Sanum

Maximize Your Results with Current Sanum Remedies
(Part 1)

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Dr. Gunther Enderlein (1872-1968)

Under the Darkfield microscope, he observed the “protit” (basic form) as the fundamental microorganism that is symbiotic with the human body

Developer of the Sanum “fungal” remedies

Dr. Enderlein “the milieu means everything” – the endobionts are mobile and undergo pleomorphic processes in the available milieu

Concepts of Pleomorphism
Monomorphism vs Pleomorphism

**Monomorphism**
- bacteria appear in a constant growth form and cannot change
  
  \[(one \ form = one \ function)\]
- Robert Koch (1843-1910) of Germany and Louis Pasteur (1822-1895) of France establish a scientific doctrine of Monomorphism (conventional medicine still uses today)
- each microbe type only produces one specific disease

**Pleomorphism**
- microorganisms can go through different stages of development and evolve into various growth forms within a single life cycle
  
  \[(many \ forms \ while \ maintaining \ function)\]
- F.Hueppe, W.Kruse, Max Gruber
- Dr.Enderlein (1872-1968) Pleomorphism and *Bakterien Cyclogeinie*
- American researchers F. Loenis and N.R. Smith corroborated Dr. Enderlein’s findings in their work studies on the life cycle of bacteria
- Examples: Moose, Fishbowl, Pond
### Hidden Indications of Intestinal Allergies according to Dr. Werthmann

<table>
<thead>
<tr>
<th>Condition</th>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Respiratory Conditions</strong></td>
<td>Sniffling of the infant, bronchitis spastica, asthmoid bronchitis, asthma, hay fever, allergies, sinusitis, sneezing attacks, chronic cough</td>
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<tr>
<td><strong>Skin Conditions</strong></td>
<td>Cradle cap, neurodermatitis, dermatitis, eczema, seborrhea, vitiligo, pruritus, acne</td>
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<tr>
<td><strong>Stomach-Intestinal Conditions</strong></td>
<td>Abdominal colics, diarrhea, flatulence, constipation, gastric and intestinal ulcer, colitis conditions, Chron's disease, digestive disorders, hyperacidity</td>
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<tr>
<td><strong>Joint Conditions</strong></td>
<td>Arthritis, polyarthritis, rheumatism, inflammations, ankylosing spondylitis</td>
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<tr>
<td><strong>Immune Conditions</strong></td>
<td>Susceptibility to infections, purulent chronic otitis media, hyperplasia of the adenoids</td>
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<tr>
<td><strong>Nervous Disturbances</strong></td>
<td>Restlessness, difficulty falling asleep, loss of concentration and memory</td>
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<tr>
<td><strong>Skeletal Disorders</strong></td>
<td>Osteoporosis, spinal conditions, decayed teeth and teeth with dead roots</td>
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### Mucosa Enteralis: Healthy and Atrophic

- **Healthy Mucous Membrane of the Intestinal Tract**
- **Atrophic Mucous Membrane of the Intestinal Tract**
Benefits of Using Pleo Sanum

- Isopathic
- Biological Terrain Medicine
- Easy to use, systematic protocols
- 30+ years of practical experience from experts
- Treatment of chronicity (chronic degenerative conditions)
- Works with physiology and pathophysiology
- Addresses the root cause, not just the symptoms
- non-toxic, no side effects, all ages

Ways to Use Sanum Therapy

- Acutely
- Patient history and/or symptomology
- Darkfield microscopy
- Testing (Muscle, Vega, EAV, Reba device)
- Dr. Werthmann Four Step approach
- Dr. Rau Constitutional prescribing
- Protocols
Categories of Remedies

- Milieu Modulators
- Fungal Remedies
- Bacterial Remedies
- Sanukehls
- Polysans
- Excretion Remedies
- Chelate Remedy
- Glandular Remedies
- Botanical Remedies
- Vitamins and Minerals

Balance the Milieu/Terrain

Regulation mechanisms become overwhelmed = Acidic Terrain/Milieu
The goal - flush excessive H+ ions out of the tissues and obtain a normal acid-base balance

An acidic terrain is prone to:
- Inflammation / reactions (allergies) / toxicity
- Potential for chronic degenerative conditions
- Endocrine and ANS dysregulation
Milieu Modulation

Pleo Alkala N     Pleo Citro
Pleo Sanuvis     Pleo Form

The goal with Milieu Modulation is to address the acid-base imbalances & support cellular activity.

