

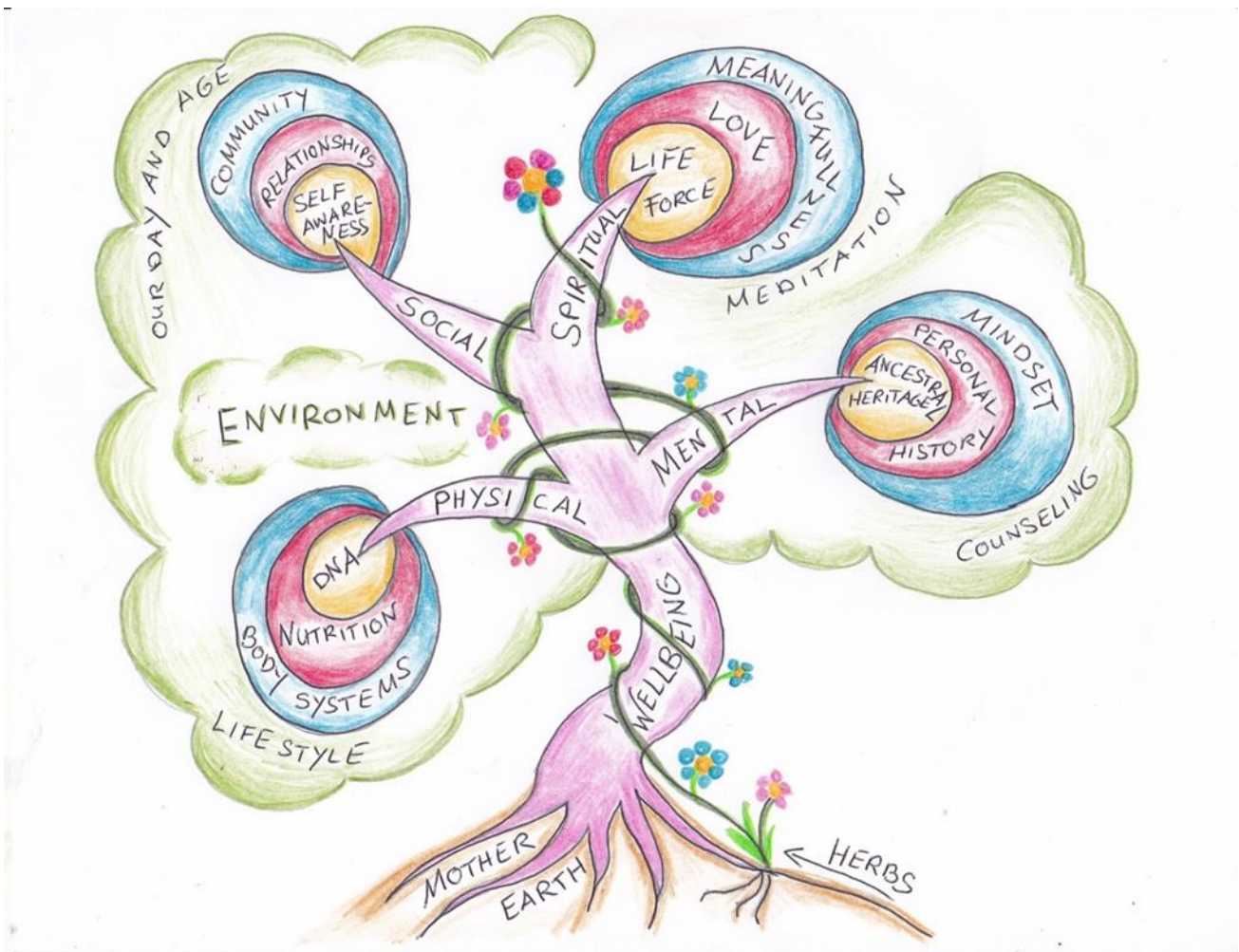
# How Childhood Imprints Affect Health and Well-Being

A holistic approach to owning one's own future

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*Health is a state of complete physical, emotional, mental and social well-being and not merely the absence of disease or infirmity. (...) Healthy development of the child is of basic importance; the ability to live harmoniously in a changing total environment is essential to such development.*

Constitution of the World Health Organization: Principles (Extract)



· The Tree of Wellbeing ·

*We do not dispense medical advice, prescribe or diagnose illness. The views and advice expressed in this paper are not intended to be a substitute for conventional medical service. If you have a medical condition, see your physician of choice.*

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# 1. INTRODUCTION: THE TREE OF WELLBEING

Health is not the absence of disease, but a multilayered state of (well-) being. The different aspects of physical, mental, social, and spiritual wellbeing are connected to each other and together build a complex structure which we call human being.

