

Welcome to the Cutting Edge Health Podcast with Jane Rogers, where we discuss science to help prevent cognitive decline.

[00:00:00] Jane: Welcome to the *Cutting Edge Health: Preventing Cognitive Decline* podcast. I'm Jane Rogers. Welcome back to another edition of the *Cutting Edge Health: Preventing Cognitive Decline* podcast. As many of you know from watching these interviews, one of the underlying factors that can lead to cognitive decline or other age-related diseases like cancer or heart disease, are toxins. Getting rid of toxins can be a real challenge because every day we're exposed to them in the food, in air pollution, in the chemicals, the smell from the gas when you're pumping gas into your car.

There's a new technology that they are using in Europe that I just wanted you to be aware of, and I think it has possibly some efficacy. It's being done at the Alpstein Clinic and the medical director there is Dr. Ralf Oettmeier. We shared an interview that I just found fascinating today. I hope you get a lot out of it, too. Dr. Oettmeier—or Dr. Ralf, as your patients call you—thank you for joining us today.

[00:00:59] Dr. Ralf: It's an honor for me. Thank you. I like to do.

[00:01:01] Jane: Oh, excellent. We have so much to talk about. First of all, this podcast audience is very interested in how to prevent the diseases of aging, specifically cognitive decline, but also cancer and heart disease that also play into our vibrancy as we age. I learned about a procedure that you are doing in your clinic, the Alpstein Clinic in Zurich, Switzerland, that has efficacy, possibly in this area. Can you tell these listeners about INUSpheresis, what it is, what it's all about, and then we can dig deep into it.

[00:01:38] Dr. Ralf: Yes. The INUSpheresis belongs to the group of so-called apheresis, which means a plasma cleansing from the blood. Primarily, it's an important part of our holistic concept to remove environmental toxins, but also a lot of other things I would like to explain a bit later on. From the history, the apheresis has a lot to do with the dialysis, which is important for kidney patients suffering from a kidney deficiency or insufficiency. We have a device. We need fresh blood coming from the vein, going in the machine. Then there is a separator. It's a special filter system which separates, according to the name, the blood particles, the blood cells, like red cells, white cells, lymphocytes, platelets.

Very fast, these blood cells and these important components, they were sent back. They are only outside from the venous blood, perhaps one, two seconds. The other part of the separator brings us, I would like to say, the bit dirty plasma to the double membrane special filter system. This is a filter much more equipped with a special covering. It's a jell-ous surfacing which this filter contains. It's like a little wonder, but it's true. He can eliminate from the plasma a lot of toxins, of environmental toxins, like metals, soft metals,

microplastics, pesticides, herbicides, insecticides, and so on. Also, he is able to remove antigen, antibody complexes, and these so-called bad pro-inflammatory cytokines.

Partially also, it removes pathogens or such things like the spike protein, which we know from COVID-19. The wonderful thing is, it was shown by research from a patient from us, which has made the procedure as prevention. He is a professor for analytic medicine at the University of Zurich. He published also his work. He called us, and he was able to show from the filter product...he found 10,000 different artificial substances. Many substances only in a low amount, but he was able to show that a lot of artificial chemical substances we are able to bring out from the body. We know we have much more artificial chemistry on this world. According to actual statistics, approximately 450,000, but it's a big step in a good direction.

The procedure needs approximately two and a half hours. During this time, we filtrate approximately the double amount of your blood. It depends from the body weight between 8 to 9.5 liters. You feel very fast also the difference. This is the wonderful thing of this method. We are working with the method meanwhile since four years. Since this time, my beloved holistic medicine makes much more fun than before.

[00:05:05] Jane: Because you're healing more patients, in your opinion. Let's just back up and make sure that the audience understands how this happens. You stick something similar to an IV into a vein over here.

