

# **Cystitis – successful combination of bioresonance therapy, naturopathic ready-to-use drugs and micronutrients**

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Dear Colleagues,

Acute or chronic cystitis is a frequently encountered clinical picture in the practice of complementary medicine.

Patients can virtually always look back on a long history of antibiotics and come to our practice in a state of deep despair.

Today I would like to give you a few suggestions on how you can successfully treat this clinical picture in your BICOM practice and which off-the-shelf medicines / micronutrients you can use for supporting treatment.

In the script, I would like to briefly discuss the epidemiology / causes / favouring factors / symptoms / diagnostics / therapy and complications from a conventional medical point of view, without explaining this in detail in the presentation. This is solely for you to be able to read it in your RTI booklet.

## **Epidemiology:**

It mainly affects children, sexually active women and also men at an advanced age, often in connection with BPH.

In most cases, it is an ascending infection, which in most cases is caused by coliform bacteria.

Conventional medical treatment is usually based on antibiotics, although considerable resistance to the various types of antibiotics has developed in recent years.

This is why an antibiogram (see Enterosan Laboratory below) should be prepared according to conventional medicine so that targeted antibiotic treatment can be carried out according to the sensitivity of the pathogen.

## **Predisposing factors for the development of cystitis:**

Female gender (**shortness of the female urethra**)

**In the postmenopause due to atrophy of the epithelium sealing the urethra.**

Older men with **BPH**; a resultant increased narrowing of the urethra can lead to voiding disorders of the bladder. Congestion favours the occurrence of bladder infections.

**Frequent sexual intercourse in women** ("honeymoon" or "holiday" cystitis)

**Disorders of urinary outflow due to obstruction of the urethra in the pelvic region** (e.g. tumours, bladder diverticula, vesicoureteral reflux)

Metabolic diseases, in particular **diabetes mellitus** with "sugary" urine = breeding ground for bacteria

**Indwelling bladder catheter**

**Procedures** such as bladder irrigation, cystoscopy

**Immunosuppression** with immune deficiency

**Causes of acute cystitis according to conventional medicine:**

Escherichia coli (70-95%)

Staphylococcus saprophyticus (5-10%)

Other bacteria, but also adeno viruses, trichomodes and Candida albicans

**Symptoms:**

Dysuria, pollakiuria, bladder tenesmus, haematuria, pain, urge incontinence, in rare cases fever

**Diagnosis:**

Urine – rapid test strips / microscopic urine examination / urine culture / sono / antibiogram (better aromatogram)

Clinical data:

Recurrent cystitis

| Examination  | Result                | Sign | Reference/target range | Unit   | Mat | Meth | Rem |
|--|-----------------------|------|------------------------|--------|-----|------|-----|
| <b>Material 1: Urine (02/11/16)</b>                          |                       |      |                        |        |     |      |     |
| <b>Bacteriological diagnosis of urinary tract infections</b> |                       |      |                        |        |     |      |     |
| Germ count   | over 1 million        | +    |                        | CFU/ml |     |      | 1)  |
| Inhibitor proof  | negative              |      |                        |        |     |      |     |
| <b>Gram preparation / Combur2 Test LN</b>                    |                       |      |                        |        |     |      |     |
| Leukocytes   | multiple leukocytes   |      |                        |        |     |      |     |
| Nitrite  | negative              |      |                        |        |     |      |     |
| Culture (aerobic)  | Escherichia coli 1)   |      |                        |        |     |      |     |
|  | Antiblograrmm to germ |      | 1)                     |        |     |      |     |
|  | Ampicillin            |      | +                      |        |     |      |     |
|  | Ampicillin/sulbactam  |      | +                      |        |     |      |     |
|  | Cefaclor              |      | +                      |        |     |      |     |
|  | Cefuroxime axetil     |      | +                      |        |     |      |     |
|  | Cefpodoxime proxetil  |      | +                      |        |     |      |     |
|  | Tetracycline          |      | 0                      |        |     |      |     |
|  | Ciprofloxacin         |      | +                      |        |     |      |     |
|  | Levofloxacin          |      | +                      |        |     |      |     |
|  | Trimethoprim          |      | +                      |        |     |      |     |
|  | Co-Trimoxazol         |      | +                      |        |     |      |     |
|  | Fosfomycin—Trometamo  |      | +                      |        |     |      |     |
|  | Nitrofurantoin        |      | +                      |        |     |      |     |
| + = sensitive (+) = intermediate 0 = resistant               |                       |      |                        |        |     |      |     |

