

# BAKTERIEN POST

4/2022 from the non-profit association EM Bakterienfreunde



## Black Sheep

Why I am proud to be  
a black sheep.  
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## Immune system

Measures to strengthen  
your immune system  
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We are  
ProBIO  
tic —

## Dear bacteria friends and those who want to become one!

Once again, a year has passed. The time flies. Especially at my age, I often feel that way. But I don't think time goes any faster than it used to be, but we have less time to perceive it. Therefore it is time to pause again. Christmas and the reading of the BakterienPost offer a good opportunity to do so.

In the 4th issue of the Bakterienpost I would like to inform you about the activities of the association of the last year and introduce you to some wonderful „black sheep“. Furthermore, a focus of this bacteria post is how to remain healthy and fit with microorganisms through the winter, as well as recent news about the project in Tanzania.

The non-profit association of the bacteria friends is meanwhile 1 year old and in this short time we have already been able to achieve a lot. More about this in this bacteria post.

Currently we have 30 premium members and 240 members. I am very happy about this, but it is still too few to cope with the tasks that lie ahead of us. Therefore I ask you to make strong advertisement for the organization.

Unfortunately, bacteria have no lobby.

We want to, or rather have to, change this, because without bacteria, there is no life. You can find an example of this on the next page.

I hope you enjoy reading

Jürgen Amthor



Tryptophan is one of 8 amino acids, which are referred to as the building blocks of life and have to be supplied through the diet. If tryptophan is missing, which is the case for many people, we can't sleep well and get sick. The same applies to vitamin B3.

- **Both can be produced exclusively by bacteria in the soil.**
- Tryptophan is indispensable for the production of B3, serotonin, melatonin (psyche).
- In order to produce tryptophan and B3, the **human being needs healthy bacteria** in the intestine.
- Conventional food lacks B3 and Tryptophan in the diet.
- Deficiency of tryptophan increases the risk of dementia, schizophrenia, insomnia and depression.

Therefore:

- **we should put bacteria on the soil**
- eat only meat from animals that graze
- eat organic or from our own garden **with EM**
- Avoid preservatives and antibiotics

The number of sick leaves due to mental health diagnoses has risen continuously, especially since 2006: Within the framework of the General Local Health Insurance Funds (AOK), the number of sick leaves due to mental illnesses increased by more than 50 percent and the number of days of incapacity to work by almost 80 percent up until 2016.

In Germany, 18 million people suffer from mental illnesses. With a rising tendency. Could the cause not also lie in the fact that that we do not have any or **the wrong microorganisms in our soils and intestines?**

An exciting thesis, which in the meantime has been put forward not only by me, but also by medical doctors.

**From this small example you can see how important microorganisms are for us humans and our animals.**

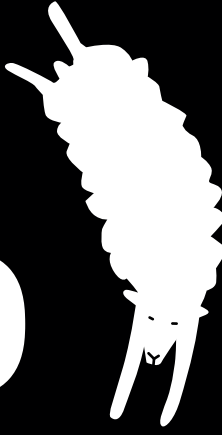
# NO LIFE WITHOUT BACTERIA

Instead of nurturing and caring for them, so that we can long as mankind on this planet, we destroy them we are destroying them by:

- Poisons and artificial fertilizers on our fields and gardens.
- disinfectants
- Household cleaners, fabric softeners, detergents, industrial and car cleaners on chemical and alcohol basis alcohol-based
- unnatural cosmetics, deodorants and in body care
- medicines and antibiotics
- vaccine
- convenience food with artificial colors and preservatives
- conventional food
- industrial waste
- and much more.

**Enough of that!**  
**That's why I founded the association. That is the reason why I and the bacteria friends hold many lectures.**

# Black Sheep



Why I am proud to be a black sheep.

**„The pain is intense when the first shitstorm hits you. But nothing compared to the pain you feel when you’ve spent a lifetime bent over backwards.“**

Daniele Ganser

On the subject of division, my friend Oliver Kyr is currently making a wonderful film, Black Sheep. Oliver also made the film „Little Big Family“ about microorganisms, which you can see via this link <https://youtu.be/FSYHiNiVbSg> or on the homepage of the EuBenheimer Manufaktur or on the homepage of the EM-Bakterienverein. „Little Big Family“ was shown among others at the International Film Festival in Bangkok (Award Best Documentary), in Bhutan (also Award for Best Documentary), at the East Europe IFF, the Golden Bee International Children’s Filmfestival (Best Film), the Five Continents Festival in Venezuela (Best Documentary), the Prisma Film Festival in Rome and at the SFAAF in Chile (Best Documentary).

„The pain is intense when the first shitstorm hits you. But nothing compared to the pain you feel when you’ve spent a lifetime bent over backwards.“ said peace researcher & historian Daniele Ganser in an interview with Oli at the end of September.



During four weeks Oliver was traveling through Germany, Austria and Switzerland to film for our upcoming movie „Black Sheep Society“. We spent a wonderful evening and day together and talked a lot about the world and bacteria. Thank you Oli.

