



The Art and Science of Medicine

By Stephen Weiss, M.D., Holistic Medical Doctor/Classical Homeopath

When I lecture, I often like to make a distinction between Integrative and Holistic Medicine. The former simply means that a physician is using Complementary and Alternative (CAM) approaches, which are generally safer and gentler, in addition to Western (allopathic) medicine. But the real question is, how are these very different approaches blended? Before starting Medical School, I read a book by Swami Vishnu Devananda entitled Meditation and Mantras. In it he says something that had a great impact on me (paraphrasing): "Symptoms are like a flashing red light on the dashboard of your car, indicating that something is wrong. Eliminating the symptom is like taking a hammer and smashing the light." It's not enough to treat the symptom with an herb instead of a drug.

If the only tool you have is a hammer, everything looks like a nail... We must always try to treat the root cause of the problem. Holistic Medicine implies that CAM is being used, but also incorporates the concept of holism, treating the human being in his or her entirety – body, mind, emotions and spirit. There's a lot more to us than meets the eye.


In September 2010, Sarah, a beautiful 23 year old woman consulted me for crippling panic and anxiety, fear of death,

"Dr. Weiss's care is that of an extensively knowledgeable and gifted physician, coupled with the caring and familiarity of a dear friend." – Sarah

palpitations, agoraphobia and chronic fatigue syndrome. Over a decade prior, I had greatly helped her father's severe chronic health condition – so much so that he consulted me again a few years later after moving to the East coast when he developed an acute health problem. This which quickly

resolved with an individualized homeopathic remedy. Sarah informed me that her childhood was traumatic, and that her father was "at death's door" while he was in the throes of his illness. She was (and still is) very close to him, and the possibility of losing him at such a young age was terrifying. Sarah's symptoms began when she was 13 years old, while singing in the school chorus. Suddenly out of the blue, she felt like she was in a dream, and experienced vertigo and panic. She felt this "intense feeling of unreality, as if I were on a hallucinogenic drug"; her heart began to pound, and she was convinced she was dying. These symptoms were debilitating, and for an entire year she had to leave school at noon.

After an extremely frightening and vivid dream when she was 16, the panic symptoms worsened and became more frequent. In the dream, she was a boy during World War 2, walking down a railroad track holding his little sister's hand. Suddenly they came upon a Nazi, who shot and killed both of them. She woke up panting and screaming, extremely traumatized. 1 month later while in the library, a book fell off the shelf in front of her. It was Nobel Prize Winner Elie Wiesel's book *Night*, which details his horrific experience in the Auschwitz and Buchenwald concentration camps. Soon thereafter in a different library, another book falls off the shelf, and, I kid you not, it was a different book written by Elie Wiesel...At a later date, she consulted respected Santa Fe shaman Jose Stevens. Without mentioning any of these experiences, he tells her that the knee problem she



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

was having was due to something that happened to her in her most recent lifetime, when she was Jewish during the Holocaust. Sarah then told *me* that in the dream, she (the boy) was shot in her left knee, and that in this life she was born with a port-wine stain (birthmark) on her left knee.

When she first consulted me, Sarah's panic attacks were occurring on average once an hour, which far exceeded the frequency of attacks I had seen in any other patient. Chronic fatigue left her bedridden every 3 or 4 days since the age of fifteen. I prescribed a 200C potency of Oreodaphne. This homeopathic remedy is indicated for complaints from fright, fear of death, fear of being murdered, and patients describe feeling as if they are in a dream. Seemed like the perfect match, and it was. 4 weeks later, at her first follow up, Sarah said: "The remedy felt very healing the moment I put the pellets in my mouth. Dream-like state went away for 20 minutes – I got a glimpse of what it would be like to be myself. My anxiety decreased tremendously during the first week. I was bedridden the first 48 hours with fatigue and body aches (homeopathic aggravation), then my energy shot up. My father says I had more energy than I've had my whole life. 1 week after taking the remedy, I felt more spiritually

connected, meditation and Chi Gong became easier. Then I painted a painting of the Holocaust with prisoners behind barbed wires. It was very powerful and healed something deep inside of me;"

Sarah painted this image soon after taking her homeopathic remedy.



Sarah continues, "A few days ago, I went to the zoo and stood on the little railroad track. I hadn't ridden a train since age 6 due to fear. I had no fear. I felt I was standing my ground and taking my power back. Extreme panic attacks have decreased from one an hour to three in the last month." 7 weeks after taking the remedy – "Doing great. No more full-fledged panic attacks. No longer bedridden. Energy is 50% improved. Painful periods dramatically better. Acne has resolved. My GI tract is much better, which boosted my morale and gave me the motivation to prepare good food. Chronic vaginal yeast infections have resolved."

I didn't see Sarah back for an entire year. She returned

in October, 2011. Her anxiety and energy were "markedly improved". One week before her office visit, she had a very successful art show. "I finally found my purpose in life, and I'm happy and full of hope for the first time in my life."



One of Sarah's recent works

A few days later, she woke up with sharp, (8 out of 10) stabbing right pelvic pain. The pain worsened into excruciating (12 out of 10) pain. She was seen in the emergency room, and the CAT scan and pelvic ultrasound revealed a large complex ovarian cyst. She was told it might be cancer. The ER doctor discharged her on Vicodin and referred to a gynecologist, who wanted to quickly perform surgery. Sarah decided to hold off and see me instead. She was still taking 1-3 Vicodin tablets a day to treat the pain. What piqued my interest was that her pain radiated down her right leg, and that her face was hot and flushed. These symptoms all pointed to the remedy Apis, one with a track record for treating ovarian cysts. After muscle testing her for the correct potency, I placed 6 pellets of Apis 30C under her tongue. Her pain immediately resolved in the office, and she required no more pain meds after her first dose of remedy, and no surgery. Thankfully, it turned out to be a hemorrhagic cyst, not cancer.

True medicine is as much art as it is science. My work is not unlike that of a painter. I seek to understand in great detail all aspects of the patient and their disease – the bigger picture. This allows me to paint a very precise portrait of a person using a diverse palette of colors. Once I truly see the individual in front of me, and am able to find their appropriate remedy, something beautiful indeed happens.

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.