

Caspar ([00:00:00](#)):

We understand in basic terms, how the brain influences our entire physiology, but it could also be a mediator between health and disease, with emotions, good or bad, tipping us one way or the other. German New Medicine is a medical paradigm that really fascinated with, and it's founded on the principle that unresolved and unanticipated traumatic conflicts are the root causes of disease. Today we're joined by a g and m practitioner who's going to talk us through what the guiding principles of this paradigm are and reveal how illnesses are impacted by our experiences. This is the story of German new Medicine with Dr. Melissa Sell. Doctor, so glad to have you on.

Dr. Melissa Sell ([00:00:41](#)):

Thank you for having me.

Caspar ([00:00:42](#)):

Now, I know I was first introduced to German new medicine from my father who is giving lectures on it. I remember being totally fascinated, the whole audience of doctors being fascinated by this, cuz it's a little bit different than what conventional medicine talks about, and it is based in science, but it, but it really is outside of this scope of what biochemistry usually looks at. But before we like, you know, really dive into it, can you tell us how you got involved with German New Medicine and what really clicked for you and the concepts that brought you into it?

Dr. Melissa Sell ([00:01:16](#)):

Yeah, so I am a chiropractor and my, so my background is in all things holistic health. I came across chiropractic work in 2005 and ever since then have been all about nutrition and detox and taking care of the spine and just healthy lifestyle interventions to, you know, what I thought was to prevent disease. And I worked in that model for many years and saw people get well, you know, but then there were some times where people would be doing all of the right things and they would develop cancer and, you know, we, they'd have a breast cancer diagnosis and some leaders in, you know, some of the groups that I was a part of, there'd be these, you know, paragon like paragons of health and you just think this person's the healthiest person ever. And then of, you know, a heart attack or some type of diagnosis and, you know, just kind leave you with a little question of what's going on there.

Dr. Melissa Sell ([00:02:04](#)):

And so I just continued my work in, in that field and I became more interested in, in consciousness and in mindset and our perception of our world. And so that started getting my attention to my own personal relationships and my my own inner work. But I knew that there was some type of bridge between the mental emotional work and the, the health realm. And I didn't know exactly what it was until I was listening to a podcast on magnesium supplementation, and the woman who was teaching mentioned very briefly German new medicine and then just carried on with her interview. And I was like, What's that? And it was, you know, 2017. So I'd already been in the alternative health world for a very long time, and I hadn't heard anything about it. And then I read Dr. Hamer's story and my whole world flipped upside down because it made perfect sense to me and my background as a chiropractor, I learned all the ologies and embryology was one of my favorite courses.

Dr. Melissa Sell ([00:03:02](#)):

And how the, you know, the human body develops from two cells and differentiates and turns into, you know, this whole human body and the work that Dr. Hamer did in discovering the purpose and the

meaning of the germ layers and how the different germ layers operate and the conflicts. It just, everything about it made perfect sense to me. And then I started having experiences that confirmed the biological laws because it, it is an experiential science. You can see it in action in your own body. And so from there, I just, I, I studied the work and started using it with my clients and patients, the people I was working with. And I saw how profound and transformative and how every human I believe needs to know this body of knowledge because without it, you're just, you're missing a big piece.

Caspar ([00:03:48](#)):

Yeah, it really is fascinating. I feel like everyone that kind of is exposed to it, whether it is that chance, like you hear the words German New Medicine, you say, What's that? Just do a quick Google searcher, you know, and go beyond that. You start to go down a rabbit hole. But as we go down that rabbit hole, let's start with one of the creator or the creator in Dr. Ryke Hamer and how he came about this. Could you go into that story?

Dr. Melissa Sell ([00:04:16](#)):

Yes. So Dr. Hamer in 1978 had a tragedy in his family, and his 17 year old son was shot, and he survived for three months, but ended up passing away. And this is a huge shock for, for Dr. Hamer. And a few months after the loss, he discovered that he had testicular cancer, and he, he knew, he was very, very bright, very intuitive and he knew that there was a connection between the loss of his son and the cancer that he developed. And so he worked in oncology, had access to patients, and so he began to speak with them and to, you know, he started to see connections, connections between every patient who had some type of cancer and some type of shocking trauma in their life, but not just, just random shocking trauma. It seemed very specific. So every man who had testicular cancer had a loss conflict.

Dr. Melissa Sell ([00:05:06](#)):

Everyone who had a lung cancer had a death fright conflict. Every woman who had a glandular breast cancer had a profound worry experience. And so he started to see this is not random, there's something going on here. And then he looked in the brain, like you mentioned at the beginning, the brain is this mediator between the outside and the inside. And so he's like, Okay, if there are, you know, these emotional shocks happening, a loss of a child. Okay? So that is, that's something that happens. And then there's something happening in the testicles apparently, you know, so the, there's something happening in the testicles or something that happened, you know, in that person's experience, there has to be something in the brain because there, it's the mediator between the outside and the inside. And he started analyzing CT brain scans and saw that there were circles in specific regions of the brain that always correlated.

Dr. Melissa Sell ([00:05:55](#)):

So the shock, the brain and the organ, there was a correlation between those three levels. And from there he developed and discovered what has always been the case. This has always been going on. This is, this is how nature operates. These are biological conflict shocks that catch the organism off guard. And it's an adaptation program. That's one of the, the major things that makes this so different than all, even, you know, alternative health. We, I, I saw as, as a chiropractor, alternative health practitioner, I saw, you know, cancer as something going wrong in the body because of toxins, because of, you know bad diet that something's gone awry. And now this cancer has taken over because the immune system is damaged. But what Dr. Hamer discovered turns that upside down. He found that what's actually happening are these are tissue adaptations intended to help the organism to survive the shock. So if you

lost a child, what would the body, you know, what's the biological response to a profound loss of a child? Let's make you more able to produce offspring. So the testicular tumor, the cancer isn't something going wrong, it's something meant to enhance fertility and his ability to replace what was lost, and that, that's the case for every disease. Everything that we've called called the disease we call a cancer. There is a biological purpose and meaning for those tissue adaptations. And when you understand that, you treat it completely differently.

Caspar ([00:07:27](#)):

It's kind of crazy, right? To think about cancer as a humanistic survival mechanism, because we think of it as a, you know, deadly occurrence, a, a disease that is killing us, but what if it were, what if we flipped it, like you said, and saw it as this is the body's response to try and survive something very traumatic. And so it totally changes, you know, the game. And that's why for me, it was like, this is one of those times where you, you kind of have this epiphany of like, Wow, maybe we're going about it all wrong. And the war on cancer is, is absolutely the wrong way to go about it. So, you know, once you start looking at things like that, you start to, you know, see what else is going on there. And part of Dr. Hamer's work and what you talk a lot about on your YouTube channel, everything are the five biological laws. So could you go into those?

