



Humans and the Aging Process

An Extensive Field of Activity for Biological Therapies

by Harald Krebs, Naturopath



Introduction

Someone once said that aging is not a disease - but it can nonetheless lead to many diseases and complaints. Aging is a gradual process of change and transformation in the course of our lives. But aging also means that, sooner or later in one's life, there comes a time when the regulatory mechanisms of bodily functions no longer coordinate with each other optimally, thus upsetting homeostasis. When aging begins, the organism's adaptive ability changes, adaptive mechanisms lose functionality partially or totally - but, at the same time, new adaptive mechanisms are developed or take on a new quality.

Old age is accompanied by altered susceptibility to infection, i.e. the possibility of coming down with certain bacterial or viral infections is many times greater at an advanced age. The reason is to be found in age-dependent changes in the reticulohistiocytary system, with consequent reduction in the formation of antibodies. It should also be kept in mind that many older people have numerous resistance-lowering factors such as metabolic, degenerative or consumptive diseases, which of necessity reduce the body's powers of resistance. Other striking phenomena include deficient fever and leukocyte reaction to infection and an increase in autoimmune diseases.

This increasing reactive rigidity in the organism was investigated by the scientists *Pischinger* and *Keller*, and designated as „mesenchymal

block“. Both scientists were able to show that the mesenchyme, a connective-tissue organ, performs a number of tasks. One important mesenchymal function consists of maintaining osmotic pressure, optimal ion mixture and acid-base equilibrium by means of a continuous exchange of substances between the blood and parenchymal cells. According to *Pischinger*, the mesenchyme is the bearer of the undifferentiated and unconscious life function and state, of the holistic function in the organism and thus the basis of general and nonspecific resistance regulation.

Coping with the flood of exogenous noxae

Older people are beset by a number of exogenous noxae in the course of their lives. They take in a hodgepodge of toxic substances in the air they breathe, the digestive tract and the skin. For the organism, this means a considerable daily burden, because foreign substances (whether chemical in nature, or bacteria, viruses, cells) are disposed of by the organism's defensive mechanisms in the following manner: custom-tailored defensive cells from the RES [reticuloendothelial system] or from connective tissue surround the foreign body and render it harmless.

Like any other cell, cells suffer structurally and functionally when subjected to permanent stress, attendant deficiency states and toxins; then, the mesenchymal protective substances can no longer be produced in sufficient quantity and quality. Also, pha-

gocytotic activity is reduced vis-à-vis diseased cells, as is the detoxification potential of the RES cells. This inevitably leads to the accumulation of cellular detritus, metabolites and toxins. To be sure, the unprocessed poisons can at first be stored in mesenchymal cells - but when the accumulation continues to exceed detoxification capacity over the longer term, the storage space will eventually be all used up, and the poisons can then enter the blood and tissues unhindered, leading to a general pathological metabolic state. This then fulfills an important prerequisite for the development of chronic diseases.

Therefore, the prime directive for older people is to open the body's neglected „channels“ to gain access to mesenchymal waste products and thereby relieve the load on an overburdened general metabolism. This happens through:

- Detoxification and terrain cleansing
- Reinforcement of the body's powers of resistance and invigoration of immune modulation.

This overall complex of detoxification and immune modulation can be very favorably influenced by means of appropriate treatment, suitable for any patient over the age of fifty.

Injection cure for the older person

For 4 weeks, administer an IM compound injection twice weekly, followed by the same injection once weekly for an additional 4 weeks. The injection consists of:



REBAS 4X
GINGKOKAKEHL 4X inj.
Hypothalamus suis Injeel
Glandula thymi suis Injeel
Injection lymphatica EKF.

In cases of liver metabolic disturbance, add an ampule of Injeectio hepatis EKF. Now, how do the individual components of this compound injection work?

REBAS 4X
(SANUM-Kehlbeck)

2 ml of REBAS 4X contain 2 ml of organ extract from the Peyer's patches of healthy calves. The Peyer's patches are, along with the thymus gland, another very important immune-system organ. Here are found approximately 5% of all lymphocytes. As in the thymus, the Peyer's patches diminish in number during middle age, vanishing entirely in old age. We now know that the Peyer's patches not only perform lymphatic functions, they also secrete hormonal substances into the blood stream such as hepatopoetin (an important building material for liver cells).

