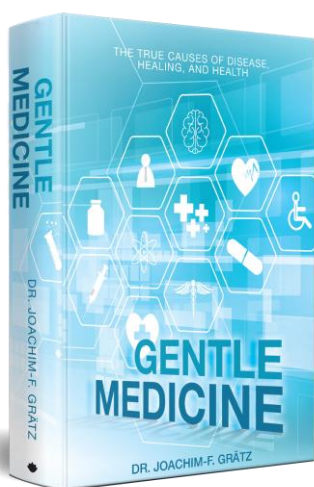


The Health Book of the Turn of Eras

DR. JOACHIM-F. GRÄTZ, CLASSICAL HOMEOPATHY

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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 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.

¹ The Platonific 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, $72 \times 30 = 2,160$ 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 ($12 \times 2,160$). Due to the 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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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 humanity 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

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.

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

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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.

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