



Good Elimination Belongs to Every Genuine Healing Process

Full Therapeutic Effectiveness Requires Special Remedies

by Helmut Körner



As is well known, the human being consists predominantly of water, including all liquids in general. And, according to a Bible quote, the human being must become reborn of “water and Spirit“ for his conclusive purgation and return home. Whether one understands this literally or as a metaphor, it is the eternally flowing motion, which, according to the Greek sage Heraklit, is the primal nature of all the living that is addressed here. His concept of polarity allows for the interactive play, the exchange in rhythm and, thereby, the breath of life.

Closely connected with this is the concept of the steady state for all organic processes as it is gaining increasing importance in the modern, holistic-biological medical orientation, a genuine ecologic medicine. This medicine knows no cemented conditions, not even under the title of “iron“ health. Rigid blocks, such as in the form of extremely stereotyped measuring values and laboratory values, are seen by this medicine more closely to blockages for the living flow of the organism.

Congestive conditions: A basic phenomenon toward development of diseases

Within this perspective, congestive conditions of every type have great significance for the health and disease of the organism. According to Professor Günther Enderlein, a congestion must be candidly seen as the basic happening out of which the various disease conditions develop. Congestion, stagnation, crampings, acidity - all these are

synonyms for processes and conditions that lead to life-destroying, ill making and finally deadly rigidity and catalepsy, a rigidity that may express itself as pathologic constipation as much as in gouty rigidity of joints and limbs.

Stricken in this way are not rarely those suffering people, in whose psyche the living current of eternal interchange is already congested and rigid, who cling and cannot let go in deep-seated ego-dominance or anxiety. They nourish their soul predominantly on lifeless conserves of the past. The “acidity“ in their psyche surely has correlation with their acidic tissue which may be already afflicted with disturbances in cellular breathing because it is no longer permeable for the flow. The capillaries are blocked, the blood is thick. Those waste products which remain uneliminated, along with toxins and metabolic products, effect a cascading increase of these threatening congestive conditions up to a pathologic escalation. In the end, the diseased cell, seriously disturbed in its breathing function, vegetates in egocentric isolation on a merely anachronistic fermentation metabolism.

Congestive conditions block vital eliminations

The danger of congestion in the organism is ever present. Every effective biological therapy, which naturally produces increased metabolic products and frees toxins, can make the patient’s ailment worse when congestive conditions have settled in him and are caus-

ing manifold blockages, which obstruct the vital elimination of these waste products. Therefore, all the possibilities of elimination and excretion are a prerequisite for any effective healing treatment, yes, even for health and joyous living in general. For this reason, every suitable measure for complete elimination is an integral part of the SANUM therapy.

According to the basic conviction of this SANUM therapy with respect to the development and process of a disease, the essential causes for these threatening congestive conditions in the organism consist primarily in a comprehensively unnatural way of nutrition and living. Here, the common lack of exercise and movement plays a big role, as well as the entire complex of toxic influences from our denatured environment, even the questionable medical care for human beings which, by its type of substances, extinguishes any possible remnants of one’s organic and natural immunity.

Nutrition is of central significance for the development of diseased congestive conditions. Without hesitation, the value assigned to nutrition by many people does not extend beyond the slogan “meat is a piece of life-energy“, just as it has been advertised for years, exploiting primitive associations for boosting sales. Yet, precisely the animal food proteins, such as those in meat, harbor metabolic dangers for the organism, especially when they are daily eaten in such amounts as is the preference nowadays in nearly all circles of society.



As Enderlein has extensively described, the congestion of body fluids caused by the infestation with parasitary microorganisms gains a dramatic dimension especially with the rich supply of animal protein, by which these parasites in the body literally mast themselves. Thereby, as is well known, dangerous changes in the milieu of the tissue further towards acidity take place and, moreover, damaging protein accumulations appear, which were described convincingly by Professor Wendt, and which further stress the flow and permeability of the tissue by thickening the blood, and strongly impairing the life-supporting functions of the capillaries.

The defensive reaction of the body to the excessive supply of proteins with their damaging metabolic products accumulated during their decomposition, is reflected e.g. by an increase of fibrin formation, which in turn leads to varicose syndromes. This process is a fateful closed loop, in which the healing current of fluids collapses. Wendt speaks in this context of a dangerous deficiency of fluids in all tissues. Further, there is often a dangerous lack of water present in the organism, which results here - as everywhere - in a "desert" condition. As stated in the introduction, water represents an element of life itself in the comprehensive sense of the word. It has highest priority, particularly in the protein metabolism.

