



Holistic medical investigations and treatment in cases of epilepsy

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The first part of this two-part series of articles on the natural healing aspects of epilepsy, in SANUM Post No. 56, dealt with the causes from a holistic point of view. This second part now deals with the treatment of the illness.

First I shall list and explain the typical diagnostic findings of the toxic and/or lymphatic stresses.

In our clinic the following investigations are normally carried out at the start of therapy:

- Clinical physical examination

The tongue, the periodontium (gums), lymph nodes, skin tone, iris, liver, spleen and anus are examined. In accordance with the criteria of Chinese medicine, this physical examination gives the experienced biological physician very many clues as to blockages, congestion or overload of the liver and intestines. From this one can discover the level of lymphatic toxicity and also find clues as to the intactness or otherwise of the intestinal system.

- Orthopantomograph (OPG)

(a dental X-ray) pinpoints root spikes and deep fillings as well as impacted wisdom teeth or other points of interference in the jaw area.

- Testing for heavy metals by means of the intravenous DMPS test

shows the presence of metals and the excretion of them in the urine:

mercury, tin and silver from amalgam fillings, palladium and copper from gold fillings, nickel and possibly also arsenic / lead / cadmium from solder.

- Measurement of galvanic currents in and around the mouth

is a very simple investigation which could be carried out by every doctor in his/her practice. It shows the release of ions and the way the teeth work like a battery. This is a part of the clinical examination of each patient.

- ANSA (heart rate variability test or „rhythmogram“)

shows any blocking of the vegetative nervous system, mostly an accompanying cause of toxic overload of the organism.

- Darkfield microscopy of the vital blood

is an extremely revealing investigation which shows the toxic stress on an organism, the presence of the wrong milieu and excess of acid. Excess acid is namely one of the important causes of reduction in the stimulus potential.

- Assessment of the amount of excess acidity and of mineral content

Bioterrain analysis (BTA) and measurements of the pH of the urine.

- Hair mineral analysis

on the one hand shows toxic overload, on the other hand gives important pointers to defective bowel function and increased permeability of the intestinal system (leaky gut syndrome). It is interesting that high values for aluminium are very frequently found in patients with a tendency to convulsions, which is a symptom of excess acid in the tissues and of the leaky gut.

- Possibly thermoregulation diagnosis

to ascertain whether there are any food allergies and missing colonies of bacteria in the intestine, but also to assess the significance of dental interferences and heavy metal overloads, which give a typical profile in thermoregulation diagnosis.

The biological treatment of epilepsy

First and foremost the stress situation must be improved, using the approaches named above. As a result of this, the tendency towards epilepsy is mostly improved in the long term to the point where there are hardly any or no further attacks. However, this mostly takes several months, during which time other treatment consisting mainly of chemical medication can be slowly reduced.

This reduction does however mostly really only bear fruit if at the same time treatment is carried out which consists of biological medication and diet.



The treatment includes various approaches:

Every part of the therapy is addressed separately below. The biological treatment of epilepsy and tendency to convulsions leads to a considerable improvement in mental activity, alertness and general well-being.

- Ø Diet
- Ø Intestinal cleansing
- Ø Orthomolecular therapy
- Ø Detoxification therapy (heavy metals, toxins in the liver and intestine)
- Ø Removal of foci of interference
- Ø Lifestyle
- Ø Improvement of the brain cell metabolism

Diet

On the one hand, the diet should re-tune the metabolism and protect the intestinal mucous membrane. This is done by avoiding the usual intestinal allergens, which consist mostly of the following:

- cow's milk products
- irritant citrus fruits such as oranges, kiwis, mandarins and citrus juice
- pork and pork products.

