

Photograph: Graziella Vigo

## HENRI CHENOT

*"Man's constant search  
to know more of his origins and understand his ends better  
has developed through the improvement of his physical and spiritual  
possibilities. Personal realization is born out of a richer self perception, by  
using one's own vital potential to the maximum."*

*Born on the 25 March 1943, Catalan by birth, but French by adoption, Henri Chenot studied biology at the Marine Biology Research Centre, which is part of the Sorbonne of Banyuls sur Mer, interesting himself especially in anthropology, philosophy and Chinese medicine (which he would go on to study for another ten years).*

*Besides practicing bioenergetic psychology and naturopathy (natural remedies for illnesses), at the beginning of the 1970s Chenot created a series of laboratories in Brittany for fitocosmetics and fitotherapy, setting up (in collaboration with Professor Denis Leroy Doyon, Lecturer in the Faculty of Medicine at Rennes) new techniques of thalassotherapy. As President of the International Fitocosmetic Association, Chenot then began to attend a great number of conferences around Europe in order to demonstrate his ideas for the prevention of illnesses by means of an adequate diet, a better lifestyle and the use of natural remedies. He obtained a doctorate in philosophy, took a Masters course in psychology and a doctorate "Honoris Causa" in Human Sciences at the University of Kensington.*

*In 1974 Chenot opened the "Espace Henri Chenot" at a Cannes clinic. In 1980, he moved to Alto Adige and first set up the "Espace Henri Chenot Cure Centre" in Solda, and then "The Espace Henri Chenot Cure Centre" in Merano. In 1984 he published "La Dieta Energetica" (The High Energy Diet), pub. Rizzoli, followed in 1994 by "L'Equilibrio Naturale – Ecologia del Corpo" (Natural Equilibrium – the Ecology of the Body), pub. Rizzoli, and "Le Sorgenti della Salute" (The Wellsprings of Life), pub. Sperling and Kupfer. In 1999 he introduced a new concept, "Biontology" for the study of psycho-physical ageing.*

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## **BIONTOLOGY**

The term biontology is used to illustrate a new concept of health, a concept strictly linked to the progressive evolution over time of the idea of ageing. It is a term actually created by Henri Chenot and from the etymological point of view, it means "the study of the essence of life and its evolution".

By means of the study of biontology, Henri Chenot intends to achieve a deeper understanding of the changes, which can be verified inside an organism with the passing of time, taking account of how these changes actually begin at birth and how important it is to invest in our health. Because of this, biontology is based on a total vision of our body, certainly not forgetting how important its form and aesthetic appearance are, but also how it is just as important not to undo the close ties which unite the mind, the unconscious and the physical body. Just as with ageing or tiredness, pollution of the organism is not only a question of bad diet or of an excess in the production of toxins. It is also a question of the lack of equilibrium between the mind, the unconscious and the physical body; that equilibrium which Henri Chenot is committed to actually rediscovering by means of "his" biontology.

## **POLLUTION OF THE ORGANISM**

To live means to burn and it can easily happen that while living the organism will produce toxins, which naturally cause the ageing of the individual. This process of toxification, as long as the quality of the blood is not altered, remains within acceptable limits. Unfortunately however, when one exceeds a balanced diet, the excess of food interferes with the quality of the nutritional process causing increased toxemia, a condition, which is also caused by stress. Increased toxicity pollutes various parts of the organism, leading in this way, little by little, to a disequilibrium which is inevitably followed by illnesses which generally all have the same origins: homotoxicology.

Then there are those hereditary, climatic and environmental influences which generate a localization of the illness, which, depending on the individual case, can involve different organs of the human body. Besides the various causes mentioned, the onset of homotoxicology follows a person's ageing cycle.

The life of a human being can be subdivided into five periods, which lead obviously from birth until old age. As these periods follow one another, the organs show signs of deterioration, which if nothing worse, is only the common ageing process. This happens even if one is perfectly healthy: just consider that the quality and quantity of the work carried out by our organs is constantly declining, and as a result, this organic impoverishment leads to toxification.

