



SANUM therapy-
the basic principles of practice for
„beginners,,

Help too for practitioners
seeking the right way

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Introduction

The aim of this article and the three following ones which are being planned is not to pass on information about the general principles of isopathy and pleomorphism. For that there are a number of very good and informative articles (such as H. Körner: Nature and Healing 11/1998) and the SANUM repertory. Anyone who wants to know more about Enderlein and his research and about what motivated him should without fail read the three volumes of the AKMON. For me, it is always important to find out what spirit inspired the man who created the therapy with which I work.

In SANUM therapy there are certain individual seasoned practitioners who unfortunately often present their knowledge as some sort of secretive science. Then, too, over the course of time the original idea of Professor Günther Enderlein was for the most part so much added to by practitioners' own numerous remedies and procedures and above all altered so that little of the original, very simple practical application remained. So for the beginner the whole thing became complicated and confusing. But in this case it is just as it so often is in life: everything that is really good is always very simple!

My aim is therefore in the light of this to try to give all practitioners who have not yet used SANUM therapy at all, or who have only been using it for a short time, or who have only been

using it marginally, a clear, simple and practice-orientated concept of its use in daily practice. In this way, according to what I have experienced, it will be possible within just a short time for everyone to work very successfully with a small number of remedies. You will very quickly discover that SANUM therapy can be first and foremost an unspecific and therefore easy to use, basic therapy in many illnesses and for many patients.

SANUM therapy as set out by Professor Enderlein is not a „common-or-garden“ therapy like many other forms of treatment, with numerous substituting remedies, vitamins, minerals and trace elements. Every day we come across new „wonder remedies“ which promise everything, but that is simply impossible. The philosophy of Enderlein was quite different. He often spoke of so-called „full health“ - it was one of his favourite topics. And what do we do? We - orthodox doctors and non-medical practitioners alike - blithely treat each individual symptom that the patient presents to us. We work against pathogens of all types which we ourselves have defined, and we take it upon ourselves to pass judgement on what Nature should rightly be doing. We know nothing about the patient, his purpose in life, the circumstances of his life, what motivates him, his actual problems. Who can say to us that this or that supposed „pathogen“ does not have a completely

sensible job to do for the benefit of the patient?

Nowadays every orthodox doctor who wants to keep up with the times to some extent has „Natural Therapy“ written on his brass plate. In practice it appears that instead of using remedies made purely from chemicals, he uses remedies made from a few herbs. But that's all. The way I understand „natural therapy“, it includes among other things: cupping, Baunscheidt's procedure, acupuncture, blood-letting, applying leeches, hydrotherapy, wrapping, steam baths, massage, Bach flower remedies, nutritional advice, fasting.

In the way that Enderlein meant, there can only be one way to health: the creation of a healthy milieu from the circumstances of one's way of life, nutrition, environment and way of life. The battle against countless pathogens which nowadays is such a big part of treatment can only be false and can never be won, and this is confirmed more and more by everyday practice. For example: helicobacter patients before and after treatment by orthodox doctors of medicine. The supposed pathogen has left them, but the aches and pains have not.

It should rather be our aim to change the milieu in such a way that the person can live to a large extent in harmony with himself and his environment. In this way all the so-called „pathogens“ will disappear totally of their own accord. The result is almost



perfect symbiosis with a large number of micro-organisms, without which it would not be at all possible for us to live. It is not the body which is ill. The body is only the sacrificial offering. It is the person who is ill. Perhaps we should even say: It is the times in which we live which are ill!

For Enderlein, nutrition was extraordinarily important - and many people do not like to hear this. He was a strict vegetarian and ate raw food. But nowadays most people think that you can eat everything that is put in front of you, you can smoke, you can drink as much alcohol as you want, and at the same time you can enjoy good health and remain healthy. (Again and again I am horrified how many non-medical practitioners at training events and conferences reach for a cigarette during every break-time, and I won't even begin to talk about doctors.) Things simply cannot go on like this! Nobody would think of filling up his beloved car which uses 4-star petrol with diesel. But that is exactly what we do with our bodies, every day. I am not talking here of the message of any particular philosophy of nutrition. Quite simply, every package diet must be wrong. We are individuals with very different predispositions and requirements. None of us is like anybody else. Only a diet which takes all this into account can be right for the individual.

