



German New Medicine (GNM/GHK/5BL) Resources

Carp Ridge EcoWellness Centre www.ecowellness.com

GNM/GHK Books and Websites: (there are many more)

- Book “German New Medicine Experiences in Practice, An Introduction to the Discoveries of Dr Ryke Geerd Hamer” by Dr Katherine Willow, N.D. (Amazon) Easy to read. A good starting point.
- Book “The Psychic Roots of Disease” by Bjorn Eybl (Amazon) More in depth. A practitioner handbook
- Book “Germanic Heilkunde” by Dr. Ryke Geerd Hamer (Amici di Dirk)
- Website to learn GNM and look up your conditions: www.learninggnm.com
- Andi Locke, Beyond Holistic Medicine, GHK intro course and many other offerings, regular affordable classes www.andilockemears.com
- GHK Global, www.ghkglobal.org, lots of resources, including practitioners and past summits. Currently under reconstruction, not open for membership
- [Dr. Alvin De Leon | A New Health Perspective](#)

Professional Services: (there are many more!)

- Carp Ridge EcoWellness Centre: www.ecowellness.com several registered ND's; GNM video/workbook; retreats; group
- Lauren Sonnenberg, Psychotherapist and GNM Coach, www.lifecoreonline.com
- Lishui Springford, GNM Practitioner and Teacher, www.mindtreehealth.net
- Sandra Hauch Wellbeing Coach/Hypnosis coach.sandrahauch@gmail.com
- Jaya Hollohan, Somatic and Energy Work <https://jayahollohan.com/ref/4/>
- Lisa Kopil, Emotional Healing Coach www.tapforlife.com
- Andi Locke <https://www.andilockemears.com/> Many offerings, regular affordable classes
- Julie Tilt, Health Coaching with a deep GNM/GHK background, www.julietilt.com
- Kim MacLeod, Shaman/Energy Healer with GNM background kimatsacredspirithhealing@gmail.com
- Danny Carroll/GNM author, teacher and practitioner; BioSwitch www.danny-carroll.com
- Melissa Sell DC, GNM teacher and practitioner <https://www.drmelissasell.com/>
- Freya Kellet, GHK teacher and practitioner www.freyakellet.com



References for other Books about trauma and the effects on Health. These authors do not include GNM/GHK yet.

- “The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture” by Gabor Mate, M.D. with Daniel Mate
- “When The Body Says No, The Cost of Hidden Stress” by Gabor Mate, M.D.
- “The Body Keeps The Score: Brain, Mind, and Body In The Healing of Trauma” by Bessel Van Der Kolk, M.D.

Other References for an Integrated approach to Wellness

- The Weston A. Price Foundation www.westonaprice.org Wise traditions in food, farming and the healing arts
- Book “Perfect Health: Harness the Power of Ayurveda to Balance Mind and Body” by Deepak Chopra; lifestyle and spiritual path according to your body type.
- Book “The Biology of Belief” by Dr Bruce Lipton
- Book “The Tapping Solution” and “Rewired” by Nick Ortner; tapping, or EFT, is a simple, effective tool for resolving stress and old wounds. (also website and app that are outlined in Tapping handout)

Mindfulness Resources

- Books: The Mindful Self-Compassion Workbook by Kristin Neff; The Miracle of Mindfulness by Thich Nhat Hanh; The Power of Now by Eckhart Tolle
- Podcasts: Eckhart Tolle, Tara Brach, Joseph Goldstein, Jack Kornfield
- Practitioners: Ruth Li www.meditatewithruth.com