

[Information about Leeches Therapy from Healthy Natural World](#)



This information comes from 'Healthy and Natural World' which we found on the Internet. According to our perception represent a good description of the use of Leeches. *Note: in the article they refer to more information. It is upon you to discern what is valid or not. We consider some info incomplete or not enough adjusted to this time, especially since 2020.*

Within the Support Team we have no personal experience with Leeches, but some participants of the Forever Vital journey, which we support in the private have improved their vitality with this therapy, which could be seen in the [Vital Blood Scan](#).

This information is shared by the men and women of [the Forever Vital Support Team](#) in the private to give you an idea of what Leeches therapy might mean for you and if this might be applicable in your specific situation and vitality journey.

*Men and women of the
Forever Vital Support Team*

What to look out for in leech therapy?

(questions derived from experience of Forever Vital participants)

- Leeches are to be used once
- Leeches grown in the laboratory
- Different sizes and keep in clean pots
- How much experience does leech therapist have?

The Health Benefits of Medicinal Leech Therapy

Leech therapy has been a very popular treatment for a wide range of diseases since ancient times. Nowadays, medicinal leech therapy (*hirudotherapy*) came back to the contemporary medicine with fewer applications, which were proven and supported by a huge number of scientific studies and case reports. In 2004, the Food and Drug Administration (FDA) approved leeches for medicinal purposes.

Leech Therapy and Its Health Benefits

Leech therapy was common around 1500 BC. During this time, leech therapy was so popular that it was used in almost every part of the world. In the early ninetieth century, leech therapy was so popular that leeches became an endangered species. Leech therapy stopped in the 20th century because it did not meet modern medical regulations¹.

In the mid-20th century, leech therapy made a comeback and has been used in surgical procedures, vascular diseases, migraines and arthritis¹. The leeches that are used today are called medicinal leeches (*Hirudo medicinalis*). Medicinal leeches have been found to secrete saliva containing about 60 different proteins. These achieve a wide variety of goals useful to the leech as it feeds, helping to keep the blood in liquid form and increasing blood flow in the affected area.

The following is a list of leech therapy uses that are common today.

Cardiovascular Diseases

Cardiovascular disease is a group of chronic disorders affecting the cardiovascular system including heart, veins and arteries.

Medical leech therapy (Hirudotherapy) can be used as an alternative treatment for cardiovascular disorders because the saliva in leeches may improve [blood flow](#) (also consider [the Forever Vital special Blood Flow Xtra](#) to your life for the better result) and improve hyperalgesia (increased sensitivity to pain) in connective tissue².

According to a 2011 study published in *Alternative Medicine Review*, topical leeching improved walking ability, reduced pain and [leg swelling](#) (good informative article but most facts are related to the past. Especially since 2020 there are different & new influences in our environment that are causing a lot of trouble to our circulaire systems; one of them is the increase of man-made radiation. At this moment humanity is struggling to find adequate solutions for the new 'issues'. This is why the Forever Vital Support Team promotes cooperation & combining therapies and approaches and in the process we learn what is truly effective and working), and returned skin to near-normal colouring in patients with phlebitis, a condition in which a deep vein in the leg is affected by a blood clot. The method used during this study included the application of 4 to 6 leeches directly to the infected area.

Leech saliva is effective in the treatment of cardiovascular diseases because it contains natural blood thinners which help with blood clotting.

Surgical Procedures (reconstructive and microsurgery)

Bleeding from small blood vessels may occur as a result of surgery. This may result in the death of tissue cells. Many doctors argue that using medicinal leech therapy can help save the health of tissues during surgery.

During surgical procedures, leech therapy works when the leeches suck the blood drainage that occurs from going under the knife. The blood thinning properties of the leeches saliva also reduce the risk of venous congestion which is a common complication of traumatic injuries and reconstructive surgery that can cause edema, slowed blood circulation to the organ and cellular death ¹.

There is concern that the leech bite may leave Y shaped wounds, but doctors say that these wounds heal without scars or other complications².

Leeches may also help improve blood flow after surgery. According to a study published in the *British Journal of Plastic Surgery*, medicinal leeches were used successfully after surgery.⁶

Cancer

In 2008, cancer was responsible for about 13% of all global deaths. These alarming rates are expected to increase during the next two decades to reach up 13.2 million deaths by the year 2030.

Research suggests that the combination of many anticoagulants, protease inhibitors (antiviral drugs) and other components in leech saliva may be just as powerful as some cancer drugs⁷.

It has been reported that a compound found in leech saliva known as *ghilanten* may suppress the formation of [breast cancer](#), [melanoma](#), [lung cancer](#) and [prostate cancer](#)⁸.

Hirudin is a naturally occurring peptide in the salivary glands of medicinal leeches (*Hirudo medicinalis*) that has a blood anticoagulant property and may also have cancer fighting properties.