***Prevention:***

Anal and sexual hygiene

Preventive use of the Sunday Natural micronutrient mixtures (URO FORTE capsules and URO FORTE AKUT capsules), the aromatic oil mixture (URO FORTE OIL Transdermal), the vital fungal mixture (URO VITAL capsules) and the two teas (URO VITAL Tea A or B)

Regular BRT to stabilize the kidney and bladder

**2. Different treatment options for acute / chronic recurrent urinary tract infections:**

**2.1. Applicator system for bladder programs and IC/OC/CMD placement:**

Input: Square flexible applicator on the thymus

Output: Power applicator on the bladder (DMI: alternating or damping)

Input cup: Urine

Output cup: Trace elements drops or BICOM oil

Memory device: Chip

Programs to stabilise the bladder situation:

|             |                                       |
|-------------|---------------------------------------|
| <b>3411</b> | Bladder acute / cystitis              |
| <b>3018</b> | Bladder irritation                    |
| <b>390</b>  | Bladder acute                         |
| <b>391</b>  | Bladder chronic                       |
| <b>3220</b> | Meridian bladder (1st recommendation) |
| <b>3221</b> | Meridian bladder (2nd recommendation) |

**2.2. Applicator system for kidney programs and IC/OC/CMD placement:**

Input: Large flexible applicator across both kidneys (dorsal)

Output: Power applicator on the bladder (DMI: alternating or damping)

Input cup: Urine

Output cup: Trace elements drops or BICOM oil

Memory device: Chip

Programs to stabilise the kidney situation:

|                  |   |
|------------------|---|
| <b>3078/3079</b> | Renal dysfunction                                   |
| <b>3080</b>      | Renal regulation                                    |
| <b>3461/3462</b> | Renal load (1st program) / renal load (2nd program) |

|                  |   |
|------------------|---|
| <b>380/381</b>   | Kidneys acute / Kidneys chronic   |
| <b>481/ 482</b>  | Renal function weakness   |
| <b>474.1</b>     | Improvement of renal function   |
| <b>622</b>       | Improvement of excretory capacity of the kidneys                            |
| <b>3390/3391</b> | Kidney meridian (1st recommendation) / Kidney meridian (2nd recommendation) |

### **2.3. Treatment of cystitis with urine and copper sulphate:**

(following stabilisation of the bladder and kidneys)

|                              |  |
|------------------------------|--|
| <u><i>Input:</i></u>         | <b>No input applicator</b> – patient is at the output only   |
| <u><i>Output:</i></u>        | Power applicator on the bladder (DMI: alternating or damping) plus 2 balls in the hands            |
| <u><i>Input cup:</i></u>     | Urine and copper sulphate (-copper vitriol); available in the pharmacy / online shop               |
| <u><i>Output cup:</i></u>    | Trace elements drops or BICOM oil  |
| <u><i>Memory device:</i></u> | Chip   |
| <u><i>Program:</i></u>       | <b>Must be entered manually in the BICOM optima; prerequisite optima new or Extension Module 1</b> |

(without band pass / normal freq. / continuous operation / A = 64 /decr. F-SW speed 900 sec/15 min)

It may be that this treatment needs to be performed 3 days in a row.

### **2.4. Applicator system for immune system stabilising programs and EB/AB/SG placement:**

|  |   |
|--|---|
| <u><i>Input:</i></u>                                   | Square flexible applicator on the thymus                      |
| <u><i>Output:</i></u>                                  | Power applicator on the bladder (DMI: alternating or damping) |
| <u><i>Input cup:</i></u>                               | Urine   |
| <u><i>Output cup:</i></u>                              | Trace elements drops or BICOM oil                             |
| <u><i>Memory device:</i></u>                           | Chip  |
| <u><i>Programs to stabilise the immune system:</i></u> |   |
| <b>3053</b>  | Regulate immune system  |
| <b>657</b>   | Stabilise immune system                                       |
| <b>3424</b>  | Strengthen immune system                                      |
| <b>3108</b>  | Activate thymus   |

**428.2**            Activate thymus

**1112.0**           Activate bone marrow

(frequency range 50 kHz / H + Di / constant amplification H = 1.6 Di = 7 / sweep YES / interval operation / time: 8 min)

Channel 2:        Preparations to stabilise the immune system / substance complexes under bone marrow/blood heading

#### **2.4. Stabilisation of the kidney / bladder situation via channel 2:**

##### Stabilisation via the substance complexes / under urology heading:

Glomerulonephritis / urinary tract infection acute / urinary tract infection chronic / irritable bladder / kidney / urethritis / cystitis acute / cystitis chronic

