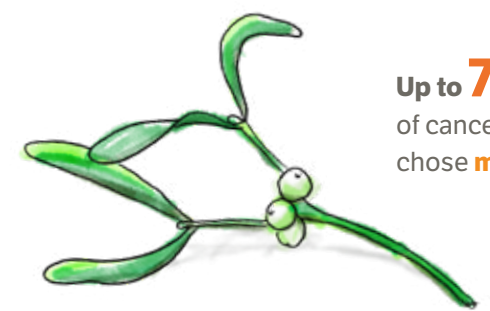


CANCER THERAPY CAN BE MORE TOLERABLE

Mistletoe therapy is an adjunctive therapy within the concept of integrative oncology. It supports cancer therapy:

- ✔ **Strengthening of the immune system¹**
- ✔ **Reduction of adverse reactions, such as fatigue** (chronic exhaustion)²
- ✔ **Improvement in sleep, appetite³ and thermoregulation⁴**

You can do more for yourself.



Up to **77 %**
of cancer patients in Germany
chose **mistletoe therapy**.⁵

YOUR RELIABLE COMPANION

Mistletoe therapy is among the best-studied adjunctive measures during cancer treatment and can be initiated at any stage of the disease

Speak with your doctor

Your doctor will adapt the mistletoe therapy to your specific treatment situation and familiarize you with its administration.

