



Christof Plothe

D.O., B.Sc., (OST), HONS, MRO, DPO, HP

I did my preclinical studies at Medical school in Mainz Germany and then entered Osteopathy, which I studied at the University of Wales in Kent, England. As an independent osteopath I worked several very fulfilling years in Ireland and had a work experiences in the USA and Spain. I am author and co-author of several books, writer of articles, lecturer in the Master program of a pediatric osteopathy school and lecturer at national and international congresses. As co-founder of a clinic project in Brazil I founded with leading international environmental physicians and researchers an academy. Through books and lectures, we try to achieve an integration of natural medicine, environmental medicine, holistic dentistry and conventional medicine on the basis of scientific research.

My personal focus is on research, treatment and teaching focusing on the importance of pregnancy, birth and early childhood phases to the mental and physical health of the individual.

Publications

ARTICLE:

- DO – German Journal of Osteopathy Issue 04/2003 "Osteopathic accompaniment during pregnancy"
- DO – German Journal of Osteopathy 03/2006 Edition "Tinnitus"
- DO – German Journal of Osteopathy Issue 01/2010 "The Perinatal Application of Synthetic Oxytocin and its Possible Influence on the Human"
- DO – German Journal of Osteopathy Issue 01/2010 "Osteopathic examination of the scar treatment"
- APPPAH Journal Vol.25/2010 "Psyche and Etiology of Autism"
- Journal of Neurobiology, Issue 01/2010 "Oxytocin and Autism"
- Issue 05/2009 Midwives Info magazine "The perinatal administration of oxytocin and their possible consequences on the psyche"

BOOKS:

- "Children Osteopathy: Gentle Touch in the first years of life" Christof Plothe and Torsten Liem, released on 15.05.2009
- ISPPM, Vol. 21/2009 Post: "The perinatal administration of oxytocin and their possible consequences on the psyche"
- "Osteopathy in gynecology", published 15.02.2010 Post: "labor promotion and their psychological effects on mother and child"
- „Elements of health 2011“, published 07.11.2011 Open Mind Academy
- "Osteopathic treatment of children", issued on 08.02.2012:
 - a) "Neuroanatomical findings of cerebellar development and their relevance for the treatment of developmental disorders"
 - b) "The osteopathic treatment of the cerebellum in dyslexia"
 - c) "Osteopathic accompaniment of orthopedic treatments"
- "Elements of Health 2012", published 20.11.2012 Open Mind Academy

DVD:

- Open Mind Academy 2011 see books
- Open Mind Academy 2012 see books
- 9. Stuttgart Vaccine-Symposium 2013, Germany

TV:

- 15.03.2013 : ZDF magazine "Volle Kanne", short film from the practice of Osteopathy, Christof Plothe : "Osteopathy for Babies – Healing with gentle pressure"

MOVIES:

- 27.06.2013, Interview with C. Plothe for a Documentary: movie-portal for independent Vaccine information: "We do not vaccinate"

RADIO:

- 05.07.2013
- 21.06.2013 PRN.FM (Progressive Radio Network), New York

LECTURES (EXAMPLES):

- 22. – 25.11.2007 OSD Congress Berlin "Children Osteopathy prenatal psychology medicine" Lecture: "The impact blow-inhibiting and -promoting drugs on children – their drainage and osteopathic approach" Workshop: "treatment of obstetric complications"
- 20. – 23.11.2008 OSD Congress, "body/mind – feel, think, treat" Lecture: "palpation of the cell" Workshop: "palpation of the cell" and "Diagnosis and treatment of cerebral arteries with the osteopathic concept of Mechanical Link"
- 10.12.2008 "Women's Health Days," Women's Center, Alzey Theme: "From head to pelvis – If uterine tension creates headaches"
- 17. – 19.11.2010 Seminar "Autism and the latest information on the healing of developmentally challenged children", INK (Institute of Neurobiology) Berlin Theme: "The connection between vaccinations and the gift of birth hormone oxytocin with later heavy metal pollution and problems in the detoxification"
- 08. + 09.04.2011 BDL (Professional Association of German Lactation advisors) Seminar Theme: "The perinatal administration of oxytocin and their possible consequences on the psyche of the people"