We can imagine ourselves as a tree with different branches, our roots grounded in Mother Earth and our leaves rustling in the wind of our environment and in the atmosphere of our time and age.

We need all this to exist. And all our branches, leaves and roots need to have a certain degree of homeostasis to be well.

**The branch of physical wellbeing** includes our DNA, received from our ancestors, which builds our body and sets up our physical capacities. The way we supply ourselves with nutrition is essential for the maintenance of our body, the precious vehicle of our life. Our DNA and nutrition are the base for how our body systems – e.g. the cardiovascular system, the nervous system – function today.

**The branch of mental wellbeing** includes our ancestral heritage, received from our parents, in terms of the emotional family history. We also have a personal history of experiences which shaped our lives until today. Our ancestral heritage and our personal history build our mindset, the way we perceive the world and ourselves.

**The branch of social wellbeing** starts with self-awareness and eventually self-esteem. We also need relationships with others to thrive. Our self-awareness and relationship patterns determine if we are friendly and outgoing or shy and withdrawn or unfriendly and self-protective – which can have an effect on the communities we live in, our neighborhood and even society.

**The branch of spiritual wellbeing** starts with the pure life force of being. We need love for our very survival, the love of our parents, the love of friends and partners. Our life force and the experiences of love open the way to discover meaningfulness in our life.

It is most likely in our time and age that the branches of our tree of wellbeing have been injured in one way or another - simply because the consciousness about this delicate and complex tree of wellbeing did not exist in our family of origin or society. We do not feel as well as we wished or we even have health issues. We may also feel that we are not able to live our full potential and are not able to give meaningfulness to our life.

One way of looking at the struggles of wellbeing in our life is through the lenses of Childhood Imprints. The experiences we made in the past play an important role in the present including our future potential. This paper will give a brief and scientifically based description how Childhood Imprints affect the brain, epigenetics and the heart – and how we can prepare ourselves for a better future in

wellbeing. This paper will also outline how medicinal herbs can support the exploration of Childhood Imprints and help balance possible effects on health and wellbeing.

## 2. WHAT ARE CHILDHOOD IMPRINTS?

Childhood Imprints refer to what happened to our tree of wellbeing in the past. Essentially the tree of wellbeing reflects the facets of being a human being. These facets are seldom truly recognized and addressed in full.

As a toddler and teenager we gather observations, experiences and learned lessons. In our mother's womb we have been influenced by her physical and emotional state. All this together accumulates as Childhood Imprints. Even our ancestors contribute in some way.

Any experience we made in the first twenty years of our life which injured our tree of wellbeing is a Childhood Imprint. This injury may lead to a lack of wellbeing, fulfillment and purpose in life or even serious health issues.

## 3. THE BURDEN OF THE PAST AND HOW IT RELATES TO HEALTH CHALLENGES

In case there is something in our life that haunts us for a longer period of time - a lack of wellbeing, fulfillment and purpose in life - or we experience health issues repeatedly, it is a sign that our tree of wellbeing has been injured in the past. There may be Childhood Imprints influencing our life without us knowing it.

The possible results may include but are not limited to the following challenges on the different branches of our wellbeing tree.

- **On the branch of physical wellbeing:**

1. Issues with DNA – e.g. heritage illnesses, heritage predispositions
2. Issues with Nutrition – e.g. problems with proper absorption, junk food habits, sugar addiction
3. Issues with the body systems...
  - Nervous System (does handle experience)– e.g. stress related problems
  - Immune System – e.g. colds and flu, autoimmune diseases
  - Gastrointestinal Tract (does digest experience) - e.g. irritable bowel syndrome, leaky gut, eating disorders, food sensitivities
  - Urinary Tract (does release experience) - e.g. urinary tract infections

