

DAILY PRACTICES OF A HOLISTIC PHYSICIAN

For over half a century I have embraced the concepts and philosophy of holism. My medical practice and personal activities are grounded in my holistic beliefs and understanding of the importance of the mind in the healing process. A sample of these practices is shared for your consideration and reflection.

By Albert Kunnen, M.D.

Dr. Kunnen (certified in Obstetrics and Gynecology) was Assistant Professor at Wright State School of Medicine. He has extensive training in hypnotherapy, nutrition, cranial manipulation, therapeutic touch, kinesiology and acutherapy. He is a member of the American Holistic Medical Association and the American Medical Association.



Museum of the City of New York

INTRODUCTION

I conducted a telephone interview with Dr. Kunnen to learn more about his holistic philosophy and practices. The lesson from the interview is reflected in his statement, *"I was interested in anything that would help out my patients in the obstetrical field, as far as easing pain and discomfort."* It was this openness, curiosity and concern for his patients that initially connected him to hypnosis:

"I found over the years that the mind is probably the most important in the healing process, whether it be with pain or anything else. And, I've had such good luck with hypnosis, including with my wife and children that has done a lot to establish that there are tremendous possibilities. The fact is that you use only 10 percent of your mind in every day thinking processes, and under hypnosis you get to that other 90 percent. That brings tremendous capabilities." Dr. Kunnen has been involved with hypnosis for over 35 years. It becomes evident, when listening to Dr. Kunnen, that his holistic philosophy has not been restricted to his medical practice.

His is a story of believing in the healing power of the mind and how he incorporates healing principles into his medical practice and personal life. Without the support of the medical community, Dr. Kunnen developed a holistic medical practice, and for the

past 15 years has had the financial luxury to live and practice holistic care.

This narrative covers those thoughts, beliefs and practices Dr. Kunnen identified as important. The lessons, varied and practical, and the daily rituals, are grounded in his knowledge and experience. The healing messages offered are considerations for further exploration. Dr. Kunnen's words and the wisdom they reflect provide a foundation for connecting with healing potentials.

by Nancy Oliver

I am a medical doctor, age 75, with over 50 years experience as a Board Certified Obstetrician Gynecologist and Assistant Professor of Obstetrics and Gynecology at Wright State Medical School. It is from these perspectives that I explain the development and progression of my experiences in holistic medicine.

Twenty years ago, the advent of medical drugs and the rise of the American Medical Association created a political and economic climate that almost completely extinguished Naturopathy, Iridology, and other alternative/complementary sciences and techniques in the United States. Now the philosophy of holism is reemerging. It challenges us to redefine our approach to health and healing, something that any-

one with a conscience and integrity must routinely do. I applaud all of you who are doing it. It is very easy to spot the pioneers in the field. They're the ones with arrows in their backs!

My early interest in holistic medicine was triggered by an active interest in hypnosis. I have 35 years of experience in hypnotherapy and was fortunate to have as teachers such remarkable men as Dave Ellman, Drs. Milton Erickson, Bill Kroger and Fredericka Frytag. This modality led me into psychosomatic medicine and, at a later time, a developing interest in nutrition.

I have retired from active practice of obstetrics and gynecology and now treat a variety of patients, including those with AIDS, cancer, chronic fatigue syndrome and a multitude of other diseases. I also give lectures on magnetism, light, preventive medicine and the use of nutrition in modern medicine.

ACTIVITIES AND THOUGHTS ABOUT MY DAY

After 50 years in medicine, I'm becoming much more spiritually oriented. I feel each day is a gift to be opened with a prayer. So I begin each day by offering up all my prayers, works and sufferings for the intention of our Lord.

At age 75, I'm also becoming more conscious of my mortality. A personal communication by Bigelson (1994) stated that life expectancy in the medical profession in 1992 was 58 years. Bigelson questioned whether the average patient should seek ad-

vice from physicians whose life expectancy is 16 years less than their own, now nationally averaged around 74.

In following my Holistic regimen, I usually arise between 3 a.m. and 5 a.m. Next, I do eye exercises which take about two minutes. My vision at age 75 is excellent. For those interested in this practice, a description of the exercise is provided at the end of this article.