Dr. Melissa Sell ([00:08:19](#)):

Yes. So the five biological laws, Dr. Hamer, you know, as he is doing this work and studying and developing this, the science, he finds that there are these laws that nature operates under. And the first law is the iron rule of cancer. This is the connection between the psyche, the brain, and the organ. So like I mentioned before, there's this conflict, this thing that catches you off guard. And it's not just general stress, it's not, oh, stress causes a breakdown in the body That's, you know, the Han Cellier stress adaptation model model. That the, there's breakdown over time, the body's depleted, the immune system's worn down, and then the cancer can grow. That's not how it operates. That a shocking trauma, something that catches the organism off guard. It's something you were unprepared for, caught on the wrong foot in the moment that it happens, you feel all alone.

Dr. Melissa Sell ([00:09:06](#)):

And it's, it is very shocking for you. And so at that moment, in that split second, your psyche perceives this event. And based on the programming, the ancient programming in the body, a a program is activated depending on the content of that situation. So it's different if you are, you know, thinking you're about to die versus you had a loss, versus you want to separate from someone or you can't swallow something. So depending on the type of conflict that you experienced, that's the psyche level. There is an impact in your brain at the specific area that's necessary to adapt in order for you to survive. And then at the organ level, there are tissue adaptations. There's either cellular proliferations, so extra tissue cells, a loss of tissue cells, erosion or a loss of function. And so that it all happens at once.

Dr. Melissa Sell ([00:09:56](#)):

So when this shock happens, psyche, brain organ, simultaneously, this program gets turned on, Your body begins to adapt to help you through this shocking conflict. And so that is, that's the first biological law, psyche, brain organ. The second biological law is the law of two phases. And so, you know, in conventional medicine, they, they say that there's about, you know, 500 hot diseases, 500 cold diseases, they see them as separate things going on. But Dr. Hamer says, No, that's not what, they're not separate diseases. It's one, there is one process that's going on, but we're zooming in on it at different points in

its progression. And so the body has a normal day night rhythm. During the day, the body is more sympathetic active. And so that is fight or flight. We're, we're hunting, we're gathering, we're, you know, gathering the things we need to survive.

Dr. Melissa Sell ([00:10:45](#)):

And then in the evening we retire, the body shifts into parasympathetic dominance, rest and digest, feed and breed. And so that's the normal day night rhythm. Now, the moment that you have a conflict shock, when this thing catches you off guard the body shifts into heightened sympathetic mode. Everybody knows this fight or flight <laugh>, so we're in fight or flight, but there's specific things going on during this fight or flight. It's not just general fight or flight. The body is adapting a specific organ to help you through whatever situation you're dealing with. So again, there's either that tissue growth, proliferation to produce more digestive juices to absorb more oxygen, absorb more nutrients or there's tissue loss to widen an opening. So a duct, if you have a certain fluid that needs to get into the digestive system or into your system in some way bloodstream, the duct can widen so that more can be pushed into the system more quickly.

Dr. Melissa Sell ([00:11:40](#)):

Or there's functional loss. And this goes on until the conflict is resolved. And so the longer, the more intense and the longer the conflict, the more tissue adaptation occurs until the moment of resolution. And so when you, if you look at the, the chart there's a wonderful chart that will help you to really wrap your mind around how this operates. So when you are in conflict active, that's the cold phase. So this is when your hands are in feet are cold, you're preoccupied, your mind is just like, how am I gonna solve this? How am I gonna solve this? Like you're searching for a solution, often you'll be waking up at 3:00 AM wide awake within insomnia, because you're, your subconscious mind is nudging you awake saying, Hey, resolve this conflict we've gotta fix. What are we gonna do about this?

Dr. Melissa Sell ([00:12:22](#)):

We have to fix this problem. And, and you're, yeah, like I said, you hands and feet are cold, low appetite. That's when you're in the conflict. And this is, you know, this is knowledge that people need to start understanding. Am I in a conflict right now? Is there something in my life that is unresolved? Because you have to take this, this model, this knowledge and apply it in your own experience so that you can start navigating more wisely based on these biological laws. And so that goes on until you resolve it, until there's that sigh of relief of, Oh, okay, it's, we're gonna be okay. We, we found the thing that was lost. The, the person that was sick has recovered the, the, the money that we needed has come through the sigh of relief. And when the body ugh, has that sigh of relief, it shifts from conflict, active, active adaptation into the healing phase.

Dr. Melissa Sell ([00:13:12](#)):

And now the healing phase is when most people think that they are sick. This is when you become symptomatic for, you know, there are some conflicts where you can have symptoms during the conflict active phase, but for the vast majority of conflicts, you are, you know, you're just preoccupied and you're stressed, stressed out during the conflict. And then when you resolve it, you shift into fatigue. Ugh. Cuz you were in fight or flight, the body was actively using more resources to try to help you to survive that situation. Now it's like, we've made it to safety. We gotta, we gotta relax, we've gotta whew, go into the healing phase. And in the healing phase, there's swelling there's fluid accumulation at

the organ level. And at the brain level, because we have to repair, we have to set the body back to normal. So if tissues proliferated during the active phase, those tissues are no longer needed.

Dr. Melissa Sell ([00:14:04](#)):

They need to be decomposed. If we eroded tissue during that phase, we now need to build it back up. And so that's what's happening. There's a construction zone in your body, and your body is going through this process of tissue restoration and healing. And this is when you think you're sick. This is when recently someone was messaging me about they had a, a very severe sore throat. And I'm like, this is the healing phase when you have a very severe sore throat and swelling and you can't talk and it's hard to swallow. Your body is restoring tissue in, in that area to set you back to normal. And, and she said, it doesn't feel like it's healing. It's, it feels like I need a new throat. And I go, That's actually exactly what's happening. You are getting a new throat, your body is repairing and restoring tissues that were eroded because your throat widened because you couldn't swallow something that you were experiencing.

Dr. Melissa Sell ([00:14:58](#)):

And when you can't swallow something, your body interprets that literally. So even if it wasn't a literal situation, if you couldn't swallow a, a situation that occurred your body experiences that like a, like something physical that you couldn't swallow. And so it makes your throat wider. And now once you're in the healing phase, your body has to restore that tissue. And so you're literally getting a new throat. And that's why it feels so bad. And this is when people understand that when you're symptomatic, your body is in this restoration phase, again, you look at it differently. You don't say, Oh no, I gotta kill this bacteria. I have to get rid of, you know, this thing that's attacking my throat. Nothing's attacking your throat. Your body is in a restoration phase. Now, when you get to the point of maximum swelling, when your body has reached the maximum point of healing, there's a big squeeze.

