

Are you still paddling, or already steering?

On the futility of solutions which do not fit the problem

If a patient has stomach pains because of a tense situation at work, his problem is naturally not solved simply by taking medication against stomach pains. The stomach pains are only the symptom, and not the cause.



As a therapist who always takes into account the environment and current life situation of his patients in the anamnesis, I am often astounded how these are treated (or rather only their symptoms) before they first come to my practice. The occasion for this article is the case of Mr. Hubert M., a patient I had treated for a long time, before he moved to Frankfurt a few years ago for professional reasons.

Hubert M. is a senior employee of a large bank, very ambitious, and already had the stomach as the major weak point in crisis situations. As I learnt when he came to me once again, he had in the meantime had his thyroid removed, since it had become noticeable with hot nodes. He looked very poorly, and according to his own information felt very jaded and listless. He said that he hardly slept any more, and was nervous and irritated, the latter often without justification or reason, and he often had severe stomach pains. This had been compounded recently by heart complaints. He was worried that he might soon “have a stroke”, and that he would not survive it. He was at the end of his tether, before he remembered that I had always been able to help him previously. He had taken a week’s holiday, and I was now his last hope.

He had been prescribed the following medications to be taken regularly in Frankfurt:

Euthyrox 125, a beta-blocker, a plant-based sedative and an antacid for the stomach pains. (I will later go further into the negative reciprocal effects of this mixture of medications.)

Diseases – the language of the soul

Officially one only speaks of psychosomatic causes in the case of a few illnesses. But this concerns all illnesses. The symptoms of Hubert M. speak a clear language, so clear, that his cooperation in clarifying the cause was almost unnecessary:

The hot nodes in the thyroid were the reaction to permanent overstress. The thyroid regulates the “motor speeds” in the body; anyone who continually keeps his foot on the accelerator overtaxes his thyroid, and just as continual driving at top speed can cause damage to an engine, such overstress can also adversely affect the thyroid. Without Hubert M. having to tell me anything about his time with the bank in Frankfurt, I knew already from the thyroid gland operation that he had driven himself to work even harder there (had accelerated even

more) than was good for him.

The stomach pains are the reaction to an intolerable situation, to a situation which one can no longer digest, no longer handle.

The heart complaints were the reaction to the fact that through his profession, Hubert M. had become increasingly more inconsiderate and hard-hearted (!), had continually sacrificed the matters of the heart to his career, and his heart ultimately announced by means of the heart murmur that it no longer wanted to continue this rhythm, and therefore broke out of the usual trot, representatively for him.

The remaining symptoms such as insomnia, listlessness, lack of drive and depression result from this life situation and the combination of the medications, which we will come to later.

Hubert M. – Healing in the real sense

During the course of the discussion I then had with Mr. M. in my practice, he impressively confirmed the above psychosomatic interpretation in his relation of the actual events. At the end of his account, his voice broke and he began to cry. He could no longer stand it, he said. To the question of who was demanding this of him, he replied with the usual references to parental and own expectations, social and financial necessities etc. etc. At the end of the discussion, Mr. M. then became quite calm.

We made another appointment for two days later, and as “homework” I asked him to consider what he would like to do if he had to dispense with “yes, but ...”, and could simply assume that everything he decided to do would succeed.

With respect to the medications, I reduced the Euthyrox from 125 to 100, and also began gradually to reduce the beta-blockers.

The antacid was also reduced, and a high-alkaline diet recommended instead.



What it is really all about

At the appointment two days later, Mr. M. then told me that she was a passionate amateur chef, and that it had always been his dream to open a restaurant serving dishes of his own design. That was his heart's desire, but he had not been able to get the idea of "yes, but ..." out of his head, and would not risk such a step at the moment. As the next piece of homework, I asked him to think about the idea of the restaurant in concrete terms and to check it for feasibility. At the following appointment, he then appeared rather astonished that it was actually feasible for him, and that all he really needed was a little capital and the relevant furniture.

Only one week had passed since the first appointment, and he was already feeling very much better. The days off work had also naturally done him good, but the main thing was that he had got in touch with the causes of his symptoms, that he had recognised that the work in the Frankfurt bank had made him ill in the true sense of the word, and that it is more important to follow his determination than to satisfy the expectations of family or society.

He then started immediately to look for a new job, applied to several companies, and a little later was taken on as a department manager in the finance department of a large car rental company; he also immediately resigned from his job at the Frankfurt bank. He enjoys his new job, and now works out financing and leasing concepts for the vehicles, which after one or two years are resold as used cars.

Finally he could once again see what he was actually doing, he told me, and that he could now measure his success directly by the change in the

sales figures. Nor had he given up the idea of the restaurant, and just had to save a little and then find the suitable premises; his wife had also already indicated her support, and was very pleased with the idea, and also with her "new" husband.

Always the same healing scheme?

No, of course not. Every case is different, and every symptom tells another story of how someone departs from "their" path. But this is exactly what all my patients have in common: the organ itself is not ill at all, it is only the bearer of the symptoms. The stomach, the heart and even the thyroid gland of Hubert M. were not ill – they were only trying to show in an increasingly urgent way that there was problem, and what type of problem it was. Hubert M. is today well again; I assisted his recovery further with a few homeopathic agents, which I had determined with a scan of his bio-field. He is completely healthy again, feels fit, sleeps well, goes in for sports, eats properly, and has a powerful vision in the form of the gourmet restaurant, which drives him on.

