



## Protection for our skin - (coat)

Now in October, temperatures are slowly dropping and the skin is again regularly exposed to temperature changes. Outside it is cool or even sometimes already cold, but the rooms are heated and the air is warm and dry. This means stress for the skin, which can lead to a reduced barrier function. The skin dries out and subsequently reacts more sensitively to sunlight, pollutants and irritants. Now is the time to support the skin properly. An essential trace element for healthy skin is zinc. Many people associate zinc with the immune system, but zinc is also important for healthy skin. Zinc is essential for normal production of sebum and regulated hornification of the upper layers of the skin. It supports cell division in the epidermis and, together with vitamin A, also wound healing.

To stimulate the zinc metabolism in the body, ZINKOKEHL® is suitable, either as D3 drops or D4 ampoules. If there is a zinc deficiency or if zinc is to be specifically supplied, the ZINK+BIOTIN capsules (Biofrid) can be used well in the therapy. These contain 15 mg of zinc per capsule as zinc gluconate and an additional 300 µg of biotin. Biotin is also known as vitamin H and is involved in many metabolic processes in the body, such as carbohydrate, protein and fat metabolism. Biotin is also important for cell growth and DNA and protein synthesis. Biotin has a positive effect on skin and hair. A biotin deficiency can lead to hair loss and eczema, among other things.

Unsaturated fatty acids are also able to additionally strengthen the skin barrier in winter. Gamma-linolenic acid (GLA) in particular exerts a positive effect on skin moisture, skin firmness and skin resistance. GLA is particularly contained in evening primrose oil. In a study (Mugglis R. 2005) the influence of orally ingested evening primrose oil on various biophysical skin parameters of healthy volunteers was investigated. After twelve weeks, the verum group showed a significant improvement in skin parameters such as moisture, transdermal water loss, skin tightness, redness and roughness. The evening primrose oil-black cumin oil capsules (Biofrid) contain black cumin oil and the fat-soluble vitamins A and E in addition to evening primrose oil. Both vitamins belong to the antioxidants. In addition, vitamin A supports skin formation and renewal in addition to wound healing, and vitamin E is important for skin regeneration. Black cumin oil contains various monounsaturated and polyunsaturated fatty acids and to a greater extent secondary plant compounds. It has been traditionally used in medicine for a very long time. Especially the secondary plant compounds contained in black cumin oil, such as thymoquinone, increase its antioxidant, anti-inflammatory and liver-protective properties (Khader et al. 2014).

A course of treatment with evening primrose oil-black cumin oil + vitamin E and A capsules, ZINKOKEHL® and ZINK+BIOTIN capsules optimally prepares the skin internally for the winter season. At the same time, the immune system is also supported.

In the manufacture of both products, a gelatin capsule was deliberately omitted, so the products are also suitable for a vegan diet.



The positive properties of evening primrose oil can also be used externally. The evening primrose cream (Biofrid) also contains almond oil and aloe vera. It is particularly suitable for stressed, problematic and irritated skin.

## Trade forms

### ZINKOKEHL® D3 Drops

10/30/100 ml Bottle

acute up to 6x 5 drops daily, chronic 1-3x 5 drops daily

### ZINKOKEHL® D4 Injection

10/50 Ampoules with 2 ml

1-2 ml daily inject subcutaneous

### ZINC + BIOTIN Capsules

40/100 Kapseln

#### Recommended dosage

1x 1 capsule daily

### Evening primrose oil-black cumin oil + vitamin E and A capsules (Biofrid)

100 Kapseln

#### Recommended dosage

2x 2 capsules daily

---

## 55th Medical Week Baden Baden

We are there – October 29, 2022

### COVID-19 - slowed down into the future? Consequential diseases and treatment options with SANUM therapy

#### Long-term consequences of viral diseases - everyday life in naturopathic practice for decades

It is well known that many viral diseases can cause long-term health problems. However, due to the current worldwide wave of infections, such phenomena are perceived particularly intensively because they affect many people. They are subsumed under the name Long COVID syndrome. The spectrum of remaining symptoms after a SARS-CoV-2 disease is very broad and requires an intensive examination of the patients and their underlying diseases. Because behind the superficial clinical pictures are often



hidden metabolic disorders, organ weaknesses or a deficiency of vital trace elements, minerals and vital substances. In naturopathic practice, many possibilities are available to effectively treat these post-viral diseases, to alleviate the symptoms and to restore the balance that we understand as health.

