Nutrition Pioneer Dies
Max Otto Bruker, 1909-2001

Dr Max Otto Bruker, a dedicated practitioner of holistic medicine and successful medical author, passed away on January 6th of this year at the Health Centre “Dr-Max-Otto-Bruker-Haus” in Lahnstein at Koblenz. He founded the Centre in 1994.

Millions of German citizens know this passionate fighter for holistic medicine from his books, consultations, lectures, TV appearances and the personal testimonies of his patients. His publications exceeded three million copies in all. Sugar, Sugar and Diabetes are two of many titles. Dr Bruker’s priority was to prevent the so-called “civilization diseases,” which contributed to the skyrocketing costs of the medical care system. His unpopular view on nutrition—in his books Our nutrition-Our destiny and Lifestyle Diseases—made him famous. For more than 60 professional years as a doctor and medical leader of alternative hospitals, Bruker put his theoretical knowledge into daily practice for the benefit of his patients. Instead of using drugs and the orthodox methods of cutting and burning for treating patients, he put them on a nutritional program combined with other methods of healing. “A person gets sick because of wrong nutrition and a wrong lifestyle” was his clear, convincing theme.

Dr Bruker was also one of the first doctors who spoke out against nuclear power energy. He initiated the legal process against the nuclear power station ‘Wirgassen’ and since the 1960s pointed out repeatedly that there was a fatal connection between radioactivity and cancer incidence. He would have been 92 this year.

Seniors Turn to Alternative Health
At least one-third of seniors in the USA report using an alternative medicine and at least one-fifth say they’ve been to an alternative medical practitioner. That’s the result of a study conducted by the Center for Alternative Medicine Research and Education at Beth Israel Deaconess Medical Center in Boston. Based on a survey of 2,055 adults, the study found chiropractors are the most often used alternative practitioners. The probability that a participant had visited an alternative care provider increased with the number of visits the participant had made to conventional care providers. The finding reflects the senior citizen’s tendency to seek as many options as possible for supporting health.