



“AM RC UPDATE”

Newsletter of the international Anthroposophic Medicine Research Council

Editorial

It is with great pleasure that, with all the input from the research institutes, some of the other sections at the Goetheanum, individual members and the great support of Dagmar Brauer, we hereby send you the first new Newsletter. In this first edition, you will find, among others, news on several important developments, congresses, recent relevant results from conventional medicine/science, the latest AM research publications, projects and other research-related issues. A new member of the Anthroposophic Medicine Research Council (AM RC) living in Australia presents himself. And Michaela Glöckler writes about the foundation of systematic integrative medical research in the book "Grundlegendes für eine Erweiterung der Heilkunst" from Rudolf Steiner and Ita Wegman.

Enough interesting issues thus from all over the world. We hope you all enjoy reading the Newsletter, and we appreciate all feedback for further improvement. For the next Newsletter we will develop and test an HTML version, that can be read easily on mobile phones, iPads, etcetera.

On behalf of the editorial team, Erik Baars

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News From the AM Research Institutes

The Brazilian Committee of Anthroposophic Medicine stands out at the 3rd World Congress on Traditional, Complementary and Integrative Medicine in Rio de Janeiro/BR 2025. Access:

<https://wctcim.cabsin.org.br/new/>

With a diverse and high-quality program, our Brazilian researchers in health and anthroposophy present experiences and studies that integrate science, clinical practice, and public health:

- Leonardo Figueiredo – Report on the implementation of anthroposophic external therapies in SUS-Brasília-DF, including training, practice, and research.
- Maurício Baldissin – Keynote speaker on new medical imaging techniques and therapeutic follow-up, with Edna Marina de Souza, and presenting studies in multiprofessional residency, neuroscience, and epilepsy.
- Nilo Gardin – Keynote speaker at the Mistletoe Symposium, sharing clinical experiences with mistletoe therapy.
- Paulo Maurício Vieira – Presenting studies on public health, therapeutic care, and group work with people in psychological distress.
- Ricardo Ghelman – Keynote speaker and coordinator of the Integrative Pediatric Track, with pioneering work on scientific evidence and public policies in integrative health.

These contributions reflect the vitality of Anthroposophic Medicine in Brazil, connecting traditional knowledge, integrative practices, and scientific innovation in dialogue with global health.

Fever guidelines published, University Witten/Herdecke, Faculty of Health:

<https://www.uni-wh.de/en/what-to-do-if-your-child-has-a-fever-a-new-guideline-explains>

Public funding for fever research project granted, University Witten/Herdecke, Faculty of Health: <https://www.uni-wh.de/en/fit-for-fever>

The Department of pediatrics at Fribourg cantonal hospital HFR in Switzerland, which celebrated its 10th anniversary as Center for Integrative Pediatrics this year, has joined **SwissPedNet**, the Swiss research network of clinical pediatrics hubs

(<https://www.swisspednet.ch/home>). It is important to mention that the Fribourg Department of pediatrics has received the full support from the SwissPedNet board for its research focus on complementary and integrative medicine, which could open up prospects for new research collaborations for this important area of child and adolescent healthcare. (Benedikt Huber)

Research Institute Havelhöhe: OCEAnic – Oncology Cost-Effectiveness and Integrative

Care: EUROCAM has long advocated for the inclusion of Integrative Oncology in EU health policies, and now the Research Institute Havelhöhe Berlin (PD Dr. med. Friedemann Schad) and

the Charité Competence Centre for Traditional and Integrative Medicine (Prof. Dr. med. Georg Seifert) are launching a systematic review on its cost-effectiveness. This important initiative will strengthen the evidence base for patient-centred cancer care, inform EU and national policies.

Mistletoe Therapy Website Relaunch at WCTCIM 2025 in Rio: The international platform www.mistel-therapie.de / www.mistletoe-therapy.org / www.terapiademuerdago.com/ www.mistel-therapie.de/pt/ under the supervision of PD Dr. med. Friedemann Schad (FIH & GKH Berlin) and Dr. med. Marion Debus (Medical Section Goetheanum) will be relaunched at the WCTCIM Congress in Rio de Janeiro in October 2025, expanding its reach to Latin America and becoming available in four languages. With more than 10,000 monthly users worldwide, it is establishing itself as a trusted hub connecting scientific evidence, clinical practice, and patient information on mistletoe therapy in oncology.

