HOLISTIC HEALTH REPORT
Introduction

Dear Reader

You have decided to go a step forward, towards a healthy change in your life. Change is always connected to a process which demands practicing something which is new and unfamiliar.

The mostly sought after ‘instant healing’ doesn’t happen in most cases, yet it can happen.

We are not addressing health issues and symptoms we need to fight against or get rid of. Our approach is helping you to regulate with you together your body–mind–spirit connection to activate your gift of self–regulation and self–healing, which is a natural given gift.

The foundation of our work consists of:

Regulation of your body’s own self–healing properties

- Re–Mineralisation and Natural Nutrition
- Highly Ionised Air
- Alkaline and Energised Water
- Energetic Flow and Protection
- Addressing Stressors
- Exercise

Tools we are recommending:

- optimising your **eating habits** through a Natural Nutrition
- finding and regulating **thought patterns** which make you or keep you sick through coaching
- finding and regulating **emotional patterns** which make you or keep you sick through mindfulness and breathing
- increasing **self knowledge, self worth and self love** through Integral Human, Design Gene Keys and Mindful Dialog
- **optimising health** through Nutrigenomics supplementation and products that are designed to to strengthen and balance the body’s own defences from outside negative forces (ask us for more information)

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The Root Cause of all Disease and especially Cancer

To live consciously and to establish health and inner peace you need to understand the connection between symptoms and perception. Risk factors alone such as poor nutrition, lack of exercise, toxicity and ‘faulty genes’ are not the root cause of disease! Disease is not inevitable fate and health not good luck; they both are parts of biological processes!

Perception, the Brain and the Body

We all know that stress can be one of the major contributors to disease. When you experience a stressful and highly emotional event, a biological adaption process (usually labeled as symptoms of a disease) may be triggered. This can happen with or without your awareness.

Imagine that you are suddenly perceiving a frightening situation. Immediately your brain sends signals to prepare the body for flight or fight and at the same time your body reacts with an increased heart rate. Usually the heart rate is returned to normal within a few minutes when the stressor has disappeared. The increased heart rate was very useful to better cope with the immediate situation.

Imagine that your heart rate (or any other symptom) was increased for months at a time because the stressor is still operating at some level of your life. You can imagine that this is not supporting your health. As soon as the stressor is resolved, predominantly through awareness and conflict resolution, the heart rate (or any other symptom) can normalise again.

If you want to restore health and harmony you need to understand that any personal and health challenge is a signal and a call for change!

Consultation and Coaching

1. Assists you to address the underlying cause of disease rather than only trying to get rid of symptoms
2. Uncovers the underlying stressors, emotional background and thought patterns related to symptoms, as soon as stressors are recognised and resolved the body is better capable in healing itself
3. Provides immediate strategies to increase your health
Beyond Risk Factors – Conflict Shock as the Beginning of Dis–ease – Introducing Bio–Decoding

In 16th century, Descartes proclaimed that mind and body were separate. Conventional Medicine has focused on understanding the mechanical and chemical aspects of disease, while the cause seem to remain a mystery. Medical dictionaries describe almost all diseases as ‘idiopathic’, meaning ‘of unknown cause’, or ‘autoimmune’, meaning the immune ‘system’ attacks the body. Beyond this, medicine can only offer hypotheses in the form of risk factors, including germs, genetics, lifestyle, mechanical malfunction and stress.

Some therapists often look deeper, exploring body type, psychology, energy systems, our milieu, astrology and other data. Yet even within alternative and complementary approaches there remains a gap in understanding: a definitive and scientifically robust explanation of why specifically we attract a dis–ease.

Why does one person develop a cancer while another person remains healthy? Why do some people have chronic digestive issues, while others get frequent colds or heart problems? And why do people get a particular illness at a specific time in their life?

The current ruling paradigm – Our genes, stress levels, toxins and germs are the causes of disease!

Let's explore some of the current ruling theories:

Genetics: The ‘Primacy of DNA’ is the latest media bandwagon and increasingly seen as the answer to many diseases. Yet Bruce Lipton’s (ok) work in the field of cell biology and Epigenetics has proven that the environment influences our genes, not the other way round. Furthermore, only 5% of illnesses are due to genetic heredity. So what about the other 95%?

Nutrition: There is ongoing debate about what constitutes a healthy diet and how certain foods may encourage or avert disease. For the vast majority, nutrition is an important factor affecting our vitality, yet cannot in itself be seen to cause or prevent dis–ease.

