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Academic Therapist

Thoughts and information about homeopathy and health

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Foreword

Dear readers,

From my point of view, the topic of health has changed in recent decades. Never before has it been so easy to obtain knowledge and at the same time so difficult to maintain an overview. The main aim of this book is simply to publish knowledge that has been gathered together. Knowledge that is more or less useful to everyone can be found in many books and on websites.

The usefulness of this knowledge also depends on how much each individual trusts the statements. Admittedly, some symptoms or illnesses require in-depth research. However, not everyone should see a doctor for every "little thing" to help them get better.

The subject of cancer, for example, is so fraught with fear, even though two thirds of all cancers can be prevented with simple lifestyle changes, including dietary habits.

It goes without saying that this book cannot and should not replace medical, therapeutic or naturopathic advice.

1. Introduction

Classical homeopathy is becoming increasingly popular with more and more people. Both statistics and the growing number of patients in homeopathic practices show that sick people are actively and consciously opting for alternative treatment. The term homeopathy was coined at the end of the 18th century by its founder Samuel Hahnemann.

The concept of homeopathy

At that time, the average life expectancy at birth was 33 years due to the high infant mortality rate. A significant¹ change compared to earlier times is also evident in the response time in which sick people sought medical help. Even in cases of severe acute illness, medical help was not usually sought before the third day and often only much later.

Response time until medical assistance is sought

Not only citizens of the lower classes, but also members of the upper classes avoided the sickbed for as long as possible. The prevailing view was that the bed attracted illnesses and worsened the state of health.

It is interesting to note the complete conviction of the people of the time with regard to the cause of illnesses. Basically, there were only two patterns of interpretation, namely natural causes (dietary errors, living conditions, environmental conditions, etc.) or other causes, such as supernatural forces (God, demons, witches). Regardless of which theory was preferred, there

Cause of diseases

¹ Significant: essential, important, considerably recognizable.

Illness is selfinflicted was complete agreement on one thing: in most cases, illness was self-inflicted. Either God punished sinful people with illness, or nature took revenge on the body for an excessive, unhealthy lifestyle.

Choice of therapist

At the beginning of the 19th century, people were often faced with the choice of which therapist could best help them. Not much has changed since then. The reputation of the therapist was decisive. Patients placed their trust in actual or credible healing successes, which was often made up of equal numbers of upper, middle and lower classes.

The stethoscope was invented by Hyacinthe Laennec as early as 1819, but only became established in medical practice in the second half of the 19th century. It was a similar story with the clinical thermometer, acupuncture and pulse measurement, which was carried out using a watch. The medical history was much more important.

Patient statements are not interesting

In a contemporary standard work on diagnostics, it can be read that even at this time (only) doctors were warned not to take patients' statements too literally. At the same time, the same author emphasizes that there may be cases in which a patient's personal account can provide a doctor with important information.

Today, it is increasingly recognized that the individual perception of a patient can provide valuable clues - especially in alternative medicine.

A homeopath has a completely different opinion in this respect. For him, the patient-doctor relationship is paramount. Patients like to work cooperatively with the therapist. This makes people feel that their problems are being perceived correctly and comprehensively.

People do not benefit from conventional medical concepts

In addition, and this may be one reason for the growing recognition of classical homeopathy, patients do not benefit sufficiently from conventional medical concepts and often seek help elsewhere. For such people in particular, homeopathy can be a valuable - and sometimes the only - alternative.

The aim of every therapy, regardless of which method is used, is to activate the body's self-healing powers. At the same time, the regeneration potential should be strengthened and, ideally, body, soul and spirit should be brought into harmony. In recent years, it has been observed that homeopathic methods have become more explainable, even provable, through scientific findings - for example from the fields of

Self-healing powers of the body epigenetics³, the microbiome⁴, neurobiology⁵ or fascia⁶ theory.

Quantum and information medicine

Finally, there are explanations on the subject of quantum and information medicine and energy medicine, which confirm the above statements. This is a fairly new science. Since the mid-1970s, Prof. Fritz-Albert Popp has been researching "ultra-weak cell radiation" or "biophotons".

Body light in cells

Professor Popp has shown that all living beings, including humans, emit a faint glow that is invisible to the naked eye. Only highly sensitive measuring instruments are able to detect this "radiation". The so-called body light expresses the physiological processes in cells and tissue. As a result, it provides evidence of the state of the organism and its external influences.

Scientific findings and developments demonstrate that the human organism not only consists of the solid matter of molecules, cells and tissue, but also has an electromagnetic field component. Organisms such as humans and animals can therefore be analyzed using appropriate laboratory equipment.

³ Epigenetics explains the influence of environmental factors on cell properties and how these influence the activity of genes.

⁴ The totality of all microorganisms, such as bacteria or viruses, that colonize an organism (human, animal).

⁵ Neurobiology deals with the structure and functioning of nerve cells (neurons) and nervous systems.

⁶ Fascia" is generally understood to be the connective tissue sheath of a muscle or muscle group. This includes various subtypes such as the head and neck fascia, trunk fascia, limb fascia and muscle fascia.

Evidence of electromagnetic fields in an organism was provided in 1999 by demonstrating how a magnet could be stabilized in the correct position by two fingers: For example, the magnet floats between the index finger and thumb without touching the skin (diamagnetism).

Electromagne tic fields in the organism

This method offers two invaluable advantages: On the one hand, the possibility of analyzing the entire organism for diseases or deficits and, on the other hand, testing the tolerability and efficacy of medication.

> Interference waves as an indicator

The age of IT (information technology), some also say EDP (electronic data processing), makes it possible to analyze waves that are present in every body. If a wave exhibits a certain pattern ("disturbance"), this is an indication of a disease. At the same time, a database with over 62,000 signals is compared to determine the "disease".

It is a quick and easy way to find out which medications have an effect on an organism. This makes it possible to protect the organism from drugs that work poorly or cause damage. This shortens the duration of therapy and maximizes healing success.

The most important facts in brief:

- More and more people are turning to homeopathy.
- In the past, people only consulted a doctor after three or four days - even for serious illnesses.

- The prevailing view among the general public was that illness was in most cases selfinflicted.
- Doctors were warned not to believe patients' statements.
- The patient-doctor relationship is only a priority for homeopaths.
- Homeopathic therapies are increasingly supported by scientific evidence.
- Homeopaths rely on the body's self-healing powers.
- Quantum and information medicine (energy medicine) provides valuable insights.

2 Important homeopaths

Homeopathy was developed and shaped by various people. To list all the important names would go beyond the scope of this chapter. Therefore, the focus here is on three of the most important homeopaths - first and foremost Dr. Samuel Hahnemann, the most important German physician of the Goethe era.

2.1 Samuel Hahnemann

An imposing memorial near the White House in Washington today commemorates Dr. Samuel Hahnemann (10.04.1755 - 02.07.1843), the founder of homeopathy. Millions of people all over the world now trust his healing methods. In 1792, Hahnemann courageously took a stand against the highly respected doctors at the imperial court in Vienna and publicly criticized the excessive use of bloodletting - even though he himself was still barely known.

Criticism of bloodletting

Nevertheless, it should be noted that he had never performed bloodletting. His criticism triggered a debate about the "right" or "wrong" therapy, as he described the therapy used by the doctors (bloodletting) as malpractice. Emperor Leopold II died unexpectedly on March 1, 1792 after undergoing bloodletting four times in the presence of his wife.

The birth of homeopathy is seen in Hahnemann's discovery of the law of similars (similia similibus curentur = like should be treated with like). This law was discovered through an experiment with

Similarity principle

cinchona bark, which has been repeated many times to this day in order to either confirm or refute Hahnemann's teachings. The drug trials were carried out on healthy bodies or were described in the literature.

Drug trials on healthy people In order to achieve as many successes as possible, these tests were carried out on healthy people under the most equal and moderate external conditions possible. The respective symptoms were numbered and listed according to a fixed scheme: in two rows from head to toe and from physical to psychological symptoms.

Mild mercury-silver preparation that is still valid today During his research period, Hahnemann produced a large number of extensive translations and wrote his own works, including some groundbreaking contributions to chemistry. The description of the soluble mercury (Mercur solubilis Hahnemann) named after Hahnemann is a mild mercury preparation that he used specifically for the treatment of venereal diseases. Even later opponents were full of praise for this remedy. This medicine is still prescribed today for skin diseases.

Doctor, pharmacist and chemist In 1797, Hahnemann completed his medical studies at the Friedrich-Alexander University in Erlangen with the doctorate "Dr. med. Christian Friedrich Samuel Hahnemann". Dr. Hahnemann now practised as a doctor, pharmacist and chemist in various laboratories. Shortly before his doctorate, he was granted an exemption by the then Duke. Thanks to his expertise as a medical writer and his skills, he enjoyed a reputation as a

"skillful" chemist and physician. This enabled him to set up as a doctor in Wolfenbüttel.

For many years, Hahnemann fell into resignation as he repeatedly observed the inability of the medical art to help people with most diseases. According to his principle, medicine is a science of experience; it deals with the eradication of diseases through remedies.

A further basic principle relates to drug discovery in homeopathy: for Hahnemann, it was not the superficial but the characteristic symptoms of a clinical picture that were decisive. As a result, individual treatment was carried out with the appropriate (homeopathic) remedy.

Individual treatment

The research work produced numerous homeopathic remedies that clearly differed from conventional medical procedures. To clarify this distinction, the term allopathy (Greek allos 'different' and pathos 'disease') was introduced in 1816.

