

Asthma is curable

(The 'Gelsenkirchen Treatment Procedure according Prof Dr E.A. Stemmann)

Excerpt from book 'Gelsenkirchener Behandlungsverfahren' : hereafter called GBV)

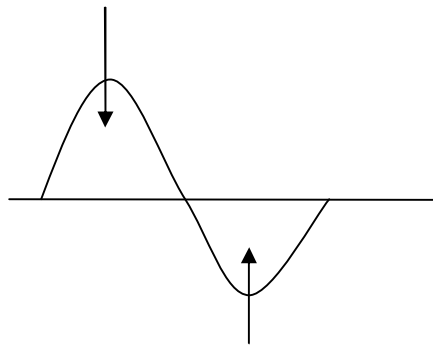
Previous concepts so far had allowed asthmatics to live with their disease; medication, however, was absolutely necessary.

The GBV broadens the available asthma therapies through new scientific findings and enriches the treatment of asthma by introducing methods which actually cure asthma.

The statement 'Asthma is curable' contradicts the opinions of experts and the wider public. Polarity thinking – 'There is counter-truth to each truth' – can resolve this controversy and create clarity. We hereby invite the reader is invited to evaluate for themselves.

General Statement: Asthma is incurable when genetic pre-disposition and environmental conditions are favourable

Polarity Thinking



The counter statement here: Asthma is curable, because of spontaneous recovery.

If both polarities of statements should be true then it should state:

- The statement: Asthma is incurable – cannot be stated on its own as such. The sentence must be completed by adding: ... if only the acute symptoms are addressed or treated or measures of precautions are taken, such as through drugs / treatment, asthma is incurable.

Avoiding environmental stress, omitting allergic substances or hyposensibilisation only rarely – if at all – lead to cure.

The prophecy that 'asthma should be incurable' and symptomatic therapy of asthma actually determine the incurability of asthma.

The impression that asthma as such can be inherited should not arise. Basically everybody can get asthma, even when genetically not pre-disposed to it. This shows in an increasing number of families, which had no previous cases of asthma.

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The genetically pre-disposed person only has a higher risk factor, meaning that he/she can get asthma easier. It is nevertheless not guaranteed that genetically predisposed people get asthma. This statement on genetic disposition, by the way, accounts for all chronic diseases and therefore doesn't require further mentioning with regard to asthma.

It has so far not been achieved to determine the increase in bronchial infections or allergens or environmental stresses to be the cause of asthma.

Therefore it is impossible to name viruses, bacteria, fungi, allergens, foreign substances or environmental pollutants to be the deciding root cause of this disease. This becomes even more evident when after a spontaneous remission the previously asthmatic person absolutely perfectly tolerates these substances.

- there is no immune deficiency, i.e. we did not find any particular immune deficiency which could explain the constant infections through viruses or bacteria.

- an allergen does not cause allergic asthma: the allergen resilience of approx 1000 children had been registered in their first seven years, and then we looked at how many children had developed allergic asthma.

No connection between general allergen resilience and occurrence of allergic asthma could be determined. (Multicentre Study Group 2000).

- environmental stresses are not the cause of asthma: No connection between environment and occurrence of diseases such as asthma, neuro-dermatitis or allergic colds could be found in research with 463.801 children in 56 countries (ISAAC 1998)

- Asthma as such is curable. Spontaneous recovery proves this. Spontaneous (spontaneous: latin : by itself, self motivated, from inside).

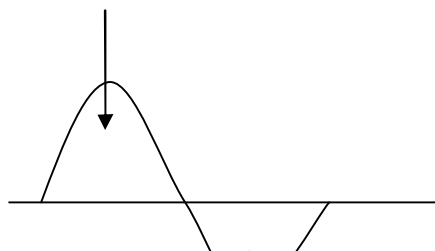
Spontaneous recovery is not an unexpected cure, which is often the way people look at it. (Spontaneous birth equally is not an unexpected delivery).\

Genetic pre-disposition does not counter-act self-recovery, as can be proven by spontaneous recoveries.

The statement for example that 'all swans are white' should entice that there are no black swans. With regard to asthma a spontaneous recovery = self-cure of asthma unmistakably shows that asthma is in fact a 'curable disease'.

Conclusion:

Asthmatic symptoms can be alleviated and precautions can be taken: medication, therapies, reducing environmental stresses, reduction of allergens and hyposensibilisation (de-sensitisation) enhance this form of treatment.



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The patient can cure him/herself. Genetic pre-disposition and environment do not counter-act self-recovery.

If external, substance related reasons are not the cause for asthma, then the reason for asthma must be found within the person him/herself, within the person's circumstances, living conditions and social environment.

The ISAAC-study has shown that asthma only occurs more often in countries with 'western life style'.

Given this present theory this means: ... in performance/achievement oriented societies with large amount of stress.

A further example can be stated here. The change of living conditions in previous German Democratic Republic after the fall of the Berlin wall – by becoming a performance society – a distinct increase in allergies could be registered, with simultaneous reduction of environmental pollution.

Leading Thought

Behind all occurrences are hidden forces. If, for example, an apple falls to the ground from its tree, gravity is the responsible force for this. We then ask ourselves what the hidden force behind asthma could be, what makes it become chronic and what is the factor that inhibits self-healing?

