

MECHTHILD REX-NAJUCH



# HOW TO LIVE WITHOUT PAIN

A SEVEN-STEP GUIDE

## ABOUT THE AUTHOR

There is no such thing as ‘disease’ in nature. There is only lower or higher energy, energy that flows free or is blocked, and it is always manifested individually.

MECHTHILD REX-NAJUCH



## ABOUT THE AUTHOR



**Mechthild Rex-Najuch**, based out of Northern Germany, is a natural medicine practitioner for more than 30 years.

She is a specialist in herbal medicine, nutrition, homeopathy, micro immunotherapy, mycotherapy, osteopathy, Vital Field therapy, stress management, cell symbiosis, and hypersensitivity. She is also an international lecturer, medical advisor for Vital Field Technologies, teacher at the Milne Institute, and a book author. Mechthild's first calling came when she observed how her mom, diagnosed with multiple sclerosis, lived with worsening pain and disease. She was five years old.

*“I remember how deeply I wanted to repair her, to heal her, and the helplessness I felt when her condition kept getting worse. My mom's struggle and eventual passing changed everything for me. It set me on a path to helping people with whatever method was suitable to the individual,”* says

## ABOUT THE AUTHOR

For healing to be permanent,  
we need to dive past the symptoms  
and deal with the root causes.

MECHTHILD REX-NAJUCH



## ABOUT THE AUTHOR

Mechthild.

The search for natural methods led her to study and practice multiple, natural methods, including the leading form of frequency medicine, Vital Field, which she has used in her practice since the late 1990s. Today, she combines both clinical and wearable [Vital Field applications](#) with multiple natural methods to respond to the individual needs of her patients.

Mechthild's unique way of understanding and treating the human condition has given birth to several new, groundbreaking methodologies that address chronic issues successfully, including the "Body as a Fluid System" and KAVIE, both 360-degree methods that center on root causality, individuality, connection, and energy.

*"By connecting the different approaches - osteopathy, herbalism, homeopathy, anatomy, physiology, psychology, neurology, immunology, and field therapy - I could respond to a wider spectrum of chronic issues in the human body. Individualization is key when it comes to managing the root causality of chronic disease and pain. **Vital Field** diagnostics and therapy is the bridge between all these approaches, as it treats the energetic body directly with subtle electromagnetic fields. We are complex energetic beings - a merge of the mind, body, and soul - which is why true healing requires a new way of thinking."*

# CONTENT

# CONTENT

## **SEVEN STEPS TOWARDS A PAIN FREE LIFE**

1. THE RIGHT MINDSET
2. STRESS MANAGEMENT STRATEGIES
3. CREATING ORDER
4. REMEDIES FOR NUTRITIONAL DEFICIENCIES
5. SLEEP AND REST
6. REDUCING THE DAILY TOXIC BURDEN
7. ON THE MOVE

# A LIFE WITHOUT PAIN

Every single one of us has experienced pain and very likely used painkillers. As long as the consumption is temporary, it should not cause any major problems and can even strengthen the healing process. Painkillers are particularly helpful as a positive healing element when dealing with acute pain.

However, according to traditional Chinese philosophy, one should first find the source of the pain before easing it. In acute pain scenarios, such as injuries or surgeries, we are already familiar with the source of the pain and can proceed to ease it. Relaxation will calm the exhausted autonomic nervous system (ANS).

**But chronic pain is different. In many cases, its sources are unknown while still being treated with pain relievers.**

If the pain happens to be the source of the disease, it is the right thing to do. But what if the root of the problem is being ignored? What if we end up fighting the symptoms and merely cover up the source of the actual disease?



# A LIFE WITHOUT PAIN

Pain is a language, it tries to tell us how to heal. We need to listen to it, not identify with it.

MECHTHILD REX-NAJUCH



# A LIFE WITHOUT PAIN

Pain relievers are a convenient tool, at least as long as they work. But more often than not, they are not effective while still exposing sufferers to a multitude of side effects. Among the most common side effects are gut irritation and gut bleeding. They can be caused by pharmaceuticals and by plant-based pain killers. Everything that has an effect, can also have a side effect.

