

# Gasteiner MVM Base Drinks

Multi-Vitamin-Mineral Concentrates Based on Alkaline Nutrients

*"Man is but a small world out of a greater one and bears all the properties of the greater world within. Thus he also bears the properties of the earth and the stones within."*  
Jacob Boehme, The Three Principles (1619)

An information brochure for doctors, pharmacists and natural health practitioners

## Nerves

B vitamins:	support the activity of the nerve cells
Lecithin:	supports the stimulus conduction between individual nerve cells
Beta-carotene:	protects the nerve cells from premature degeneration
Vitamin C:	protects from stress
Vitamin E:	protects the nerve cell insulation (myelin)
Magnesium:	brakes excessive adrenalin effects
Bioflavonoids:	stabilise nerve cells
Coenzyme Q 10:	supports the oxygen supply to the nerve cells
Carnitine:	supports the energy metabolism

## Bones

Vitamin D3:	supports calcium absorption from the intestine
Potassium:	spares calcium
Magnesium:	binds acid toxins
Calcium:	building brick for bones
Vitamin C:	supports the formation of bone tissue
Vitamin K:	supports interlinking of the bone tissue

## B vitamins:

B vitamins:	support the activity of bone-forming cells
Manganese:	supports the regeneration of bone tissue
Vitamin E:	protects bone tissue from premature degeneration

## Cardiovascular

Vitamin B complex:	supports cell regeneration
Carnitine:	enhances the energy metabolism of the cardiac muscle
Coenzyme Q 10:	improves the oxygen supply to the heart muscle
Bioflavonoids:	protect heart muscle cells from radicals and peroxides
Magnesium:	screens the heart muscle from stress lowers the blood pressure
Potassium:	supports water excretion
Vitamin C:	antioxidant nutrient
Vitamin E:	antioxidant nutrient
Selenium:	antioxidant nutrient
B vitamins:	support the degeneration of homocysteine

## Immune system

Vitamins of the B complex	support the regeneration of immune cells
Beta-carotene:	protects from radicals and peroxides
Vitamin C:	non-specific antioxidant

Vitamin E: stabilises biomembranes

Iron: antioxidant nutrient

Zinc: flushes out heavy metals

Selenium: biological radical catcher

Copper: antioxidant trace element

Chromium: glucose tolerance factor

Molybdenum: antioxidant trace element

Potassium: binds acid toxins

Calcium: supports cell reactions

Magnesium: protects from stressors

Manganese: antioxidant trace element

Flavonoids: cell-protecting plant substances

Glutathione: biological radical catcher

## Connecting tissue and joints

Magnesium:	binds metabolic acids
Calcium:	supports bone metabolism
Potassium:	binds acid toxins
Copper:	relieves inflammation
Zinc:	flushes out heavy metals
Selenium:	protects connective tissue and bone cells from destruction

Vitamin E: protects biomembranes

Vitamin C: supports the formation of connective tissue

Beta-carotene: protects from radicals and peroxides

## Gastrointestinal

Magnesium:	supports intestinal peristalsis
Potassium:	supports the muscle activity of the digestive organs
Vitamin C:	protects from nitrosamine formation
Vitamin B complex:	promotes regeneration of the mucous membranes
Vitamin E:	protects the biomembrane of the intestinal cells
Selenium:	strengthens the immune cells of the small intestine

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*The law of nature is  
»Constant Recurrence« - not constant growth.*

*What lives on growth - must logically also perish by it!*

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## **SOMETIMES NO PILLS WILL HELP**

*When you have a headache you take Piramidon. When you have a tummy ache you swallow sodium bicarbonate. For a sore throat you gargle hydrogen peroxide. And valerian, leucoplast, cholera drops, boric ointment, peppermint tea, muslin bandages, iodine tincture and sublimate solution are also standing by to help you in the little cabinet called medicine chest. But sometimes no pills will help.*

*What can you take when the dismal loneliness of the furnished room torments you, or the cold and wet, foggy autumn evenings? What recipes can you use when the Angel of Death of jealousy has got hold of you? What should the world-weary gargle? What use are poultices when your marriage breaks up? What can you achieve with a heat pad?*

