Despite modern medicine, the advances of our time have resulted in many illnesses that it is beyond our capabilities to cure. We are referring to the typical diseases of civilization: from sluggishness, insomnia, excess weight, skin problems and allergies to serious chronic illnesses such as diabetes, cardiovascular ailments, diseases of the stomach and intestinal tract, and the entire spectrum of autoimmune diseases. The main cause (apart from a frequent lack of spiritual orientation) is a severe shortage of bodily enzyme groups (also known as low enzyme levels, or LEL), which disrupts the human regulatory system.

Doctors, complementary health practitioners and veterinarians report their sensational successes using BIO-ACCESSIBLE ENZYMES in LIQUID FORM to treat the organism as a whole. (European patent number 1153549 - Granted by the European patent office 2004)

This method, which can be applied both internally and externally, offers humans and animals alike the opportunity to quickly restore their bodily enzyme supply to healthy levels.

Even dentists report pain relief and faster healing.

Both the cosmetic and foot-care industries are already using bio-accessible enzymes in liquid form as an "insiders' tip".

Diagnosis: "You'll Just Have to Live with It!"
"No Thank You!"

» Dr. Karl-Heinz Blank
» Ekkehard Arnd Wittich Scheller
» Johannes Aaron Seidler
» Thomas Ganswindt
» Dr. Axel Kohler

published by: CODEX-Med
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» Thomas Ganswindt (Berlin)
With degrees in both veterinary medicine and biomedical engineering, Mr. Ganswindt opened a laboratory for vibrational blood testing for animals in 2002. In his veterinary practice, he uses both traditional and alternative treatment methods, such as acupuncture, cleansing therapy, homeopathy, environmental medicine and physical therapy. Due to the similarities between humans and animals, he later completed the exam to become a complementary health practitioner. Mr. Ganswindt established his complementary health practice in 2000 and earned the „European Diploma of Holistic Bioenergetic Medicine“ in 2001.

» Ekkehard Arnd Wittich Scheller (Neubeuern)
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» Dr. med. Karlheinz Blank (Witten)
A specialist in general medicine, chirotherapy, naturopathy and occupational medicine, Dr. Blank has been the head physician for holistic blood diagnostics in Witten, Germany, since 1980. He is also committed to community service, and is a member of the Lions Club.

» Dr. Axel Kohler (Gruenwald)
A specialist for general and pediatric surgery, Dr. Kohler has headed his own day hospital for outpatient surgery for the last 18 years. In addition, he is a staff physician at the Children’s Clinic of the Third Order.
Diagnosis:

„You’ll just have to live with it!“

No thank you!
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Diagnosis: “
You’ll Just Have to Live with It!”
No Thank You!

Frequently, patients report that they visit a doctor with high expectations, only to spend a long time in the waiting room, and leave the office with no more than a superficial diagnosis and uncertain prospects of a cure. Some months later, the initial complaints will often have developed into a full-blown illness without real help in sight. The prospect for the patient is: “You’ll just have to live with it!”

Foreword
A commitment to the health of our society has led us to form a group with a focus on natural healing. We are a team of doctors, scientists, state-registered complementary health practitioners and veterinarians. Together, we give lectures on the positive experiences we have had with newly-developed therapeutic products which are extracted/created by means of cascade fermentation technology. Cascade fermentation is a newly developed, highly sensitive fermentation production process (which must be followed to the letter). This method has made it possible to concentrate the essential enzymes from food, make them accessible for the body (bio-available) and charge them with energy. The ability to provide bio-available enzymes paves the way for a completely new approach to bringing organisms back into equilibrium and allows homeostatic control to be reestablished. It enables both humans and animals to be reintegrated in the original equilibrium of life-forces.

Taking activated, bio-available enzymes verifiably helps to deal with metabolic imbalance, hyperacidity deposits in the joints or tissues (including fat...
As the old adage goes, all healing is self-healing!

The primary cause of nearly all disease is low enzyme levels (LEL) in the body.

deposits). External use of cascade-fermented concentrates also achieves remarkable results.

As the old adage goes, all healing is self-healing!

Main Section

For many years, leading doctors have agreed that low enzyme levels (LEL) are the primary cause of nearly all disease and the premature aging process.

What Is the Body’s Enzyme System?

✦ Humans are made up of 70 billion cells.

✦ Our body performs 200 million chemical processes daily.

✦ Every single process is controlled and regulated by an enzyme produced by the body specifically for that process.

✦ According to medical dictionaries, “life” is the regulated interaction of all the processes performed by enzymes in the body.

✦ It follows that disease is the disruption of this harmonious interaction between enzymes.

✦ The enzyme matrix is genetically differentiated. In other words, Europeans need different enzymes than Asians.

✦ Statistics show that a person’s life expectancy and quality of life is directly proportional to the efficiency of the body’s enzyme system.
At birth and while nursing, every infant receives a large supply of enzymes for his or her future life. The infant’s future vitality and health depends on this supply of enzymes being properly maintained.

Basic Information

According to worldwide studies, the majority of modern population suffers from a lack of micro-nutrients, such as low enzyme levels.

The first symptoms of LEL are fatigue, loss of concentration, susceptibility to infection, skin problems, general sluggishness and digestive trouble. Cell and tissue damage may already occur at this stage, which inevitably leads to serious disease in later life. As early as 1991, leading nutritional scientists pointed out in the “Declaration of Santa Fe” that improper nutrition and the intense strain placed on our food when it is processed are the main reasons for serious illnesses.

Reasons for Low Enzyme Levels (LEL)

Early harvests, long storage periods and additional processing through radiation, heating, sterilization and conservation in today’s food factories cause a huge loss of essential enzymes and other bio-active substances. Fast food meals, for example, have a nutritional value dangerously close to zero and serve virtually no other purpose than to make people fat.
Reasons for Increased Enzyme Requirements

✧ Excess weight, lack of exercise and stress. These common problems in the world today are absolutely lethal to enzymes and result in the accumulation of waste and toxic deposits and cell destruction.

✧ The use of pesticides poisons our bodies and paralyzes the nervous system, resulting in inexplicable fatigue, forgetfulness and depression.

✧ Another issue is the dual problem of synthetic fertilizers, which stimulate not only our food supply, but also every single human cell. This exaggerated growth has no natural stability, like a stalk of wheat that falls over in even a light breeze.

A single glance at disease statistics in the United States shows that our bodies lack fundamental resistance and vitality.

The facts speak for themselves

How unhealthy is the US Population?
(Population: 302 million in 2009)

How unhealthy are Americans?

- 65 million suffer from allergies and skin problems
- 15 million suffer from chronic bronchitis
- 57 million have diabetes or impaired glucose tolerance many do not even know it!
- 65 million have high blood pressure
- 32 million have serious heart and/or circulatory diseases
- 75 million suffer from chronic loss of energy and vitality
- 205 million are overweight or extremely overweight
– 20 million have fragile bones
– 45 million suffer from rheumatism, arthritis or gout
– 15 million are plagued by chronic constipation
– 75 million suffer from food intolerance
– 24 million die prematurely from cancer
– 45 million suffer from migraines and headaches
– 65 million suffer from sleep disorders
– 30% of all males over 50 suffer from prostate enlargement
  and prostate cancer is the most common malignancy in the US
– Annual US sales of prescription medication hit $291 billion

For humans to be healthy, their bodily enzymes have to be fully active.

**Bodily Enzymes Regulate:**

✦ Collection and removal of all toxins and free radicals
✦ Breakdown of deposits that cause arteriosclerosis (cholesterol)
✦ Blood viscosity (thus preventing blood clots)
✦ Clearance of blocked nerve pathways
✦ Healing of wounds and pain relief
✦ pH balance
✦ Balanced functioning of stomach and intestines
✦ The hormonal system
✦ Disorders that trigger autoimmune diseases (joint problems, arthritis, psoriasis, MS, etc.)
✦ The healing process for infectious diseases (bacterial and viral)
✦ The recognition and destruction of mutated cells (tumors)
What Options Are Available for Preventing Illness and Treating Pre-existing Conditions?

Chemical drugs are very effective. However, they are, without exception, associated with side effects. Some 90% of Germans over 50 take medications three times each day, and the amount of medication prescribed is rising steadily. In the US, about 30% of all disease is iatrogenic - caused by medication or medical treatment. At least 225,000 people a year die from iatrogenic causes, making it the third leading cause of death. Note that this estimate is for deaths only and does not include the many negative effects that are associated with disability or discomfort.

Why?

Drugs work like weapons: They make targeted attacks on bodily processes, often by blocking the body’s enzymes. Destroying these enzymes temporarily produces a positive effect on the condition, but it does nothing to remedy the cause of the disease. On the contrary, it throws the body’s own regulating system out of kilter, inhibits the self-healing process and paves the way for secondary diseases.

Taking Vitamins, Trace Elements, Minerals and Enzymes Only Has a Limited Effect

- Illnesses of the digestive system, stomach and intestines hamper absorption, and sometimes prevent it completely.
- Even high doses of vitamin preparations can only be effective if the body is not already suffering from LEL.
- Chemically produced vitamins and trace elements are not absorbed by the body as well as organic ones because of lack of needed natural companion elements.
Traditional enzyme preparations are limited in their effectiveness.
- Up till now, tablets contain only enzymes from fruits that are new to many Western digestive systems (papain from papaya and bromelain from pineapples).
- Existing enzyme preparations contain only a handful of enzymes and in no way satisfy all of the body’s enzyme needs. (Humans need up to 10,000 enzymes daily, and possibly even far more.)

Enzymes are huge protein chains. If they are in a non-bio-available form, the body can absorb only a small percentage of them.

The key question is:

_How can people obtain the necessary amount of functional (i.e. bio-available) bodily enzymes in this day and age?_

The answer:

_Through cascade fermentation (using living microorganisms) of organic vegetarian foods selected for their health-promoting properties!_

---

**Fermentation History and Modern Importance**

Mark J Tallon, PhD, founder of NutriSciences Ltd, has recently described the development of fermentation into a great natural science and state of the art process, as follows:

“The evidence of the use of controlled fermentation can be dated to China, South America and ancient Egypt. Since the early proposals put forward by Louis Pasteur in 1858 about the use of micro-
Fermented microorganisms, such as probiotics, can perform functions that may aid in host health.

Over the last 150 years (since Pasteur), the application of fermentation has changed significantly as it transitioned from traditional to modern techniques. Traditional methods focused on individual establishments, while modern techniques have turned mainstream manufacturing of fermentation products into modern industrial production procedures following strict good manufacturing practice. Industrial fermentation is now a huge part of the raw-material market including functional ingredients such as hyaluronic acid (fermentation with streptococcus bacteria), fermented green tea (production of theaflavins), and GABA (lactic fermentation of red perilla leaves), to the widely used carnitine xylitol, vitamins B2, B12 and K, CLA and glucosamine hydrochloride from Aspergillus niger.”

Harnessing health benefits

“One of the earliest functional attributes of fermented foods was their ability to introduce a change in the microflora of the human digestive tract. Because many fermented micro-organisms, such as probiotics, survive digestion, they can reach specific sites of benefit within the intestinal tract where they perform functions that may aid in host health. Fermented foods can provide an innate set of other functions such as increasing the nutritive value of foods by producing or enhancing the absorption of vitamins and minerals during digestion.

During the last 20 years there have been many natural products that owe their success to advancements in fermentation technology. These benefits range from specific functional attributes such as acting as an antihypertensive to the broader wellness category, such as antioxidants.
The fermentation market is relatively unknown to many not directly involved in manufacturing of functional ingredients. However, the research surrounding natural products from fermentation has rapidly evolved. As the search for natural products grows, the potential application of fermentation as a more natural manufacturing method is still to be exploited.”

Cascade Fermentation

This type of fermentation is a pioneering invention of modern times! This process has finally made it possible to specifically counteract LEL.

Cascade fermentation fulfills fundamental requirements:

✦ The enzymes, vitamins, minerals, amino acids and phyto-nutrients from fruits, nuts and vegetables are biologically broken down into their health promoting highly bio available forms.

✦ The diversity of enzymes is made bio-accessible! This means that the enzymes are broken down into their active components. This process of breaking down the enzymes results in the individual enzyme structures having a smaller molecular size, thus allowing them to be absorbed directly into the blood stream through the oral mucous membrane or even through the skin.

✦ The wave of the cascade (a special fermentation formula) charges the enzyme fragments with vibrational energy, allowing them to function as bodily enzymes almost immediately.

There are now a number of cascade fermentation preparations made in Europe. We have extensively used such concentrates and refer to them collectively in this book as “CF-concentrates”. All of these meet the demanding requirements for providing health today.
Description of the Manufacturing Process for Cascade Fermentation Products

This process is modeled after the human body’s natural digestion process.

1.) It begins with organic fruits, nuts and vegetables. The recipe ensures a wide spectrum of enzymes and thus a wide therapeutic potential.

2.) Fermentation takes place in a lactic acid environment. Lactic acid is an important organic component of human blood plasma (0.09 – 0.16 g/l), and is in fact produced directly by the body. We now differentiate between healthy (+) (right-handed) lactic acid and (-) (left-handed) lactic acid. Furthermore, (+) lactic acid provides the necessary conditions for full enzyme activity. To put it another way, “essential enzyme processes involved in inter-cellular metabolism depend on the concentration of (+) lactic acid.”

