

new germanic medicine chart

New Germanic Medicine Chart is a revolutionary approach to understanding the mind-body connection and its impact on health and disease. Developed by Ryke Geerd Hamer in the 1980s, New Germanic Medicine (NGM) posits that emotional conflicts and psychological trauma are the root causes of physical illnesses. The New Germanic Medicine Chart serves as a visual guide that breaks down the concepts of NGM, making it easier for practitioners and patients to understand the relationships between emotional experiences and physical symptoms.

Understanding New Germanic Medicine

New Germanic Medicine is predicated on several key principles that challenge conventional medical practices. Hamer's work arose from his own personal experiences with illness, leading him to explore the connections between emotional trauma and physical health. The primary tenets of NGM can be summarized as follows:

- **Conflict as a Cause:** Physical ailments are believed to originate from unresolved emotional conflicts.
- **Mind-Body Connection:** The mind and body are interconnected, with psychological states directly influencing physical health.
- **Biological Meaning:** Every disease is seen as having a significant biological meaning related to survival and adaptation.
- **Stages of Disease:** Diseases progress through distinct phases that correlate with the resolution of emotional conflicts.

The New Germanic Medicine Chart Explained

The New Germanic Medicine Chart is a graphical representation that illustrates the various diseases, their associated conflicts, and the biological processes that occur in response to those conflicts. Understanding this chart is crucial for both practitioners and patients who wish to apply NGM principles to their health.

1. **Conflict Types:** The chart categorizes different types of conflicts that can lead to specific diseases. For example:

- **Separation Conflicts:** Related to issues of attachment, abandonment, or loss.
- **Territorial Conflicts:** Associated with feelings of threat to one's territory or space.
- **Self-devaluation Conflicts:** Connected to feelings of inadequacy or low self-worth.

2. **Disease Manifestations:** Each conflict type is linked to particular diseases. Understanding this allows individuals to see the connection between their emotional experiences and physical

symptoms. For instance, a person experiencing a separation conflict may develop asthma as a physical manifestation of their internal struggle.

3. Phases of Disease: The chart also outlines the stages of disease development:

- Conflict Active Phase: The initial phase where the conflict is unresolved, leading to specific symptoms.

- Conflict Resolution Phase: Once the conflict is resolved, the body enters a healing phase, which may involve additional symptoms as the body repairs itself.

Applications of New Germanic Medicine

The New Germanic Medicine Chart has various applications in both clinical and personal settings. Understanding the connections between emotional conflicts and physical diseases can empower individuals to take charge of their health.

1. Self-Discovery and Healing

The chart can serve as a tool for self-exploration, helping individuals identify unresolved emotional conflicts that may be contributing to their physical ailments. By recognizing these connections, people can work towards resolving their emotional issues, which may lead to improved health outcomes.

2. Complementary Therapy

Practitioners of NGM often use the chart in conjunction with other therapies. By addressing both the emotional and physical aspects of a disease, patients may experience more holistic healing. Some complementary therapies that can be integrated with NGM include:

- Psychotherapy: To address underlying emotional conflicts.
- Mindfulness: Techniques such as meditation can help individuals manage stress and emotional responses.
- Nutritional Therapy: Supporting the body through a healthy diet can enhance recovery during the healing phase.

3. Patient Education

The New Germanic Medicine Chart can be an invaluable resource for educating patients about their health. By providing a visual representation of how emotional conflicts can lead to physical disease, patients may become more engaged in their healing process. This understanding can also enhance doctor-patient communication, allowing for more tailored treatment plans.

Criticism and Controversy

While New Germanic Medicine has garnered a dedicated following, it is not without controversy. Mainstream medical practitioners often criticize NGM for several reasons:

1. **Lack of Scientific Evidence:** Critics argue that Hamer's theories lack rigorous scientific validation and empirical support.
2. **Oversimplification of Disease:** Some medical professionals believe that NGM simplifies complex diseases by attributing them solely to emotional conflicts, ignoring other biological and environmental factors.
3. **Potential Risks:** There are concerns that individuals relying solely on NGM may forgo essential medical treatments, leading to worsened health outcomes.

Addressing the Criticism

Proponents of New Germanic Medicine argue that the focus on emotional and psychological aspects of health is a crucial dimension that traditional medicine often overlooks. They emphasize the importance of integrating both approaches to achieve optimal health outcomes.

To address concerns about scientific validation, supporters of NGM encourage further research to explore the connections between emotional trauma and physical health outcomes. Collaborative studies that incorporate both conventional and alternative methods may provide a more comprehensive understanding of health and disease.

Conclusion

The **New Germanic Medicine Chart** serves as a valuable tool for understanding the intricate connections between emotional conflicts and physical illnesses. By emphasizing the mind-body connection, NGM offers a unique perspective on health that encourages individuals to explore their emotional well-being as part of their overall health strategy.

While there is criticism surrounding its scientific validity and practical application, the principles of New Germanic Medicine invite a broader dialogue about the importance of addressing emotional health in the context of physical disease. As the field of medicine continues to evolve, integrating insights from NGM may pave the way for more holistic approaches that benefit patients and practitioners alike.

In navigating the complexities of health, the New Germanic Medicine Chart stands as a hopeful resource for those seeking to understand and heal from within.

Frequently Asked Questions

What is the New Germanic Medicine chart?

The New Germanic Medicine chart is a visual representation used in the field of alternative medicine that outlines the connections between emotional conflicts and physical diseases, based on the theories proposed by Ryke Geerd Hamer.

How does the New Germanic Medicine chart explain diseases?

The chart posits that diseases are the result of unresolved psychological conflicts, categorizing illnesses according to the specific emotional trauma that triggers them, suggesting that healing requires addressing these underlying issues.

What are the primary components of the New Germanic Medicine chart?

The chart includes various sections that detail specific diseases, their associated emotional conflicts, and the biological responses that occur as a result of these conflicts.

Is the New Germanic Medicine chart scientifically validated?

No, the New Germanic Medicine chart and its principles have not been scientifically validated and are considered controversial within the medical community.

Can the New Germanic Medicine chart be used alongside traditional medicine?

While some practitioners may choose to integrate insights from the New Germanic Medicine chart into their holistic approach, it is essential to consult with licensed medical professionals for conventional treatment.

What criticisms exist regarding the New Germanic Medicine chart?

Critics argue that the New Germanic Medicine chart oversimplifies complex medical conditions, lacks empirical support, and may lead individuals to forego necessary medical treatments.

Who created the New Germanic Medicine chart?

The New Germanic Medicine chart was created by Ryke Geerd Hamer, a German ex-medical doctor who developed the concept in the late 20th century.

Where can one find resources or courses on the New Germanic

Medicine chart?

Resources and courses on the New Germanic Medicine chart can be found through various alternative medicine websites, workshops, and practitioners who specialize in this field, though it's crucial to approach such resources critically.

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