Paracelsus Medicine - an alternative for many patients

Dear Mister/Miss

Almost daily we receive inquiries from patients around the world who are interested to be treated at the Paracelsus Clinic. In general, we find two kinds of groups within these patients. One is a patient who had been treated conventionally and did not get to a satisfying result and the other is a patient who takes a consciously and clear decision from the beginning for biological-integrative medicine.

You will find one first example in our comprehensive article on treatment for prostate cancer. There I am writing amongst other things: “Especially with the prostate, many small cancer foci are extant - and should such small sources behave maliciously, then they create an offshoot somewhere very early on, very often even before one finds any indication of prostate cancer. That is the reason why an operation does not improve the overall prognosis, only a systemic treatment of the whole person can do that. Urologists, unfortunately, see the situation much too narrowly and mechanistically”. We see very good results with our intensive and broad cancer treatments, especially with prostate cancer.

We have many patients from the US where ticks are a big problem, especially in the northeastern states. Diseases transmitted by ticks (Lyme disease) are a growing problem for public health and might be on the way to turning into the next epidemic. Throughout the past five to eight years we have observed an enormous increase in the number of patients suffering from Lyme disease. What makes this medical condition even worse is that its symptoms vary from individual to individual and the so far frequently inaccurate lab diagnosis (often with positive results within fully healthy individuals). We never treat with antibiotics - instead, we eliminate the accompanying causes which produce neurological symptoms. Read more in our detailed article.
Also here in Appenzell we have new heat records these days. Our pharmacy has a wonderful suggestion for a refreshing and healthy drink.

We wish you a wonderful and healthy summertime.

With best regards
yours,
Dr. Thomas Rau, Medical Director

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**Recently diagnosed with PROSTATE CANCER - operate?**

**Question:**
A long-time, very good friend of mine has major prostate problems. A year ago, his PSA level was 7 - a biopsy was made, but without findings. A few weeks ago the PSA value was 10.5. A biopsy was made again and now cancer cells have been found. The doctor recommends surgery. Even with PSA 7 my friend received no medication. What would you advise?
I have suggested at least a second opinion and to have a complete blood test (which has not been made).

**Dr. Rau’s response:**
The short answer first: Never operate immediately! If an operation is desired, then prepare very well for it.

First, a general comment:
Cancer should not be viewed mechanistically, believing that the removal of malignant tissue is the primary therapy. No, it’s like a peach which starts to go moldy or rotten: it is of absolutely no benefit to remove a “rotten spot”; tomorrow another place will be infected, or the whole peach.
Especially with the prostate, many small cancer foci are extant - and should such small sources behave maliciously, then they create an offshoot somewhere very early on, very often even before one finds any indication of prostate cancer. That is the reason why an operation does not improve the overall prognosis, only a systemic treatment of the whole person can do that.
Urologists, unfortunately, see the situation much too narrowly and mechanistically.

Routine biopsies in healthy individuals or postmortem autopsies have shown that at 60 years of age already more than 50% of men have small cancer foci in the prostate - and at 80 years of age more than 80% of all men. Yet these are very minimally aggressive and in most cases barely grow. Men do not die from them.

Prostate cancer should only be operated when the tissue leads to problems when urinating, e.g. mechanically hinders the outlet. To perform only a biopsy is downright negligent; that is absolutely insufficient as an indication for surgery!
One should assess the hormone status; furthermore, there is the differentiation between free
PSA and total PSA. And, as a more refined test as to whether the cancer tissue are behaving maliciously or not, there is urinary testing of the PCA (pancreas cancer antigen). We also perform a test for circulating cancer cells (the test is called "Maintrac") - which indicates whether the cancer has spread to the blood - in that case it would be doubly foolish to operate.

**Ultrasound is the investigative method of choice**

This patient experienced an increase of PSA from 7.0 to 10.5 in a year. The hormonal status of the man and of the size of the prostate are also factors influencing PSA. The size must be ascertained using a volumetric size determination with ultrasound.

