

# The Power of Natural Nutrients



**Be Healthy, Stay Healthy**

A guide by Dr. med. Heinz Lüscher



## Dear Reader

Nature provides us with an incredible variety of essential nutrients which we can use to become healthy and stay healthy. In this guide, I would like to familiarise you with some of them and give you an insight into the fascinating world of natural essential nutrients.

**The Power of natural nutrients.** In the first part of this brochure, I will describe some plants and substances. Nutrients are nature's gift to us. We can benefit from their healing powers if we follow a varied and balanced diet. In this way, vitamins, trace elements, and nutrients can be optimally absorbed by the intestine. In order to stay healthy, we need exercise, lots of vegetables and fruits and plenty of fibre. In order to remain psychologically and spiritually healthy, a relationship with God as the Creator of all life is a good precondition.

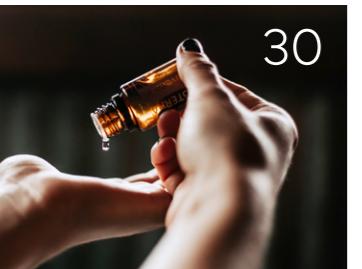
**Be healthy, stay healthy.** In the second part, I will explain how some illnesses can be treated naturally and with a good chance of recovery. This does not replace medical consultation or treatment. Be sure to consult your doctor with any questions you may have. Do not stop a treatment you are currently undergoing without consulting your doctor.

I sincerely wish you good health.  
Dr. med. Heinz Lüscher



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## Antibacterial Plant Substances

**Antibiotics are sometimes unavoidable, but they are prescribed far too often and are not always well tolerated. Fortunately, there are herbal alternatives that work well against bacteria and yet have very few side effects.**

Take for example, **Oregano**: Its leaves contain numerous essential oils, tannins and amaroids (bitter substances). These have an anti-bacterial, anti-inflammatory, expectorant action (cough soothing), fungicidal, anti-oxidant, appetite-stimulating and aiding digestive effect. Oregano is one of the most effective natural antibiotics.

**Thyme** has been used for centuries as a remedy e.g. for respiratory infections and coughs. Its essential oils have an antibacterial, cough- and expectorant effect. Tonsillitis and even bronchitis and whooping cough can also be treated well with it. Finally, thyme also relieves asthma because of its Broncho spasmolytic properties (= relaxing the bronchial muscles).

In the case of **Barberry**, the root bark is particularly interesting. It contains many alkaloids, e.g. berberine. This yellowing substance is effective against diabetes and can be used for cardiovascular diseases. Barberry has an anti-bacterial, anti-viral, fungicidal, anti-oxidant, anti-inflammatory and immunomodulatory effect.

### Uses of Antibacterial Plant Substances

- Bacterial infections (especially of the upper respiratory tract such as a cough with sputum)
- Conjunctivitis
- Gingivitis (inflammation of the gums)
- Generally faster wound healing

### Dosage

For capsules containing 600 mg of this herbal blend:

- Take 4×2 capsules daily at the first sign of infection (before meals/sleeping) until symptom-free
- Duration of use: Until symptom-free plus 1 day.

### Suitable Products

Products that combine oregano, thyme and barberry work well. A little Vitamin D3 and zinc additionally strengthen the effectiveness of the herb mixture. High quality products contain herbal raw materials of organic origin. ■

## Arginine

**Arginine is an amino acid and thus an important building block of proteins. In the body, it is also metabolised to nitric oxide and also takes on such important functions.**

Arginine can normally be synthesised by the human body from other amino acids. However, there are situations (e.g. during illness, heavy physical activity or stress) **in which we are no longer able to produce enough Arginine**. Arginine is incorporated into proteins in the body, but it is also metabolised to nitric oxide, which dilates blood vessels and promotes blood flow. The vasodilatory effect has a positive effect on the cardiovascular system, for example, but also on the entire musculature. Due to the improved blood circulation, not only oxygen but also micronutrients are better transported into the cells. Arginine also has an influence on the microcirculation, e.g. the blood flow in fine skin tissue and a better micronutrient supply of the hair roots is promoted. This makes Arginine interesting for people with non-androgenetic hair loss (not determined by predisposition/inheritance). Furthermore, Arginine plays an important role in the immune system and as a neurotransmitter in the nervous system.

### Applications of Arginine

- Hair loss (not androgenetic)
- Sportsmen and sportswomen
- Cardiovascular system (e.g. high blood pressure)
- Deficiency of Arginine

### Dosage

For capsules with 750mg pure Arginine:

- Take 3 Capsules daily (prevention), or 6 capsules daily (therapy) throughout the day.
- Duration of use: Until symptom-free plus 2 months.

### Suitable Products

Arginine is available as a dietary supplement or dietary food and is obtained from legumes, for example. The easiest way to take it is in the form of pressed pellets. It is essential that the amino acid is hydrolysed. Only in this way can it be quickly absorbed by the body and not cause allergies. ■

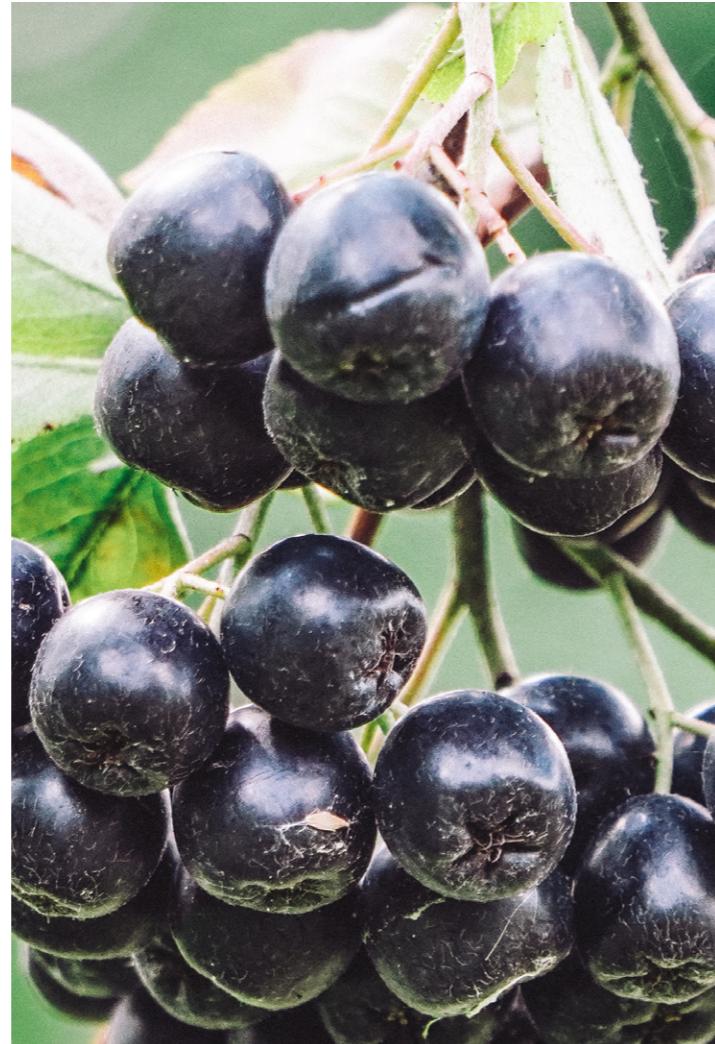
## Aronia

**Aronia berries (or chokeberries, Aronia melanocarpa) contains many anti-inflammatories, antioxidative and anti-allergic substances.**

Of these polyphenols, **Aronia contains significantly more** than raspberries, strawberries or blueberries. Corresponding extracts contain between 5 and 7.5% of these valuable substances! Aronia also contains all vitamins except B12 and D (most vitamin C and K) as well as folic acid and considerable amounts of calcium, magnesium, potassium, zinc and iron.

### What does 'antioxidant' mean?

During normal cellular respiration, certain so-called free radicals are released which are harmful to the body, favour cancer, are co-responsible for serious diseases and boost the aging process. Antioxidants are a class of substances that can capture and neutralize these free radicals.



### Uses for Aronia

- (Chronic) inflammation, which is not due to a pathogen such as arthritis or rheumatism
- Allergies, asthma and hay fever
- Tiredness, forgetfulness, poor concentration and burnout
- Regeneration after sport (elimination of free radicals)

### Dosage

In capsule sizes of 500 – 600 mg of Aronia extract:

- Daily 1 – 2 (preventative), or 3 – 4 capsules (treatment/therapy) taken throughout the day and just before meals taken with fluids.
- Duration of treatment: until symptom-free plus two months, or indefinitely.

### Suitable Products

Recommended are chokeberry extracts with a high concentration of active ingredient. Do not confuse these extracts with pomace which is not concentrated, but merely dried. Pomace contains much less active ingredient. Good extracts are available either in capsule form or as a powder to stir into a drink. ■

## Artemisia

**Artemisia annua has been known in Chinese medicine for over 2000 years. The plant is effective against malaria, bacteria and viruses.**

In addition to numerous anti-inflammatory polyphenols, Artemisia also contains the species-typical artemisinin. On contact with iron ions, this breaks down into two aggressive free radicals, **which can damage pathogens to such an extent that they die off**. Because malaria pathogens and also cancer cells contain 10 to 20 times more iron ions than healthy cells, the probability for these cells to «discharge» an artemisinin and be «shot» by it is much higher. Artemisia is also very effective against bacteria and viruses, as was discovered during the field studies on malaria.

Artemisinin is considered to be one of the best malaria drugs, but as with all monosubstances, resistance has already occurred. If, on the other hand, the whole plant extract is used, no resistance is known because the plant also contains other substances that are effective against malaria.

### Uses for Artemisia in capsule form or granules

#### (direct intake)

- Viral infections, flu
- Bacterial infections
- General inflammations which are due to pathogens
- Malaria
- Cancer

### Uses for Artemisia as a tea

- Cold, flu and sore throats  
(Tip: gargle with tea)

### Uses for Artemisia Gel

- Eczema (alternating with Emu oil)
- Fever blisters
- Aphthae
- Warts
- Anal fissures, haemorrhoids
- Psoriasis, Rosacea facial
- Skin, foot and nail fungi (also in combination with cinnamon and habanero chili)

### Uses for Artemisia Gel in combination with beard lichen and licorice root

- Acne
- Impure skin, pimples

### Dosage

In capsule sizes of 500 – 600 mg Artemisia leaf powder (1 stick of granules is equivalent to 2 capsules):

- At the first sign of a cold or flu, 4 × 2 capsules daily taken 1 hour before meals and at night, with fluids.
- Duration of treatment: Artemisia is not suitable as a preventative measure and under normal circumstances (e.g. the flu) should not be taken for more than 1 – 2 weeks.
- Side effects: may in rare cases lead to abdominal pain / mild diarrhea.

### Dosage of Artemisia tea:

- 4 × daily 1 teaspoon tea leaves with hot water (max. 80°C) and infuse for 15 minutes. Drink on an empty stomach.

### Dosage of Artemisia gels:

- Apply 2 – 3 times a day to the affected areas and allow to take effect.

### Artemisia as granules

Artemisia is also available as granules in convenient sticks. These are especially suitable for children or people who have difficulty swallowing capsules. Mostly the granules are prepared in such a way that the bitter taste of Artemisia is not felt in the mouth, which is a plus especially for children.

### Suitable Products

Not all varieties of Artemisia annua are equally effective. Certain strains contain significantly more Artemisinin. The plant is sometimes offered as Artemisia powder. I have also come across it as supplementary feed for animals. Finally, the tea is sometimes offered as a refill for herbal pillows and the like. ■



## Calcium

**Calcium gives the bones a healthy stability. At the same time, they serve as calcium stores. However, calcium has many other important functions in the organism.**

Calcium is the **most abundant mineral** in the human body. It is important for healthy, strong bones and teeth, but also plays a decisive role in the excitation of muscles and nerves. Calcium is also involved in blood clotting and is important for regulating the acid-base balance. It is also needed for glycogen metabolism, in cell division and in the activation of some enzymes and hormones.

### When is a calcium product recommended?

In my experience, calcium deficiency is rather rare in this country because we consume a lot of dairy products (the most important sources of calcium are milk and dairy products). If a deficiency is suspected, I recommend having it confirmed by a laboratory test and only supplementing with calcium if there is an actual deficiency. Osteoporosis is always treated with calcium by conventional medicine, but in my experience this is usually not necessary (for treatment of osteoporosis see section „How to treat / Osteoporosis“).

### Dosage

I recommend a product that contains the above ingredients in convenient sticks. Depending on the situation, 1 – 2 sticks (about 3 g in total) are needed per day.  
Duration of use: Until symptom-free plus 2 months.

