



# Rath

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## International

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*Great results  
at advisers  
meeting in  
Almelo*





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**Dear Health Advisers,  
dear Friends**

Our 'Make Health – Not War' information campaign has woken people up in many continents and enquiries are coming in from everywhere. These are not only from private individuals, shocked by the events in Iraq and the threats made against Syria, but also from government ministries, health organisations, health insurance schemes, peace organisations and, above all, journalists from East and West who sense that the simple slogan 'No war for oil' is a simplification. Rather than being lulled to sleep by propaganda, they seek real information and wish to form their own opinions.

These people are greatly concerned by the threat to global peace. They want to know what cellular medicine is. They are asking questions about the pharmaceutical industry and seeking to understand the real background to September 11 without reservation. People everywhere are turning to us, because they believe that we have answers to many of their questions.

For this reason, I held a very detailed discussion with one of the biggest Arab news channels, in which I presented the whole spectrum of my work, my hopes

and aims, a few days ago. This interview can be accessed over the Internet under [http://www4.dr-rath-foundation.org/open\\_letters/interview.html](http://www4.dr-rath-foundation.org/open_letters/interview.html)

In the next few days, a book will be published [in German] entitled *"The Time is Ripe – a Charter for a New World of Peace, Health and Social Justice"*. It contains this interview and additional reflections, background and analyses of a very fundamental nature.

I would like to quote an extract from the interview here, which reproduces my answer to the question about whether I am in favour of governments throughout the world filing a suit against George W. Bush and his backers in the international court of justice:

*Yes, absolutely! The international community has worked for a long time to establish this court, which was set up to pursue violations of international law, especially war crimes committed in wars that were begun or waged without international legitimacy. When, if not now, should those who started the war against Iraq and are intent on inflaming conflicts in other countries be brought to justice? If they meet no resistance now, they will continue to harass the people of the world, put human lives at risk and endanger the whole planet, by dragging it down with them in their own downfall. The people of the world must understand that the days of the pharmaceutical industry, the largest investment industry in the world, are numbered. It will vanish – the only question is when. Secondly, it is beyond doubt that those who are responsible for it, who have run this unscrupulous sickness business and caused the unnecessary and premature death of millions of people, will likewise be brought down. But do you believe that they will give up without a fight?*

*The inhabitants of the world and the governments elected by them must become aware of this situation. The Bush administration is openly promoting the*

*escalation of conflict into a new world war. And it will achieve this if the world's people do not prevent it. Since it cannot be stopped by military means, short of risking a world war, it must be prevented in other ways that are available: by economic and political means.*

*The economic means are to blockade the pharmaceutical 'sickness business' by refocusing national health care systems throughout the world on natural health and paying patent fees only for a small number of medicines that might still be required, such as antibiotics.*

*The political means involve legal recourse and must be applied without delay. The people of the world must compel their governments to seek formal proceedings against the Bush and Blair governments for war crimes and violation of human rights. The court where these violations must be prosecuted and proceedings brought, is the international court of justice in The Hague, Netherlands.*

*Suits must be filed citing the fact that these governments started and waged a war contrary to international law, committed mass murder, exploited and plundered public and private property and carried out other human rights violations and infringements of international law. If we, the people of the world and the governments of 180 countries, allow Bush, Blair, the Rockefeller cartel and members of the trilateral commission to terrorise the world with illegal wars, without calling them to account, then the United Nations and its overall legal framework of international law, together with the UN's whole legal system, will have no value or meaning any more.*

With warmest wishes

Dr. Matthias Rath

# Presenting new training opportunities

**A constructive exchange of ideas and experiences at the health advisers' meeting in Almelo**

On 29 and 30 March 2003, over 150 health advisers in the Dr. Rath Health Alliance met at the Almelo 'Theaterhotel' for the first health advisers' meeting this year. The focus of this meeting was on dialogue, exchanging experiences and shared work. Matthias Rath B.V. is the only company in the world working to establish a new health system that responds to the real needs of the population – and “that’s something I want to be involved in,” stressed Sven Lückerrath, product manager of Matthias Rath B.V., at the beginning of the event. The pool of experience of all the health advisers is so vast that this will succeed.



*Dr. Rath thanked the health advisers for their commitment*



*Udo Krehl (left), a particularly committed health adviser in the Health Alliance*

### **Peace and Health**

In his welcoming introduction, Dr. Matthias Rath first thanked all the health advisers who had come to Almelo from all parts of Germany. "Lovely that you have all come and that you wish to collaborate in our common task. Our Health Alliance and cellular medicine, it is true, still holds a humble share on the large chessboard of medicine, but we are on the right path and things are progressing all the time. It is no longer possible for anyone to say that he has never heard of cellular medicine and the successes achieved by naturopathy," he stressed.

Dr. Rath's talk stretched from the pharmaceutical investment industry which has outlived itself in historical terms - the "sickness business" - through to the current repercussions of war waged by the USA, the global policeman, in Iraq. He again explained his work for world peace and took the following stance on the announcements that appeared in the

'New York Times': "If one wishes to fight against this vested interest group, then one must first bring a spotlight to bear on it and disseminate the truth about its aims and motives. And that is exactly what I did in my announcements. With the money you entrusted to me, our advertisement campaign was able to ensure that the USA's Iraq war was not given the stamp of international approval! I thank

you very much for that! We are getting involved in this debate because we have right on our side and are thinking of our children and grandchildren! Peace and health are one and the same thing! One is unthinkable without the other."

### **Architects of a New Health Care System**

Dr. Rath thanked all those health advisers who have been committed for years to the Health Alliance. He honoured the following health advisers for their services with an original copy of the 'New York Times' announcement: Elsbeth Müller from Hamburg, Dora Scheler from Görsdorf, Eva Jung from Bad Rappenau, Werner Pilniok from Wünschendorf, Christel and Udo Krehl from Eitelborn and Edelgard and Wolfgang Beier from Eisenach.

