Wonder Drug Cabbage
The healing power of cabbage leaves
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Dedication
In great gratitude I dedicate this book to Leo Amici († 1986), through whom I found the way back to God and His legitimacy. It was he who helped me find a never before known sense of basic trust, which is helping me to this day to gather the necessary strength to go the way of self-healing.

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In case of questions regarding this book you can post these at the “Forum für Körper, Geist und Seele” (Forum for Body, Mind and Soul) at
http://72342.homepagemodules.de .

Any reader deciding to try self-healing based on the information contained in these pages does this at his own risk. It is advised to check the information and to wait on a final decision on using this path after talking it over with a physician of
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Foreword

Don’t look what others doeth,
The others are so many,
You only get into a game,
that never ends.

Just walk on God’s path,
Let no one else your leader be,
This way you walk right and straight,
Even were you walking all alone.

By Christian Morgenstern

Thanks to the extraordinary healing properties of cabbage leaves I successfully healed most of my physical disorders and illnesses for over 40 years now. Over the course of my life I’ve learned about many other natural remedies and tested them, but with none of those I saw as many and fast results and hardly any of them was also cheap and innoxious as the treatment with cabbage. However, neither the best remedy nor the best healing method can’t do anything of durability if we not also put our will, trust in our self-healing powers and love into it as well.

On special request from my children and friends I included my development to becoming a self-healer and a short biography in this book. As you can see by reading my book it was life itself that gave me no choice but to switch over to self healing. However, I never regretted this decision because it taught me to freely make any decision regarding myself and my body. Of course, it sure wasn’t an easy way, but every bit of success and every bit of knowledge were a gain in my quality of life and built a bridge to everything we commonly refer to as God and of which everybody has his very own and unique vision.

Over and over again I receive requests to give stimulations for self healing. All my advice in this regard is inexpensive and easy to do. When it doubt it is always advisable to contact and talk to a doctor of your trust.

Jakobe Jakstein
Memories

Everything began in 1926 in ‘Kloppstockstreet’ in Altona (today a part of Hamburg), where I was born as a second child into a bourgeoisie family. My father, Dr. Eng. Werner Jakstein, worked as a superstructure council and conservator of historical monuments for the Altona town hall and my mother, Thyra Dohrenburg, was on her way of making herself a name as translator of the Scandinavian languages. My father’s family came from Eastern Prussia and my mother was half Danish. For both my parents my birth was a real trauma. My mother barely got over having given birth to such an ugly child – I was covered in pimples from head to toe. However, thanks to God and time the ugly duckling turned into something she didn’t have to feel ashamed for – and my father was upset that she gave him a daughter for the second time. He wanted a Jacob to ensure the forth living of our family name. After a long and hard fight with the Altona registry office they agreed to the name ‘Jakobe’ he coined. (Up until then the only accepted female form of Jacob was Jacoba.)

Both my parents were highly intelligent, cultivated and amusing people who could discuss anything – anything but money. “That’s no subject for discussion!” is what we were always told. In my family it was never boring. My father was a very unique, creative personality: He did a lot of drawing and painting and also wrote some books about the preservation of monuments, which today are of historical value. He collected antiques, play cards from all around the world and especially nice and funny illustration from magazines and newspapers. With his sketchbook in hand he went on study trips all across Europe. He held a lot of lectures about his many activities and fields of interest for unemployed people at workers welfare organisations. Many of his fascinated listeners stayed with him through his old age.

My mother took care of our spiritual and musical education. Early on she sent us to learn how to play the flute and spared no effort to support our musical education. My sister, the more talented of the two of us, later became an organist.
Eating – from indulgence to virtue

Meanwhile we had moved to a partially still rural suburb of Hamburg. Cars were still far and few in between, so I could make wonderful forays. Whenever it was possible I went on expeditions in the area from which I came back with wonderful treasures: chestnuts, acorns and beechnuts from the small woods, hazelnuts and rosehips from the brush or sorrel and clover from the fields, as well as plenty of other things. Since I put everything nature had to offer into my mouth, my prudent mother taught me early on the elementaries of botany, though I would not eat some tempting however poisonous fruits. Later, when I had learned how to read, she gifted me a plant ascertainment book.

Even back then I could not stick with a diet. Whenever there was another apple, raw fruit and vegetable day or – even worse yet – a gruel day planned I – how could it be different – suffered this torture, but always thought of a strategy of getting more “reasonable”, meaning more strengthening food, which I more often than not accomplished.

When I had to have appendix surgery, there was the threat of Perionitis. It was strictly forbidden to drink any fluids after waking from anaesthesia. However, since I was not willing to die from thirst I dipped (with some reluctance I have to admit) the corner of my washcloths into the vase on my nightstand and sucked it. Thirst wasn’t the only torture I had to deal with – with utmost cold-bloodedness they almost starved me! I understood that eating immediately after a difficult surgery could be dangerous, but I thought that small slivers of chocolate would be good for me. Someone had brought me a box of chocolates (most definitely not my mother!), a pocketknife I also owned, so whenever it was safe I cut off thin slivers of chocolate which I secretly ate. Never again chocolate tasted that good as it did back then! Now I looked a lot calmer at the prospect of the first mashed potatoes meal.

I never dared telling my mother about my wholesome dietary measures – she was so proud of her nursing knowledge and skills! Though I finally made up my mind and now am eating a healthy, balanced, (almost) vegetarian and whole food diet, I have relapses and have longings for fresh baked hard rolls from the bakery with butter and cheese whenever I suffer from intestinal problems. To this day I can’t stand gruel!
Not all my preferences in diet were this unsound, and I do believe that I still had a good instinct for healthy foods. For example I enjoyed nibbling on raw roots, cabbage turnips and turnips and, when I had access to a vegetable garden, I tasted all other kinds of vegetables.

With the importance nutrition already held for me when I was a small child it should not come as a surprise that at age 12 I learned how to cook, picked a school in which cooking was taught and at age 20 started a training as dietician, which I only quit to become a cook in Sweden. Over the decades my faible for good however healthy food a real interest for the coherence of nutrition and health developed.

Not just by bread alone ….

When I was only 3 or 4 years old another switch was set – the awareness and the need to be a Christian person.

Our family wasn’t an overly Christian family, at least I do not recall that religion was ever broached besides on holidays like Christmas and Easter. On these two days however, my mother explained to us the meaning of Christ’s birth and death. The cruelty of man in general and the murder of the saviour in particular shaped my whole life. There hardly was a Good Friday on which I didn’t cry heartwarmingly. An old children’s Bible, a family heirloom, was my favorite reading material. Praying I had never learned.

One day, however, when my mother pushed me in a stroller we encountered a beggar with just one leg. To my mother’s horror I started crying and she ordered me to stop immediately. “Empathy is of no value if you don’t act”, she said with such strictness in her voice, that I did not have the courage to object her. She never convinced me and in the following years I kept thinking about this incident and by and by came to the conviction that both of us were right. Too bad that, even as an adolescent, I never gathered the courage to seriously discuss this subject with her. I never dared talking about religious questions with her, because I always feared she would not understand me. My longing for God I never could impart on anyone, not even my mother. Only when I already was
an adult I learned that my mother feared I could want to become a nun. How little parents actually do know their children! Living amongst women only? – That would not have suited me then or now. Just like living without freedom. Obedience also wasn’t my strong suit.

Church we only attended on special occasions, i.e. for Christmas Music or church concerts. Just once, I was maybe 6 years old, I got permission to join our neighbors, a Catholic family with many children, for midnight mass. This experience, though I didn’t understand a single word, impressed me deeply. The mysterious rituals, the monotone prayers in Latin, the splendid garments of the priest and ministrants – this was a world I would have loved to get to know better, but for this I would have to wait another 60 years!

**A world tumbles**

In the summer of 1939 – I was 12 years old – my parent’s separated and my mother, my sister and I moved to the city. A few months later World War II started. My childhood was past like a dream from which I was rudely awakened. Now fear, harrow, anger and helplessness set in.

At the age of 13 years I was supposed to attend the confirmation studies. Once I did attend, but when the priest insisted on the Holy Ghost being a dove we ended arguing. “You do mean that in a symbolic sense!” I objected smart Alec like. From this moment on I didn’t stand a chance with him anymore and dropped everything. My parents were smart enough not to insist on a confirmation. For now I had quit the subject church. She wasn’t the place of love, in which I might have found “my” God. Nature and music turned to my religion – in them I found the comfort and strength to more or less cope with my fears and my contempt for the Nazi Regime.

I longed for a life on the country side. When I was 10 my sister and I spent a full year in a children’s home in the country. As hard as the separation from home was, as much I enjoyed my excursions through woods and meadows, which I usually undertook with a friend of the same age as I. In the woods we dug a cave in the thick underbrush, where we could hide our treasures from the other children. From there it was not far to the lake where a lot of fish swam. Sometimes we spent hours laying on the wooden foot
bridge to catch a fish with a fork. My friend was very skillful in this art, I however never learned it. My favorite pursuit was collecting berries and mushrooms.

After the stay at the children’s home I spent many summer breaks with a farmer family in St. Peter-Böhl on the peninsula Eiderstedt, where my mother rented a room for 6 weeks each year. While she and my sister went to the beach I followed the farmer to learn all kinds of farming activities. Every morning I got up at 4 in order to help the farmers to milk the cows in the pastures. When the weather was good I after breakfast went along to the fields to help harvesting hay or grain or to bring it in. I learned horseback riding and how to handle horses, and, at age 13, operated various machines. At age 15, I was allowed to harrow and plow the fields. This delight turned to hard labor at the end of the war. To not end in a weapon manufactory I “volunteered” for land work and first was sent to a so-called show-farm. There I was subjected to a large variety of chicaneries due to my political views. My mother, who had heard about the things I had to go through, helped me find a different work place: I could get an agricultural apprenticeship on a show-farm in Eiderstedt near Tönning. That sounded inviting. The owners, a widow and her daughter, also were extremely Nazi, but they were humane. I was inducted in all housekeeping matters and soon the sole responsibility for housekeeping was given to me. At the end of my apprenticeship I took an exam which I finalized with “excellent”. Well, a high school diploma might have been better.

After the war had ended, all students of my year, who had been denied their high school diploma, were offered the chance to get it then. To take this opportunity I would have had to return to Hamburg for a while, but I did not feel any longing to return to my bombed out home, though my Dad promised to let me attend university. Of course, it would have interested me to study agriculture or forestry, but the wish to leave Germany forever was stronger.

I leave my home country

I adjured my mother to help me get a Visa for Sweden where I wanted to test my luck as a cook in a private home. Because of her
Scandinavian ancestry and her career connections she could grant my wish in 1948. I moved to Stockholm, where I worked as a cook for one of the most reputable families. They had a lot of work for me and little pay, but besides that my heart had everything it could have wanted for, an intact world, square and fair treatment and wonderful nature around me since my workplace was located directly at the sea, in an exclusive residential suburb of Stockholm. In spite of these opulent circumstances I started missing a real life goal after a while. This I just realized when I met the young Swiss architect Max Flum. We fell in love and decided to get married after a few weeks. Of course, it was very irrational for us to get married so quickly, because it didn’t take us very long to realize that we did not match after all. I had to children by Max, Mikael, who was born in Stockholm and Ralph, who was born in Genf. I entered a stage of life full with new challenges, worries and fears.

**Herbal medicine**

My interest for herbal remedies obviously was started in the cradle. I was just five or six years old when I started to refuse to take the medicines our old, faithful family physician prescribed. I cried and screamed and spit everything out that was put into my mouth. “Don’t be that way! Even if the tablets don’t taste good they will make you feel better. So, please take them and quit acting up!” With these or similar words they kept trying to convince me. The real reason for my obstinate behavior they could not even begin to imagine, because I really could not talk to them about it! I was absolutely convinced somebody wanted to poison me! Even my mother I would have trusted to do that, why else would she let them give me chemicals? Even back then everything God didn’t make himself was equal to poison. And just after long and useless tries of the powers of persuasion by our family physician she switched to natural remedies and I gave up and was thankful every time that the cup passed me by.

When I was growing up my mother switched to homoeopathy, which she could also convince me of being safe.

Only when I finally had left Germany to work in Stockholm after the war had ended I was helpless and had to trust the general
school medicine. I really realized that when the following happened:

For quite a while already I had a swelling on my left breast, which grew to the size of a walnut. I talked to my employer about it, who directly brought me to the “Karolinska Institute”, which back then was the biggest and most reputable cancer research institute in all of Europe. My extreme shyness and my not being very fluent in Swedish stopped all explanatory conversation with the examining doctor from the start. I felt like I was completely and utterly at the mercy of his capabilities and decisions. So I found myself being brought into an irradiation room without having been asked whether or not I agreed to this kind of treatment. During the entire duration of this therapy I was paralysed with fear and powerlessness and was glad when everything was over after a few weeks and the swelling vanished.

The only thing that remained from this was pain which lasted for another ten years. Just after I learned how to heal myself I got rid of that pain for good. However, I do not want to skip ahead of the events.

Fifty years ago naturopathy was not commonly accepted, but thought of as being charlatanry and hocus-pocus. Everybody swore on the major advances in school medicine, the wonder drugs penicillin and antibiotics, and even I went along with the mainstream and took medication when it was prescribed. My convictions from my childhood sank into a dark corner of my personality. It took four years until another dramatic situation arose.

My firstborn son Mikael suffered from intestinal problems at the age of 6 months, which the physician in charge could not treat successfully. Day and night I had to carry the by now dangerously ill baby in my arms, to calm it down a little. All tries to get help for him were in vain. In my desperation I took the advice of one of my neighbors, who told me about an old home remedy. I followed her instructions and prepared a thinly rice gruel for the child. After 2 days the boy was over the worst and could slowly start eating his normal food.

As of this moment my interest in natural remedies, as well as in
simple, wholesome and healthy nutrition rose anew. Of course, I still followed the instructions of the physicians whenever anyone of us was sick, but slowly I began to realize that I had taken the wrong road. The children having been born being absolutely healthy, were susceptible for colds and infections and kept lapsing back. In myself I could see the same tendencies.

I asked the best doctors for help, but none of them could really cure us. Until one day something happened to completely change my look at life.

A miraculous healing

My father-in-law had to get surgery for a perforation of the stomach and that twice in a row since he had very fragile veins. He was treated by a well-known surgeon who left it at her discretion to bring him home after the second surgery, to let him die in his habitual surroundings. They no longer could give him any medication, because there was the risk of a kidney blockage. When I visited my father-in-law he was barely responsive. Apathic, emaciated and with a snow-white face he lay in his pillows. My mother-in-law took me aside and in tears showed me a small scuffed brochure with the title: “About the miraculous healing properties of the cabbage leave”, by the Swiss botanist Camille Droz. An old aunt had bequeathed it to her.

After I read through the book my mother-in-law, Olga, asked me: “Jakobe, what do you think? Should we try it with the cabbage leaves?” My answer was: “Why don’t we first see what the family physician thinks about it?” When we spoke to our old doctor E. about it, he nodded emphatically and said: “You can’t do anything to make it worse anymore.”

Day and night we layered cabbage wraps on the abdomen of the sick man, around all tubes. After a month all the wounds had healed and the old man could get up again, ate with good appetite and had color in his face again. The family physician couldn’t explain this change: “This is a miracle!” was all he said. The biggest miracle, however, was that my father-in-law lived for another 15 years without a single relapse. He died very suddenly from cerebral apoplexy.
Even after this miraculous healing I wasn’t ready to completely switch from common school medicine to fully apply gentler healing methods. I simply didn’t have the inner peace to seriously think about it. However, there have always been situations that gave me pause. For example when Grandpa got his strength back so quickly and attributed it to a fresh yeast treatment. I talked about this to one of our family friends, a physician, who laughed heartily about it. Since I could not come up with solid arguments to counter I, of course, was on the losing end in our debate. However, by now I was convinced that nature always would be right.

Italy – A new home

In 1962 my children and I left Switzerland and moved to Cattolica, a small town close to the Adriatic Sea, where we vacationed a few times before. The general reason for our move was Ralph's asthma. The pediatrician prescribed a stay at the sea for him. However, the main cause for our leaving Switzerland in haste was a shattered marriage. None of us knew at this time that this move would be final.

For a while we had to adjust to a lack of many amenities, so common in daily life in Switzerland. Amongst those was that, to my major dismay, our Swiss health insurance no longer would cover anything anymore. We could not join the obligatory health insurance of the country due to being Swiss citizens and for private insurance we did not have the money. So what choice did I have but to learn how to take responsibility for our own health?! I was really glad that my mother-in-law let me have the small book by C. Droz. With this book’s help I quickly learned to successfully treat and cure our small and bigger health problems.

I carefully took note of all healing processes and took my conclusions from there. Over and over again I questioned which truth was hiding behind our absolutely common cabbage, because this was something or someone who took care of me over and over again, increased the quality of my life and gave me the sense of security I so desperately needed. I started looking for answers in a completely new way, searched for God and the sense of life and
over the course of many years read the various philosophical, religious and esoteric texts without finding definite explanations. It was Leo Amici of Civitavecchia, who finally brought clarity and order to my spiritual search. I will come back to this twist of fate meeting at a later point.

In Cattolica I met my second husband, Rinaldo, who worked as a craftsman. He was originally from Rome, which was the reason for everybody to call him Romano. Whereas my first husband I found each other through our love for arts, it was the simple living and our love for nature that bound Romano and me together.

Cabbage – our family physician

Meanwhile I treated all ailments and sickness of my family just with cabbage. Only in cases of doubt I consulted a doctor. Most likely the children were embarrassed by constantly having their mother wrap them in cabbage, but they knew our situation and patiently surrendered to the treatment.

Ralph’s asthma

Ralph was six years old back then. Since I assumed that just the ocean air would not suffice to cure him, I placed cabbage wraps on his chest every night. After only 14 days of this treatment Ralph was free from attacks and refused to continue the treatment. “I’m feeling fine, Mom”, he told me. Indeed, since then he didn’t have any appreciable discomforts anymore.

Ralph suffers from a middle-ear infection

One night, it was around two in the morning, I awoke from Ralph’s tremendous crying. His ear was hot and red. I did not know what to do. Then I remembered that we had a small head of savoy cabbage in the fridge. I wondered, if the cabbage treatment was going to help in this case?

On one hand I did not want to contact a doctor at this time of night, especially considering that I wasn’t fluent in the Italian language nor knew much about the way of life in the country. I immediately made a compress for the child. 5 minutes later he fell asleep without pain bothering him anymore. Seeing as I still was at
the beginning with my experiences I turned to a pediatrician the next day who prescribed antibiotics.

**Mikael's Tendinitis**
Miky was 11 years old when he suffered from strong pain at his foot. He was jobbing at a hotel reception desk during the school breaks, to increase his sparse pocket money (children’s work was still common in Italy and I unfortunately adjusted and accepted this custom). The long standing and walking overworked his feet. We had to call a physician. “The boy needs a minimum of one week bed rest before he can walk again!” was his prognosis. As soon as he was gone I made a cabbage compress for Miky. The next day he was pain-free again and his feet would hold his weight. The second day he was well again.

**My toothache**
One evening I suddenly suffered from extreme toothache. It was a Saturday and emergency services were not available in our small town. At the pharmacy they gave me painkillers and the advice to see a dentist on Monday morning. I could not take the painkillers since I could not handle synthetic medication anymore due to a high dosage of penicillin. The next morning we wanted to travel to Rome to visit Romano’s parents, however, it seemed as if this trip had to be cancelled, because I was in tremendous pain.

I knew that my neighbor had planted cabbage. As soon as it started to become light I went over to get some leaves (the ones on the bottom, which are not getting eaten anyways) and placed one of them rolled up into my mouth. The pain slowly decreased and I decided to take the trip after all. When we arrived in Rome I was pain-free and could enjoy the days we spent there. Upon our return home I went to the dentist and had the tooth treated.

**The kidney stone**
Romano had to stay in the hospital due to unbearable kidney colics. After 4 weeks he was discharged as healed. Not quite home for a week he suffered from an inflammation in the genital area. Under no circumstances did he want to go to the hospital again. I suggested the treatment with cabbage leaves and he agreed.
After one week of treatment a lentil-size kidney stone came out through the skin. The inflammation stopped and after a short period of time he was completely comfortable.

**My husband suffers from a tooth abscess**

Suddenly Romano had a badly swollen cheek, a tooth abscess. He didn’t want to go to the dentist. “All he’ll do is giving me antibiotics”, he said. So I made him cabbage compresses and after a few days the inflammation, the swelling and the pain were gone and he went to the dentist to have the tooth pulled. From this point on he always came to me when he wasn’t feeling well. Just once he thought he had to make an exception, but wasn’t healed and came back to me for treatment.

**Chronic overwork, nervosity, stress**

For two years we ran a small summer pension in which I was boss, cook and secretary all at once. The little personnel we could afford were bad and unreliable. This resulted in my having to work 18-20 hour days for five months, including Sundays. To be at least somewhat fit every day again my husband wrapped cabbage leaves around my legs at night and sometimes in the afternoons. They helped me calm my nerves and to get some good sleep, from which I woke well rested after a few hours.

**A stiff neck**

Romano could not turn his head because of pain. One full night I kept wrapping cabbage leaves around his neck and the problem was gone.

**A heart attack**

A guest from Germany, who had a bad heart condition, suffered an attack during the night. He was supposed to be brought to the hospital, but for whatever reason, I don’t remember what it was, he didn’t want to go there. My husband had told the couple about my cabbage therapy. They suggested I immediately should treat the sick man, who had a darkly blue discolored face, with cabbage compresses. His condition got better almost immediately and two days later he quite safely could start the trip home to get treatment in his habitual surroundings. When he was taking his leave he said, “You saved my life”.
Mother-in-law’s corns
While visiting Romano’s mother she complained about not being able to walk due to a big corn on her foot. She actually couldn’t even put her shoes on anymore. No treatment and no medication helped her so far. For a full week I daily made cabbage compresses around her foot. After that the corn and the swelling were gone.

Dysmenorrhoea
Since giving birth to my first child I suffered from white discharge. I consulted two different gynecologists, who prescribed various medications, but none of them helped to cure me from this. Then I switched over to the cabbage treatment. Within a short period of time I was comfortable and suffered no relapses.

A lump in the breast
Eleven years after irradiation therapy I noticed a new growth on the same side. I panicked, but didn’t consult a physician since I still had no insurance and no money to pay for special consultation. I expected the worst and immediately started applying cabbage day and night. After 14 days not only the swelling was gone, but also the pain I suffered since the treatment received in Stockholm. Since this healing I had full faith in cabbage as a wonder drug and only have seen a physician twice in all the years.

The first time when my husband insisted on it and the second time a few years ago when I wanted a prescription for massage.

Sciatic problems during pregnancy
One day a neighbor visited me to tell me about her problems. Her sister, who was five months pregnant at the time, suddenly suffered from sciatica and suffered such tremendous pain, that she had to stay in bed. The doctor treated her with shots, which brought no improvement. His prognosis was that the pregnant woman had to stay in bed until birth. She asked me, if it wasn’t possible to treat her with cabbage. I told her we could try. The cabbage cannot cause any harm and therefore we cannot really go wrong with it.

Indeed, only a few days of cabbage treatment were sufficient to
get her to be comfortable and pain free again. After a short time the sciatica was completely healed.

We move to the countryside

Romano wanted to realize a dream he always had: buy a small farmhouse and become a farmer. By chance he was offered a small, abandoned farmhouse in the backlands of Rimini, which seemed to be financially obtainable. When I first saw the premises I mainly was ecstatic due to the beautiful surroundings. It was a piece of property directly at the border to San Marino, a small republic in the heart of Italy. The fields covered the stretch up to large hills (approx. 500 m above sea level) and, when the weather was clear, you had a wonderful view of the Adriatic Sea, which reached from Milano Marittima to Gabicce Mare.

An ideal area for a cabbage hospital – that was my first thought! Or should we rather turn it into a residence for retired people? Or turn it into a village for artists? None of these ever happened – what followed were 15 years of hard work to cover the base existence. Besides the general field work and the care for 3000 grapevines we bred rabbits, pigs and a lot of other smaller animals.

