

## **Homeopathy and High Performance Sport – A Successful Team Experts discuss the possibilities of prevention in sports medicine**

Confirmed efficacy, ease of use, favorable profile of side effects and, in addition, absolute compliance with the anti-doping regulations have led to a constant increase in the popularity of homeopathic combination preparations in the medical care of top athletes. This became apparent in an exchange of views between renowned sports doctors of various fields, which was recently held in the South Baden Steinbach Sports School. Specifically, the event, which was supported by the company Biologische Heilmittel Heel, focused on the possibilities of medical prevention in high performance sport with the help of complex homeopathy, which is also known as modern homeopathy.

### **A red hot topic**

"Today, an athlete can practically no longer afford to fall ill", emphasized the doctor and current President of the National Olympic Committee, Dr. Klaus Steinbach, who moderated the discussion. The former world-class swimmer went on to say that prevention therefore plays a decisive role in the medical care of top athletes. Roland Matthes, who – like Steinbach – is also a doctor and has won several Olympic gold medals for backstroke, also regards prevention as a red hot topic for high performance sport. Particularly for swimmers, effective cold prophylaxis is an important prerequisite for sporting success. The daily training in damp areas subjects the mucous membranes to extreme stress. The many training sessions required and the stress of the contests weakens the immune state. Here it is important to combat this with prophylaxis as early as possible. According to Matthes, risks specifically related to competitive swimming are the typical reflex deficits of swimmers combined with a hypermobility of certain joints, which can lead to injuries on land. These deficits must be balanced out by targeted training of the muscles and the eradication of physiological imbalances.

### **Comeback thanks to homeopathy**

Based on case studies, Matthes illustrated the potential of a complex homeopathic therapy regime in high performance sport. For instance, Franziska van Almsick suffered a slipped disc, which nearly put an end to her career. After several failed therapy attempts, only treatment with Traumeel (injections and infusions) combined with chirotherapy and physiotherapy with manual therapy resulted in the desired success. Subsequently, the former figurehead of German swimming had a sensational comeback at the European championships with five titles and a world record. Faced with problems in the shoulder girdle and the mucous membranes, the swimmer Stev Theloke also consulted his great sports role model Roland Matthes. After injection of a corticoid mixture, the shoulder was treated further with the homeopathic combination preparations Zeel and Traumeel. For the mucous membranes, Matthes administered the preparations Engystol, Lymphomyosot, and Euphorbium compositum-Nasal Spray. In this case, too, the therapy was successful.

### **The FC Bayern of German volleyball**

Johann A. Kees, the team doctor of VfB Friedrichshafen, dubbed his team the FC Bayern Munich of German volleyball. In addition to the national contests, the players – all national players – also take part in numerous international contests. The stress for the athletes' immune systems is correspondingly high because they have less and less time to regenerate. Infections rather than injuries are the most frequent reasons

for players to drop out. Thus, for Kees, prevention is primarily about strengthening the immune system and, in the event of an illness or injury, immediately activating the resistance and the regeneration. As a basic medicine for oral prevention, the doctor mainly uses high doses of Traumeel – every day before and after training.

In the event of infections, the players are immediately treated with various homeopathic combination preparations. These strengthen the body's own resistance and the duration of the illness is considerably shortened. For upper respiratory infections, for example, the athletes are administered a mixture of the preparations Traumeel, Gripp-Heel, Lymphomyosot, and Engystol with Vitamin B<sub>6</sub>/B<sub>12</sub> and folic acid. For infections of the gastro-intestinal tract, the mixture consists of Mucosa compositum, Colon suis-Injeel, Spascupreel, Traumeel, and Vitamin B<sub>6</sub>/ B<sub>12</sub> and folic acid. The general practitioner sees a big bonus of this form of therapy in its high tolerability and the fact that it is in line with the international doping regulations. Kees goes on to say that even for acute injuries the healing progression is considerably accelerated by the injection of homeopathic combination preparations.

### **Health – a prerequisite for sporting success**

Hardly any other German sports association can live up to the Bob- und Schlittenverband für Deutschland [Bob and Sled Association for Germany] in terms of international success. One vital prerequisite for this is the health and physical fitness of the athletes. Their team doctor, Dr. Christian Schneider, also relies on modern homeopathic preparations for the care of the athletes. As winter athletes, the bobs and sleds are exposed to wind and weather in their thin racing suits. The risk of catching a cold is very high. An efficient cold prophylaxis is therefore vital. Schneider successfully relies on an influenza cocktail made up of the preparations Gripp-Heel, Engystol, Lymphomyosot, Echinacea compositum, Vitamin C, Polybion, and magnesium. During the regeneration after injuries, the orthopedist of the Munich Orthopedic Center also uses the homeopathic combination preparations Traumeel and Lymphomyosot for perioperative treatment.

### **Endurance athletes are particularly prone to infections**

One of the most renowned German sports doctors is Prof. Peter Billigmann, whose work includes acting as a performance diagnostician of the professional footballers of the 1. FC Kaiserslautern and of the ice hockey pros of the DEG Metro Stars. Up until December 2004, he was also the chief team doctor of the professional cyclists of Team Gerolsteiner. As a team doctor, Billigmann sees his main task in the improvement of the performance and stamina, general and specific prevention, improvement of regenerative capability, and improvement of the health environment without subjecting the athlete to non physiological changes of performance or manipulations. In doing so, the former amateur racing cyclist endeavors to as much as possible abstain from using allopathic medicines. Endurance athletes are particularly subjected to extreme physical exertion, stressed Billigmann in Steinbach. He explained that this leads to them being 4-times more prone to infections than average citizens. Above all after tough contests, the risk of an infection is immense. In this context, experts refer to an "open window". Like his colleagues, Billigmann also relies on a cocktail of homeopathic combination preparations for cold prophylaxis. This consists of the preparations Gripp-Heel, Engystol, Echinacea compositum, and Lymphomyosot, which are administered in a mixed injection for 4 to 6 weeks prior to the start of the season. To avoid inflammatory processes, Billigmann also administers Traumeel injections. Billigmann regards a further major advantage

of homeopathic preparations as lying in the combinability of these preparations with necessary allopathic active ingredients.

### **Fit when thermometers drop to minus 20**

For 12 years, Dr. Richard Schader has been acting as team doctor for the German national freestyle ski team. At the World Championships in Finland, he also took care of the cross country skiing team this spring. The temperatures in Finland sometimes dropped to under minus 20 degrees Celsius. This is extremely stressful for the athletes' respiratory tract. Euphorbium compositum-Nasal Spray and Engystol tablets were a great help here. The beginnings of a sinusitis could be effectively got under control with the therapy. The most frequent injuries in cross country skiing are traumas. Here too, the homeopathic combination preparations proved to be very effective. According to Schader, due to the anti-doping laws which are tightened year by year, athletes and sports doctors are practically forced to use gentle procedures such as complex homeopathy. In this field, prophylaxis and thus the maintenance of the athletes' sporting performance with the aid of homeopathic combination preparations are increasingly gaining significance.

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