

# The drug free system of health care **BIOMEDICINE**



## **Dr. Tatyana B. Shakambet (M.D.)**

graduated as a Medical Doctor in 1985. After qualifying in Acupuncture at the International School of Acupuncture and in Shiatsu in 1988, she graduated at The Hygeia College in 1992 in colour, music, light and form and their associated applications for health. In 1994 she became a qualified craniosacral therapist.

Research into the different therapeutic systems of East and West helped her to identify and approach the psychosomatic process. By focusing on redirection of the psychosomatic process towards balance and health, her initial orthodox concept of the treatment of patients has gradually orientated towards preventative medicine, which she believes is a prerequisite for a healthy life and a healthy society.

Motivated by the limitations of mainstream medicine in approaching stress as an underlying cause of various disorders, she has developed a Preventative Psychosomatic Biomedicine, a unique integrative therapeutic process which counteracts the morbid pattern of stress and disease.

In 1995, together with Dr. D. Shakambet, she postulated the Biomedic System of Health Care and established The Bioenergetic Medical Centre where she practices, lectures and researches further into the quantum aspect of body-mind medicine.



## **Dr. Damir A. Shakambet (M.D.)**

was born in 1960 and graduated as a Medical Doctor in 1984. After working as a GP and in hospitals, he embarked on the exploration of numerous naturopathic disciplines. In 1992 he qualified in Acupuncture in the Korean Institute of Acupuncture, and has extended his oriental medical methodology with Chinese herbology. In 1994 he qualified as a hypnotherapist and in the Ericksonian type of Cognitive Psychotherapy at The British Hypnosis Research Institute at St. Ann's hospital in London. He has also qualified at the Hygeia College for the application of art, colour and music in medicine. His approach additionally integrates postural types of bodywork therapies like bioenergetics.

He has developed a medical paradigm with extensive therapy comprising psychotherapy with human energy methods and contemporary medicine into a new Biomedicine health system. He advances orthodox medical system by further research into this unified model in opening a new door for drug free treatment for chronic and degenerative diseases.

He is currently teaching at Westminster University in London, in addition to various Acupuncture and Homoeopathic colleges. In 1995, Dr. Damir A. Shakambet founded the Bioenergetic Medical Centre in London where he practices.

# Biomedicine

*The fruits of specialisation are realised through integration.*

Dr. Damir A. Shakambet

A simultaneous approach to body, mind and bioenergy at

## THE BIOENERGETIC MEDICAL CENTRE

**Therapy**  
**Prevention**  
**Stress release**  
**Education**  
**Research**

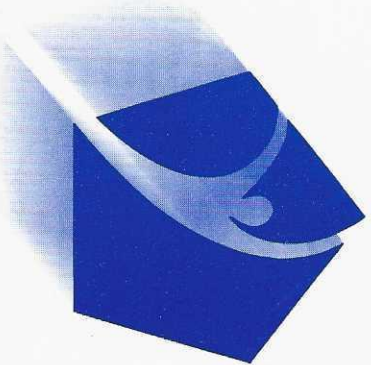
*We would like to thank to  
David Lauson and Malcolm Brackenbury  
whose help and support enabled us  
to bring this project to life.*

*Tatyana and Damir*

# What is Biomedicine

*'If you don't expect the unexpected, you will not find it.'*  
Heraclitus

*The evolution of the art of Medicine is challenging the present boundaries of body-orientated medical doctrine to acknowledge the multi-dimensional uniqueness of human nature. Biomedicine is born out of that challenge as a new system of holistic health care.*



## Biomedicine – The best of both worlds via integration

Biomedicine successfully integrates orthodox with complementary medicine, eastern with western medical wisdom, ancient healing principles with contemporary psychosomatic therapies, a curative with preventative approach, energy with matter and body with mind.

The new millennium will undoubtedly be an integrating period for many sciences. That process has already started to take place and our task is to apply multi-disciplinary integration in the field of medicine.

