

# Miasms & Biofeedback

The College of International Holistic Studies  
with  
Linda Henderson  
HD, DTCM, DNM, ROHP, RBT



**Psoric Miasm**

Selye's Initial Response  
≡ Psoric Miasm



**Sycotic Miasm**

Selye's Resistance Stage  
≡ Sycotic Miasm



**Tuberculinic Miasm**

Selye's Exhaustive Stage  
≡ Tuberculinic Miasm



**Luetic Miasm**

Selye's Exhaustive/Destructive Stage  
≡ Luetic Miasm

## Psoric Miasm

- First presented by Hahnemann in 1827
- It is the oldest, most universal and most devastating miasmatic disease
- It is the breeding ground for every sickly condition, it is the most contagious and infectious disease of all
- Discovered that those not responding to homeopathic remedies had a history of suppressing skin diseases
- These later often developed into serious illnesses, such as asthma, chronic digestive dysfunction and severe allergic and skin reactions
- Psora is characterized by long periods of good health, alternating with brief and strong reactions, to infrequent illness

## When Psoric's Get Sick

- Quickly excrete toxins through the emunctories. Through short term fever, diarrhea, sweating, rash and vomiting
- Lasts only a couple of days, with great relief being felt afterwards
- Typically a reaction to stress in a hyperactive defensive manner
- This triggers the fight or flight response characteristic of the sympathetic nervous system
- Manifested by excessive excretions, brief diarrhea, vomiting two day flu, or angry and confrontational responses
- This is all an attempt to throw off toxins or reduce stress
- After prolonged stress a Psoric individual can be compensated to one of the other Miasms

## Psoric Hypersensitivity

- Hypersensitivity
  - If we externally stimulate two different individuals, they will react differently. Psoric individual will react more strongly
  - Characteristically:
    - Aware of surrounding environment, mentally alert
    - Sensitive
    - Angers easily, not hateful after a good sleep
    - Cries easily, feels better when finished
    - Genuine expressiveness
    - Conveys sentiments
    - Hypersensitive to light, sound and smell
    - Experiences external or internal itching

## Psoric Lack

- Expressed as a feeling of inadequacy
- Deep feeling of inferiority, becoming stagnant, immobile and reserved
- Respects societies customs, feel guilty when they are not observed
- Actions dictated by an internal voice
- Anxious and easily scared
- Fears rejection
- “I must” is stronger than “I want”

## Psoric Relationships & Religion

- Relationships
  - Creates relationships of support
  - Tendency towards Platonic love
  - Experiences love through fantasy
  - Fantasies are heterosexual
  - Falls in love with the whole person
  - See the personality and does not see his partner as a sex object
- Religion
  - Religiously inclined in a broad sense
  - Faith is of a philosophizing nature
  - Sense of inadequacy towards the vastness of universe
  - Believes in concepts like family & work

## Psoric Deficiencies

- **Vitamin A Deficiency causes:** Dryness
- **Calcium Deficiency causes:** Cardiac dysfunction, Disorders of the acid base equilibrium
- **Cobalt Deficiency causes:** anemia, general weakness
- **Copper Deficiency causes:** osteoporosis, anemia or too much - hepatolenticular degeneration
- **Ferrum Deficiency causes:** Anemia
- **Iodine Deficiency causes:** Goiter
- **Selenium Deficiency causes:** muscular dystrophy, cardiac dysfunction
- **Sodium Deficiency causes:** withholding or loss of water
- **Zinc Deficiency causes:** dermatological disorders, dysfunction of retina, diabetes, azoospermia, abortion, senility

## Sycotic Miasm

- Originated from both active gonorrhea as well as the suppression of this venereal disease
- One can experience the symptoms from the effects of smallpox vaccinations, other vaccines or genetic inheritance
- **Psoric** may begin to evident symptoms characteristic of **Sycotic** as a result of major stress or chronic suppression through allopathic drugs
- Known as the Pathology of Adaptation
- Instead of purging toxins, it retains and adapts around them

