



# THE MYTH of SCIENCE



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Human beings have an innate hunger to understand the world in which they live. Through the course of our human existence we have strived to make sense of our world with whatever knowledge we have had at the time. This gave our lives meaning and helped us to feel safe.

Hundreds and thousands of years ago we were often beleaguered to understand our natural world. A bolt of lightning would strike nearby and not being able to understand this event in the natural world we would create a story to help explain this phenomenon. Perhaps we believed that an angry God was punishing us for not giving him enough offering of corn.

As our natural world began to unfold around us we had many stories to help understand our surroundings. We could only reason as to these events with the limited level of knowing that we currently held. Our understanding of our world was through the use of storytelling.

Several hundred years ago another type of storytelling began to emerge. This system was based on new principles of natural laws called “physics”. The laws of physics became the cornerstone of our modern day storytelling system that came to be known as “science”. Science has been embraced by one institution after another to serve as the founding principles. These institutions are as diverse as medicine, business, education, and agriculture.

Science has been a wonderful tool to help us move forward in the age of technology, hygiene, and many other pursuits. Through science we have been able to build giant telescopes to view our Universe and tiny microscopes to observe the workings of a minute cell. From plastic bottles to high speed automobiles science has brought us some wonderful creations and has enabled us to explore many exciting aspects of our modern world.

Unfortunately, science is still a storytelling system and much of the time can be relegated to myth. While clamoring to hold “absolute truth” science is often more mistaken in perceiving events than correct. Despite common belief, science is not an “exact science” and often misstates the truth. While science has been an important tool in understanding our world it is not the only tool. Only when the forces behind science learn to accept other forms of interpretive knowledge as relevant and acknowledge the shortcomings of science will we begin to see the real purpose of science.

## **The Natural World**

Which came first, science or nature? While science is a relatively new way to tell a story nature has been around “since the beginning of time.” Whenever we come up against nature it is always nature that wins. In the natural world the flow of elements is a unique characteristic. Rain showers and melting snow form rivers of water that flow to the ocean. This water is then reclaimed to the atmosphere by evaporation and dumped onto the land in the form of snow and rain. This cycle continues endlessly throughout the year.

This cycle of flow is apparent in all phenomenon of nature. Whether it is a slowly moving glacier or a wind churned sea nature is always in motion. The forces of nature continue to shape our planet. When we can honor and respect these cycles we live in greater harmony with our natural world. Rule and order have always come from nature first and human beings second. All aspects of nature hold true to this common thread. As has often been said, “Mother Nature always knows best.”

Our bodies function just like these forces of nature. Just like in the wilderness the human body consists of many rivers that must continue to flow or problems will arise. When one or more of these body rivers becomes blocked we often develop disease or illness.

For instance, we have a cardiovascular system that facilitates the flow of blood and oxygen throughout the body. The digestive system enables the river of nutrients that enters our mouth to be converted to usable fuel for our cells. Waste products are then expelled out the other end. The lymphatic system is a river that helps the blood stream remove waste products from the body. These and many more body systems are symbolic of the natural world. As we honor nature we also honor how our body was designed to work.

## **The Mission of Science**

Science prides itself on its exactness. For instance, to make wine from grapes requires the exact amount of scientific measurements of ingredients and time to ferment to reach the desired taste. A loaf of bread is prepared using this same scientific exactness of ingredients and measurements. Without basic science both of these efforts might go to waste.

For most of its history the mission of science has been to understand our natural world. Through testing and data gathering scientists, and those who supported them, were involved in learning about the history of the Earth and all the species that live here. From explaining the disappearance of the dinosaurs to how gravity works has been left up to the world of scientists.

Unfortunately, much of the scientific community has come to completely disregard many of these rather simple laws of nature. Instead of blending with and honoring these cycles of nature the majority of the science world attempts to destroy these cycles. In fact, a more contemporary theme of the scientific world might be, “To gain knowledge in order to conquer nature.”

That loaf of bread is now so scientifically altered that there is very little nutritional value left in it. Vitamins and minerals are removed to create a product that has a long shelf life. In this case, the mission of science has been to alter the natural process of bread making and instead develop a product that will not decay for some time.

Many scientists do not seek to find the relationships between parts. Instead, they dissect things into smaller and smaller units. This way of perceiving the world has been called “Newtonianism” or “reductionism”. All things exist in relationship to other things. Many scientists attempt to disconnect from these relationships and prefer to observe the world from a mechanistic viewpoint instead.

There were early scientists who honored the cycles of nature. These examples could be seen in the ancient Egyptians and Aztecs. Scientific principles were utilized in the hope of becoming closer attuned with nature. Great effort was made to use scientific calculations to understand natural phenomenon. For instance, this could be seen in the ancient scientist’s predictions hundreds and thousands of years ago that a comet which passes by the Earth would return every seventy-six years. We know this today as Halley’s Comet.

