

Treatment of chronic illnesses

Hypoallergenic ortho-molecular therapy (hoT)

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Peter-Hansen Volkmann, MD, is a general practitioner in Lübeck. His work is focussed on various naturopathic treatments and for approx. 10 years particularly the hypoallergenic orthomolecular therapy. In 1998 he founded the company hypo-A, where hoT-products are produced with bioenergetically selected raw materials without using additives or facilities. He is an author and speaker on hoT and holistic naturopathy.

The fundamental principles of ortho-molecular medicine go back to Linus Pauling who investigated the relation of fast food, acid rain and food technology in the mid fifties of the last century. He found a deficiency of vital substances in our daily food and could demonstrate the correlation between a relative shortcoming and chronic illnesses. In ortho-molecular therapy, patients are treated with the “right molecules“, such as calcium, zinc etc. in order to be cured.

In modern medicine certain drugs are successfully used in all specialty fields to treat various diseases, e.g. antibiotic preparations, non-steroid anti rheumatoid and cancer drugs, as well as cortisone. All of them have an anti-inflammatory effect, even though different therapeutic methods of action are present. Many chronic disorders originate from chronic infections, but just as manifold as the disorders, are the mechanisms of the body that transform an acute infection into a chronic illness. The gastro-intestinal tract turns out to play a major role concerning all chronic illnesses. A solution for this problem can be found with the help of simple, logical “hoT-regimes“.

Supply of important molecules with our food and demand of the consumer

The cause for loss of organic value in produce is acid rain, food processing technologies as well as world wide lengthy transports of fruit and vegetables, unripe harvesting, artificial maturing and lengthy storage. Food technology plays a double role: on one hand essential components such as unsaturated fatty acids are eliminated from the raw material; on the other hand additional chemicals such as flavours or additives may cause damage to the human mucous membrane. To repair the mucous membrane there is an increased demand for calories which also occurs during overworking, stress, chronic intestinal disturbances, such as maldigestion and malabsorption, during chronic illness, and the compensation of medical side-effects. Like labourers who need at least eight thousand calories, mind workers may have a higher demand for ortho-molecularia.

The three most important causes for chronic diseases

- 1. Malnutrition:** During years of malnutrition with fast food, cokes, chocolate, conventional cheeses etc. chemical additives are brought into the digestive channel, disturbing the healthy intestinal function as well as the gradual systematic digestion. Since these chemicals are normally not metabolized by the body, the basic substance becomes slugged, putting a strain on the process of detoxication.
- 2. Mal population:** Germs and toxins in the metabolism, due to chronic dysbiosis, i.e. colonization of the intestines with pathogenic germs like Candida fungus, amoeba etc., strain the functional capacity of the intestines and lead to digestive and resorption disturbances of its contents.
- 3. Undersupply:** Even organic foods are relatively depleted of essential hoT-substances, due to the acid rain. In the course of a long time period an undersupply of vitamins, minerals and unsaturated fatty acids etc. is constituted.

Basic principles of healthy nutrition

The basis for healthy nutrition are fresh foods, if possible from organic resources and without chemical additives such as colourings, artificial or nature-identical aromas etc. For a higher organic value a wide range of supply of pure hypo-allergenic ortho-molecularia is recommended. According to stress and strain, the physical and mental constitution should be strengthened and optimised by a hoT-substitution. A comprehensive and continuous substitution may help avoid burnout syndrome.

The difficulty of laboratory analysis of ortho-molecularia

There are different points of view related to health and sickness. According to the chinese way of thinking health is a free flow of meridian energy. In the case of disease, disturbances of energy are present. These are most commonly balanced by acupuncture. However, existing blockages are frequently only solved by a comprehensive hoT. In the ortho-molecular context one can conclude that health is only possible with a sufficient supply of minerals etc. Every disturbance of regulation is caused by a temporary or latent lack of ortho molecules. The assessment of the supply of ortho molecules for the German population is based on the laboratory analysis calculated from a large quantity of unselective series, and leads to low standard value, which is accepted as the norm.

What does ortho-molecular centralization mean?

