Dear Volunteer of BVT,

You are kindly asked to read this questionnaire thoroughly and carefully and after completing it if you are still interested in Bee Venom Therapy (BVT), please sign the letter of consent and if you have the slightest doubt please do not sign.

Thank you in advance for your consumed time for reading and completing the questionnaire.

1- Have you been stung by bees in your whole life?
   Yes    No
   If your answer is positive please give enough information about the date and your condition after receiving bee sting.

2- Have you been diagnosed with any of following diseases in your life time?
   Asthma    Diabetes    Heart disease    Heart rheumatism
   Hypertension    Migraine    Epilepsy    Syphilis    Gonorrhea
   Urine disease / Kidney disease
   Please write down the date and the period of your sickness (if any) and the name of medications you used for.

3- Do you have Allergy (Food/ Season/ Hay fever/…)?
   Yes    No
   If your answer is positive, please define the type of allergy the time and Name the medications you consumed for.

4- Have you been subjected for operation?
   Yes    No
If your answer is positive please describe the date, type of operation and name the medications you consumed for.

5- Do you have any prosthesis in your body limbs?
   Yes  No
If your answer is positive please mention the date and describe the related operation.

6- Please describe in detail of your disease which you came here for.
   (The date of starting, the date of diagnosis, name of physician that you are under his/her treatment and any case that you think was effective in starting and or in continuing of your disease).

7- Name the medications you consumed from the beginning till now.
Following paraclinical investigations are necessary before, during and after BVT.

<table>
<thead>
<tr>
<th>No.</th>
<th>Tests</th>
<th>Explain of Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>CBC</td>
<td>: Complete Blood Cell Count / Full Blood Cell Count</td>
</tr>
<tr>
<td>2</td>
<td>ESR</td>
<td>: Erythrocyte Sedimentation Rate</td>
</tr>
<tr>
<td>3</td>
<td>FBS</td>
<td>: Fasting Blood Sugar</td>
</tr>
<tr>
<td>4</td>
<td>CRP</td>
<td>: C-Reactive Protein</td>
</tr>
<tr>
<td>5</td>
<td>Ca</td>
<td>: Total Calcium in blood</td>
</tr>
<tr>
<td>6</td>
<td>ANA</td>
<td>: Anti Nuclear Antibody</td>
</tr>
<tr>
<td>7</td>
<td>Cortisol</td>
<td>: This is the main hormone of Adrenal gland which should be checked at 8:00 AM.</td>
</tr>
<tr>
<td>8</td>
<td>Serum Protein</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Total IgG</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>IgG&lt;sub&gt;1&lt;/sub&gt;</td>
<td>IgG is an immunoglobulin which rises in auto-immune patients and/or in patients</td>
</tr>
<tr>
<td></td>
<td></td>
<td>with malignancies. It has different subclasses (IgG&lt;sub&gt;1&lt;/sub&gt;, IgG&lt;sub&gt;2&lt;/sub&gt;,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IgG&lt;sub&gt;3&lt;/sub&gt;, IgG&lt;sub&gt;4&lt;/sub&gt;). IgG&lt;sub&gt;1&lt;/sub&gt;&amp; IgG&lt;sub&gt;3&lt;/sub&gt; are immune</td>
</tr>
<tr>
<td></td>
<td></td>
<td>response of MS patient’s body to free fragments of Meyelins in blood stream.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IgG&lt;sub&gt;4&lt;/sub&gt; is a desired antibody which we anticipate it’s rise after Bee Venom</td>
</tr>
<tr>
<td>11</td>
<td>IgG&lt;sub&gt;3&lt;/sub&gt;</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>IgG&lt;sub&gt;4&lt;/sub&gt;</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>U/A pH</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>U/A Hemoglobin</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>U/A Protein</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Creatinine Clearance</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Cholestrol</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>SGOT</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>SGPT</td>
<td></td>
</tr>
</tbody>
</table>

The tests from No 13 to 16 belong to complete Urine analysis (the urine’s pH, hemoglobin & protein).
The clearance of creatinine shows the situation of kidneys.
Before starting the BVT the kidneys function should be evaluated (because Bee Venom eliminates from the kidneys).

MRI results:

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**Dr. Kaviani’s protocol for BVT**  
Page 3 of 8
Each person or each disease is unique and you could not extend
the results to other disease or other patients.

Duration of treatment varies from few weeks to few years based up on,
the individual conditions of patient, the kind and severity of disease, the
length of time of suffering and the kind of medicines have been used
before. Therefore, the duration of treatment varies even in 2 patients
with similar disease.

The patient should consider it before starting the treatment.

You have right to give up the treatment in each step or condition. Take
consultancy from your physician to start another treatment for you in the
case of giving up.

