



Bildung und Kultur

Europäische Bildungswerke für
Beruf und Gesellschaft e.V.
zertifiziert nach DIN EN ISO 9001:2000



Sokrates

Welcome to **proHealth**

*- Protecting and Prevention of Health by awareness-rising
and information -*

Modul 2 - Naturheilkunde



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Sokrates

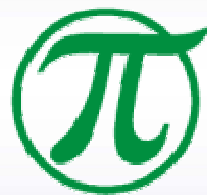
Welcome to **proHealth**

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Module 2 – Natural Medicine

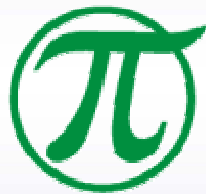
***Informationen über Naturheilkunde zur
Gesundheitsvorsorge mit Schwerpunkt
auf Pflanzenheilkunde***

***Information about Natural Medicine for
health promotion with focus on herbal
therapy / phytotherapy***



Materialien
zusammengestellt von:
Patienteninformation für
Naturheilkunde e.V.,
Berlin

- Dokumentation,
Forschung und
Beratung
- www.datadiwan.de/pi



Material put together by:
Patients Information
Centre for Natural
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Germany

(Patienteninformation für
Naturheilkunde e.V.)

- Documentation,
Research, and
Consultation
- www.datadiwan.de/pi

Schlüsselziele der Naturheilkunde

- Das körpereigene Immunsystem und die Selbstheilungskräfte stärken
- Anstöße zur Heilung geben, insbesondere durch die verschiedenen Arten der Pflanzenheilkunde
- Dazu Ermutigen und Befähigen, einen gesunden Lebensstil zu leben, im Einklang mit den natürlichen Bedürfnissen (Ordnungstherapie)

Key Aims of Natural Medicine

- Strengthen the body's immune system and self-healing abilities
- Give healing stimuli by using phytotherapy and its different types of herbal medicines
- Encourage to live a healthy lifestyle like described in Ordnungstherapie (mind-body-medicine)

Selbstheilungskräfte stärken

Das körpereigene Immunsystem und die Selbstheilungskräfte stärken durch:

- Entgiftung
- Entsäuerung
- Fasten
- Den inneren Willen zu Heilung und Ganzwerdung

Strengthen Self-Healing Abilities

- Strengthen the body's immune system and self-healing abilities by
 - Detoxification,
 - De-Acidification,
 - Fasting,
 - Psychosomatic "will to heal"

Heilimpulse durch Pflanzenheilkunde

Anstöße zur Heilung geben, insbesondere durch die verschiedenen Arten der Pflanzenheilkunde

- Tee, Aufguß, Dekokt
- Tinktur
- Flüssigextrakt
- Festextrakt
- Pulver, Tabletten, Kapseln
- Creme, Lotion, Salbe
- Ätherisches Öl
- Wickel
- Kissen

Herbal Healing Stimuli

Give healing stimuli by using phytotherapy and it's different types of herbal medicines like:

- Tea, infusion decoction
- Tincture
- Fluid extracts
- Solid Extracts
- Powders or tablets or capsules
- Poultices, Ointments or salve
- Essential oils
- Wraps
- Pillows

Lebe gesund !

Ermutigung zu einer gesunden Lebensweise im Sinne der Ordnungstherapie einschließlich:

- Gesunde Nahrung (frisch und aus Biolandbau)
- Genug Schlaf, ruhiger Schlaf
- Genug und nicht zu viel körperliche Aktivität (richtige Bewegungsweisen)
- Wenig Stress (liebevolle soziale Beziehungen)
- Erfüllung der Grundbedürfnisse (keine Armut)
- Gesunde Umwelt (frei von Lärm, Giften oder Umweltverschmutzung)
- Schöpferischer Selbstausdruck (einschließlich kultureller, sexueller und spiritueller Aktivitäten)

Live Healthy !

