



Diseases and Diet in Old Age

Supportive Regulation with SANUM remedies

by Wolfgang Podmirseg, Naturopath



Complaints of old age are difficult to treat, because several conditions occur at once; however, they represent a challenge in everyday healing work, especially when our treatment is successful.

In most cases, patients come to consultations with a conglomeration of allopathic medication, leaving us wondering which of these may actually have contributed more damage than good to their compromised state of health.

Confronted with such facts in our case-taking, we can see clearly what a catastrophic state their intestinal flora must be in. We cannot always blame the doctors for these customary bad habits of medicinal abuse; many sick people demand drugs of all kinds: the pain must be deadened, and this gives control over all those little aches and pains, and most sufferers are content with that.

Frequently, people erroneously believe that to be free of pain is the same thing as being healthy.

If there comes a point when the doctor can no longer take the responsibility for certain prescriptions, the patient will simply go and find another one. Not until the limit has been exceeded and the barrel is running over do they realise that there is an alternative course of action. And so the first hurdle is crossed.

The next step is much harder to take, and for many people it is an obstacle they are barely able to overcome: "diet".

If it is impossible to convince the patient on this point, then, as experience shows, all our efforts are in vain, since a diet free of cow's milk and hen's egg allergens is the pillar of our treatment - as Enderlein taught us.

Many colleagues adopt a sceptical stance vis-à-vis this point, dismissing it as unimportant. Again and again, my own personal observations have demonstrated what an important and positive influence an adequate diet has on a patient. Anyone who disregards intestinal microbiology, can expect no success, or only limited success - after all, the primary antigens are simply cow's milk and white of hen's egg.

In elderly people, the intestinal mucosa is almost always parched and atrophied: the result of inappropriate food and abuse of medicines. In most cases, this goes hand-in-hand with cardiac insufficiency, renal insufficiency, hypertension, vascular complaints, hypercholesterolaemia. The pancreas, liver and gallbladder are weakened, there are deficiencies of minerals, trace elements and vitamins - all things which a destroyed bacterial lining is incapable of assimilating and processing. These materials can only be utilised, once the milieu has been cleansed. Therefore, our primary objective must be the reversal of dysbiosis; once this has been achieved, all the blockages will free up of their own accord.

If we bear in mind that the blood is "the mother of all organs", then

treatment is actually relatively simple. Keeping this in our sights, it is quite easy to get a handle on a multiple disease picture of old age, on condition that we have the disciplined co-operation of the patient.

It is remarkable that, even during the de-acidification stage using ALKALA, people's emotional state brightens up enormously; they are often barely recognisable, and erstwhile depressives are suddenly happy and cheerful. Mental clarity has replaced a dull, clouded brain.

The diet results in a loose, soft stool, without distention, diaphragmatic elevation or straining to defæcate; constriction of the heart completely ceases. The joints become more mobile, all previous unpleasant complaints gradually disappear.

The allopathic medication mentioned at the outset can be discontinued (with the exception of vital medicines), since Allopathy and Isopathy are antagonistic systems and do not go well together.

Treatment plan

- Diet free of cow's milk and white of hen's egg, according to Dr. Werthmann.
- Alkalinization using ALKALA N powder, one measuring-spoonful twice daily, dissolved in hot water and sipped slowly.
- SANUVIS drops, 20 drops in the morning; CITROKEHL, 1 tablet in the evenings.
- EXMYKEHL 3X suppositories,



- one each morning and one each evening, per rectum, for 20 days, then
- From Monday to Friday: MUCOKEHL 5X tablets, 1 tablet in the morning; and NIGERSAN 5X tablets, 1 tablet in the evenings.
 - On Saturdays and Sundays: EXMYKEHL 3X suppositories, one in the mornings and one in the evenings.
- For several months, keep up the rhythm MUCOKEHL-NIGERSAN-EXMYKEHL.
 - Beginning at the same time as MUCOKEHL: UTILIN 4X capsules, one capsule once a week; abstain from food and drink for one hour before and after.
 - Later, RECARCIN and LATENSIN for alternating weeks.

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