The respect for the flow of elements has often been lost in the scientific world. Products created by modern science often attempt to better those created by nature. The mission of science to understand nature has often become lost. If nature exemplifies the relationship between elements why has science failed to see this?

This mechanistic approach to the world has created a rational intellect that is often disconnected from spirit and nature. The mechanistic scientific view of the world is that nature, women, and animals can be exploited and dominated. Under this premise animals are freely tortured and killed without emotional attachment, (for scientific purposes of course). Infants and fetuses do not receive the same respect as adult humans. Infants are poked, neglected, and abused because the mechanistic viewpoint says that these tiny babies will never remember these events later on.

The same mechanistic view of the world is also the source of patriarchy, chauvinism, and repression. Science was created by males and is dominated by a male influence. This often includes a lack of respect for feminine qualities and a callous and cold perspective on life. It has often been said that if men’s testicals were falling off at the same rate as female breasts from breast cancer the mechanistic and male influenced scientific world would have found a cure for testicular cancer many years ago. Apparently, women do not matter that much.

The rational mind, the home of science, is famous for objectifying and dehumanizing things. This part of the mind has no problem destroying a living cell, plant, animal, or other life source without batting an eye or shedding a tear. The rational mind has been responsible for whale hunts and dolphin slaughters. Science, primarily identified with the rational mind, will do what it has to do to advance science, no matter what the human implications might be.

### **The History of Science**

Until the latter part of the 15<sup>th</sup> Century knowledge in the Western World was primarily controlled by the rulers of the Catholic Church. These rulers dictated to the people all forms of information as to the natural world. Between 1500 and 1700 some dramatic changes occurred in how people viewed their world.

Along came Nicholas Copernicus. It was Copernicus, an astronomer and emerging scientist, who first recognized that the Sun was the center of the Universe and not the Earth, as the Catholic Church had proclaimed. Publishing his findings on his death bed this information opened up a whole new paradigm. To the disdain of the

religious hierarchy the Catholic Church was no longer in charge of absolute control over beliefs. Now scientists would take this lead. Galileo came along soon afterwards to confirm this theory. Scientists were now in charge of knowledge.

Isaac Newton was a self-proclaimed scientist who went on to develop much of present-day physics. Physics is the study of physical matter that much of science is based on today. These laws of Newton include such principles as the laws of gravity and acceleration.

Francis Bacon was an Englishman who created a systemized and uniform way of conducting experiments. This was important so that experiments could be repeated to test a theory's validity. It was Bacon's formula for conducting experiments that helped put science on the map as a legitimate system.

Louis Pasteur, a Frenchman, is credited with "the germ theory", a belief that germs cause illnesses. Together, these men established the foundation for scientific theory. Societies of mostly men would gather to discuss scientific data and conduct experiments utilizing scientific principles.

Not only were new scientific principles being drawn up but a disdain for natural elements began to emerge that suppressed anything that was "unscientific". Along with this superiority complex a "blind trust" in science developed. Just as Westerners conquered the religious beliefs of native peoples the forces behind science have tried to conquer wisdom far older than science. It would seem that science created a built in self-preservation system that tries to make sure that science is the only viable system in existence to explain our world.

Beliefs that the world was a series of interconnected and spiritual elements were replaced by a mechanistic and reductionistic view of the world in the form of science. Science was now able to describe nature as a series of mathematical events using calculations and measurements. The heart and soul was removed from nature. Nature, often seen as a female entity, often fell prey to a mechanistic and chauvinistic view of the world. Witch hunts and persecutions of wisdom that were non-scientific were common.

### **Physic Science versus Metaphysics**

The laws of physic science have been the cornerstone of science since their inception. These laws, while important in our understanding of our natural world, are limited. They can only explain so much. The myth of science is that physical laws are the only criteria for understanding our natural world.

There are other laws that have nothing to do with physical matter or physics. These are the laws of "metaphysics". It is metaphysics that bridges the gap and helps to explain much beyond the world of science. There is another paradigm of perception when we put our microscopes and test tubes aside and begin to allow metaphysics to explain our world.

Science can only measure things with the tools that it has. One example of how science has come close to identifying metaphysical phenomena is through the use of Kirlian photography. The metaphysical world can observe a ring of energy patterns around each human being. This ring is often referred to as the "aura". This aura is unique in everyone. Through a specialized scientific camera scientific principles have been used to measure this layer of energy. (Some scientists refuse to believe this phenomenon and refer to this ring of energy as a very physical electrical impulse that each body emanates).

As scientists continued to dissect the world into smaller and smaller parts in hopes of discovering “the truth” they ran into a problem. As cells were reduced to molecules and molecules to atoms they discovered that an atom consists mostly of empty space. Thus, Newtonian physics only gets you so far. Quantum physics was now born. Quantum physics now completes the cycle as it steps beyond the world of physical matter. In Quantum physics it is the relationship between the parts that helps to explain something’s importance. Matter is not the only way to explain our world as Quantum physics has been able to demonstrate.

