



Annual review 2023

January 2024

We received positive feedback from acquaintances until January for the received health tips and advice which had made life quite easier for some in old age. We were very happy about that.

Now a brainstorming = all ideas put together:

In addition, we received further feedback over the course of the months, how several people suffering from a viral flu (we just call it the C-crisis) recovered quickly (between 2 and 14 days) with a few natural health remedies and vitamins.

Most people have picked out what they liked according to their gut feeling and applied it.

Remarkable was that the Cystus 052 throat swallow tablets (can be bought in Swiss pharmacies but also in German pharmacies or in the **dm**-shops in Germany possibly without the number) and turmeric showed the most effect in the recovery – which has been reported back to us.

In the first half of the year I made a rough overview list for which essential oils (not fragrant oils but organic quality essential oils or do terra) work well – and published it on our homepage. It goes without saying that the exact method of application – you can then be given in specialist shops.

We worked out various documents in writing, by telephone, orally – for and with a married couple, accompanied them at a very important appointment at an official meeting – with success that they finally achieved their goals, which usually take a very long time. Health check-ups with specialists were also the order of the day – here again the best Swiss quality – when we had found the right specialist. One person had an open wound on the foot for several years and a lot of pain when running – after that we found the right support stockings – so that the muscles are supported and moved at the same time when running – there was already a strong improvement – and less pain. We have recommended to this person liquorice tea and also the vitamins Becozym Forte (vitamin B complex and vitamin D3 drops and high-dose vitamin C), these vitamins are paid by the basic insurance in Switzerland if it has been prescribed by the doctor. The wound has grown, but still not completely free of symptoms. If such an amputation (as some doctors had recommended) can be prevented, we find it remarkable.

These vitamins – as well as a healthy diet and exercise (approx. 20-30 minutes a day) also help in wound healing. Nettle tea also has a blood cleansing effect and can support the healing process due to the high iron content and its minerals.

We are looking for the best solutions medically and of course, and we also have the hot wire up to Jesus, which we are happy to recommend to others.

In May, on 30 May 2023, we were politically active and wrote a letter for the WHO – and wanted to

present it with a work of art at the Geneva headquarters – which unfortunately was not possible without prior notification for security reasons.

So we had to turn back after almost undone things and could only issue verbal warnings together – not to bring about world control. Sabine Behnke had an interesting conversation on the subject with the person responsible for communication in the Swiss government – on the same day, who took our concerns very seriously.

In the middle of the year, a younger person who was looking for work was very happy for our support with a detailed CV, which soon bore fruit and after a short temporary assignment a long-term employment was possible.

In addition, we made various requests to the German government to officially withdraw the then laws of 1935 (the Nuremberg Laws) against Israel. A first reaction came within a few days from Mr. Steinmeier, the Federal President of Germany, who shortly afterwards became the first German politician to ask the Israelis for forgiveness in the Warsaw Ghetto, representing everything heavy from the past. We expressed our appreciation to him in an e-mail.

After the horrific events of October 7 in Israel, we took back the Nuremberg Laws of 1935. This was in line with our inner attitude and the wishes of the grandfather Reinhard Brinker von Sabine, who had already planned to do so, before the birth of my wife Sabine, and at the time at an international conference of pharmacies in Leverkusen Bayer Group. A person from the Israeli embassy, Sabine, had made the suggestion at the beginning of 2023 – that she could take it back on her behalf. This written letter – which is half a prayer to the God of Israel and Jesus – was received by the German government, the Swiss government for documentation and the Israeli embassy in Bern, as well as a representative of the American police immediately after the outbreak of the war in October 2023. We hope and pray for the early restoration of peace in Israel.

We accept people with different views, but we do not want to argue about this issue, which is usually not a gain. An exchange in mutual respect is a pleasant communication.

And in the last half of the year, someone then led us **the latest summary by Prof. Bhakdi, which we have also published on our homepage** – very serious facts – based on the latest scientific findings.

Weeping, he expressed his deep sorrow over the events he had warned of. We are glad that he can continue to live and speak in freedom – and hope that he is listened to enough – and thus sees the situation differently.

On July 23 we opened a new exhibition with the latest works of art – on the theme of "Joy of Life" – in our Galleria Mansarda.

In principle, we believe that the C-crisis has driven so many more people into starvation and poverty that it does not need global control, but if the WHO wants to take on meaningful tasks, it is better to address the basic problems of people in the poorest areas and would be concerned about fresh drinking water or better hygiene measures for simple injuries and adequate food production – with the help of, for example, permaculture and with people in the pipeline who have better goals than others. largest donor from the WHO. In May 2023 we even met a senior doctor in Geneva who is employed by the WHO and was also our opinion.

Most of the letters we wrote to reach various expert bodies and government officials, we also sent directly to the concerned international leaders of the WHO by e-mail and unfortunately did not receive any feedback. After several times we were comforted by phone at their headquarters to contact them by e-mail – we were still unsuccessful.

We made use of our international contacts, which reach as far as New Zealand and have also made a natural detoxification list, which is several pages long and clearly contains recipes for fruit and vegetable drinks and kitchen herbs, which support the natural poisoning in the body and can help in the discharge of harmful substances, as well as build a healthy immune system.

Another positive feedback reached us, from a young lady who **Sinupret-Forte tablets (natural herbal ingredients – which liquefy mucus in case of sinusitis or bronchial inflammation – and thus initiate healing). The following short usage tips for one tablet** Sinupret Forte - take it with 0.5 liters of water (only with this unsweetened fluid supply - the body can convert the liquefaction from the mucus) and after about 30 minutes you usually feel the relief. She has now applied it against **her allergies, hay fever and pollen allergy, and has found a natural remedy to cope with everyday life without discomfort.**

My wife finished her book: "A bit more heaven on earth – without discomfort" – healing of trauma – we offer the download or the book for a cost-effective price of CHF 20.- in advance. The book form currently has a few days to 2 weeks waiting time. But we have already received positive feedback – a book that helps one to think again practically and makes the faith experienceable in everyday life for everyone who wants to try it.

But on the whole, we can say in retrospect that we have achieved our goals – to pass on good information to the public and make it accessible.

My wife was also very hardworking and volunteered – that's why she signed with me.

We continue to welcome good feedback and wish everyone a wonderful, blessed New Year, and that everyone may experience Jesus personally and of course - in all areas of health.

Best regards,

A handwritten signature in blue ink that reads "Ralph Behnke Sabine Behnke". The signature is written in a cursive style.

Ralph Behnke and Sabine Behnke

PS. : Even though we have done many things voluntarily, we would be grateful for donations, as we also have expenses. It is important to us that the quality of life of young and old is improved.