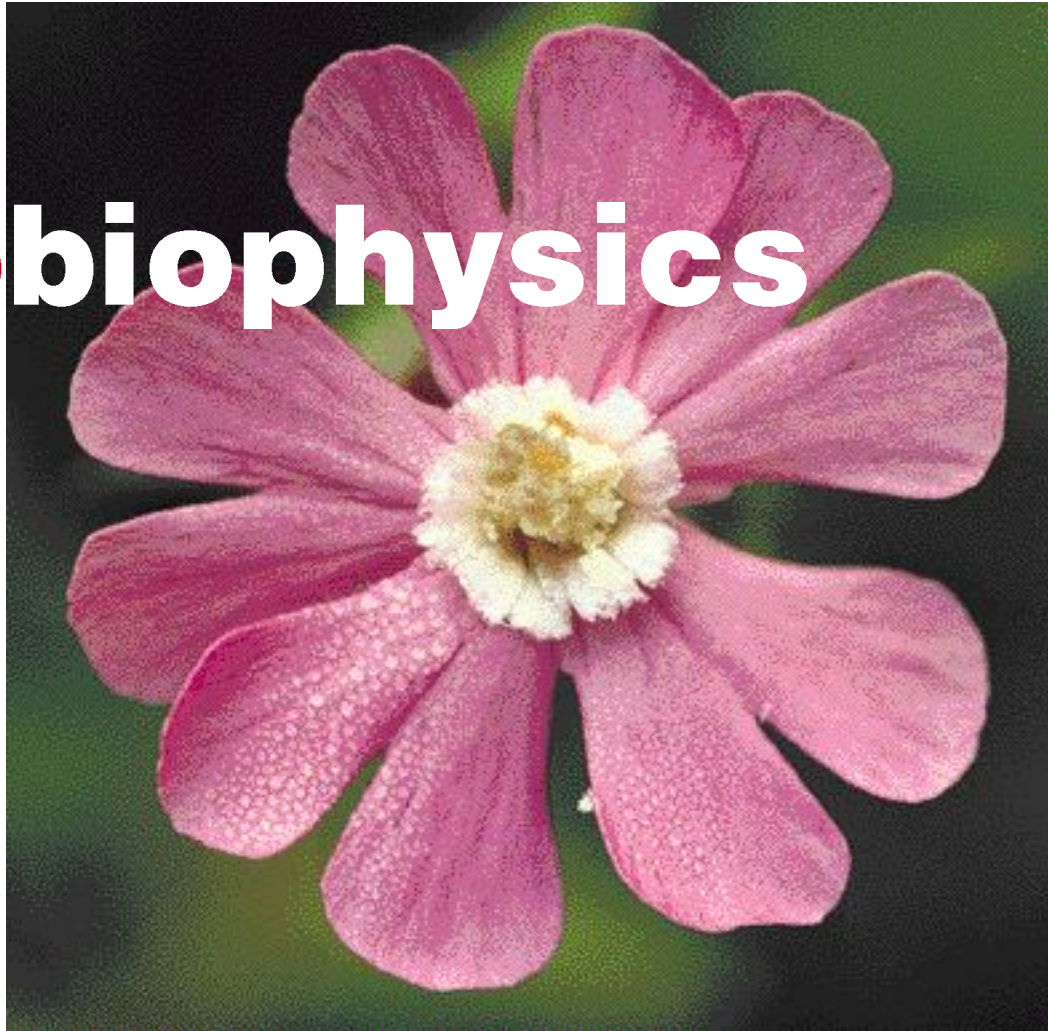


Phytobiophysics

Phytobiophysics has created a system of restoring harmony to the emotions and spirit through flower formulas whose colours match the wavelengths of a healthy mind and body.

Carolyn Burdet meets Professor Dame **Diana Mossop** and discovers how it all comes down to balancing the tiny impulses of our electrical circuitry.



If you meditate you may be aware of how the colours of the chakra system relate to energy moving through the body's subtle system. You may describe your physical or emotional state through colour or find your digestive system or sense of courage encouraged by yellow, your vital energy boosted by red, your emotions balanced by green, and your meditative nature accentuated by mauve.

A new area of research has grounded a philosophy of light and colour within the body into a medical science of anatomy, physiology and pathology.

We are all aware that the brain sends messages around the body via electrical impulses but it is less likely that you perceive your organs as having an electrical frequency of their own which is the wavelength of a specific colour.

