



## **The Five Levels of Healing**

**Guest: Dr. Dietrich Klinghardt**

**Niki Gratrix** Hello, everyone! This is Niki Gratrix. Welcome. Today, I am the very great honor and privilege of introducing one of the great doctors of our times, considered a medical genius by many of his colleagues and one of the major pioneers of mind, body, and energy medicine today. And that's Dr. Dietrich Klinghardt.

Dr. Klinghardt studied his degree in medicine in 1969 to 75 in psychology in 1977 to 1979 in Freiburg, Germany. He completed his PhD on the involvement of the autonomic nervous system in autoimmune disorders. While working in India as a junior physician, he encountered Eastern concepts of disease etiology and blended them with his Western training.

After immigrating to the U.S.A., he spent three years as a full-time emergency physician before becoming the medical director for the Santé Fe Pain Center. And then increasingly aware of the limitations of conventional medicine in dealing with chronic complex conditions, he went on to train in Eriksonian hypnotherapy and began to include body-oriented psychotherapeutic and counselling approaches in his work, along with neural therapy, mesotherapy injection techniques and psychoneurobiology.

Since the 1970s, Dr. Klinghardt has contributed significantly to the understanding of metal toxicity and its connection with chronic infections, in particular Lyme disease, illness and pain. And he's considered an authority on the subject. He's also developed Autonomic Response Testing, a comprehensive diagnostic system that's helped many practitioners to become accomplished holistic physicians.

He's lectured at many universities. He's been the associate professor at the Department of Applied Neurobiology at Capital University. He's regularly invited to speak at Medicine Week in Baden-Baden, Germany. Has written numerous books including *Psychokinesiology: A New Approach to Psychosomatic Medicine*.

And finally, he's the founder of the Klinghardt Academy in the U.S.A., the Academy of Neural Therapy, and the medical director of the Institute of Neurobiology, and the lead clinician at the Sofia Health Institute located in Woodinville, Washington, also the founder and chairman of the Institute of Neurobiology in Germany and Switzerland.

So, Dr. Klinghardt, we're truly honored to have you join us on the summit today! And a very warm welcome to you!

**Dr. Dietrich Klinghardt** Yeah, thank you! A warm welcome to you, also!

**Niki Gratrix** Yes, thanks! I thought I would read out your full bio there because it's a very interesting background and training that you've had. I've quoted you in different

articles and quoted you because I think you've articulated some really profound truths about the practice of medicine. In particular, what it means to practice holistic medicine.

So you've written and articulated things before like America is the land of biochemistry. And Germany and Russia are the countries of physics. Then there's the Eastern countries of religion. And you say really when you bring all those together, this is where you get holistic medicine.

And also you've commented that Americans generally are overeducated in biochemistry, undereducated in physics. And you've said when you go to Germany, it's the opposite way around. So they're undereducated in biochemistry and overeducated in physics.

So I'd be very grateful if you could share with us your model of the 5 levels of healing. And this is such a useful model for both clinicians and practitioners to consider as the framework and as a starting point. And it comes from all of that training and your background. So it's very relevant to just talk about that.

**Dr. Dietrich Klinghardt** Yeah, I'm happy to do that. So first of all, I lived for several years in India and worked as a physician. And during that time, I encountered the yogic healing system, yogic healing tradition, and heard a lecture and studied the material of Patanjali. He was the master really, who for the first time wrote down the rules that govern the Yoga techniques.

And he talked about the 5 bodies that humans have: their physical body. Then the next level would be the energy body. Past that, the mental body, we call it now. And beyond that, yet there's another body that he used to call the intuitive body. And then the last one is the spirit. And so I like to say that in the beginning that the model of the 5 levels of healing really is not my idea. It was stimulated by reading Patanjali's Yoga Sutras and other texts that he's written. This was several thousand years ago.

And then I became aware that in modern time, there's several other people that have elaborated on the system. And I think the most well-known is Rudolph Steiner. That is the founder of anthropology.

