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Annual Report - 2021

Thanking you
For the Support that makes continuing
our Strivings possible!

Dear Friends,

We have been very active and have a lot to report.

But first we have the pleasure to share with you that after nearly 10 years of preparation – and in no small measure due to the support of all donors- we finally have a

Cell Culture Laboratory

This is a significant development on the Anthroposophic field.

Using the most advanced technology we will strive to demonstrate the profound activity of the highest potencies of substances. This step will consolidate the ability to ascertain the effectiveness of our anthroposophical remedies. What up to now could only slowly be demonstrated with the help of wheat seeds will now be studied with advanced “university like” methodologies.

We have given a more complete “walk-through” at a free, virtual open-house, webinar, on Saturday November 20th, at 1PM CT.

This webinar is available on the Kolisko website. To see it, Free, please go here to the Kolisko website, www.koliskoinstitute.org, go to the Store and choose the webinar entitled “Our latest laboratory developments-2021”. The webinar contains extensive explanations on the history, intent, and current functions of the laboratory.

When fully operational our research will have great importance for the development of new and effective medical treatments. In a world that is awash in toxic substances, well designed anthroposophical remedies will be increasingly important.

Being able to demonstrate that anthroposophical research is accurate and reliable was always one of R. Steiner's strongest wishes. We hope to help in that direction.

L. Kolisko did her germination (and others) to show that the forces of the star/cosmic worlds are becoming manifest when the substances are potentized in a certain way. We are going in the same direction and hope that doing it in the new laboratory will enhance the credibility of the results.



Active team at work strategizing for next day.

From left to right:

Mark Kamsler MD, Malory Mueller, Ross Rentea MD, Tim Heath Ph.D.

Meet our Team!

You have met Ross and Mark before. (I would be remiss if I would not mention how many hours-perhaps hundreds- Mark has put into ordering the equipment and coordinating the installations, etc., etc.)

However, this year we would like to introduce two people who are truly essential in accomplishing our goals.



Malory Mueller M. Sc.

Malory is the Senior Technical Researcher at the Lili Kolisko Institute. She has a Bachelor's degree in Molecular Biology and Bioinformatics and a Master of Science in Applied Molecular Biology, both from the University of Wisconsin-Parkside. She was a student researcher for 6 years at UWP studying the enzyme ribonucleotide reductase in the *Aedes aegypti* mosquito. She also worked at the Medical College of Wisconsin in the

Biophysics department for 2 years looking at the mechanism of LPS transport across the periplasm of gram-negative bacteria.

Currently she is working at Kolisko with the mouse myeloma cell line SP2/0 and determining optimal growth conditions alone and in the presence of arsenicum. Once optimal conditions have been established, she can use ultra-high dilutions of different synthetic and non-synthetic compounds to study their effects on cell growth and development.



Timothy Heath Ph.D.

He is a Member of the Board of Directors of the Kolisko Institute. He is an indispensable guide to our scientific endeavors.

He has a Ph.D. in Biochemistry from Charing Cross Hospital Medical School, University of London, UK. He has 48 years of experience in Biomedical Research, focused on the use of liposomes for drug and gene delivery. He has worked at the Chester Beatty research Institute in the UK, The University of California, San Francisco, and on the faculty of the University of Wisconsin School of Pharmacy. He retired from the School of Pharmacy in 2007, and has since co-founded a small company, Plumb

Pharmaceuticals, and worked as a consultant for several companies.

He is a member of the Anthroposophical Society.

Having a lifetime involvement as a researcher in academic and other non-profit institutions, Timothy is aware that only research advances science, and that research is only possible through donations, grants, gifts, and other support that sustains it. This is especially true in the anthroposophical field, and he is grateful that the current work was made possible by contributions from generous donors and hopes that others will continue to support this effort.

Dear Friends,

We have been able to accomplish this first step due to the generosity of many donors, the volunteer work of the executive board members and “saving and scrimping”.

But here is nevertheless the sobering reality: the costs have been quite a bit and ONGOING!

Here are some examples (estimates in approximate numbers):

- Lab equipment \$ 200,000
- Lab set up \$ 30,000
- Lab disposables - monthly \$ 5,000
- Ongoing overhead monthly > \$ 10,000

As you can well imagine this work cannot be maintained long term without continuing help and donations from friends who appreciate these activities.

We know that, unfortunately, a bit of effort is needed to develop an emotional connection with a LAB.

But perhaps this might help: we are planting here saplings, small trees whose full fruits will be evident only many years after we are gone. Without the sacrifice of previous generations, we could not enjoy the shade and all other benefits of the mighty oaks that we seek protection from now.

As you well know R. Steiner valued the Kolisko work to such an extent that he praises it during the Christmas Foundation Conference-the pinnacle of his work! We are trying to continue this impulse.

If you value the unfolding of anthroposophical medicine, if you would like to contribute to its solid basis please add to your good thoughts and meditative life also a generous donation.

Our goal for the fall campaign this year must be a minimum of \$100,000. It may seem like a daunting task but if each one of the recipients of this letter would do their best, we could reach this goal. There are several reasons: on the one hand each contribution counts; on the other hand showing other substantial donors and grant giving foundations that we have a large and generous base of friends encourages them in turn to put more attention to our work.

