



Alcoholism and its Treatment using SANUM Therapy

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Alcoholism and other forms of addiction are a difficult but current terrain for naturopathy, since nowadays many of the affected patients wish to supplement the treatment financed by health insurance companies. Today, addicts in leading positions are turning more and more frequently to alternative medicine.

In our affluent society 2.5 million people are alcoholics in need of treatment, and approx. 5% of them are in employment. At 10.5 litres per person in 2001, Germany's consumption of alcohol in its many

different forms was the highest in the world (German Federal Centre for Health Education - BZgA).

Alcohol belongs to those addictive substances that are legal to acquire and consume. Both alcohol consume and endogenically produced alcohol play a role that should not be underestimated.

In the following, we would like to discuss the actual problems of this psychosomatic disease from a predominantly biological point of view, including its causes, conclusions and

a possible approach to treatment.

In 1957, the World Health Organisation (WHO) defined addiction as "a state of periodic and/or chronic intoxication produced by the repeated consumption of a natural or synthetic drug, which is characterised by four criteria (see Fig.1):

1. an overpowering desire, need or compulsion to take and procure the substance,
2. a tendency to increase the dose (increasing tolerance),
3. mental and usually also physical dependence on the effects of the drug,
4. harm caused to the individual and/or society."

The road to addiction goes via normal consumption, indulgence, misuse and habituation. Consumption is encouraged by the feelings of wellbeing and pleasure that it brings. Addicts have problems with themselves and their relationships with other people. The vicious circle of this disease is described by Antoine de Saint-Exupéry in "The Little Prince":

"Why do you drink?" asked the Little Prince. "To forget that I'm ashamed," confessed the Tippler, hanging his head. "Why are you ashamed?" "BECAUSE I DRINK!"

The mechanism of the disease

Alcohol enters the bloodstream via the mucous membranes of the digestive tract and is carried by the blood throughout the body. The maximum blood alcohol concentration is reached some 30 - 60 minutes after alcohol intake. The main degradation takes place by the liver.

