Antibiotic Augmentes Thermo-Eradication (AAT)
A new treatment Approach for Cure of chronic Lyme disease (LD)

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The Successful Antibiotic Augmented Thermal Eradication of Chronic Lyme Disease

Friedrich Douwes
Klinik St. Georg

Aim
In my presentation, I explain the effectiveness of the "Antibiotics Augmented Thermoeradication" (AAT) we have developed for the treatment of patients with chronic Borrelia infection and its late sequelae.

Methods
It is scientifically proven that the Borrelia burgdorferi bacterium is thermolabile. It is killed at a temperature of 41.6° C (106.8° F. The thermolability is scientifically proven. Systemic whole-body hyperthermia (WBH) not only kills the Borrelia, but also activates the body's immune system, especially macrophages and natural killer (NK) cells. This allows the bacteria to be eliminated. In addition, the activity of antibiotics is increased about 16 times by a temperature increase, e.g. per 2 degrees.

Results
We have successfully treated more than 800 chronic Lyme disease patients with AAT and have seen drastic improvements as AAT kills the Borrelia wherever they are in the body, immediately halting the production of neurotoxins. For the elimination of neurotoxins, we have developed our own and individually adapted detoxification programs. The endocrine disorders commonly present in chronic Lyme disease, such as hypothyroidism or adrenal insufficiency must be eliminated, as well as, sexual disorders.
The almost always present intestinal symbiosis (leaky gut) can also be recognized and treated.

Conclusion
Because the chronic Lyme disease causes multifunctional disturbances and can imitate almost all clinical patterns, the therapy must also be complex.
The focus is on the elimination of Borrelia by the SGHT in combination with antibiotics, everything else is then a cura posterior, which ensures the success achieved by the whole body hyperthermia and leads the patients back to life after a long history of suffering, to a life without Lyme disease.

ICHS Budapest 28.9.2018

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Antibiotic Augmentes Thermo-Eradication (AAT)

A new treatment Approach for Cure of chronic Lyme disease (LD)

Dr. med. Friedrich Douwes
Klinik St. Georg, Bad Aibling

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What am I going to talk about?

1. What is not optimal in conventional medicine for Lyme Disease(LD) and why treatment fails. ?
2. Why do we treat chronic LD differently?
3. What results do we have with:

"Antibiotic Augmented Thermoeradication" (AAT) of chronic LD?

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- St. George Hospital (SGH) was founded 1991 as a specialized Institution for **Cancer,** Immunology, Environmental & Preventative Medicine
- SGH practices an "**Integrative Therapy Concept" (ITC)**
- That is a **combination of conventional medicine with scientifically based complementary treatment modalities**, including :
  - Superficial, Local and Systemic Hyperthermia (Whole Body Hyprthermia(WBH)

