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How Nature Heals

People around the world have been using natural substances to heal and cure illnesses for thousands of years. Long before doctors dominated the healing process with chemistry and scientific instruments, the natural world provided therapeutic resources in the form of plants, water, light and nutrition. Today, both patients and doctors are reconsidering “old” forms of treatment. There are hundreds of effective ways to treat human ailments – without troublesome side effects. Our series presents traditional and new forms of natural medicine.

01 Yin and Yang – The Chinese Art of Healing VoD SD

The Chinese art of healing is about more than acupuncture and herbalism. It also encompasses a healthy lifestyle and a good diet to bolster the immune system against illness. We embark on a search for the origins of natural healing practices in China’s southern provinces.

02 Paths to Islamic Healing – A German Doctor’s Quest SD

Dr. Lydia Reutter from Tübingen in southern Germany travels to Cairo to learn about traditional Arab medicine. But this knowledge is not easy to come by. These days, few hakims – or traditional healers – still work in the timehonored fashion.

03 The Healing Power of Crystals SD

Minerals such as sodium chloride, sulphur and chalk have a healing effect on the human organism in specific medical applications. For example, saline air alleviates the symptoms of asthma, sulphur baths ease tensions, and chalk with special healing properties is used to treat skin diseases.

04 The Andean Healer – Secrets of the Kallawaya Doctors SD

The Kallawaya people of Bolivia continue to practice their centuries-old shamanistic art of healing to this day. The approach combines vegetable, animal and mineral substances with rituals. Aurelio Ortiz, one of the last Andean healers, embarks on a journey by foot from Bolivia to Peru with his son Cerilo. During the hike, Cerilo’s suitability for the vocation of healer is put to the test.

05 Poison – It’s All in the Dose SD

Doctors have known for centuries that the point where a poison becomes deadly is primarily a question of dosage. Tiny amounts of these deadly substances can actually even have a healing effect. Research on poisonous substances is aimed at developing new medicaments based on the highly effective agents produced by nature.

08 The Maggot Cure – An Alternative to Antibiotics VoD SD

Injuries that don’t heal properly often result in amputations. But if doctors were to treat the wounds with maggots, then the affected limbs of up to a third of patients could be saved. The fly larvae consume dead tissue and thereby accelerate the healing process.

09 Radiation – The Invisible Power SD

Radiation therapies are seen today as a highly credible alternative to medicinal treatment. For example, bathing in radium-rich water is often prescribed for rheumatism, arthritis, spine complaints and respiratory ailments. The sun’s ultraviolet rays are known to alleviate neurodermatitis and psoriasis.



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10 Homeopathy – Placebo or Real Cure? SD

Homeopathy is one of the best known alternative therapies. But neither scientists nor homeopathic practitioners themselves can explain how it works. One of the fundamental principles of the treatment is that homeopaths devote a great deal of time to their patients. They treat illnesses in accordance with the maxim “like cures like”.

11 Oriental Music Therapy – On Ancient Trails in Uzbekistan VoD SD

One unusual remedy that is drawing renewed attention is music. The realization that rhythms can promote the healing process is the basic principle of a musical therapy established more than 1,000 years ago in what is today Uzbekistan. The approach is used to treat patients with serious brain damage.

12 Medieval Medicine – Secrets from the Monastery SD

Since the early 1990s, a German medical historian has been scouring the libraries of European monasteries for documents detailing old remedies, recreating them and testing their efficacy. His conclusion: In the treatment of chronic ailments such as asthma, rheumatism or neurodermatitis, the old herbal preparations have greater healing powers than those conceived by conventional medicine.

13 Healing Horses – The Wonders of Equine Therapy HD

Horses are highly sensitive animals. They are capable of responding to movements barely perceptible to humans and can effect healing where regular therapies fail. For example in the case of people who have been in a coma following an accident and have to relearn bodily functions such as breathing, swallowing and picking things up. Equine therapy promotes the healing process on both a physical and psychological level.

14 Fasting as a Cure – New Research VoD HD

Studies carried out by Russian scientists over several decades suggest that medically-supervised fasting can be used to treat a range of physical and psychological ailments. Recent studies appear to confirm at least some of these findings.

15 Qi – The Chinese Art of Healing HD

Therapies in traditional Chinese medicine such as acupuncture or acupressure are enjoying increasing popularity worldwide. Although modern science has yet to understand how they function, such therapies can nevertheless yield astonishing success. For example, they can alleviate pain and allergies, and help people overcome addiction.

16 Hypnosis, Meditation, the Laying on of Hands – The Healing Powers of Complementary Medicine VoD HD

There are chronic diseases that continue to baffle modern medicine. Yet practitioners of alternative therapies say they can help, with methods such as hypnosis, meditation and relaxation exercises. Scientists have been looking into whether these approaches are effective – and why.

17 A Change in Diet – To Alleviate Symptoms VoD HD

With modern medication, many health complaints can be cured or at least alleviated. But drugs have side effects, and they can sometimes be severe. Three doctors from northern Germany have specialized in prescribing changes to their patients’ diets as a way of reducing their reliance on medication.

18 The Healing Powers of the Inner Physician VoD HD

A view that is catching on in modern medicine is that the body’s self-healing response should be harnessed in the treatment of ill-health. Studies also suggest that a person’s mindset and attitude can influence the course of a disease.