

multi kosmos



The world of Beneficial Microorganisms.

INTERNATIONAL EDITION 2016

Little helpers in Italy

The projects are happening in 14 schools and more than 1,000 children from three to seventeen are participating. Even the youngest children love throwing waste into the bokashi bucket and harvesting the food for the plants. **Page 12**

Masters of their craft

Nursery Loidl has been a family-run nursery in Kaindorf in Eastern Styria since 1965. Ignaz Loidl started by raising fruit trees. His two sons Peter and Thomas Loidl are now masters of their trade and lead an operation that has grown steadily over the decades, now around 70 employees, making it a major employer in the region. **Page 20**

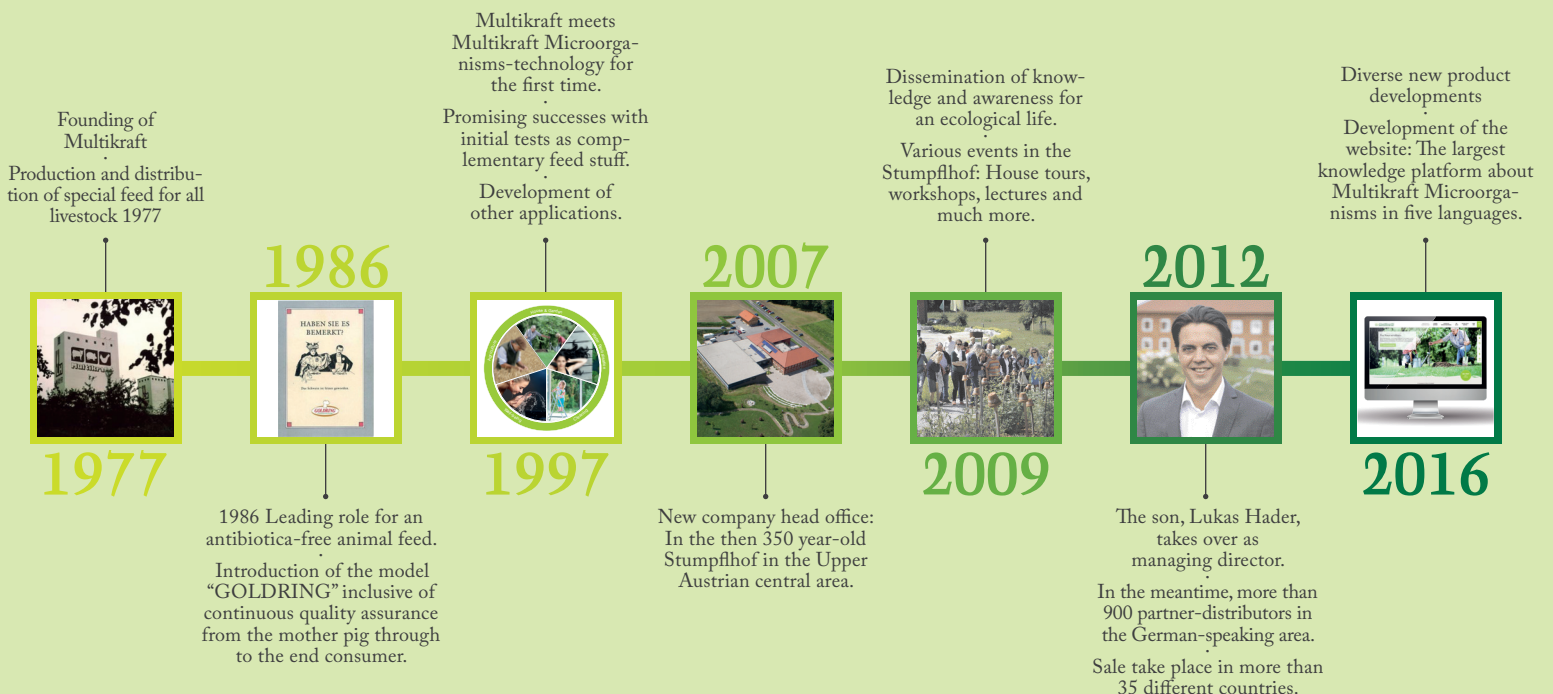
Green thumbs & Multikraft products

People who are good at growing plants are said to have a green thumb. There are many possibilities for the origin of this phrase: these people might spend so much time in the garden, that their hands or fingers turn green through constant contact with the plants, whether digging, weeding, watering, etc. **Page 4**



It is not a question of what we do, but how we do it!

We share experiences, look back, revel in memories. Our own history is characteristic of our company and it is characterized by company philosophies. The ecological orientation of Multikraft has its first roots already in early years. Founded in 1977 we celebrate today our 40 year anniversary. In addition, in 2017, two more milestones in our company's history will be reached. 20 years ago Multikraft developed new terrain with Multikraft Microorganisms technology and, due to the constant growth, the Stumpflhof was chosen 10 years ago as the new company head office.



2016



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Legal information

PUBLISHER: Ulrike Hader, MEDIA OWNER: Multikraft Produktions- und HandelsgesmbH, Sulzbach 17, 4632 Pichl/Wels, Austria, Tel. +43 7247 502 50-100, info@multikraft.at, www.multikraft.com, CONTACT, CHIEF EDITOR & LAYOUT: Claudia Zehetner, AUTHORS OF THIS ISSUE: Mag. Katja Haller, Anne Lorch TRANSLATION: translated.net

A closer look at green thumbs

People who are good at growing plants are said to have a green thumb. There are many possibilities for the origin of this phrase: these people might spend so much time in the garden, that their hands or fingers turn green through constant contact with the plants, whether digging, weeding, watering, etc. But it could also be the algae that grow on the edges of clay pots might have resulted in the green coloration of the fingers. People with green thumbs, however, have one thing in common: they spend time with the care of their plants and also addressing the varying needs of their "babies".

Through ongoing contact with them you can see if and how they affects their growth and health of the plants. . Observing and considering the different requirements of plants for location, soil, nutrients, water, mulch, symbiotic planting, and a knowledge of natural cycles are the foundations of successful gardening. But it is not always possible to meet all of the requirements of various plants on a single site, so the various options to fortify the existing conditions are of great importance. The use of such fortifiers can greatly reduce or even prevent the occurrence of many problems.

Fortifying plants with stone meals, water glass solutions, herbal teas, plant extracts, and manure has probably been done since the very first intentional cultivation of plants and these methods continue to be used in gardens that rely on organic methods. The influence of micro

biology on soil life and the growth and health of plants has become increasingly important in recent years. Various bacteria and fungi were studied for their impact on soil life and plant growth and health over thirty years ago and then combined into a microbial preparation.

This mixture is now called Multikraft Microorganisms and is used as a soil additive, to fortify plants, and to break down organic waste. Multikraft Microorganisms prepare the environment for plants and fortify them as they grow and can be delivered through watering and spraying. Since Multikraft Microorganisms technology has evolved over the years, further products for special applications have emerged. Here is a brief overview of the certified organic products for use in the garden. We discuss the different modes of action of these plant fortifiers, pesticides, and fertilisers.

Plant Fortifiers/Soil Additives

Unlike pesticides, plant fortifiers have no direct effect on pests or diseases, but instead helping plants already in the growth phase it activates their own bodily defences and thus strengthen their resilience. Such fortifiers include stone meals, water glass solutions, plant manure, herbal extracts, homeopathy, and also microorganisms. They are applied either in the soil or on the leaves.

All plant fortifiers are covered under fertiliser laws and are not allowed to cause harm to human or animal health, groundwater supplies, or the ecosystem. Soil conditioners are also considered plant fortifiers. They promote the life that is in the soil, improve the availability of nutrients in the soil, thereby promoting soil fertility, root growth, and thus also the growth and health of plants.