Hahnemann's writings on the symptoms of diseases explicitly mention how important the case history is for a homeopathic physician. He attaches great importance to not interrupting the patient when describing his ailments and letting him finish (Organon, § 63). At the same time, he describes this work as the most difficult work.

Medical history of utmost importance Patients take center stage

This approach was timeconsuming. Hahnemann could only see between five and a maximum of eight patients per day. This



method has not changed much among homeopaths to this day.

In comparison, it should be mentioned that a conventional doctor sees between 90 and 120 patients a day. In addition, Hahnemann was almost always available for his patients - regardless of whether they were prominent or not. Sometimes he even spoke to his patients at weekends.

Initial aggravation

No less important is the so-called phenomenon of initial aggravation (Organon, § 132). Taking a homeopathic remedy, especially for chronic conditions, can trigger an intensification of physical symptoms. These effects are called the first reaction or first aggravation, which Hahnemann regarded as positive. In his opinion, this reaction was a sign that the remedy stimulated the life force or encouraged the organism to heal itself.

Individual drug selection is of utmost importance

The individual choice of remedy was of such great importance to Hahnemann that he expressly warned against declaring certain remedies to be favorites on the basis of occasional successes (Organon, § 221).

Finally, Hahnemann's Organon contains another basic principle, namely that of giving the smallest

possible doses of homeopathic remedies (Organon, § 242).

Hahnemann's publications and practices often caught him in the crossfire of orthodox physicians. However, in addition to his critics, he also had numerous supporters - including doctors and even high-ranking government representatives. His methods were obviously significant, as the Duke and Duchess from his time in Köthen were among his most prominent patients, as well as the French aristocracy. The close doctor-patient relationship was in many cases what contributed to the success of homeopathy.

Doctors fight homeopathy

The archives of the Robert Bosch Stiftung's Institute for the History of Medicine in Stuttgart contain over 5,500 letters from patients documenting Hahnemann's unusual commitment. One letter from 1838 mentions that Hahnemann not only treated the rich and famous in his practice, but also the destitute and less well-off.

Poor people were treated as equals

Hahnemann made no distinction between his patients - a preferred status, as often enjoyed by private patients today, did not exist in his practice.

Finally, a quote from Dr. Samuel Hahnemann:

"The doctor's highest and only profession is to make sick people well, which is called healing."

The most important facts in brief:

- Hahnemann provides the impetus for a debate on what is the "right" or "wrong" therapy.
- Similar things should be treated with similar things (principle of similarity).
- Drugs were tested on healthy people.
- The inability of the medical art is emphasized again and again.
- Medicines must be prescribed individually.
- The medical history (anamnesis) is the key to healing.
- Hahnemann could treat a maximum of 8 people per day.
- There were no privileges for the rich or similar.

2.2 Edward Bach

Career aspiration:

Edward Bach was born on September 24, 1886 in Moseley near Birmingham. From 1903, he worked as an apprentice in his father's brass foundry. There he observed the physical illnesses and the associated mental conflicts among the workers for several years. His own career goal was not clear for a long time; he wavered between theology and medicine, which he finally decided on.

After studying medicine in Birmingham and London, he soon qualified as a doctor and worked as head of the casualty department at University College Hospital. He then became an assistant in the bacteriology and immunology department. Through this work, he recognized connections

between certain bacterial strains in the human intestine and chronic disease symptoms. He succeeded in preparing vaccines from the various bacterial strains.

Development of vaccines

In 1917, Dr. Bach suffered a health collapse and had to be operated on for a malignant spleen tumor. The doctors gave him only three months to live. However, his unconditional desire to complete his research project helped him to overcome this crisis. After his recovery, he took up a position at the London Homeopathic Hospital.

It was during this time that he came across Samuel Hahnemann's Organon. In the course of his research, Bach found that his results agreed with those of Hahnemann in certain areas.

He then prepared vaccines as homeopathic nosodes¹³, which he divided into seven main groups (Bach nosodes). In addition, Bach worked out the so-called emotional symptoms of the patients and was finally able to assign a certain emotional personality to each bacterial group (nosode).

Bach-Nosodes

In the 1920s, Bach opened a laboratory, a practice and a consultation room for the destitute in London. After realizing that his nosodes could not cure chronic diseases, he turned to plants with a

Research with plants

¹³ Nosode: Medicinal product made from diseased organs, pus or similar and used in dilutions to treat the same ailment as an inoculation or for homeopathic therapy.

similar vibrational frequency to that of the nosodes.

In doing so, he focused on the psychological component of illness. Bach recognized that people with similar psychological personality patterns often react in the same way to illness.

At the height of his medical career, Bach sold his practice and laboratory to devote himself to the study of different human personality types and the search for specific healing plants. Together with his assistant Nora Weeks, he not only discovered the first 9 of the so-called 12 healers, but also how to prepare them.

Publication of "Heal yourself" Bach published his findings and his philosophy in deliberately simple language that was also understandable to the layman (writing: Heal Thyself - Heal Thyself). Earlier colleagues tested his flower remedies and encouraged him to continue with his work.

Confrontation with the medical Dr. Edward Bach came under fire from the medical association for his publications. It threatened to remove him from the medical register if he continued to employ lay doctors and spread his findings in lay circles. Nevertheless, Bach stuck to his opinion. Bach made his mother tinctures available to two large London pharmacies free of charge - on condition that they were sold at the lowest possible price.

Bach's sensitivity increased dramatically in the following period. As a result, he experienced

further negative emotional states of mind in which he found the corresponding plant. The symptoms disappeared within a few hours of preparing and taking the essences. With Nora Weeks' support, Bach was able to discover 19 more remedies.

In 1936, he considered his system complete and his work finished. He then shared his findings with the public in lectures in order to make them accessible to a wide audience. He died in his sleep on November 27, 1936.

Completion of his work and "simultaneous" death

Today, we know that the Bach flower system does not take the laborious detour via the physical body, but acts directly on the human energy system at finer energetic levels. Before Dr. Edward Bach developed the flower system, he was a successful bacteriologist and homeopath. He felt a spiritual connection with Hippocrates¹⁵, Paracelsus¹⁶ and Samuel Hahnemann.

Bach flower system



All these important homeopaths shared the view that there are no diseases, only sick people! Bach goes one step further by calling on

Heal thyself

people to take responsibility for themselves "Heal thyself". He provides proof that every person

 $^{^{\}rm 15}$ Hippocrates of Kos (ca. 460 BC - ca. 370 BC), founder of the theory of the four humors (blood, phlegm, yellow and black bile).

 $^{^{16}}$ Theophrastus Bombast von Hohenheim, known as Paracelsus (1493 / 1494 - 1541), Swiss physician - one of the most famous European doctors in the second half of the 16th century.

carries their own remedies within them, thus removing the fear of illness as a basis for existence.

Bach flower therapy was developed around 100 years ago and is now respected and widely used around the world. It is used to deal with the negative emotional states of human nature (e.g. impatience, pusillanimity, insecurity, jealousy, etc.) in a constructive way. The aim is to reconnect with one's own mental self-healing powers.

Psychic healing power

The aim of this therapy is mental (psychological) harmonization and thus the maximum development and stability of the personality.

As a result, greater resistance to mental disorders and mentally induced physical disorders should be achieved. It is wrong to associate the effect of Bach flower therapy directly with physical symptoms of illness! First and foremost, it serves mental health care.

Prevention of Bach flowers

This is why the flower concentrates can only be used to prevent physical illnesses and to support professional medical or psychological treatment, but cannot replace it.

The most important facts in brief:

- Bach wanted to be a doctor.
- He discovered that bacterial strains in the gut and chronic diseases are linked.
- He developed vaccines and Bach flower therapy.

- For him, there were no diseases, only sick people.
- Pharmacies received his preparations free of charge with the proviso that they should be sold as cheaply as possible.
- Bach felt spiritually connected to Hippocrates, Paracelsus and Hahnemann.

2.3 Waldemar Diesing

Dr. Waldemar Diesing (1902 - 1992) was not a man of the public eye. As a student of Warburg and Wieland, the Nobel Prize winners for medicine and chemistry, he worked as a researcher and developer for snake venom therapy. At the time, he belonged to a circle of renowned pharmacologists and chemists. Waldemar Diesing found a method to purify animal venom and remove protein components that could cause severe allergic reactions as a side effect.

Purification of animal toxins

In his Institute for Experimental Animal Research, he succeeded in producing the first pure animal toxins. Today, these pharmaceutical products are among the top products in medicine. In one of his lectures in the 1960s, Diesing predicted that enzyme therapy was the future. His statement has proven to be correct.

The future of enzyme therapy

Diesing's research was based on the realization that certain substances such as the venom of snakes, spiders, scorpions, toads and salamanders could be purified and the protein extracted in order to use them for medicinal purposes. He discovered that the venoms are mostly secretions from the digestive glands of the respective animal species and do not serve as a defense.

No denaturation of snake venoms Snake venoms do not require prior denaturation of native proteins, as occurs in the digestive tract of mammals, for example, through the hydrochloric acid in the stomach. The process is comparable to the enzymes that develop protein-splitting activity.

The enzymes are able to specifically repair disorders in or on the cells, fight pathogens and cancer cells and promote healing in inflammatory processes. They also have a regulating effect on the immune system. They can strengthen a weakened immune system and restore an overactive immune system, as occurs with allergies, to its normal functional state.

