

# Dr.Hauschka Med



Special care based on Nature's wisdom

## Med Skin



## Med Lips



## Med Teeth



**Dr.Hauschka Med** stands for natural special care products crafted to meet specific needs. With their protective and balancing properties, **Dr.Hauschka Med** products provide more than basic care and help to maintain healthy skin and teeth.

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## Dr.Hauschka Med

### Special care based on Nature's wisdom

**Dr.Hauschka Med** stands for natural special care products crafted to meet specific needs.

With their protective and balancing properties, **Dr.Hauschka Med** products provide more than basic care and help to maintain healthy skin and teeth.

At the heart of these products are natural oils and medicinal herbs that have been meticulously developed in co-operation with dermatologists, estheticians, dentists and independent testing laboratories in accordance with the latest scientific findings with a view to producing precise and effective compositions. The medicinal herbs used in these cosmetic products are not only selected on the basis of their active substances – their holistic effect on the human body is also of great importance.

The **Dr.Hauschka Med** range, produced by the laboratories of WALA Heilmittel GmbH, is founded on more than 70 years of experience in developing Dr.Hauschka Skin Care and WALA Medicines. Wherever possible, the medicinal herbs used are sourced from WALA's own biodynamic herb gardens or from certified organic biodynamic cultivation or are harvested in the wild. All components are subject to strict quality control.

**Dr.Hauschka Med** includes

- › Dr.Hauschka Med Skin
- › Dr.Hauschka Med Lips
- › Dr.Hauschka Med Teeth

Dr.Hauschka Med preparations are free from synthetic

- › Dyes
- › Fragrances
- › Preservatives

BDIH Certified Natural Cosmetics



Dr.Hauschka Med – manufactured by WALA Heilmittel GmbH.

For further information, please see: [www.dr.hauschka-med.de/english](http://www.dr.hauschka-med.de/english)



The skin allows the soul to breathe and feel. You could almost say that one sees clearly only with the heart – but the skin is what we use to grasp the world around us.

## Dr.Hauschka Med Skin – Feel comfortable in your own skin

### A porous barrier and a sensitive and versatile organ

Our skin performs the essential functions of serving as a barrier to the outside world and regulating our inner balance. Parts of keratinous cells, sebum and sweat form a thin film on the surface of the skin called the acid mantle, which protects us from germs. To prevent us from overheating, the skin produces sweat that evaporates from the surface of the skin, thereby cooling it. If the body's temperature threatens to drop too low, it generates heat by forming goose-bumps. Temperature sensors in the skin send signals to the central nervous system, which ensures that the circulatory system distributes heat evenly throughout the body. In this way, all parts of the body play a role in maintaining homeostasis, the natural inner balance of human beings.

The skin does not merely have physiological functions, however. When we blush with pleasure or turn pale with fear, when a shiver runs down our spines or we break into a cold sweat – these are only a few examples of how our skin, which is closely linked to the circulatory system, reflects our emotional state.

When the protective function of the skin is impaired, this can point to a violation of emotional boundaries. The skin becomes very dry, which can cause it to grow itchy, red and flaky. When this happens, it is important to provide the skin with fortifying care to boost its natural resistance and alleviate itching.

#### Skin facts and figures:

- › Measuring 1.5 to 2 square metres, it is the largest human organ
- › Weighing up to 10 kilograms (hypodermis, dermis and epidermis), it is also the heaviest

#### The skin's functions:

- › Temperature regulation
- › Protection from sun and germs
- › Senses touch, pain and temperature
- › Waste elimination
- › Plays a role in homeostasis, the self-regulation of the natural inner balance of human beings

## When the skin becomes dry and irritated

Many of us have experienced extremely dry skin. The uppermost layer of the skin (epidermis) becomes chapped and cannot maintain sufficient levels of moisture. Scratching the skin triggers a vicious circle of escalating itchiness and dryness. The skin can become flaky, chapped and even painful.

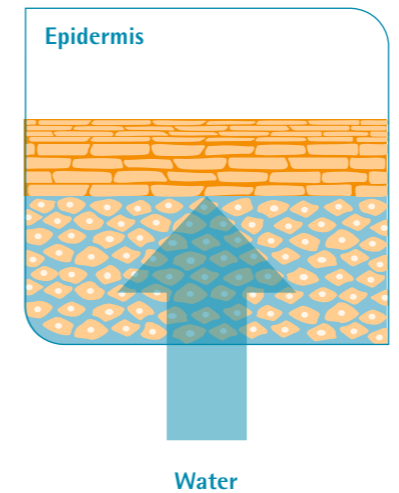
### Causes

Dry skin can be caused by a number of different factors (see p. 12). In some cases it is a symptom of dermatitis. A person with a fully developed case of dermatitis suffers from extreme itchiness and weeping eczema. Up to 20 percent of the population of the Western industrialised nations suffer from atopic skin conditions such as dermatitis – among children, the figure is as high as 25 percent.

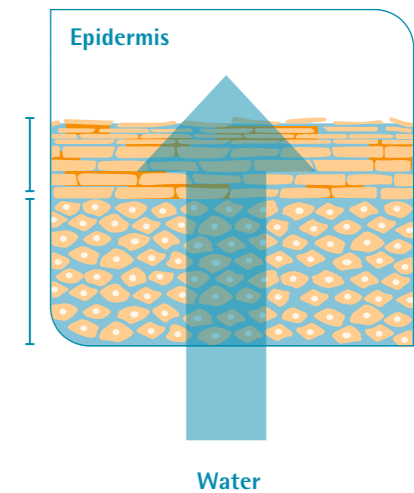
There is a genetic predisposition to dermatitis. A quantitative and qualitative alteration in the composition of the lipids or a mutation in the protective protein filaggrin may be partially responsible for the defect in the skin's barrier function. These changes mean that the skin is no longer able to sufficiently protect the body from losing moisture, a phenomenon that can be quantified by measuring transepidermal water loss. The factors that trigger the genetic skin disease have not yet been sufficiently explained. Environmental causes seem to play a key role. In today's society, our bodies are exposed to and must cope with an excessive amount of chemical substances. Added to this are the mental and emotional demands of our families and professional lives. Sometimes it only takes a little nudge to tilt us off balance. We are suddenly raw and vulnerable.