"Progressing from this health advisers' meeting, we wish to take further joint steps towards a new health care system", emphasised Dr. Rath. "With the new health programme - the cell-fitness\* pro-



*During the breaks, many people visited the information stands*

gramme – all health advisers can at last work proactively. No longer do they need to hide themselves from public view or whisper quiet propaganda; nor do they need any longer to focus solely on sick patients.

As health advisers, you have natural remedy products to hand that are of interest to all people with the cell-fitness\* programme. The illegal status of the Dr. Rath Health Alliance is over and done with forever! As the architects of a new health care system, all health advisers now have the freedom to pass on the findings of cellular medicine. At the same time, we are today offering you a path whereby, as cellular medicine health advisers, you can work on a legally assured and financially stable basis.”

### **Your Living Room as a Health Adviser's Centre**

The chief theme of the two-day event was of course how to turn



*In the breaks, health advisers can get information on-line too*

one's living room into a health adviser's centre for cellular medicine, and how to integrate the new cell-fitness\* products into one's work as a health adviser even better and make them available to all. Extensive work was done on both themes in the workshops.

Because of their composition, the new cell-fitness\* programme

products offer good opportunities for addressing new clients. For instance, sporting and walking clubs, kindergartens, schools, company canteens, sunlamp studios, fitness centres, saunas, cosmetics shops, barbers, hairdressers, dentists, naturopath practices and many others can respond positively to the new cell-fitness\* products. In the workshop on cell-fitness\* products, health advisers mainly discussed how to proceed in establishing first contact and what support and means they might need in doing so. The exchange of ideas between health advisers took up a lot of time and was found to be very important and useful by all participants. “These contacts with other health advisers give a great deal of motivation for one's work at home,” stressed Eva Jung.

### **Training Programme for Health Advisers**

At the health advisers' meeting in Almelo, Verena Skaupy, member



*Sabine Dieks and Janine Gehrt, staff members of Matthias Rath B.V., help health advisers during the seminar*

of staff at Matthias Rath B.V., introduced the new health adviser training programme in detail. Alongside a basic course there will in future also be an intermediate course, as well as a course on 'Training to Be a Trainer'.

programme will ensure that all health advisers are at the same level of expertise – that of maximum quality standard.

The one-day intermediate course serves to deepen the knowledge of health advisers who have already completed a

course aims to enable all health advisers who wish to do so to offer information events on cellular medicine and the new cell-fitness\* products themselves. Seminars and workshops take place in Almelo over a day and a half for this purpose. Staff



*Christa Rath (front right) and Verena Skaupy during the lecture*

The one-day basic course (10.00 to 17.00) offers an introduction to cellular medicine, the company philosophy of Matthias Rath B.V., and Dr. Rath's political commitment. In future it will be offered at various locations throughout Germany. This new health adviser training pro-

gramme will ensure that all health advisers are at the same level of expertise – that of maximum quality standard. The one-day intermediate course serves to deepen the knowledge of health advisers who have already completed a basic course. This course also takes place at various regional locations from 10.00 to 17.00 and is supervised by staff of Matthias Rath B.V. The content of the course includes an introduction to anatomy and issues relating to earning a livelihood. The 'Training to Be a Trainer'

course aims to enable all health advisers who wish to do so to offer information events on cellular medicine and the new cell-fitness\* products themselves. Seminars and workshops take place in Almelo over a day and a half for this purpose. Staff from Matthias Rath B.V. will accompany you locally at your first information event and will always be available to answer your questions. The patient evenings have proved their worth for training health advisers and will continue this year. During these events, clients and

users hear about the latest scientific findings in the field of cellular medicine, and its use in treating the most varied illnesses, such as cancer, heart and circulation disorders and diabetes.

### **The Wittenberg Health Centre**

Christa Rath spoke about current developments at the health advisers' meeting at the Wittenberg health centre. After considerable delays in construction, the official opening of the health centre in Wittenberg will now take place on 31 October 2003. The Wittenberg Health Academy will also start work from this time onward. It will, for example, offer weekend courses to train health advisers in the Dr. Rath Health Alliance, and on other themes relating to natural remedies. Among other events, a high point this year will be the large-scale, end-of-year event at the Wittenberg health centre.

### **Health for All is Attainable**

At the health advisers' meeting in Almelo, the health advisers demonstrated their determination to work on behalf of Dr. Matthias Rath's aims in promoting 'Health for all by the year 2020' and to develop information work on cellular medicine and cell-fitness\* products further.

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\* This article describes the meeting in Almelo, which was meant for the German consultants. Therefore, certain matters do not apply to the situation in the UK. The cell-fitness programme, for instance, is not yet available on the UK market.



*Lively participation during the workshop*



*Ralf Langner, international director of the Dr. Rath Health Foundation*



*During meals together*



# Meeting in Almelo



*Dr. Sabine Willer and Markus Frutig presented the results of their workshop*



*Together, health advisers shared their experiences*



*Sven Lückerrath, marketing manager of Matthias Rath B.V., supervised a workshop group*

# Our View of the Spiegel Report

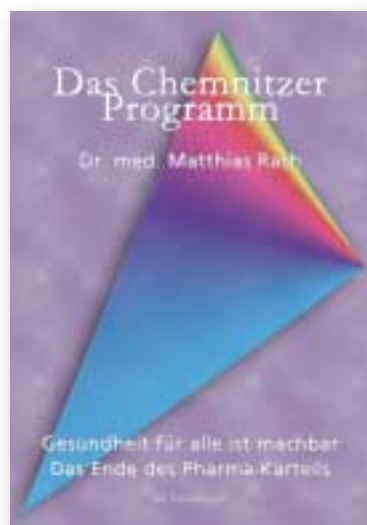


On 31.3.2003, an article on the pharmaceutical cartel entitled 'Chasing the Patent Billions' appeared in the news magazine 'Der Spiegel' (no. 14, pages 84-97). This media report is a further nail in the coffin of the globally active pharmaceutical cartel and, at the same time, a tribute to all who work on behalf of the Dr. Rath Health Alliance, showing that they are on the right path to attaining the goal of 'health for all by the year 2020'.

