

as part of the  
Consultant training in the  
Dr. Rath Health Alliance



# BASIC COURSE IN CELLULAR MEDICINE

In this course  
the following subjects  
will be discussed:



Introduction



Principles of Cellular Medicine



Cellular Medicine in  
cardiovascular disease



Cellular Medicine in cancer



The role of cellular nutrients  
in Cellular Medicine



Cellular Medicine scientifically proved



Historical review



Who, if not us



## CAN YOU IMAGINE THAT ONE DAY PEOPLE WON'T GET HEART ATTACKS ANYMORE?

More than two decades ago:  
**Dr. Matthias Rath and the two-time Nobel Laureate Dr. Linus Pauling predicted the end of the heart attack epidemic.**

Pauling, 1992:

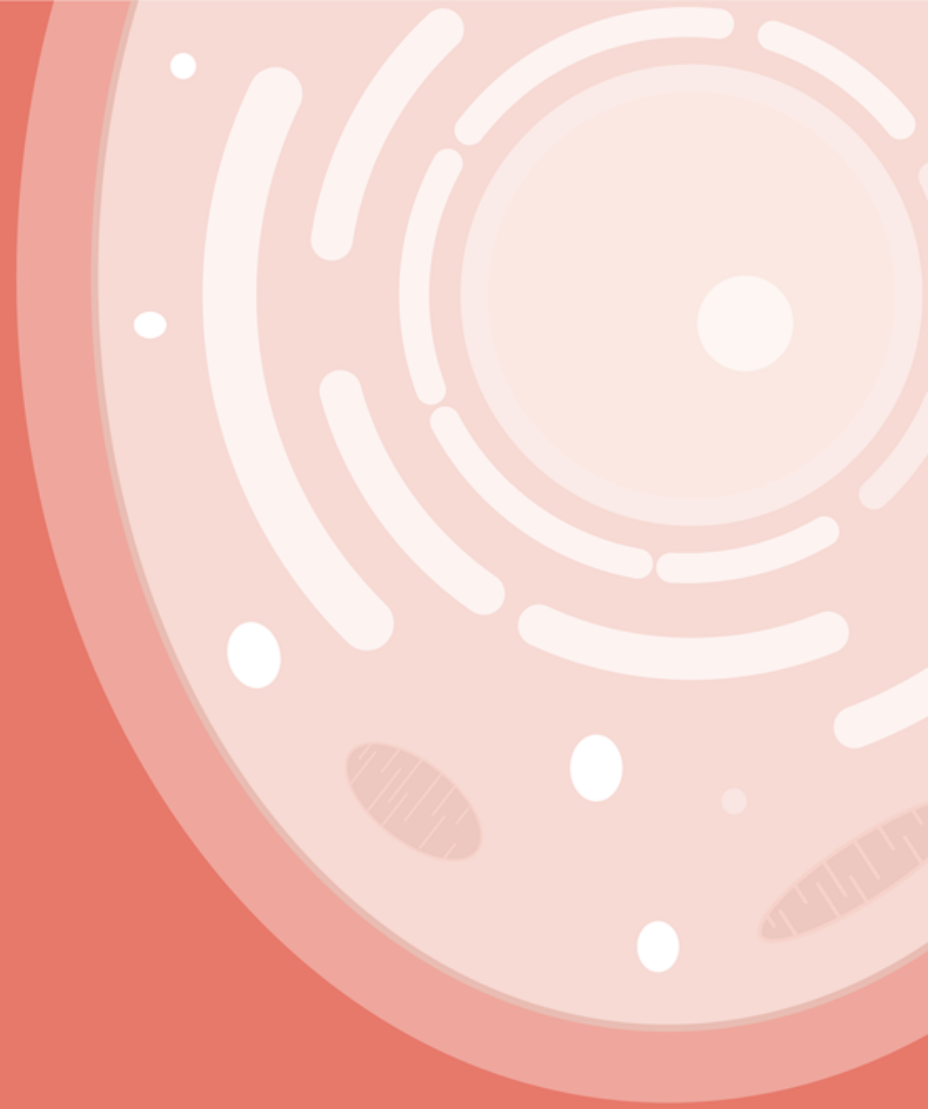
*"I strongly believe that we can eliminate heart disease as the leading cause of illness and death by taking optimal amounts of vitamin C every day."*

**Photo:**

Dr. Matthias Rath (left) and  
Prof. Dr. Linus Pauling (right), 1992

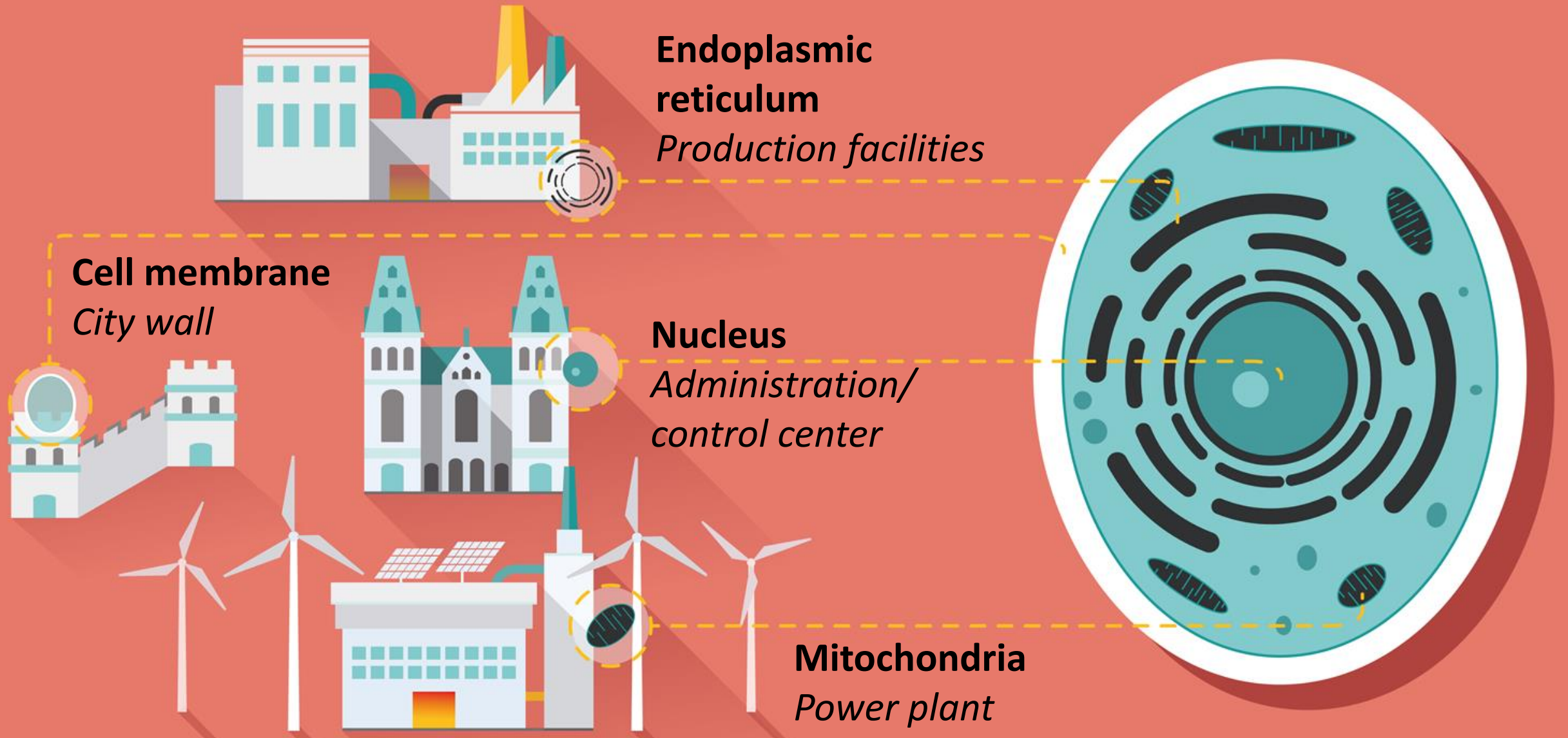
# PRINCIPLES OF CELLULAR MEDICINE

Cellular Medicine is the science and study of the smallest functional units of the body—your cells—and what they need in order to function optimally.



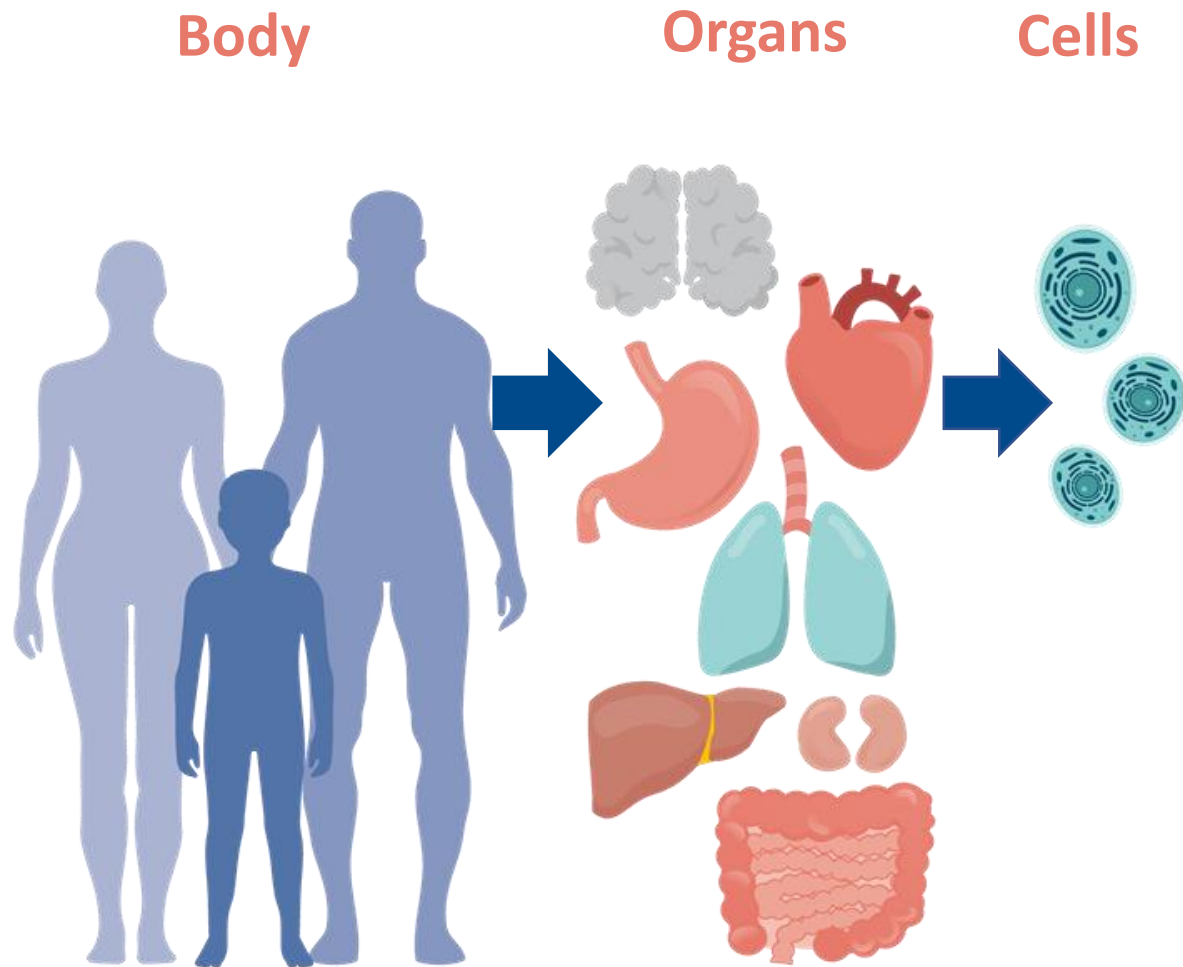


# EVERY CELL IS LIKE A LITTLE TOWN





## Basic understanding: 1. PRINCIPLE OF CELLULAR MEDICINE

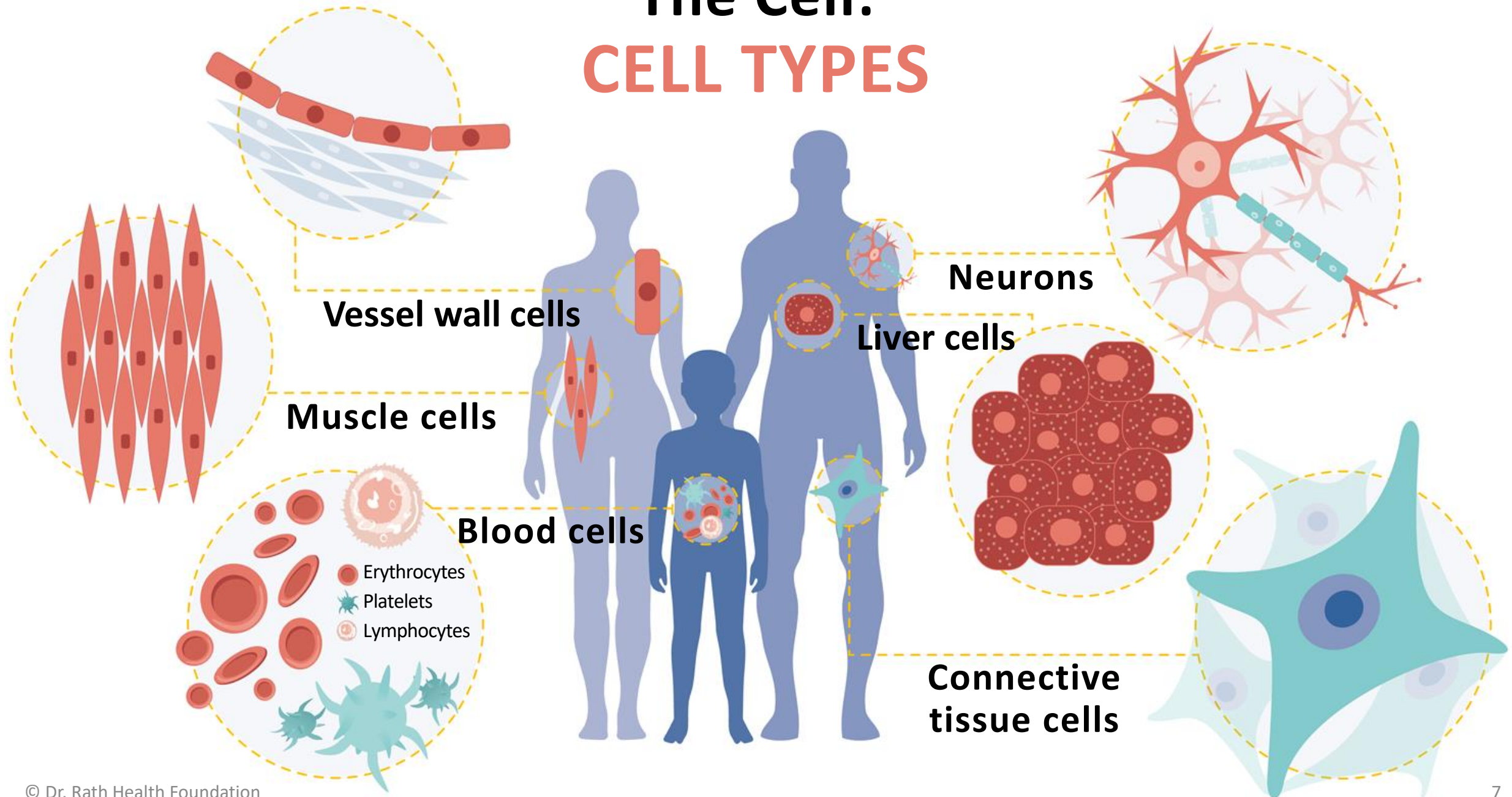


**Health and disease are determined at the level of millions of cells that make up the body and its organs.**

- The smallest living unit in our body is the cell.
- Our body is made up of trillions of body cells.
- Their function determines how vital we feel.

