

## **Dr. Tom Yarema, Part 2**

### **Center for Wellness and Integrative Medicine, Soquel, CA**

#### **Featured Sonic Vibration Location**

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We're pleased to continue the story of Dr. Tom Yarema's remarkable journey.

"Every doctor needs to be a Lympho-Maniac!", declares M.D. and international award-winning author Dr. Tom Yarema. "A SonicLife machine is the easiest, most accessible and the safest technology to use on all patients as the first step in improving their health.

Dr. Tom's journey to this understanding actually began at the U.S. Military Academy West Point. He was studying Mandarin Chinese. The Maharishi Mahesh Yogi had started teaching his Transcendental Meditation first to the Pentagon and next, the U.S. military academies. After two and a half years at West Point, Tom transferred to the University of Virginia. There in Charlottesville, he began studying martial arts. Old school Asian instructors taught meditation, the healing arts and the martial arts as one discipline. As a young twenty-something, Tom was moving energy, the Chi or Qi, in the body and outside the body to others. He was fascinated when visiting martial art masters demonstrated repair of injuries with just energy.

The medical school he attended, although allopathic, was the foremost holistic medical school at the time. Young Dr. Tom continued his martial arts training during med school and earned his black belt along with this medical degree. A perpetual researcher, he mined the internet precursor Medline to extract acupuncture literature and translate it from Mandarin to English.

The specialty of emergency medicine was being newly invented. This emerging science came at the massive human price of war injuries in the jungles of Vietnam. Dr. Tom was on the forefront developing the specialty. You might consider him an 'Emergentologist'. He is "quite proud of developing American emergency medicine." After 11 years, his love of travel and experiencing other cultures took him into foreign relief work. "My eyes were opened to how different medicine was practiced. I'd show up in a jungle after a natural disaster. The local physicians were biased against a new American practitioner. They felt that Americans only knew how to run C.A.T. scans and order lab reports which they considered squandering precious resources." He responded

openly, " 'I'm a nice guy, teach me.' My eyes were opened to the clinical application of acupuncture. My paradigm broadened. I saw these physicians using other medical systems that I hadn't been taught. These techniques were highly efficacious. I realized then that I needed to renew my acquaintance with what was going on in China."

As the Universe would arrange it, "I was working at an Emergency Room in San Diego. Nearby there was a free-standing research center and graduate school founded by a Japanese gentleman, Hiroshi Motoyama. It was there that I learned about the biophotonic body. The founder was a leading researcher in the Mind/Body connection, a true international intellect. When I went to sign up to take classes, they put me on the faculty. They needed someone to teach anatomy and physiology and show up to all the other courses. I said, 'Sure! I'll do it as a volunteer.' The faculty was outstanding. The late Dr. Valerie Hunt who'd taught kinesiology at UCLA for 35 years, Peter Tompkins and Christopher Bird who wrote *The Secret Life of Plants*, really amazing researchers in the biophotonic physiology of living systems. The Soviet Union had just collapsed. The head of the Soviet Union National Academy of Sciences defected to the U.S. and was part of the faculty sharing his forty years of amazing research into things like telekinesis. A Chinese M.D./Ph.D. was sent to debunk or figure out some other incredible research that was ending up in Moscow. It was never debunked. Here I was in my mid to late '30s with all my curiosity and fascination, blessed to meet hard core scientists researching all my interests.

"At the time of the Soviet Union collapse, I was invited with a group to Ukraine to observe and interact with the medical community that was struggling to provide care in a collapsing economic arena. There was also another team from a prestigious American university. One day, I decided to compare notes with the head nurse from the university group. She said her doctors were 'assholes'. They had completely failed to grasp the brilliance of a local surgeon's low cost, highly effective post-surgical intervention.

"I figured there should be some applications for all my experience in everyday medicine. Emergency medicine was still developing, so I'd take some of my new toys into the ER and use them adjunctively. It was very exciting until I was visited by the colleague who ran the ER. He very kindly told me that the nurses had been telling him about my experimentation. He was sympathetic, but warned me that this could put me into big trouble. He explained that there were

lots of reasons, the chief of which, was the politics of science. 'Please knock it off' I had respect for his soft approach. It was then that I realized how tenuous my medical license could be.

"But still, living in San Diego, I figured there had to be a way to put my new toys to the test. I needed to see if I could make some practical tools for the everyday practice of medicine. The medical cartel had driven a lot of cancer clinics across the border into Tijuana. I went to visit some clinics. I met someone who told me about a clinic still in San Diego that hadn't been forced to leave. Turns out this alternative cancer clinic was right around the corner. The patients I met there were incredible. Some had been coming there for 40 years and had beat 3 primary cancers in that span. Listening to their stories was mind-blowing. This clinic was doing great experiments. They'd have a patient hooked up to an EEG and heart rate variability monitor in a faraday cage at one end of the building. At the other end was an energy healer in another faraday cage. Really cool stuff.

