

# **A Holistic View of Chronic Disease with Special Consideration of Adaptation Syndrome and Disturbing Focus in Controlled Acupuncture**

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## **Summary**

Scientific acknowledgement about structure and function of disturbing focus and adaptation syndrome as well as the following development of chronic disease is described. Within several case-studies the connection between disturbing focus and chronic illness and the possibility of their acupuncture treatment is shown.

## **Introduction**

In the following study I have put together the perceptions and experiences of many authors, including myself, in regard to the exploration of the origin of chronic disease.

In the present medical system it is mostly attempted to treat a single symptom without taking into consideration the original connectional factors which have caused their source. In most cases this leads to a reduction of regulation within the entire organism by the treatment per use of cortisone. I personally consider this to be an extremely unsatisfying, ineffective and often damaging form of treatment when used in a long term therapy. The use of a therapy applying the disturbing focus approach is described here as being a highly effective possibility in the chain effect treatment of many chronic, degenerative and chronic allergic diseases.

## **What is meant by the term “Disturbing Focus”?**

Within internal medicine the search for the “origin” of an illness is a well known problem. The so called illness origins mentioned here are in regard to inflammatory processes occurring in different organs such as the lung, liver, gallbladder, spleen, pancreas, gynaecological and andrological areas etc. These illness origins are only interesting when the particular organs themselves develop acute diseases and need to be treated. However when we speak about the disturbing focus we are not just referring to the actual diseased organ but far more the subsequent effects of this disease to the actual organ itself and the entire organic system, even when the acute phase is completed, meaning the patient does not show any obvious symptoms that were caused by the original source of the illness. This is not only true for such chronic organ diseases, (for instance chronic sinusitis) but for all types of scars, especially scar tissue that had a delayed healing procedure. It should be understood that the disturbance effect is not primarily caused by the scattering of bacteria but that these disturbances occur on the one hand from the cell milieu (18), on the other hand from the neuro-autonomous nervous system and disturbances in the functions of the myocinetical chain of motorical muscles (4).

Morphologically we are referring to chronic granulomatous inflammations surrounded by demarcation tissue (10). The so called origin ”disturbances” indicate various other anatomical, histological, biochemical and physical particularities such as lymphocytic-plasma cellular infiltration, foreign bodies (8), central necrotic areas (24), and different enzyme examples, abnormal values of the electric resistance and electric potentials (20) as well as characteristic changes in infrared radiation (21).

Very severe disturbing focus origins can be found within teeth, even in hidden inflammations where there are no obvious symptoms, directly related pain or cannot even be detected by x-ray. Particularly when referring to periodontitis (27). Because these disturbing factors are part of the general chain reaction effect one must take into consideration chronic contaminations especially with regard to heavy metals refer to (1, 19). This is most common in humans because of the level of mercury/quick silver which is absorbed from the amalgam within teeth fillings; this is especially true for sensitive patients or in the case of animals that absorb mercury/quick silver through the food chain.

### **Skeptical medical opinions regarding the existence of disturbing focus.**

Unfortunately even at present there are a very large amount of doctors in the medical community that consider the concept of the disturbing focus as being absurd. I am of the opinion that the time has come for us to integrate a large amount of alternative therapies such as laser therapy, acupuncture and therapy of disturbing focus to test their significance and even go as far as to say that they should be integrated as recognized methods in conventional medicine. The negative opinion and refusal to accept these concepts can only come from individuals who have not studied or are not familiar with this subject.

Surely it should be the highest priority of medical science to examine and study all possible and alternative concepts or theories in detail before forming a qualified opinion. This frankness and openness is hard to be found in many universities and veterinary high schools not only in Germany. Especially in cases of illness or disease that are resistant to therapy, examining the disturbing focus should play a major role as they are very often responsible for the development of such chronic illnesses and diseases, refer to (1, 3, 24,).

### **Holistic view of the patient in the acupuncture.**

Because of the increase in doctors and vets who have become specialized in particular fields it becomes more and more difficult to know what illness in one patient has been treated by other colleagues and in which way. So it is possible that a gynaecologist would not know what a dentist or an orthopaedic surgeon is treating his patient for at the same time or possibly shortly afterwards. This is very much the case for vets and even if one does have a general overall view of a patient it is still hidden that e.g. an injury such as a nasty scar from a barbed wire can be the cause for very bad back problems, or a cystic molar tooth, that appears to be harmless results in causing an acute chronic bronchitis. Autopsies performed on horses show that approximately 10% of the sections material have pus focus in tooth roots (28), although the horses when examined before death showed no sign of teeth problems.

