

Dr. Melissa Sell: Hello and welcome to GNM 101: An Introduction to the 5 Biological Laws. My name is Dr. Melissa Sell. And I am beyond excited to be sharing this basic information with you today.

This German New Medicine and the 5 Biological Laws has radically changed the way that I work with my own health, with the health of my patients and clients. And I know that it is going to dramatically change the way you see health, the way you see your body, the way you relate your own psychology and your own biology.

And so, this presentation is going to serve as a primer, as a basic introduction to you understanding these biological laws of nature.

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So, let's get into it.

Here's what we are going to learn today—a completely new model for understanding health. The model that we've been working off of, the paradigm of the germ theory of disease and genetics is outdated. I mean with things like epigenetics, we know that it's not just what genes you were given that determine your health. We also know that just because there are certain germs on you doesn't mean that you develop diseases.

So, those are both theories. They're not laws. And they are outdated, outmoded. And they no longer work for us understanding disease. It's the old medicine.

We're going to understand why the body develops what we call "disease" and why I also put *disease* in quotes. In GNM, we really don't even refer to what traditional, old-school medicine calls *disease*.

We're going to learn how nature works. This is what I love. All of the answers for understanding, they are all hidden and locked away

in nature. And for thousands of years, all of the brilliant minds have said, “Look to nature... look to nature... look to nature.” And Dr. Hamer has looked to nature and has seen things in nature that have never been seen before. So we’re going to learn a little bit about how nature works.

And most importantly, we’re going to learn why we never have to fear disease again. The fear of disease eats away at people and literally *causes* the diseases that people are fearing.

And so, overcoming fear with knowledge and wisdom and understanding is the greatest defense that you have against developing what we thought of as *diseases*. So this understanding will help you to relax, to find ease, to find that peace of mind because you know now how your body works and you don’t have to be afraid of symptoms and afraid of things going wrong because you fully understand what’s going on in your body.

So, let’s do a little history lesson about where GNM even came from.

So, Dr. Ryke Geerd Hamer, he’s a German medical doctor. He was actually the youngest licensed medical doctor in Germany at the time. He was very innovative. He held several patents on something called the Hamer Scalpel. He was just forward-thinking, very innovative and was very into being a medical doctor.

He practiced traditional medicine all throughout the beginning of his career. He had his children. His wife was also a medical doctor. Everything was going great... until 1979.

At the time, Dr. Hamer was living in Italy and his 17 year old son was shot and killed in a very tragic scenario. And this completely shocked and devastated Dr. Hamer and his family.

And so, this traumatic loss was followed by, three months after his son passed away, Dr. Hamer discovered he had a testicular cancer. And being a medical doctor, and being healthy his whole life, he knew that this just wasn’t random. He had a feeling. He had an idea that this cancer must have had something to do with the tragic loss of his son.

And so, like any good doctor with an inquisitive mind, he started making connections and asking questions and interviewing other patients. He had access to a lot of cancer patients and he started asking them questions. “Did you have something happen to you very unexpected? Did something happen before you got diagnosed with cancer?”

He started making connections, and he found that, without exception, every single person that he had interviewed had some type of trauma, some type of something that happened in their life that was very unexpected and shocking before they had their diagnosis of cancer.

And now, he didn't just leave it there because a lot of people have made connections between stress and emotional problems and distress and disease and things like cancer. But he saw something more specific. He was seeing a pattern. And he was very curious why does one person develop testicular cancer, and another breast cancer, and another colon cancer? Why? Is there a reason, is there a rhyme to why certain people develop certain cancers?

And so he, again, took it another step further.

Working off of the premise that the brain controls the entire body, Dr. Hamer wanted to see what was going on. Is there anything we can see going on in the brain of these patients? And what he discovered was remarkable.

On CT Scan, when he paired together the story of the patient, the emotional conflict, the trauma they experienced, the type of cancer that they had, he started seeing patterns on CT scans. And the CT scans revealed an activity in a very specific location in the brain, an area of activity based upon what type of cancer.

And so, Dr. Hamer has linked together an entire science of which cancers are driven from which areas of the brain and which are triggered from certain emotional/biological conflicts.

I know that's a lot to get through. So we're going to go through a piece at a time.

So, here's what he discovered. He discovered that everything we now call a disease is caused, is originated, by an unexpected emotional/biological conflict shock, something that happens to an individual that catches them completely off-guard.

In GNM, we call this a *DHS*, a *Dirk Hamer Syndrome*, in honor of Dr. Hamer's son.

So, as soon as the DHS occurs, the moment it happens, the person is affected at the levels of their psyche, their brain, and their organ simultaneously.

Now, what plays out from there, these diseases, they're not meant to harm or to kill the individual. They are completely understandable. They are reversible. They are meant to facilitate the resolution of whatever the conflict was. It's for your greatest chance of survival.

We now call *diseases*, significant biological special programs. I want you to think about it like pressing a button. When the brain interprets, when your subconscious mind, when your psyche interprets a shocking situation, automatically, depending on the type of situation that it was, your body presses a button. And the button sets off a specific program—the buttons in the brain, and then it's communicated to the organ exactly what it needs to do to help you to resolve the conflict

And so, that is the major premise. And Dr. Hamer has mapped out five biological laws. And he calls them *laws* because it's not just theory. Every single case that he went through, he found that these laws were consistently among every single patient every single time.

And that's what makes a law. As soon as there's an exception, it's no longer a law; it's a theory. And that's why everything that we have now in modern medicine, it's theory, it's not law because it doesn't happen across the board every single time.

And that's one of the most frustrating things for people when it comes to something like cancer. You see people who, by the book, they do all the right things—they eat all the right foods, they

exercise, they do all these right stuff. And so that, by the standard understanding, should be perfect. That should prevent them from ever developing cancer, but those people will develop cancer anyways.

And then, just the opposite, we have people who do everything wrong by the standards, and yet they never develop cancer.

And so, that's where these theories just kind of throw you for a loop and leave people—leave people like you and me—leave the individual in a state of fear because you can feel that you've done everything right. But because these are theories we're working off of and not laws, we don't really know at the end of the day. And we just kind of hope and cross our fingers. We hope it's not going to be us.

