

Dr. Nasha Winters, ND, FABNO

Living with Mistletoe

Shared Experiences

Integrative Personalised Medicine '25
June 19, 2025 - Workshop



Mistletoe – A Light of Hope in Integrative Oncology Presentation



Scan the QR code to access the full PDF of Dr. Nasha’s MainStage talk, “Mistletoe – A Light of Hope in Integrative Oncology,” delivered at the Integrative Oncology Conference on Friday, June 20, 2025 in London.



DISCLAIMER

The following slides are for **educational purposes only** and are **not intended to diagnose, treat, or cure any disease or condition**. They provide information about the **adjunct use of Viscum album extract (VAE) in cancer care** and are **designed to supplement, not replace, conventional cancer treatments**.

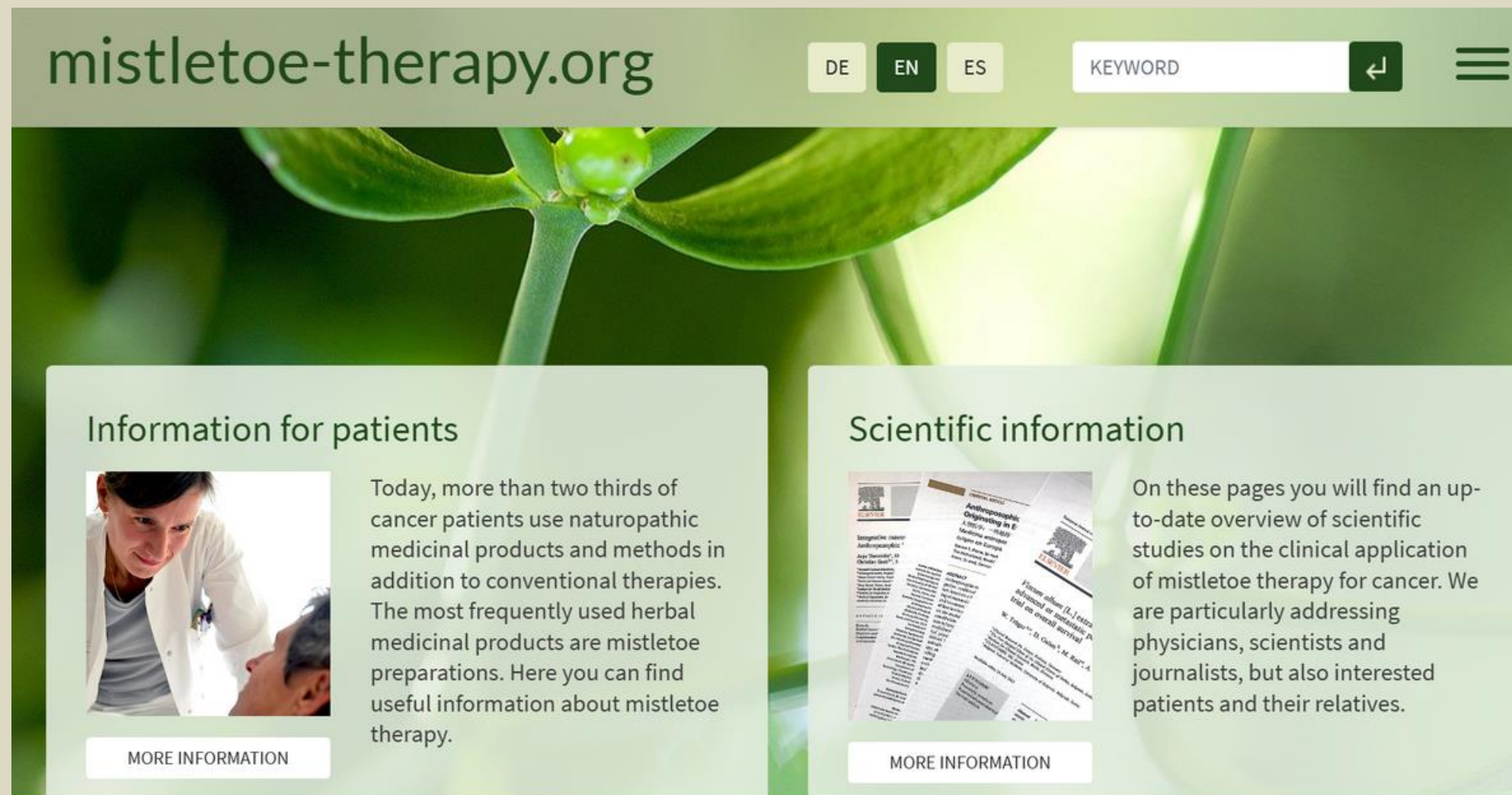
The use of VAE should only be considered **under the guidance and supervision of a properly trained healthcare professional** who is experienced in the **clinical application of mistletoe therapy**. Any decision to incorporate VAE should be based on a **comprehensive evaluation and tailored to the individual patient's needs and medical history**.

