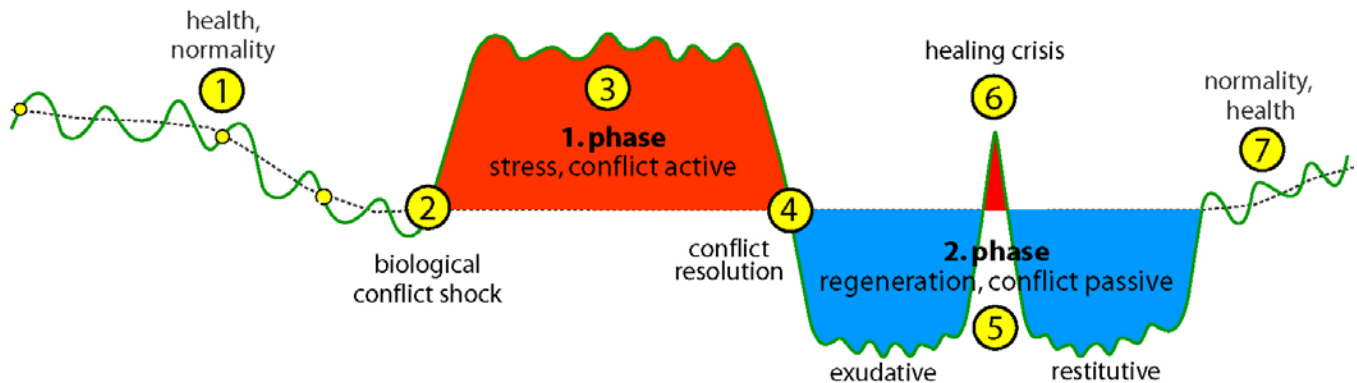


The major points and phases of a disease cycle



Every illness goes through two phases. The 1st phase (conflict-active, sympathetic) and the ensuing 2nd phase (conflict-passive, parasympathetic) are described as a disease process or cycle.

The typical symptoms of an illness, such as muscle or headache, running nose, ulcer, breast cancer, leukaemia etc. are not the illnesses *per se* rather a partial aspect of a comprehensive disease cycle.

1. Normality, health, equilibrium, balance

Health can be considered an equilibrium – a harmony between body, mind, spirit and environment, a balanced rhythm between day activity and night regeneration.

2. Biological conflict shock experience

Every disease originates from a Biological conflict shock experience (significant emotional experience). We have no strategy to deal with this unexpected, intensive, acut-dramatic and isolating situation. Our unconscious mind reacts to this biological conflict shock with a biological meaningful program which we have labeled disease.

3. Conflict phase or 1. conflict-active phase

The biological conflict-shock triggers the conflict phase, which lasts until the conflict resolution. Our normal day-night rhythm is interrupted and our

organism starts a meaningful special biological program, overriding everyday functioning and to focus entirely on dealing with the unexpected situation. If an individual cannot solve the conflict then he will stay in the 1st phase.

Characteristic symptoms of the conflict-active stress-phase are:

Vegetative nervous system: The organism is in a lasting sympathetic state, an extended day-rhythm. Symptoms are cold hands and feet, diminished appetite, sleeplessness, elevated blood pressure, low blood sugar, nausea, weight-loss and all other physical symptoms of stress.

Organ: The affected organs is determined by the conflict context, depending on the embryonic layer/brain relays connection the organ show either cell/tissue growth (tumor, etc.) or cell/tissue reduction (necrosis, ulcer, etc.) or a loss of functional (eye sight, muscles, etc.).

Psyche: Compulsive thinking, emotional stress, everything circles around the conflict, possible changed personality.

Brain: At the moment of the conflict shock the corresponding brain relay changes, showing sharp concentric rings detectable on a brain CT. The exact location of the lesion of the brain relays is determined by the conflict context and the size by the intensity and duration of the conflict.

4. Conflict resolution

The conflict resolution is the turning point changing from the conflict-active 1st phase into the 2nd conflict-passive regeneration phase. Conflict resolution is possible through a real or a spiritual solution of the initial conflict.

5. The regeneration phase – 2nd conflict-passive phase

The activity of our nervous system changes dominance from the sympathetic nervous system to the parasympathetic nervous system. Now our energies go into rest and recuperation, metabolism, regeneration and the build up of bodily reserves. We have warm hands and feet, develop temperature, feel tired drained and slack and want to sleep or at least relax. The obsessive compulsive thinking around the conflict has gone and the inner stress,

pressure and tension have dissipated. On a brain CT the affected brain relay also shows immediate change.

On an organ level our organism will do everything in its power to regenerate. The process takes place either through cell growth/cell reduction or functional deficiency/functional augmentation and this depends on the embryonic layer the organ belongs to (each organ belongs to one of three embryonic layers).

The first part of the regeneration phase is known as the elimination phase. The parasympathetic organs are especially active in that phase, which allows our bodies to excrete toxins in higher quantities. It is possible for the patient to now fall into such a relaxed state (vagotonia) and feel so lethargic and drained that a therapeutic and/or medical intervention may become necessary.

Even if we call this section of an disease cycle 'the regeneration phase', it is not meant to imply that the process always runs smoothly and without any complications. Often just the opposite may be the case. Many of the known illness symptoms occur during the regeneration phase.