##### Stabilisation via the honeycomb:

**1. CTT ampoules (water / kidney / bladder / disturbed elimination / intercellular tissue strain)**

**2. Spagyric remedies** for urinary tract infections / **mother tinctures** from Ceres:

**Ribes nigrum** (blackcurrant)

→ Flushing therapy for bacterial and inflammatory diseases of the urinary tract

**Tropaeolum majus** (nasturtium)

→ The mustard oils of the nasturtium have an antibacterial / antiviral / antifungal / immunostimulant effect

**Urtica dioica** (stinging nettle)

→ Diuretic / anti-inflammatory; for elimination and detoxification via the kidneys

**Betula pendula folium** (birch)

→ For flushing therapy, drainage and detoxification via the kidneys

**Solidago** mother tincture/ **Solidago comp.** (golden rod)

→ For flushing therapy / anti-inflammatory / antispasmodic / with relationship problems

**3. Notakehl D5 drops / D3 supp** (can also be administered vaginally) / **D3 ointment** for use in the external genital area from **Sanum Kehlbeck**

→ For inflammations / bacterial infections / poorly healing wounds

**4. Fortakehl D5 drops / D3 supp** (can also be administered vaginally) / **D5 tablets** (to keep the mucous membrane situation stable) from **Sanum Kehlbeck**

→ Stabilising agent for (skin) and mucous membrane

**5. Crystal colloidal silver water** from **Sunday Natural** for bacterial infections

→ Application over external genital area, suprapubical for rubbing in and as oral spray

**6. Zinc and Vitamin C from Sunday natural**

- Organic zinc capsules (20 mg high dose): 5-10 mg (1 capsule) every 2 hours on the first day, then 3 times daily
- Vitamin C ultra 1000: 500-1000 mg every 2 hours (1 capsule) on the first day, then 2 teaspoons of vitamin C 1000 liposomal 3 times a day

**7. L-Methionine 500 capsules from Sunday Natural**

- 3 x 500-1000 mg daily; the natural amino acid L - methionine acidifies the urine (lowers the pH value of the urine) and thus hinders bacterial growth

**8. D-Mannose 500 mg capsules (high dose) from Sunday Natural**

- The natural monosaccharide D-mannose makes it difficult for germs to dock onto the urothelium of the urinary bladder

**9. Cranberry extract from Sunday Natural (will be included in the product portfolio).**

- Has an anti-inflammatory and antibacterial effect

**10. Vital fungi from Sunday natural → Cordyceps, Polyporus, Reishi**

The vital fungi Cordyceps and Polyporus have a diuretic effect, i.e. they stimulate the activity of the kidneys and thus cause a flushing of both the draining urinary tract and the urinary bladder.

All 3 fungi have an anti-irritant (anti-inflammatory) and antibacterial effect on the urinary tract and strengthen the immune system with the aim of minimising the risk of chronic bladder problems.

**11. Carious aroma oils from Sunday Natural (see point 4)**

**12. URO FORTE capsules / URO FORTE AKUT capsules / URO VITAL capsules / URO FORTE Transdermal Oil / URO VITAL Tea A and B from Sunday Natural**

**13. Solunat No 16 (formerly Renalin) from Soluna (see point 3.2.2)**

It is used for elimination and detoxification through the urogenital system (contains copper) and is indicated in all diseases of the kidneys, bladder, ureter and has a blood purifying effect (filters the blood).

It strengthens the bond, relationship, (primal) trust and sexuality and allows us to engage in life (with both feet on the ground) (see point 3.2.2)

Dosage: 2-3 x 3-8 drops (the higher the dosage the more substantial the effect)

Effect: 1-3 drops      psycho-emotional effect  
3-5 drops      restorative/strengthening  
5-10 drops      draining

Children: 1-7 years of age – approx. 1/3 of the dosage

Available as globules (1 globule = 1 drop) (Rosenapotheke Friedberg)

Consumption: Placed under the tongue or diluted with water

### **3. Diagnostics and therapy with the CTT / Schumacher test kits:**

#### **3.1. Causes of recurrent urinary tract infections:**

##### **3.1.1 Tumour** – Check degenerated cells test set

(refer to seminar by Dr Wolfgang Rohrer and presentation by Marcel Riffel at the first online congress in 2020)

