

PRACTITIONER SPOTLIGHT



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ADVENTURES IN MEDICINE: A NEW LANGUAGE OF HEALING

Introduction

Rachel Koenig, L.Ac is founder of [Aurora Healing Arts & Emerald Apothecary](#). She has been in practice for 34 years, and applying endobiogeny for 13 years. She sat down with *Living Systems* editor, Kamyar Hedayat to discuss her practice in Endobiogeny.

TELL US ABOUT YOURSELF

I am a licensed acupuncturist and herbalist practicing family medicine in New York since 1989. What began with a special focus in women's health, evolved into fertility, pediatrics, and now a general family medicine practice. I studied homeopathic medicine with the late Dr Edward Whitmont, with Dr R.N.Talukdar, and with Alize Timmerman,

founder of the Hahnemann Institute in the Netherlands. I have been mentored in Endobiogeny by Annette Davis, CN, and you for over a decade. In 2012, I graduated as a Certified practitioner of Endobiogeny and became a Fellow of the American Society of Endobiogenic Medicine and Integrative Physiology.



Examining baby Rose, born after using essential oils to treat her mother's infertility, circa 1990.

Credit: Melissa Tardiff

HOW DID YOU FIRST LEARN ABOUT ENDOBIOGENY?

The Taoist physician, Dr Jeffrey Yuen, under whom I apprenticed beginning in the late 1980's, was and is a great advocate of the use of essential oils. Jeffrey encouraged us to apply channel theory to the use of essential oils on acupuncture points, according to Classical Chinese Medicine. In the early 1990's, The French physician/acupuncturist Dr Yves Requena, author of *Terrains and Pathology in Acupuncture* was teaching from time to time in New York City. He was buddies with Dr Michael Smith, with whom I had studied acupuncture detoxification. I was given an introduction and subsequently arranged for Dr Requena to teach a seminar on the

use of essential oils for acupuncturists. Through him, I learned of Drs Lapraz and Duraffourd. Yves greatly encouraged me to read Lapraz's works, as he attributed much of what he knew and taught about the medicinal use of essential oils to him. These were the days well before the internet, but I managed to have one of my French patients traveling to Paris on holiday locate Lapraz's *Cahiers*—a word Yves had scribbled in my notebook, alongside words like "*sympatholytique*," "*vagotonique*" and "*spasmophilie*"... I also was gifted by Yves my first highly potent essential oils from France—Melissa, Clary Sage, high altitude Lavender and Savory—these precious gifts were their own vehicles of transmission! Let us not forget that all of us adventuring in medicine were in a cauldron of the plants themselves! And some of us, are still!

The (subject-specific series of publications) *Les Cahiers de Phytothérapie* (Phytotherapy Notebooks) were very practical medical manuals on clinical herbalism and aromatherapy. I resonated deeply with the terrain theory contained in their dense and serious pages, recognizing clinical truths and wisdoms that I was eager to put into practice. I was fascinated by the concept of safely utilizing essential oils internally. I began taking some myself and with a colleague we embarked on a journey with Rose Essential Oil, taking it in honey 3 days on 3 days off for 100 days (Jeffrey's suggestion of rhythm) to create a change at the (epigenetic and energetic) level of *Jing*. It was a profound physical and spiritual experience for all three of us.

Soon after, I bought a steel lipstick mold from a cosmetic manufacturer and began to hand make suppositories for my patients suffering from stubborn infections and infertility, utilizing oils I had studied in the *Cahiers*. This worked so brilliantly,

even without an “aromatogram”¹, which the French Physicians were utilizing, and which I dreamed of being able to do. I did the best I could, integrating Lapraz’s approach and herbal wisdoms into my cases whenever I could, monitoring my successes with pulse reading and with results backed by successful pregnancies, cleared infections, and pediatric cures. Yet, I longed to experience the teachings in a more direct and embodied way, the way I learned best.

