



Spring promise

The riches of the sense pour
Into the human being's inwardness
The cosmic spirit finds itself
In the reflection of the human eye
Which from that cosmic spirit source
Must recreate its power anew

Rudolf Steiner, *Calendar of the Soul*
German original on p. 55 of the manuscript version,
Arlesheim 2013.

Newsletter of the Medical Section

Easter 2023



From left to right: Working together at the physicians' meeting in Bratislava (Slovakia) in February; spring atmosphere at the Goetheanum; medical conference in St Petersburg (Russia).

Dear Co-workers and Friends of the Medical Section,

We send you our warmest greetings and good wishes for Easter! As we write these lines, the cherry trees and magnolias are beginning to blossom around the Goetheanum. In the evening, Venus shines brightly in the western sky, its wonderful conjunction with Jupiter not long in the past. At the end of March, Mercury will become visible near Jupiter in the evening sky.

On 2 April, we look forward to the premiere of *Par-sifal*. For the first time in the history of this "sacred stage festival" by Richard Wagner, it will be performed in full length together with the Goetheanum Ensemble. Made possible by a donation from a patron, the artists have been practising intensively for months for the three performances in Holy Week, which have long been sold out and will be attended by guests from all over the world. We are already hoping for further performances at the Goetheanum in 2024 and 2025.

Recognition of the Benchmarks for Training in Anthroposophic Medicine by the WHO

On 29 March 2023, the "Benchmarks for Training in Anthroposophic Medicine" (<https://bit.ly/3G4wOCP>) were published by the WHO's Department of Traditional, Complementary and Integrative Health (TCIH). These contain the current version of all the framework curricula for training and further training of the anthroposophic healthcare professions in the Medical Section as well as a glossary containing the core terms of Anthroposophic Medicine in English translation – recognised by the World Health Organisation with the agreement of the competent authorities of all member countries consulted in the recognition procedure. We would like to thank the IVAA, and in particular Dr Tido von Schoen-Angerer, vice-president

of the IVAA and former head of the International Coordination Unit of Médecins Sans Frontières, for their tireless efforts over more than six years which made this success possible in the first place. We would also like to thank the profession coordinators of IKAM for their positive cooperation. Now, against the background of this recognition, it will be important to start taking action in the next few months, especially in all those countries where Anthroposophic Medicine exists but does not yet occupy a legal position in the country's health system. We are happy to support corresponding activities, which are best done in mutual agreement with the IVAA and the Medical Section.

The underfunding of the WHO by its member states, the resulting disproportionate influence of private donors such as the Bill & Melinda Gates Foundation, the lack of fairness between poor and rich countries, and many other issues need our critical attention.

In addition to the topic of the pandemic treaty, it is important to carefully observe which new, binding International Health Regulations will be adopted by the WHO members in 2024.

On the one hand, everything is still in flux here and it is unlikely that the powerful states of this earth, in particular, will agree to internationally binding regulations that involve too far-reaching a restriction of national sovereignty. On the other hand, it is important to emphasise that the WHO strategy on traditional, complementary and integrative medicine is a field that enables Anthroposophic Medicine to find partners on a global level who are committed to a direction of medical therapies that is holistic and open to the spiritual dimension of the human being. Thus, just in the last two years, an international alliance on traditional, complementary and integrative medicine has been formed and grown which aims to strengthen this area of the WHO and in which the IVAA, as the political and legal representation of all medical health-care professions in the Medical Section, plays a proactive role.

As the leadership of the Medical Section, we believe it is right to seek like-minded partners on a global level in this sense and to try to actively influence the development of the WHO – and not to stop merely at critical observations alone. Further signatories of the TCIH Declaration – including people and institutions who are “open minded” towards us – are welcome, see www.tcih.org.