Disclosures



- All information shared is for educational purposes only. NO part of this presentation may be copied or shared with others without permission. This is copyrighted material.
- I receive royalties for my book, “The Metabolic Approach to Cancer”
- I receive a licensing fee for my course work for clinicians and patient advocates from MTIH
- I occasionally receive honorariums for speaking engagements

After 99 years: Mistletoe is the best-researched herbal therapy in integrative oncology



- Find more than 200 clinical studies
- Curated by an independent scientific commission
- www.mistletoe-therapy.org



Quality features of the ISCADOR® production and manufacturing process

Sustainable, biodynamic mistletoe cultivation
Harvest 2x /year at peak constituent level (June/December)
Preservation through fermentation with cultivated lactic acid bacteria/ no chemical preserving agents
Mixture of summer and winter extract 1:1 preserving host tree characteristics within the extract
Blending process according to R. Steiner (10 000 rpm)
GMP-certified production in Switzerland

“The making of”: <https://iscador.com/praeparate/herstellung/>

The ISCADOR® product family



ISCADOR®

- M, P, Qu, A*
- U c Hg
- Metal salts additions from Series I: Cu, Arg, Hg

Oral drops*

- M, P, Qu 0.1% and 3%

Mistletoe resin cream*

- Viscum album herba extractum 10%, 5g (Co2 extract)

Cetraria praeparata* 0.01%, 0.1%, 1%



*zugelassen als anthroposophisches Heilmittel in der Schweiz

Rules of Prescription

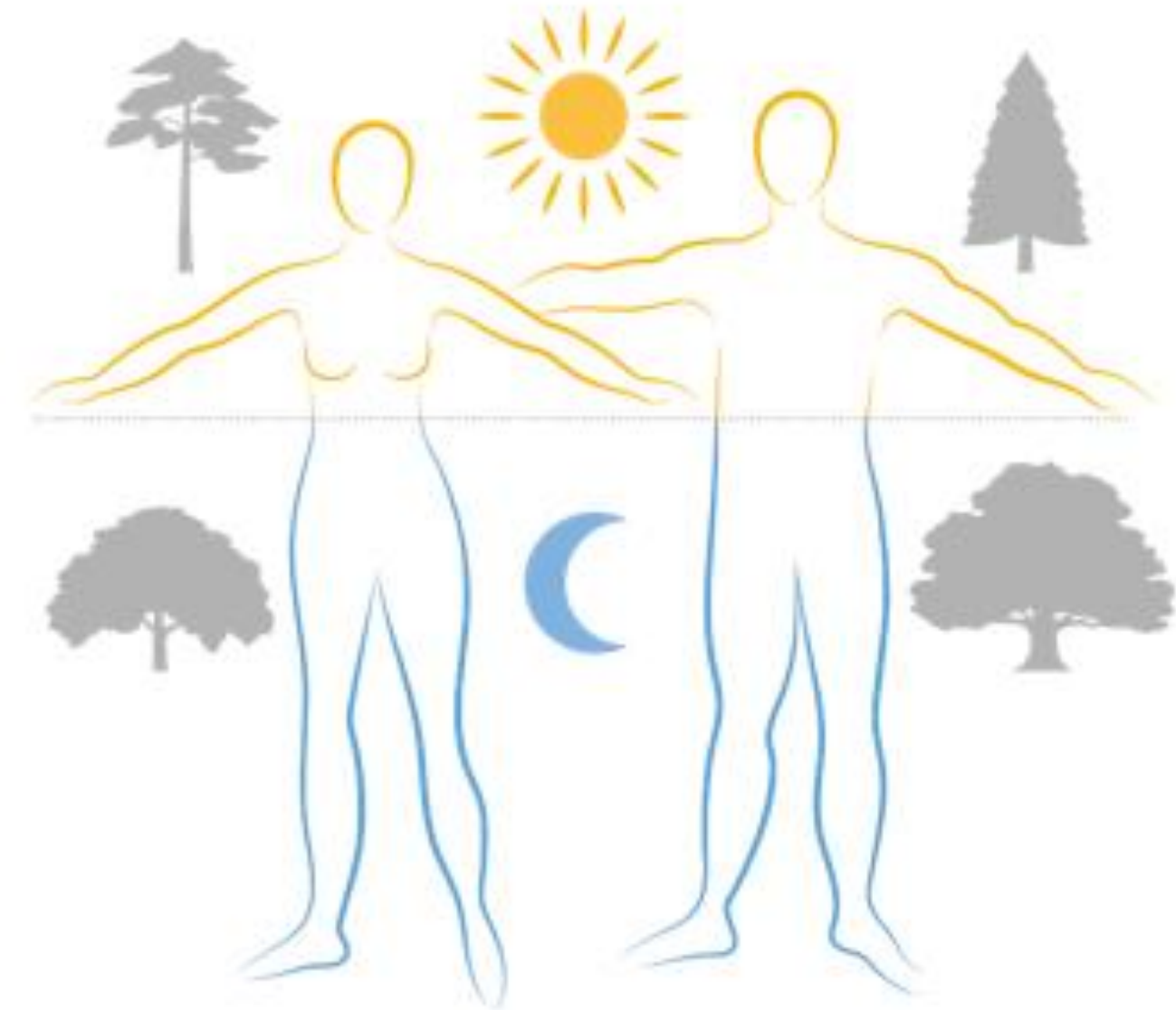
- Host Tree:** According to the anatomical region and the patient's gender/constitution
- Metal salt addition:** to enhance Iscador's physical efficacy
 - Reproductive organs: Arg
 - Transformational/digestive organs: Cu
 - Organs of the rhythmic system, mucous membranes of lungs and intestinal tract: Hg