[00:05:15] Dr. Ralf: When the vein of the arm is not well or is not good enough, then we make it with a so-called central catheter system. Here we prefer to use the femoral vein. It's in the upper leg. It's the same vein which, for example, also is used by the cardiologist when you make any cathetering of the heart. This is also a harmless procedure. It's not necessary to have any fear from it.

[00:05:43] Jane: You don't use the arm? You always use the femoral?

[00:05:45] Dr. Ralf: No, we like to use the arm. I mean when the arm has not sufficient veins, we need a good vein, not a super, super, super small one. Then we decide quite often, approximately 20-30% of the patient needs it, to use the femoral vein of the leg.

[00:06:04] Jane: You put it ideally in the arm if the vein is strong enough. Then you pull out the blood. It's out for one to two seconds. It runs through a filter.

[00:06:13] Dr. Ralf: Separator filter. The name is the separator.

[00:06:16] Jane: Then it goes back into the other arm?

[00:06:18] Dr. Ralf: Yes, it goes back in the other arm. We have one arm. We say it's the donator arm. The donating arm. Then the lower arm is the receiving arm. Then the blood cells go back very fast, within one to two seconds. The plasma needs a bit longer because it's a multi-cascade filter system in the second one. Here we have together...with the so-called cleansing solutions, we need a bit more time. Then the cleansed plasma, the plasma has also a much better color. It's more bright. It looks a little bit like champagne, I would like to say. This goes back. On another side, we have a filter product, more and more. The amount increases with the time coming out from the filter and gives us then also the impression which things are in.

[00:07:08] Jane: You mentioned that there was a professor at the University of Zurich who had studied this.

[00:07:13] Dr. Ralf: He made this analysis regarding the content of the filter product. As a routine, we offer to our patients to make a standard toxic analysis of the filter product. Here we have a palette of approximately 150 parameters, pesticides, herbicides, solvents, and heavy metals. He, with his high-tech laboratory, he was able to analyze much, much more. That's why I mentioned it.

[00:07:40] Jane: Let me understand this. If a patient goes through this, they have the option to see what came out.

[00:07:45] Dr. Ralf: Yes, of course. It's not an option. It's a fact. Because a part of the device, of the so-called INUSpheres system, is that more and more, the cleansing filter is producing a so-called filter product. This goes in a big bag. Then we see also from the color and also from the structure of this fluid very often it's not normal fluidly. It looks a little bit cloudy. We have also very often on the bottom a little, we say, heavy metal cone because our earth and the magnetism of the earth brings the metals on the bottom of this filter bag.

[00:08:24] Jane: Now, in the United States, we cannot do this procedure, INUSpheres. Is that correct? It's not yet FDA-approved?

[00:08:31] Dr. Ralf: Correct. Until now, the FDA has not permitted the system. In the USA, you can do two other, a little bit similar, but not so effective treatments. One is the so-called lipid apheresis. The lipid apheresis removes from the plasma the bad lipids like cholesterol, like alpha lipoprotein and such things. It's only for this indication useful and it's working. With the lipids, not so easy when you remove and when you continue, for example, a bad lifestyle, very fast lipids come back. Another one, this was more and more used during the COVID time. It's also available, a so-called cytokine apheresis, which is removing these pro-inflammatory factors which were also a problem.

The so-called cytokine storm was a big problem of the very ill COVID patients in the hospitals. In the emergency units, more and more also big hospitals have available such, they say, inflammation apheresis. Regarding the super important point with the environmental toxicity, with the load, which is for us a big causative factors for all chronic diseases and cancer, it's not working, it's not effective. The method, meanwhile, has spread for some European countries, but in the North America until now, according to my knowledge, it's not available, unfortunately.

[00:10:04] Jane: Do you know where it is in the process, or if anyone's pushing it?

[00:10:09] Dr. Ralf: I have no information from the company. I'm sure that some people have a big interest, and they would like to push. Regarding these details, I cannot tell you much more because I'm working on the basis. Responsibility for the system and also the management is laying now in the hands of a company in Switzerland. Before, it was in the Bavarian Wood in Germany, but I cannot clearly tell you if there are running activities in this direction.

