rather than experience their feelings. This person needs dramatic results before they will be convinced.

STUBBORN - the stubborn person takes a position on an issue, then refuses to change their opinion even when they receive new information that demonstrates they are incorrect. They may even feel resentful of dramatic results!

UNSYMPATHETIC - the unsympathetic person lacks understanding or empathy for another person's viewpoint. They may reject the magnetic pattern concept.

CLOSED - the closed person apparently experiences no feelings. They live life in a relatively unemotional way, and may not feel a remedy's effects.

Of course all of us have some of these qualities. Resistance can be a healthy response of the organism, which prefers to stay with what has worked in the past rather than gamble on the unknown. However, when resistance shuts out useful new information, it can be unhealthy.

The Paper Doctor's solution to the phenomenon of resistance is to provide a remedy which can overcome the organism's inappropriate defenses. The **RESISTANCE** remedy helps the "message" in other Paper Doctor remedies become recognized and accepted by the organism so that healing can occur.

If you think your resistance is preventing any remedy from working, turn to page 229, read the information about the **RESISTANCE** remedy printed there, then try the remedy. How many times will you have to use the **RESISTANCE** remedy? That varies from person to person, but could be between 3 times and 25 times!

But remember: as a newcomer you could decide that you are resistant to Paper Doctor remedies when actually you have not chosen the right remedy for your complaint. The only way to discover whether this has occurred is to keep trying remedies and learn from what happens. Don't give up if the first or second remedies you try don't seem to do anything. You may also gain some insights from Tips And Cautions, page 63.

Tips And Cautions

This section contains a miscellaneous collection of tips, tricks, hints, and cautions gathered from many people's experiences making and using Paper Doctor remedies. If you have questions about using the remedies, hopefully you can find the answer here.

TIPS ON PRESCRIPTION DRUGS

1. Never discontinue any prescription medication, or alter its prescribed dosage, without your doctor's consent.
2. Never substitute a Paper Doctor remedy for any prescription medication.
3. Paper Doctor remedies are intended for use by healthy people who are not regularly taking prescription medications.

However, Paper Doctor remedies, used according to directions, will not interfere with prescription medications.

4. Some Paper Doctor remedies may work while you are using some prescription medications.

Others may not work at all. This is due to the powerful action of medical drugs. The only way to find out if a particular Paper Doctor remedy will work while you are taking a particular medication is to try the remedy a few times.

5. Paper Doctor remedies cannot remove the side effects caused by prescription drugs.

All prescription drugs cause new complaints known as side effects. Some of these will appear soon after you begin taking your prescription medication. It will be easy to see that these complaints are side effects caused by your medication. Other complaints may not appear until after you have used the medication for many weeks, so you may not realize that they too are side effects caused by your medication.

If the complaint for which you are using a Paper Doctor remedy is actually the side effect of your prescription medication, it is likely that the Paper Doctor remedy will not relieve it, or will relieve it only temporarily. Since each dose of your prescription medication will recreate the side effect, if the Paper Doctor remedy is able to relieve it, the side effect will soon return.

TIPS ON OVER-THE-COUNTER DRUGS

1. Over-the-counter drugs are intended for occasional use.

Never use any over-the-counter drug continuously without your doctor's consent.

2. Over-the-counter drugs can be dangerous.

Some combinations of over-the-counter drugs, when taken together (even though each drug is used according to its recommended dosage) can be dangerous or fatal to some people. The dangerous ingredients are acetaminophen and ibuprofen, found in popular pain killers.¹

3. Do not use over-the-counter drugs and Paper Doctor remedies at the same time.

If you take over-the-counter drugs and Paper Doctor remedies at the same time, most likely the Paper Doctor remedies will be prevented from acting by the powerful effect of the over-the-counter drug.

The only way to find out if a particular Paper Doctor remedy will work while you are using a particular over-the-counter drug is to try them together. However, this is not recommended, since the Paper Doctor remedy will be trying to strengthen the body's Healing Response while the over-the-counter drug will be attempting to block it. This conflicting activity could make you sick!

4. Over-the-counter drugs cause side effects.

If the complaint for which you are using a Paper Doctor remedy is actually the side effect of an over-the-counter drug, the Paper Doctor remedy probably will not work. The powerful suppressive action of the over-the-counter drug will most likely thwart the efforts of the Paper Doctor remedy.

1. For example, see "High Risk Pain Pills", The Atlantic, December, 1989. The author cites examples in which unsuspecting persons received organ-damaging or lethal doses of acetaminophen by using several over-the-counter drugs containing this ingredient at the same time. When using pain killers, be careful!

TIPS ON PAPER DOCTOR REMEDY USE

1. Use only one remedy at a time for one complaint at a time.

Always work to improve one complaint at a time. It will be tempting to work on two, three or more complaints at once. But this is not recommended, for two reasons. One, you can become confused and lose track of which remedy is doing what. This will lead you to take too many remedies. Two, if you take too many remedies, the Healing Response can become over-stimulated. (See number 8, below.) It is better to finish with one complaint, then begin on the next. This linear method takes only a little longer and gives consistent results.

2. Never use contradictory remedies within an hour of each other.

A "contradictory remedy" is one whose action is the opposite of the remedy you have just used. For example, Energy Boost and Fatigue are contradictory. One will let you relax, the other can give more energy. Contradictory remedies can over-stimulate the Healing Response. You can use Fatigue, then Energy Boost if you wait an hour or more between them.

3. How to make a remedy start working faster.

Make your remedy. Drink the water but don't swallow it. Instead, hold it in the front of your mouth, under your tongue, for 3 to 5 seconds. Then swallow it.

4. How to make a remedy more effective:

Repetition, not the size of the dose, makes a remedy more effective. To get better results from any remedy, make and drink it more frequently. Here's one easy way: make your remedy. Drink approximately one-half of it. Wait two minutes. Now drink the remainder. You have just used the remedy twice within two minutes. Repeat this procedure once again. You have now used the remedy 4 times in less than 10 minutes. Feel free to use any remedy in this way. But be sure to stop using the remedy when you start to feel better! Note: leaving your glass on the magnet longer than the required 5 minutes does not make the remedy stronger.

5. Having food or drink in your mouth when you take a remedy may hinder its effectiveness.

If you are having trouble getting a remedy to work, drink it only when your mouth has been free of food or drink for 10 or 15 minutes. Toothpaste, mouthwash, soft drinks, gum, candy or mints act like food.

6. If a complaint gets better or disappears from using one or more remedies but returns again later:

First, look for a different remedy, which might work better. Second, could your complaint be a side-effect from a drug you are taking? All drugs, whether from a prescription, an over-the-counter medication, or from an illegal source, cause side-effects. If you are not taking any drugs, try the remedy ADDICTIVE HABITS, page 77. It can help break any repetitive pattern, even that of a recurring complaint. There is one other possibility. Your complaint could be constitutional in nature. This means that it will not disappear permanently until your entire level of health has been raised. A properly trained homeopath or acupuncturist should be able to help raise the level of your health.

7. If you can't get any Paper Doctor remedy to work for you:

use the Resistance remedy, page 229.

8. Do not overuse the Paper Doctor remedies.

These non-toxic remedies are not harmful. They cause no side-effects. But, like anything, it is possible to overuse them. This situation will occur only if you disregard the instructions accompanying each remedy. DON'T DO THAT.

9. If you overuse the Paper Doctor remedies, your Healing Response can get temporarily over-stimulated. You may notice one of the following sensations:

a tingling feeling
 a 'wired' feeling
 a feeling of being too keyed up

10. What to do if you overuse the remedies:

If you notice any of the above sensations and think you might have overused one or more Paper Doctor remedies, do this:

1. Stop using the remedies. Wait for the effect to wear off, which will be in an hour or so.
2. Do not use any more Paper Doctor remedies until one day after the sensation disappears. In other words, give it a rest. Especially do not attempt to ameliorate these sensations with more remedies!
3. Learn from this experience. Look over your Remedy Log record (see page 332). Count how many remedies you have used recently. Try to use the remedies less frequently, or more intelligently.

11. Don't combine remedies.

Never try to combine remedies by pouring the water containing one remedy into the water containing another. If you do this, the results you get will be unpredictable.

12. How to use two remedies at once:

Sometimes the instructions accompanying a remedy will tell you to use two remedies at once. What this means is: make and drink the first remedy, add water to your glass, then make and drink the second remedy.

13. After you make a remedy, don't remove your glass from the magnetic pattern page until you are ready to drink the remedy.

In other words, don't leave a remedy just sitting around your house. Later you may not remember what the glass contains. Or, the remedy may get antidoted. When you remove a glass from a pattern, drink the remedy immediately. Simple rule, no confusion.

14. Some people who are heavy coffee drinkers may have trouble getting good results from Paper Doctor remedies.

This is because the remedies activate your Healing Response through the nervous system, and coffee over-stimulates the nervous system. In effect, coffee can antidote Paper Doctor remedies before they have a chance to work. This does not happen to everyone, so coffee drinkers must experiment. P.S. If you want to break your stimulant addiction habit, try ADDICTIVE HABITS, page 77.

15. Avoid polypharmacy!

Polypharmacy occurs when you use several different healing techniques to relieve the same complaint. If you use a Paper Doctor remedy, and also some other form of self-healing on the same complaint, how will you know which one worked? The only way to learn what the Paper Doctor can do is to try these remedies by themselves.

16. Don't take shortcuts.

Each remedy you use correctly will bring relief from your complaints and additional knowledge about how Paper Doctor remedies work. Do not destroy your opportunity for relief and knowledge by trying to take shortcuts. Just follow the instructions in this book.

TIPS ON MISCELLANEOUS POINTS

1. Don't mark or draw on any magnetic pattern page.

Any extraneous mark on the page could alter the quality of the remedy that is made, with unpredictable consequences.

2. Do not bend, crease or fold any magnetic pattern page.

This could distort or destroy the pattern's remedy-making ability.

3. For your own safety, and the safety of others, don't photocopy the remedy patterns.

Don't try to make a remedy from a pattern which you know has been photocopied.

The reason is this: photocopy machines slightly distort the images they reproduce, making them a little larger or smaller than the original. For most reproductive work, this makes absolutely no difference. For the Paper Doctor remedies, however, any change in the proportions of the pattern will produce weak or distorted remedies, with unpredictable consequences.

The Paper Doctor remedies will only work as described when they are made from a bound book purchased from a reputable book dealer.

4. Don't laminate the magnetic patterns.

They won't work.

It's interesting to note that magnetic pattern pages which have been laminated (to preserve them against water damage) will no longer make remedies. This is apparently because there is no longer a surface pattern for the magnet to 'read'. Instead, the paper surface is ubiquitously flat - it contains no useable data.

5. To keep water from damaging a magnetic pattern page,

carefully wipe off the bottom of your cup or glass before placing it on the magnetic pattern. You can also use the acetate sheet which comes in the envelope with the Remedy Board; place it under your glass.

6. If you damage or lose your Remedy Board:

You can order a replacement from us. See *Going Further With The Paper Doctor*, page 365.

7. Interference from electromagnetic fields will distort your remedy.

If you make remedies near your T.V., stereo or any other strong source of electromagnetic radiation, the remedies you make may be distorted in unpredictable ways. Though they can't hurt you, such remedies probably won't work very well either. It's best to make remedies on a wooden table. But even that's no guarantee; one user reported that his wooden table actually had four magnets imbedded into it!

To be certain your work surface is magnetic field-free:

Slowly sweep the surface with an ordinary pocket compass, watching for any sudden swings or deviations of the needle. Such deviations mean a powerful magnetic influence is near, and can distort your remedies.

8. How to give Paper Doctor remedies to a pet.

Paper Doctor remedies will work as well for pets as it does for humans. However, you still must choose your remedies carefully. Remember that pets can't give verbal feedback, so you must watch their behavior closely to be sure they are really improving.

Make the remedy in your water glass, as always. While the remedy is being prepared, clean your pet's water dish and fill it with fresh water. When the remedy is made, pour it into the water in your pet's dish. Alternately, you can try to pour it directly into their mouth.

Observe your pet's behavior to decide if the remedy was effective. Repeat the remedy as needed. But don't give your pet too many remedies too fast! See item number 8, page 66.

9. How to use Paper Doctor remedies on your plants.

Many users have asked about Paper Doctor remedies that can be used on their plants. We have several reports of users helping their plants get rid of 'rust' with FIRST AID. They just make the remedy in a glass, then pour the water directly onto the base of the plant, or into a pitcher of water which they pour onto the plant. Repeat as needed.

Several users have reported regularly making REJUVENATION in a large plastic milk or juice carton (leave the water on the pattern and magnet for ten minutes or so). They regularly water both plants and flowers with REJUVENATION, and report that the plants seem healthier.

REJUVENATION is one of the new Remedy Cards released since the first publication of this book. See page 369.

10. Don't remove the paper dot over the magnet.

When you remove the Remedy Board from the envelope in the back of this book, you will see that the magnet imbedded in it is covered with a large colored paper dot. Do not remove the dot; it holds the magnet in place and does not affect its performance.

The Paper Doctor Magnetic Patterns

This section contains the 58 Paper Doctor magnetic patterns.

THE REMEDIES ARE ALPHABETICAL

The remedies in this section are arranged in alphabetical order, so that it will be easy to find the one you need.

AN ALPHABETICAL REMEDY LIST

An alphabetical list of all the magnetic patterns in this book appears on the next page. You can use this list to look up the page number of your remedy and turn directly to it.

READ THE REMEDY DESCRIPTION PAGES

Each magnetic pattern is accompanied by a remedy description page. This page clearly describes the remedy, gives instructions for its use, lists possible alternative remedies to consider, and provides a medical warning in case your complaint has possibly serious consequences.

HOW TO USE THE MAGNETIC PATTERNS

To learn how to use these magnetic patterns, read *How To Use The Remedies*, page 43.

THESE REMEDIES ARE EXPERIENCED

The 58 remedies that appear in this book have been repeatedly tested in three previous versions of *The Paper Doctor*. They are the remedies most users have reported are most useful to them. If the remedy you need is not in this book, it may already be available from us as a Remedy Card. See *Additional Paper Doctor Products*, page 365.

Alphabetical List Of Patterns

The following list of magnetic patterns and their page numbers is included for quick reference.

For a description of the healing potential in each pattern, see the Remedy Table Of Contents, page 1.

- | | |
|-------------------------------------|--|
| Ache, page 73 | Hangover, page 153 |
| Addictive Habits, page 77 | Hurrying, page 157 |
| Allergies, page 81 | Indigestion, page 161 |
| Backache, page 85 | Inner Strength, page 165 |
| Bee Stings, page 89 | Insect Bites, page 169 |
| Bronchial Irritation, page 93 | Irritability, page 173 |
| Business Pressure, page 97 | Jet Lag, page 177 |
| Chronic Headache, page 101 | Lifted Spirits, page 181 |
| Constipation, page 105 | Mental Alertness, page 185 |
| Diarrhea, page 109 | Motion Sickness, page 189 |
| Earache, page 113 | Nausea And Vomiting, page 193 |
| Energy Boost, page 117 | Pain, page 197 |
| Environmental Sensitivity, page 121 | Panic Attacks, page 201 |
| Eye Irritation, page 125 | Physical Injury, page 205 |
| Fatigue, page 129 | Poison Ivy, page 209 |
| Fearfulness, page 133 | Poison Oak, page 213 |
| Feeling At Ease, page 137 | Pollution Protection, page 217 |
| First Aid, page 141 | Pre-Menstrual Syndrome, page 221 |
| Flu, page 145 | Regularize Erratic Lifestyle, page 225 |
| Food Poisoning, page 149 | Resistance, page 229 |

Alphabetical List Of Patterns (Continued)

Sinus Inflammation, page 233

Sleeplessness, page 237

Smog, page 241

Sore Throat, page 245

Sports Injuries, page 249

Stimulating Your Healing Response, page 253

Stomach Flu, page 257

Stress, page 261

Sudden High Fever, page 265

Tension Headache, page 269

Tension Release, page 273

The Cold Remedy, page 277

Throbbing Headache, page 281

Tired Feet, page 285

Too Keyed Up, page 289

Toothache, page 293

Traumatic Events, page 297

Worrying, page 303

Ache

USE THIS REMEDY IF:

you have occasional low-level discomfort, distress or aching in your body.

This remedy can relieve aches such as:

- sore, aching eyes (but consider EYE IRRITATION, page 125 and SMOG, page 241)
- sore muscles from bruises, cramping or over-exertion (but consider PHYSICAL INJURY, page 205, and SPORTS INJURIES, page 249)
- sore throat (but consider THE COLD REMEDY, page 277)
- sore nasal passages (but consider SINUS INFLAMMATION, page 233)
- sore chest and lungs (but consider SMOG, page 241, and BRONCHIAL IRRITATION, page 93)
- backaches (but consider BACKACHE, page 85, and PAIN, page 197)
- headaches (but consider CHRONIC HEADACHE, page 101, and TENSION HEADACHE, page 269)
- stomach aches (but consider INDIGESTION, page 161)
- heartaches from emotional anguish

SPECIAL INDICATORS: (You may have one or more of these.)

- occasional low-level aching or pain
- irritability
- a nagging hurt that won't go away

HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until you feel better. Usually two to five glasses will be all you need.

Stop using the remedy as soon as you feel better.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

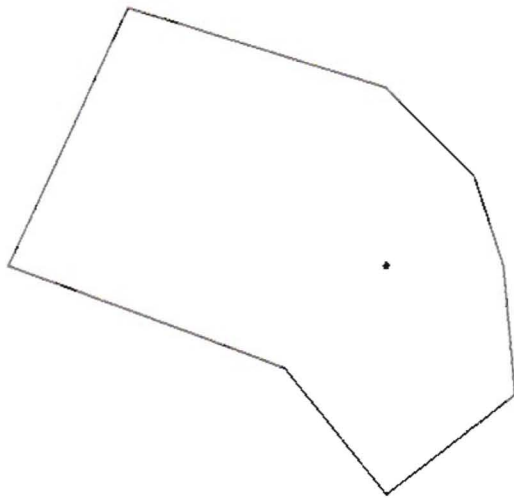
ALTERNATIVE REMEDIES TO CONSIDER:

- Pain, page 197
- First Aid, page 141
- Irritability, page 173

MEDICAL ALERT:

This remedy is intended for the relief of occasional aches only.

Aches and pains that continually recur after this or any other Paper Doctor remedy relieves them, or that continue despite any remedy, must be examined by a physician. Never use this or any other remedy to delay a medical examination.



Addictive Habits

USE THIS REMEDY IF:

you have a constant or recurrent desire for stimulants or a mood altering activity or substance. This can be any substance, any activity, which alters your mood or behavior in a pleasant way, or which helps you avoid an unpleasant thought or feeling.

Your addiction might be to coffee, tea, chocolate, tobacco, alcohol, over-the-counter medications, prescription medications, or illegal drugs. It might be just a personal habit that seems to control you. Or it could be an addictive behavior such as gambling, sex or watching television. In each case, the mechanism is the same. You remain dependent because you keep repeating your behavior without learning something from it that would allow you to change.

Any addiction has a psychological component, which is a repetitive pattern from which one is unable to learn. It can be overcome by confronting what is being avoided, or learning what to learn from one's experience.

This remedy can help break the pattern of repetition.

It promotes insight into experience, so that you can understand it more completely. This may bring forth painful memories you have been avoiding. Sometimes when you change established habit patterns strong emotions will surface. Often these were feelings you avoided by your addictive behavior. In these cases, you may have to deal with these painful feelings before your pattern of repetition can be broken.

Note that you can use **STRESS, HURRYING, WORRYING**, or other Paper Doctor remedies to cope with any strong feelings you experience from breaking your addictive habit.

This remedy can help change a diverse number of destructive habit patterns, whether they arise from substance or behavior addiction, from being accident prone or even from having a minor learning disability.

SPECIAL INDICATORS: (You may have one or more of these.)

Have difficulty learning from mistakes
Tendency to repeat previous errors
Regards the past as insignificant

HOW TO USE THIS REMEDY:

Make and drink this remedy twice a day (two times in succession morning or night) for up to a week.

Stop using the remedy when you begin to have new insights into why you act in a self-destructive manner.

Note: This remedy does not decrease or remove your craving for any substance, which is the result of some part of the body becoming dependent on that substance. In some cases this remedy may work best when used along with an addiction treatment program or professional counseling.

If you experience no improvement after using this remedy for a week, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

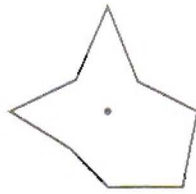
ALTERNATIVE REMEDIES TO CONSIDER:

Regularize Erratic Lifestyle, page 225

Lifted Spirits, page 181

Physical Injury, page 205

Addictive Habits



Allergies

USE THIS REMEDY IF:

you have sneezing, a continually runny nose, puffy or swollen eyes, itchy, watery eyes, and possibly itching throat, mouth or ears. You may also feel debilitated, weak and irritable.

These are usually the signs of a respiratory allergy. Most people who suffer from respiratory allergies have a seasonal hay fever; it comes and goes with the growth cycles of some of the plants in their environment.

You can use this remedy instead of antihistamines, which block the body's Healing Response and cause irritating side effects for some people.

This remedy is intended for the seasonal use of persons who are suffering from a respiratory allergy, and who are not taking allergy shots or any prescription allergy medications. This remedy should not be used by persons with a history of asthma attacks.

If your allergy manifests as a skin rash, try **FIRST AID**, page 141, **POISON IVY**, page 209, or **POISON OAK**, page 213, rather than this remedy.

If you have an allergy to food, try **FIRST AID**, page 141, or **FOOD POISONING**, page 149.

If your allergy is to an insect bite or sting, try **FIRST AID**, page 141, **INSECT BITES**, page 169, or **BEE STINGS**, page 89, instead of this remedy.

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until your allergies subside. Often two or three glasses will be all you need to slow your allergic reaction.

Stop using this remedy as soon as you get relief.

So long as the plants around you produce pollen that causes your organism to react to it, you may have a recurrence of your allergic response. However, each time you do, this remedy should cut it short.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the **RESISTANCE** remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

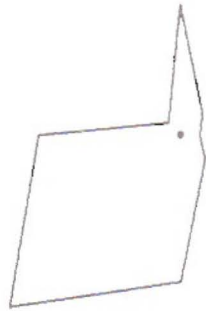
Environmental Sensitivity, page 123
Stimulating Your Healing Response, page 253
The Cold Remedy, page 277
Sinus Inflammation, page 233
First Aid, page 141

MEDICAL ALERT:

If you are currently getting allergy shots, this remedy will probably not work, since the strong suppressive action of the allergy shot will likely overpower the remedy. If you want to try this remedy, **DO NOT DISCONTINUE** your allergy shots without your doctor's consent. Otherwise, you could make your situation worse.

The Well Adult: page 247 contains an excellent discussion of the mechanisms of respiratory allergies, and the medical resources available for relief. Unfortunately these resources consist of anti-histamines (which have very troublesome side effects) and allergy shots (expensive, time-consuming and suppressive).

Allergies



Backache

USE THIS REMEDY IF:

you have back pain or neck pain. This remedy can help relieve mild or acute back pain due to muscle strain or muscle spasms. Your pain may be worse upon bending over or changing position.

This remedy can relieve neck stiffness or neck pain due to muscle tension. Your pain may concentrate in the neck itself, or radiate to the shoulders. Headaches due to stiff or tense neck may be helped by this remedy. In some cases, the remedy may relieve back or neck pain resulting from osteo-arthritis or rheumatoid arthritis.

This remedy does not repair structural damage to the spine, such as a herniated or slipped disc. It may not relieve pain due to pinched nerves (for that try PAIN, page 197, instead).

Along with your back pain you may experience irritability, self-consciousness due to impaired movement, depression and emotional upset. This remedy should help relieve these complaints as well.

If your use of this remedy is successful (your backache disappears) but later it returns, try SPORTS INJURIES, page 249, instead of this remedy.

HOW TO USE THIS REMEDY:

Make and drink this remedy once every 15 minutes until your pain is relieved. For mild cases this remedy should begin to provide relief within three or four glasses. If it does not, consider the alternative remedies listed below.

Stop using this remedy as soon as your pain is gone.

If you experience no improvement after 4 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

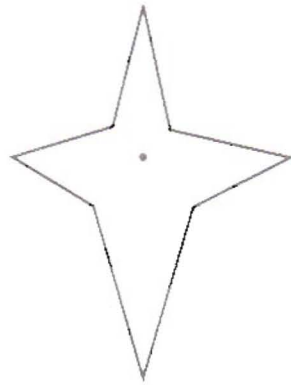
First Aid, page 141
 Physical Injury, page 205
 Pain, page 197
 Ache, page 73
 (if it's better by moving it) Poison Ivy, page 209
 Stress, page 261
 Resistance, page 229

MEDICAL ALERT:

If you have numbness or pain that radiates from your back down your legs, you may have a structural problem, nerve or ligament damage and should seek professional chiropractic or medical care immediately.

The Well Adult, page 230, has an excellent discussion of back and neck pain. It can help you distinguish a muscle strain (which you can treat at home) from a spinal problem (which may require professional care). In addition, the authors present a number of simple exercises for strengthening the back and abdominal muscles to prevent your back from "going out" again in the future.

Backache



Bee Stings

USE THIS REMEDY IF:

you get stung by a bee, wasp, hornet or yellow jacket. If you feel shocked by the unexpected sting, use one of the remedies for trauma listed in **ALTERNATIVE REMEDIES** below first (take one or two glasses) then follow with this remedy.

Examine the wound and, if you can find the stinger, pull it out. This can speed your recovery.

If the wound is red and puffy, causes stinging pains and is intolerant of touch and heat (put a hot rag on it for a moment), use **INSECT BITES**, page 169, instead of this remedy.

SPECIAL INDICATORS: (You may have one or more of these.)

Injury from any puncture wound, or from a sharp-pointed instrument
 Wounded parts feel cold
 Wound is better from ice pack or cold applications
 Heat on the wound is intolerable

HOW TO USE THIS REMEDY:

Make and drink this remedy twice immediately and then once every 15 minutes until the swelling and pain subside. Often four to six glasses will be all you need.

Stop using the remedy as soon as you feel better.

If you experience no improvement after 4 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the **RESISTANCE** remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

First Aid, page 141
 Traumatic Events, page 297
 Pain, page 197
 (if the Special Indicators match) Food Poisoning, page 149
 Stimulating Your Healing Response, page 253

MEDICAL ALERT:

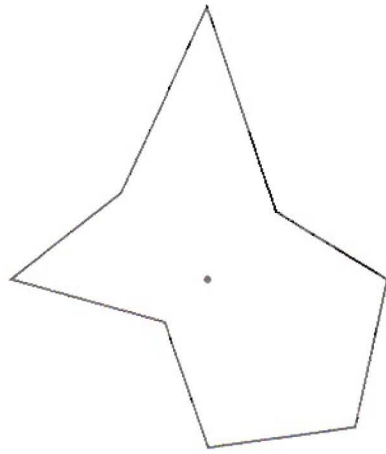
Some people get an allergic reaction to bee stings which is severe enough to lead to anaphylactic shock, a life-threatening situation. So, for the first half-hour after receiving a sting, while taking this remedy, watch for signs of an allergic reaction. These include:

- difficulty breathing
- swelling or tightness in the throat
- dizziness
- acute nausea and vomiting
- feeling like you are on fire inside

If you think you might have any of these symptoms, or if you have a history of allergic reactions to stings, immediately call for medical help. Use **FIRST AID**, page 141, while waiting for help to arrive, and rest.

The Well Adult: see page 475 for a discussion of anaphylactic shock.

Bee Stings



Bronchial Irritation

USE THIS REMEDY IF:

you have mild to painful coughing, perhaps with a heavy, sore chest.

In addition to your cough you may have other complaints, including a runny nose, and a scratchy, sore throat with hoarseness. You might also feel weary and tired. Perhaps you even have a low-grade fever.

You might experience painful coughing after extended periods around cigarette smokers, from living or working in a smoggy city, or from other air borne irritants. You might experience it before or after having an upper respiratory infection, or after getting over a cold. You could occasionally cough up mucus.

Some people have occasional or chronic bronchial cough from no known cause.

This remedy should relieve your complaints. It is useful for people suffering from either acute or chronic cough. It can also help people prone to chronic bronchitis. If you are subject to chronic coughing, and this remedy only temporarily relieves it, try **ADDICTIVE HABITS**, page 77. It may be able to break the repetitive tendency that underlies your cough.

Coughing is a natural healing response of the body, which is trying to rid itself of some irritant in the air passages. Never try to suppress a cough.

If you smoke, this remedy may not be able to help, because each new cigarette will irritate and weaken your respiratory system anew, in effect antidoting the healing effects of the remedy.

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until your coughing improves. For mild cases two or three glasses may be all you need.

Stop using the remedy as soon as you feel fully recovered.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the **RESISTANCE** remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

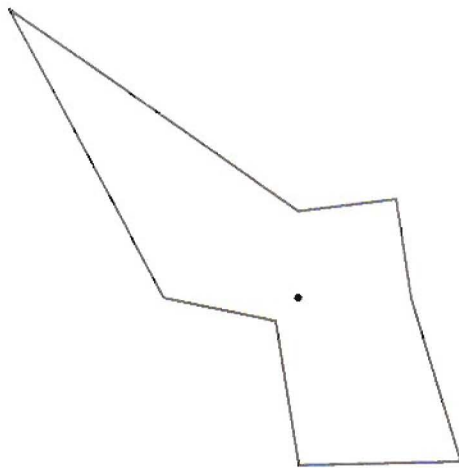
Allergies, page 81
Stimulating Your Healing Response, page 253
Ache, page 73
The Cold Remedy, page 277
Fatigue, page 129
Sudden High Fever, page 265

MEDICAL ALERT:

If you have a fever that climbs to 103 degrees or higher despite your use of this remedy, and your chest pain on coughing becomes intense, you may be developing pneumonia, a potentially life-threatening condition. Seek medical advice at once.

The Well Adult: page 304 describes and distinguishes between acute and chronic bronchitis, emphysema and pneumonia.

Bronchial Irritation



Business Pressure

USE THIS REMEDY IF:

you have too much pressure on the job.

You have a job you like, and you're good at it. But it sometimes gets to be too much. You feel overwhelmed by the small problems of the day, you strive too hard for perfection, and you blame yourself when you don't measure up (in your own eyes).

You take your job too seriously, and stay over-stimulated from it. This leads to chronic digestive upset, or other physical problems.

Maybe you easily absorb the feelings of others, and must try to control those around you just to avoid feeling overwhelmed. Or you feel undone from constant interruption, and cannot remain calm in the midst of the general confusion.

You spend more and more energy but accomplish less and less due to unexpected problems, spontaneous meetings, and constant interruptions. You notice that you are impatient, restless, keyed up, tired. You have chronic insomnia. Your temper is a little short. At the end of the day you feel frazzled, all done in. You get a good salary and plenty of positive feedback for a job well done, but inside you know it's too much. You can't keep going at this pace forever.

When you feel overwhelmed by events that move too rapidly, or are pressed by too many demands at once, this remedy may be able to help.

SPECIAL INDICATORS: (You may have one or more of these.)

Easily over-stimulated
Upset or irritable when in public places
Unable to concentrate in noisy surroundings

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until your inner calm is restored. Avoid alcohol; use this remedy instead. Often two or three glasses will be all you need.

When you feel more calm, stop using the remedy.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Environmental Sensitivity, page 121

Stress, page 261

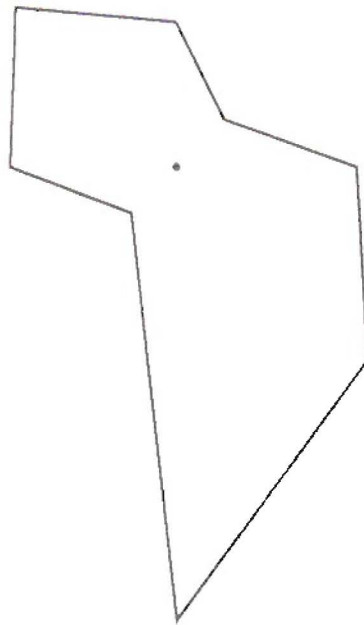
Fatigue, page 129

Too Keyed Up, page 289

Worrying, page 303

Inner Strength, page 165

Business Pressure



Chronic Headache

USE THIS REMEDY IF:

you have occasional, recurring headaches.

If your headache is pounding or pulsating, try **THROBBING HEADACHE**, page 281, instead.