Besides Daniele Ganser he interviewed Jo Conrad (bewusst.tv), Remote Viewer Martin Zoller, mystic Marianne Ziegler, columnist Giò von Beust, me Jürgen Amthor as EM pioneer, sound healer Sasperella, Kung Fu trainer & artist Franco Luccarda, Count Lo von Blickensdorf, success coach Joyce Hektor, life coach Joachim Maurer, ethnomedicine specialist Fabio Ramirez, Visionary Iris Zimmer, graffiti artist Ralf Hecht (who created the sheep graffiti) and photographer Roy Schaaf. We all talked with him about what it is like to be a black sheep, about us people who are committed to the truth, who have learned to stand by ourselves, who are often pushed to the margins of society, who are called „conspiracy theorists“, „swindlers“ and worse, who say „no“ when everyone agrees, who tread unknown paths, and who are true to themselves.

On the flight back to Cancún Oliver met („by chance“) Andreas Kalcker, who was traveling in the same plane and he will also be part of the „Black Sheep Society“. After the interview with Mariana Orea, publisher of the Mexican „Oveja Negra“ magazine (oveja negra=black sheep) in Cancún, Oli - endlessly tired, but happy - finally returned home.

In March, I think, the film will celebrate its premiere. After that Iris Zimmer (with whom Oliver already had the pleasure of organizing the „Love City“ congress and we are looking forward to the „Black Sheep“ online congress.

In spring 2023, Oliver will then offer online seminars for black sheep. So that we, who are different, finally come into our power so that one day - not too far away - families will proudly be able to say „Yes, we also have a black sheep in our ranks...“.

As before, Oliver works with a very small budget and is happy to have sponsors and co-producers who, like us, believe in the black sheep and their important role in the evolution of a society.

# WE HAVE A DREAM



I received a wonderful book written by her daughter from a customer. It waited on my desk for several weeks. On my last trip to Tanzania I took it with me and enthusiastically read it from the first to the last page. Back from Africa, I immediately contacted the author, Dr. Gundula Rhoades. She was born in Germany, studied veterinary medicine in Hannover and has lived in Australia for 30 years. With her husband, she raised Angus cattle, converted the farm to organic farming and started a veterinary clinic. On the „side,“ she speaks on radio shows about regenerative agriculture, the negative effects of conventional agriculture and the resulting diseases for humans and animals, and has now written this book, **The Food Solution: How to Regain Our Health and Save the World at the Same Time without Big Business, Big Politics, and Big Pharma**. It is available in English and German at Eußenheimer Manufaktur.

This woman visited us in Eußenheim in October. **a soul mate, a power woman**, full of knowledge about microorganisms and the connections with nature. She is an ambassador for our common goal and our common dream.



She writes as an epilogue in her book:

**„I have a dream.**

*We live on Mother Earth, the only home we know. Our farmland does not contain poisons and pesticides. They are farmed organically, contain nutrients, vitamins and minerals in abundance and nourish everyone. We humans are healthy and bursting with energy. The biodiversity of animals and plants on land and in water has recovered in an astonishingly short time. We again observe blowing whales and leaping dolphins. The doctors watch over our health and treat diseases at their roots and not at symptoms. The soils have stored carbon and the mineral cycles are circulating again. They store sufficient water, supported by grass and forests.*

*Farmers think back with horror to the time when they poisoned the soil. It is again healthy to be out in the fresh air. Also the health of the entire population has recovered. Through the appreciation of nature, gardens are springing up everywhere. Neighborhoods are thriving. Even in cities, children play outdoors under a canopy of cooling trees and discover nature anew.*

*The soil is constantly storing CO<sup>2</sup>. It will still take some time to get everything done. But we are on the right track.“*

She will follow this path with us not only in Australia, but also in Tanzania. She was on fire and enthusiastic about the project of our association and will support us with her expertise as a consultant for the Farmcampus.

Our goal is to teach many people from all over the world the basics of organic, regenerative agriculture and health, so that they can take it to their countries. On 25 to 30 ha a sustainable center is created with permaculture-gardens, agriculture, ecological building, own electricity and water supply with solar and well water, reed sewage plant and everything with Effective Microorganisms.

A school for 350 children, especially with disabilities, training center with guest houses and much more.

Speakers and experts like Dr. Gundula Rhoades will support us. You can also help with a donation to make the dream come true.

An African proverb says:

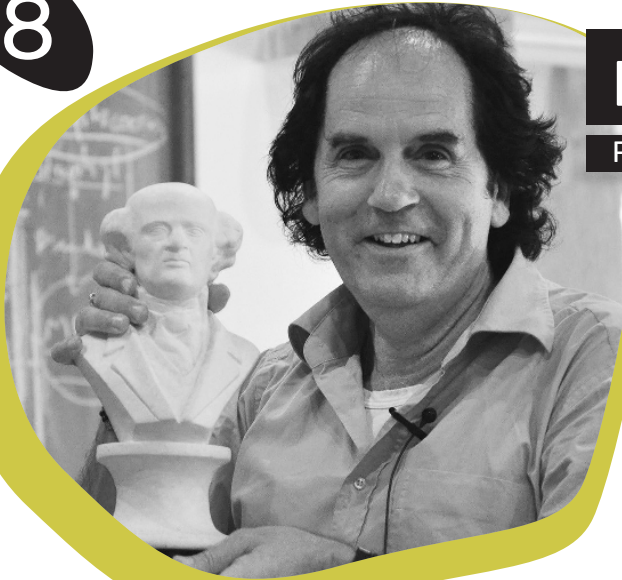
IF YOU WANT TO GO  
FAST, GO ALONE.  
IF YOU WANT TO GO  
FAR, GO TOGETHER“

we want to go far with many people who support us in doing so.

