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## *Complementary healing methods and self-help in case of conspicuous pap smear or in case of HPV infection*

There are different possibilities of self-help methods or holistic treatment to positively influence an HPV infection or smear findings that require control.

But there is no prescription or the only one method of treatment, nor is there any assurance that the smear results will return to normal within a certain period of time.

Individual attitude and desire for a method are decisive. In the best case scenario, a smear result can normalize within a few months or an HPV infection can be overcome.

Many women's experiences show that a positive influence is possible, but a good portion of optimism, staying calm and sometimes patience and staying tuned play an important role, and of course the support of friends, Partners and through advice from your gynecologist.

- **Stress management:** e.g. with the help of autogenic training or progressive muscle relaxation according to Jacobson.



### **My recommendations:**

1. **You stop smoking**, it hinders cell respiration and blood flow. We can help with [ear acupuncture](#).

2. [A complete diet rich in vitamins and minerals](#) to stabilize the immune system.

3. The supplemental intake of a [multivitamin preparation](#), which contains not only B vitamins but also minerals and [omega-3 fatty acids](#).

4. [The intake of selenium](#), which is a trace element, which has an excellent antioxidant effect and the beneficial ability to bind heavy metals to itself.

5. [Compensation for a vitamin D deficiency](#) based on your blood values and the current season. Simultaneous intake of calcium.

6. [Local therapy](#) with silicon dioxide, citric acid and sodium selenite.

7. [Complete vaccination protection](#), also against [HPV viruses](#).

8. [Complementary treatments:](#)

- [Local therapy](#) with an [anthroposophical formulation for vaginal suppositories](#).

- [Green tea extract](#)

- [Self-blood treatment](#) at your gynaecologist can be another way.

- [Treatment with mistletoe](#). It has an immunostabilizing and antiviral effect and should be used in cooperation with your gynecologist until the HPV viruses are no longer detectable. The product is injected under the skin.



## Iron deficiency is very common

### We need iron for every breath.

The oxygen is bound to the iron in the red blood cells and then distributed through the bloodstream in the body.

### However, the trace element can do much more

It makes us vital and powerful, promotes concentration, keeps skin, hair and nails healthy and strengthens the immune system. However, since the body cannot produce iron itself, we have to take it in with food.

### Iron deficiency can affect the whole body:

-on the central **nervous system** and the brain due to dizziness, headache, depression, diminishing performance or difficulty concentrating

-on the cardiovascular system and the heart-lung system through cardiac arrhythmias, palpitations, tightness of the heart, shortness of breath, tiredness, exhaustion or exhaustion through anaemia



-metabolic **functions** due to muscle wasting, loss of appetite up to anorexia sometimes an iron deficiency even triggers abnormal eating cravings (e.g. Pica syndrome)

-on **skin, hair and nails** due to pallor, torn corners of the mouth, regression of mucous membranes or brittle nails

-on **reproduction** due to menstrual disorders, loss of libido or impotence

-on the **immune system** due to infectious diseases

-on **Restless Legs**

**Women are particularly at risk of developing iron deficiency or anaemia. In the majority of women of childbearing potential, iron storage tanks are not sufficiently filled and between 10 and 30% suffer from iron deficiency.**

This is mainly due to the regular loss of blood due to menstruation, but often also to an unbalanced diet.

### The amount of blood lost each month during menstruation varies from woman to woman.

On average, it is 30 ml of blood and with them about 15 mg of iron. During menstrual bleeding, a woman needs about 2.5 mg of iron per day to recover the iron lost due to blood loss. This is relatively much, considering that although men are larger and heavier and usually eat more, they only need 1 to 1.5 mg of the trace element daily.

[awww.eisen-netzwerk.de](http://awww.eisen-netzwerk.de)



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## Vitamin B12 deficiency

**Vitamin B12 deficiency is particularly common in a meatless diet and in people with diseases of the gastrointestinal tract.**

Vitamin B12 is designed to keep you mentally and physically fit.