Fertiliser

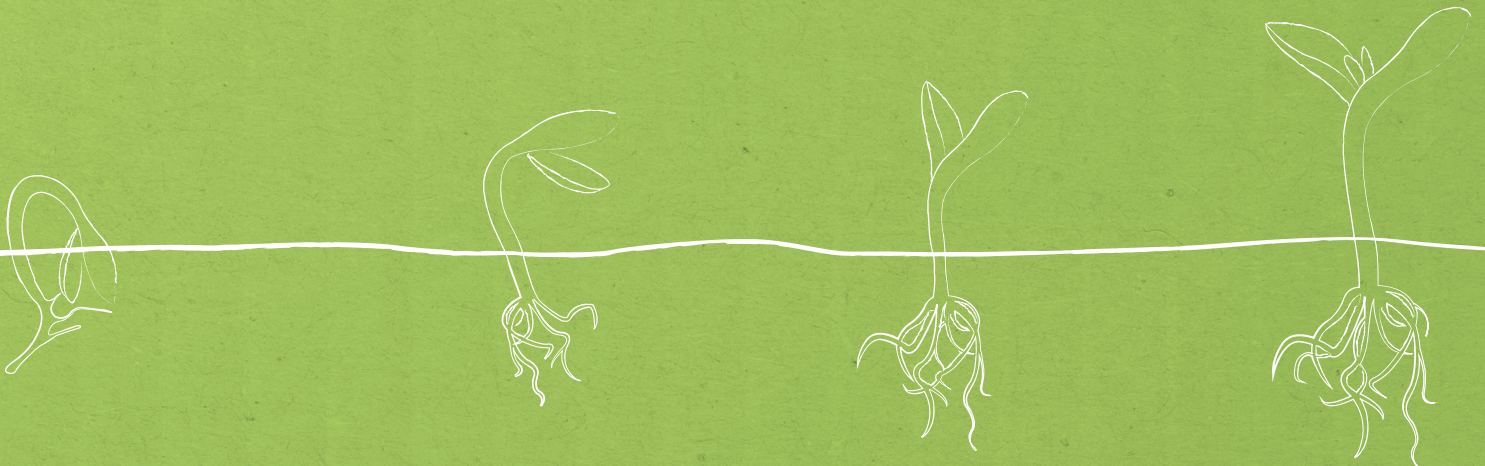
Fertilisers are mixtures or pure substances that are applied to soil or plants to improve plant nutrition. They can be natural, such as manure, slurry, green waste, compost, or mulch and are then referred to as organic fertilisers. Mineral fertilisers contain one or more main nutrients, depending on the type, such as nitrogen, phosphorus, or potassium as well as trace elements such as sulphur, magnesium, etc. Mineral fertilisers that contain nitrogen, phosphorus and potassium are called full or NPP fertilisers (after their chemical symbols). There are also mixed forms: organo-mineral fertilisers.

Another possible distinction is made by effect: fast-acting, sustained-, or controlled-release fertilisers; and also by form, such as solid or liquid fertilisers. The timing of their application also plays a role: fertilisers can be applied before sowing or planting, whilst top dressing (usually with nitrogenous fertilizers) takes place during the growth phase.

Pesticides

Pesticides are products containing chemical or biological agents that are designed to protect crops from damage by pests, plant diseases or weeds. Depending on the nature of the problem to be tackled, we distinguish between insecticides, fungicides, herbicides, and a number of other products that attack pests either on contact, through respiration, or through digestion. Systemic crop protection are those agents which are absorbed through the roots or leaf surfaces of the plant and with the active ingredients then being distributed via the sap flow in the plant.

Many pesticides contain substances that can be toxic for humans. Gardeners, farmers, and professional users therefore need to be trained in how to use these preparations and need to follow the recommendations for using them, such as protective measures (clothing, respiratory protection), waiting periods, etc.



Plant fortifying with Multikraft

An additional positive effect when working with Multikraft Microorganisms technology takes place also in the mind of the user. By recognizing the importance of microbiology for healthy soil, avoiding decay during composting, mimicking natural conditions like ground cover with mulch, many gardeners no longer have to use chemical fertilisers or conventional pesticides and can once again start using natural processes in their garden.

Having a green thumb is not about having the best fertiliser, the best spray, or a panacea, but instead having knowledge and access to help. Good gardening practises combined with preventive plant fortifiers and organic fertilisers can make your garden flourish.

1 *Effective Microorganisms Active*

The main product, Effective Microorganisms Active, is a brown, sour-smelling liquid that comes as a soil additive and plant fortifier for use in all applications in the garden such as watering, spraying, and composting.

Effective Microorganisms Active is not a fertiliser, but, if used consistently, it promotes soil life and makes nutrients already in the soil more readily available to plants. This leads to better growth of the roots and of the plant above ground. If applied by spraying, the surface of the leaf becomes populated with a regenerative microbiology that act as placeholders, strengthen the cells of the leaves, and thus also inhibit the development of leaf blights.

Effective Microorganisms Active also acts to prepare the environment for plants by preventing rot and the associated problems. Effective Microorganisms Active also helps users make compost by promoting fermentation.

2 *Terrafert Soil*

Terrafert Soil is applied together with Effective Microorganisms Active when watering plants. The organic acids contained in Terrafert Soil (including humic acid) and the micronutrients promote microbiological activity in the soil. This stimulates growth of the roots and of the plant above ground and allows the plant to make better use of fertiliser. The use of Terrafert Soil has been proven especially effective in watering plants after transplanting.

3 *Terrafert Foliar*

This is a plant additive with Multikraft Microorganisms, organic acids (such as fulvic acid), and micronutrients applied by spraying (together with Effective Microorganisms Active). Spraying the leaf populates its surface with positive microbiology and strengthens its cells. Diseases such as mildew are less likely to develop.

4 *MK 5*

MK 5 is another plant fortifier used in spraying applications, ideally in combination with Effective Microorganisms Active and Terrafert Foliar. Garlic, chilli, vinegar, and alcohol are fermented with Multikraft Microorganisms to make MK 5. This mixture, in turn, strengthens plants, but also acts as a repellent against various insect pests. Here, too, a preventive application shows the best results; many insect pests will pass your plants on by.



5 Effective Microorganisms Ceramic Powder

Effective Microorganisms Ceramic Powder is a high quality clay fermented with Multikraft Microorganisms over a prolonged period, fired at very high temperatures, and then ground finely. During fermentation, antioxidants and other beneficial ingredients are generated that support the power of Multikraft Microorganisms to create an environment in which rot and the associated bacteria are put at bay. Effective Microorganisms Ceramic Powder is milled ultrafine (< 10 µm) and is used as a soil additive and activator and in spray solutions. It is used to increase the resistance of plants and to aid in fermentation. Effective Microorganisms Ceramic Powder has stabilising, antioxidant properties and is often used in combination with Effective Microorganisms Active and other Multikraft products.

6 Whey Powder

Whey Powder is used in common as a wetting and adhesive agents in Multikraft products for spraying. As a wetting agent, it reduces the surface tension of the spray liquid, thus enabling a better and more uniform adhesion to leaf surfaces. The Whey Powder also creates an environment on the leaf surfaces which promotes the development of regenerative microorganisms and also serves as a source of nutrients for them. Beneficial insects also love it.

7 FPE (Fermented Plant Extract)

FPE is used mainly in agriculture by professional growers of ornamental plants and vegetables together with Effective Microorganisms Active, Terrafert Foliar, and MK 5 as as fortifying spray. Fresh grass and herbs, garlic and chilli peppers are fermented with Multikraft Microorganisms and promote growth, photosynthesis, and plant vigour.

All Multikraft products are also approved for organic farming and listed in the InfoXgen catalogue.



Regular watering

Dosage for 10 litres of water:

- 10 ml Effective Microorganisms Active
- 5 ml Terrafert Soil



Mix Effective Microorganisms Active and Terrafert Soil into the water and water the plants right away, because this is when the Multikraft Microorganisms are most active.

Regular spraying

Dosage for 1 litre spray solution:

- 20 ml Effective Microorganisms Active
- 5 ml Terrafert Soil
- 5 ml MK 5
- 1 litre water



Spray plants until water begins to drip from the leaves. If in bloom, reduce the amount sprayed to one-third.

Health you can eat

How food affects our sense of well-being

"Clean Eating" is the latest trend, as whole foods are finally getting the appreciation they deserve. When one speaks of "clean eating", you usually think of a diet without processed foods and products with no artificial additives. Our diet is responsible for about 80 % of how well we feel. "You are what you eat", as philosopher Ludwig Feuerbach said in the 19th century.

Dr Erika Rokita explains how we can support our health through our diet. She grew up in Carinthia very close to nature at the foot of the Koralpe mountains and studied biology in Graz. She has lived in Upper Austria since 1999 and has become an enthusiastic Multikraft consultant and Multikraft Microorganisms user. She runs her practise in Bad Wimsbach-Neydharting, teaching her clients about the power of wild herbs, kinesiology, and Jin Shin Jyutsu.

Why is it considered healthier to make sure you eat wholesomely?

Your diet should be a well-balanced mix of vitamins and minerals made from regional and seasonal, high quality food. Ideal are foods grown in healthy soil in as natural a way as possible and then prepared carefully. The quantity is also critical: less is more. And, the fewer the ingredients, the better! The body already has enough to digest. So eat only when you are hungry. Your cells will then be better able to utilise the nutrients in the food if they really need those building blocks. Food should also be a taste delight. I recommend a lot of experimenting with herbs as a substitute for salt, taking time to eat, and dining as often as possible in the company of friends.

Why do regional & seasonal fruit and vegetables play such an important role? What counts is the quality of the food, i.e. the amount of ingredients (vitamins, phytonutrients, trace elements). Many of them are essential for the body because we can't produce them ourselves. Regional and seasonally harvested, fresh foods from healthy soils have a higher content of these valuable bio-active substances, i.e. anti-oxidants. Sun-ripened organic tomatoes, for example, have a much higher content of lycopene and vitamin C than greenhouse or imported tomatoes. This is also reflected in their better flavor and taste. This is also evident with plants, fruit, and veg treated with Multikraft Microorganisms.

What are phytochemicals and what do they do for us?