Dr. Melissa Sell ([00:15:47](#)):

And so this is a we have to squeeze out the fluid from the organ level and from the brain level so that the body can continue on with the healing phase. And this is called the epicrisis. And the epicrisis often will happen around three, 4:00 AM when you get to the deepest point of rest and vegetonia, and it's almost like you'll dream, you'll dream what the original conflict was, and the body has a sympathetic search to squeeze out the edema. This will be like a coughing fit, a sneezing fit, you know, even a heart attack, a stroke, a seizure is that height of healing. And then the body goes into you'll have a urinary phase where you pee out all that water that you had accumulated, and then the body goes into the second phase of healing where there's continued restoration. And then you go back to the normal day night rhythm. And so this, that's the process of the second biological law. Do you wanna pause there or should I keep on going?

Caspar ([00:16:42](#)):

No, it's, it's, it's a lot. But it's also fascinating. So you got these two laws already in place, and this is the ones that Dr. Hamer had realized are, you know, five essential laws. So you have the psyche, the two phases, What is the third phase? Now, let's go one at a time from here.

Dr. Melissa Sell ([00:17:00](#)):

Yeah. So the, the third biological law is the ontogenetic system of cancer and cancer equivalence. So that's the chart behind me. And so this is the, the yellow, the orange, the red. This is how the tissues

operate in the conflict. And so we have different tissue layers that evolve during different periods of our biological ancestry. So the yellow is the oldest group. And so this is the most basic type of tissue. It's the endodermal tissue, and it's controlled from the brain stem. And so you wanna think of like the most basic organism that exists in the ocean. What does it do? You know, it's not worried about territory, it's not worried about self-esteem. All it's doing is taking in nutrients, expelling nutrients you know, it's, it's breathing in some way. It's bringing in oxygen, and then it's reproducing itself.

Dr. Melissa Sell ([00:17:50](#)):

That's all it does. And so that's the, the endodermal tissue, those are the endodermal organ organs in our body that have endodermal tissue, like the lungs, like the lung, alveoli like the digestive system. And so these tissues, what they do when they're in conflict is proliferate. So there is cell cell growth during the active phase. And so if you, for example, a colon tumor, so if you have an indigestible morsel conflict, something that you can't process, something you cannot digest, the body says, Ugh, we have a program for that. Let me produce extra digestive juices to help you to break down this thing that you cannot digest. That's how this operates. And so there's going to be an impact in the brain stem and the cells are going to proliferate. And then during the healing phase, these cells get decomposed and broken down with bacteria that we'll talk about with the fourth biological law.

Dr. Melissa Sell ([00:18:43](#)):

So that's the yellow group. Then we have the orange. The orange is the mesoderm, and the mesoderm is divided into old mesoderm and new mesoderm. And so the old mesoderm is it operates similarly to the endoderm and it's controlled from the cerebellum. And so this is the protective layer. So Dr. Hamer, you know, he describes when, you know, an organism moves from the water onto the land, it needed an extra layer of protection because now there's, you know, you've got sun, the UV rays that we need protection from, we're moving along surfaces, so we needed protection. And so that's the dermis, the deep layer of skin, the protective layers around our organs, the plural, the pericardium. And so these tissues also proliferate during the active conflict. They become thicker. They produce this protective shield, this barrier to help protect you. So the, the conflict theme there is feeling attacked or feeling soiled in some way.

Dr. Melissa Sell ([00:19:37](#)):

And so again, cellular growth, proliferation during the active phase, and then cellular decomposition during the healing phase and breakdown. And so yes, the old mesoderm and the endoderm, they operate similarly. Then we move into the new mesoderm. And so the new mesodermal tissues are controlled from the cerebral medulla, and they operate they are the connective tissues of the body. So they are what gives us structure and form. And the theme of the types of conflicts associated with the new mesodermal tissues is self value and integrity, and, you know, a feeling of self-esteem or self-worth. And when we have a diminished self-worth, when we don't feel enough, not strong enough, I'm not fast enough. I need to be faster, I need to be better, I need to be more well equipped to handle this situation. What happens during this phase is there's loss of tissue.

Dr. Melissa Sell ([00:20:29](#)):

So there's cellular erosion of the mesodermal tissue during the active conflict followed by cellular restoration during the healing phase. You know how they say after you break a bone, it's the strongest bone in your body. It's that kind of thing. And so if you're feeling like a bad mother, so you, you, your child, you let them down in some way and you're, ugh, you're feeling like a bad mother. Your shoulder

is, your, is associated with relationships. And if you're a right-handed woman, your left shoulder is associated with your mother or your child. And so if you're feeling, you know, you're just racked with guilt and your feeling so bad, your body interprets that as I need to be stronger. I I need to be bigger, I need to be more well-equipped. And again, the body has this biological language, and the only way it can help you is to make your, your shoulder more robust, make it stronger, make it more capable of handling this relationship.

Dr. Melissa Sell ([00:21:23](#)):

And so there's cell loss during the active phase, and then their cell restoration, and then your shoulder becomes stronger. But when you're in the healing phase, it feels like, Oh my goodness, what have I done to my shoulder? You, you're achy and you're sore, but that's your body building you up from the inside out. Now we have the ectoderm. And so this is the most recent type of tissue, and this has is controlled from the cerebral cortex. So this is now we're dealing with territory and we're dealing with, you know, sexual relationships. We're dealing with a separation and these types of conflicts during the active phase, there is erosion, there's cellular loss. So for example, a separation conflict, you are missing your, your mother. A child gets put in daycare and they're missing their mother. And so during the active conflict, there is erosion, there's loss of ectodermal tissue cells.

Dr. Melissa Sell ([00:22:14](#)):

So like the skin loses cells and there's numbness. There's numbness, and there's memory loss because you know, when you it's, it's easier to forget the thing that you're missing than it is to remember, Oh my goodness, I I miss my mother, I miss my mother. And so there's, there's memory loss to help you forget your mother. I remember when I was a kid, someone told me that, you know, cats, if they lose their kittens, they forget about them and they'll, you know, they, they, And I was like, Oh, that, that's interesting. But it's functional. It's biologically functional because it's harder to remember the thing that you're missing. And so people who, you know, kids who have ADD or ADHD and they're just, you know, forgetting things or, you know, elderly people who have dementia separation conflicts, it's easier to forget the thing that you're missing than it is to remember it.

Dr. Melissa Sell ([00:22:58](#)):

And then also that cellular loss, that numbing of the skin. Then when the, the conflict is resolved, you have itchy red inflamed skin, when you have all inflammation is always healing. That's when the body is in that restoration phase. And so that's how the ectodermal tissues operate. And this is how, you know, for you, you use it as this compass. You go, Okay, well I've got a symptom. Something abnormal is happening in my body. And so you have to narrow it down. What tissue type are you dealing with? What organ is, is having the symptom? And then you map out, okay, well it's, it's the connective tissue, it's my, you know, it's my muscle, it's my joint. It's it's a, it's a gland, it's a swollen gland. You'll, you'll be able to narrow down the tissue type, how it operates and where, where you're at in the process with the third biological law.