Surely the profuse consumption of wine and meat dishes as well as the hard work was to blame for ever new surges of various ailments. Once a week I brought our biological produce to Cattolica to a small store for biological foods being run by two young people, Anna and Tommaso.

One Friday when I delivered my usual produce to Anna she mentioned that I looked rather bad. I told her that emotionally as well physically I felt completely worn and that I had no idea how to go on. My husband had been suffering from a very painful disc herniation, which he was supposed to get surgery on. We were deeply in debt, but could not find a buyer for our land, because it was not construction land and not connected to any infrastructure. Besides that heavy rainfalls caused landslides due to which our house was condemned and we were supposed to get forcefully relocated. We were all alone with our problems, because no one, no agency nor any other authority considered themelves responsible in our case. Anna, who had listened patiently, said:
“Maestro Leo Amici from Civitavecchia visits Cattolica tomorrow. You should tell him your story. He helped many people already and receive everybody who needs his help or even just wants to meet him.” I asked her what we would have to give him for his help, but she said, “Leo Amici does not accept anything and when asked about it he only says, ‘Give to your fellow man and you also gave to me’.”

That got me curious to meet this peculiar man and managed to even convince my husband, who generally was a great skeptic, to drive down to Cattolica again the next day.

An encounter

We met Leo Amici in the evening in the garage of a humble private home. When we arrived there were already about 70 people there, who barely found room in the small area. Some sat on simple wooden benches, most, however, were standing. On the stern side of the garage a few chairs were set up. There a middle aged man dressed all in black sat with a few younger people to his left and right side, which I thought were his companions.

Tommaso, who had seen us arrive, explained that the Maestro travelled a lot and always asked a few people to accompany him. His constant companion, however, was Maria, a woman whose grace and gentile posture impressed me very much. Tommaso asked us to greet the Maestro and led us through the crowd.

It took me some overcoming to press through all those people, since I was a rather shy and prudent person, but finally I stood in front of the man whom the people called Maestro. I mainly noticed his simple, yet sporty clothing, the big golden cross on his chest, his prominent weather-browned face (Anna had told me he lived from tomato cultivation), his calm, kind yet firm gaze, but also the “Gauloise” he held between his fingers. The Maestro shook my hand and leaned forward a bit. Then he said very quiet with an indescribable smile: “How can I help you? Tell me!”

These small sentences I heard the first time in my life and from a complete stranger! It hit and shook me up deeply. Suddenly I clearly saw what I always had been missing without ever even
admitting it to myself: true affection!

I was way too shaken to be able or willing to say anything. However, since the Maestro seemed to wait I answered with the succinct sentence, "We are in the middle of a crisis." Smiling he nodded towards me and handed me two small pieces of paper with some simple instructions we had to follow daily for about one year. After my husband had greeted him we thanked him and sat down on the penultimate bench, on which they had made some space for us.

Originally I had intended to leave again right away, because I was running a fever and suffered from pain in my joints and had to get up the next morning at five due to the workload. The atmosphere in the garage was something I've never experienced before, which made me feel really good. Despite the many people of all ages and walks, children and even infants, there was absolute quiet and attention while Maria read some scripts and itineries. I thought to myself, "This man must be very special when he manages to keep seventy Italians quiet for a full evening just by being there!"

Later the Maestro answered many questions. The conversation was about personal things, general questions of life, but also about cultural, religious and scientific subjects. His answers were always clean, simple and of astonishing logic. His wisdom seemed endless and his patience never ending.

At one in the morning we finally went home and I was convinced I would not be able to wake up, not to mention get up after so few hours of sleep, especially since I was suffering from a flu! However, exactly at five in the morning I was wide awake, had no longer a fever or pain, felt completely rested and full of energy and a zest for action. And all this even though my sleep was anything but well.

The encounter with this extraordinary, warmhearted man who hated lies, insincerities and hypocrisy, gave the faith in the Good back to me, which also released unimagined strength in me. The immense peace, the harmony, the true affection radiating from this man touched me deeply. I felt fully accepted, actually loved without any attachments.
The secret of Leo Amici was giving without asking for anything in return and without any rules. He simply was there for everybody who was looking for him. He gave warmth, understanding, strength but also answers when he was asked a question. Everything immediately changed for me. My fears in life vanished and when I felt free of these fears I realized that I had been governed by this from my early childhood on. I always dispelled it, because I never had the strength to overcome them. Now I felt reborn and could start a new life.

After we had overcome our major problems I began to realize my dreams. During the course of the following months I followed the instructions we had been given to the letter. My husband did not want to hear anything about it, but I took on his tasks, too, and could see that he was getting better day by day and after four months he was fully healed and could continue his prior work. He suffered no relapse.

I had further contact with Leo Amici during which I met a true “Maestro di vita” in him. He was my friend, physician, teacher and advisor all at one and showed me the way to truly being human. At later visits to his house in Civitavecchia, where I was welcome any time, I had him explain in more detail what I could do to live a better life.

His answers were always short and to the point, “You have to give without ever expecting anything in return”, he said, or, “Turn black into white, which means you decrease your weaknesses and develop your strengths.” When I said that I’d never accomplish that, he answered, “You just have to want it, because truly wanting it means you can do it. However, your will has to be worked on and developed just like a muscle.”

I took his words to heart and tried to by and by substitute all my negative thoughts by positive ones and to get rid of all destructive ballast like egotism, accommodativeness, intolerance, lack in understanding, patience, etc. By this I created space for the beauty and valuables that just waited to be seen by me, and also started to take care of it, to use and to develop it. This was my way of finding me. By and by I could leave all fears, guilt and complexes behind and it turned light and soft around me. I finally had a goal – to realize my true and free self.
In 1982 Leo Amici founded the “Piccolo Paese del Lago”, today called “Leo Amici foundation”, to help especially the youth from all around the world to find and realize them. He died on April 16, 1986, but Maria Di Gregorio(†) along with her family and Carlo Tedeschi, a young artist, author and director continued his work according to his plans and instructions.

The whole village, with a wellness center for wholesome nursing, theater and orphanage at the center, was built and financed by volunteers. The proceeds are used for further structures like sports facilities and a nursing home as well as development aid in Africa.

http://www.villaleri.it

Further healings through cabbage

Cystitis
During winter I frequently suffered bladder pain. With cabbage compresses I always managed to cure myself within a few days.

Hemostasis
One day during field work I cut my palm deeply with the hook and the blood squirted out in a huge spurt. I did not have a clean cloth on me and also was quite far away from the house, however close to our cabbage plants. I took a leave and pressed it to the wound. The bleeding stopped immediately.

A wound on the shin
My husband had gone to pick up a load of sheep droppings. Around noon he wanted to be back. Since normally he always was on time for lunch I was rather uneasy when he was half an hour late. I thought it a good idea to walk towards him. A few hundred meters I had walked when I saw the dung car. My husband lay next to it on the ground. He had slid off the cart and received a long cut on the border of the dung covered cart. He felt dizzy and could not get back on his feet. I helped him to hobble home, where he immediately went to bed. He developed a high fever and the wound look horrible and covered in dung.
Normally he would have belonged in hospital, but we neither had telephone nor could I drive. All our neighbors lived quite a ways away and none of them had telephone either.

Of course, I immediately cleaned the gaping wound. The wound actually required stitches. As good as possible I pressed the ends together and made compresses of cabbage. The next day my husband was able to leave the bed and about a week later the wound was healed. I thought an ugly scar would remain, but after a few months there was nothing to be seen from the approximately 20 cm long cut.

**Billious attacks**

The hard farm work enticed us to a lavish and rich in calories diet I wasn’t used to. Often I suffered from colics until I got so sick I had no strength to work anymore. For the first time in my life I made a diet, meaning for 3 weeks I ate strictly macrobiotic and place cabbage compresses in the liver area day and night. After one month I felt absolutely fit again.

In the years that followed the colics returned every time I overdid it with eating and drinking. Over time I learned to keep to a moderate diet. I did not need to try diet after diet – now it was my own body teaching me what I could eat and drink and what I couldn’t.

**Some kidney problems**

Due to strong colic-like kidney pains I had to stay in bed. After half a day of wrapping me with cabbage the pain decreased to a lower level so I could go about my usual daily work again. To completely cure my kidneys I wrapped me regularly with cabbage and drank twitch grass decoction for a few weeks.

The rootstock I collected on our fields. During a hot night in August my husband suffered a strong kidney colic and twisted and turned due to the pain. Earlier I already stated why I could not call a doctor. However, I knew that I still had a few cabbage stalks left on one of the fields and immediately hurried out to see if there were also a few leaves left on it. I was lucky, though the leaves were pretty much withered due to the heat and I did not really have
much faith in them. However, I immediately made a compress for my husband. After an hour he calmly went back to sleep and did not wake up until breakfast. Around noon he could go back to his usual work.

A fibrom on the uterus
Since the birth of my children I have been suffering problems in the lower abdomen, which mainly showed through vaginal discharges. Suddenly I suffered strong pain in the lower abdomen, which was rock hard. I was unable to stand, not to mention walk and had to stay in bed. My husband insisted on me visiting the doctor and brought me to the hospital. An examination showed a uterus-fibrom with many adhesions. I would need surgery and was given an appointment. Instead of going to the appointment I started an intensive cabbage treatment. As a reaction to that I suffered even stronger pain, but that did not unsettle me, since I knew this symptom from earlier cabbage treatments.

After two months of therapy I felt well again. However, I let myself be convinced on going to a checkup examination for cancer prevention. I did not tell the examining gynecologist anything about the fibrom. At this time I still did not have the courage to talk about my cabbage treatments. The doctor asked me many questions and then told me, “Congratulations! You have the uterus of a young girl. It’s unbelievable that you have given birth twice and suffered various miscarriages.” Since that day I have not had any problems with my lower abdomen.

Witlow on the big toe
My husband bruised his big toe so badly that it showed a dark blue discoloration and inflamed. There was the risk of him losing the toenail. Immediately I wrapped his toe in cabbage leaves. The pain slowly decreased the inflammation left and the nail was saved.

Rheumatic pain
During the 15 years I spent on the countryside I suffered stronger and stronger rheumatic symptoms. Seeing as I already had quit a long time ago to have my physical problems diagnosed – the only exception being the time my husband insisted on bringing me to the hospital – I cannot say what kind of rheumatism I suffered from. I often suffered strong pain in my muscles as well as in my
joints. My knowledge regarding the connection between our diet and rheumatism was not really developed yet. I stuck to the cabbage therapy, which I partially also used internally. After a few months I was entirely pain free and for 20 years I had no rheumatic pains. Just in 1998 I had another rush of rheumatic pain, most like caused by a wrong diet and stress. Also I had started to drink coffee again. When I quit drinking coffee and had my diet under control again I was pain free after using some cabbage compresses and had no further relapses.

**Ralph suffers from appendicitis**

One evening in September, we had just finished our daily chores; Miky stormed up the stairs and said, “Mom, you have to come to Cattolica immediately. Ralph is in the hospital and undergoes surgery at this moment. It is unclear whether or not he will pull through.”

When we arrived at the hospital I ran into the head physician and asked him, “How is he? Will he pull through?” – These were my first worried questions for him. “We performed surgery on him for the past 3 hours, now all we can do is pray,” was his sullen reply.

Due to the wrong diagnosis of the doctor who had been called Ralph suffered a perforation of the appendix. The pus filled the entire abdominal cavity. For five long days the doctors were fighting for his life. They gave me little hope and advised me to contact his father. I was permitted to stay by his side day and night. In my desperation and with his agreement I secretly placed cabbage compresses on his abdomen. When it was clear that there was no longer an immediate threat to his life, my only thought was to bring him back home to the countryside.

After 14 days I gathered all my courage and asked for his discharge. There was a major argument between his doctors and I, and they accused me of gross irresponsibility. However, I achieved my goal, since Ralph also didn’t want to stay any longer.

Over the course of a full month I placed cabbage compresses on the still open wound by day and night. I knew that the cabbage would free him of all pus and other poisonous materials.
Meanwhile my faith in cabbage treatment was endless. In all those years cabbage never abandoned me. Ralph got completely healthy again.

**Back to Cattolica**

The day I would realize I couldn’t stay in Santa Cristina any longer came closer and closer. Due to the harsh circumstance and the major deprivations, especially in financial and sanitary regards, I had the feeling I was only vegetating and mechanically functioning to survive. This could not be the sense of life – my life. The 15 years on the countryside still had been very important for me. I learned what poverty and abdication meant and just the simple, almost primitive way of live helped me find my way back to god. Nowhere else, but on our fields, in my vegetable garden, under our fruit trees, I felt his presence this strongly. It has not been possible for me to develop social contacts and even my husband and I only saw each other at meal times, since each of us was responsible for different kinds of work. I mainly was in charge of the handiwork, meaning hacking, planting and weeding of our corn-, bean- and onion fields, tendance of our vegetable garden and small animals, while my husband took care of the mechanical field work and the vineyard.

In this seclusion God turned into my only contact. I started to discuss everything with Him, asked questions and to analyse his answers – I was convinced I got such. From an abstract idea of God a “touchable” God was realized.

I stayed in Cattolica for a period of 3 years and worked in a Laundromat, in restaurants and, during summer season in a hotel. The boys had meanwhile moved to Hamburg to start their own live’s and build an existence, while my husband stayed on our farm.

**And I can do it!!!**

During the long and lonely winter evenings I had time to think my life over. Was there nothing for me but work and the care for my family?

Over and over my gaze came back to a wonderful rooster of silk, a
piece of art made by the Russian artist Mascha Schilskaja, whom I have met at age 6 in my parent’s house. I never forgot Mascha’s simple, warmhearted being and her wonderful fabric-arts and dreamed of being able to make beautiful pictures with colorful pieces of fabric. Since I could neither draw nor paint and had neither valuable silks nor brocades, I didn’t think I could ever realize this dream. Well, not until Leo Amici’s words came back to me one evening, “You just have to really want it, because wanting it means you can do it.” That was it!!! I only had to develop a strong will and I would reach my goal.

Without hesitation I jumped up and checked all closets and drawers to find remnants and old clothes. It was a meager spoil, but to start out with it would be enough. At least I found a lot of colored embroidery yarn, which was left over from my mother. Nothing could and should stop this zest of action!

Since I absolutely could not think of a design I decided to draw a Christmas star, which I saw in a store. I went there immediately to make a small sketch. The owner of the store was quite flattered about my starting my artistic career in her store! Quickly I was done with the sketch and happily carried it home. The first step was taken! Now I chose the suitable fabrics and yarns and began to work. It was supposed to be just a small picture. Without interruption I embroidered all night through and by break of dawn I had my first work in my hands. I had done it!

Over the course of the years I stitched about 50 pictures in all sizes and various designs. My favorite pictures are the famous Basilius Cathedral with the many onion domes in Moscow and Hamburg harbor with the painted burned gables on the now famous harbor road.

**Hamburg – a new stage of life**

The decision to move to Hamburg came from the awareness of not being able to imagine a future in Italy. Meanwhile I was 57 years old and, due to many years of hard work, I had robbed my body of health which might possibly not reversible. I thought it might be easier for me to make a living in Germany. That I jumped out of
the frying pan into the fire was because I was very naïve.

During the first days of my arrival in Hamburg I studied all advertisements in the papers to find something suitable for me and a friend gave me a Tipp: a small coffee shop, a one-person business, in “Karolinenviertel”, a notorious part on St. Pauli, would become available – exactly right for me.

Years ago I visited the “Karolinenviertel”, saw all the dirt, the noise, the many bars, the drunkards laying in entryways so you had to step over them when trying to enter a house. I was told about street fights between enemy gangs, drug dealings and the constant holdups on the supermarket. No, that really was the last place I wanted to live and work at. My friend, however, begged me so much (she lived in that area), that I agreed to have a look at the store. The owner, a Persian rascal, however not unsympathetic, did his part in convincing me. I signed the contract and took out a loan and with this turned into a business woman without knowing anything about this kind of business nor having any talent for it. While I lived in the countryside it was difficult for me to sell a single egg!

Of course this initiative turned into a financial fiasco, meaning that after only two years I quit and ended with zero. I was very proud of not having gone bankrupt! If my business venture was plain frenzy economically seen, it was, however, the greatest human enrichment I could’ve dreamed. I ended in a multi-cultural melting pot, which could not be imagined any more colorful. Besides students, small business people, bar owners and handymen there were plenty of social misfits, alcoholics, drug addicts and small time crooks of various nationalities in this neighborhood. A scenario I only knew from TV. Many of them belonged to my regular customer base.

If I would have had enough strength and hadn’t become sick I would never have wanted to leave the “Karolinenviertel”. To me it was a small, colorful, however mainly dreary world, which I would have loved to help shape and make more livable.

That people from the most varied nationalities can live peacefully with each other I had seen in my store. Of course, there always were bad troublemakers and painful incidents, but they never had
anything to do with the geographical origins of the persons involved. For one and a half years I was running my coffee shop when the owner decided to run it himself again.

Further healings by cabbage

Open legs
Twice I was able to help very old people who had ulcers on their legs for years if not decades. The first case was an Old Italian lady. The cabbage compresses cleaned the wounds within a short period of time and slowly but surely closed them.

The second case was in Hamburg in the “Karolinenviertel”. Mr. S, 80-years old, who worked many decades day by day behind the counter of his little drug store, had been in physicians care for the ulcers on his legs which caused him immeasurable pain. He also had a long-lasting stay in the hospital behind him, but even that wasn’t crowned by success. When I came to his store to buy something he told me about his problems and mentioned that he was forced to close his business. Upon this I told him about the wonderful healing assets of cabbage and brought him a few leaves. Right behind his counter he had his daughter make him some compresses. When I came back to his store a few weeks later he showed me his leg: only a pinhead sized whole was left, but he suffered no more pain. He kept running his store for another eight years and didn’t close it until the house was supposed to be modified.

Frontal sinus catarrh
One day I visited a young female friend who was in bed due to a suppurative frontal sinusitis. Within a week she was supposed to fly to the USA on business, but the doctor had told her that this would be impossible. She would be sick for a few more weeks. I suggest to put cabbage compresses on my friend’s forehead and to continue the treatment day and night with strict bed rest. Though she was highly skeptical she accepted my suggestion. After one week she was well again and could start her business trip on time.
**Vescicle rash**

A young relative of mine suffered a tenacious vescicle rahs on the inside of her thigh. No cream helped. A skin transplant had been suggested to the parents, but they were scared by the prospect of such operation. As per our suggestion they made cabbage compresses for one week, and then the child was cured.

**My dentist finds a tumor in my jaw**

For a long time I felt that I must have had an inflammation on a tooth and, when the pain became unbearable, I finally decided to go see a dentist. When he checked my tooth he insisted on x-rays. With a face as white as a sheet he came back with the x-ray in hand. The first thing he said was that he would not treat me, the second that I immediately belonged into the care of a cancer specialist and gave me the names and addresses of respective clinics. Then he showed me the x-ray from which it was obvious that there was a cyst or tumor in my jaw, which was also connected to the left eye. I thanked him with the words that I did not have the time to stay in a hospital (at this time I still ran the coffee shop) and would look for a solution myself.

Due to the constant strong pain and the heavy work I was not able to think clearly. Therefore I stood behind the counter for 12 hours every day, without doing anything about my health problem. That I could treat myself with cabbage I didn’t even think about because of the chronic strain and tiredness. Only at night in bed I sometimes placed an ice bag on my cheek to get some relieve. After one month I could end the contract and finally had time and peace to take care of myself. However, I still did nothing but placing an ice bag on my cheek. After another month I was finally pain free again. It didn’t take very long until I had unbearable jabs in my eye, so I had to close both eyes to suffer through the pain.

I groped my way to the bed and thought about what I could do. Just now I thought about cabbage and at the time when the pain was bearable I went to the store and got me a few heads of cabbage. For almost two months I laid or better sat blindfolded on my bed with only sparse interruptions. The only person I had contact to during that time was my daughter-in-law who called me every day and always was there for me when I needed her help. I never really slept, because the pain was too severe. There was a constant
crashing sound in my head as if somebody was trying to tear down a concrete wall with a pickaxe.

Of course, I had my mental arguments with the sickness, but I never once even thought about going to see a doctor. In my opinion there were only two options: Either I would die by the tumor (cancer?) or it would vanish and I would be well again. I was not scared of dying since as a Christian I am convinced there is life after death in another world. All I had to do was to patiently wait for what was coming. Another two months later I was free of pain and the eye stopped leaking fluids. I was weakened to the point that it was difficult to get back to leading a normal life. At this point I decided to move back to Italy to regain my usual strength in the warmth there.

It took months for me to be able to keep my head straight again without having to support it. Also I wasn’t capable to follow a longer conversation without losing track of the conversation. It took a full year for me to be comfortable to the point of feeling good when being with people and get active again.

It did not take very long after that for me to return to Hamburg. Originally it was supposed to be just a short visit but it turned out to be another two years, because I found a task or better, a task found me and I could not evade it. An old family acquaintance suffered from Alzheimer’s and needed around-the-clock care. I stayed with her for 10 months, until we found a trained nurse for her.

A pertinacious case of sciatica
Upon feeling a light pain in my buttocks I knew a case of sciatica was coming. I let this issue run its course, because I was of the opinion that my self-healing powers should be able to heal itself without my direct help with it. As I’ve been reading plenty of books about proper nutrition I was convinced that most health problems are treatable by a proper diet. Therefore I expected my case of sciatica to be solved by eating mainly vegetarian wholefood. I don’t quite remember, but knowing me I was most likely not very strict abiding my diet as I should have been. Instead I was looking for all kinds of other behavioral mistakes. Meanwhile the pain became more and more unbearable until I could only move with aid of a cane. Nobody in my surroundings could understand why I was
suffering so much without getting help. After eight months I was so weakened that even I understood that I had to do something. So I made regular cabbage compresses and drank three times a day fresh pressed cabbage- and carrot juice. Quickly my strength returned and after 14 days everything was back to normal and the sciatica was completely healed.

Of course, I was glad to be well again, but I did not even think about the answer as to what I might have done wrong. Had it been a mistake in my diet? Or had it been the increased age, after all I already was 65 years old?

Meanwhile I have learned not to overwork my body and to give it the help it needs on time. The older you get the less you react like a skip-jack. That this is true I had to find out very painfully at a later point in time.

**Athlete’s foot**

My friend S. was plagued by a bothersome case of athlete’s foot, which would not be healed by any creams. One week of nightly cabbage compresses was sufficient to health S. from it. Her son T. (15 years old at the time) was so impressed that from this point on forward he took his healthcare into his own hands and treated himself with cabbage.

**Discomfort in the eyes**

- Mrs.C. complained about an already long-lasting inflammation on her eyes. She was healed after only two cabbage compresses.

- Mrs. G. also had red, swollen eyes. She was feeling better after just one cabbage compress already. When she realized the lines around her eyes smoothed out, she continued the treatment.

- My friend I., 60 years of age, suffered from dry eyes. The symptoms were gone after two cabbage compresses.
OTHER METHODS
of treatment which helped me

I did not always feel like using cabbage for treatment, especially not when it was minor discomforts. Also I was quite curious to learn about other methods of healing I heard or read about.

My knees go on strike
Since the problem on my eye I had gained a lot of weight. I thought I had to regain the lost energy with plenty and good foods. Of course, my body did not agree with that. I suffered ever increasing pain in both knees until the day came that I barely could walk anymore. I already saw myself having to use a wheelchair.

First I tried to heal myself with cabbage compresses without success. It was entirely clear to me that I mainly had to loose weight and generally had to stick to a more balanced diet. This thought was a horror, because I loved to cook and loved to eat well. However, I overcame myself and read the book *Fit for life* by Diamond Harvey and began to change my diet according to the advised principles. Of course, success was forthcoming – I lost a total of 18 pounds. I did not reach my ideal weight, but at least my joints were relieved to the point that I could normally walk again. Since doing a dandelion and stinging nettle treatment every spring and drink freshly pressed vegetable juices in summer my knee problems are gone.

