

'BE ILL BUT (AND) BE QUIET... THAT'S A "CATASTROPHE" '...

There are many disaster films, which pose problems about their meanings as well as their aims.

These are not always obvious or comprehensible.

They are very often the latent expression of a form of influence if not 'power' masked under the most 'modern' useful or preventive care :

Hormone treatment or corticoids warmly 'recommended' to compensate for the risk of...: no distinctions are drawn according to the cases and subjects...

A few years ago, quick and numerous dental extractions so as to or to prevent... Inconveniences came later... Many young people lost very healthy and non-problematic wisdom teeth to prevent their incisors from coming through askew which, 'Luèse'¹ *oblige*, was not necessarily prevented and, in many cases, led to the loss of supports which might have been useful later... But expensive dental implants will make up for them, as they often substitute for regular care and sometimes, alas, for the privileging of natural teeth as much as possible... !

Mass vaccination sometimes too hastily pronounced indispensable to avert the risk of... with the known inconveniences... They appear later and, although they cancel the often terrifying and ill-advised order given to people or certain parents, they lessen their trust.

And yet the 'precautionary principle' linked to the findings of the most qualified researchers and the alarm bells set ringing by certain clinical practitioners attentive to what they see every day put forward 'individual sensitivity'.

How many therapeutic unforeseen turns of events engendering justified suspicion might be - and might have been - averted ! They mortgage the future.

The aim of this text is not, of course, to criticise prevention : it engenders benefits.

It is to advise one, before deciding on a course of action, not to base one's judgment only on the statistics to assess the potential risks, otherwise the 'disaster films' very often linked only to what they indicate might lead to 'too many' or 'not enough' precautions.

'Too many'... : this was the case when preventive measures were generalised without the risk of the problem arising being sufficiently assessed in another context...

'Not enough' when some therapeutic unforeseen turns of events were insufficiently taken into account or explored... not to mention the moments of 'panic' or 'reassuring sentences' linked to the statements or discoveries of a certain researcher or prominent person.

Situations and reactions are different.

What is applicable for certain is not necessarily so for all...

The risks are not always superimposable and predictable.

¹ 'Miasmatic' impregnation responsible for pathologies of distortion and destruction occurring at both physical and psychic levels.

They may even be sometimes greater than the benefits² and contribute to those 'disaster films', whose putting in place comes as much from the evolution of medicine as that of society as a whole.

Illness is supposed to be prevented and overcome and the spectre of death, as far as possible...

The point is not 'to accompany' life but to fight against anything even remotely reminiscent of its end... All means from applied science and progress will do... They eventually make one forget about the most important thing... : the subject...

Homoeopathy, while using the most modern contributions, is closest to what they are and what they express... 'The illness' is still there but only the balance to be kept takes precedence, amid constraints and the surrounding aggression.

To fight against the illness is not as important as to accompany life in the best possible way... *Death* too is part of life...

The paradox of the growing concern which pervades the health world :

While subjects are watched over more and more and have more and more access to the prevention of many risks, they are more and more worried and treated more and more roughly at a psychological level...

The different ways of making it possible for a future without any risks to exist do not ward off the threats, which are as worrying as dreadful :

Fear is there and it eventually enslaves the individual who has had access to prevention and has been 'watched over' in the name of a world supposedly 'freed' as much as possible from illness... Anxiety increases with constraints which are as alienating as engendering information centred as much on the risks averted as on those to be monitored...

This is the end of casualness and 'carefree' life... Risk of... Monitoring of... The numerous and various types of excess that occur, notably in the youngest age groups, pose problems...

A very 'luétique' and sometimes 'tuberculitique' response to a constraining world... :

Opposition is only equalled by the desire to escape and break... Underlying anxiety is there...

As regards health, one may ask oneself if it might not, through lack of carefulness, engender disorders against which monitoring and preventive measures may become little effective, if not 'dismissed' and 'disarmed'. In fact :

Disaster films which are as numerous as various appear according to fashions :

Spasmophilia, agitation syndrome, suddenly increasing osteoporosis³, potentially dangerous hepatitis, high cholesterol level to fight at all costs, even if the treatments are difficult to bear... They are legion.