So, with Dr. Hamer and the five biological laws, he takes into consideration things that medicine doesn't take into consideration like the specificity of your unique perception and viewpoint. That is one of the most remarkable things and unique things about GNM and the 5 biological laws. Apart from even psychiatry which has its own flaws in the way it looks at things, standard medicine, for the most part, they realize that stress is bad, but they don't take into account your personal viewpoint, how you see the world—and Dr. Hamer does.

It also ties in evolution, how our bodies got to be where they are now, and embryology—so literally, the building blocks that built up where it went from two cells to trillions of cells that are organized and coordinated in absolute perfection that is you. That is an amazing process. A

And so, he looks at all of these things. He looks at our relationship evolutionarily to microbes, to things like bacteria, to things like fungus which is *so amazing*. We'll get to that in this presentation.

He also looks at the day/night rhythm, the cycle, just the normal way that humans interact with our environment and the normal cycles of our body.

And so, he ties it together in such beauty, in such perfection. And that is now what we call the 5 biological laws.

So, let's talk about the first one. Dr. Hamer also calls the first biological law *the iron rule of cancer*. And for this, there are three criteria. The first is that every disease—now we're calling *significant biological special program*—originates from the Dirk Hamer Syndrome, the DHS which is *an unexpected, highly acute and isolating conflict shock that occurs simultaneously in the psyche, the brain and on the corresponding organ*.

Secondly, the content of a conflict determines which organ will be affected and from which area of the brain the SBS will be controlled.

And then, the third criteria. Every SBS run synchronously on the level of the psyche, the brain and the organ.

So, let's get an idea. Let me give you some examples of what this looks like and how it is understood and coordinated.

So, the psyche, that is where the conflict occurs. That is where you perceive something that has gone on. And so it could be a separation conflict. It could be a divorce where you're going to be parted from your spouse. It could be a self-devaluation conflict where you're feeling worthless (i.e. you lost a sporting event It could be a nest worry conflict. You're really concerned for the well-being of your child. It could be a death fright conflict where you are really scared that you are going to die maybe because of a diagnosis, maybe a terrible accident.

So, that's the psyche level. There are many different, so many different, types of conflicts. And there are so many different types of ways that an individual will interpret a conflict.

But as soon as it happens, as soon as it's perceived, the brain, remember, I said kind of presses a button. And the button, really, it's an impact that you see. If you look all the way over to the right side where there are arrows around these circles, those circles are something we call a Hamer focus which Dr. Hamer's colleagues originally made that name up as a joke because they would tell him,

“Oh, this is just an artifact. This isn’t anything at all. That’s just a blurry image that appear on a CT scan.”

And Dr. Hamer actually confirmed with Siemens, this CT scan developer, that these images that you see, these impacts, these Hamer focus in the brain on the CT scan is not an artifact, that is a delineated activity, area of activity, in the brain.

And so, from there, the brain, it sets into motion on the organ level a very specific set of responses.

And so, here are some more examples of the psyche-brain-organ correlation. So again, I mentioned the nest worry conflict. Let me give you an example. A nest worry conflict could be a mother standing on the sidewalk holding her child’s hand. The child sees a dog across the street, darts away from her mother, runs out into the street, and a car comes by and hits the child.

In that moment, the mother has a conflict shock. This unexpected thing happened, she wasn’t prepared for it. And all of a sudden, she sets into motion from the area of the cerebellar mesoderm, the motion is set for the glands of the breast to proliferate and form additional breast gland cells for a purpose.

And the purpose is for the nourishment and the healing of her offspring that she is so gravely concerned about. And so, in that moment, the body starts proliferating breast gland tissue.

And this is regardless of whether or not the woman is lactating, the age of the woman. This is a built-in, deep down biological program that’s programmed into every woman.

Now, even down to the level of understanding whether it’s the right or the left breast, Dr. Hamer has an explanation based on biology, based on handedness. A right-handed woman, because she’s right-handed, she biologically associates her left side with her child because the right-handed woman holds a child with her left arm. Her left breast will immediately start to proliferate breast gland cells.

Now, the moment that the child turns out to be fine, goes to the doctor and everything is fine, the body starts to break down that

breast gland tumor. Again, we'll get more into all of the details. I'm just trying to get that basic pattern so that you start to understand what's actually going on, that there's not an error. This is designed. This is programmed. This is based on evolution. This is for the child's greatest survival, for the propagation of the species.

So, your body, it knows how to survive. It knows how to best have your offspring survive, how to best make sure that you are reproducing, so that you even have offspring.

Another example is an indigestible morsel conflict.

And so, something that you'll start to understand and you'll start to see is that this is something we have in common with every species, every animal. Animal, they experience these conflicts in real terms. And in the course of evolution, there was a point at which we experienced all of these conflicts in a very real way. An indigestible morsel would be like an animal swallowing a bone that can't be digested. And so the body has to have a plan for that.

And the plan for that which is mediated by the brain stem is to produce a digestive system tumor.

So, for example, the duodenum, if there is a bone fragment stuck in the duodenum, it will begin to proliferate additional cells. And the purpose of these additional cells is additional digestive gastric juices to break down this indigestible morsel.

Now, humans, we don't typically swallow pieces of bone—I mean, we can. But more likely, we will experience an indigestible morsel conflict in a transposed way, in a psychological way, in an emotional way, say a piece of news that you just can't digest. Something happened and you hear about it, you just cannot accept it. This is an indigestible morsel for you in that moment.

And so, your body will set off that program. As long as you are active with the conflict, as long as you're just milling about it, and you're upset about it, and you just can't believe it, your body is programmed to help you in this way. It is seeking to assist you in breaking down this indigestible morsel by causing a tumor of additional stomach cells, duodenal cells, rectal cells. All of these

tumors of the digestive tract come from this concept of an indigestible morsel.

Death fright conflict has to do with the brain stem, has to do with lung cancer. Lung cancer is very commonly a secondary cancer. And it's taught in traditional medicine that it is a metastasis. You have a cancer in the breast or in the prostate. And the theory, in medicine, is that pieces of this tumor break off. They go and they get in the lung, and then they cause a lung tumor. They think that the cancer is there just to take over your body, to spread and divide and conquer and kill the organism when that is not the case at all whatsoever.

