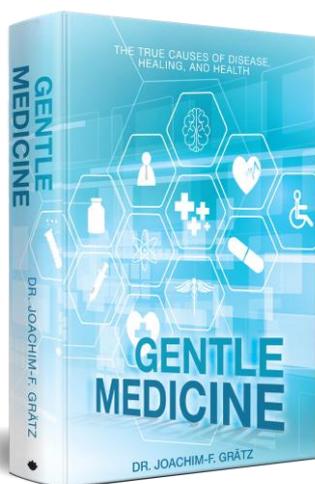


GENTLE MEDICINE – The Healing Art in the Age of Aquarius
The True Causes of Disease, Healing, and Health, GRÄTZ, J.-F.

The Health Book of the Turn of Eras

DR. JOACHIM-F. GRÄTZ, CLASSICAL HOMEOPATHY

The Dimension of this Work



“This book is an extraordinary book that has been claimed to turn all medicine upside down.” So I keep hearing it from different angles. But it’s the other way around:

It puts all medicine back on its feet!

GENTLE MEDICINE with its subtitle *The True Causes of Disease, Healing, and Health* addresses the natural laws and correlations affecting illness and health that most are unfamiliar with. Indeed, very few have even an inkling of them, because they are diametrically opposed to their previous knowledge and because they have never been revealed before anywhere else.

In fact, the work *GENTLE MEDICINE* is no ordinary homeopathy book. Its core statements are much more far-reaching and comprehensive! It is not called *The Healing Art in the Age of Aquarius* from its subtitle for nothing. It is about completely different dimensions than “only” making *the individual* healthy. The whole thing only becomes clear when one has worked through the book in its entirety, word for word and case for case, from beginning to end. Only then can one guess what the mission of this book really is. The two final chapters “*Q.e.d.*” (quod erat demonstrandum – what had to be proven) and *Epilogue* (see below) give a summary of the mission of this book.

Strictly speaking, there is quite an explosive power in this book to change the world – yes, I really mean the whole world – for the better. And that – just that – is the *real core and central statement* of this work. I have listed the many “modern” clinical pictures mainly in order to give the reader a clearly visible and comprehensible thread that runs through our entire (western) society. And here, manipulation (“deliberate dumbing down of the people”, as Dr. Eichelberger, internationally renowned homeopathic physician from Munich, used to call it) is one of the most important aspects. Unfortunately, today’s medicine plays an important role in this scenario, because underage citizens – citizens who have to deal with themselves – are much easier to lead (or should we better say “to lead on a merry chase”?) and generally put up with more.

“If you want a tree to grow, it is not enough for them to water the leaves. You have to water the roots.” – Thich Nhat Hanh, one of the most important Buddhist personalities of our time, in his “The Miracle of Mindfulness”. For this reason, I have presented here all the connections as they have been presented to me again and again during my many years of homeo-

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pathic practice and continue to present them. So it is not about superficial therapy of individual illnesses, but here things are *tackled at the root*. *Causes* – without ifs and buts – and *connections* are shown, and in addition, *workable solutions* are developed and *verified* by means of numerous case studies from practice. The *Gentle Medicine* propagated in this work is not a theory or assertion; it is the *result of decades of practical experience with the laws of nature* – with *universal laws*. It can rightly be called a *medicine of the future*, a medicine that can become a reality for everyone already today!

Thank God, people in our latitudes are becoming increasingly aware that not everything in our medical world today is as it should be, but most of them do not yet know what they have to pay attention to or what they should change, so they have no orientation at all. This book fills this gap and shows clearly what our western world is really suffering from and what can be done about it. Only *common sense* is needed to understand and implement all this. Medical training is not necessary, on the contrary, it often makes it difficult to deal with the issues presented here in an unbiased way.

But let us now take the **Introduction** of *GENTLE MEDICINE* and the two final chapters **Q.e.d.** and **Epilogue** (as promised above).

Dr. Joachim-F. Grätz, Germany

Please note: This is no professional translation! (Translated with www.DeepL.com/Translator [free version])

Note:

The following chapters “Introduction”, “Q.e.d.”, and “Epilogue” are excerpts of the book and have been translated by professional linguists in the USA.

