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Health

Corona & Co.

Preparatory Detoxification Cure to Support a Therapeutic Intervention of Long-/Post-Covid and Post-Vac, Part 2

By Christine Sanftl, HP
With Michael Gerling, HP

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In the first part (raum&zeit No. 251), the most common symptoms and complaints of Long-Covid, Post-Covid and Post-Vac illness were described. The use of special natural substances within a curative application to improve health problems as well as the overall situation can be a promising approach as a basis for treatment.

In this part, the function and procedure of the detoxification and regeneration cure is described in detail.

The therapeutic focus in classical Western medicine is primarily on symptomatically alleviating the various complaints. A wide range of therapeutic approaches are known so far and also find application with different results. Treatment with **mono-preparations** or individual substances (typical of modern Western medicine) might not lead to general success here on account of the complexity involved. However, an efficient and recognized treatment for the complex complaint scenario has not yet been established with the current lack of availability.

The focus of this new type of detoxification cure is to eliminate the causal sources and thus alleviate the various symptoms.

In order to be able to counter this complex process effectively and with few side effects, it requires a coherent concept that meets the requirements.

Therapeutic Intervention: Special Medicinal Plants With Virucidal Properties

Therapeutic approaches with special medicinal plants against viral burdens are promising and interesting. An adequate effect can be achieved by administering a composition of synergistically acting, low-dose natural substances or selective plant extracts with a broad spectrum of content. Suitable natural substances of high quality with individual composition (**Phyto-Support Complex**) and enriched with relevant vitamins and minerals to support their effectiveness enable the body to support directed self-regulation and self-healing potentials. The creation of suitable products requires combinatorial experience and a great deal of knowledge based on years of development and testing.

In order to eliminate the causes of this multisystemic problem, an individual and moderate approach is necessary.

Consideration of the existing biological complexity is indispensable and requires a targeted approach, and for this the support of **experienced therapists**.

Promising therapeutic approaches with special medicinal plants against viral loads.

Technical Background of the Intervention.

In the organism, the general demarcation systems, whether cellular or in the organ area, primarily consist of lipid double membranes. These are fat structures that are excellently suited for maintaining water-based cell metabolism on the basis of their insolubility (fatty shell as a "perimeter wall").

A cell membrane is the part of the cell that separates the internal space or the inner milieu from its environment (extracellular space). The lipophilic property of the cell membrane makes it possible to distinguish two aqueous environments from each other. Larger molecules cannot pass through this membrane, or only with difficulty. In order to enable substance transfer, so-called "tunnel" channels are built into the membranes, which consist of specific proteins. Thus, it is possible to exchange selective substances between the two milieus. They also serve to maintain the membrane potential.

If foreign proteins enter the body via the bloodstream, they attach themselves to the existing protein structures of the cell membranes due to their similarity, or rather affinity. If they then fit together well in terms of their spatial structure, this "binding site" is occupied immediately and for a long time. Certain viruses use the spike protein in order to dock onto the cells and enable the virus or its genetic information to be absorbed into the cell. Thus, a virus or bacterium can fuse with the cell membrane and penetrate into the human cell.

Pathogenic attackers (bacteria and viruses) use such "entry points" as "docking sites" during infections in order to infect the cell from there. "Foreign proteins" (in the case of SARS-CoV-2: spike proteins) accumulate there and support the penetration of the virus RNA into the cell. In this process, the spikes remain on the cell surface and begin their destructive work, for example by **activating inflammation**.

Causes of the symptoms described (see Part 1)

- Presence of spike proteins
 - ➔ Presence of RNA, possibly DNA for spikes and viruses
 - ➔ Presence of intact SARS-CoV-2 viruses

Treatment Goal

- ➔ Elimination of spikes + viruses as a priority
- ➔ Restoration and improvement of a good overall physical situation

With a variety of special, plant-based secondary substances, it is possible to break these bonds again.

In order to prevent new attachment elsewhere, it is necessary to occupy both the binding sites on the cell membranes and also on the spike protein in order to enable excretion from the body. To guarantee a sure evacuation, it is necessary to remove the released spike proteins from the body completely, without crushing in a "transport packaging" by adsorption to plant "binders" via the blood vessel system, liver, and kidneys as well as the intestines. Adsorption refers to a physical process in which substances adhere to the surface of another substance and accumulate there.