In my practice almost all patients are cured with a hoT treatment regimes. Sometimes therapy with homoeopathy, phytotherapy, neuraltherapy, acupuncture or manual procedures will follow. The success of these hoT treatment regimes, which is documented by a study of the University in Göttingen, lead to the following thoughts: compared with the centralization of the blood circulation during shock, the body has possibilities of regulating a minimal supply to the most important enzyme- and hormonesystems, repectively organs. According to the experience gathered in my practice, common diseases, for instance chronic pain, functional disturbances in muscles and joints, as well as allergies and neurodermatitis, point to an ortho-molecular deficiency syndrome.

Basic (wellness-package)	4 weeks	ODS 1	4 weeks	ODS 2	4 weeks
salmon oil	3 x 2-3	black caraway oil	3 x 2-3	salmon oil in alternation with black caraway oil	3 x 2-3
trace elements	2-3 x 1-2	3-Symbiosis	3 x 1	3-Symbiosis plus	3 x 1
magnesium-calcium	3-5 x 1-2	magnesium-calcium	3-5 x 1-2	magnesium-calcium	3-5 x 1-2

Good ortho-molecularia

Inconsistent results in therapy initially lead to the decision that ortho-molecular supplements should be produced especially for my patients, according to my own recipes. The success of these products can be explained by specific factors of production:

1. The capsules are filled according to strict regulations for the production in Germany.
2. All used raw material comes from renowned pharmaceutical producers and comply with the German Medicine Book or the European pharmacopoeia.
3. Tolerance of all used raw material was tested on extremely sensitive multi-allergic people by myself.
4. Chemical filling substances for production, colourings, aromas etc. are left out altogether.
5. Where extra filling material is needed, synergistic substances are included.
6. The machines used for the production of minerals and trace elements are neutralized bio-energetically, in order to minimize the correlation between electric fields and the substrates.

7. In Germany, all these products attain the status of a food supplement, which makes management and marketing outside of drug stores easier and enables therapists to sell directly. Top ortho-molecular products have an outstanding potential to eradicate chronic pain. This is achieved only with pure molecules, without any allergenic substances.

Three curative approaches for chronic disorders

1. Diet change to natural, fresh, organic products from the region and avoidance of processed foods and other sources of food additives.
2. hoT-substitution for biologic enrichment of foods, e.g. by giving minerals, trace elements, omega fatty acids, vitamins etc. to improve intoxication and basic regulation.
3. Ortho-molecular regeneration of the gastrointestinal tract in two steps of 4 weeks each, with symbiosis directing compounds, which initially cleanse the small intestine and finally the colon, eliminating candidiasis etc.

A pilot study on hoT and Applied Kinesiology (AK) from Göttingen, 2002

In order to make a statistic statement about certain changes of the regulation in patients, a pilot study on hoT was performed in cooperation with the University in Göttingen in spring 2002. Two treatment regimes were applied for four weeks: “wellness package“ and “ortho-molecular intestinal regeneration“ (ODS 1 and ODS 2). A psychometric questionnaire served as measuring parameter beside numerous AK-tests of special muscles, fields of interference and hormone glands. A word list of different qualities helped clarify motivation, fatigue, depression, disgruntlement, general activity etc. and a second questionnaire with questions relating to the state of well-being were used. Of interest were head-aches, insomnia, pain in the joints, skin rashes, a feeling of having a lump in one’s throat, satiety, a feeling of warmth or cold, heart throbbing, typical symptoms of climacterium etc. Both questionnaires have been validated in psychiatry and are the basis for numerous investigations of studies conducted at the University.

Used therapy regimes with an intake diagram

The presented therapy diagrams were investigated in the course of time. Only the respective minimal and maximal daily doses are indicated, which were precisely determined in the study. The effectiveness of these regimes have been proved for the following chronic illnesses, among others.

