



Presenting our Work

...and Hoping for Community Support

*"This should be our Ideal:
to create Forms that are an
expression of the Inner Life..."
Rudolf Steiner*



Dear Friends,

Why support the True Botanica products and its activities?

The True Botanica Company was started in 2004 out of a desire to help answer the dire health needs of the modern world with the kind of real solutions that only practically applied anthroposophy can give.

The massive challenges of today's world are only seemingly of a solely physical nature and seemingly lead to only physical symptoms, while in reality these never before encountered toxins, infectious agents, genetic mutations, brain changes, natural catastrophes, etc, have a deep spiritual foundation. The solution can consequently come only from an esoteric understanding of the physical world.

By blending Rudolf Steiner's insights and indications with the capabilities of modern technology we have been developing a variety of products - supplements, remedies and topical preparations- that should be more effective in either strengthening the existing health or addressing specific problems.

To us it became self evident that the path to be followed was neither a blind copying of recipes of the past nor in the terrible assumption that Rudolf Steiner is "outdated" for our times but rather we considered it our duty to develop a living relationship to anthroposophy in the present.

Considering that our formulas contain new combinations of substance potencies, that they are manufactured in harmony with planetary influences, etc, these may very well be a new class of anthroposophic products. We will give you some examples in the following pages.

Our company is also different in that we make all of our products available to all customers without prescription. This is more in keeping with the taking of individual responsibility of human beings. Obviously, safety considerations are never abandoned.

To keep the anthroposophical impulse alive into the future we have always recognized the need to engage in active research, education and altruistic social activities.

With that in mind we have started in 2010 the **True Botanica Foundation**, a not-for-profit organization, with 501(c)3 status. All donations are tax deductible.

Essentially all net profit from the company goes into this future oriented work. The purchase of the True Botanica products directly supports the endeavors of the Foundation.

Multiple studies have already been done, a considerable number of lectures, webinars and conferences have already been given but **the most important Foundation goal to date is the establishment of a fulltime laboratory completely dedicated to anthroposophical health questions.**



However, the costs of conducting business combined with the regulatory burdens and the existing limited understanding toward anthroposophy make it very difficult to accomplish our intentions on the basis of company initiative alone.

We need a community of supporters who truly appreciate what is at stake here. We are grateful – immensely grateful – to the current donors but hope for a significant expansion of the circle of friends.

There is a certain urgency to our fund raiser appeal. Our immediate goal is to raise several hundred thousand dollars for the Foundation and we have a limited time offer for a significant matching grant contribution. For every two dollars we raise one dollar will be added up to \$50,000.

To summarize:

Please support the work of the Company and the Foundation because:

- ✓ **The company products are based on anthroposophical impulses appropriate to the real needs of today;**
- ✓ **Only through an intense community effort will the primary Foundation goal of building a fulltime research laboratory be achieved. The Foundation will of course continue to pursue educational and social activities but without a lab anthroposophical medicine will not be taken seriously in the US and the world.**

Thank you for reading carefully the following pages. They contain more examples of our work.

Thank you for looking at the accompanying card.

Thank you for your generous donation.

For the Team at True Botanica and the True Botanica Foundation,

Ross Rentea MD

Mark Kamsler MD

Andrea Rentea MD

Thoughts from a R. Steiner lecture given on 6.17.1914

When we start our work we must have the feeling that we step into a fluid that surrounds us and gives us the feeling that no matter what we do we are ultimately not fully equal to the task that is before us. And that is good like that. Only then can we hope to have the right attitude that will lead us to success.



How a different anthroposophical frankincense (*boswellia*) formula was born!

About 1912 Rudolf Steiner gave the young pharmacist Oskar Schmiedel (1887-1957) a recipe for working with frankincense. This was meant to constitute a “medical frankincense” that would be useful for phantom pains (f. ex. on amputated limbs), and especially for rheumatoid arthritis as well as for diabetes. Schmiedel was a very dedicated anthroposophist who already then (end of 1912) considered building a laboratory, for him a “holy duty”, a laboratory which he wanted to make a significant impulse in the anthroposophical society.

Over the years the work with the frankincense took a very one sided and limited turn. In the ensuing decades we find frankincense formulas dedicated almost exclusively to alleviating pain in phantom limbs or strangely enough to assist in the last moments of life in hospice situations. The preparation was given by prescription in various homeopathically diluted forms.

Little was said anymore of Rudolf Steiner’s indication that it should be helpful in rheumatology or diabetes.

Meantime in the “world out there” a massive amount of research, in the form of hundreds of well designed studies, started revealing astonishing properties of frankincense in the anti-inflammatory and anti-allergic direction. At this time frankincense has developed a reputation in ever larger circles as a remedy for asthma, allergies, colitis and, yes, arthritis and osteoarthritis. (The application in diabetes is still waiting).

Of course in the process the research questions were directed such that the spiritual qualities of the substance were lost. Understanding other comments of R. Steiner’s on amber, resins, and so on, one comes to the logical conclusion that frankincense is even more valuable in overcoming a modern day “warmth” deficit in people, in helping the small child’s brain development and improving the quality of the breast feeding process. (Interestingly enough a young Israeli scientist has recently begun to demonstrate that frankincense indeed affects warmth perception centers in the brain just as would be predicted anthroposophically).

Keeping R. Steiner’s original indications in mind we felt it was our obligation to reformulate a frankincense product

“It is important that one not only be making remedies based solely on the currently accepted materialistic chemical forces but that one should also produce those remedies of which it can be said: Into those remedies the Cosmic Spirituality has been inserted in a particular manner.”

Free translation from Rudolf Steiner’s lecture of 8.29.1924).



that would have more anthroposophical qualities. We combined:

1. the actual gum resin with
2. an extract of the resin with
3. a harmoniously potentized form of frankincense with
4. A potentized form of myrrh and gold.

The feedback has been very satisfying. Additionally, we could prove the quality of our preparation with a study showing the higher plasma blood levels of our formula in comparison with other commercially available formulas.



Other ideas...

We are systematically re-working other formulas whose starting points are substances mentioned by R. Steiner, substances that have been however not developed to their full potential in the anthroposophical world. F. ex. while literally thousands of studies have shown amazing results with curcumin and barberry, in our circles only weak forms are available. This has of course historical reasons but the time has come to more fully investigate R. Steiner's insights into these herbs.

A lot of our other preparations have the characteristics that they contain the ashes and salts of the main ingredient plant extract.