# The Cell:

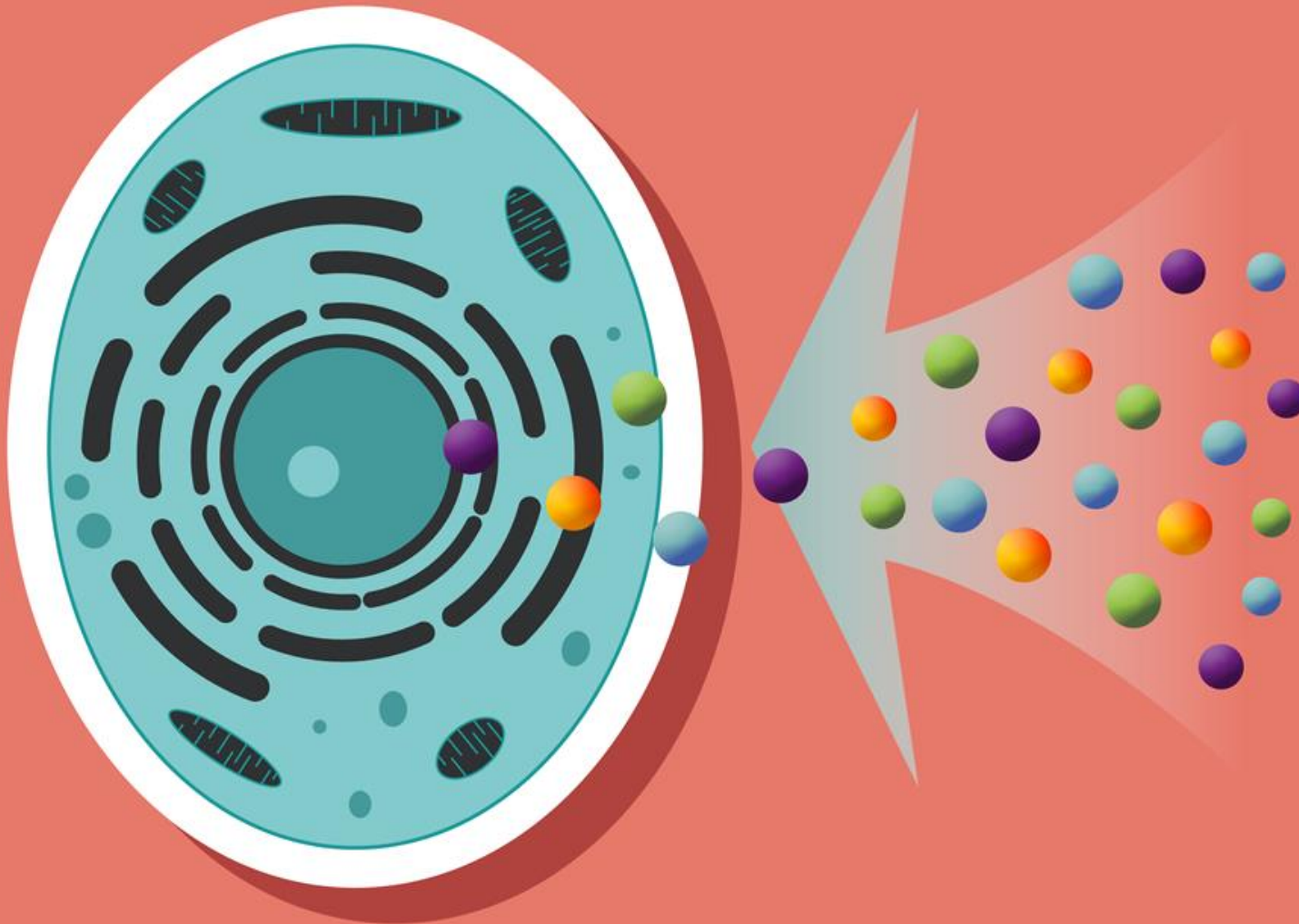
## CELL TYPES





# Basic understanding:

## 2. PRINCIPLE OF CELLULAR MEDICINE

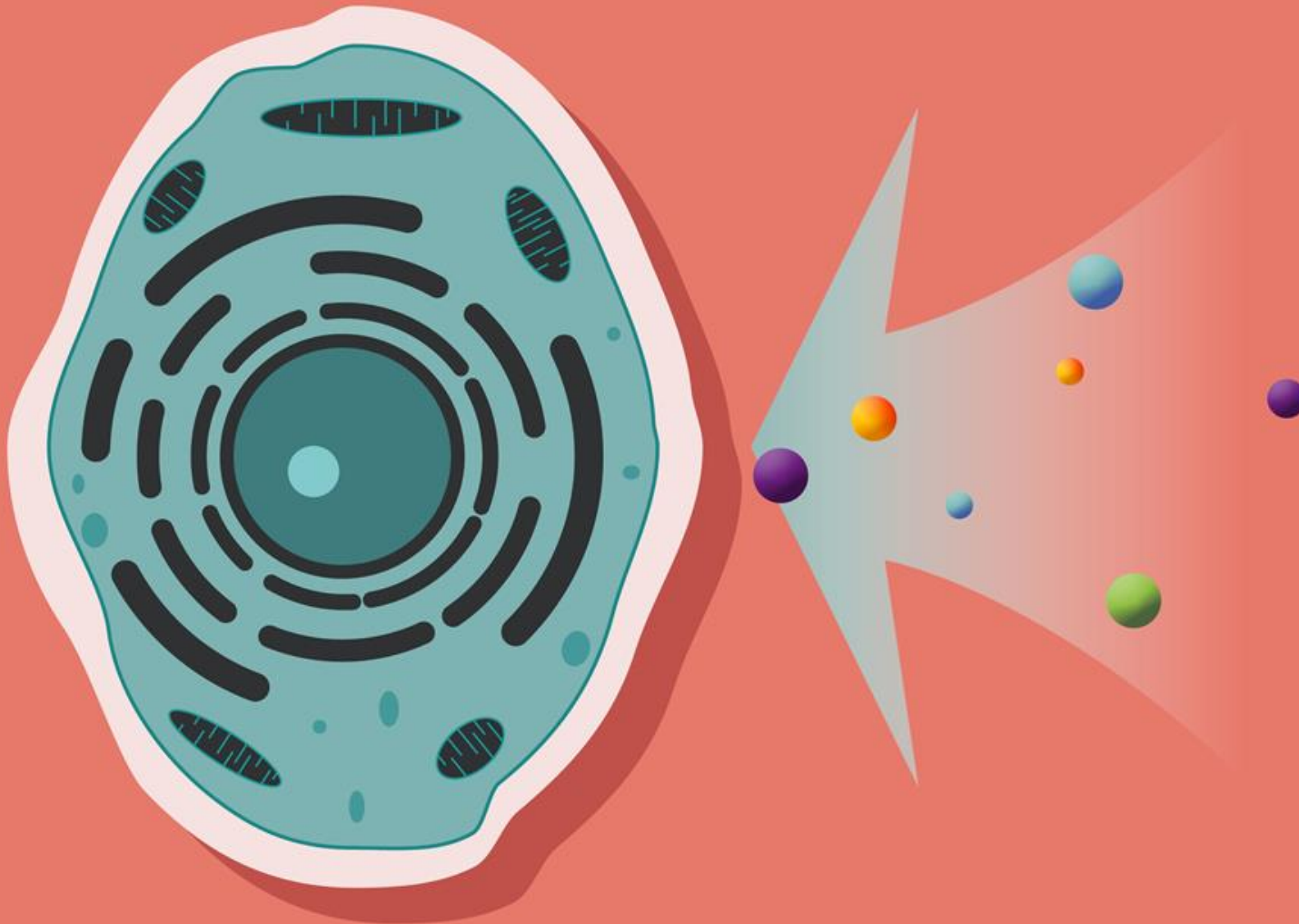


**Every cell needs cellular nutrients (micronutrients) for a variety of biochemical reactions.**



# Basic understanding:

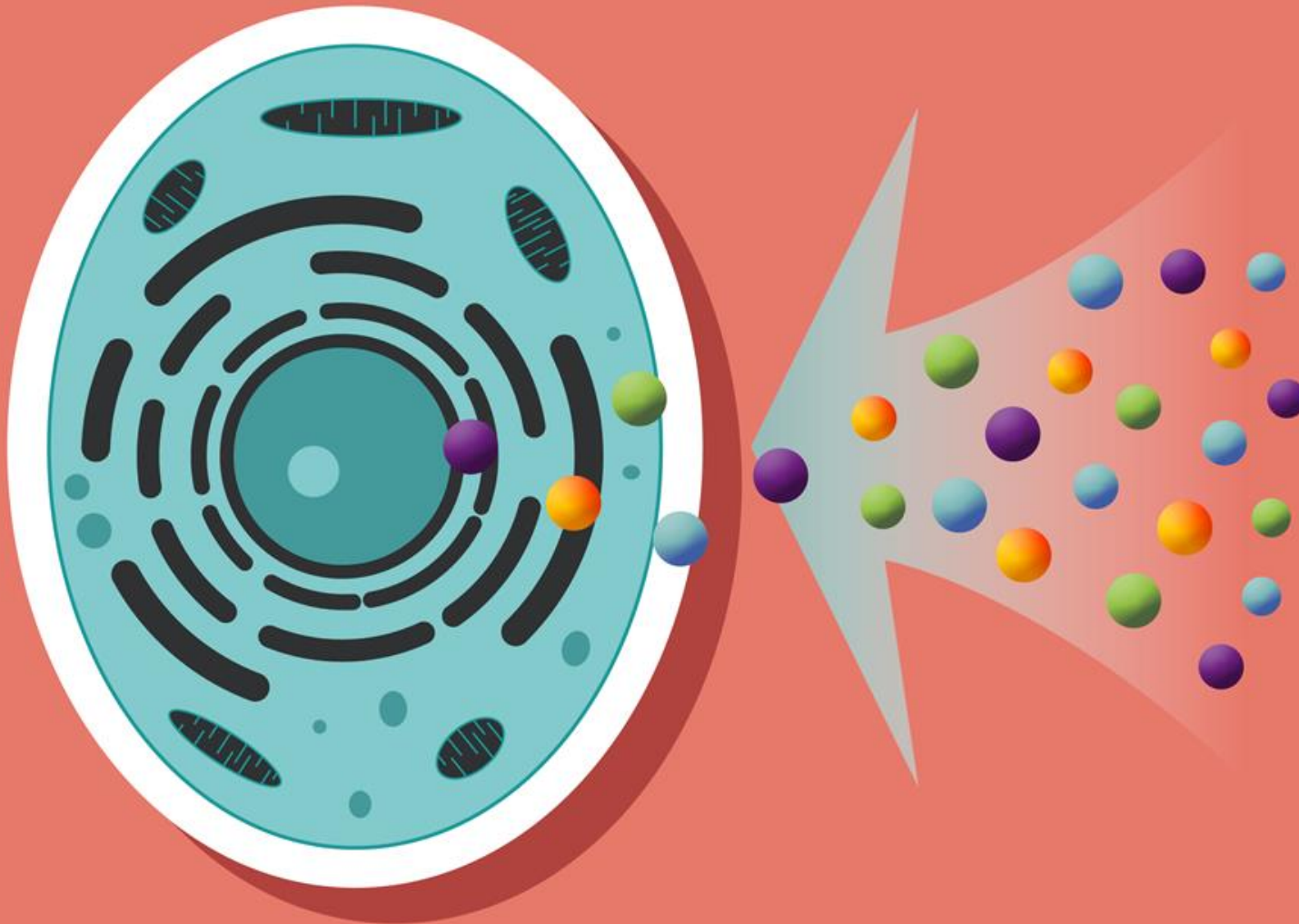
## 3. PRINCIPLE OF CELLULAR MEDICINE



**A chronic cellular nutrient deficiency leads to cellular hypofunction and, consequently, to chronic disease.**

# Basic understanding:

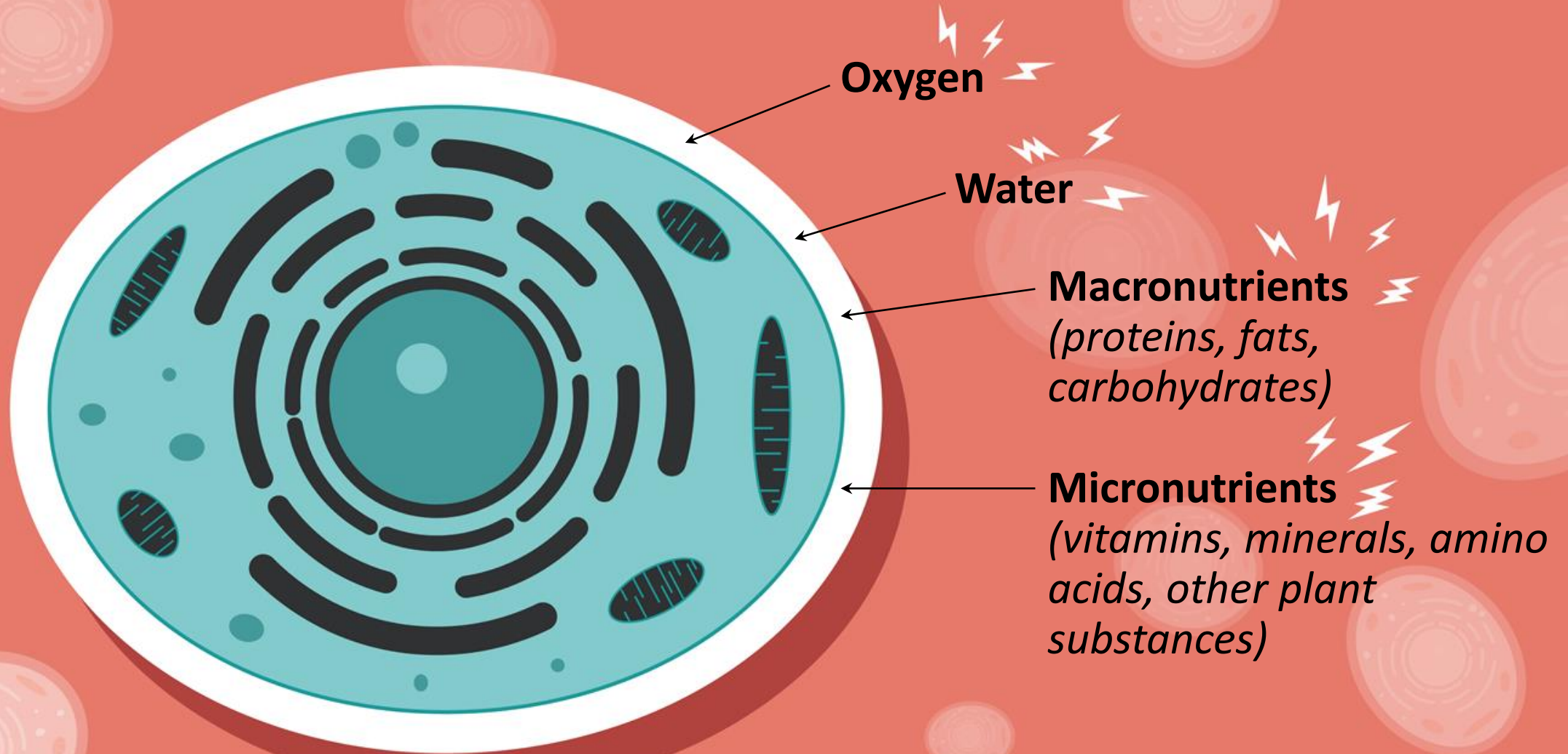
## 4. PRINCIPLE OF CELLULAR MEDICINE



**An optimal daily supply of cellular nutrients is a fundamental key to the successful prevention and treatment of chronic disease.**

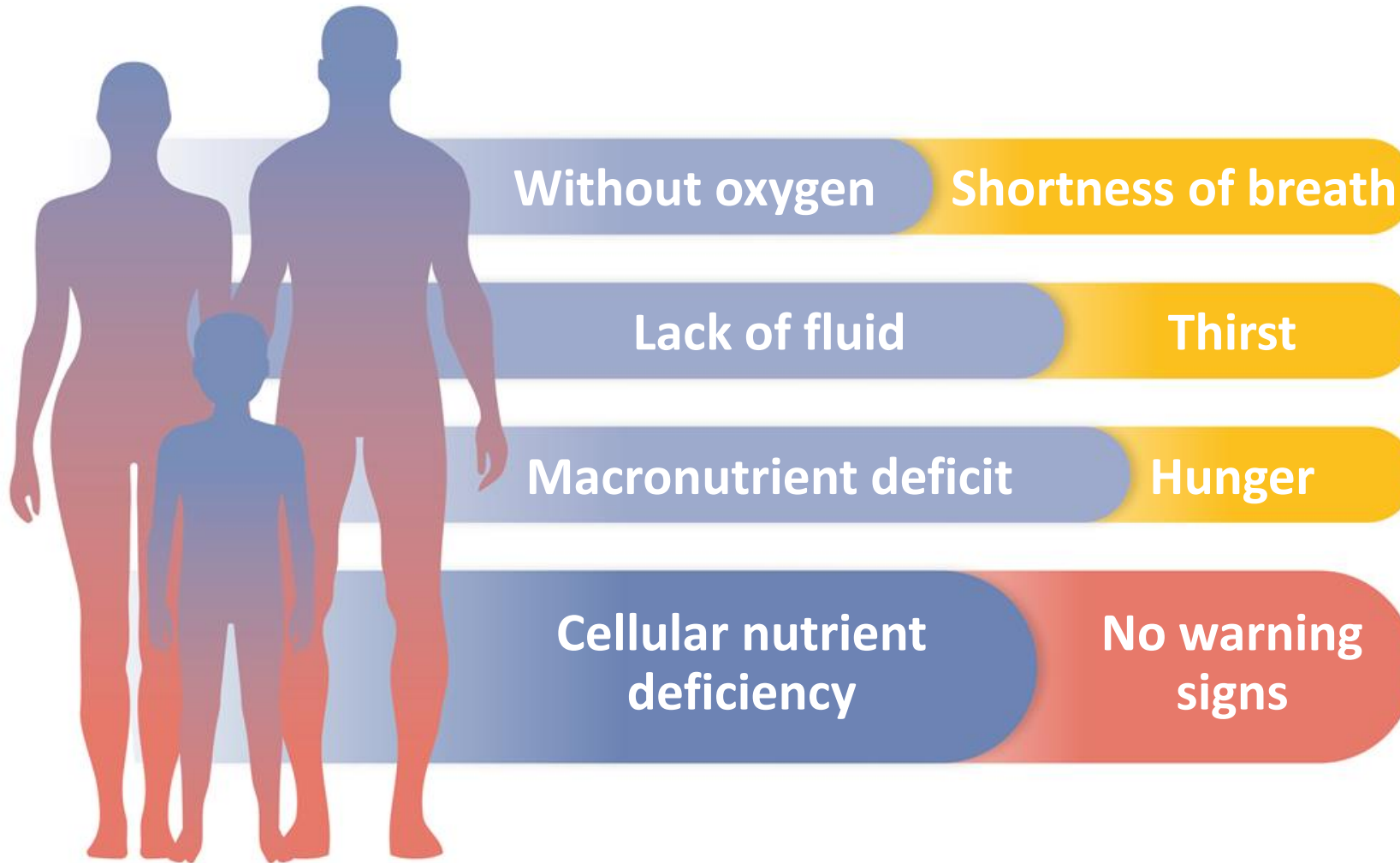
# The Cell:

## WHAT DOES THE CELL NEED?



# The problem of a cellular nutrient deficiency:

## FIRST SIGNS OF DEFICIENCY



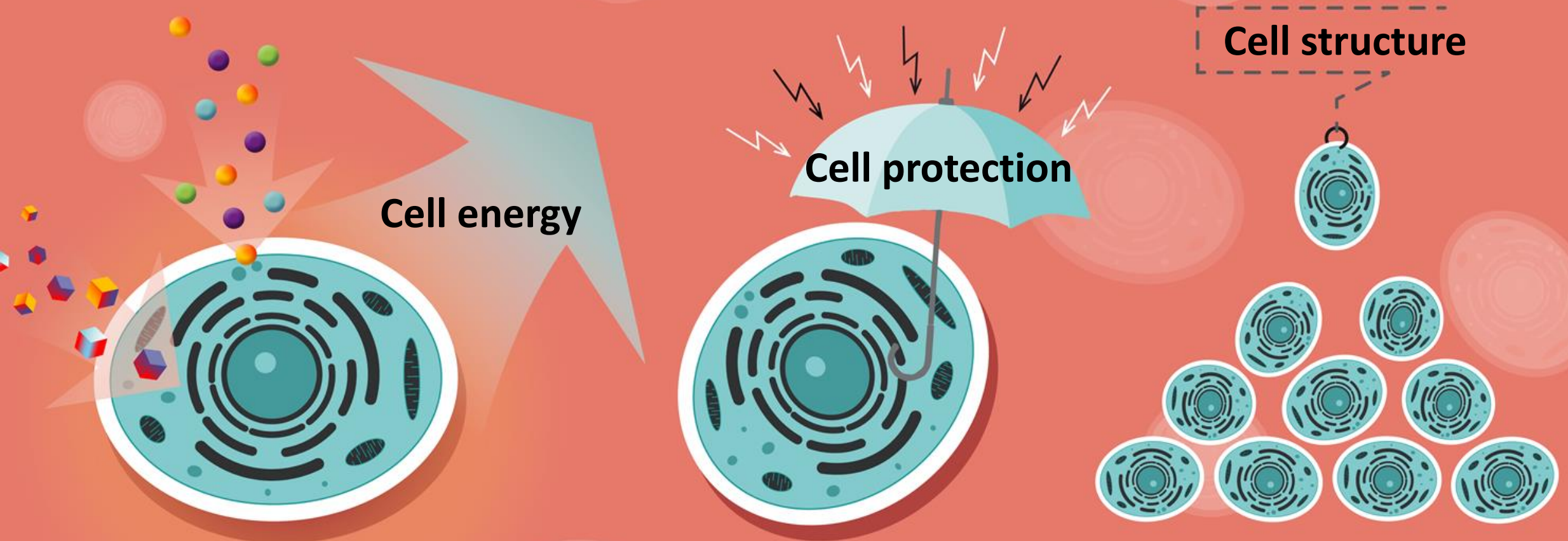
Numerous factors force us into a cellular nutrient deficiency without us ever noticing it:

- **Food preparation**
- **Cellular nutrient “thieves”**
- **Increased demand**



# The Cell:

## WHAT DOES THE CELL NEED THESE SUBSTANCES FOR?



... and other functions

# The Cell:

## CELL ENERGY

- **Vitamins**
- **Minerals**
- **Trace elements**
- **Amino acids**

Micronutrients  
(cellular nutrients):  
"igniters" of  
cell metabolism

- **Proteins**
- **Carbohydrates**
- **Fats**

Macronutrients:  
"Briquettes" (fuel carriers) of cell metabolism

The mitochondria  
(power plants) of the  
cell produce bioenergy  
for cell metabolism.



# Cell Functions:

## CELL PROTECTION AGAINST FREE-RADICAL DAMAGE

Critical sources of free radicals:

**Cigarette smoke**

**Alcohol**

**Stress**

**Pharmaceutical drugs**

**Exhaust gases**

**Contaminated water**

**Other environmental  
toxins**







## Cell Functions:

### **COLLAGEN: PROTECTION AND STABILITY FOR THE BODY**

Collagen fibers have a similar stabilizing function to that of reinforced concrete girders in a skyscraper.

Millions of these biological molecules form the connective tissue of the body (bone, skin, blood vessel walls, etc.).

#### **Collagen fibers under the microscope (left):**

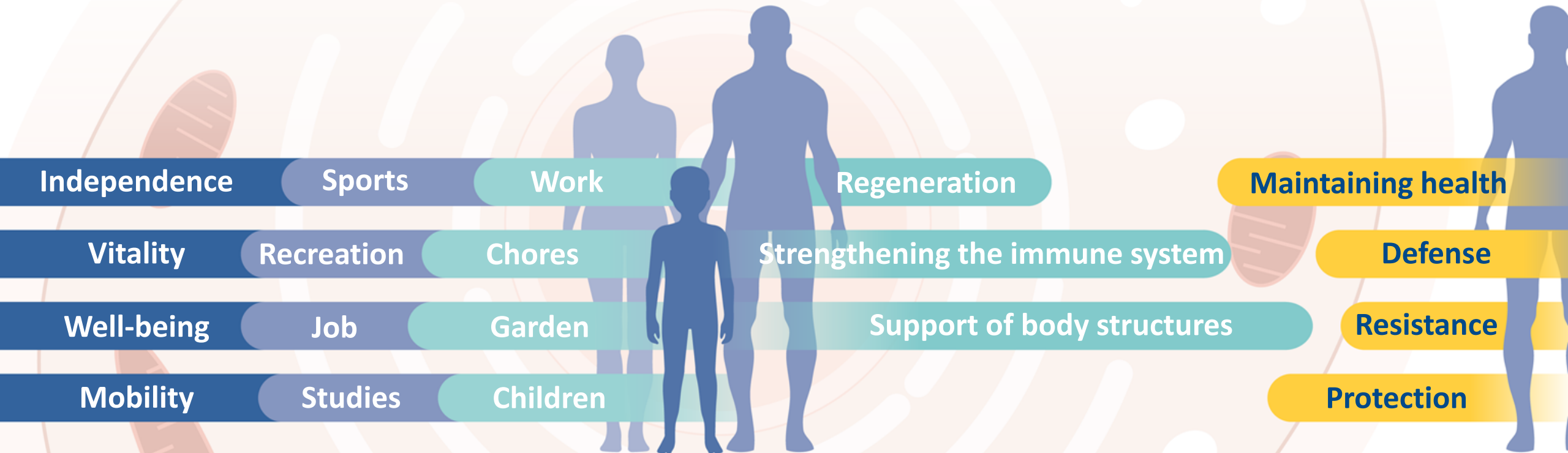
Individual strings are twisted around each other and connected by "bridges". These bridging bonds are vitamin C dependent.



