



All existence arises from the spirit.
All life is rooted in the spirit.
All beings aim for the spirit.

Rudolf Steiner
GA 61, S. 415

Newsletter for the co-workers of the anthroposophic medical movement Christmas 2018



Pictures, left to right: 1. Conference on "The family of rhythmical procedures – original mother tincture and medicine". Panel: Georg Soldner with Clifford Kunz, Andreas Arendt, Astrid Sterner, Marcus Roggatz; 2. IPMT in Columbia. Conference in the university hospital in Cali; 3. Arlesheim medical training: graduation ceremony in the Terrassensaal, Goetheanum.

Dear co-workers and friends of the Medical Section and everyone else interested in it!

An eventful year is coming to an end and we want to send you the very warmest good wishes for the coming Christmas period! Our joint work has allowed important impulses for Anthroposophic Medicine to come about in many countries for which a big thank you goes to all!

Our work on the CARE areas and thus on the medical challenges of the present has progressed considerably. In October, the first results were published in the "Practice" part of Anthromedics which comprise the work across the professional groups on central topics, clinical pictures and main symptoms. Although a lot remains to be done here and we look forward to further work in the CARE groups – about 200 people from several countries take part in them – interested physicians, nurses and therapists can now access this information free of charge and look up the anthroposophical therapies and recommendations in German, English and, from next year, also in Spanish. We look forward to further suggestions and leads regarding our work in this field! Conferences and symposia on the CARE areas have been held in several countries to publicise the system of Anthroposophic Medicine and thus also the collaboration between the therapeutic professional groups.

We consider the connection of our work with the School of Spiritual Science at the Goetheanum and the Anthroposophical Society to be very important. It is only through this greater context, which also connects the Sections, that a whole arises which can develop with sufficient strength and commitment to be able to take effect in society. A first specialist group in the Medical Section, palliative medicine, has now simultaneously become a "group in a functional field" in the Anthroposophical Society.

In October, the fourth IPMT took place in Columbia and concluded in Cali with a public conference on Anthroposophic Medicine, oncology and palliative medicine. It was held in the university hospital with approximately 150 participants. This hospital has specialised in the treatment of victims of violence and is evaluating art therapy as part of a project. In Israel (Harduf), too, a symposium could be held with Matthias Girke on oncology, palliative medicine and the new results in mistletoe therapy. Brisk attendance and a lively cultural evening rounded off the third IPMT in Mexico in mid-November. Martin-Günther Sterner without much

ado stepped in for Michaela Glöckler and Markus Debus who were both prevented from attending for family and work reasons. A delegation from the IVAA with Thomas Breitkreuz and Elisa Baldini as well as representatives from anthroposophical pharmaceutical producers held detailed discussions in November with the Chilean authorities about the path towards the wider licensing of anthroposophic medicines. There has been progress in Brazil regarding the supply of patients with ampoules, including mistletoe preparations, which have lately been extemporaneously produced professionally in the country at low prices. Here about 80 professional participants on 20 November attended a colloquium on integrative medicine in paediatrics at the largest university hospital in South America in São Paulo with Georg Soldner and Professor Ricardo Ghelman. The latter, starting with paediatric oncology, is setting up a multi-professional team within the hospital. Furthermore, there is growing interest among nurses from outside the hospital to train in Anthroposophic Medicine. Also, a pharmacy is set to open in 2019 in the surroundings of the Monte Azul favela which will make anthroposophical medicines available to the poor population at an affordable special price. Financial donations are still required before it can open.

An important event for Anthroposophic Medicine in Latin America was the immediately following first conference on Anthroposophic Medicine, which the Argentinean AMA organised in Buenos Aires together with the Pan-American Congress of Anthroposophic Psychotherapists. More than 300 people from all caring professions attended the sold-out conference which opened in the large medical centre of the San Raphael Foundation – over 40 physicians and 20 therapists work there – and continued on the subsequent days in the premises of a private university in the Argentinean metropolis. The joint lecture by the main organisers Sergio Grines and Victoria Martínez was particularly touching. She made us aware of the extent of the traumatising during the time of the military dictatorship – her human rights work for the victims of the dictatorship, particularly the children of persecuted parents who were sent for adoption, is well known, but also the story of many Argentineans whose families emigrated from Europe and left their homeland behind. There are apparently more

psychotherapists working in Buenos Aires than in New York; loss, grief and trauma alive in and continuing to affect many families over generations form the background against which Anthroposophic Medicine encounters an ever growing interest in this country. Alongside the conference with the lectures on healthy child development, there was also a vaccination colloquium with Argentinean physicians – a country in which there is rigorous compulsory vaccination – and a lecture attended by 250 people on the problem of digital media in childhood and youth. Through his committed work as a school physician, Miguel Falero has succeeded in bringing about greater autonomy for the Waldorf schools in the district of Buenos Aires regarding the question of the school enrolment age, and in doing so to awaken the interest of politicians with regard to this issue. In this connection we would like to draw attention to the recently published longitudinal study carried out at German Waldorf schools on the connection between enrolment age and ADHD <https://goo.gl/dgZsPN> to which our school physician colleague Martina Schmidt contributed.