Regardless of whether repair or regulation is required, the enzymes are limited to the damaged body material. Healthy tissue is not affected. With the therapy he developed, Dr. Diesing pursued the goal of using animal toxins in such a way that they repair the exact site of the damaged cell.

Regulation of the immune system

A specific snake venom enzyme was used for each disease and each symptom so that an individual therapeutic effect could be achieved.

He made his research results available to doctors and alternative practitioners to support their responsible work on sick people. With more than 5,000 copies, the first edition of his research results was sold out within a few months.

Publication of the results sold out

The number of prescribers of pure snake toxins continues to rise. This is also linked to the demand for Dr. Waldemar Diesing's booklet: "Snake enzymes and their significance for medicine".

The most important facts in brief:

- Diesing avoided the public eye.
- He developed snake venom therapy.
- Venoms from which the protein has been removed are valuable for medicine.
- Snake venoms are able to repair body cells in a targeted manner.
- Healthy tissue is not damaged by snake venom therapy.

3 Homeopathy as a science

Science aims to gain knowledge (research) and to communicate this knowledge (teaching). In doing so, it uses recognized and valid methods and publishes the corresponding results. In contrast to Christian theology, science is neither bound to presuppositions nor to results.

3.1 Freedom of therapy

An important principle in medical treatment by a therapist is freedom of therapy. Neither doctors nor alternative practitioners are bound by treatment methods or medicines. Due to their professional competence, it is up to a therapist to decide which therapy to suggest to a patient.

However, in order to protect patients, therapists are obliged to use the latest scientific knowledge and exercise due care. The law does not accept a lack of experience or inadequate training as justification for treatment errors.

Freedom of therapy may only be restricted if patients refuse certain procedures or medication. The implementation of a measure against a patient's will is not permitted. In healthcare, there are always discussions regarding freedom of therapy, as service providers (e.g. health insurance companies, statutory or private) recommend different management models in order to reduce costs and increase the quality of care for patients. Freedom of therapy may only be restricted if patients refuse certain procedures or medication.

No commitment to drugs or treatment methods

Patients must always consent



The implementation of a measure against a patient's will is not permitted. In healthcare, there are always discussions regarding

freedom of therapy, as service providers (e.g. health insurance companies, statutory or private) recommend different management models in order to reduce costs and increase the quality of care for patients. However, therapists see this as an inadmissible restriction of their therapeutic freedom and speak of so-called "cookbook medicine".

The wrong therapies can make you ill A medical intervention is carried out with the intention of making the sick organism healthy or at least healthier. If the wrong therapy is chosen, incorrectly applied or affects a healthy organism, it can make people ill. Alternative practitioners and doctors are not allowed to change the recommended dosage of finished medicinal products that contain a package insert with corresponding indications, despite the fact that they have therapeutic freedom.

Prescription of favorite medications

However, freedom of therapy also has its downsides. The very thing that Hahnemann expressly warns against in his guidelines unfortunately often occurs in everyday practice: Doctors prefer to prescribe their favorite medications.

A doctor gaining his first professional experience in a hospital, for example, and reporting to a superior (senior physician), will rarely contradict his boss when it comes to drawing up a treatment plan.

Assuming that it was common practice for the senior physician to prescribe a certain antibiotic for several years, the "apprentice" is unlikely to deviate from the previous recommendation. It is quite common in conventional medicine to "test" drugs for their tolerability in patients. If the patient experiences undesirable side effects when administering a drug, an intolerance can be concluded. A new preparation is prescribed and the procedure starts all over again.

Doctors are not familiar with testing medications before prescribing

Only the layperson or innocent patient assumes that doctors and alternative practitioners know when to prescribe which medication as part of their training. Unfortunately, this is not the case. There are various reasons for this: Firstly, due to the freedom of therapy, which would influence a therapist in their work if recommendations for medicines were included in the training documents.

No recommendation of medication during training

Secondly, the question of which medication should be published in the books cannot be answered without giving the impression of manipulating therapists or favoring certain drug manufacturers. At least in the training documents for alternative there few practitioners, are verv recommendations by the author. No alternative practitioner could practise his profession with knowledge this small number of recommendations.

Only reference works are available However, in order to support alternative practitioners and doctors in their professional practice, there are special books and electronic databases containing medicines and symptoms. This by no means solves the issue of favorite medications - for the symptom "cough" alone, the literature lists up to twenty different preparations, depending on the source. This once again raises the question of which of the listed medications works best for the patient, which brings us back to the problem of favorite medications.

Test medicines before prescribing In the field of homeopathy, devices have existed for several decades to test the effect of a medicine on an organism. The results



show whether the patient can tolerate a medicine, whether it works and which alternatives might be more suitable.

Why such procedures are not used in conventional medicine remains a mystery. There are still many alternative practitioners who work without such medical devices because they shy away from the high acquisition costs.

The most important facts in brief:

- Therapists are obliged to undergo further training.
- Freedom of therapy only exists as long as the patient agrees.

- Measures against the patient's will are not permitted.
- Doctors are influenced in their choice of medication by pharmaceutical consultants.
- Medication is not tested for tolerability/efficacy in patients before being prescribed by a doctor.

3.2 Health / Illness

The concepts of health and illness are defined differently in allopathy (the opposite of homeopathy). According to the World Health Organization (WHO), health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

New definition of health

It remains to be seen whether this ideal state can always be achieved in reality. This formulation is quite new, because until the year 2000, health was described as the normal or trouble-free functioning of all life processes, namely the absence of disease.

Psychosomatics are not taken into The latter is a common definition of allopathy. Once a patient's objective symptoms have disappeared, the doctor's task normally ends. "Disorders of well-being" without recognizable findings are often excluded because conventional medicine cannot do anything with them.

Allopathy reaches its limits particularly in the case of disorders with a psychological cause - i.e. psychosomatic illnesses. If treatment is nevertheless carried out, the damage is usually greater than the benefit.

Cholesterol and blood pressure In this context, it must be mentioned that, for example, increased blood pressure, a rise in cholesterol levels or certain antibody levels above the norm can be considered signs of illness - even without noticeable symptoms. In these cases, treatment with counteracting agents is regularly used.

In homeopathy, the concept of health is defined in much greater detail according to Samuel Hahnemann. In his Organon, Hahnemann speaks of the healthy state of a person who possesses an invigorating vitality that is accompanied by an admirable and harmonious course of life in feelings and activities.²⁰

Health in the sense of Hahnemann

The German term "Krankheit" is derived from the Middle High German word "kranc", which means weak. In English, illness is referred to as "dis-ease" (opposite of lightness), while in Latin it is referred to as "morbus" (is death) and "mors" or "morbid".

Different definitions of illness

In addition, there are numerous other definitions of disease, such as a "disturbance of the normal processes in the body or its individual parts", "the totality of successive, abnormal reactions of an organism or its parts to a pathogenic stimulus" and several others.

There are people who take significantly more than ten or even more prescribed medicines every day. However, this does not necessarily mean that such a patient is seriously ill, as drugs are often prescribed for side effects caused by another drug. Statins²¹ or various blood thinners²², for example, are relatively well-known and can cause joint and/or stomach pain and much more.

²⁰ Excerpts and analogy from § 9 Organon.

²¹ Statins are supposed to lower cholesterol.

²² Blood thinners (anticoagulants) are intended to protect against blood clots in the bloodstream.

Medication against side

Instead of recommending an alternative preparation when side effects occur, a medication for joint or stomach pain is usually prescribed. In some cases, such solutions are intended to avoid conflicts with health insurance companies, as more effective and less harmful drugs are often considerably more expensive.

Even in homeopathy, the concept of disease is only very vaguely defined. It is described as a condition that is triggered by certain signs of illness and thus causes suffering of the vital force.

Illness as a red warning light

The illness shows what remedy is needed to transform the illness into health. Illness serves as a red warning light that tangibly signals that something must be changed immediately if total failure is not to occur sooner or later.

The most important facts in brief:

- There is no single definition for either health or illness.
- Doctors generally prescribe another medication to counteract the side effects of medication.
- Homeopaths discontinue a medicine if it is ineffective or causes adverse reactions and look for alternatives.

3.3 Eminent homeopaths agree

At first glance, it may seem utopian that, alongside the material world with all its personal struggles and crises, there is also a spiritual world with a soul²⁵ and a higher self. But these two worlds exist and must always be brought into the right relationship with each other. Too much of the material world leads to too little of the spiritual world.

Spiritual universe

Triggers for such imbalances are, for example, too little sleep, too little food or hypothermia with the result that the connection to the higher self is distorted. The same happens when there is too much concentration on the material everyday level. Regardless of how the imbalance arises - the consequences are illnesses or crises.

Distortions arise in the course of life

The majority of people are much closer to their soul during childhood and adolescence than in later years. The task in life is clear - as are the achievements that are expected of you, and people's character traits develop.

The distortions only arise in the course of life. In the process, the focus on the truth is lost. Truth can be recognized in a split second because it is part of the person. A great analysis, discussions or many words are unnecessary. Only complicated things in life require many words.

Edward Bach proved that every person has their own remedy within them and that the fear of

 $^{^{\}rm 25}$ Soul: The totality of what constitutes feeling, sensation and thinking.

Every person carries their own remedies in their body illness can therefore be removed from the basis of existence. According to him, illness is neither cruelty nor punishment, but solely a corrective; a tool that our own soul uses to point out our mistakes, to hold us back from greater errors, to prevent us from doing more harm. Its sole purpose is to bring man back to the path of truth and light from which he should never have strayed.