Caspar ([00:23:48](#)):

So we got three down. I'm gonna give you a quick break to catch a breath, cuz that was a lot in there, and we still got two to go. But let me throw you a kind of a easy question here. Did, did Dr. Hammer say that every cancer has an emotional starting or emotional trauma connected to it?

Dr. Melissa Sell ([00:24:08](#)):

Well, yes, A conflict shock. He differentiates, you know, a biological conflict shock to differentiate from like a psychological conflict shock, you know, And so you can see it as psychobiological. It's, it's your whole organism. The the body is perceiving, you know this problem. And that's where you can have a psychological stress that's not a biological conflict shock. You know, you can be dealing with something that's, you know, it's stressful and worrisome and you're, you know, you're preoccupied with it, but if it didn't sufficiently catch you off guard, it's not a biological conflict shock that sets off the the adaptation program. And so there is some distinction and differentiation. So it's not just, you know, emotions or stress causes, causes cancer. It's the, you know, he's, he was very specific about the, the biological conflict shock that, you know, and it bypasses the conscious mind. It really is. It's a very primal thing that happens before you can even think about what happened, you know? So we add words to the things that happen after the fact. We, we categorize it and we say, Oh, it was this, it was that, but the body just, it's just experiencing. And so it is the, the totality of your beingness is experiencing this shock. And, and later we add the words to it.

Caspar ([00:25:20](#)):

Yeah, really interesting. And something I want to get back to, especially as it relates to something, again, so few people really I believe, understand in cancer and understand how to treat them. But, okay, let's go to number four now of the biological laws.

Dr. Melissa Sell ([00:25:34](#)):

So the, so the fourth biological law is the entogenetic system of microbes. And so this is what Dr. Harmer discovered is that our microbes are our friends. They are microsurgons and seasonal workers, and they live dormant in our tissues. And, you know, during the conflict, the body knows exactly what's going to need to happen. So for example, with the endodermal tissues, so if you're in a death fright conflict, and you are, you know, thinking you're going to die and you're lung alveoli are proliferating additional cells so that every breath you breathe in, you can take in more oxygen to your bloodstream, which is going to help you to get out of the dangerous situation. So when that's happening, your body knows it, and it in, in your lungs, there are tubercula bacteria in nature. This is in the natural order.

Dr. Melissa Sell ([00:26:26](#)):

There should be tubercula bacteria in our bodies. We've done a really great job of eradicating these, these helpers from our world, you know, with pasteurization and with, you know vaccination. We have tried to eliminate tubercula bacteria, but they are our helpers because when that conflict is resolved, the tubercular bacteria eat up that tumor and they decompose it. And so when a person is, you know, coughing up bloody mucus it is because their, their tubercular bacteria is decomposing this lung tumor that's no longer needed. And so the endodermal tissues that has the oldest type of bacteria, that's the, that's the tubercular bacteria. It's like a bacteria and a fungus very functional helper that we have to to break down this tumor. He, Dr. Hamer called them microsurgons. They can do what no surgeon can do. So a surgeon would have to what?

Dr. Melissa Sell ([00:27:24](#)):

Cut open the skin and the bone and all of this tissue to get in there and to remove this tumor. And the body has, has a microsurgons that can just break it down when it's no longer needed. You cough it up and you've got like, you know, smelly mucus and you're sweating and, and, and you know, you're coughing this up. But then when it's over, it's over. You know, your body has, has, has put you back to normal. But if you don't have the bacteria, the tumor will encapsulate. And so that's why we want to encourage, you

know, babies especially, that's when you start to populate the inside world with all of these good microbes. That's why, you know, babies put everything in their mouth because they're populating their inside world with all of these helpers so that if they should need them the body will have plenty of little microsurgers to decompose tissue cells.

Dr. Melissa Sell ([00:28:14](#)):

Now in the mesodermal tissues, the, the bacteria operate either in the decomposition or in the restoration. And so bacteria help to restore tissue as well. They are so functional and it's, it's the biggest misconception in conventional medicine that the microbe is responsible for the illness. That is that saying that the, the fire truck caused the fire that's saying that the, you know, the flies cause the garbage. No, they're there as a result of a process that you're missing. And so it's, when you understand this entire process and you see this microbe, this microbe is a helper. This microbe is simply informing us that the body is going through a healing process. Now with the red group, that's the viruses. And so Dr. Hamer said viruses, if they exist, because, you know, if you've been following this conversation at all for the last three years you know, the, the research that allegedly proves viruses is very shady.

Dr. Melissa Sell ([00:29:14](#)):

And what they do to the tissue samples to say that they've isolated a virus, there's a lot of questionable things that have gone on. So the virus, if you've seen the work of Dr. Andrew Kaufman and looking at the, the virus as an exosome, so that's something that is happening endogenously within the cell. You know, the body is producing this thing that's being called a virus. And so what I, what I refer to virus is as is simply evidence of adaptation. So when a person says, I've been diagnosed with a virus, all that is, all that tells me is that you have gone through an adaptive process, you've had a territorial fear conflict, you had a sexual separation conflict, you had some type of conflict, your body adapted. And what they are, you know, zooming in and looking at under the microscope is simply evidence that your body has adapted.

Dr. Melissa Sell ([00:30:01](#)):

Not that you got some type of external virus that caused damage to your tissues. And so when you really understand that like fungus and, and bacteria and viruses are all working together harmoniously to return the body to homeostasis, you do not fear germs. You don't fear doorknobs, you don't fear, you know people in public, you have no reason to cover your face or wear a mask or because you understand, oh, microbes, they, they, it will not, it will only if I have a conflict, that's the only time that my microbes become active.

Caspar ([00:30:36](#)):

That's so hard for a lot of people to understand these days. You know, it's, it's exactly the opposite of what we've been told, what we're pushed on, you know, and everything I'm hearing in a lot of what German new medicine talks about is kind of the counter position of so much of what we've been taught. And then you look at what's going on in today's world, it's understanding also that there needs to be some resilience to trauma. There needs to be that exposure to germs and, and, you know pathogens, there needs to be this involvement and understanding of how to deal with emotions, which it seems technology is completely changing with that, that, you know, understanding like all of these things are, are kind of, you know, illustrating why we have such a problem with things like cancer. Dr. Hamer's work is basically showing the way we're going about things is the reason these numbers continue to get worse

and worse for us, even though we're spending billions in modern medicine to combat this and they just keep getting worse.

Caspar ([00:31:39](#)):

But if you kind of took a step back and said, Well, let's look at some of this stuff. Let's look what's in back you on all of that and start to put it together, it starts to make a lot of sense. But again, I would have to say for some people, this is drastic. I'm not gonna open that can of worms on the virus. I could totally do that and go into Dr. Cowan's work and so many others and start to say, Are we really like looking at this properly? And is a virus really what we think it is? That's a huge, maybe we'll do another podcast on that, but, you know, let's, let's wrap it up with the fifth, cuz I do wanna get through these five biological laws cuz they are the foundation. They are so important to GNM So what's number five?

