



KNEIPP TRADITION THERAPY CENTRE BAD KREUZEN

1st Centre for Traditional European Medicine



Inspirational healing
for my strength.

**KNEIPP
TRADITION**



*Marienschwestern
vom Karmel*

TEM

*Traditionelle
Europäische Medizin*

To be alert every moment and with every sense





Modern and nonetheless imbued with a wealth of tradition!

Esteemed Guest,
We would like to welcome you to the newly designed, Kneipp therapy establishment of the Sisters of the Carmelite Order, which represents the continent's first Centre for Traditional European Medicine. Following extensive conversion work, you can now enjoy even more comfortable, sunny oases embedded in the impressive rolling landscape of the lower "Mühlviertel" region.

The entire staff has undergone intensive further training under the motto, "The art of healing requires solid foundations and humanity." Moreover, the comprehensive range on offer has been supplemented with new treatments and impulses derived from traditional European therapy in a combination that is only available at our centre. Our care is in keeping with the human character and is so conceived as to match your specific physical, mental and spiritual constitution, or in other words, your archetype.

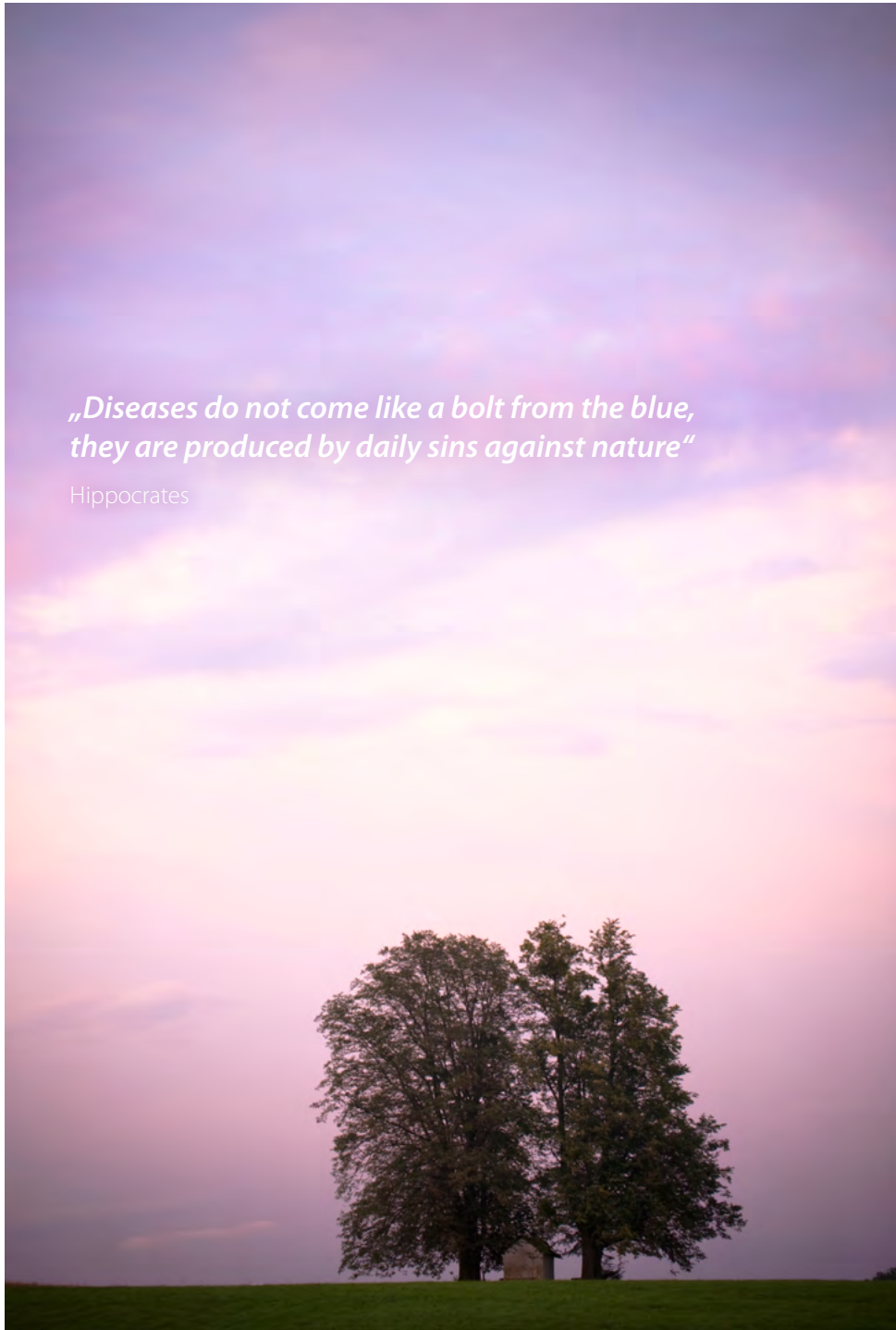
The aim is to provide "personalized medicine", or in other words, therapy with a soul that enhances your regenerative and regulative capacity and hence your natural, healthy potential. Extremely well trained physicians offer you both time and dialogue, and seek to perceive you as an entity. For we not only wish to ease any symptoms that you may have, but also to accompany you on the path to achieving inner harmony, emotional and physical stability. This will allow you to conduct your life according to your own rhythm and avoid the so-called civilization diseases.