- Musculoskeletal System (does hold experience) – e.g. back pain, scoliosis, skin problems like neurodermatitis
  - Cardiovascular System (does carry experience) – e.g. high or low blood pressure, tachycardia
  - Respiratory System (does inhale and exhale experience) – e.g. allergies
  - Reproductive System (does reproduce experience) – e.g. low libido, infertility, metritis
- **On the branch of mental wellbeing:**
    1. Ancestral issues – e.g. unresolved suffering which demands reparation
    2. Psychological and emotional issues – e.g. compulsive disorders, burn out, insomnia, suppressed anger, frustration
    3. Mindset issues – e.g. deadlock, feeling unworthy or supreme, locked belief system
  - **On the branch of social wellbeing:**
    1. Self-esteem issues – e.g. not accepting oneself, problems with decision making
    2. Relationship issues – e.g. always picking the wrong partner, staying with an abusive partner, forgetting one's own self in relationships
    3. Community issues – e.g. being exploited by so called friends, having problems to interact with certain segments of society, feeling of not "fitting in"
  - **On the branch of spiritual wellbeing:**
    1. Life force issues – e.g. not trusting oneself, lack of motivation, anxiety attacks
    2. Universal issues – e.g. not trusting the process of living, lack of connection to Mother Earth and a higher power (may that be love, the unknown universe or some kind of religion)
    3. Meaningfulness issues – e.g. lack of purpose in life, lack of love for oneself and others, lack of joy

## 4. HOW CHILDHOOD IMPRINTS SHAPE THE BODY'S BIOLOGY

Childhood Imprints are subconscious. We are not aware of them as adults. We have to catch them in the abysses of our consciousness first, in order to be able to reflect on them and eventually discard them.

But how is a long forgotten experience from childhood capable of still affecting us today? Modern science can help understand the mechanisms how Childhood Imprints are written into our body's biology. Childhood Imprints creep into our brain, our genes and our heart.

#### 4.1. HOW EXPERIENCES INFLUENCE BRAIN DEVELOPMENT

When we grow up we make experiences. Our brain grows up together with us and it collects all experiences. It does that in establishing a network of nerve cells. Around the age of 20 – when the development of our brain is completed - our brain is a picture of all our experiences, drawn not with paint but with nerve cells. Now the network of nerve cells in our brain determines what we feel and think about ourselves, about others and the world. The brain is our tool of survival – physically, emotionally, mentally, and socially. It collects all data necessary to make sure we do survive in whatever circumstances we were born into.

As Childhood Imprints are experiences, they get woven into our brains network of nerve cells. Childhood Imprints happen when the middle part of the brain establishes its networking with its higher parts. The middle part, like the interbrain and the limbic system, handle our emotions and our perception of the outside world. The higher part, the cerebrum, handles our thoughts and consciousness. Childhood Imprints happen when our emotions get linked to our worldview, thoughts and consciousness.

Once established the network runs like an independent computer program. We are set up to relive our Childhood Imprints and make similar experiences all over again – because that is the way we were programmed. As an adult we can make our own program consciously by choosing and making new experiences. The brain will follow and adjust the existing network or even build new ones accordingly.

In discovering our Childhood Imprints we dig them up, make them conscious and actively change them with new experiences. We do not only transform emotionally, mentally or psychologically – we change the connections between nerve cells in our brain physically. It is a real thing. We will not only feel different but actually are physically another version of ourselves – including the possibility of a better future.

#### 4.2. HOW EXPERIENCES BLOCK OR ACTIVATE GENS

Childhood Imprints do not only sit in the brain. As we grow up and make experiences our brain translates these experiences in body chemistry. For example the brain releases hormones to help the body cope with our emotional and physical stress. The brain has to rely on specific genes for the release of stress hormones, one of them is the so called Corticotropin-Releasing-Hormone-Gen (CRH).

Say, we had an anxious childhood and no support from outside. This means our Corticotropin-Releasing-Hormone-Gen has been overly activated in childhood. As an adult we will be very sensitive to stress and have strong physical and emotional reactions to unpleasant situations. On the contrary, if our childhood experiences have been of love and support our Corticotropin-Releasing-Hormone-Gen will be normal and we are able to respond to stressful situations in a calmer manner.

Gens have two sections. One is called the coding region, which is fixed. The other region is called promoter region, which is a switch similar to our light switch at home. The switch is not responsible for changes in the genetic material itself – but for the way how gens get read and acted upon. The switch is able to “turn on” or “turn off” gens. This is called epigenetics. Childhood Imprints influence how gens get read.

Epigenetic adjustments are passed down from generation to generation. The flexible part of our gens holds information about how our ancestors lived. This may in some cases give hints about family fate.

When we change our Childhood Imprints with the help of new experiences, our body’s chemistry changes as well and our gens get altered on an epigenetic level. We may even be able to solve the epigenetic issues of our ancestors in order to not give it down to the next generation. Childhood Imprints are our possibility to heal our lineage.

