

**Dr. Johan Denis**

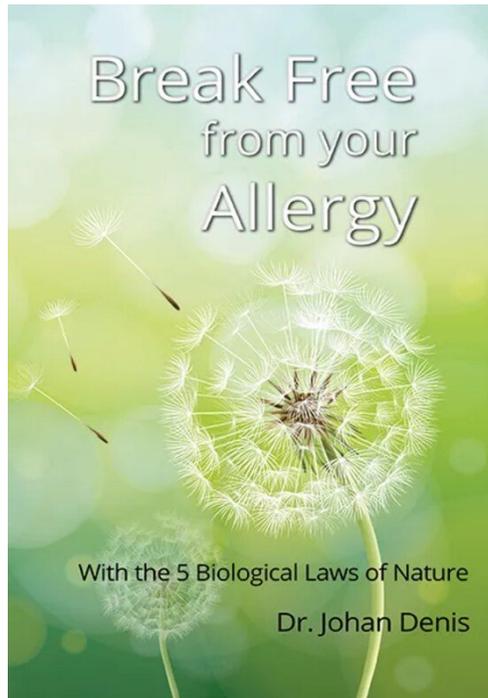
**Break Free from your Allergy**

Sample text

[Break Free from your Allergy](#)

from [Dr. Johan Denis](#)

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# Break Free from your Allergy

with the 5 Biological Laws of Nature

Dr. Johan Denis

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## Foreword

*“Simplicity is the seal of truth”*

Boerhaave

Nowadays, if you want to know something, you visit the biggest library there is: the Internet. You just type a search item into your browser and the answers roll out.

For the search item ALLERGY, we quickly find; “a medical enigma, considered incurable”. But is this truly the case?

As a naturopathic doctor with a holistic view on our organism, I always assumed that our body was wise and that everything that occurs within the organism serves a purpose.

With this book, I want to provide you with the insights to understand the language of the organism, confirmed by practical observations and many healed cases. While writing this book, I chose to keep the technical/scientific backgrounds and explanations to a minimum (otherwise this book would have been twice as thick) and tried to focus on our ability to visualize and intuitive understanding as much as possible.

After all, if you just tell a few cases then everyone understands almost immediately how it works. Can it really be that simple?

By telling many stories from my daily practice, I hope to reach a wide audience in an easy and an accessible way and reveal the amazing connections that lead to an allergy.

Allergy incurable? If you understand the mechanism, your allergy can often be cured in a single session!

I wish you a lot of fun exploring!  
Dr. Johan Denis, Lier May 2022

# 1 Sample cases

Sometimes a short story is worth a thousand words. In detective stories, the conclusion (usually after first being led astray) often comes as a surprise at the end.

I want to start with the conclusion and then show you how the detective work is done.

## Case: apple allergy - severe swelling of the lips

When Johnny was five years old, something bad happened. His mother was alone at home with him when suddenly she got something sharp in her eye. She was very upset and rushed to the hospital, having first dropped off her little boy at the house of a friendly neighbour.

The neighbour comforted the frightened and sobbing boy and gave him an apple cut into pretty little slices; the way children like them. When his mother returned a few hours later, it seemed the whole story was quickly forgotten. But since then Johnny has been suffering from a severe apple allergy: the slightest bit of apple causes a swelling of the mucous membranes of his mouth and throat with sometimes even a difficulty breathing. An apple has become a trigger for some strong physical reactions.

## Case: pollen allergy - hay fever

When Peter was three years old, the big moment had arrived: his first day at kindergarten! But it turned out very differently than expected. The normally very calm boy became frightened, clung to his mother and screamed uncontrollably. His mother could not bear

to leave him like that and took him home; “maybe it was just too early” she thought. So, as spring arrived, just after Easter holidays, a new attempt was made, and the same thing happened again only this time with more screaming and crying out.

This time however his mother persisted and left the desperate boy with the friendly kindergarten teacher. The boy resisted with all his might and watched his mother leave. Since then, Peter has suffered from an annual pollen allergy in spring, which manifests itself as hay fever with sneezing and swelling/tingling of the eyes.

It seems as if his organism remembers the traumatic separation and associates it with the pollen flying around at that time.

#### Case: scampi allergy with hives

A sixty-five-year-old lady had been suffering from a strong scampi allergy for several years. When she ate scampi, itchy patches appear everywhere on her body, and they disappear after a few days. Five years ago, something bad had happened.

For about ten years, she had been travelling around the world for her work. She had no family, but she did have a casual relationship; a lover she saw when she returned from her travels. They had a free but close relationship. One evening, he surprised her with a scampi-diner (a special family recipe) romantic and including everything that goes with it; followed by some wonderful, passionate lovemaking. For her, this was a strong confirmation (tantamount to an engagement) of their relationship, a kind of “I do”!

But a few months later, her boyfriend informed her that he was going to move to another part of the country... without asking her to join him. The long distance naturally meant the end of their relationship. It came as a great shock to her. Sometime afterwards,

she noticed on Facebook he was getting married to someone else (with a photo of the new couple eating scampi). The bittersweet memory of their romantic evening came back, and she has since then suffered from the aforementioned scampi allergy.

