

# The Paper Doctor

## A Vibrational Medicine Cabinet

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by Don Gerrard

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<b>The Paper Doctor Table of Contents</b>	
	page
<a href="#">Notice to the reader</a>	
<a href="#">Thanks</a>	
<a href="#">Disclaimer</a>	
<a href="#">Medicine Of The Future You Can Use Today</a>	
<a href="#">Professional Comments</a>	
<a href="#">Preface by Richard Gerber, M.D.</a>	
<a href="#">Remedy Table Of Contents</a>	1
<a href="#">Introduction</a>	11
<a href="#">How To Use This Book</a>	17
<a href="#">How It Works</a>	20
<a href="#">How To Use The Remedies</a>	43
◦ <a href="#">How To Get Started</a>	44
◦ <a href="#">How To Choose A Remedy</a>	45
◦ <a href="#">How To Make A Remedy</a>	50
◦ <a href="#">How To Evaluate A Remedy</a>	55
◦ <a href="#">If You Have Trouble Getting The Remedies To Work</a>	61
◦ <a href="#">Tips and Cautions</a>	63

The Paper Doctor	<a href="#">The Paper Doctor Magnetic Patterns</a>	70
	◦ <a href="#">Alphabetical List Of Patterns</a>	71
	<a href="#">The Health Strategies</a>	307
	◦ <a href="#">Daily Coping</a>	308
	◦ <a href="#">Combating Infectious Illness</a>	309
	◦ <a href="#">Combating Physical Injuries</a>	312
	◦ <a href="#">Combating Stress</a>	315
	◦ <a href="#">The Traveler's Strategy</a>	317
	◦ <a href="#">What To Do When You Don't Know What To Do</a>	319
	<a href="#">Reference</a>	320
	◦ <a href="#">The Paper Doctor User Reports</a>	321
	◦ <a href="#">The Paper Doctor Remedy Log</a>	332
	◦ <a href="#">The Glossary</a>	334
	◦ <a href="#">The Complaints Index</a>	341
	◦ <a href="#">The Resource Bibliography</a>	362
	◦ <a href="#">Additional Paper Doctor Products</a>	365
	◦ <a href="#">About The Author</a>	373

Suppose that you think this is both interesting and too much for your printer, then you might want to buy the same information as a book? The problem is: **You cant!** Not now anyway. The book was banned when it was published i Texas. But, when more and more people see this internet-copy of this information, more and more 'energy' will go to the original author, Don Gerrard, and this energy will help him to find the necessary channels to get his work published, without having it banned by those who think that nothing should disturb the current medical industry.

<a href="#">What do I do if I find a reference to a missing page?</a>
<a href="#">"But I have no Remedy Board" UPDATED</a>
<a href="#">I want to make new symbols! How?</a>
<a href="#">I want contribute with money! How?</a>
<a href="#">I would like to pay for a xerox-copy of this book!</a>

[johnnyfg@algonet.se](mailto:johnnyfg@algonet.se)





The Paper Doctor  
**NOTICE TO READER**

Since the author is no longer producing this book, there is no [Remedy Board](#) with its magnet enclosed.

You may use the water glass method of making remedies without the Remedy Board (magnet) under the vibrational pattern.

There are missing page numbers, but there is no missing information, we did not reproduce the blank pages so we could save paper. See also [Missing pages](#).

USING PAPER DOCTOR REMEDIES BY

**TOUCH**

Since the publication of [The Paper Doctor](#) our research and user reports have confirmed that there are three ways to use Paper Doctor Remedies:

- 1. by making remedies in water, to drink (described in the book)
- 2. by making remedies in pellets, to dissolve in your mouth (see reverse side)
- 3. by simply touching the patterns!

Only two of these methods have been described in the book. Here's The Third:

**You can use Paper Doctor remedies by touching them!**

When you need to use a remedy only a few times, it's much easier to touch a pattern than to make a remedy from it. If you want to try the touch method, here's how:

**HOW TO TOUCH:**

While you are touching the pattern, just relax. Don't concentrate on anything. Be open to what happens next. After you remove your finger, wait 5 minutes. If after that time your complaints is better, but not gone, touch the pattern again.

Touching your chosen pattern for two minutes should give the same effect as drinking the remedy made from that pattern.

But for any occasion when you need to use a remedy only once or twice, most users agree that TOUCHING the pattern is easier than making it in water. Give it a try!

How does touching work? To quote Emeritus Professor of Biology Norman Goldstein:

"The body is a tower of water (80%). The finger is a vial of water."

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## Thanks

A special thanks to the following people, whose efforts helped make the production of this edition possible:

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## **Disclaimer Of Liability**

Neither this book nor any of its contents attempts to diagnose or treat any disease, medical condition, or serious ailment. If you think you have a disease or a medical problem of any sort, don't use this book, but consult your physician at once.

The remedies in this book, referred to as Paper Doctor remedies, offer non-toxic help for the non-serious complaints of daily living, as chosen by the reader.

Paper Doctor remedies must never be used as a substitute for prescription medication or medical checkup.

The reader must decide which Paper Doctor remedies, if any, are appropriate for their non-serious complaints, whether any remedy they use is helping them, whether their condition is improving or deteriorating, and when to seek qualified medical help. This book is not intended to be, and must not be constructed to be, a substitute for a physician.

The reader must use each Paper Doctor remedy only as instructed on the accompanying instruction page.

If a complaint persists or any questionable conditions arise the reader must discontinue using Paper Doctor remedies at once and consult his or her physician without fail.

---

## Medicine Of The Future You Can Use Today

We stand at the beginning of a paradigm shift in health care that has far reaching consequences for everyone. The old model - a mechanistic, part-oriented, cause and effect viewpoint - is giving way to the new - a whole being, spirit-oriented, energetic approach to the treatment of illness. In the language of the physicists: our Newtonian universe is giving way to an Einsteinian one. The solid particle has also been seen as a wave; the observer must admit that he determines what he observes. Everyone and everything is in the same soup; none can stand apart and judge. Detachment, the very spirit of Newtonian science, is impossible.

As with the onset of any change in conceptual systems, at first the new model appears at once, each separate and discrete, each requiring its own medicine. In Einsteinian medicine, each patient can have only one disease at a time, a disease which encompasses all his symptoms, and which is unique to him alone. If the new model is accurate, how can the Einsteinian patient be treated? Many time-honored medical diagnostic and therapeutic tools may no longer apply.

Given time and practice, however, the new form becomes familiar, then accepted. A new order appears from the chaos and awkwardness gives way to experience, then bureaucratic routine.

In this book I do not discuss the concepts, the research, or the clinical experimentation behind this new paradigm, or its many implications for medicine; that job has been ably handled by Richard Gerber in his excellent book [Vibrational Medicine](#) (see [Resource Bibliography](#)). Instead I offer a simple, effective working example of Einsteinian Medicine for you to explore and use.

When you first thumb through the pages of my book, and see the magnetic patterns, you may feel amazed, skeptical or disbelieving. You too will be experiencing the disorienting power of a paradigm shift! You may think "These shapes can't heal. This book is unbelievable!"

But before you discard the book, consider this: magnetic patterns have been tested and used by thousands of people world-wide for more than 20 years. Perhaps what you seek is not proof, but an explanation. For that, begin reading [How It Works](#), page 20.

For proof, don't try to stand apart and judge (old Newtonian reaction.) Instead, try a remedy (new Einsteinian response).

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## Professional Comments

"This book is a small miracle.... While quantum physicists continue opening doors revealing our lives as pure energy and consciousness, The Paper Doctor lets us put these principles into practice to improve our own well being. A major breakthrough!"

Hal Zina Bennett, Ph.D., co-author of The Well Body Book and author of Follow Your Bliss

"The Paper Doctor is a distinctly unique, self-administered procedure claiming to correct many of the most common complaints of illness. The procedures are so very simple, never involve medical jargon, are of no more risk than drinking a thimbleful of water and may be effective for those open to the almost magical concepts of Homeopathy.

"The underlined 'may' implies my own reservations as a scientist conversant with the long history and central contentions of Homeopathy. Then, too, with author Don Gerrard's methodology we are one step removed from the homeopath's chemicals; for only the magnetic signature of these chemicals impressed solely on water is used as the remedy.

"Within recent years surprising findings about the structure and behavior of water - and of the primacy of bioelectricity - have suggested that biologists may have to reconstruct their models of the life processes. It could be that the near future will write a scenario wherein our scientific knowledge is found to be lagging behind the thinking in The Paper Doctor."

Dr. Norman N. Goldstein, Professor Emeritus, Biological Sciences, California State University at Hayward

"Having devoted most of my professional career to dealing with prevention, I am always looking for the most natural way to prevent or treat illness, so I was especially pleased to get The Paper Doctor. It is wonderfully simple, completely non-toxic and in my experience very effective. I highly recommend this book to everyone."

Thomas McGuire, D.D.S, author of The Tooth Trip and Tooth Fitness

"The patterns in Don Gerrard's Paper Doctor may very well be the next evolution in our way of conceiving and practicing energy medicine. As a classically trained homeopath, I am conditioned to using remedies made from the original substance diluted to a microdose. However, the healing potential that remains in the energized medicine is still somewhat of a mystery.

"One possible explanation of the homeopathic preparation is that what does remain as an active healing potential is a pattern retained in water. The "essence" of a substance may in fact be the pattern of an energy field. This book may only be the beginning of a vast rediscovered dimension of energetic medicine that may in time integrate homeopathic and other forms of non-material medicine."

Richard Plant, D.C.

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## Preface

by Richard Gerber, M.D.

Vibrational medicine or energy medicine may be considered to be the use of energy, in various waveforms or frequencies, to either diagnose or treat illness. Energy medicine is an innovative approach that is only gradually finding acceptance by doctors and health care professionals as we enter the end of the 20th century.

Albert Einstein and his famous equation  $E=mc^2$ , helped scientists to begin to understand the ramifications of an energy and matter unity at the beginning of the 20th century. It is only now that we are beginning to integrate the physicists' understanding of the energy/matter relationship into the way we view biology and medicine. In a way, Vibrational Medicine is Einsteinian Medicine because it builds upon the principles of the human body (matter) as a kind of structured energy field. This was one of the conclusions to come out of the discoveries of Einsteinian and Quantum physics.

The conventional aspects of Vibrational medicine encompass forms of healing with electromagnetic fields including electricity to suppress pain (via TENS devices), pulsed electromagnetic fields to accelerate the healing of broken bones (bone stimulators), sound waves to destroy kidney stones and cataracts (shock wave lithotripsy and ultrasonic phacoemulsification) and full spectrum light to treat depression (SAD/Seasonal Affective Disorder). These energy healing modalities are used in hospitals throughout the world. Yet the doctors who utilize them do not associate such healing via energy devices with the concept of Vibrational Medicine.

The less conventional or alternative side of Vibrational Medicine incorporates modalities that employ the use of what has come to be known as subtle energy. It is possible that the frequencies of energy in this spectrum fall outside of what we normally consider energy when describing the electromagnetic spectrum. In fact, this type of energy may be what has been called vital energy or life force. The existence of vital energy may have actually been predicted by Einstein's relativistic equations. Like electro-magnetic energy, subtle energy has different forms and frequencies but it also has very unique laws and principles that distinguish it from the known forms of electromagnetic fields. It is magnetic in nature, negatively entropic in character (creates increased order and organization), and is exceedingly difficult to measure directly. However, subtle energy can be indirectly measured and its existence can be documented by the effects that subtle energy has upon living and nonliving systems. The forms of Vibrational Medicine that utilize or affect the flow of this subtle energy in living systems include acupuncture, homeopathy, flower essences, and Therapeutic Touch (laying-on-of-hands healing).

Conventional electromagnetic healing approaches often tend to directly affect cell membranes in the body by altering the flow of different types of ions (electrically charged particles) in and out of cells and by affecting the electrical charge (or membrane potential) and the physiological functioning of cells. Slightly different frequencies of electromagnetic energy will promote very different cellular effects. The body possesses amplification systems which magnify the tiny chemical and energetic signals normally (or unknowingly) entering the body so that small energy/chemical inputs can sometimes cause major physiological changes.

However, when dealing with subtle energy healing approaches, the energy input signals may cause changes by completely different mechanisms. For instance, acupuncture, the placing of fine needles into specialized skin regions of the body (known as acupoints) may work, in part, by rerouting circuits of life energy flow within the body (sending energy to deficient areas and removing energy from overly-charged areas). Seen from this perspective, the acupoints and meridians (lines of life energy flow) of the body can be viewed as components of a large integrated circuit, with acupoints being tiny amplifiers of signals. The acupuncture meridian system is but one of the body's many energy regulatory systems that actually oversee and control the known chemical and cellular processes that contribute to bodily health or illness.

Acupuncture and other subtle energy systems of healing can also provide structured information to the body. When acupuncture is used to heal illness, the final configuration of needles inserted into acupoints throughout the body may actually trigger a healing response in the body. Stimulation via acupuncture may also allow the body to respond (at certain energetic levels of information processing) in a more health promoting fashion.

Another subtle energetic form of healing is homeopathy. In homeopathy, solutions of dissolved herbal, mineral and other substances are prepared in the form of very weak dilutions. These very weak dilutions are ingested and appear to have powerful therapeutic effects if the correct remedy is selected for the particular patient's ailment. Unlike conventional or allopathic medicines that can produce either intended or negative side effects in the body in a direct dose-dependent fashion, homeopathic medicines will only work if curatives are selected to match the patient's exact illness/symptom complex. Scientists are just beginning to understand why homeopathic dilutions heal in this way, but the best explanation of the homeopathic effect may have to do with a phenomenon known as resonance.

Everything has its own resonant frequency. If one supplies energy in the resonant frequency of a particular system, there is maximal absorption of that energy. That energy transfer can be destructive as in the case of the singer who shatters the wine glass by loudly singing the resonant note of the glass, or it can be constructive as in the case of homeopathy. It appears that homeopathic remedies may provide a frequency-specific subtle energetic signal that is stored in water which is used to prepare homeopathic dilutions. Each homeopathic remedy contains the vibrational signature of the plant or other substance that was used to prepare the remedy. The energetic signal of each remedy may do one of two things. The signals may provide a resonant energy that supplies the catalyst or activating energy to push the body into resolving the illness on its own. In addition, the energetic cue may transmit a type of structured information to the body (in an energetic form) which assists the body in processing and discharging the toxicity of the illness. In a sense, the information contained within a homeopathic remedy may be viewed as an energetic pattern utilized by the body in restructuring itself at a molecular level while the body moves toward a level of greater inner order and organization. Most illnesses lead the body toward states of increasing cellular disorder.

Therefore, moving the body toward states of increased (physiological) order would naturally be associated with greater health and cellular harmony.

The information the body needs for healing can exist in a variety of forms. It appears that healing instructions may actually be coded in particular geometric patterns which the body utilizes at a subtle energetic level in order to create cellular (and molecular) order. There is evidence to suggest that water has the capacity to store various subtle energetic forms and vibrational/ energetic signatures. Water may have a tremendous capacitance in this respect. It has been shown that water in a sealed glass jar can store energy from a healer's hands. The charged water can then be used to promote plant growth. Conversely, water held by psychotically depressed patients has been shown to retard plant growth.

(Gerber, R. *Vibrational Medicine: New Choices For Healing Ourselves*, Bear & Company, Santa Fe, New Mexico, 1988, (1-800-932-3277).)

The energetic storage properties of water may also be involved in grabbing onto and holding the energetic signature of plants which are used for making homeopathic remedies. Recent theoretical models in physics even suggest that water may achieve permanent electrical polarization when incorporated into certain alternative healing modalities.

(Del Guidice, E., Preparata G., & Vitello, G. Water as free electric dipole laser., *Phys. Rev. Lett.*, 61:1085-1088).

It seems that energetic patterns stored in water are transferred to the body when a homeopathic remedy is taken internally. There are numerous European studies validating the effectiveness of homeopathy in treating ailments. Homeopathy is particularly well suited to acute disorders, and there are many versions of homeopathic first aid kits that contain remedies that may be helpful with a variety of symptoms and health problems.

This brings us to Don Gerrard's book, *The Paper Doctor*. Within the pages of this book are the geometric

The Paper Doctor  
energy patterns that are associated with many homeopathic first aid remedies as well as with a variety of other vibrational remedies. The concept presented here is unique among books and treatises on vibrational healing approaches. The geometric energy patterns on each page are a symbolic representation of the actual subtle energy contained in specific alternative healing remedies. The fact that symbolic representations can sometimes be as effective as the actual vibrational remedy is an unusual concept to most linear, logical thinkers. In order to give a better idea of how this healing approach can be conceptualized, I suggest an interesting computer analogy.

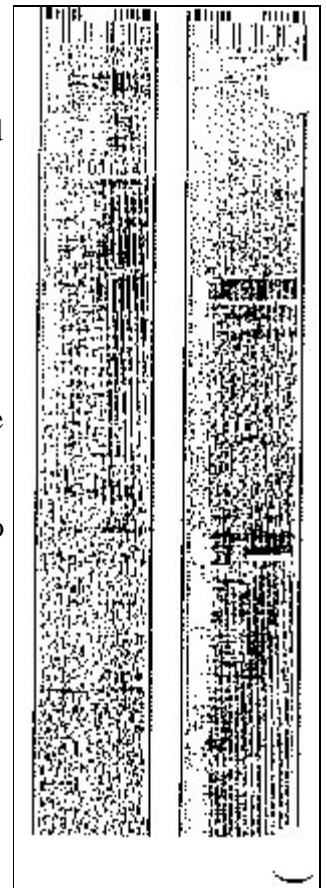
I am writing this preface on an Apple Macintosh computer. Several years ago, a company called Cauzin Systems came out with an interesting device called The Softstrip System that allowed someone to store computer programs on paper.

The system consists of two parts. The first part is special software that translates computer code into a graphical black and white pattern that is printed on paper. The patterns that are printed on ordinary computer paper are complex geometric grid patterns (sort of like thousands of adjacent micro-crossword puzzles) encoded as individual, one inch stripes of data. The patterns printed onto paper could then be read into any Macintosh computer equipped with a device called a Softstrip Reader. Light from the Softstrip Reader is reflected back from the tiny black and white strip-like patterns and is translated by the computer (using special software) back into the binary language of computer programs. (At a more simplistic level, this is the same technology which is now used by the bar-code readers in many supermarket check out lines.) Thus, data is changed from something that first existed as magnetic memory information in the computer to paper black and white symbols and then is changed back into magnetic information again on a floppy disc or hard drive. The information stored in a Softstrip can be anything from a word processing document to an entire software program that lets the computer do something special.

The interesting thing about the Softstrip System is that Xerox copies of the black and white geometric strip patterns are just as effective as the originals in transmitting the information to computer users. For a short period of time, one (now defunct) computer magazine included Softstrips on a central page that gave free computer programs to any reader who had the Softstrip system. The fact that copies of symbolic representations of computer programs are just as effective in running computers (equipped with Softstrip) as the original programs brings us back to Don Gerrard's concept of publishing geometric symbolic patterns of remedies in book form.

The patterns in this book are graphic representations of energy field patterns of vibrational remedies. They represent a symbolic form of bioinformation that is integrated by the body at a subtle energetic level first and at the cellular level secondarily. The vibrational storage potential of water is utilized by imprinting the geometric pattern of the remedies onto water using a magnetic source that is included with each book. Each created remedy is the magnetic subtle energy equivalent of a sunprint using sunlight, a natural energy source, to imprint photographic paper with the outline and shape of a leaf. The bioinformation exists as coded vibrational patterns in the water that are transferred from the geometric patterns on paper (Just as the Softstrips are coded vibrational patterns on paper). The subtle energy system of the human body possesses a transducing system that is capable of transforming symbolic bioinformational messages into computer programs that run on the human computer. The body possesses the bioenergetic equivalent of a Softstrip reader which can be plugged into any Macintosh computer to read Softstrip encoded programs.

It is no surprise that messages and information encoded in one form are translated into other forms by the body. When a human finger touches a hard surface, pressure receptors in the finger translate mechanical deformation of the specialized receptor into changes in cellular membrane potentials (electrical charge).



This Electric Paper causes nerves to fire. The firing of one nerve causes the message to be changed into a chemical neurotransmitter released into a synaptic gap which is then retranslated by another nerve cell to transmit the message to the brain. The rapidity of the nerve firing determines whether the person interprets the pressure against the finger as hard or soft. The point is that a message changes forms many times from the time of input to the time of translation of meaning and integration by the system. What is truly amazing is that symbolically encoded information can be therapeutically healing to the human body!

The concept of using paper geometric patterns (along with weak magnetic fields) to encode water with therapeutic properties is nothing short of revolutionary. Many will find this a difficult concept to believe. Don Gerrard suggests some interesting experiments for the reader/user to try as personal validation of this healing theory.

As in homeopathy, there must be proper matching of the remedy with the patient's symptoms for a resonant transfer of energy and a therapeutic effect to occur. Those who try the remedies just to see their effect will find none if they are without symptoms. However, if instructions are followed, the chances for healing benefits are great. Perhaps Don Gerrard's unique concept will eventually provide further validation of homeopathic first aid and give support to the idea that energy can be stored and transmitted through the use of geometric patterns. Here is an entire vibrational science waiting to be fully researched and validated. The principles demonstrated by the remedies in this book, and by the original homeopathic (and other vibrational) tinctures still await validation in the larger context of orthodox medical science. When we have adequately done this research, through the creation of an international healing research center, we will have successfully birthed 21st century medicine into being. The labor pains of this growing subtle energy science will be heard loudly during the next decade. Although the Paper Doctor is not intended to replace appropriate medical care, it attempts to create a unique Vibrational First-Aid Kit that will find increasing importance in the years to come.

Richard Gerber, M.D. Author of Vibrational Medicine: New Choices For Healing Ourselves November 29, 1990

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## Remedy Table of Contents

The 9-page remedy table of contents which begins on the [next page](#)(002) lists the Paper Doctor magnetic patterns. The healing action of each pattern is summarized in one or two lines, and the page number on which the pattern can be found is given.

All 58 magnetic patterns are listed under one of five categories:

<a href="#">Digestive Distress</a>	begins on page 2
<a href="#">Headaches</a>	begins on page 3
<a href="#">First Aid</a>	begins on page 4
<a href="#">Sickness</a>	begins on page 7
<a href="#">Personal Stress</a>	begins on page 8

Within each category, all of the remedies are listed by name in alphabetical order. This makes it easy to locate your remedy.

### HOW TO LOCATE A REMEDY

1. Decide which category your complaint falls into, and turn to that page in this table of contents. (See category page numbers above.)
2. Within your chosen category, look for a magnetic pattern whose name matches the name of your complaint. When you find it, read the brief description of its healing action.
3. If this brief description seems to match your complaint, turn to the page number given and read about the remedy in detail.
4. If the detailed description seems to match your complaint, try that remedy.
5. If it does not, or you're not sure, consider one or more of the alternative remedies listed on that page in the section called ALTERNATIVE REMEDIES TO CONSIDER.

TIP: If you don't find your remedy listed by name in this table of contents [look for it by name](#) in the [Complaint's Index](#), page 341.

---

### DIGESTIVE DISTRESS

<a href="#">Constipation</a>	page 105
Can relieve constipation that occurs from emotional upset, stress, or traveling.	
<a href="#">Diarrhea</a>	page 109
Can relieve common diarrhea due to traveling, business pressure or after eating unfamiliar or tainted food.	
<a href="#">Indigestion</a>	page 161
Can relieve nausea, bloating, burping, and gas after overeating, eating while tense, or	

[Nausea And Vomiting](#)

page 193

Can relieve severe digestive distress, with persistent nausea and vomiting, that results from eating indigestible or tainted food such as one might encounter while traveling.

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**HEADACHES**

[Chronic Headache](#)

page 101

Use this remedy to relieve recurring headaches, or the "regular" headache you usually get.

[Tension Headache](#)

page 269

Can relieve a headache due to tense neck and shoulder muscles that results from stress, business pressure, or emotional upset.

[Throbbing Headache](#)

page 281

Can relieve an occasional painful, pounding headache.

---

**FIRST AID**

[Ache](#)

page 73

Can relieve that sore, aching feeling anywhere in the body.

[Allergies](#)

page 81

Relieves the complaints that often accompany respiratory allergies from airborne irritants.

[Backache](#)

page 85

Can relieve back pain due to muscle strain or muscle spasm.

[Bee Stings](#)

page 89

Can provide relief from the pain and local swelling that accompanies wasp and bee stings.

[Bronchial Irritation](#)

page 93

Can relieve acute painful coughing with heavy, sore chest that comes from either environmental or emotional causes.

[Earache](#)

page 113

Relieves pain or fullness in the ear from inner ear inflammation due to change in altitude, swimming, or a cold.

<a href="#">Environmental Sensitivity</a>	page 121
Helps relieve over-sensitivity to pollutants and irritants in one's home or work environment.	
<a href="#">Eye Irritation</a>	page 125
Relives inflammation, burning, tearing and redness from eye strain.	
<a href="#">First Aid</a>	page 141
Use this remedy when anything negative happens to you.	

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## FIRST AID

<a href="#">Ache</a>	page 73
Can relieve that sore, aching feeling anywhere in the body.	
<a href="#">Allergies</a>	page 81
Relives the complaints that often accompany respiratory allergies from airborne irritants.	
<a href="#">Backache</a>	page 85
Can relieve back pain due to muscle strain or muscle spasm.	
<a href="#">Bee Stings</a>	page 89
Can provide relief from the pain and local swelling that accompanies wasp and bee stings.	
<a href="#">Bronchial Irritation</a>	page 93
Can relieve acute painful coughing with heavy, sore chest that comes from either environmental or emotional causes.	
<a href="#">Earache</a>	page 113
Relives pain or fullness in the ear from inner ear inflammation due to change in altitude, swimming, or a cold.	
<a href="#">Environmental Sensitivity</a>	page 121
Helps relieve over-sensitivity to pollutants and irritants in one's home or work environment.	
<a href="#">Eye Irritation</a>	page 125
Relives inflammation, burning, tearing and redness from eye strain.	
<a href="#">First Aid</a>	page 141
Use this remedy when anything negative happens to you.	

## FIRST AID

- [Food Poisoning](#) page 149  
Can relieve the vomiting, diarrhea, nausea and abdominal pain resulting from eating tainted food.
- [Hangover](#) page 153  
Can relieve the bad effects from drinking too much alcohol.
- [Insect Bites](#) page 169  
Can provide relief from the pain and local swelling that accompanies insect bites.
- [Motion Sickness](#) page 189  
Can relieve nausea and vomiting that comes from riding in a car, or any moving vehicle.
- [Pain](#) page 197  
Can provide temporary relief for any pain in the body.
- [Physical Injury](#) page 205  
This remedy can relieve the shock, swelling and bruising that accompanies falls or blows to the body.
- [Poison Ivy](#) page 209  
Can relieve the rash and itching of poison ivy.
- [Poison Oak](#) page 213  
Can relieve the rash and itching of poison ivy.
- [Pre-Menstrual Syndrome](#) page 221  
Can relieve the mood changes, cramping and bloating that often accompany a woman's monthly cycle.

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## FIRST AID

- [Sinus Inflammation](#) page 233  
Relieves swelling and tenderness around the nose and eyes due to environmental irritants.
- [Smog](#) page 241  
This remedy relieves the smarting, watery eyes, sore throat and irritability that can result from prolonged exposure to smog.
- [Sports Injuries](#) page 249



The Paper Doctor  
A deep-acting remedy for sprains or strains to ligaments or joints, or overexertion of the muscles.

[Tired Feet](#) page 285

A remedy for sore, cramping or aching legs and feet.

[Toothache](#) page 293

Can provide temporary relief from a toothache until you can get to your dentist.

---

## SICKNESS

[Flu](#) page 145

Can relieve the aching and fatigue of a flu, and restore you sooner than rest and vitamin C alone.

[Sore Throat](#) page 245

This remedy relieves a sore throat before it can develop into a cold or bronchial problems.

[Stimulating Your Healing Response](#) page 253

This remedy stimulates your built-in Healing Response to help fight any infection or illness in your body. It can be used together with any of the infection and illness remedies in this book, or with any medication to help fight any disease process.

[Stomach Flu](#) page 257

Can relieve the digestive complaints as well as the aching and fatigue of intestinal influenza.

[Sudden High Fever](#) page 265

Can relieve a high fever that comes on suddenly and brings a hot red face, cold extremities and sensory distortion.

[The Cold Preventative](#) page 277

Use at the onset of a cold to restore your health and keep you going.

---

## PERSONAL STRESS

[Addictive Habits](#) page 77

Helps end the unwanted but recurring use of stimulants or mood-altering substances.

[Bruce Pressure](#) page 97

Helps you maintain a detached calm in the midst of fast-moving people and events.

When you feel tired but must keep going this remedy can help you get re-energized.

[Fatigue](#)

Can sooth frayed overstimulated nerves, and help you assimilate the experiences of the day so that you can relax.

[Fearfulness](#)

Helps to relieve your fear of anything.

[Feeling At Ease](#)

Helps you feel at ease in an unfamiliar environment or awkward social situation.

[Hurrying](#)

Can relieve that impatient, irritated, agitated feeling that results when you are hurried or under too much pressure.

[Inner Strength](#)

Brings inner strength in the face of adversity, including interviews, tests or impending physical hardships.

[Jet Lag](#)

Use this remedy at the end of a long flight to restore your disoriented bodily processes and sluggish mental state.

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## PERSONAL STRESS

[Lifted Spirits](#)

Can help overcome feelings of discouragements, despondency, depression or grief.

[Mental Alertness](#)

Relieves temporary drowsiness or indifference induced by a boring, repetitive task or the lateness of the hour.

[Moodiness](#)

Helps to restore calm when you feel upset for any reason.

[Panic Attacks](#)

Helps relieve spontaneous episodes of sudden unknown fear that occur for no reason.

[Pollution Protection](#)

Helps strengthen and protect the organism against the insidious effects of low-level atmospheric radiation.

[Regularize Erratic Lifestyle](#)

The Paper Doctor helps break persistent minor bad habits or correct self-defeating behavior patterns.

[Sleeplessness](#) page 237

Helps prevent sleeplessness due to waking in the night, or lets you sleep again after waking too soon.

[Stress](#) page 261

Use this remedy to restore your equilibrium after any demanding or distressing experience.

[Tension Release](#) page 273

Helps release tight muscles and relax the body.

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### PERSONAL STRESS

[Too Keyed Up](#) page 289

Helps the hurried person to relax.

[Traumatic Events](#) page 297

Restores inner tranquility and mental orientation after any psychological shock or trauma.

[Worrying](#) page 303

Helps release the mind from persistent, worrying thoughts.

### A SPECIAL REMEDY

[Resistance](#) page 229

Use this remedy when your chosen Paper Doctor remedies are not working for you.

For [Introduction](#), see next page(011). ([index](#))

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## Introduction

The Paper Doctor is:

a safe, effective, natural healing handbook based on a new technology known as magnetic patterns.

It contains the magnetic patterns for 85 non-toxic remedies:

1. that relieve common complaints.
2. that work by activating your Health Response to change the energy in your body.
3. that you make in a glass of water.

### **WHEN YOU BUY THIS BOOK, YOU WILL OWN A COMPLETE HEALING KIT**

This book makes remedies for the most commonly-experienced acute complaints of life. It is an effective self-care kit that relieve many of your daily stresses. It gets you going and keeps you going with non-toxic remedies.

The pages of this book are like a portable medicine cabinet. This cabinet contains medicine in the form of magnetic patterns that work by changing the energy, not the chemistry, of your body. This vibrational medicine cabinet is durable and portable. It can travel with you anywhere - in your hand, your briefcase, or your luggage. When you experience how easy it is to make and use these remedies, The Paper Doctor will likely become a constant companion. All you must add is a small round glass and a little water.

### **INTRODUCING A NEW TECHNOLOGY**

The Paper Doctor introduces a new technology known as magnetic patterns. This technology allows you to transfer the healing potential stored in one of the 58 patterns found on the pages of this book into water in a glass. When you drink the water, it will trigger your body's own Healing Response to relive your complaint quickly and naturally.

### **HOW DOES IT WORK?**

Behind every magnetic pattern in this book there is an actual, physical substance with proven healing properties. Each substance has been "converted" into a magnetic pattern representing the unique essence of its healing potential.

Magnetic patterns store the healing potential of a remedy much as the bar code on a bread package stores the information about its price. Under the influence of a small magnetic field, each pattern will transfer a "copy" of that remedy's healing potential to a neutral substance placed in the center of the magnetic field.

The Remedy Board located in the back of this book, which you will place under a pattern each time you want to make a remedy, supplies the magnetic field that transfers the remedy's healing potential into to the water.

When you drink the water containing the pattern of a remedy, the information necessary to stimulate your body's Healing Response is passed to your nervous system. This information triggers your Healing Response to relive your complaints.

Read [How It Works](#), page 20, for details.

## **WHEN TO USE PAPER DOCTOR REMEDIES**

Paper Doctor remedies do not treat serious illnesses. They do not cure diseases. And they cannot replace prescription medications.

Paper Doctor remedies help you gain relief from minor complaints - the aches and pains of daily life - before they can escalate into major problems.

More than 70 percent of all human health problems, as reported to doctors, are minor complaints. They manifest as some form of ache or pain, digestive distress, headache, the need for first aid, or the onset of an infectious illness. These problems, together with emotional upset, fatigue and tension, constitute the major transient imbalances in the human organism as it reacts to the stresses and strains of daily life.

The Paper Doctor answers these needs with quick, natural relief that is healthy for body and mind. Paper Doctor remedies are non-toxic. They cause no side effects. And they are inexpensive.

## **WHO CAN USE THESE REMEDIES**

This book is intended to be used only by responsible adults. However, no technical, medical or pharmaceutical knowledge is necessary to make it work.

The remedies are safe for use with children, teenagers, adults, healthy older adults and pets. Remember that infants and small children cannot communicate their complaints very accurately, and are more seriously affected by illness than are adults.

Always consult your pediatrician or physician by phone as soon as your infant gets sick.

In all cases, responsible adults must control remedy use. To insure good results, every remedy must be used only according to the instructions accompanying it.

## **THIS BOOK IS A TOOL**

The Paper Doctor has a spiral binding so that it will lay flat to make remedies correctly.

The Paper Doctor is written in short chapters for easy reading and quick reference.

The magnetic patterns are reproduced from computer designs that ensure their accuracy.

## **THIS BOOK IS UNIQUE**

In addition to standard pain, first aid, headache, digestive distress and infectious illness remedies found in The Paper Doctor, I have included a number of unique but surprisingly effective remedies for personal stress as well. These include:

[Stress](#)

[Jet Lag](#)

[Moodiness](#)

[Addictive Habits](#)

[Fatigue](#)

[Panic Attacks](#)

[Lifted Spirits](#)

[Hurrying](#)

[Energy Boost](#)

[Business Pressure](#)

[Worrying](#)

[Tension Release](#)

[Environmental Sensitivity](#)

[Too Keyed Up](#)

[Fearfulness](#)

## **ITS EASY TO GET STARTED**

You can start using The Paper Doctor as soon as you buy it. The brief instructions in the section called [How To Use The Remedies](#), starting on page 43, will get you started using the remedies in a few minutes.

But before you begin, read [How To Use This Book](#), page 17. It will help you understand how the book is organized, what its special features are and how to get the most from them.

## **HOW I CAME TO WRITE THIS BOOK**

When I was younger, and traveled frequently, sometimes with my children, I yearned for a simple, effective first-aid kit that I could use at home or fit into my luggage, which would really work. Some of our kids were allergic to over-the-counter drugs, while all of us felt bothered by their strong effects. And we hated being at the mercy of unknown doctors in strange cities when our minor complaints troubled us, or escalated into alarming symptoms.

But what could we do? Where could we find first aid remedies easy for lay people like us to use? As far as I could discover, no effective alternatives to over-the-counter drugs existed. At least nothing that really worked.

Since at that time I was the editor and publisher of a series of self-care health books, this dilemma seemed doubly ironic.

According to the material in my books, we could use relaxation, breathing, exercise, vitamins, dietary changes, and visualization techniques to relive our complaints. So we tried these. Sometimes they helped. Often they were slow to get working, or required so much effort before they worked as to engender our frustration. And they did not relieve many of our complaints.

But this attempt to help ourselves, through natural processes sharpened my focus. I now knew that we needed a fast-acting, non-toxic, easy-to-use set of remedies. Where could I find those?

I looked further. First I tried herbal remedies. They are rooted in our folk traditions and all, but I found them too hard to learn to use, too clumsy in preparation and simply too much equipment to travel with.

Later I discovered Bach Flower Remedies. These worked better. When they worked, they were fast and gentle, with no side effects. Great! But their system had to be learned, and the remedies didn't relive many of our complaints. Also, the 40 little bottles in the set were too bulky and delicate for traveling. We could easily take one or two along, but not all 40. Invariably the ones we left behind seemed like the ones we needed.

Then I discovered homeopathy. Homeopathy worked better still (and occasionally well). This system had a remedy for all of our complaints. However, it was even more difficult to learn and use, the remedies were sensitive to temperature, and going through customs with a box of strange-looking little white pills or powders was not fun at all.

## **SOME LESSONS THAT I HAVE LEARNED**

From my search for easy-to-use, fast-acting, non-toxic remedies (even though it ended in frustration) I learned things.

First, a remedy is not acceptable if the time or knowledge required to use it is very great, for then frustration becomes a very real factor that limits my interest in it.

Second, true portability for an entire set of remedies is surprisingly difficult to achieve. Everybody's

For example, a kit over-the-counter medications amounts to a medicine cabinet full of bottles and tubes. A kit of herbs is a collection of bottles or little boxes and assorted paraphernalia.

A kit of flower remedies is a loose assortment of (breakable) glass dropper bottles. A homeopathic first aid kit is a toolbox full of pill bottles. Each solution I discovered seemed to present new problems. Something else was needed.

And finally, I learned that most fast-acting non-toxic remedies are adversely affected by temperature. This greatly limited their portability, and made me uncertain about using them.

I thought about our problem, a long time before I came to the solution presented in this book. In the course of it, I experimented with as many as healing techniques as I could find. After awhile I despaired of ever finding a solution. My children grew up and I traveled less often. Life changes. But in the back of my mind, there was this unsolved problem. Where could I find a set of effective, portable, easy-to-use, non-toxic remedies? Where indeed?

When I first discovered the concept of magnetic patterns, it was quite by accident. Not only did I fail to recognize their potential to solve my problem, I literary laughed the person who showed them to me out of my house!

Although it is embarrassing for me to admit now, at that time I had great difficulty understanding that the healing potential in a remedy was essential data, and therefore could be represented, stored and retrieved like any other data.

But once I grasped that idea, and saw it work, I realized that if a remedy's data could be stored as a symbol on a piece of paper, then a healing kit would fit into a book! From then on it was smooth sailing. Nothing but a lot of hard work was needed.

## **A BETTER MOUSETRAP**

This book presents my solution to the need for a portable, easy-to-use, non-toxic self-care health kit.

Although somewhat large, this book is portable. It exists as one object, not a collection of bottles, and its remedies are not affected by temperature. They are essentially unbreakable. And the remedies fit into a smaller space than any comparable set of remedies I have ever seen.

These remedies work about as fast as over-the-counter drugs, but are safer to use since they have no side effects. You can learn to use them in 5 minutes. You can choose the best remedy for your complaint in a minute or two, then make that remedy in 5 minutes or more. The remedies in this book offer help for a wide range of useful physical and psychological complaints. Finally, once you own this book, there is nothing more to buy. You can make indefinitely.

## **ACKNOWLEDGING MY TEACHINGS**

I have worked off and on for fifteen years to develop and perfect the concepts and the magnetic patterns presented in *The Paper Doctor*. However, I am not the inventor of the method I use. As you will read in the section called [How It Works](#), page 20, Malcolm Rae, a brilliant British researcher working in the 1960s and 1970s, actually developed the methods used to store the healing potential of a remedy in a geometric pattern. I have duplicated his research, creating my own magnetic patterns for your use in this book.

The many ideas presented throughout this book are the province of no one person, but of thousands of

clinicians who, over many centuries, have labored to understand how nature heals. I am their student.

Among the many historical and personal acquaintances who have directly influenced my work in developing The Paper Doctor, I would especially like to acknowledge the importance of:

- the writings of Hippocrates
- the writings of Plato
- the writings of Pythagoras
- the writings of Paracelsus
- the writings of Samuel Hahnemann, M.D.
- the writings of James Tyler Kent, M.D.
- the writings of Constantine Hering, M.D.
- George Vithoulkas
- Miestro Proceso Ortega, M.D.
- Rosa Belendez, M.D.
- Harris Coulter, Ph.D.
- Catherine Coulter
- Dana Ullman, M.P.H.
- Jeffrey Mishlove, Ph.D.
- Mike Samuels, M.D.
- Hal Zina Bennett
- Stanley Keleman, D.C.
- Mary Harper, Ph.D.
- the writings of A. T. Westlake, M.D.
- the writings of Edward Bach, M.D.
- the work of Malcolm Rae
- the writings of David Tansley, D.C.
- Bill Gray, M.D.
- Richard Hornaday, Ph.D.
- David Warkentin, P.A.

If you find The Paper Doctor to be an effective, inexpensive, portable remedy kit for managing the minor miseries in your life, my work will have been worthwhile.

For [How To Use This Book](#), see next page(017).

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## How To Use This Book

### SPECIAL FEATURES IN The Paper Doctor:

This book has been designed to give you the information you need to make and use Paper Doctor remedies quickly and easily. It contains these special features:

- **[The Remedy Table of Contents](#)**: Page 1 contains a list of the 58 magnetic patterns in the paper Doctor, together with a short description of the healing action of each and the page number on which that magnetic pattern can be found. When you have a complaint, look for it by name in this table of contents.
- **[How It Works](#)**: Page 20. An easy-to-read explanation of how The Paper Doctor is able to make non-toxic remedies in your glass of water from the magnetic patterns in this book.
- **[How To Use The Remedies](#)**: Page 43. These simple instructions will show you how to make and use the remedies in a few minutes.
- **[The Paper Doctor Magnetic Remedies](#)**: Page 70. This section contains 58 computer-drawn patterns together with instructions for using each one. You will make Paper Doctor remedies from these patterns.
- **[The Health Strategies](#)**: Page 307. This section contains specific strategies for using Paper Doctor remedies to cope with infections, injuries, stress and the problems of traveling.
- **[The Complaints Index](#)**: Page 341. This is a comprehensive list of common health complaints and the Paper Doctor remedies most likely to relieve them. When you can't find your remedy by name in the [Remedy Table Of Contents](#), look for it in this index.
- **[Paper Doctor Remedy Log](#)**: Page 332. Keep a log of your Paper Doctor remedy use here.
- **[The Glossary](#)**: Contains easy to understand definitions of the terms most frequently used in this book.
- **[The Remedy Board](#)**: a special board will be found in the envelope located at the back of this book. You will use this board to make your Paper Doctor remedies.
- **The well adult Page Number References**: For those readers wanting more specific medical information about their complaint, I have included page number references to another book, [The Well Adult](#), (see [Resource Bibliography](#), page 362).

[The Well Adult](#) is a good companion volume to The Paper Doctor. It is inexpensive and readily available in most bookstores. Its authors are experts, and have written an outstanding series of health books for the lay person over the years, including [The Well Body Book](#), [The Well Pregnancy Book](#), [The Well Baby Book](#) and [The Well Child Book](#). All are non-technical, easy to read and well-illustrated.

[The Well Adult](#) provides easy-to-understand medical explanations for the complaints listed in The Paper Doctor. Page number references to [The Well Adult](#) appear at the bottom of most Paper Doctor remedy instruction pages.

### HOW THE REMEDIES ARE ORGANIZED

This book contains 58 magnetic patterns, arranged in alphabetical order for easy look up. Each magnetic

pattern is printed on a separate page. Each magnetic pattern is accompanied by detailed instructions for its use.

## COMPOSITION OF EACH REMEDY INSTRUCTION PAGE

Every magnetic pattern in this book is accompanied by an instruction page describing how to make and use that remedy. This page is written in easy-to-understand language. Every instruction page contains five sections, as follows:

- **USE THIS REMEDY IF:**

this section describes the healing potential of the remedy - the complaints that it can relieve. Read this section to see if your complaint matches this "remedy portrait". If it does, you should try the remedy.

- **SPECIAL INDICATORS:**

when present, this section lists special healing characteristics of a remedy that can help you decide if it is likely to relieve your complaint. Special Indicators can also help you to distinguish between two similar remedies. A remedy is not likely to work unless at least one of the special indicators listed matches (is similar to) your complaint.

- **HOW TO USE THIS REMEDY:**

is the name of the third section. Here you will find simple but explicit instructions for making and using the accompanying Paper Doctor magnetic pattern. Always follow the instructions in this section exactly.

- **ALTERNATIVE REMEDIES TO CONSIDER:**

is the name of the fourth section. It lists one or more alternative remedies which might help you if the remedy you chose does not. In *The Paper Doctor*, there are usually several remedies that can relieve any complaint. If the remedy you choose did not work, then next thing is to do is to try one of the remedies listed in this section.

- **MEDICAL ALERT**

the final section, is very important. When a complaint you have might need medical attention, **MEDICAL ALERT** will warn you. Always read this section carefully and follow the instructions written there. They take precedence over any other instructions on the page. **THE MEDICAL ALERT** section only appear when it is relevant.

**The Well Adult** page references appear at the bottom of most remedy instruction pages under the brief heading The Well Adult.

## HOW TO GET THE MOST FROM THESE REMEDIES

The experience of many people has demonstrated that you will have greater success if, before you select a remedy, you compare it with other remedies that might also relieve the same complaint.

There are always several remedies in the *Paper Doctor* that can help any complaint. Rather than making and drinking the first one you come across, take a few moments to read and think about the alternative remedies listed under the **ALTERNATIVE REMEDIES TO CONSIDER** section of the remedy you select.

The Paper Doctor  
Extensive page number references have been provided to make remedy comparison quick and easy.

## **GETTING STARTED IS EASY**

Clear, detailed instructions for how to get started using the Paper Doctor remedies are given beginning on in the section [How To Use The Remedies](#), page 43. After reading that section you will be ready to make and use Paper Doctor remedies.

Most people find it fun, easy and quite beneficial to use Paper Doctor remedies. I hope you will too!

For [How It Works](#), see next page(020). ([index](#))

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## HOW IT WORKS

Every magnetic pattern in this book is derived from a natural substance with well-documented healing properties.

The "parent" remedy behind each Paper Doctor magnetic pattern exists first in a liquid form. Through a process to be described in this section, I have converted 58 different liquid remedies into 58 magnetic patterns you see in this book. Each pattern represents the unique essence or "energy signature" of one remedy's healing properties.

For example, the magnetic pattern for [PHYSICAL INJURY](#), found on page 205, is derived from the homeopathic remedy Arnica, which has been used worldwide for almost 200 years. Arnica is itself derived from the common European and American herb Wolfsbane. Wolfsbane is known to promote healing of the soft tissues around bones after these tissues have been cut or bruised.

Some of the common complaints which Arnica is known to heal are:

- Bad effects from falls or blows to the head
- Mental sluggishness from concussion
- Head hot, rest of body cool
- Better by lying with head down
- Eyes appear dull with a fixed gaze
- Swelling of the nose
- Gums sore, swollen
- Dry tongue with disinclination to talk
- Mouth dry, with thirst
- Loss of appetite
- Articulations and cartilaginous connections of the chest feel

as if beaten when moving, breathing or coughing

- Arms feel weary, as if bruised by blows
- Feet feel tired or inflamed after a walk
- Bruised soreness in the limbs
- Mechanical injuries to the limbs

These (somewhat technical) descriptions match some of the complaints people have after experiencing a fall, accident or other physical injury.

### MAGNETIC PATTERNS STORE HEALING POTENTIAL

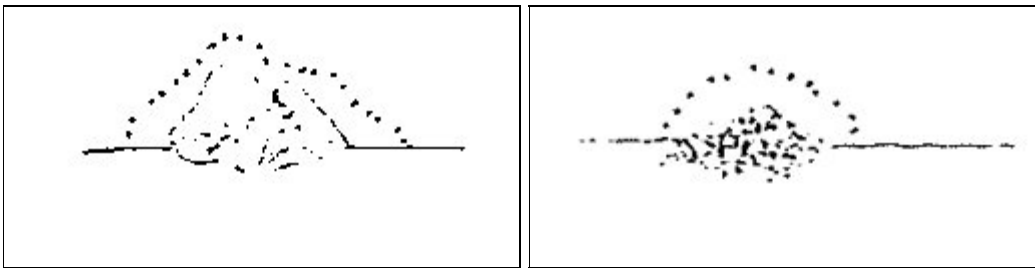
Each magnetic pattern in this book can be said to be "storing" one remedy's healing potential. Under the influence of a small magnetic field, the pattern will transfer a "copy" of this healing potential to a neutral substance positioned in the center of the pattern.

The Remedy Board (located in the back of this book) which you place under a pattern's page to make your remedy contains a magnet. This magnet supplies the force which "makes the copy". The water in your glass becomes the neutral substance into which the remedy's healing potential is transferred.

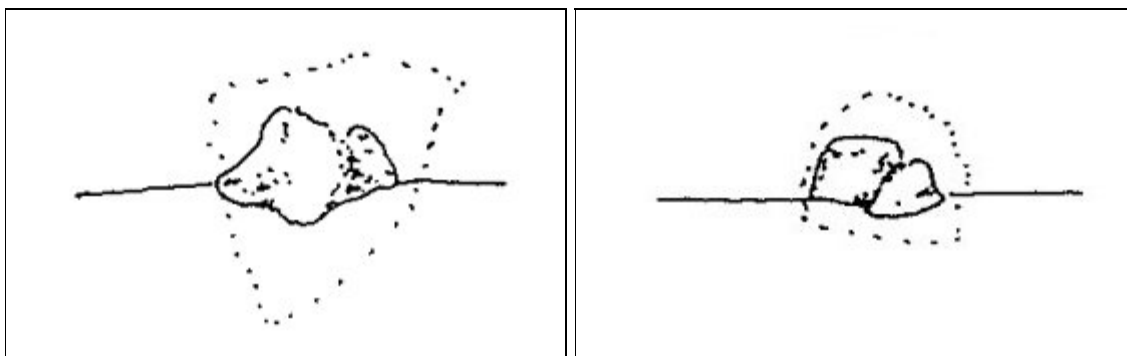
In this chapter I will describe both the basic concepts behind the use of magnetic patterns and the steps necessary to create them. Then I will discuss how the healing potential of a remedy can be transferred from any magnetic pattern in this book to the water in your glass. I will try to explain how ordinary tap water can store a remedy's healing potential until you drink it. This will lead me into a brief discussion of microdose pharmacology. Finally I will present evidence for how the healing potential in the water you

drink can become a "message" to your Healing Response to relieve a complaint.

I first became interested in the concept of magnetic patterns when I read of the work being carried out by researchers in England and France, who have been using a technique called radiesthesia since 1940s to describe the healing energy in natural substances. These researchers have repeatedly demonstrated the presence of tiny energy fields surrounding all natural substances.



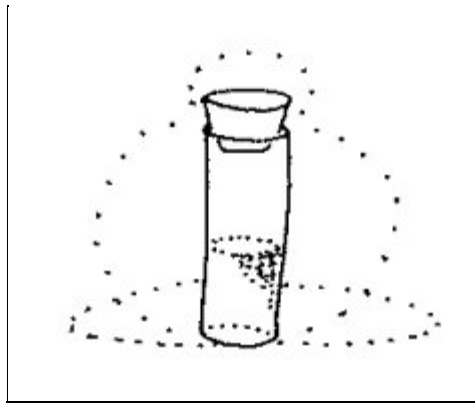
In their investigations, these researchers have explored the nature and possible function of these unique little fields. For example, they discovered that the energy field surrounding any pure substance is unique in size and shape to that substance alone. Different substances never exhibit the same energy field measurements, while different samples of the same substance always do. It is as though every substance on the Earth has its own unique "signature", represented by the size and shape of the energy field surrounding it.



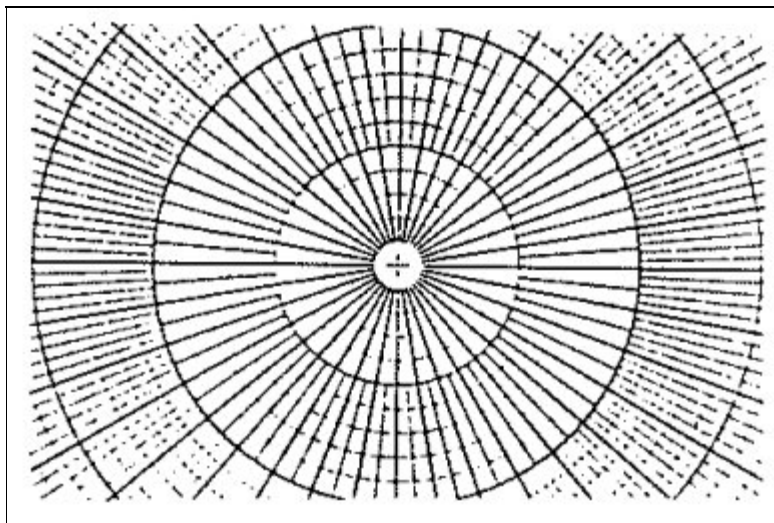
Since I will use the phrase "energy field" frequently in this discussion, I want to explain what I mean by it. Energy field is the name I give to some kind of tiny force which can be detected by a trained human being using the techniques of radiesthesia.

Although an energy field has been found to surround all natural substances, its true nature is unknown. The working hypothesis of most radiesthetists is that these little energy fields are somehow related to the Earth's magnetic field.

Radiesthetists have discovered that natural impurities in a substance will distort its energy field measurements. Therefore it is more common for them to measure substances after they have been crushed, filtered and diluted into a neutral liquid such as alcohol or water, since in that state they will be less likely to contain impurities. So radiesthetic investigations are carried out with substances which have been converted to liquid form and stored in corked vials. Of course, when a sample is a liquid stored in a vial, it is possible to detect three distinct energy fields around it - one for the substance, one for the glass vial, and one for the cork!



As their work progressed, researchers discovered that all substances exhibit their strongest fields when aligned with magnetic North, or measured from an orientation to magnetic North. One application of this discovery was the introduction of a reference point system or "grid" from which more exacting measurements could be made. A typical grid looks like this:



The magnetic patterns printed in *The Paper Doctor* represent the unique energy field "signatures" of 58 different healing substances. As you can see, most energy fields extend only a few centimeters in any direction, so the measurements which must be made are quite small. From these measurements, a magnetic pattern is developed. This pattern is drawn over a grid to an accuracy of one-tenth of a millimeter. Once the pattern is developed, the grid is no longer necessary.

Since the *Paper Doctor* magnetic patterns are printed on the pages of this book without their grids, their shapes may seem arbitrary. However, they are not. Instead, each pattern is the result of careful measurements carried out on a grid oriented to magnetic North. A pattern can be accurately created only from this orientation. A deviation of even one degree will render any pattern less effective or even unworkable.

## **INTRODUCING MALCOLM RAE**

Over the past few decades, many researchers have verified the presence of these energy field "signatures" surrounding natural substances. Several theories about the nature of these fields have developed, and many suggestions have been made as to their possible usefulness. However it took the genius of the late Malcolm Rae to discover how to use this phenomenon for its greatest healing potential.

Rae's work is described in detail in the book [Dimensions of Radionics](#) (see [Resource Bibliography](#), page 362), so I will only summarize that part of it which directly relates to the creation of *Paper Doctor*

Why is the work of this man relevant to our discussion? Because to create the magnetic patterns presented in *The Paper Doctor*, I duplicated a portion of Malcolm Rae's research. I did this by carefully studying a written description of how he carried out his work, then I repeated his experiments step by step. The results I obtained were similar to his.

This process took several years. After a number of futile attempts, I learned how to correctly "survey" a remedy for its energy field boundaries. Eventually I was successful in creating a magnetic pattern which looked similar to Rae's, and which actually worked. One day I discovered that a remedy made from my pattern had relieved a volunteer's complaint! This first pattern was an early version of [THE COLD PREVENTATIVE](#) remedy found on page 277.

In the paragraphs that follow, I will briefly describe the key concepts and discoveries which make the Paper Doctor magnetic patterns possible.

Apparently Malcolm Rae set out in the 1960s to find a method of copying the healing potential of known therapeutic substances into a neutral medium (such as water). Before he began this work, Rae was fully aware that the possibility of "geometric healing", as this work was sometimes called, had been repeatedly discussed in the philosophical and medical literature of the Western culture since the writings of Plato. Many people have sought the secret to geometric healing, and thought that it lay hidden in the esoteric field known as Sacred Geometry.

Since the history and evolution of the idea of geometric healing is traced in a fascinating book by Malcolm Rae's friend Aubery Westlake, M.D., entitled *The Pattern of health* (see [Resource Bibliography](#), page 362). I will refer you to that volume rather than digressing further here.

Although not medically licensed himself, Malcolm Rae was able to win the confidence of several physicians with his extraordinary ideas, his rigorous thinking, and his determination. It's a pity that he never wrote a book! I suppose that many of his ideas are now lost.

By working closely with a number of doctors, Rae was able to test his results clinically at each stage of the work. I emphasize this detail so that you will understand that Rae thoroughly verified each step of the process I am about to describe.

Analyzing the phenomenon of "energy field signatures" at the outset, Rae established that three elements must be present around any healing substance: the substance itself; the invisible but all-pervasive magnetic field of the Earth; and the invisible but radiesthetically detectable "field signature" of the substance under study.

Rae hypothesized that somehow a substance and the Earth's magnetic field interacted to form the unique field signature of that substance, one must have two elements: the presence of the Earth's magnetic field, and a representation of the field signature of the substance one wanted to recreate.

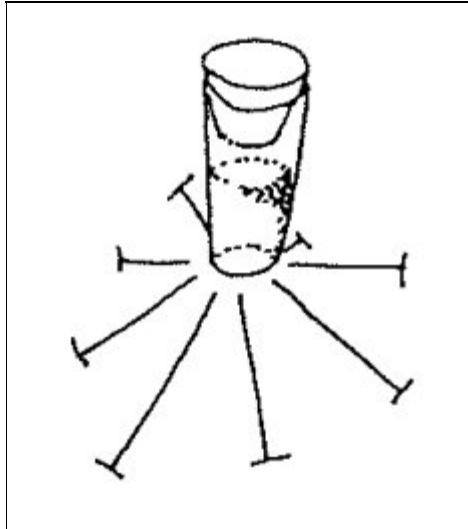
This line of thinking represented a radical departure from the traditional operations of Sacred Geometry, and opened up the possibility of new discoveries. Although it de-emphasized the role of geometry in the solution to the problem, it introduced magnetism into the equation, thereby providing a powerful new force for the development of a remedy's energy pattern.

Rae's experiments demonstrated that his observations and reasoning were correct. If he placed a geometric representation of the signature of a healing substance into the Earth's magnetic field, the healing properties of that substance could be duplicated into a neutral medium, such as water.

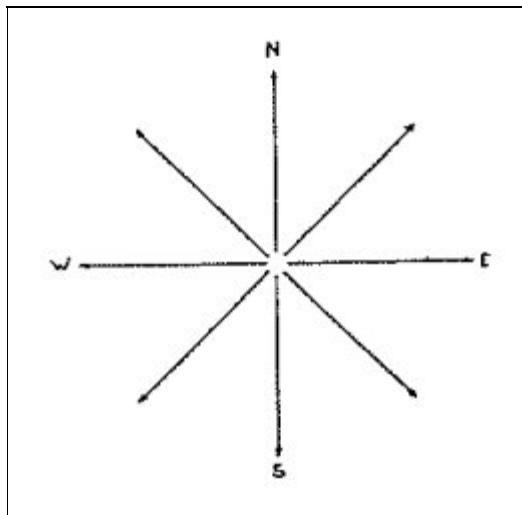
Radiesthetic researchers commonly measure the boundaries of the field signatures of various substances (in centimeters). They literally from the center of the substance to the edge of the field.

The "edge" is that location, some distance from the actual substance, at which the field appears to end. Naturally there are an infinite number of "edges" surrounding any substance. Even in the the two-dimensional plane the number is infinite. The question was, what minimum number of measurements would be needed to produce a unique field signature?

Through trial and error Rae discovered that eight measurements were sufficient to uniquely represent any substance. If he took eight measurements, each locating one portion of a field's edge, he would obtain a unique representation for that healing substance.

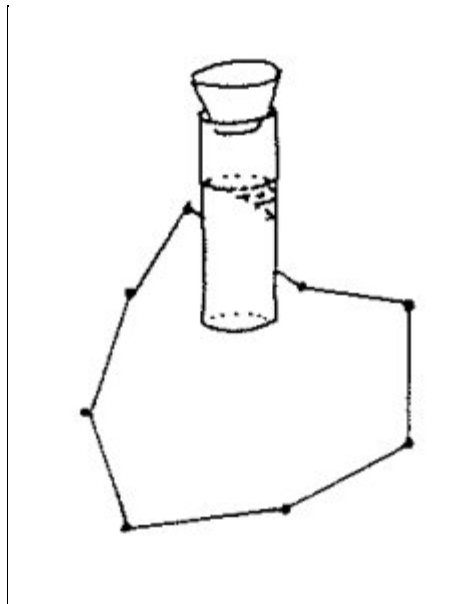


Rae measured his substance in eight common compass directions in a horizontal plane: North, South, East, West, Northeast, Northwest, Southeast, and Southwest.



By connecting the points depicting these measurements - delineating the various "edges" of the invisible field - Rae formed a geometric shape, or pattern, which represented the unique field signature of that substance.



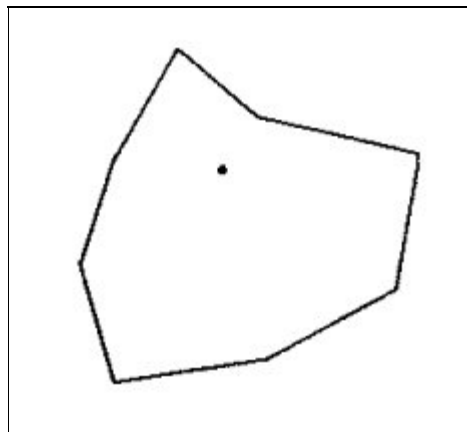


Rae surmised that if he aligned the North measurement of his pattern so that it pointed to the Earth's magnetic North, his pattern would 'look' to the Earth's magnetic field as the substance itself.

Rae found that by making a drawing of the field signature of a substance, and aligning it to magnetic North, he could recreate the healing properties of that substance in a vial of water placed at its center!

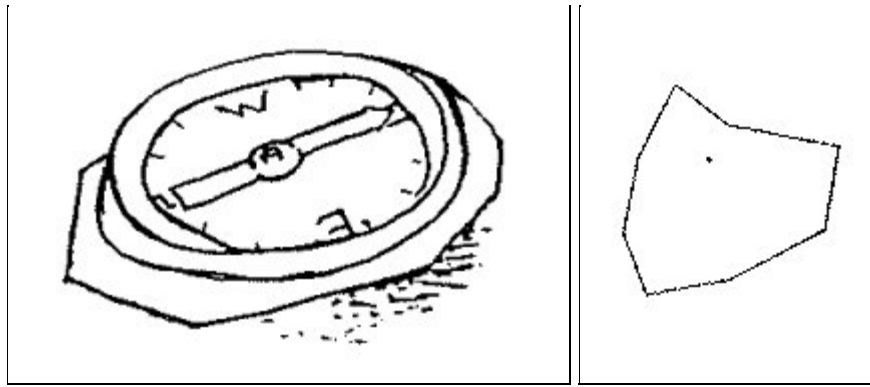
Very elegant! Brilliant discoveries usually are. Remember though that Rae spent many years of concentrated effort working these ideas out, and testing them clinically.

That point which represented the center of a healing substance was not necessarily in the visual center of the geometric shape, or pattern, which Rae created. This is because most substances generate fields which are irregular in shape.



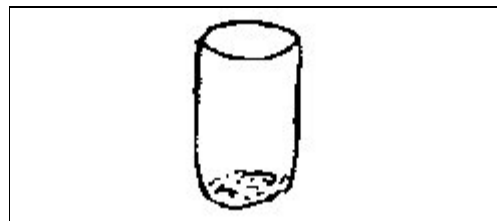
The small dot within each of the magnetic patterns in The Paper Doctor demonstrates this characteristic. The dot represent the energy center, rather than the visual center, of the healing substance. Each time you make a Paper Doctor remedy, center your glass of water carefully over this dot.

Once he had a geometric pattern which would duplicate the healing properties of a substance in a vial of water, Rae discovered that the remedy created would not be entirely accurate unless the pattern was exactly aligned to the Earth's magnetic North.

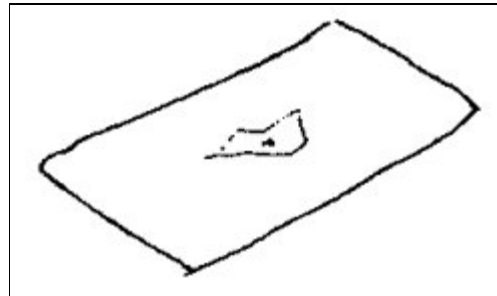


Here was a problem. One could not reasonably expect other people to carefully align each pattern before using it. It was too easy to make a error. No, something more was needed. Rae sought a device which would guarantee greater accuracy.

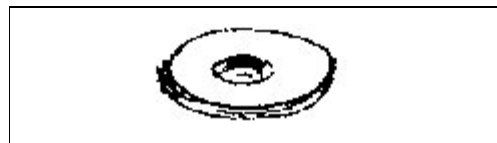
He found this device to be a small magnet. This 'local' magnet, even though small, was much more powerful - in the immediate are of the magnetic pattern - than the Earth's magnetic field. It would act as a substitute field to provide the force which enabled the transfer of the healing properties in any pattern to a glass of water.