Rare Side effects

The incidence of the following side effects is possible.
In the case of such side effects, please call your physician immediately
Faint, Vertigo, blood pressure fall, increasing the pulse rate, increasing the
respiration rate and in snatch breathing, headache, nausea, vomiting, blurred
vision, skin rash and urticaria in places far from injection and or sting site.
- If you are on medicines you should discontinue all of them at least
  3 days before starting of the treatment. (For steroid medications it
  should not be less than one week before starting BVT).

The Normal Symptoms after the first course of BVT which consists
of duplicating the number of stings, until one or all of followings happen;

1- Feeling of high temperature in body with out a significant rise in medical
thermometer
2- Trembling
3- Severe itching in the sting area
4- Headache (mild to severe)
5- Nausea which may lead to vomiting in the case of stomach fullness
6- Changing in sleeping period
7- Increasing the physical pains which could be more than before
8- Malaise (a condition that you feel you are so tired and need more rest)

- One or all of those side effects may occur in you and if its so
  inform your apitherapist to suspend BVT at least for one week.
- Its important to know that above mentioned side effects will
  remain 2 -3 days after the BVT session.

Ladies with food allergy and or sensitive skins should not use chemical
hair coloring pastes.
Arrangements which should be done after BVT

1. In the case of using live honey bee sting,
   Although, the stings will be removed by contacting with clothes, Do not remove the stings from the location at least for 1 hour. This time helps the sting apparatus to better inject its venom into the skin.
   Due to the reason that bee venom has interaction with alcohol and every kind of alcohol based medicines, do not clean the sting site with such a product previous or after BVT.
   Creation a semi-white nodule in the site of stings at the days after BVT session happens time to time and it's not so important because the venom has antimicrobial effects in its nature and does not need any special treatment and would disappear in few days.
   a. Help your body for diluting and elimination of bee venom via high volume (not less than 3 liter/day) of mineral water drinking. (This matter is so important specially in high doses of bee venom).
   b. A more rest than normal conditions is necessary for a complete treatment. This matter is more important in high doses of bee venom and the only exception is for MS patients. Muscular atrophy is one of the symptoms of most of those patients it is recommended to be all the time in movement and sport activity.
   c. You could take a shower 2 hours after BVT sessions.
   d. The sting site on the skin may have a lot of itching if its tolerate is possible for you let it intact so the body could complete its defense naturally. The more severe reaction in sting site (not generalized one) the more is complete response in immune system.
   e. In order to decrease the itching, if it's intolerable, you could follow up the instruction below.
      ➪ Prepare a paste from mixing cow yoghurt with powdered leaves of lotus plant. After taking a bath, dry your body and then apply the paste in all of your body limbs and let it remain for at least 15 minutes. Finally by using sulfur soap clean your body and dry with towel.
      ➪ Also you could use ice cube on the itching site for decreasing the side effect.

How to face with common cold during BVT sessions

After a while from starting the BVT it is supposed that patient caught a badly cold. This common cold is a sign of immune system balancing. (Patients with autoimmune diseases caught a cold rarely and mildly and this is a result of immune system bad working).

The time differs from few weeks to few months based up on the patient’s immune system response.
Do not use chemical medicines as far as possible and follow the below instruction,

✍ Boil a hand full dried fig in a glass of fresh milk. Then eat the figs and drink the milk. This will play for you the role of anti-histamines without the drowsiness side effects. You should do the same 3 times daily.
✍ Mix a table spoonful honey with less than 40 C mineral water and about 5ml lemon juice. Drink this syrup at least 3 times a day.
✍ If despite of observing the mentioned instruction you are not able to
tolerate the common colds side effect go to your physician and consume the medications that he/she prescribed for you. But make sure do not use BVT while using the chemical medications.

After complete treatment of common cold and 3 days interval between the latest intake of chemical medication you can start BVT.

Consult with your apitherapist, if you have to take chemical medication, between BVT sessions. In such cases based up on the kind of chemical medications, BVT should be postponed between 3-7 days. Starting another BVT session (after discontinue of medication in taking) should be accompanied with another sting test.

