



FREQUENTLY ASKED QUESTIONS

QUESTION 1

1/ Is there an age restriction to start the Biodecoding of Symptoms?

There is no age restriction to benefit from Bio Decoding. If the patient is a minor, they will need the parents' agreement. A teenager can consult on their own with the parents' approval. On their first consultation, younger children should be accompanied by both parents if they still live together. If the parents are separated, it would be advisable to do separated sessions with each parent. The next stages of the therapeutic work will take into consideration the needs of the child and should be agreed with the parents. This means that there may be sessions where the child is alone, or with a grandparent or other referring adult. When it comes to approaching decoding in infants or a child under three years old (genetic disease, behavioral disorder, orphan disease, recurrent ear infections, etc.), the work is most often done based on the history of the parents.

QUESTION 2

2/ How to find the event that led to my symptom?

According to Biological Decoding the origin of a particular symptom or a behavior comes from a specific stress felt at a very precise moment in our personal history. If the symptom is there, it is because the feeling still exists.

The practitioner will put forward hypotheses of what the emotions might be and how they fit into this logic of feeling/symptom for the patient. This emotion causes physical sensations such as heat, cold, tightness, pinching or anything else that shows that the vegetative system is responding to the expression of the feeling. It is this physical sensation that will serve as a breadcrumb trail to find the original situation that caused the disorder.

This phenomenon which may seem surprising is perfectly explained by Rossi [1]: under stress, a huge hormonal production occurs in the body. Each emotional feeling anchors the same hormonal response. This phenomenon is called "state-bound memory". To explain this memory of the body he reports the following experience :

At a drunken student night, the experimenters had drunk students learn random syllable sequences. Two days later, they were summoned, and asked to recite what they had learned during the evening. The rate of rendering of random syllables was very poor. However, the experimenters were not discouraged, they poured them more alcohol and found that once again in the same state of intoxication, the rate of restitution was around eighty percent. The practitioner in Biological Decoding of Symptoms has a panel of tools which use the "memory linked to the state" to find the precise moment at the origin of the symptom, and allow the patient to modify the emotions at the origin of the problem.

QUESTION 3

3/ Where does the Biodecoding come from?

History of Biodecoding

Dr Ryke Geerd Hamer (1935-2017), a German doctor, specialist in internal diseases in CHU, also graduated in radiology. A researcher and curious doctor, he also trained in physics, theology ... He was, for example, the inventor of the electric scalpel.

But one day his life changes. His son Dirk Hamer was accidentally shot and wounded by Prince Victor Emmanuel of Savoy. On December 7, 1978, he lost his child who died in his arms. A few months later, he developed testicular cancer.

He then made the connection between his illness and the tragedy he experienced. This causal link is at the origin of his discoveries. Through a study of all his cancer patients, he notes that the "psyche defines where cancer starts." He thus discovered, according to him, a system explaining the genesis of cancer, since then named the DIRK HAMER SYNDROM.

In 1981, he spoke of "German New Medicine" as an "empirical natural science", where "organ medicine" and "psychic medicine" were not compartmentalized but on the contrary closely linked. It highlights the close links between psyche, brain and organs. He maintains that the body obeys a logic and thus the symptoms have a meaning, a "biological" meaning.

This discovery thus provides the first keys to analyse the connection between the experience of an event (a shock) and the appearance of symptoms (disease).

Rejected by his peers with whom he had shared his theories, he gradually entered into a paranoid delirium of persecution and became more and more critical of medicine and chemotherapy, which would be "a Jewish conspiracy" with the objective of genocide of non-Jewish populations! He was then banned from practicing medicine in 1986, following a lawsuit questioning "the structure of his particular personality" and not the theses he was defending. He continues to practice, but was eventually imprisoned for it, both in Germany and in France. He then went into exile in Spain and Norway. He died of a stroke in July 2017.

There are several schools of thought today that stem from his early discoveries. Some of which are unconditional in their approach, such as Claude Sabbah (total biology) or Gérard Athias. Others, like Salomon Sellam (psychosomatic), introduced complementary concepts such as the "ghost syndrome" and other transgenerational disorders. And finally, some have developed therapeutic support strategies using Hamer's reading grid, whilst distancing themselves from his later extremism. Philippe Levy created protocols to release the "feeling" and Christian Flèche (Biodecoding) had the idea of using NLP to enable the transformation process.

In 2018, the International Association of Decoding Practitioners chose to baptize their approach "biological decoding of symptoms".