Location of the primary tumour	Recommendation	Alternative In case of a suboptimal dose response (s. p. 12)
Digestive system		
Tongue, oral cavity, oesophagus	Qu	M
Stomach, liver, gall bladder, pancreas	Qu c. Cu	M c. Cu
Small intestine, large intestine, rectum	Qu c. Hg	M c. Hg
Anus	P	Qu
Urogenital tract		
Kidney	Qu c. Cu	M c. Cu
Bladder	Qu c. Arg.	M c. Arg.
Prostate, testes	Qu c. Arg.	M c. Arg.
Penis	P	Qu
Uterus, ovary	M c. Arg.	Qu c. Arg.
Vulva, vagina	M c. Arg.	P c. Hg
Cervix	M	Qu
Breast		
Pre-menopausal	M c. Arg.	P c. Hg
Peri-menopausal	M c. Hg	P c. Hg
Post-menopausal (also artificially induced)	P c. Hg	Qu c. Hg
Respiratory tract		
Nose, pharynx	P	P c. Hg
Larynx	Qu	P
Pleura	P	P c. Hg
Bronchia	U c. Hg*	Qu c. Hg
Endocrine system (thyroid)		
	Qu	P
Skin		
	P	P c. Hg
Connective, supporting, muscle tissue (sarcomas)		
	P	P c. Hg
Brain**		
	P	P c. Hg

Rules of individualisation: assigning a host tree to a patient

- **Coniferous tree:** tumours above the diaphragm;
- Fir (or pine) for men, pine for women
- **Deciduous tree:** tumours below the diaphragm;
- Oak for men, apple for women

Oskar Schmiedel, note from a conversation with R. Steiner, 19 April 1921, from: Peter Selg, Man and Mistletoe (2016)



Immunological Working Mechanisms: Mistletoe lectins & Viscotoxins

- **Mistletoe lectins** activate macrophages and other antigen-presenting cells; they stimulate NK cells and Th1 lymphocytes to produce cytokines that enhance the immune system's **activity profile against cancer cells**. In this way, they counteract various aspects of the tumor escape mechanism. (highest lectins in elm, lowest in pine)
- **Viscotoxins:** enhance the **cytotoxic efficacy of activated NK cells and CD8+ cells** even at non-toxic concentrations, such as those achieved by subcutaneous injections. (highest in oak, lowest in pine)

Viscotoxin levels in ISCADOR® preparations

The range of viscotoxin levels is specified in the respective drug approval of each ISCADOR® type and is continuously monitored during production.

Rule of thumb: Softwood (coniferous) mistletoe contains less viscotoxins than hardwood (deciduous) mistletoe and may therefore be considered “milder” in effect.

As ISCADOR® is a natural product according to the approval, slight fluctuations are permitted.

Preparation	Viscotoxin levels
Iscador P (Pine)	0.25-1.2 ug/mg
Iscador M (Apple Tree)	1.8-2.8 ug/mg
Iscador A (Fir)	1.9-3.3 ug/mg
Iscador U c Hg (Elm)	2.1-3.4 ug/mg
Iscador Qu (Oak)	2.4-3.6 ug/mg

Lectin levels of ISCADOR® preparations

Lectin levels depend on the type of host tree and the plant's growth conditions (heat, cold, humidity, etc.).

