Detoxification

Stimulate the body’s natural drainage processes to allow autoregulation and elimination of toxins

Detoxification: restoring the natural balance

We live in a world surrounded by toxins. Every year, about 1000 new chemicals are released on the market, many not fully tested for their effects on the human body. Some are so called PBT's or Persistant Bioaccumulative Toxins, meaning that they are present in the environment and in our food chain for a long time. These are substances such as pesticide residues (e.g. DDT), polychlorinated biphenyls (PCBs), dioxins and plasticizers. Other more common exogenous toxins include food additives, chemical ingredients used in body care products, cigarette smoke, etc. When accumulated in the body, their effects range from immunotoxicity to endocrine disruption and may also affect the nervous system, vital organs, cellular respiration, antioxidant reactions as well as mucosal surfaces. Some may even be carcinogenic. As for endogenous toxins, they are created in the form of end products of our metabolism, such as histamine, adrenaline and many more. If these are not excreted, they can be just as harmful as external toxins.

Toxins may originate from a variety of sources:
- Physical: weather, irradiation/light, noise, electromagnetic fields, radioactivity, etc.
- Chemical: pollution, compounds from our everyday life such as cleaning products, insecticides, medical drugs, etc.
- Biological: bacteria, fungi, viruses, food, allergens, etc.
- Psychological: stress overload, psychosomatic diseases, etc.

Metabolic reactions need to occur in a proper environment, free of waste materials and within an ideal pH range. When there is a build-up of toxins in certain areas of the body, the natural chemical reactions become slower and of poorer quality, which in turn, can affect all of the body’s functions. As the quantity of toxins increases, the reactivity potential (natural defense mechanisms) of the individual decreases and the body’s capacity to detoxify itself is lessened or even hindered. Thus, this may translate into an evolution of pathologies towards irreversible stages where they become chronic, degenerative or out of control (neoplasm). Many diseases that may then appear are directly related to the body’s incapacity to rid itself of its toxins.
Homotoxicology and Detoxification

Antihomotoxic medicine aims to restore homeostasis by stimulating the body’s own regulatory mechanisms. It also recognizes the compensation methods of the body which will store excess toxins in the matrix and fat tissue, or even in the cellular structures. Antihomotoxic medicine will attempt to stimulate the release of toxins (through drainage) from deeper structures to then restore the pathways of excretion (by elimination). Only by approaching detoxification in this step-by-step manner, will the offending substances be eliminated with minimal damage to the system. A true detoxification program will be comprised of preparations for drainage as well as for elimination with highly specific remedies which target the major excretion organs (Figure 1).

Detox-Kit®
The Detox-Kit® combines three carefully formulated homeopathic preparations to help relieve symptoms of illnesses caused by an unhealthy lifestyle and exposure to toxins. It works by stimulating the body’s natural processes of elimination to cleanse itself of endogenous and exogenous pollutants. The Detox-Kit® consists of medications specifically designed to target the major detoxification organs and thereby stimulate their capacity to excrete accumulated substances. Thus, the Detox-Kit® helps the body self-regulate.

Nux vomica-Homaccord® supports the excretion function of the liver and gastrointestinal (GI) tract
The liver is one of the most important detoxifying organs of the body as it eliminates a large array of external and internal toxins. Nux vomica-Homaccord® is functiotropic (stimulates the proper physiological function of an organ) for the GI tract, and thus has a dual role in supporting detoxification. Moreover, Nux vomica-Homaccord® comprises a high elimination property along with a lower drainage function.

Berberis-Homaccord® supports the excretion function of the kidneys and the gallbladder
Excretion through the kidneys is an important part of the detoxification process. The kidneys will excrete toxins, drugs and heavy metals which have been made water soluble by the liver. These heavy metals may also be excreted by the gallbladder through the bile. The remedy Berberis-Homaccord® provides high elimination and less drainage activity. As well, Berberis-Homaccord® has a functiotropic effect on the liver and gallbladder and may support adrenal function.

Lyphosot® increases lymph drainage
The extracellular matrix (also known as the ground regulation system) is a natural storage space for toxic material due to its composition. The bulk of the matrix is made of proteoglycans, glycosaminoglycans and hyaluronic acid as well as structural fibers such as collagen and elastin. These structures form a biophysical filter through which all nutrients and cellular stimuli from the arteries and nerves (hormones, etc.) must pass (Figures 2 and 3). Due to the negative electromagnetic charge and the biochemical composition of the proteoglycans, they bind to toxins in a tight bond and can store them for many years. This will distort the function of the matrix as a transducer of information and the cellular message will also be distorted. Toxins will then mount an inflammatory process which is normally present with chronic pain and inflammation, and latent acidosis will ensue.