Explanation of terms

"Astrocytes" are the largest and most abundant types of supporting cells (glial cells) in the central nervous system (CNS) and contribute, among other things, to the formation and maintenance of the integrity of the blood-brain barrier.

Astrocytes have other diverse functions. They nourish the neurons through contacts with the blood vessels, are significantly involved in fluid regulation, are relevant in the neurotransmitter system and have an important function in the microcirculation for waste disposal in the brain and spinal cord via the glymphatic system.

"Adsorption" is a physical process in which substances adhere to the surface of another substance and accumulate there.

"Autophagy", also known as the body's own waste collection or "recycling program", breaks down damaged and no longer needed cell components as well as pathogens and recycles them. It serves to cleanse the body and is an essential component within the cell metabolism.

"Apoptosis" is a form of programmed cell death. It is the self-destruction of individual biological cells as a survival protection: a "suicide program". This can be stimulated from the outside or triggered by internal cell processes.

The **"Glymphatic system"** serves to dispose of cellular waste products in the central nervous system (CNS), analogous to the lymphatic system of the body, via a directed flow of fluid.

"Senescent cells" are cells that no longer divide but have not died either. They are associated with the process of aging and various diseases.

"Zombi cells" form due to a lack of inactive characteristic proteins when cell degradation does not work and natural autophagy no longer gets going. In the long term, these "seemingly dead" cells (senescent cells) can serve as a reservoir for pathological foreign proteins, viruses, etc. and upregulate inflammatory cascades.

With the current state of science, intra-corporeal fragmentation of the spike proteins is generally not advisable. When the spikes are disassembled, the two subunits S1 and S2 are formed, which bring significantly more toxic protein structures to the surface at their "breaking point" and can thus produce a considerably greater degree of destruction than the intact spike (see Stages 2 and 3).

In order to prevent re-intoxication via the intestine ("leaky gut") during detoxification, the use of other specially acting "binders" is necessary.

When the spikes are disassembled, the two subunits S1 and S2 are formed, which bring significantly more toxic protein structures to the surface at their "breaking point".

The spike proteins have an extremely diverse functionality. In addition to the progenitor cells in the stem cell system and the immune cells, they also especially attack the cellular structures in the brain, which manifests itself in neurodegenerative symptoms.

Particularly noteworthy is the high stress due to massive overrouting of the astrocytes in and around the blood-brain barrier into a senescent state. This leads to an uncontrolled influx of unsuitable components into the brain. In addition to that, the outflow of toxic compounds from the brain via the glymphatic system is largely obstructed.

The selectively permeable barrier between brain matter and blood stream, the so-called blood-brain barrier, controls the exchange of substances in the central nervous system and is intended to prevent the penetration of substances that should not enter the brain.

Brain Regeneration

Furthermore, the spike proteins block the enzyme that produces melatonin from serotonin (day-night rhythm) and also binds to melatonin with a high affinity. This leads to partial inactivation of hormonal functions. The result is a significant restriction of the brain's natural detoxification and regeneration during the deep sleep phase.

Through the use of plant secondary substances, the process of self-regeneration is restarted by releasing the characteristic structures of the senescent cells (signal effect for the immune cells) on their surface. This process can trigger natural autophagy.

Other natural components are able to significantly support the autophagy process in the destruction of so-called zombie cells – senescent cells with RNA, viruses and spikes – and their conglomerates (syncytia) (Stages 2-5).

An equally important aspect during the cure is the support of the skin as the largest detoxification and excretory organ as well as its regeneration. This is possible with a special detox shower gel that contains saponins and adsorber molecules for toxins instead of detergents.

In addition to the progenitor cells in the stem cell system and the immune cells, spike proteins also especially attack the cellular structures in the brain, which manifests itself in neurodegenerative symptoms.

The functionality of this virus with its damage and/or deactivation of the specific immune response requires active protection. In addition, two additional products are available that enable the interception of viruses on the mucous membranes of the mouth-nose tract on the one hand and on the other the destruction of the virus protease after penetration occurs, so that further spread in the organism is prevented (Stage 6). The products **Liquid Spectrum Spray** from **Molecusan** for mucous membrane protection and **Compa Immun** from **Naturwerk** as a protease-destroying prophylactic contribute to this.

Procedure of the detoxification cure

For affected persons three intake recommendations are offered:

- ➔ as a prophylaxis and to strengthen the organism
- ➔ with clear symptoms or complaints regarding intestinal problems, brain fog and reduced performance
- ➔ with longer-lasting, more severe problems.