Our team looks forward to taking a major step forward with you towards greater **HEALTH, MEANING** and **SUBSTANCE**.

**Friedrich Kaindlstorfer MBA,
Operational Manager**

**Sr. Christiane Reichl,
Mother Superior**





*„Diseases do not come like a bolt from the blue,
they are produced by daily sins against nature“*

Hippocrates



The roots and development of traditional European medicine

To date, traditional European medicine (TEM) still lacks a clear definition. This 2,500-year-old therapy regards the whole world as animate and humans both in sickness and in health not as isolated beings, but rather as part of an interplay involving their entire habitat.

Antiquity

Ancient Greek and Roman medicine can be regarded as the cradle of the art of healing and Egyptian medicine also played a role. The Greek cult of healing of Asclepius was regarded as a holistic therapeutic method. Temples served as a place for the sick to sleep and recover, as through fasting and herbal medicine they experienced healing in a dreamlike state. The most important personalities were Hippocrates of Kos (460 – 370 B.C.), the founder of humoral pathology and Galenus of Pergamon (129 – 199 B.C.), who provided differentiated documentation of the humoral doctrine. Their heritage of clinical-empirical and physiological-experimental medicine is still tangible today. The basis for the desired balance of strengths and fluids in the body was the four-element doctrine of Empedocles (5th century B.C.). Hippocrates allocated the elements of air, water, fire and earth to the four bodily “humors” comprised by blood (Gk. haima), mucous (Gk. phlegma), yellow bile (Gk. chole) and black bile (Gk. melan chole) with the related temperaments (choleric, phlegmatic, sanguine or melancholic) and organs. Health was defined as the consisting of the correct mixing ratio of the fluids and therefore one can regard Greek medicine as holistic.

Middle Ages

On the one hand, medicine was a craft and on the other applied theology, whereby monastery and convent treatments with herbal medicines played a significant role. This reached a highpoint in the 12th century with Hildegard of Bingen. The mystic and Benedictine nun placed a holistic approach at the heart of her natural, botanical and medical writings, thus combining both traditional popular and classical medicine.

„If you have been given a talent, exercise it freely and happily like the sun: give everyone from your splendour“

Paracelsus

Modern Age

The physician and philosopher Theophrastus Bombastus von Hohenheim, better known as Paracelsus (1493 – 1541), also made a mark that continues to remain evident. His medicine was based on both natural and religious knowledge, and in an ancient, traditional manner, he recommended that during the preparation of herbal medicines, men and women should receive gender-specific substances. Moreover, up to the present day, Samuel Hahnemann with homeopathy, Rudolf Steiner with his anthroposophic medical approach and Father Sebastian Kneipp with his five-prong theory comprised of order, medicinal plants, nutrition, movement and water treatments, all stand for a healthy life in the spirit of TEM.

„The road to health is the footpath“

Sebastian Kneipp

The discovery of human cells at the end of the 19th century by the German physician Rudolf Virchow meant the end of humoral medicine as a doctrine.

The future

Traditional European Medicine observes and integrates modern developments with the spiritually inspired therapies in line with the human character of earlier generations, in order to shape the future in an animated manner and facilitate healing.®



***„A human being contains three paths:
namely, soul, body and senses“***

Hildegard of Bingen



Every archetype receives a matching therapeutic and wellness programme

"You are not easily flustered" or "You are a hothead and your blood boils at the slightest provocation." With such sayings, the vernacular characterizes the four choleric, phlegmatic, sanguine and melancholic temperaments with great accuracy.



The classification according to the four "humors" or temperaments is over 2,500-years-old and these archetypes define how persons with their predominant, energetic principle (humoral doctrine) react to internal and external influences. Primarily, we all have a mixture of the temperaments, whereby one generally dominates. In Bad Kreuzen, physicians and therapists prepare TEM programmes that are attuned to the individual constitutions of the guests, enhance their strengths, harmonize their mental and spiritual forces and can ease their medical symptoms.



Sanguine type

In line with the motto, "What price the world?" the sanguine type is easily enthusiastic, active, openhearted, energetic, generally optimistic and full of joie de vivre. The sanguine do what they enjoy and do not bear grudges.

- Constitution:** blood, warm and moist
- Element:** air
- Plants:** rose, yarrow
- Essential oils:** lemon, orange, rose
- Frequent symptoms:** tendency to suffer from outbreaks of fever, acute inflammation of the heart, joints and kidneys. If the sanguine type is unwell, the illness is frequently short and unpleasant, but there is no tendency towards chronic sickness.
- Strengthening of the constitution:** cool treatments such as chest and liver wraps. Full body massage with grape seed and lemon balm oils.

This archetype embodies a carefree attitude even during dark days.



Phlegmatic type

Phlegmatic types enjoy their pleasures and can be relied upon. They have reserves, which they employ to get things done, although they initiate little themselves. They have problems getting started, but once on the move they are persistent and energetic. The nutritional and storage principle (mucous) predominates.

- Constitution:** mucous, cold and moist
- Element:** water
- Plants:** bitter plants, sweet flag, eyebright, thyme
- Essential oils:** pine fragrances liquefy the mucous and free the head. Warming aromas.
- Frequent symptoms:** dampness stagnates, therefore a tendency to swelling of the mucous membranes, tonsils, catarrh, eczema, rashes. The symptoms are generally moderate in nature and long lasting.
- Strengthening of the constitution:** warming and drying applications, no suppression of fever. Warm chest wraps. Special stomach massage with gold-of-pleasure oil, marigold ointment.

