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Edition

Energy Medicine in Therapeutics and Human Performance

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Dr James L. Oschman,
Butterworth /Heinemann (softback),
London, 2003. £19.99, ISBN 0-7506-
5400-7. *Reviewed by Dr Cyril Smith.*

At a Conference in Stuttgart last year, Jim Oschman began his presentation wearing his "Tour de France" Trainers' Cap, which had been presented to him in recognition of his contributions to the art of rapid healing so necessary when a rider must be back on the road next day and in top form.

Jim enjoys doing his science and writing about it, following the example of his mentor, Albert Szent-Györgyi, whom he affectionately refers to as 'Prof.'.

At the beginning of this book, he lists some pioneers for whose ideas 'the time has come'. In respect of the main themes of this book, *bio-communication* and *invisible forces*, he wants to enable all therapists to be able to enhance their therapeutic skills, to enlighten their patients and to extend what it is possible for athletic, artistic and martial arts performers to achieve. He does not intend this book to teach new therapies or provide new instructions for performers. He has written it because times have changed and energy medicine is emerging from controversy and confusion. He wants to stimulate thinking that will solve problems resistant to conventional methods, advocating the method of 'multiple working hypotheses'.

The book is well referenced, with source material placed conveniently at the end of each chapter. There I find papers that I had forgotten and others that I ought to have known about. References are selective, those relating more to the Scientific Basis of Energy Medicine are to be found in his previous (2000) book of that title.

The present book begins with accounts of Energy Medicine past and present. This is followed by chapters covering his experiences at Woods Hole Marine Biological Laboratory in Massachusetts and the work of his Prof. He then continues with examples of human abilities, particularly speeds of reaction and performance which defy explanation by present paradigms.

Connective tissue is considered as a communication pathway, extending the nervous system capability, reaching throughout the body and having memory properties. It is important in soft tissue trauma. The Living Matrix, cut through by surgeons, is much more than an internal supporting matrix. The membrane and the gel-matrix models of cells are discussed. Individual cells have similar internal structures called cytoskeleton, which provide a communication capability extending to single-celled organisms. These communication systems interface in multicellular organisms. He also refers to the nitric oxide communication and control system between cells and in blood circulation to muscle. Chemical control is, of course, quantum control.

The properties of the Living Matrix are explored in terms of semiconductors, electronic conduction, liquid crystals, biochemistry and water structure, leading to coupled oscillations, resonance transfer of energy and long-range order involving Fröhlich oscillations and thence to coherence and healing and the mysteries of acupuncture. Further mysteries are those of how an organism proceeds from the genetic material to self-assembly, growth, development and morphology and then to wound healing, limb regeneration, tissue de-differentiation, and the limitations of Western bio-medicine and biochemistry.

He introduces the concept of *continuum* as a holistic description of the Living Matrix with the sum total of all its constituents, down to the subatomic, forming a living body greater than its component parts, which nevertheless are aware of any injury. In the final chapter and the postscript he returns to consider the Living Matrix in terms of quantum coherence.

Holism implies coherence and the book continues with a presentation of the work of Herbert Fröhlich on "Biological Coherence and Response to External Stimuli" and the contributors to his second *Green Book* published in 1988. The reference to the chapter entitled "The genetic code as a language", actually written by Fanchon (Mrs) Fröhlich, is particularly relevant in view of recent work showing that DNA is like a computer re-write program and has a syntax.

From coherence, he moves on to consider the limitations of the neuron approach to sensation and movement, communication, the brain and consciousness. Then, discussion of muscle contraction introduces energy transfer by Davydov solitons, soliton effects in soft tissue therapy, which includes induced gel-sol transitions and which may release trapped toxins during therapy. He quotes Hameroff's example of how cell memory could be assembled in microtubules coded by polarised tubulin monomers and erased by de-polymerisation on cell division.

He then goes back to biological coherence and the possibility that memory is stored holographically as wave interference patterns. This has again been overtaken by events. Recent publications have shown that a quantum holographic memory is the only one that places the image at the actual physical location of the object in 3-D space and time.

Finally, he considers relations between the Living Matrix, energy and information transfer on the one hand and intuition, intention and the unconscious on the other. The former are now linked by a recently published paper which showed that, if a quantum term is introduced into the Carnot Cycle Heat Engine equation, it becomes possible to extract energy from a single temperature heat bath in exchange for information.

Jim Oschman concludes that, "Research is fun when it leads to new questions and opens us to new possibilities. Research is exciting when it leads to new levels of athletic or artistic performance".

Dr Cyril Smith is a retired Senior Lecturer in Electronic Engineering at Salford University. He wrote Electromagnetic Man: health and hazard in the electrical environment (Dent, London, 1979) with Simon Best and continues his interest in bioelectromagnetics with part-time research, writing and lecturing, both here and abroad.