A cold starts
Usually when I come down with a cold it starts with a sore throat and quickly changes to coughing and sniffles. For a while I used apple vinegar against this and made good experiences with it. However, to prevent the cold I now use a gemstone: the jasper. This stone you can buy in form of a disc, which you tie around your neck at the start of a sore throat. Within a short period of time the pain is gone. Additionally I use a spice mix of pelargonium (the so-called flu powder by Hildegard von Bingen) or Propolisdrops. Also I make sure to eat foods rich in chlorophyll, like green leafy vegetables, raw parsley, green sprouts and wheat grass. This way I usually manage to keep the
cold away for most of the winter season. During the last years I also started wrapping a badger fur belt around my neck at the start of a sore throat. Normally the pain is gone within about half an hour.

**Pain**

With growing age there are almost daily some kinds of pains coming up which not necessarily have their origin in any more serious sickness/disease. Here also the jasper stone is a rather effective help. After placing the stone on the hurting area for a few minutes the pain is gone. When I’m suffering from back pain I place it the whole night on my back. It is important to make sure to let the stone cool down (at room temperature) when it warms up and to once a day rinse it with hand warm water and to dry it by letting it sit out.

Another stone helping well against pain is the iron pyrites sun. This stone cannot stay more than max. half an hour on the hurting area and cannot come in contact with water.

From time to time I clean my stones by holding them for a short time over the smoke of glowing frankincense.

**Sleeping disorders**

For years I’ve been suffering from major sleep disorders and often made the night to day. I thought this was just a part of getting older. Since I’m doing Qigong exercises on a regular basis and hold a jasper stone in my left hand, I usually sleep very well. A little while ago I came across Moqui-marbles, which I now use instead of the jasper. Since holding those in my hands at night I sleep wonderfully, mostly about 8 hours per night.

**Tenseness**

Who doesn’t know the pain shoulder and neck area? Even for this pain Qigong is a very proficient exercise.

**My eye problems**

Actually my eyes need a full chapter for themselves. Already when I was 14 years old it was observed that my left eye “slipped down” when I was tired. This weakness could neither be
corrected by glasses nor by surgery. However, this visual defect only showed in a mild “slight squint”.

Furthermore I suffered from increasing shortsightedness in the left eye and in my right eye I was farsighted. Over the years I’ve been to many specialists and all of them agreed that there was no set of glasses which would solve my problems, that is, not if I wasn’t going to use contact lenses, which I never could decide on using.

After my major problems in my left eye the slight squint turned into a definite cross eye. The eye no longer had the strength to look straight for even the shortest period of time. Again I went to see an optometrist, who prophesied that soon I wouldn’t be able to see anything anymore without glasses. So I had glasses made, but after only a few weeks I put them in a drawer. That happened 15 years ago. Today I am 78 years old, work daily on my computer, sometimes for many hours and still am not using glasses.

I keep my eyes fit by eating a balanced diet, regular eye gymnastics (Qigong), saltwater baths, and, when I’ve been overdoing it also with cabbage compresses. Of course, my eyesight decreased, which I especially notice when reading small print. For this I sometimes use a magnifying glass. I determined that especially coffee and white sugar hurt my eyes and cut both from my diet.

Healthy teeth
A few years ago I suffered problems with my gums more often and feared my teeth could loosen. At that time I remembered having read something about the high efficiency of a oil-drawing-treatment. Immediately I tried this method and after a few days the inflammation of the gums had gone. Since then I’m using this method every day, as it also prevents the loosening of the teeth during the aging process.

Lack of energy
The older you get the more you lack the necessary energy. You lose your general vigor and motivation and are easily tired. I
learned various ways to feed myself the necessary energy.

- Mainly I make sure to have plenty of fresh foods with a high percentage of leafy vegetables in my diet. During winter time I add self-grown sprouts, vegetables with lactic acid contents like sauerkraut, algae and Miso.
- On a daily basis I’m doing exercises in Qigong, Japanese Healing streams and / or Mudras.
- I drink green tea on a regular basis, which I replace by stinging nettle or elderflower tea in spring.
- Also the sleeping with a jasper stone in the hand helps to recharge with energy.
- I also make sure to have plenty of exercise in fresh air. During the warmer months, up until 2 years ago, I worked in the garden for a few hours every day. Until just recently I did Nordic-Walking, riding bicycles and swimming during the winter season. These sports I had to quit due to my age. Now I make do with regular exercises on the home trainer.

The most important thing however is to keep the head clear of negative thoughts and to find a sense for your life.

**Apherese, purging and detoxification**

As I already have mentioned in a different context I do a blood cleaning (apherese) with dandelion salad and stinging nettle tea and –vegetables during spring. Of course, I only gather these plants in areas where they are neither fertilized nor sprayed with insecticides. A few times a year I also take a cure with apple vinegar and/or Kombucha.

**Arteriosclerosis**

To prevent a calcification of the arteries I daily drink a small shot glass of garlic elixir, which I brew myself. The recipe for this you will find in the chapter “suggestions for self-treatment with cabbage”.

**I become Catholic**

When as a young woman I resigned from the protestant church,
because I did not feel like I belonged, I thought the church chapter closed for good. The thought to ever come close to a house of God, no matter of confession, never crossed my mind. “I’m happy without too,“ I always thought. Until one day a close friend asked me to accompany her to a Catholic mass. She begged so adjuringly that I could not say no to her. Shortly before leaving the house to go to church I suddenly felt a strong indisposition, so my well-meant plan was threatened to fail. Only the thought of my promise gave me finally the strength to go to mass.

Upon entering the church I only felt a strong inner rejection, everything was so strange, the atmosphere almost sinister and aside from the sermon I hardly understood anything. Before my head could fill with prejudice I tried to turn all my thoughts to Jesus Christ, because I thought I didn’t have the right to violate the devotion of the faithful with my negative stand. With my whole heart I turned to the Messiah and barely noticed the events around me. Just once I felt the hand of a lady next to me in mine, which she strongly pressed.

When we were back on the street and I took my farewells from my friend, I felt as if I had grown wings. It had been a long time since I felt so good. At that time I didn’t know what to make of this feeling, but decided to go to church a bit more often now. Due to my now regular participation in Sunday mass my aversion slowly turned to acceptance from which slowly grew the wish to belong. The walls I had built over decades began to tumble and memories from my early childhood came back: pictures of trust, devotion, longing for God. Praying was still difficult for me, I rather sang, as if the sounds of song faster and safer reached their destination.

Because I understood only little of the content of the sermon I only mechanically participated in its rites. Soon that wasn’t enough anymore, because I still felt separated from the community. When the faithful went to take communion I remained in my place with tears in my eyes. So I decided to become a Catholic.

I asked the pastor for a first clarifying conversation who gave me the new catechism: almost 700 pages fine print! I rushed through reading it, because I was hoping to speed up the procedure by it. Padre Giacomo was quite obviously impressed by my immense thirst for knowledge and had no idea I was that hurried with it.
though I could receive the first communion to find out about the promised symbiosis with God and to be like all the others in this regard. I was tired of being the outsider in all regards. However, Padre Giacomo took his time. For over four months we met once a week to talk about the most important aspects of Catholicism, the sacraments and the meaning of the church. When he thought I was sufficiently prepared he asked me when I wanted to go to confession.

I didn’t expect that and asked for some time to think about it. To tell a more or less stranger all the ugliness of my life was something I couldn’t imagine. I was supposed to confess sins lying back forty and more years!! I feared that I would not be able to take this obstacle. Day and night I exposed my past, long forgotten or displaced pictures came back – it was an inventory like nothing I’ve never done before.

After one week I went back to Padre Giacomo to tell him about my fears. He advised me to not start lacerating self-reproach but to calm and trustingly look forward to the confession. And then the time was finally there. Finally I could shed a part of my past like an old shoe which was pressing and preventing me from walking. I never dreamed how much a confession could be liberation for the human soul. I think I never felt God’s love as much as I did in this moment.

Happy and composed I now could meet people. Finally I was free! I felt loved and accepted and let others partake in this wonder: in the everlasting wonder of all healing love.

Three years I worked as a volunteer in my parish. It was the best time of my life. I was in charge of the office, initiated a small church paper, was a member of the newly founded church choir, during summer I helped design mass for the German-speaking tourists and helped organize festivals and events, amongst others a congress about naturopathy, which was a great success.

**Back to my roots**

Without a need or having an obvious reason I decided to leave Italy to live in Germany after a visit in Baden-Wuerttemberg. This step was incomprehensible for everybody and even I didn’t know what
had induced me to do that. All I know was that I wanted to live in my home country again. My faith has also given me this: finally be able to love my home!!

I found a small old apartment in Balzfeld, a village with a population of 800 near Heidelberg. A small garden to grow biological vegetables belongs to it as well. A nicer place to look forward to a peaceful and fulfilled advanced age I couldn’t imagine. Taking up various hobbies, walks in the woods, regularly going to swim and participate in day tours to finally get to know my beautiful home country – those were my plans.

Pretty soon I also became a member of the church choir, another reason to feel happy all around. Unfortunately I soon learned that a peaceful, contemplative pensioner’s life was not me and so my passion to work in the garden turned to a small “friends for biological gardening” group. I organized a Qi Gong class for interested villagers and from my experiences with cabbage therapy this book originated.

A bad flu

A few years ago I, like all the people in my area, was infected by a flu virus. It all started rather suddenly with the chills (ague) and then followed high fever. For days I could not have anything but water – my stomach could not even handle fruit juices. When the fever absolutely would not wane I took the advice from my friends and children and took some homeopathic remedies and vitamins. After ten days, however, I still was too weak to take care of my household chores. At that point I organized a head of cabbage and placed myself some compresses on the stomach. After a few hours already I felt my strength returning and the next day I cleaned my apartment! All in all it took me four weeks to get back to my normal strength. I promised myself to never again take such a risk and to strengthen myself with cabbage, in form of leg compresses, placement of compresses on the stomach and fresh-pressed juice, at the first signs of a viral infection.

My tumor returns

For months already I every now and then felt a light prick in my left eye and, especially when I was on the phone, pain in the temple. I didn’t take these symptoms very seriously. Not until the summer of
1999 when I couldn’t take the pain in the eye and upper jaw and applied some cabbage compresses. Fortunately I had planted plenty of cabbage, because now I had to apply cabbage compresses day and night for six weeks, which I only took off when I left the house. Every time when I changed the compresses the cabbage leaves and my face were covered in white deposits. For two days the eye and the cheek were fiery red. Everyone I met I told that I had been stung by some insect. Only after the symptoms had all gone I ended the treatment and slowly started my work on the computer again to finish this book.

During this time of being sick I had plenty of time for meditation and to think about the Why of my relapse. The answer I found during a sleepless night before the solar eclipse: only when I was at peace with myself and all people could I get well again. The next day I read these words by Rüdiger Dahlke,

“Cancer only respects true love.”

I need a cane to walk
At the age of 75 I had to get a cane. Whether it was the hard work in the garden, wrong diet or insufficient supply of fresh water causing the heavy pain in my hip and right leg, I couldn’t say. Maybe it was all of it together or maybe just signs of wear as late sequel of years of overworking with hard physical work in farming and hospitality industry.

The pain became more and more unbearable and one day I could move only barely with the cane around the house. Once again I saw myself having to use a wheelchair, because I did not want to undergo surgery. Since I am no quitter I searched for a suitable therapy. The best would have been to immediately start treatment with cabbage compresses and cabbage juice, but I did not have the strength for this treatment as the constant pain had weakened me very much and I had no one who could have helped me.

At that time I heard about the Packi Method on TV. Research on the internet lead me to the website of Dr. Walter Packi from Freiburg, whose thesis about pain in the motional parts of the body are thought to be revolutionary in circles of experts. One of the exercises shown as animation on his website I now have been practicing daily for over a year already. It takes little more than a minute and quickly released me from the majority of pain. My
more often occurring back pain I could completely eliminate. Very quickly I was also able to walk shorter distances without the cane. However, these small, though gratifying successes were not enough. I wanted to be able to walk the 300 m to my baker without any help again.

I decided to try dietary supplements and soon there indeed was a considerable improvement. But only after I started a shark cartilage treatment and took even more care of my diet, especially the supply of plenty, fresh still water, I could reach my goal of walking without a cane to the bakery to buy my hard rolls every day!

**My acute hearing loss - Or who doesn’t listen has to feel**

Instead of enjoying my retirement, as I had planned, the years since my return to Germany had been plain stress, mainly homemade. Every day has been planned in detail, though I would be able to get everything I had planned done. I acted as if I still had a family to take care of or a professional career to work on. The only reason for my constant working, however, was that I enjoyed it and always keen on learning something new. Until the day I was presented with the bill: a double-sided acute hearing loss.

For a while already I head a constant swishing, actually booming in my head, but as I had so much to do I didn’t take it seriously. Even when the music from my stereo lost in quality I thought the system was broke. Occasional fits of dizziness I also took lightly. I thought that came with age. Only when I didn’t hear the normal household noises anymore I got suspicious: noises like boiling water, not hearing the doorbell or not understanding anything said on the phone. Then it all went pretty quickly: I couldn’t hear the TV anymore and could no longer concentrate when working on the computer. I did everything wrong until my computer crashed completely. Finally I realized the seriousness of the situation. That it was an acute hearing loss I was sure of and also that I needed to see a physician, so I called the registered German naturopath I trusted, who unfortunately was out of office for a few days.

Meanwhile I was weakened to the point that all I could think of as an immediate treatment once again was cabbage. Seeing as Plinius in his book *Historia Naturalis* claimed cabbage even could heal deafness I thought it worth a try.
I prepared a cabbage juice and dripped it into both ears. After two days of this I started hearing better again, but still placed cabbage compresses onto my ears. The doctor returned after four days and prescribed a homeopathic therapy. After another 14 days of treatment, whether it was with cabbage, the prescription or a special diet, my condition was absolutely satisfying again. My hearing had gone back to almost normal, I slept so well as I hadn’t in a long time, my concentration was back and day by day I regained more and more of my physical strength.

After a further two months of treatment with daily Qi Gong exercises I now heard just as good as before the acute hearing loss. This shock taught me that I had overdone it in all regards and now had to make sure to stick to a correct measure in all regards. This is not always easy to do and in the three years that followed I had a few relapses. Since I now, however, start the correct countermeasures immediately upon noticing the first symptoms (dripping cabbage juice into the ear, reduction of stress, drinking of sufficient clear water, taking garlic elixir and exercises in Qi Gong or Mudras) the complaints only last a few days now. The homeopathic therapies I had not to take again.

The final words to this I want to quote from Johann Wolfgang von Goethe:

Do you want to make a good life for yourself, don’t dwell on things past and even if you lose something, act as if newly born. What each day wants you shall ask yourself, what each day wants it will tell you. You have to delight in your own doings, what others do you’ll cherish, especially never hate another person and leave the rest to God. Yes, and I count it to my honor, walk furthermore alone! And if all was an error, it should not be yours!

TRIVIA AND ODDITIES ABOUT CABBAGE

The cabbage in history

The kinds of cabbage as we know them today we owe to the monks of the middle ages, who in their monastery gardens started
crossbreeding the woody, spicy and almost inedible wild cabbage (Brassica Olearacea Silvestris). However, in Europe the cabbage was known as a naturopathic remedy for well over a thousand years already. First lores about its wondrous healing properties came from Greece by writings of the physicians Chrysippos, Dieuches, Pythagoras and others. From those Cato had gained his knowledge to which he devotes a few chapters in his book *Textbook of Agriculture*. “The brassica is (the vegetable), which is queen to all other kinds of vegetables,” he said and especially praised it’s healing properties in wounds, ulcers and even cancer, for which there was no known better cure.

For 600 years the Romans supposedly knew no other medication but the cabbage, which helped them to remain in good health. Cato left us a few recipes I don’t want to skip, though I have my doubts you would even consider testing them.

**Cato freely quoted:**

- When having virility problems eat a plate of cooked cabbage, then heat up the urine of a habitual cabbage meal and hang the penis in it. It is proven that by such treatment “he” will be well again soon!
- Cato also had a good tip for the female world: Bring the urine of a cabbage dinner (when eating cabbage regularly it, of course, can be your own) and place it under a perforated chair, on which you sit while being well covered. This way you could prevent any kind of lower abdominal pain!
- The following tip is more sympathetic for most: When you feel like really indulging and also want to really do justice to the wine, eat before and after the indulgement raw sauerkraut – this way you will have neither suffer neither indigestion nor hangover.
- For people having problems with their eyes, Cato advices to daily rub the eyes with the urine of a cabbage eater – this supposedly strengthens the sight.
- Whoever suffers from head- and neck pains should wash with the warm urine of a cabbage-eater, which would diminish the pain quickly.
- Who wants to be rid of polyps in the nose without surgery just needs to inhale dried, finely ground cabbage through the nose. After a short while the polyps would fall out!
Following advice is more in tune with today’s way of life:

- For people with sensitive skin and for small children it is advisable to blend finely ground cabbage with barley flower and apply as cataplasm.
- Having raw sauerkraut for breakfast as purification and detoxification treatment will get your head clear.

For his healing treatments Cato used three different kinds of cabbage. A “smooth one of strong nature and high efficiency”, and a frizzily kind, he calls “apiacon” and reminds of savoy cabbage or kale. This one is more efficient than the smooth cabbage. However, he also talks about a third kind, the so-called seven-foliageous kind, which combines all seven healing powers and is the very best and most efficient.

Plinius, the Roman author, who lived about two hundred years later than Cato, granted cabbage more time in his *Historia Naturalis*. He relates to Cato’s statements as well as other lore from the Greek. Though not a physician himself he leaves us quite a bit of need-to-know trivia about cabbage and also about the versatility of the effective vigors hidden in cabbage.

- ”Carnivorous and spreading ulcers” are stopped by cabbage.
- Place cabbage compresses on dog bites.
- Cabbage cooked still firm works like a laxative, when cooked until soft causes constipation.
- Blend hand warm cabbage juice with wine, drip this in the ear against hardness of hearing.
- In Erasistratus he read that there is nothing healthier for stomach and nerves than eating cabbage. The Greek doctor also prescribed it for paralyses and tremors.
- Drinking of salted cabbage water helps against epilepsy.
- Mixed with vinegar and alum, cabbage juice prevents hairloss.
- The consumption of cooked cabbage with oil is supposed to help against nightly unrest and sleeplessness.
- Tartar loosens from the kettle when you cook cabbage in it.

After the collapse of the Roman Empire the cabbage as remedy slowly sinks into oblivion, because new remedies to heal diseases
and sicknesses have been found. It still finds mention in botanical literature, but it’s high value in medication is not refound until the end of the last but not least century by the French physician Dr. Blanc of the Faculté de Paris and doctor at Hospice de Romans (Drôme). Dr. Blanc treated hundreds of patients successfully with cabbage and called it the “doctor of providence”. He praised its much applicability and accentuated that it never harmed any of his patients in his many years of practice.

In his quest to get confirmation from science all doors unfortunately remained closed. Therefore he decided to write down his experiences with cabbage therapy and published his book Les propriétés médicales de la feuille de Chou in 1881, which today unfortunately is no longer available. In his book he states, “Had the Romans known the modes of action of cabbage as I know it today, cabbage never would have been neither forgotten nor put false colors on.”

**THE INGREDIENTS OF CABBAGE**

The constituents of cabbage, its mode of action and the healing reactions of the body

What the basis of the extraordinary curativeness of cabbage is still a mainly unsolved mystery, a secret science is trying to disclose. The Viennese cancer research scientist Hans Steinkellner and scientists of the Fibiger-Institute in Copenhagen could prove the formation of important protective enzymes in cabbage, which help to wash cancer-causing particles from the body. Circles of experts deduce from this that these enzymes also could influence other bodily systems.

The various kinds of cabbage are, besides vitamins C, B 1, B 2, PP, K and U, rich in following ingredients: Iron, magnesium, sulphur, phosphor, zinc, bioflavonoides, chlorophyll, indolium and phenolium, anthozyanides (in red cabbage), panthotenic acid and folic acid (in cauliflower), as well as plenty of selenium and the heart strengthening potassium. None of these particles alone or in combination with others, however, could the astounding healing successes be attributed to.

Awaiting final scientific explanations I will here only tell you about
what I saw, as well as other before me and what everyone can see when trying it. After the very first cabbage compresses lasting several hours, I could see that through the skin seeped an often fetid liquid, white powdery deposit and sometimes white or yellow mucus bubbles remained even on the cabbage leaves. These deposits stopped as soon as it was cured.

Cabbage obviously has the capability to draw poisonous substances of various kinds and origin from the body and to clean it, thereby supporting and allowing the natural healing process.

When treating wounds and ulcers sometimes bloody pus seeps out, but here also it seems to be a healing supporting cleaning process, which leads with amazing speed to a compete recovery. Once the secretion of bodily poisons is ended there is a quick building of new skin and the treatment is stopped. Wounds treated with cabbage leave especially clean, neat, often no scars

When treating encysted dry ulcers covered with skin or scab the cabbage causes a secretion, meaning the ulcer opens up to heal off after all the poisonous particles have been washed out and that after a very short period of time. With no other cure I’ve tried to treat wounds and ulcers with I saw so prompt and visible successes with.

Not only the poisonous particles collected directly under the skin are being washed out, but they are also drawn from the inner organs towards the skin and secreted! Thanks to this depth effect you successfully can treat all inner organs with cabbage compresses.

Besides the various secretions through the skin we also were able to see that the cabbage leave changes its color and texture during the curing process. Depending on the kind of bodily fluids secreted the leave can change its color to yellow or brown, it can wilt or completely dry up. It is only effective as long as it is green and fresh.

During the time of treatment a reddening of the skin, blistering and itching can occur. When it’s cured these symptoms vanish again. Should the skin dissolve after a few days of treatment, treatment is stopped until new skin has built, then continues with the compresses as before.
In most cases my treatment of nightly compresses was sufficient, so the sick could continue his usual daily chores. For more serious sicknesses and fevers, meaning when confined to bed, the cabbage compresses are continually applied. Also for open, pus-secreting wounds the treatment should not be interrupted.

Poisonous particles are not only washed out through the skin, but the cabbage compresses often also cause washing secretions out through the urine, especially when the compresses are placed in the kidney area. In case of diarrhea during the sickness it is advisable to apply cabbage compresses to the abdomen, to wash the secretions out through the skin.

I also observed that cabbage
- acts as a disinfectant
- is an excellent sedative
- normalizes the body temperature (when used in leg compresses)
- supports blood circulation
- acts as a painkiller, however, in case of insensitiveness temporarily causes pain
- in burns relieves pain, cools and leaves clean, nice scars.

Also I observed that after cabbage treatments rarely any relapses or post sicknesses occur. I never observed any side effects, so the cabbage treatment proved to be completely innocuous. However, I have to point out that the body potentially reacts with a certain amount of faintness and in some cases the pain temporarily can increase. Especially in these cases you should continue with the compresses, because now the sickness is close to be healed.

HOW TO USE CABBAGE

External application:

1. Compresses
Choose the dark green, distant leaves of frizzy savoy cabbage, because these are the most efficient. Of course, it is best when the cabbage is biologically/organically grown, but if needed the ones freely available in stores can be used. Should you not own a garden to grow your own cabbage and also don’t know any farmers growing it there might be a farmers market near you. Ask your
greengrocer if it is possible to obtain the outer leaves. Should that
not be possible choose a head of cabbage consisting of plenty of
darker leaves.
After detaching and washing the leaves place them in a Ziploc bag.
Refrigerated the leaves remain fresh for a week.

In case savoy cabbage is not available you can also use white
cabbage, during summer also pointed cabbage. Cauliflower leaves
also are said to have been used successfully.

To apply cabbage to the hurting area you have to soften the leaves
by heat. Dip the cleaned leave for one second into boiling hot
water – DON’T leave it in there, because any longer than one
second would kill the active agents. Carefully dry the leaves and cut
out the middle rib, resp. cut it down to the height of the rest of the
leave. Then roll them with a rolling pin or a bottle to smooth them
out. Right before application you can heat them up again, e.g. by
placing them on the heater for a short time. Meanwhile prepare the
necessary bandages, like wide elastical bandages or a high body
bandage.

