

## Holistic postural medicine for doctors, alternative practitioners and osteopaths

### Sequence of courses:

1. Holistic posture - well positioned from  
foot to tooth?

Interdisciplinary and integrative  
presentation of postural disorders and their  
clinical pictures (CMD etc.), causes and  
effects, therapeutic approaches medical and  
dental

2. Holistic posture - what does the gut have  
to do with it?

Interdisciplinary and integrative  
presentation of nutrition, silent  
inflammation, dysbiosis and leaky gut and  
the significance of these things for posture,  
causes and effects, therapeutic approaches

3. Holistic posture - environment and stress  
Interdisciplinary and integrative  
presentation of environmental stress factors  
such as heavy metal exposure, VNS  
imbalance via genetics/epigenetics,  
interference field diagnostics etc., causes  
and effects, therapeutic approaches with  
special consideration of mitochondrial  
medicine

4. Holistic posture - the integration of  
modules 1-3 (examination and certification  
Masterclass Postural Medicine)

Interdisciplinary and integrative summary  
of parts 1-3, treatment concepts and  
certification "Postural Medicine according  
to the BMPS® concept" (with  
examination); admission to this course after  
completion of parts 1-3

# On a poster of Modern Biological Medicine (published by Dr. Christoph Bäumer at the international teachers' meeting of European osteopathy schools in Saronno, Italy, 11/24)

**The newly published Postural Disease and its consequences and causes according to Modern Biological Medicine - a science based revival of the Common Compensatory Pattern (CCP) published by Gordon Zink, DO**

**Posture is a „whole body thing“**

Levels of adaptation: Chain Theory/Resonance

- 1 eye level
- 2 temporomandibular plane
- 3 bite position
- 4 distal base/cervical joint
- 5 thoraco-lumbar junction with diaphragm
- 6 lumbar-pelvic junction with sacrum dysfunction
- 7 lower leg-foot junction with tarsal dysfunction

**There are no regionally isolated postural changes!**

One of the most important starting points of the Postural Disease are weakened feet in a hyperpronated position while walking. The Postural Disease can be easily detected by looking at the different levels of adaptation of postural changes, on the basis of the CCP. These changes can be perceived both visually and tactically and according to the Chain-Theory they can develop both as an ascending and descending chain. Treating functionally impaired but structurally healthy feet (e.g. supinoflat, flatfoot and/or skew foot with hyperpronation) with passively supporting insoles can aggravate or even trigger the Postural Disease. A much better option for treating these problems are actively supporting and stimulating insoles like the Smartfoot® insoles. Their use can strengthen and improve the function of both functionally impaired and healthy feet thereby helping to alleviate symptoms of the Postural Disease or possibly preventing its development in the first place.

**The Iceberg of Medicine**

The Iceberg Model is a good instrument for better understanding the complex pathogenesis of the postural disease and the real causes of 90% of all chronic diseases. The Postural Disease plays a key role in the development of these chronic diseases by acting as an early precursor of their onset.

The Iceberg of Medicine can be divided into three levels of understanding:

- Disturbance of structure
  - Impairment of function
  - Impairment of information

The Modern Biological Medicine allows us to look beyond „the tip of the iceberg“, thus making the various causes of disease diagnosable and treatable.

**The vicious cycle of chronic diseases and its causes**

The reasons for the postural disease

- Trauma as amplifier
- Mitochondrial dysfunction
- preconditions of 90% of all chronic diseases
- Trauma as amplifier

**Postural Disease**

Osteoarthritis, disc degenerative disease, fibromyalgia, non specific low back pain, cranio-cervical dysfunction, myofascial pain syndrome, head ache, etc.

**Silent inflammation**

**Silent inflammation**

**Trauma as amplifier**

**Possible consequences**

- Autoimmune diseases
- Cancer
- Degenerative diseases

**All diseases have the same pathogenetic „roots“**

Dentistry, Neurology, Internal medicine, Pediatrics, Oncology, Biomechanics, Orthopedics, Cardiology, Ophthalmology, Modern Biological Medicine, CCP, Postural Disease, Why?

Most chronic diseases in any medical specialty can be traced back to the same common pathogenetic factors. The Postural Disease and CCP act as a precursor of these diseases. The Modern Biological Medicine can be used as a tool for recognizing these precursors and their pathogenetic causes and for getting to the root of the problem before the actual onset of the disease.