The lung cancer is there because your body experienced perhaps a diagnosis as a death fright, as a shocking death fright, concern for your very existence. And so your body starts to proliferate lung cells, alveoli cells so that there is greater surface area for the absorption of oxygen—which is, again, that's so tightly knit to us being alive, breathing. And so your body is helping you to breath.

And you can see the connections with all of these different types of conflicts. And there are very detailed maps and ways of understanding exactly what's going on at every stage of the process.

So again, psyche-brain-organ. Your subjective mind, it's how your mind chose to perceive the situation unique to you. It's as unique as your fingerprint. Everything about who you are determines how you see the world and how you interpret scenarios.

This is a subconscious and a subliminal interpretation. We know from neuroscience that your brain actually makes an assessment of a situation six to ten seconds before your conscious mind is even aware of it. And so the brain has already pushed the button. It's already made up its mind by the time you have interpreted that "I'm upset about this... I'm concerned about this... I'm worried about this." Your body has already set into motion this program.

And this even begins as soon as you have a conscious, as soon as you have an awareness even as a fetus. You can be impacted. And that's

how children can be born with what we perceive as problems. It's because it began while the child was in utero.

Now, again, the moment of the DHS, there is a focus of activity in a predetermined area of the brain. And this is so interesting. And we'll get into the embryology aspect and the evolution aspect.

These predetermined areas of the brain, they're mapped out and they're based on evolution. When organisms were just a single loop with one hole for the in and the out—which is very, very interesting—before we even had a mouth and an anus, there was just a tube. And there was one hole that everything came out of.

And so, your brain is mapped in a very particular way based on that in and out format from very early, early on evolutionary forms. The predetermined areas of the brain are fascinating.

The focus of activity can be identified in a CT brain scan as a concentric ring configuration called the Hamer focus. And again, the location depends on the nature of the conflict.

As soon as a Hamer focus occurs on the brain level, as soon as that button is pushed that organ associated with that area undergoes a functional change. And the functional change is meant to facilitate the resolution of the problem and to help you.

So, it could be a growth. It could be additional cells. It could also be tissue loss or tissue ulceration. Or it could be a functional loss where the cell or tissue type is no longer producing a certain thing that it normally produces.

So, being human—I mean, come on, how many different types of potential conflict shocks are there. Just think about all of the things you've experienced in your life. There are refugee conflicts for people who are literal, actual refugees, or say there was a hurricane and their home got destroyed, you *feel* like a refugee, you have nowhere to go. That's a conflict.

Isolation, let's say you have an accident or you have a diagnosis and you are left in the hospital and you're feeling isolated and separated from the pack. That's scary for you.

Being too slow. If you were too slow to meet a deadline, and you lost your job, or you didn't get a promotion.

If you were insulted, that indigestible morsel conflict; if you're feeling ugly, if you're devaluing yourself; if you've lost someone, if you've had a death in your family, if you've lost a pet; if you've had some type of abuse, some type of sexual dysfunction or sexual problem or abuse; some kind of anger; if you're afraid; if you're feeling attacked; if you're feeling disfigured; if you were inappropriately touched; if your territory has been taken away; if you're a child, and your parent has a new child, you could interpret that in so many different ways.

And so, the potential for different kinds of conflict shocks is really endless when you think about humans and how we respond to things. And that's why one of the best forms of prevention is self-knowledge and self-awareness and this resilient ability to assess the situations that you're in and chose how you want to respond rather than reflexively responding.

So, your subjective assessment, it depends on you. It depends on what you've been through, your past experiences, what is important to you, what do you believe about the world, what do you believe about yourself, what do you believe about other people, how have you been conditioned socially, culturally, what's going on in your world and your life, what are you afraid of, what makes you feel vulnerable.

Your individual perception is so unique. And that's why disease is so unique or specific biological special programs that get set off in you are very unique and will not seem the same to another individual.

So, your individual perspective, you may experience the same objective life event—this happened, that happened, there was a divorce, there was a death, financial problems, hospitalization. But your interpretation of the subject can vary so, so much.

So, let's say, objectively, there was a divorce. You're a female and you find out that your husband is leaving you. You have to get a divorce. And so you could experience that as a separation conflict

where you feel as though your spouse has been torn from your breast, and you're not going to physically be able to be near them and touch them anymore. Your body could interpret that in a way that affects your breast ducts.

You could feel abandoned by your spouse which could affect your kidney collecting tubule.

You could be angry and so mad about the fact that this happened which would affect your coronary artery.

It could be a starvation conflict, and you're worried about how you're going to provide for yourself or if you have children. And that would affect your liver.

And so, the specific type of biological program that is set off by something like a divorce is you just don't know until the symptoms show up, until you discover how your body chose to interpret that scenario.

And that's why I love GNM and the 5 biological laws, because you get to know yourself in such a deep, subconscious level, on a level that most people would never know how their subconscious mind interpreted the scenario until after the fact, until learning yourself and how you uniquely see the world.

Now, the second biological law. Now, this one is so cool. And you will know right away. Once we go through this, you will have experienced both of these phases of the second biological law which says that every significant biological special program—remember that's what we used to call disease, we now know it's a special program that's designed and adapted for this scenario—runs in two phases *provided* that you've resolved whatever the original conflict was.

So, this is the beautiful chart that Dr. Hamer has mapped out about the two-phase pattern. And this is just an absolutely remarkable discovery and map for understanding what goes on in the diseased state.

So, I want you to see the beginning of the chart where it says *day phase sympatheticotonia*, and then *night phase vagotonia*.

So, in a normal rhythm, think of a pendulum—back and forth, day and night. In the day time, you're more sympathetic active which is your fight-or-flight nervous system. The sympathetic system is more active. And then, past 5 p.m. in the evening, if you've got this normal day/night rhythm, you're more vagotonic which is the parasympathetic, the rest-and-digest. And that's just normal. We should have day, and then night—pendulum, back and forth.

Now, at the moment of the DHS, as soon as the conflict, the unexpected shocking thing happens, the normal day/night rhythm is interrupted. And then, the pendulum swings all the way to the sympathetic side. And so you are in the conflict active phase.

