



Intestinally Related Illnesses and their Treatment with Natural Therapies

by Christine Bergmeier, Naturopath

Introduction

This article is intended to provide a glimpse into how SANUM treatment may be combined with other natural methods or therapeutic modalities in everyday practice. Suggestions include numerous remedies from the areas of Isopathy and Regulatory Medicine, Biochemic Tissue salts, Herbal medicine, Spagyric, Homoeopathy, as well as complementary therapies, such as Massage and others. I make no claim that this list is exhaustive. Of course, it must be decided in each individual case, which medication and/or treatment is to be employed for this particular patient, and in what dosage it should be prescribed.

The dosage mentioned in the text matches the normal adult dosage; for children it should be adapted to the individual circumstances, e.g. in the case of isopathics, one drop of the 5X solution per year of age up to a maximum of 10 drops daily in the twelfth year. In all cases, the quantity and potency of the prescribed medicine should be adjusted to the individual patient's symptom picture and the course of the disease. In the case of isopathics, it is always preferable initially to massage small quantities into the skin.

May we as therapists never forget, amidst our strivings to find the „right“ prescription, that now and again some ‘hands-on’ treatment is required, e.g. massaging, compresses, reflexology etc.

Preface

The intestinal tract between the exit from the stomach and the anus is

divided into the small intestine (4-5 m), the colon (1.5 m) and the rectum (20 cm.) The small intestine is composed of duodenum, jejunum and ileum. Several important functions are fulfilled here:

1. The chyme is mingled with the secretions of the intestinal mu-

- cosa, the pancreas and the liver.
2. Digestion of nutrients.
3. Absorption of the balanced and digested contents.
4. Onward transport of the contents in a distal direction.
5. Secretion of various hormones.
6. Immunological protective functions.

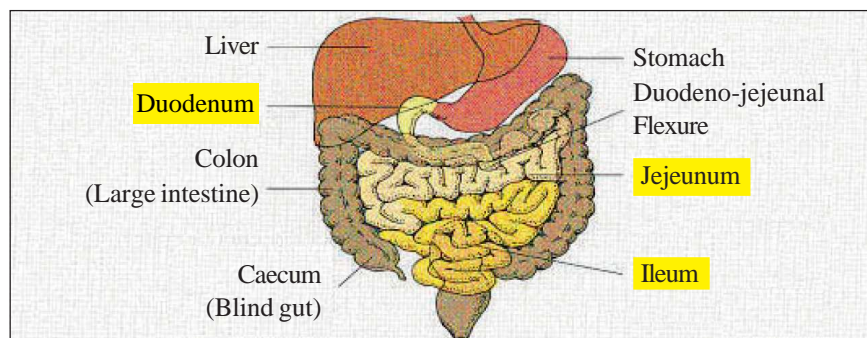


Fig. 1: The Digestive Tract (from: Bierbach: Naturheilpraxis heute (= Natural Health Practice Today), 1st edn., Pg. 598)

The large intestine is 1.5 - 2.0 metres in length and surrounds the small intestine like a frame. The caecum begins in the lower right abdomen with the appendix, followed by the ascending colon, the transverse colon, the descending colon and the sigmoid colon. Here, the main task is above all the absorption of water (ca 8 litres a day) and the fermentation of cellulose.

The stool, with its indigestible food residue, mucus, digestive juices, salts of calcium and heavy metals, as well as bacteria (mainly colibacteria) is evacuated from the upper rectum via the anal canal and anus.

It is important to enquire of the patient, not only regarding the number of bowel movements, but also particularly regarding their colour, shape and consistency, since this information can provide important clues with respect to, e.g.,

the function and interaction of the organs in the upper abdomen.

Pictures of complaints

Constipation

- Constipation is characterised by
- infrequent stool (less than every 3-4 days)
 - stools which are hard in consistency,
 - stools small in volume, and
 - problems in passing the stools.

Cases of chronic constipation are included among the so-called diseases of civilisation, because of the attendant functional or organic disorders in the intestinal motor mechanism. Acute constipation may occur with stenosis in the colon (e.g. from cancer of the colon, polyps, etc.).