[00:10:39] Jane: You've done this now for four years with INUSpheresis.

[00:10:42] Dr. Ralf: We started in summertime, exactly four years. In late summertime 2020.

[00:10:48] Jane: Who's coming to you for this?

[00:10:50] Dr. Ralf: Who is coming?

[00:10:51] Jane: Yes.

[00:10:51] Dr. Ralf: On one hand side, there are a lot of chronically ill patients and also cancer patients coming to us. This was also before. Then after the availability of the method, we have, of course, also suggested to do for our chronic patients the method. On the other side, at the end of 2020, more and more also the problem with post-COVID syndrome increased. We have seen very fast. It was also shown by some research. Meanwhile, there are existing different publications that it's a super helpful method for this post-COVID syndrome. Then also more and more separate external patients came to us. That's why.

Primarily, the system is incorporated in a holistic scope of our concept, which has four steps, and which is also important to follow and to continue. When you make the method alone without any preparation before and without aftertreatment, then it makes not so big sense because we would like to have a sustainable, good effect. In this direction, not everything can do the method alone. It needs a good indication, and it needs a good preparation and aftertreatment.

[00:12:07] Jane: Talk to me about the preparation and the aftertreatment.

[00:12:10] Dr. Ralf: Yes, the preparation at first means we would like to have a clear indication. Clear indication means that we make at first a classic analysis of toxicity, of toxic load. There are different methods available. We prefer, when possible, measurements in the laboratory. We have the slogan, things which are possible to measure, you should measure. We are working together with some very good laboratories here in Europe, not only in Switzerland. Switzerland is too small for this. Then we see very clear, is there indeed a toxic load? Because we need also a patient which is motivated, and which would like to do any work to get a better situation.

Then we look, of course, also when we have a chronic inflammatory disease for the cytokine pattern, the balance between pre- and anti-inflammatory. Also meanwhile, we have the possibility to look for different specific autoantibodies. This I forgot to mention, we can also remove autoantibodies. For example, post-COVID and some other neurological diseases, which are connected with cognitive problems, problems with the cognition, concentration, finding words, and so on. They have very often in the blood so-called muscarinic and adrenergic antibodies against brain structures, against receptors of the brain.

It's little wonder by using the INUSpheres, after two treatments, in most of the cases, they are completely removed. Then the patient feels very fast improvement also. We look for infectious parameters for the toxins. Of course, we need also a more or less good hematology. We can do the method also when we have a bit of anemia, but it should be not too much. Then we look for the blood coagulation parameters. This is also clear because during the method, we administer a classic remedy, a classic drug with the name heparin. I'm sure you have heard it.

[00:14:21] Jane: I've heard of it.

[00:14:22] Dr. Ralf: It's a blood thinner. Depending from the coagulation parameters, from the body weight, we use this in the preparation phase also to make a good assessment what's on here. When the indication is clear and when the patient is then wonderfully motivated, then we start.

[00:14:40] Jane: There are those who say, "Wait a minute, to go over to Switzerland and I'm going to put out, I don't know, \$6,000, \$7,000 for something, \$8,000 for this?"

[00:14:51] Dr. Ralf: In this direction we are when we make two treatments, the background is that the filter system alone produced in Switzerland and the famous city Luzern near the Lake Geneva, costs approximately \$1,000, only the filter alone. Then you need appropriate staff, which has also experience in intensive medicine care. You should have an anesthesiologist or a person with a long experience in the field of intensive care

medicine. There is a lot of things around. We have also a protocol of cleansing solutions. Also at the end, we administer, for example, an amino acid infusion to optimize the protein level and to push also the protein production in the liver.

