

STEPS OF GERMAN NEW MEDICINE® THERAPY

Rule of thumb in every therapy:
Minimize panic!

Confidential interview with the patient – reassuring the patient

The physician should strive to relieve any fears the patient might have and to create an environment of trust to help the patient overcome feelings of panic or repeated episodes of anxiety.

How does the patient feel? Why did he decide to undergo therapy? How well does he know German New Medicine®?

It is important to **explain the context of the disease** to the patient and to calm him by making him comprehend that everything happens for a reason and that we can predict what will happen during the healing process.

Explanation of German New Medicine®

If the patient does not understand, or does not want to understand, the principles of GNM, any therapeutic efforts will be futile. Each patient receives the therapy he wishes for.

Never try to force German New Medicine® on a patient, even if the patient is your best friend. You will merely encourage problems and pangs of conscience, resulting in treatment failure and, ultimately, in feelings of guilt.

If the patient feels GNM to be the right therapeutic approach for him, he will ask for more detailed information on his case. He will be ready to make the appropriate decisions and to assume responsibility for these.

Decisions are made only by the patient!

Determining laterality

In order to establish a diagnosis and to identify the content of the biological conflict, it is important to determine whether the patient is left- or right-handed by carrying out the **clapping test**. The active hand (the hand that is on top striking the other) is the dominant hand. In case of uncertainty, let the patient rest his hands first on his lap and then determine which hand is lifted first.

Determination of the hormone status

The patient's hormone status depends on a variety of factors, such as weight, age, whether the patient takes hormone-containing drugs (e.g. contraceptives), as well as whether he/she underwent previous surgery on the hormonal glands, particularly on the ovaries or testicles.

Determine how the diagnosis was established

It is important to find out how and under which circumstances the patient learned of his "disease".

Regarding the diagnosis of cancer diseases, 40% of routine examinations reveal old encapsulated tumors **which should be left untouched**. The therapeutic strategy in such a case is simple: alleviate panic attacks and continue as if nothing happened. Important: it is imperative to ensure that the diagnosis has not caused any other biological conflicts in the patient, such as a death fright conflict or a self devaluation conflict. These secondary conflicts need to be addressed and resolved immediately.

Once the patient has an adequate understanding of the GNM principles, a follow-up examination to determine the unchanged status of the "tumor" may be carried out. If possible, one should try to identify the conflict responsible for the tumor growth. The patient should be instructed how to avoid this conflict cause in the future in order to prevent a conflict relapse. The therapist will explain to the patient what to do when such a situation arises. In other words, the patient must talk about the conflict to someone and, wherever possible, strive to attain a real solution of the conflict.

If the presence of certain symptoms indicates a cancerous disease, it will be in the majority of cases a cancer in the healing phase: This is not altogether harmless but should not be any cause for concern as long as the appropriate therapeutic measures are applied.

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