



Oilbath Messenger

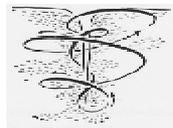
The International Association for Therapists for Oildispersion Bath
according to Werner Junge e. V.

Edition 06, November 2012

Dear members, dear friends,

We are glad to present you the Oilbath Messenger with such a variety of reports, a colorful mixture from the past months. A highlight in 2012 was the centenary of Werner Junge which we celebrated from Oct 5-7 in Bad Boll. We could report a lot about it and therefore we plan a celebration publication. After a lot of preparation work we had a fruitful and multifaceted festivity. Here, I would like to let you hear a voice which Ursula Burkhard communicates through her encounters with the elemental being "Karlik": "...but festivities are memories, lights of paradise. They enable the new life, that which is coming to be. You can accept darkness only when you look at the light again and again. Do not forget this. Light contains the power of transformation". In this sense, I wish you a lightful Christmas Season.

Yours, Gabriele Bäumlner



To announce the Centenary, Albrecht Warning published the following article in the journal „gesundheit aktiv „Point“:

The oil dispersion bath (ÖDB) according to Werner Junge – a brilliant invention



Werner Junge, the creator of the ÖDB, a special hydrotherapy, would celebrate his centenary this year. A good reason for the therapists of the ÖDB to celebrate and to have a review.

To prepare the ÖDB you carefully take the glass apparatus and screw it onto the hose of the hand-held shower attachment. You look forward to the enjoyment but you do not guess the brilliant idea Werner Junge had when he invented this special pear-shaped glass apparatus with the little oil funnel, welded in with a pipette. The dynamic secrets which Werner Junge implemented cannot be understood by just watching with the eye, the development has to be looked at.

It started quite everyday. Everybody knows about the vortex that is formed at the drain of the tub. For Werner Junge as medical attendant for Balneotherapy the water was the element for his therapeutic work. And he was a researching mind. How often might he have looked meditatively at this whirlpool asking himself: “Why there is a rotating movement above the drain? Why there is an air hole in the middle of the vortex making this bubbling and sucking noises?”

And he made another observation: each time, when he distributed essences in the water with swinging arms moving in the figures of “eight” he saw that exactly at the point where the hands intersected, little vortex arose. These revolved and slid through the water. They also formed hollows with a little air immersion, caused by the dynamic rotating movement. Thus, Werner Junge reflected, the movement he did with his swinging arms and hands, called lemniscates, and the vortex belong together. This observation became the seed of his research work. He observed the whirls in water, in the clouds and, of course, at the human being. As bath attendant he was familiar with the human anatomy. He found the lemniscate in the human

being, e.g. in the chest, in the face, in the osteogenesis. When he studied the lectures of Rudolf Steiner (GA 323) he read about the analogies between the formation of the human body and the planetary orbits. He recognized that he could integrate the creative processes of the morphogenesis of the human body into his therapeutic work. He discovered that the heart with its spirally shaped muscle, does not throw the blood out, but turns it in a vortex-type rotation into the arteries. And at this point of a bunch of questions suddenly the researcher got a help. One could say, it happened by chance or even magic, but from a spiritual point of view, it was a benedictional sign: he found the point in one of the medical lectures, given by Rudolf Steiner (GA 314), about the "fine nebulization" of an essential oil, Rosemary, first distributed in the water which in this fine nebulization could be a help for people suffering from diabetes mellitus. What did Rudolf Steiner mean with "nebulization"? A word from the airy element in connection with the water element?

At this point it is important to know that Werner Junge highly respected the findings of J.W.v. Goethe. When W. Junge studied the swirls of the clouds, air and winds, he had read Goethe's natural scientific reports and found the description of the Lauterbrunnen cascades. Goethe was impressed by the waters powerfully falling while fine nebulæ arose.

The fall velocity accelerates in a way that the water coherence bursts. One could say: it nebulizes into the air and lightly ascends.

Now, things fit together: Werner Junge created a glass apparatus - connected onto the hose of the hand-held shower - in which the water flow gets such a high rotational acceleration at the point of the pipette that the water consistency could be burst and the added oil was nebulized into the water through the vortex suck. The oil dispersion apparatus was born.