These are chemical compounds in plants that they use to ward off predators, pathogens, and external environmental influences, but also to create colour, flavours, and fragrances that attract pollinating insects. They are available only in limited quantities in plants, but are of vital importance to their survival. For us humans, many of these compounds, such as bitter and tannins, essential oils, phytoestrogens, and flavonoids also deliver major health benefits. They support digestion and metabolism and are important for the immune system, by repelling bacteria, viruses, and other pathogens. All of these substances are so-called antioxidants that are important for protecting our cells.

Consequently, our daily diet ought to include enough natural foods to ensure that we receive an adequate supply of these valuable ingredients. So add veg like broccoli and cauliflower to your diet. These two cruciferous vegetables contain large amounts of sulforaphane, which studies show preventing the development of colon cancer. Also, positive effects on the stomach, bladder, prostate, and lung function have been detected.

Why are antioxidants vital to our health?

The modern lifestyle with its stress, smoking, and pollution exposes our cells to what has been called oxidative stress. This results in the formation of free radicals, which rob us of electrons and cause diseases like diabetes, cardiovascular disease, atherosclerosis, Alzheimer's disease, strokes, or cancer. Other consequences include a gradual drop in performance, increasing lethargy, nervousness, and problems concentrating.

But the body has a weapon that its ready to use! It counters oxidative stress with antioxidants, which act as electron donors to neutralize free radicals. Antioxidants are the bodyguards of our cells, but they have to be added to our systems through food or nutritional supplements, like the valuable antioxidant manju. That's why it's so important to incorporate as much fruity, herbal protective substances into daily diet, such as lycopene in tomatoes and the anthocyanins in dark to black-blue fruits like blueberries and blackberries. Eat as much fruit, veg, and leafy plants as possible because they contain enough antioxidant potential. I am convinced that even products treated with Multikraft Microorganisms also have this capability.

Local wild herbs are once again being appreciated, with nettle, goutweed, ground ivy, chickweed, dandelion, ribwort, broadleaf plantain, daisies and many more finding their place on our plates. Eat these so-called weeds instead of getting upset by them, that's what I say. What is the value of these herbs to our health?

Wild herbs are free sources of vital substances just waiting there for us to eat them. They are far superior to agriculturally-grown plants for offering their health-promoting substances. Nettle has 2 times more potassium, 15 times more calcium, 7 times more iron, and 25 times more vitamin C than lettuce. Add to that an abundance of phytochemicals, chlorophyll, trace elements, and proteins, all vital nutrient components for humans. So welcome those "weeds" in your garden with wide-open arms! Use them as a treat in your diet or add them as organic raw material for making bokashi with Multikraft Microorganisms which is then used as plant food for your more conventional garden vegetables. What's important is knowing which "weeds" are really wild herbs and which are toxic or protected species.

Generally, speaking, the darker the green, the more valuable they are. Why? Chlorophyll plays an essential role for the body. It can render pathogens harm-

less, bind toxins and waste materials, aid in digestion, wound healing, and blood circulation, strengthen the immune system, protect your cell walls, and promote mental health.

Multikraft Microorganisms users also know that plants treated with Multikraft products have a visibly darker green. Multikraft products allow more photosynthesis and thus the production of more healthy chlorophyll. Eat green veg every day in the form of vegetables, salads, and (wild) herbs and blend up green smoothies as the ultimate power food.

An old saying goes: "What tastes bitter in the mouth, is good for the heart." Why's that?

Bitter plants like daisies, ivy, shepherd's purse, dandelion, angelica, artemisia, or yarrow support the digestive process and your metabolism, trigger detoxification and elimination processes, and help your liver, gall bladder, stomach, and pancreas work more efficiently, all with a positive effect on the heart and circulatory system. They also help drop the pounds because you feel fuller faster with bitter foods.

My advice: Use ivy, wormwood, and yarrow to make your own herbal salts.

Herbs have been used to cure disease since prehistoric times. There's even supposed to be a herb for every part of the body. What do you need to consider here?

The healing effect is due mainly to the phytochemicals such as essential oils, tannins, mucous, and bitter substances, flavonoids, glycosides, alkaloids. Due to their composition, not all herbs are suitable for daily intake, but many remain important healing medicines. More and more people are embracing phytotherapy today both for its preventive and treatment promise, at least in a supportive role.

Most kitchen and wild herbs already provide a small chest of valuable remedies: sage tea helps a sore throat, cough, and hot flashes; it can also be gargled for gum problems, throat inflammations, and problems with the oral mucosa. A tea made from lemon balm relieves fatigue. Basil, borage, and St John's wort are mood enhancing. Rosemary helps to stimulate blood flow and circulation. Medicinal herbs are not suitable for continuous use and you need to know which plants are which. Those with high alkaloid content are sometimes highly toxic, i.e. autumn crocus, belladonna, or hemlock.

What does it mean that the start to healthy eating is to grow your own herbs, fruits, and vegetables?

Strong, vital plants rich in nutrients can only come from good, fertile soil. That's why the way they are grown is so crucial. Everything that goes into the soil eventually ends up back on our plate. Multikraft Microorganisms contribute significantly to the sustainable management of our soil.

The soil is home to billions of live microorganisms and soil health plays a central role in growing high-quality food. Similarly, a variety of microorganisms live in our guts and play a major role in our intestinal health. How can I support my intestinal health with what I eat?

Like the soil, our guts are home to a complex bacterial ecosystem, the state of which can be considered a benchmark for our health. "If the bowel is healthy, the person is healthy", so the saying goes. The bacterial ecology in the gut is very sensitive to food. To ensure the positive development of the intestinal flora, a diet rich in fibre and antioxidants is important, consisting mainly of vegetables and green plants, both raw and gently cooked, as well as fruit and whole grains in moderation. Getting enough water is also extremely important for the gut.

Hippocrates believed that all diseases begin in the intestines. Unhealthy eating, powerful drugs, and multiple doses of antibiotics paired with a constant state of stress can really mess up the sensitive biome of your intestinal bacteria. Diseases can develop that centre on the intestine itself (irritable bowel syndrome, Crohn's disease) or also attack other organs and organ systems not usually associated with the intestines. It is worthwhile trying to stabilize the microbiome in your gut by taking appropriate pre- and probiotics. In this context, taking a tablespoon of Multi Impuls three times a day would be helpful in restoring the balance.

What advice would you give people who want to rethink the way they're living and start eating more healthily?

Just the idea that our body processes approximately 30 to 40 tonnes of food before we die should be food for thought. It has now been scientifically proven that many diseases such as diabetes, atherosclerosis, and some cancers are the result of increasing malnutrition. It therefore makes sense, whatever disease you're concerned about, to make a change in your diet towards healthier choices. If possible, you should start growing your own garden, even if it's just a couple containers on a balcony or on the windowsill. Your appreciation of plants and the sources of your food will increase significantly.



Dr Erika Rokita, biologist & Multikraft Microorganisms Consultant
Promote Multikraft Microorganisms and support all LIFE! Their use brings the regulatory processes in different areas of life back on track and thus contributes to the healing of Mother Earth and all living beings. The use of Multikraft Microorganisms is invaluable both us and mother nature!

Quality food

weighs more than all the gold in the world



by Susanne Schütz and Anne Lorch

When shopping for groceries, it used to be the goal to make sure that the trolley was full for as little money as possible. Tight household budgets had to be stretched for lots of other needs, after all. But there are signals and trends coming from the ranks of consumers who are gradually showing a new appreciation for what's in their food. And that's what makes our present time so exciting.

Trends in the modern world

A study commissioned by the U.S. government showed that supermarkets and consumers alike throw away about 30 % of fresh food products and that farms let 25 % of their crops rot because they fail to meet the prescribed quality standards. This represents some \$1,600 in food costs going to waste in each household each year. One newspaper story entitled „Americans are tired of junk food“ has caused a stir. So-called „junk food“, consisting largely of „empty calories“ (sugars, fat, low nutrient fillers) costs just \$1.76 compared to nutritious calories (complex calories, proteins, vitamins, minerals, trace elements, i.e. organic foods) which cost \$11.05, over six times more.

So it is a bit surprising that consumers are willing to invest in higher-cost foods, but they are tired of getting fatter and sicker. Here's a telling story from America that shows where things are headed: Young consumers are rebelling against the cult worship of picture-perfect vegetables in the supermarket by embracing the weird and wonderful side of nature, with potatoes with long noses and bulbous eyes or carrots that look like a pair of intertwined legs. That's a trend being pushed by a couple of young entrepreneurs in Oakland, California: they pick up the „imperfect“ fruits and vegetables rejected by distribution centres and farms (mostly organic) and turn these into social media hits, with cheeky memes that avoid any of the moral judgement so often heaped on by other advocates. These shrewd entrepreneurs have been able to convince organic farmers to sell them the imperfects at half the price, which they then sell to their customers at 30 % less than the regular shops, all with free delivery to their front doors. And what they don't sell right away is contributed to homeless shelters. A win-win for everyone.

There are other unconventional ideas out there to get healthy food (mainly organic) to the people, with such inventions as salad vending machines in Chicago and food

trucks and tiny restaurants in San Francisco offering freshly-prepared, organic foods on the corner. America's millennials appreciate the diversity of organic foods more than the standard junk foods and are prepared to embrace wholesome foods despite the extra cost.