For small areas cut the leave in approximately 3 centimeter (1.2
inch), roll them and place them impricated (overlapping) on the
area. This way of application speeds up the secretion of bodily
poisons.

For wounds, especially sensitive areas and treatment of small
children, it is advised to use preferable young, tender cabbage (not
scalded, just warmed), or, if this is not available, cut up strips from
the edges or between the ribs of the smoothest leaves.

Please note:

For treatment of wounds the strips have to cover the wound on all
sides and cannot create folds!!!

How often the compresses have to be changed depends on the kind
of sickness treated and has to be decided on a case by case basis.
Generally it should be changed every twelve hours, on wounds and
especially difficult cases more often.

When the leave changes color or dries up it has lost its efficiency.
Before applying new leaves, wash the area covered with cabbage
with lukewarm water to which, in case of wounds, you add some lemon juice or any other natural sterilizing remedy.

For dental pain take half a cabbage leave and form a solid roll cut to the length need and place on the aching tooth. You can lightly chew the cabbage so the juice flows into the tooth. Given the circumstances it might be necessary to replace the cabbage roll often. When suffering from tooth abscesses with swelling of the face it is advised to also apply an external cabbage compress.

When suffering from lower abdominal pains I, besides the external compresses, also inserted hard-rolled tampons into the vagina, which sped up the healing considerably. To be able to easily remove the tampon again only insert it to two-thirds of its length. It’s advisable to not only wear an elastic pair of panties, but also a sanitary pad, as it is possible that plenty of liquid is secreted.

To form a tampon take a whole cabbage leave, prepared as above mentioned. Fold the upper leave edge towards the middle and roll the leave from the wide side tightly up.

Raw sauerkraut also can be used for external application. For use press some of the juice out and place the sauerkraut on a cloth. Before applying the compress warm it slightly over steam. Then use as usual.

2. Massages

Often embrocation and massages with cabbage oil can replace the more expansive cabbage compresses (especially for suddenly occurring pain, skin diseases and nervous disorders) or use in alternation with the compresses.

For this purpose freshly pressed cabbage juice (from mainly dark green leaves) is blended 1:1 with natural cold-pressed olive oil. Only prepare small amounts of this mixture as it only keeps a few days. The oil is filled into a small bottle, shake well and store in the refrigerator.

Internal application

1. Cabbage juice

Use fresh white cabbage juice you can obtain in a natural food store...
or a health food shop. If you want to make it at home, make sure you use only cabbage of guaranteed biological cultivation. To prepare juice it is, of course, best to use a juicer. However, you can also use a blender, but you will have to filter the cabbage mash through a mull cloth. It is best to blend the leaves with a little water. The cabbage juice will be a lot tastier when adding carrot juice (1:1). Drink 50 to 100 mg (1.7 oz to 3.4 oz) two to three times a day half an hour before meals in small sips. The ingredients are completely taken in by the cells when drank slowly.

Another possibility to get the juice is to simply chew up the leaves! Just roll small strips of the leaves and slowly chew them. Very effective, but strong in taste are the dark green leaves of savoy cabbage.

Sauerkraut juice is available in specialty stores. You can drink a tablespoon of this twice a day before eating. In case of a hangover you can drink one tablespoon of it mixed with water every hour.

2. Cabbage salad

Prepare salad of biologically grown cabbage. Cut or plane it into fine strips, blend with a sauce of your liking to which you can add some cumin to avoid flatulence. For Sauerkraut Salad use an especially mild dressing, i.e. without addition of vinegar, lemon juice and salt.

Always eat salad before a meal!!

3. Cabbage Stew

Basic recipe
Ingredients for 1 ½ liters (1.6 quarts) of soup (approx. 6 servings):

500 g (1 pound) savoy cabbage
300 g (10.5 oz) celery
250 g (8.8 oz) carrots
3 cloves garlic
1-2 teaspoons cumin
Fresh herbs like thyme and lovage
1 ½ l (1.6 quarts) vegetable broth
1 piece fresh ginger
1 piece (approx. 10 cm = 3.9 inch in length) of kombu algae
2 tablespoons cold-pressed olive oil
1 spicy red pepper (or cayenne pepper)
4 tablespoons Tamari (health food store)

Wash the Kombu algae and soak till soft in boiling hot water.
Clean, wash and cut the vegetables in small pieces and finely dice
the garlic and paprika. Peel ginger and slice into thin discs. Use a
wide pot to steam the vegetables in some oil. Add the broth, algae
including soaking water, cumin and freshly minced herbs and cook
for about 30 minutes. After cooking cut the algae into small pieces
and add tamari, season to taste.

Alternative 1:
Instead of Kombu algae you can also use 15-20 g (.5 to .7 oz) of
dried Mu-Err Mushrooms (Chinese mushrooms, as an energy and
mineral source) which you pour plenty of boiling water over and
soak for about 20 minutes. Drain the liquid, clean and finely dice
the mushrooms, add to the vegetables before steaming.

Alternative 2:
Over night soak 1 large cup of dried beans. Drain the soaking
water and cook in fresh water until they are soft. Add to the
finished stew with the liquid.

FURTHER METHODS OF HEALING

Of course, the cabbage therapy can used in combination with any
other form of treatment for support and amplification. Some of
those, the ones I successfully use myself, I will outline here.

Hippocrates says, “Eating alone does not keep a person
healthy, even when not applying any physical exertion.”

Qi Gong

Qi Gong is a very old Chinese method of self-healing. It is the
oldest known method. The age of Qi Gong is estimated at 4000 to
7000 years. From Qi Gong further knowledge was gained which
led to acupuncture and other Chinese healing methods. It originally
developed from observations of the body and its reactions. Over time it resulted in an actual exercise technique from which many other methods and schools, like yoga, Kung Fu, Thai Chi and many others, derived. Qi Gong is the collective name for aloof them. To this day Qi Gong is handed down and taught by Qi Gong masters.

In traditional Chinese Medicine (TCM) this therapy is successfully used to alleviate pain and as a cure. Chinese medicine doesn’t see the human body and soul as mechanisms, but a cooperation of energies and vital substances forming the entire person. All substances of life are manifestations of Qi. Due to its many various forms of material as well as immaterial kinds, the word Qi does not have a single translation; however, generally it is translated with energy and vitality. Scientific researchers could prove that the Qi of Qi Gong masters are transferred to others in form of waves, which helps the healing process.

The word Gong also has many meanings, amongst others it’s used for toil, work, exercise and success. Therefore Qi Gong is the art to influence the Qi through various exercises and bodily experiences, to make is utilizable.

All physiological procedures in our organisms, like growth, building of blood and other bodily fluids, metabolism, activities of the antibodies and temperature fluctuations are influenced and controlled by Qi. A weak or marred Qi causes sickness; a balanced Qi means health. Therefore there could be disturbances in the Qi which lead to a sickness before there’s a visible and flaring sickness in our body. Through suitable exercises the Qi harmony and thereby the health is regained.

In traditional Chinese medicine there is mention of natural and earned Qi. We influence our natural Qi with the gained Qi (via breathing and eating). But also misdemeanors and psychological strain can hinder the passage of Qi and weaken it which causes physical pathological symptoms. By regularly practicing Qi Gong the balanced conditions can be regained.

Through Qi Gong we can learn to consciously route the life energy through our body. In combination with a healthy life style we can effectuate our healing, meaning the harmony between body, mind and soul. Qi Gong therapy is not bound to a certain phase of life and can be practiced until old age with especially suitable exercises.
Various Qi Gong-techniques should not be mixed.

**Apple vinegar**

Apple vinegar is an important, however today mainly forgotten part of the old home remedies. A regular taking of apple vinegar, if desired blended with honey, supplies all necessary health supporting mineral mostly lacking in our current nutrition (if nothing else also due to the elution of farm ground).

Apple vinegar acts:

- normalizing for digestion
- balancing on the acid-bases ratio
- as an important source of minerals
- regulating the calcium ratio
- an energy source
- as a stimulant for the metabolism
- supporting for weight loss
- strengthening of the immune system
- antipyretic
- bacteria arresting

**Internal application:**
Add 1-2 tablespoons of apple vinegar to a glass of water and drink in small swallows. It is advised to add 1-2 teaspoons of honey. Of the course of a 24 hour period up to 6 glasses can be drunk.

**External application:**

**Cold compresses**
Dip a linen cloth in cold water, wring out and sprinkle with apple vinegar. Wrap the compress around the body part, cover with a larger sheet and finish with a woolen cloth. Repeat every 20 minutes. The vinegar acts as a detoxifying agent.
Healing earth

The very first humans knew about neither physicians nor healing plants, but he was still taken care of: When he was hungry or sick Earth helped him through it. About eating earth as medication we hear first by Hippocrates, though there still are tribes today eating earth be it because of hunger or as medication. The healing power of the earth is mainly explainable by her ability to bind harmful materials and bacteria and wash them out while at the same time supplying the body with essential minerals.

Healing earth acts
- detoxifying and purging
- remedies the lack in minerals
- balances the acid/bases ratio
- normalizes digestion
- activates enzymes and stimulates metabolism
- supports the immune system
- causes regeneration of cells
- tightens slack connective tissue
- strengthens the bones

**Internal application:**
Preparation: Add 2 tablespoons fine healing earth to a big glass and fill it with 1 cup hand warm “still” mineral water. Stir with a wooden or china spoon. Let the mix soak for a couple of hours or over night. After waking in the morning, right before breakfast and at night before going to bed (appox. 2 hours after dinner) drink the mix in small gulps. Before drinking stir well again. The earth is never to come in contact with metal!!

**External application:**
From the many options of externally using healing earth, at

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**Washings**
Dip a towel in cold water, wring out and sprinkle with vinegar. Either you rub down all of your body or just single parts, using all parts of the towel as plenty of poisons and scoria are washed off. Repeat every 30 minutes, rinse the towel after each treatment as well.
home mainly the small cold compress is advisable.
Preparation: Mix a tenacious pap of water, cabbage juice or herbal tea and spread a thick layer onto the hurting area, cover with a larger cloth and wrap the body part in a woolen blanket. After 1-2 hours of bed rest the earth can be washed off. The earth is now full with poisons and is thrown out. Wait 2-3 hours before applying another compress. You also should wait about 1 hour after meals before applying a compress.

Sunflower-oil therapy
Seemingly unbelievable effects of sunflower oil

A summary according to the Waerland magazine, 2/1990

During a congress about cancer research and bacteriology of the science academy of the UDSSR, Dr. F. Karach pointed out the tremendous healing powers of sunflower oil. The obtained results of this treatment are astounding. Their soundness everybody can test on himself. In various cases we could see the efficiency of this method for ourselves. According to Dr. Karach these simple and harmless therapy can prevent, treat and heal following diseases: headaches, bronchitis, dental pain, thrombosis, chronic blood disorders, arthrosis, paralysis, eczemas, gastric ulcers, intestinal illnesses, enzephalitis, gynaecological illnesses, heart and kidney problems. Preventive as well as healing function it is said to have in paralysis, nerve disorders and liver- as well as lung diseases. The healing process in the human organism starts already at the point of sucking and sipping the oil in the oral cavity and from there spreads to all cells, tissue and organs at the same time.

Application:
In the morning, before eating breakfast give 1 tablespoon sunflower oil into the oral cavity and rinse your mouth and teeth for 15-20 minutes. Do under NO circumstances swallow the oil as it absorbs all bacteria, pathogens and poisonous substances. Once the oil turns whitish in color and free-flowing spit it out. Now carefully rinse your mouth and brush your teeth. Also remember to clean the sink afterwards. To speed-up the healing process the rinsing can be repeated 2-3 times a day, but always on an empty stomach. Sipping oil should be done on a regular basis in order not to slow
down the healing process. Only once a complete feeling of wellness returned the treatment can be stopped.

As with all natural remedies there might be certain other reactions and a worsening of the sickness during treatment. This is a sign for the healing process going on and treatment therefore should not be interrupted.

Since I am practicing sipping oil I have gained a lot more energy, productivity, endurance and hardiness.

**Kombucha**

Kombucha is the name of a fermented beverage consisting of tea, sugar and Kombucha Mushroom. For over two thousand years it is not only known as a healthy food but also as effective remedy. It acts especially balancing and harmonizing on the digestive system, by which the metabolism is activated. A regular consumption helps the organism to degrade scoria while at the same time supplying it with a large amount of important healing agents. Kombucha is rich in dextrorotatory milk acid, which supplies the body and especially the brain with energy. Glucuronic acid is responsible for the disposal of waste and poisonous particles. The PolisAccarides are a highly effective shield of our immune system. Other important ingredients influence the nerves, body cells, skin and bones. Thanks to the high amount in healing and active agents Kombucha has a positive effect on all body systems and functions and therefore highly suitable to support other healing therapies. Ready-to-drink Kombucha you can find in every health food shop, but, of course, you can also prepare it yourself. Exact preparation instructions you will find in the book *Naturally Healing with Kombucha* by A-A. Cavelius and B. Frohn.

**Water applications**

The tremendous healing powers of water have been known since ancient times, however, the knowledge thereof has been stated by Pastor Sebastion Kneipp (1821-1897), who had great success with his water treatments. Especially cold water acts through the skin onto various bodily functions. Amongst others it supports the
blood flow and the metabolism, discards scoria, increases the immune system and helps to reduce the body temperature when running a fever. For domestic use mainly neck and leg compresses are used. Further applications, especially for larger body parts require a special training and plenty of experience as water, quite contrary to cabbage, can also cause harm when not applied properly.

**Neck compresses**
A small linen cloth of approximately 20x60 cm (7.9x23.6 inch) is folded lengthwise, placed in cold water, wrung out and then wrapped around the neck twice. With another linen cloth, which has to be bigger than the first, the compress is covered finished with a woolen shawl. It is of utmost importance that no air gets in contact with the skin. When warmed up, approx. after 20-30 minutes the compress is renewed.

**Leg compresses**
Two cloths of a size of approx. 60x60 cm (23.6x23.6 inch) are soaked in cold water, wrung out and tightly wrapped around the legs. The foot remains uncovered. Cover the small wet cloths with a larger one and finish with a woolen shawl. Repeat every 30 minutes until the fever is down. Compresses are only used with absolute bed rest.

**Breathing**
Deep and proper breathing supplies us with life energy. Bad breathing and hypoventilation prevents a good airing of the lungs with the result of our cells not getting sufficient oxygen to guarantee an impeccable working of all vital body functions. Deep breathing is the best way to prevent illnesses and a major help in the healing process. Proper breathing supports the blood flow, calms and relaxes the nerves, fights stress and strengthens our immune system. However, proper breathing has to be trained to by and by become an obvious part of our daily life.

**Abdominal respiration**
This way of breathing should be used regularly. You can do this exercise while sitting or laying down. However, when you suffer
from back problems and/or are under a lot of stress you should lay down while doing the exercise.

• Try to entirely relax by keeping disruptive thoughts at bay
• Deeply breathe out through the mouth
• Slowly breathe in through the nose and lift the abdominal wall.
• Slowly breathe out and let the abdominal wall sink all the way down.

Repeat several times.

**Complete breathing**

Only apply for special needs

• Relax
• Breathe out and let the abdominal wall sink all the way down.
• Breathe in while first arching the abdomen and then slowly draw the air into the upper chest area.
• Breath out while first emptying the upper and lower chest area and finally sinking the abdominal wall all the way down whilst crunching the abdominal muscles several times.

**Honey**

The healing properties of honey, which have already been known and applied in ancient times, have been researched by doctors all over the world during last few decades. This research resulted in the knowledge that honey acts

• energy giving and has an extraordinary nutritional value
• provides lighter digestion
• is important for the calcium supply, especially in children
• calming
• germicidal
• helps in fever reduction
• supports circulation
• is rich in minerals and trace elements, especially the dark kinds
• positively influences the metabolism
• during physical and emotional exhaustion strengthens the resistance
• is immediately digested
- prevents gas and colics in small children
- supports sleep
- soothes cough and loosens mucus

Make sure to only use genuine honey. Never heat up honey as through heating honey loses its healing power. Taken without any supplements it has to be well moistened.

**Healing with gemstones**

A fascinating yet contested part of naturopathy is the treatment with gems which has been handed down for thousands of years by so-called stone healers in form of applied medicine knowledge. Even as there is still no scientific proof for the healing power of gems we know from records of famous doctors and healers of all times about their effectiveness. Especially the holy Hildegard of Bingen used the healing powers of stones to treat the sick with great success. >From the healing stones, which have stored cosmic energy over thousands of years, strong vibrations are radiated, which influence the bodily functions independent from our stand towards them. Via various parts on the skin the vibrations reach the various organs and, in case of disturbances, renew the harmonic fluctuation of the bodily functions. Every person reacts differently to the various stones. An experienced stone therapist can be asked for advice when choosing a stone, but you also can rely on your own instincts and pick the stone that especially draws you. However, it is advisable to read literature about the healing powers of gemstones and only buy stones in sound specialty stores to avoid buying imitations.

**ABOUT NOURISHMENT - FEELING WELL BY PROPER NOURISHMENT**

A Japanese proverb states, “All bad luck comes through the mouth.” Even when I think “all” is exaggerated, my life is the best proof that there is a lot to this proverb. Be it stress, greed or simply the hunger for love: I early on was accustomed to eat way too much and neither vanity nor reason saved me from the many seductions waiting everywhere. The healthy nourishment instinct I knew to
defend when I was a small child was lost during adolescence. During the years of the war I also had learned not to be picky and over the course of the years it was most important that the amount was right. After the war ended the time of plenty, which soon was to become a normalcy, started. From this I developed a slowly creeping binge eating, which I consciously did not realize. It took me decades to realize that I was slowly eating myself to death. Only my knee problems brought me back to my senses. With the experience of an aimed fruit eating (see diets), I laid the cornerstone for a new body consciousness.

The change of diet can lead to complaints like headaches, thin bowel movement, tiredness, etc. during the first couple of days, but these reactions mean that the cleaning process just started. Thanks to this diet my knee got better. Now I also had gotten curious and started reading everything in literature about nourishment. I gained many bits of knowledge and tested many of them on myself to learn about the effects. Though there was a visible betterment in my physical body, the health problems were still unsolved. I realized it wasn’t sufficient to try this or that diet, even when it was right and healthy. No, I had to learn to listen to the signals my body sent out and to work with it instead of fighting it. It was irrationality, ignorance and especially accommodativeness, which led me to not give my body the necessary attention. I started to think about my body and asking myself a lot of questions. The answers I found piece by piece I used to picture my own microcosm in form of a many-layered state in which every subject had to perform a certain function. Now, when this state is lacking secure leadership anarchistic phases set in. I started to make contact with my tiny “subjects” (antibodies, hormones, cells, enzymes, etc.), which I now saw as my friends whom I had to give what I had always been lacking: kindness. I sent them good and loving thoughts talked to them or lightly massaged a hurting area. Indeed, I could feel a reaction: The pain vanished or at least was reduced. These first successes encouraged me to keep on track.

I felt an unknown tenderness for my small, invisible helpers, but soon I also realized that a few tender gestures were not sufficient, just like it isn’t sufficient to raise our children by constantly caressing them to turn them into strong viable people. I had to supply my subjects not just with all necessities to strengthen them, but also raise them with a certain amount of strictness and
consequence. In the main I meanwhile managed to gain their respect and my helpers generally abide. If they don’t I managed to get my life into disorder again, let myself get drawn into exaggeration or had too much stress. As soon as I slacken the reigns they lose orientation, they go on strike, become mutinous or sleep, with the result of sooner or later (at my age unfortunately more sooner than later) discomforts and, if I don’t regain control, illnesses come up.

Being moderate and having self-control in nourishment not only influence our cells positively but also have the same effect on our soul and emotional life, where they help keeping clear and in order. For example by slow eating and proper chewing of the food the foods are pre-digested via the saliva. Thus no energy is unnecessarily wasted for lengthy digestion, but used for clearer thinking, better memory and an increase in activity. Just as important are care and love. For example, under no circumstances do I cook when I’m in a bad emotional condition. A bad mood sets negative energies free which are taken in by the cells and cause them harm. For the same reasons it is important to eat meals only in a harmonic atmosphere. It’s easier said than done. However, when you know the way and don’t lose sight of your goal, this and other obstacles are easily taken. Also only the best of the best should be good enough for us. With this I don’t think of any expensive gourmet meals, but of the natural, grown on healthy soil, straight, wholesome and completely fresh foods. Denatured food produced waste products the body over time cannot diminish and therefore collects them in many “dumps”, like fat deposits, lime deposits, intestinal walls, etc.. Also it has been proven that too much milk and milk products, animal proteins and white flour lead to a collection of mucus and scoria. The result of this pollution is a lack of oxygen in the lungs, bronchi and other organs. A reduction in oxygen flow however means a lessening of the vitality of every cell. The less oxygen our body gets, the lower are our chances of well-being. (Dr. Otto Warburg, Nobel laureate, sees the lack of oxygen as one of the main causes in the generation of cancer cells.)

First signs of long lasting bad eating habits are chronic tiredness, headaches, loss in strength, lack of iron and overweight. To choose and properly use food for a balanced diet and for healing purposes, you should learn the basics of their contents and their effect on our cells. Science comes up with always new and astounding results in
this field, so we know today:

- that modern nourishment in spite of its abundance is a deficient diet because most foods lack in enzymes. Meanwhile there is scientific proof that many a hard and chronic illness, amongst others premature aging, are based on a lack in enzymes. Enzymes are the vital principle of the cells. Especially during times of sickness and in old age they have to be supplemented in the diet. As they are extremely sensitive to heat they are only found in fresh foods like fruit, raw vegetables, lettuce and sprouts.
- that the green of the plants (chlorophyll), which supplies our blood with oxygen, makes our body more resistant, cleans the blood, helps wounds to heal faster and fights cancerous cells. Chlorophyll has also been used as a proficient cure in following illnesses: high blood pressure, sickness in the pancreases, obesity, liver diseases, diabetes, osteomyelitis, gastritis, eczemas, stomach ulcers, anemia, skin problems, body odor, constipation, oral injuries, bleeding gums, burns, athlete’s foot, asthma
- floral proteins are preferable to the animal kind as they leave no waste products within the body. However, since they are partially destroyed by heat, raw vegetables should be preferred. In case of non-toleration of raw foods a conserving steaming is advisable.
- Garlic, onions, Lingonberries (Mountain Cranberries) and yogurt are effective natural antibiotics.
- Vitamin C activates the metabolism within the cells cleans the blood and strengthens the immune system.

These are only a few examples for the effects of our foods. I also want to point out some foods which are very rich in high-quality nutrients.

1. Grass of pearl barley, which is seen as the food with the the highest amount of nutrients in the world. It provides twice as much calcium as milk, twice as much calcium and potassium as grass of wheat, approximately 30x more in all B-vitamins and additionally B12, which is extremely important for vegetarians, is as rich in provitamine A (beta-carotine) and 7x more in vitamin C as the same weight-amount in oranges, 5x the amount in iron as spinach and large amounts in the important minerals magnesium, potassium, copper and zinc.
2. Pomegranates contain large amounts of anti-oxidative secondary plant parts besides many vitamins and minerals. Special meaning has the plyphenole ellag acid, whose antioxidative protection is said to be 3-10 times higher than in red wine, green tea, blueberries and orange juice. Oxidative damage caused by so-called free radicals, which are a decisive part in the occurrence of plenty of chronic illnesses could be proven to get better by regular consumption of pomegranate juice (or concentrate thereof).

3. Millet is said to be the grain richest in minerals. Special meaning has its high amount in silicic acid, which, together with other parts, supports and tightens connective tissue, helps keep the skin taut and fresh, strong and shiny hair and helps keep teeth, finger and toe nails strong and healthy. Also it can positively influence the recovery of bones and cartilage. Millet is also rich in vitamins B1, B2, B6 and B17. The silicic acid also strengthens the immune system and supports the forming of phagocytes, which destroy viruses and bacteria in the blood and lymphatic system. It also has large influence on the metabolism and the hormone balance. With increasing age the silica content in the tissue decrease, which results in a wrinkling of the skin, weakness in connective tissue, varicoses, hemorrhoids, damage to the intervertebral discs, posture weaknesses, circulatory disorders, dizziness, tiredness, enzymes, dental damages, joint damages, joint inflammations, brittleness of the nails, weakness of the senses and the nervous system and can lead to allergic reactions.

