Considerations on the Cause of Chronic Diseases

Ladies and Gentlemen

Medicine undergoes rapid changes. Seemingly, there is tremendous progress in medicine and research. Without a doubt, this is impressive and partly even supportive. However, it bears questionable aspects, too: “all-rounder” activities (such as the work of general practitioners) become increasingly unimportant and unpopular. This is also reflected in politics – as large numbers of highly specialized hospitals are (re-) built, even though Switzerland does already provide Europe’s best coverage with respect to premium-quality clinics. (We permanently read of umpteen-million loans being in order to establish new clinics – as, for instance, right now 600 million are assigned to the relocation and expansion of St. Gallen Children’s Hospital and Canton Hospital).

However, the most basic, preventive and cost-efficient aspect in traditional medical care could be represented by family practices, general practitioners, and specialists for biological medicine. But it is exactly them, who severe restrictions with respect to regulation and wages are imposed on. These restrictions are so drastic that – in consequence – a general practitioner’s income is far below the earnings of average university graduates – so, who would still become a general practitioner these days? Consequentially, it is hardly possible to find successors for established medical practices on the countryside.

In Germany, the situation is even far worse – regulation and annoyance force thousands (!) of medical practitioners over there to emigrate every year – for instance to England, Norway, or maybe Switzerland.

This could still be tolerated if only the average patient’s situation was improved these days, if all those great medical achievements would avail. However, this is unfortunately not the case! Despite improved acute care, an increase in surgery and diagnosis (MRI, CT, cardiac catheters, etc., but also more chemo- and radiotherapy), the life
expectancy of people aged 60 years today is decreasing, as their risk of suffering from chronic diseases is increasing. Cancer, cerebral degeneration, diabetes, and cardiac diseases occur more frequently and at earlier ages. (This is verified by the Public Health Department’s statistic annuals or the German version of T. C. Campell’s most interesting book “China Study”, published by Verlag Systemische Medizin, ISBN 978-3-86401-001-9).

These days, the real medical issue is chronic diseases – not the acute conditions, hospitals are built for all over the Western civilization. We do not need more clinics but medical realignment.

At Paracelsus Klinik, we experience patients from all over the Western world coming here to have diseases treated, which they already unsuccessfully tried to get cured at various clinics and by different specialist. They bring files full of documented diagnostic findings, and still they do worse and worse: but why?

Most of today’s chronic diseases are based on the following:

- toxic contamination in teeth, environment, bad (toxin-forming) intestinal bacteria, antibiotics and other drugs, heavy metals
- deficiencies in trace elements, high-quality fatty acids, minerals, nutritional deficiencies (even in Switzerland!)
- malnutrition: too much and too many animal protein, dairy products, and sugar
- undesirable medication side effects (in context with cardiovascular diseases and cancer the most frequent cause of death, even if it is usually concealed by complications)
- systemic overacidification

Today, diseases appear different: heavy metal contamination is reflected by diffuse symptoms, and is therefore frequently not even tried to be identified. A bad intestinal flora shows in fatigue, disorders of the immune system, and allergies. Viruses undergo different developments and appear more insidious than they used to. Those viruses we provide vaccination against are no longer the actually relevant ones. Medicines and their interactions need to be accurately evaluated. To give only one example: statins – drugs used to treat high cholesterol levels – are today’s most frequent cause of fibromyalgia (muscular and connective tissue pain).

Fibromyalgia and chronic fatigue syndrome have become extremely wide-spread, and are just two examples for the above causes of “modern” diseases. In other words: former bugbears scarlet fever and tuberculosis, for instance, have by now become extremely rare – in contrast to the corresponding pathogens’ wide-spread chronic appearance in form of insidious connective tissue diseases and pulmonary disorders, which yield no diagnostic result - even though respective patients gradually suffer from serious harm.

Paracelsus Klinik Lustmühle provides options to diagnose and treat suchlike conditions by highly specialized antibody testing, darkfield microscopy, heavy metal testing, fatty acids and trace elements
analyses, etc.

So: if you suffer from chronic conditions, which do not alleviate even though you are in treatment, please contact Paracelsus Klinik Lustmühle. The same applies to patients who suffer from any kind of cancer. Our potential and long-standing experience is your chance.

We think this approach ought to be disseminated – and as that would be traditional general practitioner care, it would make the establishment of new and unneeded acute care clinics seem even more questionable.

