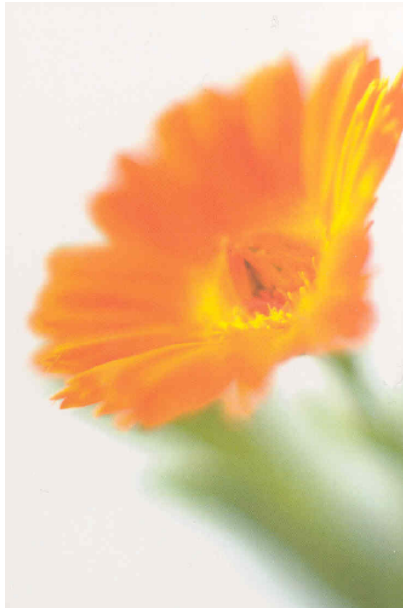




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Naturopathic treatments at your gynecologist



Naturopathy, naturopathy experience and natural therapy - only on a few medical topics do doctors and patients have a more passionate attitude than to these. The subjective assessments range from blind enthusiasm to radical rejection. On the moderate side, the spectrum ranges from naïve trust to critical distance.

Many physicians – and not only naturopathically oriented – welcome naturopathy for offering the patient the opportunity to "take health care and getting well" into their own hands on their own initiative. It thus promotes the often invoked "responsible patient".

Naturopathy is by no means in direct contrast to the purely

scientifically oriented "conventional medicine". On the contrary, there are many points of contact that lead to the fact that both directions complement each other for the benefit of the patient.

From experience, open-minded doctors know:

Naturopathic procedures have proven themselves, are usually inexpensive and – if no other necessary measures are missed – are used correctly practically risk-free.

Ask which naturopathic procedures are available in your practice; a small selection can be found below.

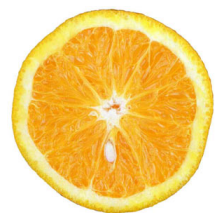
Vitamins and trace elements



The best supply of vitamins and trace elements naturally takes place through a healthy diet with fresh products, which are prepared in a varied and gentle way. But even if this advice is followed, the need in some life situations cannot be covered by nutrition alone. Examples are the desire to have children, pregnancy, osteoporosis prevention, stress, cancer and a weakened immune system.

Vitamin C high-dose therapy

The basis of vitamin C high-dose therapy is the realization that in numerous diseases the vitamin C requirement is far higher than can be supplied to the organism via the gastrointestinal tract. Sometimes therapeutically effective vitamin C levels can only be achieved by supplying vitamin C directly to the body via the bloodstream, i.e. as an injection or infusion.



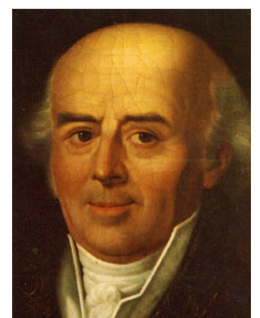
Acupuncture

Acupuncture (from Latin acus = needle, pungere = piercing) is an ancient method of Traditional Chinese Medicine (TCM) in which diseases are cured, pain is alleviated or well-being is increased with the help of thin needles pierced into the body.



Homeopathic therapy

C.F.SAMUEL HAHNEMANN (1755-1843) is the founder of homeopathy. The term homeopathy comes from the Greek language and can be translated as "similar suffering". This means that in homeopathy a disease is treated with a small amount of a natural substance, which in healthy people, administered in larger doses, leads to symptoms similar to those characteristic of a particular disease. This so-called "similarity rule" (Lat. Similia similibus curentur) is one of the basic principles of homeopathy.



Herbal therapy



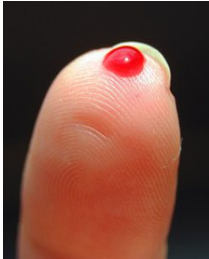
On a plant-based basis, a whole range of preparations is available. Regardless of whether there are bleeding disorders before menopause or symptoms such as hot flashes after menopause – effective preparations are available for every stage of life. But even without menopausal symptoms, these preparations develop a protective effect against complaints that could develop in the future (bladder weakness, bone loss, etc.).

Anthroposophical Therapy

At the heart of anthroposophical medicine is the consideration of the connection between environment, body, soul and spirit. The treatment of diseases is intended to restore the original, healthy harmony between these factors. For this purpose, anthroposophical doctors try to grasp the causes of a disease as holistically as possible. Herbal, homeopathic and medicinal eurhythmia are available as an extension of conventional medicine. This is a method of acting on the processes of the body through movement.



Therapy with autologous blood



How does autologous blood therapy work? From a naturopathic point of view, a disease can only be defeated by the self-healing powers of the sick person himself. All healing procedures and medications serve only to stimulate, set in motion or support this self-healing. From a scientific point of view, this "irritates" the immune system until it has defeated the disease. Autologous blood therapy is part of non-specific stimulation therapy within the framework of naturopathic treatments.

Vaccine nosodes

Nosodes are homeopathic medicines and are made from pathogens or excretory products of infectious diseases. In addition, they are obtained from healthy or diseased tissue and are then also called sarcodes. Nosodes have also proven themselves for the treatment of infectious diseases. In addition, they are used for infection prevention.



Cupping helps as it used to...



Cupping head therapy is the therapy in which cupping heads /cupping bells are used. This form of therapy is popularly known as cupping, and is a natural healing method that is more than 5000 years old. In dry deflection, the cupping head is placed on the area to be treated with negative pressure (generated by flame or in my case by means of a vacuum pump) and left there for between 5 and 15 minutes.

Aku-Taping

Aku-Taping is a further development of kinesiotaping. In contrast to the previously used non-flexible tapes, which are mainly used to stabilize joints, the stretchable tape used here allows physiological movement sequences. The effect results from/through the movement. The tapes are glued to the skin according to the rules of Chinese medicine and trigger point acupuncture. Therapeutic stimuli are transmitted via the skin on the one hand to muscles, tendons, ligaments, joints and on the other hand to acupuncture points and pathways.

