Paracelsus Klinik is well represented at the Medical Week in Baden-Baden

Dear Mister/Miss

Every year, The Medical Week — the world’s largest and most renowned conference for naturopathy — takes place the week of November 1 in Baden-Baden. In this, its 48th year, it was sponsored by medical publishing houses and the Association for Experience-Based Medicine and was attended by 5000 medical practitioners from all over the world, and of course by our six dentists and ten physicians.

It is a great honor being invited to this conference as speaker or seminar leader, and we were pleased to find that no other clinic had more contributing speakers and instructors than Paracelsus Klinik Lustmühle. Our topics, contributing a total of 6 workshops and individual lectures, which were so well appreciated and attended that we were asked by the organizers to offer an international workshop regarding our proprietary organ-extract-therapies and latest research activities on other kinds of cell therapies.

As gratifying as this was for us, what we really care about is you, our dearest patients. In order to best serve you, we strive to always stay professionally on top in biological medicine, and we therefore view the recognition which we received at this conference as a clear indicator that we are succeeding in our endeavor to be front-runners in our field.

With best regards
Yours Thomas Rau MD
Medical Superintendent
Dr. Rau’s Three-Phases-Program

The majority of people around the globe die of circulatory organ disorders (cardiovascular diseases / apoplexies) and of cancer, and unfortunately, this fact has not changed despite the numerous treatment approaches available - and despite the fact that cholesterol-lowering drugs, cardiac agents and chemotherapies to combat cancer are the world’s best-selling chemical medicines today, generating three-figure multi-billion dollar (US$) amounts every year!

Coinciding with this year’s Medical Week in Baden-Baden, the Cancer Congress for Biological Cancer Treatment took place -- and clearly revealed the fact that all the currently applied, and even most advanced orthodox cancer treatments can neither reduce the number of cancer patients nor can they extend the respective survival time, except for leukemia and specific bone marrow cancer varieties, thyroid cancer and individual testicle cancer cases.

At the same time, in recent years we at Paracelsus have observed quite a massive increase in new and seemingly “obscure” diseases such as fibromyalgia / chronic fatigue syndrome / disease of the thyroid gland / numerous neurological disorders / the metabolic syndrome. These diseases seem “obscure” to someone who looks at them from a mechanical or organ-related point of view. But, because our particular approach seeks out and considers multi-causality and the meaning of toxic contamination, the intestines and the immune system, for us these diseases are clear. Nearly a quarter of all lectures thus concerned the role of toxic contamination in causing modern diseases -- a factor that orthodox medicine unfortunately still ignores.

Three phases: Detoxification - Regeneration of intestinal and immune system - Recovery
Throughout the past years, the therapies applied at our clinic were extensively adapted to these new findings, and we have observed significantly more success in the treatment of all these “new” and “obscure” diseases, which can be addressed completely differently IF ONLY you change your point of view towards the possible causes: a resulting tripartite treatment including detoxification, regeneration of the intestinal system (which re-establishes the immune system at the same time) and the consequent cellular reestablishment and regeneration.

Only after this tripartite treatment has been completed does it makes sense to treat individual affected organs -- if this is even still necessary at that point.

Whereas orthodox medicine seeks to treat the patient’s symptoms by treating the individual sick organs, Biological Medicine instead uses a wholistic approach which seeks out and addresses the causes of the illness. The elimination of causes enables the body to regain its inner balance -- and to subsequently restore the body, cell by cell. We further support this process by use of our most specific cellular regeneration therapies. Conditions like diabetes, cardiovascular diseases and many others improve significantly when this approach is applied.
Our next newsletters and additional articles will provide more details and information on this topic and its individual aspects.

Yours,
Thomas Rau MD
Medical Superintendent

Effective osteoporosis treatment

We frequently encounter this subject when we hear of elderly people who suffer from bone pain, femoral neck or other kinds of fractures as a consequence of rather ordinary injuries. However, these conditions are advanced stages of bone resorption, which everybody can prevent.

Osteoporosis is the systemic deterioration of bone firmness (i.e. bone density and quality), caused by bone-resorbing activities (osteoclasts, de-mineralization) prevailing over bone-forming activities (osteoblasts, absorption of minerals, formation of elastic fibrotic fibers).

In the course of advanced bone loss, patients suffer from uncharacteristic skeletal pain, spinal curvature, and cervical and spinal stiffening. Even minor injuries easily result in fractures.