The Art of Alkalizing

Pleo Alkala N - Sodium bicarbonate, Sodium citrate & Potassium bicarbonate
Used to correct acid-base imbalance, reduces tissue acidosis
Increases mitochondrial respiration

Pleo Alkala N powder - 1 tsp twice daily with warm water on an empty stomach
Take for a minimum of 3 months to mechanically shift excess acid out body (follow with alkaline diet)
**note – measure pH monthly to determine duration**
Milieu Modulation Remedies

Pleo Sanuvis - Acidum L(+) lacticum 10x/30x/200x

Organic acid – metabolic / lactic acid
Milieu modulation – intra and extracellular matrix
Increases mitochondria respiration (by 350%)
Improves pH regulation (↓ blood pH when too alkaline)
Decreases metabolic waste and D(-) lactic acid build-up in muscles and tissues
Chronic skin conditions (ex. psoriasis)
Useful during/after exercise, chronic fatigue, fibromyalgia

Milieu Modulation Remedies

Pleo Citro - Acidum citricum 10x/30x/200x

Organic Acid – Citric acid / Kreb’s citric acid cycle
Milieu modulation – intra and extracellular matrix
Increases cellular metabolism, reduces blood viscosity
Decreases fluid retention (edema), inflammation and pH balance
Useful for structural issues – skin, all organs, muscles, lymphatic, tendons, ligaments

Pleo Form - Acidum formicicum 6x/12x/30x/200x

Organic Acid – Formic acid
Originally a Homeopathic remedy derived from crushed red ants
Used for arthritis/rheumatism of muscles, joints, and allergies
Reduces uric acid build-up and processing
Chemically toxic exposures (sensitive individuals)
Milieu: Osteoporosis Protocol

Osteoporosis - impaired structural metabolism of the inorganic and organic bone mass.
- issue with an increased acidification of the tissues and milieu and a high consumption on protein-rich foods (rather than ass. with deficiency of calcium)
- body buffers this excess acid and protein with calcium, which is drawn from the bones and leads calcium loss

Pleo Alkala – 1 scoop twice daily with warm water/empty stomach
Pleo Sanuvis – 2 tabs or 30 drops twice daily
Pleo Citro – 2 tabs or 30 drops twice daily
Pleo Zink – 5 drops three times daily
BoneSure – 2 caps twice daily

Milieu: Endurance Protocol

Enhance and prolonged energy expenditure, support the milieu and body’s ability for faster recovery

Pre-exercise:
Pleo Sanuvis – 1-2 tabs before exercise
Pleo Citro – 1-2 tabs before exercise
SalvTonic – 1 cap before exercise
Optimum B12 MeF – 1 lozenge before exercise

Post-exercise:
Pleo Sanuvis – 1-2 tabs after exercise
SalvTonic – 1 cap after exercise
Milieu: Skin Protocol

Psoriasis
- Pleo Sanuvis – 1-2 tabs twice daily
- Pleo Citro – 1-2 tabs twice daily
- Pleo Form – 5-20 drops once to three times daily
- Pleo Zink – 5 drops three times daily
- Pleo Selene – 5 drops three times daily
- Address underlying emotional issues

Eczema
- Pleo Alkala – 1 scoop twice daily with warm water/empty stomach
- Pleo Citro – 1-2 tabs twice daily
- Pleo Form – 5-20 drops once to three times daily
- Pleo Ut S – 5-10 drops once daily
- Address food sensitivities

Fungal Remedies

- Pleo Alb
- Pleo Pef
- Pleo Usti
- Pleo Mucedo
- Pleo Muc Eye Drops

The goal with using the Fungal remedies is to reduce inflammation and down-regulate high valence pathogenic forms
Fungal Remedies

**Pleo Alb ~ Pleo Pef**
*Candida cyclogeny remedies*

These remedies introduce regulatory forms of *Candida* species into the biological system to reduce and down-regulate the highly developed forms into less pathogenic ones, thus reducing fungal infections and inflammatory-related processes.

