



Review of Covid-19 and vaccination recommendations from 15 September 2024

For the Medical Section: Karin Michael, Marion Debus, Adam Blanning

Introduction

Anthroposophic medicine is committed to the individual and therefore also to individual information and vaccination decisions. The 'Anthroposophic Medicine Statement on Vaccination against SARS-CoV-2 by the International Federation of Anthroposophic Medical Associations (IVAA) and the Medical Section at the Goetheanum' of 12 January 2021 is a key point of discussion in the reappraisal of Covid-19 by representatives of the General Anthroposophical Society and the Goetheanum Leadership. As the new leadership of the Medical Section, we have taken on the task of addressing this aspect of the reappraisal.

The following sentence in the above-mentioned article is particularly called into question: 'IVAA and the Medical Section at the Goetheanum welcome the development of safe and effective vaccines against SARS-CoV-2 in the hope that they will play an important role in overcoming the Covid-19 pandemic.'

To this day, this raises the following central questions among members of the General Anthroposophical Society:

- Was the Medical Section permitted to present its view of the matter in the form chosen for this article?
- Was the above sentence understood as a vaccination recommendation? And if so, would the Medical Section and/or the authors of the statement also be responsible for vaccine damage in people who subsequently chose to be vaccinated?
- Can these new immunisation technologies be called 'vaccinations' at all?
- Should there not have been warnings about unresolved issues regarding this new immunisation procedure?

In addition to the above sentence, the statement of 12 January 2021 on safety, the novelty of mRNA technology, the need for further (long-term) studies, as well as the need for information and voluntary participation also stated the following:

Safety

Studies of the two authorized mRNA-vaccines and a viral vector-based vaccine show acceptable safety in short-term follow-up. However, rare, serious side effects cannot be ruled out until very large numbers of people have been vaccinated and followed for longer time. Also, the detection of non-specific effects – which can be positive or negative – requires longer observation periods. We therefore call for sufficiently large long-term studies and anonymized vaccination registers that allow a comparison between populations receiving the

different vaccines and non-vaccinated populations. This is all the more important since the mRNA technology used in some SARS-CoV-2 vaccines has not been widely used in humans before.

Voluntary vaccination

We see voluntary vaccination as a fundamental right of democratic societies and a prerequisite for a high level of acceptance among the population, not least given the remaining questions concerning efficacy and safety. A free vaccination decision requires detailed information and the opportunity to ask questions, preferably in a trusting patient-physician relationship but even during mass vaccination. In addition policy makers should prevent scenarios of indirect vaccination obligations, such as by employers, insurers or transport companies.

As the new leadership of the Medical Section, we have been thinking about future communications from the Medical Section in acute and crisis situations relevant to health. As a section of the School of Spiritual Science, we see a central task in insightful analysis and research in the context of new developments in medicine – be it diseases, preventive measures or therapies.

Methodologically, we feel primarily committed to Goethean research. This consists of unbiased observation, conceptualisation and insight. We understand ‘macroscoping’ as defined by Rudolf Steiner as a way of building a picture from many precise observations and perspectives through the synthesis of these observations. Not every contradiction needs to be resolved, as different starting points and circumstances can always give rise to different perspectives on a matter.

We therefore now applied this method – which we will use a priori in future crisis situations in the healthcare system – a posteriori, we might say, to place the statements of the Medical Section at the beginning of 2021 in an international context.

We carried out this process in three steps with the help of 15 representatives from numerous countries and several continents at the international conference of the boards of anthroposophical medical associations in September 2024, with the aim of a reappraisal and building such a picture, and based on three questions to be answered in writing:

- **Question 1: What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?**

Our aim was to capture how people were dealing with the new vaccination or immunisation procedures in January 2021 in order to build up a broader picture regarding the time of the Medical Section’s article under discussion.

- **Question 2: What do you recommend in this regard today?**

In this way, we want to highlight the insights gained and the resulting changes in the attitudes and recommendations of anthroposophic physicians.

- **Question 3: Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?**

Our vision for a good approach by the Medical Section regarding public statements in crisis situations in the future should be enhanced by the perspectives of our colleagues.

