

Annual Report - 2019

(And an Appeal for Support)

10 Year Anniversary!

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Dear Friends,

We can hardly believe that ten years have passed since we opened the Kolisko Institute on November the 20th, 2009 - Lili Kolisko's death day (11/20/1976).

We want to thank first all those who have made our existence possible: our co-workers; our donors; all those who have sent us their best wishes and followed our work, participants at our conferences and of course our Board members.

Thank you again to all.

A lot has been accomplished and even immensely more needs to be done.

Here are some of the highlights from these years:

- We have successfully performed hundreds of germination experiments on wheat seeds and developed the Kolisko Validation Method through which we can test the quality of potentized remedies;
- Researched and introduced through the True Botanica company new remedies like the Pentas products, Strophanthus, Myrrh, Boswellia, the Reservoir series and many more;
- Organized and given annual conferences centered both on anthroposophical remedies as well as the core principles of anthroposophy;
- We have published a book on immunizations and childhood illnesses;
- Presented webinars.

Specifically, for this year our major work has been:

1. Continued our laboratory experiments and development of new remedies (work in progress).
2. Educational activities:
 - Given seven lectures on anthroposophical medicine at the IPMT, a training week for anthroposophical doctors (on topics such as lung, cardio-vascular, liver, and other illnesses).
 - Presented a workshop in California on the Rhythms of the Foundation Stone Meditation;
 - Presented a workshop in Chappell Hill, N.C., on anthroposophical solutions to medical problems of the elderly;
 - Presented a conference in Hartland, WI, on the Foundation Stone Meditation;
 - Presented a workshop on “Nurturing and Nourishing Ourselves and Children”
 - Presented a workshop on Raising Healthy Children: Anthroposophical Medicine--
Ideas for supporting general health, common illnesses and healthy development of body, soul and spirit.
 - Helped Waldorf teachers in assessing problem children in the classroom.

Current Status and Projected Financial Needs

Dear Friends,

This year we are in an unusual situation with new possibilities.

Due to several generous donations and pledges we have received \$150,000!

This is of course extremely good news, but it came with the condition that we can keep most of the money if we can manage to show sufficient support from the community such that we can match the funds to the tune of 2:1--meaning raise at least \$75,000. A tall order but maybe (hopefully) achievable. Of course, some large donations would close the gap more quickly but every single dollar counts.

We would like to repeat below some details that we have shared with you in the past to make our needs more understandable:

Laboratory research and the educational work connected to it are very expensive.

- Materials need to be purchased;
- Co-workers' salaries covered;
- Facilities have to be maintained;
- Outside help occasionally needed (statistical consultants, etc)

The current funding sources are:

- The True Botanica Company has been involved with significant help. At present however the company itself is operating at or only near break-even levels so that the future support is limited. (We could all help immensely by increasing the purchase of the remedies that the company produces. They are all anthroposophically inspired and manufactured with unique characteristics that are important to all who want to combine physical with spiritual health. For more information, please visit the website at www.truebotanica.com. The TB company puts the necessary funds into the operation of its productions but plows all additional monies into the support of the Kolisko Institute. The two principal researchers (Drs. R. Rentea and Mark Kamsler) have given their time at a nominal to no reimbursement for services rendered.)
- Income from fees originating from attending our conferences, webinars, sale of our other work products (future book(s)), etc.
- Gifts, Bequests and other larger, one-time contributions.
- All items above however do not cover most of the needs of the ongoing activities.
We are completely dependent on contributions (tax deductible) of friendly Donors!!

To summarize, we believe that our research should be supported since:

- Rudolf Steiner specifically considered the Kolisko type laboratory work to be “a beautiful task” (“eine schöne Aufgabe”);
- A physical facility, active work, ongoing developments are already in place; the principal researchers have the requisite credentials both anthroposophically, business and research wise.
- Very positive results have already been obtained; not only can we show which potencies of the remedies are the most active, but we are also beginning to conduct experiments showing the superiority of anthroposophical remedies vs. the other commercially available preparations;
- This work can help generate enthusiasm among present and especially among younger upcoming physicians and lay people alike, showing that anthroposophy is creative and constantly renewing itself;
- These results can strengthen anthroposophical medicine, which then being more successful can in turn better support the Society as such.

We hope with your help that we won't have to interrupt our work.

This work directly helps all those who have an interest in or need of anthroposophical medicine!

A new phase is starting in the life of anthroposophical medical development. While it was enough up until now to become familiar with Rudolf Steiner's work, nearly 100 years after he laid the groundwork new demands are being made on us. Our colleagues "on the outside" want to see how we work with anthroposophical medicine, what we have done with it over the years, how we now contribute to its further development. Our desire to participate in discussions with our integrative and holistic colleagues must be accompanied by our ability to show that we "walk the talk".