Each patient is individually provided with the appropriate products depending on the actual symptoms. The cure itself is variable, the procedure is decided by the therapist!

- ➔ The basis of each phase is the functional strengthening of the organs kidneys (detoxification) and liver (detoxication) as well as the skin (removal).
- ➔ Improvement and/or maintenance of neuronal brain function through serotonin build-up
- ➔ Mobilization of foreign protein and its constriction
- ➔ Support of brain detoxification and neuronal regeneration at night (improvement of the deep sleep phase)
- ➔ Support of brain detoxification during the day via the glymphatic system
- ➔ Prophylactic protection of the upper mucous membranes (nose/throat) against viral reinfection
- ➔ Support of the endogenous autophagy of senescent cells
- ➔ Removal of "packaged" foreign proteins in the intestine

Preventing a "Tsunami" of Pathological Foreign Proteins

A multi-stage approach is recommended to prevent a "tsunami" of pathological foreign proteins during the cure and to ensure a controlled detoxification with as few side reactions as possible. Further supportive therapeutic interventions for regeneration and a lasting improvement in the overall situation are recommended.

Elimination of Spikes and Viruses

Stage 1: Support of the excretory and the brain (see also Part 1)

- Functional strengthening of the organs kidneys (detoxification) and liver (detoxication), as well as the skin (removal)
- Protection of organs from the re-attachment of spike proteins (**HepaFive, NephroFive**)
- Functional improvement of neuronal control and brain regeneration by building up a serotonin depot regulated by the body (**SeroFive**)
- Functional improvement of skin detoxification (**Detox Shower Gel**)

Stage 2: Spike elimination on the cell membranes and protection against re-attachment

- Saturation of the unoccupied binding sites, i.e. potential docking sites on the cell membranes
- Detachment of uncrushed i.e. complete spike proteins
- Constricting spike binding sites to prevent reattachment (blocking)
- Saturation of the freed binding sites on the cell membranes (**Liquid Spectrum**)

Stage 3: Constriction and excretion of the spikes

- Adsorption of the "blocked" spikes to various natural, high-molecular bonding molecules, e.g. silica, vegetable charcoal, pectins, etc. as systemic binders
- Excretion of the "packaged" spikes via the liver and kidneys as well as the intestine (**Capture + Remove Spectrum**)

Stage 4: Spike elimination in the brain

- Application of mucosal and blood-brain barrier common natural products for the release and constriction of the spikes in the brain
- Activation of the glymphatic system to improve the serotonin-melatonin system [regeneration in the deep sleep phase] (**Neuro-Spectrum Night**)
- Support for the elimination of toxins via the glymphatic system in the case of severe neuronal deficits (**Neuro-Spectrum Day**)

Stage 5: Elimination of senescent cells and cell conglomerates

- Re-activation of the cell recognition sites for senescent cells ("Zombi cells" as well as syncytia)
- Activation of autophagy and support of the body's own elimination processes (**Revive Spectrum**)

Stage 6: Prophylactic protection against reinfections with SARS-CoV-2 and other viruses

- Prevention of reinfection with SARS-CoV-2 via the oral and nasal mucosa (**Liquid Spectrum Spray**)
- Reduction of the consequences of infection by blocking the replication of viruses in the body by inhibiting the viral protease (also in the case of influenza) (**Compa Immun**)

After completion of this regeneration cure, the basis is created so that a constructive, supportive and patient-specific therapy becomes possible again.

The *naturopath Michael Gerling* has developed a simple and standardized intake plan from this. He refers to the procedure as "**BISPA-KUR**" (**Bi=Binding, Sp=Spike, A= Detoxification**)*

The following intake plan is designed as an example and standardized in accordance with the pharmaceutical guidelines for an average male adult about 25 years of age, a weight of about 75 kg without relevant pre-existing conditions.

It remains the responsibility of the therapist to adjust the dosages (amount and time) of this intake plan according to the individual factors (age, weight, gender and previous illnesses, etc.) for the respective patient.

The completion of the regeneration cure is the basis for further treatments.

The Authors



Michael Gerling, HP has been practicing as a naturopath in his own practice since 1999 with a focus on pain, circulatory and cell symbiosis therapies. In addition to his practical work, he gives seminars for laypeople and therapists, in which he passes on his knowledge in the various areas. The new symptom pictures in recent years led him to search for new approaches, especially since many time tested treatment methods "suddenly" no longer seem to work or only to a limited extent. In this search, he came across the above further developed detoxification concept through various scientists, which he has been successfully implementing for some time to support a therapeutic intervention of so-called Long-Covid cases.