3.) The “cascade fermentation” preparation process takes place in a series of concentration steps (called dynamic sampling). The raw material is placed in a bioreactor containing energetically processed /enhanced water. At this point, a first complete fermentation takes place in a (+) lactic acid environment. Thereafter, part of the resulting fermentation product is removed and other microorganisms are introduced to restart the fermentation process. In this way, various fractions are created that continue to ferment down on their own. This results in the breakdown of all the bio-active substances – particularly the division of the enormous range of enzymes into their active elements (peptide chains).
The cascade ensures that the enzymes, as well as all other micronutrients with a large molecular weight are broken down into smaller units. It is well known that only small molecules can be absorbed through the intestinal villi into the blood-stream. However, a major portion of the CF-liquids is already absorbed through the mucous membranes of the mouth, which is an enormous advantage for patients with stomach and bowel conditions.

4.) The cascade formula enhances the healing properties of the original organic substances. This, in turn, increases the vibrational energy of the enzyme components.

The high vibrational energy of the cascade preparations ensures that their enzyme components can be utilized as bodily enzymes. All CF-concentrates are produced according to the ways of nature, but with the know-how of cutting-edge research and technology!

*With the kind consent of:*  
Dr. Niedermaier Pharma GmbH, 85662 Hohenbrunn, near Munich, Germany (Summary of the European patent)

**Summary**

Fermentation in cascades is a new and unique discovery! The protracted processes of partial fermentation imitate the natural enzyme cascades in the human body.

This means that the end product of cascade fermentation is a wholly natural substance, nature in concentrated form, without sugar, alcohol or preservatives. The enzymes of the fruits, nuts and vegetables used are multiplied, broken down into enzyme moieties and activated. This process
makes them directly bio-available to our organism, much like a self-service shop. For this reason, many CF-concentrates take effect within seconds.

Cascade fermentation creates CF-concentrates that compensate for the various deficiencies that plague modern society, and give our body the enzyme power to better withstand today’s environmental stresses.

**CF-concentrates are suitable for internal and external application**

**Taken internally**, CF-concentrates are tantamount to an organic feast!

✧ They help protect against disease.
✧ Give outstanding support to the healing process of virtually every disease.
✧ Are a source of renewed youth and energy.

**Used externally** on the skin, CF-concentrates work in various ways.

✧ They significantly accelerate healing processes.
✧ They have an analgesic effect that can be felt even in the joints.
✧ The skin itself becomes softer and appears younger and more attractive

**The Ingredients That Give CF-concentrates Their Healing Power**

Cascade-fermented liquids can be made with a variety of ingredients. But care should be taken to ensure that they provide a full-spectrum array of micro- and phytonutrients using ingredients that are familiar to those taking them. Here is the most commonly used combination of ingredients:
**Dates:** Rich in vitamin B5 (which aids vitality and concentration), calcium (for bones and teeth), iron (for red blood cells), copper (for blood formation), potassium (acts as a diuretic and lowers blood pressure), tryptophan (an amino acid that helps people fall asleep by converting into the sleep hormone melatonin in the pineal gland).

**Figs:** Contain antibacterial substances that heal wounds (indeed figs are the oldest medicinal plant in the world), enzymes that promote digestion (and assist in weight loss). Figs improve mood, counteract nervousness, combat fatigue, weak performance and sluggishness, boost concentration and ease symptoms associated with menstruation.

**Walnuts:** Contain the highest concentration of alpha-linoleic acid (an unsaturated essential fatty acid) of any food. Together with their high vitamin E content, they have positive effects on all heart functions. In particular, they reduce “bad” LDL cholesterol. B vitamins, like vitamins A, C and E, promote good digestion and support important brain functions. Walnuts are known as “nerve food.”

**Coconuts:** Provide plenty of calcium (prevents osteoporosis), iron, phosphorus, sodium, unsaturated fatty acids, vitamins A, B2 and C, support tooth and bone metabolism, and boost vision, resistance and blood and muscle production.

**Lemons:** Rich in vitamin C – the best defense against infection, boosts the immune system and strengthens the connec-
**Ingredients**

tive tissue and blood vessels. Vitamin C stimulates the production of hydro-
chloric acid and the protein-cleaving enzyme pepsin in the mucous mem-
branes of the stomach. This improves the body’s ability to use protein, calci-
um and iron. Protein boosts vitality and stress resistance. Calcium builds strong
bones and teeth and is the best natural sedative. Iron delivers vital oxygen to all
cells, supporting increased cell respira-
tion. Lemons strengthen blood vessels
and stop bleeding gums. They promote
cell growth and have a rejuvenating
effect. They help release fat, thus aiding
weight loss regimes. Vitamin C boosts
energy within minutes. The body needs
it to synthesize stress and sexual hor-
mones. Vitamin C also stimulates the
production of endorphins (natural mood enhancers).

**Dates**

**Figs**

**Walnuts**

**Coconuts**

**Lemons**

**Soybeans**

**Onions**

**Celery**

**Sprouts**

**Artichokes**

**Millet**

**Peas**

**Saffron**

**Soybeans:** These are the best source of protein,
because their protein elements can be
enzymatically extracted much more
easily than those found in meat and fish. (Protein deficiencies cause genes
in the cell nucleus to inhibit cellular metabolism, because they lack build-
ing material for important cell proteins.
This results in fatigue, lethargy, ner-
vousness and anxiety). Soya builds up
new connecting tissue and has a reju-
venating effect. The most important
compounds, phosphatidyl choline and
inositol, calm the nerves, boost con-
centration, renew the nerve stimulant
acetylcholine, and stimulate gastric
acid production. Soya helps remove
fat from the liver, aids weak vision and
helps prevent low libido.
**Onions:** These are akin to small factories for allium (allicin) and other sulfur compounds. They provide zinc, folic acid, essential oils and flavonoids. Onions prevent infection and disinfect the nose, mouth and throat. They reduce blood pressure and blood lipid levels. They help ease circulatory problems, prevent vascular disease and relieve vein problems. They strengthen the heart and circulation and prevent arteriosclerosis. Onions have a beneficial effect on weak kidneys and bladders and fortify the mucous membranes in the stomach and intestines.

**Dates**

**Figs**

**Walnuts**

**Coconuts**

**Lemons**

**Soybeans**

**Onions**

**Celery**

**Sprouts**

**Artichokes**

**Millet**

**Peas**

**Saffron**

**Celery:** High in essential oils, particularly terpenes, which have an antibacterial and antimycotic (anti-fungal) effect in the mouth, throat, stomach and intestines. They even disinfect the kidneys, bladder and urinary tract. Celery relieves inflammations and bladder problems and cures digestive disorders such as flatulence and diarrhea. Its high levels of vitamin B complex fortify the nerves and brain; reduce nervous disorders, irritability and depression. Celery provides important nutrients for healthy eyes, skin, hair and liver. Contain a great deal of vegetable protein, essential fatty acids, minerals, trace elements and Vitamins A, C and B2. They aid the stomach and liver, contribute to attractive skin, and impart the “power of youth.”

**Sprouts:** Contain a great deal of vegetable protein, essential fatty acids, minerals, trace elements and Vitamins A, C and B2. They aid the stomach and liver,
Contribute to attractive skin, and impart the “power of youth.”

**Artichokes:** Their main active ingredient is “cynarin.” This bitter substance protects the liver, stimulating its cells to secrete more bile acid, and activates cholesterol excretion, which suppresses cholesterol synthesis in the liver. In this way, artichokes promote a strong liver, a healthy bile flow and lower cholesterol levels. The carotenes, B vitamins, vitamin C, iron and magnesium regulate blood sugar levels and have both a diuretic and anti-inflammatory effect.

**Dates**

**Figs**

**Walnuts**

**Coconuts**

**Lemons**

**Soybeans**

**Millet:** Rich in proteins, silicic acid and lecithin, which promote hair and nail growth. B vitamins, iron, magnesium, copper and manganese boost concentration and memory.

**Onions**

**Celery**

**Sprouts**

**Peas:** A major source of nucleic acids, which are protein-like molecules in which genetic information is stored. These acids form a natural “fountain of youth,” because they are necessary for the body’s cells to divide, repair and regenerate. Together with a large amount of magnesium, peas have a rejuvenating effect, build muscles, strengthen nerves, activate metabolism and promote cell growth.

**Saffron:** This noble spice is rich in essential oils and glucosides. Since ancient times, people have used saffron in gynaecology to relieve all the symptoms of menopause. It has a calming effect on pain and discomfort.
Cascade-fermented preparations (simply referred to as “CF-concentrate”) are bio-accessible and energized enzymes in liquid form.

How CF-concentrates Work

Illustrative Description:
Our enzyme system is an interwoven pattern like the stitches in a knit sweater. Each loop is an indispensable part of the whole. If one loop comes undone, CF-concentrates can recover that loop and weave it back into the whole.

Medical Description:
CF-concentrates support the body’s interrelated network of enzymes causing more antibodies to be produced. These, in turn, can restore a weakened or damaged immune system.

CF-concentrates stimulate humeral communication in both the enzyme and hormone systems and activate neurotransmitters i.e., messenger substances.
**Food Utilization in the Intestines:**

Example 1)  
Put fruit and vegetable waste in a bowl and leave it sitting in a warm environment for three days. Result: It will begin to rot and smell awful. This is exactly what happens in the intestines when they are populated with the wrong bacteria. (Something that often happens).

Example 2)  
Put the above waste in the bowl again and spray it with CF-concentrate. Result: No rotting, no awful smell – on the contrary, the food decomposes efficiently.

CF-concentrate keeps intestinal flora healthy, thus ensuring natural, undisturbed digestion. (This feature alone automatically ensures many healing processes.)

**Detoxification:**
Unfortunately, death resulting from old age has become rare these days. One of the reasons is that the average person is exposed to 40,000 toxins every day. People and animals suffer damage from excessive exposure to heavy metals, toxins, proteins and metabolic wastes. We can hardly cope with such a burden any more. The kidneys, the liver, etc. are overloaded, and the accumulated toxins are virtually suffocating our bodies. When this happens, the body goes into a toxic state. Again and again, natural healing methods are only used when all other methods have failed. CF-concentrate should be used at a much earlier stage, and not only when nothing else helps. (For dosage, see “Dynamic Therapy”)*
Our own experience and that of many of our colleagues has shown that CF-concentrates are capable of freeing cells and connective tissue from heavy metals and environmental toxins.

The initial flood of toxins should be absorbed. In order to reduce potential cleansing reactions and to assist the body (especially the kidneys and intestines) in expelling the toxins and to bind heavy metals, chelating agents such as slippery elm powder, chlorella, spirulina or zeolite powder should be used.

Restimulating the Tissues and Cells by Regulating pH (Acid-Base) Balance:

CF-concentrate can completely deacidify the body within three months. Patients with stomach problems, rheumatism and gout, as well as many other sufferers, can at last breathe a sigh of relief. This deacidification process is not based on temporary buffering by adding antacid compounds. Far from it!

Fundamental enzyme feedback accomplishes this effect in a completely natural way and re-establishes redox potential between the cells and tissues.

Caution! When beginning treatment with CF-concentrate, you should check the pH value of your morning urine by using an indicator strip available from the pharmacy. A pH value below 6.2 usually means that acids are stored in crystalline form. (Only at pH values above 6.2 can acids be eliminated in soluble form). That is why it is important to buffer the flood of acid set in motion by the CF-concentrate, especially at the beginning of the treatment. Thus, for the first 4 weeks, we recommend that you use chelating agents such as slippery
There are a number of causes of a weakened defense system.

Effects

- elm powder, chlorella, spirulina or zeolite powder in addition to CF-concentrate, and drink enough water daily.

**Undoing Congestion and Blockages:**

There are a number of causes for a weakened defense system.

Blockages in bodily functions always lead to serious illness! Blockages in the nerve pathways lead to extreme fatigue and abnormal irritability. The new disease of hyperactivity in children is related to this. Blockages in the digestive system lead to various conditions such as excess weight, skin rashes, migraine headaches, stomach problems, arteriosclerosis, rheumatism, and liver, gallbladder and kidney conditions. Blockages in the hormone system bring on diabetes, skin problems, hypothyroidism, osteoporosis, growth disorders, fat metabolism disorders, sexual dysfunction, allergies and an increase in symptoms associated with menopause.

**Intervening in the Dysfunctional Autoimmune System**

There are a number of reasons why many people experience a weakened body defense system. This condition always goes hand in hand with a weakened enzyme system (LEL).

Substances that are foreign to the body, i.e. antigens (viruses, bacteria and allergens), as well as body cells that have mutated, (nascent tumors) can easily join forces in the blood system and multiply.

This causes serious diseases to break out!
Dysfunction of the immune system is best countered by preventative measures. CF-concentrate is uniquely suited to accomplish this. Even if a condition already exists, CF-concentrate aids in recognizing, loosening and removing spent components of the autoimmune complexes. Nevertheless, patience is indispensable!

Regulating the Hormonal System

The hormonal system is directly dependent on enzyme balance. When an organism has a balanced supply of enzymes, feedback processes guide the hormones back on the right track, in accordance with the laws of harmony.