Water  
in  
Glass

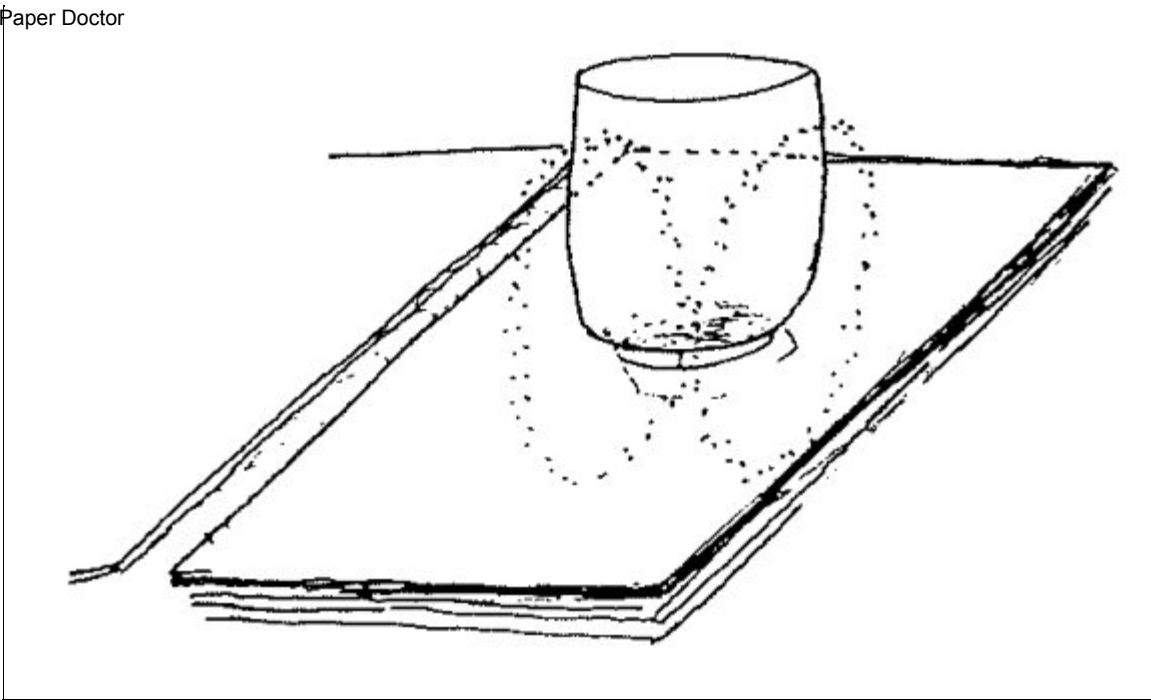


Magnetic  
Pattern



Magnet

The Remedy Board supplied with this book, when placed under a magnetic pattern page, provides this same "transfer force".



### **CAN A MAGNET ACT ON WATER IN A GLASS?**

To satisfy yourself that the magnet in the Remedy Board supplied with this book has a force field sufficiently large to influence the water in a glass, get out your Paper Doctor Remedy Board. Now drop a pocket compass into an empty glass and slowly place the glass on the big dot on the Board. When the glass comes within 4 or 5 inches of the dot, you will see the compass needle begin to move. Clearly, the magnetic field of the magnet in the Remedy Board is large enough to influence the water (or anything else) placed into your glass.

But does this mean that a magnet can actually "do anything" to the water in a glass placed above it? Several experiments have published reports which conclude that, indeed, it can. Perhaps the best known of these is the work of Dr. Bernard Grad, carried out during the 1960s at McGill University. At the time Dr. Grad was studying whether psychic healers actually exerted any beneficial effects on sick persons. During the course of his work, in a double-blind study he convincingly demonstrated that magnetized water stimulated the growth of plant seedlings.

(Bernard Grad, "Some Biological Effects of Laying on of Hands and Their Implications", *Dimensions of Holistic Healing*, ed. Otto & Knight, Nelson-Hall, Chicago, 1979.)

### **EXPERIMENT WITH MAGNETIZED WATER**

You can try a magnetized water experiment for yourself. Here's how.

The next time you have a complaint which you think a Paper Doctor remedy might help, place 1/8 inch of tap water into three identical small round glasses. Set the first glass aside as a control. You have nothing to it.

Place the second glass directly on a large black dot on the Paper Doctor Remedy Board. Do not use any remedy pattern under this glass. You hope to end up with only "magnetized water". Wait 5 minutes. The water in this glass should be magnetized. Remove the glass. Set it aside marked as magnetized water.

Now make the Paper Doctor remedy you think will ameliorate your complaint. This will also take five minutes. When done, set this glass aside too, marked as a remedy.

Now the experiment begins: First drink glass number 1, the plain tap water. Wait 15 to 30 minutes. Can you tell any difference in yourself, or in your complaint?

If your complaint is still present, drink glass number 2, containing the magnetized water. Wait 15 to 30 minutes. Can you tell any difference in yourself, or in your complaint?

If your complaint is still present, drink glass number 3, containing the Paper Doctor remedy. Wait 15 to 30 minutes. Can you tell any difference in yourself, or in your complaint?

Under the best conditions, assuming the Paper Doctor remedy you chose was the right remedy for your complaint, this is what might have happened:

After glass number 1, no change.

After glass number 2, some improvement, but not necessarily in your complaint. Magnetized water alone may have some healing (or stimulating) properties.

After glass number 3, a definite improvement in your complaint.

You may have to carry out this experiment more than once to be certain of the results.

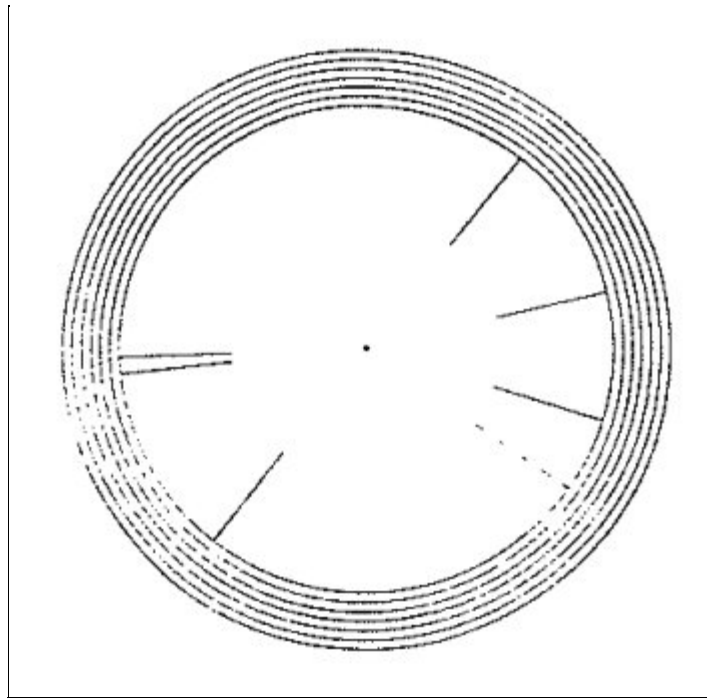
Try using this experiment as an ice breaker at your next party. It will get people talking!

## **SUMMING UP MALCOLM RAE'S CONTRIBUTION**

Malcolm Rae continued his research for more than 15 years, eventually developing a clinically-precise system for reproducing the healing potential of various remedies from printed patterns.

Rae's system requires the use of an expensive instrument, and is designed for use by trained professionals, but it does provide the precise control over remedy dosages necessary for medical research. His method still uses patterns, but they are now more abstract and no longer display the characteristic eight-sided geometric shapes found in The Paper Doctor which are so visually informative of each remedy's healing potential.

Here is an example of a pattern I have made in a design similar to Malcolm Rae's abstract patterns. Each magnetic pattern is a series of concentric circles. They differ from one another only in the number and location of the partial radii within each pattern.



One advantage to circular magnetic patterns is that a pattern can be any of several sizes yet store and transfer the same healing potential. Therefore uniformly small patterns can be made. But on the negative side, the patterns lose their visual meaning. In other words the analogical information of a remedy's healing potential is stored as a series of angular proportions rather than in a loose but unique shape.

Rae's system is in use today by physicians and researchers around the world. That portion of his work which I have briefly described here is intended to sketch his development of a magnetic pattern which would successfully store and transfer the healing potential of a remedy, as well as to convey the depth of my indebtedness to this man, and to those who worked with him, including David Tansley, D.C.

Now you have an idea as to how magnetic patterns are made, let's discuss the steps necessary to make a remedy from a magnetic pattern. One of the key questions to investigate is: how can ordinary water hold the healing potential of a remedy?

To answer this question, we must briefly investigate some of the properties of water.

## **THE PROPERTIES OF WATER**

Water, ordinary drinking water, turns out to be a deceptively complex substance, many of whose properties are still under scientific investigation. For example, water is known as the universal solvent; you can dissolve just about anything in it. Why is this? Water has a number of unique characteristics. One of them, known as its "dipole moment", allows a water molecule to attract the molecules of most other substances. When a substance is dissolved in water, its ionic and/or molecular bonds are broken. If an electrolyte, such as salt, has been dissolved, the individual ions are separated and a 'dipole envelope' is formed around each ion. In the case of non-electrolytes, such as sugars and organic molecules, labile structures are formed and other complicated events occur which are not yet understood. These properties demonstrate that water is a deceptively complex substance.

But is water able to store a remedy's healing potential until you are ready to drink it? And if so, how?

Water molecules are known to be capable of storing and releasing energy. They can do this in four different ways. These storage modes are known to physicists as kinesis, spin, vibration and excitation. Each mode occurs only when specific temperature conditions arise within the molecules.

## **KINETIC STORAGE**

The kinetic mode describes energy which is stored and released by molecules as they continually collide with other molecules in a haphazard fashion. This type of energy storage occurs as water is heated; it is random and unreliable, since energy stored will be quickly lost when the water boils, and lost in an unpredictable manner. Such unpredictability makes the kinetic mode an unlikely candidate for storing the healing potential of a Paper Doctor remedy.

## **SPIN STORAGE**

The spin mode occurs between water molecules which have been heated to at least 100 degrees Fahrenheit, so that they override the mechanics of the force holding them together (known as their dipole moment) and literally spin around each other for brief periods. This mode can only occur in water molecules which have been heated to the simmering point, on their way to a boil. Spin energy occurs frequently in microwave cooking. But it only occurs at a temperature above which all life forms to die. Obviously it is an unsuitable mechanism for storing a remedy's healing potential.

## **EXCITATION STORAGE**

Excitation, or electronic excitation as it is formally called, is a form of research-induced energy storage capable of great strength and intensity. By shooting high energy particles at selected substances, scientists can actually alter the orbits of the electrons within these substances so that they produce tremendous energies. This type of research has led to the development of lasers and other powerful controlled-beam tools. Certainly not the province of The Paper Doctor! I mention excitation here in order to remind you that the subtle elemental forces we are exploring can be powerful indeed.

## **VIBRATION STORAGE**

So we are left with vibratory storage. It is the only other known mode of energy storage within the molecules of common substance such as water. What are the characteristics of vibration storage?

Upon examination, vibration storage is a good candidate to explain how water can hold the healing potential of a remedy. When a molecule absorbs energy, it vibrates more intensely. Water molecules can vibrate (hold energy) for long periods of time, then later release their energy, returning to a less vibratory state. In other words, vibration storage is relatively stable and predictable.

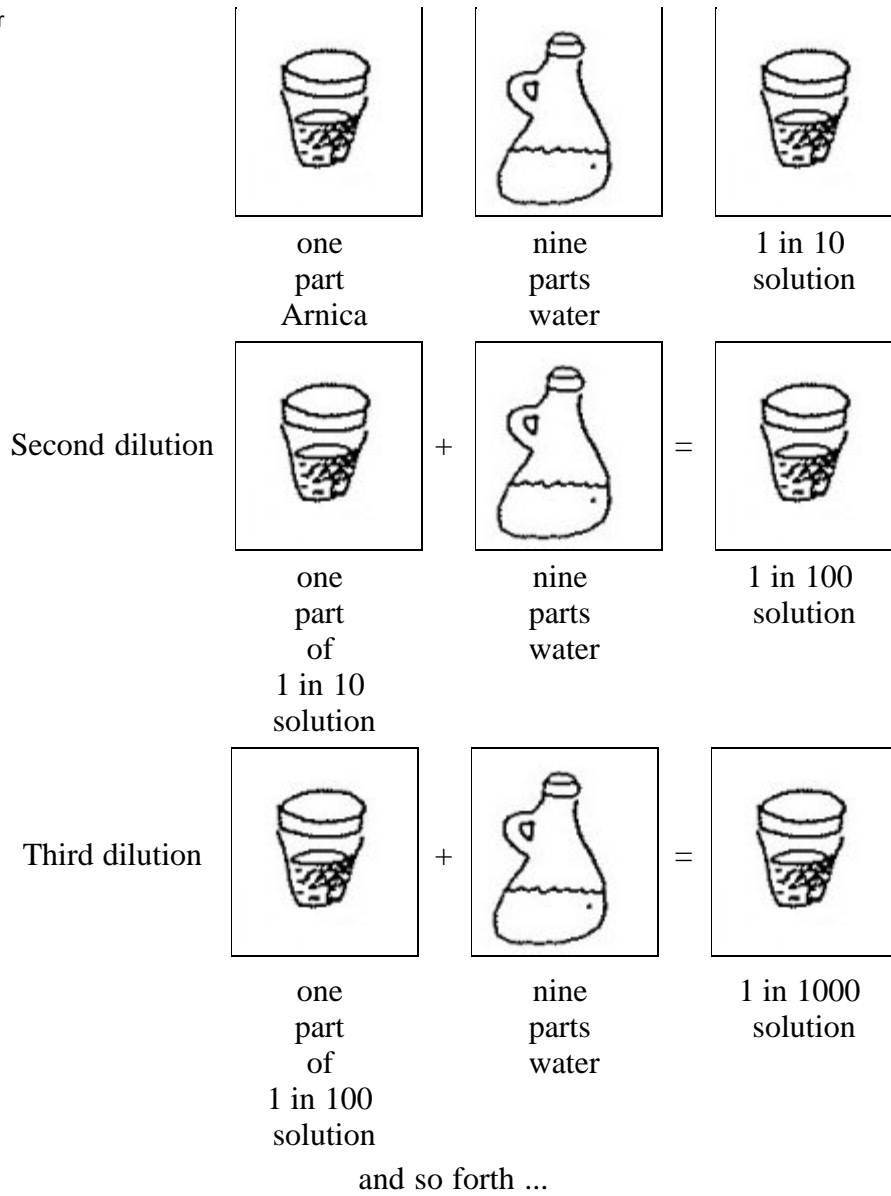
Vibratory storage can occur in water when it is gaseous, liquid or even frozen. In fact, recent experiments have demonstrated that patterns known to have placed in liquid water, were still present after the water was frozen, then thawed back to the liquid state.

## **PATTERN STORAGE**

But can water store patterns? Photographs taken with polarized light have clearly shown the formations of ice crystal structures in pure frozen water, whether it is distilled water, rain water, or tap water. When a healing substance, such as the Arnica mentioned at the beginning of this section, is added to water, polarized light photography reveals a change in that water's crystal structure. In other words, the distilled water 'looks different' to the camera after Arnica is added to it. One might expect this.

But surprisingly, the new pattern continues to be seen even after the healing substance (Arnica in our example) has been diluted (with more water) - even when it is diluted so thoroughly that not one molecule of the original remedy could possibly remain in the water! After the actual remedy is gone, some pattern or "shadow" of its presence persists.

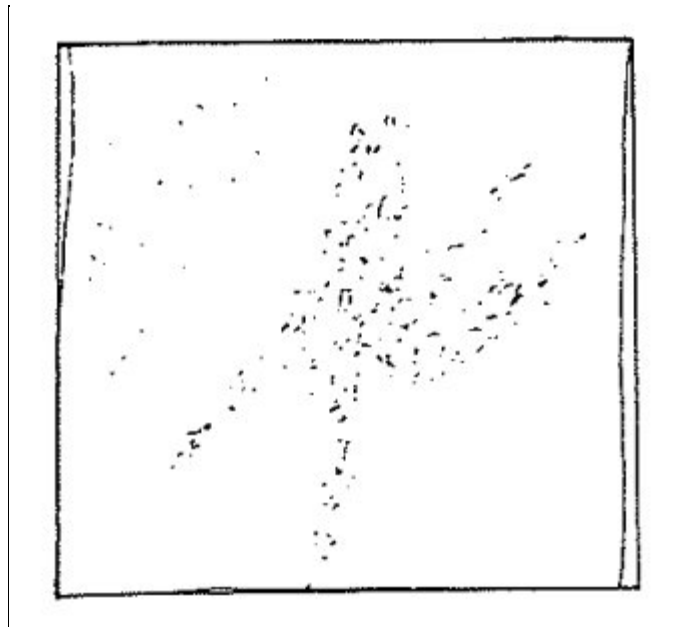




After this process is completed, the likelihood of any molecules of the substance remaining in the mixture becomes zero. This result is predicted by a chemical equation known as Avogadro's constant.

Now the water is photographed again. If all the Arnica was removed, the pattern portrayed should match the original distilled water photograph.





But it does not! Conclusion: some "pattern of information" about the presence of the Arnica remains clearly visible in the water.

(Paul Callinan, N.D., D.Hom., Ph.D., "Homeopathy, How And Why It Works", Simply Living, Vol. 3, Number 9.)

Obviously more research must be done in this area, since phenomena exist which have interesting possibilities which can't easily be explained. The work I have been describing represents the domain of a new branch of pharmacology that only emerged in the 1980s. It is known to researchers as Hormesis. (Sagan, "What is Hormesis and Why Haven't We Heard of It Before?", *Hormetic Effects in Pharmacology*, Health Physics, 1987.)

Now we can establish that the healing potential of an actual remedy can be transferred to the water in a glass, and represented there by a photographable pattern. But how does this pattern stimulate the human organism to heal? In order to answer this question, we must introduce the idea of non-chemical remedies as bio-information.

## **ONE DIFFERENCE BETWEEN DRUGS AND PAPER DOCTOR REMEDIES**

Prescription drugs (as well as over-the-counter drugs and illegal drugs) are chemical agents which work by dissolving in your stomach, then being absorbed either in your stomach or through the lining of your intestines into the blood stream, where they circulate to all parts of the body, affecting the function of selected organs, tissues and cells as they go. We have been taught how medicines work in public schools, so healing by chemical action seems natural and familiar.

Paper Doctor remedies, known technically as microdoses, work on an altogether different principle. They bypass the stomach and blood stream, acting directly on the nervous system, which is the message center for the organism. When you drink a Paper Doctor remedy, its pattern acts to send a "message" to the Healing Response, that inner intelligence which controls and regulates the bodily processes. Just how this occurs cannot be explained - yet. That it occurs has been repeatedly observed.

You will experience this phenomenon in action each time you use Paper Doctor remedies. At first it may seem magical because your complaints will disappear "like magic" without you're being able to feel anything happening. But of course, any unfamiliar technology appears to be magical at first. The radio was magical to my parents. Television was the magic in my childhood. Is not the view of planet Earth from a space shuttle still pretty magical? The difference between magic and technology is largely a matter of familiarity.

## **THE IDEAS OF MESSAGES**

The idea that a healing substance may work by non-chemical means, transferring its "message" directly to the body, comes from a relatively new (and controversial) branch of medical research known as psychoneuroimmunology, PNI for short. PNI research attempts to establish a scientific explanation for how people can influence their illness merely by their beliefs.

Although originally begun as a study of how spontaneous remissions of potentially fatal illnesses (such as cancer) can occur, PNI research has led to an intense study of the processes governing both the natural pathways of the nervous system and the autoimmune response (the body's remarkable ability to defend itself against foreign invaders). PNI researchers have established that both the nervous and the immune system are capable of learning, and of transferring information along their pathways in a non-chemical form.

(Lecture by Margaret E. Kemeny, Ph.D. entitled "The Immune System: Minding The Body and Embodying The Mind" given in the fall of 1989 in San Diego.)

The information that is transferred is known as bio-information.

This same little-understood mechanism can account for the transfer of the "message" in a Paper Doctor remedy from the water you drink to that defense center in your organism which I call the healing Response.

Though this mechanism is not well understood, we can deduce that it exists since drinking the water containing a remedy "does something". Precisely how the pattern of healing information in the water affects your body cannot yet be explained.

To test this further:

The next time you have a complaint which you think a Paper Doctor remedy might help, place 1/8 inch of tap water into two identical small round glasses. Label each glass on its bottom with identical labels, and numbers them 1 and 2.

Set glass number 1 aside as a control.

Make your chosen remedy in glass number 2 in the usual way.

Now "shuffle" the glasses until you are certain you can't tell which is which. Arbitrarily choose one of the glasses and drink the water in it. Wait 15 to 30 minutes.

Can you tell any difference in yourself, or in your complaint?

Remember, if you have to imagine that your complaint might be better - it's not.

Once you have decided that your complaint is either better or not better, look at the label on the glass. Did you drink the control or the remedy?

What do you conclude from this small-sample, single-blind experiment?

## **IS IT PLACEBO?**

My medical dictionary defines placebo as any substance which has no intrinsic therapeutic value, but which is given to satisfy a patient's symbolic need for drug therapy. In other words, placebo is an inert substance which can't do anything to relieve your complaint unless it works just because you believe it will. Through the use of a placebo, many fantastic cures of serious and even fatal illness have been recorded over the years.

So what is a placebo? After intense study, PNI researchers have concluded that people definitely have the

ability to trigger powerful self-healing forces in their bodies. The placebo effect appears to be one name for the action of this little-understood mechanism.

Formerly considered a medical nuisance, the placebo effect is now recognized as a powerful ally, but a notoriously unreliable one. In other words, no one can predict when and for whom it will be working.

However, comprehensive studies over the past 20 years have demonstrated that 55% of the therapeutic benefit of all drugs is due to the placebo effect. This means that more than half of the people who took placebo, but thought they were taking some powerful drug, received a beneficial effect similar to those who actually took the drug. This holds true even for morphine - a powerful pain-killer used to ameliorate intense pain.

(Evans, F., "Expectancy, Therapeutic Instructions, and the Placebo Response", in White, Tursky & Schwartz, Placebo: Theory, Research & Mechanism, Guildford Press, New York, 1985.)

Because of these statistics, no one can claim that their drug, remedy, or other therapeutic regimen is not sometimes just a placebo. For many people who use any remedy, including Paper Doctor remedies, placebo will be operating a lot of time.

However, there's more. Pharmacists automatically label any non-chemical remedy a placebo because the definition of "intrinsic therapeutic value" is a substance containing at least one chemically-active ingredient. By this standard Paper Doctor remedies must be placebo.

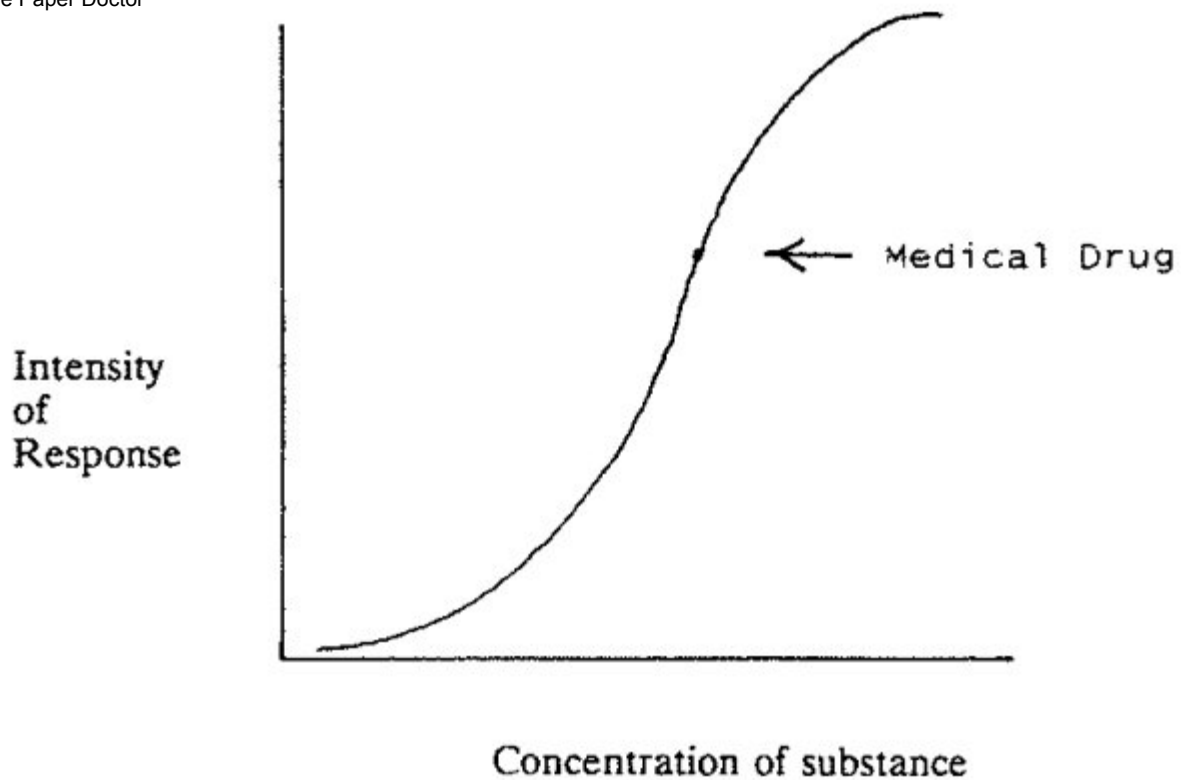
Vibrational medicine is by definition non-chemical. It is so new, there is no category for it in pharmaceutical thinking. So vibrational medicine remains unrecognized and untested. But how can you test it? What tests could be made if all the testing standards are based on the assumption of "active ingredients"?

Perhaps you can begin to see why Paper Doctor magnetic patterns, and other forms of vibrational medicine, require a paradigm shift. It's not only that they are a new form of medicine. To admit that they have some validity is to call into question some of the most fundamental assumptions of existing biochemical-oriented therapeutics.

## **INTRODUCING THE MICRODOSE**

What is a microdose? It is the pharmacological term given to a special method of drug preparation, the kind used to produce Arnica and the other healing substances which "parent" the Paper Doctor magnetic patterns.

Microdoses are known to pharmacologists (those people who study and prepare drugs) as "threshold doses". Microdoses exist only at the low end of the standard pharmacological scale known as the Dose-Response Curve.

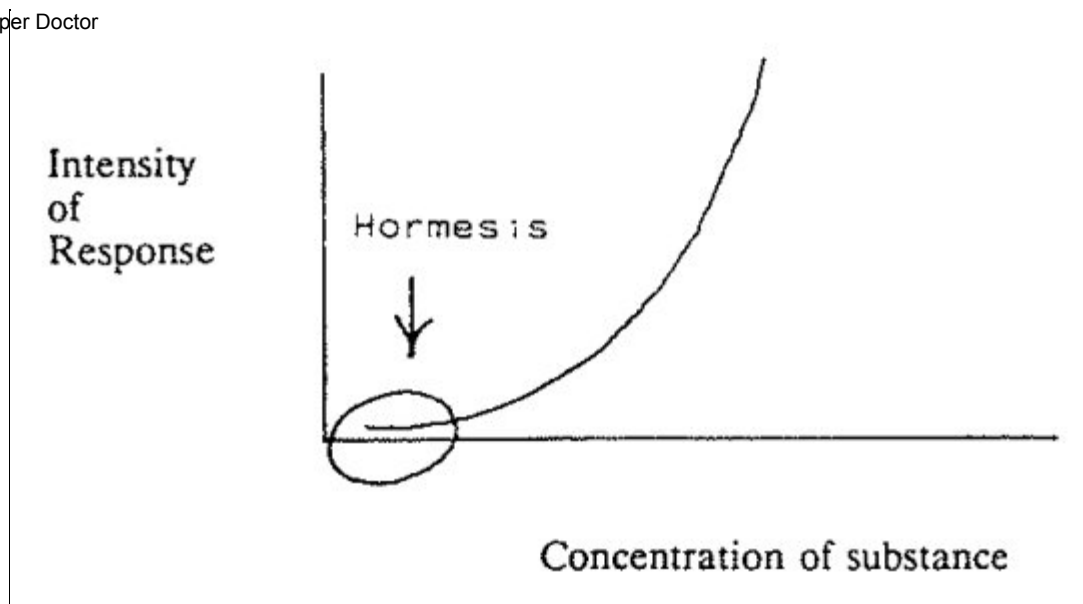


### THE DOSE-RESPONSE CURVE

The Dose-Response Curve demonstrate the fundamental pharmacological principle that an increase dose of a drug will always give an increased effect, while a reduced dose gives a reduced effect. This principle always holds true for chemical substances.

It is this phenomenon that has led medical researchers to use toxic (but hopefully not fatal) doses of their drugs as medications. The Dose-Response curve explains why over-the-counter medications are advertised as "extra strength" or "more powerful". The basic idea is that increased beneficial effects can only occur from an increased dose. This same phenomenon causes the problem that people experience when using medical drugs - their toxicity.

Hormesis focuses on a phenomenon which apparently contradicts the Dose-Response Curve, namely that minute doses (microdoses) can also give powerful healing effects.



Hormesis studies the healing effects of extremely minute doses, those found in that part of the Dose-Response curve where formerly no beneficial effects were thought to occur.

Microdoses are very dilute solutions which exhibit healing potential only after all traces of the original or "patent" substance have been removed by dilution. Since they are so dilute, microdose remedies contain no active ingredients. This is why they have no side effects or other harmful consequences. Paper Doctor remedies, existing only as vibratory patterns in the water in your glass, are a by-product of microdose pharmacology.

### **THE BODY IS ALSO A STANDING WAVE FORM**

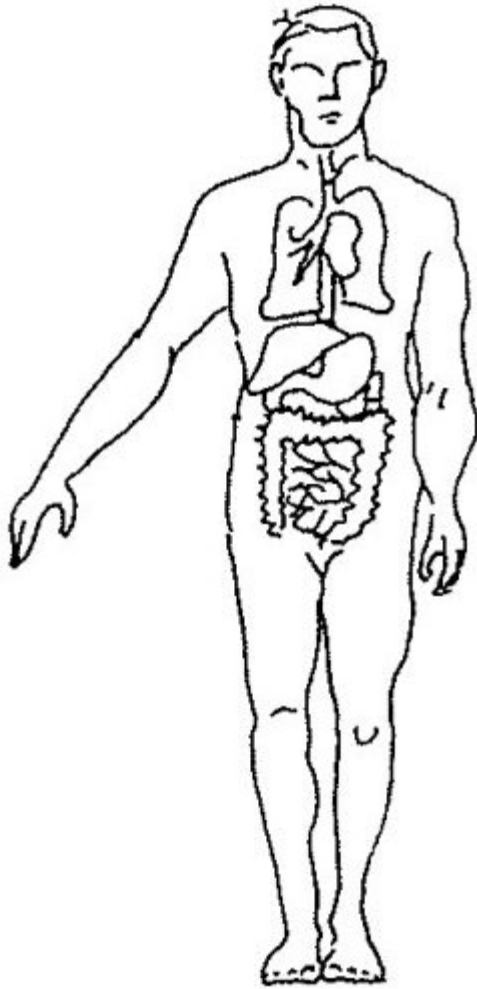
Yes, I know about organs and organ systems, tissues and cells, biochemistry, bacteria, viruses and DNA. For the past several hundred years medicine has sought "the cause of disease" in one or more of these solid, discrete body components.

But that's not whole story. The human body is also a hierarchically-arranged structure of interacting energy patterns. Taken together, these patterns form a standing wave.

What is a standing wave? It is an energy form that appears to be an object. Waves rolling across the ocean appear as little walls of water moving across its surface. But that isn't so. In fact, the water molecules merely rotate up and down while the energy of the wave form moves through them. The water molecules don't go anywhere. Only the wave energy actually "moves along".

The human body appears to be solid and "real". But if you dare to look at it closely enough, its solidity dissolves into patterns of energy that are moving through time.

### **TWO VIEWS OF THE HUMAN BODY**



The Body As Solid  
Object Composed  
Of Discrete Parts



The Body As A  
Standing Wave

Contemporary research in a number of fields is driving toward an astonishing conclusion: that the "world" we experience and claim to live in is not real. It does not exist except as a product of our consciousness (whatever that is).

(Fred Alan Wolf, The Body Quantum, Macmillan, New York, 1986.)

For example, we can only experience "the world" as a stream of sensory data: eyes, ears, nose, tongue, and skin constantly bring us data about our surroundings. However, this data is crude, unformed, blurred and indistinct. It is defined after it passes beyond our sensory receptacles, that is, either in or on the way to the brain. This means that to a large degree we determine what we experience!

("It is the observation itself that brings the physical world into existence." This astonishing quote can be found in George Greenstein's The Symbiotic Universe, William Morrow and Co., New York, 1988, page 222.)

In addition, our sensory "window" are open to only a minute part of the total electromagnetic spectrum. Because we can directly experience only a small part of the data exchange occurring in the Universe, we believe ourselves to be "discrete objects living in a world".

With the index finger of your right hand, touch the chair you are sitting on. What do you feel? Your chair, of course! No! Scientists say that you only experience one variety of the sensation you call touch.

Touching just Paper Doctor triggers the selective stimulation of a small part of your nervous system. You can feel something of your finger, but never the chair! Think about that.

(Fred Alan Wolf, The Body Quantum, Macmillan, New York, 1986.)

For the past 50 years, physicists have repeatedly demonstrated beyond a doubt that when they try to manipulate the smallest discrete entities in the universe - the components of atoms - they become energy packets, or waves!  $E=mc^2$  means that our solid, dependable world is really empty space filled with very complex energy patterns.

When medical researchers probe far enough, they too will discover what the physicists already know - that the human body is an energy illusion, and that the "cause" of disease they so earnestly seek probably lies in distortions of some of our energy patterns. This hypothesis is the basis of my claim that Paper Doctor magnetic patterns are "the medicine of the future."

If the apparently solid human body is really a highly complex set of energy patterns, and the Paper Doctor magnetic patterns can transfer a pattern of energy to the water in your glass, then perhaps when you drink the water, one set of patterns, through the principle of resonance, is able to influence the other, and ameliorate your complaint.

Although now in its infancy, energy medicine is literally the wave of the future!

## CONCLUSION

So how does it work? Paper Doctor magnetic patterns obviously cannot operate according to the biochemical principles which we have all been taught rule the body and govern its mechanisms. To judge magnetic patterns on a biochemical basis is ludicrous. If we are to take them seriously at all, magnetic patterns must be judged according to some non-chemical framework. But what? This is where a paradigm shift in our ideas about the nature of health and illness takes place. We need to recognize that the body can be healed by very subtle resonant energies, as well as by biochemical intervention.

I propose that magnetic patterns, and the "water remedies" which can be made from them, make use of at least five subtle and little-noticed but powerful principles of Nature:

### 1. **The all-pervasive but invisible power of magnetism.**

Long recognized by physicists as one of the four fundamental building blocks of Creation, magnetism is all but ignored by our culture. Unlike gravity, a subtle, all-pervasive force we can't ignore, magnetism appears to have no effect on us. But is this really true? Experiment to appreciate the power of magnetism: carry a pocket compass with you all times. Where on this Earth can you go that the compass doesn't register anything?!

### 2. **The ability of water to store patterns of energy.**

Water dissolves and transports substances, and nourishes life. Apparently it also temporarily retains a record of this activity, which we can observe as patterns of energy impressed upon its surface, or carried within its molecular structure.

### 3. **The ability of geometric patterns to store healing potential.**

This phenomenon is surprising. It is a discovery wrung from Nature by Malcolm Rae's rigorous experimentation.

### 4. **The essentially energetic nature of all matter, including the human body.**

The Paper Doctor  
It is only the limited electromagnetic 'window' provided by our sense organs that keeps us ignorant of this fundamental fact of existence.

## 5. The body's ability to transfer information by non-chemical means.

It appears that the body/mind mechanism may use bio-information to control some of its most important processes, including the Healing Response.

When you use magnetic patterns, you take advantage of these natural principles to set in motion a healing process which works by charging some of the subtle energies, not the chemistry, in your body.

(The man who has pioneered the identification and description of possible energy-controlling subtle mechanism in the body is Robert O. Becker. Two important works are The Body Electric: Electromagnetism And The Foundation Of Life, William Morrow, New York, 1985 and Cross Currents: The Perils of Electropollution, The Promise of Electromedicine, J.P. Tarcher, Los Angeles, 1990.)

The work of many physicians, researchers and lay people over 25 centuries of observation, discussion, treatment, experimentation, and evaluation has been necessary to bring Paper Doctor remedies to you. Countless medical pioneers - both researchers and clinicians - have contributed to our understanding of the Healing Response, to the discovery of microdose pharmacology, and to the development of effective magnetic patterns. As more people become concerned about the toxic nature of the drugs they take, microdose pharmacology will grow. Your interest in and use of Paper Doctor remedies will contribute to this growth.

Felix Franks (ed), Biophysics Of Water, Wiley, New York, 1982. A technical exploration of the structure and function of water in biological systems.

Cyril W. Smith & Simon Best, Electromagnetic Man: Health And Hazard In The Electrical Environment, St. Martin's Press, New York, 1989.

For [How To Use The Remedies](#), see next page(043). ([index](#)).

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## How To Use The Remedies

The next four short sections will tell you how begin using Paper Doctor remedies. They contain the information necessary to learn:

[How To Get Started](#), page 44

[How To Choose A Remedy](#), page 45

[How To Make A Remedy](#), page 50

[How To Evaluate A Remedy](#), page 55

You will be ready to begin using Paper Doctor remedies as soon as you have read these sections.

If you have trouble getting any remedies to work, read [If You Have Trouble Getting The Remedies To Work](#), page 61.

If you have questions about the details of making and using the remedies, read the section called [Tips and Cautions](#) beginning on page 63.

For [How To Get Started](#), see next page(044). ([index](#)).

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## How To Get Started

Getting started with Paper Doctor remedies is easy. Read over this page to get an idea for how to it's done.

### FOLLOW THESE SIMPLE PRINCIPLES

1. Work on only one complaint at a time.
2. Use only one remedy at a time.
3. Try to find the best remedy for your complaint. Either choose a remedy by its name, or read [How To Choose A Remedy](#), page 45.
4. Make and drink your chosen remedy. Read [How To Make A Remedy](#), page 50, for instructions on making a remedy. After you drink your chosen remedy two or three times in succession, wait 15 minutes or more to see what happens.
5. Evaluate the results of the remedy you used. If, after 15 minutes or more, your complaint is not better, read [How To Evaluate A Remedy](#), page 55, to interpret what happened.
6. If your chosen remedy has improved your complaint (your complaint is better but it's not gone) repeat the same remedy.
7. If you're not sure whether a remedy has helped, that means it hasn't. When Paper Doctor remedies work, you'll know it. Something will definitely be different. You don't have to imagine it.
8. If a remedy hasn't improved your complaint after 3 uses, either it's the wrong remedy (choose another one), or you will need to use the [RESISTANCE](#) remedy, page 229, before your complaint will improve. Read [If You Have Trouble Getting The Remedies To Work](#), page 61.
9. Keep using a remedy so long as it improves your complaint.
10. Stop using a remedy when your complaint disappears.

To start using Paper Doctor remedies, that's all you do!

More detailed instructions, should you need them, appear in the pages that follow.

For [How To Choose A Remedy](#), see next page(045). ([index](#))

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## How To Choose A Remedy

When you have a complaint and want to use a Paper Doctor remedy to relive it, you must first choose the right remedy. If you don't choose the right remedy, the remedy you make and drink is not likely to work. You may feel upset and think Paper Doctor remedies in general do not work, or you may just feel frustrated at having spent your time making and drinking a remedy that did nothing for you.

Therefore it is very important that you learn how to choose the right remedy for any complaint you have. This will allow you to gain confidence that you can relive minor complaints through your own efforts, and also enjoy using the Paper Doctor remedies, because they are working for you.

It's not hard to choose the right remedy, but you must remember a few things.

### STRATEGIES FOR CHOOSING THE RIGHT REMEDY

#### 1. Make A Match

For a Paper Doctor remedy to relive your complaints, its healing action (the description of the complaints it can heal) must closely match your complaint. Although all Paper Doctor remedies are named for complaints they can heal, to be certain that you have chosen the right remedy don't rely solely on its name. Before you use the remedy, read the description of its healing action in the section on the remedy instruction page called USE THIS REMEDY IF. Then ask yourself "Does the description I am reading match the complaint I experience?"

#### 2. Check the Special Indicators

Many remedy instruction pages contain a section called Special Indicators. Special Indicators summarize the healing characteristics of a remedy. At least one of these Indicators should be present in your complaint in order for that remedy to relieve it.

#### 3. Check The Alternatives

Before you use the chosen remedy, check for alternative remedies that might work better.

Here's how: Read the section on your chosen remedy's instruction page called ALTERNATIVE REMEDIES TO CONSIDER. This section contains a list of additional Paper Doctor remedies that might match your complaint as well or better than the one you have already chosen. Take a minute to read over this list. Perhaps it will suggest a remedy you have not thought of.

For example, let's assume you feel nauseated. You could just turn to the pattern for the [INDIGESTION](#), page 161, and make the remedy. Although it is a powerful remedy, it will not relieve your indigestion unless its healing action actually matches your complaint. Therefore you should also consider [NAUSEA AND VOMITING](#), page 193, and [FOOD POISONING](#), page 149, which are listed as alternatives for this remedy.

It's tempting to summarily dismiss NAUSEA AND VOMITING because you don't have vomiting. And you could dismiss FOOD POISONING because you are certain that you haven't been poisoned. But remember, after reading the descriptions accompanying each of these remedies, you might change your mind.

By reading the description of all three of these remedies before you decide on one, you will make a better decision. You will be more likely to find the best match for your complaint, and therefore more likely to relieve it.

The Paper Doctor

Follow this practice regularly and you will gain consistently better results from the Paper Doctor remedies.

#### 4. **Develop Your Skill**

By following the simple remedy selection processes described below, then reading your chosen remedy's description, as well as the descriptions of relevant alternative remedies, before you use any remedy, your success using Paper Doctor remedies will increase.

After selecting but before using any remedy, ask yourself "Is this the best remedy for me now? Does it closely match my complaint? Is there a better alternative?"

### **REMEDY SELECTION METHODS**

Three remedy selection methods have been built into The Paper Doctor. All three are quick and easy to use. Each is designed to help you quickly find a likely remedy. Either that remedy, or one of the alternatives listed with it, will be most likely to relieve your complaint.

The three remedy selection methods are called:

- The Logical Method
- The Index Method
- The Affinity Method

### **WHEN TO USE EACH METHOD**

If you are new to The Paper Doctor, use the Logical Method.

If you can find your complaint listed by name in the [Remedy Table Of Contents](#) on page 1, use the Logical Method. If you can't find your complaint listed by name in the Remedy Table Of Contents, use the Index Method.

If, after reading the descriptions of two different remedies, you can't decide between them, use the Affinity Method.

Here is a description of each of the three remedy selection methods.

### **THE LOGICAL METHOD**

This is the easiest way to choose a remedy if you are a newcomer to The Paper Doctor. Here's how the logical method works:

1. Each remedy in this book bears the name of a complaint.
2. Choose the remedy whose name matches the complaint you have.

For example, if you have indigestion, choose the remedy name INDIGESTION. The [Remedy Table Of Contents](#), page 1, lists the remedies by name and page number to make it easy to choose a remedy by the Logical Method.

### **THE INDEX METHOD**

But what if you look through the Remedy Table Of Contents, and don't find a remedy whose

The Paper Doctor  
Name matches your complaint?

When your complaint is not the name of any remedy in this book, you can use the Index Method to find the most appropriate remedy.

As an example, let's say you feel nauseated, but when you look through the Remedy Table Of Contents, you do not find a remedy named Nausea. You find Nausea And Vomiting, but you're not vomiting. What to do?

Look in the [Complaints Index](#), page 341. In this index I have listed many commonly-experienced complaints, in alphabetical order. Following each complaint is a list of those Paper Doctor remedies likely to relieve that complaint.

Look through this list for your complaint. When you find it, select the most appropriate remedy from those accompanying it. Note that the most appropriate remedy may not be named what you would expect, so you might have to read several of the remedy descriptions in order to locate the most appropriate remedy for you.

For example, the index entry for "Nausea" lists these remedies:

[INDIGESTION](#), page 161  
[FOOD POISONING](#), page 149  
[STOMACH FLU](#), page 257  
[NAUSEA AND VOMITING](#), page 193  
[PRE-MENSTRUAL SYNDROME](#), page 221  
[MOTION SICKNESS](#), page 189  
[TOO KEYED UP](#), page 289

To locate the most appropriate remedy, turn to the page number given for a likely remedy and read that remedy's description under the heading called USE THIS REMEDY IF. Of course, you can just skip over those remedies which clearly don't apply. In the above example, men would just skip the remedy PRE-MENSTRUAL SYNDROME.

Note: the Complaints Index does not list the names of diseases. It only lists possible discomforts you could experience. So don't go looking for your disease in this index. You won't find them. Diseases are the province of the medical doctor, not the Paper Doctor, which has remedies only for minor complaints.

## THE AFFINITY METHOD

Use this method when you have located several likely remedies but can't decide between them. The Affinity Method is a "tie-breaker". You would use it when you couldn't decide between two or more remedies - even after carefully reading the descriptions of the healing action of each.

Here's how to use the Affinity Method:

Some people report that, when they are seeking a remedy, and have narrowed their choices down to two or three remedies, they sometimes feel attracted to one remedy more than the other(s).

This is not something that occurs because of the remedy name or its description. Most people seem to respond to the way one geometric pattern looks, that is, to its shape. The shape itself makes them feel something. When asked to explain just what their attraction consists of, they seem unable to do so, except to say something like: "I am drawn to this one".

The Affinity Method is an intuitive method. It operates in a non-logical way, and seems to have

To Affinity is for those who can use it. It takes advantage of the highly visual aspect characteristics of each of the Paper Doctor magnetic patterns.

After having selected several remedies that might work for you, if you can't choose between them, give the Affinity Method a try. Look carefully at each of the magnetic patterns on the remedies you have chosen. If you feel more attracted to one remedy than another, by its appearance alone, use that remedy. It is not necessary that you understand why you are attracted to the one you choose.

Remember that Affinity is a personal thing. Don't ask someone else to choose a remedy for you by looking at the shapes. If you do, the remedy they choose probably won't work (for you).

Examples of common situations in which using the Affinity method might be appropriate. You can use Affinity when trying to choose between:

THE COLD PREVENTATIVE and ALLERGIES  
THE COLD PREVENTATIVE and FLU  
ALLERGIES and ENVIRONMENTAL SENSITIVITY  
TENSION HEADACHE and THROBBING HEADACHE

## **PUTTING THESE METHODS TO WORK**

Finally, to summarize the principles of remedy selection:

1. A remedy will only relieve a complaint that it closely matches.

Therefore, choose every magnetic pattern carefully.

2. After choosing a magnetic pattern by any of the above three methods

read the description of its healing action in the section called USE THIS REMEDY IF on the remedy instruction page accompanying that pattern. Then read the SPECIAL INDICATORS section.

3. If the description of a remedy's healing action does not seem to match your complaint, the remedy may not help you

even though you chose it by one or more of the three methods portrayed above.

## **FINAL NOTE**

If you regularly use kinesiology (muscle testing) as a method of determining the appropriateness of a remedy, you can use it to find the best Paper Doctor remedy as well. Just place the subject's finger on each magnetic pattern you want to test. If you have trouble getting a clear response, place the Remedy Board under each pattern and try again. The magnet in the Remedy Board will amplify the pattern's healing potential.

For [How To Make A Remedy](#), see next page(050). ([index](#))

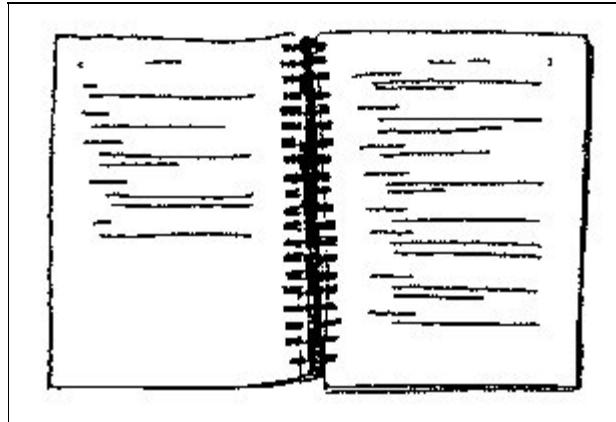


## How To Make A Remedy

It's easy to make a Paper Doctor remedy. All you need is a small glass from your kitchen, a little tapwater and any magnetic pattern in this book. The entire process takes about 5 minutes. Here are the steps you must follow.

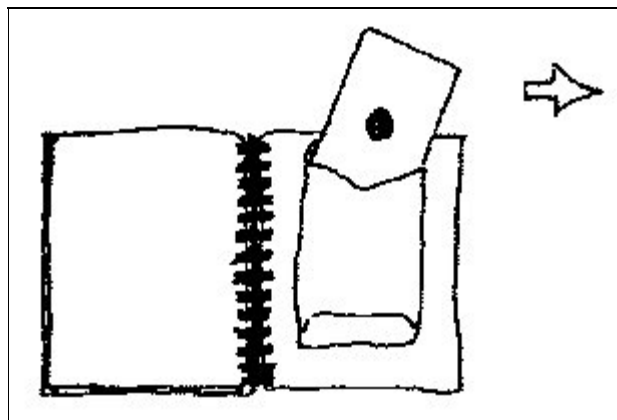
1. Choose the remedy you want to make.

If you are not sure how to choose a remedy, read the previous section called [How To Choose A Remedy](#). It begins on page 45.



2. Get your Remedy Board.

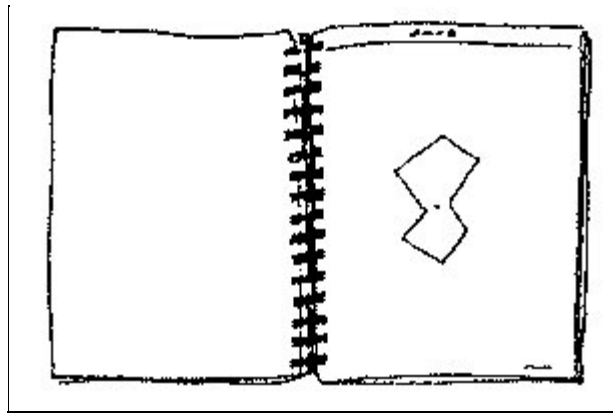
In the back of The Paper Doctor there is a thick board called the Remedy Board. You will use this board each time you make a Paper Doctor remedy. Carefully remove the Remedy Board from the Back of the book now.



3. Turn to the page containing the pattern for the remedy you want to make.

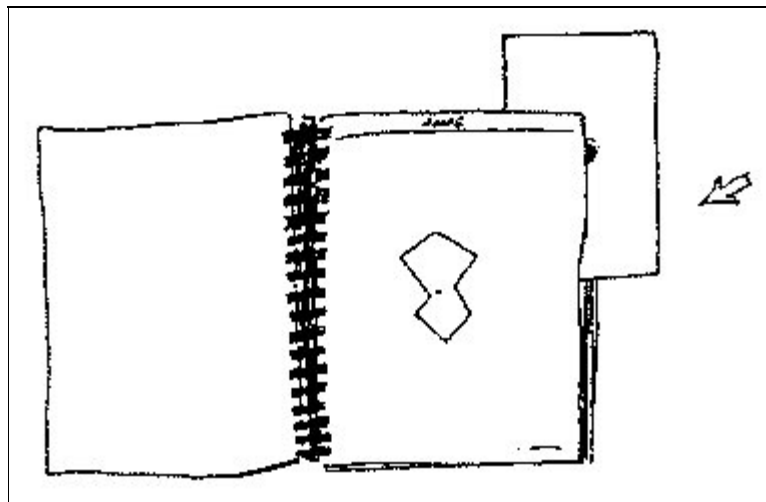
Refer to the Remedy Table of Contents if you need help locating your remedy's page number. Notice that each magnetic pattern is printed on a separate page. It's this page that you will use.





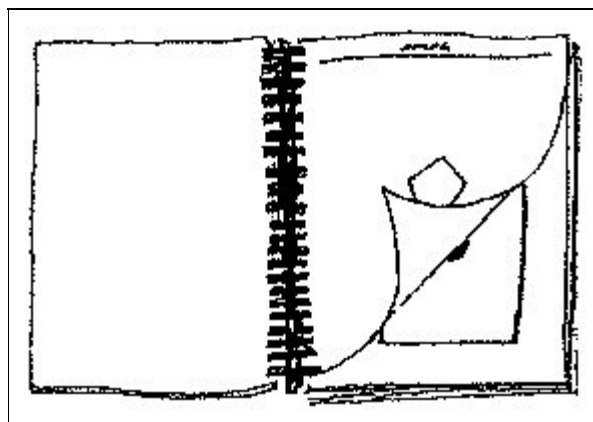
4. Place the Remedy Board.

First, be sure The Paper Doctor is lying flat, on a flat surface. Now, place the Remedy Board directly under the page containing the pattern for the remedy you want to make. Be sure there are no other pages between the Remedy Board and this page.



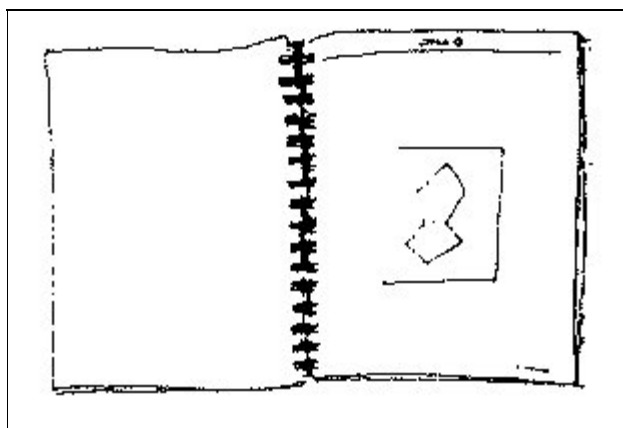
5. Position the Remedy Board.

Notice the dot printed in the center of the Remedy Board. Also notice that there is a second, smaller dot somewhere within the magnetic pattern you want to use. Lift up the pattern page and position the Remedy Board underneath it so that its large dot is directly under the smaller dot in the magnetic pattern. This aligns the magnet in the Remedy Board directly under the magnetic pattern, and guarantees that the remedy will be correctly made.



6. Position the plastic sheet.

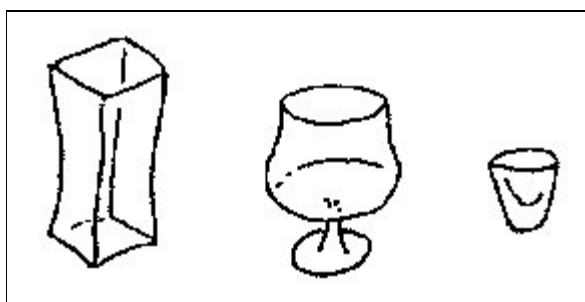
There is a small plastic sheet taped to the Remedy Board. Gently remove it. Now turn the magnetic pattern back on top of the Remedy Board. You will see your magnetic pattern, and the Remedy Board will be directly under it. Lay the plastic sheet over the magnetic pattern. This will keep any water clinging to the outside of your glass from ruining the paper when you put the glass down on it.



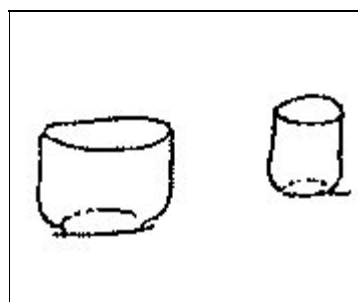
7. Use a plain round glass.

You must make your remedy in a small round glass, like a juice glass. The inside shape of the glass must be round. The bottom of the glass must be flat, not raised. The idea is to get the water in the glass as close to the geometric pattern as possible. A small, round glass with a thin, flat bottom works best.

The bottom of the glass cannot be extra thick like a shot glass. And do not use a glass with a stem, such as a wine glass. Your glass does not have to be transparent. A plastic 'glass' or a paper cup will work as well as a 'glass' glass if the bottom is flat, and not recessed.



These glasses won't work: not round, not flat or too thick.

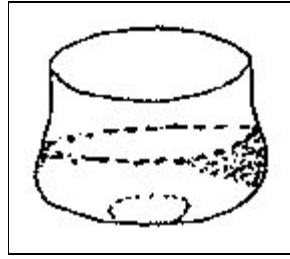


These round glasses will work great.

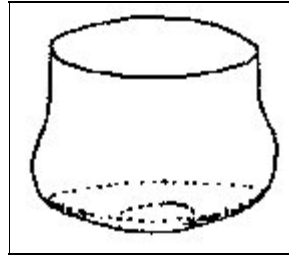
8. Pour a very small amount of water into the glass.

About ONE TEASPOONFUL of water (measuring just 1/8th of an inch deep in the glass) is all you need. This will be just enough water to roll out the glass into your mouth. Don't use more than 1/4 on an inch of water, maximum.

Spring water, purified water or bottled water is okay to use instead of tap water, but don't use mineral water or any liquid food, such as milk, wine, or soft drinks.



This won't work: too much water in the glass.



This will work: only 1/8 inch of water is in the bottom of the glass.

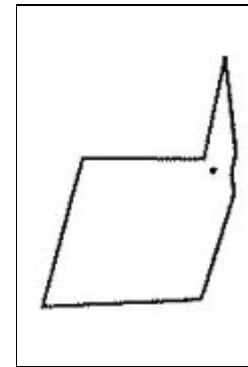
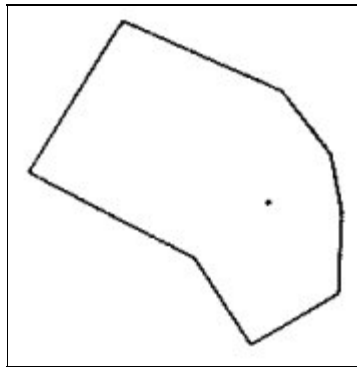
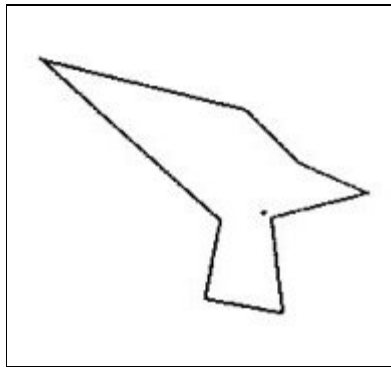
**WARNING:** If you put more than 1/4 inch of water into your glass, it may take more than five minutes to transfer the pattern into it, so you will think that the remedy does not work. Pay attention to this detail. If you're not sure about the amount of water you have, leave the glass on the pattern longer, for example ten minutes or more.

**IMPORTANT:** After you put water in the glass, wipe off the outside of it so that you don't get water on the book.

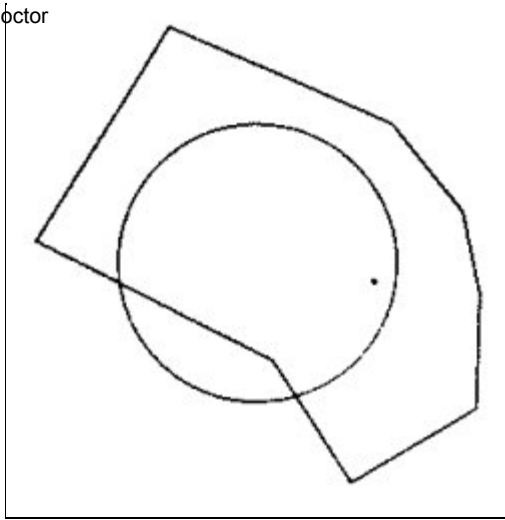
9. Place your glass containing the water on the magnetic pattern.

Center the glass over the small dot in the magnetic pattern. This dot represents the energetic center of the pattern.

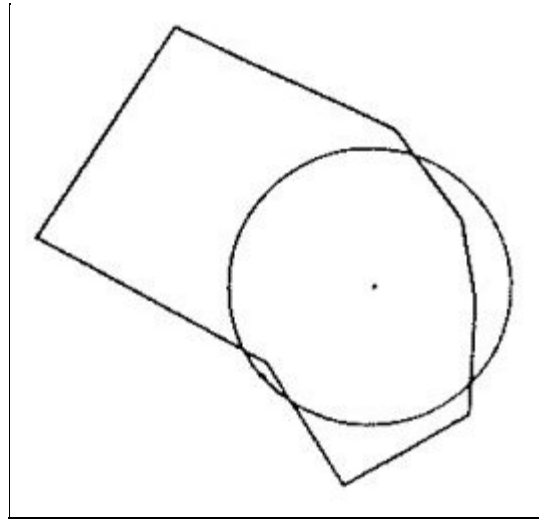
Every pattern has a small dot somewhere within its boundaries. It may not be in the visual center of the pattern.



Wherever the dot is located, center your glass over it, even if it means that part of the bottom of your glass is outside the pattern. Look down on your glass from above to see that it is centered over the dot.



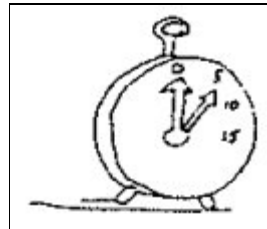
This setup is incorrect!  
The glass is not  
centered over the dot.



This setup is correct.  
The glass is centered  
over the dot.

10. Wait five minutes.

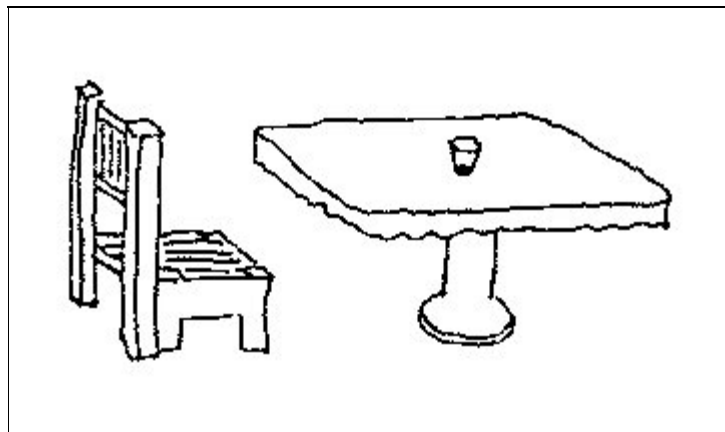
If you wait longer it will not hurt. However the remedy DOES NOT get stronger if you leave it on the pattern for more than five minutes.

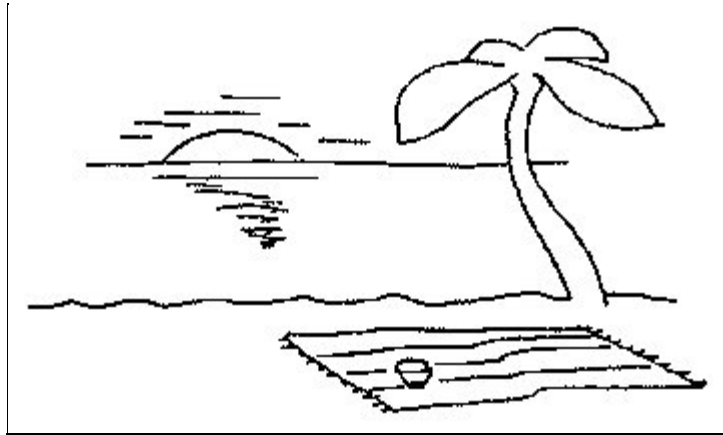


11. Your remedy is made.

When you drink the remedy, it will taste like water. That's because it is water. You will not be able to taste the remedy, but it's there. To learn how this works, read [How It Works](#), page 20.

12. Drink the remedy immediately.





Don't leave your remedy sitting around somewhere. It will get antidoted. Then it won't work.

If you must remove the glass from the magnetic pattern page without drinking it, pour the remedy out in the sink and start over again when you can drink the remedy right away.

13. Evaluate the results.

After drinking the remedy, wait a few minutes to give the remedy time to act. Then evaluate whether it has improved your complaint. Read [How To Evaluate A Remedy](#), beginning on page 55.

14. Put the book away.

After your complaint is relieved, remove the Remedy Board from the beneath the magnetic pattern page and place it in the back of the book. Store the Paper Doctor for safe keeping until you need it again.

That's all there is to making a Paper Doctor remedy. To learn about other factors which can influence the remedies you make, read [Tips And Cautions](#), page 63.

For [How To Evaluate A Remedy](#), see next page(055). ([index](#))

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## How To Evaluate A Remedy

After you drink a Paper Doctor remedy you may be surprised to find that you don't feel it doing anything to you. When you take a medical drug, you know it is doing something because it makes you feel different. That "something different" you feel is a side effect of the drug. Since Paper Doctor remedies are non-toxic, they have no side effects. So you won't feel anything. But this doesn't mean that the remedy isn't working.

### PAPER DOCTOR REMEDIES WORK GENTLY

When your complaint is relived, it will just disappear without your realizing it, or feeling anything. All natural healing occurs like this. Newcomers to Paper Doctor remedies sometimes get confused. How do you evaluate a remedy that works so gently? How can you tell when something has really happened? The answer is this: you have to track what's happening to your complaint. You have to notice whether it is getting better or worse. But that's easy to do. Here's how.

### HOW TO TRACK WHAT'S HAPPENING TO YOUR COMPLAINT

1. Make and drink your remedy twice in succession.
2. Wait 15 to 30 minutes for the remedy to work.
3. Evaluate what has happened. Depending on what you decide, you will either make another remedy or put the book away.

1. Make and drink a remedy, is obvious. The first time you use a remedy, make and drink it twice in succession. Although any correctly chosen remedy will give relief if you make and drink it only once, it will work faster if you use it two times before you evaluate it. After using a remedy twice, wait to see what happens.
2. Wait, is very important. It allows you to validate each remedy's effect by giving that remedy time to work.

How long to wait? You should always wait a minimum of 15 minutes, though it won't hurt to wait a few minutes longer. Remember that Paper Doctor remedies work by stimulating your own Healing Response to relive your complaint. This takes a little time. Don't be in a hurry. Give the remedy time to work.

3. Begin your evaluation. Now is the time to ask yourself what has happened to your complaint.

### HOW TO EVALUATE YOUR COMPLAINT

Each time you evaluate the results of a Paper Doctor remedy, one of five possibilities will be true. Depending on which one it is, you will know what to do. The five possibilities are:

1. Your complaint is gone
2. Your complaint is better (but it's not gone)
3. Your complaint is unchanged
4. Your complaint is suddenly worse
5. Your complaint is slowly worse.

