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FOR NATURAL HEALTH

## **Biopuncture**

Tired of being in pain and taking over-the-counter pain relievers? Are you experiencing acute or chronic symptoms due to motor vehicles accidents, sports injuries, falls, and repetitive motion and overuse injuries? Want an alternative cure for pain?

If you answered yes to any of the questions above, Biopuncture may offer the relief you have been looking for. Biopuncture is a safe, natural, and effective injection technique for inflammation and pain management. This breakthrough technique was pioneered by doctors in Belgium and Germany and was recently featured on the Dr. Oz show. Based on several decades of clinical experience and research, this promising treatment has gained more attention as people are being exposed to its benefits.

### **How does Biopuncture work?**

Biopuncture works by injecting ultra-low dilution homeopathic formulas, such as Traumeel, Lymphomyosot, Spascupreel, and Zeel, into specific zones or points. Homeopathics are used because these products promote natural healing and stimulate the body's own detoxification mechanisms, rather than just blocking a pain message. The majority of injections are micro-injections with a very small needle just under the skin or into the muscle.

### **What conditions are typically treated with Biopuncture?**

Homeopathic injections are indicated for muscle spasm and tension, sprains and strains, joint pain, tendonitis, plantar fasciitis, shoulder pain (rotator cuff syndrome, impingement), mild to moderate arthritis, back/neck pain, sciatica, disc problems, nerve tingling in extremities, and fibromyalgia. Homeopathic injections can also be used for **non-musculoskeletal conditions** including relief of headaches and migraines, abdominal or pelvic cramping, sinusitis pain and pressure, and lymph swelling and edema.

Biopuncture would not be considered for the treatment of serious tissue damage (e.g., tendon rupture, bone fracture), large herniated disc with neurologic weakness, or serious underlying medical illness.

### **When should I consider Biopuncture?**

Biopuncture is especially useful when massage, physical therapy, acupuncture, chiropractic treatment, and/or prescription drugs have not provided satisfactory pain relief. Often, Biopuncture allows these treatment modalities to have much more benefit by providing further support and creating long-term strengthening and alignment of the body.

### **What is expected from Biopuncture treatment?**

The number of injections per session depends on the nature and severity of your problem. In most cases, several injections are given in a specific area of the body at each session. A typical treatment takes about 10 minutes and the number of treatments required varies depending upon the condition. The homeopathic effect usually creates progressive improvement with each treatment.

Since only small amounts of active products are injected in Biopuncture, the goal is to initiate a healing process, not simply suppress inflammation or the symptoms. In order to promote a complete healing of the injured or dysfunctional tissues, the natural inflammatory or detoxification process must occur. As a result, chronic pain over many months or years may require several weeks or a few months of treatments. However, when approaching acute injuries, such as sports injuries or whiplash, symptom relief can be almost immediate. The best results occur when Biopuncture is combined with good nutrition, which helps improve the body's natural self-healing capacities and reduce tissue inflammation.

### **How is Biopuncture different from Acupuncture?**

Biopuncture is not the injection of homeopathic formulas into acupuncture points. Biopuncture does not follow

acupuncture meridians; the skilled practitioner instead looks for local “pain points” and “origin points” in the affected region. A pain point is likely to be a tender superficial nerve, inflamed tissue or trigger point (muscle knot). Injecting into those points helps reduce or eliminate the tension and pain and restores motion.

### **How is Biopuncture different from steroid (cortisone) injections?**

People are often recommended to have cortisone shots for inflammation and pain relief, but most often can avoid them when receiving Biopuncture. While steroid injections can be effective, repeat treatment is often needed as the drug effect wears off over time and there is a limit to how many injections that can be given in a particular body area. Steroid injections also often need to be administered deep in the muscle and can be very painful. Furthermore, steroid injections and common over-the-counter and prescription NSAIDs may not help particularly in the long-term and may actually cause harm.

Homeopathic injections act differently than drugs and are not the same as steroid injections. Homeopathic injections only penetrate the surface of the skin and into the muscle, never as far as a joint or tendon/ligament attachments to the bone, and rarely needs to be deep. Homeopathic injections may feel similar to acupuncture needles and cause only a slight to moderate sensation of pain because they are very shallow. The pain is very short-lived and usually goes right away a minute or so after the injection. Most people, unless they have a needle phobia, are surprised by how easily and quickly these injections are given.

### **What about the safety and efficacy of this technique?**

Biopuncture will always be performed according to the latest technical and safety standards. This includes a correct injection technique, and of course the use of sterile disposable material.

All of the ampoules used for injection are FDA approved homeopathic solutions from GUNA and HEEL and contain biologically active products mostly derived from plants and/or minerals. As a result, serious side effects are extremely rare. Occasionally some slight swelling, bruising or inflammation might occur after the injection but this can be decreased with icing or the use of an additional homeopathic product.

### **Conclusion**

Don't let pain be a part of your life anymore! Biopuncture is a safe and efficient technique in complementary and integrative medicine used to treat pain, swelling, inflammation and toxic accumulation. Small doses of homeopathic products can initiate a long-lasting response and safely regulate the immune and nervous system, balance hormones, speed healing, and restore energy and vitality. Most frequently, this approach is the last one patients try, and it is the one that most effectively returns them to the healing path.

### **Source:**

Kersschot Jan, MD. [The Clinical Guide to Biopuncture](#). Aartselaar, Belgium: Inspiration, 2010.

Wolfer, Lee, MD. [An Alternative Cure for Pain: Biopuncture](#). 30 March 2011. <<http://doctoroz.com/videos/alternative-cure-biopuncture>>.