However, I put my own mind to the system. And I'd like to elaborate what I'm thinking and what I'm teaching and the practical applications of this. So let's go for it. And, of course, the 5 levels of healing for me has become the very foundation and understanding of what holistic medicine is and what it should be. It means looking at the human condition as a whole. Not as the body as a whole. But the human condition as a whole, that we are much more than the physical body.

And, of course, when we look at illness, illness can originate on any of these 5 levels I just mentioned. And a causal treatment of illness, that means the only way to get on top of a chronic illness or to heal an illness is by understanding the cause of it and working on that level, working on the cause of the illness, not on the symptoms that it creates.

And since there is 5 levels of our existence, there can be 5 levels where the causes enter our system. And therefore, treatment should also be potentially directed at any one of these 5 levels, which means a truly holistic physician should have healing tools that can be used on each one of these levels. And so I'm going to go into this now.

So there's a physical body, which really is what is contained within our skin. And it is really made up of two basic things. One, it has a structure to it. And there can be damage to the structure. And the structure can be perfected in a variety of ways. And then there's biochemistry. When we look within the structure, what holds us up, it's all about biochemistry: molecules interacting with each other being organized and ordered in a certain way.

And the physical body is, of course, what we're most familiar with. It can be injured in a variety of ways. It can be injured structurally. When we run with the car against the tree. That would be a structural injury resulting in a whole host of reactions, some of them being biochemical and some of them being structural. And the inflammation that comes and the stem cell activation, all that is ultimately a biochemical process.

Now, diagnostically, on the physical level, the main tool that we use as physicians is the physical exam. What is that? Well, the physical exam is really the application of our 5 senses to the diagnostic process. Now, we look at the patient. We touch the patient in a variety of ways. We smell. We sometimes we even apply our taste. We don't do that so much anymore, and so forth.

But on the physical level, of course, we have the whole realm of imaging techniques that show the structure. And we have a whole host of laboratory tests that look deeply into the biochemistry of the patient. And then there's the treatments on this level. Well, the treatment is probably you're most familiar with. That's the use of drugs, which is entirely based on the biochemistry. I would include here the use of herbs, vitamins, bioidentical hormones, but also the structural treatments. The most known one is physical therapy. But surgery would apply in my mind to be a structural treatment.

We're cutting. We're opening the body. We're changing the entire structure by taking things out or correcting them in a variety of ways and then sewing the body back up.

I would also say that low potency homeopathy belongs on this level. But there is a whole number of treatments that do not belong on this level. And I won't get into that. So this is pretty much the physical body. There's other aspects to it. But I think for our discussion, it's not relevant.

So, of course, what is important, how do we get injured on this level? Well, one is the structural injuries. And I would exclude that for now. But the main injury that occurs on this level is through the entry of toxins in our body. And the main toxins that we're dealing with right now is the most deeply penetrating or the most damaging is today, I would put aluminum in the front of everything else, followed by mercury and lead, for these are three of the most toxic metals that we're dealing with.

And then the other one is over 80,000 man-made chemicals have entered our life cycle, our body, in a variety of ways. And amongst these, a hierarchy has emerged. And I would put right now in terms of its damaging effect, the glyphosate, the main ingredient of Roundup and other herbicides on top of this list.

And each one of the toxins that enter our system profoundly change the way our biochemistry works, our cells work. The manufacturing of compounds that the cells have to do to keep us alive is interfered with. And we're entering some process of degeneration or misalignment of various parameters in our body.

So this is pretty much the nitty gritty of the physical body. And yes, it's important. But it's not the end of the story. So there's another level above this level. That's the level of physics. In general, we refer to it as the energy body. And energy in the designation in physics is simply the ability to do work, which is interesting.

So what is this energy? Well, there's only a few forces that are known in physics that comprises energy. One is the electromagnetic force. Then there is gravity. And there's the strong force and the weak force. And that's it. There's 4 forces that make up the movement that are responsible for what ties our molecules together. What makes our chemical reactions work. And what holds our body together.