In the metaphysical world forces beyond what can be seen are very real and important. Healing using subtle energy, or forces that cannot be measured with particle devices, becomes the method of choice. Practitioners utilizing this subtle energy (chi) can heal and change the course of a person’s life, just with intention and the gentle movements of their hands. An acupuncturist can apply a small needle to a patient’s body and remove any pain. A scientific medical doctor witnessing a major surgery without modern day pain medications and only needles remains baffled and at odds at how to explain this scientifically. There remains no scientific explanation.

### **Science has been Hijacked**

Science is not a bad thing nor are scientists necessarily bad people. However, a problem does arise when science becomes used for other purposes than just the discovery of natural phenomenon. Science has been hijacked by many groups to serve their own purpose of manipulating data, selling products, or maintaining power.

Our first example of this hijacking of science comes by way of Western Medicine. In the latter part of the 19<sup>th</sup> Century medicine in the United States was extremely diverse and often very holistic. There were herbalists and homeopaths in large numbers as well as midwives and natural healers. Medicine was considered a fine art at this time.

Nearly one hundred years ago there were many different types of medical treatments, including medical doctors. A group of medical doctors under the designs of the AMA (American Medical Association) united with the newly emerging field of science to bolster its campaign and eliminate other types of treatments. This utilizing of science became the cornerstone of modern day Western medicine. Scientific medicine was the glue that lifted medical doctors and Western medicine out of illegitimacy into the spotlight it shares today. Unfortunately, the bonding of science to medicine has been anything but a happy marriage.

Under the AMA other types of non-scientific healing are barred or closely scrutinized. When we misdiagnose an illness we then mistreat the patient. Western medicine went from “practitioners” in the 1890’s to scientific medicine built up around technology. Since Western medicine has chosen to follow a mechanistic and reductionistic viewpoint of illness it remains stifled in healing most modern day diseases. The reason for this is because the answer to these illnesses is not necessarily in a virus or bacteria but a disconnection between other aspects. Western medicine is not necessarily a health practice but an institution that favors the suppression of symptoms. One might more accurately describe scientific Western medicine as a “disease care system”.

In China, Chinese medicine utilizes a blend of Eastern and Western elements that compliment each other. These systems offer two very different approaches to healing yet seem to co-exist very well together. Under the guidance of the AMA and scientific

medicine no other type of non-scientific medicine is allowed to take hold in the United States. Western medicine uses science to manipulate public opinions and government officials to write laws in its favor.

Universities were next to grab onto science. In order to attract prestigious grants and funding universities allied with science to bolster their appearance. A Nobel Prize winning laureate in the field of science would bring in more money to the university than an accomplished musician or artist. Universities were granted large donations and grants if it was felt that their science departments were on the cutting edge. As universities continued to seek financial funding they accelerated their science departments in hopes of luring hefty corporate sponsorships.

Corporations were drawn to science as a way to manipulate products to increase profits. For instance, the food service industry learned how to alter food products with the help of science in order to increase profits. A food that was once natural and unaltered now came to the market in a different shape. Fuzz was removed from peaches to appeal to customers more. Chickens and livestock were pumped with hormones to increase production. Milk was heated to a high degree (called pasteurization) killing much of its nutritional value but increasing the shelf life of the product. Corporations have captured science to manipulate their products and to greatly increase their profits.

Governments have appealed to science in order to base many of their laws and regulations. For instance, the United States government scientists working for the Center for Disease Control (CDC) demand that all children receive many different vaccinations. These scientists refuse to look at evidence that vaccinations are the reason why children develop diseases like autism and asthma in the first place. Instead of allowing a child to develop a natural immunity to a disease these government paid scientists allow mercury and other deadly toxins to be injected into children in the form of vaccines.

The U. S. government has hijacked science so that it can manipulate economies and world power. The government has also hijacked science for its own military ventures. It is common for the government to hire a private corporation to create an invention for them. The government then takes this product and converts it to military use. This can be seen in how the government hired a video game manufacturer to produce a war game for children. The government then took this and used it to train soldiers. The government has also used private firms to create remote control planes and tiny robots only to convert them to military uses.

Societies and Associations formed clubs for professionals to profit and used science to help maintain their power. For instance, the AMA (American Medical Association) is a club for doctors based on scientific concepts. This organization does not necessarily have the public's interest at stake. Through their power and influence they have helped to banish many natural healing techniques because they themselves did not profit from them. Instead, they help to insure greater profits for their members (doctors) while promoting only scientific medicine.

Whether it is the American Cancer Society, American Heart Association, or the American Diabetes Foundation, they are all the same. These groups have very little interest in healing anything. If the disease they represent were cured they would be out of a job. Instead, they hide behind a veil of science in order to maintain power.

For instance, the public is manipulated to donate to causes like the Revlon Walk for Breast Cancer Research. From walkathons, stem cell initiatives, to celebrity arm

bracelets, the public is often manipulated into believing that their donations will actually cure something. What the public does not realize is that this money will never cure any disease, only line the pockets of greedy pharmaceutical corporations using scientific theory and drug research to suppress symptoms. These societies and associations only have their own member's interest at stake.

