



New cure for psychosomatic health complaints and relationship problems

Jacob Korthuis (1950), born in the Netherlands, is a driven self made researcher with more than 30 years of practice experience in the medical and holistic health field. He found the neurological "jamming stations" in our brain that cause all psychosomatic complaints. He calls them Bad Clusters!

The answer was hidden

It is a well-accepted fact in the medical world that 75% of all our health problems are psychosomatic. Dr. Deepak Chopra claims that it's even 98%! "To me it never made sense that my own brain would make my body sick" says Jacob. "So I started my research 30 years ago to find the cause of psychosomatic health problems.

Step by step and experiencing many disillusionings, I finally discovered that the answer was already there, hidden in a huge pile of neurological and scientific research reports. Scientists are usually not health practitioners who look for practical solutions to cure people. They are primarily focused on their own specialization. Therefore they never combined their scientific discoveries with practical and holistic healing methods and tested them in practice."

To put it simple

"To put it short and simple, psychosomatic health problems are caused by a short circuiting in our brain cells during moments in our lives that we feel we lose all control. Those moments that we feel the ground disappear from under our feet and we're falling down with nothing to hold on to. These brief moments are stored in our brain, inseparably connected with the exhausting downbeat physiology of that moment. We call them Bad Clusters. Whenever these Bad Clusters become activated, our biochemical balance will be disturbed. If this happens over a longer period of time, then permanent biochemical imbalances will cause all kinds of psychosomatic health problems".

More in depth

Why is it that we store these so-called Bad Clusters in a way that they can cause health problems later on? It happens because our neurological system is not capable of processing extreme fear and pain. Whenever we reach a level of fear that creates a strong feeling of insecurity, strong enough to take away our feelings of control, our brain cells go into overload. Under no circumstances do we want to lose control! So we will do whatever it takes to get back in control.

How? Well, if we cannot control the world around us, we will narrow down that world to a size that we can. How do we do that? By focusing and concentrating on a specific object, sound, movement, etc. in our surroundings. Just think of how many people start to stare at an object when they are shocked about something. Why do we create this unrealistic smaller world?

I cannot handle this

What we experience in these scary moments is too much for our neurological system. What exactly is it that we cannot handle? The incoming sensory information disturbs our feelings too much. So, we start to block as much of that information as we can by focusing and concentrating on our own small world that we create inside our head. Of course this does not imply that we are able to shut down the technical functions of our senses. Sensory data will still enter our brain. Therefore, we block the *awareness* of this data inside our head. This has far reaching consequences!

Incoming sensory data will reach the brain cells where we usually store all our data, but it will not reach the frontal lobe of our brain where the centre of our consciousness is located. This is the part of the brain that adds necessary neurological codes to incoming new data. These codes are essential to enable us to consciously retrieve this data later on.

It will be stored and used

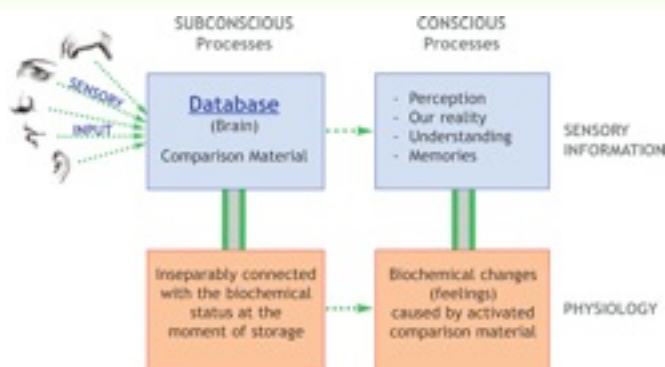
However, this uncoded data will be stored in our brain cells! In the very same ones where we store all normally processed and encoded data. What kind of data are we talking about? Very basic elements like a smell, taste, word, sound, color, etc. These pieces of data without a code are now stored as Bad Clusters. Why "Bad"? Because they are stored inseparably connected to the feelings (biochemical status) of that moment. Because the data of Bad Clusters are located in the same cells as normal data, they are both activated at the same time and in the same way by incoming new data. Whenever a Bad Cluster gets activated, its connected biochemical status (feelings) also gets activated, sometimes in full, sometimes partly. In normal circumstances the encoding process has given the data its identification to determine the meaning and importance of a memory.

How do we get activated?

Suppose you are at your home, office or any other location. If what you see, smell, hear, taste, or feel there has coincidentally enough similarity with the content of one of your Bad Clusters, that Bad Cluster will be activated. Not because you're experiencing the same type of event as stored in the Bad Cluster, but solely because of the similarity on the basic level of certain smells, tastes, colors, movements, sounds, etc. This, for instance, is why a woman who was once raped and now believes that she is in control of that memory, can experience inexplicably strong negative emotional reactions when she meets a nice man years later, just by the smell of his after shave. Why? Because the rapist was using the same fragrance and she has no conscious recollection of that piece of data because she stored it in a Bad Cluster. By the way, a Bad Cluster has nothing to do with a so-called "suppressed memory"! Bad Clusters are the neurological reason that we willingly create suppressed memories. How can a Bad Cluster ruin my health? As soon as the Bad Cluster gets activated, its biochemical attachment will take off and be felt in our body. If this is just a one-time event it will only lead to a mood swing or get us irritated and will draw us out of our feeling of "flow". If this unfortunate combination of basic data enters our brain on a consistent basis, then the biochemical imbalance will pile up and finally deteriorate our health.

This is how all psychosomatic health problems and many mental complaints come to exist.

Comparison processes that create our reality



Complaints will disappear permanently

Jacob and his team developed a method, called Progressive Mental Alignment® (PMA) to bring this data without code, these Bad Clusters, back into our conscious memory. This results in a process where this data without code enters the frontal lobe of our brain, the part that adds the essential codes to the data. The negative biochemical load of the Bad Cluster disappears. Complaints like depression, phobias, migraine, burnout, fibromyalgia, and many others disappear permanently. This is done without the use of any medication, just by using a specific and precise type of questioning. During the whole process you stay in control. As soon as the frontal lobe adds the code to the Bad Cluster data, this data will automatically be connected to existing encoded data resulting in a normal and healthy level of biochemical connections.

We need motivated helpers

"Twenty four hours a day are not enough for me and my team to help all those people that suffer needlessly" says Jacob. "We need the help of many motivated psychologists, counselors, and coaches that learn to apply this method in order to help the many people out there that need this. We also need scientists to help us finish this huge project to collect all the existing evidence to convince skeptical professionals in the health care section. There are so many people out there that need this and we have so few workers to help them! We are looking for professional people to teach this method to, so that many more people can benefit from it."

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