

PATIENT DIARY.

MY DAILY COMPANION.

FOR PATIENTS

Mistletoe Therapy

A Part of Integrative Oncology



Feel more vitality. In every moment.

 Helixor

PERSONAL DATA

Name	
Physician	
Date of birth	
Height, weight	
Allergies	
Intolerances	

DEAR PATIENT,

In agreement with your physician you have chosen mistletoe therapy. With this therapy you will supplement your cancer treatment in a natural way: you can reduce complaints and obtain better quality of life.

This patient diary depicts the course of your therapy. Particularly at the start of the therapy, the diary provides valuable support because your diary entries will show how well the selected type of mistletoe and the current dosage are suited to your specific situation as a patient.

In this way your physician or your natural health practitioner can also recommend changes to your therapy, if necessary, so that you obtain the best possible therapeutic results.

Cancer is a very personal experience, for this reason the treatment must be matched to you in every aspect. We would like to assist you on this journey.

Your
Helixor Team

YOU CAN DO MORE FOR YOURSELF!

Mistletoe therapy will demonstrably help you to cope with cancer treatment:

- ✓ **Improves tolerability of chemotherapy¹**
- ✓ **Strengthens the immune system²**
- ✓ **Improves fatigue, appetite and thermoregulation (sensation of warmth)^{3,4}**

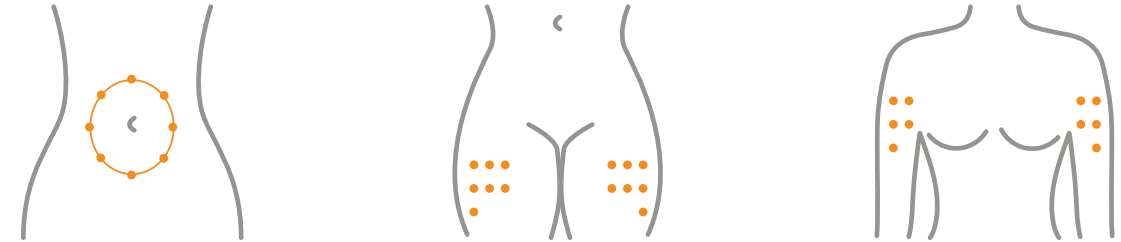


Literature

1. Kienle GS, Kiene H. 2010. Integr. Cancer Ther. 9(2): 142-157. | 2. Oei SL et al. 2019. eCAM 2019: Article ID 5893017. | 3. Piao BK et al. 2004. Anticancer Res. 24(1): 303-310. | 4. Matthes H. 2001. In: Scheer R et al. (ed.): Die Mistel in der Tumorthherapie. KVC Verlag, Essen, 253-274.

WELL PREPARED

You inject the mistletoe extract under your skin (= subcutaneous injection) 2 – 3x a week, as recommended by your physician. For each injection, select a different site on your abdomen, thighs or upper arms. In this way your skin will always regenerate well.



Avoid:

- ✗ Inflamed skin areas
- ✗ Areas of the body that have been or will be exposed to radiotherapy
- ✗ Chest or arm on the side that has undergone surgery or areas of the body that will undergo surgery
- ✗ Area around fresh surgical scars

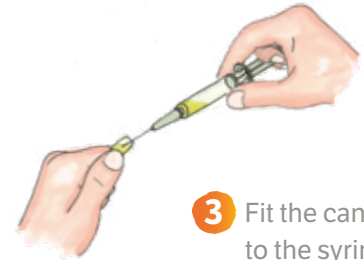
EASY USAGE STEP BY STEP

Here you will find the most important steps for injecting yourself with mistletoe extract.

- 1 Clean the selected injection site, for example using an alcohol swab.



- 2 Before opening the ampoule, align the red dot on the head of the ampoule so it is facing you. Then open the head of the ampoule by applying gentle pressure to the rear with your other hand. Practical aids are an ampoule opener or a cloth using which you can grasp the head of the ampoule while opening it.



- 3 Fit the cannula to the syringe and draw in the contents of the ampoule.



- 4 Hold the syringe upright and press the plunger gently until the first droplet appears at the top of the cannula (removes air from the syringe).

- 5 Take a skin fold between your thumb and index finger. Using the other hand, insert the cannula into the skin fold at an angle (approx. 45 degrees). Slowly inject the entire contents of the syringe.



- 6 Dispose of the cannula and ampoule properly (for example collect in sealable plastic container). The syringe belongs in your household waste.



Please note:
Step-by-step explanation of subcutaneous administration in the video at easy-start.info

MISTLETOE IN ACTION!

You will see and feel the stimulating effect of mistletoe – it is the natural immune response of your body:

- ✓ A typical redness at the injection site with a diameter of up to 5 cm that sometimes swells or itches (= **local reaction**)
- ✓ A slight increase in **body temperature** of 0.5 – 1 °C (0.9 – 1.8 °F)
- ✓ Long-term: improvement of your **physical strength**, mood, sleep and appetite

By the way: Reactions to mistletoe therapy are as individual as you are and may therefore vary. Only one or a combination of the possible reactions may occur.



CONTACT YOUR PHYSICIAN

if you detect one of the following reactions.
If necessary, your physician will make changes to your therapy.

- ✗ Local reaction more than 5 cm in diameter
- ✗ Fever above 38 °C (100.4 °F) and/or flu-like symptoms
- ✗ Allergic reactions



Regularly discuss the course of your therapy with your physician.



THE COURSE OF MY THERAPY

Week from _____ to _____

Type: ☐ Abietis | Fir mistletoe ☐ Mali | Apple tree mistletoe ☐ Pini | Pine mistletoe

Date	Dose	Local reaction (please specify size in cm or inch)	Mood	Body temperature	Tiredness/fatigue	Good sleep	Appetite	Space for your observations (for example nausea, weight gain and others)
			😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	⊕ ⊖	
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DO YOU HAVE ANY QUESTIONS?

The experts from our free
Therapy Advisory Service will
provide you with personal replies.



Your personal contact partner

+49 7428 935-344

advice@helixor.com



**Please find information and case
reports on mistletoe therapy here:**

helixor.com