It is obvious, that spiritual cosmic formal principles are realized in this glass apparatus. It was fully created out of human wisdom. Never before such an apparatus existed which helped to realize Rudolf Steiner's proposals for the human being. The apparatus realizes the nebulization out of the water's own dynamics. No further technical device changes the quality of the substances.

Each single glass apparatus is mouth-blown and verified with regard to its distinct function.

The apparatus enables to use pure oils. There is no need to use chemical additions to nebulize the oils into the water.

Thus, manifold treatments are possible:

At home for the regeneration in case of exhaustion or to strengthen health.

A state that we can describe as: „not ill anymore but still not healthy again“. This is often the case after childhood disease or old age disease.

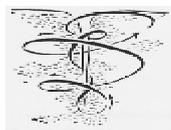
This might be possible with medical or caring guidance in the family.

The special trained therapist for the ÖDB can apply it in the case of disease. In cooperation with doctors, at that time Dr. Hermfried Kunze, specific indications were developed for many oils.

And today? Already Werner and Franziska Junge noticed, that some of the people who were bathed could not absorb the oil in a sufficient way. These were above all miners from the Ruhr who came to Lauterbach in the Black Forest to get a treatment in a health resort. Thus, Werner and Franziska Junge gave some of them a brush massage in the ÖDB. During the following years, it is the credit of Reinhold Schön and others who have continued developing this underwater brush massage. The stimulation of the nerve-sense-system and the metabolic processes under the skin and the functional reflexes between skin and inner organs are today an inherent part of the ÖDB therapy.

The Jungebad company in Bad Boll, managed by Angelika Junge and thereafter by grandson Florian Junge has created a variety of oils until today.

Thus, a benedictional therapy was established which Werner Junge created out of the anthroposophic anthropology according to Rudolf Steiner.



Members introduce themselves:

An interview with Dr. med. Markus Krüger, board member of our association:



ÖB: Dear Dr. Krüger, our Association lives on the cooperation of different recognized personalities who all see the oil dispersion bath as a convincing therapeutic measure.

Many years of intensive enthusiasm and participation have passed during which you felt closely connected to the Association. Which were the first attraction points with this therapy and what inspired you to contact the Association?

Krüger: *As I did the alternative civilian service in the geriatric medicine care in the Essen-*

Steele Knappschaftskrankenhaus under the management of Dr. Albrecht Wriing, I was allowed to help the elder people out of the rest-pack. The air of peace that these people had after the bath, was something very special. Then I was doctor in practical training and assistant doctor in the children's hospital at the Gemeinschaftskrankenhaus Hürde. There I was in the fortunate position to prescribe these oil dispersion baths. The baths were done as rest baths. I didn't know that an under water brush massage with a special choreography was part of the baths. But I saw that the baths had a very good effect on my little patients and I thus prescribed them regularly. Shortly before I left this hospital I could participate in a demonstration for oil dispersion baths for students of the physical therapy and there I could experience wave- and lemniscate baths myself. In autumn 2006 the Kollegiale Leitung Integriertes Begleitstudium Anthroposophische Medizin (IBAM) suggested me as lecturer to the Association for oil dispersion baths therapists as lecturer.

ÖB: Your profession is the pediatrics. Do you apply the oil bath in your hospital?

Krüger: *Since December 2006 I work in the children's hospital in Aalen and since that time oil dispersion baths are given for the children regularly. However, we only do rest baths and the rest pack.*

ÖB: It is said that children should not be oilbathed because the higher self is developed too early. What do you think about this?

Krüger: *To my opinion, oil baths can be taken in every age. The higher self forms the child's body already in the womb. A question is which oils make sense at which age and for which disease. Another question is whether an underwater brush massage makes sense and if yes which aids do we use (brush, washcloth, massage gloves...) But I would not prescribe oil baths for every child and all diseases.*

ÖB: In which case does it make sense to oilbath a child?

Krüger: *I cannot give an generalized answer to this question. I made good experiences in the case of somatization disorders at every age, infantile regulation disorders and also in juvenile crisis situations but also with skin diseases, insomnia, failure to thrive, absence of appetite as well as in the therapeutic pedagogy and ADHD etc. For children with needy souls, the oil dispersion bath is really beneficial.*

ÖB: With all respect for the individual conditioning of a child, do you see general tendencies in the children's development? I mean, which are the risks and what are the resources for their future? Also with regard to the oil dispersion bath.