### Suitable Products

I recommend a product that combines two different calcium salts. If there is an inorganic (e.g. calcium carbonate) and an organic (e.g. calcium lactate gluconate) calcium source, a different rate of metabolism in the body is achieved. Thus, a longerlasting and higher calcium level is achieved and the body has more time to incorporate it into the bones. A calcium preparation that also contains magnesium and Vitamin D3 offers further advantages, as calcium works synergistically with these two substances. Zinc and vitamin C are also good companions because they also support the functions of calcium. ■

## Cayenne

**Cayenne pepper consists of ground chilies. There are more than 400 varieties which vary greatly in their potency. Chili originates from South America.**

A substance called capsaicin is responsible for the spiciness in chilies. When it comes into contact with nerve endings, these secrete a chemical messenger that leads to an expansion of fine blood vessels. The circulation is improved and the blood pressure decreases. **The brain translates the spiciness as pain and reacts by releasing endorphins thereby making Cayenne a natural painkiller.** The increased blood circulation also leads to faster healing of painful, inflamed or tense body parts. Chili powder also stimulates the stomach to produce more protective gastric mucus and thereby improving gastric protection, increases fat burning and strengthens the immune system.

### Uses for Cayenne in capsule form

- Heartburn, stomach ulcers, reflux
- Circulatory disorders, angina pectoris, embolism
- Pain e.g. after shingles
- Rheumatism, rheumatic pains
- Arthrosis, musculoskeletal pain
- Burnout



### Uses for Cayenne in hydrogels or creams

- Pain e.g. after shingles
- Rheumatism, rheumatic pain
- Arthrosis, musculoskeletal pain
- Fungal diseases (also in combination with cinnamon and Artemisia)

### Dosage

In capsule sizes of 500 – 600 mg Cayenne Pepper:

- 1 – 2 capsules daily (maximum 3).
- Slowly increase the dose: first take one capsule with food, with good tolerance increase the dose and spread the intake of capsules throughout the day, before meals and with fluids.
- Duration of treatment: until symptom-free plus two months.

### Dosage of cayenne gel:

- Apply the gel sparingly to the affected areas according to individual needs and let it take effect. Avoid contact with the eyes and mucous membranes (it burns)!  
Products with a roll-on are easier to apply.

### Suitable Products

If you like spicy food, you can season your food with cayenne. If you want it simpler (and less spicy), go for an organic cayenne capsule. Gels: Look also for organic quality. Products that offer a good combination, for example also contain aloe vera and wintergreen. ■



## CBD

**CBD (Cannabidiol)** is a cannabinoid, which occurs in industrial or commercial hemp. It has **analgesic, anti-epileptic and anti-psychotic benefits**. Also of great interest are its **neuro-protective properties**.

Unlike THC (which is barely detected in industrial hemp), CBD is not psychoactive. In contrast, it has **analgesic, anti-convulsant, anti-epileptic, anti-psychotic and anxiolytic benefits**. Of particular interest is the neuroprotective potential of CBD, which is currently studied regarding neurodegenerative diseases such as Alzheimer's, Parkinson's and Huntington's Disease or amyotrophic lateral sclerosis (ALS). CBD can reduce harmful phenomena such as **neuroinflammation, oxidative stress or nerve degeneration in the brain**. Unlike other Cannabinoids, CBD only interacts mildly with the receptors of the endocannabinoid system in the human body. Instead, it inhibits the breakdown of the endocannabinoids. CBD thus enhances and strengthens the body's own substances effect on these conditions.

### Uses for CBD

- Pain e.g. neuralgia, migraine, muscle spasms or arthritis
- Neurological diseases e.g. Alzheimer's, Parkinson's, MS, epilepsy or peripheral neuropathies; brain tumors
- Mild schizophrenia; Anxiety (phobias)
- Intestinal diseases e.g. Crohn's disease or ulcerative colitis
- Chronic inflammation

### Dosage

- For capsule sizes with around 200 mg hemp flour or 10 mg CBD: take 3 capsules throughout the day and immediately before meals.
- For mouthwashes with 5 % CBD: 2 times a day, dissolve approx. 10 drops in 20 ml of water twice a day, rinse the mouth rinse vigorously for 1 minute and swallow
- Duration of treatment: until symptom-free plus two months.
- Side effects: CBD is considered safe to take except during pregnancy.

### Suitable Products

There are indications that CBD is more effective when taken with vitamin C and OPC; look for products that contain both. Some of these products have somewhat mysterious names, but this does not make them dubious. In Switzerland they are only allowed to be sold as animal food supplements, in the EU also for humans; the products are often identical. After a certain opening up, the authorities have recently been taking more vigorous action against CBD products. Some consumers therefore switch to CBD products in the form of mouthwashes / mouthwash concentrates with CBD. These are a good alternative, they are legal products for humans. The CBD is liposomally dissolved in MCT coconut oil. As a rule, 7 drops of these concentrates correspond to 1 capsule with 10 mg CBD. ■

## Coenzyme Q10

**Q10 is a coenzyme that is necessary in all cells for energy production in the mitochondria, the «cellular power plants». It is found in two states: as ubiquinol and as ubiquinone.**

Coenzyme Q10 is crucial for the formation of ATP (adenosine triphosphate), the body's own primary energy carrier. **A deficiency of as little as 25% causes damage to the mitochondria, which can lead to a noticeable loss of energy.** Q10 is produced by the body, but the body's own production steadily decreases with age. Q10 continues to have an antioxidant effect, stabilises cell walls, strengthens the immune system and protects nerve and heart muscle cells.

Coenzyme Q10 is found in the human body in two different chemical states, namely as ubiquinone (completely oxidised form) and as ubiquinol (reduced or activated form). They are both important for energy balance. However, in order to obtain cellular energy, the body must first convert ubiquinone into ubiquinol. This ability also decreases over the course of time. Ubiquinone and ubiquinol are basically needed by every cell in the body, but most of all by organs with a high energy consumption (e.g., brain or heart).

### Applications of Q10 products

- Supplementing the body's own production from the age of 50
- Balancing medications known to be Q10 depleters (cholesterol-lowering agents and beta blockers)
- Chronic tiredness, fatigue, lack of concentration
- Burnout
- Cardiovascular diseases, heart attack, angina pectoris
- Alzheimer's, Parkinson's, dementia
- Multiple sclerosis
- High doses before and after operations (which assist with faster recovery)

### Dosage

with capsule sizes of 100mg coenzyme Q10:

- Take 1 – 3 capsules daily, spread over the day and immediately before meals.
- Duration of intake: For severe illnesses, take as prescribed by a doctor.
- For prophylactic replenishment of Q10 levels, take for 3 – 6 months, then pause for a few months.
- Side effects: Q10 shows no side effects up to 2400 mg / day. At higher doses, which have no therapeutic value, diarrhoea and nausea may occur.
- Do not take at the same time as NADH, but at least one hour apart.

### Suitable Products

Products that use as few additives as possible are strongly recommended. At an advanced age, I recommend products with ubiquinol. Some also contain extracts from the leaves of the ginkgo tree (*ginkgo biloba*, which supports memory) and from ginseng roots (increases physical and mental performance). The advantage of ubiquinol is that the body is relieved of the conversion of ubiquinone into active ubiquinol, and it is better absorbed. Look for a stable product here, otherwise ubiquinol quickly converts back into ubiquinone. Products with ubiquinone are often cheaper yet also have a good effect. Here, however, it is worthwhile to look for liquid ubiquinone (e.g., in soft gel capsules). It is better absorbed by the intestine than powdered ubiquinone. ■



## Emu Oil

The Emu (*Dromaius novaehollandiae*) is a flightless bird found only in the Australian Outback. It looks a lot like the African ostrich although the two are not related.

On its back, the emu has a small hump with an oil reserve. This oil is removed, refined with a kind of clay and then sterilized. It contains various saturated and unsaturated fatty acids. It is also rich in vitamins A and E, minerals, lecithin and antioxidants. Emu oil is extremely mild and penetrates the upper layers of the skin very rapidly **making it an excellent moisturizer for the skin**. It is also an effective anti-inflammatory, has antibacterial, analgesic, epithelializing effect and supports wound healing as well.

### Uses for Emu Oil

- Arthritis
- Arthrosis
- Nappy rash
- Tendon inflammation, sports injuries
- Abrasions, burns, cuts, open wounds
- Neurodermatitis
- Rashes
- Eczema (alternating with an Artemisia gel),

### Dosage

Apply and gently rub the oil on the affected area 3 times a day. Emu oil is not suitable for ingesting.

### Suitable Products

It is advantageous to use emu oil from animals that are kept in a species-appropriate manner. This will give you a high quality oil. Australian emu oil is generally considered to be the best. ■

## Essential Amino Acids

Amino acids are the building blocks of protein. If they are harvested from pulses and are available in the hydrolyzed form, they are readily available to the body for new proteins and do not produce any harmful nitrogen waste.

Proteins consist of a long chain of usually more than 100 amino acids. After the intake with food, the protein chains in the stomach/intestine must first be decomposed or broken down. Only single, so-called hydrolyzed amino acids, can enter the blood through the intestinal wall. Essential amino acids are those that the body cannot produce itself. Non – essential amino acids can be produced by the body by converting amino acids from the food to produce the required ones.

In the cells, the amino acids are used in two different ways. They can be used as energy suppliers. This results in a considerable amount of nitrogen waste which affects the liver and kidneys. Or they are immediately used again to build new proteins. Then there is no nitrogen and the amino acids are practically calorie-free. Interestingly, essential amino acids, which are hydrolyzed and derived from plant fruits are almost exclusively used in the latter way. **Accordingly, nitrogen waste is less than 2%**.

### Uses of Amino Acids

- Sport
- Iron deficiency anemia
- Malnutrition (elderly people, anorexia, cachexia)
- Immunodeficiency
- Diabetes Type 2, gestational diabetes
- Digestive disorders, intestinal problems
- Renal and hepatic diseases
- Heart problems
- Restless legs
- Osteoporosis (together with vitamin D, vitamin K2 and magnesium)
- Food allergies
- Pain (chronic)
- Faster healing of bone fractures

### Dosage

At 500 – 600 mg essential amino acids per tablet:

- 6 – 10 daily (prevention), or 10 – 20 tablets (treatment) either in the morning or 30 minutes before physical exercise, taken with water.
- Duration of use: until you are free of symptoms plus 2 months or continually. ►

### Suitable Products

Essential amino acids are available as food or dietary supplements. The easiest way to take them is in tablet form. It is essential that the individual amino acids are hydrolyzed so that they can be absorbed by the body quickly and no allergic reactions can occur.

Some products contain an additional semiessential amino acid, Arginine. Semi-essential because Arginine can be synthesized by the human body. Under certain circumstances, for example, depending on age, growth phase, illnesses or physical activity, this semi-essential amino acid can become an essential one. This means that the body no longer can produce enough Arginine itself and therefore is dependent on the intake via food.

Younger, healthy people who would like to supplement their protein intake, but for whom price is a major consideration, can also use a vegan protein powder made from rice and pea protein isolate. However, it must be noted that a certain amount of nitrogen drop is normal. ■



## Frankincense

**Frankincense has a long tradition in the medicine of various cultures. It contains potent anti-inflammatory substances, so-called boswellic acids. Therefore, the resin is ideal for the therapy of chronic inflammatory diseases**

Frankincense (olibanum) is the gum resin extracted from frankincense trees (*boswellia*). Trees of the species *Boswellia serrata*, from which Indian frankincense (*Olibanum indicum* / Salai Guggal) is produced, are the most suitable for medical use. Frankincense resin consists of a mixture of about 200 components. Of central interest are the **essential boswellic acids, which have anti-inflammatory, decongestant, antipyretic and analgesic properties**. Indian frankincense has the highest content of these medically interesting boswellic acids.

### Uses of frankincense

- Joint inflammation (e.g. rheumatoid arthritis)
- Inflammatory bowel diseases (e.g. Crohn's disease, ulcerative colitis)
- Inflammatory respiratory diseases (e.g. bronchial asthma)
- Osteoarthritis (especially knee joint arthrosis)
- Autoimmune diseases (e.g. psoriasis, multiple sclerosis)
- Alzheimer's disease
- Certain cancers (especially brain tumors)

### Dosage

for capsule sizes of 100 mg of frankincense extract:

- Take 1 capsule daily (prevention) or 4 capsules (therapy) throughout the day and immediately before meals with some liquid.
- Duration of use: Until symptom-free plus 2 months or permanently.

### Suitable Products

I recommend a product that contains a dry extract of the resin of the Indian frankincense (*Olibanum indicum*). In addition, other ingredients such as grape seed extract (OPC), vitamin C (ascorbic acid) and manganese(II) gluconate may be included to further support the anti-inflammatory effect. If a product contains sufficient lecithin as an emulsifier, the bioavailability of the boswellic acids can be decisively increased. ■

## Grape Seed Extract

**Grape seed extracts contain a lot of OPC. Its effect is almost too good to be true. Most important is the sensational protective effect on the blood vessels.**

Grapes contain large quantities of OPC (oligomeric proanthocyanidins) in their skins and pips. **OPC protects the vascular walls and prevents arteriosclerosis. It keeps the vessels elastic, taut and impermeable.** OPC is also one of the strongest antioxidants. It renders harmless dangerous free radicals, which cause damage in various organs throughout the body. With vitamin C and resveratrol, grape seed extract contains two additional antioxidants. **Resveratrol has anti-cancer and antifungal properties.** It also increases fat burning. Grapes also contain various flavonoids.