What shall be our diet during BVT

1- Daily drinking of mineral water not less than 3 liters per day.
2- Drinking of coffee, cokes, each confine based and alcoholic based beverages are forbidden during BVT. Also consuming of black tea should be decreased. Such beverages need high amount of water to be metabolized in body. Whereas Bee Venom needs high amount of water for elimination from kidneys.
3- The diet preferably should be semi-vegetarian. It means the most daily food should be plant based and its better to use low fat and protein content one. Fresh fruits are the first choice. Consuming of cooked Soya and pea is recommended. The only authorized meat during BVT is the Camel's and or Turkey's meat. The fried foods should be low in your diet.
4- Do not use stimulant foods such as all kinds of sausages, pizza, in your diet. Cooked or stewed cheese is forbidden.
5- Consuming of refined sugar and refined flour and the sweets which consist of them should be in low amount as much as possible. (Use natural sweeteners such as sweet fruits such as fresh date, grape, instead of them).
6- Cooked grains such as pea, maize, lentil are recommended.
7- Due to low level of anti-oxidants in the body of most patients, consuming all kind of orange fresh fruits are recommended together with following vitamins and natural honey bee products as daily intake,
   • 3-7 gram of vitamin C in daily intake. (The vitamin C should not be in effervescent form and or combined with calcium).
   • One pearl/pill of vitamin D3 (50000 IU) with noon meal.
   • Royall jelly 250 mg/day.¹
   • A 2/1 mixture of honey/pollen¹
¹(keeps the jelly and honey pollen mixture as much as possible in your mouth and do not swallow it immediately. All of the bee hive products for use should be organic. Do not heat the honey them more than 40 C). 
8- In your daily meals, breakfast should have the more amount and more complete one.

Observing following instructions is so important for Bowel Moving

1- Due to this reason that most of auto-immune patients have constipation in their medical history it’s greatly recommended at least 2-3 times of daily bowel moving.
2- If your bowels do not move 2-3 times per day, you should increase the intake
of plant fibers / fresh fruits / natural olive oil. If even by this order, your bowels do not work properly then follow the followings,

* Use enough amounts of well soaked dried figs and or plum.
* Use herbal medicines for the purpose.

3- If your bowels did not work at all in a day don’t let it to remain it so. Use caster oil as the final way for moving the bowel.
4- By doing some physical exercises such as (…………) help your body to defecate.

**Enema Instruction**

Ignoring how many times did your bowel work in a day, you should do enema at least 3 times a day with 3-8 liters of water. The best time for enema is after normal bowel moving.

The aim of enema is physiotherapy for bowels pile. The bowels piles are from up to down in the length of bowel and if you let the water go from down to up it moves the piles.

In auto-immune diseases and its constipation side effect the piles faced with improper working. If such a patient have a bowel moving and after it, use the enema, would see some amount of stool coming out of bowel.

The patient should not use the enema just for bowel moving because it causes laziness of piles and peristaltic movement of bowels.

The patient must do the enema in 3 different times of a day (morning, noon, at night before sleep).

**Morning Massage**

In order to better working of adrenal gland (which is responsible for cortisol biosynthesis in body) the patient should take a shower with massage every morning between 7-8 AM for half an hour 15min cold shower 15 min hot shower.

The temperature of shower in each case should be tolerable for patient. For disabled patients this should be done with soaked sponge even in hot or in cold water.

Following diagram may help you to have a conception of treatment,

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Better Movement ----> Better Bowel Moving ----> More appetite
More reparation in Body <--- Better food consuming
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**Life threatening Notification**

Following critical points should be observed previous starting BVT,

- Lack of consuming any anti-inflammatory & antipyretic medications (such as NSAIDs, paracetamol/acetaminophen, ASA, Aspirin, Ibuprofen, Diclofenac Sodium,) **at least 3 days before BVT.**
- Lack of consuming of Alcohol or alcohol based medicines (such as elixirs....) At least 2 days before BVT.
- For ladies it’s important they must not be pregnant or in menses period.
- The stomach should be empty before BVT (1hour before BVT or 2hours after BVT is the right time for having meal).

**Non-observing of the above mentioned critical points could be harmful to the patient, and in rare cases the patient may face to anaphylactic shock and subsequent death!**
Although, there are few theories for the role of bee venom on the nerves such as Apamin, which passes through BBB (Blood Brain Barrier) and stimulates the nerves to repair, the major role of Honey bee Venom in human body is just to balance the immune system.

Therefore only your own body is responsible for repair it self and Bee Venom will do a less in this case. So try to have proper and complete diet, enough exercise and complete defecations (Bowel moving, complete urination, enough sweating, and deep breathing), which really are necessary for a good health.

The next 2 instructions are the most necessary one for better improving your health.

- Having continues daily physical exercises especially for the parts and muscles which faced with atrophy and disabled the patient. The exercise should increase daily. For bed rest patients performing the physiotherapy is useful too.

- Avoiding from each kind of activity which may bring you tension and stress, plays a major role in improving your health. Don't forget tension and stress affects even healthy people or patients. Keep your self as much as you can far from tension and stress.

**TESTIMONIAL**

For Bee Venom Therapy Project

Hereby, I ……………………………………………………, with the ID No.:……………….., have read this document thoroughly and carefully and understood it.

By my signing, I declare that I would observe correctly all of the written documents in pages 4 -7. Me in complete sane, voluntary want to take part in BVT project.

Date:                             time:                             Signature of Patient:

Signature of Physician: