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## **How to inject mistletoe**

- Use 1cc syringe with 27Gx1/2” needle
- Inject under the skin in abdomen, outer aspect of thigh or back of upper arm
- Use a 45 to 60 degree angle
- Preferably do not stretch or pinch skin
- Insert needle fully
- Inject over about 10 seconds
- Pull needle out slowly (prevents blood from “escaping “through the puncture wound)

Treatment is for two years.

Should get a reaction 50% of the time.

When to inject: Monday Wednesday Friday in the morning.

You should get a 1-2 inch swelling that lasts for 24-48 hours, the size of a quarter.

If you do not get local reaction any longer: Do the "thigh test": inject the same dosage into the upper outer area of your thigh and see if you get a reaction. The thigh test injection counts as a regular injection. If you get a local reaction, go back to the abdomen and continue with the same strength. It is still the right dosage.

If you stop reacting at the highest dose, either take a 6-week break and or cycle through the dosing again and start out low. The reason they may stop reacting because the body can make antibodies to Lectin.