## Bioenergy – The integrating link

Bioenergy is a quantum field where matter and energy are interchangeable and where true healing begins. Inner flow of bioenergy responds on our mind perception which creates a biochemical reaction that upholds life in every cell. ■

# Biomedicine in Practice

*'There are no incurable diseases, only incurable patients.'*  
Avicenna

## Philosophy

Instead of focusing on disease and its symptoms, Biomedicine works with one's **inner health resources** to improve the self-regulatory mechanisms of the patient. It is capable of reversing the disease process at any stage of its manifestation, inducing spontaneous remission of a disease.

## Team Work

**Team work** between various health practitioners is supervised by **medical doctors**, additionally trained in various naturopathic disciplines in order to provide **drug-free** medical treatment.

## Integration

**An unique holistic approach** simultaneously corrects structural, mental, emotional, nutritional and bioenergetic imbalances.

## Treatments

Biomedic treatments are effective in curing existing disease, preventing potential pathology and maintaining optimal health.

**A Biomedic curative programme** deals with acute and chronic psychosomatic diseases.

**A Biomedic preventative programme** is for people aware of the importance of preventative medicine.

**A Biomedic anti-stress programme** is applied whenever your inner vitality is affected by tension and strain.

## Education

**Lectures and courses** for patients and for health practitioners run throughout the year.

## Research

There is **ongoing research** in a vast field of body-mind phenomena and energy medicine. ■

*'Treat a patient, not a disease'*  
Dr. S. Hahnemann

*Body and mind are two parallel aspects of reality, both governed by the same underlying field of Bioenergy. The process that runs through mind (psyche) and body (soma) generating a morbid change called disease, is known as a psychosomatic process.*

### From health to disease...

Disease is an end result of a psychosomatic process. It starts with lack of awareness and a misconception of emotion, posture or nutrition within family and social dynamics. Lack of awareness or **faulty perception within the mind** trigger an initial blockage of inner freedom and vitality.

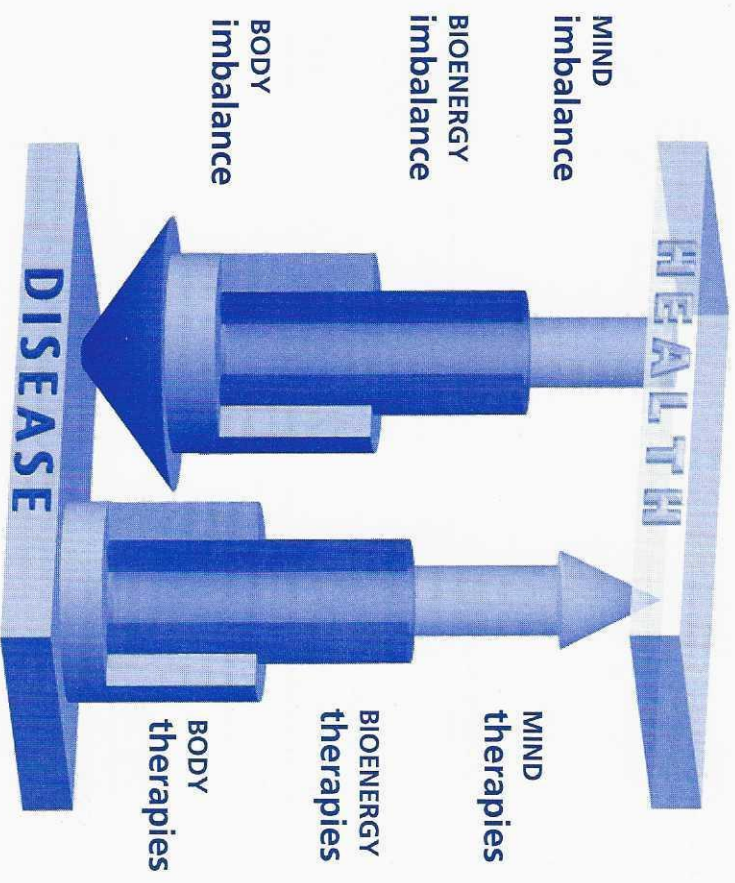
The next stage of a disease process is on the **bioenergetic** level. Bioenergy is an quantum energy system of a living organism, where thought and matter are interchangeable. A continual and smooth flow of bioenergy is necessary for an adequate response to rapid changes within our inner and outer environment. Conversely, disassociation with its natural flow will bring about bioenergetic disturbances and blockages. A disease process in this early stage cannot be diagnosed conventionally by your GP or in hospital since there will be no organic changes discernible. Initial symptoms are very mild and therefore usually remain unnoticed or taken for granted. Further progression will bring about a myriad of common symptoms of dysfunction like Insomnia, Anxiety, Headaches, Backache, Digestive disturbances and many others.

