



International Council of Integrative Medicine Inc.

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2006 International Congress & Expo – Planned for Melbourne Australia

We are a tax deductible non-profit charitable institution whose mission embraces mainstream and complementary medicine. Membership attests to an agreement to the highest ethical standards and credo adherence for public health care and research. ICIM does not accredit former academic qualifications. Our objectives foster public awareness to enhance novel research through solid traditional research design. ICIM research projects encourage independent, democratic scholarship.

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Prof Russell N. Cassel, Ed.D., FAPA
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Sunday, February 27, 2005

Chairman's Report and Alfred Hospital Vertebroplasty Update.

Dear Executive and Members of the Board of Governors,

Planning was curtailed abruptly after my heavy 2003 US, EU and UK itineraries resulting in T5, T6 compression fractures. In 2004 bacterial pneumonia, consequent congestive heart disease and two sorrowful bereavements further delayed our membership launch.

Since the AGM my retirement due to ill health, was imminent.

No longer is it necessary to report tedious personal health leading up to my potential replacement as Chairman.

1. After back surgery, I recovered to perfect health. Accordingly, a private research donation was given to the Melbourne Alfred Hospital Radiology Intervention Department.
2. *Considering our Mission Statement on this letter-head, please read the attached letter to the Australian Department of Health and Ageing; congruent with ICIM objectives in novel research.*

Gratitude is expressed to our Executive on the success of the lengthy Charity Tax Exemption Application Process. Norma Pieragostini RN has graciously accepted to be Hon Software Manager and Mike Wright was appointed Acting Secretary helped by Robert Walsh.

Candidly, I could not have continued without Jan's love, your special prayers and these very fine people who assisted me tirelessly.

Thank you for your patience with delays in launching our international membership and pre-conference professional promotion. The executive will be calling on your help in the very near future.

With best wishes for continued good health.

Yours sincerely,

Chairman

Enc: Anecdotal notes to accompany Alfred Hospital Radiology Intervention with my Vertebroplasty CD to support their future Research...

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***In support of Alfred Hospital Radiology Intervention Research
And
Anecdotal notes on Two Spinal Key-hole Surgery Vertebroplasties***

The Radiology Department's future research is formally supported in my attached letter to the Australian Department of Health & Ageing and Parliamentary Minister Mr Tony Abbott.

After five years continuous suffering, Two Spinal Key-hole Surgery Vertebroplasties were performed with X-Ray Vision by the eminent internationally distinguished Alfred Hospital Radiology Intervention Team. It is with tremendous pleasure and relief to report that I am Pain Free to resume as Chairman of the International Council of Integrative Medicine..

Probability Success Rate The procedure so expertly performed at the Alfred Hospital has a success probability of 90%. Osteoporosis sufferers or even astonishingly people with chronic back pain in their Seventies may be cured when previously, nothing could be done.

Measured overall improvement for the two successful vertebroplasties is however a surgical procedure repeated frequently at the Alfred Hospital. My abilities previously taken for granted have returned with gusto in prayers answered.

- Key-boarding letters and reports are easier without extended break interruptions.
- Phone calls can be made at anytime without waiting for pain free intervals.
- Pulling out a heavy file cabinet drawer expecting pain, instead nothing.
- Conditioned pain avoidance postures have disappeared for previously agonizing sitting and standing for any protracted length of time.
- While driving, speed humps/pot holes are no longer a problem, potentially putting me out of action for 2-3 days recovery.
- Getting in and out of cars doesn't hurt anymore. My impairment parking permit is returned happily to the surprise of our local government.
- Pushing open heavy doors, beforehand with assistance, is no longer embarrassing.
- Escalators are managed without hesitant precarious footing.
- While socializing I can at last sit up straight without pain avoidance posture instead of sprawling, appearing too relaxed or bored, resembling "Lay-Back-Jack".
- Dining out or at home, I can sit through entire meals without excusing myself and even enjoyed a long business lunch meeting the other day.
- Bearing and carrying weight without fear of hurting myself is easy at last. For example, gardening or carrying our little dog upstairs when previously impossible.
- It's great to dance with Jan to Tommy Carter's Baxter Tavern Jazz Band on Sundays.
- Unlike before I can remain for the entire Sunday service on and return home to wash the cars. At last lifting a bucket of water was easy.
- At the movies, sitting through an entire feature not since 1998 is simply wonderful.
- Leaping from the spar with exuberance a week after surgery, I jumped straight over its steep steps, without realizing until mentioned by others in the spar pool.
- In a fox emergency involving our geese I sprinted 75 meters in only a few seconds.
- Last week advanced water skills were completed with ease and in half the time.
- Underwater swimming prayer meditation and pool laps have improved beyond belief.
- Sleeping is not interrupted and traumatic cancer pain memories are quickly fading.
- Irritability and impatience accompanying chronic pain are being extinguished.
- Awakening with painful stiffness in the ankles and feet has vanished.
- As a surgery spin-off seldom have I needed to take quinine for nocturnal leg cramps.
- Surface Electromyography measured daily is within the normal T Score range.
- Daily pain scale measurement is consistently scored at 0/10.