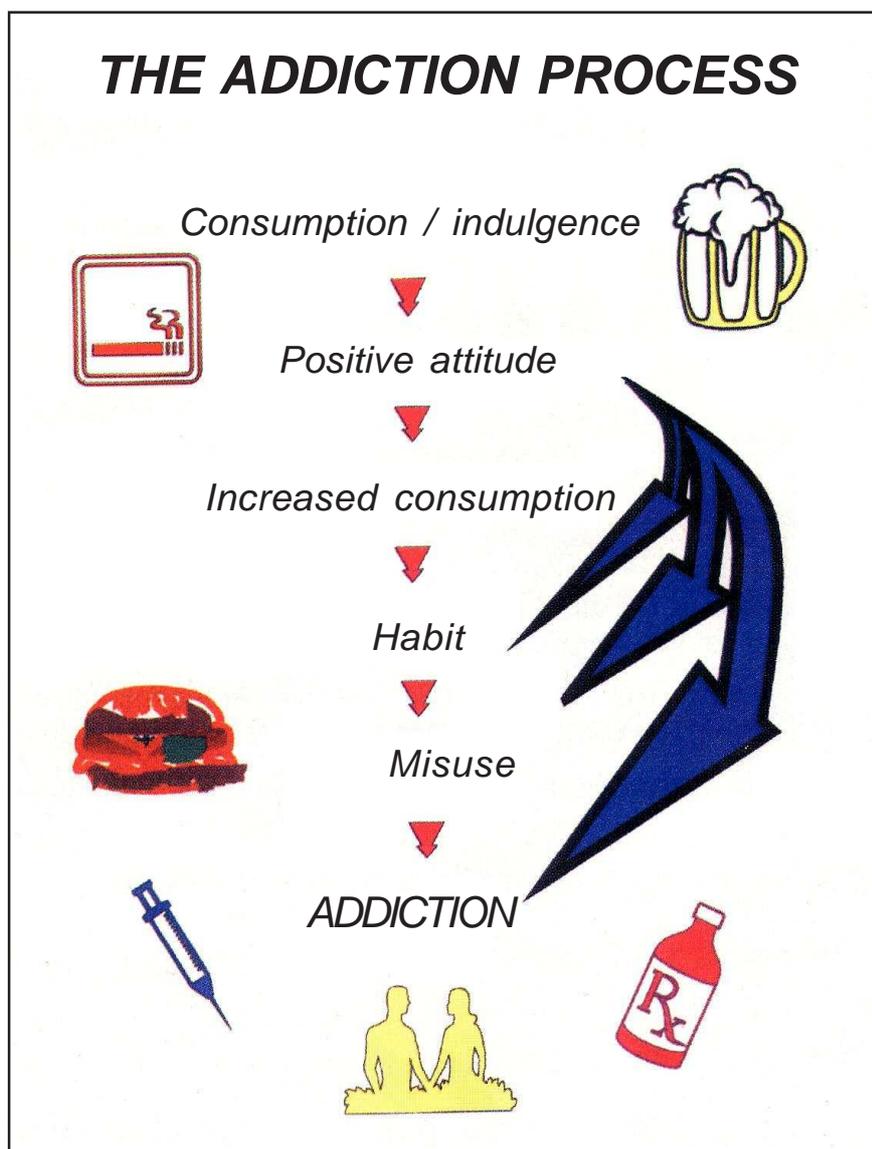


Fig. 1: The addiction process and its medical consequences.

In the brain, alcohol has an effect on the transfer of information through nerve cells. They are stimulated by a small dose, but inhibited by an average or higher one. Dopamine is now released, the amount depending on the dose. As with other addictive substances, this dopamine provides the "rewarding" effect of alcohol. If the amount of alcohol consumed remains high over a long period, the effectiveness of certain receptors changes. If the consumption of alcohol is discontinued abruptly, enormous dysregulations occur and cause withdrawal symptoms.

Physical consequences

Alcohol is distributed throughout the body by the blood. Therefore, cells in practically all types of tissue will be damaged, if the level of consumption is regularly high. In particular, damage to the organs will include changes to the liver, pancreas, heart, central and peripheral nervous system and muscles. Cases of so-called embryopathy are particularly tragic. Research also shows that long-term consumption of alcohol leads to increased risk of cancer. Prof. Dr. med. Kornhuber from the University of Ulm carried out well-founded experiments and studies in large companies which proved that "even normal consumption of alcohol causes damage". For this reason, he advocates lowering the threshold values of the most important liver parameters. Since 1968 alcoholism has been regarded as an illness.

In naturopathy, typical disease patterns are fatty degeneration of the liver, hepatic cirrhosis, pancreatitis, gastritis, angiopathy, poly-

neuropathy, polyneuritis, depression, diseases of the lymph glands and disguised hepatic encephalopathy. One symptom I frequently meet as a naturopath is the metabolic syndrome caused by alcohol excess.

Causes and findings from the point of view of alternative medicine

As a rule, addicts have problems with their own psyche, their body, other people and their superego. They lack in self-assurance and self-confidence, to name just a few of their abnormal mental attitudes. Shyness and inability to integrate socially are barriers that are easier to overcome with the help of alcohol. "When I'm sober, I'm shy!"

In the context of "hierarchical multi-regulation" (Dr. P. Schneider, SANUM-Post No. 58, 2001) disposition, biological, mental and social milieu as well as environmental stress are involved. The biological terrain is most important, offering the best way to approach treatment in naturopathy.

According to Dr. Alfred Baum, addiction is the result of symbiosis that has gone "off the rails" (SANUM study group 1988), and Prof. Dr. G. Enderlein put it this way: "Disorder and suffering are brought about not by diverse illnesses but by over-acidification of the blood as a result of a perverse way of life and diet." Here he points out one aspect of psychosomatics which offers a rich field for alternative and biological medicine.

Predominantly, biological functions that have gone "off the rails" lead to

psychogenic stress. As a result, addictions are manifested by derailments of the milieu, symbiosis and regulation.

Here, one must mention endobiosis of the blood, acidosis, dysbiosis of the intestinal flora, an unstable blood sugar level, irregular water balance and poisoning of the milieu from inside and outside.

According to Prof. Dr. Lothar Wendt, a massive excess of protein plays a crucial role in the development of chronic deficits and addictions. Through biological deviations, the adaptability of various areas of life can suffer and lead to addictions.

Continuous excess of protein can cause the cell walls to thicken up to one hundred times through protein storage. As a result, the cells are not only distressed, but also the supply and excretion of the tissues, blood vessels and organs become massively weakened.

A second problem can manifest itself in the blood. Due to an excess of protein, the erythrocytes stick and form into clumps or chains that can no longer flow through the network of capillaries. This phenomenon can also be seen in a freshly withdrawn blood sample under darkfield microscope.

This pressure on the interstitium - including capillaries, cells and matrix - is aggravated by alcohol (acidaemia). Above all, eating meat can induce thirst and a desire for stimulants.

Predominantly, biological dysfunc-

tions appear in the basic regulatory system. Therefore, this is the initial point for holistic treatment at which SANUM therapy can intervene aetiologically.