## **Using Acupuncture as a Regulation Therapy**

Especially when using acupuncture it is vitally important to consider the disturbing focus concept(1) and so it can be said that a therapeutic treatment of all those illnesses or diseases is possible when they can be regulated or where there has been no permanent damage done to the specific organ involved, and therefore can be stimulated and become reactivated.

This is the case in far more situations than one can imagine. It is therefore the case that a disturbing focus is very often responsible for chronic illnesses and diseases and that this leads to permanent de-regulation and also to severe symptoms (29). This is particularly the case in many allergic and rheumatic illnesses. This is why it is so important to explore and discover the original reasons and factors that caused the illness by searching for the disturbing focus with controlled acupuncture to search and partake in an etiogenic treatment (1, 16, and 25). Particularly included in this category are as already mentioned scars especially with delayed healing response, teeth with pus focus even when they have hidden inflammations and chronic sinusitis.

## **The Path to Etiogenic Treatment**

### **Adaptation Syndrome according to Hans Selye**

Before we devote ourselves to the study of the process of the disturbing focus, I would like to introduce you to the Adaptation syndrome according to Selye because it very clearly describes the connections between illness and the disturbing focus. The theory of the adaptation syndrome simply says that each individual organism has only a specific amount of energy, called adaptation energy, at their disposal to fight off or keep stressors/stress factors in balance. If an organism is confronted with or attacked by too many or too difficult stressors/stress factors then the individuals adaptation energy will become exhausted resulting in an adaptation syndrome or an adaptation illness. This very basic realisation was discovered by Selye in his published book with the same title (22). When using controlled acupuncture, this information is perhaps of far greater importance than Seyle could ever have imagined or realised. Generally speaking an organism becomes ill when there is an inner or outer disturbance that its

adaptation mechanism cannot balance out. This can, for instance be the case when the extreme effect of an accident trauma or the very high pressure of a strong pathogenic germ affect or attack an organism which is usually quite stable and healthy.

On the other hand it is also possible that an organism that has been under a lot of strain, overloaded and at the limit of his adaptation energy, can by the slightest disturbance become de-regulated too. At the beginning of illness and especially in chronic illnesses one can usually recognize how disturbances within the organism have for a long time piled up on each other and then how the smallest disturbance can drastically trigger off the organism to become seriously imbalanced. In the following, I would like to demonstrate this with an example.

A patient has, maybe genetically caused, a reduced tolerance to heavy metals, perhaps he has not a very large pool of inheritance energy or kidney energy from his biological parents. During early childhood or even perhaps while being nourished by his mother during his foetal phase, he absorbs loads of heavy metals which impair his adaptation capability so that he begins early to catch colds, develops polyps, Eustachian catarrh and finally sinusitis. This leads to the fact that relatively harmless wounds have more and more difficulty healing due to healing disturbances. This of course lays the path for disturbing foci to form. Finally the organism is so overloaded with the disturbing focus that his entire system and regulation possibilities are so exhausted that the smallest dose of psychological stress or even a slight change in the weather can result in causing an asthma attack. Therefore it is clear that within a therapy I must remove as many factors as possible that have originally caused the illness, such as in the case with the asthma attack. That we are speaking about basic and fundamental thoughts in trying to understand illness and its origin and I would like to try to deepen the knowledge on this subject.

### **What is meant by “Health?”**

In my opinion, health is a balanced condition of an organism which is in a position to fight off everyday stressors or stress factors and his psychological, vegetative and physical regulation can work together in harmony. The individual organism has an inner balance and can live in harmony within his environment.

## **What is meant by “Illness?”**

An Organism is considered to be in a phase of illness, when its regulation mechanism and adaptation mechanism are (at short notice) no longer capable of balancing processes within the body, this means that a long lasting disturbance of balance has developed. Obviously there are between these conditions phases of flowing transition. Therefore it is possible that an individual who is suffering a moderate trauma can, because of the fact that his regulation process system is intact and functioning, without any outer help or treatment come to terms with the situation and within a short period of time, use his repair mechanism to regulate and repair himself, so described as being in either a state of ”health” or ”illness”.