The close links between skin and perception are already apparent in the embryonic phase of human development. Not only the skin, but the nervous system and the sensory organs have the same embryonic cell origin, the ectoderm.

Normal skin



Dry skin



The skin is made up of three parts: the epidermis, the dermis and the subcutis. The **epidermis** consists of multiple strata of cells (keratinocytes), the surface layer of which is mainly made up of dead skin cells (keratinous cells). A layer of lipids and proteins binds the keratinous cells together to form a secure barrier that prevents too much moisture from evaporating from the surface of the body. A change in the composition of the lipids or a defect in the filaggrin, the protein which forms the bond between the keratinous cells, can lead to weaknesses in this natural defence. The skin becomes dry and itchy.

Skin conditions can also point to diseases of the internal organs.

## Treating the whole person

The skin is not only a mirror of the soul – it also reflects the body's internal processes. The surface of the skin contains numerous nerve endings that lead deep beneath the skin. When an organ is weakened or diseased, it can have a visible effect on the skin. Therefore, when an individual is suffering from dermatitis, it is important to treat the whole person. Holistic therapy often makes it unnecessary to treat the skin with anti-inflammatory medicines. Instead, medicinal herbs which have a therapeutic effect on the skin are used. Rather than suppress the eczema, they promote healing.

### **Skin research in Freiburg: medicinal herbs help the skin**

Plants are not just pleasing to the eye. They contain a variety of interesting ingredients such as anti-oxidants, anti-inflammatories and anti-microbial substances, which are all good for the skin. The usability of many plant substances for treating skin conditions, such as tannins to treat dermatitis, has not been extensively researched before now. The Competence Center skintegral® was founded in the dermatology department of the University of Freiburg in order to close this knowledge gap and ascertain both the healing and the harmful effects of plants and light on the skin. WALA Heilmittel GmbH and the non-profit Dr.Hauschka Foundation are among the sponsors of this project. For additional information on skintegral®, please see: [www.uniklinik-freiburg.de/hautklinik/live/skintegral/english.html](http://www.uniklinik-freiburg.de/hautklinik/live/skintegral/english.html)

## What can I do?

Our skin reflects the way we live. There are many triggers that can cause the skin to become dry or irritated. One way to identify these triggers is by keeping a diary. Make a note of what you have eaten, the clothing you have worn, what skin care products you have used, your activities and things that have caused you stress – and, of course, write down how your skin felt.

Keeping a diary can be helpful in identifying your dermatitis triggers. You may want to use our template, which you will find at [www.dr.hauschka-med.de/english](http://www.dr.hauschka-med.de/english).

If you suffer from very dry skin or dermatitis, you should be sure to get enough exercise and eat a healthy, balanced diet. There is not, however, a recommended treatment that applies to everyone. Around 30 percent of the people who suffer from dermatitis are allergic to certain foods or other substances. For this reason, it is often important to be tested for allergies.

Find out if you have allergies or intolerances.

You should not use skin and facial care products that contain synthetic ingredients and fragrances. Experience has shown that skin care products that contain natural essential oils are extremely unlikely to trigger an allergic reaction, and therefore are highly suitable for use by allergy sufferers.

At the same time, synthetic substances and even certain detergents can irritate extremely dry skin. Test different textiles to see what type of fibres are best for your skin, and be sure to rinse your clothing well after washing. Cotton and linen are usually the least irritating to the skin.

Cotton, silk and linen are gentle on the skin.

In winter, placing a humidifier in closed rooms is a good way to prevent the skin from drying out further.

Use a humidifier.

Learn different techniques to prevent stress. Therapeutic eurhythmmy, a type of kinesiotherapy used to restore the balance of power within the body, is one effective method.

Relieve stress.



## Interview with Dr. Brigitte Roesler, an anthroposophic dermatologist from Germany

Dr.Hauschka Med: Dry skin is a common problem. What causes it, and does dry skin always require special treatment?

Dr. Brigitte Roesler: Dry skin can be caused by many different factors. Many people experience dry skin in winter, when the cold air outside and the heated air inside are both very dry. But being outside in the sun or spending the day at the swimming pool in summer can also dry out the skin. In these cases, dry skin can usually be treated using high-quality, nourishing skin care products that allow the skin to regenerate.

Dry skin is sometimes accompanied by itchiness. Are the causes the same?

There is often no clear boundary between itching caused by extremely dry skin and itching with internal, organic or emotional origins. The skin is our protective organ, and it also provides us with a spiritual boundary. Sometimes we are ready to jump out of our skins, or could scratch ourselves bloody. This is an expression of nervous tension or emotional stress.

Should I see a dermatologist immediately when my skin gets itchy?

That will certainly depend on whether you find the itching unbearable. People who scratch their skin until it is raw – which can lead to infection – should definitely consult a dermatologist. In some cases, itching or eczema is caused by intolerance for a certain substance or debility of an internal organ such as the kidneys or liver.



Itchiness can also be a symptom of atopic eczema. What is that exactly?

Atopic eczema, often called dermatitis, belongs to a group of atopic diseases that includes hay fever and allergic asthma. Unfortunately, these illnesses are becoming increasingly widespread. They are an expression of hypersensitivity that can be caused by a combination of environmental factors and societal pressures. People who suffer from atopic eczema are often individuals who could be called cerebral, i.e. they are more driven by their heads than their hearts.