Everything around, then we need for one treatment, approximately \$7,500 and for two, then the double. Depending on the things which you need before and after, it can be a bit more. We have a unique also part of the treatment, which is very attractive for our patients. We make before and after also a microscopical examination and the so-called darkfield microscopy. Then we see often intensive changes of the blood quality. Before, you have blood with also clots, or you have blood with so-called Reuleaux phenomena, sludge phenomena, you say in English also. After, the blood cells are swimming more or less alone. They are not so sticky. The plasma is totally clean.

This is very often super impressive. The patient, they can get the video, they can get the photos of this also, that they see, okay, this happened with my blood. It's important also that they believe which things now are in their body running.

[00:16:48] Jane: Are there any concerns that someone should have considering this procedure? Have you had adverse reactions?

[00:16:54] Dr. Ralf: This is wonderful. I have here a table, which is very good wood. We say in our language, we knock on wood. We made, I would say, when I estimate, perhaps three, three and a half thousand treatments meanwhile, and we had never any problems and side effects. Sometimes when the person is a little bit underweight or has very low blood pressure, we need a bit longer till the person feels good enough also to go. We let the person a bit longer lay or she get an additional infusion. When you work accurate, according to the guidelines, nothing can happen. It needs that's why also a preparation phase.

I forgot to mention, of course, the responsible doctor before the treatment, minimum one, two days before he makes also an appropriate long discussion. He speaks about all factors which are from importance and which the patient must know. They collect in the beginning a long list of questionnaires, over 40 different questions regarding all diseases from the past history and so on. After the assessment, then they estimate the risk. In most of the cases, it's not a problem to do the treatment. In a very few amount, we must say, sorry, the risk is too high. We cannot do such a case.

We had, for example, this week, it was more a younger person suffering from a special kind of a brain tumor. There was a risk of swelling. That's why we could not do the procedure. It needs perhaps more preparation, or at first, he shall prove to look for other possibilities. Severe problems that the patient must go to a hospital or to an emergency unit, I am very happy to say, and this is true, till now we never had.

[00:18:46] Jane: Excellent. I was turned on to this or found out about it because in this country, we try to do chelation to get rid of toxins and heavy metals and things like that. Chelation, my understanding is, can be hard on the kidneys. That's why something like INUSpheres that does not involve the kidneys to that extent is good for some people. Is that correct?

[00:19:13] Dr. Ralf: Absolutely. This is a very logical thing, which you have asked. Also, I say to the patients during this procedure, the kidneys, they have holiday because they have not to do so much. On one hand, we appreciate the chelation. We have different chelators also, which we use every day. Important regarding also the chelators is you have totally right that we need a normal, good kidney function. Also, you must pay attention for the trace elements because the chelators can also remove different important trace elements like selenium, like zinc, like manganese, like molybdenum, for example.

That's why when we do chelation, then we re-administer, at the end, a small bottle of trace elements that they not fall down in a deficiency. The problem is, I would like to be very open, that with the INUSpheres we do not reach from the inorganic metals so much. Also, the mentioned professor, he checked the amount of detoxed metals and he found a significant increase, but especially we reach the metals which are bound on protein, or which are bound on other organic substances. The inorganic metals from the molecular weight, from the size, they are not different to our normal minerals which we have in trace elements.

These elements, they go through the filter. When you allow, I would like to mention, before we have started with the method, on one hand, I was super delighted from the idea, but I was also a bit skeptical. That's why before I started with my own INUSpheres two sessions, I made in our laboratory everything from lab which you can measure. All minerals, trace elements, vitamins, amino acids, fatty acids, everything. Then one week after the treatment, I repeated this laboratory, complete, a long, long, long list. I was deep impressed. Almost all things were still normal. There was only a reduction of the bad fat components, which I have also a bit like cholesterol alpha-lipoprotein, and so on.

One factor was significantly lower, and this was the toxic protein. That's why especially also the women with a little bit more soft tissue, they feel the first, sometimes the second day, also a bit of puffy feeling in the face. Sometimes they have a bit more swelling of the fingers. This is the following of the reduction of protein which can happen, especially when you have a lot of so-called bad protein swimming in the plasma. We push with the mentioned amino acid infusion, this new reproduction, this reproduction of protein from the liver, and very fast this little phenomenon disappears. This is important to know-

[00:22:13] Jane: It is.

