

Underlying Factors And Novel Treatments In Long Haul And Chronic Fatigue Syndrome

Dr. Sharon Stills
with **Dr. Ralf Oettmeier**



Dr. Sharon Stills

Hi everyone. I'm Dr. Sharon Stills, one of your co-hosts for The Long Haul covid Summit and I'm excited to be here with you today and even more excited for my guests that I have gotten for you all to hear and learn from. He is a dear friend and colleague who I have known many years now. His name is Dr. Ralf Oettmeier and I met him over in Switzerland years ago when he was working at the Paracelsus Clinic and since then he has opened his own clinic, the Alps Stein Clinic where they do integrated biological medicine and dentistry and they are just changing lives over there using lots of cutting edge biological tools that we're going to talk about today. And as you all know, I'm very passionate about biological medicine, I started stuff when I was in medical school and so anytime I'm asked to bring people for you, the audience to learn from you better believe I'm gonna call on Dr. Oettmeier because he is one of the best and he's going to talk about things that you just don't hear enough about here in the United States. So I really am passionate about educating you because good health expands beyond borders and what they're doing over in Switzerland and the Alps Stein Clinic is amazing. So he is just a wealth of knowledge and I'm going to stop talking and introduce him so we can start getting to that knowledge. So welcome Ralf, it's so good to see you

Dr. Ralf Oettmeier

Welcome Sharon. It's a big, big honor to be the guest of you and thank you for this one of whose we'd work. Well it's much better than honey, it's running down. But at first I would like to do something that perhaps also your visitors can have their own opinion. Thank you so much for inviting me.

Dr. Sharon Stills

You are very welcome. So as I said, we're talking about long haul covid chronic fatigue, post vaccination syndrome. And so what is your perspective on all of that as far as why it's

[DRTALKS.COM/LONG-HAUL-SYNDROME-SUMMIT](https://drtalks.com/long-haul-syndrome-summit)

DISCLAIMER: This transcript was generated using artificial intelligence and may contain typographical errors. If you have questions, suggestions, or corrections, feel free to contact us at support@drtalks.com

Copyright © 2023 Overcoming Long Haul & Chronic Fatigue Syndrome Summit

happening? Let's start first with that. Like why it's happening, what's the underlying causes and then we can go into treatments.

Dr. Ralf Oettmeier

Yes, the syndrome like post covid is not totally new because since many many years we have also a lot of patients which on one hand side suffering from severe chronic fatigue and which had also different kinds of infections, chronic mostly virus infections or Lyme disease infections and which have developed due to the disease but quite often sorry also due to the not appropriate treatment such emphatic problem. And sometimes we had under these patients are also typical cases which report in her history that after another kind of vaccination like we know from T. Turner sam polio and measles and so on that they have more or less direct after it within the next days developed fatigue and also other cognitive problems and syndromes. But the amount was low it importance was not high and that's why we were focused a long time more for the classic infections to treat more optimal. But with the covid infection and with the big amount on one hand side of people which had the infections and then secondary after introducing the vaccination as the amount is totally much higher. Yeah.

And also we in our country we have an in vaccination rate of the primary Phase from approximately 60% not more but unfortunately 60%. They reached they developed also such things but we know from many lovely also patients coming from other countries which had a very much higher vaccination rate and in dramatic increase of cases which were yeah, not well handled from the classic medicine. Yeah. And from statistics there are different things published. We know that on one hand said till 20% of the patients which had COVID infection especially more as is severe and the more complicated case they can develop over weeks and months prophetic. And also this typical problems with the head with the cognitive problems with memory loss or with also the so called brain syndrome which is referencing of the symptom is absolutely not acceptable.

Dr. Sharon Stills

You bring up a good point because we've had post viral issues for forever. And I've seen that in our clinic and it's now getting the air time. And so all those patients who have suffered for so many years. Never been since mono. They're finally getting you know acknowledged that it wasn't all in your head. This is a real thing. Real syndrome. And so why do you think some people are more susceptible than others? Do you? Is it their immune system is not functioning properly? Or do you have any ideas on why that would be?