On the other hand the diet should be alkaline, it should contain a lot of minerals and lead to removal of excess acid. Care should be taken to include poly-unsaturated fatty acids, also glutamic acid, choline, also B-vitamins, antioxidants such as Vitamins C and E, beta-carotene,

octocosanol, e.g. from wheatgerm oil, alfalfa sprouts (lucerne) and bamboo shoots. Choline is contained in lecithin, fish, wheatgerm, wheat products and soya; tyrosine in bananas, yeast, avocado and fish. The following foodstuffs have proved very valuable:

- all vegetables (preferably lightly steamed, as if eaten raw frequently they cannot be broken down because of weakness of the pancreas, then they begin to ferment)
- cereal products, also egg-free dough products (durum wheat dough products = Italian pasta)
- potatoes and chestnuts (very alkaline), e.g. potatoes boiled in their skins, then peeled, are ideal in the evening
- meat: only poultry or fish, but each only once or twice a week! The avoidance of animal protein is possibly the most important thing in the alkaline re-tuning of the metabolism and intestinal flora!
- fruit (all fruits only to be eaten in the morning; no citrus fruits).

This diet must be followed for a period of several months!

Intestinal cleansing:

Cleansing of the intestine is already principally guaranteed by the diet, as this re-tunes and renews the intestinal flora. The patient should gradually accustom him-/herself to increasing amounts

of raw food including carrots, fennel, celery/celeriac, but everything finely grated. At the start of treatment colonic irrigation has proved very beneficial: this should be combined with deep, soft massage of the bowel to stimulate the vagal system. Have lots of warm drinks, e.g. fennel tea, peppermint tea.

The actual building up of the intestinal flora and intestinal mucous membrane is recommended as follows:

Building up the intestinal flora (according to Dr Thomas Rau, MD)

To build up the intestinal mucous membrane:

- Mucosa comp. Amp. (Heel): one ampoule twice daily, to be injected at the M25 point or drunk.
- Diet according to Dr Werthmann

Regulation of the intestinal flora:

- At the start: FORT 5X: 1 tablet 3 times,
- then PEF 4X capsules or 5X drops: for 2 weeks,
- then SANCOM 5X drops: 2 times 10 drops, or MUC 5X and NIG 5X.

Immune stimulation:

- UT and REC capsules: one of each per week
- REB 4X capsules: 1 capsule twice daily



- Leptu 6X capsules: 1 - 2 per week.

Orthomolecular therapy:

- Magnesium in combination with vitamin E: MAPURIT: 2 times 1 capsule, or magnesium orotate (Burgerstein): 2 times one tablet and Vitamin E (Burgerstein): 400 mg daily. Magnesium raises the stimulus and depolarisation threshold, vitamin E stabilises the nerve cell membrane. Orotic acid supports the intake of acid by the cells.
- Vitamin B complex (Burgerstein): 2 times 1 tablet
- Vitamin C 1000 mg (Burgerstein) tablets: 1 - 2 tablets daily
- Zinc tablets (Burgerstein): 1 tablet (30 mg) in the evening, but intermittently
- Manganese (contained in Anti-Ox/De-Tox from Burgerstein): 1 tablet, 10 - 20 mg, twice daily; stabilises the cell membranes and reduces the number of fits
- Taurine: 0.5 to 2 g daily also reduces the number of fits. (Taurine is also recommended in cases of heavy metal poisoning, from which epileptics often suffer in any case; also methionine)
- Selenium: 100 µg daily

- Dimethylglycine: 100-200 mg; this is a preliminary stage of the amino acid glycine which has a calming effect on the brain and reduces the frequency of convulsions.

Caveat: Aspartame, the artificial sweetener, which is contained in almost all „diet“ drinks, can cause epileptic fits particularly in children!

Aspartame is forbidden to epileptics! Take similar care with folic acid and high doses of Omega 3 fatty acids. They can also cause fits.

Metals including aluminium, cadmium, mercury and lead support frequent fitting.

Detoxification therapy, heavy metals, intestinal toxins

Heavy metals are very frequently the cause of epilepsy and must be looked for as a matter of routine: hair mineral analysis, DMPS test of the urine.

Mostly it is a matter of mercury, palladium, tin, all from dental fillings, then aluminium (including in children) and lead.

For detoxification one needs antagonists, mostly selenium, zinc, vitamins (see too the article on excretion „The SANUM excretion cure“ in SANUM Post No.55, 2001)

Important: no clarification and treatment of epileptics without

a strict search for heavy metals, dental clarification, dental galvanic currents and root toxins from root fillings.

Intestinal toxins are caused by faulty intestinal flora, often following a course of antibiotic treatment and, among other things, when the diet is faulty. Colonic irrigation, building up the intestinal flora and diet are the most important approaches to treatment.

