

BASIC-MODULE 1 & 2

MODERN SCIENCE IN HARMONY WITH
DECADES OF THERAPY EXPERIENCE

Microbial balance



THE SANUM THERAPY

YOUR WAY TO MICROBIAL BALANCE

› Humans began to populate the earth about 2 million years ago and from the very beginning had a close interaction with bacteria and fungi. In the course of development, microorganisms took over a variety of functions in the body, such as the formation of various metabolic substrates. Most importantly, however, the microbes also took on important regulatory functions in the body. Current research shows that the entire human being is colonized by microorganisms and lives together with them in symbiosis. Disturbances of this community (dysbiosis) are a basis for the development of diseases. For decades, the goal of SANUM therapy has been to maintain or restore the symbiosis between humans and microorganisms:

- › traditional therapy incorporating the findings of modern micro- and mycobiome research
- › holistic strengthening of the body systems and organs
- › natural support of the immune functions

THE THERAPEUTIC PATH

Activate weakened or frozen regulatory processes of the body:

- › use the regulatory potential of microorganisms to restore or maintain symbiosis
- › Compensate for shifts in the internal milieu

Microbes in dysbiosis

Disease development

SHIFT IN THE MILIEU

Microbes in symbiosis

Health



INTRODUCTION TO SANUM THERAPY

BASIC MODULE 1



Treatment of acute diseases and basic therapy of chronic diseases

- › Basics of SANUM therapy with a special focus on modern research of the **mycobiome** (fungal flora of humans) and why we need to consider it in the treatment of diseases.
- › detailed explanations of the unique therapeutic approach of SANUM therapy as well as the individual elements and their product groups - why is what needed in therapy?

SYSTEM REGULATION – Myco and Carboxylic Acid Preparations

BASE REGULATION – Base preparations

- › Create individual therapy plans in easy steps - look forward to the new **SANUM-Compass**
- › practical application - a workshop for your questions and practical cases

BASIC MODULE 2



Treatment of chronic diseases

- › Basics of SANUM therapy with a special focus on modern research of the **microbiome** (bacterial flora of humans) and why it should be considered especially in the treatment of chronic diseases.
- › detailed explanations of the other elements and their product groups - why is what needed in therapy?

IMMUNE REGULATION - Bacto and SANUKEHL® preparations

- › Creation of individual therapy plans for chronic diseases in easy steps - look forward to the expansion of the new **SANUM-Compass**
- › practical application - a workshop for your questions and practical cases

THE ELEMENTS OF SANUM THERAPY

FOR PROPHYLAXIS AND THERAPY

› SYSTEM REGULATION

Myco preparations – treatment of body systems and organs

Carboxylic acid preparations – support of the cell metabolism

› BASE REGULATION

Base preparations – supply of bases and minerals to restore the acid-base balance

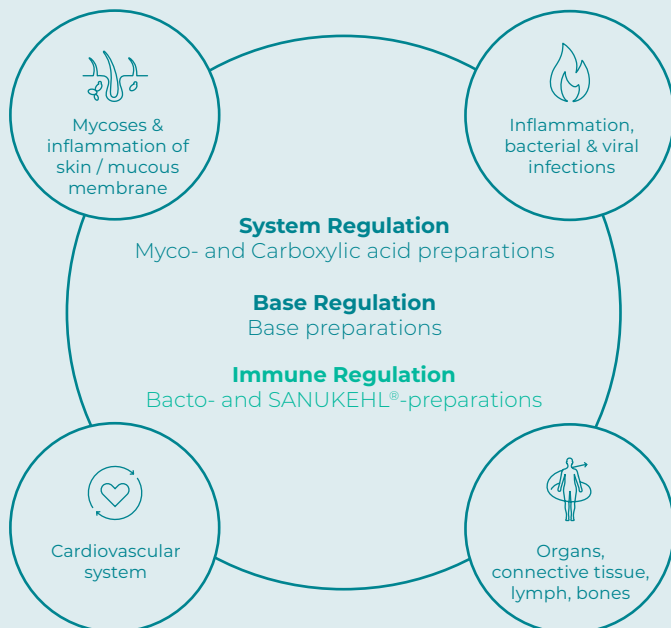
SANUM diet (light) – change of diet for a better inner milieu

› IMMUNE REGULATION

Bacto preparations – general immune modulation in case of too weak or excessive immune reaction for prophylaxis and in case of therapy blockades

SANUKEHL® preparations – pathogen-specific immune modulation in acute and chronic, persistent infections and silent inflammations

SANUM-COMPASS





SYSTEM- REGULATION

› The human organism is in constant exchange with its environment. It is constantly exposed to various stimuli (e.g. mechanical stress, environmental toxins, bacteria or viruses). The body has a number of natural regulatory processes at its disposal to react to these stimuli and to keep the body in balance. In a healthy state this is possible without any problems. However, in the case of chronic over-acidification, dysbiosis of the micro-organisms or perhaps even an infection, symptoms of a disease appear.