St. George Hospital Bad Aibling, Germany

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Klinik St. Georg in Bavaria

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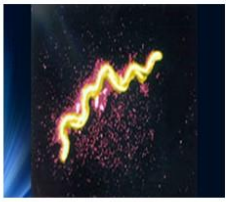
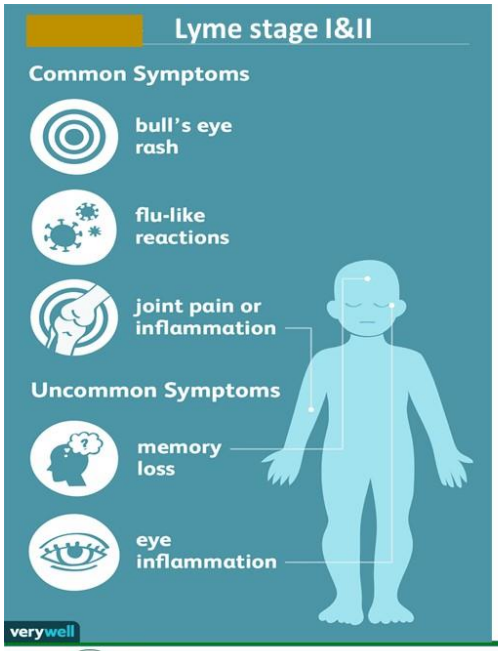
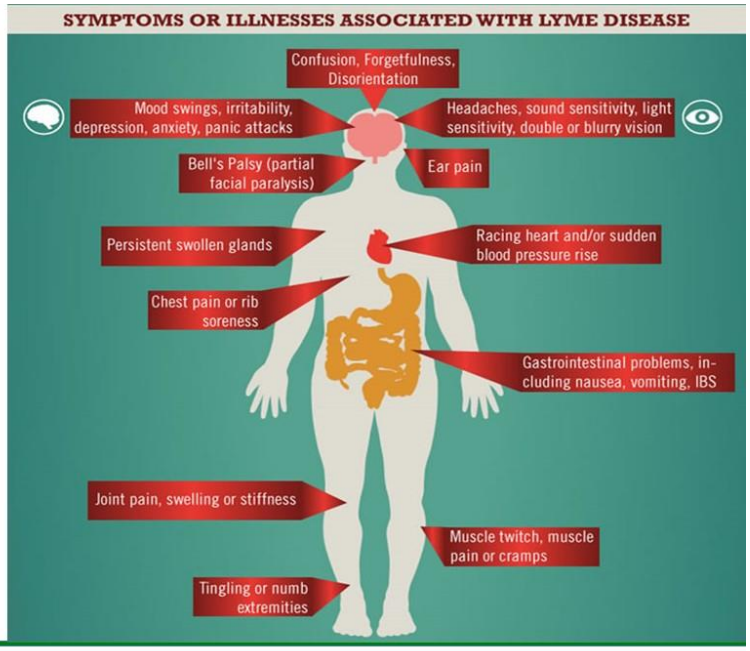
But before I explain you the „Antibiotic Augmented Thermoeradication“ (AAT) & why it works so effectively.

I need to explain why it is so difficult to diagnose Lyme Disease(LD) & why conventional medicine often fails to treat it succesfully

- After a tick bite **Borrelia burgdorferi,** can progress from characteristic expanding skin rash, **erythema migrans (EM), to a wide variety of nonspecific systemic symptoms**
- **that can affect any part of the body.**
- Causing physical, cognitive, and psychological disabling manifestations.
- leading to a complex syndrome (**chronic LD**)







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Diseases which can hide behind chronic Lyme

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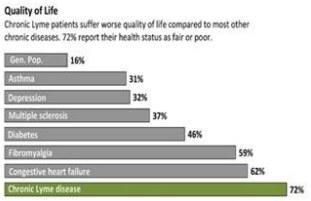
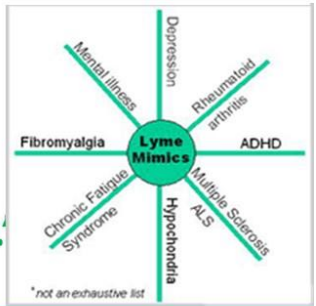
The cause for these multiple systemic problems of Lyme disease are:

1. Persisting chronic infection,
2. Production of Biotoxins, Neurotoxins &
3. Inflammatory cytokines
4. **The manifestation in different organs & tissues.**

Lyme disease is therefore "the great imitator."





What makes Lyme disease so specific and why?

That is the Borrelia itself !!

Its difficult to cultured Borrelia in labs.

- Borrelia has three layers.
- The outer coat is composed of lipoproteins.
- Spirochetes hide their flagella from the host immune defenses, which are normally antigenic and would trigger an immune response for detection.
- Phagozytes and antibodies have difficulties to recognize Borrellias.

Require little oxygen.