What sort of therapy would you recommend to a patient suffering from atopic eczema?

The skin is not only a mirror of our general state of being, but also of our internal organs – and both of these should be fortified with the help of naturopathic therapies.

The internal treatment consists of medicinal preparations containing herbs that have a therapeutic effect on the skin and potentised minerals. Art therapy, talk therapy or therapeutic eurhythmy can be used to strengthen the patient. These therapies allow patients to address the question of how to make their lives more positive – so they can once again feel comfortable in their own skins. Nourishing skin care forges a link between these positive emotions, the feeling of restoring one's own protective layer, and a sense of being in tune with one's body. The optimal skin care in these cases is one that strengthens the skin's natural protective functions and has a moisturising oil base that is suitable for dry skin.

designed for very dry, flaky skin

## Dr.Hauschka Med Ice Plant Body Care Lotion

Healthy skin serves an important function as a boundary to the external world. If this barrier function is disturbed, the skin becomes very dry. Itching, redness and flaking may result. When this happens, it is important to provide the skin with fortifying care. Dr.Hauschka Med **Ice Plant Body Care Lotion** is the ideal basic daily skin care at such times, leaving the skin feeling soft and smooth. Skin that is cared for is better protected and itches less.

- Reduces the feeling of tightness and helps prevent itching
- Soothes and provides long-lasting care with the moisture-rich ice plant
- Fortifies the skin's own powers of defence and natural barrier function
- The combination of the finest oils is specially formulated for the needs of very dry and hypersensitive skin
- Does not leave a greasy film
- Developed in co-operation with experienced dermatologists

**How to use:** Use daily on the entire body. It is usually not necessary to apply any more cream.



- › Very suitable for children
- › Outstanding effectiveness and tolerability verified in clinical dermatological tests by an independent testing institute
- › Free from synthetic dyes and preservatives
- › Deliberately free of perfumes

### Ice Plant Body Care Lotion, 200 ml

Ingredients: Water/Aqua, Mesembryanthemum Crystallinum Extract, Glycerin, Alcohol, Simmondsia Chinensis (Jojoba) Seed Oil, Persea Gratissima (Avocado) Oil, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Manihot Utilissima (Tapioca) Starch, Beeswax/Cera Alba, Lanolin, Lysolecithin, Mangifera Indica (Mango) Seed Butter, Butyrospermum Parkii (Shea Butter), Daucus Carota Sativa (Carrot) Root Extract, Sucrose Stearate, Sucrose Distearate, Chondrus Crispus (Carrageenan) Extract, Glyceryl Stearate, Hectorite, Xanthan Gum, Stearic Acid, Amyris Balsamifera Bark Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract, Sodium Stearoyl Lactylate.

- › Very suitable for children
- › Outstanding effectiveness and tolerability verified in clinical dermatological tests by an independent testing institute
- › Free from synthetic dyes and preservatives
- › Deliberately free of perfumes

**Intensive Ice Plant Cream, 50 ml**

Ingredients: Water/Aqua, Mesembryanthemum Crystallinum Extract, Persea Gratissima (Avocado) Oil, Glycerin, Mangifera Indica (Mango) Seed Butter, Alcohol, Tricaprylin, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Sesamum Indicum (Sesame) Seed Oil, Lanolin, Cetearyl Alcohol, Bentonite, Butyrospermum Parkii (Shea Butter), Daucus Carota Sativa (Carrot) Root Extract, Rosmarinus Officinalis (Rosemary) Leaf Extract, Amyris Balsamifera Bark Oil, Lysolecithin, Glyceryl Oleate, Xanthan Gum.



## Dr.Hauschka Med Intensive Ice Plant Cream

Many of us are periodically plagued by extremely dry, itchy skin, especially on the face, in the crook of the arm and in the hollow of the knee. These phases call for special skin care that provides intensive nourishment, improves the skin's moisture balance and puts a stop to the vicious circle of escalating itching and scratching. Dr.Hauschka Med **Intensive Ice Plant Cream** reduces itchiness by restoring the natural oil and moisture balance to particularly dry areas of skin that are prone to flaking, itching and irritation.

for treating areas  
of very dry, flaky skin

- Reduces the sensation of tightness
- Soothes and provides long-lasting care with the moisture-rich ice plant
- Fortifies the natural barrier function of the skin
- The combination of the finest oils is specially formulated for the needs of very dry and hypersensitive skin
- Does not leave a greasy film
- Developed in co-operation with experienced dermatologists



**How to use:** Apply to the affected area(s) one or more times a day as needed.



Ice Plant –  
Mesembryanthemum crystallinum

## Perfectly adapted for surviving dryness: the ice plant

Preparations made with the robust ice plant (*Mesembryanthemum crystallinum*) moisturise and soothe the skin and remedy itching and redness. The ice plant's properties were noticed by Waltraud Marschke, a nurse working in a centre for anthroposophic therapies on the Canary Island of Lanzarote. The wondrous plant that thrived in the hot climate caught her eye and she began to experiment with various uses. Waltraud Marschke went on to publish her findings on the ice plant, which have been earning increasingly widespread recognition ever since. Preparations made from ice plants moisturise and smooth the skin. The moisturising properties of the ice plant actually have some similarities to those of human skin, which helps explain the moisture-binding properties of preparations made from ice plants.

### Thrives in the hottest of climates

The ice plant had to specialise in storing water in order to survive in South Africa, its original habitat. In that region, large areas are overgrown with this plant that thrives in the blazing sun. The secret can be found in its leaves – they are fleshy, succulent and covered with glossy bladder cells, which sparkle in the sun like drops of dew. But how do they manage to collect and retain so much water in such an arid climate? The ice plant has two tricks up its sleeve: a special respiration technique and a saline solution.