Most headaches begin after some stressful event. Therefore the Paper Doctor stress remedies - **BUSINESS PRESSURE**, page 97, **ENVIRONMENTAL SENSITIVITY**, page 121, **STRESS**, page 261, or **TENSION RELEASE**, page 273, might be more appropriate than this remedy.

If these remedies do not help, try **ADDICTIVE HABITS**, page 77. **ADDICTIVE HABITS** helps alleviate repetitive physical complaints, such as a recurring headache.

HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until your headache disappears. You may need to use three to five glasses of the remedy.

Stop using the remedy as soon as you feel recovered.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the **RESISTANCE** remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

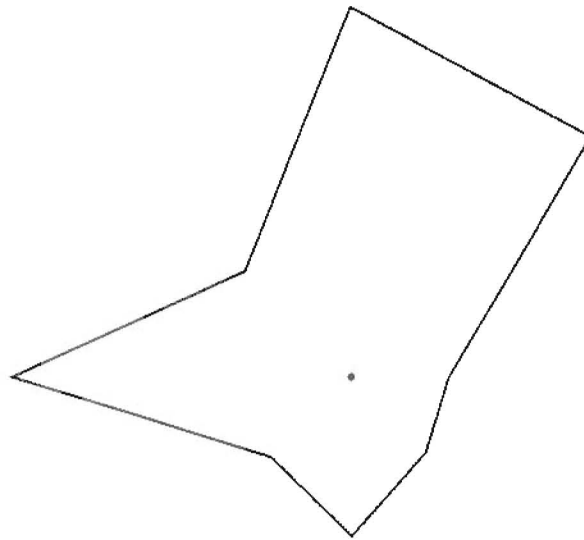
Pain, page 197
Ache, page 73
Addictive Habits, page 77
Irritability, page 173
Hurrying, page 157

MEDICAL ALERT:

If the remedies listed on this page have no effect, see your doctor. Recurring headaches can have diverse causes, including eyestrain, allergies and even circulatory problems.

The Well Adult: read the general headache discussion, page 238.

Chronic Headache



Constipation

USE THIS REMEDY IF:

you are bothered by temporary constipation. Temporary constipation usually results from a disruption of the body's physiological rhythms due to stress, changes in your eating schedule, changes in the quality or content of the food and water you eat and drink, or as a result of traveling.

HOW TO USE THIS REMEDY:

To relieve your constipation, make and drink this remedy three times in succession. If you have no results within an hour, repeat this procedure. If you become constipated while traveling, it will help to establish a regular eating and sleeping routine.

Note that it is not necessary to have a bowel movement every day. If you go a few days between movements, this will cause no harm.

Stop using this remedy as soon as your regularity is re-established.

If you experience no improvement after 9 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Regularize Erratic Lifestyle, page 225
Jet Lag, page 177
Hurrying, page 157
Tension Release, page 273

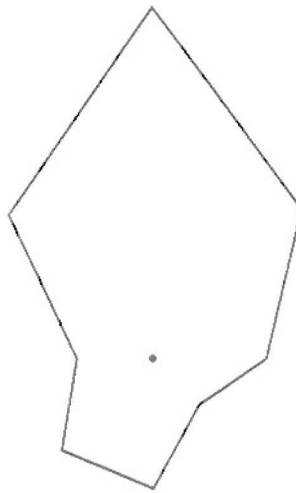
A note about commercial laxatives: Using these drugs can cause a complete evacuation of the bowels. This means that it will be several days before it is possible to have a natural bowel movement. It is easy to interpret this lack of activity as renewed constipation, and then take more laxatives. In this way, laxatives become habit-forming. The body never has a chance to act on its own. If you use laxatives, be patient.

This remedy does not force the bowels to do anything. It just sends a message to re-establish your natural rhythm.

MEDICAL ALERT:

Seek immediate medical help if your constipation is accompanied by severe abdominal cramps or bleeding.

Constipation



Diarrhea

USE THIS REMEDY IF:

you are bothered by diarrhea, possibly accompanied by nausea and abdominal cramping. Diarrhea usually occurs while traveling, under business stress, or from eating unfamiliar or tainted food. Typically traveler's diarrhea occurs about three days after arriving at a new location, which is how long it takes unfriendly bacteria to produce effects on the digestive system. Technically speaking you are "traveling" wherever you eat outside of your own kitchen, or your regular commercial hangouts.

Diarrhea is a healthy body response, not an illness. It's one way the body has of getting rid of something that could be injurious.

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until you get relief. Get plenty of rest. Drink bland liquids to prevent dehydration. In most cases, the remedy should bring relief in three or four glasses.

Stop using this remedy as soon as you feel recovered. After severe diarrhea, it's a good idea to take it easy for a few days before resuming a busy schedule.

If you feel debilitated, once your diarrhea ceases, begin using the remedy **STIMULATING YOUR HEALING RESPONSE**, page 253, until your former energy is restored. This could take a few days.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the **RESISTANCE** remedy, page 229.

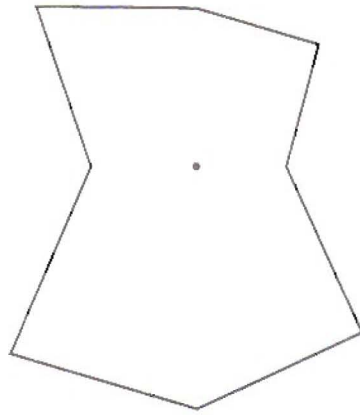
ALTERNATIVE REMEDIES TO CONSIDER:

- (if pain in stomach) Food Poisoning, page 149
- (if persistent nausea) Nausea And Vomiting, page 193
- (if feverish) Sudden High Fever, page 265
- (if fluish) Stomach Flu, page 257

MEDICAL ALERT:

If your diarrhea continues for more than a few days, it can cause dehydration, a serious medical problem. To prevent this, drink as much bland fluid (bacteria-free water), juice or broth as you can tolerate. As long as you are urinating normally every few hours, you are not dehydrated. Continued diarrhea can have serious consequences. If none of the above remedies improves your condition after a few days, seek medical help.

Diarrhea



Earache

USE THIS REMEDY IF:

you have a pain in your ear, with a feeling of fullness or blockage, and a decrease in your hearing.

Usually ear problems begin a few days after swimming, after flying in a plane, after driving in the mountains, or with the onset of a cold.

If you have a cold, use THE COLD REMEDY, page 277, together with STIMULATING YOUR HEALING RESPONSE, page 253, instead of this remedy. Earache can also herald the onset of FLU, page 145.

If your cold is gone but it leaves you with an earache, this remedy should help.

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until your earache is relieved and your hearing returns. For mild cases three or four glasses may be all you need.

In more severe cases, you might need up to 10 glasses of this remedy. However, before you continue to use the remedy this long, be sure that your ear problem is making steady progress.

Stop using the remedy as soon as you feel recovered.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

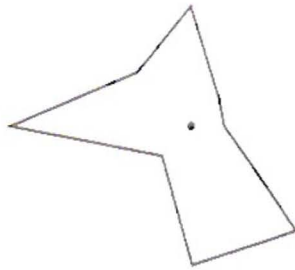
Ache, page 73
 (if irritable, use concurrently) Irritability, page 173
 (if fever) Sudden High Fever, page 265
 (on your way to the doctor) Pain, page 197
 Allergies, page 81

Chronic muscle tension in the jaw can cause pain similar to an earache. If you suspect tension is your problem, try WORRYING, page 303, TENSION RELEASE, page 273, or STRESS, page 261. Also read Combating Stress, page 315.

MEDICAL ALERT:

If the pain persists more than a few days after you begin using these remedies, if the pain increases, or if you have hearing loss, ask a physician to examine your ear.

The Well Adult: page 221 discusses inner ear infections, while page 223 focusses on swimmer's ear.



Energy Boost

USE THIS REMEDY IF:

You feel tired and would like to stop and relax, but to fulfill business or personal obligations, you must keep going.

This remedy, used two or three times, should help you get a boost of energy for one or two hours.

You can use it before an important meeting or test, before a workout or athletic event, or before a party at the end of a tiring day. It may even help you gain energy or feel less awkward before sexual intercourse.

The remedy helps overcome an apathetic, dreamy state, promotes mental alertness, increases bodily awareness, and brings enthusiasm and physical energy for the events at hand. It can help you translate your ideas into action.

If you feel tired and want to relax, use **FATIGUE**, page 129, instead of this remedy. **FATIGUE** sometimes makes people feel sleepy. In other words, if you want to keep going use **ENERGY BOOST**; if you want to relax, use **FATIGUE**.

If you feel tired and think you might be getting sick, use **STIMULATING YOUR HEALING RESPONSE**, page 253, instead of this remedy.

SPECIAL INDICATORS: (You should have one or more of these.)

Tired but need to do more

Weary but not sick or getting sick

Want to make an extra effort to do something important

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession. This should be all you need to renew your energy for an hour or two.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the **RESISTANCE** remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

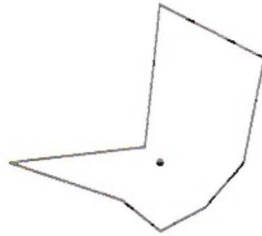
Inner Strength, page 165

Lifted Spirits, page 181

Fatigue, page 129

Warning: do not use ENERGY BOOST (this remedy) and FATIGUE, page 129, on the same day. One remedy is trying to boost your reserves, the other is trying to relax you. Using both together might set up a conflict in your Healing Response.

Energy Boost



Environmental Sensitivity

USE THIS REMEDY IF:

you suffer from environmental stress.

Environmental stress is any distress you experience as a result of an assault on your body or spirit. This includes excessive noise, unpleasant odors, poor or glaring lighting, skin irritants, fumes from perfume, disinfectants or pesticides, infectious bacteria or viruses, and negative or hostile thoughts or feelings projected at you by other people.

This remedy helps you build a psychic shield against many of the daily negativities or "petty pollutions" of modern life. At the same time, it will let you relax defensive muscular tension in your body and open to the softer aspects within yourself, increasing your sense of nurturing and creativity.

This remedy can help you cope with people you may not like but have to deal with - without having to defend yourself against them, then feel upset.

The remedy can help your organism fend off cold and flu 'bugs' going around at work or at school.

SPECIAL INDICATORS: (You should have one or more of these.)

You suffer when encountering cigarette smoke in public places.

Unpleasant odors really bother you.

Loud music upsets you.

The lighting at work gives you eye fatigue or headaches.

You are regularly irritated by interacting with someone at work.

A cold or flu bug (or other infectious illness) is going around right now, and you are worried about getting it.

HOW TO USE THIS REMEDY:

To relieve immediate environmental stress: Make and drink this remedy two or three times in succession. Wait 15 minutes for it to take effect. Repeat as necessary.

Stop using the remedy as soon as you feel better.

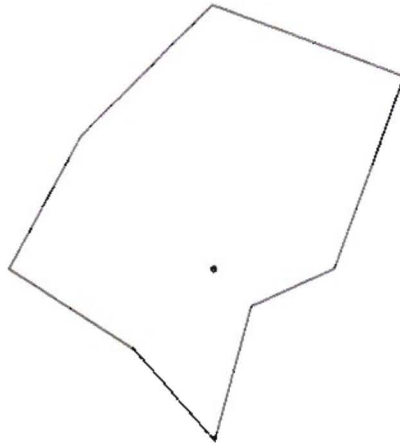
If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

As a prophylactic: Make and drink this remedy 2 or 3 times in succession once every six months. If you are also using the POLLUTION PROTECTION remedy twice a year, alternate these two remedies every 90 days.

ALTERNATIVE REMEDIES TO CONSIDER:

- Stress, page 261
- Irritability, page 173
- Allergies, page 81
- The Cold Remedy, page 277
- Eye Irritation, page 125
- Sinus Inflammation, page 233
- Bronchial Irritation, page 93
- Smog, page 241
- Fearfulness, page 135
- Stimulating Your Healing Response, page 253

Environmental Sensitivity



Eye Irritation

USE THIS REMEDY IF:

your eyes are sore, tired, blurry, and overworked. The remedy should help relieve:

- redness
- itching, smarting, or burning sensations
- excessive tearing
- blurry vision

in or around the eye due to eye strain, non-serious temporary obstructions in the eye, or non-specific eye inflammations.

If you have other, possibly related complaints, such as a sore throat, cough or fatigue, consider using **THE COLD REMEDY**, page 277, or **ALLERGIES**, page 81, rather than this remedy.

This remedy may also help sooth the eyes after a foreign body has been removed.

SPECIAL INDICATORS: (You may have one or more of these.)

- recent excessive use of your eyes for reading, typing or other detail work.
- recent work or play in a smoke-filled room.
- currently you live or work in a smog-filled city.
- you got something in your eye which you were able to extract safely by yourself or with the help of a friend.

HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until your eyes feel better. Usually two to five glasses will be all you need.

Stop using the remedy as soon as your eyes are better.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the **RESISTANCE** remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

- Environmental Sensitivity, page 121
- Allergies, page 81

Smog, page 241
Ache, page 73
Stimulating Your Healing Response, page 253
The Cold Remedy, page 277

MEDICAL ALERT:

This EYE IRRITATION remedy is intended for non-serious, occasional use only, and should never be used as a remedy for eye injuries.

If you feel pain in an eye or receive an injury to your eyes, or even suspect that you have, seek immediate medical help. An eye injury is a medical emergency. Do not use this or any other Paper Doctor remedy as a substitute for professional medical assistance.

After you have called for help, and while waiting for help to arrive, you can use FIRST AID, page 141.

If you get some liquid or gaseous substance in your eyes, such as nail polish, cleanser, paint, chemical fumes, etc, you have a serious medical emergency and must seek immediate professional help.

The Well Adult, page 228, discusses conjunctivitis, an inflammation of the membrane that lines the eyelids and white part of the eye.

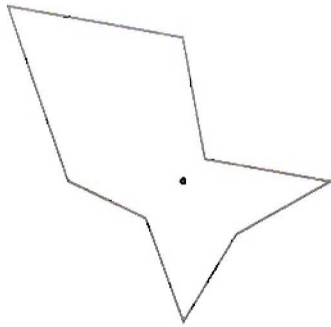
Page 230 discusses eyelid infections.

Page 232 discusses serious diseases, such as glaucoma.

Page 234 discusses how vision occurs, and the most common types of visual problems people have.

Page 478 discusses foreign objects in the eye and when to treat them at home versus seeking professional care. It also discusses serious eye injuries.

Eye Irritation



Fatigue

USE THIS REMEDY IF:

you have that heavy, drugged, weary feeling which often follows a hard day's work. This remedy can also help if you have been traveling for more than three hours' duration, or if your eating, sleep or exercise patterns have been disrupted for any reason.

The remedy relieves mental sluggishness and physical fatigue. It reinvigorates your body. It helps you assimilate those new experiences which occur as a result of travel, and restores inner calm after any period of over-stimulation, such as a difficult meeting or assignment. When you feel exhausted or burned-out, this remedy can be restorative.

If you're tired but must keep going, use ENERGY BOOST, page 117, instead of this remedy. Caution: do not use both FATIGUE and ENERGY BOOST in the same day!

SPECIAL INDICATORS: (You may have one or more of these.)

Over-stimulated; nerves on edge
Body feels heavy, drugged, worn out

HOW TO USE THIS REMEDY:

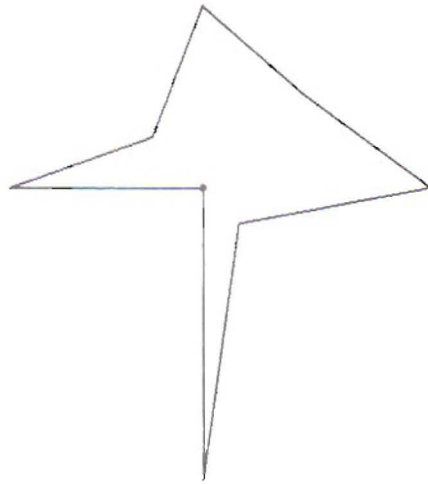
Make and drink this remedy three times in succession. Wait 15 minutes. If you don't feel more relaxed, switch to the most appropriate among the remedies listed below.

Stop using the remedy as soon as you begin to relax.

ALTERNATIVE REMEDIES TO CONSIDER:

Energy Boost, page 117
Tired Feet, page 285
Too Keyed Up, page 289
Stress, page 261
Irritability, page 173

Fatigue



Fearfulness

USE THIS REMEDY IF:

you feel fearful and you know why. This is a good remedy to use when you can name the cause of your fear. If your fear is vague - that is, you don't know what you are afraid of - use PANIC ATTACKS, page 201, instead of this remedy.

Examples of when to use this remedy:

fear of going to visit the doctor or dentist
 fear before a test or interview
 fear of flying (use before you fly)
 fear of the dog next door
 fear of the dark
 fear of robbers
 fear of a confrontation with others

This is an excellent remedy for calming the fears of children, so long as these fears have a specific cause. Examples of common use include being afraid to go to school, to walk a certain way home, of an animal, etc. If they wake up afraid in the night use PANIC ATTACKS, page 201.

Often it is difficult to distinguish between fear and anxiety. As someone has said, anxiety is just fear spread thin. If you think you are anxious rather than fearful, that's okay. This remedy, and the other recommendations on this page may help anyway.

SPECIAL INDICATORS: (You may have one or more of these.)

Fear of something known
 Fear for a specific reason
 Timidity, shyness
 Anxiety before a presentation

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession. Wait 15 minutes. If your fear is decreasing, wait to see whether it will disappear by itself. If you still feel afraid, make and drink the remedy twice more. If your fear is not decreasing, try PANIC ATTACKS, page 201.

Stop using the remedy as soon as you feel more relaxed and secure.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below.

Note: if you have some real reason to feel afraid, your fear may not subside until the reason goes away.

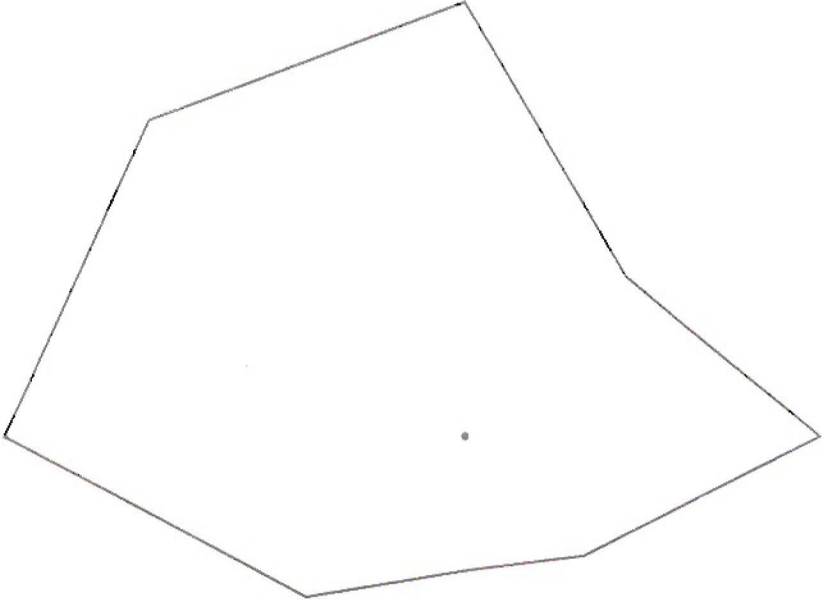
ALTERNATIVE REMEDIES TO CONSIDER:

Panic Attacks, page 201

Irritability, page 173

First Aid, page 141

Fearfulness



Feeling At Ease

USE THIS REMEDY IF:

you have a feeling of discomfort in unfamiliar social situations, such as a party or convention which you must attend. This remedy can help make the unfamiliar more friendly. It can soothe your anxiety about the first day(s) at a new job or ease a child's first day or week at school.

This remedy can be valuable to help you feel at home while working or living in a strange city, building or environment.

It can also help you and your family settle into a new home when your job transfers you to a new city or area, and it can help the kids adjust to a new neighborhood.

The remedy makes it easier to meet people and make friends by helping you feel connected to the people and places around you.

SPECIAL INDICATORS: (You may have one or more of these.)

Fear or anxiety concerning family, friends, or social group
Feeling cut off from any personal support; loneliness in a crowd

HOW TO USE THIS REMEDY:

Make and drink three glasses in succession morning or night for several days before that big event that worries you - the special party, your speech, an important business meeting, the first day on the job, or the first day of school. You can continue to use the remedy, three times a day, for up to a week, or until you feel more at home in your new situation.

Make and drink this remedy every 15 minutes (or, as often as possible) for a few days when you first arrive in an unfamiliar city.

Stop using the remedy as soon as you notice your anxiety or un-ease has vanished. Often three or four glasses will do it.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

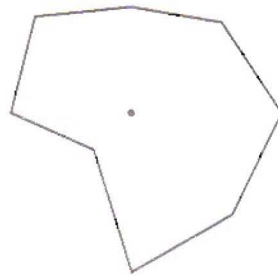
Inner Strength, page 165
Hurrying, page 157

Business Pressure, page 97

Irritability, page 173

Stress, page 261

Feeling At Ease



First Aid

USE THIS REMEDY IF:

you have any problem requiring immediate attention. First Aid is a remedy with a very wide range of uses.

It is excellent for **sudden physical trauma**, whether it comes from hitting your head on the corner of a cabinet door, or being in an auto accident. Of course, serious injuries must receive prompt medical attention. You can use this remedy until help arrives, but call for help first.

The remedy is excellent for **psychological trauma**, which can occur if you almost get hit by a car, have a serious argument with an unreasoning ex-spouse, or feel frightened in the night.

It is good for **ongoing trauma** - if you work in a high stress job: a hospital emergency room, a day care center, as a law-enforcement officer, etc. This remedy can help restore your inner equilibrium during or after demanding work.

It is good for **impending trauma** - BEFORE asking the boss for a raise, attending a meeting to explain why your group did not meet their deadline, or packing to move to another city.

When you suffer a physical injury, begin by using this remedy; after 3 glasses switch to PHYSICAL INJURY, page 205.

When anything negative happens to you, you can always start your recovery by using this remedy.

SPECIAL INDICATORS:

Physical blows to the body
Unexpected shock to the mind
Sudden emotional upset

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until you feel restored. Often two or three glasses will be all you need.

Stop using this remedy as soon as you feel better.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

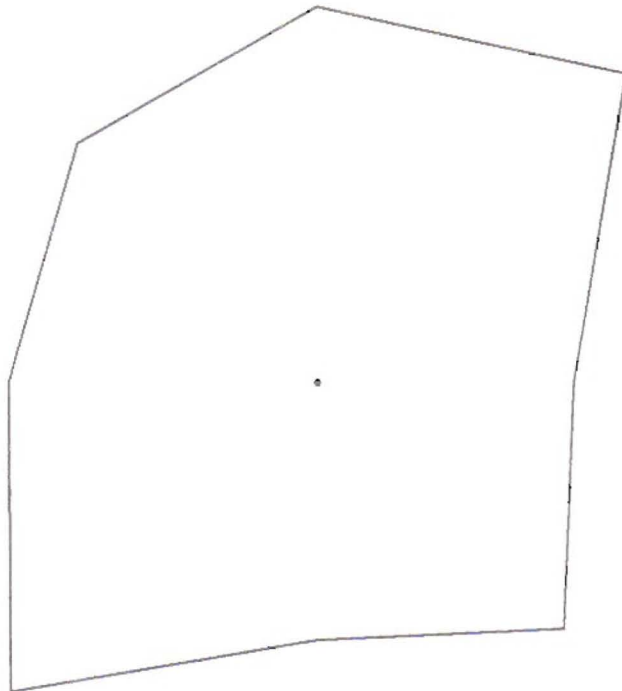
ALTERNATIVE REMEDIES TO CONSIDER:

Physical Injury, page 205
Traumatic Events, page 297
Pain, page 197
Fearfulness, page 133
Irritability, page 173
Stress, page 261

MEDICAL ALERT:

Any injury brings the likelihood that you need professional medical help, and quickly. Blows to body or head, falls, cuts or other puncture wounds usually need prompt attention. First establish that you are in no danger - then use Paper Doctor remedies. If you are not sure whether you need professional help, call 911 and tell these experts the nature of your problem.

Do not delay seeking help. Paper Doctor remedies are adjunctive to, not a substitute for, professional care.



Flu

USE THIS REMEDY IF:

you have some or all of the following complaints: coughing, sneezing, runny nose, exhaustion, loss of appetite, aching body, fever, chills and perspiration. These complaints usually herald the onset of a flu. The main difference between a flu and a cold is this: a flu acts systemically, producing fever and aching. A cold is localized in the face, head, throat or chest.

If you have persistent nausea, indigestion, diarrhea or vomiting as predominant complaints, use one of the following remedies instead of this flu remedy: STOMACH FLU, page 257, NAUSEA AND VOMITING, page 193, or FOOD POISONING, page 149.

Flu is the most serious complaint for which a remedy is offered in *The Paper Doctor*. Flu is a systemic illness; it affects the entire organism. Therefore it will likely require a more sophisticated use of these remedies than any other complaint.

If this remedy is successful, it will moderate your complaint. This may make you feel pretty good, but unless you continue to rest you may find yourself with a relapse.

SPECIAL INDICATORS: (You may have one or more of these.)

Aching in the muscles
Aching in the joints
Fever and chills
Fatigue

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until your flu begins to subside. You should also make and drink STIMULATING YOUR HEALING RESPONSE, page 253, every time you use this remedy.

If the remedies do not seem to be making much headway by the end of the first day, add RESISTANCE, page 229, and use all three remedies one after the other as often as you can.

Stop using these remedies as soon as you feel restored.

ALTERNATIVE REMEDIES TO CONSIDER:

Stomach Flu, page 257
Sudden High Fever, page 265

Ache, page 73
Resistance, page 229
The Cold Remedy, page 277

Often a flu comes on after an intense period of work. Consider completing your recuperation with the most appropriate among these remedies:

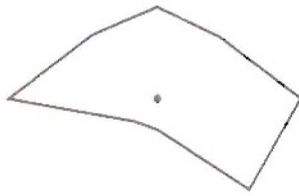
Fatigue, page 129
Stress, page 261
Tension Release, page 273

MEDICAL ALERT:

Remember that it's easy to get a relapse of the flu, often with more serious consequences the second time. Be sure to get plenty of rest after, as well as during, a flu. Let your energy guide you. Do not overspend it.

Flu can lead to sinus infections, ear infections, bronchitis and pneumonia. If your flu symptoms don't get better in a few days, or if new symptoms develop, get medical help.

The Well Adult: for a thorough discussion of influenza see page 215.



Food Poisoning

USE THIS REMEDY IF:

you have severe vomiting and diarrhea with abdominal pain, nausea, and weakness. Food poisoning can occur after eating food containing unfriendly bacteria. Your symptoms are your body's attempt to rid itself of this harmful influence.

To prevent dehydration, try to consume bland liquids, get plenty of rest, and in warm climates avoid the sun.

To speed your recovery, you can use the remedy **STIMULATING YOUR HEALING RESPONSE**, page 253, at the same time.

SPECIAL INDICATORS: (You may have one or more of these.)

Can have both vomiting and diarrhea at the same time
 Feeling of great debility, exhaustion, weakness
 Anxiety and restlessness
 Fear that one might die
 Burning pains in esophagus, stomach, and intestines
 Thirsty for sips of cool water
 Complaint worse at night

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until your symptoms improve. For mild conditions two to four glasses will be all you need.

Stop using this remedy as soon as you feel recovered.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the **RESISTANCE** remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

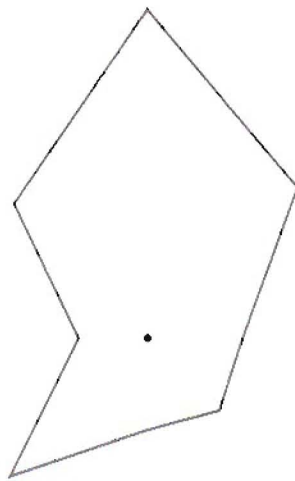
Nausea And Vomiting, page 193
 Diarrhea, page 109
 Indigestion, page 161
 (if fever, try) Sudden High Fever, page 265
 Fatigue, page 129
 Stress, page 261

MEDICAL ALERT:

Substance poisoning is a potentially life-threatening situation requiring immediate medical attention. Substance poisoning includes tainted food, drug overdoses, and inhaling or ingesting non-food substances of all sorts, including household chemicals. Stay alert to this possibility. If you experience symptoms of severe distress, including high fever or bloody diarrhea, get immediate medical help.

The Well Adult: page 349 begins a discussion of the medical aspects of food poisoning.

Food Poisoning



Hangover

USE THIS REMEDY IF:

you have bad effects after drinking too much alcohol, either a few hours later or the next morning.

The common symptoms of a hangover include fatigue, headache, dizziness, nausea, fuzzy tongue, bad breath, weakness and trembling. The symptoms of hangover occur when the body is mildly poisoned by alcohol.

You can use this remedy to moderate your hangover the morning after a bout of drinking. Or you can use the remedy soon after drinking, to help you sober up. However, don't drink more alcohol after using this remedy, or alternate between the remedy and alcohol in the same day; this practice could make you feel sick.

If you regularly drink during the day, after work, or to cope with feelings of tension, exhaustion or stress, you can get better results (and avoid further damage to your liver) by foregoing alcohol in favor of one or more of the following remedies:

- Stress, page 261
- Regularize Erratic Lifestyle, page 225
- Addictive Habits, page 77
- Resistance page 229
- Fatigue, page 129
- Irritability, page 173
- Hurrying, page 157
- Tension Release, page 273

HOW TO USE THIS REMEDY:

To relieve a hangover, make and drink this remedy three times in succession, then once every 15 minutes until you feel better. Two or three glasses may be all you need.

Stop using this remedy as soon as you feel better.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

- First Aid, page 141
- Fatigue, page 129

Energy Boost, page 117

(when ill from alcoholism, if Special Indicators match) Food Poisoning, page 149

Stimulating Your Healing Response, page 253

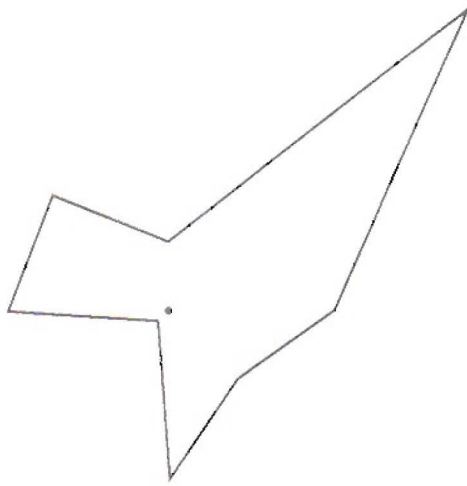
MEDICAL ALERT:

Severe or fatal liver damage can occur if you take over-the-counter medications containing acetaminophen while drinking. Popular pain relievers containing acetaminophen include: Anacin 3, Tylenol, and Tylenol Extra Strength.

This remedy is intended for occasional use only. The habitual use of alcohol is a serious disease. To avoid premature death while driving or from a chronic disease, seek competent medical or psychological help! And use **ADDICTIVE HABITS**, page 77.

The Well Adult: see page 150 for a discussion of the usefulness of Alcoholics Anonymous and page 153 to test for alcoholism.

Hangover



Hurrying

USE THIS REMEDY IF:

you feel impatient, irritable or agitated. If you feel hurried, under too much pressure, behind at work, upset while waiting in check-out lines or exasperated when caught in freeway traffic, this remedy may be able to make a difference.

The remedy brings increased self-confidence and gentle release from frustration and inner discontent. It promotes a more balanced daily life, with less emotional upset. It brings a re-adjustment of your inner sense of time so that you are better able to move at the actual pace of events around you.

SPECIAL INDICATORS: (You may have one or more of these.)

Irritable, impatient, intolerant, nervous
Easy frustration in interactions with others
Pace of life seems too slow

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession morning and night for up to 3 weeks. The remedy acts slowly and gently. Give it time to heal old patterns.

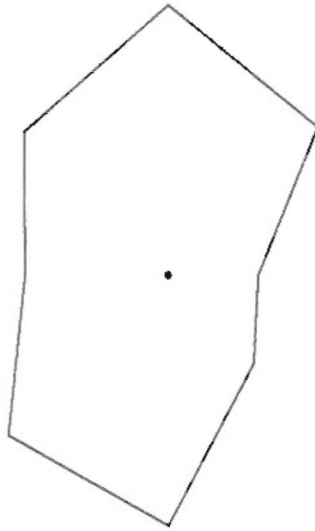
Stop using the remedy as soon as you begin to slow down, feel more tolerant of the actions of others, and are more relaxed.

