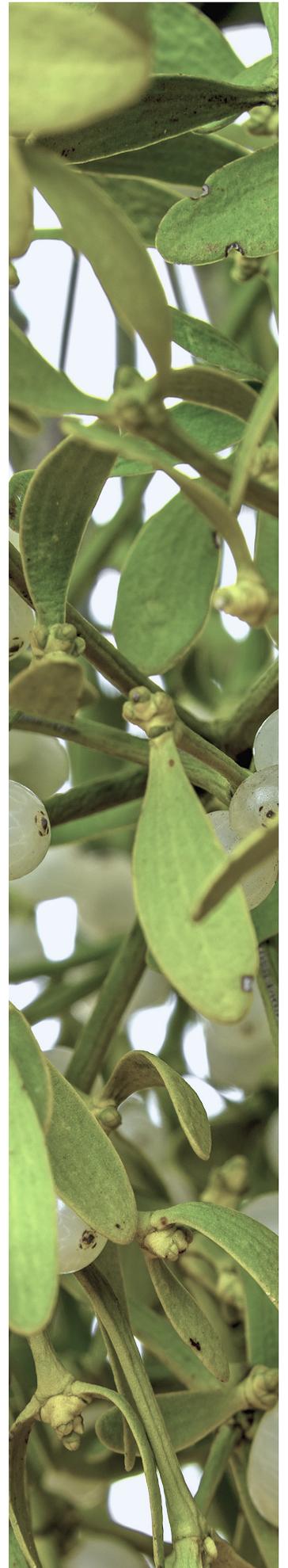


INTEGRATIVE AND ADJUVANT TREATMENTS SUPPORTING MISTLETOE THERAPY

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Integrative and Adjuvant Treatments Supporting Mistletoe Therapy

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Forward

The following compendium represents a list of manufactured remedies which are frequently used by integrative and anthroposophic trained clinicians around the world as adjuvant support for cancer and mistletoe treatment. These medicines are manufactured according to strict FDA and anthroposophic pharmacy standards. Successful cancer treatment often requires a re-integration of the “whole” organism and the strengthening of “self” regulation and integration within body, soul and spirit. This means learning to treat patients individually and applying adjuvant medications and therapies synergistically.

In this booklet, you will find many suggestions for cancer treatment and commonly related symptoms. This booklet is a guide only and is not meant to train clinicians or represent the full practice of Anthroposophic Medicine. Many of these therapies are discussed in a respected anthroposophic medicine textbook called “Internal Medicine” by Dr. Matthias Girke (available at www.paam.net and published by Salumed Verlag). Other suggestions come from clinicians experienced with treating oncology patients according to both anthroposophic and conventional practice of medicine.

Please note that when dosage recommendations are given for ampules at 1 to 2 times daily, or pellets 3 to 6 times daily, this is for acute processes. Usually these more intense dosing schedules are for 1 to 2 weeks and then evaluated to see if lower dosing can suffice. Pellets and drops are always given at least 15 minutes away from food and before meals is best. Injections should be given at least an hour away from any other significant biological or immunotherapies.

Most remedies will not interact with other conventional and natural remedies. For non-homoeopathic remedies consider taking an hour away from prescription medications. Always consult your primary clinician when taking new and multiple medications. Remedies can be used by any clinician. The indications for remedies can be symptom based to some degree. However, they are also meant to treat the deeper layers of the body, soul and spirit connected with salutogenic forces of health which work to overcome the processes of disease. The basic three-fold and four-fold paradigm of the human being are listed on the following page, and are often used to more specifically direct the intention of our treatments towards supporting the life processes of the “whole” human being. This supports self-healing and salutogenesis. To learn more about training visit the Physicians Association for Anthroposophic Medicine at www.paam.net.

The Threefold Order:

An Extended Functional Medicine Paradigm

Nerve-Sense System	Rhythmic-System	Metabolic-Limb System
Forming - Awake	Meditating - Dreaming	Movement - Unconscious
Structure, regulation and modulation (Catabolic Warmth)	Coordinating the functional polarities of the NSS and MLS	Dissolving (Anabolic Warmth)
Metamorphosis of forces of vitality into capacity for consciousness. Through catabolism vital/etheric forces liberated as a basis for thinking and awareness.	The functions of the NSS and MLS are integrated in the chronological and phasic processes. Breathing is an example. Inhalation and exhalation in balance reflects a balance between the NSS/MLS and the sympathetic and parasympathetic nervous systems.	Metamorphosis of the anabolic/up- building for yes of metabolism into movement and volition. This includes physiological processes, regenerative processes as well as psycho/spiritual volition.

Four Dimensions of Health

Anthroposophic Medicine

1. Physical Integrity - Physical Organization
2. Physiological Resilience/Vitality - Etheric or Regenerative Organization (Memory)
3. Psychological Wealth - Astral or Consciousness Organization
4. Spiritual Productivity - "I" Organization or Individual Potential

Shad, W. Gesundheit und Krankheit in Medizin und Onkologie der Merkarstab S1/ 1998 S. 193-197

Common Adjuvant and General Support Remedies to Mistletoe and Cancer Therapy

Astragalus Formica Ampules - Support excretion processes and facilitate the use of mistletoe or other cancer treatments. 1 ampule daily or 2 or 3 times weekly. Can improve outcomes of mistletoe therapy and re-engage the self-healing processes needed for remission.

Vitis Stibium Tablets - Regulate liver function and balance of starches and sugars. Rudolf Steiner gave indications for these ingredients to support the overall function of the liver. Use of this remedy is not just limited to liver metastasis as this remedy is often used adjacently with mistletoe therapy as a general part of cancer treatment. 1 to 4 tablets TID (3 times a day) after meals or 4 to 8 tablets before bedtime which may help with some sleep disturbances where patients wake up on a liver bio-rhythm too early in the morning, usually between 2:00 a.m. and 4:00 a.m.

Lien Plumbum and Epiphysis Plumbum Ampules and Pellets - Lien Plumbum is helpful when multiple metastasis regions are involved, including bone and leukemias. Lien plumbum can also be used to help prevent or stabilize risk for metastasis of solid or blood-based malignancy. It can be alternated with Epiphysis Plumbum or Cerrusite 8X for bone metastasis and fracture risk from bone metastasis. Clinical experience and anthroposophic research suggests that potentized lead can assist to organize the “etheric” or regenerative forces in order to restrict abnormal cell multiplication. Injections can be 1 to 2 times daily or several times weekly. Pellets and liquids are usually 10 pellets or drops TID (3 times a day)- QID (4 times a day).

Quercus Borago Suppositories - For hemorrhoids apply rectally 1 to 3 times weekly. For severe hemorrhoids apply rectally 1 to 3 times daily.

Chicory Ginger Bitters - Support appetite, good digestion and liver processes, such as detoxification and gallbladder function. Take 1/4 tablespoon in a.m. before food or TID – QID.

Kalium Aceticum Comp Ampules and Powder - Support healing of inflamed intestinal mucosa and gut lining. Also, to support autonomic regulation such as over active sympathetic tone as seen in neurasthenic constitution or post-traumatic experiences. Supports healthy integration of the formative or regulating influences needed in chronic disease.

Kalium Aceticum Powder - 1/8 tsp 2 to 3 times daily.

Aurum Lavender Rose Body Oil, Cream and Ointment - Is a very good blend of aromatic oils which help with symptoms of anxiety, loss of courage, depression and scattered thought processes. See instructions for compress under Depression section.