GINGKOKAKEHL 4X Inj.
(SANUM-Kehlbeck)

This agent is an important additive to promote blood circulation and increase brain-performance functions.

Hypothalamus suis Injeel

This active ingredient improves respiration and thus oxygen intake, regulates heart rhythm and endocrine gland function.

Glandula thymi suis Injeel

This agent takes on a guidance function for the immune system.

Injeectio lymphatica EKF

This agent has a regulatory effect on lymphatic circulation and activates immunological and humoral leukocyte defenses.

This compound injection, administered as described above, can also be used - besides for immune-condition disturbances - in the following cases:

- Acute and chronic inflammation in the stomach/intestinal region
- Respiratory and hematopoiesis disorders
- Blood circulation disorders.

Oral medication for older people

Besides the injections, the following medications are administered over a period of about 3 months:

UTILIN 4X capsules

Take 1 capsule on Mondays on an empty stomach; do not eat for 3 hours.

RECARCIN capsules

Take 1 capsule on Saturdays on an empty stomach; do not eat for 3 hours.

Phoenix Detoxification Therapy,
Usage and Dosage:

Phoenix Phoenhepan, 3 days

Take 60 drops diluted with water three times daily. Powerful detoxification via the liver.

Phoenix Solidago, 3 days

Take 60 drops diluted with water three times daily. Powerful detoxification via the kidneys, formation of substances that

must be eliminated in the urine, flushing out.

Phoenix Antitox, 3 days
Take 5-10 drops (low initial dose) three times daily. Powerful detoxification via the skin.

The cycle then repeats beginning with Phoenix Phoenhepan.

The success of this treatment is astonishingly good. Patients literally bloom, are eager to do things, are better able to meet the day with its attendant joys and sorrows. However, be sure to tell your patients quite clearly that the therapy can only be fully effective if they take all the medications as prescribed, and especially to drink enough fluids every day (about 1.5 to 2 litres).

The causes of aging

There are many different ideas as to what causes aging. Some of them have been established with animal experiments, some are merely speculative. One thing is certain: not every part of the body ages at the same rate. There are organ tissues which, due to continual renewal, do not age at all. One example is the epithelia of the intestinal tract, millions of which are renewed daily. And a good thing, too, because this organ is forced to put up with all manner of abuse in its lifetime:

1. Damage to the intestinal flora by low-roughage dietary habits and denatured foods.
2. Damage to the intestinal flora by environmental poisons such as cadmium, lead, mercury, etc.
3. Damage to the intestinal flora



by a number of medications taken on a daily basis

On the other hand, there are cells that do not regenerate at all, such as the ganglionic cells of the central nervous system. They do not undergo mitosis (no cell division) and their numbers decline sharply with age - which explains certain features of the aging process. Besides the details just mentioned, there are other factors as well which influence the aging process. For example, continual reduction in water content in the organism leads to fundamental changes in metabolic function: in the embryonic stage, the water content is 85% to 90%; at birth, it is about 80%; in the course of life, it sinks to about 65%; finally, at a very advanced age it can reach a low of 46%. Consequently, the mesenchyme gets ever more clogged with contaminants with increasing age, detoxification performance declines and defenses are weakened. This means that ever longer periods are needed to ramp up the defensive forces to a level where they can combat infection.

For all of our theoretical musings and ideas concerning the aging process, we really know little in the individual case about what might, concretely, be responsible for aging. To date, the reasons for differing lifespans are by no means fully clarified. At this point, all we know for certain is that genetic and environmental factors play decisive roles in the aging process.

At what point does „Old Age“ begin? The transition from one stage of life to the next takes place

slowly and gradually, with no fixed connection to a particular chronological age. Careful observation of aging persons leads, again and again, to the conclusion that the aging process proceeds differently in each individual. There are those who age relatively quickly, and others who age quite slowly. Geriatric citizens have a saying for this: „There are senile youngsters and youthful old folks.“

The age pyramid is changing radically

People live longer these days. There were more than 8 million German citizens over the age of 65 in 1970. By 1980, over 14.5% of all inhabitants of the Federal Republic of Germany were more than 65 years old, and in a few years, it will be over 20%. The yearly increasing number of older people is the consequence of a number of interacting factors, such as generally better living conditions and of hygienic and social improvements.

