

Wellness

Part 1: Bio-communication; The “Living Matrix”

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Much is being said these days about “wellness” and I count it a privilege to be allowed to put my two-cents worth in on that subject. Wellness has two aspects; prevention and/or early intervention. I will leave the general prevention aspect to others and focus on the more traditional chiropractic concept of early intervention through the bodies innate bio-regulation system. I intend to challenge much of the contemporary thinking about early intervention and the whole issue of bio-communication.

Much of what I will have to say is more fully developed in the 2003 book, “*Energy Medicine Therapeutics and Human Performance*” by James Oschman, PhD. Oschman’s book is dedicated, in part, to Jeff Spencer, D.C., who is, among many other things, the personal chiropractor to some of the World’s premier athletes, including Lance Armstrong and Tiger Woods. Simply put, Oschman’s book is one of the most exciting, informative and easy to read books I have ever read and is a “must-read” for every chiropractic educator, student and practitioner.

I have previously written quite a bit about what I referred to as the regulatory matrix and/or the extracellular compartment. Oschman refers to this same system as “**The Living Matrix**” and considers it a “system of systems” that has been largely overlooked by orthodox medicine, and others. I think Oschman’s terminology is a significant improvement over mine and will use it hereafter. But, what is it?

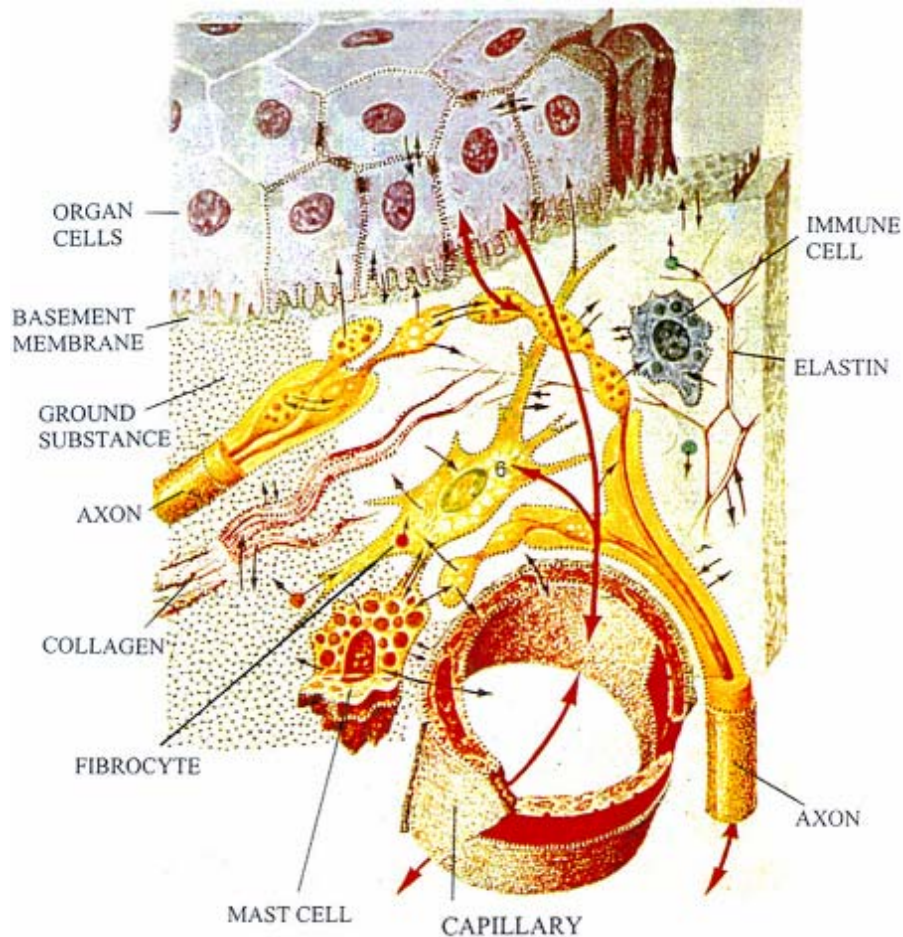
“The Living Matrix”

As I have mentioned in prior articles, one of my favorite chiropractic authors is Ronald Watkins, D.C., who was one of the founders of Life Chiropractic College and a former director of the clinics at both Canadian Memorial and Cleveland Chiropractic College. Last year he sent me one of his articles published in the April, 1975 issue of Chiropractic Economics [17(5), pp. 18-21]. In that article he challenged the assumption that the “all-or-none” (nothing) concept of the “action potential” adequately captures the qualitative aspects of regulatory (neural and/or neurovascular) activity discussed early on by DD. In closing he stated:

“Yes, there are different viewpoints (about neural activity). Like the blind men describing the elephant as ‘a rope’, a tree trunk’, and ‘a wall’, each was partly right. Let us wake up, upon our eyes and see the grandeur of the nervous system and the magnificence of the body in its entirety. Then we can all grow and realize that all-or-none’ is just the beginning. It is not a stumbling block but rather it is the first step in a long stairs of better understanding ourselves.”

