



Micro-immunotherapy

Support the immune system

Target immune imbalances

Promote health







Dr Ursula Bubendorfer
President of the German-speaking Medical Society for Micro-immunotherapy (MeGeMIT)

Dear Readers,

Our body is naturally equipped with a well-functioning defence mechanism: the immune system. It is usually only when this sensitive system fails, that we become ill. It is now known that about 90 per cent of diseases are related to an imbalance of the immune system. Therefore, supporting the immune system and helping it maintain or recover its optimum performance, can be beneficial for health. This is exactly the purpose of micro-immunotherapy.

Fifty years ago, the Belgian doctor Maurice Jenaer developed this therapeutic approach. Since then, much has changed in immunological research. The principles of micro-immunotherapy are based on this fundamental knowledge in the field of immunology, and the method is gaining increasing interest among doctors, health practitioners and patients. This brochure aims to summarise the distinctive features of this therapy and to describe its mode of action.

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What is micro-immunotherapy?

Frequently asked questions about micro-immunotherapy

1. What is micro-immunotherapy?

Micro-immunotherapy is a type of immunotherapy aimed at maintaining or restoring the proper function of the immune system.

2. What is its main feature?

Micro-immunotherapy makes use of the same messengers as the immune system (e.g. cytokines, growth factors, hormones), which are given sublingually in low doses. These substances are responsible for the communication between the cells and other elements involved in immune responses. Thus, micro-immunotherapy speaks the same language as the immune system.

3. In which areas can it be used?

Micro-immunotherapy has a very broad scope of applications and can be used both for treatment and prevention, as part of an integrative therapeutic approach. It offers immune support in several clinical conditions:

- ▶ autoimmune diseases
- ▶ viral infections and reactivations
- ▶ bacterial infections
- ▶ allergies
- ▶ stress
- ▶ depression
- ▶ neurological diseases
- ▶ age-related diseases
- ▶ bone and joint disorders
- ▶ dental problems
- ▶ complementary cancer treatment

4. How is it taken?

The application of micro-immunotherapy medicines is very simple. The capsules contain small beads called granules, which are impregnated with the active ingredients. They are taken sublingually, which means that the capsules are opened and the granules are poured under the tongue, where they slowly dissolve. From there, the ingredients reach the immune system mainly through the lymphatic system.

Instructions for use

- ▶ Take the treatment preferably on an empty stomach, 15-30 minutes before the morning meal. If this is not possible, please take it one hour after the meal.
- ▶ Pay attention to the numbering of the capsules: the correct sequence must be respected.
- ▶ Open one capsule, pour the granules under the tongue and let them dissolve there.

5. How is micro-immunotherapy usually prescribed?

Your doctor or therapist uses micro-immunotherapy to support your immune system. Firstly, he or she will take a detailed medical history. Depending on your symptoms, laboratory tests might be requested to determine the state of your immune system (e.g. lymphocyte typing) or reveal the presence of a persistent viral infection (e.g. Epstein-Barr virus serology). According to the laboratory results and your clinical condition, he or she will then choose the appropriate micro-immunotherapeutic medicine. The duration of the treatment may vary greatly depending on the disease and the individual needs. It ranges between several weeks and a few months, taking into account that regulating the immune system takes time. Although micro-immunotherapy is also used for prevention or to treat acute conditions, it is particularly useful in the long-term management of chronic diseases.

6. For whom is micro-immunotherapy suitable?

Micro-immunotherapy can be used in both adults and children and is thus suitable for the whole family. It can also be used for animals.

7. Can micro-immunotherapy be taken along with other treatments?

Micro-immunotherapy is compatible with other treatments and can even act synergistically by supporting their effectiveness and improving the body's tolerance. Micro-immunotherapy is a complementary treatment, which means that no other treatment should be suspended without first consulting your doctor or therapist.

