

# WHAT IMPACT DOES GEOPATHIC STRESS HAVE ON HEALTH AND WELL-BEING?

By Ulrike Banis, MD, ND (Austria)

## Geopathic Stress - Unknown Factor in Conventional Medicine

Geopathic stress is widely unknown as far as medical education in universities is concerned. Yet, worldwide there are dowzers who focus on this issue. Examples include: searching for water in regions where wells are about to be drilled; oil companies search for crude oil and people deciding on a future house location or move into new rooms. Are these people (dowzers) practising quackery? Are they stupid maniacs? Or is it possible there is a solid body of knowledge about factors deriving from the earth that can have an impact on human health and well being?

Before sharing with you my own thoughts on this subject, let me explain about my background and how I came to focus my attention on geopathic stress. Like all other medical professionals, I studied at university and learned a lot about diagnosing, treatments and remedies. This knowledge helped me a great deal while I was working in hospitals where the patients' complaints fitted well with what I had learned about diseases. However, when I established my own private practice, the picture changed. Suddenly I saw patients who complained about "not feeling well" or having symptoms such as "chronic fatigue", "sleeping disorders", "painful menstruation", "constant headaches in the early morning hours" and other complaints for which conventional diagnosis techniques could not identify any physical cause.

I tried to use the full range of what I had learned in the field of holistic healing to help these patients - and increase my reputation. I did neural therapy, acupuncture, chirotherapy, chelation and made use of nutritional supplements. But nothing seemed to help these patients in the long run - for after some time their complaints would return. At this point I was still not familiar with the concept of geopathic stress.

## Geopathic Stress in History

Over ten years ago, dissatisfied with people who would not get better no matter what I tried, I started to examine other techniques as a means of increasing my knowledge in this area. Based on a review of available literature, I discovered that the phenomenon of geopathic stress zones had been well known for ages. For instance: In Ancient China there was a law that forbid a house to be

built on a spot where a "bad earth demon" was living; in other words, where geopathic stress was present. Also, in early times in Europe, before a farmer would build a new house it was common to first allow the sheep to graze in the area. Where the sheep decided to bed down for the night was determined to be a good place to build the house. It is now known that sheep, like most mammals (except cats) instinctively know to avoid geopathies. More recently, during the 20th century, extensive research on geopathic stress was undertaken by such notable European researchers as Freiherr von Pohl, Drs. Aschoff, Bergsmann and Hartmann and Prof. Gockel, to mention a few. Even Prof. Sauerbruch, the famous surgeon who worked at Berlin`s Charity hospital, was quoted as telling his patients that after cancer surgery they should not return to the bed where they had become ill. The reason for his recommendation was that he was convinced that cancer had to do with the existence of geopathic stress being present in the place where they had been sleeping.

## What is Geopathic Stress?

The research work I have read provides ample examples of the experiences and evidence of various researchers. Where they all agree is that there are certain factors (or forces) coming from the earth that seem to interfere with the healthy functioning of our human body. Over the years various names have been used to describe these zones, including: gaps, cracks, water runs, Curry grid (named after Dr. Curry), global grid or Hartmann grid (also named after its founder, Dr. Hartmann from Heidelberg, Germany), Benker cube, etc. Yet, where researchers seem to disagree is on the physical nature of these geopathic stress zones. Some say that there is a certain Gamma radiation that causes illnesses attributed to geopathic stress; whereas others think that all geopathic stress is reflected from outer space and that these zones increase and decrease in size with the phases of the moon.

No matter what their source, a real problem has been that, with the exception of through a dowser, until recently, there has been no reliable and accurate instrument or method to use in exactly measuring the significance of these geopathic stress zones. That has long been a primary reason why geopathic zones have long been considered by many allopathic medical professionals to either not be real or be unimportant, quackery or of no significance.