But also, there's the physics that is created in our body and that creates our body extends well beyond our body. An example of that would be the intrinsic nervous system of the heart generates in its activity a strong magnetic field that is several times stronger than the magnetic field the brain creates, so our thinking processes.

And this magnetic field, of course, weakens and feels strength as it leaves the body. But there is no endpoint. Theoretically, the magnetic field that the body creates, especially the heart, goes all the way to infinity. It weakens continuously with the increased distance. But it never ends.

And what is often forgotten is that magnetic fields that are in our field also induce action potentials and electric phenomena in our body. That means if you're sitting next to another person or we're sitting in a group situation, we're listening to a rock concert, the combined magnetic activity of everyone is reciprocally affecting everybody. Everybody is changed in the presence of other people. But also a forest has a magnetic field that will affect you in a different way or the ocean, if you are aware of that.

And so diagnostically on this level, we have a whole huge variety of tools that is, of course, the conventional medical tools, the EEG, the EKG, there is electromyography, and so forth. There's ultrasound. They're all applications of physics. There's the x-ray, really, and MRI, which are all applications of physics to the physical body, the CT scan, and so forth.

Diagnostically in alternative medicine, we use heart rate variability. We use EAV testing, which largely relies, until today, on changes in skin resistance when we get stressed. There is applied kinesiology. And other forms of muscle testing, such as my own system called Autonomic Response Testing and so forth.

But in the French tradition, there is the auricular medicine from Dr. Nogier. There is the VAS or the Vascular Autonomic Reflex. And let me see, what else? There's thermography. There is many, many tools on this level that has become popular also in alternative medicine. That's as far as diagnosing goes.

But what do we have in terms of treatment? Well, any application of a magnetic field is magnetic mattresses and the use of static magnets on the skin. There's the use of electricity, such as intense units or other pull the plugs, a zapper, and other devices. Electromedicine is a whole new area in medicine that uses pure physics. There is color therapy. There is the therapy with application of sound and so forth.

So leading in this field, still today, is acupuncture. And a German similar treatment that has independently developed in Germany called neural therapy is mostly the injection of local anesthetics in different places in the body such as in the thyroid or into the tonsils. And local anesthetics create an electrical charge that helps the body to repair itself under the electric influence.

I personally use neural therapy as my main tool on this level. But in my office, also we use very, very strong magnetic fields. The treatment is PEMF—pulse electromagnetic fields. And there's a whole variety of tools out there that are helpful. There's one of the less known alternative treatment is designed by Walt Binder, a friend of mine. So there's a whole host of that.

And what makes us sick on this level is the exposure of pathological electromagnetic fields. I should say pathogenic electromagnetic fields. That means the illness-creating electromagnetic fields. And unfortunately, it is now known that almost everything manmade that's out there has an illness-producing effect. It starts with the 50 or 60 hertz electric currents in the house that are pulsing an electric field into the rooms, especially into the bedroom.

There is the effect of high-voltage power lines. This has been linked to leukemia. And then most devastating, most damaging is the effect of microwaves as used in cell phone communications and baby monitors and alarm systems in the house and, especially in a cordless phone in the house. Yeah, those radio frequencies have been shown to cause DNA-strand breaks, just like radioactive radiation does, maybe to a lesser degree.

But still, it cripples our genetic material. And it destroys the proteins in the cell wall and the cells. The cell wall receptors that help the cells communicate with each other. But also the production of items that the cells are producing is interfered with, such as the production of neurotransmitters and hormones and proteins and the repair material for the body. It's a disaster. Yeah. So that's the second level.

The third level is really the level of information, that information can have a beneficial effect and can have an illness-producing effect. We need energy to carry information. But energy itself can have destructive effects. But it doesn't supply the body one way or the other with what it needs. Energy needs to carry information. And that's the third level.

I call it the mental body. So the mental body basically stores inflammation all the way from conception to today, to current time. And the inflammation that we are exposed to in the learning process of life can have a permanent healing, nurturing effect or can have a destructive effect.

