



From the Practice - For the Practice

Influenzal Infections - Prophylactic and Acute Treatment

A suggested treatment, by Dr. Konrad Werthmann



Everybody is talking about the flu, everyone is thronging to the hypodermic syringe. It occurs only to a few people that we can protect ourselves. We just need to be a little cautious, and not expose ourselves to viruses in crowded buses or shops. We can also reduce the burden we place on our gut, with its immune defence organs, by cutting down on our intake of hen's eggs, cow's milk, and especially pork products, or avoiding them altogether. So long as the villi of the intestinal mucosa and the brush border of the mucosal cells are in good order, the enteral immune organ can defend itself against influenza viruses.

In order to prepare the immune organ preventively or, if it is too late for that, to take steps in an acute situation, I recommend the following prescription:

1. ALKALA N, a quarter of a teaspoonful in warm water twice daily (in the morning on an empty stomach and in the evening before bed), plus CITROKEHL, 5-10 drops orally twice a day for the duration of the treatment;
2. At the same time, start QUENTAKEHL 5X drops, 10 drops orally twice a day for 10-14 days; then change from QUENTAKEHL to:

3. SANKOMBI 5X drops, 10 drops twice a day, following the scheme 5-2-5-2, i.e. Monday-Friday = 5 days = SANKOMBI, and Saturday/Sunday = 2 days = QUENTAKEHL, and then the same again.
4. Concurrently with SANKOMBI 5X, SANUKEHL Serra 6X drops, 5-10 drops twice daily, partly rubbed in and partly orally, are given.

This prescription can be applied for a period of 4-6 weeks and can be repeated after a break of two weeks, if necessary.

In order to improve the patient's general metabolism, it is advisable to give FORMASAN drops, 5 drops 1-3 times daily. The long-term taking of SELENOKEHL 4X drops (10 drops in the morning) and ZINKOKEHL 3X drops (10 drops in the evening), along with a daily oral dose of natural Vitamin C, has proved its worth.

In addition to this, weekly injections of selected medicaments may be appropriate, singly or as required. The following remedies may be considered:

VITAMINE SANUM, 1 amp.

CITROKEHL, 1 amp.

FORMASAN, 1 amp.

VITAMIN B Komplex SANUM, 1 amp.

ZINKOKEHL 4X, 1 amp.

Ubiquinone comp., 1 amp. (Heel)

Coenzyme comp., 1 amp. (Heel).

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