Sprouts, a high-quality source of energy

In a Chinese scroll, written circa 2700 BC, we find notes about growing sprouts and their meaning in nutrition and health for man. From later lore we learn that the Chinese survived in spite of a lack in food a major famine, because they ate sprouts. The knowledge of the high nutritional value of germinated grain and seed was distributed across the western world, too. In 1767 the English Dr. David MacBride wrote about the medicinal ingredients in wheat sprouts. He advised to supplement the diet of the ship crews with wheat germs on long sea trips to fight scurvy. Captain Cook, the famous British sailor, followed MacBride’s instructions and noted no sickness since. When in 1796 lemon juice was introduced as scurvy preventative sprouts sank into oblivion again. Just this
century American and European scientists and research companies are starting to research the contents of sprouts and their effect on the body. From these studies we learn:

- that germ buds contain high-quality protein, which often is proportionally higher as in a piece of beef filet;
- that the contents are easier to be taken in by the body, because they are more balanced and more complete;
- that also other foods are easier assimilated by the body when germ buds are added to them;
- that the content in vitamins can be increased by 100 % and more;
- that, if necessary, man can feed on just sprouts over a long period of time;
- that some kinds of sprouts can prevent the growth of cancer cells;
- that sprouts, though having a high nutritional value, are low in calories and are especially good to lose weight;
- that germ buds do not create scoria and therefore relieve the entire metabolism.

One of the most famous leaders in the research of sprouts was Dr. Ann Wigmore, founder and director of the “Hippocrates Institute” in Boston, which for over thirty years offers classes for introduction in growing sprouts and their use and application in nutrition. Dr. Wigmore not only healed herself from cancer but also fought various other diseases, like arteriosclerosis, diabetes, circulatory disturbances with success.

Before starting a diet rich in sprouts it is advised to free the body of collected scoria, as only in a clean and healthy organism can the nutrients of the germ buds unobstructed reach the cells and cause their regeneration and revitalization. After a thorough inner cleaning our body is capable to make the most use of germinated food and the accumulated life energy, which is freed by the germination process in form of enzymes in every grain, seed and pulses. A seed holds the whole miracle of life within. United within are food reserves, concentrated energy and the new germ. The germling, also called Embryo, has the form and contents of a tiny plant, which, as long as the prerequisites for a new life are not present, is protected from negative outer influences by enzyme stoppers.
Only with proper heat, humidity and air conditions these stoppers are neutralized and the growth will start. A big change is starting in the seed now. By water seeping in the seed wells up, the skin tears open and the freed enzymes start their work. They not only grow new tissue, but also turn many ingredients into easier digestible forms. The proteins are split in high-quality amino acid, fat is turned into soluble parts that are easily assimilated and carbohydrates are turned into simple sugar forms. Also the minerals and trace elements are turning into easier absorbable forms and completely new ones, like vitamin C, are built. In sprouts we also find vitamin B12, of which larger amounts normally only are found in meat, but is barely found in fruit and vegetables, which is also the reason why the opponents of vegetarianism claim that eating meat cannot be omitted. However, this statement so far could not be proven scientifically, as man does not produce body-own vitamin B12.

During the first days of the germination process the content of the ingredients and nutrients increases multiply. As the highest enzymal activity occurs in the time of the 2nd and 7th day of germination, the germlings are best eaten during that period. Everybody can easily create his own sprout garden at home from simple materials. Most seeds, grains and pulses are suitable for use as germlings, though they are quite different in taste. Which ones we chose and how we combine them, is not only decided by our taste, but also by their unique properties.

Alfalfa sprouts for example provide strong muscles and bones. Millet sprouts are a good cure for all skin diseases and barley sprouts neutralize the acid in the body. Oat germ buds fight infertility and produce up to 600 % vitamin C during the germination process! All sprouts increase the resistance against sickness and help with a healthy metabolism.

Bircher cereals (Birchermuesli)

The Swiss doctor and nutritionist Dr. Bircher-Benner (1867-1939) derived this dish from an old national custom of his home country, where fresh fruit is mixed with mashed grain and milk served as a
separate meal, and advised it as dietary dish for all age groups due to its easy digestibility and ideal combination of vital ingredients. For the body to completely take these vital parts in the cereal has to be prepared fresh, right before eating it. It is also important to always eat it at the beginning of any meal, because only then does it have healing properties.

Basis recipe (1 serving):
1 tablespoon oatmeal (soak coarse flakes in 3 tablespoons cold water for 12 hours)
1 tablespoon lemon juice
1 tablespoon yogurt
Some honey
200 g (7.05 oz) apple
1 tablespoon finely ground nuts or almonds
Mix the first 5 ingredients (this can be done ahead of time), stir in coarsely ground apples (preferably tangy and firm), dust ground nuts on top.

This recipe can be adapted according to taste, meaning you can use various kinds of fruit, use milk or soymilk or cream instead of yogurt and you also can use any other kind of flaked grain. However, it is important to not exceed the amount of flaked grain, as the healing power is mainly drawn from the fruit. Coarse flakes always have to get soaked.

Algae – the vegetable from the oceans

Within living memory civilization living on the oceans ate algae. Many of them kept this custom. Especially in Asia algae are an important part of nutrition and are also used as cure and preventative against sickness. Due to their tremendous contents in minerals, vitamins and dietary fibers they are also becoming a more and more important dietary supplemental source for energy and strength in western cultures. The dietary fiber in algae helps prevent cancer, degrade environmental poisons and protect from radioactive particles. The many minerals and vitamins activate metabolism and strengthen the immune system. With regular consumption the body also is supplied with sufficient amounts of organic iodine. Algae, in form of dehydrated vegetables should preferably be a small part of the daily menu. 1 tablespoon per person and day are sufficient.
There is an infinite quantity of different ways to prepare algae in foods. They can be used for appetizers, salads, soups and main dishes, as well as desserts (agar agar). Every kind of algae has a specific and unique healing property. Wakame, for example, acts detoxifying and stimulates the immune system and helps to reduce stress and cholesterol. Arame is mainly advised for female problems and high blood pressure and also provides nice hair, firm skin and strong nails. Kombu is rich in detoxifying dietary fibers. Especially in regards of Algae Hippocrates words hold true, “Let food be your medicine and medicine your food.”

**DIET**

For weight reduction, dehydration, purification and for support of the immune system
According to H. and M. Diamond, authors of the book *Fit for Life*

From the mornings on an empty stomach until noon only fresh fruit and fresh-pressed fruit or vegetable juices are allowed. As of 10 AM a banana can be eaten. All fruits have to be eaten very slowly and have to be chewed thoroughly. Drink the juices in small sips and salivate each sip well. Don’t eat anything else nor drink any other beverages at the same time. When you are thirsty you can drink herbal tea, water that’s low in minerals with freshly pressed lemon and vegetable juices before and in between eating fruit. No coffee! No black tea!

Lunch as of noon:
- Start out with raw fruit and vegetables and a mixed salad, maybe with addition of some sprouts germ buds and nuts (no more than ½ cup per day)
- steamed vegetables (very little water, some oil; let the water completely evaporate)
- Rice, noodles, potatoes or pulses (everything without cheese but eventually with algae or tamari)
- Wholegrain bread with butter or vegetarian spread

Around 16:00 hrs (4 PM) a cup of coffee is permissible, other than that only fruit or raw vegetables
Dinner between 18 and 19:00 hrs (8 and 9 PM), if possible no later than that:

- Large mixed salad with lemon dressing
- Steamed vegetables
- 150 g (5.29 oz) meat or
- 150 g (5.29 oz) fish or
- 100 g (3.5 oz) cheese or
- 2 eggs (only once per week)
- or Tofu.

No bread, potatoes or grain products. Never eat two albuminous (protein-containing) products together.

Around 22:00 hrs (10 PM) fresh fruit or fruit juice

**SUGGESTIONS FOR SELF – TREATMENT**

**Abscesses**

**What works?**

- Cabbage compresses let the inflammation fade away within a few days.

**What should be eaten?**

- It is advisable to support the healing process by eating plenty of fruits, raw vegetables and drinking of raw vegetable juices.

**What should be avoided?**

- All irritants and semi luxury foods (drink and tobacco)

**Acidosis**

The excess in acid within the human organism is a result of an unbalanced diet with a high content of acid producing nutritional and semi luxury food. Today it is a widespread phenomenon which results in many complaints and problems of a physical and emotional kind. Only by conscious and balanced living and a mainly vegetarian diet a persistent healing can be accomplished.

**What works?**

- To support the kidney activities and recovery of the gastro-intestinal cultures make cabbage compresses for kidney and abdominal areas.

- Fasting is advisable for a general relief of strain on the
organism
• Drink plenty of non-carbonated water which is low in minerals
• Drink water mixed with apple vinegar
• Regular breathing exercises
• Daily Qi Gong exercises
• If it is digestible, eat only ripe fruit for breakfast and drink fresh pressed, diluted fruit and vegetable juices in small sips.

What should be eaten?
• Mainly ripe fruits, raw fruit and vegetables, conservingly cooked vegetables, salads, potatoes and spinach. Also whole grain products (however in moderation), spelt, soy (in moderation), miso, millet, wine (in small amounts), algae.

What should be avoided, resp. restricted?
• Meat, meat products, milk and milk products, sugar, sweets, white flour, pulses, alcoholic beverages (wine as per above)

Acne
What works?
• Intake of raw cabbage juice
• Regular practicing the oil-drawing cure
• Also the intake of healing earth can be recommended for detoxification.
• Over night rub down the affected area with cabbage oil.

What should be eaten?
• Fresh fruits, raw vegetables, carrots, cucumbers, cabbage, pulses, blue berries, almonds, soy products (in moderation), oatmeal, yeast, mustard sprouts, algae and drinking of whey, lemon juice and rosehip tea.

What should be avoided?
• Animal protein and fats, peanuts as well as all irritants and semi luxury foods

Acute bronchitis
What works?
• Before going to bed apply a cabbage compress to the chest for two hours.
• Very effective is a bag of mashed potatoes. The potato acts as a calming, soporific and pituitary agent.
• 25 g (0.88 oz) fresh chopped cabbage leaves boiled with 400 g (14.10 oz) water for 15 minutes. Drink 3-4 cups with honey per day.
• Highly advisable is also the oil rinsing treatment
• Press or crush 2 cloves of garlic blend with 3 tablespoons honey and ingest 1 tablespoon 3 x per day.
• In small sips drink 1 glass of water mixed with 4 teaspoons apple vinegar and 1 teaspoon honey. Before drinking gargle with the water and repeat every 30 minutes
• Regular Qi Gong exercises strengthen the bronchi

What should be eaten?
• Vegetarian foods, garlic, elder, cabbage, paprika, spinach, oranges, apricots, algae, fresh ginger, cooked onions, carrots, apples, Gomasio, radish juice

What should be avoided?
• Milk (causes phlegm)

Bag of mashed potatoes
Cook 5 large potatoes in jackets, place the still hot potatoes in a bag or onto a cloth with the sides pulled over the potatoes. Mash the potatoes with the hands and place the bag as hot as possible on the chest, cover with a towel and leave on until the potatoes are cooled

Acute hearing loss
What works?
• Drip several drops lightly warmed fresh pressed cabbage juice into the ear or place a cotton ball (dabber) soaked in cabbage juice in the ear. After 12 hours thoroughly wash the ear and drip a few drops pure olive oil into the ear. Another 12 hours later repeat the treatment and additionally apply a cabbage compress onto the ear. Instead of fresh cabbage juice you can also use the liquid from raw sauerkraut.
• Drink ½ glass of fresh pressed cabbage juice
• Drink plenty of clear, still water
• 1 x per day ingest 50 ml (1.69 oz) garlic elixir
• Make sure to have sufficient exercise in fresh air
What should be eaten?

- Plenty of fresh sprouts and germs, wheat grass juice, almonds (10 per day), fresh green salads, raw fruit and vegetables, cooked cabbage (all kinds)

Aging

What works?

To keep the body young even Paracelsus suggested to use moderation in eating, keep the body free of scoria and keep a happy mind.

- Daily ingestion of fresh cabbage juice can help us with all three issues. Taken before the meals it reduces the appetite and prevents overeating, it works detoxifying and purging on the organism and supports digestion and therefore also helps us being in a good mood.
- It is advisable to drink grass of pearl barley juice on a daily basis.
- Regular drinking of green tea strengthens the heart.
- Apple vinegar provides a good supply with minerals and trace elements. During the course of a day 2-3 glasses of water mixed with 1-2 tablespoons apple vinegar, drank in small sips delays the aging process when taken regularly.
- For the same reason it’s advisable to drink the juice or concentrate of pomegranates (for further information see the chapter about nutrition)
- The building of blood and cleansing can also be supported by stinging nettle tea or juice.
- From time to time a Kombucha treatment is advisable.
- Qi Gong-exercises should be on the daily to-do list. They keep body and mind young and flexible.
- Regularly drinking of tea made of honey and powdered cinnamon checks the dire effects of aging.

Preparation: Bring two cups of water with 1 table spoon of cinnamon to a boil, let sit for 10 minutes and then dissolve a heaped tablespoon of honey in it. Sieve and drink in the morning before breakfast and in the evening before going to sleep in small sips. It keeps the skin fresh and flexible and the active life span is increased.

What should be eaten?

- Millet, Gomasio (Sesame Salt), nuts, honey, yogurt, algae, fish, lemon, sprouts, olive oil, chili pepper, apples, onions (cooked), radish juice, raw sauerkraut, green vegetables, soy products (in moderation), dandelion, oats, oranges,
sunflower seeds, stinging nettle seeds, currants.

What should be avoided?
- Mostly animal fats and proteins, white sugar, semi luxury food and irritants, canned foods

Recipe for Gomasio
100g (3.5 oz) sesame seeds are roasted golden brown in a pan without fat while stirring constantly. Add 10-20 g (0.35-0.71 oz) sea salt and roast for a few minutes longer, cool down and pour into a jar with a screw-on lid.

Alcoholism
What works?
- To support a withdrawal treatment take 3 times per day fresh cabbage juice (for cleaning and strengthening)
- For general sedation place cabbage compresses on the upper abdomen

What should be eaten?
- Cabbage, artichokes, yeast, wheat germ, whey, honewater

What should be avoided?
- Canned foods

Allergies
What works?
For general strengthening, detoxification and regulation place nightly cabbage compresses on the upper abdomen (depending on the size 2-4 leaves), keep them on all night long.
- For internal support, drink 1x3 times a day fresh cabbage juice
- Daily drink barley grass juice.
- Alternatively the oil therapy can be used.
- The healing earth treatment also is recommendable.
- Apply cabbage oil to the affected area.

What should be eaten?
- Whole food, raw fruits and vegetables, daily vegetables with lactic acid like sauerkraut, fruit and vegetable juices, green vegetables, dandelion, soy products (in moderation), nuts, seeds sprouts, sesame and sunflower seeds.
What should be avoided?
- Milk and milk products (besides yoghurt), animal proteins, canned food and ready-to-eat products

**Anemia**

What works?
- Drink fresh cabbage juice 1-3 x per day
- 3 x per day ingest 1 tablespoon fresh stinging nettle juice. Execute this cure once a month.
- Do oil rinsings daily

What should be eaten?
- Fruits and salads, in spring daily dandelion salad, tomatoes, dandelion, dried figs, Gomasio, pulses, sunflower seeds, whole grain bread, blueberries, algae, oranges, grapes, alfalfa sprouts, lemon, parsley, once a day raw sauerkraut, oat meal, soy products (in moderation), honey, tamari

**Anorexia (loss of appetite)**

What works?
- Regular drinking of apple vinegar
- Daily drinking of green tea
- Regular Qi Gong exercises

What should be eaten?
- Fruits, fruit juices, oranges, raw vegetables, whole grain products, Gomasio, wheat germs, eggs, yeast, pulses, nuts, soy products (in moderation), artichokes, garlic, tomato juice, parsley

What should be avoided?
- Candy, sweets, chocolate

**Anus itching**

What works?
- Detoxification of the body by regular consumption of raw, freshly pressed cabbage juice
- Rub the anus down with cabbage oil
- Washings with diluted apple vinegar are advisable

What should be eaten?
- It is advised to switch to purification-supporting, wholesome, mainly vegetarian diet with high content of fruits and raw vegetables.

What should be avoided?
- White sugars, chocolate, sausage/meat products, semi luxury foods like coffee and alcohol
Anxiety states

What works?

- Make leg compresses from cabbage leaves and keep on over night.
- In difficult cases make cabbage compresses on the upper abdomen day and night.
- 3 x per day drink fresh pressed cabbage juice
- Regularly drink hawthorn tea
- St. John’s wort also is advisable. Take 10-20 drops of its essence with some water 3 x per day.
- Wear agate and amethyst stones directly on the skin, e.g. as a pendant
- Regular Qi Gong exercise

What should be eaten?

- Plenty of apples, yeast

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Arteries, Arteriosclerosis

What works?

- 3 x per day drinking of fresh cabbage juice
- Over the course of a couple of weeks and months eat 1-2 cloves of garlic per day. To avoid the unpleasant odor chew some parsley afterwards.
- Alternatively drink 50 ml (1.69 oz) garlic elixir once a day (recipe see Senility (infirmity))
- To strengthen the arteries drink 15-20 drops of hawthorne tincture in some water 3x a day
- Regular drinking of apple vinegar water prevents arteriosclerosis (3x per day 1 tablespoon vinegar in 1 glass of water)
- Regular drinking of green tea

What should be eaten?

- Whole foods, pulses, wheat germ, millet, rey, soy products (in moderation), Gomasio, linseed, pumpkin seeds, nuts, onions, apples, lemons, artichokes, algae, grapefruits, raw sauerkraut, all kinds of cabbage, grapes, shiitake

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**Hawthorn tea**

2 teaspoons petals in a cup and pour boiling hot water and let soak for 15 minutes, then drain.
mushrooms, vegetable oil, whey, blueberries, currants, oranges, raw tomatoes, parsley

What should be avoided, respectively decreased?
- Sweets/candy, alcohol, semi luxury items and irritants, mostly salt, animal fats and protein

**Arthritis, arthrosis**

What works?
- For inflamations of the joints make cabbage compresses
- Drink 2 - 3 x per day fresh cabbage juice
- . Daily drink pomegranate juice
- . Also advisable is to regularly drink apple vinegar water (up to 6 glasses per day)
- . You should also make apple vinegar compresses several times a week and keep them on for 2-3 hours.
- . Daily rinsing with oil is advisable
- . Qi Gong-exercises soothe the pain and increase the flexibility and general condition of the joints.
- Very advisable is also to have a cure with quince juice
- . Longer ingestion of healing earth acts beneficial as well.
- . Wear *amber* directly on your skin as much as possible

What should be eaten?
- Wholesome, mainly vegetarian, fresh foods, millet, raw fruits and vegetables, fish, algae, chili pepper, cooked apples, tomato juice, artichokes, cooked onions, cucumbers, lemons, alfalfa sprouts, daily raw sauerkraut, bananas

What should be avoided?
- Animal fats and proteins, baked meat, especially pork, meat products, white sugar, pure coffee

**Asthma**

What works?
- Place cabbage compresses on the chest by day and night
- . Qi Gong-exercises are advisable
- . Drink plenty of water

What should be eaten?
- Cooked onions, algae, carrots, cucumber, cabbage, wheat grass juice, alfalfa sprouts, and fish

What should be avoided?
- Coffee
Athlete’s foot
What works?
- Wrap cabbage leaves around the foot and keep on over night, tighten with a sock.
- Rub down with cabbage oil during the day

Back pain
What works?
- Apply cabbage compresses over night
- Massage with cabbage or pure olive oil every morning for 5-10 minutes after washing
- Apply jasper (healing stone) to the spine over night
- Every morning rinse the mouth with oil
- Qi Gong exercise
- Exercise according to Packi method

According to Dr. Walter Packi, specialist for general medicine and pain therapy, also see http://www.holistische-medizin.info/packi_uebung.html

Bladder troubles
What works?
- Apply cabbage compresses to the abdomen over night
- During the day, rub down the bladder area with cabbage oil for 5 minutes
- Also advisable are daily oil rinses
- To strengthen the bladder exercise Qi Gong daily
What should be eaten?
- Gomasio, garlic, artichokes, cabbage, cooked onions, elder, whey, yeast, millet, apples, barley, grapes

Bleeding gums
What works?
- Rinse the teeth (mouth) with fresh cabbage juice several times per day
- Fast acting is also the oil therapy
- Rinse with apple vinegar water
What should be eaten?
- Alfalfa sprouts, wheat grass juice
Blood, cleansing of
What works?
• Drinking of fresh pressed cabbage juice 3 x per day, drink
diluted with hand warm water on an empty stomach
Further alternatives:
• For one week eat only raw sauerkraut for dinner
• Drink healing earth water twice a day
• Start the day with 1-2 glasses of warm water low in
minerals
• Until noon only drink fresh pressed fruit juices in small sips
and/or eat fresh ripe fruit. Don’t drink anything (besides
water and vegetable juices) until noon and
• Oil rinsings are also advisable
What should be eaten?
• Asparagus, dandelion, cichorium intybus, stinging nettles,
algae, lemon, onions, yogurt, oranges, elder (leaves),
parsley, sorrel, daisies
What should be avoided?
• Meat products, white sugar, semi luxury foods and irritants

Blood pressure, high
What works?
• Cabbage compresses on the upper abdomen
• 1 - 2 cloves of garlic per day
• 2 - 3 x per day ingestion of 15 - 20 drops hawthorn tincture
in some water or drinking 3 cups hawthorn petal tea per
day
• Rinsing the mouth with oil every day
• Regular Qi Gong exercises
• Drinking apple vinegar water several times per day
• Wear a sodalith or lapislazuli stone on the skin
• Apply Heart-Mudra exercises. This exercise can be found
pos1.html figure 7.

As high pressure can especially be a sign of a lack of calcium it is
advisable to eat mainly foods rich in calcium.
What should be eaten?
• Barley grass juice (contains twice as much calcium as milk),
plenty of fruits, vegetables and salads, olive oil, yogurt,
mackerels, raw apples, Gomasio, wheat germ, oat meal,
rice, artichokes, cooked onions, rey bread, lemon, grapes,
Arame algae, soy products (in moderation), mushrooms, yeast, pulses, alfalfa sprouts, fresh ginger

What should be avoided?
• Semi luxury foods and irritants, white sugar, mostly animal fats, proteins and salt

Blood pressure, low

What works?
• Make sure to have plenty of exercise
• Daily Qi Gong exercises are advisable
• Daily rinse the mouth with oil

What should be eaten?
• Chili pepper, oat meal, oranges, algae, whole foods rich in spice, salt, dried fruit, whey, stinging nettles, dandelions, blueberries, rosemary, sage

Blood thinning

What should be eaten?
• Mushrooms, fresh ginger

Bronchial asthma

What works?
• Applying cabbage compresses to the chest and liver areas, keep on over night. In case of attacks you can additionally make cabbage leg compresses for revultion.
• For 10 minutes rub in cabbage oil with slightly circling movements. This form of treatment can be executed in the mornings after removal of the cabbage leaves and cleansing of the skin.
• Drink several glasses of apple vinegar water over the course of the day in small sips
• For support make a stinging nettle cure
• Daily rinse the mouth with oil

What should be eaten?
• Garlic, algae, carrots, onions, barley, plenty of fruits and vegetables, fresh herbs

What should be avoided?
• Animal protein, milk products, flatulent foods, little salt and spices
**Bruises, sprains, contusions, pulled muscles**

What works?
- Cabbage compresses
- Rubbing down the affected areas with cabbage oil in the mornings and evenings, eventually using pure olive oil
- Apply a cataplasm of mushed onions
- Rubbing down the affected areas with rosemary oil
- Rubbing down with marigold ointment
- Healing earth compresses

**Burns, light**

What works?
- Let plenty of cold water run over the burn until the pain ceases, then apply cabbage compresses

**Burns, severe**

What works?
- As first aid, also for reddening due to allergies, apply a linseed compress

**Linseed compresses**

Boil 3 tablespoons linseed in ½ l (2 cups) water for 10 minutes, dip a piece of actual linen (sterile) into the warm water and place onto the burned area – replace often.