Rudolf Steiner has pointed out that the Ego organization of human beings rests largely on a scaffolding of minerals and salts. Including thus the ash component of the herbs into the product not only gives a more theoretically "full spectrum" formula but in a real sense only then begins to support the higher functions of the human spiritual life. We intend to do more intense research in this direction in the future and bring to life many intentions of R. Steiner that have not been realized up to now. .

"Spiritual Science places us into practical life. Only she will have to do what goes beyond that which one does nowadays. Today one thinks still much too much that one may have done enough with Spiritual Science if one has listened to it for a while and when one believes that she may have had a beneficial, even uplifting effect on one.

THAT IS NOT ENOUGH!
(Italics and emphasis-RR)

Spiritual Science must enter in practical activity into all of life.

The fruits of Spiritual Science must show themselves in all branches of activity."

(Rudolf Steiner, 2.18.1916)



We don't use alcohol in our tinctures. It is harmful. There, we said it. Why do we avoid alcohol so strenuously? Because R. Steiner is absolutely, categorically, against its use in human consumption. Taken internally alcohol destroys our ability to have a sense for karma, and sets us back in our other spiritual strivings. (In an almost humorous way he answers the question of what the effect of drinking might be on the theosophical student, by saying: None, because the theosophical student does not drink alcohol.) There are other creative ways to work with the plant such that it offers up its healing substances. Paying attention to the planetary influences and more one can obtain remarkably effective herbal extracts.

Do these kinds of considerations make them more effective and popular? We hope so. But they may be more effective also due to the positive, reverential attitude that all our co-workers seem to put into the otherwise technical manufacturing process. May our gratitude to them be expressed at this point!

“This is the most radical of all thoughts that must enter into the humanity of the present time: that the human beings must not look at their physical life as merely a preparation for the life after death, but rather that one has to look at this life as a continuation of a spiritual life before birth. Then the human being will be transformed from a lazy human who wants to do nothing into a human who is conscious that he/she has something to accomplish on this earth, that he/she has a mission. As long as this thought cannot penetrate people, it cannot be any other way but that people will drown in materialism.”

(Rudolf Steiner in a lecture on 6.29.1919, collected works in German #192)



Making a batch of Equisetum cum Silica Pentas™ tincture.

This is an herbal tincture made from the horsetail plant.

One might think it gets made in a day or two and is ready to go, but actually the process started long before...

Approximately 7-8 years ago, in the early days of the company, Dr. Ross Rentea along with the other doctors worked on the initial formulations for our herbal tinctures. Many, many hours of research, with modifications over the years were spent, always starting and ending with the work of Rudolf Steiner (while having to also pay attention to arduous, recently instituted, manufacturing regulations).

Formulation in hand, this tincture starts with cooperation between True Botanica and Steven Adams, a biodynamic farmer friend in Viroqua, WI. Based on R. Steiner's indications, we prepared some potentized Silica (quartz), a process requiring several hours of work, and send this out to Steven.

He plants the horsetail in biodynamic beds and then sprays the beds with the prepared solution on a daily basis.

After one year of this effort, the plants are folded over and composted back into the earth. He repeats this process the following year, again digging the plants back into the earth. Once more, in the third year, the plants are treated in the same way and with that year's crop a harvest is finally completed.



Steven then spends time carefully drying the plants and prepares them to send to True Botanica. When we receive the plants in Hartland, we are required by FDA enforced cGMP (Current Good Manufacturing Practices) to initially place all ingredients in Quarantine until sent to a lab for testing. Samples are carefully selected and lab testing is done to confirm the identification of the plant (yes, even though we know the entire history of the plant's life) and to rule out contamination with various heavy metals, bacteria, molds and more.

Once the testing is done and the identity, purity and safety of the material (all of which has been compared against previously prepared "specs") has been confirmed, the plant substance can now be released as an ingredient to inventory. (Oh yes, when the materials first came in, Heidi, one of our co-workers, has to check the delivery truck for cleanliness, fill out logs, enter into the inventory tracking program, produce and apply several labels, prepares the forms to document the lab results and Philia, another co-worker, starts a disposition form that would follow the progress from arrival to release time!)



Finally, by now many **years** after we first thought that we wanted to make this formula for you, the time has come to make the mother tincture. First, a Master Manufacturing Record has been prepared outlining in strict detail every step in the process. From that, a specific Batch Production Record is prepared and a lot number assigned to identify this specific batch. The batch is recorded in the production log and the “ticket” is given to Patrick, a co-worker in production. The date for starting production has been specifically chosen based on planetary alignments that indicate if a certain day is best suited for a root, leaf, flower or fruit plant and then the corresponding day is chosen.

To avoid an article approaching the length of War and Peace, suffice it to say that Patrick needs to follow volumes of procedures that have been developed to meet regulations throughout the production time. We will just highlight a few.

First, he gathers all the ingredients (all of which have gone through the same testing, etc. process as the equisetum) needed to make the tincture solvent (NO alcohol) and follows the directions for making the initial mix. All steps of weighing and adding ingredients include a second person to verify and confirm accuracy. The tincture is started in the early morning and warms for a bit in the light, then is placed in the cold and dark until the next warming period and this rhythmical process goes on for many days.

When completed, the mother tincture is pressed, leaving behind the plant material. While the mother tincture continues to have the rhythmically alternating exposures, the plant material is carefully prepared and goes through an ashing process in specially designed ovens and furnaces. From the ash, the salts of the plant are then extracted and added back to the mother tincture.

Meanwhile, from the mother tincture, a small amount is separated and used for the potentizing process (serial dilutions). For this, 60 potency dilutions are carefully prepared with mixing times based on research results from the work of Lily Kolisko and Rudolf Steiner. Following their early work, germination studies are then performed with these potentized liquids. For each potency plates are prepared by several co-workers with a total of 30 seeds each (1800 seeds in all). These are watered, each group of 30 with one of the individual potencies and placed on the specially prepared germination shelves.

Over the course of several days a specific protocol is followed for caring for the seeds, ultimately leading up to the day of measuring the growth of each and every seed. In several work areas, 1800 individual measurements are made and ultimately collated to allow comparisons against control plates for later analysis. The raw data is evaluated and statistically analyzed allowing us to observe at which potencies growth is enhanced or retarded and from this information make informed decisions as to which potencies are most likely to be effective in the final remedy! (truly a new way of making homeopathic/potentized remedies with enormous potential for further development).

After analysis and choosing the best potency levels, it is finally time to start on the final Pentas tincture. With a new Batch Production Record in hand, Patrick (remember him?) follows a careful plan to prepare



sufficient quantity of the chosen potencies, combine them in the Pentas proportions (see separate article) and make a final mix with the mother tincture and salts of the plant. This combination is now ready for bottling and labeling.

