



ABOUT MYSELF:

For 5000 years people have been using the spas of the lovely Tauber River Valley. This wonderful environment of healing is where I have found my calling as a healer.

My grandmother Johanna introduced me to 'the treasures of nature' when I was still very young. With that foundation I was sent on my journey to become a pediatric nurse and then a Heilpraktikerin – alternative practitioner/healer/non-medical practitioner/traditional healer (habe bisher immer Probleme gehabt, das richtige Wort dafür zu finden. Diese habe ich in meinem Wörterbuch gefunden)

MY VITA:

Sabine Beate Ley

Born in June (season of strawberries) of 1964

One adult son – Sebastian Ley

White shepherd dog (trained rescue dog) Alora – unfortunately deceased

White shepherd dog (and Bavarian bundle of energy) Inuk – since 2011

Pediatric nurse since 1991

Heilpraktikerin since 2006:

- Homeopathy
- Cranio-Sacral Therapie
- Phytotherapy
- School for systemic homeopathy and body therapy

MY APPROACH:

Natural medicine helps us on our way to achieve WHOLENESS. Both words 'health' and 'whole' have the same Germanic origin. Being healthy means: 'being whole'. That's why a lot of people reach for any treatment method any vitamin complex, and any fitness regimen to reach a quick 'obliteration' of their sickness symptoms.





SETTING

5000 years of health spa in the lovely Tauber River Valley speaks for itself. The springs of Bad Mergentheim have been known for thousands of years. By now, archaeologists can prove that mankind has been using two of the springs to produce salt as early as Stone Age.

The typical/characteristical medieval town appears endearing even at the first encounter. It's a rich source of cultural history since the order of German knights was based there.

Bad Mergentheim is located at the 'Romantic Road' and offers an abundance of possibilities for excursions, or just time to recuperate and relax.

No less a figure than Swabian romantic Eduard Moerike (1811-1851) lived in this town for eight years.

PRACTICE

As a pediatric nurse and a alternative practitioner set up a cozy practice with three rooms at my house in Neunkirchen, which is a district of Bad Mergentheim. The bordering garden offers a hide-away with medical herbs, plants, fragrant roses, a natural pond (with croaking frog, and many small weeds, which all await your discovery. After a treatment or seminar day one can get comfortable in one of the small, hidden corners of the garden. Various seating accommodations are waiting to be conquered and to be besieged.

Tea-delicacies out of the 'samowar' and colorful niblets (correlative with the seasons) are waiting for you to try and savor them (sense of taste). In this homey Garden the 'eye' as well as the sensory organ 'nose' are being stimulated: wild garlic and garlic mustard are dispensing their intense aroma and are competing with lovely scents like wild berries, lilac, and the vine 'perfoliate honeysuckle'.

Even in the worst heat one can find a cool spot. One coveted shaded spot with view of the whole garden is behind the garden shed. While sitting in a wicker beach chair and having sand underneath one's feet, one tends to forget many a Zipperleien and can start to enjoy one's sense of touch and one's live with all senses.





DIAGNOSIS:

If you have lost your 'form', I can help you get your very own 'form' back – with the homeopathic remedies, healing plants, and customized therapies that are suitable for you.
All I need is adequate 'in-FORM-ation' from my patients.

Facial Diagnostics is ancient medical basic knowledge that's thousands of years old. These ancient diagnostics were the pillars of medicine. Accurate 'observation' is just as important for me as anatomical knowledge. It presents a sturdy 'corner stone' alongside a detailed medical history. This way, in conjunction with the rest of my trained senses - seeing, smelling, feeling, touching, and hearing - I can see and recognize what my patients have lost.

For many generations of healers this form of observing an ailment was natural. Every talented healer knew: 'Nothing happens on the inside that the body doesn't show on the outside'.

Treatment with heart, hand, and foot. The healing mandala – for body – soul – mind

Tradition has it that the most significant physicians of the ancient world and of the Middle Ages - like for example Hippocrates (460-377 BC) and Paracelsus (1493-1541 AD) – read ailments off the faces of their patients.

Selbst in Goethes Faust heißt es: „nichts ist drinnen, nichts ist draußen: Denn was innen, das ist außen“.

The greatest physician in history, Hippocrates, already relied on the well-honed sensitivity of a diagnostician. He wrote:

„ Man wird kein Maß, kein Gewicht, keine Berechnungsformel finden, auf welche man sein Urteil (Diagnose) zurückführen könnte, um ihm wirkliche Sicherheit zu verleihen. Es gibt keine andere Sicherheit in unserer Kunst, als die Empfindung.“

As a practical healer I feel a calling to regard every single human being as an 'individual' and to treat them accordingly (not a dress off the rack, but custom-made). Organs that are still clinically healthy, but are already weakened, can immediately be unmasked with facial diagnostics.

