

# HOLISTIC HEALTH



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## 1 What is Holistic Health?

It is important to understand what the term "holistic health" means. Here, our wholeness as a human being is to be considered and treated. As a rule, there is not only one single cause for an illness. It is more that the illness has arisen through an interaction of internal and external interferences. Each person is very individual and so the respective history should always be examined.

For one, the psychic-spiritual field plays a decisive role, such as traumas, behavioural patterns, inner convictions, disharmonious relationships, etc.

We concentrate mainly on the recognition and transformation of such mental-emotional blockages in our THEKI individual session and in our THEKI seminars, as they can lead to physical blockages whenever they are repressed or not processed, and in this way, successful transformation can also show desirable results in the physical area. In addition, family, and personal previous burdens ("miasmas") can be solved energetically.

However, no human being can "do magic" for you if you do not observe a few important rules. Since in our society and time we are informed about this in a very one-sided and industry-friendly way, you will find below important information for you and your health on all levels. This is part of the holistic concept with THEKI.

This information applies to every human being, regardless of whether a physical illness has manifested, or the blockages (still) show up in the spiritual-emotional area. However, the sicker and thus immune-compromised a person already is, the more important is the consequent compliance to these rules.

Many "diseases" are in fact poisonings. Since we cannot completely avoid many toxins (e.g., air pollution), it is even more important that we keep our private environment as free of toxins as possible. The dosage makes the poison!

The following rule applies to all levels: You can only become healthy, and you can only maintain this desired state if you change the life circumstances that have made you ill. You yourself hold the key to your health in your hands. Others can support you, but it is YOU who needs to make the decision!

The disease is not the problem, but only the symptom. The problem lies behind all this! Illnesses can be seen as "wisely-specific programmes" of the body, and thus, if we look at them holistically, they are also the signposts to our health. Our body has the wonderful mechanism of self-healing, which it always succeeds in doing - unless it gets hindered in the process. It is these disturbances that must be eliminated, not the signal from the body itself. It will rather disappear all by itself when the body has fully restored its self-healing powers.

In my book „THEKI® - Ent-Wickle Dich! The key to consciousness“ I explain in detail which psycho-emotional themes can lie behind blockages that may show up in the subtle non-physical but also in the physical (bodily) realm; how to become aware of them and how to get rid of them.

**May the following content inspire you to focus on your health and the health of your loved ones - in a holistic way.**

*Sandra*

## 2 Nutrition

"YOUR FOOD SHOULD BE YOUR MEDICINE AND YOUR MEDICINE SHOULD BE YOUR FOOD."

Hippokrates

From our digestive system's point of view, we are made for an all-natural way of eating, anything else would be alien to our body. It is natural to combine lots of exercise in fresh air together with completely natural food.

In the past, people used to walk for hours in search of food, finding fruits, leaves, herbs, roots, tubers, nuts and only occasionally fish or meat from free-ranging animals which were living on a species-appropriate diet. This allows the body to stay in an alkaline state, for which about 80% vegetables, fruits and herbs are important.

"AND GOD SAID, BEHOLD, I HAVE GIVEN YOU EVERY HERB BEARING SEED, WHICH IS UPON THE FACE OF ALL THE EARTH, AND EVERY TREE, IN THE WHICH IS THE FRUIT OF A TREE YIELDING SEED; TO YOU IT SHALL BE FOR MEAT."

Genesis 1,29

Today it looks a little different: We buy what the industry wants us to buy: far too much meat, far too many carbohydrates, all with vast quantities of unhealthy additives, medicines, and preservatives, usually packaged in plastic or aluminium. We then drive all this home by car. Studies in recent years show that all chronic diseases are mainly caused by malnutrition, lack of vital substances and harmful factors (toxins and radiation).

### Please consistently refrain from food additives:

- Preservatives, e.g. E 210, E 213
- Colourings, e.g. E 104, E 110
- Sweeteners, e.g. aspartame = E 951, cyclamate = E 952, saccharin = E 954, Neotame, sucralose (splenda) etc.
- Flavour enhancers, e.g. glutamate, yeast extract E 621, E 625
- Artificial flavours

Note: Sugar is not a sweetener and may be used in small quantities, preferably xylitol or raw cane sugar.