Again, following many standard protocols, labels are prepared (following rules as specific as how thick the lines must be in the various areas of the supplement box). Bottling and labeling protocols with various checks and confirmations are followed, with Quality Control monitoring every step (actually from the beginning of the entire journey).

Finished product must then go into quarantine until once again lab testing is performed and comprehensive specification sheets are utilized to confirm final product identity, purity and safety. Upon evaluation of all this data, assuming all meets our high standards, the final product will be released to inventory, placed in our warehouse, ready to ship to you, dear friends.

What are we not mentioning—for example, the developing and writing of product descriptions, catalog and website entries, order taking and question answering, packing and shipping boxes and much more. And of course, piles of paperwork and documentation required for this whole process from A to Z (FDA motto—if it's not written down, it wasn't done).

Why, you might ask, do we do all this?

For all the regulatory issues, because it's the only way in our current environment that we can reliably be sure to keep these remedies available and to give the practitioners (and all customers) the reassurance that no regulators or others will question the legality of the remedies and supplements you rely on.

For the rest, because it is the right thing to do. We need to take the incredible ideas and insights of Rudolf Steiner and carry out the research he so dearly wanted and also bring these ideas down into practical use in our daily lives in a meager attempt to meet his urgings and pleas.

None of us can do that alone in our own little corners. Your good thoughts, involvement and yes, especially purchases are the only way these kind of efforts can continue. Let's work together in community to keep these impulses alive.



MK



A Taste of Costs and Life

(Or: Why we should Use a Product and ADOPT a Product)

Let's look at the situation of the Aurum Pentas™ remedy, containing essentially a number of harmonically combined potencies of gold.

Rudolf Steiner points out that gold not only has a sublime strengthening and balancing effect on the heart and the rhythmical system as a whole by bringing the sun forces into the body but also that it anchors the thoughts all the way into the etheric body.

One can imagine what a beneficial result this would have on the cognitive awareness processes, a significant answer to today's hyper-stressed individuals and for children with difficulty incarnating and presenting with learning difficulties.

But the road to getting this product to the people who might benefit from it is long and tough.

First it needs to be made.

Here is a brief summary of the production steps (after the original formula has been conceived and finalized):

1. Creating the original formula or updating it periodically, designing the label and ensuring that it is compliant with an interminable row of regulations. (work done by physician staff, difficult to put a price on this but for the sake of argument and with prior experience speeding up the process, \$500)
2. Potentizing (serially diluting) of the original gold substance (approx. three days of coworker time= approx. \$420)
3. Combining the ingredients, bottling the preparation as a whole, labeling, cleaning of the facility after each product manufacture, entering in inventory, and other housekeeping steps. (several coworkers participating= approx. \$600)
4. Testing the final product for microbial purity, lack of toxic components, etc (approx. \$1,000)
5. Sending the product to the distribution warehouse, filing more inventory paper work (= approx. \$400)
6. Filling out literally hundreds of papers required by the cGMP (current good manufacturing practices), coworker time= \$200
7. Entering the product into the website, creating some explanatory material (approx. \$500)





For the sake of argument since the retail price is approx. \$20 and the overall cost of putting the product on the shelf is approx. \$3,000 we would need to sell 150 bottles to recoup our costs.

The reality is that we probably will sell only about 50 bottles within the next two years of this item. (Why? It depends on many factors: some don't understand what this "etheric body" is all about; others postpone doing something about their mental faculties or choose to just drink a cup of coffee; others don't see the immediate magic effect and don't finish even the first bottle they bought, etc, etc).

The latest after these two years or so we will discard the remainder if for no other reason but because the planetary conditions will have changed enough that we feel that a new potentizing process is needed.

"We lose a little on every product. How do we make it? Volume!"

Seriously though, you understand where your help would come in.

If you would like to ensure that a remedy that might benefit you or others is still available in the future please use our products but also "adopt" a product in the sense that you would send a donation to the True Botanica Foundation for "Adopt a Product". Your donation will then be listed as a contribution that has made a particular product possible.

"The Anthroposophical Society must come to recognize how important it is that the achievements that are within its appropriate sphere of interests are acknowledged. The society must arrive to the point of recognizing achievements. It must learn to value such works... (as those done by the anthroposophists Baravalle and Heydebrand who wrote treatise against experimental psychology, etc, and were published at that time).

Assuming of course that our scientific research Institutes had solved already the matters that are outlined in the natural science lectures and lecture cycles, one should arrive at the stage where even our opponents should be saying that there is something there of which they have respect. One has to train oneself to acknowledge human accomplishments."

(free translation from 2.14.1923, in collected works #259)



**For more
product details,
health information,
educational materials.....**

Please visit our company website:

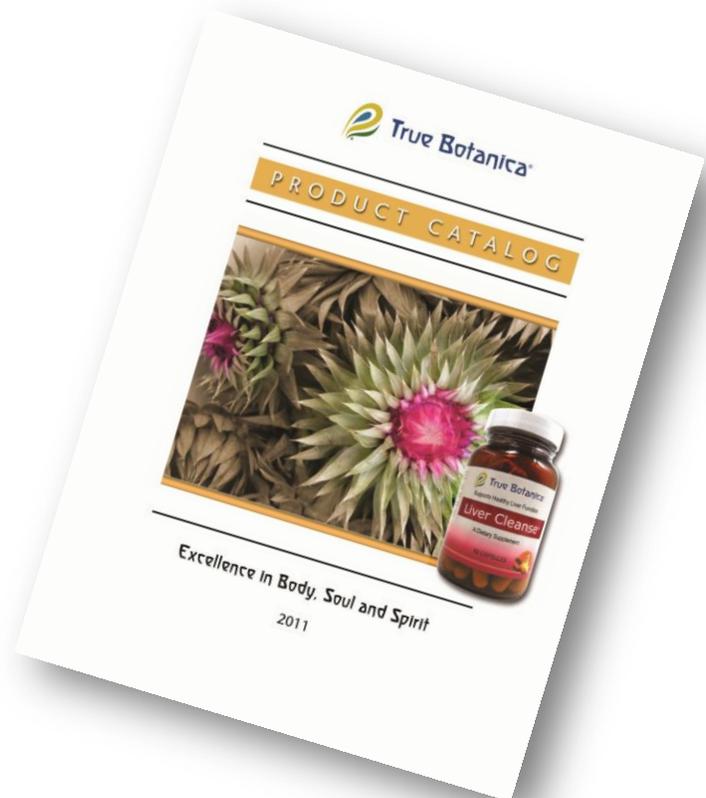
www.truebotanica.com

You will see products listed by

- Health concerns
- Alphabetical A- Z
- Complete Catalog
- Health Topics
- And more

Please subscribe to follow our Blog.