Rule of thumb: Softwood (coniferous) mistletoe contains little to almost no lectin and is therefore less immunogenic than hardwood (deciduous) mistletoe. They are therefore also suitable for use in melanoma and in the presence of brain metastases. As ISCADOR® is approved as a natural product and overall lectin content is very low, fluctuations within the plant's normal range are permitted.

Preparation	Lectin levels
Iscador P (Pine)	< 10 ng/mg
Iscador A (Fir)	5-10 ng/mg
Iscador M (Apple Tree)	25-48 ng/mg
Iscador Qu (Oak)	30-75 ng/mg
Iscador U c Hg (Elm)	40-90 ng/mg

ISCADOR®-Treatment: personalized immuno- modulation



Serie 0	
Ampullen-Nr.	Stärke
1	0,01 mg
2	0,01 mg
3	0,1 mg
4	0,1 mg
5	1 mg
6	1 mg
7	1 mg

Serie I	
Ampullen-Nr.	Stärke
1	0,1 mg
2	0,1 mg
3	1 mg
4	1 mg
5	10 mg
6	10 mg
7	10 mg

Serie II	
Ampullen-Nr.	Stärke
1	1 mg
2	1 mg
3	10 mg
4	10 mg
5	20 mg
6	20 mg
7	20 mg

Ways to augment the immunological stimulus*

- 1. Choose host tree
- 2. Series therapy (0-I-II) until best response
- 3. If best response weakens over time, in case of deterioration of course of disease, or if best response is not reached in series II, pause tx, choose appropriate metal salt addition, or choose another host tree
- 4. If still no response under treatment with metal salt additions, call Infoline for case review (a luxury you have in Europe that we don't have access to in US)



