

Franz Anselm Graf von Ingelheim, M. D.
Doctor of General Medicine and Naturopathy
Geisenheim am Rhein

Subject: Anti-ageing processes

Homotoxicological medicine the fountain of youth !

Let me start my talk about anti-ageing processes with a quotation from Seneca:

"We are wrong to believe that we see death before us. A large part of death is already past. Everything in our lives that lies behind us is of death."

This means from the day we are born, we die a little every day.

The dream of eternal youth or even of eternal life is as old as the human race and nevertheless remains just a dream.

Today, anyone born in the industrialized nations has a good chance of living to be at least 80 years old. This is shown by the increasing numbers of old people in the population.

By the year 2030, 35% of the population will be more than 60 years old.

The reasons for the increased life expectancy in the industrialized countries are medical progress, intensive medical care, early diagnosis and therapy, technological advances, easier working conditions, less wear and tear on our bodies, improved nutrition and a healthier lifestyle.

In future the question should not be whether we can live to be even older in future; it should instead be how we should live, and what will our quality of life be like?

Ageing is a process that is subject to pathological influences but can also be modified.

Whereas medicine in the past was mainly concerned with repairing organic and functional disorders, the future of medicine lies in prevention so that, for example, a 40-year-old man can retain his vitality for decades.

We doctors are the specialists — and not the pharmacists or the fitness studios. The doctor is the expert in matters of health and lifestyle counselling. The doctor sensitizes and motivates, the doctor shows people how to grow old with dignity. The doctor should provide the impetus for people to look after their health while there is still time, something that can never be started too early; for example, susceptibility to osteoporosis later in life is determined during puberty.

In the meantime, a whole industry has grown up devoted to fulfilling people's dream of a little bit of immortality. Its target group are the over-50s, who account for 34% of the population and have 49% of the money.

However, lifestyle medicine is a highly specialized and individual form of medicine which has no place in general practice and must be regarded as individually tailored healthcare.

Let us consider the very elderly (the centenarians). They kept physically and mentally active all their lives, were not overweight, drank little alcohol and never smoked. Many of them were forceful personalities, coped with stress masterfully, got over setbacks quickly and kept their sense of humour even in difficult times. No-one will live to be a hundred just by being in a good mood, however. The very elderly probably have a genetic predisposition which gives them a longer than average life span. All the same, healthy old people are role models in other respects. People who choose the right strategy for life can expect to stay free from infirmity and illness until the very last days of their lives.

On our way through life, our body is exposed to many and varied stresses right from the outset. These include burdens on the community's health, such as pollution of the rivers, the earth and the ground water, air pollution from exhaust fumes and industrial emissions, and through people who smoke, through electromagnetic radiation and man-made radioactivity.

Additional factors are individual burdens on health, such as excessive eating and drinking, caffeine and nicotine, misuse of medications, stress and hyperstimulation, and lack of exercise.

Other enemies which place a burden on our bodies are bacteria, viruses and allergens.

We can counteract these dangers through the timely use of holistic medicine. This consists of regular screening examinations, minimizing levels of noxae, minimizing risks, good hygiene practices, health-giving physical exercise, a healthy diet supplemented with vitamins and radical scavengers, and a positive outlook on life.

A special position in anti-ageing medicine is occupied by **antihomotoxic treatment** on the principles of Reckeweg. It takes account of the entire situation in the biological history of the individual. It attempts to counteract the predominantly catabolic processes of old age.

Antihomotoxic medicine means limiting the intake of homotoxins, elimination and detoxification therapy, activating the metabolism, strengthening organ and cell functions, immunostimulation and immunomodulation.

Even though a lifestyle based on moderation can minimize the intake of homotoxins, we are nevertheless constantly exposed to toxins, which are in our environment, in our food, and in medications, etc. They must be eliminated at regular intervals.

The body's natural detoxification centres, such as the liver, kidneys and gastro-intestinal canal, must be assisted in their work.

In addition to microbiological therapy to guide symbiosis in the digestive tract, there are also preparations such as Nux vomica-Homaccord and Mucosa compositum for cleansing the homotoxic environment of the mucosal system. Hepeel and Hepar compositum can be used to aid detoxification by the liver, Solidago compositum to stimulate kidney function.

