



Healthy Harmony

Holistic immunobiological therapy in cancer
and other chronic diseases

“Holistic therapy does not fight nature but plans on including its healing powers.”

Dr. med. Wolfgang Wöppel, founder of Hufeland Klinik

Welcome to Hufeland Klinik Bad Mergentheim

Thank you for showing an interest in our house. We will gladly offer you some insight into our thoughts, therapy methods and the way we act and treat at Hufeland Klinik on the following pages. It is particularly important to us to view people as a harmonious unity of body, spirit and soul. Therefore, we will never reduce any chronic disease – including serious ones like cancer – to its organic and physical effects. For prevention and therapy, we use concepts that consistently include people's emotions and thoughts.

“Building instead of destroying” is the principle of our founder Dr. Wolfgang Wöppel. Read the following pages to learn about the timelessly applicable principle of gentle holistic therapy and feel the healthy harmony of our clinic.

With kind regards,

Gabriele Wöppel *Angelika Wöppel*



Gabriele and Angelika Wöppel

Our vision and conviction

Treatment focusing not on the tumor but on the individual

Our clinic specialises in internal medicine and is mainly targeted at biological treatment of chronically ill patients and patients with cancer to strengthen their bodies' own immune systems.

This method is based on a vision of our founder Dr. med. Wolfgang Wöppel. A pioneer of gentle, naturopathically aligned cancer therapy based on holistic perception of disease, he opened the gates for a solution-oriented medicine of the future: He considered the tumor a subordinated event, a product and symptom resulting from impairment of complicated controlling and defence mechanisms of the body that weaken certain organic systems and in particular the immune system. They may be inherited, caused by

chronic infections, emotional conflict, wrong nutrition, physical and chemical influences. He defined cancer as a chronic general disease closely connected to impairment of the system for basic regulation of the body's own milieu.

Therefore, treatment focuses not on the tumor, but on the individual. The objective of Wöppel's basic therapy is comprehensive recognition and removal of individual damaging factors and recovery of a regular milieu and proper regulation.

We try to remove interfering influences, secondary damage, tumor milieu and inflexible reaction by methods like change of diet, substitution of important

minerals, trace elements and vitamins, evicting therapies to support detoxification, ozone therapy and active fever therapy.

We have been combining these and other approaches in our holistic immuno-biological concept since 1985: Our five-column therapy always focuses on the patient and his initial situation.

Biography of Dr. med. Wolfgang Wöppel

Specialist for internal medicine, physical and rehabilitative medicine, naturopathic procedures

- * 15 August 1946 in Aschaffenburg
- Studied medicine at the Julius-Maximilians-Universität Würzburg
- Specialised in internal medicine
- Managing function at the Kreiskrankenhaus Mosbach/Baden
- 1982–1984 clinic Dr. Issels, Tegemsee
- 25. February 1985 Hufeland Klinik opens – today, it is the oldest biologically working specialist clinic in Germany
- † 10. July 2006 in Bad Mergentheim



“Sickness does not just mean impairment of a single organ. It always expresses comprehensive impairment of the whole person’s unit of body and soul.”

Dr. med. Wolfgang Wöppel, Founder of Hufeland Klinik

Diagnosis at Hufeland Klinik



- Thorough internal examination
- Ultrasound examination
- Large lab – Electrocardiogram
- Special regularisation diagnosis that can often be used to diagnose organ problems before a disease occurs
- X-ray diagnosis, including CT (not performed in-house)
- For special issues, we have consultation physicians from nearly any specialisation

The Five-Column Therapy Concept

Since 1985, our treatment is based on the proven five-column therapy concept. We will explain about it in detail on the following pages.

Holistic immunobiology therapy

**Biologic Basic
Therapy**



Immunotherapy



Nutrition



Therapy for the Soul



Conventional Therapy



I. Biologic Basic Therapy

Basis of our holistic treatment concept: the biologic basic therapy

The biologic basic therapy is the basis for the holistically aligned treatment concept according to Dr. Wöppel. The basic therapy is used to stimulate many different detoxification paths our bodies have, including the liver, kidneys, intestine, skin and mucous membranes, by administering vitamins (antioxidants) and trace elements, proteolytic enzymes, homeopathic medication, rehabilitation of the intestine, ozone therapy and other physical measures.

Substitution of important minerals, trace elements and vitamins

Antioxidants are substances that protect the body from the harmful influences of so-called free radicals. Free radicals are aggressive and highly reactive substances created in the body's metabolic processes or formed in the organism by exposure to chemical substances or radiation.