As a result, patients look to ease the side effects of painkillers by taking other types of medicine, which can lead to new and different side effects, causing a chain reaction. A vicious circle that never ends.

On top of that, painkillers can actually cause pain. Indeed, the very thing that is meant to ease the pain may end up causing it. Especially when overdosed or taken regularly for an extended amount of time.

When people suffer from pain, they continuously increase their intake of painkillers and often end up in a desperate spiral.

# INTRODUCTION

The moment you change  
your perception is the moment  
you rewrite the chemistry  
of your body.

MECHTHILD REX-NAJUCH



This is a 7–step guide towards a pain-free life, each step consists of several exercises. Choose one exercise per chapter, I encourage you to pick the one that seems easiest to you. Decisions lead to changes, and this is no different. You do not have to do every single exercise before you move on to the next step. If you manage to integrate one exercise out of each chapter into your daily life, consider it a success. According to German writer Erich Kaestner, “*nothing good happens unless you do it*”.

While this is a valid point, let us keep in mind that the “good” should also feel good and our lifestyle should not be an exhausting burden. Aside from taking action, your current condition determines the level of success and the pace of improvement. Either way, the new behavioral pattern must eventually feel as natural as brushing your teeth on a daily basis.

## **Should all exercises be executed without exception?**

Well, that depends on what you would like to accomplish. The more you want to improve your well-being, the more thoroughly you need to stick to the strategy. Changing your habits is essential. If you change things too drastically, however, you may create a new harmful source of stress. I encourage you to be brave and commit yourself to transitioning into a life without pain, at your own pace. Based on my experience, overly complicated and exhausting changes cannot be maintained in the long run. Broken New Year’s resolutions speak volumes. Thus, I recommend starting with the easiest task on the list and only tackling one thing at a time. Once an adjustment becomes part of your routine, you are ready to take on the next step. Advice: Remember to celebrate the little victories.

## STEP 1

# THE RIGHT MINDSET

First, we need to define what pain actually is. According to common knowledge, acute pain is a signal sent by the body to alarm us and make us rest. Chronic pain, however, appears over time and is usually related to inflammation and hyperacidity. It gradually takes over your life. In that case, constant rest is not a solution because it induces weakness and eventually increases the pain even more. We are aware of the fact that pain is also a signal and byproduct of the brain. Indeed, the brain can actually cause physical pain in order to warn us in dangerous situations. But what puts us in danger?

Each individual reacts differently to danger and has a different definition of it as well. In this case, I am not referring to the danger of an attack or putting one's life at risk. I am referring to how our individual perception of reality leads to judgment and decision making, in terms of identifying and interpreting danger. Leaving the danger zone is a crucial step. Fears, doubts, lack of understanding, existential fear, or fear of loss can collectively create a scenario that our brains will define as dangerous.

Regardless of one's personal definition of danger, keep in mind that constantly worrying about whether or not a threat is present takes a toll on your health. The feeling of fear itself makes the brain react accordingly by producing stress and physical pain. Change your approach by steering your thoughts away from fear on a daily basis. Do not identify yourself with your pain, as you and your pain are two different entities.



# STEP 1

## THE RIGHT MINDSET

### EXERCISE 1

Identify how other people affect you. Be more selective and surround yourself with people who make you feel good. Pay close attention to whether bad news and negative thoughts increase your pain. Reverse it, focus on news and thoughts that make you feel better. In some cases, this might be closely connected to the people you are surrounded by.

### EXERCISE 2

Do not start or end your day with bad news. Ask yourself, how much does being informed about everything that is happening in the world matter to you. Emphasize all the positive thoughts and news in your mind. The less we understand our pain, the more dangerous our brain thinks it is. The unknown adds to our concerns, appears dangerous, and ultimately leads to more pain. Which brings us to the next step.

# STEP 1

## EXERCISES

### EXERCISE 3

Find out what exactly it is that you do not understand about your pain and what keeps your mind busy. Review your concerns step by step with a qualified person and take your own observations seriously.