The aim of System Regulation is to support or restore the regulatory processes of the various body systems and organs. For this purpose, medicinal products are prepared from specific components of various lower fungal strains (myco-preparations) and physiological carboxylic acids (Carboxylic acid preparations).



MYCO PREPARATIONS

Especially the fungal genera *Mucor*, *Aspergillus*, *Penicillium* and *Candida* are in regulating interrelations with many metabolic processes in different body systems.

The Myco preparations exploit this potential and are made from specific components of these fungal genera. These are protected strains specifically selected for their use, which originate from non-pathological processes. The production of the medicines is unique and takes place according to a proprietary, particularly gentle and internationally certified manufacturing process.



CARBOXYLIC ACID PREPARATIONS

Various physiological carboxylic acids also play an important role in the body. Carboxylic acids are involved in energy metabolism, bone formation, wound healing and other regulatory processes.

The Carboxylic acid preparations each contain different physiological carboxylic acids to support these processes, which can be used as single agents, but are also valuable supporters of the Myco preparations.



BASE- REGULATION

› For the smooth functioning of all metabolic processes in the body, it is imperative that the physiological conditions in the body are kept constant within certain limits. This condition is also described as the internal milieu. This depends on various factors; however, the pH value or the acid-base balance plays a special role. Various processes and buffer systems ensure a stable acid-base balance. This is because the functioning of the immune, hormone and nervous systems depends on a good acid-base balance. In addition, the condition of the microorganisms and thus their influence on various regulatory systems in the body.

To maintain this acid-base balance, the body needs various minerals and trace elements. Through lifestyle, diet, medication and psychological factors such as stress and anxiety, the acid-base balance is burdened or even disturbed. In order to restore the balance, the Base preparations and the SANUM diet (light) are used in the SANUM therapy.



BASE PREPARATIONS

Various bicarbonates and citrate salts are used for extra- and intracellular deacidification. The use of the Base preparations supports the bicarbonate carbonic acid buffer in the blood and supports the body with important minerals and trace elements.



SANUM DIET (LIGHT)

In the case of chronic illnesses and to strengthen the general well-being, the Sanum diet (light), which counteracts over-proteinisation and over-acidification of the body, is a good accompanying option to relieve the body and strengthen the internal milieu.



IMMUNE- REGULATION

› Bacteria, like fungi, perform many different tasks in the body. They are responsible for the correct formation of the immune system and the maintenance of immune functions. Through the constant contact with the physiological flora, a variety of immunological processes are stimulated in the body, which keep the immune system in balance. A disturbance of this balance can lead to a weak or even excessive immune response. Patients can then develop an immune deficiency or, in the case of excessive, misdirected immune functions, an allergy or autoimmune disease. Possible causes of these disorders in the immune response can be chronic, persistent infections and silent inflammations. For the treatment of these immune disorders, SANUM therapy uses in particular the Bacto and SANUKEHL® preparations.



BACTO PREPARATIONS

The Bacto preparations are used in SANUM therapy for general immune modulation, i.e. both in the case of an immune deficiency and in the case of excessive immune reactions. In addition, these medicines are used in prophylaxis but also in therapy blockades. The individual Bacto preparations contain specific components of selected bacterial strains.



SANUKEHL® PREPARATIONS

Persistent infections and silent inflammations are often causally involved in the development of chronic diseases. The microorganisms can hide from the immune system and thus continue to maintain the inflammatory process in the underground. At this point, SANUKEHL® preparations are used as a supportive therapy to facilitate easier elimination of these hidden pathogens and their metabolic products for the body. They consist of extracts of specific bacterial and fungal strains.

The medicinal products in these two groups of preparations are also proprietary strains, specifically selected for their use and derived from non-pathological processes, which are processed using a unique, particularly gentle, proprietary and internationally certified manufacturing method.

ANY MORE

QUESTIONS?

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