

## **Treating Sports Injuries Naturally and Evidence-based**

### **Heel: Experiences and Trials on Biological Multi-Target Medication prove Inflammation-Modulating Efficacy**

**Berlin / Munich (Germany) – Private Lecturer Dr. Bernd Wolfarth is the principal physician at the Center for Prevention and Sports Medicine at the Technical University of Munich. Furthermore, he supervises athletes during the summer and winter games as the executive Olympic physician of the German Olympic Sports Confederation. At the European Congress for Integrative Medicine in Berlin he talked about scientific essentials and practical applications of natural multi-target preparations in sport medicine.**

„Citius, altius, fortius“ – Latin for „faster, higher, stronger“ reads the official motto of the Olympic movement. Participating in this contest at physical stress limits has its price: Depending on the practiced sports, athletes suffer from musculoskeletal disorders more or less frequently. A good treatment should enable quick recovery and help to reestablish physical efficiency on the highest level. In addition, it should allow for only a minimum of adverse reactions and must be harmless with regard to anti-doping rules in high-performance sports.

„Anti-inflammatory drugs are often used in sports but should only be utilized with a clear medical indication“, says Olympics doctor Dr. Bernd Wolfarth. “However, this not only holds true for top athletes, but also for hobby and leisure sports. Especially the negative side-effects that come with long-term use of conventional pain and inflammation reducing drugs are not to be underestimated.”

Particularly in sports medicine alternatives are therefore being sought. A promising solution could be given with a natural combination preparation that has performed well in practice around the world for more than 60 years. Today, numerous scientific studies also document the efficacy of this multi-target medication. Based on 14 low dosed biological substances it also has proven to be extremely well tolerated.

“As in vitro and in vivo tests have shown, the medication’s organic substances stimulate lymphocytes. Less inflammation-inducing messengers are being produced without affecting the natural immune response”, Dr. Wolfarth explains. “Clinical studies with placebo-controlled double-blind randomized trials prove the efficacy of the preparation as well.”

As a result the natural combination medication does not have to fear a comparison with conventional drugs for particular indications. Study participants of large surveys have reported predominantly good to very good results in various acute and post-traumatic, inflammatory and degenerative conditions affecting the musculoskeletal system. Negative side-effects and undesired interactions with other drugs as partially reported with conventional therapies however do not occur.

“The mode of action of this natural combination preparation differs from that of conventional pharmaceuticals. Practically and scientifically the evidence of efficacy is significant”, Dr. Wolfarth summarizes. “The multi-target approach already seems to be successful with very low dosed substances. This leads to a lowered risk of undesired side-effects and the natural immune response is obviously regulated and supported in a way that the healing process is affected in a positive manner.”

*Reference: A list with scientific studies on the described preparation is available at Heel. Please contact the press department.*

*474 words, 3,351 characters (incl. blanks)*

*Heel is a pharmaceutical company that develops, manufactures and distributes medications based on natural substances. Being the global leader in homeopathic combination preparations, the company is also a pioneer in the field of scientific research in natural healthcare. In cooperation with academic institutions, Heel actively fosters the concept of Integrative Medicine and is striving to build the bridge between homeopathy and conventional medicine to improve patient care and health.*

*The ‘Biologische Heilmittel Heel GmbH’ with its corporate headquarters located in Baden-Baden/Germany and a staff of 1,300, achieved an annual turnover of 184 million Euros in 2010 – more than 70 percent of it outside of Germany. Heel medications are available through subsidiaries and distribution partners in over 50 countries around the world. [www.heel.com](http://www.heel.com)*

***Private lecturer Dr. Bernd Wolfarth** is senior physician for preventive and rehabilitative sports medicine at the Technische Universität Munich. Furthermore, he supervises athletes during the summer and winter games as executive Olympic physician of the German Olympic Sports Confederation (DOSB). In 1993, after his studies of human medicine, he became mentoring physician of the national biathlon team in the German skiing confederation and accompanied it since then in several Olympics and World Championships. In many international projects, for example with the University of Laval (Québec) and as the director of the sports medicine*

department of the institute for applied training science (IAT) in Leipzig, he took part in numerous studies. He received several awards for his outstanding scientific achievements. [www.sport.med.tum.de](http://www.sport.med.tum.de)



Picture: Private lecturer Dr. Bernd Wolfarth is the principal physician at the Center for Prevention and Sports Medicine at the Technical University of Munich as well as the principal Olympics doctor of the German Olympic Sports Confederation (DOSB). Source: Dr. Bernd Wolfarth.



Picture: Sports injuries can be treated naturally and evidence-based with a biological multi-target medication that has proven inflammation-modulating efficacy. Source: Heel

Pictures in printable quality: <http://www.oha-communication.com/heel>

**Press contact:**

Biologische Heilmittel Heel GmbH  
Matthias Reinig  
Head of Corporate Communication  
Phone: +49 7221 501-276  
Fax: +49 7221 501-480  
E-mail: [reinig.matthias@heel.de](mailto:reinig.matthias@heel.de)  
Internet: [www.heel.de](http://www.heel.de) / [www.heel.com](http://www.heel.com)

**Agency Contact:**

oha communication  
Oliver Frederik Hahr  
Director of Consulting and Public Relations  
Phone: +49 711 5088 6582-1  
Fax: +49 711 5088 6582-9  
E-mail: [oliver.hahr@oha-communication.com](mailto:oliver.hahr@oha-communication.com)  
Internet: [www.oha-communication.com](http://www.oha-communication.com)