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Corona, Corona – And No End?

Introductory Commentary by Prof. Dr. Med. Peter W. Gündling

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Dear Colleagues and Readers,

Barely three years have passed since we first heard of a new virus (with the name SARS-CoV-2) and from its consequences somewhere in China people were seriously ill and in some instances died.

At that time, hardly anyone here in Germany and Europe thought too much about it.

Above all no one at that time would have believed what happened worldwide a few months later: The entire public life ground to a halt.

As unprepared as our health care system was, the existing medical and FFP2 masks were quickly used up and cloth masks were recommended, the effect of which hardly went beyond a Placebo effect. Since disinfectants were also quickly used up as a result of intensive use, and in the meantime a liter in the pharmacy cost twice as much as a liter of vodka in the supermarket.

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Test centers were hectically setup, the mass production of protective masks was initiated, and special broadcasts with the most recent horror images and horror visions of Corona patients in intensive care units and dozens of dead in public places were sent into our living rooms every night.

As a result, patients who tested positive were no longer allowed into our doctors' offices, and due to a lack of protective clothing – at least in the first weeks of the pandemic – we could not visit and treat them at home.

Instead of giving instructions on how people could stabilize their immune system, to encourage them to get out into the fresh air, to exercise moderately and to eat a healthy and vitamin-rich diet, the sports facilities were closed and curfews were imposed.

The antiviral efficacy of certain herbal remedies (like for example green tea) or the defence enhancing potential of trace elements, vitamins and probiotics has also been hushed up to the public side. The only glimmer of hope from this misery was the yearned for vaccination.

Under the slogan “Stay healthy to beat COVID”, at least the World Health Organization (WHO) on 5 September 2022 appealed [for all] to become physically active, eat healthy, avoid alcohol and quit smoking. But even that came rather late and was practically not communicated here in Germany, as was currently admitted by *Deutschen Ärzteblatt* (Volume 35-36).

This kind of health policy did not remain without negative consequences, and can be read not only through the enormous weight gain of the population from poor nutrition and lack of exercise. Also anxiety, which was spread by the broadcasts, additionally weakened the immune system. The consequences can now be proven especially in children.

The phenomenon of Long- and Post-Covid complaints is obviously connected with this. The Central Institute for Statutory Health Insurance Physician Care [*the leading research institute for medical care in Germany*] advised that 96% of Long-Covid patients had already been in medical treatment and/or had pre-existing conditions in the previous year.

In addition to a small cross-section study on this topic, this current Issue [Issue #71 Of *Erfahrungsheilkunde* dedicated entirely and solely to “Long-Covid Syndrome”] above all contains a whole series of references to naturopathic and complementary medicine treatments for these patients, who are often subject to a high level of suffering.

We sincerely wish you much pleasure and new knowledge from this reading matter.

Yours,

Peter W. Gündling

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Prof. Dr. med. Peter W. Gündling, MSc, MME



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