

# German Biological Medicine: Leading the World in Natural Healing

by Simon Yu, MD

Have you had a good bread or genuine beer lately? I had plenty of fine bread and beer while I was in Baden Baden, Germany in November 2004 for an annual "Medicine Week" conference that I've attended many times over the years. The bread and beer weren't part of the conference but a nice "side effect" of my trip. This unique conference specializes in German Biological Medicine and is one of the most advanced Natural Healing medical conferences in Europe. Medical practitioners from all over the world gave lectures and shared information with each other.

Why is Biological Medicine important to you? Biological medicine is the new frontier of modern medicine. It integrates old ideas proven over hundreds of years of actual use with new ideas of science. It integrates Western Science with Eastern philosophy. And it explores the crossroads between the basic physics of Cosmos and Biology.

Biological Medicine examines the fundamental questions of: why are we here (Mind/Body/Spirituality) and why do we get sick (patho-physiology)? It explains why allopathic medicine does not have the cures for chronic illnesses such as cancer, heart disease, arthritis, fibromyalgia, auto-immune disease, etc. Biological Medicine is based on understanding the uniqueness of each individual even though the symptoms of two people may be the same. It creates treatment plans based on the unique characteristics of each individual's underlying causes.

So, what is Biological Medicine? It is a unique field of medicine from Germany which integrates the modern medical science with the traditional European natural medicine, Homeopathy, Pleomorphism, and philosophies of Traditional Chinese medicine and Ayurvedic medicine. At the conference, we had lectures and demonstrations on homeopathy, herbs, RNA remedies, bio-physics on photon light therapy, Bio-resonance Mora therapy, Biological Terrain, Photon Resonance Therapy, Ionized Oxygen Therapy and many more interesting topics.

You may have never heard of most of these medical topics but they can be vitally important to reversing illness and strengthening one's immune system. Also, one of the major benefits of natural healing is that its methods generally have no, or very little, side effects.

Antibiotics, drugs, steroids, chemotherapy or by-pass surgery, main staples for allopathic treatment temporarily relieve the symptoms but never correct the underlying causes for the particular illness. Almost always the particular condition will come back or manifest into a new medical condition as side effects. Allopathic medicine manages disease by treating symptoms where "cure" is a foreign word.

In the Biological Medicinal approach, healing comes from within by assisting one's immune system to heal oneself. After all it is your own immune system that keeps illness away and keeps you in good health. All that the best physician can do is assist one's own natural healing process within an individual patient.

Biological Medicine understands there are almost always multiple underlying causative factors of illness. It addresses the five most often overlooked areas by medical professionals which are (1) environmental toxins and heavy metals, (2) chronic hidden infections and parasites, (3) unsuspected food allergies, (4) faulty diet and nutrition and (5) interrelated dental-medical complex problems.

Biological Medicine also focuses on a constitutional study of the individual, intestinal cleansing, acupuncture meridian assessment, and spiritual harmony.

I have been integrating German Biological Medicine with my Internal Medicine practice for more than ten years. The response to Biological Medicine is unique to the individual but highly predictable. It is also most satisfying for the patient because of its gentleness in the healing process. Bread, beer and Natural Healing is not necessarily the right chemistry for the healing process. However, good bread and beer has been an extra incentive to continue my annual trips to Germany to study Biological Medicine at one of Europe's leading medical conferences.

Dr. Simon Yu, M.D. is a Board Certified Internist. He practices Internal Medicine with an emphasis on Alternative Medicine to use the best each has to offer. For more articles and information about alternative medicine as well as patient success stories visit his web site at [www.preventionandhealing.com](http://www.preventionandhealing.com) or call Prevention and Healing, Inc., 314-432-7802. You can also attend a free monthly discussion on Alternative Medicine at Prevention and Healing on the second Tuesday each month at 6:30 pm. Please call to verify the date and reserve your space.



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