Let's discuss each of these possibilities in detail:

1. Your complaint is gone.

Your complaint is either gone or it's still present. If you have to wonder whether it's gone, it's not.

If the complaint is gone, make an entry in your [Remedy Log](#) (see page 332) noting which remedy relieved your complaint, then put The Paper Doctor away.

2. Your complaint is better (but it's not gone).

Once again, either your complaint is better or it's not. If you have to wonder whether it's better, it's not. Better means clearly, unmistakably better.

If the complaint is better, your remedy is working. Take the same remedy again. Keep taking it as long as you get better from it. Stop taking it when your complaint is gone, or when the remedy no longer makes you better.

When a remedy no longer makes you better, even though it did a few minutes ago, and your complaint is still present, you must choose another remedy to relieve the complaint further. Usually one remedy will remove your complaint entirely, but sometimes more are needed.

3. Your complaint is unchanged.

If this happens, something is wrong. The remedy is not working. Either you chose the wrong remedy, you made the remedy incorrectly, or the remedy was antidoted before you could drink it.

You should always make and drink a remedy three times before you decide that it's not working. If you have no results after 3 tries, follow this troubleshooting procedure:

First, examine your remedy making process:

Did you choose the right remedy for your complaint? Reread [How To Choose A Remedy](#), page 45.

Did you make your remedy correctly? Reread [How To Make A Remedy](#), page 50.

Have you overlooked something important? Read [Tips And Cautions](#), page 63.

If this analysis did not reveal some error on your part, use the [RESISTANCE](#) remedy, page 229, two or three times.

4. Your complaint is suddenly worse.

If your complaint becomes clearly worse after taking a remedy, STOP. Take no more remedies. Wait to see what happens next. Most likely your complaint will get better, and then disappear. No more remedies will be needed.

If this happens you have had what's known as a "healing crisis". A healing crisis is a good sign. It means your remedy is acting deeply, and that this complaint will probably not return again soon. To learn more about how a healing crisis works, turn to [page 335](#).

5. Your complaint is slowly worse.

If your complaint gradually worsens after drinking a remedy, probably the Paper Doctor remedy you chose is having no effect. Your complaint is worsening naturally (just as it would do had you used no remedy at all. For example this might happen in the case of a fever, which keeps climbing at the same rate after you use the FLU remedy.) Have you chosen the right remedy? Maybe your complaint is not what it appears to be!

The Paper Doctor

Now you must make a judgement call. Should you put this book aside and CALL YOUR DOCTOR?! You must take the responsibility for making this decision. Use the Medical Alert section of your chosen remedy's instruction page as a guide, but also use your common sense. Are you misinterpreting the nature of your complaint?

If you decide to keep trying The Paper Doctor, follow the troubleshooting instructions given under number 3 above. Let your common sense tell you when it's time to seek medical help. Later, when the crisis is past, you can analyze what went wrong with your Paper Doctor remedy selection.

## **SUMMARIZING THE REMEDY EVALUATION PROCEDURE**

After you use a Paper Doctor remedy one or more times, look for one of two things to happen:

1. Your complaint is clearly better or has disappeared.
2. Or, your complaint is almost immediately worse (due to a healing crisis, see number 4 above).

If neither of these things happens, the remedy is probably not working. You should seek another remedy.

If you are not sure whether a remedy is working or not - it is NOT working. You do not have to imagine that any Paper Doctor remedy is working. Paper Doctor remedies work when they clearly improve or take away a complaint. Otherwise, they are not working.

If your complaint has disappeared, put the book away, you are done.

If your complaint is clearly better, either wait to see if it will disappear by itself or use the same remedy again.

If your complaint is immediately worse, you are most likely having a "healing crisis". Stop using all remedies. When a healing crisis occurs a remedy is acting deeply. Your complaint should disappear soon.

## **HOW TO KNOW WHEN PAPER DOCTOR REMEDIES AREN'T WORKING**

It's easy to know Paper Doctor remedies aren't working. Here's how:

If your complaint stays the same after you use a remedy several times, the remedy is not working.

If your complaint is slowing growing worse after you use a remedy several times, the remedy is not working.

## **REMEDY REPETITION**

In most cases, you will have to use a Paper Doctor remedy more than once before your complaint will completely disappear.

Therefore you need instructions for repeating a remedy.

Every remedy instruction page gives explicit instructions for how often to repeat that particular remedy. Usually these instructions say to use the remedy twice in succession, then repeat it every 15 minutes until you feel recovered. But your experience is the best teacher.

After you have achieved several successful "cures", and think you have a basic understanding for how these remedies work, you can vary these instructions as you have see fit.



In the beginning, go slow. Give yourself time to learn how to monitor a complaint, how to watch its progress, when to respond with another glass of remedy and when to leave it alone.

In addition to this advice, there are a few general guidelines you can follow.

## **HOW FREQUENTLY YOU SHOULD REPEAT ANY REMEDY DEPENDS UPON**

The seriousness of your complaint, or

The intensity of your pain, or

The severity of your trauma, or

The duration of your illness.

Usually:

The more serious, the more intense, or the more severe a complaint, the more frequently you should use a remedy.

The longer you had a complaint or illness before using a remedy, the longer you may have to use your remedy before the complaint will be relived.

## **COMMON FREQUENCIES OF USE FOR MOST COMPLAINTS**

Acute complaints: every 15 minutes.

Long-standing psychological complaints: 3 to 4 times a day for up to 2 weeks. or until changes occur.

## **HOW TO USE THESE REMEDIES WHEN YOU ARE AT WORK**

If you can't take this book to work with you, you can make and drink your remedy two or three times in succession in the morning, and, if needed, two or three more times again at night. That way you use the remedy four to six times in two 15 minutes intervals.

If this book is too big to carry to work with you, consider purchasing the Paper Doctor Remedy Cards. (see [Additional Paper Doctor Products](#), page 365). The Remedy Card set contains the 58 remedies found in this book printed on 5 inch by 6 inch cards. The entire set is about the size of a paperback book.

## **WHEN TO START ON A NEW COMPLAINT**

When you first begin using Paper Doctor remedies, work on only one complaint at a time and wait at least one day after a complaint disappears before beginning to work on a new one. In this interval, watch for:

The return of your former complaint, or

The unexpected disappearance of other complaints, or

The appearance of any new complaints.

After you become more experienced, you can probably work on several complaints at once. The key is to avoid becoming confused. Experienced users report that they regularly work on two or three complaints at once. More than that and you might begin to overstimulate the [Healing Response](#) (see page 66).

## USING THE REMEDY LOG

Be sure to enter the results of each remedy in your Remedy Log. This will teach you more about how Paper Doctor remedies work, as well as reveal what kind of complaints you tend to have when you get sick (headaches, digestive troubles, stress, etc). By recognizing the kind of complaints you usually have, you may be able to diminish these problems by making personal or lifestyle changes.

For [If You Have Trouble Getting The Remedies To Work](#), see next page(061). ([index](#))

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## If You Have Trouble Getting The Remedies To Work

Most people will get Paper Doctor remedies to work the first time they try them. However some people who have never used vibrational medicine before may get inconclusive results. If this happens to you, read this section.

### LOOK FOR DRAMATIC RESULTS

When Paper Doctor remedies work, they do not give a minimal effect. They give dramatic results. By dramatic results, I mean having your complaint be eliminated or greatly reduced in intensity after only two or three glasses of a remedy. Once you obtain dramatic results, you will find it easier to believe in the Paper Doctor's effectiveness. Many users have obtained dramatic results from the following remedies:

[Allergies](#), page 81

[Bronchial Irritation](#), page 93

[Indigestion](#), page 161

[Stress](#), page 261

[Toothache](#), page 293

[The Cold Preventative](#), page 277

Although any remedy in this book can produce dramatic results in individual cases, the most likely way to obtain dramatic results is to have a complaint which one of the above remedies can relieve. If you do not currently have one of these maladies, you may not get dramatic results from the first few remedies you use. This is the situation most newcomers will find themselves in. All you can do is chose the best remedy for the complaint that bothers you the most. Make and drink three of four glasses of the remedy in succession. You should notice a definite improvement.

### IF NOTHING HAPPENS AFTER USING A REMEDY

If nothing happens after you use one of more Paper Doctor remedies, either you did not chose the right remedy, or you are resistant to that remedy's effects. Learning how to chose the right remedy is easy, but it may require you to practice several times. Practice means not giving up on The Paper Doctor if the first few remedies don't seem to work. Reread the section called [How To Choose A Remedy](#), page 45. But first read the following information concerning resistance.

### THE NATURE OF RESISTANCE

Approximately fifteen percent (15%) of all the people who try Paper Doctor remedies will initially be at least somewhat resistant to their effects. Although it is impossible to know in advance who these people will be, the following guidelines will help to identify this quality:

- **SKEPTICAL** - the skeptical person has a chronic negative outlook on life. Such a person will assume Paper Doctor remedies don't work.
- **HURRIED** - the hurried person works and lives under constant pressure. They think fast, talk fast, eat fast. Being always on the run, they may not have the time to give these remedies a fair try.
- **RATIONALIZING** - the rationalizing person thinks of himself or herself as "scientific" or "detached" from life in order to understand it. They tend to explain rather than experience their feelings. This person needs dramatic results before they will be convinced.
- **STUBBORN** - the stubborn person takes a position on an issue, then refuses to change their opinion even when they receive new information that demonstrates they are incorrect. They may even feel



## Tips And Cautions

This section contains a miscellaneous collection of tips, tricks, hints, and cautions gathered from many people's experiences making and using Paper Doctor remedies. If you have questions about using the remedies, hopefully you can find the answer here.

### TIPS ON PRESCRIPTION DRUGS

1. Never discontinue any prescription medication, or alter its prescribed dosage, without your doctor's consent.
2. Never substitute a Paper Doctor remedy for any prescription medication.
3. Paper Doctor remedies are intended for use by healthy people who are not regularly taking prescription medications.
4. Some Paper Doctor remedies may work while you are using some prescription medications.

Others may not work at all. This is due to the powerful action of medical drugs. The only way to find out if a particular Paper Doctor remedy will work while you are taking a particular medication is to try the remedy a few times.

5. Paper Doctor remedies cannot remove the side effects caused by prescription drugs.

All prescription drugs cause new complaints known as side effects. Some of these will appear soon after you begin taking your prescription medication. It will be easy to see that these complaints are side effects caused by your medication. Other complaints may not appear until after you have used the medication for many weeks, so you may not realize that they too are side effects caused by your medication.

If the complaint for which you are using Paper Doctor remedy is actually the side effect of your prescription medication, it is likely that the Paper Doctor remedy will not relieve it, or will relieve it only temporarily. Since each dose of your prescription medication will recreate the side effect, if the Paper Doctor remedy is able to relieve it, the side effect will soon return.

### TIPS ON OVER-THE-COUNTER DRUGS

1. Over-the-counter drugs are intended for occasional use.

Never use any over-the-counter drug continuously without your doctor's consent.

2. Over-the-counter drugs can be dangerous.

Some combinations of over-the-counter drugs, when taken together (even though each drug is used according to its recommended dosage) can be dangerous or fatal to some people. The dangerous ingredients are acetaminophen and ibuprofen, found in popular pain killers.

(For example, see "High Risk Pain Pills", [The Atlantic](#), December 1989. The author cites examples in which unsuspecting persons received organ-damaging or lethal doses of acetaminophen by using several over-the-counter drugs containing this ingredient at the same time. When using pain killers, be careful!)

3. Do not use over-the-counter drugs and Paper Doctor remedies at the same time.

If you take over-the-counter drugs and Paper Doctor remedies at the same time, most likely the

Paper Doctor remedies will be prevented from acting by the powerful effect of the over-the-counter drug.

The only way to find out if a particular Paper Doctor remedy will work while you are using a particular over-the-counter drug is to try them together. However, this is not recommended, since the Paper Doctor remedy will be trying to strengthen the body's Healing Response while the over-the-counter drug will be attempting to block it. This conflicting activity could make you sick!

#### 4. Over-the-counter drugs cause side effects.

If the complaint for which you are using a Paper Doctor remedy is actually the side effect of an over-the-counter drug, the Paper Doctor remedy probably will not work. The powerful suppressive action of the over-the-counter drug will most likely thwart the efforts of the Paper Doctor remedy.

### **TIPS ON PAPER DOCTOR REMEDY USE**

#### 1. Use only one remedy at a time for one complaint at a time.

Always work to improve one complaint at a time. It will be tempting to work on two, three or more complaints at once. But this is not recommended, for two reasons. One, you can become confused and lose track of which remedy is doing what. This will lead you to take too many remedies. Two, if you take too many remedies, the Healing Response can become over-stimulated. (See number 8, [below](#)) It is better to finish with one complaint, then begin on the next. This linear method takes only a little longer and gives consistent results.

#### 2. Never use contradictory remedies within an hour of each other.

A "contradictory remedy" is one whose action is the opposite of the remedy you have just used. For example, Energy Boost and Fatigue are contradictory. One will let you relax, the other can give more energy. Contradictory remedies can over-stimulate the Healing Response. You can use Fatigue, then Energy Boost if you wait an hour or more between them.

#### 3. How to make a remedy start working faster.

Make your remedy. Drink the water but don't swallow it. Instead, hold it in the front of your mouth, under your tongue, for 3 to 5 seconds. Then swallow it.

#### 4. How to make a remedy more effective:

Repetition, not the size of the dose, makes a remedy more effective. To get better results from any remedy, make and drink it more frequently. Here's one easy way: make your remedy. Drink approximately one-half of it. Wait two minutes. Now drink the remainder. You have just used the remedy twice within two minutes. Repeat this procedure once again. You have now used the remedy 4 times in less than 10 minutes. Feel free to use any remedy in this way. But be sure to stop using the remedy when you start to feel better! Note: leaving your glass on the magnet longer than the required 5 minutes does not make the remedy stronger.

#### 5. Having food or drink in your mouth when you take a remedy may hinder its effectiveness.

If you are having trouble getting a remedy to work, drink it only when your mouth has been free of food or drink for 10 to 15 minutes. Toothpaste, mouthwash, soft drinks, gum, candy or mints act like

6. If a complaint gets better or disappears from using one or more remedies but returns again later:

First, look for a different remedy, which might work better. Second, could your complaint be a side effect from a drug you are taking? All drugs, whether from a prescription, an over-the-counter drug medication, or from an illegal source, cause side effects. If you are not taking any drugs, try the remedy [ADDICTIVE HABITS](#), page 77. It can help break any repetitive pattern, even that of a recurring complaint. There is one other possibility. Your complaint could be constitutional in nature. This means that it will not disappear permanently until your entire level of health has been raised. A properly trained homeopath or acupuncturist should be able to help raise the level of your health.

7. If you can't get any Paper Doctor remedy to work for you:

1. re-read [How To Make A Remedy](#), page 50
2. read [tip number 5](#) and [tip number 14](#).
3. read [If You Have Trouble Getting The Remedies To Work](#), page 61.
4. use the [Resistance](#) remedy, page 229.

8. Do not overuse the Paper Doctor remedies.

These non-toxic remedies are not harmful. They cause no side effects. But, like anything, it is possible to overuse them. This situation will occur only if you disregard the instructions accompanying each remedy. DON'T DO THAT.

9. If you overuse the Paper Doctor remedies, your Healing Response can get temporarily over-stimulated. You may notice one of the following sensations:

a tingling feeling  
a 'wired' feeling  
a feeling of being too keyed up

10. What to do if you overuse the remedies:

If you notice any of the above sensations and think you might have overused one or more Paper Doctor remedies, do this:

1. Stop using the remedies. Wait for the effect to wear off, which will be in an hour or so.
2. Do not use any more Paper Doctor remedies until one day after the sensation disappears. In other words, give it a rest. Especially do not attempt to relieve your sensations with more remedies!
3. Learn from this experience. Look over [Remedy Log record](#) (see page 332). Count how many remedies you have used recently. Try to use the remedies less frequently, or more intelligently.

11. Don't combine remedies.

Never try to combine remedies by pouring the water containing one remedy into the water containing another. If you do this, the results you get would be unpredictable.

12. How to use two remedies at once:

Sometimes the instructions accompanying a remedy will tell you to use two remedies at once. What this means is: make and drink the first remedy, add water to your glass, then make and drink the second remedy.

13. After you make a remedy, don't remove your glass from the magnetic pattern page until you are ready to drink the remedy.

In other words, don't leave a remedy just sitting around your house. Later you may not remember what the glass contains. Or, the remedy may get antidoted. When you remove a glass from a pattern, drink the remedy immediately. Simple rule, no confusion.

14. Some people who are heavy coffee drinkers may have trouble getting good results from Paper Doctor remedies.

This is because the remedies activate your Healing Response through the nervous system, and coffee over-stimulates the nervous system. In effect, coffee can antidote Paper Doctor remedies before they have a chance to work. This does not happen to everyone, coffee drinkers must experiment. PS. If you want to break your stimulant addiction habit, try [ADDICTIVE HABITS](#), page 77.

15. Don't take shortcuts.

Each remedy you use correctly will bring relief from your complaints and additional knowledge about how Paper Doctor remedies work. Do not destroy your opportunity for relief and knowledge by trying to take shortcuts. Just follow the instructions in this book.

## TIPS ON MISCELLANEOUS POINTS

1. Don't mark or draw on any magnetic pattern page.

Any extraneous mark on the page could alter the quality of the remedy that is made, with unpredictable consequences.

2. Do not bend, crease or fold any magnetic pattern page.

This would distort or destroy the pattern's remedy-making ability.

3. For your safety, and the safety of others, don't photocopy the remedy patterns.

Don't try to make a remedy from a pattern which you know has been photocopied.

The reason is this: photocopy machines slightly distort the images they reproduce, making them a little larger or smaller than the original. For most reproductive work, this makes absolutely no difference. For the Paper Doctor remedies, however, any change in the properties of the pattern will produce weak or distorted remedies, with unpredictable consequences.

The Paper Doctor remedies will only work as described when they are made from a bound book purchased from a reputable book dealer.

4. Don't laminate the magnetic patterns.



The Paper Doctor work.

It's interesting to note that magnetic pattern pages which have been laminated (to preserve them against water damage) will no longer make remedies. This is apparently because there is no longer a surface pattern for the magnet to 'read'. Instead, the paper surface is ubiquitously flat - it contains no usable data.

5. To keep water from damaging a magnet pattern page,

carefully wipe off the bottom of your cup or glass before placing it on the magnetic pattern. You can also use the acetate sheet which comes in the envelope with the Remedy Board; place it under your glass.

6. If you damage or lose your Remedy Board:

You can order a replacement from us. See [Additional Paper Doctor Products](#), page 365.

7. Interference from electromagnetic fields will distort your remedy.

If you make remedies near your TV., stereo or any other strong source of electromagnetic radiation, the remedies you make may be distorted in unpredictable ways. Though they can't hurt you, such remedies won't work very well either. It's best to make remedies on a wooden table. But even that's no guarantee; one user reported that his wooden table actually had four magnets imbedded into it!

To be certain your work surface is magnetic field-free:

Slowly sweep the surface with an ordinary pocket compass, watching for any sudden swings or deviations of the needle. Such deviations mean a powerful magnetic influence is near, and can distort your remedies.

8. How to give Paper Doctor remedies to a pet.

Paper Doctor remedies will work as well as for pets as it does for humans. However, you still must choose your remedies carefully. Remember that pets can't give verbal feedback, so you must watch their behavior closely to be sure they are really improving.

Make the remedy in your water glass, as always. While the remedy is being prepared, clean your pet's water dish and fill it with fresh water. When the remedy is made, pour it into the water in your pet's dish. Alternately, you can try to pour it directly into their mouth.

Observe your pet's behavior to decide if the remedy was effective. Repeat the remedy as needed. But don't give your pet too many remedies too fast! See [item 8](#), page 63.

For [The Paper Doctor Magnetic Patterns](#), see next page(070). ([index](#))

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## The Paper Doctor Remedy Board

Suppose you have browsed through these pages, and thought: This is great! But it is useless, since it all depends on this "Paper Doctor Remedy Board", and that is not included. Well, I thought so too, but I decided to build one! I just took the following items:

- A refrigerator magnet, no fancy kind needed.
- A corrugated cardboard with a size of 10 x 20 cm. Same thickness as the magnet.
- A blank paper, not too thin.
- Some paper glue.

Then proceed along to the construction of the board:

- Make a hole in the middle of the cardboard, same size as the magnet.
- Place magnet into the hole in the cardboard.
- Glue the blank paper on both sides of the cardboard.
- Check with something magnetic, which side of the magnet is the strongest. Some magnets are only magnetic on one side.
- Mark the center of the magnet with a small dot on the blank paper.
- Write on the blank paper, on the strongest side,

### THE PAPER DOCTOR REMEDY BOARD

READY!

Well, almost ... The question of what kind of magnet, orientation etc. Still has to be solved. But, as with all these kind of questions: Use your favourite dowsing-technique! If you no, or little practice on this, then this is a good reason to start! After you have learned to dowse, then you actually can create your own symbols from other homeopathic remedies, or anything else! Wonder how the symbol of chocolate is?

Try to reach Mr Don Gerrard and ask him yourself! If so, tell me **EVERYTHING** he told you!

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I got a email from someone who was kind to inform me this important information about the Paper Doctor Remedy Board:

*I have some information that may be helpful to you. I was lucky enough to purchase a copy of the Paper Doctor when it first came out.*

*I thought I would share details of the Remedy Board. It is simply a piece of styrofoam covered with glossy paper. I believe the material is not important.*

*The magnet is round and covered with a round blue sticker. The magnet is set so that the side facing up attracts the south side of a compass needle.*

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## Missing Pages

The following 117 pages are missing from the book:

75	76	79	80	83	84	87	88	91	92	95	96	99	100
103	104	107	108	111	112	115	116	119	120	123	124	127	128
131	132	135	136	139	140	143	144	147	148	151	152	155	156
159	160	163	164	167	168	171	172	175	176	179	180	183	184
187	188	191	192	195	196	199	200	203	204	207	208	211	212
215	216	219	220	223	224	227	228	231	232	235	236	239	240
243	244	247	248	251	252	255	256	259	260	263	264	267	268
270	271	272	275	276	280	283	284	287	288	291	292	295	296
300	301	302	<a href="#">365</a>										
Linked pages goes to referred pages													

It could be because that the backside of a page with a Paper Doctor remedy, should be blank to not disturb the energy from the pattern on the other side of the paper?

If you feel that this is incorrect, either intuitional, or that you have the **original** book to compare it with(!) then feel free to contact me at: [johnnyfg@algonet.se](mailto:johnnyfg@algonet.se)

During the work of creating all the HTML-pages and pictures, it could be that I am not ready with the page that you want to access. Please be patient, or send me a note, what you think is missing.

**And note:** I am **not** the original author. So don't ask me for a book. I don't have one. I only have a [xerox copy](#) of the book.

## Resource Bibliography

### GENERAL HEALTH CARE

The Well Adult, Samuels, M.D. and Samuels, Summit Books, New York, 1988.

A perfect medical companion to The Paper Doctor and an excellent, inexpensive reference book for home use. This book is filled with important information on every aspect of health care. It clearly explains the biological mechanisms at work in any complaint. Details both the standard medical treatment and other home care methods you can use. Highly recommended.

Mike and Nancy Samuels have written a series of excellent health books over the years. Their work constitutes a complete home health library. All their books are available in paperback. Other titles include:

The Well Pregnancy Book, Samuels & Samuels, Summit Books, New York, 1986.

The Well Baby Book, Samuels & Samuels, Summit Books, New York, 1979.

The Well Child Book, Samuels & Samuels, Summit Books, New York, 1983.

Listen To Your Pain, Benjamin, Ben, PhD. & Borden, Gale, M.D., Penguin Books, New York, 1984.

An excellent book for learning about sports injuries. Clear illustrations help you locate the source and most likely cause of any pain. Recommends alternative as well as standard medical treatments.

The Anatomy Coloring Book, Kapit & Elson, Barnes & Noble, New York, 1977.

Originally developed for medical students to promote the study of human anatomy, this book became a surprise best-seller. It gives fun and easy access to the basic body parts. A good reference tool. I've had my copy more than 10 years.

The Healthy Traveler, B. Weinhouse, Pocket Books, New York, 1978.

Since it recommends traditional medical treatments for many of the same miseries and ailments presented in The Paper Doctor, this book is illuminating for the contrast in philosophies and treatments it reveals. Describes the over the counter and prescription drugs that try to alleviate the miseries of traveling, including digestive problems, environmental issues, sports injuries, first aid, infectious illnesses, and medications for women, children, and those with chronic illnesses. If you prefer a traditional medicine kit, this book will tell you what to buy.

Worst Pills, Best Pills, Wolfe, S.M., M.D., et al, Public Citizen Health Research Group, Washington, D.C., 1988.

Investigates the toxic nature of the major over-the-counter and prescription drugs on the market with an eye to prevent drug-induced death and illness. Suggests safer drug substitutes for the worst offenders. Though written for the older adult, the guidelines presented here should be used by everyone who must take medications. Highly recommended.

### VISUALIZATION

Seeing With The Mind's Eye, Samuels, M.D. & Samuels, Random House / Bookworks, New York, 1976.

The most comprehensive, exciting guide to visualization ever published.

### VIBRATIONAL MEDICINE

The Practice of Medical Radiesthesia, V.D. Wethered, C.W. Daniels Co., Ltd., London, 1967.

Outlines the basic methodology used to survey the tiny electromagnetic fields surrounding healing substances, as well as discusses the tools employed in this research.

The Pattern of Health, A.T. Westlake, M.D., Shambala Publications, Boulder, 1973.

This book traces the history of the search for geometric patterns that heal prior to the work of Malcolm Rae.

Dimensions of Radionics, D.V. Tansley, D.C., Health Science Press, Devon, 1977.

One section of this book is devoted to Malcolm Rae's work. It describes how he developed the principles of geometric healing which I have used to produce the magnetic patterns found in The Paper Doctor.

Vibrational Medicine, Richard Gerber, M.D., Bear & Co., Santa Fe, M.N., 1988.

A thorough, articulate survey of the history, development and therapeutic actions of energy (non-chemical) medicine. Traces the slow evolution of contemporary scientific thinking from a strictly Newtonian cause-and-effect viewpoint into an Einsteinian energetic perspective. This book is must reading for anyone interested in non-chemical medicine. It provides the theoretical understanding for our work. Highly recommended.

The Body Quantum, Fred Alan Wolf, Macmillian, New York, 1986.

This application of quantum mechanical thinking to body, mind and illness challenges medicine's biochemical orientation and lays the groundwork for Gerber and others.

Quantum Healing, Deepak Chopra, M.D., Bantam, New York, 1989.

Describes the role of the Healing Response, which he calls "a network of intelligence" in health and illnesses, and shows why it can only be understood from a quantum mechanical perspective.

Cross Currents, Robert O. Becker, M.D., Tarcher, Los Angeles, 1990.

Defines energy medicine as the ecological medicine of the future and shows how it is rooted in electro-magnetism.

For [Additional Paper Doctor Products](#), see next page(365). ([index](#)).

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## The Complaints Index

Here is an alphabetical index of humanity's most bothersome complaints. You can use this index to find the right remedy whenever your complaint is not listed by name in the [Remedy Table Of Contents](#), page 1.

Look for your complaint in this index. Following each entry is a list of the Paper Doctor remedies which might improve that complaint. Where possible, these remedies are listed beginning with the most effective ones first. Sometimes, as with the entry "Eyes, Tearing", this is not possible, since so many different kinds of problems can bring tears.

It is your job to choose the best remedy from those in the list. Try to find the remedy that most closely matches your complaint. To do this, you will have to read the description of each remedy listed, then decide if it's the best one to use.

Page numbers are included so that you can find the remedies you need fast.

You will occasionally see a remedy listed under a complaint that you might not believe it could improve. For example, [INDIGESTION](#), page 161, is listed under the complaint "Constipation". This means that the remedy for common INDIGESTION also has the ability to relieve constipation, even though that feature is not noted in the remedy's name or its description. Give it a try anyway.

Here is the list of common complaints:

### Abrasion

[FIRST AID](#), page 141  
[PHYSICAL INJURY](#), page 205  
[TRAUMATIC EVENTS](#), page 297

### Accident Prone

[HURRYING](#), page 157  
[TENSION RELEASE](#), page 273  
[ADDICTIVE HABITS](#), page 77

### Accidents

[FIRST AID](#), page 141  
[PHYSICAL INJURY](#), page 205  
[SPORTS INJURIES](#), page 249  
[TRAUMATIC EVENTS](#), page 297

### Aches

[ACHE](#), page 73  
[FATIGUE](#), page 129  
[INNER STRENGTH](#), page 165  
[FIRST AID](#), page 141  
[STIMULATING YOUR HEALING RESPONSE](#), page 253  
[TENSION RELEASE](#), page 273

### Acid Stomach

## Addiction

(short-term effects of alcohol) [HANGOVER](#), page 153  
(breaking habit patterns) [TENSION RELEASE](#), page 273  
(breaking any addictive cycle) [ADDICTIVE HABITS](#), page 77  
(to begin alcohol recovery) [TIRED FEET](#), page 285  
(if addicted to stimulants) [REGULARIZE ERRATIC LIFESTYLE](#), page 225

## Agitation

[HURRYING](#), page 157  
[MOODINESS](#), page 185  
[STRESS](#), page 261  
[FEARFULNESS](#), page 133  
[TENSION RELEASE](#), page 273

## Alcohol, help stop abuse of

[ADDICTIVE HABITS](#), page 77  
[STRESS](#), page 261  
[MOODINESS](#), page 185

## Alert, unable to stay

[MENTAL ALERTNESS](#), page 181  
[FIRST AID](#), page 141  
[ENERGY BOOST](#), page 117

## Allergies (respiratory or to food)

[ALLERGIES](#), page 81  
[ENVIRONMENTAL SENSITIVITY](#), page 121  
[FIRST AID](#), page 141  
[STIMULATING YOUR HEALING RESPONSE](#), page 253

## Allergies (skin)

See [Rashes](#), page 356.

## Allergies (bites and stings)

See [Insect Bites](#), page 352.

## Anguished feelings

[ACHE](#), page 73  
[MOODINESS](#), page 185  
[LIFTED SPIRITS](#), page 177

## **Anxiety**

[FEARFULNESS](#), page 133  
[PANIC ATTACKS](#), page 201  
[MOODINESS](#), page 185  
[TENSION RELEASE](#), page 273  
[HURRYING](#), page 157  
[PRE-MENSTRUAL SYNDROME](#), page 221  
[TRAUMATIC EVENTS](#), page 297

## **Appetite, no**

[STIMULATING YOUR HEALING RESPONSE](#), page 253

## **Backache**

[BACKACHE](#), page 85  
[ACHE](#), page 73  
[PAIN](#), page 197  
[TENSION RELEASE](#), page 273  
[PRE-MENSTRUAL SYNDROME](#), page 221  
[SPORTS INJURIES](#), page 249  
[PHYSICAL INJURIES](#), page 205

## **Bad News**

[TRAUMATIC EVENTS](#), page 297  
[FIRST AID](#), page 141  
[LIFTED SPIRITS](#), page 177

## **Bites and Stings**

See [Insect Bites](#), page 352.

## **Bladder Infection**

[ACHE](#), page 73  
[PAIN](#), page 197  
[TENSION RELEASE](#), page 273  
[STRESS](#), page 261  
(if sudden onset) [SUDDEN HIGH FEVER](#), page 265

## **Bleeding**

This could be a MEDICAL EMERGENCY, depending on severity. Apply disinfectant and bandages or, if the bleeding is severe, seek immediate medical assistance. After bandaging, or while waiting for help, use [FIRST AID](#), page 141, or [TRAUMATIC EVENTS](#), page 297.

## **Bloating**

[INDIGESTION](#), page 161



[HURRYING](#), page 157  
[BUSINESS PRESSURE](#), page 97

## Blows

See [Accidents](#), page 341.

## Blurred Vision

[EYE IRRITATION](#), page 125  
[FATIGUE](#), page 129

## Bruises

[PHYSICAL INJURIES](#), page 205  
(severe, feel cold) [BEE STINGS](#), page 89  
[FIRST AID](#), page 141

## Burning Sensations

(skin) [POISON IVY](#), page 209  
(skin) [POISON OAK](#), page 213  
(skin) [BEE STINGS](#), page 89  
(skin) [INSECT BITES](#), page 169  
(stomach) [FOOD POISONING](#), page 149  
(face) [SINUS INFLAMMATION](#), page 233

## Burns

Serious burns require immediate medical attention. After you have called for emergency medical help, use [FIRST AID](#), page 141, then [PAIN](#), page 197. This will not help heal the burn but it can help the victim. When the burn begins to heal, use [TRAUMATIC EVENTS](#), page 297, then either [PAIN](#), page 197, or [ACHE](#), page 73.

## Burping

[INDIGESTION](#), page 161  
[HURRYING](#), page 157

## Chills, Chilliness

[THE COLD PREVENTATIVE](#), page 277  
[SUDDEN HIGH FEVER](#), page 265  
[FLU](#), page 145  
[STOMACH FLU](#), page 257  
[STIMULATING YOUR HEALING RESPONSE](#), page 253  
[FATIGUE](#), page 129

## Choking

Blockage of the airway is an immediate medical emergency. In major U.S. cities call 911.

See [Blow-By](#) or [Choking](#)  
Tell someone who knows how to do "the Heimlich maneuver" (stand behind the person, squeeze in abruptly with locked hands just below their rib cage.)

## **Cold (feel)**

If severe, this could be a symptom of shock, a MEDICAL EMERGENCY. See [Shock](#), page 357.

[FIRST AID](#), page 141

[ENVIRONMENTAL SENSITIVITY](#), page 121

[FEARFULNESS](#), page 133

## **Colds**

[THE COLD PREVENTATIVE](#), page 277

[STIMULATING YOUR HEALING RESPONSE](#), page 253

## **Compulsive Over-activity**

[HURRYING](#), page 157

## **Confused**

[PHYSICAL INJURY](#), page 205

[FIRST AID](#), page 141

[FATIGUE](#), page 129

[BUSINESS PRESSURE](#), page 97

## **Congestion In Chest**

[STIMULATING YOUR HEALING RESPONSE](#), page 253

[THE COLD PREVENTATIVE](#), page 277

[FLU](#), page 145

[BRONCHIAL IRRITATION](#), page 93

## **Constipation**

[CONSTIPATION](#), page 105

[JET LAG](#), page 173

[REGULARIZE ERRATIC LIFESTYLE](#), page 225

[INDIGESTION](#), page 161

## **Coughing**

[STIMULATING YOUR HEALING RESPONSE](#), page 253

[THE COLD PREVENTATIVE](#), page 277

(if painful) [BRONCHIAL IRRITATION](#), page 93

(incessant) [NAUSEA AND VOMITING](#), page 193

[FLU](#), page 145

## **Cramping**

The Paper Doctor  
(if muscular) [PHYSICAL INJURY](#), page 205  
[TENSION RELEASE](#), page 273  
(if menstrual) See [Menstrual Cramps](#), page 354.

## Crave Food

[FATIGUE](#), page 129  
[TOO KEYED UP](#), page 289  
[MOODINESS](#), page 185  
[STRESS](#), page 261  
[SLEEPLESSNESS](#), page 237

## Crime, victim of a

[TRAUMATIC EVENTS](#), page 297  
[FIRST AID](#), page 141  
[PANIC ATTACKS](#), page 201  
[MOODINESS](#), page 185

## Crying

[LIFTED SPIRITS](#), page 177  
[MOODINESS](#), page 185  
[FEARFULNESS](#), page 133  
[TRAUMATIC EVENTS](#), page 297

## Cuts

See [Bleeding](#), page 343.

## Decision, unable to make a difficult

[INNER STRENGTH](#), page 165

## Depression

[LIFTED SPIRITS](#), page 177  
(after a shock) [TRAUMATIC EVENTS](#), page 297  
(after a blow) [PHYSICAL INJURY](#), page 205  
[MOODINESS](#), page 185

## Diarrhea

[DIARRHEA](#), page 109  
[NAUSEA AND VOMITING](#), page 193  
[FOOD POISONING](#), page 149  
[STOMACH FLU](#), page 257  
[FATIGUE](#), page 129  
[JET LAG](#), page 173  
[REGULARIZE ERRATIC LIFESTYLE](#), page 225

## **Difficulty Breathing**

This is a MEDICAL EMERGENCY. See [Choking](#), page 344.

Also consider:

[BEE STINGS](#), page 89

[FIRST AID](#), page 141

## **Discouraged, easily**

[LIFTED SPIRITS](#), page 177

[INNER STRENGTH](#), page 165

## **Dizziness**

Dizziness may be a medical emergency. See [Shock](#), page 357.

[PHYSICAL INJURY](#), page 205

[HANGOVER](#), page 153

[MOTION SICKNESS](#), page 189

[FATIGUE](#), page 129

## **Drowsiness**

[ENERGY BOOST](#), page 117

[FATIGUE](#), page 129

[MENTAL ALERTNESS](#), page 181

[INNER STRENGTH](#), page 165

## **Dry Mouth**

If your dry mouth is a side effect of a medication, these remedies may not help. Otherwise, try:

[TIRED FEET](#), page 285

[FIRST AID](#), page 141

## **Dullness**

See [Drowsiness, above](#)

[PHYSICAL INJURY](#), page 205

[FIRST AID](#), page 141

## **Earache**

[EARACHE](#), page 113

[PAIN](#), page 197

[MOODINESS](#), page 185

[SUDDEN HIGH FEVER](#), page 265

[FIRST AID](#), page 141

## **Enervated**

[ENERGY BOOST](#), page 117

[STIMULATING YOUR HEALING RESPONSE](#), page 253

[FATIGUE](#), page 129

[THE COLD PREVENTATIVE](#), page 277

[JET LAG](#), page 173

[FOOD POISONING](#), page 149

[ALLERGIES](#), page 81

## **Energy, lack of**

See [Enervated](#), above.

## **Escapism**

See [Fantasies](#), page 348.

## **Excited, too**

[MOODINESS](#), page 185

[TOO KEYED UP](#), page 289

[TENSION RELEASE](#), page 273

## **Eyes, tearing**

[SMOG](#), page 241

[ENVIRONMENTAL SENSITIVITY](#), page 121

[FEARFULNESS](#), page 133

[PAIN](#), page 197

[BEE STINGS](#), page 89

[INSECT BITES](#), page 169

[ALLERGIES](#), page 81

[THE COLD PREVENTATIVE](#), page 277

[MOODINESS](#), page 185

## **Exhaustion, mental**

[ENERGY BOOST](#), page 117

[FATIGUE](#), page 129

[BUSINESS PRESSURE](#), page 97

## **Exhaustion, nervous**

[HURRYING](#), page 157

[TOO KEYED UP](#), page 289

[FATIGUE](#), page 129

[JET LAG](#), page 173

[STRESS](#), page 261

## **Exhaustion, physical**

[ENERGY BOOST](#), page 117

[FATIGUE](#), page 129

[STIMULATING YOUR HEALING RESPONSE](#), page 253

[SLEEPLESSNESS](#), page 237

[INNER STRENGTH](#), page 165

[REGULARIZE ERRATIC LIFESTYLE](#), page 225

[PHYSICAL INJURY](#), page 205

[HURRYING](#), page 157

## **Falls**

See [Accidents](#), page 341.

## **Fantasies**

[WORRYING](#), page 303

[REGULARIZE ERRATIC LIFESTYLE](#), page 225

## **Fatigue, mental**

[MENTAL ALERTNESS](#), page 181

[FATIGUE](#), page 129

[BUSINESS PRESSURE](#), page 97

## **Fatigue, physical**

[ENERGY BOOST](#), page 117

[FATIGUE](#), page 129

[INNER STRENGTH](#), page 165

[REGULARIZE ERRATIC LIFESTYLE](#), page 225

[TIRED FEET](#), page 285

## **Fatigue, travel**

[ENERGY BOOST](#), page 117

[FATIGUE](#), page 129

[JET LAG](#), page 173

[TIRED FEET](#), page 285

## **Fear, of something specific**

[FEARFULNESS](#), page 133

[TRAUMATIC EVENTS](#), page 297

[FIRST AID](#), page 141

## **Fear, vague but intense**

[PANIC ATTACKS](#), page 201

[FIRST AID](#), page 141

## **Fears, children's**

[PANIC ATTACKS](#), page 201

[FEARFULNESS](#), page 133

[MOODINESS](#), page 185

## **Fever**

[SUDDEN HIGH FEVER](#), page 265

[FOOD POISONING](#), page 149

[FLU](#), page 149

[STOMACH FLU](#), page 257

[STIMULATING YOUR HEALING RESPONSE](#), page 253

[FIRST AID](#), page 141

## **Fighting (in children)**

[MOODINESS](#), page 185

## **First Day At School (children)**

[FEELING AT EASE](#), page 137

[FEARFULNESS](#), page 133

[STRESS](#), page 261

## **Foreboding, a sense that something terrible will happen**

See [Fear, vague but intense](#), above.

## **Fright**

[FEARFULNESS](#), page 133

[TRAUMATIC EVENTS](#), page 297

[PANIC ATTACKS](#), page 201

## **Fussiness in children**

[MOODINESS](#), page 185

[HURRYING](#), page 157

## **Grief**

[LIFTED SPIRITS](#), page 177

## **Habits, bad**

[ADDICTIVE HABITS](#), page 77

[TENSION RELEASE](#), page 273

[REGULARIZE ERRATIC LIFESTYLE](#), page 225

## **Hangover**

[HANGOVER](#), page 153

[INDIGESTION](#), page 161

[ADDICTIVE HABITS](#), page 77

[STIMULATING YOUR HEALING RESPONSE](#), page 253

## Hay Fever

[ALLERGIES](#), page 81

[FIRST AID](#), page 141

[SINUS INFLAMMATION](#), page 233

[STIMULATING YOUR HEALING RESPONSE](#), page 253

## Head Pain

See [Headache](#), below.

[FIRST AID](#), page 141

[PHYSICAL INJURY](#), page 205

[TOOTHACHE](#), page 293

[SINUS INFLAMMATION](#), page 233

[PAIN](#), page 197

## Headache

[CHRONIC HEADACHE](#), page 101

[TENSION HEADACHE](#), page 269

[THROBBING HEADACHE](#), page 281

[HANGOVER](#), page 153

[ACHE](#), page 73

[STRESS](#), page 261

[PRE-MENSTRUAL SYNDROME](#), page 221

## Heartache, anguished feelings

[ACHE](#), page 73

[LIFTED SPIRITS](#), page 177

[MOODINESS](#), page 185

## Heartburn

[INDIGESTION](#), page 161

[STRESS](#), page 261

## High Fever

[SUDDEN HIGH FEVER](#), page 265

[FLU](#), page 145

[STOMACH FLU](#), page 257

[STIMULATING YOUR HEALING RESPONSE](#), page 253

[FIRST AID](#), page 141



## **Homelessness**

[FEELING AT EASE](#), page 137

## **Hot (feel)**

See [Fever](#), page 349, and  
[High Fever](#), above.

## **Hot Flashes**

(hot flashes) [PRE-MENSTRUAL SYNDROME](#), page 221  
[HURRYING](#), page 157

## **Hunger**

[TOO KEYED UP](#), page 289  
[FATIGUE](#), page 129  
[REGULARIZE ERRATIC LIFESTYLE](#), page 225  
[STRESS](#), page 261

## **Hyperactivity**

(adults) [HURRYING](#), page 157  
(children and adults) [MOODINESS](#), page 185

## **Hypersensitive to things (weather, noise, conflict, etc)**

[ENVIRONMENTAL SENSITIVITY](#), page 121  
[MOODINESS](#), page 185  
[FEARFULNESS](#), page 133  
[HURRYING](#), page 157

## **Illness, after any**

[TIRED FEET](#), page 289

## **Illness, during any**

[STIMULATING YOUR HEALING RESPONSE](#), page 253  
[TIRED FEET](#), page 289

## **Illness, onset of any**

[STIMULATING YOUR HEALING RESPONSE](#), page 253

## **Indigestion**

[INDIGESTION](#), page 161  
[NAUSEA AND VOMITING](#), page 193

[FOOD POISONING](#), page 149  
[STOMACH FLU](#), page 257  
[TOO KEYED UP](#), page 289  
[HURRYING](#), page 157  
[STRESS](#), page 261

### **Injuries, emotional**

[TRAUMATIC EVENTS](#), page 297  
[LIFTED SPIRITS](#), page 177  
[FEARFULNESS](#), page 133  
[STRESS](#), page 261

### **Injuries, joints**

[SPORTS INJURIES](#), page 249  
[TIRED FEET](#), page 285  
[PHYSICAL INJURY](#), page 205

### **Injuries, muscles**

[TIRED FEET](#), page 285  
[SPORTS INJURIES](#), page 249  
[PHYSICAL INJURY](#), page 205  
[FIRST AID](#), page 141

### **Insect Bites**

[BEE STINGS](#), page 89  
[INSECT BITES](#), page 169

### **Insomnia**

[SLEEPLESSNESS](#), page 237  
[WORRYING](#), page 303  
[TOO KEYED UP](#), page 289  
[TIRED FEET](#), page 285  
[MOODINESS](#), page 185  
[TRAUMATIC EVENTS](#), page 297  
[REGULARIZE ERRATIC LIFESTYLE](#), page 225  
[JET LAG](#), page 173

### **Irritability**

[MOODINESS](#), page 185  
[TENSION HEADACHE](#), page 269  
[THROBBING HEADACHE](#), page 281  
[CHRONIC HEADACHE](#), page 101  
[PRE-MENSTRUAL SYNDROME](#), page 221  
[HANGOVER](#), page 153  
[THE COLD PREVENTATIVE](#), page 277  
[TOO KEYED UP](#), page 289

[HURRYING](#), page 157  
[STRESS](#), page 261  
[BUSINESS PRESSURE](#), page 97

## **Itching**

[POISON OAK](#), page 209  
[POISON IVY](#), page 213  
[ENVIRONMENTAL SENSITIVITY](#), page 121  
[STRESS](#), page 261  
[FIRST AID](#), page 141  
[MOODINESS](#), page 185

## **Jet Lag**

[JET LAG](#), page 173  
[ENERGY BOOST](#), page 117  
[FATIGUE](#), page 129  
[MOTION SICKNESS](#), page 189

## **Joint Injuries**

See [Sports Injuries](#), page 359.

## **Laceration**

If serious, a laceration requires professional medical attention. See [Bleeding](#), page 343.

[TRAUMATIC EVENTS](#), page 297  
[PHYSICAL INJURY](#), page 205  
[STIMULATING YOUR HEALING RESPONSE](#), page 253

## **Lack Of Energy**

[ENERGY BOOST](#), page 117  
[FATIGUE](#), page 129  
[MENTAL ALERTNESS](#), page 181  
[INNER STRENGTH](#), page 165  
[PRE-MENSTRUAL SYNDROME](#), page 221  
[TIRED FEET](#), page 285  
[TRAUMATIC EVENTS](#), page 297

## **Lachrymation**

See [Eyes Tearing](#), page 347.

## **Laryngitis**

[BRONCHIAL IRRITATION](#), page 93  
[SMOG](#), page 241

## **Learning Disabilities**

[ADDICTIVE HABITS](#), page 77

## **Lethargy**

See [Lack Of Energy](#), above.

## **Ligament Injuries**

See [Sports Injuries](#), page 359.

## **Loss of Appetite**

[INDIGESTION](#), page 161  
[NAUSEA AND VOMITING](#), page 193  
[CHRONIC HEADACHE](#), page 101  
[FOOD POISONING](#), page 149  
[THE COLD PREVENTATIVE](#), page 277  
[FLU](#), page 145  
[STOMACH FLU](#), page 257  
[TRAUMATIC EVENTS](#), page 297

## **Malaise**

[LIFTED SPIRITS](#), page 177  
[STIMULATING YOUR HEALING RESPONSE](#), page 253  
[FATIGUE](#), page 129  
[STRESS](#), page 261

## **Menstrual Cramps**

[PRE-MENSTRUAL SYNDROME](#), page 221  
[ACHE](#), page 73  
[PAIN](#), page 197

## **Mouth, Dry**

See [Dry Mouth](#), page 347.

## **Moving (to new job, town, school)**

[FEELING AT EASE](#), page 137  
[ENVIRONMENTAL SENSITIVITY](#), page 121  
[TRAUMATIC EVENTS](#), page 297  
[STRESS](#), page 261

## **Muscle (over-exertion, pulls, stiffness)**

[FIRST AID](#), page 141  
[PHYSICAL INJURIES](#), page 205

The Paper Doctor  
[SPORTS INJURIES](#), page 249  
[TENSION RELEASE](#), page 273

## **Nausea**

[INDIGESTION](#), page 161  
[PRE-MENSTRUAL SYNDROME](#), page 221  
[NAUSEA AND VOMITING](#), page 193  
[MOTION SICKNESS](#), page 189  
[FOOD POISONING](#), page 149  
[STOMACH FLU](#), page 257  
[TOO KEYED UP](#), page 289

## **Neck, sore, tense or painful**

[BACKACHE](#), page 85  
[FIRST AID](#), page 141  
[PAIN](#), page 197  
[ACHE](#), page 73  
[TENSION HEADACHE](#), page 269  
[TENSION RELEASE](#), page 273

## **Nervous Stomach**

[INDIGESTION](#), page 161  
[DIARRHEA](#), page 109  
[NAUSEA AND VOMITING](#), page 193  
[STRESS](#), page 261  
[REGULARIZE ERRATIC LIFESTYLE](#), page 225

## **Nightmares**

(something known) [FEARFULNESS](#), page 133  
(for no reason) [PANIC ATTACKS](#), page 201

## **Nursing Another**

[TIRED FEET](#), page 285.  
[WORRYING](#), page 303

## **Obsession With Thoughts Or Images**

[WORRYING](#), page 303  
[REGULARIZE ERRATIC LIFESTYLE](#), page 225

## **Onset Of Any Illness**

[STIMULATING YOUR HEALING RESPONSE](#), page 253

## **Over-activity**

See [Hyperactivity](#), page 351.

## **Overwhelmed, feeling of being**

[FATIGUE](#), page 129  
[INNER STRENGTH](#), page 165  
[BUSINESS PRESSURE](#), page 97  
[TRAUMATIC EVENTS](#), page 297

## **Pain, aching**

[PHYSICAL INJURY](#), page 205  
[SPORTS INJURIES](#), page 249  
[PAIN](#), page 197  
[HANGOVER](#), page 153  
[ACHE](#), page 73  
[TOOTHACHE](#), page 293  
[FIRST AID](#), page 141

## **Pain, cramping**

[PRE-MENSTRUAL SYNDROME](#), page 221  
[TENSION RELEASE](#), page 273  
[PAIN](#), page 197

## **Pain, dental**

[TOOTHACHE](#), page 293  
[PAIN](#), page 197  
[ACHE](#), page 73  
[FEARFULNESS](#), page 133  
[FIRST AID](#), page 141

## **Palpitations, heart**

[STRESS](#), page 261  
[HURRYING](#), page 157  
[INDIGESTION](#), page 161

## **Panic**

[PANIC ATTACKS](#), page 201

## **Performance Anxiety**

[MOODINESS](#), page 185.  
[INNER STRENGTH](#), page 165  
[TOO KEYED UP](#), page 289  
[PANIC ATTACKS](#), page 201  
[FEARFULNESS](#), page 133

## **Pollution** Paper Doctor

[SMOG](#), page 241

[ALLERGIES](#), page 81

[SINUS INFLAMMATION](#), page 233

[ENVIRONMENTAL SENSITIVITY](#), page 121

[POLLUTION PROTECTION](#), page 217

## **Psychological Cold**

[RESISTANCE](#), page 229

## **Quarreling**

See [Fighting](#), page 349.

## **Queasiness**

See [Nausea](#), page 354.

## **Rape, victim of a**

[LIFTED SPIRITS](#), page 177

[TRAUMATIC EVENTS](#), page 297

[PANIC ATTACKS](#), page 201

## **Rash**

[FIRST AID](#), page 141

[STIMULATING YOUR HEALING RESPONSE](#), page 253

[POISON IVY](#), page 209

[POISON OAK](#), page 213

[INSECT BITES](#), page 169

[STRESS](#), page 261

[MOODINESS](#), page 185

[HURRYING](#), page 157

## **Recurring Complaints**

[ADDICTIVE HABITS](#), page 77

## **Relax, unable to**

[TOO KEYED UP](#), page 289

[TIRED FEET](#), page 285

[HURRYING](#), page 157

[TENSION RELEASE](#), page 273

[MOODINESS](#), page 185

[TRAUMATIC EVENTS](#), page 297

[BUSINESS PRESSURE](#), page 97

[STRESS](#), page 261.

[RESISTANCE](#), page 229

## **Restlessness**

[SLEEPLESSNESS](#), page 237

[HURRYING](#), page 157

[WORRYING](#), page 303

[FEELING AT EASE](#), page 137

[MOODINESS](#), page 185

[BUSINESS PRESSURE](#), page 97

[TOO KEYED UP](#), page 289

## **Runny Nose**

[THE COLD PREVENTATIVE](#), page 277

[ALLERGIES](#), page 81

[SINUS INFLAMMATION](#), page 233

[ENVIRONMENTAL SENSITIVITY](#), page 121

[STIMULATING YOUR HEALING RESPONSE](#), page 253

## **Shock**

Severe shock is life-threatening and requires immediate medical attention. Three types of shock are possible: [physical](#) (see page 339), [anaphylactic](#) (see page 334) and electrical.

(after call for help) [FIRST AID](#), page 141

## **Shortness of breath**

This is a possible MEDICAL EMERGENCY, depending on the cause. Seek medical help, then, while waiting, use:

[FIRST AID](#), page 141

[PANIC ATTACKS](#), page 201

## **Shyness**

See [Timidity](#), page 360.

## **Skeptical that Paper Doctor remedies work**

[RESISTANCE](#), page 229

## **Skin Rashes**

See [Rashes](#), page 356.

## **Sleeplessness**



The Paper Doctor  
See [Insomnia](#), page 352.

## **Sleepiness**

[MENTAL ALERTNESS](#), page 181  
[ENERGY BOOST](#), page 117  
[INNER STRENGTH](#), page 165  
[FATIGUE](#), page 129  
[REGULARIZE ERRATIC LIFESTYLE](#), page 225

## **Smoking, help stop**

[ADDICTIVE HABITS](#), page 77

## **Sneezing**

[ALLERGIES](#), page 81  
[THE COLD PREVENTATIVE](#), page 277  
[ENVIRONMENTAL SENSITIVITY](#), page 121  
[STIMULATING YOUR HEALING RESPONSE](#), page 253

## **Sniffling**

See [Runny Nose](#), page 357.

## **Sore Throat**

[SORE THROAT](#), page 245  
[THE COLD PREVENTATIVE](#), page 277  
[STIMULATING YOUR HEALING RESPONSE](#), page 253  
[FATIGUE](#), page 129  
[REGULARIZE ERRATIC LIFESTYLE](#), page 141

## **Soreness**

[PHYSICAL INJURY](#), page 205  
[SPORTS INJURIES](#), page 249  
[ACHE](#), page 73  
[TOOTHACHE](#), page 293  
[SINUS INFLAMMATION](#), page 233  
[TIRED FEET](#), page 285

## **Sports Injuries**

[FIRST AID](#), page 141  
[PHYSICAL INJURY](#), page 205  
[SPORTS INJURIES](#), page 249  
[PAIN](#), page 197  
[TRAUMATIC EVENTS](#), page 297

## **Sprained Ankle**

[FIRST AID](#), page 141

[PHYSICAL INJURIES](#), page 205

[SPORTS INJURIES](#), page 249

[BEE STINGS](#), page 89

## **Sprains**

See [Muscle Sprains](#), page 354.

## **Stimulants, attracted to**

[REGULARIZE ERRATIC LIFESTYLE](#), page 225

[ADDICTIVE HABITS](#), page 77

## **Stinging sensation**

[BEE STINGS](#), page 89

[INSECT BITES](#), page 169

[POISON OAK](#), page 209

[POISON IVY](#), page 213

[SMOG](#), page 241

[ENVIRONMENTAL SENSITIVITY](#), page 121

[FIRST AID](#), page 141

## **Stomach ache**

[INDIGESTION](#), page 161

[ACHE](#), page 73

[FOOD POISONING](#), page 149

[FIRST AID](#), page 141

## **Strains**

See [Muscle Sprains](#), page 354.

## **Stress**

[STRESS](#), page 261

[BUSINESS PRESSURE](#), page 97

[HURRYING](#), page 157

[MOODINESS](#), page 185

[PANIC ATTACKS](#), page 201

## **Sudden Fever**

[SUDDEN HIGH FEVER](#), page 265

[FLU](#), page 145

[STOMACH FLU](#), page 257

[STIMULATING YOUR HEALING RESPONSE](#), page 257

## **Surgery, before**

[PHYSICAL INJURY](#), page 205

[STIMULATING YOUR HEALING RESPONSE](#), page 253

## **Surgery, after**

[TIRED FEET](#), page 285

[PHYSICAL INJURY](#), page 205

[STIMULATING YOUR HEALING RESPONSE](#), page 253

## **Teeth, sensitive**

[TOOTHACHE](#), page 293

[ACHE](#), page 73

[PAIN](#), page 197

## **Teething Babies**

[MOODINESS](#), page 185

[TOOTHACHE](#), page 293

## **Tension, nervous**

[PRE-MENSTRUAL SYNDROME](#), page 221

[HURRYING](#), page 157

[TENSION RELEASE](#), page 273

[MOODINESS](#), page 185

[PANIC ATTACKS](#), page 201

## **Thoughts, too many**

[WORRYING](#), page 303

[TOO KEYED UP](#), page 289

## **Thoughts, unable to think**

[ENERGY BOOST](#), page 117

[FATIGUE](#), page 129

[MENTAL ALERTNESS](#), page 181

## **Timidity**

[FEARFULNESS](#), page 133

## **Tired, mentally**

See [Fatigue, mental](#), page 348

## **Tired, physically**

## **Trembling**

[TRAUMATIC EVENTS](#), page 297  
[NAUSEA AND VOMITING](#), page 193  
[PANIC ATTACKS](#), page 201  
[FLU](#), page 145  
[FATIGUE](#), page 129  
[HURRYING](#), page 157

## **Vertigo**

See [Dizziness](#), page 346.

## **Vomiting**

[NAUSEA AND VOMITING](#), page 193  
[STOMACH FLU](#), page 257  
[FOOD POISONING](#), page 149  
[FEARFULNESS](#), page 133  
[STIMULATING YOUR HEALING RESPONSE](#), page 253

## **Worrying**

[WORRYING](#), page 303  
[MOODINESS](#), page 185  
[HURRYING](#), page 157  
[STRESS](#), page 261  
[TOO KEYED UP](#), page 289

## **Wounds**

Serious wounds or the bleeding won't stop - a medical emergency - call for help.

[FIRST AID](#), page 141  
[TRAUMATIC EVENTS](#), page 297

## **Wounds, puncture**

[BEE STINGS](#), page 89  
[INSECT BITES](#), page 169

For [Resource Bibliography](#), see next page(362). ([index](#)).

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## Constipation

### USE THIS REMEDY IF:

you are bothered by temporary constipation. Temporary constipation usually results from a disruption of the body's physiological rhythms due to stress, changes in your eating schedule, changes in the quality or content of the food and water you eat and drink, or as a result of traveling.

### HOW TO USE THIS REMEDY:

To relieve your constipation, make and drink this remedy two or three times. If you have no results within an hour, repeat this procedure. If you become constipated while traveling, it will help to establish a regular eating and sleeping routine.

Note that it is not necessary to have a bowel movement every day. If you go a few days between movements, this will cause no harm. Stop using this remedy as soon as your regularity is re-established.

If you experience no improvement after 5 glasses of this remedy, switch to the most appropriate among the alternatives listed below, or use the [RESISTANCE](#) remedy, page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Regularize Erratic Lifestyle](#), page 225

[Jet Lag](#), page 173

[Hurrying](#), page 157

[Tension Release](#), page 273

A note about commercial laxatives: Using these drugs can cause a complete evacuation of the bowels. This means that it will be several days before it is possible to have a natural bowel movement. It is easy to interpret this lack of activity as renewed constipation, and then take more laxatives. In this way, laxatives become habit-forming. The body never has a chance to act on its own. If you use laxatives, be patient.

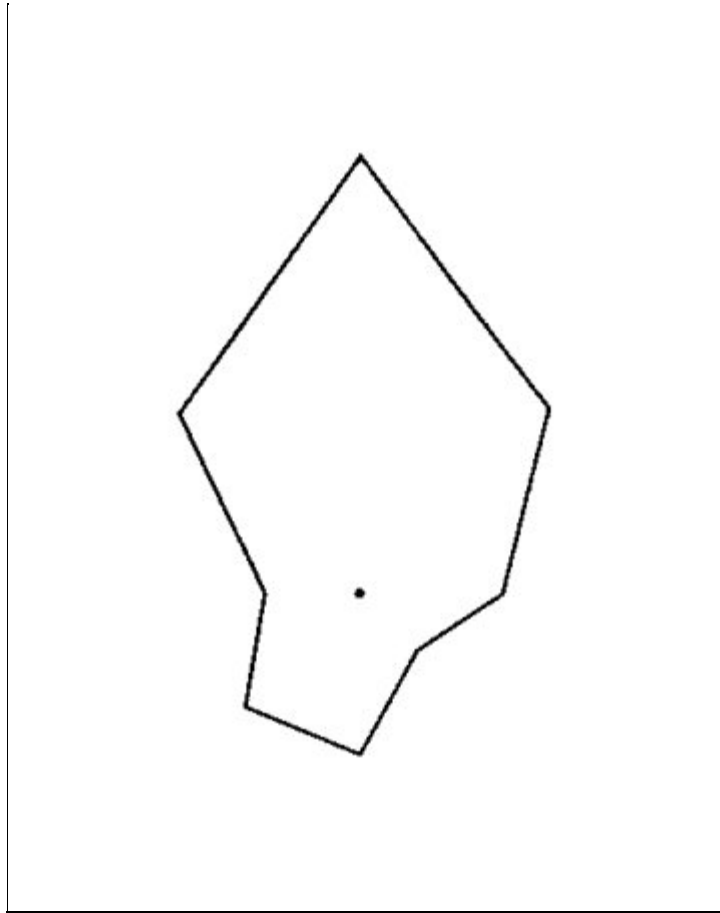
This remedy does not force the bowels to do anything. It just sends a message to re-establish your natural rhythm.

### MEDICAL ALERT:

Seek immediately medical help if your constipation is accompanied by severe abdominal cramps or bleeding.

**The Well Adult:** page 360 gives dietary tips for improving chronic constipation.

## Constipation



[\(index\)](#)

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## Diarrhea

### USE THIS REMEDY IF:

you are bothered by diarrhea, possibly accompanied by nausea and abdominal cramping. Diarrhea usually occurs while traveling, under business stress, or from eating unfamiliar or tainted food. Typically traveler's diarrhea occurs about three days after arriving at a new location, which is how long it takes unfriendly bacteria to produce effects on the digestive system. Technically speaking you are "traveling" wherever you eat outside of your own kitchen, or your regular commercial hangouts.

Diarrhea is a healthy body response, not an illness. It's one way the body has of getting rid of something that could be injurious.

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes. Get plenty of rest. Drink bland liquids to prevent dehydration. The remedy should bring relief in three of four glasses.

Stop using this remedy as soon as you feel recovered. After severe diarrhea, it's a good idea to take it easy for a few days before resuming a busy schedule.

If you feel debilitated, once your diarrhea ceases, begin using the remedy [STIMULATING YOUR HEALING RESPONSE](#), page 253, until your former energy is restored. This could take a few days.

If you experience no improvements after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

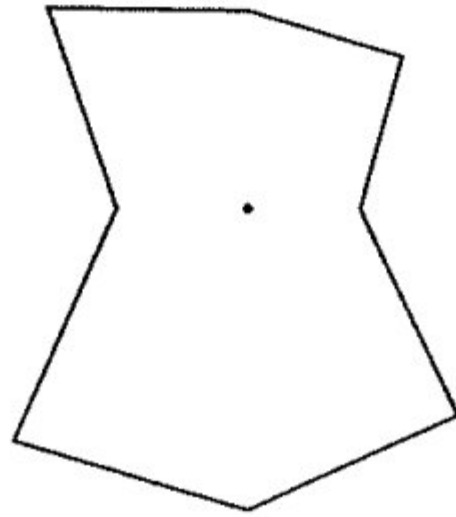
- (if pain in stomach) [Food Poisoning](#), page 149
- (if persistent nausea) [Nausea And Vomiting](#), page 193
- (if feverish) [Sudden High Fever](#), page 265
- (if fluish) [Stomach Flu](#), page 257

### MEDICAL ALERT:

If your diarrhea continues for more than a few days, it can cause dehydration, a serious medical problem. To prevent this, drink as much bland fluid (bacteria-free water), juice or both as you can tolerate. As long as you are urinating normally every few hours, you are not dehydrated. Continued diarrhea can have serious consequences. If none of the above remedies improves your condition after a few days, seek medical help.

**The Well Adult:** see page 358.

## Diarrhea



[\(index\)](#)

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## Indigestion

### USE THIS REMEDY IF:

you have a feeling of queasiness or nausea in the morning, after eating, after eating rich food, or after drinking alcohol.

This is a general digestive remedy. It can relieve complaints associated with indigestion from stress, emotional upset, or eating too late in the evening. It should help relieve fullness and pressure in the stomach, hiccoughs, burping and gas, and even mild stomach pain or discomfort.

Most upset stomachs are not due to an acid imbalance, so antacids are not usually the best remedy, even though they are heavily advertised as such. Antacids are heavy on salt, or contain aspirin, which is a problem for many people. Antacids containing bicarbonates actually create gas in the stomach.

### SPECIAL INDICATORS: (You may have one or more of these.)

Hiccoughs  
Sour taste in the mouth  
Nausea after eating, even several hours after eating  
Burping or gas  
Sensation of fullness, weight (even pain) in the stomach  
Stomach feels sensitive or painful when pressed on  
Nausea with retching and vomiting

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until you feel better. Usually one to three glasses will do it.

