

**PRAXISRELEVANTE Zytokine, Chemokine  
Cytokins and chemokins relevant to practice**

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

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

Müller KE (2013) **Silent Inflammation. Bedeutung bei chronischen Multisystemerkrankungen.**  
[http://www.inflammatio.de/fileadmin/user\\_upload/inflammatio/Online\\_Fortbildungen/Vortraege\\_2013/2013\\_10\\_30\\_Silent\\_Inflammation.pdf](http://www.inflammatio.de/fileadmin/user_upload/inflammatio/Online_Fortbildungen/Vortraege_2013/2013_10_30_Silent_Inflammation.pdf)

v. Behr V (2015) **Silent Inflammation nicht sichtbar aber spürbar.**  
[http://www.inflammatio.de/fileadmin/user\\_upload/inflammatio/Online\\_Fortbildungen/2015/2015\\_01\\_28\\_Silent\\_Inflammation\\_nicht\\_sichtbar\\_aber\\_spueerbar.pdf](http://www.inflammatio.de/fileadmin/user_upload/inflammatio/Online_Fortbildungen/2015/2015_01_28_Silent_Inflammation_nicht_sichtbar_aber_spueerbar.pdf)

v. Behr V (2019) **Immunologische Effekte als Verursacher umweltmedizinischer Erkrankungen.**  
Die Naturheilkunde 3/2019, 34-37 <https://dvd-wissen.com/shop/dr-volker-von-baehr-immunologische-effekte-als-verursacher-umweltmedizinischer-krankheiten>

➔ **Das Inflammasom** <http://www.erlebnishaft.de/inflammasom.pdf>

**Methoden der Entzündungshemmung, Methods of inhibition of inflammation:**

1. **Elimination des Entzündungsreizes Elimination of the inflammatory stimulus**  
(leaky gut, Herdgeschehen, chronisch aktivierte Infektion, Phenothiazine, Mitochondrien Dysfunktion)
2. **Hemmung der, inhibition of NFkappa B in Makrophagen, macrophages** (Kortikoide, sehr niedrig dosiert, corticoids low dosed, Vitamin D3, Boswellia, evtl. Hyperthermie, evtl. Embrel® bei negativem TB-Test)
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 (Katzenkrallen), Silymarin (Mariendiestel), S-Adenosylmethionin.

- ➔ Pall ML (2010) [Teufelskreis NO/ONOO--Zyklus, oxidativer Stress, mitochondriale, inflammatorische und neurologische Dysfunktion.](http://www.umg-verlag.de/umwelt-medizin-gesellschaft/410_pall.pdf) [www.umg-verlag.de/umwelt-medizin-gesellschaft/410\\_pall.pdf](http://www.umg-verlag.de/umwelt-medizin-gesellschaft/410_pall.pdf)
- ➔ Immunsuppression nur bei Entzündungs - Katastrophen,
- ➔ immunsuppression when inflammatory - disasters occur only  
<http://www.xerlebnishaft.de/immunsuppression.pdf>

### Spezielle Anti-Quorum Medikamente

- ➔ **3-(S)-hydroxy-4-tridecanone** <https://www.youtube.com/watch?v=k-CkglePaqI&app=desktop>
- ➔ **Quorum sensing** <http://www.xerlebnishaft.de/quorum.pdf>

### Antihistaminika

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Molderings GJ, Brettner S, Homann J, Afrin LB (2011) **Mast cell activation disease: a concise practical guide for diagnostic workup and therapeutic options.** *J Hematol Oncol.* 4, 10. doi: [10.1186/1756-8722-4-10](https://doi.org/10.1186/1756-8722-4-10) PMID: 21418662  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3069946/>  
**„Effective therapy often consists simply of antihistamines and mast cell membrane-stabilising compounds supplemented with medications targeted at specific symptoms and complications.“**

**Phenothiazine** <http://www.xerlebnishaft.de/phenothiazine.pdf>

[quercetin](#) (Weidenrindenextrakt), [aspirin](#), [curcumin](#) (Tumeric, Gelbwurz, *Curcuma longa*), [H1-antihistamines](#); [cetirizine](#), [ketotifen](#), [H2-antihistamines](#); [ranitidine](#), [famotidine](#).