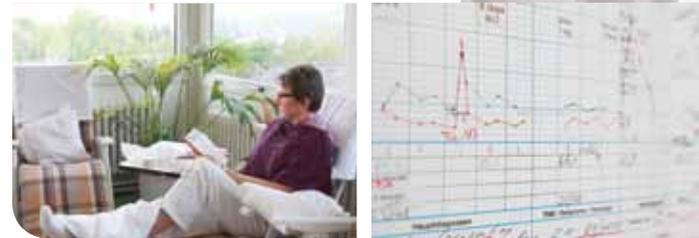
Our bodies usually have many protective mechanisms to catch and destroy such free radicals again at once. This includes autologous compounds as well as some that are taken in with food, like vitamins A, C and E and the trace element selenium. Under certain conditions (e.g. environmental and radiation load,

smoking, stress and infection), free radical formation is increased to the point where the concentration of autologous protective systems is no longer sufficient. Then, free radicals may damage, e.g., cell walls, genetic material and important protein compounds in the cell. Permanent increase of the free radical ratio is referred to as oxidative stress. Oxidative stress may be prevented by best supply of radical scavengers. Therefore, Hufeland Klinik includes antioxidants (Vitamin E, D3, selenium, high doses of Vitamin C, etc.) in your basic package.

The vitamins and trace elements used here are not applied uncritically or in the form of food supplements, but at therapeutic doses by way of medication, since in particular stress situations (i.e. also sickness) often deplete the body's supplies and increase demand.

Rehabilitation of the intestine

The intestine is the cradle of the immune system,



Chief physical Dr. med. Wolfgang May

and the largest organ of the human immune system. It contains about 70% of our white blood cells - much more than those circulating in blood. Today's consumers eat too much and they eat too much meat and fat in particular.

Often, they are "addicted" to sugar, coffee, alcohol and nicotine. If we eat the wrong things or expose ourselves to harmful environmental influences or medication like antibiotics and laxatives, we change

the intestinal milieu and impair our intestinal flora by providing a good feeding ground for harmful bacteria. Rehabilitation of the intestine therefore includes not only balanced nutrition with a high roughage ratio (see subject "Nutrition"), but only cleansing of the intestine with the colon-hydro therapy and administration of microbial medication. At our clinic, this programme is supplemented by vital yeast treatment.



Ozone therapy

We use the circulation stimulating characteristics of ozone for revitalising of red blood cell and tissue metabolism.

This improves oxygen transfer from blood to tissue. Additionally, ozone therapy is very beneficial for our immune system, strengthening the body's defences. Ozone therapy also releases autologous cytokines (interferons, interleukins, etc.). The small ozone volumes we mainly use for ozone therapy also activate autologous antioxidants and radical scavengers to help in body detoxification.

Healing fever therapy

Fever therapy is the predecessor of preparative hyper-thermal treatment. It is an ancient method that was recognised as a way of treating cancer early on. Fever-generating medication is injected into the vein. The body will react with ague and fever in excess of 40 °C for a few hours. Fever therapy activates very important biologic processes, e.g. realignment of the vegetative nervous system or immune system stimulation. Reaction blocks are broken, the body's

toxin elimination is accelerated. Most importantly, the immune system is stimulated unspecifically. While tumor cells only die at even higher temperatures, the increased body temperature changes them and makes them more susceptible for other therapies used at the same time.

Fever therapy is still very important because of its very wide-spread biologic effects, in particular on the immune system, the vegetative nervous system and the psyche. It ranks among the most important and most effective naturopathic treatments at Hufeland Klinik.

II. Immunotherapy

Activating the Body's Own Defences: Immunology

“The decisive question must be: What prevents cancer and how is this mechanism impaired?”

Immunotherapy is an essential component of our overall concept. It activates the body's immune system. However, these defences can only be activated sensibly if organ function was regenerated first. Therefore, immunotherapy should always be based on biologic basic therapy. Application of immunotherapy requires great experience and knowledge on the therapist's side. Uncritically applied immune stimulants can completely block the body's own defences and open it up wide for the disease. We at Hufeland Klinik have very good experience with thymus preparations, plant extracts and autologous blood treatment. We use these methods in a targeted fashion aligned with the patient's response.