This archetype embodies the ability to keep a cool head when those around have long lost theirs.



Choleric type

The choleric type has a tendency to be hot-headed, demonstrates leadership qualities in line with the motto, "Faster, higher, further". Such types tend to exaggerate, show outbreaks of emotion and anger, are extroverted but often lacking in control.

- Constitution:** yellow bile, warm and dry
- Element:** fire
- Plants:** lavender placates and good for the liver. Dandelion cools, fumaria, spring bedstraw
- Essential oils:** lavender
- Frequent symptoms:** tendency to inflammation of the joints like the sanguine type. Gout, rheumatism, calcuosis, allergies, acute pain, blood pressure.
- Strengthening of the constitution:** cooling and calming treatments that reduce the heat principles. Special massages with thistle, almond or lavender oil.

This archetype personifies the enthusiastic guiding hand even in difficult times.



Melancholic type

Melancholic types are admonishers and thinkers. They estimate beauty and intelligence and tend to be introverted. They are also likely to brood, find it difficult to become active and are rather pessimistic in mood.

- Constitution:** black bile, cold and dry
- Element:** earth
- Plants:** angelica, borage has a positive effect on the spleen and the pulmonary circulation (takes the melancholy from the heart), common centaury, violets
- Essential oils:** angelica (if everything becomes too much), grapefruit lightens the mood
- Frequent symptoms:** warmth and moisture are missing that would support the healing reaction. Frequently emaciated, tends to depression. Slow, chronic and degenerative illnesses.
- Strengthening of the constitution:** warm treatments such as hot chest and liver wraps. Medicinal clay cure (1 tablespoon of medicinal clay dissolved in a glass of water) taken in the morning alleviates stomach and intestinal complaints. The "five level" special massage with strengthening cedar nut oil.

This archetype embodies the thinker and the demand to do everything in an orderly fashion and in the correct sequence.

Cardinal humors

The drawing is a schematic diagram of the elements of air, water, fire, earth, the fluids and organs, which in the humoral medicine describe an archetype (choleric, phlegmatic, sanguine or melancholic).

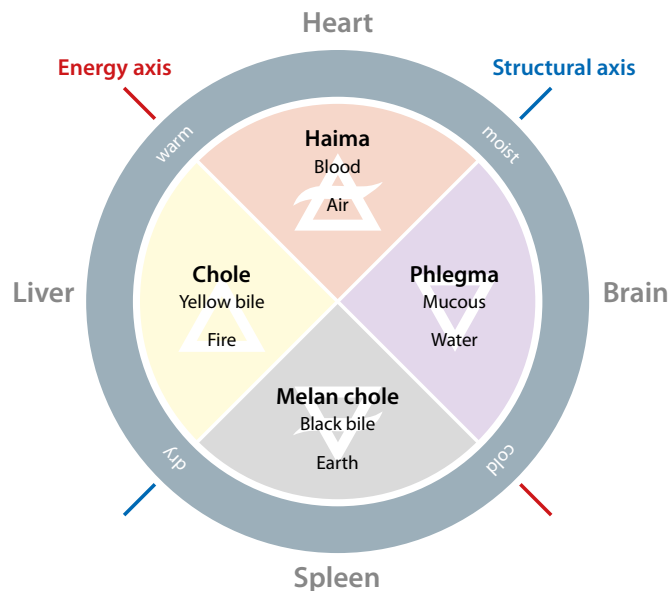
The humors are not bodily liquids, but systematic, active principles or energetic qualities. People contain all these principles and the objective is to obtain a balance amongst the fluids. In the case of imbalances, excesses or deficits, corrective countermeasures can be initiated through character-based nutrition, herbal medicines, lifestyle, therapeutic treatments and exercise.

The air principle (sanguine type) embodies the active quality with the characteristics warm/moist. Blood (Gk. haima) is located in the heart.

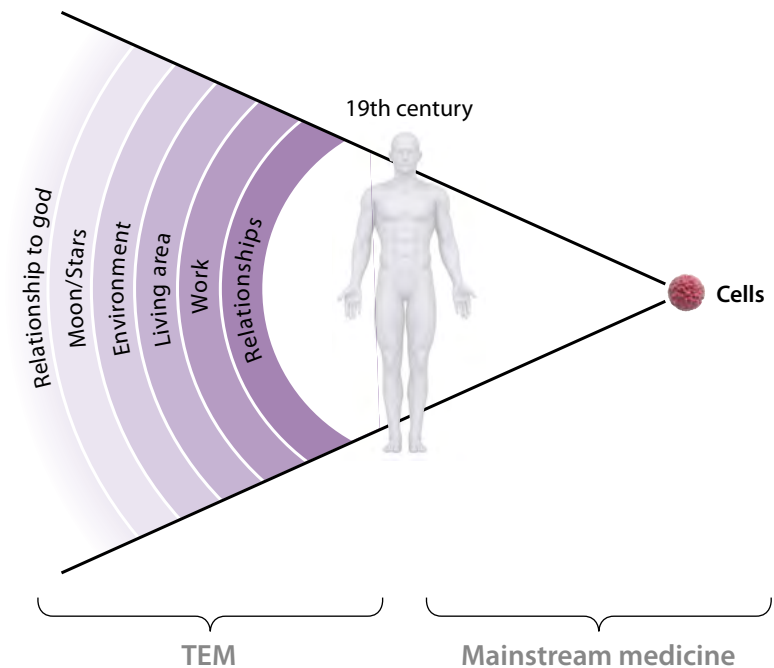
The water principle (phlegmatic type) embodies the energy stored with the cold/moist characteristics. The brain is responsible for the distribution of moisture (Gk. phlegma) to all the organs of the body.

