

## Common diseases in Germanic medicine

Those who have a physical body see a harsh spirit that has no physical body but is still alive, sharing a society with themselves. A person with a physical body will have both kinds of twitching scares at the same time. It is not a genetic disease, it is not something you are born with. It is a self-adjustment to physical maladjustment that does not need to be treated by medication and will disappear at a certain time.

Not a disease, **a sign of your fear**. Fear of clinging to your own spiritual body. In the most severe and final stages, two phenomena occur frequently in the body and then disappear of their own accord.

- **Spasticity**: soul body (at rest, more farts, back automatic, fingers automatic), occasional, habitual.
- **Cramps**: flesh (leg to foot muscles), short-term with continuity.

Inertial movement(English)/Aerobe(CH)

O<sub>2</sub>, the only mobile molecule in the air

CO<sub>2</sub>, a solid in the air

Aerobic exercise

- Pace: 20km/h
- Flowing movement and breathing: inhale O<sub>2</sub>, exhale CO<sub>2</sub> / skin area, thinking / head, movement / fingers / feet

**Genetic disorders, psychological disorders**: internal injuries, surgical/internal. by age 24, if incurable, emigrate abroad. After leaving the country, pass into environmental disease: trauma, cortical injury.

### **First aid methods**

The easiest thing to do for an elderly person with asthma in the family, or with a throat problem (phlegm in the throat), when she/he is lying in bed with an attack, is to help her/him sit up and work it out on her/his own.

### **Rhinoplasty**

People who have rhinoplasty should only have it done twice.

### **A brain attack is different from a stroke**

The left half of the brain is responsible for self-care ; the right half of the brain is responsible for speech and expression. A person with a brain attack loses the ability to take care of himself or herself on a daily basis, but has the ability to express himself or herself in a simple way. A person who has had a stroke, has a demented mouth, but has simple self-care skills.