### During the daylight hours, the ice plant holds its breath

Normally plants take in carbon dioxide over the course of the day, and with the help of the sun's light transform it into sugar (glucose) and oxygen. They respire through openings on the underside of their leaves –

but they also lose water through these stomata, as the openings are called. The ice plant closes its stomata during the day, which reduces moisture loss by 90 percent. It does not respire until the sun goes down. The carbon dioxide that it absorbs is fixed to a molecule that the plant photosynthesises into glucose and oxygen the next morning.

### Natural moisture retention

But that is not all. The ice plant has the unique ability to retain salt (sodium chloride), a trick which may at first seem strange. After all, any normal plant would die if it came into contact with too much salt. Ice plants that grow in coastal regions, on the other hand, actually absorb salt from the air if the soil is not salty enough. This salt triggers the production of fruit acids within the plant. And these in turn combine with sugar alcohols, magnesium (which is present in large quantities) and proline, an amino acid, to produce a natural moisture-retaining substance. These substances allow the ice plant to draw in and fix what little moisture is available in its environment. This can be demonstrated by cutting a twig off an ice plant and placing it on a table without any water. It will stay fresh for many weeks.

## Specially formulated for very dry skin: jojoba, sesame and almond oils

The outer layer of skin cells, the epidermis, is protected by different types of amino acids produced by the body, which lie on and between the cells. They bond the cells together and prevent the body from losing too much moisture from the surface of the skin (transepidermal water loss). The more closely externally applied moisturisers and oils correspond to the amino acids found in human skin, the more effective they are in supporting its natural protective functions. This is why **Dr.Hauschka Med Skin** products contain a combination of different natural oils that are very similar to those of the human skin. This moisturising, creamy foundation is not only absorbed readily by the skin, it also provides additional protection for the epidermis without leaving behind a greasy film.



Almond oil – *Prunus dulcis*

The moisturising foundation of Dr.Hauschka Med Skin products has a threefold effect:

- › One part of the oils is absorbed very quickly
- › A second is gradually absorbed after the product has been applied to the skin
- › The third remains on the skin's surface and protects it

## Dr.Hauschka Med Lips

### The lips are the gateway to the soul

The skin of the lips consists of only three to five layers of cells and is therefore very thin compared to the skin covering the rest of the face, which is made up of around 16 layers.

Because the skin of the lips is so thin, the underlying blood vessels show through, giving the lips their red colour.

The skin of our lips is very different from the skin that covers the rest of our bodies. The outer skin layer of the lips is extremely thin; the stratum corneum is only a twentieth of a millimetre thick and there is no protective hydrolipid film or hair. The skin of the lips does not contain any sweat or sebaceous glands, nor does it produce any protective melanin, the substance that causes our normal skin to tan when exposed to the sun's rays.

Instead, the skin of the lips contains numerous nerve endings and blood vessels, which we use to sense the slightest touch and differences in temperature. Being thin-skinned is the price for this high degree of sensitivity that even small children are aware of – which is why they explore new objects by putting them in their mouths.



Nowhere else are the physical and the emotional so closely interwoven as in the skin. In our lips, especially, we can sense a hint of the soul.



Peppermint – Mentha piperita

## What can I do for dry lips and cold sores?

The sun, wind and extreme temperatures put a strain on our sensitive lips. They dry out, and the corners of the mouth may become cracked. In addition, many of us are familiar with the sensation of tingling or tightness which often precedes a cold sore. These blisters that appear on or around the lips can be very painful and sometimes rupture.

Providing our delicate lips with intensive care can make them more resistant to environmental influences. When sufficiently moisturised, the skin of the lips remains supple and does not chap or crack. Where the sun is particularly strong, for example near the ocean or in the mountains, a cream containing a strong sunscreen will protect against the dehydrating effects of UV rays. Eating well and getting enough exercise and sleep keep your body healthy and make you more resistant to stress. And this keeps your lips healthy, too.



Laughter is also good for your lips. It stretches the skin of the lips, which keeps it supple and reduces the danger of dryness and cracking.

## Dr.Hauschka Med Labimint Acute Lip Care

soothes tingling lips

Dr.Hauschka Med **Labimint Acute Lip Care** cools and soothes the lips from the very first sign of tightness. At the heart of this pleasantly soft lip care are the freshly pressed juices of precious calendula and echinacea, which are known for their soothing and regenerative effects. The 100 percent pure medicinal herb juices are supplemented by an extract from sage, which has purifying properties.

- The natural creamy basis containing jojoba oil is absorbed quickly and leaves the lips feeling silky smooth
- When you experience a feeling of tightness, natural peppermint oil is refreshingly soothing and cooling – for both the lips and the breath



Calendula – *Calendula officinalis*



Sage – *Salvia officinalis*



Purple coneflower – *Echinacea pallida*



### How to use

At the first sign of tightness or tingling in the lips, apply Dr.Hauschka Med **Labimint Acute Lip Care** several times during the day

- › Free from synthetic dyes, fragrances and preservatives

### Labimint Acute Lip Care, 5 ml

Ingredients: Water/Aqua, Calendula Officinalis Extract, Alcohol, Echinacea Pallida Extract, Glycerin, Salvia Officinalis (Sage) Leaf Extract, Arachis Hypogaea (Peanut) Oil, Lanolin, Cetearyl Alcohol, Mentha Piperita (Peppermint) Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Hectorite, Fragrance/Parfum, Limonene\*, Linalool\*, Geraniol\*, Citronellol\*, Xanthan Gum, Lysolecithin

\*component of natural essential oils



## Freshly pressed plant juices: the juice of the whole plant

Dr.Hauschka Med Skin and Lips contain the power of the whole plant – purple coneflower, calendula and ice plant from biodynamic cultivation. Petals, leaves and stems are pressed immediately after the plant is harvested. Our partner in South Africa is responsible for the pressing of the heat-loving ice plant. Unlike plant extracts, the freshly pressed juices contain the entire undiluted essence of the vibrant plants. All the beneficial substances of the highly complex medicinal plant are found in its rich juices. This is what makes them so effective.