Encourage to live a healthy lifestyle like described in
OrdnungsTherapie (mind-body-medicine) including:

- healthy food (fresh and organically grown)
- enough sleep
- enough but not too much physical activity (certain correct movements)
- little stress (loving social relations)
- fulfilment of basic needs (no poverty)
- healthy environment (no noise, no air pollution, no toxins)
- creative self expression (including cultural activity, sexuality, spirituality)

Ganzheitliche Gesundheit

Am besten ist, das vorgenannte in ein ganzheitliches Gesundheitsverständnis einzubetten, welches Körper, Geist, Seele, soziale Beziehungen und die Umweltsituation integriert.

A Holistic Concept of Healing

Best practice is to embed all the above into a holistic concept of healing, which integrates body, mind, spirit, social relations, and environmental situation.

Im Idealfall:

Im Idealfall hätte jeder Mensch leichten Zugang zu allen nötigen Kräutern und Pflanzen in seinem eigenen Garten und hätte alle Kenntnisse, diese zu nutzen! - So sehen es zumindest viele Naturmediziner und Pflanzenheilkundler.

Das Projekt ProHealth hat zum Ziel, Menschen diese Grundkenntnisse zu vermitteln.

Living in an „Ideal World“...

Living in an “Ideal World”, everybody would have easy access to all necessary herbs in his/her own garden and is skilled to use them! - This is at least the perspective of many natural medicine and phytotherapy specialists. Project ProHealth is meant to help give people such basic skills in the use of herbal medicine.

Ein praktisches Beispiel:



Vielleicht ist der italienische Ort Campodimele ein Markstein auf dem Weg zu einer “Idealen Welt” im Sinne der Gesundheitsvorsorge:

A Practical Example



Maybe the Italian village
Campodimele is
located on the road
towards an "ideal
world" in the sense
of health promotion:

Campodimele

- Seine Einwohner leben deutlich länger als der Durchschnitt in Italien und Europa. Eine Studie der Weltgesundheitsorganisation WHO darüber zeigte, daß z. B. der Cholesterinspiegel der Einwohner 50% niedriger liegt als der Durchschnitt in Italien
- Siehe Campodimele in www.wikipedia.it

Campodimele

- It's inhabitants have a much longer life span than the average Italian or European. A study into the phenomenon by the World Health Organisation showed, that the cholesterol levels of the inhabitants are 50% less than the average Italian
- See Campodimele in www.wikipedia.it

Worin besteht der Unterschied?

Die Menschen in Campodimele essen gewöhnlich frisches Gemüse, Kräuter und Früchte aus ihrem eigenen Garten ("Mittelmeerkost"). Sie verbringen täglich Zeit im eigenen Garten, bewegen sich an der frischen Luft und haben ausreichend Sonne auf der Haut. Sie nehmen täglich ein kleines Glas Olivenöl zu sich, das reich ist an Omega-9 fettsäuren. Und sie scheinen wenig Streß zu haben und freundschaftliche soziale Beziehungen zu ihren Nachbarn, also eine sehr hohe Lebensqualität.

What Makes the Difference?

People in Campodimele usually eat fresh vegetables, herbs and fruits from their own garden ("Mediterranean diet"). They spend a view ours in the garden every day and thus have fresh air, light physical activity, and enough sun on their skin. They use about a small glass of olive oil each day, which is rich in omega-9 fatty acid. And they seam to have little stress and friendly social relationships between neighbours, i.e. a high quality of live.

Entgiftung

Konzept:

Stärkung der körperlichen Abwehr durch
Ausscheidung aller Gifte aus dem Körper,
insbesondere durch:

- Blutreinigung
- Leberreinigung
- Darmsanierung
- Nierenreinigung

Detoxification

Concept

Strengthen the immune system of the body
by eliminating toxins off the body:

- Detox the blood
- Detox and cleanse the liver and gall bladder
- Detox the intestines
- Detox the kidneys

Entgiftung

Wege der Entgiftung:

- Über die Haut
- Über Erbrechen
- Über den Urin
- Über künstlichen Durchfall
- Über Nasen-/Mundschleimhaut

Detoxification

Paths used to detox the body:

- via the skin
- via vomiting
- via urine
- via diarrhoea
- via the mouth

Entgiftung

Häufig genutzte Pflanzen:

- Brennessel
- Algen
- Sonnenblumenöl (Ölschlürfen)

Detoxification

Plants used

- Nettle
- Green Algae
- Sunflower oil

Brennnessel



- Häufig als Tee angewendet zur Blutreinigung.
- Frische Blätter als Brennnesselsalat.
- Brennnesselpulver in Kapseln oder Tabletten.