Rudolf Steiner's words are catching up to us:

*"... Spiritual science places us into life in a practical manner. However, this spiritual science will have to be applied in ways that go beyond that which is being done today. Today one thinks that one has done enough with spiritual science when one has listened to her for a while, and when one believes that she may have had a beneficent, uplifting influence on our soul. **That is not enough!** Spiritual science must enter into all branches of life in practical actions. In all branches of life, the fruits of spiritual science must show themselves." (2.18.1916)*

Thank you for your Support

With warmest wishes for the coming Holiday Season,

Gratefully yours,

The Kolisko Institute Team

12-2-2019



For those for you who may not have received this text several year ago we are including it here again. We hope you will find it informative and motivating to action. Since 2016 the situation has become more inimical to anthroposophical medicine rather than less.

Due to the many significant events of 2016 directly affecting the future of anthroposophic remedies it seems appropriate to start with the obvious question: Is the Kolisko Institute work relevant to these current needs of the time?

We think the answer is YES.

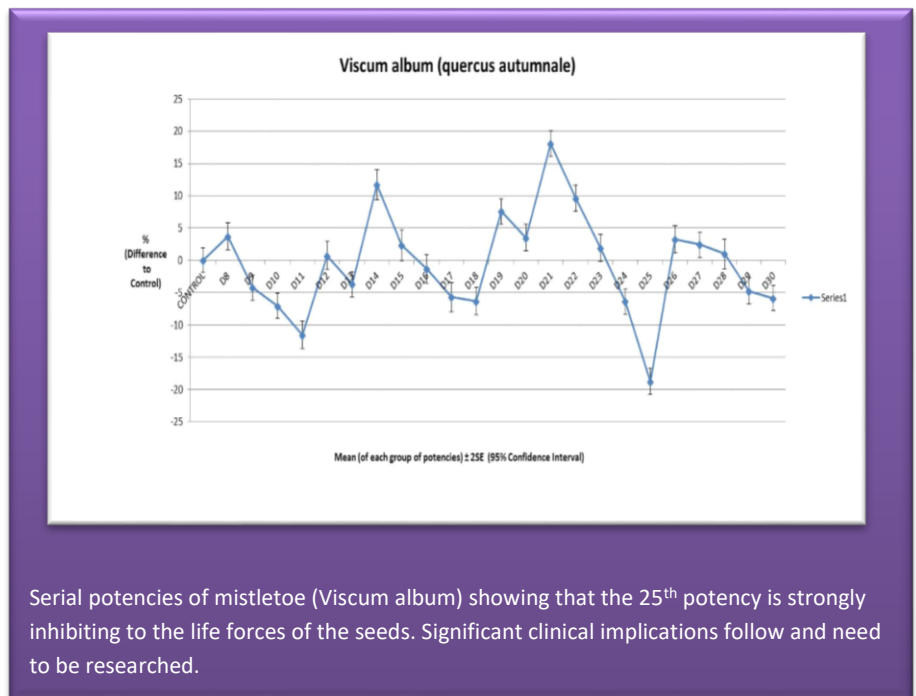
A. The Research at our Institute counters the claim that potentized substances are only based on 18th century mystical, nebulous traditions

We have re-printed below an email announcement we have received from the AHPA organization (a national umbrella organization protecting herbal concerns.)

FTC Issues Enforcement Policy Statement Regarding Marketing Claims for Over-the-Counter Homeopathic Drugs (sent 11.15.2016)

Efficacy and Safety Claims Are Held to Same Standard as other OTC Drug Claims

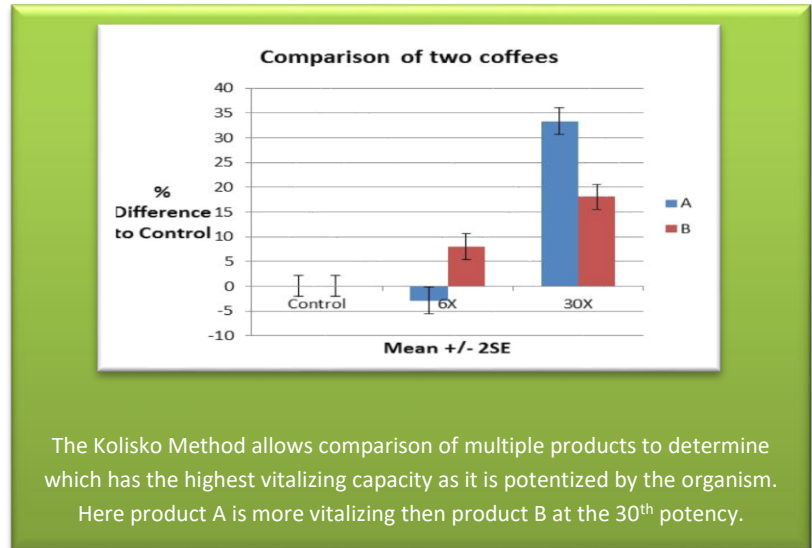
The Federal Trade Commission today announced a new "Enforcement Policy Statement on Marketing Claims for Over-the-Counter (OTC) Homeopathic Drugs." The policy statement was informed by an FTC workshop held last year to examine how such drugs are marketed to consumers. The FTC also released its staff report on the workshop, which



summarizes the panel presentations and related public comments in addition to describing consumer research commissioned by the FTC.

