

# Specific Content



Introduction • Questions upon Questions • Chronic diseases and cancer – What about them? Even Cancer Is Just a Disease!



How Can We Imagine the Different Levels of a Human Being? • A Glance into the Tiny World Within Our Body • Important Influencing Variables on the Tissue • BBody Tissue chronic disease and Cancer • Interview with the Most Important Parties Concerned • How to Deal with illnesses using the example Cancer • Which Treatment You Need ... (Standard Medicine, Adjuvant, Complementary, and Alternative Methods)



Why Choose Additional Holistic Testing Methods? • Examinations of the Immune System • Laboratory Testing for Chemo-sensitivity, Heat Sensitivity and Effects of Medications • Micro-ecological Stool Tests • Examination of the "Balance of Humors" in the Body • Special Complete Examination and Test Procedures



Getting Building Biology in Order • Out with the Poison! • Do Not Forget the Parasites • Find and Eliminate Foci and Interference Fields • Give Acid No Chance • Homotoxicology - Don't Suppress Bodily Detoxification! • "Stress" on All Levels Cannot Continue Like This! • Take Pains • Caution! Life Changes Are Necessary



Eliminate Deficiencies • Nutritional Adjustment According to the MAYR Principles • The Nutrition That You Need • Vitamins, Minerals, Trace Elements, Plant Substances • Procaine Alkaline Therapy, an Innovative Treatment • Recharging Your Batteries • Oxygen Therapy



Treatment with Autobody and Own Urine • Immune Stimulation with Mistletoe • Immune Modulation with Thymus and Organ Extracts • Tumor "Vaccines" • Enzyme Therapy • Biological Tumor Suppressants • Neural Therapy • Hyperthermia Treatment • Active Fever Therapy • Microimmune Therapy • Magnetic Field Therapy • Physical Activity • Further Methods



Homeopathy -- A Brief Digression • Homeopathy and the Outcome of Cancer on All Levels • Phytotherapy • Isopathy • Biocatalysts and Homotoxic Material • Anthroposophic Medicine • Spagyric Medicine • Balancing Hormones



Soul and Mind -- The Most Important Treatment Levels? • Soul and Mind at the Heart of Ancient Healing Methods • Restoring Harmony to the Soul, Replacing Fears with Trust, and Letting Go • Important Treatment Methods for Soul and Mind • The Special Role of the Family • Learning from Those Who Become Healthy Again • Relaxation Through Independent Activity • Spiritual Healing, Counseling and Prayers



Why Treat All Levels? • Stage Concept of Cancer and chronic diseases Treatment • Importance-based Treatment



Back to Life • Say "YES" to Life • The Central Role of Love • Summary of the Main Components of Self-Healing

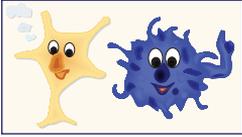


Active Biological Therapy in Addition to Standard Medicine • Active Biological Therapy in Integration with Standard Medicine • Biological Cancer Treatment As Basic and Regulatory Medicine • Continuity • Details on Laboratory Diagnostics • What Is Important ... • Cost

# Content at a Glance

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# Introduction



*"You may have been diagnosed with cancer or a severe chronic illness or are a relative or acquaintance of a person who has. You are shocked, stunned, thinking about your life ending prematurely. You may still have had so many things to do. Maybe not? Have your own body, its reactions, its warning signs and wishes no longer played that role for you in recent times? Were you perhaps no longer the master of the house due to constant efforts, distractions, thoughts of unpleasant and apparently insoluble conflicts? Were you even pushed into a victim role towards your body? You might ask: What is cancer or this severe illness, actually? Why did it hit me? Do I just need to endure all medical efforts and hope it is going to work out? Who can I believe? What role am I left to play now? Just stay calm and keep reading this book; here, you will find many answers that can help solve your problem."*

## Questions upon Questions

The cancer and severe illnesses diagnosis raises many questions. Stay calm, get a grip, there is a solution for everything. Carefully read the introductory chapter and start to confront the disease actively.

The number of patients with cancer and chronic diseases in industrialized countries is constantly on the rise. It will double again in the next 20 years. Cancer will soon become the leading cause of death in industrialized countries. Therefore, new and innovative concepts of prevention, treatment, and aftercare are inevitable.

Cancer is a chronic disease, so using the example cancer in most of the cases.

**Cancer cases are increasing.**

**Doubling in the next 20 years.**

**Soon the main cause of death in industrialized countries.**

*"Do not worry when reading details about the cancer problem. At last, you have found this book; while it may not give you all the*



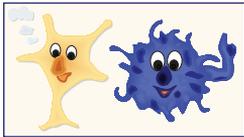
*answers, it can get you back on the track to life. Plus, everyone can understand it, even without a medical degree. Trust me, your brain cell, the boss and sage of the body cells. I have all the experience of my colleagues and know all of the life situations in the small world of the human body.*

*First, find yourself a contemplative, undisturbed place and start getting ready for your basic goal: "I am without illnesses and completely healthy!"*



**Keeping a cool head**

# 1 Get to Know Yourself, Understand the Illness, Help Shape the Treatment



*"In this chapter, we will introduce the main structure of the human body and introduce you to the different approaches to beating chronic diseases and cancer. It is actually all very logical, but you will find that obvious issues are only described in a one-sided or skewed way. Enter the microscopic world of our body to discover many new things and gain a sense of our internal connections. And finally, you will understand from the chapter on individual treatment directions that it is necessary to develop your own personal opinion. So, let's go to the first chapter!"*



## How Can We Imagine the Different Levels of a Human Being?

Humans are neither machines, nor large clusters of cells which can be controlled by chemistry. They are a complex system comprised of physical/chemical, energetic/spiritual and finally informational/mental levels. You can imagine the framework as a biocomputer, which constantly records, saves and processes information on all levels. Chronic illnesses generally affect all levels of our being.

**Biocomputer.  
Levels.**

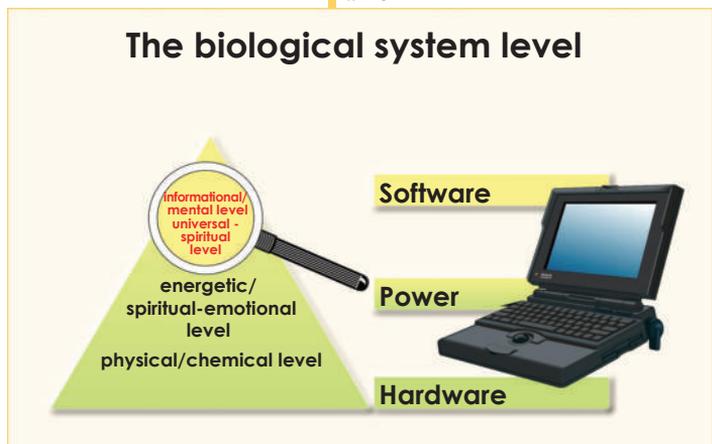
**Body - spirit - mind.**



*"At a surface level, our bodies could be described as a large cluster of cells which live and are regulated by chemical processes (e.g. metabolic processes and hormones). But this purely structural and material perspective,*

*which can be very precisely examined freely, is no longer sufficient for understanding life and illness. If someone tried to simplify a computer in this way, we would barely get beyond the hardware (the hard drive and everything that you can see and touch) (Fig. 1.1.). Of course this can be very valuable, but is useless without power and software (programs) and Internet connection.*

**Fig. 1.1.**  
Allocation of the levels of a person to a PC



### Facts & background information

- ⇒ In global literature on psychology, medicine, philosophy and religion, there are various terms for the body, spirit and mind.
- ⇒ The physical level covers all chemical processes in addition to organs and tissues.
- ⇒ The energetic/spiritual and informational/mental levels are interpreted differently. There are synonyms for the mind such as the psyche and consciousness; names for the spirit include the subconscious, the inner self, etc.