Vitamin B12 is involved in numerous processes in the body. The most important are certainly the reproduction of genetic information (DNA synthesis), cell and blood formation as well as energy production in the power plants of the cells..

Vitamin B12 also plays a special role in lipid metabolism and in the healthy functioning of the nerves.

The best-known symptoms of pronounced vitamin B12 deficiency are [tiredness](#) and paleness, which are caused by a particular form of anemia. An increased tendency to bleeding results from the reduced number of blood platelets, an increased susceptibility to infections and weak immune systems are the result of insufficient production of white blood cells.

Impairments to the nervous system become noticeable through abnormal sensations such as tingling in the hands, feet and limbs, sensory disturbances and restricted mobility. If the deficiency is advanced, it can lead to unsteady gait and even paralysis.



From [www.meine-gesundheit.de](http://www.meine-gesundheit.de)

A smooth red tongue and burning tongue as well as noticeably frequent injuries to the mucous membranes are further indications of a vitamin B12 deficiency. This also applies to loss of appetite and inexplicable weight loss.

Because of its effect on the nerves and the production of messenger substances, the vitamin B12 deficiency is also believed to have an impact on declining mental abilities, including dementia-like confusion and [depression](#). With a pronounced Vitamin-B12 deficiency, psychological symptoms such as [severe anxiety](#), hallucinations, paranoia and delusions are possible.

All of these symptoms may indicate a vitamin B12 deficiency.

The most widespread cause of vitamin B12 deficiency is meatless diet. This is because the vitamin is found almost only in animal foods. It is particularly abundant in the inwards and organs (liver), but also in meat, milk and eggs.

In otherwise healthy people, strict vegetarians and vegans are the most affected risk groups. However, in general, the knowledge of an adequate supply of vitamin B12 is particularly widespread in these people.

Vegetarians find B vitamins in grain sprouts, sour cabbage, in the fermented soy products miso, tempeh and tamari, but above all in barley grass and brewer's yeast.

The pancreas, stomach lining and small intestine play important roles. If the interaction is disturbed by illnesses, malfunctions or stomach operations, the body can often no longer convert vitamin B12 into the active substances. Therefore, vitamin B12 deficiency is particularly common in people with diseases of the stomach, intestines or pancreas. Especially in older people, chronic [inflammation of the gastric mucous membrane](#) (gastritis) favors the deficiency.

[www.meine-gesundheit.de](http://www.meine-gesundheit.de)



## If you are pregnant or if you have one or more of the following problems:

Allergies? Autoimmune diseases (rheumatism, thyroid diseases)? Susceptibility to infection (also HPV- or chlamydia infection)? menstrual complaints? Cysts of the ovaries? Acne? Increase in male hormones? Unfulfilled desire to have children? Breast pain and cysts of the breast? Cancers? Overweight? Diabetes? Hypertension? Osteoporosis?



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**These are commonly mentioned complaints that patients use to get to the doctor.**

This may conceal a lack of vitamin D.

Often, incorrect lifestyles or a lack of sun rays are to blame. This is what we need to find out - and change! In Switzerland, 60% of the population has vitamin D deficiency in winter.

Vitamin-D from the pharmacy or the supermarket is usually not enough!

The choice of dietary supplements should always be done together with your nutritionist!

**You can do more for your precaution:  
Examination of  
Vitamin D**

Vitamin D is essential for maintaining bone density, has protective effects against cancer (breast, intestine and prostate) through immunomodulation, prevents rheumatism, susceptibility to infection, arterial calcification, unfulfilled desire to have children and prevents diabetes. In Northern Europe and with higher age, a relative deficiency of vitamin D is more common. It should be followed by a vitamin D supplement with 500 IE vitamin D daily and possibly a control of vitamin D blood levels. In not all people, vitamin D is sufficiently absorbed as a dietary supplement by the intestine (control examination), alternatively vitamin D can then also be administered as a depot syringe for 3 months each.