If you experience no improvement after using this remedy for a week, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Tension Release, page 273
Resistance, page 229
Irritability, page 173
Business Pressure, page 97

Hurrying



Indigestion

USE THIS REMEDY IF:

you have a feeling of queasiness or nausea in the morning, after eating, after eating rich food, or after drinking alcohol.

This is a general digestive remedy. It can relieve complaints associated with indigestion from stress, emotional upset, or eating too late in the evening. It should help relieve fullness and pressure in the stomach, hiccoughs, burping and gas, and even mild stomach pain or discomfort.

Most upset stomachs are not due to an acid imbalance, so antacids are not usually the best remedy, even though they are heavily advertised as such. Antacids are heavy on salt, or contain aspirin, which is a problem for many people. Antacids containing bicarbonates actually create gas in the stomach.

SPECIAL INDICATORS: (You may have one or more of these.)

Hiccoughs

Sour taste in the mouth

Nausea after eating, even several hours after eating

Burping or gas

Sensation of fullness, weight (even pain) in the stomach

Stomach feels sensitive or painful when pressed on

Nausea with retching and vomiting

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until you feel better. Usually one to three glasses will be all you need.

Stop using it as soon as you feel restored.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

(if persistent nausea) Nausea And Vomiting, page 193

(if nausea in waves) Nausea And Vomiting, page 193 (sic)

Food Poisoning, page 149

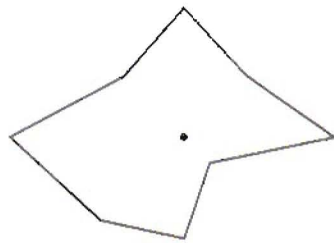
(if only stomach ache) Ache, page 73
(if fever) Sudden High Fever, page 265
Irritability, page 173
Motion Sickness, page 189
Stress, page 261
Business Pressure, page 97

MEDICAL ALERT:

The symptoms of food poisoning can sometimes seem very similarly to those of common indigestion. If your indigestion grows worse despite this remedy, consider the possibility of food poisoning. See **FOOD POISONING**, page 149.

The Well Adult: page 358 discusses the physiology of indigestion, which doctors call Irritable Bowel Syndrome, or IBS.

Indigestion



Inner Strength

USE THIS REMEDY IF:

Use this remedy before facing **physical hardships**, harsh weather conditions, a long hike, any competitive sport, or any situation requiring extra effort.

If you have not exercised recently due to a sedentary lifestyle, use this remedy before beginning your new regimen. (If you are over 30, be sure to have a health check-up before vigorous exercising.)

This remedy can also be effective in helping you face **psychological hardships** such as difficult interviews, tough business meetings, your ex-spouse, a grouchy boss or an important test at school.

Among this remedy's properties is its ability to help you persevere when you feel discouraged, especially if you tend to be demanding and critical of yourself, and easily disparage your own abilities. It helps you become more tolerant of your imperfections, and of your needs.

SPECIAL INDICATORS: (You may have one or more of these.)

Small setbacks seem overwhelming
 You readily give up your desires when others object to them
 You don't dare attempt something you really want to do
 You need a boost from somebody else to maintain your enthusiasm
 You are easily intimidated by others

HOW TO USE THIS REMEDY:

For **physical hardships**, make and drink this remedy three times in succession just prior to the big event, or use 2 glasses morning and night for several days in advance of your challenge.

For **psychological hardships**, use the remedy three times morning and night for two days prior to the event, if possible.

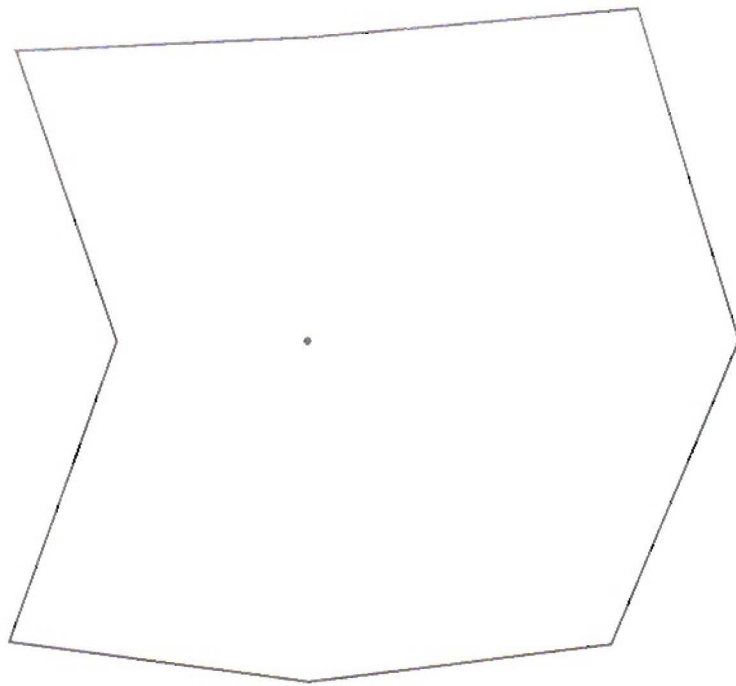
If you are facing **long-term hardship**, such as a serious injury or debilitating disease, make and drink this remedy 3 times a day for several weeks. It may help give you the strength to face this adversity. You would know that the remedy was working if you noticed that you were developing a new, more positive attitude about your situation, or were able to make a difficult decision you had been postponing.

If you experience no improvement after 6 glasses (short-term use) or one week (long-term use) of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

(if overwhelmed by a challenge) First Aid, page 141
(if something holds you back) Traumatic Events, page 297
Lifted Spirits, page 181
Tired Feet, page 285

Inner Strength



Insect Bites

USE THIS REMEDY IF:

you have just been bitten by a mosquito, tick, mite, spider or other flying or crawling insect.

If you think that you might have a snake bite, or a poisonous spider or scorpion bite, get immediate medical help. Use **FIRST AID**, page 141, while waiting for help to arrive, but do not delay seeking help.

If the bite feels cold inside, use **BEE STINGS**, page 89, instead of this remedy.

SPECIAL INDICATORS: (You may have one or more of these.)

Swelling or puffing up around the wound
 Wound is rosy red in color
 Moderate to severe stinging pains
 Wound is intolerant of heat and can't stand to be touched

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until the swelling and pain subside.

Stop using it as soon as you feel better.

If you experience no improvement, or only slight improvement, after 6 glasses, and the cause of the bite is unknown, assume the bite could be poisonous and immediately seek medical help.

While waiting for help to arrive, you can use the most appropriate among the alternative remedies, below:

ALTERNATIVE REMEDIES TO CONSIDER:

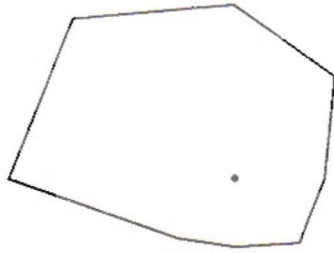
Bee Stings, page 89
 First Aid, page 141
 (if the Special Indicators match) Food Poisoning, page 149
 Pain, page 197
 Traumatic Events, page 297
 Stimulating Your Healing Response, page 253

MEDICAL ALERT:

Was the insect that bit you poisonous? If so, or if you're not sure, get medical help immediately! If the insect is unfamiliar to you, get local confirmation of its effect. If you decide to seek help, make and drink FIRST AID, page 141, while you wait for help to arrive.

The Well Adult: see page 193 for a discussion of common insect bites.

Insect Bites



Irritability

USE THIS REMEDY IF:

This remedy restores calm when you feel upset. It can be effective after irritating traffic jams, arguments, insults and other upsetting problems of living. It can alter your disposition to a more tranquil state.

This remedy brings calm to excited or overly-active children.

Since it soothes the nerves, it can be used as an effective toothache remedy, should the remedy TOOTHACHE, page 293, fail to work for you.

SPECIAL INDICATORS: (You may have one or more of these.)

Impatient, nervous, easily upset
 Irritability made worse by outbursts of anger
 Over-sensitive, irritable, whining restlessness (usually found only in children)
 Hyperactivity
 Tension in the stomach after emotional upset

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until your calm is restored. Often two or three glasses will be all you need.

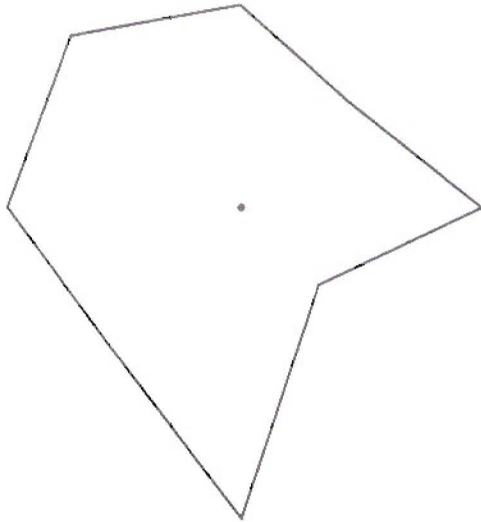
Stop using it as soon as you feel calm.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Too Keyed Up, page 289
 Hurrying, page 157
 Stress, page 261
 Traumatic Events, page 297
 (anguished emotions) Ache, page 73

Irritability



Jet Lag

USE THIS REMEDY IF:

This is the remedy to use at the end of a long flight. Not only have you just spent 3 or more hours in an airplane, most likely you have also spent two extra hours in airports. These events force most travelers into inappropriate hurrying, waiting, standing, sitting, noise, stale air, tasteless, nutritionally-empty food, too much alcohol and the consequent disruption of their normal sleep, exercise and eliminative routines.

Common symptoms of jet lag include:

- sleepiness during the day
- sleeplessness at night
- slowed reflexes
- lack of concentration
- irritability
- depression
- digestive distress

Some people have two different experiences with jet lag: the going-to lag and the returning-home lag. The going-to lag requires coping with an unknown destination, but often with a clear focus: a business meeting or vacation in mind. The returning-home lag can be overwhelming, bringing a flood of thoughts about ongoing affairs, as well as mail and phone calls to process. Here's my strategy for coping with each.

Going-to lag: Use this remedy according to directions (below). Then, if necessary, continue with STRESS, page 261, ENVIRONMENTAL SENSITIVITY, page 121, ENERGY BOOST, page 117, and possibly FEELING AT EASE, page 137, to ease your transition into your new surroundings.

Returning-from lag: Most people feel different returning from a trip than they do when going. For one thing, there's the old business left behind that must be attended to. For another, former worries may resurface. As a result, since publishing this book we have developed a RETURN LAG magnetic pattern for your use when returning home from a trip. This remedy is sent to you free of charge when you register this book with us (see first page inside the front cover). Use RETURN LAG according to the instructions below.

HOW TO USE THIS REMEDY:

When you arrive at your destination, if you plan to keep going, make and drink this remedy three times in succession, then once every 15 minutes for the first hour or so. If you plan to sleep, use the remedy 2 or 3 times before going to bed, then once or twice the next morning. Stop using the remedy as soon as you begin to feel restored.

If you feel better, but not restored, on the second day, make and drink the remedy ENERGY BOOST, page 117, as needed. Stop this remedy as soon as you feel restored.

If, after the first day, you experience no improvement, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Environmental Sensitivity, page 121

Energy Boost, page 117

Fatigue, page 129

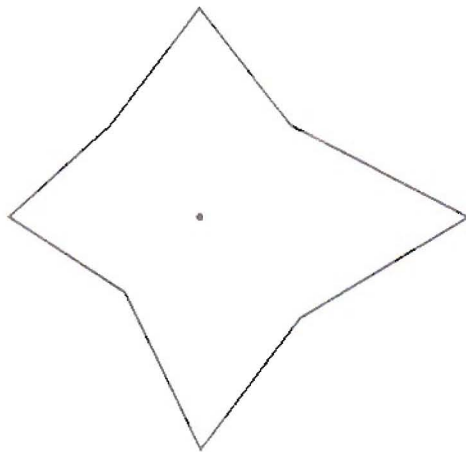
Too Keyed Up, page 289

Stress, page 261

Irritability, page 173

Traumatic Events, page 297

Worrying, page 303



Lifted Spirits

USE THIS REMEDY IF:

you feel discouraged, depressed, overwhelmed or grief stricken.

This remedy provides an uplifting, buoyant feeling when melancholic or depressed. It can help when you feel weighed down with personal problems of many kinds.

This remedy is a heart balm. It helps release emotional pain, and is calming and soothing in the face of tragedy. It can help you accept what life brings.

SPECIAL INDICATORS: (You should have one or more of these.)

Persistent feeling of discouragement
Depression without obvious cause
Grief due to bad news
Sense of lack of self worth or real direction in life

HOW TO USE THIS REMEDY:

Make and drink this remedy two or three times in succession. Wait 15 minutes for it to take effect.

In cases of severe melancholy, grief or discouragement, repeat as necessary.

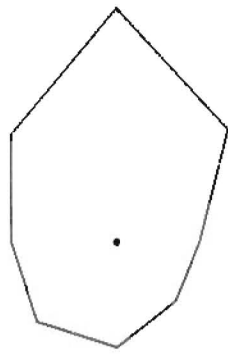
Stop using the remedy as soon as you feel better.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Ache (as in heartache), page 73
Irritability, page 173
Stress, page 261
Business Pressure, page 97
Energy Boost, page 117

Lifted Spirits



Mental Alertness

USE THIS REMEDY IF:

you suffer from lethargy - a temporary condition of drowsiness, indifference or mental fatigue.

Lethargy usually occurs following a heavy meal, after sustained mental concentration or study, physical exertion, play, or as a result of overwork. Sometimes it results from lack of stimulation, as when you are forced to deal with some task which you find boring. This remedy is intended to provide alertness and the ability to concentrate, temporarily. It can help you drive home safely when tired. It can help you keep your mind on your work or studies until you finish, or take a test after studying all night.

If you are under the influence of alcohol or drugs, this remedy cannot help. Do not rely on it to get you home from the bar or a party where you have been drinking alcohol or taking drugs!

SPECIAL INDICATORS: (You may have one or more of these.)

Easily distracted, unable to concentrate
Mentally sluggish

HOW TO USE THIS REMEDY:

For temporary mental clarity, make and drink this remedy two times in succession, then once every 15 minutes until your drowsiness disappears. Often two or three glasses will be all you need.

Continue using the remedy until you feel revived. Stop using it when you are more alert.

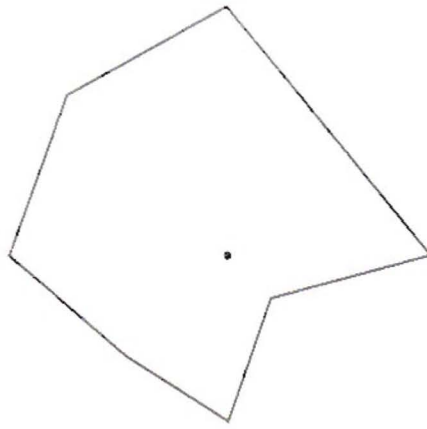
If you are carrying out a late night project, the repeated use of this remedy is more healthy than the use of coffee or other stimulants. However, each time you grow tired and make the remedy again, be sure to stop drinking it as soon as you feel alert. If after drinking the remedy repeatedly during a long night's work, a few glasses fail to revive you, you may have to go to bed.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Energy Boost, page 117
Inner Strength, page 165
Fatigue, page 129

Mental Alertness



Motion Sickness

USE THIS REMEDY IF:

you usually get nauseated and feel sick while riding in the car, on a boat, or any other moving vehicle.

The first signs of motion sickness may be yawning, restlessness, and a pale face. If the motion sickness continues, you could experience chilliness, cold sweatiness, dizziness, drowsiness and an upset stomach. Eventually faintness and vomiting occurs.

This remedy is excellent for children or pregnant women who easily get motion sickness while riding in cars on a curving road, or from riding in an enclosed space.

This remedy can be helpful whether your misery is carsickness, seasickness, airsickness or is due to any other form of passive motion.

Try using the remedy before your trip, to prevent this problem.

SPECIAL INDICATORS: (You may have one or more of these.)

Nausea when riding in a car or boat
 Feel cold, faint, look pale
 Break out into a cold sweat
 Aversion to eating or drinking anything

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until you feel better. Usually two or three glasses will be all you need.

Stop using the remedy as soon as you feel restored.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

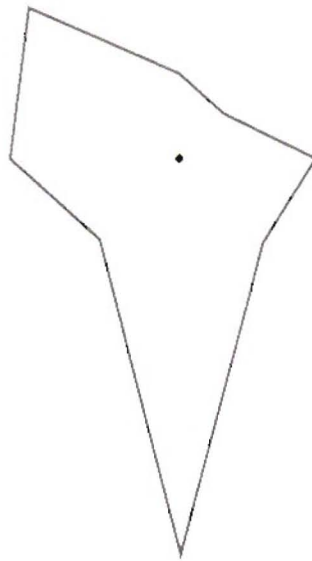
ALTERNATIVE REMEDIES TO CONSIDER:

Irritability, page 173
 Nausea And Vomiting, page 193
 Food Poisoning, page 149
 Stress, page 261
 Too Keyed Up, page 289

MEDICAL ALERT:

The signs of motion sickness can be similar to some forms of food poisoning. If your complaint gets worse in spite of this remedy, consider trying **NAUSEA AND VOMITING**, page 193, or **FOOD POISONING**, page 149.

Motion Sickness



Nausea And Vomiting

USE THIS REMEDY IF:

you have severe digestive distress, with persistent nausea and vomiting, with or without a fever.

This remedy may be called for after you eat rich, heavy food, after emotional upset, or after eating food tainted by unfamiliar or unfriendly bacteria.

SPECIAL INDICATORS: (You may have one or more of these.)

Constant nausea - it won't go away
Nausea coming in waves - subsiding, then returning again
Vomiting does not relieve the nausea
Rapid onset, you get sick in a few hours time
You are not better by lying down
You are better by getting some fresh air

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until your distress disappears. Stop using it as soon as you feel restored.

It's easy to feel shaky, dehydrated and exhausted after a bout of vomiting. Be sure to use the remedy **STIMULATING YOUR HEALING RESPONSE**, page 253, to get back up to speed again. And take it easy for a few days.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the **RESISTANCE** remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Food Poisoning, page 149
(if sudden onset, with fever) Sudden High Fever, page 265
Stomach Flu, page 257

MEDICAL ALERT:

If your vomiting lasts more than a day, you will run the risk of getting dehydrated, a serious medical problem. Drink bland fluids. If you can't keep liquids down, get medical help.

If you have severe abdominal pain, bloody vomit or bloody stools, get medical help immediately.

The Well Adult: page 349 discusses severe stomach upset.

Nausea And Vomiting



Pain

USE THIS REMEDY IF:

you get a pain anywhere in your body. This remedy is the Paper Doctor's answer to aspirin.

The remedy is included in order to provide temporary relief from pain due to accident or injury, or from any other cause.

NEVER use this or any other Paper Doctor remedy to keep a recurring pain bearable without seeking medical help to determine its cause.

There's nothing worse than the feeling of panic that arises when an unexpected pain appears. You know something is wrong, but what is it? What should you do? You imagine that you may have a serious problem.

Unexpected pain can be even more frightening when you are traveling. Strange land, strange doctor - a situation in which you will be completely deprived of your normal health care support system.

If your pain is a headache: Before you use this remedy, try the most appropriate headache remedy among those available in this book. See Remedy Table Of Contents, page 1.

If your pain is a toothache: Try the TOOTHACHE remedy, page 293, before you use PAIN. Be sure to call your dentist right away. If you are traveling, use TOOTHACHE or PAIN to keep the pain down while you search for a dentist.

If your pain is due to serious accident or injury, call for medical help first, then use FIRST AID, page 141. Less severe injuries call for wound cleaning and bandaging, in addition to FIRST AID, page 141.

If your pain is abdominal, it could occur from many causes. Consider INDIGESTION, page 161, NAUSEA AND VOMITING, page 193, or FOOD POISONING, page 149, but use one of these only if its description fits your complaint. Otherwise, have your abdominal pain checked by a physician.

If your pain appears suddenly or gradually as your only complaint, seek medical help. Some part of your body is in distress. Use this remedy until your appointment time arrives.

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until your pain subsides. Often two or three glasses will be all you need.

You can repeat this procedure each time the pain reappears, so long as you have called for professional help, and expect it to arrive soon. Stop using this remedy as soon as your pain has eased, or when medical help arrives.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Ache, page 73
 First Aid, page 141
 Physical Injury, page 205
 Irritability, page 173
 (for teeth) Toothache, page 293
 (for headaches) one of the headache remedies (see Remedy Table Of Contents, page 1)
 Backache, page 85
 Tension Release, page 273

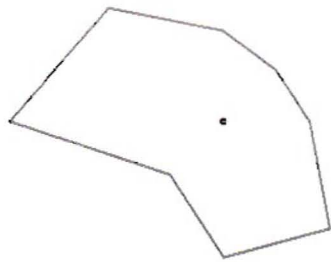
MEDICAL ALERT:

This remedy does not cure the cause of your pain. Do not substitute it for qualified medical treatment. Use it only while waiting for help to arrive, or until you can get to your doctor's appointment.

The Well Adult: discusses pain by body parts, as follows:

abdominal, lower 366, 369
 abdominal, upper 358
 arm 284
 back 319
 chest (angina) 267
 chest (bronchial) 304
 chest (heart attack) 284
 ear 221
 eye infections 230
 eye injuries 478
 face 226
 head 238
 neck 310
 skin 203
 throat 219
 on urination 397
 vaginal 398.

Pain



Panic Attacks

USE THIS REMEDY IF:

you are subject to spontaneous, unpredictable episodes of intense fear for no known reason. Like 22 million other Americans, you may occasionally be the victim of panic attacks. Try this remedy.

Panic attacks take a variety of forms. Some people think they are dying; others that they are losing control or going crazy. In addition to intense fear, you may also experience one or more of the following sensations:

- rapid heartbeat
- shortness of breath
- sudden weakness, trembling, sweating
- numbness, tingling, chills
- faintness or dizziness
- chest pain or discomfort
- a sense of being detached, as though you were not in your body
- a sense of impending doom

Panic attacks are more likely to occur when you are stressed or tired. People prone to panic attacks average four or five a week. And because panic attacks are unpredictable, dread of having another one usually interferes significantly with the victim's life.

Since there is usually a hidden psychological component behind panic attacks, you will increase your chances of long-term success if you get professional counseling while using this remedy.

Common psychological manifestations are:

- obsessive ideas
- nightmares
- waking in fear, unable to sleep again
- unreasonable panic in certain situations, such as elevators, small spaces, in the dark or when meeting people.

SPECIAL INDICATORS: (You may have one or more of these.)

- Continual, low-level anxiety for no good reason
- Anxiety about one's health
- Sense of foreboding, as though something terrible might happen

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession whenever you feel panicked. You may also want to use the remedy over the next few days following a panic attack.

Repeat this usage if your attacks return. Stop using it when your panic attacks disappear.

If your panic attack episodes disappear after you use this remedy, but return when you stop using it, use the RESISTANCE remedy, page 229, six or more times. Then try PANIC ATTACKS again.

If this remedy seems effective for a few weeks, then ceases to improve you further, you might need to switch to a different one. Choose the remedy in this book that is most characteristic of your personality, for example HURRYING, page 157, IRRITABILITY, page 173, or WORRYING, page 303.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

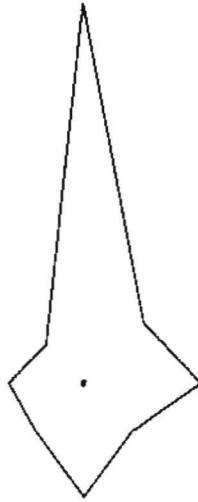
ALTERNATIVE REMEDIES TO CONSIDER:

First Aid, page 141
Traumatic Events, page 297
Hurrying, page 157
Resistance, page 229
Fearfulness, page 133

MEDICAL ALERT:

The symptoms of a panic attack can sometimes appear to be very similar to those of a heart attack. Usually with a heart attack one experiences crushing, unremitting chest pain that does not get better with rest. However, the pain can sometimes feel like heartburn or like a heavy discomfort. Only a trained medical technician can distinguish between these complaints, so call your physician or the public medical emergency number (usually 911) in your area, describe your complaint and ask for their opinion.

Panic Attacks



Physical Injury

USE THIS REMEDY IF:

you get a fall, blow to the body, or physical shock. This remedy helps reduce the swelling and bruising. You can also use this remedy after a serious accident in place of FIRST AID, page 141, if you wish.

You can use the remedy before and after surgery, including dental surgery, to speed your recovery. And it's great for children's everyday injuries.

Remember that it deals with the physical aspects of an injury. You may still want another remedy to heal the psychological trauma that inevitably accompanies any shock to the body. TRAUMATIC EVENTS, page 297, should be considered.

If you overexert or pull a muscle, this is the remedy to use. After the injury begins to heal, you may need to change to SPORTS INJURIES, page 249, to finish the job.

This remedy also helps heal the physical trauma that accompanies drug abuse. Use it after ADDICTIVE HABITS, page 77.

SPECIAL INDICATORS: (You may have one or more of these.)

Injuries to muscle tissue
Sore, lame or bruised feeling in any muscle
Limbs and body ache as if beaten
Muscle strains
Pain worse by touch or motion

HOW TO USE THIS REMEDY:

Right after your injury make and drink this remedy three times in succession, then once every 15 minutes until you feel better. After that use this remedy 3 to 6 times per day until the swelling subsides.

Stop using the remedy when you feel restored and your injured part feels to you like it's on the mend, even if the tissue is not completely healed.

If you experience no improvement after 10 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

First Aid, page 141
Traumatic Events, page 297
Sports Injuries, page 249
Pain, page 197
Ache, page 73

The following remedies can help deal with the psychological effects (shock or trauma) that usually accompany a physical injury:

First Aid, page 141
(if you also feel afraid) Fearfulness, page 133
Traumatic Events, page 297
Irritability, page 173

If, after suffering physical trauma, you feel emotionally upset but can't express it, use RESISTANCE, page 229, 3 to 6 times in succession.

If, as a result of an injury, you are facing a long or difficult recuperation, begin using the remedy STIMULATING YOUR HEALING RESPONSE, page 253.

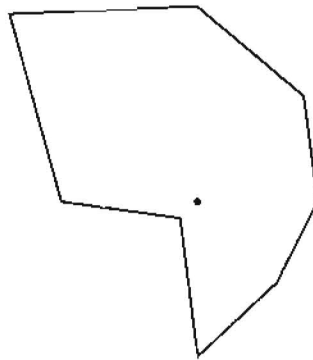
Before undergoing surgery for repairs you might want to use INNER STRENGTH, page 165, in addition to this remedy.

MEDICAL ALERT:

Blows to the body or head from any cause, including falling, can be serious medical emergencies. If the person exhibits confusion, has dilated pupils or is unconscious, even briefly, get medical help first. Make and drink this remedy while you wait for help to arrive.

The Well Adult: see pages 461 and 468 for a good discussion of physical injuries.

Physical Injury



Poison Ivy

USE THIS REMEDY IF:

you have an itchy skin rash and think that you have been exposed to poison ivy.

The body usually reacts to chemicals that irritate the skin by releasing chemicals of its own. This can happen when you make contact with cosmetics, perfumes, dyes in clothes and the oils of some plants, including poison ivy and poison oak. These "allergic reactions" can produce very itchy, stinging patches of raised, red skin.

It's easy to contact poison ivy while gardening, on a picnic, or out for a hike. Poison ivy grows in most of the U.S. If you are in California, use the remedy **POISON OAK**, page 213, instead.

Poison ivy spreads when you scratch it, because your fingernails carry its oils to other parts of your body. Try to keep the existing patches dry and clean.

This remedy helps by relaxing your body's defense response against the irritant. It should considerably shorten the length of your suffering.

SPECIAL INDICATORS: (You may have one or more of these.)

Red, swollen, irregular eruptions of raised skin that ooze
Intense itching skin, worse after scratching it
Inner sense of restlessness and minor irritability
Temporarily feel better by moving around
Worse at night and in the bed

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until you begin to feel some relief. Then make and drink it twice in the morning and twice at night until you feel that the "attack" is over.

Stop making the remedy as soon as new rash outbreaks cease and your itching subsides.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the **RESISTANCE** remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

First Aid, page 141
Poison Oak, page 213
Environmental Sensitivity, page 123

MEDICAL ALERT:

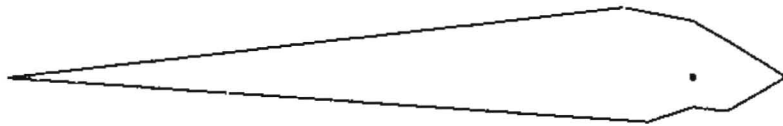
Some people can have a severe reaction to poison ivy which is a form of anaphylactic shock. This could be a life-threatening situation. Symptoms of anaphylactic shock include:

excessive swelling of the skin
difficulty breathing
swelling or tightness in the throat
dizziness
acute nausea and vomiting

If you have any of these symptoms or a history of intense reactions to poison ivy, seek immediate medical help. After calling for help, use **FIRST AID**, page 141.

The Well Adult: for a discussion of the standard medical treatment for poison ivy, see page 172.

Poison Ivy



Poison Oak

USE THIS REMEDY IF:

you have an itchy skin rash and you live in California.

The body usually reacts to chemicals that irritate the skin by releasing chemicals of its own. This can happen when you make contact with cosmetics, perfumes, dyes in clothes and the oils of some plants, including poison oak and poison ivy. These "allergic reactions" can produce very itchy, stinging patches of raised, red skin.

It's easy to contact poison oak while gardening, on a picnic, or out for a hike. Poison ivy grows in California. If you live elsewhere, unless you know that you have poison oak, use the remedy POISON IVY, page 209, instead.

Poison oak spreads when you scratch it, because your fingernails carry its oils to other parts of your body. Try to keep the patches dry and clean.

This remedy helps by relaxing your body's defense response against the irritant. It should considerably shorten the length of your suffering.

SPECIAL INDICATORS: (You may have one or more of these.)

Red, swollen, irregular eruptions of raised skin that ooze
 Intense itching skin, worse after scratching it
 Inner sense of restlessness and minor irritability
 Temporarily feel better by moving around
 Worse at night and in the bed

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until you begin to feel some relief. Then make and drink it at least twice in the morning and twice at night until you feel that the "attack" is over.

Stop making the remedy as soon as new rash outbreaks cease and your itching subsides.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

First Aid, page 141
Bee Stings, page 89
Poison Ivy, page 209
Environmental Sensitivity, page 123

MEDICAL ALERT:

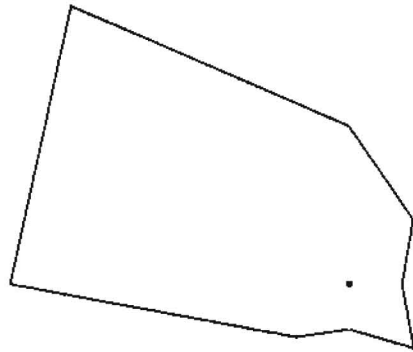
Some people can have a severe reaction to poison oak which is a form of anaphylactic shock. This could be a life-threatening situation. Symptoms of anaphylactic shock include:

excessive swelling of the skin
difficulty breathing
swelling or tightness in the throat
dizziness
acute nausea and vomiting

If you have any of these symptoms or a history of intense reactions to poison oak, seek immediate medical help. After calling for help, use FIRST AID, page 141.

The **Well Adult**: for a discussion of the standard medical treatment for poison oak, see page 172.

Poison Oak



Pollution Protection

USE THIS REMEDY IF:

you are bothered by the thought of low-level radiation accumulating in the Earth's atmosphere due to years of nuclear bomb testing and power plant emissions.

Low-level radiation does not produce any discernible symptoms in most people, so you will be unable to feel its affects. The long-term health effects of this type of radiation are still under investigation.

This remedy will strengthen your Healing Response against any destructive effects of continued exposure to low-level atmospheric radiation. The original remedy was developed in the 1950s in England by Dr. Aubrey Westlake. It was made of flowers and sea salt.

Note: As of June 1990 the Nuclear Regulatory Commission was seriously considering a proposal to "get rid of" one third of the volume of America's nuclear waste by declaring it "safe" enough to be dumped into public landfills! If this proposal is adopted, we will soon have low-level radiation all around us. (Source: San Diego Union)

HOW TO USE THIS REMEDY:

When you first buy this book, use this remedy twice in one day. Do not use any other Paper Doctor remedies for a few days before or after your use of this remedy. Record your use in the Paper Doctor Remedy Log, page 332.

