

Is disease really a mistake?

An introduction to

● META-Medicine[®]

Do you ever wonder what starts a disease? Have you ever experienced a painful, uncomfortable, worrying or even embarrassing symptom, and wondered "Why me? Why now?", especially if it occurred at a moment when your life seemed to be getting better! Have you ever noticed a relationship between an illness and what's going on in other areas of your life?

Every year, the NHS in England spends over £11 billion on pharmaceutical drugs. New drugs, state-of-the-art procedures and testing equipment are being developed at an incredible rate in an attempt to combat chronic diseases, such as arthritis, diabetes, heart disease and cancers. And, despite all of this, one fundamental question is consistently overlooked: *why* do we get disease?

Is it possible that two million years of evolution have been wrong, and our bodies are making mistakes?

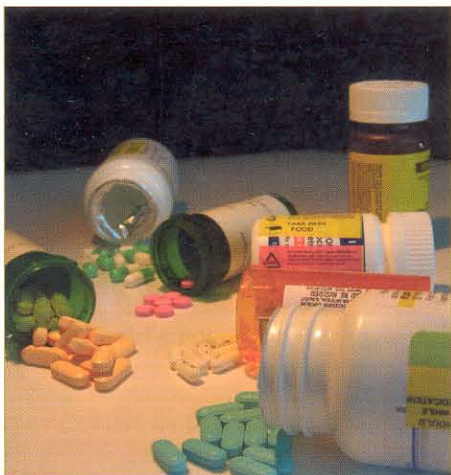
According to the *Merck Manual*, the definitive medical dictionary, over 95% diseases have an 'unknown cause'. Medical doctors diagnose symptoms, and then prescribe or refer a way of

suppressing those symptoms. Disease is seen as something that 'goes wrong' in the body, usually attributed to 'risk factors' such as genetics, poor diet, lifestyle, smoking or the generic term 'stress'. In fact, in the case of breast cancer, the known risk factors are absent in approximately 70% of patients!

You may be puzzled about why sometimes people heal after just one therapeutic intervention, whereas other people have issues that seem irresolvable. There are many varied forms of health care available today, all of which have their own approach. For example, a homeopath will design interventions that act as a catalyst and support your own natural healing, while a Chinese acupuncturist will identify blockages in your energy system, and nutritional diagnosis evaluates the biochemical environment. Within any approach, if we look deep enough, there is a missing link: a definitive and proven answer to why certain people get certain diseases at certain times.

Why, for example, does a lump appear in a particular place on the body? Why does someone suddenly develop asthma or eczema? Why do several people who appear to have the same disease or virus, even one as straightforward as a cold, seem to be affected in different ways? Some get a sore throat, while others have a chesty cough, fever or blocked nose.

If we did know what caused disease, how much better would we be able to resolve our own aches, pains and illnesses? As practitioners, how would this understanding help us to apply our therapeutic interventions for more consistent results?



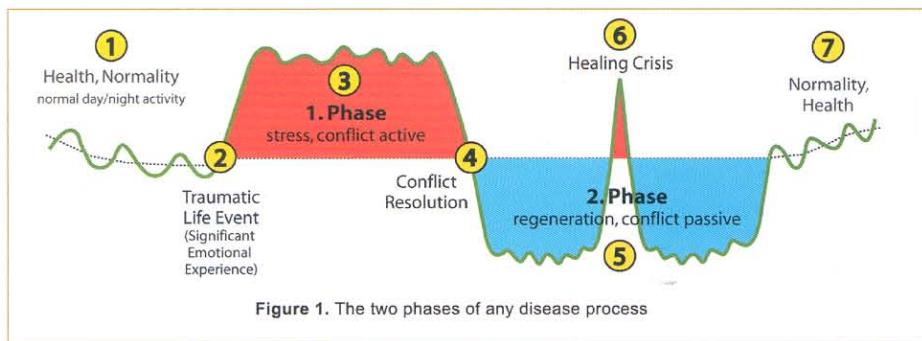


Figure 1. The two phases of any disease process

META-Medicine® may have the answers to difficult questions, such as "why does disease occur?"

In the 1980s, a medical doctor in Germany made an amazing discovery. A significant shock in his own life led him to find out what causes diseases to occur. Through his subsequent 10,000 case studies, he identified how a highly significant negative emotional event has an impact on a person, which leads to disease. This shows up on a Computer Tomography (CT) scan at a specific point in a brain relay which directly corresponds to where and what type of disease will develop.

He identified that every disease process has two phases (see Fig 1. The two phases of a disease.). Something that is commonly considered to be a disease, such as a cancer growth, osteoporosis, ache or pain, is actually only one part of the entire process. After a significant emotional event, we experience the first phase, in which we often don't feel ill, but are cold, stressed and tense, with sleeplessness and little appetite. In the second phase, we feel warmer, sleepy, and later, hungry. It is in this phase that we often experience typical disease symptoms. There is a critical point in the second phase that corresponds with when heart attacks, epileptic fits and asthma attacks happen.

Furthermore, he also postulated that microbes or 'bugs', such as bacteria, viruses and fungi - which only appear in the second phase - rather than being an unfortunate error, may actually be assisting the body to heal!

