



FIRST AID LEAFLET

Lyme Disease

Neurodegenerative diseases

Cancer and other chronic illnesses

Symptoms of unclear origin



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SWISS 
BIOHEALTH®

Prolog

In this leaflet we would like to give you the possibility to determine your individual risk for chronic illness, or rather identify the severity of an existing disease based on expressions of symptoms and to document any improvements.

The ‚7 golden rules‘ will help improving your health noticeably within the next couple of days and thus create a positive emotional precondition for medical treatment.

In order to identify the imbalances in your own life and the steps you can take to correct them, please complete the following questionnaire. Answer the questions as accurately and honestly as possible and enter the result in the light-coloured spaces:

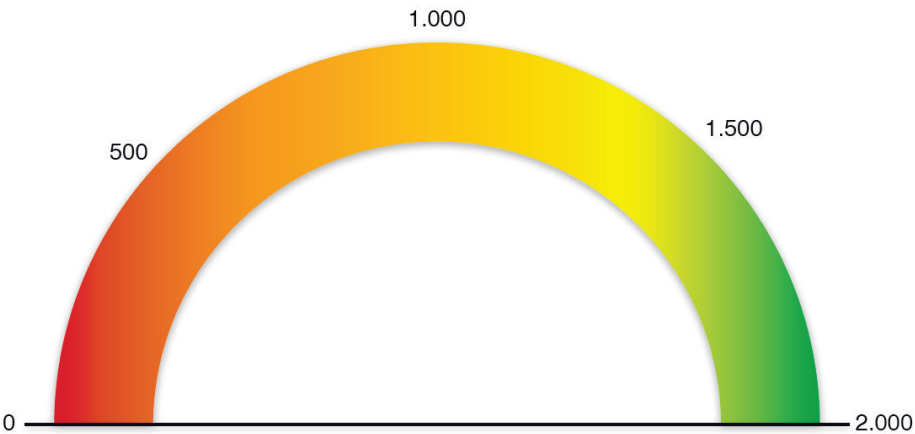
Example:
You consume animal protein once a day. This would constitute 7 meals containing animal protein per week.
Now you calculate as follows: 21 - 7 = 14. Enter the number 14 in the right column.

questionnaire FOR DETERMINATION OF THE IMBALANCE					Total
How many of your meals per week (breakfast, lunch, supper, snacks) contain animal protein (meat, cold meats, eggs, milk products/cheese, fish etc.)?	21	-	Number of meals per week	=	
How many of your meals per week contain short-chain carbohydrates (sugar, white flour/bread, bakery products, white rice, potatoes, corn products, muesli, honey, jams, dried fruit)?	21	-	Number of meals per week	=	
How many portions (handfuls) of salad, herbs, fruit, vegetables, berries and nuts do you eat per week?					Number of portions per week
How many glasses of water and unsweetened herbal teas do you drink per day?					Number of glasses per week
How many glasses of sugary, alcoholic and dehydrating beverages (coffee, black tea) do you drink per day?	10	-	Number of glasses per day	=	
How many minutes a day do you exercise on average (walking/taking a stroll, jogging, Nordic walking, hiking, cycling, swimming, gymnastics, fitness training, dancing)?					Minutes per day
How many hours of sleep before midnight do you get per week (including afternoon naps)?					Hours per week
How many electrical and electronic devices are located closer than 2.5m from your bed (DECT, mobile phone, Wi-Fi, radio alarm clock, TV, computer)?	30	-	3x number of devices	=	
How many of your teeth have been filled/replaced with metal (gold, amalgam, titanium plate etc.)?	64	-	2x number of teeth	=	