The fire principle (choleric type) embodies our inner drives with the warm/dry characteristics. The allotted organ is the liver.

The earth principle (melancholic type) embodies the limited and restrictive strength derived from cold/dry characteristics. Black bile (Gk. melan chole) is reduced in the spleen.



The holistic consideration of the human in TEM



Everyone possesses the inner potential for healing

and according to Medical Director Dr. Martin Spinka: "Bad Kreuzen is not interested in the unreflective glorification of long-obsolete techniques and therapeutic processes, but instead the consideration of people from a traditional viewpoint. We attempt to respect our guests as unique beings with an ability to change, a quality that conceals the greatest healing treasure trove. It is our task to uncover these riches." People are seen as part of an interplay with their entire surroundings. These incorporate their general lifestyle, living and working environment, social relationships and spiritual hygiene. And clearly, the rhythm of nature also has an effect upon human strength.

The discovery of cells at the end of the 19th century had far-reaching consequences for European medicine. It signalled an abrupt caesura with regard to traditional methods of healing and valuable techniques and possibilities were developed in the fields of laboratory diagnostics and visualization. Mainstream medicine went into increasing detail, but tended to neglect the whole. This is problematic, as those that focus purely on details cannot comprehend a system holistically and are therefore only able to treat a detail (= symptom). Dr. Spinka: "For me, holistic medicine represents a blend of mainstream medicine and TEM."



The significance of therapy

The achievement of a character-related balance

and strengthening of the constitution represents the aim of Dr. Martin Spinka, the Medical Director of the traditional Kneipp therapy centres of the Sisters of the Carmelite Order:

“The foundation of the medical work at the 1st TEM Centre is to comprehend and take seriously our guests with regard to the uniqueness of their abilities, characteristics and physical constitution, their life situation and intellectual world.”

Should weaknesses or disharmonies in the various archetypes be established, the physicians draw up an individual health plan, which stimulates self-regulation and self-healing within the organism. As Dr. Spinka, who has trained in TEM, explains:

“During the amelioration of symptoms, we also take into consideration which of the choleric, phlegmatic, melancholic and sanguine principles predominates by the respective guest.”

Diagnosis:

Our physicians take the time for a comprehensive dialogue.
In TEM, the medical personnel works overwhelmingly with their senses:

- **Inspection:** consideration
- **Palpation:** touching
- **Auscultation:** listening
- **Iridology, tongue and segment diagnosis:** study of the reflex zones in the eye (iris), which show inherent weaknesses in the organism. Study of the dermatomes, the skin areas, which starting from the spinal segments, cover the entire body in onion-like layers. The appearance/quality of the skin points to problems in certain organs, muscles or joints.

Therapies:

- **Various massage techniques:** there are various massages with herbal oils, which are allotted to the archetypes and are completed on certain regions of the body (e.g. on the head, stomach or back).
- **Individual wraps and water treatments:** showers, baths and part-baths with hot or cold water help the body to recover and improve its regulative capacity.
- **Aroma therapy:** we work with essential oils, aroma stones. Aromas have direct access to the perceptive centre in the brain.
- **Nutrition:** menus to match the archetypes
- **Medicinal plants:** depending on the archetype, various special herbs are used in massage oils, herbal drops or elixirs, herbal teas, etc.
- **Lifestyle:** the psychosocial environment (relationships, work, friendships,...) can have a healing effect or make one ill. We provide support through meditation, spiritual discussions, suggestions regarding self-perception, impulses for lifestyle modifications.
- **Exercise:** wyda, archery, training in the gym, swimming in the indoor pool or outdoor pond and walking.



Detoxification processes

These represent a new addition to our range. The detoxification of the body is of increasing importance in our high-tech, high-stress age. Apart from internal detoxification (e.g. fasting) TEM also incorporates external working procedures:

Blood letting according to Hildegard of Bingen.

This blood hygiene process serves detoxification, immunostimulation and the regulation of the bodily functions. During this type of bleeding only bulkage-rich blood is removed and the clean blood remains in the body. According to Hildegard, such blood letting may only occur in the first six days after a full moon.

Treatment: A wound stimulus is implanted in one of the three elbow veins with a needle. Blood then flows via a line into a glass flask. 150 ml of blood are taken at a maximum, which is only the half of the quantity given during a donation, and this flows out of the vein alone. The aim is to allow the bulkage, which in TEM is called astringency, to leave the body and thus encourage the formation of fresh blood. Bleeding is followed by a special breakfast and a recommendation to only undertake pleasant and relaxing activities during the following two days.

In the Bad Kreuzen "Bleeding Timeout" special package (2 nights), we offer blood letting in combination with special nutrition and therapies. However, bleeding can also be completed on an out-patient basis.