Effective through the Skin:

The tiny, energized enzyme fragments in CF-concentrate contain the potential to repair and rejuvenate! Spraying CF-concentrate onto the skin allows its effect to reach from the outer layers of the skin to the deepest, inner-most layers and even into the bones and internal organs. CF-concentrate is often referred to as a transmitter of healing information, because it has such an intense effect.
Native Blood and the Positive Effects of CF-concentrate Therapy as Seen in the Darkfield Microscope

A) Symbiont Activation
(Activating Seeds of Life)
A single drop of blood is sufficient to show, under a dark field microscope, what our internal microcosm looks like. The image shows tiny seeds of life – called symbionts – that float between the cells like drifts of snow. They are the basis on which our life is built, constantly engaged in regulating disorder. The presence of a large number of long-lived and active symbionts equates to a good immune state. If the body is suffering from poor immune function and disease, only a few, short-lived symbionts will be seen in the blood. They will also have mutated into a parasitic form (negative, bacterial developmental stages).
In such a state, humans are very susceptible to external infections, viruses and bacteria, since the internal parasitic disorder programs the body’s environment for disease. These parasitic (bacterial) forms gradually invade the red and white blood cells. There, they absorb nutrients and produce their own toxins, which can lead to cell mutation. This creates the perfect environment for disease. The toxins circulating in the bloodstream are relocated to the connective tissues, which act as the body’s garbage dump. The body’s desperate attempts to neutralize toxins by retaining fluid (see Edema and Cellulite) cannot work without a change in the situation. The next step consists of toxins in the fat cells or deposits of hard, sclerotic plaques in the joints and vascular walls.

**CF-concentrates disrupt this toxin storage process by initiating purification in the blood, thus preventing further cell toxification.**
To our surprise, when viewed through the dark field microscope, we found that CF-concentrate contain exactly the same symbionts as healthy blood. The symbionts (bio-accessible enzymes) in the CF-concentrate activates and multiplies the body’s own symbionts. This directly observable regulation system is very impressive, because we can immediately see how it improves blood quality.

**CF-concentrate contains the primal seeds of life (symbionts)**

B) “Five-Cornerstone Regulation” (Blood Purification, Visible in Dark Field Light)
The following are the five cornerstones of the most frequent causes of disease:

1) **Multi-resistant cocci** (resistant bacteria)

2) **The blood fungus Candida** (following E. Scheller, complementary therapist) Up to now, attention has only been paid to fungal infections of the intestines. The finding that a masked variant of the yeast fungus Candida settles in our blood is fairly recent. Candida in the blood is one of the most significant factors responsible for the escalation of diseases of civilization worldwide.

3) **Borrelia** in the erythrocytes (red blood cells). Dark field microscopy equally shows that Lyme disease, similar to Candida, is also escalating, as the borrelia are transmitted by ticks and other...
insects. Another recent finding is that these bacteria invade the blood cells within just a few hours, and the body has no time to produce antibodies against them.

4) Epstein-Barr virus (EBV) EBV causes Pfeiffer’s disease, as well as other serious diseases that are usually not associated with EBV.

5) Heavy metals Amalgam tooth fillings, consumption of seafood and other environmental factors can lead to permanent heavy metal deposits. Affected areas include the blood, the nerve tissue, the organs and the brain.

(Other cornerstones are arising, such as trichomonas, liver flukes, etc.)

▷ These five cornerstones cause toxification
▷ Even more importantly, they are the real producers of our body’s inexplicable acidosis, despite alkaline nutrition.
▷ They are the basis of almost all chronic diseases, from skin afflictions to cancer.
▷ Consequently, they also form the basis for the (visible!) infiltration of the blood cells by other viruses, bacteria, fungi and parasites.
▷ This paves the way for disease.

**Examples of images of diseased blood**

Diseased blood with forms of bacteria that come from the red blood cells. Arrow 1: Severely afflicted white blood cell 1 day after drawing the blood sample Arrow 2: Forms of bacteria exiting from the red blood cells
The bio-accessible enzymes are able to draw out the toxins stored in the cells, bind them, and discharge them to the eliminating organs.

In other words, CF-concentrate eliminates the acid forming pathogens, thus creating a healthy alkaline environment in the blood.

Healthy blood is the primary requirement for good health.
In severe cases, additional, individually adapted therapeutic treatments may be necessary, such as eliminating interference fields and supporting organ functions.

You can get a supplementary diagnosis of your blood status at a laboratory or specialist for dark filed microscopy or pleomorphy.
Doctors and Complementary Practitioners Have Used Internal and External Treatments for the Following Conditions with Great Success.

Several studies and trials have already been done on the health benefits of using fermented food and food supplements, and there is ongoing research on how this affects the body. Here are some of the latest available studies and research papers concerning Cascade Fermented Concentrates:

**Antioxidant and immune modulatory activities in fruit and vegetable extracts after cascade fermentation.**
(In-vitro; Technical University Munich; Prof. E. Elstner)
Hippeli S., Janisch K., Kern S., Olschalger C., Treutter D., May C., Elstner E.

*Protection against* free radicals and aggressive metabolic products that accelerate disease and aging processes; *activation of innate immune response and repair mechanism; detoxification*

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Evaluation of Regulat on physiological effects including immune function parameters and covering marker of redox state and inflammation: a randomized placebo-controlled double-blind study in healthy volunteers.
BioTeSys, Dr. Niedermaier Pharma

*Significant physiological effect* in healthy test persons after four weeks of taking CF-concentrate as a supplement.

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**Lyme Disease: A Look Beyond Antibiotics**
Dietrich K. Klinghardt. M.D., Ph.D.
**Observational Study to evaluate the effectiveness of Regulation on Irritable Bowel Syndrome**

In-vivo Study, 52 Patients
Ulrich Bergmann M.D.

*Significant to highly significant effect in the treatment of irritable bowel syndrome* (especially diarrhea type patients); excellent tolerability.

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**Regulatory effects of a fermented food concentrate on immune function parameters in healthy volunteers.**

Nutrition, Volume 25, Issue 5, Pages 499-505
(In-vivo; BioTeSys & Institut for Medical Diagnostic, Berlin-Steglitz; Volker von Baehr M.D)
Schoen C., Schulz A., Schweikart J., Schütt S., von Baehr V.

*Positive physiologic effects of immune regulation on the innate immune system, antioxidative and anti-inflammatory parameters after CF-concentrate supplementation*

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**Regulates: Cascade fermentation of fruit and vegetables produces functional food with innovative, cooperative properties.**

OM und Ernaehrung. European Journal of orthomolecular and related medicine 2006/114
Prof. EF. Elstner

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**Diabetic Pilot-Study, 2009**

(In-vivo; Ursula Erbacher, complementary practitioner)

*Homeostatic effects on blood sugar and key health parameters in obese as well as diabetic type II patients after CF-concentrate supplement*
Doctors and Complementary Practitioners Have Used Internal and External Treatments for the Following Conditions with Great Success.

The enzymatic efficacy of CF-concentrate on the entire organism, as well as the local effect on and through the skin, results in the following areas of application.

Overview of Indications
- Sluggishness (exhaustion and infections, to aid recovery)
- Sleep disorders
- Gradual poisoning (toxicity), deposits in the tissues
- Stress
- Loss of concentration
- Inflammation of the respiratory tract, jaw, sinuses and the skin
- Inflammation of the tendons, blood vessels, muscles and joint cartilage
- Mucous membrane infections
- Fungal, viral and bacterial infections
- Wound treatment: sepsis and injury of the skin (cuts and burns), throat and gums
- Herpes simplex and herpes zoster (shingles)
- Injury to the tendons and ligaments (through sports)
- Gastritis, flatulence and stomach problems
- Constipation and irritable bowel syndrome
- Intestinal disorders
- Nerve conditions, neuralgia and nerve malfunction
- All kinds of edema, including edematous and swollen legs
- Lymphatic congestion
- Cardiopulmonary diseases and circulatory disorders
- Increased coagulation (blood flow is too slow)

- Arthritis pain and joint problems
- Soft-tissue rheumatism

- Autoimmune diseases (rheumatism, joint problems, multiple sclerosis, psoriasis, etc.)
- High cholesterol and triglyceride levels
- Hormonal disorders, (diabetes, menopause problems, etc.)
- Lymphatic system disorders

- Skin diseases and changes to the skin
- Allergies
- Pain and non-specific conditions

**Use of CF-concentrate as a supporting agent is recommended to improve the body’s overall condition during the course of:**

- Antibiotic therapy
- Cortisone therapy
- Radiation therapy
- Chemotherapy
- Mycotic therapy

**The following case studies and efficacy reports provide testimony for this novel method of bringing our bodies into a state of balance and harmony.**
EXPERIENCE REPORTS

Case Studies from doctors and complementary practitioners, of treatment with CF-concentrate

Fatigue and Sluggishness Due to Paralysis of the Nerve Pathways

Patient, 47, female, suffered from constant fatigue and sluggishness. Every movement required a great deal of effort, despite normal weight and blood tests.

Treatment:
One (1) shot glass (approx. 1 fluid ounce) of CF-concentrate taken orally three times (3x) daily. Drink 12 glasses (8 fluid ounces each) of fluids daily, particularly at the beginning of the treatment.

After just one week, the patient’s activity increased to unexpected levels. She said she felt like she could take on anything, and felt more mentally fit than she ever had before.

NB: Some patients experienced severe initial worsening of the symptoms. These patients had to be detoxified first to avoid overloading their livers and kidneys. In such cases, the dosage was immediately reduced and the “Dynamic Therapy” was used (see Appendix).

Using CF-concentrate to Detoxify the Nerve Pathways

Studies show that contact with phosphoric acid esters causes paralysis of the nerve pathways.

Phosphoric acid esters are used as softeners for plastics, and as pesticides in agriculture. Dogs are particularly susceptible to overdose while sniffing around during frequent walks to contaminated areas.
This can cause the gradual paralysis and collapse of the hind legs. In extreme cases, affected dogs lose all ability to move. This leads to tetany and a slow and agonizing death.

In many cases, the food we buy has been treated with these phosphoric acid esters. Of course, this pesticide has largely decomposed by harvest time, and so does not produce symptoms of poisoning in consumers. Nevertheless, these toxins build up in our bodies and eventually cripple our neurotransmitter system.

Phosphoric acid esters block the enzyme (acetylcholinesterase) which is responsible for restoring the transmitter (acetylcholine) which transmits nerve impulses to the muscles. If too little acetylcholine is left, no impulses can be transmitted and paralysis occurs.

**CF-concentrate has amazing success in reactivating the blocked neural pathways.**

**CF-concentrate goes directly to the source of the problem, i.e., directly to the point of impulse transmission. We have not yet researched whether it supplies the transmitter acetylcholine or whether it simply resolves the blockage.**

**“Burn-out” (Extreme Exhaustion)**

Patient, 71, female, suffered from extreme exhaustion, fatigue, insomnia and depression. Four months prior to this, the patient had contracted double pneumonia and was hospitalized for six weeks. Despite repeated treatment with antibiotics, she continued to experience bouts of fever and chills.

The first dark field examination of the blood was performed on July 2, 2001. It showed absolute
blood rigidity with massive roll formation – complete protein overload.

I prescribed one (1) tablespoon of CF-concentrate twice (2x) daily, vitamin B12 and folic acid tablets.

At a check-up on August 6, 2001 the patient’s rapid recovery was evident:
Her immune system was active again.
She no longer suffered from insomnia or depression. The bouts of fever had gone although she sometimes still experienced mild sweating when she exerted herself.

Weakness Due to a Persistent Summer Cold

Patient, 68, male, very weak from a summer cold contracted 6 weeks prior. He had received a double course of antibiotics.

Treatment:
Two (2) tablespoons of CF-concentrate each morning and evening. Slowly swish CF-concentrate around in the mouth and then swallow. In addition, rub CF-concentrate on both the chest and sinuses.

Result:
July 17, 2001 (Tuesday) Slept through the night (for the first time in weeks)
July 18, 2001 (in the morning): Expectorated a large amount of mucus. Diarrhea. Symptoms worsened in the afternoon/at night
July 19, 2001 General feeling of improvement
July 20, 2001 Heavy discharge from the throat and sinuses
July 21, 2001 (Saturday) Experienced a feeling of freedom from the illness for the first time, and increased strength
In late August, a neighbor happened to tell me that the patient and his wife had decided to carry out their own CF-concentrate regimen for a month. They feel better than they have in years. They have a great zest for life and have signed up for a dance course.

**Nervousness**

CF-concentrate helps nervous patients become calm and relaxed, in a manner similar to the effect of relaxation therapy. Similarly, patients suffering from low energy find their performance levels are improved.

**Dizziness (Vertigo)**

Patient, 44, female, presented with fatigue, dizziness and chest pressure with a feeling of tightness.

A dark field exam on May 21, 2001 showed liver overload and an infection that had not yet fully healed.

Treatment:
I prescribed one (1) tablespoon of CF-concentrate twice (2x) daily, and compresses with CF-concentrate on the upper abdomen in the evening. The compresses were linen cloths dipped in warm water, wrung out and then generously sprayed with CF-concentrate. A thick towel or hot water is used to maintain warmth around the abdomen.

The second dark field exam on June 28, 2001 showed major improvement. The white blood cell count was largely back to normal.