Similarly, each of us is only alive if energy processes such as nerve impulses or heat management are functioning. The mental/emotional, i.e. informational level, clearly raises us from the level of animals and gives us a real sense of the meaning of life. The last level in particular is not possible to measure, smell, taste or touch, but it is possible to feel or recognize it.

The brain is almost like the "boss" of the biocomputer. The spinal cord and nerves act like main and secondary pathways for transferring information. But even in and between the smallest units of the body, the cells, there is always exchange and processing of information.

An illness usually starts at one level, and quickly crosses over to the others. With cancer, the seed of illness is often planted by

a negative impulse in the mental/spiritual level – through fears, unresolved conflicts and feelings or family problems (Fig. 1.2.).

These use up energy, so there is not enough strength for other bodily functions. Among other things, sleep and digestive problems develop, which in turn weaken the organism and possibly lead to hormonal imbalances and early physical difficulties.

The immune system seems affected at first glance, and at some point, it is no longer able to fully perform its monitoring function. The

increasingly unfavorable living conditions for the cells of the body allow the "onset disposition" and therefore the idea of cancer to mature."

## The development of the illness

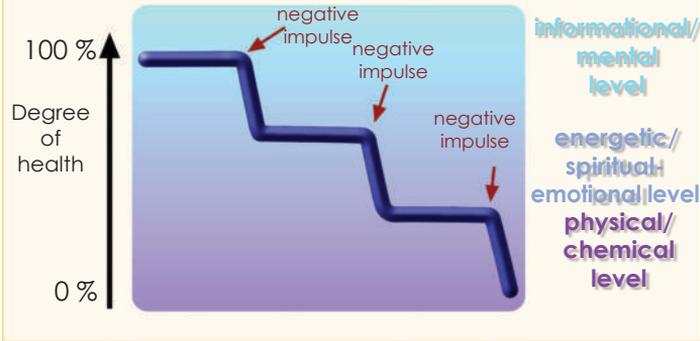


Fig. 1.2.

Gradual development of the illness as a passage through the individual levels

### Our advice to you

Always consider your body in connection with your mind and spirit.

### Facts & background information

- ⇒ The holistic anatomy and physiology includes all components of the human biosystem, i.e. in addition to the consideration of cells and tissues, the BASE SUBSTANCE, according to Prof. PISCHINGER, is just as important as the functional sequences in the energetic/spiritual-emotional and informational/mental level.

## A Glance into the Tiny World Within Our Body



"Now I would like to help you to develop an even greater understanding and feeling for my tiny world: If you imagine the body with its cells, blood and lymph canals embedded in the base substance or cell microenvironment, you can compare this with an aquarium with fish, green plants and substances dissolved in water (Fig. 1.3.). If the water becomes muddy, then the fish (= the cells of the body) can no longer survive."

### Possible course of action

1. Observe the necessity of recording the body levels when gathering holistic information.
2. Conduct control tests with the same methods and under the same conditions.
3. Individual results should not be overestimated.
4. The clinical course and independent findings should be contrasted with the test results.

### Classification of Holistic Test Methods



"With all the functional diagnostic methods that I have presented here, you have seen that the appearance and symptoms of an illness are not generally also the cause of this illness. The illness is only the end of what is often a long chain. For this reason, it makes little sense to treat only the end of this chain. True healing can only happen if the causal problem is discovered and treated. Impairments in the immune system are not an illness of the immune system, but rather have causes that could be based on poor nutrition, stress or psychological causes.

After reading about the different holistic methods, you probably want to ask which method is the most suitable. All methods can be categorized to the known body levels. In some cases, a diagnostic method can even include several levels. I recommend that you use at least one method for each body level in each case. On the physical/biochemical level, the focus should be on evaluating

the immune system and the discovery of toxin stresses. On the energetic/spiritual level, the functional condition of the organs and the presence of unconscious basic conflicts must be determined. The mental/informational level may be the least tangible, but the corresponding test methods can provide basic indications for an effective holistic treatment."

### Holistic Diagnostic Methods at a Glance

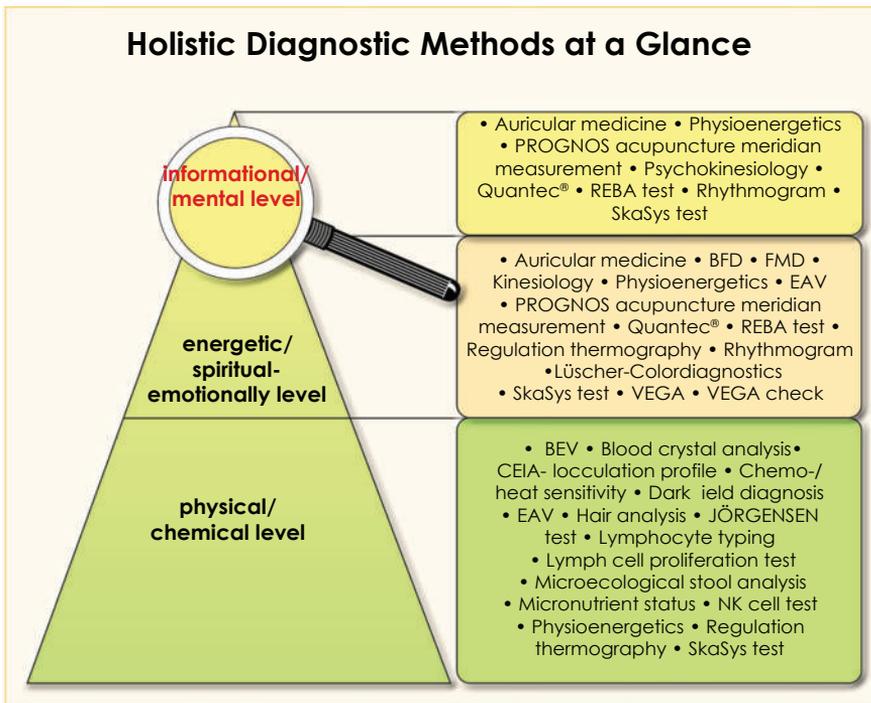
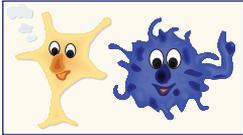


Fig. 2.14.

