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**Health**

## Corona & Co.

### Preparatory Detoxification Cure to Support a Therapeutic Intervention of Long-/Post-Covid and Post-Vac, Part 1

By Christine Sanftl, HP

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According to the WHO, you speak of Long-/Post-Covid when patients have persistent or recurring symptoms for more than four weeks after a corona infection; in the case of symptoms twelve weeks afterwards, then of Post-Covid syndrome. According to an international research project, a pathological protein produced by the organism due to the Corona virus seems to be responsible for the Long-/Post-Covid symptoms. Scientific studies have so far shown that these parts of the virus leave traces in the body – even long after surviving Corona infections.

## **Predominantly Vascular**

So far, it is known that it primarily concerns previously undefined reactions that predominantly cause vascular diseases. The vascular system is attacked and damaged at the cellular level. As a pathological-physiological explanation, a vascular problem is assumed to be the cause. It is not yet clearly known why the immune defense and reaction to the pathological proteins is so different from person to person, why a Corona infection remains detectable for a long time in some people and not in others, and why some people have such severe symptoms, others less or none at all?

## **Symptoms**

General reduction in performance, tiredness, physical and mental exhaustion, depressive phases, muscle pain, fatigue, immune deficiency, susceptibility to infections, cardiovascular insufficiency, chronic recurrent inflammations, headaches, loss of smell and taste, dizziness, clouding of consciousness (brain fog), autoimmune diseases, impaired quality of life, skin diseases, recurrent diseases that have already been cured and others.

In order to eliminate the causal problem of this complex symptomatology, a sensible, targeted and moderate approach is necessary.

## **Medicinal Plants Against Viral Burdens**

The focus is currently on promising research on various plant substances and their effects. The detection of virucidal properties of plants under laboratory conditions is the subject of various research projects. The properties of medicinal plants are researched using modern technology in various laboratories within the framework of the genetic paradigm. The antiviral mechanisms of action are investigated using computer-controlled screening methods as well as in vitro and in vivo experiments. Clinical research into the use of medicinal plants, both for prevention and therapeutic purposes, is based on centuries of experience from traditional medical systems. Some research groups succeeded in detecting active, antiviral components against human pathogenic virus strains in the plant extracts. The increase in the formation of novel virus variants requires increased interest in further basic research in this field. However, since the damage is not caused by the active virus, other concepts must be applied in addition to virucidal properties.

Despite numerous scientific studies on Long-/Post-Covid/Post-Vac, no established treatment concept is yet available worldwide. Different therapeutic approaches are being tested with different results. The complaints and symptomatology of the diseases are extremely extensive and complex. As a systemic disease, this topic requires a broad-based treatment concept.

### **Predominantly Affected Organs and Organ-Specific Signs**

#### **Respiratory tract (lungs/bronchi)**

Shortness of breath, pulmonary dysfunction, recurrent infections, delayed convalescence

#### **Heart, circulation, blood vessels**

Poor performance, blood pressure abnormalities, circulatory disorders, cardiovascular problems, thrombus formation, impaired blood circulation, deep vein thrombosis, pulmonary embolism, blood clotting disorders, oxygen deficit in the tissue, inflammatory processes in the vascular system

#### **Intestine**

Persistent diarrhoea, dysbacteria, flatulence, impaired intestinal motor function, disturbed microbiome, irregular bowel movements, irritable bowel syndrome, "leaky gut" (holey intestinal wall/impaired barrier function)

#### **Liver/kidney/skin**

Limited detoxification capacity of the excretory organs, skin problems, hypersensitivity of the skin

#### **Brain/nerves**

Memory and concentration problems, sleep problems, circulatory disorders, brain fog, cognitive impairment, neurological disorders

**Other organs/bones** Connective tissue, inflammatory processes, tissue damage, chronic processes

#### **Immune system**

Misdirected immune system (non-specific immune system is activated, specific immune system is reduced), acute and chronic inflammation, autoimmune diseases, susceptibility to infections

#### **Psyche**

Stress intolerance, depressive states, anxiety, psychological problems

#### **What is the common denominator?**

- Limitation of physical and mental performance (mild to massive)
- Symptoms of the disease very inhomogeneous and variable

#### **What typical symptoms/complaints are known?**

- Thromboses
- Brain Fog
- Tiredness/exhaustion (fatigue)
- Intestinal problems (leaky gut)
- Susceptibility to infections/immune deficiency
- and others

### **Millions of Active Ingredients**

In general, plants contain a gigantic pool of secondary substances in addition to primary substances (sugars, fats and proteins). These components are usually responsible for their mostly positive effects on the human body when supplied appropriately. Today, it is assumed that a typical plant contains about one to two million different secondary substances such as flavonoids, naphthoquinones, tannins, essential oils and other classes of substances. Due to their natural, biochemical structure, these components have a wide variety of effects on our metabolic processes. In many cases, the biochemical basic bodies have been and are chemically modified for Western medicine and then used as therapeutics. The best example of this is acetylsalicylic acid ASA, whose natural precursor, salicylic acid, comes from willow bark (*Salix*) and has already been used as a painkiller for thousands of years. On the other hand, most therapeutics in tumor treatment are also based on basic bodies of the secondary substances of plants, often from Traditional Chinese Medicine (TCM), which have also been chemically modified from a patent law point of view and subsequently approved. In Europe and the Western world, around 500-1,000 plants are considered to be typical medicinal plants. In China and other Asian countries, about 10,000 medicinal plants are known and are used successfully.