- 30.04. + 01.05.2011 Turtle Lodge, speech before U.S. and Canadian Indian chiefs, Seattle, U.S. discussion on "water"
- 22.05.2011: "Scientific Culture. Congress pregnancy, birth, childhood, siblings – the roots of our future", Kaiserslautern. Theme: "The traces of our birth – why not do it does not matter how we come into the world"
- 21. – 23.10.2011: ISPP – Conference "Roots of Life – The prenatal psychology in the context of science, medicine, obstetrics and pastoral care, Topic: "Why does not it does not matter how we come into the world. Biomechanical aspects of the body through the birth process – biochemical consequences of the birth"
- 08. – 09.11.2011: Congress "A new Spirit of Health" – healing on all three levels Theme: "The levels of healing" (08.11.2011)
- 18.11.2011 APPPAH – Conference, „Why does Birth Matter? Biochemical and Psychological Impacts“
- 02. – 03.03.2012 Holisticum Monacensis, Munich "The enemy in my mouth – Dental measures and systemic health: Risk & Reward" Theme: "The skull Respiration – an unappreciated regulatory and healing obstacle" (02.03.2012)
- 12. – 14.04.2012 Meeting midwife – Rethinking St. Virgil, Salzburg "Why not, it does not matter how we come into the world. Lifetime consequences on our HPA axis and the Oxytocin balance by birth circumstances"
- 17. + 18.11.2012: Open Mind Academy Health Forum for patients and therapists, Constance Theme: "Healthy Pregnancy and Childhood: The foundation for a healthy life" (17.11.2012)
- 16.03.2013 – 18 Minden midwives conversation "The perinatal administration of oxytocin and their possible consequences on the human psyche"
- 07. + 08.09.2013 Naturopaths Congress of Bad Kreuznach "Why not, it does not matter how we come into the world. Lifetime psychological and physiological imprints by our birth. A design for the prophylaxis and therapy"
- 21. + 22.09.2013: Open Mind Academy – Avoid Cancer Congress – cure cancer, Tullin "The importance of electromagnetic and sleep in prevention and therapy of cancer"
- 27. – 29.09.2013: Stuttgart Impfsymposium "The biochemical effect of additives – Their impact on the organism and the therapeutic options for Recovery"
- 17. – 20.11.2013 ISPPM Congress "Caesarean section Stolpen," Topic: "Lessons from the treatment of cesarean consequences of mother and child and the resulting conclusions of the procedure" (20.10.2013)

TEACHING:

- 21.09.2008: Master study program of the OSD Hamburg: "Orthopedics and temporomandibular joint: The Classical and osteopathic approach" (2nd year)
- 10.01.2009: Master's degree program of the OSD Hamburg: "General Introduction to pediatric medicine and osteopathy" (1st year of training)
- 2011: Master's degree program of the OSD Hamburg, Seminar "Pregnancy and birth: the osteopathic and medical way" and "The newborn: medical and osteopathic insights"
- 22.04.2013: Master study program of the OSD Hamburg, Seminar: "The newborn: medical and osteopathic insights"
- 26.11.2010 Milan, Italy Pediatrics Course "Introduction to Osteopathy in the pediatric field"

OWN COURSES BY CHRISTOF PLOTHE:

- 20. + 21.06.2009 : Hotel Berg, Dannenfels: "Children's osteopathy, treatment of the newborn"
- 20.02. – 21.02.2010: Venue: Park Hotel Schiller grove Kirchheimbolanden "treatment levels of crybabies"
- 22. + 23.09.2013, Wendelsheim, Rheinhessen course on foundations of "Biophysical Osteopathy"

TRAININGS:

- Poster: 26. – 28.02.2010 Mid Atlantic Conference on birth and Primal Health Research, Las Palmas, Gran Canaria On "The frequent use of Synthetic Oxytocin in Obstetrics : The Pediatric Osteopaths Point of View"