**Cancer**

What works?
- Drink fresh cabbage juice several times per day, use mainly dark green leaves for juicing
- Daily Qi Gong exercise

What should be eaten?
That certain foods, especially cabbage, contain particles which help to protect the organism from cancer and can support healing, has been proven by many scientist across the world via laboratory tests and tests/examinations of cancer patients. Amongst others this research showed that dark green vegetables provide the main and
major protective factor and that cancer cells don’t grow on raw foods.  The foods mainly suggested are: all kinds of cabbage, seedlings and sprouts, wheat and barley grass juice, carrots, celery, garlic, almonds, algae, soy and other pulses, figs, nuts, yogurt

What should be avoided?

• Animal fats and protein, white sugar, canned foods, ready-to-eat products as well as all semi luxury foods and irritants

Ceurmen (earwax) clot

What works?

• Drip 2-3 drops almond oil in the ear in the evening, then block it with a cotton ball. In the morning wash with hand warm water

What should be avoided?

• For prevention avoid mainly animal fats and proteins

Chest, illnesses of the female breast

What works?

• Cabbage compresses until full recovery
• Rub cabbage oil in during the day
• Drink fresh pressed cabbage juice

Chronic instetinal infections:

What works:

• Besides the cabbage compresses ingest 1 tablespoon olive oil in the mornings on an empty stomach.

What should be eaten?

• Ground apples (when suffering from diarrhea), cooked apples (when not suffering from diarrhea),

What should be avoided?

• Semi luxury foods and irritants, fresh bread, milk and milk products, meat and meat products, pulses, mushrooms and cabbage

Raw apple dish

1-2 apples with peel are ground using a glass grater. Eat 3x per day when they turn slightly brown.
Chronic tiredness/weariness/fatigue

What works?
- Drink fresh pressed cabbage juice several times per day
- Apply cabbage compresses to the upper abdomen and/or legs and let it take effect over several hours
- Rinse the mouth with oil in the mornings on an empty stomach (see sunflower oil therapy), eventually repeat before the main meals
- Regular Qi Gong exercise
- Over the course of the day drink several glasses of apple vinegar water

What should be eaten?
- Wheat grass juice, fresh foods, whole grain food, alfalfa sprouts, green tea, green leafy vegetables, algae

What should be avoided?
- Potatoes, canned foods, white sugar, denaturalizes foods

Circulatory disorders

What works?
- Daily drink 1-3 glasses fresh pressed cabbage juice
- Daily eat 1-2 cloves of garlic over the course of several weeks or months
- Regular Qi Gong exercise
- In the mornings rinse the mouth with oil

What should be eaten?
- Light fresh foods, vegetable and fruit juices, sprouts

What should be avoided?
- Animal fats and protein

Circulatory problems

What works?
- Daily drink fresh-pressed cabbage juice
- Eat 5 cooked sweet chestnuts before and after the meals every day. It supports circulation and strengthens the body.
- Eat 1-2 cloves of garlic per day, if needed over weeks and/or months
- Regular rinsing with oil also results in better circulation, strengthens, calms and relaxes
- It is advisable to exercise Qi Gong daily
What should be eaten?
- Garlic, sweet chestnuts (see above), lemon, parsley

**Corns**

What works?
- Treatment with cabbage compresses results in a quick healing
  If no cabbage is available try the following:
- Garlic compresses
  Press fresh garlic to a mush, add olive oil drop by drop until you have an easy-to-spread paste, which as an compress is placed on the corn

**Coughs and sneezes**

What works?
- Regular ingestion of garlic often prevents coughs and sneezes for years
- As prevention tie a badger fur belt around the neck
- Immediately at the sign of the first symptoms sip a glass of water with 1-2 teaspoons apple vinegar. Drink several glasses over the course of the day. When thirsty at night drink further 1-2 sips.
- At the first sign of a sore throat tie a *jasper* stone around the neck
- When the coughs and sneezes are already there take 1-2 sips of 1 glass of water with 4 teaspoons apple vinegar every half hour.
- When suffering from a bad sore throat add some seasalt and gargle often.
- Support healing by applying cabbage compresses to the abdomen
- For prevention and to strengthen the immune system drink daily fresh cabbage juice.
- Also advisable are oil rinsings in the mornings
- For sudorifications (diaphoretication) drink 4-5 cups of lime-blossom tea with honey as hot as possible in small sips.

What should be eaten?
- Coughs and sneezes are a cleaning action of the body. By sticking to a wrong diet, especially by ingestion of too many cereal products and milk, respectively milk products,
the body builds up too much mucus and the non-digested remains start sticking to the cell walls. It is advisable to eat plenty of apples and cooked onions as they act to reduce mucus. Also: elder, cabbage, carrots, fruit and vegetable juices

What should be avoided?
- Animal products, cereal foods (only in small amounts advisable), chocolate, white sugar, canned foods

**Cramps in the legs (nights)**

What should be eaten?
- Preventative: vegetable oil, whole grain food, fruits, fruit juices, nuts, cabbage, pulses, yeast, sprouts (especially wheat), seeds, oranges, dates, cucumber, lemon

**Dandruff**

What works?
- In the evenings massage cabbage oil into the scalp
- Wash hair in the mornings, before last rinsing massage the scalp with dandelion juice or rinse hair with dandelion tea. Repeat this treatment several days in a row
- Prepare a purée of healing earth and fresh cabbage juice and spread on the scalp, let it take effect until it starts drying then wash your hair

What should be eaten?
- Cabbage, artichokes, yeast, whey

What should be avoided?
- Too much animal fats and protein, alcohol

**Decubitus (getting bedsore)**

What works?
- Apply cabbage compresses – the cabbage cleanses the wound, cools it and Stops the pain
- In less severe cases rub down the affected areas with cabbage oil
- Apply marigold cream

**Depression**

What works?
- Drink fresh cabbage juice 3x per day and apply cabbage compresses to the abdomen
Rinse the mouth with oil in the mornings
Regular Qi Gong exercise
Drink 2-3 cups St. John’s Wort tea

What should be eaten?
Plenty of fennel, spelt and sweet chestnuts (recommended by Hildegard von Bingen) oranges, artichokes, carrots, onions, grapes, whole grain products, nuts, seeds, wheat germ, yeast, pulses, cabbage

What should be avoided?
Coffee

**St. John’s Wort tea**
Pour boiling hot water in a cup with 1 teaspoon St. John’s wort, let sit for 5 minutes then strain. Drink slowly in sips.

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**Diabetes**
What works?
Apply cabbage compresses to the upper abdomen and keep on over night.
Drink fresh cabbage juice on a daily basis
Drink regularly green tea

What should be eaten?
Garlic, vegetables, cabbage, sprouts, apples, soy products (in moderation), onions, artichokes, oatmeal, Shiitake Mushrooms, tangy fruit, raw fruits and vegetables, whey, yeast, wheat or barley gras juice, alfalfa sprouts, in small amounts: pulses, carrots, red turnips, cabbage turnips, sweet fruit, fat

What should be avoided?
White flour products, sugar, dried fruit

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**Diarrhea**
What works?
Cabbage compresses applied to the abdomen
Or:
Warm and damp compresses: Fold a frottee towel in half, dip it in very warm water and place it on the abdomen. Cover with another cloth and bedspread.
Fast 1 day and only drink peppermint tea
• 1 day only eat raw apples (recipe intestinal infection)
• 1 day drink 6 glasses of apple vinegar water distributed over the whole day (1 teaspoon vinegar per glass)
Or:
• Over the course of a day drink 5-6 glasses of healing earth water in small sips.
• Advisable are also oil rinsings
• Regularly drink green tea
• Drink fennel tea

**For children and older people:**
• Boil 20 g (0.71 oz) barley in 1 litre (4 cups) water, sweeten with honey and drink

What should be eaten?
• Dry Zwieback (Brussels biscuit or rusk), old yeast pastry, spelt products, chicken, crisp bread, apple sauce, cooked raspberries, wheat germ, and yeast, elder

What should be avoided?
• Milk and milk products, whole grain bread, fresh yeast pastry, salad, raw fruit, mineral water, coarse vegetables, red meats, meat products, sugar

**Diarrhea in an infant**

What works?
• Cabbage compresses applied to the abdomen
• Feed rice puree: Cook 10 g (0.35 oz) rice with 100 g (3.5 oz) water until it’s a mush, when the stool is normal, slowly add milk to it. You may also feed some rasped apple. Make sure the child drinks sufficient amounts of liquid (tea)

**Ear infection (inflammation of the middle ear)**

What works?
• Apply cabbage compresses to ear, head and neck, if needed replace often
• Dip some cotton in cabbage oil and place in the ear
• Drink fresh cabbage and carrot juice several times per day

What should be eaten?
• Cooked onions, carrots, all kinds of cabbage, elder as juice or purée, garlic, apples, lemon, oranges, spelt products, barley
Eczema
What works?
• Treat with cabbage compresses or brush cabbage oil on
• Daily drink fresh cabbage juice
• Every morning rinse the mouth with oil
• Regularly drink Kombucha
What should be eaten?
• Raw fruits and vegetables, carrot- and lemon juice, oranges, Clabber (curdled milk), yogurt, vegetable protein, vegetable fats, artichokes, cucumbers, cabbage, yeast, grapes, wheat gras juice, alfalfa sprouts, mustard sprouts, millet
What should be avoided?
• Animal fats and proteins

Edema
What works?
• Apply cabbage compresses
• Rub down with cabbage oil
• Drink fresh pressed cabbage juice 2-3x per day
What should be eaten?
• Add some days to eat only fruits and raw vegetables, eventually switch over to a vegetarian diet; elder
What should be avoided?
• Animal protein, salt and spices

Epilepsy
What works?
• Apply cabbage leaves to calves and neck
• Drink fresh cabbage juice 3x a day
• Regularly drink lime-blossom tea – acts calming and strengthening
What should be eaten?
• Fruit, fresh fruits and vegetables, whole foods, sprouts, pulses
What should be avoided?
• Salt, spices, alcohol, mostly meat products and carbohydrates

Exhaustion
What works?
• Drink fresh cabbage juice 3x per day
• During the night apply cabbage compresses to the upper abdomen
• Lightly massage the upper body 5 minutes with cabbage oil every morning, afterwards the lower back area for a few minutes.
• Daily Qi Gong Exercise
• For acute crises take “Rescue” (an essence of flower petals of wild plants, named “Bach-flowers” after Dr. Edward Bach), see recipe below.
• Daily drink pomegranate juice or concentrate
• Regularly rinse the mouth with oil
• Daily drink green tea
• Kombuch also acts strengthening on the entire organism
• To increase vitality it’s advisable to undergo a stinging nettle cure of 4 weeks.
• Carry jasper stone close to the skin or hold it in your left hand over night. This supplies the body with new energy.

Rescue-Drops
(Available in pharmacies)
Add 4 drops to a glass of water, drink in small sips then every 15-30-60 minutes another sip. This way up to 4 glasses a day can be taken.

What should be eaten?
• Spelt, green vegetables, honey, cabbage, figs, fennel, Gomasio, soy products (in moderation), millet, rice, barley, fruit, raw fruit and vegetables, algae, bananas

Eyes
What works?
• For acute problems, for example inflammation: Over night place cabbage compresses on the eyes. The cabbage also strengthens vision.
• Regularly drink fresh cabbage juice for strengthening
• Ingest 50 ml (1.69 oz) garlic elixir every morning (recipe under 'Senility')
• Rinsing with salt water
• Highly effective are special Qi Gong exercises fort he eyes
• Application of agates and berylls act strengthening on the
vision.

What should be eaten?
• Carrots, wheat germ, millet, Gomasio, butter cheese, paprika, spinach, apricots, blueberries, cabbage, broccoli

What should be avoided?
• White sugar, pure coffee

Saltwater douche
Pour hand warm water into a soup plate or platter and dissolve 1 teaspoon sea salt in it. With open eyes place the face for 1 minute into it while moving the eyes. Take short breaks to breathe.

Fits of dizziness
What works?
• Drink apple vinegar water
• Qi Gong exercises

Flatulence
What works?
• For sedation and regulation apply cabbage compresses to the abdomen.
• Before and during meals drink small sips of apple vinegar water. No other beverages.
• Take equal parts of anise, fennel, caraway seeds and chamomile and pour boiling hot water over it, let stand for 10 minutes, then drink in small sips
• Eat slow and chew thoroughly
• Make sure to have plenty of exercise in fresh air and breathe deeply
• Chew caraway seeds

What should be eaten?
• Carrots, fennel, apples, parsley, lemon, blueberries, crisp break, millet, spelt, whey, yeast, Gomasio, fresh ginger

What should be avoided?
• Fresh bread, flour dishes, pears
Flu (influenza)

What works?
- For fever over 39° C (102.2° F) cold leg compresses are advisable, which have to be replaced every 30 minutes until the fever is down (recipe below)
- Also cabbage leg compresses help lower the temperature and act detoxifying. As soon as the cabbage leave dries up it has to be changed
- The sick should drink plenty. It is advised to drink:
  1. Up to six glasses apple vinegar water over period of 24 hours.
  2. Hot lemon juice with or without honey
  3. Elder petal tea in cases of fever and shivers, to support sweating by which the particles making us sick are secreted through the skin (recipe below)
- Green tea
- Another measure to lower fever, refresh and purify is washing with apple vinegar water every half hour.

What should be eaten?
- Onions, garlic, algae, oranges, oatmeal, cabbage, apples, grapes, barley, chicken broth

**Elder petal tea**
Pour 1 cup of boiling hot waters over 2 tablespoons dried petals, soak for 10 minutes and drink in small sips while hot.

Furuncle (boil)

What works?
- Apply cabbage compresses nightly
- Rub down with cabbage oil during the day
- Support the treatment by drinking fresh cabbage juice
- Also advisable are healing earth compresses

What should be eaten?
- Plain vegetarian diet, fruit and vegetable juices, sauerkraut juice

What should be avoided?
- Animal products
Furuncles on the legs, “open legs”
What works?
• Cabbage compresses on the leg as well as on the upper abdomen
• For inner cleansing and strengthening drink fresh cabbage juice 2-3 times per day
What should be eaten?
• Light, vegetarian food
What should be avoided?
• Animal fats and proteins

Gall bladder problems
What works?
• Day and night apply cabbage compresses until full recovery
• Drink peppermint tea
What should be eaten?
• Raw sauerkraut (150 g (5.29 oz) every evening), carrot and small (red) radish juice, soy products, onions, artichokes, lemons, grapes

Gastritis
What works?
• Make nightly cabbage compresses
• Make a cure with stinging nettle juice or tea
• Drink apple vinegar water
• Over the course of the day drink 4-6 cups chamomile tea before and between meals
• Eat slowly and chew thoroughly
What should be eaten?
• Zwieback (Brussels biscuit, rusk), gruel, spelt products, stinging nettle
What should be avoided?
• Raw fruits and vegetables, coarse vegetables, pulses, mushrooms, tangy fruit, fatty foods, baked meat, fatty cheese, meat products, mustard, chocolate, strong spices, white sugar, candy (sweets)

Gastro-intestinal problems, ulcers
What works?
• Apply cabbage leaves by day and night
• Drink fresh pressed cabbage juice 3x per day
• In cases of heartburn (pyrosis) drink fresh pressed potato juice in small sips
• Regularly apply the oil therapy
• Daily Qi Gong exercise

What should be eaten?
• Fasting is advisable, after that oat-, rice- or spelt porridge, crisp bread (chew well and salivate), pineapple, wheat grass juice, fruit and vegetable juices (slowly drink in small amounts using a spoon), later stale whole grain bread, butter, honey, bircher cereals, yogurt, raw sauerkraut, raw fruits and vegetables finely crushed (chew well), alfalfa sprouts, mashed potatoes, vegetables, artichokes, cucumber, carrots, lemon, whey, currants, grapes

What should be avoided?
• Meat, animal fats, ice cold beverages, alcohol, onions, sweets, white flour, cooked cabbage, pulses, pears, fatty foods, garlic, peppers, mustard, coffee, soft drinks (sodas)

General stomach problems:

Gingivitis (inflammation of the gums)

What works?
• Rinse the teeth (mouth) thoroughly with cabbage juice – repeat several times per day
• Chew dark green cabbage leaves; rub the gums down with the paste
• Apply oil rinsings

What should be eaten?
• Lemons, oranges, blueberries, whey, carrots, cabbage, yeast

What should be avoided?
• Red meats, chocolate, animal fats, alcohol, white sugar

Gout

What works?
• In acute cases apply cabbage compresses by day and night
• For purification and deacidification of the body drink fresh pressed cabbage juice 3x per day. At the beginning of the cure drink only fresh pressed fruit and vegetable juices for two days.
• For detoxification of the organism you also can drink healing earth water in the mornings and evenings. Mix 1 teaspoon healing earth water in a glass of water, drink on an
empty stomach in the mornings and before going to bed in the evenings.

- For attacks application of hot mashed potatoe bags is advisable (recipe see bronchitis)
- Regularly drink green tea
- Daily Qi Gong exercise
- It is advised to wear amber, agate or turquoise on the skin

What should be eaten?
- Quinces, fruit and vegetable juices, fruits, lettuce, cabbage, cucumbers, turnips, wheat germ, pumpkin seeds, potatoes, celery, carrots, onions, raw tomatoes, mushrooms, garlic, paprika, apricots, pineapple, lemon, currants, grapes, elder, gomasio, nuts, milk, yoghurt, cheese, whey

What should be avoided?
- Liver, kidney, ham, sausage, anchovies, oil sardines, mackerels, smoked fish, shellfish, poultry, asparagus, spinach, cauliflower, pulses

**Hair, hairloss**

What works?
- In case of hairloss: detoxify the organism by regularly drinking fresh cabbage juice and applying cabbage compresses in the liver area over night.
- Make a stinging nettle cure with juice and tea; stinging nettles strengthen the hair, give it brilliance, support circulation of the scalp and growth of hair.
- Massage the scalp with Qi Gong massages
- Massage cabbage oil into the scalp before washing the hair in the evenings

What should be eaten?
- Fruits, raw and fresh vegetables, carrots, cabbage, artichokes, millet, sprouts, fenugreek germ, oat meal, yeast, blueberries, algae, pulses

What should be avoided?
- Animal fats and proteins, white sugar

**Halitosis (bad breath)**

What works?
- Drink fresh cabbage juice 3x per day
- For immediate treatment it is advisable to drink 1 glass of apple vinegar water several times per day (2 teaspoons
vinegar to 1 glass of water), also the mouth should thoroughly be rinsed with apple vinegar
• . An effective treatment is also the drinking of healing earth water (see healing earth)
• . Regularly exercise the oil rinsing treatment
• . Drink 1 cup peppermint or fennel tea before or after meals

What should be eaten?
• Switch to a healthy whole grain diet with plenty of raw fruit and vegetables, eat plenty of apples

What should be avoided?
• Decrease the amount of animal fats and proteins

**Hay fever**

What works?
• . For detoxification, strengthening of the immune system and regulation of the metabolism drink fresh cabbage juice 3x per day
• Over night apply cabbage compresses to the areas of the main organs (upper abdomen, kidneys)
• Also advisable is drinking 2-3 glasses of apple vinegar water with honey (1 teaspoon vinegar and 1 teaspoon honey on 1 glass of water)

What should be eaten?
• Honey

**Headaches**

What works?
• Place cabbage leaves on the forehead, apply cabbage leg compresses, and stick to bed rest
• . Apply cabbage compresses to the neck
• . Rinse the mouth with oil
• . Qi Gong exercise
• . Drink apple vinegar water
• . Drink green tea

What should be eaten?
• Gomasio, artichokes, whey, lemon, apples

What should be avoided?
• Chocolate (especially in the evenings), alcohol and nicotine
Heart trouble

What works?
- Apply cabbage compresses to the heart area
- Gently massage the area for 10 minutes with cabbage oil
- Drink cabbage juice on a daily basis for purification
- It is advised to regularly apply the oil therapy for strengthening
- Regularly drink green tea
- In case of sudden occurrence of pain place a jasper on the heart area
- For pain relieves let 1-2 Alpina Galanga tablets dissolve on the tongue (NOTE: talk to your physician about this beforehand)
- Daily Qi Gong exercise and/or Mudras

What should be eaten?
- Raw garlic, soy products (in morderation), olive oil, gomasio, apples, pulses, yeast, algae, grapefruit, rosehip tea

Herpes

What works?
- Several times a day dab the affected areas with fresh pressed cabbage juice
- Apple vinegar can be used instead of cabbage juice
- Drink fresh cabbage juice 2-3 x per day

What should be eaten?
- Oranges, gomasio, lemon, whey, algae, yeast, grapes

Hemorrhoids

What works?
- Cabbage compresses: Apply the prepared cabbage leave (maybe folded) and secure with a snug-fitting pair of underwear. Keep on over night.
- During the day, rub the area down with cabbage oil
- Drink fresh cabbage juice to detoxify
- Decrease stress by regular Qi Gong exercise
- 1 - 3 x per day ingest 1 tablespoon olive oil
- Rinse the mouth with oil every morning

What should be eaten?
- Garlic, artichokes, raw fruits and vegetables, vegetables, pulses, sprouts, millet, linseed, raw sauerkraut, raw tomatoes, oat, blueberries, yeast, lemon, barley, whey,
grapes, wheat grass juice, alfalfa sprouts

What should be avoided?
- Irritants, animal fats, chocolate, roasted meat and fish

**Hemostasis (stopping bleeding)**

What works?
- Wrap a cabbage leave as quickly as possible around a fresh wound. The cabbage stops the bleeding immediately and also prevents contamination and tetanus.

