



## VISCUM ALBUM (VAE)/MISTLETOE SUBCUTANEOUS TREATMENT

### **REQUIRED Reading before beginning Mistletoe Treatment:**

- *This sheet in its entirety.*

### **Recommended Reading and Resources on Mistletoe:**

- *The official Helixor website: [www.helixor.com](http://www.helixor.com)*
- ***PATIENT AGREEMENT TO TRADITIONAL MISTLETOE THERAPY***

### **Supplies for One Round of Mistletoe:**

- 1 box of Mistletoe series 1 (each box contains 7 vials)
- 7 x 3cc syringes
- 7 x 19g 1.5" filter needles
- 7 x 30g 0.5" needles
- Alcohol wipes

### **Procedure:**

*Note: Mistletoe must be taken in SEQUENCE. The first vial in the box (on the far left-hand side) is the first vial to be used, and then move from left to right to follow the sequence as you continue Mistletoe use.*

*Note: Make sure that all liquid is in lower half of vial (flick top of vial) - Don't want to lose any to spillage.*

1. Open glass vial safely: Break the vial at the neck. With the colored dot towards you, break the neck of the vial by pushing down slightly.
2. Draw up liquid using filter needle.
3. Eliminate larger bubbles from syringe: Hold the syringe vertically with the needle upwards; tap lightly on the cylinder to push the air bubbles trapped against the inner wall to the top and push the plunger up slowly in order to push out the air.
4. Switch to injection needle.
5. Inject subcutaneously (meaning "below the skin") in abdomen or thigh at 45- degree angle.

### **Injection Schedule:**

- Inject Mistletoe 3 days/wk until you've completed one box
- During injections, track if you have any of the following reactions (see common reactions below).

On your second box, let the office know as soon as you have a reaction. If you do not have any reactions for the whole box, call (Element 7 Wellness 206-780-0402) after you have completed your last injection to let them know you have not had any reactions on the second box. (*Either way--let the office know your reaction to determine next order/dose.*)

- After you have completed both boxes of injections, begin the next round (or two boxes-worth) of injections as recommended by your doctor.

### **Common reactions from Mistletoe that are GOOD because they indicate healing and a response to the medicine:**

- Inflammatory reaction, such as increased redness and swelling near injection site.

- Itching near the injection site.
- Slight increase in body temperature.
- Immune stimulation in general.
- Digestive upset

#### MISTLETOE (VAE) MECHANISM OF ACTION

- Mistletoe lectins are directly cytotoxic cell membranes and cyto-skeleton and induce apoptosis
- Anti-angiogenic by lowering VEGF
- Stabilize/repairs DNA
- Inhibits ribosomes and protein synthesis (inhibits proliferation)
- Impacts platelet aggregation and inhibits metastasis
- Anti-inflammatory and modulates pain response
- Immunomodulates (stimulate macrophages, T lymphocytes, NK cells, dendritic cells, cytokines, etc.)
- Acts like a fever-inducing therapy similar to that of Coley's toxin
- Stimulates marrow
- Enhances overall QOL including mental well-being and lifting fatigue
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- MAIN POINTS on VAE immune modulation:
  - • ↑ leukocytes – lymphocytes, neutrophils, monos
  - Induces Th1
  - ↑ CD4+ T-cells
  - ↑ phagocytosis
  - ↑ GM-CSF
  - ↑ cytokines
  - ↑↓ interleukins 4, 6, 12, 16
  - ↑ NK cell counts and activity
  - ↑ CD8+ cytotoxic T-cells
  - Activate dendritic cells

*I have read through ALL of the above information, have reviewed the Mistletoe protocol with Dr. Christy or staff member, and have asked clarifying questions if needed.*

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*Patient Signature*

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*Date*

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*Dr. Christy or Staff Signature*

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*Date*