

# René Quinton's Integral Approach to Maintaining the Internal/External Terrain

© By Roy Dittman, O.M.D., USA

**I**n the 1930's, philosopher, scientist and linguist Alfred Korzybski said, "The map is not the territory." What we *perceive* is not what is. It is simply our perception. In other words, our opinion about life is distinct from existence/being itself.

I believe this to be an important distinction to make as medical science moves forward. When we expect our health to match our "map" of it, and then after all our efforts we experience a breakdown, it can be very discouraging. When it comes to health, we often see that the map we have of our health is not consistent with what our bio-terrain actually *is*, and therefore what it requires. There are a multitude of health maps that we make up according to our beliefs. Examples include: the "less is better" map, or anorexic map; the anabolic body building map; the ascetic fasting map; and the always detoxifying/eliminating map.

We need a new map; a map that is an accurate reflection of the actual bio-terrain that defines human health, not just connected *to* nature but *as* nature itself. From the germ to the terrain; from *antibiotics* to *probiotics*; from antacids to enzymes; from infection to inflammation to chronic illness; there is a revolution in understanding that is taking place, whereby we are beginning to address the "blind spots" in medical science.

From the late 1800's to the early 1900's, while Darwin and Pasteur were debating evolution, the origins of life, and how to control it, Bernard, Heidegger, René Quinton, Korzybski, and Einstein were challenging our understanding of the scientific process, evolutionary biology, linguistics, and our very perception of the universe and our place in it. Each affirmed in their own way our existence as an integral part of our environment. Collectively, they gave birth to a meta-perspective that begged scientists to step out of their linguistically self-limiting scientific method and into a dynamic world where ordered chaos defines the fundamental laws of physics and the existence of our living eco-system.

## The Old Map: Us versus Them

As a teenager, I began studying Slavic languages while traveling and living in Eastern European countries. When I returned in 1995 to Moscow, my guide for the trip was the daughter of KGB General Balshakova. Eerily, she knew everything about me, including the fact that my grandfather used to fly the SR71 spy plane over the Soviet Union. At one point along our visit, we took a long walk together, and she turned to me and said, "You know all those years during the Cold War, we were figuring out how to kill each other, when we never even fired a shot. At the end of the day, all we really did was poison our own children." Her eyes welled up with tears, because she had seen the devastation in her country first-hand. Her words hit me between the eyes. We have conducted a massive experiment on our planet, where we have literally declared war on it without thinking about the long-term consequences.

Humanity's fatal flaw was in the inaccuracy of what I call "old map" thinking. We have been seeing, and in turn controlling, the world according to an inaccurate map, which says that the Earth's terrain is separate from us. Louis Pasteur, father of the germ theory, catapulted western science into the germ "era" based on the single germ, single disease, single solution theory. The risky science of microbial eradication and environmental sterility was based on the belief that we can and must identify and eradicate the "bad guy" – that one microbial strain that wants to *take us down* – and fully expect every other part of us to remain healthy and unaffected. Although the germ theory has provided us with antibiotics as a life-saving strategy, it is an incomplete map for health.

In the 1990s, researchers at the University of Virginia discovered that the h-pylori bacteria was the primary cause of stomach ulcers. The germ theory's answer was a basic course of antibiotics. However, new research is now linking a deficiency of h-pylori with childhood asthma.<sup>1</sup> How can this be? How can the same opportunistic infection cause disease and at the same time prevent it? The Australian polymath, Kenneth Seaton, DSc, Ph.D., says that when it comes to prevention of infections, we should never take the entire load off of our immune systems; only the overload. In other words, sterility is not the goal.<sup>2</sup>

<sup>1</sup> "Ulcer-Causing Bacteria May Prevent Asthma," by Serena Gordon, [www.healthfinder.gov](http://www.healthfinder.gov) <sup>2</sup> [http://www.mercola.com/article/colds/hygiene\\_systems.htm](http://www.mercola.com/article/colds/hygiene_systems.htm)

No better or more obvious parallel illustration can be found than in the case of agricultural practices in the 20th and 21st centuries. The Midwest was given the moniker “the Bread Basket” for good reason. America was once home to some of the richest topsoil on Earth. Unfortunately, what took millions of years to build up has been destroyed within the last 100 years. Rapid nutrient stripping and depletion of microbial populations due to destructive agricultural practices to support exponential population growth, has left us with what is quickly becoming a barren wasteland, and our futile attempts to remedy the dire situation have arguably been a complete disaster.