'Der Spiegel', Europe's biggest news journal with its headquarters in Germany – the home of Bayer, BASF, and Schering & Co – publicly pillories the damage that this branch of industry is doing to the health of millions of people and the defrauding of national economies to the tune of billions. The dam is breaking! It is not by chance that Harald Schumann, best-selling author of the book 'The Globalisation Trap', is allowed to write in 'Der Spiegel' that Bayer's billion-dollar diabetes medicine 'Glucobay' is no better "than muesli", without having to worry about the pharmaceutical industry's compensation claims. Someone has smoothed the way for 'Der Spiegel' and removed all hindrances, so that this criticism can be expressed without anxiety; someone, ulti-

mately, has provided proof that there are effective and economical alternatives, free of side effects, to the fraudulent pharmaceutical business. This is due to the work of Dr. Rath and our Health Alliance!

It is now just six years since Dr. Rath foretold current events in his historic lecture at Chem-



nitz town hall – describing the war that would be waged in the interests of this cartel and the forthcoming collapse of the pharmaceutical investment industry. The 'Chemnitz Programme' of 21 June 1997 had a subtitle still breathtakingly audacious at the time: 'The End of the Pharmaceutical Cartel'. Today, it has become clear that the people of the earth have risen up to liberate themselves from the stranglehold of the sickness business.

The 'Spiegel' article is an important contribution to 'Make Health – Not War' and a milestone on the road to a healthier and above all more peaceful world. Find out more at [www.dr-rath-foundation.org](http://www.dr-rath-foundation.org).

# New Findings in Vitamin Research

## Vitamin C helps stem cells change into heart cells

Scientists have produced research results that could lead to new ways of treating heart failure. They have established that vitamin C stimulates embryonic mouse stem cells to turn into beating heart muscle cells. It is hoped that one day doctors will have access to a vast reserve of healthy human heart cells that can be implanted into failing hearts, representing an alternative for patients whose only prospect so far has been the transplant of a complete donor heart.

Heart failure is a chronic disease, in which the muscle is unable to pump enough blood to meet the body's needs. It is caused by damage to the heart musculature that is often the result of a heart attack. "Once the heart musculature is dead, we don't have too many options left", says the author of the study, Dr. Richard T. Lee, a professor of medicine at the Brigham University and at the Women's Hospital and the Medical Faculty of Harvard University in Boston, Massachusetts.

Stem cells are cells that can develop into entirely different tissue structures of the body. Until now, the method by which embryonic stem cells are turned into heart muscle cells has been very slow and labour intensive, as Lee confirms.

"It's not a very efficient process", he told Reuters Health.

However, in the new research, published in the abridged edition of 'Circulation - the Journal of the

American Heart Association', Lee and his colleagues have reported that treatment with vitamin C accelerated the process by which embryonic stem cells were changed into heart cells.

The stem cells had been genetically changed, taking on a bright green colour when they changed into heart cells. But they did not just turn green; they also started beating rhythmically, as the results showed. It is not known how vitamin C produces this reaction or whether this would also work with stem cells from human embryos. Research on stem cells from human embryos is very controversial and subjected to restrictions imposed by the US government.

Researchers have also carried out experiments in which stem cells taken from adult hamstring muscle or marrow were implanted in damaged hearts. Lee does however emphasise that embryonic stem cells show the greatest promise, as they show the most flexible reactions.

Dr. Robert O. Bonow, the president of the American Heart Association, said in a comment that, "although the results from this study are still at a very early stage, in terms of their significance for human life, this research does represent enormous potential for the future treatment of thousands of patients who fall ill from heart failure year after year. It is an important step in the direction of clinical reality to find out

mechanisms by which stem cells can be changed into differentiated heart muscle cells", added Dr. Bonow.

*Monday, 31st March 2003 by Jaqueline Stenson, NEW YORK (Reuters Health)*

### **Editor's comment:**

This study represents a significant step in illustrating the importance of vitamin C to both scientists and patients.

Why is this study so important? It proves that vitamin C has an influence on cell differentiation. Until now, there had been no evidence that vitamin C was also of decisive significance for cell differentiation, in addition to its special significance for connective tissue. This study represents a further contribution to vitamin research and it illustrates the importance of the work done by Dr. Rath and his research team.

db

# Make Health - Not War

Lecture by Dr. Rath in Holland meets with great interest



*Dr. Rath during his lecture in Amsterdam*

On the evening of Wednesday 26 March, Dr. Rath once more gave a lecture in Holland. The evening was completely devoted to the theme of 'Make Health - Not War' and took place in the 'De Meervaart' theatre and conference centre in Amsterdam. Dr. Rath told the audience of 400 about the latest research results in the field of natural prevention and cure of cancer, as well as demonstrating to those present the true motives and background underlying the war in Iraq

## **Huge interest**

The audience was very interested and, except for responses from the floor to questions and remarks by Dr. Rath, you could have heard a pin drop. Although Dr. Rath spoke in English, everyone was able to follow his talk easily, since a Dutch translation through headphones was also available. Before Dr. Rath began his lecture, the nutritionist Terry Buter talked with two former cancer patients. Barbara Moschik from Austria and Marie José Temmink from Holland described how they survived the side effects of chemotherapy and overcame cancer, with the help of cellular medicine.