### Uses of Grape Seed Extract

- Cardiovascular disease such as atherosclerosis (hardening of the arteries), heart attack, angina pectoris, strokes or high blood pressure
- Also thrombosis, embolism, swollen legs (oedema) or varicose veins
- Fatigue, forgetfulness, poor concentration and
- Burnout
- Cancer

### Dosage

In capsule sizes of 300 – 400 mg grape seed extract:

- 2 – 3 capsules taken throughout the day and just before meals.
- Duration of treatment: until symptom-free plus two months or indefinitely.

### Suitable Products

Sometimes grape seed extract is used together with natural vitamin C (e.g. from Acerola powder), which results in a very good product. Grape seed extract is also found in natural cosmetics. Together with grape seed extract in capsules, these become the perfect «anti-aging system».

## Green Coffee

**Green coffee beans are ripe coffee beans which haven't yet been roasted. There are varieties which contain no caffeine.**

Green coffee beans contain chlorogenic acid, 15 amino acids, the whole vitamin B complex, and vitamin C and various minerals and enzymes. Chlorogenic acid has been found to have weightreducing properties, **by ensuring that the blood sugar levels increase less after eating and less fat is formed.** This is why extracts from green coffee – often combined with brown algae powder – are used to reduce weight.

### Dosage

In capsule sizes of 200 – 250 mg extract of green coffee beans:

- Take twice a day one capsule 30 – 60 minutes before a main meal.
- Duration of treatment: 6 – 9 months.
- Side effects: Due to the intake of chlorogenic acid, there can be an increase in homocysteine levels. This can be rectified by taking folic acid, B6 and B12.

### Suitable Products

Recommended are products with an extract from beans Robusta Canephora Pierre which is caffeine free. There are also products which contain a brown algae powder or the fat burner L-Carnitine. Both substances support weight loss additionally.

### General Tips for Weight loss

In order to lose weight, only 90% of the daily recommended calories should be consumed. The body will automatically use the fat reserves to make up the remaining 10%. The simplest method is to halve the intake of pasta, potatoes, bread, and rice, double the intake of vegetables and avoid all sugary snacks and drinks. Carbohydrates should not be consumed at night as these increase the insulin levels throughout the night and thus inhibit fat reduction. Exercise and sport are important, but will not solely reduce weight. The abovementioned coffee extract can assist with weight loss. Should these prescribed methods still not result in any weight loss, a saliva test for progesterone levels should be conducted.

## Immune System Activation

**Macrophages are a part of the body's immune defense. Their activity can be significantly increased by a special messenger substance.**

Macrophages are the largest cells of our immune system. They can «eat» and eliminate pathogens, foreign matter, and diseased cells. Normally, only a few macrophages are activated in our body. The majority of these Macrophages are only alerted in the event of a crisis. **This alert is triggered by a special messenger substance which increases the activity of the macrophages by a factor of 30.** This activation factor can be triggered when taking certain dietary supplements. This leads to an increase in immune cells in the blood, increases a significant anti-cancer activity, protects and regenerates the nerves.

### Uses of immun-activating messenger substances

- Cancer, tumours
- Neurodegenerative diseases  
(Dementia, Parkinson's, Alzheimer's, MS)
- Stroke (aftercare)
- Autoimmune disorders
- Autism spectrum; ADD / ADHD
- Fibromyalgia

### Dosage

There are capsules containing 400 mg and capsules containing 100 mg:

- General prevention: 1 large capsule per week or a small one every other day.
- Tumour follow-up (after a tumour-free status has been tumour-free status has been confirmed): 2 large capsules 1× per week or one small capsule daily for at least one year
- Chronic inflammation, cardiovascular diseases, autism spectrum and AD(H)S: 1 large capsule 3 times per week (e.g. Monday/Wednesday/Friday) or daily 2 small capsules
- Neurological disorders: 2 large capsules 1× per week or one small capsule daily
- Duration of intake: For preventive treatment, we recommend a 3-month application once a year. An improvement in existing illnesses can be expected after 3 to 6 months.

The capsules must be taken on an empty stomach, at least 20 minutes before breakfast with a glass of water. For maximum effect, it is recommended to take a suitable amount of vitamin D (40'000 IU **per week**) in addition. High Vitamin D3 administration also needs a good supply of vitamin K2 (about 200 µg **per day**; because of the bone density).

### Suitable Product

A highly specialised product containing the activating messenger substance is supplemented with selected strains of lactic acid bacteria (probiotics), Vitamin D3 and colostrum (colostrum), which work together optimally and provide additional support for the immune system. Make sure you take capsules that are resistant to gastric juice, as this is the only way to ensure the best possible absorption and effect in the body. ■

## Inflammation Inhibitors

**Chronic inflammation can lead to a whole range of serious diseases. They often have their origin in the bowel (keyword here being „leaky gut“), which is why any treatment should always start there. A natural anti-inflammatory agent is very beneficial in such cases.**

Many chronic diseases are associated with an inflamed intestine. Typical intestinal diseases are not the only ones to consider, but also intolerances, allergies, metabolic and autoimmune diseases, etc. A combination of natural and high-quality nutrients could provide a remedy. **However, in an inflamed intestine („leaky gut syndrome“), these substances can only be absorbed to a limited extent due to the inflamed intestinal wall.** It requires a cleverly devised transport system that enables absorption in the inflamed intestinal villi.

### Uses of inflammation inhibitors such as Neovital

- Leaky gut syndrome (and/or irritable bowel syndrome)
- Chronic inflammatory bowel diseases (Crohn's disease, ulcerative colitis)
- Autoimmune diseases
- Autism spectrum
- ADD/ADHD
- All diseases due to chronic inflammation

### Dosage

- 1 – 2 times 5 ml daily with 2 dl water (not during meal times; in case of parallel intake of clinoptilolite: always keep at least one hour distance)
- Duration of use: Until symptom-free plus 2 months or even longer.
- Side effects: May cause mild digestive problems in sensitive individuals at the beginning (in this case, start with a smaller dose and then gradually increase it).

### Suitable Products

I recommend products that contain a high concentration of vitamins and secondary plant substances (including vitamin C, vitamin B12, quercetin, alpha-lipoic acid, vitamin E, folic acid, beta-carotene) and have a special transport system that enables absorption in the damaged intestinal villi. This can be achieved by liposomally processing the valuable ingredients in a patented process, i.e. by „wrapping“ them in a fine layer of fat and thus allowing them to enter the bloodstream and cells directly. ■

## Iron

**Iron is vital for the transport of oxygen in the blood. Especially women of childbearing age are often affected by a deficiency.**

Our blood gets its typical red colour from the protein haemoglobin. It is the most important component of the red blood cells. These have the task of transporting oxygen from the lungs to our body cells. Each haemoglobin molecule has several iron ions to which the oxygen can dock and can then be released into the cells. **An iron deficiency disrupts this vital oxygen transportation.**

The body cannot form iron by itself, but must absorb it from our food. The requirement is a few milligrams per day. Young women and adolescents have a higher need. How well iron can be absorbed varies from person to person and depends, among other things, on the condition of our digestive system. Vitamin C promotes the absorption of iron, however coffee and black tea inhibit it.

### Uses of Iron

- Anaemia
- Fatigue & exhaustion/rapid tiring/burnout
- Forgetfulness
- Malnutrition & undernourishment
- Menstrual cramps
- ADD/ADHD

### Dosage

In capsule sizes of 20 mg iron:

- Take 1 (prevention) or 2 capsules (therapy) daily.
- Take capsules preferably in the morning and at midday with meals.
- Duration of use: until symptom-free plus 2 months.

### Suitable Products

Common iron products often cause digestive problems (constipation) and the iron is not absorbed very well. A completely different type of vegetable iron (e.g. from the curry leaf), which is additionally combined with micro-encapsulated iron. Products of this kind are very well tolerated and extremely bioavailable. ■

## Joint Oil

**Essential oils not only smell good, they also have a beneficial effect on painful joints. Arnica and St. John's wort often form the basis of such products. Both of these medicinal herbs are familiar for people who have used aromatherapys.**

Arnica: Its flowers contain sesquiterpene lactones – especially the substance Helenalin – as well as flavonoids, tannins, coumarins and essential oils. These substances develop an **anti-inflammatory, analgesic and antiseptic effect**.

St. John's wort is known for its beneficial effect in mild and moderate depression or depressive moods. St. John's wort oil is traditionally used externally and is rubbed into the skin to treat **injuries such as sprains and cramps, or rheumatism and gout**.

### Uses of Essential Joint Oils

- Arthritis / Arthrosis / Gout
- Rheumatic pain
- Menstrual cramps
- Chronic pain / nerve pain / pain after injuries
- Heel spur
- Swollen legs (oedemas)
- Shingles
- Stretch marks

### Dosage

Gently apply the oil twice or three times a day to the affected areas and gently massage in skin.

### Suitable Products

The use of CBD added to this mixture, derived from the leaves of the hemp plant, improves the interaction of the essential oils from the abovementioned plants and further enhances the effect of pain relief and anti-inflammatory properties. Thanks to the antibacterial components already present in natural essential oils, preservatives and chemical additives can be completely dispensed with in high-quality product. ■

## Magnesium

**Magnesium is a vital mineral with numerous key functions. A deficiency is unfortunately widespread and plays a significant role in about 100 diseases.**

Magnesium is involved in over 800 metabolic processes, produces and transports energy, transmits nerve signals and relaxes muscles. **The early administration of magnesium massively improves the chances of survival after a heart attack.** Because magnesium naturally increases the level of the «feel-good hormone» serotonin, it also has an effect on depression.

### Uses of Magnesium

- Osteoporosis
- High blood pressure, high cholesterol, arteriosclerosis
- Heartburn, intestinal diseases
- Arthritis and other inflammations
- Alzheimer's disease, Parkinson's disease, ADD and ADHD
- CFS (Chronic fatigue syndrome)
- Premenstrual syndrome
- Headache, migraine
- Cramps in the calves; restless legs
- Deficiency due to radio- or chemotherapy or caused by medication
- Depression

### Dosage

In capsules containing 180 – 200 mg of **elemental magnesium**:

- 2 – 3 capsules daily throughout the day and just before meals with ample fluids. (For osteoporosis: see text on vitamin D).
- Duration of treatment: It takes at least one year for a magnesium deficiency in bones and muscles to be replenished. Magnesium may also be taken permanently as a supplement.

### Suitable Products

There are many different magnesium salts, all with different properties and bioavailability. The elemental magnesium varies greatly with different magnesium salts (between 6% & 50%). Magnesium citrate is the most widely sold but I would not recommend it because it has a laxative effect and binds to iron in the body. A preparation containing several different magnesium-salts is recommended as the most suitable, e.g. 2 organic and 2 inorganic. ■

## Moringa

**Moringa (or miracle tree, Moringa oleifera) is one of the most nutritious plants in the world with 90 essential nutrients. The roots, leaves, bark, flowers, and fruit can all be eaten.**

The most noticeable aspect of Moringa is the high amount of protein (25%), calcium (17× more than milk), potassium (15× more than bananas), iron (20 to 25× more than spinach) and vitamin A (25× more than carrots). Furthermore, Moringa leaves contain 18 different amino acids, almost all vitamins (A, B1, B2, B3, B5, B6, B7 = Biotin, B9, C, D, E, and K) and many trace elements (calcium, potassium, iron, magnesium, copper and zinc). Finally, the plant also contains many phytonutrients, antioxidants, and polyphenols. **Overall, Moringa can be described as a natural multivitamin.**

### Uses of Moringa

- Nutrient deficiency, malnutrition
- Fatigue and exhaustion
- Anemia (in combination with Aronia)
- High blood pressure
- Sleep disorders
- Macular degeneration (age-related amblyopia)

### Dosage

In capsule sizes of 500 – 600 mg Moringa leaf powder:

- 2 – 3 capsules daily throughout the day and just before meals with fluids.
- Duration of treatment: until symptom-free plus two months, or indefinitely.

### Suitable Products

Ensure that the Moringa is organically grown. It's important that the moisture of the dried leaves is less than 7%. Many products have a massively higher moisture content and are therefore of inferior quality. Of course, instead of capsules, moringa leaf powder can also be used and stirred into a smoothie, for example. However, the slightly hot taste is not everyone's cup of tea. Here the capsules have an advantage. ■

## MSM, Glucosamine & Chondroitin

**The combination of the three natural substances MSM, Glucosamine and Chondroitin is the best known treatment of Arthritis to date. The three together have the ability to rebuild the worn out cartilage.**

Arthritis occurs when the cartilage layers, which cover the bone in the joints, are slowly worn down. This condition can be extremely painful. Conventional medicine offers very limited treatment options. The combination of MSM, Glucosamine and Chondroitin are known to **improve arthrosis and its painful symptoms, to the point where people can be completely pain-free**. These three compounds are known to assist the body to rebuild cartilage by itself. This treatment does take time and patience. It takes 1 – 2 years of treatment and improvements are usually only expected after a few months. Exercise is important as the movement has a positive impact on joint health even if it is painful. The sooner one starts to exercise the better.

