

Biomesotherapy – Helping your body heal

Shown to be beneficial for arthritis, low back pain, spinal pain, sore joints, injuries.

1. What is Biomesotherapy?

- Biomesotherapy is a new therapy consisting of:
- Stimulating the body by putting a sterile saline solution (which is exactly the same as the bodies fluid composition) under the skin.
 - This stimulates deeper organ systems known as a cutivisceral response. Oral homeopathic medicines are given simultaneously which focus upon the organ or tissue requiring treatment.

There are over 70 million consultations in this therapy in Europe per year. It is a very popular form of Natural medicine.

Its safety profile is excellent, according to one study it is as safe as taking oral homoeopathics.1.

Examples of diluted natural medicines commonly used in Biomesotherapy are *Traumeel* and *Zeel* ampoules. They contain absolutely no impurities. When the body is activated it will not therefore be transporting additives and preservatives to the tissue or the organ system being treated.

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

2. Where is the saline solution inserted?

People are often very surprised at the ease of the treatment. This technique cannot be compared with the injections given in conventional medicine.

The needles are finer, 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.

3. 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.

The products used in Biomesotherapy are manufactured by Heel, who guarantees the production quality of their products. Most of the products used for oral administration are made in Germany and are subject to strict quality control and manufacturing techniques. These products also meet Australian quality control standards.

Biomesotherapy uses carefully calculated diluted substances, commonly known as homoeopathic 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. Many physicians are not aware that the research results have been successfully documented in current medical journals.

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.

4. How does it work?

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

Many of the products used are formulated to relax muscle tension for example, when treating neck and low back pain. 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 'major computer,' which consists of several bodily systems including the brain and nervous system.

Biomesotherapy – Helping your body heal

Biomesotherapy aims to normalize nervous system imbalance. This is like getting your computer in balance again. Practitioners who are familiar with natural medicine call this “neuro-regulation”.

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's 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 diseases.

Biomesotherapy helps eliminate toxins and normalize 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.

5. 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 realize 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 it is possible you may feel a little worse. This is because the healing process is being activated. 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 orthopaedic 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.

6. When is Biomesotherapy not indicated?

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

In many cases, such diseases are too serious or too aggressive, and can only be stopped through modern medicine or surgery.

When serious tissue damage has already occurred it is difficult to reverse the process and bring the body back into balance again. Biomesotherapy is indicated for particular conditions and physical symptoms.

7. Conclusion

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

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