Our offenses against our environment are too numerous to mention; for all intents and purposes, we have waged war on our planet, and the fallout has become all too clear. The accumulation of pesticides is becoming more and more evident in the germ cells (i.e. sperm and ovum) of humans, a condition now known to be linked to autism, which has now affects 1 in 92 children in New Jersey.<sup>34</sup> The air quality in San Pedro, near the Port of Los Angeles, is so poor that the resident schoolchildren have the smallest, most underdeveloped lungs in the country. In Belarus, where citizens still suffer the effects of the 1986 Chernobyl nuclear meltdown, only 15% of births are normal. I could go on and on... melting polar ice caps; increased global temperatures leading to potentially catastrophic storm seasons (i.e. Hurricane Katrina); dead and dying coral reefs the world over... all are extreme outcomes of our 150-year-old misperception that we are separate from our environment.

### The New Map: We Are the Terrain

The reality is that we are part of the Earth’s terrain. There is no separation except for the separation we assumed through our language. But what evidence do we have of this new map?

Forward thinking scientists have hypothesized for many years that the Earth is actually a living “super-organism”, which regulates its own conditions in order to sustain life. Today, a team of microbiologists at the University of East London are seeking to find supportive evidence for the fact that clouds contain self-sustaining ecosystems of phytoplankton and other microorganisms, and that these ecosystems play a role in creating clouds and triggering rainfall. Says head researcher Bruce Moffett, “Microbes may have evolved ways of triggering cloud formation and rainfall to facilitate their own dispersal and reproduction.”<sup>5</sup>

Another research team half a world away, at George Washington University, is busy mapping the genomes of all the microbes found in the human body. They assert that the human body contains ten times more microbial co-habitants than human cells. They are finding that, while the functions of these microbes are unknown, they do play

a critical role in our growth and development. To confirm this, the team has studied lab rats reared in complete sterility, where they were cut off from their environment and therefore deficient in microbial species. The results showed that sterile rats had to eat 30% more food to maintain their weight, had immature immune systems, and hearts that were 20% smaller than their un-sterile cousins.<sup>6</sup>

The fact is that we, along with the world as we know it, did not evolve in a sterile environment, nor is it how we are evolving today. The lesson to learn from our microbial roommates is that all life on this planet, from the limits of our atmosphere to the internal mechanisms of our own blood, tissue and organs, is truly one and the same; we are all an expression of the living, intelligent biology and microbiology that constitutes life on Earth.

### The Reality of a Delicate Balance

Life is truly in the balance. The entire Earth exists in and because of a delicate balance of minerals, enzymes and microbes. When the scales get tipped and balance is thrown off, whether by herbicides in the soil, poor nutrition for our bodies, or toxic runoff into our water systems, we face the possibility of disease. Genes don’t mal-form by themselves; they mal-form in the presence of an imbalance. On the other hand, life springs and proliferates under the influence of a balanced environment.

Taking an extremely linear approach to health, a function of our unwavering dedication to both the scientific method and the Germ Theory, has led to a promotion of imbalance in our internal terrain, just as herbicides and pesticides have thrown off the balance of our soil. Antibiotics are pointed to as singularly important, yet they destroy every helpful microbe in range, weakening the bio-terrain thereby opening it up to infection.

Modern medicine is focusing on anti-inflammatories to address the symptoms of inflammation and pain; all the while ignoring the primary cause, which is chronic infection. Medical science is finally acknowledging that the primary cause of chronic degenerative illness is chronic infection, or, in other words, a chronic imbalance in our microbial terrain. For example, scientists have linked such chronic diseases as heart disease and diabetes with periodontal disease, and miscarriages have also been associated with chronic gum infections.

The new map is a recognition of the fact that the overwhelming majority of microbes inhabiting us – those that are destroyed as a consequence of antibiotic use, along with the pathogenic microbes – are not only helpful, they may be our best allies in the fight against infection. We may discover that we can combat opportunistic microbes by feeding the healthy microbes that restore balance, and that by doing so, we may thwart the defensive evolution of opportunistic microbes into more deadly strains.