Smoking and other toxins: The media emphasises the link between smoking and many dis–eases, yet research is inconclusive. Many of us know people who have smoked for years and still outlive their peers.

Stress: This is another popularly cited cause of ill health. Even the medical profession say that 95% of disease is caused by stress, but:

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What does ‘stress’ actually mean? Which kind of stress causes which kind of illness? What may cause a stress-related illness for one person doesn’t for the next? How can we explain different reactions and tolerance levels?

Viruses, bacteria and other microbes: Louis Pasteur is often glorified as the saviour of humanity for his twin triumphs of pasteurisation and vaccination. What underpins both is his Germ Theory, the foundation of Western medicine and Pasteur’s legacy. However, the most pioneering areas of science are now showing that the Germ Theory is based upon faulty assumptions. Even Pasteur realised this, on his deathbed in 1895 he said:

“The pathogen is nothing. The terrain is everything”

Pasteur’s denouncement came too late to stop the burgeoning medical–industrial complex. Yet mounting evidence, particularly from Dark Field Microscopy, is proving that viruses, bacteria and fungi are continually present within our blood environment, so after all our blood is not sterile like Pasteur proclaimed. So this begs the question, why do we sometimes get ill, while at other times the presence of viruses, bacteria and fungi has no effect?

Each of these factors can have a debilitating effect on the body–mind and result in lowered vitality. However, none can be considered, even in combination, to be the root cause of a disease. None of these risk factors satisfactorily explains why or when some people get ill while others remain healthy.

Bio-Decoding highlights answers to these mysteries. Bio-Decoding is an advanced mind–body diagnostic tool based on 10 bio–logical principles. It integrates and goes beyond modern, complementary and alternative medical approaches.

1. body, mind, social and spiritual connection
2. awareness: prerequisite for health and personal growth
3. traumatic life experiences: starting point of physical and psychological change
4. brain: the central control system of our organism
5. disease as a process: the major points and phases of all health issues
6. the biological and psychological meaning of symptoms
7. the evolutionary development of organs
8. microbes, viruses bacteria and fungi as biological helpers
9. the importance of self healing and integrative therapies
10. patients as responsible and knowledgeable decision make
The missing link – Scientific evidence proves the connection between emotional shocks and dis-ease

If you’ve ever read books by Dr. Deepak Chopra, Louise Hay, Dr. Caroline Myss you will be aware of the mind–body connection and emotional links with ill health. Bio–Decoding provides us with a scientific and evolutionary meaningful understanding of how and why dis–ease begins.

Bio–Decoding explains how a conflict shock or Significant Emotional Event (SEE), always precedes dis–ease. A SEE is an experience that is unexpected, dramatic and emotional, and we don’t know how to deal with it nor express it adequately. It can range from an argument to receiving bad news, such as a bleak medical prognosis to a life–threatening situation like being involved in a car crash or someone close to you leaving you.

At the moment of the SEE, there are changes at all levels: psyche, nervous system, organ, brain and our interaction with the social environment. Bio–Decoding maps the specific emotions felt at the time of the shock to a specific organ, allowing you to understand the cause and process of dis–ease and healing.

Each area of the brain corresponds to a specific organ, and the impact of the SEE is observable on a brain CT scan (Computer Tomography). The specific emotion experienced will determine which organ reacts. For example, the epidermis (upper skin) is affected by a loss–of–contact conflict, while the lung alveoli are affected by a fear–of–death conflict. The felt emotion is the driver of the dis–ease.

It was in Germany in the late 1970s when a medical doctor made this fascinating and profound discovery. Two events in his own life, the first the death of his son and the second a testicular tumour, led him to ask his patients very different questions. His findings were remarkable – all the
women he interviewed, who were on a gynaecological ward for ovarian issues, had experienced a significant emotional shock, in this case, a profound loss, shortly preceding their illness. Furthermore, the patients’ CT scans showed visible brain relay changes in the exact location of the brain responsible for directing the ovaries. Since then over 40,000 case studies have demonstrated the connection between significant emotional events, brain relay changes and specific dis-eases.

A Paradigm Shift – Symptoms are bio-logical and meaningful

Even if we accept that emotions cause dis-ease, a question still remains about why specific emotions trigger specific dis-ease processes. Let’s look at a couple of examples.