Classification of the diagnosis methods named into the 3 levels of the human body



*"In this chapter we would like to talk about the major causes of cancer and chronic diseases and how to eliminate them. Many examples that we hear again and again from our cell colleagues will help you to understand. As already mentioned several times, cancer is a complex causal event. If you remove the most important disturbances and restrictions of the health condition, a significant improvement can be expected.*

*The following list of potential causes for a significant weakening of the immune system plays a particularly important role according to the findings of holistic medicine."*



### Getting Building Biology in Order

Sometimes, it is just simple things which negatively affect our wellbeing and immune system. Renowned building biologists determine the stresses in your living and sleeping areas and provide useful advice for optimization. The range extends from the position of the bed in the Earth's magnetic field to the clock radio, mobile phone, mattress, and flooring, to exposure to radioactivity, noise or chemical emissions of the furniture. Meanwhile, biophysical medicine has been able to provide various pieces of evidence of the effects of such influences on the nervous and immune systems.

**Building biology.**

**Geopathy.**

**Electrosmog.**

**Pollutants.**



*"Not only my relatives, the immune cells, but actually all body cells, and of course nerves, can only feel comfortable in a natural environment.*

*Understandably, we react very sensitively to any kind of unpleasant disturbance, especially in the rest and recovery phase of nighttime sleep. During that time, everything is "on the back burner," so to speak. That is why the sleeping place, as has been well known, should contain no permanent chemical or physical contamination. However, in the living and working areas too, modern society has provided us with many things that mean negative stress for me and my cell colleagues. I highly recommend: Find a reputable building biologist and find out about possible problems. In addition to an objectification with various measuring instruments, they can*

#### Our advice to you

*If you often get up "absolutely whacked" in the morning, but do not experience that in a different environment, it is a typical indication of a building biology problem in your sleeping space.*

## Facts & background information

⇒ The importance of harmony in the living area, and especially in the sleeping area, for the purpose of remaining healthy has been known and studied in various ways for a long time now. Animals can detect the presence of water veins. Dogs leave their houses if they are contaminated, while cats like to lie on magnetic Earth faults.

⇒ You can probably still remember the dowser from your grandmother's time, who looked for water veins or faults in the soil layers. Unfortunately, such insights have slipped into the background in modern times.

⇒ Modern amenities based on electricity and telecommunications have often created new sources of stimuli. Well-qualified building biologists can use a variety of measurement instruments to gain a very objective image of electrosmog, electrical and magnetic fields, radioactivity, and pollutants.

⇒ 'Geopathic faults,' which are distortions and crossing points of the Earth's magnetic field, seem to play a particular role with regard to the cancer problem. As a result of a biological inspection of the building, you may need to move your bed, or even switch bedrooms. In addition, other meaningful recommendations for change to the arrangement of the bedroom may be given (flooring, mattress, curtain fabrics, etc.).

⇒ Electrical and electromagnetic contamination should be removed from the sleeping area in particular. Remove all TVs and computers from the bedroom. Their picture tubes continue to radiate for hours after switching them off. Clock radios and audio systems also generate considerable magnetic fields through their loudspeaker and transformer coils. Even the electric cord of a bedside lamp has a harmful effect.

⇒ Have your electrician install a power disconnect. This will reduce electrical and electromagnetic contamination many times over. The power disconnect senses when the last appliance has been switched off, then enters the control function, switching from the AC operating current to the DC control current. When an appliance is switched on, the switchover to the operating current occurs within a short delay.

⇒ While awaiting the installation of a power disconnect, you can switch off the fuses of the electrical circuits of the bedroom and adjacent circuits at bedtime.

*show you solutions to make us cells feel well again."*

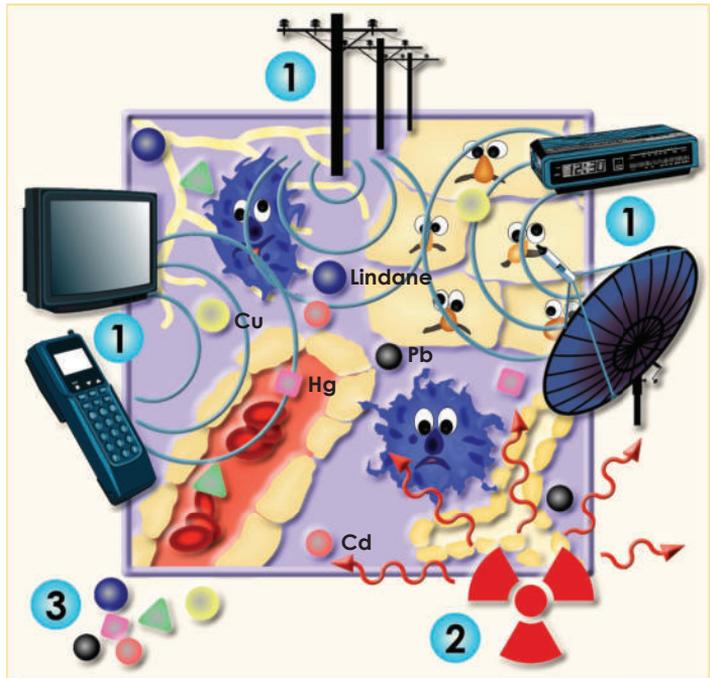


Fig. 3.1.

### Important building biology factors

- 1 - *Electrosmog* from electric and electromagnetic fields
- 2 - *Radioactivity* (from building materials and geology)
- 3 - *Environmental toxins* (in food, water, air, living area, etc.)



*"If you take a good look at Fig. 3.1., you will get a better idea of how I, my immune friends and of course the body cells are doing in the midst of the "achievements" of modern times. I can certainly understand that you no longer wish to do without modern communication systems such as your telephone, mobile phone, and computer. But do you really have to use them that much? As for everything else in life: It is the dose that creates the poison. That also applies to radiation exposure, which is continuously increasing nowadays.*

*If we body cells are also surrounded with many artificial and chemical substances from your food, furniture, air and even drinking water; any motivation for proper task performance is lost. Those irritants and contaminants have only been around for a few decades, and normal tissue cells can only slowly adapt to and handle such altered conditions. In addition, environmental*

## The basic classification of dental interference fields in connection to the body entirety/system

### TCM, YIN and YANG.

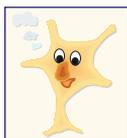
### Tooth Organ relationship.

### Functional circuit.

Every interference field from (dental) medical point of view is a stimulus to the control and regulatory circuits of the entire organism. Dental materials can be the source of dysregulation. Teeth can be significant interfering fields and thus contribute to the derailment of our functional circuits and the triggering of chronic systemic diseases up to cancer formation. Every healthy person or chronically ill should therefore have a thorough oral examination based on holistic evidence-based criteria, both for prevention and if required for minimally invasive dental therapies.

#### Our tip for you

Consider the entirety of your body and the existing connections as a whole unit. Consider yourself as a whole entity. Give your teeth and your body the same attention!



