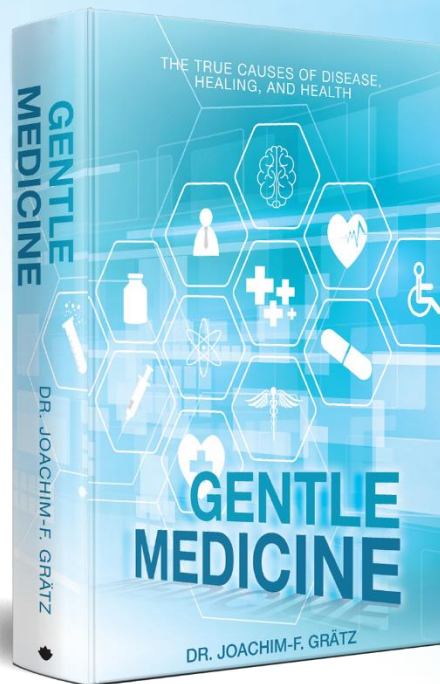


THE TRUE CAUSES OF DISEASE,
HEALING, AND HEALTH

Book Reviews



GENTLE MEDICINE

DR. JOACHIM-F. GRÄTZ

Book Review

GENTLE MEDICINE – The True Causes of Disease, Healing, and Health



Reviewed by
Dr Firuzi



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GENTLE MEDICINE – The True Causes of Disease, Healing, and Health

Author: Dr. Joachim-F. Grätz

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Health, today, stands at a precarious junction. Over the last century, ‘advances’ in medicine have made huge strides in terms of new discoveries, technology, etc. However, the health of humankind hasn’t really improved alongside. We have traded, in exchange, acute infectious illnesses for deeper chronic ailments. Perhaps the last century has seen an increase in mankind’s life span, but the quality of life is questionable, living with myriad chronic ailments and a handful or more of chemical drugs on a daily basis to keep existence going.

This brings us to question whether we are headed in the right direction. Are we creating health? Or, are we, with our ‘fantastic’ medical treatments, pushing our human bodies towards further destruction and ill-health? The way things are moving, I do not think that the increase in life spans will last more than a few generations. People are developing dangerous chronic illnesses at a much younger age nowadays and this will eventually lead to earlier deaths, unless something dramatically changes in the way we perceive health and disease and hence change the way we treat.

Dr. Joachim-F.Grätz’s book, **“Gentle Medicine – The True Causes of Disease, Healing and Health”** is a book that, I feel strongly, **should be read by everyone – not just health professionals**, because every human being has a stake and role to play in the maintenance of their own health, for their own sake and for their future generations. **For health professionals** who truly care to make a positive change to the health of their patients and who are disturbed by what they see happening today in the name of medicine, this book is **a must-read**.

Throughout the book, Dr. Grätz reinforces, time and again, the **universal laws of nature** and how the correct medical approach has to be one that works with these laws, not against them. The book highlights, case after case, how current mainstream medical practices try to bring about removal of the manifestations of illness, without ever touching the root cause and how repeated suppressions of this type over the years, lead to worsening health and the development of newer, deeper diseases. Dr. Grätz does not present theories or hypotheses. Nor does he ask one to have faith or belief in a system. It is purely about the facts of natural laws and their application for the benefit of not just the individual but humanity at large, in the long run.

As Dr. Grätz writes, **this book gives us a new perspective and understanding of health and disease**. For classical homeopaths, much of it is not really new, but it serves to clarify, reinforce and strengthen our understanding of health, disease and classical homeopathy. We will start seeing the underlying patterns of wrong treatment, which over the years, actually create disease. We will realise that **disease never happens ‘just by chance’**.