*Advice: The first step is to accept your situation as it is. Consequently, you will be ready to make changes. But if you try to introduce changes prior to understanding and accepting the status quo, they will also be perceived as dangerous by the brain. This part requires a lot of self-discipline, because this new way of thinking is vastly different from our old habits.*

### EXERCISE 4

Activate your body's ability to heal itself. Your body's pharmacy is open 24/7, 365 days a year. The main objective is to think positively and take positive action. While doing so, the body releases natural substances that drive the self-healing process. As soon as you get overwhelmed with worry, the pharmacy temporarily closes, and your body loses the ability to reduce the pain. Think of pain-free images. Doing so is particularly beneficial at the beginning or at the end of your day. Manifest those images in your thoughts, make them happen here and now. After a week your brain will no longer distinguish between reality and imagination and will make your body produce the self-healing substances you so badly need.

*Advice: Keep in mind that it takes several baby-steps to accomplish a major goal.*

## STEP 2

# STRESS MANAGEMENT STRATEGIES

We are designed to manage stress, to even grow stronger from stress. It's our constant comfort zone that makes us weaker

MECHTHILD REX-NAJUCH

”

How do we define stress? Qualified individuals define stress as a circumstance that leads to inflammation and shortens our life span. Luckily, this is just one side of the story. It rings true, when we find ourselves trapped in a perpetually stressful environment in which we cannot recover or fight inflammation in order to ease the pain.

But as a matter of fact, life without stress does not exist. Stress is a physical, bodily response to the challenges we face in life. The more challenges we face, the better we become at responding to them. It takes practice to adapt the principle of antifragility because it is not part of our social conditioning in society. I am merely offering a tool to deal with it, this topic alone could fill volumes.



## STEP 2 STRESS MANAGEMENT STRATEGIES

## STEP 2 EXERCISES

### **EXERCISE 1**

Five times a day, close your eyes and breathe. Advice: Set a reminder on your phone and use a timer.

### **EXERCISE 2**

Breathe deeply into your belly and take your time with it, even when things are hectic.

### **EXERCISE 3**

Once a day, deliberately push yourself to the edge of your comfort zone. Do something crazy! For example, stand on a chair or hide under the table to break out of your routine. Do not be afraid to look like a fool. Not only will it become fun over time, but it will also help you to practice dealing with stress in a self-controlled fashion. The more you control a process from start to finish, the better you learn to deal with the entire situation. As a result, you will eventually struggle less when dealing with confrontation and stressful situations.

### **EXERCISE 4**

Listen to the sounds of nature. They have a calming effect and strengthen the vagus nerve (also known as X cranial nerve). Its bodily function is to perceive and handle stress.

## STEP 3

# CREATING ORDER

According to physics, pain is always a phenomenon that is caused by disarray. The body is capable of reversing the disarray and putting things in order when not obstructed by stress, toxins, or manmade EMF. Reversing that disarray is referred to as reorganization.

The function of this natural mechanism puts things back in order and can be a useful tool for us. We need to be surrounded by naturally occurring electromagnetic fields and we need to stick to proper nutrition in order to create a healthy metabolism. Nutrition is more than just calories, vitamins, minerals, and micronutrients – it is energy. Energy fields consist of biophotons. Biophotons facilitate the communication between our bodies and the electromagnetic fields we are surrounded by.

Biophotons are bits of light that are generated by most living cells and organisms such as plants, animals, or humans. Our bodies translate electromagnetic information into biophotons. They use the biophotons and also emit them into their surroundings. Alas, our bodies are in constant communication with their environment. This type of communication can establish order within a split second. A masterpiece of the human body! Additionally, bodies can convert every piece of electromagnetic information into biophotons, including the electromagnetic information of electronic devices (and their extensions), as well as charged water or magnetized chips. Learn about therapeutic fields and applications on: [VITALFIELD.COM](http://VITALFIELD.COM)



## STEP 3 CREATING ORDER

## STEP 3 EXERCISES

### **EXERCISE 1**

Energy has a lot to do with nutrition. Choose whole foods that are unprocessed and organic. Make a note of the energetic effect different foods have on you 20 minutes after eating. Go for foods that increase your energy after eating.