When the higher level forces behind asthma are known, the ones that explain asthma in all its details, the person actively gains access to these forces and can then heal his/her asthma him/herself.

What actually is Asthma?

Asthma means to breathe with difficulty. The asthmatic breathes heavily when his/her respiratory tracts become narrow. There are two different mechanisms behind this:

- The bronchial musculature, surrounding the lumen of the bronchi like a ring, contracts (so called bronchial spasm) and restricts the respiratory tracts and / or
- the bronchi become infected/inflamed (bronchial asthma), which means the infected mucosa with increased mucous production reduces the lumen of the respiratory tracts.

Which changes are behind the bronchial spasm and therefore cause bronchial asthma?

The asthmatic reacts to stress differently than a healthy person:

- Under stress the bronchi of an asthmatic first become larger, and then contract
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- in the relaxed phase (bronchial spasm),
- Under stress, infection cells (eosinophiles, basophiles, helper-lymphocytes (wrongly) migrate from the blood into otherwise healthy bronchi and cause a primarily self-caused bronchitis (!)

These occurrences are the main disturbing factors of asthma and are an asthmatic's reaction to stress, with the wrong bronchial consequences. Stress in an asthmatic leads to disease, where this is not the case in a healthy person.

A healthy person namely neutralises his/her infection cells inside his/her immune storage when under stress, his/her bronchi remain free of infection and furthermore do not react asthmatically hyper sensibly by creating bronchial spasm, even when stressful situation is over.

Stress

Healthy Person	bronchial muscles ... enlarged bronchi infection cells storage
Asthmatic	bronchial muscles ... bronchial spasm after stress infection cells ... bronchi (bronchial asthma)

Note: The first core value behind asthma is stress (No asthma without stress!)

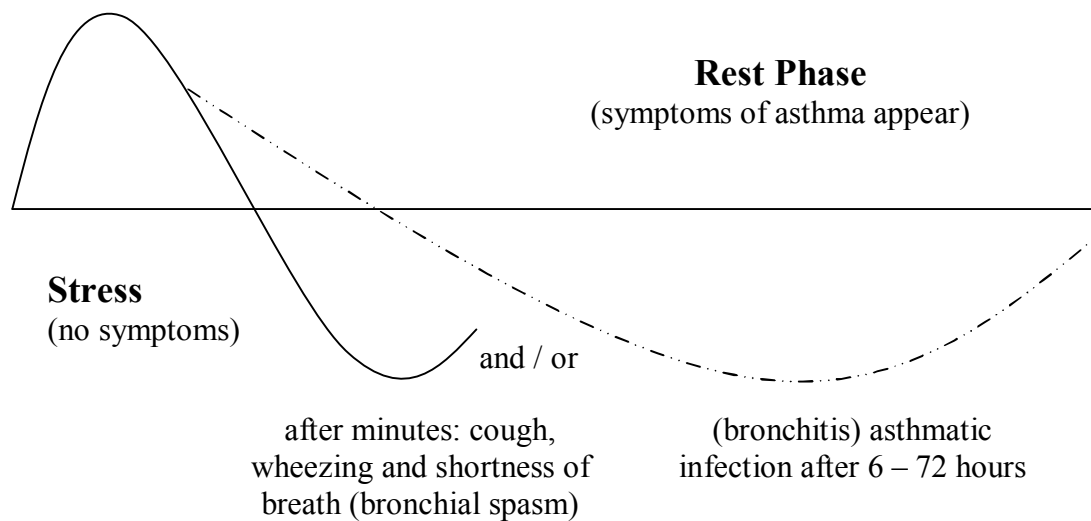
Asthmatic difficulties only show up when stress resides or when stress is over.

Asthma must be regarded within the alteration of stress and relaxation of daily life.

- Bronchial spasm: stress enlarges the bronchi. The situation suddenly changes when stress turns into rest phase. The bronchial musculature contracts and within few minutes the person displays acute cough, wheezing and shortness of breath.
- Inflammation/Infection (bronchial asthma): under stress infection cells migrate into otherwise healthy bronchi and cause bronchitis. The person, however, does not show any symptoms because stress prevents symptoms from appearing.
The bronchitis only appears when stress level sinks, within a time delay of (6) 12 to 72 hours.

Due to this fact asthma more often occurs in the evening, over weekends or for example at the beginning of a holiday – i.e. when stress level sinks.

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Having awareness of these ‘two phases’ of his/her disease allows the person to recognise which wave he/she is in; without knowledge of these two phases the person cannot do this.

Example: An asthmatic child visits his/her grandparents. During the visit he/she is free of symptoms. After returning home, the child coughs and wheezes more frequently and in the following night he/she has a full blown bronchial asthma attack. Usually the grandparents then say to the parent: “what is it that you’re doing to this child, he/she is so well when staying with us”
The cause for this attack is assumed to be within the child’s home and blame is laid – wrongly so - on the parents. This is the usual thought pattern.