Similar trends are emerging in Europe, too, with growing resistance to the unnecessary practise of throwing away perfectly edible food. More and more farm shops are turning to direct marketing in addition to the delivering produce that meets standard size requirements to the wholesalers. Veggies that are too small are often popular with singles buying direct from the farm, while large families don't mind massive potatoes because they are cheaper. It's become chic to eat foods in season, grown locally, although this means that not every ingredient is available year-round and shopping and menu planning often requires more time than just a simple loading up of the trolley. But people are becoming more conscious of true nutritional values.

The garden as a treasure trove

Happy are they who have a garden and can grow their own fruit and veg, if for no other reason that you empty out your pocketbook less quickly, at least in summer. The work required is worth it if you follow organic principles and even more so if you add Multikraft Microorganisms to ensure that the vegetables come to your table with all of the vital plant substances, minerals, and vitamins intact. And, they taste simply wonderful. Health on a plate. And those who make these kinds of food the centre of their diet, can expect good check-ups with the doctor for years to come. And it is where the change begins in the way you think. You learn to give Mother Earth the credit for the fresh foods she delivers..

Susanne's Wealth of Experience

Autumn surprises us each year with its abundant harvests. It sometimes feels like you need six hands or 48-hour days to cope with everything. Fortunately, autumn vegetables are patient and ripen more slowly than the first lettuces of spring. And while they wait for you to pick them, they catch every ray of sunlight and store the energy that will soon nourish you.

What is a **queen of the garden bed**? It seems that every row of vegetable has that one plant that tries to outdo all the rest. The ancient Vedic farming method of *agnihotra* from India determined that all of the other vegetables follow this queen and try to imitate her beauty. If you take the queen first, the others left behind no longer have their leader to imitate, so they stop growing quite so fast. Why this is the case, no one really knows, but it seems to have been clear to us humans from ancient times. **Tip:** Give your queen a wooden stick (or label) as a sceptre so that you don't forget to leave it in place and allow its reign to continue.

Winter snow peas "Frieda Welten": Sowed in mid-October/early November and covered with a blanket of fleece or twigs over the winter. Because they have been in the ground all winter, they will no longer be seedlings come spring and won't need watering if spring turns out to be dry. Plant 3 seeds in 8

to 10 groups in a 60 cm (2 foot) diameter circle and insert a wooden stick in the centre once the plants grow taller than 30 cm (1 foot), because this variety grows to heights of 2 m (6.5 feet) and needs the support. It will deliver delicate peapods from mid-May to early July. It is also robust against pests and diseases.

Fruit cellaring: Clean the cellar and the shelves with an Multikraft Microorganism solution. Stack the fruit in two or a maximum of three layers. Place apples on the calyx (the opposite end of the stem) and pears on their sides so that air can flow freely.

Vegetables pickled in lactic acid: Delicious with such wintry dishes as raclette and beneficial for the digestive system, especially after exposure to antibiotics or chemotherapy. The metabolism caused by the lactic acid bacteria increases the phytochemicals and vitamin C in such products as sauerkraut.

Equipment maintenance: You no longer need to scrub them clean and grease them before storing for the winter. Just dip the metal parts into a vat of Multikraft Microorganism solution for three days. The dirt and rust are then easily rinsed off with a hose. The metal parts then remain spotless until spring. Once finished, apply the solution to your garden.



1. Queen of the bed: *Agnihotra* farming wisdom says to harvest the largest last | 2. Veg pickled in lactic acid are a particularly valuable source of nutrition come winter. | 3. Winter peas stand out with a long harvest period from mid-May to early July. | 4. Clean tools with Multikraft Microorganisms to prevent rust. | 5. Fruit cellaring: stored in a cool, dark place, with high humidity and at low temperatures, the fruit lasts much longer. | Left page, top: Good food is worth more than its weight in gold.

Little helpers in Italy

Bokashi inspires young & old



Skitty and his friends

Skitty is strong, quite clever, and has some pretty good friends in the world of Multikraft Microorganisms. They are the little helpers that we can't see with our eyes, but they can do a whole bunch of wonderful things, like turn kitchen scraps into delicious food for plants, also known as bokashi. These are lessons kids in Italy's nurseries and schools are learning with exciting projects and comic books that tell all about Multikraft Microorganisms. And they all really like it!

Skitty is a comic book hero. He tells stories about good and bad microbes and works with his friends, Multikraft Microorganisms Al, Fox, and Lot to show how much fun it is to make bokashi. The kids love collecting kitchen scraps, such as wilted lettuce leaves, old bread, and apple peels, putting them into the bokashi bucket, sprinkling it with an Multikraft Microorganisms active spray solution, and then waiting. The lid has to stay closed to keep air from entering, but many kids can barely keep themselves from taking a peek. In between, they drain off the liquid that accumulates in the bucket. This juice makes a great source of food (fertiliser) for plants. After two weeks, the bokashi's ready. The lid is lifted and the children are surprised by what they see: the kitchen scraps have been turned into plant food.



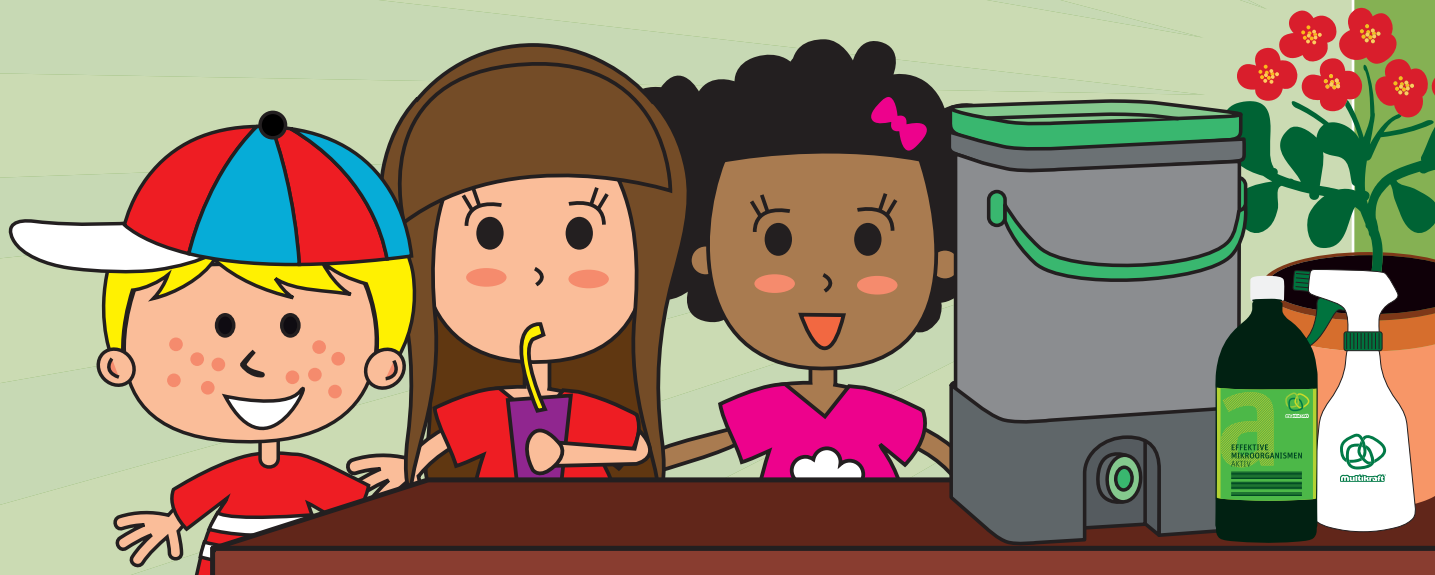
Micromondo: the magazine about Multikraft Microorganisms



Lots of great things

The children also like to draw comics. "We wanted a project where the children would join in and not just learn from books", says Chiara Contardi, who manages these projects for Multikraft partner BIO-NRG near Piacenza. There is also a DVD, games, stickers, and the "Micromondo" magazine with all sorts of interesting facts.

Even adults who have yet to be introduced to Multikraft Microorganisms like to browse through the materials and learn about all that these little helpers can do. Some kids even want mum or dad to read the stories of Skitty to them before they go to bed; that's how much they love him and his friends.



