



# The Key To Medicine

## *Lecture 7: On Modalities & the Healing Process*

Mazen Atassi, ND  
Forward To Health: Hikma Academy  
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# James Bond on Hikma

FORWARD → HEALTH  
WHOLISTIC MEDICINE

“Taking medicine only suppresses these symptoms of yours. Medicine doesn’t get to the root of the trouble. It only conceals it. The result is a more highly poisoned condition which may become chronic disease. All drugs are harmful to the system. They are contrary to nature. The same applies to most of the food we eat – white bread with all the roughage removed, refined sugar with all the goodness machined out of it, pasteurized milk which has had most of the vitamins boiled away, everything overcooked and denaturized.

Why,’ M. reached into his pocket for his notebook and consulted it, ‘do you know what our bread contains apart from a bit of overground flour?’ M. looked accusingly at Bond. ‘It contains large quantities of chalk, also benzol peroxide powder, chlorine gas, sal ammoniac, and alum.’ M. put the notebook back in his pocket. ‘What do you think of that?’ Bond, mystified by all this, said defensively, ‘I don’t eat all that much bread, sir.’ ‘Maybe not,’ said M. impatiently. ‘But how much stone-ground whole wheat do you eat? How much yoghurt? Uncooked vegetables, nuts, fresh fruit?’ Bond smiled. ‘Practically none at all, sir.’ ‘It’s no laughing matter.’



# James Bond on Hikma cont.

FORWARD → HEALTH  
WHOLISTIC MEDICINE

M. tapped his forefinger on the desk for emphasis. 'Mark my words. There is no way to health except the natural way. All your troubles' – Bond opened his mouth to protest, but M. held up his hand – 'the deep-seated toxaemia revealed by your Medical, are the result of a basically unnatural way of life. Ever heard of Bircher-Brenner, for instance? Or Kneipp, Preissnitz, Rikli, Schroth, Gossman, Bilz?' 'No, sir.' 'Just so. Well those are the men you would be wise to study. Those are the great naturopaths – the men whose teaching we have foolishly ignored.

Fortunately,' M.'s eyes gleamed enthusiastically, 'there are a number of disciples of these men practising in England. Nature cure is not beyond our reach.' James Bond looked curiously at M. What the hell had got into the old man? Was all this the first sign of senile decay? But M. looked fitter than Bond had ever seen him. The cold grey eyes were clear as crystal and the skin of the hard, lined face was luminous with health. Even the iron-grey hair seemed to have new life..."

- Ian Fleming, Thunderball (9th book in James Bond series)



# Types of Modalities

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## Determinants of Health:

- Lifestyle Medicine
- Homeopathy
- Acupuncture
- Cranio-sacral
- Herbs
- Body Work
- Psycho-Spiritual Approaches
- CBT
- Trauma Healing
- Pharmacological Methods
- Surgery
- Hydrotherapy
- Chiropractic
- Music Therapy
- Aromatherapy
- Dance
- Yoga
- Chi Gong
- Martial Arts
- Art Therapy
- Etc...

# Reflection



Question is, how do we  
integrate these all into a system  
that makes sense?