[00:22:14] Dr. Ralf: -and to underline.

[00:22:14] Jane: INUSpheresis seems pretty state-of-the-art. Is there anything else that's coming along the pipeline that you're hearing about? Because getting rid of toxins, if you want vibrancy as you age, toxins are all around us. They're in our environment. They're in the food we eat. They're just everywhere. It leads to chronic disease.

[00:22:32] Dr. Ralf: Absolutely.

[00:22:32] Jane: It's important to get rid of them. Have you heard of anything coming along that might even work better than this in the near future?

[00:22:40] Dr. Ralf: You mean if the method has also for the future a big importance also in prevention?

[00:22:45] Jane: Yes. It does have an importance in prevention.

[00:22:47] Dr. Ralf: I think, and you have it in the States, you have a very good information platform belonging to the CDC. The name is ATSDR, Agency for Toxic Substances and Disease Registry. I can only recommend to study this webpage when there's a rainy day and when you have time. They publish and every year it's actually analyzed all important toxins for all different diseases and also for organ systems. The best prevention in my eyes is, and this was also shown by old classic biology and cell research, is to have as low as possible toxicity. I mean, the chemical toxicity, the homemade toxicity, and sorry, also the emotional toxicity.

With our system, we can influence the last, not so much, but the other things we can very good to remove. That's why more and more we have also, I would not say patients, we say then clients here, they make it for prevention. It's a wonderful method. You can combine it with everything, which makes also sense around. The next days, a new doctor will start in our clinic. She comes from the field of cardiology. She's a cardiologist and she takes care also for the vascular system. She's super happy to learn, to practice the method, and then to use it for cardiovascular diseases, especially also prevention and as an aftertreatment when you had a heart attack or other problems.

[00:24:19] Jane: Okay, back up. She's going to use this INUSpheresis, this way of cleansing your body of toxins to be able to help the cardiac system, even after a heart attack.

[00:24:30] Dr. Ralf: Absolutely.

[00:24:31] Jane: Please tell me how toxins play into that.

[00:24:34] Dr. Ralf: Regarding heart attack, I'm very proud because I know from a study, which is very new. I think it's a publication from this year coming from this super famous

American Heart Association. They have published a study with a lot of patients, which they analyzed regarding heavy metals and risk of cardiovascular diseases, especially also coronary diseases. There was a clear correlation. There was a significant situation that the more you have especially lead, cadmium, and mercury, the higher is the risk to get such diseases. We know also more and more people which have a healthy lifestyle, no smoking, no alcohol, quite health nutrition, but despite they develop these diseases.

Of course, also the stress plays a role. We must more and more see that this environmental load in the complex is so important. When we look for the numbers, also for the amount of all these chronic problems, we need such systems, I would say, in the future in every big medical department. This is my dream. Also, I hope that the FDA, not sure, is it possible to say, which is perhaps a little bit influenced by pharmaceutical interests also, will permit it in the future. They will not come around because when the people would like to have and when the pressure is increasing, I'm optimistic for you.

[00:26:07] Jane: Thank you. We're bombarded by toxins every day, how often are people coming to you for this procedure? Is this a one-up thing and that takes care of it, or you come every five years or what?

[00:26:22] Dr. Ralf: It depends, Jane, absolutely clear. On one hand, when we have a severe disease, which is chronic, which is not so easy to influence, I think for such traumatic indications like, for example, ALS, amyotrophic lateral sclerosis, or severe also situations of Parkinson's disease or of Alzheimer's disease, then it's often necessary to repeat more often. With repeating often, I mean every six months, for example. In a case of a person like you, which is quite healthy, which likes more to push it in a direction of active prevention, it's absolutely not so often necessary. I would recommend to make it perhaps every second year or so.