Dr. Melissa Sell ([00:32:19](#)):

So the, the fifth biological law is the quintessence. And this is, it kind of brings everything together. It's that there's nothing in nature that is malignant or evil, that everything works together harmoniously. That nothing here is meaningless. That it all has a, a proper function in a proper order. Because that's, you know, one of the most heartbreaking things because of the, the lies of conventional modern medicine and the misconceptions is the idea that your body has turned on you. The idea that your body is attacking you. People say, Oh, I have an autoimmune disease, my body has turned on me. And that couldn't be further from the truth. Your body is always working for your greatest benefit because the body is programmed for life. Life and reproduction. Your body wants you to live and your body wants you to reproduce. And so everything that it does, every adaptation is to help you to survive in this world and, and hopefully to reproduce. And that's, and the body would never work against itself. And to believe that your body works against itself is to believe a lie. You know? And so when you understand this quintessence that there, this is not, this is, this is meaningful, this is purposeful, this biology is operating for my benefit. It changes the way that you engage with, you know, when you have symptoms, you see it differently when you see it through this lens.

Caspar ([00:33:40](#)):

And you know, when you put these five laws together and you know, again, you do great job on YouTube and if anyone wants to jump into that and really dive in, they can watch you on there when you put 'em together. This, this creates this foundation for a whole new way of looking at health, of looking at medicine. But it doesn't change the fact that we all have emotional traumas in our lives and we all have death and, and events that that can scar us and can lead us in a way to what Dr. Hamer realized when he lost his son. He takes you into a cancerous estate almost to say that you create through that trauma. So what, what is it that a listener here can take away from saying, I know I'm gonna have, I know I'm gonna have these events happen, you know, how how do I then counter that creation of a trauma that leads to cancer?

Dr. Melissa Sell ([00:34:32](#)):

Yeah. And that, that is a deep philosophical spiritual kind of answer because you know, when you look to nature, when you are in tune with nature you know, when you see cycles of life and death and reproduction and you see kind of the, the circle of life you don't fear death. You know, you getting accustomed to, you know, cuz we live in a very messed up world and messed up society in the way that we look at life and youth and death and beauty and you know, we, we have very twisted ideas about it. And I think that returning to nature, returning to nature, returning to nature, learning from nature, you

know, if you see, you know, animals and you, you watch how nature operates and you get in tune with it, you know, and that's where Dr. Harmer, you know, there's this German New Medicine is what he called his work for a long time.

Dr. Melissa Sell ([00:35:19](#)):

And more recently before he passed, he wanted, he, he shifted the name over to Garman Heda, the Germanic Healing Knowledge. And the Germanic doesn't just come from him being German, from Germany, it comes from like the, the ancient Germanic peoples who like, like almost like, like the natives of, of Germania that they, they lived in harmony with nature. They knew how nature functioned and how it operated. And it is the divorce from nature. So where do all of these, you know, these traumas and these shocks and these conflicts, you know, it's because we have, we are not living, living in harmony with nature. We live very unnatural lives. And by getting back into some form of harmony with nature, in tune with seeing life cycles and death cycles, you know, you, you are impacted differently. You, you see the world differently.

Dr. Melissa Sell ([00:36:11](#)):

You look at loss and you see, you see the, the big, the bigger picture. You don't get so sucked in and zoomed into, you know, little petty problems. And is, I mean, some of the issues that people are dealing with are truly, they're the loss of, of family and connection. And it's like, okay, so we need to restore the family. That's a, a big revelation I've been having lately is the, you know, just the importance of a, a firm foundation of family and how so many, you know, adverse childhood events that occur and experiences that people have start in childhood. Where were your parents? You know, like, why were you put into daycare? What, what's going on with society that we have such you know, broken families and, and children who are, you know, not with their parents. And, and that I think is one of the biggest sources of, of sickness, of illness, of adaptation because we're living such unnatural lives that when you look at it, it makes no sense. It's like in nature, this would never happen. It's only because of technology and modernity and the way, you know, industrialization, the way that we operate in society, that's like the root of, of most of our problems.

Caspar ([00:37:20](#)):

Yeah, it's really awesome to hear you say that. Cause I really do have that stance that the further we get away from nature, the sicker we are. That's it. That's as simple as it gets. You wanna get, you know, healthier, just be more in nature, be more connected. You are part of nature. Let's be honest, we, we all say this like go into you are nature, you're an animal part of it, right? So even that like idea of separation, like let's be reconnected with, you never lost that connection. You're always there with nature. But it's funny, one of like, my favorite Instagram accounts to follow that I tell everyone to follow is this Instagram count. Nature is Metal. Have you ever heard of it?

Dr. Melissa Sell ([00:37:55](#)):

Oh, you know, I think I've probably seen a few posts from them.

Caspar ([00:37:58](#)):

It, it's basically like the, the ugly side of nature, but it's the real side of nature of like animals eating each other and rotting and all this stuff that you'd look at and go, Oh my goodness, that happened all the time. And that animals don't go, oh, sorry. Like, you know, Oh, that's gross. Like, no. Or like, you know, and animal eating another animal. And people be like, No. And listen, I've been there. I, I went on safari

when I was young and watched a young gazelle being eaten alive by a pack of hyenas and it was whimpering. And the tour guy, I remember I wanted to yell out and save this young gazelle. He goes, Don't, He's like, You will kill those hyenas. And they have, you know, this is life, this is nature, you know, stop living in your bubble. That the cute, you know, little fawn there has to like, no hyenas deserve to live also, this is the circle of life and we just are so distant from it. And when you watch that account, it's like, yeah, nature is medical me like metal, gruesome, it's all, but that is nature. It's not like a good or bad.

Dr. Melissa Sell ([00:39:00](#)):

Yes, exactly.

Caspar ([00:39:01](#)):

So it's, it's, you know, when whenever I, I try and like explain like what, what is healing? I I just think it's, you know, it's, it's nature doing what it does and disease is just going away from that. So, but German new medicine, or as you say Germanic Healing Knowledge is, is really like a, a scientific kind of explanation look at how we are disconnecting and how we are dealing with certain traumas. What would you say is kind of the, the biggest revelation you had or maybe some of the revelations people that you teach this to have in regards to how they go about life? Is it like more of a connection with nature? Is it being more in tune with their emotions? What would you say that is?

Dr. Melissa Sell ([00:39:45](#)):

Yeah, so for me it's awareness is that I need to know how I'm feeling, what's going on, what's unresolved. You know, it's, it's, it's taking stock. Like where am I right now? What's going on in my life? Like, because we do, we get so distracted and so busy and we're paying bills and we're trying to, it's like slow down. We have to slow down and actually look at what we're experiencing and, you know, so, so many people are, they're, they're disconnected Yeah. From their emotions, from how they're really feeling from their unresolved stuff from childhood and kind of, they're just, they're just so busy, you know? And again, that busyness is a part of modernity. It's not, you know, in nature. Look at the pace of nature. I mean, just look outside and just, ugh, you just sigh because it's like, oh, that's right.