You will then get an automatic email alerting to a new entry.



Please visit our Foundation website:

www.truebotanicafoundation.org

You will find updates on:

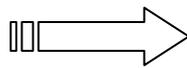
- The progress of the LABORATORY!
- The latest research activities
- Upcoming conferences organized by the foundation
- A weekly, new translation of the Calendar of the Soul with the eurythmy forms
- Star calculations for R. Steiner's "12 Moods"
- Blog, photo gallery and more.



A Threefold Challenge and a Threefold Solution

Spiritual Sphere

The anthroposophical ideas are not sufficiently wide spread. Explanations to our products are met with a bewildered look. **There is hesitation, especially on the part of the professionals, to try formulas that do not conform to preconceived ideas and paradigms.**

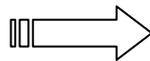


Spiritual Sphere

All of us must intensify our educational and research efforts. Our work, including the work of ASIA, must be more outwardly directed so that people see that we answer their practical daily needs. **We need to clarify that real spiritual and bodily health needs are in fact not met!**

Rights Sphere

In spite of the constitutional right to free speech **manufacturers of “non-drug” remedies do not have the right to inform their customers of the clinical benefits** of their formulas. Claims must be restricted to vague “health enhancements” even if adequate substantiating research exists.

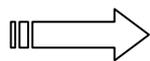


Rights Sphere

Stay in touch with us. It would be very helpful if as many people as possible would **register for FREE on the Foundation website, we need to show that there is an active community behind us**; take a position on our blog; tell your friends about us; let’s all develop responsibility=response-ability!

Economic sphere

It used to cost several hundred dollars to manufacture one of our products in our small facility. Due to current regulations the same process is now in the 3-5 thousand range. The regulations causing this exorbitant production increase are very effective in stifling us.



Economic sphere

Participate financially: purchase, donate. Vote with your wallet. Economically speaking anthroposophists as a group are one of the most uninvolved groups. We can do better in supporting our institutions.



Urgent Appeal

(sent to AMTA and anthroposophical physicians)

Support anthroposophic medical Research

Dear Friends,

Rudolf Steiner expected that his students would follow his indications and engage in intense scientific research activity. No wonder he named the Goetheanum the “Free University of Spiritual Science” (Freie Hochschule fuer Geisteswissenschaft).

When a year or two later these hopes were not sufficiently addressed he was deeply disappointed.

Lilly Kolisko (1898-1976), less than 25 years old at the time, was a rare exception. R. Steiner considered her work to be so utterly trail blazing that he asked her to present her results both on the day immediately following the burning of the first Goetheanum, as well as during the Christmas Foundation meeting.

However, he had to complain bitterly about the indifference shown to her efforts by the Society members and, surprisingly, even by the anthroposophical doctors of the time.

Wanting to answer R. Steiner’s call to work in the above mentioned direction, we have incorporated the True Botanica Foundation, an organization with non profit 501(c)3 tax status.

This year an intensive effort has been launched to duplicate and then go beyond the Kolisko experiments. We already have very promising results.

Up to now all expenses have been assumed by the True Botanica company, www.truebotanica.com, who continues to put essentially all its profits into this Foundation. Beyond the costs related to the facility (space, equipment, materials, etc) the work itself has been done on a volunteer basis.

We are now faced with the necessity to widen the support basis without which no real growth will be possible. We all must ensure that the ignoring situation of the 1920’s does not repeat itself. Moreover, we are for the first time in the position where a significant donor has come forward and committed to begin with \$50,000 on the condition that we match his offer on a 2:1 basis.

For more information visit our new website, www.truebotanicafoundation.org, or write to us.

Any donation, tax deductible, no matter how small, would be supporting this effort.

Thank you!

For the Foundation,

Ross Rentea MD, Mark Kamsler MD, Andrea Rentea MD

Finding the best dosage among highly diluted remedies

(Submitted to the Being Human magazine of ASIA)

We have all heard of homeopathic medicines which are made by a process of serially diluting a particular substance- only then do the desired therapeutic effects come about. Also, most of us realize that the majority of anthroposophical remedies are produced by a principle of serial potentization that is very similar, but not identical to, the homeopathic serial dilutions.

The problem that has been around for centuries, literally, is to figure out what the appropriate “potency”/dosage for each remedy in each situation should be.

It turns out that Rudolf Steiner was asked this question of dosage in the context of a newly developed potentized medicine and his answer was as revolutionary as practical- which his indications usually are. He advised to subject seeds to the various dilutions of the remedy and that the varying growth of the seeds would then show through a growth curve demonstrating the behavior of the diluted substance, and not just in the plant but also in the animal organism. This would allow the finding of the “optimal” solution.

In the following years, to the present, many scientists have done a variety of experiments showing the truth in Rudolf Steiner’s expectations that indeed characteristic curves could be produced using the highly diluted, homeopathically prepared, or anthroposophically prepared, substances. These curves represent a new biological phenomenon not known to exist before. The experiments on plants, cells and animals exclude the possibility of a “homeopathic placebo effect”. The pioneering work was done by Rudolf Steiner’s close student Lily Kolisko. Over her lifetime (1889-1976) she processed over 650(!) of these plant curves, each experiment requiring over 7,200 individual measurements.



Lily Kolisko (1889-1976)

Incidentally, Rudolf Steiner expected that his students would follow his indications and engage in intense scientific research activity. No wonder he named the Goetheanum the “Free University of Spiritual Science” (Freie Hochschule fuer Geisteswissenschaft).

When his suggestions in numerous fields were ignored he was deeply disappointed.

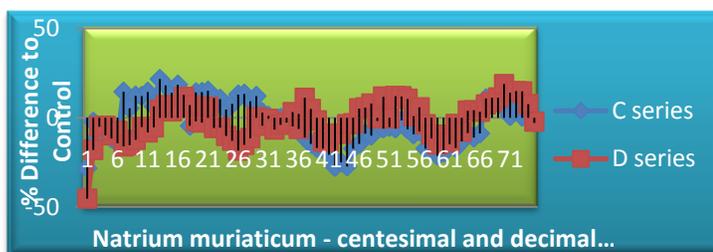
Lilly Kolisko, 33 years old at the time, was a rare exception. R. Steiner considered her work to be so utterly trail blazing that he asked her to present her results both on the day immediately following the burning of the first Goetheanum, as well as during the Christmas Foundation meeting.