Basic human diseases

According to Bach, character weaknesses such as pride or cruelty, hatred or egoism, ignorance or greed are basic diseases of humanity and the true causes of physical illness. If a person (as a personality) acts against the intentions of his higher self and his soul, he automatically acts against the interests of the greater unity with which the soul is energetically connected.

A particular violation of the principle of unity occurs when the personality wants to impose its will on another being (human being). This not only disrupts the development of the other being, but also the entire cosmic energy field, which serves the development process of humanity as a whole.

Healing must come from within. Once the flaw has

been found, salvation lies not in fighting the flaw or expending willpower and energy to suppress the wrong, but in a steady development of the opposite virtue, which automatically removes all traces of the flaw from our being. Every struggle against a defect ultimately only strengthens its power. It keeps our attention on its presence and actually

involves us in the struggle.

Do not fight deficiency

The goal is to forget the lack and consciously strive to develop the virtue that will make it impossible. This is the true path to victory.

Goal: Forget the shortage

The following example should help for a better understanding.

Example

The Higher Self wants to realize its potential, creativity and self-confidence in the personality of a young woman. The woman repeatedly has the idea of opening a flower store. Ideally, she takes the energy flowing to her and decides to realize the idea and become a florist.

On the other hand, the young woman might initially be enthusiastic about becoming a florist after the thoughts have flown to her. However, she remembers that many years ago her father went bankrupt with a flower store. Immediately thoughts like "you can't do this" and "it won't work out" come to mind. She might get a bad case of flu and rejects the whole idea. She also tells her friend later that she doesn't have the courage to run a flower store. Others may be able to do it, but not her. Flower stores are no longer what they used to be anyway.

The energetic impulse of the Higher Self is now blocked. The potential cannot be realized. The young woman does not listen to her inner guidance, but believes that her father's experiences are more important to her. She misses the fact that she would not receive the impulse from her Higher Self again

Inner blockages arise and again if the flower business was not part of her life plan.

The most important facts in brief:

- Imbalances (too little sleep, too little food) are potential causes of illness.
- Every person carries their own remedies.
- Illnesses are an indicator that a person has strayed from their true path.
- Weaknesses of character such as hatred, cruelty and selfishness are the real causes of illness.
- Healing must come from within.

4 Psychological causes of illness

The study of the relationship between physical illness and psychological, interpersonal and social processes is of central importance - for most medical specialties as well as for physical wellbeing in general. Psychosocial aspects can be an important influencing factor for everything from minor symptoms to the most serious physical



illnesses. The reason for this is that an illness always affects an individual who deals with it in their own unique way. Personal

previous experiences with illness and treatment are also important.

4.1 Discovery of mental components

Smooth functioning of thoughts, control of attention processes and emotions is only guaranteed if sufficient brain messenger substances are available. Only in this case do thinking and the psyche function. For generations, it has been customary to prescribe a medicine for every illness in order to get well. Normally, a patient receives a prescription after a visit to the doctor.

The patient has "something in their hands" that awakens the hope of recovery. It is the psyche that conveys to the patient that the cause lies "on the outside". For this reason, healing also takes place from the outside. The path is easy: if the patient has symptoms, they turn to a doctor who will make them well again.

Psychosocial aspects

Prescription in hand as legitimization

Passing on responsibility

At the same time, he leaves responsibility for his body to a "stranger". This approach is similar to taking your broken car to the garage and trusting that it will be roadworthy again. There are experts there who will fix it, after all, they have learned their trade.

It is all the easier to relinquish responsibility when there is no knowledge of the causes of illness and health. Even if a doctor does not know the cause either, there is at least a system that provides support and a therapy that sometimes helps. The successes in accident and acute medicine are so impressive that patients also feel they are in good hands in other medical specialties.

Knowledge partly freely available

Nowadays, the information is so easily accessible that everyone is free to acquire their own knowledge about diseases. Some of the literature provided is written in very simple terms so that even laypeople can get to grips with it. However, there is a big catch to acquiring knowledge: To be able to judge whether a therapy works or not, the most important question is whether the recommendations were written by a "winner" or a "loser".

Self-serving actions of Christianity and churches Christianity, meaning the churches and not the cherished message of Jesus, and medicine have come a long way together and share a common goal: To keep people within their sphere of influence. Whether the well-being of people is the main focus can be critically questioned. Obviously, their own welfare cannot be denied. The fear of

damnation has been an effective strategy for centuries to keep people "in line".

It was important for doctors and churchmen to present their knowledge as superior and to restrict access to independent thought for the masses. The elitist language of Latin was ideally suited to this purpose, as the "common people" did not know this language. An ideal protection against criticism. Who was able to understand that juvenile idiopathic arthritis was merely an inflammation of the joints? It was even more precarious when the patient asked about the cause of the joint inflammation.

Doctors and churchmen think the masses are stupid

There has never been any doubt in the vernacular about the connection between the psyche and the body. Here are some examples:

"I was scared to death."

"I was paralyzed with fear."

"He spewed poison and bile."

"The whole thing made me sick to my stomach."

"A louse ran over my liver."

"The guy is breathing down my neck."

"I've lost face."

With statements like these, it's not about what happened, but how the patient feels. Even if a situation seems harmless from the outside, it can deeply hurt a person's most sensitive area.

Gastrointestinal disorders are often caused by the nervous system The connections between body and mind have also long been known in conventional medicine. Based on the above statements, anxiety causes the adrenal glands to release adrenaline. This inhibits the autonomic nervous system, in particular the gastrointestinal peristalsis²⁶, which can ultimately lead to digestive disorders.

Of course, it should be mentioned that injuries (e.g. from accidents), poisoning (e.g. from fluoride or mercury) and deficiency diseases (e.g. from an unbalanced diet) are excluded from the above.

The most important facts in brief:

- Brain messengers enable the combination of thinking and psyche.
- Responsibility for one's own body is often handed over (e.g. to a doctor).
- Attempts are made to differentiate whether a healing recommendation is given by a "winner" or a "loser".
- The doctor's language (Latin) protects the doctor from criticism and difficult explanations.

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²⁶ Gastrointestinal peristalsis: specifically the movements of the intestines.

4.2 Therapy for psychosomatic illnesses

The word psychosomatics goes back to Johann Christian August Heinroth (1773 - 1843). In summary, this word means the inseparable connection between body and soul. Around 2500 years ago, Plato (428/427 BC - 348/347 BC) stated that the greatest error is to separate the medical treatment of body and soul - because the two belong together.

It has long been clear that body and mind cannot be considered separately

The claimed correlations have been confirmed over time by many well-known scientists. An important aspect arises when developing a therapy. In the case of illnesses that are undoubtedly caused by the psyche (psychosomatics), a strict law applies: In addition to the physical symptoms, the psychological component must also be taken into account.

Rule for psychosomatics

No matter what the illness is, as soon as the psychological trigger is established, psychological therapy is also required. A typical example is a gastrointestinal illness. This is often caused by a psychological trigger - usually negative stress (dysstress), which manifests itself in pain in the stomach area.

This illness is diagnosed during a visit to the doctor. The patient leaves the doctor's surgery with a prescription for one or more medications. The symptoms can often be alleviated or even made to disappear by taking the prescribed medication. However, if the patient stops taking the medication, it is only a matter of time before a

Avoid flareups in the event of illness recurrence follows - the symptoms return. This is a classic case.

In order to avoid such recurrences and to achieve freedom from symptoms without medication, psychological therapy is required. This does not necessarily mean that the patient has to seek psychological help. In many cases, it is sufficient to become aware of the situation that triggered it.

Various scenarios come into consideration here, such as trouble in the family, job loss, conflicts at work or double stress (e.g. due to the combination of work and simultaneous further training in the evening or at weekends) and much more.

Clarify stressful If the patient succeeds in resolving the stressful situation, they are effectively their own therapist. Another possible immediate measure would be a nerve preparation to make the patient more relaxed. By taking such a remedy, it is possible to suppress the stomach problems. In some cases, the patient's calmness prevents them from arising in the first place.

However, it is not advisable to take long-term nerve medication to avoid triggering symptoms in the gastrointestinal tract.

Nevertheless, the importance of psychological therapy should be emphasized. In some cases, it helps to change stressful situations in a targeted manner or to leave them behind - be it through a job change or a separation. Rehabilitation of the

psychological component is sometimes time-consuming.

It is important not to lose sight of the cause. Temporary relief from physical problems causes some people to ignore the triggering situation. Even if the situation improves for a year or two, as soon as the dysstress increases again - even if it is only in a specific situation - the stomach problems immediately return.

Don't ignore a stressful situation

People may ignore the incidents they experience because other positive stress situations (eustress) do not trigger stomach problems. As a result, those affected often come to the conclusion that the stomach problems have nothing to do with stress - after all, the symptoms are absent in most stressful situations.

Negative stress

But this is a fallacy. Negative stress such as a lack of time, deadline pressure, too many tasks, constant availability via smartphone, email or telephone put a strain on the body. Positive stress such as sporting competitions, anticipation of certain events, falling in love or enthusiasm for a project does not have a negative effect on the body.

Help from a therapist may be advisable

If the problems lie in deeper areas, for example within the family, so that a medium-term solution cannot be expected, it is advisable to see a psychological therapist. These specially trained experts can help you deal better with challenging situations in life.

