



Childhood Ailments and Isotherapy

by Dr. Konrad Werthmann



The thoughts and suggestions for treatment put forward by Dr. Werthmann in this article formed the contents of a paper which, unfortunately, he was unable to deliver at the SANUM Conference 2005, for health reasons. At short notice, this topic was covered by Dr. Kracke. However, we would not wish our readers to remain ignorant of the details of Dr. Werthmann's paper, and he has kindly agreed to them being published here.

Not only are childhood ailments a nuisance, but one also tends to be uncertain sometimes „in the heat of the moment“ regarding dosage or the administration of the medicaments. There is nothing extraordinary in that. It is comforting to know that there are only very few contra-indications for the use of SANUM preparations when treating children. The most important issue is the dosage of isopathics such as NOTAKEHL, PEFRAKEHL, FORTAKEHL, MUCOKEHL or NIGERSAN. The dosage of all of these depends on the age of the child, i.e. 1-2 drops daily per year of age, orally. So, for example, a child aged 1 would be given 1 drop twice daily, a child of 5 would get 5 drops twice daily. From the 10th or 11th

year of age, children are treated as if they were adults, i.e. 8-10 drops orally, once or twice daily.

In the case of the immunobiological remedies, such as LATENSIN, UTILIN, UTILIN „S“ or RECARCIN, there is a clear difference. These medicaments are not to be used in the first two years of life, and then, up to the age of 10 or 11, they are only to be rubbed in. Oral doses or intramuscular injections are neither customary nor advisable.

With the immunobiological remedies, one always starts with a „weak“ dose, e.g. the 6X. In the author's experience, a „strong“ dose, e.g. 4X, is not required. The demands on the organism would be too extreme, apart from which, a child's metabolism already has sufficient vitality.

With regard to the SANUKEHL preparations, it may safely be stated that these can be prescribed to children from their third birthday onwards. However, we must only prescribe 2-3 drops once or twice daily, to be rubbed into healthy skin. Should it seem therapeutically beneficial to prescribe a further SANUKEHL preparation, then the two medicaments should be applied in rotation on alternate

days. It is not recommended to inject these, in other words, it is not allowed. Mind you, I have to say that there is a partial restriction on the use of SANUKEHL preparations. This is because of a lack of studies as yet on children below the age of 12, and so every therapist must take responsibility for their own prescriptions. In the author's experience, because of the small quantity of drops being rubbed in, no side-effects or negative reactions have occurred so far.

It should also be mentioned that the dispensing advice I have given was and is all according to my 4-stage treatment model for isotherapy. (see Table 1). This procedure makes it easier to formulate an isotherapeutic prescription, especially for children.

The concept developed in Table 1, is generally applicable to all illnesses in children as a treatment plan.

There is another important point. In children, generally speaking, very many illnesses are accompanied by intestinal upsets. A better way of putting this is that the intestinal mucosa is the source of all childish ailments. The basis of this is the widespread hypersensitivity to

1. Environment: ALKALAN is either not used, or else $\frac{1}{4}$ tsp. is mixed in warm water and sweetened with a few drops of raspberry syrup, and this is sipped throughout the day. Possibly 1-3 drops of CITROKEHL in water orally.
DIET.
2. Isopathic preparations: FORTAKEHL 5X drops; possibly QUENTAKEHL, NOTAKEHL, PEFRAKEHL or ALBICANSAN
3. SANKOMBI, following a scheme of 5-2-5-2 (5 days of SANKOMBI, 2 days of FORTAKEHL) over a period of 2-4 weeks.
4. Additionally: SANUKEHL preparations, RECARCIN 6X drops, UTILIN 6X drops.

Table 1: General 4-stage plan for treating children



products from cow's milk and hen's eggs, something which is much too rarely accepted therapeutically. The vast majority of children and young people (over 85% of them) should not eat milk, cream, butter, cheese or other milk products. In practical terms, this means that all child patients suffering from an illness should avoid products from milk - and of course hen's eggs - for several weeks or months at least, (a minimum of 4-6 weeks, preferably 2-6 months). Otherwise, these little ones will suffer relapses and you, as therapists, will lose your credibility in the eyes of the parents. This diet makes the treatment more straightforward. Treatment times will be reduced significantly and the effectiveness of the isotherapeutic remedies on the intestinal mucosa will be enhanced.

As you will notice from the treatment plans, it is quite acceptable to replace FORTAKEHL with NOTAKEHL or PEFRAKEHL. However, the action of FORTAKEHL is particularly deep-reaching. It heals the intestinal mucosa and the bowel flora with it, and in so doing, it also heals the children's susceptibility to infections.