# Optimal supply:

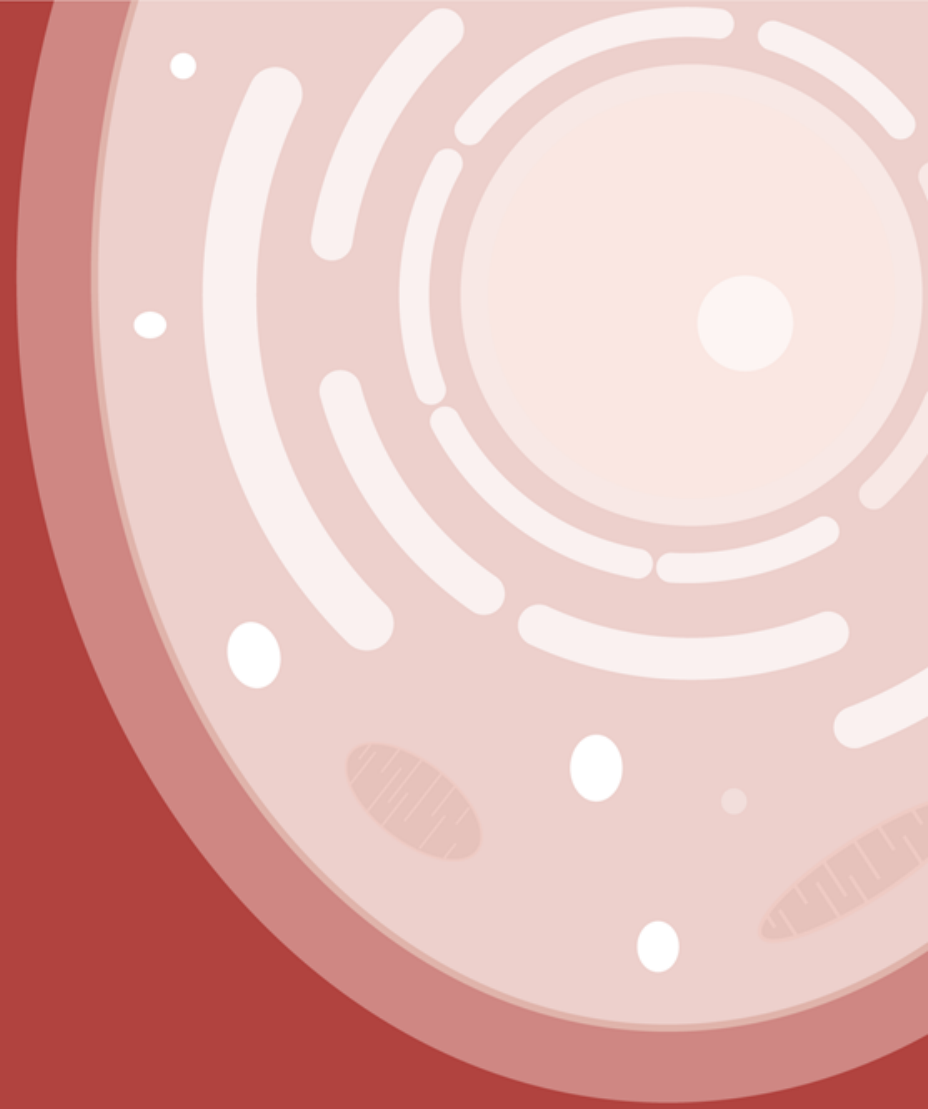
## HOW PEOPLE OF ALL AGES CAN BENEFIT

If our cells are properly supplied with cellular nutrients, there are noticeable advantages for us.



Cellular nutrients for the protection  
against common disease

# CELLULAR MEDICINE IN TREATING CARDIOVASCULAR DISEASE





# The devastating consequences of **CARDIOVASCULAR DISEASE**

Although the number of heart attack deaths has halved, an estimated 17.9 million people worldwide died from cardiovascular disease in 2016.

**This corresponds to one third of all deaths worldwide.**

**Reference: WHO**

# The underlying disease of heart attacks:

## Atherosclerosis

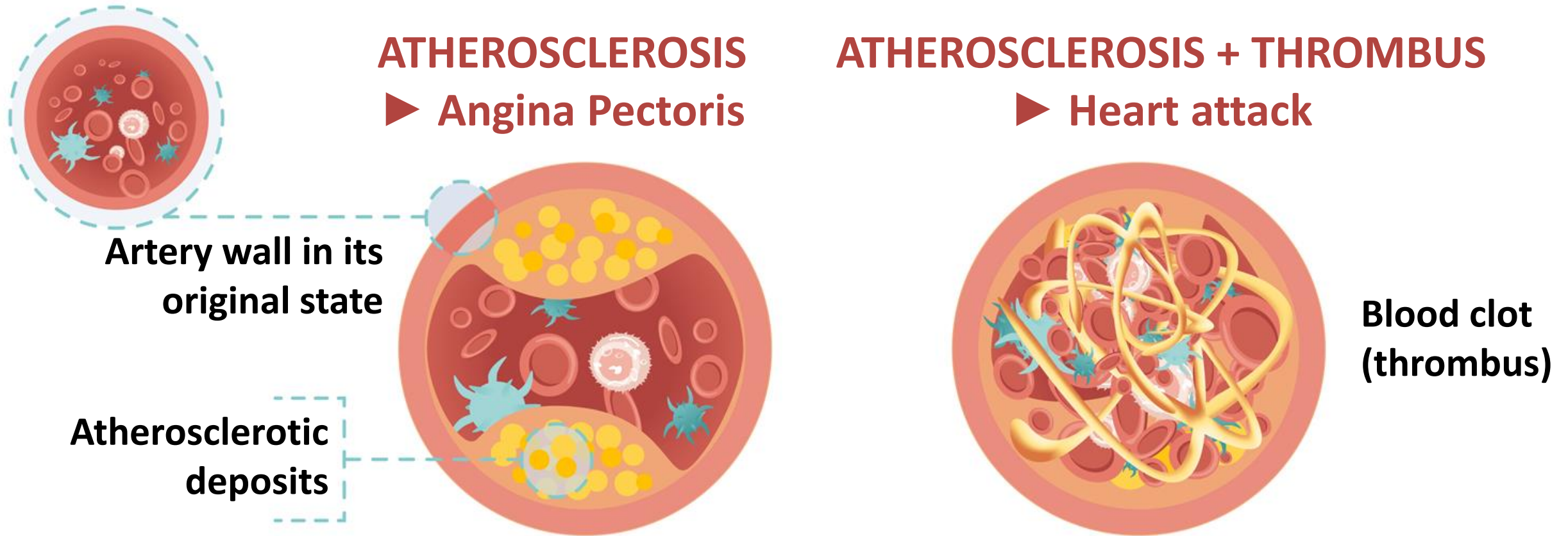
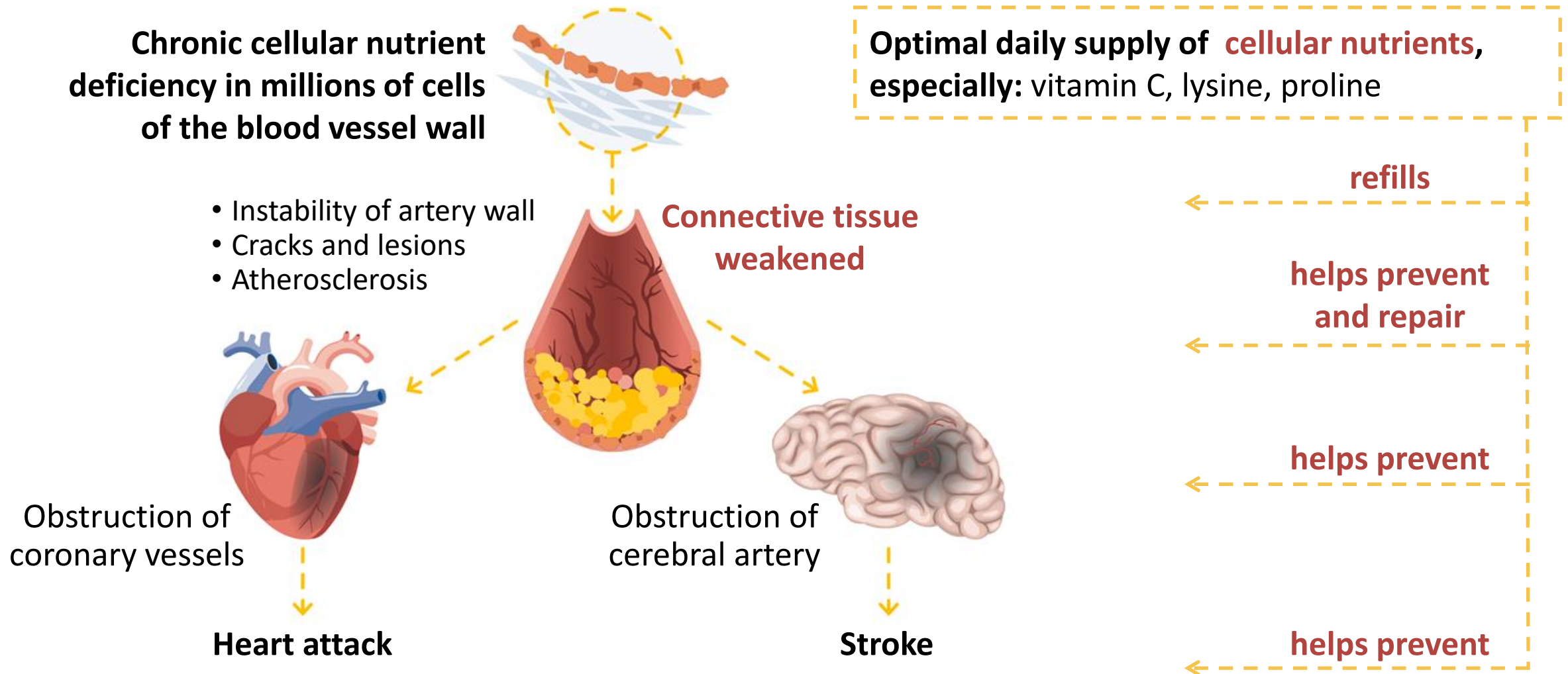
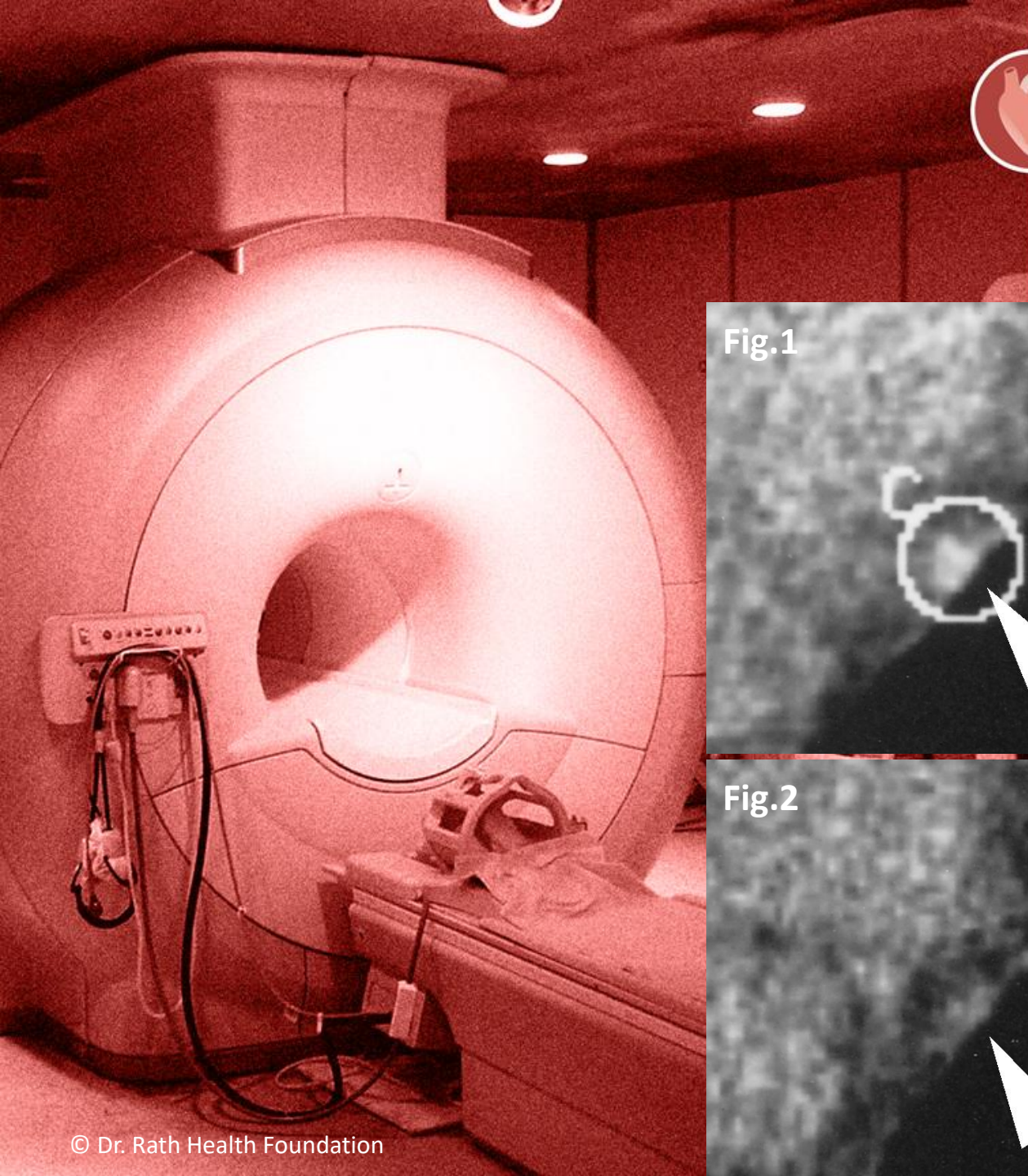


Illustration: Cross section of the coronary artery under the microscope

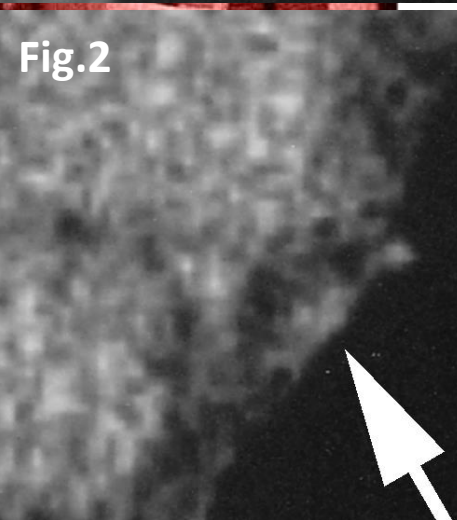
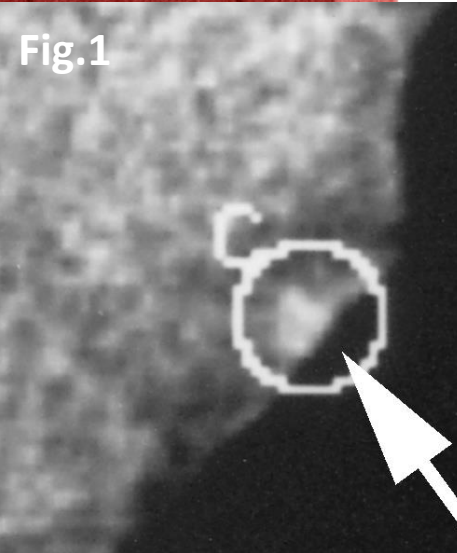


# The breakthrough of Cellular Medicine in treating **HEART ATTACK AND STROKE**





# The breakthrough of Cellular Medicine **PROVED FOR THE FIRST TIME IN MEDICINE: ATHEROSCLEROSIS IS NATURALLY REVERSIBLE**



These ultrafast CT images show the atherosclerotic deposits in the coronary arteries of a 51-year-old patient.

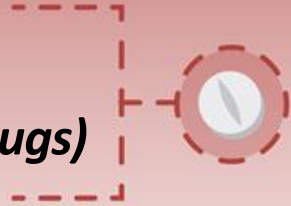
**Fig. 1 und Fig. 2:** Before the beginning of the cellular nutrient intake (Fig.1); after one year of supplementation (Fig.2).



# New insight: PEOPLE WITH *ATHEROSCLEROSIS* NOW HAVE ADDITIONAL OPTIONS TO STABILIZE THEIR ARTERIAL WALLS

## CONVENTIONAL DRUG TREATMENT

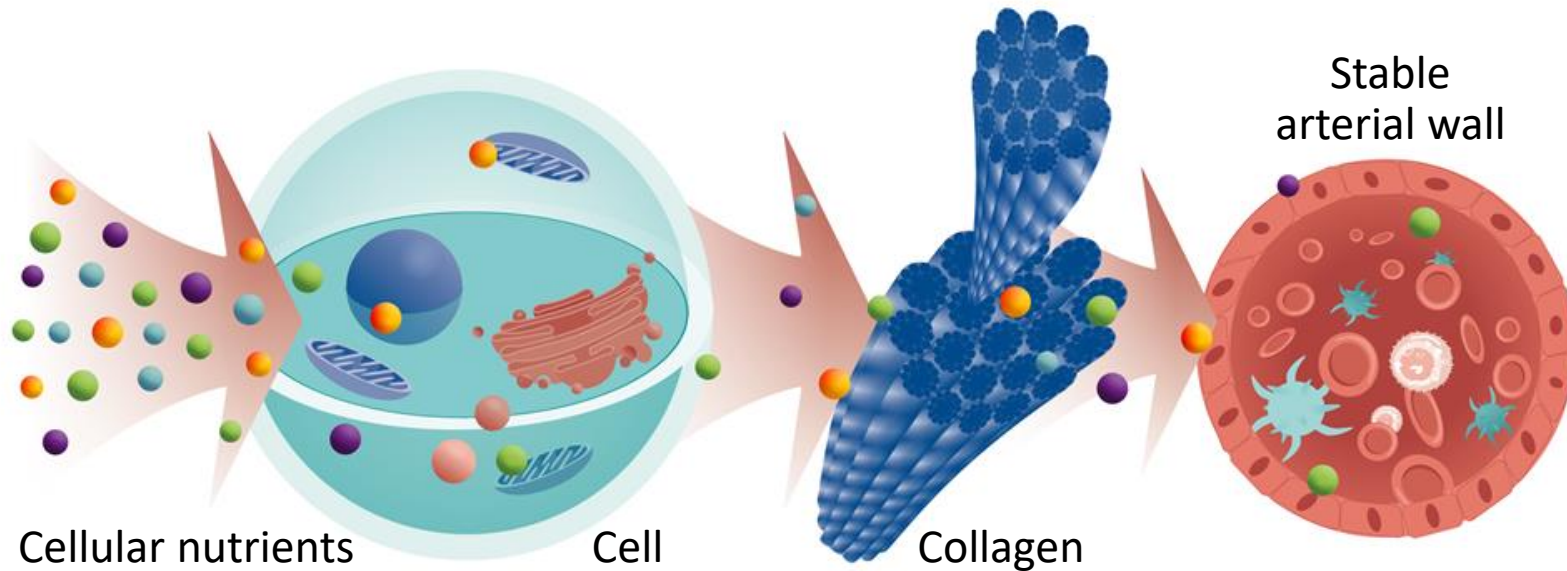
**Statins**  
*(cholesterol-lowering drugs)*



Fragile  
arterial wall

## MODERN CELLULAR MEDICINE

**Micronutrients**





## Antihypertensive drugs

### CONVENTIONAL MEDICINE

High blood pressure is treated by throttling the motor (heart).

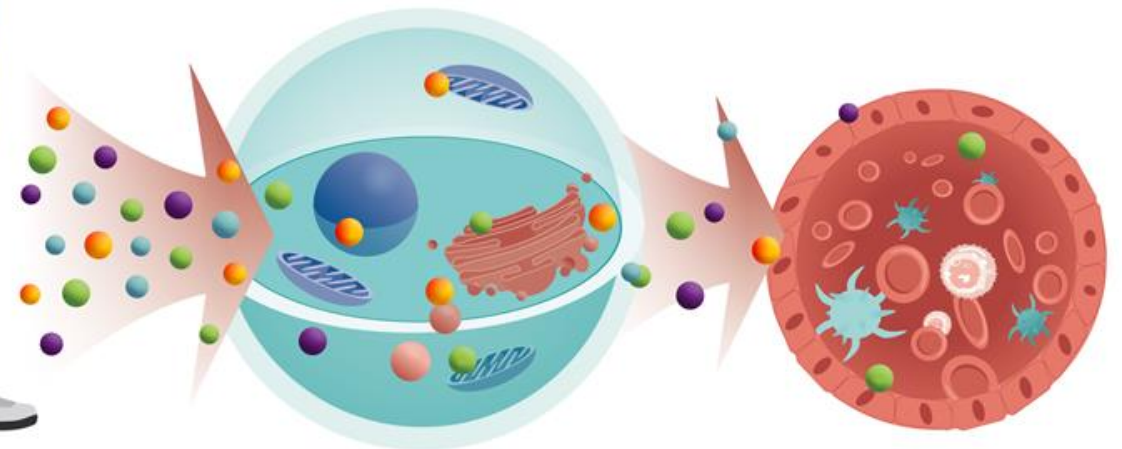


### New insight:

PEOPLE WITH *HYPERTENSION* NOW HAVE ADDITIONAL OPTIONS TO RELAX THEIR ARTERIAL WALLS

### MODERN CELLULAR MEDICINE

Certain cellular nutrients relax the arterial walls and thus normalize high blood pressure.