Stop using the remedy as soon as you feel restored.

If you experience no improvements after using this remedy for a week, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

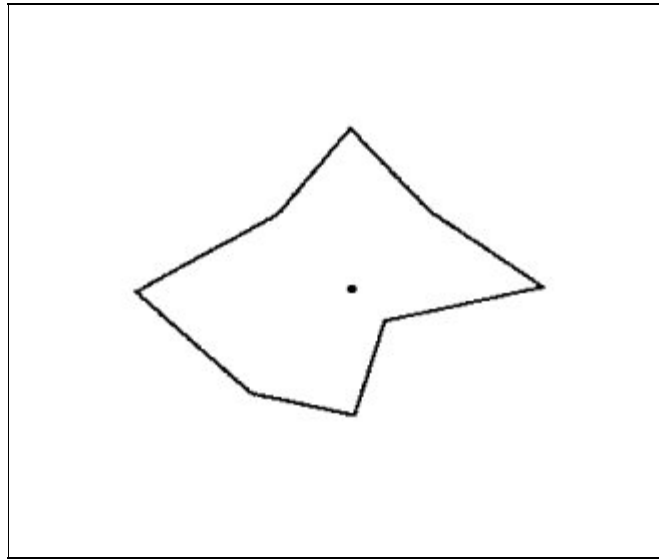
(if persistent nausea) [Nausea And Vomiting](#), page 193  
(if nausea in waves) [Nausea And Vomiting](#), page 193 (sic)  
[Food Poisoning](#), page 149  
(if stomach ache) [Ache](#), page 73  
(if fever) [Sudden High Fever](#), page 265  
[Motion Sickness](#), page 189  
[Stress](#), page 261  
[Business Pressure](#), page 097

### MEDICAL ALERT:

The symptoms of food poisoning can sometimes seem very similarly to those of common indigestion. If your indigestion grows worse despite this remedy, consider the possibility of food poisoning. See [FOOD POISONING](#), page 149.

**The Well Adult:** page 358 discusses the physiology of indigestion, which doctors call Irritable Bowel

### Indigestion



[\(index\)](#)

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## **The Paper Doctor Magnetic Patterns**

This section contains the 58 Paper Doctor magnetic patterns.

### **THE REMEDIES ARE ALPHABETICAL**

The remedies in this section are arranged in alphabetical order, so that it will be easy to find the one you need.

### **AN ALPHABETICAL REMEDY LIST**

An alphabetical list of all the magnetic patterns in this book appears on the next page. You can use this list to look up the page number of your remedy and turn directly to it.

### **READ THE REMEDY DESCRIPTION PAGES**

Each magnetic pattern is accompanied by a remedy description page. This page clearly describes the remedy, gives instructions for its use, lists possible alternative remedies to consider, and provides a medical warning in case your complaint has possibly serious consequences.

### **HOW TO USE THE MAGNETIC PATTERNS**

To learn how to use these magnetic patterns, read [How To Use The Remedies](#), page 43.

### **THESE REMEDIES ARE EXPERIENCED**

The 58 remedies that appear in this book have repeatedly tested in three previous versions of The Paper Doctor. They are the remedies most users have reported are most useful for them. If the remedy you need is not in this book, it may already be available from us as a Remedy Card. See [Additional Paper Doctor Products](#), page 365.

For [Alphabetical List Of Patterns](#), see next page(071). ([index](#))

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## The Health Strategies

In this section I discuss specific strategies you can use to combat five commonly experienced illness scenarios. I call these strategies:

[Daily Coping](#), page 308

[Combating Infectious Illness](#), page 309

[Combating Physical Injuries](#), page 312

[Combating Stress](#), page 315

[The Traveler's Strategy](#), page 317

These strategies tell how to use Paper Doctor remedies to manage your complaints and keep them from developing into more serious health problems. In addition, the Traveler's Strategy tells how to overcome or minimize the negative physiological and psychological effects of traveling.

And when you are not sure what to do in an situation, read

[What To Do When You Don't Know What To Do](#), page 319

For [Daily Coping](#), see next page(308). ([index](#))

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## The Paper Doctor Remedy Log

Each time you use a Paper Doctor remedy, record it here. If you make the remedy for someone else, be sure to include their name.

In a few months time you will begin to see patterns in this record, according to the different remedies you have used and how frequently you used them. Your recognition of these patterns will give you valuable information about your health.

Date	Remedy Used	No. of Glasses	Results or Comments

## The Paper Doctor Remedy Log (Continued)

Date	Remedy Used	No. of Glasses	Results or Comments

The Paper Doctor			

For [Glossary](#), see next page(334). ([index](#)).

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## Glossary

When this glossary was first developed, it was intended to define the terms that would appear in several chapters which were subsequently never written. But I have decided to leave the glossary anyway - in order to give an introduction to the differences between traditional and vibrational medicine. Richard Gerber's [Vibrational Medicine](#) explores the subject thoroughly.

### **Anaphylactic Shock**

An extreme, normally immediate, allergic reaction to a toxic agent, usually insect venom, food or medications. Mild symptoms are usually confined to the skin and mucus membranes and include swelling, redness, rash, and itching. Severe symptoms are life threatening and require emergency attention. These include constriction of the chest and throat, choking, difficulty breathing, nausea, dizziness and unconsciousness.

### **Antidote**

To render useless or ineffectual.

### **Blocker**

Common term for any medication that acts by inhibiting some of the natural biochemical, and other, processes in the body. Many over-the-counter and prescription drugs are blockers.

### **Complaint**

Any discomfort which the lay person experiences. May include one or more medical symptoms.

### **Constitutional Treatment**

The vibrational medicine remedies in The Paper Doctor offer help for common acute and self-limiting complaints. More serious illnesses - as defined by vibrational medicine - require what is known as constitutional treatment. This must be administered by a properly trained acupuncturist or homeopath. See [Level of Health](#), below.

**Drug**, see [Medication](#), below.

### **Geometric Pattern**

One form of printed design which stores the healing potential of any substance, expressed as a microdose, for retrieval at a later date.

### **Healing Action**

The ability of a remedy to relieve one or more complaints.

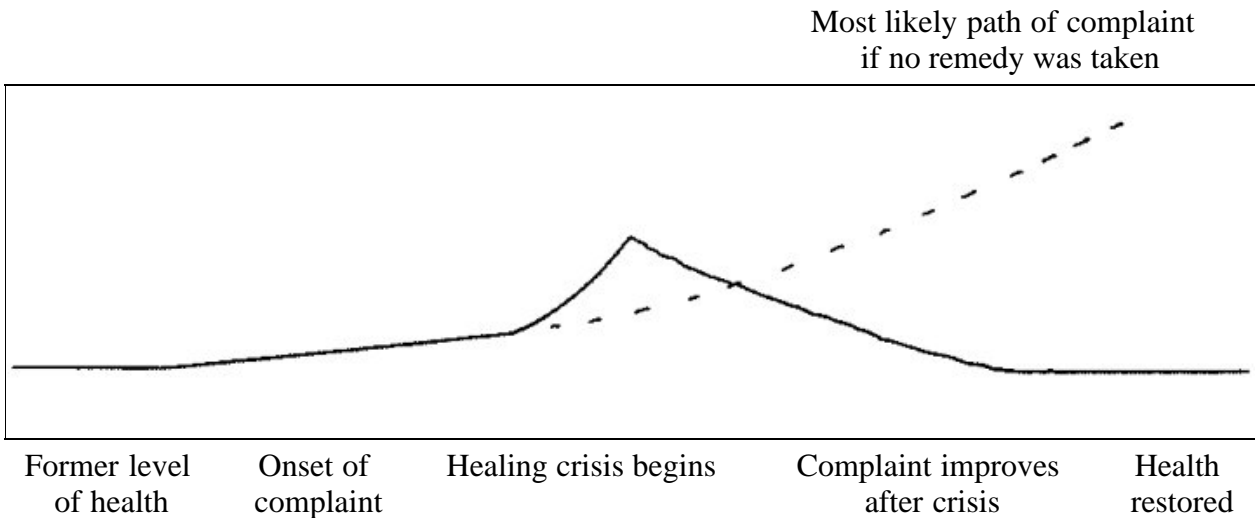
### **Healing Crisis**

A temporary aggravation of one's complaint can occur after taking a Paper Doctor remedy. When the remedy is a close match to the complaint, the Healing Response temporarily stimulates the complaint before removing it. This stimulation makes the complaint feel stronger.

This phenomenon has been observed and reported by many clinicians practicing a variety of remedial measures including psychotherapy, Science of Mind, and homeopathy. It is always

The Paper Doctor is a sign that a remedy is acting deeply and the beneficial effect will last a long time.

Simplified graph of a healing crisis:



## Healing Potential

The ability to heal exists and is ready for action, but is not active. It is stored.

## Healing Response

The "intelligence" behind your immune system defenses, and your greatest health resource. The Healing Response is known variously as the healing Power of Nature, the Vital Force, the Healer Within or the Placebo Effect. It has been observed and reported in the medical literature since the writings of Hippocrates.

(Divided Legacy: A History Of The Schism In Medical Thought, Harris L. Coulter, Wehawken, Washington, D.C., 1975. (3 volumes))

Natural healing by definition triggers the Healing Response. It always stimulates (never blocks or suppresses) the organism's attempts to heal itself. But beware, many people claim to know about or use natural healing who still give drugs or do something else that blocks or suppresses natural processes. This means that they want to do natural healing but lack the tools or understanding to carry out their intention.

Natural healing always proceeds according to known laws, (see [Hering's Law](#), below).

Most medical drugs act by blocking or suppressing natural processes (see [Blockers](#), above). Over time this suppression can weaken or disorganize the immune system.

Paper Doctor remedies only support and stimulate the Healing Response, which means the body cures the illness. See [STIMULATING YOUR HEALING RESPONSE](#), page 253.

## Health

The continued enjoyment, over time, of three capabilities: mental clarity, emotional calm and physical well-being. I first learned of this concept from George Vithoulkas of Athens, Greece. See [Level Of Health](#), below.



## Healing Potential

The ability to heal exists and is ready for action, but is not active. It is stored.

## Hering's Law

Named after Constantine Hering, the 19th century American physician who first expressed the principles of natural healing as a clinical technique. Hering's Law has been developed and refined by many physicians, most notably Proceso Ortega and George Vithoulkas.

Briefly, Hering's Law states that after a person receives any therapy (drug regimen, surgery, radiation, Paper Doctor remedy, body work, etc.) a cure will be seen to be taken place if the symptoms change in one or more of the following ways:

- the illness moves away from the vital centers in the person (the mind and emotions) and more into the body.
- the illness moves away from the vital organs (heart, lungs, stomach, liver, etc.) into the less essential organs.
- the illness moves from the upper body toward the lower body or out from inside the body toward the skin.
- the current symptoms recede and ones previously experienced, even years ago, temporarily reappear.

Hering's Law is important because it defines the basis of natural healing. With this tool one can know whether they are growing more healthy or more ill as a result of any therapeutic regimen.

## Homeopathy

An advanced form of non-toxic medicine more popular in Europe than America. It is especially useful in treating chronic disease. Homeopathy is a recognized form of vibrational medicine.

## Illness

Any temporary or sustained condition of pronounced deviation from a healthy state. Illness can be viewed as a limitation on health. See [Health](#), above, and Level Of Health, below.

## Level Of Health

This important concept was developed by George Vithoulkas of Athens, Greece.

([The Science Of Homeopathy](#), vol 1., G. Vithoulkas, A.S.O.H.M., Athens, Greece, 1978.)

He discovered that human health appears to be organized in layers, which he calls "levels". At any one level, each person will uniquely display certain symptoms, and some functions of their body, mind and emotions will be vulnerable to illness.

if, though natural healing, their health is raised, the old symptoms and tendencies to illness will disappear and new, less severe ones will appear. If, on the other hand, through trauma or suppressive medical treatment, a person's health is lowered, their present symptoms and tendencies will still disappear, but the new ones that appear later will always be more severe. Often traditional medical practices remove symptoms, but leave the organism weakened so that illnesses which appear later in life are internal, and more serious.

Effective natural healing requires careful treatment by a highly trained practitioner so that, over the

The Paper Doctor by layer, a person's health is raised rather than lowered, and their next illnesses are more external and less severe. From this perspective natural healing is an advanced form of medicine. Homeopathy and acupuncture are examples of it.

The concept of Level Of Health is actually a refinement of [Hering's Law](#), above.

### **Magnetic Pattern**

One of the 58 geometric patterns in the Paper Doctor from which a remedy can be made. Each magnetic pattern stores the healing potential of an known remedy.

### **Medication**

The thoughtful use of any drug or remedy in an attempt to eliminate symptoms or cure a perceived disease.

### **Natural Healing**

A method of restoring health that does not block, suppress or intervene in any biochemical or other organic processes. Natural healing works by stimulating the Healing Response so that the organism itself will remove the illness by whatever means is at its disposal.

### **Non-toxic**

Not harmful or poisonous. Paper Doctor remedies are non-toxic.

### **Organism**

That living entity comprising the spirit, mind, emotions and physical body, which functions together as a whole being or person.

### **OTC**

A slang abbreviation for any over-the-counter medication.

### **Over-the-counter Medication**

Any drug deemed safe by the drug companies and federal government for unsupervised use by the general public.

### **Pain**

Any sensation, usually localized, of discomfort, distress or agony supposedly resulting from a stimulation of the nerve endings, and which serves a protective purpose if it induces the person to react to a threatening stimulus.

### **Pharmaceutical**

Pertaining to drugs or to the art of preparing them.

### **Placebo Effect**

Any change in one's complaint or illness that occurs in the absence of a recognized medical treatment. It is thought that the person, by the power of their beliefs, was able to trigger Healing Response, which caused the cure. The remedies made from Paper Doctor patterns trigger the placebo effect (Healing Response) whether you believe in them or not.

"The placebo is the doctor who resides within."

Norman Cousins

## **Psychoneuroimmunology or PNI**

The relatively new science that investigates the relationships between a person's beliefs and their ability to influence a serious disease state in the body.

## **Remedy**

Any substance or agent that removes, improves or prevents an imbalance or illness in the organism.

## **Remedy Board**

Used to make each Paper Doctor remedy. The Remedy Board contains a magnet which supplies the force that transfers the healing potential stored in the magnetic pattern of the remedy you want to use into the water in your glass. Each copy of The Paper Doctor comes with a Remedy Board.

## **Self-Limiting Complaint**

The human organism has a powerful built-in mechanism for maintaining health and fighting disease called the Healing Response. A self-limiting complaint is any complaint which will "run its course" then disappear from the organism entirely by the efforts of this Healing Response.

## **Shock**

A condition of coldness of the skin, abnormally low blood pressure, rapid heartbeat and anxiety. Because it deranges the vital signs, it threatens life. Shock is a medical emergency!

## **Side Effects**

The name side effects implies that the new complaints you get when taking medical drugs are somehow unimportant. This is inaccurate since some side effects can be serious or life-threatening. "Side effects" is a misnomer that belittles the significance of an adverse reaction.

All medical drugs cause some side effects because they block or suppress the body's natural processes. Some side effects occur soon after taking a drug; others may not appear unless a drug is continued for months, or even years. Some side effects are temporary, others as long as the drug is taken. Some people

## **Pharmaceutical**

Pertaining to drugs or to the art of preparing them.

## **Placebo Effect**

Any change in one's complaint or illness that occurs in the absence of a recognized medical treatment. It is thought that the person, by the power of their suffer more from side effects than other people do. These variables are dependent upon the strength of a person's Healing Response.

## **Suppression**

**Their Effect**  
The inhibition or prevention of the normal functioning of any part of the organism, whether it's of one or more organs, a nerve's signal, or the activity of a single cell.

Medical drugs act by suppressing an organ or part that is thought to be dysfunctional. The suppression forces the organ or part to speed up, slow down, or otherwise conform to "normal functioning". Thus it is observed to have returned to a state of health. Actually the organ or part is functioning under the constant pressure of the drug, which stresses the organ, drains the Healing Response and weakens the immune system. The consequences of this action may not be noticed for years.

## **Symptom**

Any evidence of disease as perceived by the patient.

## **Trauma**

Any physical wound or injury to the body. Also, any shock or injury to one's mental or emotional state.

## **Vibrational Medicine**

The generic term for non-chemical remedies as defined by Richard Gerber, M.D., in his book of the same name. The types of vibrational medicines include acupuncture, homeopathy, flower essences, and (now) magnetic patterns. Vibrational medicine remedies are thought to act on the "standing wave form" or "subtle body" rather than directly on the physical organism. They alter the energy, not the chemistry, of the body.

## **Vital Signs (Pulse Rate, Respiratory Rate and Temperature)**

These essential bodily measurements must be maintained within certain narrow limits in order that a healthy life can be sustained. The pulse rate can vary from 50 to 100 beats per minute. The respiratory rate vary between 14 and 20 breaths per minute. The body temperature must be maintained near 98.6 °F; 99 °F is considered an elevation.

For [The Complaints Index](#), see next page(341). ([index](#)).

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## Physical Injury

### USE THIS REMEDY IF:

you get a fall, to the body, or physical shock. This remedy helps reduce the swelling and bruising. You can also use this remedy after a serious accident in place of [FIRST AID](#), page 141, if you wish.

You can use the remedy before and after surgery, including dental surgery, to speed your recovery. And it's great for children's everyday injuries.

Remember that it deals with the physical aspects of an injury. You may still want another remedy to heal the psychological trauma that inevitably accompanies any shock to the body. [TRAUMATIC EVENTS](#), page 297, should be considered.

If you overexert or pull a muscle, this is the remedy to use. After the injury begins to heal, you may need to change to [SPORTS INJURIES](#), page 249, to finish the job.

This remedy also helps heal the physical trauma that accompanies drug abuse. Use it after [ADDICTIVE HABITS](#), page 77.

### SPECIAL INDICATORS: (You may have one or more of these)

Injuries to muscle tissue  
Sore, lame or bruised feeling in any muscle  
Limbs and body ache as if beaten  
Muscle strains  
Pain worse by touch or motion

### HOW TO USE THIS REMEDY:

The day of your injury make and drink this remedy once or twice every 15 minutes until you feel better. After that use this remedy 3 to 6 times per day until the swelling subsides.

Stop using the remedy when you feel restored and your injured part feels to you like it's on the mend, even if the tissue is not completely healed.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[First Aid](#), page 141  
[Traumatic Events](#), page 297  
[Sport Injuries](#), page 249  
[Pain](#), page 197  
[Ache](#), page 73

The following remedies can help deal with the psychological effect (shock or trauma) that usually accompany a physical injury:

[First Aid](#), page 141  
(if you also feel afraid) [Fearfulness](#), page 133

[The Paper Doctor](#)  
[Traumatic Events](#), page 297  
[Moodiness](#), page 185

If, after suffering physical trauma, you feel emotionally upset but can't express it, use [RESISTANCE](#), page 229, 3 times in succession.

If, as a result of an injury, you are facing a long or difficult recuperation, consider using the remedy [STIMULATING YOUR HEALING RESPONSE](#), page 253.

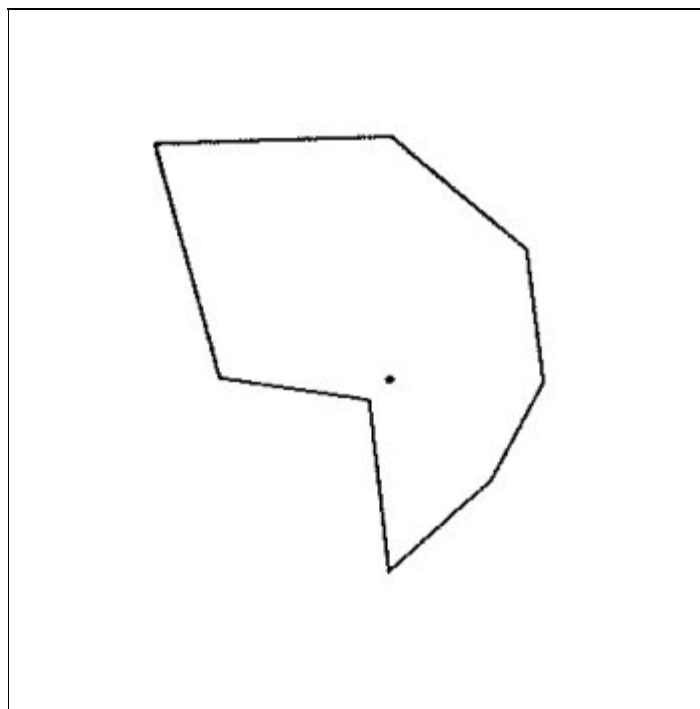
Before undergoing surgery you might want to use [INNER STRENGTH](#), page 165, in addition to this remedy.

### **MEDICAL ALERT:**

Blows to the body or head from any cause, including falling, can be serious medical emergencies. If the person exhibits confusion, has dilated pupils or is unconscious, even briefly, get medical help first. Make and drink this remedy while you wait for help to arrive.

**The Well Adult:** see page 461 and 468 for a good discussion of physical injuries.

### **Physical Injury**



([index](#))

## Resistance

Resistance to change is a healthy response of the human organism, which usually prefers to continue what has worked in the past rather than gamble on the unknown. But sometimes resistance is an inappropriate response. For example, stubbornness can be inappropriate when it ignores new information.

People who tend to restrain their emotional expression, people who are deeply skeptical about the ideas in this book, and people who usually rationalize away their feelings are likely to need this RESISTANCE remedy before Paper Doctor remedies will work for them. Such people will not be impressed by Paper Doctor remedies unless they experience dramatic changes from using them. But these people usually do not experience dramatic changes from any life experience. It is as though they know how to successfully defend themselves against change.

This remedy can help you overcome inappropriate resistance.

### USE THIS REMEDY IF:

**1. The remedy that you are using now doesn't seem to work.**

You have used the Paper Doctor remedies more than once and know that they work. But the remedy you have chosen for a current complaint does nothing. You don't know why.

**2. You are usually resistant to new ideas that challenge your current beliefs**

and you want to become more accepting of unfamiliar concepts in order to broaden your knowledge.

**3. You usually resist any attempts to change your habit patterns**

even habits you would like to modify.

**4. You resist revealing your true feelings**

even to those closest to you.

**5. You resist legitimate demands from others**

and you don't why.

**6. You resist self-exploration**

and have a low toleration for discussions concerning self-awareness and psychology.

**7. None of the Paper Doctor remedies you have tried have worked.**

You have been unable to get any positive results from using Paper Doctor remedies. No matter which remedies you try, your complaints always remain unchanged. You believe The Paper Doctor concept does not work. Read

[If You Have Trouble Getting The Remedies To Work](#), page 61.

### HOW TO USE THIS REMEDY:

Make and drink this RESISTANCE remedy three times in succession (one glass after the other). Wait 15

to 30 minutes to see what happens.

If you are attempting to relieve a specific complaint, one of the following will happen:

**1. Your complaint will improve.**

To improve it further, go back to the remedy you had previously chosen.

**2. Your complaint will disappear.**

Put the book away; you're done.

**3. You will discover that you have unexpected emotions. After experiencing these emotions, your complaint will improve.**

This is likely to happen if you first got sick after going through an unavoidable stress or emotional event. A "psychological cold" or a "stress headache" are good examples of this circumstance.

**4. Nothing happens.**

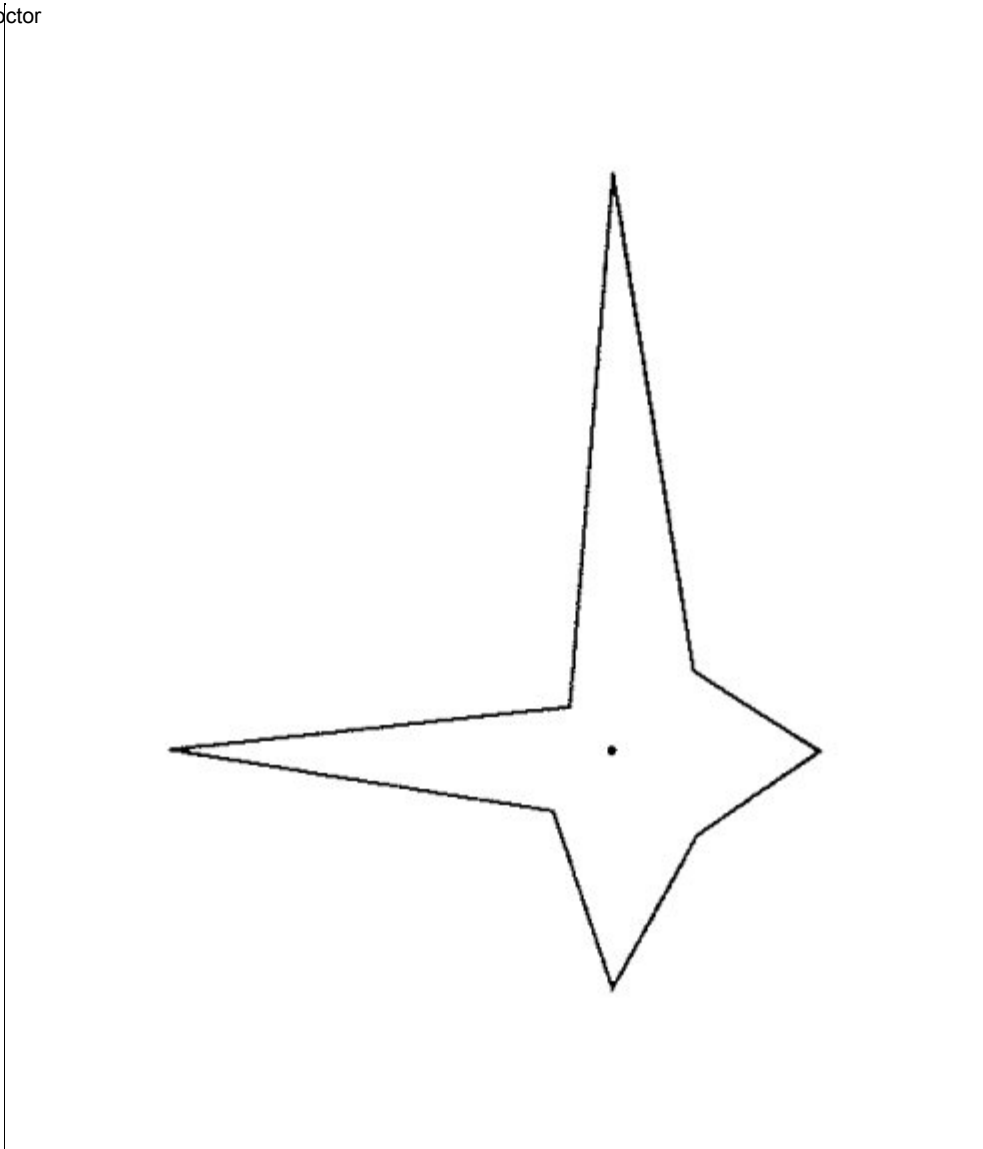
You chose the correct remedy, but it didn't work, and then you used this RESISTANCE remedy according to the above instructions, and that didn't work. If this happens, your complaint probably can't be relieved by Paper Doctor remedies.

In natural healing terminology, your complaint is "constitutional", which means that it requires a deeper acting remedy than those provided in this book. Usually constitutional complaints can be suppressed by medical drugs. If using drugs bothers you, your complaint may be relieved by a health care professional who practices with energy medicine, such as an acupuncturist or a homeopath.

If you are attempting to become less guarded, more expressive, or more flexible, stay alert for any unexpected thoughts or feelings you might have after using this remedy. Don't expect miracles. Subtle changes will occur first. You may need to repeat the remedy 3 to 6 times every day for several days. Look for signs of change in your attitude toward your life or your relationships with others.

## **Resistance**





[\(index\)](#)

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## Nausea And Vomiting

### USE THIS REMEDY IF:

you have severe digestive distress, with persistent nausea and vomiting, with or without a fever.

This remedy may be called for after you eat rich, heavy food, after emotional upset, or after eating food tainted by unfamiliar or unfriendly bacteria.

### SPECIAL INDICATORS: (You should have one or more of these.)

Constant nausea - it won't go away  
Nausea coming in waves - subsiding, then returning again  
Vomiting does not relieve the nausea  
Rapid onset, you get sick in a few hours time  
You are not better by lying down  
You are better by getting some fresh air

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until your distress disappear. Stop using it as soon as you feel restored.

It is easy to feel shaky, dehydrated and exhausted after a bout of vomiting. Be sure to use the remedy [STIMULATING YOUR HEALING RESPONSE](#), page 253, to get back up to speed again. And take it easy for a few days.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Food Poisoning](#), page 149  
(if sudden onset, with fever) [Sudden High Fever](#), page 265  
[Stomach Flu](#), page 257

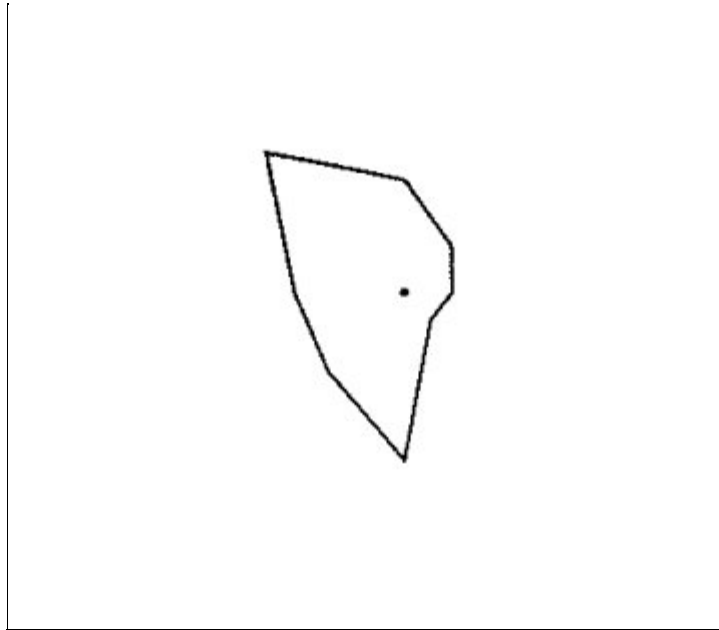
### MEDICAL ALERT:

If your vomiting lasts more than a day, you will run the risk of getting dehydrated, a serious medical problem. Drink bland fluids. If you can't keep liquids down, get medical help.

You you have severe abdominal pain, bloody vomit or bloody stools, get medical help immediately.

**The Well Adult:** page 349 discusses severe stomach upset.

## Nausea And Vomiting



[\(index\)](#)

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## Food Poisoning

### USE THIS REMEDY IF:

you have severe vomiting and diarrhea with abdominal pain, nausea, and weakness. Food poisoning can occur after eating food containing unfriendly bacteria. Your symptoms are your body's attempt to rid itself of this harmful influence.

To prevent dehydration, try to consume bland liquids, get plenty of rest, and in warm climates avoid the sun.

To speed your recovery, you can use the remedy [STIMULATING YOUR HEALING RESPONSE](#), page 253, at the same time.

### SPECIAL INDICATORS: (You should have one or more of these)

Can have both vomiting and diarrhea at the same time  
Feeling of great debility, exhaustion, weakness  
Anxiety and restlessness  
Fear that one might die  
Burning pains in esophagus, stomach and intestines  
Thirsty for sips of cool water  
Complaint worse at night

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until your symptoms improve. For mild conditions two to four glasses will be all you need.

Stop using the remedy as soon as you feel recovered.

If you experience no improvements after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

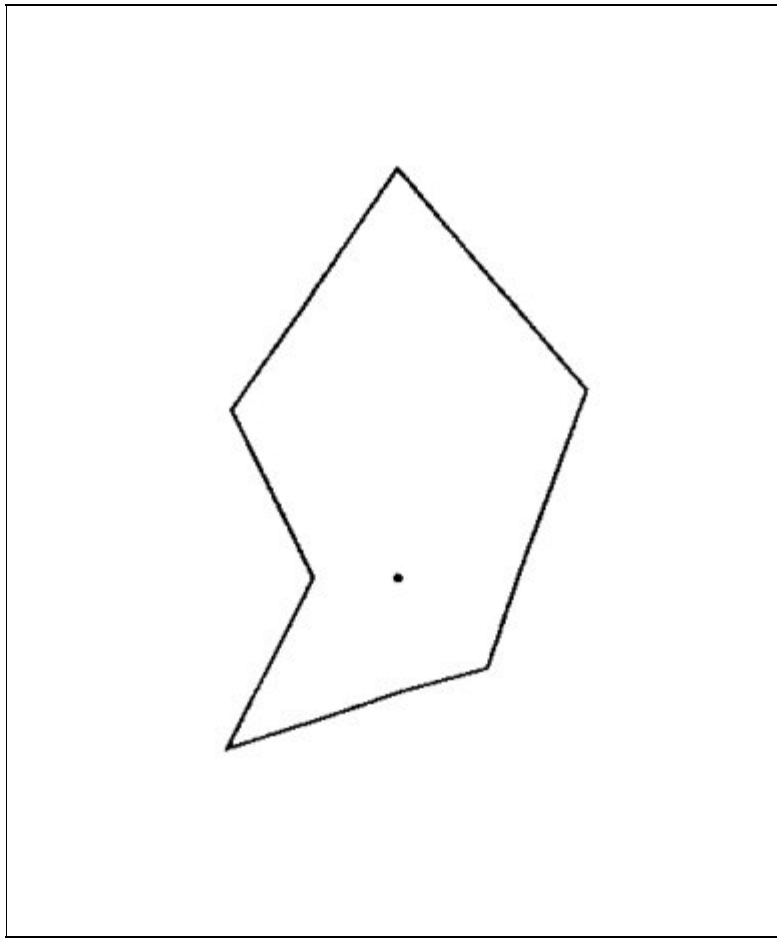
### ALTERNATIVE REMEDIES TO CONSIDER:

[Nausea And Vomiting](#), page 193  
[Diarrhea](#), page 109  
[Indigestion](#), page 161  
(if fever, try) [Sudden High Fever](#), page 265  
[Fatigue](#), page 129  
[Stress](#), page 261

### MEDICAL ALERT:

Substance poisoning is a potentially life-threatening situation requiring immediate medical attention. Substance poisoning includes tainted food, drug overdoses, and inhaling or indigestion non-food substances of all sorts, including household chemicals. Stay alert to this possibility. If you experience symptoms of severe distress, including high fever or bloody diarrhea, get immediate medical help.

**The Well Adult:** page 349 begins a discussion of the medical aspects of food poisoning.



[\(index\)](#)

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## Allergies

### USE THIS REMEDY IF:

You have sneezing, a continually runny nose, puffy or swollen eyes, itchy, watery eyes, and possibly itching throat, mouth or ears. You may also feel debilitated, weak and irritable.

These are usually the signs of a respiratory allergy. Most people who suffer from respiratory allergies have a seasonal hay fever; it comes and goes with the growth cycles of some of the plants in their environment.

You can use this remedy instead of antihistamines, which block the body's Healing Response and cause irritating side effects for some people.

This remedy is intended for the seasonal use of persons who are suffering from a respiratory allergy, and who are not taking allergy shots or any prescription allergy medications. This remedy should not be used by persons with a history of asthma attacks.

If your allergy manifests as a skin rash, try [FIRST AID](#), page 141, [POISON IVY](#), page 209, or [POISON OAK](#), page 213, rather than this remedy.

If you have an allergy to food, try [FIRST AID](#), page 141, or [FOOD POISONING](#), page 149.

If your allergy is to an insect bite or sting, try [FIRST AID](#), page 141, [INSECT BITES](#), page 141, or [BEE STINGS](#), page 89, instead of this remedy.

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes. Often two or three glasses will be all you need to stop your allergic reaction.

Stop using this remedy as soon as you get relief.

So long as the plants around you produce pollen that causes your organism to react to it, you may have a recurrence of your allergic response. However, each time you do, this remedy should cut it short.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#) remedy, page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Environmental Sensitivity](#), page 123

[Stimulating Your Healing Response](#), page 253

[The Cold Preventative](#), page 277

[Sinus Inflammation](#), page 233

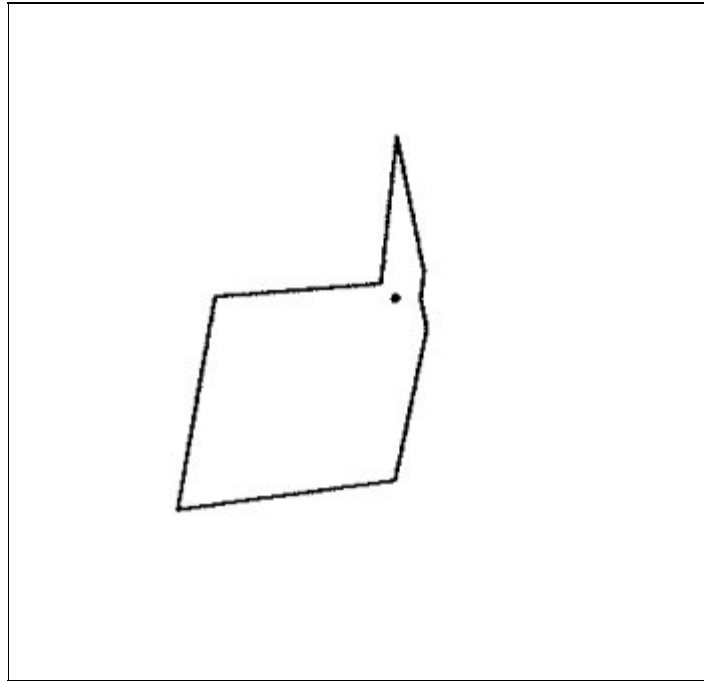
[First Aid](#), page 141

### MEDICAL ALERT:

If you are currently getting allergy shots, this remedy will probably not work, since the strong suppressive action of the allergy shot will likely overpower the remedy. If you want to try this remedy, **DO NOT DISCONTINUE** your allergy shots without your doctor's consent. Otherwise, you could make your situation worse.

**The Well Adult:** page 247 contains an excellent discussion of the mechanism of respiratory allergies, and the medical resources available for relief. Unfortunately these resources consist of anti-histamines (which have very troublesome side effects) and allergy shots (expensive, time-consuming and suppressive).

## Allergies



[\(index\)](#)

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## Bronchial Irritation

### USE THIS REMEDY IF:

you have mild to painful coughing, perhaps with a heavy, sore chest.

In addition to your cough you may have other complaints, including a runny nose, and a scratchy, sore throat with hoarseness. You might also feel weary and tired. Perhaps you even have a low-grade fever.

You might experience painful coughing after extended periods around cigarette smokers, from living or working in a smoggy city, or from other air borne irritants. You might experience it before or having an upper respiratory infection, or after getting over a cold. You could occasionally cough up mucus.

Some people have occasional or chronic bronchial cough from no known cause.

This remedy should relieve your complaints. It is useful for people suffering from either acute or chronic cough. It can also help people prone to chronic bronchitis. If you are subject to chronic coughing, and this remedy only temporarily relieves it, try [ADDICTIVE HABITS](#), page 77. It may be able to break the repetitive tendency that underlies your cough.

Coughing is a natural healing response of the body, which is trying to rid itself of some irritant in the air passages. Never try to suppress a cough.

If you smoke, this remedy may not be able to help, because each new cigarette will irritate and weaken your respiratory system anew, in effect antidoting the healing effects of the remedy.

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until your coughing improves. For mild cases two or three glasses will be all you need.

Stop using the remedy as soon as you feel fully recovered.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternatives listed below, or use the [RESISTANCE](#) remedy, page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Allergies](#), page 81

[Stimulating Your Healing Response](#), page 253

[Ache](#), page 73

[The Cold Preventative](#), page 277

[Fatigue](#), page 129

[Sudden High Fever](#), page 265

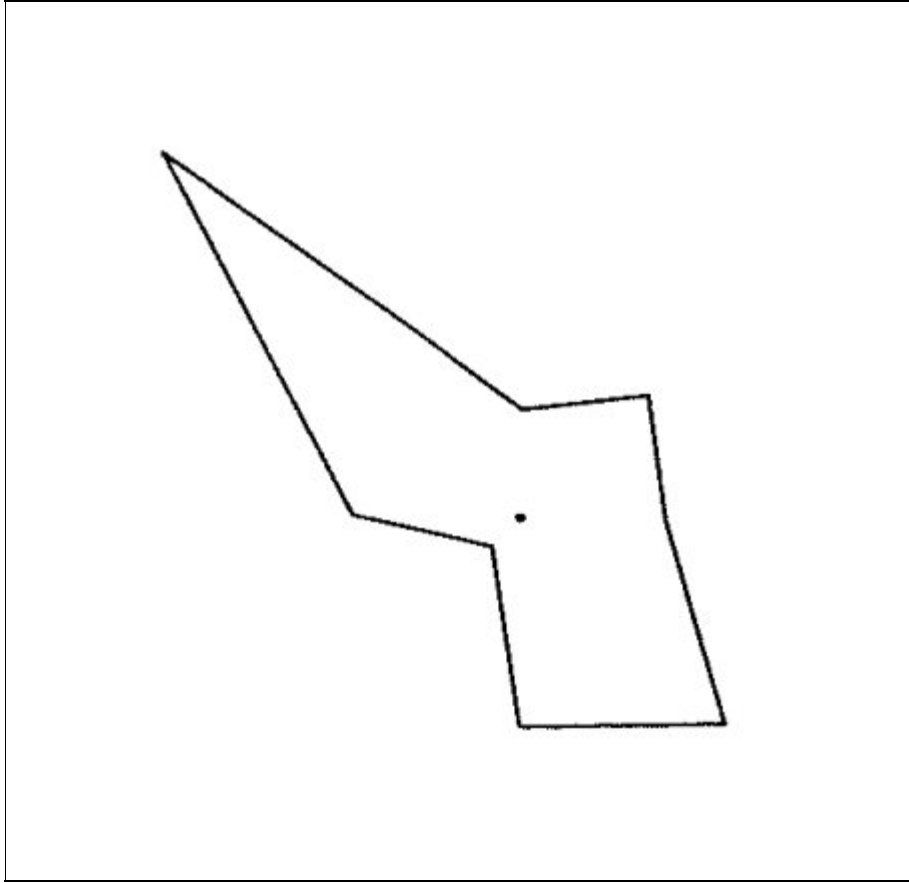
### MEDICAL ALERT:

If you have a fever that climbs to 103 °F or higher despite your use of this remedy, and your chest pain on coughing becomes intense, you may be developing pneumonia, a potentially life-threatening condition. Seek medical advice at once.

**The Well Adult:** page 304 describes and distinguishes between acute and chronic bronchitis, emphysema and pneumonia.



## Bronchial Irritation



[\(index\)](#)

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## Stress

### USE THIS REMEDY IF:

a person or situation makes a demand on you that you think you should meet, but can't, at least not without inner tension or emotional upset.

Stress is a dysfunctional response indicating internal conflict. Usually it is the result of a perceived demand that cannot be met.

Different people feel stress differently. This remedy works to alleviate your sense of stress, no matter the situation, so long as your response is similar to the following:

- You become agitated on the spot
- You endure undue worrying, and obsessive thoughts
- You are overly critical of yourself or others
- You exhibit inappropriate, excessive emotions
- You envy others, hold bitter feelings about your situation
- You eat too fast; using food as a buffer against your emotions
- You feel over-stimulated and irritable
- Your thoughts drift away; you are unable to attend to detail
- You have some or all of these recurring complaints:

- sleeplessness, stomach ache, heart palpitations, indigestion, diarrhea, backache, rashes.

This remedy will help you let go of undue worry, obsessive thoughts, or excessive zeal. It provides a gentle release from stress-related complaints.

### HOW TO USE THIS REMEDY:

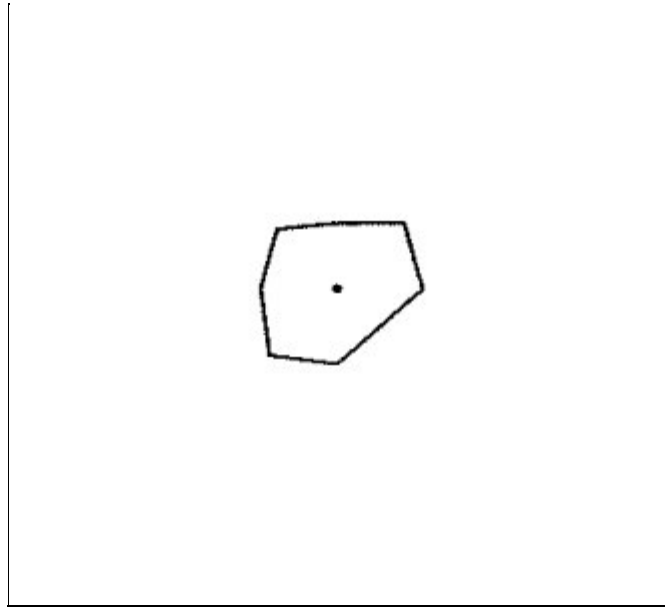
Make and drink this remedy two times in succession. Wait 30 minutes. If you still feel stressed, repeat this process.

If you are not more relaxed after four glasses, you may have to change some patterns that are keeping you stressed. Consider switching to one of the alternative remedies listed below.

### ALTERNATIVE REMEDIES TO CONSIDER:

- (if constantly interrupted) [Business Pressure](#), page 97
- (if upset) [Moodiness](#), page 185
- (if frustrated) [Hurrying](#), page 157
- (if something happened) [Traumatic Events](#), page 297
- (if discouraged) [Lifted Spirits](#), page 177
- (if tense) [Tension Release](#), page 273

## Stress



[\(index\)](#)

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## Toothache

### USE THIS REMEDY IF:

you have a toothache.

This remedy can provide temporary relief from the pain of a toothache until you can get help from a dentist. If you unexpectedly break a tooth while eating (or have some similar dental emergency) on Friday night, this remedy can help you make it to Monday morning, when you can call your dentist for an appointment.

If you have a dental emergency while you're visiting a strange city, this remedy can help. It may work all week until you can get back to your dentist. If you decide that you need to call a local dentist, don't delay. Afraid to? Then use the remedy [FEARFULNESS](#), page 133, first.

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until your pain subsides. Often three to five glasses will be all you need.

Stop using the remedy as soon as you feel better.

If you experience no improvement after 5 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Pain](#), page 197

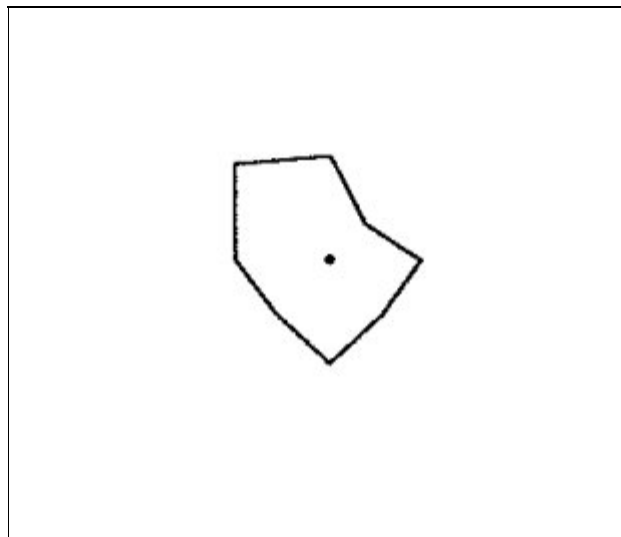
[Ache](#), page 73

[Moodiness](#), page 185

[Physical Injury](#), page 205

[Fearfulness](#), page 133

## Toothache



([index](#))



## The Cold Preventative

### USE THIS REMEDY IF:

you want to ward off a cold that threatens to come on at an inconvenient time. People often get colds after a period of intense work, or at times when their defenses are down. This remedy, taken at the onset, should be able to beat that cold and keep you on your feet.

The symptoms of the common cold include: sneezing, tiredness, runny nose, stuffy nose, headache, sore throat, muscle aches, coughs and hoarseness. If you have some or all of these symptoms, it's time to start using this remedy.

If you also have a fever, maybe you should use [FLU](#), page 145, instead of this remedy.

**Psychological Cold:** If you have a tendency to catch a "psychological" cold, that is, you catch a cold after a period of emotional upset, use [RESISTANCE](#), page 229, two or three times in succession.

### SPECIAL INDICATORS: (You may have one or more of these.)

The beginning of a sore throat  
The onset of sneezing or coughing  
A tired, dragged-out feeling for several days  
A runny nose that won't quit

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 5 to 15 minutes until you feel restored. Often three to four glasses will be all you need.

Stop using the remedy as soon as you feel better, even if that's after one glass.

Some people make and drink [STIMULATING YOUR HEALING RESPONSE](#), page 253, each time they use this cold remedy.

If you experience no improvement after 3 glasses each of these remedies, use the [RESISTANCE](#), page 229.

If you get no results from using the RESISTANCE remedy, try the most appropriate among the alternative remedies listed below:

### ALTERNATIVE REMEDIES TO CONSIDER:

[Flu](#), page 145  
[First Aid](#), page 141  
[Ache](#), page 73

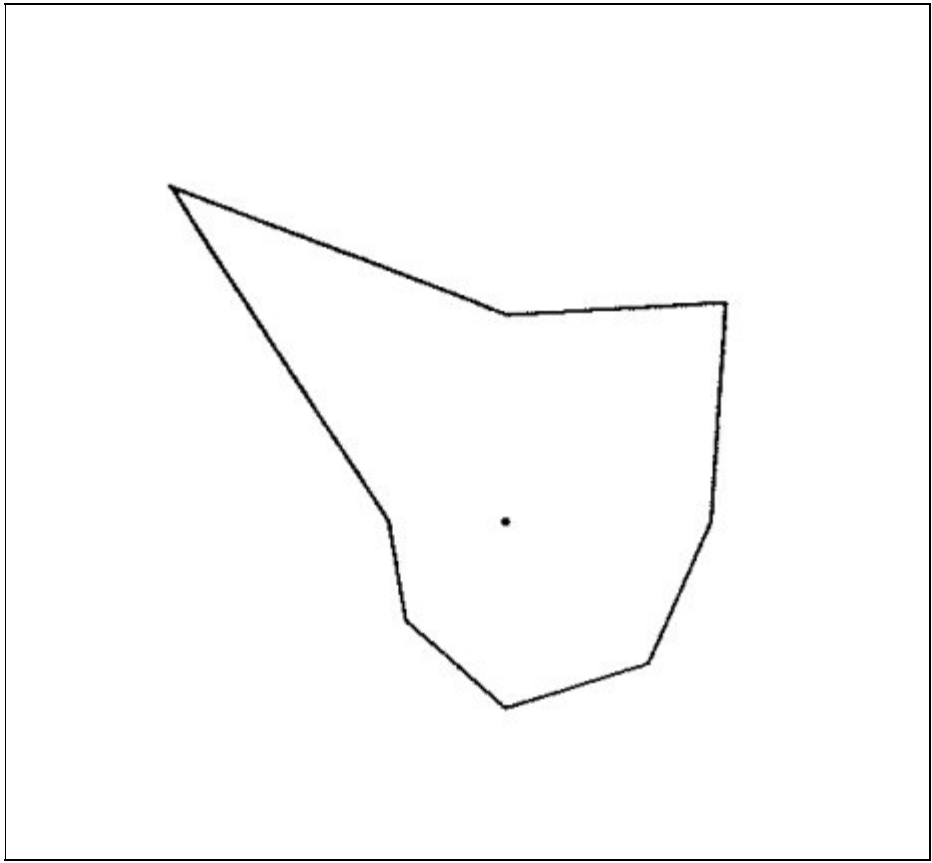
### MEDICAL ALERT:

Complications that can arise from the common cold include: strep throat, tonsillitis, bronchitis, pneumonia, and sinus infections. So if your condition worsens, don't fool around. Seek medical help.

**The Well Adult:** page 208 begins an excellent discussion of the common cold, and the things you can do

to help yourself when you have one.

### The Cold Preventative



[\(index\)](#)

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## Additional Paper Doctor Products

# This page is missing!

If you feel that this is incorrect, either intuitional,  
or that you have the **original** book to compare it with(!)  
then feel free to contact me at: [johnnyfg@algonet.se](mailto:johnnyfg@algonet.se)

For [About The Author](#), see next page(373). ([index](#)).

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## Okay, you want a printout of this!

What can you do? You can download all files, and then print out them yourself. Takes time, and could be very difficult to do it so you are satisfied with the result.

You can also do as I did. I found someone on the DOWSING-Mailinglist, that send me a zerox-copy of the book to me!

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Intuition Magazine: [IntuitMag@aol.com](mailto:IntuitMag@aol.com)

[johnnyfg@algonet.se](mailto:johnnyfg@algonet.se)

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## First Aid

### USE THIS REMEDY IF:

you have any problem requiring immediate attention. First Aid is a remedy with a very wide range of uses.

It is excellent for sudden physical trauma, whether it comes from hitting your head on the corner of a cabinet door, or being in an auto accident. Of course, serious injuries must receive prompt medical attention. You can use this remedy until help arrives, but call for help first.

The remedy is excellent for psychological trauma, which can occur if you almost get hit by a car, have a serious argument with an unreasoning ex-spouse, or feel frightened in the night.

It is good for ongoing trauma - BEFORE asking the boss for a raise, attending a meeting to explain why your group did not meet their deadline, or packing to move to another city.

When you suffer a physical injury, begin by using this remedy; after 3 glasses switch to [PHYSICAL INJURY](#), page 205.

When anything negative happens to you, you can always start your recovery by using this remedy.

### SPECIAL INDICATORS: (You should have one or more of these)

Physical blows to the body  
Unexpected shock to the mind  
Sudden emotional upset

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until you feel restored. Often two or three glasses will be all you need.

Stop using the remedy as soon as you feel better.

If you experience no improvements after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

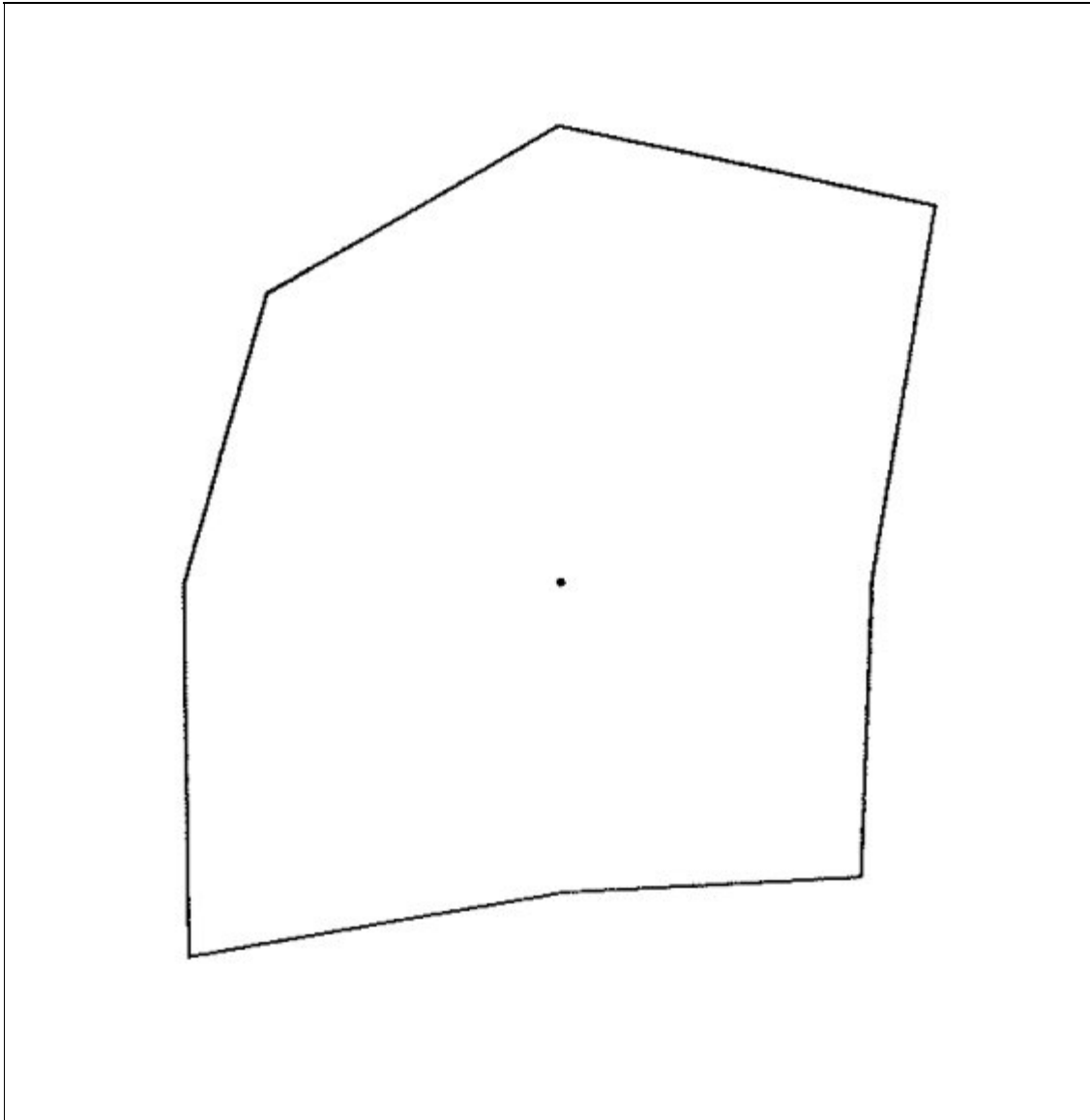
### ALTERNATIVE REMEDIES TO CONSIDER:

[Physical Injury](#), page 205  
[Traumatic Events](#), page 297  
[Pain](#), page 197  
[Fearfulness](#), page 133  
[Moodiness](#), page 185  
[Stress](#), page 261

### MEDICAL ALERT:

An injury brings the likelihood that you need professional medical help, and quickly. Blows to body or head, falls, cuts or other puncture wounds usually need prompt attention. First establish that you are in no danger - then use Paper Doctor remedies. If you are not sure whether you need professional help, call 911 and tell these experts the nature of your problem.

### First Aid



[\(index\)](#)

## Traumatic Events

### USE THIS REMEDY IF:

you have feelings of great distress when things suddenly go wrong, such as being in an automobile accident, when receiving bad news, or unexpectedly witnessing a loved one, child or friend get hurt.

This remedy will help restore yourself, so that you can better cope with the disturbing event, or render more effective assistance to the injured person.

Examples of traumatic events you could experience are:

- having your expectations suddenly dashed
- being raped
- losing your job
- being told that you must have immediate surgery
- having to file for bankruptcy discovering that your house was burglarized
- losing a big business deal
- discovering that your child is missing
- arguing (again) with your ex-spouse
- being struck by a person or object
- being rejected by your lover

Not everyone will experience the same event as a trauma. For example, upon witnessing a terrible accident, some people would react strongly, others feel less affected, and some might hide their feelings, even from themselves.

A few glasses of this remedy might be all some people need, while others might need to continue the remedy for a week or longer, as well as use one or more additional remedies. You will know that you need more help if this remedy definitely improves you at first, but subsequent glasses offer no additional help, even though you still feel distressed. If that occurs, try switching to [LIFTED SPIRITS](#), page 177, [MOODINESS](#), page 185, [HURRYING](#), page 157, or [WORRYING](#), page 303.

### SPECIAL INDICATORS: (You may have one or more of these.)

- You are obsessed with a past event, which you can't seem to get out of your mind
- You repeatedly dream about this event, and feel disturbed afterward
- You have nightmares related to the event, and wake up frightened

### HOW TO USE THIS REMEDY:

After a traumatic experience make and drink this remedy twice in succession, then once every 15 minutes thereafter until your inner tranquility is restored. Often two or three glasses will be all you need.

**For long-term benefits:** If you have suffered serious psychological wounds from any trauma, skilled counseling may be in order. Make and drink this remedy twice in succession every morning for a week. Do not use any other Paper Doctor remedies during this time.

As a general guideline, continue making and drinking this remedy so long as you improve by it. Stop using it as soon as you feel calm and are in control again.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

## **ALTERNATIVE REMEDIES TO CONSIDER:**

[First Aid](#), page 141

[Physical Injury](#), page 205

[Panic Attacks](#), page 201

[Moodiness](#), page 185

[Stress](#), page 261

## **MEDICAL ALERT:**

In a situation where many people are hurt, it may not be possible to take the time to treat yourself with this remedy before rendering aid to someone else.

### **If a person near you is badly injured, follow this sequence:**

1. call for medical help. Dial 911 in any major U.S. city.
2. render whatever physical assistance to them you can.
3. give them the [FIRST AID](#), page 141, until help arrives.
4. make and drink TRAUMATIC EVENTS, or a related remedy, to restore your own equilibrium.

## **POST-TRAUMATIC STRESS SYNDROME**

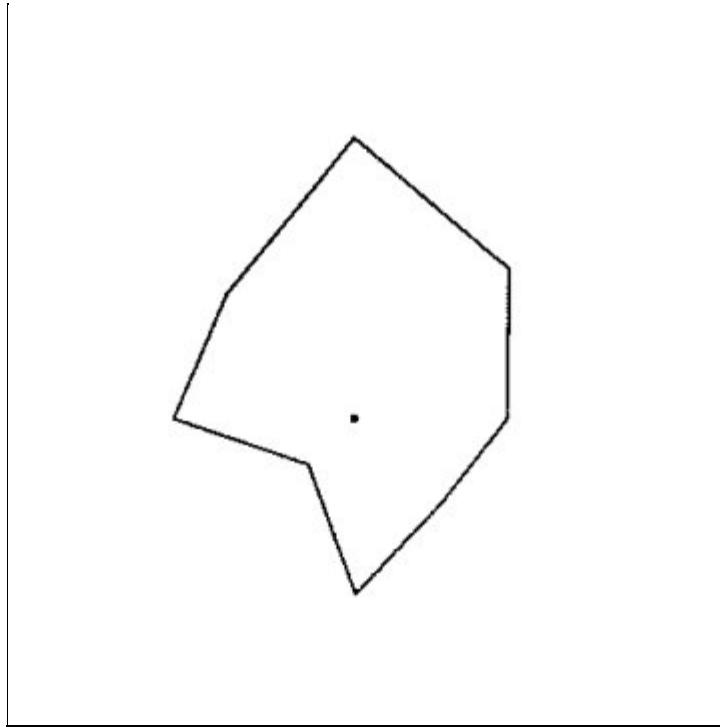
Medical researchers now claim evidence of biochemical dysfunction after psychological traumas. Basically the traumatized person re-experiences intense distress whenever a present circumstance reminds them of their previous trauma. Many of the people studied experienced some form of fear, anxiety and panic for years after first being traumatized.

Though this syndrome is most likely to occur after combat, torture, rape or repeated abuse in childhood, less stressful events can initiate it as well. Researchers claim that as many as one in ten Americans suffer long-term effects from previous traumas.

The symptoms of post-traumatic stress syndrome include: being easily startled by otherwise innocuous event, having recurring nightmares and flashbacks to the trauma, experiencing unprovoked irritability or rage, and having a general sense that your life has been irrevocably altered.

If you are still feeling the effects of a previous trauma, try this remedy 2 or 3 times a day for up to a week. If your distress reappears, use [PANIC ATTACKS](#), page 201. If the TRAUMATIC EVENTS remedy does not help, try [ADDICTIVE HABITS](#), page 77. In many cases, some form of counseling will be necessary to completely clear up a severe trauma.

## **Traumatic Events**



[\(index\)](#)

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## Hurrying

### USE THIS REMEDY IF:

you feel impatient, irritable or agitated. If you feel hurried, under too much pressure, behind at work, upset while waiting in check-out lines or exasperated when caught in freeway traffic, this remedy may be able to make a difference.

The remedy brings increased self-confidence and gentle release from frustration and inner discontent. It promotes a more balanced daily life, with less emotional upset. It brings a re-adjustment of your inner sense of time so that you are better able to move at the actual pace of events around you.

### SPECIAL INDICATORS: (You may have one or more of these.)

Irritable, impatient, intolerant nervous  
Easy frustration in interactions with others  
Pace of life seems too slow

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice morning and nights for up to 3 weeks. The remedy acts slowly and gently. Give it time to heal old patterns.

Stop using the remedy as soon as you feel more tolerant of the actions of others, and more relaxed.

If you experience no improvements after using this remedy for a week, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

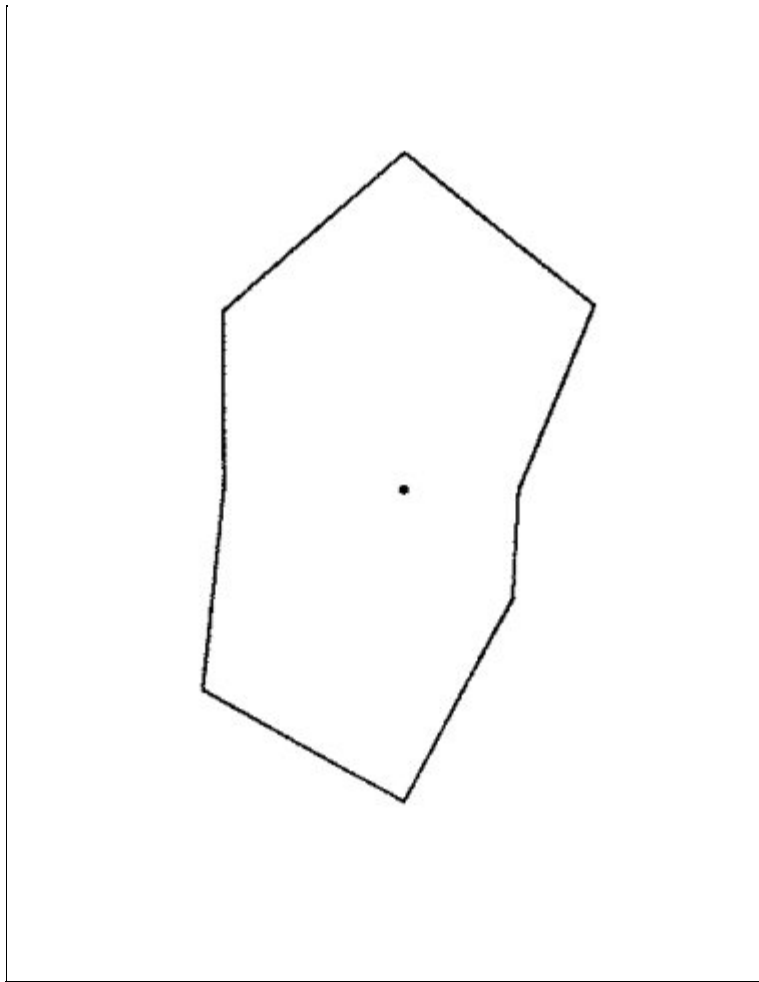
[Tension Release](#), page 273

[Resistance](#), page 229

[Moodiness](#), page 185

[Business Pressure](#), page 97

## Hurrying



[\(index\)](#)

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## Tension Release

### USE THIS REMEDY IF:

you feel tense in some part of your body, such as your neck or shoulders, back arms, chest or legs.