However, he had to complain bitterly about the indifference shown to her efforts by the Society members and, surprisingly, even by the anthroposophical doctors of the time.

L. Kolisko's work in the direction of finding the right dosage has been dormant and until today no attempt has been made to research deeper into using the results of such "dilution curves" in order to find the right dose for the person using the remedies. However, since the growth curves themselves are a direct indication of R. Steiner's, the continuation of this work is important as it constitutes a quintessential anthroposophical impulse.

Wanting to answer R. Steiner's call to work in the above mentioned direction, we have incorporated the True Botanica Foundation™, an organization with non profit 501(c)3 tax status.

This year an intensive effort has been launched to duplicate and then go beyond the Kolisko experiments in order to address the dosage question. In the past 10 months we have done the work to compile growth curves for over 20 healing substances that are used in anthroposophical medicine. We already have seen some very promising results and anticipate even better data as we continue to refine and advance the process.



The growing complexity of the tasks requires not only more equipment but also steadily increasing co-worker hours dedicated to choosing seeds, watering, measuring, etc.

Recently the first meeting of the Science Advisory Group of the Foundation took place. During a very intense weekend anthroposophical specialists from various fields (medicine-R. Rentea MD, A. Rentea MD, M. Kamsler MD, R. Bartelme MD, P. Hinderberger MD, P. Barratt MD, K. Sutton MD; pharmacy- T. Heath PhD; biochemistry and laboratory science-J. Erb; homeopathy- R. Shaw JD; administration- P. Rentea MHA) began developing a strategy on how to make possible an expanded laboratory where these ideas could be pursued on an ongoing basis. This would be the first laboratory in the US dedicated exclusively to anthroposophical research.

Should we call it the "L. Kolisko Lab"?

We hope to develop a wide circle of supporters. A community effort is clearly needed to build up and advance this important work in the lab. This is a not-to-be-missed opportunity to "make a name" for anthroposophy in the science world. Will the ignoring situation of the 1920's repeat itself?

For more information on how we can together make this Rudolf Steiner initiated impulse become a reality please visit us at www.truebotanicafoundation.org and have a look at the "Presenting our Work-Hoping for Community Support" brochure.

For the Team,

Ross Rentea MD

HOW OUR HERBAL TINCTURES ARE MADE

Astragalus Pentas™ — as an example (only major steps shown)



1. Natural astragalus powder



2. The mother tincture is prepared by alternating between heating and cooling, and other rhythmic processes.



3. Seeds are added to the root tincture in several steps



4. Pressed total mother tincture is prepared for ashing in order to extract the herb's naturally containing salts and minerals



5. Ashing process in the kiln



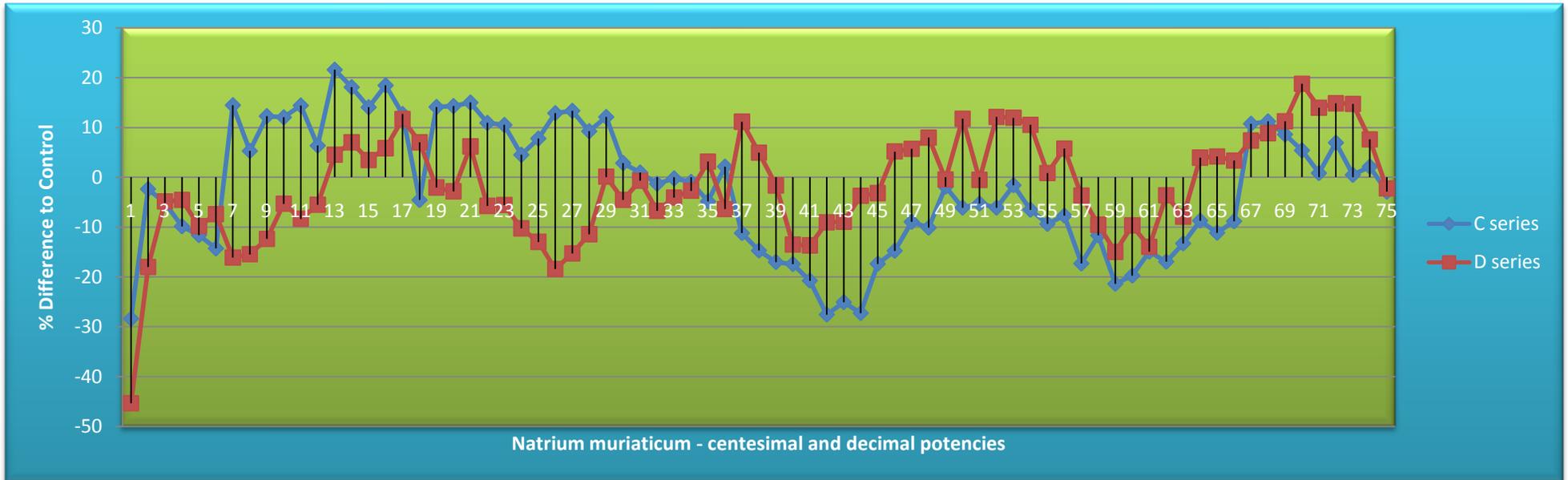
6. The finished product as will be used.

7. Product ready for sale



Germination Experiment

Natrium muriaticum



The experiment followed a protocol initiated by Rudolf Steiner and Lily Kolisko. They were the first to discover that, contrary to expectations, when germinating seeds are exposed to serial potencies of a substance a decidedly rhythmical curve results and not a flat ascending or descending line.

Here, carefully selected wheat seeds were moistened with Nat. mur potencies 1-75. A control group was moistened with distilled water only.

For each potency the graph shows the extent to which each group average differs, in %, from the control group average.