THE PLANNED TRAINING CENTER IS TO BE THE BASIS FOR HER DREAM

## Prof. Dr. Kavouras

Pioneer in the field of complementary medicine



Every first Monday of the month there was a lecture on topics in the Eußenheimer Manufaktur UG and online. These lectures reached an average of 150 people. Of particular note was the lecture by **Prof. Dr. Kavouras**, who gave us interesting insights into integrative Medicine, microorganisms and intestines. **He will be with us again in February 2023. We are already looking forward to it.**

With **Prof. Dr. Kavouras** and the EM Bacteria Friends Association is on **22. and 23. April in Bamberg** in the diocesan house St. Otto Heinrichsdamm 32, the Congress „Sustainable future“ planned. There will be Speakers from the fields of health, agriculture, climate, energy, economy, sustainable building, etc. Please mark the date. Nothing is as important as our future and that of our children.

Since 3 years Prof. Kavouras organizes the Bamberg congress Integrative Medicine - Plurality in Health Care. This year with the theme „Prevention and treatment of cancer“.

I was present as a speaker and gave a lecture on the subject of cancer and bacteria. Of course, I discussed the importance of a good intestinal environment for the prevention and in the treatment of cancer. The congress was also very exciting for me, because many doctors spoke and I was able to take away many interesting approaches.

Prof. Dr. Kavouras is a pioneer in the field of complementary medicine. Here a broad spectrum of disciplines and treatment methods which are based on other models of the development of diseases and their treatment than those of conventional medicine.

By definition, they are used in addition to conventional medicine.

In Germany, complementary medicine is understood to mean primarily alternative pharmaceuticals and healing methods such as homeopathy and naturopathy, but also acupuncture. The traditional Chinese medicine, certain nutritional theories, Bach flower therapy and bioenergetic methods are also counted as complementary medicine.

The Federal Ministry of Social Affairs, Health, Care and Consumer Protection favors the term complementary medicine to indicate that the methods are not to be regarded as alternatives to conventional medicine.

There is the saying, „**He who heals is right,**“ said Hippocrates. This statement, I have also often but I am no longer sure if it can be left as it is, because it divides again.

On one hand the orthodox physicians, politicians, Corona supporters, vaccination supporters, Putin haters etc. and on the other the naturopaths, Free thinker, corona denier, vaccination opponents, Putin-Understanders etc. Must one always be right? Is it only black or white? Didn't Corona and now the war in Ukraine drive us even further apart? This division runs through 200,000 years of human history. Can we not move towards each other for a common goal: to live on this planet in love, peace and harmony? I also think that the microorganisms are a big step ahead of us. For 3 billion years they have been living in symbiosis, a life supporting community to create the living conditions for themselves and for us humans. Think oxygen, humus, plants, the billions of microorganisms in our billions of microorganisms in the intestine and on the skin. Without the community of bacteria we would not exist. (Always remember, when we consciously want to destroy bacteria!)

Not to divide, but to approach each other and open for new things is the order of the day in the future.

I simply like the sentence of Paracelsus better. **„The best medicine for man is man. The highest degree of this medicine is love.“**





## A company that cleans machines with microbes!

Fath GmbH in the Franconian Lake District relies on microorganisms, even for very oily contamination.

*There are people and companies that have understood how important microorganisms are for the environment, humans and animals.*

A pioneer in this field is Fath GmbH in the Franconian Lake District. Here are located the head office, the central logistics and product development. Also a large part of the FATH components are also produced in Spalt. Of 400+ employees worldwide, around 240 work in Spalt are active.

Fath GmbH prefers partnerships with ecologically sustainable suppliers and actively reduces its energy and water consumption. The photovoltaic systems installed on the company premises cover approx. 70 electricity requirements. In new construction and remodeling work energy-efficient building materials and construction are used and, from now on, with the microorganisms of the Eußenheimer Manufaktur cleaned. Not only the complete company building but also the machines, which contain a lot of oil. This presented us with a major challenge. Are the bacteria able to break down the oily contamination? Until now, chemical cleaning agents were used for the production with all the disadvantages for the environment and the health of employees.

In cooperation with Martin Davison from Eußenheimer Manufaktur we have managed to develop an equivalent, even better, industrial cleaner based on effective microorganisms.

The industrial cleaner is available immediately from the Eußenheim manufactory. Not only for the industry, but also in the household for everything that is greasy and oily. For the cleaning of cars, motorcycles, bicycles and much more, it is also very well suited.

### The advantages are obvious

- **clean naturally without chemicals**
- **certified organic, GMO-free**
- **protection of skin and intestinal flora**
- **high cleaning effect**
- **protection of the water cycle and the sewage system**
- **protection of the environment**
- **no health risks for the people during cleaning**
- **creation of a positive environment**
- **building up of a biofilm against new pollution**
- **cost effective, because of low consumption**

So many points that other cleaners do not meet. We would like to thank the Fath company for recognizing this and thus making a great contribution to the environment. In addition, the company management has decided to fertilize their entire open spaces with the microorganisms of the Eußenheimer Manufaktur. This measure saves approx. 2 tons of CO<sup>2</sup>. I hope that in the future there will be more companies that follow the example of the Fath company.

