Lilly Kolisko Institute
For Anthroposophic Medicine

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Dear Supporters of our Work

Dear Friends of Anthroposophic Research,

Our Mission:

Engage in scientific work that benefits Anthroposophy.

Conduct research that leads to more effective Remedies.

Present Anthroposophic esoteric Medicine.

We have been very active in this past year 2026.

We are proudly continuing to show that potentized remedies have a solid scientific basis-just the way L. Kolisko imagined.

None of this would be possible without your continuing heartfelt support!

Thank you!

This was an important year to remember Lilly Kolisko who inspired so much of our work. Her person deserved special attention on the anniversary of 50 years since her crossing the threshold to the spiritual world on `11.20.1976. As we have mentioned on many occasions, Rudolf Steiner valued her greatly as his coworker. So it is perhaps particularly important to keep in mind Rudolf Steiner's spiritual research finding that the more decades pass after the death of a significant individuality the more that being can send significant impulses towards the earthly sphere that they have left behind.



Thus, we hope that we have honored her not only in remembrance but also in being very active in our work at this Institute that bears her name.

Highlights from our Work in 2026

1. Research on Potencies in Pentas formulations

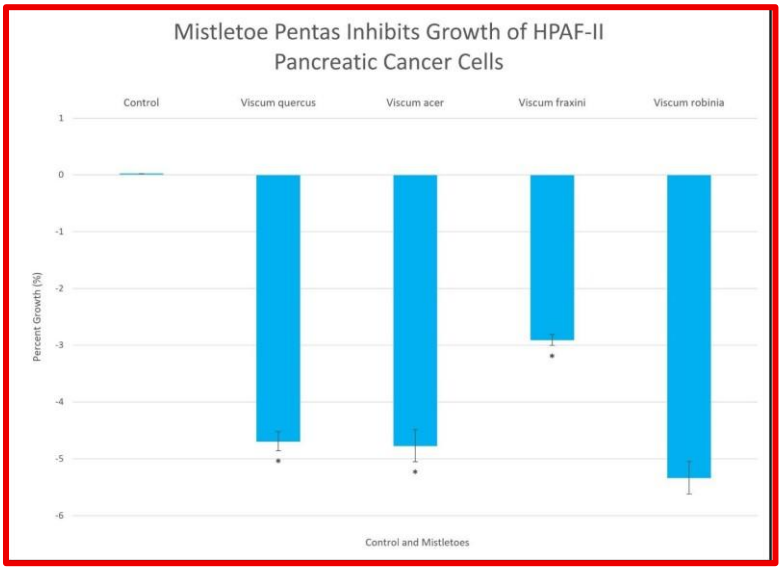
In several studies we have shown how certain combined potencies in one formulation have a significant effect on the biological system in the laboratory.

These are entirely **New Ideas** that we hope will ultimately constitute the cornerstone of our overall intention to develop "Research – based anthroposophical core remedies for the future".

Here are several articles that we have published on our website:

a) Therapeutic use of Seven Metal Remedies in Pentas™ Form (I)
b) Therapeutic use of Seven Metal Remedies in Pentas™ Form (II)
c) Therapeutic use of Seven Metal Remedies in Pentas™ Form (III)
d) Therapeutic use of Remedies in Pentas™ Form (IV)
e) Strengthening the Etheric Body Structure with Pentas Formulated Remedies (V)
f) Balancing the autonomic Nervous System with Pentas Formulated Remedies (VI)
g) New Therapeutic Support for Inflammation Based Conditions with Pentas Formulated Remedies (VII)

In the graph below we show the results of one such study demonstrating the effectiveness of Pentas formulated substances (mistletoe extracts) that inhibit the growth of pancreatic cancer cells.



2. Research related to women's health

Article on the website:

Research based potentized anthroposophical Remedies for Menstrual Difficulties

Potentized organs were studied that would support therapies for a variety of problems that may occur in relation to menstrual cycles. Examples of such potentized organs would be:

Uterus 13X, 29X, 30X; Uterus Pentas, Ovary 29X.

