

A Brief Activity Report and Appeal for Support

Dear Colleagues, Dear Friends,

It is again the time of the year when we appeal for your help to keep anthroposophic research and medicine alive. We thank all those who have helped us in the past – none of the work described below would have been possible without you- and have trust in the generosity of even more supporters for the future.

It has been a busy year here.

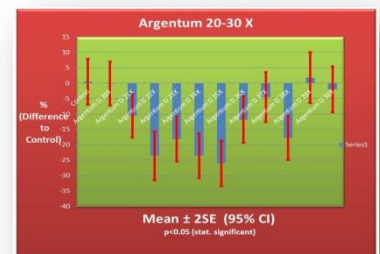
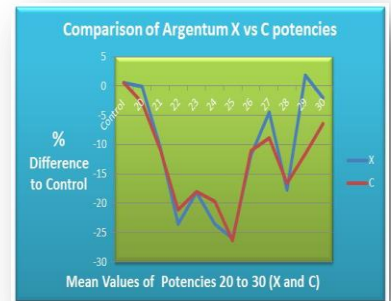
As you can see from our logo we have changed the name of the organization! We have had much positive response to this move. The name change (from True Botanica Foundation to LKI) more clearly highlights the nature of our work - an Institute devoted to ongoing research and education for anthroposophic medicine).

Our Board has been expanded by the addition of Philia Kelnhofer, our excellent VP, and Jeremy Klapper MD, pathologist, superb violinist and anthroposophic doctor. Due to budgetary constraints we have sadly had to say good bye to some co-workers but fortunately the rest of us found the strength to re-double our efforts so that the work will go on.

Following are some examples of this year's activities.

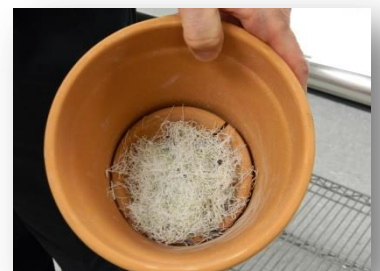
Kolisko Germination Experiments

As before a lot of our efforts were concentrated on improving the Kolisko germination method and obtaining results. The latest work centered on working with potentized Argentum: comparing the effect of decimal (X) and centesimal (C) potencies on the etheric- life forces. As shown in the accompanying graphs, we found – and thus confirm other work done previously in Europe- that there is no appreciable difference between them! This should reassure many of our anthroposophic colleagues who might feel torn between using X or C potencies. (Besides the graph (blue) showing the similarity we have included here also the graph (red) showing the results of the work with only the X potencies in order to showcase among others the care we have given to the statistical analysis. You can find more on the website).



Ashing Process Experiments

Rudolf Steiner emphasizes the importance of the mineral content of the plant – salts and ashes- as the expression of the Ego organization of the plant. We are exploring the optimal ashing steps for many herbs, both roots and the total plant. Again, there is a more extensive article on the website.



Just as an example we mention here the fact that in order to obtain the best ash content of equisetum we had to try multiple temperatures of burning in our special oven and many lengths of time. When done at 600°C for 2 hours the result was an incomplete black colored material (black as a sign of the presence of still a lot of organic material); at close to 1000°C for 6 hours the mass crystalized!; etc. The optimal was found to be 875°C for 4 hours. The ashing studies are ongoing.



Educational Activities

Workshops

The Institute presented multiple extended- weekend workshops throughout the country. These activities reached hundreds of people:

- Boston, MA; RR
- Kimberton, PA; RR
- Nashville, TE; RR
- Hartland, WI. AR, RR, MK
- Viroqua, WI. MK



Two of our staff members, Andrea Rentea MD and Mark Kamsler MD, were also invited to give multiple contributions – on pediatrics and gynecology - at this year's IPMT week long training session organized by PAAM.

The Hartland 2014 workshop was especially intensive. It centered on “an immersion” into the mineral Silica (Quartz) perhaps the most discussed mineral by Rudolf Steiner. We prepared an equisetum tincture that all tasted as it developed over 3 days. All participants took a sample bottle with them home and were asked to give their impressions for the effect on them in the coming days. We additionally presented new material on practical therapeutic work with gemstones. We presented recently obtained documents from the Rudolf Steiner Archives. These R. Steiner notebook notations had never been shown in their totality. (We will present this material again at one of our upcoming webinars).



The workshop also included new aspects of the work on R. Steiner's eurythmical 12 Moods and a review of the zodiac movements and their corresponding consonants. After 3 days of group study on the 14th chapter of R. Steiner's book Fundamentals of Therapy we were surprised – even the more experienced ones- to discover new therapeutic applications that had not been obvious before.

Music, speech formation, intense clinical studies (and good food) were part of it.



Webinars

On the website you can find eight webinars that have already been given.

We plan to give new ones on substances, illnesses and historical content every two to three weeks in the New Year. We hope you can join us.

Website

We have completely redesigned our website. We are thankful for the help of Jorge Sanz-Cardona in the area of the logo graphics. On the new site you will find more presentations on anthroposophic medicine; translations of various texts of Rudolf Steiner –not available in other places; blog communications; and more.

To be kept up to date on all new entries make sure you sign up to receive our blog and newsletter. This way you will get an automatic email alerting you that new content has been posted.