# New insight:

## PEOPLE WITH *CORONARY HEART DISEASE* NOW HAVE ADDITIONAL OPTIONS

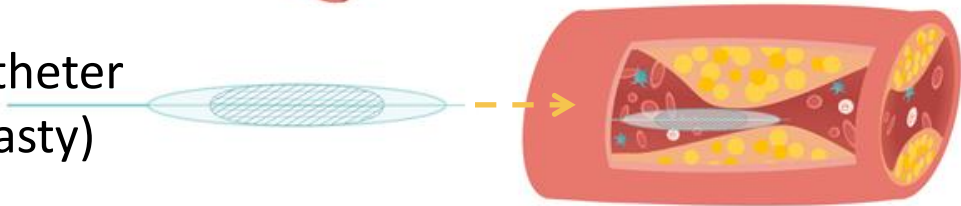
### CONVENTIONAL TREATMENTS

#### Mechanical repair

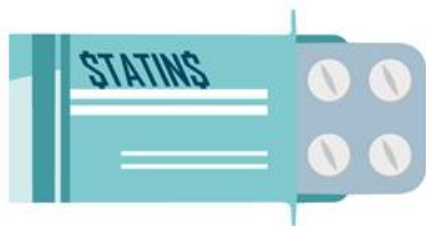
Bypass operation



Foley catheter  
(angioplasty)

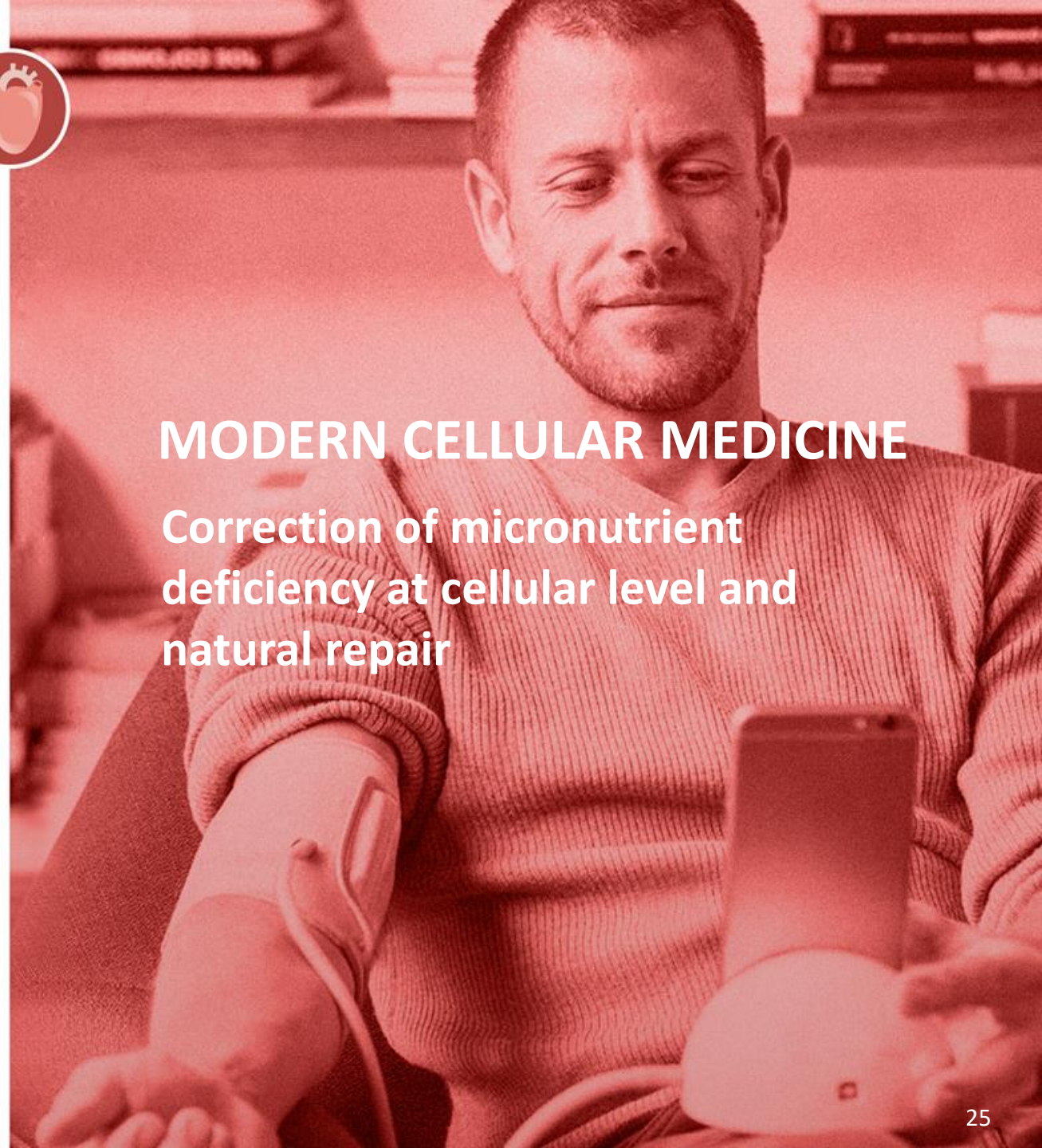


Statins

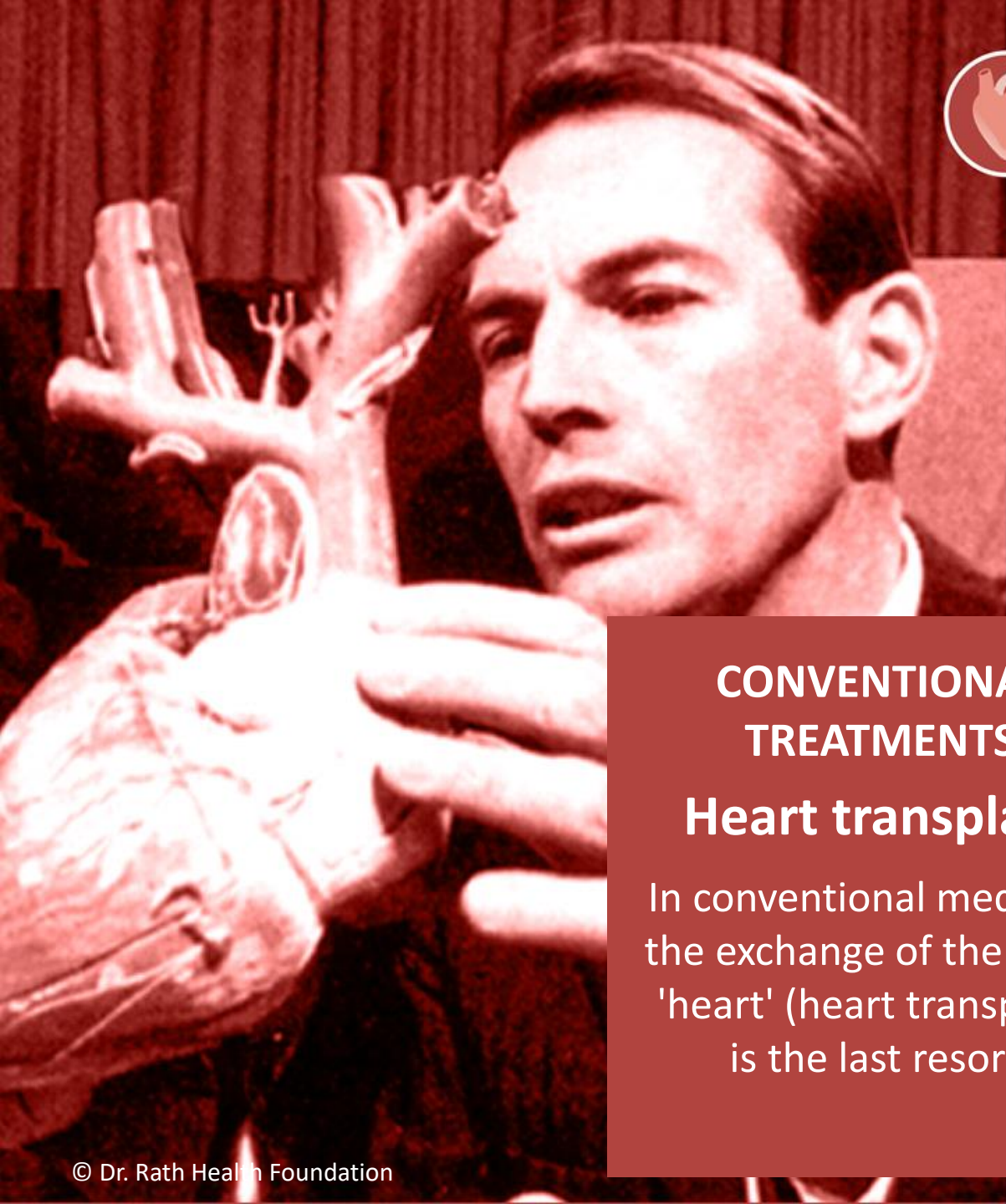


### MODERN CELLULAR MEDICINE

Correction of micronutrient  
deficiency at cellular level and  
natural repair







## New insight: PEOPLE WITH *HEART FAILURE* NOW HAVE ADDITIONAL OPTIONS



### CONVENTIONAL TREATMENTS

#### Heart transplant

In conventional medicine, the exchange of the organ 'heart' (heart transplant) is the last resort.

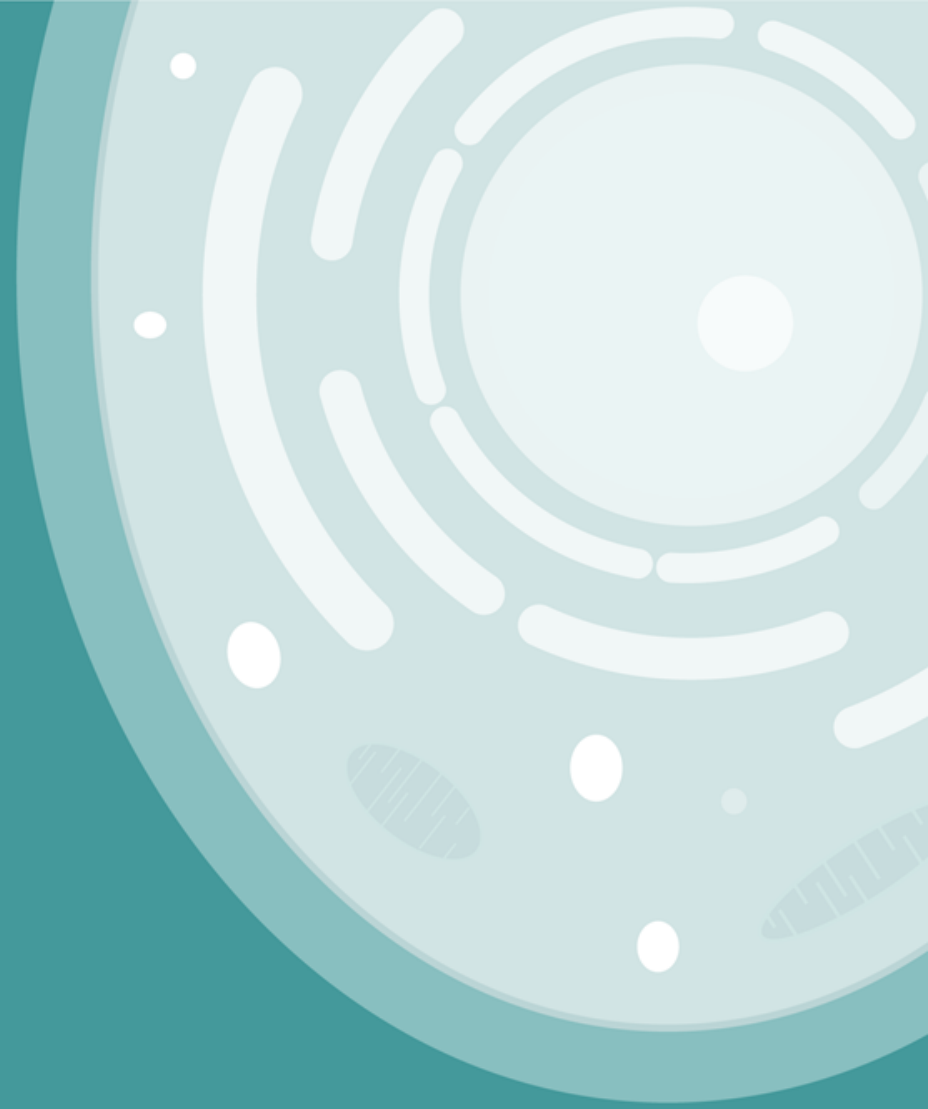
### MODERN CELLULAR MEDICINE

#### Micronutrients

The optimal supply of micronutrients to the heart muscle cells improves cellular energy production—and thus the pumping function of the heart.

Cellular nutrients to protect  
against common diseases

# CELLULAR MEDICINE IN TREATING CANCER





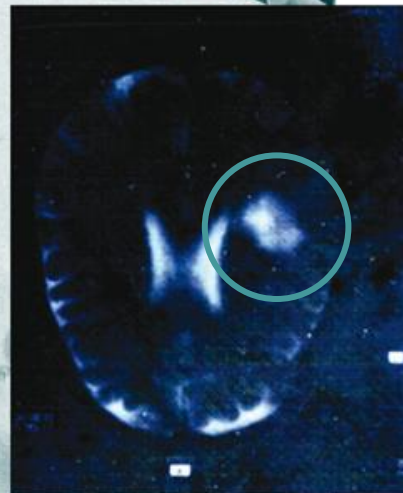


# The devastating consequences of **CANCER**

In 2018, approximately 9.6 million people worldwide died from the consequences of cancer.

**Worldwide about one out of six cases of death is attributable to cancer.**

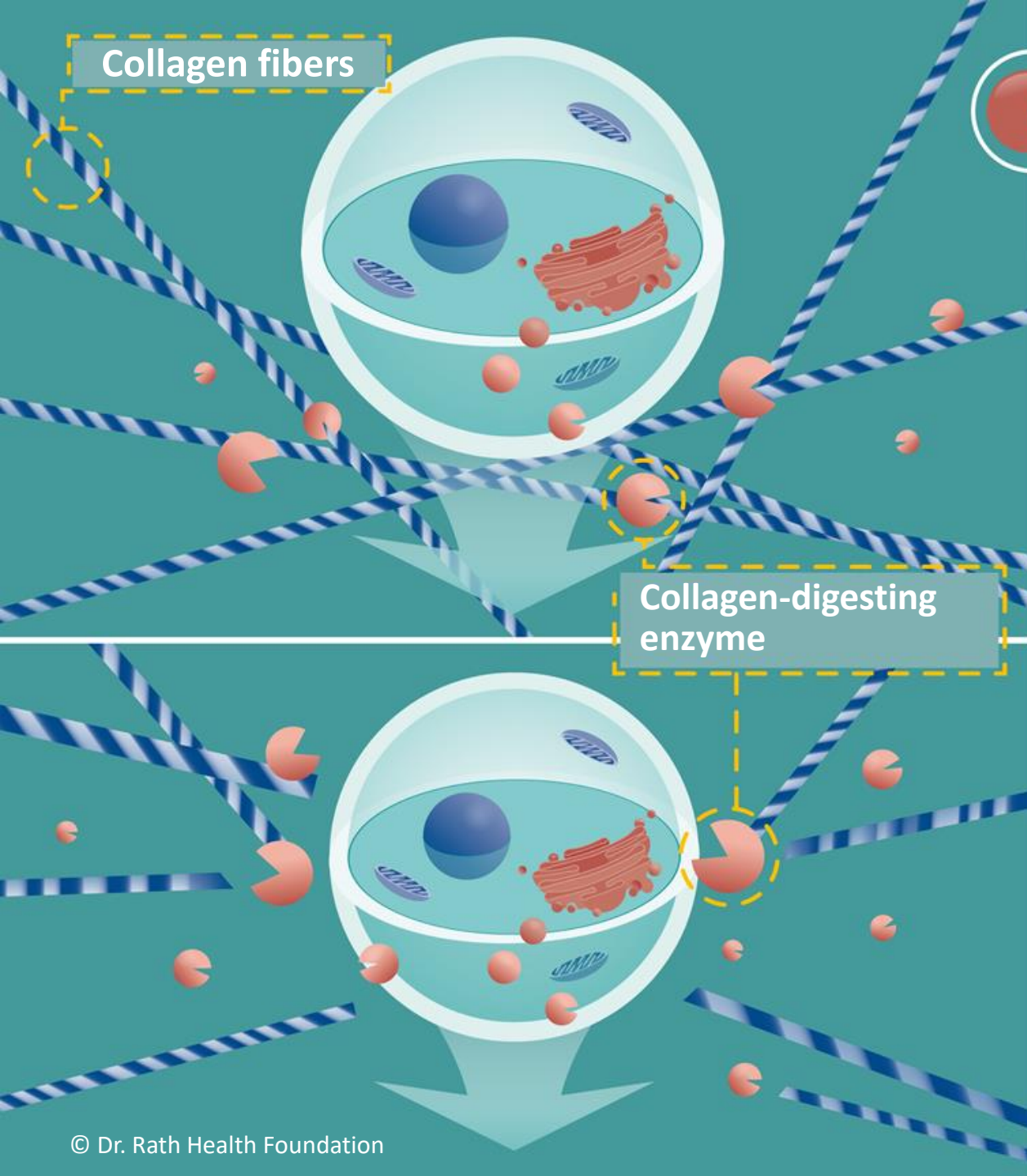
Reference: WHO



## Photos:

CT image of a brain tumor (encircled).  
Patient being prepared for CT examination.



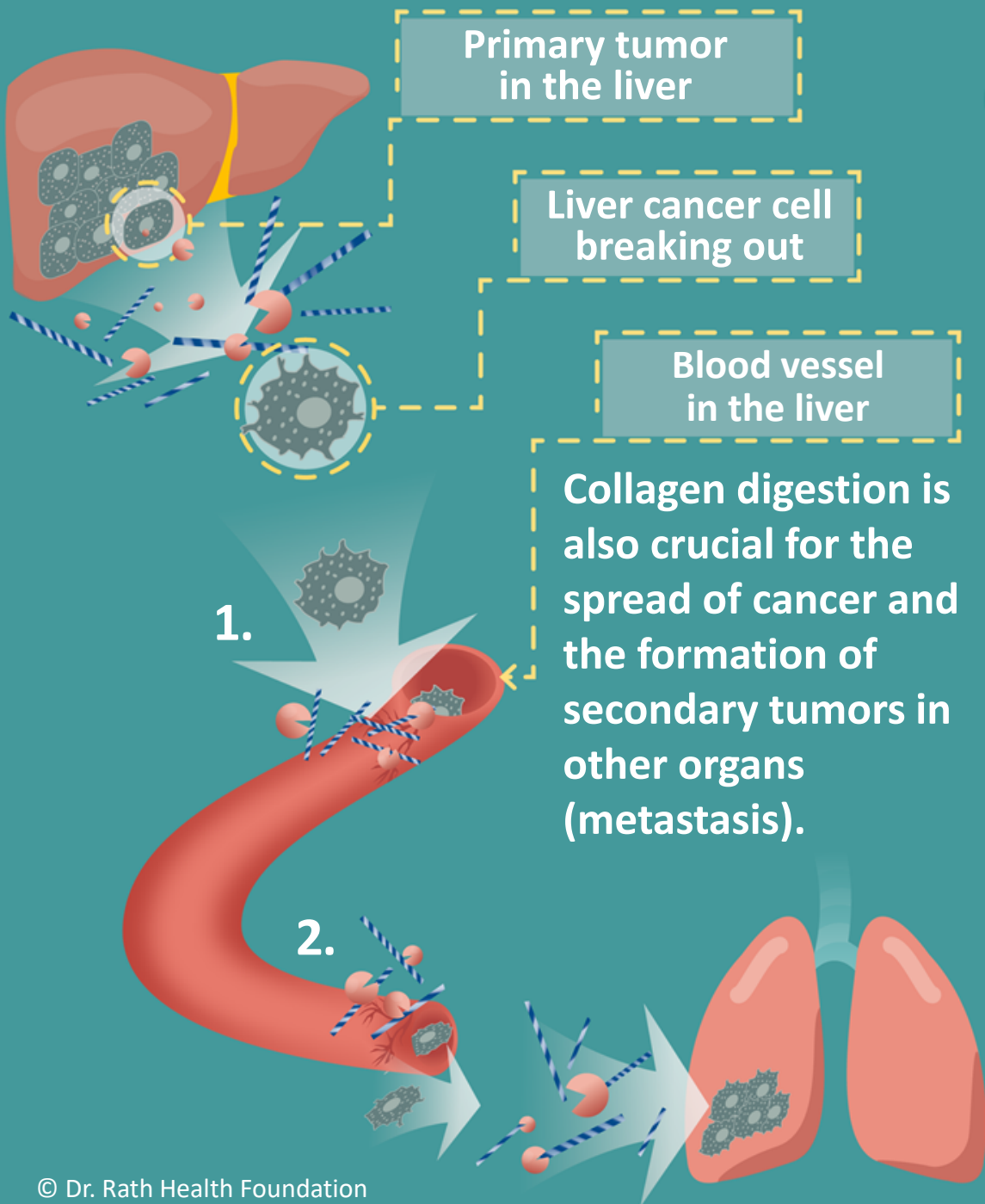


## Background knowledge: HOW CANCER CELLS SPREAD

### Cancer spread:

- Cancer cells produce biological cutting tools, or enzymes, that help them cut through the surrounding connective tissue.
- All types of cancer, regardless of the organ they originate in, use this mechanism of collagen digestion in order to spread.