Transient constipation occurs as a concomitant symptom of many ill-



nesses (e.g. hypothyroidism, renal colic), intoxications (e.g. lead poisoning) or in pregnancy. We find constipation as a major symptom in congenital and idiopathic megacolon.

Treatment

As a matter of principle, great attention must be paid to adequate fluid intake (water and herbal infusions), a lot of movement and an increase of fibre in the diet e.g. from linseed (*Semen lini*), or psyllium husks (*Semen psyllii*). Dextrorotatory Lactic acid can be taken by chewing uncooked sauerkraut, or by eating appropriate preparations (e.g. bread broth). Massage in the abdominal area, following the course of the large intestine, and compresses on the abdomen or liver areas have a calming and comforting effect. Whereas in spastic constipation warm applications give greater relief, in atonic constipation, cold washing of the abdomen is indicated. In cases of constipation, the liver should always be included in the treatment, and in diarrhoea the pancreas.

As a part of SANUM, FORTAKEHL 5X is taken, 1-8 drops twice daily before a meal. This is the „intestinal remedy“, and its uses include the building up of symbiosis in cases of dysbacteria and damage to the mucosa. Should mycosis be prominent, then once a day, the patient is given an EXMYKEHL 3X suppository, or 5-10 drops of EXMYKEHL 5X twice a day. At the outset of treatment, a regulation of the milieu should be carried out, and the remedies suited to this are ALKALAN powder, SANUVIS and CITROKEHL.

As an adjunctive treatment, use may be made of Biochemic Tissue Salts (Schüssler) (No's. 7, 8 and 10); bitters (Nemacynar, from Nestmann); and complex homoeopathic remedies to address any spastic elements (Plumbum 223 from Nestmann; Podophyllum Syn. 7a from Kattwiga) and in atonic constipation Alumina 224 from Nestmann. As far as homoeopathic single remedies are concerned, we should bear in mind Alumina, *Collinsonia canadensis* (Stone-Root), *Bryonia* (White Bryony), *Nux vomica* (Poison Nut), *Opium*, *Carduus marianus* (St. Mary's Thistle), *Silica*, and others.

Another measure, which has proved its worth is H. Marquardt's Reflexology, which is also good in treating infants and young children.

Diarrhoea

The following causes may be responsible for diarrhoea with evacuation of watery or mushy stools more than three times a day:

- Food intolerance (e.g. gluten)
- Chronic inflammations (e.g. Crohn's disease)
- Laxative abuse
- Bacterial toxins
- Spoilt food

Because of a disturbance in the absorptive function, the intestine is incapable of taking up water and electrolytes. If an infectious cause is suspected, questions must be asked regarding journeys abroad or illness in members of the family. In chronic diarrhoea, we should bear in mind the possibility of „functional“ emotional causes, as well as organic ones. Energy blocks in the region of TH11 and TH12

can also give rise to intestinal disorders.

Treatment

It is important to fast, starting with fat-free vegetable broth and herbal infusions, later on potatoes and easily-digested vegetables, and only after that adding a little fat and easily-digested protein. One should also think of a diet to regenerate the intestinal mucosa, such as Dr. Werthmann's diet.

To build up the mucosa, the patient can take Luvos Heilerde (= healing earth) 1 or ultra, or infusions of linseed. If the diarrhoea is severe with the loss of large quantities of fluids, we should think of replacing electrolytes, vitamins and so on.

SANUM treatment should follow the four-stage plan devised by Dr. Werthmann (see Table 1). Pride of place is once again given to FORTAKEHL, with OKOUBASAN supporting - this should not be missing from any household's medicine chest. It is used in acute diarrhoea, infections of the gastrointestinal tract, or prophylactically for changes of climate and diet.