*Other medications are necessary to alleviate loneliness, disappointment and the other sufferings of the heart. Some of them are: humour, anger, indifference, irony, contemplation and exaggeration. They are antitoxins. But which doctor will prescribe them, and which apothecary can fill them into vials?*

***You want something from the bottom of your heart.  
This wish will come true.***

***But there are a few things you should know on the way there...***

## THE INTESTINE HAS TO BE DETOXIFIED!

Many people suffer from disturbed symbiosis, so-called dysbiosis: Disruptions of the natural community between bacteria and man. Sterilised and “non-natural” foods, a poor diet and lifestyle, environmental stress, toxins and abuse of medications destroy the natural balance of the bacteria in the human body. The consequence is an increasing weakening of the natural defences in the organism. More than 30% of the population have a disrupted metabolism due to an excess of pathogenic intestinal bacteria. The tissue is no longer supplied with enough oxygen. Toxins and waste products are no longer degraded and excreted quickly enough. A bowel filled with putrefying excrement in the large intestine floods the entire organism with the products of decay. There is almost no natural bowel movement anymore and thick layers of excrement line the inside of the intestine. Excrement only moves towards the rectum in the centre of the intestinal tube. Products of decay circulate in the blood and the body inevitably intoxicates itself.

### **What are the consequences?**

This can be a cause of permanent fatigue and depression, as well as lack of concentration, aggressiveness and anxiety. But other illnesses such as infections, inflammations, joint aches, acne, psoriasis, other skin disorders, as well as high blood pressure, migraine, allergies and many other complaints are meanwhile also attributed to a malfunctioning intestine. For a long time, defence in the human body was regarded from the perspective of infection, but meanwhile it is well known that there is a connection between metabolic processes and the defence system. 80% of the defence system are located in the walls of the small and large intestine! The mucous membrane of the large intestine is the first and foremost defence system against toxins, followed only in second place by liver, kidneys, lymphatic system and skin surface.

### **A healthy intestine is therefore the foundation for a healthy body.**

#### **What can you do to ensure this?**

One of the most successful methods to detoxify the intestine is the so-called “colon hydrotherapy”, also referred to as “colonic irrigation”. It is hygienic, odourless and less uncomfortable than a conventional enema. The patient lies comfortably on the bed, and a special double-barrelled intestinal tube is inserted into the rectum. Then warm, ultrafiltered water that flushes the stool out into the drain through the thicker tube is passed into the intestine. The newer excrements are removed at first, and with every session more of the older, stickier layers of excrement are loosened. Ultimately, all decomposition and fermentation residues are eliminated from the large intestine. At the same time, a base and bacteria preparation builds up a new, healthy intestinal flora.

Should you have further questions about the acid-base balance, please ask for information on our info hotline:

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## **METABOLIC DISORDERS DUE TO HYPERACIDITY**

In our modern civilisation this is common property, so to speak, and the individual differences are usually merely a question of severity.

Our primary detoxification organs, the kidneys, are overwhelmed by the excessive acidity and cannot perform their tasks properly as a result. Other organs can help and assist in maintaining the acid-base balance for a while, but this potential is also exhausted at some point and then acid deposits are established in the body as a last resort. These acid deposits can turn into crystalline structures that cause significant pain. Generally we say: "Acid causes pain". Typical signs and symptoms include gout or rheumatism, where the body attempts to burn the acids in the fire of inflammation. In the lion's share of all disorders the pH value of the body is in the acid range. Accordingly, harmonisation of the acid-base balance should be a basic requirement within the scope of every therapy. To achieve this, collaboration by the patient (who should really be most interested) is imperative:

A disorder that has already become so severe that it manifests itself physically is essentially a last warning cry for change and healing. Every illness, without exception, is initially an emotional thing that only turns increasingly physical if there is no emotional healing for a longer time. Always with the true goal that the afflicted person wants to identify and correct the mistakes that led him into the state of illness (which is limited in time, since our divine spiritual birthright is health).

It is true that: "He who will not listen must feel."

