

## Healthy living - healthy ageing

Healthy ageing and longevity are influenced not only by genetics but also by lifestyle.

Targeted prevention can help to maintain physical and mental performance:

- Healthy diet
- Regular movement and exercise
- Relaxation and stress management
- Adequate sleep

All of these measures also have a positive effect on the functioning of the immune system, which plays an essential role in the maintenance of health and vitality.



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## Micro-immunotherapy & Well-Ageing

Joint mobility

Mental health

Infection prevention and control

▶ Healthy ageing thanks to a strong immune system





# Micro-immunotherapy & Well-Ageing

Maintain good health through targeted immune regulation

## The immune system and the ageing process are closely interlinked

Infections, mental stress and hormonal imbalances, environmental toxins and harmful substances from food and beverages - the immune system is exposed to numerous factors that can disrupt its natural balance. In addition, age-related changes in immune function further impair the host defence mechanisms, and increase the susceptibility to infection. On the other hand, the ageing process is accompanied by an increase of the proinflammatory status, which is not only a risk factor for numerous diseases such as arthritis, type 2 diabetes, Alzheimer's disease, depression and cancer, but is also believed to accelerate the ageing process itself (also known as inflamm-ageing).

A well-functioning immune system is therefore essential for healthy ageing (well-ageing).

## Immune balance with micro-immunotherapy

Micro-immunotherapy aims to restore an adequate immune response to internal and external disruptive factors by using immune modulating substances in low doses. It contributes to maintaining or promoting a good physical and mental state in advanced age by targeting different levels:

- Reducing uncontrolled inflammatory reactions and oxidative stress
- Favouring neuronal regeneration and balance
- Supporting immunity in case of infections
- Optimizing the immune reaction during stress and the ageing process

As a low-dose immunotherapy, this treatment is well tolerated and can be easily combined with other therapeutic approaches. However, micro-immunotherapy is not meant to replace any other therapy and, thus, no treatment should be suspended without first consulting the doctor or therapist.



## Prevention and treatment of immune-related disorders

Micro-immunotherapy can be useful for different clinical conditions:

Chronic and neurodegenerative diseases  
(e.g. dementia, Alzheimer's, Parkinson's)

Joint diseases (e.g. arthritis, osteoporosis)

Recurrent infections

Fatigue

Stress

Autoimmune diseases

Depression

Complementary cancer treatment

*Please note: The information about the indications and effects of micro-immunotherapy is based on the experience of medical practitioners working actively with this treatment.*