*The geovita vial is always the first vial I use when testing with the Reba device. Since geopathic stress contributes to 30% of all chronic conditions eliminating it adds 30% more success rate to your patients!!*

## My History with Geopathic Stress

I am not really in a position to criticize my medical colleagues for adopting a position of scepticism respecting geopathic stress for this used to be my opinion as well. That was until my family moved into a new home over ten years ago. Practically as soon as we moved in my son became unable to sleep for even a single night. He liked his new bedroom and all the toys he had around the bed. He was even fond of his new school. In fact, everything seemed to be perfect, except he was unable to sleep at nights. This in turn caused him to experience learning difficulties, tiredness and a state of nervousness. His condition naturally affected me (as his mother) as well. His condition served as a strong catalyst for me to look for solutions. Being a naturally sceptical person, I did not believe it when we had a dowser inspect our house<sup>1</sup> and report that my son's room was exposed to geopathic stress and as a result he recommended that the his bed should be moved so it was outside of the geopathy. Once we had moved his bed to a different position, for the first time since we had moved to this house my son slept like a baby at night. This prompted me to start to wonder if there just might be something to this geopathic stress phenomena. Then when my son's good sleeping pattern remained stable over the next several months and he became good at school again and even more good looking than he used to be - it really convinced me, and I started to become interested in finding all that I could about geopathic stress and its implications concerning human health. That is when I started reading the works of the researchers to whom I referred above.

Now knowledgeable about geopathic stress, the next thing I wanted to know was whether or not geopathic stress was a part of my chronic patients' problems. To achieve this objective, I decided that the first thing I needed was something that would allow me to test my patients quickly and reliably for the presence of geopathic stress. Then, if geopathic stress was found, I wanted to be able to do something about it in terms of treatment. So I asked my husband (Dr. Reimar Banis) to design a test vial for me that I could easily use to test for geopathic stress by means of muscle testing, my favourite testing method. He created the "Geovita" vial for me, that nowadays is part of the Rubimed® Basic Test kit. This vial, for the first time, enabled me to test all my patients that had chronic conditions of any kind, and much to my surprise I discovered that most of them were affected by geopathic stress. Now, the geovita vial is always the first vial I use when testing with the Reba device. Since geo-

<sup>1</sup> Dowsing and dowsers are more common in Europe than in North America.

<sup>2</sup> The reason why it is important to change the bed position is two fold. Firstly, not only is it where we spend approximately 1/3 of our time each day and in a more or less stationary position, but secondly because sleep is when the autonomic regulation is in "vagus" and should be detoxifying, eliminating bad cells and refilling our energy batteries. If geopathic stress is affecting us then, it can be disastrous.



In this woman's lower abdomen there is no evidence of geopathic stress.



But I found a stress zone in the throat region. So I advised her to move her bed about 40 cm towards her feet in order to allow the throat and head to come out of the zone.

pathic stress contributes to 30% of all chronic conditions eliminating it adds 30% more success rate to your patients!! For patients who showed signs of geopathic stress, I then recommended they get a dowser to come to their homes to check it in order to change the position of the bed.<sup>2</sup>

Since in some cases patients did not want to spend money both on a dowser and me, I decided to refine the testing method so as to be able to give more detailed advice to my patients concerning the proper repositioning of the bed. This led me to testing for geopathic stress in segments. By this I mean that I would scan the body (starting at the feet and working up to the head) in order to find where evidence of geopathic stress existed on the body and where it did not.

The approach used was to let the patient hold the Geovita vial in front of certain parts of his or her body and I would then check the muscle reaction. Where the arm remained strong, there was no geopathic stress. But if the arm became weak I could tell the patient that this part of the body suffered from geopathic stress, which in

<sup>3</sup> Since this article was first written a few years ago I have changed my thinking in this area. I have observed that so long as geopathic stress is still affecting a person it seems to act as a significant impediment to other forms of therapy (holistic or allopathic) from working effectively. As a result, I have since adopted a position of not treating patients further who are unwilling to remove themselves from a harmful geopathy where their bed is located. It may sound harsh, but in my opinion, otherwise I am wasting my time and theirs!

