



Chiropractic Newsletter

Well-Being

The Future of Health: A New House of Healing

Medicine, for centuries, has delved deep into the cellular realm to decode the mysteries of health. By investigating the microscopic activities within our bodies, it has aimed to understand the effects of cellular behavior on overall well-being. Yet health, we know, is holistic. We can't understand the cause of health (or disease) through cellular theory alone, separating the cell or the organ from the whole of biology.

Chiropractic care, building out from the cellular theory of biology, has sought to emphasize the pivotal role of the nervous system, which governs and controls every cell through tone and vibration. As we stand on the brink of a new era in health and healing, there is a calling for an even broader framework, one that includes the profound influences of experiences and emotions mediated by the nervous system.

The placebo and nocebo effects are obvious phenomena in this category, recognized in both clinical practice and daily life. The "placebo effect" demonstrates how positive experiences, like love, can enhance health, while the "nocebo effect" shows the detrimental impact of negative experiences, such as fear. These observations underscore a critical insight: the future of healthcare must comprehend these "mysterious effects" to fully understand the nature of health and healing.

In essence, the influence of love and fear on biological health sets the stage for a new horizon in our health paradigms. Chiropractors, with their foundational focus on the nervous system, provide a



crucial bridge to this new understanding. German New Medicine (GNM), often referred to as "the sacred medicine," represents a key evolution in this journey. GNM reveals how the brain and nervous system mediate the effects of negative experiences and emotions, effecting changes in the body with astonishing precision.

At a fundamental level, this means that our intuitive grasp that "fear harms" and "love heals" can now be refined within a scientific framework. We can now understand why fear harms, and therefore why love heals (when it dissolves the fear), paving the way for a future where these insights can be systematically applied to promote real biological health and healing.

This evolutionary step calls us to recognize the importance of what we have always known intuitively: that our health, in both directions, is manipulatable from within, and also from without. This includes not just our emotional experiences in life that affect us, but also our trust in authorities who can use (knowingly or unknowingly) their power to engender love or cause fear.

Two key points emerge as highly relevant from this understanding:

1. **Comprehension and Adaptability:** Our ability to comprehend (predict) and adapt to unexpected life experiences plays a crucial role in whether love or fear predominates. With comprehension and adaptability, we express more love and resilience and therefore greater health. In humans, this is highly dependent on social structures, the fulfillment of basic needs, and supportive relationships.
2. **Hierarchies of Influence:** The structures and authorities we choose can have a tremendous power over human health. The future of medicine and healing calls for the establishment of hierarchies designed to foster love over fear, comprehensibility (knowledge and understanding) over isolation and incomprehension, and a community framework that honors and works with the body's robust adaptability.

What this implies is a transformative vision for the future of health care. It represents a calling to build a supportive hierarchy—a house of healing—that cultivates love, understanding, community, and the innate expression of health. This is not only possible within the chiropractic profession particularly, but also a logical outcome for all healing modalities, including modern medicine, especially when combined with the empirical discoveries of German New Medicine that reveal the inner workings of the psyche, brain, and organs.

Chiropractors, equipped with this new knowledge, are

poised to lead the charge in this era; though all of us are called to help build this “house of healing,” to become aligned with the biological insights that are available today. This new paradigm respects and appreciates the vital role of the nervous system in health outcomes. Though it really has the potential to transform all sectors of our modern society, not just medicine and healthcare. At its heart, it recognizes that our emotional experiences, mediated by the nervous system, are not just peripheral aspects of health but central to it. It recognizes that life expresses intelligence in predictable, comprehensible and meaningful ways, revealing the quintessence of biological health, and how to work with Nature’s encoded wisdom as a template for harmonious living.

We are called to bring ourselves to a place of interpersonal connection that celebrates the wisdom and power of life. Though difficult at first, this means stepping out of a previous philosophical structure (and the authorities that underpin it), which has overlooked key biological truths, conveniently tucking away vital insights under obscure labels such as the “nocebo effect.”

To make the step, we simply turn our attention to the nervous system and observe its amazing, intelligent function that guides our expression of health. Let us build this house of healing together, where none “stand over” another, but all “stand under” the wisdom that gives birth to health.

—John Ohm

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