

Recommendations by Dr. Kurt Mosetter

Appendix to the book

Kurt Mosetter: Myoreflex Therapy – experienced biography

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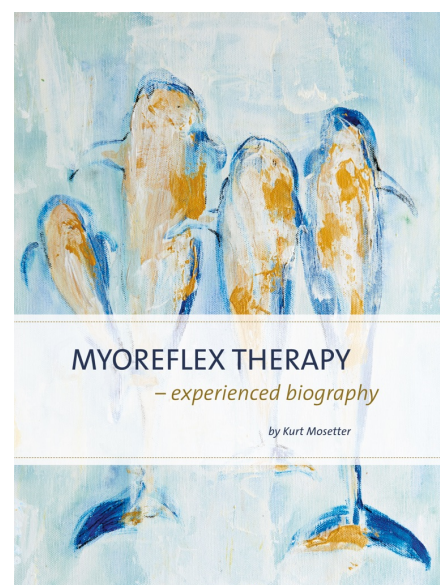
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As far as information on dosage instructions or application forms are contained, these are to be checked under all circumstances by the respective user in individual cases and on their own responsibility.

This list is meant as a general guideline in relation to Nutritional Substitutes for Various Diseases. We'll update this list from time to time to add new items or elaborate on others as new research and insight keep coming in.

Online at: <http://www.myoreflex.net/downloads.html>

“Supplements with therapeutic potential include amino acids and protein isolates, due to their role as building blocks and energy reservoirs. Such molecules include creatine (Cr), taurine, glutamine, arginine and whey protein isolates. Another class of supplements include mitochondrial co-factors and modulators, like the coenzyme Q10, polyphenolic compounds, resveratrol, quercetin and epigallocatechin gallate (EGCG). Finally, the last category of supplements covers adenine nucleotide salvage and de novo synthesis promoters [...] Creatine, CoenzymeQ10 and Adenylosuccinic acid were the three supplements included in the “Apparently effective and safe to consume”. (Rybalka, E. / Timpani, C.A. / Stathis, C.G. / Hayes, A. / Cooke, M.B. (2015). Metabogenic and Nutraceutical Approaches to Address Energy Dysregulation and Skeletal Muscle Wasting in Duchenne Muscular Dystrophy. *Nutrients*. 7(12). 9734-67.)



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Recommended Nutritional Substitutes for Various Diseases

Please note: These recommendations are exclusively aimed at health care professionals!

ADD/ADHD

// Phase 1 //

Galactose	6 x ½ teaspoon
HPU-Komplex	1 x 1 capsule
Vitamin B complex	2 x 1 capsule
Omega-3 salmon oil	1 x 1 capsule
NADH rapid energy	2 x 1 tablet

// Phase 2 //

Galactose	6 x ½ teaspoon
Neurodoron	2 x 1 tablet
Protein Shake	1 x 1 helping
Vitamin D (1.000 IU)	2 x 2 capsules

Amyotrophic lateral sclerosis (ALS)

// Phase 1 //

Galactose/Creatine	5 x 1 teaspoon
Phosphatidylcholine	3 x 1 teaspoon in linseed oil
HPU-Komplex	2 x 1 capsule
Omega-3 salmon oil	3 x 2 capsules
Vitamin B komplex	3 x 1 capsule
aminoplus burn out	2 x 1 bag
Vitamin D (5.000 IU)	1 x 1 capsule

// Phase 2 //

Galactose/Glucosamine (comp. 2:1)	3 x 1 teaspoon
Omega-3 salmon oil	3 x 2 capsules
Vitamin B komplex	3 x 1 capsule
NADH rapid energy	2 x 1 tablet
Coenzym Q10	2 x 3 capsules

Apoplexia, Hemicrania

// Phase 1 //

Galactose/Glucosamine (comp. 2:1)	3 x 1 teaspoon
Ribose	2 x 1 teaspoon
Synervit	2 x 1 capsule
HPU-Komplex	3 x 1 capsule
Omega-3 salmon oil	3 x 1 capsule

// Phase 2 //

Protein Shake	1 x 1 helping
MAP	2 x 2 capsules
Phosphatidylcholine	2 x 1 teaspoon in linseed oil