## **The Pool of “Adaptation Energy”**

Then the question is, what does an organism depend on to keep his regulation system in balance? On the one hand this is a question of the amount, type and length of time the organism is confronted and affected by these stressors or stress factors. On the other hand it is also dependant on the amount of energy reserves the individual organism has at his disposal.

Here again we find ourselves in the middle of Selye’s adaptation theory. This means that the possibility for an organism to battle stressors/stress factors and to re- balance is directly connected to the amount of energy resources that he in his adaptation pool has at his disposal.

The size and capacity of the individual energy pool is genetic and some individuals are naturally more privileged than others. However the actual volume capacity is from individual to individual quite variable. So which influences are most responsible for the condition of this volume? Again there are energies that help to fill the pool and others, negative energies, that detract from it. Such detracting stressors are the countless chemical and physical pollutions of our environment, these are heavy metals such as Mercury (quicksilver), Cadmium, Lead; also an amount of natural and chemical poisons such as Fungi-poison, Formaldehyde, Dioxin, Fluorides and many more. Also incorrect nutrition such as too much fat or simply wrong food combinations can have a large effect on the organism. Physical stress loads can also negatively influence, electro-smog, microwaves, radar and x-rays as well as intensive sun-rays especially UV-rays. Lastly of course, everyday intensive psychological and physical stress and trauma that have an effect on infectious germs.

Then again we also have energies that fill up the energy pool and influence it in a positive way. Physical movement, while not being too strenuous, such as jogging or walking or for our animals, the possibility for a run out or going on pasture can be very positively effective. Other positive energies such as a general feeling of security within the family unit or animal herd, feelings of happiness and contentment, proper eating habits with healthy foods rich in vitamins and minerals, medicinal herbs and homeopathic remedies all play a large role in gaining and retaining positive energy resulting in a condition referred to as health.

Naturally it is always possible to use a large variety of allopathic drugs and also other forms of therapies which can be integrated into an entire form of therapy again filling the organism with positive energies with a successful result. A very prominent way of "refueling" these positive energies has been achieved by using the technique of controlled acupuncture while on vacation in high mountainous regions. Anyone who has been in these regions can certainly confirm this.

### **Which possibilities do we have to balance out the organism?**

Which possibilities do we have to help the organism to regulate and thereby rebalance? Of course we can try to do this by treating the patient with allopathic drugs, which in most cases is successful, however a patient being treated with antibiotics does not have the opportunity or the necessity to confront himself with the actual origin of his illness, or while being treated with Anti-inflammatory drugs can suppress extreme pain and symptoms of fever and the inflammation itself. The same can also be said for the surgical treatment of wounds. Also you can consider other therapeutic possibilities such as homeopathic remedies, physiotherapy and of course low laser therapy. An especially elegant and good working method to make balance in the organism is of course acupuncture. By using this therapy it can be assured that the autonomous nervous system receives the correct stimuli and directs these in the correct direction without damaging other structures within the organism. Still it is of course very important to know which area or meridian, which forms of energy, Yin or Yang should be activated or sedated. If there is a surplus or deficiency of either Yin or Yang then this approach too will in fact be unsuccessful. The concept of balancing can only function as long as the patient has a sufficient amount of energy. The greater the deficiency in the patients energy pool, the more difficult it is to balance out and keep the patient in a stable condition. This leads to a weakening of the general organism and allows

the slightest irritation to unbalance his condition. It becomes even more difficult when the energy supply sinks even further. One could describe this as an absolute non-relative deficiency in the Yin or Yang which in this case makes it impossible, even for a short period to achieve a condition of health and so we must do something else to restore the energy within the organism.

For this purpose there are generally two possibilities. The first is the way to "refuel energy" as already described above, the more the applied energy refills the deficiency the more effective it is. A very accurate possibility to replenish the energy pool is the use of the so called circle of Yin and Yang.

### **The Yin Circle**

The Yin circle is described as the Co-cycle of the Yin-meridian. Therefore there are certain foods and drugs that support a certain meridian within its circadian periodicity. The best cybernetic effect is achieved when every yin meridian, is so to say pushed into activation at its specific tonifying time. In the early morning time one can support the lung-functional system by providing Coenzyme Q10, during the later part of the morning the spleen and pancreas can be supported by Biotin or the Californian Flower Essence "Alpine Lilly", the heart-functional system with Magnesium in the noon, the kidney in the afternoon with Zinc and the liver-functional system with an extract from the Mary Thistle, called Silimarine what you must give late in the evening. With all these drugs you "treat" the tonification point at the tonifying time of its meridian.

