



Don't be afraid of sovereign health decisions!

The last few years in particular have shown that doctors/ therapists are only human and can be misinformed or make mistakes. Greed for money or the doctor's fear of persecution/ punishment by higher-ranking institutions may also have been the reason for prescribing medicines/ therapies that did not benefit patients, but actually harmed them.

So it is not fear, but a “healthy” skepticism of the white coats that is called for!

What is a good therapist? How can we make sovereign health decisions?

I use the masculine form for therapist and patient below and of course also mean female therapists/patients.

- It is not just someone who has specialist knowledge and experience and regularly undergoes further training. It is someone who can impart so much knowledge to their patients that they can confidently make decisions about what to do.
- Before prescribing a therapy/ medication, the doctor needs to know exactly what effect it has, what side effects it can have and what it might cause in combination with other medications a patient is already taking. It is also interesting to know who recommends a particular remedy/ measure and whether these institutions are trustworthy. Unfortunately, “follow the money” often applies in medicine too: who benefits? The manufacturer of a product or you as the patient?
- A good therapist will take enough time to explain all the advantages and disadvantages of a measure/ medication to you clearly and completely. Only in this way is it possible for you - after sufficient time to think about it - to decide for or against it. This is referred to as “informed consent”, consent following comprehensive information.
- A good therapist carefully documents the effects and side effects, even if the specific incidents cannot be found in a package insert. It is important to find out which individual factors in combination with a remedy/ therapy affect you in a certain way. A good therapist will immediately look for alternatives to any undesirable side effects.
- If you have done your own research and put forward your ideas, they will be carefully examined and discussed with you.
- For a good therapist, your well-being always takes priority over financial “prescription incentives”, the “guidelines” or the pressure from institutions that presume to know what is “best” for you as an individual.
- Never leave the responsibility for your health to your doctor or any authorities.
- If you have the feeling that a therapist's explanations are not yet sufficient for you to decide for or against a therapy/ medication, ask for time to think about it or the opportunity to do further research yourself. Only when you are completely clear about the opportunities and risks can you make a confident decision.
- Use your common sense and don't let any scaremongering around you push you into making hasty decisions about your health.

- It is not selfish to make your own health a priority. Only if you are well can you help others.
- Inform yourself regularly on independent platforms [1,2,3,4,5] or in independent media [6,7,8,9], which always provide scientifically sound original sources for all statements/ reports made and are free of conflicts of interest because they are financed by donations. Support these platforms/ media if you have the financial means to do so. Studies financed by the pharmaceutical industry are by their very nature not exempt from a “conflict of interest”, because the financiers need a good result in order to be able to sell their product.
- You are body, mind and soul. Each part can be damaged and can therefore contribute to the development of an illness. Take time to explore yourself and make time for your own needs. If you are constantly concerned with the well-being of others, you will not be able to recognize your body's signals in time. These clues then manifest themselves in increasingly severe symptoms if you do not deal with the underlying factors. For example, this could be toxic behavioral patterns acquired in childhood that were useful to you at the time, but as an adult sabotage important relationships and produce mistakes in your dealings with others.
- No one is free from mistakes. However, unless you have the time, courage and decency to admit a mistake and make amends, it will haunt your soul and mind again and again, which can make your body sick.

Conclusion: The most important principle of a good therapist is: Do no harm! A good therapist is not an all-knowing authority figure who cannot be contradicted, but your advisor and companion. If you behave accordingly, you will realize who you are dealing with from the very first contact. The more informed you are, the more confidently you can make sovereign health decisions.

References:

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