In order to metabolize or decompose protein, the nitrogen component of the hydrocarbon series has to be separated so that

oxidation can take place at all. Thereby, large amounts of toxic waste products occur, which must be neutralized by the symbiotic microorganisms in the body before they can be excreted. Thus, protein mast in connection with water deficiency causes serious difficulties, particularly since many people are creating additional hurdles by their habit of daily indulging in coffee and alcohol. Who among the coffee drinkers is informed enough to know that the habitual drinking of coffee already contributes strongly to the damaging fibrin formation in the body via the accruing nitrogen, and to endobiosis through the parasitary microorganisms?

The everyday lifestyle is a decisive factor

The maintenance of health and avoidance of diseases is obviously first of all the result of one's daily life and attitudes. Apart from some unavoidable negative environmental influences, it is one's daily lifestyle mistakes and bad habits, which primarily lead to disturbances of health and to diseases, up to the most severe sufferings. The question as to what to do for health maintenance or recuperation answers itself in that there is at least as much to refrain from doing, as to do. This refraining relates primarily to "too much and too often", which first of all concerns the consumption of foods and stimulants that frequently are adulterated and stressful.

It would go beyond the scope of this theme to elucidate everything that belongs to a wholesome way of nutrition and living for the

reduction of damaging toxins and decomposition products in the body. In broadly one-sided rationality, many people reject the possibility of having an instinct, or of being able to develop one, or whatever one wishes to call a "feeling" of inner guidance. Yet, most people's health would stand much better, if they formed their attitude less by books and more by their own reliable judgement, arising from a functional "instinct". The loss of this capacity, which can be frequently observed, unfortunately also belongs to the disease profile of a comprehensive pathogenic endobiosis and destruction, where also the primal judgement is lost.

Effective elimination almost guarantees therapeutic success

Of course, the essential elimination can also be achieved or promoted with the help of preparations for elimination. Such special remedies, however, will not be more closely defined here, because the general range of questions concerning elimination and aids for it without a targeted therapeutic influence necessitates additional information. It does not always have to become necessary to use medicational aids for elimination in order to achieve the necessary excretion of all toxins from the organism.

The organs of elimination and their paths are known to be, first of all the intestine, the kidney with the urinary tract, the bronchies and the skin. Not many people know that elimination through the intestine is also a matter of water management in the body. A broadly common



bad habit, especially in older people, shows up here as an insufficient intake of liquids. Ideally, the liquids consumed consist of pure, natural spring water, but certainly not daily coffee or beer; not even natural fruit juices fulfill this task perfectly. Juices of fruits and vegetables do not, in the proper sense, physiologically constitute an actual drink like water; they require an intensive salivation in the mouth upon their "consumption."

Commercial mineral waters are also not fully suitable for the daily intake of liquid, especially if they have a high mineral content. The minerals are only physically dissolved in them and can, therefore, more likely cause disturbing deposits in the tissue of the interstitial cells than reach the correct location for their effectiveness, because they have no organic carrier substance, such as orotic acid. However, excellently suitable is Volvic water and also Haderheck water. With respect to their effectiveness, both can be almost be designated as genuine healing waters. Due to their electron-biological condition, these waters can even solve waste substances from the tissue, absorbing them and expediting them via the kidneys toward their elimination. Of course, good herbal teas are also suitable for the intake of fluids. Some of these teas have the advantage of containing their own eliminating effect, such as birch leaf tea and nettle tea.

In most people, the elimination of toxic and waste products via the skin, which is so well suitable to support the kidneys, is decidedly

too scant. What is meant here is regular, intense sweating which, regrettably, many people are no longer able to, similar to the fever, which a large portion of people also can no longer produce thoroughly. If one thinks of sweating as an intended procedure, many see themselves transferred to a sauna. Without any doubt, a sauna is also a very good facility for getting effective elimination over the entire body skin going by intensive sweating. For this purpose, regular sauna baths are unconditionally recommended.

However, a sauna effects much more than just sweating. It produces, for instance, also a kind of mild healing fever through overheating of the entire body surface, with the subsequent "push into the structure" by the indispensable cold shower. Thereby, substances deposited in the body as waste go into motion. The lowered, peripheral circulation of the body also experiences an intense stimulation, just by the expansion in the finest capillaries under the influence of overheating. The culmination of sauna pleasure is a good rest in the end, which brings everything into a right balance again. If one further drinks generously, for instance the good Volvic water, in order to replace the perspired waste-laden liquid, one has done something good for oneself, and this really is "enjoyment without regrets."