### **The Yang Circle**

The same applies for the Yang meridian. In the early morning one can activate and support the functional system of the Colon with probiotic Coli-remedies, at breakfast time the functional system of the stomach with ginger, the small intestine with sour-milk bacteria, for instance yoghurt, also in the afternoon the functional system of the bladder with cinnamon and late in the evening the functional system of the gall bladder with artichoke (1)

## **Energetic Acupuncture**

Another possibility of replenishing energy is through energetic acupuncture. Here one can use the strengthening of the “middle” to avail of the energy of food and improve their logistic and by doing so achieve a better bio-availability from the food (14). The strengthening of the ”middle” is achieved through the Shu-Mo points of spleen ,BL 20 and LIV 13 or the tonification point SP 2. Especially in chronic illness it is important to note a considerable lack of kidney energy. By using the ”source-point” KI 3, that we recognise in controlled acupuncture as being the ”master-point” against oscillation, one can raise the Yin- part of the kidney energy, where as the Yang-part of the kidney energy would be raised by using GV 4. If we want to raise both parts (Yin and Yang) then we would use the tonifying point KI 7. An extremely valuable effective point is KI 3, however when treating with KI 3 we should remember that no other point can avail or fall back on the inheritance-energy as well as this point , this point being the source point, generally responsible for the activation of inheritance energy, of the kidney meridian, the meridian of inheritance energy. Although we know that the inheritance energy cannot be consumed so quickly, it is still a precious and limited resource, which particularly by elderly individuals should be used carefully. So it is especially important to know that the use of Bach Flower Essences such as ”Cherry Plum” or Californian Flower Essences such as ”Blackberry” and ”Star Thistle” can replenish specific energy because all of them support the KI 3 point and by giving them to the patient this point can be balanced out (2, 5).The same applies for the SP 2 by using the Californian Flower Essences ”Alpine Lilly”.

## **Removing of Pollutions**

The second possibility to rise up the energy level is to discard pollutions. So if a patient has e.g. a Mercury pollution you must look for drugs that can reduce or eliminate this pollution. Like with all other heavy metals the administration of a daily dose of Selenium or an analogous heavy metal highly potentiated homeopathic substance in case of Mercury (Mercury D10000, D 100000, D500000 and D 1000000) or, you can give the Californian Flower Essence “Rosemary”. This would provoke the body to eliminate these particles. Slowly the amount of Mercury within the body would be reduced. Of course this method can only be performed by professionals to look by RAC/VAS control for the right potency.

Of course one must ensure that new pollution is avoided. Also here there are a number of ways to prevent this such as e.g. treating a “Titan” overload, you often find after surgical Titan implantations, with the Californian Flower Essence ”Black Cohosh” (2, 5). The type of stressors or loads which have led to the chronic illness of a patient can be exactly discovered by using controlled acupuncture. From case to case one must find the most suitable way to reduce the stressors or loads involved.

A very difficult problem of the organism and always one of the most important reasons of chronic illness is the disturbing focus. For the treatment of these disturbances there are also various possibilities: pin-pointing the areas (mostly scars) with acupuncture needles, gold bead implantation or semi permanent needling of the corresponding scar points on the ear and infiltrating the scar with Procaine. For me the Low Level Laser-Therapy is the most helpful method to treat disturbing focus as it sets the demarcation of the focus in motion again (6).

### **Treatment of the Disturbing Focus with Low Level Laser Therapy (LLLT)**

The use of LLLT has proven itself to be an effective form of therapy in healing wounds and as a local anti-inflammatory therapy especially because of its capability in activating the demarcation of the disturbing focus (13, 6, 12, and 15). Here the impulse laser with impulse peak power of 50-90 watt with an impulse width of 200nsec (17). The most optimal anti-inflammatory impulse frequency has the frequency A with 292Hz according to Nogier (6). By activating the demarcation in the disturbing focus it is so possible for the organism to heal these processes and eliminate the disturbance. Four to eight laser sessions with the above mentioned impulse lasers are necessary. The length of the treatment or session varies according to the depth of the process within the soft tissue ranging from 30 seconds to 3 minutes. In cases where horses have involved difficult teeth disturbances may require sessions lasting for even as long as 10 minutes. In these cases impulse lasers with 50 or even better 90 watt impulse peak power are necessary to reach the source and activate the demarcation. Within the teeth we must differentiate between treating a disturbing focus with the frequency A according to Nogier and treating a hidden disturbing focus with the frequency 7 according to Bahr(26, 27).

