



Frequently Asked Questions and Answers Regarding Mistletoe Therapy

Here you will find a summary of the most important questions and answers on mistletoe therapy for cancer. The answers are based on the clinical and practical experience of physicians experienced in mistletoe therapy.

What is Helixor®

Helixor® preparations are non-fermented, aqueous fresh plant extracts from two and a half years old mistletoe shoots (leaves, stems, flowers, berries). They are harvested four times a year (winter, spring, summer, and autumn) to take into account different stages of plant development and to include all the seasonally different constituents. The harvest takes place on days with special light and warmth qualities (according to Maria Thun). The mistletoe comes exclusively from regional wild collection. Mistletoe extracts from fir trees (Helixor® A), from apple trees (Helixor® M) and from pine trees (Helixor®P) are then processed for packaging.

Onset and course of therapy

When should mistletoe therapy begin?

Mistletoe therapy can be started early, even immediately after diagnosis or before surgery, if this is planned. Since mistletoe therapy activates the immune system and thus promotes resistance, the body will be well prepared for the stress that surgery causes to the body. But a later start is also acceptable.



Can mistletoe therapy also be performed during chemo- and/or radiotherapy?

Yes because mistletoe therapy can reduce the adverse effects of chemotherapy, radiation, hormone, or antibody/immune therapy. However, it is essential to ensure that the injection is given outside the radiation field, otherwise the skin can become highly inflamed. Also avoid injecting near sites where surgery will occur.

Does mistletoe interfere with the effects of other drugs?

No, so far there are no known negative interactions with other drugs. The studies available so far show that mistletoe therapy can be well combined with conventional treatment methods like chemo- radio-, hormone or antibody therapy. It can also reduce some of their undesirable effects.

How long does the treatment take?

Mistletoe therapy is often a long-term therapy but needs to be accompanied by a health professional. How long the therapy lasts in individual cases depends on how the disease develops and how the person reacts to the therapy.

Do blood levels need to be measured?

In most cases the blood levels are determined once at the beginning of mistletoe therapy and monitored repeatedly at longer intervals during the treatment. However, such laboratory controls are not necessary. Each doctor decides which examinations are necessary in the individual case based on the disease situation.



Does mistletoe therapy influence tumor markers?

The tumor markers change depending on the course of the disease. If the general condition improves or the tumor size reduces as a result of mistletoe therapy, the tumor markers may also decrease again. Testing markers within 4 to 6 weeks of starting mistletoe is not advised because the markers may look falsely elevated. It's also recommended to avoid imaging studies within 6-8 weeks of starting mistletoe because the tumors may initially look larger before shrinking.

Is mistletoe therapy useful if metastases are already present?

Yes, because mistletoe therapy can improve quality of life and strengthen the immune system, which may be manifested, for example, in an increase in appetite and weight, mood, and normalization of sleep quality. It may also prevent new mets from forming.

Can mistletoe therapy relieve pain?

Mistletoe therapy may reduce the need for analgesics. Pain intensity depends on the tumor growth, your general condition and physical strength. As your condition improves and energy returns, your pain also decreases.

Which mistletoe preparation is the appropriate one?

There is no "right" or "wrong" mistletoe preparation. The most important aspects in the selection of the mistletoe preparation are the type and stage of the tumor, the patients' individual symptoms



and situation of the patient and above all, the question of what is to be achieved with mistletoe therapy. Considering these factors, the doctor needs to find the most suitable preparation. People who are sensitive to drugs may initially be given a rather low-dose mistletoe preparation – some manufacturers offer special preparation series with particularly low initial concentrations for this purpose.

Side effects

Is the reddening of the skin an allergy?

No, redness at the injection site up to 2 in diameter is a sign that the immune system reacts to mistletoe therapy, which is a desired effect.

The red spot itches – is that an indication of an allergic reaction?

No, this is not an indication of an allergy either. The itching can occur when the mild local inflammation caused by the mistletoe extract subsides.

Is it dangerous if mistletoe therapy causes fever?

An increased temperature of up to 100.4 °F is desired because the body is stimulated to regulate the body temperature. This ability is often weakened in cancer patients. Many cancer patients who are always shivering feel comfortably warmed up following subcutaneous mistletoe therapy. If temperatures exceed 100.4 °F and persist for more than 3 days, an infectious process or tumor fever should also be considered.

If higher fever develops during mistletoe infusion (up to 100.4 °F), this may be therapeutically useful.

However, this therapy variant is an off-label application



and should therefore always be under medical supervision. If the body temperature remains above 100.4 °F for more than three days, you should consult your doctor.

Can mistletoe stimulate tumor proliferation?

Neither laboratory experiments nor more than 150 clinical studies have found evidence that mistletoe therapy could stimulate tumor proliferation.

IV Treatment

Dr McManus orders a test dose using the preparation chosen for your particular condition/ disease. Your test dose will consist of an injection into the abdomen area and monitored over 3 days. On the 3rd day Dr McManus will review and notify us of the selected protocol. The optimal standard protocol is 4 consecutive sessions administered on week 1, followed by 2 sessions weekly for the next 6 weeks. This will consist of a total of 16 IV sessions over 7 weeks. Depending on your test dose skin reaction, Dr McManus may opt to slow down your escalation to max dose which would require a few more sessions than the standard protocol. IVs are given over a 2 hour period.

Injections

Should mistletoe preparations always be injected?

Mistletoe therapy is FDA-approved for oral administration for headaches. Injection and IV mistletoe are considered “off-label”. In the form of an oral application, the protein-containing mistletoe extracts would be "digested" in the stomach and made ineffective for cancer therapies.



Do the injections hurt?

No, the injection can only be felt as a small prick. The needle used for injection is extremely fine and thin. You can look for a place to inject where your body is as insensitive as possible (abdomen or outer arm). At the beginning, you should be instructed how to inject by a professional. This is because there are a few tricks and tips on how to inject painlessly.

Hardenings form at the injection site. Why?

The hardening is called induration and it is caused by the migration of white blood cells into this region. This induration disappears within a few days, usually the day after the injection.

At what time should injection take place?

If it is important to stimulate the activity of the organism, it is useful to perform the injection during the rising of the body temperature, i.e. in the morning (between 7 and 9 a.m.). If the warming aspect of mistletoe is to be preferred, it is advisable to inject it at the time of maximum body temperature, i.e. in the evening (between 5 and 6 p.m.). In principle, a change of both methods is possible.

If the next injection is due but the redness has not yet subsided, what can be done?

Normally you do not inject into the same place again. Nevertheless, you should wait on the next injection until the redness of the previous injection has completely subsided. This is because the redness that still exists could intensify to such an extent that a strong and painful inflammatory reaction develops. A redness that does not disappear within two days is often greater than 2 inches, indicating that the dose of mistletoe extract is too high or that the injection was wrong.