Osteoporosis risk factors

- Genetic disposition: women are at a significantly higher risk; genetic predisposition for bone decalcification
- Lack of physical activity
- Drugs: corticosteroids, thyroid hormones, chemotherapeutics, heparin
- Smoking: no removal of metabolic waste products plus over-acidification
- Alcohol consumed on a daily base increases the body's over-acidification.
- Diet: a diet extremely rich in proteins also over-acidifies the body by producing non-convertible amino acids which the body strives to neutralize by bonding them to calcium. For this purpose, calcium is diverted from the bones and stored in form of calcium oxide complexes in parts of the body that are not exposed to high metabolic activities (articular cartilage, connective tissue, sinews).
- Condition of the intestinal flora
- Endocrine factors: hyperthyreosis, hyperprolactinemia, Cushing’s syndrome, sex hormone deficiencies caused by early menopause, anorexia, ovari- and hysterectomy.

Orthodox treatment:
The drugs most frequently used are analgesics (90%), calcium/vitamin D, bisphosphonates and hormone therapies.

Already due to epidemiological considerations and based on increasing expenditures for treatment and after-care, the orthodox approach also points out on prophylactic measures. However, it fails to incorporate metabolic processes and the awareness for a vegetarian diet. It completely ignores the flow of energies that contribute to the occurrence of sickness. Possible
preventive measures are thus reduced to improving the lifestyle. However, for the most part osteoporosis is treated with drugs at a comparatively advanced stage, i.e. when the goal is to prevent fractures.

Biological approach:
It starts by reducing risk factors like smoking, alcohol consumption, physical inactivity or reducing the amount of coffee consumed.

De-acidification, nutrition: we recommend a diet that is low in animal proteins and includes only small amounts of dairy products. Instead, an alkaline diet containing vegetables and fruits plus the daily consumption of alkalizing powders should be preferred. In order to promote the intestinal flora, we also recommend uncooked vegetarian food that is rich in cellulose, vitamin K and nutritional supplements that promote the health of the intestinal flora.

Stimulating the metabolism: Paracelsus Klinik’s main treatment approach (besides strict de-acidification and diet) is to encourage the bone metabolism by cupping, spinal massages and metabolism stimulating drugs to strengthen and increase bone elasticity. This approach furthermore effectively eases possible pain.

Natural hormones: at Paracelsus-Klinik, we use bio-identical hormones - i.e. hormones, which feature the same structure as those inherent in our body - that are easily metabolized and digested. The osseous incorporation of calcium is thus improved, the connective tissue’s firmness is increased and menopausal complaints are clearly eased.

Calcium - also derived from organic structures - is furthermore administered. However, in order to improve the physical structure it is also necessary to consume silicea, the organic structural agent in mineral therapy and homeopathy.

In terms of ayurvedic considerations I would like to mention that stress is seen as a significant factor in the occurrence of osteoporosis. Biochemically, we can observe the increased release of cortisol through the hypothalamo-pituitary-adrenal axis, which triggers bone resorption.

The ayurvedic treatment approach recommends a diet that consists of rather hot and creamy soups, heat and metabolic stimulation while soothing the mind at the same time. Quite popular are ayurvedic massages deploying purifying herbs and hot oil. Preparations of pearls, corals and other organic minerals serve as mineral supplements.

I believe my task at the clinic is to harmonically complete the treatment mainly applied by my personal knowledge. I look forward to caring for our patients in cooperation with all staff members.

Yours,
Sonja Uhlig MD

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**Advent season... shop early!**

The most alluring time of the year is approaching. A scent of cinnamon, oranges and homemade cookies is all around. The contemplative and warming atmosphere wraps us in comfort. Children as well as adults anticipate Christmas.

Why don’t you [browse our webshop for presents](#) today to make sure you can enjoy the season.
without stress? Quite certainly, our range of products also provides something perfect for you to give yourself this season.

We will also gladly wrap the products for you as nice X-mas presents. If you request this service, please tick the “wrap as present” in the field “your comment” when you place your order. Please also let us know if you’d like the products to be wrapped individually or want specific products grouped.

For more information, please don’t hesitate to contact our pharmacy’s staff. Monday to Friday, from 07:30 AM until 06:00 PM, on Thursdays from 09:00 AM. Orders can also be placed by phone or by e-mail. Phone +41 71 335 71 41, e-mail: bio.apo@paracelsus.ch

Winter is coming - brave the cold and damp weather with cozy comfort and warmth!

A warm glow with relaxing baths
Taking a bath is part of holistic body and mind care and truly a treat for our entire organism. The peace and warmth help us soothe some of our stress and relax deeply. Various natural fragrance essences additionally stimulate the body via the respiratory tract and thus increasingly promote our balance and health. The specific combination of the essence used, along with the water’s temperature and the duration of the bath, together can have either stimulating or soothing effects and can even ease colds.