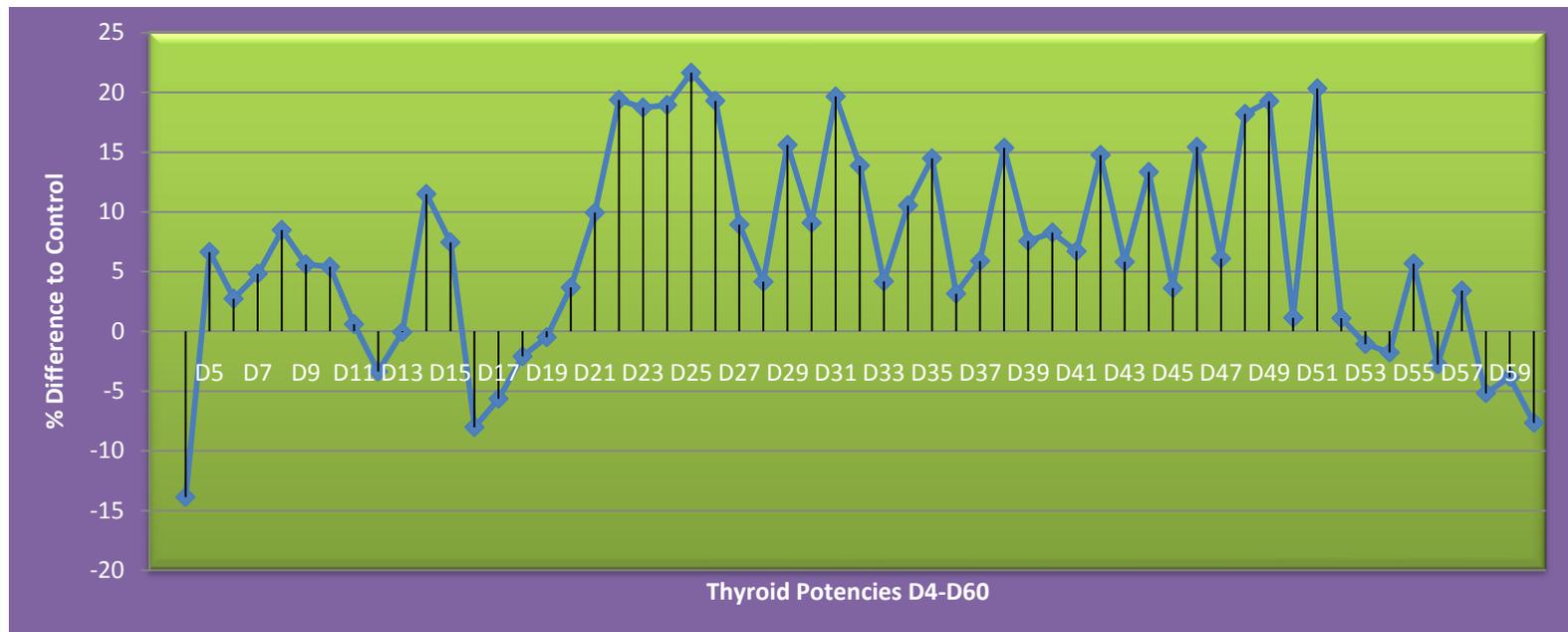
The interpretation of the curve is the object of intense research going on currently at the Foundation.

This experiment required over 3,000 individual manual measurements!

Potency curves such as these may help one day determine in a definitive way which potencies should be selected in the making of the most efficacious of remedies.

Germination Experiment

Thyroid



The experiment followed a protocol initiated by Rudolf Steiner and Lily Kolisko.

They were the first to discover that, contrary to expectations, when germinating seeds are exposed to serial potencies of a substance a decidedly rhythmical curve results and not a flat ascending or descending line.

Here, carefully selected wheat seeds were moistened with Thyroid potencies D4-D60. A control group was moistened with distilled water only.

For each potency the graph shows the extent to which each group average differs, in %, from the control group average.

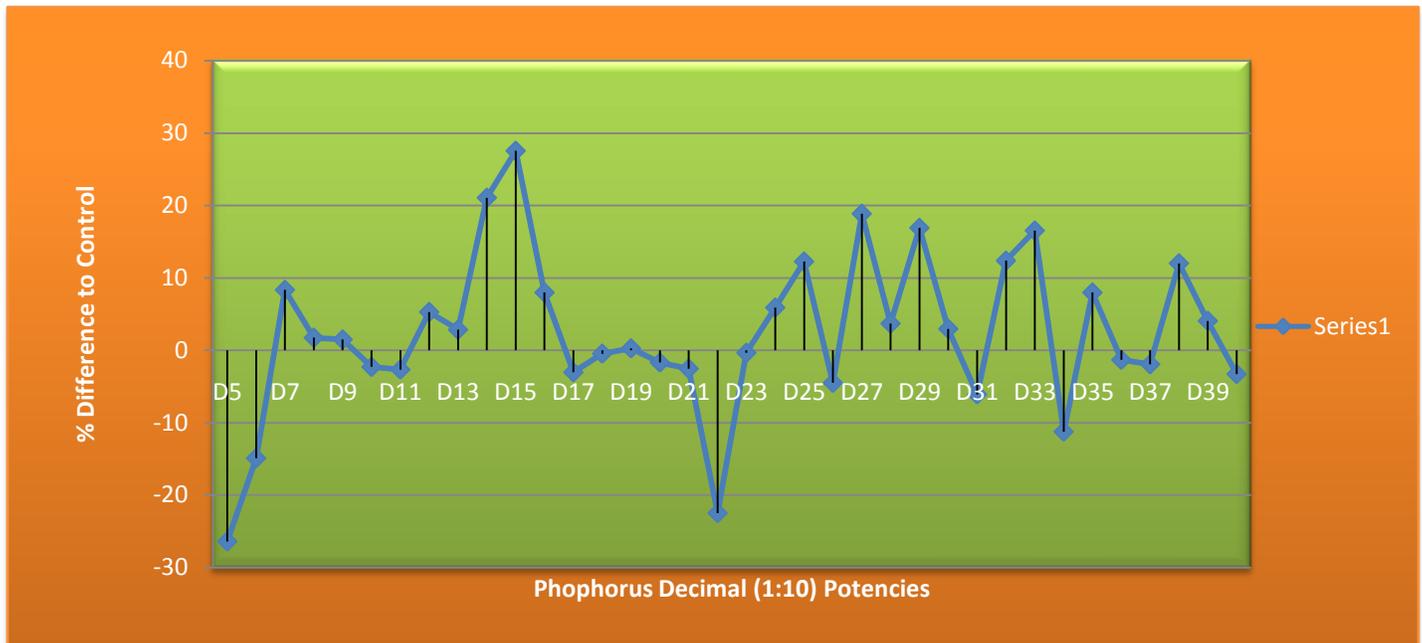
The interpretation of the curve is the object of intense research going on currently at the Foundation.

This experiment required over 1,800 individual manual measurements!

Potency curves such as these may help one day determine in a definitive way which potencies should be selected in the making of the most efficacious of remedies.

Germination Experiment

Phosphorus D



The experiment followed a protocol initiated by Rudolf Steiner and Lily Kolisko.

They were the first to discover that, contrary to expectations, when germinating seeds are exposed to serial potencies of a substance a decidedly rhythmical curve results and not a flat ascending or descending line.

Here, carefully selected wheat seeds were moistened with Phosphorus potencies D4-D40. A control group was moistened with distilled water only.