### **EXERCISE 2**

Spend time in nature. Experience the source of your own being.

### **EXERCISE 3**

Make sure to expose yourself to natural daylight on a daily basis by spending more time outside.

## STEP 4

# NUTRITIONAL DEFICIENCY REMEDIES & GUT PROTECTION

Pain can indicate deficiencies in the body that work and feel the same way as hunger does. We previously discussed lack of energy, now let us focus on lack of nutrition. We might lack substances such as magnesium or entire nutritional groups such as anti-oxidants. Vegetables, herbs, fruits, and grains cover these nutritional groups in a balanced manner. Considerate dietary choices can balance many kinds of deficiencies.

Make sure to avoid foods that were treated with pesticides and other similar harmful substances. In addition to this, you can use food supplements to improve the process. This is essential for maintaining a healthy gut, which can cause you a lot of pain if its bacterial balance is off. The right kind of food provides nutrition, and it supports a healthy gut.

I highly recommend vegetables such as celery, cabbage, beets, broccoli, cauliflower, radish, hempseeds, or spinach. Within the spectrum of animal-based foods, eggs are an excellent source of nutrition. In terms of consuming fish and meat, make sure to look into the source of the product. If the animals lived in a natural, organic environment their biophotonic balance is in order which improves the quality of the meat. Almond or oat-based products are a viable alternative to dairy. You will find lots of different options in the vegan food aisle. Try and find out what you like best and integrate it into your regular diet.



## STEP 4 NUTRITIONAL DEFICIENCY REMEDIES & GUT PROTECTION

## STEP 4 EXERCISES

### EXERCISE 1

Change your diet. Reduce your intake of carbohydrates and dairy. Avoid sugar and alcohol as much as possible. The body converts alcohol into sugar which burdens the nervous system. Following these steps is not only beneficial to your health, but it is also unavoidable if you want to fight pain. Take care of your gut. Avoid so-called diet drinks or diet products with artificial sweeteners, that includes chewing gum. All these products have a negative effect on your gut flora.

***Important note:** Most pain relievers are bad for your gut, too. This is another reason to change your lifestyle and no longer depend on painkillers. Laxatives and antibiotics are harmful to the gut as well. You might unknowingly consume antibiotics through water or certain types of meat and dairy that have not even been prescribed to you by a doctor. Choosing the right kind of natural and organic food has a tremendously positive effect on your gut health and it helps the immune system balance the biophotons. So, choose carefully and try to only eat food from known and approved sources.*

Use cold-pressed oils, but do not use them for cooking. It's better to steam the food and add a splash of oil on top afterward. Do not eat fried foods or use vegetable oils in order to avoid trans fats. Focus on healthy fats like coconut oil, olive oil, fish oils, avocado, seeds, and nuts.

***Advice:** Don't try to change everything at once. You don't have to ban everything from your diet, just be more mindful and enjoy what you are eating. Every little step is a success, stick to your own pace.*

## STEP 4 NUTRITIONAL DEFICIENCY REMEDIES & GUT PROTECTION

### EXERCISE 2

Support your gut with pre- and probiotics. The right kind of nutrition will support your gut flora.

*For example: nuts, almonds, oats, herbs, bitter substances (such as chicory, rucola, or radicchio), artichokes, legumes, leek, onion, sauerkraut, and generally fresh fruits and vegetables.*

## STEP 4 EXERCISES

### EXERCISE 3

Fast on a regular basis to help the body recover and reorganize. Your gut plays a crucial part in battling pain and it needs rest in order to regenerate. There are several options to choose from, gauge what works best for you individually:

#### **Option 1:**

*Once a week, do not eat anything for 22 – 24 hours. Ideally, stop eating in the afternoon and eat again the next day.*

#### **Option 2:**

*“16:8” – Start eating again 16 hours after the last meal of the previous day.*

#### **Option 3:**

*“14:10” – Start eating again 14 hours after the last meal of the previous day. Option 2 and 3 can be done daily, but even practicing that kind of fast about twice a week might suffice.*