The most important facts in brief:

- Body and soul are inextricably linked.
- Psychosomatics can only be cured if the psyche is also treated.
- Causal situations (e.g. stress at work) must be put in order.

4.3 Changes to yourself

The treatment options mentioned so far are relatively simple. Going to a psychologist may still be a major hurdle for some people, even if the help they receive in this way can be very effective.

As has already been mentioned at various points in this book, the causes of many problems often lie within oneself. These facts have been discovered by several important people. Anger is always directed at yourself. The following example illustrates why this is the case.

Find the cause in yourself

Example

Let's assume that Peter is annoyed by Hans' behavior. Since Hans, as a stranger, cannot know that his behavior is making Peter angry, the cause of the anger lies with Peter. He has a pattern or a program in his head that triggers anger in certain situations.

This is also about expectations. Peter expects a corresponding reaction in certain situations - such as a "thank you" for a gift. If this response is not forthcoming, it often leads to irritation or a lack of understanding.

If Hans reacts as Peter expects, everything is fine. However, if his reaction differs from Peter's expectations, Peter thinks he's a fool. But how is the stranger (Hans) supposed to know what Peter is angry about? Expectations lie with oneself

Wasted energy

To put it even more clearly: Peter follows an inner program that makes him believe: People who, in his opinion, cut in front of him too early on the road are complete idiots. Unfortunately, Peter has a few kilometers ahead of him on the freeway on his daily commute to work. Almost every day, Peter arrives at work completely stressed and annoyed - because of all the idiots on the road.

Personal expectations are often the

He wastes an enormous amount of valuable energy instead of dealing with his program and reacting more calmly to such situations in the future. This therapy can be carried out either as self-therapy or with the support of a psychologist. One thing is clear: a targeted reappraisal would be a sustainable solution.

Many people carry unconscious trigger programs within them. Characteristics such as arrogance, overconfidence, boasting, egotism, bossiness, know-it-all attitude, stubbornness and lack of manners often trigger rejection. However, the actual trigger is often within oneself.

Trigger programs

problem

This is why people often show very different reactions. While one person doesn't like certain things, they don't bother another. Sometimes there are even things that leave your partner or friend completely cold - simply because they have a different program inside them. The more programs Peter and Hans have in common, the better they understand each other. If there are major differences, there is usually no "good" contact.

The most important facts in brief:

- People can only get angry with themselves (not with others).
- "Trigger programs" in oneself are the (anger) triggers.
- A high level of agreement with other people means a lot of sympathy.

5 Self-healing

In many cases, there is no need to go to the doctor. It is often not necessary to come to terms with a particular illness or deficit. In the situation described in this and the last chapter, self-healing approaches are offered.

Sorting out stressful situations



An important tool for dealing with mental stress is to resolve the situation that is causing it. If, for example, the workplace is

the cause of dissatisfaction or more, there are two possible approaches: an internal change within the company or the search for a new job.

In any case, it will come down to talking to one of your superiors about the existing problems. This is a hurdle for many people. Sometimes the actual solution is not immediately apparent, so a change of job seems to be the only option. On the other hand, there are people who lack the courage to discuss the issue with their line manager.

Material aspects take precedence over health

There are also people who are aware of what they should do, but decide against it for material reasons. Whether it's job security, a good salary or a comfortable commute - the prospect of having to do without something blocks them. In these situations, the comforts of life take precedence over their own health.

The same principle can be applied to family problems. In the worst case scenario, this means separating from your partner. The consequence

Family burdens

may seem drastic, but it would be a safe way to go. Attempts at deception, such as hoping to stabilize a difficult relationship by having a child together, have often failed. It also increases the level of difficulty enormously.

In the latter situations in particular, the person concerned has thoughts running through their head, such as what to do with their life. These uncertainties are unavoidable, but one thing is certain: life goes on. If a sensible decision is made, help "from above" can be expected.

Don't run to the doctor straight away

Health can also be maintained by avoiding unnecessary visits to the doctor. In this context, the following principle applies: someone goes to the doctor when he or she is really ill. This may seem strange to some, but there are still people who go to the doctor as a precautionary measure out of concern for their health.

This does not necessarily mean a classic check-up. Retired people sometimes go to the doctor to have small spots on their skin checked for skin cancer, for example, which never bothered them during their working life.

Preventive examinations can cause damage

The subject of screening is sometimes viewed very critically in homeopathy. It makes sense to have a preventive examination ("before worrying") carried out in the case of certain hereditary conditions. Nevertheless, it should be clear to everyone that a preventive examination, for example a gastroscopy or a general catheter

examination, can lead to the patient feeling worse afterwards than before.

There are special risks with every examination. This is why patients must relieve the doctor before a procedure if he or she makes a mistake during treatment. It is often overlooked that the correct application is decisive for the success of the treatment. No human being is infallible - and this also applies to doctors.

Medication errors are among the most common medical mistakes: the wrong medication, the wrong dosage or failure to take interactions into account can lead to deaths in the four-figure range. The patient bears the health consequences.

Coordinated treatment plans

But patients also intentionally or unintentionally make therapeutic errors. Experience shows that the recommended preparations are often not taken as intended. It is often overlooked that exactly the prescribed preparation would help to combat the disease.

In individual treatment plans, there is also the possibility that a different medicine will work. An unauthorized modification of the recommendation can therefore be both right and wrong. It is even worse if the medication is not changed at all but is instead discontinued without replacement.

If the therapy doesn't work, the therapist is usually to blame. His or her therapy recommendation has made things worse or has had no effect at all. The change in the therapy plan is often overlooked. Don't go to the doctor straight away In the Middle Ages, for example, it was customary to contact a doctor only after three or four days of physical suffering. Hospitals were avoided for as long as possible, because people were convinced that it was quite possible to die in a hospital. For those who say that hygiene was the problem with this example, it should be said that there are still hospital viruses³⁰ (MRSA) that cannot be controlled today.

MRSA - a dangerous hospital bacterium The abbreviation MRSA stands for methicilinresistant Staphylococcus aureus. These bacteria are found on the skin and mucous membranes of humans and are resistant to most antibiotics. In addition, an MRSA infection can take a severe course. A corresponding warning has therefore been published on the website https://www.infektionsschutz.de/erregersteckbr iefe/mrsa.

MRSA - the Middle Ages already had an effective medicine An effective solution against these bacteria dates back to the Middle Ages. A tincture from the ninth century helped against these germs. Unfortunately, this magic potion has been greatly neglected: "Take some onion and garlic, wine and ox gall. Let these ingredients steep for nine days in a brass kettle."

Today's medicine is completely in the dark when it comes to effective antibiotics. Medicine in the Middle Ages was very good. An eye tincture from

³⁰ Example: Methicillin-resistant Staphylococcus aureus strains (MRSA), generally resistant to antibiotics.

this period was also one of the top recipes of the time.

In order for people to understand that illnesses are connected to themselves, it is crucial to address the fundamental question of why we are on earth in the first place. Life is comparable to a guest

appearance on earth. Death is already certain at the time of birth, it is only a matter of time. In the same way, it can be assumed that the guest



Guest performance on earth

performance on this planet serves the further development of the soul.

It is not only predetermined where and when or with whom this guest performance takes place on this planet - the soul itself makes a decisive contribution to this. The soul is not the body, only the soul is immortal. A soul can have several lives and therefore also several bodies. Why is it still possible not to be healed despite all efforts?

Much is predetermined

This question can only be answered with the argument "wrong path" or, as Bach puts it, "you have lost your way".

During an incarnation³², the soul sets itself a specific goal that it wants to achieve. If the soul deviates from its intention and the original goal is in danger, a correction is made. Edward Bach (see

³² Incarnation: In religion, this refers to the "incarnation" of a deity or a pre-existent (already existing) soul. In other words: a soul "gets" a new body.

chapter 1.2) has already discovered that illnesses are signposts.

Diseases cannot be treated

If the signpost is interpreted incorrectly, it would change to a completely wrong direction if it were "healed". For this reason, the soul is protected from this misguided path. In practice, it may well happen that all the doctors consulted are unable to treat an illness because the Higher Self has taken over.

Inexplicable examples

One thing is certain: God's dates are not on the calendar. Uli Hoeneß was the only person to survive the plane crash of a twin-engine propeller plane in February 1982. There were a total of four people on the plane. His time had not yet come. Why do some chain smokers live to be almost 100 years old? Helmut Schmidt is one of them. Such examples prove that there must be a higher power. Some speak of God, others of the universe or creator, god figure, etc.

An unhealthy diet is a common cause of illness

There are many ways for everyone to stay healthy: a healthy and balanced diet, daily or at least regular weight control and many other things. The most important thing, however, is that people value their bodies and want to stay healthy. In contrast to those who constantly make excuses as to why an unhealthy diet is not so "bad", for example.

The most important facts in brief:

• Clearing up the triggering situation helps you to stay healthy.

- "Don't go to the doctor if you're not sick."
- Preventive medical check-ups can cause damage to health.
- Everyone has a goal in life.
- llnesses protect you from going astray.

6 Health risks

Everyone wants to stay healthy. Health is not a gift. Even if someone takes great care of their health, there is no guarantee that they will be spared illness. We have already explained why this is the case in chapter 3. On the other hand, there are four serious risk factors³⁴ that people can often control themselves

6.1 Smoking / nicotine abuse

Abusus comes from Latin and means abuse. Nicotine abuse stands for excessive consumption of tobacco products of any kind, for example cigarettes, cigars, cigarillos, joints or pipes. Smoking is one of the most widespread diseases today. An estimated 70 % of smokers are classified as addicted.

