

Dr. Louisa L. Williams: “Removing the 5 Obstacles to Cure”  
Wise Traditions Conference, Montgomery, AL November, 2016

### **Weston A. Price Conference 2016**

Dr. Louisa Williams  
November 13, 2016

### **Removing the 5 “Obstacles to Cure”**

**Summary:** In this modern toxic world we live in, there are many obstacles to getting well. Today we will focus on five—some familiar and some not—that are essential in restoring normal function and healthy regulation in the body. These are:

Toxic Metals  
Toxic Chemicals  
Toxic Foods  
Toxic Microbes  
Toxic Miasms

1. Dr. Samuel Hahnemann (1755-1843), the founder of homeopathy, coined the term “Obstacles to Cure.” He railed against many “obstacles” of his day including the toxic allopathic (conventional MD’s) medications such as mercury ointments, sulphuric acid, arsenic, and opium.
2. Sadly today, we have more toxic drugs, metals, chemicals, foods, than ever before. However, by concentrating on what we can control—what goes into our bodies and our home environment—we can achieve more optimal health and functioning.
3. **First: Remove Toxic Metals.** This includes mercury amalgam fillings (which I lectured on this morning), PFM’s, or “Porcelain Fused to Metal,” with a stainless steel/nickel substructure, and in many cases gold crowns (MELISA test). These fillings and crowns continuously leach their toxic metals into the oral cavity and body.
4. Mercury is a neurotoxin that has been linked to Parkinson’s, MS, ALS, and Alzheimer’s. (“How mercury causes brain neuron degeneration,” Lorscheider, F., University of Calgary)
5. It’s important to remove these neuroinflammatory fillings and crowns only when the patient is healthy enough to effectively excrete toxic metals.
6. Reasonably inert filling and crown materials are listed on my site: “Clean Dental Materials” at [www.radicalmedicine.com](http://www.radicalmedicine.com) and [www.austinnaturopathicmedicine.com](http://www.austinnaturopathicmedicine.com).
7. Choose an experienced biological dentist (quarters the amalgam filling, uses a rubber dam, uses high speed suction, oxygen nosepiece, water syringe, water filters, mercury vapor collectors, etc.). If you have been ill, work closely with a knowledgeable doctor or practitioner as well.
8. Strong detoxification measures the day of, and the 4 days after, dental drilling have been proven for more than a decade to result in the most effective and beneficial outcomes for patients. For more information download *The 5 Dental Detox Days* at [www.radicalmedicine.com](http://www.radicalmedicine.com).

9. **Second: Remove Toxic Chemicals.** 20<sup>th</sup> Century: "The (Toxic) Chemical Age"
  - 1940 to 2000 – 87,000 new chemicals were synthesized in the US alone.
  - New chemicals are invented at a rate of 2000 per year PANNA 2004
  - 1950 - less than 10% of cornfields sprayed with pesticides
  - 1993 - 99% of cornfields chemically treated with pesticides

*Living Downstream* Sandra Steingraber, 1997

  - In 1929, Swann Chemical Company (later became part of Monsanto) first manufactured polychlorinated biphenyls (PCBs). Although banned in 1976, they are still found all over the globe, even in the remote and once pristine Arctic. PCB's are neurotoxic and carcinogenic.

*Our Stolen Future*, Theo Colborn
10. We *can* control what we put in our bodies and in our home environments.
11. Buy non-toxic soaps and cleaners, and chlorine-free and dioxin-free paper products.
12. Buy non-toxic shampoos, soaps, cosmetics – it's cheaper in the long run!
13. During withdrawal from these chemicals hit fire with fire! Take higher doses of vitamins, minerals, and antioxidants. Eat extra portions of fat in your WAPF diet—Fermented Cod and Skate Liver Oil, Cultured Ghee, grass-fed butter, broths—to regenerate damaged nerves.
14. **Third: Remove Toxic Foods.** Replace with a nutrient-dense WAPF diet: High fat, moderate protein, and properly prepared carbohydrates.
15. High fat: Grass-fed butter, ghee, coconut oil, palm oil, extra virgin olive oil, Fermented Cod or Skate Liver Oil, sardines, anchovies, herring, roe (caviar), Alaskan salmon. Do not eat toxic trans fats and excessive amounts or rancid vegetable oils.
16. Moderate protein: Grass-fed meats and organ meats, bone broths, meat stocks, Alaskan salmon and roe, fish from fresh rivers, sardines, anchovies, herring, free-range soy-free eggs. Do not eat dry meat (skinless, boneless chicken breasts, lean beef, etc.), farmed-raised fish, meat from factory farms, and protein powders. Animal foods contain easily assimilable vitamins A, D and B12, cholesterol, and essential fatty acids: EPA, DHA, and AA.
17. Properly prepared carbohydrates: Soak grains, nuts, and seeds in lukewarm water with ACV, lemon juice, salt, or some yogurt juice. Then pour off the phytotoxins accumulated in the soaking water, and crisp in a warm oven or dehydrator, or grind/cook. Often gluten-containing grains such as einkorn, spelt, and kamut are rendered gluten-safe and very digestible when properly prepared. Eat organic vegetables and fruit, salads in moderation, and cooked kale, spinach, mustard greens, etc., in moderation (high in oxalic acid). Don't eat refined grains, "enriched" grains, and refined sugar (substitute pure maple syrup, raw honey, coconut sugar, raw cane sugars).
18. Avoid your primary food allergy: Wheat/gluten or Dairy/casein.
19. Celiac disease is rare; Non-Celiac Gluten Sensitivity (NCGS) seems to be epidemic. Or is it just over-hybridization and grains grown in depleted and toxic soils? Test out properly prepared einkorn grain if you are not sure if you are gluten-sensitive.

