



Introduction to German New Medicine

What is German New Medicine ?

German New Medicine (GNM) is the science behind understanding why and how our emotions have a direct impact on our health; it is a system of medicine with five biological laws linking the psyche, brain and tissue levels of all living beings into a coherent process of diagnosis and healing which can be used to accurately predict the causes and outcomes of illnesses (mental and physical).

The Importance of GNM

GNM can help us to see 'illness and disease' in a new light. Like the periodic table of elements for science, it brings a deeper order to medicine, helping us to understand situations which, until now, have baffled and/or frustrated us (traditional and complementary practitioners alike).

Learning the GNM principles can take the fear out of words like cancer and can help you to create vibrant good health by helping you understanding the link between emotional and physical health.

Background and Overview

GNM was 'uncovered' by Dr. Ryke Geerd Hamer. In 1979, Dr. Hamer's son, Dirk, was shot and killed. Shortly after Dirk's death, Dr. Hamer developed testicular cancer. Since he had previously been perfectly healthy, he postulated that the cancer was directly related to the shock of unexpectedly losing his son.

To date there had been no direct research which directly connected shocks on the brain to physical illnesses. Since he was working as the head internist of a cancer clinic at the University of Munich, Germany, he was in a perfect position to fully develop his theory and conduct scientific research, which later confirmed his theory that cancer is the result of unforeseen, significant, isolating emotional shocks (which he called DHSs – Dirk Hamer Syndrome, in honor of his son).

His research culminated in the publishing of the **Five Biological Laws of German New Medicine** which describe:

- the link between unexpected emotional shocks and how they impact the brain, the psyche and the organ/tissue (even if we had just a few seconds to prepare for the event, we would not have been 'caught on the wrong foot');
- the course of each significant biological special program (SBP - i.e. how the shock manifests itself) as it runs through the conflict and healing phases;
- the difference between 'old-brain' directed conflicts and 'new-brain' directed conflicts (i.e. as our brains evolved, the types of conflicts we faced became more complex and this is reflected in how they manifest themselves);
- how microbes are used by the body in the healing phase to 'clean-up', 'repair' or 'rebuild' after the conflict phase is over;
- how each disease is simply a predictable biological response to a significant, unexpected emotional shock & can be logically related to instinctual behaviours and patterns which were designed to protect our ancestors.

Using GNM in practice

Ideally, patients would be familiar with GNM before being diagnosed with a serious illness. Unfortunately, it is often at these difficult times when people become more curious and aware of possibilities other than those offered by conventional medicine, and so people will begin to learn about GNM in the midst of a major physical 'manifestation'. When this happens, people can approach GNM with fear or with conflicting emotions 'wanting to believe but not yet ready to believe' in GNM. This is a difficult position to be in because the patient must be completely comfortable with the philosophy and principles behind GNM.

How Fear Affects the Body

When a person is fearful for his/her existence, s/he will unconsciously activate the KCT (Kidney Collecting Tubule) Syndrome which will cause tumors to grow in size dramatically as they retain water. This in turn can cause even more fear, creating a cycle that is difficult to break.

This is why it is best to learn GNM when you are healthy so that you can remain calm in the event of a diagnosis of cancer or any other illness.

Using GNM in Practice

The first step in the GNM therapy process is to determine the phase of the condition. This can be accomplished through the analysis of a CT scan, a biopsy and/or a physical examination. If the conflict is in the active phase, then patient will need to resolve or downgrade the conflict. There are many ways to move into resolution and these include:

- Talking it out either with another person or by writing in a journal - with the aim of finding a practical and sustainable solution to the shock,
- Creating a timeline to help the patient understand what conflicts or resolutions occurred before the symptoms manifested themselves. This will help the patient become more clear on what needs to be resolved, or what has already been resolved, and/or
- Seeking professional help from a coach, psychologist, psychotherapist or other professional to help the patient to resolve the conflict in a way that is meaningful to him/her.

If the conflict is in the healing phase, the role of the practitioner is to coach the patient to ride out the

symptoms and/or treat appropriately to mitigate physical symptoms.

In GNM, it is very important to have regular contact with the patient to keep them calm and to answer any questions about physical manifestations of the DHS. In addition, patients are encouraged to learn more about GNM through reading, taking courses and/or consulting with GNM practitioners.

The Team Approach

At the Carp Ridge Natural Health Clinic, we work as a team to help patients identify and resolve their emotional traumas. Patients will typically choose to see both a naturopath to manage any physical manifestations as well as a life coach who specializes in helping individuals resolve emotional traumas.

All staff at the Carp Ridge Natural Health Clinic either have training in GNM or direct access to a practitioner who can advise in GNM.

Katherine Willow has began learning about GNM since 2002 and has been incorporating GNM into her practice since 2003. Barb Pierce has been learning about GNM since 2002 and has been incorporating the GNM principles in her life coaching practice since 2004. We have regular meetings with Ilsadora Laker (a student of Dr. Hamer and internationally renowned GNM specialist) to discuss patient diagnosis and care.