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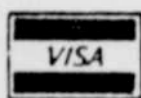


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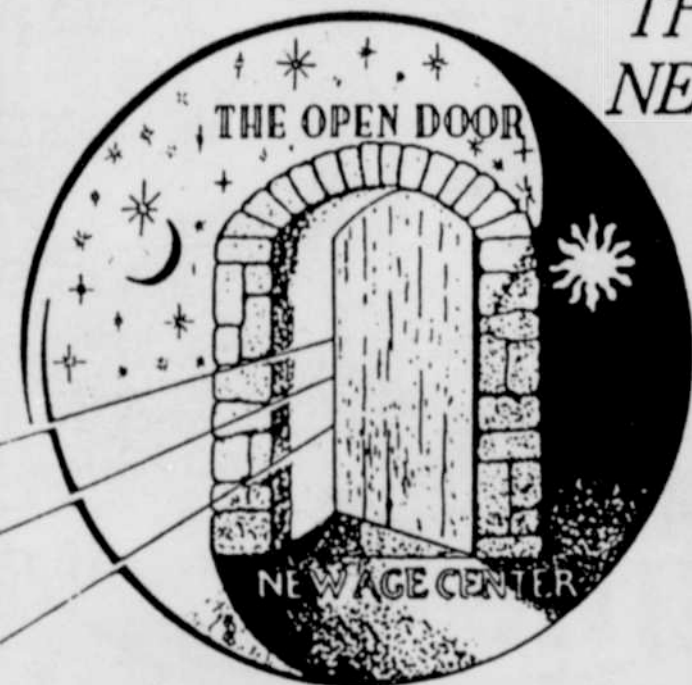
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Just Out • 28 • October, 1987

just health

Racism: Ignorance or disease?

It would be nice if orthodox medicine accepted racism as an illness, but orthodox medicine is itself firmly entrenched in prejudice regarding women, minorities and class.

BY STEVEN BAILEY, ND

Once thought that the roots of racism and other prejudice were firmly entrenched in ignorance but while ignorance is indeed a fertile medium for racism, I now view it as a common ally of a very real illness.

We do not have any blood tests for this illness, yet it is very easy to observe. The symptoms of prejudice can be seen in body language and social interactions as well as in areas of employment, education and other social parameters. The illness is deep and ruthless, and we can only hope that we soon discover the cure.

While there are no physical tests for this disease (under the microscope the cells of a racist look just like everyone else's), there are certainly mental/emotional and spiritual abnormalities that exist in prejudice. Just as a healthy physical body is able to thrive with normal physical challenges, a healthy spiritual and emotional being should not be distressed by individual differences or personal pursuit of happiness.

From a psychological viewpoint, I believe that personal inadequacy and/or lack of self-

esteem is the primary base of prejudice. Many people who do not love themselves, derive pleasure in feeling that whole groups of people are inferior to themselves. Whether these feelings are directed toward blacks, women, caucasians, Jews, gays or, recently, followers of the Bhagwan, prejudice does not beget self-esteem. We need to learn to love ourselves and to accept the law of loving others and treating others as we would be treated ourselves.

The cure of prejudice must begin within each of us, within our own daily actions and thoughts. It would be nice if orthodox medicine accepted racism as a psychological illness, then we could use our health dollars to treat the ill. But orthodox medicine is itself firmly entrenched in prejudice regarding women, minorities and class. It would be nice if the ignorance of racism was seen as an unacceptable outcome of our educational system. It would be nice if I personally could love and trust everyone I met with the respect they deserve. The task is difficult; but since the disease is intolerable, we must join together, and with compassion for the ill, support each other as we work toward a more perfect union.