#### **Option 4:**

*Wait 6 hours in between meals.*

#### **Option 5:**

*“Mono Days” – eat only one kind of food on a given day such as fruits, oats, or rice.*

#### **Option 6:**

*Do a vegan day once a week. Butter is not vegan, but if you cannot resist the flavor, I highly recommend the so called “vegan block” as a viable alternative. Most major grocery stores carry at least one brand.*

**Important note:** *Avoid stress throughout the phases of fasting. It should feel easy.*

**Advice:** *Make sure you drink enough water.*

*What appears to be hunger might be unsatisfied thirst.*

## HOW AN ALKALINE DIET HELPS MANAGE STRESS

Diet can also affect the reduction of stress. Basically, perpetual stress stimulates acidity which then leads to inflammation. Both of these elements are a source of pain. In addition to the aforementioned exercises, which address how an individual's body reacts to stress, it is advisable to switch to an Alkaline Diet. The effect of food is correlated to its metabolic qualities, and thus to how the body processes it. A balance between acidity and alkaline is essential to obtaining good health. In times of stress, it is wise to opt in for an alkaline diet in order to improve the situation through a healthy lifestyle. Use it as a tool and consider it as an additional option. Alkaline foods are easily accessible, so make use of that. Make sure to eat something from the list below on a daily basis and remember to keep changing it up.

### List of alkaline foods and fruits

Salads, fresh herbs, herbal tea, vegetable soup, almonds, Brazil nuts, mushrooms, buckwheat, millet, melons, berries, dried fruits, apples, grapefruit, peaches, figs, apricots, grapes, coconut.

**Please note:** Fruits that are high in sugar such as grapes, dried fruits, and pineapples should be eaten in moderation. Alkaline vegetables: potatoes with skins, pumpkins, celery, peppers, cauliflower, onions, kohlrabi, chickpeas, olives, cucumbers, carrots, leek, beets, black radish, spinach, white cabbage.

The good news is that all these foods are also beneficial to your gut health. Eating them crosses two exercises off the list at once. Guaranteed success!



## STEP 5

# SLEEP AND REST

“*Sleep the pain away*” sounds pretty simple. The more tired you are, the worse the pain that you are suffering from gets. Many different things can cause fatigue. One of them is insufficient, unhealthy, or disrupted sleep.

Getting proper rest is a major item on the to-do list. According to current science, 7 hours of sleep per night is ideal. Try finding your sleep rhythm by gauging when you prefer to sleep on days that are uninterrupted by work and tasks. Advice: Your body is also getting rest when you are just laying down.

Electrosmog (from cell phones, wi-fi routers etc.) can significantly disrupt your sleep. Such disruptions destroy valuable nutrients and keep the body busy with unnecessary self-repair work. Keep in mind that your body needs a night’s sleep to reorganize and regenerate, it is highly active while you are not awake. Remove unnecessary source of electrosmog from your bedroom.



## STEP 5 SLEEP AND REST

## STEP 5 EXERCISES

### **EXERCISE 1**

Identify when and where you sleep best.

### **EXERCISE 2**

Reduce your screen time right before going to bed. Blue light lowers the production of melatonin in the epiphysis and harms the quality of your sleep. Activate a blue light filter on your computer, smartphone, or tablet. You can find alternative apps such as f.lux which are designed to do that.

### **EXERCISE 3**

Do something that makes you happy and calms you down. Avoid arguments in the evening or any kind of intense discussions before going to bed, even if you might perceive them positively.

### **EXERCISE 4**

Give your gut some rest. Work on exercise 3 in step 4 and find your own way of fasting.

### **EXERCISE 5**

Turn off your wi-fi at night. Your phone can be turned off for the night as well.

## STEP 6

# REDUCE THE DAILY TOXIC BURDEN

Toxic substances in our environment are a major talking point. They hide in cosmetics and detergents that we come into contact with on a regular basis. I am referring to this umbrella of toxicity as “the toxic burden”. Pain can appear as a result of an excessive toxic burden. It’s impossible to avoid all toxicity, but it’s not too difficult to choose wisely when the opportunity presents itself. The cosmetics we use often contain substances such as sodium laureth sulfate, polymethyl acetate, ethylparaben, or paraffinum liquidum to just name a few.

