Theories of Illness and Healing Beyond the Pharmaceutical Model

A working list for research. Constable Research, Leiden. Compiled 12 November 2026.

This list brings together theories and methods of illness and healing that lie outside the chemical-pharmaceutical model. It covers historical theories of cause, traditional medical systems, energy and field medicine, body-based therapies, nutrition and cleansing, plants and substances, mind–body approaches, breath and movement, spiritual healing, scientific frameworks beyond the single molecule, and alternative diagnostic methods.

Each row gives the name, what the theory or method itself holds about why people fall ill and how they heal, how it diagnoses, which illnesses it distinguishes, how it heals, and a page to read more. The descriptions report the claims. They are not verdicts on whether the claims are true or the method works. That is for the next step of the research.

The list joins three inventories: one compiled for this research, one supplied by the researcher, and one made with Le Chat. Duplicates were merged. This is a draft: the links are being checked. Most point to Wikipedia, which gives history, claims and the state of the evidence, with references.

The columns on diagnosis, illnesses and healing come from two hands. Rows marked L take them from a list made with Le Chat on 12 November 2026; rows marked C were written for this research. Neither was checked against primary sources yet.

1. Historical theories of what causes illness

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
1 L	**Humorism (Hippocrates, Galen)**	Health is a balance of four humours: blood, phlegm, yellow bile and black bile. Illness is an excess or lack of one. Healing restores the balance by diet, bleeding, purging and regimen.	Pulse, urine, complexion, stool, temperament reading.	Fevers, fluxes, "hot" and "cold" diseases, melancholy, plethora (excess blood).	Diet, bleeding, purging, emetics, herbs of opposing quality, rest.	Wikipedia: Humorism
2 L	**Miasma theory**	Illness comes from bad air rising from rot and filth. Healing and prevention come from clean air, drains and sanitation. It drove the sanitary reforms of the nineteenth century.	Smell of the environment, clustering of disease in low, wet, foul districts.	Marsh fevers, plague, cholera, "gaol fever" — diseases of place and season.	Drainage, ventilation, elevation of settlements, avoidance of swamps.	Wikipedia: Miasma theory
3 C	**Contagion theory (Fracastoro)**	In 1546 Fracastoro proposed that disease passes by tiny 'seeds' through contact, objects or air. A forerunner of germ theory.	Tracing contact with the sick, their clothes and objects, and spread through air.	Contagious diseases: plague, syphilis (named by Fracastoro), typhus, phthisis.	Isolation, burning or cleaning of goods, quarantine.	Wikipedia: Girolamo Fracastoro
4 L	**Terrain theory (Béchamp)**	The state of the body's inner milieu decides illness, not the microbe. Microbes thrive where the terrain is weak. Healing restores the terrain.	Observation of the milieu: blood, secretions, general vitality.	The same disease takes different forms in different terrains.	Restore terrain: diet, hygiene, rest, strengthening the host.	Wikipedia: Antoine Béchamp
5 L	**Pleomorphism (Enderlein)**	Microbes change form with the state of the host, from harmless to harmful. Enderlein built isopathic remedies on this view.	Dark-field microscopy of live blood showing microbial forms.	Stages of degeneration tied to microbial form cycles.	Restore the milieu so pathogenic forms revert to harmless ones.	Wikipedia: Pleomorphism (microbiology)
6 C	**Vitalism**	Life is driven by a vital force that chemistry does not hold. Illness is a weakening of that force; healing supports it. A root of naturopathy and homeopathy.	Signs of the vital force: vigour, warmth, reaction to stimuli.	Weakness or disorder of the vital force rather than fixed disease entities.	Support of the vital force: rest, nature, mild remedies; root of naturopathy and homeopathy.	Wikipedia: Vitalism
7 C	**Brunonian system (John Brown)**	Life is excitability. Illness is too much or too little stimulation. Treatment is stimulants or sedatives to restore the right level.	Judging whether the patient is over- or under-excited.	Two classes only: sthenic (too much stimulation) and asthenic (too little), the latter most common.	Stimulants (alcohol, opium, food) or sedatives and bleeding, to restore the right excitement.	Wikipedia: Brunonian system of medicine
8 C	**Animal magnetism (Mesmer)**	A universal magnetic fluid flows through the body. Illness is a blockage; the healer restores the flow by passes of the hands. A forerunner of hypnosis.	Sensing blockages of the magnetic fluid; the patient's crisis reaction.	Nervous complaints, pains, paralysis, convulsions: all as obstructed fluid.	Magnetic passes of the hands, the baquet, induced crisis; later hypnosis.	Wikipedia: Animal magnetism
9 L	**Focal infection theory**	A hidden local infection, often in teeth or tonsils, causes illness elsewhere in the body. Healing removes the focus.	X-rays of jaws, examination of tonsils and other hidden foci.	Distant "toxic" diseases attributed to foci: arthritis, neuritis, endocarditis.	Extraction of dead teeth, tonsillectomy, removal of the focus.	Wikipedia: Focal infection theory
10 L	**Autointoxication**	Waste rotting in the gut poisons the body and causes illness. Healing cleanses the bowel. Root of many later detox ideas.	Abdominal palpation, bowel habit history, complexion.	Constipation, headache, fatigue, "intestinal toxaemia" syndromes.	Enemas, colonic irrigation, laxative foods, bran, surgery in extreme forms.	Wikipedia: Colon cleansing
11 C	**Thomsonian medicine**	All illness comes from cold. Healing restores heat with herbs, steam and emetics. A popular self-help system in nineteenth-century America.	Signs of cold: loss of heat, chills, poor digestion.	All diseases as one: cold overcoming the body's heat.	Lobelia as emetic, cayenne, steam baths, herbal tonics.	Wikipedia: Thomsonian medicine

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12 C	**Eclectic medicine**	A nineteenth-century American school that used native plants and physical therapies. It chose what worked from any system.	Physical examination plus 'specific diagnosis' of the patient's state.	Conventional disease names, treated by specific indications.	Native American plants, specific medicines in small doses, physical therapies.	Wikipedia: Eclectic medicine
13 C	**Spagyric medicine (Paracelsus)**	Alchemical medicine. A plant is separated into its parts and recombined to free its healing virtue. Paracelsus held that the dose makes the poison.	Signatures of plants and minerals; the patient's 'three principles' (salt, sulphur, mercury).	Diseases as disturbances of the three principles; 'tartaric' diseases of deposits.	Spagyric essences: plants separated and recombined; mineral remedies.	Wikipedia: Spagyric
14 C	**Iatrochemistry (alchemical medicine)**	Seventeenth-century medicine that saw the body as chemistry. Illness is a chemical disorder; healing uses prepared minerals and salts.	Taste and examination of body fluids; acid–alkali reasoning.	Diseases of acid and alkali, fermentation and salts.	Mineral and chemical remedies: mercury, antimony, salts.	Wikipedia: Iatrochemistry
15 L	**Pneuma / vital breath (Stoic & ancient medicine)**	Health depends on pneuma, the vital breath permeating the body; illness is a disturbance of this breath and its tension (tonos).	Assessment of breath, pulse rhythm, bodily tension.	Disturbances of tone: laxity, tension, fever as pneuma disorder.	Breathing exercises, regimen, tonics, moderate exercise.	Wikipedia: Pneuma
16 L	**Methodism (ancient school)**	Disease comes from constriction or relaxation of the body's invisible pores; healing restores the flow through them.	Observation of the two states: strictum (constricted) or laxum (relaxed).	Two main classes plus mixed states; fever, inflammation, flux.	Walking, wine, fasting, friction — chosen to open or close the pores.	Wikipedia: Methodic school
17 L	**Empiricism (ancient school)**	Knowledge of healing comes from observed experience and trial, not hidden causes; treatment follows what has visibly worked.	History-taking and direct experience; "tripod": own trial, others' reports, analogy.	Diseases as observed syndromes, not hidden entities.	Whatever trial has shown to work; remedies repeated from recorded experience.	Wikipedia: Empiric school
18 L	**Solidism / pathology of solids**	Illness resides in lesions and tensions of solid tissues (nerves, fibres), not in fluids; healing addresses the affected structure.	Palpation, examination of fibre state, nerve sensitivity.	Neuroses (in the old sense), fibre tension states, spasm, laxity.	Nerve-directed treatments, tonics, setons, manual and electrical stimulation.	Wikipedia: Solidism
19 L	**Germ theory (classical form)**	Specific micro-organisms cause specific diseases; healing removes or defeats the germ. Included as the model the alternatives define themselves against.	Microscopy, culture, serology — identifying the organism.	One named disease per pathogen: tuberculosis, cholera, anthrax, etc.	Antisepsis, sterilisation, vaccines, antimicrobial drugs.	Wikipedia: Germ theory of disease
20 L	**Constitutional / diathesis theory**	Illness expresses a person's inherited constitution or "diathesis"; healing strengthens the constitution rather than attacking the disease.	Body build, family history, skin and temperament signs.	Gouty, rheumatic, lymphatic, tuberculous, arthritic constitutions.	Constitutional strengthening: regimen, climate, diet over years.	Wikipedia: Diathesis (medicine)
21 L	**Miasm (Hahnemann's chronic disease theory)**	Chronic disease stems from inherited "miasms" (psora, sycosis, syphilis) — deeper than germs; healing needs constitutional, not local, treatment.	Total symptom picture plus family history mapped to miasm.	Chronic diseases classified under the three (later more) miasms.	Constitutional homeopathic remedies matched to miasm and totality.	Wikipedia: Miasm (homeopathy)
22 L	**Grid / ley-line and place theories**	Some places (water veins, earth energies) undermine health of those living there; healing includes moving or shielding the sleeper.	Dowsing the bed location, mapping illness to position in the house.	Cancer and chronic disease attributed to the sleeping place.	Move the bed, shield the place, neutralise the line.	Wikipedia: Geopathology

2. Traditional medical systems

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
23 L	**Traditional Chinese medicine**	Health is the free and balanced flow of qi and the balance of yin and yang. Illness is blockage or imbalance. Healing uses herbs, acupuncture, diet, massage and movement.	Four examinations: looking, listening/ smelling, asking, pulse and tongue.	Patterns (zhèng) rather than diseases: qi stagnation, blood stasis, damp, heat, wind-attacks.	Acupuncture, herbs, dietary therapy, tuina, qigong, moxa.	Wikipedia: Traditional Chinese medicine
24 C	**Five phases (Wu Xing)**	Wood, fire, earth, metal and water generate and restrain each other. Organs belong to phases. Illness is a disturbed cycle between them.	Matching signs (colour, taste, emotion, season, organ) to one of five phases.	Excess or deficiency of a phase; a phase overacting or insulting another.	Treat the mother or child phase; food, herbs and points chosen by phase.	Wikipedia: Wuxing (Chinese philosophy)
25 L	**Acupuncture**	Qi flows along meridians. Needles at set points restore the flow and so relieve pain and illness.	Pulse positions, point tenderness, channel palpation.	Channel disorders, pain syndromes, organ patterns per point indication.	Needling, moxibustion, cupping, point stimulation.	Wikipedia: Acupuncture
26 L	**Qigong**	Slow movement, breath and attention cultivate and guide qi. Practised for health, healing and long life.	TCM-style observation; sensing of the practitioner's own hand response.	Qi blockage, deficiency, deviation ("deviant qi").	Movement, breath, intention; self-practice or practitioner- directed qi.	Wikipedia: Qigong
27 L	**Ayurveda**	Three doshas, vata, pitta and kapha, govern body and mind. Illness is a dosha out of balance. Healing uses diet, herbs, cleansing (panchakarma), yoga and daily rhythm.	Pulse (nadi), tongue, face, urine, stool, constitution interview.	Diseases classified by dosha involved and tissue (dhatu) affected; ama (undigested matter) states.	Diet, herbs, panchakarma cleansing, yoga, daily and seasonal regimen.	Wikipedia: Ayurveda
28 L	**Siddha medicine**	A Tamil system close to Ayurveda. Three humours and five elements; strong use of minerals and herbs.	Pulse, tongue, eye and skin reading; "envagai thervu" (eight-fold examination).	4448 diseases enumerated; classified by humour and by site.	Herbs, mineral preparations, yoga, diet, external therapies.	Wikipedia: Siddha medicine
29 L	**Unani medicine**	Greco-Arabic medicine built on the four humours and temperaments. Healing by regimen, diet, herbs and manual methods.	Pulse, urine, stool, temperament (mizaj) assessment.	Diseases by humour in excess and by organ; fevers classified by humour.	Regimen (diet, sleep, exercise), purging, venesection, herbal drugs.	Wikipedia: Unani medicine
30 L	**Traditional Tibetan medicine (Sowa Rigpa)**	Three nyes pa, wind, bile and phlegm, rooted in the mind's three poisons. Healing by diet, behaviour, herbs and external therapies.	Pulse, urine (stirred and observed), questioning, lifestyle history.	404 classes of disease under wind, bile, phlegm and combinations.	Diet, behaviour, medicine (herbs and minerals), external therapies, mantra.	Wikipedia: Traditional Tibetan medicine
31 L	**Kampo**	Japanese adaptation of Chinese herbal medicine. Fixed herbal formulas matched to patterns of the patient.	Abdominal palpation (fukushin), pulse, tongue, constitution.	Shō patterns: e.g. deficiency, excess, heat, cold, water retention, blood stasis.	Standardised multi-herb formulas matched to the shō.	Wikipedia: Kampo
32 L	**Traditional Korean medicine**	Korean herbal medicine and acupuncture. Includes Sasang typology: four constitutions that each need their own treatment.	Divination (bones, Ifá- style), dreams, spirit possession, physical exam.	Natural illness vs. affliction: sorcery, ancestral anger, breach of taboo.	Herbs, ritual, sacrifice, counselling, reconciliation of the community.	Wikipedia: Traditional Korean medicine
33 C	**Traditional Mongolian medicine**	Close to Tibetan medicine, with bone-setting, moxibustion and fermented mare's milk.	Pulse, urine and tongue reading, as in Tibetan medicine; questioning on cold and heat.	Hot and cold diseases; disorders of wind, bile and phlegm; bone and joint injuries.	Herbal and mineral pills, moxibustion, bloodletting, bone-setting, mare's milk (airag).	Wikipedia: Traditional Mongolian medicine
34 L	**Traditional African medicine**	Illness has natural, social and spiritual causes at once. Healers use plants, ritual and the restoring of relations with family and ancestors.	Divination plus physical examination.	Natural and affliction illnesses; plant knowledge per ailment.	Decoctions, poultices, baths, smoke, ritual use of plants.	Wikipedia: Traditional African medicine