Weleda AG was present at this year's Visceral Medicine Congress in Leipzig from September 17–20, 2025, with a booth focusing on digestive health. The showcased pharmaceutical range includes *Amara* for functional dyspepsia and irritable bowel syndrome (IBS); *Hepatodoron* for e.g. inflammatory liver conditions and *Digestodoron* for chronic inflammatory bowel diseases such as Crohn's disease and ulcerative colitis. – From September 24–28, 2025, Weleda AG participated in the Annual Meeting of the Ophthalmology Society in Berlin. The company will present its ophthalmic pharmaceutical products, including *Visiodoron Malva* for dry eyes; *Visiodoron Euphrasia* for irritated eyes and conjunctivitis; *Calendula Eye Drops* for purulent conjunctivitis and *Visiodoron Euphrasia comp.* for styes.

News from the Section of Agriculture, Dornach/CH

Anthroposophic Medicine and Biodynamics in Dialogue With Eduardo Rincón and Demi Franco: In the current episode of our Living Farms Podcast, two exciting perspectives meet: co-leader of the Section Eduardo Rincón and anthroposophic doctor Demi Franco speak about the interplay between anthroposophic medicine and biodynamic agriculture. Demi Franco is a physician with a deep commitment to understanding health, illness, and the human being as a whole. She completed the International Training in Anthroposophic Medicine at Emerson College (UK) and gained professional experience in different countries and cultures. Together with Eduardo Rincón, she opens a dialogue about how medicine and agriculture can enrich each other – and how both approaches contribute to a deeper understanding of healing. The podcast is available on our communication channels (website, YouTube, Instagram, Facebook) as well as on Spotify, Deezer, and Apple Podcast: [Listen now!](#)

Soothing or stimulating? Cooling or warming?

Sensory research explores how food affects us. When eating, we usually focus on taste and aroma – but how do foods influence our physical and emotional experience? Dr. Jasmin Peschke explains in an interview with Anna Storchenegger what lies “behind the taste” of food. The

interview is available in Chinese, German, English, French, and Ukrainian.
[See the interview in the new issue of the magazine “Living Farms,” pp. 16–17.](#)

Current research projects of the Natural Science Section, Dornach/CH:

<https://science.goetheanum.org/en/institute/projects-1>

World Goetheanum Association, Dornach/CH: The projects are basically "open", i.e. we cordially invite you to participate: <https://www.worldgoetheanum.org/en/project-1>.

Awards and Prize Ceremonies



From left to right: Prof. David Martin MD, Tanja Prince, Karin Michael MD, Jürgen Fritz PhD, Adam Blanning MD, Marion Debus MD
(Photo: Eckart Grundmann)

Rudolf Steiner Prize to Jürgen Fritz PhD, Department of Organic Agriculture and Plant Production at the University of Kassel (Germany). Fritz is one of the leading scientists in the field of biodynamic agriculture. His research findings provide the first comprehensible model of how biodynamic preparations work and to the influence of biodynamic preparations on microbiome properties in soil. The prize was first donated by Prof. David Martin, University of

Witten/Herdecke, and presented at the annual conference of the Medical Section on September 11, 2025. Congratulations!

Award for Oral Communication at ECIM 2024: We are delighted to announce that **Dr Christian Grah** from the FIH and the GKH Berlin received the 1st Prize for Oral Communications at the European Congress for Integrative Medicine in Madrid. He was honored for his presentation of the “Prospective observational study of advanced or metastatic lung cancer patients treated with *Viscum album* L. therapy in combination with immune checkpoint inhibitors”. Congratulations!

Conventional Science in Medicine Relevant for AM

Erik Baars

The results of a recent cross-sectional survey with 981 Turkish adults indicated that resilience, meaning in life, and perceived social support negatively predicted psychological distress. The findings also suggest the importance of resilience, meaning in life, and social support as psychosocial factors in mitigating the adverse effects of fear of happiness on psychological health. These findings not only inform the design of targeted interventions aimed at reducing psychological distress but also highlight the value of strengthening internal and interpersonal resources to promote mental health, particularly in culturally relevant contexts.

(See: <https://www.nature.com/articles/s41598-025-16486-4>)

Anthroposophic medicine with its biographical approach, its focus on Meaning in Life in health, disease and life on earth, and its contribution to social community building (between members of therapeutic teams, between healthcare professionals and patients/ clients for example in care farms, etcetera), has thus much to contribute to mental health of people.