Smoking is a widespread disease

A regular strong craving for a cigarette or tobacco is already defined as abuse. In this context, the loss of control over the number of cigarettes and the time at which they are consumed is often conspicuous.

Smoking addiction

If you stop smoking or even just reduce your usual consumption, you may experience physical withdrawal symptoms and a strong craving for substitute substances.

³⁴ Risk factors: especially smoking, sugar, obesity, alcohol..

The consequences of nicotine abuse have long been known to science: Carcinomas (cancerous tumors), especially in the



urinary bladder (90%), renal pelvis (8%) or urethra or ureter (2%).

Smoking damages the body Chronic bronchitis (cough and sputum production) is the precursor to lung cancer in smokers. The main cause of this disease is smoking (85%). The detrimental effects of smoking have been known and proven for decades. The European Union banned tobacco advertising and sponsorship back in 1989 in order to curb this widespread disease.

Sponsorship 37 of radio and television programs by cigarette manufacturers has been prohibited by the Interstate Broadcasting Treaty since 1999 (Germany).

Ban on tobacco advertising

The legal situation regarding nicotine consumption was tightened again in the following years. Since January 1, 2022, no outdoor tobacco advertising (posters, etc.) has been permitted, since January 1, 2023 for tobacco heaters and since January 1, 2024 for electronic cigarettes. In Germany alone, 120,000 people die every year as a result of tobacco consumption (Germany).

 $^{^{\}rm 37}$ Sponsoring: Contributions by companies to sports, art, cultural and social institutions in order to achieve economic benefits for their company or product.

The University of Hamburg has published calculations of the economic costs. These amount to almost 80 billion euros in 2008 and 97.2 billion euros in 2018.

In 2024, calls were made to ban smoking altogether due to its proven harmful effects on health. The approach is correct in principle, but is unlikely to be implemented in practice. A general ban on nicotine would have enormous consequences in terms of smokers' withdrawal symptoms. People affected would need immediate medical and sometimes even psychological help.

General smoking ban not enforceable

People who want to stop smoking on their own are often left to their own devices. There are various approaches to quitting smoking, such as acupuncture, but these can only be successful if a person has the willpower to give up smoking.

Iron will required

The most important facts in brief:

- Smoking is an addiction.
- Nicotine is a considerable health risk for people.
- Withdrawal symptoms when quitting smoking are commonplace.

6.2 Diabetes

Types of diabetes

This disease is divided into three types: Type 1 is a chronic autoimmune disease against which the person affected cannot defend themselves. Only just under 5% of all diabetes cases are type 1 diabetes mellitus. The pancreas no longer produces insulin and there is an absolute insulin deficiency. In most diseases of this type, there is a genetic predisposition.

Type 2 is characterized by an underactive pancreas in which small amounts of insulin are still produced. However, these are not able to lower the blood sugar. The cells may no longer react to the insulin, which means that the blood sugar cannot be absorbed. A relative insulin deficiency is therefore attributed to type 2.

Not every diabetes can be classified as one of the two types, which is why there is also type 3 diabetes. Compared to the other two types, the causes are most likely to be genetic defects, diseases of the pancreas or endocrine system, chemicals, medication or viral infections. A total of eight subgroups of type 3 are differentiated.

Heredity plays a role

The risk of developing type 1 diabetes is high if at least one parent suffers from diabetes mellitus. Environmental influences and viral infections can promote such a disease. An autoimmune reaction can then take place in which immune cells permanently destroy the insulin-producing cells of the pancreas. The regulation of blood sugar in the body is no longer possible.

Pregnant women can develop gestational diabetes. This usually remains until birth, but many women develop type 2 later in life. Compared to type 1, there is a great chance of recovery with type 2. Drug therapies and lifestyle changes can have a major impact on this.

Gestational diabetes

The main risk factors for both type 1 and type 2 are obesity, poor diet, lack of physical activity,



excessive alcohol or nicotine consumption and stress. The consequences associated with diabetes mellitus are Heart attack, stroke, eye

Risk factors for type 1 and 2

disease (retinal detachment), kidney weakness or failure and chronic wounds.

Considering the serious illnesses that can be caused by - curable - diabetes mellitus (type 2), it is incomprehensible how people can carelessly expose themselves to such a risk. It should be expressly emphasized that people with a genetic predisposition are excluded from this. For everyone else, however, the above should be food for thought.

Common causes of type 2

The German Diabetes Foundation (DDS) makes the following recommendations on the subject of diabetes 1 and 2: Whether someone develops type 2 is often linked to their diet, exercise behavior and how they deal with stress. Overweight people should urgently work on reducing these risk factors. Even small changes in everyday life can help - 30 minutes of exercise a day, taking the

What the German Diabetes Foundation (DDS) says stairs instead of the elevator or the bike instead of the car.

Diet also plays a major role: a varied diet with as little salt and sugar as possible. Sausage often contains hidden fats, which is why it makes sense not to consume sausage or meat every day. Cheese, for example, could serve as a substitute.

Lemonade, cola and fruit juices contain high levels of sugar and are therefore not ideal for the body. The recommendation to consume at least 1.5 liters of liquid per day refers primarily to water or at least alcohol- and sugar-free drinks.

Protective effect of coffee

Various studies confirm that coffee has a protective effect against type 2. Whether it is caffeine-free or not is irrelevant. Alcohol consumption should generally be in moderation. The recommendation is 0.5 liters of beer for men and 0.125 liters of white wine for women. Smoking, on the other hand, is a significant diabetes risk factor. By giving up cigarettes or similar, the type 2 risk can be reduced by 30 % - 50 %.

Blood pressure as a risk factor Another risk factor is high blood pressure in conjunction with high blood sugar levels. In general, getting enough sleep and reducing stress help to protect against diabetes.

The most important facts in brief:

• Only around 5% of those affected suffer from type 1 diabetes (autoimmune disease).

- Obesity, an unhealthy diet, alcohol and nicotine consumption are risk factors for type 2 diabetes.
- Diabetes is often associated with heart attacks, strokes, eye and kidney disease.
- Coffee has a protective effect against type 2.

6.3 Overweight / obesity

Alarming figures on the subject of obesity More than every second German (> 50 %) is considered overweight. Around 20 % of Germans are even morbidly overweight (obese). Even in the 3 to 17 age group, over two million children and young people are already overweight. This makes Germany the sad leader in Europe.

The main causes cited are uncontrolled eating out in fast food restaurants with too much fatty food, too many sweets and the replacement of physical activity with endless time spent in front of screens.

Problem of feeling full

One problem with fatty foods is that the feeling of fullness only occurs with larger portions. This is due to the high energy density of fat and the fact that it does not bind water in the gastrointestinal tract, which means that solid food swells up less and is therefore less filling, thus delaying the feeling of fullness.

Wrong "unit of measurement"

In people of normal weight, the energy reserves of adipose tissue ensure survival for weeks to several months, and for people with "good precautions" for correspondingly longer. Obese people should therefore not eat significantly more than people of normal weight if further weight gain is to be avoided.

On the other hand, fatty foods remain in the stomach for longer, which also leads to obesity. A major risk for obesity is the excessive consumption of sugar - especially in the form of mono- and disaccharides instead of complex carbohydrates.

Another problem is the essential cell structure. The structure of the cells is formed in the first two years of a person's life. For this reason, obese children find it more difficult to become or remain slim in adulthood.

Fat children often have weight problems as adults

Additional fat cells are retained for a lifetime and are just waiting to be filled. Recent studies confirm that eating behavior is shaped in early childhood and determined for the rest of our lives.

Regardless of this, the old adage of "good and bad food converters", i.e. people with a lower or higher basal metabolic rate, applies today more than ever. Nevertheless, the following still applies: an obese person is not obese because they have eaten too little.

Good / bad feed converters

Most people focus on their own culpability for obesity. When this topic is raised, you often encounter reactions such as "My partner cooks so well...", or when it comes to giving up: "I won't let them take that away from me". Many people forget the negative consequences of obesity.

Being "fat" is not because someone eats too little

Although the predisposition to obesity is inherited, the predisposition alone does not cause obesity. The calorie intake and physical activity of those affected are the only decisive factors.

A hereditary predisposition to obesity inevitably means that affected people may have to watch their weight for the rest of their lives. People without this genetic predisposition can consume significantly more calories with the same level of

Heredity is not necessarily a reason physical activity without developing a weight problem.

An important issue in connection with obesity is hypothyroidism. In some people, hypothyroidism causes a craving for fast food or other things. Although these people exercise, weight gain cannot be avoided. In such cases, it often makes sense to see a therapist.

Thyroid problem

Unfortunately, obesity can also lead to severe mood swings and have a negative impact on mood. In order to feel better, many people turn to coffee, light drinks, sweets or snacks - a vicious circle that is difficult to break.

Sugar is one of the most addictive substances on

Toxic combinations

the planet. What's more, sugar is often combined with another leading bad-mood food refined white starch. In fact,



highly starchy foods like bread and cereal are an even bigger problem for some people than sweets.

Sugar and starch form a toxic combination that is found in many products such as cookies, crackers, bread, cakes and cornflakes. From a healthy eating point of view, it is more than questionable to call sweets and white flour products food.

A conscious diet is essential to prevent obesity. Not only overeating but also eating the "wrong" food is

a major risk for obesity. Regular weight monitoring is also essential. Body weight should be checked several times a week using a body scale not using clothing such as belts, pants or skirts.