The answers to the questions can be found below in full and verbatim.

Summary and outlook

It is important that we open up the space for listening and discussion that is necessary to raise awareness of different experiences and perspectives. The Medical Section will certainly continue to provide space for such discourse in the future. We also see this as a task of the consciousness soul age with its many challenges.

When we try to take a more macroscopic view, several themes emerge:

- Firstly, as we read through these different perspectives, many additional thoughts will undoubtedly come to mind for each and every one of us. When we think back on the last few years, our memories, our indignation, our assertions and our experiences are reawakened. It is clear that each of us could contribute further perspectives that are just as important as they are likely to be different.
- A second important impression, which is striking again in retrospect, is the central role played by free, individual decision-making in anthroposophic medicine – this runs through all the comments and is also advocated by the Medical Section, among others, in the statement in question.
- Thirdly, it becomes clear how the Medical Section's attitude towards vaccination of not rejecting it as a matter of principle – which, in our view, should by no means be interpreted as an uncritical recommendation for vaccination, as is also clear from the critically questioning follow-up text to the 2021 statement – has contributed in some countries to preventing anthroposophic medicine from falling into disrepute in the politically heated situation. The view of numerous physicians in this survey that the Medical Section should state its findings in similar cases but refrain from making recommendations in either direction is also shared by us. Every physician and every patient within the anthroposophic medical movement is responsible for their own actions, which can only arise from individual physician-patient consultations and can never be derived from general statements made by the Medical Section. The examples clearly illustrate this individualised approach.
- Fourthly, in view of the rapid development of new technologies in medicine, it will be necessary in future to examine closely the mode of action of newly developed drugs – not only mRNA technology – in order to achieve the most comprehensive possible judgement, covering both the mechanism of action and the precise evaluation of the perceptible effects on humans. This will always be a gradual process that can lead to reality-based insights only over time. After all, a new expert paper was thus also prepared on mRNA immunisation against coronavirus and its consequences (<https://www.anthromed-ics.org/PRA-0993-EN>). We see this as the main task of the Medical Section also in the future.

We have become a broad medical movement that continues to grow, with colleagues practising in many countries and on different continents. In today's practice, anthroposophic medicine ranges from specialised treatment in large hospitals to highly individualised and geographically isolated work in individual practices. We are a diverse group of anthroposophists who seek to support healing pathways with a deeper understanding for patients in varying circumstances and situations of destiny around the world.

Responses from the international conference of the boards of the anthroposophical medical associations in 15 September 2024:

Marco Ephraim, Netherlands

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

We wrote a letter a 1 Feb. 2021 to all our patients that very much is unknown concerning long- and short time side effects. Pfizer and Moderna guaranteed protection of about 3 month and wrote in their product information about possible long term effects on the immune system. At that time the IFR for people under 70 years was calculated only 0,05%. Some colleagues observed sudden death (1:1000) after vaccination of older fragile patients. Summarized, the risk-benefit ratio did not give us a basis to recommend the Covid vaccination, with so much unknown factors.

What do you recommend in this regard today?

Today I discourage the actual mRNA-Corona-injections to everybody, because we know now very much about many well-researched (and often peer-reviewed) side-effects, concerning: increase of cardiovascular events (heart attacks, strokes, due to micro-clotting, rhythm-disorders); more: miscarriages, infertility; neurodegenerative disorders; auto-immune-diseases; more cancers, in more young people, and last but not least: the continuous increase of death excess.

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

We (me and my colleagues in the therapeuticum) support the information campaign of the Artsencollectief: www.nogeenprik.nl (= another job?), based on independent scientific (mostly peer-reviewed) research.

I advise the Medical Section to be neutral like: the decision to get a corona vaccination should always be a free decision, for which each individual should be able to make a personal risk/benefit consideration, basis on the current status of scientific research and personal view.

Tido von Schoen-Angerer, Switzerland

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

Not for children but yes for high risk adults.

What do you recommend in this regard today?

Not for children; for high risk adults if they really want – knowing disappointing efficacy and fact that nearly all have now basic immunity.