Having no air to breathe is not a disease of the lungs, but the consequence of a critical life situation.

Not being able to get one's teeth into something is not the result of diseased or missing teeth, but the cause. "He's really bugged about something" and "He's really galled" indicate that the subjects here are anger and rage, and not hepatitis or gallstones.

Recipes are sooo sexy ...

The fact that recipes are so sexy for many people is because one then does not have to face one's own problems. Getting rid of the stomach pains is there not my problem, but my doctor's problem – after all, he has studied how he can make me better again. The catastrophic financial situation of health insurers worldwide shows that one cannot delegate responsibility in this way. In the same way, symptoms can only be coached – but illnesses cannot be cured. The reason why this cannot be financed is self-evident: the "solutions" simply do not fit the problem.

Everyone is himself responsible for his symptoms.

If Hubert M. had not changed anything about his situation, a heart attack, a stroke or a serious illness extending even to cancel could not have been excluded. This could not be remedied by medications, and especially not with the combination prescribed.

Reciprocal affects of the medication mixture

In addition to the tense situation at work, it was the overdosing of the thyroid hormones which firstly lead to irritated overstress and insomnia due to increased adrenaline secretion (a plant-based sedative was then always given), and secondly to the heart symptoms, which were then treated with beta-blockers. On the one hand therefore over-steering due to the too high administration of thyroid hormones, and on the other hand then a sedative and a beta-blocker to treat the heart symptoms, which had probably been caused initially by the excessive dose of Euthyrox. The antacid prescribed also had undesirable side-effects:

The stomach as a base supplier?

Yes, exactly, the stomach acid is only one part of the story. The parietal cells of the stomach take the acids from the blood. And what happens if one takes a lot of acid away from a largely pH-neutral fluid? Exactly: the bases remain in the blood. The body needs these urgently in order to pick up the acids stored in the connective tissue and take them to the kidneys (in medicine the connective tissue is therefore correctly referred to as "pronephros") and also in order to be able to form highly alkaline trypsinogen and chymotrypsinogen and bile in the pancreas and in the gallbladder, which then raise the acid chime coming from the stomach up to a pH-level which then enables physiological digestive in the intestines.

If the organism as a whole is too acidic, then it no longer waits until food comes, but simply produces the stomach acid, although only to provide the organism with the bases it so urgently needs. The long-term damage to the mucous stomach lining is accepted in order to solve the short-term problem of the too low pH-level.

Antacids (anti-stomach acid agents), which also for their part stress the kidneys due to the aluminium component, hinder the organism by acid production in the stomach in accessing bases in the blood, and therefore push it even further into access acidity. In



the case of excess acidity of the stomach, a change to a more alkaline diet is therefore necessary –

or at least out the strong acid generators such as alcohol, sugar, coffee etc. In the case of Hubert M., the excessive dose of thyroid medications had already led to severe excess acidity, simply through the increased basic metabolic turnover; Due to his hobby (cooking to the “nouvelle cuisine” style) his diet was not at all bad. We know today that excess acidity alone greatly promotes conditions of irritation (also in the figurative sense of “being acerbic”), lack of energy, depression and insomnia. Hubert M. not only experienced no overall improvement through the medications prescribed to him, no, the medications even contributed significantly to exacerbating his critical health situation. And Hubert M. is not a unique case. This often happens simply because patients go to different doctors over the course of time, but still allow themselves to be prescribed the same old medications.

Symptoms – then away with it!

This is the wrong strategy. Symptoms show us that something is no longer in balance. They indicate the cause, which is usually easy to identify in conversation with the patient. As a therapist, I naturally need help in the interpretation of the psychosomatic backgrounds, and also naturally cannot spot the psychosomatic background of every illness. Ankle fractures, osteoporosis, knee injuries, prostate diseases etc. all have different backgrounds. In my practice, I have always included the psychosomatic interpretation of diseases. My work is made

much easier by a knowledge module of my QUANTEC[®], which evaluates for me all important psychosomatic backgrounds.

The time factor

Time is naturally a problem, above all in health-insurance practices. My method of treatment is only possible if the patient is prepared himself to contribute a major part of his treatment. This can speed up the healing process greatly, because the patient now has a great additional self-interest – namely not only to return to health, but also to do so as cost-effectively (quickly) as possible.

Pleasure in the work and the practice

I can safely say one thing in any event. My method of treating patients is also very satisfying for me. I help people to return to their determination along their path in life and to rediscover their energy; this is very much more satisfying than simply treating their illnesses – or actually coaching their symptoms. I make people genuinely and lastingly healthy, and deal only with people who make the choice of accepting responsibility for themselves and their symptoms; those who do not do so usually stay away after the first appointment. And that also has a definite advantage for me:

At the end of the day, I am now no longer empty and drained as previously – the “energy vacuum cleaners” who delegate their responsibility avoid my practice. And this takes us back to the title of this article ...

