

A harmony of health in holistic healing

Dr. Ludmila Vassilieva, MBBS, MD, PhD, GP, Homeopath, and Iridologist who is a Dubai-based holistic treatment provides an insight into this approach to health and healing



Life is dynamic, not static. Use it or lose it is nature's dictum, claimed the well-known English scholar, Disraeli. While on the surface, Disraeli's remarks may not be a major revelation, consider how they parallel our approach to our own health. Today, people generally take health for granted until they lose it. Yet, without our health we cannot live a full life.

Health is more than being physically well. It is the harmony among the physical, mental and emotional aspects of our being, as well as with nature and our environment, sustaining balance in our lives. Health, Healing, Holistic is derived from the Greek word holos, meaning whole, complete, integrated. Holistic is the philosophy that unites the body, mind and spirit in perfect balance with itself and nature.

"Holistic Healing focuses on increasing the health of an individual rather than on controlling, fighting or suppressing an illness or symptom," explains Dr. Ludmila, the Dubai-based expert. "It is an approach that considers each individual as a unique, 'whole' person functioning as a totality in relation to nature and the environment surrounding to us. To the extent we deviate from this perspective we experience disharmony or disease. For example, how many people become anxious or nervous due to external pressures at the office? Such anxiety then manifests itself physically in health problems ranging from digestive disorders and stomachaches to headaches. Similarly, if you physically feel ill, your spirits coincide, you may feel ill, your spirits coincide; you may feel lethargic, depressed, frustrated or short-tempered. It seems that the food we eat, the air we breathe, the exercise we take, how much we laugh or cry all have a direct impact on health. This interaction played out at every level of our being and affects all biochemical, structural and psycho-social systems."

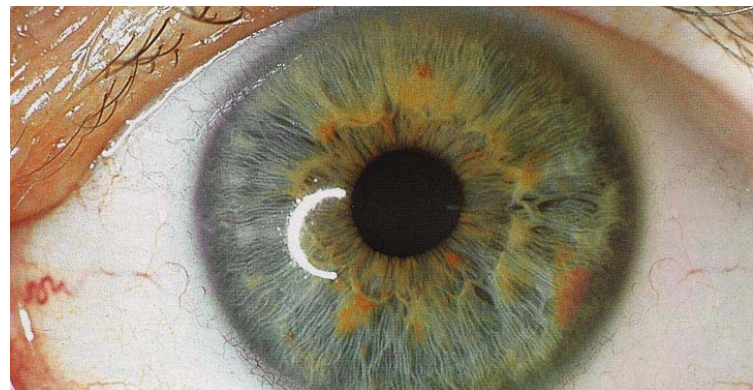
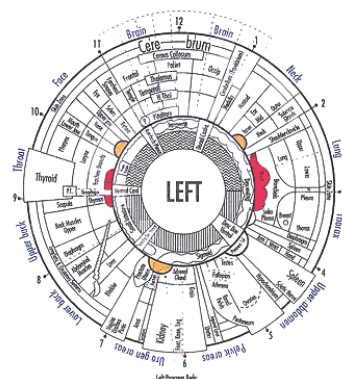
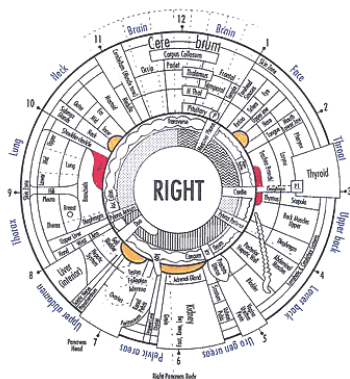


Fortunately the body is equipped to deal with everyday challenges, perpetually making the adjustments necessary to maintain equilibrium called homeostasis. In order to do this, it draws on resources in each of three realms of the body and mind: the biochemical realm that fuels body processes; the structure realm that supports the organs and body systems; and psycho-social realm that governs thoughts, desires, actions and emotions.

The goal of holistic therapy is to promote and guide the body's innate self-healing response. Doctors who practice holistic medicine believe that mind and body tend toward a state of natural balance, or homeostasis. Homeostasis is maintained by nurturing the body and mind. A holistic doctor helps us to identify the various aspects of our life that enhance or inhibit our natural bodily processes and assists us in bringing our bodies and lives back into harmony. Just how is this accomplished?

According to Dr. Ludmila, "The first important step in holistic healing is to consult with each of your patients, not only about their ailments, but moreover regarding their individual and family lifestyle." It can be an initial homeopathic consultation and include questions about your likes and dislikes, your diet, your reactions to different situations, your relationships with friends and family as well as whether, and where, you are experiencing physical and emotional pain or discomfort. As a certified iridologist, Dr. Ludmila also incorporates iridology as a diagnostic tool in the holistic consultation.