# ORGANICA FARMCAMPUS

Foto: Blick vom Grundstück des  
Organica Farmcampus



**As you have learned from the last Bakterien-Post I am in the process of setting up an EM training center in Tanzania for regenerative agriculture for Africa.**

For this I have won two like-minded people: **Lukas Röhrenbach**, (see interview in the 3rd issue 2022 of BakterienPost), who has lived in Tanzania for 8 years, and **Andre Lang**, who has been a product developer at Alnatura for 15 years and committed to our project.

All three of us have a vision to build healthy soils for Africa.

After all, healthy soils are the basis for the health of humans and animals.

With the **biologist Dr. Ulrich Lohmann** and the **veterinarian Dr. Gundula Rhoades**, we receive additional expert support.

The farm campus is intended to be a meeting and training place for people from all over the world, who want to practice organic, regenerative agriculture. We plant over 10000 trees and build an agricultural permaculture farm to show people the possibilities of alternative agriculture in practice. Furthermore, the course participants will be how to produce probiotics for human health and how to produce natural fertilizers like EMCompost, Bokashi and Terra Preta. The courses are offered free of charge and usually last 1 - 2 weeks in theory and practice. For this purpose guest houses, refectory, a fermentation center and the gardens and agricultural areas are built.

In cooperation with the University of Mtwara in Tanzania and Dr. Lohmann, research projects are to be set up and natural plant sprays developed there. A kindergarten Lukas has already built a kindergarten, and the school for 350 children children, mainly with disabilities, is to follow.

The farm campus is intended to be a meeting and training place for people from all over the world.

Currently, 25 ha have been purchased. Another 10 ha are to follow. In order to minimize costs and to supply the trees with EM right away, we have decided to grow the trees ourselves. In this we are supported by employees of the Agricultural University. For the employees who work on the farm, we are currently in the process of building the first houses. Before that, bush had to be cleared and the paths had to be made. The first goats, which are helping us with the de-bushing are also already on the property. The well is being drilled and the planning for energy self-sufficiency with sun and wind as well as the EM-reed sewage treatment plant are already far advanced. There is a lot to do.



HELPING MAKES  
HAPPY!

Please help us  
to make the world  
a better place.



# THE CRADLE OF MANKIND?

11

**In Africa lies the cradle of mankind. From Homo Sapiens, the man endowed with wisdom, originated gifted with wisdom. Does this apply to parts of humanity today?**

I find Africa exciting, thrilling and full of and full of lovely people who have understood that we can no longer continue to „dwell“ on our planet. It apparently always have to get very bad before people wake up and change their minds.

Thus there are beside other African countries that have made contact with me, there is also Burundi: The poorest country on earth. About a farmer, who is a customer of the Eußenheimer Manufaktur contact was made with Father Joseph - Desire Majeur. He described to me the situation in Burundi, which is characterized by poverty and disease. disease, among other things due to dead, depleted soils. There is no money for good fertilizer and so the children and parents starve. These are not good perspectives for a happy, healthy future. We want to help here as well. For this I gave a lecture in the parish hall of Schwebheim, Germany. „Help for Burundi“. Burundi is the neighboring country of Tanzania. At the beginning of March, when I am in Tanzania, I will follow the invitation of Father Joseph and the Bishop of Burundi to visit to show perspectives for the agricultural development of the country.

That's why I'll be in Ethiopia from November 12 for a project and then in Tanzania on the Farm-campus

**So far we have financed the project with our own funds, the association, with the help of the Eußenheimer Manufaktur and friends. Therefore we would be very happy about donations. The people in Africa would thank you.**



Foto: Jürgen und Andre in Mtwara

With our **Organica Farmcampus**, a project of our association and the Eußenheimer Manufaktur in Africa, we could do an extraordinary much for our entire planet. However, we still need a lot more money and people who support our project.

24 Euro contribution per year from our members is not enough by far. And the time to do something is running out.  
**We have to become active now.**

**Please support us with your donation and recommend us to people, companies and organizations that can join us as a sponsor.**

Mankind, Mother Nature and all life on this planet will thank you.



Foto: Jürgen Amthor und Pfarrer Joseph



Foto: Bilder aus Burundi

Viruses are unfortunately „still on everyone's lips“. Do not take this literally. Viruses belong to us and are a part of us and always will be. God the chemical industry has not yet succeeded in eradicating microorganisms and it will not be possible to eradicate viruses.

It is logical, simple and practical to strengthen our immune system. This has just been shown with Corona. Do not destroy the immune system immune system by nonsensical measures, but to strengthen the body's own immune system is the solution.

And there are enough possibilities such as exercise in fresh air, sauna sauna, swimming, going to the forest, Kneipp cures, positive attitude to life and much more.

In the last BakterienPost I have already listed some important points for strengthening the immune system. I would like to deepen now still another few and supplement further, which have proven to be very good.



*For the mouth, I recommend the ProTop Nose and throat spray pine needle from the EuBenheimer Manufaktur for optimal defense.*

To build up a good protection against viruses, the nasal and pharyngeal spray pine needles is very well suited. The basis are as always microorganisms. Fermented are pine needles. The suramin contained in pine needles is especially important particularly important here.