## **The development of cancer**

Dr. Rath introduced his talk with a general description of the way cancer develops. He showed how a normal cell can transmute into a cancer cell and

the mechanisms that cancer cells use, in order to grow and spread through the human body. Using a PowerPoint display, he presented a vivid picture of all stages of tumour growth, so that the audience found it easy to understand the progression of cancer. From this presentation, it was clear to everyone that a natural approach is the best way of combating and preventing cancer.

## **Make Health - Not War**

Dr. Matthias Rath devoted the second half of the evening to the theme which concerns us most at present: the war in Iraq. In the foyer of 'De Meervaart' hung copies of the various announcements that the Dr. Rath Health Foundation had published in several large national daily newspapers. Dr. Rath once more emphasised the fact that the prime mover



*The audience was interested in obtaining more information*



*Dr. Rath exposes the pharmaceutical industry as the prime mover behind the Iraq war*

behind this war is the pharmaceutical industry, the biggest investment industry in the world. Dr. Rath substantiated his arguments with numerous, striking examples.

### Reactions in Amsterdam

It was already possible to tell that it was inspiring his listeners during Dr. Rath's lecture. Members of the audience responded immediately and spontaneously to Dr. Rath's questions and remarks, giving the evening an interactive feel. After his lecture, there were also numerous, largely positive reactions. A few of those present already knew Dr. Rath, but this was the first time that they had experienced him live. Others had never heard of Dr. Rath before, but the announcement in the *Algemeen Dagblad* [Dutch newspaper] had aroused their curiosity. By the end of the evening, it

was clear that the audience wanted to know more, because there was great demand for the information folders available to everyone who attended.

Some audience reactions are below:

- It was all very well organised. Dr. Rath's presentation was very clear and comprehensible. It would be good if more such events could be held in Holland.
- I was gripped by Dr. Rath's talk. Recently, I wrote to a consumer association and a large radio and TV company myself, to draw their attention to the prohibition on natural remedies. So far, though, I haven't had an answer. It was for this reason that I was interested in hearing what Dr. Rath had to say on this theme.

- It's a good thing that there's someone who's willing to call a spade a spade at last.
- I had never been aware of the pharmaceutical industry's practices before.
- I have become convinced of the usefulness of vitamin supplements since.

It is also clear from the numerous audience reactions that, in general, people were convinced by Dr. Rath's words – both with regard to the effect of high-dose dietary supplements and also to the opposition and resistance coming from the pharmaceutical industry. Many people considered that a stop should be put to the shameful practices of the pharmaceutical investment industry. One man said: "On the one hand we're paying astronomical sums for medicines that often do more harm than good and, on the other hand, products that we want to use, whose effect is proven and that have no harmful side effects, are prohibited."

All in all, it was an impressive evening, from which everyone returned home with a folder full of information.

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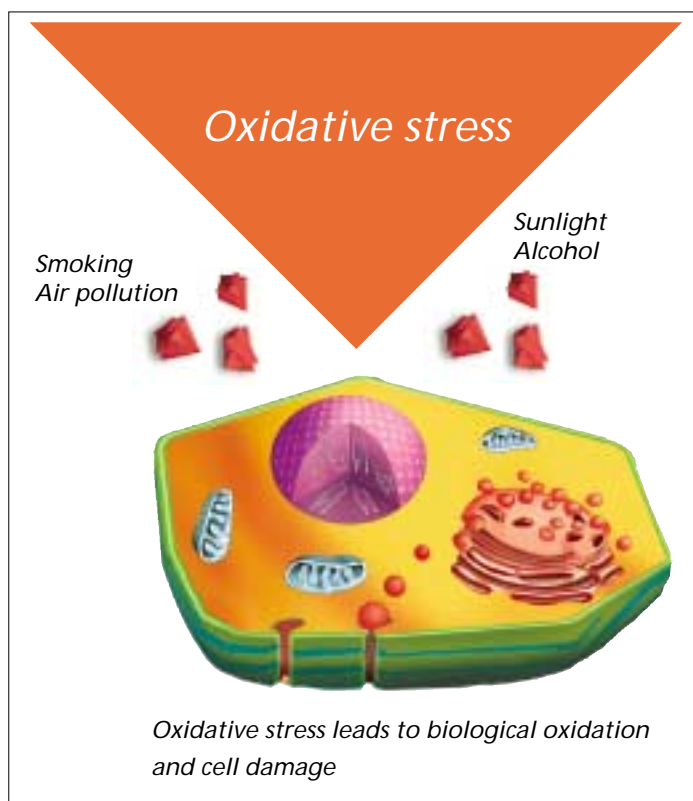
# Protection against oxidative stress

We are exposed to a whole host of strains every day. An unhealthy diet, stress, medicines and pollutants in the environment all put a strain on the whole body, and above all the liver, which copes with these factors and breaks down toxins. In normal circumstances it can handle these tasks without a problem, but if the burdens increase there is a danger of insufficient assimilation, which can lead to serious health problems for the whole body. In liver metabolism foreign substances are broken down in two stages. First comes chemical transformation, and then binding to substances which are excreted via the intestine or the kidneys.

If excess demands are made on liver metabolism, a blockage forms, together with an accumulation of by-products. These molecules are highly reactive and are known as free radicals. Free radicals are so reactive because they are missing an electron. To replace the missing electron they take it from other compounds which are damaged in the process. If the free radicals attack cell walls or the cell nucleus, functional disorders arise. Free radicals come from the body's metabolism and the environment. Environmental pollutants are the main source of free radicals. Not only can exhaust fumes in large cities put a strain on health, but also toxins in our whole living and working environment.

