



Dr Jean-Claude Lapraz  
& Marie-Laure  
de Clermont-Tonnerre

*Personalized  
Medicine*

Regaining and  
Maintaining Health

# PERSONALIZED MEDICINE



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## Regaining and Maintaining Health

*Dr. Jean-Claude Lapraz and  
Marie-Laure de Clermont-Tonnerre*

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PREFACE TO THE ENGLISH-LANGUAGE  
EDITION

**E**ndobiogeny is a term doubtless unfamiliar to most English-speakers, even those with a particular interest in ‘integrative’ approaches to physiology and medicine. *Personalized Medicine* is the first English-language introduction to this developing science, written jointly by its foremost living exponent—Dr. Jean-Claude Lapraz—and by a journalist who was also his patient—Marie-Laure de Clermont-Tonnerre. It is aimed both at the general public and at members of the health professions.

What is there about the approach of Dr. Lapraz and his former colleague, Dr. Christian Duraffourd, that offers hope to patients such as Marie-Laure, who suffer from serious, chronic and apparently incurable conditions? These two doctors developed a diagnostic method that, while being rooted in modern science, allows an insight into the true causes of imbalance and disease in a patient; far from being backward-looking, it uses a systems approach that is in line with the most modern scientific thinking. The choice of medicinal plants as therapeutic agents fits perfectly with this approach, as *Personalized Medicine* explains. The book explains Endobiogenic principles and methods, including the modelling system known as the Biology of Functions, and is full of remarkable case histories that attest to the efficacy of this approach.



According to Dr. Lapraz, the method of Endobiogeny is three-fold: listening to the patient, examining them carefully, and analysing their bloodwork using the Biology of Functions. For patient and practitioner alike, this offers a rich experience. For the patient, being heard—and believed—is validating, and brings insights. There is a call for you to be empowered, to step into a place of healing and wellness. This is an active pursuit of health that requires your participation at every step of the journey. For the care-provider, empowerment comes from clarity of diagnosis and confidence in prescribing personalized care. Finally, medicine returns to art of wellness!

Originating in France, Endobiogeny has now been taught to health practitioners in a number of countries, as outlined in chapter 7. It has been for us a great pleasure to work alongside Dr. Lapraz in diffusing the knowledge of Endobiogeny throughout the world. I (Kamyar Hedayat) have, since 2010, with Dr. Lapraz developed international training programmes in Endobiogenic medicine. Through our research and educational company SBRG, we have created a certification program to ensure the highest level of training in the authentic vision of Endobiogeny as taught by Drs. Duraffourd and Lapraz. In addition, Dr. Lapraz and I have been active in clinical research, the first ever three-volume textbook, and a handbook of Endobiogenic Medicine for doctors in practice (Elsevier, 2019). Now more than ever, physicians are being trained in Endobiogeny to meet the growing interest of patients for participatory medicine that is at once scientific and humanistic.

In the United Kingdom, from 1990 to 2010, I (Colin Nicholls) organized a series of training seminars in Endobiogeny for medical herbalists and health professionals, led originally by Dr. Lapraz and more recently by Dr. Hedayat. As a former Program Leader of the BSc and MSc Herbal Medicine practitioner training programs at Middlesex University, and one of a small group of medical herbalists in the UK who have SBRG certification in foundational Endobiogeny concepts, I am committed, together with my colleagues, to making this revolutionary medical approach more available both to the general public and to health professionals in the UK. Projects currently under development include an entry-level Endobiogenic program for GPs and other medical professionals.

We hope that *Personalized Medicine*, exploring Endobiogeny as it does from a dual perspective, will inspire both patients and practitioners in the English-speaking world to re-examine the whole concept of

appropriate medical practice, and to adopt Endobiogenic philosophy as central both to the maintenance of their own health and to the health-care that they offer to others.

Colin Nicholls

President, Endobiogenic Medicine Society (UK)

[www.endobio.org.uk](http://www.endobio.org.uk)

Kamyar M. Hedayat, MD

President, American Society of Endobiogenic  
Medicine and Integrative Physiology

[www.aseqip.org](http://www.aseqip.org)

Co-President, Systems Biology Research Group

Medical Director, Full Spectrum Health: An Endobiogeny

Medical Center

Chicago, Illinois, USA

## TRANSLATOR'S PREFACE

**I**t was in France a lifetime ago that I encountered herbal medicine for the first time, so my meeting with Dr. Jean-Claude Lapraz, and later studying and working with him in Paris, felt like coming home after my long pathways of study here in England and many elsewhere. I felt privileged, therefore, to be asked to undertake the translation of *La Médecine Personnalisée* which had been translated already into Lithuanian by a professional translator, which I cannot claim to be.