However, a ground-breaking area of medical research measures the electrical frequency of diseased tissue and bacteria cultures and compares this to the frequencies of healthy tissue in each organ. These correspond to the wavelength of different colours of the spectrum, such as those that can be found in nature.

Professor Diana Mossop, who founded the Institute of Phytobiophysics, based in Jersey, with support from leading international medical specialists, has conducted extensive research into the anatomy and physiology of the body's

organs and endocrine system which has resulted in knowledge of the precise wavelength and frequency of healthy cell tissue.

'Healthy teeth resonate with a wavelength of 435 nanometres, which is the colour indigo. That is the frequency of a healthy mouth,' Diana Mossop explained.

The Phytobiophysics Nightshade flower formula is made of the vibrational essence of indigo flowers which have this same frequency. Bacteria cause tooth decay and the bacterial infection may also manifest as further symptoms along the illness 'pathway', such as heart murmurs, lockjaw, and chronic ill health.

Diana's life's work is to gift the world with a range of vibrational remedies that bring the body's electrical system back into balance. Phytobiophysics flower formulas harmonise emotional trauma which makes a person vulnerable to infection, and support the immune system by enabling the body's uptake of vitamins and vital nutrients.

Diana Mossop has been surrounded by tropical plants and tropical diseases since childhood. She was born in Africa and learned the natural remedies of the bush from the medicine woman of the local tribe. Later, she was posted to the Far East as an army officer, and then to the tropics of South-East Asia as an army wife.

The impetus to find natural and effective remedies for fever and distress

came when she contracted a rare form of tropical malaria and hepatitis. She returned to Britain for medical attention, but despite barium meals, medication and surgery to remove her gall bladder, the hospital diagnosis and treatment was unable to make her feel well.

The reality that modern medicine did not hold all the answers was reconfirmed when her baby son became ill and started suffering fits after being vaccinated against several tropical diseases. Medical specialists were at a loss to know how to help him recover, but Diana Mossop does not add her voice to the current opinion opposing vaccinations. On the contrary, she asserts that there should be more research to ensure that vaccines are not contaminated, and that they are extensively researched for safety when administered in combinations.

Returning to the Far East, she studied acupuncture and under the guidance of a leading endocrinologist she turned to looking at the effects of virulent bacteria on the endocrine system and in turn on the damage done to neuro-transmitters. These contribute to the healthy functioning of the bodily organs via chemical and electrical messages throughout the body.

With guidance from medical practitioners in Malaysia and Sri Lanka, who commonly also embrace herbalism, she collected the essences of hundreds of

different flowers and studied their effects on bacteria and tissue cultures using the laboratory facilities of the hospital where she ran a clinic. She measured the electrical frequency of healthy cell tissue and studied the pathways and patterns of different bacterial disease. This methodology enabled her to record the precise nanometre wavelength of healthy tissue and the discrepancies of diseased tissue. By matching the vibrational frequency of thousands of flowers to the specific frequencies of healthy blood platelets and haemoglobin, and of salmonella or staphylococcus infection, and so on, she formulated the Phytobiophysics philosophy of taking vibrational flower formulas for total harmony of emotions, body and spirit.

Her full title is Professor Doctor Dame Diana Mossop – she was awarded an honorary professorship by the Open International University, and honoured with a knighthood in 1993 for her contribution to medical science.

The Institute of Phytobiophysics has 200 fully trained practitioners and 1,000 medical practitioners worldwide who have taken at least a preliminary course in Phytobiophysics – 100 or so are based in the UK. All Phytobiophysics practitioners must be qualified medical doctors, nurses or complementary medicine practitioners.

During a Phytobiophysics consultation Diana Mossop uses a Voll galvanometer to measure variations in electrical currents. She thereby registers any imbalances by testing at acupuncture points on the hand relating to specific organs, glands, and functions of the circulatory or nervous systems. To ascertain these imbalances and those of the electrical circuitry of the neuro-transmitters can give clues to the underlying cause behind physical symptoms.

Diana Mossop likens her diagnostic work to that of an electrician: 'You can

replace blown lightbulbs but you need to find where the electrical fault lies to prevent it recurring. Once you have identified which circuit has the faulty electrical charge, you can assess which bulb is at risk of blowing next and anticipate how well the body is recovering after suffering an emotional imbalance that has led to a physical illness.'

Professor Mossop says Phytobiophysics is primarily a research philosophy looking at the causal factors of disease; but she believes illness is a complex response to distress, trauma or attack at any level of a person's life.

