



Natural Doctor
Dr. med. Heinz Lüscher



The Power of Natural Nutrients

Be healthy, stay healthy

A guide by
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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 fruit and vegetables 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 or cystitis, 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 capsule containing 600mg of this herbal blend, take 4x2 capsules daily at the first sign of infection (before meals/sleeping) until symptom-free. Side effects: none.

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.

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. Aronia is also rich in **OPC (oligomeric proanthocyanidins), one of the strongest antioxidant substance classes at all.** 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

- Cardiovascular diseases such as atherosclerosis (calcification of the arteries), heart attack, angina pectoris, strokes or high blood pressure as well as atherosclerosis, swollen legs (oedema) or varicose veins
- (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.
- Side effects: none. Even with extremely high doses of up to 20 grams of Aronia extract per day, there were no side effects.

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 active ingredient Artemisinin has earned its discoverer the Nobel Prize.

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.

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. Finally, Artemisia is also excellent against viruses.

Uses for Artemisia in capsule form

- 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 (gargle with tea)

Uses for Artemisia as a cream

- Acne, skin blemishes, pimples
- 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 chilli)

Dosage

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

- At the first sign of a cold or flu, 4x2 capsules daily taken 1 hour before meals with fluids and at night.
- 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.

Dosage of Artemisia tea:

- 4x daily 1 tablespoon tea leaves with hot water (max. 80°C) and infuse for 10 minutes.

Dosage of Artemisia creams:

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

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. So far there have been no side effects of any kind, neither with me nor in my surroundings.

Cayenne

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

Essential Ingredients

A substance called capsaicin is responsible for the spiciness in chilies. **When it comes into contact with nerve endings in the mouth, 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. 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 as a cream

- 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 500–600mg 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.
- Side effects: Burns eyes and mucous membranes. Avoid contact (applies to the use of Cayenne cream).

Dosage of Cayenne creams:

- Apply the cream gently every day and let it work in. Avoid eye and mucous membrane contact (burns) and use gloves for rubbing in if necessary!

Suitable Products

Cayenne can be used as a spice in food for those who enjoy a spicier flavour or simply taken in organic quality capsules for those who prefer milder foods.

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 neuroprotective properties.

Unlike THC (which is barely detected in commercial hemp), CBD is not psychoactive. **In contrast, it has analgesic, anticonvulsant, 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 seems to be able to combat threats such as neuroinflammation, oxidative stress and reduce nerve degeneration.** 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

Dosage

In capsule size of around 100 mg hemp powder or extract:

- 3 capsules throughout the day and just before meals with fluids.
- For oils with 5% CBD: 12 drops throughout the day.
- Duration of treatment: until symptom-free plus two months.
- Side effects: CBD is considered safe to take except during pregnancy.

Suitable Products

There is evidence that the effect of CBD is enhanced when it is taken together with turmeric. Corresponding products sometimes carry mysterious names, but they are not dubious. CBD is also available in the form of oils, such as coconut oils. After a certain liberalisation, the authorities have recently taken more vigorous action against CBD products. Some manufacturers therefore use CBD products for pets to sidestep the problem.

Coenzym Q10

Q10 (or Ubiquinol) is a coenzyme, that is needed by all cells in the body to produce energy in the cells «power plants».

Q10 is crucial for the formation of ATP (Adenosine-Tri-Phosphate), essentially the body's fuel. With a Q10-deficiency of 25% there is damage to the mitochondria (cell structures which produce the ATP), leading to a noticeable lack of energy. **Q10 is produced in our bodies, but the amount produced continually decreases with age.** Q10 acts as an antioxidant stabilize cell walls, strengthens the immune system and protects nerve and heart muscle cells.

Uses for Q10

- Complements the bodies Q10 production in over 50's
- Compensation for medications known as Q10-raiders (Cholesterol-lowering drugs and beta-blockers)
- Chronic fatigue, exhaustion
- Lack of concentration ranging to burnout
- Cardiovascular disease, heart attack, angina pectoris
- Alzheimer's, Parkinson's, dementia
- Multiple Sclerosis
- High dosage prior to surgery (for a rapid recovery)

Dosage

In capsule size of 50mg Coenzyme Q10:

- 2-6 capsules daily, throughout the day and just before meals.
- Duration of treatment: in severe illnesses according to medical prescription. To preventatively refill the Q10 level; take for 3-6 months, then pause.
- Side effects: Q10 has no side effects of up to 2400mg per day. In higher doses, which would have no medical benefit, nausea and diarrhoea may occur.

