

Insights into Selected Presentations at the Online Vitalfeld-Kongress 2026

„Digital Overload“

Mechthild Rex-Najuch, Naturopathic Practitioner

Digital overstimulation strains attention, self-regulation, and the autonomic nervous system. This presentation explores how digital stimuli affect stress and regeneration, and which neurobiological processes enable recovery. With simple strategies and supportive VitalfeldTechnology, digital strain can be effectively reduced and genuine recovery promoted.

“Rethinking Regeneration – A Fascinating Journey Through Real Case Studies”

Colette Sutter-Salvisberg, Naturopathic Practitioner

Regeneration that truly works. Through compelling case studies, Colette Sutter-Salvisberg demonstrates how regeneration can be understood holistically, strengthened in a targeted way, and applied individually. VitalfeldTechnology is presented as a versatile tool – including clear guidance on progress monitoring and practical implementation.

“Regeneration: An Underestimated Component of Dentistry”

Dr. med. dent. Nicole Lenz, Dentist

Regeneration is the key to sustainable oral health – far beyond treatment alone. The focus lies on the body’s ability to regulate and renew itself. Dentist Dr. Nicole Lenz explains why long-term health depends largely on this capacity for self-regulation. Understanding and supporting regeneration creates the foundation for lasting health and balance in the body.

„Effortlessly Toward Holistic Regeneration with VitalfeldTechnology – Metabolism, Energy, Balance, and Well-Being in Harmony”

Dr. med. vet. Hans Stadelmann

Hans Stadelmann demonstrates how holistic regeneration can be specifically supported as a dynamic, multi-stage process. The focus is on identifying imbalances using Global Diagnostics as the starting point for individualized regeneration. Systems such as Mito and DigiSoft deliver targeted impulses to support energy metabolism as well as intra- and extracellular processes, with the aim of stabilizing bodily functions and sustainably promoting natural regeneration. He not only speaks from his perspective as a veterinarian, but also highlights broader parallels: his insights are widely applicable – both in measurement and in supporting regenerative processes.

“The Regenerative Power of Living Water – Between Biophysics and Frequency Medicine”

Elke Freier, Naturopathic Practitioner – St. Leonhards Academy

Water is far more than a chemical substance – it is regarded as a carrier of energy, frequency, and information, and plays a central role in regulation and regeneration. Living water influences cellular communication, metabolism, and energetic processes within the organism. This lecture combines current findings from water research, biophysics, and frequency medicine with practical applications, opening fascinating new perspectives on water as a fundamental regulatory medium.

“Zombie Cells as an Obstacle to Regeneration”

Christina Kanzler-Prägert, Physician

Zombie cells are considered a possible key factor in chronic stress conditions and impaired regeneration. In this insightful interview, Christina Kanzler-Prägert and Olaf Günter discuss their experiences with senescent cellular processes. The discussion highlights possible effects on regeneration, energy, and self-regulation, as well as practical approaches to therapeutic support. The interview offers an exciting insight into a highly relevant topic in modern regenerative medicine.

“Physical and Medical Effects of the Vitalfeld Chip Under Scientific Review”

An exciting discussion between Dr. Jürgen Hörhan and Olaf Günter (Vitalfeld Research & Development)

This engaging discussion explores scientific findings related to the Vitalfeld Chip. Dr. Jürgen Hörhan and Olaf Günter talk about the development and background of a current study, as well as observations and experiences gained during the research process. The focus is on possible connections with regeneration and biophysical processes – complemented by a fascinating behind-the-scenes look into modern Vitalfeld research.

“New Research Findings: Modulation of Regenerative Signaling Pathways Through VitalfeldTechnology – In Vitro Study on Human Stem Cells”

PD Dr. med. Daniel Rittirsch

PD Dr. med. Daniel Rittirsch presents current findings on the effects of VitalfeldTechnology on regenerative processes in human stem cells. The focus is on the analysis of intracellular signaling pathways and transcriptome analyses to identify relevant molecular mechanisms. The aim is to systematically investigate and scientifically validate effects on regeneration and cellular function. This lecture offers exciting insights into modern research approaches at the intersection of regenerative medicine, cell biology, and biophysical research.