

Dear Friends,

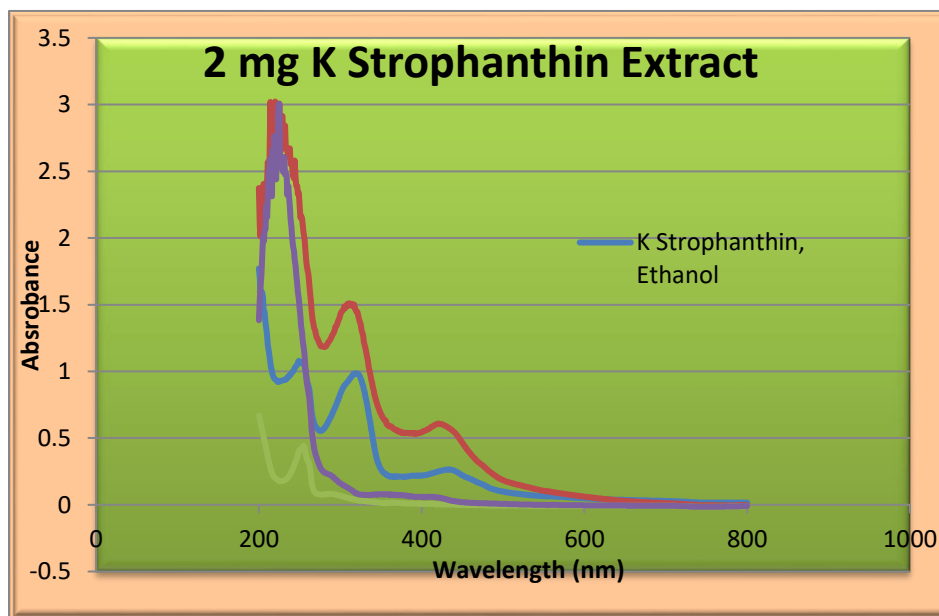
What a tumultuous time we live in –we will give you an example below how these “times” affect us concretely.

Nevertheless due to the dedicated work of our co-workers and the support of our Board, our friends, and our donors we have been able to continue our activities. Here is a snapshot of our activities.

We have continued – with success – some of our old projects but added some new ones too.

From the work with Research on Substances

Strophanthus



Absorbance spectrum of K Strophanthin in ethanol or glycerine, after treatment with concentrated sulfuric acid.

Rudolf Steiner attributes a great importance to seed extracts of the Strophanthus plant since according to his spiritual scientific research this plant extract can “neutralize the damaging effects of our culture”! We will discuss much more about it at an upcoming webinar, but for now we want to give a glimpse about the work we have done so far in order to make available a reliable tincture.

1. A significant effort first went into finding a laboratory method that would allow us to standardize the extract. This could never have been accomplished without the help of Tim Heath, Ph.D., retired professor of the University of Wisconsin, Madison, School of Pharmacy. (He is also one of our cherished Board members). Thank you Tim! After many unsuccessful discussions with other labs he helped us by performing himself the analysis of the strophanthus extract through so called spectrophotometry. Spectrometry is based on the ability of substances to alter the transmission of light at specific wavelengths. With the help of a laboratory instrument called a spectrophotometer, a fluid can be evaluated for the concentration in the fluid of the particular substance of interest based on the molecule's ability to alter the transmission of light at those specific wavelengths.
(A sample of this work is shown in the graph above.)
2. Now that the concentration of the extract/tincture could be reasonably ascertained, appropriate dilutions and potentization steps could be carried out; and hopefully one more of these valuable indications of Rudolf Steiner's can be offered for the health of human beings. (To avoid misunderstandings we note specifically that a variety of strophanthus formulas exist currently on the market (in Europe, not so much in the US), however, each one has problems that we have tried to avoid. As mentioned above more in an upcoming webinar.)

Other Substance Research – ex. Myrrh

Another effort has gone into better understanding the Myrrh resin. This plant is best known for its bitter quality but recently we have written an article on osteoporosis for the Lilipoh magazine and you might be surprised to know that myrrh has a place in the treatment of that condition.

All the studies needed to understand the “Being of the Substance”, all the trials (and errors) to actually get the ideas manifested in the physical world, take hours and hours but the work is worth it if we can make a reality out of Rudolf Steiner's intentions.

A great many thanks here specifically to Mark Kamsler, MD who spends endless hours “volunteering” in order to make this research a reality.

The Kolisko Validation Research

(First, a paragraph from last year's introduction:

As most of you know, for many years we have conducted research to demonstrate the effect of potentized substances on the life forces in wheat seeds. We have been able to show, in study after study that even in ultra- high dilutions where there is not a single molecule of the actual

physical substance left, there is a demonstrable, statistically significant effect evident. Moreover, we have seen again and again that anthroposophically prepared formulas are more enlivening on the growth forces (the etheric forces) than the usual commercially prepared products.)

