



Dr Jean-Claude Lapraz
& Marie-Laure
de Clermont-Tonnerre

*Personalized
Medicine*

Regaining and
Maintaining Health

Conventional medicine can all too often focus solely on symptoms, which means the illness is looked at in isolation from the patient. Endobiogenic medicine - the holistic approach practiced by Dr. Jean-Claude Lapraz - puts the patient back at the center of the consultation and treatment process.

In *Personalized Medicine*, Lapraz presents new ideas and solutions to all those who are looking for effective treatments with fewer side-effects.

From high cholesterol and respiratory infections to eczema, we hear patients tell their own stories to a doctor who connects what he hears with new integrative biological markers developed by the late Dr. Duraffourd.

Dr. Lapraz goes into detail on how he comes to answer those questions that concern us all: prevention of illness, promotion of health, and safe and effective treatment.



Dr. Jean-Claude Lapraz

Dr. Jean-Claude Lapraz is a general medical practitioner. For more than forty years, he has been developing Endobiogenic medicine, in private practice, in his native France and in other countries.

His unique approach benefits the patient and practitioner alike.

He is Co-President with Dr Kamyar Hedayat of Numa Holding Group (Chicago, USA), www.numahealth.com



Marie-Laure de Clermont-Tonnerre

A graduate of Sciences Po Paris, Marie-Laure de Clermont-Tonnerre is a journalist who has followed Dr. Lapraz and his team over two years in her search for good health.

This English-language edition of *La Médecine personnalisée. Retrouver et garder la santé* by Jean-Claude Lapraz and Marie-Laure de Clermont-Tonnerre is published by arrangement and with the support of the Lithuanian Foundation of Endobiogeny - VSI Endobiogenikos draugija, Translated by Julian Barker.

In his approach to healing that puts the individual patient at the heart of the consultation, Lapraz applies the rigour of true science to the tradition of plant-based medicine developed by Dr. Jean Valnet and others, and makes for a fascinating read.

Barbara Griggs, author of *Green Pharmacy*

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PREFACE TO THE ENGLISH-LANGUAGE

EDITION

Endotogeny is a term doubtless unfamiliar to most English-speakers, even those with a particular interest in integrative approaches to physiology and medicine. *Personalized Medicine* is the first English-language introduction to this developing science, written jointly by its foremost living exponent—Dr. Jean-Claude Lapraz—and by a journalist who was also his patient—Marie-Lauré Cormont-Ferre. It is aimed both at the general public and at members of the health professions.

What is there about the approach of Dr. Lapraz and his former colleague, Dr. Christian Duraffourd, that offers hope to patients such as Marie-Lauré, who suffer from serious, chronic and apparently incurable ailments? These two doctors developed a diagnostic method that while being rooted in modern science, allows an insight into the true causes of imbalance and disease in a patient; far from being backward-looking, it uses a systems approach that is in line with the most modern scientific thinking. The choice of medicinal plants as therapeutic agents is perfectly with this approach, as *Personalized Medicine* explains. The book explains Endotogenic principles and methods, including the underlying system known as the Biology of Functions, and is full of remarkable case histories that attest to the efficacy of this approach.

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According to Dr. Lapraz, the method of Endobiogeny is three-fold: listening to the patient, examining them carefully, and analysing their bloodwork using the Biology of Functions. For patient and practitioner alike, this offers a rich experience. For the patient, being heard—and believed—is validating, and brings insights. There is a call for you to be empowered, to step into a place of healing and wellness. This is an active pursuit of health that requires your participation at every step of the journey. For the care-provider, empowerment comes from clarity of diagnosis and confidence in prescribing personalized care. Finally, medicine returns to art of wellness!

Originating in France, Endobiogeny has now been taught to health practitioners in a number of countries, as outlined in chapter 7. It has been for us a great pleasure to work alongside Dr. Lapraz in diffusing the knowledge of Endobiogeny throughout the world. I (Kamyar Hedayat) have, since 2010, with Dr. Lapraz developed international training programmes in Endobiogenic medicine. Through our research and educational company SBRG, we have created a certification program to ensure the highest level of training in the authentic vision of Endobiogeny as taught by Drs. Duraffourd and Lapraz. In addition, Dr. Lapraz and I have been active in clinical research, the first ever three-volume textbook, and a handbook of Endobiogenic Medicine for doctors in practice (Elsevier, 2019). Now more than ever, physicians are being trained in Endobiogeny to meet the growing interest of patients for participatory medicine that is at once scientific and humanistic.

In the United Kingdom, from 1990 to 2010, I (Colin Nicholls) organized a series of training seminars in Endobiogeny for medical herbalists and health professionals, led originally by Dr. Lapraz and more recently by Dr. Hedayat. As a former Program Leader of the BSc and MSc Herbal Medicine practitioner training programs at Middlesex University, and one of a small group of medical herbalists in the UK who have SBRG certification in foundational Endobiogeny concepts, I am committed, together with my colleagues, to making this revolutionary medical approach more available both to the general public and to health professionals in the UK. Projects currently under development include an entry-level Endobiogenic program for GPs and other medical professionals.

We hope that *Personalized Medicine*, exploring Endobiogeny as it does from a dual perspective, will inspire both patients and practitioners in the English-speaking world to re-examine the whole concept of

appropriate medical practice central both to the maintenance of care that they offer to others.

Colin Nicholls
President, Endobiogenic Medicine
www.endobio.org.uk

Kamyar M. Hedayat, MD
President, American Society of
Integrative Medicine and Integrative
www.aseqip.org
Co-President, Systems Biology
Medical Director, Full Spectrum
Medical Center
Chicago, Illinois, USA

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appropriate medical practice, and to adopt Endobiogeny philosophy as central both to the maintenance of their own health and to the care that they offer to others.

Colin Nicholls

President, Endobiogeny Medicine Society (UK)
www.endobio.org.uk

Kamyar M. Hedayat, MD

President, American Society of Endobiogeny
Medicine and Integrative Physiology
www.asemip.org

Co-President, Systems Biology Research Group
Medical Director, Full Spectrum Health: An Endobiogeny
Medical Center
Chicago, Illinois, USA