



SophiaHealth[®]
INSTITUT KAUFBEUREN

Sample Protocol Chronic Immune Reactions Infection and Concussion

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general suggestions in case of chronic streptococcus immune reaction in combination with mild traumatic brain injury

With a lot of patients we see chronic overreaction of the immune system due to persistent infection of streptococcus or staphylococcus from early childhood on. Recurrent ear, sinus or throat infection with a lot of antibiotics force the bacteria to change and hide intracellular. The immune system becomes more and more nervous with the infection, unable to come back to symbiosis with the bacteria. At the end it is like an allergic reaction to the microbes and their toxins, where ever in the organism they show up, the immune system answers with exaggerated immune reaction and inflammation.

That allergic reaction can include mast cell activation and constant high levels of histamine. Sooner or later the immune reaction also reaches the brain and nervous system. Antibodies start to attack the own tissue. So called Immunoexcitotoxicity - chronic immune overexcitement becomes toxic for the nervous cells.

The microglia cells go into a kind of alarm state. Symptoms are not yet full recognizable. A mild traumatic brain injury with mild concussion in this state means a dramatic increase in stress level and can start an immune cascade, that the organism is not able to stop of reverse on its own.

First symptom often weeks after the concussion are problems sleeping!

Acne is symptom of overreaction to strep!

At some point there is no tolerance of the immune system anymore, less and less food, stress, noise, remedies (natural or synthetic like antibiotics) are tolerated. Every attempt to work with the infection or detox ends in another flare-up of the immune system - a very fragile system.

In the book "Biological treatment of Lyme-Borreliosis" Dr. Klinghardt and Ariane Zappe described strep as the pre-infection of Lyme.

Gut inflammation often is a consequence, because infection, toxins and immune system components are swallowed from the throat area. Also they are inhaled and can cause persistent inflammation in the respiratory tract.

Often we also see irritation of the bladder with frequent urination esp. at night.

To properly diagnose, apart from a profound anamnesis and going through lab work and findings so far, we need to do the ART testing according to Dr. Klinghardt in our clinic in Kaufbeuren.

****strategy****

- **immune modulation: the immune reaction must be reduced, but selectively to the infection, not general like cortisone does**
- **as soon as the system becomes more tolerant and stable, we can start working with the infection to restore symbiosis (not pure killing!)**
- **regenerate the brain and nerve cells**

****Immune modulation****

Frequency chords (contain all frequencies from C6, C7, ... to C30):

- Immunoexcitotoxicity (to reduce the overexcitement in the brain)
- Streptococcus / Pneumococcus (to reduce immune reaction to that)
- Staphylococcus
- Staphylococcus enterotoxins A and B (if tested with ART)

- Histamine (if tested to reduce the release of histamine in the organism) with a small syringe (volume 0,3ml) take out 0,05ml and squirt under the tongue, no injection!, 2-4 times per day, more often possible

Additionally put one dose of each frequency chord together in one bottle of water to zip throughout the day.

****further reduce overexcitement in the brain****

- colloidal lithium as nasal spray 2-4 times per day

****homeopathic urine therapy****

also can be done with saline, sputum, blood ...

K- method by Dr. Klinghardt:

Fill a jar, that you can close with a lid, with urine up to 1-2 cm

Close and success (shake) 50 times

Pour out everything in toilet

Fill with water to same level

Success (shake) 50 times

Pour out everything in toilet

Fill second time with water to same level

Success 50 times

Pour out everything in toilet

Fill third time with drinking water to same level

Success 50 times And drink the whole glass

Fill fourth time with water to same level,

Shake a couple of times and drink zip by zip throughout the rest of the day

Do the whole procedure once a day but always start at different times of the day

You can use the same jar.

****anti-inflammatory treatment****

only if organism is more stable, "out of the corner", and tolerates more, any relaps esp. with neurological symptoms should be avoided

all or some of the following according to ART testing

- VivaCalma, start with 3 x 2 drops, increase to 3 x 10 drops
- VivaNO, start with 3 x 2 drops, increase to 3 x 10 drops, reduces the release of nitrogenmonoxide (nitrosative stress)
- VivaHista, start with 3 x 2 drops, increase to 3 x 10 drops, to further reduce the release of histamine

****work with strep and staph to restore symbiosis****

one or more according to ART testing

- VivaPanda, start with 3 x 2 drops, increase to 3 x 10 drops
- VivaBasis Kurkuma, start with 3 x 2 drops, increase to 3 x 10 drops, esp. when staphylococcus suspected
- Ölekomposit spezial, 2 x 5 drops, pure in the mouth, swish around the teeth with the tongue, esp. at night directly before you go to sleep to cover the tonsils at night with the saliva
- AMC Regulat, 1-2 teaspoons per day pure in the mouth, swish around the teeth, gurgle, then swallow

****regenerate brain****

- fish oil
- VivaBrain, start with 3 x 2 drops, increase to 3 x 20 drops
- bioidentical progesterone with the advice of a medical doctor
- probiotics

****bind toxins in the gut****

Always use some sort of binders like

- zeolith
- chlorella vulgaris or pyrenoidosa