

META-Health: A New Approach to Health and Wellness

The current healthcare system sees disease as a wrongness or a mistake and it mainly focuses on treating and removing symptoms. This can sometimes be successful, but is it enough? Don't we want to know why we are getting ill in the first place and what we can do to prevent disease in the future?

If you look up any disease or ailment online you will nearly always find that the cause is unknown. How can this be? Surely there is something fundamentally wrong with a healthcare model that gives no answers.

Interestingly, doctors now acknowledge that up to 85% of disease is caused by or complicated by stress. But what does 'stress' really mean and how and why does it create disease?

META-Health is a totally different way of looking at how the body works. It is not a therapy but is a scientifically researched model which gives a much more detailed understanding of exactly what 'stress' is and how specifically it has an effect on the body. More importantly, it offers important insight into why people get specific diseases at specific points in their life and the physical mechanism by which 'disease' is created.

■ What is META-Health?

META-Health has its origins in the 1970s in Germany when research was carried out by a German doctor on tens of thousands of cancer patients. He found that the development of disease could always be traced to a severe and unexpected emotional shock or a prolonged period of conflict. More interestingly, he also found that the specific type of shock determined which specific organ or body structure the disease had appeared in.

From this early research and from ongoing current research and a huge array of case studies, a comprehensive set of disease charts have been created. These accurately catalogue the exact type of psychological conflict behind each specific symptom or disease.

So what is going on here? It seems that the body runs a kind of biological adaptation programme in response to a conflict or shock. Each part of the body has a specific function and the intention of the programme is to increase the strength or effectiveness of that part of the body in order to enable it to deal better with that specific conflict either now or in future and therefore to enable us to survive better as a species.

Disease can therefore be seen as a meaningful process rather than something that randomly goes wrong. The body doesn't make mistakes and it is ultimately our perceptions about the people, events and the environment around us that create what we call disease.

■ META-Health in action

To help clarify, let's look at some simple real life examples of conflicts and biological adaptation programmes:

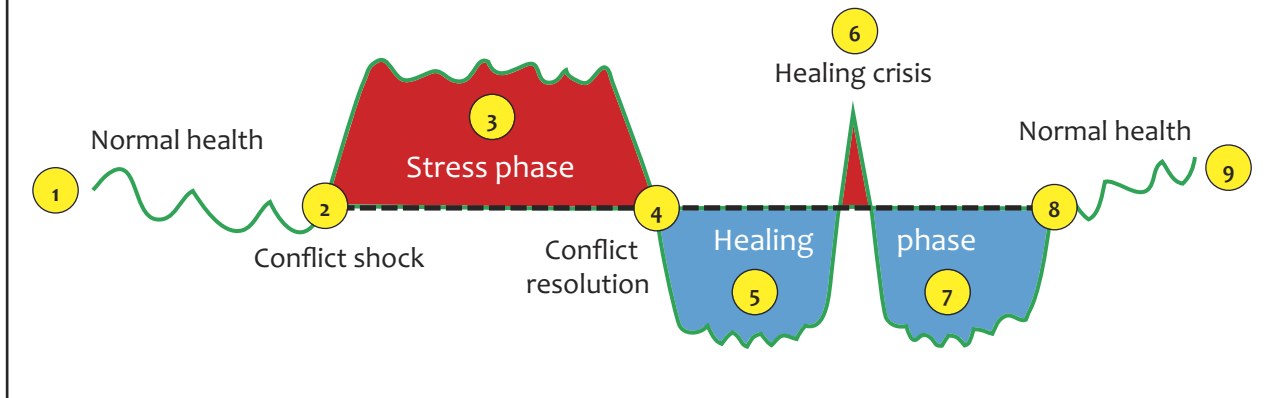
John feels as if he isn't strong enough to stand up to life. His body starts to adapt to this feeling and a 'dis-ease' process will begin in order to make the muscles in his back stronger. At some point in this process in this process he will experience backache.

Susan feels as if she isn't powerful enough. Her body starts to adapt to this perception and a 'dis-ease' process will begin that will enable her thyroid to release more hormones, giving her more 'power'.

Jane loses her partner and misses the feeling of hugging him. Her body starts to adapt to this feeling and a 'dis-ease' process begins in the surface of her skin to make her skin more sensitive. At some point in this process she will develop eczema on the inside of her arms and elbows.

David is diagnosed with a serious disease and he feels frightened that he might die. His body starts to adapt and his lungs produce more cells so that he can take in more air and breathe in life better. This could show up as a cough.

DIAGRAM 1: The META-Health 'dis-ease' process



So, depending on the exact nature of the conflict, a very specific and relevant part of the body is affected. John felt weak and useless and this affected his muscles. Susan felt powerless and this made her thyroid more effective. Jane felt a loss of something sensory and this made the top layer of her skin more sensitive so she could feel more. David felt frightened about dying and this made his lungs take in more air.

These adaptive 'dis-ease' processes can either occur as a result of life-long held perceptions and beliefs about ourselves (as in the case of John who felt weak and useless or Susan who didn't feel powerful enough) or they can be the result of shocks and traumas in our life (as in the case of Jane who lost her partner or David who was given a shocking diagnosis).