#### 4.3. HOW EXPERIENCES EFFECT THE ENERGY OF THE HEART

Childhood Imprints are stored in our brain and the coding region of our gens. They also find their way to our heart.

The heart communicates with the brain by using physical nerve connections and the release of hormones. The heart needs to be informed about everything that is going on in the body, because it needs to adjust pulse, cardiac rhythm and blood flow accordingly.

The heart receives information about the emotional colorings of our Childhood Imprints from the brain. It translates this information into pulse, cardiac rhythm and blood flow.

As the brain and the heart talk with each other about our experiences they also communicate with energy. The heart and the brain are the only organs in our body where we find one form of cells called “neuroglial cells”. They protect and support the nerve cells of the brain, holding them in place and providing them with nutrients and oxygen. Neuroglial cells are sensitive to electromagnetic waves (e.g. sun light, radiowaves). Childhood Imprints get translated into energy patterns which emanate from the heart. Some call this phenomenon “aura” or “energy body”.

The energy of our heart is especially important when it comes to changing Childhood Imprints. We radiate the energy of who we are (what we experienced) to others and into the universe. To attract the future we want for ourselves beyond our Childhood Imprints we can change the energy pattern of our heart.

## 5. HERBS AS CATALYSTS FOR A NEW FUTURE

We defined Childhood Imprints as the experiences we make in childhood and adolescence – including influences from our ancestors and our experiences in our mother’s womb. All these things become not only emotional and mental Imprints in our psyche but physical Imprints in our body’s biology. It influences how the brain develops and functions and how gens are read. Childhood Imprints also set the degree of meaningfulness we feel in life and how our heart’s energy is flowing.

Medicinal herbs are like flowering tendrils on our tree of wellbeing. They can fill the gaps we might experience today with beauty. They help us to get rid of the toxins our Childhood Imprints anchored inside us spiritually, mentally, emotionally and physically.

- **On the branch of physical wellbeing herbs help the absorption of nutrition and are able to support our body systems** – the nervous system, cardiovascular system, gastrointestinal tract, urinary tract, immune system, musculoskeletal system, respiratory system, reproductive system.
- **On the branch of mental wellbeing medicinal herbs can also give strength to cope with stressful factors** of our ancestral and personal history or activate our mind to get intellectual insights.
- **On the branch of social wellbeing herbs can assist us in developing self-esteem and boundaries** or cope with relationship issues.
- **On the branch of spiritual wellbeing herbs are even capable of strengthening our life force;** help us in developing a loving attitude towards ourselves and others. They can facilitate a connection to our heart in order to receive energetic insights.

An herbal treatment for Childhood Imprints takes into account all branches of the tree of wellbeing. Your most acute issues – physical, emotional, mental or spiritual – do have priority until you feel balanced enough for the exploration of your Childhood Imprints. We will tailor and orchestrate your supporting medicinal herbs at every step of your process.

You are required to put efforts into this inner adventure by seeing a talk therapist, do private studies working on the inner child or pursue whatever fits your needs and vision. It is recommended to attend a mindfulness- or meditation-program of your choice at some point in this long term process.

Once aware of your Childhood Imprints we will be able to connect the dots between your wellbeing issues and their root cause. This will be the first step into your new future. We will pick an herbal formula which comforts and supports your path.

When the long term process of working with Childhood Imprints comes to a point where we can feel deep positive changes in our wellbeing, health and way of life, the herbs will support us in going on. The herbs will provide a shield of protection.



## 1. EXEMPLARY CASE: MARY'S CHILDHOOD IMPRINTS OF FALSE LOVE

As Childhood Imprints disguise as problems and show a manifoldness of symptoms, it may be indicated to tell a true life story for clarification. Childhood Imprints can be a hidden treasure as well like in Mary's case:

Mary is 35 years old and visits an herbal clinic for her headaches and back pain due to a shortened leg. The first session reveals that she is also suffering from anxiety attacks since over fifteen years. She is low in energy and close to depression because of severe disappointments in her relationships and career. Herbs help her to calm the anxiety attacks, reduce the headaches and get more energy as well as trust in herself.

At the second appointment she reveals she had fantasies of killing herself in the past. Within the conversation with the herbalist she begins to realize that she has to take better care of herself. In addition to taking herbal tinctures she decides to seek further support with an osteopath for her back pain and a talk therapist for her emotional turmoil. The osteopath diagnoses scoliosis as the reason for her shortened leg and back pain. The therapist diagnoses depression. Mary also starts integrating a practice of meditation into her life on a regularly basis.