The year or so I spent on the project coincided with my studying in that country. Much of the work was undertaken as I crossed the Baltic by ship or the plains of Europe by various means. My destination the city of Kaunas, my purpose of travel was to the seminars given there by Dr Kamyar Hedayat. His outstanding teaching and clinical instruction will, I hope, have managed to iron out any waves and eddies created by my divers modes of transport. It was a most happy experience in that most hospitable Baltic country and I must thank Nicolas Ortiz, co-founder of the Endobiogenic Society of Lithuania (Endobiogenikos Draugija), for his encouragement and financial support of my project to bring the extraordinary developments in herbal medicine made by Dr Lapraz into English. He wishes to acknowledge the collaborative support of his two brothers towards the whole Endobiogenic initiative.

## *PREFACE TO THE SECOND EDITION*

**M**ore than six years have passed since the first edition of this book appeared in 2011, published by Odile Jacob. During this time, a number of research projects have been conducted, both in France and overseas, to evaluate the soundness and efficacy of the Endobiogenic approach in patients. These consist in:

- Clinical studies into the effects of this approach applied to those with a wide range of illnesses as well as subjects in good health leading to a broader understanding of presenting symptoms.
- Analysis of findings provided by the biology of functions in daily practice correlated with clinical findings.
- Ongoing research from hospital, retrospective as well as prospective, within various departments of medicine: cardiology, endocrinology, metabolic disorders, gynaecology, along with novel techniques for evaluating stress.
- Setting up of training courses and seminars for medical personnel in various countries: England, USA (under the auspices of ASEMIP, SBRG), France, (SIMEPI) Lithuania (EMD Lithuanian Society of Endobiogeny), Mexico (SoMeFic Mexican Society of Endobiogeny) and the

creation in France of an Institute of Endobiogeny (contact:institut.endobiogenie@gmail.com)

- The publication in scientific journals on the endobiogenic approach and the biology of functions:

Endobiogeny: a global approach to systems biology (part 1 of 2). Lapraz JC, Hedayat KM. *Glob Adv Health Med*. 2013 Jan;2(1):64–78. doi: 10.7453/gahmj.2013.2.1.011. Review. PMID: 24381827 Endobiogeny: a global approach to systems biology (part 2 of 2). Lapraz JC, Hedayat KM, Pauly P. *Glob Adv Health Med*. 2013 Mar;2(2):32–44. doi: 10.7453/gahmj.2013.013. Review. PMID: 24416662. A novel use of biomarkers in the modeling of cancer activity based on the theory of endobiogeny. Buehning LJ, Hedayat KM, Sachdeva A, Golshan S, Lapraz JC. *Glob Adv Health Med*. 2014 Jul;3(4):55–60. doi: 10.7453/gahmj.2013.041. PMID: 25105079. Genito-Thyroid Index: A Global Systems Approach to the Neutrophil-to-Lymphocyte Ratio According to the Theory of Endobiogeny Applied to Ambulatory Patients with Chronic Heart Failure. Kamyar M, Hedayat, Benjamin M. Schuff, Jean-Claude Lapraz, Tiffany Barsotti, Shahrokh Golshan, Suzi Hong, Barry H. Greenberg, and Paul J. Mills. *J Cardiol Clin Res*. 5(1): 1091 (2017).

- Other publications:
- *Plantes médicinales, Phytothérapie Clinique Intégrative et Médecine Endobiogénique* Lavoisier 2017, a collective work under the direction of doctors JC Lapraz et A. Carillon with doctors JC Charrié, K. Hedayat and doctors in pharmacy B. Chastel, C. Cieur, P. Combe, M. Damak, C. Saigne-Soulard. chapters on phytotherapy and pharmacy, are succeeded by 45 detailed monographs on medicinal plants. This original work rests on a new approach to the use of these plants, putting the patient at the centre of diagnostic and therapeutic thought and procedures. This approach allows plants to be use in an integrative and personalised manner in relying on both traditional knowledge and the findings of modern pharmacology. Because of the complexity of the elements which make them up and with their specific actions, medicinal plants are best used therapeutically in disturbances of physiology and so may provide a first line of treatment providing they are prescribed according to medical disciplines. Endobiogenic medicine provides a thoughtful and original method for bringing the disturbances of the neuro–endocrine systems that direct the health of living beings. It helps the physician identify them and allows

treatment that regulates physiology where medicinal plants play a primary role in helping the individual recover the state of health that preceded the illness.