Suitable Products

Liquid Q10 (for example in soft gel capsules) is absorbed better by the intestines than in powder form. Highly recommended are products with as few additives as possible.

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, epithelizing 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
- Acne, rashes
- Eczema (alternating with an Artemisia cream),

Dosage

Apply and gently rub the oil on the affected area 3 times a day. Emu oil is not suitable for ingesting. Side effects: none.

Suitable Products

It is beneficial to use oil from animals which are raised in accordance with animal welfare standards. This will ensure a high quality oil.

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 pod fruits are almost exclusively used in the latter way. Accordingly, nitrogen waste is only 2%.

Uses of Amino Acids

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

Dosage

At 500–600mg 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.
- Side effects: none.

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 semi-essential amino acid, L-arginine. Semi-essential because L-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 L-arginine itself and therefore is dependent on the intake via food.

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 weight-reducing 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 above-mentioned 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

Our immune system is a marvel of nature and consists of several organs, tissues, cells, and messenger substances. The ultimate goal of much of what we do in the world of medicine is to support the body's own defenses.

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 Immuno-activating messenger substances

- Cancer, tumours
- Neurodegenerative diseases (Dementia, Parkinson's, Alzheimer's, Multiple Sclerosis)
- Stroke (aftercare)
- Autoimmune disorders
- Autism; ADS/ADHS
- Fibromyalgia

Dosage

For capsule sizes of 400 mg

- For general prevention: 1 capsule per week.
- Accompanying treatment for tumors: 2x2 capsules per week.
- Chronic inflammation, cardiovascular disease, & autism: 3x1 capsule per week.
- Neurological diseases: 1x2 capsules per week.
- Duration of use: For a preventive treatment, a 3-month application once a year is suggested. Improvement of existing diseases can be expected after 3 to 6 months.

The capsules must be taken on an empty stomach, 30–60 minutes before meals 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. There are larger capsules with 400 mg and smaller ones with 100 mg content. The smaller ones are much easier to swallow - especially for children.

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, whereas coffee and black tea inhibit it.

Uses of Iron

- Anaemia
- Fatigue & exhaustion/rapid tiring/burnout
- Forgetfulness
- Malnutrition & undernourishment
- Menstrual cramps
- AD(H)D

Dosage

In capsule sizes of 15mg 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.
- Side effects: none.

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 bio-available.

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. Side effects: none

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 above-mentioned 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 products.

Magnesium

Magnesium (Mg) is a vital mineral with numerous key functions in the human body. A deficiency of this mineral is unfortunately widespread and plays a significant role in about 100 diseases.

Magnesium acts as a co-factor in around 800 metabolic processes and performs a catalyst function, producing and transporting energy in the body, is involved in synthesizing proteins, transmitting nerve signals and helping muscles relax. **It is important for bones and should be taken to combat osteoporosis. It has been found to be helpful to alleviate migraine and lower cholesterol levels. Early administration of magnesium greatly improves the chances of surviving a heart attack.** As an application against depression, magnesium is important because it increases the level of the “feel-good hormone” serotonin in a natural way.

Other uses of Magnesium

- High blood pressure, 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

Dosage

In capsules containing 180–200 mg of **elemental** magnesium (not the weight of the entire magnesium-containing compound):

- 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.
- Side effects: none.

Suitable Products

There are many different magnesium salts, all with different properties and bioavailability, available for purchase in the market. It should also be noted that the bioavailable magnesium varies greatly with different magnesium salts (between 6% and

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 salts is recommended as the most suitable.

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 (17x more than milk), potassium (15x more than bananas), iron (20 to 25x more than spinach) and vitamin A (25x 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-amblyopia)

Dosage

In capsule sizes of 500–600mg 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.
- Side effects: none.

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 Arthrosis to date. The three together have the ability to rebuild the worn-out cartilage.

Arthrosis 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 is 0.2% sulphur, which is 40x 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 arthrosis, I recommend the following daily dose: 800mg of MSM, 900mg of glucosamine and around 600mg of chondroitin sulfate.
- These natural products can further enhance the effect: omega-3 fatty acids, turmeric, aronia, willow bark, devil claw, rose hips, arnica and chilli cream.
- Duration of treatment: until symptom-free plus six months.
- Side effects: none.