Dr.Hauschka Med Ice Plant Body Care Lotion contains 100 percent pure ice plant juice, as does Dr.Hauschka Med Intensive Ice Plant Cream. Dr.Hauschka Med Labimint Acute Lip Care contains the fresh, undiluted juices of purple coneflower and calendula.

Above: A WALA employee processes freshly harvested purple coneflower, which must be cut into smaller pieces before it is pressed. When pressed, the chopped plants yield a rich undiluted juice that contains all the beneficial properties of the fresh plants (below).



## Highly effective purple coneflower

In the cold winter months, the purple coneflower (*Echinacea pallida*) plays an important role in preventing and treating colds. By providing non-specific stimulation of the immune system, it helps build up the body's natural defences.

Our knowledge of the medical uses of purple coneflower stems largely from the native cultures of North America, where it was one of the most important healing plants. Traditionally it was used to heal febrile conditions, insect bites, poorly healing wounds and even snakebites. It is effective for all inflammatory febrile processes brought about by injuries and is used in the treatment of wounds and skin diseases.

For a portrait of the purple coneflower, please see:  
[www.dr.hauschka-med.de/english/quality/plantlibrary/pale-coneflower](http://www.dr.hauschka-med.de/english/quality/plantlibrary/pale-coneflower)



Purple coneflower = *Echinacea pallida*



Teeth are not just an expression of our vitality, but of our internal development. When a child's permanent teeth come in, it is an important step on the path to adulthood.

## Dr.Hauschka Med Teeth

### Well-being for your mouth

Teeth play an important role in digestion, chewing food and making it smaller. Healthy teeth are therefore important to our good health.

And teeth are tiny wonders. The enamel that covers them is the hardest substance in the human body. Thanks to deposits of minerals such as calcium, phosphate, magnesium and sodium compounds, it is so robust that it can scratch steel. However, it is subject to the wear and tear of constant use. We utilise the chewing surfaces of our teeth around one thousand times each day. The tooth itself is anchored to the jaw by its root and connective tissue fibres in such a way that it can give slightly under extreme pressure. Teeth are surrounded by the gums to protect their sensitive necks.

Bits of food that get stuck between the teeth provide a fertile ground for the bacteria that form plaque – which can lead to inflammation of the gums (periodontitis) – and produce the acids that cause tooth decay (caries). The best way to maintain healthy teeth and strong gums is regular dental hygiene, which prevents plaque from forming and hardens tooth enamel by replenishing minerals. In addition, the natural production of saliva neutralises acids in the mouth.

For thousands of years, many cultures have known that a healthy mouth is essential to the well-being of the person as a whole. Both mouthwash and the use of twigs from the neem tree (*Azadirachta indica*) to clean the teeth are mentioned in an ancient Indian law text dating from 600 BCE.



## Nutrition for healthy teeth

Caring for the teeth starts with healthy eating habits, especially for children. For example, sugar is a favourite food source for caries bacteria. You should therefore reduce the amount of sweets consumed by your child. Besides regular dental hygiene, a balanced and varied diet is important for preventing tooth decay, as this provides the teeth with all the essential nutrients they need for healthy growth. By chewing thoroughly and cutting back on acid-forming foods such as white sugar, meat and white flour, you can help maintain the basic pH level of the saliva. And this in turn contributes to the health of your teeth, because plaque-forming bacteria thrive in an acidic environment.

## Protection for tooth enamel

An alkaline environment in the mouth protects our tooth enamel. It may be the hardest substance in our bodies, but it is vulnerable to acids, which cause demineralisation by dissolving magnesium and calcium compounds. Remineralising dental care can help the weakened tooth enamel. Aesculin from horse chestnuts also restores the healthy balance of the saliva. The effectiveness of fluorides, on the other hand, has been disputed. In the case of children, one must be especially careful when administering fluoride, which stimulates bone-forming cells. Excessive doses can cause bones to harden, thereby hampering the growth process.

## Advice from dentist Dr. Hans Dieter Schwertfeger: correct brushing technique

Brush your teeth after every meal. Hold the toothbrush at a 45 degree angle with the bristles pointing toward the gums, and brush the teeth using a light, vibrating motion starting at the gums. Be careful not to apply too much pressure. The vibrating motion massages the gums, which stimulates circulation to the area and thus helps the body eliminate inflammatory substances. Regular brushing will also prevent the formation of plaque, which can be removed mechanically as long as it has not hardened. And the fortifying ingredients of the toothpaste can act directly on surfaces that are not covered with plaque. You should buy a new toothbrush every three months.

When brushing your teeth, only scrub the chewing surfaces  
Clean gums and fronts and backs of teeth using a vibrating motion



## Interview with anthroposophic dentist Dr. Hans Dieter Schwertfeger from Germany

Dr.Hauschka Med: We tend to ignore our teeth until they send us a painful reminder. And then we just treat the tooth that is giving us problems. Is this the right approach?

Dr. Hans Dieter Schwertfeger: The important thing is not to look at the teeth in isolation, because they are closely tied to our physical and emotional well-being. A toothache can point to a diseased organ or an emotional difficulty. This is why it is always important to talk to the patient and explore possible correlations to other problems. Solving them is a necessary part of healing the tooth.