After the turn of the century, it is expected that the population percentage of people over 65 will continue to rise due to declining birth rates; these people will have retired and will need to find new goals in life. On top of which, the social environment will be sparser for many of them due to the deaths of friends and/or spouses. This suddenly creates empty areas in life, and those who have not learned how to fill them will soon feel inner emptiness and boredom, and might take refuge in illness. Those also who have felt unsatisfied throughout their lives - due perhaps to

unfavorable circumstances - will tend to have a harder time of it in old age.

Diseases in old age – Clinical examples

In examining older patients, we often notice severe hardness and tension all over the back, especially around the neck and shoulders. Without going into further details, I would like here to recommend a successful therapy for this group of people:

Hot salt poultices:

1. Add 2 handfuls of Bad Reichenhall Salt [a mineral salt] to a pan of water (as hot as possible).
2. When the salt has dissolved, dip 2 terrycloth hand towels into the water and place, in alternation, onto the stiff and/or painful parts of the patient's back. Place a dry towel over the damp one, covering the patient. As soon as the current towel becomes cold, exchange it for the other one.
3. At the 6th exchange, place a hot-water bottle on the terry towel, and have the patient lie relaxed and covered for 20 minutes.
4. Afterwards, rub the entire back for 3-5 minutes, first 2 minutes with oil of St. John's Wort, then 3 minutes with some drops of the following oil mixture:

Take:

Peppermint oil

Lavender oil

Eucalyptus oil

Pine-needle oil aa 10.0

Mix well and recommend: to be rubbed in.



You will be amazed how well the patient feels after this treatment. Recommend to your patients that they repeat this treatment at home twice a week. If this is not possible, then perform this therapy in your practice twice a week, for a total of about 10-12 sessions.

Globus hystericus

(lump in the throat) Symptoms

Medically speaking, patients with this clinical picture feel like there is a big lump in their throat that they cannot swallow no matter how hard they try. They try desperately to get rid of the feeling with continual throat clearing and coughing, but in vain. From a psychological standpoint, the choking and strangling sensations of *Globus hystericus* are closely associated with unresolved experiences such as arguments with friends or family, sorrow due to the loss of a family member, loneliness or even disgust towards food. Recommended therapy:

Compound injection IM twice weekly:

REBAS 4X
GINGKOLBAKEHL 4X inj.
Injectio lymphatica EKF.

Oral remedies:

Sumbulus olpx
Conium olpx
Ignatia 4X aa 50.0

Mix well and recommend: 20 drops three times daily.

Kavain capsules Harras
Recommend 1 capsule mornings and evenings.

A tea mixture which promotes healing:

Horsetail herb
Stinging nettle herb
St. John's wort herb
Yarrow herb aa 30.0

Mix according to specification
Recommend 2 teaspoons in 1 cup of water as an infusion, let steep for 5 minutes, drink 2 cups per day.

Have the patient inhale juniper oil twice daily. For this, the patient pours boiling water into an old teapot or coffeepot and adds 10-15 drops of juniper oil. Direct inhalation into the mouth can be effected with an inverted funnel placed over the opening.

Besides medicinal therapy, intensive talks are absolutely necessary, especially when there is no conversational partner at home.

Senile depression and its treatment

Flight into depression is probably the commonest psychic disease among the aging. One usually sees it, in men, before they are 60, especially among those who have always tended to be quiet, unassuming and introverted. Symptoms of depression can be acute, but can also come on gradually, consisting initially of diminished performance, moodiness and becoming exhausted very quickly. Close observation of these patients reveals a tired, harried expression, and the skin appears pale and drawn. The mouth is dry and the tongue always coated. Irregular meals slow down intestinal peristaltic activity and

eventually lead to stubborn constipation.

In many middle-aged and older depressives, mental concentration and memory are reduced to some degree. Many of them have trouble falling or staying asleep. As the depressive state intensifies, isolation deepens, self-care is neglected, the patient becomes emaciated, finally tending to anxious restlessness or reactive aggressiveness.

Recommended therapy: For these patients, combined autologous blood treatment represents a mild form of change stimulation. The organism's reactive state is influenced both as well as via the vegetative nervous system, thus setting the healing processes in motion.

1st week: three times weekly

Compound injection IM
0.5 autologous blood plus
1 ampule Hyperforat

At the same time, one injects the following compound injection into the other buttock:

Compound injection IM
2 ampules Psychoneuroticum
2 ampules Excitans
1 ampule Eukalisan

In the 2nd week, administer this injection twice weekly, in the 3rd to 6th or 8th weeks once a week.