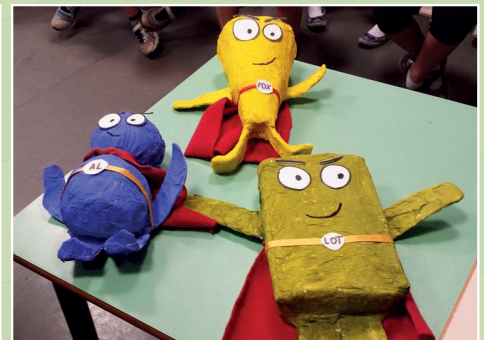
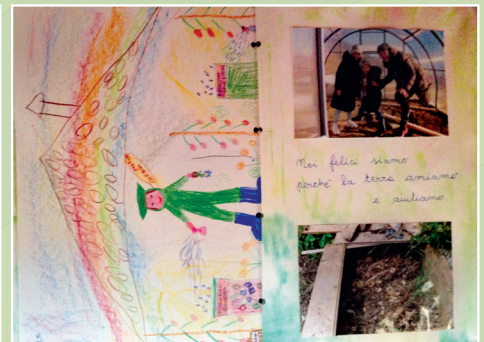
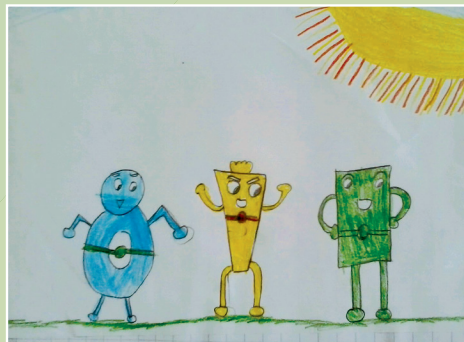


Bokashi goes to school

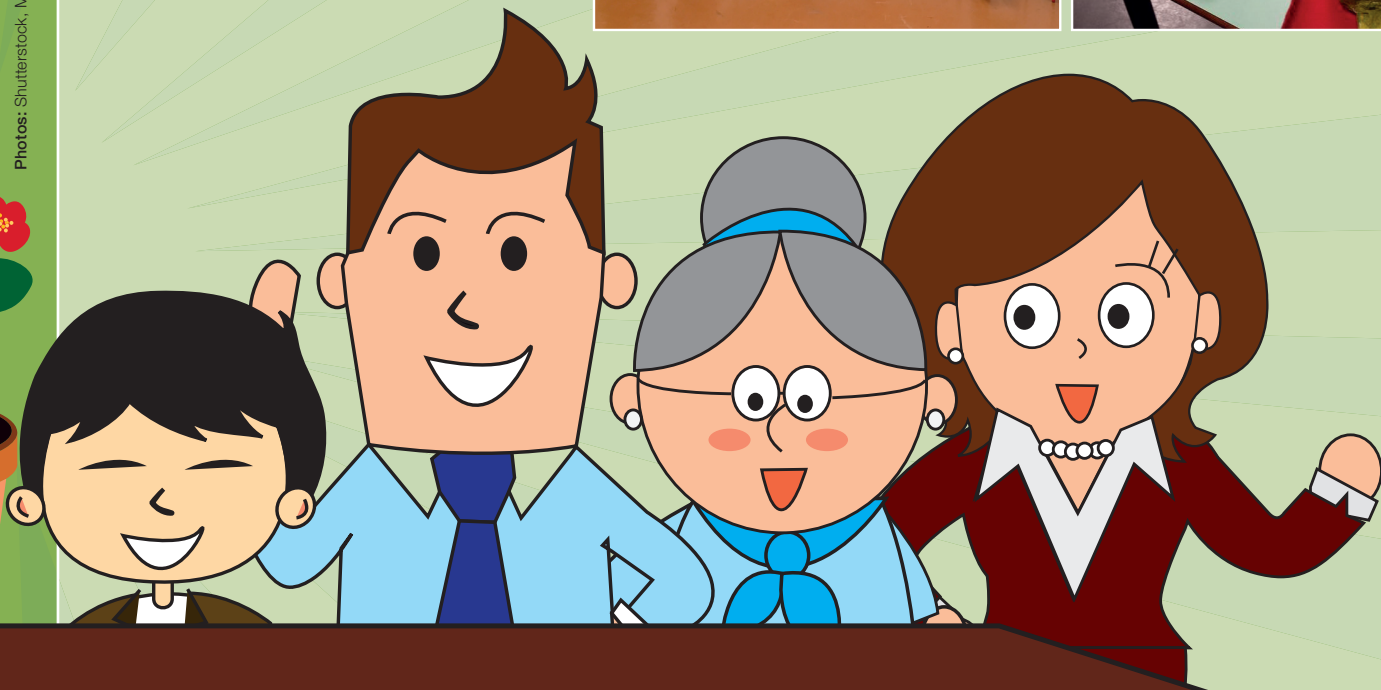
"We go started with two schools in Trento and Piacenza four years ago and provided the starter materials. Now we have four projects teachers can choose from", explains Chiara. CompostiAmo introduces kids to the world of microorganisms, microorganisms in the garden, and probiotic cleaners. Every year, the children present the lessons they have learned. These projects are always a success.

The projects are happening in 14 schools and more than 1,000 children from three to seventeen are participating. Even the youngest children love throwing waste into the bokashi bucket and harvesting the food for the plants. Some of our little researchers know that there's a good fairy inside that bucket which turns it into a magic potion for vegetables, herbs, flowers, and trees.

"We are surprised just how quickly the children apply their curiosity to these subjects. Children are our future. When they learn the importance of microorganisms and compost, they will become responsible adults that treat our environment well. We want the projects to create a solid basis for a sustainable future", Chiara explains, happy that the projects will continue to be offered in a number of schools for lots of children.



Photos: Shutterstock, Multikraft, Chiara Contardi



Achieving new heights

Pioneering pasture management



Johann Brugger & Friedl Geisler

Surrounded by impressive scenery at 1,631 m above sea level, the Krimmler Tauernhaus is a popular destination for families and a mountain refuge for hikers and outdoor enthusiasts. It welcomed travellers as an inn already in the late Middle Ages, run by one generation after the next for over 600 years. Friedl and Gundi Geisler still manage the highest, year-round farm in Hohe Tauern National Park.

Raising Tyrolean Grey cattle, the Geislars are trying to achieve a particularly finely-grained quality of meat. The Tyrolean Grey, which graze in the mountain pastures each summer, deliver excellent milk for the in-house dairy, which makes South Tyrolean-style grey cheese, butter, and yoghurt. The dining room decorated with frescoes by a Ladino muralist from the 19th century has been lovingly restored. There, the Geisler family continues to serve regional specialities, featuring dairy, meat, and produce from their own farm.

Initial situation

Two East Tyrolean hikers made their way to the inn about five years ago. At that time, the family and guests alike were suffering with a massive infestation of flies. The two holidaymakers shared the good advice they had been given by Johann Brugger, long-time Multikraft Microorganisms Consultant and retired agricultural school teacher from Matrei. He promotes the use of Multikraft Microorganisms technology to counter difficulties like these. In addition to the plague of flies, there had also been problems with the cattle's fertility. In addition, the fields were covered with buttercups, a sign of strong soil compaction. Buttercups contain substances that reduce the quality of the grasses, making

them indigestible for cattle and horses. In addition to the poor nutritional value, they are considerably less digestible than grass. After initial scepticism, the Geisler family is now convinced of the advice they received thanks to the positive results they have seen.

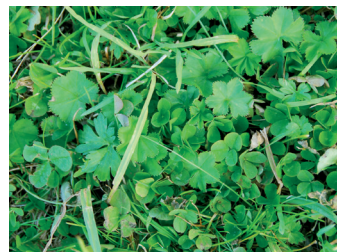
Remedy with Multikraft Microorganisms technology

Topdress (feed bokashi) is regularly used with cattle and pigs and FHE (Fermented Herbal Extract) is added to the feed. The barns are also sprayed down with FHE (Fermented Herbal Extract). BIO-LIT stone meal and charcoal meal are also added to the manure. These measures have eliminated the fly problem and unpleasant odours, with the overall climate in the barn tremendously better.

Healthy pastures

Another focus is the quality of the pastures. Bedrock sand (0–2 mm grain size) was added and sprayed with active Multikraft Microorganisms every spring. Fresh manure fermented with FHE (Fermented Herbal Extract), charcoal meal, and stone meal is also spread on the pastures. The result is a healthier soil with bacteria and earthworms and visibly better ground cover. The ground is covered with a thick carpet of grass and herbs with roots guaranteeing firm cohesion.

“In the first year we used Multikraft Microorganisms, we noticed when mowing that more green fodder had grown and that the grass once again had a number of valuable undergrasses. After three years of application, the buttercup was reduced by 2/3.”



Healthy soil and visibly better ground cover



The Geisler family's pastures are now in good condition and full of nutrients, something that can be noticed in comparison to neighbouring fields. Friedl and Gundi Geisler reduced the amount of silage and have increasingly returned to drying the hay. Only one cut and one grazing are done each year to protect the soil.

Vibrant livestock

It is also striking that the livestock are doing better, too. The health and the fertility levels of the pigs and cows has improved. They used to have five or six cows with three calves, but now they have eight cows and three calves. There is now enough fodder on the farm's own pastures to feed this many animals. It is also noteworthy that all of the cows on this farm still have their horns, which is no longer common practise, although the horns house a part of the animal's immune system, which means that cows with horns have a more stable immune system and better digestion. Topdress (feed bokashi) and FHE (Fermented Herbal Extract) in animal feed are the perfect supplement.

The use of Multikraft Microorganisms technology delivers good results that are tangible and promotes nature-orientated ways of thinking and acting. „We have gone back to our old, healthy roots and are now much closer to nature. Our sensitivity for the environment, animals, and agriculture has grown“, the Geislars say speaking of another significant change.

