

BIOMESOTHERAPY

Helping your body heal

What is Biomesotherapy?

Biomesotherapy is a therapy consisting of:

Stimulating the body by putting a sterile saline solution (which is exactly the same as the body's fluid composition) under the skin.

This stimulates deeper organ systems known as a cutivisceral reflex arc. Oral homeopathic medicines are given simultaneously which focus upon the organ or tissue requiring treatment.

Over 70 million Biomesotherapy treatments take place in Europe each year. It is a popular form of natural medicine. Biomesotherapy offers an excellent safety profile; studies show that it is as safe as oral homeopathics.

Examples of diluted natural medicines commonly used in Biomesotherapy are **Traumeel** and **Zeel** ampoules. They contain no impurities. Stimulation of local tissue does not become contaminated with preservatives and additives.

Traumeel is used for inflammations and sports injuries. **Zeel** is used for tennis elbow, whiplash and arthritis. There are hundreds of different Biomesotherapy products available throughout Europe in clinical practice.

Where is the saline solution inserted?

People are often very surprised at the ease of the treatment.

The needles are fine, like acupuncture needles, and inserted into a self-loading device called an 'inject-ease' device. Saline is inserted just under the skin or into specific muscle points.

Some of these points are trigger points or acupuncture points. Acupuncture points are derived from ancient Chinese medicine, while trigger point therapy has its origin in the USA.

Treatment into and around joints is also common. For example, if you have elbow pain your practitioner will look for several painful spots in the arm muscles and may treat each one.

In most cases, several small treatments are given in a specific zone of the body at each session.

What about the safety and efficacy of this technique?

Practitioners of Biomesotherapy are using a technique that adheres to strict technical guidelines. They have a duty of care as a professional clinician. This involves using correct technique and sterile disposable material. This technique often has much less discomfort than the average acupuncture treatment.

Biomesotherapy uses carefully calculated diluted substances, commonly known as homeopathic potencies. Specific healing combinations of these medicines are used for particular conditions. These medicines contain low concentrations of substances, usually of plant and mineral origin.

Many of these products have been tested in modern double blind and drug monitoring studies.

The medicines used in Biomesotherapy may not be as effective as prescription drugs in the short term. Three or more sessions may be required before results are comparable. However, many patients may receive immediate relief from pain and discomfort after their treatment.

How does it work?

Biomesotherapy stimulates your body's own healing capacity. The body is encouraged to start healing itself.

Many of the products are formulated to relax muscle tension. Pain in the knee or hip region can have a muscular origin. This means it can be treated without touching the joint itself.

The practitioner can also approach the body by working on the body's major systems including the brain and nervous system. Biomesotherapy aims to normalise nervous system imbalance.

Another important area of Biomesotherapy is detoxification. Detoxification literally means cleaning the body. Toxins that have accumulated in the body from the environment, poor diet or from medication are able to alter the immune defense system resulting in inflammation. Toxins can also disturb the responses of your nervous system, causing pain and discomfort. These toxins are the reason why the

body may not be functioning at its optimum level. Eliminating toxins (homotoxins) is an important strategy, especially when dealing with chronic disease or pain.

Biomesotherapy helps eliminate toxins and normalise an imbalanced system. Some combinations of medicines are specifically designed for this purpose, and are used in conjunction with muscle point stimulation in oral preparations.

When do practitioners suggest using Biomesotherapy?

Biomesotherapy cannot heal all your medical problems and is not a miracle therapy.

It is up to your practitioner to decide if Biomesotherapy is appropriate for you. The majority of patients are treated with Biomesotherapy as an alternative for pain management.

Although there is pain relief it is important to realise that Biomesotherapy does not suppress the symptom as with conventional medicine. It simply reorganizes the body's information to support a healing response.

Pain is an important warning that something is wrong in the body. The source of the pain reaction must be addressed. More than one treatment may be necessary for initial improvement. If your pain is recent it may be treated in two or three sessions. If the pain has been present for months or even years, it may take several treatments.

After the first treatment, although rarely, it is possible you may feel a little worse. This is because the healing process is being activated, but it should only be for a short period. Your body may have to work on the cause of the problem and, in doing so, produces some discomfort. This means that real healing is taking place.

Many practitioners use Biomesotherapy for minor orthopedic problems. These include neck and back pain, ankle sprain, sciatica, frozen shoulder and Achilles tendonitis. Biomesotherapy is also very successful in treating sports injuries.

This modality is often suggested for those who have tried orthodox medicine without success. Other patients experiencing medication side effects may be seeking alternatives.

In some patients it may be advantageous to combine a conventional approach together with Biomesotherapy. It is not necessary to stop your current pharmaceutical medication if this is prescribed by your doctor.

If in doubt, always contact your practitioner for professional advice on whether this therapy is suitable for you. Each case must be assessed individually by a trained Biomesotherapy practitioner.

When is Biomesotherapy not indicated?

Biomesotherapy cannot heal cancer, heart disease or AIDS. It is also not suggested for the treatment of high blood pressure, diabetes, depression or epilepsy.

In many cases, such diseases are too serious or too aggressive, and can only be stopped through emergency intervention, surgery, or alternative treatments.

When serious tissue damage has already occurred it is difficult to reverse the process and bring the body back into balance again, but even in such conditions Biomesotherapy offers dramatic healing potential. Biomesotherapy is indicated for particular conditions and physical symptoms.

Biomesotherapy is a safe and efficient technique in complementary medicine. It uses a procedure to stimulate the natural self-healing capacities of the body.

Biomesotherapy is worth considering if it can help you with your personal health problems. Consult your practitioner for further information.