With best regards

Yours Thomas Rau MD
Medical Superintendent Paracelsus Klinik Lustmühle

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**Vitamin B12 Deficiency – not only a Vegan Problem!**

In recent years, blood tests have increasingly revealed lower vitamin B12 levels – and not only amongst vegans, as one might expect. Instead, the phenomenon has been observed with all kinds of people, independent from their nutrition and with increasing over their lifetime.

This is based on various reasons. On one side, foods of animal origin – which are actually typical B12 sources – contain less and less thereof, in consequence of high-tech factory farming. Due to transport times and cold storage, water-soluble B12 is furthermore quicker degraded. On the other hand, B12 is comparatively poorly incorporated via the intestines. The small bowels can only absorb it in presence of an intrinsic factor, which is generated in the gastric mucosa. However, both processes require sound and intact mucous membranes. The numerous artificial ingredients (E-substances etc.) added in food processing as well as environmental contamination (heavy metals, hormones, medicines), which most foodstuffs contain, chronically damage the gastro-intestinal mucosa. This again results in an increasingly reduced generation of the intrinsic factor and even poorer absorption capacities – a vicious cycle!

So, what can we do? First of all, we will certainly have to supply the body with B12. Most effectively, this is done by injection or in form of tablets, since – as detailed above – sufficient incorporation in the small bowels is not ensured.

However, subsequently the gastro-intestinal mucosa should indeed be regenerated and protected - this is one of Paracelsus Klinik Lustmühle’s special features: so called «intestinal rehabilitation».

*An article by Kurt Tischhauser MD*
Pain in the Mastication Muscles and Temporomandibular Joints

Are you suffering from frequent headaches? Does your neck or your jaw, or maybe even your back hurt? Do you experience sensitivity to cold with the teeth or even have a toothache? Does the temporomandibular joint crack and hurt sometimes? Do the symptoms change from right to left or from the upper to lower jaw and then disappear without a trace, so that the dentist cannot find anything?

If you can answer these questions with «yes», then you should get tested for a cranio-mandibular dysfunction, which is also known as «teeth grinding», «teeth clenching» or bruxism. Further descriptions are myoarthropathy or Temporomandibular Disorders or Temporo-Mandibular-Joint-Disease (TMDs, TMJ) which are the professional names for these disorders.

The mastication muscles are often overused during stressful times as a way to reduce the tension in our body, and usually we are not aware of this. Hence the main overusage of the jaw muscles through the «grinding» mainly takes place at night, when the consciousness doesn’t exercise any control over the body. This can be proven in special sleep laboratories or with special portable devices.

The temporomandibular joints, the mastication muscles, the teeth and cranial bones are working heavily during the night where many symptoms due to overstress result. This is comparable to the training of a competitive athlete – their muscle pain and joint abrasion can often be observed from working too hard and overusing the muscles and joints.

There are many reasons people grind their teeth. According to the view of complementary medicine, this is due to exposure of heavy metals, organic toxins, hyperacidity of the body, a toxic intestinal flora, food intolerances and allergies, as well as psychical-mental factors such as tensions in relationships, in the family or in the workplace.

Disease such as multiple sclerosis, accidents such as whiplashes or other accidents that could cause a defective position of the spine and thus influence the bite or the mastication muscles have to be mentioned as well.

Additionally there are irritating factors directly located in the mouth – strong currents between different metals in the teeth, or where the nerve has died or teeth with root canals, chronic unknown infections of the teeth or the jawbone, or even a bridge or crown that does not fit the bite correctly, and sometimes even orthodontic treatment such as braces which has changed one's bite. Any one or combination of these factors could be the cause of TMJ disorders.
What to do?
Since there are many reasons for teeth grinding, as mentioned above, the ideal scenario would be to treat all existing causes simultaneously.

A fast, symptomatic therapy is a splint or night guard. With this the masticating activity at night can be controlled.

A causal treatment however includes the elimination of all stress factors mentioned above and always has to be evaluated and treated on an individual basis.

The dentists of the Paracelsus Klinik Lustmühle have been helping patients to deal with these problems from the beginning and integrate their knowledge in the holistic treatment of the patient.

An examination to evaluate your specific situation is highly recommended. Contact us and we would be glad to help you.

Sincerely,
Gunnar Reifert, Dipl. med. dent.