Result:
The patient experienced virtually no more dizziness, normal levels of fatigue and the disappearance of the chest complaints.
Hyperactive children

Patient, 13, male, a first-class fidgeter came to my practice with his mother. She complained that his aggression was making the whole family irritable. The son himself was very nervous, hyper, loud, over-tired and very stressful. He had bad grades due to lack of concentration.

Treatment:
The child received one (1) tablespoon of CF-concentrate each morning and evening. During the night, a compress was applied to the lower abdomen (compress prepared as follows: a linen cloth, dipped in warm water and wrung out and then generously sprayed with CF-concentrate) after additionally spraying the patient between navel and pubis.

In addition, the mother had to protect the child from all sources of radiation (television, computer, mobile phone) to the greatest possible extent. Daily activities were to follow a fairly rigid schedule. Products containing sugar and white flour were to be substituted with fruits and high-fiber foods.

Result:
Initially, the symptoms worsened. It was very difficult to motivate the child to continue with the treatment. However, after just 14 days, the young boy began to recover rapidly. His behavior became normal and he became much calmer. The patient’s school performance greatly improved (A- average). The entire family and, above all, the young man himself are overjoyed.
Increasing Concentration and Endurance

Management Training Institute
As corporate management leaders and trainers, we tried CF-concentrate ourselves and then decided to give it to our participants.

Result:
The use of CF-concentrate made our seminars more intense. We are impressed with its effectiveness. We and many of our participants noticed that it boosted concentration and endurance.

It clearly improves overall well-being. We recommend CF-concentrate.

Many patient reports confirm that CF-concentrate quickly passes through the blood-brain barrier (membrane) and leads to an astounding increase in concentration. A general increase in vitality (from head to toe) leads to both fulfilling days and deep, restorative sleep.

Adiposis (Excess Weight)

Many reports provide evidence that taking CF-concentrate leads to permanent weight reduction in people who are overweight. The weight loss occurs at an average rate of about one pound per week, without dieting or changing eating habits.

The reasons for this include:
✦ Increased colon activity
✦ Increased metabolism
✦ Improved food utilization, eliminating the need to store it in fatty tissue
✦ Increased activity in all areas
Polyarthritis

Rheumatism

Patient, 57, female, suffering from:
– Rheumatic inflammatory disease of the joints
– Pressure damage to the central nerves on both sides
– Pronounced swelling in both hands
– Rheumatoid nodules on the backs of both hands
  (polyarthritis chronica rheumatica)

Course of the disease and previous treatment:
A chronic condition for the last three years
1999: Three-week in-patient hospital stay at a rheumatism clinic
2000: Operation on the wrist joints
  Patient took a medium-strength rheumatoid arthritis drug

CF-concentrate use began on May 18, 2001
Internally: One (1) tablespoon every morning and evening according to directions.
Externally: Generously spray the backs of both hands in the morning; in the evening, wrap hands according to directions.

Apply daily.

Arthrosis Documentation of the course of the disease under daily observation:

1) The swelling on the backs of the hands is going down. The hard nodules are becoming easy to see and feel.
2) After approximately four weeks, the swelling in the hands is almost completely gone. The redness is gone and the hands look normal. A few stubborn nodules are still present.
3) The pain has disappeared. The patient is able to work again.

Result:
The swelling improved greatly. The skin is very clear and attractive.
The patient describes the medication as a “rheumatism killer”.

Patient, 52, female, arthrosis pain in both knees and inflammatory swelling in both knee joints. Could walk only with the help of two assistants. Pain was present even when relaxing and at night. The consulting orthopedic specialist said, “You’ll just have to live with it.”

Treatment:
At first, only a compress treatment with CF-concentrate. As far as possible, three times (3x) daily in a diluted solution of 1:3. The patient could choose between water as hot or as cold as possible, according to how she felt. The compress was made by dipping a linen cloth in the solution, applying it to the area of discomfort and covering it with one small towel and one large towel. The compress was to be left in place for approximately 20 minutes. After 3 days, the pain began to subside, mobility improved, and the patient no longer needed continuous assistance. After 1 week, the patient returned to work. The treatment was changed to a local application of undiluted CF-concentrate, because the compress treatment requires more time and effort.

CF-concentrate was applied with a spray bottle directly to the knee joints and allowed to air dry. This treatment was used 2 to 3 times daily.

An additional oral dosage was prescribed: Allow one (1) tablespoon to dissolve in the mouth every morning and evening.

Result:
After a total treatment time of 3 weeks, the patient needed no assistance at all. The pain had already subsided earlier on. The swelling in the knee joints had almost completely gone down.
Rheumatism is an autoimmune disease. The only possible cure is through the body’s own immune system. CF-concentrate makes a fundamental contribution to the identification, exposure and elimination of the antibodies responsible for the condition. Since CF-concentrate also reduces acidity, breaks down proteins and builds up the intestinal flora with healthy bacteria, it satisfies all the conditions that will allow the symptoms of rheumatism to gradually disappear.

Fibromyalgia

Shoulder pain

Patient, 54, male, with severe shoulder pain, which had been increasing episodically for weeks. He could no longer even raise his arm.

Treatment:
Spray the entire shoulder area with undiluted CF-concentrate every morning and evening. Allow to air dry. During the night, wrap with a cold compress made with CF-concentrate. Whenever possible, swim once (1x) weekly.

Result:
The pain had already improved on the third day. After 6 weeks, the patient feels only a slight dragging pain upon extreme movement.

Trigeminal Neuralgia

Patient, 72, female, suffered from extremely painful trigeminal neuralgia of the face.

Treatment:
Three (3) tablespoons of CF-concentrate daily, acupuncture, face compress with a linen cloth soaked in CF-concentrate twice (2x) daily for 20 minutes.
Result:
After 5 days, the patient was pain free.

Non-specific Pain

Many patients report non-specific pain that arises from general movement or from muscles, and which has simply become a nuisance. In many cases, there is no actual illness. Spraying the affected areas in the morning and in the evening with CF-concentrate diluted to a 1:1 solution and then allowing the area to air dry has helped enormously in many cases.

Bone Fracture

Patient, 71, female, had fallen and fractured her right carpal joint. After 8 weeks there was no sign of callus formation. The prognosis for healing did not look good. The arm and hand were splinted.

Treatment:
The patient was told to spray undiluted CF-concentrate on the fracture several times daily and then let it dry. In addition, she was to take one (1) tablespoon of CF-concentrate three times (3x) daily by mouth. She was to drink a lot of liquids to flush out accumulated toxins.

Result:
Three weeks later, the patient requested an early X-ray, as she had the feeling that the bone had mended. Her suspicion proved correct.

Sprain and Bursa Infection

Patient, 19, male, sprained his arm while playing soccer. A subsequent bruise gradually turned into
Experience Reports

a bursa infection. Only then did the patient become willing to try something other than cold sprays.

Treatment:
Repeated spraying with diluted CF-concentrate and nightly cold compresses made with CF-concentrate were prescribed.

Result:
The complaints were gone within 3 days. Since then, the coach of the soccer team has repeatedly administered CF-concentrate as first aid.

Tennis Elbow

Patient, 63, male, suffered from tennis elbow when he put his arm under sufficient mechanical pressure. When the arm was not under pressure, there was no pain.

Treatment:
Three times (3x) daily, spray the affected area with CF-concentrate and massage vigorously. At the beginning of the treatment, make a CF-concentrate compress and apply for 20 minutes each evening.

Result:
The patient experienced a reduction in pain after just one application. Even during periods of overuse of the arm, the patient remained pain-free when treatment was continued.

Headaches

Some patients use CF-concentrate when they have a headache. Here, too, it has been shown that applying a compress to the neck and rubbing
CF-concentrate into the aching areas has an astonishingly positive effect within a very short time.

**Cholesterol and Blood Lipid Levels**

Patient, 48, male, has had regular laboratory tests since 1995 which consistently showed elevated cholesterol and blood lipid levels, elevated blood viscosity and elevated heart counts with a tendency toward high uric acid levels.

Various methods such as blood letting, fasting and taking mineral supplements, artichoke preparations brought substantial improvement. However, the cholesterol levels persistently refused to move into the normal range and the tendency toward high uric acid levels also remained.

In spring, the patient ingested a total of 5 bottles of CF-concentrate, 1-2 tablespoons every morning and evening.

Laboratory analysis from early September 2001 showed that everything was now normal.

**Cholesterol levels**

Patient, 88, male, and patient, 72, female, a married couple with significantly elevated cholesterol levels. Both patients refused to have this metabolic disorder treated conventionally (with chemicals). They underwent a two-month “Dynamic Therapy” with CF-concentrate.

For the first week, just one (1) teaspoon every morning and evening (swishing it around well in the mouth). In the second week, increasing to one (1) tablespoon. In the third week, two (2) tablespoons.
In the fourth week, two (2) tablespoons morning, noon and evening. In the fifth week, back to two (2) tablespoons every morning and evening. For the last three weeks, one (1) teaspoon every morning and evening.

Result: Sensational
Male began with 318 mg%; after 8 weeks, 179 mg%
Female began with 396 mg%; after 8 weeks, 265 mg%

Patient, 78, female, suffered from arteriosclerosis and general exhaustion. Cholesterol 280 mg%. HDL within normal range.

Result after taking CF-concentrate for 8 weeks:
General improvement in well being; cholesterol 205 mg%

About Cholesterol
There is hardly a more controversial issue in the medical community than cholesterol. Even if the normal cholesterol parameters are no longer interpreted quite so strictly, there is still a certain amount of “cholesterol hysteria”.

It is not possible to discuss all of the aspects of cholesterol in this report. Therefore, we will state only the most important facts about this subject:

✦ Cholesterol is an essential substance of which our own body (the liver and intestines) produces approximately 6 grams daily. This applies even when we adhere to a strict low-fat diet.
✦ Cholesterol is an essential building block of every cell membrane and is a basic substance needed for the biosynthesis of estrogens, cortical steroids from the adrenal cortex,
androgens and progesterone. In addition, the synthesis of calciferol in the skin by cholesterol and sunlight should not go unmentioned. Even just this incomplete list of physiological cholesterol factors shows that life just isn’t possible without cholesterol.

Among healthy “average adults,” a combined cholesterol level of 160-220 mg% is common. If metabolism is slowed by poor diet or a lack of exercise, cholesterol levels will rise. A diet that is low in nutrients, and not just one that is high in fat (!), disrupts fermentative metabolism. An over-abundance of protein caused by too much meat in the diet, combined with too few native proteins (natural proteins), leads to poor functioning of our greatest metabolic factory – the liver!

Cholesterol can only be transported in a liquid medium (the blood) when coupled with protein. HDL lipoproteins are well known as good transporters, however, in order for the liver to regulate the cholesterol synthesis process (cholesterol production and breakdown and lipoprotein synthesis), it needs high-grade protein that is as close to native protein as possible. CF-concentrate provides this in consummate form, as well as the other vital substances mentioned. This also explains why CF-concentrate quickly normalizes cholesterol metabolism by regenerating metabolism (taking 4 to 8 weeks on average).
Skin Diseases

Various Reports:

**Doctor of Naturopathic Medicine and Homeopathy**
As a classical homeopath, I would like to report that CF-concentrate enhances the effectiveness of homeopathic preparations. It acts as a catalyst for healing processes.

**Dermatologist**
I have seen all kinds of skin and mucous membrane diseases heal strikingly well with the use of CF-concentrate.

**Complementary Health Therapist**
Patient, 52, female, suffers neurodermatitis and is presently experiencing a catastrophic bout.

The area from the neck to the face, the hands, the inside of the arms, the inner thighs, the back of the knees and the feet are all raw, severely reddened and itchy.

Treatment:
Contrary to the usual instructions, I treat neurodermatitis as follows, with considerable success:
- daily shower with a vigorous rubbing of the skin (flakes) using a washcloth and a neutral soap or “Syndet.”
- If the patient is experiencing bouts of itching, s/he may apply hot water to the affected areas to desensitize them.
- To heal the skin and prevent itching, CF-concentrate diluted 1:1 with water must be sprayed on the affected areas. At night, a CF-concentrate compress should be applied.
- For skin care, I recommend a preparation freshly mixed directly in the hand, using:
One (1) part moisturizing cream, one (1) part skim milk, one quarter (1/4) part Vaseline and three (3) squirts of CF-concentrate. The drier and flakier the skin, the more Vaseline should be used.

If the patient experiences particular irritation at night, s/he should soak 8 cotton pads with CF-concentrate and stick them between the toes before going to bed. Put on a pair of oversized socks and a good night’s rest is assured.

For internal treatment, I prescribe one (1) tablespoon of CF-concentrate three times (3x) daily, reducing appropriately for children under 12.

In order to ensure the success of a bowel cleansing, patients should add 15 ml of CF-concentrate for every 100 ml of water used for colon hydrotherapy.

Anti-stress and self-discovery therapies aid healing.

A change in diet to whole foods and, at least initially, a complete ban on meat is essential. Sugar, white flour and other so-called “dead” food should also be avoided.

Neurodermatitis almost always goes hand in hand with a wide variety of allergies.

If you follow my rules, you will feel like a new person within 2 months after beginning the treatment. In most cases, the required level of immunity is quickly achieved and even exceeded, which leads to instantaneous recovery.

