



CITROKEHL to improve the chances of success with therapy

The significance of Acidum citricum, still frequently ignored

by Dr. Konrad Werthmann



For most therapists citric acid is a little used, perhaps even unknown, medicine. That may be somewhat surprising, since citric acid is known to provide energy for every cell in the body. As early as 1953 the biochemist *Hans-Adolf Krebs* described citric acid as the central element in the citric acid cycle – also called the ‘cancer cycle’ – of the cells. This cycle is supplied from the fat, carbohydrate and protein metabolisms, in the form of activated acetic acid, whereby citric acid derives from the acetyl residue of the acetyl coenzyme A and the acetic acid. The further metabolic processes provide energy in dehydration, when hydrogen is oxidised via the respiratory chain. The organism uses the energy released, through oxidative phosphorylation, to form ATP and ADP.

As a central active factor in the citric acid cycle and the redox system, citric acid must be seen in therapeutic terms as a significant homeopathic, or rather isopathic, agent. Whatever the disease, be it acute or chronic, malignant or benign, the therapeutic use of citric acid – as available in the homeopathic agent CITROKEHL from SANUM-Kehlbeck – always makes sense and is always justified. In this context it is interesting that citric acid is classified in the active cycle of *Aspergillus niger*. This too emphasises the broad spectrum of applications for this medicine. According to *Boericke* therapeutic citric acid is effective among other things with cancer pain and neoplastically-conditioned respiratory problems, offering clear improvements to these conditions. The following indications should be

primarily considered for the successful use of citric acid:

Impregnation phase according to Reckeweg: the impregnation phases in the development of a disease are characterised by obvious damage to the redox systems. This explains why the therapeutic inclusion of citric acid (CITROKEHL) in the overall therapy produces a noticeable shortening of the reaction time and a general improvement in the symptoms.

Respiratory disorders such as Asthma bronchiale or asthmoid bronchitis.

Skin diseases such as itchy dermatitis, neurodermatitis, psoriasis and Lichen ruber planus.

Precancerous conditions of the various organs.

Neoplasma phases in general: the use of citric acid very usefully improves cellular respiration and relieves the connective tissue.

All disorders of the intestinal area: above all allergies of all kinds and every age, and dysfunctions of the whole gastro-intestinal tract are to be considered here, secondarily through an atrophying of the mucosa of the intestinal mucous membrane. Every allergy is the result of the early childhood coding of allergens in the realm of the plasma cells, triggered by premature feeding with cows milk and hens eggs. Here the so-called CWDs, particular forms of bacteria or proteins, recently discovered, are influential.

Periostal trauma and subperiostal haemorrhage: this includes pains from damage to the periosteum.

Acidification of tissue in angina pectoris, cardiac insufficiency, arteriosclerosis and haemorrhoids: according to *Moenmann*, citric acid counteracts alkalosis of the blood and thus slows down the fermentation metabolism or lactic acid fermentation. These two factors in turn reduce the viscosity of the blood and the water content of the tissue.

Psychomental disorders and stresses.

Irritations of the dental area.

All these cases naturally require treatment by a therapist. Yet one could also say that citric acid medicine such as the SANUM product CITROKEHL should be a part of the household medicine cabinet.

The various aspects of the medicinal use of citric acid can be summed up as follows:

- respiratory obstruction deteriorating in warm conditions. The patient constantly wants fresh air.
- memory disorders.
- developmental disorders in young children.
- intolerance of alcohol and sugar, cold, clammy hands.
- parodontosis, gingivitis, scurvy, blackening of the teeth and excessive dental tartar formation.
- dozing in old people, memory disorders with frequently repeated questions, great plans and cheerful



mood but lack of drive to carry them through
- complete loss of interest in sexual activity, impotentia virilis, frigidity and fertility disorders.

Concerning the use of citric acid (CITROKEHL)

Experience has shown that in therapy for chronic diseases using homeopathic agents (isopathics), potency chords are predominantly important because on the one hand they are designed for the acute phase and on the other for existing chronic suffering. In the realm of homeopathic children's medicine it is primarily their susceptibility to infection which springs to mind here. This is characterised on the one hand by its chronic nature – most usually by an atrophying of the intestinal mucous membrane – and on the other by acute outbreaks, caused by severely restricted cellular respiration in the intestinal area. Even small children can be treated for intestinal disorders with a citric acid preparation, in conjunction with Werthmann's diet, which cuts out hens eggs and cows milk products. In addition to the administration of citric acid as potency chord in these cases, an incorporation of the preparation FORTAKEHL (Penicillium roquefortii) is indicated. The advantage of this combination lies in the fact that it improves the stool problem within a few hours, providing prompt and welcome relief for both mother and child.

Let us describe an actual case to illustrate what we have just said: while hiking in the mountains, and after stopping at a hut where a

generous meal of bacon and eggs was provided, a twelve-year old boy complained of severe stomach pains together with a feeling of debility. One CITROKEHL tablet restored him to his former strength and carefreeness within ten minutes. CITROKEHL tablets should therefore be stocked as a matter of course in household medicine cabinets and hand luggage. In this particular case, a chronically „lame“ pancreas was unable to cope with the heavy demands of the meal in the hut. Dissolved in hot camomile tea, the CITROKEHL tablet was forwarded directly to the duodenum and thus absorbed very quickly.

It should also be pointed out that with all administration of CITROKEHL to date, both in ampoules for injections and in the form of tablets, no side effects have been observed at all. This can be explained, among other things, by the fact that as an isopathic CITROKEHL substantially represents a substance intrinsic to the body. Recently, in addition to the potency chord for injections and drops, SANUM-Kehlbeck have introduced CITROKEHL in tablet form with a potency chord of 10X/30X/200X. This tablet form is already available; it offers the advantage of easier administration, particularly for children and young people. It comes in packs of 80 tablets and triple packs of 3 x 80 tablets.

In general the dose for young children should be: half a tablet twice a day, dissolved in hot camomile tea or in very dilute hot raspberry cordial.

For older children aged between four and ten years, give one whole tablet twice a day.

In general for young people and adults the dose is one to two tablets three times a day.

First published in the German language in the SANUM-POST magazine (49/1999)

© Copyright 1999 by Semmelweis-Institut GmbH, 27318 Hoya, Weser Germany

All Rights Reserved