



The Isopathic Therapy of Infectious Winter Diseases

How Can We Prevent Influenza Holistically?

by Dr. med. Thomas Rau



„Doctor, I never caught cold this entire winter, nor did I get the serious flu that went around. Earlier, I was always the first to catch it, and couldn't get rid of the bothersome symptoms for months.“ I hear comments like this quite often from patients we treated in the winter for other diseases with biological restorative methods. Just what does this „not getting the flu“ have to do with the usual treatments, since we didn't do anything at all against the presumably terrible flu virus. To understand this requires a fundamental re-orientation in one's thinking: we never treat viruses or bacteria, or a specific disease, but rather the patient's regulatory capability and internal milieu.

Everything in man is adaptation, reaction and compensation vis-à-vis a constantly changing environmental milieu. This reactivity is also expressed in the ability to resist bacteria and viruses. Man is continually exposed to bacteria, viruses and fungi, to which he reacts specifically or non-specifically in dealing with them. It is understandable then that those people who have a good regulatory system do not fall ill to viruses, bacteria and other pathogens, but instead can even strengthen their powers of resistance on them. These powers of resistance include many vital components:

- Leukocytes (white blood corpuscles) with macrophages (phagocytes) and memory cells;
- Intestinal flora;
- Enzyme systems and antibody formation

Leukocyte Activity

Leukocyte activity can be stimulated on a long-term basis. The number of leukocytes can be stimulated with mistletoe preparations and immunobiological bacterial preparations such as UTILIN, RECARCIN and others. The active substances produced in the leukocytes include interferon, interleukin and protein-cleaving enzymes. In the case of a viral inflammation, the enzymes need to be secreted by the leukocytes, thereby changing the virus' growth milieu, whereby it loses its viability. The virus or bacterium is not the cause of disease; rather, the patient's altered cellular or tissue milieu, encourages the growth of viruses. Therefore, the milieu (see below) must be worked on above all, so that the viruses and bacteria lose their pathogenicity (disease-triggering ability).

The intestinal flora

In their intestines - the largest organ by far - humans need trillions of bacteria of various kinds, which are precisely tuned to them and their ideal vegetarian diet. The bacteria themselves possess an anti-bacterial capacity, form proteolytic enzymes, and prevent (in a kind of competitive relationship) the growth of harmful bacteria or viruses. They also ensure the tight sealing of the intestinal wall and thus minimize invading bacteria and viruses, which get into the gastrointestinal tract via respiration - and then the saliva - or else are ingested in food. The integrity of the intestinal flora is thus of the greatest significance for the immune system. Keeping the intesti-

nal flora healthy must therefore be an ongoing effort.

Dietetic restoration of intestinal flora

The human digestive tract is attuned to a vegetarian diet. The normal intestinal flora are therefore fermentation flora, including streptococcus, enterococcus, bifidus. But if meat is eaten regularly, the putrefactive bacteria multiply, which can produce toxins, but also favor the growth of other bacteria and viruses. Bacteria can then have a harmful effect, and viruses can develop upward in man himself. At the Paracelsus Clinic in (Switzerland), the intestinal flora can be instilled by means of a special method, but the endobiotic world of the blood can also be observed and monitored with the aid of darkfield microscopy.

Why no dairy products as preventatives?

Milk protein is an animal product to which a great many people react with antibody production, histamine secretion and lymphocytic stress of the intestinal wall (Peyer's lymph glands along the intestinal wall). This immune-system burden disturbs the body and reduces its ability to react to other foreign substances such as viruses. Intestinal mucous membrane changes, changes in the intestinal flora, and especially immune-system reduction are the frequent consequences or side effects of dietary allergy. Children react with enlarged tonsils, with skin affects and eczema. Adults usually don't notice anything, but react with infection susceptibility and reduced resistance. In many



Diet for the prevention of infectious diseases
(Especially important for children and older people)

- Raw fruit and vegetables every day, finely grated;
- Native fruits in the morning, peeled (no fruit in the evening);
- Carbohydrates allowed in the form of potatoes, durum wheat pasta, corn, rice, grain products;
- Meat no more than once a week, and then only fish or fowl (also counts as meat);
- No dairy products, no yogurt (alters the intestinal flora);
- No sweets (refined sugar promotes fungal growth);
- Supply necessary proteins from beans, rice, corn, peas, soy, nuts.

Table 1

cases, it is quite striking what a totally milk-protein-free diet and drastic reduction of meat intake alone can do to develop human resistance capability.

Dietetic preventive treatment against infectious disease is particularly important among older people. Senior homes should pay stricter attention to diet. Large quantities of fluids are needed: 2 liters per day of unsweetened tea, alternating with various herb teas, linden flowers, fennel tea (fennel is good for the intestinal mucous membrane; peppermint tea has a de-acidifying effect). Absolutely no sweet cremes and desserts should be eaten, no yogurt, compote at the most, no sausage products, instead vegetables, potatoes (for example home fries), several salads daily.

