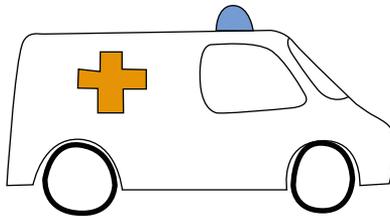
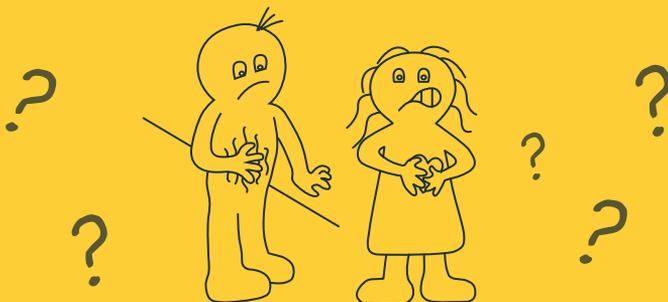


*A causal understanding of diseases  
based on the 5 Biological Laws of Nature*

We are all grateful for emergency medicine,  
which achieves truly outstanding results  
in life-threatening situations!



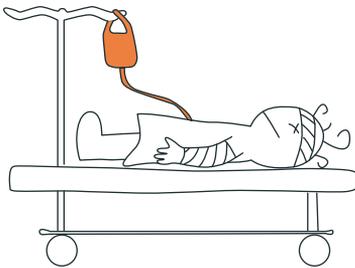
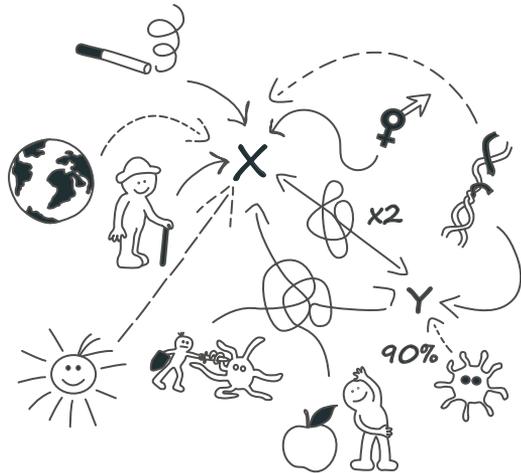
But what about the medical approach of diseases,  
especially in the understanding of cause?



## Introduction

Until now, we had no real understanding why we got disease X or stayed healthy, why one person became ill and another did not.

Even if the doctor was unaware of the cause, there was at least a system that offered support and occasionally some helpful therapy.



The successes of emergency and acute medicine were so impressive that we also felt we were in good hands with the other medical specialties and their treatment of symptoms. Even the myth of preventive medicine was able to thrive, as nobody knew the true causes of diseases:

So to this day, people still believe that those who eat a healthy diet, get enough sleep and exercise, avoid alcohol, nicotine and so on, can thereby prevent most serious illnesses.

Which suggests that it is just a "whim of nature" if someone has done everything "wrong" in their life in terms of exercise and diet and still lives relatively fit and lively into their 90s.

But oh how shocked we are when we hear that someone we know who has followed all the "preventative recommendations" has suffered a heart attack or that the doctors have even diagnosed them with cancer. What did he do wrong? The existing medical system cannot answer this question.

This booklet invites you to consider **a completely different perspective** on illness and health. It offers a radically new explanation of the "how" and "why" of illnesses, i.e. how changes occur in the organism, how they proceed and what purpose they serve. Accordingly, illness is not bad luck, and health is not a happy coincidence, but both are conditions that can be systematically understood through the model of the so-called **5 Biological Laws of Nature (5BN)**. They are as follows:

We are surely in agreement: our body is an ingenious system! And by adapting its functions, it is able to better sustain unusual situations or circumstances. Here are three examples:

Jogging increases our sweat and pulse rate.