And some remain stubborn and unyielding right until death. Free will makes it possible. Yet forbearance is not acquittance. The soul takes the mistakes into the other world as imprints, and the stresses and strains are still there in a later incarnation. Our diet is a main pillar for restoring the acid-base balance. Leaving away the primary acidifying foods such as white flour products, white sugar, meat, coffee and black tea completely would be recommendable. However, in principle all cooked food, including "wholefood", tends to produce excess acid in the body (in fact, our substantial food is condensed light and up to 90% of this light power (photons) are lost in the cooking process). A diet with as much uncooked vegetarian food such as fruit and vegetables (avoiding sour foods), and fresh cereal products such as flakes or sprouts as possible would be ideal (in Hildegard of Bingen medicine, germinated spelt is heralded as one of the very best remedies). During germination, the vitamins and other substances are multiplied.

*It is not a question of how old we get, but rather of how we get old.*

## **SYMPTOMS OF HYPERACIDITY**

**The effects of hyperacidity of the connective tissue are manifold and manifest themselves in just as many symptoms:**

Use this checklist to test the probability of hyperacidity of your organism. The more points you tick, the greater the likelihood of your body being overwhelmed by acid deposits.

- Do you have bad breath?
- Are your gums inflamed often and your teeth susceptible for caries?
- Are your teeth sensitive to heat, cold and acid?
- Do you have a cold often and succumb to every influenza epidemic?
- Do you recover from an illness very slowly?
- Are your nails soft and brittle?
- Do you find it difficult to pull yourself together to do a job and do you tire easily?
- Do you often have cold feet and hands?
- Is your skin dry, chapped and particularly sensitive?
- Is your hair dull and/or do you suffer from hair loss?
- Are you often depressive without reason?
- Do you suffer from periodontitis (shrinking of the gums)?
- Do you often have migraine?
- Are your liver enzyme levels elevated although you do not drink alcohol or take any medication?
- Do you often suffer from abdominal bloating and a feeling of fullness?
- Do you have an unpleasant burning sensation during urination and defecation?
- Do you suffer from joint problems, sciatica or osteoporosis?
- Do you often wake up with painful muscle cramps in the night?

## WHICH FOODS PROMOTE THE SUPPLY OF BASE NUTRIENTS?

<b>Allowed</b>	<b>Allowed</b>	<b>Eat only in moderation</b>	
<b>Base donors*</b>  potatoes, milk, cream leaf vegetables, root vegetables, vegetable fruits, vegetable soups, fully ripened, sweet fruits, dried fruits, aromatic and wild herbs, low-carbonated mineral water, mild officinal plant teas	Foods in acid-base balance  water, natural, cold-drawn fats and oils, butter, millet, fresh nuts, white almonds	<b>Acid donors or acid producers*</b>  meat, poultry, sausage, bacon, offal (kidney, brain, liver), beef soup (broth), meat extract, fish, cheese, curd, eggs, egg dishes, pulses, asparagus, Brussels sprouts, peanuts, mustard, vinegar, strongly carbonated beverages, alcohol, bean coffee	<b>Acid producers or acid promotors through base depletion**</b>  refined sugar, sweets, chocolate, ice cream,  white flour products, pasta, rusks, cake,  hardened refined fats and oils, cheap margarine, cheap salad oils,  husked and polished cereals, polished rice, white to grey breads,  bean coffee, lemonades, alcohol,  industrial foods (canned and frozen products),  sour fruits, sour berries, citrus fruits, fruit tea, fruit juices
*Base donors  supply bases or promote the metabolic generation of bases, or buffer against acids		<b>*Acid donors or acid producers</b>  They either supply acids directly or become “acid” during metabolism and thus promote the production of acid metabolites.  -----  Note: The borders between * and ** are flowing, “base robbers” are usually also acid donors or acid producers.	<b>**Acid producers or acid promotors through base depletion</b>  (“Base robbers” - enter into compounds with base-acting substances in the body and thus neutralise their base effect)

80% of the daily calorie supply should be covered by base or neutral foods. A maximum of 20% of the daily calorie supply should be acid or acidifying.