It is often said that if teeth are kept clean, they'll stay healthy. But every one of us has been to the dentist at one time or another with caries or other complaints. Is our oral hygiene so poor?

Most dental disease really can be prevented by good oral hygiene. However, we must also recognise that the tooth is part of a larger organism, and its health therefore depends on the health of the whole person – for example on good nutrition.

What do I need to pay attention to when brushing my teeth? It is important to use the right technique. You'll find tips on page 31. Furthermore, you shouldn't get carried away with dental hygiene.

Do you mean it's possible to brush your teeth too much? In a certain sense, yes. Some people have thin tooth-bearing bones covered with thin mucosal tissue. When these individuals brush too hard, they can develop problems with receding gums. The often painful result is exposure of the tooth necks. In cases such as these, the patient should use a very soft toothbrush, special brushing method and mild toothpaste.



What do you recommend to prevent plaque?

The oral cavity is a microcosm containing a well-balanced population of microorganisms. You shouldn't regularly use an anti-bacterial mouthwash to fight plaque, because this destroys the delicate balance. A good naturopathic alternative is to use extracts of horse chestnut bark. They are amazingly effective in preventing plaque build-up.

Earlier you mentioned good nutrition. How important is this for healthy teeth?

Very – unhealthy eating habits can manifest themselves in gum diseases such as periodontitis, which is actually a metabolic disorder. But lack of a daily rhythm and eating too quickly can also have negative effects on the vitality of our entire body, and therefore on our teeth. The condition of our teeth is a reflection of how well we take care of our overall health.

Is it important to use toothpaste that contains fluoride?

That has to be decided on a case-by-case basis. If you have amalgam fillings in your mouth, for example, you should avoid toothpaste that contains fluoride because it can dissolve the mercury in the fillings. Too much fluoride isn't good for children because it can cause the hardening of bones throughout the body, which can hinder healthy growth. On the other hand, I sometimes advise patients who have very soft teeth to use products that contain natural fluoride for a while – but then in a potentiated form. In such cases I can also recommend preparations that contain extracts of horse chestnut bark. They are effective in maintaining a healthy balance in the saliva. The result is a better environment for the teeth, which become more stable and less prone to disease.



## Dr.Hauschka Med Fortifying Mint Toothpaste

### Gum protection

Strong gums and thorough oral hygiene are essential for healthy teeth. It is therefore important to stabilise the oral flora in order to prevent harmful bacteria from growing in the first place. Regular brushing with a fortifying toothpaste helps to prevent plaque (bacterial film on the teeth), as well as the tartar, gum problems and caries that may result from it. Dr.Hauschka Med **Fortifying Mint Toothpaste** has been proven to reduce inflammation quickly, fortifying the gums and promoting a balanced, healthy oral flora.

- When used regularly, removes plaque and helps to prevent tartar, gum inflammation and caries
- Astringent extracts of horse chestnut fortify the gums and help to prevent gum bleeding
- The cleansing properties of natural essential oils help to keep breath fresh



- › Developed in co-operation with experienced dentists
- › Free from synthetic dyes, fragrances and preservatives
- › No added fluorides or tensides

### Fortifying Mint Toothpaste, 75 ml

Ingredients: Water/Aqua, Sorbitol, Sodium Silicate, Glycerin, Chondrus Crispus (Carrageenan) Extract, Kaolin, Citric Acid, Diatomaceous Earth/Solum Diatomeae, Silica, Fragrance/Parfum, Mentha Piperita (Peppermint) Oil, Limonene\*, Cinnamal\*, Linalool\*, Eugenol\*, Melia Azadirachta Leaf Extract, Aesculus Hippocastanum (Horse Chestnut) Seed Extract, Pistacia Lentiscus (Mastic) Gum, Propolis Wax, Alcohol, Chlorophyllin-Copper Complex/CI 75810, Titanium Dioxide/CI 77891.

\* component of natural essential oils

- › Developed in co-operation with experienced dentists
- › Free from synthetic dyes, fragrances and preservatives
- › No added fluorides or tensides

**Sensitive Saltwater Toothpaste, 75 ml**

Ingredients: Sea Water/Maris Aqua, Calcium Carbonate, Water/Aqua, Sorbitol, Glycerin, Sea Salt/Maris Sal, Hydrated Silica, Xanthan Gum, Chondrus Crispus (Carrageenan) Extract, Hamamelis Virginiana (Witch Hazel) Water, Fragrance/Parfum, Citrus Medica Limonum (Lemon) Peel Oil, Citrus Grandis (Grapefruit) Peel Oil, Limonene\*, Citral\*, Geraniol\*, Linalool\*, Diatomaceous Earth/Solum Diatomeae, Kaolin, Pistacia Lentiscus (Mastic) Gum, Sphagnum Ssp. Extract, Xanthophyll.

\* component of natural essential oils



**Dr.Hauschka Med Sensitive Saltwater Toothpaste**

Sensitive teeth with exposed necks require special attention. They must be cleaned gently to avoid further abrasion but, at the same time, thoroughly enough for the teeth to remain healthy. This is because clean teeth, healthy gums and fortified mucous membranes are the best protection against plaque (bacterial film on the teeth) and the tartar and caries which may result from it. Dr.Hauschka Med **Sensitive Saltwater Toothpaste** cleans sensitive teeth with exposed necks gently yet thoroughly.