Universities and corporations often merge to bolster each other. For instance, the University of Vermont united with Monsanto Corporation to create many new genetically altered foods. Monsanto Corporation is one of the world's largest chemical fertilizer and pesticide producers. The scientific research department at the university received acknowledgement for its new work and received substantial funds from Monsanto Corporation. Monsanto received a new genetically altered food product without appearing to look like an evil company creating "Frankenfood".

Educational systems, primarily designed by the government, have been hijacked to emphasize scientific achievement. At any given time 1/3 to 1/2 of all scientists and engineers in the United States work for the government. This work often entails building and designing better weapons to kill more people more efficiently. Emphasis in education is often designed to create more scientists to join the work force to conquer other countries in business and technology. There is less emphasis on art, emotion, and communication.

Due to the outside influences that have taken over science the nature of science has been to bully other "non-scientific" aspects into submission. As corporate America began to rise, the innocence of science, (and its mission), was lost to corporate interests. A blind faith in science has pervaded the general population for some time now. An inherent trust has developed with a system that is often faulty and misleading. This hijacking of science for other purposes than to merely discover natural phenomenon has led to a very unbalanced world and a world of myths and lies.

### **Scientific Hyperbole**

Many of the greatest discoveries of the world have been by scientists. An Albert Einstein or Thomas Edison surely has brought great rewards to the human race through their discoveries. While great scientific discoveries still abound there is also a darker side to science. Because of the outside influences controlling science this darker side often misstates the truth, lies, or manipulates information. Here are some of the ways that this is done.

- **"Interpretation" of "hard data"**

A scientist will throw out terms like "hard data" to try to prove his case. Hard data is regarded as information that is unchallengeable. By bolstering his argument with statistics he regards as unchallengeable he hopes to avoid critique.

- **The lie**

There are times when scientists know that a certain product does a certain thing and since this is not the result they want they will lie. A good example of this comes from the tobacco industry. For decades the scientists and corporate executives knew that

tobacco was “addictive”. However, they continued to claim that it was not “addictive”. This masquerade continued until they were finally caught in their own lies.

- **Manipulation of statistics**

Research and statistics mean virtually nothing. Only the proper perception and recognition of the data collected determines the validity of the actual findings. What this means is simple. Any two people can see different meaning in the same statistics. Corporate sponsored scientific research often begins with predetermined conclusions. True scientific research begins with no conclusions.

A classic technique of manipulation is called, “relative risk”. This technique will magnify trivial results while understating large discrepancies.

Here is how that works. In the book, *The Myth of Osteoporosis*, a story is told of how the manufacturers of the drug Fosamax manipulated statistics to bolster sales. Advertising claimed that Fosamax reduced bone loss by 50 %. Here are the actual results.

***“Fosamax is also claimed to reduce hip fractures by 50 percent. In a study of 2,027 postmenopausal women with osteoporosis and previous fracture, after three years there were 22 hip fractures in the women who took the placebo (2.2 percent), and 11 in the Fosamax group. (1.1 percent) The actual reduction was 1 percent, not 50 percent.”***

The scientific nuclear energy community is another example of this manipulation of statistics. The supporters of nuclear energy claim that nuclear energy is the least costly of all types of energy produced. However, when you account for the long term storage of nuclear fuel waste for the next 10,000 years this type of energy generation is far more costly than anything else. Statistics are manipulated in their favor to appear a certain way.

- **Test products on consumers**

The common myth is that “scientifically tested” products designed to be used on humans are safe when they hit the market. This is anything but the truth. The only way that scientists know what a product will do is to actually test it on humans. There are many examples of “scientifically tested” products released to consumers that have had disastrous results.

For instance, in the 1950’s the “scientifically tested” drug Thalidomide was marketed to women as a sleeping pill and a way to treat morning sickness in pregnancy. Not long after being released to the public “severe” birth defects began showing up in women who had taken the “scientifically tested” drug.

In the 1990’s “scientifically tested” weight loss drugs Phen Phen and Redux were suddenly pulled off the shelf after it was learned that these drugs had caused heart valve disorders in many of the people who had previously taken the drugs.

The arthritis drug Vioxx was another “scientifically tested” drug that soon was removed from public sale after it was learned to have significantly increased the risk of heart attacks and strokes in those taking the drug. Vioxx by itself is estimated to have caused at least 139,000 heart attacks, strokes, and deaths. Finally, the pharmaceutical industry scared women into taking their “scientifically tested” hormone replacement drugs. These drugs were reported to significantly increase the risk for women of heart



attacks, strokes, blood clots, and breast cancer, even though they were “thoroughly” tested by scientific methods before being released to the public.