Dear Colleagues, Dear Friends,

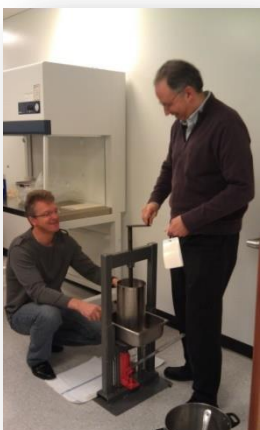
We hope that from the few description given above, you can get an impression for what we are attempting to realize.

F. ex. each germination experiment further consolidates the position of anthroposophic medicine and its remedies. This beginning “hard laboratory data” is essential (of course among other factors) if we are to be taken seriously in our anthroposophic claims. This year we have participated in the major annual homeopathic conferences for both doctors and lay homeopaths (New Orleans and Long Beach California). The interest in anthroposophic remedies is marginal at best but the attention perked up somewhat when we started talking about the experimental results and the possibility that the germination experiments might actually consolidate the validity of the potencies. At this stage though we are viewed with an attitude of “it is a very small beginning let’s see what comes next”.

Through **pharmaceutical research** we hope to contribute to keeping anthroposophical ideas alive and developing and further strengthening the quality of our remedies.

Through our **educational activities**, workshops and webinars (where incidentally we stress the existence of all anthroposophic pharmacies), website and more, we have reached hundreds of people who had no idea (literally) of what anthroposophic medicine with its remedies, eurythmy, meditations, biodynamic foods and constitutional/hygienic approaches had to offer.

We are proud that we are presenting not just “hopes and aspirations” but concrete results.



But obviously much, much more remains to be done!

We invite you all to join us in the work ahead.

We mean that literally.

If you have an idea, if you have some time to come to work with us, or other inspirations please let us know.

Unfortunately there are also some financial needs for which we would appreciate your support!

All our activities, whether they are research, or travels for out of town workshops, or maintaining the website with its constant updates, etc, etc, are extremely time and labor intensive.

Here are just a few examples:

1. **A single “Kolisko Validation Experiment”**, f. ex. testing the behavior of 30 potencies of one substance under a particular constellation:
 - Materials: seeds (approx.. 10,000!), plus ingredients, filter paper, pipettes, other materials;
 - Labor: 40 – 50 man hours (some volunteer work, other time at 15-20\$/hour);
 - Interpretation, put on website, communicate results, etc
 - **Total cost (estimate): \$ 2,500**
2. Give a **weekend workshop** to educate the public on anthroposophic medicine, to increase the number of potential friends and donors. The costs:
 - Travel costs including: air fare, hotel, food, rental car
 - Announcements, time spent on outreach, etc
 - **Total est. cost: \$2,000**
3. **Creating the new website with store component**
 - Actual costs: \$500
 - Labor well over 100 initial hours, some volunteer most at \$15-20/hour (bargain basement prices)



Not included in the cost estimates above are the running costs on an ongoing basis like rental of laboratory space (\$1100/month), janitorial services, etc. The bulk of the research, education, etc, is done on a voluntary basis by the principals but some assistance from salaried co-workers is nevertheless needed.

Financially we foresee a difficult year ahead. Significant bequests were made generously last year by our anthroposophical friends G. Ogletree and Molly Kurtz before their passing. Obviously these generous contributions will not be repeated. Several individuals made large donations. We are deeply grateful to all of them. The True Botanica Company also had to cut down its contributions due to their own stresses. The economic “recovery” has only moved from very comatose to just less than comatose. Need we say more?

Thus more than ever we need to count on the support of the larger community!

We thank you in advance for being an essential part in our endeavor.

Please see the next page on how you can help.

Allow me to finish with the first line of a Rudolf Steiner meditation that we do daily:

“May common Feelings warm us to Human Deeds” ...

For the Board and Our Co-workers,

Collegially and Gratefully yours,

Ross Rentea MD, Mark Kamsler MD, Andrea Rentea MD

1005 Richards Rd., Suite D, Hartland, WI, 53029, 262-912-0970, www.koliskoinstitute.org

Thank you for your financial help to the Lili Kolisko Institute.

The easiest way to donate is through the [PayPal or the Credit Card option on our website](#).

(You can of course also write and mail in a check).

Please consider one of the following categories:

- **Make a \$1 a day donation!**
You can make a onetime donation or choose a recurrent \$30 a month option through PayPal on our website.

As a special thank you from us you will receive a “Memorandum” on the esoteric needs of anthroposophic pharmacy, authored by Walther Cloos (1900-1985), one of the premier anthroposophic pharmacists. To our knowledge this document has never been available in English before.
- **Make a \$250 donation!**
As a thank you from us you will receive the same Cloos “Memorandum” mentioned above.
- **We will gratefully accept any amount which you feel is possible for you to give!**

All donations are tax deductible.

If you would like to, please feel free to indicate if you would like your donation to support a specific project (research experiment, education/outreach, general fund) and if you would like us to mention that your donation made possible that particular project.

There are other ways of course to participate and show your support. On the website under “Donate” several of these ways are described. There are also more intangible but critically important options: referring other friends and colleagues to us; helping us with your connections to grant giving organizations; and more. Please do not hesitate to call us and discuss your thoughts with us.

Thankfully yours,

For the Board,

Ross Rentea MD, Mark Kamsler, Andrea Rentea MD

