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## *Leptospermum scoparium* - Manuka, the cure of the gods

The wild growing Manuka shrub (*Leptospermum scoparium*) belongs to the myrtle family. The New Zealand myrtle or New Zealandtea tree is native to New Zealand and south-eastern Australia. The robust Manuka shrub bears white to reddish flowers between May and June and needs only a few nutrients to thrive, although a moist soil is important for the plant's growth. *Leptospermum scoparium* is traditionally used by the indigenous people of New Zealand, the Maori, as a remedy in the treatment of gastrointestinal complaints, bladder diseases, colds and skin diseases (burns, wounds) (1). The botanist and naturalist Joseph Banks (1743 to 1820), who was a member of James Cook's expedition team, already observed that the Maori used different parts of the Manuka plant for various ailments. At that time the crew of James Cook also prepared the fresh leaves as tea, which is why Manuka is also falsely called tea tree. However, Manuka should not be confused with the Australian tea tree (*Melaleuca alternifolia*), the oil of which is also used in many ways.

*Leptospermum scoparium* contains tanning agents, flavonoids and essential oils. The essential oil is extracted especially from the young branches and leaves by steam distillation. The main components of the essential oil are sesquiterpenes (approx. 65%), triketones (approx. 25%) and sesquiterpenols. Of particular importance is leptospermone, a triketone which has a bactericidal and bacteriostatic effect and, to a lesser extent, inhibits the adhesion of bacteria (2). The mother tincture is made from the entire dried plant, which contains at least 0.3% essential oil.

### *Leptospermum scoparium* D4 Liquid dilution 30 ml dropper bottle

According to experience *Leptospermum Scoparium* D4 drops are used for

- consequences of apoplexy, TIA
- trigeminal neuralgia, iritis, allergic conjunctivitis
- respiratory diseases such as colds and hoarseness
- sleep disorders, general calming
- cell renewal
- gastrointestinal diseases such as gastritis, pylorospasm, constipation, colitis



### **Dosage recommendation:**

In acute conditions, take 5 drops orally in a little water every half to full hour, up to 6 times a day. For chronic forms of the disease, the dosage is 1-3x 5 drops daily.

## Bibliography

1. Möllinger, Heribert. HAMP Leptospermum scoparium. www.provings.info/einleitung-proving.html. [Online] [Quotation from: March 03, 2017.]
2. Lerach, Beate. Oil rinses and essential oils - is there an effect on the periodontium? Systemic oral medicine. 2014, 1.

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## Vitamin B12

Actually, one takes up enough vitamin B12 every day through a normal varied diet, deficiency symptoms should not be observed. And yet, vitamin B12 deficiency is a frequent occurrence and can lead to a variety of symptoms, some of which, in addition to the classic ones, are very unspecific, such as

- muscular weakness
- concentration difficulties
- tiredness
- headaches
- depression
- sensitivity disorders

Especially vegetarians and vegans are at risk of developing a vitamin B12 deficiency, but also patients who regularly take a proton pump inhibitor (PPI) or suffer from depression. Furthermore, in situations of increased stress, a deficiency situation can occur because a lot of B vitamins are spent.

To replenish the body's stores quickly, an injection of vitamin B12 is recommended, especially if enteral absorption is disturbed.

Vitamin B12 Sanum from the Sanum-Kehlbeck company is available to therapists as an injection.

### Vitamin B12 SANUM

10 ampoules of 1ml each



### Dosage:

In case of a proven vitamin B12 deficiency initially 2x 1 ampoule vitamin B12 SANUM per week. In the case of a proven vitamin B12 absorption disorder of in the intestine, 1x 1 ampoule of vitamin B12 SANUM per month. The ampoules can be administered i.m., s.c. and/or i.v.

Further product information can be found in the respective package inserts.

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## Webinar

### When worries and fears dominate our lives

We have created a new section on our website where we present short webinars on interesting topics from the field of naturopathy. Register now on our homepage or log in.

Worries, stress and fears accompany every human being, especially in the present time.

However, due to the ongoing problems, people can get into a long lasting stress and anxiety situation from which they find it difficult to get out on their own. In this webinar we

look at what happens in the body during stress and how it reacts to permanent stress. In addition, naturopathic measures to support patients who find themselves in such a situation are listed.

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Stay healthy!