Dr. Ralf Oettmeier

Yeah. Yeah. Regarding the vaccination, it's a very clear situation. Meanwhile, more and more also the mainstream media they report about that the vaccine cells makes a diminishing a reduction of the immune function and different situations. We can see we can measure as a routine test when we have patients also which had the vaccine nation in which also developed problems after we make, for example, as a routine the amount of natural killer cells. Yeah. You know, the natural killer cells are super important because these are similar like in the crime or in the mafia movies, these are the tortured active cells which must kill virus infected cells for example. And the amount is super super low, very often much more lower than we know from Lyme disease or from mono or other virus patients from the past. And the second thing which we can see very clear objectively is the situation with the cytokines as you know.

And this was also meanwhile, well, also published, we differ between cytokines which are more good for our regulation and which are more stimulative for the immune system. And then we have cytokines which make the opposites we say, which are pro inflammatory which increase in different fields also in different organs which increase the inflammation also autoimmune reactions for example. And this ratio. And also this measurement of the appropriate size to Kane shows very clear after the covid disease and much more after the covid vaccination when you have not tolerated well that the people developed traumatic changes and imbalances normally it should be like a steady state And now we see an dominance of the proinflammatory part and this makes a lot of problems and obviously it overloads different kinds of inner systems. And at the end sorry I will not speculate we have two impression this is not a normal virus. Yeah on we've been honored sure which things happen in the laboratory in Wuhan but more and more also many scientists have the opinion. This is not a natural virus. The virus was modified. Yeah. And then this is clear the vaccine, the messenger RNA vaccine fires or Madonna and so on. This is clear artificial made. And so we have here to do with a complete new quality and an enemy I would like to say from the point of view of the immune system which is not so easy to control.

Dr. Sharon Stills

And what about the spike protein? What are you seeing in your clinic? As far as spike protein. Yeah.

Dr. Ralf Oettmeier

Yeah. That the spike protein is a typical feature of coronavirus viruses in general. But the bias lee we know from research also that the vaccine native people produce partially permanently new spike proteins. It's like a permanent new reinfection. You need no other people there which

infect you. The system is like yeah, like you know we say virtuous circle like a rotation of a new formation of spike proteins. And especially this spike protein or bias li seems to increase pro inflammatory tendencies and is also able to to provoke problems and different organs. We know it especially from the gland system. Yeah, I think for pancreas, for thyroid especially also and also for neurological symptoms. Symptom Atala ji we see much more and neurological structures obviously are also more vulnerable towards.

Dr. Sharon Stills

So we've got a new number of things. We've got cytokines out of balance. We've got natural killer cells depressed, we've got spike proteins running wild got viruses lingering. So that's a lot of stuff going on. So what are you doing at the Epstein clinic too to help these patients who are struggling with these.

Dr. Ralf Oettmeier

Before I answer for your question, would you allow that I put in this collection factor number three. And this is when I think for the vaccine we have a new quality of additional things which are in from all vaccinations also. So this was a problem for us partly we know that they have used the first years mercury and mercury like compounds and later they like to use to increase the immunological reactions. They have used aluminum but now we have a mic or plastic in the vaccine. Yeah. Polly at Chilean click or perhaps you can correct me with the pronunciation. This is a plastic which is known from cosmetic industry and which was before this new covid vaccination period. Only allowed to use external. Yeah. And now first time they injected this and also this micro plastic and this organic plastic element seems to be responsible for many not clear. Yeah disabilities and also problems with the immunological system. So now we have these three factors at the end when you allow it. But I think this is important also to take in consideration

Dr. Sharon Stills

We say P E G that's how you can

Dr. Ralf Oettmeier

Agree this is much more easy to say also for me.

Dr. Sharon Stills

Right. And leading to a lot of autoimmune issues I am seeing in my clinic. Okay, so we've got the problems. So now let's tell listeners about solutions because I know ALF Stein Clinic is full of solution.