<sup>3</sup> “State study suggests two farm sprays may raise chances of having a child with the disorder”, by Marla Cone, *LA Times* Staff Writer. July 30, 2007 <sup>4</sup> N.J. shows high rate of autism in study; Findings stir debate among the experts. By Peggy O’Crowley. *Star-Ledger*. February 09, 2007 <sup>5</sup> “Kingdoms of the Clouds” [www.hero.ac.uk/uk/research/archive](http://www.hero.ac.uk/uk/research/archive) <sup>6</sup> “Our Microbial Menagerie” by Emily Singer. *Technology Review*, August 2007.

The new map is of a world where we “treat” our terrain by supporting life rather than killing it off and by recognizing that what we do to our planet we unavoidably do to ourselves. I am relieved to see leading medical researchers, doctors and politicians beginning to grasp the power of this strategy. Former UN Secretary General Kofi Annan said recently, “Our fight against poverty, inequality and disease is directly linked to the health of the Earth itself.” And in an article that just appeared in the October 2007 issue of *Scientific American*, entitled, “Conservation for the People”, authors Kareiva and Marvier state, “Pitting nature and biodiversity against people makes little sense. Many conservationists now argue that human health and well-being should be central to conservation efforts.”<sup>7</sup>

Thankfully, the earth has demonstrated its dynamic ability to recover from the damage we inflict. For instance, when coastal waters become polluted with agricultural runoff and sewage, the opportunistic “red tide” emerges, choking off oxygen supply in the coastal waters, creating dead zones. Fish die. People get sick. We used to think that such catastrophic trends were irreversible, until *Heal The Bay* (Santa Monica, CA) proved over a decade ago that by removing the constant insult of fertilizer and pesticide runoff and sewage, not only did the red tide happily disappear, the oxygen returned and the fish were once again able to thrive.<sup>8</sup>

As we adjust to the accuracy of the new map, we discover that there is hope for our own internal “dead zones”. But the answers aren’t going to be packed into a magic pill, for which all of humanity seems to be waiting. The truth is that there is no magic pill, and there never will be. As Mother Teresa asserted, the cures for all diseases are already here. We just have to discover how to use them.

### René Quinton's Marine Plasma and the Restoration of Balance

The Earth is a macrocosm of our bodies. It is 70% water, as are our bodies; the pH of the ocean and our bodies are both alkaline, due in large part to the fact that the mineral ratio in the sea mirrors that of the human body. For centuries, humanity has dreamt about what undiscovered benefits the ocean holds for us. A few have successfully tapped into it.

Dr. Maynard Murray, American biologist, agriculturist, and medical doctor, showed through decades of agricultural research, that replenishing and rebalancing our soil is as simple as spraying a diluted seawater solution directly onto crops. He showed that this perfectly balanced mineral solution consistently yields disease resistant, pest resistant, nutrient-rich and more hydrated fruits and vegetables.<sup>9</sup>

Seawater contains a specific ratio and quantity of minerals and microbes that flow in and around both the external and internal terrains of millions of oceanic life forms. Seawater contains a universal life-supporting blueprint that not only feeds the life within it, but also has the ability to restore balance to barren soil when it washes ashore following hurricanes, tidal waves, and when it falls to the soil and into our water supply from rain clouds populated with oceanic microbial colonies.<sup>10 11</sup>

### Not All Seawater is Created Equal

At the root of the food chain, servicing all the oceans’ 320 million trillion gallons of water are plankton blooms that seasonally arise in any of seven separate locations throughout the world’s open oceans. These blooms are the wellsprings of life in the ocean. They are usually vortex-shaped, hundreds of miles wide at the surface, and at the ocean floor the vortex stirs up precious minerals, nutrients and microbes that in turn seed the exponential growth of phytoplankton within the bloom.<sup>12</sup> As phytoplankton

populations explode, they feed the larger zooplankton that in turn digest and secrete a living fluid that is packed with plankton and microbe-transformed crystalloid minerals, micro-enzymes, RNA, DNA, vitamins, synergists, and marine co-factors.