Rose Copper Ointment - Supports warmth processes and sleep. Apply 1/4 tsp to feet as massage. Can be rubbed on kidney area or liver region to support anabolic processes after tumor remission during cancer related fatigue syndromes.

Solum Aesculus Body Oils - Are helpful when there is fatigue and sensitivity to the environment as is common with a challenging illness. They can help with irritability, pain, hypersensitivities and nervousness. Consider Solum Aesculus Body oil or Solum Aesculus Lemon oil (when lemon is indicated instead of lavender). Apply oil to affected regions or whole body QD to TID. Oils are also good to use in massage and embrocation's. Other oils for pain syndromes and muscle pain include Arnica oil and Betula Arnica Nicotiana oil (especially with spasms). Avoid aconite in young children.

Cuprum Aceticum Zincum Valerianicum Liquid - Is used for restlessness, agitation and pain. 10 to 20 drops 3 to 6 times daily.

Helleborus Niger 2X and 4X - We encourage you to contact Helixor at (www.helixor.com) to learn more about emerging uses of Helleborus Niger (Christmas Rose). Helleborus is being used increasingly in combination with Viscum products to support cerebral metastasis, edema, generalized metastasis in cancer therapy and after effects of radiation. It was originally known for use in male organ-based cancer and disease. It is available in ampules and pellets. Usually ampules are given in the evening, whereas mistletoe is often given in the morning. Helleborus can be given the same day but more frequently is given on opposite days to mistletoe.

Lien Cichorium Ampules and Pellets - For detoxification, elimination and support of mesenchyme formation. One ampule 1 to 3 times per week or 10 pellets 2 to 3 times daily.

Urtica Dioica Ex Herba Drops - Can support the iron process in early anemia. 10 drops TID is typical dosing.

Ferrum Silicicum Urtica Ampules and Pellets - For iron deficiency and anemia. Ampules are given 1 to 3 times a week and pellets TID.

Gastro-Intestinal Symptoms: Cachexia, Nausea, Ileus, Spasm, Digestive Weakness and Loss of Appetite.

Nux Vomica e Sem. 3X Pellets - For generalized nausea with emesis (mild to moderate). Consider with hypersensitivity to environment and/or vertigo. 10 pellets 3 to 6 times daily. Can be taken with ginger tablets or bitters for enhanced effect.

Nux Vomica Chamomilla Pellets and Ampules - For nausea with symptoms of colic, ileus, cramping and loose stools. Can be taken with ginger tablets or bitters for enhanced effect. 10 pellets 3 to 6 times daily or 1 ampule 1 to 3 times daily for acute symptoms and 3 times weekly for minor symptoms.

Chicory Ginger Bitters Liquid - For nausea and loss of appetite. Also, liver toxicity and sluggish vitality of the digestive tract manifesting as poor concentration after eating. Supports anabolic and assimilation processes. Available as a liquid. 1 to 2 drops hourly or 1/4 tsp in early a.m. undiluted or in warm water once daily or up to 4 times daily for advanced symptoms. Used commonly in combination with Gentiana Absinthium.

Gentiana Absinthium Pellets and Ampules - For loss of appetite, nausea especially with motility disorders of GI tract including GI reflux. Support catabolic functions of liver and gallbladder. 1 ampule QD-TID or several times weekly. 10 pellets TID-QID before meals as directed by clinician. Used commonly with Chicory Ginger Bitters.

Fragaria Vitis Liquid and Tablets - Supports anabolic processes of digestion including glucose metabolism. Often helpful with insomnia as well due to anabolic support. Liquid 10 drops TID – QID (refrigerate) or 1 to 2 tablets TID-QID. May take 6 tablets before bed to support restful sleep and liver metabolism, especially with early morning waking.

Chelidonium Curcuma Liquid or Pellets and Chelidonium Ferro 3X Ampules - For loss of appetite in connection with gallbladder and liver stress or with right upper quadrant abdominal discomfort with pathological over-activity of the astral body or emotional distress. Consider Chelidonium remedies in these circumstances. Also enhances bile secretion. 10 to 20 pellets or 10 to 20 drops TID. For ampules consider Chelidonium Ferro 3X 1 to 3 times daily for acute symptoms or 2 to 3 times weekly for chronic generalized symptoms.

Chelidonium Colocynthis Pellets - Similar use to Chelidonium Curcuma or Chelidonium Ferro 3X when spasmodic symptoms predominate.

Chelidonium Cichorium Capsules - For more severe cholestasis, biliary colic, dyskinesia and flatulence consider these mixed herbal/homeopathic remedies. 2 caps in a.m. or 2 caps a.m. and p.m.

Pancreas Meteoric Iron Liquid and Ampules - For chronic pancreatic insufficiency and digestive dysfunction after exhaustion or shock. 10 pellets 3 to 4 times daily or 1 ampule daily for acute symptoms or 1 to 3 times weekly for chronic symptoms.

Cichorium Oxalis Ampules or Pellets - For severe pancreatic insufficiency also in conjunction with pancreatic enzymes.

Cichorium Stibium - To support pancreas insufficiency with accompanying symptoms of duodenitis, ileitis and intestinal spasm. Use ampules and pellets same as Pancreas Meteoric Iron.

Nicotiana Suppositories - Tobacco or Nicotiana detaches the astral organization (consciousness organization) from its cramping effect. For gall bladder spasms as well as colic and spasm due to ileitis, food sensitivities and post chemotherapy or radiation treatments insert 1 to 3 times daily.

Nicotiana Carbo Pellets and Ampules - For spastic colitis, food sensitivities and palpitations with eating. 10 pellets 3 to 4 times daily or injections daily to 1 to 3 times weekly. Works well with Chamomilla Cupra culta. Also consider adding Cuprum Aceticum Nicotiana ampules daily to 1 to 3 times weekly for acute spasms.

Oxalis 3X Ampules - For acute pain and discomfort with spasms that are difficult to treat consider substituting or adding Oxalis 3X ampules 1 to 3 times daily or 1 to 3 three times weekly to treatment protocol.

Carbo Chamomilla Digestive Support Powder and Capsules - For spasm, colic, Ileitis, loose stools, bowel inflammation with flatulence.

Carbo Betula - Supported by other ingredients relieves the over active air organization.

Chamomilla - Leads the astral organization into a healthy relationship to the vitalizing and regenerative process of the body described in anthroposophic medicine as the etheric body. Take 1/4 to 1/2 tsp powder or 1 to 3 capsules TID –QID 15 minutes before meals or 30 minutes after meals.

External Compresses

External compresses are often an overlooked therapy for calming down and supporting abdominal discomfort and function. Often the compress protects and calms the patient offering a therapeutic experience that works deeply through the nervous system and encourages self-healing.

Oxalis 10% Oil or 20% Essence - Compress for spasm and discomfort. A cotton cloth is soaked with oil (about 5 to 10 ml) then applied over affected areas and covered with a cotton and/or wool wrap for 20 to 30 minutes keeping the body warm and rested for 30 minutes after the treatment. This can be repeated 2 to 3 times daily if needed. With the essence, 5 ml is added to 1/4 cup hot water and a cotton cloth is soaked in this and then wrung out. Then follow the procedure given above. Compresses can be saved in a plastic bag and refrigerated and reused for 3 to 5 days. Do not use cold. If time is a factor, consider oxalis 10%, 20% or 30 % gel over RUQ (right upper quadrant) or affected area and keep area warm.

Malva Tiliae Body Oil - For cachexia consider a Malva Tiliae Body oil with Hypericum, Malva, Prunus, Tilia e flor., Geranium Oil and Sambucus. This stimulates anabolic functions and warmth in the body towards healing.

