



**The Task of the Lymph
in the Conflicting Context of Health and Disease**





Dr. Barth has been working as a general practitioner for over 40 years applying naturopathic medicine, homeopathy and several different alternative methods.

In 1998, he developed the Holistic Lymph Therapy.

Today, he is working in private practice and as the medical director in the POTAMOS® training center.

The central theme of your work is the lymph. Why is it so important?

Dr. Barth: Our body is composed of several trillions of cells, which, as the smallest independent living units, perform all vital processes. Only the efficient work of the cells makes life possible.

Every cell is surrounded by fluid. All that a cell needs is provided by this extra-cellular fluid, which we call lymph. In contrast, all waste that is produced by the cells is disposed of by the lymph. The state of the lymph determines substantially how each cell is able to fulfil its individual function and therefore how well our body functions altogether.

If the lymph solidifies cell function is in danger. This can lead to a general weakness of immune response and to so-called civilisation diseases.

To avoid this negative development in a timely manner, the lymph needs to be set in motion, thus re-establishing optimal cell function.

How can the lymph harden?

Dr. Barth: The most important factor hereby is acidity (latin: acidus=sour), strictly speaking the hyperacidity. It is however necessary to make a distinction between acidity in the medical sense, meaning “blood acidosis” and latent acidosis, meaning hidden acidosis in the tissue, which plays an important role in naturopathic medicine.

We at POTAMOS go beyond that: We direct our attention to acidic lymph blockage. An acidic lymph blockage grows as a consequence of latent acidosis, hindering the lymph to fulfil its function of cell supply and waste disposal in an optimal manner.

You speak of acidic lymph blockage. What does that mean?

Dr. Barth: We established this term, describing the increasing solidification of extra-cellular fluid – the lymph. The main cause is the acidic hardening of the lymph-containing protein. Besides the main factor “hyperacidity” there are additional factors that contribute to lymph stagnancy, e.g. cold, lack of exercise/movement and stress.

What are the consequences of acidic lymph blockages?

Dr. Barth: General or local disruption of supply may develop. The results may be deterioration or loss in performance and disease. If acidic lymph blockages are not treated or resolved, they will become a breeding ground for acute and chronic illnesses.

How can these blockages be resolved?

Dr. Barth: To achieve this, POTAMOS has developed a comprehensive therapy concept called „ALYB by POTAMOS“: On the one hand, we offer therapeutic applications like the Holistic Lymph Therapy by Dr. Barth or the Acidosis Lymph Massage by Rosemarie Holzer. Besides that we provide several measures for self-treatment which everyone can apply at home. This way the patient can contribute substantially, e.g. by taking base powder.

What a role does the intake of base powder play?

Dr. Barth: Base powder is a softener and dissolver of lymph blockages with reliable increase of activity on all functional levels. It neutralises all accumulating internal and external acids and helps the immune system to break down excessive proteins. To achieve this, a sufficient amount of bases in form of minerals is necessary. If that is not achieved through nutrition, the body must fall back on its own base reserves, e.g. in bones and cartilages. To counteract this demineralisation it is important to supply the body with minerals.

What characterises a good base powder?

Dr. Barth: In my long years of medical practice I have gathered a lot of experience with base powders. The base powder should be easily dissolvable and exhibit a high base potency. To avoid the risk of allergy it should be free of milk protein, lactose and gluten. Beyond that, a base powder should be free of food fillers and additives as well as free of colour-, flavouring and preserving agents. Eventually, it should also be tasty and easy to take.

When comparing base powders offered in drug stores and pharmacies, the ingredients carbonate vs. citrate seem to make an important impact: What is the main difference according to medical action?

Dr. Barth: The question is most easy to be answered when looking at the biochemical correlations. Generally, base powder is found in solid form, as a base salt. Salts are always composed of a base and an acid (e.g. carbonate or citrate). Both parts dissociate in aqueous solution. This process is called ionisation. With the intake of base powder, bases are provided for the elimination of hyperacidity. Therefore, it is important to keep the acid load as low as possible by supplying base powder. At this point, the major difference between carbonate and citrate becomes quite obvious: While carbonic acid = carbonate, better known as carbon dioxide, is eliminated by the lungs, the citric acid = citrate is processed and catabolised by healthy cells of the liver or other metabolising organs. Therefore, citric acid is transported into the cell and transformed to the end product carbon dioxide which is then discharged out of the cell and eliminated by the lungs. However, the prerequisite for this kind of de-acidification is an intact cell function. As citrates dissociate in the extra-cellular fluid (lymph), thus producing acids, they may additionally put a strain on cell metabolism in terms of acidic lymph blockage. That's why I always recommend base powder on the basis of carbonates.



Conceptual compendium of POTAMOS®

The term **acidosis** (derived from the Latin 'acidus' = sour) means **hyperacidity**. In medicine, 'acidosis' stands for blood acidosis exclusively. However, in naturopathy the term is commonly and generally acknowledged as tissue hyperacidity.

In our therapy concept we speak of '**latent acidosis**' = **hidden tissue hyperacidity**. The biochemist Friedrich F. Sander formed the term already in the mid 1950s and Dr. Renate Collier, a physician, spread it widely through her own work in the 1970s.

An **optimal acid reduction** and at the same time an **optimal intake of bases** can be successful only if the body lymph is fluid and penetrable.