Characteristic illness symptoms during the regeneration phase are:

- All types of inflammations, redness, heat, flu, otitis etc.
- Rheumatic pains or headaches
- Leukaemia, heart attack and much more

Characteristic symptoms of the conflict-passive regeneration-phase are:

Vegetative nervous system: From the moment of the conflict resolution our organism changed into the vagotonic state, an extended night-rhythm. Symptoms are hot hands and feet, good appetite, fatigue, weakness, need to sleep, lower blood pressure, even fever, inflammation.

Organ: Now the organism has time to regenerate and repair the damage done in the prior conflict phase. Depending on the affected organ and its embryonic layer/brain relay connection it will repair itself through cell/tissue decomposition (removal of tumors, etc.) or cell/tissue augmentation (refilling of necrosis, ulcer, etc.) or a return of functional (eye sight, muscles, etc.).

Psyche: The conflict has been solved and a sense of relief is felt, the stressful and compulsive thinking is gone.

Brain: The brain lesion starts to heal, showing dark, blurry and indistinctive concentric rings in a brain CT. In the regeneration phase water and serious fluids are found in the area of the brain relays, usually accompanied by headaches, dizziness, double vision and other cerebral symptoms.

Ideally, we should give our body time, attention and energy during this phase, to rebound from previous exertions. This rarely happens. Often our life-circumstances do not allow for relaxation time or we misunderstand the signals our body gives us and act contrary to our own needs. When you have flu, for example, the biologic natural behaviour would be to lie in bed for a few days, to relax and allow your body to heal.

However, try explaining that to your boss or even you family in our modern time-managed society. In our fast paced world everyone has to be always fit and active. This is the reason why fast acting medicine is so popular. We are even prepared to cope with strong side effects just so we can make the important business meeting or get to that party.

It should be clear to us though that acting against the natural rhythm of our body is bound to hinder and delay healing. It becomes harder to make a full recovery, reflected in the large number of chronic illnesses.

6. Healing Crisis

Nature has incorporated a useful biologically mechanism into the regeneration phase that tests our strength and enables us to completely heal the illness through conflict. During the regeneration phase we experience a replay of our initial conflict in slow motion, as a kind of 'biological test'. The second part of the regeneration phase depends on how we deal with this healing crisis. If the healing crisis is managed well, we can emerge invigorated and strengthened enough to overcome the illness completely and successfully.

Knowing about the healing crisis allows us to anticipate the symptoms much more calmly and without fear, and deal with them in a better way. For example, we could prepare for and counteract the healing crisis, if we knew

that a heart attack, epileptic seizure or liver coma was to be expected in the coming weeks. Fear of the symptoms would then give way to a holistic understanding of the interactions within our body. An experienced Meta-Medicine physician would prepare you accordingly for such an event and if necessary prescribe medicine or therapy by way of counteracting the impending healing crisis.

The healing crisis is followed by the second part of the regeneration phase. The patient has finally overcome the most difficult phase of the illness and may now look forward to healing completely. The worst part is over and the organism has survived the most challenging conflict-active phase. The conflict is solved and the ensuing regeneration phase, including the conflict crisis, has also been overcome successfully.

The organism is now strong enough to return to normality. However, the body does still require peace and quiet to recover from the endured exertions. At this point the regeneration and restoration of life-energies is of particular importance.

7. Normality, Health, Vitality

Irrespective of whether the illness lasted a few days, months or years, the organism has finally returned to its fully functional normal state and feels totally healthy. After our organism has sensibly counteracted the conflict we have returned to a state of balance – or harmony of body, soul and spirit. The day and night rhythm has normalised and we are back to our normal self.

The twophases of a disease are especially important in the practice and diagnosis of any healing profession; be it medical or therapeutic. Only through the understanding of the disease cycle can we understand symptoms better and also organise them in a logical system.

However, even as aware and intelligent patients we can simply and effectively ascertain whether we are in the conflict-active 1st phase or in the regenerative 2nd phase. Most illnesses that we experience possess light symptoms, which suddenly make sense through the insights of Meta-Medicine. They point out to us how our synchronous organism (body, soul and spirit) acts, reacts and interacts with our surroundings and environment.

Autonomous Nervous System

The activity of our autonomous nervous system plays a major role in the diagnosis of a disease cycle.

Sympathetic

Activity, work, stress, fight and/or flight response

Organs: all working organs such as heart, muscles and brain

Time: active between 6 a.m. to 8 p.m.

Characteristic signs of the sympathetic nervous system:

- Higher blood-pressure
- Increased heart-rate and respiration
- Dilated pupils
- Vascular constriction (cold limbs)
- Cold hands and feet
- In general: draining of power reserves



Parasympathetic

Serves metabolism, regeneration and build-up of resources.

Organs: all digestive organs, such as stomach, bowel, liver

Activity: Mainly between 8pm and 6am.

Characteristic signs of the parasympathetic nervous system:

- Increased gastro-intestinal activity
- Deceleration of heart and breathing rate
- Vascular dilatation
- Warm limbs
- Increased body temperature and excretory processes
- In general: getting power reserves ready for the next day