'People are obsessed with finding "cures" but what we have to find out is why one child will almost die of exposure to a particular bacteria, and why another child will not suffer any adverse reaction to a vaccination or will recover swiftly from an infection,' she said. 'The nature of disease is not properly researched. This sort of research does not receive much funding. The questions we should be asking are: why are we falling ill? Why are we getting cancer? Why is that child autistic? What is the cause of all this illness?'

Although as a renowned scientist with a knighthood, she studies the functions of diseased cells, as a philosopher and consultant practitioner, Diana Mossop primarily focuses on the emotional and spiritual aspects of every patient as a human being.

Research bears out what we understand intuitively – happy people are healthier, and unhappiness, stress and trauma are a major factor in ill health and deplete the body's immunity. Stress can cause an upset digestion resulting in stomach ulcers, or it can raise the blood pressure and play havoc with hormones, upsetting sugar metabolism and exacerbating fertility problems and heart conditions. Stress also makes us low and



Diana Mossop takes a galvanometer reading from a patient's acupuncture points during a consultation.

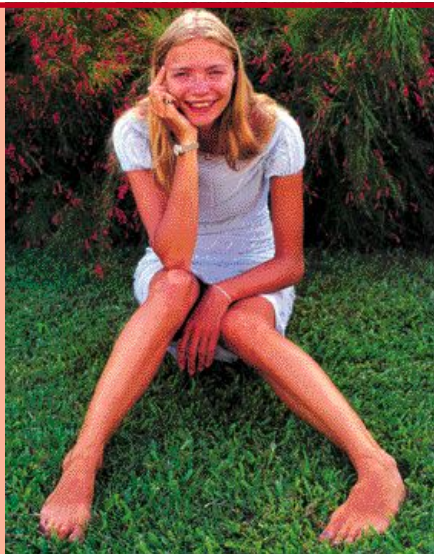
vulnerable to infection.

Diana Mossop's philosophy is one of 'happy babies' – of harmony being the way to health. 'Up to 90 per cent of illness falls on the emotional/physical plane,' she said.

Phytobiophysics identifies four constitutional types based on the four chambers of the heart: Aortic, Mitral, Pulmonary and Tricuspid. People are born with the constitution and positive and negative personality traits attributed to one of these types. According to the 'heart lock' theory, when we are stressed, ill or under par, or if there is residual infection in the body, it may specifically affect one of the heart's valves, ventricles or atria.

Stress and illness can manifest on the spiritual, mental, emotional or physical plane. Diana has discovered that symptoms will follow specific patterns according to each constitutional type who also tend to be vulnerable to certain 'triggers'.

Aortic Types need security and can become ill after suffering a abandonment or bereavement, with tooth decay a particular weakness leading to chronic health problems.



Flower Formula 3 helps Jodie

When Jodie Kidd was snapped up as a model, the pressure of her jetset lifestyle, which took her all over the world, left her tearful, burnt out and suffering panic attacks before the catwalk shows. Life in the spotlight was not all glamour and she was dogged by media speculation that she was anorexic.

Jodie became the face of Chanel and was also the face of Phytobiophysics after Diana Mossop helped her recover from the brink of nervous exhaustion.

'I had tried everything to keep me earthed and to make me feel calmer and relaxed, but Phytobiophysics is the only thing that has ever worked,' said Jodie.

Since taking Flower Formula 3 (Camellia) for spiritual ease, Jodie no longer has panic attacks and she found the courage to rebalance her life and revive her vitality.





CASE STUDY

Shattered identity

Elisabeth was in deep spiritual shock. She had been diagnosed with multiple sclerosis; she was confined to a wheelchair and had to use a catheter.

Her eyes were bright and clear, but her skin was transparent and her hand felt as fragile as a fluttering leaf. She was immaculately groomed, but behind the porcelain veneer her teeth were disintegrating.

Elisabeth wanted to combine her medical treatment with complementary support from Phytobiophysics.

At the first appointment, Dame Diana mapped the dates of emotional and spiritual crisis that could have been triggers of her illness. Elisabeth had been orphaned: deep spiritual trauma. She was also emotionally bereft. One of the trigger dates was when her husband had told her he was leaving her for someone else. She was forced to move house – tremendously stressful for anyone, compounded by the heartbreak. Behind the beautiful surface her sense of identity was disintegrating.

'These are things that take us to the edge of our being,' Dame Diana told her. 'The pain sometimes manifests physically.'

Measuring her electrical fields detected an imbalance affecting the mitral valve of the heart. But the tricuspid valve, which is typically weak in cases of degenerative illness, was strong. 'This could mean that this is not a degenerative illness but a functional imbalance affecting how much electricity is getting through the nervous system,' Dame Diana told her.