- *Les clés de l'alimentation anti-cancer, anti-inflammatoire, anti-infectieuse, anti maladie auto-immune* Dr. JC Charrié, Maryse Groussard & Sophie Bartczak. Paris 2012; *Se soigner toute l'année au naturel* Dr. JC Charrié et Marie-Laure de Clermont-Tonnerre. Editions Prat Paris 2015; *En bonne santé toute l'année: 20 cures alimentaires naturelles et efficaces* Dr. JC Charrié et Marie-Laure de Clermont-Tonnerre Editions Terre-vivante Paris 2017.
- The results provided by these and other works in preparation all tend to confirm the validity of the theory behind the endobiogenic approach toward the patient, fully supporting the substance of the 'Personalised Medicine', and show the immense possibilities for preventative and curative treatments afforded by integrative clinical phytotherapy. We would hope that those in charge of public health would give these research findings the attention they deserve and allow scientifically validated therapies to enter into the medical culture and the training of doctors and pharmacists so that all patients may benefit from personalised medicine.

Dr. J.-C. Lapraz



## FOREWORD

**T**his book is intended for both the general public and for the medical community. It was born out of the encounter between a physician and his journalist patient.

For the physician, this book answers a need to present to the world the fruits of his 40 years of private and hospital practice. His principal aim has been to develop a true terrain-based medicine, one that is both preventative and curative. Working with French and foreign colleagues, the aim has always been to treat each individual patient as a whole person.

For the journalist, novel answers were given to all her questions about illness and health. They emerged during the course of writing these pages as well as during the journey she took during these consultations. She will invite you into the confidential heart of medical consultations with other patients where you can be the fly on the wall. None of the patients objected to her presence, which she took as a sign of their respect for Dr. Lapraz, and their desire to share what they themselves had discovered. You will hear them speak in their own words, and as they talk about themselves, they might well be speaking for you.

To all those who are tired of swallowing antibiotics, steroids, anti-inflammatory medicines, beta blockers, anticoagulants, or painkillers,



at the first sign of illness, yet still suffer a relapse. What can one do when treatments fail to work or, worse still, cause further problems? What hope is there for those suffering from serious illness?

This book offers a new medical vision that treats each person as an integrated whole and stands in contrast to modern medical practice—so often standardized and excessively specialized—which focuses on symptoms and dissociates the disease from the patient. Personalized Medicine presents a new and different approach to the patient, the disease and the treatment.

This original integrative concept, called Endobiogeny, offers the key to a novel approach to health, both for medical care and prevention, and also for support when the patient has to undergo conventional chemical treatments.

This new personalized medical approach is truly predictive, and in treating the individual as a whole person is not hostile to any medical practice. It is fully at home in daily medical practice, fully in accord with all the rules that govern the art and science of medicine. Doctors in many countries now practice Endobiogeny: to prevent, to treat and to cure. What kind of healthcare do we want for tomorrow? Don't we all deserve medical care that respects our specificity and our uniqueness, a form of medicine that is truly preventative and that offers treatment that causes the least harm?

## INTRODUCTION

# A patient like you: why this book can answer your questions about your health

**W**e all have questions about the treatments we receive! Perhaps like many of you, someone in my close circle of friends is suffering from serious illness and I am sorry to have to say that the care provided for her and the powerful synthetic drugs she has been prescribed are no longer much help anymore. It is already too late. This is why I have so many questions particularly about prevention. Could we not have done something sooner? What factors, what physiological processes caused this person to develop this particular disease, which has caused her so much suffering? In France, we have screening programs for early detection such as mammograms, ultrasound and biopsies, but nothing is done for prevention. But we need a comprehensive approach to the patient that will lead to an effective understanding of the imbalances at work in the body that will, if unchecked, lead to disease.

I had been asking myself if disease happens to us by “chance” or is it perhaps just the name we give to our ignorance? Should we be fatalistic, or should we be able take care of ourselves and our own health? Are there unfavorable terrains that allowing one disease or another to take hold? Should we get to know our physiological strengths and

weaknesses so as to recognize any imbalances and that way take better care of ourselves?

