

A HOLISTIC and SYSTEMIC VIEW

Creating positive energy

By Jette Goller Kloth, MSc

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My name is Jette Goller Kloth. I am a licensed psychologist, lifestyle coach, researcher and healer.

Throughout my working life as a psychologist (approx. 30+ years) I have tried to understand and influence the biological and psychological processes that take place in people's brains and in their cells when energy is created, with the aim of creating balance biologically, physically and psychologically. Our brain and body will always try to create some kind of balance that sometimes is an imbalance, and we get sick.

The keyword is balance:

Balance is important for all lives. It is important individual, in a family, in different social contexts, in society and on the whole earth.

On an individual level, I work with balance based on how different internal and external systems influence each other. I thereby create new pathways in the brain and help create a better balance for the person.

On a social level and based on different social contexts, it is necessary to keep an eye on how different systems influence each other. It is important to learn communication and behavior, where respect for differences is created, instead of unnecessary conflicts and ultimately war.

Working with balance and energy while working with humanity on different levels is central to me.

Balance in relation to the individual person

Here I want to delve into how balance can be understood in relation to the individual person.

All life needs energy to survive. When we lose energy or are unable to maintain the necessary energy level, there is a risk that we will become ill or, in the extreme, die. There can be various reasons for loss of energy such as diet, lifestyle, environment, negative stress factors and illness, etc.

We are all affected by the environment we are surrounded by, both the physical, the mental, the psychosocial, as well as the food we consume. Sometimes we ask: "Why does he get sick and not his sister? Both live in the same environment and eat almost the same food?" Different genetics in each person can be a significant factor in whether a person gets sick or not.

Biologically, we create energy by burning glucose or fatty proteins, when these are transported into the Mitochondria, (a small combustion factory in every cell in the body). Here these molecules are burned, and energy is created. Burning glucose provides far more energy than burning fat proteins. If the system or cells become stressed, the cells can switch from using glucose as an energy source to using fat proteins. This means a loss of energy, because the glucose is blocked. Using fat proteins as an energy source increases stressful situations in the cells. Fat proteins should preferably not be used to create energy, since their most important role is to isolate and protect the neurons. They also help with the speed at which information is sent inside the neurons. As far as the isolation of the neurons is concerned, there is a half-life of 4 – 6 days where the fat proteins fall off and need to be built up again.

If Fatt metabolism is active the isolation on the neurons will not be built again. Fatt metabolism will activate the immune system which begins to attack the exposed neurons. This causes an autoimmune reaction in the brain. It is very dangerous when our immune system sees the exposed neurons are foreign cells that need to be fought and not just sees the infection itself or a bacterium that needs to be fought. Diseases such as ALS, MS, Depression etc. cause an autoimmune reaction in the brain. It is not surprising that patients become very tired when there is a change in the way we create energy. The combustion of glucose provides much more energy, whereas the combustion of fat proteins over a longer period can cause serious illness for the person exposed to it.

It is not always possible for doctors to diagnose the background against which an autoimmune reaction in the brain starts, which can make it difficult to draw up a treatment plan. The way it is often treated is by giving immune-suppressing medication. If doctors do not know or cannot find out which disease, which bacterium, which virus is causing the autoimmune reaction, the patient is in danger of dying.

It is my hypothesis that a common virus or a bacterial infection somewhere in the body or in the brain alone or together with a high stress level over a long period of time, together with for example, a poor diet, can trigger an autoimmune reaction. The stressed cells or the stressed system get out of balance even though the body will try to restore some form of balance.

Treatment: It is important to look at all areas where there is an imbalance and intervene where necessary.

Our genetic origin

Everyone has received genes from their parents that represent who they are, their makeup. Although the general makeup of all genes is the same, there are mutations in the different genes (this is the reason why your father's genes are slightly different from your mother's genes). It means, that some people have red hair, others blonde, brown or black, etc.

The different mutations are the reason that proteins in the individual person can be more or less active. For example, the processing of food. Some people can tend to get fat if they eat a lot, while others don't.