This explains why this process gives rise to an absolutely essential need: to modify one's own diet. A simple example is enough to clarify the question: if during adolescence the intestine manages to digest without fatigue a certain amount of meat, at the age of 40 -50 years this will be a lot more difficult to assimilate and will produce a much higher quantity of toxins, thus damaging the organism. Therefore, the same piece of meat, instead of giving us more strength, will cost us more work by increasing the level of toxins and causing greater tiredness.

#### WHAT DOES THE PRODUCTION OF TOXINS DEPEND ON?

Naturally, it depends on the quality and not on the quantity of the meat, the age of the person and then also on factors of a hereditary nature. In toxemia, then, the use of medicines plays an important role, particularly when they are taken in a careless way. For example, the use of antibiotics to check the development of a fevered condition causes a decline in the organism's defences and impedes the reactive phase of eliminating by means of the fever the toxins produced by the illness.

The causes may be very different and the environment also plays an important role; for example, some causes may be traced back to states of shock, air-conditioning...etc. Below, there is a list of the symptoms of homotoxicology which occur when the organism is saturated with toxins.

bad digestion – insomnia

states of congestion – abnormal tiredness in the morning

excessive sweating, subnormal / bad concentration

swelling of the legs – boils

bad circulation – eczema

sinusitis – erythema

cystitis – dermatitis

frequent colds– rhinitis

headaches – menstrual disturbances

arthritis – intestinal gas (bloating)

arthrosis – acidity

heaviness of the sight (black dots before the eyes)

a need for spicy foods or alcoholic drinks, etc.

How can detoxification take place?

"With the help of a hypotoxic diet, our poisoned body recovers the accumulated toxins, recycles them inside its metabolism and eliminates them. There is a great difference between what is only a slimming cure, including toxic foods (such as meat) in reduced quantities, and a real detoxification cure. With the help of the first we get slim but we continue to go on damaging our organism; while with the second we eliminate the toxins and get back our body's wellbeing".

Why must a detoxification cure not last more than ten days?

"Because it provides an insufficient type of diet which is adapted to allow the organism to eliminate toxins. Ten days is the maximum duration, but it would also do us good to subject ourselves to a shorter detoxification treatment of three days, once a month.

A long detoxification period must, however, be carried out under the supervision of qualified personnel, because at the beginning it causes disturbances, which can worry or agitate the patient. The hypotoxic diet carried out in our Centre is accompanied by specific treatment of the lymphatic and circulatory nerve centers which can create a sensation of tiredness, because after each treatment the body must "digest" all the substances that have been put it in motion. The entire system, which assists the blood to circulate better and eliminate the lymph works with increased energy, improving the veins' circulation and muscular tone.

In contrast, the three -day mini-cure can be carried out at home, because it excludes energetic treatment and is based only on diet. In either case, after the detoxification cure it is essential to resume a normal, healthy diet adapted to one's own age".

Can the detoxification cure also be recommended for people who are no longer young?

"A Chinese proverb says: "Old age is inevitable, but senility is unforgivable "Detoxification is an absolutely natural process, which is controlled by the brain and which can be adapted very well to elderly people. The detoxification cure certainly encourages the ageing process to slow down and it is even the principle way of doing this, because it keeps

intact that organic equilibrium which prevents the ageing process from accelerating. For an elderly person, perhaps more than for others, detoxification is a time for a pause to allow you to undo all the harmful substances remaining in your body."

In autotoxemia, those organs, such as the liver and the kidneys, which should filter the toxins, reproduce them instead. Does this depend only on the excess of animal protein, which we eat?

"It is important to point out that autotoxemia is very dangerous because in this situation the blood, instead of being purified, keeps the poisons in the heart and in the kidneys causing gradual degeneration. But it is not only the type of food with excessive animal proteins, which causes self-toxification: it is also one's own physical and psychological condition. Even a balanced meal, taken at a moment of nervousness, agitation or stress, cannot be properly digested and can cause toxification".

