



GNM Overview

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The following Five Biological Laws are the foundation of Hamer's German New Medicine. I can't stress enough the importance of continually reviewing this new material to deepen your understanding until it becomes second nature, so when you experience a new symptom or receive an alarming diagnosis, you can immediately reframe it into how the body is trying to help you. This can prevent you from adding a new shock to your brain. Please consider this as a brief introduction and know that there is a HUGE body of knowledge yet to explore.

[The Five Biological Laws - The Foundation of GNM \(learninggnm.com\)](http://learninggnm.com)

- a) Law One: shocks/traumas that trigger our survival instincts leave a mark in the brain that corresponds to the part of the body that tries to help us deal with the shock. This is one of the most important principles to remember.
The importance of handedness. Clap test: the hand on top reflects our dominance, not necessarily the hand we write with.
- b) Law Two: the different symptoms in the shock and healing phases are critical to understand for using GNM. This is the law of two phases and helps us understand whether we need to resolve a shock or if we are already in the healing phase. Counterintuitively, we usually see more symptoms in the healing phase, which we have misunderstood as disease.
- c) Law Three: there are 3 possible patterns of shock and healing that help us predict the progression of our symptoms. These are determined by where the shock hits our brain and can be seen on a brain cat scan without contrast.
- d) Law Four: infection is generally part of healing. The type of organism involved corresponds to the brain area affected by the shock. Dr Hamer determined that these organisms have evolved with us over millennia as helpers.
- e) Law Five: what we think of as diseases are Special Biological Programs of nature.
- f) Constellations: shocks triggering mental coping mechanisms. When there are two active shocks on the same brain level, they can result in what we consider mental and emotional illnesses such as schizophrenia and bipolar conditions. GNM gives us a new way of understanding and treating these debilitating symptoms. [Introduction \(learninggnm.com\)](http://learninggnm.com)
- g) Kidney Tubule Syndrome (KTS): how fear can aggravate our conditions. Certain types of fear, ie for our existence, feeling separated from our tribe and abandonment, can trigger the kidneys to shut down and retain water in the body. This can aggravate areas that are already swelling in the healing phase, causing pain and panic, which leads to more challenging symptoms that can

obstruct healing and create dire situations. This is a crucial syndrome to understand and for which to be prepared. [Kidneys and Bladder \(learninggnm.com\)](#)

1. How to use GNM in practice [German New Medicine Therapy - a brief Summary \(learninggnm.com\)](#)

This section is an overview of how to use GNM for a condition or symptom. For serious conditions, please use the help of an experienced practitioner, or even better, a team of practitioners. There is too much more to know to tackle this on your own. Please be careful!

- a) Look up your condition in website [Index A-Z \(learninggnm.com\)](#) and/or Bjorn book, The Psychic Roots of Disease (see resources). Consider donating to the free website.
- b) What is the shock that is related to this condition?
- c) How can you relate to this shock in your life? Does your childhood predispose to this?
- d) Determine if your symptoms are in an active, hanging or healing state or a mental constellation.
- e) If in active mode, you need to resolve an issue. Usually best to resolve it slowly and gently to avoid critical healing symptoms. At this point you may need facilitation. Mental constellations are, by definition, always active. See resources below for practitioners.
- f) If in hanging mode, continually triggered back into stress, you may also need facilitation. Most of our chronic conditions are situations of hanging healing.
- g) If you are in healing mode, and the symptoms are easy to manage, you can ride them out into completion, back into health. If your symptoms are unsettling, please find someone to support you. Healing symptoms include deep fatigue, fever, infections, water retention, headaches, skin rashes, joint pain, growths and many more. See resources.
- h) Monitor yourself: symptoms, self-talk, emotions, scans, bloodwork, physical exams...to make sure that you are out of the woods. Work with someone who understands GNM so that you are clear about what is going on instead of being thrown into fear.
- i) Move forward with your life in an appropriate manner. This will help pull you out of the disease mentality.

2. How do you integrate GNM with other modalities?

This is a very important section. In my experience, GNM is not a stand-alone set of principles but a guide to using everything we already know in a more specific and effective manner. Sometimes it can completely revolutionize a case; other times it can only be used on the side of traditional treatments.

It's crucial to determine what is **realistic** for your situation. I have seen too many people think they understand GNM and their symptoms enough not to need anything else and end up in dire straits. Please be moderate and careful and consult practitioners who have experience.