'It is much more important to know what sort of a patient has a disease than what sort of disease a patient has' (Sir William Osler)





TREATMENTS:

'Dare to be wise' – 'Think for yourself and have the courage to have your own opinion'
Samuel Hahnemann's motto – also a good rule to live by in the present day.
AUDE SAPERE – DARE TO BE WISE

HOMEOPATHY

As individual as humans themselves. Simple – gentle – effective. The more complicated an ailment, the more simple and profound the treatment of the ill person should be. Homeopathy holds a firm place among natural therapies. With this natural healing method it's not the absence of symptoms that arouses interest, but the sense of being observed and treated as a whole human being. More than ever people expect a medicine, that works in harmony with nature and that respects its laws. Like Hahnemann did once, I want to touch a person's mind, spirit, and body, and activate the self-healing power in every single human being with the most resemblant active agent - giving the inner physician an impulse to work well.

[More information >>](#)

CRANIOSACRAL THERAPY

Craniosacral therapy focuses on detecting and correcting disturbances in the flow of cerebrospinal fluid (fluid inside of brain and spinal cord). The therapist palpates the patient's head to trace and evaluate the function and mobility of the individual cranial bones and their sutures. Deviations from normal, natural movement patterns are treated in a gentle way. Treatment can be described as very pleasant, almost 'gentle'

[More information >>](#)





HERBAL MEDICINE

Phytotherapists are being acknowledged more and more by science in this day and age. Pharmaceutical research increasingly confirms the healing effects of herbs, thereby bringing long-standing scientific methods into the 21st century.

Herbal medicine has its roots in the practical experience of traditional folk medicine, whose origins can be traced back all the way to the Stone Age.

Decades of experience with the application of herbs and my training as a phytotherapist allow me to carefully select medicinal herbs to help you with your process of healing.

[More information >>](#)

OSTEOPATHY

Osteopathy is an in itself logical treatment system, which follows the principles of applied anatomy, physiology, and pathology. It was developed in the US in the middle of the 19th century. Dr. Andrew Taylor Still is considered the father of Osteopathy - the term Osteopathy was coined by him in 1885.

[More information >>](#)

SOUND THERAPY

Sound therapy is the oldest and most effective method to sustain and nurture one's Health.

[More information >>](#)





AYURVEDIC THERAPY

The term Ayurveda is derived from Sanskrit and consists of the syllables ayur = life, and veda = knowledge. This folk medicine, which came into being around 2500 B.C., is the teaching of life.

In Ayurvedic Therapy the preservation and boosting of health are vital, and lie in the hands of each individual. Illness is considered an imbalance. One is treated on a mental, physical, and spiritual level to restore balance. Herbs and specific foods are used in ayurvedic medicine. The treatment also entails massages with plant-based oils, scents, and sounds. Color theory is also a part of ayurvedic medicine. Ailments can be diagnosed very early on with the so called 'pulse diagnosis'.

[More information >>](#)

HEALING CHALK

[More information >>](#)





HOMEOPATHY

„Dr. Hahnemann was a man of superior intellectual power. I bow before his skill and the herculean and humanitarian labor he did.”

Mahatma Gandhi

Paying attention to clues of the body:

Relearning what used to be natural. Interpreting the clues of the body accurately. Making connections: 'whenever I experience a certain situation, I feel like...'. Discovering 'what I can do to feel better'. Important: one has to act rather than ignore distinct signs of body and mind and hope that health will occur all by itself. Homeopathy doesn't just cause symptoms to disappear, it determines what is true and important for each individual.

Homeopathy can be seen as a door opener – the patients have to walk through on their own.

A) Homeopathy and the 'three supporting pillars'

Classic homeopathy, the way Samuel Hahnemann has developed it more than 200 years ago, stands on three pillars.

Pillar: law of similars = Similia Similibus Curentur

Let like be cured by like

The first major connection to craniosacral therapy can already be found here - the law of similars is also being used. If a disturbance in the body's sequence of movements is detected, we support the deviation with a similar movement until a free flow is established again.

EVERYTHING LARGE IS SIMPLE (homeopathy & craniosacral therapy)

I regard symptoms as an ill person's active 'cry for help'. The body shows that something is out of order.

A 'dissimilar treatment' always creates an opposing reaction in the body and, as a result, temporarily worsens the condition considerably.