Do you think that the situation is improving regarding environmental pollution, which is one of the causes of accelerated ageing?

"Yes, for example, a lot is being done in the food industry by intensifying biological agriculture. People are continually more interested in healthy eating and so industry must adapt itself to this demand. Even the idea of environmental balance is spreading and more advanced countries are compelled to invest large sums of money to ensure more livable spaces for their people, and food which is not polluted. Ecology by now has become a question of marketing, increasing the demand for a healthier diet and environment. New careers and professions are being created, such as specialists in the respect of nature, and in not poisoning people or places. The real challenge of the new Millennium in the western world is really this: after having caused considerable pollution in the past, today the world wants to remedy this and to re-discover the importance of nature, equilibrium and life".

## SLIMMING: HARMFUL OR ADVISABLE?

Slim by all means, but gently, because the fatty tissue is often a time-bomb which must be "defused" with extreme caution. Fats have a large capacity for storing those toxic substances, which are the sources of degenerative and chronic illnesses.

Our organism easily eliminates toxic residues, which are soluble in water (hydrophilic substances), while those which are soluble in fats (lipophilic substances) have barriers around them erected by the same polluting substances which cause them. These substances penetrate into the human organism, spreading themselves passively by means of those cellular membranes of a fatty nature that are in the mucous membrane, or directly by lymphatic circulation. They short-circuit the purification process guaranteed by the liver, which is occupied in filtering the blood coming from the digestive tract.

Afterwards they are directly transferred by the lipoprotein in the blood (made up of mixed molecules, both proteinic and lipidic) to the fat cells. Slimming rapidly sets off a massive liberation of the toxins stored in the fatty deposits of our organism, causing self-intoxication by the toxins freed in this way. The consequences of the liberation of quantities of such substances are disastrous. Bear in mind that it has only recently been discovered that many wild animals die during hibernation or fasting following long migrations, because of pollution from the different toxic substances, which are diffused by the fatty tissues.

It is necessary to be very careful regarding the question of slimming. A "hypotoxic" diet is imposed in the Henri Chenot Space, which helps to eliminate superfluous fats, without greatly involving the hepatic cells, which are subjected to large amounts of work to eliminate the toxins taken in by the subject. But regarding these reactions it should be pointed out that they are not just the problems of overweight or fat people alone. In fact even thin individuals encounter toxic overloads which must be appropriately eliminated by means of a hypotoxic diet.

What must a person do who is no longer young, who is more or less sixty years old, but still wants to slim?

"Let us start from the assumption that they have undertaken a necessary detoxification cure. After all, before we renovate an apartment, first of all we clean it up, and this also applies to the body. After a certain age, it is impossible and, above all, damaging to slim quickly. First of all it is necessary to decide how many kilos need to be shed and then to take however long is necessary; from six to eight months is plenty of time, while remaining calm and patient. The crucial point is not to force one's own organism. One should not consume less than a certain quantity of food, as an excessively strict diet will strain the body's organs. Even worse, use of slimming pills should be avoided, as these are always based on amphetamines, which prevent the natural functions of the organism and can finish up by damaging the brain.

Rapid slimming is not only useless, because the kilos which are lost are immediately regained, but causes unattractive features such as the relaxation of the muscles, which can then accentuate or bring about, functional disturbances or illnesses. The diet must always be hypotoxic, that is low in animal proteins, because slimming puts fats and toxins into the blood circulation, and if new toxins from a mistaken diet are added to these, they finish up by producing an actual organic bomb which can cause disturbances and illnesses."

Is it possible to generalize one healthy type of slimming diet, which is advisable for everybody?

"Absolutely not! While the detoxicating diet can be reasonably generalized, a slimming diet must be adapted individually to the person, according to their sex, their age, hereditary factors, the work they do, and their physical and psychological health.