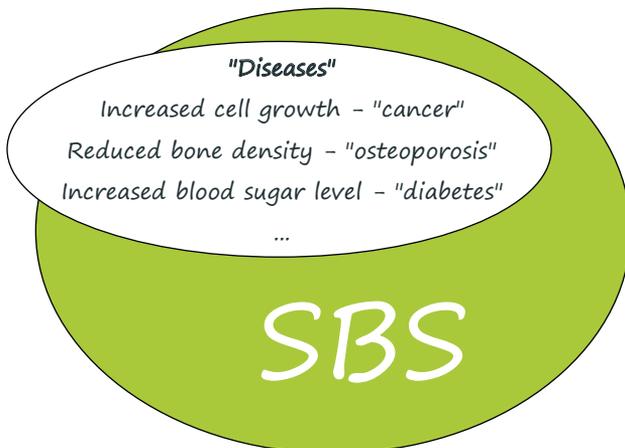
Frequent exposure to the sun for long periods of time darkens our skin.



Working our muscles at their maximum capacity increases their mass.



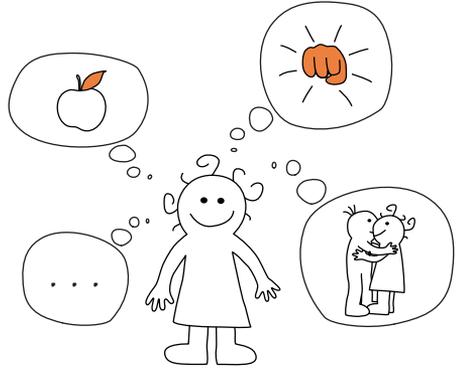
This makes sense because we easily understand the reason for it. In contrast, other functional and cellular changes are referred to as diseases ("cancer", "osteoporosis", ...) because no sense has yet been made of them.



Through the new model we recognize: Nothing in the body is wrong! All changes are part of nature's so-called **Significant Biological Special Programs**, abbreviated **SBS**, whose purpose is to support the survival of the individual or herd.

## Why special programs?

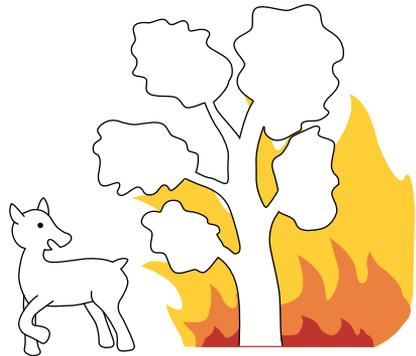
"Special" program means: A program that is intended for special emergencies and starts under special conditions, namely when **basic biological needs** are suddenly no longer fulfilled! For example, the intake of food or oxygen, physical integrity, contact with other living beings, status in our territory or reproduction.

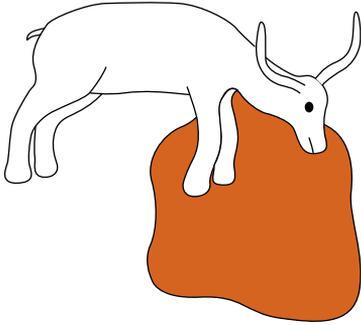


We find the same biological needs in animals, even if each species has its own particularities derived from its biological code. Since the majority of the body structure and its functions are very similar in all mammals, their adaptation mechanisms in the form of significant biological special programs are also largely identical. Only the situations in which a basic biological need is no longer fulfilled and which trigger a special program, are usually very different in humans and animals.

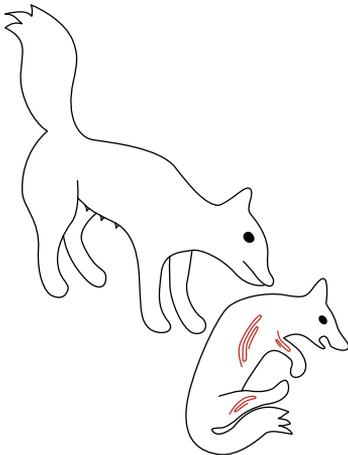
Here are **three examples**, first from the animal kingdom:

If a deer is surprised by a forest fire, its survival is in danger and it reacts with mortal fear. This sensation triggers the SBS, the Significant Biological Special Program, of the pulmonary alveoli, which are responsible for oxygen uptake. As part of the SBS, they maximize their function so that the deer can flee faster and longer to escape the threat.