In the bottom of my bathtub is a rubberized nonskid mat whose inverted nipples stimulate the bottom of my feet according to the precepts of reflexology. (Editor's note on Reflexology is included at the end of the narrative). I take my shower using a chlorine filter attached to the shower head to remove chlorine from the water. My own caution has led me to alert my patients to the possibility of chlorine toxicity. The chlorine emanating from the warmth of the shower head means that the water contains 7 parts per million of chlorine. A 10-minute exposure could exceed 600 parts per million, certainly a health risk.



Chlorine can cause pulmonary edema. It would seem likely that regular exposure to chlorine gas even at low levels such as in normal showering, may reduce the oxygen transfer capacity of the lungs. This could be a critical factor, especially for ath-

letes and those prone to heart failure.

Back at my bedside I take my daily supplements. I first take my daily supplements. I first take Iron/Copper Free Multi-Plus, a multi vitamin with all the essential minerals and vitamins. Iron-free products are utilized because it has been found that over 6 percent of patients have too much iron in their system. When an excess is found in the body, intravenous chelation is the process used to correct the condition. This has been found to lower the insulin requirements of the diabetic patient and significantly improve the diabetic condition. Since I have found, within the last four months, that I am diabetic, I take a product called Gluco-Balance. I also take other secondary supplements including one for adrenal malfunction. In disease, the adrenal gland is the last gland to be impaired and the last one to become normal. Our Dayton, Ohio area is in an iodine inefficient part of the United States. Very few people still use table salt containing iron. My experience shows that 85% of the body's energy is provided by the Thyroid Gland. Especially in the Dayton area, it has been found that hypothyroidism is present in a great many patients. A combination of liquid iodine in conjunction with colloidal zinc and copper brings the thyroid back to its normal functions much sooner.

In the opinion of Clark (1993), pasteurization was one of the worst processes to be utilized in the United States. Pasteurization does not kill the parasites in milk. She advocates boiling a quart of milk and then refrigerating it. What's more, she feels that

all cold cereals may contain parasites. In her book, *The Cure For All Cancers*, Clark elaborated on the detrimental role of parasites. I never eat from a salad bar in any restaurant. The chance of contamination with parasites is highest there.

Over my breakfast of hot cereal, I mull over the role of proper nutrition in all phases of life. For proper fluid balance and drinking purposes a quarter of a lemon mixed with four apples quartered in a blender produces a healthful palatable lemonade. In the fall of the year, I drink a lot of apple cider.

I try to keep caffeine to a minimum of one cup a day. I will place one small teaspoon of instant coffee in a cup and add boiling water. When that cup is half empty I fill it with more water. One cup of coffee lowers the beneficial bacterial count in the bowel for 20 minutes. So it's not a bad idea to eliminate coffee entirely. I am a firm advocate of the value of exercise. At least three times a week I take classes in aqua-aerobics. These are exercises which are done in water and recommended by the National Arthritic Society.

My wife is skilled in dietetics and we keep red meat to a minimum by utilizing fish and especially-bought chickens raised out-of-doors.

Ordinarily, chickens raised in mass production sit in their own excreta and have poor exposure to ultraviolet light. Again, this is hazardous to our health.

My day ends around 1:00 a.m. I have a magnet on my headboard. I believe in many of the concepts of the use of magnetism as expressed by Beaker (1985) and Philpott (1991). The alert, wakeful state, is governed by electromagnetic positive relaxation and sleep are governed by electromagnetic negative. Energy is expressed and used during the alert, waking, positive magnetic-governed period. Biological energy is restored during the relaxed sleep phase of the electromagnetic

negative governed period. This concept is called the circadian rhythm of the body. My sleep is further deepened by using an eye shield to ensure complete darkness in my bedroom.

Mindful of the danger of low-grade electromagnetic radiation, there is no clock, television set or moving electric motor in the immediate area of my bed. These appliances have been shown to emit extremely low electromagnetic waves.