I was looking for answers to my questions on the causes of disease, the treatments available (whether allopathy, homeopathy or herbal medicine), and the part played by the patient in his or her pathology, together with the notion of cure. Is healing only about making symptoms disappear? Or should we go deeper and try to treat the root causes of the illness? However, who is capable of this in the medical system practiced in France and more generally in the West? There is no shortage of complementary or alternative modalities, which claim to be holistic. They purport to offer a comprehensive approach to disease and have become very popular, but there is also a growing apprehension about the quality of care offered by practitioners of these so-called alternative medical practices. They claim to treat the whole patient and not just the disease. Good idea, but how can one be sure that these practitioners are competent to make a critical and personalized diagnosis? Without formal medical training how can we be certain that they will not endanger patients by failing to fully understand the consequences of the treatments they prescribe?

Neither is there any shortage of ready-made dietary advice and anecdotal recommendations. Then there are all kind of diets, miracle drinks, and plants that are promoted in books and magazines as cures for everything. Who can believe in all these more or less miraculous promises made in this period of alarming progression of certain diseases? It would be nice to think that eating more chocolate, going to the gym, drinking pomegranate juice, or taking turmeric would protect me from all manner of diseases, but I was looking for a wide-ranging, more informed medical answer that might offer us, the patients new insights.

I had begun to doubt the ability of modern medicine to treat me as a whole person, without asking me to take unwarranted risks. This fear is stirred up by recent scandals on the harmfulness of certain medicinal products such as Acomplia [Rimonabant],<sup>1</sup> Mediator [Benfluorex]<sup>2</sup> and Vioxx [Rofecoxib].<sup>3</sup> As they have been withdrawn from sale, I am not the only one to have lost confidence.

### *A crisis of confidence*

This crisis of confidence in our medical system is part of a more general challenge and is of the same order that calls into question our financial

institutions and economic structures, which are currently out of control. We have entered an age of anxiety in which the certainties of the past cannot be taken for granted anymore, an age in which we have to question everything.

Patients are often left to face their problems on their own. Gloomy statistics about the escalation of cancers remind us of the limits and sometimes the helplessness of modern medicine. Cancer is now likely to affect one in two men and one in three women during their lifetime. In his last book, *Les Combats de la vie: mieux que guérir, prévenir* ("The Fight For Life: Prevention Is Better Than Treatment"), Professor Luc Montagnier, winner of the 2008 Nobel Prize for Medicine, states: "Here, [in France], too many young adults die prematurely from cancer<sup>4</sup> or heart attacks, and diseases of the nervous system as well as disabling joint conditions are on the increase as we are all living longer."

Disturbing figures published in the United States reveal the scale of the iatrogenic effect and how medicinal products claim a significant number of lives by their toxicity.<sup>5</sup> This is unsettling if one stops to think that France is the world's largest consumer of antibiotics, antidepressants, and sedatives.

*Do you experience a feeling of powerlessness?*

We all feel powerless when we don't understand what is happening to us and have to put up with disabling symptoms, a feeling made worse when we feel that those with medical knowledge treat us like children. A poorly chosen remark when we are feeling vulnerable can make us distraught or leave us with unanswered questions. Sometimes, doctors hurriedly inform us in a tone that is terse and which brooks no discussion, about possible troubles that we may have to face. In blunt medical terminology, they deliver us a list of standardized procedures that we shall have to undergo: "We are going to lower your cholesterol ... We will deal with the virus ... We will bombard the cancer cell ... You just need to take these medicinal products." We are sometimes treated with the same standard protocol as if we were mere numbers. The current medical approach has dug a ditch between the patients and their disease. It implies that the disease belongs to them rather than their patients, the exclusive property of those specialized in the art.

This is what we can expect if we are unfortunate enough to develop cancer or some other serious disease. Welcome to the world we have

allowed to take root: a world often cold, medicalized, technical, and sometimes dehumanized; a world where it is difficult to get hold of the simplest item of information. A world you have to wait for hours to be hastily examined, where doctors have one eye on the patient and one eye on the clock. Besides the hurried nature of the examination, with clinicians having no time to listen to the patient, the modern healthcare system presents the distraught patient with other problems, such as prescriptions written in a state of urgency, leading inevitably to inappropriate prescriptions, excessive specialization which leads to the patient being treated as if fragmented into parts, with the pieces never being put back together again. This complete absence of synthesis fails to respect the complexity and the interrelatedness of everything at work in the body and gives no consideration to the uniqueness of each person's terrain; it treats the patient and the disease as if they were separate entities.

Is this the kind of medicine we want?

