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# **The Enteric Nervous System**

- the second nervous system in the area of the gut, acting as the mediator between the material, vital energetic and emotional planes**

**by Dr. Dr. Peter Schneider**



If people are asked where health, emotions and intuition are most likely to be located, they generally point to their stomachs. For many centuries a lot of people have also said that they make their decisions primarily from the gut. For a few years now we have also had the scientific proof that there is an important nerve centre in the gut, namely the so-called 'gastric brain'.

The 'gastric brain' is also known as the second brain, the gut brain or scientifically as the enteric nervous system (ENS), is an independent nerve system. It is embedded in the wall of the human and animal gut and works virtually independently of the central nervous system. With 100 million nerve cells, the enteric nervous system houses more nerves than the vertebral column. It has its own sensory neurons, interneurons and motor neurons. It bears a striking resemblance to the main brain in the skull, in both function and structure. There is a detailed description of the enteric nervous system in Issue No. 11, 2000, of the GEO journal and on the internet at the following address: [http://www.geo.de/themen/medizin\\_psychologie/zweites\\_gehirn/index.html](http://www.geo.de/themen/medizin_psychologie/zweites_gehirn/index.html)

On the basis of the extensive discoveries about the enteric nervous system in recent years, a separate medical discipline has grown up – neurogastroenterology. In animals the neural control mechanisms of gastrointestinal functions are currently under intensive study by Professor Schemann's working group at the Veterinary College in Hanover, Germany. On the basis of his research discoveries, Schemann has

come to the conclusion that "the gastric brain feels". Thus the second brain does a lot more than just the actual digestive work; it is the guarantor of the survival of body and soul. It is a source of highly psychotropic substances such as serotonin, dopamine, opiates and benzodiazepines. The gut nourishes the primary brain in many ways; on the other hand, the measurable flow of information from the CNS to the ENS is comparatively small.

### **The gut as an organ of defence**

The gut houses about 80% of the immunologically active tissue. Therefore in addition to its functions as an organ of resorption and elimination, it also has the job of direct contact with substances which have the power to damage the metabolism. If toxins, morbid microorganisms or intolerable foods are absorbed in the diet, the gastric brain is the first to sense the danger. A local defence is triggered, as e.g. elimination is stepped up, in the form of diarrhoea, and an alarm signal is sent to the CNS. Since the gastric brain is very closely associated with the emotional centre of humans and animals, naturally emotional feedback also takes place between the feelings and the gut. Thus an alarm situation, e.g. before examinations, can lead to a tensing of the intestinal muscle tone, which likewise leads to increased intestinal elimination. On the other hand constant tension may also lead to an inhibition of peristalsis, giving rise to constipation.

### **The Enteric Nervous System as the mediator between material, vital energetic and astral areas**

According to old oriental theories,

in addition to the visible material plane, man also exists on other planes, namely vital energetic, (etheric), emotional (astral), mental and spiritual planes. These planes are not separate from one another, but intensely linked and bound to one another. Whilst life energy is supplied on the vital energetic plane, an exchange and processing of emotional energy takes place on the astral plane. The mental plane is that of thought energy, with the help of which the energy from higher spiritual planes can be transformed downwards, and at the same time an exchange of thought energy takes place upwards. Not without reason did great poets and composers often say "The thought comes to me" or "The writing comes to me". The old German [*sic*] expression for this process, which is scarcely appreciated today even in the Duden dictionary, was once "me thinks" or the somewhat more modern "it appears to me". The conversion of mental energy takes place chiefly in the area of the head. The spiritual plane represents the connection to the higher, intellectual levels.

In therapeutic terms the vital energetic plane can be regulated very well with the help of low potency, homeopathic SANUM remedies or acupuncture, whilst the astral plane can also be regulated very well with the help of SANUM remedies, high potency homeopathics, Bach flower remedies, psychokinesiolog or psychotherapy. The formula MUCEDOKEHL is the primary agent in SANUM therapy on the emotional plane – its fields of use include neurovegetative disorders, anxiety and depression, among others.



The SANUM remedies which contain potency accords of carboxylic acids constitute a special group. These remedies work simultaneously on the material, vital energetic and astral planes. Thus SANUVIS, with the potency accord of lactic acid, has a regulatory effect both on superacidity and on energy and emotional blocks of the gastric meridian. CITROKEHL, with the potency accord of citric acids, regulates cell respiration and scleroses and also weakness of impulses. Finally FORMASAN, with the potency accord of formic acid, is used to cleanse the connective tissue and as a stimulant therapy for e.g. asthma, allergies, cancer and scleroses, and also for neuralgia.

Vital energy can be supplied direct to the body with the help of Hakakehl Plus energy plates. According to the Heilpraktiker Willi Prigge, the patient should lie on their right side with the left leg slightly forward and a big round energy plate, with the inscription uppermost, should be placed under the left inner ankle for a few minutes. Vital energy can be supplied locally with the help of a Hakakehl photon collector, which collects the energy from the surrounding area and concentrates it on a narrow area through a cable with a round or pointed tip. Local energy blocks can thus also be effectively removed with this instrument.

Fig. 1 (according to C.W. Leadbeater: The Chakras) shows a diagrammatic view of the individual existential planes. It is clear that the human body acts like a kind of aerial for the hierarchically ordered

existential planes. This is necessary in order to be able to exploit the creative powers of humans, which as we know manifest themselves from the top downwards.

Energy deficiencies, unresolved spiritual conflicts (“USC“ according to Klinghardt) or negative emotions can very much inhibit creative capabilities, whilst positive emotions and a balanced bodily energy can truly inspire them.

As the diagram shows, the enteric nervous system binds the material, vital energetic and emotional areas together. This is the explanation for the frequently very obvious subtle matter effects of certain nutrients. According to Dr. Werthmann, in present-day conditions, foods deriving from cows milk and hens eggs above all others should be considered intolerable for most patients. Werthmann consistently eliminates these foods from the diet, which in itself often gives the patient an incredible therapeutic boost. If this diet is supplemented with SANUM remedies which regulate symbiosis, such as FORTAKEHL and PEFRAKEHL, and with immunomodulation using the REBAS remedy for example, its effectiveness is even further enhanced.

One must assume that the aforementioned foods have not always been poorly tolerated. Even today many countries, such as e.g. Scandinavia, report that cows milk or derivative products are sometimes well tolerated and represent an important source of nourishment. These circumstances can be understood easily with the help of subtle matter test procedures. This means that either the sensitivity of the patient to these foods has changed or that the quality of the food in Germany is different from that in other countries. Probably both factors are true. It is easy to see from the relevant statistics that the incidence of chronic illnesses in our population is rising steeply, even and indeed particularly, among children. This means that not only the material plane but also the non-material planes are involved in these disease processes. In the realm of the enteric nervous system misdirections are occurring, which can affect the vital energetic and emotional planes as well, for example in the form of allergies. The increase in chronic illnesses is of course also affecting the animals from which food for humans is obtained. Thus 50% of our high performance cows are suffering from a chronic, sub-clinical

Inspirations	
Thinking	
Will power	mental sphere
Feelings	
Desires	
Sensations	astral sphere
Life force	
Emotions	
Depressions	
Aggressions	vital sphere

Fig. 1: the chakras of the human body and their attribution to existential planes



inflammation of the udder; in spite of that their milk is marketed as a food, since it complies with specific, materially measurable laboratory parameters. But like humans, animals too exist on the vital energetic and emotional planes, so that in these areas we can also expect to see direct influence from foods of animal origin.

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