

Discover the missing pieces of the health jigsaw

Revolutionise your health practice with META-Medicine®!

Are you a complementary, alternative or modern health professional? Do you feel that even after all your training, there are still some missing pieces of the jigsaw? Have you ever wondered why a client had a specific ailment at a specific time? Would you like to gain a scientific understanding of the mind-body connection, while adding value to your existing practice?



If you answered yes to any of these questions, then this article could assist you to understand more about health and dis-ease than anything else you read all year. Why? Because it's about a field called META-Medicine, which is taking health professionals to the next level.

Are you aware there's a health revolution on the way?

The current belief in many alternative, complementary and modern medical fields is that symptoms are the problem, and that illness means that the body has made a mistake.

Each system has its own beliefs about what constitutes the cause of dis-ease, and therefore, how to go about treating it. This contradictory information has led to confusion among health professionals and clients alike!

META-Medicine provides clarity and enables us to move beyond these differences. The word *meta* derives from ancient Greek, and means to go above, beyond, or to another level. META-Medicine integrates our knowledge from alternative, complementary and modern medicine, and transcends it.

In the early 20th century, Einstein's discovery of $E=MC^2$ and the advent of quantum physics shook the world of science, taking it into a whole new 'energetic' dimension. In a similar way, META-Medicine is now revolutionising our understanding of health. META-Medicine proves that all illnesses from colds to cancers, are intelligent, meaningful unconscious processes - dis-ease is NOT a mistake.

So what is META-Medicine®?

META-Medicine is an advanced integrative model for understanding health and dis-ease. It gives us understanding of the *root emotional cause* and *meaningful process* behind *all* health issues, including musculoskeletal, digestive and autoimmune issues, and even psychological conditions such as anxiety.

META-Medicine is *bio-psycho-social* - in other words, it explains precisely how specific illnesses are connected on physiological, psychological and behavioural levels via the brain. It also

explains why people sometimes get stuck in a dis-ease process and experience chronic health issues.

Have you ever wondered what the root cause of dis-ease is?

As we explored in the last issue, there are many risk factors: nutritional deficiency, energetic imbalances, toxicity levels, germs, genetics, physical misalignments and emotional upset - to name a few! But having these risk factors doesn't mean we will get ill, nor determine which symptoms we'll have!

META-Medicine explains how all dis-eases start with a traumatic life event. This is an event which takes us completely by surprise and for which we have no internal strategy for overcoming. Examples of traumatic life events range from unexpected social conflicts to near-death experiences. The intensity of the trauma determines the severity and duration of the subsequent health issue.

META-Medicine integrates our existing understanding of risk factors, showing how, rather than being the cause of dis-ease, they lower our vitality and increase our sensitivity to shock. If we then experience a traumatic life event, it affects us at a biological level, triggering a dis-ease process.

How are emotions and dis-ease connected?

Have you ever noticed a relationship between a



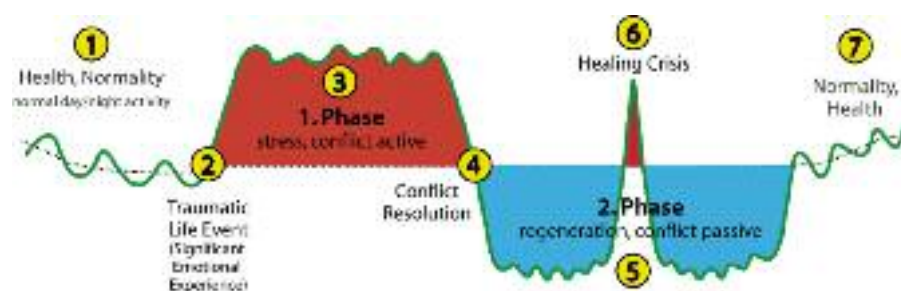


Figure 2 The two phases of any disease process

Let's return to John's story. A separation shock when his father left caused his skin to go into necrosis (cell -), becoming pale, dry and less sensitive. Why is this cell necrosis biologically meaningful? It reduces the individual's sensitivity to the separation, so they can continue to function.

