

Introduction to the Therapeutic Pages

I began practicing anthroposophic medicine in 1978. Anthroposophy, or spiritual science, and anthroposophic medicine originated with Rudolf Steiner. I believe, now more than ever, that his impulses and the practical consequences coming from his work are going to be the future of medicine. The human being after all is an Individuality having a Body, Soul and Spirit and they all need to be addressed.

Conventional medicine largely addresses the events occurring in the physical body and then either ignores the spiritual aspects or considers the soul/spiritual as a consequence of the physical. Anthroposophic medicine essentially does not accept the saying that “A Healthy Spirit rests in a Healthy Body” but rather that “A Healthy Spirit Causes a Healthy Body”.

Here is just one example in order to illustrate the above. It is not sufficient to say that arterial stiffening leads to, or has been associated with, cognitive decline (a correlation which has been proven to be the case in numerous conventional studies). Rather one has to understand that the Individuality is behaving in a constricting, “sclerotic” manner that leads to stiffening on many levels (sympathetic nerve dysregulation, endothelial cells dysfunction, hormonal deficits, and more.) This needs to be therapeutically approached f. ex. with a potentized remedy that helps the Individuality to correct its tendency toward disease. That one has to take care of acutely occurring problems too goes without saying. (Concrete therapeutic details to be given on the pages describing the actual conditions).

The list of remedies, etc given on the various pages are meant to be a short sampling of the remedies that I found particularly helpful in my practice. Anthroposophic medicine is not simple. One must cover both the immediate needs as well as the long term concerns of the patient. In the past I have used, and occasionally continue to use remedies from such a companies as, for ex., the Weleda company (www.weleda.com) but I currently use primarily the True Botanica products (www.truebotanica.com) because those formulas are the result of significant new research.

The TB formulas mentioned here are carefully made according to GMP regulations, with rhythmical processes and are all alcohol and lactose free. Anthroposophic principles are followed throughout. Very uniquely, these potentized remedies (used in both anthroposophic and homeopathic medicine) are going through a scientific, biologic and statistically verified test that ensures that the potency is in fact active and not “just water or just sugar pills”.

Aside from the fact that they constitute a breakthrough in a scientific and anthroposophic direction I found them to be helpful to my patients “in real life situations”. I believe them to be superior to anything else in the field so why not suggest to my patients the best. The use of these formulas also supports the research for even more ongoing developments.

A modest attempt is made here to not only offer some remedy names but to, hopefully, get across that a different manner of thinking and acting is needed in order to achieve a truly “holistic”, productive health.

I am grateful to the many teachers I have had in the past, I am benefitting continuously from the research and publications of many individuals and I currently have the invaluable help, guidance and assistance from my colleagues Andrea Rentea MD, and Mark Kamsler MD – without whose help none of my activities would be possible - but I take sole responsibility for all the statements made here.

General comments:

Clearly, to affect healing precise diagnosis is needed. But a very useful start in any therapeutic protocol is to differentiate by constitutional type and address that first. Some “constitutional” support can already bring improvement or even resolve the problem.

Some examples would be:

- A. Determining which of the seven Soul types, also called “planetary” types, a person is and addressing that constitution:
 - a. Saturn – Plumbum mel 30x
 - b. Jupiter – Stannum metallicum 30x
 - c. Mars – Ferrum metallicum 30x
 - d. Sun – Aurum metallicum 30x
 - e. Venus – Cuprum metallicum 30x
 - f. Mercury – Mercurius vivus 30x
 - g. Moon – Argentum metallicum 30x
- B. Determining which of the four elements (Ego organization, Soul, Life Body or Physical Body) needs to be grappled with first can make all the difference.
- C. Looking whether a person is “large headed” or “small headed”. For the first give Calc carb 30x; for the second give Phosphorus 30x.

The use of all remedies must be properly understood. An independent study or participation in courses on anthroposophic medicine is usually required. Ultimately most remedies have multiple uses and only an anthroposophic understanding of the behavior and interaction of the spiritual bodies with the physical body can give a direction which specific substance to pick.

A proper diagnosis always comes first!

Please turn now to the page with the condition you are interested in reviewing. It will contain in general:

Useful OTC remedies:

Directions for Use (For potentized remedies, general principles):

Nutritional Supplements/Topical Remedies

Directions for use: follow instructions on the product label.

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The information provided here is for informational purposes only and is not intended as a substitute for advice, diagnosis and treatment from qualified health care providers. The information and content have not been reviewed or approved by the FDA.

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