##### **3.1.2 Bacterial infections:** (Nitrite positive in rapid test strip)

**E.coli** most frequently (CTT + Schumacher ampoule)

**Klebsiellen** (CTT)

**Proteus** (CTT + Schumacher)

**Staphylococci** (CTT + Schumacher (Staph. albus + aureus) ampoule)

**Enterococci** (CTT + Schumacher)

**Chlamydia + chlamydia trachomatis** (CTT + Schumacher)

**Ureaplasma** (CTT)

**Mycoplasma** (CTT)

**Neisseria + neisseria gonorrhoea** (CTT + Schumacher)

**Mycobacteria** (bladder TBC) (CTT + tuberculosis pathogen vaccine test kit)

##### **3.1.3 Viral infections:** (less frequently the case)

**Adenoviruses** (CTT)

##### **3.1.4 Parasitic infections:**

Trichomonads (CTT + Schumacher) **!!! Check the partner!**

##### **3.1.5 Mycotic infections:**

Candida albicans (CTT + Schumacher) **!!! Check the partner!**

**The ampoules under headings 3.1.2. – 3.1.5. should be checked both with programs 191 (Ai), 193 (Di) and also as possible couplings.**

The therapy of the pathogens is carried out following the stabilisation of the kidney, bladder and, if necessary, other organs to be opened with the program chain **10325 (Ai)** or **10326 (Di)**.

### **3.2. Other causes of recurrent urinary tract infections:**

#### **3.2.1** Physically induced cystitis after radiation therapy in the pelvic region

(Mucosa stabilising programs / wound healing programs / cell regeneration programs)

#### **3.2.2 Psychoemotional causes:**

Behind every somatic (organic) symptom of discomfort there can also be a psycho-emotional issue or psychological stress, resulting in an associated weakening of the immune system.

*Quote Ulrich Schaffer (writer, poet, photographer)*

**"You go ahead", said the soul to the body, "he won't listen to me. Maybe he'll listen to you".**

**"I'll get sick so he'll have time for you," said the body to the soul.**

The **bladder**, for example, can give us clues as to possible **psychological** and **emotional disharmonies**:

e.g. great anxiety, emotional pressure, fear of sexuality, anger at parents, peace/harmony and restlessness / impatience could be issues in a recurrent bladder condition.

The **kidneys** as an organ pair also stand for fear, shock (that gets to me), inferiority complexes, panic attacks, insecurity and a (lack of) balance between give and take, in addition to partnership issues.

They represent the seat of our life energy and provide power for growth, development, reproduction, ageing, intelligence and talent.

If chronic recurrent cystitis has a psycho-emotional origin, we currently only have the possibility to treat the physical symptoms using programs to remove chakra blockages or to look in the new test set "Control & Metabolism" to see whether the issue can be localised at the psychological/emotional level.

In addition to the existing programs for the treatment of chakras (e.g. the sacral chakra for bladder problems), many programs by Dr Sabine Rauch and the Hennecke family are printed in the 2016 RTI booklet.

## **4. The aromatogram – essential oils against recurrent urinary tract infections:**

Over 5000 clinical studies have proven that essential oils can effectively fight bacteria and fungi, thus inhibiting inflammation. At the same time, essential oils have a restorative effect on the immune system.

**Used in a targeted manner, essential oils are an absolute alternative to treatment with antibiotics.**



Since bacterial strains learn very quickly, many resistances to man-made and standardised drug antibiotics are now emerging. And this is exactly what patients with chronic recurrent cystitis can tell you.

All essential oils have a more or less strong antibacterial effect (this has been reliably and reproducibly proven in several laboratory tests). The front runners with antibiotic character are oils with a strong phenol content such as thyme thymol (see aromato-gram on following page).

**In addition, it is very difficult for bacteria to develop resistance to essential oils.**

This is due to the fact that essential oils consist of up to 300 (or more, e.g. rose) individual ingredients and the composition of the essential oil is also constantly changing (oxidation processes by oxygen and light, esterification). Batches (harvests) are also always slightly different.

**From my clinical experience so far, an aromatogram is particularly helpful for urinary tract and vaginal infections.**

The problem in acute cases is that an aromatogram takes up to 10 working days to evaluate.

For this reason, it makes sense to test the different aroma oils / hydrosols from Sunday Natural in acute cases with the BICOM using program 171. Testing without BICOM with biotensor or kinesiology is also possible. A Sunday Natural test box is planned for the future.