**Herpes zoster (shingles)**

What works?
- At night, if possible also during the day, apply cabbage compresses
- Eventually rub down the affected areas with cabbage oil during the day
- 2 - 3 x per day drink fresh cabbage juice
- Regular drinking of apple vinegar water is also advisable
- Every day rinse the mouth with oil

**Hiccups**

What works?
- Slowly drink 1 teaspoon of pure apple vinegar

What should be eaten?
- See 'cold'

**High cholesterol**

What works?
- Daily drink fresh cabbage juice
- Make sure to have plenty of exercise
- Drink green tea

What should be eaten?
- Garlic on a daily basis, fish, cooked onions, cabbage, green vegetables, pulses, sprouts, artichokes, oats, algae, Aubergines (eggplant), apples, grapefruits, carrots, soy products (in moderation), bananas, olive oil, barley, oyster mushrooms, whey, blueberries, lemon, sunflower oil, mushrooms, fresh ginger

What should be avoided?
- Mainly animal products, salt, white sugar, spices
High fever
What works?
• Make leg compresses using cabbage leaves and change every half an hour to an hour until the fever is down.
• Make leg compresses with cold apple vinegar: dip a linen cloth or similar cloth into cold water, wring out and sprinkle with apple vinegar, wrap around the legs, cover with a dry sheet and finish with a shawl or woolen cloth, change every 20 minutes. The vinegar acts detoxifying and draining.
• Washing with apple vinegar: Soak a towel in cold water, wring it out and sprinkle it with apple vinegar. Either wash the entire body or single body parts (e.g. arms, legs) rubbing strongly. Use all parts of the towel piece by piece as much scoria and poisons are washed off. Repeat procedure every 30 minutes and rinse the towel well after each treatment.
What should be eaten?
• Fruit, fruit juices, elder, whole grain products, seeds, nuts, pulses, yeast, wheat germ, onions, oranges, lemon, carrots, cucumbers, apples, barley, currants, grapes, fresh ginger
What should be avoided?
• Animal fats and protein

Hives (urticaria)
What works?
• Clean the affected areas by dabbing with fresh cabbage juice or dabbing on cabbage oil
• Regular oil rinsing is effective

Hysteria
What works?
• Apply cabbage leg compresses and compresses on the upper abdomen

Immunodeficiency
What works?
• The best protection for our immune system is a balanced natural diet. Avoid too much!!!
• Drink 2x3 per day fresh cabbage juice for strengthening
• Barley grass juice
• Over several weeks or months eat 1-2 cloves of garlic per day or
• Drink every morning before breakfast 50 ml (1.69 oz) garlic elixir (recipe see 'senility')
• Regular ingestion of apple vinegar water strengthens the immune system
• Also effective is the oil therapy
• During spring it’s advisable to make stinging nettle cure
• Green tea also strengthens the immune system
• Daily Qi Gong exercise
• Every day and in every kind of weather, exercise in fresh air
• Make sure to have sufficient sleep

What should be eaten?
• Nursed infants receive the best immunological protection. Algae, yogurt, fish, raw fruits and vegetables, papayas, nuts, gomasio, mushrooms, paprika, cinnamon, parsley, chili

What should be avoided?
• White sugar, ready-to-eat baby foods (unsuitable as it doesn’t contain any antibodies to build up and strengthen the infant’s immune system)

Incontinence (inability to control urination or defecation)

What works?
• Place cabbage leaves on the bladder area and let them take effect over night
• Drink 100 g (3.52 oz) fresh stinging nettle juice by the spoonful over the course of the day
• Good results can be achieved with Qi Gong exercises, Yoga or “the five Tibetans” exercises

Inflammation of the frontal sinus cavity

What works?
• Apply cabbage leaves to the forehead, day and night, if needed change several times a day
• Daily apply the oil therapy

What should be eaten?
• Light foods with plenty of fruits and vegetables

What should be avoided?
• Milk and milk products, as they help building up mucus
Insect stings
What works?
• Apply a cabbage leave
• Cut a small onion in half and massage the sting-site with the intersection
• Apply coarsely ground or pulverized parsley to the sting – acts soothing

Intestinal inactivity, constipation
What works?
With continuing intestinal inactivity (constipation) a poisoning of the body sets in. Excrement particles attach themselves to the intestinal walls without being digested. They decay, by which poisons are set free, which have a harmful effect on the whole organism.

Anemia, high blood pressure, circulatory disorders, heart trouble, arteriosclerosis, asthma, catharrs, headaches, sleep disorders, fatigue, agitation, neuralgia, skin problems, hair loss and sweating are just some of the results intestinal inactivity can cause.

• Drink fresh cabbage juice 2-3 x per day
• Drink 1-2 glasses of hand-warm water on an empty stomach in the morning
  Or:
• Drink 1 glass healing earth water before breakfast
  Or:
• Ingest 1 tablespoon olive oil on an empty stomach in the morning
• Slowly drink 2-3 glasses of apple vinegar water over the course of the day, it prevents a self-poisoning by saprobity of food
• Stomach massages: before getting up in the mornings rub the stomach strongly with rotating movements, then kneading massage
• Regular Qi Gong exercise
• Make sure to have plenty of exercise
• Drink during meals
• Eat slowly and chew thoroughly

What should be eaten?
• Raw fruits and vegetables, pulses, vegetables, especially fennel, fruit, carrots, wholegrain products, oat meal, algae,
rey, artichokes, raw sauerkraut, gomasio, yeast, barley, grapes, whey, millet, wheat gras juice, alfalfa sprouts, oranges, tomatoe juice, asparagus

What should be avoided?
• White flour, white sugar, alcohol, coffee, meat products, mostly also milk and milk products and meat

**Intestinal infections**

What works?
• Apply cabbage compresses by day and night until full recovery
• Drink peppermint tea
• Drink apple vinegar water

**Intestinal infections without diarrhea**

What works:
• . 50 g (1.76 oz) ground apples boiled for 10 minutes in 800 g (28.22 oz) water, drink 3 cups per day between meals

**Irascibility (violent fit of temper)**

What works?
• . Cabbage compresses on the upper abdomen
• . Regular Qi Gong exercises
• . Tie a *calciodony* disc on the arteries of the wrist

**Itchiness**

What works?
• . Rub in cabbage oil
• . Wash affected areas with apple vinegar

What should be eaten?
• Natural foods, fruits, salads, vegetables, sprouts, cucumbers, artichokes, whey

What should be avoided?
• Canned foods, alcohol, nicotine, coffee, animal protein, fatty meat, meat products, mushrooms

**Joints (inflammation, pain, stiffness)**

What works?
• Apply cabbage compresses.
• Gently massage the joints with cabbage oil or pure olive oil
for 10 minutes
• Drink fresh cabbage juice 2-3 x per day
• Before going to bed drink 1 glass water mixed with 2 teaspoons apple vinegar and 1 teaspoon honey. This prevents nightly limescales. In America this has been a proven resource for years.
• 2 x per day ingest healing earth water
• Regularly drink green tea
• Exercise Qi Gong every day
• Wear amber (skin contact)

What should be eaten?
• Fresh raw fruits and vegetables, Gomasio, fish

Kidney problems
• What works?
• Apply cabbage compresses to the kidney areas and upper abdomen, if needed by day and night
• Daily Qi Gong exercise to strengthen the kidneys
• Replace the treatment with cabbage leaves partially, for example during the days, by massages with cabbage oil: gently massage with both hands from the tailbone alone the spine for 5 minutes. At the height of the kidneys brush to the sides and don’t touch the body on the way back to the lower part of the spine, then start again at the tailbone upwards. Massage for another 5 minutes gently rotating only in the kidney area.
• Drink fresh cabbage juice 2-3x per day
• In case of kidney stones (nephrolith) it is advisable to drink twitch grass tea (recipe below)
• Regularly apply oil therapy

What should be eaten?
• Switch to vegetarian fresh foods. Replace animal protein by sprouts, azuki beans and algae. Eat plenty raw eventually chafed apples (only use a glass grater)! Drink honey in form of honey water. Also dandelion, garlic, whey, oat meal, artichokes, cabbage, asparagus, cooked onions, lemon, barley, currants, red beets, grapes, millet, green vegetable juices, water melon, wheat grass juice, parsley, elder, raw tomatoes. In acute cases of kidney stones take an apple rice day (recipe below), nothing else can be eaten. Apple rice acts dehydrating and purifying.
What should be avoided?

- Salt, animal fats and proteins, hot spices; in case of oxalic stones: tomatoes, rhubarb, radish, mushrooms, figs, cocoa

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**Twitch grass tea**

Boil 20 g (0.70 oz) finely cut twitch grass roots in 450 g (15.87 oz) water for 20 minutes. Drink 3-4 cups per day

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**Apple rice day**

Cook 300 g (10.58 oz) rice, 1 kg (2.2 pounds) apples with 100 g (3.5 oz) sugar and eats this for several meals per day.

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**Lack in minerals**

What works?

- Drink fresh cabbage juice several times a day
- Drink apple vinegar water 3x per day (recipe see apple vinegar)
- Drink healing earth water (see healing earth)

What should be eaten?

- Algae, raw fruits and vegetables, vegetables, asparagus, lemon

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**Lack of calcium**

What works?

- 1 - 2 apples a day help to bind calcium
- For the same reason 2-3 glasses of apple vinegar water can be drunk per day
- Sunshine and exercise, especially in fresh air, support binding of calcium in the bones

What should be eaten?

- Regularly use honey
- The highest content of calcium is in: raw sesame seeds, nuts, algae, green vegetables, dandelion, dried fruits, whole grain flour, pulses, milk (if possible fresh and untreated), also soy products (in moderation), yeast, sunflower seeds, mushrooms, fish, whey, oranges, carrots, lemon, almonds,
What should be avoided?

- Acidifying foods, like animal protein, effect – this had been proven in circles of experts – a calcium degradation in the body. Other calcium thieves are all irritants like coffee, tobacco, etc. Salt also supports the elimination of calcium, therefore you should sparsely use it.

Lack of concentration

What works?

- Regularly drink fresh cabbage juice
- Daily drink pomegranate juice
- Rinse the mouth with oil every morning
- Drink stinging nettle juice or tea
- Green tea also increases concentration
- Daily Qi Gong exercise

What should be eaten?

- Switch to plain natural foods. 5 cooked sweet chestnuts before and 5 after the main meals increase the brain circulation, which also increases concentration (Hildegard von Bingen). Also: daily fresh sprouts (especially wheat germ), oat meal (steep over night), raw fruits and vegetables, whole grain foods, oranges, blueberries, yeast, dried fruits, almonds, nuts, algae, apples, rosemary (also in form of tea), pumpkin seeds, small red radishes, sunflower seeds, gomasio, carrots, red beets, celery

What should be avoided?

- Animal fats and proteins, alcohol, raw onions and leek, reduce the amount of garlic, chili pepper, pulses, potatoes and soy products

Lack of iron

What works?

- With a healthy, natural diet with high amounts of fresh fruits and vegetables the required amounts of iron can be sufficiently met.
- Regularly drink Kombucha.

What should be eaten?

- Cabbage, cabbage turnip, spinach, green lettuce, endive, watercress, dandelion, stinging nettles, figs, alfalfa-sprouts, rose hips, oat meal, tomatoes, nuts, gomasio, millet, crisp
bread, curd, soy, rice, algae, mandarin oranges, chives, parsley, rey

Laryngitis
What works?
• Wrap cabbage leaves around the neck and keep them on all night
What should be eaten?
• Eat 8-10 cooked onions per day for three days, also garlic, cabbage, raw sauerkraut, lemon, barley

Light burns
What works?
• Run plenty of cold water over the burn until the pain ceases, then apply cabbage compresses
• If no cabbage leaves are available apply a cold healing earth compress of 3 cm (1.18 inch). The wound has to be covered with gauze before. When the cooling slackens replace the compress. The healing earth may not be covered.
• Instead of cabbage compresses the wound can be brushed with fresh cabbage juice. Repeat often until fully healed.
• Burns can also be treated with apple vinegar
• Hildegard von Bingen gave us following recipe (also to be used for sunburn and reddish rash from allergies):

   Linseed decoction
   Boil 3 tablespoons linseed in ½ litres (2 cups) water. Dip a sterile (ironed) real linen cloth in the decoction and place it on the burned area. Replace the compress regularly so the cloth does not stick to the wound.

Liver problems, cleansing, cirrhosis
What works?
• Nightly apply cabbage compresses, if needed also during the days
• Daily rinse with oil
• Drink fresh cabbage juice 1-3 x per day
What should be eaten?
• Plenty of apples, wheat grass or wheat grass juice, green
vegetable juices, lemon juice, carrot juice, red beet juice, apple juice, alfalfa sprouts, elder, tomato juice, almonds

What should be avoided?
- Fats, butter, cream, eggs, chocolate, mustard, pepper, nuts, white bread, milk, sauces/gravies, sugar, fatty meats and fish, irritants, semi luxury foods

Lowered general state of health
What works?
- Regular drinking of fresh cabbage juice
- Making a cure with healing earth
- Using oil therapy
- Daily drinking of pomegranate juice or concentrate
- Drink rosmary tea
- Daily Qi Gong exercises
What should be eaten?
- Eating plenty of fruits and raw vegetables, millet, sprouts, algae, wholefood, raw sauerkraut, yeast, honey and nuts

What should be avoided?
- White sugar and sweets, animal products, esp. Meat and meat products

Lumbago
What works?
- Application of cabbage compresses
- Application of a hot bag of mashed potatoes (recipe see 'bronchitis')
- Wrap a hot stone in a linen cloth, wrap a woolen cloth around and place on the hurting area. Bedrest is necessary
- Massage with cabbage oil several times a day; the hand is being moved in form of a spiral without applying any pressure
- Drink fresh cabbage juice to support healing
- Take 1 teaspoon healing earth water on an empty stomach in the mornings and before going to bed in the evenings

Menopause (climacteric period)
What works?
The following advice are effective in strengthening and detoxifying the body, in regulating the hormonal activities and harmonizing the
emotional life:
• Drink fresh cabbage juice 3x per day
• Apply cabbage compresses to the upper abdomen over night, it regulates and calms
• Daily apply the oil therapy
• Regular Qi Gong exercise
• From time to time make a 4-week kombucha cure

What should be eaten?
• A little meat (once per week), plenty of spelt, fennel vegetables, whole grain products, sprouts (cress, alfalfa, wheat germ), oranges, soy products (in moderation), pulses, algae, plenty of fruit and vegetables, whey, sage, vegetable oils, dried fruit, gomasio

What should be avoided?
• No meat or meat products, fat cheese, white flour, sweets (exceptionally only), alcohol (1 glass wine a day does not do any harm), hot spices, nicotine

Mental exhaustion (brainfag)

What works?
• Drink fresh cabbage juice 3x per day
• Daily drink barley grass juice
• Regularly drink green tea
• Rosemary tea also act revitalizing (recipe below)
• Daily drink pomegrenate juice
• Take a Kombucha cure
• Daily Qi Gong Exercise
• breathing exercises in fresh air

What should be eaten?
• Eat several apples a day (rich in phosphorous), daily eat 2-3 carrots as salad or juice and plenty of spelt in form of bread, noodles, zwieback and dumplings. Spelt supplies us with energy and strengthens the nerves. Also advisable are: millet, oats, whole grain products, honey, sprouts (especially wheat and soy), barley, gomasio, algae, cooked onions, tofu, miso, green vegetables, mackerels, herrings, salmon, linseed, red beets, radish, small red radishes, pumpkin seeds, oranges, sunflower seeds, almonds and nuts

What should be avoided?
• Animal fats and proteins, raw onions, leek, garlic, chili
pepper, pulses, potatoes

Menstrual problems
What works?
• Place cabbage compresses to the neck and massage for 2-3 minutes with cabbage- or olive oil after washing in the mornings
• Regular Qi Gong exercise
• It is advised to place an iron pyrites sun or malachite on the lower abdomen for 20 minutes, eventually secure with a band aid

Metabolism problems
What works?
• It is advisable to drink fresh cabbage juice, eventually mixed with other vegetables, every day
• You also can drink several glasses of apple vinegar water per day
• Also advisable is a treatment with kombucha
• Daily drink green tea
What should be eaten?
• As for our metabolism we need plenty of enzymes, especially aging people should make sure to eat foods rich in enzymes, as the body’s own enzymes have been mostly used up over the course of life. Enzymes are destroyed by heat you should have plenty of fruit and raw vegetables in your diet. Choose only fresh, if possible organic/biological products. Rich in enzymes are amongst others sprouts and germ buds, especially alfalfa sprouts and elder.

Rosemary tea
Pour 1 cup boiling hot water over 1 teaspoon rosemary (as fresh as possible) and let soak for 10 minutes, then drain. Drink 1 cups a day after breakfast and dinner in small sips – don’t drink after dinner!
Migraine headaches
What works?
• Over night place cabbage compresses on the neck. After taking the leaves off and washing rub down with olive or cabbage oil for approximately 10 minutes, also massage the neck and shoulder area with oil
• Exercise a lot in fresh air and breathe deeply
• Regular Qi Gong exercise
• As a preventative and for healing apply the oil therapy
• Drink healing earth in the mornings on an empty stomach (see healing earth)
• Fasting with tea
• Fasting with juices
What should be eaten?
• Switch to light, natural fresh foods with a high quota in fruits, raw fruits and vegetables, prefer whole grain products, especially spelt flour, wheat germ, yeast, soy, pulses, nuts, dried fruit, fish
What should be avoided?
• Mostly all animal fats and proteins, white sugar and sweets, soft drinks, coffee, nicotine, alcohol, salt, canned foods and ready-to-eat foods

Mucilage
What works?
• Drink sage tea
What should be eaten?
• Replace all grain products by spelt products
What should be avoided?
• Strawberries, white flour

Muscle cramps
What works?
• Drink fresh pressed cabbage juice
• Regularly drink apple vinegar water
• Daily Qi Gong exercise

Myalgia (muscle pain)
What works?
• Drink fresh cabbage juice
• Massage the hurting areas with cabbage oil
• Daily drink 2-3 glasses of apple vinegar water in small sips
  (1-2 teaspoons vinegar to 1 glass of water
• Regular Qi Gong exercise

What should be eaten?
• Whole grain foods, nuts, seeds, vegetable oil, linseed,
pumpkin seeds, wheat germ, alfalfa sprouts

Nausea
What works?
• Drink peppermint tea: pour 1 cup boiling hot water over 2
tea spoons of peppermint leaves, let stand for 15 minutes,
drink in small sips while still warm – 2-4 cups per day
• Regularly drink kombucha

Nervous heart troubles
What works?
• Cabbage leg compresses and/or compresses on the upper
  abdomen
• Rosemary-garlic tea is highly effective, drink 1 cup 2x per
day (recipe below)
• Regularly rinse the mouth with oil
• Plenty of exercise in fresh air (walks) and deep breathing in
  fresh air are
• Regular Qi Gong exercises and Mudras supports healing

Rosemary-garlic tea
Pour 1 cup boiling hot water over 1 teaspoon
finely chopped rosemary leaves (if possible fresh) and 2 finely chopped cloves of garlic,
let stand for 10 minutes, drink while hot in small sips in the mornings and at noon after
the meals. Don’t drink in the evenings

Neuralgia
What works?
• Apply cabbage leaves
• Rub the affected areas down with cabbage oil
What should be eaten?
• Whole grain foods, wheat germ, spelt products, vegetable
  oil, nuts, seeds, linseed, pumpkin seeds
Neuritis
What works?
• Treat affected areas with cabbage compresses
• Optionally the areas can be massaged with cabbage oil
• Rinse the mouth with oil
What should be eaten?
• Add raw vegetable and fruit juice days to your diet or eat only raw fruits and drink raw fruits and vegetable juices every morning till noon over a longer period of time.
• Whole grain foods, yeast and sprouts
What should be avoided?
• Salt, animal protein

Panaritium
What works?
• Apply cabbage compresses – it dissolves the pain and leads to a quick healing

Pelvic complaints
What works?
• Apply cabbage compresses to the lower abdomen (pelvic area)
• In case of strong pains use tampons of cabbage leaves (see “How to Use Cabbage”) – it speeds up the healing process
What should be eaten?
• Light, mainly vegetarian whole foods, no more than 3 teaspoons gomasio per day

Periodontal disease
What works?
• Chew cabbage leaves
• Rinse with cabbage juice
• Rinse the mouth with oil
• Chew leaves of watercress
What should be eaten?
• Raw fruits and vegetables, fruit (lemon, oranges, rosehips), vegetables, whole grain products, honey
What should be avoided?
• Semi luxury foods and irritants
Pertussis (whooping cough)
What works?
- To shunt apply cabbage leg compresses
- Eat small meals, always only about 15 minutes after an attack
- Make sure to get out in fresh air a lot
- Drink plenty of lemon juice
- Over the course of the day drink 3-6 glasses of apple vinegar water (eventually with the addition of honey)
What should be eaten?
- Regularly use garlic
What should be avoided?
- Dry, crumbly foods

Pink Eye (eye inflammation)
What works?
- Apply cabbage compresses to the eyes over night, secure with a blindfold or a triangular scarf
- Rinse several times per day with chamomile tea
What should be eaten?
- Gomasio

**Recipe for Gomasio**

100g (3.5 oz) sesame seeds are roasted golden brown in a pan without fat while stirring constantly. Add 10-20 g (0.35-0.71 oz) sea salt and roast for a few minutes longer, cool down and pour into a jar with a screw-on lid.

Pneumonia
What works?
- Apply cabbage compresses to the chest by day and night
- Apply cabbage leg compresses for shunting, if needed change often
- Drink fresh cabbage juice
- Use garlic: for example as garlic milk: finely crush 2 cloves of garlic and cook in 1 cup of milk for 2 minutes
Pregnancy
What should be eaten?
- Wheat germ, alfalfa and soy sprouts, oat meal, yeast, millet, soy products like miso, tamari and tofu (in moderation), fruit and vegetables, blueberries, almonds, apples, grapes

Preponderance (overweight)
What works?
- Drink fresh cabbage juice before meals
- Drink 3-6 glasses of apple vinegar water over the course of the day – also during meals
- Cabbage compresses on the upper abdomen act appetite retardant and regulating to the body functions
- For purification it is advisable to only fresh fruit and vegetable juices from the mornings until noon – No coffee or tea!
- Take a kombucha cure
- Make sure to have plenty of exercise
- Regular Qi Gong exercise
- Take a diamond in the mouth – acts as an appetite retardant. It is best to secure it to a chain as to not accidentally swallow it.

What should be eaten?
- Eat slowly and chew thoroughly – results in less need for food. Replace flour and grain by spelt and rey. Eat fruits and raw foods (vegetables) always half an hour before meals or in between meals. Raw apples, garlic, artichokes, eggplant, elder, whey, algae, rice, germ buds, wheat grass juice, alfalfa sprouts. You can add 1 day per week to only eat apple rice (recipe see kidney problems). Apple rice acts dehydrating and purifying.

What should be avoided?
- All kinds of denaturated, manipulated foods, animal fats, white sugar, alcohol; for dinner do not eat any grain foods and after 7 p do not eat anything but fruit

Prostatitis/prostrate problems
What works?
- Apply cabbage compresses
- Daily drink 2 cups chamerion latifoliom tea until complete recovery (recipe below)
• Drink pomegranate juice

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**Chamerion latifolion tea**
Pour 1 cup boiling hot water over 1 heaped teaspoon herbs, let stand for no more than 3 minutes, drink up to 2 cups per day (1 on an empty stomach in the morning and 1 half an hour before dinner)

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**What should be eaten?**
• Vegetarian whole foods, spelt products, raw fruit and vegetables, cooked onions

**What should be avoided?**
• Animal protein, alcohol, nicotine, cold beverages

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**Psoriasis**

**What works?**
• To free the body of poisonous metabolites drink fresh pressed cabbage juice 3x per day
• For purification you also can drink healing earth water 2x per day: 1 teaspoons healing earth to 1 glass water; drink on an empty stomach in the mornings and in the evenings before going to bed. It is advisable to also drink 1 glass about 1 hour before eating lunch for three weeks.
• Apply cabbage compresses in the mornings and evenings
• Rub the affected areas down with cabbage oil

**What should be eaten?**
• Raw and whole grain foods, yolks (modestly), curd (cheese), buttermilk, whey, cucumbers, pumpkin seeds, mushrooms, fish, rice, fish oil

**What should be avoided?**
• Animal fats and protein, salt, spices

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**Purification (purging), detoxification**

**What works?**
• Drink fresh cabbage juice several times a day
• During spring take a stinging nettle juice and tea cure for 4 weeks
• Drink healing earth water several times a day
• Regularly drink Kombucha
What should be eaten?
  • Fresh raw fruits and vegetables, fruit and vegetable juices

What should be avoided?
  • Animal fats and proteins, semi luxury foods and irritants

Pyrosis (heartburn)

What works?
  • Drink 3x per day a small cup fresh pressed potato juice: grind a small peeled potato (raw) and press through a clean cloth
  • Every day rinse the mouth with oil
  • Regularly drink green tea

Radiation, prevention and protection

What works?
  As a first self-help book, the author of Hildegard medicine practice, Reinhard Schiller, for burns by radiation:
  • Shower for 10 minutes, then cleanse the entire doby with a flax water decoction (3 tablespoon seeds to 2 cups water, boiled for 10 minutes and then wrap the body into a linen cloth soaked in flax water – do this 2-3 times per day

What should be eaten?
  • Experimental scientific studies with animals showed that eating green vegetables like kale, broccoli and lucerne (alfalfa) prevent or at least retard radiation contamination. Green vegetable juices and green tea are advisable

Regurgitation

What works?
  • Slowly drink 1 glass of apple vinegar water – during pregnancy also preventative

What should be eaten?
  • Whole grain products, wheat germ, eggs, yeast, pulses, nuts, seeds, fresh ginger

What should be avoided?
  • Chocolate

Respiratory system, lungs

What works?
For prevention and healing of the respiratory system:
  • Regular drinking of fresh cabbage juice
- Oil rinsing (highly advisable)
- Garlic should preferably be eaten on a daily basis. Even in ancient times and hot spices were prescribed for respiratory problems. The American specialist for illness of the respiratory system, Dr. Ziment of the University of California at Los Angeles, for example, deems red pepper a much better cure for treating respiratory problems than most of the recognized medications.
- By ingestion of apple vinegar water the mucus buildup can be counteracted. In case of heavy fits of coughing it is advisable to slowly sip one tablespoon pure vinegar.
- Regular Qi Gong exercises free and strengthen the respiratory system.