**Pleo Alb**
*Candida albicans*

“chronic and/or systemic fungal conditions”

Main uses: For mycoses of mucous membranes, skin, urogenital and GI tract, secondary mycotic infections

*Includes:* Candida, fungal overgrowth, GI conditions, gas, bloating, nail fungus, athlete’s foot, groin itch, vaginal yeast infections, UTI

High candida levels may be associated with high heavy metal levels (such as mercury)

**Pleo Pef**
*Candida parasilosis*

Local conditions, “for fungus first entering the body”

Main uses: for enteral mycosis, mycosis infections of skin, orifices, intestinal, genital

DENTAL conditions

*Includes:* mycosis, secondary mycotic infections skin/mucous membranes, thrush, cradle cap, disorders of the respiratory tract, aphthae, pemphigus vulgaris, cystitis, otitis externa, acne, dental granuloma, and lymphadenitis.
The Candida Constitution

Tendency towards tendency toward fungal and mycotic conditions and dysbiosis.

The typical conditions seen include local and systemic fungal infections (especially of the skin and mucous membranes), candidiasis and digestive issues (including gas and bloating).

<table>
<thead>
<tr>
<th>Sanum Constitution Type</th>
<th>Milieu Remedies</th>
<th>Isopathic Remedies</th>
<th>Sanukehl Remedies</th>
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<tbody>
<tr>
<td>The Candida Type</td>
<td>Pleo Alkala ‘N’ powder</td>
<td>Pleo Alb or Pleo Pef</td>
<td>Sanukehl Cand</td>
</tr>
</tbody>
</table>

An individual’s constitution determines typical disease patterns expressed and how disease develops within the body.
**Pleo Alb Product Forms**

**Drops** – used for oral, ear, and nasal administration  
- Oral – 5-10 drops once daily, can be more frequently in acute conditions  
- Ear - apply 1-2 drops per ear  
- Nasal – inhale ‘snort’ 2-4 drops per nostril up to several times daily

**Suppositories** – used before bed, strongest potency (3x), general infection  
- Vaginally, anally – 1 supp before bedtime

**Ointment** – easy topical application  
- Topical - apply up to several times daily

**Capsules** - 4x potency - stronger than tablets  
- Oral - 1 tablet or capsule up to three times daily

**Ampoules** – ‘sipped’. European usage as injection IM, S/Q, IC, IV  
- European usage – 1 ampoule one to three times weekly, more frequently in acute cases (can be daily)

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**Candida protocol**

**Candida, dysbiosis**

- Pleo Alkala – 1 scoop twice daily with warm water/empty stomach  
- Pleo Alb drops – 5 drops once daily for 6 weeks  
- Pleo Pef drops – 5 drops once daily for 6 weeks – to begin after Pleo Alb  
- Probiotic 7-in-1 – 1 cap twice daily  

Then add once Pleo Alb drops finished  
- Pleo Pef drops – 5 drops once daily for 6 weeks (to begin after Pleo Alb)

For athlete’s foot/nail fungus – add Pleo Alb ointment topical once daily, baking soda foot bath (in warm water) daily for 2 weeks.
**Pleo Usti**

**Pleo Usti** –
Uterine issues and Uterine ‘bleeding’ conditions
- The Ustilago zeae fungus found on corn is responsible for the action on the uterus

Uses for conditions of the uterus including:
Dysmenorrhea
Uterine hemorrhage
Menstrual and Menopausal symptoms
Menorrhagia (heavy menstrual bleeding)

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**Pleo Mucedo**

**Pleo Mucedo** –
Endocrine and microcirculation
Conditions of the “neck and up”

Uses for:
Hormone regulation (limbic system, hypothalamus, pituitary)
Microcirculation to endocrine glands and brain
Upper resp. tract conditions – chronic – sinusitis, tonsillitis, sinobronchitis
Neuro-vegetative syndrome (anxiety, depression)
Menopausal protocol

Hormonal balance, endocrine conditions

- Pleo Sanuvis - 1 tsp two to three times daily
- Pleo Mucedo drops – 5-10 drops once daily for 8 weeks, then break for 4 week. Repeat if necessary.
- Pleo Usti drops – 5-10 drops once daily for 8 weeks, then break for 4 week. Repeat if necessary.
- Female Tonic – 1 tbsp two to three times daily for 4 weeks (consider following the lunar cycle for break schedule, which is 29 days)

For ovarian pain – add Sabal Serrulatum 25-30 drops in 8 oz of water three times daily
For enhanced libido – add Sabal Serrulatum. Consider Pleo Chrysosan (coming soon – placenta hydrosolate)