**Date:** October 29, 2022

**Time:** 12:45 p.m -1:15 p.m

**Place:** Meeting room 1 (1. OG)

**Speaker:** Dr. med. vet. Anita Kracke, Hoya

### Long-COVID and the post-vac syndrome - The variety of symptoms, their multi-causal causes, their clarification and effective therapy concepts.

For more than two years, Prof. Rau and his clinic team have seen an increasing number of patients who are treated in their own clinic after Covid disease and - now more and more massively - with Covid vaccine complications. From this period, they can also compare patients who have received Biological Medical Prophylaxis and Therapy and those who have had the disease or three to four Covid "vaccinations" without protective therapy. Many differences can be seen here, including a correlation in the level, and probably the speed, of the rise in IgG antibodies and the extremely broad expression of the post-vac syndrome.

From the perspective of over 30 years of extensive experience with tumor therapies and also neurological and autoimmune diseases, there is now a massive clustering and fulminance of these diseases in people with high covid IgG antibodies - and their other laboratory changes that can now be described as almost typical. Autoimmune, neurological and cancer diseases must be accompanied today, according to the experience of Prof. Rau, with elimination of the spike proteins and with biological "Covid" therapy.

The lecture shows: the typical laboratory findings, the phenomenon of laboratory cross-reactions, the signs in vital blood dark field diagnostics, the expressions and therapy of Covid vaccine complications, the so-called "Long Covid Syndrome" and their biological-medical therapy with SANUM therapy.

**Date:** October, 29 2022

**Time:** 1:15 p.m -2:15 p.m

**Place:** Meeting room 1 (1. OG)

**Speaker:** Prof. Dr. med. Thomas Rau, Schwellbrunn (Schweiz)

**Tickets:** <https://www.medwoche.de/ticketbuchung.htm>

---



## ONLINE-Seminar Compact (in German)

November 23, 2022

› We cordially invite you to participate in our Online-Seminar compact:

### **SANUM therapy as a facet of precision oncology in cancer patients.**

Cancer cells pose a special challenge for our body. How does our immune system react to these other body cells and what does cancer ultimately mean for body-mind and soul? From these initially fundamental topics, concepts for oncological therapies can be developed, which will be discussed in this lecture on the basis of many years of experience in practice. In this context, the application of SANUM therapy as a supplement to individual precision oncology will be presented, among other things, using case studies.

**Speaker:** Jürgen Frost, Doctor from Solingen

**Date:** November 23, 2022

**Time:** 6-7 p.m.

**Fee:** free of charge

**Registration November 23, 2022:** <https://register.gotowebinar.com/register/7635041054082753040> (the link may only be passed on to expert group members!)

---

## ONLINE-Seminar Intensive (in German)

### **Respiratory diseases - microbiome out of balance.**

Treatment options with SANUM therapy

**November 26, 2022**

Through the respiratory tract, we are in constant "ventilating" exchange with our environment. In our modern world, the organs of the respiratory tract are particularly challenged by physical, chemical and microbial environmental stresses. The increase of allergies, viral and bacterial infections in our society obviously shows what a great challenge the immune system and the whole organism have to face. It becomes clear that the individual microbiome and mycobiome are of special importance for a healthy function of the respiratory tract. From the knowledge of this micro-ecosystem of the body's own respiratory flora, mucous membranes and immune system, special therapeutic options can be developed. In this lecture, the possibilities of SANUM therapy for the



prophylaxis and treatment of respiratory diseases will be presented and deepened with practical examples, taking into account these modern findings.

**Date:** November 26, 2022

**Time:** 11 am - 4 pm

**Fee:** 55,00€

**Speaker:** Dr. Dieter Sonntag

**Registration:** <https://sanum.com/fachkreis/aus-weiterbildung> (the link may only be passed on to expert group members!)



## Das VADEMECUM – Von Erfahrung zu Evidenz.

Komplementärmedizin hat Zukunft. Wenn wir handeln.

**Helfen Sie mit, den Erfahrungsschatz der Komplementärmedizin zu sichern.**