For best protection, repeat this procedure every six months.

ALTERNATIVE REMEDIES TO CONSIDER:

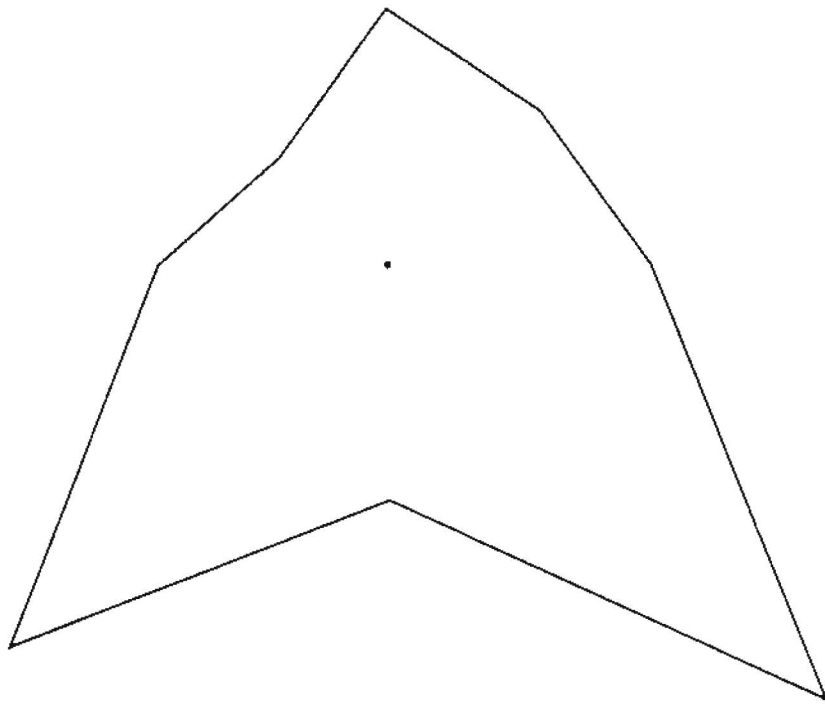
Environmental Sensitivity, page 121

Stimulating Your Healing Response, page 253

MEDICAL ALERT:

Radiation exposure and radiation burns are life-threatening traumas calling for immediate, specialized medical care. My remedy for Pollution Protection cannot repair radiation damage to the physical body. Rely on it for prophylaxis of very low-level radiation only.

Pollution Protection



Pre-Menstrual Syndrome

USE THIS REMEDY IF:

you are a woman who has intense pre-menstrual symptoms, sometimes lasting up to two weeks before your period begins. Though you may experience only some of them, the symptoms of pre-menstrual syndrome (PMS) include:

- moodiness associated with anxiety, nervous tension, depression and/or irritability
- increased appetite
- bloating
- weight gain
- cramping
- breast tenderness
- headaches
- backache
- general malaise

You are more likely to suffer from PMS if you are:

- over thirty
- under stress
- suffer side effects from birth control pills
- don't exercise regularly

To reduce your stress, read *Combating Stress*, page 315, to find those Paper Doctor remedies which can fight stress.

HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until your symptoms are improved. Often three or four glasses will be all you need.

If mild symptoms continue, make and drink the remedy twice in succession in the morning for one or two days thereafter, or until your symptoms disappear. Stop using the remedy as soon as you get relief.

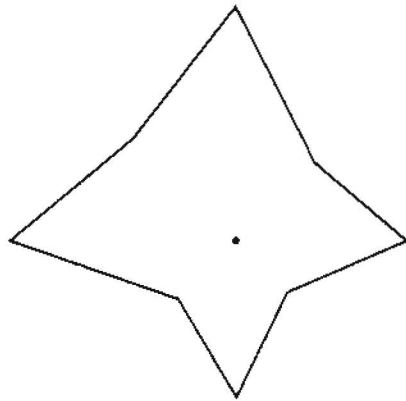
If your PMS is chronic, try using *STIMULATING YOUR HEALING RESPONSE*, page 253, along with this PMS remedy. The *STIMULATING* remedy will try to raise your level of health so that your PMS symptoms will not be so severe in the future.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the *RESISTANCE* remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

- Irritability, page 173
- Ache, page 73
- Tension Release, page 273
- Stress, page 261
- Lifted Spirits, page 181
- First Aid, page 141
- Fatigue, page 129

Pre-Menstrual Syndrome



Regularize Erratic Lifestyle

USE THIS REMEDY IF:

you have persistent minor bad habits that are in the way of your happiness, relaxation or business success. Such habits could include excessive socializing, keeping late hours, insufficient studying, irregular or non-nutritious eating patterns, a drug or stimulant addiction, procrastination about important decisions, or difficulty keeping commitments.

Of course, breaking bad habits or changing long-time patterns requires conscious effort on your part as well. This remedy is not a magic pill that will immediately alter your personality for the better and save your job or marriage. However, its use can help you understand your actions and make the decision, or develop the resolve, to change.

If you find making changes pretty tough going, you might want to use this remedy together with INNER STRENGTH, page 165. Do this by making and drinking one remedy every time you make and drink the other.

SPECIAL INDICATORS: (You may have one or more of these.)

Chronic nervousness from frequent over-stimulation
Addiction to stimulants (coffee, cigarettes, drugs, sex, new experiences, etc)
Desire to follow sudden impulses
Desire for excitement at night

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession morning or night for up to 3 weeks.

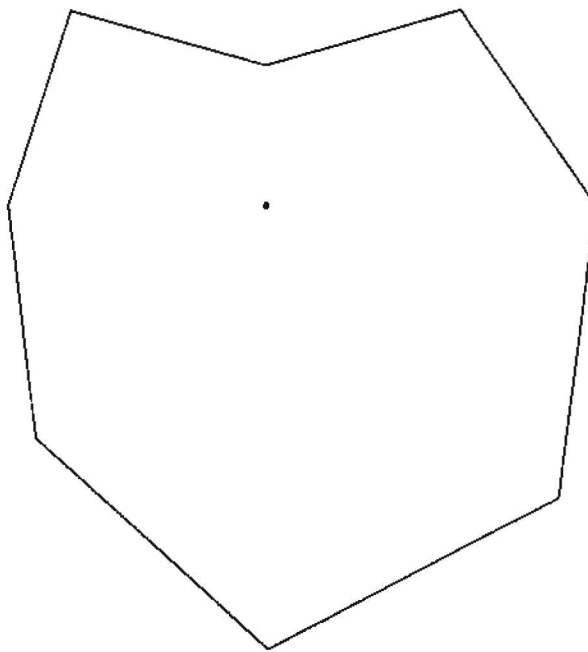
Stop using the remedy as soon as your awareness of your problem increases, or your habits begin to change. Of course, to change deep-seated or long-practiced habits, you may need professional counseling as well.

If you experience no improvement after using this remedy for three days, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Addictive Habits, page 77
Hurrying, page 157
Business Pressure, page 97
Irritability, page 173

Regularize Erratic Lifestyle



Resistance

Resistance to change is a healthy response of the human organism, which usually prefers to continue what has worked in the past rather than gamble on the unknown. But sometimes resistance is an inappropriate response. For example, stubbornness can be inappropriate when it ignores new information.

People who tend to restrain their emotional expression, people who are deeply skeptical about the ideas in this book, and people who usually rationalize away their feelings are likely to need this RESISTANCE remedy before Paper Doctor remedies will work for them. Such people will not be impressed by Paper Doctor remedies unless they experience dramatic changes from using them. But these people usually do not experience dramatic changes from any life experience. It is as though they know how to successfully defend themselves against change.

This remedy can help you overcome inappropriate resistance.

USE THIS REMEDY IF:

1. The remedy that you are using right now doesn't seem to work.

You have used the Paper Doctor remedies more than once and know that they work for you. But the remedy you have chosen for a current complaint does nothing. You're pretty sure it's the right remedy. You don't know why it doesn't work.

2. You are usually resistant to new ideas that challenge your current beliefs, and you want to become more accepting of unfamiliar concepts in order to broaden your knowledge.

3. You usually resist any attempts to change your habit patterns, even habits you would like to modify.

4. You resist revealing your true feelings, even to those closest to you.

5. You resist legitimate demands from others, and you don't know why.

6. You resist self-exploration, and have a low toleration for discussions concerning self-awareness and psychology.

7. None of the Paper Doctor remedies you have tried have worked.

You have been unable to get any positive results from using Paper Doctor remedies. No matter which remedies you try, your complaints always remain unchanged. You believe The Paper Doctor concept does not work. Have you read *If You Have Trouble Getting The Remedies To Work*, on page 61?

HOW TO USE THIS REMEDY:

Make and drink this RESISTANCE remedy three times in succession (one glass right after the other). Wait 15 minutes to see what happens.

If you are attempting to relieve a specific complaint, one of the following will happen:

1. Your complaint will improve.

To improve it further, continue to use this RESISTANCE remedy.

2. Your complaint will disappear.

Put the book away; you're done.

3. You will begin to experience unexpected emotions. After releasing these emotions, your complaint will improve.

This is likely to happen in an illness, if you first got sick after going through an unavoidable stress or some emotional event. A "psychological cold" or a "stress headache" are good examples of this circumstance. Continue to use RESISTANCE.

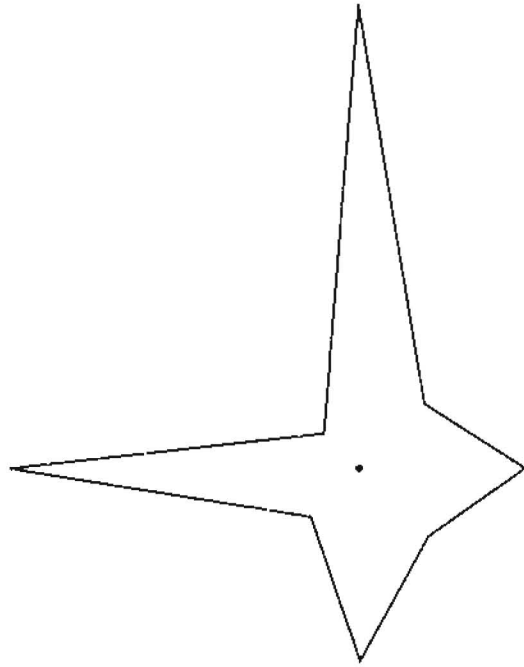
4. Nothing happens.

Continue to use this RESISTANCE remedy, alternating it with your chosen remedy. A deeply-rooted complaint may not respond until you have used both remedies many times, or perhaps not until the next morning.

In natural healing terminology, a tough complaint of this type is "constitutional", which means that it requires a deeper acting remedy than those provided in this book. Usually constitutional complaints can be suppressed by medical drugs. If using drugs bothers you, your complaint may be relieved by a health care professional who practices with energy medicine, such as an acupuncturist or a homeopath.

Long-term strategy: If you are attempting to become less guarded, more expressive, or more flexible, stay alert for any unexpected thoughts or feelings you might have after using this remedy. Don't expect miracles. Subtle changes will occur first. You may need to repeat the remedy 3 to 6 times every day for an unknown number of days. Look for signs of change in your attitude toward your life or your relationships with others.

Resistance



Sinus Inflammation

USE THIS REMEDY IF:

you are bothered by sinus problems. The common symptoms include swelling and tenderness of the nose and above and below the eyes, runny nose and possibly headache, sore throat or low fever. Sometimes sinus problems are difficult to distinguish from ALLERGIES, page 81.

People usually get sinus problems from (often seasonal) airborne irritants, including pollen and dust.

Travelers frequently get sinus problems from stale air in planes, sleeping under air conditioning for the first time, or from experiencing a rapid change in climate (that dream vacation in the tropics).

Children also get sinus problems. It seems like a stage in their growing up. This remedy can help prevent the problem from developing into an infection.

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until your sinus condition improves. For mild cases two or three glasses will be all you need.

Stop using the remedy as soon as you feel fully recovered.

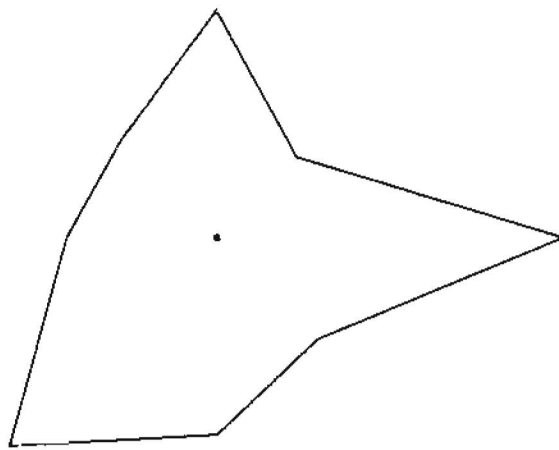
If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Allergies, page 81
Environmental Sensitivity, page 121
The Cold Remedy, page 277
Bronchial Irritation, page 93
First Aid, page 141

The Well Adult: page 226 discusses sinus infections.

Sinus Inflammation



Sleeplessness

USE THIS REMEDY IF:

you wake up during the night, and have difficulty, sometimes great difficulty, falling back to sleep. You can also use this remedy before you go to bed if you think you will not be able to sleep through the night.

Sleeplessness is a commonly-occurring problem for many adults. It can have many different causes, most of them psychological in origin (but some are age-related). When you travel, sleeplessness can occur due to disrupted biological rhythms.

It helps most people to get out of bed and move around the room gently. Do not begin work, watch TV or start any other process which is likely to get your brain cells working; this can make returning to sleep even less likely.

If thoughts keep tumbling through your mind, try WORRYING, page 303, instead of this remedy.

If your body seems jumpy, nervous or full of energy, try TOO KEYED UP, page 289.

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until you feel sleepy.

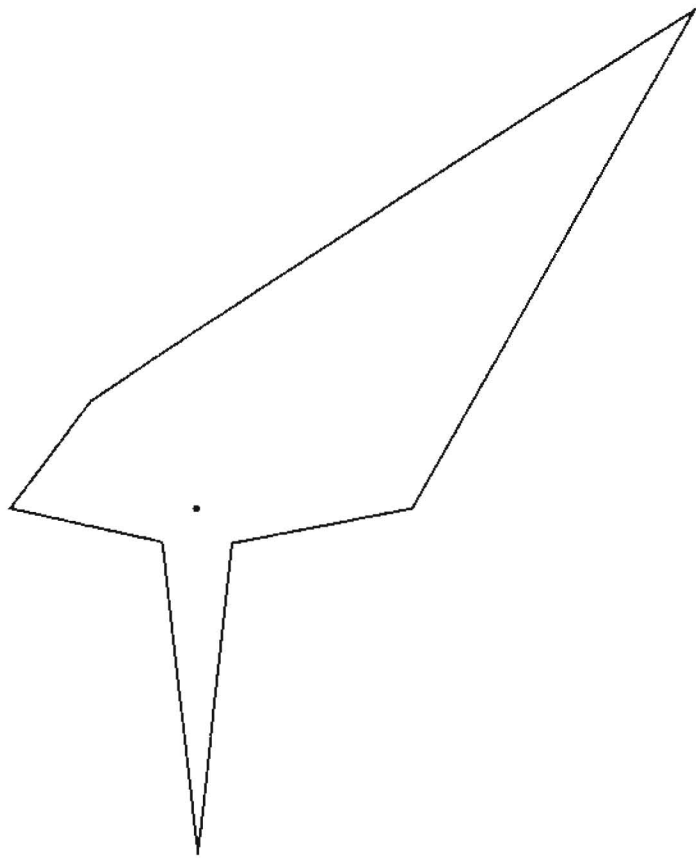
If you have chronic insomnia, make and drink the remedy three times in succession before going to bed. Used each night for two or three nights, it might help significantly.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Worrying, page 303
Irritability, page 173
Too Keyed Up, page 289
Tension Release, page 273
Fatigue, page 129

Sleeplessness



Smog

USE THIS REMEDY IF:

you suffer from the effects of pollution in the air where you work or live. The symptoms of smog (allergies to air pollution) include:

- smarting, watery eyes
- dry, sore or scratchy throat
- dry lips
- bronchial irritation
- heaviness in the chest
- jitteriness
- impatience
- irritability
- dissatisfaction

Some people are more affected by smog than others. If you commute to or live in a major American city, the chances are high that you or someone you know will need this remedy.

Some researchers believe that children raised in smoggy cities have a reduced tolerance for respiratory problems, develop prematurely-aged lungs, and will be more prone than average to chronic respiratory diseases. This remedy cannot prevent or counteract such serious effects.

HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until your symptoms improve. Two to four glasses may be all you need.

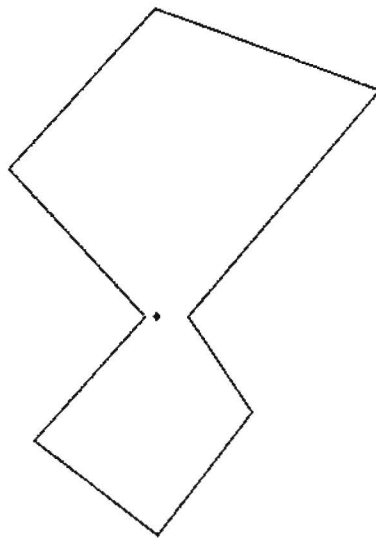
Stop using this remedy as soon as you feel recovered.

If you experience no improvement after 4 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

- Environmental Sensitivity, page 121
- Allergies, page 81
- Bronchial Irritation, page 93
- (if lungs are sore) Ache, page 73
- Stimulating Your Healing Response, page 253
- First Aid, page 141

Smog



Sore Throat

USE THIS REMEDY IF:

you have a sore throat.

Sore throats usually occur due to the presence of a cold virus, a bacteria, or from fumes or other airborne irritants at home or at work.

If your sore throat occurs without other signs of a cold, try this remedy first, since you may have a cold coming on. But consider SMOG, page 241, BRONCHIAL IRRITATION, page 93, or ENVIRONMENTAL SENSITIVITY, page 121, as well.

If you have a sore throat with sniffles, a stuffy nose, sneezing, or coughing, use THE COLD REMEDY, page 277, instead of this remedy.

If you have a sore throat with fatigue, little appetite, a headache or fever, use FLU, page 145, instead of this remedy.

If you have nausea or other digestive distress along with your flu complaints, use STOMACH FLU, page 257.

If, after your cold or flu has passed, you still have a little clinging sore throat, this remedy will probably relieve it.

HOW TO USE THIS REMEDY:

Make and drink this remedy two or three times in succession, then once every 15 minutes until your sore throat disappears. Often two to four glasses will be all you need.

Stop using the remedy as soon as you feel better. If your sore throat returns, either repeat this remedy or look for another one, such as THE COLD REMEDY, page 277.

You can also use STIMULATING YOUR HEALING RESPONSE, page 253, each time that you use the SORE THROAT remedy.

If you experience no improvement after 5 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use RESISTANCE, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

The Cold Remedy, page 277
Bronchial Irritation, page 93

Sinus Inflammation, page 233
Flu, page 145
Stomach Flu, page 257
Smog, page 241
Environmental Sensitivity, page 121

MEDICAL ALERT:

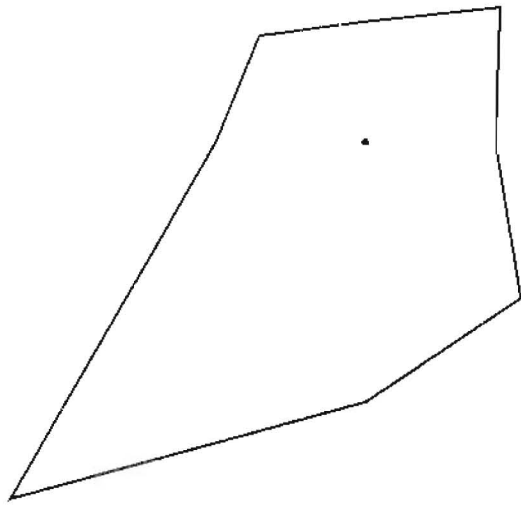
A prolonged or severe sore throat can mean that you have a strep infection, tonsillitis, or infectious mononucleosis. Strep, left untreated, can lead to rheumatic fever, a very serious disease.

If your sore throat does not respond to Paper Doctor remedies within two days, if your throat grows very sore, if the lymph nodes in your neck become swollen, if your tonsils appear swollen, or if you have difficulty swallowing, consult your physician at once.

If you have a chronic sore throat consult your physician.

The Well Adult: The differences between a sore throat from a cold, a strep infection, tonsillitis and mono are discussed on page 219.

Sore Throat



Sports Injuries

USE THIS REMEDY IF:

you have a sprain or strain to ligaments and joints, or overexertion of the muscles. This remedy is especially indicated if the injury gets better the more you move it (like the proverbial "rusty gate").

Of course you do not have to have injured yourself while playing a sport for this remedy to work. It may also help relieve pain and stiffness in the back and neck, in your joints, or in your limbs - either on rising in the morning or coming on later during the day. The remedy is most likely to be effective if the problem area starts off stiff or painful then gets better as you move it about.

If your injury is severe, so that the tissues are bruised and swollen, always begin your healing with either **FIRST AID**, page 141, or **PHYSICAL INJURY**, page 205, then switch to this remedy after the injury has stabilized and the swelling has begun to recede.

Sports injuries usually have an emotional component. Use **TRAUMATIC EVENTS**, page 297, or any appropriate remedy from the Complaints Index, page 341.

SPECIAL INDICATORS: (You may have one or more of these.)

Muscle, ligament, tendon or joint injuries after overexertion, lifting or straining
 Aching, sore and bruised pains anywhere in the body
 Physical restlessness, can't keep still
 Pain on first motion gets better by continued motion
 Pain is better by change of position

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until the muscle, ligament or joint feels better. If the remedy is helping your injury, you might want to continue using it twice in the morning and twice at night until the injury is healed (this could be a week or ten days).

Stop using the remedy as soon as you feel recovered.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the **RESISTANCE** remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

In general: FIRST AID, page 141
PHYSICAL INJURY, page 205
PAIN, page 197
ACHE, page 73

Often you may not know whether a remedy for this type of injury is working until several hours or even days have passed. So follow these general guidelines:

until your inner calm is restored: FIRST AID, page 141
first day: FIRST AID, page 141, or PHYSICAL INJURY, page 205
until swelling subsides: PHYSICAL INJURY, page 205
succeeding days until recovery: SPORTS INJURIES (this remedy)

An alternative plan is to run through this list, using each remedy as long as it works, and switching to the next when the last is no longer needed. This plan requires you to avoid hasty judgments. Don't switch too soon. Here's the plan:

TRAUMATIC EVENTS, page 297
FIRST AID, page 141
PHYSICAL INJURY, page 205
SPORTS INJURIES, page 249

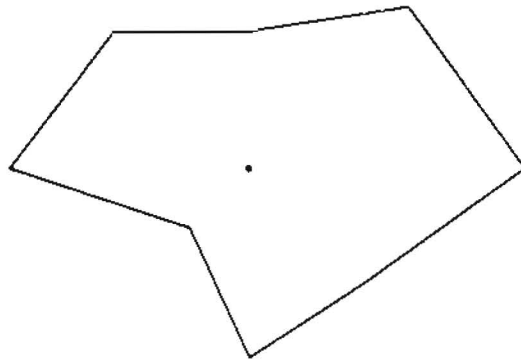
If your pain or stiffness improves, but returns later, you can try POISON IVY, page 207, three times in succession. It may be able to help.

MEDICAL ALERT:

If you suspect broken bones, a fracture, a dislocation or a severe sprain, seek immediate medical help. If the injured part cannot be moved through its normal full range of motion, you need professional help.

The **Well Adult**: see page 468 for a detailed discussion of physical injuries.

Sports Injuries



Stimulating Your Healing Response

USE THIS REMEDY IF:

you have any illness, or when you think you might be getting sick.

This remedy gives a short-term stimulus to every system in your body. It works by activating your organism's Healing Response, that inner intelligence which regulates your defense mechanisms and preserves your body against invasion and illness. The Healing Response is also known as "the healer within", the Vital Force, the "Ch'i", and the Healing Power of Nature. This remedy attempts to awaken or strengthen this mechanism so that your organism can overcome any illness more easily.

This is a useful remedy at the onset of, during or after any illness. For example, if you feel fatigued after an illness, or after surgery, this remedy may help restore you. Its regular use usually makes for speedy recoveries.

When you feel a cold coming on, you can use both THE COLD REMEDY, page 277, and this remedy, six or more times a day for several days. If you are busy, make and drink each remedy three times in succession every morning and night.

You (or your children) can use this remedy to help build your resistance to colds and flus going around the school or work place. Just use it three times a day for several days. ENVIRONMENTAL SENSITIVITY, page 121, may also help.

Your use of this remedy may be able to help avert an allergy or hay fever attack, or ward off an infectious illness after you have been exposed to it.

The remedy fights no specific illness; it just stimulates your built-in mechanisms to do their job more effectively.

To test your Healing Response, follow the directions given on page 331.

HOW TO USE THIS REMEDY:

Make and drink this remedy each time you use THE COLD REMEDY, page 277, FLU, page 145, or STOMACH FLU, page 257. It will help to speed your recovery. When you feel recovered, stop using all remedies.

ALTERNATIVE REMEDIES TO CONSIDER:

Additional remedies in this book which can help you recover from illness are:

Environmental Sensitivity, page 121

Tired Feet, page 285

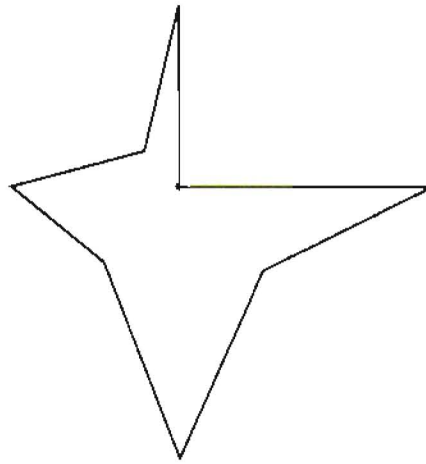
Inner Strength, page 165

Fatigue, page 129

First Aid, page 141

(emotional component) Lifted Spirits, page 181

Stimulating Your Healing Response



Stomach Flu

USE THIS REMEDY IF:

you have nausea with diarrhea, or vomiting, or both. In addition, you may have fever, achiness, tiredness, loss of appetite, and chills.

If you have these flu-like symptoms with the digestive distress predominating, chances are you have a stomach flu. If you don't have diarrhea or vomiting even though you have nausea you should consider using FLU, page 145, instead of this remedy.

SPECIAL INDICATORS: (You may have one or more of these.)

Aching in the muscles
Aching in the joints
Sudden onset of fever and chills
General fatigue
Nausea with or without vomiting and diarrhea

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until your flu subsides.

You can make and drink a glass of STIMULATING YOUR HEALING RESPONSE, page 253, after each glass of STOMACH FLU. This combination should speed your recovery.

Stop using this remedy when your flu moderates, but continue to use STIMULATING until you feel fully restored.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Flu, page 145
Nausea And Vomiting, page 193
Food Poisoning, page 149
Sudden High Fever, page 265
Ache, page 73

If you feel exhausted after your flu passes, be sure to use the remedy **STIMULATING YOUR HEALING RESPONSE**, page 253, to get back up to speed again. Other remedies that may be helpful as follow-ups to **STOMACH FLU** include:

Inner Strength, page 165

Energy Boost, page 117

Fatigue, page 129

Stress, page 261

MEDICAL ALERT:

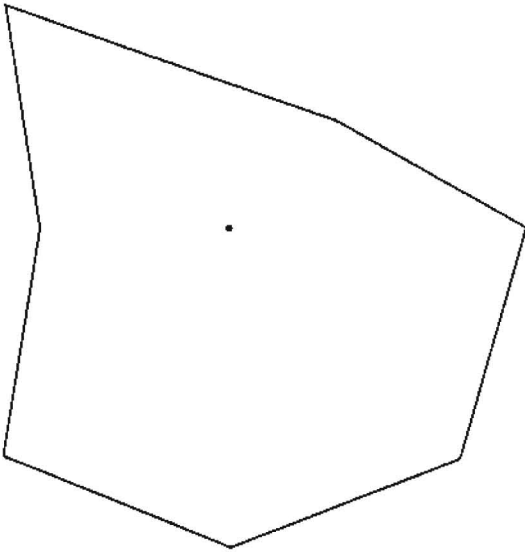
Because of the presence of vomiting and diarrhea, if your stomach flu lasts more than a few days you will run the risk of dehydration, a serious medical problem. Try to drink bland fluids as frequently as possible. If you think you are getting dehydrated, get medical help.

Remember that it's easy to get a relapse of the flu, often with more serious consequences the second time. Be sure to get plenty of rest after a flu. Let your energy guide you. Do not overspend it.

Flu can lead to sinus infections, ear infections, bronchitis and pneumonia. If your flu symptoms don't get better in a few days, or if new symptoms develop, get medical help.

The Well Adult: see page 349 for a discussion of the mechanisms involved in stomach flu, food poisoning and traveler's diarrhea, all of which may produce the same symptoms.

Stomach Flu



Stress

USE THIS REMEDY IF:

a person or situation makes a demand on you that you think you should meet, but can't, at least not without inner tension or emotional upset.

Stress is a dysfunctional response indicating internal conflict. Usually it is the result of a perceived demand that cannot be met.

Different people feel stress differently. This remedy works to alleviate your sense of stress, no matter the situation, so long as your response is similar to the following:

- You become agitated on the spot
- You endure undue worrying, and obsessive thoughts
- You are overly critical of yourself or others
- You exhibit inappropriate, excessive emotions
- You envy others, hold bitter feelings about your situation
- You eat too fast; using food as a buffer against your emotions
- You feel over-stimulated and irritable
- Your thoughts drift away; you are unable to attend to detail
- You have some or all of these recurring complaints: sleeplessness, stomach ache, heart palpitations, indigestion, diarrhea, backache, rashes.

This remedy will help you let go of undue worry, obsessive thoughts, or excessive zeal. It provides a gentle release from stress-related complaints.

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession. Wait 30 minutes. If you still feel stressed, repeat this process.

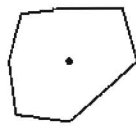
If you are not more relaxed after six glasses, you may have to change some patterns that are keeping you stressed. Consider switching to one of the alternative remedies listed below.

Stop using this remedy as soon as you feel more relaxed.

ALTERNATIVE REMEDIES TO CONSIDER:

- (if constantly interrupted) Business Pressure, page 97
- (if upset) Irritability, page 173
- (if frustrated) Hurrying, page 157
- (if something happened) Traumatic Events, page 297
- (if discouraged) Lifted Spirits, page 181
- (if tense) Tension Release, page 273

Stress



Sudden High Fever

USE THIS REMEDY IF:

you get a sudden high fever, of 102 degrees or more. Fevers, especially high fevers, can be frightening. When infants and small children get high fevers, it's a serious situation. Prolonged high fever at any age can threaten life. Sudden high fevers always demand immediate attention.

But remember, fever is a natural response of the body's defense system. It's appearance means that the body is trying to fight off an infection. While you don't want to suppress the fever, and therefore part of your body's defenses, you do want to bring a high fever down.

This remedy works best when you have a high fever, with red face, visual distortion and mental confusion. In other words, it's a remedy for a seriously feverish condition. If you have a low fever, use one of the alternative remedies listed below.

SPECIAL INDICATORS: (You may have one or more of these.)

Fever comes on suddenly, even violently
Bright red face
Intense throbbing and burning sensations in affected parts (throat, stomach, etc)
Head hot, hands and feet cold

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until your fever drops. Three or four glasses may be all you need.

Continue making and drinking this remedy until your fever drops below 102 degrees. You may need to choose another remedy, such as FLU, page 145, to continue the healing process.

While you are using this remedy, also use STIMULATING YOUR HEALING RESPONSE, page 253, glass for glass.

A high fever makes serious demands on the body's resources. After your fever goes down, you are likely to feel exhausted. Honor that and get plenty of rest. To avoid dehydration, drink bland liquids as often as you can.

Also, remember that your sickness may not be over, but just altered into a milder form. Watch for the symptoms that remain, or that develop over the next few hours. You may have to find a different remedy for these, or seek medical help. Avoid a relapse.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Flu, page 145
First Aid, page 141
Stomach Flu, page 257
Nausea And Vomiting, page 193
(if Special Indicators match your complaint) Food Poisoning, page 149

MEDICAL ALERT:

If this remedy does not bring your fever down below 102 degrees after you take it 6 times, get medical help. You may have an illness that is beyond the scope of this book.