Introduction

The title of this book *GENTLE MEDICINE – The Healing Art in the Age of Aquarius* may sound a bit over the top at first and I willingly admit that. The healing *art* of an entire *age*! That’s at least 2,160 years!¹ But let’s leave that for the time being. In any case, you should read and

¹ The Platonic Year denotes the cycle of our solar system and lasts 25,920 earth years. This is due to axial precession, the gravity-induced, slow, and continuous change in the orientation of an astronomical body’s rotational axis. In particular, it can refer to the gradual shift in the orientation of Earth’s axis of rotation in a cycle of approximately 26,000 years. As Udo Brückmann wrote in *The End of the End Times*: “The axis displacement is about 1 degree every 72 years. The division for the zodiac signs is 30 degrees. So, purely arithmetically, 72 x 30 = 2,160 years. The *duration of an eon* which is in a zodiac sign is therefore 2,160 years. The points of the equinoxes shift to another constellation every 2,160 years, not unlike the hands of an analog clock. And, since we have twelve constellations, a complete precession takes 25,920 years (12 x 2,160). Due to the

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study the entirety of this book keeping this in mind and only then form your own opinion. Maybe you'll arrive at a similar result and decide that the subtitle doesn't sound so outlandish anymore. Or maybe not.

In my opinion, this title is in no way over-the-top; rather, it corresponds to the reality and experiences of a seasoned practitioner. I will go even one step further, claiming that the medicine presented in this book is so in tune with nature and its laws that it can hardly be surpassed or replaced by another. However, I'm not in a position to judge whether this is really the case. This will have to be done by future generations of medical historians when there are enough therapists practicing and implementing this gentle art of healing, i.e. when enough comprehensive practical experience has been gained in this area.

This book is based on the practice of homeopathy, a practice that is primarily dedicated to the eradication of chronic conditions, and is intended for those who are interested in the basic correlations of health, disease, and treatment. It is designed to be easy to understand and written with captivating clarity. It is targeted both to young parents and to older generations, as well as medical laypersons, people with medical education, and practitioners. Everybody should read it once because it affects all of us, more than some people are inclined to believe! It is essentially about the common thread that permeates everything as mainly verified by a variety of chronic diseases in our day and age and the wealth of relevant, sometimes very detailed case studies from the practice of homeopathy. So I won't be presenting any theses and hypotheses nor evangelizing any articles of faith. Rather, this book is about *natural laws* and their application for the benefit of the individual, for the benefit of everyone. This book is about things that we really should have been aware of from an early age or which should have already been taught in school.

If we are able to live healthily again, with health having a certain claim to being absolute, and live in harmony with nature, we will have a great opportunity to stay healthy for generations to come as well as to grow and mature spiritually. This also includes a clear expansion of our consciousness, which is especially to be expected as we enter the Age of Aquarius. We are thereby making a significant contribution to the survival of all humankind. Over the years, we will change our planet positively for the long term and learn to love, protect, and eventually make the blue planet entrusted to us habitable again. That means living "in harmony with nature," as my two-volume standard work *Classical Homeopathy for the Young Family* already made clear. It's no longer just about the single individual on this planet: it's about all of hu-

precession, the earth's axis which has been tilted to the ecliptic circumscribes a conical surface around the pole and, imagined as a model, 'screws' itself elliptically upwards to the imaginary 'vertex of the galaxies' in 25,920 years. (The movement is that of a spiral. Don't you see a parallel to the structure of human DNA? Macrocosm/microcosm?) The division into zodiac signs has also shifted backward because of the precession so that the signs no longer coincide with the constellations after which they were named. This is why it's so difficult to establish the exact astronomical beginning of the Age of Aquarius." At present, we are at the end of the Age of Pisces which began shortly before the birth of Christ and are entering the Age of Aquarius. In addition, we are at a cosmic turning point, which is associated with tremendous changes according to the ancient Indian Vedas and the records of the lontar libraries of manuscripts written on dried palm leaves.

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manity now... It's about physical and mental freedom and claiming our voices and power! And medicine is the central theme of all of it. "Mens sana in corpore sano": "a sound mind lives in a sound body" or "a sensible mind in a healthy body" (Juvenal, Roman poet).

Inspired by Helmut Pilhar from the internet, I would like to finally make the following, well-intentioned personal invitation: "Study *Gentle Medicine* and the topics of health and disease as long as you are still reasonably healthy! Once you become chronically ill, you will no longer have the time because you'll be panicking and already caught in a vicious circle. A drowning person can hardly be taught how to swim."

In this spirit, I would like to quote the Roman poet Horace who said "sapere aude" (dare to know).¹ Ludwig Marcuse (1894-1971) translated this demand to use your own brain as follows: "Have the courage to use your eyes and ears, your mind, your reason, your thinking, and all your other capabilities and experiences." This is what Samuel Hahnemann meant when he added "aude sapere" to the second edition of the so-called bible of homeopathy *Organon of the Healing Art* (1819), the main work to detail the laws of homeopathy and the resulting approach to treatment. "Dare to be wise" or "dare to know" or, "as Hahnemann briefly and aptly translated it into German: 'Have the heart to have insight.'" (Dr. Richard Haehl in his preface to the sixth edition of the *Organon*, 1921). I hope you enjoy reading this book and putting what you learn into practice.