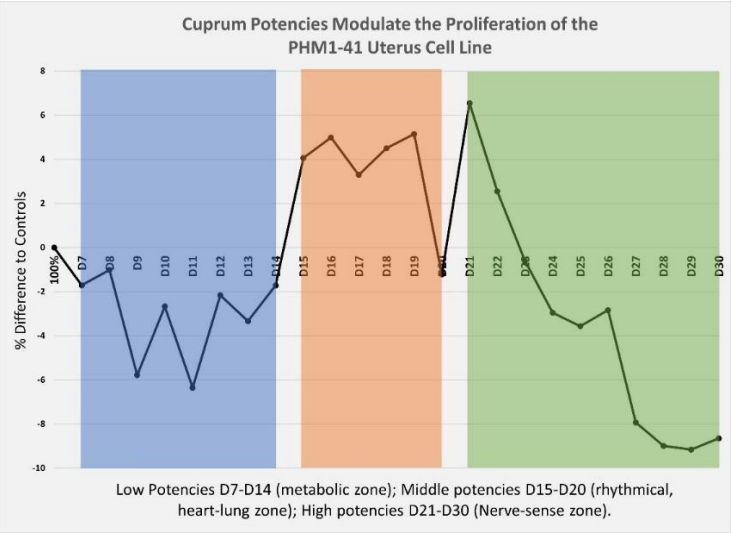
The **"newness"** in the results of these studies consists in the fact that they were found through an objective laboratory test to be active against the respective biological substrate and thus hopefully have in turn a higher clinical effectiveness.

Based on Rudolf Steiner's insights, and years of follow-up observations, we know that extracts of animal organs have at first a direct strong influence on the etheric body but then their potencies are able to reach all three component layers of the human being: the metabolic, the rhythmical, and the nervous -sense system.

We have given detailed information in several previous articles (articles relating to the five organs) that you can find on the Kolisko Institute website.

In the article we mention of course that a problem such as "profuse menstrual bleeding" does not only deserve to be treated by strengthening the uterus organ, etc. as such or for that matter the underlying endocrine problem, but also that additional remedies (such as potentized metals) tailored to the constitution, mood, temperament, etc. need to be taken into consideration.

In the graph below you see the results of one such study showing how various copper potencies can both inhibit or stimulate the uterus cells depending on what potency is being chosen.



3. Research on the Pineal and Pituitary Extracts

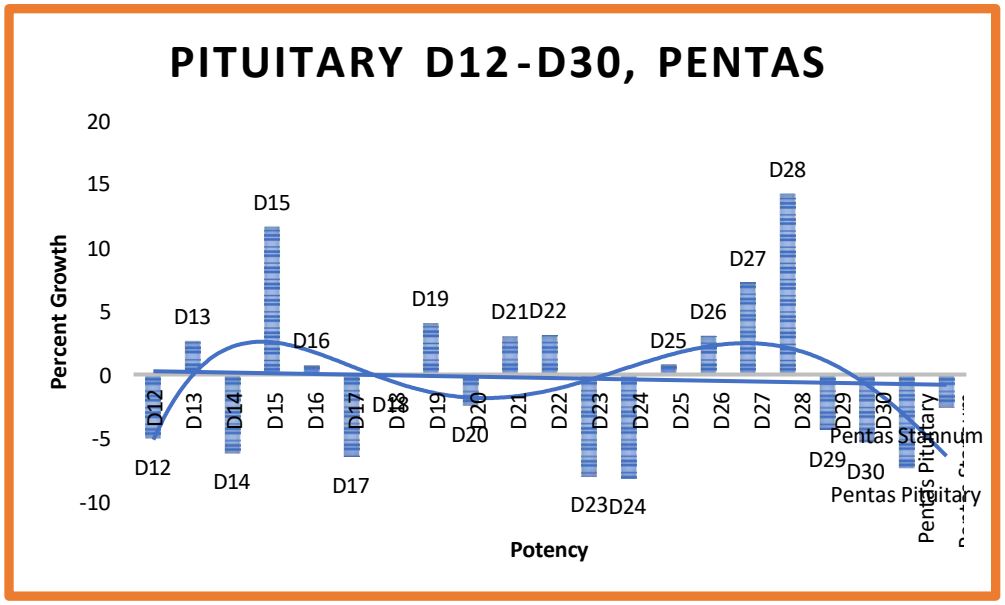
We have put on the website two articles summarizing successful experiments showing effective potencies of these two glandular extracts:

a. The Pineal Gland, and

b. The Pituitary Gland

These glandular extracts are of crucial importance in anthroposophical medicine. They control vital functions of the etheric body and help to increase vitality and well-being beyond the specific functions of the physically known endocrine functions.

