

# altermedzentrum.com

An anonymously run website that frequently publishes false and unsubstantiated health claims, including about the COVID-19 virus and about the safety of vaccines.



**Proceed with caution: This website severely violates basic standards of credibility and transparency.**

**Score: 7.5/100**










## Ownership and Financing

The site does not disclose its ownership. Most articles on the site are attributed to "Alexandra," and the site links to a Facebook page administered by "Alexx."

NewsGuard's questions sent to the general email address listed on the site were answered in English by a person who referred to themselves as "Alexx." The email account, which was Croatian, belonged to someone named Izeta Plavsic.

NewsGuard could not find additional information on this person in either Germany or Croatia, and "Alexx" did not answer further questions, including about who owns the site.

The site runs advertisements.

-  Does not repeatedly publish false content (22 points)
-  Gathers and presents information responsibly (18)
-  Regularly corrects or clarifies errors (12.5)
-  Handles the difference between news and opinion responsibly (12.5)
-  Avoids deceptive headlines (10)
-  Website discloses ownership and financing (7.5)
-  Clearly labels advertising (7.5)
-  Reveals who's in charge, including any possible conflicts of interest (5)
-  The site provides names of content creators, along with either contact or biographical information (5)

## Content

Altermedzentrum.com states that the site provides "information about medicinal plants, natural healing methods, healthy nutrition, health and life optimization. As well as recipes for making your own remedies with which you can fight many ailments and diseases in a natural way."

The site organizes coverage in sections including Health (Gesundheit), Spirituality (Spiritualität), Psychology (Psychologie), and World (Welt). The Healthy Recipes ("Rezepte [gesundheit]") section provides recipes for homemade health remedies, while the Medicinal Plants (Heilpflanzen) section covers the supposed healing properties of plants such as cannabis, garlic, and cinnamon.

Typical articles have run under headlines including "Indian medicine: 30 long forgotten natural Indian remedies" ("Indianische Medizin: 30 lang vergessene natürliche indianische Heilmittel"); "New York will be the second state in the USA to ban plastic bags" ("New York wird der zweite Staat der USA sein, der Plastiktüten verbietet"); and "Sweet danger: Are sugar substitutes harmful to your health?" ("Süße Gefahr: Sind Zuckerersatzstoffe gesundheitsschädlich?").

*Criteria are listed in order of importance.*

[More information.](#)

Articles on Altermedzentrum.com do not typically include original reporting and instead are based on content from other sites. Altermedzentrum.com often relies on sites that NewsGuard has found to be unreliable, including Medizin-Heute.net, Anonymousnews.ru, and GreenMedInfo.com.

The site itself has promoted false and misleading health claims. For example, a February 2020 article, titled "Coincidence: Wuhan, first province with full 5G coverage - now the center of the deadly virus" ("Zufall: Wuhan, erste Provinz mit vollständiger 5G Abdeckung - jetzt das Zentrum des tödlichen Virus"), claimed that "the deaths are not due to a virus, but a cell breakdown caused by 5G that mimics the effects of a virus." The article also stated that 5G causes "flu-like symptoms." To support these claims, the site included a translation of a letter that a group of doctors and scientists sent to the European Union in 2017 calling for a moratorium on 5G until any health effects have been "fully investigated."

There is no evidence that 5G cell phone technology is connected to the COVID-19 virus, or that 5G causes "flu-like symptoms." A representative of the German Federal Office for Radiation Protection (Bundesamt für Strahlenschutz) told the investigative nonprofit newsroom Correctiv that "5G causes neither cell degradation nor flu-like symptoms. 5G can (like all fields of telecommunications transmitters, i.e. also 2G, 3G, 4G) cause at most a slight, imperceptible warming, which is mainly limited to the body surface (and does not reach the lungs)." The U.S. Food and Drug Administration states on its website that "to date, there is no consistent or credible scientific evidence of health problems caused by the exposure to radio frequency energy emitted by cell phones."