- **Divide only every 12-24 hours, which reduces the effectiveness of antibiotics.**
- Borrelia does not divide in a suitable environment (Persister).
- Bacteria usually multiply every 20 minutes & can be killed by antibiotics within two weeks.
- **To kill Borrelia, one would have to use antibiotics for one and a half year**
- **Borrelias reside extra- & intracellularly.**
- Neurotoxines are mainly extracellularly
- Can penetrate all tissues and cell membranes

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1. **Only in stage I/II LD is successfully treatable with antibiotics.**
2. **In chronic stage III antibiotic treatment fails often, because of the aforementioned peculiarities of Borrellia and the fact that they are mostly intracellularly**
3. **Side effects of long term antibiotic treatment are very negative & add negatively into the anyway negative course of the disease**

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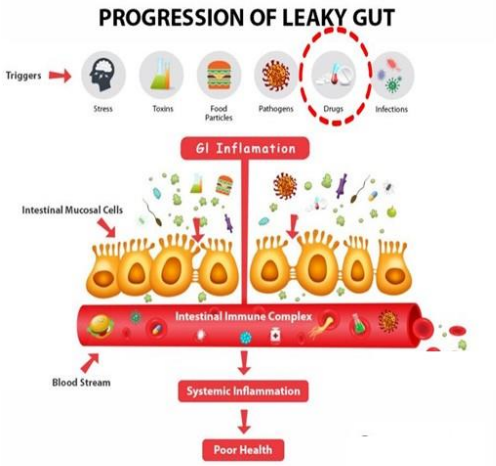
A maximum of thirty days of antibiotics
is the accepted standard of care for LD stage III.

1.) Azithromycin,
2.) Ceftriaxon,
3.) Amoxicillin,
4.) Doxycyclin
Aber...

- In the beginning antibiotics can bring some relief.
- **But they never catch all Borrelia**
- Because most of them are located intracellularly or in places with low blood flow.
- Or they are resistance
- Or they divide so slowly that treatment of one and half years are necessary
- So the disease persists and slowly gets worse and worse

- One of the most serious side effects is the negative action on the microbiom and bowel

this contributes significantly to the disease



- The lab- testing for Lyme disease(LD) (ELISA, Westernblot, and LTT) are unreliable
- therefore we often have to rely on history and physical exam to make a diagnosis.
- The limitations of current laboratory methods for Lyme are multifactorial

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Advanced late stage LD is therefore difficult to diagnose & frequently not correctly treated .

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- But Borrelia has one weak heel!!
- **It is sensitive to heat & can be killed by heat.**

- **"Antibiotic Augmented Thermo-Eradication" (AAT) of chronic LD is a promising alternative.**
- **Why ?**
- **What is the scientific rational ??**

- Treponema pallidum, a spirochaete causing Syphilis is closely related to Borrelia.
  - This germ is thermosenstive and could be successfully treated with **Malariotherapy** in combination with Salvasan & Bismuth?
  - **Malario-therapy is a special fever treatment.**

- Patients got infected with malaria & developed severe fever.
- **The fever destroyed the bacteria (syphilis spirochaete)**
- **The disease improved.**
- Prof. Dr. Julius Wagner Jauregg received the Nobel Prize in 1927 for Malariotherapy.
- **Malariotherapy** was the treatment of choice for syphilis, but is forgotten since the introduction of antibiotics.

- **Fact is & scientifically proven that borellias are thermolabile, respectively thermosensitive.**
- In cultures they die off at **41.6°C (106,9°F)** after 2 h.
- **Antibiotics are activated with increasing temperatures**
- **Per 2 °C up to16 fold.**

Reisinger et.al. Scandinavian Journal of Infectious Diseases, Volume 28, Issue 2 1996 , pages 155 - 157

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In a study Borrelia Burgdorferi was cultured at different temperatures, alone and in combination with antibiotics.