Krüger: *I see an increase of chronic diseases and a decrease of severe acute diseases, an increase of allergies and autoimmune diseases as well as somatization disorders as a sign for increasing psychological stress situations. Exactly in the above mentioned context, there is still an unexhausted potential for the oil dispersion bath for children and youngsters. The children also seem to have less vitality. To strengthen the children's vitality can also be a function of the oil dispersion baths.*

ÖB: Where do you see the oil dispersion bath in 10 years?

Krüger: *I cannot look ahead but as the oil dispersion bath has a large therapeutic application, very good effects and is not yet exhausted, I wish it can be widely spread and that health insurances take over the costs for it.*

ÖB: In your private life you are also surrounded by many children. Would you give us the pleasure to tell about your family?

Krüger: *I have 5 children between the age of 5 and 15 years who are all in good health. Besides school they make music, go riding, do sports or do circus performance. Of course, they visit a Waldorf school. We spend our holidays in tents or camping cars, particularly in the wilderness and loneliness at the sea or a lake.*

ÖB: All your tasks and engagement let us assume that there is a strong wife in the back – am I right?

Krüger: *Indeed! Without my wife there would be no children nor their activities. She's wonderful and leaves nothing to be desired. She's family manager, a good mother and wife in one. She's voluntary manager of the Heidenheim Waldorf Kindergarten and has an own practice for family counselling, education counselling, life coaching and crisis management.*

ÖB: May we tell that you will soon have a new work field?

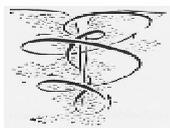
Krüger: *Yes. It's not a secret anymore. In April 2013 I will start working in the Filderklinik in Filderstadt as chief doctor of the children's medical unit.*

ÖB: Big change!

Krüger: *Yes. I look forward to this new challenge and to realize the possibilities of the anthroposophical medicine.*

ÖB: Many thanks Dr. Krüger. Good luck and blessings to you and your family.

Krüger: *Many thanks. I wish the oil bath messenger a prosperous future.*



Report about the first training for oil dispersion bath therapists in the Netherlands

Tiny Reinink-Paes



On Sunday, Nov. 4, 2012, 8 persons have received an international certificate to work as oil dispersion bath therapist. It was handed out by Albrecht Warning on the last day. The group covered a long distance together.

After the Association had moved to Düsseldorf, Reinhold Schön was wondering about the fact that no participants from the Netherlands came. Düsseldorf is very near to the German border +/- 1-1 ¼ hrs drive away. I told him that the German language is the handicap. His profane answer was „then start in the Netherlands“. We started with a practical course in 2007, a mixed group of 4 Germans and 4 participants from the Netherlands, in our Maastricht Therapeutikum Raphael. Maastricht. Lecturers: Reinhold Schön and Tiny Reinink –Paes, trainee Gabriele Bäumlner.

For the second practical course in 2008 also a mixed group came together in Düsseldorf.

As the participants from the Netherlands wanted to go deeper into the theoretical contents, another course was established in Zeist with various lecturers:

- Joop van Dam, medical practitioner for Anthroposophic medicine from Zeist, Netherlands
- Albrecht Warning
- Reinhold Schön
- Tiny Reinink-Paes

25 people participated in this 5 day course, most of them anthroposophic nurses, members from the practical courses, and nurses from various working fields with rhythmic embrocations.

Then there was a longer break because Tiny needed a time-out. In 2011 ten persons wished to continue the training. So we had practical weekends alternating with theoretical weekends.

The training courses took place over the weekends so that the participants did not have to take holidays.

In 2012 we again had practical weekends, exam baths and the final seminar for practical work and theory. During the last two years there was very little time between the training courses.

So finally from 2nd to 4th Nov. 2012 the participants: 7 nurses and a remedial teacher passed the exam. One nurse couldn't pass it because she was ill and she will pass it in September 2013 in Düsseldorf.

Another nurse (the 10th person) could only participate in the practical courses and passed with an exam bath.

A nurse from Belgium, who could only participate in the practical course, came to the final seminar because her boss (head of the home for therapeutic pedagogy in Turnhout, Belgium) allowed her to work with oil dispersion baths. Surprises still happen.