Meridians are specific well-ordered functional circuits derived from Traditional Chinese Medicine (TCM), which serve as an informational and regulatory mechanism. TCM has ten organ-related meridians, which can be grouped into five functional

groups according to the polarity of the fundamental principles of Yin and Yang:

- Lung-Colon,
- Gastrointestinal tract- Spleen / Pancreas
- Liver-Gallbladder,
- Bladder-Kidney,
- Heart-Small intestine

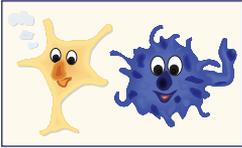
According to the course of the organ meridians, the five tooth groups (incisors, canines, premolars, molars and wisdom teeth) can be assigned to the five functional groups. To each functional circuit belongs one of the major internal organs (heart, liver, spleen/pancreas, lung and kidney) also so-called yin organs and one large hollow organs (small intestine, gallbladder, stomach, large intestine and bladder) also so-called yang organs. Furthermore, each functional circuit includes a specific sensory organ, a paranasal sinus and a specific area of the spinal column. In TCM, irritations, burdens or dysfunctions are usually balanced within a control loop. In the course of the acupuncture meridians, local dental disturbances can trigger a corresponding symptomatology, just as disorders within the meridians can cause an energetic weakening of the associated tooth groups and organs and thus an increased susceptibility to diseases in the area of these teeth. The more functional groups are in an imbalance, the more decompensated becomes the regulatory-, milieu- and thus the immune system. Therefore, as prevention it is of extreme importance to properly inform chronically ill and cancer patients about the significant connection to the dental field (teeth).

#### Facts and Background

The following functional circuits are known from TCM with corresponding clear references to the teeth:

- **kidney-bladder function circle:** incisors in upper and lower jaw,
- **liver-gallbladder-function-circle:** canines in upper and lower jaw,
- **gastric spleen / pancreatic function circle:** 1st and 2nd molars in the upper jaw and premolars in the lower jaw,
- **lung-colon function circle:** premolars in the upper jaw and 1st and 2nd molars in the lower jaw,
- **heart and small bowel function circle:** Wisdom tooth area in upper and lower jaw.
- The cross-referencing of the organ-tooth relationships of maxillary and mandibular molar areas is frequently described in literature.
- The area behind the wisdom teeth (so-called 9 area) is assigned to all meridians.

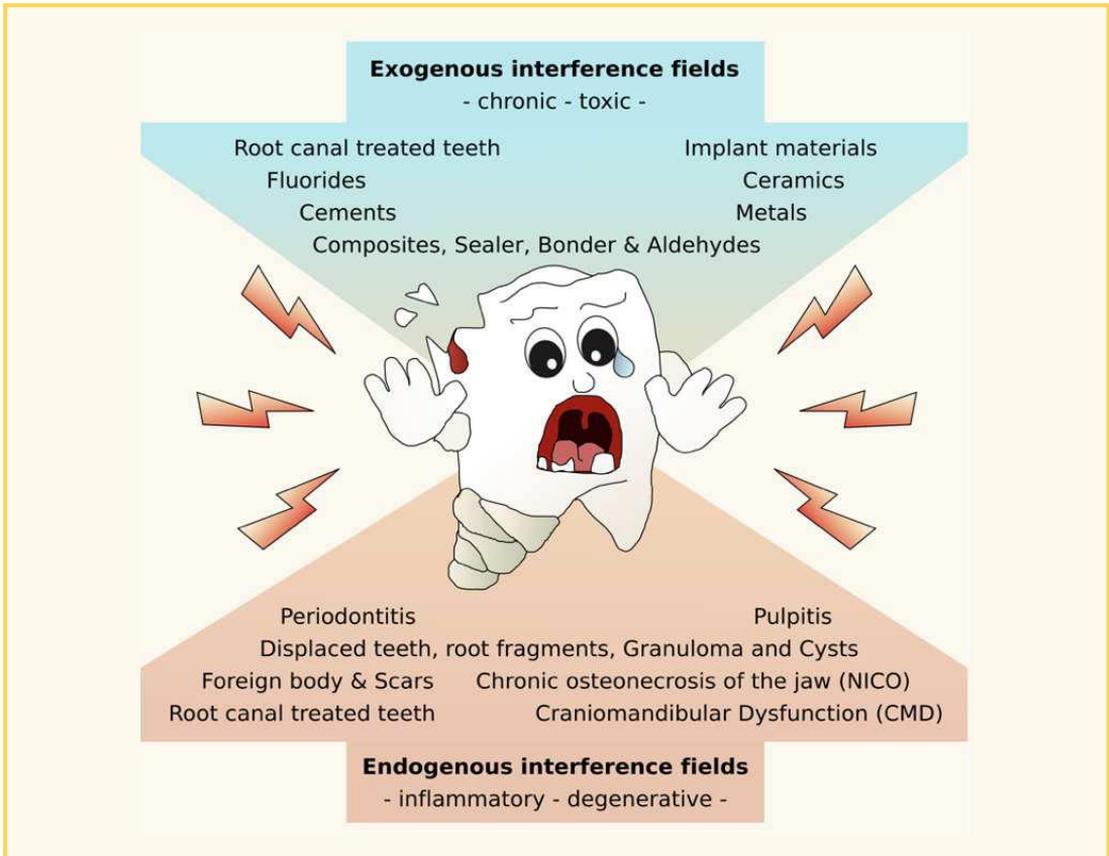
## Important dental field of disturbances in the oral, jaw and head area



*In the following chapters, you will learn more about the complex relationships of many stimulating factors that burden the „ oral “tooth-jaw-head area. You will learn that the teeth are not only important for chewing, speaking and aesthetic appearance but are connected to the whole body through various mechanisms and can therefore significantly influence the general health, immune system, body milieu and physiological regulator systems. The next chapter will be narrated by our friend TOOTHY, who has the best competence in this field.*



*As we well know, most of us go to the dentist on a regular basis for control and check up and are confronted with various minimal invasive preventive and therapy indicated measures. Often, the effects of the materials and forms of therapy used are improperly explained to our patients, so that artificially induced interference fields are placed. Therefore, it is important to know about external and internal causes of dental interference fields.*



**Fig. 3.2: Important external (exogenous) and internal (endogenous) interference fields in the tooth-jaw-face area.**

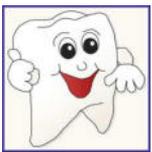
## Special toxic dental waste: Amalgam!

**Contraindications  
amalgam fillings.**

**Mercury metabolism.**

**Syndrome  
micromercurialism.**

Amalgam is a compressed mixture of predominantly mercury in combination with other metals such as silver, tin and copper. Not only the harmful components, but also the invasive filling technique make the therapy with amalgam obsolete nowadays! By means of three different metabolisms, lipophilic methylmercury can be deposited over decades and chronically promote systemic diseases up to precancerous/cancerous changes! Amalgam must always be disposed by dental clinics as special toxic waste, which additionally questions the meaningfulness of this type of filling therapy and patient safety!



