

## **Interview on the occasion of the anniversary: “30 years of holistic medicine”**

### **A look back, A look ahead, A look beyond.**

***Dr. Tóth, you are a general practitioner, a specialist in anesthesiology and intensive care, and, in addition, an emergency doctor. You describe yourself as a holistic medical practitioner. How did this come about?***

This is a story that happened quite a long time ago. When I was unable to fulfill my dream of studying medicine because of financial and family reasons, I initially trained to become an aeronautical engineer and, later on, a medical engineer. My goal had always been to one day create holistic medicine. I wanted to create a medicine that would reach humans holistically on their physical, psychological as well as spiritual levels. However, to really change dynamics within medicine, I first set myself the task of fully mastering conventional medicine up through the level of intensive care medicine, in order to be able to venture further from there because it wasn't supposed to become another kind of alternative medicine. I completed massage therapy training and financed my studies with this work. It was remarkable to see how much one could achieve medically by actually touching a person and applying natural healing methods. With further trainings in natural healing methods, manual medicine, acupuncture techniques, energy medicine and so forth, I expanded my knowledge and gathered valuable skills. I was unaware that these trainings would prove to be of great value in my clinical work. Yet, already at the beginning of my hospital practice, as a still very young, inexperienced physician, I realized how enriching my very own special combination was for routine clinical work.

There is a story that goes along with this, which I experienced on my fourth day at the hospital. I was on main duty and, of course, had no idea how to diagnose anything, how regular duty in a hospital worked and which diagnostic methods existed. Although my studies had included training in all of these areas, in practice things are quite a bit different. And so it happened that a 14-year-old girl with unclear lower abdominal complaints and suspected salpingitis (ovarian inflammation) was admitted for clarification and antibiotic infusion therapy. During the conventional medical examination, I had to conclude that in such a case it would be very difficult to decide whether it was an ovarian inflammation or an inflamed appendix. This is difficult to differentiate insofar as the location of the pain, where one would see a defense reflex during abdominal diagnosis, can be the same despite having a different cause. For this reason, there was a danger of overlooking an inflamed appendix which could have been fatal for the girl. Her blood count showed an inflammation, however it was unclear which organ was affected. Thus, I looked at the girl's foot reflex zones, since the zone for the

ovaries there is clearly separated from the appendix zone. I was familiar with this technique from my work as a massage therapist with special training in acupressure and reflexology, and I realized that we were not dealing with an adnexitis but rather an appendicitis (appendix inflammation) which needed to be operated on quickly. When I wanted to inform the senior physician about it, the ward nurse warned me about possibly calling him unnecessarily should it, after all, turn out to be only a common ovarian inflammation which could be treated with antibiotics. But I adamantly insisted. During the operation it became apparent that the appendix was close to rupture and that this operation had been lifesaving and highly necessary.

That was my first experience of how helpful my previous training as a massage therapist proved to be for my work at the clinic. This is how I learned about the limitations of conventional medical, diagnostic procedures and I knew that I wanted to do more for my patients. So that's how a holistic approach in connection with clinical medicine developed. I look at the whole person with various approaches, and this opened up many more possibilities. The world, but also humans and their health are too complex to only grasp them in a linear manner. We need every means available, diagnostic procedures and therapies, regardless of whether it is conventional medicine, complementary medicine or naturopathic procedures; depending on the respective problem they all are justified in their own way.

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***I can imagine that encouragement on the part of your colleagues was not particularly high back then. How is this today?***

I would not describe it this way. For most, my way of diagnosing was somewhat peculiar and it took a little while for me to receive the necessary recognition for it, but my accuracy was convincing—this made my colleagues curious. They wanted to know how I did it exactly. Thus, I started telling them about the foot reflex zones. Indirectly, this was the starting point of my teaching career. The most diverse “students” attended in my courses, from nurses and nursing assistants to anesthesiologists, the senior physician, even the chief of medicine. Almost the entire hospital personnel who were in contact with patients was represented and learned about foot reflex zones from me. Following the theory part, we could go to the different wards and verify whether the diagnoses worked. All examination methods, x-rays, patients’ blood analyses, etc. were available, and my students had to find the problem using foot reflex zones, without the conventional test results. These experiences proved very valuable and we integrated holistic, reflexological diagnostic procedures on the wards.

But you are right, it was not always easy. Of course, there were many colleagues with other opinions, but I never experienced this as difficult, rather, as a justified different perspective. In many ways, I was ahead of my time, and in such cases one, of course, encounters resistance which is the result of

fear of the unknown. This is completely understandable, and so I did not perceive it to be anything uncomfortable. Occasionally this is still true today, i.e. within the review board or in public discourse which very often is steered by pharmaceutical companies. The only difference today is that people are beginning to assume responsibility for their own health and wellbeing, and physicians and therapists realize this and are broadening their perspectives in this matter. For instance, 25 years ago, training to become a massage therapist consisted of first learning about muscles and the motor system, and only afterwards about the massage techniques. Back then, I was a trainer and later on, examiner at the Guild of Massage Therapists and I initiated the idea that massage therapists should understand the connections more, and that the training should be broadened to include reflexological techniques such as foot reflexology, as well as connective tissue massage and Asian techniques, such as meridian massage and Shiatsu. Based on these suggestions a new training program was developed which also imparted this professional area with comprehensive knowledge and the ability to help people using varying approaches. So a lot is going on.

