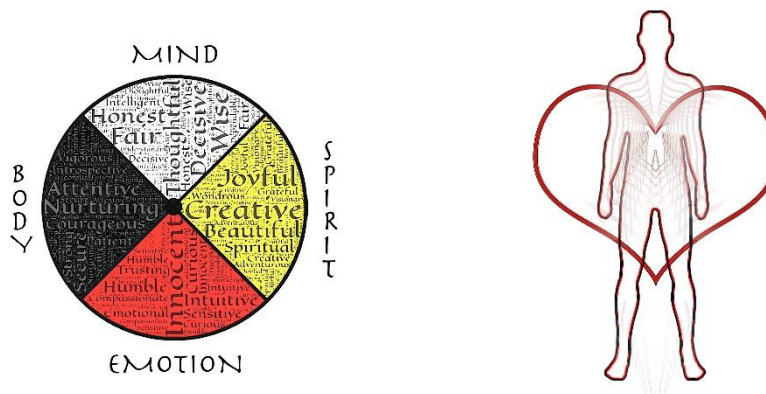


Practice - Newsletter - October 2023

Topic of the month

“The four principles of holistic medicine”



Recently, a client approached me with a desire to try an experiment: We both read the same book and try to realign his inner process with the ideas of Lawrence LeShan, the author of the book. I agreed, because I had already dealt with LeShan's ideas years ago, found them very profitable at that time and incorporated them into my work. However, I did not yet know the book that was now proposed and ordered it immediately. I devoured it with joy, we (i.e. mainly the client himself) began to realign his process and lo and behold: he actually found for himself the impulses he had so urgently needed for years. The process is still ongoing, but in this newsletter I would like to report on a central idea on which LeShan, who died in November 2020 at the proud age of one hundred, aligned his extremely successful work with tumor patients for decades. These principles can be applied to any client and patient group and to any type of treatment, even though LeShan's life's work is psychotherapeutic work with tumor patients.

Lawrence LeShan, the grand old man of psychological cancer research, was a convinced representative of so-called holistic medicine, undogmatic, flexible, open to all approaches that provide patients with relief and improvement. Naturopathic procedures find their place as well as nutritional disciplines and conventional medical procedures, i.e. also chemotherapy, radiation, pharmaceutical drugs, etc.

The holistic view of man has a long history in the thinking of mankind, a much longer one than the modern, mechanistic view of man as a body, which is a kind of biological machine, on which one can e.g. exchange or repair spare parts at will, without caring much about the rest. A view in which mental and spiritual aspects are reduced to biochemical processes or electrical impulses caused and triggered exclusively by the body machine, which sometimes culminates in the complete denial of spiritual realities that transcend the boundaries of the body. This increasingly leads to the schematization and standardization of treatment methods and also causes, for example, the mistaken belief that a vaccine would produce the same results in all people and could be equally suitable for all individuals. We can now observe the sad results of this misguided thinking en masse since the introduction of Corona

vaccines. This is unfortunately not a new phenomenon, a certain percentage of vaccine injury has existed with all vaccinations from the beginning, and in truth this percentage has always been higher than officially stated. It is just that never in the history of mankind have so many people of all ages and population groups been vaccinated against anything at once. Actually, every primary care physician knows that not every drug works the same for every person. It is usually a process of trial and error, in which different substances have to be tried out and their dosage adapted to the individual needs and reaction patterns of the patient. The fact that this suddenly no longer applies in pandemic situations is probably mainly due to mass hysteria.

This perverted thinking, detached from the holistic reality of life, causes many problems and has given rise to a health care system in which, to a large extent, the welfare of the individual is hardly at stake anymore, but mainly the maintenance of an industry worth billions. Anyone who has ever been in the emergency room of a modern hospital for even one day can confirm that he immediately ceases to be an individual. He is now just another number, a case, a diagnosis squeezed into standardized diagnostic, testing and treatment procedures. Every individual movement, every doubtful inquiry is impatiently dismissed, ironed out, the nursing staff immediately begins to infantilize the patient, within minutes one is an immature child in a thin little shirt, sitting or lying freezing on his little bed, connected to some beeping apparatus and condemned to passive acquiescence to opaque measures.

This is not a general denial of the need for modern hospitals or even emergency rooms, but a justified and necessary criticism. Modern hospitals and emergency rooms save millions of lives and are absolutely justified. The majority of the personnel employed in them choose the profession for idealistic reasons and for the love of their neighbor, but it is difficult to maintain idealism once one has become part of the machinery. And so modern machine medicine not only *saves* human lives, but also *ends them prematurely* in thousands of cases - due to the errors in thinking and abuses described above - and has to put up with this criticism because of it. In 2014, the AOK (one of the largest German health insurance companies) even reported 19,000 deaths per year due to treatment errors, only in Germany; as always, the number of unreported cases is likely to be many times higher. (<https://www.deutschlandfunk.de/aok-krankenhausreport-19-000-tote-durch-behandlungsfehler-100.html>) In 2021, the number of deaths due to medical treatment errors officially determined by the courts was 92 (<https://de.statista.com/statistik/daten/studie/692068/umfrage/gesundheitsschaeden-in-folge-festgestellter-aerztlicher-behandlungsfehler/>). Once again, it depends on which statistics one uses. The one of the AOK might be closer to reality, since most of the bereaved do not go to court, but mourn their loved ones.