Adjunctive treatments to be considered are: Schüssler's Biochemic Tissue Salts No's. 3, 4, 6, 8, and 10 (from Biochemie Pflüger; lactose-free drops), and the complex homoeopathics Magen-Darm Tropfen (= gastro-intestinal drops) from Magnet-activ, and/or Entregin spag. Peka drops. Homoeopathic single remedies to consider are *Arsenicum album*, *Mercurius solubilis*, *Aloe* or *Sulphur*. Phytotherapy should not be for-



- 1. Regulation of the milieu**, for duration of entire treatment:
De-acidification/Detoxification:
ALKALA T tabs. ½ - 1 twice a day, or
ALKALA N powder, 1 measuring spoonful twice a day, plus
OKOUBASAN 2X drops, 2-5 drops 3-5 times a day.

Supplementation:
ZINKOKEHL 3X drops, 5 drops 1-3 times a day
- 2. Specific regulation using fungal preparations**, for 10-14 days:
FORTAKEHL 5X drops, 1-8 drops once a day before a meal,
thereafter begin:
- 3. General regulation:**
FORTAKEHL 5X drops, in two-day alternation with
SANKOMBI 5X drops, 5-10 drops twice a day
- 4. Immune modulation**, begun simultaneously with 3. above:
UTILIN „S“ 6X caps., 1 once a week/fortnight, alternating with
LATENSIN 6X caps., 1 once a week/fortnight
SANUKEHL Coli 6X drops and SANUKEHL Salm 6X drops, in
daily alternation, 1-5 drops massaged into the hollow of the elbow
once a day.

Table 1: Treatment plan for diarrhoea or intestinal inflammations.

gotten, particularly Tormentil (Potentilla), Bilberries, Uzara and Fennel. Even Hildegard von Bingen, in her day, regarded Fennel as balsam for the soul.

Intestinal cramps, meteorism and children's „tummy aches“. Children and infants indicate the presence of an infection or wind in the gut by crying or restlessness! Here too, the first thing to do is to establish the cause. Particularly in the case of children, abdominal pain is frequently of emotional origin: „The belly is the sounding board of the emotions“. Other possible causes are food intolerances, especially of cow's milk, dyspepsia from fermentation and decay (indigestibility of cellulose, raw food), not to mention bad eating habits. In cases of meteorism we should think of candidiasis.

Treatment

- Diet excluding primary antigens (cow's milk, hen's eggs, pork, as advocated by Dr. Werthmann),
- Eat in peace and quiet,
- Chew food consciously and undisturbed; chew!
- Learn relaxation techniques so as to reduce stress,
- Build up the mucosa by drinking linseed tea.

Where nurslings are concerned, think of the mother's diet (primary allergens to be avoided); recommend an adapted diet of milk and porridge, e.g. based on soya- or goat's milk.

By way of hands-on treatment, think of „hot rolling“ and abdominal compresses.

Among the SANUM remedies, FORTAKEHL and SANKOMBI are recommendable.

The dosage is as follows: alternating in a 3-day cycle, 1-8 drops of either FORTAKEHL 5X or SANKOMBI 5X are given twice a day. Initially, they are massaged in and, in older children, some of the dose may be given orally. For children, the dose is one drop per year of age. Right from the start - to regulate their internal milieu - children are given 5-20 drops of SANUVIS, depending on their age, stirred into very warm water, or ½ - 1 tablet.

From the range of Schüssler's Biochemic Tissue Salts, we use No's. 2, 7, 10, and 19. So far as No. 7 („the hot 7“) is concerned, children may be given 1-10 tablets or up to 40 drops, dissolved in hot water and sipped. No. 19 (Cuprum arsenicosum) should be given initially in a low dosage - 1-2 tablets a day. The combination of No's. 7 and 19 has produced very good results. Along with these, the following complex homoeopathic remedies may be successfully used: Plumbum aceticum Synergon 129 (Kattwiga), Nuxal (Pflüger), Pflügerplex Dioscorea 178, Hepar HOM (Pflüger), and Mucosa comp. (Heel). From the realm of Herbal Medicine, I should mention the „Four Winds Tea“, consisting of Aniseed, Caraway, Peppermint and Chamomile, and likewise Yarrow, Fennel or Crampweed. Useful for care of the mucosa, and for relaxation, are enemas of Horsetail- and Chamomile tea. Abdominal massages with warm oils and Reflexology treatments on the feet have a particularly beneficial effect.



