

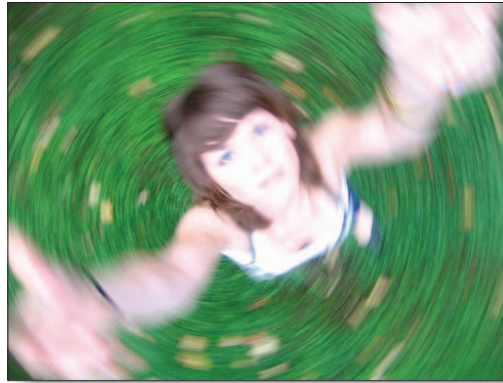


Spin Doctor

By Dr. Stephen P. Weiss, MD, Integrative Medicine and Classical Homeopathy



An elderly gentleman staggered into my office one day looking drunk and disheveled. “Doc, I have the woozy,” he blurted out. At first I was perplexed, racking my brain to try to recall what disease he was referring to. Then it dawned on me that he meant that he was feeling “woozy.” This realization, however, didn’t get me much closer to understanding the symptom he was complaining of. One man’s “woozy” is another’s “faint,” is another’s “vertigo.”



vertigo, or life-threatening ones such as strokes in the vertebral and basilar arteries feeding blood to the back of the brain. Meniere’s Disease is a debilitating condition and one of the most common types of chronic, recurrent vertigo, affecting 2 out of 1000 people (0.2%). It is characterized by a triad of symptoms: vertigo, tinnitus (ringing in the ears) and hearing loss. The exact cause is unknown, but it has been associated

with “endolymphatic hydrops,” fancy medical speak for increased pressure of the fluid within the inner ear.

The practice of medicine is very much like detective work. The patient gives you several leads, but instead of magnifying glasses and fingerprint detection kits, we use the full array of Western medicine blood tests, scans, our 5 senses, the all-important 6th sense as well as numerous studies unique to Complementary and Alternative Medicine to come up with a diagnosis. Great care must be taken to understand exactly what a patient means, or you can quickly be headed towards Timbuktu. Not even the great Sherlock Holmes could spend a mere 5 or 10 minutes, the amount of time the average conventional doctor spends with you, to solve his difficult cases, which is why I spend at least one hour with a new patient and half an hour during follow-ups. Most people don’t realize that 90% of the diagnosis comes from the patient’s history. I am constantly amazed, particularly when I am stumped by a patient’s story, how often the patient will say something which sets off a light bulb in my mind that helps me solve the riddle of their complaints.

“Dizziness” is the chief presenting symptom in roughly 3% of all primary care visits in patients 25 and older. The first task of the physician is to understand clearly what the patient’s subjective sensation is. Vertigo is defined as a false sense of movement. Presyncope (faintness), disequilibrium (impairment in balance) and lightheadedness must be clearly differentiated.

Vertigo is an extremely distressing symptom. It lands people in bed and shatters their sense of groundedness and security. Most, if not all of us, have experienced brief moments of it in childhood after spinning around and around on the playground and then stopping. Vertigo can be due to minor conditions such as benign positional

Daniel, a 62 year old Albuquerque attorney, is the first patient I ever treated with this condition. His story could probably feature in Ripley’s Believe It or Not. In the early 1990s he developed vertigo and nausea which landed him flat on his back for days at a time. By the year 2000 Daniel’s Meniere’s progressed and was accompanied by bouts of uncontrollable vomiting. He paid me a visit in 2007 after hernia surgery triggered an entire month of severe symptoms. I treated him with *Cocculus*, one of homeopathy’s premier vertigo remedies, because it matched some of the more unique aspects of his case, including symptom aggravation from coffee, motion and loss of sleep, as well as the presence of ear pain during his attacks. Daniel’s symptoms got worse for 36 hours after holding the bottle of medicine in his hand, without ever ingesting it (“homeopathic aggravation”), and then vanished. He has now been virtually free of the wretched disease in the last five years. Minor symptoms occur very infrequently, and completely resolve within 1 minute of handling *Cocculus*!

In December, 2010, Michelle, a very pleasant 49 year old professional woman, consulted me at the urging of her husband, also a patient of mine, whose life has been positively impacted by homeopathy. She had been suffering from Meniere’s for a total of 13 years, and it was gradually worsening during the prior 2 years, with the onset of perimenopause. The first attack blindsided her in an airplane while she was flying to California to get her PhD. Now they were occurring on average once to twice a month and lasting up to 4- 5 days. Michelle also experienced nausea and visual disturbances, sensitivity to light and sound, brain fog and difficulty concentrating during an attack, and would spend days lying on the couch “completely incapacitated.” It took

several years for her to get a proper diagnosis, before which she was told she probably had MS. Michelle consulted the only ENT in a several hundred mile radius who specialized in her condition, and he recommended inner ear surgery, since the medication she had been prescribed only gave her partial relief. She came to me for a second opinion and to see if her condition could be cured with homeopathy.

One of the most difficult aspects about Michelle's condition, and what ultimately led me to her homeopathic remedy, was the utter unpredictability of the attacks. "I feel sucked up into a whirlwind of energy, completely out of control. I can't plan for it, prepare for it, anticipate it," Michelle reported. "My husband wants to travel, but I'm terrified because flying will provoke an attack." After spending a couple of hours with her, I discovered Michelle was a deeply spiritual person and an old soul. Her light shines brightly, never more than when she shared these words of wisdom with me: "Hardly anyone knows that I have Meniere's because I'm not identified with being sick." I prescribed homeopathic *Asafoetida 30C*.

