PRAXISRELEVANTE Zytokine, Chemokine
Cytokins and chemokins relevant to practice

Laboratory marker (grün, green) „silent inflammation“, cold infection, infection chaud

	IFN-g	TNF-a	IL-1	ATP	Hista-min	IL-6	MDA-LDL	Nitro-tyrosin
Fatigue / Depression Zytoskelett	■	■	■	■	■			
Mitochondrial dysfunction		■		■				■
Insulinresistenz & Adipositas / Kataboler Knochenstoffwechsel z.B. Parodontitis, Osteoporose		■	■			■		
Arterioskleritis / Angiopathie						■	■	

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http://www.inflammatio.de/fileadmin/user_upload/inflammatio/Online_Fortbildungen/2015/2015_01_28_Silent_Inflammation_nicht_sichtbar_aber_spuerbar.pdf

Methoden der Entzündungshemmung, Methods of inhibition of inflammation:

1. **Elimination des Entzündungsreizes Elimination of the inflammatory stimulus** (leaky gut, Herdgeschehen, chronisch aktivierte Infektion, Mitochondrien Dysfunktion)
2. **Hemmung der, inhibition of NFkappa B in Makrophagen, macrophages** (Kortikoide, sehr niedrig dosiert, corticoids low dosed, Vitamin D3, Boswellia)
3. **Modulation der Toll like Rezeptoren** (Resveratrol, Curcumin, S-Adenylmethionin, Vitamin D3, SAM, evtl. Statine)

➔ **Pflanzliche Antimikrobiotika und antientzündlich wirkende Substanzen,**
➔ **Herbal Antimicrobials and anti-inflammation-inducing substances:**
http://www.kabilahsystems.de/pflanzlicheantimikrobiotika.pdf
http://www.kabilahsystems.de/pfefferchilligelbwurz.pdf
http://www.kabilahsystems.de/paupereia.pdf http://www.xerlebnishaft.de/kraeutertherapie.pdf
Prednisolon, Boscari (afrikanischer Weihrauch), Boswellia (indischer Weihrauch), Cefatec 480 (Teufelskralle), Cilantis (Koriander), Coenzym Q10, L-Carnitin, Methyl-Sulfonyl-Methan, Quercetin, Resveratrol, Samento (Katzenkralle), Silymarin (Mariendiestel), S-Adenosylmethionin.

➔ **NO/ONOO** Pall ML (2015) Wie heilt man Erkrankungen mit Beteiligung des NO/ONOO – Zyklus?
http://www.martinpall.info/wp-content/uploads/2010/04/Martin-Pall-Wie-heilt-man.pdf

➔ **Immunsuppression nur bei Entzündungs - Katastrophen,**
➔ **immunosuppression when inflammatory - disasters occur only**
http://www.xerlebnishaft.de/immunsubpression.pdf

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Anti-Zytokine, anti-cytokins, Anti-Chemokine, anti-chemokins