Figure 1: Detoxification

DRAINAGE
ELIMINATION
DETOXIFICATION

Figure 2: Proteoglycans and glycosaminoglycans

Figure 3: The matrix

The lymphatic system is the only pathway through which toxins can drain from the matrix. Very little toxic material is transported through the vascular system and if the lymph drainage is poor, many toxins will remain in the matrix. In the presence of mild toxicity, it suffices to increase lymph drainage with a product such as Lyphosot® which offers high drainage and high elimination properties.

Nux vomica-Homaccord® (oral drop, 30 ml)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Dilution</th>
<th>Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nux vomica</td>
<td>D3, D10, D15, D30, D200, D1000</td>
<td>Gastrointestinal inflammation and discomfort, stimulates intestinal peristalsis, reduces sensation of fullness, distension and nausea</td>
</tr>
<tr>
<td>Lycopodium clatum</td>
<td>D3, D10, D30, D200, D1000</td>
<td>Stimulates liver function and promotes elimination of toxins, reduces flatulence and constipation. Specific to hepato-biliary disorders</td>
</tr>
<tr>
<td>Bryonia alba</td>
<td>D3, D6, D10, D15, D30, D200, D1000</td>
<td>Inflammation of the liver. Mainly acts on the serous membranes</td>
</tr>
<tr>
<td>Colocynthis</td>
<td>D3, D10, D30, D200</td>
<td>Colics with intestinal catarrh and flatulence</td>
</tr>
</tbody>
</table>

Berberis-Homaccord® (oral drop, 30 ml)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Dilution</th>
<th>Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berberis vulgaris</td>
<td>D2, D10, D30, D200</td>
<td>Irritation and inflammation of the urinary system, biliary symptoms, overload of the excretory organs</td>
</tr>
<tr>
<td>Sulfur</td>
<td>D6, D12, D30, D200</td>
<td>Acute and chronic inflammation of the urinary tract</td>
</tr>
<tr>
<td>Colocynthis</td>
<td>D3, D10, D30, D200</td>
<td>Painful spasmoid conditions of the urinary organs</td>
</tr>
</tbody>
</table>

Lyphosot® (oral drop, 30 ml)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Dilution</th>
<th>Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcarea phosphorica</td>
<td>D12</td>
<td>Lymphatism</td>
</tr>
<tr>
<td>Juglans regia</td>
<td>D3</td>
<td>Inflammation of the lymph nodes</td>
</tr>
<tr>
<td>Myosotis arvensis</td>
<td>D3</td>
<td>Chronic bronchitis, nocturnal sudation</td>
</tr>
<tr>
<td>Scrophularia nodosa</td>
<td>D3</td>
<td>Hardening of the lymph glands</td>
</tr>
<tr>
<td>Teucrium scorodonia</td>
<td>D3</td>
<td>Chronic inflammation of the respiratory tract</td>
</tr>
</tbody>
</table>

Lymph specific components

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Dilution</th>
<th>Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avis mellifera</td>
<td>D6</td>
<td>Edema, inflammation with burning and stabbing pain</td>
</tr>
<tr>
<td>Fucus vesiculosus</td>
<td>D6</td>
<td>Swelling of the lymph glands</td>
</tr>
<tr>
<td>Geranium robertianum</td>
<td>D4</td>
<td>Diarrhea, hemorrhages, painful miction and ulcerations</td>
</tr>
<tr>
<td>Urtica urens</td>
<td>D4</td>
<td>Urticaria, irritating dermatosis, uric acid diathesis</td>
</tr>
<tr>
<td>Equisetum hyemale</td>
<td>D4</td>
<td>Cystsitis, cystopyelitis, nephrolithiasis, nocturnal enuresis, cystalgia</td>
</tr>
<tr>
<td>Fumaria officinalis</td>
<td>D4</td>
<td>Blood purifying agent in excessive homotoxin levels, functional disorders of the liver, eczema</td>
</tr>
<tr>
<td>Gentiana lutea</td>
<td>D5</td>
<td>Chronic gastritis, flatulence, diarrhea</td>
</tr>
<tr>
<td>Natrum sulphuricium</td>
<td>D4</td>
<td>Chronic hepatopathy, gastroenteritis, asthma</td>
</tr>
<tr>
<td>Pinus sylvestris</td>
<td>D4</td>
<td>Rickets, scrofulosis, bronchitis</td>
</tr>
<tr>
<td>Sanasarilla</td>
<td>D6</td>
<td>Irritating herpes, infantile facial eczema, increasingly painful miction, gravel, cysitis, nephritis</td>
</tr>
<tr>
<td>Veronica officinalis</td>
<td>D3</td>
<td>Chronic bronchitis, cysitis, dermatosis</td>
</tr>
</tbody>
</table>