These New Pain Free Days. It's super to have a new lease on life and socialize and continue work with enjoyment. Unexpected surprises happen daily. The new vertebroplasty procedure so expertly performed at the Alfred is highly successful for Osteoporosis sufferers. Astonishingly, many Seniors in their Seventies with chronic arthritic back pain can be treated successfully. "*Previously, nothing could be done*".

Those Old Painful Days. The 2003 compression fractures were the last straw often bed-ridden for days while resuming my twice wound down private practice. Fortunately old traumatic memories 1998-2000 are fading. For example looking like death warmed up during chemotherapy. Socializing was difficult with eroding confidence and impoverished quality of life in little dissipating chunks. At Supermarkets it was very embarrassing. People stared or turned away from my typical cancer appearance because I was so pale and thin. Parents were overheard explaining that I had cancer or even aids. In isolation, late night shopping and nightly playing out of sight with our farm animals became my only outings. To retain self-confidence I avoided mirrors and window reflections because I was so sickly looking. Shaving and singing in the shower was like "whistling in the dark". After 2003's compression fractures, later pneumonia and resultant congestive heart disease last year the daily pain scales increased from 6 to 9. Regardless of pain masking attempts, irritability and upheaval increased. These could not always be disguised so our friends became confused.

Bingo! Although persisting for a year with enquires about new US back surgery instead of a recommended spinal fusion, these were un-successful. Locally, Vertebroplasty was little known about. However with thanks to Drs John Meyer and Tom and Helen Budzynski in Seattle and locally Sister Norma Pieragostine, they saw vertebroplasty used widely by US Neurosurgeons. In tragic contrast, my enquiries since NOV 2003 with local GP's, orthopedic and neurosurgeons were dismally unsuccessful and ended abruptly. Regrettably I discovered that local GP's generally knew nothing about the new procedure while in the US, quality assurance CMEU's are mandatory for annual Medical and Psychological Board continued certification. Otherwise, registration and professional insurance is cancelled automatically.

Quality of Life Continued. My moderate little private practice, software and upcoming books can resume cheerfully at last. Beforehand, retirement momentum due to permanent physical incapacity was imminent. Astonishingly, Prof Thomson explained from the new CT that without surgery, irreversible paralysis was inevitable due to continuous pressure against the spinal cord. Previously, GP's used acupuncture which became expensive at \$450 weekly and then suggested a back brace and finally, orthopedic surgery. Explaining how good it feels to be pain free at last and alive with re-newed zest, is simply impossible.

Altered States of Consciousness. On the subject of religion and "*prayer*" we can understand "*altered states of consciousness*" in more popular terms as astral projection, "*a positive healthy state of mind*" or maybe just simply "*being in a state of grace in other words just being nice to others and thinking of them first*". Gradually, over many years I learned how to enter EEG altered states to achieve physical changes. Curiously, mystics such as Saints Padre Pio, Anthony, Aloysius or St Ignatius' spiritual exercises demonstrated this ability perfectly well without modern science or supernatural assistance from New Age ascended masters. With years of accumulated case notes there's much to explain in new pain control strategies. Also there are faster ways to reduce high blood pressure, excessive weight and increase daily enjoyable exercise, regardless of age.