Within the scientifically proven ‘two phases’ of a disease, the understanding of this attack must be completely different. The child must have been under increased excitement and tension while staying with his/her grandparents (be it through joy or negative emotions), hence he/she was symptom – free. Back home, stress turns into relaxation and coughing, wheezing and shortness of breath acutely occur through spasms of the bronchial musculature; asthmatic infection (bronchitis) appears at night.

The two phases also clearly show up in the so-called ‘strain asthma’. After physical exercise of a certain high intensity (high enough to cause stress, eg six minutes continuous running), there will be an asthma attack after 4-10 minutes in the relaxation period because now the bronchial muscles contract (if the strain is not sufficiently high, there will be no asthma).

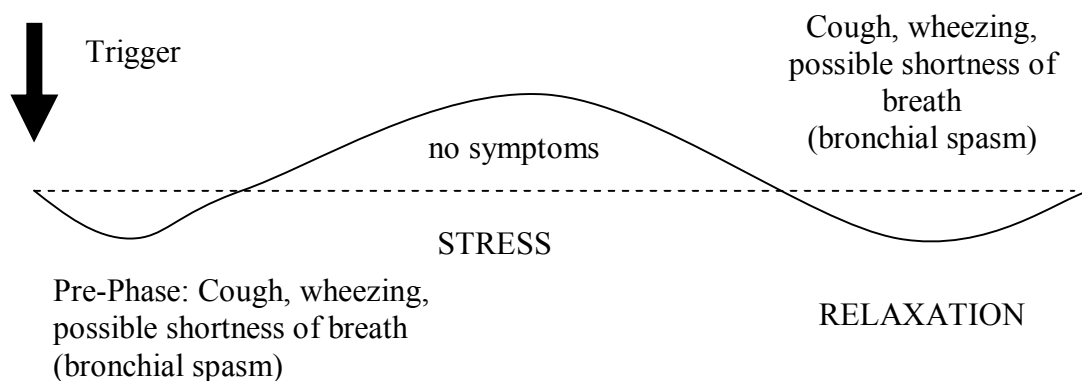
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Sleeping asthma also occurs in two phases. Throughout the day the person is symptom-free. Towards early morning, at the peak of the rest phase, or even in the afternoon after a relaxing snooze, the symptoms will appear.

If an allergic substance is applied to the (allergic) bronchial mucosa, a short-term stress reflex gets triggered, followed by allergic symptoms a few minutes later (spontaneous allergic reaction). If the stress is high enough to cause infection cells to migrate into the bronchi, there will be an bronchial asthma attack within 6 – 72 hours (as a so called delayed allergic reaction, which in reality is an unspecific infection reaction to the stress).

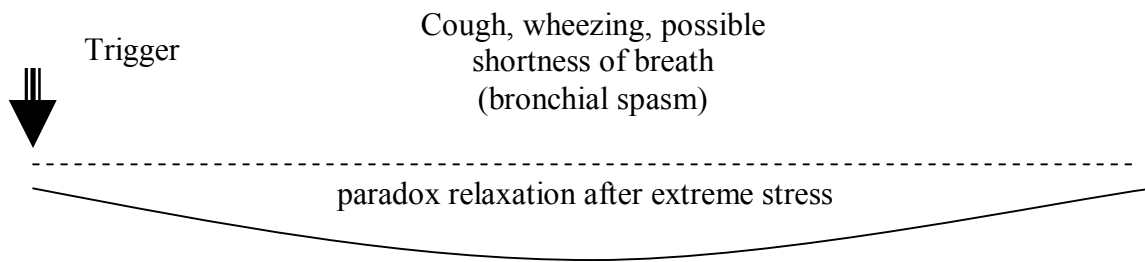
There are exceptions: extremely intense triggers can change the two phase – reaction.

This will be presented to you in the case of bronchial spasms: In the event of an extremely strong trigger there will be a short phase of cough, wheezing and probably inhibited breathing before the stress. Anxiety for example can trigger short term asthma symptoms. These limit themselves to a few minutes, when the tension further rises and will then – in the diminishing phase of the stress – re-occur.



If the person considers the trigger to be extreme (eg unexpected separation of the child from his/her mother) this enormous strain will lead to a paradox relaxation with long lasting coughing fits, wheezing and shortness of breath.

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Blood and immune cells (responsible for the asthmatic infection) also react according to tension and relaxation; they do, however, do this with the above mentioned time delay of several hours to days.

Which kind of asthmatic symptoms are displayed clearly indicate us in which phase between stress and relaxation the person is and how he/she sub-consciously will have interpreted the stress trigger.

All asthmatic difficulties therefore can be perfectly explained by applying the above knowledge.

Hypersensitive bronchi (bronchial spasm) and mis-direction of the infection cells are centrally caused by the vegetative nervous system and stress hormones.

Proof: If the vegetative nervous system between bronchi and brain is interrupted in this experiment, an allergen, for example, cannot trigger asthma any longer. The reason for this mal-function must therefore lie in the brain – more specifically said in the midbrain (di-encephalon), influencing and controlling the body's stress reactions.

Overwhelm can cause stress to turn into disease

The central question is: Which event causes the mis-direction of the body's own infection cells into the bronchi and then triggers the asthmatic hypersensitivity?

A hint may be in the language which supposedly contains all the secrets.