The antelope finds its waterhole dried up and suddenly no longer knows where to find fresh water. In order to survive, it has to leave its safe, familiar environment and starts the SBS of the kidney collecting tubes. These are responsible for the reabsorption of water. The SBS leads to an increase in function so that almost all water is retained by the body, until the antelope has found another, safe source of water.



A fox cub falls down a slope and injures itself badly. The mother realizes that it is in acute danger and can no longer help itself. Her maternal need for the cub to be safe and cared for is violated. Now she, the mother, starts the SBS of her mammary glands in order to produce more milk and thus provide better care for her baby until it has recovered.

Almost everything that we have described, or got to know as a disease, occurs as part of such a significant special biological program. Today we recognize well over 100 different such **evolutionarily comprehensible** programs.

"Evolutionarily comprehensible" means that in an **archetypically natural way of life**, the programs make sense and help to survive the situation - as shown in the examples.

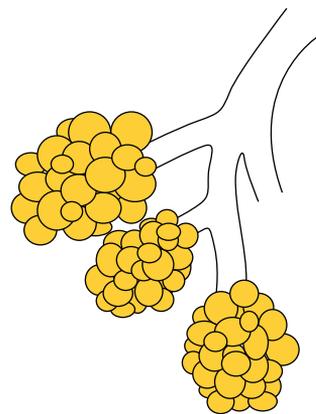
Let's take a look at the same examples in modern, unnatural lifestyles that are typically found in civilized humans:

Fear of death in nature only ever lasts a short time - either the animal escapes the threat or it dies. Humans, on the other hand, can suffer mortal fear for months, e.g. due to a serious medical diagnosis.

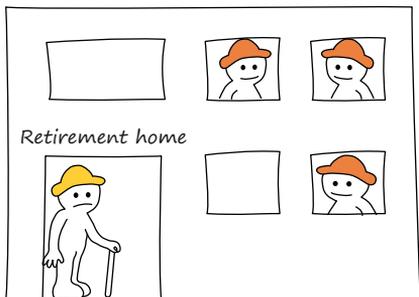


The fear of death is the same as that of the deer, but there is no real visible threat or enemy from which he could escape. He now remains in the feeling of fear of death for months or even years. This is a situation that our biological system was not designed for.

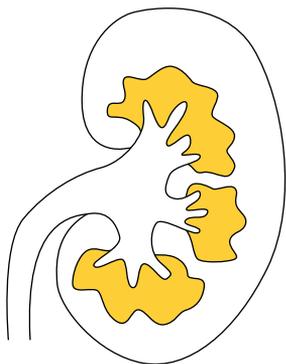
The SBS of the pulmonary alveoli starts here as well, only now they work at their maximum capacity for months rather than minutes. This causes the cells to multiply in order to better fulfill their task in the future. Depending on the intensity and duration, the cell proliferation is then visible in the X-ray image and is diagnosed as alveolar carcinoma or imprecisely as "lung cancer" at a visit to the doctor.



Even the loss of a safe and familiar environment, as in the example of the antelope, only lasts for a limited time in nature. The situation is often different for us humans:



For example, when the wife dies and the widowed old man has to leave his home - and is left alone in a retirement home. Depending on his perception of the situation, this can also trigger the SBS, the Significant Biological Special Program, of the kidney collection tubes.

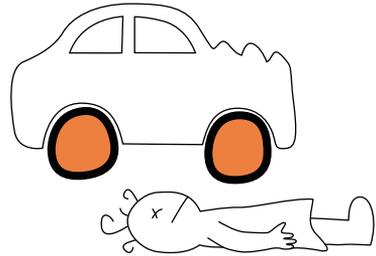


Unlike the antelope, which either dies or resolves the situation within a short time by finding a new, safe environment, the old man now remains here for the rest of his life. As his kidneys are now hardly excreting any water, he is diagnosed with "kidney failure".