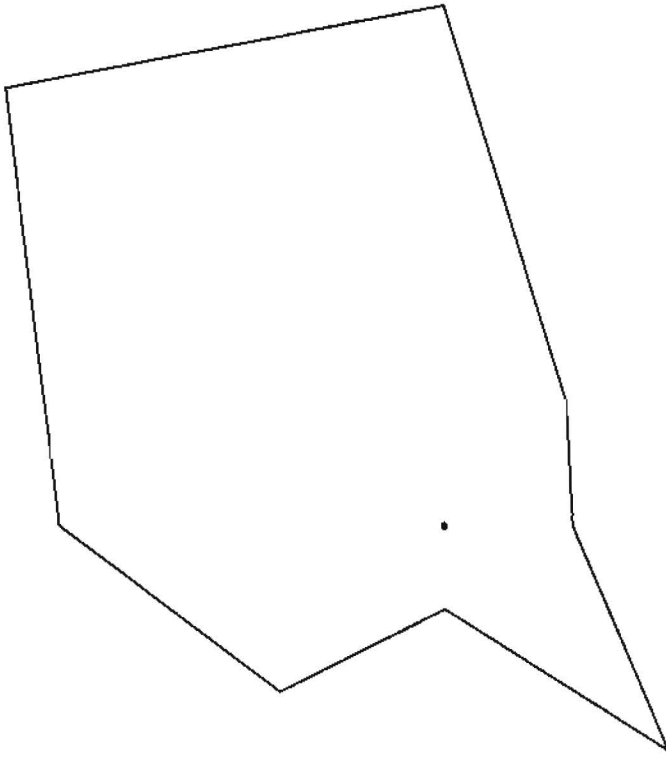
For example, if you experience high fever with shaking chills, and dizziness upon standing with cough or shortness of breath, you need immediate medical attention.

If your infant has a high fever, call your physician immediately.

The Well Adult: discusses fever in the context of specific ailments, as follows:

upper respiratory infection 208
influenza 215
strep throat 219
bronchitis 304
pneumonia 307
acute gastroenteritis 349
urinary tract infections 394

Sudden High Fever



Tension Headache

USE THIS REMEDY IF:

you have a tension headache.

Business pressure, stress and emotional upset can cause small, spontaneous muscular contractions in the body, most notably in the stomach, neck and shoulders, and the scalp. Tension headache is one result of these contractions. This remedy can bring relief from the pain. You might follow it with one of the stress-relief remedies listed under **ALTERNATIVE REMEDIES** below. And a neck and shoulder massage would be a good idea.

HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until your headache disappears. Often two to five glasses will do it. Rest between glasses if you can.

Stop using the remedy as soon as you feel recovered.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the **RESISTANCE** remedy, page 229.

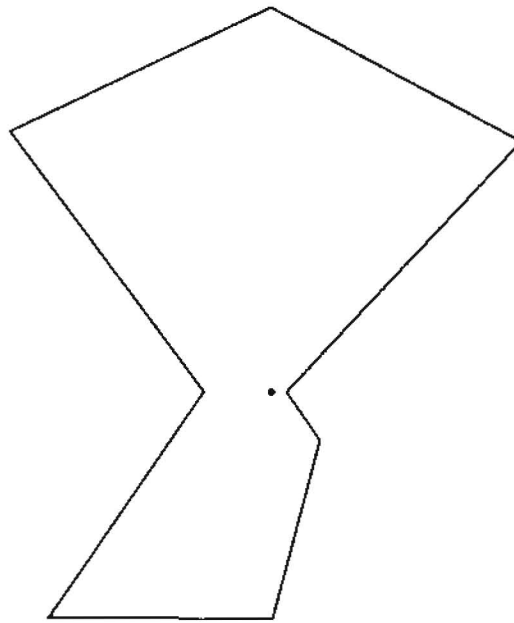
ALTERNATIVE REMEDIES TO CONSIDER:

Tension Release, page 273
Throbbing Headache, page 281
Business Pressure, page 97
Stress, page 261
Irritability, page 173
Environmental Sensitivity, page 121
Pain, page 197
Ache, page 73
Traumatic Events, page 297

Note: if you are given to frequent tension headaches, and often feel hurried or stressed in your life, try using the remedy **HURRYING**, page 157, two or three times a day for a week. It may help you attain more lasting relief.

The Well Adult: See page 239.

Tension Headache



Tension Release

USE THIS REMEDY IF:

you feel tense in some part of your body, such as your neck or shoulders, back, arms, chest or legs.

This remedy promotes the release of occasional or chronic muscle tension.

The remedy also brings release from feeling weighed down by life's events. It helps overcome discouragement and dispenses a feeling of cheerfulness.

The remedy can help break habitual patterns of obligation or striving which create tension. It can help you let go of undue worry, or of attempting excessive perfection or attention to detail in your life or work.

This remedy can also help release emotional tension and pain from traumatic experiences suffered in the past, making it a very useful adjunct to any type of massage or bodywork. Be sure to use the remedy before, during and right after any massage you get. It can add value to your massage.

To help you relax at the end of a hard day, use this remedy together with **FATIGUE**, page 129.

SPECIAL INDICATORS: (You should have one or more of these.)

Chronic tension in the neck, shoulders or back.

When you meet obstacles, you get easily discouraged.

There is an attitude of dutifulness or rigidity in your personality.

You have a tendency to worry too much.

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession. Wait 15 minutes for it to take effect.

In cases of chronic tension, fatigue or discouragement, repeat as necessary. If you suffer from severe tension, you may need to use this remedy 2 or 3 times a day for one or more weeks.

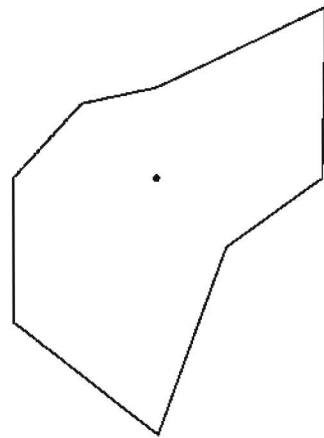
Stop using the remedy as soon as you feel more cheerful or more relaxed.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

- Too Keyed Up, page 289
- Fatigue, page 129
- Ache, page 73
- Backache, page 113
- Pain, page 197
- Stress, page 261
- Tension Headache, page 269
- Hurrying, page 157
- Tired Feet, page 285
- Worrying, page 303

Tension Release



The Cold Remedy

USE THIS REMEDY IF:

you want to ward off a cold that threatens to come on at an inconvenient time. People often get colds after a period of intense work, or at other times when their defenses are down. This remedy, taken at the onset, should be able to beat that cold and keep you on your feet.

The symptoms of the common cold include: sneezing, tiredness, runny nose, stuffy nose, headache, sore throat, muscle aches, coughs and hoarseness. If you have some or all of these symptoms, it's time to start using this remedy.

If you also have a fever, maybe you should use FLU, page 145, instead of this remedy.

Psychological Cold: If you have a tendency to catch a "psychological" cold, that is, you catch a cold after an emotional upset, use RESISTANCE, page 229, along with this remedy, glass for glass.

SPECIAL INDICATORS: (You may have one or more of these.)

The beginnings of a sore throat
 The onset of sneezing or coughing
 A tired, dragged-out feeling for several days
 A runny nose that won't quit

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until you feel restored. Often three to six glasses will be all you need.

Stop using the remedy as soon as you feel better.

You can also make and drink STIMULATING YOUR HEALING RESPONSE, page 253, each time you use this cold remedy; it may speed your recovery.

If you experience no improvement after 6 glasses each of these two remedies, either you really have allergies, the flu or something else, or you have a severe cold. In any of these cases use the RESISTANCE remedy, page 229, all day long. This should break the severity of your complaint and begin your recovery.

If you get no results from using the RESISTANCE remedy, try the most appropriate among the alternative remedies listed below:

ALTERNATIVE REMEDIES TO CONSIDER:

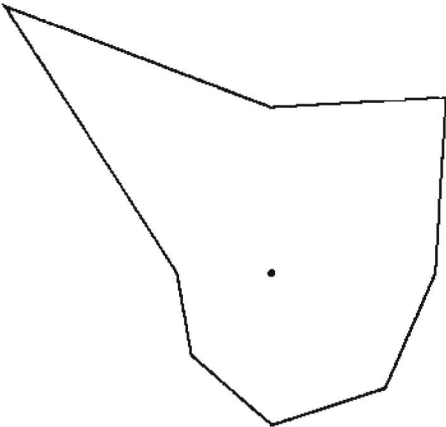
Flu, page 145
First Aid, page 141
Ache, page 73

MEDICAL ALERT:

Complications that can arise from the common cold include: strep throat, tonsillitis, bronchitis, pneumonia, and sinus infections. So if your condition worsens, don't fool around. Seek medical help.

The **Well Adult**: page 208 begins an excellent discussion of the common cold, and the things you can do to help yourself when you have one.

The Cold Remedy



Throbbing Headache

USE THIS REMEDY IF:

you have one of those pounding, painful headaches that can force you to cancel your personal, business or vacation plans and lie down. When a pounding sensation in any part of your head threatens to stop you in its tracks, this remedy may help.

Most headaches begin after some stressful event. Therefore the Paper Doctor stress remedies - BUSINESS PRESSURE, page 97, ENVIRONMENTAL SENSITIVITY, page 121, STRESS, page 261, or TENSION RELEASE, page 273, might be more appropriate than this remedy.

HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until your headache disappears. Often two to four glasses will do it.

Stop using the remedy as soon as you feel recovered.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

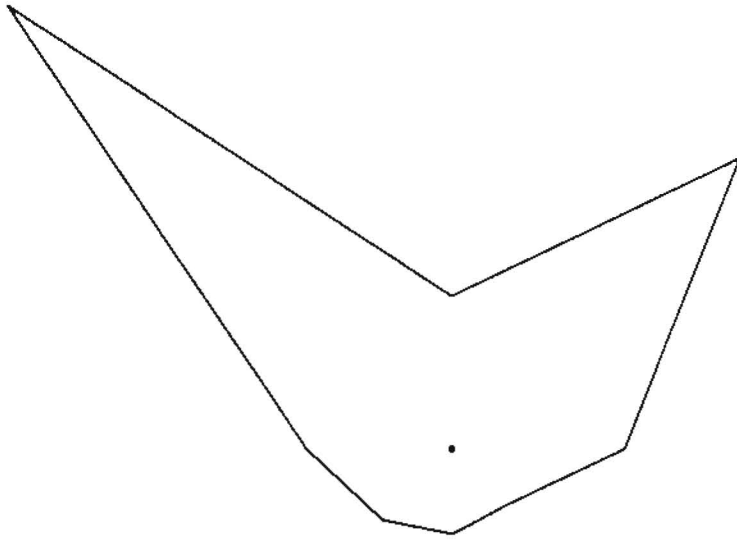
Pain, page 197
Chronic Headache, page 101
Stress, page 261
Irritability, page 173
Hurrying, page 157

MEDICAL ALERT:

A throbbing headache can be a sign of high blood pressure, especially if it feels like a band around the head. Get your blood pressure checked at your doctor's office, any pharmacy, or your local health center.

The Well Adult: see their general headache discussion, page 238.

Throbbing Headache



Tired Feet

USE THIS REMEDY IF:

you have sore, cramping, tired feet or legs due to unaccustomed walking, hiking, jogging or other strenuous exercise. This remedy relieves muscular tension, even long-standing muscular tension.

You can use this remedy before as well as after any athletic exertion, such as a competitive sport after which you have sore, cramping muscles. You can use it before and after any regular strenuous exercise, such as aerobics.

You can use it to bring increased physical relaxation at the end of a difficult week, or after your exercise workout.

It relieves sore, cramping muscles in the thighs, calves, and feet.

SPECIAL INDICATORS: (You may have one or more of these.)

Feet feel sore, lame, as if bruised
Feet sore from overexertion

HOW TO USE THIS REMEDY:

Make and drink this remedy two times in succession, then once every 15 minutes until you feel better. Usually two or three glasses will be all you need.

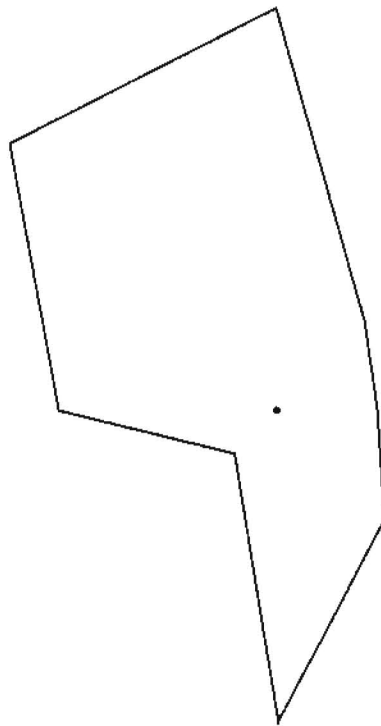
Stop using the remedy as soon as you feel more relaxed.

If you experience no improvement after 4 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the **RESISTANCE** remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Ache, page 73
Fatigue, page 129
Tension Release, page 273
Energy Boost, page 117
Inner Strength, page 165
(if sore feet feel better when walking on them) Sports Injuries, page 249
(if feet are red, swollen and stiff) Insect Bites, page 169

Tired Feet



Too Keyed Up

USE THIS REMEDY IF:

you find yourself habitually walking fast, talking too fast, eating fast (perhaps with indigestion afterwards), or if you feel generally hurried and are unable to slow down. You may also be unable to sleep because your body can't be still.

If your mind is racing after you get into bed, consider using the remedy WORRYING, page 303, instead of this one. WORRYING helps when you are too keyed up in your mind, while TOO KEYED UP fits when you are too keyed up in your body.

This remedy, TOO KEYED UP, can help hyper-active children (or adults) settle down. Sometimes the stimulations and frustrations of travel can get you "all wound up". Use this remedy to help you relax.

Strategy when you are on vacation: You sleep okay, but you just can't seem to relax. If your mind can't let go of business or personal problems, use the remedy WORRYING, page 303. If you seem over-excited in general, try this remedy instead.

SPECIAL INDICATORS: (You may have one or more of these.)

Tense inside; unable to relax even when relaxed
Mind races ahead; tries to solve future problems

HOW TO USE THIS REMEDY:

Make and drink this remedy two times in succession, then once every 15 minutes, until you begin to feel more relaxed. Often two or three glasses will do it.

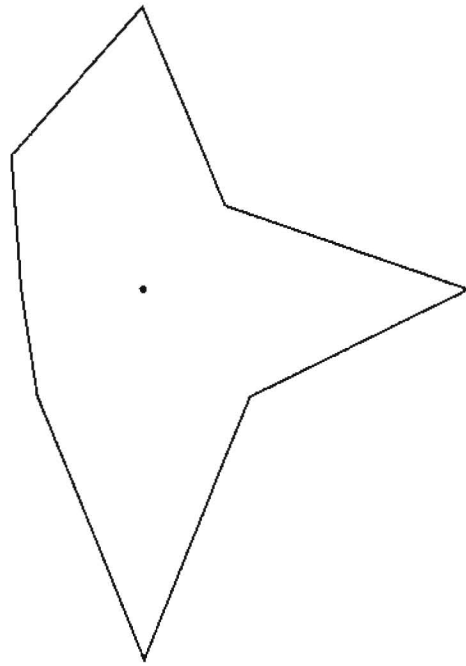
Stop using the remedy as soon as you feel better.

If you experience no improvement after 4 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Worrying, page 303
Tension Release, page 273
Fatigue, page 129
Irritability, page 173
Business Pressure, page 97
Traumatic Events, page 297

Too Keyed Up



Toothache

USE THIS REMEDY IF:

you have a toothache.

This remedy can provide temporary relief from the pain of a toothache until you can get help from a dentist. If you unexpectedly break a tooth while eating (or have some similar dental emergency) on Friday night, this remedy can help you make it to Monday morning, when you can call your dentist for an appointment.

If you have a dental emergency while you're visiting a strange city, this remedy can help. It may work all week, until you can get back to your dentist. If you decide that you need to call a local dentist, don't delay. Afraid to? Then use the remedy FEARFULNESS, page 133, or PANIC ATTACKS, page 201, first.

If your gums ache, rather than your teeth, try ACHE, page 73, instead of this remedy.

HOW TO USE THIS REMEDY:

Make and drink this remedy three times in succession, then once every 15 minutes until your pain subsides. Often three to five glasses will be all you need.

Stop using it as soon as you feel better.

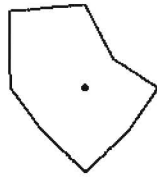
If the pain returns, use the remedy again.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

Ache, page 73
Pain, page 197
Irritability, page 173
Physical Injury, page 205
Fearfulness, page 133

Toothache



Traumatic Events

USE THIS REMEDY IF:

you have feelings of great distress when things suddenly go wrong, such as being in an automobile accident, when receiving bad news, or unexpectedly witnessing a loved one, child or friend get hurt.

This remedy will help you restore yourself, so that you can better cope with the disturbing event, or render more effective assistance to the injured person.

Examples of traumatic events you could experience are:

- having your expectations suddenly dashed
- being raped
- losing your job
- being told that you must have immediate surgery
- having to file for bankruptcy
- discovering that your house was burglarized
- losing a big business deal
- discovering that your child is missing
- arguing (again) with your ex-spouse
- being struck by a person or object
- being rejected by your lover

Not everyone will experience the same event as a trauma. For example, upon witnessing a terrible accident, some people would react strongly, others feel less affected, and some might hide their feelings, even from themselves.

A few glasses of this remedy might be all some people need, while others might need to continue the remedy for a week or longer, as well as use one or more additional remedies. You will know that you need more help if this remedy definitely improves you at first, but subsequent glasses offer no additional help, even though you still feel distressed. If that occurs, try switching to **LIFTED SPIRITS**, page 181, **IRRITABILITY**, page 173, **HURRYING**, page 157, or **WORRYING**, page 303.

SPECIAL INDICATORS: (You may have one or more of these.)

- You are obsessed with a past event, which you can't seem to get out of your mind
- You repeatedly dream about this event, and feel disturbed afterward
- You have nightmares related to the event, and wake up frightened

HOW TO USE THIS REMEDY:

After a traumatic experience make and drink this remedy three times in succession, then once every 15 minutes thereafter until your inner tranquility is restored. Often two or three glasses will be all you need.

As a general guideline, continue making and drinking this remedy so long as you improve by it. Stop using it as soon as you feel calm and are in control again.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

For long-term benefits: If you have suffered serious psychological wounds from any trauma, skilled counseling may be in order. Make and drink this remedy twice in succession every morning for a week. Do not use any other Paper Doctor remedies during this time. If the remedy is successful, strong emotions may surface.

ALTERNATIVE REMEDIES TO CONSIDER:

First Aid, page 141
 Physical Injury, page 205
 Panic Attacks, page 201
 Irritability, page 173
 Stress, page 261

MEDICAL ALERT:

In a situation where many people are hurt, it may not be possible to take the time to treat yourself with this remedy before rendering aid to someone else.

If a person near you is badly injured, follow this sequence:

First, call for medical help. Dial 911 in any major U.S. city.
 Second, render whatever physical assistance to them you can.
 Third, give them the FIRST AID remedy, page 141, until help arrives.
 Fourth, make and drink TRAUMATIC EVENTS, or a related remedy, to restore your own equilibrium.

POST-TRAUMATIC STRESS SYNDROME

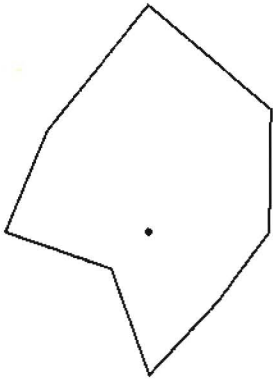
Medical researchers now claim evidence of biochemical dysfunction after psychological traumas. Basically the traumatized person re-experiences intense distress whenever a present circumstance reminds them of their previous trauma. Many of the people studied experienced some form of fear, anxiety and panic for years after first being traumatized.

Though this syndrome is most likely to occur after combat, torture, rape or repeated abuse in childhood, less stressful events can initiate it as well. Researchers claim that as many as one in ten Americans suffer long-term effects from previous traumas.

The symptoms of post-traumatic stress syndrome include: being easily startled by otherwise innocuous events, having recurring nightmares and flashbacks to the trauma, experiencing unprovoked irritability or rage, and having a general sense that your life has been irrevocably altered.

If you are still feeling the effects of a previous trauma, try this remedy 2 or 3 times a day for up to a week. If your distress reappears, use **PANIC ATTACKS**, page 201. If the **TRAUMATIC EVENTS** remedy does not help, try **ADDICTIVE HABITS**, page 77. In many cases, some form of counseling will be necessary to completely clear up a severe trauma.

Traumatic Events



Worrying

USE THIS REMEDY IF:

You are so taken with an idea, or have worked so hard on a project, that when you go to bed you just lie there; your mind is racing and you are unable to sleep. Your body is tired but your mind can't quit. Perhaps you continue to get good ideas. Maybe you remember parts of the day's conversations. You think about what you said, or what you should have said. You make new plans for tomorrow, yet today isn't finished. Your mind won't let go of it.

Worrying is a form of pre-occupation that troubles many people, especially those who work too hard. If you have unwanted thoughts at night that prevent your sleep, try this remedy.

If you wake up worrying: get out of bed, put your robe on and make the remedy. Gently move around the house, make and sip this remedy. Immediately make and drink a second glass. Avoid the TV. Don't start to work. Your mind should relax after 2 or 3 glasses.

if your mind is over-active before bedtime: and you think you won't be able to sleep, before going to bed make and drink this remedy 2 or 3 times in succession. If your body feels keyed up, but not your mind, make and drink the remedy TOO KEYED UP, page 289, instead. Use whichever remedy which seems most appropriate at the time.

It's your day off, or you're on vacation, but you can't seem to relax? Still thinking about your work or personal problems? Try this remedy.

SPECIAL INDICATORS: (You may have one or more of these.)

Persistent, unwanted thoughts you can't get out of your mind
Pre-occupied, unable to concentrate on the subject at hand
Can't sleep from racing thoughts

HOW TO USE THIS REMEDY:

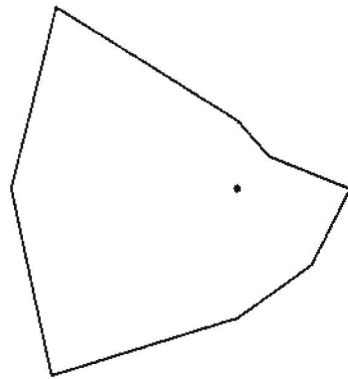
To get to sleep, make and drink this remedy 3 times in succession. Wait 15 minutes. If you feel more calm, repeat the remedy, or go back to bed.

If you experience no improvement after 6 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the RESISTANCE remedy, page 229.

ALTERNATIVE REMEDIES TO CONSIDER:

- Too Keyed Up, page 289
- Sleeplessness, page 237
- Jet Lag, page 177
- Stress, page 261
- Traumatic Events, page 297
- (anguished) Ache, page 73

Worrying



The Health Strategies

In this section I discuss specific strategies you can use to combat five commonly-experienced illness scenarios. I call these strategies:

Daily Coping, page 308

Combating Infectious Illness, page 309

Combating Physical Injuries, page 312

Combating Stress, page 315

The Traveler's Strategy, page 317

These strategies tell how to use Paper Doctor remedies to manage your complaints and keep them from developing into more serious health problems. In addition, the Traveler's Strategy tells how to overcome or minimize the negative physiological and psychological effects of traveling.

And when you are not sure what to do in an situation, read

What To Do When You Don't Know What To Do, page 319

Daily Coping

One or more of the following remedies can be used to reduce stress or fatigue, and restore calm.

At the beginning of a stressful day:

HURRYING, page 157, or
 IRRITABILITY, page 173, or
 BUSINESS PRESSURE, page 97, or
 STRESS, page 261, whichever is most appropriate.

Before a difficult meeting, confrontation or test:

INNER STRENGTH, page 165, or
 FEELING AT EASE, page 137, or
 IRRITABILITY, page 173, or
 FEARFULNESS, page 1331, or
 PANIC ATTACKS, page 201, whichever is most appropriate.

After a difficult meeting, argument or fight:

IRRITABILITY, page 173, or
 LIFTED SPIRITS, page 181, or
 TENSION RELEASE, page 273, or
 TRAUMATIC EVENTS, page 297, or
 STRESS, page 261, whichever is most appropriate.

At the end of the work day:

TIRED FEET, page 285, or
 FATIGUE, page 129, or
 ENERGY BOOST, page 117, or
 STRESS, page 261, or
 TOO KEYED UP, page 289, or
 WORRYING, page 303, whichever is most appropriate.

Unable to fall asleep, or waking from sleep:

SLEEPLESSNESS, page 237, or
 WORRYING, page 303, or
 FATIGUE, page 129, or
 TOO KEYED UP, page 289, whichever is most appropriate.

At the first sign of any illness:

STIMULATING YOUR HEALING RESPONSE, page 253.

Combating Infectious Illness

The Paper Doctor is designed to help you combat simple infectious illnesses. Here's how:

The Paper Doctor views any bout of infectious illness as occurring in 5 stages:

1. your prior level of health
2. a pre-illness period of stress
3. a period of sickness
4. a period of recovery
5. your resulting level of health¹

This simple graph shows each stage clearly:



Here is a strategy you can use to best cope with each stage of the infectious illness scenario.

1. YOUR PRIOR LEVEL OF HEALTH

In this period you seem to be doing fine. Your life is going along. You are pretty healthy. Nothing needs to be done.

2. A PRE-ILLNESS PERIOD OF STRESS

Before you actually "catch" an infectious illness, you may experience a period of stress. This is your preventive opportunity. Manage your stress successfully and you will not get sick. In fact, your graph will change. The wobbly line will become straight again, and your former level of health will return intact.



Paper Doctor remedies that help alleviate stress include:

- BUSINESS PRESSURE, page 97
- ENVIRONMENTAL SENSITIVITY, page 121
- FATIGUE, page 129
- FEARFULNESS, page 133

FEELING AT EASE, page 137
 FIRST AID, page 141
 HURRYING, page 157
 INNER STRENGTH, page 166
 IRRITABILITY, page 173
 JET LAG, page 177
 LIFTED SPIRITS, page 181
 REGULARIZE ERRATIC LIFESTYLE, page 225
 STRESS, page 261
 TENSION RELEASE, page 273
 TOO KEYED UP, page 289
 TRAUMATIC EVENTS, page 297
 WORRYING, page 303

Find the remedy that most closely matches your actual circumstance, and follow its directions for use.

3. A PERIOD OF SICKNESS

You are already sick before you think of using The Paper Doctor. Now what do you do?

First, begin using the most appropriate among the following illness remedies:

BRONCHIAL IRRITATION, page 93
 EARACHE, page 113
 FLU, page 145
 FOOD POISONING, page 149
 NAUSEA AND VOMITING, page 193
 SINUS INFLAMMATION, page 233
 SORE THROAT, page 245
 STOMACH FLU, page 257
 SUDDEN HIGH FEVER, page 265
 THE COLD REMEDY, page 277

Since you are already sick, more drastic measures may be necessary. Make and drink the appropriate Paper Doctor remedy three or four times in succession. If you notice a definite improvement, continue that remedy once every 15 minutes until you feel at least partially recovered. You can also use *STIMULATING YOUR HEALING RESPONSE*, page 253, each time you use your illness remedy. As soon as your illness symptoms recede, stop using the remedies.

4. A PERIOD OF RECOVERY

You are clearly on the mend. You feel your symptoms receding and your energy returning. You no longer need to use a specific illness remedy, but you should continue to use *STIMULATING YOUR HEALING RESPONSE*, page 253. This will make your recovery period as short as possible.

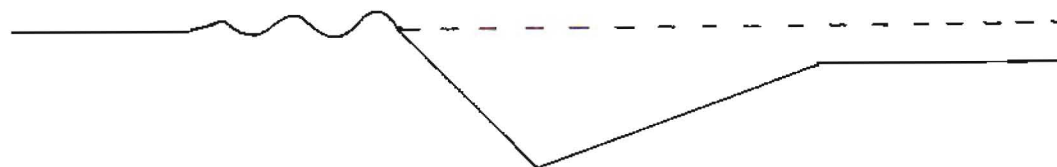
5. YOUR RESULTING LEVEL OF HEALTH

Once your symptoms are gone, check that your energy is fully restored. It is important that your resulting level of health be as high as was your prior level. In other words, by using Paper Doctor remedies you ought to fully recover from your illness in a short time. If you use **STIMULATING YOUR HEALING RESPONSE** as recommended, your vitality should be stronger.

If you regain your prior level of health, your graph will end as high as it began.



If you feel easily tired, have nagging low-level symptoms that continue for days, or just don't feel right after your illness, your graph looks like this:



MANAGING INFECTIOUS ILLNESSES NOT LISTED IN THE PAPER DOCTOR

If you have an infectious illness the remedy for which is not available from the Paper Doctor, be sure to use **STIMULATING YOUR HEALING RESPONSE**, page 253, anyway. Begin using it as soon as your symptoms appear, and continue using it until your former vitality is restored.

Other remedies which might also help are:

FIRST AID, page 141
INNER STRENGTH, page 165
LIFTED SPIRITS, page 181

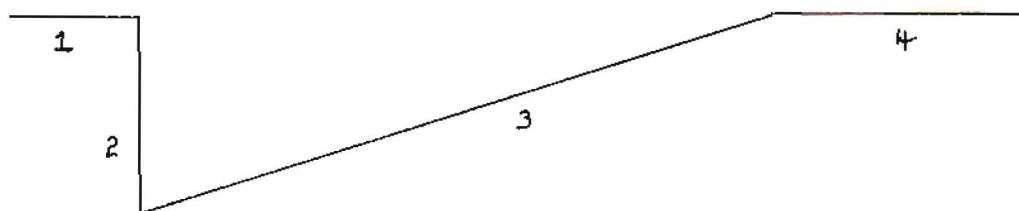
1. The concept of "Level Of Health" was developed by George Vithoulkas. See The Glossary, page 337.

Combating Physical Injuries

Physical injuries differ from infectious illnesses in the abruptness of their occurrence. There is usually little warning before an injury strikes. The transition from health to injury is sudden, and traumatic. There are only four stages in the injury-recovery scenario. These are:

1. your prior level of health
2. the seriousness of the injury
3. your period of recovery
4. your resulting level of health

On a graph, the injury-recovery scenario looks like this:



WHEN AN INJURY OCCURS, MAKE A JUDGMENT CALL

There may be little that you can do to prevent an injury. As soon as an injury occurs, to yourself or someone else, you must make a judgment call: is this injury serious enough to require medical assistance? Immediate medical assistance?

If you are not certain of the answer, that means yes, get help fast!

After calling for help, and while waiting for help to arrive, use **FIRST AID**, page 141, then **PHYSICAL INJURY**, page 205.

If your injury is not serious enough to require medical assistance, apply the appropriate and necessary antiseptic and bandages, then use the most appropriate remedy from this list:

- BEE STINGS, page 89
- FEARFULNESS, page 133
- FIRST AID, page 141
- INNER STRENGTH, page 165
- INSECT BITES, page 169
- PAIN, page 197
- PHYSICAL INJURY, page 205
- SPORTS INJURIES, page 249
- STIMULATING YOUR HEALING RESPONSE, page 253
- TRAUMATIC EVENTS, page 297

If you have an auto accident, or sustain a fall, blow or sports injury, try this sequence of remedies:

FIRST AID, page 141: use it 3 times, then
 PHYSICAL INJURY, page 205; use until swelling disappears
 SPORTS INJURIES, page 249; use until recovered
 STIMULATING YOUR HEALING RESPONSE, page 253; use it along with any
 of the above remedies 3 or more times a day

MANAGING A SERIOUS INJURY

If you have or suspect one or more broken bones or a severe sprain, get emergency help immediately. In U.S. big cities, call 911. Along with any medication given you to reduce infection and promote healing you can use FIRST AID, page 141, PHYSICAL INJURY, page 205, or STIMULATING YOUR HEALING RESPONSE, page 253.

YOUR PERIOD OF RECOVERY

The important thing about your period of recovery is to attain a full recovery, back to your former level of health. STIMULATING YOUR HEALING RESPONSE, page 253, can help.



a complete recovery

a partial recovery

THE HIDDEN COMPONENT

Physical injuries are always accompanied by an emotional component. Since it is not visible in your body, this important aspect of your injury often remains untreated. Signs of emotional trauma include: non-specific anxiety, nightmares, uncontrollable trembling, insomnia, irritability, unexpected fearfulness, easy exhaustion, apathy, sudden tearfulness, or other unexplainable actions.