Arthritis / Coxarthrose / Gonarthrose / Degeneration of intervertebral discs

// Phase 1 //

Galactose/Glucosamine (comp. 2:1)	3 x 1 teaspoon
Vitamin B komplex	2 x 1 capsule
HPU-Komplex	1 x 1 capsule
Omega-3 salmon oil	3 x 1 capsule
Vitamin D (1.000 IU)	3 x 2 capsules

// Phase 2 //

Colon Formula	3 x 1 measuring spoon
Immun Formula	3 x 1 capsule

Asthma Bronchiale, respiratory failure

// Phase 1 & 2 //

Galactose	2 x 1 teaspoon
Colon Formula	3 x 1 measuring spoon
Pneumodoron 1 und 2	3 x 10 drops
HPU-Komplex	2 x 1 capsule
Coenzyme Q10	1 capsule in the morning

Burnout

// Phase 1 //

Galactose/creatine	3 x 1 teaspoon
Coenzyme Q10	2 x 1 capsule
HPU-Komplex	2 x 1 capsule
Symbiolact comp./OmniBiotic	1 bag/helping in the morning
Ribose	1 teaspoon in the morning
Omega-3 salmon oil	2 x 1 capsule
Vitamin D (1.000 IU)	3 x 2 capsules

// Phase 2 //

Galactose	3 x 1 teaspoon
aminoplus burn out	2 x 1 bag
Omega-3 salmon oil	2 x 1 capsule
NADH rapid energy	2 x 1 tablet

Chronic Pain Syndrome

// Phase 1 //

Galactose/Glucosamine (comp. 2:1)	3 x 1 teaspoon
Coenzyme Q10	1 x 2 capsules
HPU-Komplex	2 x 1 capsule
Vitamin B komplex	1 capsule in the morning
Omega-3 salmon oil	3 x 1 capsule
Vitamin B komplex	3 x 1 capsule
Creatine	1 x 1 teaspoon

// Phase 2 //

Sallaki	3 x 2 sachets
Galactose	3 x 1 teaspoon
Coenzyme Q10	3 x 1 capsule
HPU-Komplex	1 capsule (morning/noon)
Vitamin B komplex	2 x 1 capsule
Omega-3 salmon oil	3 x 1 capsule

Congestive heart failure, hypertonia

// Phase 1 & 2 //

Cardiodoron	3 x 1 tablet
Ribose	2 x 1 teaspoon
Galactose	1 teaspoon in the evening
Omega-3 salmon oil	3 x 1 capsule
HPU-Komplex	3 x 1 capsule
Synervit	2 x 1 capsule

Coronary problems

// Phase 1 & 2 //

Heart Formula	3 x 1 tablet
Ribose	3 x ½ teaspoon
Creatine	2 x 1 teaspoon
Omega-3 salmon oil	3 x 1 capsule
Coenzyme Q10	3 x 1 capsule

Dementia

// Phase 1 //

Galactose/Glucosamine (comp. 2:1)	4 x 1 teaspoon
Ribose	2 x 1 teaspoon
HPU-Komplex	1 capsule (morning/noon)
Vitamin B komplex	3 x 1 capsule
Omega-3 salmon oil	3 x 2 capsules
NADH rapid energy	2 x 1 tablet

// Phase 2 //

Galactose	4 x 1 teaspoon
aminoplus burn out	2 x 1 bag
Phosphatidylcholine	3 x 1 teaspoon in linseed oil
Brain Formula	1 x 1 capsule
Protein Shake	1 x 1 helping

Depression

// Phase 1 & 2 //

Galactose/Creatine	3 x 1 teaspoon
Ribose	2 x 1 teaspoon
HPU-Komplex	3 x 1 capsule
Omega-3 salmon oil	3 x 1 capsule
NADH rapid energy	2 x 1 tablet
aminoplus burn out	3 x 1 bag
Coenzyme Q10	2 x 1 capsule
Symbiolact comp.	1 bag in the morning
Vitamin D (1.000 IU)	2 x 3 capsules
Vitamin B komplex	3 x 1 capsule

Hashimoto

// Phase 1 //

Galactose/Glucosamine (comp. 2:1)	3 x 1 teaspoon
Coenzyme Q10	1 capsule in the morning
HPU-Komplex	3 x 1 capsule
Omega-3 salmon oil	3 x 1 capsule
Stress Repair	1 x 1 sachet
RESTORE	3 x 1 teaspoon