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 500–600mg mulberry leaf powder:

- Take 2–3 capsules daily throughout the day and 30 minutes before meals with a little liquid.
- Duration of treatment: until the normalization of blood sugar levels.
- Side effects: none.

Suitable Products

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

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.**

Application

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

- The dosage depends on the ailment pattern. For healthy people who just want to spice up their energy, a dosage of 2x10mg per day is sufficient.
- Whilst one is ill, the dosage should be 60 to 100mg 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. 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.

A Gem without any side effects

NADH has no side effects! A daily dose of 35grams (!) 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.

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.

Omega-3 fatty acids perform a variety of functions. Amongst other things, they protect us from cardiovascular disease and reduce the risk of dementia. 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. There is no plant source that provides the omega-3 requirements needed.

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 much better absorbed by the body. Finally, krill oil naturally contains astaxanthin.** This red-dish dyestuff is a powerful antioxidant that eliminates free radicals in the body and protects the skin from stress caused by UV rays.

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, AD(H)D, Asperger's syndrome, autism)

Dosage

- 1-2g omega-3 fatty acids in fish oil or 0.4-0.8g omega-3 fatty acids in krill daily.
- For better absorption take together with the food (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: **contains protein from shellfish (crustaceans)**.

Suitable Products

Recommended products should come from a sustainable and controlled source. It is important that the krill oil is processed as soon as possible after the catch. Fish oil should not contain any heavy metals. There are also fish oils to which astaxanthin is added. Omega-3 fatty acids in high-quality fish oil are lower priced than those in krill oil. For children and people with a high requirement of omega-3 fatty acids, fish oil is easier to ingest.

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

Dosage

In capsule sizes of 300–400 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

Recommended are products that are harvested by machines and not bees so as to ensure the pollen is harvested from controlled fields and sources and is therefore pesticide-free. Good pollen products are available in capsule form or as a powder (for mixing into a drink or for direct ingestion).

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 micro-organisms, 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 micro-organisms 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 micro-nutrients such as antioxidants, enzymes, vitamins, minerals, trace elements, bio-flavonoids, 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, Auto-immune diseases
- Autism
- Internal fungi such as intestinal and vaginal fungi
- Allergies
- After a course of antibiotics

Dosage & Intake

- Intake: on an empty stomach, 30-60 minutes before a meal.
- Probiotics: take at least 10 billion bacteria daily. Please observe the recommended dosage of the relevant product.
- Prebiotics: take at least 3g daily.
- Ferments: take at least 20ml daily and swivel briefly in the mouth before swallowing.
- Duration of treatment: 2 to 3 months. (longer if required)
- Side effects: none.

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.

Red Wine Extract

With red wine extract, all the healthy nutrients in red wine are maintained without the harmful side-effects of alcohol.

Grapes contain large quantities of OPC (oligomeric proanthocyanidins) in their skins and pips. This is one of the strongest known antioxidants. It also contains vitamin C and resveratrol both of which are additional antioxidants. **Resveratrol is a cancer-inhibiting and fights fungal infection. It also increases fat burning.** Grapes also contain various flavonoids.

Uses of Red Wine 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 300–400mg 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.
- Side effects: none.

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 seeds or red wine extract are also found in natural cosmetics. Together with red wine extract in capsules, these become the perfect «anti-aging system».

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 all-rounder.

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 antibacterial 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.
- Side effects: none.

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.** This explains why the consumption of organically grown fruit and vegetables is cancer-inhibiting. The fruit and vegetables must be organic otherwise the pesticides used in conventional agriculture to eliminate threats prevent the plants from producing salvestrols.

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.
- Side effects: none.

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 (*Withania somnifera*) 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. 30mg of withanolide. Sensitive people can feel this effect at dosages as low as 15mg. 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 500mg of Ashwagandha powder per day.

Tryptophan

The essential amino acid tryptophan is also recommended for consumption, but in a hydrolyzed, pre-digested 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 240mg.

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 300mg.

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.

Turmeric

Turmeric originates in Southern Asia. Although it is part of the ginger family, it is not identical to the ginger we sell.

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 500–600mg of Turmeric powder:

- 2 daily (preventative), or 3–4 capsules (treatment).
- 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%). 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 4000IU makes sense.
- I treat osteoporosis with 5000IU vitaminD, 200µg vitaminK2 & 300–400mg of elemental magnesium per day.
- Duration of treatment: until the symptoms have disappeared. Can be taken as a preventative treatment indefinitely.
- Side effects: none.
- For better absorption, take with meals.