So, this group in the Netherlands was a very mixed one. They abided by the oil dispersion bath for more than 5 years and finally succeeded. In the time between the courses, the participants could make a lot of practical experience;

- Therapeutic
- Psychiatry
- Drug addiction in a hospital and care in a living community
- Home for therapeutic pedagogy
- Freelance nurse (in the Netherlands it is possible to get the money for physical applications from an additional assurance).

The cooperation with my colleagues was very fruitful but also needed much time and energy.

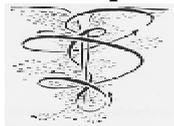
While translating from the German into the Dutch language, I could improve the contents myself. During the 15 years as lecturer for the Association, I only taught the contents in German language. From time to time I could not find the right word in my own language. Curious to feel this on one's own language. The translation from Dutch to German was much easier.

I am closing this report with a big praise of my new colleagues and hope that our plan to meet twice a year to work together will be realized with the same fidelity and endurance as we had during the training.

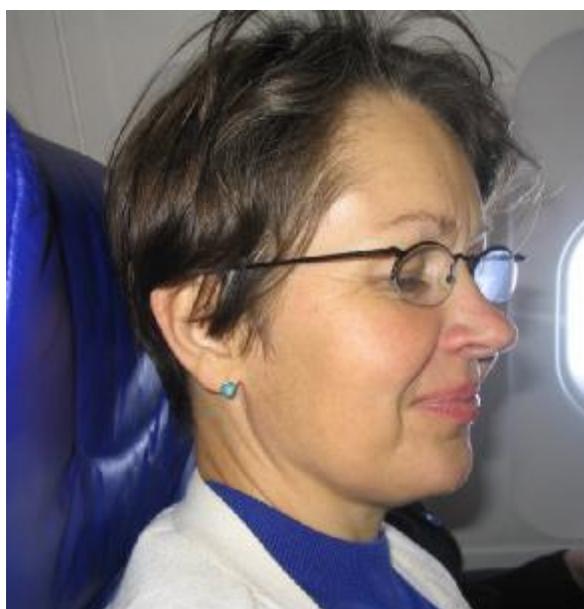
For spring time we plan a therapist meeting together with the doctors for whom they work. The doctors are invited to support the therapist's enthusiasm. We hope to succeed. Albrecht Warning agreed to participate in this meeting and talk about the oil: Gold-Rose. Up to that meeting, everybody deepens and makes experiences with the oilbath. A documentation sheet will be written when a patient is bathed in Gold-Rose Oil.

Many thanks to Reinhold Schön for his inspiration and support and to Albrecht W. for his work and his promise to support the training in the Netherlands.

Kind regards from Maastricht, Netherlands
 Tiny Reinink-Paes, Nurse and Oildispersion bath therapist



Break a thing – mend your luck!
The oildispersionbath in Finland
 By Kirsti Valkonen



This was my first contact with Werner and Franziska Junge. In spring 1989 my oildispersion apparatus fell on the floor and was broken. I called Franziska Junge in Germany. I planned a journey to Stuttgart and she invited me to her home in Birenbach.

Werner Junge met me at the station with two freesias in his hand. He brought me to their home where I first got in oildispersion bath in Roseöl.

Our meeting led to four trips of Werner and Franziska to Finland, 1990-94. Some people had translated the texts about the oildispersion bath into the Finnish language.

The two eighty year old arrived in a camping bus in Helsinki and later on visited many other places in Finland, Oulu in the North where they also held a weekend training course. The participants were contented and enthusiastic, nearly all of them bought an oildispersion apparatus. Werner Junge also gave lectures about the Isenheimer Altar.

For me, these were very important years. My children were born in 1992 and 1994. The childbearing period as well as the baby time was affected by the oil dispersion baths.

I stayed in contact with Werner and Franziska. As the last letter I addressed to them came back, I knew that this relationship can be cultivated in another way.

During Christmas time 2005 both – Päivi Oikarinen and me – independently felt the deep wish to become an oil dispersion bath therapist. Without knowing each other, we both contacted Florian Junge. And we were lucky to start the training with the scholarship. We both at that time and today had a fulltime job. I am working as remedial teacher and Päivi as elderly care nurse. Each week I give a bath for two children. Apart from school I have 2-3 bath guests. I like to teach eurhythmy but I am happier when I can bath people.

When Päivi and me arrived at the Göppingen station after the Centenary of Werner Junge, in my inner I saw Werner Junge with the freesias. The circle closed.