The body has its reasons why it does what it does. That's why I'm always mindful of a body's wisdom and its signals when I treat it. Let's pay attention to the symptoms and follow them like Hansel and Gretel were following the pebbles...

Pillar: principle of small doses

Over the course of his research Hahnemann came to understand that the worst poisons are also the best remedies. Hahnemann's method is a 'unique' method - to reduce toxicity on one side, but to retain the effectiveness of the remedy at the same time.

In the 14th century Paracelsus phrased it this way: 'Only the dosage permits something not to be poisonous'.

Law of small doses: Manufacturing of a homeopathic remedy doesn't primarily happen by dilution, but by succussion (potentization).

Higher Potency = effect of remedies increases.

Pillar: testing of remedy on a healthy person

The first thing that Hahnemann tested on himself was cinchona bark – with huge success. Testing on healthy people is fundamental for the testing of homeopathic remedies. This way the wealth of remedies grows with every passing day.

This is very 'salutary', because we can only prescribe homeopathic remedies once we have understood and brought together both, the remedy and the person who is looking to be healed.





CRANIOSACRAL THERAPY

Dr. Sutherland's self-experiments.

Dr. Sutherland explored the function of the different cranial bones within the craniosacral system. He designed an experimental helmet – similar to the ones used in present day for children with severe cranial deformations, which are supposed to correct the abnormality. Mothers of young patients report that this is often accompanied by pain and/or soreness, but only that which one physically experiences and perceives with one's own senses can be evaluated and assessed in its effectiveness.

How can we stay healthy? Or, if ill, how can we get well again? Some of the biggest secrets in the search for health can be found in craniosacral medicine. In Germany the craniosacral osteopathie method is no longer a fringe method: it has been recognized by scientifically based medicine and is accepted by medical associations.

New ways, new possibilities: blockages are felt out and loosened by hand. Tissues are balanced so life energy can flow again. Like Heraclitus said: 'everything flows' – in the absence of flow, there is a stagnation / nothing moves forward.

What is craniosacral therapy?

Craniosacral therapy focuses on detecting and correcting disturbances in the flow of cerebrospinal fluid (fluid inside of brain and spinal cord). The therapist palpates the patient's head to trace and evaluate the function and mobility of the individual cranial bones and their sutures.

Deviations from normal, natural movement patterns are treated in a gentle way – the therapist supports the deviations until that area relaxes. Treatment can be described as very pleasant, almost 'gentle', since the method is delicate, nonviolent, and doesn't cause tissue resistance.





What is a craniosacral treatment like?

The Patient wears comfortable, normal clothing and (usually) lies on his/her back. The therapist only uses his/her hands (no instruments or tools are required). Like Samuel Hahnemann once said: 'the human body is the most sensitive measuring tool there is'.

During treatment one might not experience anything unusual, but it's possible for emotions and thoughts to surface. Positive results have been obtained in cases of sleep disorders, tensions in the jaw (particularly for wearers of orthodontic braces), after accidents, tension, middle ear infections, and birth related cranial shifts (deformations due to forceps, suction, or breech deliveries).





HERBAL MEDICINE

Galen (131-199 AD) was one of the great physicians whose teachings were held in high regard in Europe for centuries. Claudius Galenus, who was born in Pergamon, Anatolia, refined Hippocrates's idea of the four bodily fluids (blood, yellow bile, black bile, and phlegm).

Medicine was always something alive, transgressive, shaped by men. And what about women? They were the ones working in the background, who built their knowledge on experience and who passed their studies of plants down from generation to generation. Much of the precious wealth of knowledge of these wise women was lost.

Even though some might still be skeptic of ancient remedies, phytotherapists can confidently face science nowadays. Pharmaceutical research increasingly confirms the healing power of herbs, paving the way for empirical science in the 21st century. Herbal medicine has its roots in practical experience and traditional folk medicine (origins of which can be traced all the way back to the Stone Age). They take their clues from animal behavior – when ill, they instinctively practice fasting, eat herbs, or cool their wounds in water. When humans started to settle, they started to have enough time to practice such healing methods more systematically and to improve them. In the Middle Ages, Hildegard von Bingen further examined herbal therapy, and advanced this art of healing for the benefit of humanity.

Current estimates indicate there are at least 50000 medicinal plants of pharmaceutical interest, of which only 5000 have been researched to some extent.





OSTEOPATHY (ALTERNATIVE MEDICINE)

Predecessor:

In Europe the art of bone-setting was developed in the early 17th century. Since that time it was scientifically researched and was considered to be a component of surgery.