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### ***You still train physicians and therapists. What content is taught today?***

Based on my technical and medical-scientific education, I developed devices that are capable of supporting physicians in their holistic medical approach diagnostically and therapeutically. First and foremost is the bloodletting laminar needle/tube system. This system is patented and complies with all hygienic, technical and medical standards for administering bloodletting in the method of Hildegard von Bingen. Several training seminars for physicians and naturopaths exist for this purpose; and I also wrote a book on the topic, entitled, “St. Hildegard Bloodletting (Dr. Ewald Töth method)”. For therapeutic purposes, I developed a cupping massage fire stick which simplifies the cupping process and is registered for a patent.

It is very gratifying to see the increasing extent to which holistic treatment methods are being accepted within traditional medical training. For instance, I was a lecturer at the Danube University Krems (2002 to 2005) and am repeatedly invited as a speaker and seminar host at national and international medical specialist conferences to pass on my holistic medical experiences. Moreover, I give seminars at hospitals on, “Morpho-cybernetics—A New Energetic Body Awareness”, for all the staff who have contact with patients. These seminars deal with the conscious perception and practical experience with the morpho-cybernetic energy body. This topic is very exciting and helpful for all people, which is why it is also offered to interested (private) individuals as weekend seminars.

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***Can you please explain this in a bit more detail? What is morpho-cybernetics and what we do with it?***

Morpho cybernetics describes teaching about the endogenous energy field, discovering it and using and applying it in a conscious manner. Every single body is embedded in a morphic field. This field has a formative, controlling and regulating power. One must think of it like this: every human being, every animal, every plant, every organism is surrounded and permeated by an energy field which protects it, forms it and through which it takes shape in the first place. Thus, matter, as we perceive it, develops because the morphic field controls this manifestation. For people who have little to do with natural science it sounds inconceivable. But the truth is, all life is a miracle, and sometimes barely comprehensible for our human intellect. Many people believe that certain things do not exist simply because they cannot see them. But one cannot see the larger parts of the sun's spectrum of light, sound waves, air, and so many other elemental things, yet they do exist. Human beings build machines to prove the existence of things. There are of course, also methods in morpho-cybernetics to make energy fields visible. In my seminars, I show simple exercises through which people can recognize, see and feel how this energy field works. We are in a position to use this power to our benefit. Let's take nurses and caregivers in a hospital as an example. Very often, they need to perform highly demanding physical tasks while positioning, transporting and mobilizing patients. A patient who weighs 120 kg. (264 lbs.), for instance, can easily be set upright by one person using only one hand, by consciously using the morpho-cybernetic field. But also during everyday life, the field can help us ease stress on our intervertebral discs when carrying heavy loads. We can experience an entirely new feeling of life if no unnecessary energy is used, and exertion no longer exists. Therefore, morpho-cybernetics could be regarded as health care for the entire motor system, as a psychological hygiene measure, and as a nourishing elixir for the soul. A body, mind and spirit health program, so to speak.

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***How did you, as a doctor, start giving lectures to patients?***

Basically, it was not planned this way, but it happened out of necessity. I understood very early on, that one could not heal anybody simply from the outside, be it with medications or manual

therapies, or with any other methods. Healing originates from the individual human being. The wish to be healthy needs to manifest. For this reason, knowledge transfer and consciousness training have been an important aspect of my work as a physician from the very beginning, so that patients may recognize and understand the contents of the medical story which would then enable them to make conscious changes. It does not help for me, as the attending physician, to know the reasons for the patient's problems and how it is possible to change things, if the patient him/herself neither has this understanding nor the willingness to walk this path.

And believe me, this is not an easy process for a patient. Because this is about basic beliefs which trigger programs which have been in existence for generations. In earlier days it was customary that upon falling sick one would simply go to the doctor, get a tablet or injection which did not cost the patient anything—neither money nor much time—and afterwards one would carry on as before. If one would get sick again, you returned to the doctor to be “made healthy” again. This pattern was reinforced by the conventional medical insurance system, namely by supporting the idea that one only needs to swallow some medication, and everything is fine again and that there is a vaccine or medication for everything.

Hence, I realized that information and education were needed. I wanted to explain to people that it was not necessary to take antibiotics right away, which merely conceal the symptoms but simultaneously harm the immune system and the intestinal function and, further on, herald even more severe problems. If, for instance, children stumble from one infection to the other, contract middle ear infections, pain and strep throat, they usually get antibiotics. After a few weeks, due to the weakened immune system, they will have an even more severe infection since the bacteria mutate and become more aggressive. Over time, allergies will settle in as well. To be able to treat such events, it is important to explain the interdependencies and possibilities to parents, i.e. alternative measures to antifever medications in cases of acute fever. Therefore, naturopathic seminars for parents and patients were an integral part of holistic therapy. I taught how to correctly perform an enema which can lower fever much faster than any medication. How to ease inflammation in the digestive tract, inflammations of the throat and tonsils by bowel cleansing. How to strengthen the immune system not with vaccines and by killing bacteria and viruses, but rather precisely by encountering the bacteria and other noxae.