But what can doctors do when faced with a healthcare system governed by powerful economic forces which requires them to prescribe harmful and costly medicinal products to all their patients, when they know that only a small fraction of them really need them? Shouldn't they be permitted to offer less harmful treatments that are less costly, and better adapted to the physiology of their patients for whom powerful medication is not strictly necessary? In the United States, a country we often look to, they have seen a surge in demand for customized healthcare of a call for the use of less toxic treatments.

Surely it would be in the patient's best interest to have doctors take a critical look at their work and, without abandoning modern scientific methods, come up with some original solutions, and adopt a fresh approach. From my own investigations and research into healthcare options, I came across a group of French doctors associated with Doctor Jean-Claude Lapraz who, in spite of having gone through the mill of medical school, have had the courage to think outside the box. For the most part, they had worked in hospital departments so their calling into question the status quo and their search for fresh solutions derive from experience at the coalface of modern medical practice. This is what motivated me to spend time with them, to observe and try to understand their original and innovative ideas, so that I could spread the word about a new approach to medicine that put the patient back at the heart of the system.

Their concrete results in terms of prevention, relief, or improvement of serious disease, and the stabilization or cure of chronic diseases fired me up with enthusiasm to sit in on their medical consultations as an observer, to attend their professional seminars, courses and international research projects. I became convinced of the importance of testifying as to what I learned. They strive always to prescribe the safest effective treatments, which no doubt explains why their waiting rooms are never empty.

*Sharing in medical consultations: a privilege*

The other voice in this book is therefore mine, that of a patient, like you, a voice that will try to answer the questions you might have. I spent a whole year with Dr. Lapraz, I sat in on numerous consultations and collected the testimony of patients, always with their full consent. As a silent witness, I saw very intimate and often distressing situations unfold before my eyes. Patients did not seem inhibited as they confided in him during the consultation, in spite of my presence. Dr. Lapraz's carefully aimed questions drew them out and encouraged them to reveal inner conflicts and it seemed to me that taking responsibility for their health and their account of their illness being taken seriously has changed the way they see themselves, and this eased their suffering. In a word, they were won over.

Dr. Lapraz's approach is first to listen at length to his patients, then examine them carefully, taking the time to interpret what he found and then explaining his conclusions clearly and to the point, and then guiding and supporting them through their illness once the diagnosis has been made. This is how he and his colleagues work, day in, day out, he takes care of the troubles that afflict his fellow human beings. This is the story of how, from 9 o'clock in the morning until very late in the evening, he sees patients who are full of hope having been brought to him by word-of-mouth. People from all walks of life: farmers, actors and teachers rubbing shoulders with politicians and nuns, workers and their bosses, all coming to Paris for an appointment. Nothing would make them miss their appointment with this doctor who sees his patients as a whole person and takes personal interest in their treatment, constantly checking the precise status of their terrain. So many afflictions, life stories, human voices, which could be mine, or could be yours.

I have sat in on many of these consultations, often with curiosity and the desire to understand, with wonderment and sometimes with distress, but also with the fear of being confronted with serious illness, and having to look those who are suffering in the eye. Dr. Lapraz is the same attentive, calm, and empathic self for all his patients. Never a word of impatience, never glancing at his watch. Here, there is no sense of time; it is devoted to others, a time for humanity. His very precise, often unexpected, questions, his powers of observation, his kindness which invites the patients to say the inexpressible, to cry, to find release. He dedicates these consultations to listening to others so they become an oasis of reassurance where fears can be overcome and self-worth be restored, given a quality of attention rare in a society in which nobody hears you anymore.

In this book, I want to talk about those who came to unburden themselves, about the often courageous way they tackled their illness. For all that, I haven't abandoned my critical faculties and can tell the difference between the placebo effect of soothing words and the hard facts of real results obtained by the recovery sick patients, or preventative measures by those in good health. It took me a long time to fully understand the subtlety and complexity of such demanding medicine that aims for an understanding of the integrity and uniqueness of each patient as a whole person.

### *My reservations as a journalist*

Before embarking on this adventure, I wanted to learn more about this doctor whose methods differ so from those of his colleagues. In my search, I came across the book written by one of his American patients, Carol Silverander from Santa Barbara, (see Chapter 9 "Carol's Case: Metastatic Breast Cancer"). This opened up entirely new prospects. I ordered it and read it within a few days with great interest. The cover shows a smiling woman, who seems to emanate boundless energy and drive. The title is written in big letters, *With the Help of Our Friends from France. Stabilizing and Living with Advanced Breast Cancer*. It had been a great success in the United States when first published in 2005, and attracted a huge following; TV interviews and articles followed. The second edition, published in 2007, was written, after all, by a patient who had been told in 1999 that she probably had just 2 more years to live.