Q.E.D.

A lot remains to be said about other clinical symptoms and syndromes, for example about some fundamentals about diabetes, which we have only been able to touch on briefly, about the systemic disease lupus, about the increasingly common chronic fatigue or burnout syndrome, about endometriosis, about all possible types of cancer, leukemia, Parkinson's disease, Huntington's chorea², AIDS, heart attacks, Ebola, SARS, BSE³, the avian flu, swine flu, coronavirus disease (Covid-19), etc. This includes the Gentle Neonatology⁴ of well-known

¹ First Book of Epistles of the Roman poet Horace (Epist. I, 2, 40 f.), 20 BCE. This quote became widely known through the translation of Immanuel Kant: "Have the courage to use your own understanding!" in his 1784 essay "Answering the Question: What Is Enlightenment?" claiming it as the guiding principle of the Enlightenment.

² An impressive example of the chronic homeopathic treatment of mature chorea (Huntington's Disease) following an MMR vaccine is recorded in my book *Klassische Homöopathie für die junge Familie (Classical homeopathy for the young family)*, Volume 2.

³ BSE: acronym for "bovine spongiform encephalopathy"; the so-called mad cow disease.

⁴ The Gentle Neonatology of Dr. Marcovich encompasses the gentle, human and biologically natural care of premature babies while largely foregoing the achievements of intensive care medicine in today's neonatal departments. For more information, please see my two-volume work *Klassische Homöopathie für die junge*

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Viennese pediatrician and neonatologist Dr. Marina Marcovich because it will, of course, also be an integral part of any comprehensive practice of *Gentle Medicine*. But all of this would certainly create another substantial book and would go well beyond the scope of this work! In any case, the goal has not been to create a comprehensive list of every area in which *Gentle Medicine* is successful and how to proceed with one or the other illness in detail, but rather to *show that something is possible, both what and how*. It has been about giving my readers *new, easily understandable food for thought, taking into consideration the laws of nature*, which simply exist without requiring proof or postulates. It has been about helping you develop *a basic understanding of the relationship between health and disease* without any need for a medical degree. All you need is some common sense. Ultimately, the central message has been the practice of medicine today must in principle (almost) completely renew itself, in the sense of Dr. Maurice Delore, as mentioned in the opening chapter: “Today’s medicine has reached the end of its path. It can no longer be reshaped, modified, or readjusted. This has already been tried too often. Today’s medicine has to die in order to be born again. We have to prepare for its complete renewal.” – Q.E.D.¹, quod erat demonstrandum, as a mathematician would write, saying that the proof has been provided including case histories that substantiate the claims.

The faster this renewal happens, the better it will be for the survival of humankind and even the survival of the entire planet. Truly healthy people are self-reliant and take responsibility, live in harmony with nature and its laws, and don’t try to exploit them all the time because they recognize that they are just one part of the whole, part of the whole cosmos. Because everything is connected! Healthy people respect everyone and everything. They only take what nature and earth give them voluntarily and don’t go out seeking to destroy. They are committed to technology that is in harmony with the laws of nature, in the sense of Viktor Schauberg’s words: “*Understand nature, then copy it.*” Healthy people are extremely difficult to dupe and manipulate! We need healthy people again, namely people who are “chronically healthy”.

Epilogue

There was a joke going around about two planets, but I think it’s much more than just a joke. It reflects the sad reality of our time and contains a deep, very deep truth:

Familie (Classical homeopathy for the young family), in particular the chapter *Developmentally challenged and disabled children*.

¹ Q.E.D.: Quod errat demonstrandum (lat.) – What was to be demonstrated or sometimes translated loosely as “The Five Ws”, W.W.W.W.W., which stands for “Which Was What We Wanted”.

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Two planets meet in space. One says: “Oh my, look at you, aren’t you feeling well?” “No, not at all”, the other one responds. “I suffer from Homo sapiens.” “Don’t worry”, the first one replies. “It’ll pass quickly!”

It doesn’t have to get to that point, however, where humankind plunders and destroys everything, including our environment, resources, nature, ourselves, and ultimately the entire planet Earth. We humans are the only species in this world that doesn’t live in harmony with nature, that tries to be above the laws of nature, that is arrogant and wants to put itself above everything, that manipulates incessantly and knows better, that doesn’t really seem to understand that we will ultimately erase ourselves and destroy everything else in our path.