**Feel good with the safety of medical supervision!**

**Why is a vitamin D intake important?**

Vitamin D receptors are present in a variety of body tissues. It is necessary, among other things, for the

formation of bones, joints, muscles and teeth, for the absorption of calcium in the intestine, for the immune system, cardiovascular functions, for signal transmission in the cells and for psychological functions such as vitality and joie de vivre.

**What is a vitamin D deficiency?**

Vitamin D deficiency is said to be in the blood when vitamin D levels are below 75 nmol/ml. Then many biological functions in the body are no longer optimally placed. As a result, malfunctions and, finally, multi-system diseases occur. It is thought that in Switzerland about 80% of the population have a vitamin D deficiency, in summer and winter.

**How can a vitamin D deficiency be detected?**

The 25-hydroxyvitamin-D3 blood level = 25(OH)D3 is a very reliable measure of the current vitamin D status.

**Have your vitamin D blood levels checked!**





## *Selenium plays an important role in detoxifying the body*

**Pregnancy, thyroid diseases, cancer:**  
**In medicine, selenium is considered an essential trace element. Essential means that the body cannot make this substance itself and a supply is required.**

Selenium plays an important role in the detoxification of the body and is part of some enzymes, such as glutathione peroxidase.

This enzyme enhances the conversion of free radicals, especially hydrogen peroxide ( $H_2O_2$ ), into harmless descendants with the help of glutathione, which is available in animal cells in quite high concentrations.

Free radicals are chemically extraordinarily responsive molecules, which can damage the hereditary substance and thus lead to mutations.

They are therefore carcinogenic substances. Furthermore, it should play a role in the immune defense and be involved in the detoxification or discharge of heavy metals.

The German Society for Nutrition estimates a daily need of 30 to 70 micrograms for people from the age of 16.

Older people, smokers, cancer patients and people with a weakened immune system may have an increased selenium requirement.

Fresh and seawater fish, egg yolks, meat, liver, grain products and nuts are the main suppliers of selenium.



Erwin Lorenzen / pixelio.de

Selenium is absorbed bound to protein.

The consequences of a selenium deficiency are not yet fully understood.

However, studies suggest a link between high blood pressure and various heart disease conditions. Links between selenium deficiency and the incidence of cancers such as liver, bowel and lung cancer have also been shown in studies.

There is also evidence that a selenium deficiency can lead to sterility in men. This happens because, firstly, the maturation of the sperm is disturbed when there is a selenium deficiency and, secondly, their mobility is reduced.

Nowadays it is considered certain that the intake of selenium is recommended for cancer diseases, certain cardiovascular diseases and

special forms of arthritis.

Selenium is also indispensable for normal thyroid function - especially during pregnancy.

The amounts of selenium to be taken in each case vary depending on the disease, and in cancer also depending on the respective treatment status.

### **Sources:**

Suter, P.M.: Checkliste Ernährung. Thieme, Stuttgart 2002

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## *Omega-3 fatty acids, inflammation and infections*

The fact that today's diet is rich in omega-6 and at the same time poor in omega-3 fatty acids plays an important role in the topic of inflammation. Inflammation is triggered, among other things, by the formation of inflammatory factors.

In contrast, there are messenger substances that are formed by the body from the omega-3 fatty acids and inhibit inflammation.

Specialist societies recommend the intake of omega-6 fatty acids to omega-3 fatty acids in a maximum ratio of 5:1. However, the actual ratio is 20:1. The consequence of this imbalance: inflammation is not sufficiently stopped – which fuels the occurrence of chronic inflammatory diseases and infections.

**Inflammation: This is what you should pay attention to**

Reduce the amount of omega-6 fatty acids in your diet, especially that of inflammation-promoting arachidonic acid. This is only found in animal foods such as



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meat and sausages. It would therefore be optimal to restrict meat and sausage consumption.

Today's diet contains too much linoleic acid. It is found in vegetable oils such as sunflower and corn germ oil. These oils are also used in the production of finished products. Ergo must avoid these finished products, because: The less linoleic acid and arachidonic acid are supplied with the food, the less anti-inflammatory substances can be formed.