Not only did bone-setters treat luxations (dislocations) or bone fractures, historically they also considered themselves to be a better alternative to contemporary conventional medicine.

Osteopathy (Alternative Medicine)

Osteopathy is an in itself logical treatment system, which follows the principles of applied anatomy, physiology, and pathology. It was developed in the US in the middle of the 19th century by Dr. Andrew Taylor Still - the term Osteopathy was coined by him in 1885.

His motto: Begin to touch!

(with hands that think, feel, and know)

He realized that a person's ailments are linked to restricted mobility and structure of his/her muscles, joints, and ligaments.

This restriction apparently results in decreased functionality of inner organs.

There are 3 treatment areas:

1. Parietal osteopathy: treatment of muscle- and joint-system
2. Visceral osteopathy: treatment of inner organs
3. Craniosacral osteopathy: treatment of body's central control system, of brain and surrounding structures





SOUND THERAPY

Sound Therapy is the oldest and most effective means to sustain and nurture one's Health.

In this day and age an often spoken rhyme still soothes many a children's and grown-up's soul.

It contains a soothing rhythm.

Heile, heile Segen! Morgen gibt es Regen Übermorgen Schnee Und jetzt tut's nimmer weh.

Every cell, every organ, every metabolism, every encephalic impulse is bound to a more complex complete system of rhythms. Everything runs in cycles, and with a cadence.

We have short, medium, and long waves in our body. Short waves, like, for example nerve impulses, can only be registered by the most sensitive electric devices. We can directly notice medium waves: heart- and pulse-beat, breathing rhythm, and rhythms of a musical piece. Long waves are: minute-, hour-, day- and night-cycles, month- and year-cycles.

ALL THREE WAVELENGTHS ARE IMPORTANT FOR OUR HEALTH

Hence: Life in rhythm – very important for all age groups

Greek philosopher and mathematician Pythagoras (570-480 B.C.) discovered the astonishing law of the octave (halving or doubling of tones, which is audible).

Music, the language of the heart

Heart and brain, the 2 most important organs, communicate on a molecular, biochemical level, as well as on the level of our experience. The heart is not only a motor governed by our brain. It's equipped with its own small brain, a plexus, which also affects the brain with its information. Normally this exchange takes place in resonance.





Negative stress disrupts this resonance, the exchange between brain and heart.

Music/sound can loosen blockades and create physical relief.

Music teaches us how we can listen to and understand each other better. It lets us relax, and enjoy, and heal.

Thanks to Einstein we know: 'Everything in life is vibration'

This vibrating is not just a freak of nature, but rather an essential requirement for health. If this vibrating is disturbed – with stress, overstimulation, sleep problems – there are consequences:

Burnout, lack of concentration, and sickness are the price for an 'un-rhythmic' life.

Sound massage is primarily a relaxation method. In the hands of a professional, however, it can be of very targeted use in pedagogics, consultation, therapy, and in the medical field.





Sound therapy:

The relaxing effect of striking a singing bowl allows one to let go of the daily routine and promotes concentration. Singing bowl massage stimulates vital energy. Our body experiences how the sounds make every single cell vibrate.

Being exposed to the sounds of a singing bowl starts an internalization process, which invites one to listen to themselves and to get in contact with their inner qualities – redefining one's Intrinsic value. Every human being has a 'solely internal sound'.

(2 highly recommended DVDs: 1. As it is in heaven, 2. The Chorus)

Sounds work on body, mind, and soul as a whole.

Bring awareness
to the many subtle sounds of nature
The rustling of leaves in the wind,
raindrops falling,
the humming of a bee,
the first birdsong at dawn.
Give yourself completely
to the act of listening.
Beyond the sounds
there is something greater:
a sacredness
that cannot be understood through thought.

Eckhart Tolle





AYURVEDIC THERAPY

Ayurveda (Knowledge of life – Indian medicine)

Oldest healthcare system that has survived until today – estimated to be 5000 years old.

Evidence of medical knowledge can already be found in the Stone Age. A discovery in Mehrgarth (present-day Pakistan) indicates that Indians have already had knowledge of dental medicine around 7000 B.C.

Teeth were found which had holes with a diameter of about 2.5mm drilled into them and which were filled with plant pastes and/or other substances.

As early as the sixth century B.C. Indian physicians depicted human anatomy (tendons, neuroplexus, muscles, etc.) in great detail. They also had a good insight into human digestion and blood circulation.

Sri Lanka established its first hospitals in 427 B.C.