Suitable Products

We recommend the use of vitaminD (cholecalciferol) in an oily solution (for example in coconut oil). Like this, the vitaminD 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.

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 to be adapted to suit each individual patient.

Web Doctor, Effectiveness Matrix and Therapy Plans

An application called “Web Doktor” is available at web-doktor.net, which will support you as you look for treatment suggestions of various common diagnoses. Furthermore, you will find an overview on www.vitalstoffmedizin.ch > Nutrients > Effectiveness Matrix, which active ingredients are suitable for the treatment of which diseases. In the submenu “Web Doktor” you can find some therapy plans as well.

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 60-80kg) 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.

Allergies

e.g. Hayfever, Asthma, Nessel fever (Urticaria)

- Avoid the allergen wherever possible
- Aronia: 3-4 capsules (maximum 6-8); alternative Pollen 3x1-2 capsules
- Quercetin: 2-3 capsules (à 500mg)
- Probiotics (10 billion bacteria) and prebiotics (3g) or enzymes (20ml)
- Omega-3 fatty acids (1-2g fish oil or 0.4-0.8g krill oil)
- Vitamin C (2-4g), D (4000IU), E (500-1000IU) and zinc (20mg)
- If the effect is insufficient, supplement with Clinoptilolite

Anaemia (iron deficiency)

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

Arthrosis

- MSM (800mg)
- Glucosamine (900 mg)
- Chondroitinsulfate (600 mg)
- CBD oil for joints to rub in gently
- The effect can be enhanced with omega-3 fatty acids, turmeric, aronia, willow bark, grapple plant, rose hips, arnica ointment, chilli cream and Emu oil.

Autism

- Check intestinal health; exclude leaky gut (Panda-Test)
- Clinoptilolite 3x2 capsules 30 min before meals
- Immune activation: 3x1 capsule per week (on empty stomach with 3dl water)
- Inflammation inhibitors (e.g. Neovital; 2x5ml)
- Probiotics (10 billion bacteria) and prebiotics (3g) or enzymes (20ml)
- Omega-3 fatty acids (1-2g fish oil or 0.4-0.8g krill oil)
- Vitamin D3 (children: 3000IU/adults: 6000IU)

Autoimmune diseases

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

- Check intestinal health; exclude leaky gut (Panda-Test)
- Immune activation: 2-3x1 capsule/week (on empty stomach with 3dl water)
- Aronia: 3-4 capsules
- Vitamin D3 (4000IU)
- Probiotics (10 billion bacteria) and prebiotics (3g) or enzymes (20ml)
- Coconut fat (2x5g)
- Bioidentical hormones
- Gluten-free diet if possible

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

- Oregano-Thyme: 4x2 capsules before meals/sleeping
- Vitamin D3 (4000-6000IU)
- Omega-3 fatty acids (0.5-1g for fish oil or 0.2-0.4g for krill oil)
- Vitamin C (2-4g)
- CBD: 3x2 capsules

Cancer

To be treated by a specialist. Possibilities are: turmeric, salvestrols, red wine extract, artemisia, reishi, green tea extract, CBD (for brain tumors) and immunonactivating 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 (1-2g fish oil or 0.4-0.8g krill oil)
- Red wine extract or aronia: 4 capsules
- Vitamin K2: 1 capsule
- Magnesium: 2 capsules
- Cayenne: 2-3 capsules
- Q10: 2-6 capsules
- Essential amino acids: 6-12 tablets
- After a stroke: NADH (3-5 tablets)
- Potassium as recommended by a doctor
- Possibly bioidentical testosterone (after saliva test)

Chronic Fatigue, Exhaustion

- Leaky Gut Test (Panda-Test)
- Test for possible food intolerance (e.g. Imuscan)
- Perform hormone saliva test; check thyroid gland values
- Follow diet according to test; take hormones according to test
- Plant-based iron: 2 capsules (preferably morning and midday with meals)
- Moringa: 3 capsules
- Aronia: 4 capsules
- Vitamin D3 (4000-5000 IU)
- Turmeric: 3 capsules
- Q10: 2-6 capsules
- NADH: 4 tablets
- Physical fatigue: additional essential amino acids
- Mentally-related fatigue: additional 3-4 Pollen capsules

Circulatory Disorders

- Omega-3 fatty acids (1-2g fish oil or 0.4-0.8g krill oil)
- Red wine extract or aronia: 3-4 capsules of each
- Vitamin K2: 1 capsule

