

New Medicine / German New Medicine
Radical discoveries for understanding and healing disease

By Katherine Willow N.D.
Fall 2005

New Medicine (NM), recently trademarked as German New Medicine, is a set of five biological laws discovered and verified over the last two decades by Dr. Ryke Geerd Hamer, a medical doctor from Germany. These laws are an understanding of disease which is radically different from that of modern medicine and more precise than most complementary therapies. It is a missing link which makes more sense of the medical knowledge we already have. New Medicine is as significant as the discovery of the periodic table for science and once it is integrated into our culture, it will change the way we practice health care forever.

This article will give a brief introduction to New Medicine and refer the reader on to other sources for more information. A warning is appropriate here: learning New Medicine is like learning medicine over again because it challenges many of our basic assumptions about disease and healing. At first glance it may almost appear “too good to be true”; it is only on deeper study that all the parts become a coherent, integrated whole with a scientific basis. New Medicine, once it is understood, is one of those profound discoveries which simplifies a subject to make it more practical and user-friendly. Unfortunately, New Medicine has been much misunderstood, with the result of intense controversy, even to the point of Dr. Hamer being charged with practicing medicine “unlike it is taught” and serving a jail sentence in France. So it often is with new ideas which challenge the status quo.

After incorporating New Medicine into my naturopathic practice for 2 ½ years, I can say that I have never seen such good results as with patients who understand and want to work with these new principles. They require fewer visits, fewer supplements and in many cases, can forego the need of prescription medications, chemotherapy, surgery and/or radiation. For this reason I recommend that everyone learn NM basics by following up with the resources at the end of this article..

New Medicine is not a quick fix and in some cases it isn't appropriate at all. Many patients who are diagnosed with a serious disease don't have the energy and mental state necessary to research NM enough to be able to understand it. In these situations, there is often too much panic, not only in the patient themselves, but understandably in their family, friends and medical practitioners. The panic triggers reactions in the body which are counter-productive to healing and repair, making it difficult to focus the mind. The fact that New Medicine is virtually unknown in North America doesn't help, adding to the insecurity that people often feel, especially when they are ill. This is why I encourage people to learn NM while they are healthy, if possible, and why we are promoting the spread of this essential knowledge. Ultimately, understanding one's body and working with it is the best prevention of disease.

New Medicine principles are not something one can do to or for someone, they are only effective when the patient understands and wants to work with them. This is a positive aspect of NM in that it does not consist of a product or therapy which can be sold to people or used to manipulate them for exorbitant amounts of money. The NM principles empower a person to think and act for themselves, possibly with the help of a practitioner as a coach. The more authority and responsibility a patient takes for themselves, the better results we see – which generally holds true for all therapies!

Let's now move directly into Hamer's discoveries by explaining each biological law in turn. I am paraphrasing the usual translation of Hamer's writings for the sake of simplicity.

First Biological Law The Iron Rule of Cancer

The first law says that when we receive a shock, a lesion occurs in the brain and there is a corresponding response in the body.

For example, a mother is walking with her child when it runs out onto the street and gets hit by a car. Immediately, a lesion forms in the “concern-for-child” relay in the mother's brain and there is a simultaneous growth of breast cells in one breast. If the mother stays in the shock phase long enough, the clump of cells will be diagnosed as breast cancer. Similarly, other shocks cause other conditions.

This is not new. There are numerous studies correlating the incidence of disease and traumas. Hamer has gone a step further in identifying specific brain lesions on catscans which hadn't been previously recognized and discovering the specific body conditions which correspond to particular shocks. By shocks Hamer means incidents which are unexpected, disturbing and result in “the rug being pulled out from under you” with a consequent feeling of isolation and obsession with the new turn of events. This is accompanied by general physical symptoms of coldness, lack of appetite and difficulty sleeping as well as a specific tissue or organ response to that particular shock.

Second Biological Law The Two Possible Phases of Disease

As shown in the first law, shocks can cause disease. What we didn't know and what Hamer explains in **the second biological law is that *if* the person resolves their shock, the body goes into a repair state which often looks like a second disease.**

In our example of the mother with a wounded child, if the child is better soon, the breast cells that were growing in response to the shock stop growing immediately. The mother would never know that she had an early case of breast cancer. During the second, or repair phase, the body goes into an infection or a flu-like state with fatigue and fever-- after which the mother feels better than ever and assumes the flu was the result of her

stress. It was, but in a much more specific and purposeful manner than most of us have ever imagined. This will be further explained under the third and fourth laws.

In natural medicine, especially homeopathy, practitioners have been observing this healing or repair phase phenomenon for hundreds of years. We often see it precede recovery of a chronic disease. Hamer shows us the anatomy, physiology and reasoning behind this pattern in much more detail.

Third Biological Law The Importance of Brain Levels

Hamer's third law is the most significant for me, and it takes some concentration to realize the profundity of it. **The third law correlates the brain level affected by the shock with the type of tissue response in the body.**

It is not, as in the first law, explaining where the tissue or organ response will be. Rather, the third law details how the cells of that particular tissue or organ will behave depending on which layer of brain they are signaled from.

There are three distinct layers of the brain: old, middle and new. They correspond to early, middle and recent ages of our evolutionary development, to the tissues which evolved during those times and to the survival threats which were typical at that stage of our animal or humanness. For New Medicine purposes there are only two responses among the three layers, but it's useful to know that there are three layers, as they are discussed in most of the NM literature. The two cellular responses to shocks are old or new brain reactions, with the middle brain being divided up between them.

Let's get back to simple terms starting with our example of the mother: the shock of possibly losing her child triggered a reaction in her old brain area. The old brain pattern of response to a shock is to stimulate cell growth in a particular area of the body--in this case the breast glands -- while the shock is active. As we have mentioned under law two, these cells stop growing if the shock is resolved, for instance when the child becomes well again. Then the mother goes into a healing/repair phase, partly signified by her fatigue and flu, partly by the cessation of her breast gland growth, which is what happens to old brain tissue in phase two.