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35 L	**Shamanism**	Illness is a loss of soul, an intruding spirit or a broken relation with the spirit world. The shaman heals in an altered state of consciousness.	Divination, journeying, seeing the cause in the spirit world.	Soul loss, intrusion, theft, intrusion of objects.	Soul retrieval, extraction, drumming journeys, offerings.	Wikipedia: Shamanism
36 L	**Curanderismo**	Latin American folk healing. Illness can be natural or caused by susto (fright), envy or the evil eye. Healing by herbs, prayer, massage and ritual cleansing.	Interview, egg limpia read afterwards, pulse, spiritual intuition.	Susto, empacho, mal de ojo, mal aire, bilis — folk disease entities.	Limpias, herbs, prayer, plática, temazcal sweat.	Wikipedia: Curanderismo
37 L	**Native American healing (medicine man)**	Health is harmony with community, nature and spirit. Healing uses plants, ceremony, sweat lodge and song.	Ceremony, story, observation of the person's relations and conduct.	Imbalances and spirit-loss rather than named diseases; some specific plant indications.	Ceremony, song, sweat lodge, herbs, smudging, restoration of harmony.	Wikipedia: Medicine man
38 C	**Rongoā Māori**	Māori healing with plants, massage (mirimiri) and spiritual practice, within the balance of the person, family and land.	Talk with the person and family (whānau); reading spiritual and physical signs.	Mate Māori (spiritual illness, breach of tapu) and mate tangata (bodily illness).	Plant remedies (rongoā rākau), massage (mirimiri, romiromi), karakia (prayer).	Wikipedia: Rongoā
39 L	**Jamu**	Indonesian herbal medicine, mostly drunk as fresh preparations of roots, bark and leaves.	Body heat/ cold assessment, constitution, symptom history.	Conditions of excess heat or cold, weakness, women's complaints.	Daily herbal drinks, massage, herbal baths, diet.	Wikipedia: Jamu
40 L	**Traditional Persian medicine**	Avicenna's medicine. Temperament and humours; six essential factors of life (air, food, movement, sleep, excretion, emotion) keep or break health.	Pulse, urine, signs of temperament, examination by causes.	Diseases by humour, organ and temperament; fevers by type.	Ordered measures: regimen first, then simple drugs, then compound drugs, then surgery.	Wikipedia: Traditional Persian medicine
41 L	**Hildegard medicine**	Remedies and diet from the writings of the twelfth-century abbess Hildegard of Bingen. Spelt, herbs and the balance of the humours.	Humoural-type reading, colour and nature of the person.	Diseases of dryness, moisture and melancholy per her writings.	Herbs, gems, galangal wine, diet, music, spiritual order.	Wikipedia: Hildegard of Bingen
42 L	**Moxibustion**	Warming points with burning mugwort supplements yang qi and expels cold and damp that cause illness.	Cold/damp signs: pale tongue, slow pulse, aggravation by cold.	Cold-type conditions: joint pain, diarrhoea, deficiency of yang.	Moxa cones and sticks on points, direct and indirect.	Wikipedia: Moxibustion
43 L	**Traditional healers of Southern Africa (sangoma / inyanga)**	The diviner diagnoses spiritual calling and ancestral displeasure; the herbalist treats with plant medicines; both are needed for full healing.	Divination with bones, trance, ancestral calling signs.	Afflictions of calling, witchcraft, pollution, plus everyday ailments.	Ritual, cleansing with herbs and steam, plant medicines, guidance.	Wikipedia: Traditional healers of South Africa
44 L	**Aboriginal bush medicine (Australia)**	Illness may come from sorcery or breach of law; healing combines plant remedies with ritual performed by the ngangkari healer who restores the spirit.	Reading of the country, spirit knowledge of the ngangkari, "seeing" the illness.	Sorcery illness, spirit sickness, plus physical ailments with plant cures.	Plant poultices and smoke, sucking out, spirit restoration by ngangkari.	Wikipedia: Bush medicine
45 L	**European herbalism / folk medicine**	Illness follows from local conditions of season, diet and constitution; healing uses local plants, often by doctrine of signatures, in household and village practice.	Appearance, urine colour, season, local knowledge of the person.	Local disease names: ague, king's evil, greensickness, and so on.	Local plants, often by doctrine of signatures, teas, poultices, plasters.	Wikipedia: Traditional European medicine

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46 L	**Hippocratic medicine**	Disease is a natural process, not divine punishment; the physician aids the vis medicatrix naturae — the healing power of nature — through regimen, rest and moderate remedies.	Prognosis from "faces", crisis days, urine, pulse, sleep.	Fevers and their crises, epidemics, wounds, fractures, gynaecological conditions.	Regimen: diet, rest, exercise, moderate remedies, letting nature act.	Wikipedia: Hippocratic Corpus
47 L	**Galenic medicine**	Health is the balance of qualities (hot, cold, wet, dry) and humours; healing acts on qualities via food, drugs of opposing quality, and evacuation.	Pulse (many qualities), urine, temperament, age and season.	Diseases by humour and quality: hot fevers, cold palsies, wet dropsies.	Foods and drugs of opposing quality, evacuation, venesection.	Wikipedia: Galen
48 L	**Ayurvedic panchakarma**	Disease accumulates as excess dosha lodged in tissues; five purification actions (emesis, purgation, enemas, nasal and blood therapies) expel it before rebuilding.	Dosha assessment, ama signs (coated tongue, heaviness), strength testing.	Accumulation stages: accumulation, aggravation, spread, manifestation.	Oleation, sweating, five actions (emesis, purgation, enema, nasal, blood), then rebuild.	Wikipedia: Panchakarma

3. Energy, field, frequency and information medicine

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
49 L	**Homeopathy (Hahnemann)**	Like cures like. A substance that causes symptoms in the healthy cures them in the sick when diluted and shaken. Chronic illness comes from 'miasms'.	Case-taking of the totality of mental, emotional and physical symptoms.	Diseases subordinated to the remedy picture; thousands of remedy-proved symptom pictures.	Potentised single remedies (or complexes), matched to the totality.	Wikipedia: Homeopathy
50 C	**Homotoxicology (Reckeweg)**	Illness is the body's fight against toxins (homotoxins), in six phases. Low-dose complex homeopathic remedies help the body expel them.	Placing the illness on a six-phase table, from excretion to neoplasia.	Six phases: excretion, inflammation, deposition, impregnation, degeneration, dedifferentiation.	Complex homeopathic remedies that support drainage and push illness back towards excretion.	Wikipedia: Hans-Heinrich Reckeweg
51 C	**Anthroposophic medicine (Steiner)**	A human being has physical, etheric, astral and ego levels. Illness is a disorder between them. Healing uses potentised remedies, mistletoe, eurythmy and art.	Regular examination plus assessment of the balance of the four members and three systems.	Inflammatory ('too much warmth') versus sclerotic and tumour ('too much form') diseases.	Potentised and plant remedies, mistletoe in cancer, eurythmy therapy, art therapy, external applications.	Wikipedia: Anthroposophic medicine
52 L	**Bioresonance therapy**	The body and its disturbances emit electromagnetic oscillations. A device picks them up, inverts or filters them and returns them to cancel the disturbance.	Electrode readings of the body's oscillations, substance ampoule testing.	Pathological oscillation patterns, allergies, intolerances.	Inverted- feedback sessions, harmonising frequencies.	Wikipedia: Energy medicine
53 L	**Rife frequencies**	Each microbe has a resonant frequency. Exposure to that frequency destroys it. Rife built 'beam ray' devices in the 1930s.	Assumed pathogen identification by symptoms or testing.	Pathogens and their associated conditions.	Electromagnetic frequency sessions tuned to the organism.	Wikipedia: Royal Raymond Rife
54 L	**Radionics**	Every being has a vibrational signature. A device tuned with dials can diagnose and treat at a distance.	"Stick pad" or pendulum analysis of a witness sample against rate books.	Rates for named diseases and psychological states.	Broadcasting corrective rates to the witness, at any distance.	Wikipedia: Radionics
55 L	**Orgone (Reich)**	A universal life energy, orgone, flows through the body. Blocked orgone causes illness, even cancer. Reich built orgone accumulators to recharge the body.	Character analysis, muscular armour palpation, breathing observation.	Character armour, biopathies: chronic muscular- emotional blocks.	Vegetotherapy, breathing work, orgone accumulator sessions.	Wikipedia: Orgone
56 L	**Reiki**	Universal life energy flows through the hands of the practitioner to the patient and supports self-healing.	Byosen scanning (sensing heat/ tingle over the body), intuition.	Blocks and deficiencies of energy; any condition treated energetically.	Hand positions on or over the body, distance healing, attunements.	Wikipedia: Reiki
57 L	**Therapeutic touch**	The healer senses and balances the patient's energy field with hands held near the body, without touching.	Hand assessment of field density, temperature, movement.	Field imbalances associated with pain, anxiety, wounds.	Sweeping, unruffling, energy transfer, balancing.	Wikipedia: Therapeutic touch
58 L	**Energy medicine**	Umbrella term. The body has a biofield; illness is disturbance of that field; healing rebalances it by hands, devices or intention.	The practitioner attunes and lets the field act; no formal diagnosis.	No disease classification; the connection itself is the treatment.	Hands-off presence in the field, one to three sessions.	Wikipedia: Energy medicine
59 L	**Biofield**	Proposed field of energy and information that surrounds and permeates the body and helps regulate it. Used as the ground for many energy therapies.	Hand-scanning of the field, clairsentient sensing, aura viewing.	Field congestions, tears, depletion zones rather than named diseases.	Field smoothing, energising, chakra work.	Wikipedia: Biofield