- Magnesium: 2–3 capsules
- Cayenne: 2 capsules

Cystic fibrosis

- Immune activation: 3x1 capsule per week (on empty stomach with 3dl water)
- Omega-3: EPA and DHA total of 1500mg
- Vitamin D3 (5000IU)
- Selenium: 400–500 µg
- NADH: 2x2 tablets

Cystitis, urinary tract infections

- very high intake of fluids e.g. cranberry juice
- Aronia: 6 capsules
- Artemisia: 4x2 capsules 30–60 min before meals/sleeping
- Oregano-Thyme: 4x2 capsules before meals/sleeping
- Vitamin D3 (6000–7000IU)
- D-Mannose: 4x500mg

Diabetes Type 1

- Diet and insulin according to medical recommendation
- NADH: 4 tablets

Diabetes Type 2

- Diet: sugar-free, minimum carbohydrates, plenty of plant-based food
- Mulberry: 3 capsules
- NADH: 4 tablets
- Green coffee beans: 2 capsules
- Artemisia: 3x2 capsules each 30–60 min before meals
- Essential amino acids: 6–12 tablets
- Moringa: 3 capsules
- Q10: 3 capsules

Digestion complaints

- Clinoptilolite: 3x2 capsules 30 min before meals
- Inflammation inhibitors (e.g. Neovital; 1–2x5ml)
- Turmeric: 3 capsules
- Vitamin D3 (4000IU)
- Probiotics (10 billion bacteria) and prebiotics (3g) or enzymes (20ml)

- As soon as improvement occurs: switch to a lot of plant-based food and a diet rich in fiber
- Possibly undergo food allergy test (e.g. Imuscan); consume a diet corresponding to the food allergy test

Eczema/Rashes (neurodermatitis/psoriasis: see below)

- Perform allergy tests/experimentally omit milk and milk products
- Vitamin D3 (4000-5000IU)
- Omega-3 fatty acids (1-2g fish oil or 0.4-0.8g krill oil)
- Selenium (400µg)
- Zinc (15mg)
- Experiment with artemisia cream & Emu oil & see which has the best results
- Mainly plant-based diet and uncooked food as far as possible
- If necessary use cortisone creams

Fungal Infections

Skin fungus:

- Artemisia or cayenne cream applied to the affected area

Intestinal or vaginal thrush:

- Undergo food allergy test (e.g. Imuscan); consume a diet corresponding to the food allergy test
- Clinoptilolite: 3x2 capsules 30 min before meals
- Turmeric: 3 capsules
- Probiotics (10 billion bacteria) and prebiotics (3g) or enzymes (20ml)
- Possibly aronia or moringa: 3 capsules each
- Possibly supplement with colostrum

High Blood Pressure

- Weight reduction, primarily plant-based diet
- Red wine extract: 3 capsules
- Omega-3 fatty acids (1-2g fish oil or 0.4-0.8g krill oil)
- Vitamin K2: 1 capsule
- Magnesium: 2 capsules
- Cayenne: 2 capsules
- L-Arginine: 2-3g
- N-acetylcysteine (NAC): 2x600mg

Inflammation of the joints (Arthritis)

- Aronia and/or red wine extract: 3–4 capsules of each
- Vitamin D3 (4000–5000IU)
- Omega-3 fatty acids (1–2g fish oil or 0.4–0.8g krill oil)
- Turmeric: 4 capsules
- CBD: 3 capsules
- Coenzyme 10: 3 capsules
- Rosehip: 3 capsules (à 700 mg)
- CBD oil for joints to rub in gently
- Emu oil to rub in gently

Intestinal Diseases

e.g. Crohn's disease, ulcerative colitis, diverticulitis, irritable bowel syndrome

- Undergo food allergy test (e.g. Imuscan); consume a diet corresponding to the food allergy test
- Clinoptilolite: 3x2 capsules 30 min before meals
- Inflammations inhibitors (e.g. Neovital; 1–2x5 ml)
- Vitamin D3 (4000 IU)
- Turmeric: 3 capsules
- CBD: 2–3 capsules
- Probiotics (10 billion bacteria) and prebiotics (3g) or enzymes (20 ml)
- Essential amino acids: 6–12 tablets
- Possibly use Aronia: 3 capsules