- **Confuse the public**

Science often does not stand alone in its quest. Science has been allied with other groups and these other groups “use” science to promote their own agenda. These groups will vigorously send out large amounts of propaganda and lobbying under the scientific umbrella. There is no better example than how the pharmaceutical industry has manipulated the government and the public by their enormous media campaign to trust in their products. This occurs even after estimates conclude that Western medicine is the third leading cause of death in the U.S., which includes medical mistakes, drug interactions, and faulty products. This accounts for more than 400,000 deaths per year.

The public is furthered confused by the scientific community through fear and propaganda. No bigger example of this comes from the recent debate about stem cell research. Stem cell research originates from a mechanistic viewpoint of the body. In this perspective it is believed that if a part is broken, (just like in an automobile), all you have to do is take it out and replace it, without ever questioning why the part broke in the first place.

The public has been led to believe that the scientific community is on the verge of tremendous breakthroughs in curing most major diseases through the use of stem cell research. The truth is that scientific research facilities have scared the public into believing that if they do not accept this research, (and pay billions of dollars for it), other countries will get it first or people will have to live in pain the rest of their lives without a cure.

Stem cell research will never cure any disease. At best, researchers can hope to treat some diseases as they suppress the symptoms. When the United States government allowed life to be patented over twenty-five years ago a whole barn storm of controversial behaviors began to happen. Scientists now want to be able to patent new medical techniques so their research companies alone can profit. The billions of dollars being wasted on stem cell research will never cure any disease, only line the pockets of pharmaceutical research companies. The public has been confused and taken advantage of in this matter through scare tactics.

- **Manipulation of language**

Language is often used in a way to sway the public’s opinion about certain research. Such manipulative language may be words such as, “research shows”, “studies conclude”, and “scientific tests have found”. What this really means is, “We want you to believe the following...” A more honest way of saying this would be to say, “Our opinion is...” But this is not how it is done. This coercion of the public to not challenge “scientific data” is imminent in the way test results are interpreted. Science as God and unchallengeable continues to be present when you hear language like this.

Whether through ignorance or bias the media reports scientific claims unjustly. For instance, a recent test by a group of scientists on the merits of Echinacea, an herbal supplement promoted by natural healing for colds, concluded that Echinacea was worthless. The media reported this as, “Scientists have found...” or “lab tests have concluded...”

First, this test was performed by a group of scientists backed by pharmaceutical interests that had predetermined results. Secondly, they altered the test in a way to use lower doses than normal to achieve their own agenda. The media reported this as if “all” scientists agreed with these conclusions and that this was “pure” science and the results were “absolute”.

The media was handed a report by a science team with questionable intentions and did not challenge the results, only spread the bad news to millions of Echinacea users. Bad science and a bad media- two bads do not equal one good. Despite many scientific laboratory tests demonstrating the benefits of Echinacea the media seems to grab on to one negative study by a group of scientists funded by a corporation with predetermined intentions.

### **Scientific Reality**

There is my reality, your reality, and then scientific reality. A wonderful example of this is the story of a mainstream scientist going into the forest to understand the forest. He might collect a seed from a tree and bring it back to his lab to examine it under a microscope (reductionism). He now believes he understands the forest by taking a small piece of it. Unfortunately, he has ignored all the interrelated aspects of the forest like the wind, rain, soil, animals, microorganisms, and seasons.

A holistic view of the world is of cooperation, not competition. Relationships between elements are honored and nurtured. There are many other ways to gather information besides from science. Science by its very nature seems to have a built in security measure of self preservation. Its intense need for competition is often stubborn, fearing losing power and influence. It is not easily able to adapt and blend with other systems of information gathering. Fritjof Capra writes in, *The Turning Point*, that this issue is what he calls a “crisis of perception”, regarding the Cartesian-Newtonian scientific view of the world.

There is a great fear among the scientific community that they will lose power to witches, herbalist, vitamin sales etc. They even bribe and lobby the government officials to change the laws in their favor to keep this power intact. Government legislation is a common way to keep this scientific power scheme intact.

However, there are many ways that non-scientific information gathering have found a mainstream in our culture. A stockbroker might use his intuition to pick the right stocks. Intuition cannot be measured scientifically. A dancer uses her sense of rhythm to guide the dance. Science once again is left out in the cold when trying to identify this phenomenon. Many police departments utilize psychics to help them find missing persons or to solve difficult cases. While no scientific explanation can be found for this skill they are often very successful. Acupuncture is also widely accepted by many in mainstream culture yet there is no scientific explanation on how it works. One can often even get a prescription from a scientifically based medical doctor for such a treatment.

### **The Frustration of Many Scientists**

Science is usually not a self generating system and needs to be funded by someone. Many scientists feel the frustration of having to bow down to corporate interests in order to receive funding for their programs. They often feel enslaved to their sponsors.

This race for money often leads to a greed for prizes and fame. A new discovery is sure to bring in world-wide attention and potential funding so a scientist may publish inconclusive test results just to try to be ahead of the next guy. This can often be found in cases where medical researchers claim they have found a “cure” for a disease and publish their results. As the documents begin to unfold it is common to see sloppy science with questionable intentions.