Finally, a disease process does progressive damage to **tissues and organs** producing a disease with its spectrum of specific changes such as inflammation, degeneration or pathological growth. Only then will laboratory investigations prove the existence of a specific disease and official medical diagnosis will then follow. This will enable orthodox colleagues to undertake various allopathic procedures to alter the symptoms of a disease.

### ...and back to health

Disease and its symptoms are the end results of a developed psychosomatic process, the effect not the cause. To re-create health we need a new medical paradigm based on biofeedback between body and mind.

Biomedicine transforms illness into health by a **treatment process** capable of restoring the power of self-regulatory mechanisms. It **perpetuates changes** on all three aspects of a disease process encompassing **body, mind and bioenergy**. Biomedicine facilitates what Hippocrates called "Vis medicatrix naturae" (the healing power of nature), enlightening the almost forgotten but still fundamental principles of modern medical science.



### Stress and a psychosomatic process

Stress is the common factor that facilitates the progression of a psychosomatic process. Since stress is, by definition, an altered state of mental perception, which ultimately leads to a distortion of bioenergetic, psychological and structural mechanisms, profound and scientific stress release is needed for long term preventative health care. ■

*'The patient is half the doctor.'*  
Hippocrates

## Unified medicine

The wholesome western medical tradition is merged with the psychosomatic and energetic medicine of East and West in order to restore the original freedom and vitality within body and mind.

## Team work

Biomedic integration is achieved by team work between practitioners of various allopathic and non-allopathic medical disciplines. The Biomedic team is headed by **medical doctors** who are additionally trained in complementary and naturopathic medicine.

## Drug free medicine

Pharmaceutical drugs are potent chemicals that alleviate the symptoms of a disease. But a disease is more than its symptoms. It is primarily a process with its own history of progression. Since our prime concern is to combat a disease process, Biomedicine therapy adopts a **process approach** instead of a conventional **symptom approach**. Chemical drugs are therefore normally replaced with **drug free naturopathic remedies**, such as homoeopathic and herbal preparations.

## Three-fold approach

The essence of Biomedicine has a three-fold approach. The treatment is a simultaneous approach to **psychological, bioenergetic and physical bio-mechanisms**. ■

*'The secret of the cure of the patient is in caring for the patient'*  
Dr. Francis Peabody

*Curative Biomedicine treats acute and chronic conditions particularly focusing on diseases in the latter stages of a psychosomatic process, be it gastritis, stomach ulcers, arthritis, eczema or cancer.*

## THE BIOMEDIC CURATIVE PROGRAMME

After the initial assessment of a patient, a **Biomedic Curative Programme** is prescribed. The Programme combines appropriate therapeutic procedures which match personal health needs. Various patients may be given the same conventional diagnosis, but each Biomedic Curative Programme will vary, reflecting the individual's particular profile.

The therapeutic disciplines integrated within a Biomedic Curative Programme are classified under three major categories: **mind, bioenergy and body**.

## Mind Orientated Biomedicine

*'It is more important to know what type of person has a disease than to know what type of disease a person has'*  
Hippocrates

Biomedic mind orientated therapy focuses around a misconception of reality and distorted mental-emotional mechanisms which lie at the core of any psychosomatic disease. This is achieved either by a direct psychological approach, or indirectly via body-mind link. Both will alter unconscious programmes responsible for the morbid patterns of a disease. →

<b>Psychotherapy</b>	<b>Psychiatry</b>
<b>Clinical hypnosis</b>	<b>Antroposophy</b>
<b>Counseling</b>	<b>Bioenergetics</b>
<b>Bates method</b>	<b>Neurolinguistic programming...</b>

The Biomedic psychotherapeutic technique is a practical synthesis of the teaching of **Dr. Milton H. Erickson**, **Dr. Eric Berne**, **Dr. Arthur Janov**, **Dr. Alexander Lowen**, **Dr. Carl G. Jung** and others. Psychotherapeutic techniques which utilise a body-mind link such as Bioenergetics, developed by **Dr. Wilhelm Reich**, the Bates method, developed by **Dr. William H. Bates** and Curative Eurythmy, developed by **Dr. Rudolph Steiner**, are also used within this framework.