Liver Diseases

e.g. Hepatitis, liver disorders, fatty liver

- Clinoptilolite: 3x2 capsules 30 min before meals
- Vitamin K2: 1 capsule
- Vitamin D3 (4000–5000IU)
- Pollen: 2–4 capsules
- Turmeric: 4 capsules
- Essential amino acids: 6–12 tablets
- Artemisia according to medical recommendation
- Diet rich in bitter substances, artichokes

Menstrual Pains

- Bioidentical progesterone cream
- Aronia or red wine extract: 3-4 capsules of each
- Magnesium: 1-2 capsules
- Plant-based iron: 2 capsules (preferably morning and midday with meals)
- Optionally CBD (3 capsules) and moringa (3 capsules)
- CBD oil for joints to rub in gently

Mental Illness

Depression, poor concentration, fatigue, forgetfulness, burnout

- Check intestinal health: exclude leaky gut syndrome (Panda-Test)
- Probiotics with 30 strains of bacteria
- Moringa: 3 capsules
- Magnesium: 2-3 capsules
- Pollen: 2x2 capsules
- Omega-3 fatty acids (1-2g fish oil or 0.4-0.8g krill oil)
- Vitamin D3 (5000IU)
- NADH: 2x2 tablets
- Optionally cayenne (2 capsules) or aronia (3 capsules)
- Q10 (3-6 capsules), 5-HTP (5-OH-Tryptophan), L-Arginine
- Mild schizophrenia and anxiety alternatively CBD: 3 capsules

Neurodermatitis

- Vitamin D3 (4000-5000IU)
- Omega-3 fatty acids (1-2g fish oil or 0.4-0.8g krill oil)
- Try using Artemisia-containing cream and Emu oil and see what works better
- If possible, omit dairy products/exclude leaky gut (Panda-Test)
- Zinc (15-30mg) and selenium (100-200µg)
- If necessary use cortisone creams

Neurological Diseases

e.g. dementia, Alzheimer's, Parkinson's, MS, ALS, Huntington's Disease, epilepsy, AD(H)D

- Probiotics with 30 strains of bacteria
- Possibly follow a ketogenic diet
- Coconut oil: 2 tablespoons
- CBD: 3 capsules
- Turmeric: 3x6 capsules

- Immune activation: 1x2 capsule per week (on empty stomach with 3dl water)
- Omega-3 fatty acids (1–2g fish oil or 0.4–0.8g krill oil)
- Q10: 3–6 capsules
- NADH: 3–5 tablets
- Vitamin D3 (4000IU)
- Optionally aronia or red wine extract: 3–4 capsules of each

Osteoporosis

- Vitamin D3 (5000IU)
- Vitamin K2: 1 capsule
- Magnesium: 3 capsules (600–800mg elemental Magnesium)
- Essential amino acids: 6–12 tablets

Pain (chronic)

e.g. neuralgia, migraine, muscle spasms, (arthrosis)

- CBD: 3x1–2 capsules
- Vitamin-B complex
- Magnesium: 1–2 capsules
- Additional Cayenne (1–2 capsules) or Turmeric (3 capsules)
- CBD oil for joints to rub in gently

Prostate Disease

Benign enlargement of the prostate, chronic prostatitis

- Pumpkin seeds, serenoa repens (Saw Palmetto)
- Pollen: 2x4 capsules

Psoriasis

- Omega-3 fatty acids (1–2g for fish oil or 0.4–0.8g for krill oil)
- Selenium (200µg)
- Vitamin D3 (5000–6000IU)
- Zinc (45mg)
- Inflammation inhibitors (e.g. Neovital; 1–2x5ml each)
- Artemisia Cream

Sleeping Disorders (Insomnia)

- Sleeping berry root powder or extract (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

Surgery

- Q10: 4 capsules daily, 1 week before and after the surgery

Viral Infections

e.g. colds, flu

- Artemisia: 4 x 2 capsules, 30–60 min before meals/sleeping
- Vitamin D3 (4000–6000 IU)
- Possibly Moringa: 3 capsules
- Omega-3 fatty acids (0.5–1 g fish oil or 0.2–0.4 g krill oil)
- Vitamin C (2–4 g)
- Essential amino acids: 6–12 tablets

Weight Loss

- Green coffee beans: 2 capsules (each capsule 30–60 min before the main meals)
- Mulberry: 3 capsules
- Cayenne: 2 capsules
- Essential amino acids: 6–12 tablets



Natural Doctor
Dr. med. Heinz Lüscher

All nutrients on
www.vitalstoffmedizin.ch

Treatment suggestions also on
www.web-doktor.net

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A guide by
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