Research conference of the Medical Section

How can research in Anthroposophic Medicine continue to develop? Where do opportunities lie in the development of this system of medicine that need to be utilised? Where is the state of our research inadequate – for example in the field of pharmaceuticals – and is it existentially necessary to develop corresponding research efforts? These were the core questions of the **retreat of the Medical Section's Research Council**, led by **Prof Erik Baars**, Leiden University (NL). The serious nature of the research question and its significance for the future of Anthroposophic Medicine was palpable.

Rudolf Steiner wanted a research-oriented Anthroposophic Medicine, set the participants of the first medical courses a wealth of research tasks from which the upsurge and inner fire of the anthroposophic medical impulse developed.

Today we often encounter the question about research in Anthroposophic Medicine externally, but equally we must continually ask it of ourselves. The Research Council retreat was followed by the Medical Section's public **Research Conference**. In addition to reports on current studies, the following questions were central: How can we scientifically grasp and understand life? How can we jointly grasp and promote the health of people, animals, plants and soils? How can medicine and pharmacy change so that they themselves do not poison the soil and water with problematic substances and contribute significantly to unrestrained global warming, as is still the case today?

On the first day of the conference, a number of researchers from outside the anthroposophical movement were invited. Thus the conference was got underway by the young Dutch researcher **Dr Annick de Witt** on the topic of “A crisis of worldviews?”. She investigates and characterises different archetypes of how people look at the world – without being fully aware of it. In this sense the earth's population has perhaps never lived simultaneously in worlds experienced so differently. Respect for those who think differently has a lot to do with respecting a different way of looking at the world. For good cooperation it is important to become more and more aware of these differences without immediately judging them as right or wrong. This is also true within the anthroposophical movement.

Prof Christian Peifer from the University of Kiel (DE) has specialised in the topic of sustainability in pharmacy. His contribution made clear the extent to which residues from the production, use and disposal of chemically synthesised medicines contribute to sustained pollution of the environment. It is difficult to conceive that in the waste water of Indian antibiotic factories, for example, the concentration of ciprofloxacin is higher than the serum level of people treated with it! Fifty percent of all newly developed pharmaceutical substances – like this antibiotic – contain fluorine in order to achieve a longer half-life in the body, which at the same time extremely limits their biodegradability. Peifer made it clear in his lecture that

change in many different ways must begin in order to achieve more sustainability, including a significantly increased use of nature-based medicines that, after use or disposal, can return to the natural cycles from which they originate – like many traditional, herbal and, indeed, anthroposophical medicines.

Prof Jakob Zinsstag from the Swiss Tropical and Public Health Institute (TPH) in Basel (CH) is the researcher who first used the term One Health in a scientific publication in 2005. He was able to keenly explain what he understood by this term from his twelve years of research in African countries and thus also to set himself apart himself from the misuse of the term. For him, the dimension of One Health is fulfilled when human health and that of animals and the environment are researched simultaneously in a concrete research project and when added value is created by gaining new knowledge and also economic solutions that promote health and sustainability. He was convincing through the authenticity of his ethical aspirations in research and was able to show how carefully he responds to the language, worldview and decisions of those involved, including those from other cultures and religions. “We must learn to listen again!” – and together we can find new, positive solutions to promote the health of people and animals, plants and soils. Especially in prevention, this is a strong scientific approach.

Among the numerous contributions to research in Anthroposophic Medicine, one contribution in particular should be commended. **Prof Ton Baars** (NL) has spent decades researching which form of animal husbandry and milk processing has health-promoting, preventively effective properties, and the processing steps through which these are lost. Remarkably, heating the milk above 50 degrees Celsius plays a significant role here – the highest temperature we reach and tolerate in the mitochondria of our organism. These findings can have immediate consequences for both milk consumers and livestock farmers, because clean “certified raw milk” without pasteurisation turns out to be by far the healthiest milk option.

Next year’s research conference in Dornach will take place from 8–10 March 2024.