To donate to our non-profit institution and make a tax - deductible donation please go to our Kolisko website

We would like to place here just some of the expression of gratefulness towards our past, present and future donors, from some of our co-workers and Board Members:

Thank you notes:

Due to many donors, we were able to develop our cell culture lab for future work. We hope to continue to develop exciting ideas and research from this new beginning. Thank you! with much appreciation from all of us here for leading the way in the development of this new research and our ongoing educational efforts—as a community along with you, we sincerely hope to earn your continued support to allow this impulse/seed to continue and grow for many years into the future.

Mark Kamsler MD

Donations to the Lili Kolisko Institute are vital to the progression of our research and without it we would not be able to investigate the effects of ultra-high dilutions on cells. I want to

personally thank everyone that has donated, because without it, I would not be able to do what I love to do.

Malory Mueller

Having a lifetime involvement as a researcher in academic and other non-profit institutions, I am aware that only research advances science, and that research is only possible through donations, grants, gifts, and other support that sustains it. This is especially true in the anthroposophical field, and I am grateful that the current work was made possible by contributions from generous donors and hope that others will continue to support this effort.

Tim Heath Ph.D.

We as human beings are at a crossroads. We become ill because it is so hard for our souls and our spirits to function in the human bodies we live in today. Few of us escape becoming ill. Traditional medicine uses physical medicines to block this or that and help us survive longer. It does not correct any imbalances of life forces, soul forces or spiritual forces. I see Anthroposophic Medicine as the medicine of the future. Anthroposophic remedies do work to fix these imbalances. How do we get these remedies? Rudolf Steiner gave us many of them. But he also stated that we need to work and find additional remedies ourselves. There have been additional souls over the years with the seeing necessary to produce these remedies. Rudolf Steiner gave the task to one, Lilli Kolisko, to work with potencies of substance on seed growth. She spent her whole life working on this. While not complicated, it is tedious. Our own Kolisko Institute has picked this up. It is daunting, time intensive work. It takes so many repetitions just to get good at doing the experiments. Then we must find the knowledge of what is needed to progress. That point has been reached. We are ready for the first time to move on to cell cultures and see the effect of substance potencies on cells. This of course takes more equipment and more staff. This takes funding, a lot of funding to make it happen.

The world is a changing place. It has become denser and more material. This certainly has happened over long periods of time, but also more rapidly during ours and others lifetimes. The spiritual world changes as well. These changes create imbalances between the two. This is why we get sick. We need new remedies for these new times. Their beauty is that they find the concentration of the currently existing substances in our currently existing world needed to cure our currently existing bodies, souls and spirits. These are the new Anthroposophic Remedies. This cannot happen without research like what is being done at The Kolisko Institute. This cannot happen without funding.

I am so thankful to you for the extremely generous donation you made which will make this possible. We could not do it without you. I shall be eternally grateful. Your donation will change the world.

Thank you.

Paul Barratt MD

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I am very glad to be serving as a member of the Board of Directors of the Kolisko Institute; to be participating in and contributing to our deliberations intending to help in supporting the Institute in conducting its important, unique mission and in maintaining practical and financial sustainability. Also, I want to join in expressing appreciation to you who are continuing to support and contribute to this important cause.

Gordon Edwards

Over many years I have had the opportunity to observe the impressive and exemplary hard work and dedication of the many Institute co-workers for the cause of anthroposophical medicine. Given the unprecedented threats that humanity is facing in these times, I feel strongly that initiatives such as Kolisko are worthy of every possible support, financial or otherwise, which can be offered, even more so initiatives such as Kolisko which are firmly grounded in the anthroposophical impulse. I consider it not an exaggeration that endeavors such as Kolisko must be supported and safeguarded to the greatest possible extent if a truly human future is to be preserved.

Jeremy Klapper MD

I believe that the Kolisko Institute is producing much needed 'fresh' research in the Anthroposophical medical movement. This ongoing worthy endeavor could not be sustained without such generous help from our supporters/donors. Thank you!

Philia Kelnhofer

As board members we were often burdened by the worry about how the work was going to go forward. You should have seen the relief on our faces and felt the sense of gratitude that due to your donation we could look forward to continuing our activities. Thank you!

Andrea Rentea MD

Rudolf Steiner demanded of people that they become "individuals with initiatives". Unfortunately, these initiatives are often stifled due to lack of the money needed to be able to implement these impulses. Donations such as yours, freely given with no strings attached, out of kindness, out of understanding for the needs for the future, make these possible. Thank you!