In other cases, some people get depressed when exposed to stress, while others don't.

These differences can also mean that some people get infections more easily and are sick for longer, while others are only sick for a shorter time.

Everyone is born with different makeup or a different base. Regardless of these differences, the body will find a balance between the individual factors, which means that the person is initially healthy.

This balance between different systems is the pivot point for everyone.

The important balance

When people are exposed to bacteria, viruses or eat different foods, the biological system will react and push the genetic makeup to find a new balance.

If a person is not so good at burning food and eats too much fatty food, the person will become fat.

If a person has overactive psychological makeup or an innate sensitivity, they will be more easily stressed and depressed.

If another has a less active immune system, they will get an infection more easily, and it will take longer to get well again. When the infection is gone, stress or fatty food is removed, the system will find balance again.

If a person has an immune system that is overactive and stressed, it can cause the balance to tip, so the person gets depression or even Multiple Sclerosis. If the person has normal makeup and at the same time an overactive immune system, the effect is less, and the person does not have to get sick.

Another example could be a person with a poorly functioning metabolism. If that person gets stressed or gets an infection, the person can, for example, develop Psoriasis or other diseases. If the person easily switches to fat metabolism (where fat is used as fuel instead of glucose to create energy) and at the same time has an overactive immune system the person can be in danger. If this person get an infection in the brain or a micro hemorrhage in the brain, it can lead to diseases such as Alzheimer's, Schizophrenia or Multiple Sclerosis. It depends on the personal makeup (the innate characteristics), as well as whether a person is exposed to an infection, a hemorrhage in the brain, a serious trauma or something else.

What does this mean for treatment?

In relation to the treatment of diseases, this means that it is important to look at the overall picture. Which factors play a role in the development of the disease in the individual person. Is it the immune system, psychological factors or metabolism that are decisive? In autoimmune diseases, treatment is often with corticosteroids or TNF blockers, which treat the symptoms, but do not change the disease itself. The same applies to neurological diseases. Merely blocking some symptoms or reducing the stress state does not treat the patient in the long term. The focus should be on a combination of treatments.

An example could be that one chooses to treat both a patient's diet, the stress state that is present and a possible infection. **It is about restoring balance.** For example, if it is an autoimmune disease, one could – instead of only blocking the metabolic imbalance – focus on the imbalance by also treating the patient's mental state and make sure the person gets the right vitamins, minerals and proteins.

I am thinking in ways and use a treatment regime, that focuses on several factors and their influence on each other – it is a holistic and systemic approach.

How to use the energy from the Universe

In my world, energy is vibrations. I imagine that the energy in the Universe can be used in many ways, both engineering/technically, to make plants grow and in relation to people. We are all part of these vibrations. Modern science has proven that all existence is vibration.

I have worked for some years with healing energies (vibrations) from the Universe in relation to helping people. Using Reiki Ho an ancient Japanese healing method. Energy from the highest source. Universal energy (qi), and light (Universal Reiki). I use Universal Energy for healing by laying on of Hands.

I am a channel for Reiki - Universal Energy that carries the vibration of love and harmony within it. The energy is expressed from its vibration frequency or wavelength. Being a channel is to receive the vibration of love, by virtue of uniting myself with the consciousness and rhythm of the Universe. Being a channel for Universal Energy is to achieve, that I as the small universe I am as a person, vibrate in harmony with the great Universe.

Some call the energy 'xxenergy or its force 'xxforce'. Others call it 'the energy of the future'. The Force or the Creator that gave life to the great Universe created solar systems and everything on Earth. It is an energy that defines the vibration of love. The highest consciousness of the Universe. According to quantum physics, consciousness exists in everything. The stars, the sun, the moon, the earth, the oceans, the continents are Universal Energy. It exists in weeds, in a single grain. Human life exists as part of the Universe. All existence is vibration.

Reiki helps me to vibrate with the same vibration as the great Universe and use it for healing. Reiki transcends space and time and enables me to perform healing at a distance as well as on both past and future events.

Universal Energy is also used by other methods. Not only by Reiki.