There are many indications, including scientific-pharmaceutical studies, that pine needles could be of help in defense against covid infection and against spike protein spike protein transmission from vaccinated to unvaccinated.

# IMMUNE SYSTEM



Suramin has inhibitory effects against components of the coagulation cascade and against inappropriate replication and modification of RNA and DNA. Excessive coagulation causes blood clots, mini-clots, strokes, and abnormally heavy menstrual cycles. Pine needles are one of the most powerful antioxidants available, and it is well known that pine needles are useful in the treatment of Cancer, inflammation, stress and depression, pain and respiratory infections can be used. Pine needle tea also kills parasites.

#### **SURAMIN, THE FRUIT OF EARLY MEDICINAL CHEMISTRY**

When suramin was introduced in 1922 for the treatment of African sleeping sickness, it was one of the first it was one of the first anti-infectives to be developed in a medicinal chemistry program.

Even though no specific medical and statistical data are available, the health benefits of the consumption of pine needles has been known for a long time.

The whole plant (the needles) is superior to the individual extract (suramin) - because the needles contain a complete needles have a full complement of phytonutrients, which provide nutrients that provide numerous additional benefits that the extract cannot provide. By fermenting the whole needles with with microorganisms, the pine needles do not have to be the pine needles do not have to be heated, but rather the ingredients contained in the pine needle are subjected to an enzymatic process and the effect is enhanced.

#### **The nose and throat spray with pine needles**

**of the Eußenheim manufactory offers the following advantages:**

- **long fermentation time**
- **80 selected bacterial strains according to proven recipe**
- **certified organic and GMO-free**
- **fermentation eliminates the need for heating, so the effect of the plant is fully preserved**
- **purely natural, without additives**
- **no alcohol extract, therefore also**
- **suitable for children**
- **enhancement of the pine needle ingredient by enzymatic process**
- **As a spray, it is absorbed directly through the mucous membrane.**
- **Double effect, via the plant and via the probiotic action of the microorganisms**
- **produced according to a unique process developed by Jürgen Amthor and Dr. Alexander Bernreuther**
- **produced by Eußenheimer Manufaktur with 22 years of fermentation experience**
- **almost unlimited shelf life**
- **in mironglass**

#### **Furthermore, pine needles are:**

analgesic, antibacterial, antifungal, anti-inflammatory, antimicrobial, antioxidant, antiseptic, anti-tumor, antiviral, decongestant, detoxicant, disinfectant, diuretic, expectorant, immunomodulatory, improves blood improving blood circulation, invigorating, lymphatic, relaxing, relieves nervous exhaustion and alleviating fatigue, they help with infections of the urinary tract resp. Bladder infections, constipation, pneumonia, bronchitis, asthma, sinusitis, flu, cold, cough and hoarseness. This is especially important especially important.

They alleviate skin complaints such as those caused by psoriasis and neurodermatitis, and relieve the symptoms of rheumatoid arthritis. They ensure good circulation of the skin and are used for muscle injuries, bruises, strains, sprains and sore muscles.

Therefore, the spray can also be used very well externally.



On the skin, pine needles reduce itching, as pain-killers, pine preparations also relieve toothache - people living in the vicinity of pine forests chewed pine resin against toothache. Pine products are also considered a remedy for nervousness, sleep problems and stress symptoms.

#### **Side effects**

In case of overdose, allergic reactions may occur. allergic reactions. Attention: You must not use pine remedies if you suffer from whooping cough or bronchial asthma.

#### **Application:**

Two to three times a day into the nose as an aerosol: Spray upwards in front of the head and inhale deeply through the nose. (Sprayed directly into the nose a strong burning sensation, but this is not harmful).

In the mouth and throat: Simply spray directly into the throat.

For skin problems, sore muscles, etc. spray directly on the the skin.

Fermentation products are not recommended for histamine intolerance. The nose and throat spray of the Eußenheimer Manufaktur is available as always in the Miron violet glass with sprayer. You can also prepare supporting pine needle tea.

**Our immune system plays the biggest role in keeping us healthy. This is where the intestine (80% of the immune system is located in the intestine), the acid-base balance, the psyche (no fears, etc.), vital substances and the stresses in the body play a big role.**

**In my opinion and that of many doctors, the following vital substances are are very important to protect from infections:**

## vitamin c via fruits and vegetables



### **Vitamin C best via organic fruits and vegetables or in liposomal form**

Vitamin C for the immune system is

- a booster for all cells
- important for iron utilization, bone formation and mental health

The secret of liposome technology is the nature of the outer lipid shell (insoluble in water). This means that the vitamin C can be directly into the cells!

### **Build protection against viruses!**

In China, vitamin C has now been given intravenously.

The liposome form of vitamin C in capsules comes very close to the intravenous form, since vitamin C enters the cell membrane directly and acts immediately.

**Recommendation:** 2 x 1 capsule a day  
Acute case: one capsule every 2-4 hours

## vitamin d3 level



### **Watch your D3 level!**

The best way to do this is through the sun, by spending time often and - if possible in the mid-day - outdoors. Otherwise take D3 and K2.

It is also important to take vitamin K2 for calcium resorption. Magnesium activates D3.

According to Dr. Raimund v. Helden, a 70 kg person consumes 5,000 i.U. D3 daily (plus 100 mcg K2 and 400 mg magnesium).

