



## Search outside or find inside?

We live in a culture where it seems "normal" that hundreds of millions of doses of medications and supplements are taken in every day. We are made to believe that there are natural or synthetic "miracle pills" for all kinds of symptoms. The impression is created that the solution to health problems of all kinds can only come from the outside. The ability to explore the underlying causes of the complaints within and to deal with them, or one's own intervention seems neither necessary nor to exist.

This is what the "outside" wants: If all people knew that in many cases they are able to eliminate the causes of their complaints themselves, there would be no need for the drugs that numb the symptoms or only stop them for a short time. The profit of the agencies supplying these remedies and their control over you would be eliminated.

Did you know that correctly prescribed drugs are one of the three leading causes of death [1]?

Serious research indicates that there are measures that are at least as effective and often superior to conventional drug treatments. The essence of these measures is that they activate your self-healing powers. Depending on how well trained your self-healing powers are, symptoms will improve slower or faster. Whenever you prefer a quick remission of a symptom through medication, you deprive your self-healing powers of an opportunity to train and thereby weaken them.

Some examples:

- Mild ear infections in childhood are relatively common. Your child's body can heal this itself better than antibiotics - if you give it the time. Antibiotics, on the other hand, compromise your child's immune system because they destroy the intestinal flora, opening the door for more infections that your child's defenses can't handle [2].

- Aromatherapy on the abdomen worked better than Tylenol (the active ingredient in Paracetamol) for relieving menstrual cramps in girls, [3].

- In type 2 diabetics, a high-fiber, low-sodium, low-fat diet is superior to the beta-blocker Metoprolol for hypertension [4].

Our modern, stimulus-filled world, where speed, action, stress and bad news reign supreme, blocks and weakens your inherent self-healing powers. Be careful what kind of information/messages – be they matter or coming from media - you let into yourself. Research suggests that simple conscious actions such as doing nothing, chewing thoroughly while eating, laughing, taking a walk in the woods, or meditating can create healing responses in the human body.

One way to try it out: Allow yourself the time each day (that's your investment in yourself!) for a little meditation with the Chartres tablets. Everything you need for this you will find enclosed [5].

### Literature:

[1] <https://www.livetbm.com/pdf/Death%20by%20Medicine%20-%20Gary%20Null%20Life%20Extension%20Magazine%20August%202006.pdf>

[2] David P McCormick, Tasnee Chonmaitree, Carmen Pittman, Kokab Saeed, Norman R Friedman, Tatsuo Uchida, Constance D Baldwin. **Nonsevere acute otitis media: a clinical trial comparing outcomes of watchful waiting versus immediate antibiotic treatment.** *Pediatrics*. 2005 Jun;115(6):1455-65.

[3] Myung-Haeng Hur, Myeong Soo Lee, Ka-Yeon Seong, Mi-Kyoung Lee. **Aromatherapy massage on the abdomen for alleviating menstrual pain in high school girls: a preliminary controlled clinical study.** *Evid Based Complement Alternat Med*. 2012 ;2012:187163. Epub 2011 Sep 22.

[4] J Pacy, P M Dodson, A J Kubicki, R F Fletcher, K G Taylor. **Comparison of the hypotensive and metabolic effects of metoprolol therapy with a high fibre, low sodium, low fat diet in hypertensive type 2 diabetic subjects.** *Diabetes Res*. 1984 Nov;1(4):201-7.

[5] <https://www.mberstecher.de/tables-of-chartres-meditation-quide.pdf>

