



Why Light, Air & Love Keep Us Healthy

Since the beginning of my practice in 2006 I observed that there is indeed something like a "pattern" why patients/clients get sick. What I have found out through observations and my own research work is described by Andreas Kalcker in one sentence:

"Illness is a lack of energy" (1).

As living beings, we are, in contrast to dead matter, "far from thermodynamic equilibrium," in which a constant exchange of energy with the environment takes place in order to maintain the complex order in our bodies, which ensures that all life processes can take place harmoniously. To do this, we must - metaphorically speaking - continuously release chaos and absorb order or create order, which requires energy. "Energy" is generally defined as the ability to do work and to emit electromagnetic radiation. If we do not have this energy or have too little available, chaos takes over and illness begins. If you would like to know more about the scientific concepts behind, you'll find out here (2).

Our organism, in order to perform all life processes optimally, must be slightly "alkaline" (carrying "negative" charge). We have an excess of electrons (negatively charged particles) in the blood (pH 7.35 - 7.45) and in healthy tissues. To express this, the pH is used (the neutral value is 7.0, everything below is "acidic", everything above is "alkaline"). Breathing plays a major role in maintaining our "alkaline" state (3). More on this below.

Questions and answers

Where does your energy come from? What robs you of energy and what gives you energy? Can your energy level - so that your body functions properly and you feel good - also be influenced mentally and emotionally? What makes you angry, pissed off, figuratively speaking "acidic"?

We get energy - casually said - from air (oxygen), light (natural electromagnetic energy) and love (which can also go through the stomach). Every reaction in our body is based on the displacement of electrons, which in turn are activated by biophotons (4), light particles containing energy. If we lack biophotons, electrons cannot move correctly. This means that important chemical reactions cannot take place at all, or can only take place incompletely or incorrectly. For example, the oxygen we need to produce energy from the components of food - fat, carbohydrates and proteins - would not be made available in sufficient quantities to react. If we lack oxygen, our immune system cannot fight off toxins or unwanted bacteria and viruses by burning them. We need the ROS (reactive oxygen radicals) for this purpose, which the body even produces itself if they are not available in sufficient quantities from outside (5).

What can you do to stay healthy? The answer seems to be quite simple:

- Make sure you always get enough light, air and love.
- Avoid everything that robs you of light (natural electromagnetic radiation), air (oxygen) and love (nourishment for the parasympathetic nervous system, the relaxation nerve).

Lack of supply of these essential elements usually has several causes (physical, mental, psychological) and the same disease can have different causes in different people (6, chapter 2.4.5.2). "Sufficient" at a given time for a person within physiological limits is very individual. The same is true for need and consumption.

Observe yourself in contact with what you eat, what you drink, where you stay and with whom and with what you spend your time. You are the best yardstick for yourself!

Light

Especially sunlight, which the human body has known since its existence, provides electromagnetic energy (6) for metabolic processes. There are people who seem to have perfected metabolism, or more precisely, the maintenance of order by using energy from light, to such an extent that food intake is no longer necessary (7). There are other natural electromagnetic frequencies to which we humans are accustomed and which, when withdrawn, upset bodily functions, for example the Schumann frequency (6, chapter 4.2.1). Artificial electromagnetic frequencies, on the other hand, such as those used in mobile communications, interfere with natural frequencies and have been shown to harm our bodies (8), as well as our mental state (9).

Air

Exercise in nature not only provides you with the natural electromagnetic frequencies, but also valuable oxygen, which is needed to maintain the acid-base balance. No healthy cell can exist without oxygen, but cancer cells can (10). In the context of the above pH, this means: A higher pH value also indicates a higher proportion of oxygen in the blood.

Love

Whenever you feel acknowledged, valued and loved, your body automatically goes into a state of relaxation or healthy excitement that releases happiness hormones and reduces stress hormones that subsequently cause turmoil in the immune system (11). Identify and avoid "energy vampires," people or activities that leave you disgruntled, tense and "pissed off" after contact with them. In relationships give and take – energy exchange - must balance each other out in the long run so that both partners remain healthy - maintaining their energy. To be always only "needed" means to be misused or consumed in the long run.

Food

Some foods, when metabolized, produce electrons. Although a lemon itself is "acidic," "alkaline" energy remains after metabolism. Other foods use up electrons - instead of providing any - from the body's supply as they are digested, for example white sugar. If, overall, there are more electrons left over after a meal than before, this is called "base-forming" (promoting the alkaline environment that is vital to us). This is what the so-called "alkaline diet" does.

Drinking

When liquids are ingested, their components also determine what is "left" of them in our bodies after ingestion. Therefore, it makes sense to filter water to eliminate pollutants that would otherwise consume electrons and oxygen for their neutralization. But purified water is far from being able to give us "order". Prof. Konstantin Korotkov, a member of the Russian Academy of Sciences, has energetically tested "pure" and mineralized waters and found them to be energetically "dead" (12). They lack the ordering structure that occurs when water moves through its natural cycle and picks up the appropriate minerals. Structured water is found in your cells, in plants and their products, created by solar energy stimulating water-loving (hydrophilic) surfaces in living beings to form it (13). Recent research confirms that water can be structured by thoughts, words, images and symbols, and that it "remembers" substances once present in it. "Water molecules can somehow organize themselves in a stable way, thereby storing information they have previously taken from other molecules. The information stored in this way can then be "read" again, like a piece of music from a tape," describes Michel Schiff, who has studied Jaques Benveniste's research in depth (14, page 24). Despite filtering, this information can still be active. The more energy the body has to expend to structure water, the less is available for other health-promoting functions. Organically grown and freshly harvested fruits and vegetables or herbs naturally contain structured water. You can also inhale negatively charged ions from water while walking after a rainstorm, in the forest, or next to flowing streams or a waterfall.

Conclusion

Be aware that you can do a lot yourself to stay healthy, even if the external circumstances prevailing at the moment are anything but health-promoting from the aspects mentioned above.

Literature

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Dr. phil. & HP Cornelia Renate Gottwald, Holistic Health Coach
Von Eichendorff Ring 10 a, D-84405 Dorfen, Tel. 0049-8081-9158, www.best-in-balance.de