Nettle



- Nettle is commonly used as tea to help cleansing the blood.
- The fresh leaves are used in salads.
- Nettle powder in capsules or tablets.

Grüne Algen



- Spirulina
- Chlorella
- AFA

kommen häufig als
Nahrungsergänzung
in Form von Pulver,
Kapseln oder
Tabletten zum
Einsatz

Green Algae



- Spirulina
- Chlorella
- AFA

used as nutritional supplements in form of powder, loose or in capsules or pressed as tablets

Ölziehkur mit Sonnenblumenöl



Ölziehen: Einen Esslöffel kaltgepresstes Sonnenblumenöl ca. 3-20 Minuten langsam im Mund hin und her bewegen und zwischen den Zähnen durchziehen. Dieses Öl anschließend ausspucken und den Mund mit Wasser ausspülen. Das ganze am besten morgens vor dem Essen.

Oil Pulling with Sunflower Oil



Oil Pulling:

Entsäuerung

Best way to reduce acidity of the body is nutritional therapy or nutritional healing:

- No refined sugar or refined flour.
- Little or no meat.
- Much vegetable.

Fruits must be completely ripe. Best if ripened on the tree, not in the transport container.

- Eat fresh!
- Take your time! - No hurry! - No stress!

In addition, alkaline baths with and herbs are very beneficial

De-Acidification

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- Eat fresh!
- Take your time! - No hurry! - No stress!

In addition, alkaline baths with and herbs are very beneficial

Heublumen - Flores graminis/Graminis flos



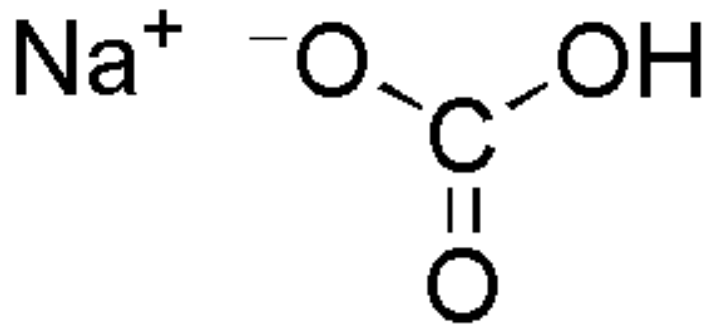
Heublumen, auch Grasblüten genannt, sind ein Gemisch von Blütenteilen, Samen, kleineren Blatt- und Stängelstücken, verschiedener Wiesenpflanzen

Heublumen - Flores graminis/Graminis flos



Heublumen is a mixture of parts of blossoms, seeds, smaller parts of leafs and stems of different species of plants from grass land (hay).

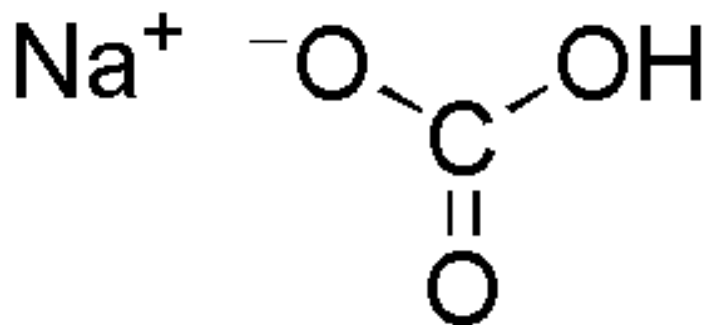
Natriumhydrogencarbonat



Andere Namen:

- NaHCO_3
- doppelkohlensaures Natron
- Natriumbicarbonat
- Bikarbonat
- Backsoda
- Bullrichsalz

Sodium bicarbonate



Other names:

- Sodium hydrogencarbonate
- Sodium bicarbonate
- Bicarbonate of soda
- Baking soda

Ordnungstherapie

Der Begriff wurde von Sebastian Kneipp geprägt mit Empfehlungen zur Erlangung von Harmonie und Regelmäßigkeit in den Lebensrhythmen Schlaf, Wachen, und Mahlzeiten, aber auch Jahresrhythmen. Heutzutage beinhaltet der Begriff eine gesunde Lebensführung für Körper, Geist und Seele in Bezug auf Gewohnheiten, Denk- und Verhaltensmuster. Es geht um gesunde Ernährung, Ausgewogenheit bei körperlicher und geistiger Anspannung und Entspannung, Bewegungs- und Ruhephasen mit sinnvoller Muße oder Entspannungsübungen. Der Organismus soll weder unter- noch überfordert werden und Gesundheit soll Spaß machen.

Ordnungstherapie

Ernährungsheilkunde

Nutritional healing

Nutritional Healing is an established scientific approach aimed at balancing the needs of the human body through the use of natural healthful, nutrient-rich foods and, many times, dietary supplements.

Nutritional healing offers the belief that nutrition plays an important function in virtually every medical condition.

Birchermüsli nach Bircher-Benner



Für eine Portion:

- 1 gestrichener Esslöffel Haferflocken
- 3 Esslöffel Wasser
12 Stunden einweichen
- 1 Esslöffel Zitronensaft
- 1 Esslöffel Joghurt beifügen und zu einer Sauce vermischen
- 2 reife Äpfel (400g), unmittelbar vor dem Servieren mit der Schale auf der Bircherraffel direkt in die Sauce hineinreiben und gelegentlich umrühren, damit sich das Apfelfleisch nicht bräunt
- 1 Esslöffel Haselnüsse oder Mandeln gerieben darüberstreuen

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Heilfasten

Fasting Therapy

In natural medicine, fasting is seen as a way of cleansing the body of toxins, dead or diseased tissues, and giving the gastro-intestinal system a rest. Such fasts are either water-only, or consist of fruit and vegetable juices. Some results have been achieved while including fasting in the treatment of some kinds of cancer

Pflanzenheilkunde / Phytotherapie

Herbal Medicine / Phytotherapy

Utilizing the healing properties of plants is an ancient practice. People in all continents have long used hundreds, if not thousands, of indigenous plants for treatment of various ailments dating back to prehistory. There is evidence that suggests Neanderthals living 60,000 years ago in present-day Iraq used plants for medicinal purposes (found at a burial site at Shanidar Cave, Iraq, in which a Neanderthal man was uncovered in 1960. He had been buried with eight species of plants). These plants are still widely used in ethnomedicine around the world.

Tee, Aufguß, Dekokt



Tea: There are two methods of making herbal teas, infusion and decoction. Infusion is steeping lighter parts of the plant (leaves, flowers, light stems) in boiled water for four to eight hours. Decoction is boiling tougher parts, such as roots or bark for a longer period of time.

Types of Herbal Medicines: Tea



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Tinkturen



Tincture: Steeping a medicinal plant in alcohol extracts the alcohol-soluble principles into a liquid form that can be stored for long periods. Different concentrations of alcohol are used to extract different constituents of the plants. For example; resins require high alcohol content and sugars usually require low alcohol content for optimal extraction.

Types of Herbal Medicines: Tincture



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Flüssigextrakt



Fluid extracts are stronger than herbal tinctures, and can be preserved with alcohol or glycerine. They are just highly concentrated tinctures, made by distilling off some of the alcohol used in the tincture process. The final result is a liquid plant compound that can be 40 times more potent than a tincture.