Hardly anyone is aware of them in their every-day life, and yet they constantly surround us. They are meant to act as preservatives, but they can also lead to hormonal changes in humans and animals. Some of those changes can even cause cancer. The issue of microplastics has also been publicized more and more. Additionally, we need to be aware of phthalates that are used as softeners in kid’s toys, fabric softeners, medications, and cosmetics. Long story short: Plastic can be dangerous.

I urge you to not only pay close attention to what you eat but to also be aware of what you put on your skin. Substances you touch get into your bloodstream and ultimately reach every part of your body. Nowadays, it is gradually becoming easier to find non-toxic cosmetics that do not contain mineral oils, phthalates, or parabens. The smartphone app ToxFox is very helpful in finding the right products. Avoiding toxicity is easier than getting rid of it.



STEP 6  
REDUCE THE DAILY  
TOXIC BURDEN

STEP 6  
EXERCISES

**EXERCISE 1**

Check if your self-care products, detergents and cosmetics are non-toxic and exchange them for healthier alternatives if need be.

**EXERCISE 2**

Use non-toxic washing powders and leave out softeners. They find their way into your body over the skin. Please be aware everything you put on your skin finds its way directly into the blood.

*Advice: Find and use apps helping you to analyze your stuff.*

## STEP 7

# ON THE MOVE

Saving the best - and most important point - for last. Make sure you keep your body moving. In step 3, I walked you through some of the advantages that proper energy management can bring. In this case, we should take a closer look at some of the biochemical and mechanical effects, with regard to pain. Insufficient movement leads to pain and increased acidity, while acidity can be reduced with physical movement. Excessive physical exercise can lead to acidity as well, which is commonly known as muscle-soreness.

It's safe to say that most people are aware of the importance of physical activity and exercise. However, many still choose to avoid it as soon as it becomes painful. What other benefits, aside from reducing acidity, does exercise actually have? Well, muscle exercise is an effective pain-reducing strategy. I also recommend EMS (Electro-Myo-Stimulation) personal training methods. However, exercise is only a fraction of our lifetime and cannot serve as a cure for every ill that we impose upon ourselves every day.

A great role model for structuring a healthy day is our heart muscle. Mathematically speaking it works for 8 hours a day, rests for another 8 hours, and regenerates for the remaining 8. Considering these numerical proportions, it doesn't take a rocket scientist to comprehend that a few minutes of exercise cannot outweigh an overall lack of physical movement. Compare the proportions of your daily schedule to the schedule that your heart muscle follows. In order to free yourself from



## STEP 7 ON THE MOVE

We are designed for daily exercise.  
Our body needs movement for unfolding  
the magic of keeping itself healthy.

MECHTHILD REX-NAJUCH



## STEP 7 ON THE MOVE

pain, you need to understand that movement is an opportunity to recharge your energy reserves. As a result, movement needs to be a constant component of our daily lives.

### THE ROLE OF MYOKINS

When we engage our muscles, the body produces messenger substances, myokines, which control twenty-five percent of our genes and improve the performance of our organs. These substances can only be produced by physical movement. Thus, every move you make, be it laying down, sitting, standing, or walking creates an opportunity to produce these substances. If you sit all day, your body does not get the chance to produce these substances and inevitably finds ways to balance out this deficiency by cutting corners elsewhere. According to the new slogan in the medical world, “sitting is the new smoking”. This is not only referring to the lack of exercise but points to an overall and permanent lack of movement throughout the day. Previously, I mentioned that 20 – 60 minutes of exercise per day can only cover a fraction of all the movement the body actually needs. You need to identify your body’s need to move and make sure to not suppress it. Make it a habit to move in between tasks and move in short, regular intervals. It will help your body out immensely.

The intensity of that movement is not even that relevant, it can occur while laying down, sitting, standing, or walking. The main point is to actually move. This effect has been scientifically proven in a multitude of impressive studies.