Prudent management

The family is just as concerned with the well-being of its guests as it is with environmentally conscious farming methods. „As farmers, we see ourselves as custodians of the countryside. Healthy pastures require prudent management to respond to climate change and ecological cycles.“ This is why they have remodelled the Krimmler Tauernhaus in such a way so as to minimise the impact on the surrounding landscape. The extension has been harmoniously integrated into the precious building fabric of the original house. Another dining and conference room, saunas, and an ice grotto help ensure memorably relaxing stays for guests who venture to these lofty heights.



Three generations in the parlour at Krimmler Tauernhaus



Just one mowing and one grazing each year: protecting the soil



The livestock is also healthier



FHE in France

Easy to use with positive results



Isabelle and Daniel Weber live in Trimbach, a small community in Alsace. Their farm has just over eighty hectares of arable land and pastures. The parents of three sons grow maize corn on fifty hectares, twenty hectares of wheat, and ten hectares of sugar beet. They also run a combined livestock farm, with room for 300 breeding sows and 1,100 porkers. In 2000, they had outsourced the breeding stable from the village and started with 150 sows. In 2001, they added the fattening operation, with 3½ rounds of porkers passing through each year. Due to laws requiring sows to be free range, they built them a separate barn in 2013. They plan to increase the porker capacity to 2,000 by 2017.

Feed mix

Also worth mentioning with regard to the development of the operation is the installation of a maize corn silo in 2004 and that the farm has grown its own feed since 2008. „We put the food together ourselves. We use high-quality wheat and maize from our own fields, and buy soy and minerals to add to it. These components are mixed, ground up, and then fed to the animals“, says

Daniel Weber, who has been added FHE (Fermented Herbal Extract) to the mix for about a year now. In the dry feed, we mix 7–10 litres FHE (Fermented Herbal Extract) to each tonne of feed for at least the first three months and then cut it to 5–7 litres. These dosages are recommended for both the sows and the porkers.

Lower porker losses

„The big advantage that I have seen after the first year with FHE (Fermented Herbal Extract) is that we have lost fewer porkers. Their digestion is better and they are healthier overall. This has been proved with drop in the average loss from 4 % to 1.5 %“, he notes with satisfaction. The operation uses about 12,000 litres FHE (Fermented Herbal Extract) each year.

Positive change in the manure

Another effect he has clearly noticed is in the manure runoff. „By adding FHE (Fermented Herbal Extract) to the feed, it passes into the manure and then into the fields. It's all one big, very important cycle.“ He has also noticed that the manure flows better and that the smell has reduced tremendously. The neighbours especially appreciate the latter development: „I had tried other products to reduce the smell. FHE (Fermented Herbal Extract) was the one that has been the biggest success.“



Cleaning barns with FHE

Based on these positive experiences, the Webers have also begun to use FHE (Fermented Herbal Extract) instead of chemical disinfectants to clean their barns. After each fattening cycle, the barns need to be thoroughly cleaned and disinfected before the next group arrives. Instead of disinfecting, the barn is sprayed with FHE (Fermented Herbal Extract) immediately after cleaning. „At first, I was doubtful that it would really work without disinfectant. But as far as I can see, it has worked flawlessly. It turns out that FHE (Fermented Herbal Extract) creates a good environment, a good indoor climate and I have therefore stopped using disinfectant. Unlike with chemical treatments, it does take a little for everything to react with Multikraft Microorganisms technology.“

Daniel Weber is already curious to see the long-term effects of using Multikraft Microorganisms technology on his breeding and fattening operations. After a year of using Multikraft Microorganisms, his wife and he are certainly very happy with the results that they have achieved so far. „The animals are healthy, the smell is reduced, and the work is so much more pleasant.“ So it makes sense that Isabelle and Daniel Weber will continue using Multikraft Microorganisms technology as they continue improving their breeding and fattening operations.



Sweet rewards

Economical use of Multikraft Microorganisms in conventional farming

Even from a distance, you can see the differences in the fields. On some, the foliage of the plants is denser and with a more intensive colour green. Many people in the area have noticed, too. Two farms in Lower Austria's wine-growing district report the results of using Multikraft Microorganism technology, both those that are highly visible and those that are not.

Elfriede and Otto Grünling run a 70 hectare farm in Hausleiten, growing sugar beets, wheat, barley, maize corn, onions, and potatoes. Elfriede Grünling learned about Multikraft Microorganisms from her mother: „I've been using Multikraft products in the vegetable garden for six years without any chemicals and I'm getting very good yields. I finally convinced my husband that we ought to try Multikraft products on the cropland, too.“

Less spraying

Since 2013, they have been spraying their sugar beets, potatoes, and onions with a mix of BB Foliar and BB Multical three or four times a growing season. „Last year, during the drought, many farmers lost their onions, while ours continue to grow nice and firm. They were also all the same size. The yield was very satisfactory,“ says Otto Grünling. Despite the drought, the Grünlings also had a good harvest from their sugar beets: „We sprayed the Multikraft Microorganisms mixture on the sugar beets three to four times, about 12 - to 14 days apart, which was enough to deliver a great harvest. Even as a conventional farming operation, Power Plant products have allowed us to cut down our chemical spraying and cut costs.“ Because they have had such success with Multikraft Microorganisms, Elfriede and Otto Grünling have decided to take the plunge next year and grow their sugar beets entirely without chemicals.

Similar results have been had at a farm in Unterrohrbach, about 20 km (12 miles) east of Hausleiten. „My brother Franz runs Harmer KG in Spillern. He has been working with Multikraft Microorganisms for over fif-



Elfriede Grünling has been using Multikraft Microorganisms in her vegetable garden for six years

teen years and has been wanting to convert me all this time," smiles Gerhard Reidinger, who runs a horse ranch with 39 horses and a farm with 83 hectares. He grows sugar beets, winter wheat, maize corn, oats, and field beans. He also uses twenty hectares on a rotating basis to grow hay.



Multikraft products instead of cercospora spraying

For three years, Reidinger has had remarkable experiences growing sugar beets with Multikraft Microorganisms technology: „In the first year, there were three sugar beet fields side by side. Mine was in the middle. The fields to the left and right were sprayed with fungicides to prevent blight. I decided to dare it and not spray mine with cercospora against leaf spot disease.“ He saw how his beets remained robust without any reductions in the harvest. He has since decided to forego spraying with cercospora and instead does his spraying against weeds with an Multikraft Microorganisms mixture of three litres BB Foliar and three kg BB Multical to 300 litres of water. He then repeats this treatment a fortnight later. He then does a round spraying without the weedkillers and only uses Multikraft products. „That’s all and it’s delivered the desired result. The sugar beets are healthy and survive droughts more easily. And I save money compared to spraying with cercospora,“ Gerhard Reidinger notes with satisfaction.

Impeccable harvests

Last year, Reidinger made a mistake on the spray setting on his new tractor and accidentally discharged only 0.7 litres of weed killer instead of the usual 1.2. Despite the reduced amount of weedkiller, the beets remained weed-free. „The mistake actually became a positive. It works so well with Multikraft Microorganisms that I will continue to use less herbicides. The sugar beets are impeccable. The sugar content for the past three years has been 17–19 %, at the top of the pack. Fertilising with manure is important for such a high sugar content and I can well imagine that Mul-

tikraft Microorganisms are also having an additional positive impact.“ Recently, Gerhard Reidinger sprayed the freshly sowed sugar beet with BB Soil and is seeing improved plant germination. „Without the Multikraft Microorganisms, the beets were smaller and with less foliage.“ The Plant Power products have also resulted in more intense chlorophyll in the leaves. After these successes, Mr Reidinger has begun spraying his maize corn three times with Multikraft Microorganisms: „The maize plants also have a much richer colour and the yields are right, too.“ Gerhard Reidinger decided he was onto something and so he also sprayed his winter wheat with Multikraft Microorganisms for the first time in 2016.

Multikraft microorganisms and thatch decomposition

Elfriede and Otto Grünling also report robust, vigorous sugar beet plants; in fact, all of the plants they have treated with Multikraft Microorganisms are thriving. Because of their success, they have continued to expand the use of Multikraft Microorganisms. Wherever wheat was harvested, they are spraying 30 litre BB Soil (Effective Microorganisms Active) per 300 litres of water over the thatch. They then plough it under the soil. „The thatch is rotting much better. This creates humus and gets the fields ready for next year’s planting of sugar beets, corn, onions, and potatoes“, says Otto Grünling, to which Elfriede adds: „When I look at our fields, I know exactly that there is life in that soil. We really appreciate being able to reduce our use of chemicals thanks to the Multikraft Microorganisms technology. It makes for a better work environment, too. Multikraft Microorganisms has been a great success every year, both with all of our crops and in our vegetable garden.“



After great successes in the vegetable garden, Elfriede Grünling convinced her husband and her son to use Multikraft Microorganisms technology on their crops

Masters of their craft

A look at the Loidl nursery plus some practical tips



The Loidl Brothers, Peter and Thomas with their families

Nursery Loidl has been a family-run nursery in Kaindorf in Eastern Styria since 1965. Ignaz Loidl started by raising fruit trees. His two sons Peter and Thomas Loidl are now masters of their trade and lead an operation that has grown steadily over the decades, now around 70 employees, making it a major employer in the region. The operation grows all sorts of nursery plants on its 60 hectare farm and regularly uses Multikraft Microorganisms. The business and the plants are both flourishing splendidly.