The book begins with a review of today’s healthcare system. It is a very interesting chapter and will be an eye-opener in a lot of ways. This book brings to light many of the scientific frauds perpetuated in the past and turns some pre-existing concepts on their heads with logic and rational thinking. It lists harrowing stories of some of the atrocities being done in the name of development and science even in recent years. When we studied medicine, we learnt about the horrendous treatment methods used in the past. With an open mind, we can see that things are not much different today, only they are couched in fancy terminology and explained away as the latest revolutionary advances in medicine. This chapter definitely raises a lot of key questions that need to be asked. Regular medicine is anything but ‘gentle’. Restoring health to patients using modern methods is almost impossible. The focus of disease is, at best, just shifted from one place to another. The author clearly accepts the important role that conventional medicine plays in life-saving and emergency use, but he reiterates its complete inadequacy in treating any chronic ailment with any goal of real cure.

The next chapter is devoted to the Chronic Laws of Classical Homeopathy. A well-written chapter that explains how homeopathy views acute and chronic diseases. Dr. Grätz elaborates on the **concept of miasms that most homeopaths know about, but few thoroughly know how to use in practice**. Many of the issues that perplex homeopaths are explained. There are sections on individual miasms and how we can identify these miasms in our patients, right from infancy. It explains what we need to focus on to prescribe correctly, miasmatically, the importance of understanding the energetic process of disease, the ‘real disease’ behind the disease. The very important fact to understand is how improper treatment and suppressions can activate dormant miasms with disastrous results and that with homeopathic anti-miasmatic methods, we can reduce any inherited predispositions.

The third chapter deals with General Medical Basics based on the Laws of Nature. The readers would do well to understand the biological natural laws and the two-phase nature of disease and the appearance of microbes as given in this chapter. An interesting aspect Dr. Grätz touches on is of German New

Medicine – the sections on biological conflicts, the biological rule of handedness, show how these impact the creation of disease. All these are analysed from the perspectives of modern medicine and of homeopathy.

A small but important chapter is the fourth one. Encephalopathy – A necessary consequence of vaccinations. Now that we are in 2022 and the world has seen an unprecedented mass vaccination campaign with notorious mandates being put into place in some form or other, I dare say that a lot more people have opened their eyes to the vaccination debate, after seeing so much of the destruction and deaths that the covid vaccines have left in their wake. Dr. Grätz discusses the issue of vaccination reaction and damage with clear references and case reports. It is valuable to understand the why and how of vaccine damage and how it is covered up by the industry. The topic on vaccinations continues as part of the FAQs towards the end of the book. With clear references, Dr. Grätz shows how statistical tricks have been used to advertise the so-called benefits of vaccinations. With clear cases, he shows how vaccinations have emerged as the main cause of demyelinating encephalopathies. He shows how with every vaccination and suppression, the miasmatic predispositions are exacerbated, how vaccinations can intensify the primary miasms and can clearly shift the general health situation towards destruction. This holds true for all vaccinations and doesn't apply to just one specific antigen.

The fifth chapter elaborates on Dr. Grätz's personal experiences in treating patients with Gentle Medicine. Gentle Medicine means understanding natural processes and laws and providing meaningful support for any health problems. It has to involve holistic and energetic thinking. He also explains the importance of the compilation and hierarchization of the important symptoms for repertorization.

There are sections on different cases from Dr. Grätz's practice – neurodermatitis, psoriasis, multiple sclerosis, tendency to infections, Lyme disease, cardiovascular disease, bronchial asthma, allergies, etc.

This chapter makes for very interesting reading because it becomes clear how a detailed case history invariably shows the true triggers of the disease being the harmful and suppressive treatments received in the past, overuse of chemical medication and vaccinations which activate the latent miasms. However, conventional medicine hardly ever sees these links and is ready to blame 'chance' or 'genetics' in most cases. When we read these cases, it becomes clear to us that nothing ever happens 'by chance'! Several cases of kidney failure illustrate the absence of chance and the provoking presence of chemical medication. Worm and lice infestations, other parasitic and fungal infestations are also discussed along the same lines, as are rheumatism, polyarthritis, migraines, epilepsy, hyperactivity, ADD, ADHD, developmental delays, perception and coordination disorders, autism, minor and severe brain damage, illnesses of the gastrointestinal tract, musculo-skeletal disorders, mood disorders, depression, schizophrenia, psychoses, OCD states, diabetes, thrombocytopenia, muscular dystrophy, all find a place in the discussions in this chapter.