**Did you know that northern Europeans spend around 90% of the day in enclosed environments, and that toxins present in static air can lead to health problems?**

Toxins often found in rooms are formaldehyde, solvents and plasticisers from panels, floors and wooden furniture. However smoking is the primary cause of toxins in the home.



A healthy body is able to intercept free radicals and environmental pollutants and render them harmless, as long as it is well supplied with vital cell substances. If the body does not have sufficient quantities of these, however, it is no longer able to balance the strains put on it. Oxidative stress arises, which leads to so-called biological oxidization.

A healthy lifestyle and vital cell substances are the best prerequisites for balanced, optimum metabolism. Vitamins, minerals and amino acids support the body in breaking down foreign substances, protecting it from free radicals. Antioxidants directly intercept free radicals. A further defence system is provided by antioxidant enzymes. Vital cell substances such as minerals and amino acids are important constituents of antioxidant enzyme systems.

**Active cell protection with vitamins**

Vitamin E is a fat-soluble vitamin and protects the fatty structure of cells, cell walls and blood vessels from free radicals. Vitamin E is exhausted in this reaction. Vitamin C serves as a radical-catcher in a fluid environment and helps regenerate exhausted vitamin E supplies. Beta-carotene (Pro-Vitamin A) has special importance as a skin-protecting factor. It protects the skin from the harmful effects of sunlight. Vitamin B2 works directly as an antioxidant and participates as a co-enzyme in the formation of an important antioxidant enzyme.

**Active cell protection with minerals**

Minerals and trace elements are important contributing factors in the formation of antioxidant enzymes. The trace elements copper, zinc and manganese in particular need to be present in sufficient quantities to ensure optimum activity of these enzymes.

**Active cell protection with amino acids**

Amino acids are the building blocks of antioxidant enzyme systems and have a direct antioxidant effect. The amino acids cysteine and glutamine are important constituents of a particularly effective antioxidant enzyme system. Cysteine helps in detoxification, since it can form compounds with heavy metals that are then excreted.

**Active cell protection with alpha-lipoic acid**

Alpha-lipoic acid is a particularly effective antioxidant. It reacts with free radicals and transforms them into harmless molecules. Lipoic acid reduces assimilation of heavy metals and binds them to itself.

**Vital cell substances**

- Vitamins
- Vitamin C
- Vitamin E
- Vitamin B2
- Beta-Carotene
- Minerals
- Zinc
- Manganese
- Copper
- Amino acids
- L-Cysteine
- L-Glutamine
- Other
- Alpha-lipoic acid



# Health fair participation promoted customer contacts



Karl Schuble, (2<sup>nd</sup> from left) an active member of the Breisgau health adviser team

The Breisgau health adviser team of the Dr. Rath Health Alliance took part in the first Fitness Fair in Bad Krozingen at the end of March. Carola Burgert from Münstertal, Renate Konstanzer from Freiburg, Rolf Riedlinger from Buchenbach, Ewald Mittelstädt from Schallstadt and Karl Schuble from Pfaffenweiler once again participated in a regional health fair. Over 8,000 visitors were attracted to the fair in the leisure and health centre standing in its own health and exercise park. Those who attended the fair were not, as originally assumed, just sport and fitness enthusiasts, but peo-

ple from all walks of life who were interested in getting health

information. "Our fair stand was very well placed and we were



Carola Burgert (left) in conversation with an interested health fair visitor



able to offer many people the cell fitness products, and tell them about Dr. Rath's therapy formulae. It turned out that many visitors already knew the name of Dr. Rath," reported Karl Schuble.

True to expectations, most fair visitors did not immediately wish to buy the cell fitness products but first took information home with them. "For this reason one cannot immediately tell how successful our presence at the fair was. But the great interest shown by visitors, and the numerous conversations we had, lead us to conclude that our stand and the information we passed on has enhanced the general profile of Dr. Rath and people's familiarity with him," says consultant

Schuble. The health advisers divided the costs of the fair stand equally between themselves.

"On this occasion too, we health advisers look back with pride on the work we have done to promote the Dr. Rath Health Alliance; and I can assure you that we did this very gladly," states Karl Schuble in retrospect. "We gave away almost all the information material which we received free of charge from MR Publishing B.V. We are already considering taking part in the 2003 health fair. We health advisers in the Breisgau team would like to offer our warm thanks for the support we received from Holland once more."

*Health adviser team Breisgau, Germany*

### An Unusual Way of Passing on Information

Eva Jung, a health adviser in the Dr. Rath Health Alliance, sometimes pursues unusual paths in her local work. She found that the priest of her local parish had an open mind for Dr. Matthias Rath's information on the theme of 'Make Health – Not War'. The priest was so keen, in fact, that he decided to print Dr. Rath's edito-

rial from the January 2003 edition of the monthly 'Rath International' magazine in his parish newsletter. His commentary on this: Dr. Rath's ideas are so appropriate that I do not wish to keep them from you! The 'European Initiative – a Public Referendum for Natural Remedies' announcement was also published in the same newsletter.



Passing on information in the parish newsletter

### Reader's Letter against Pharmaceutical Site

The health adviser Anna-Luise Korkowsky from Vacha is taking a stand on current developments in Thüringen. Drawing on sound knowledge and expertise, she is arguing against construction of a new pharmaceutical factory.

## Geschäft mit der Krankheit

**Zu „Fördermittel locken Merck nach Jena“, vom 4. 03. 03:**

Von Fördermitteln und Umsatzzielen ist da die Rede, aber auch davon, dass diese Krebs-Pillen noch gar nicht zugelassen sind.

