



## Self-blood therapy

Self-blood treatment is a tried-and-tested natural healing procedure that has been somewhat forgotten in recent decades. Basically, the healing power of one's own blood is exploited in self-blood therapy. Since the Middle Ages, natural healers have used human blood as medicine. At the beginning of our century, many well-known physicians were still engaged in self-blood therapy. In 1913, the dermatologist Spiethoff developed a standardized self-blood method, which in the next decades will affect numerous diseases (e.g. syphilis, cardiovascular diseases, skin diseases, cancer, etc.). In 1927, even the Nobel Prize in Medicine was awarded to a "fever therapist" - also a non-specific stimulation therapy. Own blood treatments were common in all hospitals at the time. With the advent of antibiotic drugs after the Second World War, self-blood therapy was considered unnecessary. It therefore disappeared from the repertoire of scientific medicine. Since one knows more about the problems of antibiotic therapy, the self-blood therapy is again used by numerous established doctors and naturopaths.

**How does self-blood therapy work?** From a naturopathic point of view, a disease can only be defeated by the self-healing powers of the patient himself. All cures and medications are only used to stimulate, initiate or support this self-healing. From a scientific point of view, it "irritates" the immune system until it has defeated the disease. In the context of naturopathic procedures, self-blood therapy counts as a non-specific stimulation therapy. Natural healers are convinced that weak stimuli inflame the body's self-healing processes, moderate stimuli inhibit it, and strong stimuli remove the possibilities of self-healing.

**Which diseases can be treated with own blood?** From flu, hay fever and allergies to immunodeficiency, immune dysfunction, to exhaustion, headache, rheumatism, skin ulcers, neurodermatitis or psoriasis, numerous diseases can be treated with own blood. Before treatment, a special immune test should clarify whether weak, strong or moderate stimulation therapy makes sense. Depending on the problem situation, a simple own blood treatment or a treatment with homeopathic can be useful.

**How is it implemented in practice?** Numerous variants of self-blood treatment have been developed. The simplest treatment is as follows: the therapist takes a few drops or a small syringe full of blood and immediately injects it back into the gluteal muscle. This treatment is often used as a preventive cure for infectious diseases in autumn. I personally have had good experiences with so-called self-blood nooses. A little blood is taken and mixed with a special technique with a homeopathic drug. This mixture is also injected back into the gluteal muscle.

**What side effects are possible?** Basically, self-blood treatment is poor in side effects. As with any blood collection, infusion or syringe, bruising, inflammation or minor injuries can occur. There is a certain risk of pain and intolerance reactions (dizziness, headache, fever, palpitations, urticaria). All known consequences of faulty and/or non-sterile injection techniques (abscess, etc.) are also possible. Sometimes, however, it is a desirable sign that the stimulus of the treatment stimulates the immune system healingly. Therefore, the doctor will often only be able to decide on the basis of his clinical experience when a physical reaction is to be considered as a necessary, healing part of the method and when as a side effect requiring treatment.

**What are the costs?** Costs of approximately CHF 21 per treatment incl. used nosodes or injection solutions are incurred. The basic insurance salyates sometimes cover the costs of simple self-blood therapy.