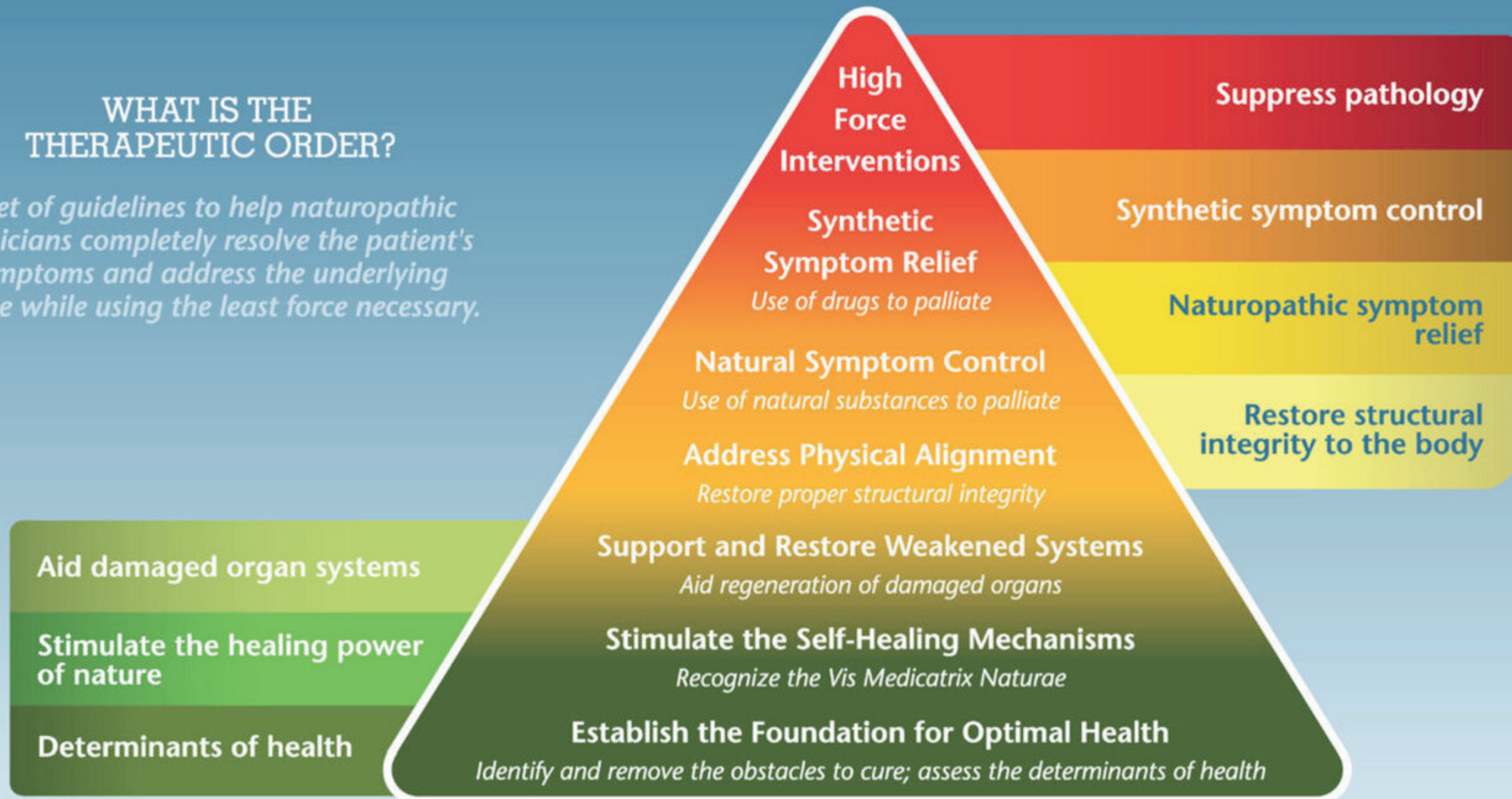


# The Therapeutic Order

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## WHAT IS THE THERAPEUTIC ORDER?

*A set of guidelines to help naturopathic physicians completely resolve the patient's symptoms and address the underlying cause while using the least force necessary.*





# Every healer should be able to address the first 5 levels of treatment with any legitimate modality of their preference:

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- Lifestyle
- Energetic
- Targeted herbs & supplements
- Body Work
- Symptom palliation



# Lifestyle medicine based on the Sunnah of the Prophet ﷺ and the Fitri Order, individualized to the individualized constitution through one of the traditional systems:

Unani, Ayurveda, TCM, etc.

Energetic Modalities include:

- Homeopathy, hydrotherapy, acupuncture, counseling

Targeted herbs and/or supplements

Body Work:

- Chiropractic, cranio-sacral, somatic trauma release, yoga



# Emphasis on Levels 1 & 2

“In the state of health the spirit-like vital force (dynamis) animating the material human organism reigns in supreme sovereignty.

It maintains the sensations and activities of all the parts of the living organism in a harmony that obliges wonderment. The reasoning spirit who inhabits the organism can thus freely use this healthy living instrument to reach the lofty goal of human existence.”