² This is how a teaching hospital doctor, an unconditional supporter of vaccination against hepatitis B, said quietly in front of me that 5 million subjects affected by ALS or neurological pathologies meant nothing compared with the risk of possible liver cancers... But what had apparently not been taken into account was that France does not necessarily have the same pathogenetic risks as Africa and that what is valid in a country is not necessarily so in another. (Author's note)

³ A few years ago, certain most conventional and reliable hospital staffs drew attention, with supporting figures - *and that posed problems to them* - to the compulsory non-parallel between the subjects at risk spotted in osteodensitometry and those who actually sustained fractures. They also pointed out the difference in results

There are drawbacks to them

If the validity and usefulness of these measures cannot be questioned in many respects, their automatic application and the way of using them can sometimes be criticised.

Certain scandals involving molecules which had been widely prescribed and, above all else, unjustifiably recommended, are there to prove it.

Sometimes too quick, widespread, made at too fast a pace or in too high doses without really taking into account the subject's inherent factors⁴, that putting in place engenders inconveniences labelled as 'therapeutic unforeseen turns of events'.

The latter are acceptable until... the increase in the number of problems or their seriousness leads to inevitable questioning⁵...

Directly linked⁶ to the impact of knowledge somewhat 'technicised' and raised to the status of law, those orders are actually legion.

According to times and countries, they engender messages which are sometimes most contradictory and can therefore only pose problems.

They very often put the doctor ill at ease : the latter is somewhat 'torn'.

They want to give the right answer to the patient's complaining or grievances by making the decisions, according to the rule of the *kairos*⁷, which their intuition and medical skills dictate to them but what is imposed on or recommended to them by the 'officials' of the clinic or research⁸ as the most modern and appropriate course of action poses problems for them.

Alarming predictions have an impact :

Put periodically, in good faith and with the most scrupulous rigour, at the disposal of a certain conception of the illness, the human being and the treatment to follow, they play a role in the 'disaster films'.

If they are imposed as a form of terrifying 'diktat', they can only strengthen it.

It seems important, especially if it is a question of public health, to be aware of this...

To turn to the statistics and their probabilities cannot excuse one from looking into what comes from the observation done in the real and on the spot.

Better apprehension and mastering of the problem may follow for later prevention more in phase with true needs...

for the same subject according to the devices used at that time. Those of the subjects who had fractures were not necessarily the ones with the worst densitometry. They wanted to attract attention to this aspect to avoid *too quick a generalisation* of the link that was being established between fractures and bone density abnormalities detected by the device : they would have found this to be contrary to an objective approach. Unfortunately, the accurate reference of the article mentioned in a conventional medical journal could not be found. In this respect it is not surprising that they made these remarks since, in another field, the patients with EEG abnormalities do not always have epileptic fits and vice versa, those with positive signs of allergies in their blood results do not necessarily have fits... Moreover, has not hormone replacement therapy, which is automatic at the time of the menopause or during the premenopausal period, been recently sharply criticised for the benefit of the use of *low doses, in an individualised way* and for only 5 years ?

⁴ While, paradoxically, they are most of the time pointed out by the experimenters themselves.

⁵ Fatal cases or major and recurring inconveniences, if they are considered attributable to the molecule, very often engender its suppression. And yet, certain other types of patients could also benefit from it.

⁶ And this is not very different in spirit from what was already occurring at the time of Hahnemann.

⁷ The propitious moment and act.

⁸ Or, as seen very recently, the health insurance system !

Alarmist predictions about seriously running risks if the preventive therapy for a certain disorder is not taken are conceivable but they are so only according to a view centred only on the statistics.

If their value and place are on no account debatable, it is important to stress that, as regards what 'individuality' may bring, they can only be criticisable if not sometimes questionable.