How many of your teeth have undergone root canal treatment?	64	-	2x number of teeth	=	
To your knowledge, how many chronic inflammations have you had (sinuses, thyroid gland, intestine, joints, gall bladder, and lower abdomen)?	80	-	10x number of inflammations	=	
On a scale from 0 to 10, how regular do you experience emotions such as stress, exhaustion, fear, etc.?	100	-	10x value of 0-10	=	
On average, how many minutes per day do you meditate, pray or perform breathing exercises etc.?					Minutes per day
On average, how many minutes per day do you spend outside in fresh air or in the sun?					Minutes per day
How many cigarettes do you smoke per day?	60	-	3x number of cigarettes per day	=	
How many medications / prescription (or over the counice) (contraceptive pill, painkillers, psychotropic drugs/sleeping pills, etc.) do you take regularly, on average, per day?	60	-	3x number of medications per day	=	
How many hours per day of your leisure time do you spend reading/ watching/listening to media (TV, radio, Internet, newspapers) or playing computer games?	100	-	10x hours per day	=	
How many hours per week do you spend communicating actively and harmoniously with your family and/or friends?			2x hours per week		
According to your doctor, what is your prospect with respect to the treatment of potential disease, in percentage? (Healthy persons, please enter 100 points here)			2x value in percentage		
How many minutes a day do you laugh?					Minutes per day

On a scale of 0-100, to what extent do the following beliefs apply to you?					
“I am healthy and I will stay healthy!”					From 0 - 100
“I am good and am loved!”					From 0 - 100
“I love life and life loves me!”					From 0 - 100

"I am who I am and do what I want!"					From 0 - 100
How strongly, expressed in percentage, do you perceive your personal stress from unresolved conflicts (death of someone close, unemployment, financial worries, separation, grievance, disappointment)?	400	-	4x value in percent	=	
How strongly, expressed in percentage, does the following apply to you: "I still want to do a lot in my life, I am needed!"?			2x value in percent	=	
YOUR RESULT Total =					



If your value is already in the green area, than you probably have implemented the majority of the ,7 golden rules` in your life. If your value is in the yellow, orange or even red area you should urgently and immediately fully integrate the ,7 golden rules` in your daily routine and repeat the questionnaire as well as the folowing MEDICAL SYMPTOMS QUESTIONNAIRE (MSQ) every 7 days. You find the ,7 golden rules` later in this leaflet. When applying the ,7 golden rules` but the results of your barometer and of the MSQ do not improve week by week, you should see a biological doctor specialzied in biological treatments latest after four weeks.

Medical Symptoms Questionnaire

Observe the development of your symptoms over the next following weeks by the help of the scientifically validated questionnaire MEDICAL SYMPTOMS QUESTIONNAIRE. Determine your value before implementing the ,7 golden rules' and then respectively three times within an interval of one week. It is very probable that your value and thus your symptoms will improve week by week.

Rate all of the following symptoms, based on your typical state of health in the last 7 days and enter the values in column 1. Columns 2-4 are reserved for later stages in your therapeutical progress. Herewith, you can quantify your complaints and document any changes.

0	Never or almost never
1	Sometimes - effect is not serious
2	Sometimes - effect is serious
3	Frequent - effect is not serious
4	Frequent - effect is serious

No. of measurement	Date	Sum of points
1		
2		
3		
4		

Area	Symptom	1	S	2	S	3	S	4	S
Example	Symptom 1	4		2		2		0	
	Symptom 2	2		2		1		1	
	Symptom 3	3	9	1	5	0	3	0	1
Head	Headaches								
	Fatigue								
	Dizziness								
	Insomnia								
Eyes	Teary, burning sensation, itchy								
	Eyelids swollen, red								
	Eye bags, dark circles								
	Blurry vision, tunnel vision								
Ears	Itchy								
	Earache, ear infections								
	Fluid from the ear								
	Ringing in the ear, loss of hearing, tinnitus								
Nose	Stuffy nose								
	Sinus problems								
	Hay fever								
	Sneezing								
Mouth/ throat	Excessive saliva production								
	Chronic coughing								
	Frequent clearing of throat and urge to spit								
	Throat pain, hoarseness, loss of voice								
	Swollen or discoloured tongue or gums								
Lips	Aphthae (mouth ulcers)								

Emotions	Mood swings									
	Inner restlessness, anxiety, nervousness									
	Annoyance, irritability, aggressiveness									
	Depression									
Others	Frequent infections, illness									
	Frequent or urgent urination									
	Genital or anal itch									
Total	Please add up vertically here									