-Samuel Hahnemann, Organon of Medicine, aphorism 10

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## ORGANON OF MEDICINE

SAMUEL HAHNEMANN



THE FIRST INTEGRAL ENGLISH TRANSLATION OF  
THE DEFINITIVE SIXTH EDITION OF THE ORIGINAL  
WORK ON HOMOEOPATHIC MEDICINE



# Emphasis on Levels 1 & 2

“After that (taking hx of present illness) the patient’s age, way of living, diet, activities, domestic situation, social circumstances, etc, must be considered, to ascertain whether these things aggravate his trouble and to what degree they might help or interfere with the treatment. Similarly, one should not overlook his emotional and mental disposition, to ascertain whether it might be an impediment to the treatment and whether psychological attention might be necessary to guide, encourage, or change it.”

-Samuel Hahnemann, Organon of Medicine, aphorism 208



# The Process of Healing

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# Levels of Being



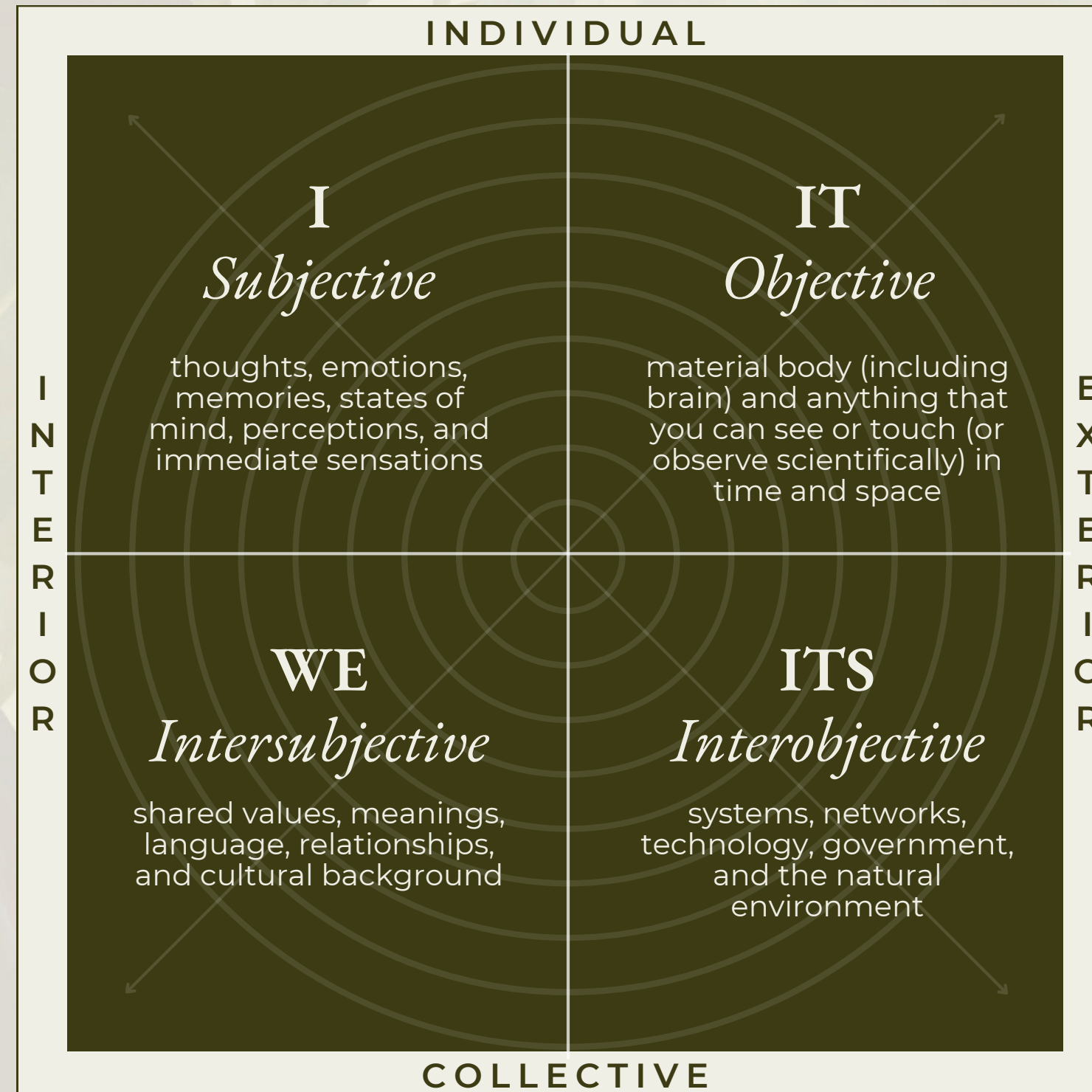
*Physical*

*Emotional*

*Psychospiritual*



# Four Quadrants of Integral Theory





# Case #1

## 32 YOF presents w/ chief concern of anxiety:

Reports alternating anxiety with depression and loss of purpose. Feels a lack of agency but wants to contribute something great to the world but stuck.