Candidiasis / Thrush

Changes in the milieu should be considered as causes, resulting from antibiotic or antimycotic treatments, diabetes mellitus, immune suppression or heavy metal overload. Yeast fungus infestation often is an indicator for heavy metal burdening.

Treatment

As a matter of principle, patients suffering from a fungal infection should completely avoid raw foods, cow's milk, dairy products and products containing hen's eggs, sweet foods, sugar and fruit juices. A diet which is well suited to such patients is an alkali-rich one with rice and steamed vegetables.

1. Monday-Friday: once in the morning, OKOUBASAN 2X drops in daily alternation with USNEABASAN drops, 2-5 drops.
 2. Saturday & Sunday: once daily, LUFFASAN 4X, 1-2 tablets, commencing with ½ tablet.
 3. In addition, daily:
SELENOKEHL 4X drops, 10 drops once in the morning
MAPURIT caps., 1 in the middle of the day, and
ZINKOKEHL 3X drops, 10 drops once in the evening.
- Dr. Werthmann's diet.
Duration: 3-4 weeks.

Table 2: SANUM elimination treatment.

For the elimination of heavy metals, the SANUM elimination treatment (see Table 2) provides a trusty tool. Furthermore, we should also consider tincture of Coriander and Wild Garlic (from Alcea), Beta Reu-Rella algae, and the Phoenix Elimination Treatment.

Every fungal infestation should be treated via the gut! Table 3 gives a treatment plan based on the Four-stage model. As regards energy, in the presence of mycosis the bodily fluids receive too little light and warmth, which makes us think of the Nasturtium (*Trapaeolum majus*).

1. Milieu Regulation throughout the period of treatment:

De-acidification:

ALKALA N 1 measuring-spoonful in the morning and evening, on an empty stomach, dissolved in hot water

SANUVIS drops, 60 drops 3 times a day before meals

CITROKEHL drops, 5-10 drops 1-3 times a day.

In oral thrush: Teeth to be cleaned with ALKALA N, toothbrush to be changed quite frequently

In vaginal thrush: Labia to be dabbed with ALKALA N solution, alkaline foot baths.

2. Specific regulation with products of Fungal origin (for 10-14 days):

EXMYKEHL 5X drops, 1-8 drops 1-2 times a day orally or massaged in **OR** (in lieu of EXMYKEHL 5X drops)

ALBICANSAN 5X drops, PEFRAKEHL 5X drops and FORTAKEHL 5X drops in daily alternation, 1-8 drops twice a day, orally or massaged in.

In adults the rectal use of EXMYKEHL 3X suppositories is also possible, 1 a day in the evening.

Topically: PEFRAKEHL 3X ointment may be applied.

After that:

3. General regulation:

Mon.- Fri. SANKOMBI 5X drops, 2-15 drops twice a day, orally or massaged in

Sat. & Sun. EXMYKEHL 5X drops, 1-8 drops twice a day, orally or massaged in, or EXMYKEHL 3X suppositories, 1 a day in the evening per rectum.

4. Immune modulation (commencing simultaneously with 3. above):

“Capsule treatment“ with LATENSIN 6X caps., RECARCIN 6X caps. and UTILIN 6X caps., 1 weekly in alternating weeks.

SANUKEHL Cand. 6X drops, alternating daily with SANUKEHL Trich 6X drops, 2-8 drops massaged in once a day, and/or orally.

Table 3: Treatment plan for Candidiasis

To achieve an antimycotic and bacteriostatic action, it imparts the botanic message of light-penetration, of moisture and darkness.

Ulcerative colitis / Crohn's disease

Ulcerative colitis and Crohn's disease are chronic inflammatory diseases of the gut, which occur particularly in younger adults.

Possible causes of ulcerative colitis under discussion include auto-immune processes, emotional factors, and bacterial or viral involvement.