Here you see now an example of our work in 2018.

After calibrating carefully the experimental environment we have repeated the same experiment multiple times and were able to show the reproducibility of the results!

See the graph below.

This is a major accomplishment and we need to thank here the co-workers who have spent hours sifting the seeds (thousands), nursing the seeds to grow, weighing them, analyzing the results for statistical validity... and of course cleaning up for the next time 😊. (A lot of the sweat has been contributed by our most recent helper Corinne Horan, a young eurythmist spending some time with us while she is obtaining her curative eurythmy diploma).

Of course when it comes to end stages of experiments it's all hands on board so to speak but you can count on Patrick and Philia especially to always make themselves available and pitch in with good cheer and especially attentiveness and accuracy.

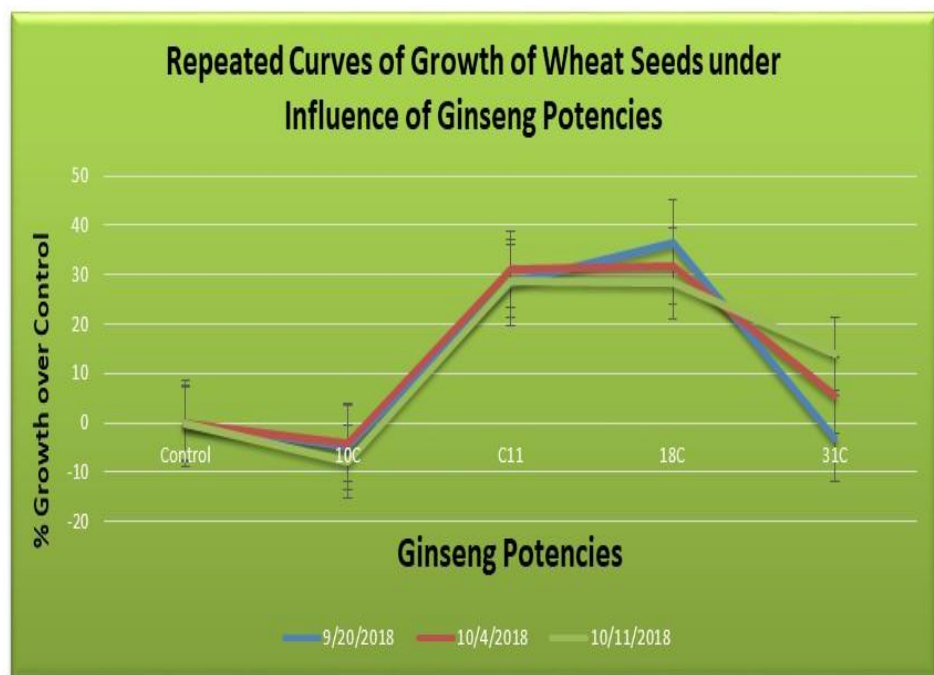
The help of many has been particularly important this year as we have studied many other substances not mentioned in detail here such as Gentiana cum arsenicosum; Ferrum phosphoricum; Ferrum arsenicosum; Iodium; Viscum album; Ginseng and more.

All in all 17 different substances were studied throughout the year.

Wouldn't it be great if more of these experiments could be done to give more credibility to anthroposophical research in basic sciences – with then significant clinical applications?

With your support

we hope to have the time next year to put all the results together and publish these findings in



appropriate journals. As we are approaching the 100th year anniversary of the time when Rudolf Steiner and L. Kolisko first started this work it is important not to simply show that their ideas are “reproducible” as botanical “curiosities” or even confirming that potentized substances have an effect even at ultra -high dilutions. Rather, we must also demonstrate (as we are trying to show here for the first time) that they have an enormous potential in better understanding specifically the medical remedies and ensuring their quality. This is how L. Kolisko started her work on germinations: with the question to R. Steiner on how to find the best remedy for an illness. It was her dream that the germination work would be directly connected to the therapeutic work of the doctors, i.e. that the most characteristic “signatures” of each substance be found (through its germination curves) such that its best potencies as medicines be understood. Is it not high time that this impulse may come to fuller fruition?

Educational Endeavors

We are continuing our efforts in multiple directions.

Attended by nearly 50 friends, we were able to hold our annual Kolisko Institute conference –this time with the theme:

The Foundation Stone Meditation, its Rhythms and the Stars

(from the 18th to the 21st of October, held at the Prairie Waldorf School, in Pewaukee, Wisconsin).



Additionally, connecting to the main theme several contributors added their own findings from the work with substances. Significant new aspects were developed in what the participating friends called more of a “true workshop” atmosphere than “just” a conference mood.

