

# Ivonne Kraft came in under the top ten in Cross Country World Championships in Les Gets, France. Homeopathics were packed in the suitcase.

Original article German\*

Les Gets, France “Sport is one of the most wonderful hobbies in the world - except for mountain biking” points out Ivonne Kraft, the world’s number four in Cross Country Mountain biking, to the crowds at the neck-breaking cross country track in Les Gets, France.

The 34 year old woman from Mittelbaden, Germany, managed a ninth place in the tournament at Les Gets, and in Athens she achieved seventh place, despite an unfortunate collision and some bike trouble which prevented her from taking home the coveted gold medal. In fact, cycling, whether on the street or in the country, counts as one of the most dangerous sports in general; the accident rates are comparable with boxing. Optimal preparation, mental strength and a maximum of concentration are therefore essential

requirements for Ivonne in order to minimize the risks. For treatment of the inevitable contusions, sprains and abrasions the cyclist relies on Traumeel, making use of tablets and ointment at the same time to get fit as soon as possible after an injury. Homeopathics do not interfere with concentration or

performance and entail no danger of doping.

Elite sportsmen and women are also subject to other health risks, as Kraft has seen from her own experience. They are more at risk of infections, which are the result of the stress that is placed on the immune system during training and competing. These changes in the immune system can be seen in the laboratory as increasing white blood cells and

changes in the cytokines. In fact, on average, every second athlete will get flu-like illness after a major competition.

With regards to these infections, the top cyclist also falls back on homeopathic medicine as treatment, or as prophylaxis. She takes the so-called ‘Flu Cocktail’, which consists of a combination of Gripp-Heel, Engystol, and Echinacea compositum, as a prophylactic once a year over four weeks. She also uses the ‘Flu Cocktail’ in case of an acute infection, which will complement the treatment for a sore throat, and takes Angin-Heel and Euphorbium compositum Nasal Spray for the treatment of a cold. When she has fever, Ivonne sits out a training session or a tournament, to protect her

heart from viral damage. She also suggests this to hobby sportsmen and women, who are seldom aware of the dangerous connection between acute viral disease and physical exertion.

\*Free translation