### Please consistently avoid the following products:

- Cow's milk (dairy) and all cow's milk (dairy) products, including any lactose-free products

From the age of 3 to 4, the human body lacks the lactase enzyme, which is necessary to break down the milk sugar, lactose. The milk sugar is therefore not digested but fermented in the small intestines. The casein (protein in the milk) cannot be digested either, as this molecule is too large and rots in the colon, leading to (sometimes strong-smelling) flatulence. The consumption of cow's milk induces a fermentation and putrefaction process in the bowel.

Since cow's milk cannot be digested, the nutrients inside the cow's milk cannot be digested, so that they are of no use to the body. It becomes a burden to the intestine because the bowel reacts to proteins and lactose with mucus production.

Even worse: cow's milk leads to intolerance reactions such as bloating, flatulence, but also by aggravating latent and acute allergies.

**Recommendation:** Cow's milk can be replaced by rice or oat drinks. Sheep's or goat's milk and their products are also an option; these should however be consumed less frequently. Soy milk is not an alternative, as soy cannot be digested properly and is and contains too many pro-oestrogens (which influence the hormonal balance in men and women) and is often genetically modified.

- Fruit and vegetables from conventional agriculture and the products made from them

These are heavily contaminated with pesticides. Pesticides are nerve toxins that can accumulate in the body and affect the body and damage the liver and nervous system. Some food allergies are not allergies to the food, but to the toxins contained in the food

- Edible oils from conventional agriculture (for the same reason) as well as all further processed products made from these substances such as juices, wines, coffee beans, ...
- Rapeseed oil, including organic rapeseed oil. Although it has many Omega 3 fatty acids, however, due to other ingredients (e.g. mustard oil glycosides and Erucic acids), it is not suitable for use in food..
- Soy products (except fermented ones such as tempeh)
- Food with antibiotic residues (e.g., meat, fish, eggs...)
- Meat and fish from conventional animal husbandry or eggs from battery hens.

Today, our farm animals are regularly treated with antibiotics (and in some cases with feed that is foreign to the species and genetically manipulated) for them to stand a chance to survive the conditions of "modern" mass livestock farming until they are ready for slaughter. The meat often contains nitrite, which can cause heart problems and cancer in humans.

Consumption of these products (including cow's milk products) can demonstrably trigger our current "civilisational diseases", including type 2 diabetes, cancer, high blood pressure, Alzheimer's, dementia, heart attacks, stroke, etc.

Not to mention how the energy of an animal existing, being tortured and killed under the most adverse of circumstances have an impact on our own delicate energy system (depression, anxiety...).

Recent studies such as the "China Study" clearly showed that the more animal protein (meat, sausage, milk, dairy products, eggs) were being consumed, the more frequently and sooner diseases and blood count changes occurred. In animal experiments, cancer occurred more frequently compared to consumption of plant protein.

Breast and prostate cancer are 60-90% more common with meat consumption than for vegetarians, as well as high blood pressure, obesity, other cancers, etc. According to a DKFZ study (German Cancer Research Centre in Heidelberg) vegetarians have a 50% lower death rate from strokes, heart attacks, 50% less malignant tumours, fewer circulatory disorders, and angina pectoris.

Rare meat consumption, a maximum of 1x/week, does not seem to have any effect.

- Fast food and soft drinks contain sugar or artificial sweeteners and are full of artificial flavours, flavour enhancers, preservatives, and other unhealthy additives.
- Trans fats (deep-fried food) cause even in small amounts (small chips, crisps, or a doughnut) cause problems, e.g., the risk of heart attacks and strokes increases by 25%, as well as for arteriosclerosis, high blood pressure, obesity, and diabetes. The immune system can be disrupted.

### **The following foods should only be eaten infrequently (as side dishes, not as the main course) and should be avoided in case of acute illness:**

- Legumes such as beans, peas, lentils, soya, and their products (also soy milk, soy yoghurt), which are known to be protein donors, are not or at least very difficult to digest. Lentils should be soaked for 12 - 24 hours before consumption.
- White flour products (bread, cakes, pasta...) fill you up for a short time, but then quickly make you feel hungry again, as they consist of empty calories, i.e., they do not provide our body with any real nutrients. Since the body also consumes vitamins and minerals to digest them, we may be left with deficiencies, as the supplies become more and more depleted. In addition, short-chain carbohydrates enter the body, which drives up the blood sugar and stresses the pancreas. Moreover, wheat is usually full of glyphosate.
- Sugar only in moderation, preferably none at all! Sugar is addictive and can have the following consequences: Weakened immune system due to disturbed intestinal flora, obesity, bad teeth, heart disease, diabetes, cancer (feeds on sugar!), hyperactivity, depression, acne, anxiety...
- Salt: Cooking salt/table salt is not salt, but rather a chemical product, which through the processing is left with just two elements and thus deprives our body of the remaining elements and respectively does not supply the body with what it needs.