20. Dairy allergy – Memory B cells remember every antigen, including viruses and casein. For tonsil focus patients especially, even A2 beta casein from unpasteurized, raw milk is too allergenic.
21. Practice V & R! Variety and Rotation. Don't eat the same allergic food every day. We used to have a wide variety of foods available to us. However, after factory farming took over in the mid-twentieth century, we began to ingest the same old broccoli, the same old wheat, the same old apple, over and over.
22. **Remove Toxic Microbes:** First, treat gut dysbiosis (bowel toxicity) by adopting an organic, nutrient-dense WAPF diet, and avoiding your major food allergy(-ies) until you are well enough to V & R them.
23. Second, treat focal infections. Most of us harbor insidiously silent toxic focal infections in our bodies. The most common are scar interference fields, and dental, tonsil, and sinus focal infections.
24. Definition: A *dominant focus* is a relatively silent and locally symptomatic area of chronic irritation, inflammation, and/or infection, which typically causes intermittent pain and dysfunction in distal and seemingly unrelated areas in the body (*disturbed fields*).
25. Scar interference fields can be treated at home. It's important to treat scars linked with emotional trauma are common; this is called a psychogalvanic reflex. Go to [www.austinnaturopathicmedicine.com](http://www.austinnaturopathicmedicine.com) and click on to Scar Interference Field protocol.
26. Weston A. Price researched dental focal infections along with a team of 60 leading scientists including Dr. Charles Mayo of Rochester, MN. He wrote *Dental Focal Infections: Oral and Systemic (Volume 1)* and *Dental Infections and Degenerative Diseases (Volume 2)*. Price noted that "modern medicine is mistaking effect for cause" when conventional doctors treat the symptoms (e.g., hip pain), instead of the true cause (an ipsilateral dental focal infection).
27. Diagnosis of a dental focus includes x-ray or CT, a thorough history and exam, and energetic testing.
28. Dr. Price said that root canal teeth should be extracted in ill patients with compromised health, but be possibly retained in healthier patients. It's therefore important to assess each patient individually.
29. A galvanic focus is easy to treat; just remove the toxic metals.
30. For more information on cavitation surgery, download *The 5 Post-Cavitation Surgery Days* at [www.radicalmedicine.com](http://www.radicalmedicine.com). Dr. Hal Huggins would not accept a vegan or vegetarian patient for surgery. Our bodies need adequate saturated fat and assimilable protein found in the WAPF diet to heal, repair, and regenerate tissue during and after dental surgery.
31. The Tonsil Focus: If you had chronic sore throats/strep throat as a child, especially with excessive antibiotics, you probably have a tonsil focus now as an adult. The difference is is that you no longer have sore throats (or rarely, or mild), but you experience symptoms in the strep-related disturbed fields: joints (RA), heart (rheumatic fever), kidneys (glomerulonephritis), stomach/gut (ulcers, dysbiosis), and brain (chorea, OCD).

Dr. Louisa L. Williams: “Removing the 5 Obstacles to Cure”  
Wise Traditions Conference, Montgomery, AL November, 2016

32. The ipsilateral Rule: Foci typically cause disturbed fields (symptoms) on the same side of the body. For more information of scar interference fields and focal infections order *Radical Medicine* (chapters 8-13)
33. **Remove Miasms (Genetic Weaknesses):** This is best accomplished through constitutional homeopathy originated by Dr. Samuel Hahnemann in 1789. Dr. Edward Jenner is credited with originating vaccinations 7 years later, in 1796. (Part Five of *Radical Medicine*, entitled *The Most Profound Holistic Treatment and its Ugly Allopathic Twin.*)
34. Homeopathy is based on the Law of Simillimum or “Like Cures Like.” For example, the profuse watery eye and nasal discharges characteristic of hay fever symptoms can be treated with *Allium cepa*, a remedy made from red onions.
35. Acute homeopathy has been very successful over the last few centuries. For example, *Arnica Montana 30C*, available at every health food store, is excellent for treating sprains and strains, bruising, head injuries, and post-surgery. Acute homeopathy has been proven effective even for serious acute illness, such as the 1849 cholera epidemic in Cincinatti, where only 3% of the homeopathic patients died, compared to 70% treated with conventional medicine. (*Alternative Medicine, 2<sup>nd</sup> Ed.*, Trivieri, L & Anderson, J.)
36. However, constitutional homeopathy—1 remedy for life to clear one’s miasms (inherited tendencies toward disease and dysfunction)—has been much more difficult to diagnose.
37. Thankfully, the new Sensation Method from India, by Dr. Rajan Sankaran and Dr. Divya Chhabra, developed in the early 21<sup>st</sup> century, is superlative at determining the correct constitutional remedy.
38. Constitutional homeopathy according to Dr. Divya Chhabra can cure both physical and mental complaints. (2 case examples)
39. You can learn constitutional homeopathy at the New York School of Homeopathy, and also attending Dr. Sankaran and Dr. Chhabra’s seminars.
40. Email contact: [info@radicalmedicine.com](mailto:info@radicalmedicine.com)