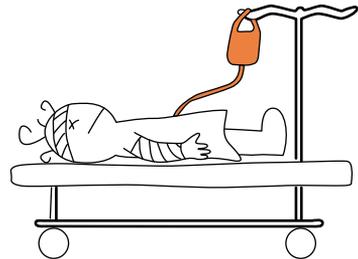
Why this elderly gentleman might react in this way and a hundred others might not, or might react completely differently, we will see...

The duration of the mammary gland SBS in nature is also always limited in time. This is different for us humans:

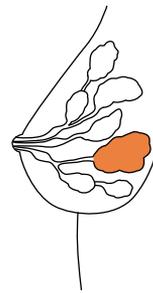
For example, if the young daughter suddenly runs into the street and is hit by a car. The mother will now start the same SBS as the mother fox, instinctively fearing for her daughter, in order to provide her child with more breast milk.



Unlike the fox in the forest, however, it is not necessarily decided within a few days whether the child dies or recovers. Thanks to emergency medicine, even the worst injuries can be treated through artificial life support for weeks and the child can survive such a terrible accident.



However, this also causes the SBS of the mammary glands in the mother to run for weeks, so that the cells working at their maximum capacity multiply. A mammary gland tumor forms, which is also imprecisely referred to as "breast cancer".



The start of an SBS means that our body reacts with its **animal logic** and tries as best it can to overcome the difficult situation.

Only if, in the case of this SBS, the woman persists for months in the feeling that the child is not being adequately cared for, will cell proliferation occur and, depending on the extent, ultimately lead to a cancer diagnosis, as in the case of our woman in this example.

All these special programs can only be understood in the context of the history of human evolution. They all serve to automatically regulate a living organism in an extraordinary situation or circumstance.



However, the **rapid development of our civilization** and the "modern", strictly regulated, and only slightly biological living conditions of us humans (and the animals we keep), mean that today we can no longer really escape many biological conflicts through short or medium-term functional changes alone.

However, if a functional change lasts for a very long time, it always leads to a change in the tissue. And depending on their location, these organic changes can then become health problems in their own right, which we then interpret and label as a "disease".



Would you like to know who discovered this model?

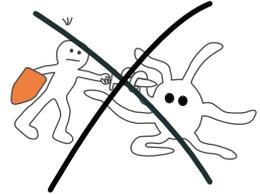
You can find out about this and much more in the freely available video series „Disease Is Different“, from which this brochure was created:

[www.disease-is-different.com](http://www.disease-is-different.com)

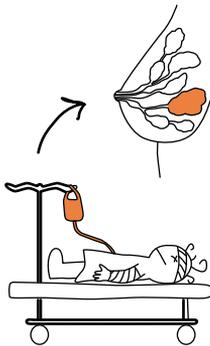


These connections are summarized in the **5th biological law of nature**, the law of understanding every so-called disease as part of a significant biological process of nature that can be understood in terms of evolutionary history.

There is no sign of the previously assumed causes, such as malignant cancer cells, pathogens or defects. We only see sensibly designed programs of our body, which lead to functional and cell changes through excessively long running times, which were previously regarded as malignant, infectious or defective.



What people do not understand easily frightens them. But now that the meaning of the special programs has been decoded and assumptions have given way to knowledge, the fear of what is happening in our body is fading. Our body is our ally! It has never been our enemy!



If the breast tumor patient from our example knows that the cell growth in her breast has a **very specific connection** to her life, it is no longer a chaotic, malignant process that in her mind inevitably leads to an agonizing death.