Derived from the Latin, affect means overwhelm and affection means disease.

Overwhelming feelings must therefore have to do with disease. In English language this knowledge even expands further. Distress leads to disease. Distress does not mean 'bad stress' but means agony, misery, hardship, affliction. Therefore overwhelming distress cause disease in a person through agony, misery, affliction. These assumptions are proven scientifically. Emotions arise in the midbrain, where also stress reactions find their origin.

The question then is: which circumstances, connected with overwhelming feelings/emotions actually do cause asthma through stress?

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Territory Fear causes Asthma

Detailed analysis of the life of asthmatics reveal that there was an event before the first appearance of asthmatic symptoms, in which something happened that was fundamentally against the person's will. From the point of view of evolution the person 'feared that somebody threatened their territory by entering or leaving it'.

Note: The second core value at the base of asthma is the affect , the emotional overwhelm: FEAR.

Why does an event lead to asthma in one person, and not in another person?

When something happens against a person's will, each individual usually enters a stress phase. The point is to defend ones territory containing people/ living beings or the spiritual territory (defending one's faith or one's opinion). The stress caused through this, however, does not make anybody become asthmatic. The explanation for contracting asthma lies in the form of stress, its intensity. Stress here only means the rise in vegetative tension, for example stress hormones (without judging stress as good or bad). Asthma can only begin when the person is confronted with the event in a way that leaves him/her powerless, helpless, worthless and isolated and he/she therefore does not act or re-act autonomously. In such a situation the body is flooded with high levels of stress, which persists and which, in case the problem continues (in reality or is assumed to continue) then evokes a mislead direction of infection cells into the specifically hypersensitive bronchi from the centre (the brain).

This is in evolutionary terms a so called biological conflict, created on a lower level of our consciousness, on a subconscious, archaic level.

It's nobody's fault

Fault, blame in Greek also means reason. There is a reason: The person 'mis-felt' a life situation, without any further cause created for themselves uncontrollable stress – and therefore got sick with asthma.

There wasn't a hint of a possibility for him/her to turn this round in his/her favour, because the healthy (!) brain does not possess the ability, to protect against events, feelings/emotions 'hitting' a person in a fraction of a second.

For further understanding this procedure one could think of the example of being 'petrified with terror' – an evolutionary behaviour that cannot be controlled consciously or unconsciously.

Which are the critical situations that can cause a person to become asthmatic?

Amongst others these are

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- Birth of a sibling, sibling rivalry (if the sibling gets more attention, presumably getting spoiled. Motto : you don't love me).
- Weaning (after breast feeding) if against the baby's will
- longer absence of one parent (if this causes a feeling of abandonment)
- divorce of parents (if the child takes blame for this, and/or is afraid of withdrawal of love)
- breaking of the 'great love' (without any obvious reason and without chance of improvement for the person - 'what is it about me that causes this' ?)
- change of environment/home (in case the person was moved without his/her approval).

Relatively minor events can also cause asthma, if they cause territory fear, when for example things happen totally against a person's free will or against a person's expectation

- An adult (female) reports on her first asthma attack, which happened in the night of the following event: As a child she had bought herself a goldfish from her own pocket money. She trustingly handed over the glass bowl with the goldfish to her mother. The mother, however, in a completely unexpected way, dropped the glass bowl and it broke. Even years later she reacts with asthma when shown a goldfish in a glass. Even a plastic fish or an empty goldfish bowl re-activate the event and trigger her asthma. The example shows the typical structure of the event, which creates asthma. The person is surprised by the event. It is important for the stress reaction that the event has a certain meaning and, above all, how the person feels about the total event within a fraction of a second.

Why does a person not know, what had caused his/her asthma?

The fact that the asthma only appears after the event is long over and (seemingly) overcome, he/she does not even think about it that a previous event might have caused his/her asthma. On top of this he/she assumes the reasons for his/her asthma being an environmental/pollution factor. Little children most often have their first asthma attack one to three days after the event (eg after the arrival of a sibling, or the absence of a parent etc).

For adults the interval between the event and the appearance of asthma symptoms can be weeks or even months (before the continuous stress decreases, deep inner rest re-enters the person's life and symptoms appear).

An adult reports: "After separating from my partner ('one leaves the territory) my asthma began. The event and the actual begin of the asthma were two months apart. In this time I felt stressed, but didn't feel sick".

The longer the disease exists, the more unspecific the reactions become

Asthma as consequence to – 'something happens that is against my will, my territory is in danger' – is strictly limited to the content of this conflict. The longer the disease exists, however, the more unspecific the reactions become and in the end a simple

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slight rise in stress levels – even through joy – might trigger an asthma attack. Examples here could be birthdays, christmas...

How can it be explained that the person has an asthmatic reaction to materials and triggers in his/her environment?

If the person simultaneously to the original event is in contact with some 'material' then this material in all future will not ever be without 'charge', because the brain makes a connection between the event and the material (conditioning).

Further contact with this substance or material reminds the brain of the 'event' and triggers a stress reaction followed by an asthma attack. Should the material/substance contain protein, then protein becomes an allergen. Further conditioning can be through the senses (eg smell, taste) ; in brief all things that the brain notices in a fraction of a second at the time of the event.