The decrease in omega-6 intake should be accompanied at the same time by the absorption of more omega-3 fatty acids. For example, by linseed oil.

### **More Omega-3 sources**

Given the importance of omega-3 for inflammatory processes, it is advisable to incorporate good omega-3 sources into your diet.

Fatty deep-sea fish contains abundant EPA and DHA, i.e. the precursors of anti-inflammatory messengers. Therefore, the regular consumption of these fish (at least twice a week) has a beneficial effect on inflammatory diseases. Due to the problems of overfishing and heavy metal pollution, regular fish consumption - especially for pregnant women - is only recommended to a limited extent.

As an alternative, dietary supplements are suitable for an optimal supply of important omega-3 fatty acids.

Source [www.dr-johanna-budwig.de](http://www.dr-johanna-budwig.de)



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## Anthroposophical Medicine

The goal is individual and holistic human medicine

The anthroposophical medicine is an extension of scientific medicine from the findings of anthroposophy in the fields of the living, the



spiritual and the spiritual. It was initiated and in close cooperation with its founder - Dr. Rudolf Steiner - by Dr. med. Ita Wegman and other doctors since 1920.

The basic element of anthroposophical medicine is the personal doctor-patient encounter, from which the trust can arise in order to be able to comprehensively grasp the different levels of human existence in an individual diagnosis and to be included in the therapy.

Anthroposophical medicine basically recognizes **scientific medicine** for the acquisition of the physical, **physical level** of the organism and includes the entire field of modern laboratory diagnostics and apparatus examination techniques.

It also extends its investigations to the higher level of **the life organization**, through which the physical



substances and processes of the body are combined into a viable organism. Its effect manifests itself in the totality of primarily self-regulating physiological processes (e.g. metabolism, growth, regeneration) and forms the basis for the development of **health**. With regard to this level, anthroposophical medicine is closely related to some traditional medical concepts, e.g. classical methods of naturopathy, homeopathy, etc., by handling the organism as a carrier of **the self-healing powers**.

In the sense of anthroposophical medicine, the ability of the human organism to experience another, one **"soul" level** is considered, which has established itself in recent decades as **psychosomatic medicine** or anthropological medicine. The "personal" side of the patient, his experience of

illness, his condition, self-image, fears and hopes - the totality of his current and past inner life - has significance in the development of



illness as well as in the therapeutic process.

In addition, a fourth, individual level of his existence comes into play in man through his **self-confidence, which is expressed** in his intentionality, his ability to know, his power of development in his **biography** as a life's work. The inviolability of human dignity, his autonomy, the possibility of making something out of his own life enables him not only to be part of nature, but to develop himself into a cultural artist.

Society for the Development and Promotion of Anthroposophical Medicine



## DeflaGyn® Vaginal gel 3-pack bundle

**DeflaGyn® Vaginal gel** is a medical device based on silicon dioxide and a patented combination of sodium selenite and citric acid to promote remission (improvement of the findings) in unclear pap smears of the cervix (PAP III or PAP IIID). It contains adsorbing components and

- \* binds pathogens
- \* inhibits the spread of pathogens
- \* promotes antioxidant protection

This promotes the conditions for spontaneous remission. DeflaGyn® should be used for 3 x 28 days.





## Vaccination against cancer: for children and women



Cervical cancer is caused by so-called human papillomaviruses (HPV). In Switzerland, cervical cancer is the second most common cause of cancer-related death among young women under the age of 45 after breast cancer. This is also consistent with a first peak in the rate of new disease between the ages of 35 and 55, which is very early compared to other cancers. Years of intensive research have enabled an effective and safe vaccine against the most of these infections. Therefore, the vaccination of young girls and women up to the age of 26, but also for older women, especially if an infection has been overcome, is recommended.

### Cervical cancer

is caused by infection with so-called human papillomaviruses (HPV). These viruses infect the mucous membranes in the genital area.