A lot of books have been written in the last 20 years on the effect of post-traumatic stress. Post-traumatic stress simply is the usually unconsciously held details of a memory of a catastrophic event, an unexpected sudden event, that changed the person's life, either by witnessing something that was horrible or suffering it yourself. It could just be something like a car accident or bicycle accident. But it could be a class-II trauma, which would be a continuous type of abuse that every Friday you were beaten up by your father when he came home drunken from the bar and so on, so forth.

So the third level is a whole host of events that shape us, what we learn in school, what the priest is teaching us. What our parents are teaching us creates beliefs that can be

restrictive or they can be liberating. Or they can be close to the truth. Or we can hold beliefs that are far away from what is true and will be severely crippling our life.

And the interesting thing that we found in others, as well, is that the beliefs that you hold greatly shape your health later in life. As I shared, what we hold deeply in our belief system greatly has an effect on our energy body. And that in turn has a strong effect on our biochemistry. We call this downhill causation. I'll get back to that later.

What we're all suffering from right now is a tremendous information overload. And the main part of information is estimated right now of the information that we're exposed to through television, through the media, and through the Internet, that 80 percent of it has huge traumatizing negative content and only 20 percent has a positive nurturing content. And everything that we have been exposed to works on our field.

I'll give you an example of that. There's now, it's call the class-IV trauma or the indirect trauma. People that were watching television during the 9/11 event when the planes flew into the towers and then the cameramen picked up pictures of people jumping out of the windows to their death, that many people that watched this on television—and there was plenty of opportunity to do it—the television stations all over the world were almost addicted to showing these pictures over and over. And what it left behind, though, is large groups of population were actually traumatized by watching this.

Traumatized means they now had developed insomnia. They had developed increased cortisol levels and levels of other stress hormones. And that in turn led to degeneration of different parts of the system. Without sleep, your body does not regenerate.

And after however many years it's been now—14, 15 years—of not sleeping, many of these people have become chronically ill just from watching something on television. So this is what I mean by information overload. It belongs on the third level and has a downhill cascading effect on the other levels.

Okay. I hope you're still with me.

**Niki Gratrix** Yes!

**Dr. Dietrich Klinghardt** So this was level number three.

**Niki Gratrix** Yep. Yeah, it's fantastic. It's super. Yes.

**Dr. Dietrich Klinghardt** So in terms of diagnostic tools, we largely rely on taking a good patient history. I also use psychological questionnaires to be able to quantify some of the level of psychological problems that the patient has.

Interesting is there are also homeopathy, not only in my opinion, but in the opinion of more wise people than me. Homeopathy belongs largely on the third level. It largely works on this level, especially when you get to the higher potencies in homeopathy. And so the homeopathic repertorizing the way you interview the patient and then come to the conclusion which remedy to give the patient also belongs here as a diagnostic tool.

But there is no hardcore objective scientific tool that I found that is useful on this level. I do my evaluation as a combination of interviewing the patient, taking notes, and using my Autonomic Response Testing, a form of kinesiology, to see which one of the elements

of the content that the patient presents to me is really causing significant stress in the patient.

There's other tools to do that with. There is different tools, lie detectors can be used for this or any form of skin resistance measurement that's used by many different groups out there. Generally, we refer to as biofeedback psychotherapy. You talk to the patient and you watch on an instrument or what part of the content causes stress.

Now, in terms of treatment tools on this level, of course, we have a whole host of treatments. First of all, there's classical homeopathy belongs here. I would say the model of homeopathy that uses combination remedies belongs entirely on the second level, on the energy body level, but not on the third level. A classical homeopathy when you give a single remedy, you see huge effects on clearing the mental body of its adverse acting content.

Any form of psychotherapy belongs on this level, I would say, including the depth psychology and psychoanalysis. I would say Jungian analysis has a chance of working on a level higher up, but most forms of psychotherapy work here. The newer forms of energy psychology, those of the readers who don't know, we do a psychological evaluation. But then you accompany it with an eye movement technique or tapping acupuncture points.

Those forms of therapy tend to have a more profound effect on healing the physical body because by working just on the third level, it is no guarantee that the healing impulse that you're placing on the third level finds its way downward through the second level into the biochemistry or structure of the patient.