Constant weight control helps

For some people, the topic of weight control using body scales is a major obstacle. For those people in particular, it should be mentioned that it is usually easier to go on an immediate diet for one or two days if you have gained unwanted weight over several days. Once there are a few kilos too many on your hips, the only thing that usually helps is a strict diet.

Small weight gains are quickly resolved

With smaller gains of one to two kilograms, regulation is relatively simple. Going on the scales also has another positive effect: if the weight increases despite a healthy diet or a small diet such as giving up sweets, there could be a disease. However, if a therapist is only consulted when the weight gain reaches double figures, the therapist is also faced with a major problem.

Rule of thumb

A rule of thumb for the maximum body weight is: height minus 100, for example 186 cm - 100 = 86 kg. Any weight below the maximum weight is fine. This calculation method is also largely consistent with other (sometimes complicated) methods.

Bad consequences

Finally, it should be mentioned that obesity is a serious health risk. Obesity increases the risk of numerous diseases, including cancer, fatty liver, gallstones, diabetes, osteoarthritis and cardiovascular diseases such as heart attacks, strokes and high blood pressure.

The most important facts in brief:

- Every second German is overweight.
- Germany is the sad leader in obesity in Europe.
- Causes of obesity: too much fast food, sweets and lack of exercise.
- Eating habits are formed in early childhood.
- Obesity is usually self-inflicted.
- Hypothyroidism can lead to obesity.
- Overweight people often suffer psychologically from their condition.

6.4 Alcohol abuse / alcoholism

According to the latest findings of the World Health Organization (WHO), there is no safe level of alcohol consumption. The damage is caused by the alcohol, not the drink. Alcohol is toxic, psychoactive and at the same time an addictive substance.

Alcohol as the highest risk group

Decades ago, the International Agency for Research on Cancer classified alcohol as a Group 1 carcinogen⁴⁰ (the highest risk group, just like asbestos, radiation or tobacco).

Breast and bowel cancer are the most common of at least seven different types of cancer. The more



alcohol is consumed, the greater the risk of cancer. The specific health effects of alcohol are difficult to investigate because alcohol

Breast and bowel cancer

can have an unfavorable effect on many different organs and areas of life.

The recommendations for low-risk drinking are defined differently internationally. In Germany, adults are recommended not to drink alcohol on at least two days a week. For women, drinking a small glass of wine (0.125 liters; 12 grams of alcohol) and for men two small glasses of beer (0.6 liters, 24 grams of alcohol) is considered relatively safe.

Breast and bowel cancer

The absorption of alcohol (ethanol) by the body takes place largely via the stomach. This process is

⁴⁰ Carcinogen: Substances, organisms or materials that cause cancer.

completed after about an hour - provided that no accompanying food is consumed that could inhibit absorption.

Alcohol is a drug

In such cases, the maximum blood alcohol concentration (BAC) ⁴² is only reached after one to two hours.

One thing is certain: alcohol is a drug and can cause considerable damage to the body, regardless of whether the bottle costs \notin 2 or \notin 200.

Just because a study is new does not necessarily mean it is correct. For a long time it was assumed that fat was the number one health risk for the human body. This assumption has been revised to claim that sugar is a much bigger culprit and the main cause of weight gain.

Rule of thumb for blood pressure Previous recommendations for cholesterol, blood pressure and blood sugar have been redefined, with the result that the majority of people are now classified as "ill". In the past, the rule of thumb for normal blood pressure was age plus 100, whereby a blood pressure of 160:95 was always considered high. Today, a value of 130:80 is already very alarming. The idea of medicine is to achieve an optimal blood pressure of 120:80.

The famous "Viertele"

It has been known for generations that a glass of red wine (1/4 liter) is very good for the heart and circulation. Even today, some doctors still emphasize that it is a good "medicine". In this

 $^{^{42}}$ BAC: Measure of the amount of alcohol in the blood. It is given in percentages by weight (g/kg = per mille).

respect, the statement "there is no safe amount of alcohol" should be treated with caution. We are talking about a small amount of red wine, i.e. the famous "Viertele" (maximum) must not be exceeded.

The breakdown of alcohol takes place mainly in the liver and - unlike with many other substances - is independent of the amount consumed. A relatively constant 0.12 per mille is eliminated per hour. The exception to this is people with chronic alcohol abuse, who have an increased rate of degradation, provided that the liver is still able to do so with increasing damage.

Breakdown of alcohol in the blood

In alcoholics, complete excretion is impaired, resulting in accumulation in the liver (fatty liver). If alcohol continues to be consumed despite a damaged liver, inflammation of the liver (hepatitis) is inevitable after several years.

The amount of alcohol that is usually held responsible for liver damage is 60 grams of ethanol per day for women and 80 grams for men. For comparison: this corresponds to about 1 liter of beer per day for women and 1.5 liters for men.

Alcohol and liver damage

Large amounts of alcohol have a toxic effect on the brain, pancreas, bone marrow and heart muscle. In addition, long-term alcohol abuse can trigger depression.

Vitamin deficiency in alcoholism

People suffering from alcoholism also often have a vitamin deficiency. Vitamins C, B1, B6, B12 and

folic acid should be supplemented in the case of heavy alcohol consumption.

The most important facts in brief:

- Physical damage is caused by the alcohol, not the drink.
- Alcohol is one of the highest risk factors the development of cancer.
- The body can break down 0.12 per mille of alcohol per hour (except for alcoholics).
- Large amounts of alcohol oft lead to a fatty liver.
- Alcohol is not a staple food, but a poison.

6.5 Preventive medical check-ups

In April 2024, the documentary "Krank durch Früherkennung" was broadcast on the SWR TV channel in Germany. This program was already produced in 2014. The broadcast was discussed at length. The decisive factor for the broadcast was the President of the Medical Association, Dr. Frank Ulrich Montgomery, when he publicly criticized screening⁴⁴ for the early detection of diseases.

Medical president speaks out

Among other things, he referred to scientific studies that show that the number of deaths can only be marginally influenced, if at all, by such screenings.

At the same time, Dr. Montgomery emphasized that unnecessary medical screening can significantly increase the risk of damage to health. Sadly, nothing has changed since then, despite the call by the President of the Medical Association. On the contrary, early detection also turns healthy people into customers of medicine.

A general health check is marketed under the title "Check-up 35" (Germany). The doctors promise to detect diseases in their preliminary or early stages in order to prevent the onset of a disease at best. In fact, all the findings of the screening can be completely unproblematic.

"Check-up 35" and the risks

⁴⁴ Screening: Preventive examination (mammography for breast cancer); radiological examination using (dangerous) X-rays.

This makes early detection dangerous. Deviations from the norm are also detected that would never



have become a problem for those affected in their lifetime. The technical term "overdiagnosis" covers this procedure.

High blood pressure and cholesterol levels

Countless people with high blood pressure levels become very old. The same applies to cholesterol levels, which naturally rise with age. Cancer is a cause of fear among the population, although it is primarily a matter of tissue changes. The fear threshold is now so high that many people do not realize that cancer can also be benign. A benign tissue change does not necessarily have to be treated.

Early detection can be harmful Similarly, many old men die with (not from) prostate cancer that they don't know about. Possible side effects of prostate cancer treatment include incontinence⁴⁶ and loss of libido⁴⁷. Cancer treatments regularly give rise to the idea that lives are being saved. Some people are helped by early detection, others are harmed by it.

Chemotherapy can cause cancer Chemotherapy that brings no benefit causes serious harm. It is often not explicitly mentioned that this therapy can even cause cancer. The same applies to mammograms with an X-ray machine. If the subject of early detection is dealt with intensively, there are many examinations that

⁴⁶ Incontinence: lack of or inability of the body to hold urine or stool and release it in a controlled manner.

⁴⁷ Loss of libido: No desire for sex.

cannot be recommended with a clear conscience. The risk of becoming a victim of unnecessary medicine far outweighs the chance of benefiting from early detection.

One thing is certain: early detection turns many healthy people into sick people. There is no such thing as perfect early detection in medicine. Everyone should consider their topic in detail before undergoing an examination. Most people are not aware that every hit in early detection medicine is accompanied by at least 20 false alarms.

Healthy people are classified as sick

The opposite also exists in medicine. In some cases, the all-clear is given for a third of the possible diseases discovered, even though the risk that was being researched is actually present. After all, early detection medicine usually addresses a risk, even if the risk is often only in the single-digit percentage range or even only in the per mille range.

All-clear despite the presence of a dangerous disease

These statements are not to be understood as criticism of doctors - that is expressly not the intended message. Rather, the aim is to educate people so that they - to a certain extent - take more care of their health and do not carelessly trust a therapist.

Doctors are needed. The multitude of specialists (anesthesiologists, cardiologists, urologists, etc.) give hope of being able to cure a treacherous disease. Nevertheless, people should not carelessly and carelessly hand themselves over to a therapist.

Taking up the cudgels for therapists

Symptoms are talked up

It is no secret that patients with certain symptoms visit a doctor and, when they make their complaints known, are "talked into" symptoms that do not exist. But the doctor must know, according to popular opinion.

In principle, this is already the first indication of incorrect or faulty therapy.

Patient expectations

On the other hand, doctors are constantly under pressure because they are expected to find an immediate solution. This is sometimes a social problem: "A doctor must know this." Patients sometimes put latent pressure on doctors.