Very often, obesity is sparked off by psychological causes. In these cases, I would suggest postponing the slimming cure resolving the mental problem first of all with the help of a specialist. The same is true for those who have put on fat because of modifications in their hormonal condition: it is better to cure this first.

It must then be taken into account that as one ages little by little, one puts on fat more easily. Therefore because of this, it becomes continually

more difficult to prevent getting fat; at a certain point the fact must be accepted that the body changes, and inevitably weighs more. Therefore when beginning a diet, it is also fundamental to be willing to always eat the right food in the future."

## Dominique Chenot

Dominique Chenot was born in 1952 in Algeria, and moved to France in 1962 with her family. After finishing her education, she became a beauty instructor. She met Henri Chenot in 1980 during a seminar, and then applied herself first to the study of high energy diets, applying this while working on the book "The High Energy Diet". Dominique Chenot is at present the author of the diet recipes used in the work of the "Espace Henri Chenot and is responsible for quality control in the "Espace".

## AGEING

### WHAT IS AGEING?

The ageing process can be said to proceed in a well -defined way, which can be summed up in eight points concerning our organism in a general sense, as follows:

- 1) A reduction in the general metabolism as a result of the decreased activity of the thyroid hormones. These hormones act on all the cells of the body, stimulating the organism. A decrease in the production of the growth hormone is also a marginal result.
- 2) A reduction in the sex hormones which also act on the cells as a whole and particularly on specific organs.
- 3) A reduction in the digestive functions, with a lower absorption of foods, vitamins and essential body fats. As well as this, a reduced production of bile is recorded; the tiredness of the intestines causes the presence of pathogenic bacteria at the level of the large intestine, because of the accumulation of toxins.
- 4) Dehydration of tissues in general, with a consequent rigidity of certain fibrous tissues (joints, muscles, blood vessels), and a loss of tone in other fibrous tissues (subcutaneous tissues).
- 5) A reduction in the cerebral nervous functions as a result of an insufficient cerebral vascularization, and the resulting delay in the transmission of nervous impulses.
- 6) The accumulation of fats in the blood vessels, obstructing them in this way, with the result that the blood and its contents (oxygen and nutriments) is prevented from reaching the peripheral organs as normal.
- 7) A reduction in the muscular functions, which itself creates an accumulation of toxins.
- 8) A lessening and malfunctioning of the immune system, which tires of recognizing infective agents, and only deals with some of them, besides developing self-antibodies against the organs affected.

Besides the organic ageing process, which we have described in the eight points set out above, we must also take cellular ageing into consideration.

## CELLULAR AGEING

- 1) The accumulation of hyper-oxidized fats and uric acid within the cells. These two chemical substances contaminate the cells from the inside and prevent their normal metabolism.
- 2) Reduced permeability of the cellular membranes.
- 3) Reduced ability to repair cellular chromosomes.
- 4) The intercellular accumulation of toxins, metallic compounds and other substances which prevent normal metabolism.
- 5) Finally, the fact that our cells are programmed to divide themselves a certain number of times during our lifetime is taken into account. After this their regeneration is not possible.

All these processes concerning natural ageing, as it may be easily realized, are exaggerated by bad nutrition which, because of a reduction in the absorption of its elements, increases toxification and hastens the ageing process. Lack of physical activity also reduces muscular activity and slows down changes in cells, increasing the presence of uric acids and hyper-oxidized fats, which in turn contribute to increased ageing. All this is shown by a condition of generalized ageing, a lack of tone and vitality, the presence of general tiredness, a loss of memory, pains in the joints (arthritis, arthrosis), dehydration of the skin, etc.

## NATURAL PROGRAMMING AND TECHNIQUES

Certainly, time has prepared our bodies for this, as all the techniques for detoxification and regeneration to allow our organism to be put back into operation are already "naturally" programmed in our brain, slowing down the ageing process. For this reason, a hypotoxic diet is required, reducing medicines to a minimum through the use of natural foods and eliminating highly toxic foods. We must put ourselves "back in running order", without forced accelerations. In certain cases, it may be necessary to complete self-detoxification with the increase of certain vitamins and oligo-elements.

