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Anthroposophic medication

The goal is an individual and holistic human medicine

Mindfulness

Mindfulness exercises – such as a short one-minute minute of remembrance before dinner – have positive, not to be underestimated effects.

The anthroposophical medicinal products are of plant or animal origin, minerals or metals are also used. They are intended to stimulate man's self-healing powers to help him heal himself.

Bryophyllum

In the western industrialized countries, Bryophyllum has been widespread since the 1970s mainly as a means of inhibiting contractions or wishing to have children. It is also used against complaints during menstruation (e.g. PMS) or in the case of complaints caused by



the menopause. Bryophyllum and has a decongestant effect on the uterus. It is thought that the effect of Bryophyllum comes from its yellow-body hormone-like effects in the body.

According to Pharmawiki, the preparations have anti-pain, soothing, sleep-promoting, antimicrobial, anti-allergic, anti-inflammatory, analgesic and antitumoral properties.

Rosemary

Rosemary can do more than just refine food. Since the Middle Ages, the plant has also been used as a

strengthening and stimulating remedy.

Rosemary oil contains substances that stimulate blood circulation in the skin and boost circulation. The Application of rosemary oil has an invigorating effect and awakens tired spirits.

Arnica/Plumbum mellitum

Often there is a lack of "inner motivation" – then an anthroposophical drug can help, which strengthens the formal forces through the ego-organization: Arnica / Plumbum Mellitum.