A good example of this comes from breast cancer research where a number of scientific researchers published results of their tests and concluded that they had discovered the “breast cancer gene” responsible for breast cancer. On closer examination what was revealed was that this gene- BRCA 1-was found in 3-5% of all women who had developed breast cancer. What about the other 95-97% of women? In their quest for funding and prizes these scientists had misled the public, garnished a national spotlight, only to manipulate and deceive the media and the public. If it were not for this need to be first to produce results and the constant begging for funding this may not have happened.

### **Specific Scientific Mistakes**

As the powers behind science have continued to conquer and control the rhythms of nature their influence has been stretched broadly across our culture. The public now has come to believe in the scientific reality because they have been fed the propaganda for so long now they do not know any different. The following are some specific examples of how the influences of science have stepped into realms where they do not belong.

### **Addictions**

Addictions are a problem in every culture as the world learns how to deal with them. From alcohol abuse to gambling, sex addiction to shopping, we all have addictions and wonder how to rid ourselves of these detriments to our lives. However, while first identified by the scientific community, addictions are not a scientific phenomenon and cannot be healed scientifically.

It was E. M. Jellinek who first published *The Disease Concept of Alcoholism* in 1960 and ignited the scientific community around the world of addiction research. Jellinek was a professor and biostatistician in applied physiology at Yale University. He argued that addictions were a flaw in a person’s biochemistry that created somewhat of an “allergy” to alcohol. According to Jellinek, a person could never change this chemistry and was forever branded with the horrible label of being an “alcoholic”. This scientific theory went on to become the standard for all addiction study.

Unfortunately, addictions have nothing to do with our biochemistry and scientific professionals are not appropriate to be healing them. Addictions are about faulty relationships used to numb out feelings that one does not want to feel. Whether it is alcohol, tobacco, gambling, or work, when someone develops a relationship with something to not feel then they have developed an addiction. Science is out in the cold on this one. Addictions can only be healed using emotional healing and not scientific calculations.

## **Stress**

Stress is another example of an emotional experience that the scientific community has attempted to capture as a biochemical experience. First identified by Hans Selye, an Austro-Hungarian endocrinologist, the term “stress” came to known as a series of events in the body that were the result of biochemical changes. Selye would torture rats in his laboratory and then measure their blood chemistry while noting any changes.

The only problem is that stress is not the result of biochemical changes in the body that can be measured scientifically. While there may be such changes they are not the *cause* of stress. Instead, stress is the emotion of fear. When we feel threatened to our survival, whether real or imagined, we enter into our Stress Response. Since stress is an emotional experience first and foremost, the solution to its cure is to learn how to have an emotional release that brings one out of fear and into relaxation. The opposite of fear is relaxation. While the scientific community can be credited with making us aware of the stress reaction it is not through science where it can be healed.

## **Fitness**

Fitness is another scientific concept that has been passed on as health. However, fitness is not health. Developed by scientists in exercise laboratories there is no truth that a hard body is a healthy body nor does a cardiovascularly fit individual live any longer or have a healthier life. In many instances these practices can actually be damaging to one’s health.

For instance, the cardiovascular myth was developed by Dr. Kenneth Cooper who published his theory in 1969 in a book called *Aerobics*. While many flocked to this idea and a whole industry developed around it Dr. Cooper now retracts his own idea. He now recommends that to be healthy one does not have to be cardiovascularly fit, and in many cases, this might even be detrimental to one’s health, (*Fit Magazine* 2000). In spite of this turn around, in exercise labs across the world, scientists continue to create a myth that fitness is the key to health.

Gymnasiums and health clubs sprouted up like wild fire as exercise scientists touted the health benefits of a hard body. Weight lifting and aerobic activity were promoted by scientific medical professionals as the way to health. Unfortunately, neither of these systems does much for one’s health but continues to be popular. Fitness is about shaping one’s physique. Health has nothing to do with large biceps or wash board abs. (See [JonBurras.com/articles/Health or Fitness](http://JonBurras.com/articles/Health%20or%20Fitness))

## **Genetics**

Louis Pasteur was credited with developing the “germ theory” in the latter part of the 19<sup>th</sup> Century. This theory stated that disease was *caused* by tiny pathogens called “germs”. This scientific theory has held strong even until this day. Now there is an extension of the germ theory called the “genetic theory”. In the genetic theory disease is thought of as a mutation of one or more tiny genes within the body. It would seem that everything from cancer to addictions is now believed to be caused by genetic mutations.

Again, the scientific community has embraced a theory that is altogether incorrect. While some diseases can be shown to have direct genetic links most disease is

not caused by genetic mutations. This is a scientific cop out to have power and continues to exploit the general population. Most disease has little or nothing to do with genetics.

Human genes are not much different than the common worm or the average monkey. Bruce Lipton, a noted microbiologist, has shown that genes do not transform from the inside but it is the environment in which the gene lives that changes a gene's structure. That is, a gene will mutate based on its relationship with other things in its environment. A change in body temperature or a repression of emotion could be just such a shift in the environment to alter a gene. While medical science has grabbed onto the gene myth to stay in power there is little evidence that genes cause most diseases.