Four hundred participants attended the interprofessional autumn conference on the subject of burnout of the German anthroposophical medical association (GAÄD).

The rhythmical light and warmth methods form an important impulse in the development of anthroposophical pharmacy. The anthroposophical pharmacists have for the first time organised a pharmaceutical medical conference on this subject under the auspices of the Medical Section; in the Schreinerei at the Goetheanum it provided the over 160 participants with many different insights into the production as well as the specific therapeutic application of these preparations.

The year came to an end with the IPMT in Mumbai and we observe with gratitude the worldwide and, indeed, growing interest in Anthroposophic Medicine, even if it is currently facing severe tests in some countries – including Spain and Sweden, to name but two here. We wish everyone a Christmas season filled with inner light, warmth, strength and blessing – also for the work in the new year! *Matthias Girke, Georg Soldner*

News

This year's Holzschuh Prize for complementary medicine was awarded to Priv.-Doz. Dr med. Matthias Kröz for the multimodal, integrative, medical treatment concept of which he has newly developed with his research group <https://goo.gl/y3fUKu>

The KVC Science Prize for multiple sclerosis research has gone to PD Dr. Carsten Gründemann. <https://goo.gl/kCJT61>

Arlesheim medical training: the two-year course-related and in-service medical training in Anthroposophic Medicine in Arlesheim starts on 11 January 2019. <https://goo.gl/h3hLvW>

Initiative for training in Anthroposophic Medicine in Germany celebrates its tenth anniversary. <https://goo.gl/wLftAa>

The Havelhöhe Academy for Anthroposophic Medicine is beginning a new training cycle, starting on: 15.03.2019–30.05.2021. <https://goo.gl/wDm1gu>

Herdecke Medical Training: The Hartmannbund has honoured the medical training at Witten/Herdecke University. <https://goo.gl/SeJPvk>

Studies and literature recommendations

Reynel M, Villegas Y, Kiene H, Werthmann PG, Kienle GS. Intralesional and subcutaneous application of *Viscum album* L. (European mistletoe) extract in cervical carcinoma in situ: A CARE compliant case re-

port. *Medicine*. November 2018; 97(48):e13420. <https://goo.gl/nBwqtb>

Rentsch G, Steinborn C, Klemd AM, Kienle GS, Gründemann C, Huber R. Investigations on the constitutional types under consideration of anthropometric data, autonomic regulation and immunological parameters. *Complementary Therapies in Medicine* 2018;40:133-144. <https://goo.gl/in8JQM>

Werthmann PG, Inter P, Welsch T, Sturm A-K, Grützmann R, Debus M et al. Long-term tumor-free survival in a metastatic pancreatic carcinoma patient with FOLFIRINOX/Mitomycin, high-dose, fever inducing *Viscum album* extracts and subsequent R0 resection: A case report. *Medicine*. December 2018;97(49):e13243. <https://goo.gl/prWsg1>

Volkier Bentinck. *Medical massage therapy*. SchneiderEditionen, 2018. <https://goo.gl/YX46Ee>

Rudolf Steiner. *Self-doubt. Depression, anxiety disorders, panic, and fear*. Selected and introduced by Harald Haas. Steiner Books, 2018. <https://goo.gl/F5SSbe>

Bernd Ruf. *Krieg – Flucht – Notfallpädagogik*. Verlag des Ita Wegman Instituts, 2018. <https://goo.gl/KDPLtr>

Peter Selg (ed.). *Die Überlebenden von Bergen-Belsen*. Anny Pflirter und das Internationale Rote Kreuz. <https://goo.gl/AnJbtM>

Events & dates

03–06.01.2019

21st International Study Days for Anthroposophical Art Therapy. Anxiety and stress. <https://goo.gl/GGFKBT>

11–13.01.2019

Individual paediatrics: allergies and infections – learning to set boundaries. Bad Boll Medical Seminar. <https://goo.gl/TqdHQU>

15–16.01.2019

Pharmacy colloquium. <https://goo.gl/GGFKBT>

19–20.01.2019

Conference of the School of Spiritual Science, Berlin Havelhöhe. <https://goo.gl/aAsnvZ>

01–08.03.2019

Ophthalmic eurythmy therapy with Margret Thiersch. <https://goo.gl/GGFKBT>

08–10.03.2019

Research Conference 2019: Goetheanism and Medicine. <https://goo.gl/GGFKBT>

13–17.03.2019

Basic medicines course. <https://goo.gl/GGFKBT>

01–04.05.2019

Body therapy conference 2019: Trauma – Resilience. Anthroposophic body therapy in interdisciplinary dialogue. <https://goo.gl/GGFKBT>

All events of the Medical Section

<https://goo.gl/GGFKBT>

All events of the Young Medics Forum

<https://goo.gl/7PxnHO>

Here you can see our IPMTs in 2019

<https://goo.gl/ueLW5K>

News and layout: *Heike Sommer*
Dornach, Christmas 2018