A distinction is made between high-risk HPV types that can cause cancer and low-risk types that can be mainly cause genital warts.

High-risk HPV types can lead to cervical cancer (cervical cancer) in a prolonged infection via cancer precursors.

### Who is at risk?

Human papilloma viruses (HPV) are transmitted through sexual contact, prima-



rily through sexual intercourse. The viruses are very common.

Nearly 80% of women (and men) are thought to become infected with HPV at some point in their lifetime. In most cases, such an infection goes back on without being noticed at all, as the immune system successfully fights the infection.

Condoms reduce the risk of infection, but does not provide safe protection, as these viruses are present

throughout the genital area.

Since 2006, there has been the possibility of vaccination against certain types of human papillomaviruses.

The vaccine protects against infection with the nine most common HPV viruses (Types 6, 11, 16, 18, 31, 33, 45, 52 and 58). These types are responsible for more than 70% of cases of virus-related cancer.

In studies, the vaccines have successfully prevented persistent infections with HPV-6, 11, 16, 18, 31, 33, 45, 52 and 58, as well as cancer precursors caused by these HPV types.

Since vaccination protection is only safe if there is still no infection with HPV-virus, vaccination should ideally be carried out before the first sexual contact.

Vaccinated women should therefore also regularly take part in the free early diagnosis check-up for cervical cancer from the age of 20, in which a cell smear is taken from the cervix and cervix (Pap test). The smear examined for cell changes that could indicate pre-cancerous stages.

### **What are the vaccines made of?**

The vaccine consists of so-called virus-like particles, which are genetically engineered. They correspond to the protein proteins that make up the virus envelope, but do not contain genetic information for the viruses. The vaccines cannot therefore trigger any infections or secondary disease.

### **Effectiveness of vaccination**

The results of the studies with the vaccine are very good: Persistent infections with HPV-6,11, 16, 18, 31, 33, 45, 52 and 58 were 90 to 100% prevented, and cancer precursors caused by these viruses did not occur in the previous follow-up period of 90-100%.

The length of time vaccination protection lasts needs to be further investigated.

For full vaccination protection, two vaccinations are required before the age of 14, followed by three vaccinations in the upper arm within six to twelve months. Vaccination can be carried out by a paediatrician, family doctor or gynaecologist.

### **Tolerance of vaccination**

The vaccine was very well tolerated in the studies. The most common side effect was a local reaction in the form of reddening and warming at the injection site. A temporary increase in temperature was observed in one in ten vaccinated. In the further course of 5

years of follow-up, no differences in the frequency of health disorders between vaccinated and non-vaccinated persons were found.

### **Reimbursement**

Up to the age of 26 years, the costs of HPV vaccination will be covered within the framework of cantonal programmes.

**But the vaccination also offers good protection at the age of 26** and should be considered especially after an HPV infection has been overcome.

In order for additional insurance to cover the costs, you will need to have your health insurance company approved.



## Self-blood therapy

Self-blood treatment is a tried-and-tested natural healing procedure that has been somewhat forgotten in recent decades. Basically, the healing power of one's own blood is exploited in self-blood therapy. Since the Middle Ages, natural healers have used human blood as medicine. At the beginning of our century, many well-known physicians were still engaged in self-blood therapy. In 1913, the dermatologist Spiethoff developed a standardized self-blood method, which in the next decades will affect numerous diseases (e.g. syphilis, cardiovascular diseases, skin diseases, cancer, etc.). In 1927, even the Nobel Prize in Medicine was awarded to a "fever therapist" - also a non-specific stimulation therapy. Own blood treatments were common in all hospitals at the time. With the advent of antibiotic drugs after the Second World War, self-blood therapy was considered unnecessary. It therefore disappeared from the repertoire of scientific medicine. Since one knows more about the problems of antibiotic therapy, the self-blood therapy is again used by numerous established doctors and naturopaths.