But the moment you're actually including work on the second level, which is the tapping of acupuncture points or working on the autonomic nervous system with the eye movements, there's much, much better chance that the healing impulse created on the third level finds its way all the way through the second level to the first level.

And then, there is, of course, the body oriented psychotherapy, which uses the body work or breathing techniques to include the physical body in the treatment. And all of the techniques are valuable. And yet, none of them reach the fourth level, which I will talk about now.

And so, the fourth level is really the subject of transpersonal psychotherapy. But it's also the subject of all Shamanistic traditions and really of all the deeper healing traditions. The fourth level is something we experience in our dreams or in abnormal, let's put them in abnormal human states like near-death experiences in states of ecstasy. Even in states of psychosis or deep depression, we can experience the fourth level, which is usually scary to most newcomers.

When you first tiptoe your way into the fourth level, it's very scary because there's also a lot of dark phenomena there. The phenomena belong on this level really is the past lives. It's the realm of encountering non-incarnated spirits—a form of spirit-possession entities. There's a whole plethora of phenomena that we can encounter on this level. And this is generally an area of medicine physicians avoid to talk about.

Psychotherapists avoid to talk about it because they need to be cool. And psychotherapists now are trying to really do be the medical doctors of the mind and have become more scientific than medical doctors ever were. That means adhering to whatever can be proven in a double-blind study. And if it can't be studied that way, it doesn't exist.

So the fourth level is an area that is kindly still delegated to people that work in religious context or healers that work quietly in the basement of their homes and is generally not talked about in the circles of scientific exploration. And yet I have to say when you practice medicine honestly, you will have to deal with it. You come across patients that don't get well.

And then you have two choices. You can either say, "Sorry, I can't help you." Or you carefully listen to the patient. And you follow them into their state and often will discover that they're not healing because the cause of their illness is on the fourth level. And if you don't go there with the patients, you will not be able to help them. And so most physicians, most psychotherapists, retreat at that point. And unfortunately many of these patients that don't find help end up with being numbed with psychiatric medication, rather than finding the help that they need.

So for me, I've been looking for a reasonable tool. Having had some of my own experiences on this level, I realized it was very, very often the place I needed to go with my patients that wouldn't respond to reasonable other interventions. And so I found this tool called the Family Constellation Work about 20 years ago. And I want to describe that briefly.

First of all, the origin of that work is a German psychoanalyst, Bert Hellinger, who was also at the time when he developed this work was a priest. And actually, he was working for 17 years with the Zulu tribe in Africa, being delegated there from his church to work there. And he came back with the deep understanding of the voodoo method of healing.

And being trained as a psychoanalyst, and not just trained, but also as a teacher in psychoanalyst—he was very highly ranked at one point—he has other experiences that he realized he couldn't bring under the hat of conventional psychoanalysis and developed this work called Systemic Family Constellation Work.

And I'll briefly describe it. So people sit in a circle. The client discusses what the issue is that they like to have healing work done for. And then the client is asked to pick from the audience representatives for their siblings, their former partners, their mother, their father, their grandparents. And then the therapist has a job to create in some way a healing field. And very soon, the people that are representing family members start acting and feeling as if they were these family members.

And then the therapist creates some healing dialogues and healing interventions that often have a very, very profound effect on the client. And it is assumed that when you represent people that are deceased, that the healing impulse travels back to the realm and to the time when those people were alive or back to the realm where they are now and that this healing is transgenerational and has a profound impact not only on the client, but also on the living relatives of the client, the people where we can immediately get feedback.



I'll give you an example of that in order to make that clear. Now, I have managed over the last 20 years to condense this work so I can do it in the treatment room, just me and the client. So this was a family with a 6-year-old autistic boy. And Neil had never spoken before. And so he had no language. But he had done very reasonable recovery with the biomedical approach that I put him through. Yes, he took vitamins, methylated folates, B12, GcMAF, and some of the things that we do. And so he was doing good. But he still wasn't able to speak. And he was still not quite there.