Book review

Healing AIDS Naturally

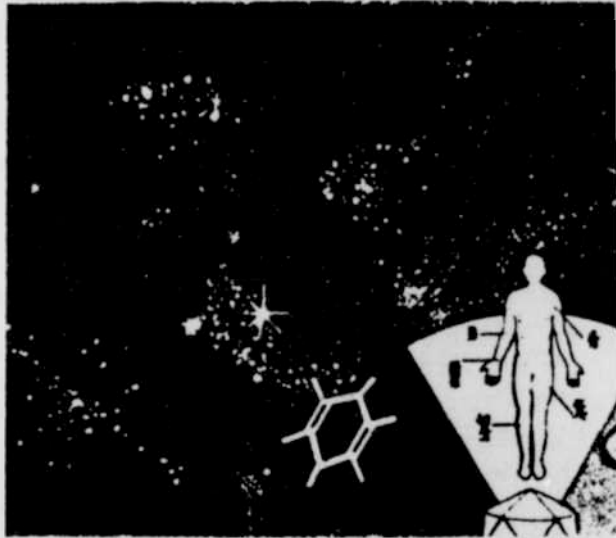
Laurence Badgley, M.D.
Human Energy Press, San Bruno, CA

Healing AIDS Naturally offers the basic tenet that the "ARC/AIDS disease is not fatal." Dr. Badgley uses this book as what he describes as an "Operator's Manual for the Human Body," with a particular emphasis on the current AIDS crisis and the natural therapeutics involved in survival and health. Written for the lay person, this book describes the ARC/AIDS condition, the human immune system, basic principles in healthy lifestyles as well as many wholistic therapies such as herbal medicine, acupuncture, nutrition and psychological as well as spiritual concerns.

To most of America, AIDS is seen as a disease which is fatal, and extremely frightening, promotes considerable irrational behavior towards the ARC/AIDS patients. As AIDS primarily affects "non-mainstream" America, those with AIDS have been treated much like the "untouchable" castes of India. How angry we would be if our friends or family members with cancer or heart disease were treated in such a manner. How refreshing it would be if America were to wake up to the common-sense understanding of AIDS that Dr. Badgley and many of his peers in natural therapeutics hold true regarding the causes and treatments for AIDS-infected individuals.

As a graduate of Yale Medical School, Dr. Badgley has certainly not taken the "easy professional path." To most medical doctors the abdication of the scalpel and drugs for natural and preventive therapeutics is nothing short of sacrilege. For his personal courageousness and for his wonderful basic book on AIDS, Dr. Badgley should be acknowledged. Let us hope that his example will awaken even more persons to the logic and importance of natural healing.

Healing AIDS Naturally is a very worthwhile book and I highly recommend it to those associated with AIDS as well as the general public. While the author does not outline a specific program for threatening AIDS, he does provide enough basic information about a variety of fields of medicine that the readers can begin a more educated program for their own health



needs. The book rightfully acknowledges the need for individualized programs and personal responsibility in the care of ARC/AIDS. The information on nutrition, herbal and supplemental care, etc., is sound and offers many valuable tools for strengthening the weakened immune system.

I have heard criticism that Dr. Badgley is too critical in his presentation of orthodox medicine and its motives in research and education. He is indeed critical, but I think his points are well taken and our sensitivity to them reflect the thorough marketing of high-tech drug and surgical medicine in America. If we open up our belief systems, we can understand how profit, rather than compassion, is the primary motivator in the pharmaceutical and med-tech industries. It is most important to acknowledge this about AIDS, for as most of our research dollars pursue a myopic course, it is more important than ever to return to personally responsible health care.

A final aspect of the book that is worth mentioning is its information about the relationships between the body, mind and spirit. One of the fabulous things that is occurring in high tech medicine is the scientific verification of the mental, spiritual and energy affects on health. What was once shunned by orthodox doctors as unprovable and/or absurd is now being documented as fact by their own equipment. Little did we know that in looking for a better mouse trap we'd rediscover the cat. Sometimes the oldest of solutions are still the best.

Dr. Bailey can be heard live on KBOO's Radiozone on Mondays at 9:00 a.m.