Priority must be given to intensive detoxifying and revitalizing antihomotoxic treatment of the connective tissue, the body's refuse tip and waste storage depot. The detoxification and drainage agent Lymphomyosot cleanses the connective tissue and promotes elimination via the lymph system.

Thyreoidea compositum is a stimulant for the glandular defences and connective tissue function.

Coenzyme compositum is an intermediary catalyst, since catalytic processes are sluggish or blocked in all illnesses.

Galium-Heel or biocatalysts of the citric acid cycle can also be added, depending on the individual's exposure. Galium-Heel is the "cell's own Lymphomyosot", since it regenerates damaged cell structures.

All preparations are available as mixed injections or preferably as infusion therapy in 250 ml NaCl and should be given as a course of 10 treatments, once or twice a year.

Congenital organ and/or system malfunctions call for the use of Erb nosodes such as:

- Tuberculinum-Injeel (forte) in exudative diathesis,
- Medorrhinum-Injeel (forte) in proliferative diathesis,
- Luesinum-Injeel (forte) in destructive diathesis,
- Psorinum-Injeel (forte) in mixed forms.

The broad-spectrum nosode Psorinoheel makes choosing a preparation easier for the inexperienced therapist, since it combines all Erb nosodes.

The individual patient's case history will give an indication of which specific nosodes can be used for cleansing foci which are possible causes of acquired organ system dysfunction, such as streptococcus nosode in myocarditis, nephritis or rheumatic disorders, and Bacterium coli nosode for gastrointestinal illnesses. Nosodes revitalize systems where regulation is blocked.

Another speciality of antihomotoxic medicine is the use of suis-organ preparations.

Since the pig has much in common with the pathophysiology of human beings, homoeopathic remedies are produced from pig organs with the intention of producing a regenerative effect on the corresponding human organ. Out of the large number of suis-organ preparations we would mention in particular those which can be used instead of the controversial hormone replacement therapy for men and women. Hypophysis suis-Injeel (forte), Hypothalamus suis-Injeel (forte), Thyreoidea suis-Injeel (forte), Glandula suprarenalis suis-Injeel (forte) and Thymus suis-Injeel (forte) can be used to stimulate higher centres which have a positive effect on hormone functions.

The use of catalysts of the intermediary metabolism is a special feature of antihomotoxic therapy.

The substances known as intermediary catalysts are physiological components of cell respiration and energy supply.

Damage to enzyme systems is often iatrogenic in nature, since many conventional drugs work by acting on enzymes. Administration of the corresponding catalysts in homoeopathic formulations is done with a view to activating the metabolic process and revitalizing blocked cell and enzyme functions.

Catalysts are substances which accelerate the equilibration of chemical reactions, but without themselves being altered by the process.

We distinguish between group A: Acids of the citric acid cycle and their salts, group B: Quinones and other intermediary respiratory catalysts, group C: other stimulant compounds.

Many **Composita preparations** simplify the choice of remedy, since they exert a symptomatic, causal and regenerative action. They often contain symptomatic substances, nosodes, suis-organ components and biocatalysts.

Zeel comp. is suitable for the prevention and treatment of degenerative illnesses of the locomotor system, on account of its chondrotrophic, chondronutritive and chondroprotective properties, plus Discus compositum to act on the homotoxic terrain in osteochondrosis and articular disorders;

Echinacea compositum for immunomodulation/immunostimulation;
Coenzyme compositum, Ubichinon compositum, Glyoxal compositum to stimulate blocked enzyme systems and toxin defence mechanisms.
Cerebrum compositum has a wide range of indications in elderly people for the improvement of cerebral function and to overcome nervous exhaustion;
Testis compositum for a variety of states of exhaustion in men;
Ovarium compositum for the prevention and treatment of preclimactic and postclimactic symptoms;
Molybdän compositum: Regulation of the mineral balance.

General revitalization can be achieved using a preparation such as Procainum compositum. The broad range of biotherapeutics/antihomotoxic preparations allows treatment to be largely tailored to the needs of the individual; it might not add more days to life, but may add more life to each day. I would like to end my presentation with a quotation from Saint Theresa of Avilla:

“Take care of your body so that your soul feels like living in it.”