And so his father came in to do this family work with me. And so what we did, I had him draw out a genogram. We made a drawing where he is represented his brother, his father, his mother and then above that his grandparents. And then we discussed different traumatic events that had happened to family members. Before, there was immigration involved. And there was a rape of a woman involved. And he cried some tears. And we attended to the people that were all deceased that we worked with.

And so about, I'd say, 30 minutes in the session, his wife stormed into my treatment room with the son. And she had waited outside in the waiting room. And the son, not only spoke, but he was fluently in bright and beautiful English talking to us. And so he had from one point to the next, he had a vocabulary of 600 words that then very rapidly expanded over the next few weeks and months.

So this is just to demonstrate that if the issue that compromises somebody's health is on the fourth level, in this transgenerational level, something to do with the past before the patient was conceived, in this case, it went way back. We went back about 150 years in this family tree. Then interventions on the third level or second level will not work. We'll have to go on that level.

And so we used this tool, the Family Constellation Work, where very, very often we find the true cause of illness of a patient. And we just clean off the patient's ancestry. And that creates a huge force field in the patient and infusion of ancestral energy that's very deeply healing.

The Family Constellation itself is a wonderful diagnostic tool. It's a wonderful treatment tool. But it can also be translated down into a treatment room and be made very practical for a single practitioner working with the patient in a treatment room without needing the group.

Okay, so this was the fourth level. So there is one more level to go. It's the fifth level. And the fifth level for me is the relationship that the patient has or the client has with the Divine. And for me, everyone is here because God is needing us to also expand, to grow, to learn. And we are learning while we're here.

And that learning goes back when we die to the Greater Soul. And this level is a part of the Greater Soul that reaches into us as we're learning here. And every one of us has a completely unique purpose for being here, completely different role, completely different destiny that as humans, we will never know what that is.

And my advice to people is, yes, find a way to become aware of what the Divine wants for you and what your mission is here and what wants to be learned? Usually it's obvious. It's the circumstances of your life that are exactly right for your learning. And all you have to do is deeply surrender to it and accept the circumstances of your life and then

see what it is within that, that you are able to learn and bring back to the whole when you die.

But my suggestion to clients is if you find a therapist who offers you help or guidance on the fifth level, run as fast as you can. No therapist has any role to work on this level. They can point you that way. They can recommend that you do your own expiration on that level, but avoid any teacher offering any teaching on this level.

Teachers can work on the fourth level—that is very, very important—and on the third level and on the second level and on the first level. But the teacher on the fifth level is God himself and should not be replaced with a mortal who will have their own experience, their own agenda, their own purpose for being here. And all they can do at best on that level is project their own mission onto a poor client, who then gets distracted and put on the wrong track.

Well, this is a brief introduction to the 5 levels. Now, there is one more thing to say. And I mentioned it before is the downward causation. Yeah. So first of all, illness can originate by traumata on every one of these levels. And healing should be addressed on each one of these levels. Let me say it in a different way.

Now, for example, with this boy, with the autistic boy, we can give him all the vitamin B12 injections in the world. It will not solve that his grandmother has been raped and almost beaten to death by her husband. If the trauma or the origin of an illness or part of an illness is on level number 4, then treatments on level number 1 cannot work.

Or let me give another example. If a patient is sleeping next to their Wi-Fi router in the bedroom and is bombarded with microwaves every day, then he can take all the vitamin C in the world, it will change not his illness. He has to switch the Wi-Fi off, at least at night.

And so the 5 levels of healing is a very, very helpful method in tracking where the likely origin is of the patient's illness and then designing a treatment that will address the cause of the illness. And only then can chronic illness be healed. Of course, this is bad business. If you have like, let's say, you have a psychological issue that is causing, let's say, a problem in the stomach meridian.

This would be the issues of anxiety, for example. That's usually the stomach meridian. And so let's say you had an early childhood trauma that left you with a dysfunctional meridian. And it's causing stomach problems. And now later in life, you have a stomach ulcer. Then, of course, it's good business that you need to take some antacids for the rest of your life. There's a lot of money to be made.