Ultrasonics is in any case the current investigative method of choice, not biopsy! Biopsies are more and more often discouraged, as they often lead to false negative findings and they can contribute to the spread of cancer cells through the invasive mechanical process! At the Paracelsus Clinic we have an ultrasound device that has a very high resolution, thanks to which one can usually detect cancer foci via their different density. We can even perform a Doppler ultrasound, which ascertains the blood flow rate of the cancer foci in question: the more a cancer is supplied with blood, the more malignant it is. Conventional prostate medical doctors can ascertain with ultrasound whether or not the condensed fibromuscular band ("capsule") is broken. This cannot be determined with a biopsy.

In the presence of a cancer one must always search for the causes, and that was not done in this case a year ago - and apparently not now either. This stems from the misconception of conventional medicine that there are no known causes. That is decidedly not true: There are many partial causes which in their interaction can give rise to cancer cells. If one does not remove these partial causes, then the cancer is much more likely to return after surgery: New cancer cells will develop - whether in the prostate or also in other organs.

The biggest mistake that is made by orthodox cancer therapy, from a holistic perspective, is that it only intervenes against the cancer and not against its causes.

**Possible causes for the development of prostate cancer cells:**

- **Hormonal changes:** predominance of xenohormones, hormone-like metabolic products from the metabolism. One can measure this: SHBG (sex hormone binding globulin) and xenohormones in urine and blood. Since precisely hormones have a large influence in the emergence of prostate cancer, advanced urologists offer anti-hormone therapies for prostate cancer. These are far more effective than surgery!
- **Heavy metals:** mercury, cadmium, lead and others are carcinogenic. They can be measured in the patient. We, therefore, always perform a heavy metal urine test following DMPS stimulation of excretion for all prostate cancer patients.
- **Carcinogenic bacteria:** Clostridium in the bowels - or propionibacteria from dental foci - is highly carcinogenic! We, therefore, always perform a clarification on dental foci, heavy metals and pathogenic intestinal bacteria for prostate cancer patients.
- **Lack of the body's anti-cancer capacity:** each person develops cancer cells continuously, but he/she fights them off and eliminates them: a function of macrophages and the "natural killer cells" (NK cells, which are very specific immune cells in a healthy body). They can be detected in the blood or at our clinic with a dark field microscope. And
there are genes tests ascertaining the body's ability to excrete carcinogens (antioxidative capacity and detox capacity). We perform these tests at our clinic.

- Malnutrition: Generally acidic and sugary foods favor cancer. In addition, very often hidden food allergies are a cancer-predisposing factor. Food allergies distract the immune system - and the NK cells are then active in the bowels instead of working against the cancer cells.

All of these factors are addressed and clarified very specifically - in many cases this alone brings the prostate cancer to a stop.

**A case with treatment description: A then 56 year old man...**

*Read more about here*

your
Dr. Thomas Rau, Medical Director

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**Lyme Disease / Borreliosis**

It is tick season again - and borreliosis thus increasingly becomes an important issue. In this article, we strive to inform you on this frequently highly complex medical condition and options for its treatment from a biological-integrative medical point of view.

Diseases transmitted by ticks (Lyme disease) are a growing problem for public health and might be on the way to turning into the next on epidemic.

Throughout the past five to eight years we have observed an enormous increase in the number of patients suffering from Lyme disease. What makes this medical condition even worse is that its symptoms vary from individual to individual and the so far frequently inaccurate lab diagnosis. Dr. Thomas Rau and Paracelsus-Klinik in Switzerland have successfully treated numerous Lyme disease-patients with biological medicine. Interestingly, these patients suffered from co-infections and other debilitating factors which caused their severe illness.

According to our experience, suchlike causes are:

- heavy metals and other toxic contamination, most of all neuro-toxins;
- severe dysbiosis and intestinal weakness which might cause immune system breakdown;
- chronic exposure to viruses, especially to neurotropic, slow-acting viruses and vaccination-related exposure;
- adverse side effects of long-term antibiotic treatments, including the presence of cell
wall-deficient bacteria which again cause chronic issues;
- genetically caused insufficient detoxification and/or antioxidant-suppressing capacities;
- severe deficiencies in specific amino acids and unsaturated fatty acids as a result of an
  improper diet or metabolic deficiencies.