I'm on the source, I make one treatment every six to eight months, but this is only because I'm here, I'm on the source. It depends at the end from the area in which you live, it depends on the lifestyle, from other also exposures towards toxins. This is clearly the point and I have sometimes also persons, managers, they tell me, "Oh, Ralf, sorry, so often I have to go to business dinner. I'm traveling a lot and I'm also in countries which are much more dirty like China and so on, and then they come every year also for prevention. It's an individual decision, I would say. Then most of the people, they feel it also, they feel now I have the impression when I look for my memory ability and for cognitive function, I have the impression I must repeat.

Your clients can feel when that happens. Yes, again, when you feel the difference after the treatment, which is often very significant, then you remember for it, and when it's more and more worse, then you say, "Okay, I must go back." Regarding the time, allow me to give you also this information. We made also our own studies, we have approximately 20 patients. They feel the big difference within five days, very fast. During these four years,

we had also two persons sitting in the wheelchair, they stand up within two, three days. This is a wonder. I know they are not so often. It's enough for me to have a small wonder, a little wonder, this can happen.

Most of the people, they have the benefit within three, four months, which is very logical when we think also for our anatomy physiology. Because we have not touched the cells, we have also not cleansed the cells, we clean only the plasma. The cells after this, they have much better living conditions. In this direction, then we must wait for the self-rejuvenation. For example, white blood cells, they are after one-week complete exchange, complete new. The red cells, they need three months. Inner organs like liver, kidney, lungs, they need six to nine months. This is also the span which we must take in consideration. That's why in many cases, we feel not so fast the improvement when we do not make any other combinations.

Meanwhile, we found a lot of useful combinations to improve faster. When you do the method alone, you must have, in many cases, a bit of patience.

[00:29:59] Jane: Can you think of any other studies that you can cite that show the efficacy of INUSpheresis?

[00:30:05] Dr. Ralf: Yes, regarding the method there are existing meanwhile a lot of studies when you would like I can send you, of course, also.

[00:30:11] Jane: We would like that to post so that people can learn.

[00:30:14] Dr. Ralf: Primarily, we have studies reducing all different cardiovascular risk factors. There exists a minimum 10, 12 studies. They were especially written by the founder of the system. It's the guy, Mr. Straube. Meanwhile, he is pension from the Bavarian. Then we were a part of the study. We are very proud about it, together with a German University and London King's College, regarding the effect in post-COVID cases and regarding the effect of different metabolic diseases.

Then this guy from Zurich, he published two books in the direction of, on one insight, the removal of a lot of toxic elements, which he was able to show also with impressive pictures. You can see it with electron microscopy, for example. He made research regarding the effect, which is in my eyes, also a little revolution when we think about anti-aging, for example, or I like to say, well-aging. He was also able to show the difference before and after the treatment regarding the structure of the water clusters in our tissue.

We have in our tissue a lot of water. How do you know? Our body consists from 70% water and the water on the surfaces in the cells and in the tissue is structured. It's a so-called quasi or pseudo-crystal water structuring. It sounds a bit complicated but also in the US, you have some very good water researchers, for example, Professor Trencher.

He was able to show a clear difference before and after. He interpreted as an effect that the water phase in the body is cleaner and is better structured. This is, at the end, connected also with the quality of the tissue, with the quality of the skin of the subcutaneous area. I'm sure it's my opinion also to do with the compartment of the lymphatic system. I can send you all this research.

[00:32:22] Jane: We'd like that because this group tends to like to do a lot of reading. Thank you.

[00:32:26] Dr. Ralf: I make a note and I will send.

[00:32:29] Jane: Oh, thank you Very much. Have you done more labs? You mentioned labs saying, "Do I still have the same minerals that I had before and after the INUSpheresis treatment?" I'm sure you've done this and studies have done it, the toxic load. Because I just had a recent toxin test done, and I'm above average in my toxins. If I were to get something like this, I would hope if I retested that my toxin load in that same test would be significantly less. Have you found that?