Result:
In the beginning, the patient experienced a drastic initial worsening of symptoms. After 2 weeks, the aggressive skin condition began to ease. After 4 weeks, the skin symptoms had completely subsided and the itching had disappeared.
Psoriasis

Patient Report
I am a 37-year-old male. For the last ten years, I have suffered from severe psoriasis on my right lower leg.

I heard about the successful treatment with CF-concentrate quite by chance. It was recommend that I use the prepared enzyme concentrate diluted 1:1 with water and sprayed on the affected areas as often as possible, but at least every morning and evening.

I followed this regimen for 6 months (although usually only at night). After 4 months, the first signs of healing began to appear. Now, after 7 months, my skin is completely clear. The application method “spraying in diluted form” with a spray bottle makes a 350 ml bottle of CF-concentrate last quite a long time – almost 3 months.

I am delighted with the result and I will certainly use CF-concentrate for any future ailments.

Patient, 22, male, with a stubborn case of psoriasis on the head and forehead.

Treatment:
Spraying and massaging the affected areas with CF-concentrate diluted 1:1 with water. Additionally, two (2) tablespoons daily taken orally.

Result:
In just 5 days, the crusting began to detach. The skin healed completely. The patient could hardly believe the results.
**Staphylococci and neurodermatitis**

Patient, 34, female, presented with neurodermatitis and a generalized (full-body) suppurative staph infection she had had for over a year. She had 11 pus-filled sores on one finger alone. Her immune system had completely collapsed. She had taken antibiotics for a total of 100 days during the previous year of infection, as she would not have been able to control the infection otherwise.

**Treatment:**
Oral: Take one to two (1-2) tablespoons of CF-concentrate every morning, noon and evening.
External: Vigorously wash the skin with a washcloth and liquid soap. It is advantageous if this causes the pus-filled sores to open. After drying off, spray with CF-concentrate diluted 1:1 with water. Let the sprayed areas air-dry, then pour some “Sterillium®” (Rapid antibacterial solution available at pharmacy) in your hands and pat on the body. If the open sores burn badly, it helps to pat or blow on the affected areas. Now, to initiate healing, spray on the CF-concentrate again and let air dry. This procedure must be performed twice (2x) daily.

**Result:**
Improvement was observed immediately after the first treatment. Within a week, the staph infection had disappeared.

After 6 weeks, the patient visited me in my office and brought a big bouquet of flowers. She thanked me for the treatment that had made her life worth living again. Her neurodermatitis had also receded due to her normalized immune status.
Herpes

Patient, 10, female. A small, benign abrasion on her knee had been infected with herpes and, over a 3-day period, had developed a thick, oozing scab covering the entire knee region, much like a plaster cast, and restricting the mobility of the knee joint to a minimum. The wound burned and itched considerably.

Treatment exclusively with CF-concentrate: CF-concentrate was applied externally, diluted 1:1 with water and sprayed onto the affected area approximately five times (5x) daily.

Result:
The spread of the herpes infection was stopped within 3 days.

Even on the first day of treatment, the patient’s suffering was clearly eased and stopped the Herpes zoster (shingles) altogether in the days that followed. It was fascinating to observe that, after 8 days, the fully dried herpes scab completely detached in large pieces, leaving only healed skin beneath.

Herpes zoster

Patient, 54, female, was suddenly afflicted with extremely itchy blisters on the right side of the lumbar region on a Saturday night. On Monday at her doctor’s office, she was diagnosed with a fully developed case of shingles (herpes zoster). The physician prescribed an oral virustatic and a zinc ointment for external application.

The herpes zoster was already at a critical stage. The pain became almost unbearable. After two days, the patient visited my naturopathic practice. I treated her with CF-concentrate as follows:
Oral: See “Dynamic Therapy”.

External: The patient was immediately sprayed with CF-concentrate (diluted 1:1 with boiled water). Some areas were raw. We waited until the initial application had dried and then followed up with a second spraying and drying. Swabbing with the zinc ointment was not possible due to the patient’s pain. A wide linen cloth soaked in CF-concentrate was then wrapped around the patient’s whole midriff. A thick, warm hand towel was used to cover the linen cloth. The patient laid down for half an hour and was already so relieved that she fell asleep.

The patient repeated this treatment at home by herself. She left the evening compress on for the entire night.

On the second day, the itching had eased. After 9 days the patient was free of pain, and after another week, the last of the blisters and sores had disappeared. The patient prematurely stopped taking the drugs prescribed by her doctor. She also stopped using the zinc ointment, to allow the CF-concentrate to work more effectively and not bead up.

Herpes patients who are treated allopathically often suffer from oozing, super-infected sores for a long time. This problem does not occur when CF-concentrate is used.

**Itchy Scalp, Hair Loss and Allergies**

Patient, 73, female, had experienced severe itchy scalp for the last year. This led to hair loss and an allergy to hair dye. The patient, who was always very concerned about her appearance, was desperate.

Treatment:
Internal: One (1) tablespoon of CF-concentrate taken orally three times (3x) daily.
External: Using a hair applicator bottle (can be sup-
plied with CF-concentrate), applied CF-concentrate every morning and evening directly onto the scalp and massaged in with the fingers.

Result:
Within just 2 days, the first of the flakes began to detach leaving healthy skin. After 3 weeks, the scalp was healthy again and after a further month, the patient felt confident enough to try coloring her hair again. She has remained symptom free to this day.

**Protein Allergy and Water Retention**

Patient, 49, female, severely allergic to animal protein and, for the last 7 months, also to vegetable protein. This was in addition to both sugar and fat allergies. The patient has also suffered from unexplained water retention and weight gain for the past 9 months, even though she had eaten hardly anything.

Eating frequently caused acute reactions, including diarrhoea and vomiting, intestinal putrefaction, swollen gall bladder and skin rashes. Furthermore the patient could no longer sleep and experienced headaches.

Treatment:
Three (3) tablespoons of CF-concentrate each day and a capsule of Selenium supplement.

Initial result:
After just 2 bottles of CF-concentrate, the patient’s symptoms stabilised and she experienced a sense of well-being. Trusting in her newfound feeling of wellness, she decided to go for gold.

Result:
She went to a Greek restaurant one evening and ate generous portions of tzatziki, gyros and French
fries. To her astonishment the patient remained asymptomatic. After a further 4 weeks of stability, the patient reported that, although she could eat normally again, she had lost 7 pounds.

**Sun Allergy**

Patient, 57, female, has suffered from a sun allergy for many years. The rash appears only on her neck, chest and upper arms. She came to my practice 4 weeks before her planned vacation to request some kind of prophylaxis.

I prescribed one (1) tablespoon of CF-concentrate twice (2x) daily. For her vacation, I recommended that she fill a small spray bottle with undiluted CF-concentrate that she could spray on the affected areas each morning and evening.

Upon her return, she reported that she had suffered mild symptoms, and those for only 3 days, and that they rapidly disappeared after spraying with CF-concentrate.

**Hay Fever**

Patient, 35, female, has suffered for many years from the typical symptoms of hay fever in the spring.

Treatment:
CF-concentrate twice (2x) daily swished around well in the mouth and then swallowed.

Every morning and evening, soak two cotton pads in a 1:2 dilute solution of CF-concentrate and lay them on each closed eyelid for 20 minutes. Mix one (1) part CF-concentrate and two (2) parts water in a nasal spray bottle and spray into the nose several times a day.
Experience Reports

Eyelid eczema

Result:
The patient is delighted. The sneezing and tear production were significantly reduced. The swelling and redness in the face disappeared after just 3 days.

Numbers are growing fastest among children and young people, which is a sure sign that young organisms are not up to the task of coping with the stress of our modern times. Long-term treatment, particularly for allergies, is seldom rewarded with success, so it makes more sense to strengthen the organism as a preventive measure. CF-concentrate is ideally suited for this, because it scans and recharges the entirety of the human enzyme matrix.

Eyelid Eczema and Itching

Patient, 54, female, has suffered from an eyelid eczema and itching for 3 months. Treatment with cortisone by the dermatologist was unsuccessful.

Treatment: CF-concentrate on the eyelids
For this, eye pads (such as those used for removing makeup) are soaked in CF-concentrate diluted 1:1 with water and placed on closed eyes for 20 minutes. This procedure was repeated at home twice (2x) daily and an additional oral dose of CF-concentrate (two (2) tablespoons daily) was prescribed.

Result:
After 6 days, the eczema had subsided, the swelling of the left eyelid had gone down and the itching had disappeared.
Insect Bites

Patient, 42, female, was stung in the arm by an aggressive wasp.
Treatment:
She immediately sprayed CF-concentrate on the extremely painful area and repeated this several times.

Result:
The patient reported that the pain had disappeared almost completely after the first spray contact, and that she experienced no swelling, in contrast to previous experience.

Lymphatic oedema from an insect bite

Another patient treated a 6-week-old lymphatic oedema that an insect bite had caused.

Treatment:
A compress with CF-concentrate diluted 1:1 with water applied twice (2x) daily for 20 minutes.

Result:
Because the swelling had already begun to harden and there was no indication that the hardening would subside, we were even more astounded by the improvement observed after 5 days. The swelling had reduced in size and consistency until, after 2 weeks, it was no longer discernible.

Sunburn

Patient, 12, male, did not apply sufficient sunscreen when he was playing in the water at the beach during his first day of vacation. By the evening, the child already had a fever and severe pain from intense sunburn covering his entire body.
His mother always had CF-concentrate on hand as a first aid product. That evening, she sprayed the child several times with CF-concentrate diluted 1:1 with water and allowed the spray to dry.

Result:
The sunburn was as good as gone. The next day, the child was able to go back to the beach. The vacationers next to them were surprised at the speedy recovery, because they had seen the child the evening before.

**Boils and Pimples**

**Boils**

Patient, 36, female, had several pimples, including a painful boil, on her buttocks which remained for months.

All attempts to treat them with conventional methods such as vesicants and herbal and cortisone salves did not solve the problem.

**Treatment:**

Spray with CF-concentrate several times a day and leave it to dry. Place gauze soaked in CF-concentrate on the boil and tape it down with an adhesive bandage.

**Result:**

After 1 week, the obstinate skin lesions were completely gone. After 4 days, the boil opened during the night, all the pus drained out and the abscess was completely cured 9 days later.

**Intestinal Fungal Infection**

Patient, 38, male, had suffered from Candida albicans in the intestinal tract for several years. Repeated attempts to cure the illness by prescribing
the usual medications failed despite the fact that he followed a complementary diet.

Treatment:
Intestinal fungal infections can be successfully cured in almost all cases by applying the following treatment:

禄 Colon hydrotherapy once (1x) a week, followed by a CF-concentrate enema (100 ml water with 15 ml CF-concentrate )
禄 Oral use: Every morning, noon, and evening, 10 ml of CF-concentrate before each meal and 10 pipettes of colloidal silver after each meal.
禄 Additionally the recommended diet should be followed.
禄 Clean the tongue twice a day with a stainless steel tongue cleaner until the furry plaque disappears.

Result:
A stool examination 2 months after treatment tested negative for Candida albicans.

Vaginal Yeast Infection

Patient, 44, female, is highly prone to yeast infection in the vaginal area. At first available ointments helped, but the affliction later became chronic.

Treatment:
Insert a tampon soaked in CF-concentrate (diluted 1:2 with water) and take it out after 30 minutes. Apply three times (3x) daily.

Result:
After a few days, the itching stopped and the overall vaginal environment regenerated. The fungus has not reappeared since.
Itchy Ear

Patient, 66, female, has suffered from itching in the inner ear for 2 years. She also suffered from scalp eczema. Cortisone brought only short-term relief.

Treatment:
One (1) tablespoon of CF-concentrate in the morning before breakfast and in the evening. Twice (2x) daily, thoroughly wipe out the ear with a cotton swab soaked in CF-concentrate and rub CF-concentrate into the scalp.

Result:
After 6 weeks, the patient’s symptoms had disappeared. The itching in the ear has not reappeared to date. The eczema turned to scales, detached and healed completely.

Vascular Diseases
Arterial Vessel Damage

Acute arterial vessel damage

Due to a surgical procedure, the patient, female, was given an injection of Midazolam HCl. Despite the warning (see the Red List) that this drug must not enter the arteries, due to the damage it would cause to the blood vessels, it was obvious that at least part of the drug had been injected intra-arterially. The patient experienced intense pain in the whole arm, shooting up as far as the hand. Subsequently, the arm became swollen and hard.

Treatment:
Three (3) fluid ounces of CF-concentrate daily and spray the arm generously with CF-concentrate.
Result:
The arterial inflammation disappeared after 2 days. The arm became softer and the swelling disappeared. The patient was free of pain. This case resulted in CF-concentrate being listed in the database of the Fraunhofer Institute.

### Poor Circulation in the Legs

Patient, 51, male, heavy smoker, normal weight. After being very physically active all his life, the patient was suddenly no longer able to walk for long and could not climb stairs without taking breaks. A medical examination by a vascular specialist showed that he was suffering from severe circulatory problems in his legs.

The doctor told the patient, “Either you stop smoking at once or we will have to amputate your right leg within 6 months.” He prescribed ASA 100 (Aspirin therapy). Shocked, the patient went to hospital for an extensive vessel examination. The specialist at Pasing hospital in Munich diagnosed major vessel narrowing in the right groin and in the right hollow of the knee. He reassured the patient by saying that a bypass operation (for the hollow of the knee) or the balloon technique (for the groin), if carried out in the next few weeks, could relieve the constriction.