Autologous blood therapy

Autologous blood therapy is a stimulation regulation therapy where the main effective substance is the patient's blood. Injection therapy with autologous blood causes local inflammation by release of proteins to stimulate the immune system. At the same time, the blood contains all the important information on the process of the disease to cause a realignment reaction. Autologous blood therapy can have a positive ef-

fect on many problems like allergies, neurodermatitis, recurrent inflammation and other chronic diseases.

Thymus therapy

Thymus therapy has its roots in Niehans' therapy. These days, however, we use highly pure, cell-free effective substance extracts called thymic peptides. Over time, the body's hormone production will decrease. Thymic peptides sustainably stimulate the body's hormone production again.

The thymic peptides also stimulate the immune system to produce more immune cells in the bone

marrow. Thymic peptides also train and mature the immune cells to control immune system activity.

Mistletoe therapy

It is known that mistletoe preparations are usually well suitable for supportive therapy, i.e. to support the organism during (conventional) chemotherapy - in particular regarding maintenance of quality of life during such treatment. In some cancerous diseases, however the tumors (metastases) only insufficiently react to cytostatics. Sometimes, the range of tumor-toxic substances available is depleted as well. Individual cases may then benefit from treatment with infusions

of a relatively high dosage of a mistletoe preparation (off-label-use). At our clinic, this treatment proved its worth in combination with other infusions according to a specific schedule.



Managing senior physician Dipl. med. Nina Reis

III. Nutrition

Relieving Metabolism: Balanced Nutrition

“The closer a person remains true to the laws of nature, the more healthy will he be; the more he moves away from them, the easier will he fall sick. Nothing can maintain, strengthen or recover vitality as well as the art of moderation, daily enjoyment of pure and fresh air, simple and natural food and constant exercise.” Christoph Wilhelm Hufeland

It is a fact that research shows more and more clearly that wrong eating habits essentially facilitate the formation of some (cancerous) diseases.

Nutrition - metabolism - immune system and health are connected

Doubtlessly, our metabolism is the basis of all processes of life. It reacts strongly to any change in our diet. The gate to diseases is opened wide if the metabolism is impaired. Anything that puts a strain on our metabolism therefore facilitates diseases, anything that relieves it facilitates health. A balanced whole-food diet rich in vital substances and roughage is an essential element of a holistic therapy and corresponds to the latest scientific insights. Intact intestinal flora (intestinal bacteria), which in turn depend on our nutrition, also make an important contribution to maintaining our health.

Wrong nutrition causes an intestinal flora that will make us sick. It generates fermentation or rot products from food, which are directly transported

into the blood through the intestinal wall and poison the body from the inside. Intact intestinal flora and healthy nutrition, in turn, will have a detoxifying effect and continually activate the so-called „intestine-associated immune system“. Its impairment may cause allergies and other problems (also see rehabilitation of the intestine). Nutritional therapy therefore must be the basis of any immunotherapy!

What is the diet at Hufeland Klinik like?

The first and foremost principle at our clinic is that eating should be enjoyed, conveys joy of living and increases the quality of life. The objective of changes to the diet should be improving general wellness, the inner milieu and therefore the disease. A smoothly functioning metabolism is a basic prerequisite for activating self-healing powers and successful biologic therapy measures.

The diet at Hufeland Klinik is a mainly ovo-lacto-vegetable one (plant products, eggs, milk and dairy products are served), with a large natural uncooked vegetable share. Once a week, we offer high-quality meat (lamb, beef or venison) or fish.

The meals are prepared freshly at our kitchen and free of any artificial additives. Let us surprise you

with how diverse and tasty a well-balanced, low-meat whole-food diet can be! We also highly value seasonal food and select our suppliers very precisely. Many of our ingredients are from biologic farming.



IV. Therapy for the Soul

For a Positive and Target-Oriented Life: Therapy for the Soul

“You go on ahead,” said the soul to the body. “He won’t listen to me anyway.”
“Okay,” said the body. “I’ll fall sick and he’ll have to take time for you.”

Psychological support for our patients is an important column of a holistic therapy concept at Hufeland Klinik. Almost every disease has psychological causes and/or effects that we often do not even recognise ourselves because we take too little time for our soul and do not pay a great deal of attention to it. Autogenic training, deep relaxation exercises according to Simonton and meditative procedures help as well. Our experience shows that cancer patients are very often isolated because neither their family nor their doctor is willing to openly talk to them about their disease.

Absolute honesty and dealing with the patient openly therefore must be the top principle. Only then can the patient be brought out of his isolation and shown a way to live positively and in a target-oriented manner in spite of and with his disease.