Ginger - Equisetum - For constipation and ileus consider a ginger – equisetum compress to the abdomen. Take 1 to 2 oz of fresh ground ginger in cheese cloth or thin cotton sheeting (careful of burning or irritation with sensitive skin) and soak the cheese cloth or thin sheeting with 1 tsp to tbs of 5% Equisetum oil. Place over middle of abdomen and wrap with wool or cotton blanket and apply for 20 to 30 minutes at a time. May be performed up to twice daily using the same compress.

Stomatitis and Mucositis

The following remedies are particularly recommended for preventative care when undergoing chemotherapy or radiation. They may be given in conjunction with such therapies as well as with anti-fungal medications both allopathic and naturopathic as dietary pre-cautions which are strongly recommended. For external lesions consider Manuka honey in conjunction to remedies below.

Echinacea Quartz Liquid and Gel - For ulcerative stomatitis, gingivitis and hypersensitive teeth. Also, for malignant ulcers of the mouth. Swish 1 dropper of liquid in mouth with water then swallow. 4 to 8 times daily. Gel can be applied externally 3 to 4 times daily. For external wounds caused by radiation, ulceration, scarring and also (anal fissures) consider Echinacea Calendula Skin support gel topically 2 to 4 times daily.

Apis Belladonna Mercurius Ampules - For ulcerative stomatitis with swallowing difficulties post chemotherapy. Use 1 ampule 1 to 3 times daily for acute phases and 2 to 3 times weekly for prevention or chronic conditions.

Astragalus Formica Ampules - 1 ampule QD (everyday) to bid in acute therapy and 1 to 3 times weekly for chronic therapy. Supports excretion when acute or chronic toxic effects of tumor or tumor therapy are present. Excellent for adjuvant therapy.

Mercurius Cyanatus Ampules 5X and Pellets 6X - For stomatitis and mouth or rectal sores. Can also use prophylactically. 1 ampule daily or 2 to 3 times weekly, or 10 pellets TID to QID. Calendula ointment or essence. Can be used for ulcerating tumors breaking through the skin such as a breast tumor. Calendula essence in a 1:9 dilution with clean water can be used to dab on wound or make into a compress. Cream or ointments can also be used TID.

Calendula Stibium Cream - Use to support wound closure and healing on skin and mucous membranes. Stibium aids difficult to heal wounds to heal and close. Apply 1/4 tsp TID – QID.

Tumor Associated Fever

Fever caused by tumor activity is difficult because the normal immune function and warmth organization guided by the "I" is impaired. In anthroposophic and holistic therapy, it is a primary goal to support the "I" therapeutically which is equivalent to supporting self-regulation processes (psycho-neuro-immunological) within the human organism. Helleborus or Christmas Rose is an experimental medication to support the "I" organization and its regulation of the formative forces active in our healing constitution. This is especially indicated for the "male" constitution but the full potential of this plant has yet to be explored. Phosphorous homeopathically in medium potencies can strengthen regulating capacities of the "I" organization and our immune mechanisms to help structure the fever reaction into a therapeutic process. With a weakened vitality, high potency Argentum can support phosphorus treatment. When we suspect a septic component to fever, consider Lachesis and Apis Belladonna when there is an over abundant metabolic process occurring in the body or the blood processes are too prolific and accentuated.

Helleborus 4X, 6X Ampules - 1 ampule daily in the evening followed by rest. Other supportive remedies can be used but do not use high dose supplements within 2 hours of helleborus.

Phosphorus 8X Ampule, 8X Pellets or 6X Liquid - For tumor fever that is chronic, consider 1 ampule daily in a.m. alternating with Helleborus D6 or 10 pellets or drops TID. Also consider alternating Phosphorus 8X in a.m. and 30X in p.m. while also administering argentum therapy.

Argentum Metallicum 8X Ampules and 6X Liquid - Consider 1 ampule daily in a.m. or p.m. if also giving phosphorus in a.m. or 6X liquid 7 to 10 drops BID – TID.

Apis Belladonna Ampules - 1 ampule 1-3 times daily for acute fever processes or 10 pellets TID-QID 15 minutes away from food.

Lachesis Belladonna Ampules, Pellets and Liquid - 1 ampule 1 to 3 times daily for acute fever with suspected septic process or major inflammation. 10 pellets or drops 3 to 6 times daily for acute fever. Can also alternate or add Argentum 8X ampules as above or also consider argentum quartz ampules or pellets at the same dosage as Lachesis Belladonna.

Cancer Fatigue Syndrome and Sleep Problems

Fatigue is clearly one of the most challenging aspects of cancer therapy. Studies show that in breast cancer survivors fatigue can be the prevalent symptom that remains for up to almost 3 years. Cancer Fatigue Syndrome affects the majority of patients receiving radiation therapy, chemotherapy, hormone and biological therapy. Cancer Fatigue Syndrome is defined as persistent decreases in strength, performance, daytime sleepiness, tiredness, lack of energy/motivation and difficulty concentrating. In colorectal cancer patients with metastases, a balanced day and night rhythm was associated with prolonged survival and improved quality of life. Breast cancer patients showed a worse prognosis with poor sleep habits. Several studies have established a positive association with sleep rhythms and *Viscum* or mistletoe applications. The following remedies can assist patients to establish healthy day and night rhythms which support recovery and also reduce fatigue syndromes which impair recovery and quality of life. Anthroposophic therapy for these problems often involves strengthening the “etheric body” (regenerative body) and/or supporting the higher members of the “I” and “astral body” (consciousness body) to become more active within the autonomic regulation of the individual bringing a healthy formative principal to guide the etheric (regenerative/formative) forces that are also needed to enliven thinking and memory. All remedies below maybe combined with naturopathic remedies such as Panax Ginseng and B-vitamins for example. For severe fatigue and regeneration after prolonged illness consider the ginger compress.

Helleborus Niger 4X Ampules or Pellets - 1 ampule in the evening or orally TID can support or at times replace mistletoe to support a healthy sleep rhythm or poor concentration due to fatigue and exhaustion. Also, helpful during metastatic phases of some cancers in conjunction with mistletoe.

Argentum Sulfuratum 6X (or Argentite 4X-6X) - Supports restful sleep (proper regulation of the etheric /regenerative forces by the astral or consciousness body). Levico Prunus ampules and pellets. Support for cancer related fatigue and post treatment fatigue. Consider 1 ampule QD to 3 times weekly or 5 to 10 pellets TID to QID. Patients who tend to have low blood pressure are pale and weak tend to benefit most from this remedy.

Ferrum Arsenicosum (Scorodite) Ampules - Support for vitalization and regulation of etheric forces by the astral body (enlivens consciousness). 1 ampule QD or 2 to 3 times weekly. Also has a strengthening and warming effect for patients who are weak, pale with a weak awareness or regulation of the lower body. Most helpful when given in the morning hours.

Scorodite Prunus Ampules and Pellets - For severe exhaustion with tendency for low blood pressure, lack of wakefulness. 1 ampule QD or 2 to 3 times weekly. 5 to 10 pellets TID to QID.

Apis Phosphorus Ampules - (With Dyscrasite) for weakened vitality and etheric organization especially from chemotherapy or radiation treatment. 1 ampule daily to 2 to 3 times weekly.