Blood cupping:

This is employed where excess energy exists. Such a condition generally becomes evident as localized hardening along the spine column, which feels hot and is painful. The physician inserts needles into this area and then applies the cup, which draws out the congested blood in the induration. Cupping releases the blood congestion, allowing the blood and lymph to flow again. The muscles relax; pain is alleviated and the metabolic processes are encouraged.



The significance of nutrition

Strengthening the constitution with healing food

is the objective, as nutrition is of central importance to wellbeing, recuperation and the retention of health. According to TEM, the choice of food should always be made on the basis of the individual constitution and the current life situation.

„Do your body good so that your soul desires to live in it“

Teresa of Avila

As nutritionist Siegfried Wintgen, who is responsible for the culinary concept in Bad Kreuzen, explains: "Nutrition serves the retention of regulative capacity." The constitution is supported and disharmonies gently regulated. Siegfried Wintgen: "For example, this can be achieved within a menu by changes to the side dishes, special herb mixtures, or the type of preparation." Special value is attached to balanced, highly nutritional, regional seasonal food. For as the nutritional expert adds: "For us, quality is important and we use organic products wherever this is possible."



Every guest receives food suited to their type

The fluid classifications as cold/hot and dry/moist according to the type of constitution also play a role with regard to food.



Sanguine type

- Warmth and moisture predominate; the most balanced temperament.
- Avoidance of: an excess of foods and preparation that generate heat; too many combinations of sugars and fats; an excess of animal products and sweet alcohol.
- Food tip: steamed slices of fennel with millet patties

Phlegmatic type

- Cold and moisture predominate. The digestion, which tends to function slowly, is strengthened.
- Avoidance of: too many sugars, too much milk, wholemeal, tropical fruits, pork, fresh bread. Raw fruit and vegetables, germinated and gas-forming foods are also unfavourable, as well as excessive carbohydrates.
- Food tip: chicken broth from a young chicken with mustard seeds, hyssop and coriander.

Choleric type

- Warmth and dryness predominate.
- Avoidance of: excessive animal protein, alcohol, too many aggressive seasonings and fat foods.
- Food tips: steamed fillets of trout on cucumber with dill and rice.

Melancholic type

- Cold and dryness predominate.
- Avoidance of: deep freeze foods, raw fruit and vegetables, foods that are difficult to digest, excessive salt and sugar.
- Food tips: breast of chicken with honey marinade, roasted slowly in the oven with mashed potatoes.



The significance of medicinal plants

Medicinal plants provide impulses on a physical, mental and emotional level.

Medicinal plants provide impulses on a physical, mental and emotional level. For as pharmacist Dr. Angelika Prentner from Mariazell explains: "There are reasons why one plant has strong roots and another enchants with an intensive, luminous shade of yellow. In TEM, not just people are regarded holistically, but also plants."

Our forebears observed where and how plants grew, what they looked like and both their fragrance and flavours. On the basis of this information, they then drew conclusions regarding their effect. In this signature doctrine, plants are regarded as living organisms with primary and secondary active ingredients, which create an interplay of effects and exert an influence on various systems within the organism. Plants also have a soul, which affects that of humans, as is evidenced when one thinks of homeopathy, incense and blossoms. Plants generate impulses within the organism that stimulate self-regulation and they also function in line with the humoral doctrine.

„There is a herb for every illness“

Sebastian Kneipp

Mix your own ointment

As our guest, you should be able to take home theoretical knowledge and therefore we offer you an opportunity to be active and for example, try your hand as a pharmacist. For this purpose, the 1st TEM Centre has established the "Pharmakon", a medicinal plant room with distillation equipment and a herb store. Under expert guidance, here you can stir your own ointments, blend teas and create incense from herbs.



The significance of movement

With wyda, the health gymnastics of the Celts,

TEM assists all those feeling stiff or tense, who wish to remain within their mean, through optimum exercises. Wyda is a source of both health and youth.

Wyda

Who is not familiar with the druid Miraculix, whose magic potion made from mistletoe and secret ingredients lends Asterix superhuman powers. The druids represented the cultic and spiritual elite of the Celts and frequently stood out due to their great age and health. To a large extent, this was thanks to wyda, a series of meditative exercises that emerged from their nature-bound philosophy. As Dr. Martin Spinka, the Medical Director of the traditional Kneipp therapy centre explains: "Wyda is still used today, especially in Ireland." So just as the Chinese practice Qi Gong or Tai Chi and the Indians yoga, in TEM wyda teaches one how to calm the mind, trains perceptive and concentration skills, releases blockades and leads to an inner balance.

Bases: TEM recognizes three fields of energy; the vital area, which centres on the abdomen/stomach, the emotional area in the chest area and the mental area, located in the head. Dr. Spinka: "The effects of the exercises are accentuated further by the humming of AH, OH or M."

Completion: One strengthens the energy fields, harmonizes them and attempts to unite the various strengths through special exercises. Dr. Spinka: "The exercises are not strenuous and can be practiced by both young and old. Those doing the training frequently learn to block out their surroundings quite quickly and to feel their three internal energy fields."

Archery

Anyone who is a restless spirit and finds it difficult to switch off will discover that archery is an ideal sport for discovering inner calm. Operational Manager, Friedrich Kaindlstorfer: "At our centre we offer appointments for archery during which the participants are also taught how to make their own bows." Archery is a meditative activity in nature. It releases tension in the back and provides a solid stance. The burdens on the spine are eased and above all, one trains the muscles between the shoulder blades, which in many cases has deteriorated.