This remedy promotes the release of occasional or chronic muscle tension.

The remedy also brings release from feeling weighed down by life's events. It helps overcome discouragement and dispenses a feeling of cheerfulness.

The remedy can help break habitual patterns of obligation or striving which create tension. It can help you let go of undue worry, or of attempting excessive perfection or attention to detail in your life or work.

This remedy can also help release emotional tension and pain from traumatic experiences suffered in the past, making it a very useful adjunct to any type of massage you get. It can add value to your massage.

To help you relax at the end of a hard day, use this remedy together with [FATIGUE](#), page 129.

### SPECIAL INDICATORS: (You may have one or more of these.)

Chronic tension in the neck, shoulders or back.

When you meet obstacles, you get easily discouraged.

There is an attitude of dutifulness or rigidity in your personality.

You have a tendency to worry too much.

### HOW TO USE THIS REMEDY:

Make and drink this remedy two or three times in succession. Wait 20 minutes or so for it to take effect.

In case of chronic tension, fatigue or discouragement, repeat as necessary. If you suffer from severe tension, you may need to use this remedy 2 or 3 times a day for one or more weeks.

Stop using the remedy as soon as you feel more cheerful or more relaxed.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Lifted Spirits](#), page 177

[Fatigue](#), page 129

[Ache](#), page 73

[Backache](#), page 113

[Pain](#), page 197

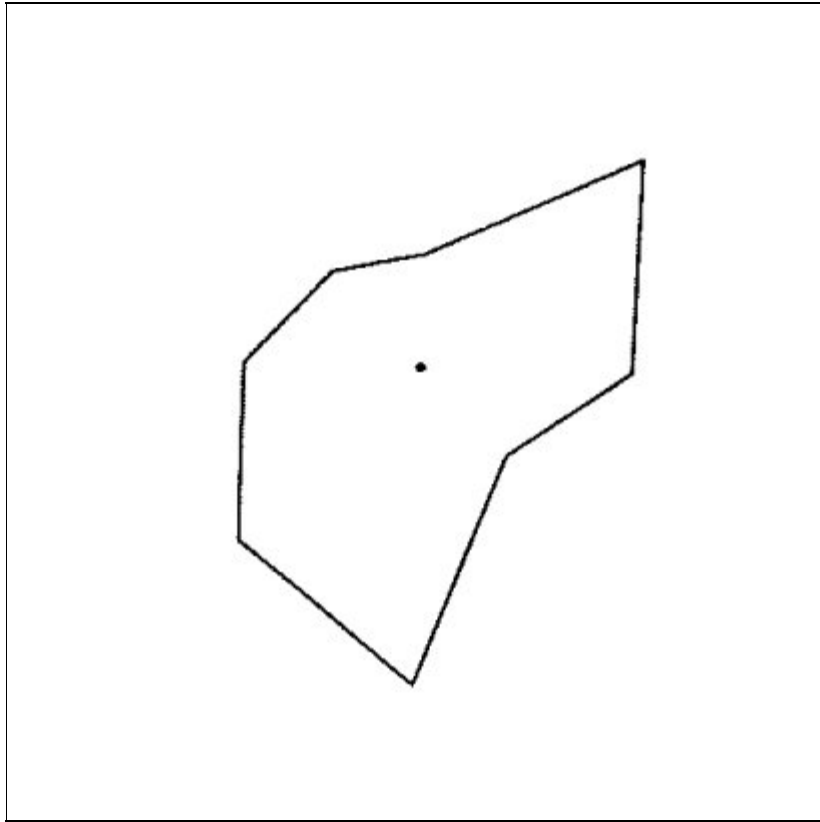
[Stress](#), page 261

[Tension Headache](#), page 269

[Hurrying](#), page 157

[Tired Feet](#), page 285

[Worrying](#), page 303



[\(index\)](#)

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## Addictive Habits

### USE THIS REMEDY IF:

you have a constant or recurrent desire for stimulants or a mood altering activity or substance. This can be any substance, any activity, which alters your mood or behavior in a pleasant way, or which helps you avoid an unpleasant thought or feeling.

Your addiction might be to coffee, tea, chocolate, tobacco, alcohol, over-the-counter medications, prescription medications, or illegal drugs. It might be just a personal habit that seems to control you. Or it could be an addictive behavior such as gambling, sex or watching television. In each case, the mechanism is the same. You remain dependent because you keep repeating your behavior without learning something from it that would allow you to change.

Any addiction has a psychological component, which is a repetitive pattern from which one is unable to learn. It can be overcome by confronting what is being avoided, or learning what to learn from one's experience.

This remedy can help break the pattern of repetition.

It promotes insight into experience, so that you can understand it more completely. This may bring forth painful memories you have been avoiding. Sometimes when you change established habit patterns strong emotions will surface. Often these were feelings you avoided by your addictive behavior. In these cases, you may have to deal with these painful feelings before your pattern of repetition can be broken.

Note that you can use STRESS, HURRYING, WORRYING, or other Paper Doctor remedies to cope with any strong feelings you experience from breaking your addictive habit.

This remedy can help change a diverse number of destructive habit patterns, whether they arise from substance or behavior addiction, from being accident prone or even from having a minor learning disability.

### **SPECIAL INDICATORS:** (You may have one or more of these.)

Have difficulty learning from mistakes  
Tendency to repeat previous errors  
Regards the past as insignificant

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice a day (two times in succession morning or night) for up to a week.

Stop using the remedy when you begin to have new insights into why you act in a self-destructive manner.

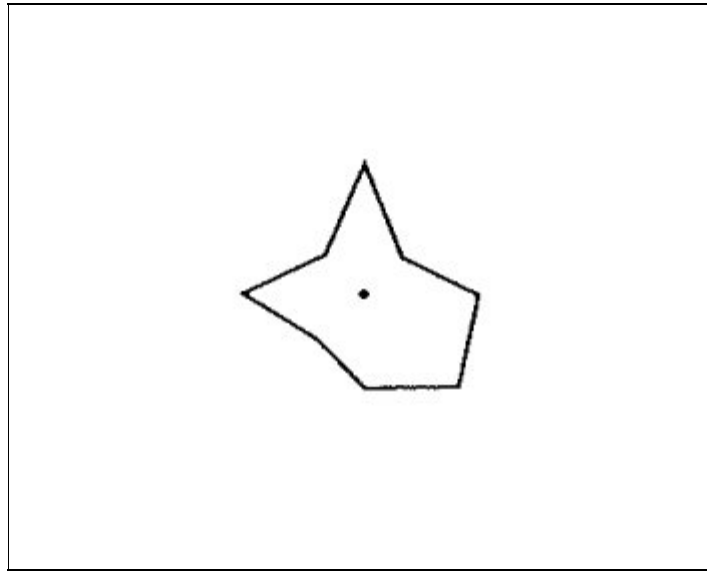
Note: This remedy does not decrease or remove your craving for any substance, which is the result of some part of the body becoming dependent on that substance. In some cases this remedy may work best when used along with an addiction treatment program or professional counseling.

If you experience no improvement after using this remedy for a week, switch to the most appropriate among the alternative listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Regularize Erratic Lifestyle](#), page 225

### Addictive Habits



[\(index\)](#)

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## Sports Injuries

### USE THIS REMEDY IF:

you have a sprain or strain to ligaments and joints, or overexertion of the muscles. This remedy is especially indicated if the injury gets better the more you move it (like the proverbial "rusty gate").

Of course you do not have to have injured yourself while playing a sport for this remedy to work. It may also help relieve pain and stiffness in the back and neck, in your joints, or in your limbs - either on rising in the morning or coming on later during the day. The remedy is most likely to be effective if the problem area starts off stiff or painful then gets better as you move it about.

If your injury is severe, so that the tissues are bruised and swollen, always begin your healing with either [FIRST AID](#), page 141, or [PHYSICAL INJURY](#), page 205, then switch to this remedy after the injury has stabilized and the swelling has begun to reduce.

Sports injuries usually have an emotional component. Use [TRAUMATIC EVENTS](#), page 297, or and appropriate remedy from the [Complaints Index](#), page 341.

### SPECIAL INDICATORS: (You may have one or more of these.)

Muscle, ligament, tendon or joint injuries after overexertion, lifting or straining  
Aching, sore and bruised pains anywhere in the body  
Physical restlessness, can't keep still  
Pain on first motion gets better by continued motion  
Pain is better by change of position

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until the muscle, ligament or joint feels better. If the remedy is helping your injury, you might want to continue using it twice in the morning and twice at night until the injury is healed (this could be a week or ten days).

Stop using this remedy as soon as you feel recovered.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

In general:

[First Aid](#), page 141

[Physical Injury](#), page 205

[Pain](#), page 197

[Ache](#), page 73

Often you may not know whether a remedy for this type of injury is working until several hours or even days have passed. So follow these general guidelines:

until you inner calm is restored: [FIRST AID](#), page 141

first day: [FIRST AID](#), page 141, or [PHYSICAL INJURY](#), page 205

The inflammation subsides: [PHYSICAL INJURY](#), page 205  
succeeding days until recovery: [SPORTS INJURY](#), page 249 (this remedy)

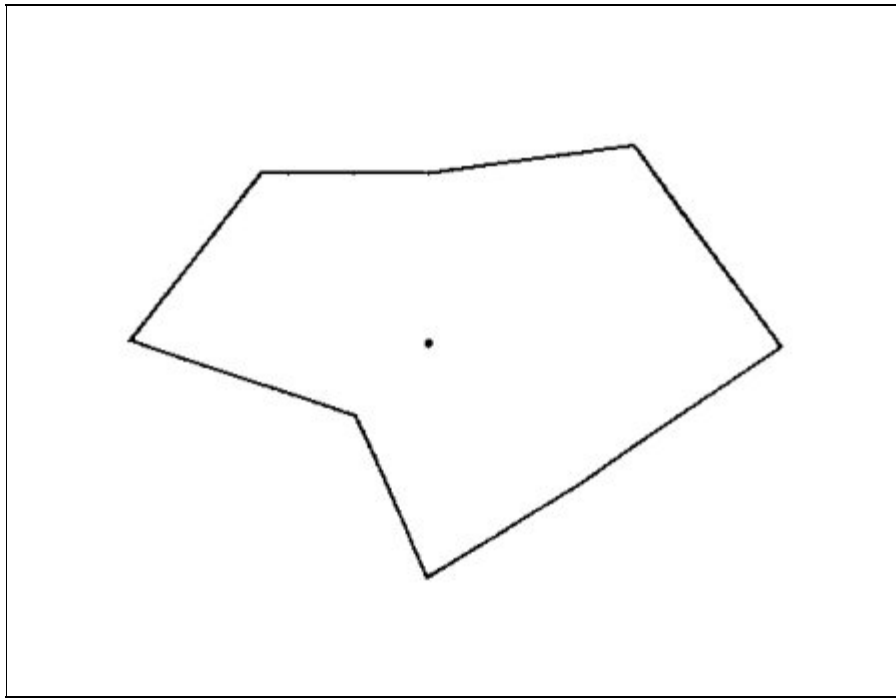
If your pain or stiffness improves, but returns later, you can try [POISON IVY](#), page 209, three times in succession. It may be able to help.

### **MEDICAL ALERT:**

If you suspect broken bones, a fracture, a dislocation or a severe sprain, seek immediate medical help. If the injured part cannot be moved through its normal full range of motion, you need professional help.

**The Well Adult:** see page 468 for a detailed discussion of physical injuries.

## **Sports Injuries**



[\(index\)](#)

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## Ache

### USE THIS REMEDY IF:

you have occasional low-level discomfort, distress or aching in your body.

This can relieve aches such as:

- sore, aching eyes (but consider [EYE IRRITATION](#), page 125 and [SMOG](#), page 241)
- sore muscles from bruises, cramping or over-exertion (but consider [PHYSICAL INJURY](#), page 205 and [SPORTS INJURIES](#), page 249)
- sore throat (but consider [THE COLD PREVENTATIVE](#), page 277)
- sore nasal passages (but consider [SINUS INFLAMMATION](#), page 233)
- sore chest and lungs (but consider [SMOG](#), page 241 and [BRONCHIAL IRRITATION](#), page 93)
- backaches (but consider [BACKACHE](#), page 85 and [BRONCHIAL IRRITATION](#), page 93)
- headaches (but consider [CHRONIC HEADACHE](#), page 101 and [TENSION HEADACHE](#), page 269)
- stomach aches (but consider [INDIGESTION](#), page 161)
- heartaches from emotional anguish

### SPECIAL INDICATORS: (You may have one or more of these.)

occasional low-level aching or painirritability  
a nagging hurt that won't go away

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until you feel better. Usually two to five glasses will be all you need.

Stop using the remedy as soon as you feel better.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#) remedy, page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

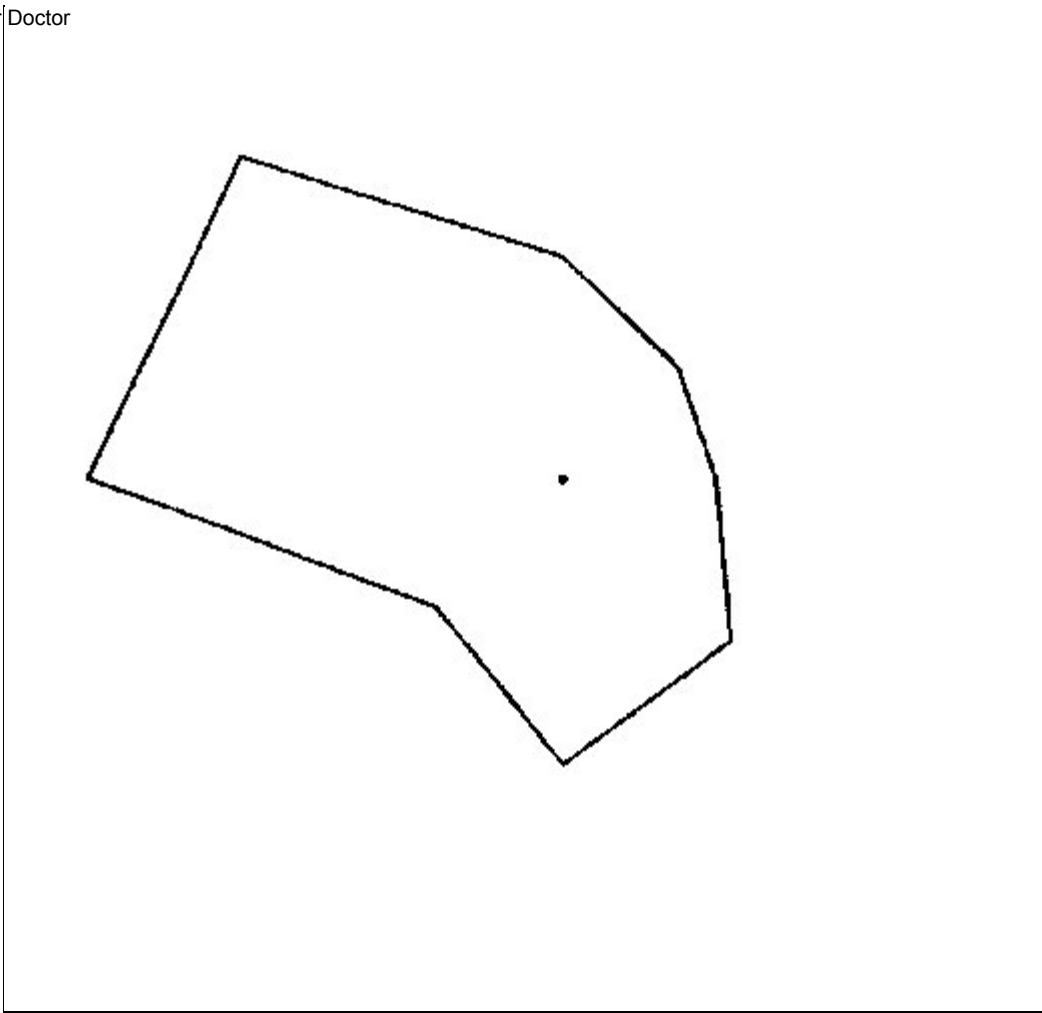
[Pain](#), page 197  
[First Aid](#), page 141  
[Moodiness](#), page 185

### MEDICAL ALERT:

This remedy is intended for the relief of occasional aches only.

Aches and pains that continually recur after this or any other Paper Doctor remedy relieves them, or that continue despite any remedy, must be examined by a physician. Never use this or any other remedy do delay a medical examination.

## Ache



[\(index\)](#)

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## Fatigue

### USE THIS REMEDY IF:

you have that heavy, drugged, weary feeling which often follows a hard day's work. This remedy can also help if you have traveling for more than three hours' duration, or if your eating, sleep or exercise patterns have been disrupted by your trip.

The remedy relieves mental sluggishness and physical fatigue. It reinvigorates your body. It helps you assimilate those new experiences which occur as a result of travel, and restores inner calm after any period of over-stimulation, such as a difficult meeting or assignment.

### SPECIAL INDICATORS: (You should have one or more of these)

Over-stimulated; nerves on edge  
Body feels heavy, drugged, worn out

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession. Wait 20 minutes. If you don't feel more relaxed, make and drink the remedy twice more.

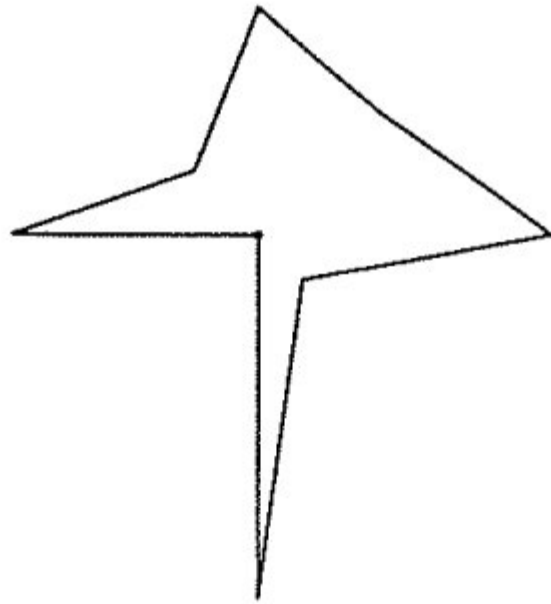
Stop using the remedy as soon as you feel better.

If you experience no improvements after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Energy Boost](#), page 117  
[Tired Feet](#), page 285  
[Too Keyed Up](#), page 289  
[Stress](#), page 261  
[Moodiness](#), page 185

## Fatigue



[\(index\)](#)

## Inner Strength

### USE THIS REMEDY IF:

Use this remedy before facing physical hardships, harsh weather conditions, a long hike, any competitive sport, or any situation requiring extra effort.

If you have not exercised recently due to a sedentary lifestyle, use this remedy before beginning your new regimen. (If you are over 30, be sure to have a health check-up before exercising.)

This remedy can also be effective in helping you face psychological hardships such as difficult interviews, tough business meetings, your ex-spouse, a grouchy boss or an important test at school.

Among this remedy's properties is its ability to help you persevere when you feel discouraged, especially if you tend to be demanding and critical of yourself, and easily disparage your own abilities. It helps you become more tolerant of your imperfections, and of your needs.

### SPECIAL INDICATORS: (You may have one or more of these.)

Small setbacks seem overwhelming  
You readily give up your desires when others object to them  
You don't dare attempt something you really want to do  
Need a boost to renew your enthusiasm  
Easily intimidated by others

### HOW TO USE THIS REMEDY:

For **physical hardships**, make and drink this remedy every 15 minutes, just prior to the big event, or 2 glasses morning and night for several days in advance of your challenge.

For **psychological hardships**, use the remedy 2 times morning and night for two days prior to the event, is possible.

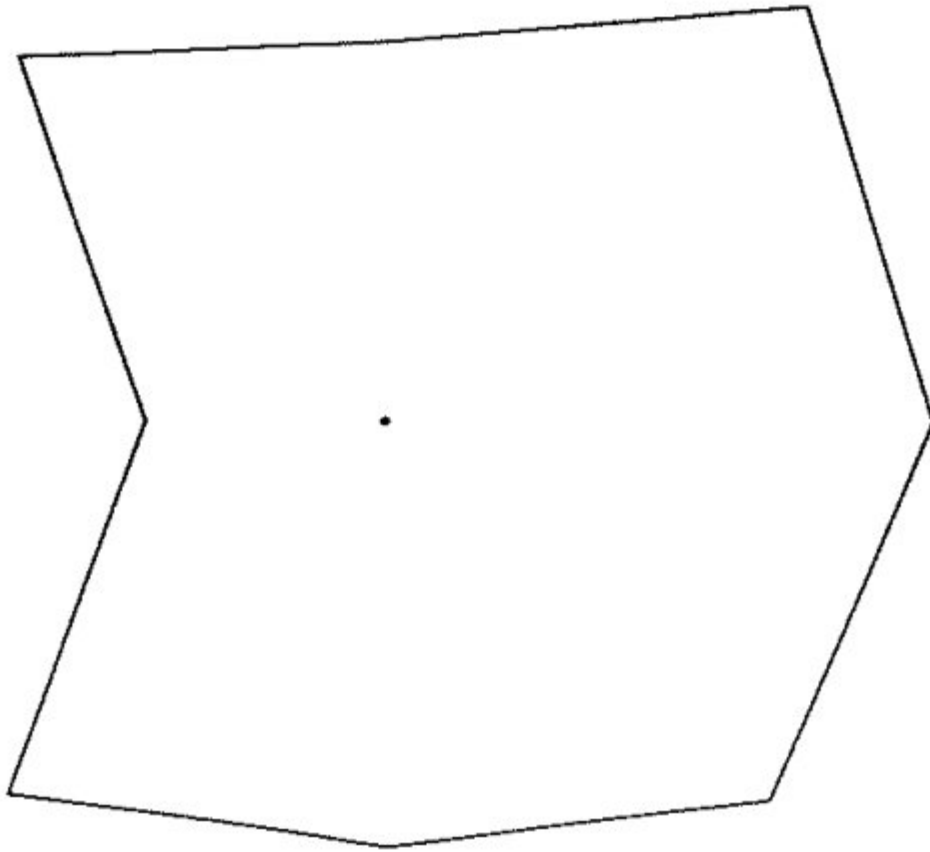
If you are facing **long-term hardship**, such as a serious injury or debilitating disease, make and drink this remedy 1 to 3 times a day for several weeks. It may help give you the strength to face this adversity. You would know that the remedy was working if you noticed that you were developing a new, more positive attitude about your situation, or were able to make a difficult decision you had been postponing.

If you experience no improvements after 3 glasses (short-term use) or one week (long-term use) of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

(if overwhelmed by a challenge) [First Aid](#), page 141  
(if something holds you back) [Traumatic Events](#), page 297  
[Lifted Spirits](#), page 177  
[Tired Feet](#), page 285

## Inner Strength



[\(index\)](#)

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## Stimulating Your Healing Response

### USE THIS REMEDY IF:

you have any illness.

This remedy gives a short-term stimulus to every system in your body. It works by activating your organism's Healing Response, that inner intelligence which regulates your defense mechanisms and preserves your body against invasion and illness. The Healing Response is also known as "the healer within", the Vital Force, the "Ch'i", and the Healing Power of Nature. This remedy attempts to awaken or strengthen this mechanism so that it will ward off infectious illness more easily.

This is a useful remedy at the onset of, during or after any illness. For example, if you feel fatigued after an illness, or after a surgery, this remedy may help restore you. Its regular use usually makes for speedy recoveries.

When you feel a cold coming on, you can use both [THE COLD PREVENTATIVE](#), page 277, and this remedy, three to six times a day for several days. If you are busy, make and drink each remedy twice in succession every morning or night.

You (or your children) can use this remedy to help build your resistance to colds and flus going around the school or work place. Just use it three times a day for several days.

This remedy may be able to help you avert an allergy or hay fever attack, or ward off an infectious illness after you have been exposed to it.

The remedy fights no specific illness; it just stimulates your built-in mechanisms to do their job more effectively.

### HOW TO USE THIS REMEDY:

Make and drink this remedy each time you use [THE COLD PREVENTATIVE](#), page 277, or [FLU](#), page 145, or [STOMACH FLU](#), page 257. It will help to speed your recovery. When you feel recovered, stop using the remedy.

### ALTERNATIVE REMEDIES TO CONSIDER:

Additional remedies in this book which can help you recover from illness are:

[Enviromental Sensitivity](#), page 121

[Tired Feet](#), page 285

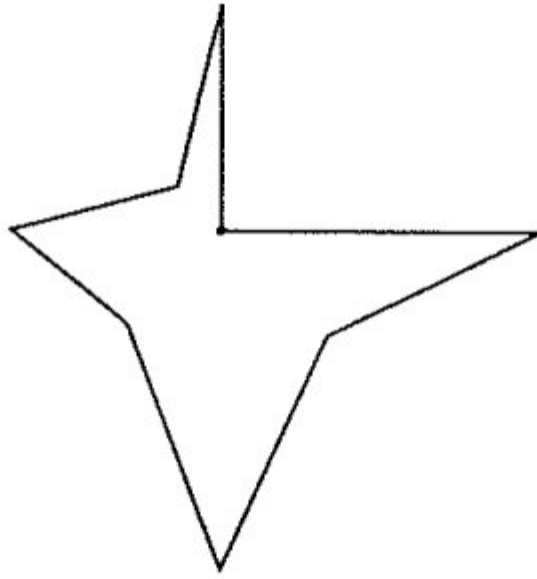
[Inner Strength](#), page 165

[Fatigue](#), page 129

[First Aid](#), page 141

(emotional component) [Lifted Spirit](#), page 177

## Stimulating Your Healing Response



[\(index\)](#)

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## Regularize Erratic Lifestyle

### USE THIS REMEDY IF:

you have persistent minor bad habits that are in the way of your happiness, relaxation or business success. Such habits could include excessive socializing, keeping late hours, insufficient studying, irregular or non-nutritious eating patterns, a drug or stimulant addiction, procrastination about important decisions, or difficulty keeping commitments.

Of course, breaking bad habits or changing long-time patterns requires conscious effort on your part as well. This remedy is not a magic pill that will immediately alter your personality for the better and save your job or marriage. However, its use can help you understand your actions and make the decision, or develop the resolve, to change.

If you find making changes pretty tough going, you might want to use this remedy together with [INNER STRENGTH](#), page 165. Do this by making and drinking one remedy every time you make and drink the other.

### SPECIAL INDICATORS: (You may have one or more of these.)

Chronic nervousness from frequent over-stimulation  
Addiction to stimulants (coffee, cigarettes, drugs, sex, new experiences, etc)  
Desire to follow sudden impulses  
Desire for excitement at night

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession morning and night for up to 3 weeks.

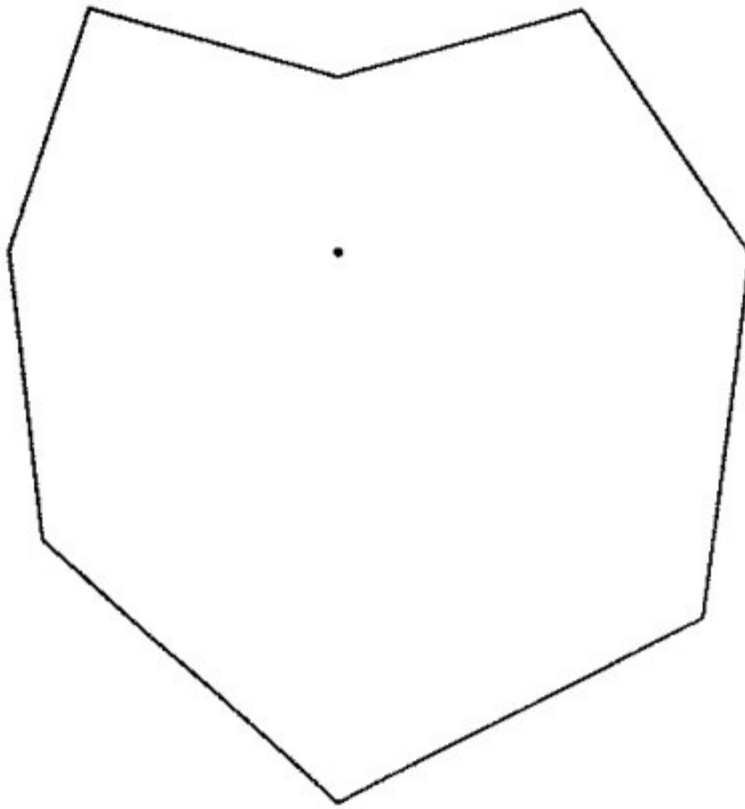
Stop using the remedy as soon as your awareness of your problem increases, or your habits begin to change. Of course, to change deep-seated or long-practiced habits, you may need professional counseling as well.

If you experience no improvement after using this remedy for three days, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Addictive Habits](#), page 77  
[Hurrying](#), page 157  
[Business Pressure](#), page 97  
[Moodiness](#), page 185

## Regularize Erratic Lifestyle



[\(index\)](#)

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## Jet Lag

### USE THIS REMEDY IF:

This is the remedy to use at the end of a long flight. Not only have you just spent 3 or more hours in an airplane, most likely you have also spent two extra hours in airports. These events force most travelers into inappropriate hurrying, waiting, standing, sitting, noise, stale air, tasteless, nutritional-empty food, too much alcohol and the consequent disruption of their normal sleep, exercise and eliminative routines.

Common symptoms of jet lag include:

- sleepiness during the day
- sleeplessness at night
- slowed reflexes
- lack of concentration
- irritability
- depression
- digestive distress

Some people have two different experiences with jet lag: the going-to lag and the returning-home lag. The going-to lag requires coping with an unknown destination, but often with a clear focus: a business meeting or vacation in mind. The returning-home lag can be overwhelming, bringing a flood of thoughts about ongoing affairs, as well as mail and phone calls to process. Here's my strategy for coping with each.

### Going-to lag:

Use this remedy according to directions (below). Then, if necessary, continue with [ENVIRONMENTAL SENSITIVITY](#), page 121, [ENERGY BOOST](#), page 117, and possibly [FEELING AT EASE](#), page 137, to ease your transition into your new surrounding.

### Returning-from lag:

Use this remedy according to directions (below) and follow up with [FATIGUE](#), page 129, [STRESS](#), page 261, [TOO KEYED UP](#), page 289, or [LIFTED SPIRITS](#), page 177 to get you back up to speed.

### HOW TO USE THIS REMEDY:

When you arrive at your destination, if you plan to keep going, make and drink this remedy every 15 minutes for the first hour. If you plan to sleep, use the remedy 2 or 3 times before going to bed, then once or twice the next morning. Stop using the remedy as soon as you begin to feel restored.

If you feel better, but not restored, on the second day, make and drink the remedy [ENERGY BOOST](#), page 117, as needed. Stop as soon as you feel restored.

If, after the first day, you experience no improvement, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

- [Environmental Sensitivity](#), page 121
- [Energy Boost](#), page 117
- [Fatigue](#), page 129

[The Paper Doctor](#), page 289

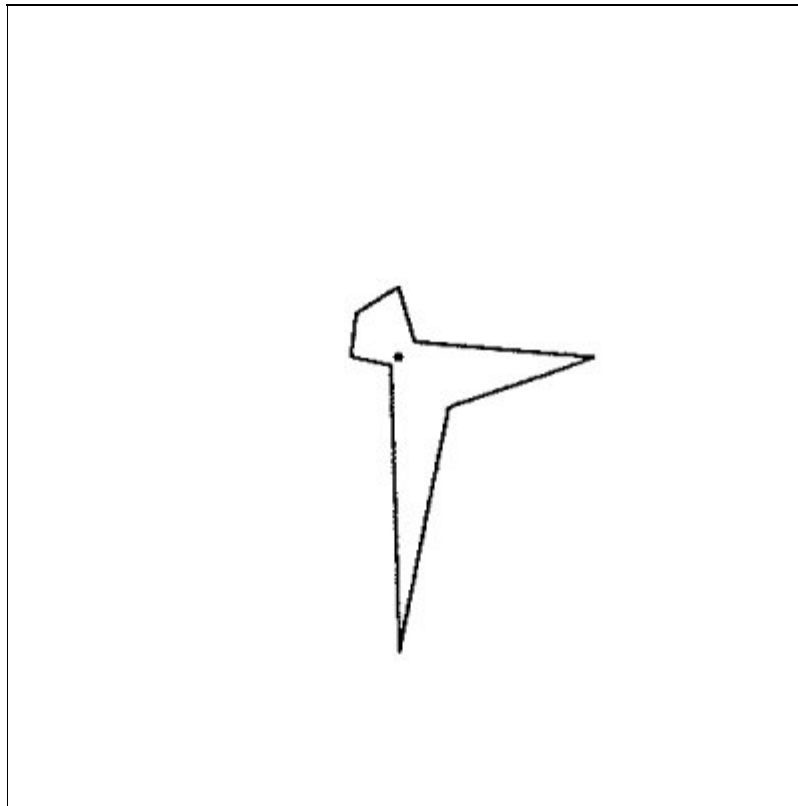
[Too Keyed Up](#), page 261

[Stress](#), page 261

[Moodiness](#), page 185

[Traumatic Events](#), page 297

## Jet Lag



[\(index\)](#)

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## Sudden High Fever

### USE THIS REMEDY IF:

you get a sudden high fever, of 102°F or more. Fevers, especially high fevers, can be frightening. When infants and small children get high fevers, it's a serious situation. Prolonged high fever at any age can threaten life. Sudden high fevers always demand immediate attention.

But remember, fever is a natural response of the body's defense system. It's appearance means that the body is trying to fight off an infection. While you don't want to suppress the fever, and therefore part of your body's defenses, you do want to bring a high fever down.

This remedy works best when you have a high fever, with red face, visual distortion and mental confusion. In other words, it's a remedy for a seriously feverish condition. If you have a low fever, use one of the alternative remedies listed below.

### SPECIAL INDICATORS: (You may have one or more of these.)

Fever comes on suddenly, even violently

Bright red face

Intense throbbing and burning sensations in affected parts (throat, stomach etc)

Head hot, hands and feet cold

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until your fever drops. Three or four glasses may be all you need.

Continue making and drinking this remedy until your fever drops below 102°F. You may need to choose another remedy, such as [FLU](#), page 145, to continue the healing process.

While you are using this remedy, also use [STIMULATING YOUR HEALING RESPONSE](#), page 253, glass for glass.

A high fever makes serious demands on the body's resources. After your fever goes down, you are likely to feel exhausted. Honor that and get plenty of rest. To avoid dehydration, drink bland liquids as often as you can.

Also, remember that your sickness may not be over, but just altered into a milder form. Watch for symptoms that remain, or that develop over the next few hours. You may have to find a different remedy for these, or seek medical help. Avoid a relapse.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#) remedy, page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Flu](#), page 145

[First Aid](#), page 141

[Stomach Flu](#), page 257

[Nausea And Vomiting](#), page 193

[Lifted Spirits](#), page 177

**MEDICAL ALERT:**

If this remedy does not bring your fever down below 102 °F after you take it 6 times, get medical help.  
You may have an illness that is beyond the scope of this book.

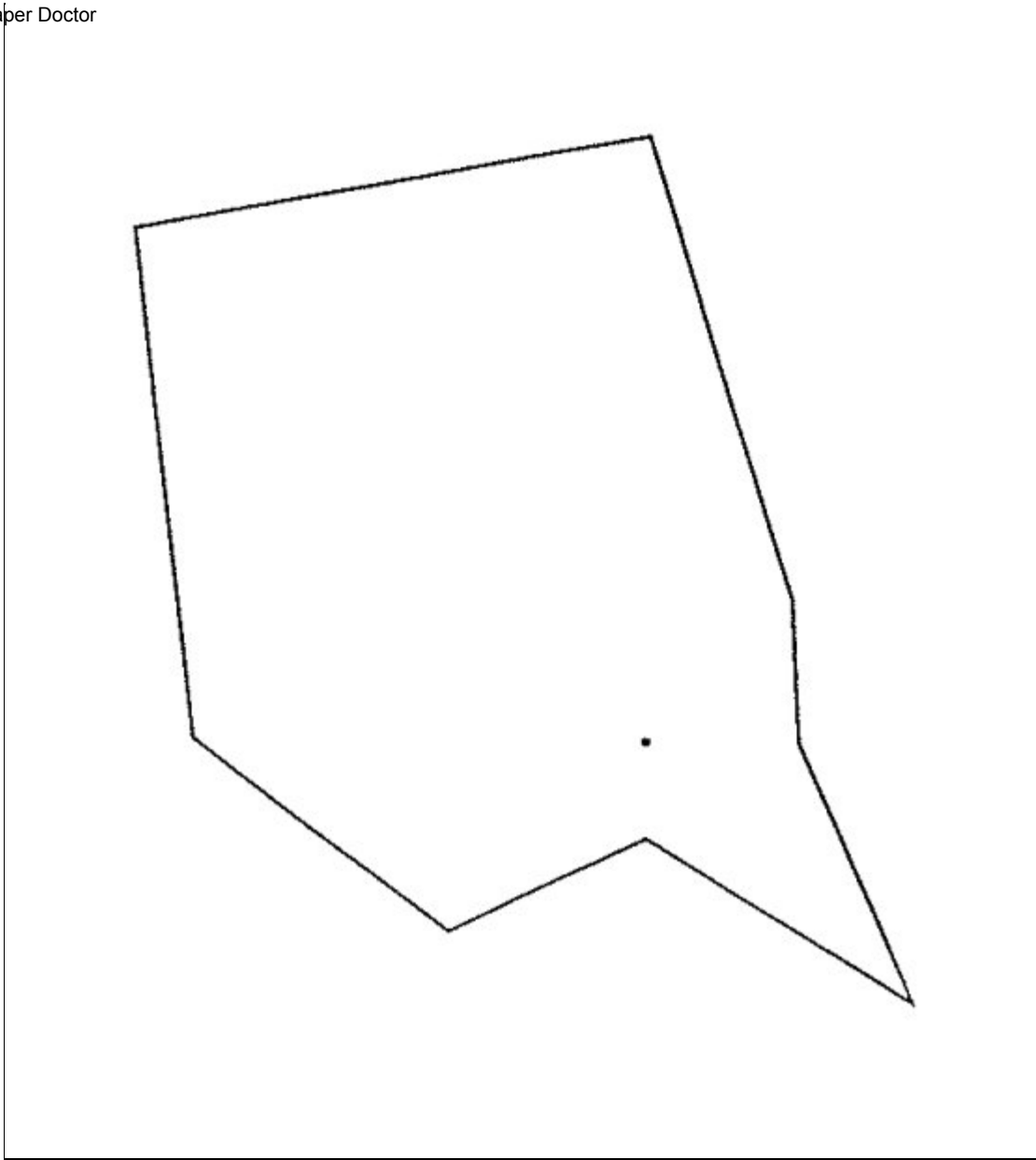
For example, if you experience high fever with shaking chills, and dizziness upon standing with cough or shortness of breath, you need immediate medical attention.

If your infant has a high fever, call your physician immediately.

**The Well Adult:** discusses fever in the context of specific ailments, as follows:

upper respiratory infection	208	pneumonia	307
influenza	215	acute gastroenteritis	349
strep throat	219	urinary tract infections	394
bronchitis	304		

**Sudden High Fever**



[\(index\)](#)

## Stomach Flu

### USE THIS REMEDY IF:

you have nausea with diarrhea, or vomiting, or both. In addition, you may have fever, achiness, tiredness, loss of appetite, and chills.

If you have these flu-like symptoms with the digestive distress predominating, chances are you have a stomach flu. If you don't have diarrhea or vomiting even though you have nausea you should consider using [FLU](#), page 145, instead of this remedy.

### SPECIAL INDICATORS: (You may have or more of these.)

Aching in the muscles  
Aching in the joints  
Sudden onset of fever and chills  
General fatigue  
Nausea

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until your flu subsides.

You can make and drink a glass of [STIMULATING YOUR HEALING RESPONSE](#), page 253, after each glass of STOMACH FLU. This combination should speed your recovery.

You can stop using this remedy when your flu moderates, but continue to use STIMULATING YOUR HEALING RESPONSE until you feel restored.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Flu](#), page 145  
[Nausea And Vomiting](#), page 193  
[Food Poisoning](#), page 149  
[Sudden High Fever](#), page 265  
[Ache](#), page 73

If you feel exhausted after your flu passes, be sure to use the remedy [STIMULATING YOUR HEALING RESPONSE](#), page 253, to get back up to speed again. Other remedies that may be helpful as follow-ups to STOMACH FLU include:

[Energy Boost](#), page 177  
[Fatigue](#), page 129  
[Stress](#), page 261  
[Business Pressure](#), page 97  
[Traumatic Events](#), page 297

### MEDICAL ALERT:

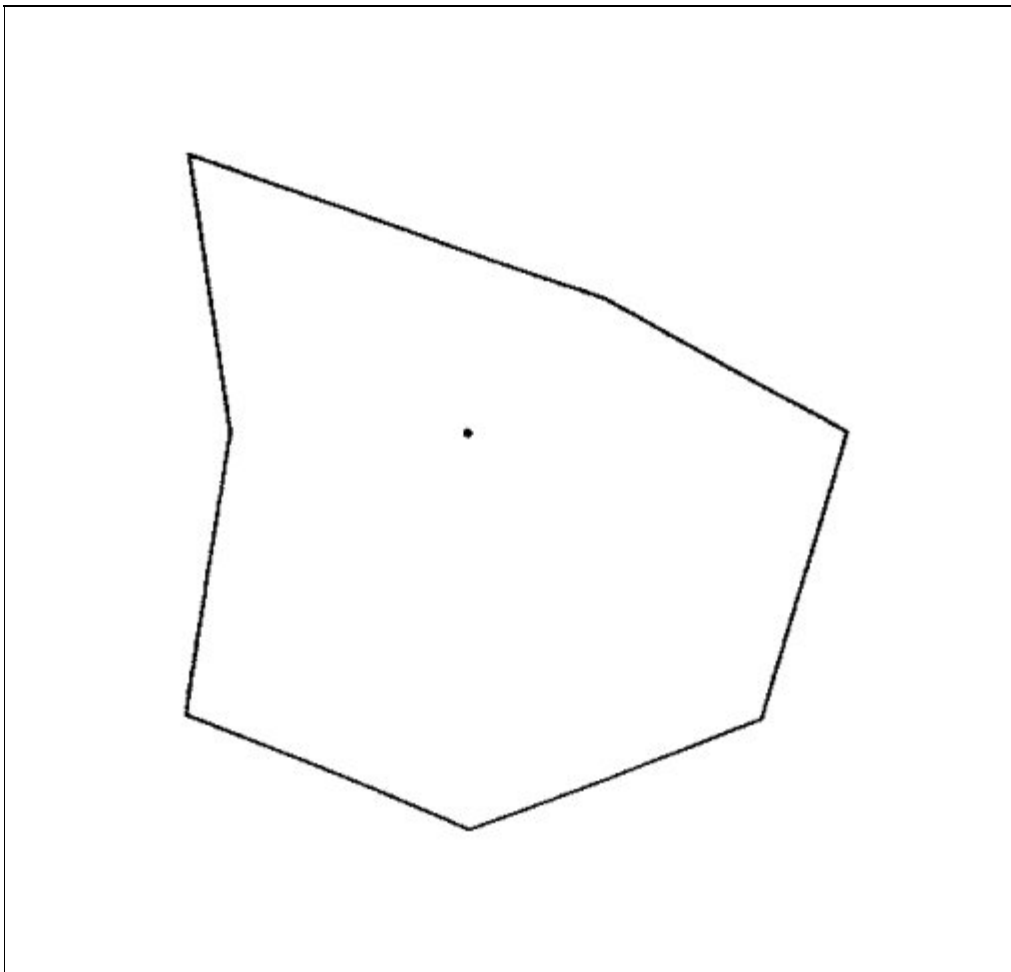
Because of the presence of vomiting and diarrhea, if your stomach flu lasts more than a few days you will run the risk of dehydration, a serious medical problem. Try to drink bland fluids as frequently as possible. If you think you are getting dehydrated, get medical help.

Remember that it's easy to get a relapse of the flu, often with more serious consequences the second time. Be sure to get plenty of rest after a flu. Let your energy guide you. Do not overspend it.

Flu can lead to sinus infections, ear infections, bronchitis and pneumonia. If your flu symptoms don't get better in a few days, or if new symptoms develop, get medical help.

**The Well Adult:** see page 349 for a discussion of the mechanisms involved in stomach flu, food poisoning and traveler's diarrhea, all of which may produce the same symptoms.

### Stomach Flu



[\(index\)](#)

## Motion Sickness

### USE THIS REMEDY IF:

you usually get nauseated and feel sick while riding in the car, on a boat, or any other moving vehicle.

The first signs of motion sickness may be yawning, restlessness, and a pale face. If the motion sickness continues, you could experience chilliness, cold sweatiness, dizziness, drowsiness and an upset stomach. Eventually faintness and vomiting occurs.

This remedy is excellent for children or pregnant women who easily get motion sickness while riding in cars on a curving road, or from riding in an enclosed space.

This remedy can be helpful whether your misery is carsickness, seasickness, airsickness or is due to any other form of passive motion.

Try using the remedy before your trip, to prevent this problem.

### SPECIAL INDICATORS: (You should have one or more of these.)

Nausea when riding in a car or boat  
Feel cold, faint, look pale  
Break out into a cold sweat  
Aversion to eating or drinking anything

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until you feel better. Usually two glasses will be all you need.

Stop using it as soon as you feel restored.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

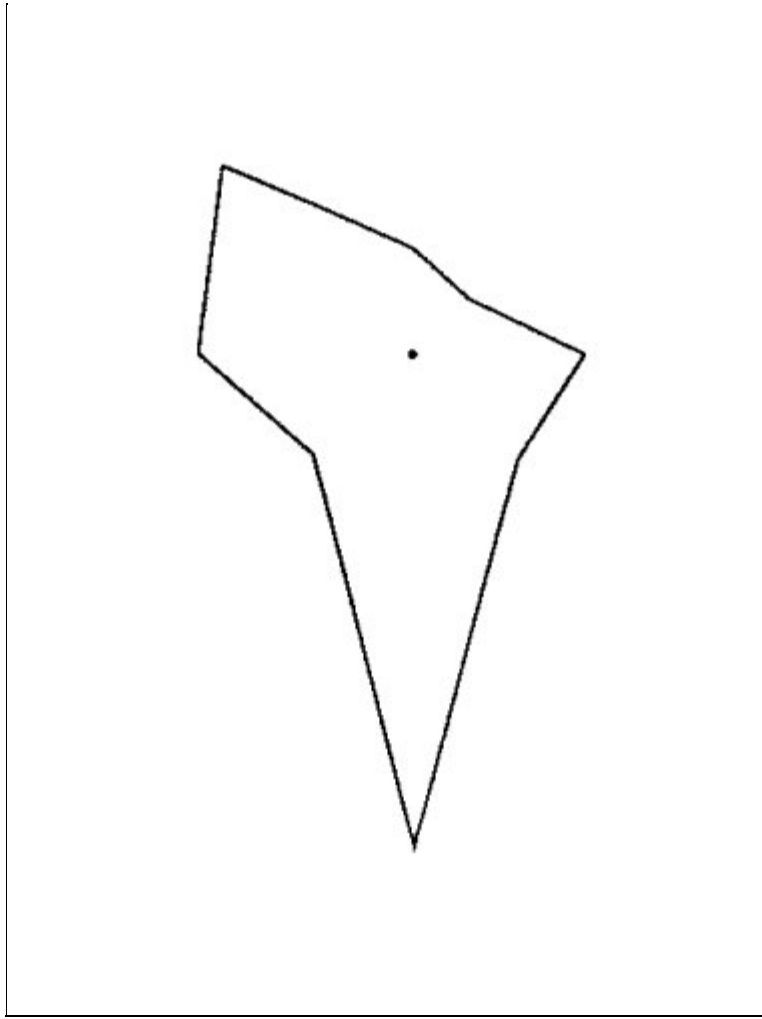
[Moodiness](#), page 185  
[Nausea And Vomiting](#), page 193  
[Food Poisoning](#), page 149  
[Stress](#), page 261  
[Too Keyed Up](#), page 289

### MEDICAL ALERT:

The signs of motion sickness can be similar to some forms of food poisoning. If your complaints gets worse in spite of this remedy, consider trying [NAUSEA AND VOMITING](#), page 193, or [FOOD POISONING](#), page 149.

## Motion Sickness





[\(index\)](#)

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## Business Pressure

### USE THIS REMEDY IF:

you have too much pressure on the job.

You have a job you like, and you're good at it. But it sometimes gets to be too much. You feel overwhelmed by the small problems of the day, you strive too hard for perfection, and you blame yourself when you don't measure up (in your own eyes).

You take your job too seriously, and stay over-stimulated from it. This leads to chronic digestive upset, or other physical problems.

Maybe you easily absorb, the feelings of others, and must try to control those around you just to avoid feeling overwhelmed. Or you feel undone from constant interruption, and cannot remain in the midst of the general problems.

You spend more and more energy but accomplish less and less due to unexpected problems, spontaneous meetings, and constant interruptions. You notice that you are impatient, restless, keyed up, tired. You have chronic insomnia. Your temper is a little short. At the end of the day you feel frazzled, all done in. You get a good salary and plenty of positive feedback for a job well done, but inside you know it's too much. You can't keep going at this pace forever.

When you feel overwhelmed by events that move too rapidly, or are pressed by too many demands at once, this remedy may be able to help.

### SPECIAL INDICATORS: (You may have one or more of these)

Easily over-stimulated Upset or irritable when in public places

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until your coughing improves. For mild cases two or three glasses will be all you need.

Stop using the remedy as soon as you feel fully recovered.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternatives listed below, or use the [RESISTANCE](#) remedy, page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Environmental Sensitivity](#), page 121

[Stress](#), page 261

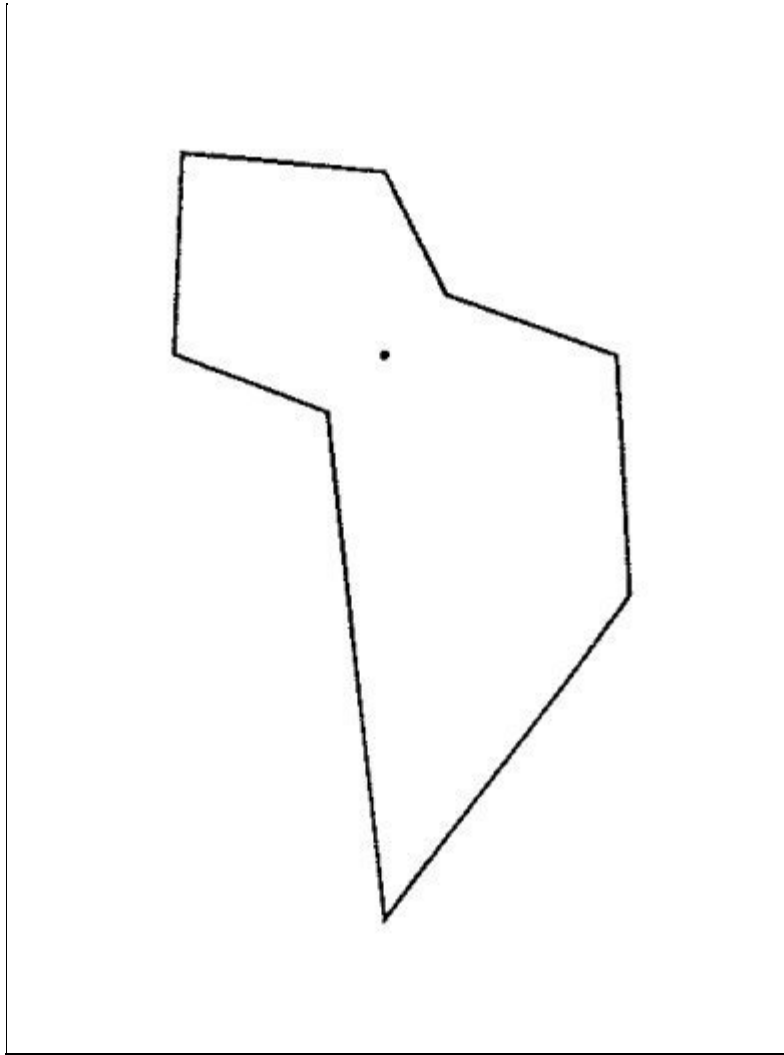
[Fatigue](#), page 129

[Too Keyed Up](#), page 289

[Worrying](#), page 303

[Inner Strength](#), page 165

## Business Pressure



[\(index\)](#)

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## Alphabetical List Of Patterns

The following list of magnetic patterns and their page numbers is included for quick reference.

For a description of the healing potential in each pattern, see the [Remedy Table Of Contents](#), page 1.

<a href="#">Ache</a>	73	<a href="#">Eye Irritation</a>	125
<a href="#">Addictive Habits</a>	77	<a href="#">Fatigue</a>	129
<a href="#">Allergies</a>	81	<a href="#">Fearfulness</a>	133
<a href="#">Back Muscle Spasm</a>	305-A	<a href="#">Feeling At Ease</a>	137
<a href="#">Backache</a>	85	<a href="#">Feeling At Home In Your Body</a>	305-D
<a href="#">Bee Stings</a>	89	<a href="#">First Aid</a>	141
<a href="#">Bronchial Irritation</a>	93	<a href="#">Flu</a>	145
<a href="#">Bursitis</a>	305-A	<a href="#">Food poisoning</a>	149
<a href="#">Business Pressure</a>	97	<a href="#">Hangover</a>	153
<a href="#">Chronic Headache</a>	101	<a href="#">Hurrying</a>	157
<a href="#">Cigarette Craving</a>	305-B	<a href="#">Hysteria</a>	305-E
<a href="#">Constipation</a>	105	<a href="#">Indigestion</a>	161
<a href="#">Diarrhea</a>	109	<a href="#">Inner Strength</a>	165
<a href="#">Depression</a>	305-B	<a href="#">Insect Bites</a>	169
<a href="#">Earache</a>	113	<a href="#">Insect Repellant</a>	305-E
<a href="#">Energy Balancing</a>	305-C	<a href="#">Jet Lag</a>	173
<a href="#">Energy Boost</a>	117	<a href="#">Joint Injuries</a>	305-F
<a href="#">Environmental Sensitivity</a>	121	<a href="#">Lifted Spirits</a>	177
<a href="#">Environmental Stress</a>	305-C	<a href="#">Mental Alertness</a>	181
<a href="#">Environmental Toxicity</a>	305-D	<a href="#">Migraine</a>	305-F

### Alphabetical List Of Patterns (continued)

<a href="#">Moodiness</a>	185	<a href="#">Rheumatism</a>	305-K
<a href="#">Motion Sickness</a>	189	<a href="#">Sinus Inflammation</a>	233
<a href="#">Nausea And Vomiting</a>	193	<a href="#">Skeptical</a>	305-L
<a href="#">Negativity</a>	305-G	<a href="#">Skin Relief</a>	305-L
<a href="#">Nerve Injuries</a>	305-G	<a href="#">Sleeplessness</a>	237
<a href="#">Obstacles To Cure</a>	305-H	<a href="#">Smog</a>	241
<a href="#">Opening The Heart</a>	305-H	<a href="#">Sore Throat</a>	245
<a href="#">Over-Stimulation</a>	305-I	<a href="#">Sports Injuries</a>	249
<a href="#">Overweight</a>	305-I	<a href="#">Stimulating Your Healing Response</a>	253
<a href="#">Pain</a>	197	<a href="#">Stomach Flu</a>	257
<a href="#">Panic Attacks</a>	201	<a href="#">Stress</a>	261
<a href="#">Persistent Cough</a>	305-J	<a href="#">Sudden High Fever</a>	265

<a href="#">The Paper Doctor</a>	205	<a href="#">Tension Headache</a>	269
<a href="#">Physical Injury</a>			
<a href="#">Poison Ivy</a>	209	<a href="#">Tension Release</a>	273
<a href="#">Poison Oak</a>	213	<a href="#">The Cold Preventive</a>	277
<a href="#">Pollution Protection</a>	217	<a href="#">Throbbing Headache</a>	281
<a href="#">Pre-Menstrual Syndrome</a>	221	<a href="#">Tired Feet</a>	285
<a href="#">Regularize Erratic Lifestyle</a>	225	<a href="#">Too Keyed Up</a>	289
<a href="#">Rejuvenation</a>	305-J	<a href="#">Toothache</a>	293
<a href="#">Repetitive Strain Injury</a>	305-K	<a href="#">Traumatic Events</a>	297
<a href="#">Resistance</a>	229	<a href="#">Worrying</a>	303

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## Daily Coping

One or more of the following remedies can be used to reduce stress or fatigue, and restore calm.

At the beginning of a stressful day:

[HURRYING](#), page 157, or  
[MOODINESS](#), page 185, or  
[BUSINESS PRESSURE](#), page 97, or  
[STRESS](#), page 261, whichever is most appropriate.

Before a difficult meeting, confronting or test:

[INNER STRENGTH](#), page 165, or  
[FEELING AT EASE](#), page 137, or  
[MOODINESS](#), page 185, or  
[FEARFULNESS](#), page 133, or  
[PANIC ATTACKS](#), page 201, whichever is most appropriate.

After a difficult meeting, argument or fight:

[MOODINESS](#), page 185, or  
[LIFTED SPIRITS](#), page 177, or  
[TENSION RELEASE](#), page 273, or  
[TRAUMATIC EVENTS](#), page 297, or  
[STRESS](#), page 261, whichever is most appropriate.

At the end of the work day:

[TIRED FEET](#), page 285, or  
[FATIGUE](#), page 129, or  
[ENERGY BOOST](#), page 117, or  
[STRESS](#), page 261, or  
[TOO KEYED UP](#), page 289, or  
[WORRYING](#), page 303, whichever is most appropriate.

Unable to fall asleep, or waking from sleep:

[SLEEPLESSNESS](#), page 237, or  
[WORRYING](#), page 303, or  
[FATIGUE](#), page 129, or  
[TOO KEYED UP](#), page 289, whichever is most appropriate.

At the first sign of any illness:

[STIMULATING YOUR HEALING RESPONSE](#), page 253.

For [Combating Infectious Illness](#), see next page(309). ([index](#))

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## Combating Infectious Illness

The Paper Doctor is designed to help you combat simple infectious illnesses. Here's how: The Paper Doctor views any bout of infectious illness as occurring in 5 stages:

1. your prior level of health
2. a pre-illness period of stress
3. a period of sickness
4. a period of recovery
5. your resulting level of health

(The concept of "Level Of Health" was developed by George Vithoulkas. See [The Glossary](#), page 334.)

This simple graph shows each stage clearly:



Here is a strategy you can use to best cope with each stage of the infectious illness scenario.

### 1. YOUR PRIOR LEVEL OF HEALTH

In this period you seem to be doing fine. Your life is going along. You are pretty healthy. Nothing needs to be done.

### 2. A PRE-ILLNESS PERIOD OF STRESS

Before you actually "catch" an infectious illness, you may experience a period of stress. This is your preventive opportunity. Manage your stress successfully and you will not get sick. In fact, your graph will change. The wobbly line will become straight again, and your former level of health will return intact.



Paper Doctor remedies that will help alleviate stress include:

- [BUSINESS PRESSURE](#), page 97
- [ENVIRONMENTAL SENSITIVITY](#), page 121
- [FATIGUE](#), page 129
- [FEARFULNESS](#), page 133
- [FEELING AT EASE](#), page 137
- [FIRST AID](#), page 141
- [HURRYING](#), page 157
- [INNER STRENGTH](#), page 165
- [JET LAG](#), page 173
- [LIFTED SPIRITS](#), page 177
- [MOODINESS](#), page 185

[The Paper Doctor](#)  
[REGULARIZE ERRATIC LIFESTYLE](#), page 225  
[STRESS](#), page 261  
[TENSION RELEASE](#), page 273  
[TOO KEYED UP](#), page 289  
[TRAUMATIC EVENTS](#), page 297  
[WORRYING](#), page 303

Find the remedy that most closely matches your actual circumstance, and follow its directions for use.

### 3. A PERIOD OF SICKNESS

You are already sick before you think of using The Paper Doctor. Now what do you do?

First, begin using the most appropriate among the following illness remedies:

[BRONCHIAL IRRITATION](#), page 93  
[EARACHE](#), page 113  
[FLU](#), page 145  
[FOOD POISONING](#), page 149  
[NAUSEA AND VOMITING](#), page 193  
[SINUS INFLAMMATION](#), page 233  
[SORE THROAT](#), page 245  
[STOMACH FLU](#), page 257  
[SUDDEN HIGH FEVER](#), page 265  
[THE COLD PREVENTATIVE](#), page 277

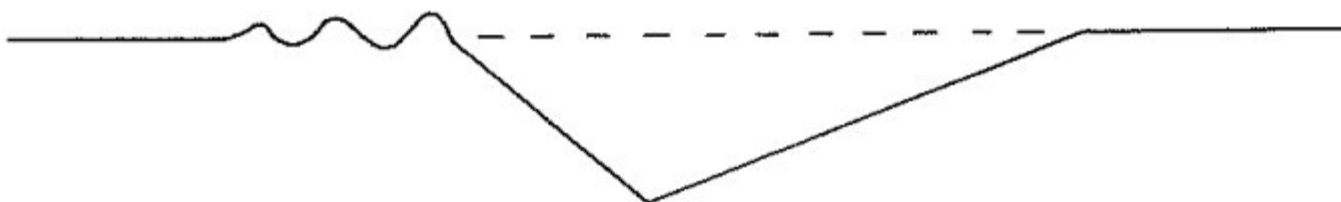
Since you are already sick, more drastic measures may be necessary. Make and drink the appropriate Paper Doctor remedy three or four times in succession. If you notice a definite improvement, continue that remedy once every 15 minutes until you feel at least partially recovered. You can also use [STIMULATING YOUR HEALING RESPONSE](#), page 253, each time you use your illness remedy. As soon as your illness symptoms recede, stop using the remedies.

### 4. A PERIOD OF RECOVERY

You are clearly on the mend. You feel your symptoms receding and your energy returning. You no longer need to use a specific illness remedy, but you should continue to use [STIMULATING YOUR HEALING RESPONSE](#), page 253. This will make your recovery period as short as possible.

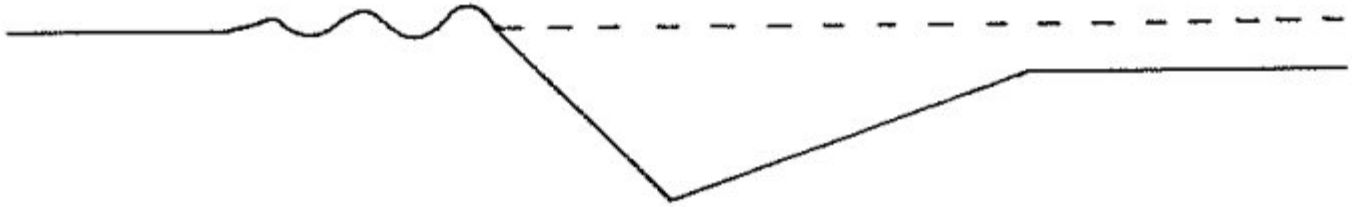
### 5. YOUR RESULTING LEVEL OF HEALTH

Once your symptoms are gone, check that your energy is fully restored. It is important that your resulting level of health be as high as was your prior level. In other words, by using Paper Doctor remedies you ought to fully recover from your illness in a short time. If you use [STIMULATING YOUR HEALING RESPONSE](#) as recommended, your vitality should be stronger. If you regain your prior level of health, your graph will end as high as it began.





If you feel easily tired, have nagging low-level symptoms that continue for days, or just don't feel right after your illness, your graph looks like this:



## MANAGING INFECTIOUS ILLNESSES NOT LISTED IN THE PAPER DOCTOR

If you have an infectious illness the remedy for which is not available from the Paper Doctor, be sure to use [STIMULATING YOUR HEALING RESPONSE](#), page 253, anyway. Begin using it as soon as your symptoms appear, and continue using it until your former vitality is restored.

Other remedies which might also help are:

[FIRST AID](#), page 141

[INNER STRENGTH](#), page 165

[LIFTED SPIRITS](#), page 177

For [Combating Physical Injuries](#), see page 312. ([index](#))

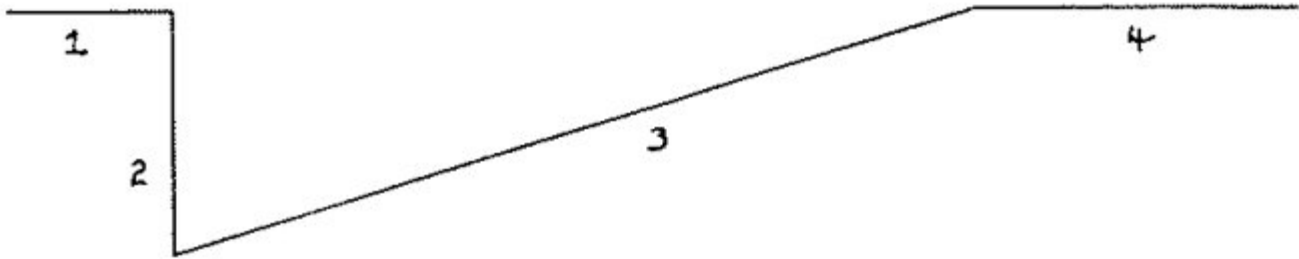
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## Combating Physical Injuries

Physical injuries differ from infectious illnesses in the abruptness of their occurrence. There is usually little warning before an injury strikes. The transition from health to injury is sudden, and traumatic. There are only four stages in the injury-recovery scenario. These are:

1. your prior level of health
2. the seriousness of the injury
3. your period of recovery
4. your resulting level of health

On a graph, the injury-recovery scenario looks like this:



### WHEN AN INJURY OCCURS, MAKE A JUDGEMENT CALL

There may be little that you can do to prevent an injury. As soon as an injury occurs, to yourself or someone else, you must make a judgement call: is this injury serious enough to require medical assistance? Immediate medical assistance?