Aquavit Ampules and Liquid - Herbal combination designed for exhaustion of the etheric body or regenerative forces and also helps with poor appetite, dizziness, poor concentration, nausea and post chemotherapy and radiation fatigue. See ingredient lists. 1 injection 1 to 2 times daily or 2 to 3 times weekly. Orally 10 drops TID – QID.

Thuja Thymus Comp Pellets and Liquid - This remedy is a comprehensive formulation to support detoxification, support immune function and vitality. Ingredients support integration of cardinal organ functions and vitality. 10 drops or pellets TID-QID. Very helpful after radiation and chemotherapy for 2 to 4 weeks.

Ginger Compress - Shred or grate 1 to 2 ounces of ginger per kidney area. Between two pieces of cheese cloth or fine cotton linen (sensitive skinned patients could burn with cheese cloth) make a small pancaked sized, flat, round compress. Place this over upper kidney (rib 11-12). Then add a wrap made of pure wool or flannel for the outer and final layer. Loose ties or elastic bandages can be used to hold things in place. For a compress, you absolutely need peace and tranquility – before, during and after the application. We want the area to stay warm and not get cold. This is a special compress for chronic fatigue and exhaustion and can help a person to rehabilitate from many chronic health problems. This can be done daily or 3 times weekly for several weeks depending on level of exhaustion and seriousness of problems.

Cancer Related Depression and Anxiety

Depression is not the same as the Cancer Fatigue Syndrome. Depression symptoms are marked by anxiety, fear, loss of drive, perspective and lack of positive outlook on the future. Consider counseling, biography therapy, liver support, therapeutic eurythmy and art therapy.

Aurum Hypericum Stibium Ampules and Pellets - Use when anxiety and nervousness is accompanied by grief, post-traumatic stress, lack of focus and concentration. 1 ampule daily or 2 to 3 times weekly or 10 pellets TID to QID. Aurum Hypericum ampules and pellets. For depression with lack of drive, nervous exhaustion, mood swings, poor concentration and memory. 1 ampule daily or 2 to 3 times weekly or 10 pellets TID to QID.

Aurum Lavender Rose Cream or Body Oil - Use applied to chest, wrists and solar plexus TID to QID. Can also use as a heart compress by applying 5 to 10 ml oil or 1 tsp cream to a cotton sheeting. Apply a hot water bottle or warm cloth and wrap with cotton or wool for 30 minutes. Best placed over the chest. Especially, good for anxiety, trauma and disorganization of thoughts or mood swings.

Hepar Magnesium 4X Ampules or Liquid - For severe depression and darkness of mood. Support etheric, regenerative light processes in the liver. 1 ampule daily or 2 to 3 times weekly. Liquid is 10 drops TID to QID.

Bryophyllum Ampules 5% and Pellets 10% - Use for depression with restlessness and anxiety that is difficult or post-traumatic. Support shock and weakness to the etheric body (regenerative body) and the vital forces needed for healing and healthy memory. 1 ampule 1 to 2 times daily in acute situations or 2 to 3 times weekly.

Bryophyllum Avena Ampules and Liquid - Use for same symptoms as Bryophyllum above with added problems of difficulty sleeping. This is for less traumatic anxiety symptoms. 1 ampule daily or 2 to 3 times weekly. 10 to 15 drops TID – QID.

Aurum Prunus Ampules and Liquid - For weakness and exhaustion of the etheric body (regenerative body) with resulting depression and exhaustion. 1 ampule QD or 2 to 3 times weekly. 10 drops of liquid TID to QID.

Hypericum Bryophyllum Pellets - For depression, anxiety and traumatic stress that is mild to modest. Also, as a transition from ampules when depression making some progress towards improvement.

Pain Related to Cancer

Pain treatment especially in anthroposophic and holistic medicine requires an understanding of the causality of pain and hence how to then transform it. There are “soul” and “spiritual” dimensions to pain that may appear as subjective but nonetheless helps provide a basis for a comprehensive knowledge of pain and its treatment. Many of the remedies and therapies suggested here can be used in conjunction with conventional treatment or as a bridge to lower and or discontinue pain medication. While using mistletoe and helleborus therapy it is suggested to avoid anti-pyretic medications which suppress fever and a healthy immune response. As viewed from anthroposophic medicine, narcotic medications partially disassociate the working of our “I” and self-regulation into the full constitution of our organism. While necessary at times, judicious use is thought to support self-healing capacities in the human being. External applications and bath therapy are a large part of anthroposophic pain support. Please contact (aamta.wildapricot.org/NAANA) for information on external applications and dispersion bath therapy. Basic instructions for compresses are listed at the end of this booklet. See PAAM (Physicians Association for Anthroposophic Medicine) for a Physician Remedy Guide for a full list of essential oil formulations, as only a sample is provided in this section.

External Applications and Baths For Pain

Birch Arnica Body Oil - For painful myalgia and pain secondary to tension and arthritic flares. Can be used as compress or applied directly as massage or embrocation.

Chamomilla 10% Body Oil - For spasmodic symptoms of the abdomen and bladder. Brings strong formative element to the intestine. Chronic loose stools may benefit. Also, good for bowel inflammation secondary to chemotherapy, radiation or other medications. Very good for children too. Use as compress or direct massage/embrocation.

Lavender Quartz Body Oil with Aconite - Strengthening of formative forces in the anthroposophic picture of healing via stimulation of warmth distribution. Used for neuropathic, radicular and sharp or radiating pains. Use as compress or direct massage/embrocation.

Marjoram Melisa Body Oil - Works as an anti-spasmodic for the abdomen, especially due to flatulence and distention. Also enhances digestive enzymes and juices.

Oxalis 10% Oil 20% Essence and 10% or 20% Gel - Oxalis oil can be applied directly as a massage embrocation or as an oil compress. It's used for spasm as well as "stasis" such as a bowel Ileus. After shock and surgery it re-integrates "soul" and "spirit" ("I" and "Astral-Movement body") into the body. This is also true after traumatic exhaustion. The 20% ointment can also be used if the patient is alone or compresses are too difficult. The 20% essence made into an abdominal compress is excellent for panic attacks and palliative care when there are unresolved emotional challenges.

Solum Aesculus Body Oil - This oil has an invigorating effect on the Etheric (life body). Good for fluid stasis, edema, and stress reactions. Often used for bone pain with metastasis and where the patient tends to be cold to touch and sensitive to changes and shifts in the outside environment. The rosemary form of this oil is good when the metabolism and appetite are sluggish and stimulation more than, just calming influences are needed.

Yarrow Liver Compress - Use 2 tbsp for one quart of water. Bring water to boil and then steep 10 minutes before straining. Apply to cotton or linen sheeting and then follow compress suggestions at end of booklet. Good for nausea, liver metastasis, liver capsule pain and hepatic congestion.

Cancer Pain Syndromes

Apis based treatments help relieve burning and inflammatory pain in contrast to neuralgic pain. Consider eurythmy therapy, art therapy, chi gong, therapeutic massage and osteopathy to assist with chronic pain issues.

Apis Levisticum Ampules and Pellets - Indicated for nerve pain and irritation. Take 1 ampule 1 to 2 times daily or 1 to 3 times weekly. Pellets are given 3 to 6 times daily. For pain that is chronic or perhaps connected to Herpes Zoster outbreaks, consider alternating with Apis Arnica the same as above. Aconite based treatments helps relieve neurogenic pain especially connected with the Astral (consciousness body). Radicular/neuralgic pain patterns from tumor metastasis are often relieved. Rhus Aconitum ampules and pellets are used. Ampules can be 1 to 2 times daily or 1 to 3 times weekly. Pellets are 3 to 6 times daily. Plain aconite 6X ampules and pellets are available. Arsenicum album 8X and 30X ampules and pellets can help with neuropathic pain that tends to the periphery or extremities. Again, the ampules can be taken 1 to 2 times daily or 1 to 3 times weekly. Pellets are 3 to 6 times daily. Cuprum aceticum Nicotiana ampules and pellets can be used for chronic spasmodic pain (especially in the abdomen) that is exhausting to the vitality of the patient. Consider ampules 1 to 2 times daily to 1 to 3 times weekly. Pellets are 3 to 6 times daily.