The significance of spirituality

Leave the daily round behind and immerse yourself in BEING.

As Sister Christiane Reichl, the Mother Superior at the traditional Keipp therapy centre says: "BEING is the very focus at Bad Kreuzen; being whole, being a person, being at one with nature and being present with every sense. The aim is to arrive at one's self."

Arriving at one's self

It frequently seems that superficiality receives more praise than fundamental reality. In our merciless, performance-oriented society, which frequently offers little room for the emotions, one can easily lose sight of one's basic needs and that, which provides us with strength and enjoyment.

„I first achieved success when I took the human soul into account“

Sebastian Kneipp

Eventually some fall by the wayside listless and exhausted, and in the long run this causes illness, as many find out. They start to search for an anchorage, stimuli for change, relaxation and sources of strength. Sister Christiane: "People often come to us in such times of crisis and upheaval. My task is TO BE THERE when I am needed."

Hans Hermann, the Director of the traditional Kneipp therapy centres of the Sisters of the Carmelite Order: "We offer spiritual discourse and meditation and all our personnel are trained with regard to caring and respectful conduct. This is the active humanity and spirituality that differentiates our cure centres from others."

A sense of caring protection summed up by a regular guest with the words: "When I enter your house, I feel that I have come home."

Observe and follow the natural rhythm of the day

Those that burn to get to work can also burn out. TEM aims to bring or return people to an ordered life, or a lifestyle that corresponds with the natural rhythm of the day.

In the morning:

take time for an enjoyable breakfast and a pleasant conversation.

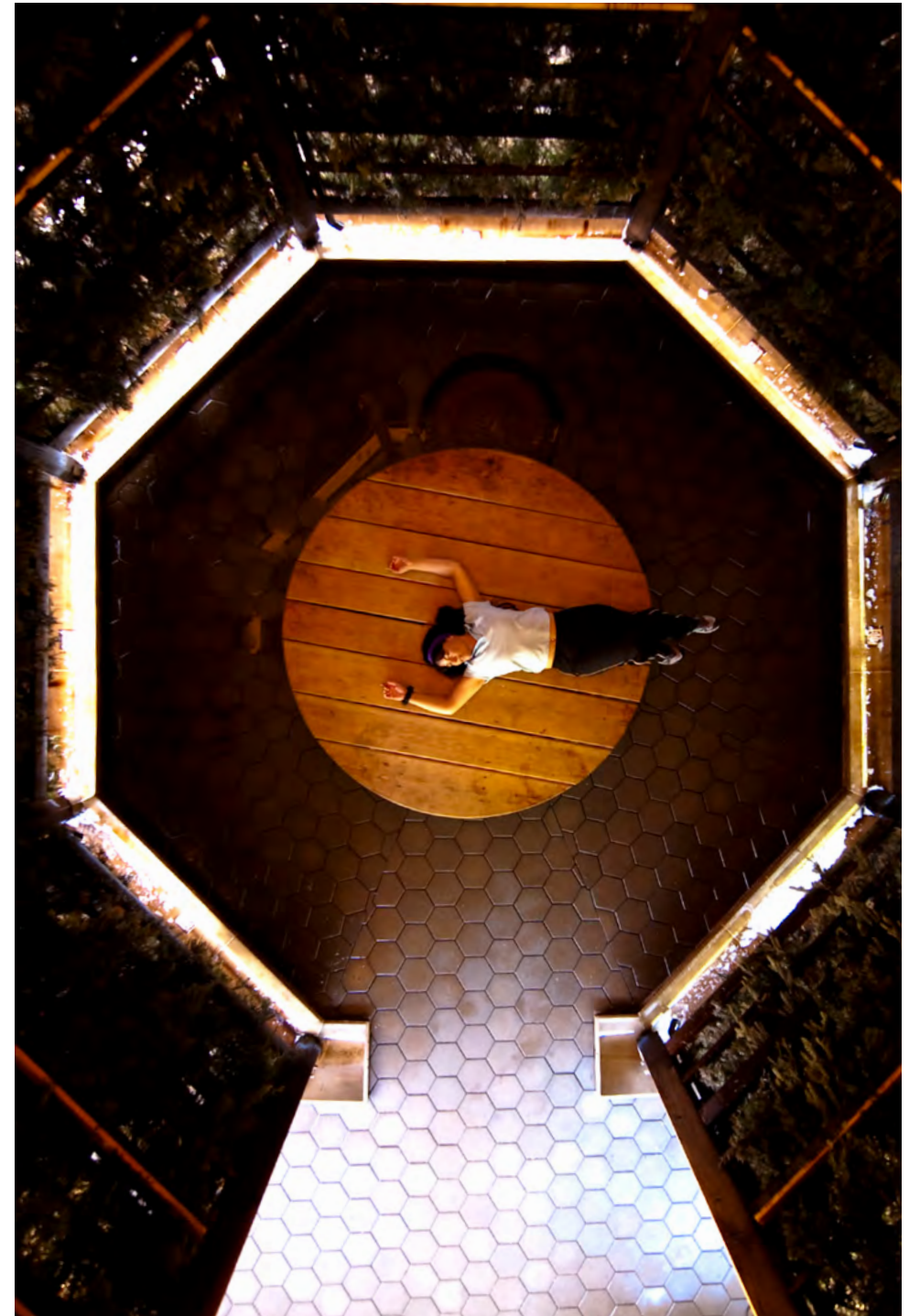
Sister Christiane: "How I begin in the morning is very important for how I feel for the rest of the day."