If you are not certain of the answer, that means yes, get help fast!

After calling for help, and while waiting for help to arrive, use [FIRST AID](#), page 141, then [PHYSICAL INJURY](#), page 205.

If your injury is not serious enough to require medical assistance, apply the appropriate and necessary antiseptic and bandages, then use the most appropriate remedy from this list:

- [BEE STING](#), page 89
- [FEARFULNESS](#), page 133
- [FIRST AID](#), page 141
- [INNER STRENGTH](#), page 165
- [INSECT BITES](#), page 169
- [PAIN](#), page 197
- [PHYSICAL INJURY](#), page 205
- [SPORTS INJURIES](#), page 249
- [STIMULATING YOUR HEALING RESPONSE](#), page 253
- [TRAUMATIC EVENTS](#), page 297

If you have an auto accident, or sustain a fall, blow or sports injury, try this sequence of remedies:

- [FIRST AID](#), page 141; use it 3 times, then
- [PHYSICAL INJURY](#), page 205; use until swelling disappears
- [SPORTS INJURIES](#), page 249; use until recovered
- [STIMULATING YOUR HEALING RESPONSE](#), page 253;

Use it along with any of the above remedies 3 or more times a day

## MANAGING A SERIOUS INJURY

If you suspect one or more broken bones or a severe sprain, get emergency help immediately. In U.S., call 911. Along with any medication give you to reduce infection and promote healing you can use [FIRST AID](#), page 141, [PHYSICAL INJURY](#), page 205, or [STIMULATING YOUR HEALING RESPONSE](#), page 253.

## YOUR PERIOD OF RECOVERY

The important thing about your period of recovery is to attain a full recovery, back to your former level of health. [STIMULATING YOUR HEALING RESPONSE](#), page 253, can help.



## THE HIDDEN COMPONENT

Physical injuries are always accompanied by an emotional component. Since it is not visible in your body, this important aspect of your injury often remains untreated. Signs of emotional trauma include: non-specific anxiety, nightmares, uncontrollable trembling, insomnia, irritability, unexpected fearfulness, easy exhaustion, apathy, sudden tearfulness, or other unexplained actions.

When you are injured, always assume there is an emotional component. Begin to relieve it at once by using [FIRST AID](#), page 141, [PHYSICAL INJURY](#), page 205, or [TRAUMATIC EVENTS](#), page 297, along with any other treatment you are given. If you feel afraid, use [FEARFULNESS](#), page 133, or [PANIC ATTACKS](#), page 201. If you feel tearful, try [MOODINESS](#), page 185. If you feel anxious, try [HURRYING](#), page 157.

## AFTER THE EMERGENCY ROOM

The ability of emergency medicine to save lives and repair serious physical damage after an accident is the one great achievement of contemporary medicine. Even so, many people discover that their level of health is lower after a serious accident is repaired than it was before.

To raise your level of health use [TRAUMATIC EVENTS](#), page 297, or [STIMULATING YOUR HEALING RESPONSE](#), page 253.

Be sure to read about [post-traumatic stress syndrome](#), page 297.

For [Combating Stress](#), see next page(315). ([index](#)).

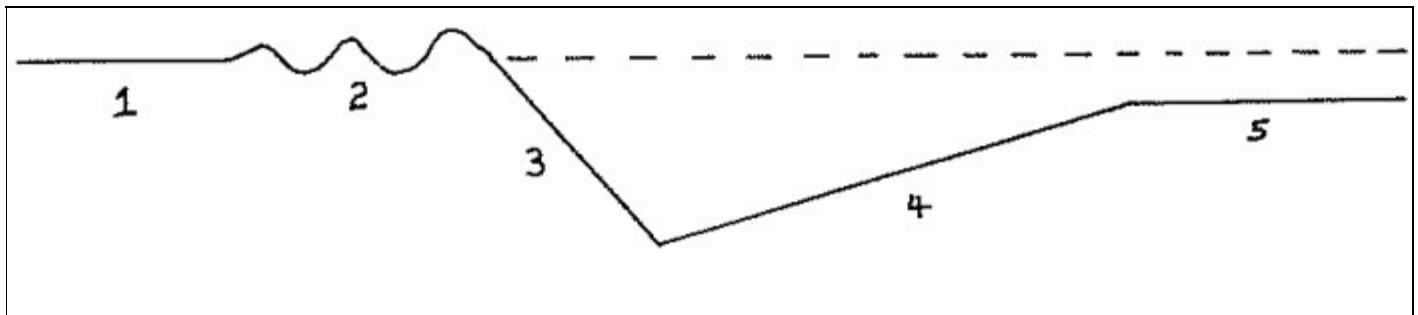
## Combating Stress

For many people, stress is a way of life. Their job, personal relationships, or problems from the past keep them in a constant state of inner turmoil. One might even say such people have a predisposition to stress. They feel stressed when someone else in the same situation would not. Such a person can feel stress even when deliberately trying to relax. After living for years under this invisible burden, it's likely that one's health can break. When that happens, some serious illness will likely occur.

There are five identifiable stages to this stress syndrome:

1. One's prior level of health
2. A period of stress
3. Some serious stress-related illness
4. A period of (usually partial) recovery
5. One's resulting level of health

The graph of stress might look like this:



What can be done?

The Paper Doctor remedies may be able to help.

If stress is your problem, the following remedies can help reduce your pre-disposition to it. Choose the most appropriate remedy, which is to say, the one that most closely matches your emotional make-up. You may have to use the remedy 2 or 3 times a day for up to 6 weeks before significant change occurs. Stop using the remedy as soon as you feel more relaxed. A sign that the remedy is working would be that an event which formerly would have affected you greatly now seems easier to manage.

After one remedy acts as completely as it can, you can switch to another. However, be certain that the first one has stopped acting before beginning the new one. Sometimes the right remedy can continue to bring change several weeks after you have stopped using it.

To be certain, after you think one remedy has done all it can do, wait 2 weeks before starting any new remedy. With each new remedy you use follow this rule: seek the best match, the most appropriate remedy for your attitude or inner state at that time; stay with it while it works; stop using it when it quits working; take two weeks to watch for changes; repeat this process if necessary.

The Paper Doctor stress remedies are:

[BUSINESS PRESSURE](#), page 97

[ENVIRONMENTAL SENSITIVITY](#), page 121

[FATIGUE](#), page 129

[FEARFULNESS](#), page 133

[HURRYING](#), page 157

[INNER STRENGTH](#), page 165  
[LIFTED SPIRITS](#), page 177  
[MOODINESS](#), page 185  
[REGULARIZE ERRATIC LIFESTYLE](#), page 225  
[SLEEPLESSNESS](#), page 237  
[STIMULATING YOUR HEALING RESPONSE](#), page 253  
[STRESS](#), page 261  
[TENSION HEADACHE](#), page 269  
[TENSION RELEASE](#), page 273  
[TOO KEYED UP](#), page 289  
[TRAUMATIC EVENTS](#), page 297  
[WORRYING](#), page 303

## **LEARNING TO RECOGNIZE STRESS**

Because stress can become "a way of life", it often appears invisible. Many people who use Paper Doctor remedies regularly often fail to recognize a situation in which one or more of the stress remedies could be helpful.

It is easier to recognize the need for first aid, or for an illness remedy, than it is to realize at any given moment that one is experiencing a form of stress.

If you suspect that you might be suffering from invisible stresses in your life, and you want to combat them, take a moment to read over the scenarios and remedies listed in [Daily Coping](#), page 308. If one or more of these scenarios seems to fit, try some of the remedies. After all, one of the unique aspects of The Paper Doctor is its ability to provide remedies for psychological complaints. You might as well take advantage of them!

For [The Traveler's Strategy](#), see next page(317). ([index](#))

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## The Traveler's Strategy

**PREVENTIVE STRATEGIES** The following suggestions demonstrate typical situations in which the traveler might benefit from Paper Doctor remedies. The idea is to avoid the physical maladies of traveling by relieving the stresses that predispose you to them in the first place.

When you first arrive at your destination, if you feel tired:

use [FATIGUE](#), page 129, [ENERGY BOOST](#), page 117, or [INNER STRENGTH](#), page 165, two glasses in succession.

If you have traveled by air over three or more time zones:

use [JET LAG](#), page 173, instead of [FATIGUE](#), two glasses in succession, for a few days, depending on the length of your flight and how disoriented you feel.

To make yourself at home in your new surroundings:

use [FEELING AT EASE](#), page 137, two glasses in succession.

Before you attend an important meeting:

if you feel upset, use either [LIFTED SPIRITS](#), page 177, or [MOODINESS](#), page 185, two glasses in succession.

If something upsets your plans:

use either [TRAUMATIC EVENTS](#), page 297, [WORRYING](#), page 303, [MOODINESS](#), page 185, or [LIFTED SPIRITS](#), page 177, two glasses in succession.

If you feel overwhelmed by the demands of others:

use [BUSINESS PRESSURE](#), page 97, or [STRESS](#), page 261, one to three glasses in succession.

When you are tired:

use either [FATIGUE](#), page 129, or [TIRED FEET](#), page 285, one to three glasses in succession.

When you are tired but must keep going:

use [ENERGY BOOST](#), page 117, or [MENTAL ALERTNESS](#), page 181, one to three glasses in succession.

When you are tired and can't sleep:

use [SLEEPLESSNESS](#), page 237, [WORRYING](#), page 303, or [TOO KEYED UP](#), page 289, one two three glasses in succession.

When you think you might be getting sick:

use [STIMULATING YOUR HEALING RESPONSE](#), page 253, two glasses in succession until you feel restored. And get some rest!

## PHYSICAL MALADIES

If you fall prey to any of the common maladies of traveling, such as diarrhea, food poisoning, an infection, headaches, a cold, the flu, and so on, be sure to use the appropriate Paper Doctor remedy to help get you back on your feet as fast as possible.

These include:

[ALLERGIES](#), page 81

[BACKACHE](#), page 85

[BRONCHIAL IRRITATION](#), page 93

[DIARRHEA](#), page 109

[EARACHE](#), page 113

[FLU](#), page 145

[FOOD POISONING](#), page 149

[INDIGESTION](#), page 161

[MOTION SICKNESS](#), page 189

[NAUSEA AND VOMITING](#), page 193

[SINUS INFLAMMATION](#), page 233

[SORE THROAT](#), page 245

[STOMACH FLU](#), page 257

[SUDDEN HIGH FEVER](#), page 265

[THE COLD PREVENTATIVE](#), page 277

For [What To Do When You Don't Know What To Do](#), see next page(319). ([index](#)).

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## **What To Do When You Don't Know What To Do**

There are only 58 magnetic patterns in this book while people can have hundreds of different common complaints. The current 58 patterns were the ones that experience demonstrated were the most frequently needed. In the near future additional patterns will be available in the form of Remedy Cards. If you are interested in supplementing the magnetic patterns in this book, see [Additional Paper Doctor Products](#), page 365.

### **If your chose remedy didn't work:**

- try one of the remedies listed under the Alternative Remedies to Consider section on your chose remedy's instruction page.
- think of magnetic patterns as musical notes. Your chosen remedy and the alternatives listed with it are like a succession of related notes. Perhaps you just need to use a slightly "higher" or "lower" note (ie. one of the alternatives).
- or, if something seems to be blocking your remedy, use [RESISTANCE](#), page 229.

### **If you can't find the remedy you need in the Paper Doctor:**

There are five fundamental magnetic patterns in The Paper Doctor which are capable of ameliorating a wide variety of complaints. These patterns are:

[ACHE](#), page 73

[FIRST AID](#), page 141

[LIFTED SPIRITS](#), page 177

[RESISTANCE](#), page 229

[STRESS](#), page 261

Try the single most appropriate remedy from among this list.

### **If you can't decide between two or more remedies:**

use [STRESS](#), page 261, or

[RESISTANCE](#), page 229

After one of these remedies your complaint should change in some way so that the most appropriate remedy for your complaint will become more obvious.

For [Reference Section](#), see next page(320). ([index](#))

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## Pain

### USE THIS REMEDY IF:

you get a pain anywhere in your body. This remedy is the Paper Doctor's answer to aspirin.

The remedy is included in order to provide temporary relief from pain due to accident or injury, or from any other cause.

**NEVER use this or any Paper Doctor remedy to keep a recurring pain bearable without seeking medical help to determine its cause.**

There's nothing worse than the feeling of panic that arises when an unexpected pain appears. You know something is wrong, but what is it? What should you do? You imagine that you may have a serious problem.

Unexpected pain can be even more frightening when you are traveling. Strange land, strange doctor - situation in which you will be completely deprived of your normal health care support system.

**If your pain is a headache:** Before you use this remedy, try the most appropriate headache remedy among those available in this book. See [Remedy Table Of Contents](#), page 1.

**If your pain is a toothache:** Try the [TOOTHACHE](#), page 293, before you use PAIN. Be sure to call your dentist right away. If you are traveling, use TOOTACHE or PAIN to keep the pain down while you search for a dentist.

**If your pain is due to serious accident or injury,** call for medical help first, then use [FIRST AID](#), page 141. Less severe injuries call for wound cleaning and bandaging, in addition to [FIRST AID](#), page 141.

**If your pain is abdominal,** it could occur from many causes. Consider [NAUSEA AND VOMITING](#), page 193, or [FOOD POISONING](#), page 149, but use one of them only if its description fits your complaint. Otherwise, have your abdominal pain checked by a physician.

**If your pain appears suddenly or gradually as your only complaint,** seek medical help. Some part of your body is in distress. Use this remedy until your appointment time arrives.

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until your panic subsides. Often two or three glasses will be all you need.

You can repeat this procedure each time the pain reappears, so long as you have called for professional help, and expect it to arrive soon. Stop using this remedy as soon as your pain has eased, or when medical help arrives.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[First Aid](#), page 141

[Physical Injury](#), page 205

[Moodiness](#), page 185

The Face Part of [Toothache](#), page 293

(for headaches) one of the headache remedies (see [Remedy Table Of Contents](#), page 1)

[Backache](#), page 85

[Ache](#), page 73

[Tension Release](#), page 273

## MEDICAL ALERT:

This remedy does not cure the cause of your pain. Do not substitute it for qualified medical treatment. Use it only while waiting for help to arrive, or until you can get to your doctor's appointment.

**The Well Adult:** discusses pain by body parts, as follows:

abdominal, lower 366, 369

abdominal, upper 358

arm 284

back 319

chest (angina) 267

chest (bronchial) 304

chest (heart attack) 284

ear 221

eye infections 230

eye injuries 478

face 226

head 238

neck 310

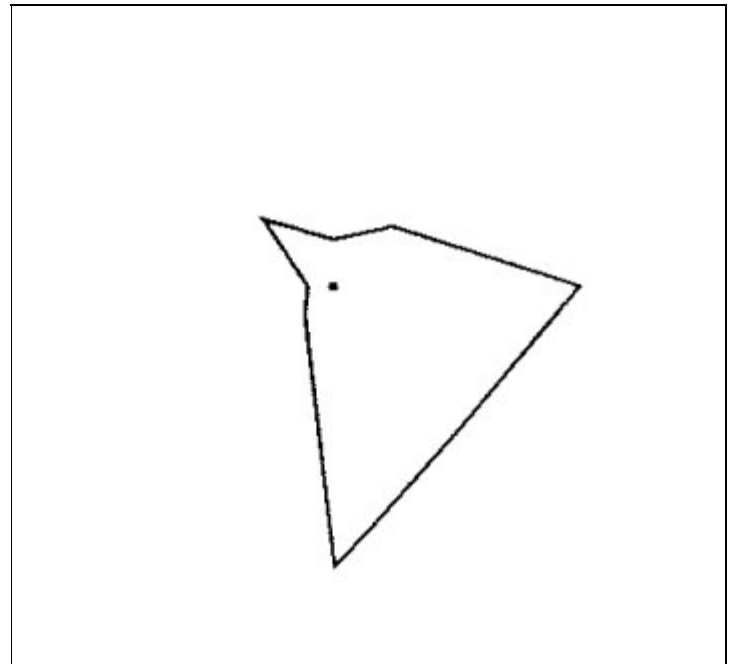
skin 203

throat 219

on urination 397

vaginal 398.

## Pain



([index](#))

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## Fearfulness

### USE THIS REMEDY IF:

you feel fearful and you know why. This is a good remedy to use when you can name the cause of your fear. If your fear is vague - that is, you don't know what you are afraid of - use [PANIC ATTACKS](#), page 201, instead of this remedy.

Examples of when to use this remedy:

fear of going to visit the doctor or dentist  
fear before a test or interview  
fear of flying (use before you fly)  
fear of the dog next door  
fear of the dark  
fear of robbers  
fear of a confrontation with others

This is an excellent remedy for calming the fears of children, so long as these fears have a specific cause. Examples of common use include being afraid to go to school, to walk a certain way home, of an animal, etc. If they wake up afraid in the night use [PANIC ATTACKS](#), page 201.

Often it is difficult to distinguish between fear and anxiety. As someone has said, anxiety is just fear spread thin. If you think you are anxious rather than fearful, that's okay. This remedy, and the other recommendations on this page may help anyway.

### SPECIAL INDICATORS: (You should have one or more of these)

Fear of something known  
Fear for a specific reason  
Timidity, shyness  
Anxiety before a presentation

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession. Wait 20 minutes or so. If you still feel afraid, make and drink the remedy twice more. If your fear is decreasing, wait. If it is not, try [PANIC ATTACKS](#), page 201.

Stop using the remedy as soon as you feel more relaxed and secure.

If you experience no improvements after 4 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

Note: if you have some real reason to feel afraid, your fear may not subside until the reason goes away.

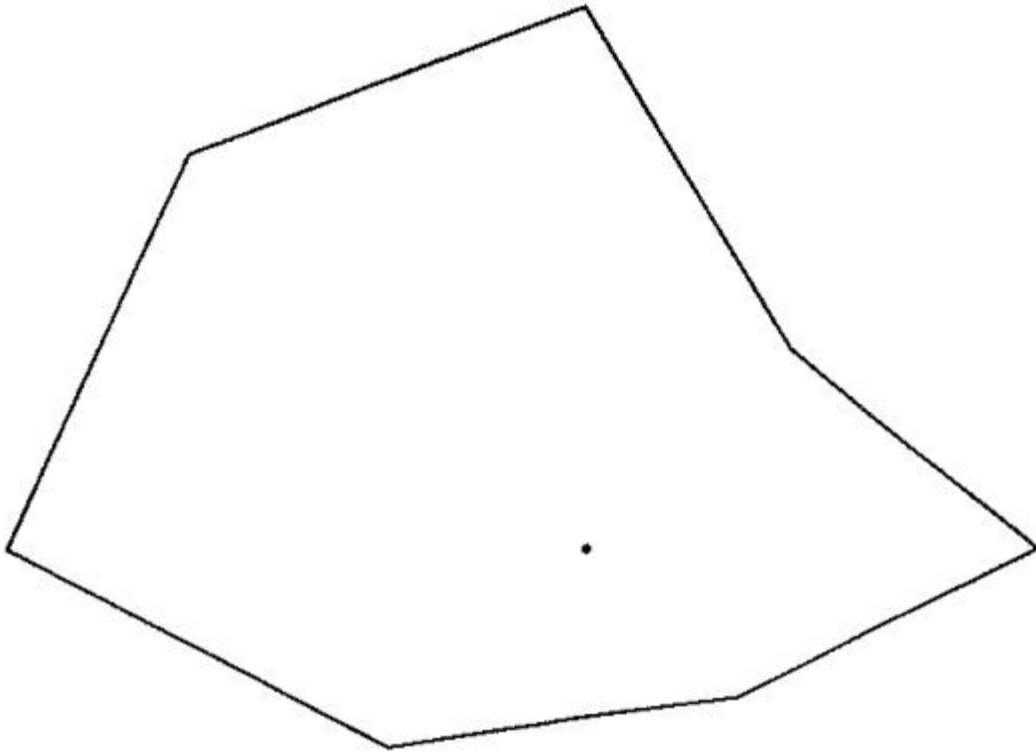
### ALTERNATIVE REMEDIES TO CONSIDER:

[Panic Attacks](#), page 201

[Moodiness](#), page 185

[First Aid](#), page 141

## Fearfulness



[\(index\)](#)

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## Poison Ivy

### USE THIS REMEDY IF:

you have an itchy skin rash and think that you have been exposed to poison ivy.

The body usually reacts to chemicals that irritate the skin by releasing chemicals of its own. This can happen when you make contact with cosmetics, perfumes, dyes in clothes and the oils of some plants, including poison ivy and poison oak. These "allergic reactions" can produce very itchy, stinging patches or raised, red skin.

It's easy to contact poison ivy while gardening, on a picnic, or out for a hike. Poison ivy grows in most of the U.S. If you are in California, use the remedy [POISON OAK](#), page 213, instead.

Poison ivy spreads when you scratch it, because your fingernails carry its oils to other parts of your body. Try to keep the existing patches dry and clean.

This remedy helps by relaxing your body's defense response against the irritant. It should considerably shorten the length of your suffering.

### SPECIAL INDICATORS: (You may have one or more of these)

Red, swollen, irregular eruptions of raised skin that ooze  
Intense itching skin, worse after scratching it  
Inner sense of restlessness and minor irritability  
Temporarily feel better by moving around  
Worse at night and in the bed

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until you begin to feel some relief. Then make and drink it twice in the morning and twice in at night until you feel that the "attack" is over.

Stop making the remedy as soon as new rash outbreaks cease and your itching subsides.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[First Aid](#), page 141  
[Poison Oak](#), page 213  
[Environmental Sensitivity](#), page 121

### MEDICAL ALERT:

Some people can have a severe reaction to poison ivy which is a form of anaphylactic shock. This could be a life-threatening situation. Symptoms of anaphylactic shock include:

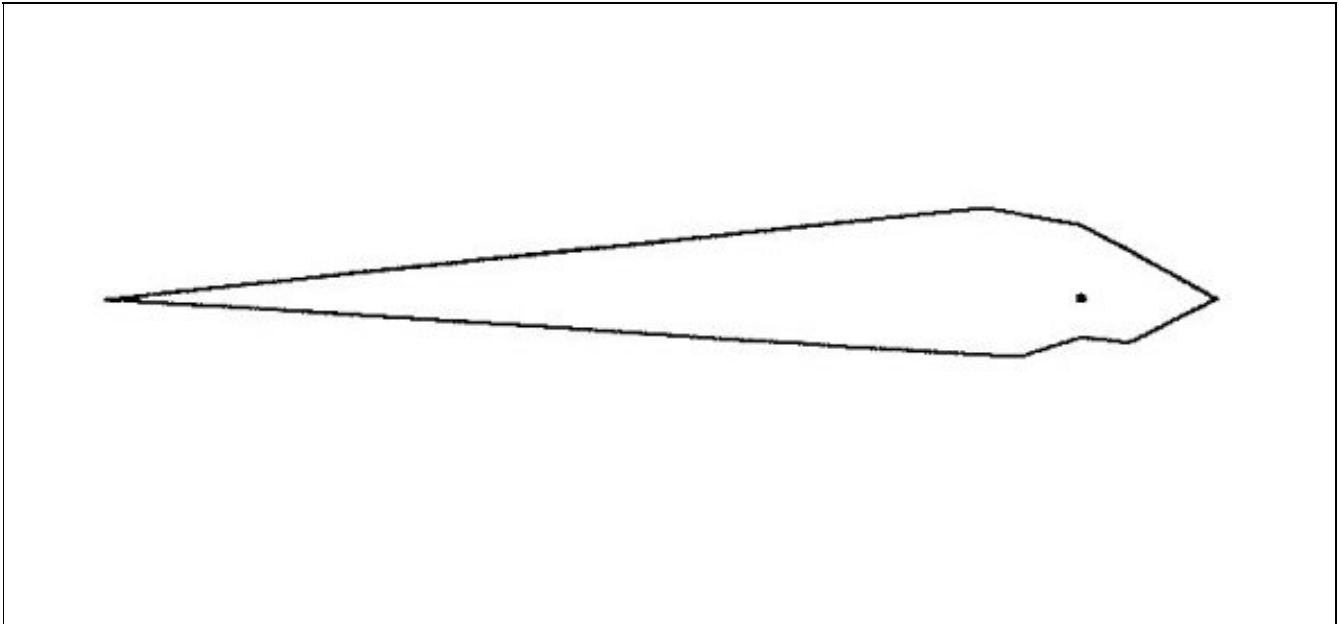
excessive swelling of the skin  
difficulty breathing

swelling or tightness in the throat  
dizziness  
acute nausea and vomiting

If you have any of these symptoms or a history of intense reactions to poison ivy, seek immediately medical help. After calling for help, use [FIRST AID](#), page 141.

**The Well Adult:** for a discussion of the standard medical treatment for poison ivy, see page 172.

### Poison Ivy



[\(index\)](#)

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## Poison Oak

### USE THIS REMEDY IF:

you have an itchy skin rash and you live in California.

The body usually reacts to chemicals that irritate the skin by releasing chemicals of its own. This can happen when you make contact with cosmetics, perfumes, dyes in clothes and the oils of some plants, including poison ivy and poison oak. These "allergic reactions" can produce very itchy, stinging patches or raised, red skin.

It's easy to contact poison oak while gardening, on a picnic, or out for a hike. Poison oak grows in California. If you live elsewhere, unless you know that you have poisoning oak, use the remedy [POISON IVY](#), page 209, instead.

Poison oak spreads when you scratch it, because your fingernails carry its oils to other parts of your body. Try to keep the existing patches dry and clean.

This remedy helps by relaxing your body's defense response against the irritant. It should considerably shorten the length of your suffering.

### SPECIAL INDICATORS: (You may have one or more of these)

Red, swollen, irregular eruptions of raised skin that ooze  
Intense itching skin, worse after scratching it  
Inner sense of restlessness and minor irritability  
Temporarily feel better by moving around  
Worse at night and in the bed

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until you begin to feel some relief. Then make and drink it at least twice in the morning and twice at night until you feel that the "attack" is over.

Stop making the remedy as soon as new rash outbreaks cease and your itching subsides.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[First Aid](#), page 141  
[Bee Sting](#), page 89  
[Poison Ivy](#), page 209  
[Environmental Sensitivity](#), page 121

### MEDICAL ALERT:

Some people can have a severe reaction to poison oak which is a form of anaphylactic shock. This could be a life-threatening situation. Symptoms of anaphylactic shock include:

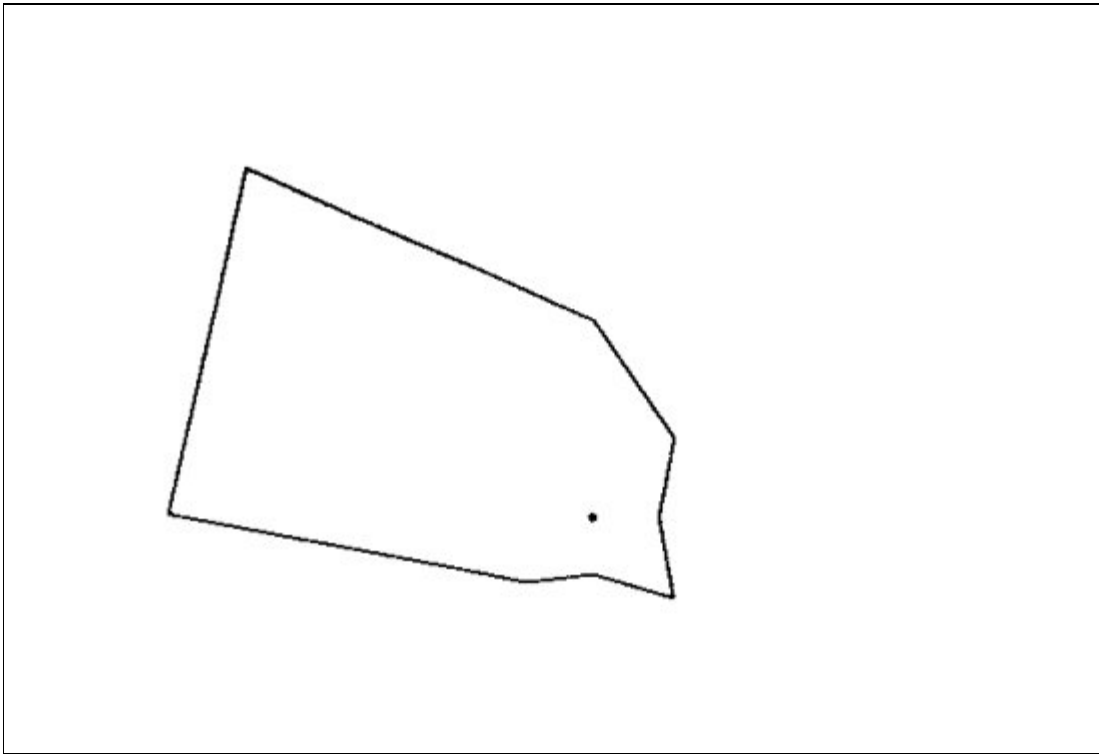
excessive swelling of the skin

Difficulty breathing  
swelling or tightness in the throat  
dizziness  
acute nausea and vomiting

If you have any of these symptoms or a history of intense reactions to poison oak, seek immediately medical help. After calling for help, use [FIRST AID](#), page 141.

**The Well Adult:** for a discussion of the standard medical treatment for poison oak, see page 172.

### Poison Oak



[\(index\)](#)

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## Insect Bites

### USE THIS REMEDY IF:

you have just been bitten by a mosquito, tick, mite, spider or other flying or crawling insect.

If you think that you might have a snake bite, or a poisonous spider or scorpion bite, get immediate medical help. Use [FIRST AID](#), page 141, while waiting for help to arrive, but do not delay seeking help.

If the bite feels cold inside, use [BEE STINGS](#), page 89, instead of this remedy.

### SPECIAL INDICATORS: (You may have one or more of these.)

Swelling or puffing up around the wound  
Wound is rosy red in color  
Moderate to severe stinging pains  
Wound is intolerant of heat and can't stand to be touched

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice immediately and then once every 15 minutes until the swelling and pain subside.

Stop using it as soon as you feel better.

If you experience no improvement, or only slight improvement, after 3 glasses, and the cause of the bite is unknown, assume the bite could be poisonous and immediately seek medical help.

While waiting for help to arrive, you can use the most appropriate among the alternative remedies, below:

### ALTERNATIVE REMEDIES TO CONSIDER:

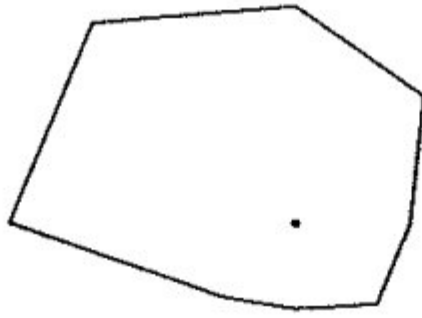
[Bee Stings](#), page 89  
[First Aid](#), page 141  
(if the Special Indicators match) [Food Poisoning](#), page 149  
[Pain](#), page 197  
[Traumatic Events](#), page 297  
[Stimulating Your Healing Response](#), page 253

### MEDICAL ALERT:

Was the insect that bit you poisonous? If so, or if you're not sure, get medical help immediately! If the insect is unfamiliar to you, get local confirmation of its effect. If you decide to seek help, make and drink [FIRST AID](#), page 141, while you wait for help to arrive.

**The Well Adult:** see page 193 for a discussion of common insect bites.

## Insect Bites



[\(index\)](#)

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## Bee Stings

### USE THIS REMEDY IF:

you get stung by a bee, wasp, hornet or yellow jacket. If you feel shocked by the unexpected sting, use one of the remedies for trauma listed in [ALTERNATIVE REMEDIES](#) below first (take one or two glasses) then follow with this remedy.

Examine the wound and, if you can find the stinger, pull it out. This can speed your recovery.

If the wound is red and puffy, causes stinging pains and is intolerant of touch and heat (put a hot rag on it for a moment), use [INSECT BITES](#), page 169, instead of this remedy.

### SPECIAL INDICATORS: (You may have one or more of these.)

Injury from any puncture wound, or from a sharp-pointed instrument Wounded parts feel cold  
Wound is better from ice pack or cold applications  
Heat on the wound is intolerable

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice immediately and then once every 15 minutes until the swelling and pain subside. Often four to six glasses will be all you need.

Stop using the remedy as soon as you feel better.

If you experience no improvement after 4 glasses of this remedy, switch to the most appropriate among the alternatives listed below, or use the [RESISTANCE](#) remedy, page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[First Aid](#), page 141

[Traumatic Events](#), page 297

[Pain](#), page 197

(if the Special Indicators match) [Food Poisoning](#), page 149

[Stimulating Your Healing Response](#), page 253

### MEDICAL ALERT:

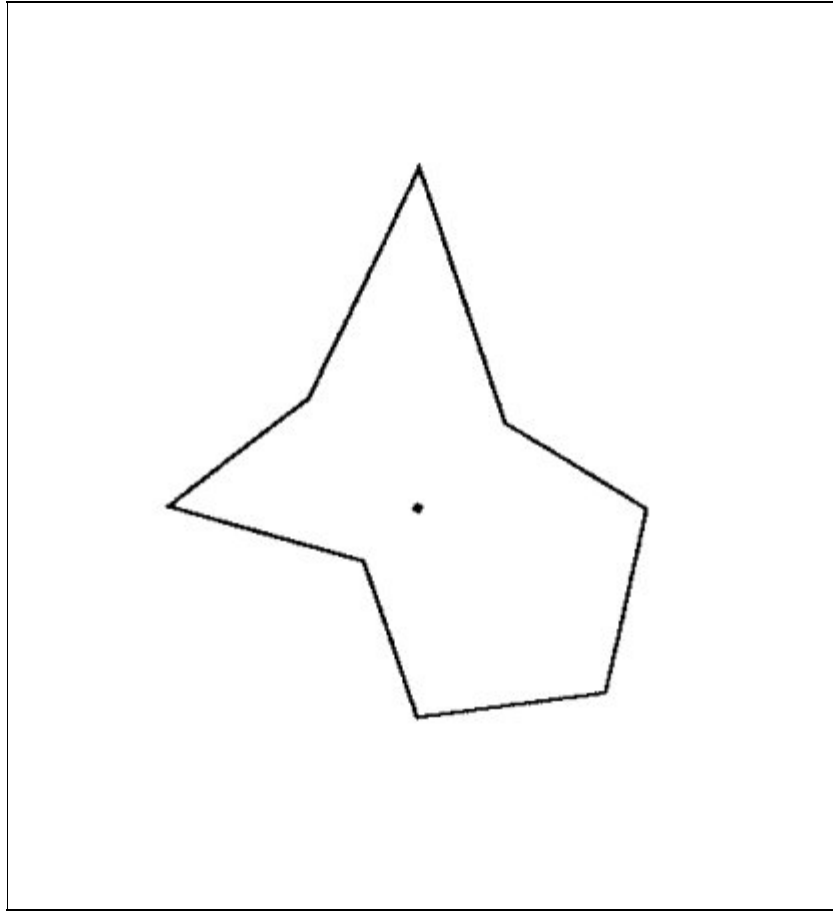
Some people get an allergic reaction to bee stings which is severe enough to lead to anaphylactic shock, a life-threatening situation. So, for the first half-hour after receiving a sting, while taking this remedy, watch for signs of an allergic reaction. These include:

- difficulty breathing
- swelling or tightness in the throat
- dizziness
- acute nausea and vomiting
- feeling like you are on fire inside

If you think you might have any of these symptoms, or if you have a history of allergic reactions to stings, immediately call for medical help. Use [FIRST AID](#), page 141, while waiting for help to arrive, and rest.

The ~~Well Adult~~ see page 475 for a discussion of anaphylactic shock.

### Bee Stings



[\(index\)](#)

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## Sinus Inflammation

### USE THIS REMEDY IF:

you are bothered by sinus problems. The common symptoms include swelling and tenderness of the nose and above and below the eyes, runny nose and possibly headache, sore throat or low fever. Sometimes sinus problems are difficult to distinguish from [ALLERGIES](#), page 81.

People usually get sinus problems from (often seasonal) airborne irritants, including pollen and dust.

Travelers frequently get sinus problems from stale air in planes, sleeping under air conditioning for the first time, or from experiencing a rapid change in climate (that dream vacation in the tropics).

Children also get sinus problems. It seems like a stage in their growing up. This remedy can help prevent the problem from developing into an infection.

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until your sinus condition improves. For mild cases two or three glasses will be all you need.

Stop using the remedy as soon as you feel fully recovered.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Allergies](#), page 81

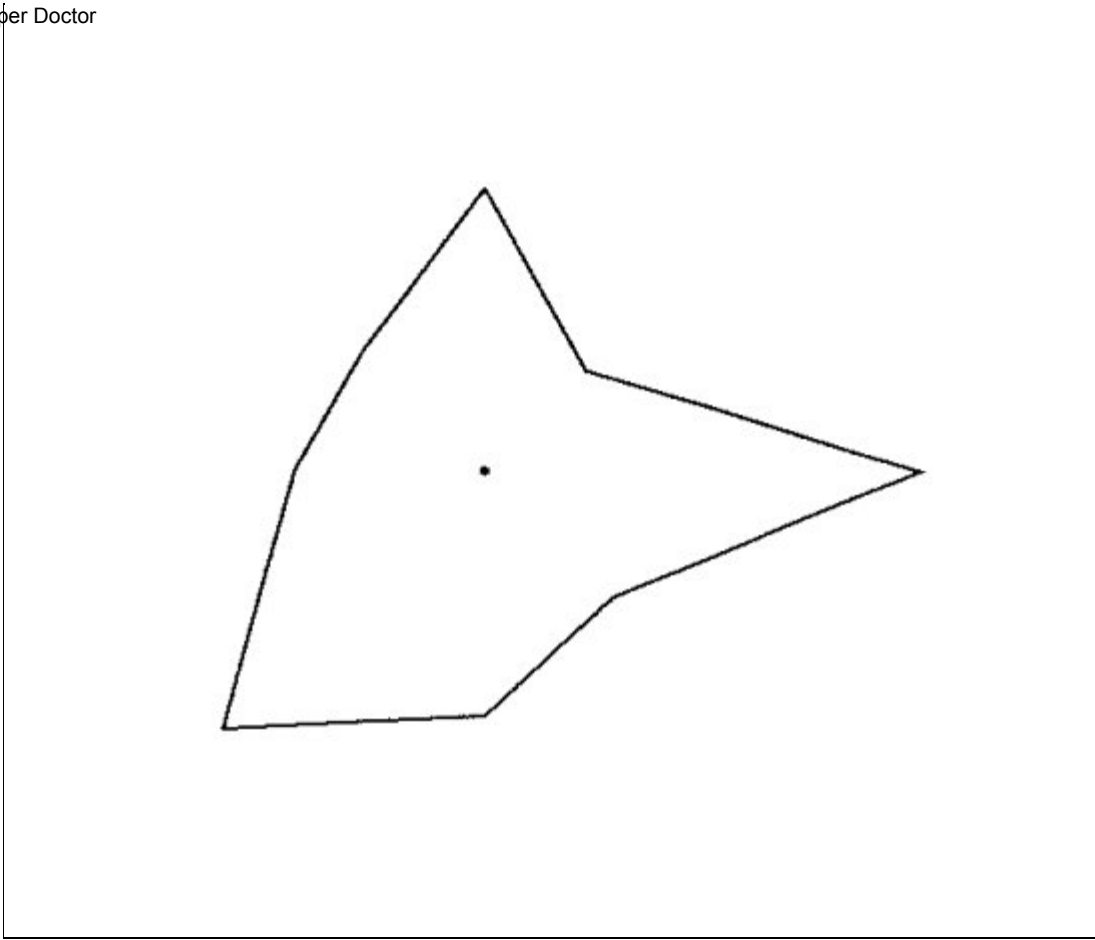
[Environmental Sensitivity](#), page 121

[Bronchial Irritation](#), page 93

[First Aid](#), page 141

**The Well Adult:** page 226 discusses sinus infections.

## Sinus Inflammation



[\(index\)](#)

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## Moodiness

### USE THIS REMEDY IF:

This remedy restores calm when you feel upset. It can be effective after irritating traffic jams, arguments, insults and other upsetting problems of living. It can alter your disposition to a more tranquil state.

This remedy brings calm to excited or over-activity children.

Since it soothes the nerves, it can be used as an effective toothache remedy, should the remedy [TOOTHACHE](#), page 293, fail to work for you.

### SPECIAL INDICATORS: (You should have one or more of these.)

Impatient, nervous, easily upset

Irritability made worse by outbursts of anger

Over-sensitive, irritable, whining restlessness (usually found only in children)

Hyperactivity

Tension in the stomach after emotional upset

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes to one hour, depending on the severity of your upset, until your calm is restored. Often two or three glasses will be all you need.

Stop using it as soon as you feel calm.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Too Keyed Up](#), page 289

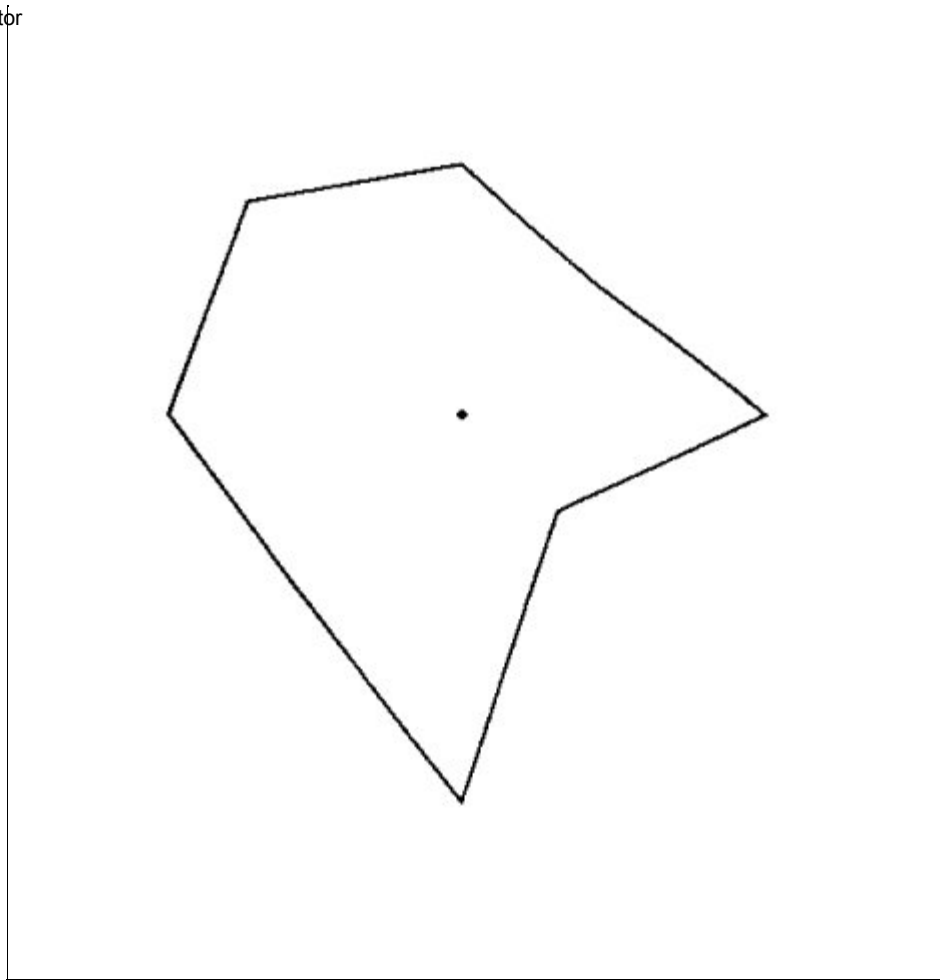
[Hurrying](#), page 157

[Stress](#), page 261

[Traumatic Events](#), page 297

(anguished emotions) [Ache](#), page 73

## Moodiness



[\(index\)](#)

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## Lifted Spirits

### USE THIS REMEDY IF:

you feel discouraged, depressed, overwhelmed or grief stricken.

This remedy provides an uplifting, buoyant when melancholic or depressed. It can help when you feel weighed down with personal problems of many kinds.

This remedy is a heart balm. It helps release emotional pain, and is calming and soothing in the face of tragedy. It can help you accept whatever life brings.

### SPECIAL INDICATORS: (You should have one or more of these.)

Persistent feeling of discouragement  
Depression without obvious cause  
Grief to bad news  
Sense of lack of self worth or real direction in life

### HOW TO USE THIS REMEDY:

Make and drink this remedy two or three times in succession. Wait 20 minutes or so for it to take effect.

In case of severe melancholy, grief or discouragement, repeat as necessary.

Stop as soon as you feel better.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Ache](#) (as in heartache), page 73

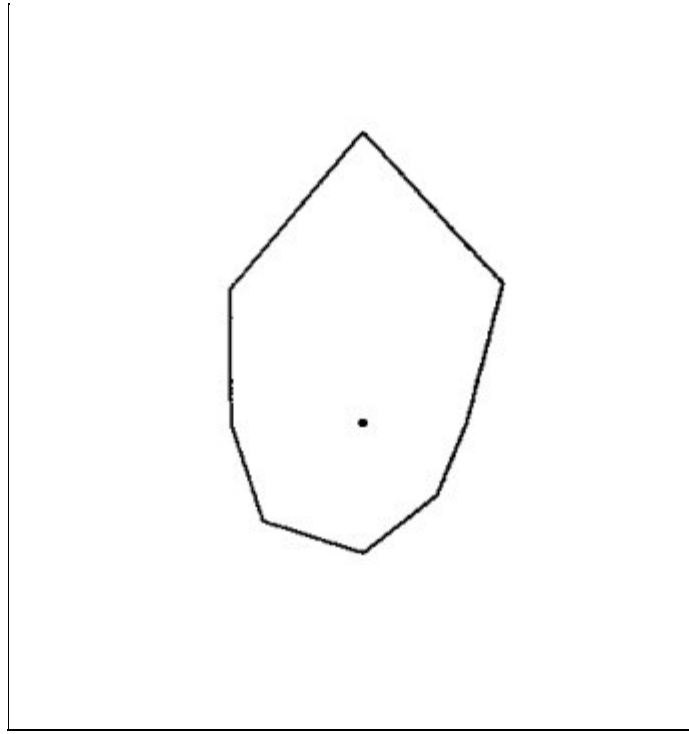
[Moodiness](#), page 185

[Stress](#), page 261

[Business Pressure](#), page 97

[Energy Boost](#), page 117

### Lifted Spirit



[\(index\)](#)

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## Flu

### USE THIS REMEDY IF:

you have some or all of the following complaints: coughing, sneezing, runny nose, exhaustion, loss of appetite, aching body, fever, chills and perspiration. These complaints usually herald the onset of a flu. The main difference between a flu and cold is this: a flu acts systemically, producing fever and aching. A cold is more localized.

If you have persistent nausea, indigestion, diarrhea or vomiting as predominant complaints, use one of the following remedies instead of this one: [STOMACH FLU](#), page 257, [NAUSEA AND VOMITING](#), page 193, or [FOOD POISONING](#), page 149.

### SPECIAL INDICATORS: (You should have one or more of these)

Aching in the muscles  
Aching in the joints  
Fever and chills  
Fatigue

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until your flu begins to subside. You can also make and drink [STIMULATING YOUR HEALING RESPONSE](#), page 253, every time you use this remedy.

Stop using the remedy as soon as you feel restored.

If you experience no improvements after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Stomach Flu](#), page 257  
[Sudden High Fever](#), page 265  
[Ache](#), page 73  
[Resistance](#), page 229  
[The Cold Preventative](#), page 277

Often a flu comes on after an intense period of work. Consider completing your recuperation with the most appropriate among these remedies:

[Fatigue](#), page 129  
[Stress](#), page 261  
[Tension Release](#), page 273

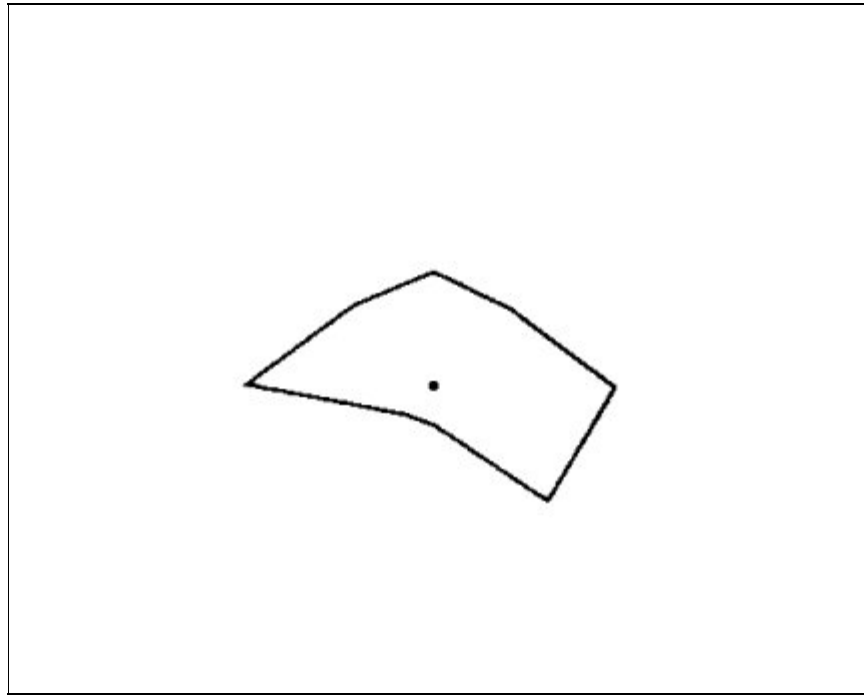
### MEDICAL ALERT:

Remember that it's easy to get a relapse of the flu, often with more serious consequences the second time. Be sure to get plenty of rest after, as well as during, a flu. Let your energy guide you. Do not overspend it.

Flu can lead to sinus infections, ear infections, bronchitis and pneumonia. If your flu symptoms don't get better in a few days, or if new symptoms develop, get medical help.

The **WebAdut** for a thorough discussion of influenza see page 215.

## Flu



[\(index\)](#)

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## About The Author

Don Gerrard was born in Houston, Texas in 1939. While in college at Austin he first entered the book business, working part-time at the University Co-op bookstore.

In 1964 he moved to San Francisco, where he worked in a bookstore on Union Square. In 1965 he became manager of the trade paperback department at a local book and magazine wholesaler.

In 1968 he founded and became general partner of Book People in Berkeley, California. In addition to a complete line of trade paperbacks, Book People distributed The Whole Earth Catalog series, How To Keep VW Alive, Shambhala Publications, and the works of a number of other innovative California publishers. In 1971 he sold his interest in Book People in order to devote his energies entirely to publishing.

In 1970 he founded and became general partner of The Bookworks©, a Berkeley publisher of back-to-the-land and alternative health handbooks. Among their successful titles were Grow Your Own, Living On The Earth, The Tooth Trip, The Massage Book, The Well Body Book, Getting Clear (Bodywork for women), Total Orgasm, Living Your Dying, Massage & Meditation, The Well Dog Book, The Well Cat Book, Roots Of Consciousness, The Zen Of Running and Seeing With The Mind's Eye. Altogether 38 titles were published between 1971 and 1976.

In 1974 he published his first written work, One Bowl, a small book about food awareness.

In 1976 he withdrew from active publishing to study the principles of alternative health care. By 1978 he began to develop a theory of natural healing, one which sought to go beyond health maintenance - to raise the level of a person's health. His concept relied on individualized techniques using non-toxic remedies to stimulate the natural healing abilities of the organism. At that time, the only remedies which could fulfill this demand were either homeopathic (difficult for lay people to learn and use) or flower essences (did not cover many common physical complaints). In 1979 he taught his concepts at Friends Of Health in Berkeley, but had no satisfactory remedies to recommend to the students.

Between 1980 and the present he conducted the research which lead to the development of the magnetic patterns presented in this book. He also developed the simplified instructions which make these remedies an easy-to-use form of vibrational medicine. In 1990 he tested, then published this book. He is now working toward a complete home health care system based on the Paper Doctor Remedy Cards.

[\(index\)](#).

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## Worrying

### USE THIS REMEDY IF:

You are so taken with an idea, or have worked so hard on a project, that when you go to bed you just lie there; your mind is racing and you are unable to sleep. Your body is tired but your mind can't quit. Perhaps you continue to get good ideas. Maybe you remember parts of the day's conversations. You think about what you said, or what you should have said. You make new plans for tomorrow, yet today isn't finished. Your mind won't let go of it.

Worrying is a form of pre-occupation that troubles many people, especially those who work too hard. If you have unwanted thoughts at night that prevent your sleep, try this remedy.

**If your wake up worrying:** get out of bed, put your robe on and make the remedy. Gently move around the house, make and sip this remedy. Immediately make and drink a second glass. Avoid the TV. Don't start to work. Your mind should relax after 2 or 3 glasses.

**If your mind is over-active before bedtime:** and you think you won't be able to sleep, before going to bed make and drink this remedy 2 or 3 times in succession. If your body feels keyed up, but not your mind, make and drink the remedy [TOO KEYED UP](#), page 289, instead. Use whichever remedy which seems most appropriate at the time.

**It's your day off, or you're on vacation, but you can't seem to relax?** Still thinking about your work or personal problems? Try this remedy.

### SPECIAL INDICATORS: (You may have one or more of these.)

Persistent, unwanted thoughts you can't get out of your mind  
Pre-occupied, unable to concentrate on the subject at hand

### HOW TO USE THIS REMEDY:

To get to sleep, make and drink this remedy 2 or 3 times in succession.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Too Keyed Up](#), page 289

[Sleeplessness](#), page 237

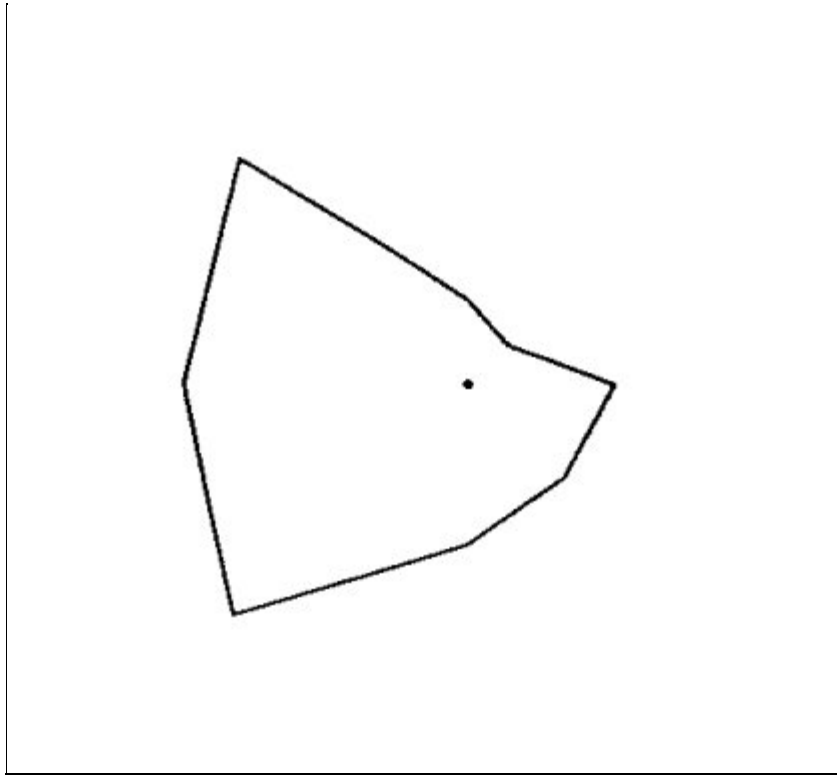
[Jet Lag](#), page 173

[Stress](#), page 261

[Traumatic Events](#), page 297

(anguished) [Ache](#), page 73

## Worrying



[\(index\)](#)

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## Earache

### USE THIS REMEDY IF:

you have a pain in your ear, with a feeling of fullness or blockage, and a decrease in your hearing.

Usually ear problems begin a few days after swimming, after flying in a plane, after driving in the mountains, or with the onset of a cold.

If you have a cold, use [THE COLD PREVENTATIVE](#), page 277, together with [STIMULATING YOUR HEALING RESPONSE](#), page 253, instead of this remedy. Earache can also herald the onset of [FLU](#), page 145.

If your cold is gone but it leaves you with an earache, this remedy should help.

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until your earache is relieved and your hearing returns. For mild cases three or four glasses will be all you need.

In more severe cases, you might need you to 10 glasses of this remedy. However, before you continue to use this remedy this long, be sure that your ear problem is making steady progress.

Stop using this remedy as soon as you feel recovered.

If you experience no improvements after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Ache](#), page 73  
(if irritable, use concurrently) [Moodiness](#), page 185  
(if fever) [Sudden High Fever](#), page 265  
(on your way to the doctor) [Pain](#), page 197  
[Allergies](#), page 81

Chronic muscle tension in the jaw can cause pain similar to an earache. If you suspect tension is your problem, try [WORRYING](#), page 303, [TENSION RELEASE](#), page 273, or [STRESS](#), page 261. Also read [Combating Stress](#), page 315.

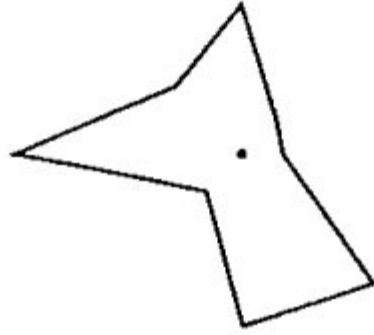
### MEDICAL ALERT:

If the pain persists more than a few days after you begin using these remedies, if the pain increases, or if you have hearing loss, ask a physician to examine your ear.

**The Well Adult:** page 221 discusses inner ear infections, while page 223 focuses on swimmer's ear.

## Earache





[\(index\)](#)

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## Tension Headache

### USE THIS REMEDY IF:

you have a tension headache.

Business pressure, stress and emotional upset can cause small, spontaneous muscular contractions in the body, most notably in the stomach, neck and shoulders, and the scalp. Tension headache is one result of these contractions. This remedy can bring relief from the pain. You might follow it with one of these stress-relief remedies listed under ALTERNATIVE REMEDIES below. And a neck and shoulder massage would be a good idea.

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until your headache disappears. Often two to five glasses will do it. Rest between glasses if you can.

Stop using the remedy as soon as you feel recovered.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

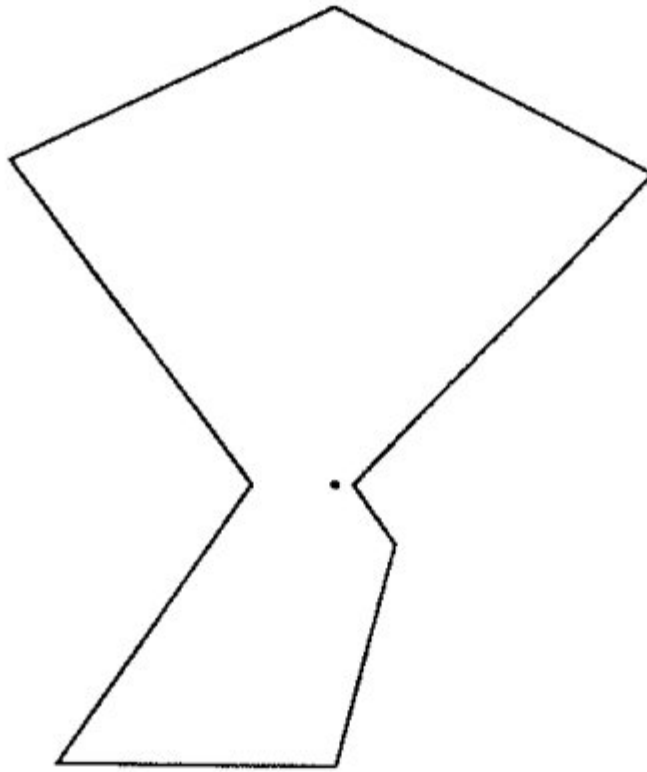
### ALTERNATIVE REMEDIES TO CONSIDER:

[Tension Release](#), page 273  
[Throbbing Headache](#), page 281  
[Business Pressure](#), page 97  
[Stress](#), page 261  
[Moodiness](#), page 185  
[Pain](#), page 197  
[Ache](#), page 73  
[Traumatic Events](#), page 297

Note: if you are give to frequent tension headaches, and often feel hurried or stressed in your life, try using the remedy [HURRYING](#), page 157, two or three times a day for a week. It may help you attain more lasting relief.

**The Well Adult:** See page 239.

## Tension Headache



[\(index\)](#)

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## Tired Feet

### USE THIS REMEDY IF:

you have sore, cramping, tired feet or legs due to unaccustomed walking, hiking, jogging or other strenuous exercise. This remedy relieves muscular tension, even long-standing muscular tension.

You can use this remedy before as well as after any athletic exertion, such as a competitive sport after which you have sore, cramping muscles. You can use it before and after any regular strenuous exercise, such as aerobics.

You can use it to bring increased physical relaxation at the end of a difficult week, or after your exercise workout.

It relieves sore, cramping muscles in the thighs, calves, and feet.

### SPECIAL INDICATORS: (You may have one or more of these.)

Feet feel sore, lame, as if bruised  
Feet sore from overexertion

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until you feel better. Usually two or three glasses will all you need.

Stop using the remedy as soon as you feel more relaxed.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Ache](#), page 73

[Fatigue](#), page 129

[Tension Release](#), page 273

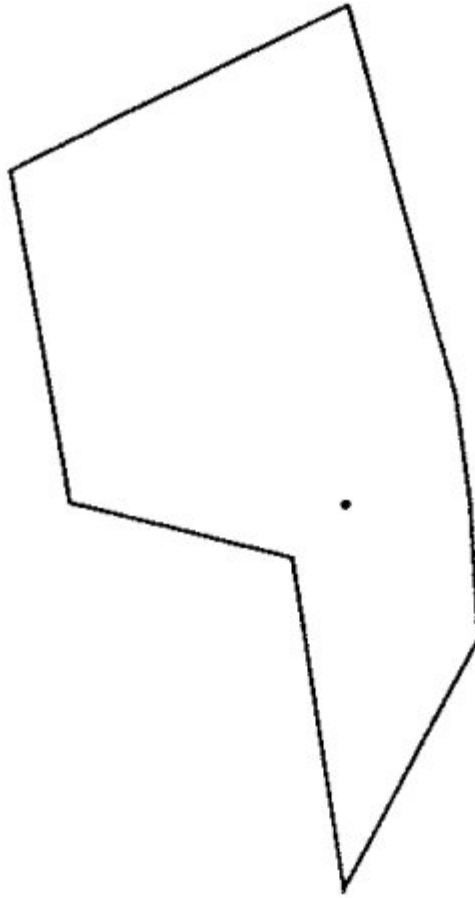
[Energy Boost](#), page 117

[Inner Strength](#), page 165

(if sore feet feel better when walking on them) [Sports Injuries](#), page 249

(if feet are red, swollen and stiff) [Inset Bites](#), page 169

## Tired Feet



[\(index\)](#)

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## Eye Irritation

### USE THIS REMEDY IF:

your eyes are sore, tired, blurry, and overworked. The remedy should help relieve:

- redness
- itching, smarting, or burning sensations
- excessive tearing
- blurry vision

In or around the eye due to eye strain, non-serious temporary obstructions in the eye, or non-specific eye inflammations.

If you have other, possibly related complaints, such as sore throat, cough or fatigue, consider using [THE COLD PREVENTATIVE](#), page 277, or [ALLERGIES](#), page 81, rather than this remedy.

This remedy may also help sooth the eyes after a foreign body has been removed.

### SPECIAL INDICATORS: (You should have one or more of these)

recent excessive use of your eyes for reading, typing or other detail work.recent work or play in a smoke-filled room.

currently you live or work in a smog-filled city.

you got something in your eye which you were able to extract safely by yourself or with the help of a friend.

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until your eyes feel better. Usually two to five glasses will be all you need.

Stop using the remedy as soon as you feel better.

If you experience no improvements after 5 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Smog](#), page 241

[Allergies](#), page 81

[Ache](#), page 73

[Stimulating Your Healing Response](#), page 253

[The Cold Preventive](#), page 277

### MEDICAL ALERT:

This EYE IRRITATION remedy is intended for non-serious, occasional use only, and should never be used as a remedy for eye injuries.

You you feel pain in an eye or receive an injury to your eyes, or even suspect that you have, seek immediate medical help. An eye injury is medical emergency. Do not use this or any other Paper Doctor

remedy as a substitute for professional medical assistance.

After you have called for help, and while waiting for help to arrive, you can use [FIRST AID](#), page 141.

If you get some liquid or gaseous substance in your eyes, such as nail polish, cleanser, paint, chemical fumes, etc, you have a serious medical emergency and must seek immediately professional help.

**The Well Adult:** page 228, discusses conjunctivitis, an inflammation of the membrane that lines the eyelids and white part of the eye.

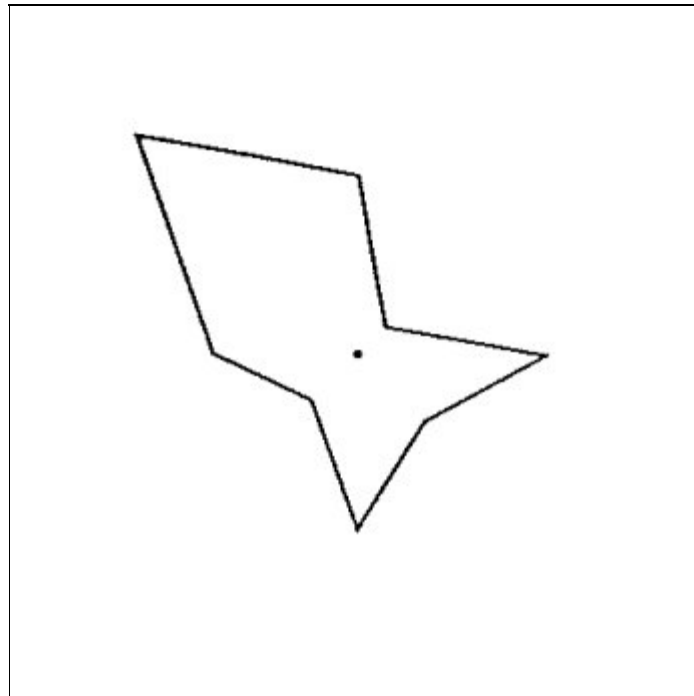
Page 230 discusses eyelid infections.