Furthermore, John's skin was only affected in one area, around his eyes. Why? This specific location would usually remain a mystery. The biological meaning is that physically seeing him was how John felt connected to his father.

John's eczema appeared when he was reunited with his father. When John resolved the feeling of separation, the skin around his eyes started to regrow rapidly (cell +), becoming red, inflamed and itchy. Because the situation and John's feelings of separation were ongoing, his eczema became chronic - the skin went into necrosis every time his father left, and regeneration when he returned.

META-Medicine explains how *all* illnesses go through these two meaningful phases. The two-phase model (see Figure 2) enables health professionals to identify and explain:

- 🕒 Where in the process a client with a particular symptom is
- 🕒 What happens bio-psycho-socially in each phase for that health issue
- 🕒 What will happen before the process completes and the client returns to normal health

It sounds very interesting, but can I use META-Medicine in my practice?

YES! META-Medicine training sessions are unique as they have bodywork practitioners, medical doctors, counsellors, energy workers, homoeopaths, physiotherapists, NLP and EFT practitioners, personal development coaches and spiritual healers in the same room, learning the same material, and then applying it within their practices. How can such a diverse audience benefit from the same information? It's because META-Medicine provides new information that connects and enhances the work of all health professionals.

No matter which therapies you use, META-Medicine provides the missing links, explaining why a client has a particular illness, how it's a meaningful process, and when in a given disease process different therapies will work most effectively. You are not the only one to benefit - it is common for clients to experience a *'eureka moment'* followed by a conscious shift when they understand what the actual cause of their health issue is.

client's emotions and their illness, then felt frustrated and dismissed it because you had no way of proving it? Stop feeling frustrated! Learn META-Medicine!

META-Medicine explains how the *specific emotions* experienced at the time of the traumatic event affect specific organs and lead to *specific symptoms*.

So, for example, if a client has a problem of the epidermis (outer skin), you'll know that they have experienced a separation conflict, that is, a physical loss of contact from the mother, family or friends.

John, a five-year-old boy, had been experiencing chronic eczema around his eyes for several months. During the META-Medicine consultation, John's mother was asked what had been happening in his life. His parents had separated, and his father had moved out a few weeks before the eczema first appeared.

The eczema was only part of the picture. John's mother had also noticed that this normally fun-loving boy had become more clingy and withdrawn since the event.

Is illness really a meaningful process?

META-Medicine goes beyond any other approach by explaining not only how negative emotions trigger illness, but also how what we've labelled 'disease' is actually the body's intelligent response. The meaning of the specific response is the survival and evolution of the organism.

Want to learn more?

If this article has started to fill in some of the missing links for you, you may be interested in a META-Medicine two-day Introductory Training course. This course is open to health professionals and health-conscious individuals.

The Introductory Training will enable you to:

- 🕒 Transform your awareness of health and dis-ease
- 🕒 Discover the root cause of cancers, heart disease, musculoskeletal pain, digestive problems and many other health issues
- 🕒 Understand how and why illness becomes chronic
- 🕒 Benefit from cutting-edge understanding of the bio-psycho-social connection
- 🕒 Gain insight into your own and clients' health issues
- 🕒 Immediately integrate the META-Medicine diagnostic process and therapy design within your practice
- 🕒 Enhance the effectiveness of your existing therapies **TT**

Previous participants have said:

"I loved the opportunity to work and learn alongside people from such a range of therapeutic modalities; to appreciate the commonality of all these different ways of working, and to discover a model that can apply to all of us!" Sally, Integrative Counsellor

"An instant diagnostic process to allow me to get better results using my therapies. A great insight into myself, my health and personal issues." Shona, Complementary Therapist

"META-Medicine is the golden nugget! I would recommend this course to anyone who has a serious interest in the field of wellbeing, from allopathic medicine to complementary and energy workers. You will gain a lot from it both personally and professionally. If you don't, come and tell me why!" Roy, Life Change Consultant (MBE)

The next two-day courses are on 26-27 January, 16-17 February and 19-20 April, in Birmingham.

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