Dr. Rau has treated a large number of patients without antibiotics by applying detoxification
therapies such as:
- strengthening the immune system, inner organs, and the endocrine and adrenal system
- identifying and eliminating neuro- and lymphotropic viruses
- other specific Paracelsus Klinik treatments.

Given a most intensive treatment of two to four weeks at Paracelsus Klinik plus subsequent
post-treatment at home for several months, the respective success rate is extremely high. This is an
individual program, which generally comprises a combination of various treatment modalities.

Dr. Thomas Rau, Medical Superintendent

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**We’d like to introduce to you:**
**From Thuringia to beautiful Appenzell...**

After acting for 22 years in practice and as medical
superintendent of the Greiz-based Klinik für Biologische
Medizin “Im Leben”, I met the request of my long colleague
and friend Dr. Rau and have been working for PARACELSUS
Klinik Lustmühle since the summer of 2014. The medical
concept devised by Dr. Rau and his peers, my competent
colleagues and the ever-friendly and committed staff made it
easy to quickly decide for this new chapter in my life.

I passionately advocate the subject of individual holistic
medicine close to the human being as such and contribute to it
by being thoroughly qualified in orthopedics, specific pain
treatment, acupuncture and neural therapy, homeopathy and traditional naturopathy.

The focus of my activities is on treating chronic conditions, especially chronic infections,
rheumatism, pain, neurological diseases, psychosomatic complaints and especially biological
tumor treatment. In this context, I find it particularly important to inform patients on the
nature of their medical condition and treat the same as causal as possible. I consider it
essential to help the patient understand the underlying causes and promote his or her awareness
in order to mobilize the self-healing process. Apart from being a doctor, I am engaged with
transferring knowledge - I enjoy holding lectures and offering seminars, publish works and
contribute to scientific projects.

I attach great importance to assuring good quality in integrative-biological medicine. This is
what it takes to ensure confidence in our work and sustainability.
I’d love to see our biological medicine being honestly integrated with the present medical
structures and am highly interested in networking and cooperating with other physicians, dentists, natural health professionals, pharmacists and chemists.

Yours,
Dr. Ralf Oettmeier

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**Refreshment needed?**

As the temperatures rise there is more and more need for refreshment. How about a cooling iced coffee?

Our recipe for refreshment:
Pour chilled rice or soy milk over 1 to 2 teaspoons of Bambu and add a few ice cubes.

Bambu is an aromatic, vegan and fully-soluble fruit and cereal-based coffee extract of controlled organic origin. Bambu contains no coffee beans and is thus caffeine-free. This is why it can also be consumed late at night without causing sleeplessness. Bambu is the perfect coffee substitute for all those who suffer from mental stress, stomach problems or hypertension. It can be a support in maintaining inner balance. This coffee substitute is also great for children.

Bambu is the oldest of all food products offered by Alfred Vogel. Being a wholesome beverage for the whole family that is of beautiful color and delicate flavor, it was already available at the Basel shop back in 1923.

“I chose the name Bambu in reminiscence of one Guatemala’s most interesting coffee houses which carried this name”.

Let us refresh you and try our formulation at the pharmacy from July 13 to 17, 2015.

Alfred Vogel was strictly against drinking coffee and found it far more beneficial to health to replace real coffee by high-quality cereal-, fruit- or root-based coffee. Now and then, the formulation of this product comprises chicory root, cereals (wheat, malted barley), acorns and sun-ripened Turkish figs.