Types of Herbal Medicines: Fluid Extracts



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Trockenextrakt

Solid extracts are made from tinctures just like fluid extracts, but the entire solvent is separated from the plant compound, leaving a soft paste-like solid extract or a dry solid extract that is often as much as 400 times more potent than tinctures. Solid extracts can be diluted back to either fluid extracts or tinctures. Many solid extracts are made in the way that apple butter is made, by simply cooking the plant material and water slowly over low heat until it forms a paste. Sometimes these are sold with a preservative added (glycerine is the most common), and sometimes they need to be refrigerated when they are opened (like apple butter).

Types of Herbal Medicines: Solid Extracts

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Pulver, Tabletten

Powdered herbs and tablets:
Herbs that are dried and (usually) certain parts are separated out then ground to a powder fine consistency. Powdered matter can then be compressed or put in an empty capsule to form a tablet. Most tablets these days are made from some form of concentrated extract and not just plain herbal powders. This method is optimal for foul tasting herbs, highly concentrated forms and for travelling.

Types of Herbal Medicines: Powders/Tablets

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Fettauszüge

Poultices are a solid, vegetable fat-based mixture used externally. They have the shortest life span of any herbal remedy and must be made fresh for every use. Poultices can be made with water or just fresh ground herb. They are applied topically often in conjunction with a heat source (hot water bottle or heating pad). They are used mostly (but not exclusively) for a localized injury (sprains, strains, scrapes, burns, bruises or cuts). They are excellent for hiking injuries (where there are usually plants and not pharmacies), but can be used for many other things.

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Öl, Salbe



An ointment or salve is a semi-solid preparation made to be applied to the skin. Depending on the purpose for which it is designed and its method of preparation, the texture can vary from very greasy to a thick paste. Most ointments use vegetable oils (olive and almond are common) in conjunction with a thickener like bees wax. The herbs are often extracted in the oils for months before they are ready to be made into an ointment. The herb is then removed from the oil and it is slowly heated with bees wax to form the desired consistency. Vitamin E and essential oils are often used to preserve the salve or ointment. The simplest ointments use petroleum jelly as a base. In traditional ointments, a combination of carrier oils is used that helps them to be absorbed through the skin, plus hardening agents to create the desired texture.

Types of Herbal Medicines: Ointment/Salve



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Ätherisches Öl



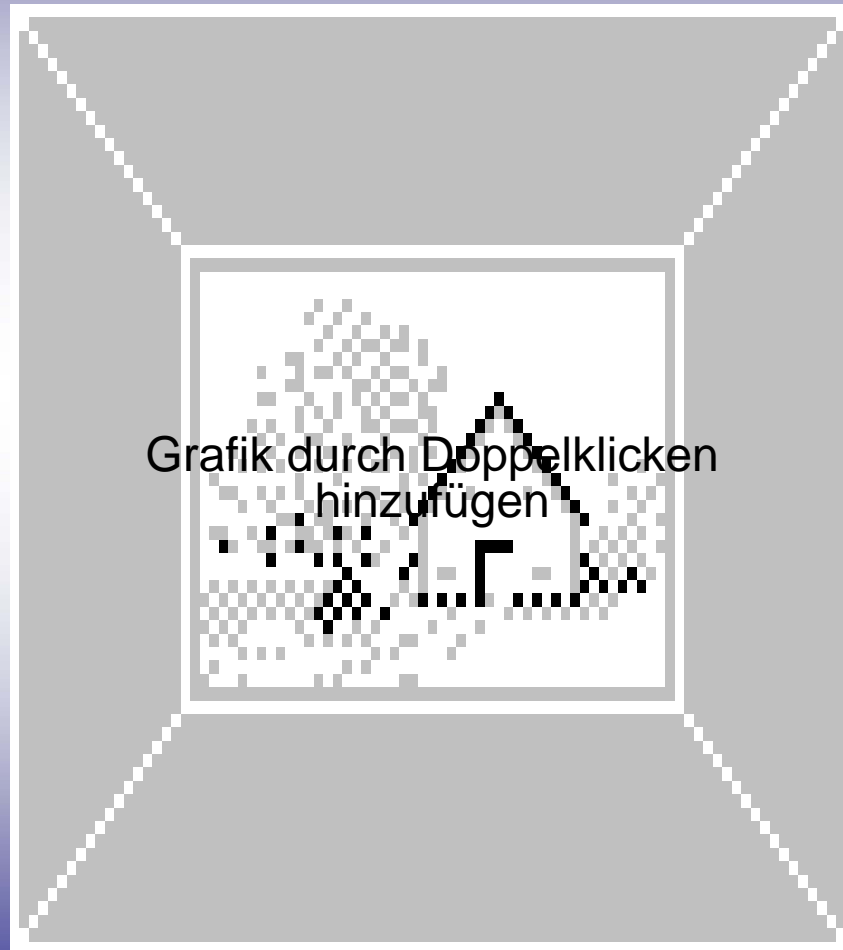
Essential oils: Extraction of volatile liquid plant materials and other aromatic compounds from plants gives essential oils. These plant oils may be used internally in some forms of herbal medicine as well as in aromatherapy and generally for their perfume, although their medicinal use as a natural treatment (alternative medicine) has proved highly efficacious in the treatment of headache and muscle pain, joint pain and certain skin diseases