The sixth chapter is one of FAQs – Frequently asked questions: answers and thoughts; which I found fascinating. This chapter discusses, amongst other things, vaccinations, antibiotics and some other conventional treatment protocols.

This beautiful book ends with an Epilogue and an elaborate Appendix. There are excerpts and extracts from Dr. Grätz's questionnaires that he uses in his homeopathic practice. The questionnaires are very relevant because the medical history is about determining the data, facts and correlations of the patient's entire life. All previous treatment attempts must be carefully assessed. Identifying the underlying miasms and working out the currently active miasm are of crucial importance. There are charts at the very end of the book which would be of utility for a quick revision of concepts discussed earlier.

This, I would say, is an empowering book. Case after case shows that no illness happens just by chance – there is always a deeper cause, and getting to this deep cause and treating it with good anti-miasmatic homeopathy can eradicate it. We are not helpless and at the mercy of our illnesses. The message that we come away with, after reading this book, is that the practice of medicine, in principle, needs to be completely correct and renew itself. Dematerialized remedies only can be part of Gentle Medicine, as must be changes in diet and our own creative thought processes. All the case histories given in the book

substantiate the claims. Getting close to **absolute health** is a possibility, but only by following proper laws and methods. There are no short-cuts to good, long-lasting health.

A few months down the line, after reading the book and going through it again as well, I am very gratified by the better results I am getting in my practice. Medorrhinum was not used that much earlier on but I find that Dr Grätz’s recommendations and experience with Medorrhinum are absolutely on the mark... it seems to be a remedy for modern times, working some degree of magic on a lot of patients in today’s world. At this point in time, I’d like to make a mention of the very pleasing results seen in rheumatoid arthritis. These are early days yet, but I can see that we are moving in the right direction.

I never end my reviews without a short note on the quality of the book. This book ticks all the right boxes. Good quality paper, good print, good binding – for such a thick book, even the paperback form is great. The hardcover version apparently has even better paper quality!

All in all, this is **a book any serious homeopath will appreciate; a treasure trove of information, worthy of being on our bookshelves and of being read, not just once, but time and again, like our Organon.** I wholeheartedly recommend this book. Dr. Grätz, thank you, for writing this amazing book which will **inspire homeopaths and other health practitioners, for generations.** Thank you for this wonderful treasure which will occupy pride of place amongst the most important books in my collection.

About the reviewer:

Dr. Firuzi Mehta was brought up with homeopathy and qualified as a homeopathic physician in 1996. She then did her H.M.D. from the British Institute of Homoeopathy, London in 1998 and also studied Iscador Therapy for Cancer from the Lukas Klinik, Switzerland. She completed Prof. George Vithoulkas’ e-learning diploma programme from The International Academy of Homeopathy, Greece, a few years ago. She has been part of the team of www.hpathy.com since 2008. She practices in Mumbai, India. <http://www.homoeopathic.in>

Further international reviews:	https://www.gentle-medicine.com/reviews/
More info about the book:	https://www.dr-joachim-f-graetz.de/THE-book/

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PLUS | Classification systems | Intuitive homeopathy | Homeopathy and romanticism | Setting boundaries



Homeopathy:
innovation *and* tradition

GENTLE MEDICINE: THE TRUE CAUSES OF DISEASE, HEALING, AND HEALTH

by Joachim-F. Grätz

Reviewed by Francis Treuherz RSHom

This is one of the longest, most intense and rewarding books I have ever read. It should be read and studied by all: students and teachers, newly qualified and veteran homeopaths alike.

There is no index but the five page list of contents should make it easy to find your way through the book. There are copious explanatory footnotes and a bibliography. The 25 charts at the end are in black and white in the paperback but there is a link to a free download of the colour versions. The binding on the paperback, even with so many pages, seems fine.

The excellent translation into fluent American English was carried out by professional linguists at www.translated.com with help from the author for technical terms. There are many references to other

works by the author but they are mainly in German. His amazing and detailed anamnesis form is available as a download. Dr. Joachim-F. Grätz has been a classical homeopath and author for more than 30 years and is known far beyond the borders of Germany. Of course this book was written before the pandemic and the recent vaccination campaigns.

