

## Whole body hyperthermia

Whole body hyperthermia, also known as „passive fever therapy“, is a very intensive treatment. The goal is to raise the body temperature to 38° – 40° C for more than 1 – 2 hours. The duration will depend on the doctor's judgement regarding your particular illness and condition. With preparation and resting time, the treatment normally takes 3 – 4 hours to complete.

Chronically ill patients often report that they have not carried out a high fever sickness for a very long time. Often enough, fever and other natural responses of the body are suppressed by antibiotics, anti-inflammatory/infection medicine, and other medications prescribed by doctors. In most cases it would be better to sweat it out and allow yourself to heal naturally for a few days or weeks. An unhealthy diet and lifestyle, stress from the disturbance fields within the body and environmental pollution can all serve to suppress the body's desire to develop a healthy fever.

Fever is a condition that stimulates the immune system more than any other treatment. The number and activity of white blood cells increases, the metabolism and antibodies (IgG) are activated, and the elimination process is stimulated.

Fever does not only improve weaknesses in the immune system but also strengthens one's emotional and mental state. Fantasies that often go along with a high fever are an expression of the unconscious. Internal pictures are brought up and the intellectual control of consciousness disappears. The body's inability to respond, which is often the cause of many chronic illnesses, disappears with fever.

A fever may bring up old problems that your body has not been able to overcome for a long time, such as a lingering infection, the problem of toxic substances, or an emotional shock. Often cases like this must be treated many times. The causes of the illness disappear as if a film has been rewound back in time. As part of this process, skin problems or other detox reactions can occur. Body and soul can be freed. Fever patients often report afterwards: "I feel like I'm so clean".

It is often recommended to carry out a series of fever therapy sessions. Depending on the illness, individual tolerance and the doctor's assessment sessions could range in frequency from 2 times a week up to 2 times a month, often for a total of 7 - 14 sessions. For each session, you should plan 3 – 4 hours. Please observe the following points:

- Plan to have someone drive you home, because you cannot drive after the treatment. It would be best if you could lie down on the way home.
- When you get home, take a warm or lukewarm shower and lie down for the rest of the day. Keep yourself warm and sleep as much as possible. For the next few days, make sure you get enough sleep.

- You shouldn't be left alone at home on the day of the treatment. At least make sure someone is reachable by phone.
- During the treatment, you will be offered Paracelsus tea or water, you should drink a lot.

Go into the treatment with ease and trust our ability, knowledge and experience. The necessary preparation and analysis will be made prior to the treatment. You will be looked after by a qualified medical personnel and an on call doctor at all times.

We would appreciate it if you could make notes on your experience for a few days following the treatment. Please include constructive feedback so we will know how, and if, we could make your experience more enjoyable in the future.