Alcoholics nearly always suffer from latent acidosis at high levels, but is difficult to record when taking measurements. Common symptoms include chronic fatigue, lethargy, moodiness, sleep disorders, stomach and intestinal pain, skin reactions, headaches, rheumatic aches and pains or poor concentration.

Possibly, hypoglycaemia may appear in alcoholics as an evidence of biological dysfunction. It manifests itself e.g. in a ravenous appetite, irritability, nervousness, trembling, dizziness, fears, depression, apathy or headaches. These two last disorders show that the fundamental pattern of dynamic adaptation has gone astray and reactions occur hectically or frozen.

Degeneration of the intestinal mucous membrane and the intestinal flora not only arises from exogenic stress caused by alcohol but also by massive endogenic intoxication due to fusel alcohols and toxins from fermentation and putrefaction. The result is excessive strain on the liver and therefore, inadequate processing of the blood.

The encephalopathy due to hepatic cirrhosis caused by ammonia can represent a psychosomatic event, as biological functional disorders often lead to psychogenic breakdowns. In classic medicine, the patient is treated with doses of lactulose to break down the ammonia in the intestine via the flora. Therefore,

particular attention must be paid to the function of the intestine, as this is an effective way to approach detoxification and de-stressing of the liver. The remote effects of the intestine should not be underestimated. Here too is the reason for the failure of the majority of withdrawal and detoxification procedures in classic medicine.

In biological therapy, attention should be paid to the causal chain of the body's metabolism - cerebral metabolism from derailments of the milieu and functions, degeneration of the intestinal mucosa, dysbiosis, ammonia and other intestinal toxins and the resultant overloading of the liver (Tab.1).

In the classic treatment of alcoholics, the biological bases are hardly ever taken into consideration. The numbers of relapses are correspondingly high. Even the

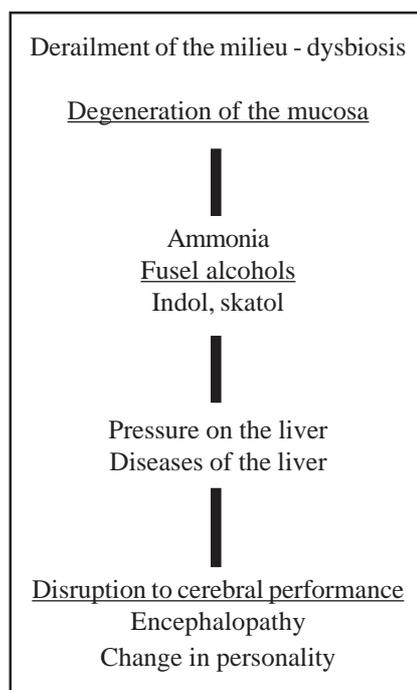
detoxification treatments lead to new toxic stresses, aggravating the disorders of the basic regulation and finally adding new ones. Even "controlled drinking" promises little in the way of success unless the biological areas are taken into account. Complementary measures from alternative medicine should be recognised and practised here.

Biological treatment of addiction - approaches and methods

A thorough diagnosis and painstaking demarcation from other clinical pictures must precede the treatment. In cases of alcoholism, the laboratory values for the liver, pancreas, kidneys and blood must be taken into consideration, as well as examination of the blood under darkfield microscope.

Diagnostic guidelines for the dependency syndrome are:

- Strong desire or compulsion to consume alcohol
- Reduction in the patient's capability to control the start and end of consumption and the quantity consumed
- A physical withdrawal syndrome
- Evidence of tolerance - i.e. increasingly higher doses are necessary in order to get the same effect as previously achieved with lower doses
- Other pleasures and interests are increasingly neglected in favour of consuming the substance
- The patient continues to consume alcohol despite proof of clear damage to his/her physical, social or mental state (see also leaflet no. 5 in the DHS series: "Die Sucht und ihre Stoffe" ["Addiction and its causes"]).



Tab.1: Causal chain of the intestinal - cerebral metabolism



The focus and methods of holistic treatment arise in the way that multifactoral problems present themselves and from the causes and findings. In cases of alcoholism, all levels of existence are more or less seriously affected and treatment therefore needs to be a joint, multidisciplinary effort in which everyone affected is actively involved.

Predominantly, the emphasis lies on an empathetic consultation, and this must always be carried out and returned to with care. A good consultation where the aim is not to convince the patient but to provide insights is already halfway to success. Alcoholics need to be guided to their "self", like other types of addict.

At the same time, the dysfunction of the basic regulation must also be phased out in order to introduce the crucial treatments of detoxification and withdrawal. The restoration of the milieu using simple measures of a diet that breaks down protein, as suggested by Prof. Wendt, and regulation of fluid levels is an option.