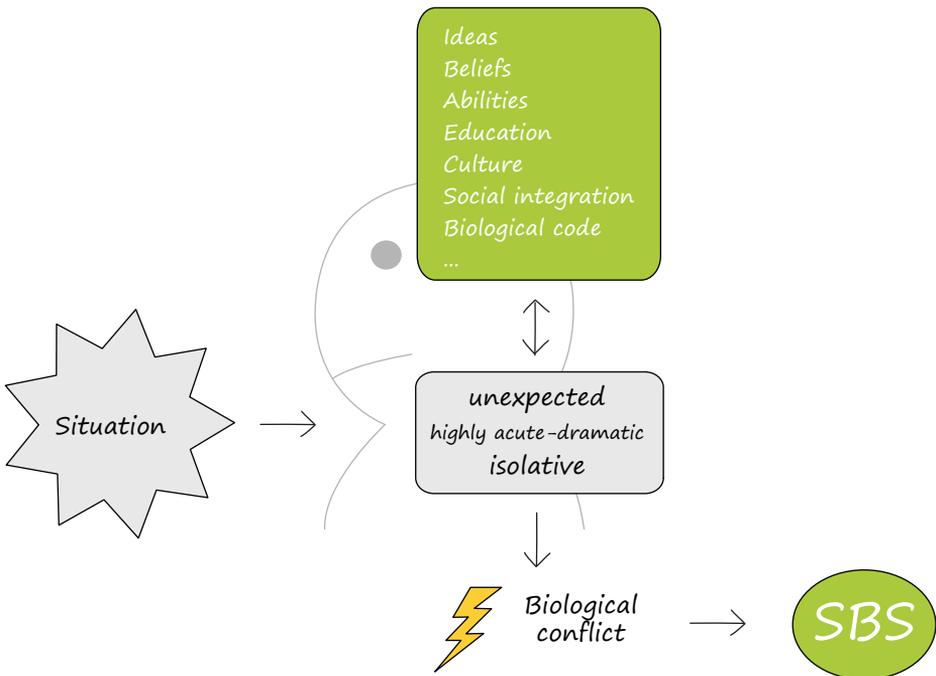
Rather, it is a regulated program whose reason for existence she can understand, whose further course is roughly predictable and above all: She herself has very specific options for influencing and acting to ensure its further positive course.

She is **no longer a victim of the disease**, but becomes an **active co-designer** of its further course through her knowledge of the 5 biological laws of nature. Just like the pulmonary alveoli, the kidney collecting tubules and the mammary glands, every tissue in the body has its own special program and therefore its own way of adapting in the event of conflict, following a precise, reproducible and predictable system, which we can see below.

## How does such a Significant Biological Special Program start?

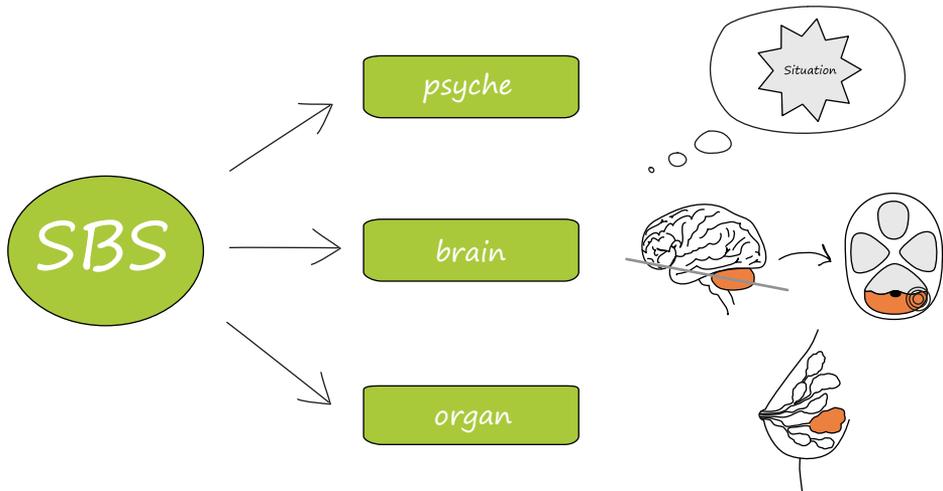
A person suddenly and completely unexpectedly perceives a situation or circumstance in which one of their basic biological needs are threatened and which they perceive as highly acute, dramatic and isolating. This means that they unexpectedly lose control of the highly stressful situation and feel alone with the threat.

At this moment, at least one significant biological special program starts, because these three criteria - **unexpected, highly acute-dramatic and isolative** – are making the situation a so-called **biological conflict**.



Whether someone perceives a situation as unexpected, highly acute-dramatic and isolative depends on their individual experiences, influences (education, culture, social integration, religion, ...) and abilities.

