



From the Practice for the Practice

Examples of Treatment with SANUM Remedies

Angina pectoris, coronary failure and sclerosis, heart attack

by Dr. Konrad Werthmann



These clinical pictures are the end of a long latent illness, in which mistakes over a period of many years in the way one leads one's life and in one's diet play a considerable part. If these mistakes are avoided in good time, it is hardly likely that this clinical picture will emerge early in one's lifetime. For therapy, it is important to begin to change the inner milieu, as patients always present hyperacidity in the tissues, which has already been present for a long time. It is just as important to change the mental attitude of patients to their way of life and to their diet, which is riddled with many harmful factors. This also includes giving up smoking and losing weight - which should mean not avoiding appropriate fitness training. The Hay diet is ideal for a change of nutrition. Fish dishes should be eaten frequently, but otherwise animal protein and fried foods should be avoided as far as possible. Foods with fats in their

natural state with high levels of polyunsaturated fatty acids have much to recommend them.

Therapy recommended by Dr Werthmann, M.D.

For long-term therapy, the patient first needs a supply of medicinal bases with ALKALAT (one tablet twice daily) changing after two weeks to ALKALA N (one teaspoonful twice daily, dissolved in a glass of hot water).

In addition, the patient is given FORTAKEHL 5X (one tablet twice daily for 10 days), then changing to MUCOKEHL 3X (one suppository each morning) and NIGERSAN 5X (one tablet each evening), both from Monday to Friday; also MUCOKEHL-excretion 6X and NIGERSAN-excretion 6X on Saturdays and Sundays (each day 8 drops before a meal).

Other medication: LEPTOSPERMUSAN (10 drops three times daily), PROPIONIBACTERIUM AVIDUM 5X (one capsule twice a week), SANUKEHL ACNE 6X (5 drops twice daily), SANUVIS (one teaspoonful twice daily), CITROKEHL (one tablet twice daily), UTILIN 6X (1 ml injected intramuscularly every 2 to 4 weeks), Biofrid salmon oil (2 capsules twice daily), ZINKOKEHL (10 drops once daily).

To reduce the viscosity of the blood, you can also let blood at longer intervals.

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