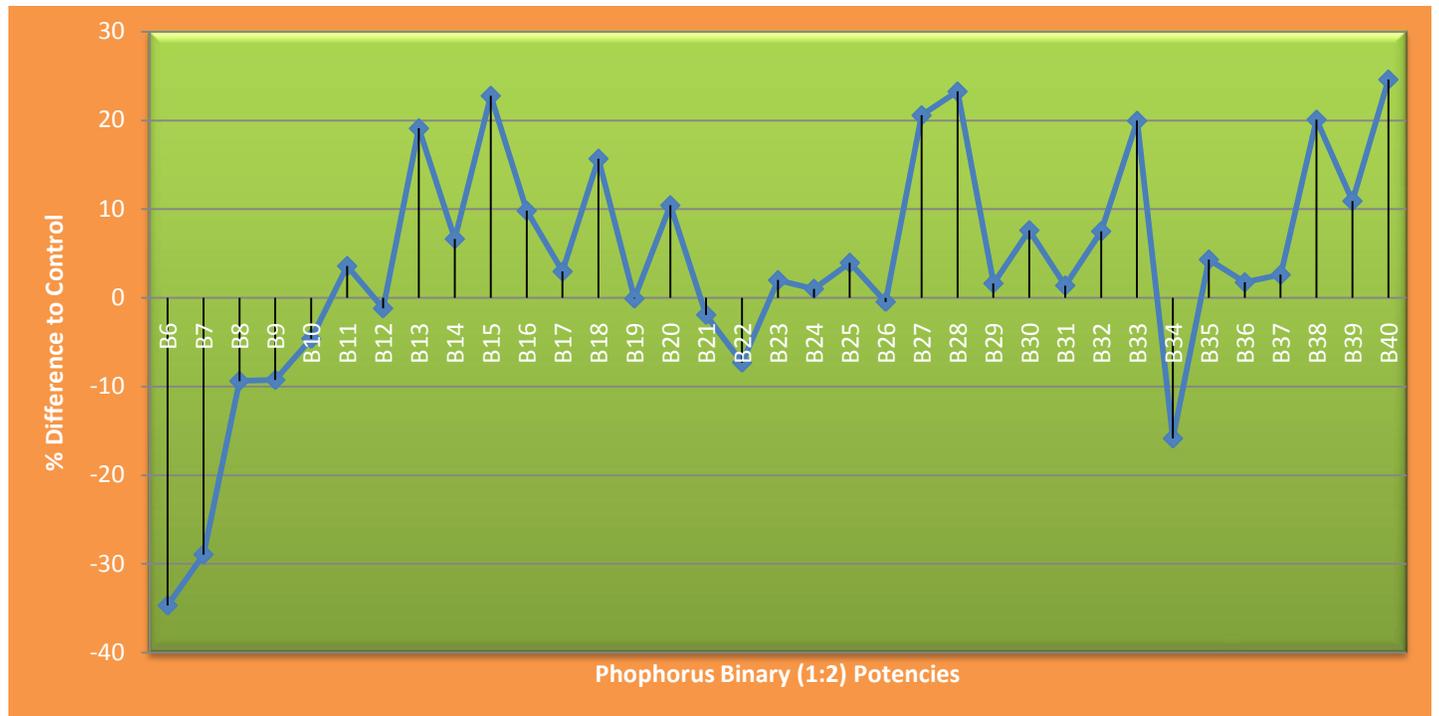
For each potency the graph shows the extent to which each group average differs, in %, from the control group average.

The interpretation of the curve is the object of intense research going on currently at the Foundation.

Potency curves such as these may help one day determine in a definitive way which potencies should be selected in the making of the most efficacious of remedies.

Germination Experiment

Phosphorus B



The experiment followed a protocol initiated by Rudolf Steiner and Lily Kolisko.

They were the first to discover that, contrary to expectations, when germinating seeds are exposed to serial potencies of a substance a decidedly rhythmical curve results and not a flat ascending or descending line.

Here, carefully selected wheat seeds were moistened with Phosphorus potencies 4-40. A control group was moistened with distilled water only.

For each potency the graph shows the extent to which each group average differs, in %, from the control group average.

The interpretation of the curve is the object of intense research going on currently at the Foundation.

Potency curves such as these may help one day determine in a definitive way which potencies should be selected in the making of the most efficacious of remedies.

Boswellia 3k - Chromatography



Chromatography, such as in the method demonstrated here, is a means by which one can begin to visualize the life forces (the etheric forces) that underlie either natural substances like plant extracts, minerals, etc., or that can (or should be at least) found in finished products.

In this case a chromatogram has been made of the Boswellia 3K™ product. The fine radiant details of the picture are an indication that a “living quality” has been maintained through the manufacturing process. *

****(This chromatogram has been commissioned by the TB Foundation and performed in the laboratory of the Andreashof in Germany.)***

Ruscombe Mansion Community Health Center

*Peter Hinderberger, M.D., Ph.D.
4801 Yellowwood Avenue
Baltimore, MD 21209*

*Phone 410.367.6263
Fax 410.367.1961*

7/30/2012

To Whom It May Concern:

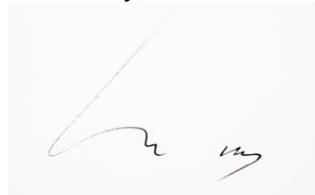
The purpose of this letter is to express my support for the research that is presently conducted through the True Botanica Foundation. This research is based on Lili Kolisko's experiments with plants exposed to homeopathically prepared substances. She was able to document repeatedly that plant growth responds to highly diluted substances and is furthermore influenced by astronomic events. The True Botanica Foundation has taken it on to replicate these findings and objectively validate Kolisko's results through reliable scientific methods.

The goal of this work is to demonstrate that the effect of a potentized substance on live organisms varies from potency to potency – some potencies enhance, others diminish the growth of plants. The next step will be to test this effect on cell cultures.

I am convinced that the team at the True Botanica Foundation will be successful in demonstrating a pattern in the test results that will help to create reliable guidelines in regard to the choice of potency in prescribing. The practical implications of this research are far reaching for the anthroposophic medical community, the homeopaths, and the scientific community at large (Hormesis).

Again, I highly support this unique anthroposophic medical research.

Sincerely,

A handwritten signature in black ink, appearing to read 'Peter Hinderberger', is written on a light-colored rectangular background.

Peter Hinderberger, MD

A Letter of Support for the Work of the True Botanical Foundation

July 1,2012

Ross Rentea, M.D.

