

Contents

1.	A greeting to a more human world (Dr. P. Jennrich) ...	13
2.	A plea for more fairness in environmental justice (Prof. Dr. E. Schöndorf)	15
3.	Prologue	19
4.	Introduction: why this book?	21
5.	Why does environmental medicine get so little attention in Germany?	29
6.	Consequences of our exploitation of nature	35
6.1.	Poisonings of plants and animals	35
6.2.	Human poisoning due to industrial accidents	37
6.3.	Health risks due to nuclear accidents and temporary storage ...	39
6.4.	Other harmful substances with creeping health effects	41
6.4.1.	Drinking water and nutrition	41
6.4.2.	Energy-saving lamps	42
6.4.3.	Contaminated soil, contaminated water, poisoned waste disposal sites	42
6.5.	Electromagnetic radiation, mobile communications, electrosmog	46
6.5.1.	Recommendations: what can we do?	53
6.6.	The connection between infectious diseases and metals	54
6.7.	Gene technology: curse or rescue?	54
6.8.	Conventional medicine at a crossroads—side-effects	56
6.8.1.	Medical drugs	56
6.8.2.	Medical products	60
6.8.3.	Vaccinations	65
6.9.	Animal testing as pointless exploitation of nature	67
7.	Case studies from my own practice	69
7.1.	Introduction: from my own life	70
7.2.	Case studies	72

7.2.1.	The first spark: poisoning by dental restoration material	73
7.2.2.	Poisoning caused by intrauterine damage to the foetus	77
7.2.3.	An example of expert witness testimony	92
7.2.4.	Depression and asthma: reimbursing costs of medically required dental restoration work is denied	103
7.2.5.	Huntington's disease	105
7.2.6.	Malignant brain tumor (glioblastoma)	108
7.2.7.	Acute allergic reaction to metals (hypersensitivity) after surgery	110
7.2.8.	Six breast operations due to mammary carcinoma	111
8.	Eight environmental-medical studies from daily practice	117
8.1.	Evaluating a questionnaire from KV Dortmund	117
8.1.1.	Introduction	117
8.1.2.	Method	118
8.1.3.	Results	118
8.1.4.	Critical assessment	121
8.2.	Dangers posed by dental restoration material	123
8.2.1.	Introduction	123
8.2.2.	Method	123
8.2.3.	Results	124
8.2.4.	Critical assessment	130
8.3.	Intrauterine foetal damage caused by maternal exposure to heavy metals	134
8.3.1.	Introduction	134
8.3.2.	Method	135
8.3.3.	Results	136
8.3.4.	Critical assessment	138
8.4.	Health damage from tin compounds	140
8.4.1.	Introduction	140
8.4.2.	Method	142
8.4.3.	Results	142
8.4.4.	Critical assessment	143
8.5.	Environmental diseases in 360 patients with heavy metal exposure	145
8.5.1.	Introduction	145

8.5.2.	Method	146
8.5.3.	Results	146
8.6.	Heavy metal and harmful substance exposure in six cases of rare diseases of unknown etiology	148
8.6.1.	Progressive muscle dystrophy	148
8.6.2.	Psoriatic arthritis	148
8.6.3.	Tinnitus	149
8.6.4.	Miscarriages and stillbirths	149
8.6.5.	Endometriosis	150
8.6.6.	Neurodermitis	150
8.6.7.	Critical assessment	151
8.7.	Exposure and hypersensitivity to metals in 139 patients with a benign tumor	152
8.7.1.	Method	152
8.7.2.	Results	152
8.8.	Influence of heavy metals and immunologic and genetic factors on the development of malignant tumors	152
8.8.1.	Introduction	152
8.8.2.	Results	155
8.8.3.	Critical assessment	157
8.9.	Twelve years later: recognition of brain damage from environmental toxins	159
8.9.1.	Introduction: why am I presenting this case?	159
8.9.2.	Some remarks to the patient's prior history	160
8.9.3.	Findings	161
8.9.4.	The patient's application for rehab-measures	163
8.9.5.	Critical Assessment	164
8.9.6.	My reasons for publicizing this case	168
8.9.7.	Summary of the results of the studies	168
9.	Environmental-medical diagnostics	171
9.1.	Introduction: patients and their own interest in environmental medicine	171
9.2.	Internal exposure to metals	172
9.2.1.	Nonmetallic materials (plastics, ceramics, endoprostheses)	175
9.3.	External exposure to metals	176
9.3.1.	Nutrition, drinking water, soil, and air	176
9.3.2.	Clothing, toys, coins	176

9.4.	Interior and exterior exposure to other industrial products and fungi toxins	177
9.5.	The importance of a patient's prior history and of clinical examinations	178
9.6.	The difference between acute and chronic poisoning	180
9.7.	Symptoms and chronic diseases due to exposure to harmful substances	180
9.7.1.	Examination for external exposure (environmental monitoring)	184
9.7.2.	Examination for internal exposure (biomonitoring) ...	185
9.7.3.	Testing for genetic disorders	196
9.7.4.	Imaging as diagnostic method	197
9.7.5.	Exposure to harmful chemicals and fungi toxin	197
9.8.	Alternative medicine—drugs and treatments without side effects?	198
9.8.1.	Dental organogram	198
9.9.	Experience and its implications for diagnostics	202
10.	Therapeutic options for treating environmental diseases	205
10.1.	Introduction: so you are suffering from an environmental disease. What now?	205
10.2.	Detoxification with the help of drugs	207
10.2.1.	Detoxification after heavy metal exposure	207
10.2.2.	Detoxification for industrial exposure	210
10.2.3.	Dental restoration and detoxification	211
10.2.4.	Apheresis: only in the most severe cases	213
10.2.5.	Treatment of fungal toxin poisoning	215
10.3.	Detoxification with side-effect-free medication—naturopathy	216
10.3.1.	Healing stones	217
10.3.2.	Black Serpent Stones	220
10.3.3.	Microalgae	221
10.3.4.	Homeopathy	223
10.3.5.	Acupuncture	224
10.4.	Environmental medicine is holistic medicine	226
11.	A healthy lifestyle: what can we do ourselves?	227
11.1.	Introduction: what does “healthy” mean?	227
11.2.	Nutrition	228

11.3.	Sports, exercise, gymnastics	229
11.4.	Massage	230
11.5.	Psyche—the significance of our souls	231
11.6.	Meditation	233
11.7.	Hobbies	234
11.8.	Bio-meditation—bioenergy: a higher-level therapy	235
12.	Course of action: the seven steps	237
13.	Critical assessment and conclusions	241
13.1.	Introduction	241
13.2.	Medical assessment	241
13.3.	Legal assessment	252
13.4.	Moral and ethical assessment	255
14.	Excerpt from an open letter by Prof. Wassermann	261
15.	My wishlist for the future	263
15.1.	A greeting from the “Natur & Heilen” (90.) publishing company	264
15.2.	An appeal, and a “Thank you!”	264
16.	A few words for you to take home with you (Prof. Dr. med. Frentzel-Beyme)	267
17.	Appendix	269
17.1.	Some words of thanks	269
17.2.	Explanations and definitions	270
17.3.	Addresses: associations, laboratory institutes, clinics	273
17.4.	Bibliography	277