## Sycotic Miasm Characterizations

- Under reaction, gradual but progressive weakening
- Unable to efficiently purge metabolic wastes, toxic metals, chemicals and pathological microbes
- Endogenous and exogenous wastes relocated to deeper skin layers, resulting in warts, lipomas and psoriasis
- It can move into the joints resulting in tendonitis, bursitis or arthritis
- This allows the perseveration of more vital organs such as the heart, kidneys and liver
- Primary systems involved are the respiratory, genitourinary and gastrointestinal

## Sycotic Characterizations II

- Primary diathesis of dysbiosis, the overgrowth of pathological intestinal flora
- Malabsorption of nutrients can cause fatigue, mild depression and short term memory loss
- Characterized by chronic gas, bloating, constipation, diarrhea, liver congestion, chronic lack of reserve energy, hypoglycemia and even diabetes
- Lack of energy typically felt first thing in the morning or at the end of the day
- Individual usually requires more than eight hours of sleep, exhibits low level of depression and often has sugar cravings for a quick energy boost
- Can be asymptomatic for years and suddenly drop dead

## Sycotic Personality & Religion

- Personality
  - Inclination to show off, often by expensive purchases
  - Leans towards trendy professions, journalists, lawyers and politicians
  - All emotional outbursts are meant to draw attention to themselves
  - Tend to keep things to themselves, even in close relationships
  - Not a giving person. Expects gifts in return when they do give
  - Is inflexible, must always be in control and has a tendency to exaggerate
- Religion
  - Focuses attention on ritual, not deeper meaning
  - Strictly observes schedule, but does not understanding the underlying principles behind it

## Sycotic Symptoms

- Mainly affects all the mucosa of the body
- Symptoms include: intermittent sinusitis, nasal congestion, frequent colds, post nasal drip, bronchitis
- Also chronic congestion such as odema, headaches and weight gain
- Genitourinary symptoms include: cystitis, enuresis, frequent urination, prostatitis, vaginal discharges, PMS, ovarian cysts and uterine fibroids
- More infants are beginning life weakened by the Sycotic state. This is visualized through many moles and birthmarks
- Other typical manifestations are colic, allergies, recurring colds, ear infections, eczema, psoriasis and warts

## Tuberculinic Miasm

- Antoine Nabel identified Tubercular Miasm in 1902
- Many patients are environmentally sensitive and experience chronic fatigue due to the suppressive practices of allopathic dentistry and medicine
- Similar to Sycotic Miasm, damage from vaccinations is a major cause, especially in young children who are unable to structure their immune system properly
- An impaired immune system impairs a child's potential to develop into a fully individuated and emotionally mature human being
- This common practice lays the groundwork for future autoimmune of all autoimmune diseases
- These are primary triggered by prescription drugs

## Tubercular Personality

- Tendency to change and move
- Always has a target in mind, once achieved becomes easily bored
- Amorous, falling in love passionately, but often with forbidden or inaccessible people
- An underlying fear of punishment, avoid open conflict, prefers to run away

## Tuberculinic Symptoms

- Thin neck and hands, a narrow chest, bright shiny eyes with dilated pupils
- Due to wide spread intestinal dysbiosis, concomitant malabsorption with resulting hormonal dysfunction, patients can often be over weight or even obese
- Initially overreact to toxins and microbes via a high fever, profuse sweating and major leg muscle pain
- Unlike **Psoric**, uses all reserve energy with this initial violent reaction
- Therefore illness lingers for a long period of time, often moving deeper into the system resulting with bronchitis or pneumonia
- Often exhausts **Tuberculinic** and underlying infection, with its depilating effects lasting for weeks or months

## Tuberculinic Long Term Symptoms

- Chronic Fatigue
  - Characterizes Tuberculinic Miasm
  - More susceptible to Mononucleosis, Epstein-Barr virus, hepatitis, meningitis, herpes, influenza, polio, diphtheria, pertussis, AIDS and leukemia
- Respiratory Weakness
  - Lungs are the primary target, experiences chronic intermittent ailments, such as:
  - Recurrent colds, earaches, sore throats, lasting for weeks, often move into the chest causing bronchitis
  - Other indicators include, sensitive to cold and drafts, very short winded, shallow breathing, asthma and allergies to milk

