

Foreword

(which, in this case, contains indispensable information and therefore should be read to the very end)

Gentle Reader,

I am asking for your permission to tell you about the aims and reasons why I wrote this book.

My most important aim is to organize and share with you the knowledge and experience I have gained about illnesses and recovery processes over the years of my studies. This book provides you with an action plan, gives you advice and enhances your understanding of the causes of illnesses through scientifically supported examples. In my opinion, it is essential for patients to gain detailed knowledge of the spiritual and biochemical processes that pull them down. This enables us to help them cope with a disease that they no longer consider weird, of unknown origin or lethal; instead, they can actively participate in the curing of a clearly defined, unambiguous diagnosis. It is extremely important to treat man as a whole and not merely focus on details as different branches of present-day healthcare methods do. By healing only a sick part or organ of the body alone – that is the disease itself – we'll in most cases be papering over the cracks instead of eliminating the cause.

This dubitable habit prevails because present-day healthcare practice does not have enough time, demand or money to search for the causes - and such is the case in any country. Although the

fundamentals of the holistic approach are taught at medical and healthcare universities, they are hardly ever applied in either diagnostic or therapeutical practice.

The holistic approach doesn't allow individual organs to be cured separately. Neither may the psyche be separated from the body, but they must (or should) be dealt with as a whole that make up MAN. At present, if you go to a hospital or a clinic, you will be sent to the internal medicine ward, the eye-ward, cardiology, etc., just as your complaints require. Such institutions are specialized in specific illness groups and, to be perfectly frank, we patients have adopted a similar approach. I think everybody has had the experience of turning to a neurologist, eye-specialist or aural surgeon with the same symptom, e.g. a chronic headache, and then having these specialists setting up different diagnoses. One hypothesized a neurotic problem, the other prescribed new eye-glasses and the third diagnosed highmoritis. This is so because most doctors look at their patients through the glasses of their own speciality and, according to the law of large numbers, they will consider the patients turning to them to be suffering from one of the illnesses they are specialized in. Such doctors think whoever enters the room *must* be suffering from one of these illnesses – at least that is what the law of large numbers suggests. But what if not?

This process is aided by the GPs, who normally do not have any suitable diagnostic equipment and so they work like "*say AAAAHH*", using a tongue-blade, tapping on the back or pushing on the stomach, etc. in order to guess to what kind of hospital to send the patient, who is still unable to get better after taking the last pills

prescribed. Freud, the father of psychoanalysis, was convinced that the whole of mankind had similar psychological problems, although his Vienna clientele was made up of bored, upper-class ladies, who obviously did not constitute the best reference group. The holistic approach postulates the healing of the **patient**, that is of **MAN**, and not of the **illness**. To do that we need to identify the cause of the illness. When it comes to that there is bad as well as good news. So the bad one first, right? The bad news is that it is *us* that make ourselves ill. Oh yes, it is. I will be expounding that in detail later on. Trust me it will be shocking to discover the psychological causes leading to the development of a disease.

The good news stands to reason. As people can make themselves ill, they can heal themselves - provided we assist them in giving up the harmful activities they have been doing, changing their wrong mentality, giving correct responses to conflicts or breaking with the way they live or think. Is this unbelievable? Let's give it a try. Close your eyes and visualize a juicy lemon. It is fresh, yellow and ripe. Now cut it into two and squeeze it into a mug of hot, steamy tea. The delicious juice is dripping slowly into the tea. Well... well... That made you mouth water, didn't it? This phenomenon was discovered by Russian researcher Pavlov, who conducted an interesting experiment. He used to ring a bell before feeding his dogs. That practice had sunk into the animals' memory so much that, after a while, salivation started as soon as they heard the sound, whether or not it was followed by food. The same happens to us when we hear the clinking of cutlery before a meal.

So what consequences can be drawn from all that? It is our *brain* that gives an instruction to launch salivation and turns on our digestive system. This proves that our body is controlled by the brain and the nervous system. So, if our blood pressure needs to be turned down or carcinoid cells must be deprived of alimentary substances, the brain, the chief controlling agency of the body, can do it. Just like it switched on the digestive system in the event of the imaginary lemon. If you know how your body and organs work (and I am sure you will have gained a basic knowledge of all that by the end of this book), you will be able to correct the faulty processes by the joint application of your control centre (the brain) and of the emotional centre (psyche).

It has to be pointed out that our goal is to achieve factual and entire healing, and not just to treat *symptoms*.

The book you are reading is the aid I told you about earlier.

At the same time, it is important to emphasize what this book IS NOT. It is not a technical book for doctors, though it is based on medical and psychological facts. Actually, it was my Dissertation at the *Health Developer Mental Hygienic Department of the Faculty of Health Sciences at the Semmelweis University* in Hungary.

Furthermore, it is not an educational book even if it looks into questions affecting our well-being and propagates useful and indispensable information about the harmonic co-operation of the body-psyche-spirit triangle.

Nor is it a scientific or theoretical expatiation which, although academically well-grounded, focuses on the presentation of tangible

methods of healing and gives the reader clear instructions as to how to get this accomplished.

No way is it a religious piece of work even if it does acknowledge the importance of faith in the healing process. However, it offers answers and action plans that fit in with the beliefs of different patients, even atheists, and of all those who believe in the wonderful self-generating ability of life and biology. And last but not least it speaks to Christians and other believers of the supernatural.

And now for the most important issue. My book was not intended to propagate occult quackery. I will be dealing with such "therapies" when an "operation" or "diagnosis" takes place via the TV set, though. We will see that healing is possible even in such odd ways, but not as a result of the hocus-pocus of the "healer", "magician", "witch", "warlock", "shaman", etc." but because the patient wants it to happen and believes in it firmly. Later on, we'll be examining the laws relating to the effect of one's intention to heal and of their strong faith in healing. I promise to give you tangible, learnable and developable devices to speed up your healing process; or if you are healthy, to stay so and mitigate the sufferings of those around you.

Therefore the main message of my book and my mission is that

THERE IS NO INCURABLE ILLNESS!