



Medical Intuition to support healthcare

FlowForm Rehab & Physiotherapy
Sybille Lindner



What is Medical Intuition?

Medical Intuition is an intuitive observational skill designed to evaluate the physical body to support healthcare outcomes. It is intended to help identify anatomical and physiological contributors to illness, assess the potential underlying root causes and perceive the energetic patterns that may be driving illness or disease in a patient.

While Medical Intuition is not meant as a substitute for medical or psychological diagnosis or care, and should always be used in conjunction with qualified healthcare practitioners, it can serve as a valuable adjunct to various healthcare fields to support a deeper and more holistic understanding of the contributors and origins of illness.

Who am I?

I have been working as a physiotherapist in Swakopmund since I qualified at Stellenbosch University 15 years ago. I have always had an interest in the mind-body connection and received additional training locally and internationally about fascia, the nervous system and trauma-informed practice. My work in recent years has centered around supporting patients with chronic pain, chronic illness and psychosomatic connections, and I have developed novel hands-on and rehabilitation practices unique to these kinds of patients, which I have been teaching to physiotherapists since 2020.



I trained as a Certified Medical Intuitive Practitioner (CMIP) at The Practical Path, a US-based institution that trains only qualified Healthcare practitioners in this field. This program focuses on maintaining a high standard of ethical practice and practical usefulness of Medical Intuition. The training program takes 14-18 months and includes 80-90 case study practice clients.

What is this document about?

I now offer different kinds of Medical Intuitive Assessments, and would love to work in collaboration with colleagues in different healthcare fields to bring a deeper understanding of health and support more effectiveness in healthcare.

What does this look like?

A Medical Intuitive Assessment evaluates both the physical details and the energetic contributors of illness, and the more specialized types of assessments I offer can dive deeper into the fundamental capacity for the body to heal, the underlying causes and contributors to highly sensitive nervous systems and the deeper emotional origins of disease.

How can Medical Intuition be used in healthcare?

I offer Medical Intuitive Assessments via online consultation. Where appropriate, patients may choose to book an assessment, after which I prepare a comprehensive report outlining my observations related to their health concerns.

This report is intended to complement and support your clinical evaluation by providing additional perspectives that may support a broader understanding of the patient's presentation. It can serve as a valuable discussion tool, helping you and your patient explore health concerns more comprehensively alongside your medical expertise, diagnostic findings and treatment plan.

Medical Intuitive Assessments can be beneficial in these ways:

- promote communication and trust between patients and healthcare providers
- assist in reducing patient worries and increase understanding and satisfaction
- improving efficiency of medical or psychological care by supporting deeper understanding of underlying issues causing the presenting illness
- can help improve patient compliance to treatment plans when they understand themselves more deeply and are more motivated to take responsibility for their own health
- reduce potential morbidity of unnecessary testing
- decrease costs by helping to build more focused, efficient treatment plans and cost-effective testing
- can assist in gathering information from non-responsive, non-communicative or comatose patients
- non-invasive, convenient and can be administered remotely



How can this help patients?

Most patients who have received an assessment report feeling more relaxed about their health issue, and understanding themselves on deeper levels. They find it valuable to connect the dots between their physical and emotional health challenges, and to understand the root causes better.

Mostly, they feel more able to take responsibility for their own health and motivated to use self-help treatments alongside existing medical treatment plans.

Medical Intuition is an assessment process and not an intervention, treatment or healing therapy. It cannot diagnose, prognose, prescribe or treat, but only provide recommendations that may be taken into consideration by the managing medical professional.

Which patients are appropriate to refer?

Indications for Referral

- atypical or unusual physical or mental/emotional presentation
- cases which have not responded favourably to conventional medical care
- assistance in narrowing differential diagnosis
- cases with no effective conventional medical cures or requiring complex invasive treatments
- unique, rare or idiosyncratic syndromes
- potentially psychosomatic presentations or cases where emotional disturbances greatly contribute to physical illness

Contra-indications for Referral

There are no direct contra-indications for using Medical Intuition, but it is best to use it within the following parameters:

- patient provides full informed consent personally or via legal representative
- patient is able to understand complex information
- patients with emotional disorders have mental health support should this be necessary
- assessments can be done with healthcare practitioners directly on behalf of their patient if the patient is non-responsive or non-communicative, within ethical and legal guidelines
- Medical Intuition should not be used in high-stakes or emergency situations, since accuracy cannot be guaranteed



Have the benefits of Medical Intuition been evaluated?

I am a member of the National Organization of Medical Intuition (NOMI) in the US, which aims to promote the professional practice of Medical Intuition by defining ethical standards of practice and conducting research about these topics. You can read more about that research here:



Wahbeh, Taddeo, Colter & Wisneski 2026

This study published in Global Advances in Integrative Medicine & Health evaluated the perceptions of physicians and patients regarding the usefulness and accuracy of Medical Intuition sessions in the clinical setting.

Main points:

Physicians in the study reported:

- 80% average usefulness of Medical Intuitive sessions, greater than usual care
- 83% physician's accuracy rating of Medical Intuition sessions
- Medical Intuition sessions positively influenced their clinical decision-making
- They would continue to use the Medical Intuitives in their practices
- They would recommend Medical Intuitives to colleagues



Colter & Mills 2020

This study published in the Journal of Integrative and Complementary Medicine explored subjective accuracy of Medical Intuition.

Main points:

- 94% accuracy in locating and evaluating the participant's primary physical issue
- 100% accuracy in locating a secondary physical issue
- 98% accuracy in describing the participant's life events
- 93% accuracy in describing a connection between life events and health issues



I invite you to experience this for yourself with a complimentary session of your choice. This will give you the opportunity to evaluate the process firsthand and consider how this work can support your clients where appropriate.

Contact me to book your session:

Sybille Lindner

Email: flowformswk@gmail.com

Whatsapp or Telegram: +264817901160



To read more about this work, as well as how I have developed my physiotherapy into a mind-body approach called NeuroFascial Integration, visit [my Website](#).



To read more about my USA training institution, visit [The Practical Path's website](#).



To read more about how Medical Intuition is being used internationally, visit the website of the [National Organization of Medical Intuition \(USA\)](#).



Read NOMI's White Paper:
[Medical Intuition: An Emerging Approach in Clinical Healthcare](#).