When an SBS starts, the **content of the conflict** determines which SBS applies. The conflict content always consists of a basic biological need that is threatened. Each specific conflict content has its own special program. The decision which SBS is activated is made at lightning speed, instinctively and beyond the mind, and activates synchronously on all three levels of our body: **psyche, brain and organ**.



On the level of the **psyche**, there will be obsessive thinking around the problem in order to achieve a resolution as quickly as possible. We can barely sleep and find it difficult to concentrate on other things.

At the same time, a CT scan of the **brain** reveals a ring-shaped pattern at a precisely defined location. The localization of this spot is not random. It is the "switching relay" for the affected organ or body part that has been activated. The arrangement of these relays is the same for everyone and we can locate them in the brain like places on a map.

Depending on the tissue type, there is either an increase or a decrease in function of the **organ**, which leads to cell proliferation or cell loss in the case of an unbiologically long duration.

There is a **logical connection** between every tissue in our body and the content of the conflict. Take the mucous membrane of our bladder, for example: in the animal kingdom, the urine collected in the bladder is used to mark territory. The conflict content of the bladder in a general sense, is the problem of demarcation.

Even if we don't pee in every corner of our territory like dogs, we still have a very good instinctive sense of our territory and its boundaries.

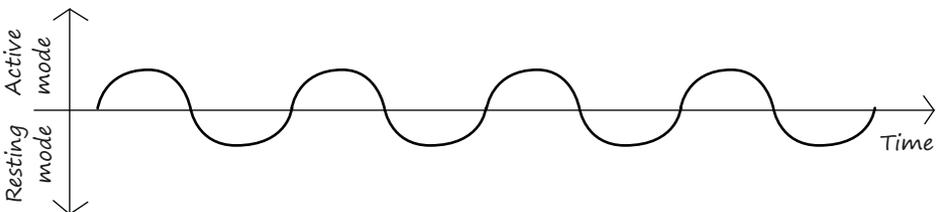
Incontinence or urinary dribbling is widespread among old people. Is it conceivable that this is because we often treat our elderly like underage children and overstep boundaries with well-meaning intentions? Where does an old person living in a retirement home still have a private retreat over which they alone have sovereignty?

All this is spelled out in the **first biological law of nature!**

## *How does a Significant Biological Special Program unfold?*

The **Second Biological Law of Nature** states that a complete SBS runs in two phases: the conflict-active phase and the conflict-resolved phase. It remains incomplete if there is no resolution to the conflict.

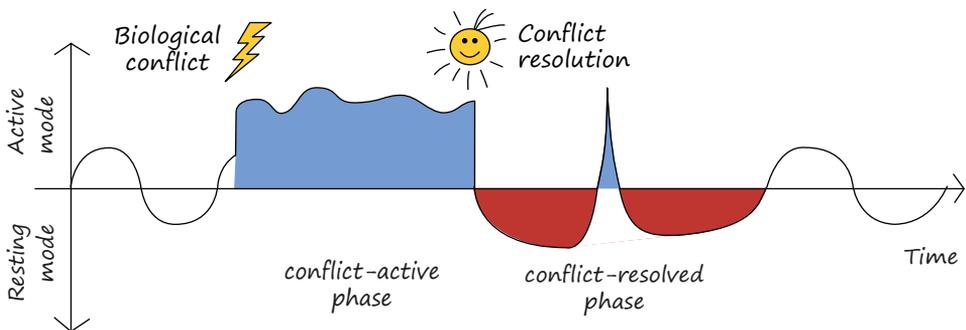
In the normal day/night rhythm, the organism alternates between active and resting mode.



If a biological conflict arises, the so-called **conflict-active phase** starts immediately. The organism switches to "alarm mode".

On a physical level, this means creating the best possible conditions for surviving the conflict situation by making appropriate functional changes.

When the conflict begins, you are awake for longer and find it difficult to relax, you feel internally driven and are constantly looking for a way out of the conflict. If this state continues for too long with no resolution, changes gradually will occur in the tissue of the organ that is working at its limit.



The conflict-active phase ends through **conflict resolution** when the causal threat has been overcome and the SBS loses its purpose.