- When used regularly, removes plaque and helps to prevent tartar and caries
- Gentle, natural, triple cleaning action
- The cleansing properties of natural essential oils protect the mouth area
- Witch hazel water fortifies the mucous membranes of the mouth
- With natural saltwater from the Bad Dürrenberg spa
- Contains no peppermint or menthol and is thus recommended by homeopaths

Gentle cleaning for sensitive teeth

Menthol-free





- › Free from synthetic dyes, fragrances and preservatives
- › No added fluorides, tensides or alcohol

**Children Sensitive Orange Tooth Gel, 50 ml**

Ingredients: Sorbitol, Water/Aqua, Glycerin, Rosa Damascena Flower Water, Hydrated Silica, Hamamelis Virginiana (Witch Hazel) Water, Citrus Aurantium Amara (Bitter Orange) Flower Water, Cyamopsis Tetragonoloba (Guar) Gum, Sodium Magnesium Silicate, Citrus Aurantium Dulcis (Orange) Peel Oil, Fragrance/Parfum, Limonene\*, Linalool\*, Citral\*, Rosa Canina Fruit Extract, Hippophae Rhamnoides Fruit Extract, Xanthan Gum, Kaolin, Esculin.

\* component of natural essential oils



Orange – Citrus aurantium dulcis

**Dr. Hauschka Med Children Sensitive Orange Tooth Gel**

Milk teeth require special protection and thorough yet gentle care because their enamel is not yet fully developed. The gums are often stressed and sensitive as new milk teeth emerge. Daily cleaning and thorough care of young teeth and gums during this sensitive phase is the foundation for strong, healthy teeth as an adult. Dr. Hauschka Med **Sensitive Orange Tooth Gel for Children** fortifies the mucous membranes and ensures a balanced oral flora.

- When used regularly, removes plaque and helps to prevent caries
- Rose petal water, orange blossom water and witch hazel water fortify the mucous membranes of the mouth
- Sea buckthorn berries help to strengthen the gums
- Refreshing fruity flavour
- Tested by dentists
- Contains no peppermint or menthol and is thus recommended by homeopaths

Natural protection against caries for healthy milk teeth

## Dr.Hauschka Med Sage Mouthwash

Firms and fortifies the gums

Keeps breath fresh

Mouthwashes are an effective way to enhance dental care and give you the confident feeling of knowing your breath is fresh. They promote hygiene in places which toothbrushes and dental floss cannot reach. Dr.Hauschka Med **Sage Mouthwash** helps to prevent inflammation inside the mouth and stabilises oral flora, thereby stopping unhealthy bacteria from growing in the first place.

- Astringent extracts of ratanhia, myrrh and tormentil firm and fortify the gums
- With stabilising extracts of sage, wound-healing extracts of calendula and calming extracts of marshmallow
- The combined cleansing properties of essential oils keep breath fresh
- Ready to use



Sage – Salvia officinalis



- › Free from synthetic dyes, fragrances and preservatives
- › No added fluorides or tensides

### **Sage Mouthwash, 300 ml**

Ingredients: Water/Aqua, Alcohol, Sorbitol, Althaea Officinalis Leaf Extract, Salvia Officinalis (Sage) Leaf Extract, Krameria Triandra Root Extract, Calendula Officinalis Flower Extract, Potentilla Erecta Root Extract, Aesculus Hippocastanum (Horse Chestnut) Bark Extract, Melia Azadirachta Leaf Extract, Commiphora Myrrha Extract, Fragrance/Parfum, Limonene\*, Eugenol\*, Linalool\*, Sodium Magnesium Silicate, Glycerin, Propolis Wax.

\*component of natural essential oils



Horse chestnut – Aesculus hippocastanum

**We utilise a special rhythmic method to produce the extract of horse chestnut bark used in Dr.Hauschka Med preparations.**

WALA employees boil the freshly peeled bark in water and then pour it into stoneware pots, where the unique WALA rhythmic method is then applied to the mixture. Over a period of seven days, the essences are subjected to processes that are based on the rhythms of light and movement; these processes were developed based on WALA's knowledge of natural rhythms and the human body. Employees stir the mixture thoroughly every morning and every evening. The liquid, which is otherwise kept in the dark, comes into contact with light at these times. After the week is over, the WALA employees press and filter the essences. Finally, a small amount of incinerated pressed residue is added to the filtered essences.

## Horse chestnut for strong teeth

Extract of horse chestnut bark (*Aesculus hippocastanum*) is one of the ingredients that gives **Fortifying Mint Toothpaste**, **Sensitive Orange Tooth Gel for Children** and **Sage Mouthwash** their fortifying effects. It contains aesculin, which firms the gums and has a harmonising influence on the formation and hardening processes within the body. These two opposing tendencies play an important role in the development of the teeth as the tooth grows and requires both forming and hardening.

The polarity that can be found in the opposites of light/lightness and darkness/heaviness is exemplified by the horse chestnut. The seeds germinate in the heavy darkness of the soil. Once the sprout emerges into the light of day, it shoots upward towards the light as quickly as possible. By the end of its first year, the young tree has already grown to a height of half a metre. Light shines through its soft green leaves as they unfold in the spring; as they get older, the leaves become darker, heavier and more solid.

For a portrait of the horse chestnut, please see:  
[www.dr.hauschka-med.de/english/quality/plantlibrary/horse-chestnut](http://www.dr.hauschka-med.de/english/quality/plantlibrary/horse-chestnut)

## Saltwater from the Bad Dürrenberg spa delivers gentle cleaning power

In addition to mineral calcium carbonate and strengthening silica, the gentle triple cleaning action of Dr.Hauschka Med **Sensitive Saltwater Toothpaste** is based on salt. Salt stimulates the natural production of saliva, which in turn neutralises damaging acids and helps the mouth to cleanse itself. **Sensitive Saltwater Toothpaste** contains sea salt obtained through natural, traditional methods as well as natural saltwater from the Bad Dürrenberg mineral springs.