- **The data demonstrate:**
  - growth of the strains PKo and ATCC 35210 (B31) was impaired at temperatures of **37°C(98,6°F)** and
  - inhibited at **39°C (102,2°F)** and **40°C (104°F**), respectively.
  - Strain ATCC 35211, however, grew well up to **39°C** (102,2°F) but did not multiply at **40°C (104 °F)**
  - **A bactericidal effect was seen at 41°C (105,8 °F) for the strains B31 and PKo and at 41,6°C (106,9 °F) for all strains.**

Reisinger et al. Scandinavian Journal of Infectious Diseases, Volume 28, Issue 2 1996 , pages 155 - 157

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Susceptibility of all strains to **penicillin and ceftriaxone** was **increased up to 16-fold** by an elevation of temperature from **36°C (96,8 °F)** to **38°C (100,4 °F).**

Reisinger et al. Scandinavian Journal of Infectious Diseases, Volume 28, Issue 2 1996 , pages 155 - 157

What do these data suggest?

1. **Hyperthermia can kill Borrelia!!!**
2. Elevated body temperature is beneficial for antimicrobial treatment of LD.
3. The combination as we use it in AAT protocol is lethal for all Borrellias.

- **We therefore use a combination of antibiotics with extreme whole body hyperthermia (WBH) at 41,6°C(106,9 °F) in chronic LD.**

The protocol is called:

"Antibiotic Augmente Thermoeradication"(AAT)

All our chronic LD patients we treated had their LD diagnosis for several years &

- had several courses of long term antibiotics &
- **all more or less where in a desperate situation**
- with no hope of improvement by conventional treatment.
- **Were so called "Lost cases"**

How is „AAT“ carried out ?

Whole Body Hyperthermia (WBH)

- Is carried out in special unit
- **Under intensive monitoring**
- Patient is under sedation
- Heat is developed by fare-infrared radiation (850 - 1300 nm wavelength)
- **The body temperature is increased up to 41.6 °C & is kept there for 2 hours**
- **In chronic Borreliosis only 2-time whole-body hyperthermia in combination with antibiotic treatment are necessary to eradicated the Borrelia completely**