Kirsti Valkonen, Helsinki

From Päivi Oikarinen, Helsinki



In 2009 we organized a training course with Gabriele Bäumlér in Haus Sofä in Helsinki where I work as elderly care nurse. 6 participants, 4 from Finland and 2 from Estonia. We are happy that two of them, a Finn and an Estonian continue the training in Germany. I only did a few baths for the residents in Haus Sofä. Unfortunately there is no anthroposophic doctor here who prescribes the oilbaths. I give 1-2 baths a week apart from my job. My recent bath guests were 40-60 year old women with problems of body temperature and nervous affections. I have one day a week for oilbaths. For the rest of the week I do different things. Bath myself or others,

tell people of the oilbaths or study. It was important to attend the Centenary meeting to gain power and courage for this wonderful work. Many thanks!

Atmosphere after the oildispersion bath training course in August 2009

From Marja Mäkilä

Temperature taking and brush movements. Oils and their effects.

Brushes,

Woolen blankets, and towels. Thongs and the oildispersion apparatus.

Sighs and moaning. Insecurity. Nakedness in unknown peoples' presence.

Presence. Quietness.

One's own baths and those of the others. Waiting, watching and repeating.

Watching and repeating.

A loving smile of the teacher.

And suddenly:

„You look so happy and whole!

„You too! And you! And you!”

„So many colours, forms and life!”

There is no return.

I was a mummy, now I am Cleopatra. I am in love.

My love is called water.

Mystery water.

We recently met in an oildispersion bath training, almost by chance.

Now I wish life brings me more accidents.

**The oildispersion bath
in the therapeutic pedagogy.**

Kirstin Möller



www.haus-arild.de

Create a therapeutic atmosphere

It is the interacting of different working fields that has therapeutic effects in Haus Arild. It is the rhythm and the rituals, it is the cautiousness given to each single pupil to bring him/her to the subject matters in their own pace, it is the activation of the senses, it is the garden and the surroundings and it is much more that has therapeutic effects.

This educational care and encouragement is completed through selected therapies. They are individually matched with each single student and are applied by experienced and qualified therapists after medical prescription.

A main part of the external applications are the oildispersion baths.

Since 2006 we have a working team for oildispersion baths in Haus Arild. This team consists of experienced oildispersion bath therapists who, together with the home doctor and guests from other therapeutic pedagogy institutions, work on therapeutic basics and have exchange about the patients. We write therapy reports and the following example might give you an insight into our work.

Documentation oildispersion bath Haus Arild

Name: Michel W.*

Date of birth: 23.08.1998

Group: Day care group

Person in charge: Frau M.

Therapist: Frau R.

Baths: once a week

Prescription: in meeting about children / home doctor

Anamnesis: Michael is the second of three children, his elder sister Y. is born 20.11.1995 and his younger sister T. is born 9.10.2005.

His father works as freelance dental technician. His mother is housewife and before she also worked as dental technician. The family lives on a former farm and his father still uses it for casual farming.

The family is integrated into the social village life.



Development:

The pregnancy was normal, Michel was a spontaneous birth in week 40 with 3290 g and a height of 51 cm. The baby time was normal, he was breast-fed for 6 months and weaned with 9 months. Michel was a very quiet baby and slept a lot. It was eye-catching that he had no strength to crawl because his wrists always bent down. At the age of 6 he got physiotherapy. He then learned coordinated crawling when he was one year old. Sitting was possible with 10 months and standing with 12 months, walking without help with 16 ½ months. He was very unstable in walking and often fell. His movements were hectic and uncoordinated.

Beside the impaired motoric skills the language development was also decelerated. He only knew a few words and had a multiple dyslalie. Michel got special help to support the language developmet when he was 2 years old and speech therapy when he was 5. During his kindergarten time he showed extreme delays in his sensomotor, language, cognitive and social-emotional development. He could hardly concentrate, was agitated and had no patience.

He still has cognition problems. When he gets tired he needs to be touched to feel himself. He rubs his eyes and cannot think or speak coherent and is almost out of himself. He then kicks and beats other children. Michel is very unhappy about his own behaviour.