<sup>4</sup> In Germany where the knowledge about geopathy is more known, some patients are sceptical when it comes to the obligation of moving the bed. In these cases you can try Geovita first.

**Table 1**

## Geopathic Stress Questionnaire

Please answer all the questions spontaneously.

Is it difficult for you to fall asleep?	Yes	No
Do you suffer from disturbed sleep?	Yes	No
Do you have frequent nightmares?	Yes	No
Do you wake up in the morning feeling tired?	Yes	No
Do you feel tired and exhausted during daytime?	Yes	No
Do you suffer from chronic fatigue?	Yes	No
Do you have difficulties to concentrate?	Yes	No
Do you suffer from headaches in the morning?	Yes	No
Do you have symptoms without a cause?	Yes	No
Do you have symptoms that do not respond to therapy?	Yes	No
Do you suffer from autonomic disturbances?	Yes	No
Do you feel much better at other places?	Yes	No

turn correlated with their normal sleeping position in their bed. They could then use this information in moving their bed in some way so that they were no longer sleeping in the harmful zone.

The experience at my practice is that by getting patients who show signs of exposure to geopathic stress to simply change the position of their beds causes approximately 30% of all symptoms to disappear, and that frequently chronic conditions improve. I also found that once the location of the bed was improved, my other holistic therapies became much more effective as the body seemed to respond faster and better to the impulses I gave the patient with these therapies.<sup>3</sup> The result has been that my patients end up being more satisfied with the treatment they receive from me, they become healed and they in turn send me more patients. I was surprised to see how easy it was and how much benefit could be achieved.

I know that not all medical professionals practice some method of testing their patients for geopathic stress. Therefore I want to give you some other clues that can help you to determine if geopathic stress may be a factor in your own patients' health. Table 1 (page 10) provides a list of useful questions that if you get your patients to answer will help you to detect geopathic stress very easily. If a patient answered "yes" in more than half of the questions, it is very likely that he/she suffers from geopathic stress. If you use this Geopathic Stress Questionnaire with all your patients suffering from chronic conditions you will be surprised how many cases of geopathic stress you will find.

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## What to do if Geopathic Stress is identified in a Patient?

The first thing is your patient needs do is to move the bed! You should also prescribe "Geovita®" drops, in a daily dosage of 12 drops two times a day (morning and evening). Taking the drops after moving the bed helps the body to get rid of the geopathic impact faster than usual; helps the body to sleep deeper and regain its regulation capacities faster; and helps to overcome the "withdrawal" symptoms of geopathy faster.<sup>4</sup> One bottle of 50 ml will last around five weeks. Now if the patients feel better, and their condition has improved after that time, you can persuade them more easily to make the changes in their bedrooms and to move the beds to a different position to get out of the geopathic stress zone.

I can understand that it might sound a bit funny to you as a medical professional to suddenly focus on things like "geopathic stress" (in that it has the air of sounding like something weird or exotic or perhaps even quackery) but my experience - being a medical professional myself - is that at least 30% of all chronic medical conditions are derived from this cause - or to put it differently, our patients would, be on average 30% healthier if we manage to find good sleeping places for everyone.

So like me, many of my colleagues in Europe who have already received training courses in Psychosomatic Energetics (PSE) agree that it is well worthwhile to reawaken to this knowledge that is not new at all, but instead has simply been forgotten over time, and is neglected nowadays by conventional medicine. One only needs to look at the tremendously exploding costs for medical care worldwide to develop an appreciation for

**Table 2**

### Major symptoms that can occur with geopathic stress

- sleeping disorders and nightmares
- children falling out of their beds
- feeling worn-out and tired in the morning
- chronic fatigue syndrome
- rheumatic pains and fibromyalgia
- autonomic disorders like sweating, freezing, dermatographism
- arrhythmias
- migraines, tension headaches
- muscle cramps, myogelosis
- no progress despite 'proper' treatment
- secondary infertility, hormonal disorders
- frequent miscarriages
- difficulties to learn and concentrate, especially children, like in ADD
- complaints without somatic cause

including testing and treating for geopathic stress into your therapy regime.