Fish lay their eggs in the bloom; the largest of fish and whales, traveling sometimes thousands of miles to reach it, feed on the plankton and krill that thrive in the bloom; a dense explosion of microbial life multiply as they feed on the plankton bloom.<sup>13</sup> Protected by the virtual walls of the vortex and acting as a great marine nest, the rarified water inside the bloom supports the entire oceanic food chain, hosts the most diverse confluence of life on Earth, and has been credited with determining atmospheric weather patterns around the world.<sup>14</sup>



I need the caption for this graphic. Original is unreadable.

<sup>7</sup> “Conservation for the People.” By Kareiva and Marvier. *Scientific American*. October 2007. <sup>8</sup> [www.HealTheBay.org](http://www.HealTheBay.org) <sup>9</sup> “Sea Energy Agriculture”. By Maynard Murray. <sup>10</sup> <http://jrsience.wcp.muohio.edu/fieldcourses06/Papers/MarineEcology/Articles/Stromatolites.html> <sup>11</sup> <http://news.mongabay.com/2005/1202-africa.html> <sup>12</sup> [http://svs.gsfc.nasa.gov/stories/el\\_nino/index.html](http://svs.gsfc.nasa.gov/stories/el_nino/index.html) <sup>13</sup> <http://www.lifesciences.napier.ac.uk/teaching/MB/Pelweb02.html> <sup>14</sup> “Plankton Cool Off With Own Clouds.” By Amit Asaravala. *Wired Magazine*. July 2004.

This primal “soup of life” is the structured water in which ocean life replenishes and renews itself and may even travel to land by way of marine plankton-seeded clouds. In the Atlantic Ocean, off the coast of France, one of these seven vortex-shaped plankton blooms is sustained year round by deep warm ocean currents traveling from Africa that rise when they reach the English Channel.

Enter René Quinton, the French physiologist whose research led him to this very bloom over 110 years ago. His experiments with the fluid extracted from the bloom proved that it was structurally *and* functionally similar to human blood plasma – a reality not shared by seawater alone; for this reason, he coined it “marine plasma” as it is still referred to today.

René Quinton and his predecessors proved through over 100,000 case studies that marine plasma represents a significant contribution to our quest for health and healing. He was able to successfully assist people suffering from an extraordinarily diverse range of conditions (many of which would be categorized as extreme) with this oceanic “soup” of life.

Today, clinicians around the world recommend Quinton<sup>®</sup> Marine Plasma<sup>™</sup> as the cornerstone of their bio-terrain protocols. With consistent use, the bio-terrain slowly rebuilds itself. In addition to everyday use as a bio-terrain tonic, colonic hydro-therapists utilize Quinton during their sessions to remineralize the colon. Chiropractors, osteopaths and acupuncturists find that their client’s clinic visits are more productive when they give Quinton to their patients beforehand. Biological dentists recommend it as a dental rinse to restore the health terrain of the gums. Allergists recommend washing the nasal sinuses and nebulizing with Quinton. OB/GYNs even recommend Quinton as a safe vaginal implant.

### A Prime Example: Balancing pH

An important illustration of how marine plasma creates balance in our internal bio-terrain is its regulating effect on pH. The ratios and quantities of major, minor, and trace minerals found in marine plasma mirror those of human blood plasma and extra-cellular fluid almost perfectly. In its isotonic state, marine plasma’s pH matches that of human blood: 7.4 to 7.6.

Both seawater and blood have inherent homeostatic mechanisms in place that ensures a constant pH. When chronic acidification occurs in our blood, the body robs calcium, magnesium and other highly charged trace minerals from our bones and tissues in order to stabilize the pH of our blood. The same holds true for the ocean at large, which draws on available calcium, magnesium and other trace minerals from such rich supplies as the coral reefs to restore its optimal pH.

Holistic health professionals have learned that the fastest way to raise blood pH is to supplement the diet with high concentrations of calcium, magnesium, cesium, and/or rubidium. However, supplementing with high concentrations of targeted minerals does not re-establish pH in a balanced manner. The best way to achieve long-term pH goals is to allow the comprehensive, already existing full spectrum of *activated*, totally bio-available minerals (including calcium, magnesium, cesium, and rubidium) found in marine plasma to intelligently raise blood pH over time and at the same time support the cultivation of good bacteria within the terrain, which also assists in pH regulation.

