

SCHINDELE'S



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Vprašanja glede "Schindele's mineralov" (intervju 2011)

Spoštovani profesor Beuth, nedavno (leta 2010) ste opravili opazovanje (monitoring) večnamenske Cohort raziskave in zbiranje podatkov glede tolerance, sprememb in učinkovitosti Schindele mineralov pri simptomih spektra revmatičnih obolenj.

1. Bi lahko v nekaj stavkih povzeli rezultat raziskave?

Raziskava je pokazala, da je jemanje "Schindele mineralov" bistveno izboljšalo kvaliteto življenja pacientov, ki so boleli zaradi simptomov spektra revmatičnih obolenj. Težave v sklepih in pri vnetju mehkega tkiva so se bistveno zmanjšale že po 8 tednih jemanja. Pri 80% testirancev je bila zabeležena zelo dobra ali dobra toleranca, stranskih učinkov, ki bi potrebovali zdravljenje, pa ni bilo zabeleženih.

2. Za ali proti čemu so "Schindele minerali" najbolj pomagali?

Kot del raziskave, so bili "Schindele minerali" predpisani pacientom, ki so boleli zaradi spektra revmatičnih obolenj skupaj 8 tednov. Po mnenju pacientov, se je njihova kvaliteta življenja bistveno izboljšala. Izboljšanje kvalitete življenja je bila posledica bistvenega zmanjšanja bolečin v sklepih in vnetij mehkega tkiva.



3. Ste te rezultate pričakovali ali ste bili presenečeni? In če, zakaj?

Rezultati te raziskave so vsekakor presenečenje, ker se je pokazalo, da so Schindeles's minerali (kot zdravilna zemlja) še posebej priporočljivi za motnje prebavnega trakta.

Zmanjšanje simptomov spektra revmatičnih obolenj lahko pripisujemo:

normalizaciji mineralnega ravovesja v telesu, absorpciji in neutralizaciji vnetja citokinov (pokažatelji vnetja imunskega sistema), modulaciji celičnega imunskega sistema, placebo efektu, kar bi morali raziskati po znanstveni metodi (naključno kontrolirana preiskušnja – RCT)

4. Zakaj poudarjate potrebo po informacijah raziskave po modelu naključno predvidene raziskave?

Naključno kontroliran klinični preizkus (RCT) je najbolj primeren za dokončen dokaz o varnosti in učinkovitosti "Schindele mineralov" in izpolnitev ustreznosti kriterijem (kot so zdravila, dopolnila za uravnovešeno dieto ali dietični dodatki). Obstoječa raziskava ponuja jasen dokaz o obstoju parametrov, potrebnih za raziskavo. Obstoječe pomembnosti dopuščajo zanesljivo izjavo o vrsto biometrično relevantnih temah tako, da je RCT zelo priporočljiv.

Naslov raziskave:

Učinkovitost, varnost in zdravilnost "Schindele mineralov" na področju kvalitete življenja in mentalnega zdravja znotraj konteksta bolezni in simptomov spektra revmatičnih obolenj.

Odprta, neprimerjajoča, neintervencijska, večnamenska Cohort raziskava in zbiranje podatkov.

Köln, 29. maj 2011

Kratek življenjepis:

Prof. Dr. Josef Beuth je študiral angleški jezik in medicino na Univerzi v Kölnu ter šport na Univerzi za šport v Kölnu. Raziskovalne štipendije od Deutche Forschungsgemeinschaft in Deutche Krebshilfe so mu umogočile raziskavo na področju imunologije, onkologije in nalezljivih bolezni.

Specialistično in dodatno usposabljanje npr. v naturopatiji.

Leta 1984 je doktoriral, leta 1991 je sledila habilitacija in leta 1995 imenovanje za profesorja.

Od leta 1999 vodi inštitut za znanstveno ovrednotenje naturopatičnih zdravljenj na Univerzi v Kölnu.

ENGLISH TEXT



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Interview questions about „Schindele’s Minerals“

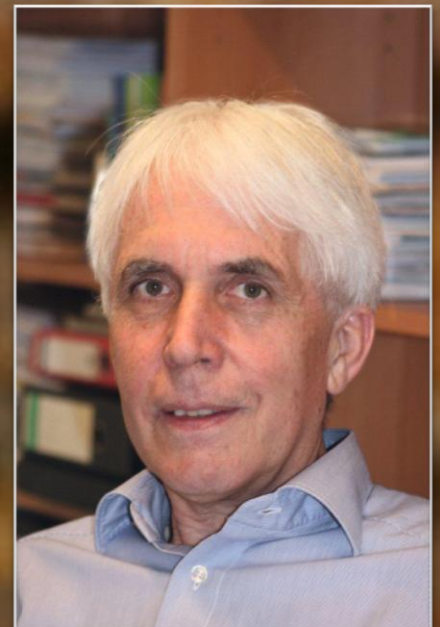
Dear Professor Beuth, some time ago (2010) you have scientifically monitored a multi-centered Cohort study and data collection on issues of tolerance , palatability and efficacy of "Schindele's Minerals ® ™" with symptoms of rheumatic spectrum disorders.

1. Could you summarize in 2-3 sentences the main outcome of the study?

The investigation showed that the administration of "Schindele's Minerals" significantly improved the quality of life of patients who suffered from symptoms of rheumatic spectrum disorders. In particular, joint problems and soft tissue swelling were significantly reduced during the 8-week intake. The subjective tolerability of a treatment with "Schindele's Minerals" has been documented of more than 80% of the subjects as very good / good, side effects requiring treatment were not documented.

2. For what or against what did „Schindele’s Minerals“ help best?

As part of this study „Schindele’s Minerals“ were administered to patients, suffering from rheumatic spectrum disorders, for 8 weeks. In the patient’s personal opinion their overall quality of life improved significantly. The improved quality of life resulted from the significant reduction of joint pain and soft tissue swelling.



3. Did you expect the results or were you rather surprised? If so / why?

The results of this study are insofar surprising, as defined minerals (like healing earth), are especially administered against disorders of the gastrointestinal tract. The reduction of the symptoms of rheumatic spectrum disorders could be based on:

Normalization of the body's mineral balance, absorption and neutralization of inflammatory cytokines (inflammatory immune messengers), modulation of the cellular immune system, placebo effect, which would have to be explored in a scientifically-based study (Randomized Controlled Trial, RCT).

4. Why do you emphasize on the information about the need for a research in a prospective-randomized study design?

A Randomized Controlled Clinical Trial (RCT) would be preferable to definitely proof safety and efficacy of "Schindele's Minerals" and to fulfill eligibility criteria (as drug, drug product, supplementary-balanced diet or dietary supplement). The present study provides clear evidence on parameters to be examined. The present significances allow a reliable statement about a biometrically relevant number of subjects, so that an RCT would be highly recommended.

Research title

Efficacy, safety and salubrity of "Schindele's Minerals-TM ®" in terms of quality of life and mental state in the context of diseases and symptoms of rheumatic spectrum disorders.

Open, non-comparative, non-interventional, multicentered Cohort study and data collection.

Cologne, May 29, 2011

Short CV:

Prof. Dr. Josef Beuth studied English and medicine at the University of Cologne, Sports at the German Sports University in Cologne. Research grants from the Deutsche Forschungsgemeinschaft and Deutsche Krebshilfe enabled research in the fields of immunology, oncology and infectious diseases.

Specialist and additional training e.g. in Naturopathy.

Ph.D. 1984, habilitation in 1991 and was appointed professor in 1995. Since 1999 he heads the Institute for Scientific Evaluation of Naturopathic Treatments at the University of Cologne.