

A Brief Biography: Dr. Randolph Stone DO ND DC

compiled by Peggy Barrett, RPP



Polarity Therapy was developed by Dr. Randolph Stone, DO, ND, DC (1890 to 1981).

As a young boy, Dr. Stone immigrated to Chicago from Austria with his family. He learned English by comparing his well studied German Bible, with the English version. Thus began his un-ending and voracious appetite for learning and knowledge. In 1914, he received his degrees in Osteopathy, Chiropractic and Naturopathy. As an ardent student of philosophy, theosophy and world religions, he travelled the world several times in search of underlying and corresponding truths and tenets, devoting much of his time to the study and understanding of the mysteries of life.

Dr. Stone remained dedicated to tireless study and enthusiastic observation of natural laws. He was aware that various cultures had the ability to employ these laws for healing by integrating the body, mind, emotions and spirit. This led him to the discovery that disease and pain would occur when the natural flow of the body's energy was disrupted or blocked due to stress or other invading factors. As a result, he developed methods to find blockages in a person's energy field and to release any held energy in order to restore their system to a higher degree of health. Rather than concerning himself with symptoms, he always looked for the health in an individual in order to build upon it, thus Polarity Therapy has come to be known as a health building process.

Through his research, Dr. Stone discovered that it is the blending of electromagnetic energy with the chemistry and physiology of the body that is the true secret to health. He called his work Polarity Therapy based on the principles of positive and negative energy flow within the body and applied these energy principles in his Chicago medical practice. In the 1960's, he began to teach other doctors. By 1970, he was leading numerous, well attended seminars. Of course today, research has proven that indeed there is a flow of electrical energy in and around the human body, examples of which are found via brain waves, heart rhythms, etc. Dr. Stone was once referred to, by Dr. Robert K. Hall, MD, founder of the Lomi Institute, as 'the father of a new field of energetic studies'.

Dr. Stone's first work was published in 1949, and was followed by 7 more books. His writings encompass the rich tapestry of experience and knowledge that he had acquired. They are evidence of his fervent discovery of the intersecting aspects of Eastern, Western, Medieval, Scientific, Ancient and Modern understandings of man and health. He eventually retired at age 83 to spend his remaining years in contemplation and meditation in India. In 1984, a core group of his students founded a national organization, the American Polarity Therapy Association, to support the continuation and expansion of his work. The depths of his writings continue to be unravelled and explored.