

TREATMENT PROTOCOLS

Universal Precautions

A number of things need to be kept in mind when reading about the protocols, treatments, and the botanical preparations:

- 1) The clinic requires the cessation of almost western medicines prior to any treatment.

Phra Vichien has the view that many of the western medicines usually harm healthy cells and bodily systems along with the diseased. This calls for careful examination and decision making and should not be a decision a person makes without consultation.

- 2) Any formulas, teas, or tinctures should be discarded if fermentation develops.
- 3) Where alcohol is called for, clear drinking alcohol (vodka, clear whiskey, etc. should be used). Rubbing alcohol is never used as it can result in blindness or death.
- 4) If honey is called for, use only raw, unprocessed honey. Entire honey product is preferable and includes the comb. The comb should be removed at the time of use.
- 5) No treatments have shown side effects EXCEPT for the addition of honey to HIV patients. No honey should be used with these patients under any circumstances.

- 6) No medicinal products should be stored in plastic containers (glass is preferred) due to the leaching of undesirable chemicals.
- 7) All heat-extracted solutions should be stored under refrigerated conditions to slow the fermentation process.
- 8) At the clinic, tinctures are cold extractions where the botanicals are placed in a 6-8 liter wide mouthed screw topped container. Then 2.5 parts honey is added to 5 parts clear drinking alcohol. The extraction mixture should cover all the botanicals. The tincture should be allowed to sit at room temperature for a minimum of one month (a year is the ideal extraction time). All tinctures are stored at room temperature and their shelf life is indefinite (unless there is fermentation).

General Treatment Components

There are some aspects of treatments at Wat Huay Pong that run through all treatment scenarios. The spiritual aspects are addressed throughout this work and in more detail in the last chapter on blessings and spiritual teachings. In addition, all patients, and any family and friends who happen to be visiting the patients, are required to be active. By this I mean that unless there is a medical reason to the contrary, the patients prepare, or help prepare, their own food, do their own washing and cleaning, and participate in the ongoing upkeep and care for the Wat. The reason for this is that in

addition to the need and health benefit gained from exercise and cardiovascular activity, the clinic wants the patients to get good nights sleep and have the patients involved with the other patients and



providers at the clinic. This interaction will hopefully keep the patients focused and involved in their treatment, allow them to absorb the philosophy of the Wat, and to keep them from being withdrawn mentally, emotionally, and spiritually.

In addition, no matter why you come to the clinic, you will be required to, at least temporarily, adhere to a strict diet and you will be started on a detoxification treatment schedule. The detoxification treatment consists of a series of steam inhalation treatments and the detoxification protocol (which is the personalized schedule of steam treatments along with the detoxification botanicals).