Review and outlook

In recent months, too, the world has been kept on tenterhooks by war and natural disasters such as the terrible earthquake in Turkey and in civil war-ravaged Syria. Through anthroposophical initiatives, including the initiative of **Dr med Yevhen Volchenko**, it has been possible since the beginning of the war in Ukraine to provide medical and humanitarian aid for the people in that country. He will be able to come to the Goetheanum in April for direct discussions, about

which we are very pleased. His work is actively supported by the initiative set up by **Dr med Roland Frank** from Vienna (<https://vimeo.com/702108457>) to provide medical aid in the Ukraine, as well as by many friends from the anthroposophical medical movement and emergency education. At the same time, it is important for us also to remain in good contact with the growing anthroposophical medical work in Russia. In **St Petersburg** at the end of February, a **medical conference** on the topic of autoimmune diseases was held with Matthias Girke, with around seventy participants.

Also in February, a meeting of anthroposophical physicians on the subject of hay fever, with patient presentations, took place in the Slovakian capital **Bratislava**; Matthias Girke was also able to be present at this practice-related meeting.

The **Easter period** is a time of “dying and becoming”, a time of greatest seriousness in turning to the spiritual world in order to find strength and a meaningful perspective for our own human moral tasks. Only from an inner experience of resurrection are we able today to look out into the sensory world with joy and gratitude, to rejoice in the blossoming of nature in the earth’s northern hemisphere, while autumn announces itself in the southern hemisphere. May we as a modest anthroposophical medical movement succeed in acting in wakeful presentness, supporting one another and seeking the relationship with the forces of Michael and Raphael that accompany us in a special way in the time that spring and autumn are beginning.

With warm regards

Matthias Girke and Georg Soldner

NOTICES

Overview of the clinical efficacy of Anthroposophic Medicine published in Portuguese: the publication is the result of efforts by a working group which came about in 2022 in collaboration with the Brazilian Academic Consortium of Integrative Health (CABSIN) and the Latin American and Caribbean Centre on Health Sciences Information Bireme/PAHO/WHO. It provides a valuable guide for methods and professionals working in this research and teaching area. The publication, which was financially supported by the Mahle Foundation, is available now at <https://neurodiagnose.com.br/publicacao-mapeia-dados-de-efetividade-da-medicina-antroposofica/> and www.cabsin.org.br.

IN MEMORIAM

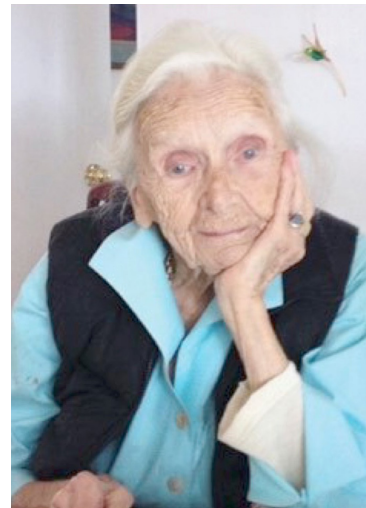
Since the beginning of the year, esteemed and beloved colleagues have concluded their lives on earth. We inform our worldwide newsletter readers here in brief; detailed obituaries will be published in the field of activity of these personalities. May their powers of wisdom, initiative and courage remain connected with us.

Else-Marie Henriksen, born 18 January 1938, died unexpectedly of a stroke in Padua (IT) on 8 January 2023. She was a very active and proactive art therapist in the field of painting and modelling and was known to many people through her international training and further training activities. She established an art therapy practice in Stuttgart and in 2000 was asked to help found a school for art therapy in Weimar. She worked in this “Ita Wegman Educational Centre” with a team of colleagues for over 14 years. At this time a close collaboration developed with Coenraad van Houten, also on new forms of learning for adults. Her daughter Enrica Da Zio has paid tribute to her impressive path of development here: https://www.icaat-medsektion.net/fileadmin/user_upload/pdf/Nachruf_Else_Marie_Henriksen_.pdf.