Adjuvant medicinal therapy:

LATENSIN 4X capsules
Recommend 1 capsule on Monday



on an empty stomach and do not eat for 3 hours thereafter.

Hypericum 4X

Ignatia X5

white hellebore X3aa 10.0

Mix, give and mark: 15 drops daily

or

Ignatia Complex

Nestmann Complex

Nestmann aa 50.0

Mix and recommend 40 drops three times daily.

Then there are the various tea mixtures which, taken in alternation, affect the healing process favorably:

Valerian root

St. John's wort herb aa 25.0

Dried strobiles (hops)

Primula flowers

Lavender flowers

Radix Gei urbani aa 10.0

Mix according to specification and recommend 1 teaspoon in 1 cup as an infusion, let steep for 5 minutes, drink 2 cups daily.

or

St. John's wort herb 40.0

Valerian root 20.0

Balm leaves 20.0

Rosemary leaves 20.0

Mix according to specification and recommend 1 teaspoon in one cup of water as an infusion, let steep for 5 minutes, drink 2 cups daily.

For those who tend to depressive changes, the injection treatment mentioned above and the listed

oral medications can be administered, without further ado, at least once a year.

Here too, however, understanding and sympathetic talks with the patient should have top priority. Treating senile depression demands a good deal of patience and understanding on the part of the therapist, as well as empathy, love and affection from relatives.

Pruritis senilis (Senile itching)

Generalized pruritus is probably due to degenerative skin processes, but is often triggered by vascular and metabolic ailments. Possibilities include:

- Arteriosclerosis
- Hypertonia
- Liver and gallbladder diseases
- Diabetes mellitus
- Tumors.

Painful itching begins in circumscribed areas and spreads out over time to cover the entire organism, becoming stronger and more intense every month, so that the elderly person no longer gets a moment's peace. In some cases, the condition can become so tormenting and intolerable as to put the victim at risk of suicide.

Therapeutic recommendations:

For many older patients, overly dry and brittle skin is the cause of itching. This can be cleared up quickly by prescribing appropriate oil ointments and bathing followed by skin care. Tub baths (or full sponge baths if the patient is bedridden) are very pleasant to a patient with chronic itching.

Additives from horsetail extract are indicated. Oatmeal baths have a soothing, mellowing effect.

Important tip: in order to better relieve itching, one can add alkaline substances such as sodium bicarbonate, borax or starch, or ALKALA (3 tablespoons of one of these). This makes the skin feel pleasantly cool, while at the same time amplifying the oatmeal's effectiveness many times over.

Baths with the right detergents can also relieve itching, such as Cordes Oil Bath F, Balneum Herma F, etc.

Despite moisturizing oily substances, frequent bathing can dry out the skin - but simply adding a cup of milk along with 2 tablespoons of olive oil into a full tub of water can protect the skin from drying out. Baths or washing should only be done using tepid water, otherwise the itching will be intensified.

Skin care: aging skin especially needs a lot of oil; therefore, on days without oil baths, it is necessary to oil up the skin. Some good skin care preparations include: Linola/Oil Emulsion, Phoenix Kalophon Salve or Cardiospermum Salve.

If no relief from itching is noted after this treatment, then one should consider the possibility of a metabolic or vascular ailment, and therapize the primary cause first. In this case, the following treatment option, using IM injection twice weekly is recommended:



REBAS 4x injection
Injectio lymphatica EKF
Native blood 0.5 ml

Oral medication:

LATENSIN 4X capsules
Take 1 capsule every Monday on an empty stomach, and do not eat for 3 hours thereafter.

UTILIN 4X capsules
Take 1 capsule every Saturday on an empty stomach, and do not eat for 3 hours thereafter,

plus:

Cistus Canadensis opix 15 drops 4 times daily.
Silicea opix
Allow 1 tablet to melt in mouth 3 times daily.

in daily alternation with

Bellis opix
Allow 1 tablet to melt in mouth times daily.

Administering the Phoenix Detoxification Therapy, as described earlier, is part of this treatment over a time-span of at least 6 weeks.

The oil baths mentioned above serve as external treatment. The following skin cream is recommended for alleviating itching:

Thesit 5.0
Cordes Milk ad 100.0
Mix and rub in several times per day to relieve itching.