Over the years the medicinal herbs help her - in cooperation with the osteopath and the talk therapist - to discover the root cause of all her symptoms: her Childhood Imprint of false love:

*Mary was a sensitive child born into a wealthy family with an emotionally abusive mother and a narcissist father. She was "loved" when she took care of the emotional needs of both parents. But this "love" was dangerous. She had to give up her own self to get it. She had to choose between two kinds of figurative death, the dismemberment of the inner self and the threat of emotional repudiation. In case she did show her own self she was judged as "bad" and "wrong".*

- **Injuries of the physical branch of Mary's wellbeing tree:** As a child Mary twisted herself around as far as she could to be "loved". The twisted spine of her scoliosis held that memory, until it was released step by step in several tearful sessions with the osteopath.
- **Injuries of the social branch of Mary's wellbeing tree:** Mary developed strategies as an adult to be "loved" and stay safe at the same time. She therefore did choose relationships which never lasted long or did not involve her true self.
- **Injuries of the mental branch of Mary's wellbeing tree:** Mary believed she would be "bad" and "wrong", as she never experienced being truly loved for her own being. She thought of herself as worthless, had a low self-esteem and even wanted to punish herself. This led to serious frustration in all parts of life. She incorporated the judgmental and destroying voice of her parents which gave her headaches whenever she had to make small and big decisions.

- **Injuries of the spiritual branch of Mary’s wellbeing tree:** Mary did experience “love” as something which kills her life force. Or the other way round, whenever her life force - the energy of her true self - showed up, she experienced anxiety attacks. She was not able to find meaningfulness in life, because she never was really present in her own life.

Today Mary has no back pain and no anxiety attacks anymore. She stopped seeing the osteopath and the talk therapist a long while ago.

After exploring her Childhood Imprints and transforming them step by step, Mary became a new version of her (true) self: She enjoys life and finds it meaningful. She is in a loving, long term relationship where she is valued for whom she is. Mary still takes herbs for the minor issues of day to day life.

### 7.1. HERBS FOR MARY’S TREE OF WELLBEING

The herbal treatment for Mary’s Childhood Imprints takes into account all branches of her tree of wellbeing. Her most acute issues – headaches, back pain, anxiety attacks – do have priority until she feels more balanced.

#### Acute treatment plan:

We want to make sure Mary’s body has good nutrition and is able to metabolize what she is going through. Therefore we would recommend an organic whole foods diet with a lot of vegetables and taking supplements for the following: Vitamin D3, E, C, A, Magnesium, Zinc and Selenium. We would also recommend doing a blood test to verify which additional supplementation is needed.

We especially want to build up her nervous system and recommend eating organic oats for breakfast, drink nettle tea with oat straw and chamomile, and make the magic mineral broth once a week. Taking a tincture of milky oats would help, too.

We also would advise doing some exercise for the flexibility and strengthening of Mary’s spine. It would be helpful for her to take some time out in nature at the weekends in order to reconnect with a peaceful environment. All these suggestions should be understood as the minimum of what could be done regarding nutrition.

Addressing her acute issues, we pursue the following...

- ...for the physical branch of Mary’s wellbeing tree: back pain

Tincture components	Further applications
Devil’s Claw and Ashwagandha	<ul style="list-style-type: none"> <li>· Horse-chestnut pillows: Remove the brown shell and crush the white nut in a grinder. Put the grinded nut in a small pillow case and lay it on your back.</li> <li>· St. Johns Wort Oil: Massage the oil into the skin of the painful</li> </ul>

	<p>area.</p> <ul style="list-style-type: none"> <li>· Check with your osteopath for exercises you can do at home.</li> </ul>
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- ...for the mental branch of Mary’s wellbeing tree: headaches

<p><b>Tincture components</b> Meadowsweet and Yarrow <i>As a simple tincture for strong attacks: wild clematis (drop dose only)</i></p>	<p><b>Further applications</b></p> <ul style="list-style-type: none"> <li>· Become aware when the headaches start: What happens in that moment? What do you think? In what kind of situation are you in?</li> </ul>
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- ...for the spiritual branch of Mary’s wellbeing tree: anxiety attacks<sup>1</sup>

<p><b>Tincture components</b> Skullcap and Mimosa bark</p>	<p><b>Further applications</b></p> <ul style="list-style-type: none"> <li>· Become aware when the anxiety attack starts: What happens in that moment? What do you think? In what kind of situation are you in?</li> <li>· Practice a breathing technique, e.g. heart breathing.</li> </ul>
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Long term treatment plan in outgrowing her Childhood Imprints of false love:

Getting to know our Childhood Imprints can be an emotional rollercoaster for a certain amount of time. Herbs support Mary in the process, comforting her changing personal needs. Sometimes herbs help opening up emotional blockages. Sometimes herbs help protect our inner world and nurture us.