In the third century B.C., Buddhist king Ashoka wrote that hospitals for humans and animals were built and that medical plants were imported and cultivated.

The basic rule: Whatever we can do by ourselves to strengthen our health is better than what others do for us.

SICKNESS IS BEING REGARDED AS THE HIGHEST FORM OF ASCETICISM

In the Ayurvedic there are 3 important doshas = factors which influence the body

1. Vata (movement and nerves) wind, air, and aether
2. Pitta (implementation and digestion) fire and water
3. Kapha (stability) earth and water

The human being is a mixture of the three doshas

The five elements in Ayurveda (water, earth, fire, air, and aether) are very defining.





The goal of ayurvedic medicine is to prevent serious sickness by attempting to understand the trigger for the sickness and by overcoming unhealthy habits.

Specific recommendations for the individual dosha types:

Vata types are prone to have indigestion, because of which they should favor foods that are cooked and easy to digest. Meals should always be warm and contain some fat. Recommended flavors are salty, acidic, and sweet.

Pitta types have a strong 'digestive fire'. They can eat both cold and warm foods of moderately heavy consistency. Their flavors are bitter, sweet, and tart.

Kapha types should only eat moderately cooked, warm foods, lots of fresh fruit, and vegetables. Their flavors are spicy, bitter, and tart.

The diet for Kapha types is recommended for children.

Those who eat well don't need any medicine. Medicine won't help people with a poor diet.

The objective is to level the imbalance of the 3 doshas. Energies or temperaments should be in harmonious balance in a healthy organism. To reestablish this balance in your body, there are:

1. Purification Techniques
2. Substantiated dietetics
3. Relaxation exercises
4. Massage techniques
5. Use of herbal medicine
6. Vital points / pressure points (energy hubs)





Life is a union of body, senses, mind, and soul.
The human being is a mixture of the 3 doshas.

Important for treatment: keep in mind the uniqueness of the human being with:
Physique, weight, face, skin, hair, hands, physical strength, activity, way of speaking, intellect, memory, feelings, lifestyle, immune system, illnesses, metabolism, digestion, excretion, appetite, and taste.

„KRANKHEITEN FALLEN NICHT VOM HIMMEL, SONDERN SIND DAS RESULTAT ALL DER KLEINEN SÜNDEN, DIE WIR TÄGLICH BEGEHEN“

(Hippokrates)





HEALING CHALK





SEMINARS:

Purpose of my work is to get you to a well being. To accomplish that I impart on you the required knowledge with pleasure and pass on to you my wealth of experience.

Here you find an overview of the courses that I offer. If interested, please register early. You can also contact me if you would like to receive more information.

Homeopathy training-block: 4 days (at 5 courses – can also be booked separately)

Acute-Homeopathy – for mothers with children or interested laymen

Bach flowers seminar – natural healing with plants

Tissue salts (biochemistry)

Gynecological disorders – what now? (fungus & co. say hello)

How partnership succeeds – man and woman (and their specific hormones)

[Lüscher Farbtest](#) - What impact do colors have in our lives

Of the painful dealings with grief – letting go and [Wandeln](#)

Herb-hikes / getting to know and enjoy herbs

[Fußreflex](#) – [Dorn/Breuss](#) – [Farbtherapie](#) – [Klangtherapie](#), [Irisdiagnostik](#), [Antlitzdiagnostik](#)





Breathing exercise and mudras (finger yoga) – step by step learning

Fasting seminar – with physical and creative Experience

Tea seminar – history of tea from Orient to Occident (application and preparation)

Ayurveda – healing arts of India (simple – effective – relaxing)

Celtic [Handspindeln](#) (in winter time with sheep's wool)

Meditation training and relaxation techniques

Weekend courses – daily courses – 1-week course – training-block: Homeopathy/tissues salts (4 days)





CONTACT:

Naturheilpraxis Sabine Beate Ley
Kirchbergstr. 14
97980 Bad Mergentheim – Neunkirchen
phone.: (+49) 79 31 / 12 14 391
E-Mail: info@einfach-heilsam.de
www.einfach-heilsam.de

Member of the 'Union Deutscher Heilpraktiker
Landesverband Baden-Württemberg e.V.'

If you are too early, we have enough room to shorten your wait.

One parking spot is directly in front of our house, more are by the sports ground (200m linear distance).

For classes, please park by the sports ground.

My personal tip: The Country Inn Rummler (www.landgasthof-rummler.de) is in very close proximity of my practice. Large, comfortable beer garden with very old chestnut trees.

"In our thoughts lies strength"