And so, you stay there for a period of time. We'll talk about the symptoms of the conflict active phase in a moment.

But then, when you resolve the conflict, it's over. You've resolved it, you've made peace. Now the body goes into a healing phase.

During the first half of the healing phase, PCLA, this is where there is a lot of fluid in the area. There's swelling, there's exudate, there's just edema. There's pain, there's discomfort.

And that goes on until the pendulum gets all the way to the complete vagotonia, like as much vagotonia as possible. It's swollen to the area.

And then, there's something that happens called the *epileptoid crisis*. See that arrow that points straight up and is blue again? That represents a turning point of the healing program.

And so, for a moment, for a brief period of time—not even just a moment, it's a brief period—the body goes back into sympathetic. And it squeezes out. And this is where there'll be an event, some type of health event like a heart attack, like a migraine attack, like a seizure, like muscle cramps. Something happens in the body. And the body starts to squeeze all of the edema out.

And then, it gets to the second phase of healing which is scarring. And then the body gets back into that rhythm after a period of time.

And so, this is such a beautiful, amazing map. Let's go into the specifics of what happens during each phase.

Conflict active phase, this would be also called the *cold phase*. This is when you are in prolonged sympathetic dominance—cold hands, cold feet, shivering, fast heart beat, high blood pressure, you're nervous, you're restless, you can't eat, you can't sleep. You're compulsively thinking.

This is after that conflict happened—after you got the news, after you got the phone call, after you got the diagnosis, after you found out about the whatever. Your psyche is in compulsive thinking mode. You're not sleeping because your body wants you to resolve the situation. So it won't let you sleep all night. You wake up at 3 a.m. You're restless, you're worried. Your mind is going a mile a minute. And you have not resolved the conflict yet.

And so, at that moment, that's when the brain—that's the sharp ring formation in the brain area. And then, the organ is undergoing those changes. It happens immediately. It happens before you're even aware of it. Your body has pressed that button. And the program has been set into motion.

And now, conflict activity, again, it's adapted. It's a beautiful system. It works great. But it's not meant to work for a very long period of time. And so that's why the coaching and the help that I give people with GNM counseling, with helping them with these problems, we've got to keep these conflict activity periods as short as possible. It's not that they won't happen. They *will* happen. I still have conflict active periods. But your ability to recognize that you're conflict active and to actively resolve situations quickly is going to serve you so well over your lifetime. And we want to get to a conflict resolution as soon as possible.

So, there are many possible resolutions to whatever conflict you are experiencing. The best kind is a natural resolution. If you were terrified that you lost your purse, or you lost your keys and your phone, all of your stuff—your purse is just gone—that is a conflict activity period. The best solution/resolution is a natural resolution

where you find your purse, and you have all of your things again. And then, you can be totally at ease.

If that's not the case, and if it actually is gone, you're downgrading the intensity, talking yourself down and realizing that all of those things are replaceable and everything is okay. Sometimes, talking with someone, emotionally releasing yourself from this concern, realizing you'll be able to take care of all of it, that there are things in place—cancel the credit cards and replace the phone and everything is okay.

And so what was a really awful situation can be downgraded. And it doesn't have to prolong for very long. I know this is a very specific situation with the purse being lost. But thinking in whatever terms that you are having a problem with something, think about downgrading it, emotionally releasing it, forgiving another person, forgiving yourself, trying out a new perspective, understanding other people.

So, if it's a scenario with somebody else that you feel like has done something that you don't agree with and that you're really upset about, understanding that they're doing the best for themselves and their life, maybe your priorities shift. So, let's say you lost your purse, but then you found out you won \$10 million with the lottery ticket in your pocket. So you're not as concerned because it no longer is your priority on that lost bag.

And then, you're just seeing the bigger picture, taking a new perspective. And that's why there are so many different approaches to limiting your conflicts that you have and downgrading them and feeling better faster.

So, after you've resolved your conflict, there is a consequence to having been in a conflict active phase. Your body was doing something. Your body was in adaptive state for a period of time when it was in prolonged sympathetic mode. There were additional cells that were built up. There were cells that were eroded away depending on the conflict.

So, there was a lot going on. You didn't have any symptoms because your body is like they don't have time to have symptoms right now. It doesn't even matter. We're willing to sacrifice tissue. We're willing to build up new tissue. We're willing to do whatever it takes to help them resolve this conflict because we want to survive to see another day.

And so that's at what level your brain is thinking and your body is thinking. It's all about survival. It may just be a lost purse, but your body is like, "We've got to rally all of our resources behind helping her solve this conflict." So that may mean eroding the lining of your arteries going to your heart, so that you can have more blood and more power to overcome this situation. It could mean your body turning your beta cells or your pancreas. You stop making insulin, so you've got a lot of sugar in your blood, so that you have a lot of energy, so that you can resolve the situation.

So, you can see, the body is doing you a favor. But it's meant to just be for a brief period of time. But then you need to heal.

And so your body has to go through a restoration period after you've been conflict active. It's how it happens. It's rhythm. It's the pendulum. It's how it must occur.

And so the healing phase. This is the *warm phase*. And there are two phases to it. So this is post-conflict or lysis. So after the conflict is resolved, portion A, so the first half.

This is prolonged parasympathetic dominance. You've got warm hands. You've got a fever. Night sweats are a very specific thing that happens. If you have a TB-related growth or a TB-related tumor, certain tumors, when they build up, tubercular bacteria will break them down. They'll be very particular—night sweats, an odor to your body. Even if it's a digestive cancer that's being broken down by TB, there'll be a certain way of smelling in the bowel movement because it's all getting out.

Your body is getting it out. It's sweating it out. It's healing the body. There's fatigue. You're really tired. There's pain.

The pain comes from the swelling. All healing happens in a fluid environment. And so there's swelling on the organ level. And there's also swelling on the brain level. Remember, your brain isn't affected as much as your organ is affected. There's that impact area of the brain. And so fluid rushes in there as well to heal. And fluid rushes into the organ to heal, whether it's the breast, the digestive system, the skin. There's going to be swelling. You're hungry again. So you're gaining weight. You've got a slow pulse. Your blood pressure is low. You just can't get out of bed. You're inflamed.