Treatment:
Being an avid sportsman and nature lover, the patient was not keen on the idea of having plastic (bypass) in his body and was desperately looking for an alternative solution. One of his relatives gave him an insiders’ tip to try CF-concentrate. Every morning and evening he took a decent gulp of CF-concentrate directly from the bottle. Before going to bed, he also sprayed his legs with diluted CF-concentrate (1:1). He also continued to take ASA 100 (Aspirin therapy).
Result:
The patient noticed significant improvement after just 6 weeks. Climbing stairs and walking no longer caused him any pain.

With the lifting of the restrictions on physical activity, the man regained the feeling that life is worth living. Although he decided to carry on smoking, he swears by CF-concentrate and continues to take it since it gives him a sense of well-being.

**Subdermal Hematoma (Bruising)**

Patient, 58, male, suffered from extensive bleeding under the skin.

The following external treatment with CF-concentrate was recommended: every morning and evening, rub the affected area with CF-concentrate and let it air dry.

Result:
The bruised area faded after 2 days and disappeared entirely after 8 days.

Since the patient frequently suffered from such skin disorders, it was found that bruised areas that were not treated with CF-concentrate took exactly twice as long to heal as those that were.

Patient, 89, female, fell down during a dizzy spell and bruised both her knees. Both legs were already badly damaged due to chronic phlebitis (vein inflammation), and the painful swelling spread as far as the toes. Other minor injuries sustained by the patient took up to a year to heal completely.

Treatment:
One (1) tablespoon of CF-concentrate every morning and evening, mixed well with saliva before swallowing.
Every afternoon, a compress was applied to both lower legs as follows: One (1) tablespoon of CF-concentrate added to 16 fluid ounces of water. (A more concentrated compress was not possible due to the phlebitis.) In addition, a lymph-stimulating agent was injected as usual.

Result:
Despite the damaged veins and the patient’s advanced age, the injuries on both legs were completely cured within 3 weeks of beginning treatment with CF-concentrate.

Vein Disorders

Patient, 65, female, suffered from massive venous thrombosis spreading from the lower leg below the knee up to the thigh and groin. She had severe pain and could only walk with great difficulty.

Diagnosis on May 21, 2001, a dark field examination of the blood showed high blood viscosity (i.e. extremely thick blood) and high/raised protein levels.

I prescribed one (1) tablespoon of CF-concentrate three times (3x) daily and compresses twice (2x) daily. The treatment was supplemented with nerve therapy injections. I recommended that the patient drink at least 8 glasses (8 fluid ounces each) of liquid each day and put her on a low-protein diet.

Result:
The check-up on June 18, 2001, showed that the thrombosis had receded significantly. The blood picture showed that the blood had thinned. The excessive protein levels had decreased considerably. We continued the treatment unchanged. After 6 weeks, the patient was free from all symptoms.
Ulcus Cruris (Foot Ulcer)

Patient, 71, female, presented with an open wound on her lower leg, which was due to be amputated. Desperate, the patient came to my practice.

Treatment:
Initial detoxification, “Dynamic Therapy” with CF-concentrate, and CF-concentrate compresses using a 1:1 dilution with boiled water.

The results were sensational, with even the first compress bringing remarkable changes. The whole area became intensely inflamed, but the temperature remained normal. After 2 weeks, the healing phase began. The festering scab came off. The skin tissue regenerated, and healthy inner tissue replaced the outer tissue. All symptoms disappeared and the amputation become unnecessary.

Decubitus (Bed Sores)

Patient, 74, female, suffered from severe circulatory problems, diabetes, excess weight, and had been immobile for a long time. As a result bed sores had developed on her heel and shoulder.

Treatment:
Oral: One (1) tablespoon of CF-concentrate every morning and evening, dissolved slowly in the mouth. External: Spray CF-concentrate mixed 1:1 with boiled water on the open wounds and let it dry. Repeat several times daily. Make compresses for the night using the same dilution.

Result:
After 4 days, the tissue came back to life. Blood circulation improved rapidly, the area became inflamed, and after further 4 days, initial signs of healing appeared. After 14 days, the healing process
Itching on the lower leg

Fluid retention in the legs

Varicose Veins and Itching

Patient, female, suffered from varicose veins. She complained of itching on her lower legs, especially during the night. She had already tried several forms of treatment but nothing seemed to help.

Treatment:
Twice (2x) daily, rub gently with CF-concentrate diluted 1:1 with water.

Result:
After 3 days, the recurrent itching had completely disappeared. The patient has continued with the therapy because she can feel it improving the circulation in her legs.

Swollen Legs

Patient, 43, female, had been suffering for years from swollen legs caused by water retention. The condition was worse in the evening after long periods spent standing. Hot days aggravated the condition even more.

Treatment:
Spray the legs with a solution of CF-concentrate diluted 1:1 with water. If possible apply while lying down. Stretch legs in
Experience Reports

the air and gently rub in the mixture.

Result:
Great relief, the pressure and drawing pain began to subside as soon as the spray was applied. The patient now swears by CF-concentrate and she is convinced that it will protect her against permanent damage to her legs.

Hemorrhoids

Patient, 62, male, has suffered for years from painful and itching hemorrhoids, some of which also bled heavily.

Despite trying various forms of treatment, different ointments, sclerotherapy, tablets for vascular stabilization, etc., he achieved no permanent success.

Treatment:
Oral administration of CF-concentrate, one (1) tablespoon three times (3x) daily.
Local application: Insert a gauze compress soaked in a solution of CF-concentrate diluted 1:1 with water into the anal opening.
Perform this treatment twice (2x) daily for 20 minutes.

Result:
Supported by the regular bowel movements brought about by the use of CF-concentrate, the haemorrhoids gradually cleared up almost as if of their own accord. After 3 weeks, the gauze compresses were no longer needed. The patient continues to take CF-concentrate because it makes him feel better in many different ways.
Diabetes

We are currently conducting an internal study on the effectiveness of CF-concentrate for patients suffering from diabetes. Promising results have been recorded in a pilot study.

Amenorrhea (Absence of Menstruation)

Patient, 42, female, with irregular menstruation, had not menstruated at all for some considerable time. She tended to suffer from depression and apathy. She cannot tolerate the pill.

Treatment:
“Dynamic Therapy” therapy with CF-concentrate and a lower abdomen compress made with a solution of CF-concentrate diluted 1:1 with water.

Result:
The patient thanked me by saying, “I wish I had started taking this medication years ago; it could have spared me a lot of sorrow.” (The patient also looked ten years younger.)

Menopause

Patient, 52, female, suffered from sleep disorders, bouts of sweating, hot flushes and irritability brought on by menopause. She did not wish to undergo hormone therapy.

Treatment:
Two (2) tablespoons of CF-concentrate daily.

Result:
After 5 weeks, the patient was free of almost all of her symptoms. She was able to sleep peacefully again, especially when she sprayed and rubbed her chest with CF-concentrate in the evening.
Stroke

Patient, 60, female, had suffered a stroke that left her fingers and legs feeling numb (paresis).

Within 14 days, treatment with CF-concentrate achieved great results.

The patient’s circulation was stimulated, and normal feeling returned to her extremities. Overall she feels much better and she has no worries about having another stroke.

Cardiovascular Disorders

If a patient has experienced no serious organic change, but has hypertension (high blood pressure) or poor circulation, treatment with CF-concentrate can work wonders.

Enzymes stimulate various processes that have a positive impact on the cardiovascular system:

✦ Better oxygen supply within the cells in general (achieved by making the respiratory chain more efficient and thus positively affecting the organism’s overall energy supply).
✦ Breakdown of arteriosclerotic deposits on the interior walls of the blood vessels.
✦ Increased elasticity of the blood vessel walls (similar to the smoothening of the skin when CF-concentrate is applied externally).
✦ Breakdown and elimination of accumulated toxins (the morning urine usually has an uncommonly unpleasant odor during the first few days CF-concentrate is taken!).
✦ Stimulation of the metabolism causes a permanent loss of weight in overweight individuals, and improves food utilization in underweight individuals.
Patient, 66, female, complained of cardiac stress, shortness of breath with even minor exertion, pressure on her heart and sleeping disorders. An examination by an internist and a cardiologist showed nothing unusual.

April 26, 2001: Dark field examination of the blood. The blood picture showed excessive protein levels.

Treatment:
The patient was given a prescription of one (1) tablespoon of CF-concentrate twice (2x) daily and was told to rub the heart area twice (2x) daily with CF-concentrate. In addition, the prescription included 5 capsules of Digitalis D 30 (Digitalis purpurea, homoeopathic) once (1x) weekly and a low-protein diet was recommended.

Result:
June 20, 2001: Check-up examination
The blood count was much improved, particularly the figures which reflect good immunity. The patient felt better in all respects, the shortage of breath was almost gone and she could sleep well again.

Patient, 64, female, blood pressure 200/100, overweight.
Her current prescription of a common blood pressure medication and hawthorn capsules was continued and a dose of one (1) tablespoon of CF-concentrate three times (3x) daily was added. After six weeks of treatment the patient started undertaking a rice fast once weekly (a day during which only rice is eaten).

Result:
After 6 weeks her blood pressure had reduced to 175/85 and she was in good health; after 10 weeks her blood pressure was 160/85 and she was completely healthy.
Low blood pressure, sluggishness

Patient, 21, female, hypotension, blood pressure 90/65, weak circulation, fatigue.

Treatment: One (1) tablespoon of CF-concentrate twice (2x) daily, morning brush massages.

Result after 4 weeks:
Although her blood pressure was only 105/70, the patient felt much better. She was no longer tired, but instead felt full of energy and vitality and enjoyed life.

Prostate Hypertrophy/Weak Bladder

Patient, male, suffered from a weak bladder caused by prostate hypertrophy. He also had increased creatinine values.

Treatment:
CF-concentrate twice (2x) daily, one (1) tablespoon every morning and evening.

Result:
After just 3 weeks the patient was symptom-free. Laboratory tests confirmed that his creatinine values were back to normal.

Gastritis

Patient, 61, male, nervous gastritis, insomnia and high blood pressure.

Treatment:
For 2 months the patient has been taking one (1) tablespoon of CF-concentrate twice (2x) daily, diluted with half a glass of water.
Result:
The patient reported that both his stomach problems and sleep had improved considerably; his digestive system also functioned better.

**In some patients, including those suffering from chronic gastritis, CF-concentrate kills all pain within days. Nevertheless, it should continue to be taken over an extended period of time.**

**Flatulence/Heartburn**

Many patients suffer, sometimes for years, from flatulence, often accompanied by heartburn. The reason is hyperacidity and/or disturbed intestinal flora.

A dose of two (2) tablespoons of CF-concentrate, taken each morning and evening, will usually fully eliminate all symptoms within 1 week to 2 months.

**Constipation**

Patient, 43, female, has suffered for years from chronic constipation. She regularly takes strong laxatives and suffers from an inflammation of the gastric mucosa.

Treatment with CF-concentrate as an enzymatic digestion aid brought quick success.

Result:
The patient feels like a brand new person! After 14 days, the gastric mucosa inflammation was completely cured. Her bowel movements have largely become regular.
Colitis

Patient, 53, male, has suffered for years from diarrhoea, spasmodic intestinal pain and bouts of fever. Previous treatment with antibiotics and cortisone brought no permanent relief.

Treatment:
Week 1: One (1) teaspoon of CF-concentrate each morning after breakfast and each evening after dinner, diluted with a glass of still mineral water.
Week 2: One (1) teaspoon of CF-concentrate diluted with water, three times (3x) daily after meals.
Week 3: One (1) tablespoon of CF-concentrate diluted with water, each morning and evening after meals.
Week 4: One (1) tablespoon of CF-concentrate diluted with water, in the morning before breakfast and in the evening directly before going to bed.
The patient continued with this dosage.

Result:
After 14 days, the patient wanted to stop the treatment because the symptoms had grown worse.

However, after 10 weeks, there had been a striking change for the better. The pain was gone and bowel movements had become regular. The patient has not had any fever for a long time now and probably will not in the future.

Intestinal Infection

Husband and wife, 79 and 82, had been suffering from an intestinal infection for 2 weeks.
Treatment:
Two (2) tablespoons of CF-concentrate in the morning and one (1) tablespoon in the evening, taken over a period of 2 weeks.

Result:
After just a few days the patients regained strength, their appetites improved, and they had to spend less time in bed. After another few days, relatives reported that the couple had become much more sociable and active.

Elevated Liver Values

For elevated liver values, I use CF-concentrate as a basic medication. I can attest to the fact that CF-concentrate brings outstanding results. (Internist from Munich)

Orchitis (Inflammation of the Testicles)

The patient had been suffering from a massive and extremely painful inflammation of the testicles for about infection 2 months. Neither antibiotics nor cortisone helped the problem.

Treatment:
Despite being sceptical, the patient sprayed his testicles with CF-concentrate and took four (4) tablespoons of CF-concentrate daily.

Result: After 2 days, the patient was completely free of pain. The inflammation had not only improved – it was cured!
Wounds

**Cuts (Patient Report)**

“Some time ago, I tread barefoot on a broken glass bottle. The cut, about 5 cm long, bled so heavily that, under normal circumstances, it would have required stitches. Since I did not have time to see a doctor, I decided to try CF-concentrate.