## Minerals in the form of barley grass



### Minerals in the form of barley grass, e.g. in the Muesli

I like to use barley grass during my consultations because it is rich in vitamins and minerals and has a high antioxidant effect. In addition, it is inexpensive and a superfood with a broad effect on our immune system. It contains essential vitamins, including vitamin A, vitamin C, vitamin D3, vitamin E, vitamin K, which is important for blood clotting, and various vitamins of the B group - including niacin, vitamin B6, vitamin B12 and folic acid.

Barley grass contains many important trace elements and minerals such as zinc, iron, magnesium, calcium, sodium, phosphorus, potassium, copper as well as selenium and manganese, which are needed for cell protection and the cartilage formation.

### Other ingredients of barley grass:

In addition to its content of vitamins and minerals barley grass also scores with bitter substances, chlorophyll, enzymes and all the essential amino acids, which are important for detoxification. Since barley grass is rich in fiber, it has a positive effect on digestion. Who wants to lose weight should take barley grass, because it strengthens the feeling of satiety.

Antioxidants are considered to be an important means of counteracting the harmful effects of oxidative stress and free radicals. They not only have an anti-inflammatory effect, but also preserve cells. As a result, they can slow down the aging process and protect the body against cardiovascular diseases and some types of cancer.

Due to its various ingredients barley grass has a healing effect on numerous ailments and diseases. Some of the effects of barley grass have already been studied been investigated, although larger studies are still pending.

Research shows evidence of the beneficial effects of barley grass:

Barley grass can reduce the cholesterol level of the harmful LDL cholesterol in the blood. In a study by the China Medical College in Taiwan the

cholesterol values improved by the ingestion of barley. Ingestion of barley grass extract already after four weeks

In a study published in 2010 in the International Journal of Green Pharmacy, daily intake of barley grass powder lowered not only cholesterol levels but also blood sugar levels in people with diabetes.

The substance lunasin contained in barley grass seems to have an anti-cancer effect. In particular the emergence of skin cancer and cancer of the breast could be prevented with the help of Lunasin in laboratory tests of a Korean research team.

In a study by scientist Osamu Kanauchi, germinated barley alleviated the symptoms of the chronic inflammatory bowel disease ulcerative colitis and helped to improve the intestinal flora. In general, the anti-inflammatory effects of barley grass could have a positive impact on intestinal problems such as candidiasis. In addition, the grass could help regulate the water balance in the intestine and thus reduce the frequency of diarrhea.

Many reasons to prepare a good smoothie with barley grass in the morning.

## Deacidifying via alkaline nutrition



Deacidifies best through alkaline nutrition and avoid stress as far as possible. Otherwise ProTop AlkalineCure for intra- and extracellular deacidification. Every disease can only develop in an acidic environment, therefore an effective deacidification is essential for our immune system and thus for our cells so important.

## mineral zinc



No mineral has such a strong influence on the immune system, skin and hair as zinc. However, up to 50 percent of the world's population does not absorb enough of it. There are two to three grams of zinc in the body. Of this, the muscles contain the largest proportion with 1.5 grams.

- Skin, hair and nails
- Wound healing
- Infections and inflammations
- blood sugar level
- Sex hormones
- intestinal diseases
- Heavy metal load
- blood sugar regulation

-> can be the cause of zinc deficiency

Zinc deficiency over a longer period of time can also cause vitamin A deficiency. Amino acids promote zinc absorption. Higher doses of copper, iron, calcium and phosphate inhibit zinc absorption.

Zinc should not be taken over several months! (2 to 3 weeks break in between)

## selenium - the immune booster



The trace element selenium is vital for humans because it is one of the most important antioxidants in our body. Due to selenium-poor soils, it is hardly possible in Central Europe to take in the required amount with food. Selenium is important for our immune system, as a radical scavenger and thus preventive against cancer, can help very effectively with infections and inflammations, is important for our cardiovascular system.

For the elimination of heavy metals, a saturated level of selenium in the body is very important.

A combination with vitamin E and/or vitamin C in natural form (250 mg per day) increases the absorption capacity.

From 1 g of high-dose vitamin C, the absorption is inhibited.

## N-Acetyl-L-Cysteine



N-acetyl-L-cysteine is a biologically active form of L-cysteine, which is a precursor of glutathione. is. Although L-cysteine is produced in the body itself, it must also be taken in through the diet.

The content in protein-rich foods is low, however, so the diet must be particularly balanced in order to cover the requirement.

The compound can remove the free radicals.

The amino acid reduces respiratory symptoms in cough infections. It also stimulates the central nervous system, protects the brain and liver from the damage that can be caused by environmental stresses. It also has strong antioxidant properties, it not only fights free radicals, but it also neutralizes reactive oxygen forms, providing excellent protection for the cell skin.

**We see prevention as the best way to promote and maintain our health.**

**Take care of your body.  
It is the only place you have to live.- Jim Rohn**

# Event dates

from the EM Bacteria Friends Association - online  
and in the Eußenheim manufactory

The lecture will be cancelled in December.

09.01.

**Monday, 09. January 2023, 19.00 o'clock**  
in the Eußenheim manufactory  
and online

Lecture: **The milieu in the body**  
with effect on acid-base balance,  
hair loss, metabolism, heartburn,  
cardiovascular system, bones,  
immune system, fatigue and other  
exciting information

Speaker: **Harald Stumpf**

06.03.