Literaturangabe: [https://en.wikipedia.org/wiki/Mast\\_cell\\_activation\\_syndrome#Treatment](https://en.wikipedia.org/wiki/Mast_cell_activation_syndrome#Treatment)

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**„Conclusions: Increased pro-inflammatory phenotypes identified by monocyte/macrophage subtypes and concomitantly increased cytokines appear to be valid to monitor disease activity in patients with persistent Lyme borreliosis. Patterns may vary by additional co-morbidities. In patients with autoimmune diseases, increased frequencies of a heterozygous IL-6 promotor SNP rs1800795 were identified ».**

**Ebenfalls als**

**Anti-Zytokine, Anti-Chemokine wirksam**

**siehe nächste und übernächste Seite.**

**Also effective as**

**Anti-cytokines, anti-chemokines**

**see the standard medication on the next and next pages.**

## 1. ANTIOXYDANTIEN

N-Acetylcystein  
Alphaliponsäure

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## 2. ERNÄHRUNGS - ZUSATZSTOFFE

Joghurt  
Omega 3 Fettsäuren  
Fischöl

-

## 3. NICHTSTEROIDALE ANTIRHEUM.

Acetylsalicylsäure  
Ibuprofen  
Diclofenac

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## 4. ANTIBIOTIKA

Clarithromycin  
Roxithromycin

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Doxycyclin  
Minocyclin

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## 5. ANDERE ARZNEIMITTEL

ACE - Hemmer  
Olmesartan

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Calciumantagonisten

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HMG-CoA-Hemmer ( CSE-Hemmer )

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Vitamin C

Vitamin B12

Vitamin D ( in physiologischen Mengen ! )

Pentoxifyllin

Inosine

Progesteron ( in physiologischen Mengen ! )

-

Östrogene ( in physiologischen Mengen ! )

L-Thyroxin ( in physiologischen Mengen ! )

-

Cheno- , Ursosäuren

-

Laevodopa

-

Furosemid

-

Morphine

-

Pioglitazon

-

Tumornekrosef.-Alp.-Ak.(Adalimumab)

-

## 6. PFLANZENEXTRAKTE

Quinine (Chinin)

Quercetin (Eichenrindenextrakt)

Gingko biloba

Silymarin (Mariendistel)

Boswelia

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- **1. Darm - Schutz** [http://www.xerlebnishaft.de/gastroent\\_borr.pdf](http://www.xerlebnishaft.de/gastroent_borr.pdf)  
Probiotika, probiotics <http://www.kabilahsystems.de/probiotika.pdf>
- **2. Anti - Entzündung, Anti - Koagulation**
- <http://www.erlebnishaft.de/arthritis.pdf> <http://www.xerlebnishaft.de/angiopathie.pdf>  
<http://www.erlebnishaft.de/kommentalternativ.pdf>  
Fettsäuren, fatty acids <http://www.kabilahsystems.de/ungesaetfetts.pdf>  
Polyphenole. polyphenoles <http://www.kabilahsystems.de/polyphenole.pdf>  
Antikoagulation, anticoagulants <http://www.kabilahsystems.de/hyperkoagulation.pdf>  
Antihistaminika see above, siehe oben
- **3. Immun - Stimulation**
- <http://www.erlebnishaft.de/symbiogenese.pdf>  
Immunstimulantien, immunostimulants <http://www.kabilahsystems.de/immunsti.pdf>
- **4. Biofilm - Lyse**
- <http://www.erlebnishaft.de/kommentbiofilmmed.pdf>  
Quorum <http://www.xerlebnishaft.de/quorum.pdf> **Zur Standardantibiose**
- **5. Erschöpfung - Linderung, Mitochondrien - Schutz**  
Vitamin B Komplex + Folsäure, folic acid <http://www.xerlebnishaft.de/bildmethyl-arginin.pdf>  
Q10 + L-Carnitin [http://www.kabilahsystems.de/q10\\_und\\_l.pdf](http://www.kabilahsystems.de/q10_und_l.pdf)
- **6. 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/ungesaetfetts.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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