Is it true that there is a close relation between diet and the growth of cancer?

" When we put forward this idea about twenty years ago, people gave us pained looks, and someone even thought we were mad. Today, however, all the most thorough scientific studies confirm this, and even in the Ten Commandments to prevent cancer, drawn up by the Italian National Institute for the Study and Cure of Tumors, a special diet is suggested. According to the most recent research, diet affects the growth of cancer in 40 - 60 % of cases. Therefore there are particular choices regarding diet which can prevent the process of tumoral degeneration."

In what way can diet have a real influence on the development of cancer?

" First of all, there is the indiscriminate use of pesticides and highly toxic chemical products, which bring about an alteration in the natural origins of food products. Because of modern animal raising methods, the metabolism of the animals is subjected to strong modification, which is then passed on to those who eat their meat. For example, there is the disease which attacks cows ( and which we were already discussing before the beginning of the 1990s.), which is called "mad cow disease".

This disease was caused by a radical modification in the feeding methods for these animals, which traditionally eat grass and hay. In certain establishments, the animals are also fed on animal proteins, obtained from the butchers' scraps (such as offal), which is then freeze-dried and pulverized.

The absorption of foods, which are alien to the animals' own species modifies their genetic code, driving the animals mad. This must be stopped because it is out of control and it can be transmitted to man (as some recent cases have demonstrated)".

## TIREDNESS

When I happen to talk to people about their health problems, often many of them complain of being "tired and under stress". Tiredness is without doubt a common phenomenon and quite frequent nowadays. I am talking of a phenomenon, which has several aspects and levels, which need to be understood and explained. In fact, there is not one single type of tiredness, but different types. Different "levels of tiredness" have repercussions on physical, mental and emotional behaviour. Naturally, these can be cured in different ways.

The five levels of tiredness

- 1) Physical
- 2) Sensory
- 3) Emotional
- 4) Mental
- 5) Physiological

This is a list of the deepest levels of tiredness, which require different times, methods and techniques for their cure.

## PHYSICAL TIREDNESS

People who undergo intense effort during the course of their work, or sports players, who may also generally apply themselves intensely to a so-called "heavy" job, are subject to physical tiredness which sooner or later has an intense effect. Recovery in this case is not at all complex; in fact it will be sufficient to alternate rest and work periods, and the organism will soon get over itself.

When the rhythms of effort are lessened, in fact, either at work or during sport, our body immediately regains its tone. Physical tiredness, therefore, does not involve the organism a lot, given that it can be overcome thanks to a recovery period.

## SENSORY TIREDNESS

We must now come to grips with a "deeper" form of tiredness which for the most part affects people involved at an intellectual level (who read a lot, who attend particular courses, or who because of their profession are constrained to "listen" very attentively).

The basic condition for whoever is in need of recovery in such cases is the need for calm, serenity and relaxation, which are essential in order to overcome this situation. Activities are limited and intense sound and light are both to be absolutely avoided.

Some examples of sensory tiredness which can be noted are people who work at night and in discotheques: a disc-jockey who is constantly "attacked" by lights and sounds is a victim of such conditions. Or we may look at those students who immediately, once they have finished their studies, put on their headphones and deafen themselves with music, undermining their own health. In this case too, by limiting the periods of study and avoiding being bombarded with lights and sounds for a certain period, it is possible to guarantee a good recovery.

## EMOTIONAL TIREDNESS

This is caused by the tensions undergone by people (at work, in the family, at school) who have little confidence in their own resources, and who are therefore subject to self-control for the entire length of the day, and finish up by being overloaded with tensions. Therefore, when encountering this period of tiredness, strong emotions must be avoided, allowing oneself to recover an adequate level of self-confidence.

