“Practical Tips“ Series
SANUM Meridian Therapy

Cervical Spine Syndrome

by Dr. med. M. Al-Haj
Cervical spine syndrome (C-syndrome = cervical syndrome) can be traced back to injuries (such as “whiplash”) and to diseases of the cervical spinal column. In chronic form, it appears as neuroradicular C-syndrome with possible irritation of the root of the spinal nerve and spinal ligament weakness; secondary osteophyte formation can also appear here. Funicular C-syndrome with spinal cord irritation can lead to dull pains in the lower body and possibly weakness in the legs and bladder disorder. The literature mentions other forms of C-syndrome, which, for example, can also appear as rheumatic C-syndrome.

A. **Injections** in the following SANUM acupuncture points with 1 amp. NOTAKEHL + 1 amp. SANUVIS + 1.0 - 2.0 ml Procaine 1%

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Designation</th>
<th>Localization</th>
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</thead>
<tbody>
<tr>
<td>UB 60</td>
<td>Kunlun Mountains</td>
<td>In the depression between the outer anklebone and the Achilles tendon</td>
</tr>
<tr>
<td>GB 21</td>
<td>Shoulder Well</td>
<td>In the middle of the connecting line between the tip of the Th 1 vertebral spinous process and the acromion</td>
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<tr>
<td>GV 14</td>
<td>Great Hammer</td>
<td>At the caudal edge of the vertebral spinous process of the 7th cervical vertebra</td>
</tr>
<tr>
<td>GB 20</td>
<td>Wind Pool</td>
<td>Mastoid neck center half, below the occipital bone</td>
</tr>
<tr>
<td>SI 3</td>
<td>Back Ravine</td>
<td>With fist closed, a skin fold is formed on the little finger lateral to the finger joint. Dü 3 is located in the depression which forms proximally this skinfold.</td>
</tr>
</tbody>
</table>

Suggested therapy - slowly inject 0.2 - 0.5 ml i.c. of the mixture in each point twice weekly, using a #20 syringe.

B. **Autologous Blood Treatment**

**Week 1:**
- i.m. injection 3x weekly 0.5 ml autologous blood + QUENTAKEHL 1 amp. + Vitamin B complex Sanum 1 amp.

**Week 2:**
- i.m. injection 3x weekly 1.0 ml autologous blood + QUENTAKEHL 1 amp. + Vitamin B complex Sanum 1 amp.

**Week 3:**
- i.m. injection 3x weekly 2.0 ml autologous blood + QUENTAKEHL 1 amp. + Vitamin B complex Sanum 1 amp.

C. **Medicinal Adjuvant Therapy**
- UTILIN D6 and LATENSIN D6: take 1 capsule every third day in alternation.
- SANUVIS: take 60 drops once a day
- Traumeel ointment rubbed into the diseased region

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GB 20

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