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WHAT IS WELLNESS MEDICINE?

Helping patients achieve wellness was my original goal in becoming a doctor. My journey has taken me through Conventional Medicine and Functional Medicine, but it is important to have clarity about and to be specific in your intentions to manifest your desires in life. Hence, the title of Wellness medicine.

The goal of Conventional allopathic medicine has always been the alleviation of suffering. It has increasingly done a better job at addressing emergency care. Rescue care is what makes headlines and keeps people intrigued about medicine. Allopathy takes the same rescue approach to chronic disease, which was why I lost interest, because conditions are never resolved. You could never really resolve a problem when you don't know its cause and conventional medicine appears to make no effort to know cause. However, cause has always been my obsession.

Functional Medicine (FM) is a 21st century approach to patient care that contrasts Conventional Medicine, in that it seeks understanding of disease cause. FM practitioners maintain that there is no disease; rather there are states of dysfunction. A diagnosis of a disease is just a name that we have assigned to a patient's collection of symptoms. I have discovered that the word disease represents "dis" "ease" or the lack of "ease". In other words, **stress**. However, **Stress** is a feeling which is not scientifically measurable. Therefore, the cause of all disease is not scientifically measurable! Functional Medicine utilizes science, but also acknowledges the role of emotions and spirit! However, the latter two entities are not able to be measured by science. There is a limit to what science can tell us at this point.

The second most liberating thought of my life was discovering that as a doctor, I am a clinician rather than a scientist. In order to help their patients, doctors need to be able to make *clinical* diagnoses, those for which you lack scientific objective proof. Examples of clinical diagnoses are migraines, fatigue, any painful condition, and all psychiatric diagnoses. Pain and fatigue are "feelings" and science cannot measure emotions (thoughts, feelings or beliefs). Emotions represent invisible energy that are real, but not scientifically measurable.

Since the age of 5, I had known that it is possible to know things that you don't learn from other people, but I was reluctant to talk about it. I later learned that that is what intuition is. I also call it my "inner voice". Learning that doctors are not scientist gave me permission to explore my intuition further and finally became courageous enough to talk about it. If you deny your intuition, you will always believe what other people tell you and essentially, you allow them to always boss you around. The universe operates according to the laws of physics. Energy that you cannot see becomes the things that you can see. The energy of your thoughts manifests

into your behavior and the energy of your emotions manifests into your physical body and what you are calling disease. So, if you can control a person's thoughts, feelings and beliefs you can control their behavior as well as their physical body. So, what you think about you manifest, in every aspect of your life!

Einstein told us that you can't solve a problem at the level of the problem, you have to go to the next level. You can't solve physical problems at the physical level, you must go to the invisible energy level for solutions!

In Good Health,

Maxine

To learn more about Maxine, please visit www.drmaxinethomas.com