Solum - Most helpful for pain aggravated by weather changes, stress and environmental changes. Pain related to pathology of spine, ribs and bone metastasis are common uses for Solum (peat extract).

Aurum Metallicum 6X and 20X Ampules - For end of life pain or chronic morphine usage consider a daily injection to support consciousness and the participation of the individual "I". Aurum Olibanum Myrrha or Threefold Remedies can also be used this way in the end stages of disease.

Aurum Lavender Rose Oil or Cream - Can be used over the heart, wrists and neck to support inner calm and relieve pain exacerbation secondary to nervousness, anxiety and tension. This can also be applied as a compress over the heart for 20 to 30 minutes as per compress instructions at the end of the booklet.

Lymph Edema

Borago Lavender Varicose Relief Lotion. Apply sparingly BID - QID for lymph edema or varicosities. Can also apply after lymph edema massage or quark compress. To learn more about borago and quark compresses, please contact (anthroposophicnursing.com).

Renes Mesenchyme Ampules and Pellets - Supports the connection of the consciousness body (astral body) and fluid body (etheric body) to structure fluid movement in the lymphatic region. 1 ampule QD-TID or several times weekly. 10 pellets TID-QID.

Lemon 10% Body Oil - Can also be used for lymph edema and compress. Excellent as an oil to assist lymph massage which should be provided by a trained professional. In anthroposophic medicine lemon assists the enlivening of the etheric (regenerative body) or in this case “fluid element” which is not organized properly by the organizing principles of the upper organism (“I” and consciousness body). The oil can also be applied as a compress for a particular region. Fresh lemon compresses can also be used; please refer to anthroposophic nursing guides for this information. Specific tumor metastasis In anthroposophic medicine is also seen in a three-folding principle of action. Special remedies can be given to support the organism for specific regions of metastasis and the ensuing disturbances and symptoms. The goal of anthroposophic therapy in metastasis is to support the formative principles stemming from the upper pole of the human being. This requires a healthy and rhythmic balance between the nerve-sense and metabolic regions of the human being (see page 7 for the Threefold Order).

Cerebral Metastasis

The nervous system has both an anabolic and catabolic function. In patients who are pale and weak with poor appetite, they likely need Argentum, whereas a robust patient with good appetite and strong etheric (regenerative) quality likely needs potentized lead remedies.

Plumbum Silicicum 20X Liquid - Give 10 drops TID-QID.

Plumbum Metallicum Ampules - Can also be used once daily or 2 to 3 times weekly. While Plumbum is the main remedy for metastasis, the silica adds a structuring quality to the treatment to enhance the formative activity of the etheric back into a normal constitutional relationship.

Argentum 30X Ampules or 20X Liquid - 1 ampule daily to 2 to 3 times weekly or 10 drops TID-QID.

Argentum Quartz Ampules and Pellets - May be substituted in the same fashion if the silica therapy is justified.

Helleborus 2X and 4X Ampules - In anthroposophic thinking, Helleborus strengthens the astral body, promoting consciousness with encephalopathy but also supporting the structuring of fluid edema. Also, very helpful following radiotherapy. This remedy is used frequently in alteration with mistletoe therapy in metastatic situations. Helleborus is usually given in the evening and mistletoe in the morning. An ampule can be given daily or 2 to 4 times weekly.

Aurum Olibanum Myrrha Ampules and Pellets - Can be used when personality changes occur as a result of brain metastasis. 1 ampule daily or 2 to 3 times weekly. 20 pellets TID-QID. This has a special relationship to the ensoulment of the human being, according to Rudolf Steiner.

Aurum Stibium Pellets and Stibium 6X Ampules - Can be used to support clear consciousness and focus when cerebral edema or metastasis occurs. 10 pellets TID- QID. To enhance this effect, you can consider Stibium 6X ampules 1 time daily to 3 times weekly.

Bryophyllum Conchae Ampules and Pellets - When restlessness, agitation and anxiety ensue, this remedy may help reduce the need for sedative or anxiolytic medications. 1 ampule QD-BID or 2 to 3 times weekly or 10 to 20 pellets TID-QID.

Arnica Betula A Ampules and Pellets - Especially good together with Helleborus for post-radiation edema or problems with focus, concentration and thinking. 1 ampule daily or several times weekly. 10 pellets TID-QID. The combination suggested here is also good for the long-term after effects of brain radiation, including inflammation and sclerosis.

Apis Regina Cerebri Ampules and Pellets - Very helpful during radiation to prevent brain swelling and can also be used for general cancer related edema. 1 ampule QD-TID can be used during treatments and then QD to several times a week. Pellets are 10 to 20 TID-QID. All Apis remedies can be used to support similar processes so Apis ex animale and Apis Arnica can also be considered as ampules, pellets or liquid remedies, depending on treatment outcomes desired.

Solum Aesculus Ampules and Pellets - Can be used as an alternative or together with Apis to support nerve regeneration. Solum has been helpful when there are pain syndromes, sensitivities and neuralgia.

Bone Metastasis

From an anthroposophic perspective, the bone system is connected to our ability to stand upright and maintain the integrity of our posture. In more advanced stages of cancer, there is a weakening of the “I” and our ability to maintain uprightness through the influences of our “I” organization. The upright spine can be seen as an archetype of our spiritual self and this process needs support in the case of osseous metastasis. Therapeutic eurythmy is very helpful towards this end. Chi uong and other forms of creative and conscious movement may also be helpful, as are creative artistic therapies where possible.

Lien Plumbum and Epiphysis Plumbum Ampules and Pellets - Lien Plumbum is helpful when multiple metastasis regions are involved, including bone and leukemias. It can be alternated with Epiphysis Plumbum or Cerussite 8X for bone metastasis and fracture risk from bone metastasis. Clinical experience and anthroposophic research suggests that potentized lead can assist to organize the “etheric” or regenerative forces in order to restrict abnormal cell multiplication. Injections can be 1 to 2 times daily or several times weekly. Pellets and liquids are usually 10 pellets or drops TID-QID.

Agaricus Phosphorus Pellets - Can assist the “I” to maintain uprightness in the spine and resist the effect of metastasis to break down this important aspect of our humanity.

Symphytum Stannum Ampules and Pellets - For pathological fractures and high risk for fractures. 1 ampule daily or several times weekly or 10 pellets TID-QID.

Formica Oxalis or Formica Arnica Ampules and Pellets - Both can be used alone or in alternation to assist with excretion (detox) and pain after bone radiation or other radiation treatments. Ampules can be given 1 to 2 times daily to several times per week. 10 pellets orally TID-QID.

Solum Aesculus Ampules, Pellets and Oils - For chronic bone pain, due to metastasis. One ampule 1 to 3 times daily to several times per week. Pellets TID-QID. Solum Aesculus Body oil or Solum Aesculus Lemon oil for more (when lemon is indicated instead of lavender). Apply oil to affected regions or whole body QD to TID. Oils also good to use in massage and embrocation’s. Other oils for pain syndromes and muscle pain include Arnica oil and Betula-Arnica-Nicotiana oil (especially with spasms). Avoid aconite in young children.