The symptoms are:

- diarrhoea containing mucus or blood
- ulceration
- tenesmus, pseudo-polypi
- stenoses, dehastration
- dehydration
- indigestion
- malabsorption

In Crohn's disease, the ulceration attacks all layers of the gut wall, and frequently fistulas form, whereas in ulcerative colitis it is limited to the

mucosa and submucosa. (See Fig.2)

In Crohn's disease (sclerosing chronic enteritis) we have a non-specific, granulomatous inflammation, which may affect all sections of the digestive tract, from the mouth (rarely) to the anus. The causes are probably multifactorial, possibly bacterial-infectious (Mycobacterium paratuberculosis, measles virus), genetic, or the result of environmental influences. In most cases, the illness proceeds in typical phases. Patients complain of colic, pain and diarrhoea. On inspection, fistulas, fissures and stenoses may be seen. Weight loss occurs as a result of inadequate absorption of nutrients and insufficient food-intake for fear of pain after the meal.

A tubercular weakness is at the root of chronic diseases of the intestinal mucosa. Other illnesses may occur as a consequence, such as pyoderma, stomatitis, ankylosing spondylitis, cholangitis, or even tumorous degeneration.

Treatment

Restoration of the damaged mucosa by avoiding the primary antigens: cow's milk, hen's eggs, pork (Dr. Werthmann's diet).

No nuts, onions, carbonated drinks, sugar, alcohol, nicotine, coffee.

Elimination of environmental toxins and other harmful substances, again in line with the SANUM elimination treatment (see Table 2).

It is important to clear disruptive fields, especially in the area of teeth, sinuses and/or tonsils.

A good introductory treatment is available in the shape of the Four-Step Plan (see Table 4).

SELENOKEHL 4X, 10 drops once a day, ZINKOKEHL 3X, 10 drops once a day, and MAPURIT, 1-2 capsules a day, to boost the vitamin and mineral levels.

Completion of the treatment plan with:

- Mucosa comp. (Heel)
- FORMASAN (Acidum formicum)
- OKOUBASAN (Okoubaka, binds intestinal toxins)
- SILVAYSAN (St. Mary's Thistle, liver protection)
- HEXACYL (for liver and kidney detoxification).

If treating with Phytotherapy, Uzara, Marigold, Chamomile, Lemon balm, Yarrow and Crampweed may all be used successfully. To complement the treatment, think of Schüssler's Biochemic Tissue Salts No's 6, 8 and 10. Particular mention should be made of No. 4 (Kali mur.)

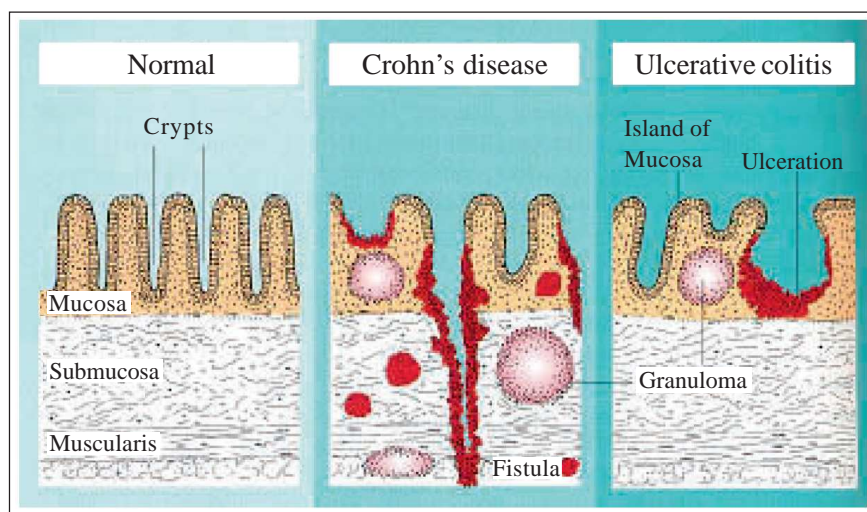


Fig. 2: Crohn's disease and ulcerative colitis: histological comparison (from: Bierbach: Naturheilpraxis heute, 1st edn., P.636)

as a remedy for the mucosa, and No.11 (Silica) as a remedy for chronic illnesses and strengthening of the connective tissue.