*This filling material has been the gold standard in (dental) medicine for decades, whereby an attachment to the tooth surface can only be achieved through thermal expansion by invasive filling methods. (i.e. including removal of healthy dental tissue to make the filling attach). Since amalgam is not a solid alloy, but only a compressed mixture of single metals, it has become indisputable that amalgam filling particles are discharged to the organism throughout the entire period of wear and tear.*

*Above all, the heavy metals mercury, and metals like tin, silver and copper are classified as environmentally hazardous in both inorganically and organically bound form because of their allergic and toxic potential.*

*The paradox arises when talking about the topic „Amalgam separator“, which must be installed in each dental practice as amalgam is classified as special toxic waste. This should raise the question why it is not allowed to discharge a harmless propagated filling material into the sewer system! Instead, the amalgam drilled out of teeth must be separated from the sewage water in designated amalgam separators and disposed of as special toxic waste. In addition, there are a number of scientifically proven facts that explain systemic diseases caused by amalgam fillings at all levels, such as gastrointestinal tract, neurological, autoimmune, dermatological, pulmonological, hepatological, cardiological, renal diseases and pre-cancerous appearances in the mouth area!*

### Our tip for you

*Immediate removal of amalgam fillings under protective safety measures and oral/systemic detoxification programmes. Extended deep amalgam fillings in the posterior region should rather be replaced with ceramic than composite, to guarantee successful long-term outcome!*

### Facts and Background

Already approx. 25 years ago contraindications for amalgam application were introduced known to following facts! These are:

- Allergy to one or more components of amalgam mixture
- Renal failure
- Pregnant and childbearing women
- Children under 6 years
- Autoimmune and neurodegenerative diseases
- Hepatorenal diseases
- Carcinogenic diseases

### In our organism, mercury goes through three different metabolisms

- Metabolism in the intestine to toxic organic methylmercury
- Metabolism in the blood, so that this can transgress into organs and deposits itself tediously

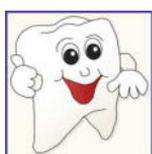
## Inflammation of the dental pulp as the main reason for toothache

Causes and course of dental pulpitis.

Toothache.

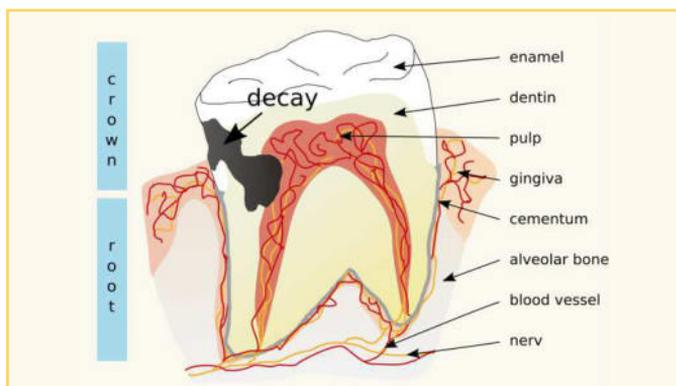
Crosslink of the dental pulp with the body.

Pulpitis is a symptom describing the inflammation of tooth pulp (dental pulp/nerve chamber) which is the tissue in the root canal. Like any pain, toothache is a necessary warning sign of the dental pulp, which requires our attention. The main causes of the irritation are caries (decay), chemical irritations caused by close proximity fillings next to the pulp as well as thermal and mechanical overloads. Therapeutically, the preservation of the vital tooth pulp by means of physiological treatment approaches should be the objective and main focus.



The dental pulp consists of fine fibrous connective tissue (basic substance with fibroblasts), which fills up the pulp chamber inside the tooth. At the border between pulp and dentin, the tooth-forming cells (odontoblasts) are located with fine offshoots.

Histologically, the dental pulp contains terminal flow pathways of vessels and precise extending nerve endings, each of it ending directly in the connective tissue. The tooth pulp (the tooth interior) has therefore, all components of the basic regulation and is part of the basic system (Pischinger's space) in the whole organism.



**Fig. 3.19: Presentation of dental components of the pulp**

An inflammation of the dental pulp thus causes a complex biological reaction in the form of a permanent burden, which in turn is connected via feedback loops to the organism. Inflammation of the dental pulp occurs more often after dental treatments than as it is usually assumed (chronic > acute). The scale ranges from asymptomatic to a subminimal discomfort in the area of the treated tooth to massive pulsating, radiating pain, causing severe patient discomfort.

### Our tip for you

In case of dental pain, visit your dentist in a timely manner (regular checkup) to increase the chances of maintaining the vitality of your dental pulp.

### Facts and Background

#### Causes of dental pulpitis

- Decay in close proximity to dental pulp promoting spreading of chronic infection via the dentine tubules
- Missing or insufficient underfillings in conservative filling therapy (metals or composites)
- Chemical-toxic irritations from filling materials
- Mechanical and thermal irritations through the use of turbines in dental treatment. Native protein - and thus the dental pulp - is subject to thermal changes from 43 ° C and can be irreversibly traumatized.
- Traumatic irritation of the dental pulp from crunching (bruxism)

## Nutritional Adjustment According to the MAYR Principles

Digestion.

Fermentation.

Putrefaction.

F.X. MAYR medicine.

Healthy eating culture.

As good as fresh and high-fiber food is, its effect is nullified with poor digestive capacity through fermentation and putrefaction. This contradiction is often only solved by a nutrition and eating culture in line with the MAYR principles, which has already led to some unexpected healing. Eat slowly, chew well and only eat until you start to feel full. Avoid raw food, fried and difficult-to-digest food such as meat, cheese and wholegrain products. Whenever you are eating, ask yourself: Can I actually digest this?

### Our advice to you

Examine your eating culture. A good eating culture means good digestion and is therefore a basic condition for healthy nutrition.



"I'm sure you have heard and read a lot on the topic of "nutrition during cancer," and are quite tired of it all. Most only talk of healthy nutrition in terms of different diets or the quality of the food, and recommend this or prohibit that.

The expanded formula for healthy nutrition is as follows:

**Nutrition = diet**

Correspondingly, weakened cancer patients are recommended to eat plenty of fresh fruit and vegetables, milk and dairy products and high-fiber food. However, many become even more sick through this "healthy food," develop diarrhea or constipation and the whole organism, particularly the liver, becomes weakened by fermented alcohol and decaying toxins. Leave this nostalgic nutritional formula behind and change to the very convincing, and actually functional, formula for healthy nutrition according to F. X. MAYR:

**Nutrition = digestive capacity + diet**

You should memorize this formula. Because what good is it to eat natural and, where possible, organic food if this cannot be digested sufficiently? Even nourishing and natural food has to be digested. A poor eating culture and digestion are contrary to this.

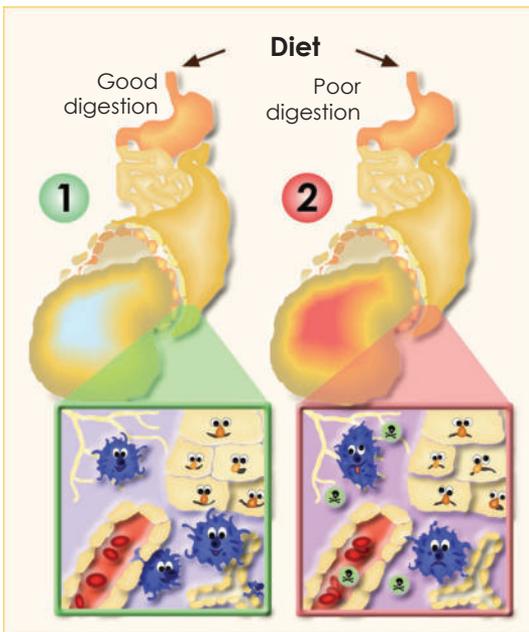


Fig. 4.2.

