

## Immunotherapy

Immunotherapy is a key element of our integrated approach. It can be used to activate the body's own immune system, increasing resistance. Successful immunotherapy can cause a tumour to stop growing or even shrink, and improve the patient's overall sense of well-being. Yet the immune system can only be effectively activated if organ function has been stimulated. We use biological basic therapy to this end, and it can be viewed as a building block of immunotherapy.

It takes a great deal of knowledge and experience to successfully use immunotherapy, for the wrong use of immunostimulants can completely block the body's immune system, opening the floodgates to disease. Here at the Hufeland Klinik, we have had very positive results using thymus preparations, plant extracts, fever therapy, hyperthermia and autohaemotherapy. Each of these measures is applied very individually depending on a patient's level of responsiveness.

### Autohaemotherapy

Autohaemotherapy uses the patient's own blood to help regulate the body's reaction to stimuli. The patient is reinjected with his or her own enriched blood. This causes a local inflammation due to the release of proteins, which in turn stimulates the immune system. A patient's blood also contains all the important information about the progression of his or her illness, and can effect a „reprogramming“ reaction. Autohaemotherapy can have a positive effect on a number of conditions, such as allergies, neurodermatitis, recurring inflammations and other chronic diseases.

### Thymus therapy

Thymus therapy developed out of traditional fresh cell therapy, though today we work with highly purified cell-free extracts of the active substance: Thymus peptides. Hormone production slows as the body ages. Thymus peptides provide sustained stimulation of the body's own hormone production. They also stimulate the immune system to produce more immune cells in the bone marrow, and help train and mature immune cells to support an active defence system.

These functions make thymus peptides an effective medication that helps counteract the weakening of the immune system caused by infections, rheumatism, asthma and other autoimmune diseases, and by oncological therapies.



Relatively little has so far been known about immunological resistance to cancer. However, in the case of malignant tumours which have spontaneously regressed, it has been noted that the proportions of the macrophages and natural killer cells in the nonspecific immune system are particularly important. For instance, the number of macrophages in a gram of tissue from a tumour which is in a state of spontaneous regression is five times higher than when in a state of malignant growth. The immune system alone is probably not capable of coping with a larger tumour. When larger tumours have spontaneously regressed, several phenomena – not merely of immunological origin – have usually been observed.

Merely carrying out immune treatment for cancer without the basic therapy described above would be inadvisable. Basic therapy really must provide the foundation for any kind of cancer treatment. As long as the body's regulatory mechanisms are blocked, any attempt to bring the immune system into the battle against the tumour is bound to fail. On the contrary, we now know that specific circulating antibodies, for instance, block the cytotoxic influence of cellular defence mechanisms by the formation of antigen-antibody complexes. In effect, the tumour causes the immune system to inactivate itself. I would therefore strongly advise against uncritical use of immune-stimulant substances. These can trigger reactions which lead to complete blockade of the body's defence mechanisms and effectively speed up tumour growth.

Based on our experience, treatment with fresh thymus extracts (e.g. Original THX as proposed by Dr. Sandberg) is strongly recommended. Thymus therapy must not be used as long-term treatment and it must be adapted to the individual patient. Treatment with mistletoe extract is helpful



in many cases (but not all!). In our clinic treatment with high-dose mistletoe infusions, which we give in combination with other infusions by a very specific method, has proved effective.

Current research in this area is constantly opening up new therapeutic approaches, e.g. treatment with cytokines (interferons, interleukins), with special antibodies or with modified resistance cells. It is far beyond the scope of this short survey to look at all these diverse new possibilities, which may also be worth using in conjunction with conventional methods.

In conclusion, immune therapy demands a great deal of knowledge, experience and very precise observation of a patient's reactions and therefore must be applied on an individual basis and only by an experienced physician. Successful immune therapy can halt the development of a tumour or even cause it to regress, markedly improving the patient's general well-being.