The lymph (= Latin, meaning "clear spring water") has been disregarded ever since the discovery of blood circulation. Today, the word mainly has a negative connotation, e.g. lymphatic cancer, lymph nodes, lymphatic congestion or lymph edema.

In contrast, Thomas Mann enthuses about lymph in his novel "The Magic Mountain":

*„Lymph is the best of the best,
most intimate and most delicate of the body.
One always speaks of the blood and its mysteries
and it is called a special juice.
But it is the lymph which is the juice of the juices,
the essence, the bloodmilk - a very delicious liquid.”*

To regard the lymph as positive and of extreme importance especially **as the provider and disposal** for our trillions of body cells is the ambition of POTAMOS.

POTAMOS (= Greek, "the river") presents you with a life programme, in which "acidic lymph blockage" can literally get to flow again.

ALYB by POTAMOS comprehends the total therapy concept (Active against Lymph Blockage)

Well-being, good health and bringing flow into your life are the essential goals that everyone at **POTAMOS** daily is committed to with great enthusiasm.

POTAMOS®

**POTAMOS® Acidosis Center ('potamos' = Greek, "the river")
Naturopathic Practice – Aid to Self-help – Training**

Every person's wish for fundamental well-being is the basis of our beliefs and activities. We do not believe that well-being is attained merely by elimination of symptoms. Our main interest is to achieve long-term success. We have therefore been striving for 40 years to understand and treat diseases in a holistic way with respect to research, diagnostic and our comprehensive therapy concept „ALYB by POTAMOS“ (Active against Lymph Blockage). This implies the actual understanding of the evolution of disease.

In our long years of practice, the lymph (= fluid in the extra cellular matrix) proved to be the medium that represents the cause of illness. Numerous successful treatments reconfirm our view that the lymph plays a central role in the treatment of disease.

POTAMOS provides different preventive and therapeutic measures to set and keep the lymph in motion. To achieve a sustainable success, we consider it our responsibility to teach the measures for self-help to our patients.

It is our utmost concern to pass on our knowledge which we have attained in the past decades to all interested persons. Several medically certified training programmes will enable interested healthcare professionals to integrate our therapies into their everyday practice.

Detailed information on therapeutic measures and training programmes is presented on www.potamos.de.

Therapeutic concept „ALYB by POTAMOS“

Therapeutic measures in the naturopathic practice	Aid to self-help Measures for the use at home
Holistic Lymph Therapy by Dr. Barth	ACIDOSIS SELF MASSAGE/ ACIDOSIS LYMPH GYMNASTICS by Rosemarie Holzer
ACIDOSIS LYMPH MASSAGE by Rosemarie Holzer	
ACIDOSIS NATURAL CUISINE by Rosemarie Holzer: Nutrition counselling / cooking classes	ACIDOSIS NATURAL CUISINE by Rosemarie Holzer
Dietary supplement <i>Bitba</i> base powder	Dietary supplement <i>Bitba</i> base powder
Prevention and education in seminars and lectures	Cook books and manuals published by POTAMOS

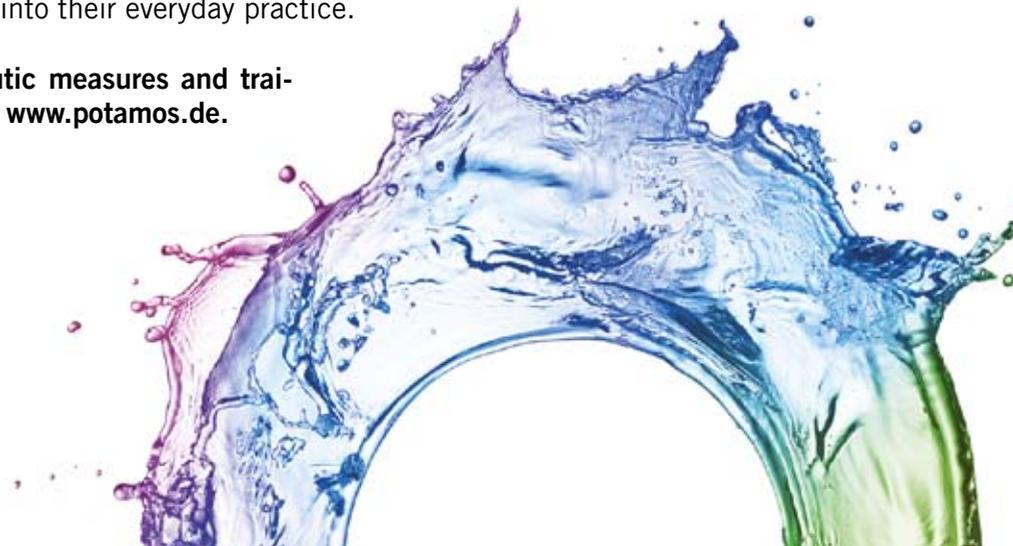
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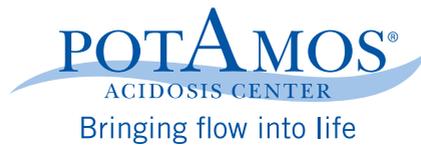
**POTAMOS® Acidosezentrum
Rosemarie Holzer**

Bugginger Straße 19
79379 Britzingen
Germany

Phone: +49 7631 937050
Fax: +49 7631 937092

E-Mail: post@potamos.de
Website: www.potamos.de





Detailed information is presented on www.potamos.de