## Bioenergy Orientated Biomedicine

*‘Human energy can express itself either as a thought or as a molecule’*

Dr. Deepak Chopra

Biomedic bioenergy orientated therapy focuses on energetic and nutritional aspects of disease, resolving blockages along the inherent energetic and metabolic pathways. In order to cure a disease, it is of the utmost importance to regulate the fine bio-electromagnetic network contained within human cells.

### Acupuncture

### Homoeopathy

### Nutrition

### Colour-magnet-laser therapy

### Herbalism

### Cranio sacral therapy

### Polarity therapy

### Bach therapy...

Homoeopathy and Bach flower therapy achieve equilibrium by prescribing energetically potentiated remedies. Acupuncture recharges or discharges bioenergetic deficiency or excess by inserting electro-conductive needles. Cranio-sacral therapy focuses on the relationship between energetic and connective tissue blockages which alienate affected parts of the body from the overall body consciousness. Colour therapy and electro-magnetlaser therapy provide various energetic antidotes from an electromagnetic spectrum in order to restore the original flow. Nutritional evaluation and correction complement energetic requirements by reharmonising catabolic (energy producing) and anabolic (energy consuming) physiological processes.

Biomedic energy orientated therapy is a practical synthesis of the teachings of **Dr. Samuel Hahnemann** and **Dr. Edward Bach**, who have developed Homoeopathy and Bach Flower Therapy; **Dr. Randolph Stone** and **Dr. William G. Sutherland**, who have formulated polarity therapy and craniosacral therapy and **Dr. Felix Mann**, who has given a productive work on ancient oriental disciplines such as Acupuncture, and many others.

## Body Orientated Biomedicine

*‘Anatomy is a destiny’*  
Dr. Sigmund Freud

Biomedic body orientated therapy focuses on **structural, postural and dysfunction** aspects of a disease. The psychological attitudes are structured in body posture and determined in physical tension. By treating the affected tissues and organs and by re-educating the patient's faulty habits, which contribute to health deterioration, disturbed physiological functions are resolved.

### Physiotherapy

### Osteopathy

### Shiatsu

### Alexander technique

### Chiropractic

### Massage

### Rolfing

### Feldenkrais technique...

There is an entire spectrum of manipulative techniques which approaches virtually any tissue and organ in the body. Biomedic treatment will provide the combination of techniques, whichever is the most appropriate. Chiropractic, osteopathy and physiotherapy primarily resolve misalignment within the musculo-skeletal systems. Various massage techniques resolve tissue imbalances present, whether within the connective tissue or in bodily fluids, while visceral manipulative techniques act upon affected internal organs. Postural work such as the Alexander technique and the Feldenkrais or Rolling treatments complete the body orientated therapy by focusing on faulty postural habits. By learning the “gravity game” and physiological breathing, and by rectifying other shortcomings which create physical deterioration, Biomedicine therapy is setting foot into the realms of ultimate preventative medicine.

### Post-curative care

Post-curative care is in the domain of **Preventative Biomedicine**. It focuses further on the physiological system which has been affected by disease, in order to prevent a relapse. It also improves inborn and acquired weaknesses, strengthens the body's immune system, stimulates self regulatory mechanisms and fully restores optimal functioning. ■

*Preventative Biomedicine improves health and sustains it at its optimal level. It is always recommended after completion of Curative Biomedicine. Preventative Biomedicine is an ideal option for people who are conscious of their needs and aware of the importance of preventative health care.*