### Digestion and food conversion

- 1 - There is a "nutrient solution" from the food
- 2 - There is a "disrupted solution" from the food

## Restoring Harmony to the Soul, Replacing Fear with Trust, and Letting Go

Excessive demands on the individual performance limits also leads to tension in the mental-emotional area, which is called stress. If such stress persists, the possibilities of adaptation become increasingly restricted, and impairment occurs on all body levels. Conflicts continue to absorb valuable vital energy until they are resolved. Fear is particularly hostile to life and should be replaced with trust. By contrast, letting go of stubborn conflicts releases energy for recovery.

**Mental stress.**

**Long-term stress.**

**Orderly thoughts.**

**Hanging on and letting go.**

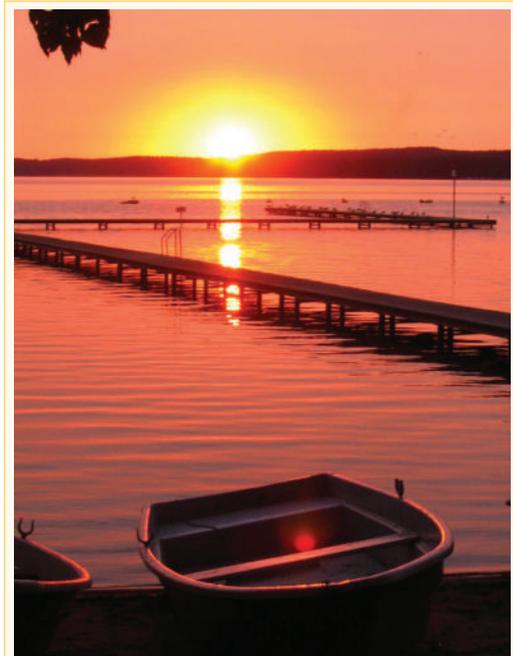


*"Once you understand that the body, mind and soul (or your subconscious mind) are closely intertwined, you will realize that a single treatment can be successful in harmonizing all the levels. The soul plays a decisive role as the "connecting device"*

*for all cells and tissue. In fact, the transfer of information takes place via electromagnetic oscillations or photons (light quanta) and other energy systems which react very sensitively and are disturbed by all possible external factors (poisons, viruses, etc.) and internal factors (unresolved emotions and emotional conflicts). Herein lies the cause of the negative effect of the states of tension produced by the mind, commonly referred to as "stress." The conscience creates a program like this: "I have to be at the station at 12:00 to catch the train." But it is already 11:50, and it takes 20 minutes to get to the station. As the connection between all cells and coordinator of the maintenance of the whole system, the subconscious knows that it is impossible to do this. Two different programs collide, which generates tension. It is possible to quickly adjust and adapt to such short term stressful situations. The human being as a whole system can adapt well in that way - but not to long-term stress. Imagine that you are driving your car at 130 mph. Long-term stress means that the body is constantly traveling at 130 mph. That means a constant state of alarm! Unresolved mental conflict*

### Our advice to you

*Do not let other people scare you. Unfortunately, even physicians tend to act that way, especially on the subject of cancer; thereby only disguising their own insecurity. Always remember: Fear blocks, fear weakens, fear is an enemy of healing and life!*



**Fig. 7.3.**

**Find your inner haven of peace, and almost nothing will be able to "stress" you.**



### Our advice to you

How can you defeat fear? Fear means a lack of confidence. Have confidence, and fear will melt like ice in the sun. Develop confidence in the life that you were given and which has given you many beautiful things. Think of your children, your partner, your pet ... Replace fear with confidence: Trust in the universal, heavenly, divine healing powers. These forces are an infinite source of love and healing. At some point in your life, you have lost some of that trust. Go and find it again now!

### Facts & background information

⇒ The opposite of holding on is letting go. You can verify that on a daily basis. The statement is true: If you hold on to your fear, it will remain and make you sick. If you hold on to your anger, it will remain and eat away at you. If you hold on to past events, you will lack attention for the here and now. If you hold on to obstructive principles, you will miss out on good opportunities.

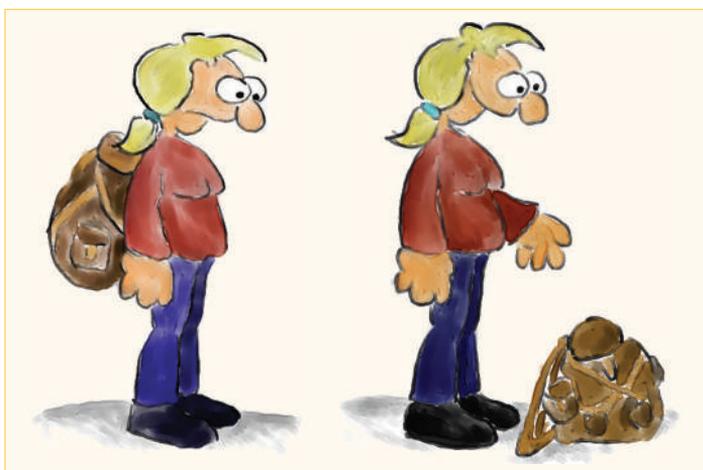
⇒ Your tumor may even have been the result of holding on, such as to a conflict situation.

⇒ Let go and feel how the energy flows again.

### Further literature

- Steven R. Tonsager, *FCT Practitioner: The Powers of Attention, Attraction, and Intention In Field Control* (2015)
- Françoise Egli / René Egli: *Le Principe Lola - T2: Un traité sur le Non-Temps* (2013)
- Antoine de Saint-Exupéry: *The Little Prince* (2010)

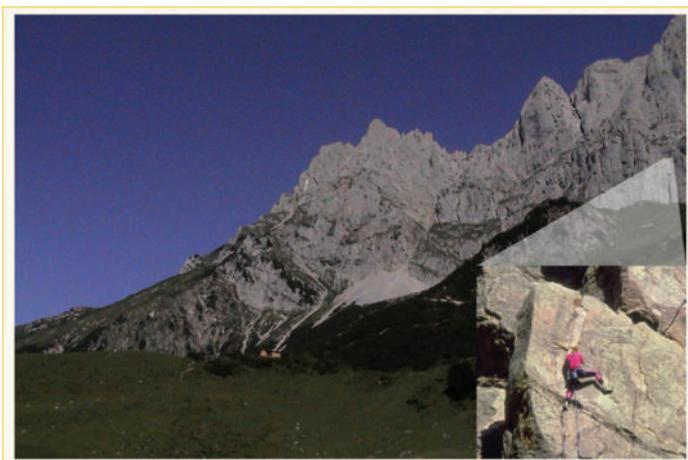
*This is another example, about "holding on." Why do you not talk to a close person because of an argument? Why hold on like that? No one benefits, and it only harms you. Practice letting go, starting with little things. Day by day, it will become easier to let go of the bigger things on your mind. Marvel at the energy releases, which you can feel and which give you the power to heal from cancer.*



**Fig. 7.7.**

**Free yourself from "contaminated areas" and problems of long ago**

*If you have been reading carefully so far, you will be aware that you can fulfill your every wish if you have a positive attitude, have passed on your conscious thoughts to your subconscious, and **LET GO**. It is just as though you had brought a letter or a parcel to the post office, and are now leaving it to others who will take care of it. That is exactly how the laws of nature work. These 'wish exercises' teach you how to "drop" old problems like a backpack, leaving them behind and then walking on without your heavy burden. Your problems can only be solved in the **HERE and NOW**, if it is time to do so! Total concentration is required, and the solution will follow. Worrying about possible problems in the future or being constantly "haunted" by issues in the past inevitably leads to loss of energy, making you feel worse. Specifically, this means that with the aid of self-discipline, you can stop distracting yourself from minor problems at the wrong time. That is your activity - to discipline yourself daily, hourly, every minute and every second. It is in your hands to "detach", and by doing so you can approach the cancer issue freely and self-confidently."*



**Fig. 7.19.**

**Climbing the mountain to recovery can require effort**

You need patience, but you can see the mountain, and you can make it in small steps. Set small goals, then you will be rewarded with a view of the peak.