The whole book is based on a highly critical and thoroughly documented review of modern health care and a demonstration of how this can be mitigated by homeopathy and a holistic approach. The 'Chronic Laws' of homeopathy and how they were created by Hahnemann are explained in a fresh and comprehensible way. 'Chronic' is then further delineated through a detailed and innovative explanation of miasms from Hahnemann and from JH Allen. This section is the template for the rest of the book which comprises numerous case studies with their allopathic, personal, and homeopathic stories. They are fascinating to read for their explanations of both sides of the stories, allopathic and homeopathic, and include repertory charts. His most frequently remedies are *Sulfur* and *Medorrhinum*.

Exacerbating miasms

The sheer weight of suppressive allopathic drugging, surgery and other procedures can be depressing and the regular references to vaccinations could be controversial. But at the end of the book Grätz explains: (author's italics)

"I don't see myself as an opponent of vaccination! First and foremost *I am a homeopath*, and I pour my heart and soul into it. However vaccine correlations play a central role in homeopathy, especially if you know how to treat chronically: they usually play a central role in the complaints people bring to me. This is because



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vaccinations can exacerbate existing miasms to an extreme extent and even add completely new ones." He aims to provide "objective information and food for thought." He accepts that patients who want to get vaccinated (and to vaccinate their children) have a right to do so, and he will never banish them from his practice. ●

Francis Treuherz MA RSHom FSHom has been in practice since 1984 and worked for the NHS from 1990 to 2003. He is a Fellow of the Society, former editor, and a board member for over 20 years. He is a former Trustee of Homeopathy UK and the Homeopathy Action Trust. He has given many seminars and conference presentations, and taught at homeopathy schools in the UK and Finland. He has written two books: one is on the story of *Homeopathy in the Irish Potato Famine* and the other, *The Genius of Homeopathy* presents forgotten stories about Hahnemann; copies are still available. He is an incurable collector of homeopathy books and artefacts.

“This is one of the longest, most intense and rewarding books I have ever read.”

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Weekly news update (week 32, 2021)

Date: 11 August 2021

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 UK government pushes mass fluoridation - again!
 Erosion of digital privacy
 Covid vaccine harms in children
 Pesticides harm bee health
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What we're reading

Gentle Medicine - The True Causes of Disease, Healing, and Health by German homeopath, **Dr Joachim F Grätz** (<https://www.gentle-medicine.com/about-the-author/>) is a fascinating and insightful tome for anyone with a deep interest in homeopathy. Dr Grätz takes the reader on a journey exploring the true causes of disease and what's needed to truly heal oneself. He explores the obsession of modern healthcare systems to treat disease symptoms with drugs to suppress said symptoms, which don't necessarily prevent disease progression, rather than addressing the root cause of disease. The book is an excellent dive into the world of homeopathy, its origins and laws along with the five laws of nature. Dr Grätz rounds off the book with a detailed series of case studies to illustrate the effectiveness of working with, not against, nature, using gentle medicine designed to work in harmony with our bodies to allow them to heal naturally. A great addition to the bookshelf for ongoing reference and support of using natural modalities to support your health.

<https://www.anhinternational.org/news/weekly-news-update-week-32-2021/#user-heading-5>

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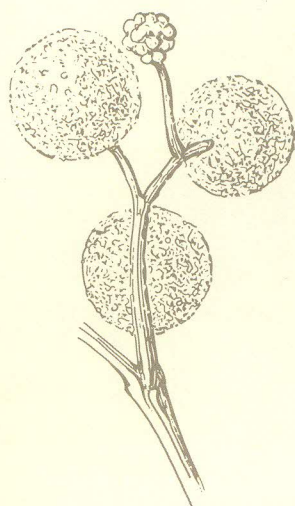
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Gentle Medicine: The True Causes of Disease, Healing, and Health

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Dr Joachim-F. Grätz
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Reviewer: Dr David Levy

From the introductory paragraphs, Gentle Medicine: The Healing Art in the Age of Aquarius provides the reader with a series of challenges. Cautioning the reader not to judge a book by its cover and title, Dr Joachim-F. Grätz from Oberhausen, Germany, takes the reader on an epic 2,160-year journey, from shortly before the birth of Christ until today, the Age of Aquarius. His monumental tome, however, is not written for the modern hippie but for the serious student and dedicated professional homoeopath.

