

Health and Recuperation

It's a matter of being properly informed

© 2000 Published by SANUM-KEHLBECK, D-27318 Hoya

Dear Reader,

As a patient you may already have heard “SANUM-Therapy” mentioned in a conversation. It may have been with the therapist or doctor who was treating you, and who referred to this concept during a consultation. What he/she meant by this was treatment using medicines which above all get to the root of your physical processes, and likewise of your immunity too, for example. This means that SANUM-Therapy has a “biological-holistic” orientation, so as to influence events within your body gently and so as to achieve regulation.

However, it is not our concern here to go into fine detail and inform you comprehensively about SANUM-Therapy and its medicines. The therapist to whom you have entrusted your health will certainly be able to answer all your questions. Ask him/her anything you like. He/she will no doubt be happy to talk about the remedies produced by SANUM-Kehlbeck.

What we are concerned with here has as its aim the awakening in you of an understanding of the things that are going on in your body, resulting in its continued robust existence. These processes are important as pre-conditions for your continued enjoyment of good health and a zest for life. It will become clear that both of these definitely depend on those occurrences and processes within your body, and not just what contributes to good digestion, for instance. However, the importance of the intestinal processes is indeed just as great as the importance of those in the blood and, along with further processes, they make up the fundamental happenings within your organism.

About our Relationship with Microbes

Maybe, like many other people, you think that microbes are fundamentally harmful, microbes that are also known as micro-organisms or microscopic living beings, and which we encounter all over the world in the shape of viruses, bacteria and fungi. It would be useful for you, and to your advantage, to thoroughly review this opinion. Of course there are microbes which play an evil and fateful role within our bodies in the genesis of many kinds of disease. However, their harmful properties can only develop to full effectiveness if our body provides the soil in which they can flourish and be active. It must provide them with the environment (“milieu”) that arouses and fosters their parasitic character. Think, for instance, of the growth of seeds in the field; this must also possess its own precise “milieu” for the seeds to develop, like the microbes in our body.

For your previous opinion regarding microbes (= micro-organisms) to be corrected, it is also important to be aware that we would not be able to live at all without the continued existence of microbes within our organism, a colossal number of microbes of many kinds and in many forms. Even our body's immune system, so important and so sensitive, which essentially

decides whether we are well or sick, is dependent for its health and strength on a population of bacteria which co-exist harmoniously. Thus we live with an innumerable host of micro-organisms inside our bodies, literally in symbiosis with us, in other words in a living community, within which these micro-organisms carry out indispensable tasks for our metabolism.

Our bodies' internal milieu is of critical importance

If this significant living community is to be preserved intact, it is vitally necessary to maintain our internal milieu in a state of biological balance in its bodily juices and tissues, and to look after it. Not until the milieu has become altered over a longish period of time and lost this balance, as a result of disordering influences either from within or from without, can harmful microbes develop from those innocuous micro-organisms. Symbionts are friendly disposed towards us, but they can become parasites, which cause increasing damage to our blood and will also destroy it, unless the appropriate biological treatment is applied. This destruction can be observed, for instance, by means of darkfield microscopy, in the blood of many terminally ill people in the final stages of their illness.

Many people still persist in the erroneous opinion that microbes are primarily harmful and therefore need to be “combated” and “destroyed”. These people also think that these “nasty” microbes come “wafting” over us, or somehow force their way into us from outside. That is not the case, as has been clearly demonstrated by various research results, even some from earlier times. According to these research results it is rather the case that, from the time of our birth, we play host to certain genera of microbe within our bodies, and these have the potential to become parasites. For the infant, some of these microbes even constitute its first “practice material” in strengthening its immune system. It has also been clear for a long time that the little embryonic being in the womb accepts micro-organisms from its mother via the placenta, which implies that this “inheritance” is transmitted by the placenta.

Microbes also exhibit a change of form in phases

A further significant discovery of research carried out in years past is that the genera of micro-organisms present in our bodies since birth are subject to changes of form in phases. These depend on their environmental living conditions in the blood and tissues. Bound up with these changes in form there are also changes in the action of these micro-organisms for our bodies. In scientific terminology this plurality of form is referred to as pleomorphism, and within this the change of form itself, dependent on the milieu according to the laws of Nature, is known as cyclogeny. This implies that the micro-organisms in question are subject to a phased developmental cycle, from a very tiny, immobile particle of protein to a fungal form with a complicated structure. It is in this ultimate phase that the parasitic character of the microbes in question is fully revealed. Fortunately, this cyclical development is also able to be reversed, and indeed, this can be achieved in completely non-violent and non-toxic ways, by being given its own biological treatment.