Mit jedem Satz wird nur eins deutlich: „Geschäft mit der Krankheit“. Nicht um den Menschen und seine Gesundheit, sondern nur ums viele, viele Geld, das mit diesen Pillen und der herkömmlichen Krebstherapie verdient werden soll und wird, geht es dabei. 260 neue Jobs wiegen natürlich viel, wenn man an die Zahl der Arbeitslosen in Thüringen denkt. Und wie viele Menschen müssen an den herkömmlichen Krebstherapien noch sterben – auch an den Pillen, die bald in Thüringen hergestellt werden sollen?! Das werden hoffentlich auch die letzten Zweifler bald begreifen und sich meinem Protest gegen den Bau dieser Medikamentenfabrik in Jena anschließen.

Wir brauchen keine chemischen Medikamente, die mit gefährlichen Nebenwirkungen und ohne Heilnachweis den Menschen nur mehr Leid bringen – wir fordern eine Medizin, die natürlich und nebenwirkungsfrei ist.

**Anna-Luise Korkowsky**

Reader's letter in the Thüringen daily newspaper 'Freies Wort'

# Mailbag

## Cellular medicine helps

This pharmaceuticals mafia of orthodox medicine, encompassing everyone from the health ministry down to the smallest medical institutes, is as deeply suspicious and fearful as the devil is of holy water. These people are afraid that the mechanism of patentable pharmaceutical preparations with side effects, followed by still more drugs with still more side effects – i.e. the dependency of patients on costly medicines, will be undermined and broken. An unheard of scandal! I had to and still have to pay myself for all my treatment with natural remedies free of side effects! But fortunately I have come to the conviction that Dr. Rath's cellular medicine helps.

*Ernst Tröndle, Immendingen, Germany*

## Letter to Chancellor Schröder

It surely has little to do with democracy when individual politicians use weapons and warfare to force medicines on the world's people, whose side effects are often so severe that no other conclusion can be drawn but that illness is big business and its object is to increase share values.

Do you really believe, Chancellor Schröder, that this action against millions of people will go unexpiated forever, and that people have not come to their senses long since? Do you not believe either that increasing

numbers of people experience that they can combat illnesses such as cancer in natural ways, with the help of cellular medicine each day?

*Klaus Schürbusch, Gelsenkirchen, Germany*

## Choose world peace

In a reader's letter to the 'Elmshorn News', Horst Mahn, a health adviser in the Dr. Rath Health Alliance, quoted from Dr. Rath's announcement in the 'New York Times' and then commented: "I believe we must encourage all our friends and acquaintances to reflect on current circumstances and openly support a peaceful future. It is finally time for us to choose world peace."

*Horst Mahn, Klein Nordende, Germany*

## A doctor for human beings

It is wonderful to know a doctor like Dr. Rath, who is truly working to enhance the health of people in this world, and does a great deal to ensure that people become and remain healthy! At last, a doctor who does not enrich himself from people's illness, unlike many 'gods in white!' – especially here in Switzerland.

*Ernestine M.-Schwab, Switzerland*

## The pharmaceutical industry wants more profits

Dear friends, here is a statement about the smallpox vaccination programme envisaged by the German government from the 'International Doctors Against Atomic Warfare' (IPPNW). While the pharmaceutical industry is pleased about this, citizens are being thrown into panic and their health damaged!!

*Dr. Klaus Mahler, Berlin, Germany*

Sonnabend, 25. Januar 2003

## LESERBRIEFE

(Leserbriefe stellen nicht unbedingt die Meinung der Redaktion dar)

### Für den Weltfrieden entscheiden

**Betr.: Nein zum Irak-Krieg**

Sehr geehrte Damen und Herren,

Herr Heinz Stehr hat mit seinem Leserbrief vom 18. Januar 2003 eine öffentliche Aufklärung und Diskussion zu diesem Thema angeregt. Dieser Aktion schreibe ich mich gern an. In den letzten Jahren hat kaum jemand die jetzt erreichte Situat-

Diese Interessen-Gruppen können zwar den militärischen Konflikt mit dem Irak, nicht jedoch die globale Einschränkung der Bürgerrechte und den Aufbau eines weltweiten Überwachungsapparates erklären. Der Krieg im Jahre 2003 wird vor allem dazu gebraucht, um in seinem Windschatten die größte Investment-Industrie der Erde, die Pharma-Industrie, vor ihrem Untergang zu bewahren.

Für alle großen Volkskrankheiten, angefangen von Herz-

# Dear Health Advisers,

Things are certainly happening in our Alliance! In the March issue of Rath International, I tried to stimulate your interest in working for MR Publishing in a Health Alliance context.

I was very pleased indeed at the response. So far, several hundred people have indicated they would like to be involved in making our books available to everyone. Many, many thanks!

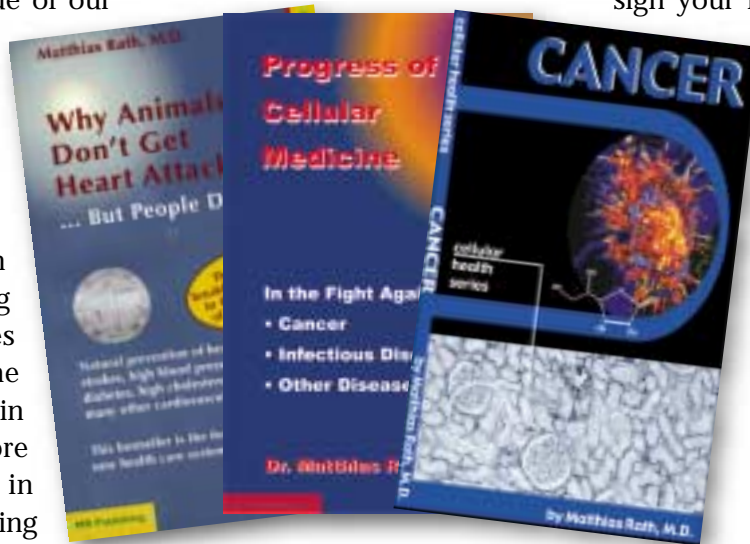
With the latest issue of our magazine, sent out in April, you will have received a whole pile of extra papers: new application forms and also, finally, information on MR Publishing products. Book sales are therefore on the agenda! Books contain information and store knowledge. And, in contrast to the lobbying and propaganda machinery of the pharmaceutical industry, Dr. Rath's Health Alliance is pursuing the goal of explaining to people why cellular medicine is superior to other forms of treatment.