Along the way, I met acupuncturist Dan Kenner (trained in Japan in Japanese medicine), who had shadowed Jean Claude in Paris, and who was working on a book, *Botanical Medicine*, with Dr. Requena. We converged at a conference in Los Angeles, featuring Dr Lapraz, organized by Anne Marie Buhler, the late and beloved and pioneering Swiss pharmacist who was instrumental in bringing aromatherapy, and Jean Claude to America. Jean Claude demonstrated diagnosis and treatment with live patients, according to his theories of the terrain. Each intake took hours. I was mesmerized by Jean Claude’s healing presence, his compassionate and masterful case taking and analysis, his sensitive hands-on diagnostics which were not dissimilar to how my Taoist master, Jeffrey Yuen had taught us, insofar as every part of the patient’s physical landscape had meaning and held relevant history and clues to the often-mysterious development of disharmony in an otherwise naturally harmonious whole. I discovered that weekend that Endobiogeny had a method, a logic and livingness all its own, and yet, rather than detracting from, it greatly enhanced the lineage of teachings I had received from my Taoist master.

Regarding the pharmacopeia of Endobiogeny, I was (and am) passionate about using plants that are indigenous to the places I practice. So, I was so happy to see the prescriptions Jean Claude suggested to the patients, as I was very familiar with them from my Wise Woman Herbal studies. It was

also so wonderful to witness Jean Claude place great emphasis on diet, as I have always believed food is medicine.

Alas, unless one was to move to France, and even if one could, unless one was a medical doctor, it was impossible at that time to study with Dr Lapraz. I continued to work from his writings and from what I had garnered in our short but transformative time together. I sent one of my colleagues, acupuncturist Tu Vi Luong, to Jean Claude for treatment in Paris, and she was very impressed. She had also trained under Jeffrey and being a United Nations translator, she was completely fluent in French. With Jean Claude’s encouragement, Tu Vi and I tried to spread the word about Endobiogeny among physician colleagues on the East Coast. We let physicians we respected know how the group in Paris were treating some cancer and other difficult conditions with great success. Sadly, alternative treatment of cancer in this country has never been met with enthusiasm.

I did keep in touch with Jean Claude, and I saw him occasionally when he came through New York. Perhaps it had been 10 years or so, when I attempted to refer a patient, who had family in Paris, to him for advice. The patient, in his nineties, was being sent to hospice due to a deadly Klebsiella infection. My patients, the dying man’s children, said simply “You must help! It’s not his time!” When Jean Claude understood the patient was located in the U.S, he directed me to contact Annemarie Buhler’s granddaughter, Annette Davis, CN (certified nutritionist) in Idaho. Amazingly, although the patient was located in Florida, Annette agreed to take the case, and he was cured! He came out of hospice and lived another 7 years. When I called to thank Annette, I discovered she had been working in close collaboration with Dr Lapraz since the late 1980’s, and with her generous encouragement and expert case supervision, I finally began my longed-for education in

¹ The aromatogram was a technique developed to test inhibitory concentration estimations, similar to the

microbial sensitivity to essential oils, with minimum antibiotogram.

Endobiogeny. This was 2010. A few years later at a NAHA conference, I was communing with Annette, and walking down memory lane, we suddenly realized we had actually met, nearly 30 years before! She, too had attended the seminar Jean Claude led in Los Angeles, arranged by her grandmother. Her baby son had been one of the demonstrations!

Finally, in 2012, I was invited by Annette, to apply to participate in the first American Fellowship in Endobiogeny. This rigorous training, which, you, Kamyar, led so brilliantly, brought the foundations of Endobiogeny into my very being as a practitioner. The brainy and compassionate community that formed during those crucial years was and is so supportive. When I graduated, becoming a Certified practitioner of Endobiogeny and a Fellow of the American Society of Endobiogenic Medicine and Integrative Physiology. It was truly a dream come true. A long and winding road...

HOW HAS ENDOBIOGENY CHANGED OR DEEPENED YOUR PRACTICE?

It's been over a decade now since the completion of my formal training in Endobiogeny and my introduction to the Biology of the Functions, and yet I still am discovering every day the wonders of the Endobiogenic perspective. For one thing, it is marvelous to be able to share with my patients the dynamic overview of their symptoms and conditions and prognosis, based on the profound and anchored understandings Endobiogeny provides. I find patients of all ages and conditions are very responsive to the self-evident truth of the terrain, they enjoy the logic of the loops and the endocrine axes, which seems to open them to discovering and engaging a new language of healing. Endobiogeny is a space, inside of which we can commune and work together to remediate their highly individual terrain through lifestyle and herbs through healing insight, and even through dreams.