Let's look at this adaptive process in more detail, to see what is actually going on in the body to create symptoms.

■ The META-Health dis-ease process

The META-Health 'dis-ease' process has two stages – the stress phase and the healing phase. Diagram 1 shows this in more detail.

At point 1 we have normal health. We then have a shock or a trauma (point 2). This could be the breakup of a relationship, loss of a job, something someone says to us, a medical diagnosis, an argument or a flight, etc. We then go into the stress phase (3). During the stress phase a specific organ or body structure starts to adapt but we don't generally have any symptoms from this. Instead we tend to have a lot of energy, perhaps even manic, we think obsessively about the conflict, we find it hard to sleep and we don't feel very hungry. You may recognise this state as we all experience it many times in our lives.

Sometimes the stress phase can be very short – just a few hours or a day or two. Or it can last for years or even decades. Many people live their whole lives in a stress phase.

At point 4 in the diagram, we resolve the conflict. A resolution might be someone apologising, or getting a new partner, or leaving a situation that is causing stress, or having some therapy. Or you might just resolve it in your own mind – "perhaps it doesn't really matter", "I'm OK even though this happened". Once we have resolved the conflict, we enter the healing phase (5-7). The intensity of the healing phase will depend on the intensity of the stress phase.

During the healing phase we will feel very tired and hungry and our thinking will be dull and foggy. We will want to sleep a lot. We will also get symptoms in the specific organ or body structure as it finishes its adaptation process and starts to heal. The process of healing produces inflammation, which leads to pain. The body also uses bacteria, fungi and viruses to help heal so we can get 'infections' and fevers. This is usually the point at which we go to the doctors and get pain killers or antibiotics and we perceive ourselves as being ill. If we are very uncomfortable or ill then taking medication can be helpful to bring down the intensity of the symptoms.

back is weak and useless, therefore I'm weak and useless", "why is my life such a mess when others are successful".

A lot of long-term serious illnesses are triggered by and held in place by our perceptions of the illness itself.

■ Conflicts

Conflicts are more about what is going on internally rather than externally. They are based on our perceptions of ourselves and the world around us. Therefore the same external situation can happen to two people and they may both react differently which in turn will affect a different organ or body structure.

Let's take the example of finding out that your partner has been cheating on you. For most people this would be a big shock (although there may of course be people who wouldn't be very conflicted by it) but they would all react differently to some extent. Common reactions to such a shock may include:

1. **Self worth, strength:** "I wasn't good enough for him", "I'm not loveable", "I can't cope on my own". This will affect the muscular-skeletal system.
2. **Territorial/anger:** "I am really angry and want to punch him right now", "How dare he take my girl!". This will affect the liver, heart or bronchi.
3. **Powerlessness:** "I am weak and can't control my world". This will affect the thyroid.
4. **Separation:** "I miss his hugs and his touch". This will affect the surface of the skin.
5. **Profound loss:** "I've lost something huge, it has rocked my world". This will affect the ovaries or testicles.

In reality we often experience more than one of these at the same time so a conflict like this will cause more than one organ to be affected to differing degrees.

So let's look at what actually physically goes on in the body when we experience a conflict.

■ The brain layers

When our brain forms in the womb, it has four layers which govern all the different organs and structures within the body:

1. The brainstem forms first and is the most primitive part of the brain. It controls digestion and survival.
2. The cerebellum forms next and is all about protection and integrity.
3. The medulla forms next and this governs strength and movement.
4. The cortex, which is the most sophisticated part of our brain, is responsible for our social and territorial issues.

The first two layers, the brainstem and cerebellum, run basic survival programmes. During the stress phase the organs and body structures produce extra cells. This is known as 'cell plus'. This enables the organ or tissue to quickly work more effectively – ie to digest better, to take in more air, to protect the body better. This process of 'cell plus' would generally not be noticeable unless it was a very big conflict. During the repair phase these extra cells are broken down (cell minus) and expelled from the body. This is done with the help of bacteria and fungi which build up during the stress phase but which remain inactive until the repair phase.

An example of a brainstem organ is the alveoli in the lungs. The conflict for the alveoli is 'fear of dying or suffocation'. During the conflict phase extra alveoli cells are produced which enables the body to take in more air. Once the conflict is over bacteria will break down these extra cells and these would be expelled with mucus which would show up as a cough.

For the other two brain layers, the medulla and the cortex, it works the other way round. There is a loss of cells (cell minus) during the stress phase and in the resolution phase extra cells are formed (cell plus). The purpose of

this is to make the organ or body structure bigger and stronger in the long term so that it can deal more effectively with any future conflicts. Again, microbes are used in the repair phase, including viruses.

An example of a medulla organ is the top (sensory) layer of the skin. The conflict is around loss of (or too much) touch. During the conflict phase the skin becomes thinner (cell minus) and in the repair phase it builds up stronger again (cell plus) so we can feel things more. During this repair phase there is swelling and inflammation and itching which we would label 'eczema'.