The more enzymes produced by a given type of cancer the more malignant the cancer and the shorter the life expectancy.



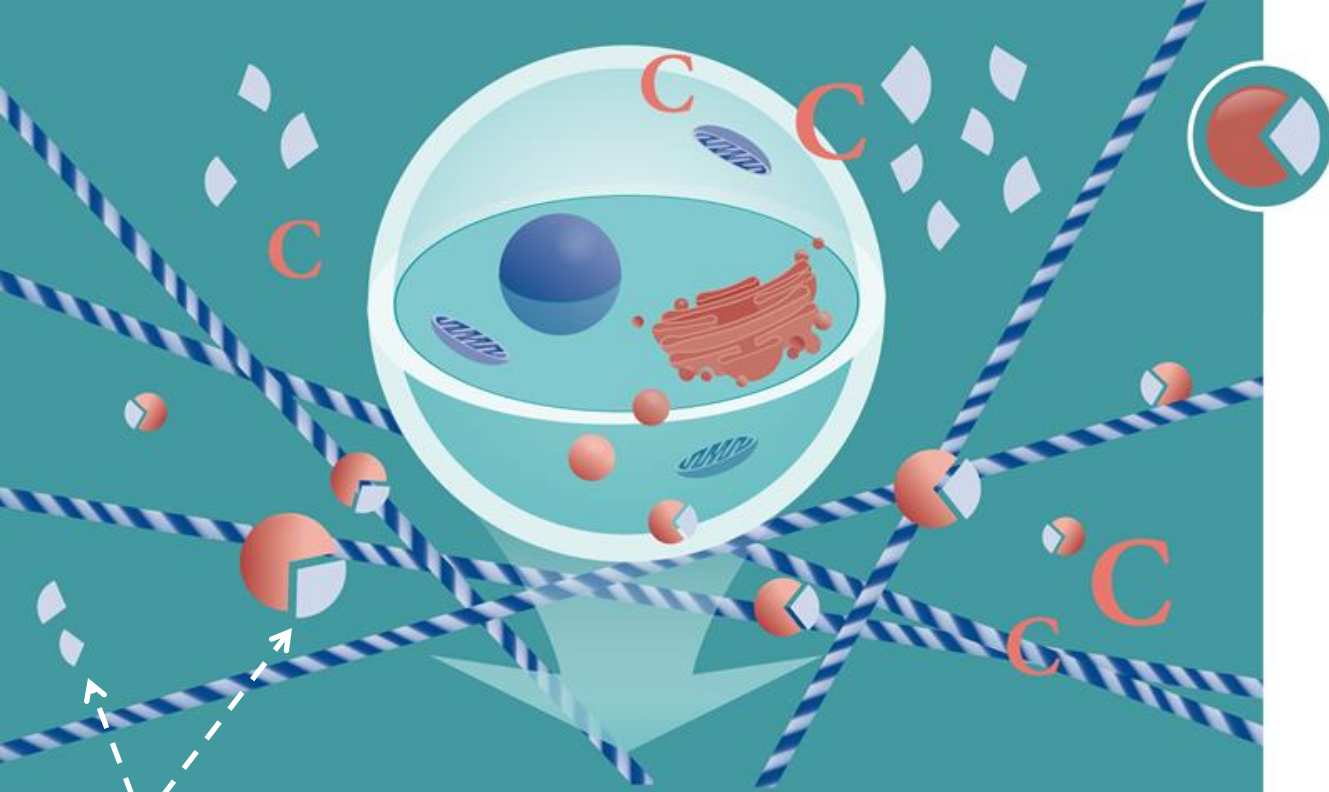
## Background knowledge: HOW CANCER CELLS SPREAD IN THE BODY

### 1. Stages of metastasis:

- With the aid of the collagen-destroying enzymes, cancer cells eat their way into a blood vessel.
- Cancer cells are transported by the bloodstream until they reach other organs such as the lungs.

### 2. Stages of metastasis:

- With the aid of the same collagen-destroying enzymes, cancer cells eat their way back out of the blood vessel and enter the organ's tissues.
- The liver cancer cell forms a secondary tumor (metastasis) in the lung.



**Lysine** = Inhibition of tissue degradation

**Vitamin C** = Promotion of new tissue

Neither molecule can be produced by the body.

**The optimal supply of vitamin C, lysine and other cellular nutrients (e.g. proline, polyphenols) is a scientifically proven way of biological cancer control.**

## The breakthrough of Cellular Medicine: HOW CELLULAR NUTRIENTS CAN BLOCK CANCER CELLS

Cancer control:

- **The key is to block the collagen-digesting enzymes of the cancer cells.**

The following cellular nutrients successfully block the collagen-destroying enzymes:

- **Vitamin C**
- **Lysine and Proline (amino acids)**
- **Polyphenols (green tea extract)**
- **Other micronutrients**



- Lung cancer
- Oesophageal cancer
- Breast cancer
- Prostate cancer
- Intestinal cancer
- Liver cancer
- Skin cancer
- Pancreatic cancer
- Bone cancer
- Connective tissue cancer (fibrosarcoma)
- and other

**Head of research:**  
**Dr. A. Niedzwiecki**



# Breakthrough of Cellular Medicine

## SCIENTIFICALLY CONFIRMED: CANCER IS NO LONGER A DEATH SENTENCE

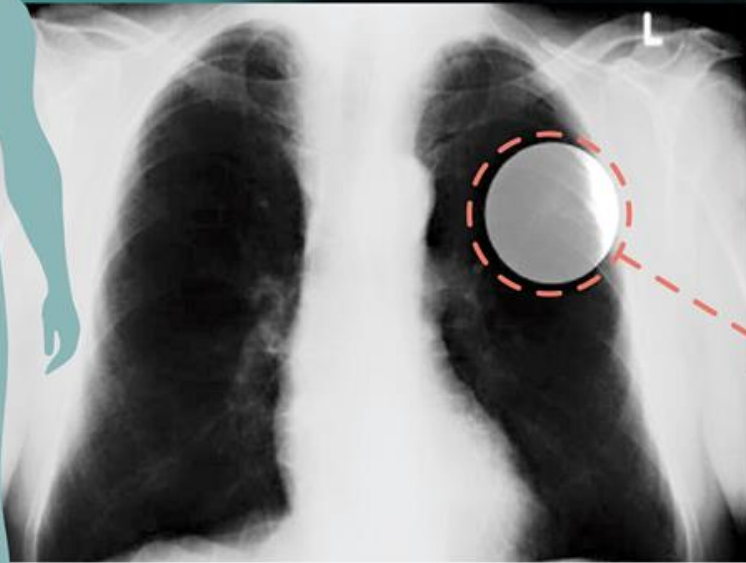
- The Dr Rath Research Institute is the world leader in the field of natural cancer treatment.
- The research results document that all cancer cell types investigated (left) can be completely stopped by cellular nutrients.

However, this is no guarantee of a successful cure in every case, especially if:

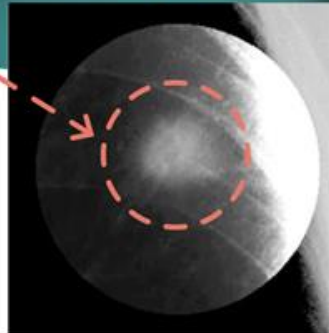
- the cancer is already at an advanced stage.
- the patient's immune system has suffered prior damage due to chemotherapy.

# Breakthrough of Cellular Medicine: SUCCESS IN LUNG CANCER

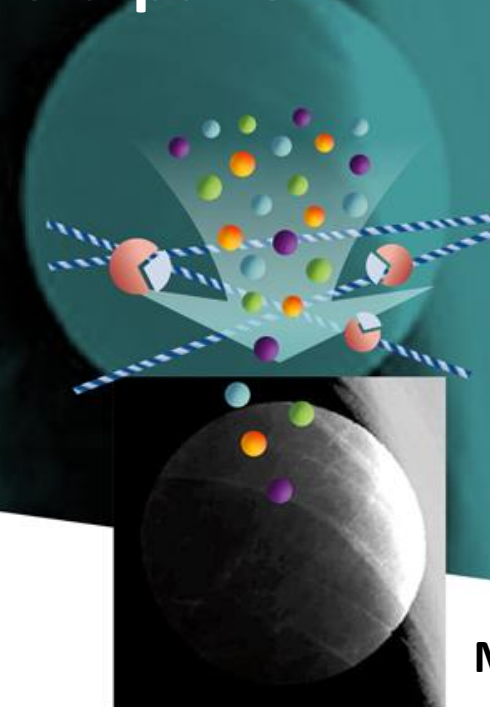
X-ray images of the lungs of a 70-year-old patient



**Full view**



**Before the beginning of  
cellular nutrient intake**



**Magnification**

**After 7 months of  
supplementation**





## New insight: PEOPLE WITH *CANCER* NOW HAVE ADDITIONAL OPTIONS

### CONVENTIONAL TREATMENTS **Chemotherapy**

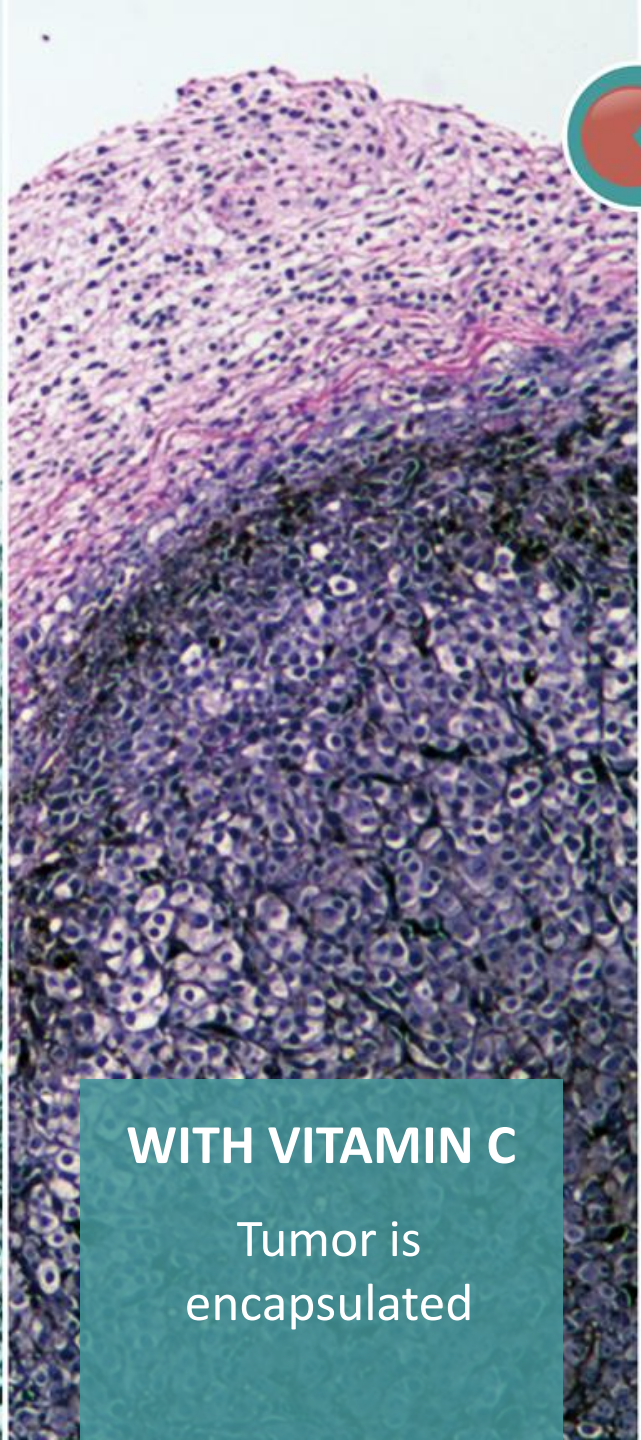
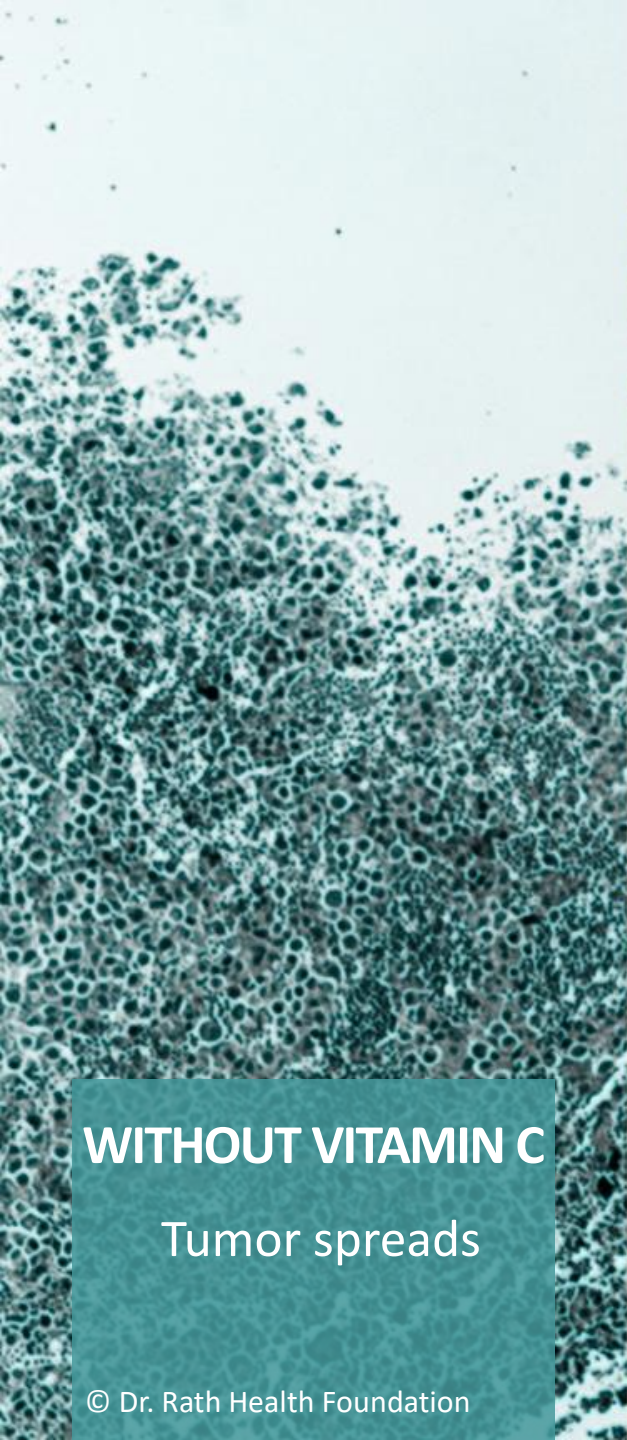
- Destruction of diseased and healthy cells
- Severe side effects



### MODERN CELLULAR MEDICINE **Micronutrients**

- Tumor encapsulation
- Blocking the proliferation
- Death of cancer cells





# Breakthrough of Cellular Medicine

## WE WERE THE FIRST TO...

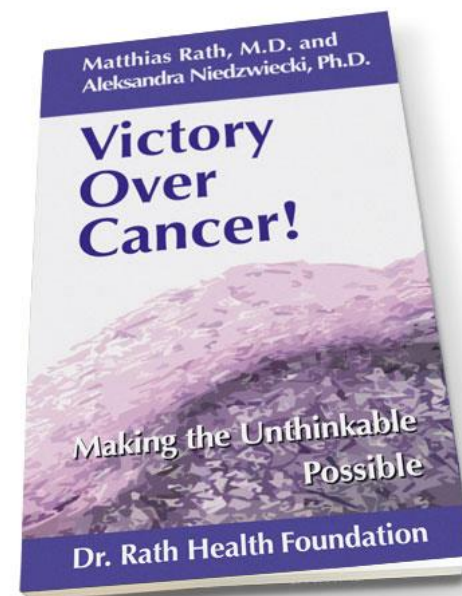
lay the scientific foundation for the natural prevention and control of **cancer**.

**WITHOUT VITAMIN C**

Tumor spreads

**WITH VITAMIN C**

Tumor is  
encapsulated



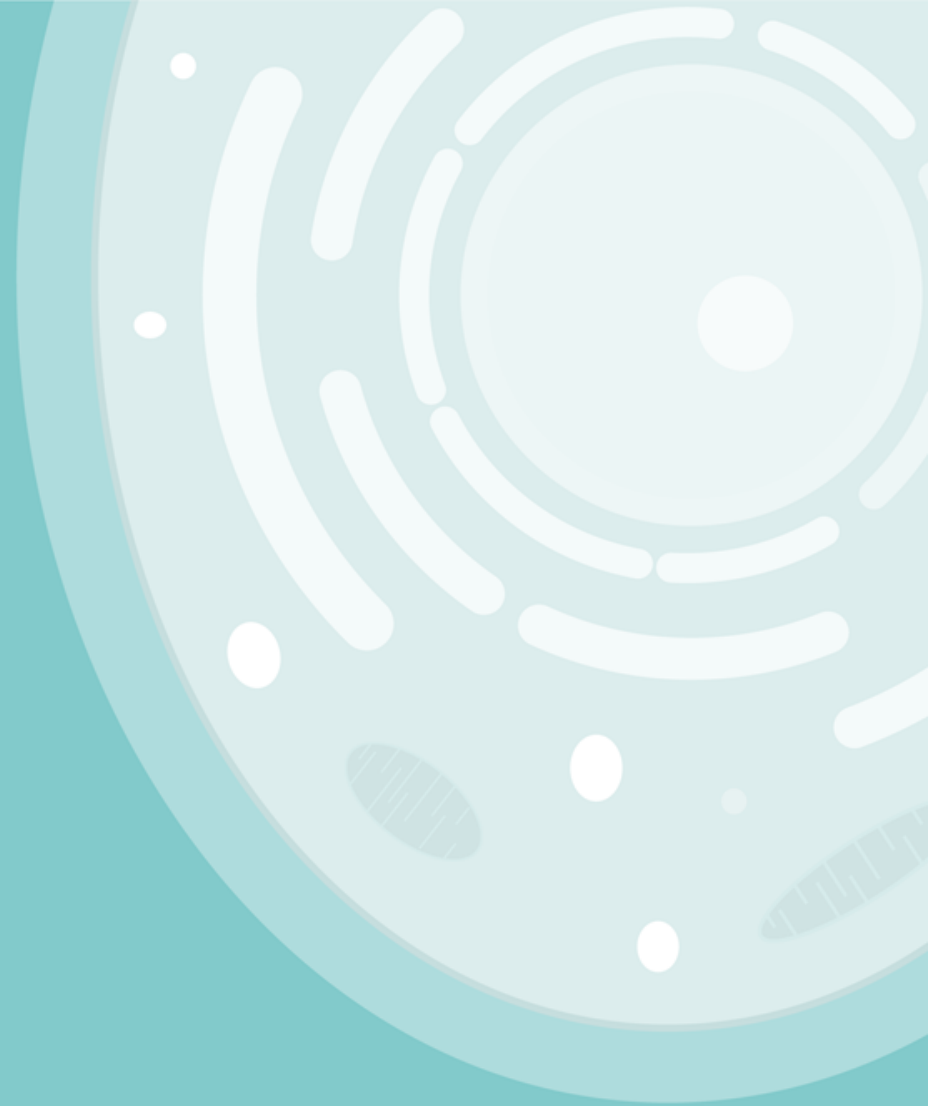
Further information:

**Book by Dr. Rath and Dr. Niedzwiecki**

- Translated into 10 languages
- Million copies worldwide

The role of

# CELLULAR NUTRIENTS IN CELLULAR MEDICINE





# Where we get cellular nutrients from:

## FOOD – A SUITABLE SOURCE OF CELLULAR NUTRIENTS?



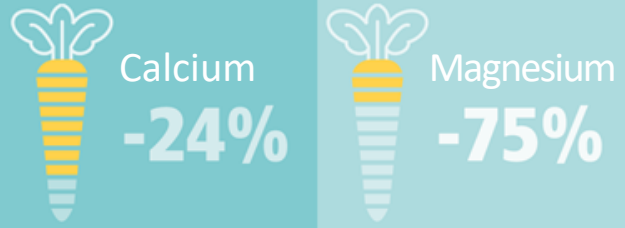
PROBLEM OF FOOD  
PRODUCTION

PROBLEM OF INSUFFICIENT  
INTAKE

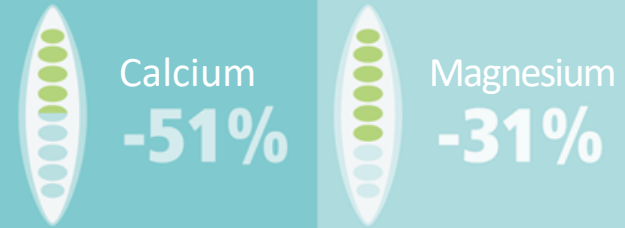
PROBLEM OF INCREASED  
DEMAND



## Losses 1985 – 2002



**Carrot**



**Bean**



**Strawberry**



**Banana**

Decrease in the micronutrient content of fruit and vegetables between 1985 and 2002 as a result of industrial food production.

