



From Practice - For Practice

Juvenile-onset and Maturity-onset Diabetes

by Dr. Konrad Werthmann



Diabetes is the most frequent endocrine disorder. This disease-concept covers the various forms of a disorder of the glucose metabolism, with varying aetiologies and a variety of complaints. Glucose is unable to enter the cells to deliver energy. Reserves of fat are mobilised, leading to damage of the nerves and vessels. The common complaints are always insulin deficiency, elevated blood-sugar levels, and glycosuria. Clinically, diabetes shows a blood-sugar reading (fasting) of >120 mg/dl, or >6.7 mmol/l, and a 2-hour blood-sugar reading of >180 mg/dl, or >10 mmol/l.

The **clinical complaints** in most cases are:

Weight loss in spite of increased food intake, increased thirst, increased output of urine, lassitude / loss of energy, tendency to pruritus and skin complaints, furunculosis, disorders of potency or menstruation.

Late-stage complications:

Retinopathia diabetica, glomerulosclerosis, arteriosclerosis, neuropathies, paraesthesias.

Type 1 = Juvenile onset diabetes
Insulin-dependent diabetes. Cow's milk aggravates the symptoms.

Divided into

- 1(a) Causes: probably viral infections; occurs only in childhood;
- 1(b) Mostly Islets of Langerhans antibodies, occurring in adult years up to about 35.

Type 2 = Maturity onset diabetes

Adult diabetes, Causes: overweight, diminished insulin sensitivity of the tissues.

Treatment: (following the 4 steps of Isotherapy)

With Isotherapy it is only possible to treat the complaints, not the causes.

Juvenile-onset diabetes - Type 1 Prescription for child	Maturity-onset diabetes - Type 2 Prescription for adult
1) CITROKEHL , 2-4 drops twice a day + SANUVIS , 5-10 drops twice a day	1) ALKALA N , ½-measuring spoonful in warm water twice a day; CITROKEHL , 5-10 drops twice a day + SANUVIS , 10-20 drops twice a day
2) QUENTAKEHL 5X drops, 4-8 drops twice a day, begin at the same time as 1), continue 10 days, then, on Day 11, switch to:	2) QUENTAKEHL 5X , 5-10 drops twice a day (or, possibly instead, NOTAKEHL 5X drops, same dose), begin at the same time as 1), continue 10 days, then, on Day 11, switch to:
3) SANKOMBI 5X drops, 4-8 drops twice a day, alternating 5-2-5-2, i.e.: 5 days SANKOMBI , then for 2 days QUENTAKEHL , and then SANKOMBI again for 5 days, and so on.	3) SANKOMBI 5X drops, 4-8 drops twice a day, alternating 5-2-5-2, i.e.: 5 days SANKOMBI , then for 2 days QUENTAKEHL (or NOTAKEHL) and then SANKOMBI again for 5 days, and so on.
4) Begin simultaneously with 3) above: Brewer's Yeast 20g daily (Cr), ample supplements of Zinc, Manganese, Magnesium, Potassium	4) Begin simultaneously with 3) above: Brewer's Yeast 20g daily (Cr), ample supplements of Zinc, Manganese, Potassium, Vit.B1/6, LIPIS-COR , 3 caps. 5 times a day, MAPURIT caps., 1 twice a day

Dietary suggestion (from: Burgerstein's Handbook - Nutrients, Haug Verlag, ISBN 3-7760-1666-3):

Permitted: all vegetables, all kinds of fruit, wholemeal products, all kinds of fish, meat and poultry.

Forbidden: dates, raisins, figs, refined sugar, white flour, sweet foods (tarts, flans, cakes), white rice, potatoes, dairy products (possibly small quantities allowed).

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