



Dr. med. Bodo Grahle

Facharzt Gynäkologie und  
Geburtshilfe FMH

## *Inner mobility: mindfulness, movement and Bryophyllum*

**Interview with Dr. med. Matthias Girke, Senior Physician of the Department of Internal Medicine at the Havelhöhe Community Hospital, is an expert in metabolic diseases. His textbook "Internal Medicine" (Salumed-Verlag) is one of the standard works of anthroposophic medicine.**

### **What what helps to reduce excess weight?**

**Girke:** Sometimes it's very simple things that need to be changed, such as the timing of the meal. If you hardly eat anything in the morning, but eat a lot in the evening, the main meal is in the build-up and recovery phase of the night - then you gain weight. It is better to combine the morning or noon with the big meals and eat little in the evening. In addition, however, the other levels must be taken into account.

### **In what way?**

**Girke:** Eurythmy is particularly important here, especially in overweight patients. Anthroposophic medicines with *Bryophyllum* can have a good effect on inner tension and restlessness. And, of course, one should ask: What is the cause of the inner restlessness or also for the depression? Sometimes it seems as if premature aging occurs, as if a person withdraws prematurely from life, he sees no future, food acquires a compensatory function. Too much food intake is then an expression of mental suffering, which is not worked with in the actual field, but covered with food. Mentally, resignation and inertia can develop, one can no longer glow or burn for something.



Bryophyllum, the germination zumpes, is a medicinal plant that is also useful as a medicine for diabetes – it has a balancing effect and strengthens the life force".

And the question that the therapy is then about is: How can I support the fire or the inner willpower in such a way that self-efficacy and perspective can develop?

### **Does diabetes also have something to do with Alzheimer's?**

**Girke:** That's an exciting question. We know that in type 2 diabetes, a kind of exhaustion occurs over time in the islet cells of the pancreas, where the insulin is produced. Then you can see amyloid deposits there. Amyloid is a special protein that is also found in the brain of Alzheimer's disease. To exaggerate and simplify, one could say that Alzheimer's disease is the diabetes of the brain.

### **Is exercise also important?**

**Girke:** Yes, because it stimulates the volitional activity of the human being both in the world of consciousness and in the soul as a healthy vibrational ability. In our consciousness we collect a lot of information in order to be well informed. However, this does not necessarily make us a creative person! That is why it is so important in

the sense of healthy development that we ask ourselves: How do I become a consciously active, creative person, capable of independent thinking and judgment?

### **How can this creativity be encouraged?**

**Girke:** For example, you can be shown eurythmy exercises and practice them daily. As a result, the inner being can increasingly grasp the body, which otherwise easily becomes entrenched and sclerosis. You can move around in nature and activate your senses – by letting the wind blow around your nose, smelling the earth, hearing the birds chirping and watching the clouds. As a result, the whole person comes into a warming activity. It's completely different when exercising on a stationary bike: Here, only the legs move, while the eyes are always looking at the wall or the TV, or the ears are listening to music from the MP3 player! There's not much going on in the world of the senses. The room remains quiet, at most a flickering image moves on the monitor.

by SOMMER 2011 *medizin individuell*