#### Case: cat allergy - shortness of breath and stuffy nose

When Amalia was eight years old, she lived as an only child with her parents in a block of flats. On the other side of the corridor lived another family with a boy of the same age: Alex. They were inseparable. When they weren't at school, they sat and played together. Alex's parents had a Siamese cat at home called Othello.

It was a great shock to Amalia when she heard that Alex and his parents were moving away. It was an abrupt end to a deep friendship (one could even say a certain amount of 'puppy love') . She never saw nor heard from him again. Since then, she suffers with a shortness of breath whenever she comes near cats.

Even the smell of a cat, seems to be dramatically linked to the painful separation from her best friend.

When reading these four cases, several things stand out:

- In every case, the main theme is about being separated from loved ones.
- This separation was experienced as a very dramatic event (panic, desperation, deep sorrow).
- The adverse health-symptoms always start after this dramatic event.

It is interesting to note that some of the people now suffering from these symptoms, initially couldn't remember the dramatic separation. But with a little help and patience, they were able to

recall with razor-sharp precision the events as rendered in these cases.

Could it be that our organism imprints all the details/circumstances of traumas and reacts immediately afterwards when being confronted once more with one of these imprinted elements?

## 2 Traumatic conflict shocks as the basis of an allergy

### The trauma hologram

Brain research shows that our brain works with multi-holographic perception. This perception is like a film and runs sequentially from second to second.

Images, sounds, smells, tastes, tactile impressions... are stored simultaneously at any given moment at the same time. The brain is thus able to register a kind of total perception, a sort of super-virtual reality.

Brain stimulation can evoke an extremely accurate total virtual experience, as if it were really happening.

All situations that we have ever encountered and were very dangerous or potentially deadly are thus deeply imprinted in our brains, including all the sensory perceptions at the time.

The recording of this total perception of such a traumatic conflict shock I will refer to in the following chapters as a trauma hologram.

### Survival benefits from recording a trauma hologram

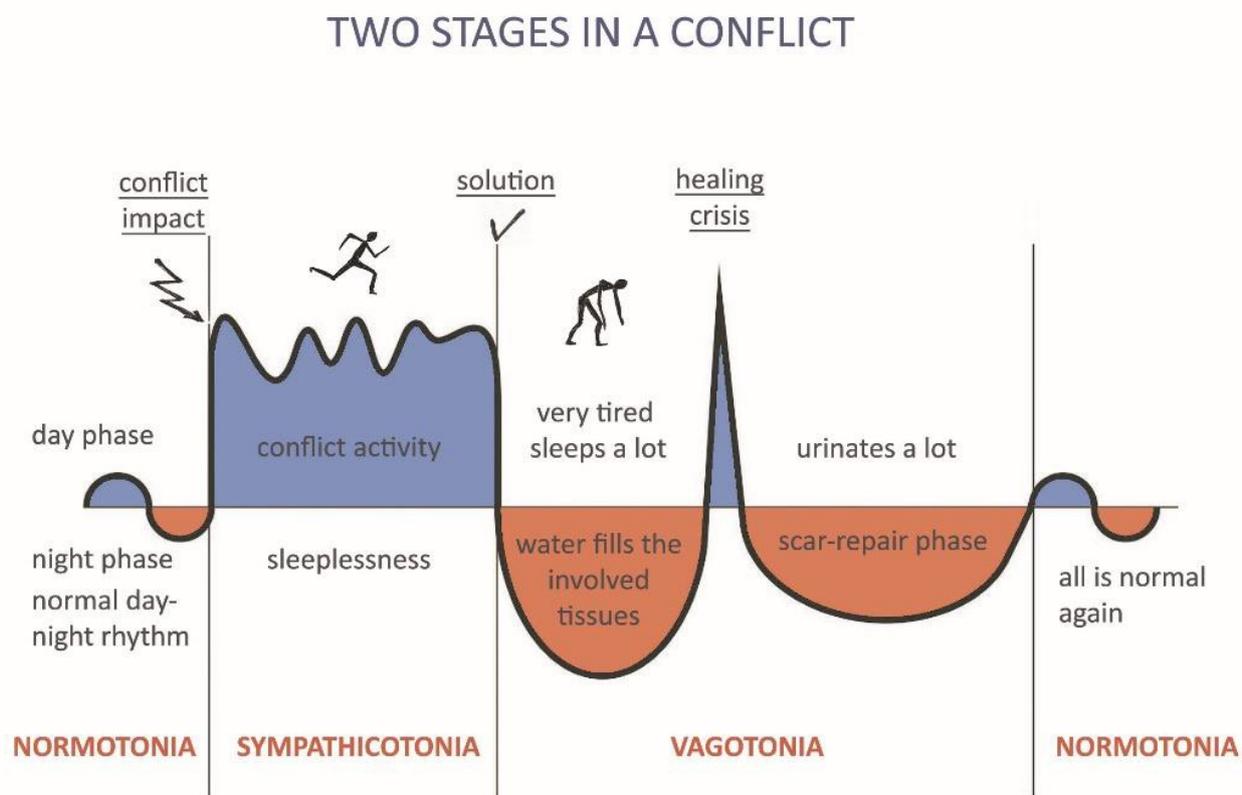
During the development of the human brain, it was important for the survival of the individual to be able to react to events that resembled previously recorded lethal/dangerous situations. This laid the foundation of an initial primitive memory.