References: 1985 Geigy pharmaceutical group (Switzerland). 2002 Food laboratory Karlsruhe/ Sanatorium Oberthal.



## Food – A suitable source of cellular nutrients?

### PROBLEM OF FOOD PRODUCTION

Cultivation in monocultures results in:

- **Leaching of the soil**
- **Fertilizers and pesticides**

Further problems in food production:

- **Early harvest**
- **Extremely long transport routes**
- **High degree of food processing**



## Food – A suitable source of cellular nutrients?

### PROBLEM OF INSUFFICIENT INTAKE

The minimum recommended daily intake of fruit and vegetables is not reached by many.

In addition, in many cases, the reference values are set too low.



# Food – A suitable source of cellular nutrients?

## PROBLEM OF INCREASED NEED

Accelerated depletion of cellular nutrients in the body due to:

### Cellular nutrient thieves

Cigarette smoke  
Alcohol  
Stress

Environmental toxins  
Drugs

### Life situations

Adolescence  
Pregnancy  
Nursing

Competitive sports  
Illness  
Advanced age

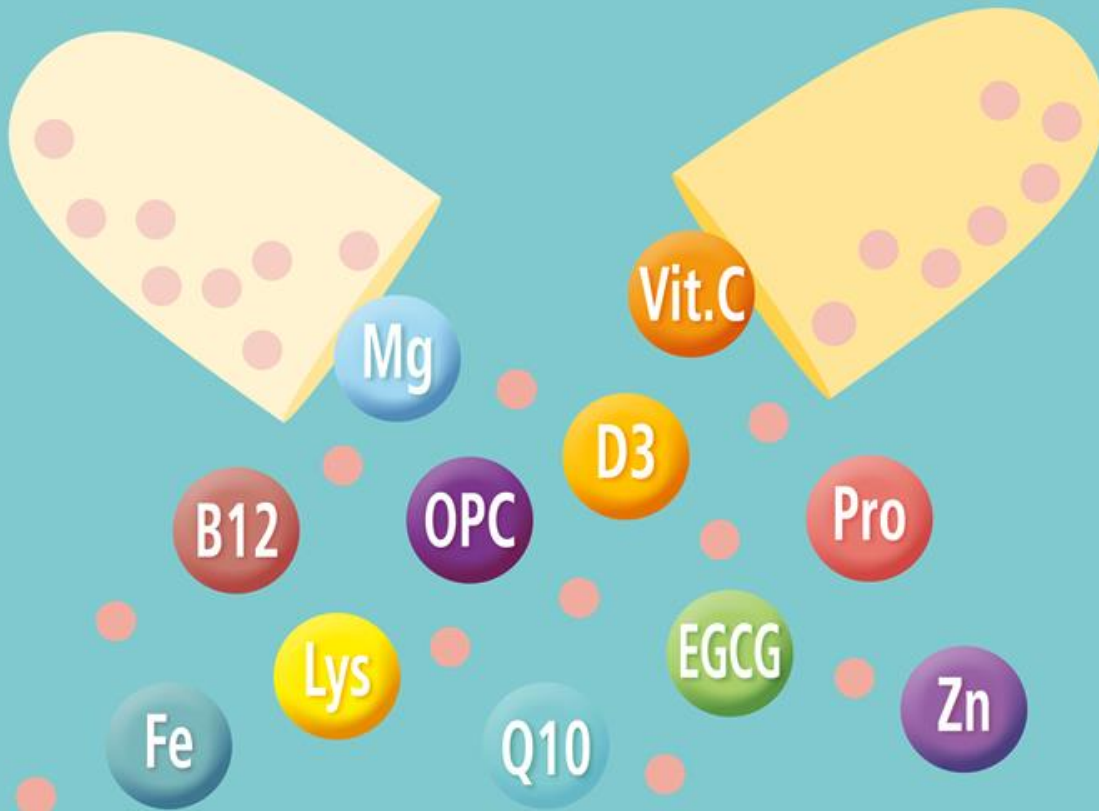




## Complementary micronutrient supply:

### BENEFITS OF DIETARY SUPPLEMENTS

- Dietary supplements can **fill in the gaps** if the supply from food is insufficient.
- In this way they **help to prevent deficiencies**.





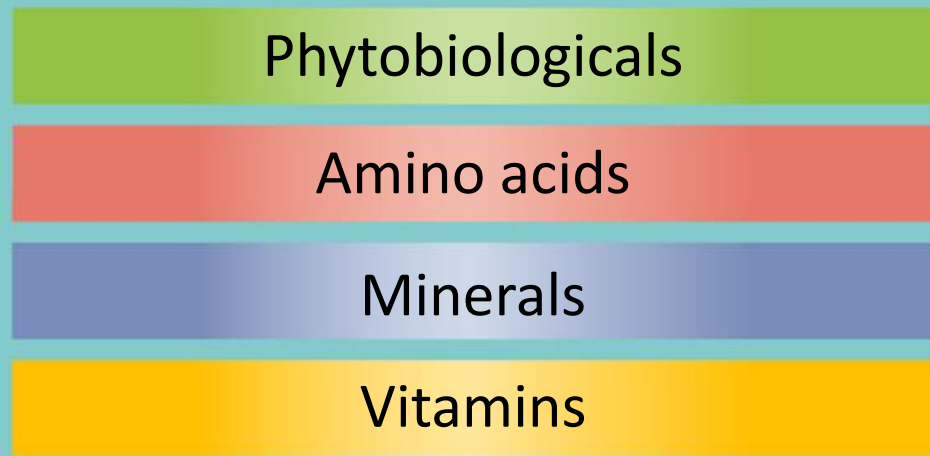
# What makes a good nutritional supplement:

## PRECISE CRITERIA FOR EFFECTIVE NUTRITIONAL SUPPLEMENTS

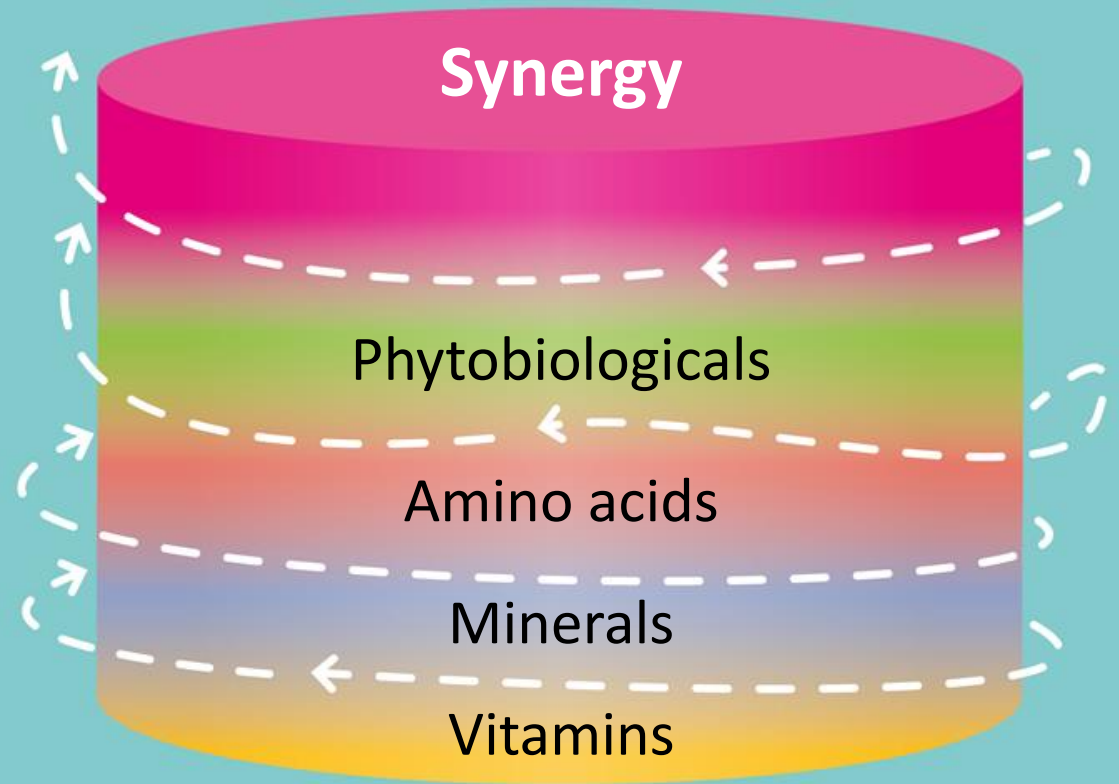
- ✓ They are **developed and tested** on the basis of **scientific research**.
- ✓ They contain carefully selected and **high-quality raw materials**.
  - Natural origin wherever possible,
  - Free from pesticides, preservatives and other pollutants as well as GMOs
- ✓ They are **targeted** at specific cell systems and are **free of side effects**.
- ✓ They are based on the **synergy principle** in order to achieve the highest possible benefit.