Page 232 discusses serious diseases, such as glaucoma.

Page 234 discusses how vision occurs, and the most common types of visual problems people have.

Page 478 discusses foreign objects in the eye and when to treat them at home versus seeking professional care. It also discusses serious eye injuries.

### Eye Irritation



[\(index\)](#)

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## Smog

### USE THIS REMEDY IF:

you suffer from the effects of pollution in the air where you work or live. The symptoms of smog (allergies to air pollution) include:

- smarting, watery eyes
- dry, sore or scratchy throat
- dry lips
- bronchial irritation
- heaviness in the chest
- jitteriness
- impatience
- irritability
- dissatisfaction

Some people are more affected by smog than others. If you commute to or live in a major American city, the chances are high that you or someone you know will need this remedy.

Some researchers believe that children raised in smoggy cities have a reduced tolerance for respiratory problems, develop prematurely-aged lungs, and will be more prone than average to chronic respiratory diseases. This remedy cannot prevent or counteract such serious effects.

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minute until your symptoms improve. Two to four glasses may be all you need.

Stop using this remedy as soon as you feel recovered.

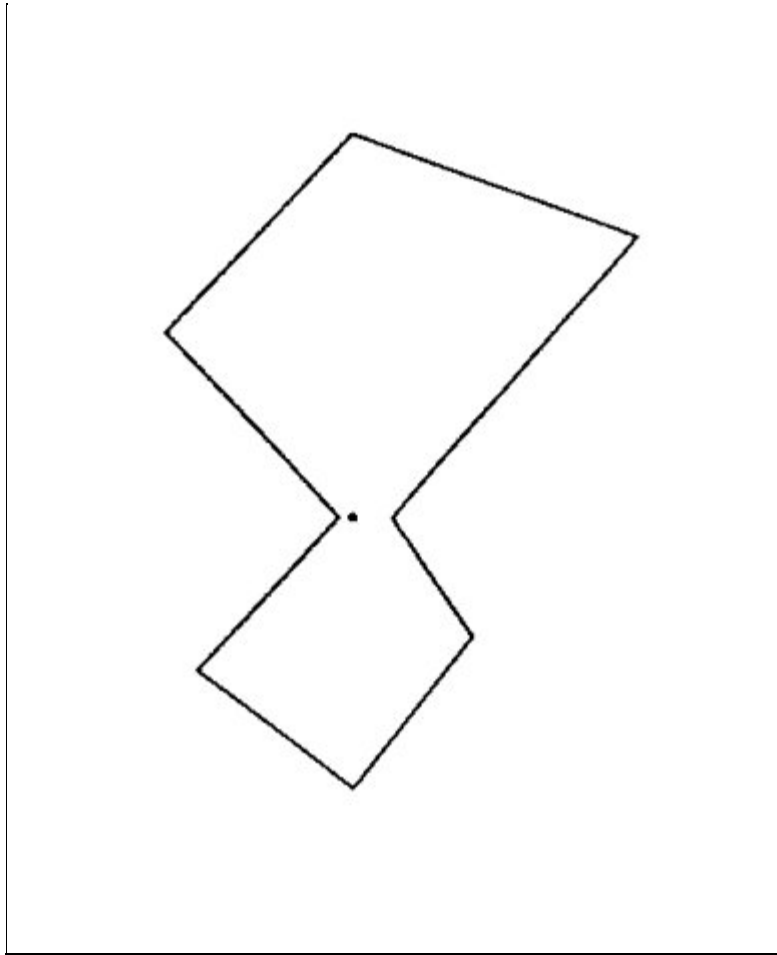
If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

- [Environmental Sensitivity](#), page 121
- [Allergies](#), page 81
- [Bronchial Irritation](#), page 93
- (if lungs are sore) [Ache](#), page 73
- [Stimulating Your Healing Response](#), page 253
- [First Aid](#), page 141

## Smog





[\(index\)](#)

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## Backache

### USE THIS REMEDY IF:

you have back pain or neck pain. This remedy can help relieve mild or acute back pain due to muscle strain or muscle spasms. Your pain may be worse upon bending over or changing position.

This remedy can relieve neck stiffness or neck pain due to muscle tension. Your pain may concentrate in the neck itself, or radiate to the shoulders. Headaches due to stiff or tense neck may be helped by this remedy. In some cases, the remedy may relieve back or neck pain resulting from osteo-arthritis or rheumatoid arthritis.

This remedy does not repair structural damage to the spine, such as a herniated or slipped disc. It may not relieve pain due to pinched nerves (for that try [PAIN](#), page 197, instead).

Along with your back pain you may experience irritability, self-consciousness due to impaired movement, depression and emotional upset. This remedy should help relieve these complaints as well.

If your use of this remedy is successful (your backache disappears) but later it returns, try [SPORTS INJURIES](#), page 249, instead of this remedy.

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes until your pain is relieved. For mild cases this remedy should begin to provide relief within three or four glasses. If it does not, consider the alternative remedies listed below.

Stop using this remedy as soon as your pain is gone.

If you experience no improvement after 4 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#) remedy, page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[First Aid](#), page 141

[Physical Injury](#), page 205

[Pain](#), page 197

[Ache](#), page 73

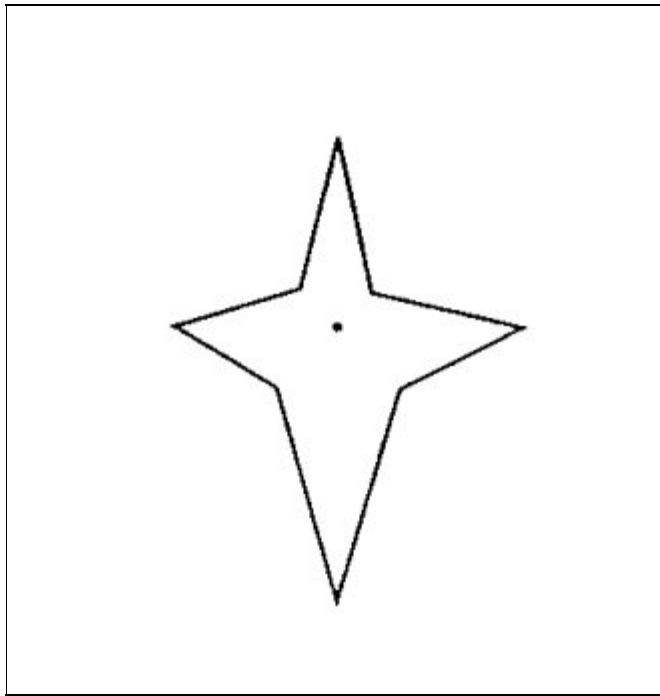
(if it's better by moving it) [Poison Ivy](#), page 209

[Stress](#), page 261

### MEDICAL ALERT:

If you have numbness or pain that radiates from your back down your legs, you may have a structural problem, nerve or ligament damage and should seek professional chiropractic or medical care immediately.

**The Well Adult:** page 230, has an excellent discussion of back and neck pain. It can help you distinguish a muscle strain(which you can treat at home) from a spinal problem (which may require professional care). In addition, the authors present a number of simple exercises for strengthening the back and abdominal muscles to prevent your back from "going out" again in the future.



[\(index\)](#)

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## Chronic Headache

### USE THIS REMEDY IF:

you have occasional, recurring headaches.

If your headaches occurs as a result of stress, try [TENSION HEADACHE](#), page 269, instead of this remedy.

If your headache is pounding or pulsating, try [THROBBING HEADACHE](#), page 281, instead.

If these remedies do not help, try [ADDICTIVE HABITS](#), page 77. ADDICTIVE HABITS helps alleviate repetitive physical complaints, such as a recurring headache.

### HOW TO USE THIS REMEDY:

Make and drink this remedy twice in succession, then once every 15 minutes until your headache disappears. You may need three to five glasses of the remedy.

Stop using the remedy as soon as you feel fully recovered.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternatives listed below, or use the [RESISTANCE](#) remedy, page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Pain](#), page 197

[Ache](#), page 73

[Addictive Habits](#), page 77

[Stress](#), page 261

[Tension Release](#), page 273

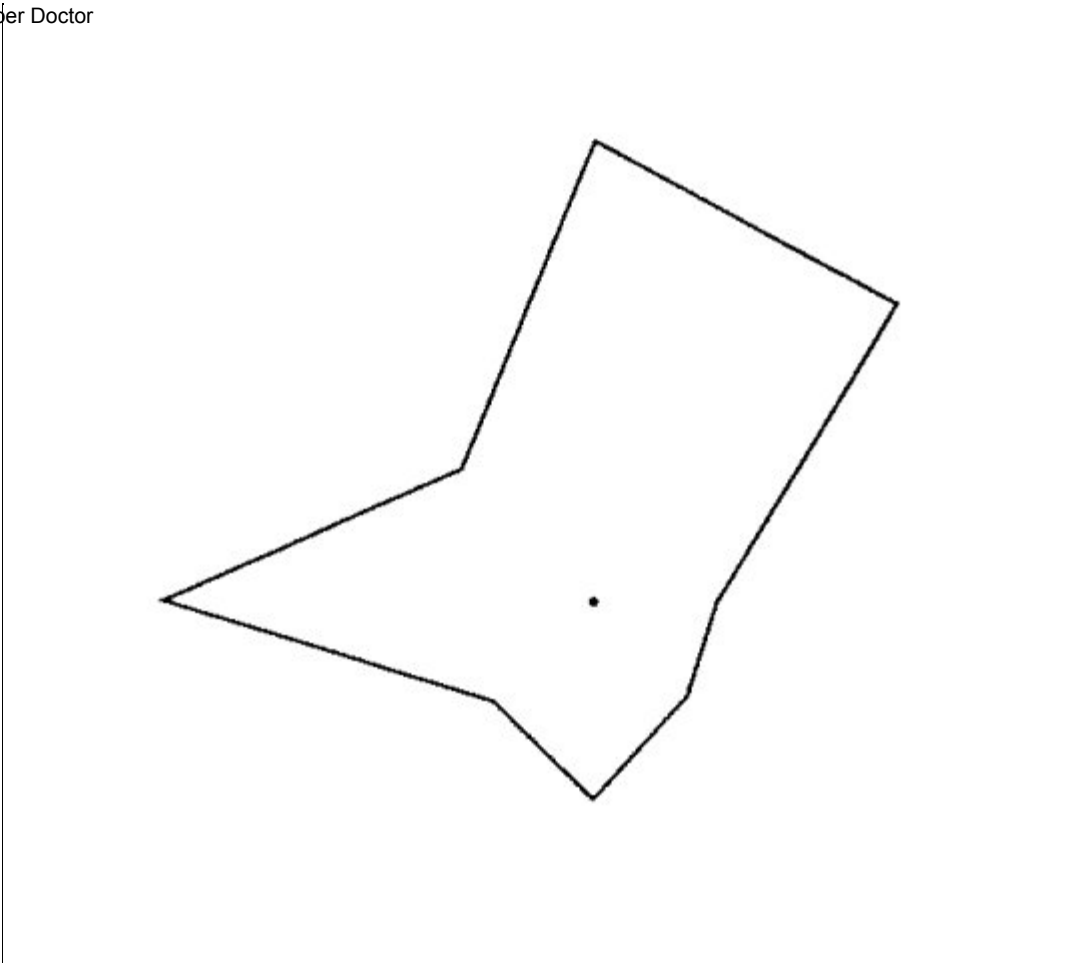
[Hurrying](#), page 157

### MEDICAL ALERT:

If the remedies listed on this page have no effect, see your doctor. Recurring headaches can have diverse causes, including eyestrain, allergies and even circulatory problems.

**The Well Adult:** read the general headache discussion, page 238.

## Chronic Headache



[\(index\)](#)

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## Energy Boost

### USE THIS REMEDY IF:

You feel tired and would like to stop and relax, but to fulfill business or personal obligations, you must keep going.

This remedy, used two or three times, should help you get a boost of energy for one or two hours.

You can use it before an important meeting or test, before a workout or athletic event, or before a party at the end of a tiring day. It may even help you gain energy or feel less awkward before sexual intercourse.

The remedy helps overcome an apathetic, dreamy state, promotes mental alertness, increases bodily awareness, and brings enthusiasm and physical energy for the events at hand. It can help you translate your ideas into action.

If you feel tired and want to relax, use [FATIGUE](#), page 129, instead of this remedy. FATIGUE sometimes makes people feel sleepy. In other words, if you want to keep going use ENERGY BOOST; if you want to relax, use FATIGUE.

If you feel tired and think you might be getting sick, use [STIMULATING YOUR HEALING RESPONSE](#), page 253, instead of this remedy.

### SPECIAL INDICATORS: (You should have one or more of these)

Tired but need to do more  
Weary but not sick or getting sick  
Want to make an extra effort to do something important

### HOW TO USE THIS REMEDY:

Make and drink this remedy two or three times in succession. This should be all you need to renew your energy for an hour or two.

If you experience no improvements after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

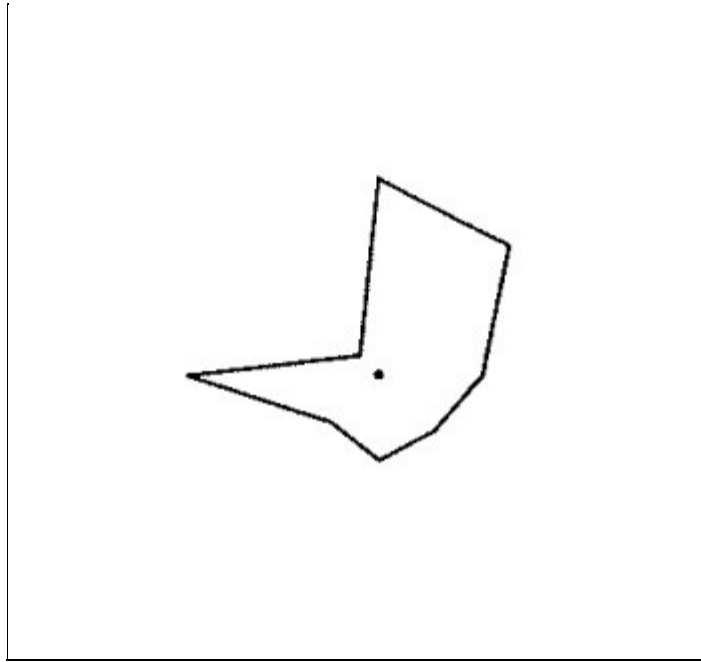
### ALTERNATIVE REMEDIES TO CONSIDER:

[Inner Strength](#), page 165

[Lifted Spirits](#), page 177

[Fatigue](#), page 129

## Energy Boost



[\(index\)](#)

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## Too Keyed Up

### USE THIS REMEDY IF:

you find yourself habitually walking fast, talking too fast, eating fast (perhaps with indigestion afterwards), or if you feel generally hurried, and are unable to slow down. You may also be unable to sleep because your body can't be still.

If your mind is racing after you get into bed, consider using the remedy [WORRYING](#), page 303, instead of this one. WORRYING helps when you are too keyed up in your mind, while TOO KEYED UP fits when you are too keyed up in your body.

This remedy, TOO KEYED UP, can help hyper-active children (or adults) settle down. Your mind can't let go of business or personal problems, use the remedy [WORRYING](#), page 303. If you seem over-excited in general, try this remedy instead.

### SPECIAL INDICATORS: (You may have one or more of these.)

Tense inside; unable to relax even when relaxed  
Mind races ahead; tries to solve future problems

### HOW TO USE THIS REMEDY:

Make and drink this remedy every 15 minutes, as needed. Often two or three glasses will do it.

Stop using the remedy as soon as you feel better.

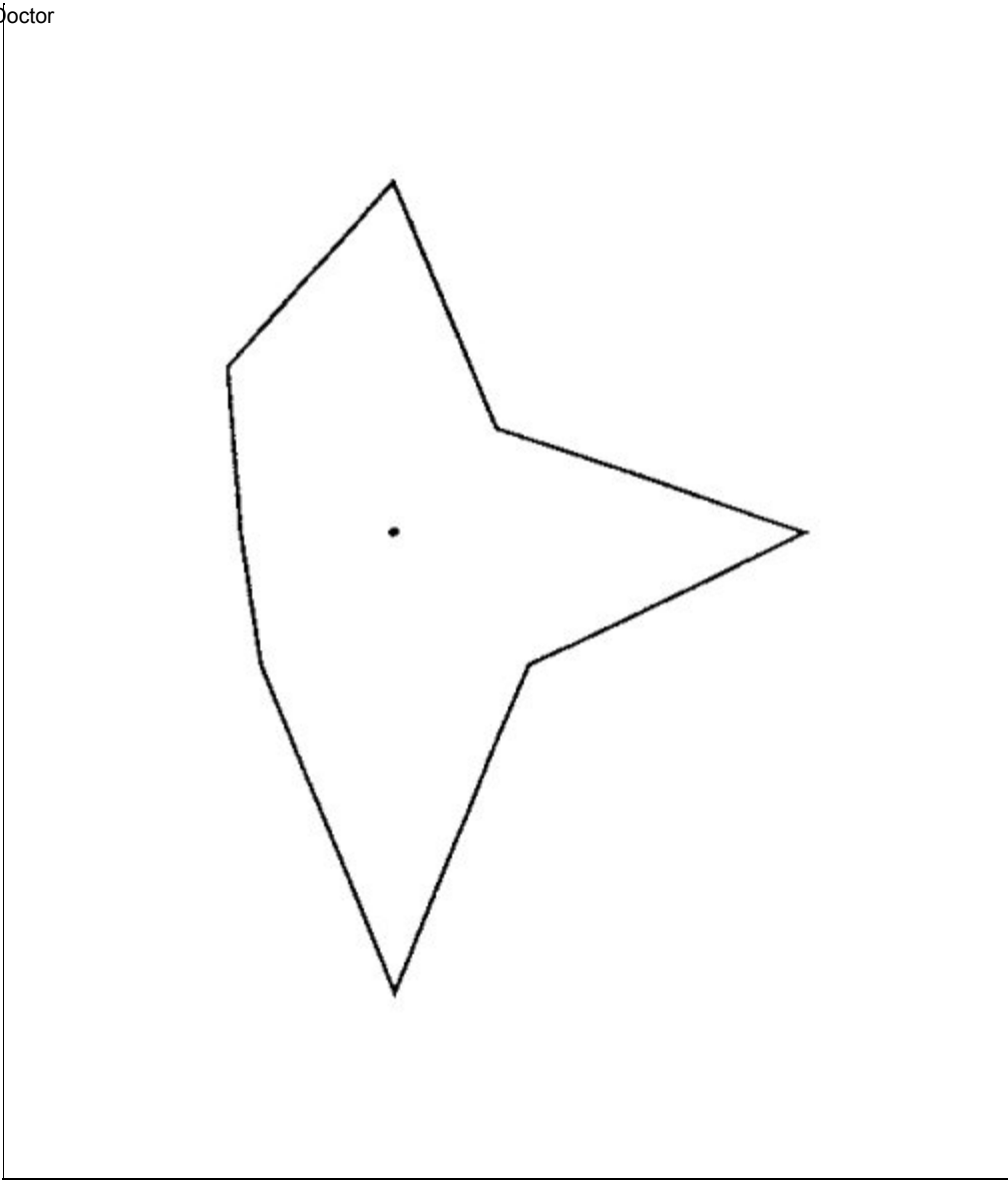
If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Worrying](#), page 303  
[Tension Release](#), page 273  
[Fatigue](#), page 129  
[Moodiness](#), page 185  
[Business Pressure](#), page 97  
[Traumatic Events](#), page 297

## Too Keyed Up





[\(index\)](#)

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## Environmental Sensitivity

### USE THIS REMEDY IF:

you suffer from environmental stress.

Environmental stress is any distress you experience as a result of an assault on your body or spirit. This includes excessive noise, unpleasant odors, poor or glaring lighting, skin irritants, infectious germs, and negative or hostile thoughts or feelings projected at you by other people.

This remedy helps you build a psychic shield against many of the daily negativities or "petty pollutions" of modern life. At the same time, it will let you relax defensive muscular tension in your body and open to the softer aspects within yourself, increasing your sense of nurturing and creativity.

This remedy can help you cope with people you may not like but have to deal with - without having to defend yourself against them, then feel upset.

This remedy can help your organism fend off cold and flu 'bugs' going around at school or at work.

### SPECIAL INDICATORS: (You should have one or more of these)

You suffer when encountering cigarette smoke in public places. Bathroom odors bother you.

Loch music upset you.

The lighting at work gives you eye fatigue or headaches.

You are regularly irritated from dealing with someone at work.

A cold or flu bug (or other infectious illness) is going around right now.

### HOW TO USE THIS REMEDY:

To relieve immediate environmental stress: Make and drink this remedy two or three times in succession. Wait 20 minutes or so for it to take effect. Repeat as necessary.

Stop using the remedy as soon as you feel better.

If you experience no improvements after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

As a prophylactic: Make and drink this remedy 2 or 3 times in succession once every six months. If you are also using POLLUTION PROTECTION remedy twice a year, alternate these two remedies every 90 days.

### ALTERNATIVE REMEDIES TO CONSIDER

[Stress](#), page 261

[Moodiness](#), page 185

[Allergies](#), page 81

[Eye Irritation](#), page 125

[Sinus Inflammation](#), page 233

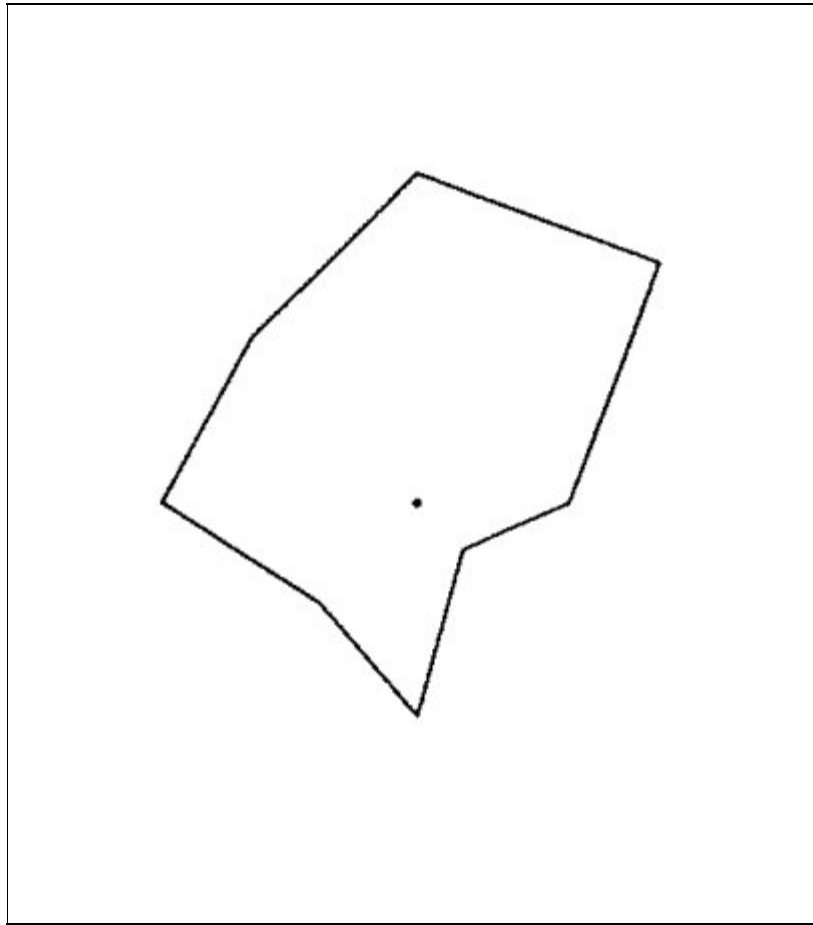
[Bronchial Irritation](#), page 93

[Smog](#), page 241

[Fearfulness](#), page 135

[Stimulating Your Healing Response](#), page 253

## Environmental Sensitivity



[\(index\)](#)

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## Feeling At Ease

### USE THIS REMEDY IF:

you have a feeling of discomfort in unfamiliar social situations, such as a party or convention which you must attend. This remedy can help make the unfamiliar more friendly. It can soothe you anxiety about the first day(s) at a new job or ease a child's first day or week at school.

This remedy can be valuable to help you feel at home while working or living in a strange city, building or environment.

It can also help you and your family settle into a new home when your job transfers you to a new city or area, and it can help the kids adjust to a new neighborhood.

The remedy makes it easier to meet people and make friends by helping you feel connected to the people and places around you.

### SPECIAL INDICATORS: (You should have one or more of these)

Fear or anxiety concerning family, friends, or social group  
Feeling cut off from any personal support; lonely in a crowd

### HOW TO USE THIS REMEDY:

Make and drink 2 glasses in succession morning or night for several days before that party, or the first day on the job, or first day of school. You can continue to use the remedy, twice a day, for up to a week, or until you feel more at home in your new situation.

Make and drink this remedy every 15 minutes (or, as often as possible) for a few days when you first arrive in a unfamiliar city.

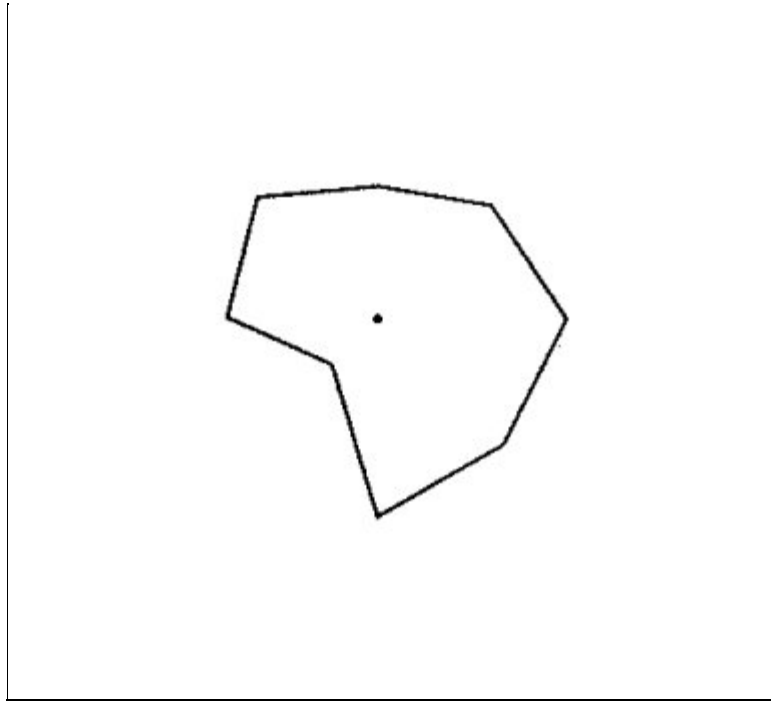
Stop using the remedy as soon as you feel notice your anxiety or un-ease has vanished. Often three of four glasses will do it.

If you experience no improvements after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Inner Strength](#), page 165  
[Hurrying](#), page 157  
[Business Pressure](#), page 97  
[Moodiness](#), page 185  
[Stress](#), page 261

## Feeling At Ease



[\(index\)](#)

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## **Back Muscle Spasm**

### **USE THIS REMEDY IF:**

you have low back pain which is not significantly relieved by using the [BACKACHE](#), page 85, remedy card.

If some of the muscles in your back are tense, and then you strain or pull them, a muscle can cramp or spasm, causing severe pain.

Back muscle spasm most often occur when one is tense, is hurrying, or improperly lifts a heavy object.

Other remedy cards you might also use to help release a cramped back muscle are [TENSION RELEASE](#), page 273, [TOO KEYED UP](#), page 289, [HURRYING](#), page 157, and [STRESS](#), page 261.

### **ALTERNATIVE REMEDIES TO CONSIDER:**

[Backache](#), page 85

[Ache](#), page 73

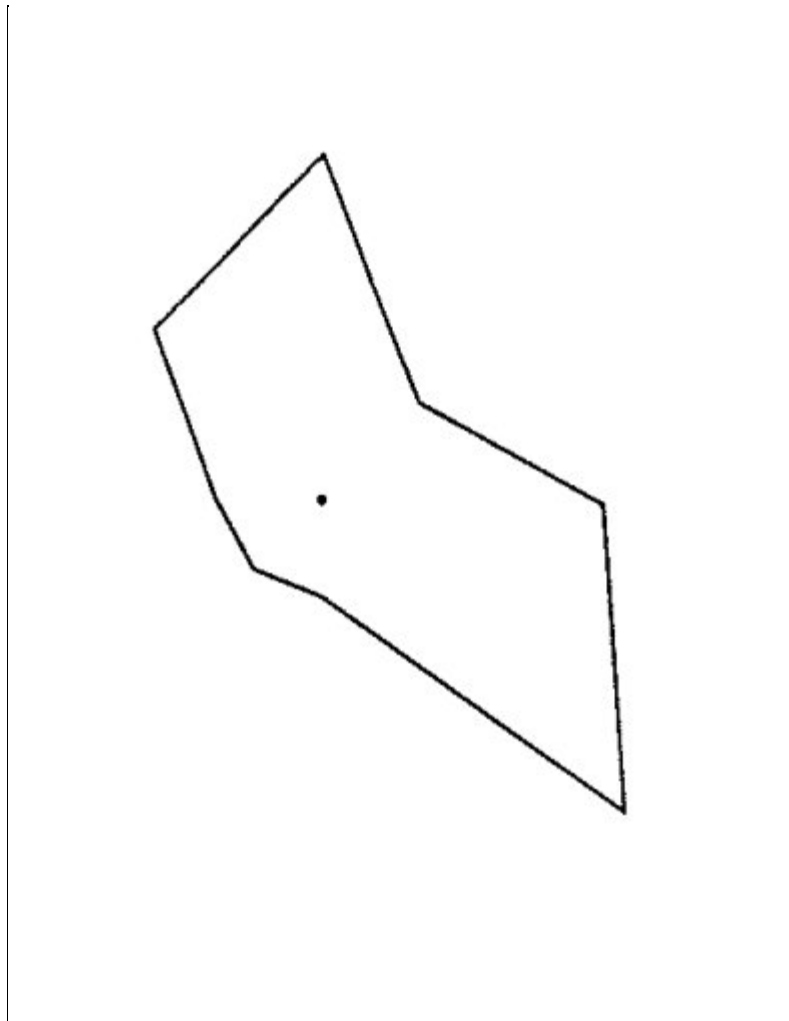
[Tension Release](#), page 273

[Too Keyed Up](#), page 289

[Hurrying](#), page 157

[Stress](#), page 261

## **Back Muscle Spasm**



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A Paper Doctor Remedy Card For

## **Bursitis**

### **USE THIS REMEDY IF:**

you have a joint, especially a shoulder or arm, which is painful to raise or to move around. Your pain may seem to be located in the muscles or soft tissues around the joint, or lie under your shoulder blade.

The pain may be worse in the morning on rising. If the pain seems better after moving the joint awhile, and this remedy does not help, try [SPORTS INJURIES](#), page 249. If the pain is not better by motion, but continues to hurt as much as when the joint is still, and this remedy does not help, try [JOINT INJURIES](#), page 305-F.

### **ALTERNATIVE REMEDIES TO CONSIDER:**

[Rheumatism](#), page 305-K

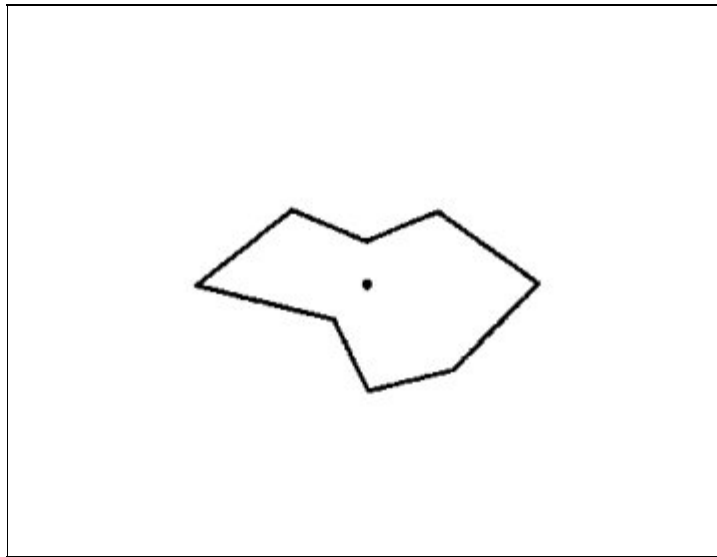
[Pain](#), page 197

[Ache](#), page 73

[First Aid](#), page 141

(if swelling) [Physical Injury](#), page 205

[Repetitive Strain Injury](#), page 305-K



[\(index\)](#)

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## Environmental Toxicity

### USE THIS REMEDY IF:

you are over-sensitive to toxic chemicals, air pollution, noise pollution, impurities in food or water, and other common environmental hazards or daily life. Everyone is concerned, but if you are more affected than other people, this remedy can help.

People who experience being overly sensitive may feel the need to protect themselves against this growing threat. Because they are so affected, they think about what they eat or drink, the air they breathe, room lighting, household cleansers and pesticides, noise, and other factors the rest of us take for granted.

This remedy can reduce sensitivity and restore calmness and clarity even when one is afraid.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Environmental Sensitivity](#), page 121

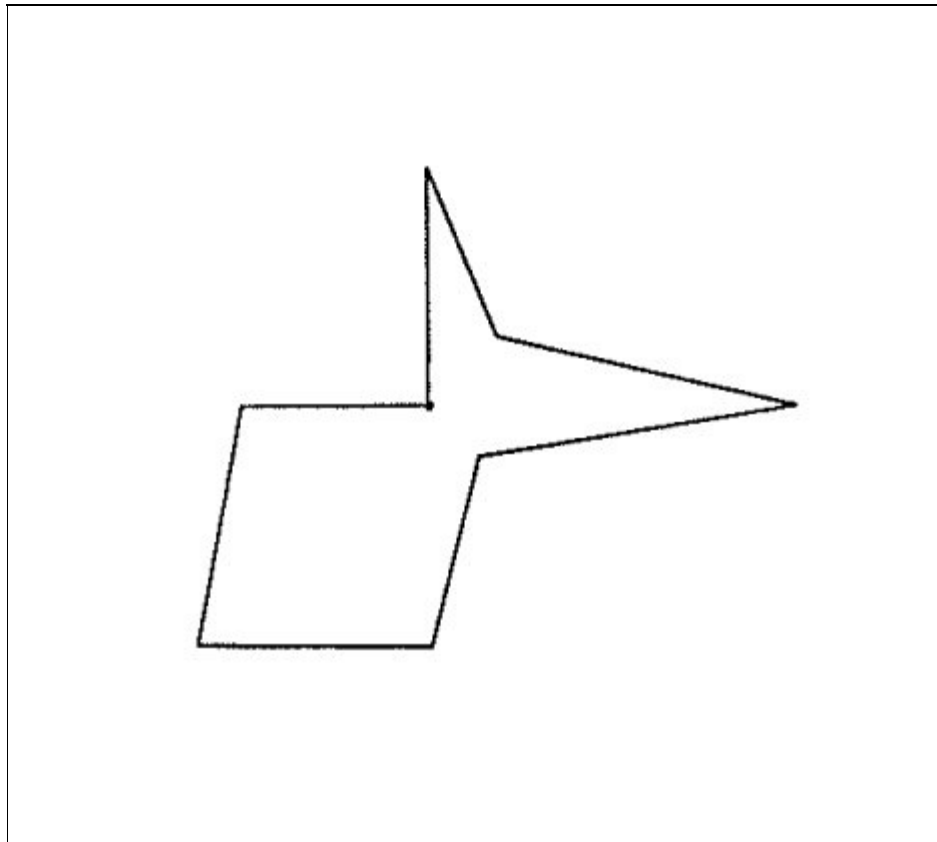
[Rejuvenation](#), page 305-J

[Feeling At Home In Your Body](#), page 305-D

[Stimulating Your Healing Response](#), page 253

[Addictive Habits](#), page 77

## Environmental Toxicity



## Feeling At Home In Your Body

### USE THIS REMEDY IF:

you have a hard time feeling comfortable with your appearance, or with some part of your body. This remedy helps you accept the physical vehicle and its place in the material world.

It helps resolve worries and anxieties that center on your body and its functions. It provides insight into hidden conflicts that control your bodily habit patterns and attitudes.

It can help release chronic tension in the stomach or other parts of your body which are related to the parts of yourself that you hide or avoid. The remedy helps resolve emotional confusion that arises as a result of these deep inner struggles.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Tension Release](#), page 273

[Opening The Heart](#), page 305-H

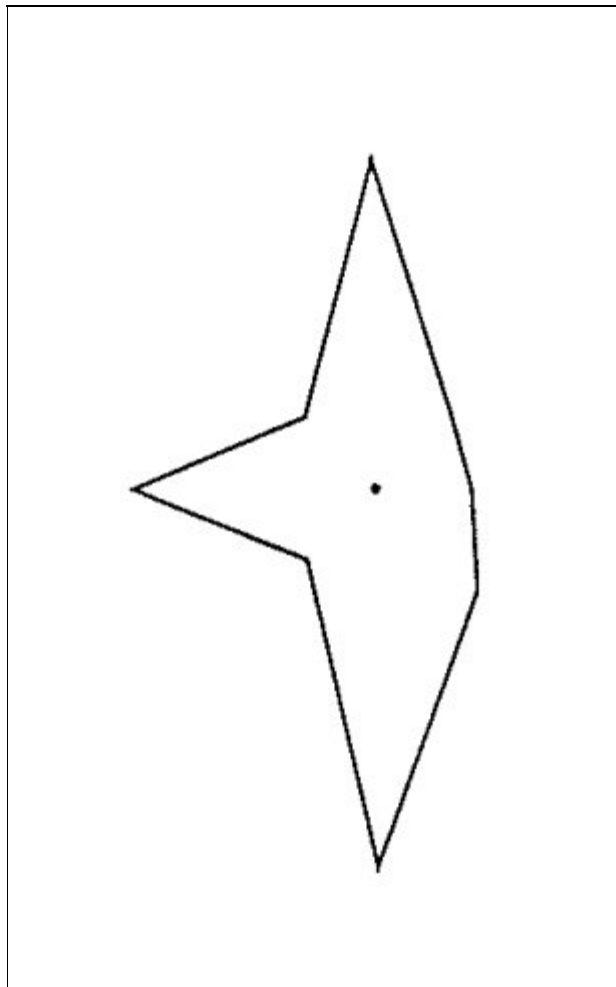
[Lifted Spirits](#), page 177

[Traumatic Events](#), page 297

[Resistance](#), page 229

[Ache](#), page 73

### Feeling At Home In Your Body





## Hangover

### USE THIS REMEDY IF:

you have bad effects after drinking too much alcohol, either a few hours later or the next morning.

The common symptoms of a hangover include fatigue, headache, dizziness, nausea, fuzzy tongue, bad breath, weakness and trembling. The symptoms of hangover occur when the body is mildly poisoned by alcohol.

You can use this remedy to moderate your hangover the morning after a bout of drinking. Or you can use the remedy soon after drinking, to help you sober up. However, don't drink more alcohol after using this remedy, or alternate between the remedy and alcohol in the same day; this practice could make you feel sick.

If you regularly drink during the day, after work, or to cope with feelings of tension, exhaustion or stress, you can get better results (and avoid further damage to your liver) by foregoing alcohol in favor of one or more of the following remedies:

[Stress](#), page 261  
[Regularize Erratic Lifestyle](#), page 225  
[Addictive Habits](#), page 77  
[Resistance](#), page 229  
[Fatigue](#), page 129  
[Moodiness](#), page 185  
[Hurrying](#), page 157  
[Tension Release](#), page 273

### HOW TO USE THIS REMEDY:

To relieve a hangover, make and drink this remedy every 15 minutes. Two or three glasses may be all you need.

Stop using the remedy as soon as you feel better.

If you experience no improvements after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[First Aid](#), page 141  
[Fatigue](#), page 129  
[Energy Boost](#), page 117  
(when ill from alcoholism, if Special Indicators match) [Food Poisoning](#), page 149  
[Stimulating Your Healing Response](#), page 253

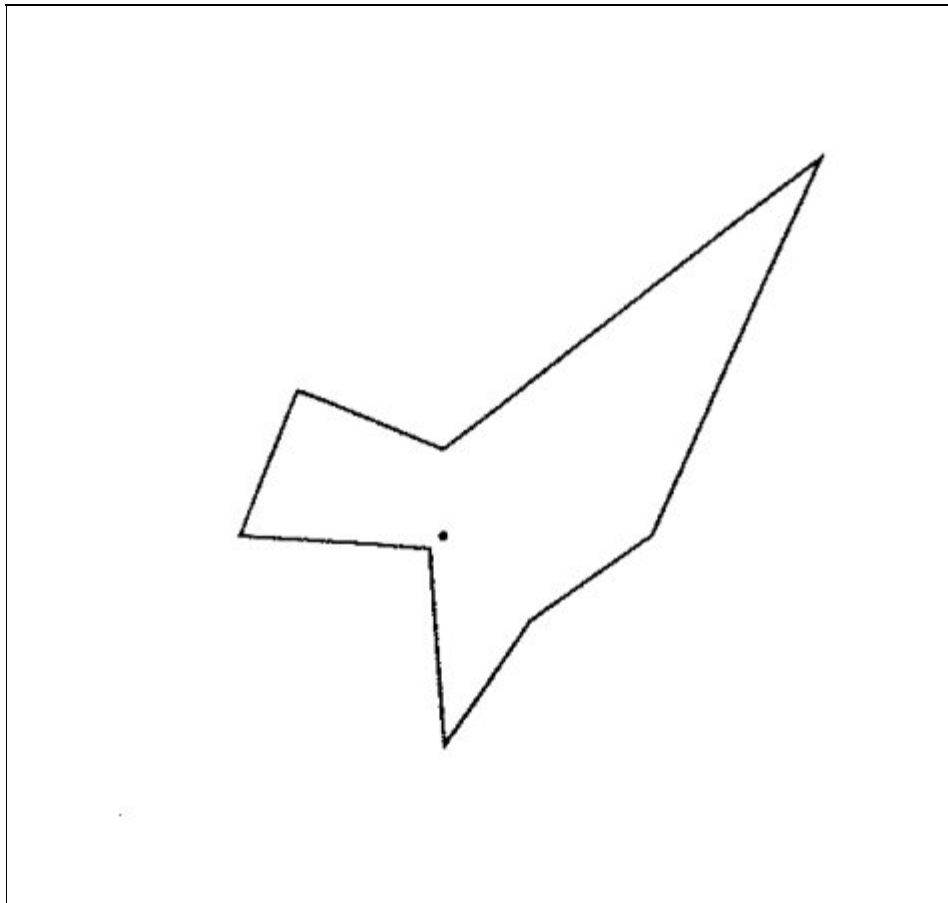
### MEDICAL ALERT:

Severe or fatal liver damage can occur if you take over-the-counter medications containing acetaminophen while drinking. Popular pain relievers containing acetaminophen include: Anacin 3, Tylenol, and Tylenol Extra Strength.

This ~~ten page~~ ~~book~~ is intended for occasional use only. The habitual use of alcohol is a serious disease. To avoid premature death while driving or from a chronic disease, seek competent medical or psychological help! And use [ADDICTIVE HABITS](#), page 77.

**The Well Adult:** see page 150 for a discussion of the usefulness of Alcoholics Anonymous and page 153 to test for alcoholism.

### Hangover



[\(index\)](#)

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## **Cigarette Craving**

### **USE THIS REMEDY IF:**

you have a desire to smoke a cigarette.

You may feel nervous, tired, trembling, confused, over-excited, irritable or depressed. You may have a cough, a headache, a burning sensation in your stomach or tension in your chest. These complaints may be signs of a tobacco addiction.

Many people smoke cigarettes to block unpleasant emotions. Notice what you are feeling each time you reach for a cigarette, then use this remedy instead.

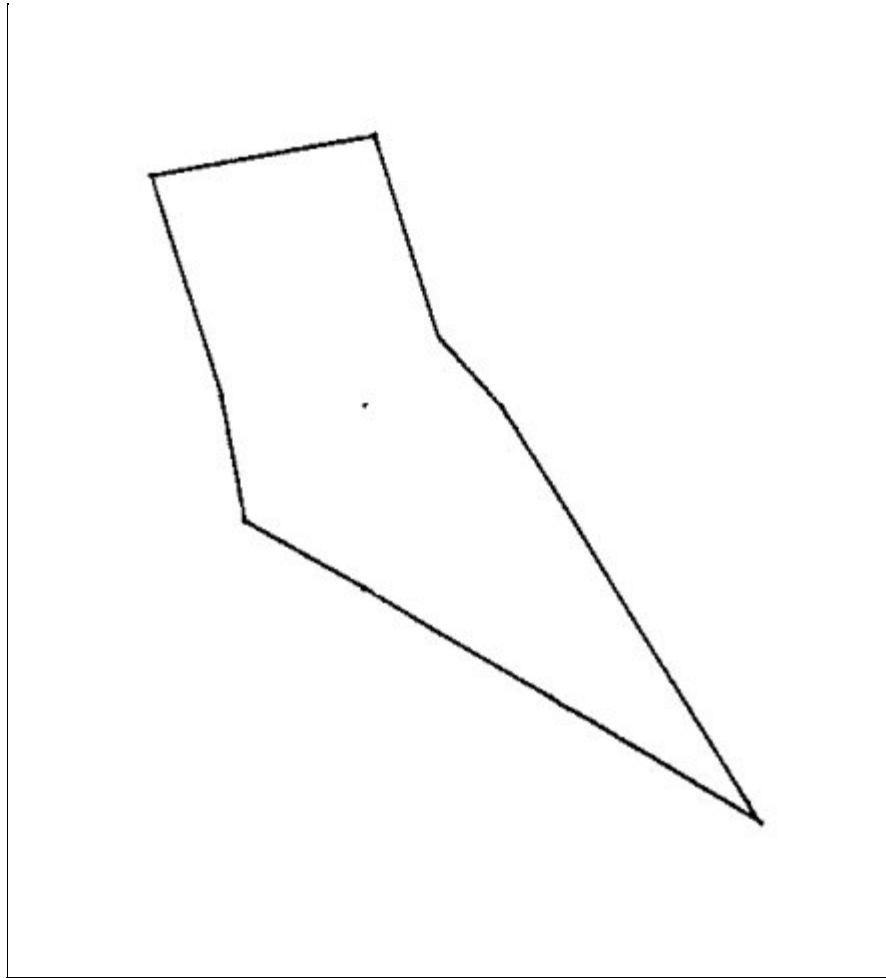
After you use this remedy repeatedly, emotions you have been avoiding may surface. To completely free yourself from your smoking habit, you must resolve these feelings. The appropriate Remedy Cards, or professional counseling, can help.

### **ALTERNATIVE REMEDIES TO CONSIDER:**

[Addictive Habits](#), page 77

[Inner Strength](#), page 165

## **Cigarette Craving**



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A Paper Doctor Remedy Card For

## **Depression**

### **USE THIS REMEDY IF:**

you feel depressed, despairing or hopeless.

This black mood may have begun slowly or suddenly. You may not know what caused it. But now it consumes your energy; you can't cover it up and you can't escape it.

This remedy should help moderate or relieve the gloom, or lift that black cloud over your head. When your depression moderates, other feelings, such as anger, anxiety or sadness, may appear. If they do, use the appropriate Remedy Card to ameliorate those conditions as well.

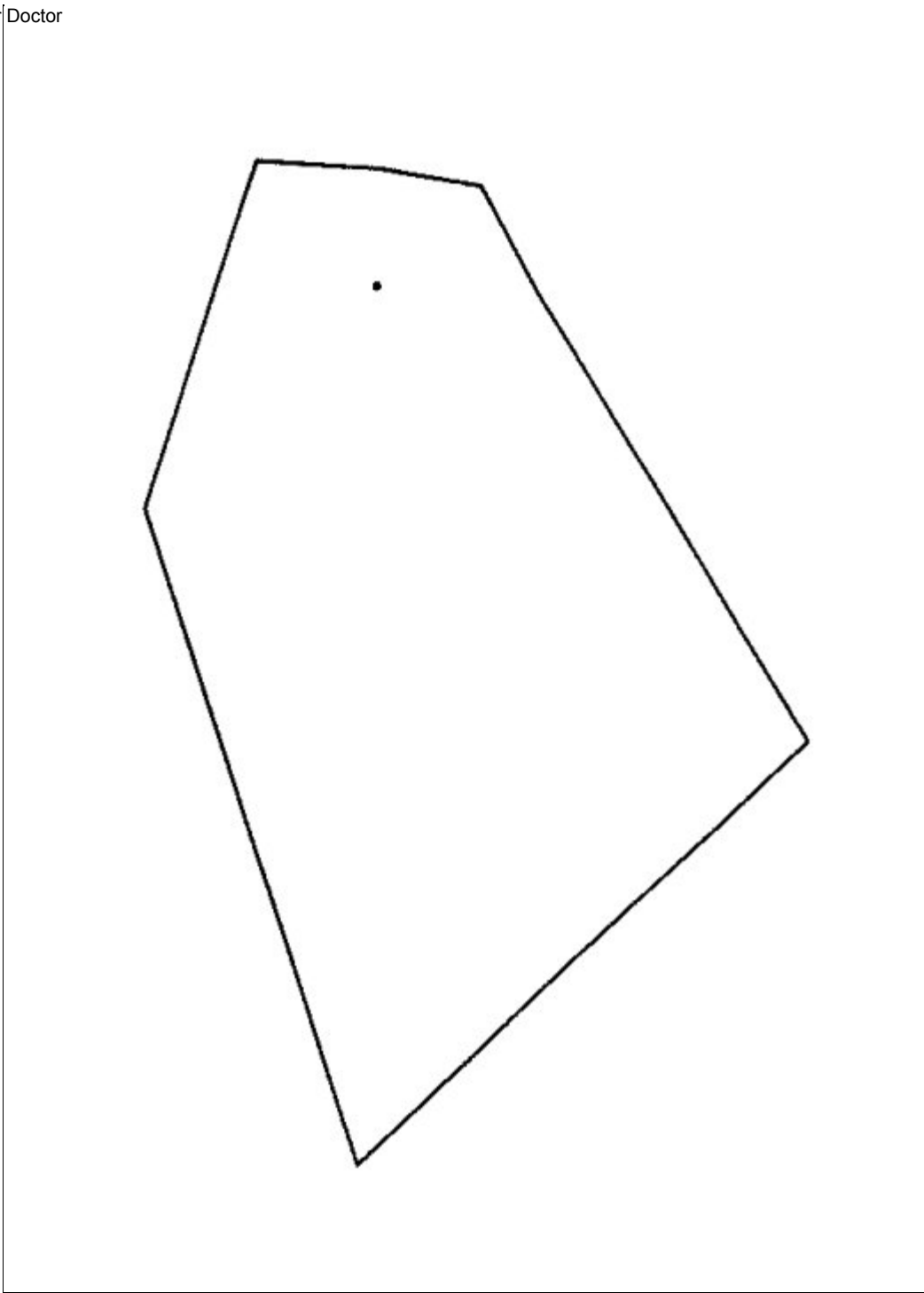
### **ALTERNATIVE REMEDIES TO CONSIDER:**

[Lifted Spirits](#), page 177

[Energy Boost](#), page 117

[Stress](#), page 261

## **Depression**



[\(index\)](#)



## Hysteria

### USE THIS REMEDY IF:

you or someone else gets excessively excited, anxious, angry, or frightened so that you feel out of control. Hysteria can follow any traumatic event (such as bad news or an accident) that brings a shock to the body or to the mind.

If you or someone else has a strong emotional outburst, this is the remedy to use.

Sometimes a person can appear quite calm on the outside, but feel hysterical within. If you suspect that's the case, try this remedy.

Think of this remedy when [FEARFULNESS](#), page 133, or [PANIC ATTACKS](#), page 201, are indicated but don't seem to do much.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Traumatic Events](#), page 297

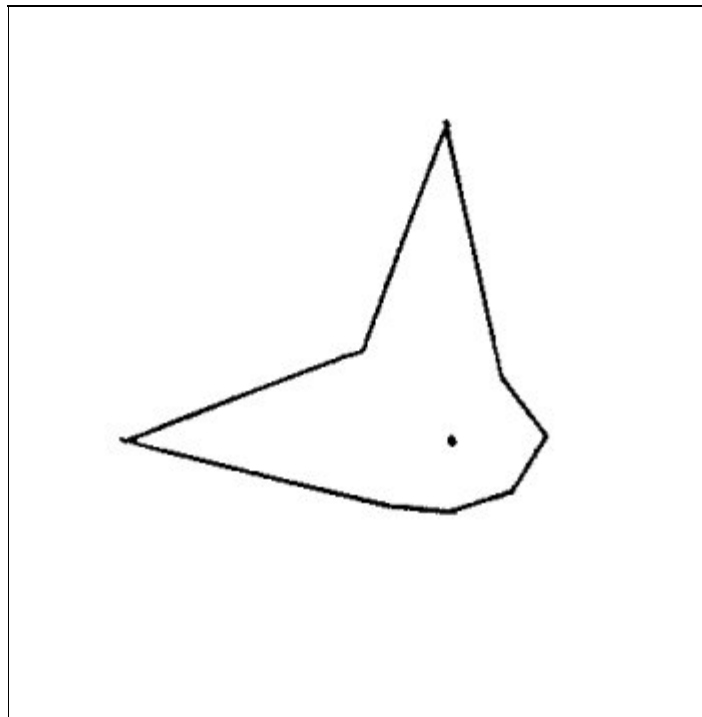
[Stress](#), page 261

[Lifted Spirits](#), page 177

[Irritability](#), page 352

[Tension Release](#), page 273

## Hysteria



**USE THIS REMEDY IF:**

you expect to get bitten by flying or crawling insects. It is a good remedy to use before going on a picnic, taking a hike, before, or during a camping trip, or prior to a romantic walk in the moonlight.

This remedy sends a "message" to the tissues, fluids and cells of your skin to help it become less attractive to insects.

**ALTERNATIVE REMEDIES TO CONSIDER:**

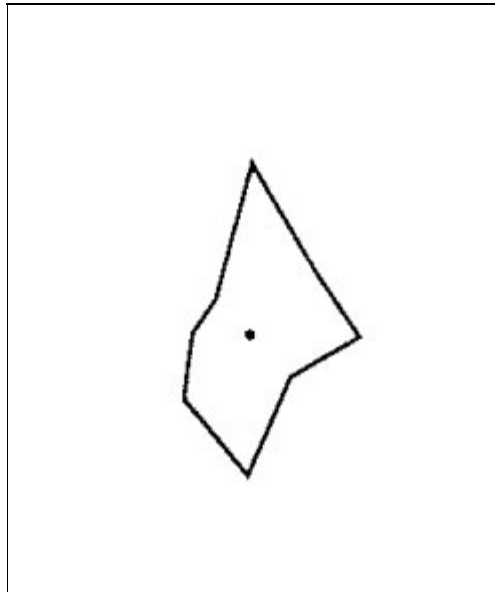
[Environmental Sensitivity](#), page 121

[Insect Bites](#), page 169

[Bee Stings](#), page 89

[First Aid](#), page 141

**Insect Repellant**



[\(index\)](#)

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## Energy Balancing

### USE THIS REMEDY IF:

you want to balance your physical and emotional energy.

This remedy might be helpful after a stressful day, after any shocking experience or traumatic event, or whenever you wish to restore and revitalize yourself.

The remedy may also be useful with persistent psychosomatic complaints (physical problems that result from or are associated with emotional issues), or after periods of environmental stress.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Traumatic Events](#), page 297

[Environmental Stress](#), page 305-C

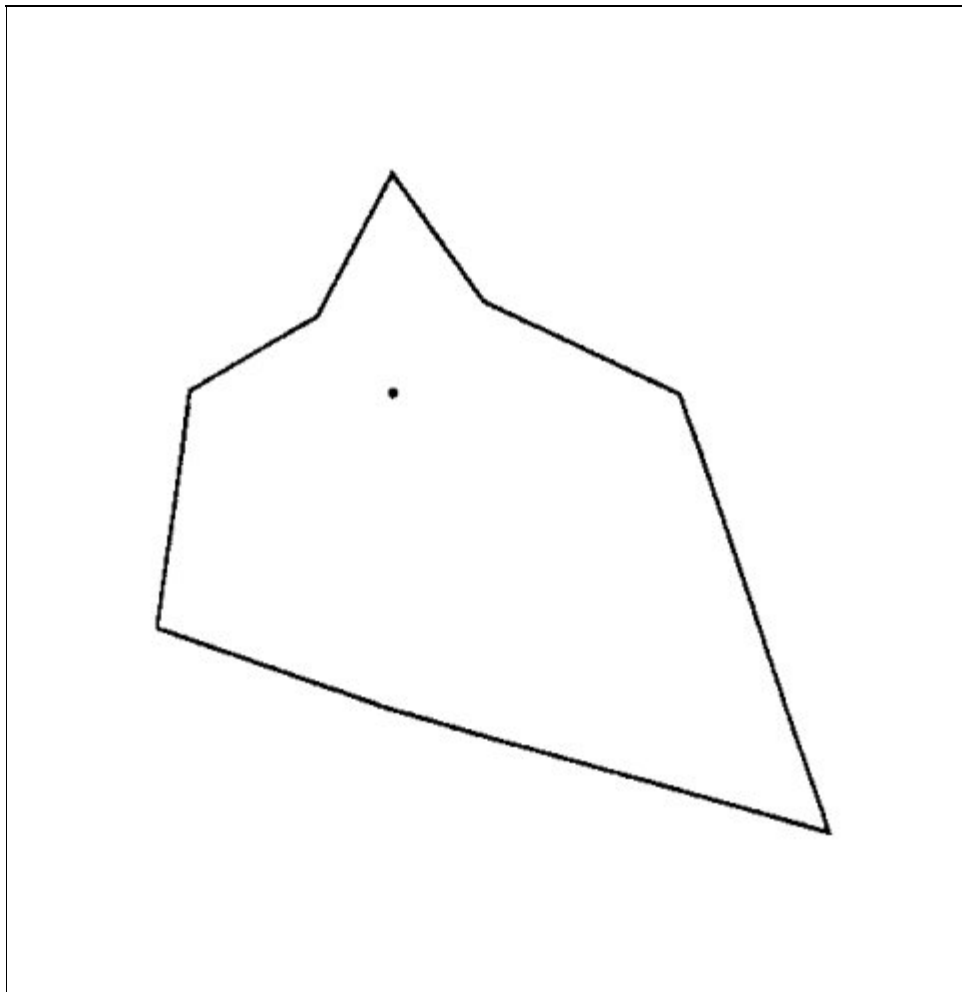
[Fatigue](#), page 129

[Inner Strength](#), page 165

[Energy Boost](#), page 117

[Rejuvenation](#), page 305-J

### Energy Balancing



A Paper Doctor Remedy Card For

**Environmental Stress**

**USE THIS REMEDY IF:**

you suffer from psychological effects from prolonged exposure to any noxious agent.

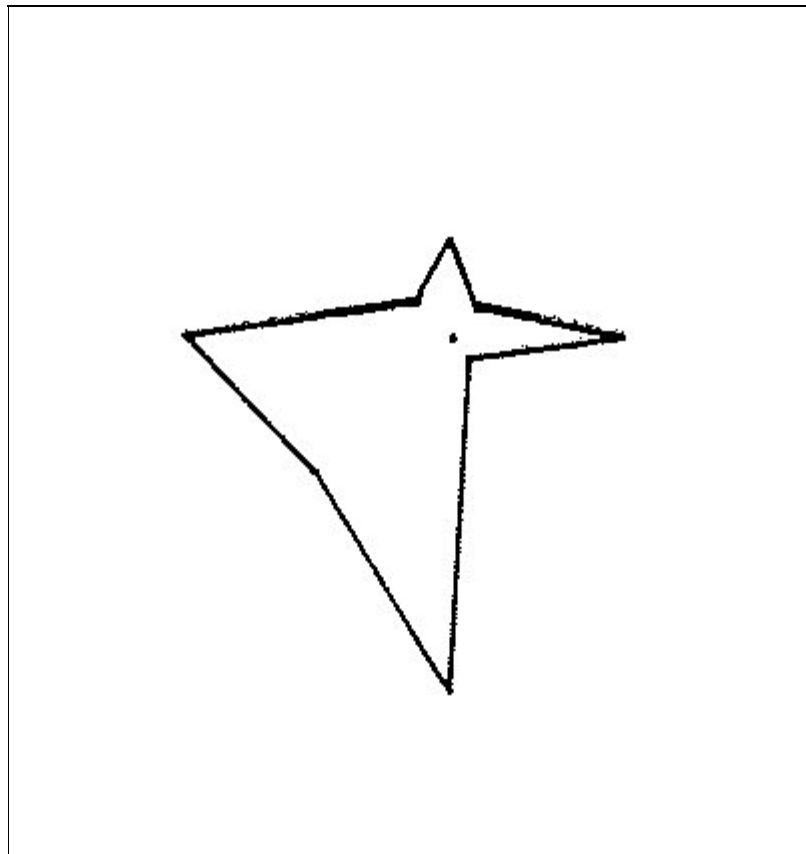
Environmental stress could manifest as anxiety about health, despondency or depression, mental strain, impulsive, erratic or impatient behavior, sudden changes in energy level, a feeling of being unloved or separated from humanity, inability to enjoy intimacy with others, inability to be spontaneous, or feeling emotionally upset without cause.

These feelings may be accompanied by over-sensitivity to heat, weather, pesticides, perfumes, poor lighting, or noise.

**ALTERNATIVE REMEDIES TO CONSIDER:**

- [Environmental Toxicity](#), page 305-D
- [Environmental Sensitivity](#), page 121
- [Stimulating Your Healing Response](#), page 253

**Environmental Stress**



[\(index\)](#)



## Joint Injuries

### USE THIS REMEDY IF:

your wrist, ankle, elbow or other joint has been injured and is swelling or has swollen.

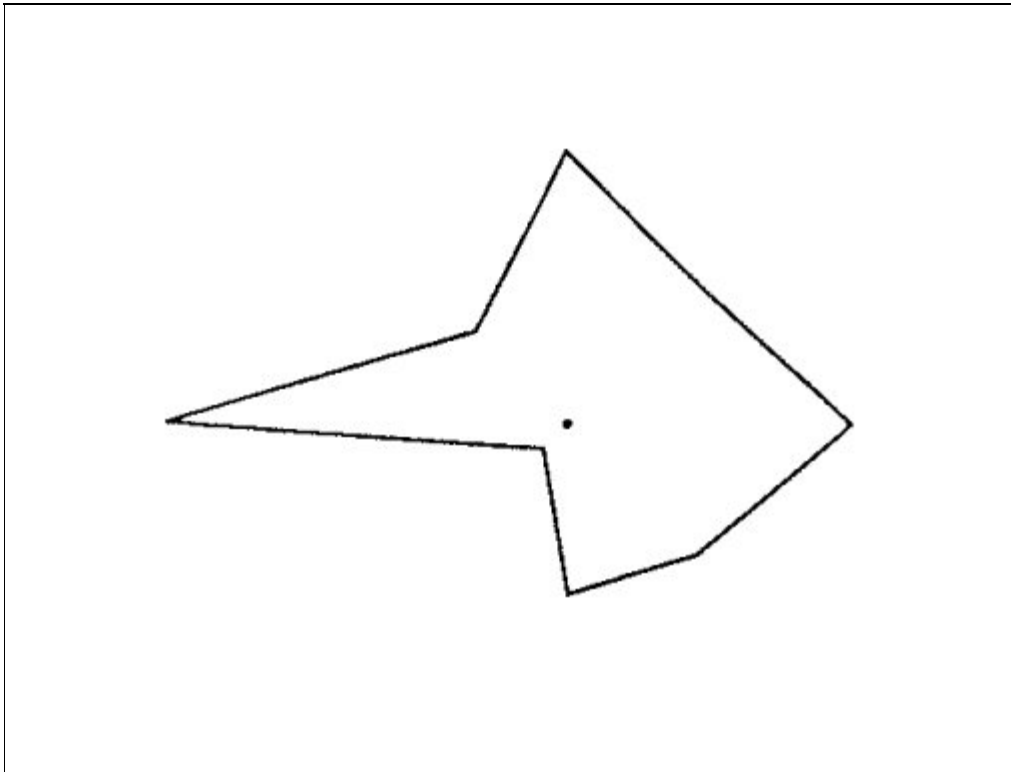
The joint may have been strained, sprained, or wrenched and the ligaments or tendons in it overstretched or torn.

Intense pain. Motion is intolerable. The pain is better by pressure or bandaging, and when heat is applied to the joint.

### ALTERNATIVE REMEDIES TO CONSIDER:

- (severe swelling) [Physical Injury](#), page 205
- (better after moving) [Sports Injuries](#), page 249
- (no swelling) [Joint Injuries](#), page 305-F
- (joint feels cold) [Bee Stings](#), page 89
- [First Aid](#), page 141
- [Ache](#), page 73
- [Pain](#), page 197
- [Traumatic Events](#), page 297
- [Stimulating Your Healing Response](#), page 253

## Joint Injuries



## Migraine

### USE THIS REMEDY IF:

you have a severe one-sided headache, which may be accompanied by nausea, and over-sensitivity to light and noise.

Migraines can be triggered by a variety of stress-related events, including heat, excitement, exercise, illness, and some food. If you have a history of migraines, you may be able to lessen the likelihood of setting off a "migraine cycle" by using [FATIGUE](#), page 129, [STRESS](#), page 261, [BUSINESS PRESSURE](#), page 97, [WORRYING](#), page 303, or [ADDICTIVE HABITS](#), page 77, on a regular basis.