Now the second phase begins, the so-called **conflict-resolved phase**, the duration and intensity of this correspond to those of the conflict-active phase.

On a psychological level, we are relaxed because the stressful situation has passed.

At the brain level, there is a swelling in the associated brain relay, which depending on its size can lead to various brain symptoms such as certain types of headache, nausea or temporary loss of function.

At organ level, the adaptations of the conflict-active phase are now reversed. If there has already been a change in the tissue, depending on the type of tissue, excess tissue is now broken down or new tissue is built up, which manifests itself as inflammation. Also, different microbes (so-called "viruses", bacteria, fungi, ...) can be observed here, which are symbiotically involved in these processes and were previously wrongly regarded as the cause of the symptoms.

Most of our everyday illnesses, such as a cold or cough, are diagnosed in the conflict-resolved phase, as this is when we feel "sick", may have a fever, complain of pain and require rest.

### *What use is the knowledge of the biphasic nature of the significant biological special programs?*

In the past, we tended to ignore our instincts, which led to long periods of conflict and thus to severe symptoms.

Now, with the knowledge gained from the 5BN, we can, for example, identify obsessive thinking as a psychological level of SBS long before we become aware of an ongoing SBS through physical changes.

We can plan targeted actions and strategies that make a quick resolution of the conflict likely, so that the SBS is less problematic and therefore has fewer and shorter symptoms.

On the other hand, a more severe symptom can now be considered in a differentiated way and a variety of targeted treatment strategies can be selected depending on the phase.

Today, we are still trying to cure symptoms that occur in the conflict-resolved phase. However, as this phase in itself is already the process of regeneration, we are making the paradoxical attempt to heal our organism from healing. There is no doubt that this phase is associated with varying degrees of suffering and risks - and alleviating this suffering is in the interests of all sufferers and sympathizers. The high demand on the **new art of accompanying suffering people** will be to alleviate this suffering as far as possible - but to make absolutely sure that the healing process is not sabotaged or even interrupted by the alleviating measures.

Author of the brochure: Ingmar Marquardt, Freudenbergstraße 130b,  
65201 Wiesbaden, Germany. Translator from german version: Mark Hanley

Note: The information presented is not intended as a recommendation for therapy or even an attempt at diagnosis or treatment. I accept no responsibility for any action or omission relating to the information, opinions or links presented here.

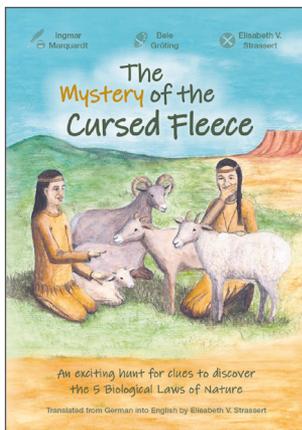
The 5BN model is not yet recognized by science / conventional medicine / the pharmaceutical industry and requires conscious, complete personal responsibility!

This introduction is about a precise, scientific model for the causal understanding of changes in the human organism that are referred to as "disease" - based on five laws.

This information enables new possibilities for action to be derived for a wide variety of illnesses - for everyday illnesses such as sore throats, chronic illnesses such as diabetes or even life-threatening illnesses such as cancer. Further information can be found at

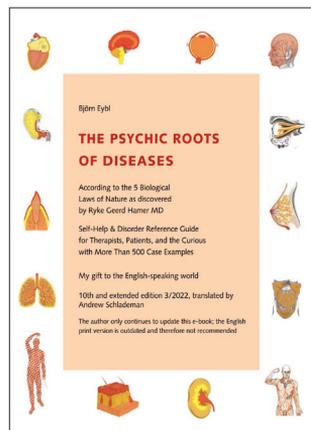
[www.disease-is-different.com](http://www.disease-is-different.com)

Series, list of therapists, testimonials,  
5BN children's book:



[www.5bn.at](http://www.5bn.at)

Study group 5BN, lectures,  
seminars and books:



All interested people are cordially invited to this introduction - however, a certain amount of time and calm reflection is necessary to consider this completely new understanding of illness and health.

**Contact:**