Also presents with vaginal candida overgrowth, fatigue, eczema, oily scalp, hair loss.

### **FH:**

Mother- acute pancreatitis; arthritis; tremoring

Father: diabetes, hypercholesterolemia

MGF: Alzheimer's

Sister- PCOS

**PMH:** Accutane in 2008

### **LIFESTYLE:**

**Appetite:** low

**Diet:** typical SAD with desi dinners

**Hydration:** 3 cups of water, 2 cups of tea

**Sleep:** 6 hours on average, wakes up unrested

**Libido:** high

**Personality:** rebellious, creative, independent



# Case #1 Treatment

## **Level 1:**

Increase hydration and sleep hygiene  
Food Intolerance Diet: Meat; Potato + Grain

## **Level 2:**

Homeopathic Borax 30C bid  
Home hydrotherapy/Contrast showers  
Holistic Counseling

## **Level 3:**

Melissa officinalis tincture  
Kali phosphoricum 6x cell salt  
DIM

## **Level 4:**

## **Level 5:**

Yeast Arrest  
Lemon balm tincture  
Yeast Arrest supplement  
Kali phosphoricum 6x cell salt



# Case #1 Patient Update

**FORWARD → HEALTH**  
**WHOLISTIC MEDICINE**

Salaam Dr Mazen,

I just wanted to share some positive updates with you since we have not worked together in a while! Alhumdulillah, my physical and mental health have made such amazing progress.

Physically, the candida seems to have dissipated! i think the Thuja worked. My scalp is definitely more balanced - no more over dryness or oiliness. my skin looks amazing mashAllah. (i did get back on the DIM vitamins, because before then, my skin continued to break out).

My whole biological clock has shifted so I actually want to sleep earlier and wake up around 6am ready to go, play tennis, work all my passion jobs, cook, spend time with family and do it again. I have never had this much energy and motivation in my life.

Thought to share all this with you and all the amazing work you did to help me get here!

Also wanted to know if you have any more openings for new patients for your somatic healing. I have a friend who is interested. Hope all is well inshAllah.

Best,  
H



# Case #2

FORWARD → HEALTH  
WHOLISTIC MEDICINE

## 29 YOM presents w/ chief concern of anxiety, OCD, porn addiction:

Patient has extensive history of pre-existing conditions like Hashimoto's hypothyroidism, ED, XXY Klinefelter's, obesity, diabetes, inguinal hernia, abscesses, sleep apnea, and more.

### **FH:**

Mother- diabetes, hypertension

Father: diabetes, heart disease

Sister: OCD

Sister: Ulcerative colitis

MGF: dementia

PGF: Alzheimer's

MGM: pacemaker, heart wall defect

**PMH:** Hernia surgery: 2009; Suicide attempt in 2012; Orchiectomy: 2017; Appendectomy: 2019

### **LIFESTYLE:**

**Diet:** sandwiches, convenient eating, carb heavy

**Hydration:** 4 cups of water, 2 cups tea with sweetener and sugar; 1 can diet soda daily

**BMs:** constipation

**Exercise:** n/a

**Sleep:** Sleeps 8 hours

**Spirituality:** struggling with 1 prayer/day

**Stress:** 6/10

**Energy:** 3/10

**Libido:** morbidly high

**Personality:** intellectual, money-minded, analytical, low self-esteem/confidence



# Case #2 Treatment

## **Level 1:**

Daily movement, regular exercise; sleep hygiene

Food Intolerance Diet: Dairy; Fruit + Sugar

## **Level 2:**

Homeopathic Lycopodium

Constitutional hydrotherapy 3x weekly

Holistic Counseling

## **Level 3:**

Gentian/skullcap tincture

Probiotic

Thyroidinum 6x

## **Level 4:**

Chiropractic adjustments

Massage

## **Level 5:**

NAC

Cod liver oil