When you are injured, always assume there is an emotional component. Begin to relieve it at once by using FIRST AID, page 141, PHYSICAL INJURY, page 205, or TRAUMATIC EVENTS, page 297, along with any medical treatment you are given. If you feel afraid, use FEARFULNESS, page 133 or PANIC ATTACKS, page 201. If you feel upset, try IRRITABILITY, page 173. If you feel anxious, try HURRYING, page 157.

AFTER THE EMERGENCY ROOM

The ability of emergency medicine to save lives and repair serious physical damage after an accident is the one great achievement of contemporary medicine. Even so, many people discover that their level of health is lower after a serious accident is repaired than it was before.

To raise your level of health use **TRAUMATIC EVENTS**, page 297, or **STIMULATING YOUR HEALING RESPONSE**, page 253.

Be sure to read about post-traumatic stress syndrome, page 298.

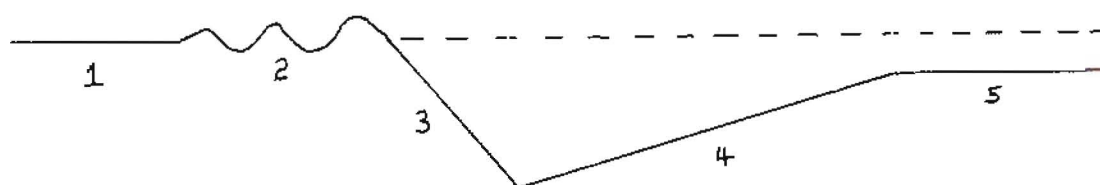
Combating Stress

For many people, stress is a way of life. Their job, personal relationships or problems from the past keep them in a constant state of inner turmoil. One might even say such people have a predisposition to stress. They feel stressed when someone else in the same situation would not. Such a person can feel stress even when deliberately trying to relax. After living for years under this invisible burden, it's likely that one's health can break. When that happens, some serious illness will likely occur.

There are five identifiable stages to this stress syndrome:

1. One's prior level of health
2. A period of stress
3. Some serious stress-related illness
4. A period of (usually partial) recovery
5. One's resulting level of health

The graph of stress might look like this:



What can be done?

The Paper Doctor remedies may be able to help.

If stress is your problem, the following remedies can help reduce your pre-disposition to it. Choose the most appropriate remedy, which is to say, the one that most closely matches your emotional make-up. You may have to use the remedy 2 or 3 times a day for up to 6 weeks before significant change occurs. Stop using the remedy as soon as you feel more relaxed. A sign that the remedy is working would be that an event which formerly would have affected you greatly now seems easier to manage.

After one remedy acts as completely as it can, you can switch to another. However, be certain that the first one has stopped acting before beginning the new one. Sometimes the right remedy can continue to bring change several weeks after you have stopped using it.

To be certain, after you think one remedy has done all it can do, wait 2 weeks before starting any new remedy. With each new remedy you use follow this rule: seek the best match, the most appropriate remedy for your attitude or inner state at that time; stay with it while it works; stop using it when it quits working; take two weeks to watch for changes; repeat this process if necessary.

The Paper Doctor stress remedies are:

BUSINESS PRESSURE, page 97
ENVIRONMENTAL SENSITIVITY, page 121
FATIGUE, page 129
FEARFULNESS, page 133
HURRYING, page 157
INNER STRENGTH, page 165
IRRITABILITY, page 173
LIFTED SPIRITS, page 181
REGULARIZE ERRATIC LIFESTYLE, page 225
SLEEPLESSNESS, page 237
STIMULATING YOUR HEALING RESPONSE, page 253
STRESS, page 261
TENSION HEADACHE, page 269
TENSION RELEASE, page 273
TOO KEYED UP, page 289
TRAUMATIC EVENTS, page 297
WORRYING, page 303

LEARNING TO RECOGNIZE STRESS

Because stress can become "a way of life", it often appears invisible. Many people who use Paper Doctor remedies regularly often fail to recognize a situation in which one or more of the stress remedies could be helpful.

It is easier to recognize the need for first aid, or for an illness remedy, than it is to realize at any given moment that one is experiencing a form of stress.

If you suspect that you might be suffering from invisible stresses in your life, and you want to combat them, take a moment to read over the scenarios and remedies listed in Daily Coping, page 308. If one or more of these scenarios seems to fit, try some of the remedies. After all, one of the unique aspects to The Paper Doctor is its ability to provide remedies for psychological complaints. You might as well take advantage of them!

The Traveler's Strategy

PREVENTIVE STRATEGIES

The following suggestions demonstrate typical situations in which the traveler might benefit from Paper Doctor remedies. The idea is to avoid the physical maladies of traveling by relieving the stresses that predispose you to them in the first place.

When you first arrive at your destination, if you feel tired:

use FATIGUE, page 129, ENERGY BOOST, page 117, or INNER STRENGTH, page 165, two glasses in succession.

If you have traveled by air over three or more time zones:

use JET LAG, page 177, instead of FATIGUE, two glasses in succession, for a few days, depending on the length of your flight and how disoriented you feel.

To make yourself at home in your new surroundings:

use FEELING AT EASE, page 137, two glasses in succession.

Before you attend an important meeting:

if you feel upset, use either LIFTED SPIRITS, page 181, or IRRITABILITY, page 173, two glasses in succession.

If something upsets your plans:

use either TRAUMATIC EVENTS, page 297, WORRYING, page 303, IRRITABILITY, page 173, or LIFTED SPIRITS, page 181, two glasses in succession.

If you feel overwhelmed by the demands of others:

use BUSINESS PRESSURE, page 97, or STRESS, page 261, one to three glasses in succession.

When you are tired:

use either FATIGUE page 129, or TIRED FEET, page 285, one to three glasses in succession.

When you are tired but must keep going:

use ENERGY BOOST, page 117, or MENTAL ALERTNESS, page 185, one to three glasses in succession.

When you are tired and can't sleep:

use SLEEPLESSNESS, page 237, WORRYING, page 303 or TOO KEYED UP, page 289, one to three glasses in succession.

When you think you might be getting sick:

use STIMULATING YOUR HEALING RESPONSE, page 253, two glasses in succession until you feel restored. And get some rest!

PHYSICAL MALADIES

If you fall prey to any of the common maladies of traveling, such as diarrhea, food poisoning, an infection, headaches, a cold, the flu, and so on, be sure to use the appropriate Paper Doctor remedy to help get you back on your feet as fast as possible. These include:

- ALLERGIES, page 81
- BACKACHE, page 85
- BRONCHIAL IRRITATION, page 93
- DIARRHEA, page 109
- EARACHE, page 113
- FLU, page 145
- FOOD POISONING, page 149
- INDIGESTION, page 161
- MOTION SICKNESS, page 189
- NAUSEA AND VOMITING, page 193
- SINUS INFLAMMATION, page 233
- SORE THROAT, page 245
- STOMACH FLU, page 257
- SUDDEN HIGH FEVER, page 265
- THE COLD REMEDY, page 277

What To Do When You Don't Know What To Do

If your chosen remedy didn't work:

try the most appropriate of the remedies listed under the Alternative Remedies to Consider section on your chosen remedy's instruction page.

Think of magnetic patterns as musical notes. Your chosen remedy and the alternatives listed on its Remedy Card are like a succession of related musical notes. Perhaps you just need to use a slightly "higher" or "lower" note (ie. one of the alternative remedies).

Or, if something seems to be blocking your remedy's action, use RESISTANCE, page 229.

If you can't find the remedy you need in the Paper Doctor:

There are six fundamental magnetic patterns in The Paper Doctor which are capable of ameliorating a wide variety of complaints. These patterns are:

ACHE, page 73

FIRST AID, page 141

LIFTED SPIRITS, page 181

RESISTANCE, page 229

STIMULATING YOUR HEALING RESPONSE, page 253

STRESS, page 261

Try the single most appropriate remedy from among this list.

If you can't decide between two or more remedies:

use STRESS, page 261, or

RESISTANCE, page 229

After one of these remedies your complaint should change in some way so that the most appropriate remedy for your complaint will become more obvious.

There are only 58 magnetic patterns in this book while people can have hundreds of different common complaints. The current 58 patterns were the ones that experience demonstrated were the most frequently needed. Additional patterns are now available in the form of Remedy Cards. If you are interested in supplementing the magnetic patterns in this book, read Going Further With The Paper Doctor, page 368.

Reference Section

This section contains the following important reference tools:

The Paper Doctor Update, page 321

Reports on changes to the book since the last edition and includes the latest news concerning The Paper Doctor.

The Paper Doctor Remedy Log, page 332

This is the place to record each Paper Doctor remedy you use. When your record extends over a month or so you will begin to see which complaints bother you most frequently and whether your use of Paper Doctor remedies is helping them to recur less often.

The Glossary, page 334

Defines the key healing terms used in this book.

The Complaints Index, page 341

This section contains a comprehensive list of common health complaints. If you can't find your complaint listed in the Remedy Table Of Contents, page 1, by name, you will find it in this alphabetical index.

Each complaint is followed by a list of all the Paper Doctor remedies that might be able to relieve it. All you do is select the most appropriate one.

The Resource Bibliography, page 362

Presents a list of books which allow you to increase your knowledge of vibrational medicine. Some of these books make good companions to The Paper Doctor.

Going Further With The Paper Doctor, page 365

How to expand your use of the Paper Doctor remedies into an expandable, portable self-healing system by obtaining Paper Doctor Remedy Cards and other inexpensive accessories from us.

About The Author, page 373

The Paper Doctor Update

For July, 1991

This section contains the latest information on recent changes to The Paper Doctor. We maintain this section as an addendum to the main text of the book, and update it with each printing.

Topics discussed in this Update are:

- The Paper Doctor Is Expandable, page 321
- Two Remedy Name Changes In This Edition, page 322
- New Remedy Patterns For Four Existing Remedies, page 322
- Return Lag, A New Remedy Free To Registered Users, page 323
- The Extended Dose-Response Curve, page 323
- The SQUID Magnetometer, page 326
- The Magnetic Pattern Is A Stencil, page 327
- Making Remedies In Larger Amounts Of Water, page 329
- When The Remedies Don't Work, page 329
- Touch Healing With The Paper Doctor, page 330
- How To Test Your Healing Response, page 331

THE PAPER DOCTOR IS EXPANDABLE

As you have already discovered, The Paper Doctor is a unique book. It is expandable! While you cannot actually add to its pages, you can

- 1) reduce the book to a kit to make it portable for traveling
- 2) add new remedies you think might be helpful from our growing Remedy Card list
- 3) learn more about vibrational medicine from your own experiences.

Of course, you can also just buy this book, read some of it, try a few remedies, and stick it on a shelf. You can ... but if you do, you'll be missing out!

The Paper Doctor is a user-oriented system. The Magnetic Patterns included in the book were chosen and tested by users, the instructions were clarified by users, and the Remedy Card kit was specifically created to satisfy the requests of users - people just like you!

What we offer you is a mutual feedback system. You talk to us, we talk to you. We both learn and grow.

We welcome your comments, criticisms and suggestions. We welcome requests for new Remedy Cards. What remedies for common complaints would you like us to add? If we agree with your suggestion, we will create the Remedy Card and send a copy to you free!

Help us learn how to help you better.

REMEDY NAME CHANGES IN THIS EDITION

Moodiness Becomes Irritability

The remedy known in previous editions of The Paper Doctor as MOODINESS has had its name changed to IRRITABILITY. It can be found on page 173. The description of the healing potential of the remedy, and its Magnetic Pattern, have not been changed. This remedy name change was made to make the remedy more 'visible' to users. Not many people thought they were ever "moody" while many more users agreed that they were sometimes "irritable".

The Cold Preventative Becomes The Cold Remedy

The remedy known in previous editions of The Paper Doctor as THE COLD PREVENTATIVE is now called THE COLD REMEDY. It can be found on page 277. The description of the healing potential of the remedy, and its Magnetic Pattern, have not been changed.

This remedy name change was made because many users reported that they did not realize they could use this remedy after their cold had already begun. The word "Preventative" seemed to imply that the remedy could not help an existing cold, which is not true. This remedy can be helpful during any stage of a cold, although it is usually best to try to stop a cold before it gets started.

NEW REMEDY PATTERNS FOR FOUR EXISTING REMEDIES

This edition of The Paper Doctor carries new Magnetic Patterns for four important remedies:

BUSINESS PRESSURE, page 97
 FATIGUE, page 129
 FLU, page 145
 PAIN, page 197

In the case of each of these remedies, we decided from our user response that a more effective version of the remedy was needed, so after a little research, we created a new

Magnetic Pattern for each. Versions of these four patterns found in earlier editions of 'The Paper Doctor' may not be as effective for as many people as are these new patterns.

All registered users have been sent copies of these new patterns free of charge. If you are a registered user of a previous edition of this book, and have not received these new patterns, please contact us.

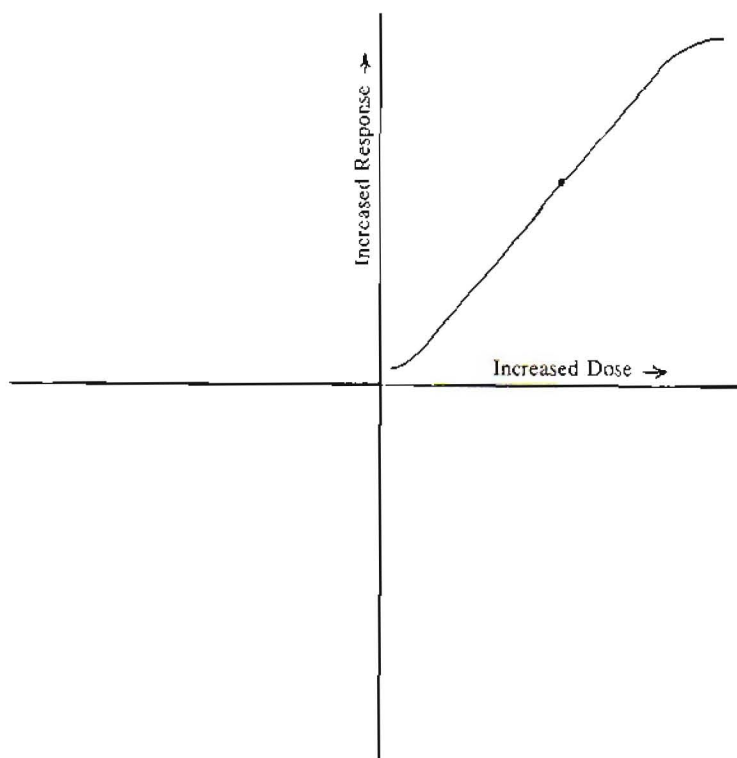
RETURN LAG, A NEW REMEDY FREE TO REGISTERED USERS

A number of remedy users have reported that the remedy JET LAG works great when used after flying to a destination, but not so well when used after returning home from one.

Therefore we have created a new remedy - RETURN LAG - specifically to be used after returning home from a flight of three or more hours duration. RETURN LAG seems to work great for everyone who has reported to us about it. This new remedy is mailed free to all users when they register with us. So be sure to take a moment to send us your registration form from the first page in this book. If you don't register, we can't find you, and you don't get this useful remedy! P.S. It's never too late to register with us!!

THE EXTENDED DOSE-RESPONSE CURVE

The Dose-Response Curve demonstrates the fundamental principle of all medical drugs - that larger doses of any drug always have a stronger effect on the organism than a smaller dose would. The Dose-Response Curve was discussed in How It Works (page 37). Here is the graph of it again:



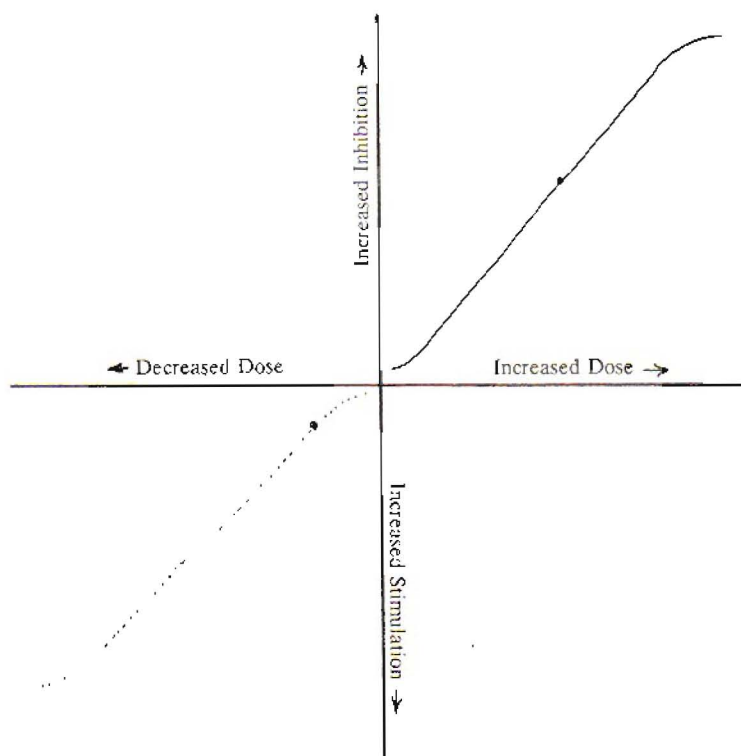
The horizontal grid line represents the size of the dose, increasing to the right. The vertical grid line represents the strength of the response, increasing upward. The line of the graph exhibits an even ascent until it suddenly tapers off near the top. This is the area in which laboratory animals die because the dose is so strong. At the lower end of the graph the line tapers off as well. Researchers find contradictory data when the dose is small, so not much research time has been spent studying the effect of small doses.

The dot in the center of the graph line represents the imaginary median strength at which most drugs are made. Extra-strength versions of drugs, such as the aspirin substitutes, just lie a little further up the curve.

Near the lower end of the curve we find the alternative drugs, such as herbs. Herbs were the medical drugs doctors used in the 19th century. They follow the same law (stronger doses give stronger effects) as do contemporary medical drugs.

Now what about vibrational medicine? Where does it fit into this graph? On page 38 in *How It Works* I indicated that the study known as Hormesis takes place at the low end of the graph. But after further research I will amend that statement.

In order to accurately locate vibrational remedies within the Dose-Response Curve, it is necessary to create an Extended Curve. The Dose-Response Curve is the domain of chemical medicines. Vibrational medicine is not chemical, but energetic. Therefore, a new position in the Curve must be created for it. The (new) Extended Dose-Response Curve looks like this:



Now we can see a second line which falls into an entirely new quadrant of the Curve. This line is dotted to distinguish it from the solid line of chemical medicine. This new

line represents the domain of vibrational medicine. Notice that this line is almost a mirror image of the line graph for chemical drugs!

Vibrational medicines are all extremely dilute substances. They only begin to demonstrate healing potential after the original substance from which they are made has been diluted one part in ten, six or more times. Let me repeat this statement, since it clearly distinguishes vibrational from chemical medicine. Vibrational medicines only begin to exhibit healing potential after they have been diluted from the pure physical substance by a factor of one part in ten, repeated six times or more.

And the further they are diluted, the greater is their healing potential! In other words, remedies made from the vibrational medicine section of the Extended Dose-Response Curve behave very differently from medical drugs, because they are very different.

Notice on the graph of the Extended Curve that the upper vertical grid line is now labeled "Increased Inhibition" rather than "Increased Response". This is because chemical drugs act by inhibiting the functioning of some part(s) of the organism. Conversely, note that the lower vertical grid line is labeled "Increased Stimulation". This is due to the fact that vibrational remedies act by stimulating the organism.

And finally, notice that the right horizontal grid line is labeled "Increased Dose" while the left horizontal grid line is named "Decreased Dose". Vibrational medicine remedies generally give increased stimulation to the organism as the size of the dose is decreased (ie., diluted). This action is a direct contradiction to the known action of all chemical medicines. Since they are so different from the chemical drugs, vibrational medicine remedies do not act on the organism the way drugs do.

The action of the Extended Dose-Response Curve has been expressed as a scientific law. It is called the Arndt-Schulz law, and can be found (among other places) printed in Dorland's Medical Dictionary (25th edition) under the entry for "Law" (page 839). The Arndt-Schulz Law states: "Small doses stimulate, moderate doses inhibit, large doses kill."

If we experiment with vibrational remedies in the lower dilutions (those lying on the dotted line near the intersection of the horizontal and the vertical grid lines) we find remedies that can stimulate the organism to heal acute complaints in the physical body. This is the domain in which many Paper Doctor remedies will be found. As we move further down the dotted line (where remedies are extremely dilute), we find remedies that can heal more deeply in the physical body, as well as reach into the mental and emotional spheres.

Notice the dot on the vibrational medicine's line graph. This dot represents the point at which a dilution is so diffuse that not one molecule of the original substance is likely to remain in the solution. This point is known to chemists as Avogadro's Number. Although it must seem that once all the molecules of a substance are gone, all healing action must stop, this is not the case! Remedies diluted beyond Avogadro's Number have been repeatedly demonstrated to stimulate healing in a person's mental/emotional state. In other words, it appears that the more one dilutes a substance, the more deeply

it can stimulate the organism to heal! Powerful homeopathic constitutional remedies only begin to act after they have been diluted beyond Avogadro's Number.

Flower essences and crystals can heal our emotional and spiritual issues for the same reason - because they are extremely dilute. Homeopathic remedies can heal more deeply still because they are both diluted and succussed, which increases their energetic quality.

Although a great deal more research still remains to be done on the Extended Dose-Response Curve, clearly the future of medicine lies in the vibratory domain.

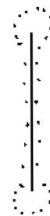
THE SQUID MAGNETOMETER

A magnetometer is an instrument designed to measure the intensity of a magnetic field. The SQUID is, so far as I know, the most sensitive magnetometer ever built. It has been used to detect and measure extremely tiny biomagnetic fields - those associated with living organisms.

For example, the SQUID has successfully detected the presence of a magnetic field surrounding the human head. This field seems to be generated by the brain. The field extends out into space around the head in all directions, and actually changes in size according to a subject's thoughts!

The SQUID has also detected a biomagnetic field surrounding the human heart. In fact, various organs in the body are being mapped with the SQUID. Eventually, a complete biomagnetic portrait of the human body will be produced!

In addition to these skills, the SQUID is able to detect the presence of a tiny magnetic field surrounding a straight line drawn with a common pencil on a piece of paper! This field is strongest when the line is oriented North-South. The field is like that surrounding a simple bar magnet, mostly concentrated in a 'pole' at either end of the line.



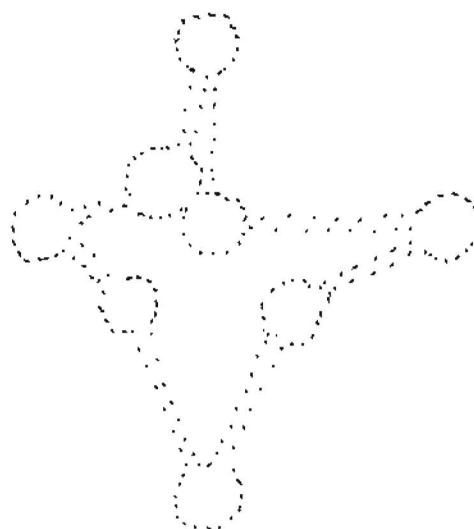
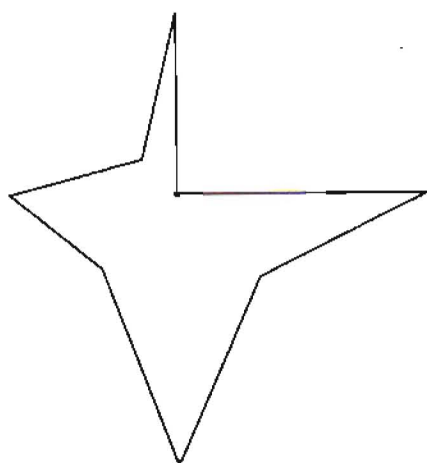
Such research has implications for The Paper Doctor. It may help explain how Magnetic Patterns store healing potential, and transfer it into tap water when the Pattern is properly placed into a small magnetic field (such as that surrounding the magnet included with this book).

If the presence of a straight line in the biomagnetic field (the Earth's magnetic field) generates a small magnetic field at both of its ends, then the intersection of two lines will produce a slightly larger field.



This is because the resulting field would consist of the individual fields produced by the two lines.

Now, to carry this idea further, if we had an eight-sided figure composed of intersecting straight lines, what type of field(s) would be produced? For such an eight-sided figure, we could use one of the Paper Doctor Magnetic Patterns. We could imagine that any Magnetic Pattern would produce a set of eight interconnected small magnetic fields that concentrated at the intersections of the lines, like this:



This is the Magnetic Pattern for Stimulating Your Healing Response. We can imagine that it would look to a SQUID something like the pattern of broken lines drawn above, right.

THE MAGNETIC PATTERN IS A STENCIL

In other words, a tiny magnetic field is probably generated around every Magnetic Pattern in this book, a field which concentrates at the eight points of the figure, not along the lines. Why does this field exist? We don't know. Like the tiny field generated around a pencil line, it can be demonstrated to exist, but the reason for it remains a mystery. Nevertheless, without knowing what causes it, we can use this phenomenon to our advantage; in this case, to help explain how Magnetic Patterns can energize ordinary water in a glass.

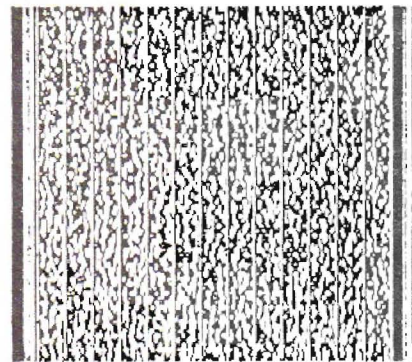
Experiments over ten years ago by Grad and others (see Footnote 1, page 42) have demonstrated that water can be influenced by a magnetic field. To make a Paper Doctor remedy, we, like Grad, place water over a magnet (found in the Paper Doctor Remedy Board). But between these two elements we insert a Magnetic Pattern which purports to be part of the energy field boundary of an actual vibrational medicine remedy. Because of the SQUID magnetometer, we know that our Pattern may generate a tiny magnetic field of its own. This field lies between the field of the magnet and the water.

We can hypothesize that, in some way, the tiny field of the Magnetic Pattern augments, interrupts or otherwise alters the larger field of the magnet in the Remedy Board. This small change is unique to each Magnetic Pattern used, since each Pattern has a unique shape. In some way, the combination of a particular Magnetic Pattern and the magnet in the Remedy Board is able to produce a unique healing potential in the water.

Is there any precedent for this line of reasoning? Yes! Other forms of printed data technology, such as bar code, the new 2D code (a 2-inch square portion of which can store the entire Gettysburg address!), and SoftStrips store and transmit data by interrupting or altering an energy source. Bar code, the inventory system found on most packaged goods, interrupts the powerful light in the reader by absorbing some of the light and reflecting selected portions back to the reader head.



A bar code



A two-dimensional bar code

As children, we learned to do a similar thing when we positioned our hands in front of a flashlight to reflect some of the light away and thereby project shadows (animal shapes) on the wall. In all these cases, the interrupter mechanism is a kind of stencil. It shapes the energy source, transmitting data by this means.

Magnetic Patterns too are a kind of stencil. They shape the magnetic field of the magnet in the Remedy Board so that it has a specific kind of influence over the water above it. In some way not yet fully understood, this subtle action recreates the healing potential of a vibrational medicine remedy in the water.

MAKING REMEDIES IN LARGER AMOUNTS OF WATER

Several users have pointed out that it is possible to make Paper Doctor remedies in larger amounts of water than we specify in this book. For example, one user makes REJUVENATION (see page 369) in a plastic gallon milk container with which she waters her flowers. She leaves the container on the pattern (with the Remedy Board underneath, of course) for 15 minutes. She claims to grow beautiful healthy plants.

Other people have stated that they make remedies by putting more water in their glasses than we recommend. They compensate for this by leaving the glass on the pattern longer; usually 10 minutes, sometimes even 15 minutes. They claim the advantage to this method is that it takes less time in the long run; they can sip the water over a period of time without having to stop and remake it before each use.

We recommend that you experiment. Try making remedies with more water in your glass. But be sure to leave the glass on the pattern for at least 10 minutes.

WHEN THE REMEDIES DON'T WORK

Sooner or later you will discover an ailment for which the intended Paper Doctor remedy doesn't work. You may feel puzzled. 'This remedy has worked for you before; why wouldn't it work now? The reports we have received about this phenomenon all follow a common pattern: when the user gets a particularly virulent complaint, almost invariably an allergy, cold, or flu, sometimes the appropriate Paper Doctor remedy doesn't help to relieve it. This virulent complaint usually occurs in cycles (allergies every spring, colds once every month or so, or something like that). What's going on?

Most of the people who have encountered this problem immediately tried RESISTANCE when the appropriate remedy produced no results. They discovered that either RESISTANCE also did nothing, or it worked very slowly, moderating their complaint but not completely relieving it, and even then requiring 20 or more glasses. What's going on?

When the expected Paper Doctor remedy doesn't relieve an intense complaint, and then RESISTANCE also does nothing, it means that your complaint is constitutional. That is, your Healing Response is manifesting the complaint as its best response to some internal stress that is connected with how you are in the world. And even when it is properly stimulated, your Healing Response is unable to quit manifesting this complaint.

What can be done? Your level of health must be raised (see Glossary, page 337). In a healthier state, your Healing Response would be able to manifest its imbalances in a less bothersome way.

In such a situation, probably the best approach is to use STIMULATING YOUR HEALING RESPONSE in order to strengthen your Healing Response as much as possible. This may shorten your suffering but it probably won't produce dramatic results.

Constitutional issues have always been the subject of deep study by practitioners of vibrational medicine. Neither crystals, nor flower essences, nor Paper Doctor remedies can raise one's level of health. Constitutional homeopathy and some forms of

acupuncture can do this, but competent practitioners are few and far between. It is especially difficult for the client to accurately judge whether a practitioner who claims he has the skill and experience to treat constitutionally can actually do so. In addition, very good constitutional practitioners sometimes do not get good results. This is not a reflection on their work, but on the difficulty involved in actually making someone permanently more healthy.

Since we are committed to making our remedies for common complaints work in all relevant situations, we want to find a solution to this problem. So, we are working on it. We hope to develop new remedies which will work on allergies, colds, and flus more deeply, and thereby act to help the Healing Response throw off these complaints more consistently. Registered users will be informed as soon as we have a solution to this challenging problem. Stay tuned

TOUCH HEALING WITH THE PAPER DOCTOR

You will recall that the purpose of the small dot present within each Magnetic Pattern is to mark the spot which is the center of the energy field the Pattern represents (explained in How It Works on page 26). It is at this spot that the healing potential in a remedy will be recreated. Therefore this is the spot over which your glass must be centered when you make a remedy.

Did it ever occur to you that you might be able to obtain the same results by simply touching the dot while the Remedy Board is under the pattern?!

Some people have reported that this method produces the same results as making and drinking a remedy in water. If you want to give this 'touch healing' method a try, here's what you should do:

1. For best results, test this method on a recurring complaint, one that a Paper Doctor remedy has previously relieved. This way you already know that the remedy will work. You only want to determine whether the 'touch method' will give the same results as the water remedy did.
2. Choose the same Remedy Pattern that relieved your complaint in the past.
3. Place the Remedy Board under the Magnetic Pattern, with the dot in the Board centered under the dot in the Pattern.
4. Place your index finger directly on the small dot in the Pattern.
5. Leave your finger on this dot for 3 minutes. While you are waiting, just relax. Let your attention wander. Do not try to work, hold no serious conversations. Three minutes touching the dot should equal one 'glass' of the remedy in water. If your complaint goes away before the 3 minutes is up, remove your finger at that time. If your complaint seems better, but it's not gone, repeat this 3 minute procedure again, and so on until your complaint is gone.
6. If the 'touch method' works for you, consider using it whenever it's not convenient to make water remedies.

HOW TO TEST YOUR HEALING RESPONSE

The Healing Response is one of your most valuable possessions. It has been characterized as "the doctor within". It is your organism's instinctive ability to fight invasion or stress, and always return you to a state of equilibrium.

Vibrational remedies rely heavily on the strength of the Healing Response, since they work by stimulating it to heal your complaints faster. A healthy person will have a strong Healing Response, one which will react quickly and with intensity to threats by morbidic agents, and just as quickly restore the balance. Such a person will get dramatic effects from Paper Doctor remedies.