At the second appointment, the galvanometer picked up very low readings for Elisabeth's teeth. Diana Mossop identified one tooth in particular as the source of infection and heavy metals poisoning that could be having an adverse effect on Elisabeth's health. On closer examination, the porcelain crown was cracked, exposing the metal and allowing infection to get underneath.

Elisabeth was also suffering from a sensitive digestive system, indicating that production of stomach pepsin had been adversely affected by shock.

Dame Diana advised a visit to the dentist, recommended nutrients that support protein metabolism to help prevent muscle wasting, and gave Elisabeth flower formulas to ease her spiritual shock.

Most importantly, she described Elisabeth's constitution with its attributes of grace and beauty and her deep need for security and love, plus the traumatic effects of being abandoned. Elisabeth left with renewed hope and courage and a recovering sense of her own identity.



Left: 'Cool, calm' Orchid formula helps if you are feeling hot and bothered. Centre: Lotus formula promotes vitality and enhances the other remedies. Right: Pink flowers promote a sense of spiritual ease.

Mitral Types tend to be motherly and giving, sometimes at a cost to their own health and happiness.

Pulmonary Types show a pattern of IBS (irritable bowel syndrome) and inflammation in response to physical and mental stress. They experience lung problems when under emotional stress and they are at risk of developing cancer if they suffer a spiritual crisis.

Tricuspid Types can be authoritarian and tend to suffer imbalances in the digestive system. Symptoms are likely to affect the liver and gall bladder when under mental stress, but they can develop heart disease when suffering emotionally.

Although Phytobiophysics does not seek to diagnose or treat diseases, clients often come for flower formulas to help them cope with the shock of a diagnosis and for support during treatment.

Professor Mossop uses a computer program to map the pathways of stress and illness. Sometimes an immune imbalance can be pinpointed as dating back to a virus or a contaminated vaccine which has never been properly eliminated by the body's defence system, but often these triggers are emotional or spiritual distress. By taking the flower formulas relating to the area of trauma you are experiencing, you can ease the spiritual shock and heal the emotional 'scars' of this trauma and introduce the resonance of healthy functioning which helps to restore balance and peace of mind.

How to take the formulas

Phytobiophysics flower formulas stabilise emotional and spiritual stress, help with the assimilation of nutrients and vitamins and support the elimination of toxins, as an antidote to a toxic modern lifestyle.

The formulas are not tinctures or homeopathic remedies – they are vibrational essences of flowers whose colour resonates at a particular wavelength of light. The flower formulas are colour coded to areas of the physical and energy body relating to various mental, emotional and spiritual states.

Flower Formula 11, Hawthorn, has a wavelength of 520nm within the green spectrum. It is the essence to heal

the artache. **Flower Formula 10, Nicotiana**, has a different wavelength of green, 510nm. Anxiety after rejection or bitterness after betrayal can manifest as angina and breathing difficulties. Its relaxing effect on the lungs can help asthmatics and is helpful when giving up smoking. FF10 is also an antidote to the effects of atmospheric pollution on the electrical circuits of the body. Addictive behaviour can be gently balanced with the help of **Flower Formula 6, Clear Senses**, which addresses feelings of self-worth.

Flower Formula 4, Tranquility, a mauve (423nm) of the violet spectrum, brings peace of mind and deep relaxation – a helpful aid to restful sleep.

Flower Formula 3 is called Spiritual Ease. On the pink spectrum, it expands the energy body and creates an expansive state of mind, helpful for easing distress or quieting the mind for meditation.

Flower Formula 13, Relaxation, is made from evening primrose – 572nm in the yellow spectrum. Yellow is the colour of courage, and it harmonises fearfulness and emotional wounds to speed up the healing process.

Flower Formula 18, Poppy, has a wavelength of 660nm – the colour of lifeblood; you may be drawn to its bright red when you lack energy. It is a spiritual flower for finding a balance in your emotional and spiritual mission in life. It can also help the body assimilate iron. FF18 can restore the frequency of healthy lifeblood, bringing renewed energy and a purposeful sense of direction in life.

Perhaps the medicine of the future will mean no medicine at all. Just harmony from wavelengths of light.

MORE INFORMATION

- Phytobiophysics flower formulas are available by mail order from Kindred Spirit or direct from the Institute of Phytobiophysics in St Helier, Jersey.
- For further information on the flower formulas, consultations, talks, and training courses contact the Institute of Phytobiophysics, telephone 01534 738737, or email info@phytobiophysics.co.uk