**Campaign**

**Vogel Bambu twin-pack 2x200g bag**

at CHF 13.60 instead of CHF 18.60

Information and advice
Monday to Friday, 7.30am to 6.00pm, Thursday from 9.00am.
Intestinal Regeneration and Physical Strength through Lactic Acid

Before we had refrigerators and freezers foods were successfully preserved by lactic acid fermentation. Sauerkraut is still highly popular in certain regional cuisines like especially the Alsatian one. In Asia, Kimchi and Kombucha are popular, in Eastern Europe sour pickled gherkins, in the Mediterranean area there are olives, or there is the Russian national drink Kvass or Kanne Bread Drink from Germany.

Currently, fermented foods play an important role when it comes to uncooked vegetarian foods.

Lactic acid fermentation is a natural process. Under specific conditions (water and oxygen deprivation), ever-present lactic acid bacteria convert carbohydrates contained by the foods to lactic acid and thus create vital energy, ensure preservation, and retain the flavor as well as high vitamin and enzyme contents with probiotic properties.

This lactic acid has nothing to do with milk!

Levorotatory and dextrorotatory lactic acid

Specific bifido- and lacto bacteria convert sugar to dextrorotatory lactic acid. However, if there are not enough of these bacteria present in the body (especially the intestines) the sugar will be fermented instead. In this case the result is the less desired levorotatory lactic acid. Levorotatory lactic acid verifiably promotes histoid over-acidification.

Acidified tissue is a base for diseases!

For that reason it is important to always ensure a sound bacterial balance, which results in a sound microbiome = all our bacteria in total.

The lactic acid that is product of the fermented foods provides these bacteria with perfect surroundings for their survival and reproduction. The accelerate the feces' passage through the intestines, which means harmful substances are excreted faster and the putrefaction frequently found in people's intestines these days is being prevented.

Lactic acid-fermented foods offer these advantages:

- They help saving our genetic material by preventing pathogenic substances from settling in the intestines.
- They improve the absorption of and supply with vitamins, minerals, amino acids and enzymes and facilitate better digestibility by fermentation.
They ensure high and stable vitamin contents. They prevent pathogenic and promote healthy bacteria by organic acids being produced in the intestines. Thus they ensure a sound intestinal flora. They bind heavy metals and are thus highly recommended for detoxification treatments. They are easily stored without any electricity. Fermentation is thus the perfect preservation method for wholesome diets and for the environment.

Also dietary recommendations for cancer patients increasingly advocate fermented food. But why should you wait until you’ve got a problem?

However, fermented foods available at shops have frequently not been subjected to real fermentation but have been pickled in vinegar and pasteurized instead. It is thus best to buy fresh food and ferment it at home. The internet and various books provide lots of information on how to do this.

Sonja Bacus, Nutritionist

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How to produce your own fermented vegetables

Shred, slice or grate cabbage, carrots, beetroot, turnips, garlic, ginger, etc. as thin as possible. Then add a teaspoon full of unrefined salt, juniper berries and/or some caraway or aniseed. Stir and stomp this mix for at least ten minutes until the so-called “brine” forms.

Now thickly fill a suitable container (e.g. a pot made from ceramics or stone) with layers of the food. Cover the vegetables with a plate or any other cover that fits well to prevent air from getting through to the food. The plate or cover has to rest right on the vegetables!

Then put a well-cleaned weight (heavy stone or a closed jar filled with water) on top of the cover to ensure the vegetable mass is being pressed down and covered by the brine (which should also cover the plate/cover if possible). Cover the container with a clean cloth or a tight-knit screen to keep off dust and flies.

Depending on the temperature and your personal preference, the container should be kept at a place between 18 and 22 °C for 3 to 7 days (or longer). The longer the vegetables are fermented the more intensive the flavor will be.
In the meantime the useful bacteria will multiply and convert sugar and starch into lactic acid. Check the container every day and remove all possible impurities. Being covered by the brine and thus in anaerobic surroundings, the cabbage itself is safe. Once the vegetables are of the flavor requested, they can be filled into screw cap or preserving jars, which are subsequently closed and stored in the fridge.

I personally use a so-called (“pickle-press”) instead of a pot, which can be ordered at our pharmacy.

Yours,
Sonja Bacus, Nutritionist