Dysmenorrhea protocol

Uterine bleeding/cramping

- Pleo Sanuvis - 1 tsp two to three times daily
- Pleo Mucedo drops – 5-10 drops once daily at start of menstruation for 8 weeks, then break for 4 week. Repeat if necessary.
- Pleo Usti drops – 5-10 drops once daily at start of menstruation for 8 weeks, then break for 4 week. Repeat if necessary.
- Female Tonic – 1 tbsp two to three times daily for 3 months, or until symptoms resolve

If lots bleeding/water retention – add Parsagus 4 caps two to three times daily and Pleo Citro 1-2 tabs once to twice daily during week of menstruation
Pleo Muc Eye Drops

Eye drops to increase circulation and nutrition to the eyeball while reducing effects due to oxidative stress

Conditions include: Glaucoma, Cataracts, Conjunctivitis, Macular degeneration, Pink eye, and Dry eyes…

Topical Application:
- Pleo Muc Eye Drops 5X – 1-2 drops in each eye twice to three times daily

For cataracts – add Pleo Alkala, Pleo Citro, Pleo Sanulis, and Pleo Ut S

Note: Apply eye drops to the outer palpebral fissure (corner) of the eye, as the inner corner of the eye contains the tear drainage canals through which the drops will drain out the tear-nose canal without enough time to take effect. The preparation must pass from the outer lid fissure into the whole of the eye for the optimal effect.

The Sanukehls

- Markers for CWD (cell wall deficient) bacteria
- Form complete antigens (haptens)
- Eliminate bacterial toxins and/or proteins released during earlier infections (that were not eliminated from the body)
  - Increase activity of T lymphocytes - elimination of the bacterial toxins
- Absorbers of toxins and antigens
- Sanukehls are polysaccharide extracts from the cell walls of various infectious species (bacteria)
Sanukehls: Use and Applications

- Post-antibiotic treatment (residual toxins)
- All chronic diseases
- Therapy blockages (suppressive allopathic drugs)
- After Candida infections
- For all toxicity caused by heavy metals
- For all neoformative processes, including benign and malignant
- “Never well since” – ex. Strep

Sanukehls

- Sanukehl Brucel
- Sanukehl Cand
- Sanukehl Klebs
- Sanukehl Prot
- Sanukehl Staph
- Sanukehl Strep
Clinical experience with Sanukehls

- Sanukehl Brucel – Lyme disease and co-infections
- Sanukehl Prot - H. pylori and gastric ulcer
- Sanukehl Klebs – pneumonia, influenza support, pleurisy-type lung issues, asthma and lung/airway conditions, after antibiotic therapy
- Sanukehl Cand – nail fungus, use internally and topically as long as needed
- Sanukehl Strep – Strep infection, reoccurring Strep throat, Strep B (pregnancy)
- Sanukehl Staph – Staph infection (acute, chronic, recurrent), staph related urogenital infections, sinusitis, pleuro-pnemonia (inflam of lung/pleura), skin infection, folliculitis

Glandular Remedies

- Pleo Thym
- Pleo Rebasan
Pleo Thym

Pleo Thym – Thymus glandular
Immune support, chronic immune conditions and growth/development

Increases cellular respiration
Cellular Regeneration
Degenerative processes in lumbar vertebral column area
(2nd chakra – sacral)

Pleo Rebasan

Pleo Rebasan – Peyer’s patch extract
Stimulates intestinal immune cell production in gut, rebuilds a well functioning immune system

Used for rebuilding the immune system, chronic and recurrent inflammation (especially in intestinal conditions), balances hyper and autoimmune reactions (allergies), indicated in disturbances in the humoral body defense, chronic hepatitis and angina

Dosage: 1 capsule twice daily to 3 times weekly
Intestinal Kit
(6 week / 2 phase program)

“The root of every illness lies in the gut”
Thomas Rau, MD

Restore intestinal health, support regulation of the body’s internal environment through four main principles:

1. Rebalance normal acid-base (pH) levels
2. Rebuild the intestinal mucosa
3. Replenish healthy intestinal flora
4. Re-establish a strong immune system

Remove major allergens/inflammatory foods: wheat, egg, cow’s dairy, gluten, and nuts)