### MSM, Glucosamine and Chondroitin

- MSM stands for Methyl Sulfonyl Methane. It is a vital, sulphur compound found in our body. Our body contains 0.2% sulphur, which is 40× more than iron.
- Glucosamine is a natural substance that occurs in the form of glycans both in the joint fluid as well as in the cartilage.

- Chondroitin is the basic building block of cartilage. It is a natural amino sugar found in our bodies, which is formed in the cartilage cells.

### Dosage

- For the treatment of osteoarthritis: For capsules each containing 270 mg MSM, 305 mg glucosamine and 210 mg chondroitin sulfate: 3 capsules throughout the day.
- These natural products can further enhance the effect: omega-3 fatty acids, turmeric, aronia, willow bark, devil claw, rose hips, arnica and chilli gel.
- Duration of treatment: until symptom-free plus six months.

### Suitable Products

Some products contain, in addition to the three active ingredients, manganese and vitamin E, which further reinforce the effect. ■

## Mulberry

**Mulberry trees (*Morus alba*) are among the oldest known trees. They have been used in Chinese traditional medicine for over 5000 years.**

Mulberry leaves contain approximately 15 – 25% protein, which is a lot for a plant. Noticeable are the different flavones and the high content of calcium and iron. Also important are the trace elements of zinc, copper, boron, manganese, fluorine and phosphor. However, the most impressive fact about mulberry leaves is that they contain a substance called 1-deoxynojirimycin (DNJ), **which reduces the blood sugar levels in three ways**. Another ingredient called glutamic acid also lowers blood sugar levels. Lastly, mulberry leaves reduce blood pressure by about 10% and act as a diuretic.

### Uses of Mulberry Leaves

- Diabetes Type 2 (also known as adult-onset diabetes)
- Obesity (in combinations with green coffee beans)
- High blood pressure
- High cholesterol and fat levels in the blood (Hyperlipidaemia)
- Atherosclerosis, oedema (swollen legs)

### Dosage

In capsule sizes of 500 – 600 mg mulberry leaf extract:

- Take 2 – 3 capsules daily throughout the day and 30 – 60 minutes before meals with some liquid.
- Duration of treatment: until the normalization of blood sugar levels.

### Suitable Products

With good products, the leaves are harvested by hand and gently dried. This ensures that you get a good leave quality and that the ingredients have not been damaged due to high temperatures. ■

## Multi-preparation for Daily Requirements

**A multi-preparation (all-in-one preparation) containing the most important micro-nutrients to cover daily needs is sensible these days. A healthy and balanced diet is a challenge, especially since our food no longer contains as many vital nutrients as it did a few decades ago.**

Prevention is better than cure: This is why I recommend a multi-preparation to everyone who wants to maintain and boost their health. If you take the most important vital nutrients daily, **you can perfectly support your body with its important functions** (e.g., energy metabolism, immune system, brain and nervous system, etc.).

Look for a high-quality, natural product that contains all (or almost all) vitamins, minerals and trace elements. These are important for many functions the body. Examples of suitable herbal supplements are maca or cocoa. Maca has a positive effect on physical performance and mental resilience. Cocoa beans contain abundant secondary plant nutrients such as flavonoids or amino acids. Vitamins and minerals may have a very bitter taste. Natural products are sweetened with liquorice root or birch sugar. Look for a product with a high bioavailability, which can be ensured by a product like lecithin, for example.

### Applications of a multi-preparation

- Daily baseline supply of important vital nutrients
- Vital nutrients deficiency
- Chronic tiredness, exhaustion
- To strengthen the immune system, occurrence of frequent infections
- Before and after operations
- Sport, physical strain
- HPU/KPU, haemopyrrollactamuria
- Mental illness
- Vegan diet (deficiency of Vitamin B12)

### Dosage

- Take 3 – 6 grams of a multi-preparation (depending on the composition) daily, spread over the day and immediately before meals with some liquid.
- Duration of intake: Until symptom-free plus 2 months or continuously. ►



### Suitable Products

Since 2020, in some areas significantly higher limits apply for vitamins and minerals, because the authorities have introduced a new maximum quantity model. I therefore recommend using a multi-preparation that reaches these upper levels of intake. There are preparations where the contained quantities are far below this level, and which are therefore not very effective. Vital nutrients medicine, on the other hand, often considers the officially permitted consumption quantities as the absolute minimum that is required for optimum health. ■

## NADH

**Every cell needs NADH for energy production. The more NADH is available, the more energy is generated and vice versa.**

NADH, also known as coenzyme 1, is required in every cell for energy production (together with coenzyme Q10). NADH reacts with the oxygen we absorb whilst breathing. This results in the energy molecule ATP, which is the energy storage and carrier in the body. NADH is thus involved in countless metabolic processes in our bodies and **can contribute to an improvement in a correspondingly large number of diseases.**

### Uses of NADH

As NADH demonstrates the effect of producing more energy in the body, the list of ailments which can help improve is unusually long. The most important are:

- Chronic fatigue, burnout, depression
- Alzheimer's/dementia, Parkinson's disease, brain disorders
- After Strokes
- Sleep disorders, jet lag
- Multiple sclerosis
- ADD and ADHD
- Cancer
- Macular degeneration (old age sight-weakness)
- Cystic fibrosis

### Dosage

In tablets with 20 mg NADH:

- The dosage depends on the ailment pattern. For healthy people who just want to spice up their energy, a dosage of 1 tablet per day is sufficient.
- Whilst one is ill, the dosage should be 3 – 5 tablets per day. It is best to take half of it in the morning about 20 minutes before breakfast and the rest 2 hours after lunch. Allow the tablets to dissolve under the tongue. Taking any NADH in the evening is not recommended as it can disturb your sleep.
- Duration of treatment: until symptom-free plus two months, or indefinitely.
- Do not take at the same time as Q10, but at least one hour apart.

### A gem without any side effects

NADH has no side effects! A daily dose of 35 grams (!) resulted in no toxic side effects. NADH is, therefore, a true Gem. Some manufacturers increase the effect of NADH by adding biotin, which contributes to a normal energy metabolism. ■

## Natural, Highly Effective Skin Care

**Innovative natural cosmetics penetrate deep into the top layer of the skin, the so-called extracellular lipid matrix, and rebuild it naturally. In this way, they care for and protect the skin in the long term, resulting in a «skin repair effect».**

The top layer of the skin (epidermis) is called the horny layer (stratum corneum) and consists of a dense network of cells. The skin cells are embedded in a so-called extracellular lipid matrix (skin lipid matrix=SLM), which consists of about 150 lipid layers arranged in a lamellar pattern. This complex structure protects the skin from harmful influences and prevents excessive water loss (dehydration).

Conventional skin care products often contain synthetic high-performance emulsifiers to mix the individual components of the product well together. However, they also attack the lipid matrix of the skin by «washing out» individual lipids («wash-out effect»). A gap is created and the skin is no longer as well protected.

### Suitable Products

To support and rebuild the skin's own important structure, a natural cosmetic based on an emulsifier system with natural lecithins, e.g. from sunflower, is suitable. It strengthens the protective function of the skin by reintegrating missing or washed-out lipids into the protective layer. **This results in an actual «skin repair effect».**

For dry and irritated skin, such a product should contain moisturizing ingredients for example those from birch bark and cactus fig, which moisturize the skin sustainably. ■



## Healthy lifestyle

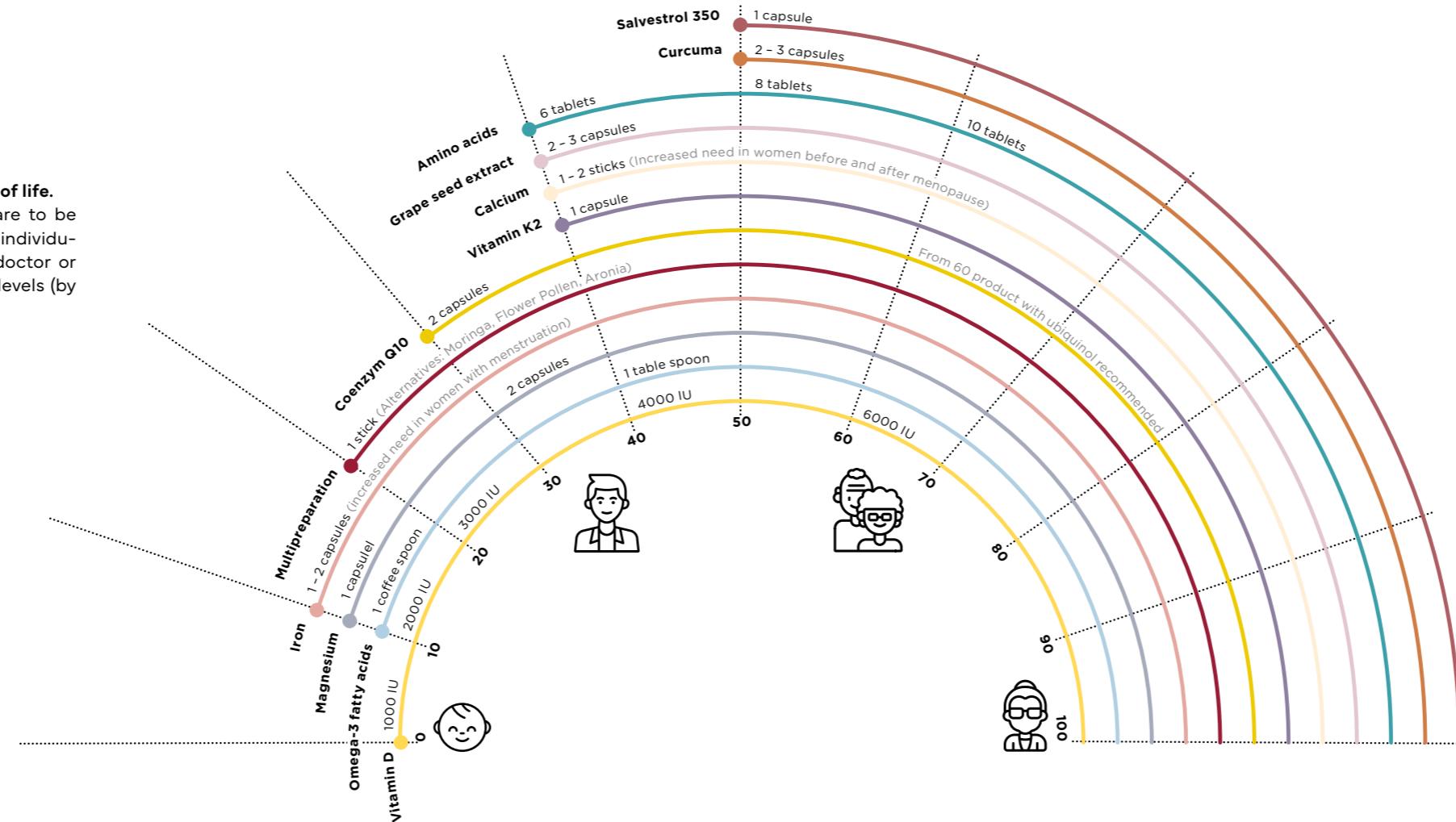
by Heinz Lüscher, MD

### Targeted nutritional supplementation in the circle of life.

The recommendations refer to daily intake and are to be understood as a first approximation. They must be individually adapted to the respective situation by your doctor or therapist. A periodic check of the vital substance levels (by means of blood values) is recommended.

#### Other health promoting factors:

- Balanced nutrition
- Exercise (in the fresh air)
- Balance/relaxation/rest
- Sleep hygiene/enough sleep
- Plan digital time-outs
- Enjoy life (dancing, singing, humour)
- Cultivate healthy spirituality



### Reading example: Daily dose for a 45-year-old woman

- 4000 IU vitamin D
- 1 tablespoon of omega-3 fatty acids
- 2 capsules of magnesium
- 1 - 2 capsules of iron
- 1 stick of multi-preparation
- 2 capsules coenzyme Q10
- 1 capsule vitamin K2
- 1 - 2 sticks of calcium
- 2 - 3 capsules grape seed extract
- 6 tablets amino acids

## Omega-3 Fatty Acids

**Omega-3 fatty acids are important for various metabolic processes. The two biologically active omega-3 acids, EPA and DHA, are present in remarkably high levels in fish and krill oil. But there are also good alternatives for people with a vegan lifestyle.**

Omega-3 fatty acids perform a variety of functions. They protect us from cardiovascular disease, reduce the risk of dementia, help with ADHD and support the immune system. **Two of the most important omega-3 acids are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).** They can be found in salmon, tuna, mackerel, shellfish and krill. Plant-based alternatives such as flaxseed do contain alpha-linolenic acid, which can be converted by the body into EPA and DHA, but only to a limited extent. Plant-based exceptions that provide sufficient omega-3 fatty acids in the form of EPA and DHA are algae and the so-called Ahiflower.

