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# **From the practice for the practice**

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

### **Acute inflammation of the middle ear (Otitis media acuta)**

**by Konrad Werthmann, Austria**



The middle ear, linked to the outside world via the Eustachian tube, can easily become the seat of painful inflammations. Colds with bad coughs often trigger off a middle ear infection involving microbes, and this can also lead to sepsis of the middle ear. Complications in the development of this illness are not uncommon. As a result of a perforation of the inflammation it can even lead to meningitis.

Viral-type infections of the upper airway may also come under consideration as the cause of the illness. The infectious processes causing the disease can also be purulent rhinitis or sinusitis. Children's diseases - measles, for example - may also be accompanied by acute inflammation of the middle ear. In general this inflammation frequently presents with a high temperature and bad earache. Frequently the hearing is noticeably affected.

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

**Children** are given 5 to 10 drops of NOTAKEHL 5X orally, twice daily; one week later 5 to 10 drops of SANKOMBI twice daily and 5 globules of Thuja 6X daily. 2 to 5 drops of either UTILIN 6X or RECARCIN 6X are massaged into the skin each day alternately.

In order to prevent the danger of a recurrence, the intestinal mucous membrane should be sanitised. This requires a change of diet with the elimination of cow's milk and hens' eggs and products containing these.

**Adults** are given 2 tablets of NOTAKEHL 5X orally each morning; one week later 1 tablet of MUCOKEHL 5X each morning, 1 tablet of NIGERSAN 5X each evening, 10 drops of SANUKEHL PSEU 6X each evening, 1 capsule of UTILIN each

Monday and 1 capsule of RECARCIN each Thursday. In every case it is also beneficial to put 2 drops of NOTAKEHL 5X drops or SANKOMBI 5X drops into the affected ear two to four times a day.

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