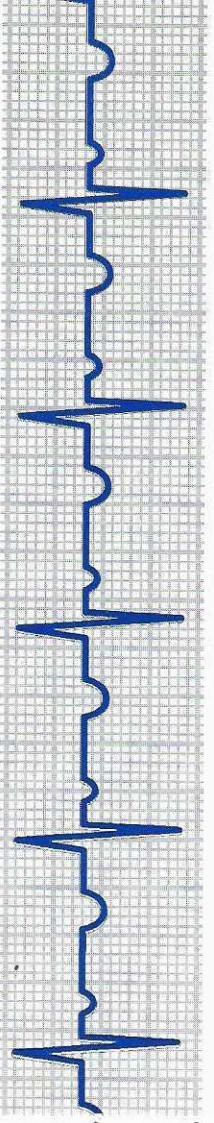
## Prevention

Contemporary prevention is normally restricted to an annual check-up at which parameters of health are determined through laboratory tests or by other conventional analysis. If the results are within the normal range the patient is regarded as being healthy, even though a heart attack or cancer may strike only a few weeks or months later. The clear shortcomings of this approach are in losing valuable time and doing nothing while the silent psychosomatic process gradually progresses, later to manifest itself in a disease. Preventative Biomedicine, on the other hand, is actively applied during the symptom free period to treat the early stages of the psychosomatic process.

## When to undergo preventative treatment

In order to recognise the psychosomatic process, we need to increase our health awareness. The body will generate signals which might be experienced in a myriad of symptoms such as lack of energy, insomnia, anxiety, headaches or vague aches and pains.

This morbid psychosomatic process has its natural progression. The core lies in faulty awareness which may be emotional, postural or nutritional. Since the body always reflects mental patterns via the hormonal and nervous systems, sooner or later some organs or tissues will be impaired after a disease has taken hold. In the transitional period functional disturbances will appear, conveying the message that it is time for action. This valuable time must be used to halt disease in its tracks in order to obtain effective prevention.



## THE BIOMEDIC PREVENTATIVE PROGRAMME

### What is a Preventative Programme

A Biomedic Preventative Programme is a treatment strategy which detects and corrects various disturbances present in the pre-disease period. The most commonplace medical conditions resolved by a Preventative Programme are **tiredness, anxiety, indigestion, menstrual irregularities and painful conditions such as backache, headaches, joint pains** etc.

The advantage it frequently has is that it does not allow the process of an injury or disease to progress into the stage when an operation or more aggressive drug treatments may be needed.

Reconvalescence, after illness, often plays a vital part in the furtherance of a Biomedic Preventative Programme to achieve complete remission by helping to restore original vitality and vigour.

### How does it work

The Programme is unique in its approach. **Psychological, bioenergetic and physical therapies** are applied in a synchronised and integrative way. The first objective of our unified medical team is to recognise pre-disease signs and to resolve the problems before they develop into serious illnesses.

The Programme starts with a physical and psychological examination and an assessment of the constitutional and bioenergetic predisposition of the patient. It also carefully examines all potentially detrimental factors which might affect the patient's health, such as nutrition and posture. This evaluation determines the precise stages of the individual psychosomatic process. The sequence of the most appropriate therapeutic procedures are then prescribed. These may include the following:

- osteo-muscular realignment
- mental and emotional reprogramming
- bioenergetic re-balancing
- nutritional corrections and anti-pollution strategy
- exercise protocol

### What to expect

The Biomedic Preventative Programme will help to avert the manifestation of disease by improving general health. As a result, you will feel more energetic and optimistic, and tiredness and other stress related dysfunctions will disappear, **making you aware of newly acquired health.** →

# Biomedical Stress Release

*Disease is a lack of ease in everything we do, think and feel. Be a dancer in the rhythm of your life and Health will find you.*  
Dr. Tatyana B. Shakambet

*Stress has become an inevitable part of the twentieth century. Everyone is aware of it, but if asked the cause of stress, many would erroneously describe it as being due to external factors outside our influence.*

## What is Stress

**Stress is our own faulty response to life.** As the circumstances of life become more strenuous, the more easily we get trapped in its vicious circle. The way out is not in straining harder to fight our problems, but in understanding stress as the mismanagement of Self. Finding a new and more **appropriate way of Self-management** means altering a habitual way of responding to changes within ourselves and our environment.