Permanent motion intensifies the elimination of waste products

All this can still be taken further. As enjoyable and effective as a sauna

bath may be, it only causes passive sweating as a mere reaction to the heat sensation from outside. Our muscular system with its enormous metabolic potential for energy production is not directly involved, it metabolizes nearly nothing, it rather rests relaxed and in a lazy pose. Here, the really beneficial possibility of active perspiration by using our largest metabolic organ, namely, our muscular system, is provided, in which many a sludge is energetically burnt up. There is the somewhat gross saying that "cancer is great inner stench" - what share do the muscles have in this lack of airing, what with their merely smoldering combustion due to a lack of motion over years and decades?

The esteemed Dr. van Aaken also dedicated many years of his life to cancer research and discovered interesting connections between health and sickness - including cancer - and muscular activity under continuous motion, as it is excellently brought about by long distance running. This doctor was able to prove convincingly by observations and examinations over many years and with a large number of people, that even in older people regularly and enduringly exercising their entire bodies, significantly fewer diseases occur than in the physically inactive people that represent the masses. With intended provocative formulation which, however, hits the core, van Aaken asserts in regard to his "young" long distances running oldsters that one could "run away from cancer".

Jogging, slandered by some people



as a mere fashion fad, is, like other endurance sports, actually an extremely good way for promoting waste elimination and detoxification strongly by increased excretion. A kind of inner massage effect occurs through the rhythmic running motion, which stimulates also other body functions, including the important intestinal peristaltic. The tissue - including the muscles - pulsates like a rhythmically filling up and emptying sponge. This may be looked at, so-to-say, as a mechanical stimulation of cellular breathing. Additionally, body breathing in general is significantly increased, which is brought about by jogging and by which the enlivening oxygen is pumped even into the finest branchings of the blood vessels. The puffing and maybe even steaming jogger provides for himself his own well-founded pleasure. On no account has he fallen for "a strange way of torturing himself," as the lazy onlooker likes to interpret for himself.

Elimination frequently requires special therapy

In a multitude of cases, the problem of eliminating toxins, waste materials and decomposition products from a diseased organism can be resolved only by way of a targeted therapeutic process with special remedies. This is particularly indicated in cases where the SANUM therapy with proven isopathic preparations is used for adjusting a deep-seated pathogenic endobiosis, which absolutely requires the elimination of decomposition products occurring therefrom. The above described ways and supports will of course,

in that case, also be well applicable to strengthen the targeted therapy.

For the concept of a pathogenic endobiosis in people diseased with parasitary microorganisms, Professor Enderlein also used the term "congestion", whereby he meant to indicate a kind of primal disease or fundamental illness, on the basis of which the diverse ailments with their familiar disease pictures develop. This primal disease, characterized primarily and as a rule by acidic tissue, accordingly is a hidden, common, basic happening toward cancer as well as rheumatism and other serious metabolic diseases. In the holistic and comprehensive perspective of Enderlein, this is certainly correct.

A medicine which, in contrast, confronts a thousand supposedly separate illnesses, the ten thousand symptoms of which it approaches as entirely special and with an equal number of individual remedies, surely does not represent a healing science for suffering human beings in the genuine and venerable sense. Surely, it succeeds at first in removing or mitigating symptoms and, thereby, providing relief to the patient. However, such a medicine is in no way doing justice to its inherent and primal mission of caring for the "healing" of human beings. This consideration already touches "existential-philosophical" key questions, which should be the serious concern of every honest and effective health reform by the state.

The quoted pathological endobiosis has, as you know, its cause in an excessive evolutionary development of microorganisms in our body, as

we harbor them already from birth. In their primitive form, they are entirely friendly and useful fellow lodgers, or symbionts, which even respond to and fulfill important regulatory tasks in our metabolism with their complicated enzymatic processes. Thus, in their original developmental form, they show themselves very differently from their parasitary final stages of their cyclogenetic uprising to the fungal stage, when there is a diseased pH-value shift within our organism. These significant microorganisms are mainly the *Mucor racemosus* and the *Aspergillus niger*, inextinguishable primal beings and accompanists of human beings and animals from the beginning of their existence. As is known, the latter plays a serious role in all forms of Tuberculosis and Paratuberculosis, which has so many bad expressions. The isopathic SANUM therapeutics corresponding to these appearances are the well known and proven preparations MUCOKEHL and NIGERSAN.