From a Traditional Chinese Medicine perspective we work intermediate term with the liver for detoxification and the relief of anger (e.g. Yellow Dock, Dandelion) as well as the lungs which hold deep sadness and old grief (e.g. Mullein, Elecampane, Shatavari). We address the lost experience of true mother love (e.g. Motherwort, Holy Basil) and the loss of vital energy related to the kidneys (e.g. He Shou Wu).

Intermediate and long term we pursue to strengthen her wellbeing tree and give a boost for starting a better future, such as...

- ...for the physical branch of Mary’s wellbeing tree: Develop a strong backbone

<p><b>Tincture components</b> Eucommia bark / Morinda root</p>	<p><b>Further applications</b></p> <ul style="list-style-type: none"> <li>· Do some kind of exercise which promotes physical flexibility.</li> </ul>
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<sup>1</sup> Why is anxiety a spiritual subject? Fear is engraved in our DNA as a totally normal reaction to life threatening situations. We experience anxiety attacks as an emotional or mental problem. If it is “real” or “imagined” does not make a difference to our brain. Assuming we live in a country where there is no war and no hungry tiger hidden in the bushes, in a deeper sense anxiety asks us: What threatens our life force – our trust into ourselves and life? From the perspective of Childhood Imprints (which are based on past experiences) anxiety attacks are a normal reaction to whatever seems to be a threat to our life force.

- ...for the social branch of Mary’s wellbeing tree: Set boundaries and develop self-esteem

<b>Tincture components</b> Ocotillo and Eleuthero	<b>Further applications</b> · Do what you love and treat yourself for doing it.
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- ...for the mental branch of Mary’s wellbeing tree: Stop to judge yourself and forgive

<b>Tincture components</b> Schisandra and Asparagus	<b>Further applications</b> · Practice observing yourself from the viewpoint of an emotionally uninvolved higher perspective.
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- ...for the spiritual branch of Mary’s wellbeing tree: Be present in your own loving life force

<b>Tincture components</b> Reishi	<b>Further applications</b> · Practice a meditation- or mindfulness-program.
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In case Mary is interested in a more subtle, energetic work at some point in the process, there are also additional approaches to help with growing out of Childhood Imprints, e.g.:

❖ **Flower Essences**

**Spiritual Spine Essence Blend** aligns the physical spine with the energies of spiritual spine. It instills courage, fortitude, and flexibility during tumultuous times. It encourages having the “backbone” to stay grounded during chaos while accessing personal peace and compassionate equanimity.

**Borage Flower Essence** allows expressing oneself from a heartfelt place by transforming sorrow and depression.

**Bloodroot Flower Essence** nudges out physical, emotional, mental and spiritual genetic patterns inherited from generations of family members to make way for the light of new potential. Reawakens living as a fully functioning human.

**Fireweed Flower Essence** initiates shifting personally and collectively from a male dominant, power over paradigm to a more feminine loving, joyful, nurturing, in-harmony-with-nature paradigm.

❖ **Gemmotherapy (tree bud medicine)**

**Giant Redwood tree buds** help strengthen the spirit and help with stress.

**Olive tree tree buds** help with general physical and psychological fatigue.

**Dog Rose tree buds** (rosehips) help with strong headaches.

## 2. THE BENEFITS OF (OUTGROWING) CHILDHOOD IMPRINTS

The outgrowing of our Childhood Imprints is beneficial as it prepares us for new possibilities in life and therefore gives us a new future:

- ❖ We will get rid of limitations and will be able to express ourselves more freely
- ❖ We will get over old issues and experience more joy
- ❖ We will develop more love for ourselves and handle situations more lovingly
- ❖ We will find a new purpose in life and develop the strength to go for it

Childhood Imprints are there for a reason greater than we are able to comprehend. They are a gift of life - not a mistake. We do not need to fix them. Childhood Imprints are a benefit in themselves. They make who we are and set us on our path.

We do not need to achieve something. We may like to stay where we are in our inner world because that is the world we know, are used to and feel comfort in somehow. Whatever we choose is perfect for us. We only take what we need in the moment and leave the rest.

We will get the most reward if we take care of ourselves in a loving way, whatever that might imply for us today.

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