In this type of treatment of the disturbing focus I have personal experience in hundreds of patients and it is still always amazing to see while using this treatment the illness very often disappears in an incredible way.

## **Which types of illnesses arise from a disturbing focus?**

Of course it is interesting to know which types of illness are caused by a disturbing focus and where the treatment of the focus is essential. I would like to describe to you my personal experiences: Out of approx. 500 cases of chronic back problems in horses, 30% had a disturbing focus. In cases of paralysis such as hip dysplasia, osteochondrosis dissecans, inflammations of the hoof and arthrosis etc. the percentage was a lot higher. In cases of chronic obstructive bronchitis, which might be compared with asthma or COPD in human medicine the percentage was 100%. I personally am convinced that every allergy originates from a disturbing focus. This fact was confirmed by Kellner (7).

Lastly there are illnesses that develop into disturbing focus themselves, for instance teeth cysts and sinusitis. In cases such as these it is essential to discard the disturbing focus. In the following I will demonstrate the disturbing focus within some examples that I personally have treated:

### **Case Example 1**

This is the case of an eight year old dark brown Hannoverian mare. She was suffering with back problems and a medium severe COPD and could no longer be ridden or take part in any sport activities because of her symptoms.

When pressure test was applied to the horses back the horse was extremely sensitive in the saddle and kidney areas, it also had obstructive bronchitis of a middle degree which was reducing her performance. Auscultatory diagnosis: in rest state there was a distinct rattling within the lung, extreme rattling began after a Lobelin injection. Bronchoscopic results: large amounts of thick mucous in the trachea, light swelling and redness of the bifurcation and the bronchi. The acupuncture applied to the ear-acupuncture point in relation to the lung-point (identical with the body-point Lu 7), the Plexus bronchopulmonaris point and the kidney-point showed a distinct symptomatic improvement of the lung function with a deeper inspiration and a relieved expiration. Listening with the bare ear the lung-mucous sounds and rattling within the lung suddenly disappeared after a few minutes. The symptomatic treatment of the back-points (ear-localisation neck-, thoracic- and lumbar- vertebra) as well as the thalamus point (identical with body-point LI 4) did not show any improvement when palpated for pain. The

acupuncture diagnosis showed a disturbance in an ugly two year old scarred wound on the underneath part of the front leg in the area of Lu 6. This scar had been totally closed and was not painful for the last two years. A two minute impulse laser treatment with 90 watt frequency A was administered. In addition the thymus point (identical with the body-point TH 5) was lasered with the Fr. 5 according to Bahr. Spontaneously after this therapy the pressure-dolence had completely removed. After five days of the same therapy the wound opened and began to fistulate. This showed the excellent beneficial demarcation effect of the LLLT. After altogether four laser acupuncture treatments all clinical findings were normal. The horse was able to perform perfectly again and the fistulae had healed from the inside out.

### **Case Example 2**

A 13 year old Arabian mare had been suffering for the last 9 years with a COPD that had worsened so much in the last few years that one considered performing active euthanasia. In examination we found a respiration rate of 56/minute with an acute abdominal expiration. The nostrils were expanded to approx. the size of a ball of the thumb and the eyes looked panicked and one could also hear a loud whistling sound till to 20 m away from the patient. The lung percussion field had dilated to about two hands width and there was an overloud percussion sound to hear about this area. The following acupuncture points were found by RAC/VAS and were treated: LU 7, BL 13, BL 14, BL 17, BL 23, LIV 13, GV 17, ST 40, KI 3 and TH 5. In addition the acupunctural diagnosis showed a disturbance in scar tissue underneath the wrist at LU 9. The LU 9 is the tonification- and source- point of the lung meridian and therefore of great relevance. During the treatment of this scar with laser one observed a relieved expiration and a deeper inspiration and a general improvement in the breathing. After the treatment with acupuncture the respiration rate had halved to 28 breaths per minute and the panicked look in the eyes and extreme nostril breathing had disappeared. The next day I performed a bronchoscopy which would have not been possible without endangering the animal the day before. The bronchoscopic results were as following: the entire trachea was covered in cob-web like mucous secretion and during cough attacks the bifurcation of the trachea collapsed practically complete. The bifurcation of the trachea was quite swollen and quite red. After the seventh treatment within 3-4 days the horse was clinically normal and was capable again of galloping across the fields. Unfortunately after three weeks, despite the long distance of 500 km the horse had to be returned to the clinic with new symptoms. Again after six new acupuncture sessions the horse was again released considered being clinically normal. According to the