In the spirit of Dr. Watkins, the chiropractic community should “open their eyes” and ascend the “stairs” made available due to newly emerging information about the body’s innate bio-communication system, the **living matrix**.

The **living matrix** is important at the macroscopic (anatomic) level, the cellular level, the molecular (protein) level and at the submolecular (electronic or energetic) level. The book from which the following picture is derived (Fn. 1) focuses primarily on the macroscopic, cellular and molecular aspects of the system whereas Oschman focuses more on the molecular and submolecular aspects. We will address several points about the macroscopic level in this article (pictured below).



A Portion of the Living Matrix¹

This picture is worth careful study. At least three points jump out. First, the axons are communicating with all other components of the system, including the free nerve-endings of other axons within the matrix. Second, it will be noted that all the other components of the system are also communicating with, and therefore affecting, each and every axon. Third, the “ground substance” is a major component of the system. Of course, this is primarily water.

Actually, the system is much more complex than as shown in the picture; with many additional structural and functional components. This is not the time or place to focus on those elements but two additional macroscopic points will be made.

First, the **living matrix** is a **single** compartment from the top of the head to the tip of the toes and it reaches into every nook and cranny of the body and extends into every cell; and even the nucleus and genetic material of every cell. The matrix extends and generally runs parallel to just below the outer surface of the body. In addition, the matrix actually projects to the outer surface of the skin at many locations around the body (Heine cylinders). These point locations are windows into the **living matrix** accessible for specific assessment and treatment purposes as will be addressed in future articles.

Second, the extracellular, connective tissue component of the **living matrix** has piezoelectrical properties so that every movement, tension, pressure, etc. within the connective tissue generates a variety of

bio-communication signals. Interference with normal movement and abnormal pressure (blockage), etc., produce abnormal “tone” and aberrant messages within the system as a whole, including to within the cell and to the nuclear level. The biological inter-connections that allow for such extended effects will be further detailed in subsequent articles.

Macroscopic Assessment -Treatment

Let’s focus on the primary chiropractic principle that disease, in many instances, starts with interference with the body’s innate capacity to regulate itself as Claude Bernard (*milieu interieur*), D.D. and Fred Barge, for example, insisted. Now let us briefly look at one general assessment modality and one treatment modality relative to the regulatory aspects of the **living matrix**.

The pH within the ground substance is critical to the functional capacity of the whole system. Jeff Greenberg, D.C. has developed diagnostic equipment to determine the pH within the **living matrix**. Appropriately, he calls the process “biological terrain analysis” (**BTA**). It is not my purpose here to promote anybody’s products. The point is to show that assessment and treatment opportunities exist for analyzing the **living matrix** for the purpose of early intervention into the disease process **before** cellular pathology has manifested itself. This is one means to do that. Of course, diet is central to the pH of the system and the biological terrain analysis process allows one to reach a new level in nutritional care.

As previously indicated, toxins, scars, etc. within the connective tissue component of the **living matrix** disturb the piezoelectrical signals within the system. Traditional “cupping” from Chinese medicine appears to address these problems. However, an alternative method for removing such interference (**disintegration** of the **living matrix**) has been developed in Germany. It is called “matrix regeneration therapy” and functions somewhat like “cupping” but is machine driven, specific and can be performed over major sections of the body during a relatively short period of time. Again, the focus is on early intervention.

To repeat, the focus of these articles is on **early intervention**. It is worth pointing out that biological terrain analysis and matrix regeneration therapy are, among other things, utilized at the World’s largest natural health and wellness clinic; the Paracelsus Clinic in Switzerland.

In future articles I will focus on the molecular and submolecular (electronic/energetic) aspects of the **living matrix** and some of their implications for a wellness/early intervention practice.

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¹ This picture shows an early depiction of the matrix and is adapted from Heine, H., Ed., *Matrix and Matrix Regulation: Basis for a Holistic Theory in Medicine*, Eng. Ed., Haug Intl., 1991, p. 21.