Here also the same rule applies: the longer asthma exists for a person, the more unspecific the reactions become. In the worst case, the person reacts to all sorts of environmental triggers, as long as they represent enough stress triggers.

In the end, however, environmental stresses or triggers are of subordinate importance. The important part isn't the stress, the trigger, but the fact whether or not the midbrain of the person reacts to it with emotions, with stress.

Events influence behaviour

A stressful event influences a person's behaviour, of course. In the future the person will react specifically hyper sensitively, namely with stress and subsequently with asthma, if their territory is threatened or if something happens, which he/she imagined completely differently.

In daily life the person will further display an exaggerated attitude towards their territory. This signifies that he/she has not overcome their territory fear.

Asthma entertains itself

The organism is programmed for self-healing. That is why the inflamed bronchi sends signals to the midbrain to stimulate the person's defence mechanism into self-healing. To do so we need stress, which increases the defence mechanism and which is generated by the brain in 'waves'. The self-healing methods, however, don't work any longer because each stress wave triggers acute coughing, wheezing, shortness of breath and/or an inflammation of the bronchi.

In the end, the asthmatic causes their asthma themselves subconsciously without having knowledge of the event. The asthmatic becomes a victim of the mechanisms of chronic disease, of which he isn't even aware of.

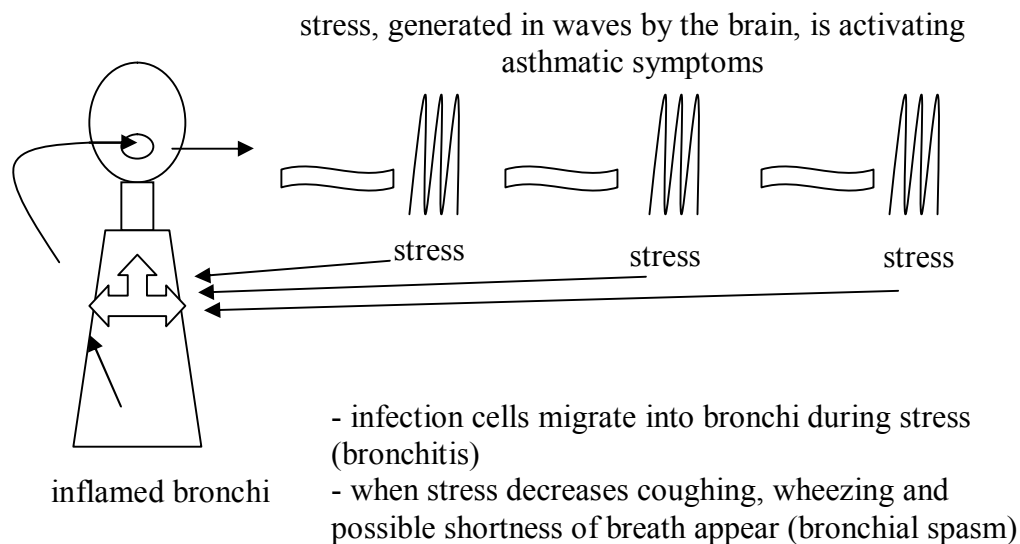
The self-healing mechanism of the acute disease (stress increases defence and leads back to health) turned itself into the opposite in the case of this chronic disease (stress causes the disease).

Environmental substances as further factor are not necessary for the continuation of asthma. Such was proven when asthmatics lived in some of the world's very few 'environmental stations'. (with help of such special stations – built especially in the

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paediatric clinic Gelsenkirchen-Buer – the environmental charges can be drastically reduced. He/she still is not symptom-free).



Stress, which the organism calls for in order to self-heal, changes a person's behaviour

The fact that the person steadily gets thrown back into the stress situation is often related to his/her impulsive behaviour (inexplicable to his social environment); this particularly applies to his/her contact person, life partner (mostly in the home environment). The infant rests peacefully in his/her contact person's lap, unexpectedly screams. He/she suddenly wants something from his/her contact person, otherwise there will be more screaming, followed by coughing, wheezing and difficulty breathing.

The older child, youngster, the adult causes aggravation quite unexpectedly. In between bouts of unexpected behaviour the person is actually quite joyful and nice, especially towards one parent (who is not always present) or towards a partner. They understand each other without too many words.

In the interactions with other people (outside the home, mostly) the person suppresses their feelings, reacts with extreme adaptation (allows others to take everything of them, doesn't seem to have any courage) and gets him/herself into stress.

If you ask an asthmatic child anything, their answer will always be 'no'.

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Example: The contact person tells her/his child: 'put on your jacket'. Reply from the asthmatic child: 'no'. 'But you'll have a cold'. 'no'. 'Then you'll have to remain sick in your bed'. 'No' and so on..... In such a situation the stress increases, to further trigger another asthma attack – and similar situations return, spread over night time and day time.

The 'amplifier' finally makes asthma incurable

The chronic disease triggers an increased activity amongst family members and the healthy social environment.

At times family members go through veritable ordeals, by getting up several times every night over the period of months and years, to console and to alleviate breathing difficulties. It is inexplicable to them that, despite maximum display of affection, no major breakthrough with regard to the disease can be achieved.