Emotional tiredness is very common; it may be noticed, for instance, among insecure individuals when dealing with their work in the office, or in their personal relationships. All these can cause them such emotional tension that it will bring about the state of tiredness in question. It is striking how in these cases there may be actually an absence of physical tiredness, because of the high thresholds of sensory and emotional application.

## MENTAL TIREDNESS

This also concerns a form in which stress originating from outside plays an important role, given that it is made up of "absorbing mental habits". When the brain cannot manage to rest, the repercussions can be enormous. In fact, it is certain that deficiencies in, or a lack of, sleep, cause important problems at the immunological level, giving free rein to degenerative illnesses and functional disturbances such as ulcers or spastic colic. The cause of all this can in fact be traced to a condition of mental tiredness because our mental equipment has really not been allowed the time it needs to recover.

And if the brain, which presides over the "management of the organism", cannot count on the time it needs to recover, it wastes an excessive quantity of energy. Sooner or later, accordingly, the reactions, which we have indicated will come about. It is absolutely important that the mind is guaranteed the recovery and rest periods required (a little longer than in the other cases previously discussed), in order to regain its necessary equilibrium. There are good ways to recover which help to re-establish the best equilibrium and health, avoiding the risk of becoming distracted by pathologies, and these include bioanalysis (analysis of life and oneself) and techniques of breathing.

## PHYSIOLOGICAL TIREDNESS

Among all the aspects and forms of tiredness described up to now, there is another that is more delicate and difficult to confront, given that in the case of physiological tiredness, the whole organism must be regenerated. In fact, all the previous conditions are involved in this phase of extreme tiredness. Individuals at this point can do no more; they completely lack any strength or concentration, and must resort to stimulants just to maintain a minimum threshold of attention. If the person is pessimistic too, they may feel shut up in a tunnel without being able to see any way out.

To recover from this "sum of tirednesses" it is necessary to regenerate the organism. And to do this – even if this remedy may seem difficult to believe for those who are not used to the work – what is necessary is the "reduction of the nutritional contribution". So, by limiting the diet, taking adequate rest periods, practicing soft relaxation techniques and sleep, it is possible to give our brain the time to recover on the mental level. In this way, our necessary "feedback times" can be revived in the best way, allowing our organs to receive adequate instructions, which are no longer distorted, from the brain. Only in this way is it possible to recover enough vital energy to allow the complete regeneration of the organism.

Is there a link between cardiac problems and food?

Our food is of primary importance, both for the prevention, and for re-education after illness. The most frequent illness in countries with a high standard of living, where the diet is rich in proteins and fats, are coronary deficiencies. These illnesses do not depend on the cardiac muscle, but on the problems of supplying the heart, caused by the shrinking of the coronary arteries. This shrinking can have various causes: a blocking of the artery caused, for example, by an internal loss of blood, or by a spasm due to severe contractions of the microscopic muscles which surround the arteries supplying the heart. But, more frequently, it can be caused by arteriosclerosis that is by the hardening and overloading with fats of the coronary arteries.

Why does arteriosclerosis affect the arteries?

“Through their internal wear, their thickening and their load of cholesterol crystals, the arteries become rigid, irregular, and shrink dangerously”.

## RELAXATION AND ANTI -STRESS TECHNIQUES

In these last decades, which have been particularly important for the people's health and our psychophysical equilibrium, an important opportunity to control our own well-being, both in respect to its physical aspect and in respect to its crucial psychological aspect, has gradually been lost.

The body is the mirror of the mind. Very often, our mind is too busy with scarcely productive thoughts and reflections, which are sometimes completely useless. These are the thoughts which concern the "past which is by now unchangeable", and also the "future" which may preoccupy us despite its uncertainty.

And so, in the grip of this attitude, often one loses the capacity to enjoy life and, above all, the possibility of resolving our own interior problems. In this way, the body mirrors what is taking place within the mind. In effect, those conflicts and problems which are not resolved at an interior and mental level extend their own battlefield and "descend" from the psychic level to the corporeal level. The individual's health is then put in difficulty, and it is absolutely not by chance that this will affect certain organs, functions or other parts of our bodies.