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St. Georg Hospital
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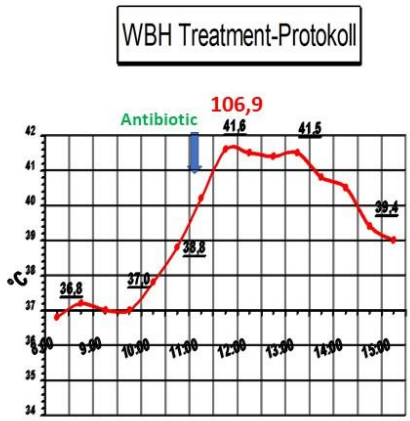
WBH Treatment-Protokoll
Antibiotic
106,9
41,6
41,5
39,4
38,8
37,0
36,8
°C
42
41
40
39
38
37
36
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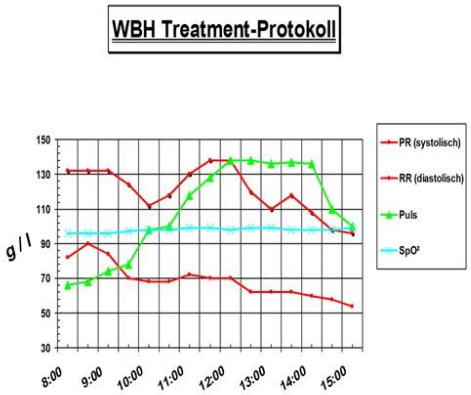
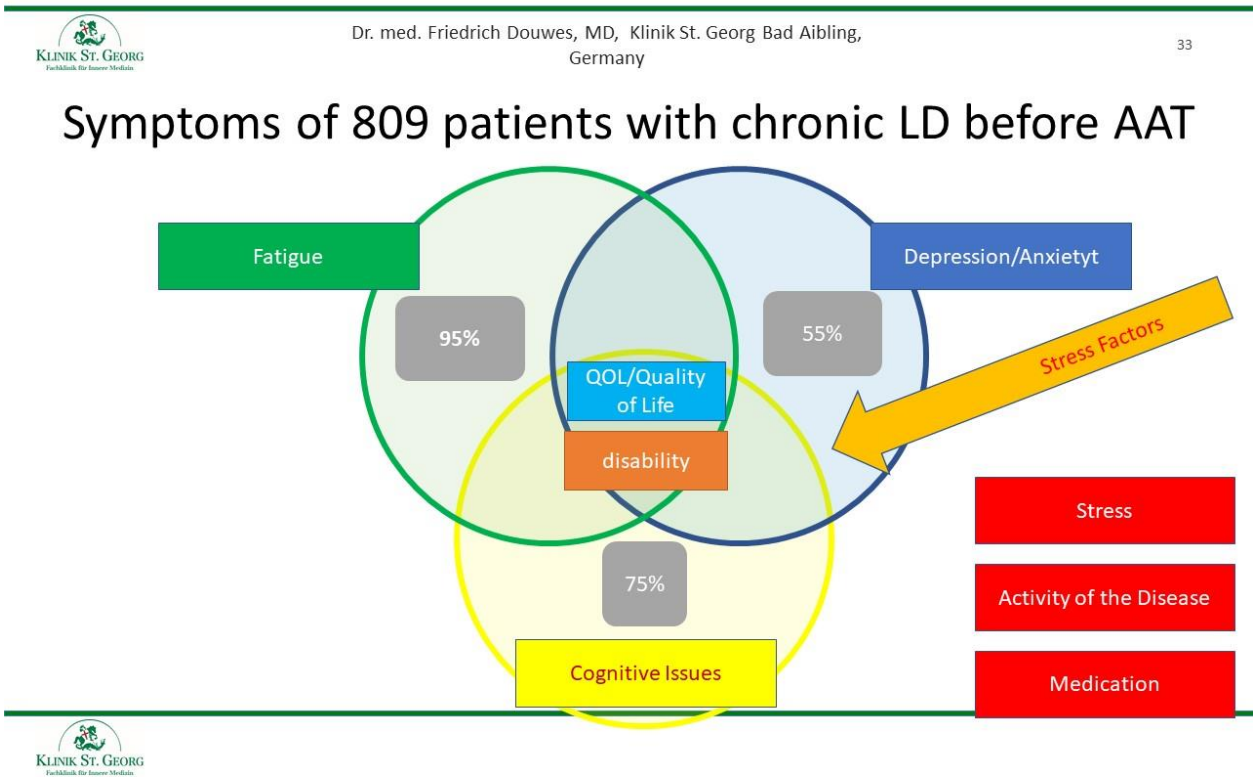

WBH Treatment-Protokoll
g/l
150
130
110
90
70
50
30
8:00
9:00
10:00
11:00
12:00
13:00
14:00
15:00
PR (systolisch)
RR (diastolisch)
Puls
SpO²

How does Whole Body Hyperthermia (WBH) work ?

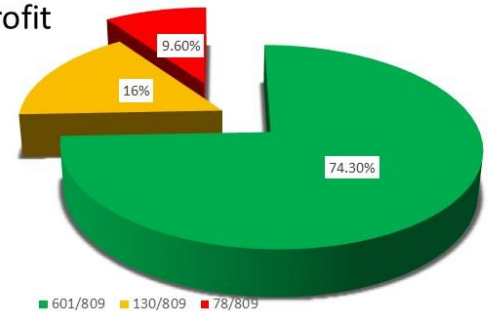
1. **Borrelia spirochetes can not tolerate higher temperature over a longer time, they die at 41.6°C (106,9°F)**
2. Heat leads to failure of important functional systems
3. Cells become more receptive to antibiotics (Rocephin)
4. MDR can be overcome
5. Antibiotics similar to cytostatics are activated massively by heat. Cefatriaxon (Rocephin), for example, per 2°C up to 16 fold
6. So with our AAT Protocol we create a lethal condition for all Spirochaetes
7. Elevated temperature activates the immune system

- With this procedure we create a **lethal situation** for all Borrelia
- So, **we can eradicate them,** wherever they are located in the body, intracellularly, in the brain or in biofilms etc.
- **We call this treatment approach**
- **"Antibiotic Augmented Thermo-Eradication" (AAT).**