Or you could have an acupuncture session maybe twice a month for the rest of your life. The second level therapy that will stop the downward causation that stops the effect of the psychological trauma. But if you address it on the level where it originated, it's one brief psychotherapy intervention, some brief form of psychotherapy. I use my own method called mental field therapy or psychokinesiology. And it will take one treatment to come to the origin of it and deal with the original trauma.

You really have to re-experience this trauma to a mild degree while doing a healing intervention, which we do with a set of eye movements counter therapy and tapping of

acupuncture points. And then the trauma becomes a non-issue, loses its effect on the autonomic nervous system. The stomach ulcer heals. And she'll never have to take medication again. Nor will you need an acupuncture session again.

So the 5 levels of healing are really a very elegant, very effective, both a diagnostic system, but leading to a very effective, often lasting forms of treatment.

**Niki Gratrix** That was absolutely superb. And thank you so much for sharing it because almost the whole summit's really designed to address all of those interventions that you talked about and all the different imbalances. Everything on the summit is based around that. So it's a superb introduction to bring the whole picture together.

We only have a few more minutes here. But I would love just to share the Klinghardt Axiom as in the one that connects the emotional trauma toxins and microbes, the microbial infection. And also what an axiom is, you could share your axiom? And how you came about it very early on? I think back in 1984, I think you first came across that?

**Dr. Dietrich Klinghardt** Yeah. Yeah. So my own journey started with discovering myself. My health issues were very much linked to high levels of toxicity with mercury and lead in my system. And I became like one of the early pioneers, if you want, in using aggressive regime to detox people for mercury, using infusions with DMPS, with DMSA, using the penicillin, using EDTA in various ways and realized a lot of people were getting better with that. And it was very dramatic. And I got a reputation for that worldwide, people coming from all over the world.

But then we stumbled across a phenomenon that many of the people that were toxic with metals, also the moment you started decreasing the toxic load, started getting fevers, body aches, and diarrhea, and other signs of an infection and realizing that a chronic infection was becoming acute.

And from that, we saw over the many years that wherever the patient has compartmentalized deposited metals or other toxins, those areas on the body become breeding grounds for microbes and that the immune system cannot access those areas. And the moment we're actually mobilizing the toxins out of that area, the immune system does get access to it and starts fighting with the microbes.

And actually, the signs of chronic infection that the patient gets are actually signs of that the chronic infection that the body could not get on top of is becoming acute. And the body is now actually succeeding in eliminating the microbes. Admittedly, very often, in a chronically ill person, we need to give them help at that stage with some antimicrobial support. Usually, I use herbs for that.

And then the question bothered me. Why are some people toxic in the connective tissue, some people in the brain, some people only in the ears, some in the thyroid, many just in the liver, some in the kidneys? Why do the toxins go certain places and not other places? And so in tracking that with my form of muscle testing, it became very, very clear that if the patient has had an early childhood trauma, or those issues that I mentioned before from the fourth level, or an unresolved conflict, that there are specific areas in the body that get compromised.

And in Chinese medicine, it's very well known if you have an unresolved anger issue or resentment issue, it will affect your liver. If you have an unresolved fear or panic issue, it will affect your kidneys. If it's chronic sadness or grief, it will be your lungs and so forth.

And so what we tracked was, actually it is predictable, where a patient will become toxic depending on the psychoemotional issues. Admittedly, tying into that also is issues of past lives or from the family biography unhealed conflict.

And so once we saw that, it became clear to me that there's a strange system in place that, let's say if you have a full cup of unresolved emotional issues, then the body will store an equal amount of toxins in the body. And that cup full of toxins will now facilitate the growth of microbes, which will also flourish in the body to the same degree, to the same amount equivalent to the same amount as there are toxins in the body.

So we basically have three containers—the emotions, the toxins, and the microbes. And the body always manages to create an equilibrium between the three of them. Why is that helpful? Well, if you just detox somebody, you create an imbalance. You have the toxic cup is less full. And the microbes and emotions are still equally full as they were before. And this patient will now get emotional discomfort. They will become depressed, suicidal, angry. And the microbes will show their presence by fevers, diarrhea, body aches, fatigue, insomnia, and so forth.