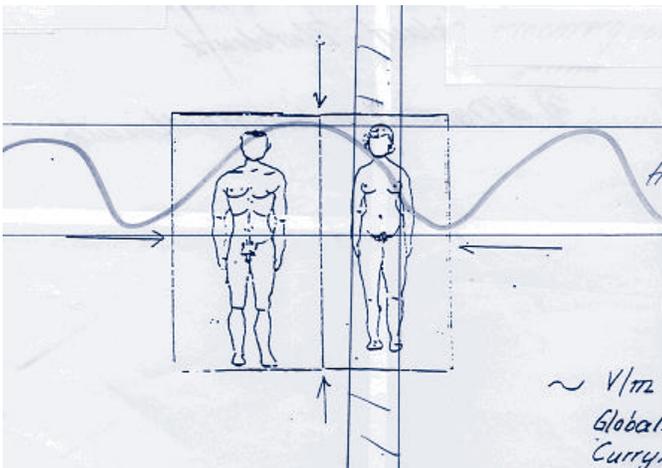
Your patients will be more than thankful if you manage to help them in such an easy and effective way - and they will bring you even more patients to treat - just keep in mind - this applies to around thirty percent of all chronic conditions!!

When you consider the large number of symptoms that can be derived from one source - geopathic stress - (identified in Table 2) you can quite easily understand how successful you can be in treating your patients if you factor this potential cause for illness into consideration. As a practitioner, it is not necessary that you be an adept tester to still be capable of identifying this hidden cause for illness. It is only necessary that you take the time to examine your patients' symptoms and get them to answer the questions listed in Table 1 above.

Geopathic stress, a force coming from the earth with the ability to make human beings ill, is not only of importance for humans, but for animals and plants as well. The mechanisms that are in effect are true for all creatures alike - the communication among the cells will be disturbed resulting in the improper functioning of the body.

Interestingly, geopathic interference is not harmful to all animals. For instance, bees, ants, flies, snakes and also cats are actually attracted to geopathies and stay healthy in those locations at the same time. Therefore, if you or one of your patients has a cat that likes to sleep on the bed, it is good evidence that the bed is located within a geopathic zone.

In terms of the plant kingdom, it is mainly cactus and palms that can resist geopathic stress, whereas most of the fruit growing trees will fall ill when they are planted on geopathic stress zones. I will never forget my own experience when we planted ten conifers in our garden - eight of which grew wonderfully, but two appeared to be crippled and stayed small, whereas the weeds and the



# Geovita



A complex homeopathic remedy that helps the body to more quickly:

- overcome geopathic stress and associated “withdrawal” symptoms
- regain its regulatory capacity
- experience deeper sleep

## Ingredients:

Ferrum metallicum	.....D6
Silicea	.....D12
Cuprum metallicum	.....D21
Formicum acidum	.....D21
Cerebrum totalis	.....D21

**ADULT DOSAGE:** Take 12 drops two times a day or as directed by a practitioner.

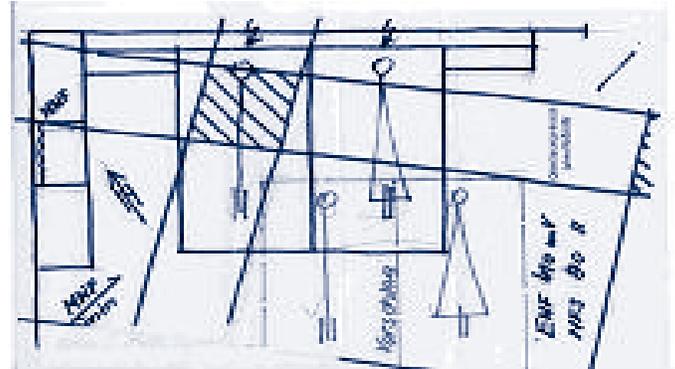
grass around them grew enormously. I thought these effects might have been due to my lack of "gardening talents" until I checked the place with my dowsing rods: These two plants were situated on a severe geopathic stress spot and as a result they could not grow properly!!