It was a moving story: the battle of a woman who wanted to live with dignity and courage, and who refused to allow fear to take possession of her spirit. Throughout the book, she talks in detail about the positive impact that the medical approach of Dr. Jean-Claude Lapraz and his colleague Dr. Christian Duraffourd had on her disease. In collaboration with her American oncologist, they had established very precise strategies to stabilize her illness, which was already very advanced.

For those patients suffering from cancer, I could see, following the thread of consultations, how this doctor was attempting to give them new insights into the mechanisms at work in their bodies, which were the source of their disease. You could also follow how he sought to stabilize or care for these patients, who had been weakened by the powerful treatments given by their oncologists. With other diseases, or with a view to prevention, I was very impressed by the accuracy of the diagnosis, which he came to by a meticulous and personalized consultation, and corroborated with biological criteria which appeared to represent a real step forward for patients (see Chapter 3 “A True Terrain-Based Medicine: New Hope for Patients”).

I was also impressed by the care he took, once the diagnosis had been made, to formulate the least toxic treatment. I notice that he was at pains to support the natural defenses of the body rather than trying at all costs to bolster them up with something invasive. I wondered why such treatment is not more freely available.

The book you are currently holding followed lengthy and lively discussions between this doctor and me, which continued unabated during the writing period. On the one hand, Dr. Lapraz sought to convince me of the need for a more personalized medicine with effective, highly targeted treatments that carried the least risk of harm. On the other, there is me, the skeptical journalist, or perhaps someone simply not ready to embrace such innovative change, and resistant to radical ideas. Faced with my doubts and my questions, he sought to be as transparent as possible and arranged for me to interview those patients I wanted to meet on my own. My concerns were also alleviated when I came to appreciate the extent to which he worked with other colleagues (oncologists, dermatologists, pediatricians, surgeons, and others) in a spirit of true scientific collaboration, for the greater benefit of his patients.

Over the course of many months, I interviewed his patients, some of whom he had followed-up for more than 30 years. Some of them



were doctors themselves who, once they became ill, were eager to seek this doctor's advice. I sought the opinions of both his collaborators and detractors and so, little by little, I was able to come to my own conclusions. Everything in this book is therefore the fruit of these enquiries and the exchanges that took place between Doctor Lapraz and I, a process of endless questioning about the best way to look after ourselves.

When I came to the end of these inquiries, I was left wondering why this doctor who draws so many patients does not attract more attention within our medical system in France. By contrast, several foreign medical authorities have become involved, following the great interest shown by many French, American, Mexican, Tunisian and Chinese doctors (see Chapter 7 "The Growing International Influence of Clinical Phytotherapy").<sup>6</sup> Why did French doctors have to go to the United States, Mexico, or China to train colleagues in other countries and see their ideas adopted by medical authorities over there? Shouldn't we make a serious appraisal of this approach in French hospitals, and to focus on means of prevention based upon these methods?

*A book written for you*

Always willing to answer my questions, when I first made the proposal to Dr. Jean-Claude Lapraz that we write a book together, he accepted with enthusiasm. You will find his impassioned answers to my questions, always fascinating, in the chapters that follow. His vision of a more integrative approach, sitting comfortably with medicine as it is currently practiced in France, would allow us to achieve a better way to prevent and treat, restore hope, and offer real care to the sick, whether affected by simple conditions or more serious diseases. This new kind of medicine, developed from and validated by many years of practice, is the foundational resource for an integrative method and has been adopted by numerous doctors in France and abroad.

It would offer a better understanding of today's major health issues such as raised cholesterol, diabetes and other diseases of civilization and a critical assessment of the screening, treatment and prevention of cancer and degenerative diseases. It would provide us with useful clues about disease relapse and treatment failure, inappropriate prescribing and drug-induced illnesses.

You may recognize your own situation or that of your loved ones through the examples presented here. This book may also give you better resources for coping with your chronic ailments and give you a better understanding of those diseases which most frighten us. I also hope readers will benefit from the information provided, and help them put the right questions to their own doctors.

Now, I invite you to follow me. You will have the privilege to eavesdrop, in the most intimate way, to these consultations which offer a roadmap for this new kind of medicine.

