



Heilung der Organe: Wenn die Seele schreit und der Körper schmerzt (German Edition)

Kurt Hungerbühler

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Beschwerden des Körpers, die sich manchmal zu bösen Krankheiten entwickeln, haben häufig seelische Ursachen. Körper, Geist und Seele wirken aufeinander, das beweisen die vielen Forschungsprojekte der letzten Jahre, die deutlich machen, wie eng menschliche Organe und menschliche Seelen miteinander verbunden sind.

Der Körper ist das Sprachrohr der Seele. Jedes ungute Gefühl, egal ob es durch Zurückweisung, Trauer oder einen Streit entstanden ist, löst im Gehirn Reaktionen aus, die sich in einem bestimmten Organ niederschlagen.

Wenn etwas die Seele belastet, schüttet das Gehirn Stresshormone aus. Diese Hormone lassen die Bereitschaft der Zellen, Selbstheilung in Gang zu setzen, immer weiter absinken. Es lohnt sich also, sich die Zusammenhänge zwischen seelischer Befindlichkeit und den einzelnen Organen genauer anzusehen und Gegenstrategien zu entwickeln.

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