Imagine a mother walking along a street with a young child in tow. The child is bouncing a ball, drops it, and the ball rolls onto the road. The child instinctively runs after it. Imagine at that moment that a car approaches and hits the child. How does the mother react? The accident is unexpected, dramatic, and emotional, she has no strategy for dealing with it. She will instantaneously go into the fight-flight-freeze response. If her primary emotion is worry for the child’s survival, she will also get a growth of breast gland cells in either her right or left breast (this depends on her neurological wiring, and will only occur on one side, unlike during pregnancy). This unexplained growth, if diagnosed by a medical doctor, is likely to be labelled as a breast cancer. So why does it occur? It is an emergency programme to enable the woman to produce milk to nurture the child back to health. It is a bio-logically meaningful response. A felt sense of a biological conflict can be either in a literal sense or in a figurative sense. A conflict can be either a direct physical experience or a mental or emotional one, but it is always accompanied by fear.

Another example is a disease that someone experienced as a child. When he was 2 1/2 years old, his parents lost him in town. When they found him 2 hours later he was red from head-to-toe, screaming and inconsolable. He had experienced a bio-logical conflict shock: an abandonment-isolation-existence conflict. This started a dis-ease of the kidney nephrons, a Nephrotic Syndrome. In this process, the capillary endothelial cells of the nephrons increase, causing the nephrons to close up and the body to hold onto water. Why? Current evolutionary theory points to modern man having originated from middle Africa. In this environment, if a young child was left outside alone for any significant period of time, it would have died from dehydration. Holding onto water prevents this. Therefore, this dis-ease is logical and meaningful from an evolutionary perspective. Interestingly, Nephrotic Syndrome primarily affects young children between the ages of 1 1/4 and 4 years old.
From the perspective of Bio-Decoding, rather than being errors of nature or the cumulative effect of ‘risk factors’, our bodies’ reactions are bio-logically meaningful, with the goal of survival and evolution. This is the case for all diseases, including colds, eczemas, diabetes and cancers.

**Bio-Decoding provides us with precise and bio-logical answers to our health questions.**

As therapists, if we know the cause of a dis-ease, and the meaning of our body’s response, we can do more than simply treat the symptoms. We can assist the body’s own process of healing and empower individuals at all levels – the mind, body, spirit and socially – working with, rather than against the healing process.

**So, what do we really know about health, disease and prevention?**

Bio-Decoding, a revolutionary new healing paradigm, is helping to uncover the cause and to understand the bio-logological, psychological and social meaning of symptoms as an important step towards health. It takes current mind-body- and natural medicine further while redefining your understanding of health, disease and prevention. It is based on Epigenetics and integrative medicine. It works by using your body’s biological survival programming whereby your physical symptoms are scientifically mapped, via your brain, to their primal conflict or origin.

This approach allows you to understand any health challenge to pinpoint the root cause of your illness, giving you a precise, scientifically proven understanding of any health issue, whether it is back pain, cancer, diabetes, heart disease, eczema or simply a cold.
Lived falsehoods promote physical signals (so-called diseases) and are basically a stimulus to rethinking and learning and therefore provide suggestions and new insights.

If you want to get rid of, or numb physical signals, the lesson remains without learning and integrating it. The gift that lies behind must wait, maybe a lifetime or even longer.

The memory of the lesson, however, remains in your deepest memory. It remains as long as you are ready to live authentically and stop interfering with your own self-healing powers. This also needs your deep recognition of the illusion of separation.

In our work together we will discover what the signals want to communicate to you. With this knowledge you will be able to make significant changes in your life and you begin to walk the path of your own healing.
Beliefs

Not the world is limited but our consciousness.

Your beliefs limit your consciousness. The world does not do anything to you, but you do everything (thoughts are causal) to the world.

Your partner does not leave you, but you wanted (not necessarily consciously) to experience how it feels him/her leaving.

If we are able to change our perception we are able to change our lives. Healing and inner peace is all about our perception.

For example, in some countries the bigger you are as a women the more worthy you are and a husband has to pay more cows for you. The thinner you seem to be, the more lack is showing.

What is your perception?

Begin to acknowledge that you have fought long enough with your problems and that control may not be your best strategy. Control and stress keeps you in a sympathetic state where healing can hardly occur.

Our frame of reference determines what we look at and how we look. And as a consequence, this determines what we find.
Other Helpful Hints and Tips:

It is not the goal of life, that when you leave your body to have as much money as you possibly can.