The expression of a pattern of thought or way of thinking, very often underlain in a sometimes subtle and understandable manner by economic contingencies of different types... they are, it must also be stressed, assessed as regards the future and are so only from this standpoint...

Given their cost, they would very often deserve to be supported as much as possible and strengthened in their suggestions by all available means so as to avoid proving 'useless' or inappropriate.

Unfortunately, put into practice unwisely and sometimes out of a sense of obligation, these alarmist 'orders' very often impose their precepts.

The individual, their reality and needs as they express them and as the doctor feels them⁹, are not taken into account. Moreover, their right to know and, if in doubt, to be really able to give their opinion or consent¹⁰ is often ignored.

If fortunately these orders are sometimes countered by certain patients' distrust, who care about what they are administered, that may engender loss of trust in the doctor, for whom it will be very difficult to treat them.

The latter will no longer follow any instructions they are given and will sometimes stop all medicines, self-medicating or trying to find a solution through the most unconventional ways and regardless of the most elementary precautions.

Faced with this multitude of 'disaster films', is not the patient encouraged to feel ill ?

Besides this encouragement to follow imperatively what is suggested to or even imposed on them, do they not run the risk of really becoming so in the face of this order to take *without fail* a certain product to avert a certain problem to come at all costs ?...

Not to mention that that may cause them more trouble a few years later when the product in question is suddenly rejected with as much alarmism as concern !

One only has to see the effect on the minds of Arsenicum Album or Thuja subjects, findings calling into question hormone replacement therapy in breast cancers¹¹.

⁹ One hears every day of the ravages of truths thrown too bluntly at patients, in accordance with the latest directives about cancer. Certain patients, although they are not fooled about their state of health or diagnosis, do not bear the sound of the word itself. Others find the disclosure is almost worse than the illness itself and the latitude which the doctor, the sole judge of the manner, time and words to say, used to be given included the respect for the subject's ability to face it, if not the respect for what they were.

¹⁰ In a round-table discussion in a most official setting and where the rightfulness of mass vaccination against hepatitis B was being debated, one of the major criticisms of one of the associations present was, *above all*, about - and that was striking - *the compulsory nature of the medical treatment without the patient being allowed to say anything*. The precautionary principle was put forward. The problem of causing children to take a risk without having enough convincing elements so that the decision in respect of vaccination or not might be taken with full knowledge of the facts - in the interests of all as well as in that of the subject in question - was also stressed. It was obvious that vaccination was *not refused on principle but under these circumstances*.

Might not these too alarmist campaigns induce the already visible marks of the wrongly labelled profound illness which has been appearing for a few years... ?

The latter comes from not actually taking into account the true needs of the individual :

To enlighten without forcing or trying to have any sort of power over them and to take into account individual reluctance are essential.

To study its true meaning attentively and not to dismiss in a simplifying if not stubborn manner the importance of these worries and that of what has been observed during the daily exercise of one's profession are too.

The individual cannot but be led to grow and become more responsible.

Together with the fact of forbidding the subject to ask themselves questions and express themselves, does not the non-awareness of reality and its necessities eventually make the remedy worse than the disease ? : 'Science without conscience is but the ruin of the Soul'.

To which Hahnemann could say his wonderfully topical phrase : 'When prejudices have taken root in our minds, we need to be very brave to throw off their yoke ourselves but the peace which an easy conscience brings us makes up thousands of times for the effort it has to cost us.'

No doctor can permit themselves to forget that yesterday's sick person is today's master and tomorrow's teacher.

If the latter instructs them through their illness, words and the way they force them to look at their disorder, they also make them ask themselves questions by leading all 'therapists', whatever technique they use, to listen to the symptoms expressed in their reality and truth.

The one to whom it falls to be the treating person has sometimes been, without being really aware of it, moulded by the knowledge they were transmitted. Therefore become, so to speak, 'a slave' to established models, they sometimes even forget to hear, observe, look and question what they know.

