Subject line: Essentials of AM-Viral Infections and Respiratory Illness

Dear Friends,

A colleague pointed out recently that research in China found that the corona virus has protein spikes that attach themselves to lung cells. That is not surprising in the sense that viral infections are characterized by inflammations of the respiratory tract- upper airway and then going down into the lungs where the viral pneumonias can result.

We hope that the following insights of Rudolf Steiner’s can be helpful.

He points out (5.23.1922) that in pneumonia fire processes that normally should distributed throughout the body get concentrated in the lungs. When using potentized phosphorus these fiery processes can be re distributed through the body and prevented from concentrating in the lungs and causing damage. Phosphorus can thus create a healthy balance of these fire processes through the whole body.

Phosphorus has been used in homeopathy for centuries but here we point out a specific benefit in respiratory illnesses.

We recommend both for acute situations and for preventative use Ferrum Phos 6X from the True Botanica company; take 5-10 globules 2-3 times daily. Anthroposophical medicine recognizes a significant connection between iron (ferrum) forces and the lungs so that Ferrum phos 6X is particularly suited to the respiratory system.

Why do we recommend these products specifically from True Botanica? Please have a look on our website and you will see that beyond the government mandated good manufacturing practices we subject our potentized remedies to an additional quality control step. Our research has led us to a so called Kolisko Validation process where we can demonstrate how much more active “than just water” our remedies are. (Hurray for anthroposophical medicine!)

Other “Kolisko Validated” remedies from True Botanica containing potentized phosphorus are: Calc phos 6X; Phophorus 6X and 30X and Magnesia phos 30X (Attention: please follow common sense and of course it is always best to consult your doctor for making best diagnosis and best choices in medicines and remedies. NO CURES ARE IMPLIED IN THIS OR ANY OTHER EMAILS FROM TRUE BOTANICA.)

We mention the Kolisko Validation here because we constantly get pointed out how research in missing in demonstrating the efficacy and/or effectiveness of anthro remedies. We couldn’t agree more but the consequence to that feeling is not to sit passively by but rather to do something about it- of course by definition first with baby steps.

One can either actually do the research if it is in one’s karma or just as importantly contribute to supporting it.

One additional comment. Let’s not forget that health is always related to the etheric life body. One of the most important means to strengthen it is through curative eurythmy (recently more commonly known as eurythmy therapy). A basic indication of Rudolf Steiner’s “for warming the lungs” and thus contributing to its healing is the Hope-U exercise. Do this and you will feel its positive effects.

Of course all the above ides have been presented too concentrated but hopefully they will act as a catalyst to ponder AND ACT on them further.

Lastly: to repeat, none of the above was meant as a cure to the corona virus. More info from us in the coming days on other means to strengthen the immune system. In our email we intend only to show anthroposophical ideas connected to Rudolf Steiner as they may apply to our culture and problems.

In health,

For the TB Team,

Ross Rentea MD