Types of Herbal Medicines: Essential Oils



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Wickel



Wraps: Wraps are mainly made with fresh plants using whole or shredded leaves of plants in a cloth, that gets applied to or wrapped around body parts. The most popular plants used for wraps are cabbage and horse radish

Types of Herbal Medicines: Wraps



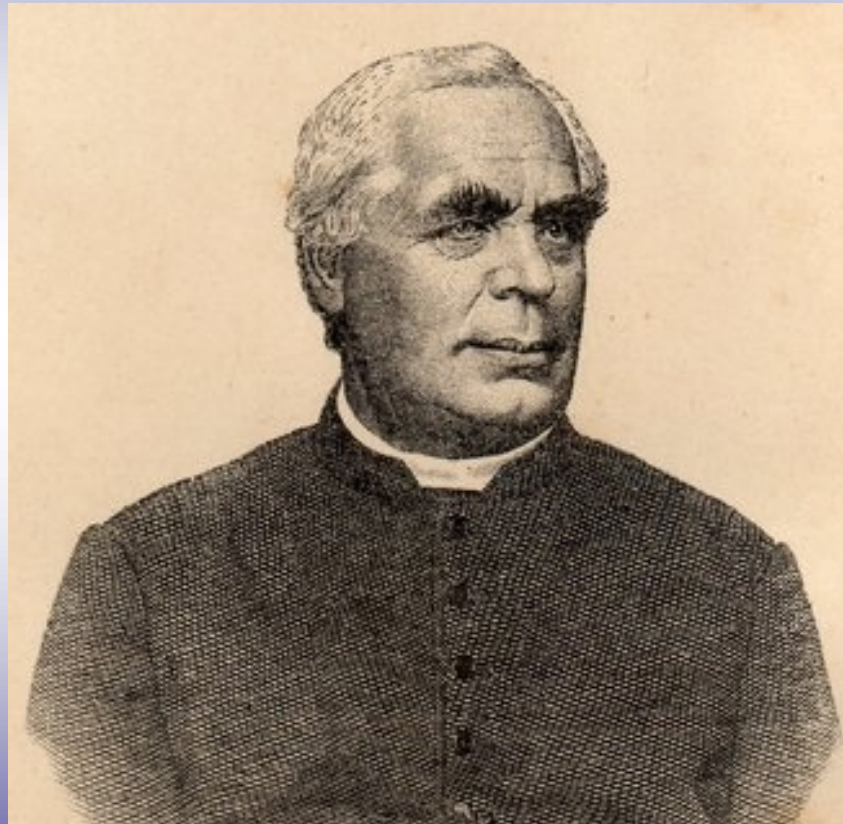
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Pillows: Pillows made of cotton or silk filled with dried herbs are used to spread the herbs' essential oils and smells. Very popular is the use of lavender and HeuBlumen.