Enthusiastic participants joined us from literally a whole ring of states of the US. (When at the conference we seemed to forget Texas we were reminded by Dr. Vinay not to do that. We need to assure him here that we “do not want to mess with Texas” 😊)

Lectures were given by Mark Kamsler MD, Andrea Rentea MD, Jeremy Klapper MD and Ross Rentea MD. Besides the lectures, the success of the meeting was ensured by the rich artistic activities. We want to thank here the eurythmy contribution of the artistic director Barbara Bresette-Mills, Corinne Horan and their colleagues and the violin performance of Jeremy

Klapper MD. Of course last but not least a thanks needs to go to Philia Kelnhofer who with her helpers organized the administration and the excellent food offerings.

Judging by the feedback from the participants it was a valuable conference which one friend called “a conference with enough substance to fill the soul for a year.” Our work of preparing for over 6 months both the content, the administration, facility and more seems to have been well

received. Inspiration from above and support from below permitting, we will be able to announce another conference in the fall of next year.

(Even though the esoteric experience, not to mention the meeting of the other human cannot be shared easily or at all in a webinar session the success of the conference gives us the courage to try sharing some content of this event through webinars in December. We will announce them soon.)

Other Educational Activities:

Mark Kamsler –gave lectures at Waldorf Schools, Lifeways Trainings, and worked with teachers in classroom observations and discussions.

Andrea Rentea MD - is mentoring several colleagues in increasing their proficiency in anthroposophical medicine. Also she has been invited to give a series of lectures at the IPMT workshop (for the training of anthroposophical doctors.)

Ross Rentea MD – is continuing to give webinars on general anthroposophical and anthrop. medical topics. He has recently started to send out emails with the title of “Essentials in Anthroposophical Medicine”, covering among others substances like aconitum, boswellia, chicorium, silicea, Teucrium and others.

As in all our other activities but especially in the educational sphere we welcome co-operation with other likeminded groups.



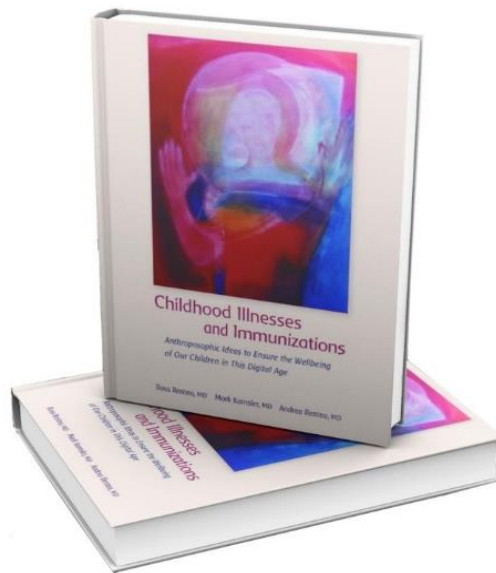
“The BOOK”

This is a reminder and an appeal!

Toward the end of last year (2017) we have published the “Childhood Illnesses and Immunizations” book.

Unfortunately, it has received little attention to today. We must remedy that for good reasons.

We believe this a very important contribution to anthroposophical medicine, anthroposophical



health care and anthroposophical child care in general.

To our knowledge this is the first time that Rudolf Steiner’s ideas on immunizations are being presented comprehensively, in detail and with all the pertinent Rudolf Steiner quotes and nuances (Possibly literally one quote is missing which we found ourselves but it was redundant so we will add it only if a second edition is published.)

Yes, it contains a wealth of the necessary conventional scientific information, warnings on the dangers of improper immunizations, etc. but that is not the essence of the book.

What we find important is that the book emphasizes specifically the anthroposophical thinking of Rudolf Steiner so that we can follow his thought process, intentions and then consequences that follow from them.

It will help to lay to rest many controversies on the topic that exist in our own circles!

The book should be invaluable to all Waldorf teachers and parents.

We point out, perhaps for the first time ever, in a comprehensive manner, how the very principles of a Waldorf education can, according to R. Steiner, overcome the negative effects of immunizations. (Keep in mind that under the current culture and laws, sooner or later most children and young adults will be immunized. Consequently, rather than only emphasizing “abstinence” from immunizations, which is of course very important whenever possible, we also need to seek as many answers as possible of how to neutralize the effects of immunizations if they have to occur. As in all our other efforts we try here also to show the core answers that anthroposophy has to offer to the problem.)

This book contains so many practical remedies and therapeutic suggestions that in itself it can be a valuable aid to aspiring anthroposophical physicians wanting to practice anthroposophical medicine.

Shortly we will be starting a modest “campaign” to make the book better known in our circles.

We hope to have your support and help.

Please let your friends know about this publication.

If you purchased the book, or will purchase it, on Amazon, please give it a, hopefully, great rating. Thank you!

