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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Step 5** | |  | **Step 4** |  | **Step 3** |  | | **Step 2** |  | **Step 1** | **#** | **item** |
|  |  |  |  |  | | | | | | | | | |
|  |  |  |  |  | | | | | | | | | |
|  |  |  |  |  |  | Anti-drug asymmetric holism |  | | Asymmetric holism |  | imbalance | 6 | An imbalance between body and soul will lead to illness. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | | | |
|  |  |  |  |  |  |  | Mind over body | 33 | If I get well emotionally, then my symptoms/illness will disappear as well. |
|  |  |  |  |  |  |  | 9 | Our mind can have a strong effect on our healing. |
|  |  |  |  |  |  |  | | | |
|  |  |  |  |  |  |  | Psychosocial etiology | 21 | Every illness is caused by emotional problems |
|  |  |  |  |  |  | 4 | The body is a mirror to the soul. |
|  |  |  |  |  |  |  | 31 | It is important which organ/body part gets sick because that tells us about the reason |
|  |  |  |  |  |  | 18 | Western medicine only treats symptoms. |
|  |  |  |  |  |  |  | | | |
|  |  |  |  |  |  |  | Suffer/learn to heal | 2 | You have to suffer in order to achieve health (you have to suffer to heal). |
|  |  |  |  |  |  |  | | 26 | My healing is the result of my spiritual/emotional development. |
|  |  |  |  |  |  | 38 | Every illness enters our life in order to teach us. |
|  |  |  |  |  |  |  | 28 | Healing always begins with confronting an emotional problem. |
|  |  |  |  |  |  | 40 | If my complaints intensify due to a treatment that means the treatment is effective |
|  |  |  |  |  |  |  | | | |
|  |  |  |  |  |  |  | Body remembers | 11 | Our body remembers everything (emotions, life events, etc.). |
|  |  |  |  |  |  |  | 36 | If a trauma is left unprocessed, it will eventually cause an illness in the body. |
|  |  |  |  |  |  |  | |  |  |  | | |
|  |  |  |  |  |  |  | | | | Anti-drug | 22 | I consciously avoid pharmaceuticals. |
|  |  |  |  |  |  |  |  | | |
|  |  |  |  |  |  |  |  | | |
|  |  |  |  |  | | |  |  |  |  |  |  |  |
|  |  |  |  | Modern Health Worries |  | Anti-pharma / Natural treatments |  |  | Anti-biomed procedures |  | Anti-vax | 30 | I do not agree with mandatory vaccines. |
|  |  |  |  |  |
|  |  |  |  |  |  | | |
|  |  |  |  |  |  |  | Anti-biomed.cancer treatment | 37 | You shouldn’t perform a biopsy on a tumor. |
|  |  |  |  |  |  |  |  | 29 | Radiation therapy does more harm than good |
|  |  |  |  |  |  | 25 | Chemotherapy does more harm than good. |
|  |  |  |  |  |  | | |  | | |
|  |  |  |  |  |  | | | Only natural | 39 | I only look for natural treatments to cure my illness. |
|  |  |  |  |  | | | |
|  |  |  |  |  | | | |
|  |  |  |  |  | | | | | |  | | |
|  |  |  |  |  | | | | | | Electro-smog | 13 | Electronic devices emit radiation that causes disease. |
|  |  |  |  |  | | | | | |
|  |  |  |  |  |  |  |  | |  |  |  |  |  |
|  |  |  |  |  |  |  |  | |  |  | CAM legitimated by time | 15 | Ancient/old remedies are more trustworthy than western medicine. |
|  |  |  |  |  |  |  |  | |  |  | 3 | I trust traditional remedies more than I trust western medicine. |
|  |  |  |  |  |  |  |  | |  |  | | | |
|  | Vitalism | |  |  |  |  |  | |  |  | “East” | 34 | The belief in energy (chi, prana, etc.) is shared by all eastern religions and medicines. |
|  |  |  |  |  |  | |  |  | 27 | The human body is interlaced with a (spiritual) energetic system (chi, prana, etc.). |
|  |  |  |  |  |  | |  | 14 | I believe in reincarnation. |
|  |  |  |  |  |  | |  |  |  |  |  |
|  |  |  |  |  |  | |  |  | Nothing by chance | 10 | You attract people and events, which help you grow. |
|  |  |  |  |  |  | |  |  | 23 | Nothing happens by chance (everything in life has a reason). |
|  |  |  |  |  |  | |  |  | 16 | Everything is connected to everything. |
|  |  |  |  |  |  |  |  | |  |  |  |  |  |
|  |  | If reversed | | | | | | | | | Everything by chance | 17 | If I get sick, it is mostly by chance. |
|  |  |  |  |  |  |  |  | |  |  | 20 | My healing is mostly due to luck. |
|  |  |  |  |  |  |  |  | |  |  |  |  |  |
|  |  |  |  |  |  |  |  | | Predisposition towards biomed |  | Trust in biomed | 35 | With a serious symptom, I always turn to a western doctor. |
|  |  |  |  |  |  |  |  | |  | 32 | I trust western doctors. |
|  |  |  |  |  |  |  |  | |  |  |  |  |
|  |  |  |  |  |  |  |  | |  | HLOC external | 19 | I expect my doctor/practitioner to heal me. |
|  |  |  |  |  |  |  |  | |  | 5 | (my) Falling ill and healing are largely dependent on my environment |
|  |  |  |  |  |  |  |  | |  |  |  |  |
|  |  |  |  |  |  |  |  | |  | Genetic etiology | 24 | Illness is caused by genetic factors or inherited predispositions. |
|  |  |  |  |  |  |  |  | |  |
|  |  |  |  |  |  |  |  | |  |  |  |  |  |
|  |  |  |  |  |  |  |  | |  |  | Need for testing | 8 | I need to see my healing reflected in a test result |
|  |  |  |  |  |  |  |  | |  |  |
|  |  |  |  |  |  |  |  | |  |  |  |  |  |
|  |  |  |  |  |  |  |  | |  |  | Health is food and exercise | 7 | I try to keep a healthy diet. |
|  |  |  |  |  |  |  |  | |  |  | 1 | Health can be maintained with regular exercise and a healthy diet. |
|  |  |  |  |  |  |  |  | |  |  |  |  |  |
|  |  |  |  |  |  |  |  | |  |  | Immune etiology | 12 | Every illness is caused by a weak immune system. |