Calendar of Events

- 15.-18.10.2025: **3rd World Congress on Traditional, Complementary and Integrative Medicine:** “A New Paradigm for Global Health”, Rio de Janeiro/BR
(<https://wctcim.cabsin.org.br/new/>)
- **Anthroposophic Grand Rounds (online)**
15.10.2025: Anthroposophic Nursing’s Contribution at 100 years – Current Doctoral Nursing Research

18.2.2026: Research on Fever – how is AM changing the understanding of fever?

13.5.2026: A Whole Different Model of Research – work with Case Study Publications

- 27.2.-1.3.2026: **International AM Research Congress**, Goetheanum, Dornach/CH: “Whole medical systems research”
- **AM Research Council meetings** (online or live)
27.11.2025, 15:30-17:00 CET, online
27.2.2026, 10:00-12:30 CET, live, Goetheanum: before the AM Research Congress
- 25.-28.3.2026, Vienna/AT: **24th European Congress of Internal Medicine (ECIM)**: “Care Beyond Diagnosis” (<https://ecim2026.org/>)
- 20.5.2026, 9:00-17:00 CET, live, Arlesheim/CH: **Ita Wegman Forschungstag**
- 15.-20.9.2026: **Annual Conference of the Medical Section**

International AM Research Congress at the Goetheanum

"Whole medical systems research" (February 27 – March 1, 2026)



(Photo: Xue Li)

Erik Baars

Anthroposophic medicine (AM) is a so-called whole medical system. Whole medical systems are complete systems of healthcare that have evolved independently from conventional Western medicine. These systems, such as Traditional Chinese Medicine (TCM), Ayurveda, naturopathy, and homeopathy, are built upon a comprehensive theory and practice that addresses the whole person, not just a specific disease or symptom.

The research on whole medical systems is a type of complex interventions research, that acknowledges that health interventions aren't always simple and linear. They recognize multiple

components (e.g. multimodal approaches), contextualization and individualization, non-linear pathways of causality and therefore need other types of research like pragmatic trials, mixed-methods designs, and systems-based approaches to capture the full picture.

Whole medical research is therefore very important for AM. In this congress we bring together experts on whole medical systems (research) from conventional medicine, IM/TCIH and AM. After presentations on whole medical systems research (methodology), the application of whole medical systems research, the contribution of AMPs and non-pharmacological AM therapies on two indications (functional disorders and depression), and research in anthroposophic medical anthropology, there is room for plenary discussions and workshops to deepen our understanding and to strengthen our research and education skills. In addition, all other recent AM research results will be presented in oral or poster presentations and workshops.

Central questions

In this congress the following questions are central:

- What is the status of "Whole medical systems" research in conventional medicine (e.g. complex interventions, and systems biology research, case studies), Integrative medicine (IM)/ Traditional Complementary & Integrative Health (TCIH) and anthroposophic medicine (AM)?
- How can we conceptualize, design, use and develop "Whole medical systems" (research) further to serve research in AM?
- What are the challenges of "Whole medical systems" in the context of Evidence-Based Medicine?
- How can "Whole medical systems" research improve AM clinical practice (diagnostics, therapeutic process steering/ clinical decision-making and evaluation of effects in personalized complex treatment trajectories) and AM education?
- How can we improve the impact of "Whole medical systems" research on acceptance and integration of AM in conventional medicine and TCIH?
- How can we influence policy makers?
- How can we realize reimbursement of AM whole medical system interventions for specific indications? And what does this mean for reimbursement of the individual AM therapies?

Invitation

We invite all researchers, doctors, therapists, students, policy makers, board members of professional associations, education professionals and patient representatives (interested) in the field of AM whole medical systems (research) to participate.

Aspects of Spiritual Science and from the Pioneers of Modern Anthroposophic Medicine



Steiner/Wegman's book “Fundamentals” [1] – The foundation of systematic integrative medical research

Michaela Glöckler

On the occasion of the recent publication of "Fundamentals" ("Grundlegendes") in the Context of Rudolf Steiner Writings: Critical Edition/SKA" by the renowned publisher frommann-holzboog Verlag – for which I wrote the introduction – I was asked to share research questions from this work that are still open today for this Research Newsletter. Examples are given below, but one most central research question is that of the source of Steiner's fundamental insights into prevention, diagnosis, and therapy and the way in which he formulated them in close collaboration with Wegman. This central research question runs like a thread through all 20 chapters of the book. It is supplemented by a wealth of other topics and questions that arise from the fact that the chapters illuminate each other and have a direct connection to scientific medicine – indeed, without which they cannot be understood.