The most important genera of micro-organisms with this property of plurality of form (pleomorphism), which many people harbour in their body in one form or another, are referred to technically in the language of medical science as *Mucor racemosus*, *Aspergillus niger* and *Candida albicans*. Now, these three genera by no means constitute our bodies' total complement of micro-organisms, for in our gut alone there are further genera of very useful bacteria. When we are ill, there are also some of a harmful kind. The three above-mentioned genera of micro-organisms are named here because they are of supreme significance for the

all-important events that take place in the blood. Of course, the mucous membranes are also the sphere of *Candida albicans*, both in the gut and in the female vagina.

In many people *Mucor* occurs together with *Aspergillus*. In such people, if a variety of adverse influences brings about illnesses or disorders with long-term impairment of their internal milieu, then both genera of micro-organism may undergo changes in form and become harmfully active. The symptom picture caused by this development is quite different from the picture when only one genus out of the two is present. This deleterious collaboration of *Mucor* and *Aspergillus* may often be observed, for instance, in particularly severe diseases, as demonstrated by the results of special blood tests. This kind of specialised test is facilitated, e.g., by dark-field microscopy, which deserves to be more widely employed.

Everything depends on the acid-alkaline ratio

The internal milieu of the body may be biologically balanced in favour of good health, or it may be distorted to such an extent that it stimulates the micro-organisms that are present to change their form, developing from symbionts into harmful microbes. The acid-alkaline status in the juices and tissues of the body plays a significant role in deciding between these two possibilities. The acid-alkaline ratio is a quite elementary and existential given fact that affects the metabolic processes in living organisms everywhere. Without it biological, organic life is not even remotely possible. It is closely connected with vital metabolic processes within our bodies, even extending into the interior of their billions of cells.

The degree of acidity inside an electric battery determines its efficiency, and in the same way the “degree of acidity” in our body also determines how healthy it is. In our body too the acid-alkaline ratio critically affects vital bio-electrical processes in the metabolism of each and every cell. In a good state of health this is shown by a high electrical potential between the cell’s nucleus and the cell membrane, as high as 70 millivolts or more.

In our body the acid-alkaline ratio is expressed in the so-called pH level. That is a value which is obtained from the blood and other body-fluids - not forgetting the urine - for diagnostic purposes and for checking the state of health. The pH level of blood in circulation in a healthy young person is in the region of 7.4 and, since it is above 7.00, it is slightly alkaline. Generally speaking, even in a healthy person, there is a certain antagonism between this blood pH-level and that of the tissues. In other words, a contrary adjustment of the pH level. This means that the pH level of healthy tissue is just slightly below the neutral level of 7.0. In people who are seriously ill this antagonism is expressed in a much greater difference in the pH levels. In sickness the blood may have a pH level of 7.8, whereas the equally sick tissue may plunge into the acidic range, with a pH level of well below 7.0

Over-acidity is a significant factor in disease

This acidic milieu provides the highly structured micro-organisms in our body with ideal conditions for intensive development towards their harmful fungal form. However, this acidic milieu also favours the emergence of a dangerous deficiency in the supply of fluids to the tissues, so that the blood supply to the finest capillaries (micro-circulation) is severely reduced or even blocked. This means that, for all the cells, not only is the vitally necessary supply of oxygen and nutrients impeded, but also the equally vital disposal of metabolic waste products. It may be said that, in this state, all the cells are slowly “acidifying away” and thus becoming increasingly ill, unless therapeutic help is applied in the shape of appropriate biological medicines and other therapeutic measures. When scientists establish a link between

the most threatening diseases and cell respiration that is being steadily throttled, it is probably apt.

Thus we cannot state clearly enough that chronic over-acidification of the tissues must be regarded as a hazardous hotbed for the genesis of many serious diseases with a wide variety of pathological pictures. This condition also spurs on microbial life in our bodies to develop in a deleterious direction. Along with this a further burden is placed on our organism in the shape of metabolic waste products from these harmful bacteria. In such a state, the body has a noticeably depressed immune integrity, making it more easily susceptible to attack by exogenous microbes. This then finds expression in frequent infections, which may also be of a serious nature.

There is a great deal that we ourselves can do and prevent

Thus everybody should strive to avoid long-term over-acidity of the tissues in their bodies. That is an important precaution that we can take against many diseases. In this way the human immune system will also remain considerably less stressed. There are a few good behaviours in our everyday life that will constitute one such positive precaution, and this includes avoiding “sour” reactions, altogether or as often as possible. You see, our immune integrity includes a neuro-emotional component, which means that the strength of our immunity is influenced by the way we think and feel.