[00:32:58] Dr. Ralf: Yes, this we have done. We made a little study with over 70 persons. 33 patients, they had a cancerous disease or cancerous background, and it was very good to show. We made within six months three, four analyses of the toxicity load. It was very good to show that it was high significant reduced. Also in this direction, when you would like, I can send you something also from material.

[00:33:25] Jane: Thank you.

[00:33:26] Dr. Ralf: Also, I can send you also a presentation which I made on an international congress last year. This is very good to see. One thing is important to know when you make the control very near to the treatment, then you can see often also the effect that some toxins which are now more released from the cells, from the tissue are in a higher concentration circulating the system in the blood or in the urine. It's necessary to wait longer, minimum four, six weeks till a new steady-state is installed that would like to stay in the body. It's a technical term I know.

[00:34:04] Jane: Dr. Ralf, you must be excited every time you come to work. I can tell. You're passionate about this, you're enthused, you think this is the right modality to help people.

[00:34:13] Dr. Ralf: Yes, that's why I hope you can a little bit feel and hear I like it. Since we have it available, it makes much more fun because I am a doctor which would like to have the biggest success for my patients. It's not a business for me, it's a passion perhaps I would like to say. More people say, "Oh, I'm so satisfied. I have an improvement. I'm better."

[00:34:36] Jane: That's all you want. If someone is considering this modality, it's called INUSpheresis, I-N-U-S, INUSpheresis and you are the Alpstein Clinic and you're right outside of Zurich?

[00:34:50] Dr. Ralf: Yes, we are one hour far away from Zurich.

[00:34:53] Jane: One hour, okay.

[00:34:54] Dr. Ralf: Zurich is the capital of the German-speaking region of Switzerland. We are quite near to Austria, to Germany, to the Lake Constance. It's a wonderful area. That's why also our name, Alpstein, is the name of the mountains which we have here when I look out from my window. The rocks of this part of the Alps, they have the name Alpstein. Stein is in English stone. The people enjoy also when they are here, the area and the wonderful scenic view. Compared with many, many big cities in the US, we are more rural. We have only a little village around. The next bigger city is St. Gallen, with only 70,000 inhabitants. We like very much this area. It's perhaps an ideal for such a journey.

[00:35:45] Jane: I must say, I was looking on your website and the picture you have of your staff, you have it looks like a staff of 40 people, and they're all standing on some alpine meadow, looking at the Alps behind them with these beautiful Swiss chalets. It's pretty idyllic.

[00:36:01] Dr. Ralf: Yes, absolutely. At the end, it's perhaps a part of our success rate that also a little bit this wonderful area here is important. The air is very fresh. This village in which we are was a very famous cure village 100, 200 years ago to treat tuberculosis with the clean air and then also a probiotic for the intestines and for the gut. That's why everything here is made to get more healthy.

[00:36:34] Jane: That's why you haven't moved to the big city and moved your clinic.

[00:36:37] Dr. Ralf: No. It has also been to do with the medical authorities. Also in Switzerland, like in the US, we have a lot of different areas with a different law, and we have the best of Switzerland. Also, that's why we are here.

[00:36:51] Jane: Before I let you go, why is it and maybe it's just me, but I am finding Europe seems to have a lot of the cutting-edge things before the United States. Why is that?

[00:37:01] Dr. Ralf: It's not so easy to explain according also my dialect. I'm sure you know primarily I come from Germany. Germany a long time, meanwhile, it's unfortunately more and more going down. It has a lot of natural medicine traditions on one-hand side. We say traditional natural medicine. Then we had in Germany and also in the neighboring

countries, a lot of innovative, new developed systems which are super helpful to overcome these so-called modern diseases and cancer.