Some examples of research questions in the “Fundamentals”

① Right in the first chapter, the psychosomatic paradigm of anthroposophical anthropology is presented. It describes the identity of the holistic formative principles of the body with the complex fields of experience of thinking as metamorphosed forces of growth and regeneration, of feeling as metamorphosed forces of differentiation, and of the autonomous will as metamorphosed forces of integration. In the introduction to SKA, vol. 15, I have outlined approaches to verifying this paradigm – using examples from embryology, philosophy, and a comparative consideration of life and thought processes. Beyond such empirical evidence, however, systematic research is needed into the concepts of holistically acting force systems

from a natural and anthroposophic-spiritual scientific perspective: In his “Fundamentals,” Steiner calls them the physical central forces/gravitation of the physical organization of the human being; the peripherally acting forces of the etheric organization/forces of lightness, which are opposed to gravity; the individualizing, differentiating forces of the astral organization/forces of the relationship between an inside and an outside, and the balancing, integrating forces of the ego organization. Steiner also calls these organizations the constituent parts (“Wesensglieder”) of the human being or legal relationships in the sense of Aristotle's doctrine of the four elements.

② Meditative development of the ability to learn to think about and view the physiological anatomy and biochemistry of the human organism in health and disease from a purely spiritual point of view. The book offers guidance for this, but not the details. This means that the more knowledge and experience you have, both in the field of scientific medicine/‘conventional medicine’ and in the development of anthroposophical spiritual science, the better you will understand the content of the book.

③ Steiner only used the term ‘system’ in relation to this work [2]: This is therefore laid out in the “Fundamentals,” but still needs to be fleshed out, e.g., in the form of a website where current research findings on the relevant chapters and individual sentences of the book can be posted and discussed worldwide.

④ Ita Wegman's questions in the summer of 1923 and in September 1924 about a “medical mystery school” [3] reveal a central task in Rudolf Steiner's life's work: to work toward ensuring that the “principle of initiation,” which characterized all ancient mystery and temple cultures and was the foundation of culture at that time, can be reintroduced in a new way among the prevailing principles of civilization today. Steiner was deeply convinced that our one-sidedly materialistic civilization, with its increasingly threatening consequences for humanity and the earth, needed healing that could not be achieved without new spiritual impulses for cultural change, especially in the field of medicine [4]. This also applies to the question of Christian medicine. In the two works that are necessary for understanding the book and are therefore already prominently quoted in Chapter I, Christ is at the center of the development of the earth and humanity as described. Elaborating on the Christian character of anthroposophical anthropology – independent of any denomination – is a central research desideratum of anthroposophic medicine as a spiritual medical system.

[1] See Rudolf Steiner, Ita Wegman: Fundamentals for an Extension of the Art of Healing According to Spiritual Scientific Knowledge. GA 27. Basel 82014 and Rudolf Steiner Writings. Critical Edition/SKA, Vol. 15, Stuttgart-Bad Cannstatt 2025.

[2] GA 260, 278: And you see, in the field of medicine, this should be done in a clear way in the future from Dornach, as many other branches of anthroposophical work that have remained within the bosom of anthroposophy have done, and as is now being developed with Dr. Wegman as my assistant, namely the medical system that arises entirely from anthroposophy, which humanity needs and which will soon be presented to humanity.

[3] See Johannes Emanuel Zeylmans van Emmichoven: Wer war Ita Wegman II, 280 f.

[4] Cf. GA 293, 26 f.

Project/ Group Portrait

New institute founded: Charité Competence Center for Traditional and Integrative

Medicine: The Charité – Universitätsmedizin Berlin/DE has now established a new center: the Charité Competence Center for Traditional and Integrative Medicine (CCCTIM). This creates the largest institution in Europe for research and evaluation of traditional and integrative medicine at the university medical level. Prof. Georg Seifert, MD, is the head of the CCCTIM. The development of this innovative project is supported by Friede Springer gGmbH and Software AG–Stiftung. (<https://ccctim.charite.de/en/>)