They expect a quick recovery because work is calling - there is no time for lengthy therapies.

A Chinese saying in this context is:

"If you have a serious illness, see three doctors."

The most important facts in brief:

- Medical President Dr. Frank Ulrich Montgomery publicly criticizes certain screening tests.
- An "overdiagnosis" can have serious consequences.
- Old men very often die with (not from) prostate cancer.
- Chemotherapy that does not help causes considerable damage.
- Screening tests turn healthy people into sick people.

• The benefit of early detection exists, but only in a small single-digit percentage or even per thousand range.

7 Alcoholic doctors

In 2018, the Technical University of Munich published in the "Journal of Occupational Medicine and Toxicology" that around 23% of doctors in Germany consume alcohol in dangerous quantities. The risk factors include childlessness, long working hours, working in surgical specialties and, for women in particular, being a junior doctor. Furthermore, 90% of doctors stated that they considered their state of health to be at least satisfactory.

Study on alcoholic doctors

One in four doctors consumed alcohol to a dangerous degree and 5% reported moderate to high nicotine dependence. 8% of the test subjects suffered from obesity.

As already mentioned at the beginning, childlessness is a decisive risk factor for hazardous alcohol consumption for doctors of both genders. Women with the status of "assistant doctor" showed a threefold increased risk of hazardous alcohol consumption compared to female doctors in senior positions. Working more than 50 hours and working in a surgical discipline were also affected.

Childlessness and lack of career opportunities for women

It has been known for some time that dangerous drug use among doctors in Germany is no longer a rarity, as previous surveys have shown. It is also clear that doctors are more likely to become addicted to alcohol than normal citizens. The state medical associations in Germany have become aware of the issue of addiction among doctors. In

Doctors are alcoholics more often and for longer recent years, they have set up structured treatment and support programs for doctors suffering from addiction.

Burdened by the fate of the patients The medical profession is generally a risk factor. One reason for this is that doctors place too high demands on themselves. They want to live up to the ideal of the selfless helper who always works with maximum commitment. Added to this is the emotional pressure caused by the many fates of their patients. In these cases, they often turn to alcohol or even medication.

Drug addiction

The issue of drug addiction is particularly dangerous for doctors because they have particularly easy access to pharmaceuticals.

In principle, this creates a vicious circle: a doctor who is addicted usually does not want to admit it. Patients, colleagues and relatives are reluctant to broach the subject with the doctor. The cliché of the invulnerable helper and the belief that they have addictive substances under control because of their medical studies lead to repression. As a result, doctors are addicted for longer than others. In this context, it is not uncommon for 10 years to be involved.

Risk of having your medical license revoked Doctors suffering from alcoholism who delay treatment for too long are gambling with their professional existence. Their license to practice medicine (license to practice) and their license to work as a statutory health insurance doctor are severely jeopardized as a result. If, for example, the district president finds out about a "conspicuous"

doctor, his license to practice will be suspended immediately. A license as a panel doctor requires that no addictive substances have been consumed for five years.

The most important facts in brief:

- One in four doctors suffers from alcoholism.
- Working hours of 50 hours a week, childlessness and career breaks are the main causes of alcoholism.
- Doctors are more likely to become addicted to alcohol than normal people.
- Doctors are often addicted for longer than other people.
- Withdrawal of a doctor's license is on the cards.

8 Stress - the cause of all things



Stress manifests itself in the body through illnesses and symptoms. The cause can be a genetic disposition, a toxin that has been ingested, but also an older injury that is making itself felt again.

Example

Johannes has heartburn. He is experiencing stress. Stress reduces the muscle tone in the lower oesophagus because this requires blood and energy, which cannot be provided due to stress. This allows stomach acid to flow back into the oesophagus, damaging the oesophageal mucosa. If heartburn occurs infrequently, only pain is felt; in more frequent cases, ulcers or even cancer develop.

Example heartburn

The doctor prescribes tablets that reduce the acidity. Such tablets usually work very well. However, it is often overlooked that acid plays a crucial role - it helps to break down food and kill ingested bacteria.

Tackling one problem, creating two new ones

By suppressing the symptom "heartburn", two new problems are created: The increasing load of bacteria in the stomach weakens the immune system. The chyme remains in the stomach longer until it has produced enough acid for digestion.

Stress has many faces. These include a bill in the post, an argument with a neighbor, things going differently than planned or worries about your health. Physical stress occurs when the nervous system is out of balance.

The function of the central nervous system can be compared to a car. If a car is driven at full throttle, sooner or later something will break down. It is the same with the brakes. The accelerator and brakes must be used in a balanced way, only then will the car deliver the greatest benefit. Stress has many faces. These include a bill in the post, an argument with a neighbor, things going differently than planned or worries about your health. Physical stress occurs when the nervous system is out of balance.

Physical stress is due to the nervous system

The function of the central nervous system can be compared to a car. If a car is driven at full throttle, sooner or later something will break down. It is the same with the brakes. The accelerator and brakes must be used in a balanced way, only then will the car deliver the greatest benefit.

The central nervous system also has these two essential elements, namely the sympathetic⁵¹ and parasympathetic⁵² nervous systems. The sympathetic nervous system revs up the system, for example in emergency or anxiety situations, while the parasympathetic nervous system acts like a brake - it slows down the system.

 $^{^{51}}$ Sympathetic nervous system: system for the involuntary, non-voluntary control of organ activity .

 $^{^{\}rm 52}$ Parasympathetic nervous system: regulates bodily functions and its signals .

99.9% of all processes in the body are under the control of the nervous system. Around five million bits of information reach our brain every second. However, only around 10,000 bits reach our consciousness. We don't need to think about the lunch that is already in our small intestine. And certainly not about how the chyme reaches the next section of the intestine. The same applies to the actions required to compensate for sugar consumption .

Automatic functions in our body

A few years ago, a test was carried out on the subject of stress. A large group of test subjects was invited to take a stress measurement. The group was divided into two categories. In the first category were people who had indicated that they were under stress. No differentiation was made between professional, private or other stress.

Stress test with surprising result

The second category comprised people who stated that they had no stress. Surprisingly, stress was detected in a significant number of test subjects in the second group, even though they stated that there was no stress.

This result shows once again how differently stress is perceived and, above all, that the human organism is often under stress. It is therefore not surprising why people who feel healthy sometimes fall ill.

The most important facts in brief:

Stress is the cause of all diseases.

- If a "problem" is solved by chemical medication, two new problems usually arise as a result of the therapy.
- Stress is sometimes not even perceived as such

Excursus:

Many famous scholars, Nobel Prize winners (e.g. Albert Einstein), people with doctorates in various fields, doctors, writers and inventors agree that there is always an energy problem at the root of illness and suffering. If a health problem is to be cured, it must be tackled at the root - i.e. the energetic problem must be cured.

Inexplicable phenomena

Among us humans, there are those who can bend metal objects or move things by the power of thought alone. There are also people who seem to know things that they cannot know at all. Of course there are also magicians and sleight of hand artists. But these are not meant! This has nothing to do with quantum physics.

The truth is, until today it was not known how such a thing could be possible. In the Middle Ages, the physical laws behind microphones, batteries, chips, LED displays or radio waves that propagate through the air were not yet known.

The most recent procedure in this context is magnetic resonance imaging (MRI). Most people think the important word is "magnet", which is not

correct. The magnetic field causes the atoms to vibrate, i.e. the vibrations provide the results.

Frequencies, waves or oscillations have three main characteristics. A frequency describes how often a change between positive and negative occurs within a fixed time interval. Another characteristic is the amplitude, i.e. how strong the deflection above the zero line is. Thirdly, every oscillation has a shape.

Vibrations / waves deliver the results

There are sine curves, i.e. beautifully smooth, curved and symmetrical waves that are reminiscent of ocean waves, as well as jagged oscillations that shoot straight up or down like a needle. Frequencies are sometimes used to transport other frequencies. For example, hundreds of thousands of messages per second can be sent through a tiny fiber using light waves (optical fiber).

Frequencies (oscillations) can be found in medicine, albeit only to a limited extent (e.g. X-ray, CT, MRI). If the effects of frequencies or vibrations were known in medicine, at least the pharmaceutical industry would take countermeasures. This knowledge would drive some pharmaceutical companies to ruin.

Medical science is at a turning point where conventional methods are being supplemented by holistic approaches. Energetic correlations, long dismissed as marginal phenomena, are increasingly becoming the focus of modern diagnostic and therapeutic procedures. This realization has led to the development of alternative analysis methods that focus on the energetic aspect of the human body. Hair analysis is one such alternative that

makes it possible to identify complex connections between physical symptoms and their energetic causes.

9 Concluding remarks

Hair analysis is not a newfangled phenomenon. The method on which hair analysis is based was discovered over a hundred years ago. Over the last fifty years, this method has undergone constant further development, so that today's analysis results achieve an accuracy of over 95%.

The great advantage of hair examinations lies in the holistic approach. The entire body, including the psyche, is analyzed and evaluated. The cost for patients is extremely low: just eight to ten hairs are sufficient for coding and can be sent to the laboratory by post. It does not matter whether the hair comes from a human or an animal.

If you still have any questions after reading this, please do not hesitate to contact us:

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Hair analyses are based on very old knowledge

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As an academic therapist, he carries out hair analyses for animals and humans. In the veterinary field in particular, he has developed into a respected personality in the field of high-performance sport. Not only the best show jumping and dressage riders, but also the champions of the galloping scene rely on his advice.