Imagine someone walking through the jungle. Suddenly it gets quiet; there is the warning twitter of a bird, a light growl, you smell a musky scent and suddenly you are facing a tiger.

## What does the GNM brings you as a homeopath?

With more than 35 years of experience as a homeopath and endless application of the similimum law, the GNM (German New Medicine) has been an absolute revelation to me.

The 5 biological laws of nature of the GNM describe the effect of conflict shocks on our organism by starting a survival response by means of a Significant Biological Special Program (SBS). This program proceeds in two stages: after an unexpected and dramatic conflict shock impact, there is first a stress phase where the organism comes into highest readiness and in a super-alert state to master the sudden conflict situation.



This state of tense alertness reverses to its opposite after a sigh of relief (the solution) when the stress involved subsides. The healing phase then starts, proportionate to the storm of the stressphase. Both phases mirror each other and belong together as the abovementioned SBS. The whole process runs completely automatic.

### **Most people visit their homeopath only in the healing phase.**

Allow me to give an example : a patient presents with an ear infection.

An ear infection is the healing phase... of a hearing conflict (i.e., something you heard and caused a lot of stress - if you let go of that, there comes a healing phase, which (in orthodox medicine) is described as a separate disease but actually represents the second part of this special survivalprogram (SBS) .

As a homeopath, we have learned to detect the characteristic, peculiarities that accompany such healingstates and point the finger at the simile.

But ... healing phases do not need to be healed because they ARE already the healing!  
We just need to understand what exactly was the shock that (after the described stress phase and sigh of relief) led to the involved symptoms (healing phase!) with which the patient presents.  
Without stress(re-triggering)... no healing phases.  
Healing phases are only the result; if we understand and eliminate the origin, all complaints disappear.

Everything revolves around the conflict impact.  
And this is exactly what the GNM teaches us: a precise description of how such a unexpected dramatic shock impact is perceived.  
All accompanying elements of such a shock impact are recorded in the brain as a trauma hologram.  
Re-triggering of an element from this original trauma hologram puts the entire organism back into a state of readiness, followed by the healing that we often call the "illness" as mentioned above.  
The trauma elements present in this original trauma hologram are nothing else than what we in homeopathy call "aggravations" e.g. by wind, cold, morning on waking,....

These **aggravations** all refer to the trauma hologram of the original shock situation and are nothing but accompanying circumstances of it.

This shocksituation recorded with all elements present at the time of impact (the trauma hologram) is **the "since" described as ... *the most important thing in homeopathy.***

With the GNM you can seamlessly find this shock impact.  
The description of the experience of this shock, the "state" the organism is tumbling into IS the description of the homeopathic remedy!

This is truly miraculous.

So with a thorough knowledge of the GNM, you now get the remedy pictures described from the mouths of the patients. They describe in detail what they experience was, coupled to a specific shocksituation. Because of this I have finally understood remedies where before I was absolutely unable to grasp the meaning of the descriptions that we can read in the proofings. Strange statements from the proofings all fall into place - *jesus that is the meaning of this symptom!*

In the book "Break Free from your Allergy" I explain the whole process in an easy to understand language with many examples for the nose, eyes, airways, skin and intestines.  
As a homeopath, this is breathtaking material - it frames the healing law we use in the 5 biological healing laws (which themselves fit seamlessly into the Universal Natural Laws).  
The bigger picture finally becomes clear!  
Wish you all much reading and discovery fun!

Johan Denis  
[www.GNM-online.nl](http://www.GNM-online.nl)

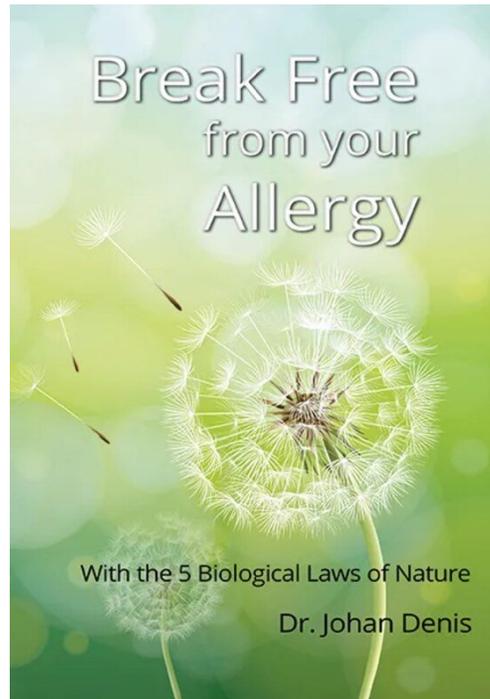
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