Aurum Lavender Rose Cream - Apply several times daily to chest, wrists and neck for anxiety related to pain.

Liver Metastasis

Vitis Stibium Tablets - Regulate liver function and regulation of starches and sugars. Rudolf Steiner gave indications for these ingredients to support the overall function of the liver. Use of this remedy is not just limited to liver metastasis, as this remedy is often used adjacently with mistletoe therapy as a general part of cancer treatment. 1 to 4 tablets TID after meals or 4 to 8 tablets before bedtime which may help with some sleep disturbances where patients wake up on a liver bio-rhythm too early in the a.m.

Hepar Stannum 6/10 Ampules and Pellets - This remedy is often given in the evening with Vitis Stibium to support healthy liver function and structure the etheric activity in the liver to help reduce the effect of metastasis. 1 ampule daily to several times weekly or 10 pellets TID-QID.

Lien Plumbum Ampules and Pellets - Indicated when multiple metastasis regions are involved, including bone and leukemias. Clinical experience and anthroposophic research suggests that potentized lead can assist to organize the “etheric” or regenerative forces in order to restrict abnormal cell multiplication. Injections can be 1 to 2 times daily or several times weekly. Pellets and liquids are usually 10 pellets or drops TID-QID.

Hepar Magnesium 4X Ampules and Pellets - Consider with depressive mood in conjunction with liver metastasis or generalized cancer. Magnesium brings light processes into the liver function to assist with depression. 1 ampule daily or several times weekly, or 10 pellets TID-QID.

Ferrum Metallicum Cream 5X - Apply to right upper abdomen near liver BID-TID for pain symptoms associated with liver congestion or metastasis.

Yarrow Compress - Bring 1 to 2 cups water to a boil with 1 tbsp of yarrow tea and steep 5 minutes. Soak a cotton cloth in yarrow tea and wring out to avoid excessive moisture and cooling. Apply to right upper quadrant with hot water bottle and wool or cotton wrap for 20-30 minutes or until cool. Best results if able to rest for 30 minutes after compress. May apply QD to TID. In some cases, similar results can be obtained with Oxalis 5X cream, or 10% -20% gel applied directly to the same area. Oil compresses with 10% oxalis oil is another option to consider. Oxalis is often helpful with spasmodic pain and gallbladder symptoms. Also consider for gall bladder cancer. Consider adding Helleborus ampules 2X alternating with 4X 3 times weekly to support mistletoe therapy and stabilize metastasis.

Lung Metastasis

Also, mucous production, dyspnea, cough and hemoptysis.

Lien Plumbum Ampules and Pellets - Indicated when multiple metastasis regions are involved, including bone and leukemias. Clinical experience and anthroposophic research suggests that potentized lead can assist to organize the “etheric” or regenerative forces in order to restrict abnormal cell multiplication. Injections can be 1 to 2 times daily or several times weekly. Pellets and liquids are usually 10 pellets or drops TID-QID.

Pulmo Ferrum Ampules and Powder - Indicated for lung metastasis based on clinical experience in European clinics to support normal function of pulmonary processes. 1 ampule daily or several times weekly. 10 pellets TID-QID. Can be given with Ferrum Sidereum ampules 6X, 1 daily to several times weekly or 6X powder 1/8 tsp TID-QID.

Ferrum Rosatum Graphites Liquid - For chronic fatigue with lung metastasis, especially after chemotherapy or radiation treatment and during remission. 10 drops TID-QID.

Pulmo Tartarus 6/8 or 17/8 Ampules and Pellets - Lower potency is used for increased production of secretions or wheezing and higher potency when condition is moving towards pulmonary edema. 1 ampule daily to several times weekly or 10 pellets/drops TID-QID.

Pulmo Bryonia and Pulmo Echinacea Ampules and Pellets - Pulmo Bryonia can be used for chronic excess mucous production and to help prevent or treat pneumonia or bronchitis. Pulmo Echinacea is often used in more acute situations to treat bronchitis and pneumonia. 1 ampule QD-TID or several times weekly or 10 pellets/drops TID-QID.

Cuprum Aceticum 3X and Cuprum Aceticum Nicotiana Ampules, Liquid and Pellets - (Cuprum Aceticum 3X liquid only). Cuprum Aceticum 10 drops TID-QID can be added adjunctively for tickling and persistent cough. When moving toward wheezing or more severe bronchoconstriction, consider Cuprum Aceticum Nicotiana, 1 ampule QD-TID or several times weekly, or 10 pellets TID-QID. Carbo Betulae ampules and liquid - for dyspnea or air hunger, yeast induced cough and reflux, or hypotension, 1 ampule QD-TID or several times weekly, or 10 to 21 drops liquid 3 to 6 times daily.

Ferrum Silicicum Urtica Ampules and Pellets - In European clinics, nontronite has been successfully used to support radiation pneumonitis and lymphangiosis. This remedy is also good for anemia with chronic hemoptysis or anemia of chronic disease. 1 ampule QD-TID or several times weekly or 10 pellets or 1/8 tsp powder TID-QID.

Tormentilla Cochlearia Ampules and Pellets - For hemoptysis, use 1 ampule QD-TID or 10 pellets 3 to 6 times daily. Stibium is present in ampule. If available, Marmor/Stibium is commonly used.

Bryophyllum Ampules 5% and Pellets 10% - For restlessness and anxiety that is connected to shortness of breath. Support shock and weakness to the etheric body or the regenerative forces needed for healing and healthy thinking. 1 ampule 1 to 2 times daily in acute situations or 2 to 3 times weekly. Bryophyllum 50% powder is a stronger formulation when available.

Selection of Remedies Commonly Used To Support Specific Tumor Regions in Conjunction With Cancer Treatments, Including Mistletoe Therapy and/or Helleborus Therapy

Stomach Cancer

Pancreas Meteoric Iron Ampules and Pellets - Potentized iron has a stabilizing effect on the healthy formative forces of the stomach working towards a healthy structuring of the organ. Also, a good remedy for exhaustion and pancreatic insufficiency. 1 ampule QD or several times weekly. 10 pellets TID-QID.

Gentiana Absinthium Ampules and Pellets - Bitters support the action of the regulating capacities of the human being particularly in digestion. When consciousness becomes separated from the organ, nausea results. This remedy can support these processes. 1 ampule QD-TID or several times weekly. 10 pellets TID-QID before meals.

Chicory Ginger Bitters - 1/8 to 1/4 tsp QD to TID can also be considered.

Nux Vomica Chamomilla Ampules and Pellets - Supports mild to moderate nausea as 1 injection QD-TID or several times weekly. Pellets TID-QID at least 15 minutes before meals.

Tormentilla Cochlearia Ampules and Pellets - For hemoptysis or GI bleeding, use 1 ampule QD-TID or 10 pellets 3 to 6 times daily. Stibium is present in ampule. If available, Marmor/Stibium is commonly used. Can also use Stibium 6X ampules or 6X liquid according to the same dosing as above.

Colorectal Cancer

The goal of most adjuvant treatment is to support the healthy unfolding of the healing formative/regenerative forces.

Chelidonium Cichorium Oil Capsules - Supports appetite and warmth process for the stomach and gallbladder region. The iron and the essential oils have a structuring effect on the GI mucosa. Take 1 to 2 capsules in the morning on an empty stomach and possibly in the evening as well. Chelidonium may also have supportive effects in cancer patients as a general adjuvant therapy.