### Fish or Krill?

Nutritionists recommend two fish meals a week with fatty sea fish. In our latitudes (Switzerland), however, not too many people can / want to follow this advice. Some people therefore opt for high-quality fish oil from sustainable sources. An additional alternative is krill oil from Antarctic krill (*Euphausia superba*), of which less than 0.1% of the stock is caught yearly. This offers the advantage that the omega-3 fatty acids (in contrast to those in fish oil) are present in a partially water-

soluble form. Omega-3 in krill oil is therefore better absorbed by the body. Finally, krill oil naturally contains astaxanthin. This reddish dyestuff is a powerful antioxidant that eliminates free radicals in the body and protects the skin from stress caused by UV rays.

### Vegan alternatives

Algae are an ideal vegetable source of omega-3 fatty acids (and for many still unfamiliar). Particularly suitable is the marine microalgae called *Schizochytrium sp.*, which produces the two fatty acids EPA and especially DHA. Microalgae are tiny plant-like organisms consisting of only one or a few cells. *Schizochytrium sp.* is found in coastal marine areas. Ahiflower (*Buglossoides arvensis*), on the other hand, grows in our latitudes and its seeds contain various omega-3 fatty acids. For example, it is rich in stearidonic acid (SDA), which our body can metabolize into EPA and DHA. Further, Ahiflower contains alpha-linolenic acid (ALA) and gamma-linolenic acid (GLA).

### Uses for Omega-3

- Cell structure (general health)
- Strengthening the immune system
- Has an anti-inflammatory effect and can therefore have a beneficial influence on chronic inflammatory diseases (e.g. cystic fibrosis)
- Prevention or improvement of cardiovascular diseases such as atherosclerosis (hardening of the arteries), heart attacks, angina pectoris coronary heart disease. Also thrombosis and embolism
- Neurological diseases (dementia, Alzheimer's, multiple sclerosis, Parkinson's)
- ADD and ADHD
- Autism spectrum

### Dosage

#### Daily:

- 10 ml fish oil (approx. 1 Tbsp., corresponds to 2 – 3 g omega-3 fatty acids)
- or 6 – 8 capsules krill oil capsules (equals approx. 1 – 1.5 g omega-3 fatty acids)
- or 5 ml oil from microalgae *Schizochytrium sp.* and Ahiflower (approx. 1 tsp., corresponds to approx. 2 g omega-3 fatty acids).

- For better absorption take with a main meal (applies to krill and fish oil).
  - Duration of treatment: until symptom-free plus two months or indefinitely.
  - Side effects: If you suffer from blood coagulation disorders, you should first consult your doctor.
- For allergy sufferers: **Krill oil contains proteins from shellfish (crustaceans).**

### Suitable Products

Recommended products should come from a sustainable and controlled source, which do not use chemicals and preservatives. Also, a high-quality product is controlled for toxic heavy metals as well as other toxins and cleaned of them. The so-called TOTOX value provides information about the freshness of the oil and is certainly below 10 for good products. Omega-3 fatty acids in high-quality fish oil are lower priced than those in krill oil or in vegan oil. For people with a high demand for omega-3 fatty acids, fish oil is preferred. Finally, attention should be paid to good bioavailability and tolerability. ■

## Pollen

**Pollen is found in flowers. It consists of a shell and the contents and contains all the nutrients in natural form.**

Pollen contains all vitamins, all minerals, all trace elements, all essential amino acids, all essential fatty acids, almost all known enzymes, and all flavonoids. Since the pollen shell is hard to digest and is often excreted unchanged, the shell must be split open in a special procedure so that the contents of the shell can be absorbed by the body. **Pollen acts as an anti-allergen, anti-depressant, decongestant, anti-inflammatory, and performance enhancer.** Pollen is pure food.

### Uses of Pollen

- Fatigue, sleep disorders
- Burnout, stress, depression
- Benign enlargement of the prostate gland, chronic prostatitis
- Allergies
- Menstrual disorders, menopause
- General supply of micronutrients

### Dosage

In capsule sizes of 300 mg pollen extract:

- 2 capsules daily (preventative), and 3 – 8 capsules daily (treatment).
- Capsules to be taken throughout the day and just before meals with fluids. With sleep disorders, capsules should be taken morning and afternoon only.
- Duration of treatment: until symptom-free plus two months or indefinitely.
- Side effects: Because the pollen shell is split open using a special process, the risk of allergic reaction is low. **Some pollen products may however contain traces of allergic substances.**

### Suitable Products

We recommend capsules with flower pollen (not bee pollen) that are harvested by machine. This way you have the guarantee that only the desired pollen from controlled fields (without the use of pesticides) is contained. Also make sure that the pollen casings are opened up. This is the only way to ensure good absorption of the valuable ingredients in the intestine. ■



## Probiotics and Enzymes

**Probiotics displace pathogenic microorganisms in the intestine and stimulate the immune system. Ferments supply us with enzymes and nutrients.**

Probiotics are living microorganisms, which after they have been consumed settle in the intestine where they then multiply. In this way, they regenerate an unbalanced intestinal flora. Another name for probiotics is lactic acid bacteria cultures. Prebiotics are food ingredients, which we humans cannot digest. Prebiotics are digested by the intestinal flora and this prebiotics can be used to promote the growth and activity of certain helpful intestinal bacteria.

If the beneficial bacteria are lacking in the intestine, the bad germs can grow and spread unhindered. If probiotics are taken and fed with prebiotics, **they can displace the unwanted microorganisms and take their place. The beneficial bacteria even form substances with which they can target harmful bacteria.** Probiotics also stimulate the immune system. In the intestine, our defense cells, «learn» to distinguish between good bacteria and intruders.

Multi-stage fermented plant mixtures contain numerous micronutrients such as antioxidants, enzymes, vitamins, minerals, trace elements, bioflavonoids, and other secondary phytochemicals. During fermentation, these ingredients are dissolved and broken down into smaller molecules that can be more readily absorbed by the body. Furthermore, the herbal and plant mixture is enriched with enzymes ►

during fermentation, which in turn the body can use for nutrition and facilitate digestion. Body energy bound to digestion becomes available and can be used for other purposes.

#### Uses of Probiotics, Prebiotics, and Enzymes

- Irritable bowel syndrome and inflammatory intestinal diseases
- General digestive problems such as flatulence or diarrhoea
- Strengthening the immune system, Autoimmune diseases
- Autism spectrum, ADD, ADHD
- Internal fungi such as intestinal and vaginal fungi
- Allergies, Asthma
- After a course of antibiotics
- Obesity

#### Dosage & Intake

- Intake: on an empty stomach, at least 15 minutes, better 30 minutes before breakfast.
- Probiotics: take at least 10 billion bacteria daily. Please observe the recommended dosage of the relevant product.
- Prebiotics: take at least 3 g daily.
- Ferments: take at least 20 ml daily and swivel briefly in the mouth before swallowing.
- Duration of treatment: 2 to 3 months (longer if required).

#### Suitable Products

Recommended are products with more than 10 different bacterial strains containing probiotics and prebiotics. Combined products with probiotics and ferments that supply the intestines with enzymes and micronutrients are also good. The combination of probiotics, prebiotics, and ferments is then the «Rolls Royce» for the development of the microbiome. ■

## Psychoneuroimmunology Products

**The still young field of psychoneuroimmunology deals with the close and mutual interactions of the psyche, nervous and immune systems. We can make use of these interrelationships, also in the targeted selection of vital substances in situations where the psyche, nerves and immune system are under strain.**

The research findings of PNI impressively document that these three systems are in a close exchange of information with each other. The focus is on the effect of the psyche on the immune system, e.g. questions as to why chronic stress or other negative psychological influencing factors such as fear, worry or depression can negatively affect immune factors. Fortunately, there are also psychological factors that have a positive influence on the immune system, e.g. optimism, self-worth, social bonds, etc.

**PNI-relevant food supplements must therefore have a simultaneous effect on the psyche, nerves and immune system.** The following ingredients come into question:

- Good basic supply of vitamins, minerals and trace elements, e.g. through a multi-preparation that is as close to nature as possible
- A potent anti-inflammatory (e.g. turmeric) to prevent the immune system from overshooting and to protect damaged nerves

- A mixture of other ingredients that can trigger a positive spiral with regard to the psyche, nerves and immune system (e.g. with anti-inflammatory dandelion extract, antioxidant grape seed extract, nerve-protecting reishi spore powder, cancer-inhibiting quercetin, detoxifying yellow tang extract and mood-lifting golden root extract).

#### Applications

- After medical procedures, medications, injuries, vaccinations, etc.
- Susceptibility to infections
- menopausal symptoms
- Aging complaints
- Mental instability
- Convalescence

#### Suitable Products

There are practical monthly boxes in which the ingredients described above are already contained in a suitable combination. I can recommend these to recover of the mutual interactions of the psyche, nervous and immune systems. ■

## Reishi Spores

The reishi mushroom is a true king among medicinal mushrooms and is one of the best researched medicinal mushrooms. Reishi is a natural alternative to cortisone. It has an anti-inflammatory, liver-strengthening and a calming effect. In addition, Reishi spores stabilise and strengthen the immune system. A true allrounder.

Reishi is one of the oldest remedies, is found all over the world and offers a whole arsenal of active ingredients such as:

**Triterpenes:** Over 150 different of these secondary plant substances (bitter compounds) can be identified. They protect the Reishi itself against microorganisms and have a strong anti-bacterial and anti-inflammatory effect in the human body. An important field of application are therefore diseases where normally steroid hormones – like cortisone – are administered.

**Polysaccharides (multiple sugars):** Some of these sugars have the ability to stabilise the immune system. This helps to prevent diseases and, in the case of existing (chronic) diseases, to strengthen the body's self-healing powers. This stabilisation also helps when the immune system overreacts, e.g. in allergic reactions or autoimmune diseases.

A third, important substance is **Adenosine**. This has a calming and relaxing effect on the muscles. Reishi tea is very

popular in Asia. It relaxes and makes you sleepy, because the medicinal mushroom also has a sedative effect on the brain cells and thus calms the central nervous system (CNS).

### Uses of Reishi spores

- Weakened or overactive immune system (frequent «ailing», infections, allergies, autoimmune diseases)
- Heart diseases (hypertension, coronary heart disease, cardiac arrhythmia)
- Liver diseases (chronic hepatitis, liver failure, cirrhosis)
- (Chronic) respiratory diseases (e.g. bronchitis, asthma)
- Stomach Ulcers
- Insomnia
- Kidney inflammations
- Joint inflammation (arthritis)
- (Inflammatory) skin diseases
- Fibromyalgia
- Cancer

### Dosage

Capsules containing 300 mg Reishi spores:

- Take two capsules daily with ample liquid.
- Duration of use: until symptom-free plus 2 months

### Suitable Products

Reishi spores have a higher bioactivity than the rest of the fungus. They contain the perfect composition of all ingredients (not only single isolated active substances). Products with spores are therefore preferable to other Reishi products. ■



## Salvestrols

**Salvestrols are a type of phytochemicals found in berries, herbs, fruit, and vegetables. The plants use them to protect themselves against bacteria, viruses, fungi, and insects.**

Salvestrols have a special pharmacological effect on cancer cells. **They are able to connect with an enzyme found only in cancer cells called cytochrome CYP1B1. This newly created connection destroys the cancer cell.**

Plants produce a variety of different substances with which they protect themselves against bacteria or fungi, for example. This also includes salvestrols.

In conventional agriculture, however, all possible dangers are eliminated in advance by the use of crop protection products. This means that plants no longer need to protect themselves and save themselves the formation of salvestrols and other protective substances. This explains, among other things, why the consumption of organically grown fruit and vegetables is so much healthier and even prevents cancer.

### Uses for Salvestrols

Treatment with Salvestrols is based on a points system. In order to prevent cancer, at least 100 Salvestrol points should be taken daily, which is not that easily achieved. Therefore, there are special salvestrol products available containing, for example, 350 points which are solely aimed at prevention. Cancer patients require substantially higher doses of between 2000 and 6000 points per day depending on the type of cancer. Cancer treatment should be determined and overseen by a medical specialist who can assess and treat each individual case specifically.

#### Dosage

- Prevention: 1 capsule with 350 Salvestrol points per day.
- Cancer treatment: as prescribed by an oncologist.