## STEP 7 ON THE MOVE

## STEP 7 EXERCISES

### **EXERCISE 1**

Make sure to move every 20 minutes, especially if you have a desk job. Find ways to stretch. Utilize your smartphone and set reminders to do so, it will make it easier for you to keep track.

### **EXERCISE 2**

Walk or stand while you're on the phone.

### **EXERCISE 3**

Rock your upper body back and forth, making subtle movements. You can spice things up by jiggling lightly or moving side to side.

### **EXERCISE 4**

For 15 minutes a day, practice relaxing and strengthening exercises to improve your overall system. The regularity is more important than the intensity of the exercise.

### **EXERCISE 5**

Make sure to break a sweat while engaging in physical activity at least twice per week.

# ABOUT VITAL FIELD

DNA doesn't define us.  
It's the environment that  
defines our DNA.

MECHTHILD REX-NAJUCH



# ABOUT VITAL FIELD

The term Vital Field (German for “Vitalfeld”) means the totality of all bio-electromagnetic and quantum mechanical processes in a living organism. Leveraging Vital Fields for diagnostic and therapeutic work has required over forty years of research, development, and calibration from a team of physicists and natural practitioners.

As long as I can remember, everything about the human body and mind has been studied and taught with narrowly defined expertise sets. It was clear to me early on that deep expertise in one area does not correspond with reality. I have always looked at everything together and marveled at the interaction and volume of the energetic forces that define our wellbeing. I always had an intuition, a feel for the energetic causes of disease, but the introduction of Vital Field technology, the ability to measure and leverage these subtle fields, revolutionized our ability to address the human condition.

Everything is connected – the emotions, mindset, electromagnetic fields, neurophysiology, immune-system, biology, and chemistry - but we tend to forget this in modern practice. Until the 19th century, there was no question that the body and mind are one energetically, but we keep addressing them distinctly.

Today, we are slowly reclaiming the advantages of interdisciplinary research and application, as holistic medicine is gaining more recognition. When we un-

# ABOUT VITAL FIELD

Vital Field builds a bridge between evidence medicine and my intuition.

MECHTHILD REX-NAJUCH



# ABOUT VITAL FIELD

Understand that all living beings, substances, and forces interact to promote each other for a common benefit, we are not far from the reality of a good and healthy life. With [VitalField](#) therapies, we are leveraging nature's own tool to regenerate and improve our lives.

In addition to Vital Fields, we have to pay attention to the natural (ambient, subtle) fields around us, to make sure we are always getting a rich dose of natural fields, while avoiding (as much as possible) electrosmog influence from manmade devices, such as cellphones and wifi routers.

The existence of electromagnetic fields is as natural as the air we breathe. Most people live surrounded by these fields without consciously dealing with them, without understanding that they have a deep impact on our health and wellbeing. Their presence and quality determine how well our body communicates with itself and the environment, which is essential for regeneration.

For as long as I can remember, everything about the human body and mind has been studied and taught separately to understand details that can never explain the whole. I have always looked at everything together and marveled at the interplay of these forces. Everything that lives has a natural radiation spectrum that affects the immediate field. There is a mutual interplay between the human and the environment on the field level. Everything is interdependent.

# FOOD FOR THOUGHT

We are complex energetic beings – a merge of the mind, body, and soul – which is why true healing requires a new way of thinking.

MECHTHILD REX-NAJUCH



# FOOD FOR THOUGHT



A life without pain can become a dream come true. You can achieve it by following some of the steps offered to you in this guide. Use the different options described in these guidelines to create your own healthy lifestyle and be patient with yourself. Certain things take time to adapt to. In the process of change, do not forget to enjoy your life! I firmly believe that this is true: The best thing about life is life itself. We can surely embody this attitude towards life, if we understand our options, manifest changes, and find the meaning of everything as a whole.

I wish you all the best on your road to success with the changes you decide to make, and I look forward to hearing about your experiences.

*Mechthild Rex-Najuch*

Illustrations: Ignasi Blanch.  
Published by



**Vital Field**

[WWW.VITALFIELD.COM](http://WWW.VITALFIELD.COM)