Support the potential of self-healing powers and self-regulation in the organism with appropriate natural substances.

### **Use of Special Medicinal Plants**

In order to do justice to the holistic approach to intervention on or in humans, consideration of the existing biological complexity is indispensable. Only by administering synergistically acting, low-dose natural substance compositions (much better even selective plant extracts) with a broad spectrum of content will an adequate effect for the system be achieved. In the case of therapies with "single active ingredients", often according to the concept of modern Western medicine, the guarantee of comprehensive treatment in the sense of holism is only achievable to a limited extent.

### **Combinatory Experience**

Experience shows that the administration of arbitrary combinations of supposedly positive active plant extracts does not make sense. Determining factors are the quality of the products, synergistic combinations with a harmoniously complementary and reinforcing effect, as well as the optimal dose of the respective plant substances. This requires a great deal of combinatory experience and knowledge in this field, which can only be achieved through years of testing and development. For the holistic optimisation of the respective products, supplementation with balanced, relevantly effective minerals and vitamins in appropriate dosages is necessary and sensible.

### **Remove Foreign Protein and Prevent Adhesion**

Suitable natural substances in an individual composition to support the effectiveness of relevant vitamins and minerals (via a Phyto-Support Complex) enable the body to specifically support the self-regulation and self-healing potentials. This is to be done in the form of newly developed effective dietary supplements.

This requires a viable holistic concept. The priority is to transport as many symptom-triggering components as possible (especially the special foreign proteins) out of the body. Thus, a sustainable improvement of the individual well-being and the overall symptomology can be achieved.

The primary goal should be to support the human excretory organs (kidneys/intestines) and to protect the organism from harmful foreign substances during the elimination phase. Through the oral supply of the substances (Phyto-Support Complex), sufficient quantities of plant secondary substances reach the surfaces of the liver and kidneys, so that the pro-inflammatory substances can no longer attach themselves unhindered. A further functional impairment of the previously mentioned organs, especially excretion, is massively reduced. The products **Hepa-Five** for the liver and **Nepbro-Five** for the kidneys from **Naturwerk GmbH und Co. KG** have proven to be useful products here.

### **Serotonin-Melatonin**

Another priority to improve the body's regeneration processes is to support brain function in the serotonin-melatonin system. Due to a well-known cascade of action (gut/brain axis), a considerable functional restriction in the intestine can already be observed in many patients. This manifests itself, among other things, by reducing the production of 5-Hydroxy-tryptophan in the intestine. 5-hydroxy-tryptophan is the precursor of the hormone serotonin, which intervenes in a wide variety of metabolic processes in the human body.

A deficiency of 5-Hydroxy-tryptophan produces a reduction in available serotonin and, inevitably, also melatonin, which is formed from serotonin via the day-night rhythm. A lack of melatonin, in turn, does not allow the body to rest and impairs the regeneration phases. To improve the serotonin system, the **Sero-Five** product from **Naturwerk** can also be relied on, which supports mental performance through a nature-based combination of synergistic natural substances with a mineral-vitamin base.

If problems with the skin also occur, symptoms can be alleviated with a special body care product. Classic detergent components (detergents) have a good cleansing effect, but interfere with the detoxification processes of the skin. However, detergent-active natural substances (saponins) allow the body to excrete toxic compounds via its largest detoxification organ (namely the skin).

In this case, the **Naturwerk Detox Shower Gel** is a skin-friendly alternative, which can also all at once bind and transport away toxins that have reached the surface of the skin.

After the functional improvement of the excretory organs and the brain, the targeted process of eliminating foreign substances (foreign proteins) in the human body can be tackled. Due to the complexity, a combination of suitable interactively acting natural products is also necessary for this. The following products have proven themselves so far:

- "Foreign Protein Remover and Neutralizer" = Molecusan Liquid Spectrum
- "Foreign Substance Packaging (Binder)" = Molecusan Remove Spectrum
- "Zombi Cell Killer" = Molecusan Revive Spectrum
- "Brain Regenerator" = Molecusan Neuro Spectrum Night
- "Brain Cleaner" = Molecusan Neuro Spectrum Day

This elimination and detoxification cure, which lasts several weeks, is already showing impressive success and, in my opinion, a promising approach for the treatment of Long-Covid, Post-Covid and also Post-Vac complaints.

## Notes

The scientific background for the functionalities and the products based on them was implemented in a spa concept by **Joachim Gerlach** as researcher and developer together with **Professor Hans Rausch** as product developer. A global network of international scientists and practitioners has also been established to create the best natural solutions for sustainable health.

Further information and detailed explanations about the application and mode of action of the products will be provided in the second part of the article in the next issue.

## The Author



**Christine Sanftl, HP** has over thirty years of experience as a naturopath. Her therapeutic focus is based on herbal medicine (homeopathic complex remedies, compactates), various manual techniques and KnB (tapping acupuncture according to **H. Benesch**). She is the author (book: Regenaplex Hausapotheke) of various articles (case studies) and gives lectures. Thanks to the accompanying mentors in recent years in the medical and therapeutic sectors, she can draw on a wealth of experience. The joy of being able to help people is the driving force behind her work.

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