Carbo Chamomilla Digestive Support Powder and Capsules - Supports dyspepsia, flatulence, diarrhea and sensitive stomach. Carbo Betula supported by other ingredients relieves the over active air organization. Chamomilla leads the astral organization (consciousness body) into a healthy relationship to the vitalizing and regenerative process of the body described in anthroposophic medicine as the etheric body (regenerative body). 1 to 2 capsules BID to QID before meals or 1/8 to 1/4 tsp powder TID-QID. Can also be alternated or used in conjunction with Chelidonium Cichorium Oil Capsules. Both of these remedies help with flatulence and calming of the GI tract partially due to the Caraway oil.

Gentiana Absinthium Ampules and Pellets - Bitters support the action of the regulating capacities of the human being particularly in the digestion. When consciousness becomes separated from the organ, nausea results. This remedy can support these processes but also can help motility of the intestine with chronic constipation. 1 ampule QD-TID or several times weekly. 10 pellets TID-QID before meals.

Chicory Ginger Bitters - Take 1/8 to 1/4 tsp. QD to TID can also be considered.

Oxalis 3X Ampules - For acute pain and discomfort with spasms that are difficult to treat, consider substituting or adding Oxalis 3X ampules 1 to 3 times daily or 1 to 3 times weekly to treatment protocol. Works well in conjunction with Carbo Chamomilla digestive support discussed above. Can be used in advanced stages of cancer.

Chamomilla Belladonna Pellets- For spasm of the GI tract as well as the urinary tract. 10 pellets TID-QID. Oxalis 10% oil or 20% essence compress for spasm and discomfort. A cotton cloth is soaked with oil (about 5 to 10 ml) then applied over affected areas and covered with a cotton and/or wool wrap for 20 to 30 minutes. See compress suggestions at end of booklet. Keep the body warm and rested for 30 minutes after the treatment. This can be repeated 2 to 3 times daily if needed. With the essence 5 ml is added to 1/4 cup hot water and a cotton cloth is soaked in this and then wrung out. Then follow the procedure given above. Compresses can be saved in a plastic bag and refrigerated and re-used for up to 3 to 5 days. Do not use cold. If time is a factor, consider oxalis 10%, 20% or 30 % gel over RUQ or affected area and keep area warm.

Pancreatic Cancer

Depression is very common and severe fatigue. See previous sections on suggestions for depression symptoms. Naturopathic treatments and enzyme therapy has combined well with Mistletoe and Helleborus in clinical experience.

Pancreas Meteoric Iron Ampules and Pellets - Potentized iron has a stabilizing effect on the healthy formative forces of the pancreas working towards a healthy structuring of the organ and can offer relief of pain syndromes associated with this tumor. Also, a good remedy for exhaustion and pancreatic insufficiency. 1 ampule QD or several times weekly. 10 pellets TID-QID. With pain, use in conjunction with Oxalis and Nicotiana remedies (see colorectal cancer section above).

Cichorium Oxalis Ampules and Pellets - To support impaired digestive process and the formative processes of the pancreas. 1 ampule QD-TID or 10 pellets TID-QID. Works well in conjunction with other bitters such as Chicory Ginger Bitters discussed in previous sections.

Vitis Stibium tablets - Regulates liver function and starches and sugars. Rudolf Steiner gave indications for these ingredients to support the overall function of the liver. Use of this remedy is not just limited to liver metastasis as this remedy is often used adjacently with mistletoe therapy as a general part of cancer treatment. 1 to 4 tablets TID after meals or 4 to 8 tablets before bedtime which may help with some sleep disturbances where patients wake up on a liver bio-rhythm too early in the a.m.

Cuprum Aceticum Zincum Valerianicum Liquid - For restlessness, agitation and pain with suffering. 10 to 20 drops 3 to 6 times daily. Consider Helleborus therapy 4X or 2X ampules alternating in the evening 2 to 3 times weekly.

Primary Liver Cancer

Vitis Stibium Tablets - Regulates liver function and starches and sugars. Rudolf Steiner gave indications for these ingredients to support the overall function of the liver. Use of this remedy is not just limited to liver metastasis as this remedy is often used adjacently with mistletoe therapy as a general part of cancer treatment. 1 to 4 tablets TID after meals or 4 to 8 tablets before bedtime which may help with some sleep disturbances where patients wake up on a liver bio-rhythm too early in the a.m.

Hepar Magnesium 4X Ampules or Liquid - For severe depression and darkness of mood. Support etheric, regenerative light processes in the liver. 1 ampule daily or 2 to 3 times weekly. Liquid is 10 drops TID to QID.

Breast Cancer

Magnesite Viscum Ampules - For precancerous treatments. Also, good for breast inflammation and post-radiation treatments. 1 ampule QD-BID or several times weekly.

Calendula Healing 20% Essence, 10% Cream and 10% Gel - Excellent for post-radiation dermatitis and ulceration from tumor growth. In French studies this proved very effective. Apply cream or gel TID as needed. Essence is best mixed as 1 tsp into 1/2 cup water and applied with clean cloth for 20 to 30 minutes. Also, works well with Manuka Honey applications or Solum Aesculus oil applications to prevent radiation skin changes immediately after treatment.

Calendula Stibium Cream - For healing of breast wounds and ulceration especially when chronic in nature or difficult to heal. Stibium enhances the formative element of the treatment. 0.4% Stibium ointment alone can also be used.

Lung Cancer

Mistletoe from many different host trees are used in treating symptoms of lung cancer. Therapeutic interventions to compliment mistletoe therapy are usually based on common constitutional aspects of the patient. For instance, do they have a history of COPD? We might use Cuprum Aceticum comp. or Cuprum Aceticum Nicotiana. Please note that both Mistletoe, Helleborus 4X - 12X, Formica 6X and higher potencies are being experimented with in Europe as inhalations through a nebulizer. Please consult an experienced physician before attempting this off-label route of administration. The organ preparation of Plexus Pulmonalis 15X can also be helpful for chronic cough and to support healthy lung function but must be ordered from Europe. Of note in European clinics - intra-pleural applications of mistletoe for pleural effusions. This is off label and should only be performed by well-trained physicians with the proper facilities and safety protocols. This is not FDA approved.

Cuprum Aceticum Nicotiana Ampules and Pellets - For COPD exacerbation and similar symptoms. This remedy can also be used with Boswellia compounds and potentized Formica preparations. 1 ampule QD-BID or several times weekly. 10 pellets TID-QID as needed, often given with Pulmo Mercurius.

Pulmo Mecerius Ampules and Pellets - For symptoms of emphysema with loss of lung elasticity and air hunger. 1 ampule QD-TID or several times a week. 10 pellets TID- QID. Pulmo Echinacea ampules and pellets. For symptoms of chronic or sub-acute bronchitis and pneumonia. 1 ampule QD-TID or several times weekly. 10 pellets 3 to 6 times daily.

Pulmo Tartarus 6X/8X Ampules and Pellets - For symptoms of bronchial asthma and COPD. Also, with excessive secretions. Use higher potency with pulmonary edema to bring more structure and form into the fluid organization of this condition. 1 ampule QD-TID or several times weekly. 10 pellets TID- QID. Pulmo Ferrum ampules and pellets. To help preserve normal lung function and structure. Can be given to stabilize lung health during mistletoe therapy when patient is stable or after recovery from acute lung process, such as pneumonia or bronchitis. 1 ampule QD or several times weekly. 10 pellets TID-QID. Formica Stibium liquid. Use to support excretion processes with chronic cough, radiation pneumonitis. This is a very helpful remedy and the ingredients have proved helpful in many oncology clinics. Also, to prevent hemoptysis. 10 to 20 drops TID-QID.