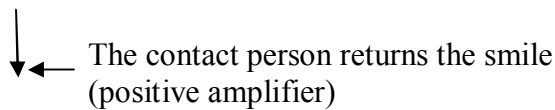
The suspicion even arises that affection by healthy persons makes asthma incurable.

One explanation to this (monstrous) assumption lies in the 'amplifier'.

The principle behind the amplification is that each trigger, each behaviour which results in a specific action and therefore amplifying it, is called amplifier in the field of human behaviour.

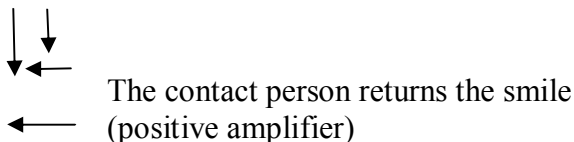
Example:

An infant smiles



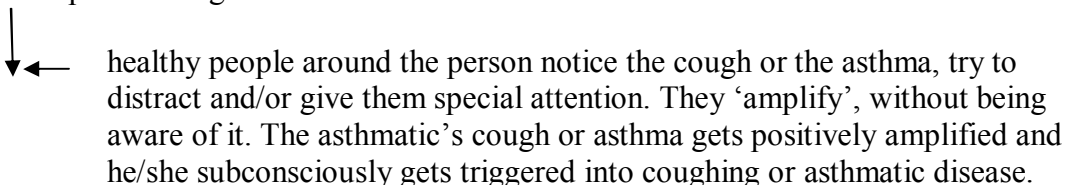
When the contact person notices the infant's smile and then returns it, the infant's smile gets encouraged by the contact person.

Then the infant smiles again



The principle of amplification now gets transferred to the asthma.

The person coughs or reacts with asthma



Eventually the person consciously uses their asthma to achieve an advantage (this is part of the mechanism of this disease and even gets applied by the asthmatic baby).

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As soon as the asthmatic gains advantage through their disease (more attention, or doesn't have to do certain chores or fulfil certain obligations) he/she can not willingly achieve healing (this is not consciously known to the sick person). Hence why a lot of asthmatics do not consciously do anything for their good health. They, however, do not like being sick. Only that they cannot willingly follow the path of healing any longer – they are blocked!

This phenomena is difficult to understand and lies in the dominance of midbrain and brain stem which determine 80% of human behaviour and are programmed to obvious advantage (a disadvantage, as for example through disease cannot cause a correction of the disease-causing behaviour).

The problem cannot be solved through conscious thinking, i.e. with 20%. The person is trapped.

Healthy people collectively display wrong behaviour around an asthmatic person

They continue to give well-meant advise to the asthmatic, help him/her in case of an attack or let him/her off the hook because of his/her disease – and then the sick person also stays sick, because his/her disease gets amplified through the behaviour.

The healthy person even begins to feel (against their own will) important because 'the sick person cannot live without me'. Then the energy of the 'positive amplifier' also gets a hold on them. They cannot change the illness-inducing behaviour around the sick person. How should they? They are alone, they do not get any support. So they hold on to their behaviour, despite their suspicion that it does not contribute to any healing.

Note: The amplifier is the third force, which inhabits the asthma on a higher level.

We can therefore conclude as follows:
Asthma can in all details be described as

Value of the Asthmatic Process	$(A \times B) + C$	Participants:	<ul style="list-style-type: none"> -Person affected A -Contact person B (family as well further social environment) -Environmental charge C (A and B represent the core of the disease process, environmental load C is of subordinate importance)
Hidden factors, which constantly 'feed' the asthma process	Stress Emotion(s) Amplifier	characterise	<ul style="list-style-type: none"> - appearance of asthma/the symptoms - human behaviour -reaction towards

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			environmental pollution -how chronic the ailment becomes -the incurability
At the level Of origin	Loss of autonomy	Is	-the cause behind asthma

As all appearances in the universe can be described using gravity, electro-magnetism and nuclear energy, we can call stress, emotion and amplifier the relevant forces behind asthma.

The moment that a person affected lost autonomy in the case of a territorial conflict, got into uncontrollable stress and then sustains his/her first asthma attack, does not necessarily mark the beginning of asthma.

The person can revert to health, should he/she overcome the stressful event, solve the problem, acts upon it and makes a decision.

Asthma only then turns chronic when the affected person does not create a conflict resolution, remains inactive, does not regain possession of his/her territory or overcome the territorial conflict and regain his/her self-esteem.

Permanent loss of autonomy (self-esteem, inner freedom, self-development) leads to chronic disease. Asthma develops if loss of autonomy happens simultaneously to territory fear

Life in a performance-oriented society, alongside masses amount of stress, fear, competition and territorial fights, increase the risk to fall ill with asthma.

Once the asthma 'exists' it seems like a switch has been flicked; an evolutionary, biological programme begins, equally hitting the asthmatic and their families, invariably entangling everyone involved.

Each asthmatic seemingly displays their own individual asthma; one reacts to allergens, another one suffers from infections etc.

In reality the mechanisms behind asthma are always the same, key factors being – stress, emotion and amplifier.