// Phase 2 //

Colon Formula	3 x 1 measuring spoon
Hepatodoron	3 x 1 tablet
Galactose	3 x 1 teaspoon

Hashimoto with positive EBV antibody titers

// Phase 1 //

Galactose	3 teaspoons in the evening <i>falcento</i>
Mannose	½ teaspoon morning and noon
Quentakehl	3 x 5 drops
Notakehl	3 x 5 drops
Pefrakehl	3 x 5 drops
Zinkokehl	5 drops in the evening

// Phase 2 //

Hepatodoron	1 tablet, morning and noon
Neurodoron	1 tablet in the evening
Symbiolact comp.	1 bag in the morning
RESTORE	3 x 1 teaspoon

Insomnia, chronic fatigue

// Phase 1 & 2 //

Galactose	1 teaspoon in water (morn/evn)
Ribose	1 teaspoon in the morning
Coenzyme Q10	1 capsule in the morning
Balance DS	2 x 1 tablet

Knee pain/hip pain/lumbo-vertebral syndrome

// Phase 1 //

Galactose/Glucosamine (comp. 2:1)	3 x 1 teaspoon
Creatine	2 x 1 teaspoons
HPU-Komplex	3 x 1 capsule
Omega-3 salmon oil	3 x 1 capsule
Sallaki	3 x 1 sachet

// Phase 2 //

Galactose/Glucosamine (comp. 2:1)	2 x 1 teaspoon
HPU-Komplex	3 x 1 capsule
Vitamin B komplex	3 x 1 capsule
Joint Formula	2 x 2 tablets

Lupus erythematodes, Sjoergroen Syndrome

// Phase 1 & 2 //

Colon Formula	3 x 1 tablet
Galactose	3 x 1 teaspoon
HPU-Komplex	3 x 1 capsule
Omega-3 salmon oil	3 x 1 capsule
Coenzyme Q10	2 x 1 capsule
Vitamin B komplex	2 x 1 capsule
Vitamin D (5.000 IU)	1 x 1 capsule

Lupus erythematodes with positive EBV antibody titers

// Phase 1 & 2 //

Galactose	3 teaspoons in the evening
Mannose	½ teaspoon morning and noon
Quentakehl	3 x 5 drops
Notakehl	3 x 5 drops
Pefrakehl	3 x 5 drops
Zinkokehl	5 drops in the evening
Hepatodoron	1 tablet, morning and noon
Neurodoron	1 tablet in the evening
Symbiolact comp.	1 bag in the morning
Vitamin D (1.000 UI)	2 x 3 capsules

Macula degeneration

// Phase 1 //

Eye Formula	3 x 1 tablet
Galactose	3 x 1 teaspoon
Vitamin B komplex	2 x 1 capsule
Vitamin D (1.000 UI)	2 x 3 capsules
Coenzyme Q10	3 x 1 capsule
Omega-3 salmon oil	3 x 1 capsule

// Phase 2 //

Eye Formula	3 x 1 tablet
Colon Formula	2 x 1 tablet
Galactose	3 x 1 teaspoon
Ribose	2 x ½ teaspoon
Hepatodoron	3 x 1 tablet
Coenzyme Q10	3 x 1 capsule
Omega-3 salmon oil	3 x 1 capsule
NADH rapid energy	2 x 1 tablet

Metabolic syndrome

// Phase 1 & 2 //

Galactose	3 x 1 teaspoon
Synervit	2 x 1 capsule
Hepatodoron	3 x 1 tablet
Coenzyme Q10	1 capsule in the morning
Omega-3 salmon oil	3 x 1 capsule
Vitamin D (1.000 UI)	2 x 3 capsules
HPU-Komplex	2 x 1 capsule

Migraine, hemicrania

// Phase 1 //

Synervit	2 x 1 capsule
Galactose	3 x 1 teaspoon
HPU-Komplex	2 x 1 capsule
Omega-3 salmon oil	3 x 1 capsule