So far as complex homoeopathics are concerned, the following have shown particularly good results:

- Acidum nitricum F Komplex (Nestmann), in ulcerative diseases of the mucosa,
- Pflügerplex 314 Atropin, relief of cramps, in intestinal colic,
- Pflügerplex 311 Bryonia, in septic/toxic inflammations.

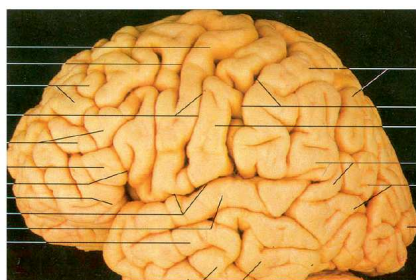
With Opsonat spag. Peka, Spagyric medicine offers a remedy which can be put to use generally in treating inflammations of internal mucosa.

Intestines - Brain

It is not without reason that the intestines and brain look so similar - both of them have stuff to digest (see Fig. 3).

Our thoughts and sensations are directly influenced by the food we eat. A „good diet“ containing appropriate micro-nutrients can raise our IQ, improve our mood and emotional stability, keep our intellect young and strengthen our memory.

It used to be generally assumed that our thinking is managed by neurones in the brain. Science has verified that



our digestive system contains 100 million neurones, producing exactly the same number of neurotransmitters as the brain. Two-thirds of the serotonin in our bodies comes from the gut - so that basically we are feeding two brains!

As the intestines and the brain are in constant communication with

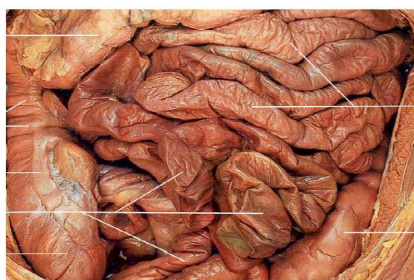


Fig. 3: Convolutions of brain and intestines (from: Rohen/Yokochi: Anatomie des Menschen [= Human Anatomy], 2nd edn., Pp. 95 & 280.

- 1. Milieu Regulation** throughout the entire treatment:
ALKALA N/T, 1 measuring-spoonful twice a day, or 1 tablet mornings and evenings dissolved in hot water
CITROKEHL drops, 5-10 drops, 1-3 times a day.
Ubiquinone comp. Heel, injections, 1-2 times a week.
- 2. Specific Regulation with Fungal Preparations**, for 10-14 days
PEFRAKEHL 5X drops and/or FORTAKEHL 5X drops, twice a day 1-10 drops orally or massaged in (taking into consideration any bacterial or viral infestation, possibly also use NOTAKEHL 5X drops or QUENTAKEHL 5X drops).
- 3. General Regulation:**
Mon.- Fri: SANKOMBI 5X drops, twice a day 2-10 drops orally or massaged in.
Sat. & Sun.: PEFRAKEHL 5X drops/FORTAKEHL 5X drops, 1-10 twice a day
(or QUENTAKEHL 5X drops or NOTAKEHL 5X drops)
- 4. Immune Modulation**, (commencing simultaneously with 3. above):
“Capsule treatment“ with LATENSIN 6X, RECARCIN 6X and UTILIN 6X, 1 in alternation every 8-14 days.
SANUKEHL Salm 6X drops, SANUKEHL Prot 6X drops, SANUKEHL Myc 6X drops in daily alternation, 2-8 drops once a day massaged into the abdomen.
Build up Peyer’s patches with REBAS 4X caps., 1-2 a day.

Table 4: Treatment plan for chronic inflammations of the intestinal mucosa

each other, foods can make us happy, or anxious and depressed.

Which substances damage our brains - and therefore also our mental performance? What are important nutrients for the brain? The following display gives a brief hint as to the most important factors.

Factors, which damage our brain:

- Transfats
- Nicotine
- Environmental noxious substances
- Heavy metals
- Alcohol
- Dys-stress
- Food intolerances



- Foods, particularly those containing additives such as: dyes, taste-enhancers and technical additives, tartrazine (E102), cow's milk products, chocolate, cereals, yeast, soya, citrus fruits, peanuts, hen's eggs, etc.

