



Description of the Bilo-Method

The bilo-method (Bilo = bios logos) is a method for curing various and mostly chronic diseases by triggering and increasing the body's own healing powers. The bilo-method completely avoids invasive techniques or the taking of medications and uses only a combination of gymnastic exercises and meditative enhancement in order to strengthen the functioning of the body processes.

Origin and History

The Asian way of thinking is its main origin, because it sees body and mind as an inseparable unit. The founder of the method is the bilo Martial Artist, Sensei Reiner Niessen (Note well: he is an Artist, not a Sportsman).

Reiner Niessen (6th Dan in Karate and other master degrees in Aikido and Nin-Jitsu) earned a reputation as martial artist and instructor in the 70's to 90's. Based on the basics of ZEN and by linking combat skills and mind in perfection, he broke up largely with the traditional western ideas of martial arts, and combined the Asian understanding of body and mind with body control and awareness of opportunities in mental borderline situations (which makes the conversion to a real martial artist). This development led to a universal understanding of the functioning of the body processes, to a combination of physical and mental strength and unleashed unknown opportunities, which are present in each of us (among others the self-healing power of the body).

In the years 2005 – 2007, he wrote his seminal book "bios logos, the teaching of life", which describes the bilo-method extensively, but at this time without calling it by name and without putting the healing aspect in the foreground. Starting in 2008, Sensei Niessen further developed the bilo-method as an independent healing method and currently practices in his own training and gymnastics center in Thailand.

Basics of the healing method

The bilo-method assumes that man is a product of his thinking and his way of life. Changes to one of these two factors lead inevitably to a change of his condition (physical problems and diseases). Therefore, the bilo-method considers man at any time as a uniform system (body, mind and environment). First of all, man is mostly healthy in this unity of body and mind. Disease is defined as a disturbance of this uniform system. In this respect, the bilo-method does still not differ from other conventional methods.

But in addition, during the treatment of a "sick person", all faults are detected, whereupon the entirety of body and mind is never separated. Symptoms are detected, but not directly and exclusively treated. In fact, the causes for these symptoms ("disturbances") are analyzed and then a complete system hereof will be treated. So, the result is that before the actual treatment all disturbances will be found and placed into a context to each other. Accordingly, the specialty of the bilo-method is that not only symptoms and obvious illnesses are considered for the diagnosis, but also other existing parameters. This includes living conditions, drugs, sporting activities and smoking. The goal of treatment according to the bilo-method is that the whole system "man" is working again and all faults (outer and inner ones) are largely eliminated.

Another result is that the patient must first suppress all outside interferences. Smokers, for example, cannot be treated, as the nicotine would block any healing success, because its impact on the overall system is simply too large. After smoking has been given up, treatment is usually possible. In addition, it will be thoroughly examined, which drugs could prevent the healing power of the body.



Range of application

The method is suitable for curing all diseases, but works especially well in all situations, where a good communication with the patient is possible. The patient is informed at all times about the actions and side effects, yet he has not to understand the connections or to believe in them. A so-called spiritual healing, in which a patient is put into a trance will definitely not take place.

Particular success is evident in:

- Chronic metabolic diseases like arthritis, psoriasis and articular gout
- Blood pressure problems
- Circulatory disorders and their effects
- Diseases of the bones, such as back pain or poor posture,
- Spiral disk and various joint problems

Similarly, results have been achieved with:

- Wound Care (poorly healing wounds)
- Multiple Sclerosis
- Pain therapy
- Thyroid problems
- Pancreatic treatment

Healing technique

The bilo-method completely disapproves of invasive techniques, there is no approach to cut or stab in the body. Many chemical processes used for healing, can be triggered by the body itself and the bilo-method understands itself as a trigger and booster of such endogenous processes. As an example, we may think of becoming the red face, when we are ashamed. What happens here is that the blood pressure rises and blood flow as well and everything just because of a feeling (mental perception) The bilo-method uses gymnastic exercises to create a similar disharmony in the body, which puts the patient out of his comfort zone at first. When the body tries to overcome this condition, it triggers chemical processes that support the healing process. These gymnastic exercises force the body to unleash long time not used (or sometimes never used) forces.

Through these exercises, blood is transported to and targeted at specific parts of the body, which in exchange will cause that among others the circulation is highly increased. In addition, through a specific mental preparation a mental attitude will be created that, often unconsciously, supports these physical processes significantly. Due to extremely boosted body functions, also the toenails begin to grow faster. Therefore, a preparatory part of the bilo-method is to remove diseased toenails before treatment starts. This process is pain-free and without any bleeding, and guarantees that no deformations of healthy nails will occur. After removal, the patient can leave immediately, there are no side effects and there is no need for subsequent treatment of the affected toes. Accordingly, the bilo-method is ideally suited for the treatment of nail fungus or a required complete removal of all toenails.

Finally, it should be mentioned that all these diseases are usually cured after a treatment time of just 4 to 8 days. In particular, vascular diseases that are often considered to be incurable or require a lifelong taking of medication, are healed after that period. Patients who canceled a planned surgery for the back, the disks or the knee and came to bios-logos, are now completely free of all the former symptoms and discomfort.