Formica Oxalis Ampules and Pellets - To support excretion and detoxification processes during adjuvant cancer treatment. Formica 4x ampule and other potencies for injections can also be used. 1 ampule QD-BID or several times weekly. 10 pellets TID-QID.

Tormentilla Cochlearia Ampules and Pellets - For hemoptysis, use 1 ampule QD-TID or 10 pellets 3 to 6 times daily. Stibium is present in ampule. If available, Marmor/Stibium is commonly used. Also, good clinical experiences have been observed with Stibium Met. 6X and 20X ampules QD-TID.

Bryonia Stannum Ampules and Pellets - To support treatment for pleural effusions and inflammation. 1 ampule QD-TID or several times weekly. 10 pellets TID-QID. Aconitum Bryonia liquid. For pains associated with pleural pain. 10 to 20 drops TID- QID.

Renal Cell Carcinoma

In anthroposophic medicine, renal cell CA develops within the renal tubules as adenocarcinoma and represents a disorder of the “upper human being,” especially the consciousness body (astral body). The kidneys act very much like a sensory organ of the inner processes of our blood. The goal of therapy is to redirect the (astral body) or consciousness body and “I” essence into the anabolic functioning of the kidneys.

Renes Cuprum Ampules and Pellets - Potentized copper is used to support the normal functions of the kidneys. Ampules are given QD to several times weekly. 10 pellets TID-QID.

Equisetum cum Sulfur Tota Powder - Supports sclerotic or hardening processes in the kidneys, such as in the beginning of renal insufficiency or failure. 1/8 tsp powder TID-QID.

Equisetum Formica Ampules and Pellets stimulation of excretion processes in the kidney to support cancer treatment with mistletoe or other therapies. 1 ampule QD- BID or several times weekly. 10 pellets TID-QID.

Cuprum Met. 5X Cream - Adding warmth to the kidneys as a compress or external application can be supportive to cancer treatment and support the kidney processes. Apply 1 dab massaged into each kidney area in the evening.

Ginger Compresses - 1 ounce of ginger per kidney is ground or grated. Wrap in cheese cloth. Place over kidney area with cotton cloth and then wool wrap. Do this for 2 to 3 minutes, 1 to 2 times daily.

Bladder Cancer

Stibium 6X Ampules and Pellets - To support bleeding and restrict inflammation. 1 ampules QD-TID or several times weekly. 10 pellets TID-QID.

Eucalyptus Oil 10% - Apply to bladder area 2 to 3 times daily for urgency, pain and bladder support.

Ovarian and Uterine Cancer

Argentum (Metallic) - Supports proper formative influences of the ovarian cells according to anthroposophic medicine. Use 8X or 6X ampules with mistletoe therapy or 6X pellets 3 times daily.

Berberis Viscum Pellets and Ampules - For advancing myomatosis and pre-cancerous situations, consider 10 pellets TID or 1 ampule 1 to 3 times weekly.

Testicular Cancer and Prostate Cancer

Most tumors are successfully treated with conventional therapy. Adjuvant remedies are beneficial.

Helleborus ampules 2X and 4X - May add to conventional and mistletoe therapies. Administer in evening 1 to 3 times weekly. Can also be given alone, without mistletoe daily, or as above.

Berberis Oxalis pellets and ampules - For BPH and early prostate cancer consider 10 pellets TID or 1 ampule 1 to 3 times weekly.

Lymphoma: Hodgkin's and Non-Hodgkin's

Learning about lymphoma treatment takes some time and advanced training and study are suggested. In anthroposophic medicine, this disease represents a withdrawal of the "astral" (movement body) and "I" organization in such a way that the "cell" structuring principle withdraws. Most lymphomas are associated with a chronic inflammatory process. Often there is an individual orientation that is too open to sensory impressions of the outside world and a deeper sense of self and one's own space might be helpful.

Plumbum Metallicum 8X and 12X Ampules - Given 1 to 2 times weekly helps to establish boundaries. Adding silica, as ampule or pellets, helps.

Lien Plumbum Ampules - Can help create spleen and organ boundaries. Given 1 to 3 times a week, often with Plumbum cream 5X rubbed over the spleen - best in the morning. Adding Argentum metallicum 6X or 8X injections in the evening adds a structuring quality to the lymphatic organization. Usually given 1 to 3 times weekly. For strongly neurasthenic types with severe fatigue consider Argentite 4X or 6X constitutionally.

Stibium 6X Ampules - Consider administering 1 to 3 times weekly for support of the healthy formative integration of the astral (movement body) and etheric (vital body) and reduced cell proliferation.

Arsenicum Album 8X Ampules - 1 to 3 times weekly can help lack of focus, mental fatigue and dreaminess when the etheric or vital body is too proliferative in the organ system.

Ferrum Arsenicosum 6X Ampules - Could substitute. Often silica in low potency can be added to this therapy. Rudolf Steiner made suggestions in this direction which requires further research.

Ferrum Silicicum Urtica Pellets or Ampules - If anemic in constitution, pellets can be given QD-TID and ampules 1 to 3 times weekly.

Helleborus 4X and 2X Ampules - There is some indication and experimentation with Helleborus in lymphoma and leukemia. Injections in the evening 2 to 3 times weekly or more can be effective.

Colchicum Chelidonium Pellets and Ampules - Can be used for lymphoma. Ampules can be used QOD alone or alternating with Levisticum 3X ampules. Rudolf Steiner used plain Colchicum in a few case studies, including Hodgkin's Lymphoma, alternating with Levisticum ampules QOD.

Plasmacytoma – Myeloma

Agaricus Phosphorus Pellets - Can support proper bone formation (“influence on bone structure) weakened in myeloma. 10 pellets TID.

Phosphorous 6X Liquid and 8X Ampules - Can be used for fatigue in these cases. Liquid is 10 drops TID and ampules 1 to 3 times per week. With sluggishness, fatigue and poor metabolism, consider Phosphorous Comp liquid: 10 drops TID.

Urtica Dioica ex Herba Liquid - Can support the iron process in early anemia. 10 drops TID is typical dosing.

Ferrum Silicicum Urtica Ampules and Pellets - Also for iron deficiency and anemia. Ampules are given 1 to 3 times a week and pellets TID.

Stibium 6X Ampules - For cell line proliferation in addition to mistletoe and Helleborus. This can be given daily to 3 times per week. Ampules have been added to infusion therapy in European clinics. Oral preparations are still useful.

Renes Cuprum Ampules - 1 to 3 times weekly for kidney injury from myeloma processes.

Equisetum cum Sulfure Tota Powder - Can be used to help prevent kidney complications of myeloma in clinical case studies. 1/8 tsp TID.

Equisetum Formica Ampules - Can also aid in excretion and prevention as an added therapy 1 to 3 times weekly.

How to Make a Compress

For a compress, you will need the following: natural fiber cloth or cotton gauze nappies and cotton handkerchiefs or tea towels made of natural fibers to place next to the skin. We saturate but do not soak the cloth. Then add a wrap made of pure wool or flannel for the outer and final layer. Loose ties or elastic bandages can be used to hold things in place. For a compress, you absolutely need peace and tranquility – before, during and after the application. We want the area to stay warm and not get cold. For ointments and creams apply an even thin layer like a mirror or coating to the cloth. These can be refrigerated and reused several times.

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