At midday:

midday divides the day and an extended break is on the agenda. One should also be fully present when eating lunch and not reach for a newspaper or do something else on the side. Depending on the archetype, time should be taken for a siesta, a walk or whatever does one good.

In the evening:

everyone has an evening ritual, which relaxes and may consist of a walk, listening to music, or taking a bath. What is important is to put work aside from one's thoughts and in reality.



Expert opinions

In order to secure high quality, further progress and cutting edge research, the management team at Europe's 1st TEM Centre exchanges ideas with experts from a variety of areas in an advisory scientific committee.



Dr. Josef Hutter-Klein,
general practitioner in
Aschach an der Steyr

I myself work according to the basic principles of traditional European medicine.

For me, the dogmas of mainstream medicine are insufficient to initiate healing that not only occurs on a physical level. As Paracelsus, a new age representative of TEM stated so appositely:

“The physician is both a companion in life and spirit.” Indeed, a physician can only create the preconditions for healing and patients only really recover through their powers of self-healing, awareness and responsibility regarding health.

“We all have the temperaments within us, but their percentages shift dynamically”

TEM on the basis of the humoral doctrine and archetypes, provides impulses, treatments and mental assistance in accordance with personal characteristics and predispositions, which help to restore the balance and strength of the organism, in order that it can react and regulate itself in a positive manner when its equilibrium is shaken by pathogens or stress.

What the TEM Centre in Bad Kreuzen gives its guests with its character-aligned medicine adds up to far more than just the alleviation of symptoms. They receive tools on a physical, mental and spiritual level that can be employed to live well, correspond with their being and promote their physiological health.



Mag. pharm. Dr. Angelika Prentner,
owner of the “Zur Gnadenmutter” pharmacy
in Mariazell

Plants stimulate the forces for self-healing and have always played a major role in TEM.

The knowledge concerning medicinal plants was long passed from woman to woman by word of mouth. And it was only in 12th century that the mystic and Benedictine nun, Hildegard of Bingen,

began its written documentation. She was the first person to combine traditional popular and classical medicine. In line with the signature doctrine, TEM employs the power of plants as a whole, as opposed to mainstream medicine, which isolates their individual active substances. For example strong roots, like those of the valerian, help people to regain a footing, or in other words, come back down to earth. Plants have an effect on various systems in the organism and trigger self-healing impulses. Accordingly, for me the 1st TEM Centre in Bad Kreuzen is so important because it not only preserves and applies our oldest and very own medical knowledge, but also passes it on and honours a regard for the treasures of nature. The centre utilizes medicinal plants in the course of archetype-based therapy programmes.

“With the help of plants, one can effectively counteract imbalances in the organism”



Prof. Dr. Wolfgang Marktl,
physiologist, Chairperson of the Austrian Society
for Balneology and Medical Climatology,
President of the Vienna International Academy
of Holistic Medicine

**The cure tradition is more up to date
than every before.**

The traditional medical knowledge of India and China is becoming increasingly popular in the West.

However, we are Europeans and I am delighted that in Bad Kreuzen the domestic roots of healing are being employed in a highly qualitative form. I have been involved for decades with cure medicine and complementary methods and have also completed related research. Particularly in the case of chronic civilization diseases such as problems with the musculoskeletal system, heart-circulation problems and the consequences of stress, traditional methods can have numerous positive results. Father Kneipp with his five principles is just as modern as in the 19th century because the traditions have also developed further. Indeed, our clinical medicine is not an optimum solution for such chronic disorders.

„We do not need to import exotic healing traditions, but must simply learn to once again better estimate our own ancient wisdom“

I believe that with its character-related approach, the Centre's TEM team can motivate its guests to personal responsibility and provide them with know-how and practical tips as to how they can retain their strength once at home. I also hope that research does not miss out in this regard.



Dr. Martin Spinka,
Medical Director of the traditional Kneipp
therapy centres of the Sisters of the Carmelite
Order in Aspach, Bad Mühlacken and Bad Kreuzen

Everyone that comes to us is seen in their uniqueness and it this ability to perceive the guests as a singular physical, mental and spiritual entity within the context of all the burdening and enhancing factors of everyday life that represents the fundamental

strength of TEM. At the 1st TEM Centre, we have studied the roots of this spiritually imbued medical science, as well as diagnostic and therapeutic principles and care that matches archetypes, and have practiced it in order to offer top quality.

„The TEM team wishes to train self-perception and self-knowledge, or in other words sensitize people with regard to symptoms and alarm signals, in order that they can counteract them at a sufficiently early point in time“

The traditional and holistic is in ever-greater demand in the medical field because specialization has its limits. Mainstream medicine is important, but holistic medicine can be used as an accompaniment and support. The exchanges between both schools of medicine are fruitful and can benefit patients. TEM is a fountain of youth and health for us all and Bad Kreuzen should develop into a centre for TEM application, teaching and research.