Sore throats and Tonsillitis

This treatise is not an exhaustive compendium of childish ailments. Therefore, I shall only deal with those which, in my experience, occur frequently. This is particularly

true of sore throats or tonsillitis. It is mainly streptococci which trigger these, which is why doctors are quick to resort to antibiotics. That is unnecessary if we begin treatment with FORTAKEHL, QUENTAKEHL or NOTAKEHL at the first signs, according to the suspected cause. Even 50 years ago in feverish cases, doctors would prescribe food low in proteins, (a kind of diet); nowadays, sadly, such advice is considered old-fashioned. Often one would like to be able to distinguish a viral infection from a bacterial one. The body's different kinds of reaction to such infections have become obscured in many cases, since nowadays in most throat infections, right from the start there are mixed infections with symptoms of both kinds: rapid high fever, leucopænia. Thus, we can always work with one of the above-mentioned isopathic remedies. It is also possible to give NOTAKEHL (FORTAKEHL) in the mornings and QUENTAKEHL in the evenings. However, in the author's experience, the strongest action should always be expected from FORTAKEHL in every case, especially when the condition is triggered by a damaged gut.

Thus, a destroyed intestinal mucosa lies at the root of this process, because the production of IgA, T3 and T4 cells or macrophages is insufficient. In these cases, the remedy REBAS 6X has especially

proved its worth due to its anti-inflammatory action. One capsule is opened daily and part or all of the contents are shaken on to the tonsils. Within a few hours, the sore throat will have gone and the acute signs will have disappeared. If the child has had several sore throats in succession, the acute treatment should be accompanied by a few drops of SANUKEHL Strep 6X, which should be rubbed in. Treatment might follow the scheme set out in Table 2.

Coughs

A persistent cough may be considered the direct consequence of a disordered intestinal mucosa, without the child suffering at all from diarrhoea or constipation. However, the cough may also result from the secretions from adenoidal hypertrophy, so-called polyps. These polyps are inflamed, the secretion runs down the back of the pharynx towards the larynx and en route, it irritates the branches of the vagus nerve, which are found just behind the back of the pharynx. In any case, the cough has come about as a distant result of the damage to the intestinal mucosa. The adenoidal growths near to Waldeyer's tonsillar ring are a reaction of the second line of defence, if the intestinal mucosa is partially or wholly destroyed. This is why a diet free of hen's egg- and cow's milk-products helps so rapidly. It should be observed that, for children,

1. CITROKEHL, 2 drops orally with water twice daily; possibly ALKALAN N 1/4 tsp. in warm water mixed with a few drops of raspberry syrup; LARIFIKEHL 5X, 1-2 drops once or twice daily.
2. FORTAKEHL 5X (or NOTAKEHL or QUENTAKEHL) drops for 7-10 days, then change to
3. SANKOMBI 5X drops, always 5-2-5-2, for 2-4 weeks
4. UTILIN 6X drops, REBAS 6X caps., possibly SANUKEHL Strep 6X drops, rubbed in.

Table 2: Sore throat, coughs, otitis media



1. CITROKEHL, 2 drops in water, orally, twice a day; possibly also ALKALA N, $\frac{1}{4}$ tsp. in warm water mixed with a few drops of raspberry syrup once daily; ear cleansing with 0.5% H_2O_2 .
2. FORTAKEHL 5X drops, possibly PEFRAKEHL, NOTAKEHL, or ALBICANSAN
3. SANKOMBI 5X, always 5-2-5-2 (5 days SANKOMBI, 2 days FORTAKEHL) for 2-4 weeks
4. FORMASAN drops, 1-3 drops once or twice daily in water.

Table 3: Suggested treatment for otitis media and otorrhœa.

FORTAKEHL is always the remedy of choice. Of course, as adjunctive support, homœopathic cough remedies (as drops) should also be given, as well as rubbing remedies into the chest.

Middle ear infections

Because of the extreme pain, inflammation of the middle ear (otitis media, purulenta) is a very distressing complaint for both mother and child. The middle ear and the mastoid process are both governed by the intestinal area. In the case of otitis, the intestinal influence may be easily seen, since the small intestine and large intestine meridians terminate in the ear, and parts of the gallbladder meridian are tangential to the mastoid. As a consequence of an inflammation proceeding from the pharynx (inflamed polyps, extended Eustachian catarrh, inner ear infection), otitis media is not infrequently accompanied by a sore throat or cough. As a consequence of a disturbance in the upper small intestine, however, it is easy to cure. You should not be surprised at seeing the same prescription coming up again and again (see Table 3).

The pus, which is possibly being exuded, must be removed with H_2O_2 . Twice a day, one may also apply 2 drops of FORTAKEHL or NOTAKEHL into the auditory canal. From a holistic perspective, the ear is regarded as an appen-

dage of the digestive tract, as is also the nose.