**Lyphosot®** offers a safe and effective support to the organs of excretion with only. As soon as this bottle is empty, move includes an iodine-containing ingredient. Certain may not be appropriate in cases of pre-existing hyperthyroidism. As well, note that may also be used as complementary therapy in the following instances:

- **Bloating and flatulence**
- **Headaches**
- **Change in bowel activity**
- **Lightheadedness**
- **Etc.**
- **Increased frequency of urination**
- **Fatigue**
- **Mild skin symptoms**
- **Etc.**

**Common symptoms of detoxification**

One of the hallmarks of homeopathic treatments is the gentle quality of the therapy. While individual responses will vary according to each person’s health status, toxic overload and sensitivity, the Detox-Kit® offers a safe and effective support to the organs of excretion with a reduced risk of undesirable physical reactions. A sufficient intake of water (about 1.5 L per day) is necessary to ensure proper elimination of toxins and minimal detoxification symptoms. Common symptoms of detoxification include (but are not limited to):

- Increased frequency of urination
- Change in bowel activity
- Bloating and flatulence
- Fatigue
- Lightheadedness
- Headaches
- Mild skin symptoms
- Etc.

These symptoms are generally an indication that toxins are in the process of being eliminated. However, should the detoxification symptoms become too difficult to endure, a reduction of the dosage (e.g. down to 5 drops of each remedy per day) and gradually working up to a full dosage over a period of a few days or even weeks may be necessary. This may also be an indication that a deeper detoxification is required. Furthermore, if the nature and severity of the symptoms seem abnormal, it is important to evaluate if the detoxification program should be continued.

Recurring symptoms may appear as part of the process of regressive vicariation. For example, if a patient has experienced pain or inflammation at some point in his/her life, detoxification may trigger this response again temporarily. Such a vital response indicates that the detoxification process is well underway and these symptoms may be further treated individually with other specialized anthropotoxic remedies rather than suppressed with conventional medications.

Although detoxification is an essential part of the healing process, there are sensitive individuals and certain conditions that may be aggravated by the rapid mobilization of toxins. In such cases, to minimize reactions in known hypersensitive individuals, begin the detoxification with a lower dose (for example 5-15 drops per day in 1.5 L of water). Gradually increase the dosage according to the patient’s tolerance. Moreover, use each product one after the other by starting with Nux vomica-Homaccord® only. As soon as this bottle is empty, move on to Berberis-Homaccord®. When it is finished, use Lyphosot®. Once all 3 products are ended, stop detoxification for 1 week and start the second Detox-Kit® as usually recommended (30 drops of each remedy per day in 1.5 L of water).

**Duration of the detoxification process**

The activation of the excretion system is achieved after at least 5 days of use of antihomotoxic agents. It will take at least another week before the complete activation of the emunctories occurs. Thus, a gentle and thorough detoxification allows sufficient time for the body to regulate itself (drain) and expulse (eliminate) toxins that have accumulated over months or even years. The general recommendation is to complete one Detox-Kit®, pause for 1 week and complete a second Detox-Kit®. The detoxification program lasts about 6 weeks. In relatively healthy individuals, it is commonly recommended to go through the detoxification process twice a year. In chronic disorders, other remedies which involve a deeper detoxification may precede the Detox-Kit® and be used for longer periods of time in order to obtain thorough clearing of the extra-cellular matrix (see general protocol on next page).