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

- Needs balanced statements that clarify that AM is not anti-vaccine (not to be defined by anthroposophic anti-vaccine (or pro-vaccine) groups).
- No recommendation for or against vaccine by Medical Section
- Detailed scientific analysis in “Merkurstab”.

Marnix Schaubroek, Belgium

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

I did not make a direct recommendation, but expressly emphasised that it was a free choice. And then I shared my own doubts about the pros and cons. And then I also explained my reasons for getting vaccinated: 1) to take my share of humanity's karma upon myself, 2) socially: to help prevent the spread of the virus (this was still uncertain at the time).

What do you recommend in this regard today?

The same.

I myself would not take the vaccine again:

- the vaccination does not prevent the spread;
- much more is known about the possible side effects of the vaccination.

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

In general, I found the statement issued by the then leadership of the Medical Section to be good. That said, I would perhaps like a greater emphasis on individual freedom and the inviolability of one's own body, which was so strongly honoured after the Second World War (but is now however coming under pressure, even in European legal language).

Eva Streit, Switzerland

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

Individual vaccination decision: I informed patients that they had to decide for themselves whether to be vaccinated, informed them thoroughly that the vaccine had been approved very quickly and that there was currently insufficient scientific evidence about the vaccine's efficacy and side effects, and that in particular there was no knowledge whatsoever about long-term side effects and long-term effects on the immune system, and that for these reasons I could not recommend vaccination, but recommended prophyl. with anthr. med.

What do you recommend in this regard today?

Based on current knowledge about the vaccination and the changes in the SARS-CoV-2 virus, with correspondingly much milder courses of the disease, I continue not to recommend vaccination, but continue to respect patients' individual vaccination decisions and continue to inform them about the possibilities of prophylaxis and therapy with anthr. meditation.

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

Individual decision, not polarised for or against vaccination/treatment. Positive information about prophylaxis and treatment of SARS-CoV-2 with anthrop. medicine (courage to heal).

Liora Oriel, Israel

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

„PRIMUM NON NOCERE“

New technique, not good prospective in animal study, no knowledge in man pregnancy pediatrics, systematic ignoring other treatments including [two words illegible] (Ivermectin). Free choice but I didn't recommend.

What do you recommend in this regard today?

Free choice, mRNA not recommended by me (unlike others vacc [two words illegible], not really efficient, side effects only partly acknowledged. Didn't offer protections not to persons not to surrounding (again unlike some other vaccinations).

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

Be more conscious!

Less assuring

Remind other possibilities

Understanding need to protect anthroposophic medicine – but more consciously

France

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

I recommended to follow the vaccination recommendations – accompanied with Anthroposophic and Homeopathic remedies – with individualized approach.

What do you recommend in this regard today?

I consider and say to the patient: “You are free” ... when he is well informed.

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

- I think a better way should be to inform on scientific basis
- And anthroposophic medicine recommendation together
- And after (or with) post information let the patient free to choose.

Aimee, Philippines

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

We discussed the positive and negative aspects of vaccination for COVID but patient decides. We recommended the attenuated virus if vaccination is chosen, not RNA-type

What do you recommend in this regard today?

No vaccination, but if with government requirement -> older technology

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

We recommend that the Medical Section meets different colleagues from different parts of the world to get a bigger picture and know more of the situation more than what is on media.

No decision from the medical section but guidelines and principles to make the decision.

Veera Panch, India

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

Told them the pros + cons of the vaccination and left to make their own decision from informed choice.

What do you recommend in this regard today?

Not a vaccine for every illness.

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

Depends on the nature of the illness. Preventive aspect is better than treatment or vaccinations in any crisis public health authorities should investigate the source of the illness rather than going only on a scientific understanding of the new crisis due to Man has neglected the environment and it may harm a patient.

Marina Rykina, Russia

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

In 2021, we quickly found an effective strategy through communication via WhatsApp chats, so I did not recommend getting vaccinated, but we looked for ways to achieve 'natural' vaccination.

What do you recommend in this regard today?

This has been confirmed.

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

Better communication, so that you quickly learn about different options and experiences and can decide what resonates with you in your own specific situation.