In the graph below you see the result of one such study showing how specific pituitary potencies of D15 and D28 are stimulating.



4. Research on Lightroot Extracts

We have recently been able to obtain biodynamically grown Dioscorea batata root, customarily known as Lightroot. We want to express here our thanks to the anthroposophical friends from Minnesota who made this possible. This root has been designated by Rudolf Steiner as being the only root that he had investigated that was able to still concentrate in its substance specifically the light ether.

We share here with you the ongoing work that we're doing to develop various potentized formulations of Lightroot that we will have available around the first of the year.

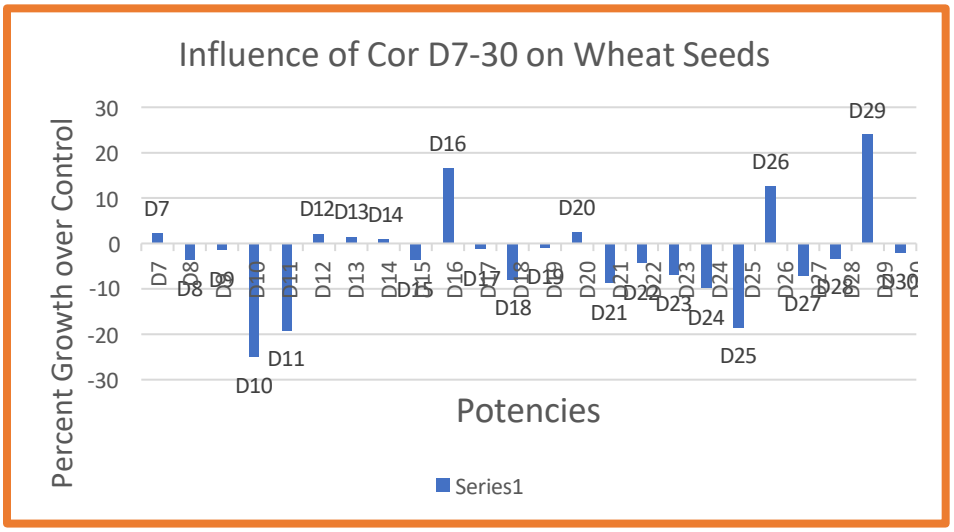
Below, you can see the original roots as well as the first steps in macerating the root in order to prepare a mother tincture that can then be potentized.





5. Research with Wheat Seeds

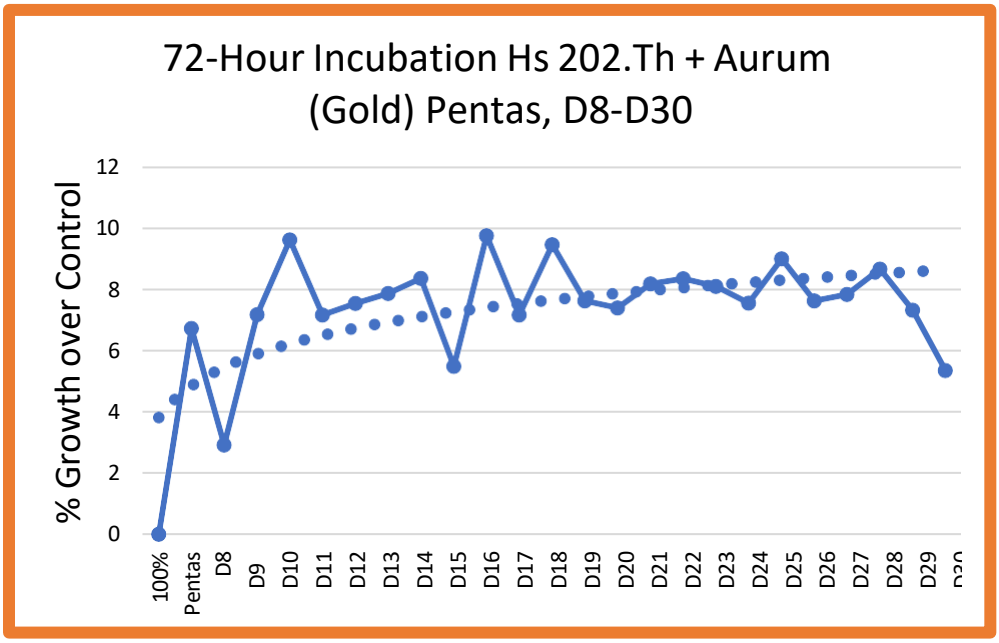
This year we have greatly intensified our work with researching the best potencies for substances by working with enhanced seed experiments. As mentioned above, this is following on the footsteps of the original indications that Rudolf Steiner gave to Lilly Kolisko. We need to stress here how grateful we are to our coworkers, and especially the two laboratory researchers, who altogether spent every week seeding, growing, watering, weighing and measuring, literally tens of thousands of seeds the results of which find themselves then in the graphs that show the results which we can then share.