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60 C	**Pulsed electromagnetic field therapy (PEMF)**	Pulsed magnetic fields induce small currents in tissue and stimulate repair. Approved for some bone-healing uses.	Regular diagnosis of the condition to be treated.	Non-union fractures, pain, swelling, slow wounds, osteoarthritis.	Pulsed magnetic fields applied over the affected area for set times.	Wikipedia: Pulsed electromagnetic field therapy
61 L	**Magnet therapy**	Static magnets on the body improve flow and relieve pain.	Pain location mapping; no specific diagnostic system.	Pain, inflammation, poor circulation at the treated site.	Static magnets or pulsed fields applied to the area.	Wikipedia: Magnet therapy
62 C	**Bioelectromagnetics**	Study of how electric and magnetic fields act on living tissue. Field of research behind both medical devices and claims of harm.	A field of study, not a practice; measures field effects on tissue.	Not a system of diseases; studies field-related effects and sensitivity.	Underlies devices such as PEMF and TMS.	Wikipedia: Bioelectromagnetics
63 C	**The Body Electric (Robert O. Becker)**	Direct currents in the body steer growth and regeneration. Becker showed effects on bone healing and limb regrowth in animals.	Measurement of direct-current potentials in the body and at injuries.	Failure of healing and regeneration as failure of the injury current.	Small direct currents to stimulate bone healing and regeneration.	Wikipedia: Robert O. Becker
64 C	**Bioelectric patterning (Michael Levin)**	Patterns of voltage across cells store the body's plan of shape. Changing them can trigger regrowth or reverse tumour-like growth in animal models.	Mapping of resting membrane voltages with voltage-sensitive dyes.	Shape and organ defects; tumour-like growth as cells losing the body's bioelectric plan.	Drugs or ion-channel changes that rewrite the voltage pattern (animal models).	Wikipedia: Michael Levin (biologist)
65 C	**Biophotons (Popp)**	Cells emit very weak light. Popp held that this light is coherent and carries information that regulates the body.	Measuring ultra-weak light emission of cells and tissue.	Loss of coherence of the light field, claimed in cancer and stress.	Restoring coherence; used as a quality test of food more than as treatment.	Wikipedia: Biophoton
66 C	**Coherent oscillations (Fröhlich)**	Living systems may sustain coherent vibrations in proteins and membranes, driven by metabolism. Proposed basis for biological order and for sensitivity to fields.	Theoretical; no clinical diagnostic method.	None specified; proposed that disease disturbs coherent vibration.	None specified; cited as the ground for frequency therapies.	Wikipedia: Herbert Fröhlich
67 L	**Water memory (Benveniste)**	Water keeps an imprint of substances once dissolved in it. Proposed as the mechanism of homeopathy.	Digital "information testing" of the patient against substance databases.	Informational distortions; allergies and intolerances.	Imprinted water, drops, or electromagnetic transfer of corrective information.	Wikipedia: Water memory
68 C	**Global Scaling (Hartmut Müller)**	Natural sizes and frequencies cluster on a logarithmic scale. Müller derived frequencies for health and communication from it.	Locating sizes and frequencies on a logarithmic scale of nodes.	None specified; states far from nodes held to be unstable.	Frequency signals chosen to lie on nodes; claimed effects on health.	Wikipedia (German): Hartmut Müller
69 C	**Scalar waves (Konstantin Meyl)**	Longitudinal electromagnetic waves (scalar waves) carry information in living systems. Devices based on them are claimed to heal.	Not a clinical diagnostic system.	None specified.	Devices said to send scalar-wave information to the body.	Wikipedia (German): Konstantin Meyl
70 C	**Millimetre-wave therapy (Russian field medicine, Devyatkov)**	Low-power millimetre waves applied to the skin regulate the body. Widely used in the former Soviet Union for ulcers, pain and other disorders.	Regular diagnosis; in some schools sensing of the patient's 'resonant' frequency.	Peptic ulcer, pain, wounds, side effects of cancer therapy, many others in Russian practice.	Low-power millimetre waves applied to acupuncture points or the sternum.	PubMed: Pakhomov et al. 1998, review of biological effects of millimetre waves
71 L	**Sound and music therapy**	Rhythm, tone and music change mood, pain, breath and movement. Used in rehabilitation, dementia, pain and mental health.	Musical response assessment, mood and movement observation.	Mood, neurological and developmental conditions.	Active and receptive music-making, rhythm entrainment.	Wikipedia: Music therapy

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72 L	**Cymatics**	Sound makes visible patterns in matter. Some healers use this as a model for how sound shapes the body.	Frequency- response testing of tissue areas.	Tissue "disorganisation" addressed by specific frequencies.	Applicator transmitting sound frequencies to the body.	Wikipedia: Cymatics
73 L	**Light therapy**	Light of the right kind and at the right time resets the body clock and lifts mood. Used for seasonal depression and sleep disorders. Historically also sunlight against tuberculosis of the skin (Finsen).	Light-exposure history, seasonal pattern assessment.	Seasonal depression, skin conditions, vitamin D deficiency.	Measured sunlight, bright-light boxes, coloured light.	Wikipedia: Light therapy
74 C	**Photobiomodulation (low-level laser)**	Red and near-infrared light stimulates the mitochondria of cells and speeds repair. Used for wounds, pain and mouth sores in chemotherapy.	Regular diagnosis of the condition.	Oral mucositis, wounds, tendon and joint pain, hair loss.	Red and near-infrared light at low power on the area.	Wikipedia: Low-level laser therapy
75 L	**Chromotherapy**	Each colour has a healing action. Light of a chosen colour restores balance.	Colour preference tests, aura reading, chakra assessment.	Deficits of specific colours mapped to organs and moods.	Coloured light, coloured water, visualisation, clothing and environment.	Wikipedia: Chromotherapy
76 L	**Crystal healing**	Crystals and stones carry energies that act on the body's energy field.	Intuitive selection, chakra colour correspondence, dowsing.	Chakra and aura imbalances; emotional states.	Stones placed on or around the body, carried, or used in elixirs.	Wikipedia: Crystal healing
77 L	**Polarity therapy (Randolph Stone)**	Positive and negative poles in the body's energy field. Touch, diet, exercise and talk restore the flow between them.	Body reading, energy palpation along currents, verbal history.	Polarity imbalances mapped to zones and elements (air, fire, water, earth).	Polarity bodywork, energy exercises, diet, counselling.	Wikipedia: Polarity therapy
78 C	**Chakras**	Seven energy centres along the spine govern body and mind. Illness is a blocked chakra.	Sensing or 'seeing' the state of each chakra; pendulum; questions on life themes.	Blocked, overactive or underactive chakras linked to organs and life themes.	Meditation, breath, sound, colour, stones, energy work on the chakra.	Wikipedia: Chakra
79 C	**Qi, prana and life force**	A life force flows through the body. In Chinese thought qi, in Indian thought prana. Illness is its block, lack or excess.	Pulse, tongue and observation in Chinese medicine; pulse and constitution in Ayurveda.	Deficient, stagnant, rebellious or excess life force.	Herbs, needles, breath, movement and diet that move or build the life force.	Wikipedia: Qi
80 C	**Morphic resonance (Sheldrake)**	Form and habit are passed on through fields across time and space, not only by genes.	Not a clinical diagnostic system.	None specified.	None specified; used to explain habit and inherited patterns.	Wikipedia: Morphic resonance
81 C	**Quantum healing (Chopra)**	Consciousness and quantum effects can heal the body from within.	Reading of mind–body type, often Ayurvedic.	Disease as a distortion in the 'quantum mechanical body' of consciousness.	Meditation, Ayurvedic practice, change of awareness.	Wikipedia: Quantum healing
82 C	**Auriculotherapy (Nogier)**	The ear is a map of the whole body. Points on the ear treat the matching organ.	Inspection and electrical or pressure testing of ear points; the 'vascular autonomic signal' at the pulse.	Pain, addiction, obesity and organ disorders mapped to ear zones.	Needles, seeds, pressure, laser or electrical stimulation of ear points.	Wikipedia: Auriculotherapy
83 C	**Neural therapy (Huneke)**	Scars and disturbed areas act as interference fields in the nervous system. Local anaesthetic injected there resets regulation.	Searching for interference fields: scars, teeth, tonsils; test injection.	Distant complaints caused by an interference field.	Injection of procaine into scars, points or ganglia; the 'lightning reaction' as proof.	Wikipedia: Neural therapy

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
84 C	**Bioelectronic medicine**	Electrical stimulation of nerves, such as the vagus nerve, to steer organs and inflammation instead of drugs.	Regular diagnosis plus nerve-signal recording.	Inflammatory diseases, epilepsy, depression, heart failure in trials.	Implanted or external stimulation of the vagus or other nerves.	Wikipedia: Bioelectronics
85 L	**Healing Touch**	A nursing-based energy therapy. The practitioner clears and balances the energy field by touch or near-touch.	Energy-centre assessment, field scanning.	Chakra-specific imbalances mapped to complaints.	Graded techniques: clearing, chakra spreading, magnetic clearing.	Wikipedia: Healing Touch
86 L	**Pranic healing**	Prana, life energy, can be cleansed from and added to the energy body without touch.	Scanning with the hands for size, density and dirtiness of energy centres.	Energy-centre congestion/ depletion mapped to physical complaints.	Sweeping (cleansing), energising with prana, stabilising.	Wikipedia: Pranic healing
87 C	**Biomagnetism (Goiz)**	Pairs of magnets on set points of the body restore the pH balance and remove microbes.	Testing pairs of points by leg-length change.	Viruses, bacteria and fungi as disturbed pH at point pairs.	Pairs of magnets of opposite pole placed on the points.	Wikipedia: Magnet therapy
88 C	**Aura healing**	A field of light around the body shows its state. Cleaning and restoring the aura heals.	Seeing or sensing colours and gaps in the aura.	Holes, dark patches, attachments in the aura.	Cleansing, sealing and recharging the aura by hand or intention.	Wikipedia: Aura (paranormal)
89 C	**Distant healing**	A healer influences the patient without contact, across distance, by intention or prayer.	Intuitive perception at a distance.	Any illness.	Intention, prayer or energy work sent to an absent patient.	Wikipedia: Distant healing
90 C	**Singing bowls and sound baths**	Tones of metal bowls bring the body into resonance and deep rest.	No formal diagnosis.	Stress and tension rather than disease classes.	Bowls played on and around the body; group sound baths.	Wikipedia: Singing bowl
91 L	**Scenar / TENS-family devices**	Illness involves disrupted nervous regulation; pulsed electrical signals to the skin re-engage the body's adaptive regulatory systems.	Skin response readings: asymmetry, delayed reaction zones.	Regulatory disturbances; pain and functional disorders.	Pulsed electrical stimulation to reactive skin zones until response normalises.	Wikipedia: SCENAR
92 L	**Aura reading and aura soma**	The coloured layers of the aura reflect health and psyche; illness is imbalance visible in colour; coloured essences and work on the aura restore it.	Reading aura colours; selection of four equilibrium bottles by colour.	Colour-layer imbalances tied to emotional and spiritual states.	Equilibrium colour essences, coloured light, pomanders.	Wikipedia: Aura Soma

4. Structure and touch: body-based therapies

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
93 L	**Chiropractic (Palmer)**	Misaligned vertebrae (subluxations) block the body's innate intelligence. Adjusting the spine restores it.	Static and motion palpation of the spine, leg-length checks, X- rays.	Subluxation complexes; pain and organ complaints attributed to levels.	High-velocity spinal adjustments, mobilisation, soft-tissue work.	Wikipedia: Chiropractic
94 L	**Osteopathy (Still)**	Structure and function are one. The body heals itself when its structure moves freely. Manual techniques restore that.	Palpation for tissue texture, asymmetry, restriction, tenderness.	Somatic dysfunctions and their systemic consequences.	Articulation, muscle energy, myofascial and cranial techniques.	Wikipedia: Osteopathy
95 L	**Craniosacral therapy**	A rhythm of the fluid around brain and spinal cord can be felt and freed by gentle touch on skull and sacrum.	Listening hands at the cranium, sacrum and feet for rhythm quality.	Restrictions of motion mapped to membranes and sutures.	Very light holds releasing restrictions; still points.	Wikipedia: Craniosacral therapy
96 L	**Reflexology**	Zones on the feet and hands map the organs. Pressure there acts on the organ.	Palpation of tender reflex points on the feet.	Organ correspondence zones; congestion read from point tenderness.	Thumb and finger pressure on the mapped zones.	Wikipedia: Reflexology
97 L	**Rolfing (structural integration)**	The fascia holds the body's posture. Deep work on it restores alignment with gravity.	Postural and gait analysis against a vertical line; photos.	Structural "regions" of misalignment across ten sessions.	Deep fascia work in a set series, movement re- education.	Wikipedia: Rolfing
98 L	**Alexander technique**	Habitual misuse of posture and movement causes strain. Learning to stop the habit restores ease.	Observation of head– neck–back use in activity.	"Misuse" patterns underlying pain, voice and breathing problems.	Verbal and hands-on guidance in everyday movements.	Wikipedia: Alexander technique
99 L	**Feldenkrais method**	Slow, attentive movement teaches the nervous system new and easier patterns.	Observation of movement habits, lying and walking patterns.	Movement dysfunctions; chronic pain as learned pattern.	Awareness Through Movement lessons, Functional Integration hands-on.	Wikipedia: Feldenkrais method
100 L	**Body psychotherapy and bioenergetics (Reich, Lowen)**	Emotions are held as chronic tension in the body, a 'character armour'. Work with breath, posture and movement releases it.	Character analysis, armour palpation, breathing observation.	Character armour segments; biopathies.	Breathing, grounding, stress positions, expressive release.	Wikipedia: Body psychotherapy
101 C	**Shiatsu**	Japanese finger pressure along the meridians to balance the flow of ki.	Touch diagnosis of the abdomen (hara) and meridians; kyo (empty) and jitsu (full).	Imbalances of ki in the meridians rather than disease names.	Finger, palm and elbow pressure, stretches and rotations along meridians.	Wikipedia: Shiatsu
102 L	**Tui na**	Chinese therapeutic massage on meridians and points.	TCM pattern diagnosis plus tissue palpation.	Stagnation, cold, damp; musculoskeletal and internal patterns.	Rolling, grasping, pressing techniques; bone-setting adjuncts.	Wikipedia: Tui na
103 L	**Myofascial release**	Pain comes from restricted fascia. Sustained gentle pressure releases it.	Palpation for fascial restrictions and tissue barrier quality.	Fascial restriction zones rather than named diseases.	Sustained gentle pressure until the tissue releases.	Wikipedia: Myofascial release
104 L	**Bowen technique**	Light rolling moves over muscle and tendon with pauses, so the body can reset itself.	Assessment of asymmetry, muscle tension, posture.	Strain patterns; no formal disease classification.	Sequences of light rolling moves with pauses between sets.	Wikipedia: Bowen therapy
105 L	**Trager approach**	Gentle rocking and movement release held tension in body and mind.	Observation of tissue weight and holding during movement.	Holding patterns; spasticity and chronic tension.	Mentastics (self- movement) and table work of rocking and weight.	Wikipedia: Trager approach
106 C	**Dorn method**	Gentle pressure on joints and vertebrae while the patient moves corrects misalignment and unequal leg length.	Leg-length check and palpation of vertebrae.	Back pain and joint pain from displaced joints and vertebrae.	Gentle pressure on joints and vertebrae while the patient moves.	Wikipedia (German): Dorn-Therapie