These three render the diversity of its manifestations possible.

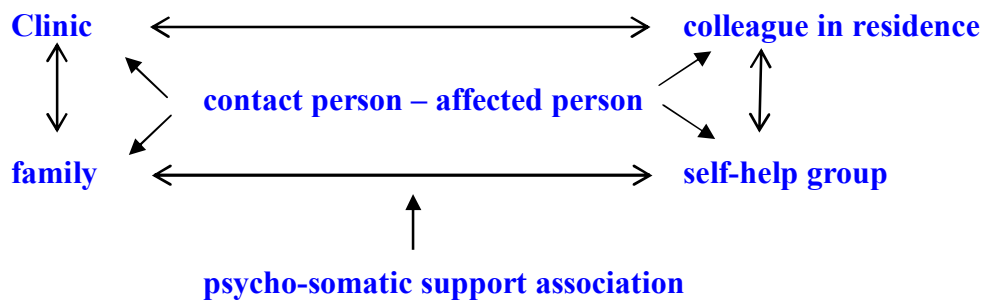
Aim of the treatment is to intercept the mechanisms (so different from an acute illness) of the chronic disease in a way that allows self-healing.

The GBV (Gelsenkirchen Treatment Plan) catches the affected person and their contact person in one net

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This net is the clinic, the colleagues in residence (doctors), the person's own family as well as the self-help group 'AuK' and is totally unique.



Asthma does not only weigh heavily on the affected person but on their contact persons (actually their whole family, including grand-parents)

- GBV guides the affected person and his/her contact persons, by informing them on the curability of asthma. It then gives them practical guidelines on how to actively deal with and eliminate the triggers of the disease and the mechanical content of it. This process is done through psychosomatic and psychotherapeutic treatment methods aiming at the conscious and subconscious level.

(Tel 02 09) 3 69-1, 3 69-2 78, 3 69- 2 20 , Fax (0209) 3 69 2 22, web site www.kinderlinik-ge.de

- outside of the clinic the doctor in residence looks after the patient, should acute symptoms appear.

- relatives get trained at seminars on Saturdays, to learn how to support the affected and their contact persons in their self-healing.

- the self-help group 'the allergic and environmentally sick child, support for children, youth and adults', AuK, exclusively represents the GBV. The self-help group AuK accompanies and counsels affected families on an emotional level and gives them personal support. Tel: (0209) 3 05 30. Fax: (0209) 3 80 90 37.

website: <http://www.members.aol.com/AUKGE/>, email: AUKGE@aol.com (note of translator: the aol site seems to have expired. This link takes you to this self-help group <http://gesundheit.aol.de/Gesundheit-Heuschnupfen/Adressen-Thema-Allergie-283842606-0.html>)

There are contact lists throughout Germany.

- supportive of the GBV is the ' Support-Association for Psychomatic Disease' (Foerderverein fuer ganzheitliche Psychosomatik eV, Tel 0209 3 69 227, email: langer@kinderklinik-ge.de)

(translator's note: I could not verify the am address details, but will copy in here the main link to the clinic in Gelsenkirchen <http://www.kinderklinik-gelsenkirchen.de/Index.asp?highmain=0&highsub=0&highsubsub=0>)

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The long term goal of the treatment is normal life with high quality, free of asthma and applications- and drug-free. Drugs can be administered in emergencies (asthma attack or preventative of an asthma attack) – however self-healing is the process' goal. For this, it is of utmost priority for the affected to understand the effects of the drugs. The principle of any asthma drug-therapy is based on the influence of stress and its consequences.

The fact that stress neutralizes asthma symptoms will be used within the therapeutic frame of an acute asthma attack.

- If the attack is caused by spasm of the bronchial muscles, the affected inhales a stress hormone (broncho-dilatator), which eliviates the spasm and therefore widens the respiratory pathways and provides symptom-free breathing.
- if the asthma-attack is based on an inflammation, the affected is given cortisone, which represses inflammation-based changes.

Note: If symptoms do not disappear within 15-20 min after inhalation of the broncho-spasmolyticum and if the effect doesn't last at least 4 hours, then it is in fact not the bronchial spasm but inflammation and formation of secretion which cause the symptoms, and cortisone and expectorant must be administered. (the affected must not be in danger through withholding any medication!).

The preventative long-term treatment is suggested by raising the affected person's stress level through medication

When the affected person lives at a high stress-level he/she will be symptom free. Such a situation may arise when travelling abroad. New impressions keep him/her occupied and underlying is the knowledge that 'one mustn't get sick now. The affected therefore may imitate such conditions by putting him/herself under chronic stress with the use of medication.

- should the asthmatic occurrence be dominated by the bronchial spasm, the affected will take a long-term adrenergic stress hormone (broncho dilator) and/or he/she influences the vegetative nervous system through the use of a vagolytic drug, to cause the 'sympathetic nerve' (stress-nerve) to dominate.
- in case of the inflammation (bronchitis) being the main reason, the affected will be inhaling cortisone all the time.

It is necessary to combine these medications if the bronchial spasm and the inflammation occur simultaneously on a regular basis.

There are further medications in the asthma therapy; stress hormones, however, are and remain the most effective drugs.