HRV	Heart rate variability and biological age	1	A	2	A	3	A	4	A	

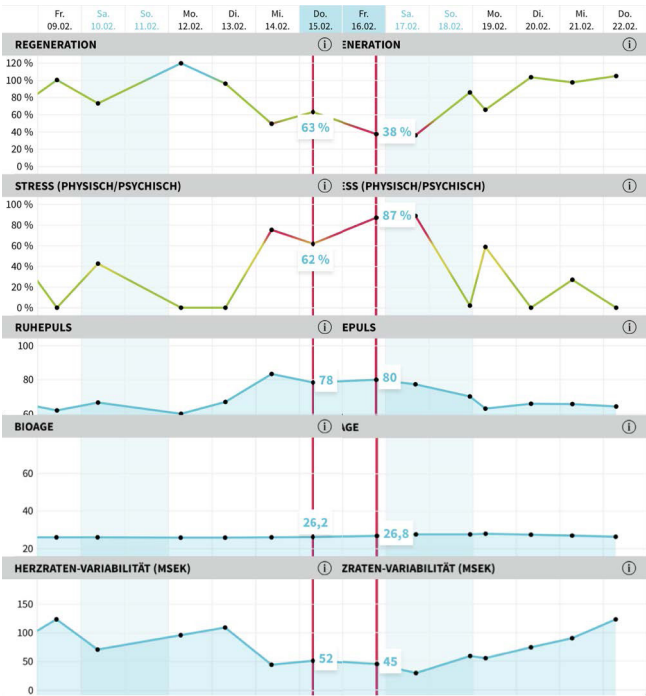
Vitalmonitor

You are strongly advised to get a Vitalmonitor and to measure your heart rate variability at least once a day in the morning after getting up always at the same time and under same circumstances. The device tells you the level of your regeneration and your stresslevel, or rather your bioage. You have got yourself a perfect measuring instrument to reliably check the daily/constant improvement. By changing your setting and your lifestyle you can thus achieve resilience by leaving decompensation and passing compensation.

Resilience means that you can neutrally balance burdens without receiving deficites on other sides. Furthermore you train yourself to spend maximum time in parasympathetic state. Only by being in that mode and with the immune system turned on, healing will be possible.



This exemplary record shows how values of a person might improve within one working week due to the good resilience despite infection and fever for one single night from 15th to 16th of February.



The 7 golden rules

Preventing illness- healing illness

Absolute Essentials:

- Look for a doctor who is 100% convinced that you can be cured. You will always live up to your doctor's expectations – for better or for worse!
- Define your mission in life and put it in writing. Your unconditional commitment to your mission can save your life!

Only after you have met these basic conditions, you have a chance of being cured. Only then will it make sense to begin practising the following “7 golden rules”.

1. Water and Food

- Drink plenty of fresh water, and 8 cups of Cistus Tea per day (www.kiscience.com). Any type of sweetened beverages (this includes drinks that are artificially sweetened), coffee, black tea, and beer are prohibited. You may have a glass of wine or a cup of chi coffee per day.
- Meat, cold meats, eggs and most types of fish and seafood are prohibited. One meal per week containing cold-water fish (e.g. brook trout) or fermented soy products is allowed.
- All animal milk products (milk, yoghurt, curds, cheese etc.) are prohibited.
- Whey, unsweetened almond or rice milk are allowed.
- Butter, margarine, anything deep-fried or crumbed is prohibited. Small amounts of hempseed oil, linseed oil and olive oil (cold-pressed oil from first pressing) are allowed. Use unrefined coconut oil (VCO) for frying foods, only.
- Eliminate short-chain carbohydrates (sugar, white flour, white bread, bakery products, white rice, potatoes, corn products, muesli, honey, jams) from your diet.
- The combination of short-chain carbohydrates and animal fat is disastrous (pizza, hamburgers, crumbed meat with chips, cake, cream cakes, crisps, gummibears).
- Red and black rice, sweet potatoes, quinoa, amaranth, kamut, sprouted bread, sour dough and protein bread or pasta al dente made from wholemeal flour, are allowed. Agave concentrate, isomaltose and galactose should be used as sweeteners.
- 50% of your diet consists of: raw salads, herbs, sprouts, vegetables and legumes, in as many colours as possible (also slightly steamed), green smoothies.
- Breed or buy broccoli sprouts and harvest them at a length of 2cm. These shows a high effect against retro viruses. Breed Stevia plants and eat entire leaves. Those have a high antibacterial effect.
- Only 10% of your diet should contain fruit, preferably from regional and seasonal cultivation.
- Snacks: fresh or frozen berries and unsalted nuts (walnuts), avocado, chocolate (at least 85% cocoa content and no more than 50g per week), tomato juice, crudités (humus as a dip). No muesli bars!
- Check if you have any food intolerances (laboratory test).
- In any case avoid products containing dairy, wheat and gluten.
- The size of your meal should be based on achieving a feeling of satiety of only 80%.
- All foodingredients must be organically farmed. The following Label of approval are reliable: organic, certified organic, Bio, eco, Demeter, Bioland, and Naturland.