And so, this is so important, that you let your body heal, that you do the rest, that you take the time and you let your body do what it needs to do.

On the psyche level, you've resolved the problem. You're feeling pretty good. You're in a state of relief. You're kind of disappointed that you're sick. If you don't understand the new medicine, you don't know that this is a normal and proper function of the body. And so you're in a state of relief, but now you're not feeling too hot.

On the brain level, like I said, there was fluid that has rushed into the area of the brain. And so there's brain edema. There's dizziness. There's a dull headache because there's an increase of the intracranial pressure because of the fluid.

On the organ level, it's a construction site. There's tissue being broken down, tumors being broken down. Sometimes, there'll be bleeding because there's small capillaries that build their own tumors. And all of these needs to be broken down because it's your body returning to normal.

And the intensity of this phase will depend on the intensity of the conflict. And so there are minor things that happen all the time. So let's say you're fed up with something going on in your house. You go through an hour or two of being just really frustrated and upset and just kind of angry and fed up about something. This may induce a cold.

The program of just being fed up, just full—in German, it’s a phrase that’s like “my nose is full.” You’re just like, “This stinks!” You’re just like, “This sucks. This stinks.” And so, your body, what it does when you’re conflict active with that will erode the lining of your nose because it wants to sniff out, it wants to get rid of this problem.

And then, the body, when it’s repairing, you are stuffed up. You have a head cold because you are healing from a stink conflict, from something that just stunk. You’re just upset about it. You were sniffing it out. And so your body did something.

And so, if that was just a minor thing, it didn’t last very long, it’ll be a minor conflict. You’ll have a head cold for a few days, what you call a head cold. Then again, we think it’s germ. We think it was a germ that got on us. And now we’ve got this germ. But really, it was something going on psychologically, something that affected you in this way that caused your body to respond with the proliferation of new tissue cells, of swelling in the nose.

Alright, so let’s talk about the epileptoid crisis. This is such a fascinating portion of the healing program. And this is designed specifically to squeeze out the edema. You can only handle so much swelling in an area before we’ve got to turn the corner.

And in order to turn the corner, the body induces this surge of sympathetic dominance. And so just think of it as the absolute. That pendulum has made it all the way over, as far as it can go, into parasympathetic. And something needs to get it going back the other way. And that’s what this episode is.

So, depending on the conflict program, depending on what it was, it could be all sorts of different things—the middle of the night coughing fit, it could be a stroke, a migraine attack, a heart attack, diarrhea, all sorts of different things.

And when the epileptoid crisis typically will strike, when it will happen will be during a time of rest. It’s going to likely be a night or in the very early hours of the morning when your body is totally

relaxed because that is that point at which the greatest swelling has made it to the area—during relaxation, a vacation.

And then, the extent, so how severe this epileptoid crisis is going to be will depend on how bad the conflict was—again, how long it went on, how intense it was. And so, this may be a very intense situation.

And so, it's actually very important to work with someone if you are worried. If you've been conflict active for a long time, if you've had an ongoing problem that's been years and years and years, you want to talk with someone before you just kind of go and clear up the problem, fix the problem, resolve the conflict, because there's some very potentially, possibly even fatal epileptoid crises that can happen if you've been conflict active for an extremely long period of time.

I find it so interesting that actually some things are better off not being resolved. And so if you've suffered a certain type of conflict, it's actually good to kind of get mad about it every now and then and keep it active in your mind because if you were to try to heal and completely resolve it, the healing fallout, the healing crisis that you would have may actually be fatal.

So, just kind of a caution here. Don't worry about it. Just kind of say, "Oh, isn't that very interesting?" If you've had something that's been going on for nine months or more, definitely talk to someone. There are ways to mitigate the effects.

And so, in German New Medicine, modern medicine is very useful at times. If you, during a healing crisis, have experienced an extreme bleed because of the nature of the small capillaries and the breaking of the capillaries during the healing process and the swelling, you may lose a lot of blood.

And so, definitely, if you are experiencing a lot of bleeding, get to the hospital so you can have a transfusion so that you will make it through this healing crisis.

Medicine has a very important role to play, modern medicine, in supporting your healing process. And so that's all it is. It's a supportive process.

You do want to be cautious about medications because most medications that are used, what happens is it takes you out of this parasympathetic vagotonic state where you're symptomatic. And what the chemicals or the pharmaceuticals do is actually put your body physiologically back into the sympatheticotonia state. So you're not feeling pain anymore, and you're like, "Woo-hoo! I feel great." But if you want to heal, you actually need to go through the course of the healing.

And there are ways to lessen the pain and to mitigate some of these effects. But some of them, you're just going to have to go through without the aiding of medication. The medication doesn't just numb you, it changes your physiology. It changes what your body is doing.

Okay! So you're re-living the conflict physiology. The body is squeezing out the edema. It's happening on the brain level too. So you just might get this splitting, splitting headache which is the brain squeezing the edema out. And then, you go through a urinary phase because, again, you just squeezed out a bunch of edema. It's got to go out.

On the organ level, there's spasms, muscle cramps. You'll see that in the heart attack. It's actually muscle cramping to squeeze out edema. Very interesting...

Alright! So now we're onto the second half. We made it through. We made it through the epileptoid crisis. And so now, you're still in the healing phase, but you're on the other side of it.

And even, it's kind of like old wives' knowledge, country doctors. They know like, "Oh, if they make it through tonight, they'll be just fine. If they make it through tonight, they'll be just fine." And that's what this is. That is a colloquial experience of this very profound thing going on physiologically. We've experienced it a ton of time. If they make it through this rough night, this coughing spell, whatever this is, we know they'll be just fine. And we know that because they've made it to the second phase of healing which is where new collagen is going to be made by fibroblasts. You just

relax all over, warm extremities. And so your body is healing. You've got a feeling of well-being.

And so, this is such a wonderful phase to be in because you've made it—depending on if you know the new medicine. If you still are living in the model of the old medicine, the epileptoid crisis probably freaked you out. If you had something happen, and you probably got rushed to the ER, you might be experiencing, you might relapsing back into a conflict activity and not finishing your healing process—which is such an important thing to be aware of.