The type of diet we consume is likewise considered to be a significant precautionary and therapeutic factor in protecting us against diseases that arise from a compromised internal milieu. A natural wholefood diet rich in energy foods with plenty of fruit and vegetables to provide alkalis is well suited to this purpose. The same is true of sufficient fluid intake without “combustive values”. The best drink - of which plenty may be consumed - is fresh, pure spring water. Some ordinary and luxury foods, when consumed in the long-term, constitute a serious risk of damage to our health, maybe because they are acid-forming, as in the case of coffee, for instance. These should be avoided, or at least severely restricted.

Another thing that is indispensable if we are to keep healthy, or even to regain our health, is regular physical exertion, lasting as long as possible, through work or sport; and with no shyness about sweating. This activates cardiac and respiratory activity, which in turn promotes better micro-circulation (the circulation of blood through the finest blood vessels, the capillaries); not only does this improve the oxygen supply to the tissues, but it also increases the disposal of metabolic waste products. Essentially, and in the final analysis, illnesses often constitute an emergency vent for decayed material and acids, consequent upon dysfunction of their normal exit routes from the metabolism. Extended physical exercise also has a favourable influence on the conditions required for balanced microbial life within our bodies.

A particular role in our living and eating habits is played by the consumption of animal protein, in the shape of meat and meat products primarily, but also in the shape of eggs, milk and dairy products. Detailed studies confirm that, even in the case of ongoing slight excess consumption of animal proteins, the micro-organisms present in the body, such as *Mucor* and *Aspergillus*, feed on these and thus begin their deleterious upward evolution. Not only that, but any excess of animal proteins, when metabolised in the body, will tip the acid-alkaline balance further in the “acid” direction. As well as this, in the long-term, as a result of this excess, dangerous deposits of protein will form, for instance on the walls of the hair-like vessels in the tissues, the consequence being increasing destruction of the micro-circulation. The research of Professors G. Enderlein and L. Wendt - independently of each other - have

supplied us with significant findings on this subject. Just as proper treatment takes these circumstances into account, the same applies in the case of correct precautions to be taken in respect of our diet.

Diseases are not primarily “Fate”

When we refer repeatedly and emphatically in this article to dangerous over-acidity, it should not be imagined that this is the same thing as over-acidity in the stomach: something from which more than a few people also suffer. What we always mean here is over-acidity of the tissues, which can affect the whole organism, but can also build up locally in a small area of the body. This can be particularly problematic in the heart and brain areas. However, not every acid dish results in such over-acidity of the tissues, nor does every sweet dish have a de-acidifying action. Often the reverse is the case. Thus dishes sweetened with sugar, rather than naturally sweet, when metabolised, generally leave acids behind in the body, and these can cause disorders, whereas on the contrary raw, sour-tasting fruit has a favourable influence on the body's alkaline economy.

Anyone who is intent on genuine healing from illnesses arising from the causes referred to here, and is not content with temporary suppression of their symptoms, will be aware from what has been said that this real healing depends on their active co-operation. This treatment with medication must be complemented by further measures - primarily by dietary adjustment. Only then will there be good prospects for successful healing, which can be lasting, so long as fresh mistakes are avoided. For this reason it is right not to regard disease as primarily “the hand of fate”.

Many people, for instance, pave their own way to chronic disease, on the one hand by intemperance, and on the other hand by inertia. So then, it is a dangerous illusion if, maybe after a few years, a symptom picture emerges and these people expect to be truly healed simply by taking “3 a day for a fortnight”. This is not to be confused with mere suppression of symptoms, which it is possible to bring about quite quickly. Such suppression of symptoms just shifts the focus of the disease process disastrously, and often even deeper into the organism.

Possibilities for successful healing treatment

A treatment that promotes lasting healing should have a regulative and biological character, which dispenses with the mighty “anti” of blind combat and destruction of microbes. A component of such treatment is also the elimination of all local disturbance factors in the organism. These are known as focuses of diffusion and other disturbance zones. Another essential part of this treatment is the restoration of a balanced acid-alkaline economy, likewise a thorough elimination of all products of metabolic breakdown from the body. A high priority in this biological treatment is also the cleansing of the gut, particularly the bacterial colonisation of the gut, also known as “the bacterial lawn”, which is so important. The harmful upward evolution of the micro-organisms in the blood and tissue of the patient's body to become parasitic microbes requires a particular treatment with medication, so that they are broken down biologically.

