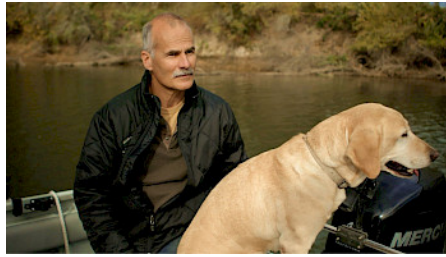




# GO HEAL YOURSELF

by Yasmin C. Rams



## SYNOPSIS

Suffering from Epilepsy, filmmaker Yasmin C. Rams makes a drastic decision: She goes off the medication that is threatening to impact her liver, and sets out to find an alternative cure for her debilitating disease. Trying everything from Traditional Chinese Medicine and medical marihuana to Ayahuasca, she is determined to take her fate into her own hands.

Is she just putting herself in the hands of quacks who will only make things worse? Or will she succeed in finding the right mix of conventional medicine and alternative methods, which equally promote recovery and well-being?

## FESTIVALS

2021

55 Hof IFF

DOC NYC

Seal of Approval 'highly recommended'

## CAST AND CREW

DIRECTOR Yasmin C. Rams · PRODUCER Yasmin C. Rams,  
Rodney Charles

2021

106 min

ORIGINAL TITLE

HEIL DICH DOCH SELBST

FORMAL CATEGORIES

Sustainability, POV

ORIGINAL LANGUAGES

Mandarin, German, Spanish,  
English

PREMIERE

Germany (2021)

LINKS / REFERENCE

CONTACT

[yasmin.rams@perenniallens.c...](mailto:yasmin.rams@perenniallens.c...)

<http://www.perenniallens.co...>