I applied pressure to the wound and opened the pressure bandage just long enough to spray on a solution of CF-concentrate diluted 1:1 with boiled water.

I repeated this three times. Then I noticed that the bleeding was slowing down, and, more importantly, I no longer felt any pain. I waited a bit longer to see whether the pain would come back, but it didn’t! I had never experienced anything like that before! I am usually a bit of a wimp when it comes to pain, but the pain really was gone! I just sealed up the wound with an adhesive bandage and forgot about the incident.

The next day, I took the adhesive bandage off and saw that the huge cut now looked like a line drawn with a pen.”

**Burns on the hand**

The patient burned the entire back of her hand taking a baking sheet out of the oven.

**Treatment:**
Spray CF-concentrate diluted 1:1 with boiled water on the hand and repeat several times.

**Result:**
The result was sensational – the pain stopped as soon as the patient sprayed the CF-concentrate on
Abrasions

Patient, 22, male, had an accident while driving a motor-bike in Turkey when he swerved to avoid a car. As he was wearing only his swimming trunks the whole left side of his body was abraded, and both arms and hands were abraded and covered with dirt and gravel.

Treatment:
The boy should have been taken to the hospital, but he wanted to play the tough guy so he could not possibly allow that. His mother had given him a bottle of CF-concentrate and a spray bottle to take along with him in case of emergency. The boy made a solution diluted 1:1 with water and sprayed it on all of his wounds. Before going to bed, he wrapped the worst areas with a compress soaked in this solution.

Result:
The patient spared himself a hospital stay. His wounds healed beautifully and with no major pain.

Back Pain

Patient, 45, male, suffered from severe back pain in the lumbar region and shooting pain in his left leg. Orthopaedic treatment did not bring any success worth mentioning.

Treatment:
The patient was treated for digestive problems, which he had suffered from for months. Since the colon normally lies in front of the lumbar spine and, as was the case here, applies massive pressure on
the lumbar vertebra 4/5 and the sciatic nerve, the first step was to initiate relief through colonic hydrotherapy. Following every treatment the patient was given an enema diluted with CF-concentrate. The patient continued taking CF-concentrate orally at home.

Result:
After 4 colon treatments, the patient was free of pain.

Patient, 42, male, suffered from severe back pain, despite shoe inserts and the usual treatment methods.

Treatment:
CF-concentrate was sprayed onto the painful area and allowed to air dry.

Result:
An improvement was noticed immediately. It is, however, typical for back pain to frequently reoccur, as was also the case with this patient. Nevertheless, the intervals between the pain spasms increased steadily.

Back pain is usually caused by an extraordinary strain. This cannot always be avoided, and CF-concentrate has proven to be a good and effective first aid.

Various Aches and Pains

Simply spraying CF-concentrate on the affected area has a powerful analgesic effect. This is not only true for external injuries – CF-concentrate also penetrates into the deepest skin layers and the body’s interior, and even into the bones. This incredible effectiveness is the result of its activated enzyme fragments. Test the effectiveness for yourself! You will not believe it otherwise.
Dry Eyes

Many patients suffer from dry eyes because of decreased tear production. Continually applying eye drops to moisten the eyes can cause problems for many patients.

Treatment:
Every morning and evening, spray CF-concentrate on two (2) cotton pads and lightly wipe the closed eyelids with them. For difficult cases, the pads should be left on the eyelids for 20 minutes in the evening.

Result:
To date, all patients, without exception, have reported that CF-concentrate has been a great success. The eyes improve and the fluid balance goes back to healthy, normal levels within a few weeks.

Blurred Vision

See the treatment for “Dry Eyes”.

Chronic Bronchitis

Patient, 86, male, had suffered from chronic, debilitating bronchitis for decades. No treatment seemed to help. The slightest strain caused him to become short of breath and feel pain in his chest. As a preventive measure, he got vaccinated against influenza every year, as he was afraid of contracting an additional lung infection.

Treatment:
Oral: Take CF-concentrate twice (2x) daily, keeping it in the back of the mouth as long as possible.
External: Spray CF-concentrate diluted 1:1 with water into the larynx and onto the entire chest sev-
eral times. To keep the chest warm take an ordinary towel, cut out a hole in the middle and pull it over the head (a homemade bib).

Before going to bed, spray on CF-concentrate once more and leave it to work overnight.

Result:
The patient reported that his chest had felt easier during the first night as a result of the external action of CF-concentrate. After 3 weeks he reported his bronchitis improved noticeably every day.

Since starting the therapy he expectorated a great amount of phlegm every morning.

After 10 weeks the patient was able to take long walks. His life had become meaningful again, he felt completely liberated and his pain had disappeared.

**Loss of voice**

Laryngitis

Lawyer, 45, male, nearly lost his voice due to an infection.

Treatment:
See Bronchitis.

Result:
Overnight, the chronic inflammation began to ease. The patient regained his voice two days later.

**Constant coughing, hypertension**

Smoker’s Cough

Patient, 54, male, suffered from permanent smoker’s cough. He did not want to give up smoking. He also had high blood pressure and was taking ACE inhibitors.
Treatment:
Oral: “Dynamic Therapy” with CF-concentrate. Additionally, spray the chest with CF-concentrate several times a day.

Result:
The patient swears by his new “cure-all”. His coughing reduced considerably within a few weeks. Expectoration eased his bronchi, and his blood pressure went back to normal – something he hadn’t in the least expected.

A major problem with chronic bronchitis lies in the constriction of the bronchi, caused by the swelling of the mucous membranes and by increased phlegm production. The result is that expiration is impaired and residual air remains in the lungs, which then swell up and destroy the alveoli. As a result, the patient suffers from a lack of oxygen, which particularly damages the heart.

The constriction of the bronchi not only reduces the quality of life – if the condition persists, it is life threatening! CF-concentrate can help to some extent even when applied only externally, as even initially sceptical patients can testify.

Chronic Sinusitis

Patient, 32, male, suffered from a chronic sinus infection and, to some extent, maxillary sinus suppuration. All treatment attempts, such as thermotherapy, mucous membrane decongestant and even operative piercing of the sinus wall brought no lasting success.

Treatment:
Oral: Two (2) tablespoons of CF-concentrate every morning and evening, mixing well with saliva in the mouth before swallowing. External: A
CF-concentrate compress diluted 1:1 with water and applied to the affected areas on the face every morning and evening. If possible, irradiate with an infra-red heat lamp. Additionally fill a nasal spray bottle with CF-concentrate diluted 1:1 with water and spray it into the nostrils every hour.

Result:
The patient reported that, due to a lack of time, he did not apply compresses in the morning, but otherwise followed the therapy as prescribed. He experienced pain relief after just 2 days. Suddenly, after 5 days, pus and phlegm ran out of his nose and mouth in torrents.

While in my office reporting what happened, the patient was still amazed by this frightening experience that brought about his recovery.

Patient, 61, male, has suffered from a leiomyosarcoma for 11 years.

Thanks to an early diagnosis, he underwent six operations, during which tumors were removed from various organs of his body. In summer 2001, two inoperable tumors were identified, one in the pancreas and one in the liver.

Treatment:
His attending physicians from the “Klinikum Rechts der Isar” in Munich were involved in a research project for a major pharmaceutical company, so he was included into the group of test subjects testing a newly developed chemotherapeutic treatment.

As is characteristic of all chemotherapeutics, this treatment involved side effects. The patient heard about CF-concentrate from a doctor who was a friend of his, after he had already had to cope with
some of the side effects, the most pronounced of which were facial edemas, general fatigue, sluggishness, increasing scar pain and periodic bouts of fever. In order to counteract these side effects, the patient began to take CF-concentrate as a supplement to his treatment regimen. For the first 2 weeks he took the usual dosage (two (2) tablespoons per day), which soon gave him some relief.

At his own discretion, the patient decided to triple the dosage to two (2) tablespoons every morning, noon and evening.

Result:
After 3 months, the symptoms associated with the side effects had disappeared. A recent routine computer and MR tomography showed that the tumours had shrunk. This result had not been expected and the case is still being observed.

Mr. Scheller, complementary health practitioner, has achieved excellent results in diagnosing cancer using a darkfield microscope and a special radionic test procedure which identify even early cell mutations. This is an early cancer diagnosis procedure. It is painless and has no side effects. While not all medical doctors recognize the procedure, it has an above-average percentage of correct findings.

CF-concentrate is excellently suited as a supporting therapy for radiation exposure, chemotherapy and administration of antibiotics. Numerous side effects can be significantly reduced thanks to CF-concentrate.
Dental Medicine

Tooth and Jaw Infections

Patient 62, female. Root resection on both upper incisors, on the right connected with pain in the treatment area, plus inflammatory swelling. Several weeks after the dental treatment, the inflammation had improved only slightly.

Treatment:
Every morning and evening, sprinkle a few drops of CF-concentrate on a piece of gauze the size of the inflamed area. Apply to the painful area and leave it there as long as possible.

Result:
The patient reported that the symptoms eased very quickly, but that pain remained at the end of the root canal – that is, in the lowest part of the right nostril outside the oral cavity.
The patient was additionally given the recommendation to treat this area locally by rubbing it with CF-concentrate twice (2x) daily.
After following these instructions for 3 days, the patient reported that the pain had disappeared.

Patient, 65, female, suffered from a painful swelling in the area above both upper incisors.

The dentist cut the gum open and a large amount of pus ran out. Some time later, the seat of infection had healed. However, before long, the patient had a relapse and the same kind of pain and inflammation reappeared in the very same area. The patient was afraid of having to repeat the previous treatment.

Treatment:
The patient was given the recommendation to apply a wad of cotton soaked in CF-concentrate to the affected gum. Since the patient experienced immedia-
ate relief, she left the wad of cotton on the gum for the entire night, contrary to instructions. She continued the therapy, applying a wad of cotton soaked in CF-concentrate twice (2x) daily for 20 minutes.

Result:
The inflamed periodontal pocket subsided, the inflammation disappeared, and the original intense pain was almost completely gone after the first application of CF-concentrate and did not reappear during the remainder of the patient’s treatment. She has not had any symptoms since.

**Results of Frequent Application**
Spraying CF-concentrate onto the gums immediately after the extraction will double the speed of the healing process and eliminate the danger of infection.

All kinds of gum inflammation, canker sores, white pustules and seats of infection heal very quickly. Frequently, pain in the mouth disappears immediately after the first rinsing with CF-concentrate. Even toothache that no longer responds to normal painkillers mysteriously disappears when CF-concentrate is swished around in the mouth.

Early, episodic stages of toothache respond excellently to treatment with CF-concentrate. Take a gulp of it in your mouth and rinse your teeth with it.

Within a few seconds, the pain will disappear. You should still make an appointment with your dentist in order to treat the cause of the pain.

Paradontosis and bleeding of the gums subside within 1 to 2 months thanks to CF-concentrate, which strengthens the gums enormously. Take a gulp of CF-concentrate two to three times (2-3x) daily and thoroughly rinse your teeth with it.

CF-concentrate is being increasingly used in dentistry.
Oral Fissures

**CF-concentrate works as a disinfectant and pain-killer, it makes the teeth stronger and it inhibits inflammation.**

Patient, 72, female, suffers from obstinate fissures at the corners of her mouth.

Treatment:
Local treatment of the fissures by repeatedly applying CF-concentrate diluted 1:1 with water.

Result:
After just 2 days, the torn skin became smooth and within a week the open edges had closed and the fissures were completely healed. The result could have been even faster had the patient left a cotton pad soaked in CF-concentrate on her mouth for 20 minutes every day.

Cosmetics

**Thanks to the variety of its effects, CF-concentrate has also made its way into cosmetic salons, as its application improves the hair and skin.**

**Senile Warts and Hair Loss**

Patient, 52, male, suffers from senile warts on the scalp, hair loss and graying hair.

Treatment:
Every morning and evening, the patient gently rubbed CF-concentrate diluted 1:1 with water into his scalp.

Result:
After 6 weeks of regular treatment, the senile warts became much smaller and flatter.
The treatment significantly reduced the hair loss, and halted the graying. His hair is beautiful and strong and it seems to be getting darker.

**Hair Care**

Thin and brittle hair will become wonderfully thick and strong if you spray CF-concentrate diluted 1:2 with water on the wet hair. It is not necessary to wash the hair again after applying CF-concentrate.

**Dandruff**

Dandruff usually disappears within a few days if you wet the scalp with CF-concentrate once (1x) daily and gently rub it in. I have obtained small plastic bottles with an application tip that is suitable for applying CF-concentrate to the scalp. Part your hair and squeeze the liquid onto your scalp.

**Pigmented lesions and Warts**

These blemishes gradually disappear with little effort when treated with CF-concentrate diluted 1:1 with water and sprayed on the skin twice (2x) daily over an extended period of time.

Many cosmeticians have reported that CF-concentrate is a great weapon in the fight against wrinkles. They use CF-concentrate diluted 1:1 with water as a basis for masks and massages, or as a mixing agent for anti wrinkle creams.