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
107 C	**Breuss massage**	A gentle massage along the spine to regenerate the discs.	No formal diagnosis.	Back pain, worn discs.	Gentle massage along the spine with St John's wort oil.	Wikipedia (German): Rudolf Breuß
108 C	**Metamorphic technique**	Light touch on feet, hands and head releases patterns laid down before birth.	No diagnosis; the practitioner does not interpret.	Patterns formed before birth.	Light touch on the spinal reflex points of feet, hands and head.	Wikipedia: Metamorphic technique
109 L	**Massage therapy**	Tension, adhesions and poor circulation underlie pain and dysfunction; kneading and stroking restore circulation, relax tissue and support healing.	Palpation of tissue tone, posture, range of motion.	Muscle tension states, adhesions, oedema, stress patterns.	Kneading, stroking, friction, pressure; oil- based techniques.	Wikipedia: Massage
110 L	**Trigger point therapy (Travell & Simons)**	Pain is referred from hyperirritable knots in muscle; deactivating the trigger point, not treating the pain site, resolves the problem.	Palpation for taut bands and trigger points; referral- pattern history.	Myofascial pain syndromes per muscle and referral map.	Deep pressure, dry needling, spray- and- stretch, stretching.	Wikipedia: Trigger point
111 L	**Acupressure / shiatsu**	Like acupuncture but with finger pressure: blocked qi along meridians causes illness; pressure at points restores flow.	TCM diagnosis plus point and channel palpation; hara diagnosis in shiatsu.	Meridian and organ pattern disorders.	Finger, thumb, palm pressure; stretches; point holding.	Wikipedia: Acupressure
112 L	**Lymphatic drainage**	Illness and swelling reflect stagnant lymph; gentle pumping strokes move lymph and unload the immune system.	Palpation of lymph nodes, tissue swelling, skin texture.	Oedema, lymphoedema, congestion states.	Rhythmic pumping strokes along lymph pathways.	Wikipedia: Manual lymphatic drainage
113 L	**Zero balancing**	Body structure and energy meet at the skeleton; gentle pressure at bone joints aligns structure with energy flow.	Evaluation of joint play and energy flow at "foundation" joints.	Energy-structure discontinuities.	Focused finger pressure and gentle traction at bone.	Wikipedia: Zero Balancing
114 L	**Naprapathy**	Disease begins in ligamentous contractions around the spine that block nerve and blood supply; manual stretching of these connective tissues restores flow.	Palpation of connective- tissue contractions along the spine.	Naprapathic "spinal contractions" and their distant effects.	Manual stretching and levering of the contracted connective tissue.	Wikipedia: Naprapathy

5. Nutrition, terrain, cleansing and natural cure

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
115 L	**Naturopathy**	The body has a healing power of its own (vis medicatrix naturae). Illness comes from a wrong way of living. Healing uses diet, water, air, light, movement and rest.	Iris, tongue, nails, case history, "nature cure" examination.	Suppressed eliminations, toxic states, deficiency states; acute disease as healing crisis.	Diet, fasting, hydrotherapy, herbs, exercise, sunlight, lifestyle reform.	Wikipedia: Naturopathy
116 L	**Nature cure**	The older European movement behind naturopathy. Fresh air, sun, water, simple food and fasting cure.	Constitution assessment, reaction to cold water trials.	Weakness of the "life force"; diseases of civilisation and dampness.	Cold affusions, walking barefoot, air and sun baths, plant diet, herbal teas.	Wikipedia: Nature cure
117 C	**Kneipp cure**	Five pillars: water, plants, movement, food and order of life. Cold water applications strengthen the body.	Talk on way of life; assessment of constitution and reaction to water.	Weakened constitution, poor circulation, nervous exhaustion.	Cold and warm water applications, herbs, movement, simple food, order of life.	Wikipedia: Sebastian Kneipp
118 L	**Hydrotherapy**	Water at different temperatures, in baths, wraps and showers, stimulates circulation and repair.	Skin reaction tests, circulation assessment.	Congestive and inflammatory states treated by hot/cold contrast.	Baths, affusions, wraps, compresses, steam and contrast applications.	Wikipedia: Hydrotherapy
119 L	**Orthomolecular medicine (Pauling)**	Illness comes from a lack of the right molecules in the right amounts. High doses of vitamins and minerals restore them.	Blood nutrient levels, history, functional deficiency signs.	Deficiency- related and "dependency" states across chronic disease.	High-dose vitamins, minerals, amino acids, essential fats.	Wikipedia: Orthomolecular medicine
120 C	**Megavitamin therapy**	Very high doses of vitamins treat illness, from colds to schizophrenia.	Symptoms, sometimes blood or urine tests of vitamin levels.	Colds, schizophrenia, cancer, heart disease seen as needing high doses.	Very high doses of vitamin C, niacin and other vitamins.	Wikipedia: Megavitamin therapy
121 L	**Gerson therapy**	Cancer and chronic illness come from toxins and mineral imbalance. Treatment is organic juices, a salt-free diet and coffee enemas.	Blood chemistry, history, "healing reactions" as markers.	Cancer and degenerative disease as one toxic process.	Hourly organic juices, low- salt fat-free diet, coffee enemas, supplements.	Wikipedia: Gerson therapy
122 C	**Budwig protocol**	Flaxseed oil with quark restores cell membranes and cell breathing, against cancer and chronic illness.	Clinical history; Budwig used paper chromatography of blood fats.	Cancer, heart disease and chronic illness as disorders of fat metabolism and cell breathing.	Flaxseed oil with quark, fresh food, sunlight, avoiding processed fats.	Wikipedia: Johanna Budwig
123 L	**Macrobiotics**	Food balances yin and yang. Whole grains and vegetables in season restore health.	Face reading, meridian diagnosis, dietary history.	Extreme-yin and extreme-yang conditions; cancer attributed to extreme diets.	Wholegrain- centred diet, miso, sea vegetables; graded standard diet.	Wikipedia: Macrobiotic diet
124 C	**Hay diet**	Proteins and starches must not be eaten together, or digestion fails and illness follows.	Symptoms of digestion; reaction to food combinations.	Acidity, indigestion and chronic illness from wrong food combinations.	Separating protein and starch meals; more vegetables and fruit.	Wikipedia: Hay diet
125 L	**Alkaline diet**	Acid-forming food acidifies the body and causes illness. Alkaline food restores the balance.	Urine and saliva pH strips, history of acid-forming foods.	"Over-acidity" states; bone, joint and skin complaints attributed to acid.	Alkaline- forming vegetables and minerals, reduced meat/sugar/ grain.	Wikipedia: Alkaline diet
126 C	**Raw food therapy (Bircher-Benner)**	Raw fruit and vegetables carry the sun's energy in its most ordered form. A raw diet heals.	Examination of the patient's way of eating and living.	Chronic and digestive diseases from cooked, refined food.	Raw fruit and vegetables, muesli, sanatorium regimen.	Wikipedia: Maximilian Bircher-Benner
127 L	**Detoxification**	Toxins build up in the body and cause illness. Diets, herbs and procedures remove them.	Toxic-load history, questionnaires, sometimes challenge tests.	Toxic states: heavy metals, solvent load, "liver congestion".	Cleansing diets, juices, saunas, enemas, chelation, liver-support herbs.	Wikipedia: Detoxification (alternative medicine)

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
128 L	**Colon cleansing**	Waste in the colon poisons the body. Rinsing or herbs clear it.	Abdominal palpation, bowel history; colonoscopy- style imagery in clinics.	"Autointoxication", constipation, toxic overload.	Enemas, colonic irrigation, psyllium and bentonite cleanses.	Wikipedia: Colon cleansing
129 C	**Chelation therapy (alternative use)**	Binding agents pull metals and deposits out of the body, claimed also against heart disease. Proven for metal poisoning.	Urine test after a provoking chelator; regular tests of metal poisoning.	Metal poisoning (proven); claimed also: arterial plaque, autism, fatigue.	Intravenous EDTA or oral chelators.	Wikipedia: Chelation therapy
130 L	**Therapeutic fasting (Buchinger)**	Fasting under supervision lets the body clean and repair itself.	Medical screening, metabolic monitoring, ketone checks.	Metabolic, rheumatic, skin and intestinal conditions treated in clinics.	1–3 week fasts with broth and juice, exercise, relaxation, refeeding.	Wikipedia: Otto Buchinger
131 L	**Fasting-mimicking and time-restricted eating**	Periods without food switch the body to repair and renewal (autophagy).	Tongue coating, breath, urine, strength monitoring during the fast.	"Crises" of elimination; chronic disease states held to resolve in the fast.	Water or juice fasts of graded length, rest, breaking the fast carefully.	Wikipedia: Intermittent fasting
132 C	**Metabolic theory of cancer (Warburg, Seyfried)**	Cancer is first a disturbance of cell breathing in the mitochondria. A ketogenic diet starves tumour cells of glucose.	Glucose and ketone levels, tumour metabolism on PET.	Cancer as a mitochondrial disease of cell breathing.	Ketogenic diet, calorie restriction, drugs that block glucose and glutamine use.	Wikipedia: Warburg hypothesis
133 C	**Ancestral diet (Weston A. Price)**	Traditional peoples on native diets had healthy teeth and bodies. Modern refined food causes decay and disease.	Dental and facial development; diet history.	Tooth decay, narrow faces, chronic disease from modern refined food.	Traditional whole foods: organ meats, raw dairy, fat-soluble vitamins, fermented foods.	Wikipedia: Weston Price
134 C	**Evolutionary mismatch**	The body is adapted to a past way of life. Many illnesses come from the gap with modern living. Healing closes the gap.	Comparing a person's way of life with that of the past.	Diseases of civilisation: obesity, diabetes, myopia, allergy, back pain.	Restoring older conditions: movement, sunlight, whole food, sleep, contact with microbes.	Wikipedia: Evolutionary mismatch
135 L	**Functional medicine**	Illness is a disturbed network of systems. Treatment looks for root causes in diet, gut, stress, toxins and genes.	Extensive history, timeline, laboratory panels: gut, toxins, hormones, nutrients.	Root-cause patterns: dysbiosis, toxic load, HPA-axis dysfunction, and so on.	Personalised diet, targeted supplements, detoxification, lifestyle.	Institute for Functional Medicine
136 C	**Parasite theory (Hulda Clark)**	All illness, cancer included, comes from parasites and pollutants. A 'zapper' device and herbal cleanses remove them.	'Syncrometer', a skin-resistance device said to detect parasites and toxins.	All illness, cancer and HIV included, as parasites plus pollutants.	Herbal parasite cleanse, liver flush, 'zapper' device, removing pollutants.	Wikipedia: Hulda Regehr Clark
137 L	**Candida hypersensitivity**	Overgrowth of yeast in the gut causes many vague chronic complaints. Treated by diet and antifungals.	Symptom questionnaires, stool tests, elimination- challenge diet.	Candida-related complex: fatigue, fog, thrush, bloating.	Sugar-free anti-candida diet, antifungal herbs, probiotics.	Wikipedia: Candida hypersensitivity
138 L	**Leaky gut**	A permeable gut wall lets substances into the blood and drives chronic illness.	History of antibiotic use, food intolerance testing, zonulin markers.	Intestinal permeability underlying allergy, autoimmunity, skin disease.	Elimination diet, glutamine, probiotics, gut-healing protocol.	Wikipedia: Leaky gut syndrome
139 C	**Adrenal fatigue**	Chronic stress exhausts the adrenal glands and causes fatigue.	Questionnaires, saliva cortisol profiles.	Fatigue, poor stress tolerance, cravings, low mood.	Rest, diet, adaptogenic herbs, glandular extracts.	Wikipedia: Adrenal fatigue
140 C	**Multiple chemical sensitivity**	Low levels of everyday chemicals cause illness in some people. Healing is avoidance.	History of reactions to low-level exposures.	Many-system symptoms after chemical exposure.	Avoiding exposure, clean housing, sometimes detox programmes.	Wikipedia: Multiple chemical sensitivity
141 L	**Ozone therapy**	Ozone added to blood or tissue kills microbes and boosts oxygen use.	Blood gas and oxidative- stress assessments.	Infections, circulatory disease, cancer claims.	Major autohemotherapy, insufflation, ozonated water and oils.	Wikipedia: Ozone therapy