The Anamnestic Form

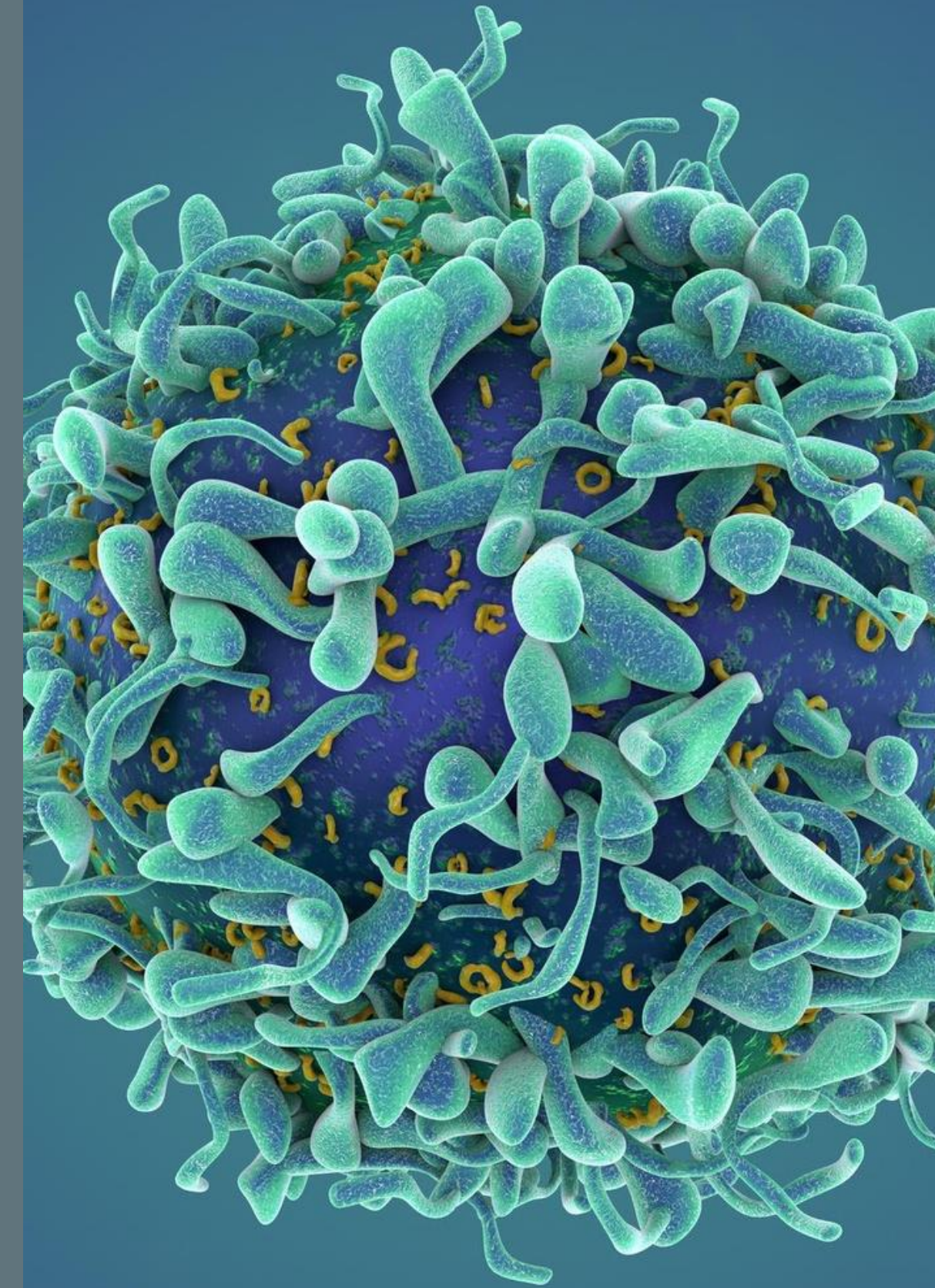
◦ **Purpose:**

- Evaluate patient's overall immune function and safety for mistletoe.

◦ **Key considerations:**

- History of hypersensitivity reactions.
- Current immune status (T-cell function).
- Integration into treatment planning.

◦ **Clinical tip: Using the form to tailor dosing and monitor progress**





Medications That Suppress Mistletoe Response

■ Common medications:

- Corticosteroids.
- Immunosuppressants (e.g., chemotherapy, biologics).
- NSAIDs in high doses

■ Strategies to minimize interference:

- Timing mistletoe therapy away from suppressive medications.
- Consulting with prescribing physicians to adjust timing

Mistletoe in oncological treatment: a systematic review.
Journal of Cancer Research and Clinical Oncology

Importance of Vitamin D3



■ **Role in immune response:**

- Essential for T-cell activation and immune modulation.

■ **Testing and dosing:**

- Optimal serum levels: 50-80 ng/mL.
- Pairing mistletoe with adequate D3 supplementation.

■ **Patient case:**

- Improved outcomes with vitamin D3 correction

Omega 6:3 Ratio

- **Balanced ratio critical for immune function:**
 - Ideal ratio: 2:1 to 4:1.
- **Excess omega-6:**
 - Promotes inflammation, counteracting mistletoe benefits.
- **Optimizing ratio:**
 - Incorporate omega-3-rich foods (e.g., fish, flaxseeds).
 - Supplementation with high-quality fish oil.

Johnson, S., & Winters, N. (n.d.). Mistletoe and the emerging future of oncology. Retrieved March 30, 2022 from-link.

Avoiding Conflicting Therapies

- Thermal principles in therapy pairing:
 - **Mistletoe as a warming therapy.**
 - Avoid combining with cooling therapies such as:
 - High-dose intravenous vitamin C (IVC).
 - Artemisinin and other cold-based therapies.

- **Patient case:**
 - Reduced efficacy when combined improperly; improved outcomes with therapy adjustment.

Mistletoe in oncological treatment: a systematic review. Journal of Cancer Research and Clinical

Importance of the Microbiome in Immune Therapy



■ Role of the microbiome in immunity:

- Gut-associated lymphoid tissue (GALT) regulates systemic immune responses.
- Microbiome diversity supports optimal T-cell function.

■ Impact on mistletoe therapy:

- Balanced microbiome enhances response to immune modulation.
- Dysbiosis may impair treatment efficacy.

■ Strategies to support the microbiome:

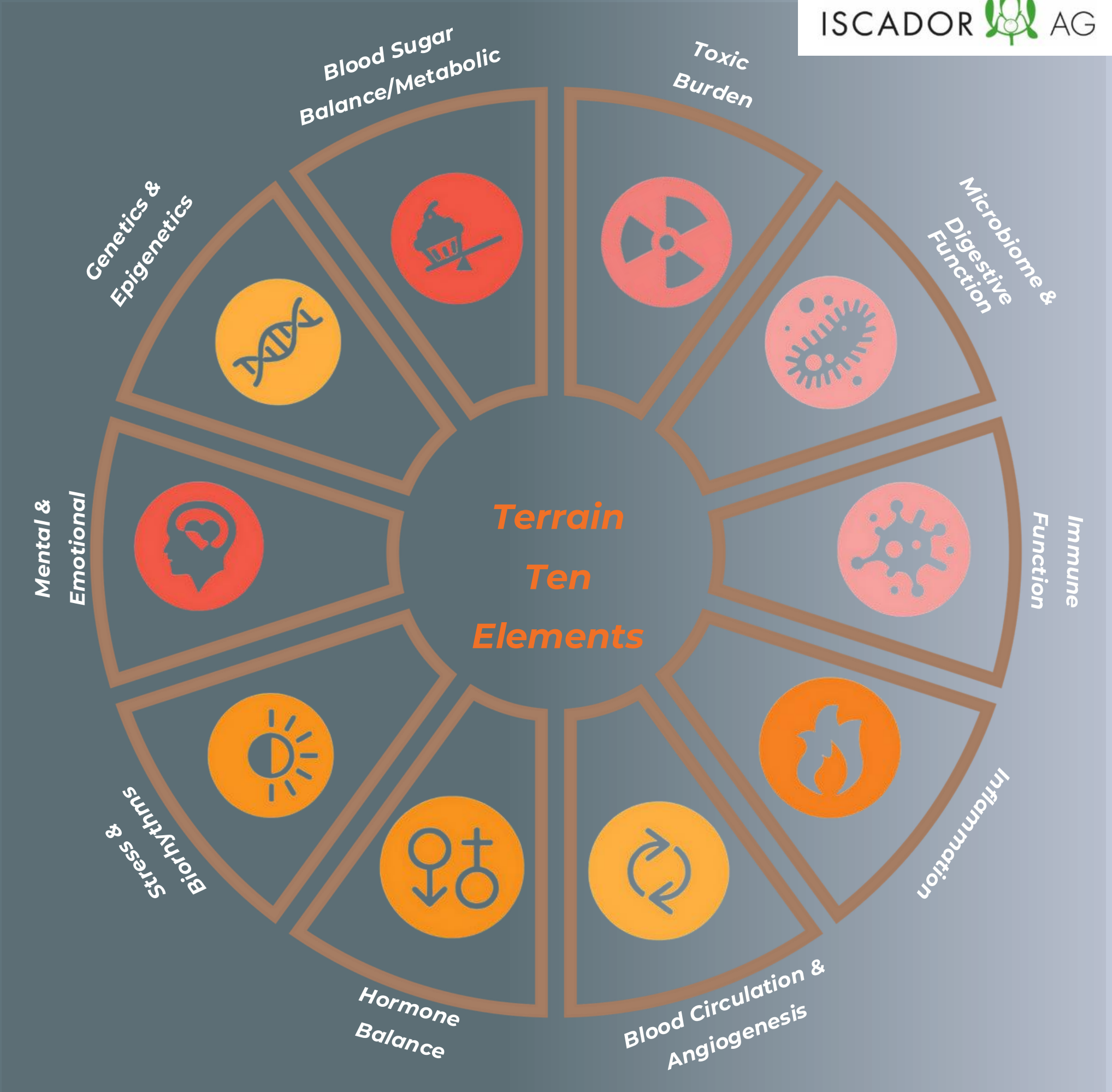
- Probiotic and prebiotic supplementation.
- Anti-inflammatory diet rich in fiber and fermented foods.
- Avoiding antibiotics and microbiome disruptors when possible.

Supporting Patients to Improve Response

- **Terrain-based support strategies:**
 - Nutrition: Anti-inflammatory, nutrient-dense diet.
 - Stress management: Reducing chronic cortisol suppression.
 - Gut health: Supporting microbiome balance to improve immunity.

- **Practical tools:**
 - Regular lab monitoring (CRP, cytokines, immune markers, CBC with diff).

- **Iterate based on patient response**



Case Study: Optimizing Mistletoe Response

o Patient profile:

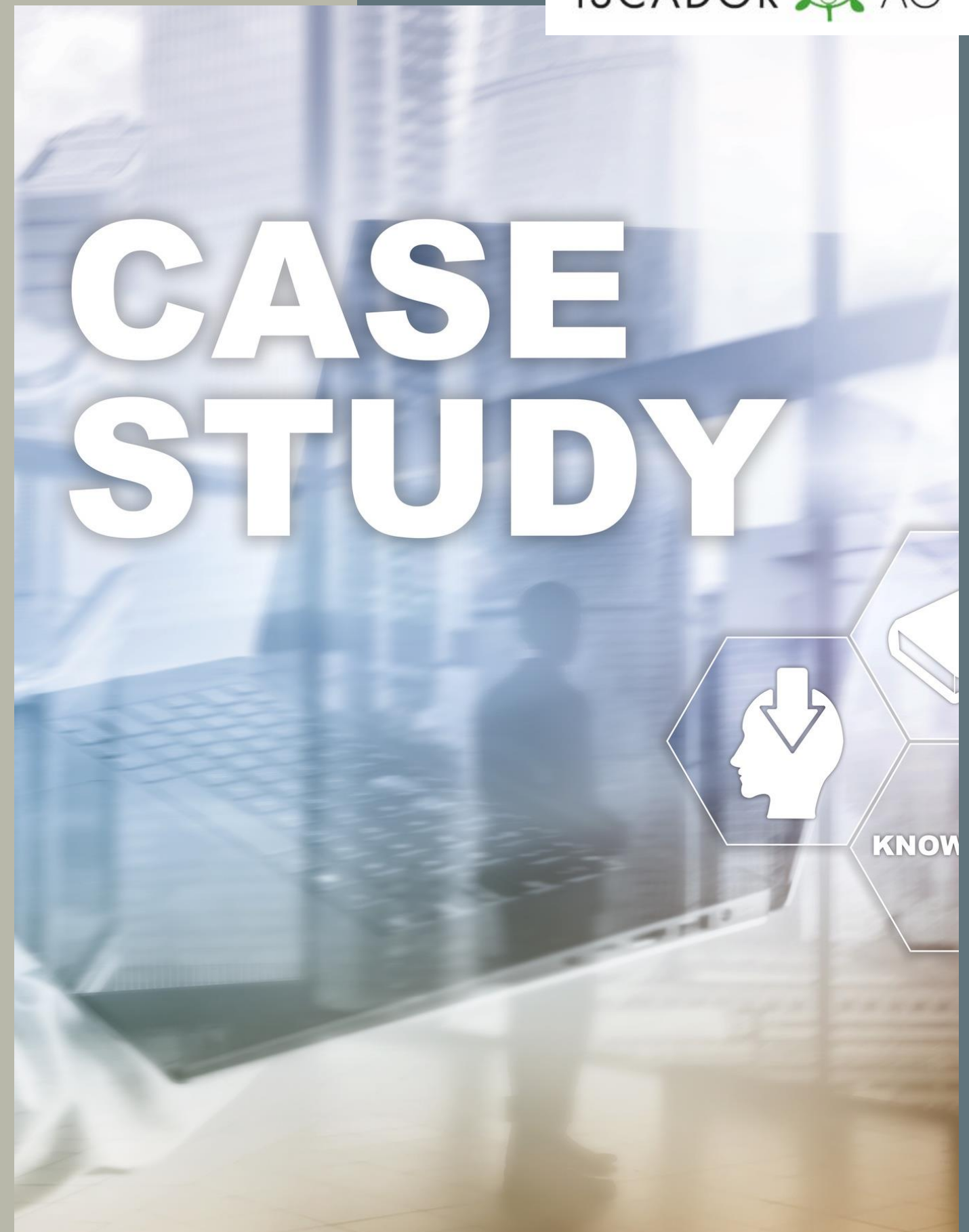
- Post menopausal Breast cancer patient with poor initial response to Iscador Pini

o Interventions:

- Adjusted omega 6:3 ratio.
- Corrected vitamin D3 deficiency.
- Supported microbiome health with probiotics and fiber-rich diet.
- Discontinued and changed timing of conflicting therapies.

o Outcome:

- Improved local reaction and systemic immune markers.



Conclusion

■ Key Takeaways:

- Mistletoe therapy's efficacy depends on precision and individualized care.
- Addressing immune terrain, microbiome health, and avoiding conflicts enhances outcomes.
- Ongoing evaluation and adjustment are critical for success.

■ Call to Action:

- Encourage clinicians to get proper training in this powerful therapy.
- Encourage clinicians to adopt terrain-based approaches to troubleshooting and improving response/outcomes.