**How does self-blood therapy work?** From a naturopathic point of view, a disease can only be defeated by the self-healing powers of the patient himself. All cures and medications are only used to stimulate, initiate or support this self-healing. From a scientific point of view, it "irritates" the immune system until it has defeated the disease. In the context of naturopathic procedures, self-blood therapy counts as a non-specific stimulation therapy. Natural healers are convinced that weak stimuli inflame the body's self-healing processes, moderate stimuli inhibit it, and strong stimuli remove the possibilities of self-healing.

**Which diseases can be treated with own blood?** From flu, hay fever and allergies to immunodeficiency, immune dysfunction, to exhaustion, headache, rheumatism, skin ulcers, neurodermatitis or psoriasis, numerous diseases can be treated with own blood. Before treatment, a special immune test should clarify whether weak, strong or moderate stimulation therapy makes sense. Depending on the problem situation, a simple own blood treatment or a treatment with homeopathic can be useful.

**How is it implemented in practice?** Numerous variants of self-blood treatment have been developed. The simplest treatment is as follows: the therapist takes a few drops or a small syringe full of blood and immediately injects it back into the gluteal muscle. This treatment is often used as a preventive cure for infectious diseases in autumn. I personally have had good experiences with so-called self-blood nooses. A little blood is taken and mixed with a special technique with a homeopathic drug. This mixture is also injected back into the gluteal muscle.

**What side effects are possible?** Basically, self-blood treatment is poor in side effects. As with any blood collection, infusion or syringe, bruising, inflammation or minor injuries can occur. There is a certain risk of pain and intolerance reactions (dizziness, headache, fever, palpitations, urticaria). All known consequences of faulty and/or non-sterile injection techniques (abscess, etc.) are also possible. Sometimes, however, it is a desirable sign that the stimulus of the treatment stimulates the immune system healingly. Therefore, the doctor will often only be able to decide on the basis of his clinical experience when a physical reaction is to be considered as a necessary, healing part of the method and when as a side effect requiring treatment.

**What are the costs?** Costs of approximately CHF 21 per treatment incl. used nosodes or injection solutions are incurred. The basic insurance salyates sometimes cover the costs of simple self-blood therapy.



## Therapeutic effects of mistletoe ingredients

Mistletoe preparations are phytopharmaceuticals, i.e. herbal medicines, and use the whole plant or the plant composition of drugs as the basis of their therapeutic effect. However, some manufacturers focus their efforts exclusively on one ingredient, the lectin content of mistletoe.

In this context, the widely held view that herbal medicinal products are harmless is contradicted. Although the side effects of mistletoe therapy are comparatively low, individual ingredients are among the most toxic substances known. Mistletoe preparations are therefore pharmacy and not without medical supervision. The fact that only minor side effects still occur is due to the interaction of the various ingredients of the mistletoe. However, this effect, known as synergy, is also reflected in a completely different way. For example, laboratory tests on different tumor cells have shown that individual ingredients of the mistletoe, such as the lectins, have a significantly lower therapeutic effect than the overall extract of the mistletoe plant.



Two important groups of active ingredients of mistletoe are viscotoxins and lectins.

Viscotoxins trigger so-called necrosis, i.e. they cause cell death due to inflammation-accompanied poisoning of the cell.

Lectins, on the other hand, act on the nucleus and trigger a so-called apoptotic reaction of the cell. Apoptosis means that an ordered degradation of all cell components comparable to natural cell death is stimulated. So far, four groups of mistletoe lectins are known.

In addition to the function described directly against the diseased cell, mistletoe has, as described above, the property of modulating the immune system. The immune system as a whole, non-specific or specific, can be stimulated by its ability to deal with diseased cells or foreign substances. Among the non-specific reactions that are innate to the immune system is, among other things, a strong multiplication of leukocytes in the blood. Specifically, i.e. the immune system learns this reaction by the administration of the drug, for example, the increased formation of T and B cells works. Mistletoe therapy thus incentivises the immune system to "remember" its ordering and purifying function. This is proven by clinical studies.

Mistletoe therapy is therefore to be regarded as a useful supplement to conventional therapies!