Switzerland

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

I did not make a direct recommendation, but first conducted a consultation to ask about the individual's health situation, family, professional and social environment, personal preferences, attitude towards preventive measures and safety needs. Shared my knowledge and official recommendations. At the end of

the consultation, >90% of patients were in a position to make their own decision.

What do you recommend in this regard today?

Today, with regard to Covid vaccination, I recommend this decision-making process, supplemented by the knowledge gained from four years of experience with Covid-19. When asked directly, I would tend not to recommend it.

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

Please continue to counter polarisation as best you can and help give different perspectives a voice.

Maria Luisa Di Summa, Italy

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

I supported who didn't wanted to get vaccinated and I let free the others to have it if they want.

What do you recommend in this regard today?

To make more conscious the motivation that led to the decision and to evaluate the amount of freedom in the choice.

It should be reaffirmed the principle of inviolability of human body. If there is not a free choice, it is not allowed to enter in the human body without the presence of the I, as it happens in severe psychotic crisis that authorize mandatory sanitary treatment.

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

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Hartmut Horn, Germany

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

It varies greatly depending on the patient / family / anxiety level / personal needs such as travel or hospital visits or occupational survival. In principle: 'The vaccine has not been tested for side effects', 'The vaccine will be much less effective than expected', 'Maintaining good health with naturopathy is the basis in any case, regardless of whether you get vaccinated or not.'

What do you recommend in this regard today?

Ditto. However, I do not advise against vaccination for people who are very anxious and expect the vaccine to help them. I am not a missionary, I respect a person's inner attitude as far as possible.

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

Yes.

- 'The Med. Section is not responsible for making recommendations.'

- ‘The Med. Section trains and supports medical practitioners so that they can work with their patients to reach individual decisions.’

Differentiation
Respect

Thomas Breitzkreuz, Germany

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

Old and high risk patients: vaccination can be of help to avoid death & critical disease -> individual decision, no obligatory vaccination

What do you recommend in this regard today?

Looking backwards: same recommendation for the situation in January 2021.

Recommendation for today's situation: Pandemia is over, vaccination today does not play a major roll for most people.

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

A public statement should offer aspects from AM, deeper understanding of facts -> and let doctors & patients decide for themselves.

Statement should offer an AM background for individual decisions in different countries, surrounding, societies.

Katja Shliakther, Russia

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

No vaccination. Prevention and treatment of COVID-19 with anthroposophical medications and I gave my patients a list of 43 such available good medications.

What do you recommend in this regard today?

Absolutely not, no vaccination. Anthr. Medications against consequences of vaccination for those (Thuja comp., Meteoreisen / Phosphor / Quartz etc.)

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

Anthroposophic Medicine can offer medications for prevention of infectious diseases and effective medications and methods (other than medication) for treatment of infectious diseases.

Effective and harmless medications and methods!

Also there are harmless medications to treat the consequence of vaccination – but about there effectiveness we can judge only when we have crossed the threshold!

Anthroposophical physician, Austria

What was your recommendation in January 2021 regarding Covid-19 vaccinations for your patients?

In Dec. 2020, a critical commentary on the approval studies appeared in 'Arzneimittelbrief' which drew my attention to the ambiguities and crit. points of mRNA vaccination – at that time, I did not recommend vaccination and advised waiting for protein-based vaccines.

What do you recommend in this regard today?

The findings since then regarding side effects, insufficient effectiveness and dishonest communication have reinforced my position. Have experienced approx. 10 serious side effects from the vaccinations in my surroundings (patients, circle of acquaintances). Today: No vaccination recommended, but for those who really want it (see above).

Do you have any requests or recommendations regarding the form of public statements issued by the Medical Section in comparable acute medical crises concerning new treatments or vaccinations?

Yes, the paper from back then (2021) was a great help and was also requested by the Medical Chamber and the media (TV); Due to the balanced statement from the Med. Section, there was no point of attack against anthroposophic medicine in Austria.

I also hope that we will receive assistance in the future in the event of possible new crises, especially science-based assistance from colleagues in our movement.