Test subjects have reported that they simply spray this mixture onto the skin after washing and let it be absorbed. It makes the skin soft, smooth and supple.
Experience Reports/Cosmetics

Dry Skin

Many people have problems with dry skin which often persist for their entire lives. Treatment with oil-based creams or oils makes the skin even drier, while water-based creams and moisturizing lotions usually improve the condition for only a few minutes.

Treatment:
Put a bit of nourishing cream (preferably an oily, rich night cream) and a bit of moisturizing cream (preferably containing collagen) on the palm of your hand. Now add 2 or 3 sprays of CF-concentrate and mix well. Finally, apply the mixture to your face and neck.

Result:
Right from the first treatment, CF-concentrate increases the ability of the skin to absorb both oily and watery phases. This is the only way in which dry skin can become healthy.

All of my clients have been thrilled with this treatment.

My tip
If you have dry skin on your entire body, it should be treated in the same way. For the oily phase, you can use Vaseline, and for the watery phase, a moisturizing cream or a lotion of your choice. It is important to combine the mixture with CF-concentrate before applying it to the skin.

Cellulite Treatment

Here, too, CF-concentrate diluted 1:1 with water has proven to be particularly effective. Thanks to its draining and smoothing effects, CF-concentrate is a promising treatment that can make blemishes disappear simply by being sprayed onto the affected areas.
The effectiveness of CF-concentrate can be enhanced by thoroughly rubbing the mixture into the skin after spraying.

**Cosmetic surgery patients heal faster and better**

Surgical procedures often entail scars, long healing periods, bruises, and slow growth of the epidermis over deeper tissue. The healing effect of deeply penetrating CF-concentrate makes it the new preparation of choice for solving these problems.

**Rough, Chapped Hands**

Many patients suffer from rough, chapped hands, particularly in winter, but also as a result of frequent washing or contact with irritating materials.

Treatment:
Make a 1:1 solution of CF-concentrate and water, spray it onto your hands and rub in.

You could also put your cream of choice on your hand, spray the CF-concentrate solution on it, mix it all together and massage into the hands.

This should solve the problem in no time!

**Acne, Problem Skin**

Patient, 15, male, suffered from acne resulting from puberty. He had already tried every preparation against acne on the market. Nothing worked!

Treatment:
Every morning and evening, after thoroughly cleansing the skin, spray a 1:1 solution of CF-concentrate
and water on a cotton pad and wipe your face with it.

Result:
The result was immediately visible the day after therapy began. After just 2 weeks, his face looked completely normal again.

Bio-accessible enzymes stimulate the healing of inflammations from the inside out. The skin is given long term care through increased blood supply and circulation.

**Foot Care**

Patient, 44, male, had a painful inflammation of the nail bed (onychia) accompanied by a proliferation of “wild flesh” on the sides and intense redness in the surrounding tissue. The patient complained of pain while walking or standing. Suffering from an ingrown nail, the patient was inclined toward extremely painful and long lasting illnesses.

Treatment:
The front part of the patient’s foot was submersed in CF-concentrate for 20 minutes. The pressure eased immediately. The toe was subsequently wrapped with gauze soaked in CF-concentrate. It was then sprayed vigorously with CF-concentrate in the morning and evening.

Result:
The pain eased after 1 day and completely disappeared after 3 days, even though the inflammation had not yet healed. The surrounding redness disappeared after another 2 days and the tumor-like bulge subsided. The toenail could be cut again with no trouble.
**Plantar Warts**

Patient, 21, male, had suffered for years from obstinate plantar warts on the soles of both feet.

Initially they caused no pain, but as they grew bigger and deeper problems, such as painful pressure during walking and pain in the affected areas caused by wearing shoes, started to occur.

**Treatment:**
The gauze filling of an adhesive bandage was thoroughly soaked in CF-concentrate and applied to the warts. This procedure was repeated every morning and evening.

**Result:**
The affected areas did not appear to respond in the first few days, but then the skin over the lesions changed – it became white, similar to a burn blister, and became ever more callused until after about 10 days it came off.

The skin underneath was pink, with no signs of any symptoms. The treatment lasted 14 days.

What is unusual about this treatment is that not a single wart has returned since, although in the past they had multiplied continuously.

**Corns**

Treatment: See Plantar Warts

**Athlete’s Foot (Foot Fungus)**

As a medical foot-care specialist, I very often encounter fungus on and under the toenails.
Experience Reports/Foot Care

I have had no problems with it since I began working with CF-concentrate.

Treatment:
Spray CF-concentrate onto the freshly treated, disinfected nails. The patient must continue this treatment – spraying twice (2x) daily – at home. In stubborn cases, I recommend covering the nails with an adhesive bandage soaked in CF-concentrate overnight.

Result:
I can heal 90% of the fungus cases, including chronic cases, within 1 to 3 months.

Sweaty Feet

Simply spraying the feet with CF-concentrate makes typical strong odor disappear quickly.
Animal / Pets

*Animals respond to CF-concentrates in a similar way that humans do. For cats and dogs - depending on size - use a daily dose of about 0.5 - 1 teaspoons (2.5-5 mL) over 3-4 days.*

*If the pet doesn’t like the taste, you may mix it in with their wet food, wait about 10 minutes, and then the lemony taste will have dissipated.*

*You can also mix the CF-concentrate 1:1 with water, put the mixture into a spray bottle and spray it into the pet’s mouth or for cats, spray onto fur (cats will lick it).*
General Rules

As a rule, the recommendations for application depend on the condition and the type of CF-concentrate used. However, since all the products derived from cascade fermentation are basically similar, the following general rules can be stated for all CF-concentrates:

The more chronic an illness, the longer you will have to take CF-concentrate for full effect.

When used for short-term illnesses, it usually has an immediate effect.

Guidelines for Dosage and Use:
Dosages in this book are based on the modern European measure of 1 tablespoon=10ml (2 teaspoons) and not on the North American measure of 1 tablespoon=15ml (3 teaspoons). The usual dosage is 10ml in the morning, on an empty stomach if possible, and 10ml in the evening just before going to bed. If desired, this can be added to half a glass of water and drunk slowly.

It is recommended that the CF-concentrate be kept in the mouth as long as possible, since the initial absorption through the mucous membranes of the mouth, directly into the bloodstream, is highly advantageous.

Standard Protocol
See guidelines above.

Sensitive Individual Protocol
This protocol for those who are weak, sensitive or have a high toxic load (heavy metals, pesticide residues, hyperacidity), starts with a low dosage as we have sometimes observed a healing reaction or
initial worsening of symptoms in sensitive people. Additionally, you may want to speak with your health practitioner before doing this therapy.

Week 1 2.5ml (½ tsp) in the **morning** with 100ml water
Week 2 2.5ml (½ tsp) in the **morning** and evening in 100ml water
Week 3 5ml (1 tsp) in the **morning** and **evening**
Week 4 10ml (2 tsp) in the morning and evening

- Increase dose to the next “Week” when current dose is tolerated
- When strong symptoms of cleansing occur, stop taking CF-concentrate for 1-2 days until reactions subside. In rare cases, CF-concentrate may be discontinued for 1 week. If symptoms are mild, reduce CF-concentrate dose by half and continue treatment.

**Moderate Detoxification Procedure:**

Standard CF-concentrate regime (6 x 350ml)

There is generally no negative effect on long-term therapy from occasionally reducing the dosage (e.g., two teaspoons per day for 3 weeks followed by one teaspoon per day for 2 weeks). Close monitoring for tolerance is strongly recommended for patients with:

- High blood pressure
- Hyperthyroid conditions
- Diabetes
- High cholesterol

A dose of two (2) teaspoons per day (10ml) is the recommended long-term dosage, for moderate detoxification and for strengthening and bringing more balance to the physiology.
Dynamic Therapy:
We use this therapy especially for detoxification and as an initial dosage regimen for many chronic diseases, for those who do not belong to the Sensitive Individual category:

First 3 days  one teaspoon in the morning (before breakfast)
Next 4 days  one teaspoon in the morning and evening
Week 2      two teaspoons in the morning and evening
Week 3      four teaspoons in the morning and evening
Week 4      four teaspoons in the morning, noon and evening
Week 5      four teaspoons in the morning and evening
Week 6      two teaspoons in the morning and evening

(One teaspoon = 5 ml. Two teaspoons = 10 ml = 0.33 oz)

- Drink 2 liters of water a day to divert free acid (strongly recom.)
- Take base powder or spirulina / chlorella to divert toxins.

External Use:
Fill a spray bottle half full with the CF-concentrate of your choice and then fill the rest of the bottle with water. For open wounds or sores, be sure to boil the water before use to reduce the risk of infection. All CF-concentrates act as disinfectants. There is no danger of infection even when the bottle has been open for a long time.

Dosage Devices and Applicators
For ease of external use, the companies that sell CF-concentrate supply us with spray bottles and hair applicators.
Additional Dietary Supplements
Additional vitamins, trace elements and minerals can be taken at any time.

Although the CF-concentrate also contain such active ingredients, they are not intended specifically as dietary supplements.

Make sure that the vitamin and trace element preparations you select are organic. This will avoid unnecessarily burdening the body with massive overdoses of supplements. It is healthier to take small quantities of a substance that your body can absorb well.

Bio-accessibility is the key, and it is important to use products that have not been environmentally contaminated.

Allergic Reactions to CF-concentrate
CF-concentrates produce no allergic reaction in 99% of all patients. Even people who are allergic to any of the individual ingredients rarely experience an allergic reaction. The reason for this lies in how cascade fermentation alters the substances in the end product.

Nevertheless, the patient must be aware of possible reactions and, if necessary, stop the therapy.

Initial Worsening of the Condition
We occasionally notice a general initial worsening of the patient’s condition.

Patients with high cholesterol, high blood pressure, skin problems, diabetes and hyperthyroidism are particularly susceptible to this.
Patients with these conditions should begin treatment with a low dosage. In our experience, one (1) teaspoon per day for 1 week is a good dosage to start with. The following week should include one (1) teaspoon every morning and evening. From
the third week on, there are usually no more problems with tolerating the normal dosage of two (2) tablespoons per day, and even high dosages (see “Dynamic Therapy”) are possible.

Shelf Life and Storage
As primal enzymes, CF-concentrates have a long shelf life. They keep for several weeks even after the bottle has been opened. Please keep open bottles in the refrigerator.

Taste
Many patients need some time to get used to the taste. CF-concentrates are completely natural, unprocessed preparations. None of the usual means of enhancing the taste normally found in commercial products are applied in this case. CF-concentrates do not contain artificial flavors, sugar, alcohol or any other additives.

If you or your child has difficulty taking CF-concentrate in its pure form, add it to half a glass of water and, if necessary, add a little juice.
On the one hand, CF-concentrates are a highly modern source of enzymes supplied in the form of bio-accessible enzymes. On the other hand, they are also a good old-fashioned household remedy.

They help with so many illnesses and conditions that a CF-concentrate should always be on hand for household emergencies. Many families are now increasingly trying to avoid chemicals. CF-concentrates are an ideal aid in achieving the goal of creating complete harmony within the organism.

All CF-concentrates work naturally to modulate the immune system in a holistic way.
An Appeal to the Medical Profession
We know that most doctors will not be persuaded to start using naturopathic preparations. This is a great shame, even though we are aware of the reasons.
Nevertheless, we still hope to win over more of our colleagues to a new path toward holistic healing. You could begin on this path by incorporating the cascade fermented preparations into your conventional methods of treatment. Success will be on your side! We speak from experience!

Appendix
Many of the above reports came from the authors’ own experiences in their practices. A few have been reported to them by colleagues. The authors are also in close contact with dentists, cosmeticians and foot-care specialists and regularly talk with them about new successes in their individual specialties.
Sources:

1 Dr. Niedermaier Pharma GmbH, Taufkirchner Str. 59, 85662 Hohenbrunn, near Munich: (information about the production process using cascade fermentation, and summary of the European patent).

2 List of physicians, complementary health practitioners, dentists, veterinarians, foot-care specialists, cosmeticians and therapeutic massage practices who work with CF-concentrate and who reported their experiences either orally or in writing to the authors of this book. A copy of this list can be obtained from either the authors or the publisher.

3 Oberbeil, Klaus; Dr. Lentz, Christiane: Obst und Gemuese als Medizin (Fruit and Vegetables as Medicine), Munich 1996: Suedwest Verlag.
Despite modern medicine, the advances of our time have resulted in many illnesses that it is beyond our capabilities to cure. We are referring to the typical diseases of civilization: from sluggishness, insomnia, excess weight, skin problems and allergies to serious chronic illnesses such as diabetes, cardiovascular ailments, diseases of the stomach and intestinal tract, and the entire spectrum of autoimmune diseases.

The main cause (apart from a frequent lack of spiritual orientation) is a severe shortage of bodily enzyme groups (also known as low enzyme levels, or LEL), which disrupts the human regulatory system.

Doctors, complementary health practitioners and veterinarians report their sensational successes using BIO-ACCESSIBLE ENZYMES in LIQUID FORM to treat the organism as a whole. (European patent number 1153549 - Granted by the European patent office 2004)

This method, which can be applied both internally and externally, offers humans and animals alike the opportunity to quickly restore their bodily enzyme supply to healthy levels.

Even dentists report pain relief and faster healing. Both the cosmetic and foot-care industries are already using bio-accessible enzymes in liquid form as an “insiders’ tip”.

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