2. Physical activity

- Exercise: At least 30 minutes daily of endurance sport (among other, walking, Nordic walking, jogging, hiking, dancing, cycling, swimming) and joint exercises. This will stimulate your metabolism, promote detoxification, strengthen your immune system and reduce stress. Your pulse should not exceed 120 beats/minute!
- Breathing: 5 minutes each morning and evening, deep abdominal breathing (massages internal organs, reduces acids).
- An upright posture and a smiling facial expression promote positive feelings and harmonise all body processes.



3. Optimise your living environment

- Shield your sleeping place by 100% with a silbernet over your bed (www.swiss-biohealth.com) and by using the Vivobase device (www.swissdentalsolutions.com), since 80% of the detox, especially of the brain happens over night.
- Restructure your sleeping area to create a healthy environment: remove all electrical and electronic devices from your bedroom. Get at least 2 hours of sleep before midnight (including afternoon naps).
- Eliminate electro smog and pollution in your flat (if necessary, consult a building biologist) and at your place of work.
- Turn off your Wi-Fi router at least at night or eliminate it completely from your household. Use your smartphone in a smart way by using internet in flight mode with the following plug combination : iPhone/Lightning on came-raadapter. Via USB on ethernet adapter you reach LAN network, on the other hand via lightning and power-adap-ter you receive power supply.
- Take several drops of rosmarin and propolis tincture every day. (www.kiscience.com).
- Avoid working on the computer after sunset use it in Nightshift Mode (Smartphone) at least or rather iFlux on PC, since blue and UV LIGHT cause secretion of cortisol and blocking of melatonin secretion which is important for restful sleep. Like intended by nature, after sunset only use light with red tones.
- Reduce the time you spend on consuming information from TV, the internet, the radio and playing video games as much as possible.
- Review your social environment. Avoid negative influences. Only focus on people who support you 100% on your path to healing.
- Surround yourself with beauty! This means, anything that you consider beautiful: art, music, architecture, clothing, flowers, etc.



4. Detoxification

- Stop smoking as smoking is a strong negative multiplier in all diseases.
- Remove all metal from your teeth and jaw, while taking optimum precautions.
- Remove and remediate all sources of chronic inflammation in the jaw area (periodontitis, teeth that have undergone root canal treatment or dead teeth, cysts) and in other areas of the body (sinuses, gall bladder, intestine, etc.). Also remove dead teeth which release cadaveric poison as well as filling materials which release mercury, palladium or arsenic localized below the brain. Nearly all sense organs are located in this area and the meridians (energy pathways) are rechanneled there.
- Remove heavy metals by the intake of 2x20 chlorella pellets and/or intake of zeolith per day.
- The intestine is the most important organ of the immune system (300 sqm) and must be examined (stool test) and cleansed. The intestinal flora must be built up and kept healthy by means of the nutrition mentioned above. The Proteinshake BioPro Supreme is very helpful containing over 10 billions of active intestinal bacteria per dose. (www.swiss-biohealth.com).
- Check with your doctor the absolute necessity of the medication you take. Avoid selfmedication. Get analysed if you might suffer from cortisol deficiency (adrenal fatigue).