**Monday, March 06, 2023, 7.00 p.m.**  
in the Eußenheim manufactory  
and online

Lecture: **So that you don't run out of air.**  
About the healing power of conscious  
breathing. An especially in today's time  
important lecture with practical instruc-  
tions for more body energy.

Speaker: **Dr. Harald Streit**

06.02.

**Monday, February 06, 2023, 7.00 p.m.**  
in the Eußenheim manufactory  
and online

Lecture: **Silent Inflammation**  
„Silent Inflammation, the entry point for  
all chronic diseases, at the same time  
also the springboard to recovery.

Prof. Dr. Kavouras sheds light on what is  
certainly the most most interesting topic  
in medicine, which is not yet sufficiently  
known. He also talks about our exciting  
Bamberg Spring Congress on April 22/23,  
2023 on the topic of „Our sustainable  
future“

Speaker: **Prof. Dr. Jorgos Kavouras**

03.04.

**Monday, April 03, 2023, 7.00 p.m.**  
in the Eußenheim manufactory  
and online

Lecture: **Garden lecture: How do I pre-  
pare my garden for the coming  
season?**  
Healthy soil, healthy plants, healthy man

Speaker: **Jürgen Amthor**





# AktionsSets

from the Eußenheim manufactory



## WINTER IMMUNE SYSTEM SET\*

- 1 x Zinc 60 capsules
- 1 x Selenium 90 capsules
- 1 x D3 + K2 60 capsules
- 1x liposomal vitamin C 60 capsules

For the special price\* of **75,00 Euro**  
You save 6,60 Euro.



## CHRISTMAS GIFT SET\*

- 1 x ProTop Nasen- und Rachenspray VIC Kiefernadel
- 1 x sEM Seife Zitronenverbene
- 1 x mNatur Haut und Haar

For the special price\* of **28,50 Euro**  
You save 5,00 Euro.

\*gültig 01.12.2022 - 28.02.2023

From 24 December 2022 to 08 January 2023  
the Eußenheim manufactory will be on vacation.

## As always everything in organic quality

In addition, you will receive the bonus stamps per order.

From **70,00 Euro** every order within Germany is freight free at Eußenheimer Manufaktur.

## ACTION ADVENT CALENDAR

On December 1 we start our  
Advent calendar with great  
offers and raffle.

Check us out on  
Instagram or Facebook  
and let us surprise you!



## WINTER BODY ENVIRONMENT SET\*

- 1 x NAC (a.600 mg) 90 capsules
- 1 x barley grass powder 180 capsules
- 2 x AlkalineCure 90 capsules

For the special price\* of **70,00 Euro**  
You save 5,00 Euro.

**Eußenheimer Manufaktur UG**  
(haftungsbeschränkt)

An der Tabaksmühle 3  
97776 Eußenheim

Tel. 0 93 53 / 99 63 01

Fax 0 93 53 / 99 63 02

[kontakt@eussenheimer-manufaktur.de](mailto:kontakt@eussenheimer-manufaktur.de)

[www.eussenheimer-manufaktur.de](http://www.eussenheimer-manufaktur.de)

## Order acceptance

Tel. 0 93 53 / 99 63 01

## Opening hours in the store and office

Mo to Fr from 8:30 - 12:00 o'clock  
13:00 - 17:30

every 3rd Saturday of the month from  
9:00 - 12:00 o'clock





## Scheduling dates for EM-A according to the lunar calendar

### December 2022

Do	01.12
Fr	02.12
Mo	05.12
Di	06.12
Sa	10.12
So	11.12
Do	15.12
Fr	16.12
Di	20.12
Mi	21.12
Sa	24.12
So	25.12
Mi	28.12
Do	29.12

### January 2023

Di	03.01
Mi	04.01
So	08.01
Mo	09.01
Do	12.01
Fr	13.01
Sa	14.01
So	15.01
Di	17.01
Mi	18.01
Do	19.01
Mi	25.01
Do	26.01
Fr	27.01
Mo	30.01
Di	31.01

### February 2023

Mi	01.02
Sa	04.02
Mi	08.02
Do	09.02
Fr	10.02
Sa	11.02
Di	14.02
Mi	15.02
Sa	18.02
Di	21.02
Mi	22.02
Do	23.02
So	26.02
Mo	27.02
Di	28.02



Cut off membership application and  
send it to us by mail, e-mail or fax

You can also register directly online at  
[www.em-bakterienfreunde.com](http://www.em-bakterienfreunde.com)

## Become a member now!

first/last name

born on

POSTAL CODE

Residence

Street/House no.