Nutrition is and always will be the number one factor for the milieu.

You cannot get away from this fact. That means, together with the patient we must find a diet which as far as possible is suited to the individual needs of this person. That is possible, but further comments on this subject go beyond the scope of this article.

The second and most important factor in every course of therapy is the patient's mental state, as in the end the body only presents those symptoms which the psyche cannot control. I cannot go into this in greater detail here, either. What the patient really wants and needs will, however, be of decisive and fundamental significance for your treatment and the way the therapy progresses. This alone can be the aim of therapy - not what you consider to be necessary. Many a person wants to be healthy and cannot become healthy because he is so ensnared in the drama of his illness that on the whole he can only control his life this way. Wanting to heal „him“ or „her“ would be a mistake!

The question of „healing“ is altogether a matter like this. I consider it to be an enormous arrogance to present oneself as a healer, but unfortunately many people do this. I far prefer to remain modestly in the background. The aim of my therapy can only ever be to show the patient ways in which he can normalise his milieu as far as possible, improve the ability of his body to regulate itself, and activate the excretory organs. This and only this is what I can

achieve, and then only if the patient is prepared to travel the road with me. Fundamentally I try never to take work from the patient or his body - for example, using just a few remedies - but rather I help him to be able to carry out the work again himself in the way Nature intended.

You will have a lot of success with SANUM therapy if you take a few basic things to heart. Above all, you hold in your hands an instrument with which you will have good, sometimes even surprising successes without complications in a large range of illnesses using few remedies, which will hardly differ from case to case. The following practical example will explain this:

Patient, female, 33 years old, nurse. 'Flu infection for six weeks, feeling generally run-down, signed off from work. On the Friday I give a mixed injection i.m. of 1 ampoule each of NOTAKEHL + Heel Engystol. In addition we carry out irrigation of the bowel (colonic hydrotherapy). On the following Monday the patient is free of symptoms. All the same she is given a prescription for another 10 ampoules of each, which she herself injects i.m.: every three to four days alternately 1 ampoule each of MUCOKEHL + Heel Traumeel or 1 ampoule each of NOTAKEHL + Heel Engystol.

After four weeks the patient returns. In the past few days she has had a bit of a relapse. We decide to continue the course of treatment as before. Small



relapses are completely normal within courses of treatment. In addition a stool test is carried out by a microbiology laboratory, and this shows strong malfunction of the intestinal flora. The bowel is cleansed, and months later the patient is free of symptoms and says that she hasn't felt as well as this for years.

This concept of treatment - apart from the treatment of the bowel which was controversial even among the old therapists - comes from non-medical practitioner Willi Prigge. It works reliably in all acute infections up to and including classic pneumonia, although in that instance the alternating injections should be given daily.

The range of SANUM remedies

In this and the following articles I should like to limit myself to basically just a few remedies. On the whole these are also the remedies which were developed by Enderlein and with which he used to work. For you these remedies will be easy to understand, and so you will be able to apply their use in your practice very quickly and easily. It will then no longer be a problem for you if later on you want to start using other remedies selectively from what today is a large number of SANUM remedies.

Basically we differentiate between three main groups of remedies: bacterial and fungal remedies and the haptens (SANUKEHLs). The SANUM

bacterial remedies UTILIN, UTILIN S, RECARCIN and LATENSIN are stimulants, strengthen stimuli, regulate pH values, and are remedies for the mucous membrane. They have the effect of increasing the body's defence mechanisms (immune modulation), drive out pathological germs and absorb toxins from pathogens (also from the endobiont).