Otorrhœa

Otorrhœa, a discharge from the ear, is a pain to treat, since first of all the auditory canal needs to be cleansed with Hydrogen peroxide (0.5% H_2O_2 .) This hurts a little. The cause of the illness is usually a hypersensitivity of the lining of the auditory canal. Therefore we may give FORMASAN (Formic acid), 1-3 drops twice daily, orally in water, to effect a retuning.

In all cases, this illness indicates a disordered intestinal mucosa. This necessitates a strict diet, as detailed above. Treatment should follow the plan as shown.

Diarrhœa and constipation

Functional disorders of the intestinal tract, diarrhœa or constipation, can both reach a stage which is threatening. Damage to the intestinal mucosa, and consequently, to the bowel flora, is always present. Particularly diarrhœa must be mentioned in this connection. We have to take into consideration not only the fluid loss but also, above all, the loss of minerals. However, the most important point is a hidden allergy with attendant destruction of the intestinal mucosa. In over 90% of cases we need to think of cow's milk. All baby foods are prepared from cow's milk. Even fruit juices have whey added to them as a

stabiliser. As in the good old days, we first take a tea-break of several hours (water is not allergenic), up to a maximum of one day, and then we start again with a soya preparation. Cow's milk is forbidden. Please obtain your soya milk preparations (e.g. Milupa-SOM, Humana SOM) through a pharmacy, as these specialised milk formulations are close to mother's milk in terms of fat, carbohydrate and protein. The soya milk sold in healthfood stores is mostly too fatty and may lead to further diarrhœa. Most parents then think that the child is allergic to soya. Rice milk can also be given. Every HA-milk is prepared from cow's milk.

In cases of diarrhœa, OKOUBASAN 2X as drops has proved its worth. For success, often as little as 1-2 drops twice daily is sufficient. Since this is an alcohol-based preparation, the drops must be well stirred into very warm water, so that the alcohol vaporises away. Depending on age, parts of an OKOUBASAN tablet can be given to the child to suck. The appropriate therapeutic concept will be shown in Table 4.

Constipation may be a consequence of severe sweating or going thirsty, or there may be an allergic predisposition. However, it may arise from an emotional disturbance. For children, the most helpful thing is lactulose (Lävolac®), for it



1. CITROKEHL, 2 drops twice daily in water, orally; possibly ALKALAN, $\frac{1}{4}$ tsp. once daily in warm water with a few drops of raspberry syrup; OKOUBASAN 2X, 1-2 drops orally in warm water once or twice daily.
Diet: No cow's milk- or hen's egg-products.
2. Isopathic preparations: FORTAKEHL 5X drops, possibly PEFRAKEHL, NOTAKEHL, ALBICANSAN.
3. SANKOMBI 5X, always 5-2-5-2 (5 days SANKOMBI, 2 days FORTAKEHL) for 2-4 weeks.
4. RECARCIN 6X drops, 1-3 drops to be rubbed in twice weekly.

Table 4: Suggested treatment for diarrhoea

has two actions: firstly, the acidophilic flora returns to the upper end of the small intestine and the alkalophilic flora to the colon. (This means a reversion to the customary intestinal flora.) Secondly, it creates a lubricant for the bowel contents. Along with this, a normally structured intestinal mucosa builds up again.

Colics

Abdominal colics are afflictions which occur very frequently, and which go under all kinds of names, such as 3- or 4-month colic, umbilical colic, and so on. The underlying cause is a spasm of the lymph vessels and lymph nodes. It is via the lymph vessels that products which have entered the body through the porous intestinal mucosa, such as toxins, bacterial poisons and metabolic products of allergies, are transported back towards the venous blood vessels. The toxins overload the local lymph nodes and trigger painful stretch-reflexes. The lymphatic system is complaining loudly, but the person doesn't understand. The cause of

all this is the porosity of the intestinal mucosa, caused by the allergens in the cow's milk which has been consumed. The therapist needs only to stop the consumption of cow's milk- and hen's egg-products and the abdominal or lymphatic spasms will disappear within a few days. All that is required is the diarrhoea treatment plan (see Table 4), keeping strictly to the diet. It is always useful to have a tubercular medicament rubbed in, possibly BOVISAN 6X drops, 2-3 drops once daily.

Sometimes, the cause of this complaint may be vermination, a hernia or an emotional conflict, e.g. divorce, illness, rejection, school, and so on. The differentiation can be easily achieved by means of a thorough case-taking, palpatory examination of the abdomen, a bacteriological stool analysis or the determination of the amount of IgA being excreted in the stool.