Important nutrients for our brains are:

- Glucose
- Essential fatty acids (e.g. LIPISCOR, omega-3 and omega-6)
- Phospholipids (e.g. Lecithin, EPALIPID from BIOFRID)
- Amino-acids
- Vitamins, minerals, trace elements (e.g. Vit. B complex, Mg, Zn, ...).

The state of basic regulation is critical for health and disease. By this, we understand the functional unity of the terminal vascular system, the endothelial cells and the autonomic nervous terminal formations. According to Pischinger, this triad's common action and information field is the extra-cellular fluid. Attached to it are the lymphatic vessels and lymph organs. The extra-cellular fluid nourishes the cells and removes the metabolic end-products. Thus, it regulates the „cell-milieu“ system, whilst at the same time occupying a central position in all inflammatory and defensive processes. Every cell depends on the integrity of this system's function. The reactivity of the basic substance becomes rigid under the influence of stress, deficient nutrition, UV radiation, deleterious environmental substances, chemicals, heavy metals, etc. The micro-circulation and performance of the immune defence system be-

come depressed. Emotional, neurological, immunological and endocrine disorders occur in the shape of reactions which are inadequate or excessive. If the lymphatic breaks down, general congestion is the result. In the patient, this finds expression as e.g. tiredness, lack of drive, poor concentration, skin complaints, latent acidosis, inflammations, sweats, headaches and pains in muscles and joints. In treatment, therefore, the critical step is to vitalise the functions of detoxification and elimination. Using natural substances, which construct and protect, it is possible to eliminate toxic deposits with the minimum of discomfort. The physiological immune response (macrophages, granulocytes) results in a reduction of excessive immunological reactions and in a decreased risk of allergies. Improved protection for the cells, enhanced energy and micro-circulation, not to mention a more abundant vitality, are the result.

Treatment

Elimination of environmental toxins and heavy metals (see Table 2).

Dr. Werthmann's Four-Step Plan, with:

Regulation of the acid-alkaline balance (ALKALA, SANUVIS and CITROKEHL), and at the same time commence with:

FORTAKEHL (EXMYKEHL) over 10-14 days, and later:

SANKOMBI 5X, alternating with FORTAKEHL (EXMYKEHL), over a period of several weeks.

Nutrition: Fluctuations in the blood-

sugar level have an effect on the brain which is not to be underestimated. The patient should eat 5 portions of fresh vegetables and fruit daily (5-colour variety). 80% of the diet should consist of alkaline food and 20% of foods supplying acids, accompanied by highly nutritious oils, e.g. from linseed, pumpkin, olives, etc.

Vitamins, minerals and trace elements as „smart“ nutrients.

MATRICELL - ampoule treatment (amino-acids, minerals, vitamins, trace elements).

GINKGOBAKEHL, 5 drops 1-3 times a day, to improve the circulation, whilst detoxifying at the same time.

Dystophan (Kattwiga) to improve the circulation.

MUCEDOKEHL 5X drops, 3-10 drops twice a day (to combat anxiety and restlessness).

Magnerot classic (Wörwag), to protect the heart and vessels.

Schüssler Biochemic Tissue Salts: No's. 5, 7, 14 and 21. [No.14 = Kali brom.; No.21 = Zincum mur.]

Complex homœopathics for brain and nerves might include:

- Zincum valerianicum drops (Hevert)
- Nervoregin H Tabs. (Pflüger)
- Calcium phosphoricum Splx (Pascoe)
- Acidum phosphoricum Kpl. 25 (Nestmann)
- Avena sativa (Alcea)
- Lavandula (Alcea)



Relaxation exercises (Yoga, Autogenic training, meditation, reading, listening to music).

Final comment

These suggested treatments have proved their worth in my practice. You will derive additional help in

formulating a prescription from a detailed case-taking, gathering evidence from the eyes (iris diagnosis), from darkfield diagnosis, from measurements, and from results of tests, e.g. blood tests.

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