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
142 L	**Blood type diet**	Each blood group needs its own food. Wrong food for one's group causes illness.	Blood group determination, symptom history.	Type-specific incompatibilities and their chronic effects.	Diet lists per blood type O, A, B, AB; secretor subtypes in later versions.	Wikipedia: Blood type diet
143 C	**Acid–base medicine**	Chronic hidden acidification of the tissues causes many complaints. Alkaline food and bases restore the balance.	Urine pH strips, blood tests in some schools.	Hidden acidosis behind fatigue, rheumatism, gout and other complaints.	Alkaline diet, base powders, baths.	Wikipedia (German): Übersäuerung
144 C	**Systemic enzyme therapy**	Enzymes taken by mouth reach the blood and calm inflammation and swelling.	Regular diagnosis.	Swelling, inflammation, injury.	Oral enzyme mixtures (bromelain, papain, trypsin).	Wikipedia (German): Systemische Enzymtherapie
145 C	**Probiotic and microbiome therapy**	Live bacteria by mouth, or transfer of stool from a healthy donor, restore the gut flora and so health. Stool transfer is proven for recurrent C. difficile infection.	Symptoms; sometimes stool tests.	Gut disorders, recurrent C. difficile, antibiotic diarrhoea.	Probiotics, fermented foods, stool transfer.	Wikipedia: Probiotic
146 C	**Molecular hydrogen therapy**	Hydrogen gas in water or air neutralises harmful oxidants and lowers oxidative stress.	No formal diagnosis.	Oxidative stress in many conditions.	Hydrogen-rich water or inhaled hydrogen gas.	Wikipedia: Hydrogen water
147 C	**Autologous blood therapy**	Re-injecting one's own blood, sometimes treated, stimulates the immune system.	Regular or naturopathic diagnosis.	Allergy, infections, weak immunity.	Re-injection of the patient's own blood, sometimes with ozone or homeopathic remedies.	Wikipedia (German): Eigenbluttherapie
148 C	**Isopathy**	Remedies are made from the cause of the illness itself, such as a pathogen or its product, in homeopathic dilution.	Identifying the causing agent.	Diseases caused by a known agent, allergen or pathogen.	The agent itself in homeopathic dilution (nosodes).	Wikipedia: Isopathy
149 C	**Sanum therapy (Enderlein)**	Preparations of microbes in low dose return the inner milieu to its healthy state, on Enderlein's pleomorphism.	Dark-field microscopy of live blood.	Disorders of the inner milieu, from 'endobiont' forms of microbes.	Isopathic preparations of fungi and bacteria.	Wikipedia (German): Günther Enderlein
150 L	**Raw food / living foods (Wigmore)**	Cooking destroys enzymes and life force; illness is "leukocytosis" from cooked food; raw, sprouted, fermented food with wheatgrass restores the immune system.	Skin, energy, digestion assessment; "leukocytosis" claim after cooked meals.	Digestive and immune weakness, chronic degeneration.	Raw, sprouted, fermented food, wheatgrass juice, enemas, sunbathing.	Wikipedia: Raw foodism
151 L	**Metabolic typing**	Each person metabolises differently (oxidiser types); illness follows diets mismatched to type; individually typed nutrition restores balance.	Questionnaires, oxidation-rate tests, glucose/ insulin response.	Oxidiser and autonomic types with distinct dietary needs.	Individually typed macronutrient ratios and food selection.	Wikipedia: Metabolic typing
152 L	**Wheatgrass and chlorophyll therapy**	Chlorophyll is near-identical to blood haemoglobin and oxygenates and rebuilds the blood; fresh juice supplies the life force.	Blood quality assumed from energy and skin; no specific test.	Blood deficiency, anaemia-like states, cancer support.	Fresh wheatgrass juice, implants, poultices.	Wikipedia: Wheatgrass
153 L	**F. X. Mayr cure**	The gut is the root of health ("the belly is the root of all illness"); overeating deforms it; mild diet, chewing and abdominal treatment restore it.	Abdominal diagnosis: shape, tone, tenderness of the "gut zones".	"Intestinal slag", bloating, food intolerance, metabolic weakness.	Tea-and- bread regimen, thorough chewing, abdominal massage, lavements.	Wikipedia: Franz Xaver Mayr

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
154 L	**Schroth cure**	Wraps and restricted fluids draw water and toxins out through the skin; dry and wet days alternate to decongest the body.	Fluid balance, skin condition, body water assessment.	Water retention, obesity, rheumatic and skin conditions.	Alternating dry and wet days, cold body wraps, strict diet.	Wikipedia: Schroth cure
155 L	**Seasons / food energetics (macro and TCM dietetics)**	Foods have warming, cooling, damp and drying natures; illness follows eating out of season and out of constitution; food is chosen as medicine by nature.	TCM pattern diagnosis; food nature assessment.	Heat, cold, damp patterns from diet; organ- specific food indications.	Food selection by nature and taste, congees, seasonal eating.	Wikipedia: Chinese food therapy

6. Plants, substances and remedies outside the pharmaceutical chain

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
156 L	**Herbal medicine (phytotherapy)**	Plants and plant extracts as medicine. Many modern drugs came from plants.	Modern diagnostics plus traditional signs: tongue, pulse, skin, digestion.	Conditions grouped by system: digestive, nervous, respiratory, urinary, and so on.	Tinctures, teas, syrups, poultices, creams from whole plants.	Wikipedia: Herbal medicine
157 L	**Aromatherapy**	Essential oils, smelled or applied to the skin, act on mood and body.	Intake interview, olfactory preference, skin type.	Stress, sleep, skin and pain conditions.	Massage with oils, diffusion, baths, compresses.	Wikipedia: Aromatherapy
158 L	**Bach flower remedies**	Illness comes from emotional imbalance. Flower essences restore the right state of mind.	Assessment of the patient's emotional state against 38 states.	Emotional states (fear, uncertainty, loneliness, despondency…), not diseases.	Drops of the chosen essences, taken orally or in water.	Wikipedia: Bach flower remedies
159 L	**Apitherapy**	Products of bees, such as honey, propolis and venom, used as medicine.	Allergy testing first; symptom-based selection of products.	Arthritis, MS claims for venom; wounds and immunity for products.	Bee stings at points, honey, propolis, pollen, royal jelly.	Wikipedia: Apitherapy
160 L	**Urine therapy**	Drinking or applying one's own urine cures illness.	Symptom history; urine "starting drops" read as diagnostic.	Broad claims across allergy, skin disease, infection.	Drinking own urine, rubbing on skin, fasting combined with it.	Wikipedia: Urine therapy
161 L	**Ethnomedicine and ethnobotany**	The study of how peoples understand illness and which plants they use. A source of new medicines.	Knowledge received from plants and spirits; symptom reading.	Illnesses of body and spirit; plant-specific indications.	Brews, baths, vapours, plant diets (dietas).	Wikipedia: Ethnomedicine
162 L	**Psychedelic therapy**	Psilocybin, MDMA, LSD and similar substances, with guidance, open rigid patterns of mind. In trials for depression, PTSD and addiction.	Psychiatric assessment, intention-setting.	Depression, anxiety, addiction, end-of-life distress.	Guided dosing sessions with preparation and integration.	Wikipedia: Psychedelic therapy
163 L	**Ayahuasca**	An Amazonian plant brew used in ceremony to heal body and soul.	The visions themselves show the illness and its origin.	Physical and spiritual illness alike; "purging" as diagnostic and cure.	Ceremonial brew with icaros, diet before and after.	Wikipedia: Ayahuasca
164 C	**Ibogaine**	A West African root alkaloid, used in ritual and studied against addiction.	Assessment of addiction; heart check before use.	Opioid and other addictions.	One high dose in a ritual or clinic setting.	Wikipedia: Ibogaine
165 L	**Medicinal mushrooms**	Fungi such as reishi, shiitake and turkey tail act on immunity and other body processes.	Immune-status assessment by history.	Immune weakness, cancer support, chronic fatigue.	Extracts, teas, powders of reishi, shiitake, chaga, and so on.	Wikipedia: Medicinal fungi
166 L	**Chinese herbal medicine**	Herbs are combined in formulas that address the pattern of disharmony, not just symptoms; each herb has a nature, taste and channel it enters.	TCM four examinations; formula matched to pattern.	Patterns per formula; classical formula- indication matching.	Decoctions, pills, powders of multi-herb formulas.	Wikipedia: Chinese herbology
167 L	**Ayurvedic herbal medicine (dravyaguna)**	Plants carry tastes, potencies and post-digestive effects that shift dosha balance; formulas are matched to constitution and season.	Dosha and tissue assessment, taste analysis.	Diseases by dosha and dhatu; formula matched to constitution.	Decoctions, powders, oils, ghees, rasayana tonics.	Wikipedia: Dravyaguna
168 L	**Cannabis as medicine**	The endocannabinoid system regulates pain, appetite, mood and immunity; plant cannabinoids restore its balance.	Symptom assessment; strain and ratio selection.	Pain, nausea, spasticity, epilepsy, appetite loss.	Smoked, vaporised, oral, tincture forms; CBD/THC ratios.	Wikipedia: Medical cannabis
169 L	**Tissue salts (Schüssler)**	Illness arises from deficiency of inorganic cell salts in the tissues; twelve potentised minerals restore cellular function.	Facial analysis (facial signs of salt deficiency), symptoms.	Twelve deficiency states with facial and symptom signs.	Lactose tablets of the twelve salts, singly or in combination.	Wikipedia: Schüssler salts

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
170 L	**Gemmotherapy (plant stem cells)**	Embryonic plant tissues carry the plant's full regenerative potential; their extracts drain toxins and regenerate organs.	Organ assessment, drainage-need evaluation.	Organ congestion and toxin states per plant bud.	Glycerine macerate drops of bud and rootlet extracts.	Wikipedia: Gemmotherapy
171 L	**Colloidal silver and minerals**	Micro-organisms cannot survive in the presence of certain metals; colloidal mineral suspensions disinfect and support the body.	No specific diagnostic system; indication by infection.	Infections, wounds, immune weakness.	Colloidal silver orally or topically; mineral supplements.	Wikipedia: Medical uses of silver
172 L	**High-dose vitamin C therapy**	Inflammation and cancer deplete vitamin C; intravenous megadoses generate hydrogen peroxide in diseased tissue and support immunity.	Plasma vitamin C levels, G6PD screening before IV.	Cancer support, infection, sepsis claims.	Oral and intravenous ascorbate in gram doses.	Wikipedia: Vitamin C
173 L	**Kombucha, kefir and fermented foods**	Fermented cultures seed the gut flora that governs immunity and mood; daily use maintains the inner ecosystem.	Gut-flora assessment by history and stool tests.	Dysbiosis states.	Daily fermented food and drink, home fermentation.	Wikipedia: Kombucha