"It was about that time Southern California got economically pressured. Easily 50% of the health market share was going to alternative methods. That environment got regulators to really bare their teeth. We actually quit taking cancer patients from San Diego because of the medical turf war. We'd take a few from outside the county but preferred people from outside the state.

I still had a passion to develop and use these new, and in many ways, old tools. I'd done enough international work as a private peace corp worker in medical and environmental medicine. Finding a solution to integrating these other modalities was my challenge. I decided I had two options. One was to pursue military medicine that's run on treating as many people as possible efficiently, effectively and maybe most importantly, with low cost. The other option was to go someplace that was man-powered and underserved. I signed on at Charity Hospital in New Orleans. You did whatever worked. There, if you weren't carrying a voodoo rattle in your black bag, you were doing it all wrong. Let's call that cultural medical relevance.

"At the same time in emergency medicine, things were getting very polarized. Hospitals were being bought and sold like pieces on a Monopoly board. In exchange for funding to stay afloat,

these hospitals had to participate in unethical pharmaceutical studies. At the other end of the spectrum, Deepak Chopra was hired by an HMO to bring East-West practices to the mainstream.

"After seven and a half years in New Orleans, I started witnessing colleagues leaving medicine in droves. They had become hugely dissatisfied with what the job had become and also the loss of remuneration. MBA schools and suicides were claiming them. I started taking some of these colleagues to the jungles of Central America. They came back claiming 'you saved my life, saved my marriage and gave me a new perspective that makes me want to stay in medicine.' I knew I was on the right track but still didn't have the right answer to where? Another ER colleague, also a lifelong surfer, had made a successful jump to Hawaii where he found a simpler type of family environment and great surf while still being in the U.S."

Six months later, Dr. Tom heeded that siren call and found himself on Kauai with the first cash-based practice of medicine in 1995. After 9 months of house calls, his patients were strongly encouraging him to get a storefront. "It wasn't easy to be accepted into the community. But after those nine months I had garnered enough trust., but not with the local malpractice insurer. They wouldn't insure me. Nine months turned into 6 years then turned into 12 years. It was a wonderful time. I met and married my wife, we started a family. But still there were challenges. As the practice grew, I had to learn how to do business. I was still cash-based and used a sliding scale geared to people's ability to pay. The rich, by the way, hate sliding scale.

"Most local folks were seeing me as the third, fourth, fifth, ninth opinion. They saved up to pay for a consult but couldn't afford to pay for the therapies. At that time, I focused on nutraceutical and homeopathic remedies along with stress reduction, self-hypnosis and other things people could do for free. The cost of shipping was often twice as much as the price of the product. So that model wasn't working. I had to figure something out to use their discretionary income differently- money they were already spending on food- just move it laterally." The Universe continued to conspire and a farmer's market had just established itself on the soccer field behind Dr. Tom's office. "Hawaii is such a crossroad of cultures, I didn't even know the names of a lot of the foods. I needed to learn the medicinal part of foods. I wasn't interested in biochemical nutrition. My

understanding of Aryuveda based medicinal qualities on taste. So I started tasting everything and putting together recipes." Most people protect their food habits like a mama bear protects her cubs. "I didn't need them to do a total overhaul. I recommend one, two or three vegetables a day for 3 days. I told them to make a tea, a soup or broth- just any kind of recipe. Then see if your condition improves. So often on day 1, people reported 'that stuff tasted terrible' but by day 3 they were actually craving it and experiencing healing. We were using the TM principle to self reference what our bodies need.

The next person the Universe hooked up was young Daniel Rhoda. From small-town New Hampshire, he became a Wall Street whiz kid. "He came to Kauai as a medical refugee. Like many people, he figured if he was going to die, he might as well live out his last days in paradise. He saw a tri-fold brochure of the clinic in the Lihue airport. When he read Aryuveda, he recalled seeing Rudy Ballantine in N.Y. That was the only therapy that seemed to give him any improvement. He told me, 'based on that, I came to see you.' When we met, I told him we'd do simple and high impact things daily and adjust course accordingly. Dan had a hot plate and one pan. As he limped out on crutches, he stopped and looked at a wall full of nutriceuticals. "I thought you were treating me?", he asked, confused. I explained to him that he was dying and didn't have the energy to digest capsules and tablets. He would need teas, soups and broths. Satisfied, he started the process.