Herpes

Although it is rare for children to suffer an attack of herpes, they may

frequently get some herpes-related condition: fever blisters, aphthæ, stomatitis aphthosa, herpes simplex, chickenpox. These are very unpleasant afflictions, as the vesicles are painful. Not only that, but these vesicles can occur in the most impossible places, such as the mouth, the corner of the mouth, the back of the pharynx, etc. From the therapist's point of view, it is important, on the one hand to alleviate the pain and, on the other hand, to confront the viral structures, and that can be achieved with the following plan (see Table 5).

Isotherapy has a tried and tested remedy for herpes, which makes these vesicles disappear rapidly, and this is GRIFOKEHL. One drop of this is placed on a cotton bud and each individual vesicle is dabbed with it. Please do not stroke them; dab them. If the pain is severe, then PENICILLIUM BREVICOMPACTUM (formerly Stolonikehl) 6X can be given orally, 1-4 drops once daily. The problem of herpes or fever blisters always lurks in the intestinal mucosa. Of course, it is

1. CITROKEHL, 2-4 drops orally in water, once or twice daily; in case of pain, PENICILLIUM BREVICOMPACTUM 6X, 1-2 drops twice daily, orally. (Previously Stolonikehl.)
2. GRIFOKEHL 5X drops (or QUENTAKEHL 5X drops), 1-4 drops orally, once daily, at the same time dab each vesicle once daily with GRIFOKEHL 5X drops. After 10 days change to
3. SANKOMBI 5X drops, always 5-2-5-2, continuing the topical application with GRIFOKEHL 5X drops.
4. UTILIN 6X, 2-4 drops once daily, to be rubbed into healthy skin.

Table 5: Suggested treatment of herpes, stomatitis aphthosa



1. CITROKEHL, 2-4 drops once or twice daily, orally in water.
DIET.
2. FORTAKEHL 5X drops, after 10 days change to
3. SANKOMBI 5X drops, 5-2-5-2
4. UTILIN 6X drops and RECARCIN 6X drops, alternating daily, 2 drops to be rubbed in once a day.
In neurodermitis: a 10-20-minute bath 3-5 times a week in ALKALA N (1 measuring-spoonful added to a child's bath.)

Table 6: Suggested treatment for bronchitis spastica, neurodermitis

possible to get infected by the virus in question.

You'll be thinking that it's impossible for the human intestine to be responsible for so many diseases. It is not the intestine's fault, but that of the patient or of the people responsible for him or her - parents, grandparents, aunts and uncles. Through their actions, they shape the underlying basis for total change in the digestive environment, for the children drink too much milk, or eat too many cow's milk products. There are few mothers who wish to or are able to breastfeed exclusively to the age of one year, and the feeding bottle is the path to the destruction of the intestinal mucosa with its resultant deficiency in immune defence organisms to protect against these germs.

Bronchitis and asthma

Two diseases of the childhood years are clearly on the increase. One is common bronchitis; this is a consequence of the extension of inflamed polyps, with the post-nasal secretions flowing down the back of the pharynx. The other is spastic (asthmatic) bronchitis. Both illnesses are solely and exclusively the consequences of ignorance regarding intestinal allergy. Unfortunately, often neither parents nor physicians are sufficiently educated regarding the nature of intestinal allergies.

Everyone is happy about negative IgE, whilst forgetting that intestinal allergies do not have to be dealt with inside the body. So long as no allergens are getting through the intestinal barrier, no systemic physical blood reactions can be demonstrated. People should therefore be really happy when not so many lesions are found in the intestinal barrier.

Therapists should also be aware that neurodermitis is an intestinal illness, which will migrate to the lung after 3-4 years. Once the intestine is healed, both illnesses are cured. All that is required is to follow the plan in Table 6.

Closing comment

Reviewing the cases of childish ailments and the possibilities for cure over a period of 40 years in practice, it is possible to see the overpowering influence of the intestinal organs in human beings. This influence exists from the first day of life, yes, and even in the foetus from the first trimester of pregnancy. If these intestinal problems were taken seriously, and if a diet free of cow's milk and hen's eggs were adhered to strictly (in the expectant mother too), then we would have significantly fewer problems nowadays with so many of these diseases, with the development of costs in the health sector and, above all, no

difficulties with our children. There would be practically no childhood rheumatism and no childhood asthma, nor many other chronic diseases. There would also be no infestation with worms (vermination). If children's immune systems were not being constantly abused, our parents would not have to worry about inoculations, and the number of these could be significantly reduced.

To summarise the possibilities for treatment of children, the central point is that really we must always treat the gut; the various diseases are simply the consequences of damage to the intestines.

To bring the whole issue down to the lowest common denominator:

Avoid products of both cow's milk and hen's eggs! In case of error, take the isopathic remedies produced by the SANUM company. These will provide rapid and certain assistance.

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