Dr. Melissa Sell ([00:40:27](#)):

I'm so busy and I'm looking at the computer and looking at the clock and looking at the calendar and I'm just like so involved in all of this stuff that's just so opposite from my true nature. That's what people want. They just, you know, so many people were really relieved in a way to have the lockdowns and all of that because they're just like, I just wanna relax. I want, you know, cuz we just wanna go sit by the stream and watch the flowers grow really at, at our core is that's what we wanna do. It's like, do I wanna build this business? Do I wanna look at this computer all day? Do I wanna, you know, stack up all these numbers in my bank account? Like what is that that, you know, that isn't nature? And that's why it feels so weird and foreign and why it makes people sick is because it's creating conflict, because it's unnatural.

Dr. Melissa Sell ([00:41:09](#)):

And the more that you, you know, so when you're aware, and that's the thing is people stay numbed with, with caffeine and alcohol and drugs and, you know, we stay numb, we stay distracted so that we don't slow down enough to see why am I living this way? This doesn't make any sense, you know? And, and so much of this work is like, gotta pump the brakes and slow down and take stock of my life. And

what am I doing and what am I chasing after and why am I chasing this and what's actually important? And so if you're unaware and you're just numb you can continue doing that for a lifetime until you die, You know? But this, and, and that's the thing is this illness is a gift. This cancer is a gift because it, if it allows you to stumble across this information and you get to like, have some revelations about how the heck am I living my life?

Dr. Melissa Sell ([00:41:53](#)):

What do I want from this experience? Is it really about the, the money and the flash? Like what, what is my life about? You know? So it's very existential. It's kind of a big deal. And and if you're not aware of it, you know, the, you can just keep persisting. And that's why drugs they numb and they're like, Let's not actually fix you. Let's just keep you, let's just keep you numbed. Let's just keep you not awake. I mean, people who are depressed like that should be the biggest wake up call. And when you take a drug to like numb your depression, you just go further and further into this unnatural life. And it's like, no, this depression is like, should be a wake up call for you. This anxiety that you're feeling. You know, it's, it's meant to lead you out of the slave system and out of this, this unnatural life that you're living.

Dr. Melissa Sell ([00:42:40](#)):

And, and so it's, it's a great wake up call for the people who are ready to undertake. Kind of, cuz it does a lot of people, if if they are not ready to hear it, it's cuz they're not ready to exit. They're like, I'm not ready to relinquish this life that I'm building. I wanna, I wanna keep it for whatever reason. And, and you know, you gotta, you gotta do you, you gotta, you know, maybe you have to live through the suffering and the, you know, the experience to wake up to it. But people are, so many people are ready, they're ready to like, not live the same lives anymore. But it does, it requires kind of a, a big commitment to, to transforming how you operate in the world.

Caspar ([00:43:16](#)):

It requires a, a huge commitment, I have to say. Cuz you're gonna change in so many ways and it's going to be painful. Change is always, you know, usually resist it in some ways we like comfort of things we're doing. So you resist it and then it becomes more painful in a sense that you do that to yourself. But, you know, I, I so agree with you that disease itself is such a, a wonderful wake up call. It almost forces you to stop, right? It literally puts you in bed sometimes and, and gets you in a state of thinking differently almost. And everyone I know that have, has gone through chronic disease and come out truly healed, blesses that spot in their life, sees it as a total change and they go on to do wonderful things. I all say they usually pay it forward.

Caspar ([00:44:00](#)):

They change, you know, courses in their career, partners, spouse, whatever, become happier in life and help others as almost a mission and add value to other lives. But there is still, you know, most of us are chronically ill in the US let's say the majority of us. And we're given a choice of, you know, take the pill for the ill or, you know, or, or take this hard way out with something like applying GHK that perspective of it. When you work with people, are they already in a state where they want to leave that easy way out? The, the short term, you know, disease management, symptom suppression sort of way, or they still sort of battling that? Because I know in our practice, you know, in medi it's like 50 50, maybe even less I would say. Like, people know they're coming here for something different, but it's still incredibly hard to say, Ah man, I gotta change everything, really work at and go through some emotional stuff, you

know, when it, there's just the pill and that makes me feel better. What what do you find with your practice?

Dr. Melissa Sell ([00:45:05](#)):

Yeah, most people, by the time they find me, they've been through all of it. They've done the conventional, they've done the alternative, they've done the alternative alternative. And then they, they finally arrive at, at this work. And so, yeah, so by the time I, I reach people, it's often, they're, they're ready for, for whatever they're ready to, to learn and undertake. And now the actual doing of it, you know, they, they want it, but the actual doing and the parting ways with even, you know, some things that they're, like supplements and things like that, that they're just have gotten so used to, to needing. There is, there is a, a, you know, growing pains. There is further evolution that needs to take place within them in order to, to achieve that. But I think the desire is there to, to do whatever it takes to, you know, to really get to why, why is my body adapting in this way?

Dr. Melissa Sell ([00:45:51](#)):

Why am I still going through this? Because it is, it's a huge shift in how you operate in the world. And it, and it's like, and it's a moment to moment thing because our thought patterns and our perceptions and the way we see ourselves and the world and other people is, you know, it's, we're constantly having thoughts. We're constantly reacting to things. We're constantly, you know, kind of unconsciously engaging in reactivating our conflicts. And so that's where the, the core of the work I do with people, it is, it's awareness. It's like, I've gotta be paying attention. How am I responding to this? How am I reacting to this? What am I under the influence of? What ideas am I under the influence of? What old traumas am I under the influence of? What does it look like to actually grow beyond, beyond that? Who do, who am I? And you know, so many conflicts are identity conflicts. Who am I without this disease? Who am I if I leave this job, if I stop doing this thing, if I, you know, stop doing what my family wants me to do? Like what, who who will I be? And that's, that's big growing pains with that.

Caspar ([00:46:51](#)):

Huge, huge. And it, it is something that you see people get to where you are. And I understand that going conventional, special specialist, specialist, something a little alternative, a little more alternative than like, you know, functional integrative energy work. And then like, you finally end up like last chance sort of thing. That's our nickname here at the clinic, Last Chance New York instead of New York Center for Innovative Medicine. But you know, we always wanna help anyone that's, that's ready to be helped. But, you know, some people are addicted to these things. And you even stated that you were addicted to stress at one point. Can you talk about how you broke free of that addiction? Cuz that's an interesting one to me and I feel like a lot of people don't even know what that would be and probably are, especially in a place like New York you know, where you could be addicted to stress, to almost anxiety to the rat race of sorts. So can you give us a little bit of like how you broke free of that?