*Possible course of action*

1. Test the methods according to your feeling and decide on one, or several, methods. If you are concentrating, and are present in the here and now, this will be the "correct" choice.
2. Search in the address list for someone who can help you further.
3. Contact your therapist.
4. Undergo trial treatments. After the 1<sup>st</sup> treatment, you will know whether you are being treated well, and whether this treatment is good for you.
5. Have a positive attitude during the treatment and wish yourself success with this therapy. Concentrate on the process and remain in the present, then you can make a safe decision.

*The harmonization of the spiritual and mental levels can require some effort. But I assure you that it is worth it. To reach the peak of health often requires a difficult climb uphill. But you can make it too. The spiritual work itself can be boring and involve setbacks in the healing process. Never lose hope and confidence, even when the path is still so stony. You will make it if you want to. If you have the feeling that a treatment is not helping much, then have the courage to tell your therapist, as you should decide yourself what will be done. Please do not forget one thing. Always, and in every scenario, keep concentrating on the present moment, without thinking about the future or regretting the past. Immediately change your focus (the center of your thoughts) to the moment that you are experiencing now, as it is your life that you are living, the here and now, where you are. This includes self-discipline, just as climbing high mountains does..."*

*Our advice to you*

*Never lose hope and confidence, courage or humility toward life, then nothing can go wrong for you.*



**Fig. 7.20.**

**LIFE is also hope**

As through it was a miracle, the volcanic eruption of Etna in Sicily in 2001 spared this cross from the flow of lava.



⇒ You have to learn from your illnesses that you may have done something wrong and need to change your way of life. There is no point in whining and wondering "Why me?"

⇒ In treating cancer, it makes sense to use different priority-, level-, and stage-based methods.

⇒ The interactions between methods can occur in a certain order according to their importance. Combinations often improve the success of the therapy.

⇒ The combination of regulation therapies such as homeopathy, nutritional therapy, discharge procedures, classical natural remedies, reflex therapy, hyperthermia, orthomolecular medicine, meditative procedures, psychoenergetic and similar procedures, exercise therapy, etc., contributes to treatment progress, especially in therapy-resistant patients.

**Further literature**

- Eckhart Tolle: The Power of Now: A Guide to Spiritual Enlightenment (2016) / A New Earth: Create a Better Life (2009)
- Lynn Grabhorn: Excuse Me, Your Life Is Waiting: The Astonishing Power of Feelings (2015)
- Lam Jia Hui: Only the Soul Knows: You Can Only Live Life Forward (2016)
- Ann Bachrach: Live Life with No Regrets: How Choices We Make Impact Our Lives (2011)
- Sudhir Puri: A Guide to Live Life Successfully (2013)

*It is best to seek out therapists who will accompany you and help you if working according to these principles. A prerequisite is for your therapist to be able to communicate with your body, soul, and mind.*

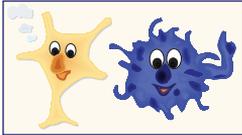
*Your body does not care if your therapist is a famous professor or an unknown country doctor, female or male, old or young, as long as they have the competence to help you. Good therapists first of all have the utmost respect for life, see themselves as companions, like a mountain guide on a steep, rocky trail, who indicates the direction, helps overcome large obstacles, and prevents "falls." They should have their own experience with patients with the same or similar illnesses and be open, especially toward any treatment that you desire and that they may not use.*

*If you asked me whether after all there may be a "miracle medicine" that automatically applies the listed criteria, I would definitely answer this: There is! Unfortunately, it has often been lost. I am talking about LOVE. You will probably be wondering what on Earth that means. But it is true that all-encompassing, unconditional love can heal. Are you skeptical, scratching your head, beginning to doubt? Well, then you have not dealt with love in a long time. Start feeling the LOVE of LIFE again. LIFE is all that surrounds you and that you are. That seems pretty easy, right? Still, many people seem to find it difficult to implement and live it. "That is pretty far-fetched," you might say, or maybe you do not understand it. If it was as easy as I said, then there would be no more diseases, wars, poverty, and many other negative things. I tell you such things in order to guide you in the right direction, learn to think positive and have confidence in LIFE. I just speak from the heart, and you too should learn to make decisions in the*

*HERE and NOW, out of a feeling of happiness in the moment of being."*

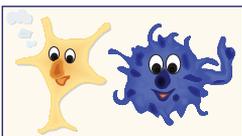


**Fig. 8.3.** Schematic of treatment based on importance (priority) in levels and stages: In this example, the emotional-energetic level has priority and in it a certain stage.



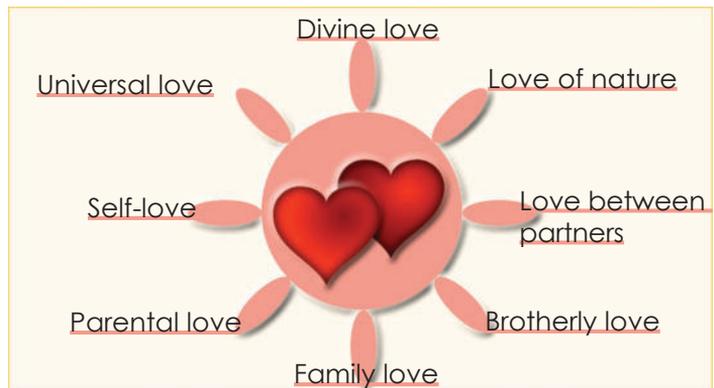
*"In this last chapter, we would like to complete the scope of this book while offering a summary. With a deeper understanding of the processes and levels of the body and a knowledge of the ways to influence them, you now have acquired all the prerequisites to become healthy on your own. Becoming healthy through your own inner healer is the safest and most enduring way of healing. It really means: Coming back to life!"*

Back to Life	
<p>Coming back to life through greater respect for life, the body, its nutrition, its regular (even internal) cleansing, and optimal supply of vital substances.</p> <p>Coming back to life by rediscovering the personal energy sources, the power you need for your body, soul, and mind to be healthy and work. Coming back to life through spiritual harmonization, letting go of burdening emotional legacies, through faith and trust.</p> <p>Coming back to life means understanding the actual meaning of life. Understand the meaning of life? Have you ever really thought about it? The answer will be a little different for everyone, but words like love, trust, harmony, joy of life, and even God keep coming up.</p>	<p>Self-love.</p> <p>Vitality.</p> <p>Meaning of life.</p> <p>Harmony.</p> <p>Letting go.</p> <p>Trust.</p> <p>Happiness.</p> <p>God.</p>



