

## **Wallace Integrated Health Centre Newsletter – Spring 2009**

### **New Developments**

- We are pleased to announce that Lise Verville, CST (Certified CranioSacral Therapist), has joined the team at the WIHC as of March 1st. She is a wonderful addition to the Clinic and we are happy to have her. Lise is taking appointment on Tuesdays and Thursdays, please call the WIHC to book an appointment.

- Dr. Kelly Wallace, N.D. will be offering the Healthy & Active Metabolism Program as of April 1st. This Program has been used very successfully in Germany for the past 5 years and is currently making its way across North America. The Program is an individualized plan, based on blood tests and is designed to help people lose weight, keep it off, increase energy and optimize health.

### **Upcoming Events**

- Naturopathic Medicine week is approaching again, in May. The details are still being finalized, but stay tuned for upcoming events!

### **Articles**

As reported in an earlier newsletter, Dr. Kelly Wallace, N.D. is currently using Helixor mistletoe therapy as an adjunctive cancer treatment. Below is a short article describing this exciting treatment option.

#### **Mistletoe Therapy with Helixor – by Kelly Wallace**

Various mistletoe preparations have been used for treatment in cancer patients over many years, and many have shown successful outcomes. Helixor is a relatively new preparation from the European mistletoe plant. It was the first natural product to receive a drug license under the new German drug laws in the 1980's. It is used extensively in Germany and across Europe, and has more recently become available in North America.

I was trained in Helixor therapy last May (2008) and have been using it in my practice ever since. I have been very impressed with the outcomes that I have observed. Most of the patients who come to me for treatment are usually also pursuing chemotherapy, radiation or other treatments recommended by their medical team. Some have finished their treatments and are looking to prevent recurrence of their cancer. Others have been told that there are no treatment options available to them. In all scenarios, I have had positive results.

Helixor is given by shallow injection, just under the skin (subcutaneous), and can be done in my offices in North Bay or Sturgeon Falls, or people can learn to do it themselves at home, or have a loved one give it to them, to save them having to travel to the Clinic.

Helixor is very safe, and to date, no interactions with any chemotherapy medications have been observed. It can be used during chemotherapy, radiation and prior to and after surgery. The most common effects after a treatment are a little redness at the site of the injection.

Helixor has marked toxic effects on tumour cells, slowing their growth and destroying the cells completely. It also improves quality of life by stimulating appetite, decreasing pain, preventing bone marrow suppression and improving energy. The most common effects that I observe in patients are: increased energy, better sleep, less pain, increased appetite, less weight loss and improved general well-being. This may not sound like much, but anyone who has experienced, or watched a loved one experience cancer treatment knows how important these seemingly small things are.

Since it has only been about a year that I have been using Helixor treatments, it is too soon to say whether or not these treatments are helping to prevent the recurrence of cancers, and I will make note of this over the coming years. However, I do believe that this therapy is an extremely important adjunctive treatment for anyone dealing with cancer.