After Covid lockdown ended it was reported on the news that there was a big rise in eczema cases. This was put down to things like stress and to overuse of hand sanitisers. But from a META-Health perspective there was a better explanation. Many people had been separated from loved ones during lockdown and were missing physical touch such as hugs. They would have been in the stress phase for some time (cell minus). Once lockdown was over people were reunited and there would have been hugs all round. This would have sent them into a resolution which would have resulted in eczema (cell plus).

■ The dis-ease process

From a META-Health perspective, 'disease' is as simple as the mechanism of cell plus and/or cell minus. If we are in a medulla or cortex healing phase, we are producing extra cells and there is swelling and pain as part of this process. Depending on where in the body the programme is running, this would be labelled as arthritis or eczema or back pain or even cancer, for example.

If a conflict has been very intense or very long then the repair phase will be intense which will create strong or sustained pain and symptoms. 'Hanging healings' are also very common and are responsible for most long-term pain and disease (see Diagram 2). We mentioned these before – we experience a conflict, resolve it, get part way through the repair phase, get retriggered, go back into the stress phase again and so on. Each time we retrigger and repair we are creating more physical 'symptoms'. The symptoms themselves then often become a source of conflict (ie my back is so painful, I can't move, I am weak and useless) and we get stuck in a downwardly spiralling circle.

So, to stop pain or disease we need to stop this process of cell plus/minus and allow the programme to complete and then not to be retriggered. We need to come out of the programme for good. This is done by thoroughly resolving the original conflict. Therapies such as counselling, hypnosis, EFT and NLP can be effective for doing this. Of course, it is better to work deeper so we can understand why we reacted in such a way to this situation and to work on changing our view of ourselves and the world otherwise we will easily get retriggered again in a similar situation.

■ The bigger picture

In addition to emotional conflicts, there are lots of other stressors on our bodies now. Our diet has changed dramatically since the industrial revolution and most people's diets are pretty poor. Our bodies are overly acidic as we eat too much dairy, grains and red meat. We drink and smoke and often take pharmaceutical drugs. We take less and less exercise and our environment is full of toxins. We often do not rest when we need to but continually pursue excitement and stimulation, both mentally and physically. Our bodies are under stress from all directions.

All the above aspects are not the cause of disease in themselves but they are often part of the picture. If our bodies are healthy we will heal better and easier, we will have less inflammation. The conflicts will have less impact on us physically in the first place. If our vitality is poor because of our lifestyle, symptoms will often be much more aggravated.

For example, if you have severe eczema it is probable that as well as having a programme running you will also have dietary issues such as lack of omega 3 oil or an allergy, or the liver is overloaded with toxins. Therefore the eczema can be hugely improved by taking supplements, changing your diet, supporting the liver, etc. The

programme will still be running underneath but it should be less problematic. For long term and complete removal of the eczema, however, the conflict will need to be looked at and resolved.

We tend to get more pain and disease as we get older. This is because our bodies are generally less effective and have less vitality. The years and years of bad diet, lack of exercise and toxins have also had longer to take effect, as have the unresolved META-Health programmes.

There is also undoubtedly a genetic influence on our health. It may be that we inherit our ancestors' unresolved UDINs and conflicts, their ways of thinking and of perceiving the world. Our childhood programming will be strongly affected by our parents' emotional reactions to the world and we will often adopt the same emotional patterns which will lead us to the same conflicts and therefore experience the same diseases. For example, the offspring of a parent with low self-esteem is probably likely to have low self-esteem themselves. We also each have a unique genetic chemical makeup which will definitely affect our chances of getting certain diseases.

■ Conclusion

When we get pain and disease our bodies are giving us a valuable message. Looking at this message in more detail can give us amazing potential to heal ourselves on a bigger scale. For example, if someone has back pain I will know that they have core issues around not feeling strong enough or good enough. We could then explore how they feel about themselves, their thought patterns, their childhood programming, the beliefs they have formed, and can start to change their perception of themselves and the world around them. In the long term, not only will they have got rid of their back pain but they will also have become happier and more confident which will have a profound effect on the rest of their lives.

META-Health is a difficult model as it goes against much of the philosophy of the current health model. Most doctors see bacteria and viruses as the enemy, the cause of disease, whereas we know that they are essential helpers. Pain is seen as a problem, a mistake, something to be fixed, whereas we know it usually indicates that we are healing. Disease is seen as the enemy, as something random and cruel, a problem with our body chemistry, whereas we see the body as highly intelligent and adaptive. Doctors will think you are quite mad if you mention the concepts behind this model and yet it explains almost every stage of every disease process.

For me META-Health just made sense when I heard about it. It can be very complex to get to the bottom of some disease processes and changing the way people feel and react to situations can be a difficult and lengthy process, but I believe the only way forward with health is to work with the root cause of illness, rather than just managing, masking or removing our symptoms with drugs or surgery as we currently do. META-Health provides us with a lot of answers and the sooner we start to understand the profound effect that our emotions and our perceptions have on our physical bodies, the better.