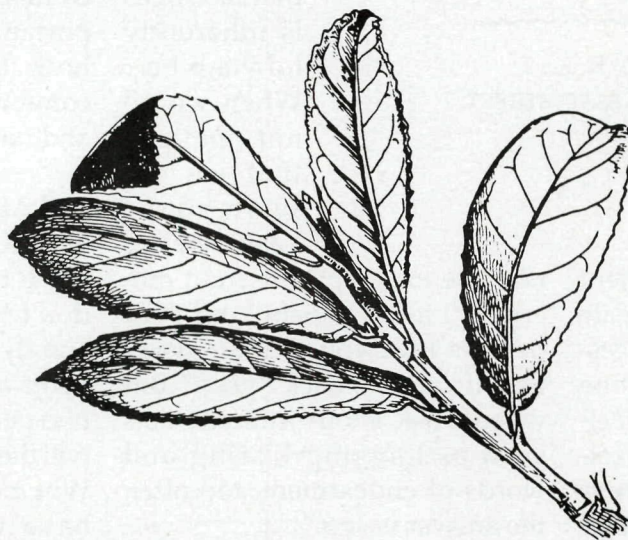
MY HOLISTIC MEDICAL PRACTICE

I have not charged for my services since I began holistic medicine 15 years ago. I do charge for nutritional supplements or other modalities that I recommend and supply to the patient. A patient's examination is a process that usually takes 90 minutes. I make an audio tape for the patient and one for myself as the exam progresses. Using Contact Reflexology I can examine a patient in approximately eight minutes and tell much more than with traditional methods. I learned Contact Reflexology through numerous workshops with Dr. Versendahl. It is a rapid method of determining pathology by evaluation, by kinesiology, of the 30 acupressure points in the body. As I examine a patient, I explain what I find and what the patient can do to

LAUREL

' Cut is the branch that might have grown full straight,
And burned is Apollo's laurel bough,
That sometimes grew within this learned man '.

Doctor Faustus
Christopher Marlowe



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remedy the situation.

When I examine a patient I look for side effects that indicate diverse childhood experiences. Most people have a hard time handling their own negative feelings. They may take these feelings out on themselves or others around them. The tragic result can be the inability to accept touch or contact and comfort in their

not able to accept care from others. If I ask a patient "did your parents love you?", the answer usually comes back "yes." But when I ask about intimate acts such as hugging kissing and words of endearment, too often the answer is "no."

Some childhood histories may even include acts of child

lives. The end result can be domestic violence of all kinds from the common household argument to the kind of violence cited in the O.J. Simpson case. I try to help my clients understand the life-changing concept that inner pain is not evidence of defectives or inadequacies but a signal that they are in need of comforting.

Regardless of the faults we see in ourselves, doesn't it make sense that each of us is inherently l o v a b l e ? When we do not believe that we deserve to be loved, we are

abuse from parents or relatives. Any man or woman who has been so adversely affected in his/her early development must learn to forgive the perpetrators and let go of the memories. I try to help each patient do this. I often say a simple prayer when embracing the patient. "Dear Lord, remove any artificial obstacles this patient may have created in any association with his or her parents or any man or woman in early life."

Self-acceptance does not flow from one's good looks or hard earned success, no matter how spectacular the respect and adulation from others. To understand how fame and fortune do not bring acceptance, remember Howard Hughes, Marilyn Monroe and Elvis Presley. Self acceptance flows in good measure from an internal capacity.

Our society devalues the compassionate ability to accept and give comfort for the inevitable pain and stress that enters each of our lives. In a time when there is widespread concern about the prevention of spouse and child abuse, there is no more important challenge than learning how to create, accept and give comfort for the sake of loved ones and oneself.

In my treatment of cancer and AIDS I find that motivation by the patient and the desire to live is tremendously important. I don't hesitate to speak of death and dying to the patient. My patients are told that there are only two people who know when you will die. That is yourself and God. When patients feel needed or have unfinished business, it seems that their chances of surviving are greatly enhanced. The

physician who states to the patient that he or she will die in a specific time is completely wrong. The attitude of the physician should always be one of hope and having faith in the therapy being used.