Every remedy also has its specific indication. In addition you can take into account the type of person the patient is:

- UTILIN is best for the lymphatic type (blond, light-skinned, blue eyes) and for rheumatic conditions;
- UTILIN S is best for the lymphatic type (blond, light-skinned, blue eyes) and for all diseases of the respiratory tract;
- RECARCIN for all problems of the mucous membrane and for glandular disorders;
- LATENSIN is best for the haemotogenic type (dark hair, brown eyes) and for problems of the stomach and bowel as well as for angina.

The SANUM fungal remedies are regulators: that means, they regulate bodily functions after preparation of the milieu, but also have an effect themselves by regulating the milieu. The most important SANUM bacterial remedies, on which I shall concentrate in the following articles, are MUCOKEHL, NIGERSAN, NOTAKEHL, QUENTAKEHL and

PEFRAKEHL. You can find an overview of the use of haptens (SANUKEHLs) in SANUM Post no. 43 starting on page 2.

Principle of treatment: Always work non-specifically - that is: always use different remedies and change them continually. Never use one and the same remedy for weeks or months at a time.

Basics of therapy

The basic procedure for SANUM therapy in practice (with exceptions only in extremely acute processes) is:

1. Preparation of the milieu
2. Stimulation therapy
3. Use of regulators (cleansing of the endobionts)
4. Activation of the excretory organs.

Preparation of the milieu

Most people nowadays have too much acid in their bodies. Many are constantly stiff with acid - that means, in the course of a day they no longer experience any of the alkaline phases which are absolutely necessary for the organism. The body's basic regulatory system can no longer or no longer adequately transport acid metabolic waste products away from the tissues. This applies especially to serious chronic diseases such as rheumatism, diabetes mellitus, cancer, etc. Anyone who has a



darkfield microscope can use it to get a good picture of the patient's milieu.

Without darkfield or when appropriate findings have been made using darkfield, we begin SANUM therapy on principle with a remedy which will have a slightly alkalisating effect on the patient. This remedy is ALKALAN. This provides your future efforts with a more favourable terrain. See to it that each day during the first two weeks of therapy the patient drinks a glass of hot water with a level measuring spoonful of ALKALAN, one-third of it before each meal. Please point out that this glass of ALKALAN

is also to be drunk if from the second day onwards the indicator strips included in the pack show a blue colour when used to test the urine.

The following SANUM remedies offer further possibilities for preparation of the milieu:

- SANUVIS (L+ lactic acid): has the effect of regulating the pH value and excretes excess, toxic lactic acid;
- CITROKEHL (citric acid): activates the cell respiration (citric acid cycle) and is important for the metabolism of calcium;
- FORMASAN is important in uric acid, rheumatic and allergic processes.

The reaction of the patient

In parallel with the preparation of the milieu with ALKALAN and before the use of fungal remedies, you should always try to achieve a reaction in the patient, even in acute processes but particularly in chronic processes. The achievement of a reaction is often the greatest problem in therapy overall. Only after a reaction can you assume that the remedies you have used have also actually had some effect. Proceed by using the following plan or develop your own.