Psychology

- Individual talks
- Relaxation methods (autogenic training)
- Progressive muscle relaxation according to Jacobson
- Breathing relaxation, fantastic journeys
- Meditation
- Hypnotherapy
- Bochum health training

Art therapy

- Painting therapy
- Expressive painting
- Clay field therapy

Other offers

- Meditative dance
- Singing together
- Church services at our chapel
- Laughing yoga
- Hatha yoga



V. Conventional Therapy

For Direct but Gentle Treatment of Tumors: Conventional Therapy

The basic components of modern conventional therapies in oncology are improved surgery techniques, a diversity of chemotherapeutic medication (traditional cytostatics and modern „Multi-kinase-inhibitors“), hormone or anti-hormone therapies and diverse radiation procedures. It is undisputed that they play an important role in treatment if used reasonably. In individual cases they can even make a decisive contribution to healing cancer.

However, in some patients, in particular after a metastasing stage has already been reached, these directly cell-destructing or cell-growth and -division inhibiting methods will not bring the desired result over time if used too strictly according to plan. At Hufeland Klinik, we have repeatedly experienced that the desired time could also be gained by using e.g. chemotherapy at a lower dosage.

The benefit of this method is, among others, that it is much more compatible with the patient and will increase quality of life. Where possible and sensible, we therefore strive for as gentle a way of direct tumor treatment as possible.

Whole-body hyperthermia

In contrast to fever therapy, the temperature is here not generated by the patient's body. Rather, the body is heated from the outside. The patient is lying on a

special heat bed; strong infra-red lamps passively heat the patient's body to temperatures of about 40 °C. This makes the tumor cells more susceptible to the therapies applied at the same time and will kill them.

Local or regional hyperthermia

There are also devices that heat only the area of the tumor while the body temperature as a whole remains normal.

This method - local hyperthermia - uses electromagnetic fields (no dangerous x-rays but radio waves) applied to the tumor and its direct vicinity. The cancer is then heated to 43 °C, which is a harmful temperature for tumors and makes them vulnerable. This procedure protects the remaining organism, which will retain nearly its usual temperature, making this type of treatment also suitable for older patients.

However – and it is important to know this as well – not every patient and not every tumor can be sensibly treated this way; rather, we need to verify very carefully where this treatment is indicated and where it would be more sensible to use other methods.



Whole-body hyperthermia

Dr. med. Klaus Mielek

IPT

IPT – Insulin potentiated therapy = administration of a (low dose) chemotherapy in a controlled hypoglycaemic condition. In our experience, this hypoglycaemic procedure will often increase the low-dose

chemotherapy effect on the tumor much more than low-dose chemotherapy alone - while keeping the effects on the overall organism and in particular the immune system very low.

Other types of therapy / physical therapy

Improving Vegetative Reaction: Physical Therapy

We like to call the physical department our „energy department“. Physical therapies are well suitable for general improvement of vegetative reaction. They affect the connective tissue and the mind. Interfering factors and blocks are removed to relieve the body and help it help itself. These therapies are also able to stimulate many different detoxification options via liver, kidneys and intestine, the metabolism is activated and the inner milieu is improved. Among others, we use the following physical therapies:

Autohormone therapy according to Prof. E. Schliephake

AHT uses electrical waves that adhere to special laws and almost take on the characteristics of optical waves. They are generated between two capacitor plates (the so-called “Schliephake electrodes”). The tissue in the capacitor field is heated according to dosage by biophysical interaction on the molecular level and circulation is improved.

Coloured light therapy

Colour – an island for the soul.

How do you feel when the world has shades of grey, the sky is covered in rain clouds and dense fog limits your view? How, in contrast, do you feel if, e.g. the sun is shining in spring and nature is resplendent in

all colours? Even the thought of a colourful spring landscape can free our souls. Doubtlessly, colours and light have the special power to influence our mood.

Reflexology

Reflexology assumes that certain zones on the sole of the foot correspond to different organs and parts of the body. Exerting pressure on the respective area, organs and body parts can be stimulated in a targeted fashion. This improves well-being and relieves stress.

Magnetic field therapy

This describes treatment with static or pulsating magnetic fields generated by magnets or electrically powered magnetic aids (mats, etc.). Sick cells have a lower tension than healthy ones. Magnetic field therapy induces current to stimulate circulation and increase oxygen transfer to the cells.