## **GASTEINER MVM BASE DRINK**

### **Multi-Vitamin-Mineral Concentrate Based on Alkaline Nutrients**

#### **General information:**

Nutrient concentrates no. I - VI are standardised blends of essential nutrients such as vitamins, minerals and trace elements. What the Gasteiner MVM Base Drinks have in common is their high concentration of base nutrients. Our diet, which is low in essential substances, characterised by the excessive consumption of refined flour products, foods containing sugar, and animal proteins, often leads to a hyperacid metabolism in our organism. However, this metabolic condition, which is usually simply referred to as "connective tissue hyperacidity", is caused not only by an unhealthy diet, but also by lack of exercise and stress.

Our connective tissue is an apparently unstructured, amorphous tissue that surrounds every single cell in the body and runs through our organism from head to toe as a uniform system. On its way from the blood to the cell, every nutrient has to pass through the connective tissue, as does every waste product that is to be eliminated on its way from the cell to the blood. Thus the connective tissue is not only the body's "intercellular cement", but also the filter and transport tissue for nutrients and waste products. A diet that is low in essential substances, lack of exercise, and stress result in an excessive acid challenge for our connective tissue, which in turn has a negative effect on the elastic structure of this colloid system. The connective tissue becomes clogged, stiffens and loses elasticity. As a consequence, the nutrient supply to our body cells is restricted, as is the excretion of toxins and waste products. The body loses activity and we suffocate in our own waste, so to speak.

In principle, every single organ can be affected by the consequences of such clogging of the connective tissue: the immune system, the cardiovascular system, the digestive tract and our bone system. And rheumatic disorders are also ultimately accompanied or even triggered by an excessive acid challenge in our connective tissue.

But this means that it is also possible to counteract the clogging of the connective tissue with specific dietary measures: Wholegrain instead of white flour, reduction of sugar and sweets, high-quality cold-drawn vegetable oils instead of cheap refined oils, more fresh seasonal fruits, vegetable and potato dishes. As literature on this subject, we recommend the books by Dr. M. Wörlitschek (*Der Säure-Basen-Haushalt - Gesund durch Entsäuerung*, HAUG Verlag, and *Praxis des Säure-Basen-Haushaltes - Grundlagen und Therapie*, HAUG Verlag), and by Christopher Vasey (*Das SäureBasen-Gleichgewicht - Quelle für Gesundheit und Wohlbefinden*, MIDENA Verlag).

The series MVM Base Drink No. I - VI contains standardised concentrations of base nutrients to promote the neutralisation and excretion of acid metabolic waste products. In addition the individual concentrates are enriched with those essential nutrients that meet the metabolic demands of individual organs.

#### **Additional information:**

In accordance with the information on the labels, concentrates no. I - VI should generally be taken between meals. It is important to dissolve the concentrates in neutral liquids (still mineral water, spring water, tap water), but never in acid fruit juices or sparkling mineral water. The daily liquid intake during a course of treatment with Gasteiner MVM Base Drink should be at least 2 litres. A higher liquid intake improves the excretion of metabolic waste products through the kidneys and the intestine. Physical activity also improves the excretion processes because the soaking of the connective tissue is increased during physical activity.

**Health is not everything, but without health everything is nothing!**

**GASTEINER MVM BASE DRINK No. I/IMMUNE SYSTEM:**

In addition to the base formula, this concentrate contains primarily nutrients that support and stimulate the so-called antioxidant enzymes and enzyme systems. Manganese, copper, selenium, zinc stabilise the immune performance, as do the vitamins beta-carotene, E and C. In addition, concentrate no. I contains other important nutrients such as plant flavonoids, alpha-liponic acid and glutathione. A regular and adequate supply of these nutrients guarantees the stabilisation of our immune cells and increases their lifetime.

**GASTEINER MVM BASE DRINK No. II/CARDIOVASCULAR SYSTEM:**

The cardiovascular system relies on a regular and adequate supply of the nutrients magnesium, potassium, vitamin C and vitamin E, among other things. Bioflavonoids, the vitamin-like nutrient coenzyme Q 10, as well as the amino acid carnitine also support the performance of the cardiovascular system. In addition to these nutrients, this concentrate also contains the base formula, all the vitamins of the B complex, as well as antioxidant vitamins, minerals and trace elements.