So, people that end up with chronic conditions, it's because they never finish healing. They keep relapsing back, and they go back into the hospital. They're isolated again. They're scared again. They're worried again. And so they're back in conflict activity. They're being given a bunch of medication. And so they never make it to this phase.

And so, that's why the more people that know about the new medicine, the more people that know the 5 biological laws, and they are at ease, and they understand, "I'm going to go through something. I might need a little bit of help to get through it. But when I'm on the other end of it, my body is doing what it needs to do."

Okay! Another thing that happens here is on the brain level. And so the glial cells of your brain are like the connective tissue. They come in. There's more glial cells than there are even actual neurons. The glial cells are the supportive tissue. And so they are proliferating during this phase. And it may be diagnosed as a glioblastoma which is glial cells proliferating.

But this is not a tumor. This is not something that needs to be gone in and removed. This is a restoration area. This is the area that was impacted by the DHS being restored. And then, in the CT scan, you'll see this white glial ring. This is a good thing. This is the body healing.

The organ is being restored. There's scar formation. If it was something that impacted your bones, your bones are remineralizing and they're stronger than they were before.

Okay! So let's go on to the third biological law. This one is, again, so interesting. This is the compass of German New Medicine. It's encompassed in the third biological law. This is the ontogenetic system of cancer and cancer equivalent.

So, this is basically an understanding of where certain cell types come from and what type of biological program they will perform. So, it's got to do with embryology.

And I love this quote from Dr. Hamer: "The medical textbooks of the future will no longer assign diseases to special disciplines. But they will instead categorize them according to their embryonic germ layer relation. The new medicine offers a reliable scientific system that allows the classification of diseases in line with embryological aspect."

I do remember when I was going through embryology, I loved it. It's so fascinating. But it's so complex. It's just remarkable how we went from two cells to what we are now. It's like the most profound magic that seem so mundane because people have babies all the time. It's just something we're immersed in life. But when you look at the details of it, it's just remarkable that this is how you were formed, this is how your body came to be what it is now.

On the left here, you see the *endoderm*. So the endoderm is the yellow. And so that is everything from the mouth to the rectum. That is the alimentary canal. And it is the *oldest*. It's the oldest tissue. And so that's the brain stem.

The old mesoderm, the old mesoderm has to do with certain connective tissue of your dermis and your pleuras, your protective areas, having to do with your cerebellum.

The new mesoderm is bones and ligaments and tendons that comes from the central medulla.

And then the ectoderm is the new brain which is your epidermis.

So, we're going to go through each of these levels and understand and talk about what's going on.

So, the endoderm. The endoderm is the oldest brain. This is primal. Think evolutionarily, these are the ancient of the ancient creatures. We also call this the *reptilian brain* because, again, it's the oldest, oldest brain.

And this is what forms your most basic functions. So think of just like a basic being that doesn't have higher thought that just be. What does it do? It breathes, it eats and it reproduces. That's what it needs to do.

And so this, the oldest conflict type, the most basic built into you conflict types are death fright conflict (so that has to do with breathing), a morsel conflict (having to do with food and eating), and then a procreation conflict (having to do with reproduction).

And what Dr. Hamer found was that all endodermally-derived tissues—so that's a cool thing. When you're just these two cells, and then you become this blastocyst as your cells are coming together, you've got all these cells that are forming, and you've got this neural tube. And then you've got these three germ layers, these three basic layers that fold together, and they turn into all of your complex organs.

And so the endodermally-derived tissues will all behave in a certain pattern, in a certain way. And so all endodermally-derived tissues, in the conflict active phase—when you're freaked out, when you're worried, when you're scared—these tissues will proliferate. These are the ones that will have tumors. These will have growths.

And so that's why there are lung tumors, lung growths. There are digestive system tumors and growths, and then breast gland tumors, prostate, things like that. And so, during the conflict active, cells are proliferating. During the healing phase, there is tumor breakdown. There is a very specific way that the body is designed and programmed to break down tumors.

So, let's give an example, indigestible morsel cancer. This is an endodermally-derived tissue coming from the brain stem. So the

conflict is not being able to digest a morsel. We gave an example of that earlier. An animal would bite off a bone too much, we could be angry about something—something concerning a family member, something concerning money. It's a situation that you just cannot digest.

So, during the conflict active phase, the body is going to proliferate secretory cells to increase gastric juices to better digest an unwanted morsel. That's what it is. It's not trying to eat you from the inside-out. It's not there to kill you. It's there to help you. It's helping you to digest this indigestible morsel.

So, let's move on to the mesoderm. We did endoderm, now mesoderm.

And so there are two types of mesoderm. There is the old and the young. So, this is the midbrain. This is the mammalian brain. This is the limbic brain. And this has to do with protection and support.

So, again, think about evolution of creatures. We had basic, basic functions. Now we want a little more protection.

And so, the old mesoderm form the breast glands, the dermis, the pleura, the peritoneum, the pericardium. These are all protection organs. So they have to do with, guess what, attack conflict.

So, if you're feeling attack, if you are feeling also soiled conflict—and so again, this could be actual physical attack (someone slaps your face), or it could be a verbal attack (you really feel attack, someone is saying all kinds of mean things to you and you're feeling attacked in that way. This can cause things like acne).

And so, during the conflict active phase, there is cellular proliferation. And so the cells are building up. Why? To protect you even further. And during the healing phase, those cells are then broken down.

Now, the young mesoderm is the striated muscles—the bones, the tendons, ligaments and connective tissue. So these have to do with self-devaluation conflict. This is kind of like your structure. And if you start to doubt yourself, if you're feeling not smart enough, not

good enough, unworthy, all of these things are interpreted in your body as, wow, we are devaluing our actual make-up.

And so, the bones during the conflict active phase, they break down. Like osteoporosis, there'll be breakdown, an erosion of certain areas of muscles, bones, tendons, ligaments. Again, it all depends on the specific type of conflict.

And the purpose is, afterwards—if you've ever broken a bone, you know that, afterwards, that bone is the strongest bone in your body, whichever one was broken because after there's been a devaluation, after there's been a breakdown, the body comes in and makes it stronger than before.

So, here are the examples. Old mesodermal-derived tissues, cerebellum, we've given. We've talked about this one a couple of times already with the nest worry conflict. So you've got this extreme concern for the well-being of a loved one.