At a fundamental level, it already starts with the way we feed ourselves! Every animal knows instinctively, from birth, what to eat¹ in order to stay healthy, to preserve the species, even in the event of illness, provided it is allowed to live in its natural habitat and is free to choose. Only humans don’t know what their natural diet is and what’s good for them. For example, humans don’t know at all whether they’re herbivores, carnivores or omnivores. – Even our littlest ones are already being fed meat in puree form packaged in jars or pouches! – In addition, humans don’t seem very concerned about whether formula is better than breast milk, whether we should consume food in its raw or cooked state, whether it makes a difference if we eat canned, microwaved, or organic food, whether foods stuffed with preservatives are healthy, whether ingredients from which all nutritional value has been extracted such as sugar and white flour are healthy or harmful, etc. All we seem to care about is that there’s something on the table that fills our tummies up that can be measured in calories! Most people completely ignore the energy aspect of foods!

Many centuries ago, Hippocrates had already warned: “Your remedies should be food and your food should be remedies.”

¹ A small example as an aside: As already mentioned above, we got our young pup when she was three months of age. At the adoption (she was brought to us personally by a very nice, caring veterinarian from SOS Animale), we received the well-meaning advice to initially feed her special puppy food (a special dry kibble enriched with vitamins and mineral supplements). We would have much rather fed a diet including raw meat, as we did with our previous dog, but we were educated otherwise, especially with regard to the many vital nutrients contained in puppy food. Since we had never raised a puppy, we had no related experience of our own and agreed to feed her puppy food. But she didn’t touch it at all! We tried for several days, including with “encouragement and coaxing”, but she simply didn’t want to eat. Of course, we started to worry about this cute little, clumsy addition to the family. It couldn’t have been due to any stress or grief because she quickly became friends with our children, seemed very lively, and looked anything but sad. Out of desperation, we finally decided to try feeding her meat that we had left over from our previous dog. We thawed a small portion, cut it into very small pieces, and served it to her. Guess what happened! We could hardly believe our eyes! She downright pounced on the (species-appropriate) meal and finished the whole bowl straight away! Her natural instinct, and nobody could have been able to fool her in that regard because she had been a stray, prevailed over the academic opinion of veterinary medicine, which speaks for itself. – We still have the specially purchased puppy food, although she is now over five years old. By the way: The popular opinion that raw meat makes dogs aggressive doesn’t have any basis whatsoever. Rather, the opposite is the case: appropriate rearing and nutrition usually make for gentle, satisfied, and healthy animals!

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The instinct for natural things, for normality, as commonly found in the animal kingdom, has largely been lost to humans. – Or did we never possess this instinct to begin with? – In addition, people can be manipulated very easily and believe almost everything that the media serves up through advertising and/or “based on the latest scientific findings”. Add to that the presumptuousness that affects the practices of modern agriculture and how we “manage” the seeds, the soil, the water, the air, the rain forests, the rivers, the lakes, the seas, the vegetation, the weather, and so on and so forth. Everything is being manipulated without considering or being aware of the long-term consequences. On top of all that, there is the hostile modern technology that is destroying the environment, plants, animals, and ultimately ourselves, without concern for the generations that will follow us. In addition, many people lack instincts with regard to health and disease. After all, we all have a doctor or psychiatrist at our disposal who’ll call the shots on our behalf, right? – In short, we have forgotten to look inside and to start with ourselves. Humans no longer live in harmony with nature!

But this will inevitably come back with a vengeance if we don’t turn things around soon. Do you know the Doomsday Clock, which marks the minutes to midnight as a countdown to disaster? The clock is fast approaching that midnight hour and people are finally taking notice! Maybe it’s due to our origin that we are “somewhat outside of general creation”.¹ One thing, however, is certain and that is that we too are subject to all natural laws, no matter where we come from, how much we manipulate and are manipulated because “nature will never follow humankind, but humankind has to follow the laws of nature”, which was already well known to the Greek doctor Dioskurides over 2,000 years ago. *Because humans are a part of nature!* We need nature, but nature doesn’t need us.