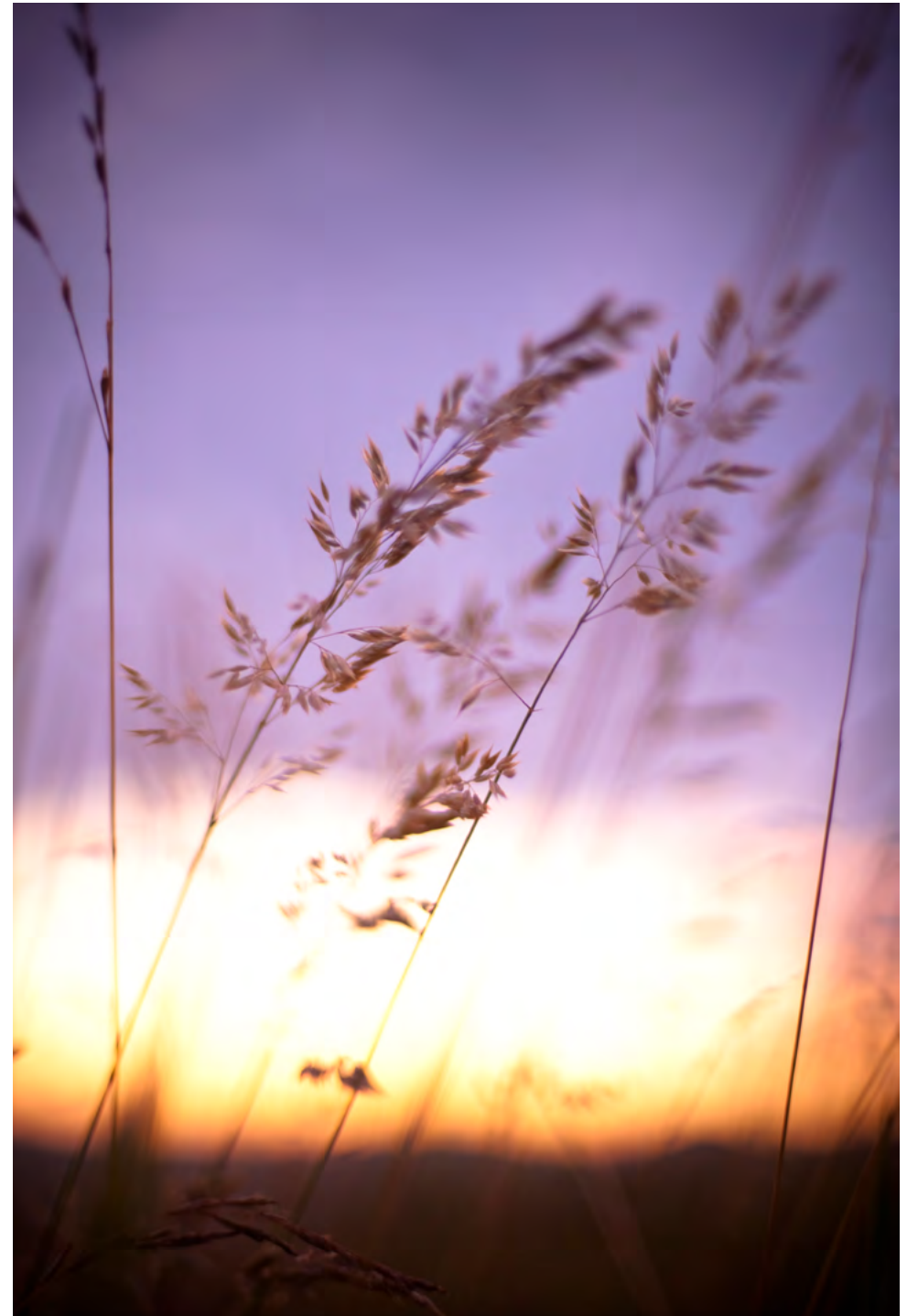
**Arnold Mayer,
German homeopathic practitioner,
TEM lecturer**

People are in an interplay with the environment and their social milieu, and various important aspects of TEM barely differ from TCM and ayurveda. Indeed, there is a special link between TEM and ayurveda, which over a long time span developed in a parallel manner. However, a genuine dichotomy exists with

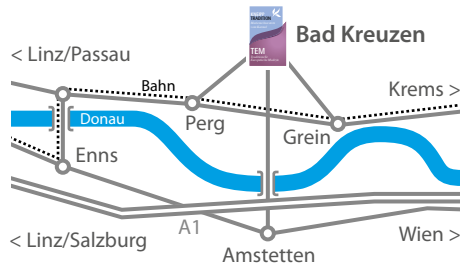
regard to mainstream medicine. This emanates from a view of biology and the biosphere that differs fundamentally.

***„TEM is especially suitable for civilization ailments
and chronic complaints“***

TEM sees the whole world as possessing a soul. Humans are not regarded as isolated beings, but rather as part of an interplay with their entire environment, which not only incorporates their way of life and living and working surroundings, but also relationships, their social milieu and psycho-hygiene. TEM constantly integrates new knowledge into its system and is therefore highly modern, even though it is extremely old. The 1st TEM Centre in Bad Kreuzen has an opportunity to implement every aspect of therapy in a traditional sense. To put it simply, the aim is to come to terms with the world and oneself. Therefore, TEM is ideally suited for use with civilization diseases and many chronic complaints.



KNEIPP TRADITION THERAPY CENTRE
BAD KREUZEN



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