### Marine Plasma Facilitates Cellular Homeostasis

In 1931, Alexis Carrell won the Nobel Prize for keeping chicken liver cells alive for over 20 years in a “special isotonic saline solution” that was changed daily.<sup>15</sup> While Alexis Carrell never revealed the source of this solution, we do know that Alexis Carrell graduated from the same medical school, practiced in the same city, and was a long-time acquaintance of René Quinton’s protégé, Jean Jarricot, MD. Jean Jarricot was the director of the largest free Quinton clinic in Lyons, France for over 40 years, documenting over 20,000 case studies on the safety and efficacy of Quinton<sup>®</sup> Marine Plasma<sup>™</sup>.

Attempts to duplicate Alexis Carrell’s work using a man-made isotonic saline solution failed, and scientists have been trying unsuccessfully for decades to reproduce ordinary seawater in the lab. Therefore, we can only speculate that Alexis Carrell was using Isotonic Quinton<sup>®</sup> as the “special” saline solution that supported the “immortal” liver cells.

The point is that marine plasma creates the conditions for the optimal growth and development of cells and organisms. How? It is the ultimate saline solution; the perfect nutrigenomic influence for achieving intra-cellular and extra-cellular homeostasis.

Our cells understand marine plasma, because they learned its “language” billions of years ago when the first cellular blue-print was set. We have the correct cellular receptors to receive the information that marine plasma has to offer. Our cells recognize it. The same cannot be said for many of the processed foods, drugs, and inorganic dietary supplements that we consume today on a regular basis that contain structurally damaged ingredients.<sup>16 17</sup> Like a key that no longer fits the lock, whatever our receptor sites fail to recognize, our immune system rejects, thereby triggering an inflammatory response - a phenomenon that researchers speculate may contribute to chronic degenerative illnesses.

<sup>15</sup> [www.nobelprize.com/alexis.carrell](http://www.nobelprize.com/alexis.carrell) <sup>16</sup> This is why a raw food diet may contribute to optimal health. By not cooking or processing the foods, the raw nutrients are left in tact.

<sup>17</sup> Wall Street is watching the launch of a new company, NanoSpheRx, Inc. (nanospherx.com) - the first nano-stable technology for enhancing native molecular stability of nutrients and pharmaceuticals.

Conversely, marine plasma has free and complete access to the human cell, which has all the necessary receptors to receive it completely, as it has for billions of years. Marine plasma is always genetically informing and updating our capacity to adapt to immunogenic challenges. And, within our internal fluids, in the face of optimized enzymatic reactions catalyzed by crystalloid minerals and robust resilient colonies of probiotic microbes, opportunistic bacteria, viruses, and other infections are not given the opportunity to proliferate to the point of domination.

### **The Future of Medicine: Focusing on That Which is Evolving Us Today**

Charles Darwin's quest was to discover the pattern of evolution over the course of Earth's 4.5-billion-year history. He was interested in what evolved us and where we evolved from. Perhaps more personally relevant was that René Quinton was asking the question, "What is evolving us now?"<sup>18</sup> In the process of his great quest, he took on an integral approach to answering the question.

René Quinton showed that marine plasma was the ocean's amniotic fluid, providing a perfect provision for the renewal of the oceans, and (as an integral part of the planet) the renewal and health of our shared planetary terrain: our air, water, soil, plants, and animals, and ourselves.

I honor René Quinton's timeless discovery and would like to leave you with this integral thought: Marine plasma is the only living fluid on this planet that actively records and communicates life's dynamic evolution as it is occurring in real-time. Providing us with an accurate map of our bio-terrain, it is the primary fluid that intelligently guides and upgrades our terrain so that we are existing in harmony with all living things. 🌸

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#### *Author's Note*

*Roy Dittman, OMD may be reached by calling 949.302.9007 or by emailing them at [doctor@dittman.us](mailto:doctor@dittman.us). Quinton Marine Plasma is exclusively distributed through health professionals. Quinton® is a registered trademark of the manufacturer, Quinton Laboratorios, Spain. Marine Plasma™ is a registered trademark of Original Quinton North America. All rights reserved.*

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#### *About the Author*

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<sup>18</sup> « L'eau de mer milieu organique. » By Andre Mahe