**Solution by rethinking: Modern Biological Medicine**

**Summary**

The human postural system is highly complex and plays an important role in regulating the body and maintaining human health. If there are disturbances in this human postural system, sooner or later symptoms and specific clinical pictures will appear. Gordon Zink made an important discovery regarding these postural disorders with his publication of the Common Compensatory Pattern (CCP). In it, he described the most common postural disorders and how they are usually interrelated. This created the basis for the first description of the Postural Disease, newly published by Christoph Bäumer, MD. The Postural Disease not only describes the postural disorders themselves, but also their underlying causes and importance as a diagnostic tool and for therapeutic decisions. It plays a key role in the development of these chronic diseases by acting as an early precursor of their onset. The complex pathogenesis of the Postural Disease is the key to understanding the real causes of most chronic diseases. The three most important of these causes are silent inflammation, silent intonation and mitochondrial dysfunction.

They form a vicious cycle by reinforcing and inducing each other, with psychological and physical trauma acting as an amplifier of this vicious cycle. 90% of all chronic diseases in any medical specialty can be traced back to these common pathogenetic factors. Dr. Christoph Bäumer used this knowledge to develop the Modern Biological Medicine, with which these common pathogenetic factors become diagnosable and treatable. It also recognizes the Postural Disease and actively supporting and stimulating insoles like the Smartfoot® insoles as an important tool to diagnose and treat chronic diseases before their actual onset. Modern Biological Medicine emphasizes the importance of identifying the root causes of the Postural Disease through a holistic, integrative approach. Rather than focusing solely on symptomatic relief, this model advocates for interventions that restore postural alignment and functional balance, thereby reducing the risk of chronic disease development and improving overall health outcomes.

[Bäumer, C., The Postural Disease, www.posturalist.com].  
 Sources: Bäumer, C., Ein Fall für ganzheitliches Denken – Kinderlebensproblem macht Erwachsenenlebensschmerz? (First publication of the Postural Disease by Christoph Bäumer, MD, DO).  
 Medizinjournal für Funktionelle Myodiagnostik, FMD Journal 1/2020.  
 Zink G J, Lawson WB. An Osteopathic Structural Examination and Functional Interpretation of the Soma. Osteopathic Annals 7:12-19, December 1978.  
 Wallace DC. A mitochondrial Paradigm of metabolic and degenerative diseases, Aging and cancer: a Dawn for evolutionary medicine. Annu Rev Genet. 2005; 35:355-407.  
 Pagano G et al., Oxidative Stress and Mitochondrial Dysfunction across Broad Ranging Pathologies: Toward Mitochondria - Targeted Clinical Strategies. Oxid Med Cell Longev. 2014; Article ID 542330.]

For questions or further information regarding seminars on Postural Medicine, Modern Biological Medicine and osteopathic Smartfoot® insoles, please contact me via email at [cbaeumer@smartfoot.de](mailto:cbaeumer@smartfoot.de) or feel free to look up the following website: [www.posturalist.com](http://www.posturalist.com), [www.smartfoot.de](http://www.smartfoot.de) Smartfoot® - Discover barefoot walking in your favorite shoes

©Dr. Christoph Bäumer

Hello everybody,

thank you for having a look to my poster, which represents my work on postural medicine in the last 10 years like I do understand it: Modern Biological Medicine!

All diseases change the posture for scientifically provable reasons earlier as the disease itself will present(!), and we osteopaths have the eyes and the hands to "see" that very early - so we are preventive healers as well. AT Still and Gordon Zink knew that, I am sure.

As I am not able to be there for personal reasons, we can discuss remotely: please feel free to write me a mail with your ideas or comments: [cbaeumer@smartfoot.de](mailto:cbaeumer@smartfoot.de)

or get more information on postural disease: [www.posturalist.com](http://www.posturalist.com)

or visit my office virtually if you wish: [www.cobl.de](http://www.cobl.de)

or get data for seminars via newsletter:

Write me a mail and I will add you for that or be a partner for distribution of products of Smartfoot, and use the possibility to make your own experiences by the two pair for one price deal with my internationally multipatented posture, lymph- and venous flow activating insole by Smartfoot, simulating barefoot walking at the beach in your shoes especially on hard flat floors.

My Seminars will be internationally given in english language in Germany (Hamburg), Switzerland, Slovenia, Mallorca, or, if you wish, in your clinic for your team and local colleagues (osteopaths, physicians, physiotherapists etc).