



From Practice - For Practice

Elimination of Antibiotics

by Dr. Konrad Werthmann



Any patient or practitioner with experience of natural therapies will utter a sigh concerning the prescription of antibiotics. On the one hand, they are right to do so, but on the other hand, it may be a life-saving measure. Apart from all the "quick-fix" prescriptions which are made in this area, on the odd occasion there may be a very acute illness which a natural therapy will not touch, and then an antibiotic is needed.

It should always be borne in mind that an antibiotic or antifungal drug may bring about changes in - and

even largely destroy - not only the protective bacteria but also the intestinal mucosa. This is far from ideal, since the intestinal mucosa is the base for bacteria, which can only colonise the gut successfully when the mucosa is in a normal state. Thus, the aim of treatment must always be to normalise both the villous apparatus and the protective layer of bacteria. Therefore cow's milk, hen's egg products and fatty foods should be excluded from the diet for 2-3 weeks.

The appropriate SANUM treatment must also include the

environmental cleansing of the intestines, (corresponding to the four stages of isotherapy). This will take 6-8 weeks.

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We begin with:

- 1) ALKALAN powder, $\frac{1}{2}$ a measuring spoon twice daily in warm water, and CITROKEHL, 5-10 drops twice daily, both for several weeks.
At the same time, we prescribe:
 - 2) FORTAKEHL 5X, 8-10 drops twice daily (or 5X tablets, 1 twice daily) for 10 days.
In the case of fungal infection, EXMYKEHL 5X drops are taken, 8-10 drops twice daily, for 10 days. (This is a combination of FORTAKEHL, ALBICANSAN and PEFRAKEHL.)
Then, on the 11th day, change to
 - 3) SANKOMBI 5X drops, 8-10 drops twice daily (or MUCOKEHL 5X, 1 tablet in the morning, and NIGERSAN 5X, 1 tablet in the evening.)
We alternate these: SANKOMBI (MUCOKEHL/NIGERSAN) for 5 days, FORTAKEHL for 2 days, then SANKOMBI for 5 days, and so on, for 2-4 weeks.
 - 4) On the 11th day, likewise, we start with RECARCIN 6X capsules, 1 every 2 weeks, and SANUKEHL Myc. 6X drops, 5 drops once a day, to be rubbed in or taken orally.

It may be very appropriate to precede the above with the **SANUM elimination cure**. This lasts for several weeks or months:

- From Monday to Friday: in the mornings OKOUBASAN 2X drops (or one 2X tablet) and USNEABASAN drops, one dose of 5 drops alternated daily. (Initially 2 drops of each.)
- On Saturday and Sunday: 1-2 tablets of LUFFASAN 4X (start with $\frac{1}{2}$ tablet).
- Additionally, at lunchtime 1 capsule of MAPURIT, and in the evenings 10 drops of ZINKOKEHL 3X every day.
- Werthmann's diet (without the primary antigens: cow's milk, hen's eggs and pork products).