



# BRMI

**Bioregulatory Medicine Institute**  
*Supporting the Science of Self-Healing*

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January 1, 2020

Issue 18

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- Clinical Perspectives of Food Intolerances
- Propolis – Medicine from the Hive
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- Book Review: Accidental Blow Up in Medicine
- Clinician's Corner: Mudras: Sacred Hand Gestures
- Come visit our website!

Dear Reader,

BRMI rounded out 2019 with much fanfare.

In November, we returned from [Baden-Baden](#), Germany, where we attended the 53rd annual *Medizinische Woche* ("Medicine Week"). For those unable to attend, be sure to subscribe to our [YouTube Channel](#), where we've shared our video coverage from Europe's largest and oldest Congress for Bioregulatory Medicine. We interviewed many pioneering doctors, including BRMI Advisors [Dr. Ralf Oettmeier](#) (just named President of the newly-formed IGIMP - the International Society of Immunology, Milieu Medicine, & Pleomorphology) and [Wolfgang A. Haas](#), who had literally just launched [neeruja.com](#), a new bioregulatory digital platform.

Many of the vendors were kind enough to demo their latest diagnostic and therapeutic devices for us. Our conversations ranged from how to protect ourselves from 5G to medicinal plants and magnetic wave therapy. At the AIRNERGY booth, we had a fascinating [conversation](#) with Erwin Held about Singlet Oxygen Therapy. AIRNERGY shared with us this [article](#) from the Natur-Heilkunde Journal about how energized inhaled air (Airnergy) has been used in treating sleep disorders.

You can access all our Baden-Baden coverage [here](#).

Other additions to our [brmi.online](#) info-field:

We've linked to a dozen organizations that foster [Anthroposophy](#) and the work of Rudolf Steiner.

We've added articles on [Medicinal Mushrooms](#), [Probiotics and the Microbiome](#), and [Functional Medicine](#) to our [Articles Archive](#).

We've also uploaded a new section on [Cymatics](#) to our [Video Library](#).

Our feature articles in this, our 18th e-Journal, are "Clinical Perspectives of Food Intolerances" and "Propolis – Medicine from the Hive". We're sure you'll enjoy our [Featured Video](#) on Propolis. And here you can see our conversation in Baden-Baden with [BIOBEE](#) - all their royal jelly ampoules are alcohol-free.

BRMI Advisor [Ian Kennedy](#) gifts us with a "Clinician's Corner" piece on Mudras - sacred hand gestures which effect inclusion, connection and joy. What a beautiful holiday message.

We also review Dr. Simon Yu's latest book: [Accidental Blow Up in Medicine: Battle Plan for Your Life](#). Drawing on solid scientific evidence as well as extensive first-hand experience, Dr. Yu provides insight into hidden causes of chronic illness that are often ignored by mainstream medical doctors.

On a personal note, I'm very pleased to announce that after 13 years of research and writing, I recently published my latest book, [Breast Cancer: the rest of the story](#). Having lost both my parents to chronic illness, my work has always been driven by a need for a deeper understanding. What began as an informational booklet for my patients (breast cancer now affects 1 in 8 women), grew into a 700+ page e-book - a format which allows the reader to search by topic, keywords, etc. It, of course, does not need to be read in one go - the text presents the often-hidden causes of breast tumors and evidence-based treatments of all kinds, conventional and natural, non-toxic - in short, the rest of the story. It is my fervent hope that this shall be a helpful reference work to all who read it.

Here's wishing you all an enriching 2020 - if you know of an event you'd like for us to add to our [calendar](#), please reach out to us. Comments and submissions to our e-Journal are always welcome and appreciated. Feel free to interact with us via [social media](#) - or contact me directly at [jpmmodell@brmi.online](mailto:jpmmodell@brmi.online).

We thank you for your interest in bioregulatory medicine.

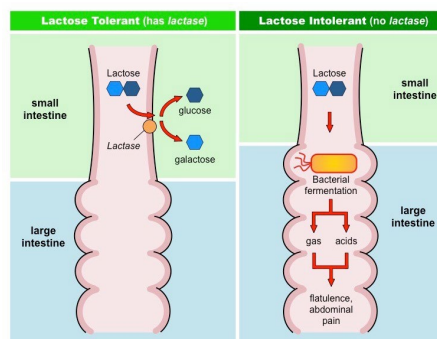
Happy New Year!

James Odell, ND, OMD, L.Ac. BRMI Medical Director

*As with any healthcare newsletter, the information in the BRMI e-Journal is intended for educational purposes only and is not a substitute for the advice of a qualified healthcare professional.*

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## Clinical Perspectives of Food Intolerances – Lactose, Fructose and Histamine



The term "food intolerance" is an umbrella term for all unwanted symptoms or diseases associated with the consumption of specific food items. It is not synonymous with the term food allergy. Food

intolerance is defined here as an adverse reaction to a food chemical for which no immunological mechanism has been demonstrated or suspected. These non-immunological reactions make up the major proportion of all adverse reactions to food. [READ MORE >>](#)

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## Propolis – Medicine from the Hive



Propolis is generally known as the “bee glue”, which is a generic name that refers to the resinous substance accumulated by the bees from different types of plants. The word “propolis” is derived from Greek to mean defense for “pro” and city or community for “polis”, or the beehive.

[READ MORE >>](#)

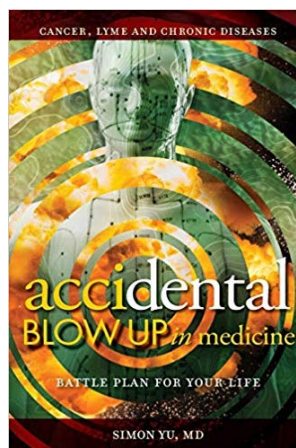
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## VIDEO: The 5 things you need to know about Bee Propolis



In this [episode](#) we describe the 5 essential things you need to know about bee propolis, where does it come from, why the bees collect it, how they process it, which health benefits it provides, and is it good for us to eat?

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## Accidental Blow Up in Medicine: Battle Plan for

## Your Life by Simon Yu, MD

Dr. Simon Yu's newest book, [Accidental Blow Up in Medicine – Battle Plan for Your Life](#) published in 2019, is a treasure trove of information for patients who are struggling to stay well against the odds. The book is comprehensively organized into 6 parts and 13 chapters that bring together patient stories, articles, and numerous case studies explaining how to recover from chronic illnesses such as cancer, Lyme disease and degenerative diseases. [READ MORE >>](#)

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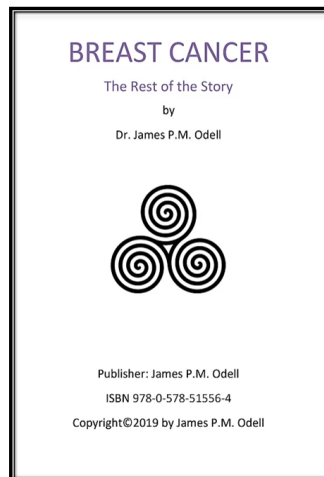


### Clinician's Corner

The Sanskrit word *mudras* means seal, mark or gesture. Mudras are sacred hand gestures or positions that are used to evoke different states of mind and body. In Tibetan the word is *chakgya*. Each of these sacred hand gestures has a specific meaning. [READ MORE>>](#)

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## BREAST CANCER: The Rest of the Story



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