Here is an excellent ointment mixture which alleviates itching while

at the same time providing skin care:

| | |
|----------------------|-------|
| Tumenol.-Ammon. | 0.45 |
| Aq. Hamamel | 0.30 |
| Zinc oxide | 0.45 |
| Titanium oxide | 1.75 |
| Vaseline flav. | |
| Lanolin aa ad | 30.00 |
| Lavender oil Gtt III | |

This mixture is for dry and itchy skin in neurodermitis cases, but in these cases, it should only be used during the acute phase.

Additional measures against pruritis

Patients suffering from generalized pruritus need to maintain digestive regularity and drink enough fluids. Candidate fluids include:

Veronica herb
Heartsease herb aa 50.0
Mix according to specification
Put 1 teaspoon into 1 cup of water as infusion, let steep for 5 minutes, drink 3 cups daily.

Older nervous patients complain about intolerable itching that occurs especially in the evening while getting undressed. Besides the various skin-care options using creams and ointments, recommend that they take a calming and relaxing oil bath with essential oils: into a cup, pour a tablespoon of honey, 3 drops of oil of basil and 4 drops of oil of geranium.

This mixture is stirred and then added to the bathwater while it is still running. Bathing time is about 15 to 20 minutes. Afterwards, the patient should just dab off lightly and finish drying in bed, lying on

a terrycloth towel. Also recommended for these patients are baths with Biofrid germanium bath beads developed by SANUM-Kehlbeck.

Skin mycoses and their treatment

Skin diseases triggered by plant parasites are to be included among the markedly exogenously-caused dermatoses, namely the dermatomycoses. The pathogenic fungi infest the epidermis as well as hair and nails. It has become evident that the frequency of fungal infections is rising steadily and that they are also turning up more and more in older people. Fungal skin diseases can manifest themselves in a great variety of symptoms, such as:

- Reddish round or oval lesions with flaky edges and pallid centers
- Rhagades (cracks & fissures) and erosion between fingers and toes
- Seeping redness in the genital and anal regions
- White films on mucous membranes

A culture sample is absolutely necessary for precise determination of the fungal agent, especially if the fungal infection seems to be resistant to therapy. Fungal infections are favored by a number of circumstances, such as poor footwear, uncleanliness, immune-system weakness and metabolic diseases. There are many pathogenic fungal germs, and the frequency of their appearance changes with time; at the moment, Candida infections are strongly on the rise.



Recommended therapy for foot mycoses is a daily footbath containing 5 drops of olive oil and 2 drops of cypress oil. Afterwards, lavender oil is rubbed into the feet.

In cases of extensive foot mycoses, we administer an IM compound injection twice weekly of PEFRAKEHL 6X ampule plus NOTAKEHL 5X ampule, and administer an additional IM compound injection (on the other side) of REBAS 4X, Injectio lymphatica EKF and 0.2 ml of native blood.

Recommended therapy for genital mycoses is a sitzbath with Tannalac substance or potassium permanganate. Afterwards, the skin should be rubbed thoroughly dry, or (even better) a hair dryer used.

For local treatment: rub NOTAKEHL 5X drops into the infested skin for 2 days; from the 3rd day on, alternate daily: SANKOMBI 5X and NIGERSAN 5X drops.

An alternative treatment consists of applying the following ointment mixture twice daily:

Clotrimazol 0.5
Neydin M ointment ad 50.0
Mix as unguent: apply lightly twice daily.

Oral medication:

AE-Mulsin forte
Use 30 drops once daily.

Mercurius cyanatus X6 tablet
and Sulfur 4X tablet

Use for 2 days at 3-hour intervals: allow 1 tablet to dissolve in the mouth.

Rectal application:

PEFRAKEHL 3X suppository
Use 1 suppository daily.

In cases of a tendency to skin mycoses, the following treatment should be performed at least twice a year for a fairly long time:

UTILIN 4X capsule
Take 1 capsule every Monday on an empty stomach, and do not eat for 3 hours

RECARCIN capsule
Take 1 capsule every Saturday on an empty stomach, and do not eat for 3 hours

Phoenix Detoxification Therapy, application implementation and dosage:

Phoenix Phoenhepan, 3 days
Take 60 drops diluted in water three times daily.

Phoenix Solidago, 3 days
Take 60 drops diluted in water three times daily.

Phoenix Antitox, 3 days
Take 5-10 drops diluted in water three times daily.

