



We have to grasp freedom in its true dimension. Anthroposophy must become cosmopolitan, even more so than it is already, must not be closed off by individual groups of people or remain restricted to individual countries. It is for all people in the whole world. That is the will of Michael; he wants love of the world to be spread across all people.
Ita Wegman, An die Freunde, Natura Verlag 1960, p. 33

Newsletter to the co-workers of the anthroposophic medical movement, October 2015



From left to right: 1. Members of the international dentists' network, established on 1.10.2015 in Granada/ES. 2. The "Rudolf Steiner Peace Dove" is presented to Dr Rama Mani and Dr Scilla Elworthy, Council members of the World Future Council, by the founder of the Alternative Nobel Prize, Jakob von Uexkull, in London on 6.10.2015. 3. Participants at the IPMT in Cali/CO. 4. IPMT closing ceremony: kitchen and dining room staff perform a Colombian dance.

Dear friends,

Confucius (551-479 BC) already said that there were three ways of learning: through imitation, that is the simplest; through insight, that is the most difficult; through experience, that is the bitterest. Anthroposophy contributes to all three of them – many things from Waldorf education, medicine, agriculture, banking and ecological engagement have been and are imitated. When we experience bitterness in life, anthroposophical perspectives can provide orientation regarding the necessary learning processes. But the royal path is to create the conditions for doing good through insight.

Thus for example the first anthroposophical paediatrician, Wilhelm zur Linden (1896-1972), and anthroposophical GPs were able to embark "out of insight" on a path of how to deal with vitamin D substitution and the use of antipyretics and antibiotics which was not followed by conventional medicine until decades later on the basis of scientific studies. While the unphysiological nature of the recommended vitamin D3 stoss therapy strategy was recognised relatively quickly also by conventional medicine, it was not until the late 1970s that the immunostimulating effect of fever was pointed out and the latest paediatric textbooks said that only the inexperienced paediatrician would immediately prescribe a suppository for every fever. As far as the use of antibiotics was concerned, however, the paediatricians had to wait until the 1990s until studies showed that not even every infection of the middle ear needed to be treated with antibiotics.

The physiological way of thinking of anthroposophic medicine needs to become part of academic discourse because it promotes learning through insight and does not expose people to unnecessary treatment and side effects. These and other perspectives have led to the holding of a series of scientific colloquia in the Medical Section at the Goetheanum until 2024, the first of which will take place from **11–13 March 2016, starting at 20.00 on the first day and finishing at 12.30 on the last**. Here the main question is: what can we do to make a contribution in medical terms to the scientific acceptance of anthroposophy in the academic world and the associated ability to quote Rudolf Steiner? *Dr Matthias Girke, Prof. Dr Peter Heusser, Prof. Dr. Wolf-Ulrich Klünker, PD Dr Harald Matthes, Prof. Dr Peter Matthiessen, Prof. Dr Peter Selg, Dr Johannes Weinzirl and Prof. Dr. Ursula Wolf* have agreed to participate. Programme and registration will be published shortly. Similarly the detailed programme for the joint study conference on the medical lectures *Physiology and Healing* (GA 314) will be available soonest which will take place from **15–16 January 2016** with Peter Selg, Matthias Girke and Michaela Glöckler.

Other news

On 26 September 2015 the 40th anniversary of the Filder Clinic/Stuttgart was celebrated attended by the clinic founders Manfred Weckenmann and Jürgen Schürholz.

Since the chromotherapy impulse of anthroposophic medicine had a home in this clinic from the beginning, we attach the study by Rosselke Zech (26.9.1934-4.10.2014) to this newsletter to create renewed awareness of the therapeutic possibilities of colour.

Online welcome network of initiatives helping refugees: <https://willkommensnetz.campact.de>

Legal information for volunteer helpers working with refugees from Dr Karl-Reinhard Kummer

1. According to the regulations in force, only those may work with patients who have never been charged under law with any misconduct against dependent persons. That is certified by a criminal record certificate which can be applied for online with an electronic identity card and PIN.
2. Professional liability insurance is strongly recommended. In many hospitals whose staff look after refugees outside the immediate establishment the general professional liability insurance of the house applies. It should however be ascertained beforehand whether this is the case.
3. The accident insurance of the employer's liability insurance association takes effect in the following situation: "If helpers undertake tasks on instruction of the city or municipality which fall within the remit of the local authority, they are covered by the relevant accident insurance fund." The precise conditions for this must be ascertained: <https://www.bgw-online.de/DE/Leistungen-Beitrag/Versicherung/Soziales-Engagement/Fluechtlingshilfe.html>

Date to note: congress of the Academy of Integrative Health and Medicine

The "International Congress for Integrative Health & Medicine" will be held in Stuttgart from 9 to 12 June 2016, organised in cooperation with DAMiD. The congress is aimed at practicing physicians and [therapists](#). For the first time developments in Europe and the US will be brought into dialogue: <http://www.icihm.org/de/>
Newsletter subscription of the Academy of Integrative Health and Medicine: <https://aihm.org/>

Worth supporting: Ich bin für Fortschreiten, Ita Wegman - the film

This film project will be able "to serve all" of the anthroposophical medical movement (Peter Heusser). Who can help the artist Ruth Bamberg to realise this film?

<https://www.gemeinschaftscrowd.de/ita-wegman-der-film>

Birthday action: 140 Years Ita Wegman

On 22.2.2016, the Society of Anthroposophical Physicians in Germany plans to donate the money earned on this day to anthroposophic medicine: <http://www.gaed.de/ita-wegman.html>

The results of the work of the annual conference of the anthroposophic medical movement 2015

are available for free download at:

www.medsektion-goetheanum.org/EYED2/files/file/pdf/JK-RM-2015-Psychiatrie%20.pdf

http://www.medsektion-goetheanum.org/EYED2/files/file/pdf/G2015_38_Medizin%5B2%5D.pdf

Book recommendations

Toke Bezuijen: *Berührt werden durch Äußere Anwendungen*. Reith Hendriks & Partners 2015

Rudolf Steiner, Ita Wegman: a Chinese-German polyglot edition of GA 27 has been published. Cosmos Weaving Co. Ltd. 2015, email:: cwp.contact.1@gmail.com. With a foreword by Michaela Glöckler.

Dates and events

- 5–8.11.2015 Medical study course at the Goetheanum. Deepening work for medical students and young physicians to accompany their studies. Contact: christoph.kaufmann@klinik-arlesheim.ch
- 12–15.11.2015 "Hyperactive - hypersensitive - hypersensory. Children and adolescents in anthroposophical practice". Medical conference at the Rudolf Steiner Halde in Dornach/CH.
- 3–6.2.2016 "The earth – a global garden?" International conference of the Section for Agriculture: <http://www.sektion-landwirtschaft.org/Landwirtschaftliche-Tagung-2016.8075.0.html?&L=1>
- 19–22.9.2016 Integrative Medicine Meeting in cooperation with the medicine manufacturer Helixor in Rosenfeld/DE: <http://www.integrative-medicine-meeting.com/>

With warm greetings,

Michaela Glöckler