**Recommendation:** Use only high-quality rock salt/crystal salt/Fleur de Sel (sea salt is contaminated by heavy metals), as it contains all the elements. Our body only needs approx. 2-3 g daily, the rest is a burden on our detoxification organs, especially the kidneys.

- When consumed in excess, fructose leads to an increased insulin resistance; is converted to fat more quickly than any other carbohydrate; sugars our body cells, which promotes ageing; causes inflammation, and is a major in obesity, especially in the abdominal area; leads to fatty liver, joint pain, arthritis, and gout, and reduces brain performance.

#### **Recommendation:**

Only buy everything in good organic quality!

In addition, at least 50% of the good food should be eaten raw, because the heating process can produce some unhealthy chemical substances, while vitamins and enzymes are destroyed.

If only for the miracle substance chlorophyll, a lot of greens (leafy vegetables, salads, wild plants, herbs...) should be eaten.



## **3** Nutrient Supply

There are fewer and fewer vital substances in our food due to depleted soils and industrial food processing and breeding (e.g., high gluten content gluten content and higher allergy risk with wheat, etc.).

Added to this are pesticide contamination, genetic engineering changes etc.

Our body needs micronutrients to guarantee the many metabolic processes, so that a purposeful food supplementation may be advisable.

**Recommendation:** Make sure that food supplements are of high quality to prevent toxic additives from damaging the body. The dosage should be appropriate and targeted, rather than used in a generalised way.



## 4 Further Toxic Substances

- Medicines (unless they are essential) and food supplements with magnesium stearate and titanium dioxide as additives. Magnesium stearate is not magnesium for the body, but a flow improver for the tableting machines, i.e., a lubricant. Titanium dioxide is added to make the tablet white, so it is a colourant. Both irritate the intestinal villi and lead to micro-inflammation.
- Furthermore, substances that can trigger allergies such as gluten, lactose (cow's milk sugar), colourings and preservatives, sweeteners and colourings and artificial flavourings have no place in medicines and food supplements.
- Antibiotics (unless necessary for life support). Antibiotics kill all microorganisms living in the intestine. Already after the first intake, the symbiosis in the intestine is destroyed. Unfortunately, this symbiosis does not rebuild on its own; a fresh intestinal cleansing must be carried out.
- Vaccinations of any kind.

Vaccinations contain some substances of concern, e.g., ethanol, formaldehyde, foreign proteins, animal, as well as human DNA (affects our own DNA).

Mercury and aluminium compounds (harmful to nerves and harmful to health), etc. Further information at [www.impfkritik.de](http://www.impfkritik.de) and [www.libertas-sanitas.de](http://www.libertas-sanitas.de). On YouTube there are numerous interesting lectures, e.g., by Rolf Kron, Dr Graf, Dr Andreas Diemer, Dr Karl J. Probst, Dr Manfred Doepp and many more.

- Coated pans, as these can release toxic substances during frying. According to current knowledge, ceramic coatings are not harmful.
- Food storage containers made of plastic(s), plastic bottles, or made of PET: Many studies show that drinks from plastic bottles as well as food packaged in plastic are contaminated with highly toxic and hormone-active substances, which can lead to profound disturbances in the body and psyche (sex changes, behavioural disorders...). Glass or stainless-steel containers would be better.
- Food storage containers made of aluminium, aluminium foil, and aluminium drinking bottles: The acids in the food dissolve the aluminium, causing highly toxic, highly allergenic aluminium to enter the body. Glass or stainless-steel containers are better; these are also available as bottles.

Whenever you eat an unfavourable diet for a long time or have taken antibiotics, there is a danger that the intestine with its intestinal microorganisms can be damaged by these additives. As a result, the intestine can no longer discern its function correctly. This can be resolved with an intestinal cleanse; the intestine is colonised with the physiologically correct intestinal bacteria. Through this symbiosis control (restoration of the correct intestinal function with all the micro-organisms that live naturally in the intestine) the intestine can perform its correct tasks again soon.