Iridology is the art of diagnosing and determining individual traits by examining the iris. "My experience with iridology is that it is a useful diagnostic approach to the whole person, providing information about the general pattern of an individual. It informs about predispositions, past illnesses and constitutional pattern, it provides a 'fine-tuning' analysis of biochemical as well as emotional and personal characteristics. The iris can be viewed as a 'window' showing what goes on inside the body. When we find abnormal patterns in any area of the iris, we find it corresponds to pathology



elsewhere in the body,” says Dr. Ludmila. Making the appropriate lifestyle changes through nutrition and exercise, such as Yoga Therapy, using homeopathic and herbal remedies, and undergoing various detoxifying and healing treatments, including colon hydrotherapy, acupuncture and magnetic therapy, enable the white healing lines to replace the dark lesions in the iris, indicating that healing is occurring.

The iris truly is a map of the whole human body. Underlying all symptoms characteristic of known disease states are tissue changes in the body caused by chemical imbalance, toxic deposits and poor circulation, among other factors. To understand how disease develops in the human body, we must find understand what is happening in the organs, blood stream, nervous system, circulatory systems and glands to bring about the changes that culminate in disease. “Iridology provides a wealth of information about the vital processes and tissues of the body,” states Dr. Ludmila

Using camera-like equipment to examine the eyes. Dr. Ludmila can determine not only physical problems, but also nervous system reactions with emotional tendencies that affect the overall health and well being of an individual. Dr. Ludmila says, “Iridology is a science that is holistic, portraying the interrelationship of all systems in the body as they contribute to the genesis of disease; and it plays an important role in an initial consultation to help determine an effective healing approach for a patient.”

Individualized Plan

Based upon the information gleaned from the iridology, detailed homeopathic consultation and, if necessary, laboratory tests, a comprehensive, individualized plan to help heal the patient is recommended by the doctor. Unlike allopathic medicine,



you will not be prescribed medication to suppress symptoms. The doctor will provide you a treatment programme to help your body to heal itself and reach optimum health. The treatment will focus not only on eliminating harmful toxins (using therapy such as colon hydrotherapy), but also on strengthening vitality and the body's resistance to disease. Such a programme will employ homeopathic medicines as well as require you to follow a specially prescribed diet specific to your constitution, metabolism and hormonal system, and undergo therapeutic treatment ranging from physiotherapy and therapeutic massage to yoga therapy.

For example, if you are suffering from digestive disorders, you may be prescribed some homeopathic remedies to help your body begin the self-healing process, but lifestyle changes also will be required. Diet plays a major role in digestive disorders. Foods you eat may need to be altered as well as exercise performed. Yoga Therapy and Tai Chi are two forms of exercise that embrace holism as they not only help physically, but they provide mental and emotional imbalance often are the root of digestive disorders.

Chinese herbal medicine acupuncture and ayurvedic massage are additional natural therapies performed at the Holistic Healing Medical Centre that may be recommended and contribute to the holistic approach to healing.

Whether it be to cure an acute illness, alleviate a chronic one or to prevent disease and maintain overall health, natural and holistic therapies can benefit you and your family so you can proceed on the changing continuum of life in good health and well-being.



Dr. Ludmila is a certified medical doctor specializing in homeopathy. Having practiced medicine for over 25 years, she is the first licensed homeopathic doctor in Dubai. Apart from offering conventional medical services, her clinic, Holistic Healing Medical Centre, specializes in homeopathy, general medicine, oncology, iridology, acupuncture and yoga therapy.

Holistic healthcare

The following are salient features of holistic healthcare:

Treats the whole unique individual, not just the disease itself.

Restores health, rather than suppresses symptoms

Provides a preventive path to health and longevity that can easily be followed by anyone who respects the laws of nature

Understands there is a crucial interrelationship between mind, body and spirit

The treatment is available at the Holistic Healing Medical Centre in Dubai offering medical and rehabilitative services specializing in:

- Homeopathy
- Iridology
- Acupuncture
- Chinese Herbal Medicine
- Oncology
- Colon Hydrotherapy
- Magnetic Therapy
- Laser Therapy
- Yoga Therapy
- Tai Chi
- Ayurvedic Massage
- Thai Yoga Therapy

The treatments help prevent and combat disease, restore health and harmonise the three treasures of life: Essence, Energy and Spirit.