



Caution ticks -

There is a risk of vector-borne diseases

› Especially in summer, when you spend a lot of time in nature, the risk of being bitten by a tick unfortunately increases. The common wood tick (*Ixodes ricinus*) belongs to the tick family and is found all over Germany. But the common wood tick does not only live in the forest or at the edge of the forest, but also in parks and gardens as well as on fallow land.

Nymphs, females and males have so far always been active from March to October/November.

However, in the course of climate change with its mild winters, it can be assumed that there is now a year-round risk of being bitten by a tick.

Ticks are always on the search for a small blood meal. This would actually only be a annoyance for humans and animals if there weren't the pathogens that some ticks have in their luggage and can transmit to the host during a blood meal. The most common diseases that can be transmitted by a tick are Lyme disease and tick-borne encephalitis (TBE). But anaplasma, ehrlichia and babesia can also be transmitted by a tick bite.

Ehrlichia and Anaplasma are very small, gram-negative and obligate intracellular bacteria. Humans and animals can be affected by an infection. Depending on the pathogen, monocytes and granulocytes are preferentially affected and very often the bacteria persist in the host after infection. In many cases, the infection is asymptomatic, but severe symptoms such as high fever, limb and muscle pain or even meningitis (human monocytic ehrlichiosis) can occur.

Babesia, on the other hand, are small, intracellular parasites. They belong to the protozoa and can cause a disease similar to malaria. Here the infection very often runs its course without clinical symptoms as well. In patients with a pronounced immune deficiency, however, severe courses can occur. Babesia infect erythrocytes. Therefore, the pathogens can not only be transmitted via ticks, but also via a blood transfusion.

For all these - often intracellular living - pathogens, the myco-preparations QUENTAKEHL®, NOTAKEHL® and FORTAKEHL® have proven themselves in therapy. The bite site can be treated with NOTAKEHL® D5 and QUENTAKEHL® D5 injections. In addition, both preparations should also be taken orally, and FORTAKEHL® D5 drops to strengthen the mucous membranes. FORMASAN® drops are very suitable for cleansing the connective tissue. Due to the intracellular way of life, it is often difficult for the immune system to identify the pathogen and also to fight against it. To support the immune system in its efforts, BOVISAN® D5 capsules and various SANUKEHL® preparations are suitable. Experience has shown that SANUKEHL® Brucel D6 drops are used for an infection with *Borrelia*, and SANUKEHL® Myc D6 drops for intracellular pathogens.



Availability in detail:

› BOVISAN® D5 Capsules

5 Capsules

DOSAGE

1x 1 capsule per week

› FORMASAN® Drops

30 ml Bottle

100 ml Bottle

DOSAGE

2-3x 10 drops daily

› FORTAKEHL® D5 Drops

10 ml Bottle

DOSAGE

1x 5 drops daily

› NOTAKEHL® D4 Capsules

20 Capsules

DOSAGE

1-3x 1 capsule daily

› NOTAKEHL® D5 Injection

10 ampoules à 1 ml D5

50 ampoules à 1 ml D5

DOSAGE

1-2x ampoule per week s.c. or i.m.

› QUENTAKEHL® D4 Capsules

20 Capsules

DOSAGE

1-3x 1 capsules daily



› QUENTAKEHL® D5 Injection

10 ampoules à 1 ml D5

50 ampoules à 1 ml D5

DOSAGE

1-2x 1 ampoule per week s.c. or i.m.

› SANUKEHL® Brucel D6 Drops

10 ml Bottle

DOSAGE

1-2x 5 drops daily

› SANUKEHL® Myc D6 Drops

10 ml Bottle

DOSAGE

1-2x 5 drops daily

For further information, please refer to the respective package insert.

However, the best protection against a tick-borne disease is to check carefully after a walk in the forest. Ticks are attracted by the smell of butyric acid and body warmth. Therefore, it is also recommended, for example, to apply an insect-repellent essential oil mixture (essential oil mixture against insect bites) to make the body odour less attractive to the ticks. Clothing with long sleeves and trousers are also useful when walking in the forest.

Review

SANUM-Conference on May 07 & 08 2022

› This year, due to the Corona epidemic, the SANUM conference took place online again. The focus of the conference was the duo lung & intestine, which was examined by six speakers, each from a different point of view. Thus, links were made between SANUM medicines and therapy in the functional circle of lung and large intestine by means of homeosiniatry, lifestyle, heart disease and microbiome and illustrated with practical examples. A very wide range of knowledge was offered, with certainly something for everyone.

To ensure that this useful knowledge, which was imparted by the lecturers with much enthusiasm and expertise, is not lost, work is being done on a vademecum for (complementary) naturopathy, which was presented right at the beginning of the conference. In this vademecum, the experiences of therapists working in naturopathy will be recorded in writing. This should serve to preserve these



proven forms of therapy and, what is probably even more important, to secure the profession of naturopaths for the future. Therefore, we appeal to you to become part of this vademecum by entering your manifold experiences and treatment approaches and making them available to other therapists.



The VADEMECUM – From experience to evidence.

Complementary medicine has a future. If we act.

Help to secure the wealth of experience in complementary medicine.

Approximately 350 therapists took part in the SANUM online conference and after each lecture there was an opportunity to discuss the lecture. Those who unfortunately could not make it to the conference still have the opportunity to view the lectures. They will be available free of charge in the subject area of the homepage. For those who are not so keen on looking at the computer, the articles in the following editions of the SANUM-Post will make exciting reading.

Presentations at the SANUM conference: <https://sanum.com/fachkreis/aus-weiterbildung>