## THOUGHTS ON HOLISTIC PRACTICE

On my desk I have a John Ott light. Ott (1982) is renowned throughout the country for his innovative use of light and color in healing. I concur with his theories about the healing effects of natural, full-spectrum light. One-half hour of full spectrum light is equivalent to two hours of sunshine. In accordance with the opinions of Ott (who suggested use of broad spectrum fluorescent lights in place of standard fluorescent lights), I have replaced all the lighting in my home and office with the John Ott type of light. He further favors the removal of such fluorescent light, smoke detectors and ultrasound from the delivery room because of their low-grade negative energy production.

I have recently read that ordinary DPY vaccination will shrink the thymus gland by 90 percent within three weeks. Vaccinations of any kind, I now think, are not in the best interest of the patient. There is growing concern about the use of vaccinations in countries outside the United States, such as Australia and Japan. I do not take, nor do I recommend, flu vaccinations.

As a former Ob-gyn specialist, I am particularly interested in the problem of postmenopausal osteoporosis. It is well established that using estrogen by

itself or in combination with Progestin, can be carcinogenic to the breast. I feel that estrogen does nothing to replace bone, although it does delay the breakdown of bone. However, "pro-gest" cream, a natural progesterone made from yams, could enable a patient to replace bone loss at the rate of 5 percent a year; without the dangers involved to the breast. I feel that "pro-gest" cream also retains the estrogen effect on the heart from natural estrogen-producing foods. These conclusions will be more extensively evaluated in the future

## SILVER

Just for a handful of silver he left us,  
Just for a riband to stick in his coat.  
*The Lost Leader*  
Robert Browning



It has been found that silver, in its colloidal form, is effective against over 300 organisms that cause bacterial infections. It has also a favorable effect on viruses and yeast. For this reason, I've prescribed few antibiotics in the last five years.

I feel that everyone has cancer cells in the body or cells that have the potential to produce cancer. To improve the immune system, I recommend proper exercise such as trampoline rebounding. I encourage patients to utilize the mind and brain with yoga and removal of foreign chemicals from the body.

I have often utilized "Therapeutic Touch" as originated and taught by Dolores Krieger (1979). The technique appears to restore the "aural" or electromagnetic field that encompasses the body. It has been my life long practice to continue to listen and learn. Most recently I had occasion to hear Dr. Deepak Chopra speaking on "The Seven Spiritual Laws for Success" (Chopra, 1994). I consider this to be essential reading for anyone in the healing professions. In the past I had the opportunity to learn a healing prayer used by the famous healer Olga Worrall and originated by her husband Amos Worrall. I use this when I pray for my patients at the end of my day.

*Dear Father(sic) the light of thy spirit is upon us. It rounds us, casts no shadows. In its perfect light only that which is pure and good can come into consciousness for we are one with thee.*

*We are thankful for the privilege of being reflectors of light, for we know that along these reflected beams thy healing power flows; and those who are touched will receive and be blessed and for those of thy children who are made whole at this time we give our thanks.*

Amen □

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### Editor's Note: A brief description of Reflexology

This therapy first developed by Dr. William Fitzgerald in the early 1900s was initially called Zone Therapy. It was been refined through the assistance of Dr. Edwin Bowers and evolved into Reflexology. The therapy's base was the relationship between ten equal, longitudinal zones that run the entire length of the body from the top of the head to the tips of the toes and the 72,000 nerves in the body that terminate in the feet. If there is a problem or disease in the body, it is often manifested as deposits of calcium and acids on the corresponding part of the foot. Congestion of tension that runs along the longitudinal and lateral zones is released by manipulating the feet at the corresponding endpoint.(Kunz & Kunz, 1980)

Kunz, K., & Kunz, B. (1980). *The complete guide to foot reflexology*. Engelwood Cliffs, NJ: Prentice Hall.

### EYE EXERCISE

These consist of taking the tip of my finger at eye level and letting my eyes follow my finger 12 times to the left, 12 times to the right, 12 times directly above at 12 o'clock, 12 times below at 8 o'clock. Then I create an imaginary X and follow my finger 12 times up to 11 o'clock, 12 times down to 4 o'clock, following the other part of the X 12 times up to 2 o'clock and 12 times down to 7 o'clock. The eye exercise concludes with following my finger in a straight line in and out from my nose.

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