



Practice spirit contemplation
In equilibrium of soul,
Where the surging
Cosmic creative deeds
Unite
Your own I
With the cosmic I;
And you will truly feel
In human soul's creating.
Rudolf Steiner

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



Pictures, left to right: 1. Participants at the research congress in Dornach; 2. View of one of the 17 workshops at the annual general meeting of the Anthroposophical Society in Dornach; 3. Presentation of the "Anthroposophic Mistletoe Therapy and Integrative Therapeutic Concepts" certificates at the Goetheanum.

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

What is the foundation on which we build? was subject of the annual conference and annual general meeting of the Anthroposophical Society at the Goetheanum. The focus was on the second, middle verse of the Foundation Stone Meditation. It was on this foundation stone that Rudolf Steiner founded the General Anthroposophical Society and its core, the School of Spiritual Science. The radiance of this meditation shone brightly in many contributions. One highlight was the eurythmy performance of the Foundation Stone Meditation and its elucidation by Stefan Hasler and Margarethe Solstad.

All 11 sections presented their work in the foyer of the Goetheanum, something which also contributed to the reciprocal awareness of one another. About 600 people participated in the conference, over 900 in the annual general meeting. One common focus was provided by Ita Wegman's and Elisabeth Vreede's impulses for the future; the evening lectures by Peter Selg and Frans Lutters were devoted to them. With an overwhelming majority, the annual general meeting honoured and rehabilitated these two great founding figures of the anthroposophical cultural impulse and close collaborators of Rudolf Steiner. While Elisabeth Vreede, who was appointed by Steiner as the first head of the Section for Mathematics and Astronomy, was connected by training and the focus of her work with the macrocosm and the world of the stars, the focus of the medical activity of Ita Wegman, the first head of the Medical Section, was the profound relationship with the microcosm of the human being, the will to heal and the renewal of a mystery medicine. In

1917 she established mistletoe therapy for oncological patients in collaboration with Rudolf Steiner and in 1921 the first anthroposophical clinic in Arlesheim.

Research on the therapeutic efficacy of Anthroposophic Medicine was the focus some weeks ago of the international research congress of the Medical Section. More than 100 participants from India, Israel, the USA, South America (Brazil, Peru) and many European countries (incl. Switzerland, Holland, Great Britain, Germany, Austria, Sweden and Hungary) participated and one third of them made a contribution of their own. The focus was on the questions: what are the goals pursued by researchers in clinics and practices, in pre-clinical research, health services research, training and basic research? And in what direction is Anthroposophic Medicine developing in the twenty-first century?

When the Freiburg dermatologist Christoph Schempp and his associate Ute Wölflé published their discovery of a sense of taste for bitters in the human skin in 2015, they achieved a scientific "tunnel breakthrough". Because some 90 years earlier Rudolf Steiner had told physicians: "The whole organism is something of a subtle organ of taste." He also referred to the importance of the bitters which "incline the etheric body to receive the astral body." And in this connection Rudolf Steiner explained that spiritual scientific and natural scientific research were working towards one another like the builders of the Gotthardtunnel who in 1880 met in the middle of the mountain with a deviation of a mere 33 cm. This image of the tunnel breakthrough became the defining image of this conference. Steiner's research has

been scientifically verified today: bitter receptors have been discovered in the twenty-first century in many organs. Christoph Schempp himself did not stop at this discovery but went on to develop an effective new treatment for atopic dermatitis with a cream containing bitters.

A living image of such tunnel construction but also of bridge-building arose in the numerous conversation in the plenary session. Other than a tunnel, a bridge stands in the light and it became an image of understanding and reciprocal learning in the medical world. There arose a rich and impressive picture of the efficacy of Anthroposophic Medicine, such as in the field of pain therapy (David McGavin in the treatment of socially disadvantaged patients suffering from serious chronic pain, Torkel Falkenberg with the example of the treatment results in pain patients at the Swedish Vidar Clinic) and in patients with chronic fatigue syndrome following treatment of their breast carcinoma (M. Kröz); of the efficacy of mistletoe therapy using the example of pancreatic and lung cancer (F.Scarf); of integrative and intercultural oncology (Eran Ben-Arie, Haifa, Israel), to name but a few. The various studies impressively reveal the therapeutic power of Anthroposophic Medicine. It develops on the basis of a strong power of initiative and the "courage to heal" associated with Anthroposophic Medicine. This was a central impulse in Ita Wegman's work.

