

Autoimmune Diseases and the Importance of Integrative Biological Medicine

Introduction

Autoimmune diseases are increasing extremely rapidly. Orthodox medicine considers autoimmune diseases a group of disorders that appear in various forms depending on the organ affected and on the patient's constitution.

The problem is that orthodox medicine is not able to understand the causes and calls these diseases "idiopathic", i.e. of unknown cause. For instance, autoimmune thyroiditis (Hashimoto's disease) is the fastest growing disease in numbers in the US (apart from "borreliosis"/"Lyme", which we do not consider to be a single disease).

However, many other conditions are also part of this group, such as:

- Multiple sclerosis
- ALS (amyotrophic lateral sclerosis, in 90% of all cases lethal within 2 to 4 years)
- Rheumatoid polyarthritis and juvenile arthritis
- Bechterew's disease = Spondylitis ancylosans
- Ulcerative colitis
- Crohn's disease (autoimmune ileo-colitis)
- Lupus erythematosus
- Sjögren's syndrome
- Hashimoto's thyroiditis
- Idiopathic thrombopenia
- Myelodystrophic syndrome (bone marrow deficiency combined with anemia)
- Chronic fatigue syndrome
- Fibromyalgia

For all these diagnoses, orthodox medicine has not established any underlying cause. It treats them ONLY by suppression. In former times this was done with cortisone (steroids). These days they are treated with anti-inflammatory drugs, chemotherapy (to suppress the immune system) or with new and extremely expensive antibody therapies like Humira® and the like.

Due to the Alpstein Clinic's approach of taking a true holistic case history, physical examination and comprehensive diagnostics we often find environmental toxic loads, dental foci, lack of vital substances, intestinal dysbiosis, food allergies, silent inflammations from different microorganism and unresolved and suppressed emotional conflicts. If all disorders and factors are eliminated which have promoted the chronic inflammation and auto-aggressive reactivity, most autoimmune diseases improve significantly over time—from several months to two years in many cases.

The four-pillars concept of Integrative Biological Medicine in autoimmune diseases

In order to be successful with biological remedies in auto-immune diseases, we adhere to a strict conceptual implementation. This means that patients will have to strictly observe the healing diet, natural remedies and immune-balancing and strengthening substances and turn around their lifestyle and thinking completely.

1. Recognize of causative agents

... it means the determination of individual factors and reasons which have promoted auto-immune disorders, like

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- Toxic contamination (heavy and light metals, organic toxins), see also ATSDR webpage (<https://www.atsdr.cdc.gov/substances/ToxOrganSystems.asp>)
- Infected teeth and bacterial, chronic inflammations of the jaw,
- Unresolved deep emotional trauma and conflicts,
- Long-term silent inflammation from interfering fields (often combined with slow virus infection),
- Deviation of important micro-environmental factors (terrain factors), like acid-base-balance, oxidative and nitrosative stress, enzyme blockades etc..
- Unhealthy nutrition with a lack of important vital substances.
- Too much stress and dominance of sympathetic nervous system, not enough recovering during sleep, stepwise development of adrenal deficiency.
- Loads from building biology (esp. geopathology), electromagnetic and high frequency smog.

All factors can meanwhile be measured by specific lab and functional test systems.

2. Purification and Release

... it means to let go all inner waste from body mind and soul by ...

- Cleansing of inner organs and intestines (infusion program, oral treatment, colonics),
- Targeted detoxification and tooth sanitation (Metal Free Restoration, Removal of Root Canal Treated Teeth and Jaw Cavitations),
- Sanitation of chronic inflammations,
- Holistic pain treatment, especially with systemic Procaine which is very helpful,
- BIO-IN² neural therapy,
- Psycho-mental detox and emotional relief.

3. Regeneration and Bio-stimulation

... it means especially the strengthening of inner organs, modulation and stimulation of immune system by the use of ...

- Specific infusions containing high-dosed antioxidants, essential amino acids, Procaine,
- Hyperbaric ozone therapy,
- Natural remedies from Homeopathy, Isopathy, Spagyrics, Phytotherapy, Mistletoe,
- Intestinal Health by Pre- and Probiotics,
- Targeted supplementation,
- Organopeptides (in combination with autologous blood) for lymphatic and inner organ support,
- Intensive diet therapies / individual nutritional advice,
- Full-body hyperthermia (Iratherm®) and active fever therapy,
- Bioidentical Hormones,
- BIO-IN² Injection Therapy,
- Proper function of bite and mastication,
- Holistic physical therapy (pulsating magnetic field, reflex therapies, lymph drainage).

4. Harmonization and Awareness

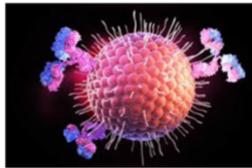
... it means to bring Body, Mind and Soul in Conformity with Creation, due to ...

- Definition and finding the inner Sources of Energy,
- Bringing the Family in Harmony,
- Changing old negative thinking Patterns,
- Using the power of your own Trust and Belief Concept,
- Synchronization of body, mind and soul,
- Developing an Awareness of being the designer of own fate.

The following figure summarizes the most important components of Integrative Biological Medicine in autoimmune diseases:

- **Infusion program against inflammation**
- **Targeted detoxification**
- **Replacement of classic anti-inflammatory drugs with natural substances** (e.g. Frankincense)
- Regulation pH and oxidative stress
- **Removal of dental foci**
- Oral supplementation of vital substances
- Neural therapy (segmental and neuro-modulative triggers)

Tools for Prevention and Therapy of Autoimmune Diseases



- **Local and whole body hyperthermia**
- Organopeptides with autologous blood activation, ozone therapy
- Diet and optimizing of nutrition
- Natural remedies for organ support and inner stabilization
- Colonic cleansing and up-building of **intestinal flora**
- Release of psycho-somatic conflicts affecting the organ („not-digested“ conflict)

The Human in the Center of Focus!

Our treatments are very individual as the result of true holistic diagnostics. We don't treat diagnoses—we treat people and the causes of their illness. Treatments vary, depending on the contributory causes we find.

In the name of the complete Alpstein Team,

Dr.med. Ralf Oettmeier
Head Physician