Primarily asthma is not a disease of the bronchi

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More to the point is that inflammatory cells show up on the bronchi as a consequence of wrongly directed stress and emotions; in addition to this the bronchi react in an asthmatic way, brain-wise. Therefore a symptomatic treatment of the bronchi can alleviate the symptoms – which is important – , healing however does not occur.

Self-healing can only occur by eliminating the central misdirection. \

To achieve self-healing the governing forces, triggering and maintaining the asthma – stress, emotions, amplifier – are reversed, to regain health:

- if the affected is not flooded by nominal stress he/she is symptom-free. On holiday, far from the stress of daily life, the asthmatic will not suffer from asthma. Even triggers which in daily life would provoke asthma, will not cause an asthmatic reaction because the affected will not react with stress in a relaxed, calm state.

The affected does have to change something in his/her (stressful) daily life.

Unnecessary stress is to be reduced and re-action to necessary stress is re-organised and trained in order for stress not to cause disease any longer.

A calm reaction can be achieved through daily meditative relaxation exercises.

- emotions will not be suppressed or unduly expressed but instead are adequately experienced. The affected overcomes his territorial fears by facing the facts. He/she learns that something can happen against his/her will without causing asthma. He/she also learns to undertake activities previously thought of as impossible.

- The amplifier is withdrawn in the active disease phase and is applied effectively in order to produce health. The affected and the contact person will interact differently from this point onward. This can only occur when they emphasise body language (the authentic language of humans) and thus affect the unconscious level of the midbrain , which is the level where 80% of the disease happens.

Self-healing will happen, when the affected and the contact person regain their self-esteem, their inner freedom and their independence. They develop a deeply compassionate relationship. Self-healing is connected with a behaviour change of the affected and his/her contact person, the family.

When self-healing is achieved, the affected once again reaches the place where they were before the beginning of asthma, i.e. normal life.

The learned misguidance of inflammatory cells into the bronchi disappears (!) and the specific asthma-oversensitivity of the bronchi gets replaced by a sensitivity which does not react to emotions, triggers, foreign or pollutant substances with asthma (!).

Self-healing further is supported by changing to an organic acid- and allergen-free nutrition for one year.

Pets, if they are 'family members' are not given up (independent to what the allergy test shows up with).

The GBV teaches the affected and his/her relatives the base of their self-healing.

What about the people, however, who do not reach this goal?

Would the hope represented in the prophecy of self-healing not become a source of guilt and despair and would it therefore not be better, not to create any hope at all?

People learn to be honest with themselves. If self-healing does not occur, then all parts are totally clear on the reason for this – a fact accepted by all. Not every sick person has the optimum conditions to self-heal. He/she and the family, however, gain a deep insight into the process of the illness and do not fall into helplessness and

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despair. Also in this case Paediatric Clinic (Kinderklinik Gelsenkirchen-Buer) and the self-help group AuK also support the affected and their families.

Prof Dr med Ernst August Stemmann
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Reference:

Stemmann, E.A. : Asthma is curable – The Gelsenkirchen Treatment Process (GBV) 1999; 553 pages, ISBN 3-00-004066-8

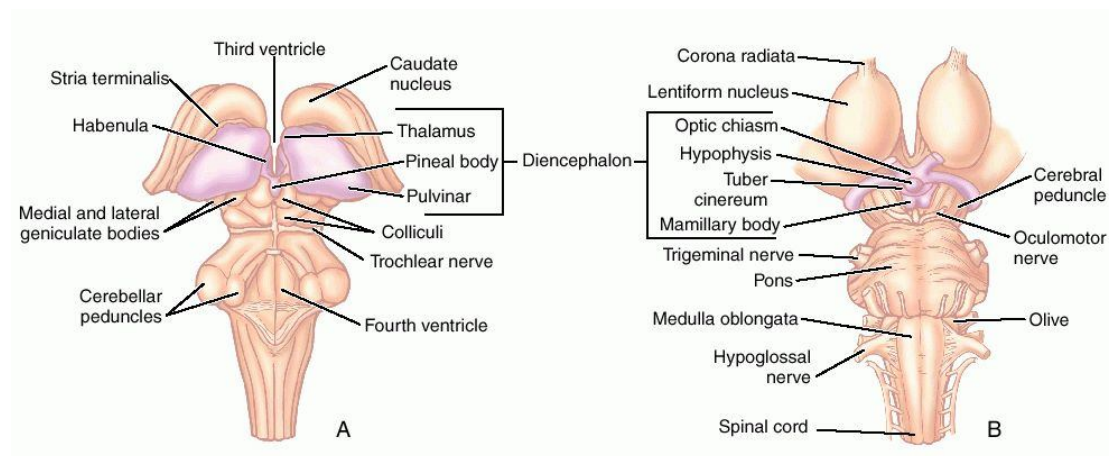
Orders: Allergie- und umweltkrankes Kind eV (Society for the allergic or environmentally sick child), Westerholter Str 142, 45892 Gelsenkirchen, Tel (020 9) 3809027. Internet: <http://members.aol.com/AUKGE>

E-mail: AUKGE@aol.com

Cost: 45.- EURO plus 5.- EURO delivery

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