#### Suitable Products

Products that contain 350 to 2000 Salvestrol-Points per capsule are recommended. This facilitates dosage. ■

## Sleep Promoting Agents

**Unfortunately, sleep disorders are quite widespread today. Yet nature has a few secret ingredients that may improve our sleep.**

### The Sleep Berry also known as Ashwagandha

The sleeping berry root or Ashwagandha has been used in India for over 3000 years and is appreciated for its well-documented nerve calming effect. The withanolide found in the roots is responsible for this effect. To promote this calming effect, it is best to take an extract made from the whole plant. These active ingredients have an anxiety-relieving, sedative effect at low doses and a stimulating effect at higher doses. When taken for longer periods (at least 4 weeks), **they lower the cortisol level and thus the stress level, and have a regulating effect on the day-night rhythm.** Experience has shown that the stimulating effect is felt from approx. 30 mg of withanolide. Sensitive people can feel this effect at dosages as low as 15 mg. Ashwagandha would have to be taken at dinner time instead of just before bedtime and under no circumstances should additional dosages be taken during the night if you have trouble sleeping through. I advise pregnant women not to take this product, as high doses of it can lead to premature births. Ashwagandha can also increase the effect of alcohol. A good effective dosage is achieved

with 250 to 500 mg of Ashwagandha powder per day. Side effects: Ashwagandha can in rare cases lead to nausea/digestive problems.

### Tryptophan

The essential amino acid tryptophan is also recommended for consumption, but in a hydrolyzed, predigested form, which can be absorbed quickly by the body. Tryptophan is the direct precursor of the hormones serotonin and melatonin, which have an important function in promoting good sleep. A good effect is achieved when taking 240 mg.

### Breast Milk

Breast milk contains proteins that have a calming effect on an infant. It contains special milk proteins, which are produced naturally in the breast and through a special process can also be extracted from animal milk. This hydrolyzed milk protein can also be consumed by people with milk allergies since in its split form, it is no longer recognized as an allergen by the body. To achieve a good calming effect, adults require between 150 and 300 mg. ►

### Erythrina Mulungu or Coral Tree

In Brazil and Peru, the plant Mulungu, also known as Brazilian coral tree, is known as a traditional household remedy and is used as a sedative and a sleeping pill. Studies show that especially extracts made from the roots and bark, block certain neuroreceptors and thus have a calming and anxiety-relieving effect.

### Change in behavior

It is also very important to look at a person's habits and where necessary to bring about changes. The quality of sleep can be influenced by, for example, irregular sleeping habits, an unbalanced diet, not enough exercises or a lack of opportunities to process the happenings of the day and to bring closure. It is important to remember every change counts, no matter how small it may seem when starting out.

### Dosage

for preparations containing all the substances mentioned:

- Take 1 – 2 capsules with the evening meal.
- Duration of intake: until symptom-free plus 2 months. ■



## Turmeric

**Turmeric or yellow ginger eliminates free radicals, inhibits bacteria, viruses and fungi, is a good anti-inflammatory and can slow down or even improve incipient dementia.**

Turmeric (also yellow ginger, saffron root, Curcuma longa) contains large amounts of eponymous curcumin. Turmeric is a **powerful antioxidant that inhibits the growth of bacteria, viruses, parasites, and fungi. It is anti-inflammatory, mild on the liver and antispasmodic.** It promotes bile production and thereby lowers cholesterol, inhibits the growth of tumors and can repair damaged DNA.

### Uses for Turmeric

- Digestive problems, flatulence
- Chronic inflammations
- Ulcerative colitis
- Crohn's disease
- Cancer
- Alzheimer's disease, dementia

### Dosage

In capsule sizes of 400 – 500 mg of Turmeric powder or Turmeric extract:

- 2 daily (preventative), or 3 – 4 capsules (therapy).
- Capsules to be taken throughout the day, just before meals, with fluids.
- Duration of treatment: until symptom-free plus two months.
- Side effects: In rare cases, turmeric can cause mild nausea or diarrhoea.

### Suitable Products

On its own, turmeric is hardly absorbed by the intestine. However, when it is mixed with black pepper (active ingredient: piperine), the rate of absorption is strongly increased. Therefore, a good turmeric product should contain the right amount of black pepper. It is also important that the product contains a high level of curcumin (at least 6%) and of essential oils (at least 2%). Finally, there are products which, in addition to turmeric powder, contain a turmeric extract which further enhances the effects. ■

## Vitamin D

**Vitamin D supports the immune system and is important for cell growth as well as the health of teeth, bones and muscles. A deficiency is unfortunately widespread at latitudes in our part of the world.**

Vitamin D is important for our immune system, cell growth and inhibits the growth and differentiation of some cancers. **It plays a leading role in the metabolism of calcium and phosphate. It is vital for healthy teeth, bones, and muscles.** In old age, a deficiency leads to falls and bone fractures. In recent years, there has been a growing number of indications that Vitamin D has a positive influence on the course of chronic diseases.

### Deficiency

If our body receives enough sunlight, it can produce Vitamin D in the skin cells. However, due to our modern lifestyle, many people are not exposed to enough sunlight or use sunscreen too readily to allow their bodies to produce Vitamin D. In winter, production is almost impossible and it is safe to say that at least **70% of the population in Northern and Central Europe have a Vitamin D deficiency.**

### Uses for Vitamin D

- Allergies, eczema
- Autoimmune diseases
- Intestinal diseases
- Inflammation of the joints
- Neurological diseases
- Frequent illnesses
- Osteoporosis
- Cancer

### Vitamin D and Osteoporosis

Osteoporosis is a common age-related bone disease which makes bones vulnerable to fractures. It can be effectively treated, or prevented, with Vitamin D, preferably in combination with Vitamin K2 which together promote remineralization of the bones. An adequate supply of magnesium is also important as well as checking that hormone levels are correct. It is to be noted that in our normal diet we consume more than enough calcium.

### Dosage

- A daily dose of 5000 IU in winter and 3000 IU in summer is reasonable.
- With a dosage of about 4000 IU or more per day, take an additional 200 µg of vitamin K2 per day (bone metabolism; also helps metabolise vitamin D3).
- For better absorption, take with meals.
- I treat osteoporosis with 5000 IU vitamin D, 200 µg vitamin K2 and 600 – 800 mg of elemental magnesium per day.
- Duration of treatment: until the symptoms have disappeared plus 2 months. Can be taken as a preventative treatment indefinitely.

### Suitable Products

We recommend the use of Vitamin D (cholecalciferol) in an oily solution (for example in coconut oil). Like this, the Vitamin D can be absorbed well by the body. There are also products with a lower dosage, which are suitable for babies and toddlers. ■



## Vitamin K2

**Vitamin K2 causes calcium to be taken from the bloodstream and to be deposited in our bones. In so doing, Vitamin K2 simultaneously prevents arterial calcification, also called arteriosclerosis, where calcium accumulates in our blood vessels, and fragile bones also called osteoporosis.**

The main action of Vitamin K is the activation of certain proteins. These include clotting factors for blood coagulation, osteocalcin for bone formation and the so-called glazing proteins, which very effectively prevent calcification of the arteries. It must be noted that only about 10% of Vitamin K1 consumed is absorbed in the intestine and once it has been absorbed it is broken down relatively quickly by the liver. In contrast, **Vitamin K2 is absorbed almost completely in the intestine and remains in the bloodstream much longer.** Vitamin K2 significantly reduces bone loss due to osteoporosis. If Vitamin D is taken at the same time, the two vitamins act synergistically resulting in bone density increases (see more in Vitamin D text). Furthermore, **Vitamin K2 reduces the risk of developing arteriosclerosis or dying from cardiovascular disease by 50%.**

### Uses for Vitamin K2

- All cardiovascular diseases (arteriosclerosis, myocardial infarction and strokes)
- Osteoporosis

#### Dosage

In capsule sizes of 200 µg of Vitamin K2:

- 1 capsule daily with little fluid and just before a meal. (For osteoporosis : see text on vitamin D)
- Duration of treatment: until pain and symptom-free, plus 2 months. It can be taken continuously as a supplement.
- Side effects: Vitamin K influences the effect of anticoagulants of the coumarin group. If your Vitamin K level increase, the amount of these anticoagulants needs to be readjusted accordingly.

#### Suitable Products

There are variants of Vitamin K2, which differ chemically either in the length of their side chain (MK4, MK7) or in their spatial arrangement (cis- or trans-variant). In summary, the best Vitamin K2 is one in the form of MK7 all-trans, which is obtained by bacterial fermentation and does not contain any other minerals. ■

## Voluntastrols

**Voluntastrols are secondary plant compounds that have antioxidant, anti-inflammatory and neuroprotective properties. They help with brain problems, after a stroke, with brain injuries and depression.**

These diseases are always associated with neuroinflammation (inflamed nervous tissue in the central nervous system, often chronic). Current research shows that **certain plant substances can significantly reduce such inflammation and protect neurons from cell death.** These substances are called voluntastrols. They are extracted from fruit, herbs and cocoa components and then combined in an optimal way.

#### Uses for Voluntastrols

- Depressed mood, depression – also postnatal, schizophrenia
- Mental exhaustion
- Migraine
- Poor cognitive function
- Progressive cognitive decline with age
- Neurological dysfunctions and symptoms resulting from brain injury or stroke
- Dementia & Alzheimer's, Parkinson's, MS

#### Dosage

for capsule sizes with 400 mg voluntastrols:

- Take 2 capsules daily before breakfast.
- In case of depression (without taking antidepressants): In the first 4 – 6 weeks, take 4 capsules daily (2 capsules before breakfast and 2 capsules at bedtime), then 2 capsules (before breakfast and as long as necessary).
- For depression treated with antidepressants: see the information on [www.vitalstoffmedizin.ch](http://www.vitalstoffmedizin.ch) > Active ingredients > Voluntastrole.
- Side effects: Voluntastrole can lower blood pressure (note if you are on antihypertensive medication / hypotension).

#### Suitable Products

The correct combination of voluntastrole is of great importance for their powerful interplay in the body. I therefore recommend the unique mixture with the original logo, developed and also protected by a team of New Zealand researchers. ■

## Zinc

**Zinc plays an important role in numerous processes in the human body. It supports the immune system, improves skin function and ensures normal hair growth. The hormone system is also dependent on zinc.**

Zinc is the second most common essential trace element in the body after iron. Although it is only needed in trace amounts, it is vital and cannot be produced by the body itself and can hardly be stored. Continuous intake is therefore important.

Zinc activates around 200 different proteins, which are responsible for important functions of enzymes and hormones. Among other things, zinc is necessary for various metabolic functions and plays a role in cell growth (e.g. skin, mucous membranes, hair, nails), fertility and the immune response. It is well documented that zinc can reduce the duration and severity of colds if taken immediately. It also acts as an antioxidant that can minimise the damage caused by free radicals. Optimum zinc levels can help the body to defend itself more effectively against infectious diseases, autoimmune diseases, chronic inflammation and allergies.

### Zinc deficiency

The symptoms can be far-reaching due to the diverse effects of zinc. Problems with the skin, hair or nails often occur. It can even favour hypothyroidism and, conversely, a lack of thyroid hormones can lead to zinc deficiency in the case of existing hypothyroidism. In addition, zinc deficiency can also lead to fertility or growth disorders, tiredness and states of exhaustion or immunodeficiency.

### Applications of zinc

- Zinc deficiency (e.g. chronic intestinal diseases, stress, vegan lifestyle)
- Increased requirement (e.g. pregnant women, breastfeeding mothers, menopause)
- Colds, viral infections, flu
- hair loss
- Skin diseases such as acne or eczema
- Problems with fertility
- Hypothyroidism, Hashimoto's thyroiditis
- Autoimmune diseases
- Allergies, hay fever

### Dosage

- 10 to a maximum of 25 mg per day, depending on the area of application and requirements.
- Duration of use: until symptom-free plus 2 months

### Suitable Products

I recommend zinc drops, which contain zinc in the form of zinc sulphate. They should also contain the amino acid L-histidine, which forms a zinc-histidine complex that is very bioavailable and well tolerated. Various organisations recommend zinc histidine as a source of zinc, especially for children. Such a product is better tolerated than zinc sulphate, which has to be taken on an empty stomach and can cause discomfort or even nausea in many people. ■



## Intake Recommendations

Before breakfast	Immune activation	Probiotics & co.	Voluntastrols	
<b>Before meals</b>	Cayenne Green coffee	Mulberry leaves Vegetable iron	Volcanic earth (Clinoptilolite)	
<b>With the meals</b>	Amino acids <sup>1)</sup> Arginine Aronia Calcium CBD capsules Coenzyme Q10	Frankincense Grape Seed Extract Magnesium Moringa MSM Multi-preparation	Omega-3 fatty acids Oregano (natural antibiotic) Psychoneuroimmuno- logy (PNI) Reishi	Salvestrols Sleep disorders <sup>2)</sup> Turmeric Vitamin D Vitamin K2 Zinc
<b>Between meals</b>	Alpha lipoic acid	Artemisia	Leaky Gut	
<b>As needed, independently</b>	CBD drops	Green Tea & Matcha	Flower pollen	NADH

1) during physical exertion 30 min. before sport

2) for dinner

## Treatment

Many diseases can only be treated with a combination of nutrients. Listed below are supplementary nutrients for common diseases and ailments. The suggested treatment has always to be adapted to suit each individual patient.