Ross Rentea MD

Other Educational Activities:

1. Essentials of anthroposophical medicine (Emails sent)

Andrographis Rx, ML
Astragalus x 2
Boswellia
Broccoli
Climate change
Collagen forte
Cuprum and ferrum cream
Dandelion
Fer sidereum
Ginseng
Iodium
Juglans regia
Lighroot
Oregano
Serrazimes
St. John's Wort
Stannum
Strophanthus
Throat Defense
Thuja, Lungroot, Ledum palustre, Silicea
Valerian
Viscum album

2. Relating to the Corona/Covid Challenges

We have given webinars specifically addressing these issues,

Please find them on our website:

- A Way towards handling the current Vaccinations
- Beyond the Mask in Viral Infections
- Easter Reflections in the Corona Time
- Viral Illnesses (I)
- More on various Heling Impulses

The conclusion to all our studies regarding this theme is that we have the firm conviction, that no matter what the damage of vaccinations would be or what the damage from the actual Covid illness (or its long Covid form) might be, solutions out of anthroposophy can overcome them! (Recent books have been published (in anthroposophical circles no less) proclaiming that the vaccinations can damage forever the physical and spiritual constitution. What a strange thought for us as anthroposophists to think that a mechanism would exist out there that would allow evil to be victorious?!)

We were also recently asked to contribute some thoughts on these problems and we can share here some excerpts of our answers:

The question was: Can you share what you feel are some of the most important statements of Steiner on pandemics, viruses, or social health. Especially those that apply to the current pandemic?

Here is what we consider to be one of the cardinal observations that Rudolf Steiner shares with us on May 26th, 1910, in the lecture cycle “Manifestations of Karma”: Vaccinations, among other broadly hygienic measures, greatly improve the physical well-being and comfort of the overall populations. However, left as such they have an extremely deleterious effect on the soul life. The individual people (in the case of pandemics by definition very large numbers of people) thus are robbed of the possibility to resolve through illness their karmic needs. Their life will be more comfortable physically, but their soul/spiritual life will become empty, frustrated, and experience a lack of fulfillment. As a consequence, one of the manifestations will be engaging in travel from one place to another, or (R. Steiner’s words) seeking different pleasures every evening (TV?). This will not be the case for those who have a spiritual education or in general take up anthroposophy. We have tried to expand on this topic in our book “Childhood Illnesses and Immunizations” where we have summarized the problem as “overcome the damage of vaccination through appropriate education”. We have given a complete list of Rudolf Steiner’s citations, specifically relating to vaccinations, in the webinar “A Way Towards Handling the Current Vaccination Challenges: Anthroposophical Thoughts and Remedies “. Find it please at www.koliskoinsitute.org.

Question: What effects do you see on children and young people? Are the challenges of the pandemic different for them than for others?

Much of the fears around the pandemic (illness or vaccine; mask or no mask; etc.) are affecting many children. This is seen in individual homes, schools (including Waldorf), and other settings. Rather than joining these battles from one side or the other, as usual, R. Steiner offers us much guidance out of Anthroposophy for a better way forward. The mood and actions of the adults

(whether with or without masks, with or without vaccines, ...) is vitally important. Remembering that the young child learns from imitation, the school age child from authority and the teen from judgement makes the attention of adults to this soul mood and related exercises (meditation, eurythmy, remedies) ever more important, especially in the current times (details not possible in a short text).

Mark Kamsler:

As examples with remedies from the practice, I have often used *Urtica Ferrum* 3x/day very effectively to help the children with anxiety in general, or at times other iron-based remedies like *Ferrum phos* 6X and/or *Ferrum sidereum* for respiratory involvement. These remedies are very much needed during the pandemic time. They help bring courage and support in the face of the many pressures and all too common feeling of weakness and worries. Parents and teachers can also benefit from these remedies and thus a positive effect for the children in turn.

Andrea Rentea:

I have had several children that were diagnosed with Covid19. Besides the remedies mentioned above the children responded immediately and lastingly to *Gelsemium* 30X for headache related symptoms and to *Bryonia* 6X when significant body aches were present. Both remedies were given 3-4 times every day for at least 2 weeks.

What can help heal divisions and polarization?

Deeply ingrained in our culture is the principle of binary thinking. In the computer world we know of zeros and ones; there is day and night, and so on. Even at the highest levels we talk about Good and Evil. Anthroposophy is intimately connected to a threefold principle: the Good that stands between two Evils; the importance of the dusk and dawn between the Day and Night and more. This threefold principle can help us navigate between the fanatical absolutes on both sides. Rudolf Steiner talks about "ethical individualism". It allows for personal freedom in the spiritual personal sphere; for equality in the application of social norms and for understanding, consideration and support of our fellow human being in the economic sphere. Specifically applied in the realm in the current health challenges it allows for the avoidance of divisions and polarization. Let's get to work and solve the difficulties.

Ross Rentea MD, Mark Kamsler MD, Andrea Rentea MD

Before we close,

There are so many co-workers that we have not thanked specifically for their truly valuable contributions, efforts and tireless work. Here is a montage of ALL that makes our progress possible.

Dear donors, Dear Friends,

We hope that you are as excited about these prospects for the development of anthroposophical medicine as we are.

Please give generously. Even though we, the executive board are doing all work on a voluntary basis and even though to the extent possible the True Botanica Company as such is supporting the work financially, considerably more than 70% of needs must be covered by your generous support. All of us at this not-for profit institution will gratefully accept your tax-deductible donations.

For the entire Kolisko Institute Team,

friendly yours,

Ross Rentea MD