QUESTION 7

7/ Can a practitioner in biological decoding of symptoms cure a disease?

Its role is not to cure but create a caring and warm space to help the patient to find the emotional causes which may have generated their disease and help them to ease the pain or discomfort they experience. Medicine is responsible for treating the disease itself.

Science recognizes that the state of mind has a huge influence on physical state.

As early as the middle of the 20th century, the work of Hans Selye (1907-1982) - who was the first to use and define the word "stress" - proved that prolonged stress could cause physiological reactions such as the decline in immunity. This can have several consequences such as causing infectious diseases, psychogenic ulcer and even induce osteoporosis.

Awareness often relieves patients and improves their mental state, which can transform their physical state.

For a biological decoding therapist, a disease is caused by a specific feeling that could not be expressed at a specific time. Finding this moment and allowing this feeling to be expressed has a liberating function which can lead to an improvement or even a disappearance of the symptom.

QUESTION 8

8/ What is the postulate of the Biological Decoding of Symptoms?

The decoding relies on biological reality, that is based on embryology and physiology.

Humans have basic biological needs: survival, protection, belonging, esteem, fulfillment, communication with the outside world, among. If one of these needs is not met, the human being cannot adapt and can develop a physical, psychological or behavioral symptom.

Biodecoding teaches us to listen to our physiology, to our biological feelings. It allows us to decrypt the biological meaning of the symptom, its positive function.

Each human being has its own way of being in the world. They live, develop and structure themselves according to their family, personal and environmental experiences; they adapt at every moment to the outside world through their vision of reality.

When humans are out of balance, it is through maladjustment.

Different techniques allow us to become aware of unsatisfied needs, then to find the resources necessary to fill this biological dissatisfaction.

When a new biological adaptation is in place, the symptom loses its purpose and it may go away.

The human being is his own best therapist. He *knows* perfectly well but unconsciously the functioning of his body and his psyche, and his cultural, religious, scientific beliefs sometimes prevent access to this deeper knowledge.

The accompaniment of a therapist helps to reveal oneself to oneself and to contact the inexhaustible resources capable of improving one's condition.

For more information, read the article "Biological decoding of symptoms, what is it?"

QUESTION 9

9/ What is a feeling?

With each situation, comes a sensation: it can be neutral, negative or positive. A neutral feeling is indifference, nothing happens; positive and negative feelings generate emotions, pleasant or unpleasant, which have an impact on our physiology and can sometimes have consequences on our health.

When an event triggers an emotion within us, we might become aware of our emotional upheaval, but more often than not we don't fully acknowledge it.

For example: I feel that "I will never get to the end of this project, I don't want it to be known, I am a bad father, I never have the possibility of expressing myself, I am bad at my job, I feel bothered, denied, rejected, etc..

The goal of the practitioner in biological decoding is to allow the patient to reconnect with this seemingly fleeting feeling. Most of the time, simply being able to express the feeling creates a transformation.

This particular feeling starts the breadcrumb trail that allows us to find the exact moment when it first occurred: this is where a system or "program" was put in place by the body, a possible source of subsequent imbalances (diseases, behaviors).

The feeling is therefore like a precious thread, that allows the decoding practitioner to trace the source of a problem in order to "deprogram" it.

THE IMPORTANCE OF FEELING

The symptom is the biological response to a painful event called Bioshock (or biological shock). This means a transposition in the biology of the patient.

It is a form of adaptation and method survival that the body puts in place. Thus offering the person an additional opportunity to adapt to a situation.

Bio-shock happens at a specific time and in a way that is specific to each person according to their personal history and beliefs.

To express one's feelings is to explore what is felt in the body (a lump in the throat, an upset stomach, etc.).

The feeling is unconscious, fleeting and unstable.

If it is not expressed, its energy remains locked in our body and will code itself in a specific place in the brain. The corresponding organ will adapt to this difficult experience accordingly: this is the symptom (angina, stomach ulcer, etc.).

QUESTION 11

11/ When and Why using this method?

The biological decoding of symptoms is for anyone wishing to improve their condition, physical or psychological.

It applies to all symptoms, whether physical, psychological, or behavioral (except psychiatric). It can relieve them and/or enable their total disappearance.

It also makes it possible to achieve specific goals and resolve one-off or recurring issues.

The biological decoding of symptoms is also a powerful tool for personal development.

It is useful in serious or chronic pathologies in addition to medical treatment and psychological follow-up.

Biological decoding of symptoms is another tool on the road to recovery.

There is no specific time to start this type of therapy