### Web Doctor Therapy Plans and Knowledge of Vital Substances

An application called «Web Doctor» is available at [www.naturaldoctor.online](http://www.naturaldoctor.online), which will support you as you look for treatment suggestions of various common diagnoses. On [www.integrativemedicine.info](http://www.integrativemedicine.info) > Therapy Plans you will find supplementary treatment plans. Precious knowledge about numerous vital substances / micronutrients can be found at [www.vitalstoffmedizin.ch](http://www.vitalstoffmedizin.ch) > Nutrients.

### General Information

Unless otherwise suggested, nutrients should be taken throughout the day and before meals. **The following dosage recommendations are per day (for a person 60 – 80 kg) and refer to the above mentioned capsule size.** However, they do not replace medical advice or therapy. If you have any questions about your health, consult your family doctor and do not begin, change or interrupt any treatment on your own or without consulting your doctor.

**Acne**

- Artemisia gel with beard lichen and licorice root (apply sparingly three times day and massage in well)
- Artemisia-containing gel
- Zinc (30 mg)

**Allergies**

- e.g. Hayfever, Asthma, Nessel fever (Urticaria)
- Avoid the allergen wherever possible
  - Aronia (3 – 4 capsules; maximum 6 – 8); alternativ Pollen (3×1 – 2 capsules)
  - Quercetin (2 – 3 capsules of 500 mg each)
  - Probiotics and prebiotics (3 g) and / or enzymes (20 ml); on an empty stomach, at least 15 (better 30) min before breakfast
  - Inflammation inhibitors (e.g. Neovital; 2 × 5 ml; away from meals; in case of parallel intake of clinoptilolite: always keep at least one hour distance)
  - Omega-3 fatty acids (2 – 3 g in fish oil, 1 – 1.5 g in krill oil or 2 g in algae oil); with a main meal
  - Vitamin C (2 – 4 g), D (4000 IU) and E (12 – 24 mg)
  - Zinc (15 – 30 mg), Selenium (200 µg)
  - If the effect is insufficient, complete with Clinoptilolite

**Anaemia (iron deficiency)**

- Plant-based iron (2 capsules; in the morning and at midday with the meals)
- Moringa (3 capsules)
- Aronia (3 capsules)
- Essential amino acids (6 – 12 tablets)

**Arthritis (Inflammation of the joints)**

- Turmeric (4 capsules) and / or Frankincense extract (4 capsules)
- Aronia and / or red wine extract (3 – 4 capsules of each)
- Vitamin D3 (4000 – 5000 IU); with a main meal; (from 4000 IU: additionally 1 capsule of vitamin K2; cf. for vitamin D)
- Omega-3 fatty acids (2 – 3 g in fish oil, 1 – 1.5 g in krill oil or 2 g in algae oil); with a main meal
- Inflammations inhibitors (e.g. Neovital; 2 × 5 ml; away from meals)
- Probiotics and prebiotics (3 g) and / or enzymes (20 ml); on an empty stomach, at least 15 (better 30) min before breakfast
- Immune activation (1 – 2 × 1 capsule per week on empty stomach with a glass of water 20 min before breakfast; note vitamins D3 and K2!)
- Magnesium (2 capsules)
- Essential amino acids (against pain; 12 tablets)
- Rosehip (3 capsules of 700 mg each)
- CBD oil for joints and possibly Emu oil to rub in gently

**Arthrosis**

- MSM / glucosamine / chondroitin sulphate (3 capsules)
- Frankincense extract (4 capsules; especially for arthrosis of the knee joint)
- CBD oil for joints to rub in gently
- The effect can be enhanced with cayenne, turmeric, NADH, willow bark, grapple plant, rose hips, arnica ointment, cayenne gel and Emu oil.

**Autism Spectrum**

- Check intestinal health; exclude leaky gut (PANDA-Test)
- Clinoptilolite (3×2 capsules 20 min before each meal but at least 15 min after probiotics / enzymes and immune activation; with a glass of water)
- Immune activation (3×1 capsule per week on empty stomach with a glass of water 20 min before breakfast; note vitamins D3 and K2!)
- Inflammation inhibitors (e.g. Neovital; 2 × 5 ml; away from meals; in case of parallel intake of clinoptilolite: always keep at least one hour distance)
- Probiotics and prebiotics (3 g) and / or enzymes (20 ml); on an empty stomach, at least 15 (better 30) min before breakfast
- Omega-3 fatty acids (2 – 3 g in fish oil, 1 – 1.5 g in krill oil or 2 g in algae oil); with a main meal
- Vitamin D3 (4000 IU); with a main meal
- Magnesium (2 capsules)

**Autoimmune diseases**

(for MS see neurological diseases / psoriasis: see below)

- Check intestinal health; exclude leaky gut (PANDA-Test)
- Immune activation (2 – 3×1 capsule per week on empty stomach with a glass of water 20 min before breakfast; note vitamins D3 and K2!)
- Inflammations inhibitors (e.g. Neovital; 1 – 2×5 ml; away from meals)
- Probiotics and prebiotics (3 g) and / or enzymes (20 ml); on an empty stomach, at least 15 (better 30) min before breakfast
- Zinc (30 mg)
- Omega-3 fatty acids (2 – 3 g in fish oil, 1 – 1.5 g in krill oil or 2 g in algae oil); with a main meal
- Magnesium (2 capsules)
- Vitamin D3 (4000 IU); with a main meal
- Frankincense extract (4 capsules)
- Coconut fat (2×5 g)
- Bioidentical hormones
- Gluten-free diet if possible

**Bacterial infections (especially of the upper respiratory tract, ENT)**

- Oregano-Thyme (4×2 capsules; with food & before sleeping)
- Artemisia (4×2 capsules 30 – 60 min before meals and at night)
- Essential amino acids (2×8 tablets)
- Omega-3 fatty acids (2 – 3 g in fish oil, 1 – 1.5 g in krill oil or 2 g in algae oil); with a main meal
- Vitamin K2 (1 capsule)
- Magnesium (2 capsules)
- Cayenne (2 capsules; before meals)
- Arginine (3×2 capsules)

**Blood Pressure (high)**

- Weight reduction; mainly plant-based diet
- Grape seed extract (3 capsules)
- Omega-3 fatty acids (2 – 3 g in fish oil, 1 – 1.5 g in krill oil or 2 g in algae oil); with a main meal
- Vitamin D3 (4000 – 6000 IU); with a main meal (about 4000 IU; additionally 200 µg vitamin K2; cf. vitamin D)
- Vitamin C (2 – 4 g) and Zinc (30 – 45 mg)
- CBD (3×2 capsules)

**Cancer**

To be treated by a specialist. Possibilities are: turmeric, salvestrols, Grape seed extract, artemisia, reishi, green tea extract. Further CBD as well as frankincense (both for brain tumors) and also immune activating factors in combination with Vitamin D3.

**Cardiovascular Disease**

e.g. Arteriosclerosis (hardening of the arteries), heart attack, stroke, varicose veins, oedema (swollen legs)

- Omega-3 fatty acids (2 – 3 g in fish oil, 1 – 1.5 g in krill oil or 2 g in algae oil); with a main meal
- Grape seed extract or Aronia (4 capsules)
- Vitamin K2 (1 capsule)
- Vitamin D3 (4000 – 6000 IU); with a main meal
- Magnesium (2 capsules)
- Inflammations inhibitors (e.g. Neovital; 2×5 ml; away from meals)
- Cayenne (2 – 3 capsules; before meals)
- Q10 (2 – 6 capsules; ubiquinol or ubiquinone; ubiquinol is recommended an an advanced age)
- Immune activation (3×1 capsule per week on empty stomach with a glass of water 20 min before breakfast; note vitamins D3 and K2!)
- Essential amino acids (6 – 12 tablets)
- Arginine (3×2 capsules)

- After a stroke: NADH (3 – 5 tablets) and Voluntastrols (2 – 4 capsules)

- Potassium as recommended by a doctor
- Possibly bioidentical testosterone (after hormone saliva test)

**Chronic Fatigue / Exhaustion**

- Leaky Gut Test (PANDA-Test); if needed: intestinal rehabilitation
- Check food intolerance
- Perform hormone saliva test; check thyroid gland values
- Follow diet according to test; take hormones according to test
- All-in-one preparation (e.g. Vitality Shot; 2 sticks)
- Plant-based iron (2 capsules, preferably morning and midday with meals)
- Q10 (2 – 6 capsules; ubiquinol or ubiquinone; ubiquinol is recommended at an advanced age)
- NADH (4 tablets; allow ½ dose dissolve under tongue 20 min before breakfast; rest 2 hours after lunch)
- Magnesium (2 capsules)
- Aronia (4 capsules) and / or Grape seed extract (3 capsules)
- Vitamin D3 (4000 – 5000 IU); with a main meal; (from 4000 IU: additionally 1 capsule of vitamin K2; cf. for vitamin D)
- Voluntastrols (2 capsules; before breakfast)

**Circulatory Disorders**

- Product for strengthening the psyche, nerves and immune system (PNI; e.g. Recovery Box; cf. dosage information).
- In case of physical fatigue: additionally essential amino acids
- In case of mental fatigue: additionally Pollen (3 – 4 capsules)
- Omega-3 fatty acids (2 – 3g in fish oil, 1 – 1.5 g in krill oil or 2g in algae oil); with a main meal
- Grape seed extract and / or Aronia (3 – 4 capsules of each)
- Vitamin K2 (1 capsule)
- Magnesium (2 – 3 capsules)
- Vitamin D3 (4800 IU); with a main meal; (from 4000 IU: additionally 1 capsule of vitamin K2; cf. for vitamin D)
- Cayenne (2 capsules; before meals)
- Arginine (3x2 capsules)

**Cystic fibrosis**

- Immune activation (3×1 capsule per week on empty stomach with a glass of water 20 min before breakfast; note vitamins D3 and K2!)
- Omega-3 fatty acids (2 – 3g in fish oil, 1 – 1.5 g in krill oil or 2g in algae oil); with a main meal
- Magnesium (2 capsules)
- Vitamin D3 (5000 IU); with a main meal; (from 4000 IU: additionally 1 capsule of vitamin K2; cf. for vitamin D)
- Selenium (400 – 500 µg)
- NADH (4 tablets; allow ½ dose dissolve under tongue 20 min before breakfast; rest 2 hours after lunch)

**Cystitis, Urinary Tract Infections (acute; women)**

- Remarkably high intake of fluids, e.g. cranberry or lingonberry juice, specific cystitis teas (e.g. with goldenrod herb, birch leaves or bearberry leaves)
- Products with horseradish root (approx. 80 mg) and capuchin herb (approx. 200 mg) (3 – 5×4 – 5 tablets)
- Essential amino acids (2×8 tablets)
- Vitamin D3 (6000 – 7000 IU); with a main meal (during the infection)
- D-Mannose (4 – 6×500 mg)
- Possibly Aronia (6 capsules)
- Support intestinal and vaginal microflora with Probiotics and prebiotics (3g) and / or enzymes (20 ml); on an empty stomach, at least 15 (better 30) min before breakfast (can also be rubbed in externally); possibly additional vaginal products
- Warmth (warm pants, bed bottle, sitz baths with anti-inflammatory additives)

- Natural oils for genital area with anti-inflammatory substances
- Possibly pain-relieving and anti-inflammatory medication

**Diabetes Type 1**

- Diet and insulin according to medical recommendation
- NADH (4 tablets; allow ½ dose dissolve under tongue 20 min before breakfast; rest 2 hours after lunch)

**Diabetes Type 2**

- Diet: sugar-free, minimum carbohydrates, plenty of plant-based food
- Pay attention to intestinal health (microbiome, intestinal mucosa)
- Mulberry (3 capsules; 30 – 60 min before the meals)
- Green coffee beans (2 capsules; one capsule 30 – 60 min before each main meal)
- Inflammations inhibitors (e.g. Neovital; 2 × 5 ml; away from meals)
- Magnesium (2 capsules)
- Vitamin D3 (4800 IU); with a main meal; (from 4000 IU: additionally 1 capsule of vitamin K2; cf. for vitamin D)
- NADH (4 tablets; allow ½ dose dissolve under tongue 20 min before breakfast; rest 2 hours after lunch)
- Artemisia (3 × 2 capsules each 30 – 60 min before meals)
- Essential amino acids (6 – 12 tablets)
- Q10 (2 – 3 capsules; ubiquinol or ubiquinone; ubiquinol is recommended at an advanced age)

**Digestive disorders**

- Clinoptilolite (3 × 2 capsules 20 min before each meal but at least 15 min after probiotics / enzymes; with a glass of water)
- Inflammation inhibitors (e.g. Neovital; 1 – 2 × 5 ml; away from meals; in case of parallel intake of clinoptilolite: always keep at least one hour distance)
- Turmeric (3 capsules)
- Probiotics and prebiotics (3 g) and / or enzymes (20 ml); on an empty stomach, at least 15 (better 30) min before breakfast
- Vitamin D3 (4000 IU); with a main meal
- As soon as improvement occurs: switch to a lot of plant-based food and a diet rich in fiber
- Possibly check food intolerance; consume a diet corresponding to the test

**Eczema / Rashes (neurodermatitis as well as psoriasis: see below)**

- Perform allergy tests / experimentally omit milk and milk products
- Vitamin D3 (4000 – 5000 IU); with a main meal; (from 4000 IU: additionally 1 capsule of vitamin K2; cf. for vitamin D)
- Omega-3 fatty acids (2 – 3 g in fish oil, 1 – 1.5 g in krill oil or 2 g in algae oil); with a main meal
- Selenium (400 µg) and Zinc (15 mg)
- Reishi (2 capsules)
- Experiment with Artemisia gel, highly effective skin care product and Emu oil and see which has the best result
- Mainly plant-based diet and uncooked food as far as possible
- If necessary, use cortisone creams

**Fibromyalgia**

To be treated by a specialist. Options for ingestion: inflammation inhibitors (e.g. Neovital), immune activating factors combined with Vitamin D3, probiotics, omega-3 fatty acids, essential amino acids, CBD (capsule or oil); guaifenesin. Externally applicable: joint oil with CBD, cayenne-containing gel.

