

Prevention is always better than repair

Prevention and health promotion should be on the top of men's agenda! In fact, leading a healthier life with regular exercise, a balanced diet, good sleep and the use of mindfulness techniques can have a significant impact on physical and mental fitness and, specifically, on the immune system!

It's time for men to face the facts: self-care means aging slowly and staying fit and healthy for longer!



Contact us / visit our website:

mi@micro-immunotherapy.com

www.micro-immunotherapy.com

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Micro-immunotherapy and men's health

Stress control & performance

Inflammation & pain management

Musculoskeletal care

Control of viral & bacterial infections



Train your immune system to peak performance!



Micro-immunotherapy

Targeted immunomodulation

The immune system: driving force of health

Chronic infections, persistent stress, sleep problems, hormonal imbalances or digestive disorders are just some of the factors related to immune dysregulation in men. Long term exposure to such factors and/or chronic inflammation can contribute to several health conditions including cardiovascular disease, cancer, autoimmune disease or metabolic pathologies such as diabetes. Additionally they favour the development of conditions like burnout, depression or chronic fatigue syndrome (CFS). Furthermore, even male conditions such as erectile dysfunction have been associated with chronic inflammation.



Micro-immunotherapy: keep your immune system running smoothly!

In case of immune imbalances and associated diseases, micro-immunotherapy aims at promoting the self-regulation of the immune system. By using cytokines (messenger substances) and other immune modulating substances in low and ultra-low doses, it contributes to optimizing the immune response and to maintaining general health.

In men's health, micro-immunotherapy can be used in a variety of areas:

- **Reducing inflammation** in different diseases such as cardiovascular disease, diabetes, autoimmune disorders, etc.
- **Immunomodulation in musculoskeletal disorders**, including fractures, joint disorders, sports injuries, osteoarthritis, osteoporosis, etc.
- **Control of viral & bacterial infections and associated diseases**, such as genital herpes, warts, AIDS, hepatitis, mononucleosis, chronic fatigue syndrome, etc.
- **Immune support in case of chronic stress, depression and burnout.**
- **Complementary cancer treatment** (also in the context of active surveillance for prostate cancer).

Prevention and treatment of immune-related disorders in men

Viral & bacterial infections

Obesity & diabetes

Autoimmune diseases

Joint disorders

Stress, burnout & depression

Complementary cancer treatment

***Please note:** The information about the indications and effects of micro-immunotherapy is based on the experience of medical practitioners working actively with this treatment.*