Pneumatic pulsation therapy

Pulsation therapy, also referred to as cupping massage, is used to intensify blood circulation through tissue and supports the lymphatic system. This positively affects the metabolism (detoxification) and the immune system.



Brainlight

“Brainlight” is a good method for relaxation and self-influence by light impulses.

Prevention

“Prevention is Better than Healing”

Christoph Wilhelm Hufeland

The following preventive concepts are part of the offer at Hufeland Klinik:

Hufeland intensive preventive treatment

Our intensive preventive treatment starts with a comprehensive check-up:

- Complete blood panel
- Immune status determination
- Detailed discussion with physician
- Measuring of regulation behaviour in the body to determine energy reserves

This treatment will be customised for you based on your current immune status. Every week, it will contain 2 ozone therapies, 2 infusions with vital trace elements, vitamins and homeopaths for detoxification and 5 injections with thymic extracts, as well as the medication of our basic therapy and one reflexology and cupping massage each. We recommend performing this treatment for a period of at least 3 weeks. We recommend supporting this intensive detoxification and regeneration treatment with colon-hydro therapy.

Infusion treatment

Detoxification infusion

We offer a special detoxification infusion for detoxification of the body. In addition to a high dose of Vitamin C, it also contains different homeopathic substances to support the function of your detoxification organs.

Liver infusion

To specifically support the liver, we have put together an infusion solution that contains homeopathic substances as well as orotic acid and vitamin B12.

Magnesium infusion

A mixture of vitamins and magnesium has a wide-spread effect on the entire metabolism.

Procaine infusion

Procaine has a great many positive characteristics. In particular, it supports blood circulation by expanding the coronary vessels and also acts as an inflammation and seizure inhibitor. Therefore, this infusion is particularly suitable for circulation-caused issues like problems focussing, bad memory, tinnitus and decreased hearing, all types of pain, rheumatic diseases and diseases of the joints. This infusion is also suitable to prevent over-acidification of the body. We recommend therapy with at least 3 to 6 infusions.



We recommend preventive intense immuno-biologic treatment in case of:

- Genetic predisposition
- Own previous diseases
- Burn-out syndrome
- Tinnitus
- General immunodeficiency
- Allergies



Selenium infusion

Selenium is a vital trace element that is involved in important metabolic processes and contributes to body detoxification by protecting against free radicals (peroxides). Selenium is also important for an intact immune system.

Autologous blood therapy with ozone

For one thing, we use the circulation-stimulating effect of ozone for revitalisation and improvement of the metabolism; additionally, ozone therapy is very beneficial for our immune system and strengthens

our body's defences. Small amounts of ozone as they are mainly used in ozone therapy also activate the body's own antioxidants and radical scavengers that help to detoxify the body.

For more information on prevention, see online at www.hufeland.com or call us at +49 (0)7931 - 536-0



Our Clinic

Accommodation at Hufeland Klinik

“A friendly and harmonious environment is part of our treatment concept. You will be comfortable here.”

A competent and attentive team of physicians, therapists, nursing and service employees cares for our patients and makes their time at Hufeland Klinik as comfortable and harmonious as possible.

Patients in in-house treatment will live in one of the approx. 47 single rooms with their friendly furnishings and shower/bathtub and toilet. Some rooms have balconies. To maintain contact with family and friends or keep up with the news, we

offer free-of-charge internet access at our in-house library. We also offer a washing machine and clothes dryer. Some double rooms are available for visiting family or accompanying persons.

We will always listen to your questions and wishes. We want our patients to feel comfortable all around here. Well-being will, after all, also provide important impulses for health and general wellness.



Always there for you – our service team

To a Stay at Hufeland Klinik with Our Support

“You should receive the best medical
treatment. We will help you get it.”

Whether as an in- or out-patient – if you want to come to Hufeland Klinik for treatment or prevention, just contact our secretarial office. Our friendly team will gladly answer all questions and help you find your way to us through all the applications and permits as quickly and uncomplicatedly as possible. We are available daily – including on weekends – from 9 am. to 4:30 pm.

Phone: +49 (0)7931 - 536-0

E-Mail: info@hufeland.com



Arrival and departure days are Tuesdays and Wednesdays. We suggest that you book your stay with us at least 3–4 weeks before your planned date. However, we always strive to enable taking in urgent cases on short notice as well. Please consider that we can only accept patients able to walk and not requiring nursing.

How to find us



Hufeland Klinik

for holistic immunobiological therapy

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