With these remedies, the SANUM therapy principally confronts the fundamental processes described above by supplying entirely apathogenic germs capable of copulation - microorganisms in the lowest stage of their pleomorphic developmental series. A copulative union of these germs with the parasitary microorganisms in the body renders the latter into no longer pathogenic, tiny forms to be decomposed for elimination. If the eliminative functions in the patient are properly intact, the SANUM therapy with its proven preparations MUCOKEHL and NIGERSAN doubtlessly provides good



success without any additional eliminative aids. A vast number of treated cases over the years and over decades, involving most diverse disease profiles, have proved this again and again.

Nowadays, however, eliminative aids with special therapies must be prescribed in many cases. The market of biological remedies offers good preparations without any damaging side effects. For this purpose, and targeted for the therapy with the SANUM preparations MUCOKEHL and NIGERSAN, the research and development department of SANUM-Kehlbeck has created new preparations with the names of MUCOKEHL Atox (Excretion) and NIGERSAN Atox (Excretion), which act on a purely biological basis with so-called Antichondrites. These two remedies are currently registered in the Netherlands, Italy and Switzerland.

These times require a total therapy

The general stress affecting people has increased immensely in recent years due to the increasing, manifold damaging influences of endogenic and exogenic origin, so that they are suffering much more from congestive conditions with eliminative disturbances. In order to secure the success of the SANUM therapy all the better and also to accelerate the course of the therapy, the therapist must nowadays place increased attention on the effective elimination via all possible paths with suitable, biological remedies,

which are offered to us also by the plant kingdom.

Yet to be mentioned is fasting, a truly beneficial method for removing used up and foreign substances from the body. An abundant supply of liquids is essential in this connection.

It is obvious that all suitable therapeutic measures for the removal of manifold disturbances must be included in a total therapy of this type. This ranges from the removal of inflammatory and dissipating foci in the organism to the establishment of the acid-base balance, the sanitization of a sick intestinal flora, which is always an essential factor in chronic and serious developments. For the acid-base balance, the pH-values of the bodily fluids and tissues have, as is well known, a decisive significance, as especially the pH-value of the blood. These values give insights into the important body milieu, which, according to the state of health, can be predominantly acid or alkaline, with local differences. The body milieu, as is well known, represents a significant factor in the development and progression of diseases.

The concepts of “alkaline“ and “acid“ in the medical-physiological sense do not fully coincide with the understanding of a chemist. The chemist understands a pH-value of 7 as a neutral value in the acid-base management, while for the physiologist, a blood pH-value of 7 is already “acid“. For the blood of a healthy person, who is in the condition of a physiological acid-

base balance, a “neutral value“ of larger than 7 is considered valid. In the average biological age of a person, this normal pH-value moves towards 7.4. Normally, the blood with its pH-value attunes itself antagonistically towards the tissue, the pH-value of which may move downwards - that is, into a weakly acid area - but not far away from 7.0.

A lasting higher acidity of the tissue must always be considered as damaging and clearly indicates disease processes in the body. These processes then express themselves, as a general rule, in higher pH-values up to a strong alkalosis. In particular, this blood alkalosis with pH-values of up to 7.8, which is quite easily measurable, indicates a considerable endangerment by serious disease processes. On the other hand, the opposite, namely an acid environment, harbors for the erythrocytes of the blood the danger of rigidity in these blood cells, with loss of motion in the capillaries. That way, sick tissue suffers a dangerous supply deficiency due to the joint effect with acid, narrowed capillary tubes which, along with congestive conditions, may even lead to necrosis. Particularly insidious for the development of diseases is heavier, local acidosis in the body. Such local acidosis in the area of the heart is also known to precede a heart infarct, which thus, ultimately is a consequence of congestive conditions in the tissue. Even these early stages can therefore be approached successfully with the SANUM therapy as described here, and thus to be removed.



The success of such a treatment including increased elimination is also convincingly demonstrated in the microscopic darkfield picture of the patient's blood. Shortly after this treatment, the milky cloudiness of the so-called protit veil disappears. As is known, this cloudiness is an indication of the blood being interspersed with the decomposition products to be eliminated of pathogenic micro-

organisms after the treatment with MUCOKEHL or NIGERSAN, which also shows its success by the cloudiness. The treatment has, so to speak, stirred up "mud and decay" in a healing way, which are then eliminated by means of intensive eliminatory measures. The clarity of pure life-giving spring water associates itself naturally in one's mind with this important

healing process in our blood, as in our whole body.

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