Phone

E-Mail

I hereby apply for the following **membership** in the  
non-profit association EM Bakterienfreunde:



**supporting member**

Annual membership fee  
24,- €



**supporting member Premium**

Annual membership fee 240,- €



**BakterienPost by mail**



**BakterienPost by e-mail**

### Bank details:

Raiba Bodensee-Leibachthal eGen

BIC: RVVGAT2B431

IBAN: AT29 3743 1000 0623 4629

BLZ: 37431

KontoNr. 6234629

**PayPal:** paypal@em-bakterienfreunde.com

EM Bakterienfreunde  
Unterer Stadtplatz 11  
6330 Kufstein | Österreich  
info@em-bakterienfreunde.com  
www.em-bakterienfreunde.com  
ZVR-Zahl 1603485645

Postal address Germany:  
EM Bakterienfreunde  
Jürgen Amthor  
An der Tabaksmühle 3  
97776 Eußenheim  
Fax: 09353 996302

### Payment options:



**Cash payment** - you will receive a receipt for the amount  
paid.



**Transfer** of the fee within 8 days to the bank account  
indicated below.



### Payment by direct debit

The separate granting of a direct debit authorization and a  
SEPA direct debit mandate must be confirmed by signature! If  
you wish to revoke your participation in direct debit, you can  
easily withdraw your consent in writing.

### Issuance of a direct debit authorization and a SEPA direct debit mandate

(Creditor ID: AT98ZZZ00000071698 | Mandate number is your  
membership number)

I agree that my contribution

in the amount of  €

debited annually from my account.

This authorization expires by revocation or withdrawal.

IBAN

BIC

Date/Signature

Recommended by:

Date/Signature

I wish you a Merry Christmas and a happy and healthy new year.

Stay healthy and free from fear. Also help your children and grandchildren to look optimistically into the future and take away their fears. We need them for a better time, which will come soon.

**Eckhart Tolle writes:**  
**„The new world is already here, the old one is making a lot of noise as it goes.“**

Jürgen Amthor with family and team



EM Bakterienfreunde  
Unterer Stadtplatz 11  
6330 Kufstein | Österreich  
info@em-bakterienfreunde.com  
www.em-bakterienfreunde.com  
ZVR-Zahl 1603485645

Postal address Germany:  
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Jürgen Amthor  
An der Tabakmühle 3  
97776 Eußenheim  
Fax: 09353 996302

**Bank details and donation account:**

Raiba Bodensee-Leibachthal eGen  
BIC: RVVGAT2B431  
IBAN: AT29 3743 1000 0623 4629  
BLZ: 37431  
KontoNr. 6234629

**PayPal:** paypal@em-bakterienfreunde.com

**Privacy policy**

The current version that you have received by e-mail is always valid (at least when joining the association).

The **legal basis** for the processing of member data for member administration and the member area arises from the pre-contractual and contractual fulfillment, which arises through the membership in the non-profit association EM Bakterienfreunde, according to Art. 6 para. 1 lit. b DSGVO. The processing of the photo, audio, and video files is based on our legitimate interest for public relations, according to Art. 6 para. 1 lit. f DSGVO, arising from the Association Act 2002 and our statutes. Your personal data will be transferred to our IT service provider. For the security of your data was agreed with the IT service providers concerned in accordance with the DSGVO. concluded. Unless otherwise described, your data will not be passed on to third parties data to third parties.

**Member administration**

We process the personal data of our members (membership in the association) and future members (applicants for membership) in the non-profit association association EM-Bakterienfreunde, so that the goals defined in our statutes can be goals can be realized in the best possible way for the following purposes:

Membership administration and care, contract administration, contacting and correspondence with members, billing and payment administration of membership fees and project funding contributions, networking among members, public relations of the association, organization of events, photo, video and audio files to fulfill the public relations work of the association.

For this purpose, we process the personal data listed on this application plus: Bank and payment data, data concerning the relationship of members among each other, entry and exit dates, participation data in projects, correspondence data and photo, video and audio files. Further use of this data is project-related when voluntarily participating in projects of the association of the EM-Bakterienfreunde association. Please see the explanation at the projects.

We store this data for 7 years after termination of membership.

**Photo, audio, video files**

At our events, photos, audio recordings and videos are made regularly which we publish in the context of our public relations work on the website of the EM-Bakterienfreunde association, on a case-by-case basis in social media and in print media (also for internal documentation purposes).

If you do not wish to be photographed or have been photographed by mistake, please contact the photographer. The photographer will immediately delete the immediately. Further information can be found at the organizers (usually in the entrance area or on the homepage of the association).

We store these photo, audio and video files for 5 years on the website and they can exist in print form for up to 14 years.

**Members area**

The purpose of the member's area is to achieve the statutory of the members among themselves, as well as the facilitated, secure provision of information of the provision of information of the association, its associations and umbrella organizations. For this reason, we offer our members an internal members' area on the association's website, password-protected member area on the association website. For this purpose, the following personal data are processed and are only visible to you: login data (password), payment data, project participant information and documents (e.g.B.: Association, Founder, Club). The following personal data are processed and are visible for all members of the EM-Bakterienfreunde association: login data (username), e-mail, geographical data, self-published information, organization of events of the association EM-Bakterienfreunde, as well as its associations and umbrella organizations. You can delete self-published contents at any time. We delete all data at the latest 7 years after the termination of membership and self-published content no later than 1 year after resignation.

**Declaration of consent for member mail (electronic):**

I would like to receive the electronic member mail of the EM-Bakterienfreunde association with information about its activities and projects by e-mail. This includes also a success measurement of the member mail. My data will be passed on to third parties. I can revoke my consent at any time by EMail to info@em-bakterienfreunde.com with effect for the future. In addition, each e-mail contains a link to unsubscribe from further information.

☐ **I would like to receive member mail.**

With my signature I agree to the data protection for the membership.

Date/Signature