5. Micronutrients

- Get yourself a central venous access (port) over 3-6 months and daily infusions based on Ringers' solution with following ingredients:
 - Vitamin C 7,5-15 g
 - Magnesium sulfate 8 mmol (not when suffering from renal insufficiency)
 - Sodium-bi-carbonat 1 ampule 8,4%
 - Vitamin B12 1 ampule 1 mg
 - Procain 2 ampoules 1%
- As alternative raise your oral absorption capacity for vitamin C from the usual 1.000 mg to at least 10 g Vitamin C per day step by step. This works well with the Ester-C product Ester-C from Bioaesthetics available at www.swiss-biohealth.com. When experiencing diarrhea you have to limit the amount and slowly raise the intake.
- Take BASIC IMMUNE (www.swiss-biohealth.com) for 3-6 months on a daily base. It has been developed by Dr. Volz and Dr. Klinghardt. Also higher the intake of vitamin D3 to 50.000 daily units by the additional intake of 30.000 I.E: D3+ 200mcg vitamin K2/mk7 as well as 200-300 mg elemental magnesium. Get your blood level of D3 tested. It should not raise above 150 ng/ml. Otherwise reduce the intake of Vitamin D3. It is also reasonable to test your parathormone, it should not go below normal range. You can get vitamin D3, mk7 and magnesium supplements from www.swiss-biohealth.com



6. Resolve conflicts and manage stress

- Chronically unresolved conflicts are one of the main causes of cancer. The most common conflict is a grievance which has not been resolved or processed. Pride is the Achilles Heel of every individual. It presents an open emotional wound, which manifests itself and materialises directly in an organ.

Example: the chronic unresolved conflict associated with breast cancer is often a mother-child separation conflict.

- As these are subconscious conflicts, a therapist in the field of kinesiology is required for diagnosis and treatment. We recommend the scientifically sounded special form called ART (Autonome Response Test) by Dr. Klinghardt. You can find Therapists on www.ink.ag.

- Here are three conflict resolution techniques which you can easily perform yourself:

a) Every time you exhale in private / alone, consciously say the following: "I free myself from everything that worries me consciously or subconsciously!"

b) Ho'Oponopono (ancient Hawaiian method): in this method, the following is recited for each conflict: "Everything that has happened or is happening is my responsibility, because it happened and is happening in my life. However, I am aware that these are simply

projections of my matrix. I will dispel these memories by saying: "I love you, I am sorry, forgive me, I thank you!"

c) On 10 sheets of paper, describe in detail (faces, emotions, clothing, words, sounds, smells etc.) 5 situations from your childhood and your adult life where you were hurt emotionally. On the back of each sheet, please write why you bear responsibility for each situation, due to your behaviour at the time (action = reaction), plus at least 3 advantages or benefits you experienced as a result of this emotional hurt. Once you have done this, release each of the 10 emotional hurts using the Ho'Oponopono method (see b).

- Stress: whenever you experience stress, e.g. at your PC, get up and assume a relaxed and erect posture. Move your shoulders backwards and let them drop, breath in deeply and smile. Remain in this position for at least one minute. At the same time, say: "How can I enjoy and cherish every moment God gives me, even more?"

7. Mental and spiritual work

- This includes prayer, which has a proven positive effect.

- Meditation (inner reflection), which is also useful for visualisation techniques.

Instructions:

Easy exercise: Assume a relaxed, alert posture; do not cross your arms or legs. Close your eyes and focus all your attention to the affected organ. Smile at it, and create an image in your mind of how the tumor / problem peacefully dissolves like an effervescent tablet in water.

Hold on to this image for a while. Thank yourself, breathe in and out deeply three times and open your eyes. Do this exercise (1-2 min) several (at least 5) times a day.



Medical Disclaimer

We recommend performing the 'First Aid steps' under medical supervision.

Further information and recommendations you can receive almost daily on our blog on www.swiss-biohealth.com or on our INSTAGRAM account „@swissbiohealth“.

You are welcome to share this information anytime with any person who might benefit from it.

Medical Disclaimer

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