Prof Dr Hans Christoph Kümmell, born on 10 January 1938, returned to the spiritual world on 5 February 2023 after a life filled with responsibilities and a professional life in Anthroposophic Medicine. He was a senior cardiologist at the Herdecke Community Hospital, where he had worked as a specialist in internal medicine and also as a scientist since 1969. For example, through his collaboration with Peter van Leeuwen, the chronological behaviour of the human heart-

beat emerged as a central work topic in the Herdecke research department at the end of the 1980s. Many rhythmological studies followed. He also researched and introduced mistletoe therapy for sarcoidosis. He made his medical and research findings available in articles and books. Hans Christoph Kümmel was married to Dörthe Krause-Kümmel since 1990, who died in 1995.

Dr Traute Lafrenz-Page, born in Hamburg (DE) on 3 May 1919, concluded her earthly life in South Carolina (USA) on 6 March 2023 at the age of 103.



The physician was the last survivor of the “White Rose” resistance group against the National Socialist dictatorship. She emigrated to the United States in 1947 and married Vernon Page, a physician, in 1949, with whom she had four children. Traute Page was one of the pioneers of Anthroposophic Medicine in the USA and was deeply connected

with special needs education and anthroposophical work in general. From the late 1980s into the 1990s she led the American Anthroposophical Society as co-general secretary. The website of the Anthroposophic Council for Inclusive Social Development has documented a number of international obituaries: <https://inclusivesocial.org/en/traute-lafrenz-page-may-3-1919-march-6-2023/>.

Josine Christine Hutchison-de Lanoy Meijer, born on 27 August 1948, died in The Hague (NL) on 7 March 2023. The painting therapist continued the artistic and therapeutic work on light and dark of the pioneer Liane Collot d’Herbois and led the Emerald Painting Therapy School together with her husband Paul for decades. Ever since she met Liane Collot in the autumn of 1978, she worked on putting into practice the extensive knowledge about colours and painting therapy that she had been given. With wonderful success!

Correction: In the previous newsletter, the year of birth of **Margrit Hitsch-Schindler**, who died on 23 January 2023, was unfortunately incorrectly stated, the correct year being 1944.

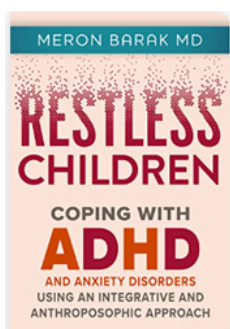
RESEARCH

Kröz M, Quittel F, Reif M, Zerm R, Pranga D, Bartsch C, Brinkhaus B, Büssing A, Gutenbrunner C, CRF study group. *Four-year follow-up on fatigue and sleep quality of a three-armed partly randomized controlled study in breast cancer survivors with cancer-related fatigue*. Scientific Reports 2023;13(1):2705. Open access DOI: <https://doi.org/10.1038/s41598-022-25322-y>.

Schad F, Steinmann D, Oei SL, Thronicke A, Grah C. *Evaluation of quality of life in lung cancer patients receiving radiation and *Viscum album* L.: a real-world data study*. Radiation Oncology 2023;18:47. DOI: <https://doi.org/10.1186/s13014-023-02234-3>.

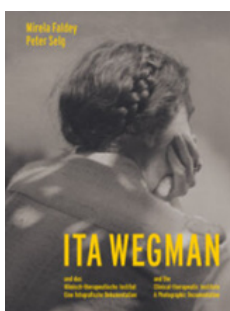
Schad F, Thronicke A. *Safety of Combined Targeted and Helixor® *Viscum album* L. Therapy in Breast and Gynecological Cancer Patients, a Real-World Data Study*. International Journal of Environmental Research and Public Health 2023;20:2565. DOI: <https://doi.org/10.3390/ijerph20032565>.

RECOMMENDED LITERATURE



Meron Barak: *Restless Children – Coping with ADHD and Anxiety Disorders Using an Integrative and Anthroposophic Approach*. Independently Published 2023.