The breasts, they symbolize care and nurture. This conflict doesn't have to be your child. It could be about your parent, a pet, another loved one, a friend. It could be about your home. It could be worry regarding an argument you had. It's something that you just have this extreme concern for the well-being of someone.

And so, during the conflict active phase, there's a proliferation of the milk-producing cells to provide more milk to speed up the healing of a loved one. Breast milk, if you are not aware, is absolutely brilliant. It does so much. If your offspring, if your child is born premature, it changes its composition. If your child has a fever, it changes its composition. Depending on what your baby needs, your breast milk will change accordingly because the body is so smart. It knows exactly what to do and exactly what that offspring needs. A

And so, again, this is such a deep ingrained biological program. This is at work all of the time whether or not you're breastfeeding.

So, a self-devaluation conflict, this is the other mesodermal tissue—the young or the new mesoderm. And this is in the location of the brain of the cerebral medulla.

So, the conflict is a self-devaluation. Examples are like, “I’ll never succeed. I’m a failure.” You’re humiliated. If you’ve been abused, if you’ve lost your status, lost a job, the bones of your body, they literally start to demineralize. And so the biological purpose is once the problem has been resolved, you are stronger. You are reinforced. You are more resilient afterwards. And so, we want to get to that afterwards as soon as possible.

Now, the ectoderm. This is the new brain. This is the newest evolutionarily. This is the human brain, what makes us human, our cerebral cortex. And so it’s got more to do with social contracts, things that we worry about now that we’ve got this bigger brain that has more things to think about.

And so, the cerebral cortex, the ectoderm layer, goes on to create the lining of the bile ducts, the pancreatic ducts, the milk ducts, the cervix, the bronchial tubes, heart vessels, and then the epidermal layer, your outer layer of skin.

This has to do with more advanced conflicts—things like separation conflicts, sexual conflicts, territorial conflicts. And during the conflict activity, when you’re upset, when the problem is going on, when it’s active, there is cell ulceration. And during the healing phase, there is cell restoration. So there’s less cell during the conflict activity because, again, this is meant to help you. During this scenario, the loss of cells has a very specific meaning. And then, after healing, your body wants to restore.

Okay! So we’re going to cover an ectodermally-derived tissue conflict. And so this is very interesting because the last example we gave is of the breast glands and how that has to do with the nest worry conflict. And remember, the breast glands are old mesoderm-derived tissue which behaves like endoderm. So there’s cell proliferation during the conflict active phase.

Now, the separation conflict involved in this particular type of ectodermal tissue is the ectodermal tissue of the breast ducts. And so the breast ducts are lined with ectoderm. And that is controlled from the cerebrum.

And so, this conflict of separation, think of the phrase “torn from my breast.” So what happens if you have a separation conflict—and this, again, doesn’t have to be a child. It could be a partner. It could be a pet that maybe got hit by a car or something. And you just lost them all of a sudden. You had this separation conflict where you won’t have contact any longer with this person, this being, this thing that you loved.

So, in nature—again, we go to think of this in the natural sense. In nature, if a mother loses her offspring, the breast ducts—so you lose this child that you were prepared to have. I guess this can even happen during a miscarriage or a stillbirth or a child that dies very early on.

The breast milk has been built up in the breast gland depending, again, on the age of the child that it was lost. But in theory, the breast ducts are still going to respond in this way. Even if you’re not lactating, even if you’re not breastfeeding, your breast ducts will still respond in this way because it’s a pattern of behavior that’s programmed into the breast ducts.

If the emotion perceived by the psyche is this “torn from my breast” separation conflict, the breast ducts will erode during the conflict activity. And that is to siphon off the built up milk to prevent any blockage of milk getting stuck in the canal because of the fact that there’s no baby to have the milk.

And so, ductile cancers—so during the conflict activity, the cells of the breast ducts are eroding. And you can’t really even feel that. There are no symptoms during the conflict activity. The body is just responding. The body is responding by widening the duct.

And you can even see that image in the middle. The top is the normal duct. So you’ve got normal, everyday duct. Then there’s separation conflict. There is an impact in the area of the cerebrum. And then, it is communicated to the breast duct to erode immediately.

And so, just imagine a stage between those two where that normal duct, those cells are starting to erode and they’re widening. And

the purpose of that, again, is to siphon off the milk, so that there's plenty of space for it to dump off and not get stuck in the breast.

And so now, as soon as the conflict is resolved (however the person is resolving that conflict), immediately, the cells will start to regenerate. And think of it almost like a scab. It's a healing cancer. A ductile carcinoma, they'll say, "Oh, this is an invasive ductile carcinoma," all that means is that the conflict activity have gone on for a long time or was extremely intense. And so, basically, there's big, gaping holes in the breast duct because of the erosion. And now the body has to fill it in.

And so the extent of that cancer that you see locking off here now, that is a scab. That is exactly doing specifically what it's supposed to do. It's cellular restoration.

And so, when you feel a tumor in this stage, this tumor will be experience—it's already in healing. And so, if there's a ductile cancer that you've got, that is totally okay. It's the body healing. And it is doing exactly what it's supposed to do.

It's the fear. It's that fear of discovering a lump or going in for a mammogram and having this discovery and you finding out that it's breast cancer. That is the biggest danger of this type of cancer, the fear associated with it.

In all likelihood, women have experienced all sorts of cancers that are there, they heal, and they go away because the body is programmed for this. It's designed for this. It's what happens if it's left alone. But we've got this hypersensitive world of making sure that everyone is getting mammograms. We're checking and we're checking. We're hyperactive looking for these things. But we are not understanding how they get there.

And so, we've got this society that's all about early detection. But we don't understand why it's even there to begin with. And so we've got this misinterpretation, we get really scared. We try to take action before when, really, if it was just...

And I'm not saying *do nothing*. And so, that's one thing I do want to make very clear. GNM and understanding the 5 biological laws is not

about doing nothing. It's about understanding and having proper guidance and coaching through this process so that you are making informed decisions. You're not making decisions out of fear. You're not cutting away parts of your breasts that are actually healing you, that are doing exactly what they're supposed to do.

