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# **From the practice for the practice**

## **Examples of treatment with SANUM remedies**

### **Multiple Sclerosis (MS)**

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Austria



Multiple sclerosis, with an etiology about which scientists have not yet come to a definite conclusion, is one of the most common diseases of the nervous system. In this condition the protective coating surrounding the nerves, the myelin layer, degenerates. Depending on which nerves are affected, various symptoms can arise. The onset of the disease becomes apparent as a rule between the ages of twenty and fifty, with the illness proceeding as a series of attacks. Even if the causes of the disease are still for the most part unknown, nevertheless such factors as stress and atrophy of the mucosa enteralis can increase the risk of developing the illness.

From the naturopathic practitioner's point of view, the following factors are regarded as possible triggers of disease. At the same time only one of these factors will definitely not trigger MS:

- the nervous system is a weak organ in genetic terms;
- atrophy of the intestinal mucous membrane;
- contamination from heavy metals, predominantly from the mercury in amalgam, as well as diseased or dead tooth roots and other sources of infection of the same type;
- a lack of thiamine and Omega-3 fatty acids.

### **Therapy recommended by Dr. Werthmann, M.D.**

To treat MS, first NOTAKEHL 5X

(1 tablet twice daily) is given alternately with PEFRAKEHL 4X (1 capsule twice daily) over a period of three to four weeks. Then the prescription is changed to:

#### *Monday to Friday:*

MUCOKEHL 5X (1 tablet each morning) and NIGERSAN 5X (1 tablet each evening).

#### *Saturday:*

NOTAKEHL 5X (1 tablet twice during the course of the day).

#### *Sunday:*

PEFRAKEHL 4X (1 capsule twice during the course of the day).

This pattern of prescribing is continued for some months.

In addition SANUKEHL PSEU 6X drops and Pleo™ SANUKEHL MYC 6X drops are used on alternate days; in each case 5 drops taken by mouth twice daily and 5 drops rubbed in one after the other in the inside elbow once daily.

Furthermore LATENSIN and UTILIN are given in alternate weeks, 1 capsule once a week; and additionally each week an injection of 1 ampoule of VITAMIN B COMPLEX SANUM N.

According to Werthmann, for adaptive therapy a diet should be prescribed which contains no protein from cow's milk or hens' eggs but is rich in unsaturated fatty acids (such as those from deep-sea fish). This is supported by prescribing 1 capsule of LIPISCOR twice daily.

In order to promote the absolutely essential excretion of heavy metals, the following remedies are taken each day for four weeks:

- Pleo™ CHELATE (2x 20 - 30 drops twice daily);
- SELENOKEHL (5 drops twice daily);
- ZINKOKEHL (10 drops twice daily)
- MAPURIT (1 capsule twice daily);
- Coriander 6X for the intracellular excretion of heavy metals.

It is also essential to carry out dental sanitation, and this requires the complete removal of all amalgam fillings which should then be replaced by cement fillings. When this dental sanitation takes place, root canal treatment of the conventional type should be avoided; devitalised teeth and roots should be removed.

The heavy metal excretion cure described above lasts four weeks and should be repeated after an interval of two weeks. Care should be taken that the excretion programme is carried out as a matter of priority after dental sanitation which involves removal of amalgam.

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