7. Mind, emotion and body

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
174 L	**Psychosomatic medicine**	Mind and emotion take part in bodily illness. Treatment addresses both.	Biography, psychoanalysis of symptoms, organ neurosis history.	Peptic ulcer, asthma, colitis, hypertension as "organ neuroses".	Psychoanalysis, abreaction, resolving the conflict.	Wikipedia: Psychosomatic medicine
175 C	**Biopsychosocial model (Engel)**	Illness arises from biology, psychology and social life together. A counter to the purely biomedical model.	History that takes in body, mind and social life together.	All diseases, each with biological, psychological and social parts.	Combined care across the three domains.	Wikipedia: Biopsychosocial model
176 L	**Psychoneuroimmunology**	Mind, nerves, hormones and immune system form one network. Stress and mood change immunity.	Stress assessment, immune measures, life- event mapping.	Stress- exacerbated conditions: autoimmunity, infection, wound healing.	Stress reduction, psychotherapy, social support, relaxation.	Wikipedia: Psychoneuroimmunology
177 L	**Placebo and meaning response**	Expectation, ritual and care themselves change symptoms and some body processes.	Clinical context analysis; no separate diagnostic system.	Conditions shown responsive to context and expectation.	Ritual, credible treatment, caring encounter.	Wikipedia: Placebo
178 C	**Salutogenesis (Antonovsky)**	Ask what keeps people healthy, not only what makes them ill. A sense of coherence, that life is understandable, manageable and meaningful, protects health.	Sense of coherence scale; resources rather than defects.	Movement along a health–ease/ dis-ease continuum, not disease classes.	Strengthening resources: understanding, manageability, meaning.	Wikipedia: Salutogenesis
179 C	**Allostatic load (McEwen)**	The body adapts to stress, but the cost of repeated adaptation wears it down and causes illness.	Index of markers: blood pressure, cortisol, glucose, waist, inflammation.	Wear from chronic stress feeding heart disease, diabetes, depression.	Reducing load: sleep, movement, social support, less chronic stress.	Wikipedia: Allostatic load
180 C	**Polyvagal theory (Porges)**	Three states of the autonomic nervous system: social safety, fight-flight and shutdown. Feeling safe restores regulation.	Observing autonomic state: voice, face, heart rate variability, sense of safety.	Dysregulation of the three states, seen in trauma, anxiety and some bodily complaints.	Restoring safety: social contact, voice, breath, rhythm (e.g. Safe and Sound Protocol).	Wikipedia: Polyvagal theory
181 L	**German New Medicine (Hamer)**	Every illness begins with an unexpected conflict shock that strikes a fixed brain area and organ. Solving the conflict starts healing.	CT brain reading, conflict history, symptom- timing analysis.	Diseases mapped to specific conflict contents and brain relays.	Resolving the conflict; no drugs; supporting the healing phase.	Wikipedia (German): Ryke Geerd Hamer
182 C	**Simonton method**	Imagery, relaxation and emotional work support people with cancer.	Psychological assessment alongside regular cancer diagnosis.	Cancer and its emotional burden.	Relaxation, guided imagery of healing, emotional work, beside regular treatment.	Wikipedia: O. Carl Simonton
183 C	**Metaphysical causes (Louise Hay)**	Each illness reflects a thought pattern. Changing beliefs and self-love heal.	Matching the complaint to a thought pattern in a fixed list.	Every disease linked to a mental cause.	Affirmations, forgiveness, self-love.	Wikipedia: Louise Hay
184 L	**New Thought and mind cure**	Right thinking heals. Illness follows wrong belief.	Assessment of dominant thought patterns and beliefs.	Illness as "error" of thought; no disease classification.	Affirmation, treatment (scientific prayer), study.	Wikipedia: New Thought
185 L	**Hypnotherapy**	In a focused, suggestible state the mind can change pain, habits and some symptoms.	Hypnotic susceptibility assessment, history.	Habits, phobias, pain, psychosomatic conditions.	Trance induction, suggestion, regression, self- hypnosis training.	Wikipedia: Hypnotherapy
186 L	**Mindfulness-based stress reduction**	Attentive awareness of the present moment lowers stress and the suffering that comes with illness.	Intake interview; stress and pain inventories.	Chronic pain, stress-related conditions, anxiety.	Eight-week course: body scan, sitting, yoga, group dialogue.	Wikipedia: Mindfulness-based stress reduction
187 L	**Family constellations (Hellinger)**	Hidden entanglements in the family system across generations cause suffering. Setting them out in space with representatives brings them to light.	Constellation of representatives for the client's system.	Entanglements: early deaths, exclusions, inherited fates.	Representational ritual, sentences of acknowledgement, reordering.	Wikipedia: Family Constellations

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
188 C	**EMDR**	Recalling a trauma while following eye movements lets the memory be processed.	Assessment of trauma memories and their distress.	Post-traumatic stress and other trauma-based complaints.	Recalling the memory with bilateral eye movements or taps.	Wikipedia: Eye movement desensitization and reprocessing
189 C	**Neuro-linguistic programming**	Patterns of language and perception can be changed to change behaviour and symptoms.	Observation of language, eye movements and inner representations.	Phobias, habits, limiting beliefs.	Reframing, anchoring, the 'fast phobia cure', modelling.	Wikipedia: Neuro-linguistic programming
190 L	**Somatic experiencing (Levine)**	Trauma is stuck survival energy in the body. Felt sensing lets it complete and discharge.	Nervous- system state assessment, sensation tracking.	Trauma responses: hyperarousal, freeze, dissociation.	Pendulation between sensation and resource; completing defensive responses.	Wikipedia: Somatic experiencing
191 C	**Logotherapy (Frankl)**	Loss of meaning makes people ill. Finding meaning heals.	Dialogue on values and meaning.	Existential frustration and 'noogenic' neurosis from loss of meaning.	Socratic dialogue, paradoxical intention, finding meaning.	Wikipedia: Logotherapy
192 C	**Social prescribing**	Doctors refer people to community activities, nature and help with daily problems instead of, or beside, medicine.	A 'what matters to you' conversation with a link worker.	Loneliness, mild mental distress, long-term conditions with social causes.	Referral to groups, volunteering, nature, arts, advice.	Wikipedia: Social prescribing
193 L	**Biofeedback**	Seeing one's own body signals, such as heart rate or muscle tension, lets one learn to change them.	Instrumented measurement of muscle tension, skin conductance, temperature.	Tension headache, hypertension, incontinence, anxiety.	Real-time feedback training to voluntary control.	Wikipedia: Biofeedback
194 C	**Heart coherence (HeartMath)**	A smooth, regular heart rhythm pattern ('coherence') supports emotional balance and health. Trained with breath and feedback.	Heart rate variability measured during set exercises.	Stress, anxiety, poor emotional regulation.	Paced breathing with positive feeling, biofeedback devices.	Wikipedia: HeartMath Institute
195 L	**Art therapy**	Making art expresses and works through what words cannot.	Image and process analysis; no medical diagnosis.	Emotional and trauma-related conditions.	Drawing, painting, music-making with therapeutic dialogue.	Wikipedia: Art therapy
196 L	**Dance and movement therapy**	Movement as a way to integrate emotion, body and mind.	Movement observation and analysis.	Trauma, mood and developmental conditions.	Structured and free movement with reflective dialogue.	Wikipedia: Dance therapy
197 L	**Laughter yoga**	Deliberate laughter in a group lowers stress and lifts mood.	Mood assessment.	Depression, stress, immune weakness claims.	Group laughter sessions, laughter yoga, play.	Wikipedia: Laughter yoga
198 C	**Guided imagery and visualisation**	Imagining healing supports the healing process and lowers stress.	No formal diagnosis.	Stress, pain, anxiety; support in cancer.	Imagining a healing scene or process, often with a guide or recording.	Wikipedia: Guided imagery
199 C	**Positive affirmations**	Repeating positive beliefs changes the mind and so the body.	No formal diagnosis.	Negative beliefs as cause of illness.	Repeating positive statements.	Wikipedia: Affirmations (New Age)
200 L	**Recall Healing and Total Biology**	French offshoots of Hamer's work. Each illness is the body's biological answer to an unresolved emotional conflict, also from earlier generations.	Biographical interview: onset date, family events, age doubling.	Symptoms decoded to unconscious meanings per age and family history.	Decoding conversation, resolving the sense of the symptom.	Wikipedia (French): Biologie totale
201 C	**Regression therapy**	Returning in memory to earlier experiences resolves present complaints.	Hypnotic or guided search for the origin of a complaint.	Complaints with a buried origin in earlier life.	Re-experiencing and resolving the original event.	Wikipedia: Age regression

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
202 C	**Past life regression**	Experiences from supposed former lives explain present problems; recalling them heals.	Hypnotic regression to a supposed former life.	Phobias and pains with an origin in a former life.	Recalling and resolving the former-life event.	Wikipedia: Past life regression
203 L	**Meditation**	Practices of attention and awareness that change body and mind.	No separate diagnosis; baseline stress measures.	Stress-related and inflammatory conditions.	Concentrative and open-awareness practice, retreats.	Wikipedia: Meditation
204 L	**Coué method**	The imagination outperforms the will; daily autosuggestion ("every day, in every way…") reprogrammes the body toward health.	Assessment of suggestion receptivity.	Conditions amenable to suggestion.	Daily conscious autosuggestion, morning and evening.	Wikipedia: Émile Coué
205 L	**Emotional Freedom Techniques (EFT / tapping)**	Negative emotion is a disruption in the body's energy system; tapping on meridian endpoints while stating the problem clears both.	Subjective distress rating; specific issue selection.	Phobias, trauma, cravings, pain claims.	Tapping on meridian endpoints with reminder phrases.	Wikipedia: Emotional Freedom Techniques
206 L	**TFT (Thought Field Therapy)**	Specific tapping sequences on meridians resolve specific emotional "perturbations" in the thought field that underlie symptoms.	Voice-toned diagnosis over algorithms; muscle testing.	Named emotional problems mapped to tapping algorithms.	Precise tapping sequences per problem.	Wikipedia: Thought Field Therapy
207 C	**Psychodrama and gestalt therapy**	Unfinished emotional business lives in the body; acting it out and completing it in the present releases the somatic burden.	Work in the here and now; noticing unfinished business.	Unfinished emotional business, blocked contact.	Enactment, role-play, empty-chair work, awareness.	Wikipedia: Gestalt therapy
208 L	**Journaling / expressive writing**	Unexpressed experience burdens the body; writing about it measurably improves immune and disease outcomes.	No separate diagnosis; baseline health measures.	Stress-related and immune-mediated conditions.	Structured writing about deepest thoughts and feelings.	Wikipedia: Writing therapy

8. Breath, movement, rhythm and nature

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
209 L	**Yoga as therapy**	Postures, breath and meditation as treatment for back pain, stress and other disorders.	Ayurvedic constitution, breath, posture, lifestyle assessment.	Conditions by system: back pain, hypertension, anxiety, metabolic.	Asana, pranayama, relaxation, meditation, ethical practice.	Wikipedia: Yoga as therapy
210 L	**Tai chi**	Slow flowing movement with breath and attention. Improves balance and prevents falls in older people.	TCM observation; movement quality assessment.	Weakness, imbalance, stress states.	Form practice, standing (zhan zhuang), partner work.	Wikipedia: Tai chi
211 L	**Buteyko breathing**	Chronic over-breathing causes asthma and other illness. Breathing less restores carbon dioxide balance.	Control pause (breath-holding) measurement, breathing pattern.	Hyperventilation- related conditions: asthma, anxiety, hypertension.	Breathing retraining to reduce volume; nasal breathing; breath holds.	Wikipedia: Buteyko method
212 L	**Breathwork (holotropic and others)**	Fast, deep breathing evokes altered states and emotional release.	Medical screening; intention setting.	Trauma, psychosomatic and existential conditions.	Guided rapid breathing with music, bodywork, integration drawing.	Wikipedia: Holotropic Breathwork
213 L	**Wim Hof method**	Breath exercises, cold exposure and commitment train the nervous and immune systems.	Cold tolerance and response testing.	Inflammation, low resilience, mood.	Graduated cold showers/ice baths, breathing rounds, commitment.	Wikipedia: Wim Hof
214 C	**Cold exposure**	Short immersion in cold water trains the stress response and speeds recovery.	No formal diagnosis; self-tested tolerance.	Not disease classes; aims at resilience, mood and recovery.	Cold showers, ice baths, winter swimming.	Wikipedia: Cold water immersion
215 L	**Heat therapy and sauna**	Raised body temperature, from sauna to medical hyperthermia, supports repair and the fight against illness.	Circulation and heat-tolerance assessment.	Congestive, rheumatic, skin conditions; general prevention.	Regular sauna, steam, sweat lodge, herbal sweat baths.	Wikipedia: Hyperthermia therapy
216 C	**Balneotherapy and spa therapy**	Bathing in mineral water and mud treats joints, skin and circulation.	Regular diagnosis; choice of spa by complaint.	Rheumatic and joint diseases, skin diseases (psoriasis), circulation.	Baths in mineral and thermal water, mud packs, climate.	Wikipedia: Balneotherapy
217 C	**Heliotherapy (sunlight)**	Sunlight as treatment. Used historically against tuberculosis and rickets.	Regular diagnosis of the condition.	Rickets, skin tuberculosis, psoriasis; formerly lung tuberculosis.	Graded sun exposure; sanatorium sun cures.	Wikipedia: Heliotherapy
218 L	**Nature therapy and forest bathing**	Time in nature lowers stress and supports healing.	Stress measures before/after; no medical diagnosis.	Stress states, hypertension, fatigue.	Slow guided walks, sensory invitations, sitting in the woods.	Wikipedia: Forest bathing
219 L	**Earthing (grounding)**	Direct contact of skin with the earth lets electrons flow into the body and calms inflammation.	Inflammation and sleep measures; no formal diagnosis.	Chronic inflammation, pain, sleep disorders.	Barefoot contact, grounding mats and sheets.	Wikipedia: Earthing
220 L	**Horticultural therapy**	Working with plants and gardens as treatment and rehabilitation.	Functional and cognitive assessment.	Rehabilitation, dementia, depression, addiction.	Garden tasks, plant care, seasonal cycles, group work.	Wikipedia: Horticultural therapy
221 L	**Animal-assisted therapy**	Contact with animals lowers stress and supports therapy.	Behavioural and mood assessment.	Anxiety, autism, dementia, rehabilitation.	Structured animal contact, care tasks, riding therapy.	Wikipedia: Animal-assisted therapy
222 C	**Kangaroo care**	Skin-to-skin contact of a newborn with a parent. Lowers death in small babies.	Birth weight and stability of the newborn.	Small and preterm babies.	Continuous skin-to-skin contact with breastfeeding.	Wikipedia: Kangaroo care
223 L	**Chronobiology**	The body runs on rhythms: day, month, season. Illness follows when rhythms break; healing restores them.	Sleep diary, actigraphy, light-exposure history.	Circadian disruption: insomnia, metabolic and mood disorders.	Timed light exposure and avoidance, sleep scheduling, melatonin timing.	Wikipedia: Chronobiology