# Dietary Supplements:

## THE RIGHT SYNERGY OF MICRONUTRIENTS IN THE CELLS



**Sum of the effects**



**Synergy effect: Biological effect on cell  
metabolism with extra benefits**



Cellular Medicine

**SCIENTIFICALLY  
CONFIRMED**

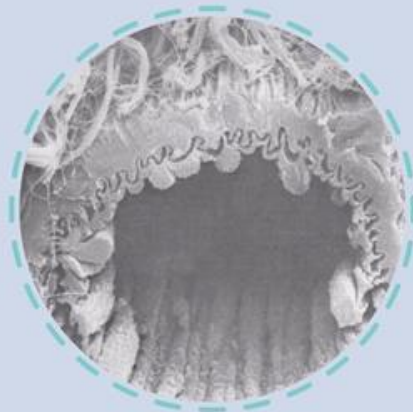


# TWO KEY MECHANISMS PLAY AN IMPORTANT ROLE IN THE PREVENTION OF ALMOST ALL HUMAN DISEASES

## 1. Tissue stability

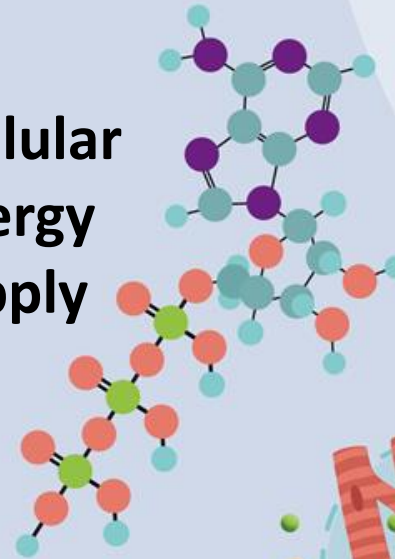


Microscopic image of collagen fibres

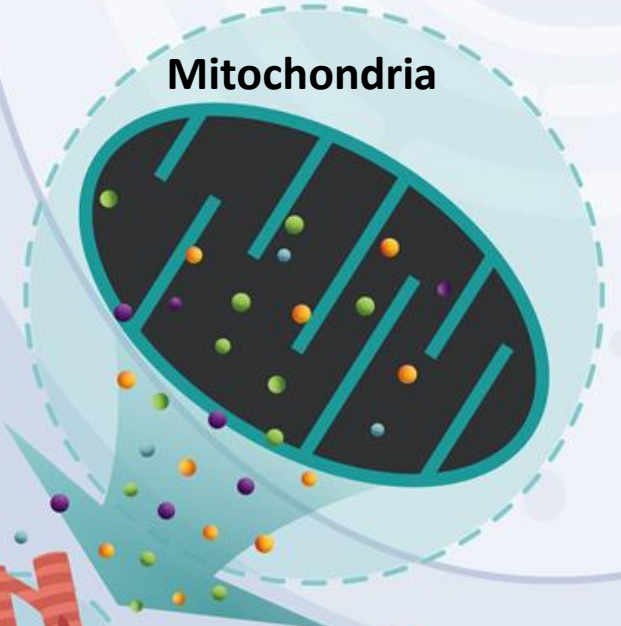


Artery cross-section with stabilizing collagen fibers

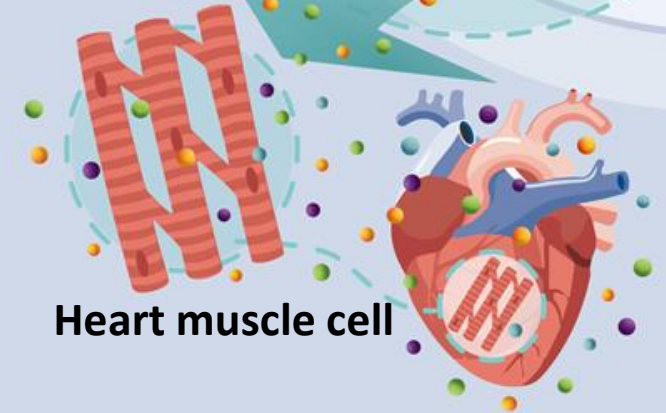
## 2. Cellular energy supply



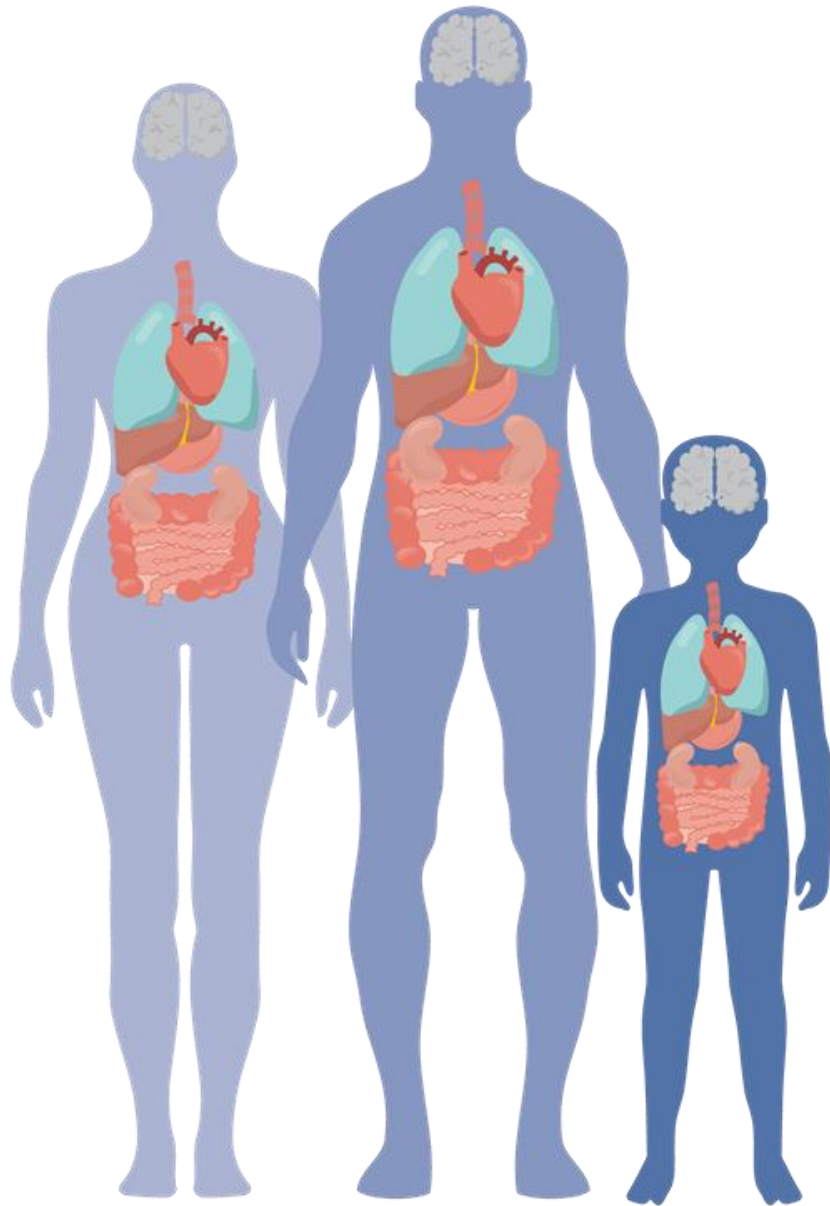
ATP molecule



Mitochondria



Heart muscle cell



# 1. HEALTH PROBLEMS CAUSED BY COLLAGEN DEFICIENCY AND TISSUE WEAKNESS DUE TO MICRONUTRIENT DEFICIENCY

## **Skeleton**

- Osteoporosis

## **Skin**

- Dermatitis
- Cellulite

## **Cardiovascular System**

- Arteriosclerosis
- Heart attack, stroke
- Aneurysm

## **Joints**

- Arthrosis
- Spinal disc herniation

## **Hernias**

- Groins
- Diaphragm

## **Blood vessels**

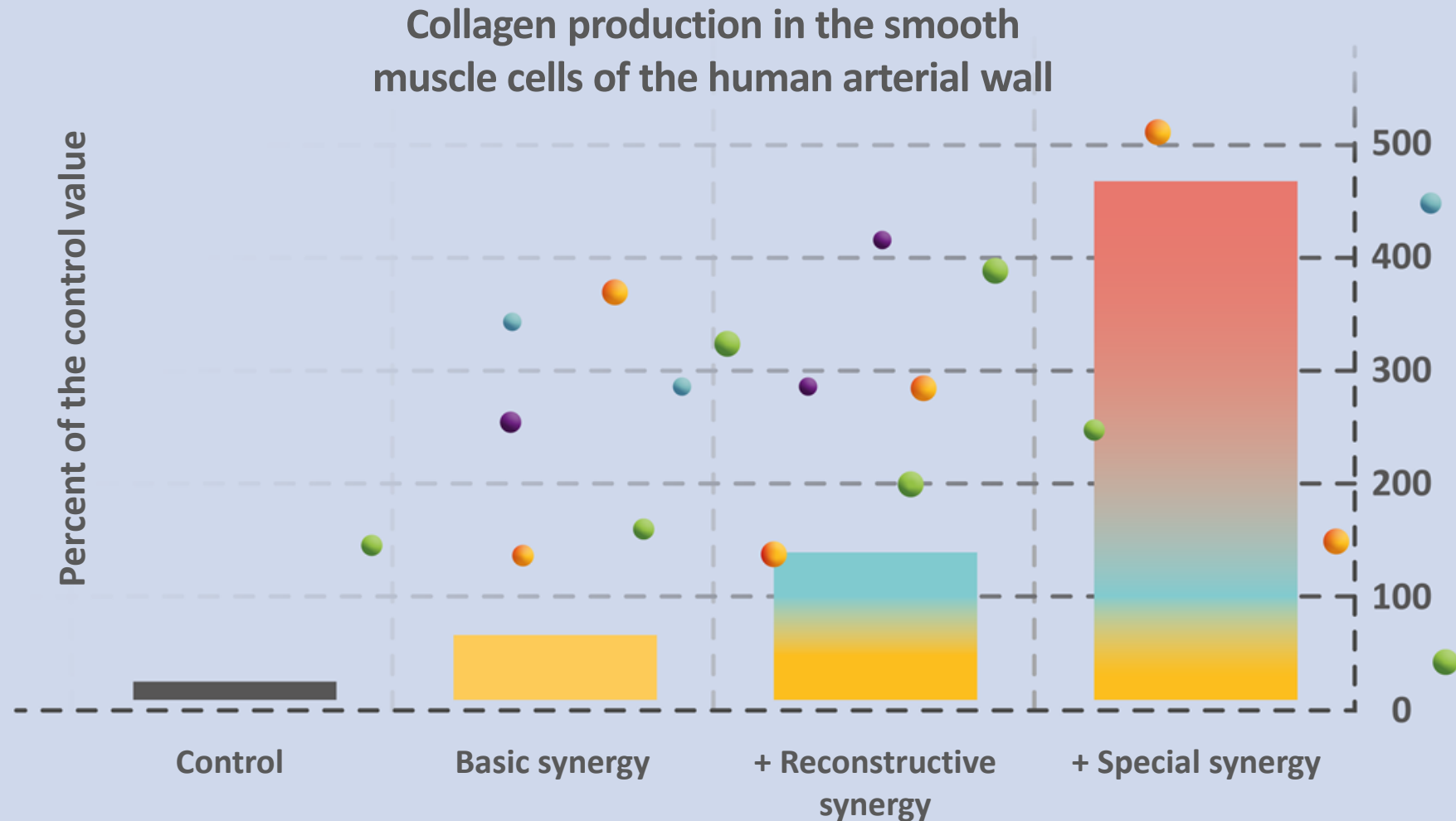
- Spider veins
- Varicose veins



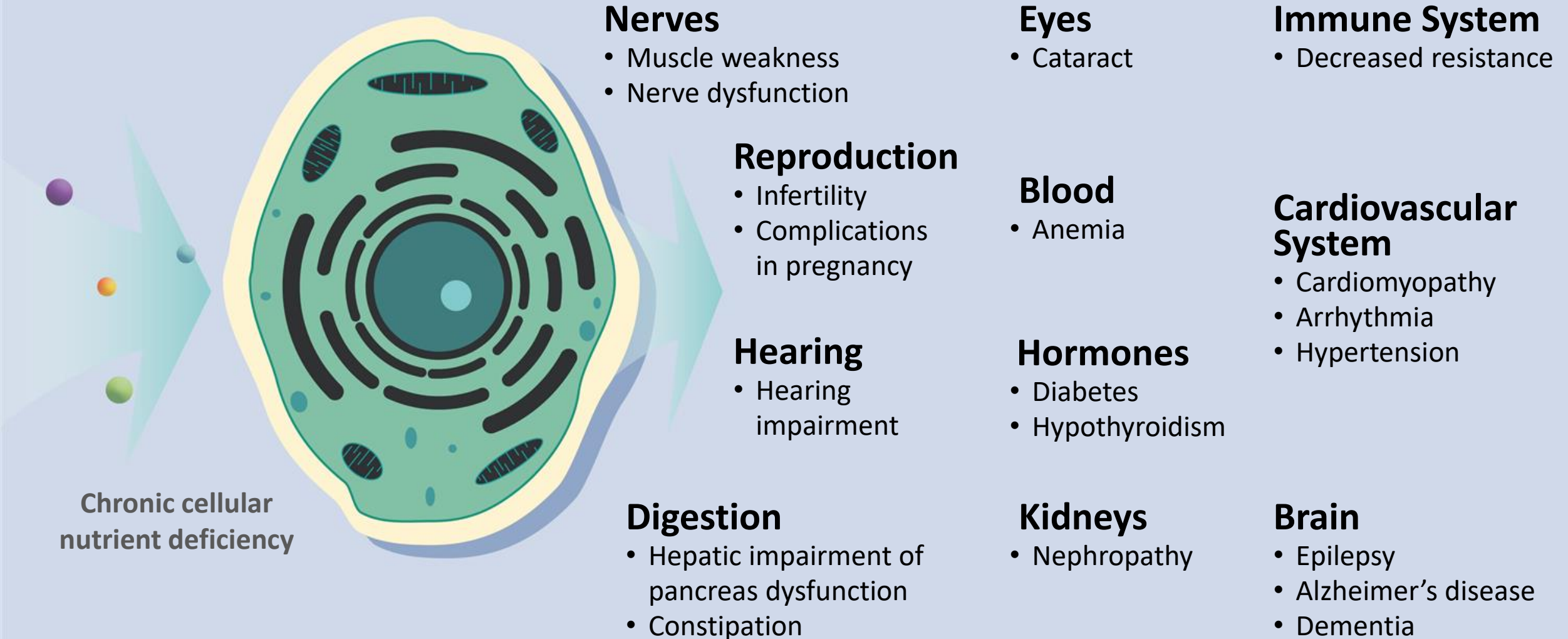
## Science:

# INFLUENCE OF COMBINED MICRONUTRIENT SYNERGIES ON THE PRODUCTION OF COLLAGEN STABILITY MOLECULES (COLLAGEN TYPE I)

Scientifically developed micronutrient combinations can gradually increase the production of collagen in the smooth muscle cells of the human aorta by over 400%.



## 2. HEALTH PROBLEMS CAUSED BY A LACK OF CELLULAR ENERGY DUE TO MICRONUTRIENT DEFICIENCY

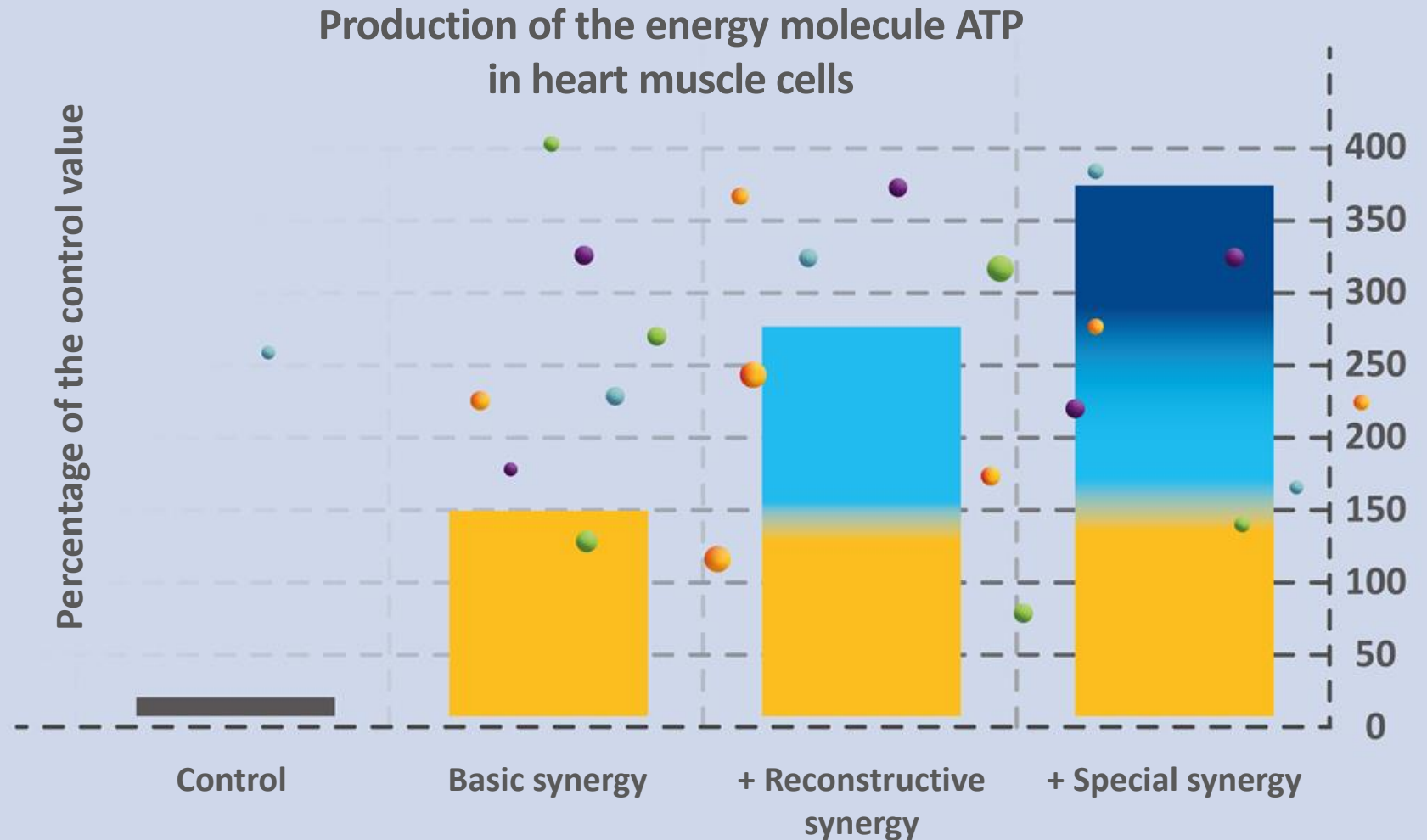


## Science:

# INFLUENCE OF COMBINED FORMULAS ON THE PRODUCTION OF ATP ENERGY CARRIER MOLECULES IN HEART MUSCLE CELLS

**ATP (Adenosine triphosphate)** is the crucial carrier molecule of cell energy.

Scientifically developed micronutrient combinations can gradually increase the production of ATP in human heart muscle cells by more than 350%.







## Science: THESE RESULTS ARE NO COINCIDENCE

### They result from:

- Many years of research and development
- Compliance with the principle of synergy
- Selection of high-quality raw materials
- Scientific validation

#### Photo:

Head of Research Dr. A. Niedzwiecki (middle) with the team  
at the *Dr. Rath Research Institute*, California



## HAVE YOU EVER HEARD OF PHARMACEUTICAL DRUGS THAT ...

- can increase the production of stability molecules in the cells of your body?
- can increase the production of bioenergy in your body's cells?
- unlike chemotherapy, do not damage all cells, but specifically kill only cancer cells?



# Comparison: CELLULAR MEDICINE VS PHARMA-ORIENTED MEDICINE

	Cellular medicine	Conventional medicine
Business sector	<b>Health</b>	<b>Investment</b>
Long-term objective	<b>Eliminating and preventing disease</b>	<b>Disease as a sales market</b>
Focus	<b>Cell level</b>	<b>Organ level</b>
Main approach	<b>Eliminating causes</b>	<b>Hiding symptoms</b>
Implementation	<b>Sharing knowledge</b>	<b>Drug prescription</b>
Economic consequences	<b>Decreasing health care costs</b> (diseases are eliminated; no patent fees)	<b>Exploding costs</b> (mainly owing to patent fees)



Brochures, magazine for members, information material from our Research Institute, children's books and much more on Issuu: <https://issuu.com/drrath>



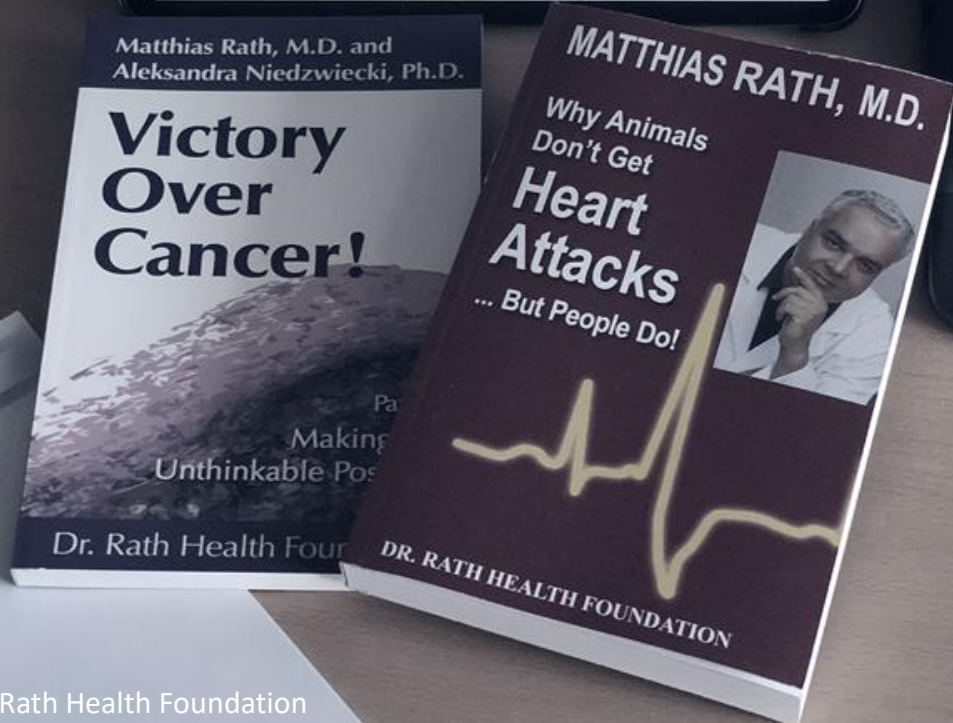
## FURTHER INFORMATION

### Book by Dr. Rath: **Why Animals Don't Get Heart Attacks... But People Do**

- Translated into over 20 languages
- Million copies worldwide
- Available online:  
<https://www.dr-rath-foundation.org/2018/07/why-animals-dont-get-heart-attacks-but-people-do/>






### Book by Dr. Rath and Dr. Niedzwiecki: **Victory Over Cancer**

- Translated into 10 languages
- Million copies worldwide
- Available online:  
<https://www.dr-rath-foundation.org/2018/08/victory-over-cancer/>



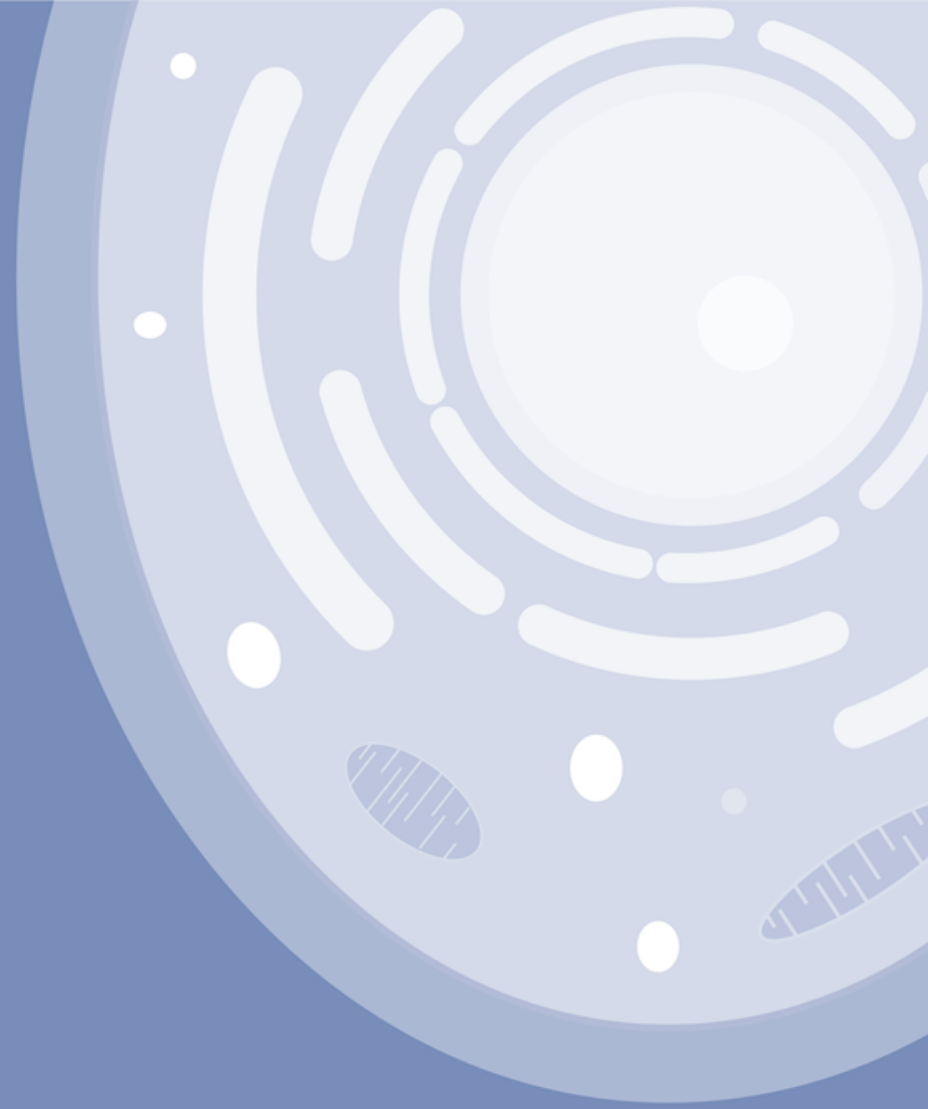


## WHERE TO FIND US ONLINE

- Online Journal of Cellular Medicine  
<https://www.jcmnh.org/>
- Independent Online Library  
<http://www.healthlibrary.info/en/>
- Website of the Dr. Rath Health Alliance  
<https://www.dr-rath-health-alliance.org/en/>
-  Dr. Rath Health Foundation on Facebook  
<https://www.facebook.com/DrRath.Foundation/>
-  Dr. Rath Health Foundation on YouTube  
<https://www.youtube.com/user/RathFoundation>
-  Dr. Rath Health Foundation on Instagram  
[www.instagram.com/drrathhealthfoundation](http://www.instagram.com/drrathhealthfoundation)
-  Dr. Rath Health Foundation on Twitter  
[https://twitter.com/Dr\\_Rath\\_News](https://twitter.com/Dr_Rath_News)
-  Dr. Matthias Rath on Twitter  
<https://twitter.com/drmatthiasrath>

A historical review:

# HOW IT ALL BEGAN







## 1998: ESTABLISHMENT OF THE DR. RATH HEALTH ALLIANCE

Involving people as the main stakeholders  
in the Dr. Rath Health Alliance

- Health information meetings
- Health lectures in the community



### Photos

1999: Codex demonstration of the Health Alliance for free access to natural remedies

2019: Fridays for Future!



## Further milestones: THE DR. RATH RESEARCH INSTITUTE FOR CELLULAR MEDICINE

- Founded in 1999 by Dr. Rath and Dr. Niedzwiecki
- Main areas of research: Efficacy of micronutrient combinations in the fight against
  - cardiovascular disease
  - cancer
  - infectious diseases

### Photo:

The founders of the Research Institute,  
Dr. Rath and Dr. Niedzwiecki





## Further milestones: CELLULAR MEDICINE SCIENTIFICALLY PROVEN

- Independent basic research for the prevention/elimination of disease
- Development of (further) effective cellular nutrient programs
- Creating the basis for health education
- Achievement of worldwide scientific acceptance for natural medicine
- Almost 200 publications in leading online/offline (professional) journals
- Results freely accessible for experts/laymen

**Photo:**

Staff member of the Research Institute at work



# WHO, IF NOT US?

- Goals of the Dr. Rath Health Alliance
- Who is behind the Dr. Rath Health Alliance
- What the Dr. Rath Health Alliance has achieved





## Goals from the very start: **THE DR. RATH HEALTH ALLIANCE**

- Overall goal: Establishment of a preventive health-care system based on efficient and affordable natural remedies free of side effects.
- Health for all: Education about the effectiveness and benefits of scientifically based natural health approaches such as Cellular Medicine.

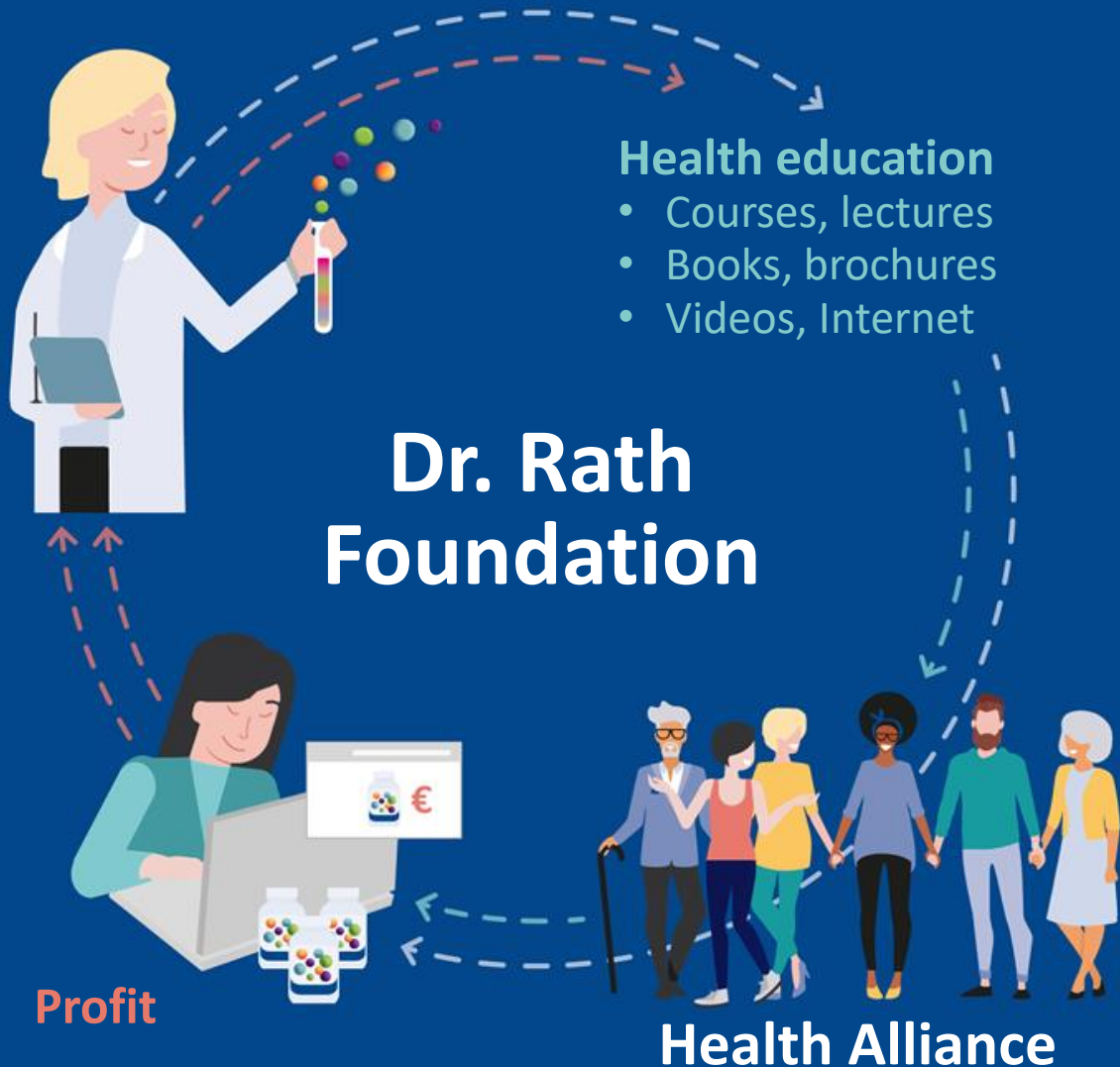
# Represented worldwide: **THE DR. RATH HEALTH ALLIANCE**





## Dr. Rath Research Institute

- Pharma-independent
- Natural health research



## WHO, IF NOT US: WHO IS BEHIND THE DR. RATH HEALTH ALLIANCE

We are one of the few globally active companies in the health-care sector that **donates all earnings** to a non-profit foundation.