This obligation to comply with the laws of nature applies today more than ever. And that is exactly what modern humans can begin to address again, *starting with their own health.* We all have to learn to achieve and maintain physical and mental health and pass it on to the next generation because “*mens sana in corpore sano*” – a healthy mind lives in a healthy body. Only then can we live consciously, in harmony with nature and the universe, because only then will we be healthy, no longer distracted by various ailments and diseases and confident, responsible, free, and much less open to manipulation. Only then is it really possible to think positively, question everything, and not accept it all blindly. Only then can we finally see everything in harmony with nature, really take responsibility, and have a positive influence on the entire planet, the environment entrusted to us. We have to relearn to understand nature, to love and to respect it, ideally from an early age, so that it becomes natural and remains self-evident without even thinking about it. We have to learn to find our natural intui-

¹ For more information, please refer to the ten books in the series *The Earth Chronicles* by Zecharia Sitchin, one of the few high-profile orientalist who can read Sumerian cuneiform script, which in the form of thousands of newly discovered clay tablets is the key to knowledge about the *origin of humankind* and its first high cultures – starting with his introductory work *The 12th Planet* and ending with *The Lost Book of Enki* as well as three other books on the same subject. (Tip: It’s best to read these books in the order in which they appeared in the original American edition.)

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tion again. “Nature is not geared towards destroying and endangering itself, as one would like us to believe with ‘bad viruses’ or ‘bad cancer cells’. On the contrary, evolution is based on working together to develop further to secure the future”, Dr. Stefan Lanka, molecular biologist.

It would be so easy to live in harmony with these laws, according to Viktor Schauberg’s motto “*Comprehend and copy nature.*” That would also apply to technology, even high technology.¹ As a result, there would be a different understanding and recognition of meaningful relationships (nature doesn’t make mistakes, it is perfect!) harmony, universal unconditional love, peace, respect for life in every regard (people, animals, plants, microorganisms, oceans, air, rocks), happiness, spiritual awareness and much more. Neither manipulation nor lies would have a breeding ground because both will collapse in on themselves. Even this is a universal law!

In my opinion, *Gentle Medicine* with its large share of classical homeopathy, especially due to the chronic correlations of the miasms, will form the central basis for achieving this goal over time because *being free of miasms implies positive, unselfish thinking and acting, and universal love!* Doing the opposite has resulted in miasmatic psychological symptoms such as jealousy, envy, hatred, resentment, greed, selfishness, domination, exploitation, power, war, destruction, as all still too common in today’s world. “Any change in the outer world can only be permanent if things have previously changed inside people, in their hearts and souls.” (Thomas Ritter)

In this sense, the present work “*GENTLE MEDICINE – The Healing Art in the Age of Aquarius*” or “The Key to Worldwide Health and Harmony”, as the subtitle could have been called, should help you get started because with chronic homeopathy you get back to (almost) absolute health, across generations, and thus also to an *elevation of individual consciousness*, person for person, which results in a changed world view, a view of peaceful coexistence, of being interdependent, of universal, selfless love. This means that everyone is called upon to take responsibility for their own lives and to take action. *Actions in your own small environment are enough.* Real change can only take place through action, first on a small scale, and, over time, if enough people follow a similar path, also on a large scale!

This is where mothers play a central role, if not to say the most central one. *Because mothers are by far the most important people on earth!* They bring forth the next generation, which will soon enough rule our planet. Therefore, it will largely depend on them and their families whether love or hatred will rule, whether there will be coexistence or conflict, whether the reckless exploitation will continue, etc., and finally whether our planet and us humans can still be saved. Because healthy children, with healthy minds and common sense, will mature into healthy, loving, and understanding adults and find their way back to nature, back to universal love, and the meaning of life and pass it all on to the next generation.

¹ A key word here would be “free energy”, which is available everywhere.

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“Homeopathy is the latest and refined method of treating patients economically and nonviolently. Governments must encourage and patronise it in our country. Just as my nonviolence will never fail, homeopathy never fails. But the followers of homeopathy may fail owing to faulty application of the principles. Late Dr. Hahnemann was a man of superior intellectual power and means of saving human life, having a unique medical nerve. I bow before his skill and the Herculean and humanitarian labour he did. His memory wakes us again and you are to follow him, but the opponents hate the existence of the principles and practice of homeopathy, which in reality cures a larger percentage of cases than any other method of treatment, and it is beyond all doubt safer and more economical and the most complete medical science.” These are words that unfortunately no politician of our time and our country has ever said. But it was a politician who said them, a very important one: *Mahatma Gandhi*, 1936 in India. And everything he said remains valid to this day.

Dr. Viera Scheibner, the Australian researcher whom I’ve cited several times regarding vaccination, thought along the same lines when she summarized the following in 1993: *“Perhaps the time has come to accept homeopathy for what it is: the most modern and scientific medical system. ... It is the medicine of the 21st century.”* Or, to expand the horizons some: it is timeless. It is the mainstay of *Gentle Medicine*, of the healing art of the *Age of Aquarius*, an age of love and peace.

American: www.gentle-medicine.com
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