Sources: Nutritional recommendation by alternative practitioner Dieter Berweiler ([www.dieter-berweiler.de](http://www.dieter-berweiler.de)) as well as the books by Dr. Joachim Mutter such as "Green Eating – The Health Revolution on Your Plate).

**Recommendation:** Detoxification with the Clean Slate detox drops from ROOT: <https://therootbrands.com/theki.eu>



## 5 Water

The sewage treatment plants work with chemicals (e.g., chlorine) to eliminate harmful substances. This only works to a limited extent, as tests have shown time and again. Toxic substances and pathogens are partly preserved in cold water and remain infectious, and it also contains antibiotics, medicines, hormones and much more; a cocktail of medicines that we get from our taps, as it were.

The chemicals from the sewage treatment plants damage our intestines. According to the Drinking Water Ordinance, certain and limit values are to be adhered to, but there are hundreds of substances that do not even appear in this ordinance, and which can still be highly dangerous; on top of that, even the known guideline and limit values are strongly doubted by experts.

Nobody knows how all these different poisons, medicines, hormones, and other chemicals interact with each other - and thus affect our bodies - especially when further poisoning (as listed above) is the case.

The pre-bottled water that you can buy, usually do not perform any better. There are also many test results about this. Most water is bottled in plastic (PET) bottles (see above).

**Recommendation:** Water refinement with the Pejosan water dynamiser. This swirls the water and has an additional antiseptic effect due to the silver-plated swirl channel. The water dynamiser is available in our THEKI online store:

<https://www.thekei.eu/produkt/wasserdynamisierer-petit-silber/>

The work of Dr. Masaru Emoto has shown that water has a memory and stores information and passes it on directly to each individual cell in the body. Therefore it is easy to illustrate that water must be structured, be positively informed and free of harmful substances in order to nourish rather than harm our body and our subtle system.

**Recommendation:** Drinking enough is imperative so that the body's functions and the detoxification process can take place correctly. The correct amount to drink would be 1 litre of water (or unsweetened tea) per 20kg of body weight per day. Half of this should be drunk by 1 o'clock.



## 6 Home & Workplace

Remove contaminated items from the living spaces (or if possible, completely):

- Paints, varnishes, thinners, and similar harmful chemicals
- Insecticides

- Nicotine / tobacco smoke
- Scented candles, room fresheners, perfumes, glues, pens, ... In short: everything that smells and is not natural
- Energy saving lamps (possible poisoning by mercury and unfavourable light spectrum).

**Recommendation:** Use only natural cleaning agents, e.g., effective microorganisms ([www.emiko.de](http://www.emiko.de)) and organic products. Use essential oils instead of artificial fragrances and always wash new clothes before using them for the first time (with an organic detergent, of course). Instead of energy-saving light bulbs instead use LEDs.



## 7 Body Care

The chemical components of daily hygiene products weaken the immune system in the long term and are sometimes very harmful to health.

Nowadays, however, there is also a wide range of certified natural preparations that live up to their promises.

**Please consistently avoid the following ingredients or products:**

- Fluoride in Toothpaste

Fluoride is twice as toxic as arsenic, more toxic than lead, reduces sperm count, can damage the thyroid gland, the heart, kidneys, bones, and even unborn children. It is considered a strong carcinogen.

- Hairspray (the toxic substances enter the bloodstream via the lungs and scalp)
- Sanitary pads & tampons as well as nappies (better: organic cotton or Lady Cup)
- Perfumes
- Conventional products such as shower gels, shampoos, creams, body lotions... (contain many toxic substances, please only buy organic products!)
- Toilet paper, paper handkerchiefs, etc. should not contain any fragrances
- Nail polish & remover
- Hair dye products (only use good quality natural dyes!)
- Tattoos (the colours used are toxic)
- Sun creams with synthetic sun protection factor:

These prevent vitamin D formation, which is important to protect us from skin cancer; other chemicals are contained depending on the brand.

Please only use organic products with mineral light protection filter or coconut oil.

**Recommendation:** Use only natural preparations, organic products, and natural fragrances/ essential oils.

**Recommendation:** Life partners of people who are already diseased should also follow these suggestions to avoid putting their partner at risk from transmissible pollutants.



# 8 Dental Restoration

## Root Treated Teeth

These often represent undetected, chronic inflammation that can lead to many diseases, including autoimmune diseases.