*"By now, you have learned about various ideas for*

*influencing all levels of your being. But what is at the base of all recommendations, treatments, and efforts? What is the guiding thread of this book on how to treat cancer; how does it really work? Actually, you have already started. You first learned to understand the different levels in the body and how*



**Fig. 9.1. Examples of types of love**



**Dr. med.**  
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**Particular Focuses and Interests**

- give people greater knowledge and understanding about ourselves.
- Help to understand , that everything is connected with everything and to be more aware
- Make understandable and clarify - health has to do with energy and information
- Give information, that the soul emerges as a body of energy which can be easily measured and treated through electric and electromagnetic methods.
- Promotion of whole body medicine in all fields and its integration in our society as the really healing medicine

**Family Data**

- born 3/3/1961 in Zwickau,
- married with Antje Gäbelein-Reuter, 2 children
- two older children from marriage before

**Professional Training**

- 1980 – 1986: Medical study at the Ernst-Moritz-Arndt University Greifswald, graduation Doctor medicinae (Dr. med.) and Medical Diploma (Dipl.-Med.) with „summa cum laude“, receive of approbation
- 1986 – 1991: Further training as orthopedic and trauma surgery specialist at the Hospitals in Löbau, Zwickau, Munich and Jena/ Eisenberg until 1993

**Professional Career**

- 1993 – until now: working in own private outpatient department at Greiz (Germany) with focus for chirotherapy, acupuncture, neural therapy, homeopathy and specific pain treatment
- 1999 – until now: Medical Director and leading Head Physician at the Hospital “Klinik im LEBEN” Greiz/Germany (Special diagnostics and treatment center for integrative biological medicine, diagnostics and therapy after F.X. MAYR, natural healing methods, hyperthermia and fevertherapy center and special pain treatment, palliative care)
- 1993 – until now: Head of further education for homeopathy in Thuringia

**Proved Qualifications**

- 1984 degree “Diplommediziner” (Dipl.-Med.- medical - diploma)-
- 1986 graduation “Dr. med.” in “Radiology/Nuclearmedicine
- 1986 working with reflex medicine methods since
- 1991 recognition consultant Orthopedics
- Additional designations:*  
Homeopathy (1991), Chirotherapy (1993), Natural healing methods (1998), Special Pain Treatment (1997), Acupuncture (2006), Palliative care (2012)
- Further education diploma:*
- Diagnostics and Therapy after F.X. MAYR (2000), Integrative Biological Cancer Medicine (2001)
  - „Master of Acupuncture“ admitted by the expert associations DGfAN e.V. (2001)
  - „Expert of Neural therapy“ admitted by the associations DGfAN e.V. (1994)
  - Inaugurator of the procaine alkaline infusion and thermosalt therapy (1997)
  - considerable publications in journals, textbooks and as co-authors in German and English
  - regular participation on international congresses and seminars as speaker, lecturer at Steinbeis University Berlin

## Family Data

- born in Hirschberg/Saale (Germany) on 1st March 1961
- married with Heike Lehmann-Oettmeier
- four children from first marriage and two from second, eight grandchildren

## Professional Training

- 1982 – 1988: Medical study at the Friedrich-Schiller-University (FSU) Jena, graduation with „summa cum laude“, receive of approbation
- 1988 – 1993: Residency at the Orthopedic Clinic of FSU Jena

## Professional Career

- 1993 – 2014: working in own private outpatient department at Greiz (Germany) with focus for chirotherapy, acupuncture, neural therapy, homeopathy and specific pain treatment
- 1999 – 2014: leading head physician at the Clinic “im Leben” Greiz/Germany (Special treatment center for biological cancer medicine, diagnostics and therapy after F.X. MAYR, natural healing methods, hyperthermia center and special pain treatment)  
Physician in the function of leading doctor at the Paracelsus Clinic Lustmühle/Switzerland (till October 2017)
- 2018 – until now: Head physician of the Swiss Alpstein Clinic in Gais (near Appenzell), starting March 2018

## Proved Qualifications

1988 graduation “Dr. med.” in “Osteology”

1992 Recognition consultant Orthopedics

*Additional designations:*

Homeopathy (1992), Chirotherapy (1993), Natural healing methods (1998), Special Pain Treatment (2002), Acupuncture (2006)

*Further education diploma:*

- Diagnostics and Therapy after F.X. MAYR (2003)
- Integrative Biological Cancer Medicine (2001)
- „Master of Acupuncture“ admitted by the expert associations DGfAN e.V. (2004)
- „Expert of Neural therapy“ admitted by the associations DGfAN e.V. (1996) and SANTH (2016)
- considerable publications in journals, textbooks and as co-authors in German and English
- regular participation on international congresses as speaker, international seminar activities



## Dr. med. Ralf Oettmeier MD

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## Particular Focuses and Interests

- Promotion of holistic medicine in all fields and its integration in our society,
- advanced education of medical persons and interested laymen,
- quality management in biological medicine,
- promotion of co-operation between all kinds of holistic working medical persons,
- national and international networking.



**Dr. med. Dr. med dent.  
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**Particular Focuses and Interests**

- Promotion and teaching of evidence based biological dentistry for all personnel working in this field and its integration into our society
- quality management in biological dentistry, physiological bite rehabilitation & ceramic implantology
- interdisciplinary whole-body expertise: connecting medicine and dentistry

**Family Data**

- born in Budapest (Hungary) on 9th of March 1982
- born into a family of internationally situated dentists, 2nd generation

**Professional Training**

- 2002 – 2008: Medical Degree at Albert-Szent Györgyi University Szeged (Hungary), graduation with „ cum laude “, Dr.med. (MD)
- 2010 – 2013: Dental Degree at University of Freiburg i. Breisgau (Germany), graduation with “summa cum laude”, Dr.med.dent (DDS)
- 2015 – 2018: Master of Oral Surgery and Implantology, graduation with “excellence”, MSc.

**Professional Career**

- 2008 – 2010: Foundation Year 1 (FY 1) and Foundation Year 2 (FY 2) training in the field of acute and intensive care medicine, neurosciences (neurosurgery) at King’s College Hospital and affiliated Hospitals (London, UK) with focus of care on the management of the acutely ill patient in the field of jaw neck & head area
- 2010 – 2015: Head physician and consultant at German and Austrian Police Department (special treatment center for general medicine and psycho-emotional evaluation)
- 2013 – 2017: Dental Training, specialty in biological dentistry at different Dental Centers & Clinics in Austria, Germany and Switzerland
- 2018 – now Head Dentist Swiss Alpstein Clinic in Gais (near Appenzell), starting March 2018

**Proved Qualifications**

- 2008 graduation MD., “Dr. med.” in “Maxillofacial Surgery” recognition completion of FY 1 & FY 2 (2010)
- 2013 graduation DDS., “Dr. med.dent” in “Maxillofacial Radiology”
- 2018 graduation MSc., “MSc.” in “Oral Surgery and Implantology / PRGF Therapy”

*Additional designations:*

- Biological metal free whole-body dentistry (2016)
- Physiological Rehabilitation of Bite & Function (2016)
- Cell Regeneration & Rejuvenation (2017)
- Oral Surgery & Implantology (2018)
- considerable publications in journals and as co-authors for German and English textbooks
- speaker on international congresses, international seminar activities on different continents