On Reflection & Introspection. I had to become my own doctor in a hurry either from the quiet voice within or go up top or overboard. Over the years of torture there was much time, since terminally diagnosed biopsy proven edeno-carcinoma esophageal cancer. With four life expectancy use-by-dates, I had plenty of time to look into my heart with introspection, seeking some potential answers through Mind-Body Medicine (NOT Alternative Medicine). Seven years chronic illnesses virtually catapulted me into new techniques to control pain in

withstanding suffering, increase physical fitness and even rejuvenate and strengthen the immune system.

Overseas Visits Cancelled. Ironically, I discovered Acres of Diamonds here at home. My upcoming visit to the US for surgery at Virginia Mason Hospital in Washington and EU voyage to Lourdes and Garabandal was cancelled. Besides, the weather in Seattle was also less than clement. Considering the 2003 heavy flight itinerary caused the compression fracture resulting in 75% vertebral reduction, it's doubtful I could have withstood the long air-flight anyway. Suddenly, miracle surgery was here in my own back yard at the Alfred hospital, similar to the eloquent story of the hidden Acres of Diamonds, a most famous inaugural speech by Russell N. Conwell upon which Temple University was founded.

Miracles in the Making. Modern Medical Miracles are achieved day through new surgical techniques. Similarly, as taught to me as a youngster back in 1957, even "The Blind Faith of the Irish" can also work miracles but Alternative Medicine not working with or complimentary with Main-Stream Medicine is a disastrous and dangerous course to follow. Health care professionals and clergy alike, through daily community work see many miracles in the making. Some of these withstand pre-post medical examination but generally it seems people enjoy a bit of razzmatazz, angelic choirs, apparitions, background psychedelic flashes etc. *Instead just a little prayer, short and sweet does us the world of good.* From profound personal experience I will refute erroneous psychological research from Emory University psychologists asserting that prayer has no positive effect on cure or rehabilitation with pragmatic scientific articles backed up with solid statistics and case histories.

Short and Sweet. Two weeks before surgery, pain was unbearable so my prayer was simple. Simply and softly with Jan and Mike without any fuss, I just prayed, "*Please God, give me a miracle to fix my aching back*". Maybe the old faithful recipe's proof is in the pudding without adding watery modern metaphors. I had not asked for a miracle before but prayed for others against remarkable odds and these prayers worked to everyone's surprise for example in extending life for some terminal patients. Coupled with their prayers was straight forward behavior modification and common-sense psychology.

Masking Pain to reduce Empathy. The paradox of empathy is exasperating because when experiencing others TLC patients feel even more helpless and have to pretend looking well for everyone else. Changing postures and dodging whatever hurt during lunch or lifting even the slightest weight, I'd forgotten what it was how it felt to walk so easily or sit and stand normally without pain. Resuming to rehabilitative swimming with my patients is fantastic but it was frustrating missing the pool for a week and tremendous to get back into the water.

On Reflection and Introspection. It was a long plod from 1998-2005 - cancer, pneumonia, congestive heart disease, camel head-butting, farm accident vertebral fractures, overseas compression fractures. However, I had loads of fascinating leisure though out of body excursions (remote viewing) some of which was based on Professor Cassel's Seventies PhD course-work. More importantly I went much further through Carl Jung's unpublished work. Somehow I found graceful empirical links between metaphysics, physics and geophysics related to both collective conscious and the collective unconscious.

*"Who looks outside, dreams;
Who looks inside, awakens".*

Carl G. Jung

During seven years torturous, tedious recoveries and death defying escapes there was plenty of time for nightly prayer or as some people call it meditation, up to seven hours and also to enjoy scripture because I hadn't studied religion quite like that before. These distractions and others worked well as fast pain thought-stoppers. There was little else to do

anyway apart from my own case notes, developing new techniques and dictating drafts for my eventual books and scientific journal articles. Playing with our farm animals outside in the dark was a bit dangerous but tremendously enjoyable, much to the apprehension of my family.

After back surgery, I recovered to perfect health. Accordingly, private research donations can be given to the Melbourne Alfred Hospital Radiology Intervention Department.

Cheers

Dr R.H. Brian Costello