	Injection	Capsules
Begin with.....	1 ampoule UTILIN D6 i.m.	1 capsule UTILIN D4
If there is a reaction..... If no reaction, 3-4 days later.	Start or continue therapy 1 ampoule UTILIN medium i.m.	1 capsule RECARCIN
If there is a reaction..... If no reaction, 3-4 days later.	Start or continue therapy 1 ampoule UTILIN D4 i.m.	1 capsule LATENSIN D4
If there is a reaction..... If no reaction, 3-4 days later.	Start or continue therapy 1 ampoule RECARCIN D4 i.m.	2 capsules UTILIN D4
If there is a reaction..... If no reaction, 3-4 days later.	Start or continue therapy 1 ampoule LATENSIN D4	2 capsules RECARCIN
If there is a reaction..... If no reaction, 3-4 days later.	Start or continue therapy 2 ampoules UTILIN D4	2 capsules LATENSIN D4
If there is a reaction..... If no reaction, 3-4 days later.	Start or continue therapy 2 ampoules RECARCIN	3 capsules UTILIN D4
If there is a reaction..... If no reaction, 3-4 days later.	Start or continue therapy 2 ampoules RECARCIN	3 capsules RECARCIN
If there is a reaction..... If no reaction, 3-4 days later.	Start or continue therapy 3 ampoules UTILIN D4	3 capsules LATENSIN D4
If there is a reaction..... If no reaction, 3-4 days later.	Start or continue therapy 3 ampoules RECARCIN	
If there is a reaction..... If no reaction, 3-4 days later.	Start or continue therapy 3 ampoules LATENSIN D4	
<i>Note:</i> The company SANUM-Kehlbeck points out that in general a maximum of one injection should be given per week.		



In many older patients and in patients who have taken strong medication for a period of years or decades, one often finds a complete lack of reaction or little reaction. Every therapist knows this situation: you try everything and nothing happens. You end up with a patient who says: „Nothing helps me anyway“ or - and this cannot really do your reputation any good - „He or she can't do any more for me than all the other doctors that I've seen!“ SANUM therapy offers good opportunities which promise success for bringing this type of therapy-resistant patient out of their therapy blockade.

The plan for stimulation therapy and for removing therapy blockades is this: if you are used to working with injections, then inject; if not, use capsules, although injections always have a stronger and more direct effect. This plan is only meant to be a suggestion. Of course you must always take into account the individual situation of the patient whom you have before you, as well as your capabilities and knowledge and the possibilities which are available to you.

Reactions can include: slight rise in temperature lasting for a short time, headaches, dizziness, strengthening or weakening of previous symptoms, new symptoms or even local reactions. When a reaction has occurred you can continue the course of therapy. More on this elsewhere and in the following articles.

If at some point you ascertain that despite all your efforts the patient shows no reaction at all, do not carry on this way. In this case look for other blocks to therapy of a physical type, e.g. tooth fillings (amalgam, palladium), other heavy metal contamination, foci (tooth roots, sinuses), interference fields (scars), chronic infections, medications (innoculations), blockages in the spine, but also mental blocks. In this context we are always discussing the fact that all artificially introduced hormones (cortisone, the anti-pregnancy Pill, oestrogen plasters, etc) block SANUM therapy and other biological therapies.

According to your knowledge of therapy you can of course use other procedures to remove blockages to therapy, e.g. neural therapy, acupuncture, chiropractic, shiatsu, foot reflexology massage or other procedures involving energy.

Excretion

Please take care from the start to activate the excretory organs (skin, airways, kidneys and bowel) so that when the blockages are removed it will be possible for metabolic and stimulant toxins to be excreted. Sufficient intake of liquids, steam baths, saunas, exercise in the fresh air, herb teas, cleansing of the bowel (colonic irrigation therapy), enemas, bleeding, Baunscheidt's procedure,

cantharide plasters, poultices, etc., are proven methods of excretion. The classic steam bath is an extraordinarily good and effective method of activating the body. The body temperature is raised slightly and latent processes erupt properly. The greatly increased movement of liquid frees the body of toxins.

Recipe for a classic steam bath

- Drink 1 litre hot lime flower tea (part before, the rest during the bath);
- hot bath - as hot as possible - with 3 kg cooking salt (osmosis!). (Warning: in cases of circulatory problems use only water of the right temperature);
- finally wrap the patient from head to foot in sheets and cloths whilst still wet and without drying off;
- leave to sweat for two hours.

Do not be afraid or embarrassed to fall back on old tried and tested methods. Many patients are more receptive to these again nowadays, having frequently and long enough experienced that modern remedies and procedures do not result in miracles.

Next article: the basic remedies MUCOKEHL and NIGERSAN. **First published into the German language in the Sanum-Post magazine (47/1999)**
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