A July 2019 article, titled "Why don't doctors prescribe turmeric if it's so therapeutic?" ("Warum verschreiben Ärzte kein Kurkuma, wenn es so therapeutisch ist?"), claimed that, "Most studies show that turmeric, and in particular the golden polyphenol known as curcumin, is far superior to a wide range of drugs in terms of safety and effectiveness." The article stated that there have been "over 15,000 published studies" backing this

finding, but did not name any of them. According to the article, turmeric is effective against cancer and numerous “deadly virus infections,” including Ebola.

Although some laboratory and animal studies of turmeric’s medicinal qualities have had promising results, they are “not directly applicable to humans,” according to the German Consumer Office (Verbraucherzentrale).

The World Health Organization stated in August 2014 that there is no scientific evidence that turmeric can cure the Ebola virus. One laboratory study, published in the *Pharmacognosy Journal* in December 2017, concluded that some compounds of turmeric “can be potential lead compounds for developing a new therapy for Ebola viral disease,” but added that “further research” was needed. The study did not test whether turmeric could treat the Ebola virus within the human body.

A February 2019 article, titled “Ten good reasons why you should not vaccinate your children” (“Zehn gute Gründe, warum Sie Ihre Kinder auf keinen Fall impfen lassen sollten”), claimed that vaccines cause autism. According to the article, “If you choose to vaccinate - are you prepared to potentially change your whole life if autism or brain damage occurs?” The article, which first appeared on the site [Anonymousnews.ru](http://Anonymousnews.ru), did not cite any evidence for this claim.

The U.S. Centers for Disease Control and Prevention (CDC) and many other health and science authorities, including the U.K. National Health Service and the World Health Organization, have repeatedly stated that there is no link between vaccines and autism, based on an abundance of scientific evidence.

A November 2018 article, titled “Colloidal silver - ancient remedy with antibiotic effect” (“Kolloidales Silber – Uraltes Heilmittel mit antibiotischer Wirkung”), claimed that “Long before conventional medicine invented antibiotics, nature had the best and most powerful remedy against viruses, harmful bacteria and fungi: colloidal silver.” According to the article, “There is no known bacterium that is not killed by colloidal silver - even pathogenic microorganisms that are already immune to antibiotics die.” The article included

a list of 77 diseases and conditions the silver supposedly treats, including diabetes, gonorrhoea, leprosy, and cancer.

The National Center for Complementary and Integrative Health, part of the U.S. National Institutes of Health, states on its website that "scientific evidence doesn't support the use of colloidal silver dietary supplements for any disease or condition." The FDA issued an advisory in October 2009 warning that consuming colloidal silver can cause a condition called argyria, a permanent bluish-gray discoloration of the skin, nails, and gums. According to a September 2017 article on the website of the Mayo Clinic, in some rare cases, "excessive doses of colloidal silver can cause possibly irreversible serious health problems, including kidney damage and neurological problems such as seizures."

Because Altermedzentrum.com frequently publishes false and unsubstantiated health claims, NewsGuard has determined that the site repeatedly publishes false content and deceptive headlines, and that it does not gather and present information responsibly.

Asked about the articles cited above, the representative from Altermedzentrum.com identified as "Alexx" told NewsGuard in an email: "Mistakes are made with publishing some popular articles but they are now deleted from the site, and there will be no more articles about covid-19 or vaccine on this blogspot." The site did, indeed, delete all articles listed above.

However, many false articles about COVID-19 and vaccines remain on the site. Headlines for such articles include, "Alarming: glyphosate and monkey cells in vaccines confirmed by health authorities" ("Erschreckend: Glyphosat und Affenzellen in Impfstoffen von Gesundheitsbehörde bestätigt"); "Big Pharma and Microsoft join together to form the ID2020 Alliance, which combines vaccinations with implantable microchips to create your digital ID!" ("Big Pharma und Microsoft schließen sich zur ID2020-Allianz zusammen, die Impfungen mit implantierbaren Mikrochips kombiniert, um Ihre digitale ID zu erstellen!"); and "Breaking news: China fights coronavirus with vitamin C - media remain silent" ("Eilmeldung: China bekämpft Coronavirus mit Vitamin C – Medien schweigen").

