

ROCINE'S CONSTITUTIONAL CHEMISTRY.

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from notes and information from the lectures of Victor G. Rocine D.Sc.

We have reached considerable sophistication in all aspects of science and technology, so much so, that in most cases we have become totally alienated from our natural heritage and somehow consider ourselves not to be the subjects of Natural Law, but its conquerors.

If, however, we look at the food we eat, and more importantly at the base substances our society needs for most of the modern structural and chemical products we take for granted, then we come to the conclusion that our civilisation is just as firmly based on natural foundations, as were the societies of hunter and food gatherer peoples; indeed there are very few products, from 'synthetics', to structural materials and medicines, where we will not find in the chain of chemical synthesis some essential plant or other organic extract, without which such manufacture would be impossible.

To understand the laws of nature, and to be able to apply them, it is often best to return to basics at some time in our journey. To know the deeper and complex workings of the biological processes within ourselves and in other living things is essential in our complex scientific and technological society; but in this knowledge of the complex, we can readily lose view of the whole: "we cannot see the wood for the trees". There have been, through the ages, those special people who have taken us to the "mountain top" of life, so that we may view its complexity at a glance, and we may understand the foundations of all life. One of those people is Victor G. Rocine D.Sc., the Norwegian Homeopath, who focussed on the major constituent elements of the human body, which he considered must, by the very virtue of their quantitative importance, play a major role in human physiology.

On this basis, he developed a simple, clear system that places these major essential elements in a context, which is both applied and scientific. Understanding his classifications of human chemical types and their related food chemicals, does not only provide an insight in the underpinnings of biochemistry, but also gives us an unparalleled insight in what may go wrong with human health, and what may be done to correct it.

Victor G. Rocine D.Sc. was a scientist who looked at human ecology as no other has done, one can therefore do little better than to cogitate these notes from his lectures in 1921 on the Constitutional

Chemical Elements and their function. Although the notes presented below have been considerably updated and edited from the original notes taken, every effort has been made to retain both the quality and the style of his approach.

Rocine's classifications of human chemical types and their related food chemicals are available as a PDF document: [Rocine_constitutional_chemistry.pdf](#)

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