A research published in the *European Patent* found that a synthetic **hirudin** injection could effectively inhibit the formation of various tumor cells, such as those in breast cancer, pulmonary carcinoma, bladder carcinoma, soft-tissue sarcoma, colorectal carcinoma, lymphoma and leukemia⁷.

According to a 2004 study, **hirudin** greatly inhibited tumor growth and also inhibited seeding into the blood and systematic organs.¹³

Complications of diabetes

Diabetes has been considered as a global pandemic due to the progressive increasing rates of people suffering from it, expecting to be a worldwide burden by 2030 with 366 million diabetic patients.

There is no research work that indicate leech therapy has been used to treat diabetes. But it may be used to treat its complications, including coronary atherosclerosis, increased

blood lipid levels, hyperglycemia, platelet adhesion disorders, [high blood pressure](#), oxidative stress, inflammation, and coagulation factors.

Medicinal leech saliva may prevent blood clotting associated with diabetes due to its ability to bind thrombin, an enzyme in the plasma that causes the clotting of blood. Additionally, leeches have other coagulation factors that may interfere with proteins and peptides, which could be of therapeutic use to those with diabetes¹.

According to a research published in *International Wound Journal*, leech therapy was used to save the foot of a diabetic woman from being amputated¹².

Diabetic patients may develop reduced blood flow to their limbs as a result of gangrene. It is important to control gangrene by increasing blood flow and lowering lipidemia (excess lipids in the blood) and blood pressure. Many traditional Chinese therapies include using leeches to increase blood flow throughout the body, which can help alleviate coagulation disorders⁹.

Infectious Diseases

The continuously increasing rates of infectious diseases led to a higher usage of the antibiotics, which resulted in a new challenging phenomenon known as resistance to antimicrobial agents. Leeches can be used to treat infection diseases.

According to a research published in *Chemotherapy*, medicinal leech extracts contain a protein named *destabilase* that may have antibacterial properties to fight against bacterial strains. These antibacterial properties work by destroying the cellular components of the strains in bacterial infections¹⁰.

A 2003 study found that leeches may contain neurosignaling and antimicrobial peptides that suppress bacterial infections and improve the immune response of cells that are attacked¹¹.

Related article: [13 Powerful Antibiotics That Don't Require a Prescription](#)

Osteoarthritis

Patients with osteoarthritis in their knees reported an amazing improvement 24 hours after the leeches were applied.

The results were reported in a [study](#) which was published in the *Journal of Research in Ayurveda*.

During the whole study period it has been observed that pain and stiffness started decreasing after the first sitting of leech therapy, and after the last follow-ups there was a significant decrease in symptoms including pain, stiffness, and tenderness.

The researchers concluded that leech therapy can be an effective symptomatic treatment for osteoarthritis of the knee.

Related articles: [How To Use Sesame Seeds For Knee Osteoarthritis](#) and [Turmeric Extract is Effective as Ibuprofen for Knee Osteoarthritis](#). **Note: highest quality Turmeric is Ukon. If you wish to try this yourself ask the [Forever Vital Support Team](#) for more information.**

Ear Problems

Leeches were successfully used for the treatment of tinnitus, acute and chronic otitis ([inflammation of the ear](#)) and sudden hearing loss¹. In such cases, only two leeches are used and placed one behind the ear and the other one over the jaw in front of the ear. The treatment was repeated 2-3 times at intervals of 3-4 days.

Oral Health

Some reports mentioned leech application in tongue swelling which can be associated with life-threatening complications such as airways blockage, as well as using leeches in gum diseases and inflamed abscess in which a few leeches were directly applied on the abscess¹.

Related article: [How to Treat Gum Infection \(Gingivitis\) Naturally](#).

Leech Therapy – Precautions

Caution should be taken if your doctor is considering leech therapy as complications such as infections arise in 2-36 percent of patients¹. There are no reports of leech transmitted diseases; however, some strains are resistant to some antibiotics such as penicillin, which can increase your risk of developing an infection.

Some symptoms of leech therapy may include itching, blisters and local tissue damage. Although leech bites usually heal quickly, some cases may result in skin marks. Be sure to talk with your doctor before using any type of leech therapy treatment as this treatment is a procedure that needs to be supervised by a health professional.

This information is shared by the men and women of the Forever Vital Team in the private to give you an idea of what Leeches therapy might mean for you and if this is also applicable in your specific situation.

As we always promote **‘to become your own doctor’** we do suggest again and again to do your own research and study before applying this type of therapy for yourself.

If you have results or you discover a new combination or solution: please share this with the [Support Team](#). We are always open for solutions or cooperations that have proven themselves to work and serve a viable and sustainable future for humanity and this beautiful planet.

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A private initiative see the notice on forever-vital.com & www.healthyvitalizers.com