owner the horse has been without any symptoms of illness since one year and in the last ten years since the beginning of the illness has never been before in such a healthy condition.

### **Case Example 3**

A five year old Friesian horse suffering from a performance deficiency syndrome for the last six months was presented to me by a colleague. The horse that used to be able to trot normal stretch was no longer able to do so without developing a sweat and in general did not want to work any more. The clinical and laboratory tests showed no abnormalities of any kind. In addition to the pathological symptoms described by the owner my own examinations showed a holosystolic cardiac murmur with a point of maximum above the pulmonary valve. The acupuncture results were as following: In the ear-acupuncture the vegetative heart point was found by RAC/VAS and the anti-depression point (point HT 9) which is the activating point of the heart meridian and the ganglion stellatum point (point PC 6 in the body acupuncture). While searching for the disturbing focus on the ear a RAC reaction was seen in the area of the forehead. On the body in this area a small scar on the point HT 9 was found. The owner could remember that before the beginning of the performance deficiency syndrome the horse had suffered from a hoof kick injury which took a long and dragged out time to heal. After the treatment of the disturbing focus with the Fr. A, TH 5, always in disturbing treatment and the points mentioned above the holosystolic cardiac murmur completely disappeared. My colleague then completed the treatment of the scar and the acupuncture points using 4 more sessions in a period of four days with a handylaser (50 mW continuous wave laser). After this the horse regained his original performance and has remained after an observation period of two years in the same condition.

### **Case Example 4**

A four year old Jack Russell terrier suffered from a deformity on his right paw in the form of a growth between his fourth and fifth toe. After surgery on the paw the dog seemed to regain his walk however within a short period developed a paralysis which seemed to be raised up in the back region. Shortly after this his general condition deteriorated. The result of the examination showed a cardiac insufficiency that colleagues treated with cardiac glycosides. According to the owner within a period of one year the condition of the patient appeared to be stabilized. Following that because of a deterioration of his general heart condition and a worsening of the paralysis especially of the front extremities the

patient was presented to me for an acupuncture treatment. The acupuncture diagnosis showed a blockage in the T7th/T8th vertebra that were also quite painful during palpation. Interestingly enough this segment of the point BL 15, is the corresponding Shu-point of the heart meridian. An acupuncture treatment without including the disturbing focus was not successful. Because of this a disturbing focus diagnosis using the EAA method was begun. This showed a location of the disturbing focus in the scar tissue area on the left front paw, near acupuncture point HT 9, the tonification point of the heart meridian. In acupuncture treatment this point is the most important emergency point and very important in the treatment of cardiac circulatory system conditions even in the cases of acute shock. Directly after laser treatment of the disturbing focus, within a few minutes the patient's condition improved. The dog no longer had his back raised, showed no sign of pain during palpation and was in general quite mobile. Within the next four days further treatment of acupuncture and disturbing focus sessions were administered. During this period the administration of the original heart medication was slowly reduced and finally stopped. The dog has been very active and has shown no symptoms of pain or problems in his cardiac system for over a year.

## **Discussion**

All of these few examples of hundreds I have seen show a direct connection between laser therapy of the disturbing focus and the clinical reaction of the patient. The results show that acupuncture as a regulating autonomous nervous system therapy in connection with the disturbing focus is extremely suitable to treat irregularities. It is especially valuable because all patients had a very serious and chronic form of illness which had already been treated for a long time without success. In most of these cases it was to see very clearly that a combination of pollutions, genetic weaknesses, living conditions, including food and eating habits, disturbing focus as well as their feed back to organs and the organic systems start a negative chain effect within the organism causing a never ending circle of chronic illness.

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