Science prides itself on being "absolute" yet how do you explain the fact that not everyone exposed to a pathogen comes down with an illness. Even Pasteur himself recanted his own germ theory on his death bed. Pasteur said, "The germ is nothing; the soil is everything". The soil Pasteur was talking about is the environment in which the cell lives. Just as germs do not necessarily cause diseases by themselves neither are our genes solely responsible.

### **Agriculture**

Nature has been around for millions of years guiding the seasons and the growing cycles. Science came along and thought they could do it better. Food crops have been modified and their genetic make up altered. Large amounts of pesticides and fertilizers are now required to keep crop yields up because science has taken over the natural way to grow food.

What was once very natural now is very scientific. Being scientific does not necessarily mean that it is better. As science has taken over the way to grow food it is now for profit and less about nutrition. Many food crops have lost much of their nutritional value and not even the insects want to eat them. As part of what was touted as the *Green Revolution* agriculture is now a toxic waste sight. More food is not necessarily grown per acre but much more fertilizers and pesticides are being used than ever before.

Science has not made better crops only more profits for agribusiness. In fact, many farmers no longer know how to grow food naturally. These farmers rely on the salesmen from the fertilizer and pesticide companies to educate them on how much toxic substances and minerals they should purchase to produce a bountiful yield. GMO foods (Genetically Modified Organisms) are contaminating the natural seeds of the planet and might one day eliminate what was once very natural. Giant agribusiness corporations have hijacked science to contaminate the food supply for greed and profit.

### **Birthing and Raising Children**

For thousands and thousands of years women have been birthing and raising children as nature intended. Unfortunately, nearly a hundred years ago medical science proclaimed that they could do it better. This mostly male based profession attempted to take over a very natural female institution and dominate it. So far they have been successful, but only with dire consequences. The infant mortality rate in the United States is one of the poorest of all developed nations, in spite of the most money spent on high tech scientific medicine.

Scientific medical doctors have scared women to accept their method of birthing in hospitals while they are lying on their backs. They drug the mother and infant with

medications, preach about infant formula over breast feeding, place stinging drops in an infants eyes, and use such barbaric devices like forceps to drag a baby out of the womb by its head. These medical doctors remove a newborn to a nursery to be isolated alone and away from its mother, unlike other mammals who all sleep with their young. They instruct the young parents to place the child in its own crib to ensure that he learns to be self-sufficient early on.

Most of us have been scientific laboratory experiments for medical doctors. The vast majority of the ills of our culture, from addictions to mental illness, can be directly linked to how scientific medicine has taken over the birth process.

### **Mental Illness**

As defined by Western scientific medicine mental illness is most often categorized as an abnormality in the biochemistry of the brain. This is usually referred to as a deficiency in chemicals in the brain. The normal treatment usually includes drugs to change the brain's chemistry.

The mental health industry, a branch of medical science, has missed the point again. This group of science minded individuals has attempted to create more and more labels for behavior that is against the cultural norm. These labels include such things as schizophrenia, neurosis, psychosis, bipolar, and Attention Deficit Disorder (ADD). While this labeling might give people a wake-up call that there is truly something wrong with them this diagnosis is incorrect. From Prozac to Lithium, Zoloft to Ritalin, scientific drugs like these do not cure one from a diagnosis of a mental disorder. These drugs only suppress the symptoms.

The DSM (Diagnostic and Statistical Manual) is a book published by the American Psychiatric Association and is considered the bible of mental illness. In the DSM all mental illness is described, diagnosed, and treated according to scientific methodology, (usually drugs).

Unfortunately, mental illness is most often not an alteration in brain chemistry nor should medical scientists be the ones treating it. Just as an interior designer should continue to remodeling homes and not try to teach batting practice to professional baseball players, scientists should stick to discovering natural phenomena in their labs using test tubes and microscopes.

Mental illness is an emotional issue and needs to be treated as such. A person who is labeled with one of the preceding mental diseases is essentially in a state of fear. His Fight or Flight Syndrome is activated. The stress response is locked in the "on" position and he is terrorized at his core. He does not know how to shut it off and relax. His behavior might appear irrational because he is not at peace in his world. Treating mental illness with scientific medicine and drugs does not heal the issue. Healing work to bring one out of a state of fear and into relaxation will do this, not drugs or medications.

### **Western Medicine versus Natural Healing**

Western medicine wants to make a claim that it is the sole provider of health care under its jurisdiction. However, scientifically based medicine is very limited in what it can actually do. While an excellent choice for trauma and crisis care scientific medicine is not a good choice for health or healing. Scientific medicine is great if you are in an

emergency situation that demands a quick intervention. This could be in the case of snake bite or an obstructed airway.