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.

* Note initials here with English translation differ slightly from the original German words. CLW

"BISPA Cure Basic" + "BISPA Follow-up Cure 1"		
1st + 2nd Weeks:		
• "NephroFive Kps."	1 caps. in the morning with a little water	= 1 - 0 - 0
	morning/AM 2 caps with some water	= 2 - 0 - 0
	1 caps. in the evening with a little water	= 0 - 0 - 1
optional detox shower gel daily for skin detoxification!		
3rd Week:		
• "NephroFive Kps."	1 caps. in the morning with a little water	= 1 - 0 - 0
• "SeroFive Kps."	morning/AM 2 caps with some water	= 2 - 0 - 0
• "HepaFive Kps."	1 caps. in the evening with a little water	= 0 - 0 - 1
• "Liquid Spectrum"	at noon with food ½ bottle = 25 ml	= 0 - 1 - 0
• "Capture Kps."	at noon and in the evening 2-3 caps each.	= 0 - 2 - 2
• "Remove Kps."	3 x daily 1 cap.	= 1 - 1 - 1
Shake Liquid Spectrum and all sprays well before use!!		
4th-10th Weeks		
• "NephroFive Kps."	1 caps. in the morning with a little water	= 1 - 0 - 0
• "SeroFive Kps."	morning/AM 2 caps with some water	= 2 - 0 - 0
• "HepaFive Kps."	1 caps. in the evening with a little water	= 0 - 0 - 1
• "Liquid Spectrum"	at noon with food ½ bottle = 25 ml	= 0 - 1 - 0
• "Capture Kps."	at noon and in the evening 2-3 caps each.	= 0 - 2 - 2
• "Remove Kps."	3 x daily 1 cap.	= 1 - 1 - 1
• "Neuro Spectrum DAY Spray"	In the morning, give 1-2 sprays in the mouth or nose	= 2 - 0 - 0
• "Liquid Spectrum Spray"	At noon, give 1-2 sprays into the mouth or nose	= 0 - 2 - 0
• "Neuro Spectrum NIGHT Spray"	Before sleeping, give 1-2 sprays into the mouth or nose	= 0 - 0 - 2
Additionally from the 5th week:		
"REVIVE Spectrum Kps."	Take 6 caps at a time 1 x weekly at lunchtime	= 0 - 6 - 0
From the 11th week:		
Take all remedies to the end!		

Notes and Comments from Your Illustrious Leader and Translator

Only a little bit of hyperbole there. But, I felt it was important to add my analysis and commentary with these two articles. I have not worked with this company or these remedies in the past, and do not imply any kind of recommendation by publication of this information.

Naturwerk has a large website in German and English and their contact information is included here – as it was included in the German language version of these articles. I strongly doubt that these remedies are available in North America and likely cannot be shipped here directly. I have not found electronic versions of the remedies in the libraries available to me. If you have, or are currently working with, an international pharmacy or similar remedy source in Germany, they may be able to obtain and ship the remedies to you.

Therapist training

If you are interested in therapist training regarding this special detoxification treatment cure, please contact the company:

Naturwerk GmbH & Co. KG

Reuttier Straße 56

89231 Neu-Ulm

Telefon: +49 (0)731 298 798 50-15

Telefax: +49 (0)731 298 798 50-17

E-mail: info@naturwerk.eu

Website: <https://naturwerk.eu/en>

That said, here's my take on this method. I suspect it's very successful and effective. What I found most interesting was the way these practitioners followed the logical application through the symptoms of the disease. I have no doubt that there are other, more readily available, remedies and homeopathics that will do the job if you follow their suggested application.

The other side of this method I found a bit overwhelming was the long treatment time to obtain results (nearly 12 weeks), and the insistence on use of only their remedies, along with the complicated series of remedy intake instructions. This would clearly also be a very expensive treatment plan for each patient. I truly like the individuality of the treatment for each patient, but I'm sure cost and dedication to the routine could be great factors in the success of the therapy.

To be fair, I have translated the articles with my usual clarity and care. I feel confident that I have given you a detailed accurate translation of what they said – definitely **not** what an "interpreter" thinks they said.

With all best wishes,

Carolyn L. Winsor

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