You can test your Healing Response by using our remedy called **STIMULATING YOUR HEALING RESPONSE**, located on page 253. The process you will use to conduct your test is called a "proving" in vibrational medicine. Here's what you do:

At a time when you feel good, when your energy is strong (you are not tired), and you have no complaints - nothing is bothering you - you can take this test:

Make and drink the remedy **STIMULATING YOUR HEALING RESPONSE** once. Wait 5 minutes. During this time don't work, just relax. Be open to what happens next.

If, after 5 minutes (longer is okay) nothing in you has changed, make and drink the remedy again. Wait another 5 minutes.

Repeat this process (up to 10 times) until you feel something happening. Stop using the remedy as soon as you do. When the remedy stimulates your Healing Response, you will feel a slight 'buzz'. You may experience this as being speeded up or keyed up. Perhaps you will talk a little too fast or just feel jittery. This feeling will wear off in a few minutes.

The idea is to see how many glasses of the remedy it takes to get this reaction. The number of glasses it takes lets you judge the strength of your Healing Response.

As soon as you feel something, or after drinking 10 glasses of the remedy, stop the test.

This test is a good way for newcomers to judge the effectiveness of Paper Doctor remedies. It's also a fun experience. Most people will be able to feel their organism respond to the remedy, and know that their Healing Response is alive and well, and standing guard over their health.

Glossary

When this glossary was first developed, it was intended to define the terms that would appear in several chapters which were subsequently never written. But I have decided to leave the glossary anyway - in order to give an introduction to the differences between traditional and vibrational medicine. Richard Gerber's Vibrational Medicine explores the subject thoroughly. See Resource Bibliography, page 362.

Anaphylactic Shock

An extreme, normally immediate, allergic reaction to a toxic agent, usually insect venom, food or medications. Mild symptoms are usually confined to the skin and mucus membranes and include swelling, redness, rash, and itching. Severe symptoms are life threatening and require emergency attention. These include constriction of the chest and throat, choking, difficulty breathing, nausea, dizziness and unconsciousness.

Antidote

To render useless or ineffectual.

Blocker

Common term for any medication that acts by inhibiting some of the natural biochemical, and other, processes in the body. Many over-the-counter and prescription drugs are blockers.

Complaint

Any discomfort which the lay person experiences. May include one or more medical symptoms.

Constitutional Treatment

The vibrational medicine remedies in The Paper Doctor offer help for common acute and self-limiting complaints. More serious illnesses - as defined by vibrational medicine - require what is known as constitutional treatment. This must be administered by a properly trained acupuncturist or homeopath. See Level of Health below.

Drug see Medication, below.

Geometric Pattern

One form of printed design which stores the healing potential of any substance, expressed as a microdose, for retrieval at a later date.

Healing Action

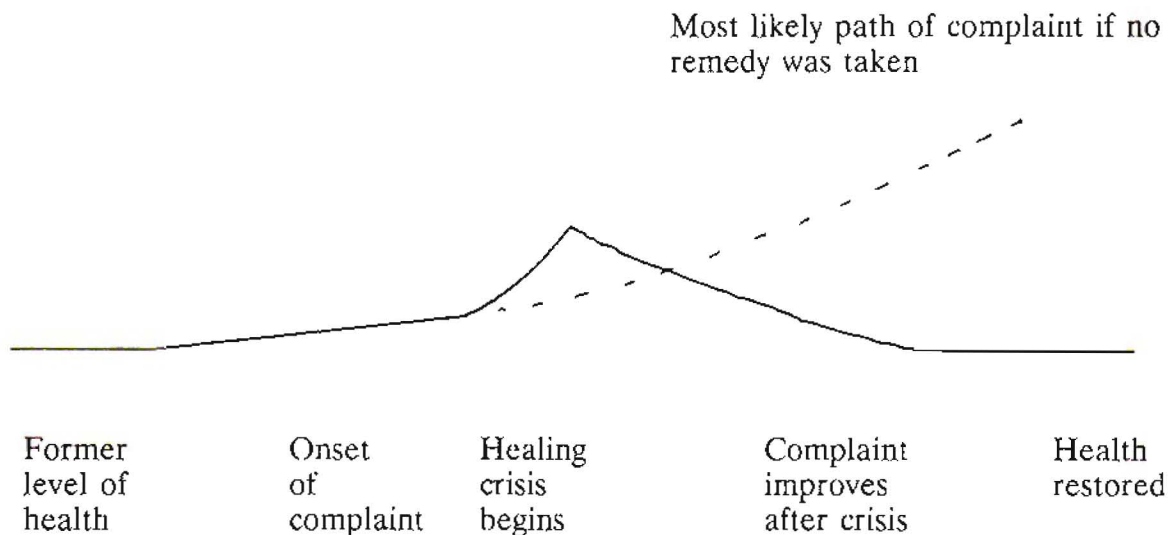
The ability of a remedy to relieve one or more complaints.

Healing Crisis

A temporary aggravation of one's complaint that can occur after taking a Paper Doctor remedy. When the remedy is a close match to the complaint, the Healing Response temporarily stimulates the complaint before removing it. This stimulation makes the complaint feel stronger.

This phenomenon has been observed and reported by many clinicians practicing a variety of remedial measures including psychotherapy, Science of Mind, and homeopathy. It is always reported as a sign that a remedy is acting deeply and the beneficial effect will last a long time.

Simplified graph of a healing crisis:



Healing Potential

The ability to heal exists and is ready for action, but is not active. It is stored.

Healing Response

The "intelligence" behind your immune system defenses, and your greatest health resource. The Healing Response is known variously as the Healing Power of Nature, the Vital Force, the Healer Within or the Placebo Effect. It has been observed and reported in the medical literature since the writings of Hippocrates.¹

Natural healing by definition triggers the Healing Response. It always stimulates (never blocks or suppresses) the organism's attempts to heal itself. But beware, many people claim to know about or use natural healing who still give drugs or do something else that blocks or suppresses natural processes. This means that they want to do natural healing but lack the tools or understanding to carry out their intention.

Natural healing always proceeds according to known laws, (see Hering's Law, below).

Most medical drugs act by blocking or suppressing natural processes (see Blockers, above). Over time this suppression can weaken or disorganize the immune system.

Paper Doctor remedies only support and stimulate the Healing Response, which means the body cures the illness. See STIMULATING YOUR HEALING RESPONSE, page 253.

Health

The continued enjoyment, over time, of three capabilities: mental clarity, emotional calm and physical well-being. I first learned of this concept from George Vithoulkas of Athens, Greece. See Level Of Health, below.

Hering's Law

Named after Constantine Hering, the 19th century American physician who first expressed the principles of natural healing as a clinical technique, Hering's Law has been developed and refined by many physicians, most notably Proceso Ortega and George Vithoulkas.

Briefly, Hering's Law states that after a person receives any therapy (drug regimen, surgery, radiation, Paper Doctor remedy, body work, etc.) a cure will be seen to be taking place if the symptoms change in one or more of the following ways:

the illness moves away from the vital centers in the person (the mind and emotions) and more into the body.

the illness moves away from the vital organs (heart, lungs, stomach, liver, etc.) into the less essential organs.

the illness moves from the upper body toward the lower body or out from inside the body toward the skin.

the current symptoms recede and ones previously experienced, even years ago, temporarily reappear.

Hering's Law is important because it defines the basis of natural healing. With this tool one can know whether they are growing more healthy or more ill as a result of any therapeutic regimen.

Homeopathy

An advanced form of non-toxic medicine more popular in Europe than America. It is especially useful in treating chronic disease. Homeopathy is a recognized form of vibrational medicine.

Illness

Any temporary or sustained condition of pronounced deviation from a healthy state. Illness can be viewed as a limitation on health. See Health, above, and Level Of Health, below.

Level Of Health

This important concept was developed by George Vithoukas of Athens, Greece.² He discovered that human health appears to be organized in layers, which he calls "levels". At any one level, each person will uniquely display certain symptoms, and some functions of their body, mind and emotions will be vulnerable to illness.

If, through natural healing, their health is raised, the old symptoms and tendencies to illness will disappear and new, less severe ones will appear. If, on the other hand, through trauma or suppressive medical treatment, a person's health is lowered, their present symptoms and tendencies will still disappear, but the new ones that appear later will always be more severe. Often traditional medical practices remove symptoms, but leave the organism weakened so that illnesses which appear later in life are more internal, and more serious.

Effective natural healing requires careful treatment by a highly trained practitioner so that, over the years, layer by layer, a person's health is raised rather than lowered, and their next illnesses are more external and less severe. From this perspective natural healing is an advanced form of medicine. Homeopathy and acupuncture are examples of it.

The concept of Level Of Health is actually a refinement of Hering's Law (see above).

Magnetic Pattern

One of the 58 geometric patterns in the Paper Doctor from which a remedy can be made. Each magnetic pattern stores the healing potential of an known remedy.

Medication

The thoughtful use of any drug or remedy in an attempt to eliminate symptoms or cure a perceived disease.

Natural Healing

A method of restoring health that does not block, suppress or intervene in any biochemical or other organic processes. Natural healing works by stimulating the Healing Response so that the organism itself will remove the illness by whatever means is at its disposal.

Non-toxic

Not harmful or poisonous. Paper Doctor remedies are non-toxic.

But note that the federal government allows any product to be labelled non-toxic if less than 50% of the lab animals exposed to it die within two weeks!! This is not what I mean by non-toxic.

Organism

That living entity comprising the spirit, mind, emotions and physical body, which functions together as a whole being or person.

OTC

A slang abbreviation for any over-the-counter medication.

Over-the-counter Medication

Any drug deemed safe by the drug companies and the federal government for unsupervised use by the general public.

Pain

Any sensation, usually localized, of discomfort, distress or agony supposedly resulting from a stimulation of the nerve endings, and which serves a protective purpose if it induces the person to react to a threatening stimulus.

Pharmaceutical

Pertaining to drugs or to the art of preparing them.

Placebo Effect

Any change in one's complaint or illness that occurs in the absence of a recognized medical treatment. It is thought that the person, by the power of their

beliefs, was able to trigger their Healing Response, which caused the cure. The remedies made from Paper Doctor patterns trigger the placebo effect (Healing Response) whether you believe in them or not.

"The placebo is the doctor who resides within."

Norman Cousins

Psychoneuroimmunology or PNI

The relatively new science that investigates the relationship between a person's beliefs and their ability to influence a serious disease state in the body.

Remedy

Any substance or agent that removes, improves or prevents an imbalance or illness in the organism.

Remedy Board

Used to make each Paper Doctor remedy. The Remedy Board contains a magnet which supplies the force that transfers the healing potential stored in the magnetic pattern of the remedy you want to use into the water in your glass. Each copy of The Paper Doctor comes with a Remedy Board.

Self-Limiting Complaint

The human organism has a powerful built-in mechanism for maintaining health and fighting disease called the Healing Response. A self-limiting complaint is any complaint which will "run its course" then disappear from the organism entirely by the efforts of this Healing Response.

Shock

A condition of coldness of the skin, abnormally low blood pressure, rapid heartbeat and anxiety. Because it threatens life, shock is a medical emergency!

Side Effects

The name side effects implies that the new complaints you get when taking medical drugs are somehow unimportant. This is inaccurate since some side effects can be serious or life-threatening. "Side effects" is a misnomer that belittles the significance of an adverse reaction.

All medical drugs cause some side effects because they block or suppress the body's natural processes. Some side effects occur soon after taking a drug; others may not appear unless a drug is continued for months, or even years. Some side effects are temporary, others continue as long as the drug is taken. Some people

suffer more from side effects than other people do. These variables are dependent upon the strength of a person's Healing Response.

Suppression

The inhibition or prevention of the normal functioning of any part of the organism, whether it's of one or more organs, a nerve's signal, or the activity of a single cell.

Medical drugs act by suppressing an organ or part that is thought to be dysfunctional. The suppression forces the organ or part to speed up, slow down, or otherwise conform to "normal functioning". Thus it is observed to have returned to a state of health. Actually the organ or part is functioning under the constant pressure of the drug, which stresses the organ, drains the Healing Response and weakens the immune system. The consequences of this action may not be noticed for years.

Symptom

Any evidence of disease as perceived by the patient.

Trauma

Any physical wound or injury to the body. Also, any shock or injury to one's mental or emotional state.

Vibrational Medicine

The generic term for non-chemical remedies as defined by Richard Gerber, M.D., in his book of the same name. The types of vibrational medicines include acupuncture, homeopathy, flower essences, and (now) magnetic patterns. Vibrational medicine remedies are thought to act on the "standing wave form" or "subtle body" rather than directly on the physical organism. They alter the energy, not the chemistry, of the body.

Vital Signs (Pulse Rate, Respiratory Rate and Temperature)

These essential bodily measurements must be maintained within certain narrow limits in order that a healthy life can be sustained. The pulse rate can vary from 50 to 100 beats per minute. The respiratory rate can vary between 14 and 20 breaths per minute. The body temperature must be maintained near 98.6 degrees; 99 degrees is considered an elevation.

1. Divided Legacy: A History Of The Schism In Medical Thought, Harris L. Coulter, Wehawken, Washington, D.C., 1975. (3 volumes).
2. The Science Of Homeopathy, vol 1., G. Vitboulkas, A.S.O.H.M., Athens, Greece, 1978.

The Complaints Index

Here is an alphabetical index of humanity's most bothersome complaints. You can use this index to find the right remedy whenever your complaint is not listed by name in the Remedy Table Of Contents, page 1.

Look for your complaint in this index. Following each entry is a list of the Paper Doctor remedies which might improve that complaint. Where possible, these remedies are listed beginning with the most effective ones first. Sometimes, as with the entry "Eyes, Tearing", this is not possible, since so many different kinds of problems can bring tears.

It is your job to choose the best remedy from those in the list. Try to find the remedy that most closely matches your complaint. To do this, you will have to read the description of each remedy listed, then decide if it's the best one to use.

Page numbers are included so that you can find the remedies you need fast.

You will occasionally see a remedy listed under a complaint that you might not believe it could ameliorate. For example, INDIGESTION, page 161, is listed under the complaint "Constipation". This means that the remedy for INDIGESTION also has the ability to relieve constipation, even though that feature is not noted in the remedy's name or its description. Give it a try anyway.

Here is the list of common complaints:

Abrasion

FIRST AID, page 141
PHYSICAL INJURY, page 205
TRAUMATIC EVENTS, page 297

Accident Prone

HURRYING, page 157
TENSION RELEASE, page 273
ADDICTIVE HABITS, page 77

Accidents

FIRST AID, page 141
PHYSICAL INJURY, page 205
SPORTS INJURIES, page 249
TRAUMATIC EVENTS, page 297

Aches

ACHE, page 73
FATIGUE, page 129
INNER STRENGTH, page 165

FIRST AID, page 141
STIMULATING YOUR HEALING RESPONSE, page 253
TENSION RELEASE, page 273

Acid Stomach

INDIGESTION, page 161

Addiction

(short-term effects of alcohol) HANGOVER, page 153
(breaking habit patterns) TENSION RELEASE, page 273
(breaking any addictive cycle) ADDICTIVE HABITS, page 77
(to begin alcohol recovery) TIRED FEET, page 285
(if addicted to stimulants) REGULARIZE ERRATIC LIFESTYLE, page 225

Agitation

HURRYING, page 157
IRRITABILITY, page 173
STRESS, page 261
FEARFULNESS, page 133
TENSION RELEASE, page 273

Alcohol, help stop abuse of

ADDICTIVE HABITS, page 77
STRESS, page 261
IRRITABILITY, page 173

Alert, unable to stay

MENTAL ALERTNESS, page 185
FIRST AID, page 141
ENERGY BOOST, page 117

Allergies (respiratory or to food)

ALLERGIES, page 81
ENVIRONMENTAL SENSITIVITY, page 121
FIRST AID, page 141
STIMULATING YOUR HEALING RESPONSE, page 253

Allergies (skin)

See Rashes, below.

Allergies (bites and stings)

See Insect Bites, below.

Anguished feelings

ACHE, page 73
IRRITABILITY, page 173
LIFTED SPIRITS, page 181

Anxiety

FEARFULNESS, page 133
PANIC ATTACKS, page 201
IRRITABILITY, page 173
TENSION RELEASE, page 273
HURRYING, page 157
PRE-MENSTRUAL SYNDROME, page 221
TRAUMATIC EVENTS, page 297

Appetite, no

STIMULATING YOUR HEALING RESPONSE, page 253

Backache

BACKACHE, page 85
ACHE, page 73
PAIN, page 197
TENSION RELEASE, page 273
PRE-MENSTRUAL SYNDROME, page 221
SPORTS INJURIES, page 249
PHYSICAL INJURY, page 205

Bad News

TRAUMATIC EVENTS, page 297
FIRST AID, page 141
LIFTED SPIRITS, page 181

Bites And Stings

See Insect Bites, below.

Bladder Infection

ACHE, page 73
PAIN, page 197
TENSION RELEASE, page 273
STRESS, page 261
(if sudden onset) SUDDEN HIGH FEVER, page 265

Bleeding

This could be a MEDICAL EMERGENCY, depending on severity. Apply disinfectant and bandages or, if the bleeding is severe, seek immediate medical assistance. After bandaging, or while waiting for help, use FIRST AID, page 141, or TRAUMATIC EVENTS, page 297.

Bloating

INDIGESTION, page 161
HURRYING, page 157
BUSINESS PRESSURE, page 97

Blows

See Accidents, above.

Blurred Vision

EYE IRRITATION, page 125
FATIGUE, page 129

Bruises

PHYSICAL INJURY, page 205
(severe, feel cold) BEE STINGS, page 89
FIRST AID, page 141

Burning Sensations

(skin) POISON IVY, page 209
(skin) POISON OAK, page 213
(skin) BEE STINGS, page 89
(skin) INSECT BITES, page 169
(stomach) FOOD POISONING, page 149
(face) SINUS INFLAMMATION, page 233

Burns

Serious burns require immediate medical attention. After you have called for emergency medical help, use FIRST AID, page 141, then PAIN, page 197. This will not help heal the burn but it can help the victim. When the burn begins to heal, use TRAUMATIC EVENTS, page 297, then either PAIN, page 197, or ACHE, page 73.

Burping

INDIGESTION, page 161
HURRYING, page 157

Chills, Chilliness

THE COLD REMEDY, page 277
SUDDEN HIGH FEVER, page 265
FLU, page 145
STOMACH FLU, page 257
STIMULATING YOUR HEALING RESPONSE, page 253
FATIGUE, page 129

Choking

Blockage of the airway is an immediate medical emergency. In major U.S. cities call 911. Seek someone who knows how to do "the Heimlich maneuver" (stand behind the person, squeeze in abruptly with locked hands just below their rib cage.)

Cold (feel)

If severe, this could be a symptom of shock, a MEDICAL EMERGENCY. See Shock, below.

FIRST AID, page 141
ENVIRONMENTAL SENSITIVITY, page 121
FEARFULNESS, page 133

Colds

THE COLD REMEDY, page 277
 STIMULATING YOUR HEALING RESPONSE, page 253

Compulsive Over-activity

HURRYING, page 157

Confused

PHYSICAL INJURY, page 205
 FIRST AID, page 141
 FATIGUE, page 129
 BUSINESS PRESSURE, page 97

Congestion In Chest

STIMULATING YOUR HEALING RESPONSE, page 253
 THE COLD REMEDY, page 277
 FLU, page 145
 BRONCHIAL IRRITATION, page 93

Constipation

CONSTIPATION, page 105
 JET LAG, page 177
 REGULARIZE ERRATIC LIFESTYLE, page 225
 INDIGESTION, page 161

Coughing

STIMULATING YOUR HEALING RESPONSE, page 253
 THE COLD REMEDY, page 277
 (if painful) BRONCHIAL IRRITATION, page 93
 (incessant) NAUSEA AND VOMITING, page 193
 FLU, page 145

Cramping

(if muscular) PHYSICAL INJURY, page 205
 TENSION RELEASE, page 273
 (if menstrual) See Menstrual Cramps, below.

Crave Food

FATIGUE, page 129
 TOO KEYED UP, page 289
 IRRITABILITY, page 173
 STRESS, page 261
 SLEEPLESSNESS, page 237

Crime, victim of a

TRAUMATIC EVENTS, page 297
 FIRST AID, page 141
 PANIC ATTACKS, page 201
 IRRITABILITY, page 173

Crying

LIFTED SPIRITS, page 181
IRRITABILITY, page 173
FEARFULNESS, page 133
TRAUMATIC EVENTS, page 297

Cuts

See Bleeding, above.

Decision, unable to make a difficult

INNER STRENGTH, page 165

Depression

LIFTED SPIRITS, page 181
(after a shock) TRAUMATIC EVENTS, page 297
(after a blow) PHYSICAL INJURY, page 205
IRRITABILITY, page 173

Diarrhea

DIARRHEA, page 109
NAUSEA AND VOMITING, page 193
FOOD POISONING, page 149
STOMACH FLU, page 257
FATIGUE, page 129
JET LAG, page 177
REGULARIZE ERRATIC LIFESTYLE, page 225

Difficulty Breathing

This is a MEDICAL EMERGENCY. See Choking above.

Also consider:

BEE STINGS, page 89
FIRST AID, page 141

Discouraged, easily

LIFTED SPIRITS, page 181
INNER STRENGTH, page 165

Dizziness

Dizziness may be a medical emergency. See Shock.

PHYSICAL INJURY, page 205
HANGOVER, page 153
MOTION SICKNESS, page 189
FATIGUE, page 129

Drowsiness

ENERGY BOOST, page 117
 FATIGUE, page 129
 MENTAL ALERTNESS, page 185
 INNER STRENGTH, page 165

Dry Mouth

If your dry mouth is a side effect of a medication, these remedies may not help. Otherwise, try:

TIRED FEET, page 285
 FIRST AID, page 141

Dullness

See Drowsiness, above.

PHYSICAL INJURY, page 205
 FIRST AID, page 141

Earache

EARACHE, page 113
 PAIN, page 197
 IRRITABILITY, page 173
 SUDDEN HIGH FEVER, page 265
 FIRST AID, page 141

Enervated

ENERGY BOOST, page 117
 STIMULATING YOUR HEALING RESPONSE, page 253
 FATIGUE, page 129
 THE COLD REMEDY, page 277
 JET LAG, page 177
 FOOD POISONING, page 149
 ALLERGIES, page 81

Energy, lack of

See Enervated, above.

Escapism

See Fantasies, below.

Excited, too

IRRITABILITY, page 173
 TOO KEYED UP, page 289
 TENSION RELEASE, page 273

Eyes Tearing

SMOG, page 241
 ENVIRONMENTAL SENSITIVITY, page 121
 FEARFULNESS, page 133

PAIN, page 197
BEE STINGS, page 89
INSECT BITES, page 169
ALLERGIES, page 81
THE COLD REMEDY, page 277
IRRITABILITY, page 173

Exhaustion, mental

ENERGY BOOST, page 117
FATIGUE, page 129
BUSINESS PRESSURE, page 97

Exhaustion, nervous

HURRYING, page 157
TOO KEYED UP, page 289
FATIGUE, page 129
JET LAG, page 177
STRESS, page 261

Exhaustion, physical

ENERGY BOOST, page 117
FATIGUE, page 129
STIMULATING YOUR HEALING RESPONSE, page 253
SLEEPLESSNESS, page 237
INNER STRENGTH, page 165
REGULARIZE ERRATIC LIFESTYLE, page 225
PHYSICAL INJURY, page 205
HURRYING, page 157

Falls

See Accidents, above.

Fantasies

WORRYING, page 303
REGULARIZE ERRATIC LIFESTYLE, page 225

Fatigue, mental

MENTAL ALERTNESS, page 185
FATIGUE, page 129
BUSINESS PRESSURE, page 97

Fatigue, physical

ENERGY BOOST, page 117
FATIGUE, page 129
INNER STRENGTH, page 165
REGULARIZE ERRATIC LIFESTYLE, page 225
TIRED FEET, page 285

Fatigue, travel

ENERGY BOOST, page 117
 FATIGUE, page 129
 JET LAG, page 177
 TIRED FEET, page 285

Fear, of something specific

FEARFULNESS, page 133
 TRAUMATIC EVENTS, page 297
 FIRST AID, page 141

Fear, vague but intense

PANIC ATTACKS, page 201
 FIRST AID, page 141

Fears, children's

PANIC ATTACKS, page 201
 FEARFULNESS, page 133
 IRRITABILITY, page 173

Fever

SUDDEN HIGH FEVER, page 265
 FOOD POISONING, page 149
 FLU, page 145
 STOMACH FLU, page 257
 STIMULATING YOUR HEALING RESPONSE, page 253
 FIRST AID, page 141

Fighting (in children)

IRRITABILITY, page 173

First Day At School (children)

FEELING AT EASE, page 137
 FEARFULNESS, page 133
 STRESS, page 261

Foreboding, a sense that something terrible will happen

See Fear, vague but intense, above.

Fright

FEARFULNESS, page 133
 TRAUMATIC EVENTS, page 297
 PANIC ATTACKS, page 201

Fussiness in children

IRRITABILITY, page 173
 HURRYING, page 157

Grief

LIFTED SPIRITS, page 181

Habits, bad

ADDICTIVE HABITS, page 77
TENSION RELEASE, page 273
REGULARIZE ERRATIC LIFESTYLE, page 225

Hangover

HANGOVER, page 153
INDIGESTION, page 161
ADDICTIVE HABITS, page 77
STIMULATING YOUR HEALING RESPONSE, page 253

Hay Fever

ALLERGIES, page 81
FIRST AID, page 141
SINUS INFLAMMATION, page 233
STIMULATING YOUR HEALING RESPONSE, page 253

Head Pain

See Headache, below.

FIRST AID, page 141
PHYSICAL INJURY, page 205
TOOTHACHE, page 293
SINUS INFLAMMATION, page 233
PAIN, page 197

Headache

CHRONIC HEADACHE, page 101
TENSION HEADACHE, page 269
THROBBING HEADACHE, page 281
HANGOVER, page 153
ACHE, page 73
STRESS, page 261
PRE-MENSTRUAL SYNDROME, page 221

Heartache, anguished feelings

ACHE, page 73
LIFTED SPIRITS, page 181
IRRITABILITY, page 173

Heartburn

INDIGESTION, page 161
STRESS, page 261

High Fever

SUDDEN HIGH FEVER, page 265
 FLU, page 145
 STOMACH FLU, page 257
 STIMULATING YOUR HEALING RESPONSE, page 253
 FIRST AID, page 141

Homesickness

FEELING AT EASE, page 137

Hot (fecl)

See Fever and High Fever, above.

(sensitive to heat) FEARFULNESS, page 133

Hot Flashes

(hot flashes) PRE-MENSTRUAL SYNDROME, page 221
 HURRYING, page 157

Hunger

TOO KEYED UP, page 289
 FATIGUE, page 129
 REGULARIZE ERRATIC LIFESTYLE, page 225
 STRESS, page 261

Hyperactivity

(adults) HURRYING, page 153
 (children and adults) IRRITABILITY, page 173

Hypersensitive to things (weather, noise, conflict, etc)

ENVIRONMENTAL SENSITIVITY, page 121
 IRRITABILITY, page 173
 FEARFULNESS, page 133
 HURRYING, page 157

Illness, after any

TIRED FEET, page 289

Illness, during any

STIMULATING YOUR RECUPERATIVE POWERS, page 253
 TIRED FEET, page 285

Illness, onset of any

STIMULATING YOUR HEALING RESPONSE, page 253

Indigestion

- INDIGESTION, page 161
- NAUSEA AND VOMITING, page 193
- FOOD POISONING, page 149
- STOMACH FLU, page 257
- TOO KEYED UP, page 289
- HURRYING, page 157
- STRESS, page 261

Injuries, emotional

- TRAUMATIC EVENTS, page 297
- LIFTED SPIRITS, page 181
- FEARFULNESS, page 133
- STRESS, page 261

Injuries, joints

- SPORTS INJURIES, page 249
- TIRED FEET, page 285
- PHYSICAL INJURY, page 205

Injuries, muscles

- TIRED FEET, page 285
- SPORTS INJURIES, page 249
- PHYSICAL INJURY, page 205
- FIRST AID, page 141

Insect Bites

- BEE STINGS, page 89
- INSECT BITES, page 169

Insomnia

- SLEEPLESSNESS, page 237
- WORRYING, page 303
- TOO KEYED UP, page 289
- TIRED FEET, page 285
- IRRITABILITY, page 173
- TRAUMATIC EVENTS, page 297
- REGULARIZE ERRATIC LIFESTYLE, page 225
- JET LAG, page 177

Irritability

- IRRITABILITY, page 173
- TENSION HEADACHE, page 269
- THROBBING HEADACHE, page 281
- CHRONIC HEADACHE, page 101
- PRE-MENSTRUAL SYNDROME, page 221
- HANGOVER, page 153
- THE COLD REMEDY, page 277
- TOO KEYED UP, page 289
- HURRYING, page 157
- STRESS, page 261
- BUSINESS PRESSURE, page 97

Itching

POISON OAK, page 209
POISON IVY, page 213
ENVIRONMENTAL SENSITIVITY, page 121
STRESS, page 261
FIRST AID, page 141
IRRITABILITY, page 173

Jet Lag

JET LAG, page 177
ENERGY BOOST, page 117
FATIGUE, page 129
MOTION SICKNESS, page 189

Joint Injuries

See Sports Injuries, below.

Laceration

If serious, a laceration requires professional medical attention. See Bleeding, above.

TRAUMATIC EVENTS, page 297
PHYSICAL INJURY, page 205
STIMULATING YOUR HEALING RESPONSE, page 253

Lack Of Energy

ENERGY BOOST, page 117
FATIGUE, page 129
MENTAL ALERTNESS, page 185
INNER STRENGTH, page 165
PRE-MENSTRUAL SYNDROME, page 221
TIRED FEET, page 285
TRAUMATIC EVENTS, page 297

Lachrymation

See Eyes Tearing, above.

Laryngitis

BRONCHIAL IRRITATION, page 93
SMOG, page 241

Learning Disabilities

ADDICTIVE HABITS, page 77

Lethargy

See Lack of Energy, above.

Ligament Injuries

See Sports Injuries, below.

Loss of Appetite

- INDIGESTION, page 161
- NAUSEA AND VOMITING, page 193
- CHRONIC HEADACHE, page 101
- FOOD POISONING, page 149
- THE COLD REMEDY, page 277
- FLU, page 145
- STOMACH FLU, page 257
- TRAUMATIC EVENTS, page 297

Malaise

- LIFTED SPIRITS, page 181
- STIMULATING YOUR HEALING RESPONSE, page 253
- FATIGUE, page 129
- STRESS, page 261

Menstrual Cramps

- PRE-MENSTRUAL SYNDROME, page 221
- ACHE, page 73
- PAIN, page 197

Mouth, Dry

See Dry Mouth, above.

Moving (to new job, town, school)

- FEELING AT EASE, page 137
- ENVIRONMENTAL SENSITIVITY, page 121
- TRAUMATIC EVENTS, page 297
- STRESS, page 261

Muscle (over-exertion, pulls, stiffness)

- FIRST AID, page 141
- PHYSICAL INJURY, page 205
- SPORTS INJURIES, page 249
- TENSION RELEASE, page 273

Nausea

- INDIGESTION, page 161
- PRE-MENSTRUAL SYNDROME, page 221
- NAUSEA AND VOMITING, page 193
- MOTION SICKNESS, page 189
- FOOD POISONING, page 149
- STOMACH FLU, page 257
- TOO KEYED UP, page 289

Neck, sore, tense or painful

- BACKACHE, page 85
- FIRST AID, page 141

PAIN, page 197
 ACHE, page 73
 TENSION HEADACHE, page 269
 TENSION RELEASE, page 273

Nervous Stomach

INDIGESTION, page 161
 DIARRHEA, page 109
 NAUSEA AND VOMITING, page 193
 STRESS, page 261
 REGULARIZE ERRATIC LIFESTYLE, page 225

Nervousness

FEARFULNESS, page 133
 IRRITABILITY, page 173
 PANIC ATTACKS, page 201
 TOO KEYED UP, page 289

Nightmares

(something known) FEARFULNESS, page 133
 (for no reason) PANIC ATTACKS, page 201

Nursing Another

TIRED FEET, page 285
 WORRYING, page 303

Obsession With Thoughts Or Images

WORRYING, page 303
 REGULARIZE ERRATIC LIFESTYLE, page 225

Onset Of Any Illness

STIMULATING YOUR HEALING RESPONSE, page 253

Over-activity

See Hyperactivity, above.