At close to 600 pages, Gentle Medicine is logically designed and organised. It comprises five key chapters, multiple appendices and 44 black and white charts (available in colour on Dr Grätz's website) demonstrating health, disease and response to treatment.

Chapter one, a review of today's conventional healthcare, broadly critiques multiple elements of modern practice, vaccination being the subject of closest critical examination. The chapter examines many of the practices of medical screening, for example sonography, examining questions of safety and need over and above effectiveness.

The second chapter describes the laws and principles of homoeopathy. Without overshadowing Hahnemann's theory, or later interpretations of homoeopathic philosophy, Dr Grätz shares his insight concerning the theory of miasms, in particular as they are expressed in children. Here, theory is infused with the author's decades of rich clinical experience.

Chapter three, General Medical Basics Based on the Laws of Nature, explores fundamental human biological phenomena and subsequently re-explores these from a homoeopathic perspective. The resulting complex chapter demands close attention (and ought to be read more than once) and segues to chapter four, Encephalopathy: a Necessary Consequence of Vaccinations. It is in this chapter that the author makes his most strident critique of modern medicine. In the section

‘A Vaccination Apocalypse’, he asserts, ‘*vaccine reactions and damage occur particularly when chronic diseases run in a family ... when there is a pronounced miasmatic predisposition.*’ Nested between the biological fundamentals and the subsequent clinical cases in chapter five, the reader is confronted with Dr Grätz’s position.

Chapter five, Gentle Medicine: Helping People in the Third Millennium, understates the heart and soul of this volume. Dr Grätz dedicates 350 pages to many of the complex chronic cases he has managed during the past 30 years. The cases presented include many of chronic eczema (many vaccine-related), psoriasis, multiple sclerosis, respiratory infection, Lyme disease, hearing loss, allergies, pregnancy and childbirth, renal failure, parasitic infestation, polyarthritis, migraine headaches, epilepsy, brain damage (minor and major), chronic gastrointestinal diseases, mental illness and mood disorders in addition to multiple miscellaneous conditions. Each case is described in exquisite detail, identifying important historical case factors, key symptoms, remedy and potency selection. The cases selected clearly demonstrate Dr Grätz’s preference for fifty millesimal (LM or Q) potencies in chronic cases and low decimal (D or X) potencies in acute conditions. It is noteworthy how the author depicts remedy selection – with and in some cases without repertorisation – and the need to be attentive to *changing* the prescription without hesitation. Dr Grätz asserts *prima causa morbi* – that everything follows natural laws – demonstrated in each of the chronic cases he shares in this volume.

In multiple appendices, Dr Grätz shares excerpts of newspaper articles, highlighting consternation at what he argues is vaccination propaganda. In other appendices, he provides examples of intake forms utilised in his practice for children and adult patients. While the inclusion of these appendices is notable, their selection and organisation are questionable. An introductory passage explaining the selection of specific news items and intake forms would help the reader to understand the reasons and location of these appendices. So too, the 44 black and white charts that conclude this volume provide interesting perspective, however, the author might have provided an explanation for their inclusion, how they were developed, and why they have utility in clinical practice.

Notwithstanding seemingly incomplete appendices and charts, Gentle Medicine: The Healing Art in the Age of Aquarius looks at homoeopathic fundamentals through well-articulated cases and common-sense practice, supported with adept knowledge of human biology and pathology. Reminding the reader *aude sapere*, dare to be wise, Dr Grätz suggests *have the heart to have insight* is a more suitable translation. This volume blends heart, insight and practical knowledge. I heartily recommend this worthy volume for all serious students and professionals.