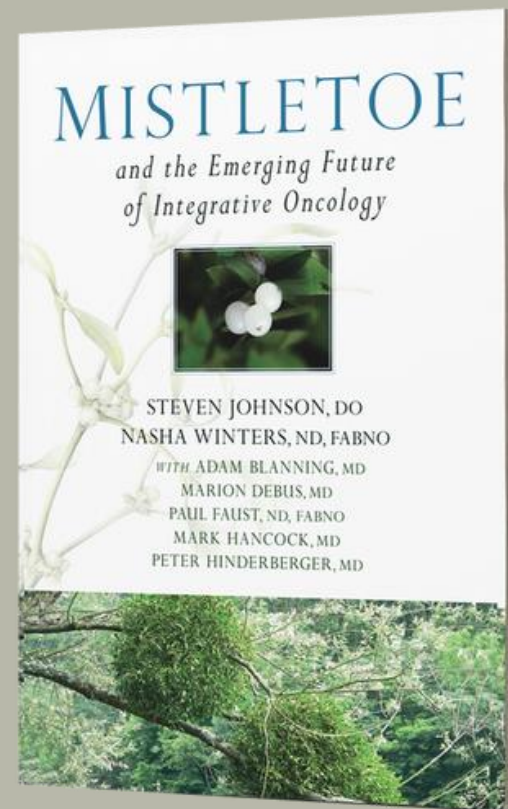




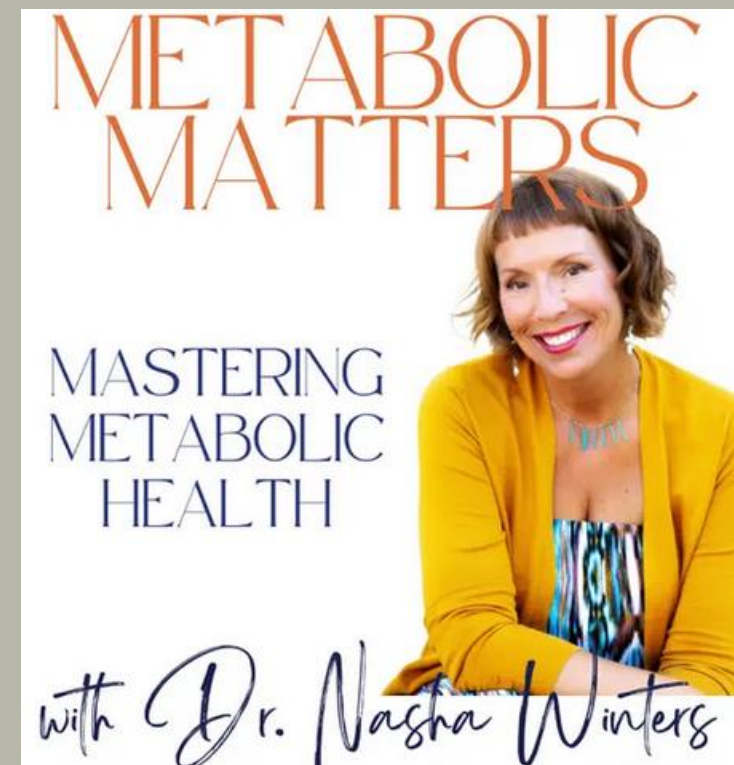
BOOKS & PODCAST



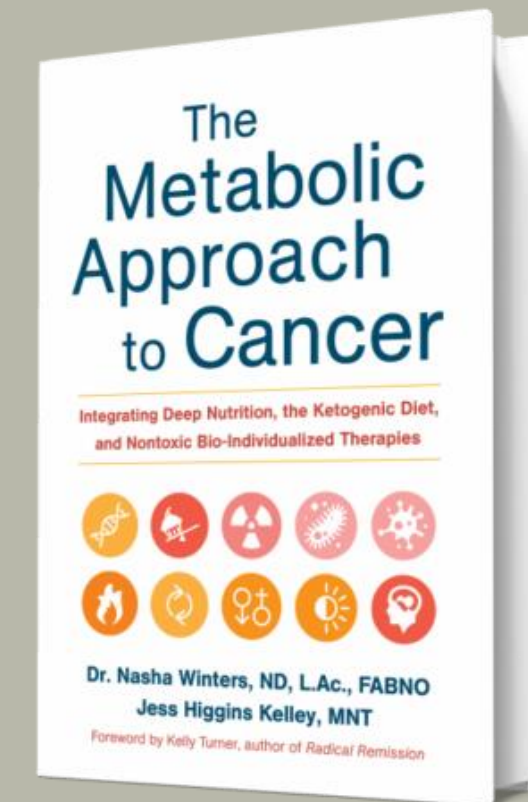
Mistletoe and the Emerging Future of Integrative Oncology



Metabolic Matters Podcast



The Metabolic Approach To Cancer



Join us on: www.iscador.com

- Latest information and extensive working materials
- Therapy concepts and peer case consultation: infoline & field service
- Newsletter
- Patient resources
- ISCADOR® webinars, in-person events, and on-site tours
- ISCADOR® Academy



Immunological Working Mechanisms of ISCADOR®:
Free, certified online course. www.academy.iscador.com

Mistletoe Therapy & Integrative Oncology - PAAM
Courses in a special, emerging approach to cancer care



Find a Practitioner : [Metabolic Terrain Network](#)



Thank you for your interest in mistletoe therapy.