And so what we realize if you really want to get somebody well, we always have to work on three levels. We have to always, when we decrease a toxic content, we have to have the body decreasing the microbes, the pathogens, including the parasites. And at the same time, we have to watch out for the emotions of the patient or the unresolved conflict.

And so my treatment that has evolved, this is so in one session, I may give the patient some, let's say, an injection of DMPS that reduces the mercury and lead levels right there. And then I test the patient with my system for microbes. And I couldn't see any before. And suddenly, right after the shot, I see that they've got maybe ascaris in the liver. And it's a worm or liver fluke. And that there's some Babesia in the brain and maybe some coxsackievirus in the heart that I couldn't see before. But now, it's showing up.

I now give the patient a treatment. Let's say I put him on some GCMAF. It doesn't really matter what that is right now, which addresses all those issues. I wait a few minutes. And I do my testing and find out now there's an emotional issue that has moved to the surface. And then I deal with that.

And so by in each treatment to address these three issues—toxins, microbes, and unresolved conflicts and emotions—I've created a huge success in helping a lot of people with chronic illness to move very quickly to higher ground with their illness. And that's really all I wanted to say.

**Niki Gratrix** Well, that is absolutely fantastic. So thank you so much for your time sharing that. That last piece that you shared there, the Klinghardt, axiom, it really, that brings together so many core issues that we've focused on in the summit. The chemical toxicity is a huge aspect we've covered. It's interesting. I haven't covered microbes as much as people might have expected on a summit about chronic fatigue because it's not necessarily the first intervention.

And amazingly, if you look at the CDC figures coming through, adverse childhood events are a huge risk factor for chronic fatigue onset in later life. Big study, CDC confirmed. And not just in chronic fatigue, but all the major diseases of this world. So this is gigantic. The adverse child event issue has been overlooked in the chronic fatigue community. And just even in the complementary medicine side, we still haven't... You're just very far ahead of the game, Dr. Klinghardt.

**Dr. Dietrich Klinghardt** Maybe one famous last sentence and what nobody really has touched yet is that, of course, the adverse childhood event can be moved back one, two, or three generations. They may be in the area of epigenetics. And a lot of the chronic fatigue patients we see, we don't find the trauma in their childhood, but in the childhood of their father or their mother or their grandparents. And that's very, very well documented. But nobody dares to go there yet.

**Niki Gratrix** Well, that's so interesting because I also spoke recently to a major CFS advocacy website person. And they said, "Oh, I don't have any adverse childhood events." And then we asked about their parents. And that was exactly what we found. And we must remember that it is documented that, I think, third generation survivors of Holocaust victims have the same physiological changes as their grandparents. And that is documented, as well, isn't it?

**Dr. Dietrich Klinghardt** Absolutely. And every day there's a new study that shows the same thing.

**Niki Gratrix** Yes. So I hope the audience has appreciated. Dr. Klinghardt is a true pioneer and a huge inspiration to me and many other practitioners out there. And thank you for everything that you do.

Please share where is the easiest place that people can find out more about you and your work?

**Dr. Dietrich Klinghardt** Well, we have 3 websites. There is [KlinghardtAcademy.com](http://KlinghardtAcademy.com), [KlinghardtInstitute.com](http://KlinghardtInstitute.com). And then my office actually where I work in Seattle is Sofia Health Institute ([sophiahi.com](http://sophiahi.com)). They've all got .coms.

**Niki Gratrix** And just as a final comment, I would say to any practitioners, I absolutely recommend Dr. Klinghardt's ART—Autonomic Response Testing training courses. I was riveted on all of those courses. And it just expanded my mind in terms of understanding physics and the energy side, I don't think there's better training out there. So I can't recommend it enough.

And thank you once again, Dr. Klinghardt, for your time!

**Dr. Dietrich Klinghardt** Yeah. And thank you! Good night!