## Psychosomatic Massage-PSM

Psychosomatic Massage is a **complex but gentle** antistress therapy uniquely developed in The Bioenergetic Medical Centre. It combats inner stress, improves general health and offers a wonderful sense of well-being and **complete relaxation.**

## THE BIOMEDIC ANTI-STRESS PROGRAMME

A Biomedic Anti-stress Programme employs our unique integrated therapeutic strategy. It is primarily designed for relaxation and preventative health care.

The programme starts with **Biomedic Bodywork** which utilises elements of Physiotherapy, Osteopathy, Shiatsu, Bioenergetics and various Massage techniques. Biomedic Bodywork is additionally enriched with therapeutic usage of essential oils, colours and music.

The programme is complemented by **Biomedic Stress Counseling**. The counselling is designed to alter the misconception of Self in terms of mental-emotional weakness, postural defects and other habitual faults. Additional advice on nutrition serves to complete the programme. A Biomedic Anti-stress Programme is a gentle and pleasant procedure, yet very precise in achieving immediate relief from tension as well as providing long term preventative health care. ■

# Biomedical Education

*Grant me the courage to change what can be changed, the serenity to accept what cannot be changed and the wisdom to tell the difference.*  
St. Francis of Assisi

*The Bioenergetic Medical Centre provides regular seminars and courses on health care topics for patients and for students of various health disciplines, in addition to seminars and courses for medical and naturopathic practitioners.*

## Seminars for patients and general public

Seminars on health topics, self-awareness and personal growth are intended to expand individual and global health consciousness. An understanding of health consciousness provides the perfect remedy and the ultimate means for long term preventative health care.

All topics are presented by experts in various fields of the art of medicine. Among the topics discussed are the following: **Colour Therapy, Improving Eyesight Without Glasses, Solution for Pollution, Nutrition, Stress Release, Shiatsu at Home** and a multitude of subjects relating to Biomedic health care.

## Course for medical and naturopathic students

The **Biomedic Foundation Course** runs for 12 weekends over an academic year. The curriculum comprises cross-referencing through different scientific paradigms, which enables students to have an holistic understanding of the factors which induce health. Each day the participants are provided with comprehensive handouts and visual aids in addition to tutorial guidance. The lectures start at 10am and finish at 6pm, with an hour lunch break at 1pm. The course co-ordinators are Dr. Tatyana B. Shakambet and Dr. Damir A. Shakambet. →



The course teaches the Anatomy and Physiology of the human body and correlated mental and emotional frameworks, with continual reference to bioenergetic redistribution.

The curriculum which is devised in such an integrative way comprises the following :

- Skeletal system
- Muscular System
- Cardiovascular System
- Lymphatic System
- Respiratory System
- Digestive System
- Urinary System
- Reproductive System
- Endocrine System
- Nervous System
- Sensory System
- Connective System

#### Aims of the course

The aims are to provide a full theoretical understanding of the structural and functional organisation of **body, mind and the quantum energy system**, in order to enable participants to consciously utilise the inner homeostatic mechanisms.

### Course for qualified health practitioners

The **Biomedic Postgraduate Course** represents a theoretical and practical synthesis of Biomedic Health Care. It is a one year postgraduate diploma course for qualified health practitioners. The course is led by Dr. Damir A. Shakambet and Dr.Tatyana B. Shakambet.

The course is held on Saturdays and Sundays. Each day starts at 10am and finishes at 6pm, with lunch break between 1pm and 2pm. Visual aids, comprehensive handouts and tutorial guidance are provided.

The course curriculum includes the following topics:

- Differential diagnosis and Clinical Examination  
*allopathic clinical assessment*
- Touch Therapy 1  
*soft tissue manipulation, Shiatsu, tendo-muscular meridians...*
- Medical Investigations  
*medical tests and naturopathic parameters of health and disease*
- Psychosomatisation and Prevention  
*the reversal of the psychosomatic process and facilitation of spontaneous remission*
- Bioenergy through Oriental Medicine  
*micro acupuncture; face, hand and ear acupuncture*
- Naturopathic Ophthalmology  
*naturopathic treatment of eye diseases; Bates method and Colour Therapy*
- Nutrition and Pollution strategies  
*diet and nutrition in health and disease*
- Touch Therapy 2  
*tissue memory; somato-emotional release; bioenergetics*
- Practical Contemporary Psychotherapy  
*therapeutic rapport, NLP clinical hypnosis*
- Antroposophy and Homoeopathy  
*homoeopathy; Bach flower therapy and curative eurythmy*
- Drug free Pain Relief  
*naturopathic pain relief*
- BIOMEDIC Clinical Treatment  
*consolidation of Biomedic integrative therapy in practice*