Herpes zoster (Shingles)

In predisposed individuals, the Herpes virus infects and contaminates the entire organism, with the result that it remains latent in the body for the entire life of the organism. Since resistance decreases with advancing age, the

result is that a Herpes zoster infection can appear.

The eruption seems sudden. Often, the clinical picture is preceded by neuralgia-like symptoms in the innervations region of the corresponding nerve, along with a slight rise in temperature and generalized disturbance of the patient's state of health. The next step is the appearance of small, bright red nodules which turn into vesicles in just a few hours. The pinhead-sized vesicles are ringed by an inflamed border. The vesicle contents change in a few days, becoming turbid or festering. In weakened patients, it can lead to gangrene. The commonest localization for Herpes zoster is the intercostal region.

Therapy recommendations: The disease can be intercepted (or at least considerably moderated) primarily in its initial stage by an immediately administered autologous blood injection in combination with appropriate ampule preparations. Above all, the autologous blood injection activates the disturbed immune system and reduces pain. The autologous blood injection is to be given on the 1st, 2nd, 3rd and 5th days, along with the following mix:

Traumeel
Engstol
Grip Heel
Variolinum Injeel
Vaccinium Injeel

2/3 of this mixture is injected IV; the remaining 1/3 is mixed with 2.0 ml of autologous blood and injected IM.



Additional injections are administered twice weekly until the healing process on the skin is complete.

Oral medication:

Ranunculus [buttercup] Ho

Calumba Ho aa 50.0

Use 10 drops every hour.

Heepel tablet

Allow 1 tablet to melt in mouth every hour.

Mezereum Ho

Take 20 drops 6 times daily.

or

High-dosage oral enzyme therapy external:

Saxifrage X1 drops

Apply to the painful spots several times a day.

or

Dr. Valnet's Tegarome

Use undiluted daily (dampen compress and lay on infested region). An excellent and very effective pain-killing agent. It can only be ordered from French pharmacies.

If Herpes zoster appears in seriously weakened older patients, or if there is good reason to suspect a malignant process, we recommend Dr. Kastner's anti-virus therapy (see *Praxis der Eigenbluttherapie* [Practicing Autologous Blood Therapy] by H. Krebs, Jungjohann Verlag, Germany, available in German language).

Cataracts

Degenerative senile phenomena can cause progressive loss of transparency in a normal lens, thereby leading to gradual loss of visual acuity. Various other causes, such as Diabetes mellitus, liver/gallbladder disorders, harmful effects of pollutants, etc. can accelerate this process.

Therapy recommendations: In the initial stages of visual acuity loss, we recommend the use of vision-strengthening agents from Phoenix. For many patients, the so-called „Waterloh Cure“ (named after a homeopathic physician from Bonn, Germany) has proven effective; it consists of alternating prescription of calcium fluoride, magnesium fluoride and magnesium carbonate. It proceeds as follows:

1. 17 days: 1 tablet of calcium fluoride X12 in the morning
2. 17 days: 1 tablet of calcium fluoride X6 in the morning
3. 17 days: 1 tablet of magnesium fluoride X12 in the morning
4. 17 days: 1 tablet of magnesium carbonate X8 in the morning

The treatment is repeated 4-5 times, depending on results. Additionally, MUCOKEHL 5X eyedrops are administered, use 2 drops twice daily in each eye.

In more advanced cases, it is a very good and helpful idea to administer 1 ampule each of MUCOKEHL 5X IV along with 1 ampule of the same IM three times weekly. This achieves both an immediate and a depot effect.

This proven therapy should definitely be administered in cases of initial or advanced cataracts. Even if a spontaneous cure is out of the question, this therapy at least improves visual ability and thus acuity several times over.

Treating lead contamination

In closing, I would like to recommend a therapy for lead contamination in the organism:

Compound injection once weekly with REBAS 4X and Injunctio lymphatica EKF, simultaneous injection IM of ZINKOKEHL 4X.

Oral medication:

Phoenix Detoxification Therapy, as described, and ZINKOKEHL 3X drops
Use 20 drops three times daily.

E-Mulsin forte Mucos
Use 20 drops twice daily.

However, for all the medications at our disposal, we should never forget one thing: dealing with older patients demands a lot of empathy, understanding, patience - and that which Phil Bosmans expressed so clearly in his book *Ja - zum Leben* [Yes - To Life]:

- Love of nature.
- Love of Mankind.
- Love of everything that is weak.
- Love of the mysterious.

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