Especially in the main season, the Loidl brothers have a lot going on, getting up early in the mornings and finishing their days late in the evening. Their work is worthwhile, as shown by the silver medal as „Best Nursery in Styria“ and winning the Styrian coat of arms in 2013. In addition, the family was awarded the designation of „Quality Austrian Nursery“. This ensures customers that the plants offered meet the quality requirements of the Austrian nurseries association: such as planting distances, optimal transplanting conditions, and the latest pruning and plant care methods.



The staff ensure optimal care according to Austrian quality criteria

Massive variety

„We cultivate a massive selection of products, from ground cover to large trees, all grown here on-site. These include 250 old and new varieties of fruit and more than 130 tree species. We also grow table grapes and more than 300 varieties of roses. We set up our greenhouse for them back in 2008“, says Peter Loidl about the operation, which also opened a retail outlet in 2010.



The 60 hectare site produces a wide range of nursery plants

The climate of eastern Styria and the healthy soil are ideal for the growth of a variety of fruit trees and berry bushes. The fruit trees include more than 50 varieties of apples and 20 of pears. Also popular are the many varieties of cherry, apricot, peach, nectarine, and damson trees. The range also includes figs, greengage, hazelnut, cranberry, grapes, and also wild fruit species such as sea buckthorn, juniper berry, and honey berries, blackthorn, elderberry, rowan, and every species of berry from blackberry to cranberry. Flower spikes, hedges, container and bedding plants, deciduous and coniferous trees all feature in the products of this full-service nursery, which is an important Multikraft partner.



Use of Multikraft Microorganisms

For five years, the operation has been using Multikraft Microorganisms to make its plants more robust. „Only through their regular use the positive properties of the plants can develop fully“, the Loidl brothers say with conviction. „We spray the majority of our plants once a week with a mixture of Effective Microorganisms Active and MK 5 and additional components. The use of Multikraft products is rewarded with healthier plant growth. The plant’s own defences are strengthened. Plus, it’s just great not having to mess around with toxic chemicals, but instead to work with natural products.“ The brothers truly appreciate the quality of Multikraft products.



The new retail centre opened in 2010

Practical tips for buying trees

Peter and Thomas Loidl have a couple of tips to help you determine the quality of trees before buying them. A distinction needs to be made between external and internal quality.

For external quality, the following criteria apply: „The ball should be firm and compact and not hang like a limp sack at the roots. The trunk should not have any major injuries to the bark. Do not buy plants that do not have balanced

growth on both sides. Make sure that the trees are transplanted every 3–4 years. Regular transplanting is the only way to ensure that it will continue to grow correctly“, Peter Loidl says, adding: „It’s much more difficult to assess the internal quality of a plant. It depends on environmentally friendly cultivation here in our nursery and the correct handling of the product commercially. But, you can make certain assumptions about the internal quality of a plant by looking at external criteria. Well-cultivated plants have solid wood and smooth, firm shoots. Drought damage can be seen when the bark has wrinkled. Intact roots are not glassy and are white after scraping with a fingernail.“

With numerous gardening tips, the Loidl brothers continually offer the latest information about gardening. With their years of experience, they have a trained eye for their plants and trees. They are, quite simply, masters of their craft. And what inspires them about their work? Where do they see the beauty in it? „It is a real joy to see our natural products which we have were raised with love go home to our customers.“



Loading solitaire trees for delivery



Well-equipped

Successful changes in professional horticulture



Norbert and Andrea Gall opened a florist's shop in Markt Allhau in Southern Burgenland in 1984. Over the years, the family operation has grown with larger investments being made in a healthy rhythm. 1994 saw the first major expansion with the addition of greenhouses and entry onto the wholesale market. „We deliver consistently high quality. We expanded again in 2004 to meet increased demand and then doubled our operation again in 2014. We now operate 20,000 m² of greenhouse space“, says Andreas Gall, who has been managing the production side of the business for the past couple of years whilst his father Norbert focuses on the trade side.

Production for wholesale

The company has become a conventional supplier of seasonal plants. The range of bedding and container plants runs from early spring classics such as primroses and anemones, daffodils and tulips to the typical signs of early summer like begonias, geraniums, and petunias. „Recent years have seen growth in the demand for planters. So, starting in June, we put together colourful containers for gardens, terraces, and balconies and offer them as ready-made landscape decoration. They are easy to take care of and customers don't necessarily need a green thumb. These also include our small-stature tomatoes that we sell already bearing fruit. We've picked up on the trend of the younger generations and began to expand to include vegetables and herbs, which now account for around 40 % of our product range“, says Andreas Gall. In autumn, the focus turns to such classics as chrysanthemums and asters, while the floristry side of the business takes over in winter with arrangements for All Saints and Christmas. The florist's shop, by the way, is still running strong, specialising in floral arrangements and interior decorations.

Close to nature

Andreas Gall has introduced a number of changes to the production side of the business by switching to natural processes such as Multikraft Microorganisms: „I think that the use of chemicals is going to drop significantly in the next few years, especially as new regulations take effect. The guidelines for wholesale plant companies are becoming more stringent and we want to be well prepared for them“, he says, noting that he was already concerned about ecological issues since his days at school and university. He studied at Vienna's horticulture school and then landscape architecture at the University for Agricultural Sciences. After his return to Southern Burgenland, Andreas Gall caused an uproar among the region's gardeners with a presentation about Multikraft Microorganisms. Shortly thereafter, he met Michael Höller at a Multikraft gardening conference, who shared his positive experiences using Multikraft products in his plant nursery in Großweikersdorf. „That got the ball rolling and in 2015 we decided to start using Multikraft products, too.“



Andrea Gall founded the company in 1984 with her husband Norbert



Seedlings are given a "welcome package" of Multikraft Microorganisms

At first, they wondered how to apply Multikraft Microorganisms: spraying 20,000 m² of seedlings by hand represented an extensive commitment of manpower that they did not have. So they invested in two misting machines that would apply the Multikraft products at night, after the workers had gone home for the day. All fifteen greenhouses were treated with Multikraft Microorganisms on a weekly basis. A mixture of BB Soil, Terrafert Foliar, and MK 5 was sprayed on all of the plants, varying the concentration based on each plant's particular stage of growth.

Positive results

A number of positive changes have been noticed since the start of using Multikraft Microorganisms. There has been a drastic reduction in fungicides by 70 to 80 %. Instead of conventional disinfectants, the greenhouses

are now cleaned with a solution of 10% BB Soil and 90 % water. These results have also been very satisfactory. „We've put together a 'welcome snack package' for our seedlings, consisting of BB Soil, Terrafert Foliar, and MK 5. Seedlings are treated with that upon arrival at the nursery and are now much more robust. Overall, all of our plants are much stronger and healthier. When you go into a greenhouse after it was sprayed the night before with Multikraft products, it's like everything's had a breath of fresh air. That's a subjective perception that actually proves itself in the health and vitality of our plants“, says Andreas Gall, adding, „We also find that some of our plants are blooming more quickly. Knowing this is helpful for gardeners and we use it to target our sales. I now have the impression that the use of Multikraft Microorganisms has made a tremendous contribution to our business“, concludes Andreas Gall, who is planning to add other Multikraft Microorganisms applications based on the success he's enjoyed to date.



Norbert Gall (Managing Director, Sales), Gyula Kovacs (Head Gardener), Andreas Gall (Managing Director, Production)

An acquired taste

Italian dentists recommend bioemsan toothpaste

We all know how wonderful it is to see a friendly smile. A genuine smile arouses sympathy. And a good smile means showing your teeth. Teeth that have been well-cared for, healthy gums, and fresh breath: that's what bioemsan toothpaste offers. It contains valuable plant substances combined with the latest Multikraft Microorganisms technology. Ratanhia roots, peppermint, spearmint, and chamomile provide a minty freshness that leaves you feeling great. Neem rind has antiseptic properties and improves circulation. The abrasives in both toothpastes preserve your tooth enamel whilst delivering good cleaning action. Their base pH promotes healthy oral flora. These and many other advantages have also won over dentists in Italy.

BIO-NRG, a Piacenza-based Multikraft partner, organised an event for dentists from its region for the first time in 2013. They were already familiar with Multikraft Microorganisms and so they were highly interested in learning more about bioemsan toothpastes. The response was very positive, as reported by Chiara Contardi of BIO-NRG: „From then on, everything went very well and the following year, a dentist invited us to the National Dental Conference in Rome, where we were able to present bioemsan toothpaste to a wider audience.“

Dental Conference

The Italian Dental Association holds a two-day conference every year with lectures and discussions on various issues of interest to dentists. Some forty dentists attended the conference and listened with great interest to the presentation on bioemsan given by their colleague Dr Gerhard Schneider of Bremen, who told the audience about how the components in the toothpastes and Multikraft Microorganisms technology work together.