- a) Diet: common sense, well-rounded, whole food diet without extremes; adequate protein for repair; **gentle** cleanses during healing phase; coffee for moderating extreme healing symptoms. Therapeutic diets as appropriate for conditions, ie diabetes, kidney disease.

- b) Herbs: determine whether they deepen the active/stress or healing phase; can use to balance extreme symptoms; this would be done with a GNM practitioner or take Andi Locke Mear's course: Beyond Holistic Medicine to learn this for yourself.
- c) Supplements: in moderation as needed for deficiencies and to support weak/congested organs and tissues. Too many supplements can be a significant irritation for the body, not to mention expensive.
- d) Bodywork: helps increase circulation, relaxation and nerve flow to potentiate healing. Touch is therapeutic in itself!
- e) Emotional healing: core to resolving the shocks described by GNM; proceed carefully and slowly to avoid sudden healing symptoms. Best to work with people who can help you access your shocks and traumas through the body and breath, called somatic work.
- f) Energy work: not included in GNM philosophy but potentially an extremely powerful addition to one's healing journey. I think this is our next healing frontier. GNM is possibly the final big understanding of how things work on the material level. Energy follows different laws entirely! Best of all, we can learn how to do these therapies on our own and for our friends and family. An example would be Reiki or Quantum Touch.
- g) Medications: look up side-effects; don't go off without supervision; sometimes meds are necessary. Pain medications can be quite helpful in healing phases, but avoid narcotics if possible, which can pull us down too far.
- h) Chemotherapy: realistic to continue when you are just learning GNM and want to do both conventional and complementary medicine/GNM; there are holistic practitioners who are trained to help the body handle intense treatments; follow your doctor's recommendations unless you choose a different course with an experienced practitioner.

This is a tricky subject. From seeing GNM successes, it seems we don't need near as much cancer treatment as we thought. However....I have also seen too many people drop their conventional treatments and land in trouble.

GNM is deceptive. Doing the inner work required to resolve a shock or trauma can be as hard as going through chemo...for some folks harder. It is often more realistic to do both in parallel with lots of support. There are more and more practitioners who are trained holistically to offset the side-effects of treatments, boosting the body and mind to navigate the process more smoothly. This is often the best road forward for most people, especially if they have never done inner healing work on their emotions. Sometimes it's most realistic to leave the inner work until after the conventional treatments are over, keeping the support simply to healthy diet and allowed supplements.

- i) Radiation: as recommended by your doctor unless you choose otherwise; there are tips to help protect your body during radiation treatments. I have seen radiation be useful in some cases. I have also seen many people waive their radiation treatments. See excerpt on chemotherapy. DMSO is a new product that may be a good protection during radiation.

- j) Surgery: the most common conventional treatment that is used alongside GNM; again, there are many natural tips for support before, during and after surgery. Homeopathic Arnica 200 and Hypericum 200, alternated every 1-3 hours can significantly decrease the need for pain medications. A light and nourishing diet before and after optimizes recovery. Visualization and prayer are also known for their benefits.

Resources for Mind-Body Medicine applying German New Medicine:

- “German New Medicine Experiences in Practice, An Introduction to the Discoveries of Dr Ryke Geerd Hamer” by Dr Katherine Willow, N.D. (Amazon) A simple and easy to understand start.
- “The Psychic Roots of Disease” by Bjorn Eybl (Amazon) More detailed with some naturopathic suggestions within the GNM context. A staple for most GNM practitioners.
- Website to learn GNM and look up your conditions: www.learninggnm.com
- “Germanic Heilkunde” by Dr. Ryke Geerd Hamer (Amici di Dirk)
- Andi Locke Mears, Beyond Holistic Medicine, GHK intro course
- <https://www.gnmonlineseminars.com/introduction-to-gnm/> A free introduction to GNM with Ilseadora Laker
- GHK Global, www.ghkglobal.org, lots of resources, including practitioners and past summits
- Ilseadora Laker, www.newmedicine.ca, one of the top GNM practitioners; now offering high level practitioner courses

Resources for Healing in General:

- Dr. Katherine Willow N.D.: www.ecowellness.com
- Dr. Rebecca Lester N.D. www.ecowellness.com
- Jenny Krughov R.N. www.ecowellness.com
- www.thetappingsolution.com
- Emotional healing coach Lisa Kopil: lisa@tapforlife.com
- Somatic healing coach Jaya Hollohan: www.energythrive.com

Keep coming to Group if it serves you!