In the case of chronic recurrent urinary tract infections in women, I recommend the preparation of an aromatogram, not from the urine, but by vaginal swab (Vagicheck, Enterosan Laboratory). In order to find the most effective oil against the focus of inflammation, it is necessary to know whether facultative germs such as coli bacteria or staphylococci (see evaluation on following page) have migrated from the vaginal flora to the area of the urethra.

This is necessary to know, because the treatment (bioresonance therapy, taking products from Sunday Natural...) can then be supported with individually produced **vaginal ovules (Hessel pharmacy in Wiesloch)**.

This pharmacy produces a **bladder oil** for the care of bladder conditions that can be applied to the skin.

Furthermore, they also offer "**Solubol concentrate E.coli**" to be taken orally (2 x daily 15 drops) or as a sitz bath, which can be combined with the oral ingestion of a **tincture of coleus** (3 x 8 drops).

**Aromatogram** (example: Enterosan Laboratory):

| Vagichcek® / VAGINALFLORA   |     | Cfu/g                 | Normal range   | Note  |
|---|-----|-----------------------|----------------|---|
| <b>Obligatory:</b>  |     |                       |                |   |
| ✓   |     | Lactobacillus sp.     | $4 \cdot 10^7$ | ( $10^6 - 10^9$ )<br>Normal range             |
| ✓   |     | Bacteroides sp.       | $4 \cdot 10^4$ | ( $10^4 - 10^7$ )<br>Normal range             |
| <b>Optional:</b>  |     |                       |                |   |
|   | ++  | Enterococcus sp.      | $1 \cdot 10^8$ | (max. $10^6$ )<br><b>moderately increased</b> |
|   | +++ | E. coli               | $1 \cdot 10^8$ | (max. $10^4$ )<br><b>greatly increased</b>    |
| ✓   |     | β-haem. streptoc.     | $< 10^4$       | (max. $10^5$ )<br>Normal range                |
| ✓   |     | Staph. aureus         | $< 10^4$       | (max. $10^4$ )<br>Normal range                |
| ✓   |     | Other aerobes         | $< 10^4$       | (max. $10^4$ )<br>Normal range                |
| ✓   |     | Gardnerelia vaginalis | $< 10^4$       | (max. $10^5$ )<br>Normal range                |
| <b>Fungi:</b>   |     |                       |                |   |
| ✓   |     | Candida sp.           | $< 10^2$       | (max. $10^3$ )<br>Normal range                |
| ✓   |     | Other fungi           | $< 10^2$       | (max. $10^3$ )<br>Normal range                |
| <b>pH:</b>  |     |                       |                |   |
|   | +   | 4.7                   |                | (max. 4.5)<br><b>slightly elevated</b>        |
| <b>Vaginal eco-balance</b>  |     |                       |                |   |
|   | ++  | 8 points              |                | (0 points)<br><b>moderately elevated</b>      |
| <b>Vaginal eco-balance: 8 points</b> (the point score summarises the <b>deviation of the vaginal flora</b> from the norm) |     |                       |                |   |

| <b>Aromatogram</b> |                |       |     |
|--------------------|----------------|-------|-----|
| Vagichcek          | Germ.          | Germ. |     |
|                    |                |       |     |
|                    | sp.            |       |     |
| 1                  | Thyme thymol   | +++   | +++ |
| 2                  | Frankincense   | 0     | 0   |
| 3                  | Manuka         | +++   | +   |
| 4                  | Neroli         | +     | +++ |
| 5                  | Tea tree       | +     | +++ |
| 6                  | Niauli         | +     | +   |
| 7                  | Coriander      | +     | +   |
| 8                  | Rose geranium  | +     | +   |
| 9                  | Rosemary verb. | +     | +   |
| 10                 | Palmarosa      | +     | +   |
| 11                 | Lemongrass     | +++   | +   |
| 12                 | Turkish rose   | +     | +   |

**A request form for the creation of the individual aroma oil preparation can also be found on our website [www.enterosan.de](http://www.enterosan.de) under the heading Service/Downloads.**

**Explanations:**  
 0 = no relevant inhibition of germ growth  
 + = low inhibition of germ growth  
 ++ = moderate inhibition of germ growth  
 +++ = strong inhibition of germ growth

### **Closing words:**

The treatment of chronic recurrent cystitis in particular often poses great challenges for therapists working in complementary medicine.

It may also be that antibiotics are unavoidable during treatment, as the development of an ascending urinary tract infection is too great a risk for the patient.

However, with the sum of the measures listed, we often succeed in our practice in leading the patient out of a situation that is often hopeless for him or her and onto the path of regulation.

Best regards, Marcel Riffel