And so I began to give lectures and train my patients. Over the years, more and more topics came together, and today there are scientific societies which organize lectures and seminars, which I support with my research activities and expert knowledge. Because of this abundance of knowledge and activities, I founded an academy in cooperation with the Scientific Society for Quantum Medicine and Awareness Research.

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***Key point: Academy for Health and Awareness Training. What was the motivation for offering this kind of training?***

I had waiting periods of up to one year in my practice and I realized that I could only reach a few patients this way. Since the interest for holistic medicine was so enormous I put various emphases on my lectures and seminars, and now I pass my knowledge on to people interested in health, people who want to train their consciousness and take responsibility for themselves, their body and their spiritual wellbeing. And this also still includes many doctors, therapists and naturopaths in Austria, Germany and Switzerland; so they can, in turn, pass it on to many people and integrate it in their work.

Over time, demand for the seminars increased so much that now, after 30 years of hospital and private practice work, I have shifted my focus and am concentrating entirely on research, development, training and education. I transferred my practice to a colleague and her team of therapists who will continue it in keeping with my intentions and use my holistic practical knowledge. Patients can make use of my more than 30-year-long practical experience in holistic medicine and comprehensive diagnostic procedures and methods at my practice in the Health Center in Baden bei Wien.

In cooperation with the Academy, the Scientific Society, the practice, physician colleagues, therapists and naturopaths, it is possible to build up a large network to reach the highest number of people and that everyone can benefit from the experience.

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***Where do you get all the strength for everything you do? You seem so full of energy and vitality—what is your very personal secret?***

(Laughs) It is no secret. It is an attitude. And much more, it is a constant process of letting go of old and limiting things, allowing consciousness development to happen and implementing new realizations and heart qualities in daily life. I have largely liberated myself, mentally, from the confining polar system, the “either-or”, and developed towards an awareness of “this as well as that”, a harmonious merging of things.

For many years, I have lived on an alpine pasture in the Salzkammergut region in the heart of Austria. There, my life partner and I have built up an alpine farm of a new dimension. The Licht-Quell-Alm is a place where one can experience the awareness of nature and encounter its healing powers. I live surrounded by mountains, pastures, forests, water and clean air, and every day I experience that we are one with the world and the energetic field. Everything in life has its justification, and working together affects everyone and everything in an invigorating and enriching manner. In the truest sense of the word, I live a life in abundance and this nourishes and strengthens me. Even though our life may seem materially very simple. We operate an integrative, organic farm and cultivate cooperative nature conservation. This kind of pasture farming gives us natural, strong wild herbs as well as clear and high energetic spring water and sun energy. And this interplay is God's gift and the spring of my life's strength and vitality.

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***Key point: Spring for strength and vitality in life. You have developed products which help people to actuate, balance and regulate natural internal metabolic processes. Your know-how is in the area of alkaline body care and alkaline dietary supplements. How did these products develop, and even get into distribution later on?***

I never intended to develop and distribute products. The desire to produce natural remedies without harmful side effects developed out of my practical work, 30 years ago, at a time when the range of natural remedies was still not as diverse as it is today. I developed remedies for my patients which were unavailable in pharmacies; they are geared towards the entire human being, do not have any harmful side effects, and take psychological regulations such as homeostasis as well as environment into consideration.

From the very beginning I saw that it is the acidic environment which causes cell change and consequently, illness. It is for this reason that I developed an alkaline mineral blend for my patients, which can deacidify the entire body and supply it with the necessary alkaline reserves. Likewise, I created alkaline creams and lotions which showed tremendous healing impact with various skin diseases. The success of and therefore the demand for these skin creams was so great that I passed these formulas on to pharmacies. But even for the pharmacies the demand soon became too high to meet, and so I had the idea to produce these creams myself. With that, the natural production procedure, the compositions and thus the quality were guaranteed. Today, the company Licht-QuantenNaturprodukte GmbH (Ltd.) produces 45 different products based on my formulas and quality criteria so that they can be supplied to many people. The remedies have been licensed as dietary supplements and cosmetic care products and are distributed by pharmacies, health food stores, drug stores; in other words, by specialist retailers who can also give advice and

offer information. It is especially important to me that my products are not sold by just anybody, but by people willing to complete trainings, who understand the content of holistic medicine and who can give competent and responsible information to the customer.

In this manner, a wonderful network has evolved, supported by specialist retailers, health food stores and pharmacies who have chosen to bring these holistic dietary supplements and body care products closer to all interested people. It is already possible to keep the skin and body healthy prophylactically by using dietary supplements and alkaline body care. All these products are based on the 7 physiological foundations of life, and my more than 30 years of clinical, medical, practical and therapeutic experience.

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