#### Aims of the course

Each weekend is organised in such a way as to fully involve participants in the active practice of newly acquired techniques. The emphasis of the course is on practical work. The aim is to enable participants to acquire a higher proficiency in dealing with patients. A further object is to enable integration among various health practitioners into a **networking system of holistic health care**.

For applications and enquiries, please contact The Bioenergetic Medical Centre or see the [www site on http://health.bigfoot.com](http://health.bigfoot.com). ■

# Research

*I want to know God's thoughts, the rest are details.*  
Albert Einstein

*In contrast to contemporary medicine, which focuses on diagnosing and treating a disease, Biomedicine is concerned with inner health resources which combat disease. In order to promote this new system of health care, extensive research is applied.*

## Scientific Research in Biomedicine

Biomedicine is a new promising system of health care that brings healing towards existing scientific methodology.

The major Biomedic scientific interest is the reversal of the pathological psychosomatic process and the facilitation of homeostatic mechanisms (self regulatory systems), to induce **restitutio ad integrum** which means both spontaneous remission of disease and the achievement of optimal health. Our current research programme is focused on the most common pathological conditions: post-traumatic stress disorder; chronic fatigue syndrome (ME), lumbago and headaches.

We are currently involved in meta analysis based on controlled randomised trials. This compares Biomedic therapy with pharmacological treatment. Initial findings show a significant difference in the advantages of Biomedic therapy. ■



The real truth of nowadays medicine is that everyone works within the constraints of the present system and it is the system itself which needs to be changed.

To create health we need a new kind of knowledge based on the deeper concept of life. We believe that Biomedicine is a new promising system of health care that controls costs while preserving innovations, effectiveness, vitality and excitement which has always characterised the art of medicine.

## Address

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## Working Hours

Biomedic Health Service  
is available 7 days a week from  
9 a.m.-9 P.m.

## Appointments & Enquiries

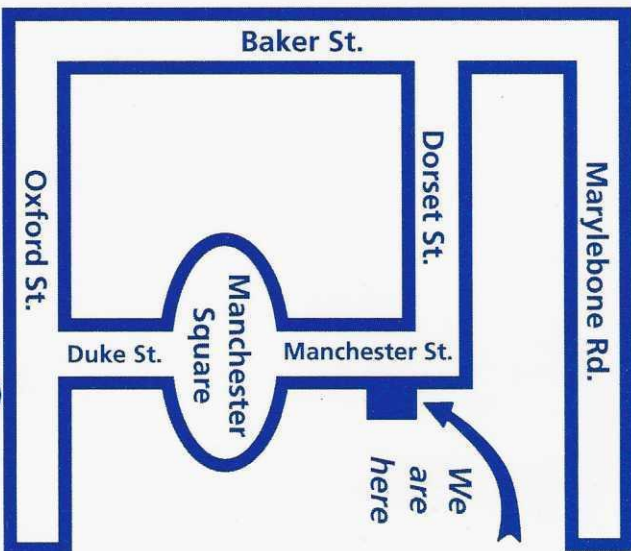
For appointments and general  
Information call us:  
Monday-Friday from  
10am-5pm  
Otherwise answering service  
operates.



Baker St.

Marylebone Rd.

We  
are  
here



The Bioenergetic Medical Centre is located just a few minutes from Oxford Street, conveniently central and in a quiet, traditionally medical, Harley Street area.

### By tube

We are three minutes walk from Baker Street Tube Station and five minutes walk from Bond Street Tube Station

### By bus

Buses arrive at Marylebone Road, Baker Street or Oxford Street

### Parking

NCP garage in Chiltern Street open 24 hrs. Parking in front of the Centre is metered on weekdays.

### Wheelchair

The Centre is easily accessible for a wheelchair.