

"The wish for healing has always been half of health."

Seneca

How does healing takes place in the human body? Why can illnesses evolve in the first place? Is it our fault or but a fatal and definitive co-action of genetics and environmental effects? Or is it incidental for some to get ill and bear on them the consequences of illness as long as they live? How can some remain unaffected by disease and leave this world only due to their aged organs, while others break down either by a chronic or sudden disease and suffer until they come to an untimely end?

Is it mainly the biological processes that result in healing? Do medical operations alone trigger the healing mechanism? Are there any mental or cognitive processes involved? Can the environment or our nutritional habits modify the results of the healing process?

I do not think I am the only one to be interested in the above questions and chiefly in the answers to them. Do you know why?

Well, simply because many different answers can be given from many different viewpoints.

There is a variety of approaches including scientific, holistic, psychological, philosophical, theological and many other natural and supernatural ones. In my book I try to survey and give a scientific summary of all that is there to know about the topic, while providing a

systematic solution to the physical healing of the individuals. Certainly, I am not going to expound on every disease, because the volume of this book and my readers' patience would not make it possible. However, I will be dealing in detail with the causes and effects of the most common diseases and illness groups. The 'solutions section' of this book will offer a remedy for any, please note: *any*, illness.

There are so many people suffering from so many different illnesses, all unable to find a natural way of getting well again. In order to find it, we need to have a clear insight into the causes of the onset of an illness. As I said in the Foreword, the causes of most of the illnesses that struck us are we ourselves through our way of living, incorrect decisions, negligence, irresponsibility – and ignorance.

An illness, like many other factors in life (e.g. accidents, events and every moment of our existence) is a warning that we have some psychic problem(s) to solve. When a person is unable to cope with a difficulty of psychic origin, he or she instinctively buries it in the subconscious in expectation of a later solution, so protecting themselves from further pain, internal or external conflicts.

However, the problems will break out of the subconscious again and again in a mysterious way to check if we are ready to solve them. Of course, the best for us to do would be to conduct a conscious search for solutions. But, if we are unable to do it or still cannot cut the knot, the problems will choose another device to find a way out. This is

why they appear in our dreams, projected into the outer world, affect our desires or do harm to our body in the guise of an illness.

Now let us rephrase all that. We have been dragging along numerous traumas and difficulties from the early childhood, weighing on our whole self *continuously* like a heavy stone. Our ancestors described that with expressions like '*be devoured by anxiety*' or '*pine away with grief*'. Familiar? A lot of my medical advisor friends told me about stressed, continuously tense patients who had turned to them with epigastrical complaints. However, the subsequent examinations did not reveal any physical disease. At first. When the doctors offered to prescribe tranquillizers or anti-depressants, the patients indignantly refused to take these saying they had a stomach ache and no mental disorder. Unfortunately, 2 to 3 years later gastric ulcer or some other peptic disease was detectable. So, wherever did all that start? Tension had accumulated around the stomach and had caused an ulcer. It is now a *real* illness, so go and treat it!

We have a built-in analogical mechanism which ensures that each part of the human body is assigned to a specific kind of psychic problem. Acupuncture treatment or the traditional Far-East cures are also based on that theory. This means that the illness of a body part is a message from the body, saying something like "Hi, this is your body speaking! Something is wrong with the controls! Do something to repair it or we will die together!"