Fresh Cells –
AS NATURAL AS UPPER BAVARIA
FOR MORE ENERGY, VITALITY AND BEST FOR LIFE
Greetings Dear Readers,

Are you interested in the fresh cell therapy? Welcome, the following pages will provide you with the proper information on this important biological therapy.

Please follow us on a short excursion to the beginnings of the fresh cell therapy: In 1931, the Swiss surgeon and medical pioneer Professor Paul Niehans first successfully injected fresh cells. This epoch-making discovery was developed into a new method of healing based on biological principles, using cell materials from young donor animals to regenerate cells.

The Niehans student Siegfried Block, MD, built the German Centre for Fresh Cell Therapy in Lenggries in Upper Bavaria, adding a sanatorium and laboratory. The laboratory in Lenggries was redesigned using the latest scientific knowledge and equipped with modern medical technology. Our relentless pursuit of the best quality for our fresh cells is due to the fact that as one of the few laboratories we were able to obtain EU certification, which is confirmed by regular inspections over and over again.

The physicians Uwe H. Nehring, MD, and Josef Anzenberger, MD, command long-standing experience in the fresh cell therapy. The leading physician Uwe H. Nehring, MD, works in the Fresh Cell Center Lenggries for more than 15 years. The professional lives of both physicians and their experienced nursing and laboratory teams revolve around the welfare of their guests. I manage the Fresh Cell Center, and my heart is in the same place.

Yours,

Klaus Dieter Burkhart
CEO
German Centre for Fresh Cell Therapy
In our fast paced and in many ways consumption-driven society, people are not only subject to regular aging but increasingly also to excessive wear and tear. This has many different reasons, such as long-term stress, an unsuitable environment, excessive use of nicotine, alcohol and drugs, inadequate nutrition and the lack of exercise.

The fresh cell therapy offers a wide range of indications:

- Age and wear and tear, with declining physical and mental performance (e.g., arthritis)
- Complaints to the bone and joint system, soft tissue rheumatism, fibromyalgia.
- Functional and organic circulatory disorders, vascular diseases and organ
- Metabolic diseases, e.g., Diabetes mellitus with sequelae
- Dysfunctions of the endocrine glands, sexual disorders in men, menstrual and menopausal symptoms in women.
- Neurodegenerative diseases in the early stage of disease, Parkinson’s disease, m. Alzheimer
- Allergic diseases, hay fever, asthma
- Susceptibility to infections and immune deficiency of the immune system
- General and specific (gene defects), developmental disorders during childhood
- Vegetative and nervous disorders, burn out syndrome

We do not apply the fresh cell therapy in cases of:

- acute and febrile illnesses
- congestive cardiovascular conditions

There is no age limit for the fresh cell treatment.

The attending physician determines the therapy program based on the evaluation of all health problems.
ACTUALLY, WHAT ARE FRESH CELLS? Our body consists of about 70 billion cells. Flawless metabolic functions inside those cells determine their health and performance. As we age, the cell metabolism tends to slow down and is not quite as flawless any more. In older individuals cells therefore do not regenerate as fast as in younger years and are much more prone to disease.

Professor Niehans discovered that human organs show increased activity in the presence of animal cell materials. He observed that damaged cells seem to regenerate and completely regain their full function after the application of these animal cell materials.

Worldwide, the German Centre for Fresh Cell Therapy Lenggries is one of the rare medical facilities keeping a herd of sheep monitored by veterinarians. In this way, the use of the animals complies with the medical requirements of a proper and safe application by maintaining the criterion of a closed herd.

Peter Seitz, shepherd in Klais near Garmisch-Partenkirchen (Germany) comments:

"My father started our herd of mottled mountain sheep 50 years ago. In those days, mottled sheep were not exactly common in Germany. Professor Niehans liked the robust nature of this sheep race and therefore chose it for his fresh cell therapy. Every year in the beginning of May when after the spring runoff the mountain meadows in the high valley of Elmau are frost-free, we drive our sheep up to the alp pastures at an elevation of about 1,000 m (3,280 ft.) Then in mid-June, an experienced mountaineer and shepherd takes the sheep herd about 2,000 m high into the Karwendel Mountains where the sheep thrive in the pristine mountain valleys. In September, the herd starts to come back down to the Elmau valley and when winter comes to the valley the sheep are home in their modern shelter with lots of fresh air and light just like the animals are used to having."

Regeneration through the Application of Fresh Cells

The mottled mountain sheep in their summer resort in the pristine mountain valleys of Elmau.

The shepherd Peter Seitz and his herd, in the background the Karwendel mountain range.
The great success of the German Centre for Fresh Cell Therapy fresh cell therapy is based on the individual cell program containing 40 to 70 cell types derived from all organs. The treatment follows the natural principle of healing “like with like”. According to this principle, fetal animal heart cells for example regenerate the sick human heart.