Overwhelmed, feeling of being

FATIGUE, page 129
 INNER STRENGTH, page 165
 BUSINESS PRESSURE, page 97
 TRAUMATIC EVENTS, page 297

Pain, aching

PHYSICAL INJURY, page 205
 SPORTS INJURIES, page 249
 PAIN, page 197
 HANGOVER, page 153
 ACHE, page 73
 TOOTHACHE, page 293
 FIRST AID, page 141

Pain, cramping

PRE-MENSTRUAL SYNDROME, page 221
TENSION RELEASE, page 273
PAIN, page 197

Pain, dental

TOOTHACHE, page 293
ACHE, page 73
PAIN, page 197
IRRITABILITY, page 173
FEARFULNESS, page 133
FIRST AID, page 141

Palpitations, heart

STRESS, page 261
HURRYING, page 157
INDIGESTION, page 161

Panic

PANIC ATTACKS, page 201

Performance Anxiety

IRRITABILITY, page 173
INNER STRENGTH, page 165
TOO KEYED UP, page 289
PANIC ATTACKS, page 201
FEARFULNESS, page 133

Pollution

SMOG, page 241
ALLERGIES, page 81
SINUS INFLAMMATION, page 233
ENVIRONMENTAL SENSITIVITY, page 121
POLLUTION PROTECTION, page 217

Psychological Cold

RESISTANCE, page 229

Quarreling

See Fighting, above.

Queasiness

See Nausea, above.

Rape, victim of a

LIFTED SPIRITS, page 181
TRAUMATIC EVENTS, page 297
PANIC ATTACKS, page 201

Rash

FIRST AID, page 141
 STIMULATING YOUR HEALING RESPONSE, page 253
 POISON IVY, page 209
 POISON OAK, page 213
 INSECT BITES, page 169
 STRESS, page 261
 IRRITABILITY, page 173
 HURRYING, page 157

Recurring Complaints

ADDICTIVE HABITS, page 77

Relax, unable to

TOO KEYED UP, page 289
 TIRED FEET, page 285
 HURRYING, page 157
 TENSION RELEASE, page 273
 IRRITABILITY, page 173
 TRAUMATIC EVENTS, page 291
 BUSINESS PRESSURE, page 97
 STRESS, page 261

Remedies Don't Work

RESISTANCE, page 229

Restlessness

SLEEPLESSNESS, page 237
 HURRYING, page 157
 WORRYING, page 303
 FEELING AT EASE, page 137
 IRRITABILITY, page 173
 BUSINESS PRESSURE, page 97
 TOO KEYED UP, page 289

Runny Nose

THE COLD REMEDY, page 277
 ALLERGIES, page 81
 SINUS INFLAMMATION, page 233
 ENVIRONMENTAL SENSITIVITY, page 121
 STIMULATING YOUR HEALING RESPONSE, page 253

Shock

Severe shock is life-threatening and requires immediate medical attention. Three types of shock are possible: physical (see page 339), anaphylactic (see page 334) and electrical.

(after calling for help) FIRST AID, page 141

Shortness Of Breath

This is a possible MEDICAL EMERGENCY, depending on the cause. Seek medical help, then, while waiting, use

FIRST AID, page 141

PANIC ATTACKS, page 201

Shyness

see Timidity, below.

Skeptical that Paper Doctor remedies work

RESISTANCE, page 229

Skin Rashes

See Rashes, above.

Sleeplessness

See Insomnia, above.

Sleepiness

MENTAL ALERTNESS, page 185

ENERGY BOOST, page 117

INNER STRENGTH, page 165

FATIGUE, page 129

REGULARIZE ERRATIC LIFESTYLE, page 225

Smoking, help stop

ADDICTIVE HABITS, page 77

Sneezing

ALLERGIES, page 81

THE COLD REMEDY, page 277

ENVIRONMENTAL SENSITIVITY, page 121

STIMULATING YOUR HEALING RESPONSE, page 253

Sniffling

See Runny Nose, above.

Sore Throat

SORE THROAT, page 245

THE COLD REMEDY, page 277

STIMULATING YOUR HEALING RESPONSE, page 253

FATIGUE, page 129

REGULARIZE ERRATIC LIFESTYLE, page 225

Soreness

PHYSICAL INJURY, page 205

SPORTS INJURIES, page 249

ACHE, page 73
TOOTHACHE, page 293
SINUS INFLAMMATION, page 233
TIRED FEET, page 285

Sports Injuries

FIRST AID, page 141
PHYSICAL INJURY, page 205
SPORTS INJURIES, page 249
PAIN, page 197
TRAUMATIC EVENTS, page 297

Sprained Ankle

FIRST AID, page 141
PHYSICAL INJURY, page 205
SPORTS INJURIES, page 249
BEE STINGS, page 89

Sprains

See Muscle Sprains, above.

Stimulants, attracted to

REGULARIZE ERRATIC LIFESTYLE, page 225
ADDICTIVE HABITS, page 77

Stinging sensation

BEE STINGS, page 89
INSECT BITES, page 169
POISON OAK, page 209
POISON IVY, page 213
SMOG, page 241
ENVIRONMENTAL SENSITIVITY, page 121
FIRST AID, page 141

Stomach ache

INDIGESTION, page 161
ACHE, page 73
FOOD POISONING, page 149
FIRST AID, page 141

Strains

See Muscle Sprains, above.

Stress

STRESS, page 261
BUSINESS PRESSURE, page 97
HURRYING, page 157
IRRITABILITY, page 173
PANIC ATTACKS, page 201

Sudden Fever

- SUDDEN HIGH FEVER, page 265
- FLU, page 145
- STOMACH FLU, page 257
- STIMULATING YOUR HEALING RESPONSE, page 253

Surgery, before

- PHYSICAL INJURY, page 205
- STIMULATING YOUR HEALING RESPONSE, page 253

Surgery, after

- TIRED FEET, page 285
- PHYSICAL INJURY, page 205
- STIMULATING YOUR HEALING RESPONSE, page 253

Teeth, sensitive

- TOOTHACHE, page 293
- ACHE, page 73
- PAIN, page 197

Teething Babies

- IRRITABILITY, page 173
- TOOTHACHE, page 293

Tension, nervous

- PRE-MENSTRUAL SYNDROME, page 221
- HURRYING, page 157
- TENSION RELEASE, page 273
- IRRITABILITY, page 173
- PANIC ATTACKS, page 201

Thoughts, too many

- WORRYING, page 303
- TOO KEYED UP, page 289

Thoughts, unable to think

- ENERGY BOOST, page 117
- FATIGUE, page 129
- MENTAL ALERTNESS, page 185

Tinnidity

- FEARFULNESS, page 133

Tired, mentally

See Fatigue, mental, above.

Tired, physically

See Fatigue, physical, above.

Trembling

TRAUMATIC EVENTS, page 297
NAUSEA AND VOMITING, page 193
PANIC ATTACKS, page 201
FLU, page 145
FATIGUE, page 129
HURRYING, page 157

Vertigo

See Dizziness, above.

Vomiting

NAUSEA AND VOMITING, page 193
STOMACH FLU, page 257
FOOD POISONING, page 149
FEARFULNESS, page 133
STIMULATING YOUR HEALING RESPONSE, page 253

Worrying

WORRYING, page 303
IRRITABILITY, page 173
HURRYING, page 157
STRESS, page 261
TOO KEYED UP, page 289

Wounds

Serious wounds or the bleeding won't stop - a medical emergency - call for help.

FIRST AID, page 141
TRAUMATIC EVENTS, page 297

Wounds, puncture

BEE STINGS, page 89
INSECT BITES, page 169

Resource Bibliography

GENERAL HEALTH CARE

The Well Adult, Samuels, M.D. and Samuels, Summit Books, New York, 1988.

A perfect medical companion to *The Paper Doctor* and an excellent, inexpensive reference book for home use. This book is filled with important information on every aspect of health care. It clearly explains the biological mechanisms at work in any complaint. Details both the standard medical treatment and other home care methods you can use. Highly recommended.

Mike and Nancy Samuels have written a series of excellent health books over the years. Their work constitutes a complete home health library. All their books are available in paperback. Other titles include:

The Well Pregnancy Book, Samuels & Samuels, Summit Books, New York, 1986.

The Well Baby Book, Samuels & Samuels, Summit Books, New York, 1979.

The Well Child Book, Samuels & Samuels, Summit Books, New York, 1983.

Listen To Your Pain, Benjamin, Ben, PhD. & Borden, Gale, M.D., Penguin Books, New York, 1984.

An excellent book for learning about sports injuries. Clear illustrations help you locate the source and most likely cause of any pain. Recommends alternative as well as standard medical treatments.

The Anatomy Coloring Book, Kapit & Elson, Barnes & Noble, New York, 1977.

Originally developed for medical students to promote the study of human anatomy, this book became a surprise best-seller. It gives fun and easy access to the basic body parts. A good reference tool. I've had my copy more than 10 years.

The Healthy Traveler, B. Weinhouse, Pocket Books, New York, 1987.

Since it recommends traditional medical treatments for many of the same miseries and ailments presented in *The Paper Doctor*, this book is illuminating for the contrast in philosophies and treatments it reveals. Describes the over the counter and prescription drugs that try to alleviate the miseries of traveling, including digestive problems, environmental issues, sports injuries, first aid, infectious illnesses, and medications for women, children, and those with chronic illnesses. If you prefer a traditional medicine kit, this book will tell you what to buy.

Worst Pills, Best Pills, Wolfe, S.M., M.D., et al, Public Citizen Health Research Group, Washington, D.C., 1988.

Investigates the toxic nature of the major over-the-counter and prescription drugs on the market with an eye to preventing drug-induced death and illness. Suggests safer drug substitutes for the worst offenders. Though written for the older adult, the guidelines presented here should be used by everyone who must take medications. Highly recommended.

VISUALIZATION

Seeing With The Mind's Eye, Samuels, M.D. & Samuels, Random House/Bookworks, New York, 1976.

The most comprehensive, exciting guide to visualization ever published.

VIBRATIONAL MEDICINE

The Practice of Medical Radiesthesia, V.D. Wethered, C.W. Daniels Co., Ltd., London, 1967.

Outlines the basic methodology used to survey the tiny electromagnetic fields surrounding healing substances, as well as discusses the tools employed in this research.

The Pattern of Health, A.T. Westlake, M.D., Shambhala Publications, Boulder, 1973.

This book traces the history of the search for geometric patterns that heal prior to the work of Malcolm Rae.

Dimensions of Radionics, D.V. Tansley, D.C., Health Science Press, Devon, 1977.

One section of this book is devoted to Malcolm Rae's work. It describes how he developed the principles of geometric healing which I have used to produce the magnetic patterns found in 'The Paper Doctor'.

Vibrational Medicine, Richard Gerber, M.D., Bear & Co., Santa Fe, M.N., 1988.

A thorough, articulate survey of the history, development and therapeutic actions of energy (non-chemical) medicine. Traces the slow evolution of contemporary scientific thinking from a strictly Newtonian cause-and-effect viewpoint into an Einsteinian energetic perspective. This book is must reading for anyone interested in non-chemical medicine. It provides the theoretical understanding for our work. Highly recommended.

The Body Quantum, Fred Alan Wolf, Macmillan, New York, 1986

This application of quantum mechanical thinking to body, mind and illness challenges medicine's biochemical orientation and lays the groundwork for Gerber and others.

Quantum Healing, Deepak Chopra, M.D., Bantam, New York, 1989.

Describes the role of the Healing Response, which he calls "a network of intelligence" in health and illness, and shows why it can only be understood from a quantum mechanical perspective.

Cross Currents, Robert O. Becker, M.D., Tarcher, Los Angeles, 1990.

Defines energy medicine as the ecological medicine of the future and shows how it is rooted in electro-magnetism.

Going Further With The Paper Doctor

The Paper Doctor is your basic vibrational medicine self-healing tool. In order to get the most from it, you must register with us after purchasing the book (use the registration form on the first page of this book).

When you register The Paper Doctor with us, we will send you important information regarding:

The Paper Doctor Remedy Card set

New Remedy Cards for common complaints not found in this book

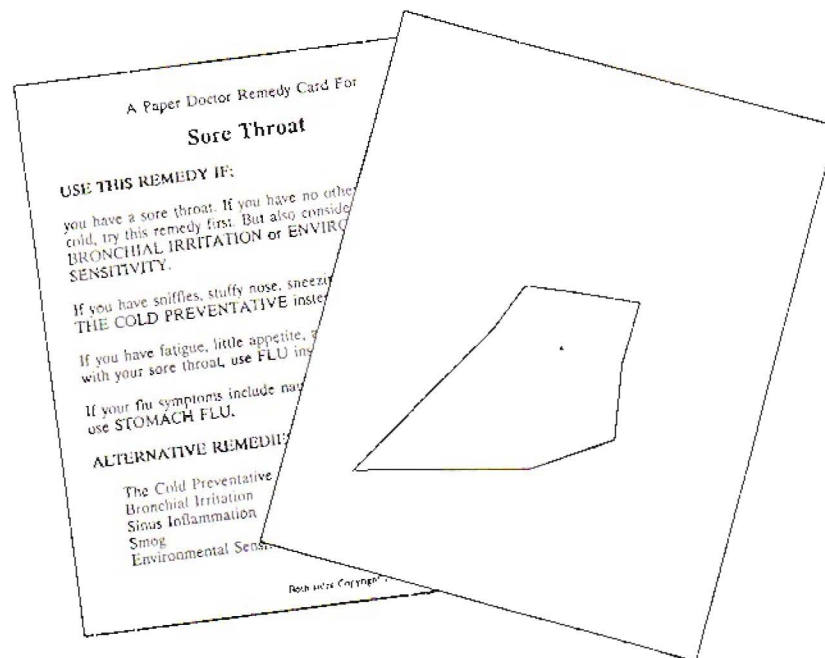
Various supplies that can make your system easier to use

Additional information about vibrational medicine and how it can benefit your health.

These Paper Doctor products are discussed in the pages that follow.

INTRODUCING PAPER DOCTOR REMEDY CARDS

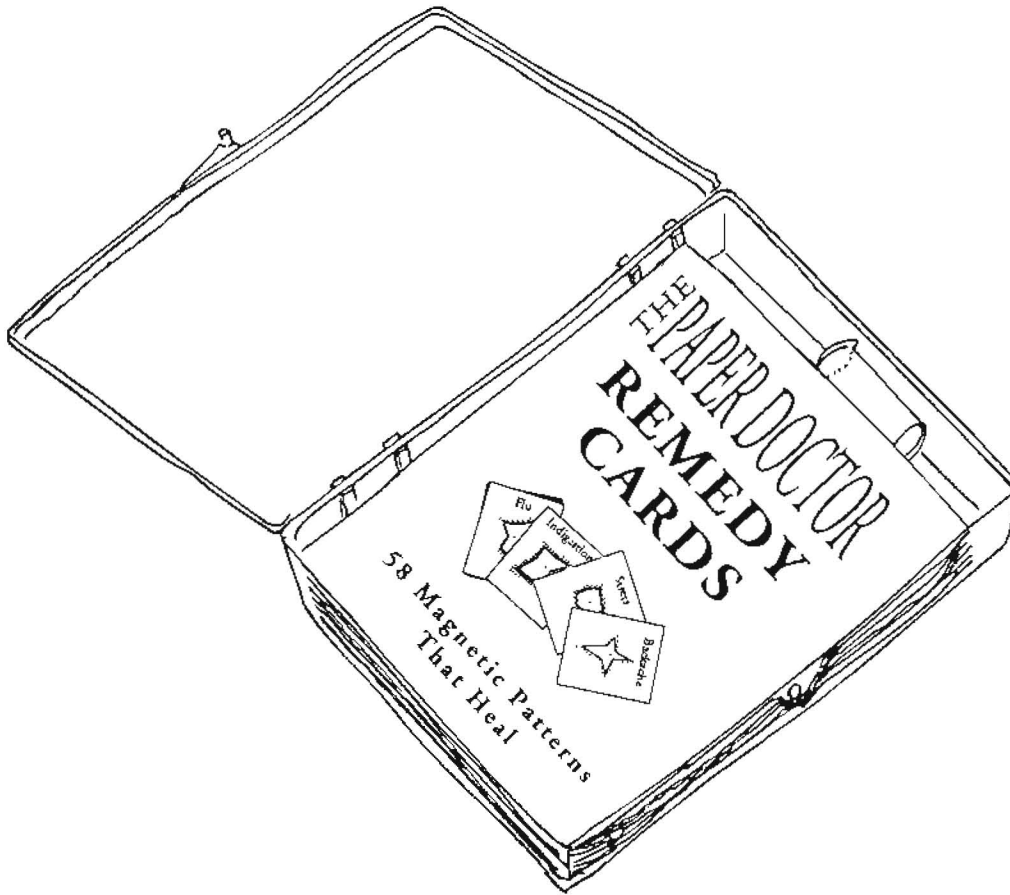
Now that you are using Paper Doctor magnetic patterns, you can increase their effectiveness with the Paper Doctor Remedy Cards.



Each Remedy Card contains a magnetic pattern on one side and a brief description of its use on the other. Each card measures only 5 inches by 6 inches.

The Paper Doctor Remedy Cards have been extensively tested by our users. They give results identical to those one can obtain from the magnetic patterns in this book.

Remedy Cards are available individually, or as a boxed set. The Paper Doctor Remedy Card set duplicates the 58 magnetic patterns in this book, giving you the power of The Paper Doctor in a very small, portable, easy-to-use kit.

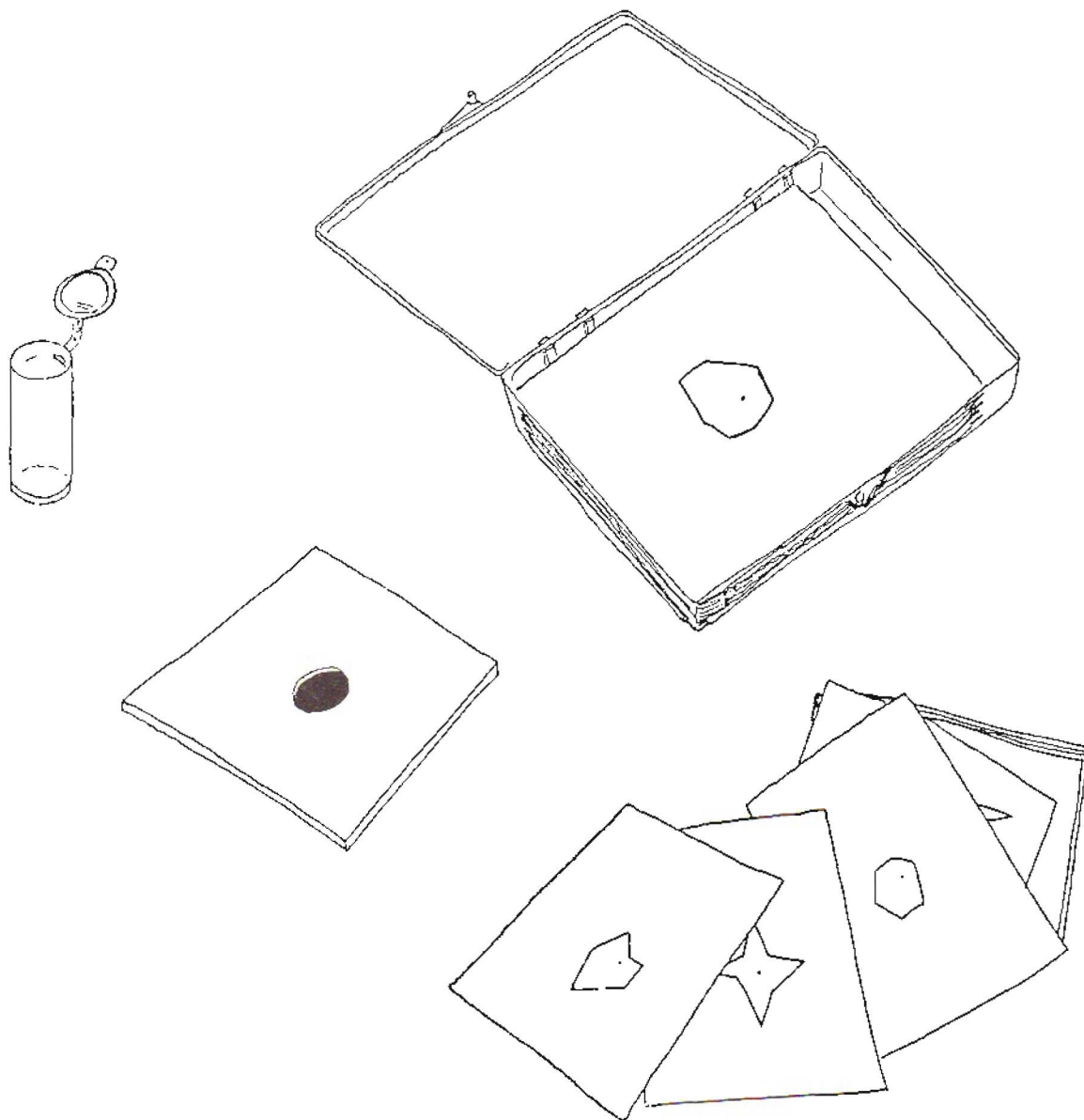


The Paper Doctor Remedy Card Set

\$ 29.95

We believe the Paper Doctor Remedy Card set constitutes the smallest, easiest to use, most effective, non-chemical, non-toxic, personal healing kit in the world. No other form of personal healing even comes close to its effectiveness in such a small package: not homeopathic medicines, not Bach flower remedies.

The Remedy Card boxed set is only 5 inches by 7 inches by 1 inch - about the size of a paperback book. You can carry it with you in your hand, your purse, your pocket, your briefcase or your suitcase. Our Remedy Card set gives new meaning to the phrase "don't leave home without it."



The Paper Doctor Remedy Card set contains 64 cards in a hinged clear plastic box complete with its own Remedy Board (containing a magnet) and a small plastic vial. It is a complete kit for making and using Paper Doctor remedies. With this kit you won't need to bring a glass; just pour tap water into the vial.

Because of the greater efficiency available by making remedies from Remedy Cards as compared with making them from the patterns in this book, and due to a larger magnet, The Paper Doctor Remedy Card set will make remedies in only 2 minutes!

If you use the Paper Doctor remedies regularly, this card set will bring you portability, increased ease of use, and continual access to new magnetic patterns.

Additional Remedy Cards**Limited Time Offer: \$ 2.00 each**

Individual Remedy Cards are regularly \$ 3.50 each, but until September 1, 1991, you can expand and customize your Paper Doctor book or Remedy Card set for only \$ 2.00 per card.

Many users have requested magnetic patterns for common complaints that were not included in The Paper Doctor. Originally we were going to publish additional books containing these patterns. However, Remedy Cards are faster and less expensive to make than books, and can be available for use as soon as they are created. Therefore, all new Paper Doctor magnetic patterns will be published only as Remedy Cards.

How To Get A Remedy Card List

We continually make new Remedy Cards. Our latest list will be mailed to you as soon as you register your book. From this list you can purchase new cards as well as replace damaged or lost ones. In addition, you can request our latest list at any time, and updated lists will be sent to you periodically. You may also want to suggest specific Remedy Cards that you would like to have. We are pleased to receive your suggestions for new cards.

Our Guidelines For Making New Remedy Cards

We only make new Remedy Cards for common complaints that:

1. Are not a named disease or medical condition.
2. Are not attempting to ameliorate any condition that must be monitored by a physician.

Eventually more than 200 Remedy Cards for common complaints will be available to registered users. These will include cards for physical, emotional and environmental complaints.

A Sampling Of New Remedy Cards Available Now

Environmental Toxicity - reduces excessive sensitivity to most forms of toxicity

Feeling At Home In Your Body - helps one accept the limitations or imperfections in their physical body

Hysteria - calms excessive excitement, anxiety or fear; restores calm when feeling out of control

Joint Injuries - helps reduce red, swollen, sprained joints; a general pain reliever

New Remedy Cards, (continued)

Nerve Injuries - helps relieve the pain of mashed fingers and stubbed toes

Over-Stimulation - promotes relaxation after a fast-paced day

Persistent Cough - helps relieve a tickling or hacking cough

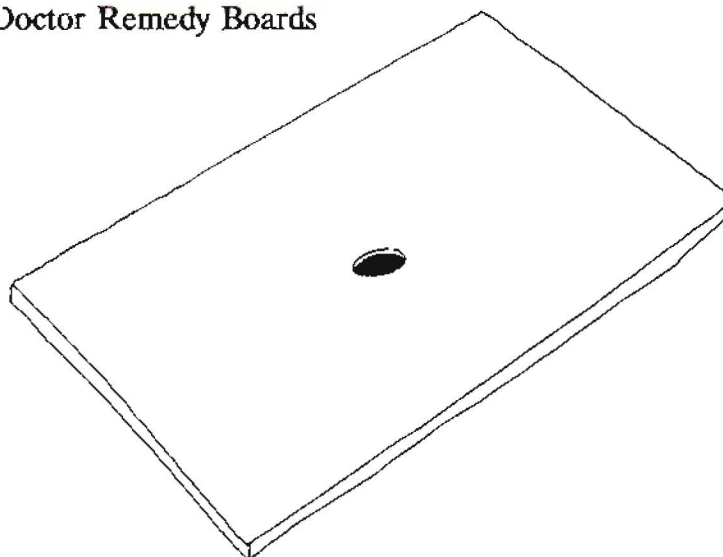
Rejuvenation - strengthens innate healing abilities, especially after prolonged illness

Repetitive Strain Injury - helps joints overworked or strained from repetitive movements

Skeptical - helps overcome a chronically negative outlook

Additional copies of The Paper Doctor**\$ 29.95**

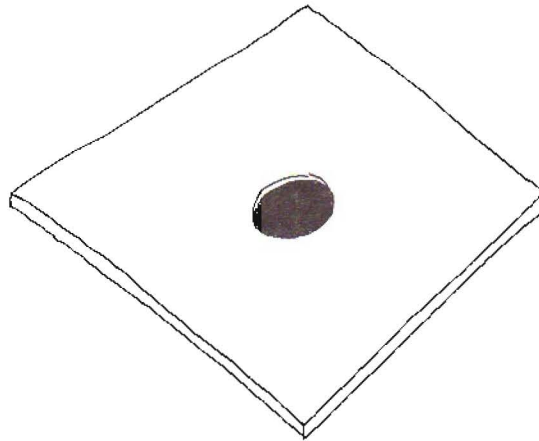
Although we prefer that you deal directly with your local bookstore, we do sell additional copies of The Paper Doctor. This is especially handy if you want to give a copy of the book to a friend, or can't easily obtain the book near where you live.

SUPPLIES**Additional Paper Doctor Remedy Boards****\$ 6.00**

This board supplements or replaces the Remedy Board located in the back of this book. It is approximately 5 1/2 by 8 1/2 inches, and is made of foam-core, with a 3/4 inch ceramic magnet. This board makes Paper Doctor remedies in 5 minutes.

Additional Remedy Card Remedy Boards

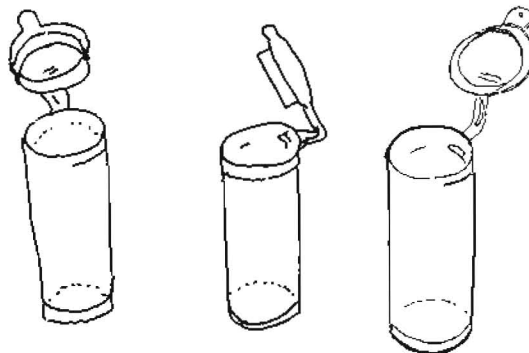
\$ 5.00



This board supplements or replaces the Remedy Board in your Remedy Card set. It is approximately 5 inches by 6 inches by 3/16 inch high, is made of foam-core, and contains a 1 inch magnet. This board makes remedies in only 2 minutes. Many users have several Remedy Boards so that they can make more than one remedy at a time.

Additional Plastic Vials

a set of 3 vials is \$ 3.00



These little Italian plastic vials are 1/2 inch in diameter and stand 1 1/4 inches high. Just fill one with water (about one teaspoon), snap the lid shut, dry the bottom and you are ready to make remedies - either from the patterns in this book or those in a Remedy Card set. One vial is included free in each Remedy Card set. You can use these vials to make remedies from your Paper Doctor book as well as from the Remedy Cards.

Replacement Plastic Cases For Remedy Card Sets

\$ 4.00

If the clear plastic case that holds your Remedy Card set gets broken, you can replace it inexpensively.

Paper Doctor Order Form

Please read Ordering Information on page 372

Date: _____

Customer Name: _____

Address: _____

City: _____

State: _____ Zip _____

I am: already registered
 registering now (please enclose your registration form)
 not registered

<u>Quantity</u>	<u>Name Of Product</u>	<u>Price</u>	<u>Totals</u>
_____	Paper Doctor Remedy Card Set	\$ 29.95	_____
_____	The Paper Doctor (this book)	\$ 29.95	_____
_____	Paper Doctor Remedy Board	\$ 6.00	_____
_____	Remedy Card Remedy Board	\$ 5.00	_____
_____	Plastic Vials (set of 3)	\$ 3.00	_____
_____	Plastic Case for Remedy Cards	\$ 4.00	_____

Quantity Individual Remedy Cards (list by name)
 Individual Remedy Cards are \$ 2.00 each until Sept. 1, 1991, thereafter \$3.50.

_____	_____	\$ 2.00 each	_____
_____	_____	\$ 2.00 each	_____
_____	_____	\$ 2.00 each	_____
_____	_____	\$ 2.00 each	_____
_____	_____	\$ 2.00 each	_____
_____	_____	\$ 2.00 each	_____
_____	_____	\$ 2.00 each	_____
_____	_____	\$ 2.00 each	_____

Subtotal: _____

Tax (California only, 7%): _____

Shipping (for U.P.S. delivery see reverse): _____

Total Enclosed: _____

Please mail this order, together with your check to:

The Bookworks[®], 729 Genter St., La Jolla, CA 92037

Ordering Information

All orders must be prepaid. At this time we can only accept personal checks (drawn on a U.S. bank) or money orders for our products. No credit cards.

Every effort is made to process your order the same day that we receive it. But please allow two weeks for delivery in the U.S.

We provide a refund if too much money is sent; we will bill you if not enough money is received.

There is a \$ 6.00 charge for checks returned to us.

Sales Tax

If you live in California, add 7% to the total cost of your order, excluding shipping and handling.

Postage And Handling Charges

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About The Author

Don Gerrard was born in Houston, Texas in 1939. While in college at Austin he first entered the book business, working part-time at the University Co-op bookstore.

In 1964 he moved to San Francisco, where he worked in a bookstore on Union Square. In 1965 he became manager of the trade paperback department at a local book and magazine wholesaler.

In 1968 he founded and became general partner of Book People in Berkeley, California. In addition to a complete line of trade paperbacks, Book People distributed The Whole Earth Catalog series, How To Keep Your VW Alive, Shambhala Publications, and the works of a number of other innovative California publishers. In 1971 he sold his interest in Book People in order to devote his energies entirely to publishing.

In 1970 he founded and became general partner of The Bookworks®, a Berkeley publisher of back-to-the-land and alternative health handbooks. Among their successful titles were Grow Your Own, Living On The Earth, The Tooth Trip, The Massage Book, The Well Body Book, Getting Clear (Bodywork for Women), Total Orgasm, Living Your Dying, Massage & Meditation, The Well Dog Book, The Well Cat Book, Roots Of Consciousness, The Zen Of Running, and Seeing With The Mind's Eye. Altogether 38 titles were published between 1971 and 1976.

In 1974 he published his first written work, One Bowl, a small book about food awareness.

In 1976 he withdrew from active publishing to study the principles of alternative health care. By 1978 he began to develop a theory of natural healing, one which sought to go beyond health maintenance - to raise the level of a person's health. His concept relied on individualized techniques using non-toxic remedies to stimulate the natural healing abilities of the organism. At that time, the only remedies which could fulfill this demand were either homeopathic (difficult for lay people to learn and use) or flower essences (did not cover many common physical complaints). In 1979 he taught his concepts at Friends Of Health in Berkeley, but had no satisfactory remedies to recommend to the students.

Between 1980 and the present he conducted the research which led to the development of the magnetic patterns presented in this book. He also developed the simplified instructions which make these remedies an easy-to-use form of vibrational medicine. In 1990 he tested, then published this book. He is now working toward a complete home health care system based on the Paper Doctor Remedy Cards.

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