If crises should occur as the result of intoxication because of deficiencies in excretion, the old tried and tested enema is recommended. As a therapist giving this advice, you will clearly sense whether the patient is ready to fully cooperate. The following remedies may be used to support detoxification and excretion:

Sodium sulphate 6X tablets (biochemical remedy) are responsible for breaking down the addictive craving, together with MUSCAR-SAN 6X tablets and Glandula

Detoxification and excretion

- Fasting cures with water and vegetable juice
- Withdrawal of protein for 6 weeks
- Alkalisiation with ALKALA N and alkaline soup
- Drinking water cure
- Physical therapy
- Avoid replacement drugs
- Colonic cleansing with enemas
- Alkaline baths

SANUM excretion cure

according to Dr. Schneider (see SANUM-Post No. 55, 2001)

- OKOUBASAN 2X tablets - excretes toxins and seals off the intestinal mucous
- LUFFASAN 4X tablets - acts as a decongestant and stimulates the kidneys
- ZINKOKEHL 4X injections - helps to regulate dysbioses
- MAPURIT - generally builds up the metabolism

suprarenalis comp. which stimulates the hormone system. Please do not prescribe pharmaceuticals in alcoholic solution.

Sufficient physical exercise and endurance exercise such as running, cycling and swimming is very important.

Degradation of excess protein is achieved by means of a low-protein diet for 6 weeks. Meat, fish, eggs, cow's milk and similar products must be strictly avoided. The least breach of this regime would interrupt the breakdown of protein. Thereafter Dr. K. Werthmann's diet is to be recommended.

Alcoholics have a particular depen-

dency on drinks. Here, they need factual information on the value of pure drinking water and the effects of dehydration by most of the usual types of drinks. The quantity required by each individual should be measured out in the morning so that they re-learn to drink water.

Latent acidosis must also be treated: start with ALKALA T for 10 days and continue with ALKALA N for further buffering. But the quality of the intestinal and hepatic functions is crucial for the adjustment of the pH ratios. Alkaline soups as recommended by A. Waerland and Dr. Thomas Rau are indicated.

The control of the symbiosis follows alongside the milieu cleansing of blood and intestine with fungus and yeast remedies, according to the findings. Darkfield microscopy of blood is used as a control.

MUCOKEHL, NIGERSAN, SANKOMBI, PINIKEHL, FORTAKEHL and PEFRAKEHL are the most frequently used remedies. Myrrhinil-Intest dragees and Omniflora N capsules may be prescribed initially (see following table).

In cases of massive strain on the liver (which often occurs as a result of unrecognised viral infections as well as excess alcohol), QUENTAKEHL should be prescribed in the long term. SILVAYSAN influences the fatty degeneration of the liver.

Using the bacterial remedies UTILIN "S", UTILIN, RECARCIN and LATENSIN the constitution and resistance can be improved. In



Using biological remedies

Regulation

UTILIN "S", UTILIN, LATENSIN, RECARCIN, BOVISAN

Detoxification

LUFFASAN 4X tablets (lymph, congestion of the kidneys)

OKOUBASAN 2X tablets (toxins in food)

FORMASAN ampoules (uric acid)

SANUVIS tablets, ampoules (lactic acid)

ALKALISATION

Kaiser sodium, ALKALA T and N

Alkaline soup, Excelsior

Milieu therapy

MUCOKEHL, NIGERSAN, PINIKEHL, MUCEDOKEHL

EXMYKEHL, ALBICANSAN, PEFRAKEHL, FORTAKEHL

Myrrhinil-Intest dragees, Omniflora N capsules

Reduction of craving

MUSCARSAN 6X tablets

Supporting remedies:

The SANUKEHLs

MUCOKEHL Excretion and NIGERSAN Excretion

Lactulose

Vitamin B complex SANUM N

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First published in the German language in the SANUM-Post magazine (65./2003)

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our experience, this last remedy also promotes the recovery of mental stability in alcoholics.

The fungal remedy MUSCARSAN must also be mentioned as it is a positive aid in the treatment of addiction. This homeopathic substance promotes clarity and helps the addict to cope better with the withdrawal symptoms. The injection should be given subcutaneously and once or twice daily. On injection-free days and later, suck 1 to 2 tablets once to three times a day. MUSCARSAN gives the therapist real opportunities to offer permanent help to alcoholics or other addicts.

Isopathy and regulation medicine offer an enormous range of medications for the treatment of alcoholism and other types of addiction. They allow us to hope that in future alternative medicine too will support the treatment of alcoholism and its secondary illnesses.

Finally, we should like to point out that addiction prevention should have top priority and be actively addressed within the family, nursery, school, business and society. The care and maintenance of a life-friendly milieu guards against many an ailment.