CEO, Chief of R&D

True Botanica, LLC

1005 Richards Rd.

Suite D

Hartland, WI 53029

ross.rentea@truebotanica.com

Dear Ross,

I am writing a letter of support for the great work you are doing in the True Botanica Foundation. The not-for-profit educational and research work that the True Botanica Foundation is doing is extremely important for the development, advancement and understanding of truly significant remedies that can facilitate deep healing in a natural way. The True Botanica Foundation is working with anthroposophic insights and methods to do original laboratory research that is critically needed now. There has been an acute lack of anthroposophically-oriented laboratory research that is directed to a better understanding of how to prepare potentized remedies to better aid in healing.

With limited resources, True Botanica Foundation has already embarked on beginning, yet pioneering research. I am happy to accept your offer to be a voluntary member of the Scientific Advisory Board of the Foundation. I so much believe in the work that is being done there that I have made a modest financial contribution to further the work of the Foundation.

Kind and best regards,

Rick

Ricardo R Bartelme, M.D.

Assistant Professor of Family Medicine

Integrative Family Medicine&Anthroposophic Medicine

Department of Family Medicine

University of Michigan Medical School

Briarwood Family Medicine

Ann Arbor, Michigan 48108

Dear Friends,

In the name of all of our co-workers, our Board and our Advisors we want to thank you for looking over carefully the pages of this brief introduction to our work .

We would appreciate a discussion and positive action on the needs presented.

May we give you here a quick recap.

Background

The Foundation was formed two years ago for the specific purpose of doing research that would solidify the standing of anthroposophical medicine in the world and specifically in the US. Adjunct activities are educational activities based both on the research activity as well as on the professional experience of the anthroposophical contributors. Additionally, we want to demonstrate through social activities that anthroposophical health care is of practical concern to the contemporary life of our fellow human beings.

Significant work has already been accomplished.

In the last year and a half over 60 lectures have been given across the country (Illinois, Wisconsin, New York, Massachusetts, Maine, California and others) to an audience of therapeutic professionals and other interested care givers. Needless to say we hope that these activities will lead to the spread of an understanding of anthroposophical medicine.

The research activity has intensified recently.

We are concentrating on continuing and expanding the work started by L. Kolisko under the guidance of Rudolf Steiner. Answering a question on how one could determine the correct dosage of a potentized substance Rudolf Steiner suggested to her that germinating seeds be exposed to serial dilutions. These curves would then show “the vitalizing process in the animal organism”.

L. Kolisko worked tirelessly for decades to obtain numerous such curves but incredibly the main thought of Rudolf Steiner’s that the “right dosage” should be determined in order to obtain the most effective medicine was never pursued. We intend to do the work necessary to advance this idea.

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This experimentation with its ensuing results could potentially be a significant factor in increasing the credibility, visibility and awareness of anthroposophical medicine for the future. Criteria for choosing potencies is a completely unsolved matter in spite of over 200 years of the existence of homeopathic practice. This is an area that we could “own” as anthroposophists.

Both the research and the educational activities will be united in a conference in October 2012 in Chicago, where presentations will be given under the overall title of “Anthroposophy and Homeopathy”. The title was chosen consciously in order to attract as wide as possible of an audience interested in potentized remedies. Incidentally we have been able to get approval for 12.5 Category 1 CME’s, as well as (for the first time, as far as we are aware) for chiropractors and naturopaths (nurses and nurse practitioners can use category 1 CME’s).

Our social activities are in their infancy and consist mainly at this point in distributing free remedies and supplements to the needy and less germane to the concerns at hand.

Projected goals

Clearly we want to continue with our educational activities whether they be in the form of lectures, printed materials or website enhancements.

Our principal intentions, however, are to build out a laboratory exclusively devoted to anthroposophical medicine. It would entail a full cell culture capability besides the continuing seed germination experiments, and more. Ultimately various activities should coalesce into a full time Institute dedicated to anthroposophical health care studies and research.

To begin formulating and concretizing these goals a science advisory committee gathered recently in Hartland, WI, and expressed its support for the thoughts outlined above.



Lily Kolisko (1889-1976)

Projected needs

Both human and financial resources are needed in the future.

Aside from the current appeal here are some long term financial necessities.

Below are highlights of anticipated possible expenditures on a yearly basis – meant here to only give an impression of the project scope:

Educational Conferences (only costs to third parties included)	\$ 30,000
Salaries to personnel	\$ 75,000
Laboratory equipment	\$ 60,000
Facility related costs (rent, utilities, etc)	\$ 25,000
Advertising and printing matters	\$ 25,000
Advisory board activities, consultants, etc	\$ 10,000
Insurance, legal, accounting, varia	\$ 10,000
Total	\$ 235,000

Currently the initial necessary facility, equipment and work hours are being made possible by:

- Substantial personal contributions of the three undersigning physicians
- Substantial contributions from the True Botanica Company.
- Small amounts of a, hopefully, ever increasing stream of tax deductible donations.

To give just one example of the costs absorbed, \$15,000 had to be advanced by TB towards the fall 2012 conference alone.

Even though the True Botanica company is financially barely at breakeven it has given essentially all of its profits (perhaps a higher percentage of its revenue than any other anthroposophic manufacturer) to supporting the educational and research activities of the Foundation.

Nevertheless, TB will not be able in the foreseeable future to shoulder the costs for realizing these intentions alone.

A combination of higher levels of donations and grants, etc will be necessary if this work is to continue.

It would be wonderful to be able to show that we have the enthusiastic support of all those who understand the significance of anthroposophy in the world.

We have clearly pointed out in this “booklet” what the connection is between the company and the Foundation. So you understand that you can help by purchasing products or donating to the Foundation. (Of course be creative if know other ways we would be grateful to have the pointed out to us).

Human Beings must learn to develop a conscious relationship to the Cosmos because (nothing) is going to work anymore otherwise. ...The Laboratory Counter must become an Altar Table.

Rudolf Steiner, 4.29.1918



But you can also help – a lot - by:

- Telling your friends about us ! and
- Inviting us for a lecture/presentation to your local group

Thank you for your attention to our appeal,

For the Foundation,

Ross Rentea MD, Mark Kamsler MD, Andrea Rentea MD

2012



Heilsam ist nur,
Wenn im Spiegel der Menschenseele
Sich bildet die ganze Gemeinschaft;
Und in der Gemeinschaft lebet
Der Einzelseele Kraft.

Salutary it is only,
When in the mirror of the Human
Soul
The entire community forms itself;
And in the community lives
The individual-soul's strength.

(Rudolf Steiner, "The Motto of the social ethic")



www.truebotanica.com

www.truebotanicafoundation.org