6. Research on the Thymus gland

While the thymus gland has been known for a relatively long time to be an essential component of the immune system, especially in the early developmental years of the human being, recently indications are increasing that this gland might also be important in improving longevity if its physiological activity is better maintained.

In the graph below you see an example of the studies that we have begun showing for the first time that increasing potencies of gold have a revitalizing, stimulating, effect on thymus gland cells.

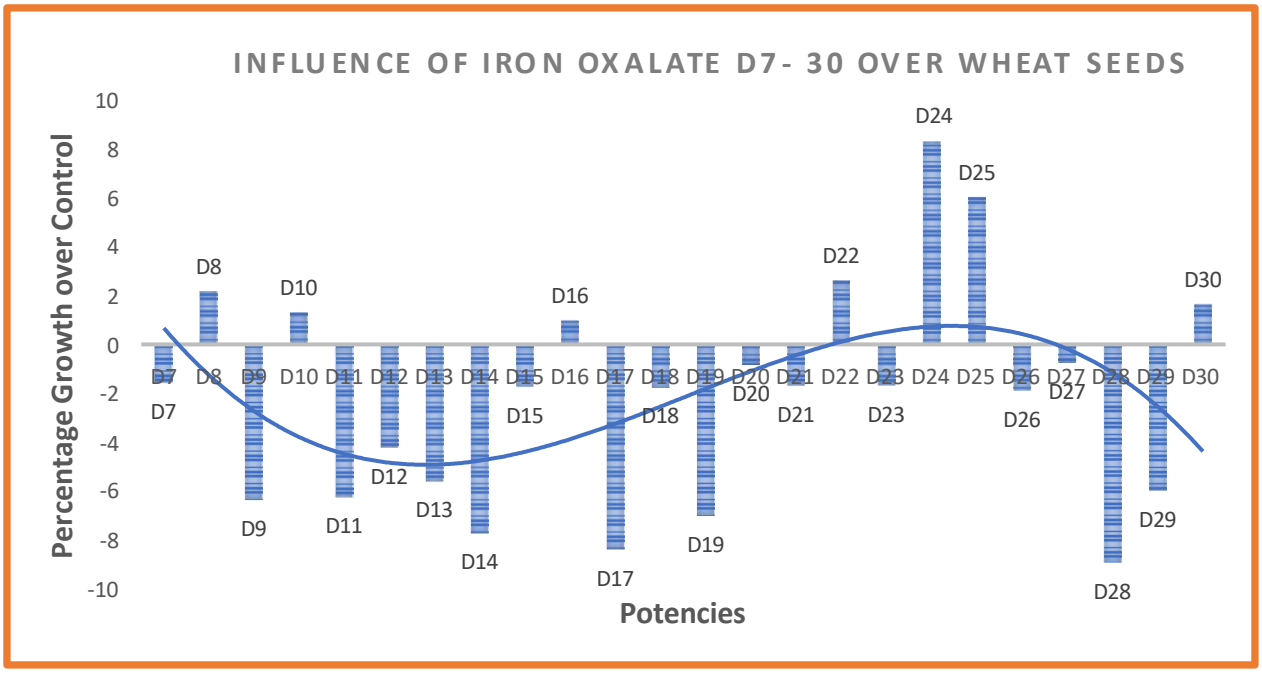


7. Research with the "Iron Lance"

We are starting a new series of experiments with iron (*Ferrum*) carbonate, citrate, oxalate, chloride and iron oxide to determine the most effective potencies that would be useful in potentized remedies. We currently have at True Botanica a remedy called Urtica Ferrum that contains all the above mentioned iron varieties, combined together with nettle herb extracts. This remedy has actually already proven itself in supporting anemia treatments especially in children, but we hope to improve it by optimizing the potencies for the iron components.