There is in fact an analogical interpretation between physical symptoms and obvious conflicts at a psychological level. Psychosomatic training, organized on the basis of those relations and analogies set out in the "Theory of the Five Elements" in Chinese medicine, sets out to introduce the participants to a new, alternative language. This is the language of the "analogical message", in which the lungs and the kidneys correspond to our relations with our environment. For instance, the liver is correlated with choices and evaluations; the heart is associated with emotionality, and the stomach is correlated with the search for equilibrium between submission and aggression.

In the same way, other aspects relating to posture, gait, and one's way of behaving and presenting oneself to other people; plus those emotions held in check and unnoticed, a lack of a real affective life, and the objective impossibility of discharging one's own tensions and frustrations; all these will determine the self-organization of strong tensions in the muscular layers, both superficially and deep down in the organism.

Psychosomatic training also intends to guide the participants to acquire a greater awareness of their own somatic tensions by means of the use

of easy techniques and physical exercises, which act to "mobilize the energy held in check by the contracted face muscles". Physical stretching and relaxation enables a person to reconcile themselves to their own physical individuality and to restore a fundamental therapeutic relation between the body (the Container) and the mind (its Contents).

Nothing happens in the mind which does not also simultaneously take place in the body, and vice versa. By discharging tensions at a physical - conscious level simultaneously, one works on the states of psychological tension at the same time.

And in this way, by relaxing the body, one also relaxes the mind. Psychosomatic training places the emphasis on stress and anxiety (in the didactic spaces) defined as the causes inside and outside the individual which determine unease. Stress and anxiety are enemies to be confronted, without however forgetting that they are part of the system of a person's character defences. In fact, the compensatory signs which characterize states of stress and anxiety – such as quantitative and qualitative excesses through drinking, smoking, medicaments and drugs – fulfil the function of giving temporary calm during agitated states, whose origins are to be discovered in the person's basic, deepest needs.

It is important that the process of eliminating the type of behaviour which is damaging to the organism, whether it includes nutrition or not, is accompanied by an awareness of the need to also take into consideration those psychological and emotional aspects which are correlated to it. Once the real causes leading to the state of unease and dissatisfaction are included and integrated, there will be no more need for compensation at a physical level. Psychosomatic training – during the period of meeting together at each stage of the cure – sets out to enlarge the horizons of awareness of each person regarding the themes mentioned above. All this takes place in a context of personal growth, in which each person can freely find the starting and finishing points of their own work.

## PHYTO-AROMATHERAPY

### HERBS

Medicinal plants have been well considered and respected for millennia. Today, treating them as if they were only a fashion is to minimize their important therapeutic value. A sick person increasingly tends to entrust their health to chemical substances, disregarding the dangers that these entail. This is not to underestimate the importance that they can have in certain cases (in particular, for urgent cases).

Concerning human health we can take into consideration three groupings. The first concerns healthy individuals. In Italy, the so-called "healthy" make up 30-45% of the population; their basic need consists of suitable nutrition, and treatment with plants complements this in curing small disturbances.

The second consists of the 40-50% of people who are simply in a state of physiological unbalance. In this grouping, a "return to health" is possible, by restoring a timely organic functioning with "soft", non-aggressive means. This means setting up a process of adjustment by means of dietary detoxification and the use of safe medicinal plants, as in the initial therapy.

The third grouping includes more or less 5% of the population. We are dealing with those who are ill, who can be kept alive, but whose ability to survive is strictly linked to the use of a large arsenal of important medicines. And for this reason, the individual must put up with some secondary effects, which are caused by the same medicines.