Dr. Melissa Sell ([00:47:50](#)):

Through awareness, through seeing the, you know, like the, the need to, to rush, rush rush and go, go, go. And just watching, you know, family patterns, how my parents operated in the world, How, how people are, are just doing life. And it is, it's this constant moving towards something, but you don't, it's not even a, a thing that you're moving towards that's, that's growth, you know? And that's again, the nature thing is I'm, you know, on a, a big mission to return my life to nature as wholeheartedly as I can. And it's, you know, and it's kind of taking a lot of groundwork, a lot of like, time to figure out where do I

wanna be? What is that going to look like to to change my lifestyle so dramatically. But it's what I've always longed for. Like when I was a child, like I, my, my fa fantasy as a kid was to live on a farm.

Dr. Melissa Sell ([00:48:35](#)):

And it's like that, you know, like that I've always wanted to live on a farm. And so I'm working in my life to get to that point where basically I can return to a farm and, and be on the land and be on the earth and, you know, re reconvene with nature in a way that's really natural to me. Cuz even this is like this I, I am using the technology. I rather you wanna start using things rather than being used by them. And so that's a big part of shifting your relationship to technology, to yeah, to your, your work, to the way that you make money, you know, to your relationship to money, what money means to you. Because that is, that's a big one because there's like this weird pressure, I gotta pay these bills to do these things.

Dr. Melissa Sell ([00:49:14](#)):

To do for what? For what purpose? Why, why are you really doing it? Does it, does it make sense? Is it sustainable? Do you wanna do this? You know, like pay bills until the day that you die. And just, it's like, what is it all about? You know? It's, it's such a big existential question, this rushing, this stress, this addiction to, you know, to bright shiny objects and you know, like, like, you know, look at gambling, look at, look at all of these, these hits and these fixes, these things that people are just like spending all of their money and energy and resources on doing. I mean, even just looking at your phone, how constantly and frequently we look at the phone, that's an addiction and we, it's just taking stock of all of it and doing it from a place of awareness cuz you can't engage and use it in a way I believe that's like, it's conscious, it's intentional, it's deliberate, you know?

Dr. Melissa Sell ([00:50:01](#)):

So looking at the things that you're doing in your life, is this conscious? Is this intentional? Is this deliberate or is this addictive? And no, I'm not thinking at all. It's just automatic. And, and so in order to break free from that, you have to watch yourself doing it. Watch yourself mindlessly engaging in something and say, Oh, that's very interesting. I didn't even think, I didn't even ask myself why am I doing this? And so slowing down, asking yourself why you're doing what you're doing. Recently I, I stopped drinking coffee and that was something that was just like, Oh my, my parents drank coffee there. It's like, Oh, everyone drink coffee? Oh, it's kind of no big deal. It's like, oh yeah, it's a little, you know, But no, it's, it, it truly is like, why do you drink coffee? If you drink coffee?

Dr. Melissa Sell ([00:50:40](#)):

Like, have you ever tried not drinking coffee? What, what would that be like? And it is, it's like a constant addiction to this, this stress. And it is like, it's like a fight, you know, in, in GNM too. It's you use coffee like a drug. So if you're in an intense healing phase and you know, during that healing phase, remember there's fluid and there's swelling and it's intense. You can take some, some caffeine to kind of just take the edge off a little bit of like a really intense healing phase where there's a lot of swelling in your brain. A lot of swelling in the organ. Why? What does it do? It causes blood constriction of your blood vessels. You know, it's a stress stimulant. And so, you know, drinking coffee every day, it's like I'm, that's a stress stimulant every single day that I'm taking in.

Dr. Melissa Sell ([00:51:22](#)):

And, and yeah, it's an addiction. And I, you know, when I thought about it and I, and, and I feel so much better being off of it, I feel so much less you know, like constricted in my brain where, where it was just

something that was so normal. It was such a normal thing that so many people even, you know, even healthy people drink coffee. And, and so, you know, that's just been a recent revelation of mine, of certain things that I just did because I just did them. And by slowing down and looking at it, and does this really make sense to me? Is this sustainable? Is this natural for me? And that came to the conclusion that no, it wasn't. And so I changed my lifestyle.

Caspar ([00:51:59](#)):

Yeah, it's really wild when you take stock of things, how we've normalized so many addictions, you know, it's just completely normal, like you said, every single day. And, and people know this. It's not like, Oh, I just enjoy my coffee. It's, I need it. I will have a headache and I will yell at you if I don't get it first thing in the morning. It's like, well, you are seriously addicted. That is a drug, you know, like user's response to not having they're fix. And then it's the other one, like, like you said, the phone, right? I, I've become very, very aware of, you know, consume less, create more is my sort of thing. I want to create things of value for people. I don't wanna sit there looking at people like pictures of their vacations the whole time that I barely know, you know, on there and just skimming for hours on it and the addictive.

Caspar ([00:52:50](#)):

But the idea that, that we kind of can't be away from phones for very long, or the idea that nowadays, I've heard of this, that we have a phantom response of as if we feel the phone going off or hear it buzzing because we want that dopamine hit of it, like a message of something that gets us to look at it and we literally think it's buzzing and we reach for it and look, and there was nothing there. It's like that our brain is like seeking it so much, and that's an addiction too, that you're literally creating a physiological response as if you are having one. But it's not. So we, I think you're, you know, it's so right to be, be incredibly aware of what you're doing. Don't go into auto, you know, response and, and just start to look at your life and start to be the architect of it. More of what you really want, not what you've been told, not what society's given you. Not everything else, but it isn't easy. Now, if someone wanted to work with you or another GHK practitioner, talk us through what that would look like. Would they just like contact you to start working remotely or they come in, Would they get lab tests or do you do kinesiology also on top? Like, what, what is that like?

Dr. Melissa Sell ([00:53:57](#)):

So for myself, my own process, everybody does a little bit differently. You know, like I am a co-founder of an organization called GK Global. And so it's a organization of, of practitioners of all varieties, you know, naturopaths, chiropractors nurses, people who are using the five biological laws in their work. And everybody does, you know, have different modalities and different things. Cuz that's the thing when it comes to resolving a conflict, there's not like one, one way to do it. You know, there's, there's so many ways to do it, really. It's whatever brings you ease and peace and helps you to understand and, and develop a new perspective. And that's why people, you know, spontaneously resolve things all the time. We're resolving things all day long. This is just my, my personal way of helping people is through developing this awareness.

Dr. Melissa Sell ([00:54:43](#)):

So I take people through a you know, we do a four series of, of sessions and there's opportunity for, you know, additional sessions. I do, I have a weekly group coaching as well, and it's about applying new ideas, you know, applying understanding using awareness, seeing where am I at in my process right now? How am how am I reacting to things? How am I responding? What are the triggers for me, You

know, So the biological conflict shock when that occurs, you the body takes a snapshot of all sorts of different things in your environment, and those things become these triggers. And so you have to kind of re-engineer the way that you respond to the world, the way that you react to things, but you have to be present in order to do that. And so that's that's my personal approach is it's very much a lot of introspection, a lot of awareness also taking practical steps.