Many of these treatment errors would probably be avoidable if the principles of holistic medicine were also taken more into account by machine medicine. LeShan writes: "Holistic medicine is a set of concepts, not techniques. It is based on four axioms [*principles, author's note*], four ideas that together form the whole.

Man exists on many levels, all of which are equally real and important. Physical, mental and spiritual levels together make up the unity of man, and none of these levels can be 'subordinated' to another. For medical success, all must be treated. All three must be nurtured and cared for in the interest of health.

2 Each person is unique. A meaningful treatment program, whether it focuses on diet, meditation, chemotherapy or exercise, must always be tailored to the individual. Standardized treatment methods are not acceptable.

3. each patient should be involved in the decisions that affect him, receive as much information and as much authority as he is willing to accept.

4. the human being has self-healing powers. Adherence to the first three principles mentioned above helps to mobilize these capacities and bring them to bear in support of the medical treatment program." (Lawrence LeShan: „Diagnose Krebs. Wendepunkt und Neubeginn“, Klett-Cotta, 13th German edition 2020, p. 150 f., Title of the English original: "Cancer as a turning point")

That is, adherence to the first three principles leads to the realization of the fourth principle. If we treat or involve the body (physical condensation of emotional and mental-intellectual caused patterns), soul (feelings, anima, personality, personal unconscious, karmic self) and spirit (intellect, animus, superpersonality, collective unconscious, dharmic self) in equal parts, thus taking into account the uniqueness of the patient, adjusting the treatment method individually to this uniqueness and actively involving the patient. If we include the patient's uniqueness, adjust the treatment method individually to this uniqueness and actively involve the patient in the treatment, the patient mobilizes his self-healing powers, activates his immune system and has a much greater chance of healing.

This is not a one-way street. The infantilization of the patient in machine medicine also works so well because the patient participates in it or even demands it. It fits in with the attitude of many people to slip into a childlike victim attitude in the event of illness and to transfer complete responsibility for the healing process to the "God in white". "Give me anything, Mrs. or Mr. Doctor, to make me well again." Psychotherapists experience this similarly. The therapist may say something, the "magic" phrase, the "ultimate interpretation" or may perform a magic hypnosis, meditation, constellation, technique that breaks the spell of depression, neurosis, psychosis and "fixes the mistake." The first mistake is often to look exclusively for the error and never to define the ideal state. Those who do not know where they want to go need not be surprised, even in therapy, if they end up somewhere completely different. Elke and I have observed with concern an increase in infantile thinking in the alternative therapy scene in recent years. Healers promise to "fix the problem for people." A phone call or the sending of a strand of hair or similar is enough, the healer "swings in", administers the "spiritual miracle pill" and health is restored, without the patient having done anything to the unity of body, soul and spirit, without a holistic and individual treatment program, without participation, without activation of the self-healing powers. As in school, vaccination or machine medicine, only a dependency relationship and often astonishingly high costs arise.

Many studies over the last few decades have proven that empowering self-healing saves enormous costs in an empowered, motivated, and well-informed patient who has a goal and a dream in life and is not just focused on what is wrong with him or her. LeShan cites one such study or program as an example, "A program implemented by the University of Southern California to empower diabetic patients reduced emergency room visits by 50 percent, reduced the number of patients who fell into diabetic comas from 300 to 100 in two years, and resulted in 2300 fewer visits to the doctor for prescriptions. It is estimated that this saved \$1.7 million." (*Lawrence LeShan: „Diagnose Krebs. Wendepunkt und Neubeginn“, Klett-Cotta, 13th German edition 2020, p. 161*)

In this respect, I encourage all my patients and clients to take the greatest possible responsibility for their treatment process. Talk through with me how, at what interval, and over what period of time you want to be treated. If there is a particular approach you want to integrate, let's discuss it. Let's find out what you are really like, what your ideal life looks like when you begin to align your life with your true self and not the other way around. Even if you don't think anyone will like you then or you could make money with it, there is a way to live your true self in a socially acceptable and productive way.

Dates, important and current events:

➤ **Elke's date preview:**

OCT 06, 2023: Online meditation

OCT 11, 2023: Self-help cancer meeting point

OCT 29, 2023: 1 - 6 pm: Booth at the Backnang Goose-Market at the "KochWERK", Winnender Street No. 17, 71522 Backnang, Germany

For more information, please contact Elke: naturheilpraxis.tegel@gmail.com

- **At irregular intervals on Sundays from 15:00 - 18:00** we organize a spiritual devotion, i.e. common prayer and singing, Bible text with metaphysical interpretation, joint meditation. **Next date: 15 OCT 2023.**

In this sense, I wish us all that we can use October to give our lives the meaning that was intended from the beginning, long before we started to bend ourselves because we thought that this was the only way to be loved and to survive.

Your Jörg Schuber



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