Hitherto help:

Michel got a comprehensive training with speech and occupational therapy. He was nearly 8 years old when he had his first school day in Haus Arild. From August 2005 he got the medicine Methylphenidat for 18 months. First he was calmer and more concentrated but soon his old status of extreme agitation and concentration problems came back although the dose rate was increased. After Michel was familiar with the activities in Haus Arild, Methylphenidat was tapered and replaced by a homeopathic treatment. But there was no change in Michels concentration rate and movement agitation.

Group: Michel is in the day care group for three years now, together with 12 boys and girls vom 6 to 14 years. In the periode, the group often varied. Michel shows little improvements but still needs a lot of help. Michel needs a very close supervision to manage the school and group day without greater difficulties. He runs the risk to become chaotic as he does not have the necessary self-control. With habit work and a constant supervision, Michel is relatively independant in Haus Arild. With a lot of practice, he can manage the necessary life activities according to his age. As speech therapy is concerned, he could make good progress. He could enhance his vocabulary, can speak in context when he is relaxed. As soon as he gets tired or is under pressure, he talks very fast and indistinct. Michel is acknowledged in the group and is basically a kind and cooperative child. During the time of treatment, Michel had big problems

at school and was often suspended from the lessons. He then had various intergration workers and intensive social pedagogic work.

Oil dispersion baths

When we started, Michel was 10 years old, light-skinned, light blond curled hair and brown eyes. On his back, Michel has many dark pigmented moles, his skin is dry. His facial features are rough. With a height of 130 cm and a weight of 24,7 Kg, Michel is small and very slim. His body looks compressed, stringy and tensioned. Second dentition is okay for the development but teeth are not in file, he has a slight. Michel is a neat child with good habits. He attaches great importance to nice clothes which fit together well. He moves very smart and persistent when his movements are directed by the task. Otherwise he is agitated and impulsive. His breathing is shallow, he doesn't in- and exhale harmonically.

Constitution: Michel has great difficulties to respond to sensations in a suitable way, his attention is constantly directed to his environment and he is thus gets too many stimulations. Additional selective impressions then stress him. At the beginning of the bath application Michel seemed to be dreamy and there was a tendency to walk on his toes. Michel has great fears, especially separation anxiety from his mother.

Diagnosis: Suspicion of ADHD, cognition problems, delayed development in movements and language

Purpose of therapy: Michel should have the possibility to relax and calm down. The covering of the bath and the rest pack should make him feel safe and secure. Additionally, the breathing should become deeper and harmonic.

Development of the baths: Michel got 18 baths in Copper-Lavendar, Rosemary and Gold-Rose-Lavendar. The baths were once a week on Tuesday afternoon. The time of treatment was 90 minutes.

Michel was often ill so that the weekly rhythm was interrupted. He was not bathed during the holidays.

Michel was always happy when he came to be bathed. In the beginning he tested limits and did some fooling. He talked nonsense, made faces and hardly calmed down. His behaviour changed after the fourth bath. Sometimes he came with head or stomach ache. These vanished however, when the situation at school relaxed. When we said hello, he rather had a glimpse.

Michel had a rather consistent body temperature of 36,7°C to 36,8°C.

He was not warm thoroughly, there were cold areas at the tights and in the kidney area. Hands and feet were generally warm.

The bath temperature was generally 1°C under his body temperature and he felt this temperature as comfortable.

The body temperature climbed after the baths, partly to 37,5°C. The temperature did not change during the last 12 months.

In the course of the time, his breathing changed. It is deeper now and Michel seems to be less compressed.

The bathoil at the beginning was Copper-Lavendar. Lavendar is appeasing and relaxing for the nerve-sense-system. Copper has effects on the kidneys which influences the breathing.

For the harmonization and strenghtening of his center we continued to bath Michel in Gold-Rose-Lavendar oil. The duration of the baths was 20 to 25 minutes.

Michel absorbed the oil very well. At the beginning, we could do the massage only with hands as Michel is very ticklish. Later, we could use the soft brushes for children.

We started the massage at the feet while Michel was lying on the back, knees upwards with focus on the thighs (Michel often had flatulences in the tub). Then, we brushed hands and arms and belly. In sitting position we did the lemniscate on the lower back. We finished with long strokes downward the back in face downward position. We only did a few and softly floating strokes. Total time for the massage was 10 to 15 minutes.

The skin slightly turned red during the massage.