Introducing Dr. Bernhard Dengler

After clinical and practical education, he ran his own general medical and naturopathic private practice in Freiburg im Breisgau (Germany) for 13 years. Ever since 1997, contacts to Dr. Rau and Paracelsus Klinik had been established – mainly due to referrals to the clinic and shared patients. Currently, Mr. Dr. Dengler is engaged in the sector of occupational health care (industrial medicine) in the region of Constance, and will now additionally work at Paracelsus Klinik one day per week.

Mr. Dr. Dengler has been familiar with our clinic’s therapeutic concept and range for years, and will in the first place act in his specialist field «microkinesitherapy».

Microkinesitherapy is a scientifically tested, gentle manual therapy, originating from France. Basically and with respect to its action principle, it is related to osteopathy and craniosacral therapy. However, it does not compete with them but acts as their complement. Despite its similar name, microkinesitherapy is not to be confused with kinesiology.

Mr. Dr. Dengler has been actively engaged in microkinesitherapy ever since 1993. Furthermore, he has held training courses and edited and translated Volume I of the Microkinesitherapy Text Book into German.

Significant application fields of microkinesitherapy are most of all disorders and diseases of the musculoskeletal system. Apart from that, it is successfully deployed in the treatment of numerous ailments,
states of pain, and functional disorders.

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Gluten-Free Diet

Consternation and numerous notes of interrogation is what I see in my opposite’s eyes when I inform them on the fact that they are to avoid cereals containing gluten for a while.

Geeeee. Pasta, bread, croissants…… And to that comes all those packaged foods, which contain concealed gluten.

The bake-house next door, at the restaurant, the pizza? First, the world frequently comes down, and patients recognize how difficult it is to do without embosomed and familiar things.

However, that’s the point at which fantasy, creativity, and open-mindedness set in: it might turn out to be an interesting challenge for just everyone!

After all, there are so many alternative foods available to cook or bake delicious meals from.

We become aware again of potatoes or legumes such as lentils, peas or beans, which have become increasingly unpopular in modern cooking throughout the past years.
Other alternatives are quinoa, amaranth, rice, millet, buckwheat, sweet potatoes, sweet chestnuts, and corn.

With all those foods available, we live in a land of milk and honey! Furthermore, we have access to health food stores, websites concerned with gluten-free diet, and books to provide us with numerous ideas and tips on what to create in our kitchen. **Even delicious pizza can be made from gluten-free flour!**

An increasing number of producers also offer pasta, flours, flakes, or even bread made from gluten-free ingredients.

However, I advise caution if too many gluten-free snacks are being consumed. Even if gluten-free cookies, cakes, rice and corn cakes, etc. are available. **Please remember: they, too, contain large amounts of sugar and are rich in carbohydrates!** Therefore, suchlike dainties should also be consumed in limited amounts only.

Above all, sugar still is the major enemy – and it is ingredient of gluten-free snacks, too.

I try to motivate my opposite - and you, too. See it a chance or a hint of fate or your body to bethink of the essential again instead of being fed by the industry with over and over the same foods.
It does not always have to be wheat, rye, spelt, oat, or barley. **Just dare to and give it a try.**

With this in mind I wish you many ideas, success, and delightful enjoyment with gluten-free «feasting»!

**Next Issue**
Buckwheat

An interesting book introducing many gluten-free recipes is «Wirkstatt Kueche» (ISBN 978-3-85882-489-9)

**Yours Sonja Bacus, Nutritionist**

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**Sonja’s Gluten-Free, Juicy Bread**

**Ingredients**

- 350 grams of rice flour
- 250 grams of millet flour (teff) or ground browntop
- 100 grams of sunflower seed
- 100 grams of linseed
- 1 tbsp. of salt
- 1 tsp. of galangal or ginger
- 1 pack of dry yeast or baking powder
- 2 tbsp. of plain yoghurt or half a cup of grated cucumber or zucchini
- 700 ml of mineral water

**Preparation**
Mix all ingredients well. Fill nearly liquid dough into a buttered loaf pan. Place in the oven, along with a refractory cup of water. Bake for approx. 90 minutes in circulating air of 180°C. If baked at bottom or top heat, allow 80-90 minutes at 210°C.

**Enjoy your meal!**

**Yours Eric Huber, Chef de Cuisine Restaurant Culinariun**
**Yours Sonja Bacus, Nutritionist**

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Yours, Paracelsus Klinik Lustmühle

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Yours, Paracelsus Klinik Lustmühle

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