

Biological Terrain Assessment, Part 1: Understanding And Managing Your Biological Welfare



By Jo Ann VanDerWerken

Biological Terrain is a phrase used to describe the internal environment of the body. In total, it reflects our degree of health by providing a pretty good picture of what's happening to us biochemically. An assessment of our biological terrain, through analyzing certain body fluids, helps identify potential problems, root causes of existing problems, and the compensatory (adaptive) measures the body is taking in response to an imbalanced biochemistry. Another way to think of terrain is to link the quality of the soil to the health of the plant, with the difference being our "soil" is really an "ocean" of fluids that surround every cell in our body. When biochemically balanced, it is comprised of everything the cell actually needs to thrive. Our "terrain ocean" then, really a chemical soup!

Given the high percentage of water in the body, it's logical that the early development of biological terrain evolved from the work of a European physiologist and professor of hydrology. After devoting a lifetime collecting clinical data, professor Louis Claude Vincent concluded, in 1959, that the key to healing was in understanding the biochemistry of the body and monitoring and controlling it's chemical building blocks - which are found in the body's ocean of fluids such as the blood, lymph, saliva, urine and the interstitium.

Interestingly, attempts to influence and manage various elements that affect our biochemistry is the basis of most medicine, drug therapy and generally, all health care, including alternative and complementary therapies. Currently however, non-medical & non-drug modalities are becoming more popular as people realize that natural therapies safely influence their biochemistry without creating unwanted, and often serious, negative side effects.

When our body chemistry is brought into balance, and kept that way, we become strong and healthy; our immune system can handle whatever comes our way. This is because foreign invaders and contaminants such as viruses, germs, parasites, yeast and bacteria are not attracted to a healthy terrain. Just as flies are attracted to garbage, a biochemically imbalanced terrain is very conducive to disruptive pathogens.

For this reason, if we truly want to be healthy, it's not enough to simply target and destroy a singular pathogen and suppress the associated inflammation that resulted from it's presence. Chances are, until the internal environment is cleaned up and balanced, something else will just keep coming along. The good news is, while there are multiple causes of a poor biological terrain, there are just as many natural modalities and therapies that, when used together, effectively help to restore and maintain better biochemical function.

Perhaps what's best to understand is that the state of our biological terrain determines our biological welfare. So, how can we best manage our biochemistry? This concept will be continued in the next issue of Nature's Wisdom using the disease tree model (see picture). This idea will help clarify why certain approaches we have commonly relied on are ineffective, and why the idea of biological terrain makes so much sense.



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