New Study from Havelhöhe: Mistletoe Preparation Shows Positive Effects: A newly published study from the FIH Berlin, using real-world patient data, investigated the combination of immune checkpoint therapy (ICB) with the mistletoe preparation Helixor® (HVA) in cancer patients. Data from 405 individuals in the Network Oncology registry were analyzed. The combination therapy proved to be well tolerated and led to fewer therapy-related discontinuations compared to ICB monotherapy. The treatment was applied across more than ten different tumor types, underscoring the clinical relevance of the results. Particularly striking were the findings in non-small cell lung cancer (NSCLC): the 3-year survival rate in the combination group was 34.3%, twice as high as in the ICB monotherapy group (17.2%; $p = 0.02$). In addition, the risk of death among female NSCLC patients was significantly reduced with the combination. The results suggest that HVA may enhance the effectiveness of immune checkpoint inhibitors without adding risks. Further studies are needed to confirm these positive effects and to better understand the influence of sex and tumor type. Link to the study: <https://doi.org/10.3390/ijms26083669>.

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Personalia

Michael Kuzeff is a general practitioner and homeopath in Australia. He has a long interest in anthroposophy and high dilution effects and most recently has been involved in efforts to establish a large network of practitioners to decrease time and cost for performance of randomized controlled trials. He attended the Lukas Klinik seminar in 1985. Subsequent use of potencies showed evidence of potential big clinical effects and highlighted the apparent relationship of a person's thoughts, feelings and physical symptoms to substances in nature,

such that nature is a manifestation of those thoughts and feelings. For those people who consider spirit, a corollary is that nature is a manifestation of spirit. In the pursuit of this interest experiments in 3 countries provided evidence of various levels of the ability of optical isomers to have physiological activity modulated by their enantiomers, or mirror image molecules. Multiple compounds were tested. The evidence for this is robust in that it was not necessary to perform testing prior to experiments to establish optimal potencies or concentrations. Simply entering a laboratory and testing 3 or 4 potencies usually yielded one or more examples of the postulated hypothesis.



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Market Place

No input

Grant Opportunities

- Horizon 2020: https://research-and-innovation.ec.europa.eu/funding/funding-opportunities/funding-programmes-and-open-calls/horizon-europe_en
- EU4Health: https://hadea.ec.europa.eu/programmes/eu4health_en

Training & Job Opportunities

- Arzt/Ärztin und/oder Wissenschaftliche:r Mitarbeiter: in (w/m/d) für Innovationsfondsprojekt am Institut für Integrative Medizin [50 %]



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Suchen

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Förderbekanntmachungen
Projekte
Beschlüsse

» Projekte
» Neue Versorgungsformen
» FitFürFieber – Zwei-Ebenen-Konzept für pädiatrische Praxen und Eltern zur rationalen Inanspruchnahme von A...

FitFürFieber – Zwei-Ebenen-Konzept für pädiatrische Praxen und Eltern zur rationalen Inanspruchnahme von Antibiotika, Antipyretika und Notfallvorstellungen

Projektbeschreibung

Fieber gilt in der Kinderheilkunde als ein erstes Anzeichen einer Erkrankung, ist aber auch eine Schutzreaktion des menschlichen Körpers. Mit erhöhter Temperatur bekämpft es Krankheitserreger und beschleunigt so die Reaktion des Immunsystems. Ängste und Unwissenheit vieler Eltern bei Fieber, aber auch der ärztliche Umgang mit Fieber führen in Deutschland jedoch überproportional häufig zu unnötigen Notfallaufnahmen oder Medikamentengaben (z. B. Antibiotika). Dies wiederum erhöht das Risiko von Antibiotikaresistenzen, d. h. dass Antibiotika ihre Wirkung verlieren, und belastet Körper, Umwelt und Gesundheitssystem.

Themenfeld:
Themenoffen

Bundesländer:
Bayern, Nordrhein-Westfalen

Laufzeit:
11/2025 – 10/2028

Status:
laufend

Förderkennzeichen:
01NVF24320

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<https://uni-wh.softgarden.io/job/59789100/Arzt-%C3%84rztin-und-oder-Wissenschaftliche-r-Mitarbeiter-in-w-m-d-f%C3%BCr-Innovationsfondsprojekt-am-Institut-f%C3%BCr-Integrative-Medizin-50-?jobDbPVId=248848555&l=de>

New Publications



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Antimicrobial Resistance and Its Added Value to the WHO and the WHO/FAO/UNEP/WOAH 2023 Research Agendas on Antimicrobial Resistance. *Antibiotics* 14(1), 102. DOI:

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- Belt-van Zoen E, Veldman L, van Steenbergen N, Nieuwdorp M, Baars E (2025). Attitudes of Parents and Primary Care Practitioners towards Natural Medicinal Products (NMPs) for acute, uncomplicated Upper Respiratory Tract Infections and an NMP App: results from an online Survey. *European Journal of Integrative Medicine*, 102514. DOI: <https://doi.org/10.1016/j.eujim.2025.102514>
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Austria, Germany and Switzerland. PLoS One 20(7): e0327599. DOI:

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Young Researchers Section



Young AM researchers

From Light to Dance: Two Dissertation Projects on Quality of Life in Breast Cancer Patients:

Two promising dissertation projects are currently being carried out under the primary supervision of PD Dr. med. Friedemann Schad (FIH & GKH Berlin): Charlotte Streffer examines self-reported distress and physical symptoms in breast cancer patients receiving Metal Color Light Therapy alongside standard oncological treatment. This dissertation sheds light on the supportive role of this integrative approach. Mona Gad is conducting a dissertation on the effects of Tango Argentino on quality of life, cancer-related fatigue, and therapy adherence in breast cancer patients. The project highlights the potential of dance therapy as an empowering, integrative intervention.

From EQ-5D Utilities to Palliative Concerns: New Dissertation Projects: Two other promising dissertations are currently being carried out in co-operation with PD Dr. med. Friedemann Schad (FIH & GKH Berlin): Charline Menge investigates under the primary supervision of Prof. Dr. med. David Martin (University Witten/Herdecke) patient-reported outcome measures using EQ-5D in a certified oncology center. The project explores how systematic HRQL assessment can inform integrative cancer care. Lisa Schille is implementing a questionnaire to capture concerns and well-being among oncology patients in palliative care under the primary supervision of Prof. Dr. med. Christian Junghans (University of Rostock). This tool is embedded in a multimodal integrative therapy program.

Research Communications

Factsheets: Exciting research findings from complementary and integrative medicine (in German only), https://www.ikim.unibe.ch/forschung/factsheets/index_ger.html

12.08.2025 – Havelhöhe Research Gains International Visibility: The

Gemeinschaftskrankenhaus Havelhöhe and the Research Institute Havelhöhe are pleased to announce the acceptance of three scientific contributions at the prestigious European Cancer Congress (European Society of Medical Oncology, ESMO) taking place this October in Berlin. Two of these studies were conducted within the Network Oncology under the direction of PD Dr. Friedemann Schad (FIH & GKH Berlin), and another under the direction of Dr. Christian Grah (FIH & GKH Berlin). The topics range from analyses of large oncological datasets and patient-reported outcomes to integrative treatment concepts in cancer care. Recently, an abstract from the Network Oncology on COVID-19 and lung cancer patients was also presented at the ESMO Congress in Madrid (1432P Tumor stage shift in lung cancer during the COVID-19 pandemic: A real-world data study of the Network Oncology Registry – Annals of Oncology). This work by Dr. Anja Thronicke (FIH Berlin), received special recognition in the Deutsches Ärzteblatt under the headline “Corona pandemic: NSCLC increasingly diagnosed at stage IV.” These recent successes highlight that Havelhöhe not only delivers excellent medical care but also conducts practice-oriented research that is gaining increasing recognition on the international stage.

Research Training



(Photo: Xue Li)

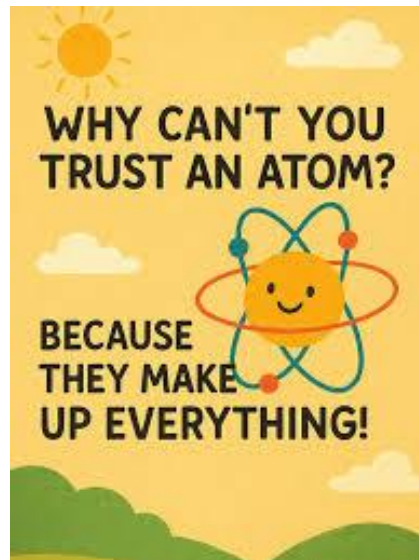
- **Anthroposophic Grand Rounds (online):** 13.5.2026: A Whole Different Model of Research – work with Case Study Publications

Deadlines for sending copy for the next Newsletter

- **December 8, 2025**
- **March 9, 2026**
- **June 8, 2026**

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