Dr. Ralf Oettmeier

Yes, we are very happy that we have more or less all the solutions available which are meanwhile also well acting. Yeah, we know from classic medicine unfortunately they have not so much very often I hear from my patients you are you I'm sure also. Oh this is only psychosomatic. You have burn. How would you overestimate the situation. You must recover longer. It needs time. You need patients. Such things they report me. Yeah. But we have also a lot of people they would like to work. They would be happy to work and they are not able because her her brain for cognitive rental restrictions and so on. They allow it not. And so this is the typical I say biological step that at first we try to understand which problem is standing in the foreground. Yeah. And so very simple. You can look with some laboratory we like to do also such things like dark field microscopy to have all the visual impression we should at first look for the pro-inflammatory situation which for example depends from similar terrain factors like from the acid based household. It's also a big important thing to look for oxidative stress neutral effective stress. This we can measure very easy.

And when we see here clear imbalances then it makes big sense orally. We like also very much to make infusions, injections. We try to give input to balance it very fast and in some cases it's enough. And then you also look for specific deficiencies from vital substances, you know how important they are. Also for the covid treatment also for the prevention of any kinds of flu such things like vitamin C. Like things like vitamin D. Like plant based substances this we use and a good amount of the cases improves after this optimization of tearing million factors ph and oxidative stress and so on and when they have enough especially also you're a topic vitamins like B complexes like alpha lip, OIC acid, omega three and so on.

But another part is not enough. And then it needs yeah treatments which are yeah more deeper acting and which go more to the roots. Yeah. And here we have a method available. Meanwhile it's also good published and it's also well researched. You mentioned it that we belong to one of the European sandals which is using the method of so called phrases. And when we see also in our diagnostics that this we know also from other chronic infections that the people have a high load of antibodies that they have a high load of anti chain antibody complexes which we know from autoimmune disease. Then this wonderful plasma cleansing method which is a bit similar like the dye allies is is super super helpful and also from research it was shown that specific also factors inclusive despite spike protein we can remove from the body and we cannot remove all but we can remove a big amount and then the self regulating processes they are much more effective.

[DRTALKS.COM/LONG-HAUL-SYNDROME-SUMMIT](https://drtalks.com/long-haul-syndrome-summit)

DISCLAIMER: This transcript was generated using artificial intelligence and may contain typographical errors. If you have questions, suggestions, or corrections, feel free to contact us at support@drtalks.com

Copyright © 2023 Overcoming Long Haul & Chronic Fatigue Syndrome Summit

Dr. Sharon Stills

So with unused you're able to cleanse the spike protein.

Dr. Ralf Oettmeier

Yes. It's also able to reduce the spike proteins to cleanse completely. It's impossible because, you know, they are not only swimming in the plasma the plasma, they are also partially bind and different structures, but with the method we reach also the brain. We reach also the juices which are in and around the brain. And in this direction, we are also very successful regarding this neurological and cognitive problems. And I have seen a lot of patients. I'm super happy to have such possibilities available directly on the same day after the treatment. They are much, much better or they have a loose of the symptoms. This can happen, but it's different. We must look and it depends obviously also from other factors around this may main problem which we see of course.

Dr. Sharon Stills

So can you kind of unused ferris. This is probably a new word to a lot of not all people listening. Can you kind of walk through what the procedure is and what exactly does think that would be? Really.

Dr. Ralf Oettmeier

I'm sure many, many people know perhaps from friends from, from persons from the family when you have severe deficiency of your kidneys. Then the conventional medicine. And this is also also saving life has the so called dialyzers available dialyzers means. And this is a similar thing how we do that for from one arm, the blood comes out. It goes through a kind of a I would say washing machine. It's a special filter system. We use filters much, much more complex complicated when you compare with a coffee machine it's more complicated one.