8. Who prescribes micro-immunotherapy?

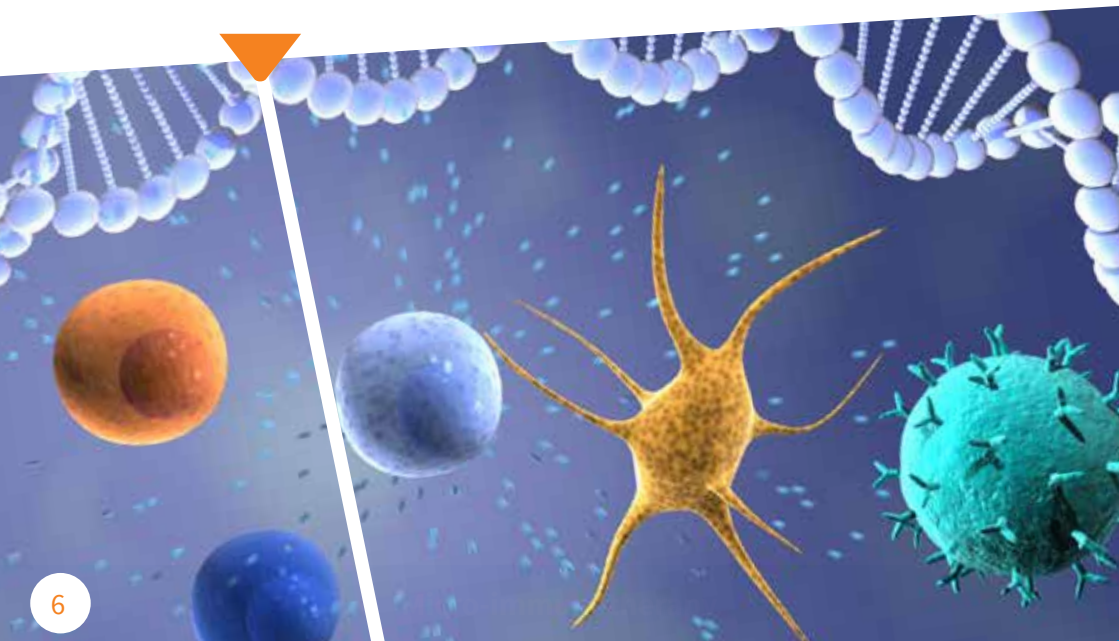
Specially trained doctors, other health professionals and therapists prescribe micro-immunotherapy. The majority of them choose to adopt an individualized, holistic approach to patient care. Since the choice of the correct preparation is not always straightforward and, in some cases, might require the use of laboratory tests, only trained practitioners should recommend micro-immunotherapy.

9. What advantages does micro-immunotherapy offer?

Micro-immunotherapy offers multiple advantages. It focuses on treating the cause of illness rather than the symptoms, aiming to restore health in the long term. Due to the use of low doses of immune messengers, it is a safe treatment, which can be combined with other therapeutic approaches. The sublingual application makes it easy to take - especially for children - as the granules are just poured under the tongue where they dissolve.

10. How long has micro-immunotherapy been used?

Micro-immunotherapy has been used for over 50 years. The Belgian doctor Maurice Jenaer created this therapeutic approach in 1967 and since then, with the discovery of new messenger substances, it has been further developed. Nowadays, it is part of the therapeutic strategy of thousands of doctors, other health professionals and therapists in Europe and other parts of the world. ▼



Patient interview

Mona F. is, like many mothers, the “health manager” of her family. She has to deal with various disorders: Her husband has hay fever, her children occasionally develop viral infections and she has been suffering herself from a chronic inflammatory bowel disease for many years.



Mona F.

How did you hear about micro-immunotherapy?

My family doctor recommended it to me. It is a very well-tolerated treatment and can be combined with other medications. We decided to take micro-immunotherapy because it gently supports the immune system.

What has changed with this treatment?

When it comes to health, micro-immunotherapy plays an important role in our family. Other medications often only treat the symptoms. Over time, disorders would reappear. Since the introduction of micro-immunotherapy, our health has become much more stable. The children rarely have infections anymore, and my husband's allergy symptoms have almost completely disappeared. I too, feel livelier again and much less restricted in my day-to-day life.