Michel liked the rest-pack but often freed himself at the upper part of the body. He then lay quietly with folded hands. He regularly fell in a very deep sleep. In the beginning he often dreamt and spoke while sleeping and perspired a lot. His sleep was so deep that we could hardly wake him up.

His sleep changed during the treatment. It was calmer, he had less dreams and was responsive afterwards.

After the rest-pack his face skin looked rosy, there was warmth all over the body and there was a good eye-contact. He was present and resting in himself.

His glance changed during the treatment.

Analysis:

In the course of the treatment, Michel could relax and calm down. In the bath he felt good sheltered and his former behavioral problems had vanished completely.

His breathing improved and Michel is less compressed. He doesn't walk on his toes anymore.

Michel seems to be more grounded. In the end he hardly had flatulences in the tub. There seems to be a harmonization of his four human elements.

Interim report – treatment of Max*, 7 years old

Max got 10 baths in Calendula oil, indication child care.

Max is a very thin and weak child. He is very active and walks on toes, almost hopping.

His skin is irritated, dry and inflammatory, especially around the mouth. He often scratches his lower back. He often snuffles and he is a sickly child with a lot of infections.

His body temperature is always low, his skin surface is cold and dry. When he played during the school break before, he is warmer and works up a sweat. During the treatment period, his body temperature taken before the bath increased from 33,2°C to 35,2°C. After the bath, the temperature was up by 2-3°C at abt. 36,8°C.

Max likes the children brushes. His skin reddens especially at the back. He stays in the rest-pack quietly and sleeps for nearly half an hour. He sometimes snores. When he is waked, he is at once very present and gets dressed alone.

Subsequently, Max got three baths in Copper-Lavendar as he arrived in a very cold condition. His sleep was deeper after these baths with an even higher body temperature afterwards. The baths will be continued.

* change of name

As a basis for our work we filed the influences the oil dispersion bath and what has to be paid



Oilba

ovember 2012

attention to in the work with our special children and youngsters:

What influences the oil dispersion bath?

The following 10 items should be taken aware of when giving an oil dispersion bath:

1. Atmosphere:

The bath should be tidy and well prepared. A nice interior decoration which is reduced to the essential, is helpful. Aim is, to do without toys.

2. Water:

Should have a good quality and be vivid. In nature, water flows in whirls and clusters are formed. Information is retained in water.

The water quality can be improved by drawing large lemniscates in the water with your hands for 3 minutes.

3. Oil:

The basis should always be a good olive oil. Rapunzel produces a high grade olive oil in Demeter quality. It is made from cut olives and is not pressed.

4. Water temperature:

Attend to the body temperature and the patient's feeling. He should not freeze nor sweat in the bath. The water should be felt as lukewarm.

Explanation: as the surrounding is warmer, we give away – as the surrounding is colder, we contract, a suck arises and we can absorb.

5. Duration:

After 10 minutes, the oil is absorbed.

A sound person should be bathed for a max. of 20 minutes, otherwise the bath weakens the person. Children, weak and sick persons should be bathed for a shorter time.

6. Buoyant force:

In the water, 10% of the body weight is lost, this relieves the organs.

7. Oxygen:

There is 10-15% more oxygen in the water because of the swirl.

8. Brush massage:

The purpose is to improve blood circulation so that the oil can be absorbed easier.

When this purpose is reached, the massage must have another purpose. The brush massage has an effect on all human elements. For children in therapeutic pedagogy, an individual massage technique has to be developed. The technique we learn during the training course is meant for sound adults. For children, only part of it should be used.

9. A tight rest-pack:

The purpose is that the patient falls asleep after a few minutes. Otherwise the bath was not optimal.

10. Rhythm:

The optimum time between two baths is 3,5 days.

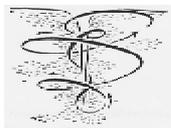
Rhythm of the human elements: the etheric body develops own forces after 4 weeks (28 days), the astral body after one week, the higher SELF after one day.

An intensive higher SELF therapy: a bath daily for 10 days, so that great forces can be developed. .

AK ÖDB Haus Arild

Bliestorf, Nov 5th, 2012

Kirstin Möller



Invitation to the trainer course

Dear friends,

from Friday, 1st March 2013, 6pm, to Sunday, 3rd March, 1pm the first trainer course is scheduled. There will be three more dates in 2013 and 2014. The dates will be planned jointly. Condition: completed education in the oildispersion bath therapy and the experience of abt. 200 baths per year. This trainer course includes the organization, preparation, execution and teachings, that means the complete contents of a Practice seminar as well as the self-treatment. Public relation works and seminar work. Execution of a Practice seminar if needed with the help of a tutor. Contents will be developed jointly.