Results of 809 evaluated patients 6-12 months after AAT

- 601/809 (= 74,3%)had good to very good results
- 130/809 (= 16%) had satisfiing results
- 78/809 (= 9,6%) had no profit



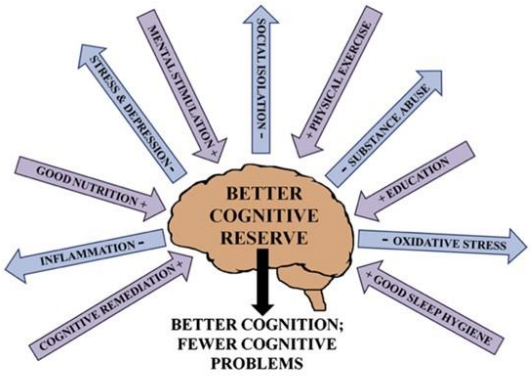
What does it mean ?

- **Clinical symptomes were reduced or disappered totally.**
- **Burrascano-Score reduced to 50% of pretratment score Score**
- **CD 56/57 numbers increased.**

Especially the cognitive symptomes improved after AAT within 3-8 weeks

- Forgetfulness
- Memory loss
- Distractibility
- Confusion
- Difficulty thinking
- Difficulty contratting
- Difficulty with talking, reading, spelling

- some of the bedridden and paralyzed patients could walk again,
- seizures diminished,
- brain fog disappeared
- pain was resolved.
- All this is well documented, testimonial can be found on our webside or facebook.



Please keep in mind:

- All these patients were so called "lost cases,"
- had the disease for several years
- had several courses of antibiotics which did not help.
- **So there was no curative treatment in conventional medicine available for this poor people, except a symptomatic treatment to ease of pain or fatigue etc.,**
- little could be done to help this patients not progressing and worsen every day.
- All of them have been finished their jobs and were reduced in their daily social activity.
- Many patients were also financially exhausted and felt themselves in a desperate and hopeless situation.

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Thanks to Dr.Douwes and his team

April 12, 2018

Dr. Douwes/Klinik St. Georg Rosenheimer
Str. 6-8, 83043 Bad Aibling,
Germany

Dear Doctor Douwes,

I cannot begin to thank you and all of your wonderful staff for curing my Lyme disease, and in turn, giving me back my life. The majority of staff were extremely kind and compassionate during my stay. I traveled alone for my treatment and greatly appreciated those staff members that went out of their way to make me feel comfortable and cared for. Nurses Christoph, Christina, and Berget were especially kind to me. Marliola, Manefred, Heidi and Monica in the dining room, and Diana (massage) all made me feel welcome and comfortable. The people on the operations side were extremely helpful and prompt in their responses-Gabi, Verena, and Frederika. The staff members that went far above and beyond to help me emotionally were nurse Traudi, Urs, and Bernd. Doctor Zabel, Doctor Kroiss, and Doctor Pascu were all very gentle and took their time with my needles (despite my tears). I very much appreciated the assessment by Doctor Katharin Douwes as well. …

…Please know that I am forever grateful for my experience at your clinic. At this time last year I was ready to die; today I am living life to the fullest and prepping my body to full health in order to have a child. I regularly refer people to your clinic and will continue to do am living proof of the miraculous treatment that you offer.

With Deepest Gratitude, K.B.

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Thanks to Dr. Douwes and his team

An: info @st -georg-hospit al. de
Betreff: Thank You Dear Dr. Douwes,

I wanted to thank you and your team of doctors and nurses **for giving me my life back**. After being sick for 6 years and then getting infected again in May of 2016, I was losing hope that I would ever feel normal again. The summer of 2016 was torturous as my brain was so inflamed that I couldn't control my thoughts of despair and the severe panic, anxiety and depression. I was unable to walk for 3-4 months and I was beginning to feel that my kids would be better without me until my 9 year old told me that even though I was sick, he was so happy I was here. 1 pushed through my first bout with Lyme disease like a warrior but the second infection brought me to my knees. My boys' love and compassion forme during this time helped me push through when I felt like giving up.