Our books competently reflect current scientific knowledge and information on cellular medicine. That is why every health adviser can participate wholeheartedly in selling our books.

No one is required to attend a basic or intermediate course to do so, since the books themselves pass on the necessary knowledge.

And, unlike the cell fitness programme and the cellular medicine formulae, there is also only one commission level.

So this is the way it works: As a health adviser, you will get a sample copy of every new publication free of charge.



In addition, you will be able to order as many more copies as you want for resale, at a discount of 35% off the MR Publishing sale price.

As soon as you succeed in finding other people to sell our books, they too will receive a 35% discount, as long as they quote your consultant number together with their order. You will receive 10% of the net wholesale value plus VAT, i.e.



the shop price less 35% discount and less VAT, for orders from third parties that we receive with your consultant number.

And the more people who participate in this business, the quicker we shall be living in a country with mature citizens who regulate their own health. So, if you have not yet done so, sign your health adviser application, send it to us and get actively involved in Dr. Rath's Health Alliance for peace, health and social justice.

Christian Machalet

# Consumer Protection Centre Criticises Personal Reports

An article in the "Freie Presse Chemnitz" newspaper on 21.3.2003 has stirred up reactions from many users of cellular medicine, as has the report entitled 'Vitamin pills can damage your health' published on 25.3.2003 in 'Die Welt', which also relates to the Saxony consumer protection centre. Many users have asked us to respond, and we are glad to oblige them:

## Consumer Protectors from Saxony

It is incredible that your report casts scorn on people's honest personal experiences, dismissed by you contemptuously as "so-called personal reports", solely on the grounds that "this would be fine if it were true, but there is no scientific proof".

These reports do not claim to be scientific proofs or statistics! They are concerned, instead, with survival. With people who have recovered from severe illness and now have new courage for life! This is something of great value that needs no proof and certainly not an arrogant commentary from consumer protection officers.

Your chain of argument is interesting: on the one hand you demand scientific proofs for the efficacy that you cast doubt on. Only a few sentences later, though, you recommend high-dosage vitamin preparations that can be obtained as medicines in Germany and are prescribed by doctors for certain illnesses. What is a critical reader supposed to think?

For your information: it is completely irrelevant from the perspective of a product's efficacy for the body whether the

## Dr. Rath-Naturstoffe als Antikrebsmittel?

### Verbraucherzentrale kritisiert „Erfahrungsberichte“

**Leipzig.** Hochdosierte Vitamin- und Nährstoffpräparate des Dr. Rath, Naturstoffe genannt, scheinen in Sachsen sehr beliebt zu sein. Vitamine, Aminosäuren, Pflanzenextrakte und Zell-Vitalstoffe sollen die Ausbreitung von Krebszellen ohne Nebenwirkungen verhindern, heißt es in den Werbeunterlagen. Die Verbraucherzentrale Sachsen (VZS) warnt vor solchen Versprechungen und vor einer Selbsttherapie ohne Arzt.

So genannte Erfahrungsberichte von Krebspatienten, die die Empfehlungen der Ärzte ablehnten oder bei denen die Ärzte „nichts für sie tun könnten“, schildern eindrucksvoll, wie sich durch die Einnahme dieser Präparate Lungenkrebs und Brustkrebs sogar vollständig zurückgebildet haben sollen. „Schön wär's, doch wissenschaftlich erwiesen ist das nicht“, meint die VZS.

Präparate mit derartig hohen Konzentrationen an Vitaminen und heilenden Versprechen bedürfen in Deutschland einer Zulassung als Arzneimittel und eines Wirksamkeitsnachweises. Bei schweren Erkrankungen wie Krebs befinden sich viele Menschen in einer verzweifelten Situation. Sie sollen mit diesen

Bestimmungen vor falschen Versprechungen und vor Täuschung geschützt werden.

Aus wissenschaftlicher Sicht sind Vitamine und Mineralstoffe unbestritten lebensnotwendig und in einer ausgewogenen Ernährung bis auf wenige Ausnahmen ausreichend vorhanden. Wer glaubt, seine ungesunde Lebensweise durch Dr. Raths Produkte kompensieren zu können, irrt gewaltig. Vitamine sind nur ein Baustein für ein gesundes Leben. In zu hohen Konzentrationen eingenommen, werden einige bestenfalls ungenutzt wieder ausgeschieden. Extreme Überdosierungen können dem Körper schaden.

Sachsens Verbraucherschützer raten gesunden Verbrauchern, auf teure Nahrungsergänzungen aus dem Ausland zu verzichten. Hochdosierte Vitaminpräparate gibt es auch in Deutschland – als Arzneimittel. Sie werden bei entsprechenden Erkrankungen von Ärzten gezielt eingesetzt und dann auch von den Krankenkassen bezahlt. (pm)

Die Ernährungsberaterinnen der VZS sind montags bis donnerstags von 10 bis 16 Uhr unter Telefon 0190/79 77 74 (1,24 Euro/Minute) erreichbar.

*Many people using vitamin supplements asked for a positioning against the Saxony consumer protection centre press release.*

product is termed a medicine or a dietary supplement. If the composition is the same, then the effect is the same too. Only

prescriptions determine that there is a distinction with regard to the different intended uses of the product. If the product is

stated to improve health, it is a medicine. If not, and the dosage is low, the product is a food. It simply is not possible to make a clear distinction between dietary supplements as foods or as medicines, because nutrition has the task of preventing dietary insufficiencies and thus illnesses.