"Alexx" also told NewsGuard in an email: "My understanding is, someone who doesn't want to use regular medicine can read something about alternative methods, but sometimes some articles are published without too much attention to details about the content if content comes from confirmed news sources."

Altermedzentrum.com does not articulate a corrections policy and NewsGuard did not find corrections on the site.

Asked about the site's approach to corrections, "Alexx" told NewsGuard that the site does not have the resources to find errors and run corrections because the site is operated with "just one person with some free time."

The site discloses its support for natural medicine. However, it does not reveal a broader agenda, yet frequently publishes articles not labeled as opinion and that express opinions on a range of issues, including climate change.

For example, a February 2020 article titled "The proof: alleged climate disasters are not man-made - lies exposed" ("Der Beweis: vermeintliche Klima-Katastrophen sind nicht menschengemacht - Lügen aufgedeckt"), stated that "Today we know much more about natural processes, but that does not prevent the advocates of the green quasi-religion from fanatically spreading their dogmas and trumpeting one nonsensical proposal to 'save the climate' after the next, instead of approaching the problem soberly."

A January 2020 article titled "These children are experiencing hell on earth so that the Greens can drive an electric car" ("Diese Kinder erleben die Hölle auf Erden, damit Grüne ein Elektroauto fahren können") stated that "Whether small children die or their health is ruined for the abnormal goals of the climate fanatics is irrelevant as long as CO2 is supposedly reduced."

Another January 2020 article, titled "Doctor makes it clear: Migrants bring epidemics and infections to Europe" ("Ärztin spricht Klartext: Migranten schleppen Seuchen und Infektionen nach Europa ein"), stated, "Politicians and the media do not care about the catastrophic health conditions of the newcomers. It seems that nobody is interested in the fact that the dangers for locals of being infected with epidemics and infections are increasing massively."

Because Altermedzentrum.com frequently publishes unlabeled opinion articles advancing an agenda that the site does not disclose, NewsGuard has determined that the site does not handle the difference between news and opinion responsibly.

Asked about the site's agenda and differentiation between news and opinion, "Alexx" said that going forward, "any article with political opinions will be avoided."

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#### Transparency

The site does not disclose any information about its ownership or editorial leadership. The site's Imprint page provides a general contact email address.

Articles on the site are attributed to "Alexandra." The site does not provide contact or biographical information for this person, or any other content creators.

Advertisements are distinguishable from editorial content.

"Alexx" did not answer NewsGuard's questions regarding the site's lack of disclosure regarding ownership and editorial leadership. In reference to the site's content creators, "Alexx" wrote, "Pseudonym of author is Alexandra and sources are displayed at the end of most articles...."

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#### History

The site was launched in October 2018.

**Written by:** [Karin König](#)

**Contributing:** [Marie Richter](#)

**Edited by:** [Eric Effron](#), [Florian Meißner](#)

**Send feedback to NewsGuard:** [Click Here](#)

## Sources

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#### Ownership and Financing

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<https://altermedzentrum.com/neue-drogenbeauftragte-der-bundesregierung-spricht-sich-fuer-strafffreien-besitz-von-cannabis-aus/>  
<https://altermedzentrum.com/category/heilpflanzen/>

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#### Content

<https://altermedzentrum.com/uber-uns/>  
<https://altermedzentrum.com/category/interessant/>



<https://altermedzentrum.com/category/rezепtegesund-heit/>

Example headlines:

<https://altermedzentrum.com/suesse-gefаhr-sind-zuckerersatzstoffe-gesundheitsschaedlich/>

<https://altermedzentrum.com/indianische-medizin-30-lang-vergessene-natuerliche-indianische-heilmittel/>

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Credibility

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Coronavirus 5G

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<https://wayback.archive-it.org/7993/20170722143956/https://www.fda.gov/Food/RecallsOutbreaksEmergencies/SafetyAlertsAdvisories/ucm184087.htm>

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<https://altermedzentrum.com/aerztin-spricht-klartext-migranten-schleppen-seuchen-und-infektionen-nach-europa-ein/>

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Transparency

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<https://altermedzentrum.com/impressum/>

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History

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