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
224 C	**Chronotherapy**	The time of day of a treatment changes its effect. Also: shifting sleep times to treat mood and sleep disorders.	Sleep diaries, light and activity rhythm, timing of symptoms.	Delayed sleep phase, depression, and diseases with daily peaks (asthma, heart attack).	Shifted sleep, timed light and dark, timing of drugs to the body clock.	Wikipedia: Chronotherapy (treatment scheduling)
225 C	**Infrared therapy**	Infrared radiation warms tissue from within and improves circulation.	No formal diagnosis.	Muscle and joint pain, stiffness, poor circulation.	Infrared lamps or saunas.	Wikipedia: Infrared sauna
226 L	**Salt therapy (halotherapy)**	Breathing fine salt particles, as in salt caves, eases the airways.	Awareness experiments, empty-chair work, body cues.	Unfinished situations expressed as symptoms and inhibitions.	Present-centred experiments, dialogue, body awareness.	Wikipedia: Halotherapy
227 C	**Oxygen therapy outside medical indications**	Extra oxygen supports recovery, energy and detoxification. Regular medicine uses oxygen for set indications.	No formal diagnosis.	Fatigue, poor recovery, toxins.	Oxygen bars, oxygenated water, ozone or hyperbaric sessions.	Wikipedia: Oxygen therapy
228 C	**Whole-body cryotherapy**	Short exposure to extreme cold reduces inflammation and pain and speeds recovery.	No formal diagnosis.	Pain, inflammation, poor recovery.	Two to three minutes in a chamber at −110 °C or colder.	Wikipedia: Cryotherapy
229 C	**Hatha yoga**	Postures and breath bring body and mind into balance.	No formal diagnosis; teacher's observation of posture and breath.	Stiffness, stress, back pain.	Postures, breath control, relaxation.	Wikipedia: Hatha yoga
230 C	**Kundalini yoga**	Awakening kundalini energy at the base of the spine changes consciousness and health.	Teacher's assessment; energetic reading of chakras.	Blocked energy and states of consciousness.	Kriyas, breath of fire, mantra, meditation.	Wikipedia: Kundalini yoga
231 L	**Pranayama**	Yogic breath control regulates prana and calms or energises body and mind.	Ayurvedic assessment; breath pattern observation.	Prana blockages; respiratory and nervous weakness.	Alternate nostril breathing, kumbhaka, kapalabhati.	Wikipedia: Pranayama
232 C	**Tension and trauma releasing exercises (TRE)**	Exercises that set off natural tremors in the body to discharge stored tension and trauma.	No formal diagnosis.	Stress and trauma held in the body.	Exercises that set off natural tremors, then rest.	Wikipedia: Tension and trauma releasing exercises
233 L	**Transformational breath / rebirthing**	The breath pattern carries unresolved birth and life experience; a connected, full breath releases it and recharges the body.	Breath-cycle observation: clamping, pausing, exhalation quality.	Birth-trauma patterns, suppressed feeling states.	Connected circular breathing sessions, affirmation.	Wikipedia: Rebirthing-breathwork
234 L	**Walking / pilgrimage**	Movement in rhythm over distance resolves stagnation of body and mind; the road itself is part of the cure.	No formal diagnosis; the road reveals.	Stagnation, grief, decision impasses, deconditioning.	Long-distance walking with intention, way stations, ritual.	Wikipedia: Pilgrimage
235 L	**Exercise as medicine (movement deficiency)**	The modern sedentary body falls ill from lack of movement; systematic physical activity prevents and treats chronic disease.	Fitness testing, activity history.	Hypokinetic disease: metabolic, cardiovascular, musculoskeletal.	Graded exercise prescription per condition.	Wikipedia: Exercise medicine
236 L	**Fasting retreats and nature cures (combined)**	Removing the patient from the sick environment — rest, simple food, air, silence in a clinic set in nature — is itself the therapy.	Intake assessment; monitoring during the cure.	Burnout, chronic fatigue, lifestyle disease.	Rest cure, diet, air and light, silence, graded activity.	Wikipedia: Sanatorium

9. Spiritual and religious healing

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
237 L	**Faith healing**	Healing comes through faith and divine power, often by prayer or a healer.	Prayer discernment, confession, anointing rite.	Sickness of body and soul; unforgiveness as a category.	Prayer, laying on of hands, anointing with oil, communion.	Wikipedia: Faith healing
238 C	**Laying on of hands**	A religious act of blessing and healing by touch.	Prayerful discernment, no formal method.	Any illness, bodily or spiritual.	Touch with prayer by a priest, elder or believer.	Wikipedia: Laying on of hands
239 L	**Christian Science (Eddy)**	Matter and illness are illusions of the mind. Prayer and right understanding of God heal.	Self- examination of thought; practitioners' prayerful treatment.	Illness as "error", not classified medically.	Prayerful treatment, study of Scripture and Science and Health.	Wikipedia: Christian Science
240 C	**Spiritism (Kardec)**	Spirits act on the living. Spiritist healing uses passes, prayer and contact with spirit guides.	Mediums perceive spiritual influence and the patient's 'perispirit'.	Bodily illness with spiritual causes: obsession by spirits, karma.	Passes (laying on of hands), magnetised water, prayer, disobsession sessions.	Wikipedia: Spiritism
241 L	**Intercessory prayer**	Prayer by others helps the sick. Studied in several controlled trials.	None by the pray-er; requests and lists.	Any condition.	Prayer, anointing, communal intercession.	Wikipedia: Efficacy of prayer
242 C	**Ho‘oponopono**	Hawaiian practice of reconciliation and forgiveness. Restoring right relations restores health.	Family discussion to find broken relations and wrongs.	Illness from unresolved conflict and guilt in the family.	Confession, forgiveness and release (kala), led by an elder; modern form: repeating four phrases.	Wikipedia: Ho‘oponopono
243 C	**Psychic surgery**	A healer seems to remove diseased tissue with bare hands, without a wound.	The healer's perception of the diseased part.	Tumours and organ disease.	Apparent removal of tissue by hand (shown by investigators to be sleight of hand).	Wikipedia: Psychic surgery
244 L	**Charismatic healing**	The Holy Spirit acts directly through gifted healers; sickness and deliverance from evil are addressed in the same act.	Word of knowledge, discernment of spirits.	Physical illness, oppression, generational curses.	Healing lines, deliverance prayer, declaration.	Wikipedia: Charismatic healing
245 L	**Exorcism and deliverance**	Some illness is possession or oppression by spirits; the cure is ritual expulsion and protection, followed by restoration of the person.	Discernment rituals, signs of possession.	Possession, oppression, obsession as distinct states.	Rite of exorcism, deliverance prayer, protection and follow-up.	Wikipedia: Exorcism
246 L	**Spiritualism / spirit healing**	Discarnate spirits, including departed healers, channel healing energy through mediums to the sick.	Mediumistic reading of the sitter's condition.	Spiritual and energetic conditions.	Trance or contact healing, spirit guidance.	Wikipedia: Spiritualism (movement)
247 L	**Soul retrieval**	Part of the self flees at trauma and stays lost; the shaman retrieves it; symptoms of emptiness and illness then resolve.	Assessment of loss: when, what part, what symptoms.	Soul-loss states: emptiness, chronic fatigue, depression.	Journey to retrieve the soul part, welcoming ritual.	Wikipedia: Soul loss
248 L	**Ancestral healing (African and diaspora)**	Unquiet ancestors cause illness in descendants; ritual of acknowledgement and offering restores the lineage and the body.	Divination identifying the ancestor and the grievance.	Ancestral affliction patterns in the family line.	Acknowledgement, offering, ritual of reconciliation.	Wikipedia: Veneration of the dead
249 L	**Santería / Candomblé / Vodou healing**	Orisha and lwa govern health; illness reflects broken relationships with them; ceremony, offerings and herbal baths restore balance.	Divination (diloggún, Ifá), possession states.	Afflictions per orisha; "spiritual" vs natural illness.	Offerings, ebó cleansings, herbal baths, drumming, initiation.	Wikipedia: Santería
250 L	**Buddhist healing practices**	Suffering arises from mind; chanting, meditation, merit- making and compassion practice transform karma and illness.	Karma analysis, meditation insight, teacher's discernment.	Karmically rooted illness vs ordinary illness.	Chanting (sutra, mantra), meditation, merit-making, pilgrimage.	Wikipedia: Buddhism and medicine

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
251 L	**Mantra and chanting**	Sacred sound vibrates and orders body and mind; repetition of the right syllables dissolves disease patterns.	Selection of mantra by tradition, teacher or need.	Disturbances assigned to sound and vibration.	Japa repetition, group chanting, sung liturgy.	Wikipedia: Mantra
252 L	**Sufi healing and dhikr**	Illness reflects distance from God; remembrance (dhikr), breath and the healer's presence polish the heart and heal the body.	Assessment of the heart's state by the guide.	Diseases of the nafs (ego states).	Dhikr, muraqaba (meditation), breath, the guide's presence (sohbet).	Wikipedia: Sufi healing
253 L	**Jewish healing traditions**	Illness calls for teshuvah, prayer and mitzvot alongside medicine; the rebbe's blessing and psalms are part of the cure.	Rabbi's counsel; no separate somatic diagnosis.	Spiritual causes: sin, lack of merit; illness as call.	Blessing, psalms, charity, mikveh, pilgrimage to rebbes.	Wikipedia: Judaism and healing
254 L	**Pilgrimage to healing places (Lourdes, Santiago)**	Journeying to a holy place, with its rite, community and hope, is held to effect cures beyond medicine.	Medical bureau verification at sites like Lourdes.	Cures classified as unexplained vs ordinary improvement.	Bathing, confession, Mass, anointing, vigil.	Wikipedia: Lourdes
255 L	**Kabbalistic healing**	The letters of Hebrew and the structure of the sefirot are tools to repair the person's soul and, through it, the body.	(shoresh) and name permutations.	mapped to sefirah deficiencies.	Letter meditations, name permutations, tikkun practices.	Wikipedia: Kabbalah
256 L	**Wicca and neo-pagan healing**	Healing works through ritual, elements, herbs and the practitioner's raised power directed by will toward the patient's wholeness.	Divination (tarot, runes), circle work.	Energetic, emotional and spiritual imbalance.	Circle ritual, candle and herb magic, healing spells.	Wikipedia: Wicca
257 L	**Near-death and spontaneous remission accounts**	Some cures occur beyond any method; these cases are studied as evidence of non-local or spiritual dimensions of healing.	Medical documentation before and after.	Cures unexplained by the treating medicine.	Case collection and analysis; no method as such.	Wikipedia: Spontaneous remission