These are used primarily for:

- Cellular nutrient research
- Education about the health benefits of cellular nutrients
- Health for all!

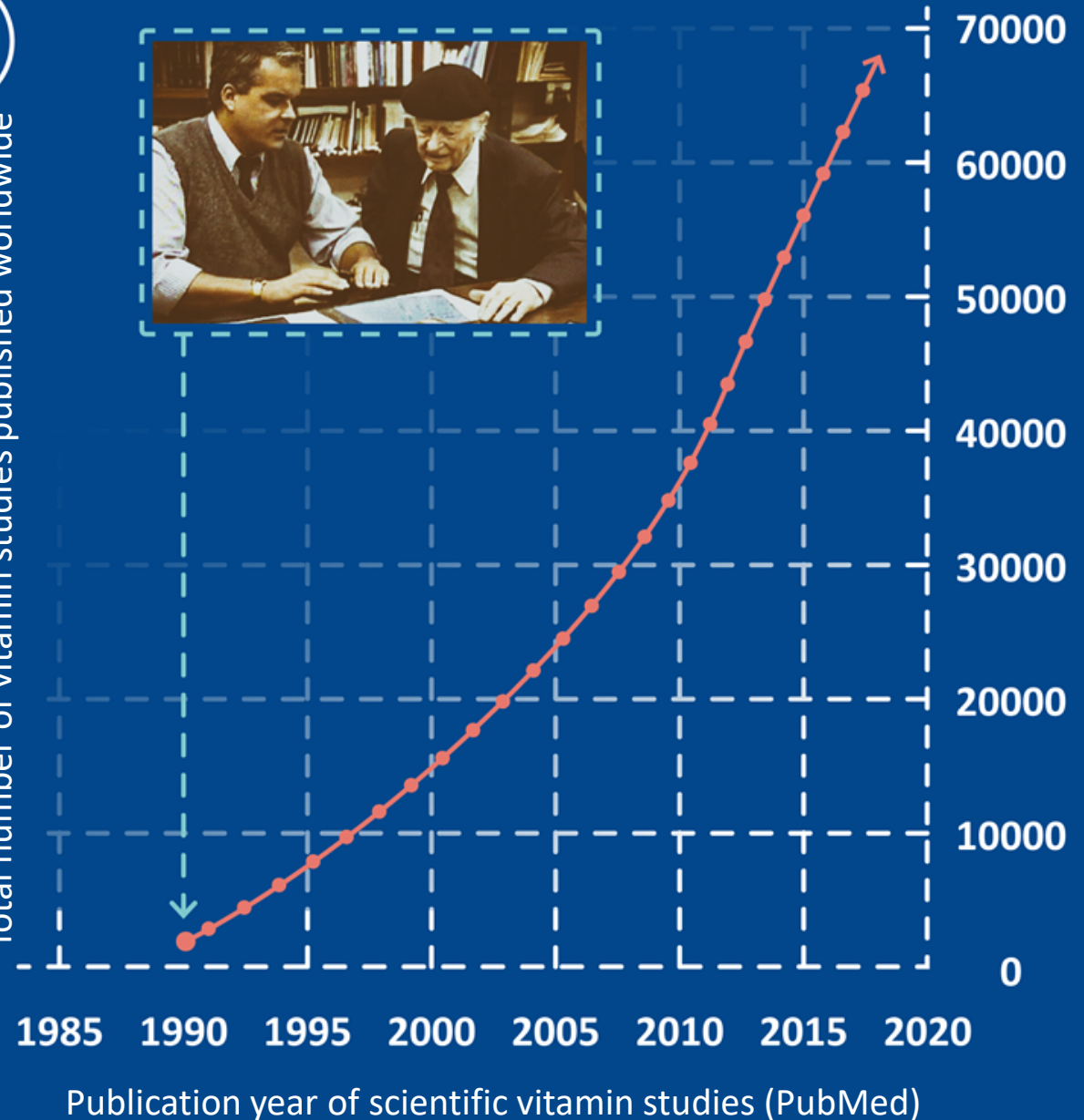
# Who, if not us:

## WHAT THE DR. RATH HEALTH ALLIANCE HAS ACHIEVED

- Since the early 1990s: **Explosive increase in the number of scientific studies on vitamins worldwide**
- Increasing acceptance: **Naturopathic treatments using cellular nutrients are becoming increasingly important**
- Status today: **Over 80,000 studies attest to the significance of vitamins to human health**



Total number of vitamin studies published worldwide



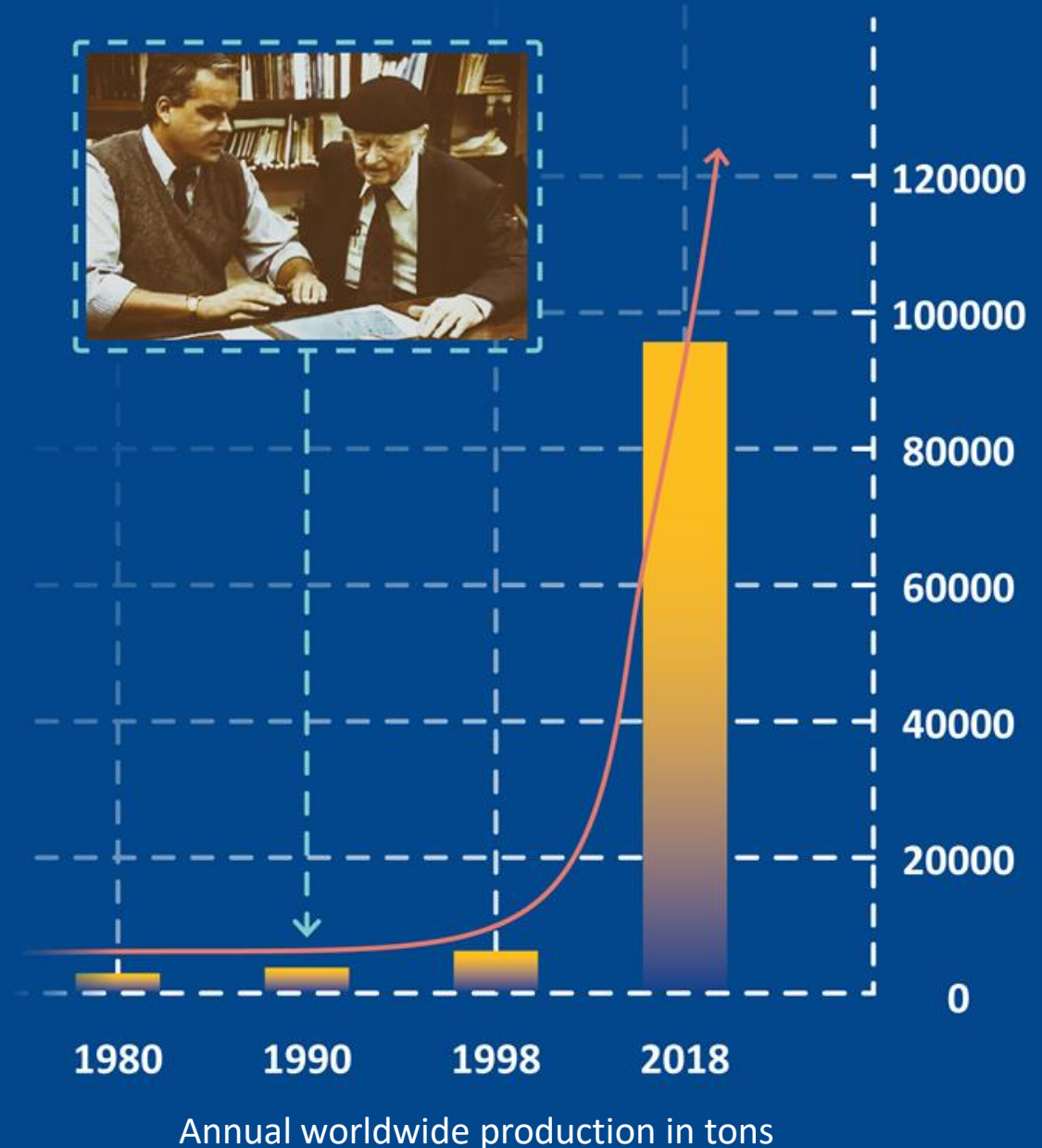
# Who, if not us:

## WHAT THE DR. RATH HEALTH ALLIANCE HAS ACHIEVED

- Explosive increase in vitamin C production worldwide as a result of the groundbreaking research and publications of Dr. Rath and Dr. Pauling.
- **The worldwide consequences ...**

### Reference:

Bernheim, B. Douglas. 2002. Expert Report of B. Douglas Bernheim, In Re: Vitamins Antitrust Litigation, MDL No. 1285, Misc 99-0197. Global Vitamin C Market Insights, Forecast to 2024.





**The worldwide consequence:  
DRAMATIC DECLINE IN DEATH  
RATES AROUND THE WORLD DUE  
TO CARDIOVASCULAR EVENTS,  
AND IN ONLY THREE DECADES.**

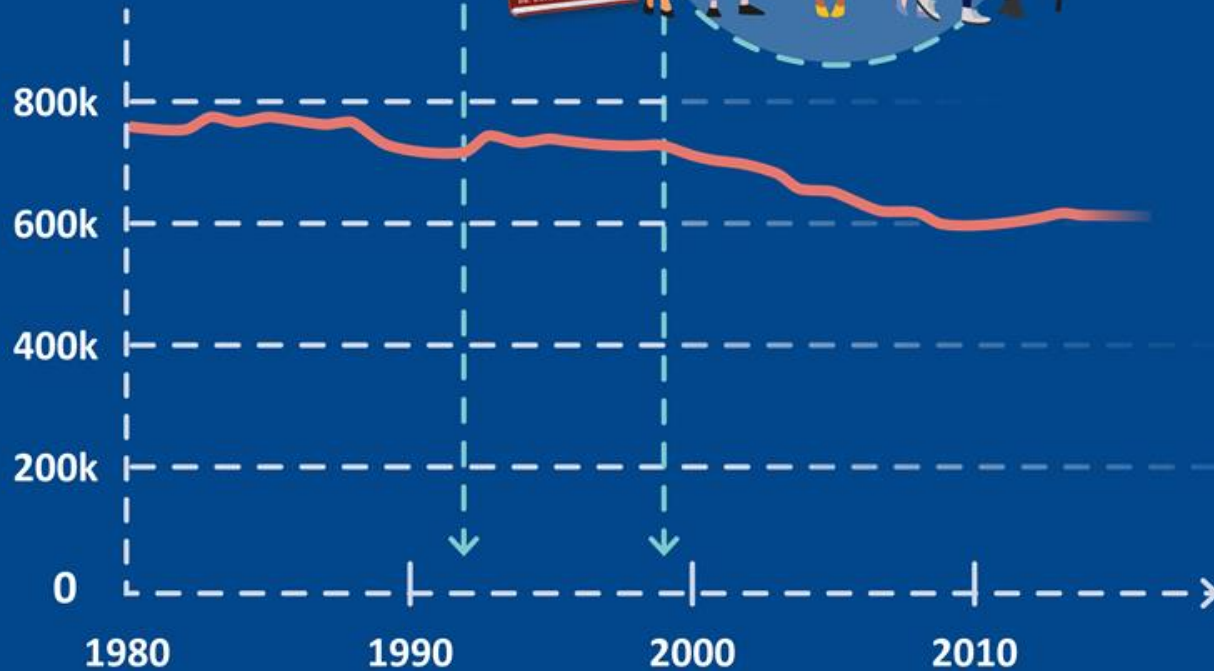


**Reference: WHO**



# What the Dr. Rath Health Alliance has achieved: **HUMAN LIVES SAVED FROM HEART ATTACK**

Number of deaths  
due to heart  
disease in the US



Reasons:

- Progress in medical care
- Our contribution to the dissemination of information and effective health solutions

Reference:

NCHS, National Vital Statistics System, Mortality





## What we have achieved (summary): **OUR INTERIM RESULTS AFTER 20 YEARS**

- Millions of lives saved
- Thousands of people qualified in Cellular Medicine knowledge
- Attacks on vitamin freedom so far fended off
- Independent research institute established
- Vitamin research promoted worldwide
- Preventive health policy promoted worldwide



**Photo:**  
"Stop Codex!  
For free access to natural  
therapies"



**Represented worldwide:**  
**WITHOUT THE WORK OF OUR  
HEALTH ALLIANCE, THE  
KNOWLEDGE OF THE SCIENTIFIC  
BREAKTHROUGH IN CELLULAR  
MEDICINE WOULD NOT HAVE  
REACHED SO MANY PEOPLE!**

**Our Health Alliance has ...**

- defended these findings against all attacks of the status quo
- disseminated these findings around the world
- won the right to natural health for millions of people
- laid the foundation for the development of a preventive health-care system.





# Who, if not us:

## WHAT ARE THE *ADVANTAGES* OF A HEALTH-CARE SYSTEM BASED ON PREVENTION?

- Effective prevention of common diseases
- Long-term elimination of common diseases
- Increase of life span and quality of life
- Saving millions of lives
- Savings of billions of health-care costs
- Global opportunity for 'Health for All'!







## Who, if not us: **WE'RE LOOKING FOR PEOPLE LIKE YOU ...**

- People who have experienced Cellular Medicine for themselves.
- People who take social responsibility for the world around them.
- People who care about the future.
- People who want to take responsibility for their own health and the health of their fellow human beings.
- **People who want to commit their future working lives to the creation of a new healthcare system.**



# Worldwide health education: **PREVENTIVE HEALTH FOR ALL!**



**Unique natural  
health research  
to reduce:**

- cardiovascular disease
- diabetes
- cancer
- and much more ...



# 'Health for All' means 'Education for All'

## SCHOOL GARDEN PROJECT OF DR. RATH HEALTH FOUNDATION IN UGANDA

- Project start: 2014
- Supported and coordinated by Movement of Life
- **Children learn Cellular Medicine in the classroom.**
- Objective: Improvement of health and living conditions
- Status at the end of 2019: **more than 50 schools participate in the project**





## **Health for all: Personal responsibility**

### **SCHOOL GARDEN PROJECT OF DR. RATH HEALTH FOUNDATION IN UGANDA**

**The children put their knowledge  
into practice:**

- They join in school health parliaments.
- They discuss current health issues.
- They plan, build and maintain health-related projects.





## **Health for all: 'Health grows in the garden' SCHOOL GARDEN PROJECT OF DR. RATH HEALTH FOUNDATION IN UGANDA**

**The children put their knowledge  
into practice:**

- They plant their own fruit and vegetable gardens on the school grounds.
- They ensure the successful operation and completion of each project.



# **Health for all: Sustainability**

## **SCHOOL GARDEN PROJECT OF DR. RATH HEALTH FOUNDATION IN UGANDA**

**The school garden project  
comes to fruition:**

- By now over 12,000 fruit trees have been planted on school grounds and in surrounding areas.
- Some schools are so successful with the cultivation that the children even earn money by selling the fruit.





## Health for all: **SCHOOL GARDEN PROJECT OF DR. RATH HEALTH FOUNDATION IN UGANDA**

**The school garden project reaches  
the local communities:**

- The children take the health information into their local communities.
- They also plant fruit and vegetable gardens at home.
- By selling surplus food products they can afford the school fees.





## **Health for all:** **SCHOOL GARDEN PROJECT OF** **DR. RATH HEALTH FOUNDATION** **IN UGANDA**

**School garden project improves health & changes lives:**

- The children can eat the harvested food and are well nourished.
- The children can concentrate better in school.
- By now the project has had a positive impact on over 100,000 lives.

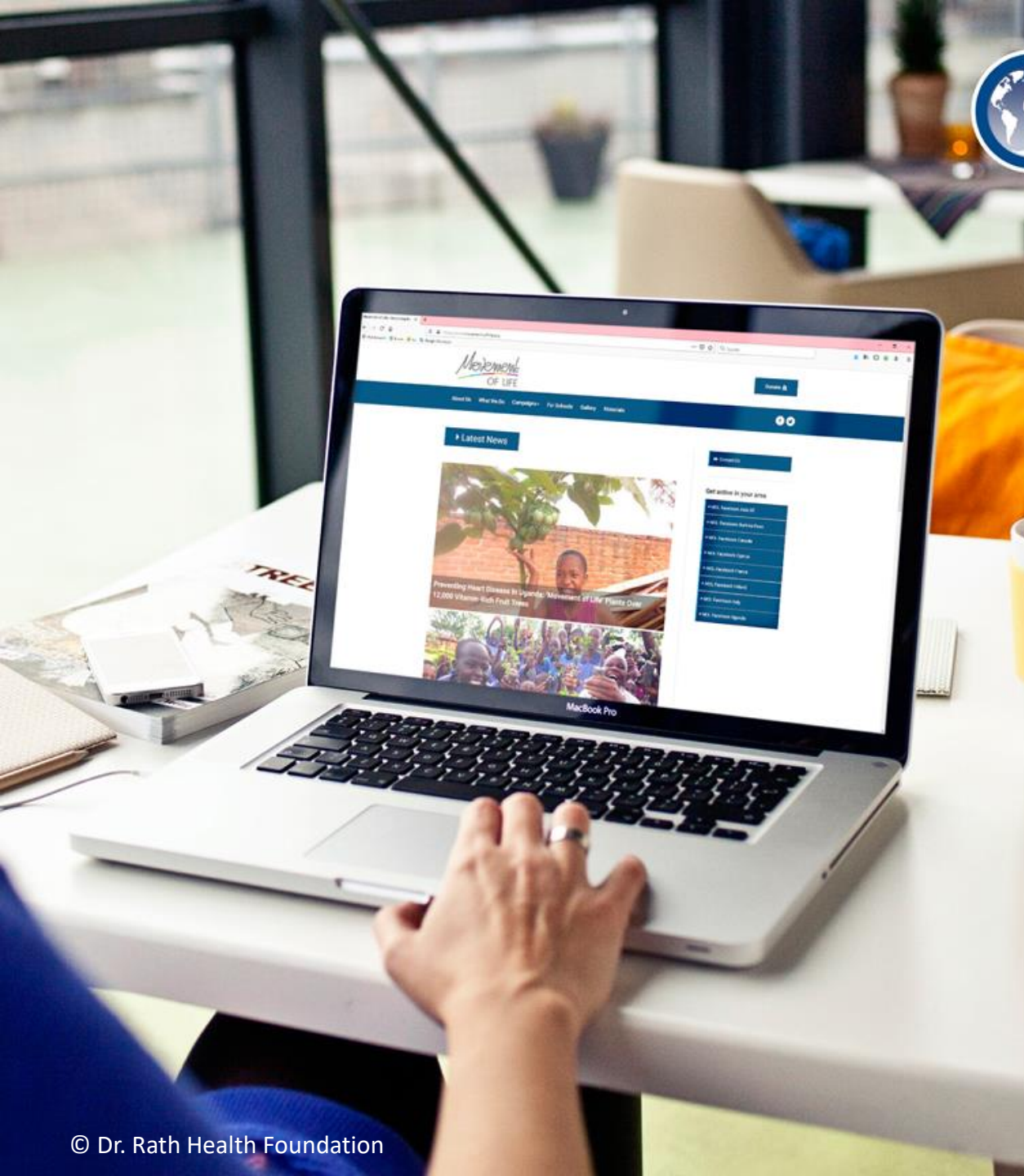


# Health for all: SCHOOL GARDEN PROJECT OF DR. RATH HEALTH FOUNDATION IN UGANDA

Support the Movement of Life  
project and help improve lives.

Further information:

[www.movement-of-life.org](http://www.movement-of-life.org)







**WE INVITE YOU TO ACTIVELY PARTICIPATE IN  
THE DR. RATH HEALTH ALLIANCE TO SPREAD  
THE MESSAGE OF OUR UNIQUE MOVEMENT**