For good reasons, baths have been used from time immemorial by most different cultures all around the world. Why don’t you give yourself a treat, too? Escape the daily stress for a moment and warm your body and mind with Dr. Hauschka bath supplements. Their natural ingredients have been carefully selected and processed. These compositions, adapted to harmonize with man and nature, are free from artificial fragrances, color dyes and preservatives.

Tea to warm you from within
With their tried and tested formulation, our proprietary Winkelmann tea blends have been used successfully for therapeutic purposes or just as everyday drinks for decades.
Winkelmann’s No. 15 Family & Breakfast Tea
Selected plants like hibiscus, lime blossoms and peppermint provide this tea blend with its aromatic and beneficial flavor, which is particularly perfect as an everyday beverage for the whole family. It is also an ideal replacement for black tea or coffee.

Winkelmann’s No. 17 Pectoral & Pulmonary Tea
A natural alternative or supplement to any antitussive medicine, marshmallow, aniseed, ivy and licorice free the respiratory tract from mucous congestion. Other ingredients like hollyhock and Iceland moss soothe and relax lungs and bronchial tubes when we suffer from a tedious urge to cough.  
Do not use continuously for longer than two weeks. Not suitable for pregnant or nursing women.

Winkelmann’s No. 19 Soporific & Calming Tea
Dr. Winkelmann’s blend for all those who suffer from enervation, nervousness or sleeplessness. Having a cup before you go to sleep or also at daytime might do wonders! Not suitable for pregnant or nursing women.

Benefit from our 10% discount campaign for all teas made by Winkelmann or Sidroga!

More information and advice:
Monday to Friday, from 07:30 AM until 06:00 PM, on Thursdays from 09:00 AM.
Orders can also be placed on the phone or by e-mail.
Phone +41 71 335 71 41, e-mail: bio.apo@paracelsus.ch

Please visit our webshop for more special offers!

Paracelsus Academy of Biomedicine - upcoming events

Program for 2014 / 2015
For a summary, please visit: www.paracelsus-academy.ch

“He is truly a doctor who knows the invisible that has neither name nor substance but still has an impact”. (Paracelsus)
Advanced training in biological medicine

Paracelsus Klinik Lustmühle has been practicing biological-integrative medicine for more than 50 years. The knowledge thus gained as well as the broad and profound experience held by the physicians working for our clinic and its environment are the foundation for the «Paracelsus Academy of Biomedicine» training center in Switzerland.

Dr. Thomas Rau and his team operate from the assumption that biological medicine gains in significance in medicine as well as in our society when the knowledge and experience related therewith are being shared. A better network and the best of quality provide this medical approach with more power and credibility.

Intensive Seminars

28/29 November 2014
Ganzheitliche Zahnheilkunde und Schwermetallausleitung (details & enrollment)

14 February 2015
Herzkreislauf - Grundlagen und neue Therapiemethoden (details & enrollment)

13/14 March 2015
Isopathie und Immunbiologie für Fortgeschrittene (details & enrollment)

8/9 May 2015
Praktische Dunkelfeld-Mikroskopie für Fortgeschrittene (details & enrollment)

12/13 June 2015
Biologische Krebstherapie - Grundlagen und neue Therapiemethoden (details & enrollment)

22 August 2015
Rücken und Gelenkkrankheiten - Ist ein Gelenkersatz wirklich nötig? (details & enrollment)

18/19 September 2015
Meridiane, Funktionkreise und Wesenstypen (details & enrollment)

6/7 November 2015
Moderne Krankheiten - Häufig und doch unbekannt (details & enrollment)

14 November 2015
Palmtherapy® - eine praxisorientierte Methode des Biofeedback (details & enrollment)

21 November 2015
Biologische Krebstherapie für Fortgeschrittene (details & enrollment)

4/5 December 2015
Laboruntersuchungen in der biol. Medizin - Eine strukturierte Übersicht für die Praxis (details & enrollment)

Advance announcement:
15/16 January 2016
Public Lectures

These lectures are held at the Historic Hall of the St. Gallen Main Train Station. They will start at 07:00 PM. Please note that bookings cannot be accepted - we recommend you ensure being on site early. The entrance fee will be CHF 10 per person.

27 November 2014
Krebs & Komplementärmedizin (details)

5 March 2015
Individuelle Paracelsus - Stoffwechselkur (details)

23 April 2015
Check Up - Was man über die neuen Gefahren der Zivilisation wissen muss. (details)

21 May 201
Schmerztherapie (details)

18 June 2015
Natürliche Hausapotheke (details)

10 September 2015
Moderne Krankheiten - Häufig und doch unbekannt (details)

22 October 2015
Ernährung (details)

19 November 2015
Krebs & Komplementärmedizin (details)

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We appreciate your confidence in us!