And then on the other side, the cleans plasma goes back. We do not touch the the cells the red cells, the white cells or also important other components from the blood. Because with the so called separating immediately the cells they go back. This is super important to underline and regarding anise phrases. The method meanwhile is available in Germany since approximately eight years. Developed by a guy with the name dr Strober would be perhaps also idea to invite him and it's more interested in your group. And primary it was developed to cleans the blood. Not only from X creation, viable reliable substances like in the kidney deficiency case it was developed to cleans the blood and the plasma from environmental toxins like heavy metals like light metals like organic toxins and also from products which we have in kinds of chronic

inflammations like antibodies, antigens, antibody complexes. Yeah. And the wonderful situation is that all the things which we need for our life, all the vital substances minerals, trace elements and so on which have also a small molecule or wait they go through the filter. They were not frustrated out and then after yeah the situation that more and more patients also with the long Covid and long vaccination. Covid syndrome came to the office is it was tried meanwhile over one year ago to make the method also with such patients. And yeah, surprisingly the success rate was super higher. The success rate is over 80%. And when you would like I can send you also tomorrow. The last publication which was made from some centers from Germany Switzerland and from London because in London there's a big center on the King's College, very famous. They were able to collect the data and they will they published it high ranked that the method is so high from the success rate. And this is for me wonderful gift. And it's unbelievable. So we have the possibility to help also the such patients. And be very

Dr. Sharon Stills

Just one treatment

Dr. Ralf Oettmeier

Normally enough or two treatments. Because within the first treatment you wash approximately the double amount of the complete blood. It's between eight and 10 liters. Yeah. And this is a high effective to cleans the plasma, the blood, especially the plasma. And then on the next day the next day we have a gap day we say the waist and the antibody complexes and the spike proteins. They come because of this concentration difference. They come with him the next day from the periphery from the organs to the blood. Yeah. And that's why it's super important is to make a second treatment after 23 days to reach. Also a lot of this second I would like to say biological waste portion and then we have especially the effects which we appreciate.

Dr. Sharon Stills

So I know we're early into dealing with these issues. Are you so you said you've been doing it for about a year. Are you seeing patients having to return after six months or are they pretty much to treatments that are doing better and don't need to return

Dr. Ralf Oettmeier

Normally. It's not necessary to return when the patients before had not our big chronic problems or diseases. We know also from the risk to get a severe complication after vaccination or a severe complication of a classic covid infection that the risk is higher the more you have also other problems. Yeah. The more people are poorly morbid we say in our area so the higher is the risk to develop problems, complications or to develop this severe kind of the disease and that's why this

is the main factor to differ. You know And when we have also sport loss as patients they were before the covid vaccination, totally healthy. One person for example, some weeks ago she played the professional and the National League and in the national also team for for okay and after the vaccination she started to get ill and she was not able to make training and she is super successful after two treatments and some accompanying things around how I reported the beginning to restart the training and she hopes to she can come back to the professional team in some weeks. But when you had for example before this problems such diseases like multiple sclerosis like polio arthritis like other things it needs quite often some more.

And then also regarding this method which is parallel also good for these indications we recommend to come back but at the end it depends from the clinical condition. Yeah. And then you feel good it's not necessary. Yeah. And yeah I sent you of course I said you also regarding the different filters so when you have interested people some some examinations because it's clear this is a typical thing in our society. We have different methods and different filters on the market. There are filters from china there are more cheaper and then from Japan and then this swiss French product which we are using and there are big differences regarding the capacity to fill trait out the things. That's why it's also important here to look for the best method and also for the best data.

Dr. Sharon Stills

So that is a question I have. And are you familiar because here in the States some doctors are doing they're calling it Eboo are you familiar? It's extra corporeal blood oxygenation. It sounds are you familiar with the boo.

Dr. Ralf Oettmeier

Yes but it's a complete our thing. Yeah it belongs. Yeah. The difference is very big because it belongs to the methods of the so called out to Lakos blood treatments. Yeah that you let a defined amount of blood out. It goes in a bottle. Mostly it's between 200 and 250. And then in this method which you mentioned when I'm informed correctly they put in high dose oxygen. Or you can also put in high doses are sewn and then they mix it. The blood becomes more bright from the from the red color. And then with the same when they let like an infusion or like a transfusion they let it in back in the body. And it's of course acting. It's also activating the oxygen supply and when you have oxygen and you when you are using ozone or so it has also a kind of a antiseptic and disinfecting effect that acts against the viruses and the bacteria. It's good working. But it's not comparable because at the end unfortunately you change nothing regarding Spike brought in. You change nothing regarding antigens antibody complexes. And also this specific detected factors which are responsible for the post covid and vaccination

syndrome. And also the amount of P. E. T. You cannot change. But such micro plastic and P. H. E. V. Can wonderful reduce with the method or you can ask your FDA that they give the elements for the U. S. Because I know from the producers

Dr. Sharon Stills

All the good stuff we have to go to you because they don't let us bring it in here. Are you using hypothermia at all in long Covid? Is it?