**GASTEINER MVM BASE DRINK No. III/CONNECTIVE TISSUE/JOINTS:** The connective tissue itself is particularly dependent on a sufficient supply of base nutrients. Therefore concentrate no. III contains a particularly high concentration of base nutrients. However, the connective tissue also needs antioxidant nutrients such as selenium, zinc, iron, copper, vitamin C and vitamin E. Therefore concentrate no. III also contains appropriate concentrations of these nutrients. The slightly "alkaline" taste of this concentrate is due to its high concentration of base nutrients.

**GASTEINER MVM BASE DRINK No. IV/GASTROINTESTINAL TRACT:**

Heartburn, a feeling of fullness and abdominal bloating can be due to a lack of base nutrients. Concentrate no. IV contains these necessary base nutrients in nutritionally balanced dosages. Thus, disorders of the electrolyte balance in the body are avoided even during longer courses of treatment. Sensitive people should take this concentrate at only half the dosage and immediately before meals in the beginning.

**GASTEINER MVM BASE DRINK No. V/BONES:**

Disorders of the bone metabolism, especially osteoporosis, are not only due to an inadequate calcium supply. The bone metabolism is also dependent on a regular and adequate supply of other nutrients such as vitamin C, magnesium, manganese, as well as copper and zinc. The base formula contained in concentrate no. V supports de-acidification of the connective tissue and thus improves the supply of nutrients that are important for the calcification metabolism to the bones.

**GASTEINER MVM BASE DRINK No. VI/NERVES:**

The nervous system is dependent on an adequate and complete supply of nutrients. On the one hand, the nerve cells themselves need an adequate supply of vitamins and trace elements in order to be able to work optimally. On the other hand, the nerve cell also needs the right "building bricks" to build the myelin sheath around the cell. This myelin sheath serves the purpose of stabilisation, but also for the transmission of stimuli between the individual nerve cells and from nerve cells to other body cells.

**GASTEINER MVM VITAL CAPSULES/GENERAL WELLBEING:** The cell activity of all our body cells depends on an adequate supply of vitamins, minerals, trace elements and plant nutrients. A cellular deficiency of just 20% reduces the activities of our cell enzymes by 50%. That means that just a minor cellular nutrient deficiency can cause serious metabolic defects. Gasteiner MVM Vital Capsules contain the micronutrients required for the cell metabolism in a balanced and complete form.

**GASTEINER MARMOT OIL OINTMENT:**

For centuries, Alpine dwellers have been curing the discomforts and signs of wear and tear caused by their hard life with marmot oil, which has an anti-inflammatory and pain-relieving effect and stimulates the blood flow. The indications for marmot oil ointment are osteoarthritis, arthrosis, arthritis, gout and severe sprains; marmot oil ointment can also be used in the follow-up treatment of fractures. The ointment should be rubbed in 3 times daily for a longer period of time.

**Content:** Marmot oil, amber oil, essential spruce needle oil, essential mountain pine oil, bees wax

**GASTEINER LARCH PITCH OINTMENT:**

Indications:

Joint rheumatism, periostitis, tendonitis, nerve pain, neuralgias. Should be applied and rubbed in several times daily.

**Content:** Larch pitch, amber oil, ointment base.

**A healthy man has many wishes, a sick man only one.**

## **HEALTH THROUGH DETOXIFICATION**

Most people in our modern civilisation suffer from one or more of the so-called “modern civilisation diseases”. Many of them are considered to be incurable.

Modern man is intoxicated, chemically acidified and clogged with waste products, and at the same time energy-depleted in many different ways. A wide variety of diseases result from the various intoxications, the various accumulated waste products and acids, and from the various forms of energetic distress.

These intoxications and accumulations of metabolic waste originate from the diet of our time, which consists largely of foods without energy instead of high-energy foods, the excessive consumption of meat and sweets, and the excessive consumption of many semi-luxury foods such as coffee, tobacco, cola beverages, salted snacks, etc.

A blatant lack of light, fresh air and exercise is co-responsible for the general lack of energy in the human organism of our time. The observed bad diet with simultaneous overeating, together with the deficiencies described above, is responsible for the widespread long retention of stool in the intestine, which leads to the basic evil of many diseases, namely PUTREFACTION in the large intestine. This putrefaction, an anaerobic process without the involvement of oxygen, produces countless hydrogen compounds, such as hydrogen sulphide, hydrocarbon, hydrogen chloride, hydrogen phosphide, etc.