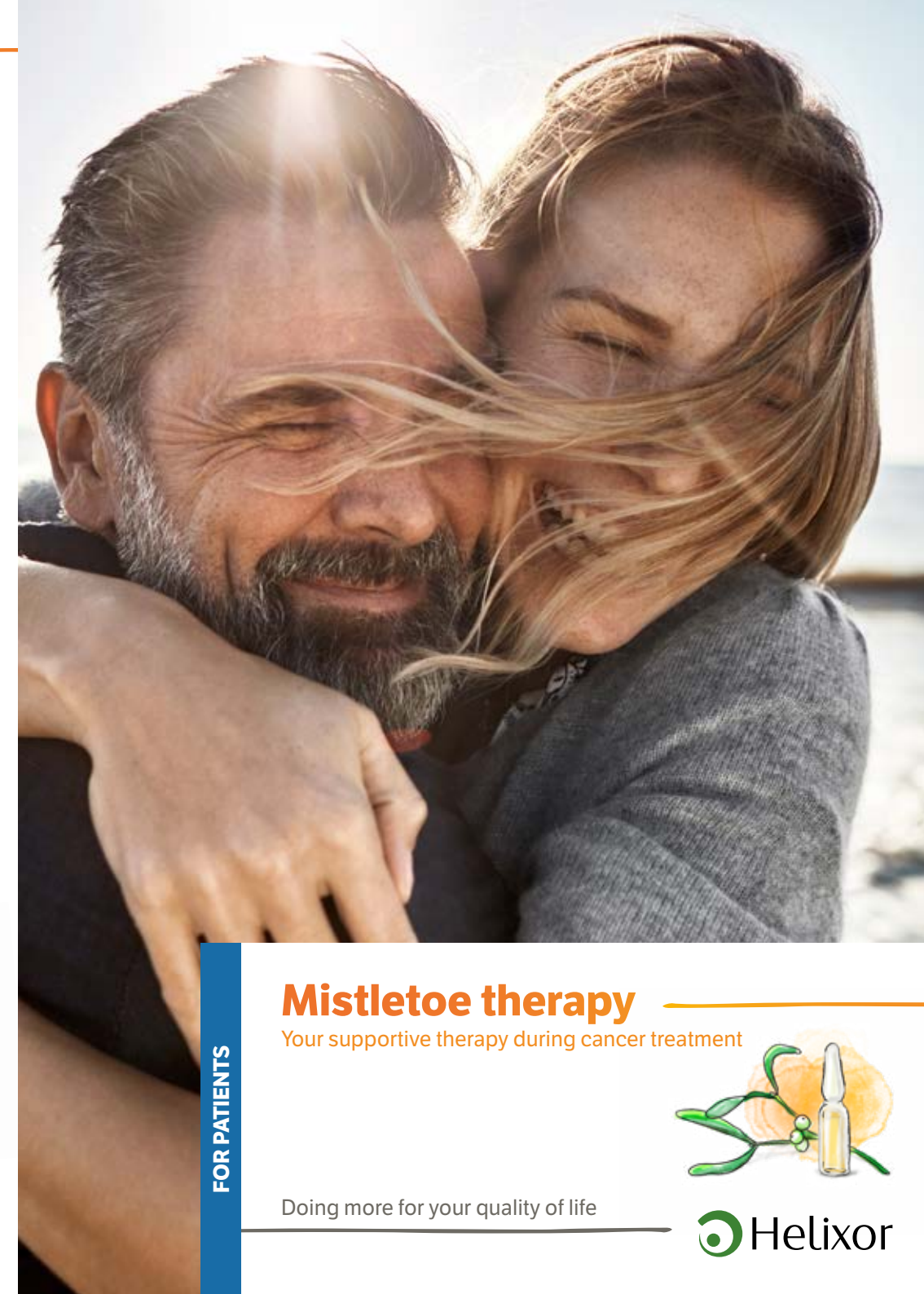


Learn more:

If you have questions about cancer and treatment options, your doctor should be the first point of contact. But if you want to prepare for your visit, it's crucial to consult trusted sources, such as:
mistletoe-therapy.org
cancerchoices.org
helixor.com



1. Oei SL et al. 2019. eCAM 2019: Article ID 5893017 | 2. Pelzer F et al. 2022. Support. Care Cancer 30: 6405-6418. | 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. KCV Verlag, Essen, 253-274. | 5. Matthes H et al. 2020. eCAM Artikel ID 7091039



FOR PATIENTS

Mistletoe therapy

Your supportive therapy during cancer treatment



Doing more for your quality of life



PATIENT-CENTRED CANCER CARE

Cancer saps your strength: Many of those affected are drained, have little appetite, sleep poorly, often feel cold, and have the feeling that they are no longer “themselves”.

That's why many clinics and practices not only treat the tumor, but also address all areas of life affected by cancer. This “Doing more in cancer care” is known as integrative oncology.

Cancer is a very personal experience. A successful course of treatment depends on you recognizing your own needs and being actively involved in the decisions about what is good for you.

Together with your doctor, you can find the best way to regain strength and improve your quality of life.



More **strength**
and **quality of life**

T

HE HEALING POWER OF MISTLETOE

“There’s nothing normal about this plant” – according to the botanist Carl Freiherr von Tubeuf. And indeed: the white-berry mistletoe (*Viscum album* L.) “stubbornly” ignores the laws of nature, bearing its berries in the middle of winter and growing spherically in the crowns of firs, pines or deciduous trees (e.g. apple trees).

Whether covered in snow or glowing in the sun – mistletoe is a true survivor in nature. Because of its extraordinary botany, the mistletoe plant has long aroused public interest and, thanks to its strengthening properties, has in fact been used as an **effective medicinal herb** since ancient times.

Mistletoe contains over 1,000 ingredients. Only through the interaction of these individual substances can the plant’s complex spectrum of activity fully unfold: It strengthens the immune system and improves overall well-being.

5 FACTS ABOUT MISTLETOE THERAPY

1 Mistletoe therapy is part of integrative oncology – what does that mean?

Integrative oncology combines cancer treatment with complementary approaches. Clinics and practices that offer integrative oncology follow the current oncology guidelines. They also incorporate validated complementary approaches, such as mistletoe therapy. So mistletoe therapy is not a substitute for cancer therapy, but a **meaningful addition** to help those affected cope better with their treatment.

2 Since when has mistletoe therapy been used in cancer care?

The first mistletoe product was used in 1917. Today, mistletoe therapy is the **most commonly used adjunctive therapy for cancer care**. As part of personalized medicine, mistletoe therapy is also becoming increasingly relevant in the context of self-care within our healthcare system.



3 Are there any studies on mistletoe therapy?

Yes, its effectiveness and very good tolerability **have been demonstrated in over 160 clinical studies**. The positive effect of mistletoe therapy on the quality of life of cancer patients is particularly well studied.⁶ That’s why mistletoe therapy is also recommended in several oncology guidelines.

4 When can you start mistletoe therapy?

In principle, mistletoe therapy can be used **at any stage of cancer**, during and after cancer therapy. Mistletoe therapy must also be tailored to the patient’s individual situation, however, which is why the doctor ultimately decides on its specific use.

5 Who offers mistletoe therapy?

As clinics and practices differ in their treatment priorities, complementary approaches such as mistletoe therapy are not always included in the standard care package. **Some resources may support your search for integrative oncology institutions or professionals (see reverse side).**

