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Why Sell Ourselves Short?

By Ralph Stephens, BS, LMT, NCTMB

I received an e-mail from a reader recently, informing me that I should stick to subjects that concern massage; I do, because I view anything that relates to health as having to do with massage.

Massage is simply health care in the "wellness paradigm," not the "sickness paradigm." Massage therapy is the premier wellness modality. In my opinion, health is related to massage, and vice versa. Now, since we live in the world of opposites - day vs. night; positive vs. negative; yin vs. yang - reduced wellness also concerns massage.

Massage is more than "rubbing lubricant" on another person - I was able to do that long before I entered massage school; anyone can do that. Professional massage requires training in health and wellness, in addition to technique. The public is running away from the failed pharmaceutical, sickness-inducing allopathic system. When the public finds a massage therapist who provides wellness care, it keeps that person busy; the public may or may not support a massage therapist who just pushes lubricant around.

As massage therapists, we are "first- door" providers. What an opportunity! Why we sell ourselves short is beyond my comprehension. Why limit ourselves? Why run toward gatekeeper physicians and slave labor positions in physical therapy departments? We should be building alliances with other wellness-oriented providers to become the new health-care delivery system, making allopaths secondary providers for crisis care. Instead, we beg allopaths to control us. If they do, they will eliminate us: They have no interest in manual medicine. First, there is not enough money to be made with it, at least initially. Second, manual medicine helps heal people and keep them well. It doesn't have side-effects to provide secondary streams of income beyond the initial complaint. Massage therapists do not fit the allopathic paradigm: to maximize the profits of ongoing human suffering by offering endless treatments in which patients sometimes are cured, but seldom healed. "Cured" means the symptoms have gone away; "healed" means the cause has gone away.

The current "sickness-care" system (I just can't bring myself to lie and call it a health-care system) and its blessed research, focus on the physical aspects of illness, not the individual patient. It examines, diagnoses and treats, but does not heal. Most importantly, people want to be healed, not merely have their symptoms treated. Allopathic clinicians persist in treating the symptoms of illness, rather than the causes. They don't think about healing, because healing - as a holistic principle encompassing body, mind and spirit - is against their paradigm. Mainstream medicine operates under the methodology of "mechanistic reductionism." It cannot grasp life-related phenomena through such a microscopic, physicalistic approach. What has its focus on illness accomplished? Some heroic procedures and temporary fixes have been developed, but has the overall wellness of humanity improved?

Depending on your measuring standard, the answer is "maybe yes, maybe no." True, infectious diseases have decreased markedly, and perhaps that can be credited to the allopaths or to improved hygiene and sanitation. However, chronic diseases in adults (cancer, heart disease, diabetes, etc.) and disorders of the immune system (asthma; atopic dermatitis; rheumatoid arthritis; lupus) are now widespread. What have allopaths done to prevent fibromyalgia and other chronic soft-tissue conditions? They cannot cure them, and they have no incentive to prevent them or any other "profitable" disease. The United States was once the healthiest nation in the world; now, we are not even in the top 10. Who has been in charge of health during that decline? Why aren't they being fired?

They are being fired by people searching for alternatives - which is why alternative disciplines are growing so fast. The public wants health care, healing and wellness. The public wants us! Let's step up and provide people with what they want. Let's learn our massage techniques and anatomy, but also learn and live the wellness lifestyle. Let's set high standards and extinguish the lowest common denominator.

Unfinished Business - Smallpox

The concentration on disease has produced more diseases. If there are too few diseases, "they" will initiate some new ones. Follow the money trail, and you will quickly understand this process: A new disease equals funding for a new drug or vaccine. As a naturally occurring disease, smallpox ran its course and went away. Humans evolved beyond it, as always happens with naturally occurring diseases. It will be interesting to see if mankind can evolve beyond the new "designer diseases" under production in government and pharmaceutical company laboratories and released on an unsuspecting public.

The new "weaponized" smallpox, for example, seems potent. A Soviet field test of weaponized aerosol smallpox showed that the citizens (yes, of course, citizens) in the test region had an unusually high percentage of the fatal form of smallpox. Even those who were vaccinated developed the disease. Why bother to vaccinate? Think green: State health departments will get more money for programs, and pharmaceutical companies will get money for vaccine production. The allopathic-pharmaceutical cartel will make side-effects, such as the adverse cardiac effects reported among civilian recipients of the vaccine, and the 10 cases of myopericarditis in military personnel.

The Centers for Disease Control is now recommending people with heart or compromised immune system conditions not take the vaccine, but you may not be given that choice. For more information, visit www.mercola.com/2003/apr/19/smallpox_vaccines.htm.

Homeopathic remedies for treatment of the disease and reactions to the (most likely) ineffective vaccine seem to be our best hope.

Question of the Month: Whom do you think is more likely to bring about health and wellness: an osteopathic physician (DO) with an "extreme diet," or an allopathic physician (MD) with a vaccine needle?

Tune in next month for more good stuff.

Click [here](#) for more information about Ralph Stephens, BS, LMT, NCTMB.



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