

Immediate Intervention Required!

Prophylaxis in a Male Patient With Early-Stage Metabolic Syndrome

By *Ulrike Keim, MD*
Specialist in internal medicine

Previously, Mr. B. E. had visited my office only occasionally, during the spring allergy season, when he suffered from bronchial asthma. In February 2007, however, he reported having been hospitalized for a week for treatment of sudden deafness and tinnitus in his left ear. Cortisone treatment and rheological infusion therapy had restored his hearing, but the tinnitus continued to bother him. Overall, he felt unmotivated and physically weak.

This 63-year-old patient was overweight, with a body-mass index of thirty and a waist circumference of 104 cm (41 in). His liver was palpably fatty and soft to the touch. Other findings were unremarkable; his pulse was regular and his reflexes normal. Lab test results were indicative of early-stage metabolic syndrome bordering on type 2 diabetes (see Table 1).

Four major interventional studies conducted in recent years all came to the same conclusions on how development of type 2 diabetes can be prevented in cases of metabolic syndrome such as this one (see Table 2).

After nutritional counseling, the patient changed his eating habits significantly, reducing his consumption of animal fats in particular. Mr. B.E. was well aware that he stood at

the crossroads: Either he would have to adopt a more health-conscious lifestyle and undergo holistic homeopathic treatment, or the metabolic syndrome would develop into full-fledged type 2 diabetes. Due to the “demands of his job,” as the patient put it, he was unable to implement the recommended exercise program.¹

In addition to advising lifestyle changes, I developed a treatment program for the patient that focused on his microcirculatory disorders (which were already pronounced) and the following risk factors:

- hypercholesterolemia
- hypertriglyceridemia
- excess weight
- borderline erythrocyte and hematocrit values
- impaired glucose tolerance

Treatment model

Mr. B.E. received the following basic treatment for metabolic syndrome (see also Figure 1):

1. **Syzygium compositum** is the basic medication in antihomotoxic treatment of metabolic syndrome, especially in elderly and debilitated patients. Its main ingredient is the seed of the jambul or black plum (*Syzygium cumini*), which grows in Malaysia, India, and the tropical parts of China. It has been known since the nineteenth century for its ability to reduce blood sugar. *Syzygium compositum*'s other ingredients, selected for their complementary effects, include:

- *Acidum phosphoricum* and *Acidum sulfuricum*, for their strengthening effects in debility
- *Hepar suis* and *Pankreas suis*, for their organ-strengthening effects
- *Strychnos ignatii*, for its benefits in states of psychological stress and worry

¹ Endurance sports such as bicycling and swimming are most effective; Nordic walking is the best of all.



The jambul or black plum (*Syzygium cumini*) is the main ingredient of *Syzygium compositum*.

2. Detoxification:

The patient was accustomed to a fatty diet and frequent alcohol consumption and had a stressful job. The need for detox therapy was urgent. I recommended Heel's Detox-Kit (ingredients: Lymphomyosot, Berberis-Homaccord, and Nux vomica-Homaccord). Lymphomyosot has cleansing effects on matrix metabolism, Berberis-Homaccord detoxifies the organism via the kidneys and urinary tract, and Nux vomica-Homaccord detoxifies the digestive system and the liver. Because of obvious liver involvement, I supplemented this detox program with one tablet of Hepeel three times a day to enhance liver detoxification.

3. Improving circulation:

Because the patient's blood was too viscous, blood-letting was performed at weekly intervals. The cubital vein was punctured and approximately 100 ml of blood allowed to flow freely into a cup. This procedure was followed by infusion of the following antihomotoxic medications to promote circulation:

- Circulo-Injeel
- Vertigoheel
- Placenta compositum

Laboratory parameter	Results 2/2007	Results 6/2007	Reference range
Fasting blood sugar	130 mg/dL	84 mg/dL	< 110 mg/dL
HbA1c	6.5%	5.6%	< 6.5%
Total cholesterol	346 mg/dL	171 mg/dL	< 200 mg/dL
HDL cholesterol	39 mg/dL	38 mg/dL	> 35 mg/dL
LDL cholesterol	241 mg/dL	114 mg/dL	< 150 mg/dL
LDL/HDL quotient	6.1	3.0	< 3.0
Triglycerides	378 mg/dL	214 mg/dL	< 200 mg/dL
Erythrocytes	6.0/pL	5.7/pL	4.4-5.9/pL
Hematocrit	51%	47%	42-52%