Dr. Ralf Oettmeier

We use it. We use it especially when we find that the immunodeficiency is from big importance. How I mentioned the beginning quite often we have balance quite good terrain problems and vital substances that people have enough. They have all the good balance of acid base of oxidative stress. But when we checked rechecked the amount of kill ourselves for example of important lymphocytes. Then the numbers are low and then this is not possible to to influence with phrases here we need more stimulative elements on one hand side. You have some good healing plants. Also in America available. You can also try to use stimulative mushrooms. For example she attack a taka such things they are in some situations.

Then we have also the possibility to use miss lito to stimulate as a subcutaneous injection or also as a low dose The infusion. But when all these elements are not successful then we like very much the use of hypothermia and are also parallel when the people are more powerful of active fever. Active fever means that they produce the fever self and fever in general is a very good immuno stimulative element. And normally the active fever and they hold also some weeks ago presentation in the session of the B. R. M. I. It's possible when you have the remedy available. Also in America it goes quite easy for the passive fever therapy. We say whole body hypothermia. You need the machine and this device according my knowledge is not officially permitted by your wonderful F. D. A.

Dr. Sharon Stills

Not yet at least. And so could you just speak because I don't think we hear that enough about why because we're so used to suppressing a fever. Everyone gets a fever and they take Tylenol or whatever they take. Can you just speak a little to why it's so important and not to get scared when you have a fever. And

Dr. Ralf Oettmeier

Yes fever. We know it from the little babies when they have a new contact with pathogens with viruses with bacteria. When they are together with other Children. Very often they come back to

develop the flu and also very fast they developed fever. And this shows us very clear okay or bias lee it's a natural reaction. It's one of the main and best instruments of the body to overcome the disease very fast and more and more since we know aspirin and paracetamol and many other people reducing pharmaceutical products. We have the idea oh I don't like that. My baby is suffering. I don't like that. My husband is suffering. He shall use this remedy. But the more you are using this especially when recurring infections come long gone needs the body to overcome. And we know from research I remember very good. It was a Boston group from Boston University. They were able to show in vivo in the human being that the best temperature which we have to overcome viruses is between 39.2 till 40 Celsius and Fahrenheit.

It's around 103 I. S. U. And in this temperature range our immune cells, the lymphocytes and the natural killer cells. They have shown the highest power and the highest activity. And when we develop our fever self then mostly we have not so many side effects because the body would like to have. He is not so frustrated. He would like to have the fever to overcome the infection. Of course when you have it too long it can make problems. And it's important to drink enough during fever. It's important also to rest. It's important perhaps to lay in the bed and to wait for the recovering. But fever is a super super healing natural instrument. And this is a long time known since the old Greek doctors which have taught us give me instrument to make fever. I heal all diseases. This is a typical wisdom from a pupil of Mr. the name. Yeah.

Dr. Sharon Stills

So what are you still using procaine to work with?

Dr. Ralf Oettmeier

Yes, of course. You know I'm the biggest fan of procaine of the world. I don't know another person which is using more of it broke a ne perhaps for some people which have never heard the name. Primary. It's a substance coming from the ag away from this plant. Yeah. Which we know in Europe from Mediterranean area. And this makes primary when you have the pure substance it makes a local anesthetic effect but not so long, one hour maximum.

And when you put it on the tongue it tastes very very bitter and it makes a bit of numbness of the tongue you know but not so long. And then it was shown and then later using times we have it in medicine since 110 years. It was shown that procaine has also much more wonderful features like to act anti inflammatory. It acts also vaso del attractive. It means it makes the diameter of small capillaries from the blood and also from the lymphatic capillaries wider. Yeah it makes a better supplying effect the periphery and many other factors from bro cain we like very much and regarding also the post covid and vaccination. Covid syndrome. It's a since a long time.