Success in therapy	
Illness	success %
allergy pollen	90%
allergy food	85%
chronic diarrhoea	95%
chronic pain	80%
neurodermatitis infant	100%
neurodermatitis adult	90%
periodontitis	85%
migraine	90%
Morbus Crohn	80%
fibromyalgia	85%
premenstrual syndrome	95%
dysmenorrhoea	95%
endometriosis	90%
infertility	75%
slipped disc	95%

shoulder-arm-syndrome	85%
arthrosis in the knee-joint	85%
carpal-tunnel syndrome	85%
ulcerative colitis	80%
chronic fatigue	90%

Results of some AK-investigations

Parallel to the surveys above some investigations were made with AK related to following themes

- a) the muscle function as an expression of healthy or disturbed meridian function
- b) examination of hormone glands with location of therapy (TL) as an expression of disturbances of regulations in the hormone system
- c) Diagnosis of interference in sinuses, pancreas, liver and location of bite, as an expression of chronic strain on the basic regulation, was determined with TL at the beginning of the study, after four weeks in the beginning of ODS1 and after ODS2, which means after approximately twelve weeks, at the end of the treatment.

In the beginning, one could hardly find normal regulations in the function of the muscles. During in the second examination already four to six normal states of function of the muscles and test persons could be determined. In the end of the investigation, all the muscles except of one patient, regained normal tonus, meaning in full function and healthy regulation, and the energy flow of the assigned meridians was balanced. These results coincide to a large degree with the findings of therapists, who e.g. test the course of chronic illnesses with EAV, prognosis instruments or with bio-resonance.

AK-investigations of fields of interference & regulation of bite

The test persons were subjectively healthy humans. This explains the relatively small proportion of fields of interference. However, it is obvious that even though all of the test persons felt healthy and did not report any trouble with their sinuses, they were not free from interference, according to the first examination. The most frequently tested field of interference however, responds particularly well to the wellness package. The lacking regulation of bite of five of six test persons again indicated the fundamental significance of the bite and how it correlates with the regulation of the entire body. It becomes obvious that the combination of a healthy intestinal colonization and the regulation of the digestion has an effects the function of the masticatory muscles. *Since a dental examination and treatment of the patients did not take place, the normalization of the bite is interesting in particular. In all participants, the function of bite became normal after TL, within 12 weeks, leading to the following consequences. 1. A healthy basic regulation normalizes the bite irrespective of the different causes for the disturbance of the bite. 2. Dental work may be very important for patients with a bad regulation. In case of a healthy basic regulation, however, the body seems to compensate a lot, also in relation to the location of bite.*

A simple test as a marker for the specific need of hoT

When bioenergetic tests can not be performed, an individual therapy can be determined by a thorough observation of the patient and changes in mobility and pain. The painful region, group of muscles or the joint involved, can be mobilized up to the pain threshold in order to lead the patient back to the state of a more or less relaxed initial position. After this, small dosages of different hypoallergenic substances such as zinc, magnesium, omega-3-fatty acids or a complex of trace elements are given orally, and the patient is advised to chew carefully. The test person, with the test substance in the mouth, is questioned after a repeated mobilization in the region concerned, in relation to:

1. **quality of pain** – dull, sharp, burning, drilling etc.
2. **intensity of pain** – A scale from 0 = without pain to 10 = not bearable, is possible. The subjective changes can be well determined in most cases.

3. **localisation of pain** – Does the pain stay in the same place or did it move?

4. **radius of movement** – In the joints a change of the active radius of movement can be measured or estimated.

If there is neither a significant sign of pain nor a significant joint-blockage in an extremity joint to be used as an indicator, then the entire spine or for instance the cervical spine and its degree of freedom may be used as an indicator for a specific substitution. Here related to the spine, in bending forward, the distance between the fingers and the floor can be measured, with and without an oral application of different substances. Between each application of hoT the test person should rinse his mouth with clear water. In the case of investigation of the cervical spine, a limitation of 30 to 40 degrees related to rotation is frequently found. After repeated oral application of different substances, the angle of rotation normally opens up to 100 degrees on both sides, without any chirotherapeutical or other manipulation. Constant pain or weight-related pain in knee joints, which have often been operated on several times, can often be totally eradicated during oral testing. The practical success in competitive sports has been impressingly confirmed by the outstanding ranking of top athletes among my patients, ranging from crossboarders, giant slalom to different olympic sailing classifications.

References

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