"I recall him coming to me when my wife and I were newly pregnant. Dan said, 'Tom, what you're doing is remarkable. I'd like to learn from you and take it to the world.' I wasn't sure where he'd fit in, so I told him to bring me a resume and cover letter. Those told me he was a gifted researcher and writer. That was the beginning of the collaboration for the book that shared the principles of Aryuveda for the Western mindset. Chef Johnny Brannigan, an Aryuvedically trained chef joined the team. We self-published *EAT, TASTE, HEAL*. It's an honor to say it's a 7 time National Book award winner. We're in our 10th printing, over 100,000 books. I figure we've touched about 2 million people's lives." The book is beautifully presented. "We used the Principles of Perception. In Aryuveda, whatever someone's imbalance is they will gravitate to the pages that will balance them.

"It was also Dan's idea for me to get a colleague. I couldn't see how any American M.D. would want downshift to this type of practice. But Dan recommended I get an Indian physician trained in Aryuveda. He was presenting the book soon in India and would put out feelers. Sure enough,

we recruited a premier physician. That allowed us to put in a Pancha Karma center. That's traditional Aryuveda detox and rejuvenation. This blended all our skills. Patients said it was the finest holistic medical center in North America.

"As a side note, a very deep pocket out of India hired us to take the principles of Aryuveda around the world. However, when the bubble burst again, his investment money dried up.

"In late 2007, early 2008, I moved my family to Northern California and set up a clinic. The regulatory environment substantially raised the cost of doing business. I asked myself 'What do we do best?' Many people needed longer treatment but couldn't afford the longer stays. So we developed a hospital in Phuket, Thailand after the tsunami. We could put people on a plane to Thailand for 21 days for the price of 14 in the US. We were pioneers in medical tourism.

"About that time we were approached by a heavy hitter to design a breakthrough single formula for all women, all children, all seniors and all althletes. It was Released through a network marketing distribution system. That company product broke all records, selling \$7M per month in pre-launch. It's now distributed globally.

"The economic landscape had even zillionaires hoarding their cash. So we went into telemedicine. We were the experts in metabolic syndrome and were figuring out the remedy. We coined the term "diabesity" which the everyday consumer could relate to. Our telemedicine business "Get Your Body Back" was wildly successful. We laid the foundation for telemedicine which has taken off like a rocket. We knew from our experience with Kauai patients and doing follow up appointments by phone that telephone consults were more effective.

"It was about that time that a patient from Kauai told me I had to come and over and try her new machine. It was from SonicLife. I saw immediately that it was safe and effective. I met Jim Cole, who is also a Lympho-Maniac. Today the practice has migrated from diabecity to autoimmunity to DNA disease. We don't have the proper vernacular to describe how genes are controlled. Epigenetics is not the full story. We need to understand how the mitochondria, lymphatic, glymphatic and immune systems all interact with the microbiome and autonomic nervous system. It was only recently in 2012, that the glymphatic, the brain's detox pathway, was identified. It'll take another 50-100 years for this to trickle through medical school books."

Again, Dr. Tom stresses that in this day and age, every doctor needs to be a Lympho-Maniac. It bears repeating, "Every single person that needs medical attention by definition, any disturbed

physiology, have pockets of waste products being retained. That waste might be inside the cell or in the nucleus of the cell which is a cancer cause. For any patient coming in with a physical ailment, cognitive disorder or brain fog, they need their lymphatics cleansed. Sonic vibration moves the lymph fluid and moves it toward the blood. When the Lymphatic system is decongested then several things happen.

1. The capillaries begin to be able to deliver oxygen and nutrients to the cells. We call this micro-circulation.
2. The lymph that was holding all the waste product and toxic molecules, the white blood cells which are more in the lymphatic, get to move with more grace, agility, and speed.
3. When the lymph was congested, it was literally compressing the cell. When it decompresses, the cell membranes get to breathe easier and the receptor sites get to move their joints, flex their muscles and become more effective.
4. This improves the uptake at the cell membrane level of nutrients and oxygen and also ions, those dissolved salts, then the cells get to have a greater battery charge. That charge should be greater inside the cell than outside the cell.
5. That space that was congested is now less gummy, less congealed. The communication between the DNA, the immune system and the genes of the microbiome is enhanced.

"All the thinking of a practitioner should sit on top of clearing the lymphatic system. If doctors use that as a foundational treatment, many of the headaches and heartaches on how to treat patients would vanish. The practice of medicine would become so much easier."



"Eat. Taste. Heal makes the ancient healing wisdom of Ayurveda accessible—and delicious, so it's modern cooks everywhere. Read this book!"

—Deepak Chopra

THOMAS YARMA, MD

DANIEL RHODA

CHEF JOHNNY BANNIGAN



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An Ayurvedic Cookbook for Modern Living