Scientific medicine does not do very well with disease, especially degenerative diseases where the body creates them itself from the inside out. Medical scientists use a term called “idiopathic” when referring to a disease in which they do not understand its origin. They use this term often when treating many diseases yet continue to try to treat them anyways using scientific medicine. While scientific medicine attempts to pump the body with toxins to suppress the symptoms it rarely cures any degenerative disease. Many people may feel cured when their symptoms disappear but the actual cause of the disease is most often overlooked.

The PDR (Physician’s Desk Reference) is a large book utilized by most doctors to help define, diagnose, and treat illness and disease. This book is written and published by the pharmaceutical industry and *given* to each scientific medical doctor. While promoting itself as a health index the PDR is nothing more than an advertisement for the scientific medical drugs that the pharmaceutical industry supplies.

Pharmacies and drug stores are toxic wastes sites. There is very little difference between what you buy in a pharmacy to kill cells in your body and what you will find in your backyard shed to kill weeds on your lawn. Both are toxic to your body with a long list of side affects. The perception is that the FDA (Food and Drug Administration) has the public’s interest at stake in monitoring drugs. The reality is that the FDA serves as the business partner of the pharmaceutical corporations protecting and helping to promote their drug sales.

Natural medicine attempts to isolate the cause of the disease and attempts to create balance in an altogether imbalanced system. This may require herbs, massage, energy healing, or other such techniques, and often requires some time before the initial cause is corrected. Pain is regarded as a messenger that there is something wrong. Western medicine has turned pain into a disease.

This balancing of the body systems is what allows the body to return to homeostasis and self correct itself. No drug can heal the body. We can, however, support the body to heal itself by enhancing the immune system. Western scientific medicine does not do this and this approach can only be found in natural medicine. Many times a patient is diagnosed by scientific medicine with a life-threatening illness that is considered “terminal”. Medical doctors give the patient little hope of a cure. Often, after using natural medicine the patient might return to the medical doctor disease free. When this happens the common approach by the scientific doctor is to proclaim that the patient was “misdiagnosed” in the first place.

### **Cholesterol and Heart Disease**

Heart disease is the leading cause of death in the United States of America. Scientific medicine has come to blame cholesterol intake as the main cause of this problem. Once again, scientific medicine has completely missed the point.

In 1953 Dr. Ancel Keys created the myth that most people who suffer from heart disease do so because of an excessive intake of cholesterol in their diet. The scientific community grabbed onto this belief and has not looked back since. The only problem is that it is certainly not true. While it may earn pharmaceutical companies large profits to

sell cholesterol lowering drugs and imitation food manufacturers hefty profits to sell low fat products there is no merit to this argument.

First off, up to 85% of the body's cholesterol comes not from what one eats but from the liver itself. Also, cultures that live on nothing but cholesterol laden foods, (like the Masai tribe of Kenya), do not show any signs of heart disease. These people's diet consists primarily of meat and milk, two of the most cholesterol loaded foods one could ever eat. Many people who have heart attacks never demonstrate any of the scientifically based risk factors of heart disease (smokers, heavy meat eaters, sedentary lives). Many people who have low cholesterol levels do have heart attacks while many people with high cholesterol levels never have a heart attack.

A more natural solution to the cholesterol issue is to look at the stress experience. It is estimated that stress is the prime catalyst in most illnesses. Remember, stress is primarily the emotion of fear. As the Stress Response is triggered muscles tighten and harden. The heart and arteries consists of muscle and connective tissue. As the arteries harden over time they begin to crack. As they crack cholesterol is released from the liver to try to patch these cracks. Your body is actually trying to heal itself when it produces excess cholesterol. Cholesterol lowering drugs only prevent this self-healing from taking place.

## **Conclusion**

The rational mind, the controller of science, is threatened by all that is not scientific. This part of the mind attempts to condemn other aspects of knowledge. The witch hunts of hundreds of years ago continue today. This time, it is the rational mind, along with all of its supporting institutions, that attempts to destroy ancient wisdom.

The watch dogs of science are run by scientists. This gives them an air of self-protection. While often condemning ancient and natural practices the world of science is itself filled with quacks. How many of them are prosecuted and jailed?

As long as science is used to build greed and manipulate for power we will all lose. As long as science refuses to accept other means of information we will all be the worst off. Science cannot explain how many things work. Why doesn't it just stop trying? While science can be credited with some amazing discoveries the worst travesties to our planet have come through science, (atomic bomb, poisonous gases, hospital birthing).

One would have to ask, with a track record as poor as science why do we not just abandon this system altogether? Science, by itself, is not necessarily a bad thing. There are many wonderful results that have emerged from science. Science becomes bad when it is manipulated for greed, profit, and ego causes.

When the public begins to educate themselves on the limitations of science and the scientific community releases its stranglehold on information then we all will begin to see a more integrated planet. We will find balance in our lives when the mission of science returns to discovering natural phenomena and not conquering and controlling nature. Until then, we will all be experiments in a great big test tube called Mother Earth.



## Resources

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