

Beyond Mainstream Medicine

Dialogue Towards a New Paradigm for Health

Thomas Hardtmuth, M.D.

Richard House, Ph.D.



Dedication

We are grateful to those great writers and researchers on health and well-being, going back many years, on whose shoulders we stand, and who have had the courage to speak medical and scientific truth to power, wherever it might lead. Two deserve special mention. One sadly died just a few days before penning this – namely, Dr Vladimir ‘Zev’ Zelenko (1973–2022). And another, Ivan Illich (1926–2002), died 20 years ago. We would personally like to dedicate this book to their memory – to Dr Zelenko’s great courage in fearlessly speaking truth to brutal institutional power in the era of Covid; and to Ivan Illich, who inspired several generations with his brilliantly acute critical writings – not least in the field of modern medicine. Their colossal efforts for the good of humankind have not been wasted.

Thomas Hardtmuth & Richard House



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Inter  *ctions*

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Preface

With their publication, *Beyond Mainstream Medicine*, Thomas Hardtmuth and Richard House have presented a small masterpiece for which one can only be grateful. For here, not only does a committed doctor and deep expert in virology come to an understanding with a humanistic psychologist and developmental researcher about the Corona pandemic experience and what one could learn from it so far. But one also understands why the complexity of the pandemic and the type of media coverage could polarise society so profoundly, even in family contexts, and what thoughts and perspectives are now needed to heal the psychosocial and economic after-effects and collateral damage that have arisen.

No therapy without a clear diagnosis!

And both are conveyed by the introductory chapters and the subsequent engaging and true-to-life dialogue between the two experts. Theoretical medical, virological, financial and economic factors are explained in a generally understandable way, as is the connection with the omnipresent ecological crisis and the serious downsides of our current increasingly commercial and profit-oriented health care system. Particularly inspiring is the clear description of a necessary paradigm shift in medicine, in which each and every one of us can actively participate. For at the centre of this new paradigm for health is the individual human being with his or her special possibilities to strengthen

his or her spiritual, soul and physical health and thus his or her complex immune system. Such knowledge calms fears, deepens trust in destiny and gives courage to constructively meet the challenges of our present time.

Michaela Glöckler
June 2022

Foreword

This extended dialogue between psychologist Richard House and medical physician Thomas Hardtmuth originally began as an open interview for an English magazine, but in the course of time it developed into an animated, mutual exchange that far exceeded the initially planned scope. As a result, the text was first published as a book in German in the Spring of 2022, under the title *Verständigung: Ein medizinisch-psychologischer Dialog über natürliche Immunität* (a fairly literal translation of which is *Understanding through Conversation: A Medical–Psychological Dialogue on Natural Immunity*). The German edition was translated by Thomas Hardtmuth, and included an extensive introduction. In this subsequent English-language edition, the text is largely identical to the German edition, apart from some minor additions and changes made to the extended introduction.

This collaboration between Thomas and Richard arose in the context of their respective published writings on the subject of Corona. In order to provide an orientation in relation to these writings and the authors' interests and commitments, the dialogue is preceded by a contextualising introduction.

The topics treated here are based on two academic lifetimes of reading and research, and therefore on numerous literature sources, the more important of which are listed in the extensive notes and bibliography sections. A complete, 'academic' listing of all our sources would go beyond the scope of what is intend-

ed to be an informed yet non-academic discursive conversation. Any questions with regard to references and literature sources can of course be directed to the authors via the publisher.

Thomas Hardtmuth & Richard House

July 2022

“Beyond Mainstream Medicine is a book I’ve long awaited. Allopathic medicine, sadly, has become fossilised around earlier beliefs rather than attuned to current research. What it once questioned it now takes as fact. The recent Covid crisis especially demonstrated this; according to a study by several US universities, Covid vaccines are more likely to put you in hospital than save you from it. Thomas Hardtmuth and Richard House not only illuminate philosophical and practice errors that undermine medicine, but suggest a way forward, which brings humanism and holistic vision inclusive of mind, body and spirit back into the medical fold. A must read for all public-facing health workers.”

Professor Paul Barber (Ph.D.)
Bucharest, Romania

“Thomas Hardtmuth and Richard House agree that mainstream bio-pharmaceutical medicine is in need of urgent reform, if not a revolution. In this searching dialogue, they delve into the most fundamental assumptions and ontologies of illness, health and well-being, and offer pointers for how health systems need to change. Unmissable.”

Dr Christian Buckland, Psychotherapist
Wokingham, UK

“This book by Thomas Hardtmuth and Richard House captures the spirit of the times. We urgently need a more humane medicine. A new medicine, in which the real human being with all his buried needs is seen in freedom and justice, in physical, soul and spiritual unity, in direct sensory perception, in social connectedness and in a higher consciousness, spiritually. I highly recommend **Beyond Mainstream Medicine.**”

Univ.-Prof. Dr Dr Christian Schubert, Psychoneuroimmunologist
University of Innsbruck, Austria



“In this book, two intellectual heavyweights – Thomas Hardtmuth and Richard House – have shone penetrating light onto the limited, narrow, yet currently dominant philosophical and theoretical assumptions and beliefs underpinning mainstream medicine and modernist science, also highlighting the vested interests, agendas and psycho-social realities that have got us here. They offer masterly analysis and critique of the damaging and self-defeating illusions from which paternalistic, reductionist biomedicine operates, while also articulating and envisioning new horizons of thinking and practice. This book fills me with hope that urgently needed paradigm change is possible, and I am grateful that holistic thinkers like Hardtmuth and House are helping to lead the way towards no less than an ‘evolution of human consciousness’.”

Dr Rachel Freeth, Counsellor, trainer, writer and former psychiatrist
Author of *Humanising Psychiatry and Mental Health Care*
Gloucestershire, UK

“With their publication, **Beyond Mainstream Medicine**, Thomas Hardtmuth and Richard House have presented a small masterpiece for which one can only be grateful... Particularly inspiring is the clear description of a necessary paradigm shift in medicine, in which each and every one of us can actively participate. For at the centre of this new paradigm for health is the individual human being with his or her special possibilities to strengthen his or her spiritual, soul and physical health and thus his or her complex immune system.”

Michaela Glöckler, M.D. (from the Preface)
Switzerland



In **Beyond Mainstream Medicine**, Thomas Hardtmuth and Richard House dive deeply into the very foundations of human well-being, exhaustively detailing what is wrong philosophically and clinically with the current prevailing biomedical paradigm of health and disease; how these shortcomings have been highlighted in the course of the Covid crisis; and what changes need to occur for the radical re-founding of a genuinely holistic understanding of health, illness and healing to occur.

“With their publication, ‘Beyond Mainstream Medicine’, Thomas Hardtmuth and Richard House have presented a small masterpiece.... Particularly inspiring is the clear description of a necessary paradigm shift in medicine, in which each and every one of us can actively participate... to strengthen his or her spiritual, soul and physical health and thus his or her complex immune system.”

Michaela Glöckler, M.D., from the Preface

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