With a salt content of between six and eight percent, the Bad Dürrenberg water comes directly from a spring located next to Germany's Saale River. To concentrate the saltwater, Johann Gottfried Borlach (1687–1768) commissioned the building of a graduation tower, a type of salt works. The graduation tower utilises an amazingly simple and energy-saving method to increase the salt content of the spring water. Pumps powered by wind energy convey the saltwater to the top of a giant, twelve-metre-high wooden frame that supports blackthorn branches. The saltwater is immediately allowed to drain through openings in the sides and flow down over the extensive surface area of the branches, through which the wind can blow freely. The water evaporates, and concentrated and purified brine with a salt content of 22 to 24 percent emerges at the bottom.

The saltwater from Dürrenberg is pure and of very high quality. It has a similar composition to water from the Dead Sea and its beneficial properties have gained worldwide recognition. Today medical authorities have recognised the healthful effects of inhaling the saline mist that is generated by the graduation process. It moistens the respiratory passages; minute salt crystals settle on the walls of the airways and dissolve secretions; the entire respiratory tract is cleansed of bacteria.

Bad Dürrenberg in Germany is home to the longest salt works in the world, extending more than 636 metres.

Saltwater from the Bad Dürrenberg spa has a similar composition to water from the Dead Sea.  
[www.badduerrenberg.de](http://www.badduerrenberg.de)

# WALA Heilmittel GmbH

## Quality from nature

Nature's treasures transformed for you. This is more than just a slogan to WALA. It is an expression of the entire company culture and our fundamental approach to all our products – from WALA Medicines to Dr.Hauschka Skin Care and Dr.Hauschka Med. Finest plant oils such as almond oil, avocado oil and jojoba oil. Soothing medicinal herbs such as witch hazel, sage and ice plant. Natural essential oils such as peppermint oil, orange oil and lemon oil. These are only a few of the ingredients that give Dr.Hauschka Med products their unmistakable quality.



## Sustainable practices for natural quality

Our special skin care products contain nothing but natural ingredients, which presents us with the particular challenge of ensuring consistently high quality and availability at all times. Renewable raw materials require far-sighted planning and meticulous quality control. Gardeners cultivate many of the medicinal herbs in our own biodynamic garden. All components are subject to strict quality control. Wherever possible, they are grown biodynamically, organically or harvested in the wild.

## Cultivation projects around the world

With farming projects all over the world, WALA ensures a sufficient volume of high-quality ingredients for our products. This promotes biodynamic agriculture and allows people in countries with less developed infrastructures to shape their own future. Prime examples of this are shea butter from Burkina Faso and essential rose oil from Bulgaria.

## WALA medicinal herb garden

A medicinal herb garden on the heavy, loamy soil of the Swabian Alb? More than a few eyebrows were raised in the farming community of Eckwälden when WALA began looking for a plot of land for our new project in the 1950s. Dr. Rudolf Hauschka (1891-1969) acquired a marshy meadow right behind the future site of the new company building, which gardeners have cultivated using biodynamic methods ever since. After many years the soil became fine and easy to work.

Today, more than 150 different medicinal herbs for manufacturing WALA products are grown in the company's gardens, which are now 4.5 hectares in size. The water lily pond, stream, beehives, woods and flowery meadows are home to many butterflies, dragonflies, toads and spotted salamanders.

## What is meant by biodynamic agriculture?

This method, which was developed in 1924 by Dr. Rudolf Steiner (1861-1925), views the garden as a largely closed cycle. For the most part, seeds, compost and horticultural soil are produced internally. The gardeners use a variety of natural preparations to aid the composting process and to render the plants more resistant to pests and diseases. At WALA, we know that working by hand is the key to growing plants. When sowing and harvesting, our gardeners work in accordance with the rhythms of nature. This results in strong, healthy plants – the ideal basis for Dr.Hauschka Med products.



## WALA Medicines

The story of WALA Heilmittel GmbH begins in 1935. This was when Dr. Rudolf Hauschka founded the company and began producing WALA medicines. WALA medicines are modern therapeutic preparations made from natural substances, either in the form of individual remedies or compositions. Through heating, rhythmising and potentiating processes, they are prepared in such a way that they approximate human processes and acquire healing powers. The more than 900 different WALA medicines activate the body's natural ability to heal itself by harmonising bodily functions and boosting the immune system. They serve as a complement to conventional medical techniques. The medicines are suitable for the treatment of both acute and chronic illnesses, and are used by individuals at home (e.g. to fight colds) as well as by doctors treating serious diseases such as cancer (e.g. mistletoe therapy). The development of the medicines and their therapeutic applications are based on anthroposophic principles.

## Dr.Hauschka Skin Care



What makes Dr.Hauschka Skin Care unique? Natural ingredients and selected medicinal herbs obtained from biodynamic and organic sources and supervised harvesting from the wild. Our distinct treatment concept. And the core idea that shapes our cosmetics and skin care approach – that the skin possesses the power to nurture and regenerate itself and that skin care products should help maximise these powers. The skin's natural activity can be weakened by too much sun, wind or other factors. Dr.Hauschka Skin Care revitalises the skin, strengthening its natural processes and rhythms and protecting it from external influences. Dr.Hauschka Skin Care products are free from synthetic fragrances, preservatives or dyes and are BDIH Certified Natural Cosmetics. The range of products contains more than 130 different preparations for face and body care as well as decorative cosmetics.

## Do you have questions about Dr.Hauschka Med?

Dr.Hauschka Med products are available from authorised retailers, including natural food stores, natural beauty shops, department stores, perfume stores, pharmacies and Dr.Hauschka Estheticians.

Our customer service will be happy to direct you to a supplier in your region or answer any other questions you may have. They can be reached Monday to Friday from 8 a.m. to 5 p.m

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