For details see <https://www.goodreads.com/book/show/90585291-restless-children---coping-with-adhd-and-anxiety-disorders-using-an-inte>



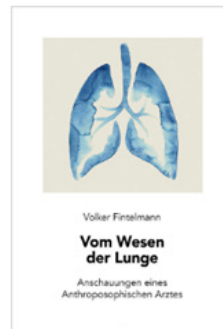
Mirela Faldey, Peter Selg: *Ita Wegman and the Clinical-therapeutic Institute. A Photographic Documentation*. German/English. Dornach 2023.

This book of photographs offers a pictorial introduction to the life's work of Ita Wegman. Early photographs from her youth in Indonesia, her student days, interna-

tional travels and her professional and training activities in Switzerland and other places give the reader a lively insight into the different phases of her development.

Volker Fintelmann: *Vom Wesen der Lunge. Anschauungen eines Anthroposophischen Arztes*. Frankfurt 2023.

The author strives for an extended organic and spiritual understanding of the nature of the lungs. In doing so, he builds equally on his own observations



made during decades of experience treating patients as an internal medicine specialist and on suggestions from Rudolf Steiner's lectures for the founding of Anthroposophic Medicine.

Michaela Glöckler: *Virtuelle und spirituelle Wirklichkeiten / Virtual and Spiritual Realities*. Stuttgart 2023.

We learn in the Book of Revelation about Ahriman's kingdom of subhuman animalistic possibilities of development and, on the other hand, about the revelation of Michael-Christ. And we are called upon to decide freely in which direction our own path should go. We must overcome materialism as a disease in order to truly understand that this world is not an accidental product of material existence, but "born of God".



Kimiko Ishikawa: *オイリュトミー療法の基本要素*. Saitama 2022. (Japanese translation of Margarete Kirchner-Bockholt: *Grundelemente der Heil-Eurythmie*, Dornach 2010.)



EVENTS

22 April, 13.00–17.00: Anthroposophic Arts Therapies online event "Our COURAGE to shape our therapeutic day-to-day life". For colleagues in painting & sculpture, music & singing, speech & drama and anyone interested in this work. Programme and registration at <https://medsektion-goetheanum.org/en/events-and-conferences/>.

27–29 April: Medical conference at the Rudolf Steiner Halde, Dornach (CH), "Sleeping and waking as a rhythm of consciousness processes". Further information at: <https://www.haldetagung.ch/>.

9–11 June: Pastoral medical conference for physicians and priests "The mystery of karma". The spiritual in the garb of the sensory, the sensory in the garb of the spiritual. Further information at: <https://medsektion-goetheanum.org/en/events-and-conferences/>.

23–25 June: 12th Witten Colloquium for Humanism, Medicine and Philosophy on "Spirituality, childhood

& old age”, Witten-Herdecke (DE). Further information at: <https://wittener-colloquium.de/>.

9–12 September: First Class conference for professionals who work psychotherapeutically “Working with polarities & finding healing through the middle”, in English. For further information <https://medsektion-goetheanum.org/en/events-and-conferences/>.

12–14 September: International specialist conference of Anthroposophic Body Therapy “How do we heal – what works?” at the Goetheanum, Dornach (CH). Programme and way to register will follow at <https://www.iaabt-medsektion.net/>.



12–17 September: International annual conference of the Medical Section “Body and I – The immune system and autoimmune diseases” at the Goetheanum, Dornach (CH). Further information at: <https://medsektion-goetheanum.org/en/events-and-conferences/>.

11–14 October: International conference on therapeutic speech and drama “Speaking from warmth – the immune system as embodied authenticity”. Further information at: <https://medsektion-goetheanum.org/en/events-and-conferences/>.

21–24 October: International further training for school and kindergarten doctors. Further information at: <https://medsektion-goetheanum.org/en/events-and-conferences/>.

9–11 November: 8th international and interdisciplinary mistletoe symposium “Mistletoe in tumour therapy. Basic research and hospital” in Nonnweiler (DE). Contact/registration: Dr Rainer Scheer, email: rainer.scheer@carus-institut.de.

Our calendar of events

<https://medsektion-goetheanum.org/en/events-and-conferences/>