Meanwhile, since over 1.5 years it's discussed in the medical research and literature that the bias is a so-called neurogenic inflammation plays a role in inflammation which is primarily also caused by a highly irritated situation of the nerves. And it was also shown by new studies that this irritated nerves they produce also cytokines which we don't like this pro-inflammatory. And so for example, one part of my colleagues which likes very much broca injections neural therapy we say or therapeutic local anesthetic to see they make injections in the areas which are affected from COVID syndrome. Yeah. Or which make pain and they have success but they have not only the success that the pain goes down.

They have also the success that in general the people feel better. And from basic research it was also shown one year ago that broca in vitro is able to reduce the amount of viruses and which is also inhibiting over 90% the virus multiplication, which is super good. It works also with influenza A virus. And so finally that's why. Thank you very much for this question. We use the broke a nine as infusion as injection as capsule orally to have here also vegetative and anti-inflammatory effects regarding the nerves and to stabilize the nerve parallel with good vital substances and awfully poetic and so on. But procaine is also a very good nerve relief and stabilizing substance.

Dr. Sharon Stills

I'm trying to focus on the things that you're doing over there that I've learned from you that no one is really doing here in the States so we can get more knowledge about other options. And so that brings me back to you mentioned in the very beginning, just really briefly in passing, you just said you used dark field for an evaluation.

Dr. Ralf Oettmeier

Yeah, I like

Dr. Sharon Stills

Or about dark field microscopy because that's another thing not very well utilized in the States.

Dr. Ralf Oettmeier

Yeah, but it comes, I'm super optimistic. And you have also the North American Association for Neuralgia rupee. There was a meeting this year online but it was much better than nothing. And there are more and more people also on the way and I will also do a lot in the future to support the wonderful American colleagues that you are not alone. Sharon that you have much more which are working in this direction.

Dr. Sharon Stills

So, yes, neuro therapy is definitely more well known here. But what about dark field? Because that's dark field microscopy? We need,

Dr. Ralf Oettmeier

Yeah, I have not to complete all of you about your American market, but there are also some colleagues working with the method. So in this direction it would be very good to do more absolutely from the technique. Normally it's not the problem microscopes, you have enough in your country and the special device with this which is able to polarize the light and appropriate metal. It's not a problem. But when you have enough people then I can also send you a very good teachers to learn it. I have a lot of also well trained and working colleagues in this direction. It's only a question of willing then we can reach everything.

Dr. Sharon Stills

Can you say that what you're seeing in the dark field when you're seeing these patients? You know?

Dr. Ralf Oettmeier

This is a yeah, this is a very good question. It's super important. Many months ago different people started to put videos in youtube and to inform the colleagues. Oh we have very specific things which we see when the patients are vaccinated. Yeah. But unfortunately and I'm the president of one society which is international and which is responsible for the quality of the method. This science are not specific. Yeah we have also patients they suffer from the complete post covid post vaccination, covid syndromes. And in the dark field they have shown no differences when you compare with other chronic diseases.

But we see sometimes specific things which I would like to mention for example, little formations of crystals. Yeah. And when you wait some arrows, the crystals, they become bigger um which are not like a normal crystal more long. They are like a half ring or like a full ring, you know and such formations they seem to be very specific and then we see also the stability quite often of the blood cells is lower and in comparison with with our chronic diseases and also the the immune activity is more often blocked. But this is a typical well known sign that the immunodeficiency is promoted by this specific artificial vaccination. This we must assume and it's meanwhile also well known and published but it's not possible to say this blood must come from a patient with post covid unfortunately not In medicine, you know in many fields also 100% we have not available but some signs are quite typical. But I can send you also an Italian publication of a friend which made some observations in this field.

Dr. Sharon Stills

Okay, we're going to get loaded. We love it. We love the studies. We love the data. That's what we want to be giving people opportunities. So what else is there anything else that you're doing or you want to share as far as how you're working with chronic fatigue long covid. Post vaccination syndrome. Did I miss anything?