Five weeks later, Michelle was grinning broadly when I entered the room. "I feel SO much better," she exclaimed. "Seven days after I took the remedy, all of my symptoms started to come on, but they were different, like my system was in a dance with them. A week later they came back, but milder than usual. I feel stronger in myself. I asked myself what I was going to do—keep hiding or go out in the world? The hiding, the veiling is breaking up. Normally things put me out of commission—I have a lot more resilience. Energy has improved. I'm doing a lot more and getting it done. Not a single full blown vertigo attack since the remedy!"

I haven't seen Michelle in over a year. She recently sent me the following letter:

Dear Dr. Weiss,

20 months ago when I first came to you I was incapacitated for days at a time unable to walk, drive or engage in simple daily activities. I could barely function even at a minimal level. I was shuttled from specialist to specialist and in and out of emergency rooms on a continual basis. The remedy you gave me was immediately effective. For nearly two years I have been free of chronic episodes of Meniere's Disease. Any minor symptoms that still crop up rarely are immediately controlled by the remedy you prescribed. My husband and I flew to India last winter and had a dream vacation. I am eternally grateful to you for your exceptional and unique ability to integrate Western medical skills with homeopathy. I rejoice in my return to a happy and healthy life!

Chronic disease can be likened to a broken record,

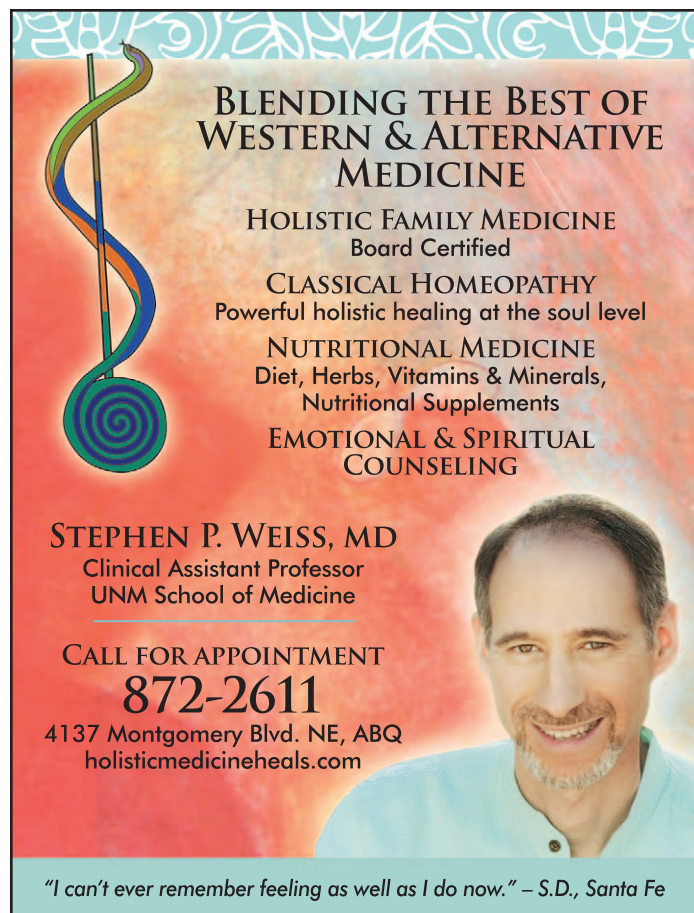
playing a discordant song over and over again. The bodymindspirit has lost its innate intelligence and capacity to self-heal. Homeopathic remedies are packets or quanta of energetically encoded information which reboot the system

and help to get it unstuck. Patients who experience profound healing will often tell me during follow up visits that the homeopathic remedy I gave them changed the chronic symptom(s) they had been experiencing for years.

Either they felt the symptom about to come on but it never did, or it was milder and in some way modified compared to before the remedy.

You don't have to wait until your health is spinning out of control to get help with your medical problems, but it is a true blessing to know that if it does there is a safe, gentle and extremely powerful form of medicine which can alleviate the deepest of sufferings.

Dr. Stephen Weiss has been successfully treating patients of all ages in his Holistic Integrative Medical Practice since 1993. Patients deeply appreciate his genuine, heartfelt compassion and ability to seamlessly combine cutting-edge high tech medicine with numerous effective and safe alternative healing modalities. Please visit his new and improved website to learn a lot more: www.holisticmedicineheals.com.



BLENDING THE BEST OF WESTERN & ALTERNATIVE MEDICINE

- HOLISTIC FAMILY MEDICINE
Board Certified
- CLASSICAL HOMEOPATHY
Powerful holistic healing at the soul level
- NUTRITIONAL MEDICINE
Diet, Herbs, Vitamins & Minerals,
Nutritional Supplements
- EMOTIONAL & SPIRITUAL
COUNSELING

STEPHEN P. WEISS, MD
Clinical Assistant Professor
UNM School of Medicine

CALL FOR APPOINTMENT
872-2611
4137 Montgomery Blvd. NE, ABQ
holisticmedicineheals.com

"I can't ever remember feeling as well as I do now." – S.D., Santa Fe