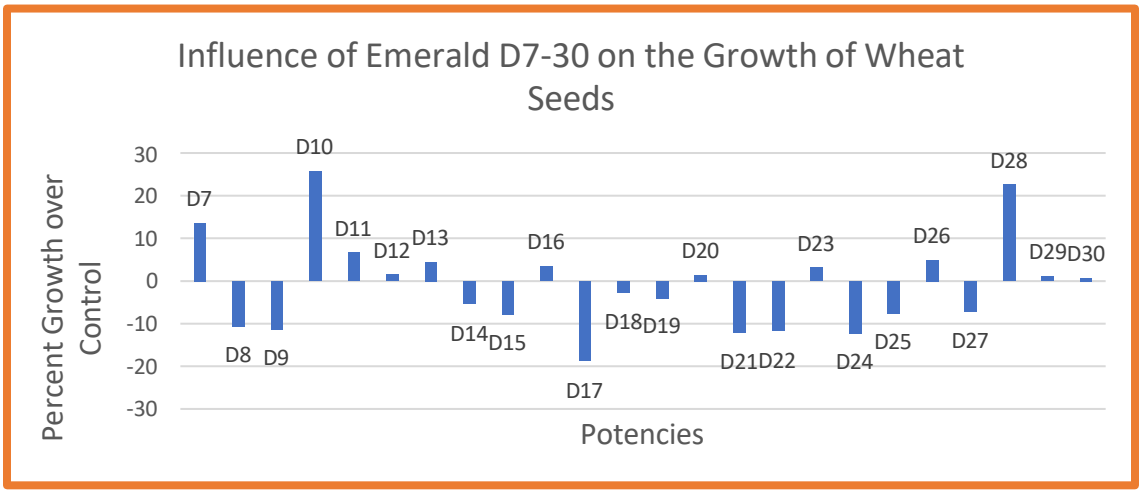
The work with these different irons is important since Rudolf Steiner indicates that each one of them helps to strengthen the ability of the Ego to work in different organs.

Below, see one graph with results from such beginning studies. It would demonstrate why a D24 potency of iron oxalate would be preferable to the D6 currently chosen.



8. Research with potentized Gemstones

We have started work with potentized gemstones already several years ago, but we have renewed experiments recently in order to find, as with other substances, optimal potencies with a look for potential therapeutic applications. Our interest in this work was due to Rudolf Steiner's indications that several gemstones are the equivalents in nature for sense organs in the human being. In the graph below one can see the results of one such study showing that, at least in the conditions of that particular experiment, the optimal potency was the D28 as opposed to what would be the most commonly expected D30 potency.



9. Research presented in Publications

We continued our efforts to present data that strengthens the significance of potentized anthroposophical research. This following article was published in the International Journal of Cancer Therapy & Oncology:

"Seven Potentized Metals Can Modulate Both the Stimulation and the Inhibition of a PHM1-41 Uterine Myometrial Cell Line: A Pilot Study"

Briefly, described here, we show that potentized metals that that are part of core anthroposophical medicine were found to significantly influence uterine cells in the laboratory and thus have a potential in secondary dysmenorrhea, uterine fibroids, etc.

10. Research for the "Kolisko Validation"

We have presented this before so we will only briefly summarize it here and more importantly begin to indicate some directions for the future.

Using the method originally developed by Lilly Kolisko and Rudolf Steiner and then more recently in the last several years enhanced by statistical considerations we are demonstrating which potencies of a substance are more effective than other potencies or distinguishing them from those that are not affecting the biological substrate at all. The strongest active potencies are then used by the True Botanica company to show that an additional step has been introduced in the manufacture of a potentized remedy to ensure its quality. This step we have called the Kolisko Validation.