And so that's why it's all about ease. It's all about relaxation. It's all about realizing what your body is doing, being prepared for the healing symptoms and everything that goes along with that.

And so, this is an example of an ectodermal conflict regarding separation and the breast ducts.

And so, that kind of wraps it up for the examples that I wanted to give of each different type of tissue and each different type of conflict.

Alright! Onto the fourth biological law. This one is the ontogenetic system of microbes. I love this law because I am very pro-bacteria. I'm really into probiotics and sauerkrauts. And this was one of these big health revolutions for me, just starting to get all of these good bacteria and making my own sauerkraut. I'm really into it because it just makes sense to me that our body is mostly bacteria.

When you think about bacteria, we think about bugs. But really, it's such a part of us. Bacteria are actually instructed by our brain. Your brain tells your bacteria what to do and when to do it.

And so, what Dr. Hamer discovered is that germs, microbes are there. Bacteria are there for our health. They help us all of the time. We co-evolved together. We didn't evolve separately from microbes. We didn't evolve in sterile hospital rooms. We evolved literally up against, entwined, with every aspect of nature.

And so, just as fungus break down decaying wood in the forest, fungus in our bodies break down tumors for us. Bacteria, like TB bacteria, are some of the oldest bacteria. And so they literally work to break down tumors in our bodies. They are there for our health. They are not here to hurt us.

And they're there all the time, but they're seasonal workers. The bacteria are only active when they are needed, when the brain

instructs them to activate. And so it's when they are needed to break down the results of a conflict phase.

So, there was a conflict, then there was a resolution. And now, okay, call up the bacteria. They need to become active now so that they can do what they need to do.

And so, diseases are not contagious. The bacteria and the fungus that are present, they've gotten the blame. They've gotten the blame for being responsible for the head cold, for the flu, for the this, for the that. We do a swab and we say, "Oh, look at this. This here, this here is what caused it" when that's not the case at all whatsoever. It's like saying that the fire truck caused the fire, saying that the flies caused the garbage.

No, they're there because they're part of the clean-up crew. They're part of fixing the problem.

And so, that's what I find. So I'd like to vindicate the bacteria and the fungus of the world for people thinking that they are the cause of disease when they're not at all whatsoever.

And this is another thing to show you, that diseases are not contagious. The germ theory is not the proper model. If a germ gets on a person, they could be totally fine because they're not conflict active and their body isn't using that bacteria to help with the healing process.

And Dr. Hamer found that specifically with endodermal tissues—again, endoderm, oldest tissue—fungi, microbacteria like tuberculosis works with that old, old tissue. The mesoderm will be other types of bacteria like Streptococcus, Staphylococcus. It's used in the mesoderm.

And now, the ectoderm, it's bacteria and then the viruses—if they even exist. There is a very interesting—and I'll do a workshop about this as well, viruses. There are no electron microscope pictures of viruses. When we say, "Oh, we've isolated a virus," really, what we've isolated is what the body is doing. It's a very specific response, something that's happening in the body. And it can't be isolated.

And so, the fact that it can't be isolated and then put on someone to cause the exact, same disease, that's part of the scientific process. And that cannot be reproduced in viruses. And so that's why there's a lot of question about whether viruses exist. And if they do, they're there to help. And they help during the healing process. And that's why they show up when a person is symptomatic.

Okay, the fifth biological law, this is just the quintessence. This is the pinnacle, the ultimate, the fact that diseases is not an error. Your body is not making a mistake. It's not messing up. It's not screwing up. It is doing everything evolutionarily, biologically, embryologically perfect.

It evolved over millions of years, these biological special programs. While they don't make sense to us anymore because we've evolved mentally so far beyond needing these things to break down, we don't need necessarily additional stomach lining cells to break down the anger morsel conflict that we have with our spouse. It's not functional for us anymore. But it's doing something for us, for our benefit.

You know, just thinking about this, how you got to now, it's like, "Wow! Thank you body. I realize that I don't actually need the stomach tumor, but it's taught me a lot about myself. It's taught me a lot about my relationships. It's taught me a lot about how I interpret situations. And now I've got this greater self-awareness and self-knowledge and self-understanding. And now, the next time I encounter a situation, I'm going to handle it differently because I know that if I handle it in the same way, my body is going to have that same response."

And so, I just think that's a beautiful, beautiful, wonderful thing, to have access to this medicine. In Spanish, German New Medicine is called *The Sacred Medicine, La Medicina Sagrada* which I just think is beautiful. And I do see it that way. I see this as a sacred, beautiful understanding of how the human body works, of how perfect it is, and how it's always optimizing, it's always adapting. It's always getting better.

And I love this quote from Nietzsche: “There is more wisdom in your body than in your deepest philosophy.” And I just feel like that is the absolute truth. There is so much wisdom. The five biological laws is just—I just think just getting into understanding the body in this deeper way, understanding ourselves, understanding nature, I just think it’s wonderful. And it takes the fear away.

And that’s the thing I wanted you to get from this presentation, a glimpse into the understanding of what’s going on, and then just that [sigh of relief]. I want you to relax. I want you to realize that your body is working for you, that it’s helping you.

And so, if you need any type of coaching, if you’d like me to work with you on this so we can talk through things, you can learn to understand how you view this scenario, what’s going on, what stage are you in, what symptoms do you need to be prepared for, how do we prevent this from happening again, there are so many levels to the ways that we can apply this knowledge in our real day to day life, and so I am here for you.

I shifted from full-time practice as a chiropractor to doing mindset coaching. And now, when I’ve married it all together, the understanding the knowledge and wisdom of the body that I learned in school, the mindset work that I’ve done for years now, and then the understanding of GNM and the five biological laws have really just allowed me to be able to offer things to my patients and clients to help you have that complete approach to your mind, to your body, and how to integrate it all together.

So, feel free to send me an email at DrMelissaSell@gmail.com. You can visit my website, DrMelissaSell.com where I have other videos and articles. Please follow on Facebook, connect with me on Instagram.

And this is it! This is the new medicine. Bear it well. Share it with other people. People deserve to know how their body works. And they deserve to be free from fear. And that is my mission.

So, thank you so, so much for joining me. And I hope to speak with you very soon.