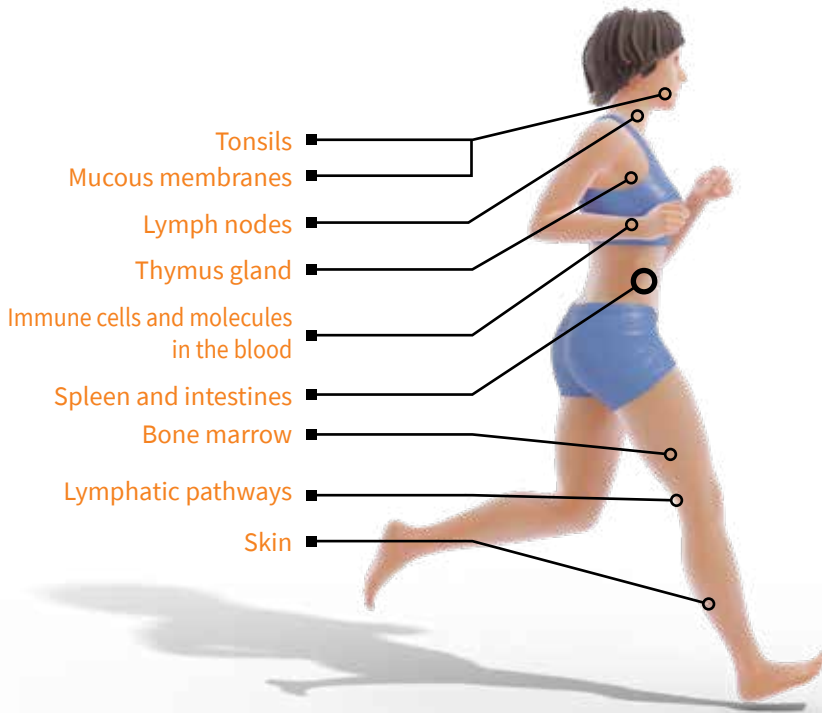
How do you use micro-immunotherapy?

Each of us takes a different micro-immunotherapy preparation. The capsules are simply opened and the granules contained in them have to be poured under the tongue. This makes the treatment so easy to take - especially for children. These days, my husband and the children mainly use it for prevention.

Would you recommend it?

Absolutely! We are thrilled that micro-immunotherapy has improved our health, and we have already recommended it to friends and relatives. ▼

The immune system



The immune system is the body's natural defence mechanism that protects us against pathogens or other disruptive factors. This complex system is made up of a network of different organs, cells and messenger molecules (see diagram). It is typically divided into two categories that are closely linked: the non-specific, innate immune system and the specific, adaptive immune system.

When pathogens enter the body, the cells of the innate immune system first recognise the foreign agents and attack them. If necessary, they produce immune messengers in order to recruit other immune cells.

Immune messengers

Immune messengers are also often called cytokines. These are proteins that allow the cells of the immune system to communicate with each other and coordinate their response in order to efficiently fight the pathogens. They can specifically stimulate or inhibit an immune response. They represent the main active ingredients in micro-immunotherapy medicines, where they are administered in optimally tolerated doses.

If the innate immune system fails to eliminate the pathogens, the acquired immune system is called into play, and both work together to eliminate the intruders. The cells of the acquired immune system, which are highly specific to the particular pathogen that induced them, migrate into the tissue and release immune messengers mounting an effective response. Once the pathogens are destroyed, other immune messengers are released in order to control and end the immune attack. Finally, scavenger cells eliminate the debris.

After this primary immune response, immunological memory is created. In this way, the body can react much faster and more efficiently upon reinvasion of the same pathogen.

Immunological memory

The immunological memory is a distinct characteristic of the adaptive immune system. Exposure to a pathogen leads to the generation of memory cells, specific white blood cells which provide an immediate and more intense reaction to the same pathogen when re-encountering it, so that it does not come to an outbreak of symptoms. This is the reason why we get some diseases only once.

The basics of micro-immunotherapy

Micro-immunotherapy is based on findings about the functioning of the immune system – our natural health guard, that is able to detect and destroy harmful agents. However, if our defence system is out of balance due to external factors such as pollution, pathogens, nutritional deficiencies, toxins, or internal factors such as psychological or hormonal imbalances, its effectiveness is limited. This is exactly where micro-immunotherapy is indicated. Its purpose is to promote the self-regulation of the immune system and restore its balance.

Messages to the immune system

As previously described, cytokines play an important role in the coordination of the immune response. It is exactly these immune messengers, among others, that are used in micro-immunotherapy to correct an uncontrolled or inappropriate immune response. These active ingredients are used in low doses and are, therefore, well tolerated.

Depending on the targeted clinical condition, the pursued objective of micro-immunotherapy may be different. For example, in case of viral or bacterial infections, it is important to promote the activation of the natural immune response, while in the context of allergies or autoimmune diseases the aim is to attenuate excessive immune reactions. In this way, the immune response is gently modulated.

Like the immune system itself, micro-immunotherapy transmits the information to the immune cells in a time-lapsed manner, mimicking and reproducing the chain of natural immune reactions (sequential treatment).

Long-term immune regulation

Gradual, lengthy pathologic processes often lead to malfunctioning of the immune system. Micro-immunotherapy can be used to retrain the immune system to work efficiently again. Such training may take a few months or longer, however, it can result in long-term improvements, especially when accompanied by a healthy lifestyle.

