



# **SANUM Therapy in Practice**

## **Osteochondrosis dissecans**

**by Gabriele Reischl, Naturopath**



According to Pschyrembel, osteochondrosis dissecans is primarily of traumatic origin: a circumscribed, subchondral, aseptic form of bone necrosis. It may possibly lead to the separating off of a portion of bone and cartilage from the surface of a joint and the formation of a free „joint mouse“, leaving a so-called „mouse bed“ (a hollow depression in the surface of the joint).

This osteochondrosis occurs in all the larger joints (particularly knees and elbows). It may continue asymptotically for a long time; signs of impaction or incarceration, or painful restrictions of movement in the affected joint, or early arthroses may also occur.

In my practice, it has been possible to help two patients suffering from this disease, using SANUM therapy. One of these ladies came to the first consultation on crutches. Following six weeks of treatment she was free of her complaints.

#### **Treatment**

For two weeks: „seesaw“ treatment: 3 days at a time of:

- in the mornings NIGERSAN 5X, 1 tablet, or
- in the mornings FORTAKEHL 5X, 1 tablet, and, in the evenings, PEFRAKEHL 5X, 8 drops.

Subsequently, for several weeks:

- in the mornings MUCOKEHL 5X, 1 tablet, at midday CI-

TROKEHL, 2 tablets, and in the evenings NIGERSAN 5X, 1 tablet.

- UTILIN „H“ 5X, 1 capsule once a week.

Additionally: Hox Alpha, 1 capsule 2-3 times a day (Stinging nettle extract, by Strathmann & Co.).

**First published in the German language in the SANUM-Post magazine (66/2004)**

**© Copyright 2004 by Semmelweis-Institut GmbH, 27318 Hoya (Weser), Germany**

**All Rights Reserved**