A great experience on the last day of the research congress was the report by Ivelisse Page from the USA. As a young mother she suffered from advanced, already metastasised cancer. Contrary to all probability, she overcame the disease. Here it was crucial for her that her oncologist and her anthroposophic physician worked together in the spirit of integrative medicine (as was undoubtedly the impressive strength of her personality). The "Believe big" initiative founded by her today finances mistletoe therapy for many patients in the USA who could otherwise not afford it and it has initiated a clinical study on mistletoe therapy at the respected John Hopkins Hospital. This reveals a defining signature of this congress: the more Anthroposophic Medicine can become effective in the sense of an integrative medicine, and the more at the same time it works therapeutically and documents and presents its results scientifically, the more it can unfold its potential in the future and assert itself against sceptical critics and become attractive for the younger generation. A big thank you is due to Gunver Kienle and Helmut Kiene from the research coordination of the Medical Section for preparing and carrying out this congress. Gunver Kienle together with Heike Sommer is developing the research website as part of the website of the Medical Section and we would like to invite you to visit this page <https://goo.gl/vkuUPy>

We send warm greetings for the Easter time to far and wide and look forward to seeing one another again – perhaps at the annual conference in 2018! *Matthias Girke, Georg Soldner*

News

With great gratitude we remember Dr Johannes Zwiauer 19.01.1922–21.03.2018 – Obituary: <https://goo.gl/mq7VRv>

Dr Ravi Doctor, Dr Hari Murthy, Dr Srinivas Rao and Dr Marion Debus have developed a new training format in cooperation between Mumbai, India and Dornach/Arlesheim, Switzerland; certificates were presented in Dornach in the one-year oncological advanced training "Anthroposophic Mistletoe Therapy and Integrative Therapeutic Concepts" (see Ill. 3. p. 1).

For the first time a national analysis of antibiotic prescribing rates has shown that physicians trained in integrative medicine prescribe clearly fewer antibiotics than conventional GPs: <http://bmjopen.bmjjournals.org/content/8/3/e020488?rss=1>

Module 1 of the 2018–2020 international advanced training series "Cardiology in Anthroposophic Medicine: the human heart and its diseases" has been successfully concluded in Berlin, Havelhöhe: <https://goo.gl/EbLsfW>

Book recommendations

Friedwart Husemann. Rudolf Steiners Schriften in 50 kurzen Porträts. Verlag am Goetheanum 2018 <https://goo.gl/TzCvkE>

Rita Baumgart. Die platonischen Körper in der Kunsttherapie. Verlag Urachhaus 2018 <https://goo.gl/oFvEZS>

Ross Rentea, Mark Kamsler and Andrea Rentea. Childhood Illnesses and Immunization. Anthroposophic Ideas to Ensure the Wellbeing of Our Children in This Digital Age. Rudolf Steiner Press 2017 <https://goo.gl/XuEDsv>

Barbara Tapfer. Annette Weisskircher. An illustrated guide to everyday eurythmy. Discover balance and self-healing through movement. Floris Books 2017 <https://goo.gl/8daPWe>

Eran Ben-Arye, Yael Keshet, Maria Livas, Thomas Breitkreuz. Crossing the death threshold: experiencing multi-disciplinary end-of-life integrative oncology training. Supportive Care in Cancer 2018 <https://doi.org/10.1007/s00520-018-4068-6>

Remo Frei, Ruth Ferstl, PhD, Caroline Roduit et al. – with the involvement of the PARSIFAL and EFRAIM study group: Exposure to nonmicrobial N-glycolylneuraminic acid protects farmers' children against airway inflammation and colitis. J Allergy Clin Immunol. 2018 Jan;141(1): 382-390
<https://doi.org/10.1016/j.jaci.2017.04.051>

Events & dates

18–22.04.2018

Halde Medical Conference <https://goo.gl/GGFkbt>

20–22.04.2018

Eurythmy therapy training <https://goo.gl/g3Hzqp>

01–03.06.2018

International Nursing Congress <https://goo.gl/GGFkbt>

02–03.06.2018

Pastoral medical conference <https://goo.gl/T6Rfpz>

21–24.06.2018

Anthroposophic Medicine in infectiology and oncology
<https://goo.gl/mM4Hzn>

07–10.09.2018

Teaching Anthroposophic Medicine (programme to follow)

13–16.09.2018

Annual conference of the anthroposophic medical movement
<https://goo.gl/FE1QRD>

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 2018 and the new brochure
<https://goo.gl/ueLw5K>