// Phase 2 //

Arginin	3 x 1 teaspoon
NADH rapid energy	2 x 1 tablet
Galactose	3 x 1 teaspoon

Multiple Sclerosis

// Phase 1 //

Brain Formula	3 x 2 tablets
Galactose/Glucosamine (comp. 2:1)	3 x 1 teaspoon
Phosphatidylcholine	3 x 1 teaspoon in linseed oil
Omega-3 salmon oil	3 x 1 capsule
Coenzyme Q10	1 capsule morning and noon
Vitamin D (1.000 UI)	2 x 3 capsules

// Phase 2 //

Galactose	3 x 1 teaspoon in water
NADH rapid energy	2 x 1 tablet
Omega-3 salmon oil	3 x 1 capsule
Coenzyme Q10	1 capsule morning and noon
Vitamin B komplex	1 capsule morning and noon
HPU-Komplex	1 x 1 capsule
Creatine	2 x 1 teaspoon
Stress Repair	1 x 1 sachet

Multiple Sclerosis with positive EBV antibody titers

// Phase 1 //

Galactose	1 teaspoon in the evening
Mannose	½ teaspoon morning and noon
Quentakehl	3 x 5 drops
Notakehl	3 x 5 drops
Pefrakehl	3 x 5 drops
Zinkokehl	3 x 5 drops

// Phase 2 //

Galactose	1 teaspoon in the evening
Mannose	½ teaspoon morning and noon
Hepatodoron	1 tablet morning and noon
Neurodoron	1 tablet in the evening
Symbiolact comp.	1 bag in the morning

Muscle pain, coxalgia, gonalgia, fibromyalgia

// Phase 1 & 2 //

Galactose/Creatine	3 x 1 teaspoon
Omega-3 salmon oil	3 x 1 capsule
Vitamin D (1.000 UI)	2 x 3 capsules
Vitamin B komplex	2 x 1 capsules
MSM Plus Tablets	4 x 2 tablets

Muscular dystrophy

// Phase 1 //

Galactose/Creatine	5 x 1 teaspoon
Brain Formula	3 x 2 tablets
Ribose	2 x ½ teaspoon
Omega-3 salmon oil	3 x 1 capsule
NADH rapid energy	2 x 1 tablet
Vitamin D (1.000 UI)	2 x 3 capsules

// Phase 2 //

Galactose/Creatine	5 x 1 teaspoon
Ribose	2 x 1 teaspoon
Vitamin B komplex	2 x 1 capsules
HPU-Komplex	1 x 1 capsule
Symbiolact comp.	1 x 1 bag
aminoplus burn out	1 x 1 bag
Vitamin D (1.000 UI)	2 x 3 capsules

Neuroimmune prevention

// Phase 1 & 2 //

Galactose	2 x 1 teaspoon
Vitamin B komplex	2 x 1 capsules
Coenzyme Q10	1 x 1 capsule
Omega-3 salmon oil	2 x 1 capsule
Vitamin D (1.000 UI)	2 x 3 capsules

Osteoporosis

// Phase 1 & 2 //

Galactose/Glucosamine (comp. 2:1)	3 x 1 teaspoon
Synervit	2 x 1 capsule
Renodoron	3 x 1 tablet
HPU-Komplex	3 x 1 capsule
Omega-3 salmon oil	2 x 1 capsule
Vitamin D (1.000 UI)	2 x 3 capsules

Parkinson's disease

// Phase 1 & 2 //

Galactose/Creatine	5 x 1 teaspoon
Ribose	2 x 1 teaspoon
Omega-3 salmon oil	3 x 1 capsule
HPU-Komplex	1 x 2 capsules
Vitamin B komplex	2 x 1 capsules
aminoplus burn out	2 x 1 bag
NADH rapid energy	2 x 1 tablet

Periorbital syndrome, Visus dysfunction

// Phase 1 & 2 //

Galactose	2 x 1 teaspoon
Eye Formula	2 x 1 tablets
Coenzyme Q10	1 capsule in the morning
HPU-Komplex	2 x 1 capsules
NADH rapid energy	2 x 1 tablet
Hepatodoron	2 x 1 tablet

Polycystic ovary syndrome

// Phase 1 & 2 //

Galactose	3 x 1 teaspoon
Vitamin D (1.000 UI)	3 x 2 capsules
HPU-Komplex	1 x 1 capsules
Hepatodoron	2 x 1 tablet
Vitamin B komplex	2 x 1 capsules
Mannose	2 x 1 teaspoon