Table 1: Lab test results

• 7% reduction in weight
• Increasing activity to 150 minutes a week @ 30 minutes a day, 5 times a week
• Increasing fiber intake to 15 grams/1000 kcal
• Reducing fat intake to 30% of calories
• Reducing saturated fats to a maximum of 10%
Successful implementation of 2 of these points prevents 23% of diabetes cases; achieving all 5 prevents almost 100%.

Table 2: Measures to prevent the development of type 2 diabetes (Source: Consensus paper of the German Ministry of Health and Social Security [BmGS])

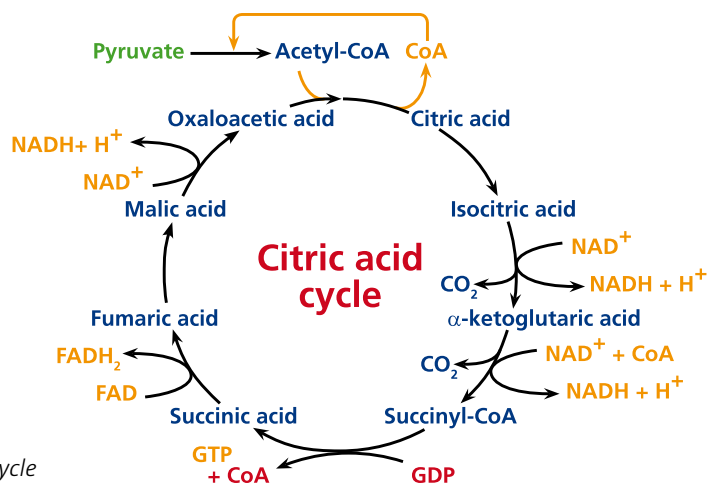


Figure 2:
The citric acid cycle

Bloodletting was performed five times and infusion ten times, at one infusion per week. On days when he did not receive infusion therapy, the patient took two tablets of Vertigoheel three times a day to improve microcirculation.

4. To activate blocked cell and enzyme functions and to improve metabolism, the acids and salts of the citric acid (Krebs) cycle were added to the infusion three times at two-week intervals (see Figure 2).

Already after three weeks, the patient was free of tinnitus symptoms. By the end of four weeks, he had completely changed his diet and lost four kilograms. Further treatment with Syzygium compositum improved his glucose tolerance and psychological state. Upon conclusion of the series of infusions, the patient felt very well and no longer reported any feeling of weakness. As Table 1 shows, his lab test results also improved.

Although symptom-free, the patient continues to take the following medications, which I prescribed to prevent metabolic syndrome and type 2 diabetes and to improve microcirculation:

- 1 tablet Lymphomyosot
3 times a day
- 10 drops Syzygium compositum
3 times a day
- 2 tablets Vertigoheel
3 times a day
- 1 tablet Hepeel
3 times a day

We arranged to repeat the course of infusions once a year. ■

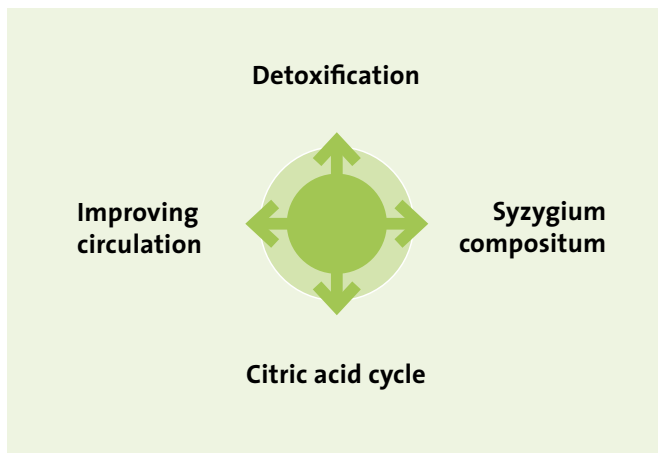


Figure 1: Basic treatment concept for metabolic syndrome