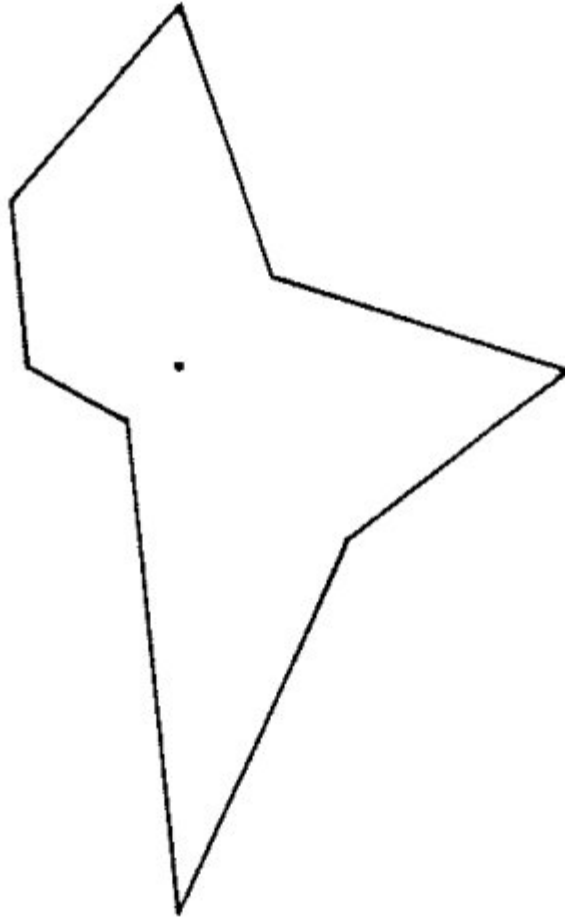
### ALTERNATIVE REMEDIES TO CONSIDER:

[Tension Headache](#), page 269

[Throbbing Headache](#), page 281

[Ache](#), page 73

## Migraine



[\(index\)](#)

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## Mental Alertness

### USE THIS REMEDY IF:

you suffer from lethargy - a temporary condition of drowsiness, indifference or mental fatigue.

Lethargy usually occurs following a heavy meal, after sustained mental concentration or study, physical exertion, play, or as a result of overwork. Sometimes it results from lack of stimulation, as when you are forced to deal with some task which you find boring. This remedy is indented to provide alertness and the ability to concentrate, temporarily. It can help you drive home safely when tired. It can help you keep your mind on your work or studies until you finish, or take a test after studying all night.

If you are under the influence of alcohol or drugs, this remedy cannot help. Do not rely on it to get you home from the bar or a party where you have been drinking alcohol or taking drugs!

### SPECIAL INDICATORS: (You should have one or more of these.)

Easily distracted, unable to concentrateMentally sluggish

### HOW TO USE THIS REMEDY:

For temporary mental clarity, make and drink this remedy every 15 minutes until your drowsiness disappears. Often two or three glasses will do it.

Continue using the remedy until you feel revived. Stop using it when you are more alert.

If you are carrying out a late night project, the repeated use of this remedy is more healthy that the use of coffee or other stimulants. However, each time you grow tired and make the remedy again, be sore to stop drinking it as soon as you feel alert. If after drinking the remedy repeatedly during a long night's work, a few glasses fail to revive you, you may have to go to bed.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

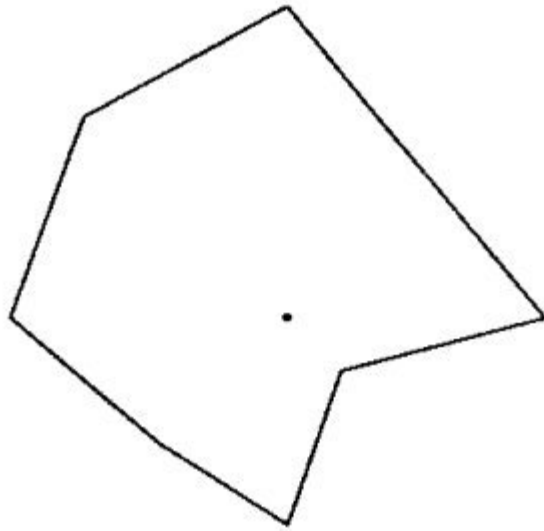
### ALTERNATIVE REMEDIES TO CONSIDER:

[Energy Boost](#), page 177

[Inner Strength](#), page 165

[Fatigue](#), page 129

## Mental Alertness



[\(index\)](#)

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## Repetitive Strain Injury

### USE THIS REMEDY IF:

you suffer from tingling, tension, tiredness, soreness, or aching in your forearms, or in the joints in your wrists or hands.

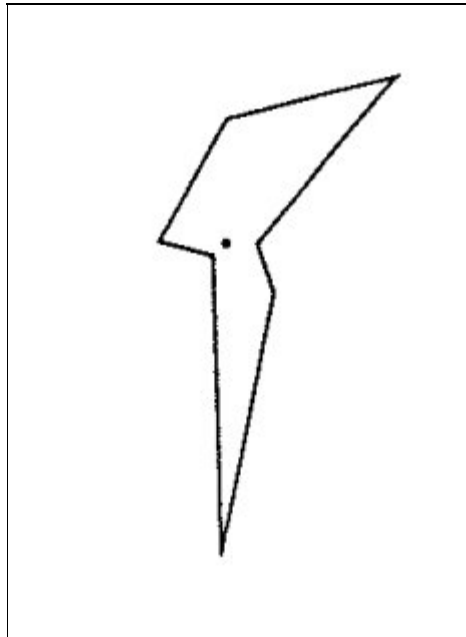
Perhaps you have been told that you might have tendonitis (an inflammation of the tendons at the ends of the muscles) or carpal tunnel syndrome.

In your work you use your hands a lot, typing, playing a musical instrument, pressing the keys of a cash register, massaging human bodies, wielding a scissors, drawing, or writing figures.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Joint Injuries](#), page 305-F  
[Sports Injuries](#), page 249  
[Physical Injury](#), page 205  
[Rheumatism](#), page 305-K  
[Traumatic Events](#), page 297  
[Pain](#), page 197  
[Ache](#), page 73  
[First Aid](#), page 141

### Repetitive Strain Injury



## Rheumatism

### USE THIS REMEDY IF:

you have pain or stiffness in any joint, muscle or related soft tissue. This is a general remedy for stiffness, aching or pain in the musculoskeletal system.

You may have stiffness in the joints, probably worse on rising in the morning. You may have a sensation of warmth, swelling, or tenderness in or around the joint. You may have pain in one or more joints. Areas involved may include the back, neck, arms, wrists, hand and feet.

**ALTERNATIVE REMEDIES TO CONSIDER:**

[Bursitis](#), page 305-A

[Joint Injuries](#), page 305-F

[Repetitive Strain Injury](#), page 305-K

[Sports Injuries](#), page 249

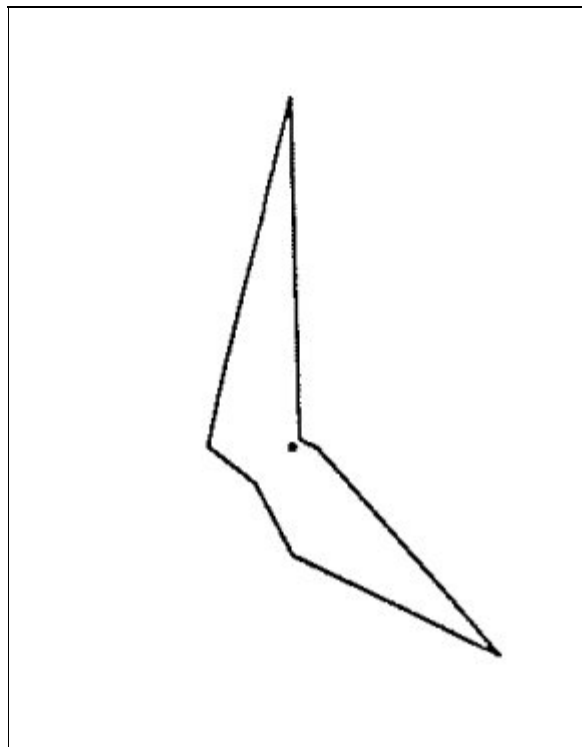
[Physical Injuries](#), page 205

[Pain](#), page 197

[Ache](#), page 73

[First Aid](#), page 141

**Rheumatism**



[\(index\)](#)

## Skeptical

### USE THIS REMEDY IF:

you are interested in The Paper Doctor, but do not believe the remedies will work.

The skeptical person has an habitually negative, doubting outlook on life. They are easily discouraged when things go wrong and may be chronically depressed or despondent.

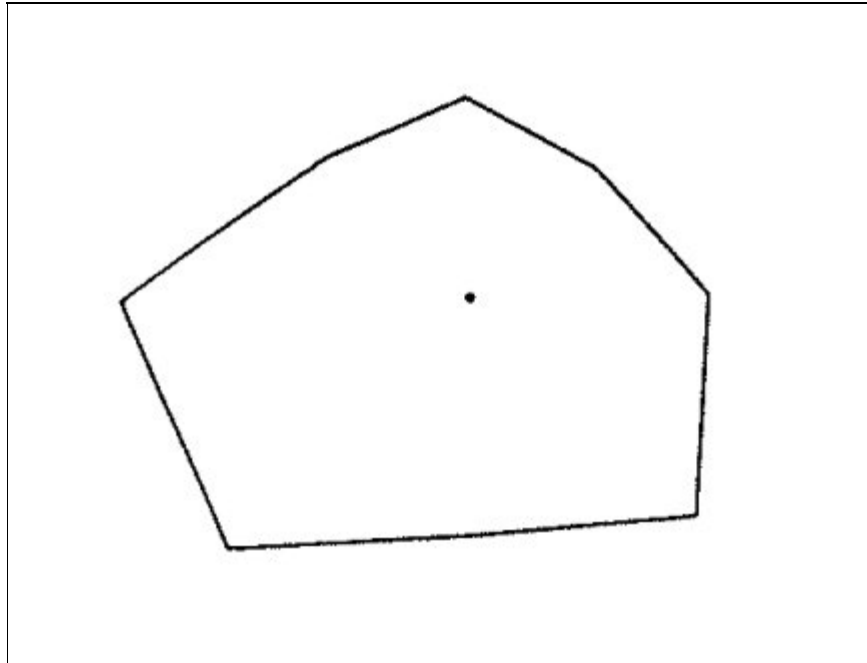
This remedy can help the skeptic tolerate their own imperfections as well as those of other people. It can help them be less resentful of the successes of others, and more willing to take risks, or tolerate adventures into the unknown.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Lifted Spirits](#), page 177

[Resistance](#), page 229

## Skeptical



## Skin Relief

### USE THIS REMEDY IF:

you suffer from minor skin irritations. These could include abrasions, small cuts, non-poisonous insect bites, rashes, boils, small abscesses, hives, and mild cases of poison oak or poison ivy. In some instances, this remedy may be able to help diminish acne.

In addition to skin relief the remedy helps one open to the beauty in the present moment. It encourages harmony and emotional tranquility.

**ALTERNATIVE REMEDIES TO CONSIDER:**

[First Aid](#), page 141

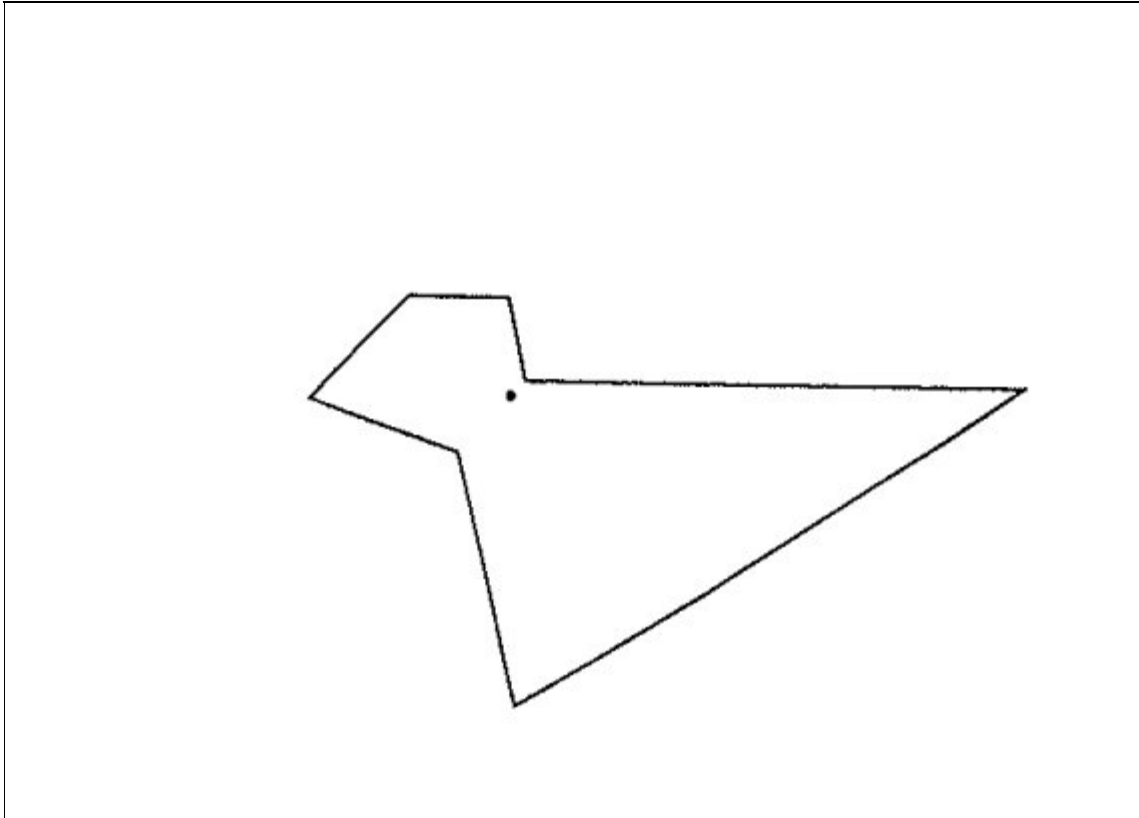
[Insect Bites](#), page 169

[Bee Stings](#), page 89

[Poison Ivy](#), page 209

[Poison Oak](#), page 213

**Skin Relief**



[\(index\)](#)

## Negativity

### USE THIS REMEDY IF:

you feel any negativity emotion.

This remedy transform negative emotions, resolving them, and restoring inner calm.

You can use this remedy whenever you feel:

angry	guilty	sad
anxious	impatient	skeptical
apathetic	indecisive	tearful
ashamed	fearful	tense
defeated	lonley	traumatized
discouraged	restless	unresponsive
dissatisfied	resistant	worried

or any other common emotion.

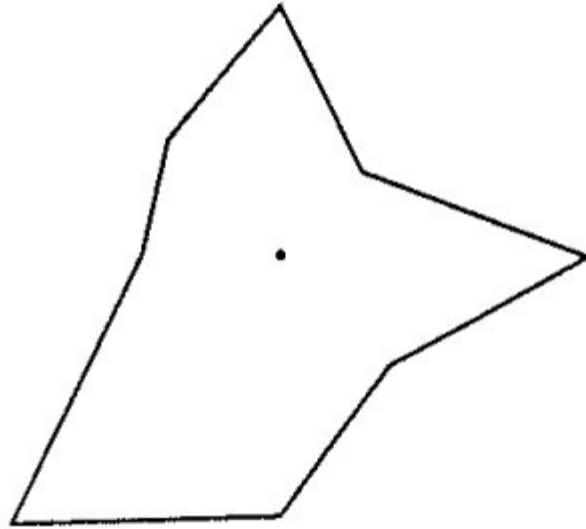
### ALTERNATIVE REMEDIES TO CONSIDER:

[Lifted Spirit](#), page 177

[Stress](#), page 261

[Emotional Pain](#), page ???

**Negativity**



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A Paper Doctor Remedy Card For

## **Nerve Injuries**

### **USE THIS REMEDY IF:**

you mash your fingers in a car door, hit your thumb with a hammer, or stub your toe.

This remedy helps reduce pain due to sudden nerve injuries. Your pain may be sudden, intolerable, and shoot up your body from the injured part. You may feel shocked by its intensity. The injury may feel better by rubbing it but worse by moving it around.

This remedy can help reduce the pain following operations as well as that accompanying penetrating puncture wounds. It may also help reduce the pain of a toothache.

### **ALTERNATIVE REMEDIES TO CONSIDER:**

[First Aid](#), page 141

[Pain](#), page 197

[Ache](#), page 73

(if swelling use concurrently) [Physical Injury](#), page 205

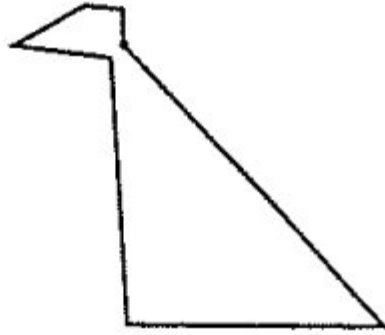
[Traumatic Events](#), page 297

[Hysteria](#), page 305-E

[Fearfulness](#), page 133

**Nerve Injuries**





[\(index\)](#)

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## Sleeplessness

### USE THIS REMEDY IF:

you wake up during the night, and have difficulty, sometimes great difficulty, falling back to sleep. You can also use this remedy before you go to bed if you think you will not be able to sleep through the night.

Sleeplessness is a commonly-occurring problem for many adults. It can have many different causes, most of them psychological in origin (but some are age-related). When you travel, sleeplessness can occur due to disrupted biological rhythms.

It helps most people to get out of bed and move around the room gently. Do not begin work, watch TV or start any other process which is likely to get your brain cells working; this can make returning to sleep less likely.

If thoughts keep tumbling through your mind, try [WORRYING](#), page 303, instead of this remedy.

If your body seems jumpy, nervous or full of energy, try [TOO KEYED UP](#), page 289.

### HOW TO USE THIS REMEDY:

Make and drink this remedy at 15 minute intervals until you feel sleepy.

If you have chronic insomnia, make and drink the remedy twice in succession before going to bed. Used each night for four or five nights in succession, it might help significantly.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

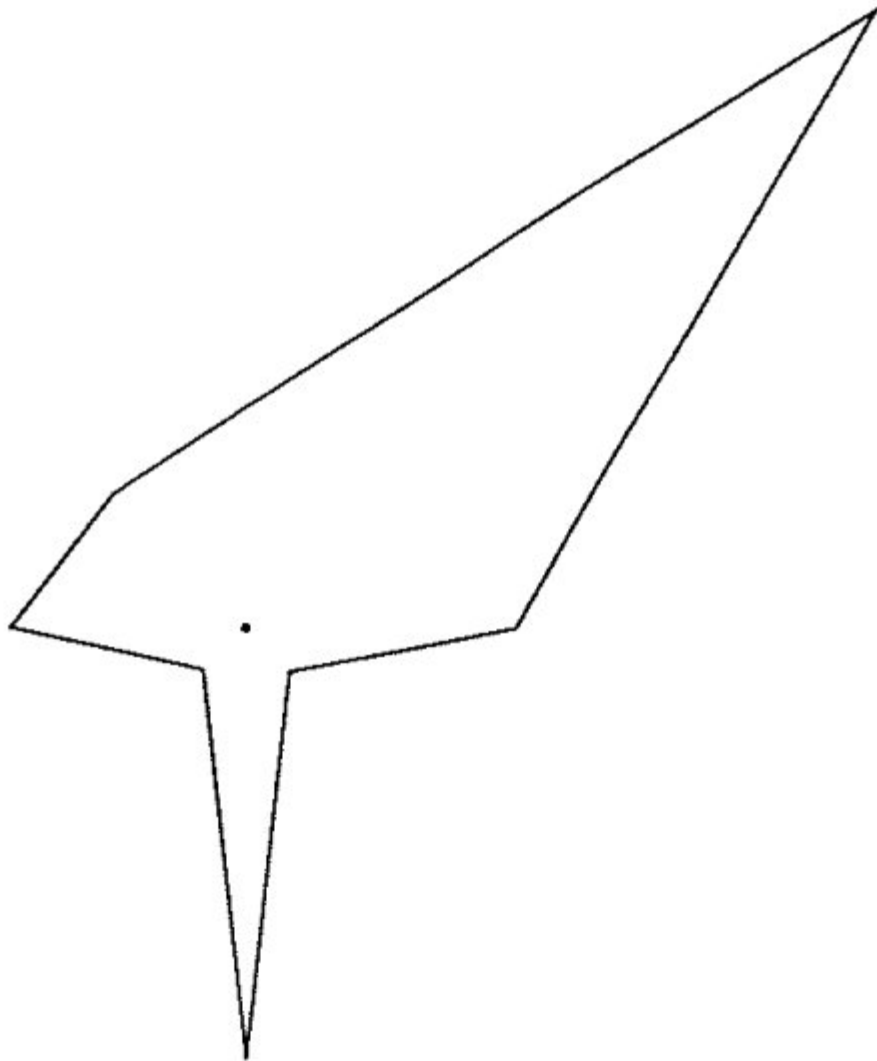
[Moodiness](#), page 185

[Worrying](#), page 303

[Too Keyed Up](#), page 289

[Fatigue](#), page 129

## Sleeplessness



[\(index\)](#)

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## Obstacles To Cure

### USE THIS REMEDY IF:

something is standing in the way of further progress from any remedy you are using.

For example, try this remedy if you have a recurring backache, and the [BACKACHE](#) remedy, page 85, always helps (but never completely relieves your discomfort) which leads to another backache later.

This remedy may help improve chronic or recurring problems after your correctly chosen remedy has done all it can do. The remedy tries to do this by removing inner limitations to greater healthiness.

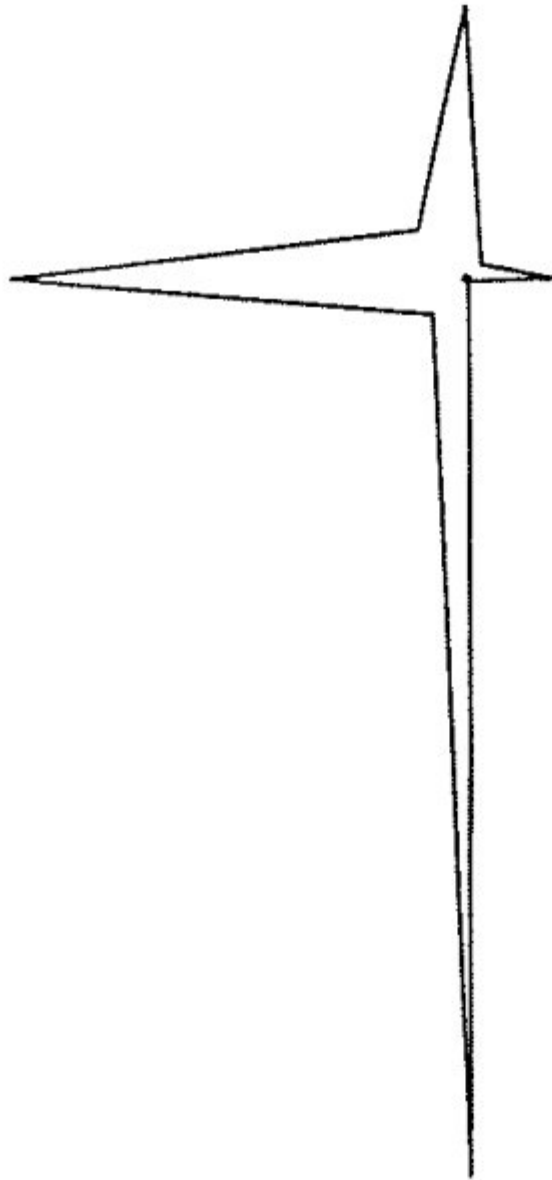
Use this remedy sparingly. Give the remedy a few hours between uses to evaluate its effects.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Stimulating Your Healing Response](#), page 253

[Rejuvenation](#), page 305-J

## Obstacles To Cure



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A Paper Doctor Remedy Card For

## **Opening The Heart**

### **USE THIS REMEDY IF:**

you are having difficulty feeling love, or expressing the love you feel.

Perhaps you love someone but feel jealous of them or just not free to express yourself with them. Or you may have a passionate attachment to someone but continually fight with them so that both of you are unhappy.

This remedy promotes freedom in love, helps you develop compassion for the other, helps you feel more

receptive to the love that another has to give. It promotes receptivity, helps you listen to the other, and overcomes your tendency toward negativity and jealousy.

If you feel unloved, the remedy may be able to help you find the love you seek, or experience the love that surrounds you.

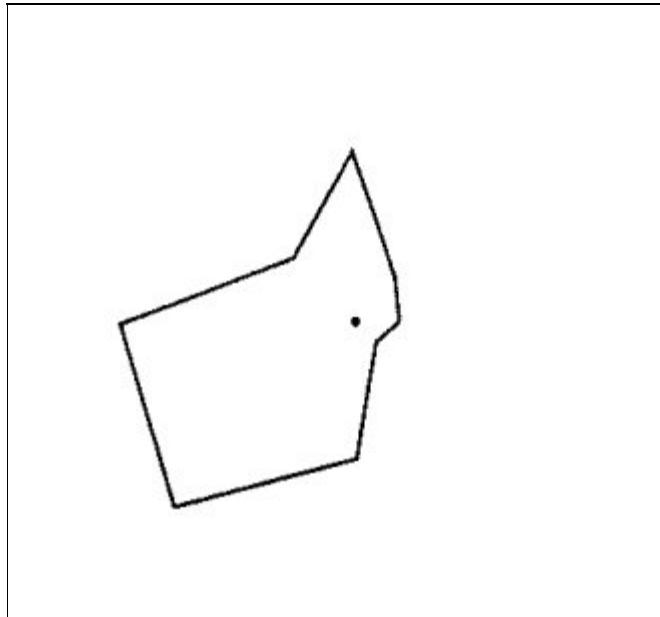
**ALTERNATIVE REMEDIES TO CONSIDER:**

[Lifted Spirit](#), page 177 (when heavy-hearted)

[Skeptical](#), page 305-L

[Resistance](#), page 229

**Opening The Heart**



[\(index\)](#)

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## Sore Throat

### USE THIS REMEDY IF:

you have a sore throat.

Sore throat usually occur due to the presence of a cold virus, a bacteria, or from fumes or other airborne irritants at home or at work.

If your sore throat occurs without other signs of a cold, try this remedy first, since you may be have a cold coming on. But consider [SMOG](#), page 241, [BRONCHIAL IRRITATION](#), page 93, or [ENVIRONMENTAL SENSITIVITY](#), page 121, as well.

If you have a sore throat with fatigue, little appetite, a headache or fever, use [FLU](#), page 145, instead of this remedy.

If you have nausea or other digestive distress along with your flu complaints, use [STOMACH FLU](#), page 257.

If, after your cold or flu has passed, you still have a little clinging sore throat, this remedy will probably relieve it.

### HOW TO USE THIS REMEDY:

Make and drink this remedy two or three times in succession, then every 15 minutes until your sore throat disappears. Often two to four glasses will be all you need.

Stop using this remedy as soon as you feel better. If your sore throat returns, either repeat this remedy or look for another one, such as [THE COLD PREVENTATIVE](#), page 277.

You can also use [STIMULATING YOUR HEALING RESPONSE](#), page 253, each time that you use the SORE THROAT remedy.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

### ALTERNATIVE REMEDIES TO CONSIDER:

[The Cold Preventative](#), page 277

[Bronchial Irritation](#), page 93

[Sinus Inflammation](#), page 233

[Flu](#), page 145

[Stomach Flu](#), page 257

[Smog](#), page 241

[Environmental Sensitivity](#), page 121

### MEDICAL ALERT:

A prolonged or severe sore throat can mean that you have a strep infection, tonsillitis, or infectious mononucleosis. Strep, left untreated, can lead to rheumatic fever, a very serious disease.

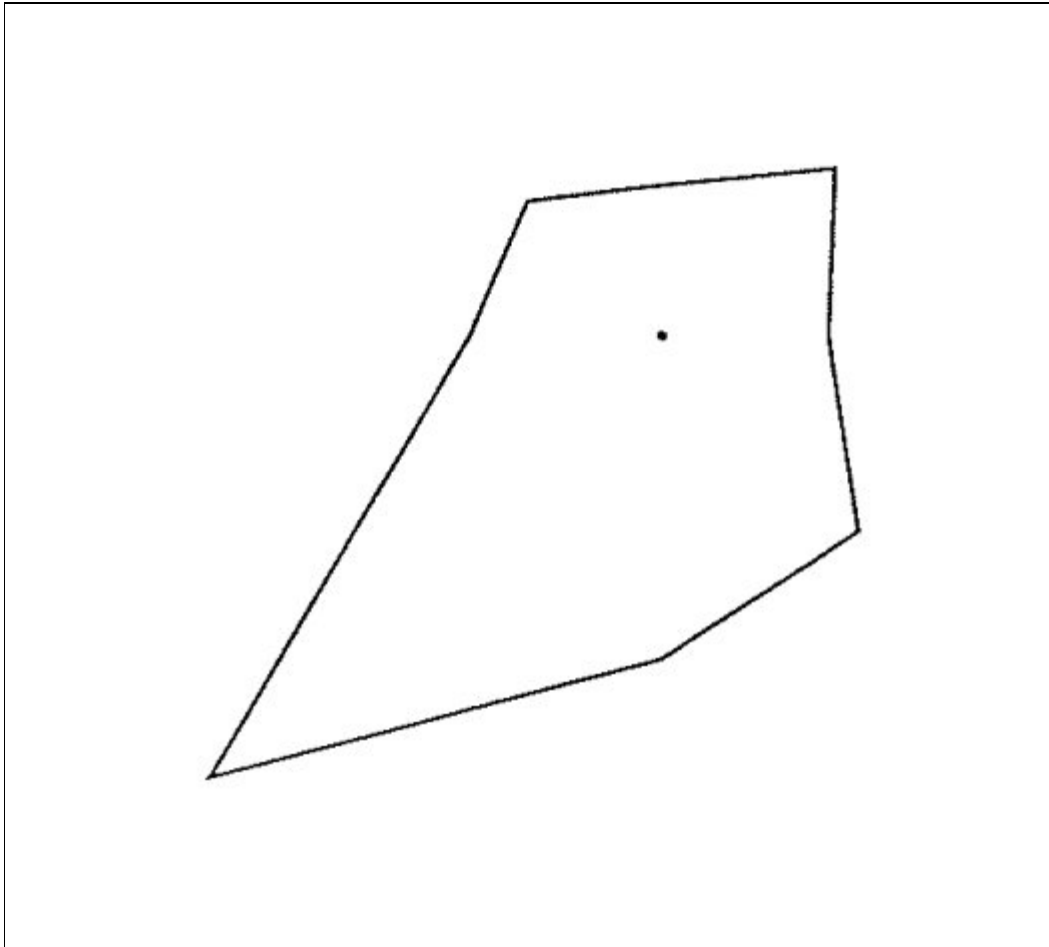
If your sore throat does not respond to Paper Doctor remedies within two days, if your throat grows very sore, if the lymph nodes in your neck become swollen, if your tonsils appear swollen, or if you have

difficulty swallowing, consult your physician at once.

If you have a chronic sore throat consult your physician.

**The Well Adult:** The differences between a sore throat from a cold, a strep infection, tonsillitis and mono are discussed on page 219.

### Sore Throat



[\(index\)](#)

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## Over-stimulation

### USE THIS REMEDY IF:

you want to relax after too much stimulation due to:

- a fast-paced lifestyle
- recent traveling
- a hard day's work
- too many compelling or unusual events have transpired recently

This remedy soothes frayed nerves, helps you assimilate your experiences, relaxes neck and shoulder tension, and promotes a calm disposition.

It relieves the worries of the day.

### ALTERNATIVE REMEDIES TO CONSIDER:

[Fatigue](#), page 129

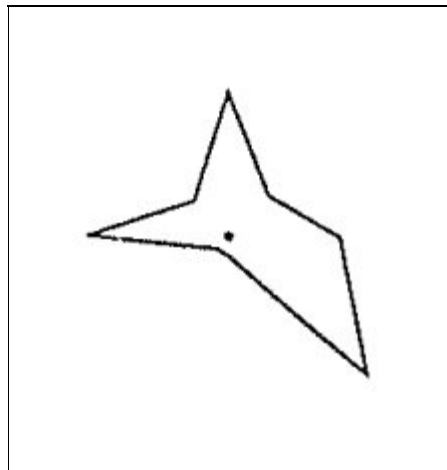
[Stress](#), page 261

[Business Pressure](#), page 97

[Hurrying](#), page 157

[Tension Release](#), page 273

### Over-stimulation



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A Paper Doctor Remedy Card For

## Overweight

### USE THIS REMEDY IF:

you are over the accepted bodyweight for your height and age, if you tend to gain weight easily, if you tend to overeat, or if regularly worry about being overweight.

If the ~~Reflex~~ <sup>The Body Factor</sup> is successful, it will help resolve tension-created digestive disturbances, as well as reveal the emotional issues connected to your body weight. These could include unhealthy attachments in relationships, old habit patterns, emotional neediness, obsessive thoughts or behaviors, lack of self-acceptance, hiding your true self, or other hidden motivations.

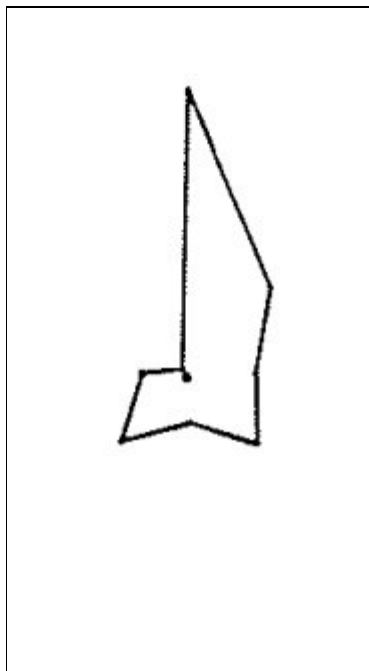
If such issues surface, for best results stop using this remedy until you deal with these emotional conflicts. If you are still overweight at that time, begin using this remedy again. You may have to repeat this sequence.

#### **ALTERNATIVE REMEDIES TO CONSIDER:**

[Addictive Habits](#), page 77

[Feeling At Home In Your Body](#), page 305-D

#### **Overweight**



[\(index\)](#)

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## Panic Attacks

### USE THIS REMEDY IF:

you are subject to spontaneous, unpredictable episodes of intense fear for no known reason. Like 22 million other Americans, you may occasionally be the victim of panic attacks. Try this remedy.

Panic attacks take a variety of forms. Some people think they are dying; others that they are losing control or going crazy. In addition to intense fear, you may also experience one or more of the following sensations:

- rapid heartbeat
- shortness of breath
- sudden weakness, trembling, sweating
- numbness, tingling, chills
- faintness or dizziness
- chest pain or discomfort
- a sense of being detached, as though you were not in your body
- a sense of impending doom

Panic attacks are more likely to occur when you are stressed or tired. People prone to panic attacks average four or five a week. And because panic attacks are unpredictable, dread of having another one usually interferes significantly with the victim's life.

Since there is usually a hidden psychological component behind panic attacks, you will increase your chances of long-term success if you get professional counseling while using this remedy.

Common psychological manifestations are:

- obsessive ideas
- nightmares
- waking in fear, unable to sleep again
- unreasonable panic in certain situations, such as elevators, small spaces, in the dark or when meeting people.

### **SPECIAL INDICATORS:** (You may have one or more of these)

- Continual, low-level anxiety for no good reason
- Anxiety about one's health
- Sense of foreboding as though something terrible might happen

### HOW TO USE THIS REMEDY:

Make and drink this remedy two times in succession after an attack occurs. Then use it twice each day for the next several days.

If, after this time, your panic attacks occur less frequently or with less intensity, the remedy is likely helping you. Repeat this usage if your attacks return. Stop using it when your panic attacks disappear.

If your panic attack episodes disappear after you use this remedy, but return when you stop using it, use the [RESISTANCE](#), page 229. Then try PANIC ATTACKS again

If this remedy seems effective for a few weeks, then ceases to improve you further, you might need to

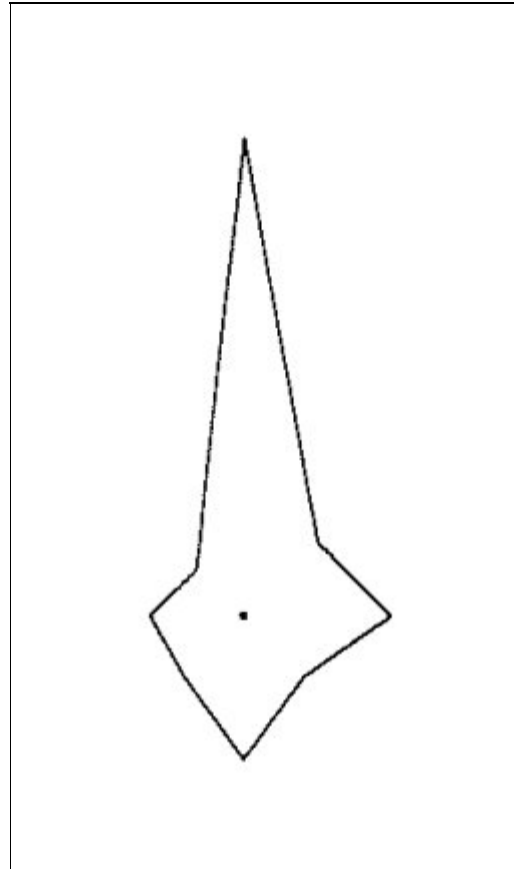
switch to a different one. Choose the remedy in this book that is most characteristic of your personality, for example [HURRYING](#), page 157, [MOODINESS](#), page 185, or [WORRYING](#), page 303.

If you experience no improvement after 3 glasses of this remedy, switch to the most appropriate among the alternative remedies listed below, or use the [RESISTANCE](#), page 229.

**ALTERNATIVE REMEDIES TO CONSIDER:**

- [First Aid](#), page 141
- [Traumatic Events](#), page 297
- [Hurrying](#), page 157
- [Resistance](#), page 229
- [Fearfulness](#), page 133

**Panic Attacks**



**MEDICAL ALERT:**

The symptoms of a panic attack can sometimes appear to be very similar to those of a heart attack. Usually with a heart attack one experiences crushing, unremitting chest pain that does not get better with rest. However, the pain can sometimes feel like heartburn or like a heavy discomfort. Only a trained medical technician can distinguish between these complaints, so call your physician or the public medical emergency number (usually 911) in your area, describe your complaint and ask for their opinion.

[\(index\)](#)

## **Persistent Cough**

### **USE THIS REMEDY IF:**

you have a continual or recurring cough without other signs of a cold or bronchial problems.

This cough may be left over from a cold, or it may have come on suddenly.

If your chest hurts when you cough, use [BRONCHIAL IRRITATION](#), page 93, instead of this remedy.

If you have sneezing, watery eyes and tiredness, use [THE COLD PREVENTATIVE](#), page 277, instead of this remedy.

If your throat feels irritated, consider [ALLERGIES](#), page 81, [ENVIRONMENTAL SENSITIVITY](#), page 121, or [SMOG](#), page 241, instead of this remedy.

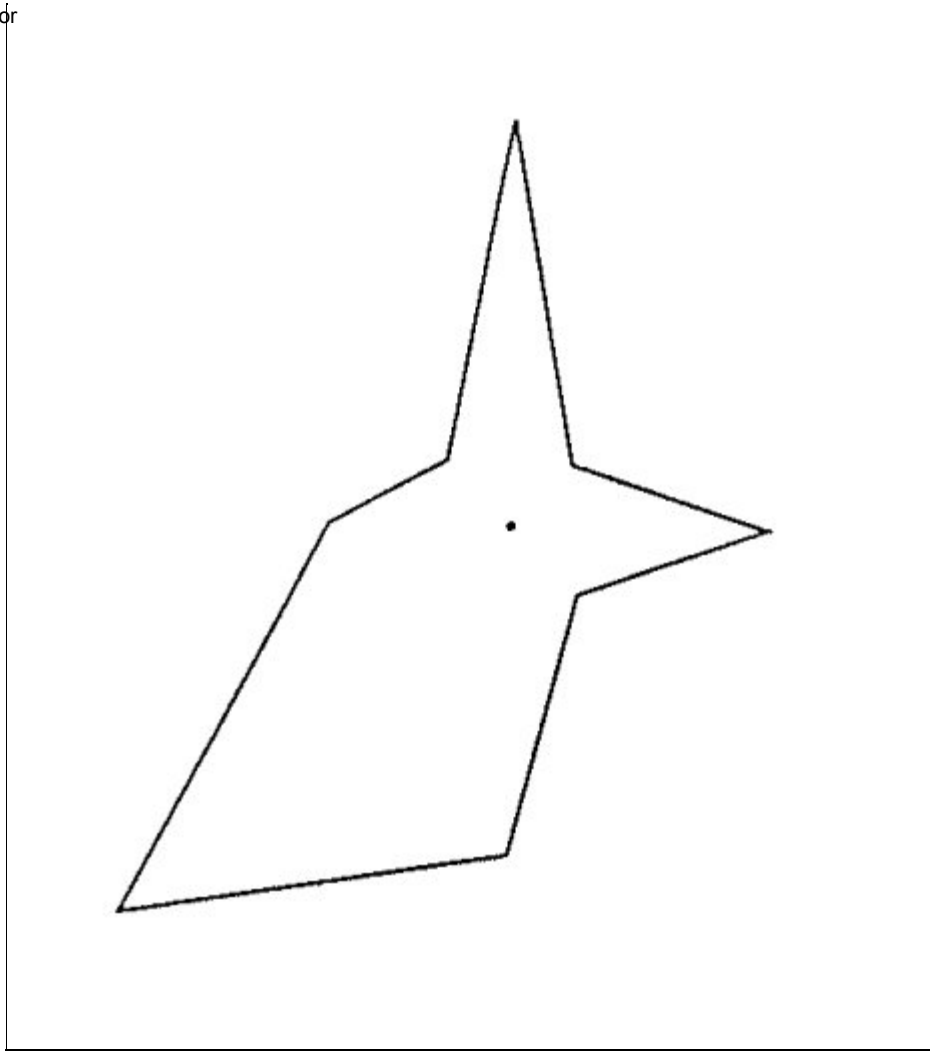
### **ALTERNATIVE REMEDIES TO CONSIDER:**

[The Cold Preventative](#), page 277

[Flu](#), page 145

[Stimulating Your Healing Response](#), page 253

## **Persistent Cough**



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A Paper Doctor Remedy Card For

## **Rejuvenation**

### **USE THIS REMEDY IF:**

you have been sick and have partially recovered, but part of your former illness continues, either in the form of minor symptoms, or as low energy. Examples of a partial recovery include a cough that continues after a cold is gone, and tiredness that remains after a flu.

No matter what sickness you have had, this remedy can help promote a more complete recovery. It awakens your inner self-healing powers. It helps you find the inner strength to be well. If there are emotional obstacles within you blocking a complete recovery, this remedy helps you recognize and overcome them. The remedy promotes both self-acceptance and self-confidence so that you can deal more successfully with your illness.

### **ALTERNATIVE REMEDIES TO CONSIDER:**

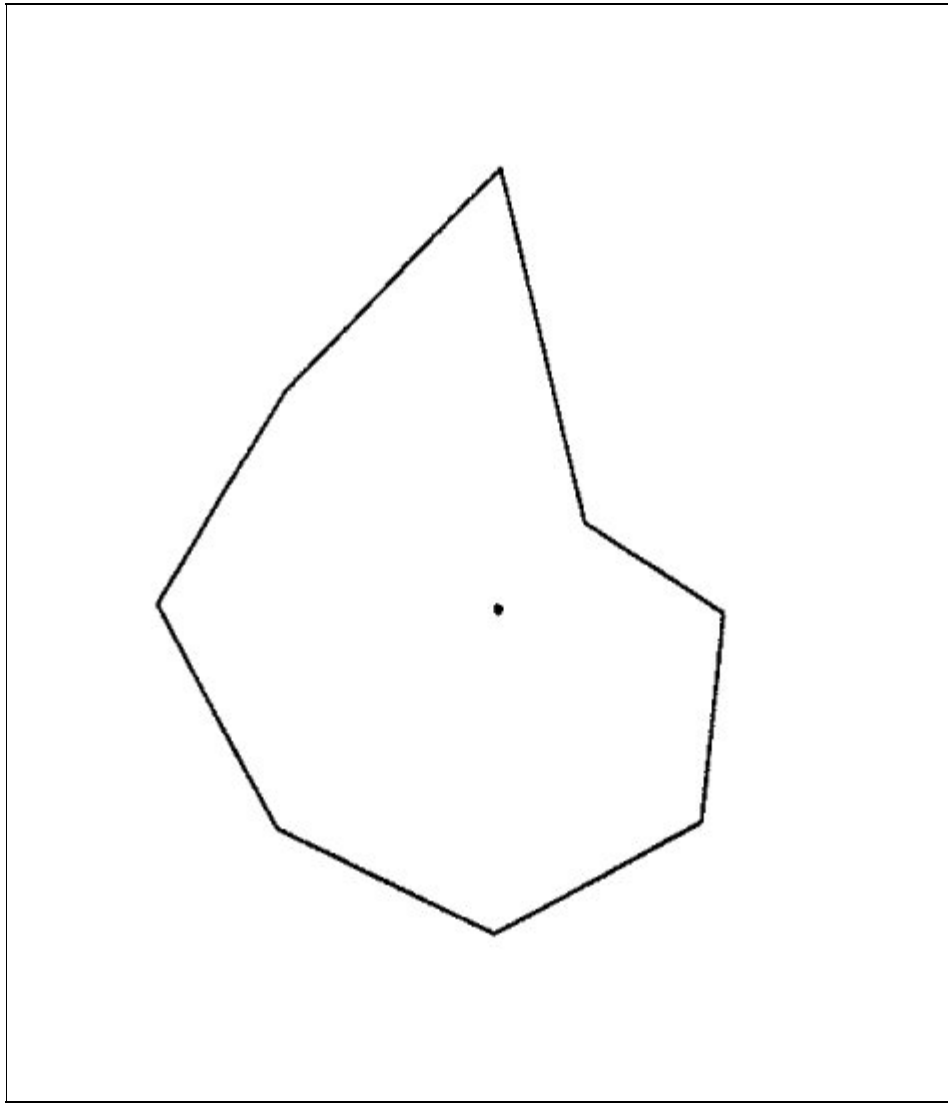
[Stimulating Your Healing Response](#), page 253

[Inner Strength](#), page 165

[Environmental Sensitivity](#), page 121

[Feeling At Home In Your Body](#), page 305-D

## Rejuvenation



[\(index\)](#)

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## Reference Section

This section contains the following important reference tools:

[The Paper Doctor User Reports](#), page 321

investigates reports from ten people who have used the Paper Doctor remedies. Describes and analyzes their experiences.

[The Paper Doctor Remedy Log](#), page 332

This is the place to record each Paper Doctor remedy you use. When your record extends over a month or so you will begin to see which complaints bother you most frequently and whether your use of Paper Doctor remedies is helping them to recur less often.

[The Glossary](#), page 334

Defines the key healing terms used in this book.

[The Complaints Index](#), page 341

This section contains a comprehensive list of common health complaints. If you can't find your complaint listed in the [Remedy Table Of Contents](#), page 1, by name, you will find it in this alphabetical index.

Each complaint is followed by a list of all Paper Doctor remedies that might be able to relieve it. All you do is select the most appropriate one.

[The Resource Bibliography](#), page 362

Presents a list of books which will allow you to increase your knowledge of vibrational medicine. Some of these books make good companions to The Paper Doctor.

[Additional Paper Doctor Products](#), page 365

You can expand your use of Paper Doctor remedies into a complete personal health care system by obtaining Paper Doctor Remedy Cards and other inexpensive accessories from us.

[About The Author](#), page 373

For [The Paper Doctor User Reports](#), see next page(321). ([index](#)).

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## The Paper Doctor User Reports

In the Spring of 1990, approximately 50 people agreed to take part in the initial testing of Paper Doctor remedies. These people ranged in age from their early 20s to their mid 60s, and lived all across the U.S. The following reports are excerpted from letters received or transcribed from telephone conversations held with these people, who volunteered the following information regarding their use of various remedies, as noted. Their reports are presented here to convey a sense of other user's experiences, and to teach by analyzing their encounters with Paper Doctor remedies.

### ALLERGIES

#### Report 1:

A woman, aged 51, who lived in Sonoma, California, developed a severe allergic response to pollen in May, 1990. She had violent, continual sneezing, burning watery eyes, burning throat, and shortness of breath on going outside her house. In addition, she felt lethargic and anxious, and was unable to sleep well at night due to continual sneezing. She claimed the pollen in Sonoma was so thick, it was visible in the air. She had to hold a handkerchief over her nose and mouth whenever she left the house. Many of her friends were having a similar experience. Strong allergic reactions to pollen are commonplace in her community every Spring.

This woman experienced her symptoms continuously for eight or nine days before using The Paper Doctor. Then she used the ALLERGIES remedy three times the first day. By that afternoon her allergies were definitely worse, so she continued to repeat the remedy for the rest of the day. By the next morning her allergies were nearly gone. She was able to walk outside without a handkerchief, and did not experience any allergic reaction. Her friends in the community continued to have their allergic problems for the next month.

#### Analysis of Report 1:

This person had a "healing crisis" after the first glass of the ALLERGIES remedy. This caused a temporary worsening of her symptoms for the rest of that day.

Misinterpreting the healing crisis to mean that her complaint to be getting worse, she continued to use the remedy. Probably she would have had the same results had she stopped after one glass of the remedy.

Once a "healing crisis" occurs, one's complaint will usually disappear within a few hours by itself, without additional assistance from the remedies. The trick is to learn to recognize a "healing crisis", and distinguish it from a true worsening of the complaint. See [How To Evaluate A Remedy](#), page 55, for a discussion of the "healing crisis".

#### Report 2:

A woman, aged 63, tried unsuccessfully to use the ALLERGIES remedy. She has had a long history of respiratory troubles, beginning with chronic sinus problems as a child.

In her twenties she had an operation on her sinuses. Afterward she was better, but within a year developed severe migraine headaches, which continued for more than twenty years despite all types of treatment.

In her mid-forties, she developed cysts on her ovaries, which were removed. After this surgery her migraines disappeared! But in her fifties she grew severely depressed, and after many years of prescription medications was given shock treatments.

Since that time she has had various allergies, continual dizziness, uncontrollable rapid eye movements, and other diverse sensory problems. She used the ALLERGIES remedy 6 times in one day, without experiencing any results. Although advised to use the RESISTANCE remedy next, she refused, and would not try any other Paper Doctor remedies. Nor would she explain the reason for her actions.

### Analysis of Report 2:

Obviously ALLERGIES was not the correct remedy in this situation. However, because the person gave up on The Paper Doctor afterwards, it is impossible to know whether other remedies in the book might have been successful.

This example teaches that her expectation from The Paper Doctor was too high, and that she wasn't persevering enough. No one should expect the first remedy they use to perform a cure. It takes experience to learn how the Paper Doctor remedies work, and often many remedies are necessary to completely relieve a long-standing complaint, such as this woman had.

FIRST AID, RESISTANCE, and SINUS INFLAMMATION should have been tried, each in turn, in whatever order seemed appropriate to the user. In addition, this woman's "allergies" might have had an emotional basis, for which HURRYING, WORRYING, MOODINESS, or STRESS might have been appropriate.

I include this report to demonstrate what you already suspect: that Paper Doctor remedies don't always work; that if any remedy fails to work, you must try another remedy, and learn how to learn from your failures; and that you can't always choose the right remedy just by its name.

Since this woman's medical history was difficult, perhaps none of the remedies in this book could have helped. However, we will never know for sure.

Often people who have serious, long-standing problems are eager to try new healing ideas. But just as often they are impatient for quick relief. Take it as a rule of thumb that the longer you have had a complaint, the longer it will probably take to relieve it - by any method.

And look at this way. If modern medicine has not been able to cure a person's complaint, what chance does The Paper Doctor have?

This book holds no miracle cures. Paper Doctor remedies are most likely to work for persons whose complaints can be relieved by most other forms of healing as well. People would be wise to choose The Paper Doctor for its easy-to-use, inexpensive, self-administering, non-toxic properties, not because the hope for a miracle.

### Report 3:

A young athletic male, age 23, over a period of days woke up each morning sneezing, with a runny nose and feeling tired. He had been using Paper Doctor remedies for several months, and was familiar with the procedure.

He made and drank two glasses each of THE COLD PREVENTATIVE and STIMULATING YOUR HEALING RESPONSE every morning for the next four days. By the end of each day he felt much better. However, the next morning he would awaken with sneezing fits, sniffles and low energy again. By the fourth day he decided that he must not be using the right remedy, because contrary to his previous experience with Paper Doctor remedies, he wasn't getting lasting results.

So he asked himself, "What kind of agent would be like a cold but cause my problem over and over again

every day? Unable to answer this question, he looked up his primary complaint, "Sneezing", in the [Complaint's Index](#) (page 341). There he found this listing:

[Allergies](#), page 81

[Stimulating Your Healing Response](#), page 253

[The Cold Preventative](#), page 277

Allergies?! The only remedy in this list he had not tried! Could he possibly have allergies? He looked up the [ALLERGIES](#) remedy on page 81 and read the description of its healing action. He realized for the first time that the symptoms of allergies and those of a cold could be similar.

He started to use the ALLERGIES remedy. After one glass his energy returned. Something inside of him was definitely altered. He reported "Inside I just felt better." With several additional glasses of ALLERGIES, his complaint disappeared that day and did not return.

### Analysis of Report 3:

This report give us an opportunity to understand what it means to "match" your complaint to the right Paper Doctor remedy.

When you use a remedy for which there is no match - that is, a remedy which has no history of relieving a complaint like yours - nothing will happen. We say the remedy did not work.

When you use a remedy that matches your complaint - that is, a remedy which has previously demonstrated that it can relieve complaints similar to yours - the remedy will definitely "do something". Our example demonstrated that THE COLD PREVENTATIVE remedy, or STIMULATING YOUR HEALING RESPONSE, or both together, can relieve sniffles and help improve low energy. They "did something" for this person.

However, this improvement did not hold. Somehow, these remedies were not a close enough "match" to the subject's actual complaint to relieve it permanently. In this case, ALLERGIES, a remedy also known to improve sneezing, sniffles and low energy, was a better match.

The correct remedy was chosen secondarily - by learning from the effects of the first one and then applying what was learned to the second choice. Notice that this person used the [Complaint's Index](#), page 341, to help solve his problem. The Complaint's Index is a tool designed just for this purpose.

It is from these opportunities - to try remedies, then analyze what happened - that your real knowledge of Paper Doctor remedies, and natural healing in general, will be acquired.

In other words, when a remedy fails to work, learn all you can from the event. That way your successes will bring relief, and your failures will bring new knowledge.

## BRONCHIAL IRRITATION

### Report 4:

A woman, tall and thin, age 55, and a professional caterer to private parties in a wealthy area, had a history of acute and chronic bronchitis extending back many years. She periodically suffered bouts of painful coughing. Neither her doctor, nor her chiropractor, nor her masseur were able to help. When one of these attacks began she felt desperate, because each time she was so debilitated by her condition that she couldn't work.

As it turned out, she was given a copy of the Paper Doctor only a few days before an acute bronchial attack came on. She reported frequent deep coughing with knife-like pains in her chest each time she coughed. Soon her entire chest was aching.

After visiting all three of her healers in one day, and without getting any relief, she was on the verge of canceling a catered party that would provide her with a month's income. At this point she decided to give The Paper Doctor a try.

She made and drank one glass of BRONCHIAL IRRITATION before going to bed, then one more on waking in the morning. She reported feeling so much better that she wondered whether she had just imagined her previous pain. By noon she knew her work at the party could proceed. She continued using the remedy all day and by evening her complaint was entirely gone.

She did not have another acute attack for two months. When it did come on, her attack was much less severe than expected, and one glass of BRONCHIAL IRRITATION was all she needed to gain complete relief.

After two months she had not had any further attacks, even though she traveled repeatedly, a situation which in the past seemed always to bring on coughing.

#### Analysis of Report 4:

This is one example of a Paper Doctor remedy that made a good match without a "healing crisis" occurring.

Before taking too much credit for this healing event, we should remember that the person does have long-standing chronic bronchial problems, sometimes leading to pneumonia. The Paper Doctor remedies cannot reach deeply enough to effect a permanent change in this situation. However, they may be able to relieve the person's acute condition over and over again, perhaps for years.

This person needs a deeper healing to raise her level of health enough that her chronic bronchitis will be permanently cured.

### **THE COLD PREVENTATIVE**

#### Report 5:

A middle-aged woman had just returned from a trip to visit her parents in Texas when she came down with a cold. She had a bad cough that kept her awake at night, with continual sniffles, and watery eyes. She generally felt "wiped out". She wasn't able to work.

That day she used THE COLD PREVENTATIVE and STIMULATING YOUR HEALING RESPONSE together, three times each. She was not better the next morning after coughing all night, but repeated her two remedies as before. At the end of the second day she felt no improvement at all. At this point she began using the RESISTANCE remedy.

By evening her cough was terrible. She sent her husband to the drug store to buy some cough medicine to help her sleep. She used the cough medicine a few times, and kept taking the RESISTANCE remedy.

The next morning, her cough was gone. She noticed strong feelings of guilt about her parents, whom she had just visited, and about whom she had many unresolved negative memories. She realized that it was only because of her sense of guilt and obligation that she made her trip to Texas. She remembered how upset she had felt during her visit because her parents would not talk to her about important emotional

issues from her past. She cried, then, realizing that due to her father's illness she might never be able to resolve her bad feelings toward him. Even though she still felt sick, she had strong feelings of guilt, obligation and frustration in this situation with her parents.

All that day her cold symptoms continued to get better. She used no more remedies and no more cough medicine. By the next day, she felt emotionally more at peace. Her cold was gone.

She had this to say about her experience: "My mind wants to think about these (Paper Doctor) remedies, 'I will just drink it and have this marvelous instantaneous recovery with all my energy back.' But, every time I use them, it doesn't work this way. It's slower, and the healing brings revelations."

#### Analysis of Report 5:

This incident reveals the meaning of a "psychological cold". This is a type of cold that is caused by emotional suppression, not by a virus. Often THE COLD PREVENTATIVE will not work in this situation. If RESISTANCE is used, it tends to bring forth the emotional state behind the complaint. One must be willing to experience his or her suppressed emotions and try to resolve them. Then the "cold" will disappear.

This is why RESISTANCE is always the remedy to try when your first remedy doesn't work. There may be an emotional block to the healing action, and RESISTANCE can uncover it.

As a side note: This person should not have continued to use THE COLD PREVENTATIVE and STIMULATING YOUR HEALING RESPONSE beyond the first day. By doing so, she unnecessarily prolonged her suffering, instead, she should have switched to RESISTANCE the second day.

When you can see that your chosen remedy is not working, switch to RESISTANCE, or another appropriate remedy. Certainly there is no need to continue any remedy for more than one day without results. (However, when using the "psychological" remedies, you might want to wait several days before you decide that they aren't working.)

Second side note: Our volunteer reported that by the evening of the day during which she starting using the RESISTANCE remedy her cough was severe that she sent her husband to the store for cough medicine - which she subsequently took. Could it be that her worsening cough was a "healing crisis", and would have subsided by itself without the cough medicine?

### **STIMULATING YOUR HEALING RESPONSE**

#### Report 6:

"I had a sore throat for about 4 days before trying a remedy. I used the remedy STIMULATING YOUR HEALING RESPONSE for just one day (6 times).

"Before using the remedy my symptoms included a sore throat, an occasional cough and phlegm in my throat. After using the remedy for one day I definitely noticed an improvement in all of my symptoms.

"Your remedies are interesting. However, I probably don't care enough about my health to use these remedies regularly."

This brief report came from a 28 year old male.

#### Analysis of Report 6:

This young man probably enjoys pretty good health, or he wouldn't be taking it so lightly. Though he is skeptical of The Paper Doctor, the remedy appears to have worked for him.

Until a person has successfully used the Paper Doctor remedies on several complaints, he or she is not likely to believe that "it wasn't just placebo". So his reaction is quite normal for someone using the remedies for the first time.

You could say that buying this book is a commitment to trying at least three remedies. It may take that long to get a feel for how these remedies work, and what to expect when you use them.

## **TOOTHACHE**

### **Report 7:**

From a older woman, who developed a toothache while traveling to the East Coast on business.

"My toothache appeared suddenly and seemed to be all over the left side of my face - both upper and lower jaw - so that I wasn't sure just which tooth it was at first. Finally I figured out that it was the one my dentist said needed root canal work.

"This was a major toothache. I mean A MAJOR TOOTHACHE. My only thought was for how to get through the trip in one piece and back home to my dentist.

"Then I remembered your book (she means The Paper Doctor) which I had reluctantly lugged along. I made the toothache remedy about 5 times a day for 4 days ... and the pain stopped! Was I surprised, relieved! Even a week later, after the trip was over and I was safely back home - the pain still had not returned."

### **Analysis of Report 7:**

Well, it's reassuring to know that this remedy worked, since toothache pain is often unendurable and the last thing you want to have happen when traveling. Therefore, this is an important remedy to have in The Paper Doctor. To my knowledge there are no non-toxic toothache remedies on the market that really work.

On the negative side, the fact that this person had to use so many glasses of the remedy is a little disconcerting. It's was also time-consuming for her. Perhaps other people might not be willing to keep using the remedy the way this person did.

One strategy you can use when you need to repeat a remedy and don't have much time is to double the usage. Make and drink each remedy twice in succession. Busy people could do this only in morning and night, and still get in four glasses a day.

Other remedies that might have helped her are: FIRST AID, FEARFULNESS, PAIN, STRESS, and of course, RESISTANCE.

## **STRESS**

### **Report 8:**

A woman about 45 wrote me that she attended a town meeting recently in which she had to make a presentation. I have known her for years, and for years have listened to her tell how she hates to speak in

public. The cause she always feels so nervous about it. I'm sure she did very well with her presentation, but she reported afterward that she "was shot. I felt very tense, nervous, and completely exhausted. So when I got home I took one glass of the stress remedy. Surprisingly, my stuff disappeared in about five minutes!" When I queried her later, she said one glass did it; she never needed another.

#### Analysis of Report 8:

This woman turned out to be the first person to report to me concerning the STRESS remedy. I have included her report to show that sometimes Paper Doctor remedies can act very quickly and completely, without repetition. In order for this to happen, the remedy has to be a good match with one's complaint. There is no way to know beforehand how good your match is or how many glasses will be needed.

Notice that this woman waited until her complaint (stress) appeared, then she used the remedy. I mentioned to her at the time that she might try it as a preventative, to be used before a presentation. She replied that she never intended to give another presentation in her life, and so would not be able to find out!

Nevertheless, many Paper Doctor remedies can be used preventively if you know from previous experience how you are likely to react in an upcoming situation. STRESS and BUSINESS PRESSURE are good examples of preventative remedies.

### **FIRST AID**

#### Report 9:

I spoke to the manager of a well-known local book shop about the possibility of test marketing The Paper Doctor. She seemed receptive to the idea, and began to think of a way to test it out. She told me that her favorite ivy at home had rust disease on it. Did I think Paper Doctor remedies could help her plant?

This was a challenging test! If I was to have any chance of selling my book in her shop, I had better come up with a quick solution to plant rust.

So I said yes, the Paper Doctor remedies could help. I told this woman to make the FIRST AID remedy in a glass, in the usual way, then either pour the water around her plant or pull a leaf from the plant and drop it in the water.

Forgetting about the incident, I didn't contact her again for about 5 weeks, when I phoned to find out whether she would agree to sell copies of The Paper Doctor in her store.

She told me that the store's owner would not agree to it because they only accepted books which were available to them through the regular distribution channels. This simplified their bookkeeping procedures. She did mention, however, that she had tried FIRST AID on her plant, and that the rust had disappeared in about a week!

Regrettable I failed to solicit important details: had she used more than one glass of the remedy? Had she used more than one leaf? Did she pour the remedy on the plant directly, or just drop a leaf into the water as I suggested?

#### Analysis of Report 9:

In theory the Paper Doctor remedies should be as effective with plants as they are with people. This woman's testimony seems to agree with that notion. However, this is one isolated case with a severe shortage of facts.

My suggestion that she used the FIRST AID remedy wasn't brilliant. It's just that FIRST AID is the single most useful remedy in this book. It can always be your first remedy after any physical or psychological trauma. This can include catching a cold, or any disease, which is a kind of trauma. So perhaps her plant was traumatized too.

When your get an interesting healing experience, try to write it down so that you can recall it later. You never know when it might be of benefit. If nothing else - you can send it to me!

#### Report 10:

"Don, I had another amazing (to me) experience with the book. Yesterday John and I were walking in a rough mars and I twisted my ankle. Since we drove all day it didn't start to hurt and swell until afternoon, when we stopped at the motel.

"I took a bath, used the First Aid remedy, put ice on it and rested. I used First Aid twice and Sports Injuries once. By 7 pm it was feeling much better. Today it is well.

"I am surprised because the way it felt yesterday afternoon I could see myself not walking on it for several days. Today I have full movement and no pain! I must say I was very skeptical yesterday, but am so glad I brought the book (on this trip)."

From a woman in Washington State.

#### Analysis of Report 10:

This report typifies good use of The Paper Doctor. The person was traveling. She had a minor accident, and was unable to make a remedy right away. When she could make a remedy, she did so. She also used ice, and rested. And finally, she followed one remedy with a second and completed her healing.

While using The Paper Doctor she was skeptical - but she used the remedies anyway. Result: success. And a much happier finish to her vacation than might have occurred otherwise.

When you have had interesting or unusual experiences with Paper Doctor remedies, call or mail in your report. Perhaps your story will appear in the next edition.

#### User Profile

The typical Paper Doctor user is female, over thirty, and interested in obtaining more control over her own health care. She is either has, or has had, responsibility for the health of family members or friends. She is concerned about pollution, and recognizes the phrase "non-toxic" as a meaningful asset in health care.

For [The Paper Doctor Remedy Log](#), see next page(332). ([index](#)).

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