Like the *Cahiers*, the four volumes of [The Theory of Endobiogeny](#) are a massive contribution to our medicine, to medicine in general in our troubled times. I sometimes fantasize about having a sabbatical just to marinate in the teachings! It is so heartening and supportive to read the cases and to know that medical practitioners of your and Jean Claude's caliber and skill actually exist, live, and practice the "art". I draw immense strength from this, strength to face the everyday clinical challenges—because as you know, our cases are clearly becoming more and more complex.

Some years into my practice of Endobiogeny, you and Annette both encouraged me to have my own custom pharmacy (Emerald Apothecary). There is no going back, once you can custom blend, the results are stellar.



Patient intake with her late cat Isis by her side.
Credit: Rachel Koenig

WHAT ASPECTS OF ENDOBIOGENY DO YOU FIND MOST HELPFUL IN YOUR PRACTICE (E.G. HISTORY, SEMIOLOGY, ANALYSIS, BIOLOGY OF FUNCTIONS, MATERIA MEDICA, ETC.)?

I love how Endobiogeny is so suited to family medicine, as I very much enjoy treating whole families. At this point I am treating sometimes four generations in one family, and sometimes both sides! The Endobiogenic model is incredibly helpful in treating intergenerational trauma, and I believe it has much to bring to anyone interested in epigenetics and in healing through the generations. Additionally, as I love pediatrics and pre-conception care, it is wonderful to have gained the Endobiogenic view of development and then to see it come alive in practice! I have learned so much just from capturing labs during, for example, stages of growth in children, or in their puberty. Or to be able to bring into deep consideration their perinatal epoch. Taoist medicine likewise values the perinatal time, though it is described more esoterically. I do love the way these two systems illuminate each other. I would say I have gained a more profound clinical understanding of Asian Medicine through my study of Endobiogeny. The systems are not only compatible but co-creative. Regarding materia medica, Endobiogeny has proven to me the value and potency of small doses. When well prescribed, one may achieve outstanding results with gentle dosing, and this is so valuable in our world wherein patients are becoming more and more sensitive to everything.

IN WHAT WAYS HAS ENDOBIOGENY CHANGED YOUR OR YOUR UNDERSTANDING OF LIFE?

My patients sometimes ask me what they *should* do about this or that and I find myself saying, “*Just be a good mammal.*”

From the perspective of a being a patient, who has been receiving Endobiogenic treatment for my own terrain and evolution over the past decade or so, I would say Endobiogeny has brought me (my

mammal self) so much joy and ease. It has given me a deep well of stamina, and a finer attunement to Life. It has taught me to appreciate and honor the developmental stages I am evolving through, finding new resilience, even now, as a “Granny Healer.” Despite our highly fragmenting and isolating times, especially in Medicine, Endobiogeny has allowed me to accompany my patients through some very challenging and traumatic conditions, still maintaining a compassionate view and a connectedness to the whole.



Recharging in Ireland, circa 2019.

WHAT MIGHT YOU RECOMMEND TO THOSE CONTEMPLATING OR JUST STARTING THEIR LEARNING JOURNEY IN ENDOBIOGENY?

Dive in! Not only will you blossom, you will thrive. Endobiogeny is a not only a journey of learning, it is a supportive and nurturing and impassioned [community](#), full of very caring and brilliant, [diverse](#) and heart-centered practitioners. You will be welcomed.

WHAT WOULD YOU LIKE TO SEE DEVELOP IN ENDOBIOGENY (E.G. TEACHINGS, COMMUNITY OR RESOURCES)?

I would love to see the teachings of Endobiogeny reach more practitioners of acupuncture and herbalism. I can envision it as part of holistic nursing programs, midwifery and doula curriculum, in trauma therapy and for ease at end of life. The new [forum](#) on the Learn Endobiogeny website is a

great resource and I look forward to utilizing it more and more as an evolving space to commune with colleagues of all disciplines internationally. ✱