



## **Prevention instead of worrying check-ups**

Have you ever received a reminder from your family doctor or health insurance company about what is due for a “preventive check-up” in the near future? For example, a mammogram, a colonoscopy, a “major blood count” or the annual “health check-up”?

Such a check-up, usually defined by a certain age, often ends with the recommendation of tests that you have to pay for yourself, a prescription or a warning of all kinds of illnesses if you do not adhere to the information given. Remember that every laboratory analysis is a snapshot and can be influenced in many ways. If a value is conspicuous, in most cases this means that it should be monitored and should not be used to draw conclusions about an existing illness.

Today's diagnostics are so technically advanced that even the (possible) development of diseases can be predicted. Unfortunately, the topic of health now involves a business model in which the focus is not on your health, but on profit. Therefore, keep the power over your well-being in your own hands and don't hand over responsibility to therapists/institutions that make money from your fear of illness. Some examples:

A colonoscopy only makes sense if someone has suspicious symptoms or belongs to a risk group. However, the examination involves risks that a healthy person should not expose themselves to [1]. Due to possible “overdiagnosis”, the Swiss Medical Board advises against mammography; any possible benefit does not outweigh the damage it can cause [2]. It was shown that the risk of breast cancer even increased after a false diagnosis by mammography. False alarms can make you ill [3].

If you read my blog regularly, you know that a healthy diet, regular exercise, sufficient relaxation and a functioning social network form a solid basis for your health. Here are more tips:

- Don't be misled by narratives that want you to believe that you have no influence on your health. Research now knows that beliefs can be stronger than genetics. If you believe in your self-healing powers, even when symptoms appear, they will most likely work.
- Listen to your body and its needs. Trust your intuition. You know when you need to make changes to your lifestyle to restore your well-being. Then your body will usually regulate itself and a visit to the doctor will not be necessary. Mind, body and soul are one unit. If you act against your mind or soul, signs will appear in your body as symptoms that show you that something needs to be changed. Allow yourself to listen to your mind and soul, even if your environment tries to prevent you from doing so.
- The main cause of many diseases is an elevated blood sugar level, which in turn leads to hyperacidity in your body. This causes inflammation, which robs your body of energy and can become a permanent inflammation if the underlying cause is not eliminated.
- Treat yourself to as many vitamin C-rich foods as possible in the form of fruit and vegetables. As your body does not store vitamin C, you can also take a good vitamin C supplement. Your body excretes what it doesn't need.

- Make sure that your gut, where 80% of the immune system is located, is doing well. A healthy diet, which is mainly alkaline [4] and contains sufficient fiber, ensures good digestion and elimination of toxins that we sometimes unintentionally ingest with food.
- The annual flu vaccination? Research says it's ineffective and harmful [5].
- Detoxify your pineal gland. It is involved in the regulation of almost all bodily functions, including blood pressure, fertility, the immune system and restful sleep. Such detoxification can also be supported by chocolate with a very high raw cocoa content [6].
- Are there people in your environment who drain your energy and your peace of mind? Limit contact with such contemporaries to the bare minimum. Don't be afraid to express your anger (as close as possible to the event that triggered it) if someone gives you cause to do so. This may or may not be towards the person who caused it. Anger arises when your own needs have to be constantly suppressed because others or you yourself put "more important things" in the foreground. It can be helpful to discuss this with a friend or to engage in physical activity that normalizes the often associated increase in blood pressure (which is often described by a doctor as "idiopathic" because an organic cause cannot be found). An effective antidote is to cultivate uplifting and harmonious relationships. In such relationships, it is also possible to bring unpleasant aspects to the table and clear them up in discussions.
- In addition to anger, anxiety - especially if it is maintained over a longer period of time - is also capable of changing the biochemical state of your body in such a way that illnesses can develop. You may have noticed this, too: The mainstream media has mainly spread fear in recent years. Propaganda that weakens your immune system and opens the way for diseases to develop. Antidote: Switch off and use the time for meditation or simply another form of relaxation!

**Conclusion:** It is not up for discussion here that you should not go to the doctor if you have symptoms of illness. But no illness can be avoided by taking health check-ups. Illnesses are caused by unhealthy habits - this includes worrying in advance or becoming anxious due to overdiagnosis. Your health is your responsibility: take care of health-promoting activities, trust in your self-healing powers and never let fear propaganda steal your optimism and your joy of life.

#### Literature:

- [1] <https://taz.de/Experten-warnen-vor-Vorsorge/!5164202/>
- [2] <https://www.nejm.org/doi/full/10.1056/NEJMp1401875>
- [3] <https://www.aerztezeitung.de/Medizin/Studie-Erhoehtes-Brustkrebsrisiko-nach-falsch-positiver-Mammografie-445357.html>
- [4] <https://www.zentrum-der-gesundheit.de/ernaehrung/ernaehrungsformen/basenuberschuessige-ernaehrung/basische-ernaehrung>
- [5] <https://www.pnas.org/doi/10.1073/pnas.1716561115>
- [6] <https://www.drnorthrup.com/why-you-should-detox-your-pineal-gland/>



Dr. phil. & HP Cornelia Renate Gottwald, Your Holistic Health Coach since 2006  
 Von Eichendorff Ring 10 a, D - 84405 Dorfen, Phone 0049-8081-9158, [www.best-in-balance.de](http://www.best-in-balance.de)