The possibility of biological breakdown of parasitic micro-organisms is based on the results of investigations by the researcher, Prof. Dr. G. Enderlein (1872-1968). He had realised that the various developmental stages of micro-organisms are in an active relationship in which the less evolved lower forms can join together with the parasitic higher forms in a copulative - i.e. sexual - union, the outcome of which is to reduce the latter to harmless forms that can be

excreted. The lower growth-forms, which promote healing, are known as chondrites, and they are a component of valuable pharmacological preparations. In treatment these preparations are prescribed to patients in various administrative forms. This very gentle form of treatment, referred to as Isopathic Therapy, is complemented in a fair number of cases by an equally gentle treatment that uses immunobiological preparations. However, in a number of cases these immunobiological preparations are also prescribed on their own.

Many people have already been lastingly helped with a comprehensive healing treatment such as this. It is particularly chronic diseases with a variety of symptoms that are susceptible to a healing therapy of this kind. Especially fungal diseases (mycoses) in their various presenting forms should be included among these chronic diseases. The preparations that are employed to treat these diseases never act like antibiotics, killing and thus creating new problems; rather their action is biological, reversing the evolution of the harmful microbes. But even so, the best healing therapy remains the taking of sensible precautions, with each person assuming responsibility for the way they lead their life and feed themselves in accordance with the biological principles of life.

What informs us about our internal state?

Should we not be feeling quite well, or even feeling positively unwell, for some length of time, then the question arises: what is going on in our body, what has caused us to feel out of sorts? If we have been feeling unwell for quite a long time, then we should hesitate no longer in trying to trace the cause. The early stages of many diseases are reflected in the blood with certain microbial pictures. What can be quickly revealed in the way of early stages presents an opportunity really to clear up the disease process that would otherwise become more advanced.

Thus, the important thing is to investigate the state of the patient's blood. Dark-field microscopy, which has already been referred to, is the method of choice, and offers a good degree of prognostic certainty in providing an early warning of a disease. It would be a blessing for many sick people if this investigative method of arriving at an early diagnosis were much more widely used in medical practices than it is at present. This method also affords a good way of checking on the progress of a disease and - if required - it can also provide photographic documentation with pictures of the blood. It allows an objective view of the changing microbial state of the blood in successive blood samples, depending on the progress of the treatment. Of course, because of their very nature, this applies first and foremost where the SANUM medicines are used as appropriate.

Dark-field microscopy is a special holistic investigation, which must be carried out with a drop of living blood taken from the patient. This investigation involves the use of a dark field in the microscope, created by illumination; in this field initially small growth-forms of microorganisms and their state are rendered visible. These cannot otherwise be seen, even when quite strong microscopic magnification is used. Thus the presence of so-called endobionts in the blood can be established at an early stage, before they have fully developed their parasitic properties, giving rise to a corresponding picture of physical disease. This investigation is completely harmless, lasts only about 15 minutes and not only gives clear information regarding the patient's internal milieu and any microbial infestation of his blood, but also regarding the extent to which his blood-cells are able to carry out their functions.

A more extensive investigation of the blood sample also provides important clues as to the extent of any degenerative disease processes, including even a cancerous tendency, and it also provides evidence regarding the immune resistance at that point, and the cell resistance.

Bearing in mind these possibilities, dark-field microscopy cannot be replaced by any other known method of blood investigation. Besides, dark-field microscopy is very motivating for the patient who is present, because of its rapid and easily viewable findings regarding the state of his blood, and it is also totally suited to preventive investigations for prophylactic healthcare. However, it is indispensable to have an operator who is trained and experienced in dark-field microscopy, if reliable investigative results are to be obtained.

This is also the case for a further meaningful microscopic blood investigation to obtain early indications of disease, including a particular staining method for the blood sample. This was developed for Professor Arno Linke. A later form of blood microscopy, this has already found its way into some practices, where it has been used successfully.

Patients rightly want more information.

Though appropriate, recently promulgated legal regulations sadly do not permit any further explanations within the context of an information sheet for patients, such as you have here. Since patients have a free choice, not only of a physician, but also of their type of treatment, it will happen that further information is desired, because it will matter to more than a few patients that they are given a comprehensive healing therapy. It should therefore be in the patients' own interest, and that of prospective patients, to rely on practitioners who are experienced in the kind of biological and holistic treatment that has been sketched out here and which goes back to the origins of the disease.

Please enquire of your trusted practitioner regarding the SANUM preparations, which have proved their worth over many years in Biological Medicine. Should the need arise, we are also happy to provide names of experienced practitioners in your area. Please enquire separately regarding addresses for blood investigations by dark-field microscopy.

SANUM-KEHLBECK GmbH & Co. KG
Remedy production
Postfach 1355
D-27316 Hoya.
Tel.: +49 (0)4251/9352-0 Fax.: +49 (0)4251/9352-290
<http://www.sanum.com>
Email: info@sanum.com