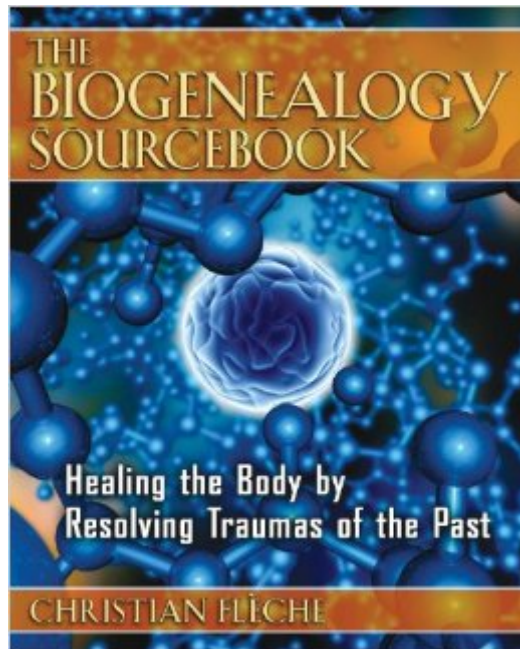


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The Biogenealogy Sourcebook: Healing The Body By Resolving Traumas Of The Past



Synopsis

A practical guide to the correspondence between emotion, organ systems, and disease • Identifies what emotional shocks will engender illnesses specific to a certain part of the body • Shows how illness is an ally that enables individuals to restore balance to their health Biogenealogy is a comprehensive new vision of health that takes the mind-body connection one step further by identifying and consciously addressing the emotional shocks that create physical disorders. Each symptom of an illness precisely indicates its emotional origin. Thus, far from being an enemy, the physical symptom is actually a valuable ally that provides the key to the cure of the physical disease as well as resolution of the emotional imbalance that created it. Christian FiÅ“che, the leading researcher and practitioner in the field of biogenealogy, explains that the reactivation of illness is the body's reaction to unresolved events that are frozen in time. These unresolved traumas affect the body on the cellular level and manifest in minor as well as more serious chronic conditions. In *The Biogenealogy Sourcebook*, FiÅ“che systematically chronicles all the major organs of the body and specifies the types of emotional conflicts that lead to illness in those areas. For example, he explains that conflicts of separation are evidenced in diseases of the skin; a reduction of self-worth or deep anguish will manifest in the lymph nodes. He also shows that unresolved emotional issues can also be passed down to future generations if left untreated. Intended for therapists, researchers, and any person who wants to take his or her health in hand, this book is an important guide to understanding and decoding the causes and not just the effects of illness.

Book Information

Paperback: 224 pages

Publisher: Healing Arts Press (June 18, 2008)

Language: English

ISBN-10: 1594772061

ISBN-13: 978-1594772061

Product Dimensions: 8 x 0.5 x 10 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars • See all reviews (20 customer reviews)

Best Sellers Rank: #189,097 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genetic #102 in Books > Religion & Spirituality > New Age & Spirituality > Divination > Prophecy #142 in Books > Reference > Genealogy

Customer Reviews

This book serves as both an outline of the Biodecoding/biogenealogy system and a reference work for the relationships between specific body parts, illnesses, and psychological conflicts/emotional stresses. This book was translated into English from the author's native language, so the style is a bit unusual - more descriptive and poetic than you'd expect for a reference work. This book explains the system which was initially discovered by Dr. Ryke Hamer (German New Medicine) and later adopted by other researchers and practitioners who have developed approaches such as Biodecoding and Metamedicine. These approaches that borrow from Hamer's work present additional details and ideas for interventions to resolve health issues. Unfortunately, there are conflicts and discords in the healthcare community concerning these discoveries and Hamer's work has been used without proper credit - and Fleche has neglected to mention Hamer in this book even though the core of what is taught here is Hamer's findings. The dispute over the rights to share and teach these ideas about the body-mind system detracts from the immense value of this work. This book presents these ideas to the reader in a valuable way, giving some case examples to illustrate how psychological stress/conflicts are reflected in the body, where biological programs play out as the organism seeks to resolve the conflict issue in an instinctual way. This work complements the work of people like Louise Hay and Caroline Myss and presents some of the most advanced ideas about holistic health and the mind-body connection. Unfortunately, I can't give this 5 stars due to the author's failing to acknowledge the history of this approach to understanding illness.

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