As I have learned, animals too can suffer from the influence of geopathic zones. On a visit to a large dairy farm I saw several cows that looked quite miserable. The farmer told me that they were always ill, they would not produce calves and they gave less milk than his other cows. Guess what? These cows were located in a part of the barn that had geopathic stress. Since being in their tight stalls meant that they could not avoid these zones they fell ill. I advised the farmer to give these cows a different place to stand and to sleep, even to rotate the sleeping places for all his cows in order to avoid impregnating them with geopathic stress. He did this and the cows regained their health.

What applies for most plants and the majority of animals is also true for human beings. Since humans are the most advanced species on the planet and have the greatest brain function and communicating abilities, it probably comes as no surprise that geopathic stress can have its greatest impact on people. Through its ability to impair brain functions and communication it is easy to understand why it is not a good idea for a person to stay in a geopathic stress zone for a long time.

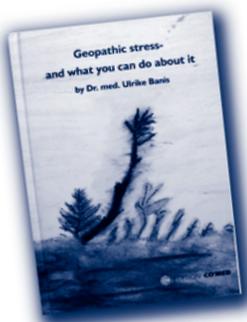
The illustrate further the impact geopathic stress can have on a person, I have cited below three case studies of actual patients from my practice:

**Case 1:** Mrs. H., had become a frequent patient at my clinic. She was always feeling sickly and as soon as I managed to cure one symptom another symptom would appear. Previously she had her uterus and thyroid gland removed and she suffered from swollen legs, back pains, chronic fatigue and aching feet. Based on conventional tests there was no evidence that anything was wrong with her.



Since she was one of those patients who had chronic symptoms without any progress despite many treatments, I decided to test her for geopathic stress. When I informed her that I detected evidence of geopathic stress, she was so thankful and made an appointment with a local dowser at once. The dowser found that, based on the location of her bed, her pelvis region and lower back were affected by a crossing of gaps with water plus a Curry grid crossing and Global grid crossing. This was consistent with my findings. (See Figure 1)

## Want to learn more about Geopathic Stress?



### Geopathic Stress- and what you can do about it

by Dr. Ulrike Banis, MD, ND

This book examines the impact geopathic stress has on our health, well being, immune system and autonomic regulation. The author gives numerous examples of cases from her practice that resulted in

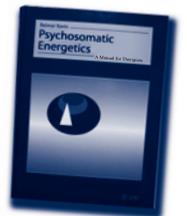
improved health as soon as the beds were moved away from geopathic stress. Sleeping disorders, chronic infections, migraines, pain can be treated much more easily, even cancer cases improve if geopathic stress is considered and taken care of. In this book you will find practical advice concerning what you can do to improve one's sleeping environment. This book is essential for laymen and for medical professionals who want to have the best of success in their work.

Also available:

### Psychosomatic Energetics by Dr. Reimar Banis, MD, ND

Written by Dr. Reimar Banis the founder of PSE, this book describes how to treat the subtle body which most people agree is a root cause of diseases and emotional problems.

Dr. Banis describes how as a physician in general medicine, he has an obligation to heal not only as quickly and gently as possible, but also address causes of diseases and produce lasting results. He describes how this is possible with PSE. After having examined and treated hundreds of patients with PSE, he has concluded that behind most diseases and interpersonal problems lie disturbances in the subtle



### Handbook of Psychosomatic Energetics by Dr. Ulrike Banis, MD, ND

This guidebook is suitable for medical professionals who are interested in "Psychosomatic Energetics". It contains a number of interesting case histories from the author's practice. In an everyday language the book describes the development of the method, the REBA test equipment and this different way of energetic testing. With typical case histories from daily practice you can see the logical link between the patient's symptoms and his/her autonomic balance.