In this field, it makes not only fun to learn and to get the appropriate training. We have also in this direction a positive historical burden, I would like to say. Such methods like homeopathy, plant-based medicine, phytotherapeutic medicine, anthroposophic medicine like hypothermia, for example, coming from this famous center from Dresden, a professor who got the Nobel Prize. Also organo peptide parity. Another Nobel Prize from Professor Blobel, came also from Germany. Later, he worked in US.

Since my studying, I had the possibility to learn a lot and to practice a lot. Also similar, like in the US, we have also incorporated TCM acupuncture and all these things. I like to learn. I like to make also education. Then I have collected a lot of this. We are a big community in these middle European countries in this direction, and we have a good intense exchange. Tomorrow, for example, I go to a European Biological Medicine Congress to Germany. We have good activities.

Also, Switzerland, the interest of the people here is very high to incorporate in the medical system natural and holistic medicine. Some years ago, Switzerland has a special democracy. They made a people election, and they decided with over 60% yes, we would like officially the incorporation of natural medicine and holistic medicine in our system of health insurances. That's why also many things which we are doing here were overtaken by the Swiss insurances.

[00:39:24] Jane: Oh, that's amazing.

[00:39:25] Dr. Ralf: This is the terrain, I would like to say, for our work.

[00:39:28] Jane: That would be nice. It is a good preventative. Dr. Ralf, is there anything else you'd like to add as we wrap up? You've been so generous and so kind. Anything else you want to talk about before we say goodbye?

[00:39:38] Dr. Ralf: No. Of course, we have many other topics which we like very much. For example, we are also an important or famous center for using and practicing artificial and also active fever therapy. We like the use of high temperature to treat. This is one of our main points, and I mentioned beside, we can reduce also the distance between INUSpheresis and the success, for example, by combination with whole-body hypothermia and the increase of the inner body core, because we do it on the day between the first and the second treatment. The first treatment is removing most of the, I would like to say, biological waste from the plasma and then there are one, two days gap.

On this gap day, we mobilize more biological waste outside from the vessels, from the tissue, from the cells, from the brain by using whole-body hypothermia and some specific

infusions. Then when the second INUSpheres starts, then we cleanse again also this new mobilized toxicity from the system and then we have a faster effect. Such things we like, and this combination is quite unique. Not so many centers have it available, this I can perhaps mention, but of course, at the end, we like our work. We have wonderful staff and, in this direction, I can only say we are open for everybody.

[00:41:09] Jane: You do thermal, you do cooling in between and put them in a refrigerator-type thing, or do you do it with water?

[00:41:15] Dr. Ralf: No, we warm up. Hypothermia, hyper, feel fever. Our body core temperature has 37 Celsius, it's approximately around 100 Fahrenheit I assume or 99, and then when we increase, this is a natural process, also our little babies when they have an infection they develop fever. When we increase to 103, 104 then we push intensively many, many mechanisms parallel and this we can do with our device from Germany or we make it induced by a fever remedy, IV, that the patient makes it active. This is then a very intense also push in the system to mobilize and to increase especially the immune system efficiency.

[00:42:04] Jane: Fascinating.

[00:42:06] Dr. Ralf: Yes, such things we do. Perhaps you have seen also something on the webpage.

[00:42:11] Jane: Dr. Ralf, thank you.

[00:42:12] Dr. Ralf: I can only say thank you very much for your interest. When there is more interest, let's do it again.

[00:42:18] Jane: Excellent. You have a great day, okay?

[00:42:22] Dr. Ralf: I promised you. I sent you the appropriate studies that you have some more material. It was a big honor.

[00:42:29] Jane: Thank you. It was an honor for me too.

[music]

[00:42:33] Jane: You've been listening to the *Cutting Edge Health Preventing Cognitive Decline* podcast. Any information shared here is for educational purposes only. Guest opinions are their own. This podcast is not responsible for the veracity of their statements. Do not use any of this information without first talking to your doctor. Cutting Edge Health LLC is not responsible for what may happen to you if you use their information in place of official advice from a medical professional. Thanks for listening. Be well.



[00:43:10] [END OF AUDIO]

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