Is it possible to be sometimes so imbued with and, above all, conditioned by what one has learnt as to lose any sense of discrimination and discernment ?

Fashions change. What is announced as a truth today may be rejected, ridiculed and sometimes derided discreetly by tomorrow's scientists or doctors.

This is the price of progress.

Common sense, a taste for observation, permanent and enlightened criticism of past and present teachings and a close examination of them in the light of experience, respecting natural law and what the patient says, should be a rule.

The critical and enlightened study of the treatments announced as the promising ones is essential. The way those of the past are grasped, revisited and used is too. Like them, homoeopathy in its various present forms should be analysed and questioned more.

Only the doctor's permanent attention to what the patient says and to the abnormal or repetitive elements that they show will permit to avoid the disorganising madness which

¹¹ Certain patients abandoned the prescribed treatment themselves and, without any monitoring, turned to 'herbal' remedies, which were harmless in their eyes. This does not seem to be safe when one knows that, because of individual reactions linked to the remedy and underlying diathesis, in certain breast cancers even the homoeopathic treatment with a hormone replacement aim should be prescribed with the greatest care.

leads to cancer, AIDS, mad cow disease... or those which are witnesses to general disruptions and will inevitably occur.

Who is 'mad' ?

The subject, their past and present studied in the environment that was or still is theirs and their reactional and specific modalities speak.

The doctor's unconscious, voluntary choices, refusals, speculations or 'ideologies' also speak.

It is therefore up to them to listen, hear, feel and say indefatigably to themselves : 'Am I not, at the present time and facing the subject who's asking me questions, shackled by received ideas to the point of saying to them, in an unconscious-to-unconscious language and in a form of symbolic order : "Be ill and don't say anything, don't express what *really* makes you ill, either in your thoughts or in words", or : "Very well then, be ill but talk to me only as I'm able to and want to hear you... Don't unsettle me !", or : "Be ill as I'd like you to be and as I sometimes force you to be" ?'

Does not the doctor already get a form of answer ?

Are not those sometimes stifling, intrusive and demanding subjects proof of a difficulty pervading the relationship with the doctor ?

Do they not come and say regularly, in a sort of reversed phrase : 'I am ill, so be quiet... Give me what I am entitled to have... Give me what I demand and am entitled to demand : appropriate medical care, appropriate remedy... and quickly...' And sometimes : 'Make it possible for me to remain, through this, in the illusion of a world without any constraint yet constraining and in that of a world without any limit yet limited' ?

Do not those patients express the disease of a pattern of thought which is often aggressive, which sometimes generates forbidding, is oppressive as regards speech yet lax, passive, without any benchmark and, if one is attentive, which sometimes provides very unrealistic answers ?

A pattern of thought which changes the patient into a consumer of care, a 'devourer' of doctors, an anxious discontented person disrespectful of anyone who, after all, does not respect them as regards what they truly - and, of course, unconsciously - want.

Perhaps it is sometimes to the : 'Be ill and be quiet ! ' of an unenlightened medical and social order that the agitation and aggressive instability of questioning whose true aim is not expressed answer :

'I am ill because of all that is offered too much to me... I am ill because of all that is given to me unconditionally but also without the possibility of "saying"... I am ill because of all that prevents me from growing...' But also : 'I am ill because of all that I am eventually refused'...

If it is true that, in psychoanalysis, one can lead the subject only to where one has been, the way the subject is ill and the illness takes them back to a state of childhood will say out loud because of what society they are really ill...

It will say in a meaningful manner what history they carry and express...

It shows for what suffering they are the family, personal and (or) hereditary spokesperson.

It is up to the doctor to be quiet and hear them, honestly, with truly open mind and heart, without falling 'ill' themselves.

It is up to them to take responsibility for the treatment, trying to behave like a father carrying an enlightened message and convinced of being not the holder of *the* Truth but, like their peers (fathers) since time immemorial, a link in transmission at the disposal of enlightened and conscious words generating life...¹²

To be continued...

¹² Translated by Pascale Tempka