**Fungal Infections**

Skin fungus:

- Artemisia or cayenne gel applied to the affected area Intestinal or vaginal thrush:
- Check food intolerance; consume a diet corresponding to the test
- Clinoptilolite (3 × 2 capsules 20 min before each meal but at least 15 min after probiotics / enzymes; with a glass of water)
- Turmeric (3 capsules)
- Probiotics and prebiotics (3 g) and / or enzymes (20 ml); on an empty stomach, at least 15 (better 30) min before breakfast
- Possibly Aronia or moringa (3 capsules each)
- Possibly supplement with colostrum

**Hair loss (not androgenetic)**

- Essential amino acids (16 tablets)
- Arginine (3×2 capsules)
- Plant-based iron (2 capsules; in the morning and at midday with the meals)
- Omega-3 fatty acids (2 – 3 g in fish oil, 1 – 1.5 g in krill oil or 2 g in algae oil); with main meal
- Magnesium (3 capsules)
- Zinc (15 mg)

**Immune system (to strengthen it)**

- Vitamin D3 (4000 IU); with a main meal
- Omega-3 fatty acids (2 – 3 g in fish oil, 1 – 1.5 g in krill oil or 2 g in algae oil); with main meal
- Magnesium (2 capsules)
- Zinc (15 – 30 ) and selenium (100 – 200 µg)
- Vitamin C (500 mg)
- All-in-one preparation (e.g. Vitality Shot; 2 sticks)
- In serious conditions: Immune activation (2×1 capsule per week on an empty stomach with a glass of water 20 min before breakfast; observe vitamins D3 and K2!)
- Product for strengthening the psyche, nerves and immune system (PNI; e.g. Recovery Box; cf. dosage information).
- Aronia (3 capsules)
- Pay attention to intestinal health

**Intestinal Diseases**

- e.g. Crohn's disease, ulcerative colitis, diverticulitis, irritable bowel syndrome
- Check food intolerance
  - Clinoptilolite (3×2 capsules 20 min before each meal but at least 15 min after probiotics / enzymes; with a glass of water)
  - Inflammations inhibitors (e.g. Neovital; 1 – 2×5 ml; away from meals; in case of parallel intake of clinoptilolite: always keep at least one hour distance)
  - Vitamin D3 (5000 IU); with a main meal; (from 4000 IU: additionally 1 capsule of vitamin K2; cf. for vitamin D)
  - Turmeric (3 capsules) and / or Frankincense extract (4 capsules)
  - Probiotics and prebiotics (3g) and / or enzymes (20 ml); on an empty stomach, at least 15 (better 30) min before breakfast
  - Omega-3 fatty acids (2 – 3 g in fish oil, 1 – 1.5 g in krill oil or 2 g in algae oil); with a main meal
  - CBD (capsules or oil; individually adjusted dose)
  - Essential amino acids (6 – 12 tablets)

**Liver Diseases**

- e.g. Hepatitis, liver disorders, fatty liver
- Cayenne (2 capsules; before meals)
  - Moringa (2 capsules)
  - Diet rich in bitter substances; artichokes
  - Clinoptilolite (3×2 capsules 20 min before each meal but at least 15 min after probiotics / enzymes; with a glass of water)
  - Vitamin K2 (1 capsule)
  - Vitamin D3 (4000 – 5000 IU); with a main meal; (from 4000 IU: additionally 1 capsule of vitamin K2; cf. for vitamin D)
  - Pollen (2 – 4 capsules)
  - Turmeric (4 capsules)
  - Reishi (2 capsules)
  - Inflammations inhibitors (e.g. Neovital; 5 ml; away from meals; in case of parallel intake of clinoptilolite: always keep at least one hour distance)
  - Probiotics and prebiotics (3g) and / or enzymes (20 ml); on an empty stomach, at least 15 (better 30) min before breakfast
  - Essential amino acids (6 – 12 tablets)
  - Green coffee beans (2 capsules; each capsule 30 – 60 min before the main meals)

**Menstrual Pains /  
Premenstrual Syndrome**

- Bioidentical progesterone cream
- Magnesium (1 – 2 capsules)
- CBD (3 capsules)
- Plant-based iron (2 capsules, preferably morning and midday with meals)
- Aronia or Grape seed extract (3 – 4 capsules of each)
- Moringa (3 capsules)
- CBD oil for joints to rub in gently

**Mental Illness**

- Depression, poor concentration, forgetfulness, burnout
- Check & improve intestinal health; exclude leaky gut syndrome (PANDA-Test)
- Probiotics and prebiotics (3g) and / or enzymes (20 ml); on an empty stomach, at least 15 (better 30) min before breakfast
- Vitamin D3 (5000 IU); with a main meal; (from 4000 IU: additionally 1 capsule of vitamin K2; cf. for vitamin D)
- Magnesium (2 – 3 capsules)
- Omega-3 fatty acids (2 – 3 g in fish oil, 1 – 1.5 g in krill oil or 2 g in algae oil); with a main meal
- Voluntastrols (2 – 4 capsules; before breakfast and possibly at bedtime)
- Product for strengthening the psyche, nerves and immune system (PNI; e.g. Recovery Box; cf. dosage information).
- Moringa (3 capsules)
- Magnesium (2 – 3 capsules)
- All-in-one preparation (e.g. Vitality Shot 2 sticks)

**Neurodermatitis**

- NADH (4 tablets; allow ½ dose to dissolve under tongue 20 min before breakfast; rest 2 hours after lunch)
- Essential amino acids (6 – 12 tablets)
- Optionally cayenne (2 capsules; before meals) or Aronia (3 capsules)
- Q10 (2 – 6 capsules; ubiquinol or ubiquinone; ubiquinol is recommended at an advanced age)
- 5-HTP (5-OH-Tryptophan), Arginine
- Mild schizophrenia and anxiety alternatively CBD (3 capsules) and / or Ashwaganda (250 – 500 mg)
- If possible, omit dairy products / exclude leaky gut (PANDA-Test)
- Vitamin D3 (4000 – 5000 IU); with a main meal; (from 4000 IU: additionally 1 capsule of vitamin K2; cf. for vitamin D)
- Frankincense extract (4 capsules)
- Inflammations inhibitors (e.g. Neovital; 5 ml; away from meals)
- Probiotics and prebiotics (3g) and / or enzymes (20 ml); on an empty stomach, at least 15 (better 30) min before breakfast
- Omega-3 fatty acids (2 – 3 g in fish oil, 1 – 1.5 g in krill oil or 2 g in algae oil); with a main meal
- Try using Artemisia-containing gel, highly effective skin care product and Emu oil and see which has the best result
- Zinc (15 – 30 mg) and Selenium (100 – 200 µg)
- If necessary: use cortisone cream

**Neurological Diseases**

- e.g. dementia, Alzheimer's, Parkinson's, MS, ALS, Huntington's Disease, epilepsy
- Inflammations inhibitors (e.g. Neovital; 5 ml; away from meals)
- Probiotics and prebiotics (3g) and / or enzymes (20 ml); on an empty stomach, at least 15 (better 30) min before breakfast
- CBD (3 capsules)
- Possibly follow a ketogenic diet
- Coconut oil (2 tablespoons)
- Voluntastrols (2 – 4 capsules; before breakfast and possibly at bedtime)
- CBD (3 capsules)
- Turmeric (3 – 6 capsules) and / or Frankincense extract (4 capsules)
- Immune activation (1×2 capsule per week on empty stomach with a glass of water 20 min before breakfast; note vitamins D3 and K2!)
- Omega-3 fatty acids (2 – 3 g in fish oil, 1 – 1.5 g in krill oil or 2 g in algae oil); with a main meal
- Q10 (2 – 6 capsules; ubiquinol or ubiquinone; ubiquinol is recommended at an advanced age)

**Osteoporosis**

- Vitamin D3 (5000 IU); with a main meal; (from 4000 IU: additionally 1 capsule of vitamin K2; cf. for vitamin D)
- Vitamin K2 (1 capsule)
- Magnesium (3 – 4 capsules; i.e. 600 – 800 mg elemental magnesium)
- Essential amino acids (6 – 12 tablets)
- Measure calcium levels (lab); supplement if required (e.g. Calcium Shot; 1 – 2 sticks)

**Pain (chronic)**

- e.g. neuralgia, migraine, muscle spasms, (arthrosis)
- CBD (3×1 – 2 capsules)
- Vitamin-B complex
- Magnesium (1 – 2 capsules)
- Essential amino acids (12 – 20 tablets)
- Additional cayenne (1 – 2 capsules; before meals) or Turmeric (3 capsules)
- externally: CBD oil for joints or cayenne containing gel

**Prostate Diseases**

- Benign enlargement of the prostate / chronic prostatitis
- Pumpkin seeds; serenoa repens (Saw Palmetto)
  - Pollen (2×4 capsules)
  - Aronia and / or Grape seed extract (3 capsules of each)

**Psoriasis**

- Omega-3 fatty acids (2 – 3g in fish oil, 1 – 1.5g in krill oil or 2g in algae oil); with a main meal
- CBD (3×1 – 2 capsules)
- Magnesium (3 – 4 capsules)
- Selenium (200 µg) and Zinc (45 mg)
- Vitamin D3 (5000 – 6000 IU); with a main meal (about 4000 IU; additionally 200 µg vitamin K2; cf. vitamin D)
- Inflammation inhibitors (e.g. Neovital; 1 – 2×5 ml each; away from meals)
- Probiotics and prebiotics (3g) and / or enzymes (20 ml); on an empty stomach, at least 15 (better 30) min before breakfast
- Immune activation (2×1 capsule per week on empty stomach with a glass of water 20 min before breakfast; note vitamins D3 and K2!)
- Frankincense extract (4 capsules)
- Try using Artemisia-containing gel, highly effective skin care product and Emu oil and see which has the best result

**Sleeping Disorders (Insomnia)**

- Sleeping berry root powder (Ashwagandha, 250 – 500 mg)
- Hydrolyzed Milk proteins (150 – 300 mg)
- Tryptophan (120 – 240 mg) and other essential amino acids
- CBD (2 capsules)
- Magnesium (2 – 3 capsules)
- Reishi (1 – 2 capsules)
- Essential amino acids (6 – 12 tablets)

**Surgery**

- Q10 (4 capsules daily, 1 week before and after the surgery; ubiquinol or ubiquinone; ubiquinol is recommended at an advanced age)
- All-in-one preparation (e.g. Vitality Shot; 2 sticks)
- Vitamin D3 (4000 IU); with a main meal

**Viral Infections**

- e.g. colds, flu
- Artemisia (4×2 capsules, 30 – 60 min before meals / sleeping)
  - Essential amino acids (2×8 tablets)
  - Vitamin D3 (5000 IU); with a main meal; (from 4000 IU; additionally 1 capsule of vitamin K2; cf. for vitamin D)
  - Omega-3 fatty acids (2 – 3g in fish oil, 1 – 1.5g in krill oil or 2g in algae oil); with a main meal
  - Vitamin C (2 – 4g) and Zinc (30 – 45 mg)
  - Possibly Aronia (3 capsules); Reishi (2 capsules)

**Weight Reduction**

- Green coffee beans (2 capsules; each capsule 30 – 60 min before the main meals)
- Mulberry (3 capsules; 30 – 60 min before the meals)
- Inflammations inhibitors (e.g. Neovital; 2×5 ml; away from meals)
- Probiotics and prebiotics (3g) and / or enzymes (20 ml); on an empty stomach, at least 15 (better 30) min before breakfast
- Essential amino acids (9 – 12 tablets)



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# The Power of Natural Nutrients.

A guide by  
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