What should be eaten?
- Garlic, honey, fresh ginger, horseradish, spring onions, lettuce, cucumber, celery, chili pepper, wheat grass juice, alfalfa sprouts

What should be avoided?
- Milk and milk products, white flour

**Rheumatism**

What works?
- Treat hurting body parts with cabbage compresses
- Gently massage hurting areas for 10 minutes with cabbage oil, relax completely while massaging; repeat several times per day
- Drink fresh cabbage juice several times per day
- Daily drink barley grass juice
- Apply the oil therapy before breakfast in the mornings
- Place *jasper* on the hurting area and, when warmed up, let it air cool and place on again

What should be eaten?
- Mainly light vegetable foods rich in dietary fiber, quinces, dandelion, elder, almonds, walnuts, sunflower seeds, plenty of garlic, peppers, kiwis, wheat germs, lemon, raw tomatoes, parsley

What should be avoided?
- Pure coffee, alcohol, shellfish, sausage, smoked fish, hot spices, canned foods, also meat and animal fats (cheese, milk, etc.), eggs, sparsely use salt and, according to Hildegard von Bingen, also avoid strawberries
Salpingitis (inflammation of the fallopian tubes)
What works?
• Apply cabbage compresses by day and night
• Instead of compresses during the day you may massage the lower abdomen with cabbage oil (rub softly for 10 minutes)
• Drink fresh cabbage juice

Scarlet fever
What works?
• Apply cabbage compresses, mainly on the areas of the main organs; also rub down with cabbage oil. Regular cabbage treatment leaves no scars and prevents complications
• In case of high fever apply cold leg compresses (see 'water treatment'), maybe also cold whole body cleansing with apple vinegar water (see 'apple vinegar')
• Often rinse the mouth with cool chamomile tea
What should be eaten?
• Light foods like apple water rice (recipe see kidney problems), Bircher cereals with honey (recipe see nutrition), fruit juices, cooked fruit

Sciatica
What works?
• Apply cabbage compresses to back and buttocks over night
• In the mornings, after taking the cabbage leaves off and cleaning the skin with hand warm water, gently massage the hurting area with cabbage oil
• Instead of cabbage leaves a hot bag mashed potatoes (recipe see 'bronchitis') can be applied
• Ingestion of fresh cabbage juice (1-3 glasses per day) can support and speed up the healing process
• Also applying cold healing earth is advisable. When the earth warms up, the compress has to be renewed
What should be eaten?
• Garlic, raw fruits and vegetables, light fresh foods

Senility (infirmity)
What works?
• 3 x per day fresh pressed cabbage juice (maybe mixed with water or carrot juice) on an empty stomach.
• From time to time placing cabbage compresses onto the
main organ areas: strengthens, cleanses and soothes.

- To strengthen the heart drink 2-3 x per day a cup of hawthorn tea in small sips. Can be taken over long periods of time.
- Once per day drink a glass of honey water (1 tablespoon honey per glass).
- Immediately after dinner drink a cup of rosemary tea in small sips for strengthening.
- It is advisable to eat 1-2 gloves of garlic per day to strengthen the immune system and arteries.
- Drink 50 ml (1.69 oz) of garlic elixir per day (recipe below).
- Regular rinsing with oil acts strengthening on the entire organism.
- Regular Qi Gong exercise.
- Walk, ride a bike or go swimming on a daily basis.

What should be eaten?
- Fresh and whole food, fruit and fruit juices, fresh herbs, sprouts, millet (if possible daily), oats, dried figs

What should be avoided?
- White sugar, canned foods, ready-to-eat dishes, meat products

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**Garlic elixir**

Finely crush 30 gloves of garlic, finely dice 5 naturally grown lemons, add to 1 liter (4.25 cups) water and bring to a rolling boil. Cool down, strain and fill into a bottle, refrigerate. From the remaining mass you can make a second decoction, but only using half the amount of water – this decoction should be

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**Shivers**

What works?
- Drink hot lime-blossom
- Place a hot-water bottle in the bed

**Sinusitis**

What works?
- Apply cabbage compresses to forehead and temporal areas,
if needed replace often

What should be eaten?
• Spicy foods, especially chili pepper (Tabasco), horseradish and garlic, also gomasio (see aging), cooked onions, elder, carrots, cabbage apples

What should be avoided?
• White flour products, milk

Skin

What works?
• To obtain clear, rosy facial skin brush your face down with fresh cabbage and carrot juice in the evenings (ratio 1:1). Once the juice dried massage the skin with olive oil. Cabbage and carrots refresh, plane and rejuvenate the skin; the juices can also be used separately.
• To support the outer facial care drink fresh pressed cabbage and carrot juice every day
• A stinging nettle cure also helps to clean, plane and tautening

What should be eaten?
• Millet, fruit and vegetable juices, salads, vegetables (especially carrots and green leafy vegetables) whole foods, figs, spelt, soy products (in moderation), wheat germ, oat, mustard sprouts, alfalfa sprouts, rosehip tea

What should be avoided?
• Animal fats and proteins, sweets, semi luxury foods, canned foods

Sleep disorders

What works?
• When suffering from chronic sleeplessness don’t keep rolling in bed for hours, but do whatever you feel like at the time, like watching TV, solving crossword puzzles or follow a hobby, do your ironing or sort your papers. If you use the time to keep busy sleep comes slowly but surely on its own. It is important to accept the fact that you can’t sleep. A positive attitude helps getting up in the mornings feeling refreshed and well rested, despite only having gotten a few short hours of sleep.
• Take *jasper* in your left hand when lying down and keep it in your hand over night; it supports sleep and recharges the
organism with energy

- Apply cabbage compresses to legs and upper abdomen, they also help to fall into a resting sleep
- Take 15-20 drops of Hawthorne tincture in some water before going to bed
- Drink 1 glass apple vinegar water with honey
- Before going to bed take a teaspoon honey
- Do the oil rinsing therapy
- Qi Gong or/and Mudra exercise before going to bed

What should be eaten?

- Light vegetarian foods, papaya, barley grass juice, gomasio, honey, an apple before going to bed, whole grain foods, spelt, rey

What should be avoided?

- Eating raw fruits and vegetables in the evening and drinking too much

Sniffles

What works?
The sniffles are a cleansing process of the body, which frees itself from poisonous particles by mucous secretion.

- Apply cabbage compresses to the neck
- Apply a neck compress with apple vinegar water (see apple vinegar), secure with a woolen sock
- Inhale with Swedish bitters: inhale through the nose and exhale through the mouth, repeat if needed
- Prepare a mix of olive oil, finely crushed garlic and finely diced red peppers (chilis) and some lemon juice – eat with bread. Acts preventative and healing.
- In case of sinusitis inhale with chamomile vapors

Camomille vapors

Pour 1 liter boiling hot water over 1 tablespoon chamomile petals, inhale the vapors with your head covered by a towel – repeat twice a day
Sore throat

What works?
- At the start up of a sore throat place a jasper disc on the neck and tie it securely
- Wrap a badger fur belt preventative around the neck
- Over night apply cabbage compresses to the neck
- Drink apple vinegar water – a sip every half hour; in case of strong pain ingest 1-2 tablespoons pure apple vinegar
- Gargle with hand warm saltwater
- Apply cold neck compresses with apple vinegar (only with bed rest, so no hypothermia occurs)
- In case of tonsillitis apply a ginger compress (recipe below)
- To remove germs, rinse the mouth with sage tea. Pour 1 cup boiling hot water over 1 teaspoon sage, soak for 5 minutes

What should be eaten?
- Warm apple soup or sauce, especially suitable for children and older people – it acts soothing and healing

Ginger neck compresses
Pour ½ litre (2 cups) boiling hot water over 1 heaped tablespoon of powdered ginger and stir well. Dip a linen cloth in the brew and wring well with another cloth, place the first cloth around the neck and secure with a snug fitting cloth. Depending on tolerance leave it on for 30-40 minutes, then wash the skin and rub some oil in. Rest for ½ hour then become active and exercise. Only apply ginger compresses in the morning. If needed repeat after 3 days.

Spraining, dislocations

What works?
- Apply cabbage compresses
- You can also apply healing earth: Prepare a thick paste of healing earth with apple vinegar of fresh cabbage juice (don’t use metal), apply finger thick, cover with a small linen cloth and wrap the body part with a larger cloth (make sure it’s not too tight); let it take effect while resting; in case of warming up replace compress
• Also a cataplasm of 25 g (0.88 oz) parsley cooked for 10 minutes in 75 g (2.64 oz) vinegar is advisable
• Apply a compress with Swedish bitters

Springtime lethargy
What works?
• Start a 4-week treatment with stinging nettle juice or tea. It strengthens the entire organism and increases vitality.
• Daily drink pomegranate juice.
• Alternatively you can also drink several glasses Kombucha a day.
• Regular Qi Gong exercise.
What should be eaten?
• Dandelion (daily), algae, spelt, millet

Stiff neck
What works?
• Apply a cabbage compress over night
• During the day massage the neck with cabbage oil – gently rub in the oil for 5 minutes
• Instead of cabbage oil you can also use plain olive oil

Stomach Aches
What works?
• Place several large cabbage leaves on the stomach, cover with a cloth and secure with a belly bandage. The cabbage acts as a respastic and paregoric.
What should be eaten?
• Broth of dried beans, ginger

Stress
What works?
• Apply cabbage compresses to the upper abdomen
• Apply oil therapy early in the mornings
• Place a pyrite sun (healing stone) on the upper abdomen
• Drink fresh cabbage juice
• Regular Qi Gong exercise
• Gently rub cabbage oil on the abdomen and massage
• Regularly drink apple vinegar water – it acts balancing on the metabolism, strengthening and calming on the entire
organism

- A kombuch cure is also advisable

What should be eaten?

- Algae, honey, gomasio, sprouts, soy products (in moderation), yeast, pulses, whole grain, spelt, nuts, dried fruit

Stye

What works?

- Apply cabbage compresses and keep on over night
- Apply cataplasm with warm mashed potatoes (recipe see bronchitis)
- Rinse the eye with chamomile tea then apply a chamomile compresses

**Compresses with camomille tea**

Pour 1 cup of boiling hot water over 1 teaspoon of chamomile petals, let soak for 5 minutes, then strain. And dip a compress into the tea and apply to the eye as hot as possible.

Tartar

What works?

- Regularly rinse the mouth with oil
- After brushing the teeth rinse mouth with hand warm apple vinegar water

What should be eaten?

- In moderation whole grain products, soy (in moderation), miso, millet, wine (in small doses), algae

What should be avoided?

- Meat and meat products, milk and milk products, sugar, sweets, white flour, pulses, alcoholic beverages (wine see above)

Teeth, strengthening teeth

What should be eaten?

- Plenty of alfalfa sprouts
**Tendinitis**

What works?
- Apply cabbage compresses by day and night
- During the day you might gently rub the affected wrists with cabbage oil instead of using the compresses
- Apply *jasper* or *pyrite sun* – helps against pain
- As long as the inflammation does not secrete pus you can apply cold compresses with healing earth 3x per day (see healing earth)

**Tension**

What works?
- As immediate treatment apply cabbage compresses to legs and upper abdomen
- Daily drink fresh cabbage juice
- Apply the oil therapy every morning
- Take 10-30 drops of valerian tincture on sugar before going to sleep in the evenings
- Regular Qi Gong exercise

What should be eaten?
- If possible replace wheat- and grain foods by spelt products (bread, noodles, baked goods) to strengthen the nerve cells; regularly eat apples, carrots, oats, algae, onions, barley and gomasio; also eat mushrooms, raw fruits and vegetables, fruit and vegetable juices, nuts, seeds, wheat germ, pumpkin seeds, honey, yeast, bananas, basil

What should be avoided?
- Coffee, tea, nicotine

**Thyrotoxicosis**

What works?
- Apply cabbage compresses to the neck and abdomen
- Drink fresh cabbage juice every day
- Often, if possible daily, eat raw sauerkraut
- Prepare a mountain crystal water (see below) and drink over the course of the day
- Regularly apply the oil therapy
- Don’t get into the sun too much, only take air bathes, avoid stress
- It is advised to exercise Qi Gong and autogenic training
What should be eaten?
- Light vegetarian foods, nuts, almonds, cod-liver oil, honey, wholegrain foods, and oranges

What should be avoided?
- Irritants, animal fats and proteins, careful with cooking salt

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**Mountain crystal water**

Rinse a coarse mountain crystal for approximately 2 minutes under cold water and then place over night into a glass or china pitcher with cold water. Don’t use plastic! Fill into another pitcher, rinse the stone well and start a new pitcher of water. Every 2 weeks wash the stone under running water and place into the morning sun for an hour to recharge.

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**Tiredness/fatigue/weariness in the mornings**

What works?
- Daily drink fresh pressed cabbage juice
- Barley grass juice is advisable
- Drink elder juice
- An oil rinsing treatment right after getting up helps beat tiredness and weariness immediately
- Regular Qi Gong exercise
- Drink apple vinegar water before breakfast and up to 6 glasses over the course of the day

What should be eaten?
- Especially in the evenings light fresh foods with plenty of vegetables

What should be avoided?
- Hard to digest foods in the evenings, don’t eat the last meal any later than 7 pm

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**Tobacco poisoning**

What works?
- Apply cabbage compresses to the liver area
- Drink fresh cabbage juice 3x per day
- Half an hour before the first breakfast drink 1 tablespoon fresh cress juice – until full recovery
Toothaches
What works?
- With an intensive treatment of cabbage compresses and tampons the pain is quickly soothed, the swelling goes down and the inflammatory particles are washed out, this way it is possible to cover the time until a dentist treatment can be done without medication and without pain (see “How to Use cabbage”)
- Toothaches of children: let them chew peeled mallow (Hollyhock) roots
- Dip cotton balls in chamomile tea and dap the teeth with it
- Dap teeth with fresh cabbage juice

Ulcers, wounds, injuries
What works?
- A fast clean healing can be achieved with cabbage compresses. Cabbage opens all kinds of ulcers painlessly.
- 3 x per day drink fresh cabbage or sauerkraut juice
What should be eaten?
- To support detoxification change to eating fresh foods and self pressed fruit and vegetable juices

Urinary problems, urinary diseases
What works?
- Apply cabbage compresses in the bladder area and, for support, also in the kidney areas
- Drink fresh cabbage juice 2-3 x per day
- In case of urgency after cabbage compresses and hand warm washings, massage the lower body with cabbage or olive oil for a few minutes. Duration of the treatment: 1-2 months
- Daily rinse the mouth with
- Qi Gong exercise for strengthening
What should be eaten?
- Elder

Uterus inflammation
What works?
- By day and night apply cabbage compresses to the lower abdomen
- Tampons of cabbage leaves – speeds up the healing
• For general strengthening apply the oil therapy
• What should be eaten?
  • Regularly ingest oats

**Vaginal discharge**

What works?
• With outer and inner (tampon) cabbage compresses quick healing successes can be seen.
• It is advisable to support the healing process by regular drinking of fresh pressed cabbage juice.

What should be eaten?
• Fresh whole foods, fruit and fruit juices

What should be avoided?
• Animal fats and proteins, sweets

**Varicoses**

What works?
• Apply cabbage leg compresses
• Also leg compresses with apple vinegar (see fever) can be helpful
• During the days rub the legs down with cabbage oil
• Drink fresh pressed cabbage juice 3 x per day
• Every morning and evening drink 1 glass of healing earth water. For the first 3 weeks also 1 hour before lunch (recipe see healing earth)
• Regularly drink apple vinegar water (recipe see apple vinegar)
• Also advisable is the rinsing with oil therapy (recipe see sunflower oil therapy)
• Make sure to have a good digestion

What should be eaten?
• Plenty of fruits and vegetables, raw fruits and vegetables, sprouts, raw sauerkraut, pulses, soy products (in moderation), reduction of salt intake

What should be avoided?
• Animal fats and protein, all kinds of semi luxury foods and irritants
**Vein inflammation (phlebitis)**

What works?
- Apply cabbage compresses by day and night
- Instead of cabbage compresses you can also apply cabbage juice compresses
- Drink fresh cabbage juice
- Regularly drink apple vinegar water
- Every morning on an empty stomach and in the evenings before going to bed drink 1 glass healing earth water (1 teaspoon earth to 1 glass water or herbal tea), additional drink 1 hour before lunch 1 glass healing earth water for mineralization and binding of poisonous metabolites over the course of 3 weeks.
- Apply the oil therapy

What should be eaten?
- Garlic, gomasio, stinging nettles

**Warts**

What works?
- Dap with greater celandine juice or tincture
- Dap with castor oil
- Apply the milky juice of dandelions undiluted

What should be eaten?
- Regularly eat gomasio

**Weakness after a long/serious illness**

What works?
- Apply cabbage compresses to the abdomen
- Abdomen and lower spine massages with cabbage oil
- Execute a dandelion treatment; this healing plant animates body functions and acts as an energy source. Use as fresh juice, tea and vegetable
- Drink rosemary tea 2x per day after meals (see 'Mental exhaustion')
- Wheat germ speeds up convalescence time
- Daily drink pomegranate juice
- Drink healing earth water every day (see healing earth)
- A good source for energy is rinsing with sunflower oil (see sunflower oil therapy)
- Drink Kombucha several times per day
What should be eaten?
- Plenty of millet, spelt, buckwheat and barley, bananas, algae, honey

What should be avoided?
- Coffee, white flour and whit sugar

**Worms**

What works?
- Eat garlic, raw or cooked in water or oil
- Drink 50 ml (1.69 oz) garlic exlixir (recipe see senility)
- Drink 30 g (1.06 oz) fresh cabbage juice on an empty stomach in the mornings

What should be eaten?
- Eat chafed carrots 2-3 days before meals; plenty of onions, cabbage salad, raw sauerkraut, whey

**Wounds, injuries**

What works?
- Apply cabbage compresses of young and tender or well rolled leaves (see “How to Use Cabbage”). The cabbage cleans the wound and heals it without much pain. There’s no scabbing; swollen areas ripen and open
- Also squashed leaves of Ribwort (Plantago Lanceolata) can be placed on badly healing wounds

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The author Jakobe Jakstein can look back on an interesting life. Born in 1926 in Hamburg it drew her in her adolescence years to Sweden, where she worked as cook for a reputable family. After she married a Swiss architect she first moved with her family to Switzerland and then, in 1962, after the divorce from her husband, moved with both her sons to Italy, which still is her second home.

In her childhood already her great love for nature and her affection for a deep Christian faith, which goes far beyond pure lip services and needs to be lived with favor was plainly visible. Things that, in later years, just might have saved Jakobe Jakstein’s life.

23 years ago her dentist found a cyst or tumor in her jaw during an x-ray checkup. A referral to the oncologist was refused by Jakobe Jakstein, because she was used to search for solutions herself and she trusted in other, unconventional methods of healing. Her interest in naturopathy obviously was placed in the crib with her, so writes the now 83-year old in her reissued book “Wunderheilmittel Kohl” (“wonder drug cabbage”). Even as a small child she abhorred medication and she quickly leaned about naturopathy and, after an impressive healing success with her father-in-law, she learned about the astonishing healing capacity of cabbage.

Therefore it is not surprising, that Jakobe Jakstein took such and extraordinary way to regain her health. During the cancer-cafe -interview (Krebscafé-Interview) she talks about this way, her experiences with the healing effects of cabbage and of the power of faith.

When did you first notice that you might suffer from cancer?

J. Jakstein: That lies 25 years in the past. I temporarily lived in Hamburg, where I had taken over a small coffee shop. My actual residence I had for over 30 years in Italy. For weeks I already suffered from unbearable supposed toothaches and therefore decided to finally see a dentist, who, after only barely looking into my mouth, took an x-ray. Fairly soon he came back, his face white
as a sheet and explained to me that he could not treat me, but would immediately refer me to an oncological institute. I thank him civilly, but said that there was no way I could end my professional life and would therefore take care of my own health.

For more than 20 years I was used to treat myself with natural remedies, as I suffered from a medication incompatibility. So I went back to my coffee shop, but didn’t have the slightest idea as to what to do now. I was chronically overworked, had no health insurance coverage in Germany and had no resources to pay for physical care. As I couldn’t think of anything I could do for myself, I did nothing but cool my cheek with icepacks whenever I had a chance. After 2 months I finally was free of pain, had lost a tooth and had a big hole in my jaw.

And how did it proceed then?

*J. Jakstein:* I was convinced I was healed, but was very happy that the owner of the coffee shop let me out of the contract. This way I could take a short vacation in Italy, where I wanted to visit Maestro Leo Amici, to hear his opinion on my illness. Leo Amici had – he died shortly after my visit – devoted his life to people looking for help and founded the humane center Lago di Montecolombo in 1982. Hundreds of people he helped heal by spiritual growth. When I asked him about my illness he told me, “It was cancer.”

As soon as I was back in Hamburg I received the next blow. I was eating breakfast, when I felt a horrible pain in my left eye – it felt as if someone had cut me with a knife. Starting at that point for a period of two months I only could keep my eyes open for a very short time. Most of the time I spent in a recliner, as the pain was even more unbearable when I lay down. I thought about what I could do and just then I remembered the cabbage leaves, with which I successfully healed many illnesses for 20 years already. As soon as I could keep my eyes open I went out to get some savoy cabbage and started applying cabbage compresses.

How did the cabbage help you heal the cyst or tumor?

*J. Jakstein:* When I started applying cabbage leaves to the eye by day and night a fetid liquid started secreting. It took two months for the secretion to stop and I was pain-free again and could see normally again.
In the many years I successfully healed various illnesses with cabbage there was either pussy liquids secreted or on the leaves were deposits visible. An illness could be considered healed when there were no longer any changes on the cabbage leaves visible. Admittedly there also are worsening of the cases in the cabbage treatment as well, but I never saw any side effects. Relapses were also very rare.

**How did your surroundings react to this extraordinary way back then? What did you do to protect yourself from over eager critics?**

*J. Jakstein:* In my personal surroundings, meaning family, friends, acquaintances and neighbors, everybody was used to see me going my own way. It was always marveled at, respected and also endorsed. Just when I started using the Internet I was confronted with a lack of understanding, indignation, critics and libel and slander. Over the years I learned to protect myself, mainly by being quiet. Today the opinion of those who can’t accept alternative methods of healing and even fight them is no longer important.

**How did you handle the fear of cancer and your own death?**

*J. Jakstein:* As I already mentioned at the beginning I was very lucky to have met a great and extraordinary person, Leo Amici. Through him I found true believe and faith as well as the knowledge that it always is divine love presenting us with the healing. He taught me to go a fearless spiritual way which helps me to find harmony, be at peace with myself and other people and through this helps me heal.

**What else did you do to overcome the illness?**

*J. Jakstein:* At first I didn’t do anything but taking care of the health of my soul. I knew this to be the most important part of life of any person. Only when the soul is healthy I can hope for physical healing. Only later I began thinking about, for example, healthy nutrition and started to learn more and more about this subject. When I had two relapses on the eye a few years back I started to also add fresh pressed vegetable juices, mainly cabbage, to my diet.

Otherwise I’m also open for anything helping me find inner balance and therefore to being healthy. To mention just a few examples here I exercise Qi Gong, mudras, Jin Shin Jyutsu and also use
How do you think faith and inner believe can support the healing process?

J. Jakstein: That I deem a steadfast and lived faith as the main supposition for healing I already mentioned more than once. I try to be true to the teachings of Christ in all my thoughts, feelings and doings. With Him I talk about everything, as He lived true love.

What advise do you give people who just received the diagnosis of cancer?

J. Jakstein: Look for God’s presence and let Him lead you. By building a deep connection with God He shows us the right way for us.

Dear Mrs. Jakstein I thank you very much for his interview.