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N-Acetylcystein	**Gosset P, et al. Eur Respir J. (1999) 14, 98-105**
Alphaliponsäure	**Suzuki YJ, et al. Bioch.Bioph.Res.Com.1992;189:1709-15**
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Joghurt	**HA CL, et al. J.Food Prot 1999; 62:181-8**
Omega 3 Fettsäuren	**Venkatraman JT, Chu WC. J Am Coll Nutr 1999;18:602-13**
Fischöl	**James MJ, et al. AmJ.Clin. Nutr 2000;71(1Suppl.):343-8**
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3. NICHTSTEROIDALE ANTIRHEUM.	**Yin Z et al. https://www.ncbi.nlm.nih.gov/pubmed/24631121**
Acetylsalicylsäure	**Shi X, et al. Mol Cell Bioch.1999;199:93-102**
Ibuprofen	**Stuhlmeier KM, et al.Biochem Pharmacol 199 1;57:313-20**
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Clarithromycin	**Matsuoka N, et al. Clin Exp Immunol 1996;104:501-8**
Roxithromycin	**Nonaka M, et al. Acta Otolaryngol Suppl 1998; 539:71-5**
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Doxycyclin	**http://www.journals.uchicago.edu/doi/abs/10.1086/597807**
Minocyclin	**http://www.journals.uchicago.edu/doi/abs/10.1086/597807**
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ACE - Hemmer	**Gullestad L et al. J Am Coll Cardio 1999;34:2061-7**
Olmesartan	**D.Filser et al. Circulation 2004; 110; 1103-1107**
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Calciumantagonisten	**Rodler S. et al. J Mol Cell Cardiol 1995;27:2295-302**
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HMG-CoA-Hemmer (CSE-Hemmer)	**Ortego M et al. J Arteriosclerosis 1999;147:253-61**
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Vitamin C	**Vlahopoulos S, et.al. Blood 1999;94:1878-89**
Vitamin B12	**Buccellato FR et al. FASEB J 1999;13:297-304**
Vitamin D (in physiologischen Mengen !)	**Harant H et al. Eur J Bioch. 1997 15;250:63-71**
Pentoxyphyllin	**Neuner P et al.Immunology 1994;83:262-7**
Inosine	**Hasko G, et al. J Immunol 2000;164:1013-9**
Progesteron (in physiologischen Mengen !)	**Vassiliadou N et al. J Immunol 1999;15;162:7510-8**
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Östrogene (in physiologischen Mengen !)	**Inandera H et al. Endocrinology 2000;141:50-9**
L-Thyroxin (in physiologischen Mengen !)	**Ritterhouse PA et al. Endocrinology 1997;138:1434-9**
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Cheno- , Ursosäuren	**Saitoh_O.et.al.Gastro.Hepatol.1998;13: 1212-17**
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Laevodopa	**Bessler H et al. Biomed Pharmacother 1999;53:141-5**
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Furosemid	**Yengsirgul A et al.Ann Aller. Asthma Immu.1999;83:559-66**
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Morphine	**Grimm C. et al. Ann N Y Acad Sci 1998 1;840:9-20**
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Pioglitazon	**Cartwright M.,T.S.Donta Meet.o.the Am.Soc.o.Biolog.1999**
-	**Periscope-Studie 2008 Proactive-Studie 2007**
Tumornekrosef.-Alp.-Ak.(Adalimumab)	**Rau R., Arzneimitteltherapie 2004 7:203**
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6. PFLANZENEXTRAKTE	**-**
Quinine (Chinin)	**Maruyama N, et al. AmJ RespirCell Mol Biol 1994;10:514-20**
Quercetin (Eichenrindenextrakt)	**Ishikawa Y, et al. J Am Soc Nephrol 1999;10:2290-6**
Gingko biloba	**Wei Z et al. Gen Pharmakol 1999;33:369-75**
Silymarin (Mariendistel)	**Saliou C et al. FEBS Lett 1998 27;440:8-12**
Boswelia	http://www.kabilahsystems.de/pflanzlicheantimikrobiotika.pdf

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https://www.researchednutritionals.com

- **Darm - Schutz** http://www.xerlebnishaft.de/gastroent_borr.pdf
  Probiotika, probiotics http://www.kabilahsystems.de/probiotika.pdf

- **Anti - Entzündung, Anti - Koagulation**
- http://www.erlebnishaft.de/arthritiden.pdf http://www.xerlebnishaft.de/angiopathie.pdf
  http://www.erlebnishaft.de/kommentalternativ.pdf
  Fettsäuren, fatty acids http://www.kabilahsystems.de/ungesaettfetts.pdf
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- **Immun - Stimulation**
- http://www.erlebnishaft.de/symbiogenese.pdf
  Immunstimulantien, immunostimulants http://www.kabilahsystems.de/immunsti.pdf

- **Biofilm - Lyse**
- http://www.erlebnishaft.de/kommentbiofilmmed.pdf
  Quorum http://www.xerlebnishaft.de/quorum.pdf

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- **Erschöpfungs - Linderung, Mitochondrien - Schutz** click hier
  Vitamin B Komplex + Folsäure, folic acid http://www.xerlebnishaft.de/bildmethyl-arginin.pdf
  Q10 + L-Carnitin http://www.kabilahsystems.de/q10_und_l.pdf

- **Schmerz - Linderung**
  Schmerztherapeutika, pain therapeutics http://www.kabilahsystems.de/schmerz.pdf

- **Mitochondrien, mitochondria** http://www.xerlebnishaft.de/mitochondrien.pdf

- **Zytoskelett, zytoskeleton** http://www.xerlebnishaft.de/zytoskelett.pdf
- **Zellwand, cell wall** http://www.kabilahsystems.de/ungesaettfetts.pdf

- **Pleomorphie, bacterial pleomorphy** http://www.erlebnishaft.de/stressvar1.pdf
  http://www.erlebnishaft.de/stressvar2.pdf
- **Biofilme, biofilms** http://www.erlebnishaft.de/kommentbiofilmmed.pdf

- **Größenvergleich Lebensformen, size comparison of life forms**
  http://www.xerlebnishaft.de/lebensstrukturenvergleich.pdf

- **Angiopathie, angiopathy** http://www.xerlebnishaft.de/angiopathie.pdf
- **Krebsstammzelltherapie, cancer stem cell therapy**
  http://www.xerlebnishaft.de/krebsstammzelltherapie.pdf

- **Cavete Diagnosen, cavete diagnoses** http://www.erlebnishaft.de/kommentalternativ.pdf

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