Because of the enterohepatic circulation, the liver is the first point at which the intestinal toxins collect and is often enormously overloaded, whether with the products of fermentation or with free radicals from the metabolism of bacteria. These patients often feel a non-specific pressure in the upper abdomen or are restless for 1 - 3 hours at night in the „liver period“. As a result a course of liver treatment is often necessary:

A possible course of therapy to support the liver:

- Liv 52 Ayurvedica: 3 times 1 to 3 times 2 tablets
- Carduus marianus Ceres drops: 5 drops 3 times daily (supports detoxification of the cells)
- VIT. B COMPLEX SANUM N: 2 times 1 ampoule; Taraxacum (Ceres): 3 times 5 drops (supports the flow of gall)
- MUSCARSAN 6X: 5 drops 1 - 3 times daily (supports



detoxification of the cells, removing organic liver toxins).

Removal of foci of interference:

This is the classic form of therapy of the biological physician: the foci of interference are looked for using dental X-rays, investigation of thermoregulation, possibly also electro-acupuncture, then treated in a targeted manner by means of neural therapy. The foci of interference most frequently found in epileptics are: dental foci, root-treated teeth, dental braces in children, tonsillar foci, also old scar tissue, old gynaecological foci, the intestine as a „focus of interference“.

Lifestyle:

A well-regulated day is extremely important: regular intake of food, chewed well, stick to drinks between mealtimes and in large quantities, teas to cleanse the blood, no sweetened drinks; children should not drink iced drinks.

Some physical activity each day, but no great exertion! Walking, hiking, gardening, etc. are very good; cycling. No extreme exposure to the sun - wear protection against the sun's rays. Regular times for sleep!

For children: no television and no computer games. The small screens on games of dexterity are particularly bad!

Improvement of the brain cell metabolism:

Isopathic remedies: Prof. Enderlein's theory explains to us that the inner and cellular milieu can be influenced by isopathic remedies which are normally present as protein molecules in the cells. They alter the viscosity of the bodily and cell fluids, thereby enabling detoxification to take place, as well as enabling the intake of nutrients and oxygen by the cells.

Therefore an accompanying course of isopathic treatment should be carried out for epileptics, as well as for all patients with neurological, cognitive and degenerative cerebral problems:

- MUC 5X tablets: one tablet in the morning
- NIG 5X tablets: one tablet in the evening
- ALKALA base salt: 1 measuring spoonful in water at about 10.00 am and possible also at about 4.00 in the afternoon.

For children: SANCOM 5X drops: 8 drops twice daily in the nose for 1 - 2 years!

Catalysts and similar substances: The energy metabolism of the cells depends on metabolic processes which need enzymes, catalysts and trace elements in order to function. Some of these have already been mentioned under orthomolecular therapies:

- Coenzym Q10 (Burgerstein): 1 tablet twice
- Coenzyme comp. Amp. (Heel): 2 per week, injected or sniffed up the nose.
- Ubichinon com. Amp. (Heel): *idem*
- CITRO: 5 - 10 drops three times
- SANUVIS: 60 drops three times
- FORM: 60 drops three times
- ATP Injeel (Heel): one to 3 ampoules per week, injected.

Catalysts from the citric acid cycle (Heel): one ampoule combination of 10 ampoules, of which each ampoule should be given daily by injection (or, for children, sniffed up the nose) in the correct order.

All these catalytic medications have a good stimulant effect on the brain and are an important part of the treatment of chronic neurological diseases. They should be given over a long term, but can also be alternated.

Leptu, the strongest immune stimulant of the SANUM immune biological medicines, also leads to improvement of the cell metabolism in the brain and nerve cells. It is also very effective in slight cerebral dysfunction in old people and children, as well as in migraine. Take 1 - 2 capsules per week.



The treatment of epilepsy is undertaken on an individual basis according to the findings of regulation medicine. In the summary described above it may appear difficult. But it has the great advantage that it can lead to healing of the

problem and improvement of mental alertness! Mostly it consists of prescribing trace elements, detoxifying substances and specific advice on diet and change of diet.

The course of treatment can last for several months, but leads in very many cases to healing of the disease as its causes are removed.

First published in the German language in the Sanum-Post magazine (57/2001)

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