



**BELIEVE BIG**  
Face It. Fight It. Overcome It.™

## **Frequently Asked Questions About Mistletoe**

### **What is mistletoe?**

The liquid extract of the mistletoe plant has been used as an alternative method to treat cancer for a century. Mistletoe is one of the most widely studied and used complementary therapies for cancer treatment in Europe. There are over 1500 species of the mistletoe plant, but only the European species (*Viscum Album*) is used for cancer treatment.

### **Is mistletoe effective for all types of cancer?**

Mistletoe can be used in malignant and non-malignant tumors.

### **Can mistletoe be used alongside chemotherapy, radiation, and conventional immunotherapy drugs?**

Mistletoe can be used alongside conventional treatments to offset the side effects of chemotherapy and radiation such as nausea, vomiting, and lack of appetite; and to stimulate bone marrow activity. It can also be used to diminish tumor-related pain and to reduce the risk of tumor recurrence. Each physician trained will evaluate and support each patient with the best treatment process depending on where they are on their cancer journey.

### **When should mistletoe therapy begin?**

Mistletoe Therapy can begin early, before surgery, or even immediately after diagnosis. Since mistletoe therapy can stimulate the immune system, the body will be better prepared for the stress that surgery and treatment can cause on the body.

### **How long is a patient on mistletoe therapy?**

A healthy and robust immune system is an ongoing process. It requires ongoing care and attention. The concept that when a person reaches No Evidence of Disease status and they enter into a watchful waiting period is too passive. Remission is an active process, and most physicians agree that therapy should be ongoing. If a patient had Stage 1 or Stage 2 cancer, therapy can be continued for up to 5 years based on their clinical situation. For Stage 3 and Stage 4 disease it can be continued indefinitely.

### **How much does mistletoe cost?**

Mistletoe treatments cost a fraction of the cost of chemotherapy. Unfortunately, mistletoe is not typically covered by health insurance. The cost is dependent on a physician's recommendations of extract strength and frequency, averaging \$150 - \$250/month for the subcutaneous application and \$350 - \$500/ per IV infusion.

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**How is mistletoe administered and how often?**

Mistletoe is administered subcutaneously (by injection) or intravenously (IV) at a frequency determined by the prescribing physician and based upon the patient's individual need.

**Are there any side effects to mistletoe?**

Very few, if any. There are fewer side effects of taking mistletoe than IV vitamin C. There is a desired effect to have a localized reaction in the subcutaneous application- redness, itching, raised area at injection site. With the IV application, patients may experience increase circulation, fever, or warming sensation. Most patients experience a better quality of life because mistletoe stimulates the immune system.

**Is there scientific evidence for mistletoe therapy in the treatment of cancer?**

There have been over 100 clinical studies done overseas and review articles showing the positive effects on the immune system, cancer cell death, quality of life, and safety. These studies are also showing that patients tolerate chemotherapy better and it's more effective when taking mistletoe.

**Why is mistletoe not available at cancer treatment centers in the United States?**

Even though it is used all over the world and effective in treating cancer, until all phases of the Mistletoe Clinical Trial in collaboration with The Johns Hopkins School of Medicine is completed, oncologists cannot offer this treatment as standard of care. Mistletoe is listed as an FDA approved substance in the homeopathic pharmacopeia, and as with any drug, can be prescribed off label in the United States by MD's, DO's, ND's, NP's who are trained in mistletoe therapy.

**Are there physicians nearby who I can contact to pursue mistletoe treatment?**

You can view a listing of mistletoe providers by state on our website, [www.BelieveBig.org](http://www.BelieveBig.org), under the Resources tab.

**How can I help with Mistletoe Research?**

You can donate online at [www.BelieveBig.org](http://www.BelieveBig.org) under the Donate tab. Or you can send a contribution via mail to: Believe Big, 4821 Butler Road, Suite 1D, Glyndon, Maryland 21136. All donations are tax deductible.



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