

headache syndromes and anxiety disorders. During the first six study months disease symptoms were significantly reduced, by 43% of baseline scores on average, and quality of life was also improved. These improvements were sustained during the four-year follow-up and were comparable among patients receiving either of the four major AT modalities. Similar improvements were also found in adults and children and in all evaluable diagnosis groups.

An economic analysis of the AMOS study included costs of anthroposophic and conventional therapies, inpatient hospital and rehabilitation treatment and sick leave. Total costs in the first study year did not differ significantly from costs in the pre-study year, although the patients were starting new AT. In the second year the costs were significantly reduced (by 13%) from the pre-study year. This decrease was largely due to a reduction in hospital costs not explicable by secular trends during the study period. A subsequent economic analysis showed that the cost reduction was most pronounced in patients treated for depression.

Most clinical studies of AT concern *mistletoe therapy for cancer*. AM mistletoe products are widely used in Central Europe. In Germany, these products amount to 41 million defined daily doses yearly,

corresponding to 22.5% of all chemotherapy agents sold. Numerous preclinical studies of mistletoe extracts have shown cytotoxic effects on cancer cells, immune modulating effects and DNA stabilising properties. The best documented clinical effects of anthroposophic mistletoe products are improvement of quality of life and reduction of side effects from chemotherapy and radiation. Tumour remissions have been described following local or high-dose administration. A survival benefit has also been shown but the finding is open to criticism.

In safety studies AT is generally well tolerated. Adverse reactions are infrequent and usually mild to moderately severe. AT had adverse event rates similar to or lower than conventional treatment.

More information: www.kikom.unibe.ch, www.vaoas.ch, www.anthromedlibrary.com, www.ivaa.info.

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Lerchengesang

Lerchen tragen Lieder hoch hinauf
ein Singen füllt den Morgenwind
Müheloses geht durch lichtiges Blau

seit ich in deinen Augen bin

bin ich in dir ein Steigen
ein weisser Berg, der endlos lang
in blaue Himmel dringt
als möchte er das Ewige erreichen
bin ich das tastende Motiv
in deiner Symphonie
das Noch-nicht eines Lieds
dem du die Schönheit gibst
und dann
ein wiederkehrender Gesang
in immer grösserem Triumph
bis dass zuletzt ein Horn
in deinen Jubel stösst

Lerchen schwirren hoch im Wind

Thomas Schweizer, Hausarzt in Liebefeld