Consider it in the context of your own life: have you ever had a period of stress, for example, at work, then gone on holiday, and experienced

symptoms such as a cold or 'flu'? This is the two phases in action.

This new way of understanding disease, called META-Medicine®, is based on the latest brain relay research, ontogenesis & embryology, epigenetics, systems and neuro-biology. It seems to answer many of the questions about disease that have eluded scientists for years, explaining the root cause of any illness, where somebody is within the disease process, and why some issues become chronic. Furthermore, the META-Medicine® diagnostic process explains why depression, anxiety, anorexia and other issues occur, from an integrated biological, psychological and behavioural perspective.

Just suppose you knew what the cause of a person's illness was, and where they were within the disease process. You could work back from their symptom to the shock, and, by clearing out the emotion from the shock, assist them to return to full health. No guess work or complex hypotheses, just fact and an understanding of the person's experience.

META-Medicine® represents a paradigm shift on a Copernican scale

If disease is a biological programme triggered by a significant emotional shock, then it is not a mistake or something that happens randomly. Every disease can be understood as a biologically meaningful process with the goal of survival.

For example, Robert, co-author of this article, had a disease called Nephrotic Syndrome as a child, which caused him to retain fluid. To doctors, this appears to be meaningless, yet from a META-Medicine® and evolutionary understanding, it is started by an isolation/

abandonment conflict shock. Interestingly, Robert was lost at age 2½, which was a significant emotional trauma, just before experiencing symptoms of the disease. Robert continued having relapses, in which he held onto fluid, until 18 years of age, when the disease mysteriously disappeared. The biological meaning of this particular 'disease' is to hold onto water in order to survive alone.

On a psychological and social level, Robert can remember having strong feelings of fear-of-isolation as a child, particularly if friends behaved indifferently or in an unfriendly way. He remembers feeling very stressed and anxious when his parents went for an evening out, leaving him with baby sitters, as he feared that his parents wouldn't come back. These emotional triggers were signals to his body to go into survival mode.

Far from being flawed 'machines', our bodies are highly intelligent organisms. When we become aware of the meaning of any disease, this empowers us to have more control and gives us informed choice in how we navigate our own healing.

META-Medicine® is a bio-psycho-social and environmental model for understanding disease

META-Medicine® is not a cure for a specific disease or another new therapy, but a diagnostic tool. It is the only approach that gives clients an understanding of the root cause of their illness and explains the relationship between how we think, feel and behave within a disease process. As such, META-Medicine® diagnosis comes before the application of therapies, and enables the formulation of a uniquely bio-psycho-social integrated META-Therapy Plan.

META-Medicine® provides us with a framework to bring together traditional, complementary and alternative therapies. It is already being successfully applied by medical Doctors, Homeopaths, Reiki practitioners, NLP Masters, Life Coaches, Psychologists, EFT practitioners, Naturopaths and other health professionals across Europe.

Finally we may have found an answer to why we get disease, which proves that it's not a mistake. We can now, with this new level of understanding, get on with the real job of better informing, assisting and empowering people to heal and grow. **TT**

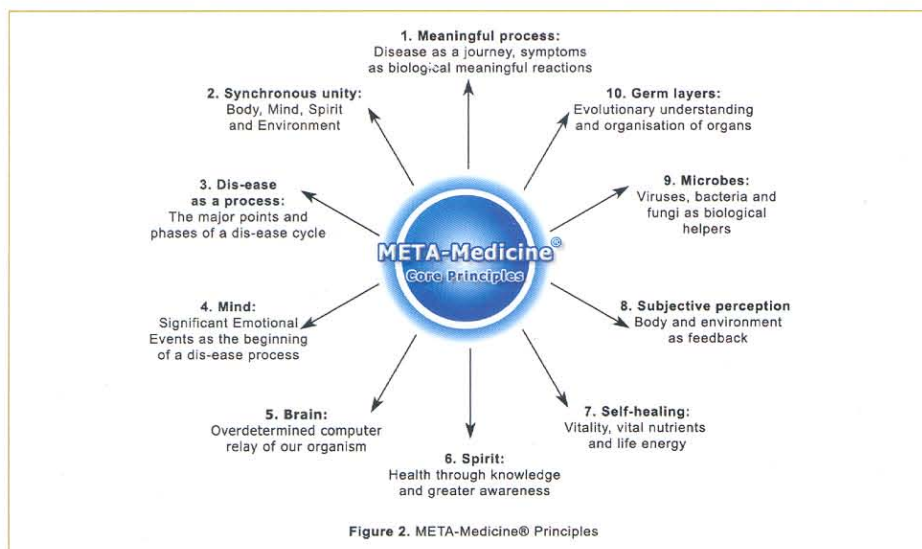


Figure 2. META-Medicine® Principles

Robert Waghmare & Joanne Ross, IMMA Licensed META-Medicine® Consultants and Trainers with their own life & business coaching practice, Get Coached, based in Solihull. Robert & Joanne offer individual META-Medicine® consultations, and run monthly introductory seminars & two-day training sessions in META-Medicine® at Centre Aum in Birmingham. The next two-day training sessions are on 22nd - 23rd September costing £275 per person or £499 for two.

Please visit www.metamedicineuk.org or contact Robert or Joanne on 0845 226 0082 or email info@metamedicineuk.org