I am so thankful for your trip to Boston because after meeting you, your family and Kirstin I felt more comfortable with traveling to a foreign country to receive treatment. I considered canceling my trip a few days before my departure but my aunt wouldn't have it and off we went.

Upon arriving at the Klinik I was greeted by Gabi who instantly made me feel at ease and was a huge help throughout our stay. Frederika was also very helpful and accommodating and was always available to answer questions before my trip to Germany. It was so nice to see you before you left for vacation and I appreciate your taking the time to talk to me and check in after my treatments, It meant a lot to me. Thank you.

Dr. Zabel and Dr. Kroiss took good care of me and helped me work through my fear of the hyperthermia treatment. The nurse for my second Hyperthermia treatment (I can't recall her name blonde hair) was one of the kindest people I met at the Klinik. I had a terrible morning ... and was not feeling well before treatment and this woman was so calming. I instantly felt more comfortable when I knew she would be taking care of me for the next six hours. I would love to send her a letter to thank her.

I would also like to thank Dr. T and Urs for the compassionate care they provided for all of the patients at the Klinik. They were always so attentive and kind and all of our patients from the Dean Center have spoken so highly of them because of their extensive knowledge and compassion. I wish more physicians followed their approach to patient care ....

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....I have just returned from a weekend yoga retreat in the Berkshire mountains in western Massachusetts and am so grateful for my restored health since receiving treatment at your Klinik.

I am thankful for every day that I wake up without the debilitating fatigue, weakness, anxiety and panic attacks. I am thankful that I'm finally feeling normal and healthy again and for being able to attend my boys' hockey and soccer games that I missed so much last year. More importantly I am thankful for the one doctor who thought "outside the box" 30 years ago {15 for Lyme) and made this treatment possible.

Thank you for giving me my life back and doing the same for so many patients from all over the world. Eternally grateful, B.D.

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Letter to Dr. Douwes

Dear Dr. Douwes,

I have advised A. B., 12/30/2000, to contact you regarding hyperthermia and plasmapheresis treatment for Neuroborreliosis.

I am aware of your clinic as my colleague N.Z. and I have discussed results she has seen in her patients who have sought treatment for tick borne disease at St. Georg. Recently you saw a patient of mine, M.K., who improved with the treatment he received from St. Georg and is going to matriculate at Baylor University this month. I have been Mr. K.'s doctor since 2012 and observed bis great improvement with the hyperthermia and plasmapheresis as well as your integrative approach to his chronic infection with borreliosis.

Mr. A. B. is 17-year-old male who has been iu for 8 years. With this referral is a summary ofthe patient's history, laboratory values and treatment in our office. Mr. B. and his parents will contact St Georg regarding their desire to be considered for treatment. Please let me know if any other documentation regarding young Mr. B. would be helpful.

Sincerely:
Christine Green MD

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Summary

1. **Hyperthermia kills Borrelia** because they are sensitive to heat (thermolabil).
2. Whole body hyperthermia kills the bacteria **where ever they are located** in the body.
3. The „Killing-Effect" is supported & augmented by simultaneous antibiotic treatment.
4. The elevated temperature increases the effectivity of the antibiotic massively.

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- With the eradication of the bacteria per AAT, the toxin load will be reduced
- The sick making mechanisms are eliminated, which are responsible for the many symptomes of chronic LD.
- The elimination of toxines and the elimination of chronic inflammation leads to fast clinical improvement and finally to a cure even in far advanced cases.
- Organ damages need of course a longer & specific & individueal treatment.

This is the first time since Malariotherapy for Syphilis, that it could be shown that a chronic infectious disease, which otherwise was not treatable can be successfully treated and/or even cured by hyperthermia.

Thank you
for your attention.