The policy statement explains that the FTC will hold efficacy and safety claims for OTC homeopathic drugs to the same standard as other products making similar claims. That is, companies must have competent and reliable scientific evidence for health-related claims, including claims that a product can treat specific conditions. The statement describes the type of scientific evidence that the Commission requires of companies making such claims for their products.

Homeopathy, which dates back to the 1700s, is based on the theory that disease symptoms can be treated by minute doses of substances that produce similar symptoms when provided in larger doses to healthy people. Many homeopathic products are diluted to such an extent that they no longer contain detectable levels of the initial substance. According to the policy statement, homeopathic theories are not accepted by most modern medical experts.



For the vast majority of OTC homeopathic drugs, the policy statement notes, "the case for efficacy is based solely on traditional homeopathic theories and there are no valid studies using current scientific methods showing the product's efficacy." As such, the marketing claims for these products are likely misleading, in violation of the FTC Act.

However, the policy statement also notes that "the FTC has long recognized that marketing claims may include additional explanatory information to prevent the claims from being misleading. Accordingly, it recognizes that an OTC homeopathic drug claim that is not substantiated by competent and reliable scientific evidence might not be deceptive if the advertisement or label where it appears effectively communicates that: 1) there is no scientific evidence that the product works; and 2) the product's claims are based only on theories of homeopathy from the 1700s that are not accepted by most modern medical experts.

The policy statement notes that any such disclosures should stand out and be in close proximity to the product's efficacy message and might need to be incorporated into that message. It also warns marketers not to undercut a disclosure with additional positive statements or consumer endorsements reinforcing a product's efficacy. The statement warns that the FTC will carefully scrutinize the net impression of OTC homeopathic marketing claims and that if an ad conveys more substantiation than a marketer has, it will violate the FTC Act.

The Commission vote approving the enforcement policy statement and issuance of the staff report on the Homeopathic Medicine & Advertising Workshop was 3-0.

How do we counter these statements: with Our Kolisko Validation™ Research

The results of our research clearly showed that potentized substances have a definitive effect on the biological life forces of plants in the laboratory, even when so highly potentized (so called ultra- high diluted and agitated) solutions of substances were used that no more physical substance would be demonstrated in the test solutions. (The results are applicable to humans.) This brings the influence of ultra-high dilutions (some of these potencies being part of what is called homeopathy some part of anthroposophically prescribed substances) **out of the realm of mysticism into the area of solid science. No more 1700's here!**

To see more detail please visit our website and listen to the latest webinars we have given. Click [HERE](#).

Or you can read this comprehensive article: <http://www.koliskoinstitute.org/kolisko-validation-process/>.

B. The Research of the Kolisko Institute counters the increasing materialism appearing even in the homeopathic field

Rudolf Steiner valued Kolisko's work so highly (which we are continuing) since it allowed the proof that spiritual forces are directly and visibly working into the physical world.

This is especially important in our time when in spite of lip-service to the contrary, materialism is actually quite widespread: the "mind" is only a reflection of neurotransmitters; acupuncture meridians are accepted only if physical structures can be demonstrated and electrical impulses shown to flow through them; and even homeopathy and potentized remedies are reduced to "nano- medicine", i.e. physical particles not spiritual forces are the active forces.

Astonishingly the American Institute of Homeopathy has released a short time ago a letter to conventional physicians trying to get them to give homeopathy a new consideration because:

“...Nanoscientists at 12 independent research labs have now consistently confirmed that all (potentized) medicines studied contain various nanostructures, including source and silica nanoparticles which are heterogeneously dispersed in colloidal solution – making homeopathic medicine the first known form of nanomedicine. What’s more – we now know from recent discoveries in nanoscience that each remedy manufactured using traditional methods of trituration and vigorous agitation must in fact contain nanostructures.”

This is where the research into the behavior of potentized substances, research done at the Kolisko Institute, can contribute to ensure that our voice for the recognition of the reality of spiritual impulses will be heard and respected. Rudolf Steiner was already pointing out in 1923 that Lili Kolisko’s work demonstrated that the activity of substance potencies, potencies named by R. Steiner “the activity of the smallest entities” was due to spiritual not material forces.