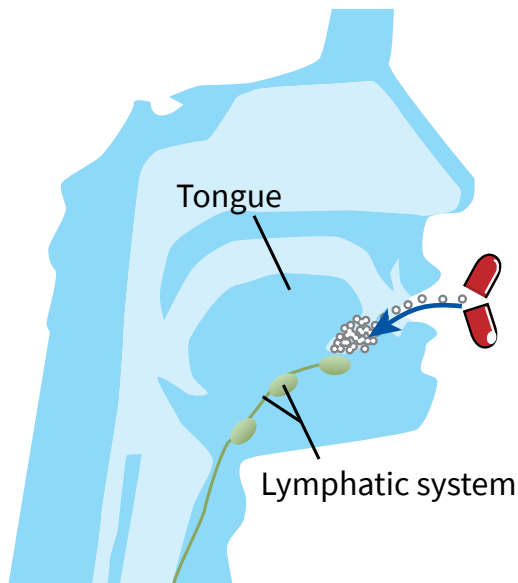
Instructions for use

The immune modulating substances are impregnated on small beads called granules, which are contained in capsules that are numbered from 1 to 10. The numerical order of the capsules must be strictly respected.

After opening the capsule, the content is poured directly under the tongue where the granules slowly dissolve. The active ingredients enter the lymphatic system via the mucous membranes and, that way, are able to transmit the information directly to the immune system.

Origin of the active ingredients

The active ingredients used in micro-immunotherapy are obtained using modern biotechnology. ▼



Testimonials



Dr Petra Blum

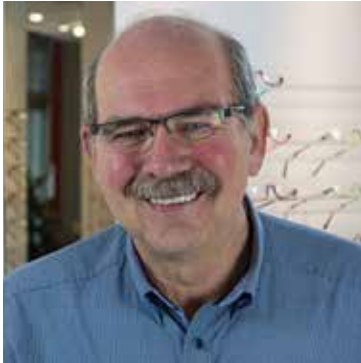
Dr Petra Blum - General practitioner and family doctor

In my medical practice for primary care and naturopathy, micro-immunotherapy is an important part of my therapeutic strategy. I have been using this treatment since 1999, using the complete range of therapeutic possibilities it offers. Above all, I appreciate the fact that it regulates the immune system gently and specifically targets the underlying cause of diseases.

Many patients who come to my practice have already visited several doctors and tried numerous medications without experiencing any improvement. When I investigate their immune status, I frequently detect reactivated viruses, which can trigger various other disorders. Often, my patients are surprised by this diagnosis. I then explain how virus reactivations can specifically be treated with micro-immunotherapy. After a short period of time taking micro-immunotherapy, most of the patients feel much better.

My advice:

If you have been suffering from a condition for a long time or present with medically unexplained symptoms, ask your doctor or health practitioner about micro-immunotherapy. Evaluating the immune status can reveal immune imbalances and expose underlying causes, that were previously unknown. ▼



Mr. Wolfgang Spiller

Wolfgang Spiller – Heilpraktiker/Naturopath

I first heard about micro-immunotherapy at an international congress in Strasbourg in 1992, which opened for me new perspectives in the treatment of allergy-related, autoimmune and oncological diseases.

Until then I was only able to influence the immune system in an unspecific way, but today I am able to regulate the defensive mechanisms of the body much more accurately and efficiently thanks to the integration of sophisticated

diagnostic methods and the micro-immunotherapy medicines in my daily practice. Thus, I can offer my patients a much more precise and targeted treatment.

I have been working in my own practice since 1981 and have been able to follow the emergence of various new diagnostic and therapeutic approaches. Some of them have shown to be worthwhile, others have not. However, micro-immunotherapy has been at the heart of my therapeutic strategy for 25 years and represents the medicine of the future for me. Thanks to micro-immunotherapy, I have been able to successfully accompany countless patients on their way towards recovery.

My advice:

If you are looking for an efficient, well-tolerated therapy in the management of chronic and autoimmune diseases, micro-immunotherapy may be the right option for you. Often, patients who come to my practice have already gone through a long odyssey, where neither the correct diagnostic tools nor the right treatment had been used. ▼

Micro-immunotherapy is an immunomodulatory treatment that:



COMMUNICATES

with the immune system in his own language, by making use of substances like cytokines and other immune mediators in low doses.



MIMICKS

the chain of natural immune reactions, by following a specific sequential action.



RETRAINS

the immune system to respond appropriately to internal and external disruptive factors.





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