

"BLOOD IS A
VERY SPECIAL JUICE."

Johann Wolfgang von Goethe

Source: Faust. Part One of the Tragedy, Study room, Mephistopheles to Faust



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ULRIKE ICHA

Dark Field Microscopy

THE PRACTICAL HANDBOOK

Translated from German into English
by Jessica Umgeher;
English editing by Marian Russell

PHOENIX HEALING-HEALTH GUIDE

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Foreword

by Hubert Hodeček



June 1999 - a seminar in the Kinesiology Centre Team 13, a seminar, no, THE seminar for all of us, 25 kinesiologists are listening spellbound, crowding around the microscopes, not able to take their eyes off the big screen on which "he" explains and interprets the images from the dark field microscope.

He is Peter Linhart, a healer from Germany, the "miracle therapist" for the so-called "INCURABLE" who flock to him from all over Europe. He hardly has time, but DDr. Beate Schaffer, our doctor, sees the success in working with him, and she doesn't give up on inviting him over and over again until he accepts, and now, yes, now he is here. And in the blood of a seminar participant I get to see a living borrelia in huge magnification, spiralling through the plasma like a thin snake. He puts a drop of antibiotic near the blood and in a fraction of a second the coiled borrelia becomes a clumped ball, forming a bright protective shell around itself so that it is no longer recognisable as a borrelia to us and our immune system.

It was precisely in that moment that I clearly understood that the chemical way with poisons can never be the solution for preserving health or for regaining it. Because microbes, viruses, bacteria, parasites, fungi, etc., are part of nature. They want to live just as we do, and therefore they have developed strategies to live and survive within us since the beginning of their existence.

The deeper we dove into the topics of illness and

health, the more we realised that it is not about fighting the so-called enemies that have taken up residence inside of us, because these enemies only exist when our breeding ground suits them, when we have acids, slag, rubbish, and rottenness inside of us. We recognised how important it was to keep our inner and outer milieu clean and healthy, but not only through hygiene and healthy food. This keeping clean also applies to your thoughts, your feelings, your language, your consumption of media, television, the internet, mobile phones, your interaction with nature and with your fellow human beings. Only if YOU take care of your inner environment, if YOU take care of your mental, emotional, biochemical, and energetic environment on all levels, if YOU live in joy, appreciation, loving contact, and contentment with others, but above all with yourself, then these are the ideal conditions for your health.

I am accompanied by a phrase that we have known since the Middle Ages:

*Respect, love, and nurture your spirit and
your body, so that your soul has the desire
to live in it!*

Dear Ulli!

Thank you for having been a part of our team for years and for allowing me to express my thoughts and my approach to the dark field and health in the foreward of your book.

I hope you will receive lots of success with your work and your book, and above all, that many people will get to know about this dark field method through your book and will be able to use it for their health.

Hubert Hodeček

THANKS

and "Just do it!"



Many thanks to all the wonderful people who helped with the realization of this book and who have supported me in my progress in many ways:

Hubert Hodeček, who was the first person to get me excited about dark field microscopy. He was not only my first motivator, but is also a master with years of experience in this method, a gifted kinesiologist, and my absolute role model.

Dr. Hilbert Seeger, who was a true authority in dark field microscopy. He always took the time to answer my endless questions, despite his huge workload, and gave me the clarity I needed.

Prof. Mag. Herta Meirer, a woman with her heart in the right place, is an ace in the field of kinesiology and biology. She gave my work "the finishing touch".

The infinite patience of *Jessica Umgeher*, who translated the original German text into English, and *Marian Russell* who edited the English translation.

Also, thanks to *my mother*, who has always believed in me and who is open-minded towards all health topics. She taught me from an early age how beautiful and valuable nature is. Thanks to her loving care, many very special herbs thrive in her garden, from which she conjures fragrant teas for every "little ache".

Thanks to *my father*, who, in his well-intentioned way, sent the wish out into the universe that I "should

become something proper". He was the one who bequeathed to me the quality of sensitivity.

And thanks to my three sons, *Markus, Roman, and Michi*, who often took note without grumbling that I had less time for them when I was preoccupied in my research on dark field microscopy. My sons help me to maintain the necessary order and structure in my life and support me with their powerful existence.

And a big Thank You to you for buying this book, because it is important to me that you, too, get to learn about this fascinating method of blood observation. This book is my contribution to shed light on the subject of "dark field microscopy". There are many opinions in the field of health burdens and healing possibilities. I have included relevant research results and experiences of experts in this book, which refute quite a number of myths. My most important realization: With the help of dark field microscopy, we receive a particularly valuable insight into the *authentic vitality of our existence*.

In here, you will find some holistic connections and answers to your health questions. The blood shows the truth. As on the outside, so on the inside. As on the inside, so on the outside. With your new "insights" you will receive the prospect of a more vital life. Attention: you might be motivated to change your lifestyle habits. ***Just do it!***

*I hope you enjoy your journey
through this book and that you
gain lots of insightful
knowledge through it!
Ulrike Icha*