We are currently beginning the study of the importance of potencies beyond Avogadro's number, potencies that are nevertheless seemingly unimportant because they are on or close to the "0 line" i.e. the Control line.

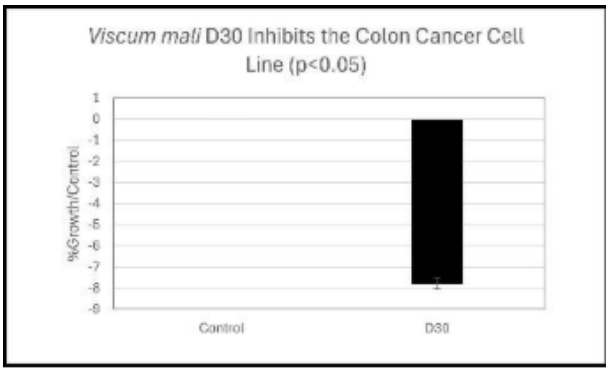
(This laboratory work is offered to any other company, pharmacy, institution, etc., who would be interested in looking at their potentized products in a new way.)

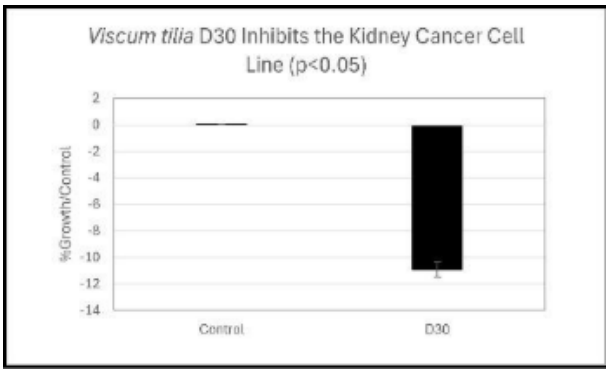
11. Research with Mistletoe Extracts

As we have presented previously, we have been intensely engaged in demonstrating that our mistletoe extracts, in appropriate potencies, are effective at a significant level in the laboratory setting against a variety of cancer cell lines. We have put the results of our latest work in March of this year on the website:

"**Desktop Reference Guide for "Kolisko Validated" potentized Mistletoe Remedies"**

In the graph below you can see a sample of the results from more recent studies.





12. Care of the Facility and suffering through unreasonable governmental Rules



Clearly, beyond being based on ideas and impulses, experimental procedures depend on sophisticated equipment and complying with an enormous number of rules and regulations.

This entire area is being kept in excellent condition by Dr. Mark Kamsler. You can see him here having a complete hand in the installation, calibration and more, of even something that seems as self-understood as the purity of the water being used in the experiments. You may be surprised to find out that the water needs to be checked periodically not only for the obvious absence of microorganisms but also to be free of other organic impurities, to have an appropriate pH and much more.

For the work with the mistletoe, we obtained fresh plants from Romania. So, we will use this example to show the kind of administrative work that has to be done in order to be allowed to bring the mistletoe into the country for experimentation.

For viscum import:

- Registration with Dept. of Agriculture for import permit
    - Initial application with:
        - Details re: facility layout/security/safety plans
        - Details re: storage/handling/disposal of materials reliably/securely
        - Detailed standard operating procedures (SOP) for importation/handling of materials, experimental plans and outlines, facility management, training records, safety plans and more.
        - Submission of over 20 documents.
        - Follow detailed instructions for importation, labelling, permitting, etc.
        - Reliable safety hoods for all work in the cell lab, annually inspected and re-certified in good working order.

- In person inspection of facilities to confirm complying with all requirements and procedures, with recurring inspections (most recently August 2026—all passed without incident)
- And more…

Last but not least, we would like to take the opportunity here to specifically thank all the coworkers (Mallory, Tori, Betsy, Patrick, Dominique, Addie, Philia-you can see their full names in the Thank You photo below) who are truly a nice group of people that come to work every day enthusiastically and not only do experimental or administrative work on a daily, reliable basis but also ensure that the facilities are kept in an exemplary clean condition so that inspections that have occurred this past year we were able to pass with flying colors.