Anaerobic bacteria or organisms are formed that do not need free oxygen to live and can then also spread in the intestine. These are often found under dead teeth, under crowns, in root canals or simply under a filling.

## Amalgam Fillings

Amalgams are metal alloys containing up to 20 different metals in one amalgam. The mercury can evaporate and thus penetrate the body via the mucous membranes and via the breath, into every cell.

Mercury is one of the most toxic metals, poisoning every cell, especially the nerve cells and the brain. It is paradox that it is illegal to dispose of these fillings in a garbage dump, but legal to have them in your mouth for many years.

In Russia, amalgam fillings have been banned since the 1970s, with the official justification that it makes the population sick.

**Recommendation:** Thorough rehabilitation of teeth; take all metals out; amalgam sanitation under special protection ([www.tagesklinik-konstanz.de](http://www.tagesklinik-konstanz.de) here you can ask for regional colleagues) and subsequent elimination of toxins and heavy metals.

Each individual tooth is connected by the meridians with the most important organs. The health of the teeth and organs is closely related to this fact.



# 9 Radiation

- Low frequency fields (household appliances, computers, clock radios...)
- Magnetic fields resulting from alternating current (high-voltage pylons...)
- High-frequency fields such as cell phones, mobile phone masts, WLAN, cordless (DECT)
- Telephones, induction stoves, Bluetooth, baby monitors, game consoles, generally all wireless technologies. Nowadays, you can hardly find a television set that does not emit WLAN.
- Body scanners at airports
- Earth Radiation

These radiations have been proven to cause irreparable damage to the DNA as well as a wide range of illnesses such as cardiac arrhythmias, sleep disorders, nervousness, burnout, various types of cancer, allergies, swellings, ringing in the ears, tissue destruction in the brain, multiple sclerosis, Alzheimer's disease, Parkinson's disease, clotted blood, depression, constant fatigue, headaches, and much more.

It has been known for years, but nevertheless there are constantly more and more powerful transmission masts being built and dangerous products are put into circulation and even high-power fields like HAARP are used.

The following is a small excerpt of links.

- <https://www.diagnose-funk.org>
- [https://youtu.be/LB\\_vN4Kovrs](https://youtu.be/LB_vN4Kovrs)
- [https://www.youtube.com/channel/UC\\_yM8dOePWhFo6njyzo4yGQ](https://www.youtube.com/channel/UC_yM8dOePWhFo6njyzo4yGQ)
- <http://kompetenzinitiative.net/>
- <https://ul-we.de/>

**Recommendation:** Harmonization of harmful radiations incl. 5G and chemtrails. The following products we can heartily recommend:

### For houses & properties

(several hundred meters range)

<https://www.thekei.eu/produkt/orgonreaktor-premium-orgonenergie/>

### For houses and living spaces

(12 meter radius)

<https://www.thekei.eu/produkt/hamoni-harmonisierer/>

### For on the road

<https://www.thekei.eu/produkt/hamoni-harmonisierer-mobil/>

It is especially important to me to mention in connection with the HAMONI that it is essential to remedy the situation anyway:

- Replace DECT phone with cord-bound phone
- Replace WLAN with LAN (cable)
- Switch smartphones to flight mode (or off) and only look at them briefly from time to time while keeping the device far away from your body.
- Never switch on the smartphone in the car, as the radiation reflects through the windows and it is constantly looking for the next tower, i.e., it is constantly radiating, even if it is only on standby.

It is an option to protect the apartment/house from the inside or outside by shielding wall paint. It is also advisable to have the house examined by a building biologist.



## 10 Fresh Air and Exercise

If you haven't already found it, now's the time: discover your own way of moving that you really enjoy. Don't focus so much on performance and weight, muscle building, etc., but on what you really feel like doing. Your Higher Self guides you through the feelings you have about something. If it feels easy, it's the right thing to do. If it feels heavy, it's a waste of time. An excellent way to activate the lymphatic system (and thus detoxification) is to jump on a trampoline. Highly recommended especially if you have water retention. It is best to do your exercise in fresh air.



## 11 Restorative Sleep

It is ideal to turn off the TV and PC at least one hour before going to bed, so that the sleep-promoting processes (e.g., melatonin production) can proceed without interruption. In addition, your bedroom should be nice and dark. Sleep from around 9 p.m. to midnight is particularly valuable and beneficial to health.



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