



From Practice - For Practice

**Angina tonsillaris- Sore Throat -
An Intestinal Problem**

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Angina, more commonly known as „sore throat“ is mostly taken lightly by both patients and practitioners. Basically it is an illness which reveals several facts. In the first place the local milieu is overburdened, which means that the patient is making excessive demands on the auxiliary immune defence organs. Whose?

The primary immune defence organ for the whole body is the intestinal mucosa, with its bacterial covering. If this organ is overburdened (or no longer completely fit for duty), then Waldeyer's tonsillar ring (the

lymph nodes in the throat area) must spring into action, as a second-tier immune defence organ.

Another factor to consider is the elimination which is facilitated by inflammation (Reckeweg). Both facts show the importance of the intestinal mucosa, and they tend to be disregarded by practitioners. Only the inflammation is noticed, and only an immune treatment is thought to be necessary, and no more.

Experience shows that an angina or, as it is deprecatingly called by the

layman, a sore throat should not be taken lightly; this is because, on the one hand, it tends to serve via streptococci as a focus for other organs, particularly heart, kidneys or joints; on the other hand its treatment is a relatively simple matter. Streptococci can only grow because they like the milieu (meaning that the milieu needs to be changed), and the inflammation only manifests because the high-valency forms in the Penicillin cyclogeny are challenged.

Thus the prescription is correspondingly simple:

1. ALKALAN powder, ½ ladle in warm water twice daily for the entire period of treatment. For children aged 6 and above, ¼ ladle once a day in warm water with a few drops of raspberry syrup.
2. NOTAKEHL 5X drops, 8-10 drops twice daily (or 1 tablet twice daily), or FORTAKEHL 5X drops, 8-10 drops twice daily for 7-10 days, and then switch to:
3. SANKOMBI 5X drops, 8-10 drops twice daily; but always follow the pattern 5-2-5-2 (5 days on SANKOMBI and then 2 days on NOTAKEHL (or FORTAKEHL) and then another 5 days of SANKOMBI...)
4. SANUKEHL Strep 6X drops or SANUKEHL Pseu 6X drops. 5 drops once a day, to be rubbed in and/or taken orally. Once a day, open a capsule of REBAS 6X and apply the contents to the tonsil area.

It is important to avoid cow's milk and its products for 2-3 weeks, and possibly also any food containing eggs. This will hasten a successful outcome.

**First published in the German language
in the SANUM-Post magazine (78/
2007)**

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