These malodorous gases should be expelled immediately. Most of our contemporaries fail to do so, however, because they are working too close to colleagues, next to school children, customers, etc., and do not want to molest them with bad smells. We know from chemistry classes what happens then: The hydrogen gases combine with the body fluids and its water to produce the known acids, such as hydrochloric acid, sulphuric acid, phosphoric acid, carbonic acid, nitric acid, etc.

And there we have them, the countless harmful acids that then attack the cells, organs, glands and body functions. Although the body tries to excrete these acids through the urine or the skin as quickly as possible, this is not quite possible due to the abundance of the acids. With the help of minerals, it thus escapes into the production of acid salts that are as insoluble as possible, which in turn are deposited in a very specific order of priority and sequence. Man already gets an inadequate supply of high-energy elements with his modern diet. The need to transform the aggressive acids into salts robs modern man of further trace elements and minerals, so that his electrolyte balance becomes more and more depleted. The permanent stress, noise, frustration and struggle for survival predominant in our time leads to a further depletion of energy. To restore health, it is necessary to release and flush out the waste products deposited in the body with tea. This flushing out is particularly successful with Gasteiner Base Tea, which contains all the 15 elements of the human chemical composition.

But releasing the waste products is not enough. After drinking the tea you often feel all the more unwell, the more “fittingly” the tea released existing waste products, because these waste products are now circulating in the blood, after having been deposited as wisely as at all possible by the body. This is because in principle the organism tries to maintain the body in as high a state of wellbeing as possible. With the release of the waste products, however, this state of wellbeing is disturbed and can only be restored if the stirred up waste products are excreted immediately.

This can be achieved either with rapid neutralisation and subsequent excretion through the kidneys, or directly through the skin. This intensive de-acidification is particularly important while fasting, when very many acids are released.

So what do we need for our man suffering from civilisation diseases?

We need a general scourer for the cells, tissue and membranes to release waste products. We need a high-oxygen and high-energy “food” that will reduce the putrefaction in the intestine and at the same time rectify the lack of energy and also of trace elements and minerals.

We also need a detoxification agent that excretes the acids and acid salts that have formed from fermentation and putrefaction in the intestine, and from the consumption of meat and semi-luxury foods. This detoxification agent could and should at the same time ensure a mineral uptake and also energetic charging through the skin.

“Gasteiner MVM Base Drink No. IV/Gastrointestinal Tract” is a real “food” that specifically controls the putrefaction in the intestine, delivers a comprehensive range of unadulterated trace elements and minerals to the body, and at the same time supplies the organism with powerful life energy.

“Gasteiner MVM Base Drink No. IV/Gastrointestinal Tract” is a dry powder mixture that should be dissolved in ¼ of a litre of water and drunk once daily.

Sensitive people should take this concentrate at only half the dosage and immediately before meals in the beginning.

However, the adequate supply of trace elements and minerals, the re-energisation of our civilisation-damaged compatriots, and the oxygen message to the putrefaction in the intestine cannot be the end of it. The existing acids and acid waste products have to go!

## **THE RIGHT INFORMATION IS THE MEASURE OF ALL THINGS**

Drinking the right teas often leads to the so-called “initial worsening” or “healing crisis”, as we have seen. The tea drinker feels worse after drinking the tea, stops drinking it all too soon, and takes a painkiller again. Therefore it must be ensured that the released and stirred up acid salts are removed from the blood and organism as quickly as possible.

The Gasteiner Energy Bath now offers a remedy with which this immediate excretion can be achieved. With 1-3 caps of the solution in a full bath, a pH value of the bathwater of approx. 8.5 is obtained. It is important to know that the skin excretions of our acid-plagued contemporaries have a pH value of between 6 and 7, and are all the more acid, the more acids or acid salts are present in the organism. In the worst case, the acid skin excretions that form the alleged acid protection coating of the skin, may even have a lower pH value than 6.

Electronic measurements of the pH values have shown that after an initial pH value of 8.5 it was only 8.0 or even lower after bathing for 1 hour.