„What was interesting is that the dental association is made up of dentists who follow conventional methods, but who are open to holistic medicine and also Multikraft microorganisms“, says Chiara Contardi. These conferences gave

many dentists a taste for the product: they now use bioemsan toothpastes and other Multikraft products such as the Effective Microorganisms Ceramic Powder and Effective Microorganisms Ceramic Pipes in their practises.

Piacenza



Dentist Dr Marina Torsello was one of those who learned about Multikraft Microorganisms at the conference 2013. In her practice, she has been using Multikraft products for three years and especially appreciates how easy they are to handle.

„We recommend bioemsan toothpaste to our patients. Their regular use provides a much better oral flora without needing to apply additional chemicals aids during teeth cleaning. I also add Effective Microorganisms Ceramic Powder to my dental cement to neutralise its toxicity. We add Effective Microorganisms Ceramic Pipes to the water we use to clean our instruments.“ bioemsan toothpastes restore the balance to the mouth's bacteria, promote cell regeneration, and also have a positive effect on inflammatory processes. That way there's nothing more standing in the way of a winning smile. Field-tested and recommended by dentists, bioemsan toothpastes are being embraced by more and more people, as Chiara Contardi notes: „The experiences are very positive. We are pleased that the interest in Multikraft Microorganisms continues to grow.“



organic
mediterranean
seasonal



bioemsan toothpastes

- protects enamel
- base pH for healthy oral flora
- cell regenerating effect

A taste of Italy, made at home



Bruschetta al pomodoro

4 large slices of ciabatta or baguette | 1 clove of garlic | a bit of extra virgin olive oil | 4 fruity organic tomatoes | 1 tablespoon basil, cut into strips | manju sea salt | freshly ground pepper

Grill or toast the bread until crispy. Then rub both sides of each slice with cut edge of a halved clove of garlic and drizzle with a little olive oil. Cut the tomatoes into cubes and mix with the basil. Season with the salt and pepper and spread on the bread slices.

Spaghetti Carbonara

300 g spaghetti | 2 fresh eggs | 2 fresh egg yolks | 60 g parmesan grated | 2 tablespoons extra virgin olive oil | 1 tablespoon butter | 2 cloves of garlic | 200 g pancetta or pork bacon, cut into lardons (thin slices) | manju sea salt | pepper | parmesan for serving

Cook the pasta in a large pot of boiling salted water until al dente. Meanwhile mix the eggs, egg yolks, and parmesan in a bowl and season lightly. Heat olive oil and butter in a pan. Press the garlic with the blade of the knife and fry in the oil together with the pancetta (bacon) over medium heat until the bacon crispy. Remove the garlic when it turns golden brown.

Drain the pasta and add to the frying pan. Remove from the heat. Stir in the egg mixture. Serve immediately with parmesan.

Panna Cotta

450 ml double cream (fat content 40 %) | 2 tablespoons fine organic cane sugar | vanilla pod | 3 sheets of organic gelatin or ½ tablespoon (2 g) agar agar | 250 g fresh seasonal berries

Add cream and sugar to a pot and warm slowly over low heat. Stirring until the sugar has dissolved. Bring to a boil, then slit the vanilla pod and add to the liquid for 3 minutes. Then remove the vanilla pod.

Soften the organic gelatin in cold water until elastic. Squeeze to remove excess water. Then stir into the hot cream until the gelatin has completely dissolved. Or sprinkle the agar agar evenly over the hot cream and let soak for a minute, then stir until dissolved. Pour the cream mixture into four dariole moulds (12 ml capacity). Covered with cling film and chill in the refrigerator for at least four hours until set.

Dip a tea towel in hot water. Wrap around each mould to heat it up slightly and then turn out onto a serving dish. Serve with fresh berries.



Full of confidence & good things with manju



Ingrid Glöckl, 74, was a dedicated Multikraft Microorganisms consultant at Multikraft for many years. She lives in Micheldorf, Austria, where she still tends her beautiful garden with a positive outlook on life after recovering from cancer.

How did you first learn about Multikraft Microorganisms and Manju?

I read about Multikraft and was immediately interested in its products. Since I suffered from strong migraines when I was younger, I was always looking for alternative options. I then visited Multikraft with the Hildegard Circle, a group devoted to sharing experiences using the natural medicine of Hildegard von Bingen. That's where I learned more about Multikraft Microorganisms and Manju and, after a few courses, became an Multikraft Microorganisms consultant in 2003.

What excites you about Manju?

I take a capful, about 10 ml, of Manju every day, because it strengthens the immune system. It has a neutral smell and taste and can be taken with any juice or tea. You can also steadily increase the dosage. When I feel a cold or flu coming on, I take a larger dose until I feel well again.

You were diagnosed with cancer last year. In what way did you use Manju to support your medical treatment?

It had been twenty years since I had seen a doctor because my health had been so good, but I spent all of 2015 fighting colds and coughs and always having to take breaks when out for a walk because I was out of breath. The blood tests they did showed that I had very poor vitamin and trace element levels. My doctor, a well-known holistic physician in Kirchdorf,

helped to restore balance to my blood levels. Nevertheless, I received a diagnosis of colon cancer on Christmas Eve after having had a colonoscopy. At first, I was devastated and very disappointed because I have always lived a very healthy life, but I immediately responded by increasing my Manju to 50 ml a day to strengthen my immune system. I also did a colon cleanse following Hildegard's pear honey cure.

What results did you see and how is your health now?

The operation went very well and the wound has healed nicely. Since then, I have had no further problems and the follow-up has confirmed a complete recovery. My iron levels and other blood counts are good, I'm no longer coughing or getting out of breath, and I feel stronger. A few weeks after the operation, I cut the Manju back to 30 ml and then 20 ml, finally returning to my usual 10 ml a day in May 2016.

Why do you count on Manju?

I was the talk of the hospital because everything went so smoothly and the wound healed so nicely. I attribute this to the Manju, which strengthens the entire body. Of course, it also takes an optimistic attitude to draw strength and confidence from. Now, after beating my cancer, I appreciate being healthy that much more and rely on Manju because it still does so much for me.

Manju for a healthy life



Ronald Lengyel lives in Traun and works in Linz as an independent consultant and coach. He offers individual consultations, lectures and training on topics such as resilience, high sensitivity, grounding, and quantum intelligence. Lengyel calls resilience that strength which allows you bounce back after being knocked down to the ground. In early 2015, he especially needed this strength and he turned to Manju to help.

After being diagnosed with diverticulitis, a disease in the walls of the intestine, what happened?

I had so much pain that I could only go in slow motion and barely move. I did not feel well at all for two weeks: I could only eat soup and I lost a lot of weight. As a self-employed person, being unable to work is especially bad news and I needed to get back on my feet as soon as possible.

What did you turn to?

For me it was important to look at it holistically, especially with how stress and diet interact. Being grounded is a very important issue for me and, with an appropriate amount of sleep, my body can regenerate from all the electrosmog. Quantum intelligence also helps to reduce my physical reactions to stress. It was during my illness that I learned about Manju and Multi Impuls.

How do you take Manju and Multi Impuls? What changes have you noticed?

When the diverticulitis was still acute, I started with 10 ml Manju, increasing the dose and eventually taking 30 ml for an entire week. I also took a tablespoon of Multi Impuls before every meal: this fermented organic whey drink supports intestinal flora. Its ingredients include whey from sheep's and goat's milk and a nutrient solution based on grain, lemon, and chamomile. The stomach cramps were quickly reduced and the stool became normal. Manju and Multi Impuls made a significant contribution to my being able to eat normally again and to my health.



You see resilience also as being connected to the power of nature. Each drop of Manju is full of natural ingredients and specially fermented microorganisms, in other words all the power of nature. You still take Manju on a regular basis. Why?

I take 10 to 15 ml every morning. I simply feel better when I do. I see Manju as protecting my health and preventing further problems. It gives me a certain security while eating the fermentation will protect my gut. Understanding my intestine as our body's "second brain" has really changed my entire perspective on the way I live. In general, I am conscious in my choices, I pay attention to what I eat, treat myself to a break, and look forward to the little things. As a self-employed individual, this is my most important asset.



eMC® CLEANER

Probiotic • Ecological • Compatible with foodstuffs



ADVANTAGES



Probiotic

eMC® cleaners promote positive bacteria, which provide natural protection for our skin and our living environment. Pathogens have no way to survive because the Multikraft Microorganisms dominate their micro-climate.



"Compatible with foodstuffs"

Compared with conventional cleaners, eMC® cleaners offer significant advantages in controlling microbiological contamination and are especially advantageous when used in food preparation settings.*
**Excerpt from a report prepared by Professor Dr Werner Pfannhauser*



Health

The natural ingredients and positive microorganisms make the products particularly risk-free and gentle on the skin, working against irritation and skin allergies.



Ecologically friendly & saves water, too

eMC® cleaners are the natural alternative to chemical cleaning agents. They also continue to do their magic in pipes long after application and conserve water use.



Quality

eMC® cleaners are manufactured in a multi-stage quality process at the company's location in Pichl, Austria.