Dr. Ralf Oettmeier

Yeah, of course there are some other factors around which can play or also be roll finally and this we should not forget Sharon. I'm sure that you also have thoughts in this direction. We have also to look for emotional and psychological factors and we have the impression and I think it's not only impression it's a fact that also due to the media, due to the politics due to the pharmaceutical industry and so on. There was spread a lot of fear and a lot of anxiety and then when you belong to persons which are more sensitive in which are more easy yeah, able to to believe such negative information, then information then you suffer also primary from this yeah, instability which is absolutely against the life because our life long we have to deal with with negative things and we must find solutions when there is a problem.

But when our mind has the impression there are only problems, problems, problems, fear and anxiety. And I then then then then more and more we develop a secondary depression and these are also symptoms which belong to the post covid and vaccination syndrome and in this direction also we should also here use our beloved instruments to harmonize and in this direction, I know you have a lot available yeah, to use the tongue for conversation to to use specific also kidneys, geological techniques or or other techniques using light and using frequencies and so on. You know, and this plays a big role I think especially when you have cases which need, we say the so called holistic fine tuning.

Dr. Sharon Stills

I think that's a beautiful, beautiful way to kind of wrap it all together because whether you've been in fear or you're watching this summit because you have fear you're suffering, you're not getting better, this is this perfect opportunity to shift it to know there is hope to know there are solutions and to know that you know, fear is one of the greatest reducers of the immune system and the

Dr. Ralf Oettmeier

Absolutely yeah, it's an emotional toxin belongs to the highest acting emotional toxins. Absolutely

Dr. Sharon Stills

It's our terrain, acidic and so we have all these options and no matter where you've been, there's always this opportunity to make a new choice in the moments moving forward in the present moment and in the future and so it's not to not to beat yourself up if you've been experiencing a lot of fear to say, well, okay, you know, I can I've done that now, I'm going to try something else and you know, we're giving you lots of options here, lots of different ways of thinking about it and knowing that, you know, if you're not getting the answers where you're seeking, that there's always other places to seek.

Don't give up hope and Alpstein Clinic and Dr. Oettmeier offer amazing options for hope. You know, the unused for Rhesus is a very powerful tool and I was we were coming for Baden Baden this year and we're gonna need to make a side trip. So we can all experience in use for races. That's a very powerful thing and just all of how bio regulatory medicine works and how your clinic there embraces the dentistry, the emotions, the terrain, the everything all under one roof. So thank you for coming at the end of your day with the times, sharing. You know, just some bits and pieces of what you're doing there and if anyone is interested in reaching out, can you give us your website please?

Dr. Ralf Oettmeier

Yes, it's very easy. It's, alpstein-clinic.com. Very easy. But allow me a little comment at the end, wonderful Sharon, all the good things and all you're saying which you made some seconds ago. It makes only sense when, when we are yeah, involved in a good therapeutic team and also a sending patients to us. It's a wonderful thing. But super important is also to have good colleagues like you at home for an appropriate after treatment and for a strategy to to work together. Yeah, so we are a part of a big puzzle and many, many puzzle pieces you have also at home. And this I appreciate very much. That's why I like so much your things that you do in the corporation. Thank you. It was a big honor for me. Thank you so much.

Dr. Sharon Stills

We love working together and we love you and we love all you that you're doing. And so this is very beneficial for everyone. So thanks for being here and stay tuned. We're going to have more for you. So

Dr. Ralf Oettmeier

Super

OVERCOMING LONG HAUL & CHRONIC FATIGUE SYNDROME SUMMIT

PRESENTED BY:



Dr. Sharon Stills

Be well, okay,

Dr. Ralf Oettmeier

So we do, bye bye. All the best.

[DRTALKS.COM/LONG-HAUL-SYNDROME-SUMMIT](https://drtalks.com/long-haul-syndrome-summit)

DISCLAIMER: This transcript was generated using artificial intelligence and may contain typographical errors. If you have questions, suggestions, or corrections, feel free to contact us at support@drtalks.com

Copyright © 2023 Overcoming Long Haul & Chronic Fatigue Syndrome Summit