

EDITORIAL: ON INTEGRATION

"I dare say that you have heard eminent physicians say to a patient who comes to them with bad eyes, that they cannot cure his eyes by themselves, but that if his eyes are to be cured, his head must be treated; and then again they say that to think of curing the head alone, and not the rest of the body also, is the height of folly. And arguing in this way they apply their methods to the whole body, and try to treat and heal the whole and the part together." Plato, c.400 BC *Charmides* ¹

Human life begins in a nested hierarchy: a fetus in a womb in woman in a family in a society on a planet in a solar system in a galaxy in a universe. We bath in the fluid of this wondrous interconnectivity that maintains the hexis of existence (c.f. below). The contemporary science of complexity (which implies interconnectedness) is not a great leap forward in rational science. It's a revelatory return to the science of antiquity, to an intimate, intuitive holism reflecting the reality of what Life is.

From ancient times scientists and philosophers applied rational inquiry to develop a methodical characterization of living systems. Stoic philosopher Achilles stated, "Bodies I called unified if they are governed by a single hexis...whereby hexis is the cohesive Pneuma of the body." (p.118)² Philosophers of antiquity accepted the notion of hexis but differed in their definition. I define hexis as "the property of structural integration and functional coherence within a system assuring an optimal endobiogenic terrain." Pneuma, is a vital intelligence of Life that enlivens and assures the expression the plan of Life for each individual living being. Hexis, then, is a means by which pneuma operates within living systems.

All living systems are dynamic, because Life is in permanent movement and change. Living systems require a manager to ensure this dynamism, adapting itself to intrinsic demands and external solicitations. Dr. Durauffourd, originator of the theory of Endobiogeny, identified the endocrine system as this manager. Since the 18th century, the term "terrain" has been used by various European thinkers and philosopher-physicians, but the definitions were insufficient to capture the full complexity of life. Dr. Durauffourd sought to move away from that terminology and to create a rational characterization of Life using contemporary scientific concepts and terminology. When he first introduced the term "Endobiogeny" his definition was reflective of the notions of pneuma and hexis from antiquity:

"Man is a functional physiological entity whose maintenance, in all circumstances, is ensured by a set of **biological mechanisms in permanent motion**. This is why today **we prefer to replace the term 'terrain' with that of 'Endobiogeny'**...Endobiogeny ensures the stability, the constancy of the integrity, of the entirety of the organism at the cost of a permanent biological movement, the mastery of the physiological regulation of its internal environment, assumes its coherence vis-à-vis itself and in its relations with the outside world."³

The use of rational and systematic characterizations of complexity was in a 2 millennia old tradition. Stoic philosopher Emperor Marcus Aurelius stated:

"Make your own (method of reflection) a scientific method of inquiry into the mutual metabolism (μεταβολισμό, e.g. change) of all things. Pay diligent heed to this branch of study and exercise yourself in it. For nothing is so conducive to greatness of mind..."(p.273)⁴

Thus, from a rational, scientific perspective, complexity theory is not a *discovery* of contemporary times, but an *un-covey*. It is a holistic, rational science that goes far back in our intellectual heritage.

Living Systems: An Endobiogeny Periodical is a return to this heritage. Keeping with the principle of dynamism, we express timeless concepts in a timely language, and apply it to contemporary concerns. But this periodical is more than philosophical. It is scientific, clinical and practical. Thus, the *double entendre* of the title *Living Systems*: (the study of) living systems, and, *living* a systems-oriented life. The goal of the periodical is diffusion of scientific knowledge and motivation for personal evolution, the sole path to community evolution.

Each issue explores a theme. For the inaugural issue we chose interconnectedness. Our first section is *Explorations*: we discuss interconnectedness from the atomic nucleus to the cell nucleus to the universe. In *Book Reviews*, Dr. Adam Johnson evaluates fractal levels of language and the endobiogenic language of integrative physiology. In *Clinical Pearls*, Dr. Augusto Fronza and I discuss symbiosis, with clinical advice on managing dysbiosis. In *Medicinal Plants*, Anna Betz discusses community supported agriculture, with an action plan to increase our connection to the plant kingdom. In our *Outside Contributor* section, Anna van der Hurd discussed her work at the A Team Foundation focusing on food networks and nutrition. Under *Lifestyle*, Lizzie Johnson presents scientific benefits of and advice for expressing gratitude around meals. In *Events Calendar*, we summarize the 3rd Tunisian Congress of Endobiogeny and Clinical Phytotherapy. We conclude with our *Innovators* section, with an interview with George Pór, veteran researcher and activist in ecologies of knowledge and communities of practice.

I want to express my special thanks to our contributors and to our editorial staff, without whom this project could not come to fruition: Vasiliki Delengos and Dr. Brigita Hedayat. Finally, I offer my deepest gratitude to and dedication of our first issue to the late Dr. Christian Duraffourd, and to my dear mentor and friend, Dr. Jean-Claude Lapraz. Dr. Lapraz has for over half a century worked tirelessly to diffuse the theory and practice of Endobiogeny as presented by his good friend Dr. Christian Duraffourd.

Wishing you an interconnected life,

Kamyar M. Hedayat, MD

Editor-in-Chief, *Living Systems: An Endobiogeny Periodical*

About the Editor

Kamyar M. Hedayat is co-founder of Systems Biology Research Group, a private research company dedicated to promoting research, education, publication, product formulation and development of commercial clinical tools based on the theory of Endobiogeny. He was trained by the co-developer of the Endobiogenic teachings, Dr. Jean Claude Lapraz, and is a leading international proponent of integrative physiology and Endobiogeny. He is the author of the definitive four-volume series [*The Theory of Endobiogeny*](#).

References

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