The bathwater had therefore become five times as acid as it had been before. Needless to say that these acids had come from the bather’s body.

Modern man is challenged by countless environmental toxins. The Gasteiner Energy Bath stimulates the skin to excrete these toxins. Short baths and washes result in a refreshing de-acidification. They vitalise and fortify sustainably. This applies to baths of up to ¼ of an hour.

Thereby the yardstick for the pH value is that of human blood, which is about 7.35 to 7.45. The normal cell is slightly more acidic, but still base at approx. 7.2. Bones and cartilage, on the other hand, are baser, which is why they are damaged if the acid organism collects their base material in order to neutralise its acids, for instance calcium from the bones or from the scalp (hair loss!), or from the walls of blood vessels.

Skin ageing is certainly another “waste product problem”. Therefore the excretion of these aging waste products can only have beneficial effects on the appearance of the skin. This goes both for the feared “wrinkles”, and for so-called “blemished skin” and age marks, which must be regarded as a “landfill” of the old body full of accumulated waste products.

## **WHAT IS HEALTH?**

- ☞ Waste-free cells and tissue
- ☞ Filled mineral deposits

### ***What is the nature of modern civilisation diseases?***

- ☞ Waste accumulation and intoxication of cells and tissue due to acids and acid salts

### ***What is preventive health care?***

- ☞ Release of the intoxicating accumulated waste = acid salts

- ☞ Excretion and flushing out of the released acids and accumulated waste

- ☞ Sparing and replenishing of the mineral deposits

### ***Products and preventive health care***

- ☞ Gasteiner Base Tea - to release and flush out accumulated waste

- ☞ Gasteiner Energy Bath - to excrete released acids and accumulated waste

- ☞ Gasteiner MVM Base Powder - to spare and replenish the mineral deposits

# THE WASTE LEVEL RISES

- OR FALLS -

**years**

Brain/stroke		<b>60</b>	... Control room “full”
Eyes: Cataract			... Head organs “full”
Ears/acute hearing loss			... Inner organs “full”
Osteoporosis/heart/heart attack			
Glandular disorders			
Gastrointestinal disorders			
Pancreatic disorders			
Venous leg ulcer/liver damage			
Kidney and gall stones			
Haemorrhoids/arteriosclerosis			... Vessel walls “full”
Too high cholesterol level		<b>50</b>	(or calcium-depleted and “tarred” with cholesterol instead)
Circulation disorders			... Muscles and cartilage “full”
Varicose veins/arthrosis			
Rheumatism/gout			
Muscle tension/cramps			
Hair loss/sweaty feet			... Connective tissue “full”
Cellulitis/migraine/headaches			
Periodontitis/coated tonsils			
Cold feet/furry tongue			
Caries/constipation/diarrhoea			... Fatty tissue “full”
Loss of appetite/cravings		<b>30</b>	
Heartburn			
Dullness/lethargy			
objectively: HEALTH			
subjectively: WELLBEING			all tissues and organs are free of accumulated waste

Every person can decide for himself how high his waste level will rise or fall. If he does not take care, he will suffer from progressive accumulation of waste, with the body keeping to the order shown in the graph. Thereby, the organism essentially tries to maintain a maximum of subjectively experienced wellbeing. After successful detoxification, the level falls.

I herewith order, cash on delivery:

.....x Gast. MVM Base Drink No. I/Immune System, 400g	á € 50.14
.....x Gast. MVM Base Drink No. II/Cardiovascular System, 400g	á € 50.14
.....x Gast. MVM Base Drink No. III/Connective Tissue/Joints, 400g	á € 50.14
.....x Gast. MVM Base Drink No. IV/Gastrointestinal System, 400g	á € 50.14
.....x Gast. MVM Base Drink No. V/Bones, 400g	á € 50.14
.....x Gast. MVM Base Drink No. VI/Nerves, 400g	á € 50.14
.....x Gast. MVM Vital Capsules/General Wellbeing, 120 caps.	á € 50.14
.....x Gast. Marmot Oil Ointment, 200ml	á € 28.34
.....x Gast. Larch Pitch Ointment, 200ml	á € 28.34

.....  
date:.....

.....  
Signature

Sender:

Place  
correct  
postage  
here!

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