The treatment produces positive results in more than 80% of the cases. This unusually high success rate explains why also 80% of our guests repeat our fresh cell therapy every one to three years.

The fresh cells administered by intramuscular injection. After the injections, our guests remain in their hotel rooms for two and a half days. It takes one week to complete one fresh cell treatment. During this time, our physicians and care specialists assure the medical supervision.

**The one-week treatment program:**

<table>
<thead>
<tr>
<th>Day 1 (Sunday)</th>
<th>Trip and arrival, medical checkup with ECG and the setup of the individual cell program.</th>
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<tbody>
<tr>
<td>Day 2 (Monday)</td>
<td>Laboratory tests, then guests can plan their day individually, e.g. visiting the adventure water world at the Alpamare; on request further consultation with the attending physician.</td>
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<td>Day 3 (Tuesday)</td>
<td>Fresh cell injections followed by bed rest in the hotel room and medical supervision.</td>
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<td>Day 4 (Wednesday)</td>
<td>Guests remain in their rooms, physician make rounds and discuss the laboratory results.</td>
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<td>Day 5 (Thursday)</td>
<td>In the morning guests still remain in their rooms, in the afternoon they may engage in light activities.</td>
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<tr>
<td>Day 6 (Friday)</td>
<td>In the morning, the physicians make their rounds. The guests can then enjoy their day as they wish.</td>
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<tr>
<td>Day 7 (Saturday)</td>
<td>Final medical consultations and departure or extension of the hotel reservation.</td>
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The diligent medical monitoring of the bodily functions is important in the fresh cell therapy. The comfortable rooms and suites in the Jodquellenhof are luxurious refuges.
The fresh cell therapy is a particularly demanding field of medicine. Our guests also expect that we perform to their individual wishes in terms of their medical treatment and certainly regarding their accommodations and environment.

The resort hotel Jodquellenhof**** Alpamare is well-established and can look back on a rich experience since 1860. Now and then, Alpamare guests appreciate the exclusive ambience of the superior hotel with two affiliated in the heart of the health resort Bad Tölz. Guests enjoy the comforts of the luxurious Mediterranean style rooms and suites. Other highlights are the culinary treats presented by the excellent hotel kitchen and soothing cosmetics applications in the beauty and wellness oasis Villa Fiori.

The hotel guests enjoy direct access to the adventure water world of the Alpamare with surging billows, thermal whirlpool baths and anything but ordinary underwater music. Guests can also go for long restorative walks or experience the medicinal effects of the waters from the hotel-owned iodine well, which once gave the hotel its name. There are times when the rising or setting sun creates an otherworldly viewing experience for the hotel visitors on their balconies.

The Art of Healing and Hotel Tradition

The Bavarian foothills of the Alps around Lenggries and Bad Tölz are located less than 50 km (35 mi.) from metropolitan Munich. A trip by car or rail between Munich and Lenggries takes an hour or less. Visitors therefore always have the choice between shopping and sightseeing in Munich or ride a sled down the Blomberg slopes. Golfers find two 9-hole courses in Bad Tölz and eight more golf courses nearby. Adventurers may like to take a chance on a hot air balloon ride or a paraglider tandem flight.

BETWEEN ISAR GLIMMER AND ALPINE GLOW
OUR GUESTS TALK ABOUT OUR FRESH CELL THERAPY

New Zest for Life
"My joy of life has returned after the fresh cell therapy. I will definitely recommend the fresh cell therapy to others."
Mrs. B. K., 58 years of age

I look significantly younger!
"I am so proud when acquaintances are in awe of my vitality and healthy appearance and always consider me much younger than my real age."
Mrs. J. H., 81 years of age

Feeling so much better!
"I have noticed a remarkable improvement in my state of health after the fresh cell therapy despite my advanced age."
Mr. Dr. J. V., 87 years of age

No more Joint Pains
"My general state of health has taken a miraculous turn for the better. Especially my joint pains have slowly disappeared. I am very satisfied, especially in view of so many treatments before the fresh cell therapy, which have never brought any success."
Mr. E. D., 80 years of age

Glowing State of Health
"My overall condition after the fresh cell treatment is simply marvelous. I have taken the liberty of recommending you to my friends and acquaintances."
Mrs. B. K., 45 years of age

Better Flexibility and Fitness
"I have already received two fresh cell treatments, once 15 years ago and a follow-up treatment three years later. My firm resolve is not to wait so long to get another treatment again because I can clearly feel the positive effects on my arthritic pains."
Mr. P. S., 62 years of age

I Finally Feel Better!
"The stress from my work rarely lets up. As a result I am suffering from problems with my equilibrium organ for quite a while. I am so happy that my condition is much improved after the fresh cell treatment."
Mrs. L. Sch., 53 years of age
The laboratory house in Lenggries is our headquarter. It is also the heart of our fresh cell therapy.

The mottled mountain sheep are hardy and of robust health.