Types of Herbal Medicines: Pillows

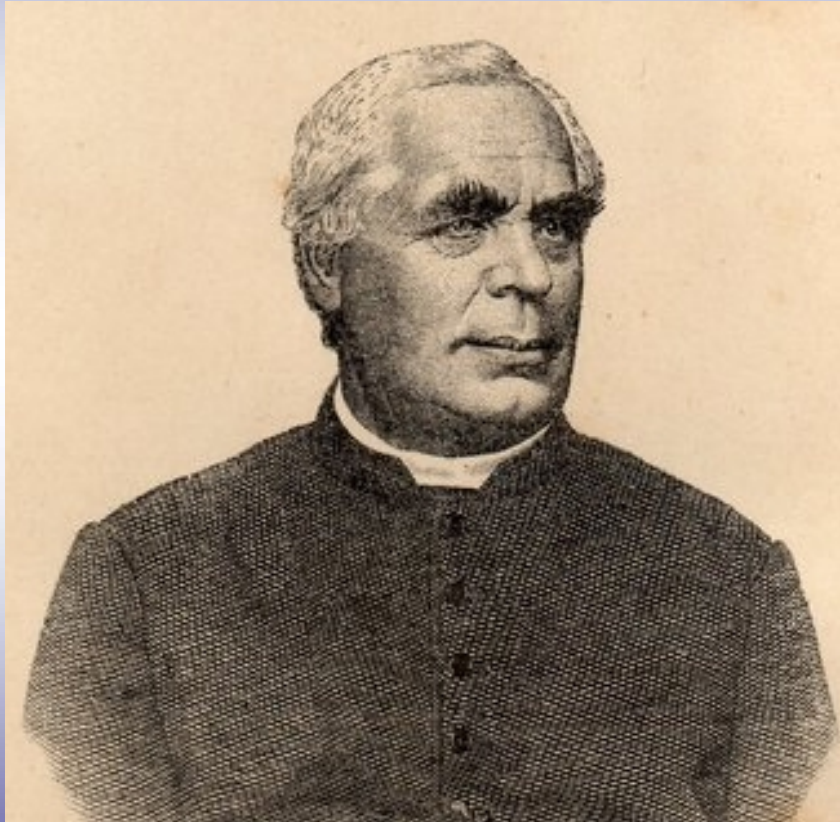
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Sebastian Kneipp



Sebastian Kneipp (1821-1897) war ein bayerischer Priester und Heilkundiger. Er ist der Namensgeber der Wasserkur bzw. des Wassertretens und Begründer der Kneipp-Medizin. In seiner Lehre vertritt er mit den fünf Säulen den ganzheitlichen Ansatz der Medizin, bei dem Körper, Geist und Seele im Gleichgewicht stehen.

Sebastian Kneipp



Sebastian Kneipp (1821-1897) was a Bavarian priest and one of the founders of the Naturopathic medicine movement. He is most commonly associated with the "Kneipp Cure" form of hydrotherapy, a system of healing involving the application of water through various methods, temperatures and pressures.

Kneippkur

- Die Kneippkur ist eine medizinische Maßnahme, die in der Regel drei bis vier Wochen an einem anerkannten Kneippkurort durchgeführt wird. Sie beinhaltet die Elemente der nach Sebastian Kneipp benannten Kneipp-Medizin, vertreten durch den Kneippärztebund, und wird zur Vorbeugung oder Behandlung bestehender Erkrankungen eingesetzt. Indikationen sind Herz-Kreislaufkrankungen, orthopädische Erkrankungen, Abwehrschwäche und vegetative Störungen.
- Einige elementare Bestandteile einer Kneippkur können auch außerhalb eines Kuraufenthalts selbstständig durchgeführt werden, wie zum Beispiel das Barfußlaufen im seichten Wasser (Wassertreten), auf taufrischen Wiesen (Tautreten) oder im Schnee (Schneegehen).

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