Instructor: Tiny Reinink-Paes, Reinhold Schön, Assistant: Gabriele Bäumlner

Purpose: The trainer is qualified to give basic courses on behalf of the Therapist Association (ITVÖ). This course is a precondition to be a practical trainer.

The seminar will be held in Alfter in the Sonnenuhr Practice, Anthroposophic Therapist Community. The costs for this seminar weekend amount to 180.-€ (In any case of financial shortage we can find a solution.)

Gabriele Bäumlner can help to find an accomodation, Tel. 01733938402.

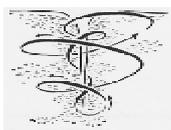
Please register until Feb. 1st, 2013.

The trainer course is a further step in our joint work to safe the quality of the oildispersion bath according to W. Junge.

We look forward to your registration!

Kind regards,

Gabriele Bäumlner



Headlines

Dr. Markus Krüger and Tiny Reinink participated with a work group at the Dornach Care Congress from 27.04-29.04.2012, with the subject „Wound and Healing“. Mrs. Bihl was in charge of the stand of our Association.

Seminars national and international:

In July 2012 Reinhold Schön and Dr. Markus Krüger lead a practice as well as a basic course in Moscow.

The basic course „Melisse“ started in Düsseldorf from 13.10. – 20.10.2012 with five participants. Additionally, two trainees participated.

On Nov 4th, ten nurses in the Netherlands received the certificate because they successfully finished the therapist education for the oil dispersion bath according to W. Junge.

Association activities:

60 People celebrated the centenary of Werner Junge in Bad Boll from 05.-07.10.2012.

On Sunday, Oct 7th, 2012 the general meeting took place in Bad Boll with 17 members. The minutes will be send out.

A new website is actually prepared by Erika Boschan. The website is not publicly available yet, the name will still be oelundwasser.de. The members will be informed.

We created an” information dossier for experts” with contents around the oil dispersion bath. Din A4 with ring holder, can be ordered by Mrs. Bihl, costs 8.-€

Mrs. Tanja Vogt Papke oder Semke designed a new flyer as information for patients. It was distributed for the first time at the Centenary. If you need flyer for your patients or interested people you can order them by Mr. Bihl, they are free of charge.

At the beginning of November, Albrecht Warning was invited to a meeting of the Association for implotion research to report about the physics of the oil dispersion bath. Many questions were asked as to Werner Junge’s idea, developed out of his calculations and considerations, that the dispersion of oil and water results from a cold volatilization in the vortex core. At this point, a cooperation could arise to answer these questions from a scientific point of view

Internal communication:

Executive board members and advisory board members have a regular telephone conference once a month.

The change of the Jungebad company:

With Florian Junge’s new task within the Wala company, the oil dispersion apparatuses will in future times be distributed through WALA. You can often order the apparatuses through pharmacies. However, our aim is to have a private sales over WALA.

Reinhold Schön has taken the production and distribution of the therapeutic oils. You can order them over his company Dr. Heberer.de. For more information ask Reinhold Schön in Bad Boll.

www.dr-heberer.de

The advanced training course Melisse will take place in March 2013.

Important!!! New Practical courses:

For the preparation of the „Nigella“ seminar, practical courses will be held. The participants from these courses will be the participants of the basic course “Nigella”.

The first Practical course will take place in the After Practice Sonnenuhr from Jan 23rd to Jan 27th, 2013. Lecturer: Gabriele Bäuml

A second Practical course is scheduled for the long weekends in March 2013 and in May 2013 in Rettenberg Aläu, in the mother and child clinic. Lecturer: Gerd Afil

A third Practical course will take place from 7th to 13th of April 2013 in the Hauschka School in Bad Boll. Lecturer: Reinhold Schön

A fourth Practical course will take place from 7th to 14th July, 2013 in the Hauschka School in Bad Boll. Lecturer: Reinhold Schön



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International Association of Therapists for Oildispersionbaths
According to Werner Junge
(ITVÖ)

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Tiny Reinink-Paes.