Dr. Melissa Sell ([00:55:32](#)):

You know, you want the, the most easy solution to something and resolution of a conflict is going to be something very obvious. So if you lost an animal, a pet, it's get a new pet. If you lost a partner, get a new partner. Like, how can you practically replace the thing that you're missing? And then if, like, if it's not possible for whatever reason, that's when you have to rearrange your, your relationship to that thing. And that means, you know, perhaps forgiveness, perhaps just a radical transformation of your perception and how you view an experience that aspect of your life. And there's just, there's so many things, there's so many ways to, to get you to that point of resolution. But it is, it's personal work. It's like I give you the tools, I give you tools that I've worked, that I've worked for me, that's how I operate with people is that I have, these are the tools I've used to resolve my own conflicts to, you know, break my own bad habits, to become aware of things. And I share those with people and hope that you know, it, it helps them in their own experience and on their journey.

Caspar ([00:56:31](#)):

Yeah. It's all about the tools that you quit people with to then empower themselves. That's what real healing's about medicine, that giving you a pill that does nothing to empower you and just, you know, subsidizes and dolls you out that ain't healing, right? That's, that's not the approach we need right now. And you also have a mind master course, right? Can you tell us about that?

Dr. Melissa Sell ([00:56:52](#)):

Yeah, so there's my partner and I, this is, it predates actually even finding coming across G G H K we, we started working with, with consciousness and with perception. So like, I need to understand how I'm perceiving my world, You know, before I, I learned about this, I was just a wash in my emotions, and I thought, this is just the way that it is. This is just the way that it is. This is just the way situations are. And then I started seeing, oh no, this is the way I am because of my traumas and the stuff that's happened to me and the lens through which I see the world and the way that I was raised and all of that. My view of the world is very distorted. It's very, you know, it's clouded by so many ideas that aren't serving me.

Dr. Melissa Sell ([00:57:32](#)):

And so the the 10 module course we, we teach it in something called awareness school is, is to help you to see the layers of how your reality is distorted by, you know, ideas that you have based on situations and stuff that happened to you early on in life. And by seeing it, you can say, Oh, no wonder I keep attracting this kind of person. I keep ending up in this kind of situation. No wonder I can't, you know change the way my body looks, or I can't change this thing about, it's because I have fixed ideas that sit like way, way, way, way back behind what I'm aware of. And so by bringing that out into the forefront, I can say, Oh, no wonder. And then that's like the greatest thing is when you see, no wonder I couldn't make money.

Dr. Melissa Sell ([00:58:15](#)):

No wonder I had all of these beliefs about money and these ideas about money that made it impossible for me to make it, for me to accumulate it and to use it resourcefully I'm, you know, constantly losing money. It's because of beliefs and ideas that I had that I was not even aware were present in my psyche. And so by doing this work, it allows you to kind of illuminate all the things in your psyche, all the things in your experience that aren't serving you, that are holding you back, that are creating ongoing patterns of interactions and relationships. For me, it was in my relationships that really sparked my interest in doing this work for myself because I kept having the same relationship problems again and again and again. And it was like, why? Why can't I fix this? It's because I can't see it.

Dr. Melissa Sell ([00:58:58](#)):

And so if you're dealing with something that you're like, Why, why do I have this health symptom? Why do I have this relationship problem? Why does this thing keep happening? It's because you're not seeing how it's coming from you. You're blind to it. It's a blind spot. And so we, we in the course help you to illuminate those blind spots so you can see, Oh, this is coming, I, I am doing it. And that's, you know, and it's not like a, a blame, like a blame thing, Oh, I'm doing it, it's my fault. It's, it's, it's a responsibility thing. And it's, it's the, you feel so empowered when you see how it's coming from you. You no longer feel like a victim of it. You feel like you can take actions, shift your perspective, and you're like, like, Oh, of course I can change that because it's all coming from me.

Dr. Melissa Sell ([00:59:39](#)):

If it feels like it's coming from something outside of you or something that happened to you that you can't change, that's disempowering because then you're a victim. And when you're a victim, you know of, you know, being in a victim consciousness is one of the core causes of so many conflicts because you feel helpless. And when an animal feels helpless, that's why animals in captivity are notoriously sick, where animals in nature are not sick. Same thing with humans. We feel we're in captivity to ideas. We are, we feel like a victim of our upbringing of the world. And so we feel helpless. We feel like this small caged animal. And so our body is what constantly trying to adapt based on these biological laws in order to help us survive. So we have to see how we are not a victim and how, you know, yes, all of our experiences have shaped us, but we get to choose what we do with that now. And so that, you know, the whole program is just incredible for helping you to wake up to the unseen things back behind your experience.

Caspar ([01:00:38](#)):

So important. I've learned that victimhood mentality is never good for healing. And you mentioned consciousness. Are you a fan of Dr. David Hawkins work?

Dr. Melissa Sell ([01:00:47](#)):

You know, I haven't actually studied his work but I am familiar,

Caspar ([01:00:51](#)):

Ah, I just, I love his, I, that's where I was kind of first introduced to a lot of, even before German new medicine was just power verse force. And my father gave me that kind of earlier on to read and yeah, that idea of consciousness and, and that starts to shift and then you jump down the rabbit hole from there and you learn about German New Medicine, all this, and it, it does change your perspective, but awesome stuff. Where can people learn more about you, the course working with you?

Dr. Melissa Sell ([01:01:18](#)):

Yeah, so Dr.Melissasell.com, also my YouTube channel my Instagram and telegram.

Caspar ([01:01:24](#)):

Awesome. We'll put that up as well. Melissa, thank you so much. This has really been enlightening and I hope people, you know, do continue down the rabbit hole and, and learning and reconnecting with nature. And I shouldn't even say reconnecting, realizing we are all nature.

Dr. Melissa Sell ([01:01:39](#)):

Absolutely. Yeah. Thank you for having me. Any chance I have to share this with people, you know, if it reaches one more person that they can just like get turned on to this whole world of knowledge. It's just, it's so valuable.

Caspar ([01:01:50](#)):

And the great thing is, after that one person, they can't stop talking about it, so, you know, you're gonna reach so many others. This is something that really does shift your whole perspective so that one person, you know, ends up being 10, ends up being hundreds, if not thousands.

Dr. Melissa Sell ([01:02:04](#)):

Totally. Yes.

Caspar ([01:02:06](#)):

So if you're listening, although you know, we're only just starting to understand how emotions and past experience influence our health, German New Medicine lays out a science based approach that allows us to identify the causes of specific diseases, predict their development, and recognize the symptoms of healing. Perhaps it's something that you do wanna jump into and it interests you as much as it interests me. Until next time, keep writing your own healing story.