10. Scientific frameworks beyond the single-molecule model

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
258 C	**Hygiene hypothesis and 'old friends'**	Too little contact with microbes in early life lets the immune system go wrong, causing allergy and autoimmunity.	Epidemiology of exposure in early life.	Allergy, asthma, autoimmune and inflammatory bowel disease.	Early contact with farm life, siblings, nature; trials of helminths and microbes.	Wikipedia: Hygiene hypothesis
259 C	**Microbiome**	The microbes in and on the body take part in digestion, immunity and mood. Disturbing them can cause illness; restoring them can heal.	Sequencing of gut and other microbiota.	Dysbiosis linked to bowel, metabolic, immune and mental disorders.	Diet, fibre, probiotics, stool transfer, fewer antibiotics.	Wikipedia: Human microbiome
260 C	**Developmental origins of health and disease (Barker)**	Conditions in the womb and early childhood set the risk of illness in later life.	Birth weight and early growth records.	Heart disease, diabetes, hypertension in later life.	Better nutrition and care of mothers and young children.	Wikipedia: Developmental origins of health and disease
261 C	**Epigenetics**	Experience and environment switch genes on and off without changing them. Part of how life shapes illness.	Measuring DNA methylation and other marks; 'epigenetic clocks'.	Cancers, imprinting disorders, ageing; effects of early stress.	Drugs that change marks (in cancer); diet, exercise and environment.	Wikipedia: Epigenetics
262 C	**Evolutionary medicine**	Asks why the body is vulnerable at all: trade-offs, mismatch with modern life, and defences such as fever that are not themselves illness.	Asks why: trade-off, mismatch, defence, pathogen evolution.	Defences (fever, pain, cough) versus true defects; mismatch diseases.	Allowing useful defences, closing mismatch, managing resistance.	Wikipedia: Evolutionary medicine
263 C	**Hormesis**	A small dose of a stressor, such as cold, heat, exercise or fasting, makes the body stronger.	Dose–response testing.	Not disease classes; weakness from too little challenge.	Small doses of stress: exercise, heat, cold, fasting, plant compounds.	Wikipedia: Hormesis
264 C	**Inflammaging**	A low, chronic inflammation grows with age and drives many diseases of age.	Inflammatory markers such as CRP and interleukin-6.	Diseases of age: heart disease, diabetes, dementia, frailty.	Exercise, diet, weight loss, sleep; anti-inflammatory approaches in trials.	Wikipedia: Inflammaging
265 C	**Mitochondrial theory of ageing**	Damage to the cell's power plants drives ageing and the illnesses that come with it.	Tests of mitochondrial function and damage.	Ageing and age diseases; mitochondrial disorders.	Exercise, calorie restriction; compounds aimed at mitochondria (in trials).	Wikipedia: Mitochondrial theory of ageing
266 C	**Dynamical disease (Glass and Mackey)**	Illness can be a change in the rhythm of a control system, not a broken part. Healing restores the right dynamics.	Recording the time course of a variable (breathing, blood cells, heart rate).	Periodic and irregular disorders: Cheyne–Stokes breathing, cyclical neutropenia, arrhythmias.	Restoring the control loop, for instance by changing delay or gain.	Mackey and Glass 1977, Science 197:287
267 C	**Loss of complexity (heart rate variability)**	A healthy body varies its rhythms in a complex way. Illness and age make them rigid or erratic.	Heart rate variability and other complexity measures.	Ageing, heart failure, frailty and stress as loss of variability.	Exercise, breathing, sleep, treating the cause.	Wikipedia: Heart rate variability
268 C	**Social determinants of health**	Income, work, housing, education and relations shape health more than care does.	Data on income, education, work and housing.	Gradients in all diseases by social position.	Policy: income, housing, education, work, community.	Wikipedia: Social determinants of health
269 C	**Exposome**	The sum of all exposures over a life, from food to pollution to stress, as the counterpart of the genome.	Measuring exposures with sensors, blood and urine markers.	Diseases with environmental parts: cancer, lung, heart, development.	Reducing harmful exposures.	Wikipedia: Exposome
270 C	**Network medicine**	Diseases are disturbances of networks of genes, proteins and metabolites, not of single molecules.	Mapping a disease module in the network of human proteins and genes.	Diseases as overlapping network modules, explaining shared symptoms.	Drug repurposing and combinations aimed at the module.	Wikipedia: Network medicine

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
271 C	**Positive health (Machteld Huber)**	Health is the ability to adapt and to manage oneself in the face of social, physical and emotional challenges. Dutch origin.	A conversation tool with six dimensions: body, mind, meaning, quality of life, participation, daily functioning.	Not disease classes; how well a person adapts and manages.	A different conversation and the person's own goals.	Wikipedia (Dutch): Positieve gezondheid
272 C	**Lifestyle medicine**	Food, movement, sleep, stress, relations and avoiding toxins as first-line treatment of chronic illness.	Assessment of diet, activity, sleep, stress, relations and substances.	Chronic diseases: type 2 diabetes, heart disease, obesity, some cancers.	Prescribed change in the six pillars, with support.	Wikipedia: Lifestyle medicine
273 C	**One Health**	Human, animal and environmental health are one system.	Joint surveillance of humans, animals and environment.	Zoonoses, antimicrobial resistance, food safety.	Coordinated action across human, animal and environmental health.	Wikipedia: One Health
274 C	**Integrative medicine**	Combines regular medicine with selected other methods, around the whole person.	Regular diagnosis with attention to the whole person.	Regular disease classes.	Regular care combined with selected complementary methods.	Wikipedia: Integrative medicine
275 C	**Systems biology**	Disease is a network state, not a single defect; health is analysed as the behaviour of interacting gene, protein and metabolic networks.	Large-scale measurement of genes, proteins and metabolites, modelled together.	Disease as a disturbed system state.	Model-guided treatment and drug combinations.	Wikipedia: Systems biology
276 C	**Holistic / whole-person medicine**	The person — body, mind, relationships, environment — is the unit of illness and healing; treatment must address the whole, not the part.	History of body, mind, social and spiritual life.	Imbalance of the whole person.	Combined care of body, mind, way of life and meaning.	Wikipedia: Holistic health
277 C	**Complexity science in medicine**	The body is a complex adaptive system; disease is loss of adaptive variety; interventions aim to restore resilience, not to steer a single variable.	Network and time-series analysis of the patient's systems.	Disease as loss of adaptability or a tipping point.	Restoring resilience; multi-target care.	Wikipedia: Complex system
278 C	**Whole-plant / entourage pharmacology**	Plant extracts act through many compounds acting together; isolating one molecule changes and narrows the effect.	Regular diagnosis.	Conditions treated with plant medicines.	Whole-plant extracts rather than single compounds.	Wikipedia: Entourage effect
279 C	**Biosemiotics**	The body is a web of signs and meanings; illness is miscommunication between levels of the organism; healing repairs the sign processes.	Reading the body as a system of signs.	Disease as a breakdown in sign processes.	Mostly theoretical; informs medical semiotics.	Wikipedia: Biosemiotics
280 C	**Information medicine / quantum biology (speculative strand)**	Biological order relies on coherence and information beyond chemistry; illness is loss of coherence; future medicine will act at the informational level.	Device readings of 'information fields'.	Disturbed information in the body.	Devices said to correct the information.	Wikipedia: Quantum biology
281 C	**Traditional knowledge systems as science**	Indigenous and classical systems encode long empirical observation in their own categories; studying them yields testable hypotheses.	Ethnopharmacological field study of what traditions use.	The disease classes of each tradition.	Testing traditional remedies with modern methods.	Wikipedia: Ethnopharmacology
282 C	**Polypharmacy reversal / deprescribing**	Modern medicine's own drug chains cause illness; healing includes systematically removing iatrogenic burden.	Medication review against benefit and harm.	Harm from too many medicines: falls, confusion, interactions.	Stopping or lowering medicines step by step.	Wikipedia: Deprescribing

11. Alternative diagnostic methods

No.	Name	What it holds	Diagnosis	Illnesses it distinguishes	How it heals	Read more
283 L	**Electroacupuncture according to Voll (EAV)**	Electrical resistance at acupuncture points shows the state of organs. Used to diagnose and to test remedies.	Measuring 40+ points with a stylus electrode; ampoule testing.	Organ states by point value: inflammation, degeneration, deficiency.	Point treatment, remedies selected by ampoule response.	Wikipedia: Electrodermal screening
284 L	**Kirlian photography**	Photographs of corona discharge are read as an aura that shows health.	Photographing finger corona discharges and reading the patterns.	Energetic imbalance states, stress, organ weakness by sector.	Any chosen energy treatment, re-imaged to show change.	Wikipedia: Kirlian photography
285 L	**Applied kinesiology**	Muscle strength under a manual test reveals imbalances and the right remedy.	Manual muscle testing with challenges and stimuli.	Structural, chemical and emotional triad imbalances.	Feeds manipulation, nutrition and reflex work.	Wikipedia: Applied kinesiology
286 L	**Iridology**	Signs in the iris map the state of each organ.	Iris chart reading of marks, colours, fibres.	Organ weaknesses and "lesion" signs per iris zone.	Feeds detox and nutrition programmes.	Wikipedia: Iridology
287 L	**Vega test**	An electrical device measures skin resistance to detect allergies and intolerances.	Stylus measurement at meridian points; ampoule circuits.	Organ states by measured value; intolerances.	Feeds remedy selection and point treatment.	Wikipedia: Vega test
288 L	**Tongue diagnosis**	In Chinese medicine the colour, coat and shape of the tongue show the inner state.	Visual tongue inspection, zones per organ.	Heat, cold, damp, deficiency patterns.	Feeds TCM and herbal prescription.	Wikipedia: Tongue diagnosis
289 L	**Pulse diagnosis**	Feeling the pulse at several depths and places reveals the state of organs and qi, in Chinese, Tibetan and Ayurvedic medicine.	28 pulse qualities read at wrist positions.	Organ and qi patterns read from pulse.	Feeds TCM treatment selection.	Wikipedia: Pulse diagnosis
290 L	**Hair mineral analysis**	Minerals in the hair show deficiencies and toxic loads.	Spectrographic mineral ratio analysis of hair.	Mineral imbalances and heavy-metal load.	Feeds supplementation and detox programmes.	Wikipedia: Hair analysis (alternative medicine)
291 L	**Live blood analysis**	A drop of fresh blood under a dark-field microscope reveals hidden illness.	Dark-field and phase-contrast microscopy of fresh blood.	Terrain states: rouleaux, microbial forms, crystal forms.	Feeds terrain and nutrition therapy.	Wikipedia: Live blood analysis
292 C	**Thermography as alternative diagnosis**	Patterns of skin temperature reveal disease processes, used outside its validated uses.	Infrared camera images of skin temperature.	Claimed: early breast cancer, inflammation, organ stress.	Feeds other alternative treatment; not a treatment itself.	Wikipedia: Thermography
293 C	**Quantum resonance analysis**	A hand-held sensor reads 'frequencies' of the body and reports on dozens of health values.	Hand-held sensor connected to software.	Dozens of 'values' for organs, vitamins, toxins.	Feeds the sale of supplements or devices; not a treatment itself.	Wikipedia: Quantum resonance magnetic analyzer
294 L	**Ayurvedic pulse (nadi pariksha)**	Three fingers read vata, pitta and kapha in the radial pulse; the dosha balance and organ disturbance are read before symptoms declare themselves.	Dosha pulse reading before symptoms declare themselves.	Dosha and organ imbalance.	Feeds Ayurvedic diet, herbs and panchakarma.	Wikipedia: Nadi (Ayurveda)
295 L	**Pendulum dowsing / radionic diagnosis**	The dowser's instrument or pendulum responds to the patient's energy field or a sample ("witness"), indicating the location and nature of disease.	Pendulum or stick-pad analysis against rate lists.	Location and nature of disease per the instrument's response.	Feeds radionic broadcasting and remedy choice.	Wikipedia: Dowsing
296 L	**Medical intuition / psychic diagnosis**	Some practitioners perceive illness directly — in the aura, the body or "clairsentiently" — without instruments or examination.	Clairvoyant/ clairsentient scanning of the body.	Intuitively perceived conditions and emotional roots.	Feeds referral and energy or mind work.	Wikipedia: Medical intuitive

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297 L	**Facial diagnosis (mien shang, constitutional)**	Face colour, marks and features map organ systems and constitution; illness history and tendency are read from the face.	Zone-by-zone face reading.	Organ stress and constitutional tendency.	Feeds dietary and lifestyle prescription.	Wikipedia: Physiognomy
298 L	**Constitutional typing (Sasang, dosha, homoeopathic)**	Diagnosis is of the person, not the disease: type, constitution and temperament determine which illness is likely and which treatment fits.	Type assessment: Sasang, dosha, homoeopathic constitution.	Type-specific disease tendencies.	Type-matched treatment across the tradition.	Wikipedia: Sasang constitutional medicine
299 L	**Dream and symbolic diagnosis**	Illness announces itself in dreams and symbols; the healer reads the dream to locate the disturbance and its meaning.	Dream recording and interpretation.	Symbolically located disturbances.	Feeds psychological and spiritual treatment.	Wikipedia: Dream interpretation
300 L	**Divination-based diagnosis (Ifá, bones, cards)**	Systems such as Ifá, bone throwing or tarot locate the cause of illness — spiritual, social or natural — and prescribe the remedy.	Casting systems with fixed verse/ figure meanings.	Spiritual, social or natural causes per the cast.	Prescribed sacrifice, ritual and remedy.	Wikipedia: Ifá

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