Do you, as consumer protectors, think that the pharmaceutical products available in Germany are only effective because they are sold as medicines in chemists? The fact that this is not so was published through dpa on 29.11.2002 by the 'Product Test Foundation', with which you have close links: according to this report, roughly 40 percent of freely available medicines have hardly any effect and their composition and active constituents are nonsensical.

There is one point, Saxony consumer protectors, where we acknowledge you are right. You write:

In the case of severe illnesses such as cancer, many people are in despair. These regulations aim to protect them from false promises and deception. We agree with that. People must be protected from the false promises of the pharmaceutical industry! In this connection, we have sought out a few headlines that should spur you on to protect consumers from the pharmaceutical industry.

### **Pills make you sick**

In Germany roughly 22,000 people fall ill annually from the side effects of permitted medicines. Doctors report 9,500 severe cases. Experts assume overall fig-

ures of between 12,000 and 16,000 deaths per year caused by medicines. Source: Focus, 18.2.2002

### **Suit against Novartis**

Claims are being made that Novartis has brought an old sore throat remedy onto the market as a new medicine under another name. The Swiss Consumer Protection Foundation (SKS) has filed a suit against the company for misleading and deceiving consumers.

The medicine in question, which is hailed as new, is apparently 43 percent more expensive but identical to the old remedy that has been on the market for years. Source: Anzeiger von Uster, Switzerland, 11.5.2002

### **Tamoxifen increases the risk of womb cancer**

For 20 years Tamoxifen has been a frequently prescribed medicine for treating breast cancer, despite knowledge that taking Tamoxifen involves an increased risk of endometrial carcinomas. A study has shown conclusively that long-term Tamoxifen intake increases the risk of developing an endometrial carcinoma. Source: The Lancet 2000; 356: 881-887

Your arguments that whoever believes he can compensate for an unhealthy lifestyle by using Dr. Rath's products, is badly misled, and that extreme overdosing can damage the body, are out of date and show that you haven't really paid attention to Dr. Rath's scientific research. It is a widespread misconception that dietary supple-

ments are used as a substitute, in order to compensate for an unhealthy lifestyle. This statement proves that your report is poorly researched, and was written by someone with little knowledge. The findings of the Brendenburg diet and cancer study, the FINMONIKA study, the VERA study and Swedish and American nutritional studies show that those who most use dietary supplements also eat large quantities of fruit and vegetables.

You speak of damage to health through overdosing in your article. Do consumer protectors now have the task of spreading senseless rumours to undermine consumers? What is true is that you are not in a position to give clear information to consumers, since false claims don't become any truer when repeated mechanically, and certainly do not provide any real evidence.

The year 2000 Medicines Handbook states that in Germany roughly 300,000 people each year are referred for hospital treatment because of the side effects of medicines. Have you ever read that people needed treatment after taking vitamin supplements?

db

# Always There for You!

## Introducing the consultant hotline staff

Matthias Rath B.V. offers all clients a special service: the consultant hotline. From Monday to Thursday, 8.00 to 21.30, health adviser hotline staff are there for you on this number: 0031 – 546 533 320!

This special health adviser hotline was started in August 2001 and is an outstanding service, because no other comparable

client service this year. Matthias Rath B.V. offers all clients and health advisers the possibility of sending in medical reports such as lab findings and x-rays, to get advice from a cellular medicine perspective.

The specially trained staff on the health adviser hotline also pass on the details of natur-  
opaths and doctors in Germany, Austria and Switzerland who already work with Dr. Rath's cellular medicine. From this list, which is specially managed by our staff, all clients and consultants can access information about doctors and therapists.

Of course, the staff on the health adviser hotline also answer written enquiries about Matthias Rath B.V.'s cell vitality products. "Direct contact with clients and consultants is a daily challenge that we are glad to



*Nicole Hoffelner in a health adviser discussion*

meet," says Alexandra Kaiser, a long-serving staff member on the health adviser hotline.

firm is so ready and willing to give information about its products and their use.

Since the health adviser hotline began, daily calls have continually increased. The many enquiries chiefly concern questions about dosage, active constituents, and application of Dr. Rath's vitamin programme to specific illnesses. The staff of Matthias Rath B.V. are pleased to answer such questions; and for especially complex cases they can call on the specialist knowledge of on-site holistic nutritionists.

The health adviser hotline service added an additional



*Staff at Matthias Rath B.V. give information on vitamins, minerals and trace elements*

EUROPEAN INITIATIVE

## Referendum for Natural Remedies

The protection of our health is one of the most important human rights. Every year millions of people die in Europe alone from endemic public health problems like heart attack, stroke and cancer. However, scientific findings have shown that many of these diseases can be prevented by side-effect free natural remedies. To date over 10,000 studies have been published in the scientific press and on the Internet on the vital importance of vitamins alone.

Under pressure from the pharmaceutical industry, laws are currently being drawn up at national and European levels which would outlaw the spreading of vital health information and free access to vitamin therapies and other non-patentable natural remedies.

Nobody should have the power to endanger our right to good health and life. The profit-motivated interests of big business must not be placed ahead of the health interests of millions of people. We, the people of Europe, must ensure that we attain direct influence on the legislative process, above all where our rights to health and life are concerned.

That is what we are fighting for.

**We appeal to the responsible politicians in the European Union to carry out a referendum to guarantee every citizen in Europe the right to free and unrestricted access to vitamin therapies and other natural remedies. This referendum should be carried out in parallel with the 2004 European Parliament elections.**

**We call on the governments of Europe to enshrine the right to referendums in their national constitutions and in the future European constitution.**

Name

Address

Signature

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