Rheumathoid arthritis

// Phase 1 & 2 //

Galactose/Glucosamine (comp. 2:1)	3 x 1 teaspoon
Sallaki	3 x 2 sachets
Colon Formula	3 x 1 tablets
Omega-3 salmon oil	3 x 1 capsule
Vitamin D (1000 UI)	2 x 3 capsules
NADH rapid energy	2 x 1 tablet

Sport, regeneration

Galactose/Creatine	5 x 1 teaspoon
MSM Plus Tablets	3 x 2 tablets
NADH rapid energy	2 x 1 tablet
Vitamin B komplex	2 x 1 capsules
Coenzyme Q10	2 x 1 capsule

Statomotor developmental disorder

// Phase 1 & 2 //

Galactose/Creatine	6 x ½ teaspoon
Neurodoron	2 x 1 tablet
Omega-3 salmon oil	3 x 1 capsule
Vitamin D (1.000 UI)	2 x 2 capsules
Phosphatidylcholine	2 x ½ teaspoon in linseed oil
HPU-Komplex	2 x 1 capsule

Urinary tract infection, bladder infection

// Phase 1 & 2 //

Mannose	3 x 1 teaspoon
Symbiolact comp.	1 bag in the morning
Neurodoron	3 x 1 tablet
Omega-3 salmon oil	3 x 1 capsule

Vertigo

// Phase 1 & 2 //

Galactose	3 x 1 teaspoon
Omega-3 salmon oil	3 x 1 capsule
Vitamin B komplex	2 x 1 capsules
HPU-Komplex	1 x 1 capsule
NADH rapid energy	2 x 1 tablet

Products, Adresses and best choice

Pioneers in the field of healthy sugars ...

Pioneers in the field of healthy sugars and well tuned combi preparations you will find at:

falcento GmbH

Obere Laube 44, 78462 Konstanz, Germany

Phone: +49 7531 99 12 76

Fax: +49 7531 99 12 75

E-Mail: info@falcento.de

Web: www.falcento.com

... The following products and mixtures have been designed and can be found here:
HPU-Komplex, Galactose, Galactose/Glucosamine

Glycoplan Norge AS

Hulda Garborgsvei 2, 4020 STAVANGER, Norway

Phone: +47 905 28 930

E-mail: post@glycoplan.no

Web: www.glycoplan.no

Products in the field of vitamins and energy metabolism ...

Save and well mixed products in the field of vitamins and energy metabolism are developed by Dietrich Klinghardt (*biopure*), *falcento* and *Life Plus*.

Lifeplus Europe Ltd.

Little End Road, St. Neots, PE19 8JH, England

Web: www.lifeplus.com

(Ref.Nr. / PIN# 4601948)

... The following products and mixtures have been designed and can be found here:

Brain Formula, Colon Formula, Heart Formula, Immun Formula, Protein Shake

Weleda

Moehlerstr. 3-5, 73525 Schwäbisch Gmünd, Germany

Phone: +49 7171 919-109

Fax: +49 7171 919-200

Email: kundenbetreuung@weleda.de

Web: www.weleda.de

... The following products and mixtures have been designed and can be found here:

Hepatodoron, Neurodoron, Pneumodoron (1 and 2), Cardiodoron

SANUM-KEHLBECK

Hasseler Steinweg 9-12, 27318 Hoya, Germany

Phone: +49 4251 9352-0

Fax.: +49 4251 9352-290

Web: www.sanum.com

... The following products and mixtures have been designed and can be found here:

Quentakehl, Notakehl, Pefrakehl, Zinkokehl,

To support the gut ...

To support the gut with probiotics the products by *Allergosan* (OMNI-BiOTiC) and by *Symbiopharm* can be very efficient.

- www.omni-biotic.com , www.allergosan.at
- www.symbiopharm.de

The product *RESTORE* has been developed by Zach Bush MD to promote the strengthening of the tight junction gut barrier to enhance your gut membrane ecology and support immune function and gut bacteria.

- www.restore4life.com , www.yourhealthbasket.co.uk ,

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