There is no bonus for fame or popularity.

Focus on your issues not on others’.

Rules are there to be questioned.

Claims by other in regards to the goal of life can be distractions.

You can not go wrong! It just may take longer.

Time is an illusion!

You have access to all the answers for your life via a special link in your heart.

Attempts to damage the trainings vehicle (body) lead to restrictions.

No one can remove your responsibility for your life.

Violence will never lead to a solution.

It may be useful to pay attention to the situations which repeat themselves.

Drugs (legal or illegal) can distort the perception of learning lessons.

Just because all behave in the same way does not mean that it is correct.

There is seldom only one correct answer.

You can make a request for forgiveness.

You are essentially pure consciousness. Everything else is deceptions.

Lessons are special opportunities to develop.

To hinder others in their development brings no benefit.

Whoever sold you a life insurance policy is a fraud.

It's not about being first or looking cool.

Nobody does a better job in your situation than you.

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Be sure to turn on mobile phones, PCs and WiFi modem only when you really need them. Switching off more often during the day and especially at night, because our consciousness and behaviour as well as our health are manipulated by these techniques.

Don't let yourself be talked into all kind of diseases and tests – get smart on the internet and ALWAYS look for alternatives, especially to chemo, radiation and medication! Let’s be honest, what has cut, burn and poison to do with real healing? There are many effective natural ways to support the body’s self healing. I will be happy to provide you with more detailed information.

Beware of fluoride in salt, toothpaste, bottled mineral water and the sweetener aspartame (nutra-sweet). Both can damage your brain and nerves irrevocably! Also avoid iodised products.

Boycott fast food chains and large food corporations. Eat regional and natural produce, eat less or no meat, avoid drinking cow's milk, it’s for baby cows. We have been brainwashed into believing that milk is good for us, yet more and more evidence is telling the opposite. Grow vegetables on your balcony or garden. Also avoid soy, it’s mostly genetically manipulated.

Eliminate toxins from processed food, chemtrails etc, and detoxify your body. You can drink wheatgrass juice, Clorella or Spirulina algae, borax, bentonite or MMS. There are many possibilities. Ask us about Nutrigenomics, we found a nutritional drink mix which is helping to switch on the body’s own ability to produce primary antioxidants and detox enzymes on a gene level.

Take a good mineral supplement, best naturally derived from volcanic grounds. Also take a balanced combination of calcium and magnesium and sodium and potassium. These four elements harmonise together, avoid taking them separately.

Regularly eat nutrient rich superfoods such as chia seeds, goji berries, wheatgrass juice, quinoa, amaranth, cinnamon, coconut, turmeric etc. Unfortunately many foods no longer have some of the nutrients they did 50 years ago, therefore a natural and organic supplement is recommended. But stay away from the artificially manufactured pills and potions you get from the supermarket or chemist.

Use good fats daily etc. coconut oil, avocados, hemp oil.

If you can, use a good air ioniser in your home, car and your workplace. Ask us for recommendations. Good air needs to have a sufficient amount of
negatively charged air ions to stay healthy. Going for walks on the beach or in the forest does help as well.

Drink plenty of good, filtered water every day. Trust your gut feeling about how much water you need, everyone has different needs. Use a good filter that takes out all the nasty chemicals including fluoride.

Be sure to filter your tap water, tap water is not drinking water, unlike what you think. Many drug residues, pesticides and metals such as lead and mercury remain in tap water and are not filtered or controlled. What is not controlled has no excessive values.

Exercise regularly, choose the kind of exercise that fits your preference, dance, swim, bike ride, lift weights, do yoga, whatever it is ... exercise. Your body is designed to move, at least go for regular walks and stretch. Whenever you can walk and use stairs instead of lifts and escalators.

Spend time outdoors, sunlight is actually good for our health. I’m not talking about sizzling in the sun for hours, I mean 10 or 15 minutes at the time. You need to have sunlight on your naked skin, without extremely toxic sun blockers, no sun glasses either. The sun is NOT our enemy, it’s the giver of live, the propaganda machine makes people believe that the sun is essentially damaging, of course it can be if you overdo it, especially when using chemical warfare on your skin. You really need to ask your self if the rise in skin cancers is due sun exposure or due to the chemicals in the sun blockers. If you need to spend longer in the sun just cover yourself up.