There is an opposite pattern in new brain tissue: it tends to ulcerate or lose cells in the shock phase and re-grow cells in the repair phase. When the shock phase has been long, as in months, years or even decades, the cell re-growth can overshoot the original number -- and we get a lump. This would be diagnosed by our current medical system as cancer and understood as a serious disease. Within New Medicine, it is seen as a healing phase phenomenon which will stop by itself and can usually be weathered back to health. Conditions which fall into this category (new brain healing phase) include: ductal breast cancer, ovarian cancer, leukemia, arthritis, migraines and skin diseases. If the condition

becomes chronic it is termed a “hanging healing” and is the result of constant relapses of a resolution.

If a healing phase tumour is treated with surgery, chemo and/or radiation, it will continue to try finishing its repair program as soon as the person is strong enough and keep coming back (recurrence). Just as a shock phase tumour will keep coming back as long as there isn't a resolution.

The significance of this is startling: it means we are giving unnecessary and harmful treatments to people who mainly need symptomatic support, not an aggressive attack on their condition. It is uncommon that invasive treatments are required for healing phase cancers or other so-called healing phase diseases. NM suggests that the treatment for a healing phase tumour be mainly supportive while the treatment for a shock or conflict active phase tumour focus on resolving the cause. Any kind of therapeutic intervention can be used within the NM context, whether it be nutrition, homeopathy, acupuncture, drugs, surgery and occasionally radiation.

Fourth Biological Law The Role of Microbes in Healing

Hamer's fourth law asserts that infections are part of the repair phase. Furthermore, the type of micro-organism involved specifically corresponds to the brain level and tissue type:

old brain tissues -- fungi / mycobacteria (TB)
mid brain tissues – bacteria
new brain tissues – viruses

In our ongoing example of the mother worried about her child, once she is assured her child will be fine and begins to heal, she will be inclined to have a breast infection with mycobacteria as part of her repair phase. The bacteria, if they are present, will degrade the now unnecessary breast cells and then recede. As it is unlikely that this woman has any active mycobacteria in her body due to mass vaccinations, her extra breast gland cells will simply go into a stagnant (benign) state.

This is not to say that infections aren't sometimes dangerous or that there isn't such a thing as contagion. It's that in many cases infections are part of the body's attempt to repair itself after the damage of a prolonged phase of stress. A study by an oncologist in a New York City hospital in the early 1900's concurs. He found that cancer patients who had fevers or infection had a much higher incidence of survival than those who didn't. In our current misunderstanding we immediately suppress fevers and infections in patients with cancer, thereby working against their own healing mechanisms. It turns out that if we cautiously support these mechanisms, using antibiotics only if absolutely necessary, we help the patient strengthen their repair process.

Fifth Biological Law The Purpose of Disease

The fifth biological law states that disease is an attempt by the body to help adapt to a shock. In other words, Hamer renames diseases as “special biological programs of nature”.

Going back to our example again, the reason for the breast cells being stimulated in a mother with acute concern for her child, would be that tens of thousands of years ago when we lived in jungles and were not yet human, we produced breast milk to nourish a sick child. Over time, as we developed agriculture, medicine and hospitals, our primitive response became out-dated as our new ways of dealing with disease and injury were more efficient. Now all we have left of that response is the growth of the cells, even though they don't produce milk anymore. One can hypothesize that as we continue to develop and understand the connection between mind and body, that we won't have to grow the cells in the first place.

We can summarize this article with two examples from our clinic:

1. A woman in her 50's came to us with glandular breast cancer (adenocarcinoma). She was already familiar with the New Medicine although hadn't specifically applied it to herself.

We explained to her that glandular breast cancer grows in response to a shock of concern for someone who is close. In this case it turned out to be her twenty year old daughter whom she felt was at risk for suicide. We clarified that not only was the overriding concern causing the tumour to grow rather quickly, but it was preventing her daughter from maturing as well as she could.

The response from the patient was critical: she deeply comprehended the situation and took determined responsibility for turning her mindset around with the help of a therapist. It took three weeks, at which point the tumour stopped growing. Although she did pass away later from other causes, the breast cancer was no longer an issue.

2. A woman in her sixties presented with a diagnosis of ductal breast cancer, less than one inch long. She had been advised to undertake surgery, chemo and radiation or it would spread and be life-threatening. We reassured her that her cancer was no longer a problem because it was far into the healing phase confirmed by her catscan, by her observation that it had stopped growing six months earlier and by the calcification which showed up on the biopsy. Other than the fright she had from her diagnosis, she was in all other respects healthy. We also explained that cancer doesn't spread as it has been hypothesized: secondary cancers come from other shocks--often caused by the bad news of the first diagnosis! This patient has gone back to her life without further upset and comes back periodically for monitoring by regulation thermography (more accurate than mammography and without the radiation).

We have many more case histories which demonstrate the principles of New Medicine and as time goes on, will post some of these on this website. In the meantime, you are

encouraged to study other New Medicine/German New Medicine resources where you will see that this article is just the tip of an iceberg--which will eventually change the practice of medicine forever to the benefit of millions of sick people.

Resources

Ilsedora Laker NM Practitioner and Teacher
Toronto: (416) 221-1662
www.newmedicine.ca

Caroline Markolin NM Professional Teacher
Montreal: (866) 886-0233
www.germannewmedicine.ca

Katherine Willow ND
NM Student Practitioner and Teacher
Ottawa: (613) 839-1198
www.ecowellness.com

Book: Summary of the New Medicine
Dr. Hamer. \$75+GST available from any of the
above sources