



BIODECODING PRESENTATION

HOW DOES BIOLOGY WORKS?

The human body reacts in different ways to external threats. It demonstrates great adaptability to external conditions: for example, when footballers are sent to high altitudes before a competition, their bodies compensate for the lack of oxygen by creating more red blood cells which will make them perform better. The body reacts by providing its own biological solution to an external stress, in this case the lack of oxygen.

This is also the case for the skin, which adapts to the sun by tanning: a production of melanin protects it from harmful UV rays. The body offers biological solutions to stressful exterior conditions.

EVERYTHING THAT IS IMAGINED BY THE BRAIN IS REAL FOR OUR BIOLOGY

The body also reacts to another kind of stimuli: for example, my salivary glands are activated when I see or smell a good meal. This also happens with what we call a "virtual" image. Has your mouth ever watered at the idea of a delicious ice cream or a chocolate cake? The stimulus can be real or imagined, the body sends its biological response in the same way. A very precisely logical and targeted way.

EXAMPLE: Suppose someone has had food poisoning, their stomach is likely to return the contents of the meal. Ultimately avoiding a possible death. It's automatic: the body is programmed for its own survival as well as the survival of the entire species. Priority will therefore be given to the survival of the body over any discomfort (it is indeed uncomfortable to vomit).

Sometimes the toxicity affecting you is a memory of something difficult and yet you observe the same reaction as that of the body: a problematic situation can be difficult to swallow. This observation, which applies to each part of the body, is the postulate of Biological Decoding: an organ which begins to function in an abnormal manner is responding in a bio-logical way to a real/concrete or imagined stimuli.

A BIOLOGICAL LOGIC

Each organ has its function, its role. The function of the stomach is to digest. If it "decides" to throw up, it is in reaction to something that it feels to be "indigestible", unacceptable to the body. It is the (indigestible) feeling of the event that impacts a specific part of the body (stomach, responsible for digesting) and triggers a biological reaction (vomiting).

The emotional reactions to an event are therefore the basis of the Biodecoding system. A biological map is established linking “feeling-organ-symptom”. The correlation between these is not fixed or imposed by the therapeutic method, but constantly evolving with the reality of the patient. In the therapeutic process, the biological decoders and the patient find the emotional origin of the symptom, in order to allow a return to full health.