Is the Institute Research a “Social Impulse”?

Lili Kolisko knew that with her method she could help doctors find out which potencies of the remedies would be best suited to help in the clinical setting!

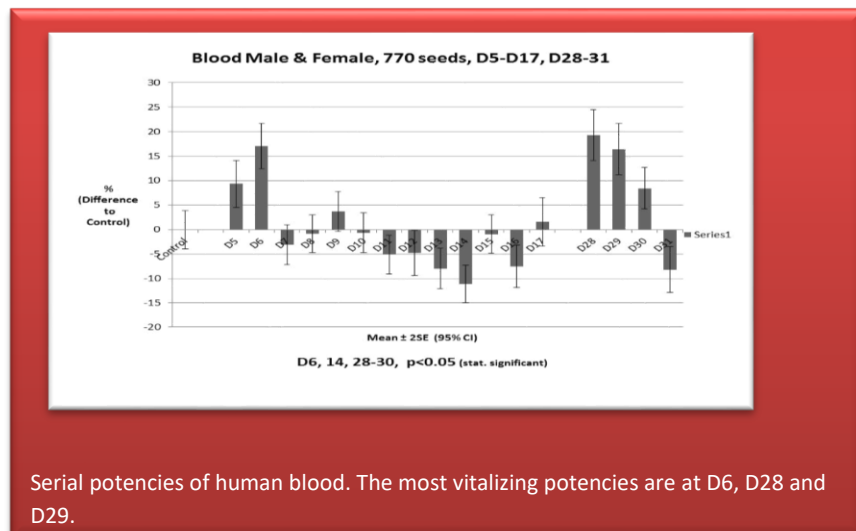
Unfortunately, she could never realize her dream to cooperate with doctors in this direction.

Her work in the field of serial potencies was taken up in several variations over the decades but never in this cooperative direction of researchers working with doctors and patients to demonstrate that the resulting curves from the laboratory could be translated into practical applications like remedies which then would be used in clinical situations.

This is the direction we hope to develop and have already made some progress in.

As mentioned above, this work is especially important today in a time when the FDA is beginning to look quite closely at the reality of the “homeopathic” remedies.

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 are a completely unsolved



matter despite over 200 years of the existence of homeopathic practice.

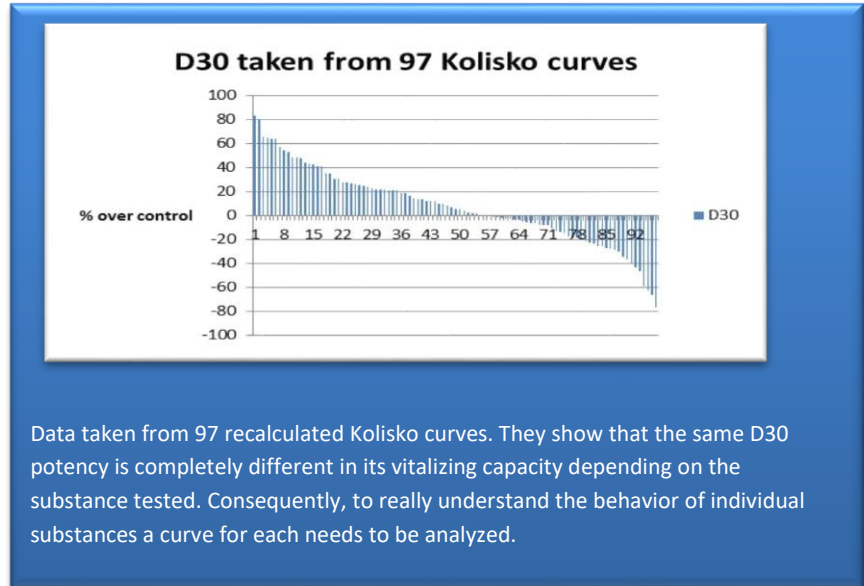
This is an area where anthroposophists could have a leading role in the world.

Rudolf Steiner considered the Kolisko method to have a historical importance of the first order.

No wonder that he comes back again and again to highlight her work as in the examples we give here:

- 3.31.1920
- 9.2.1923
- 8.30.1923
- 11.15.1923
- 12.31.1923

He praised her unceasingly, even during the Christmas Foundation conference (the culmination of his work). He was extremely disappointed that the Anthroposophical Society did not concern itself more with this work.



We would love to dispense FREE anthroposophical remedies to patients in need if a collaboration with doctors could be established.

We hereby also want to take the opportunity to extend our offer to come to interested communities FREE of charge to help deepen the understanding and practice of anthroposophy and anthroposophical medicine.

Yes, our work can be of social significance!

Respectfully submitted,

Ross Rentea MD, Mark Kamsler MD, Andrea Rentea MD

11-20-2016