Antibody production

Antibody formation requires high-quality proteins, enzymes and trace elements. Especially iron, zinc and manganese are important catalysts, as are enzymes. These are supplied by fruits and vegetables, and, in cases of infection susceptibility, additionally by medications. Spe-

cial mineral mixtures, combined with high-quality plant ingredients from natural foods, are contained in a product made from algae, grain and soy (Alen). Besides other minerals, the following should especially be administered medicinally: zinc (ZINKOKEHL); vitamin E (VITAMIN E SANKOMBI) should also be included.

Diagnosing infective susceptibility

Diagnostics can be effected by monitoring the trace elements in the hair (hair mineral analysis), examining the blood with darkfield

microscopy, and by evaluating the body's reactive capability in a thermoregulation chart. The usual clinical blood exams (leukocytes, hemoglobin, blood sedimentation) do not give an adequate indication of resistance to infection.

In microscopy, the blood is examined directly in its living state, and leukocyte mobility - but also the tendency to bacterial development - is thus monitored. This examination grants a view into the inner milieu and the necessity of medicinal stimulation of the immune system. In our clinic, after several weeks of immune stimulation and treatment of the inner milieu, we observe in the darkfield very considerable improvement in leukocyte activity, which of course explains the patient's improved immune defenses.

The Paracelsus „Flu Vaccine“

We recommend this injection to patients in the place of the conventional flu shot. We recommend three injections spaced a month apart, beginning in late fall –

Prophylactic medication against infection

- UTILIN and RECARCIN (leukocyte stimulation using bacteria that cannot trigger any disease in man). Capsules: 1 each per week for 2 to 3 months; drops for children: 2 drops per day in alternation.
- Trace elements.
- Alen or Anti Ox de Tox: 1 to 2 capsules per day.
- Vitamin C: 1 to 2 grams [1000-2000 mg] per day.
- Restoration of the intestinal flora via diet and SANKOMBI drops: 8 drops twice daily for several months. The drops may be taken through the nose and mouth.
- REBAS 4X capsules: 1 capsule twice over a few weeks (strengthens the lymphocytic system).
- RELIVORA KOMPLEX drops: 20 drops twice (Echinacea/Juglans/Drosera).

Table 2

i.e. at the time that patients, sensitized by the flu-shot publicity campaign, come to us. We explain to the patients that this is not actually a vaccine „against“ the influenza virus, but rather that it improves antiviral defenses generally.

Treating diseases at home

- Many hot drinks, linden flower tea (promotes sweating and detoxification), possibly also with lemon and honey;
- Animal-protein-free diet, or even fasting for two to three days.
- Hot baths are especially effective in strongly stimulating perspiration.
- Do not fight fever, since it has a healing effect up to 40°C [104°F].

Why not flu vaccine?

The influenza virus changes from year to year, and various different influenza viruses cause influenza. However, they always cause only one of the possible forms of in-

Paracelsus Flu Shot

- Interferon Injeel: 1 sip
- UTILIN 4X: 1 sip
- Influenza nosode Injeel: 1 sip
- Engystol N: 1 sip
- Ubichinon comp.: 1 sip
- Ancopir (Mepha): 1 sip

All of them together IM, once every two to four weeks, three times in all.

Table 3

fluenza. Yet what we call „the flu“ - namely the winter cold so familiar to us, that can force us to stay home in bed for a few days - is frequently brought about by entirely different viruses or by bacteria. The vaccine is attuned quite specifically to three of these viruses. Of course, the vaccine must be manufactured before the virus arrives, and has to be produced anew every year. However, the virus usually mutates during its epidemic spread from East to West and, by the time it gets to us, no longer matches the vaccine

accurately. Thus, its utility is often slight. As yet, our reservation is that a flu shot does not stimulate the overall immune defense, but merely the production of antibodies against a specific virus (against three viruses at the most, depending on the particular vaccine).

The therapy we recommend above attacks the matter on a considerably broader front and is effective against all of the bacterial and viral stresses of the winter months. With immune therapy, one strengthens oneself holistically; the „Paracelsus Vaccine“ has an antibody protective effect against the „wrong“ virus as well. The flu shot exposes one, in addition, to high doses of a weakened living virus, whose significance and long-term effects are not known (genetically engineered? What carrier protein and cellular materials was it made with?). Precisely those segments of the population targeted by the extensive flu-shot ad campaigns (senior homes, the chronically ill, diabetics, heart patients) derive little benefit from the flu shot - but would benefit, rather, from holistic immune stimulation and the life-style that goes with it.

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Medication for acute influenza

(Cold)

- Compound preparation RELIVORA KOMPLEX drops or Virubact.
- REBAS 4X capsules: open and sprinkle into the mouth, insalivate thoroughly, swallow.
- NOTAKEHL 5X: for acute cases, take 1 tablet 3 times a day for a week; additionally, sniff in a few drops of NOTAKEHL 5X drops several times a day, as well as Euphorbium c.Spray
- For headaches, aching limbs: Traumeel tablets or Gripp-Heel tablets (suck on 6 to 8 per day).
- Neural therapy for the tonsils, e.g. with Echinacea comp., Tonsilla comp. For severe swelling, include lymphomyosot and FORMASAN.
- ALKALA N: 1/4 to 1/3 teaspoon in hot water two to three times.

Table 4