The medicinal plants can be used with this third grouping, but only as a complement to traditional medical treatment. Dieting and strict detoxification in this case are necessary to limit as much as possible the secondary effects of the medicaments which must still be taken. At the "Espace Henri Chenot", doctors and their collaborators make use of medicinal plants to allow patients' organs to undergo complete detoxification. As after-care, the doctor can still prescribe use of the medicinal plants in order to help his patients to maintain the equilibrium attained during the cure.

## HYDROTHERAPY

### THE BLOOD CAPILLARIES: AN "UNLIMITED" NETWORK

Water as a means of therapy: this is a suggestion which comes from antiquity and which people still observe faithfully today. To speak of spas, and go back in the mind to ancient Rome is one and the same thing. By still relying on the modern type of hydrotherapy today we are guaranteed two fundamental effects; above all, the first will benefit the blood capillaries and their circulation.

These capillary vessels extend through the human body for around 100.000 kilometers – a really impressive network, if we imagine the human body. Their task is to carry nutrition and to facilitate, therefore, the elimination of billions of cells from our organism. The healthy operation of the human body, and its regeneration with an improvement in the activity of our metabolism really depends on the blood capillaries. To be able to reach them in order to help their functioning is very difficult, while a reduction in their work causes sclerosis, premature ageing, etc.

### THE WATERS

Now let's go and try the waters and their beneficial flow. The variations of temperature and pressure of the waters, besides the addition of plants which can guarantee controlled vasodilatation, or (on the contrary) vasoconstriction of these blood capillaries, are the basic "ingredients" of hydrotherapy. It is basically because of this that considerable benefits are obtained during the Henri Chenot Method of detoxification treatment, both by means of baths and by using water jets.

### ADVANTAGES

Hydrotherapy is especially indicated for the cardio-circulatory system, for the nervous system (it is in fact quite relaxing), for cases of arthrosis, for organic detoxification and for the lymphatic circulation, for which it has the very important task of eliminating the toxins and the fats which have infiltrated into the tissues.

## PELOOTHERAPY

Mud has been widely used since ancient times to help recover our health. Therefore pelotherapy is mainly employed for all those applications which can obtain significant results, in particular for those involving:

- the blood circulation
- re-equilibrating the arteries/veins
- re-equilibrating the ageing of the bones
- the cardio-circulatory system
- the muscular apparatus
- the respiratory apparatus
- the metabolism
- the nervous system - stress

Pelotherapy has the advantage of general effects, including:

- a) It has important stimulating effects on the organism's defense mechanisms.
- b) It guarantees vascular strengthening.
- c) It facilitates the mobilization and liberation of toxic substances present in the body.

## CONCLUSIONS

Biontology is therefore a science, which can allow us to remain young as long as possible, and to age in the best way while maintaining our body and mind in good health. One aspect of our behaviour which can compromise the positive application of this science to the problems of everyday life, is the lack of awareness of how much the equilibrium of our physical body must remain connected with that of the mind and the unconscious. In this way, while it is important to control our weight, it is also necessary to manage to pick up the signals that "our self" sends us by means of emotions which are often imperceptible. These emotions may be triggered off by listening to a piece of music, by reading the verses of a poet or in front of a painting.

Today, when talking of health and detoxification, it is not enough to only think of specific techniques, such as detoxification or pelotherapy, but there is a need to look at the human being as a whole; that entirety of body, mind and unconscious which should preoccupy us from youth onwards. The sooner that equilibrium is reached between these elements, the sooner our organism is ready to gather all the advantages which derive from biontology; advantages in health, beauty, serenity and (why not?) also economic advantages; to live continually better, longer and in better conditions.

During thirty years of studies, research and experience matured in Italy and abroad, Henri Chenot has transmitted and taught his own philosophy in the course of regular conferences given for the guests of the Palace Hotel in Merano. This same philosophy also continues to be illustrated at the numerous congresses in which he participates, continually receiving more support from doctors and nutritionists. In this little book, Chenot has tried to gather together a synthesis of those points which he believes can help both those who are going to spend a period on a course at his Centre, and those who wish to learn "how to invest in life by giving some space to health".