Note: profits from the sale of this book go in their entirety to benefit the research at the Institute.

A Crisis Situation – FDA inspects True Botanica

Recently the FDA made a surprise inspection of the True Botanica facility.

They found a number of minuscule problems but fortunately items that we can comply with and overall we are proud that (for the time being at least) we survived. Thank you to the incredible work of Mark, Philia and all co-workers at True Botanica that are doing such a superb job on a daily basis. To give you nevertheless just one example of the level of the discussion: is distilled water the same as “purified water”; are the measuring scales better kept on shelves or on the work tables before the actual measuring process, etc., etc.

Even though TB is a separate company we are mentioning this inspection here because it actually does affect the anthroposophical work at Kolisko. The inspector wanted to see more documentation on the Germinations and the Kolisko Validation process because it is included in the product output of TB and part of what we consider to be making our potentized remedies “special and anthroposophical”. This will make it necessary for us to spend more time, more

resources to bring this side of our research to further meet irrelevant outside “specs”. (Any more doubts that “the world” is not reaching its tentacles into our sphere?)

As in past years, again, we need to end with a Plea for your Support and Help!

All our activities, especially the scientific projects, require significant monetary outlays.

In “conventional” institutes work such as we are describing here (scientific research, publications, educational activities, etc.) would require a budget of several hundred thousand dollars. Everybody can imagine what the salaries of the necessary three to four co-workers not to mention the support activities, overhead, marketing activities, and more would require.

In our Institute all workers essentially volunteer their time-hundreds and hundreds of hours. The True Botanica company covers most of the overhead. (We also currently will cover the interminable paper burden placed upon us by regulatory agencies.) Donations from many understanding friends (supplemented by several extremely generous and large additional donations) have continued to make our existence possible.

Yet short falls exist and we always look with trepidation to the year ahead.

There are always unexpected expenses occurring. (As an example, just to prepare the groundwork for the eventual “in house” Strophanthus work, outside laboratories charged us over \$10,000.00.)

We estimate that even with judicious budgeting we will have a budgeting shortfall for next year of close to \$75,000.00.

Please support us if you share our belief in the importance (and unique positioning) of the Kolisko Institute work.

Here are some suggestions how you could help – and we are open to more ways:

- **Make a generous, tax- deductible donation, to the Institute!**
Your contribution at any level is much appreciated.
For those who can, may we suggest as a guide the donation of one day of your income? (Maybe some could do even more?!)

If your financial situation is limited, even the gesture of a \$1 contribution would be important for us since it would show a high level of interest and support in our work. It would be significant to show that hundreds of people support not just the idea of anthroposophical research but the actual implementation, the actual existence of it in the real world.

(As we have pointed out in the past Rudolf Steiner made a passionate appeal for financial support in no less of a place than in the middle of the Christmas Conference and in immediate proximity of Lili Kolisko's lecture on her experiments on Germination.) Of course all donations are tax deductible to our 501 (c) 3 not for profit institution.

- **Increase your purchase of the True Botanica products.** If everybody who reads this appeal would buy, on a more regular basis, the TB salt, pepper, coffee, hand and body cream, multivitamin and minerals, the new supplement for winter health, and more, (not to mention supplements that are specific for your personal health issues, like our superb anti-inflammatories against arthritis, asthma, colitis, and so on or our supplements for brain health) we would be greatly helped at the Institute –since profits from TB go to support the Institute.
- Of course a great help would also be **purchasing our book**, and in general letting your friends know about the TB products or maybe steering your place of work to make a matching contribution towards our non-profit Institute.

In all that we do our intention is to contribute to make anthroposophy a reality in the world. Lets' keep in mind that when Rudolf Steiner demanded that we as anthroposophists meet the needs of the world and be relevant to the world he meant that we develop processes, ideas and results that help the world but that all these contributions, "discoveries" and yes, "products" arise, however, (and that makes it very difficult) out of the spirit of anthroposophy and in harmony with it.

A Huge Thank You to All !

Thank you for making our continued work possible, whether it is in the direction of basic science research, research that leads to anthroposophical products or in our work in the educational sphere.

We also want to take this opportunity to point out, and thank for, the truly incredible support, assistance and help we have received this year again from the “outside members” of our Board of Directors: Paul Barratt MD, Gordon Edwards, Gene Gollogly, Tim Heath and Jeremy Klapper MD. Every single one of them went far above and beyond what we had expected.

As always thank you to all who listen to our webinars, read our emails, travel in order to be present at our conferences, work at the Institute (on a daily basis), and finally thank you, and you know we would not be here without your support, to our faithful donors.

From the entire Kolisko Team,

A Joyous Holiday Time,

Merry Christmas, and

A productive, inspired and Happy New Year

Ross Rentea MD, Mark Kamsler MD, Andrea Rentea MD

11-11-2018