After moving her bed away from that spot her overall condition improved in an almost incredible way. Without any other form of treatment, her frequency of visits to my office per month declined from two a month to two a year (for regular checkups)!

**Comment:** I often find that persons who are very sensitive tend to benefit the most from moving their bed away from a geopathy. I suppose this is because their sensitive regulation system can easily be disturbed by geopathic stress - and taking away the geopathic stress almost "causes miracles" to happen.

**Case 2:** Mrs. N, a woman of 55 years, came to see me for chronic fatigue and fibromyalgia which she had been experiencing since menopause. She suffered from various pains all over her body; she had given up exercises because she felt so weak; she was freezing all the time and felt miserable. No medical expert had been capable of helping her so far, as all the conventional findings had been normal. As these complaints are very frequent in our daily experience, every medical professional should consider "geopathic stress" to be one of the reasons that produce symptoms in our patients that cannot otherwise be explained.

As I checked her with the "Geovita vial" I found the region from the chest to head affected by geopathic stress. This provides an explanation for her various symptoms - for the heart, the lungs, the circulation and the thymus gland are all located in the chest region. Clearly, her blood pressure was too low to give her drive, she suffered from pain due to malfunction of her immune system, triggered by the thymus gland that could not work properly under geopathic stress.

Based on my testing I concluded that her bed needed to be moved towards the foot end. She had a dowser come to check the bedroom and sure enough the dowser's sketch clearly validates my test results on her and confirmed that the good position for her bed was exactly where I had proposed that she move it (See Figure 2 for existing and proposed bed positions).

She took the Geovita drops and after ten weeks I retested her and found that she had regained most of her power and that most of her former symptoms had also disappeared. She revealed that she enjoyed doing exercises again, she was no longer freezing, all pain was gone and she felt happy.

**Comment:** If you consider geopathic stress as potentially being a factor in making you patients ill, doing a simple test to determine the presence of geopathic stress may be rewarding for both you and your patients. Not only will your patients be healthier afterwards, for having gotten rid of this health risk factor, but also they will spread the news around that you were able to cure even the most desperate cases - and so your fame and your

income will increase at the same time.

I have also had particularly good success over the years at addressing cases of infertility by resulting problems of geopathic stress. This next case provides such an **Case 3:** Mrs F, born in 1959, had wanted to have a baby since 1992. Her husband had been diagnosed with azoospermia - which means no mobile sperms at all. In 1994 she had undergone a surgical treatment for cysts in her ovaries. Starting in 1992 she had had eight IVF (in-vitro-fertilizations), only one of which was "successful", but ended with a miscarriage in the 10th week of pregnancy. She fell sick from depressions and suffered from lower back pain. Her husband suffered from migraines and no treatment seem to help him.

**Legend:** The sketch of the bedroom (Figure 3) shows substantial evidence of geopathic stress: a geological gap, a large crack, a crossing of a global grid through the man's pelvis and a Curry grid crossing through the woman's body. Additionally, there is a water run through the pelvis and lower abdomen of the couple.

I tested Mrs F for geopathic stress in May 1996 and they moved their bed away from the spot immediately. She became pregnant in April 1997 and their son was born in January 1998.

The pregnancy was not disturbed by any complications, and both the back pain and the migraines disappeared without further treatment.

**Comment:** The maximum stress zone for both partners was the pelvis region - the place where the baby has to grow inside the uterus, and the place where the sperm have to grow to be able to move towards the follicle.

**Conclusion:** I hope you have found this information on geopathic stress to be both interesting and informative. For me (and my patients) the results have been so rewarding, it is really so easy to test a patient for this condition and it is fun to see people become healthy again! Give it a try.

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