Foundational work in anthroposophy

As always, we don't forget the anthroposophical mother source from which our inspirations are coming.

Our focus this year has been to understand what esoteric impulses would be most needed to be nurtured in this time when we commemorate 50 years since the passing of Lilly Kolisko.

In that spirit we have given on November 21 of this year a webinar that we will then, as soon as possible, post online on the Kolisko website:

"Lilly Kolisko:

Uniting Esoteric Striving with Scientific Life"

We have sent the text below previously, but it contains so much of our intentions that we thought it would be helpful to repeat it - though slightly updated.

Improving the quality of remedies!

Demonstrating through our experiments that the starting substance potencies are indeed active, begins a direct line to ultimately more effective remedies.

Whether one wants help for an increased vitality in life, higher meditative ability, or more complete health, one needs to depend on the quality of the remedies taken.

The road to that ultimate goal starts with discoveries made in the research work!

Through literally many decades of work, Lilly Kolisko demonstrated that potencies of substances have to be researched individually to determine whether or not, and in which direction, they are effective.

Our statistically validated studies contribute to supporting her methodology (inspired by R. Steiner) and show through our experiments that the quality of anthroposophical remedies can be improved.

The efforts of our Institute have been acknowledged f. ex. by being accepted for publication in peer reviewed journals.

Aside from four previously published papers in 2024 we have added multiple more published papers since as well as many articles on our website.

Besides helping to strengthen our so-called Kolisko Validation method they also help to demonstrate that indeed even ultra-high diluted substances still have active, demonstrable energy in them. This confirms the basic tenant of anthroposophy that “spirit lives in matter” - since no more matter of the potentized substance is present at those ultra-high dilutions.

(R. Steiner was very happy that anthroposophical experimentation with potentized substances placed them on solid scientific ground and removed them from the “mysticism” generally associated with homeopathy.)

However, to continue our Work, we need Your Support

Dear Friends,

One of Rudolf Steiner’s greatest concerns was that the Anthroposophical Society and its good name would sink to the level of the sect instead of reaching out into the world more and more and demonstrating that its concerns are to the benefit of all humankind. He was hoping that besides branches and groupings that were dedicated to inner work, the “outreach” would be through an ever increasing objective scientific research work based on anthroposophical impulses.

This is why our Kolisko Institute which continues to be, at least in the US, the only one of its kind is so important.

In his time Rudolf Steiner literally bemoaned the fact that the fledgling anthroposophical laboratories (by which he may have very well meant the work of Lilly Kolisko) had practically no existing financial support, while the conventional laboratories could rely on “monumental” (his words) financial resources.

Unfortunately we are in the same position and while as I hope we been able to show above we have tried to the best of our abilities to engage in intense activities, the consequence of that has been a rapid depletion of our meager financial reserves.

To emphasize yet again the results of our work do not, hopefully, only improve the potential future quality of the remedies that would benefit us each personally, but our efforts strengthen the place of anthroposophy in the world. Who among us would want to be told in a couple of years from now that more than 100 years after Rudolf Steiner and Lilly Kolisko absolutely nothing has been added to her beginning Herculean efforts.

So we ask you to please help us to the full extent that you can.

We are asked sometimes to give a ballpark of the dollar amount that we "burn through" on a yearly basis.

When you keep in mind from its inception as an idea to the finished demonstrable results in the form of a graph, each experiment can cost upwards from several thousand dollars you will understand why one year's activity can set us back over $200,000.

At this point we want to thank specifically the donors who have heard our call up to now and who have so significantly helped whether through substantial gifts or smaller monthly contributions.

Without your help, not only individual experiments could not be done but more importantly all these young people would not be able to have a meaningful place where they can engage enthusiastically in their daily work.

We hope that our Work Highlights will motivate many others to support us.

Hopefully, many more will consider these facts to be worthy of support.

There are many ways that you can help:

Make a tax -deductible donation and/or

- (Most importantly) purchase remedies from True Botanica-all profits go directly to support the research.
- Include us in your will/legacy.
- Spread the word; make us known to your friends.

Your financial contribution can also be made for directed activity or purpose specific!

Thank you!

For the grateful Board of the Kolisko Institute,

R. Rentea MD