## Tuberculinic Long Term Symptoms II

- Second most targeted tissue is the spine and bones
  - Mineral deficiencies causing sodium, potassium and calcium imbalances
  - Commonly occur in childhood resulting in rickets, scoliosis, osteomyelitis, rheumatoid arthritis and bowed legs
  - Older Tuberculinic individuals are prone to osteoporosis
- Emotional Instability
  - Nervous and high strung, restless, ungrounded, indecisive, and emotionally unstable
  - Swinging from elation to major apathy and then to depression
  - They often live in a quiet desperation, feeling tired of life and always at their limit
  - Suicidal thoughts are common but not seriously considered
- Sensitive and depleted they take much longer to heal than Sycotic or Psoric

## Luetic Miasm

- Luesis is a Latin name meaning a plague, pestilence or decay
- In the 19<sup>th</sup> century, syphilis was so widespread it was considered a plague
- Allopathic treatment included cauterization of the syphilitic canker sore, worsening the disease by blocking a valuable drainage route of the body
- Luetic Miasm is very destructive to the immune system

## Luetic Symptoms

- Ulceration, sclerosis, metastasis and other forms of tissue destruction
- Can occur in: blood vessels, stomach, small intestine, nerve fibers, surrounding myelin sheath, or any over growth and metastasis of malignant tumors
- In order to drain toxicity, a hole for drainage is made in form of ulcerations, necrosis or sclerosis
- Conditions such as hypertension, mitral valve prolapse, heart disease, congestive heart failure, myocardial infarctions and strokes are common

## Luetic Symptoms II

- Premature aging both physical and mental
  - Appear older than their age with excessive wrinkles and blotchy, grayish skin
  - The eyes are particularly afflicted with astigmatism, corneal ulcerations and severe photophobia
- Anxiety is the key note in Luetic Miasm
  - Manifests as chronic nervousness, restlessness, depression, manic depression, suicidal inclinations, psychosis violent behaviour and even murderous tendencies
  - Particularly aggravated at night
  - Commonly suffer from sleep disorders and severe insomnia
- Experience pain in the lower limbs
  - Suffer from restless leg syndrome, muscle spasms and parenthesis

## Treatment of Luetic Miasm

- Can be extremely difficult to judge therapeutic progress
- This is due to Luetics unpredictable reactions to different therapies
- Unpredictable healing reactions can be quite serious
- One must expect the treatment plan to last from three to five years to achieve resolution

Functional Illness			Degenerative Conditions		
THE SIX PHASES					
Excretion	Reaction	Deposition	Impregnation	Degeneration	Neoplastic
THE FOUR MASSES					
Paucic	Sycotic	Tuberculinic	Luetic		
<ul style="list-style-type: none"> <li>• skin issues (rashes, acne, eczema, psoriasis, etc.)</li> <li>• overactive vital force—violent, brief eliminations (diarrhea, fever, sweating, vomiting, rashes, itching...)</li> <li>• good energy; recover quickly from illness</li> <li>• active in evening, tired in morning</li> <li>• mild joint pain</li> <li>• allergy and hay fever symptoms</li> <li>• parasites, hemorrhoids</li> </ul>	<ul style="list-style-type: none"> <li>• deeper skin issues (warts, moles, lipomas, severe acne or eczema, etc.)</li> <li>• intermittent fatigue and irritability</li> <li>• chronic or intermittent joint pain</li> <li>• intestinal dysbiosis—digestive dysfunction</li> <li>• more frequent colds, nose throats, sinusitis</li> <li>• bladder, prostate, or ovarian dysfunction</li> </ul>	<ul style="list-style-type: none"> <li>• slow to recover from illness (recurrent but inefficient fevers)</li> <li>• susceptible to viruses</li> <li>• recurrent issues, bronchitis, asthma, earaches, etc.</li> <li>• depression, anxiety, severe fatigue</li> <li>• insomnia, exhausted in morning</li> <li>• painful arthritis, scoliosis, osteoporosis</li> </ul>	<ul style="list-style-type: none"> <li>• disturbed and imbalanced energy</li> <li>• prenatally aging, memory loss</li> <li>• anxiety, severe insomnia</li> <li>• muscle cramps and achiness, especially at night and especially in the legs</li> <li>• destruction of tissue—ulcers, acne, rosacea, cancer, MS, ALS, Alzheimer's, Parkinson's, etc.</li> </ul>		