**Medicinal interactions and cautions**

There are no known drug interactions with the Detox-Kit®. However, Lyphosot® includes an iodine-containing ingredient. Certain individuals may be more sensitive to iodine than others and thus caution is advises for patients who suffer from thyroid disorders. For hypersensitive patients suffering from hypothyroidism treated with levothyroxine, certain levels of iodine may lead them to experience symptoms of hyperthyroidism. Thus, the Detox-Kit® may not be appropriate in cases of pre-existing hyperthyroidism. As well, note that the Detox-Kit® is not appropriate for recovering alcoholics as the products in drop form are alcohol based. Alternatively, the same remedies in ampoules may be considered for these individuals as they are saline based. Although there are no teratogenic ingredients in the Detox-Kit®, the value of any detoxification program should be carefully assessed while pregnant or nursing.

**Practical Information**

**Indications for the Detox-Kit®**

- Drainage and elimination of toxins
- Stimulation of cleansing processes
- Support of the excretory organs

**Dosage for the Detox-Kit®**

Add 30 drops of each preparation to a bottle of non-sparkling water (1.5 L), shake lightly and drink during the course of the day.

**Combining complementary and alternative medicine**

The Detox-Kit® may also be used as complementary therapy in the following instances:

- Following a cycle of prescribed allopathic medication
- Preceding or following a surgical procedure
- Lifestyle or dietary changes (quitting smoking, cutting out coffee, etc.)
- Herbal therapy
- Colonics

**Special dietary recommendations**

Many health care practitioners may have general dietary guidelines they wish to recommend during a detoxification program. While these can be beneficial, there is no special diet necessary in order to obtain effective results with the Detox-Kit®.
The human body will react in a certain fashion until toxins are eliminated and balance is restored. It deals with these **homotoxins** in a very specific order, depending on the strength of both the homotoxin and the **regulatory system**. We can observe this process in the body very clearly by looking at the **Six-Phase Table of Homotoxicosis**. The strength of this detoxifying ability is dependent upon various factors such as genetics, gender and the nutritional status of the individual.

The body deals with toxins on three levels: through the **autoregulatory system** (or humoral phases), the **ground regulation system** (or matrix phases) and the **cellular phases**. The autoregulatory system represents our first line of defense. If it is not successful in dealing with toxins, the matrix will be activated, as it is the barrier between the cell and the organs. Only when the first two systems fail to eliminate toxins will disease reach the cell (Figure 4). In treating deeper levels of intoxication, it is imperative to **first restore the autoregulatory system** in order to facilitate the excretion of the offending substances. It is important to note that the components of the autoregulatory system cannot be separated as they all act as one and often share chemicals and receptors.

The biological division of the **Six-Phase Table of Homotoxicosis** gives an indication of the regulation potential of the body. On the left, there is an excretion potential; on the right, mostly a compensation potential (Figure 5).

**Hepar compositum** has been specially developed to support the liver in its numerous metabolic functions. Aside from botanicals like *Carduus marianus* and *Lycopodium* which are known for their effect on the liver, it also contains catalysts and sulfur which may reduce free radical damage. It is used especially (but not exclusively) for support of the liver when treating diseases on the right side of the biological division. With increasing matrix toxicity, a product such as **Pulsatilla compositum** may be necessary in order to further activate the matrix and achieve a more thorough detoxification. After an adequate activation, drainage can be stimulated with **Galium-Heel** and then **Lyphosot** (Figure 6). Toxins are able to bind to cellular structures and also to DNA, but the final common pathway for cellular toxicity often comes from disruption of the cellular respiration through free radical damage of the mitochondrial DNA. **Ubicoenzyme** contains minerals as well as catalysts of the Kreb’s cycle. It is postulated that **Glyoxal compositum** is able to depolymerize compounds as seen when toxins bind to the matrix structures. We thus use the catalysts as support for the cellular respiration and for a deep cellular cleansing effect (Figure 7).

| Target | Mild toxicity  
> Regimen 1 | Moderate toxicity  
> Regimen 2 | Severe toxicity  
> Regimen 3 |
|--------|------------------|--------------------|--------------------|
| Liver  | Nux vomica-Homaccord | Hepar compositum  
> Berberis-Homaccord | Hepar compositum  
> Berberis-Homaccord <br> |  
> Lyphosot, Galium-Heel |  
> Pulsatilla compositum |  
> Glyoxal compositum |
| Kidney | Berberis-Homaccord | Berberis-Homaccord | Berberis-Homaccord |
| Matrix | Lyphosot, Galium-Heel | Pulsatilla compositum | Pulsatilla compositum |
| Cell   | Ubicoenzyme | Ubicoenzyme | Glyoxal compositum |
| Duration | 10 drops of each remedy 3 times per day or 1 oral vial 3 times per week, for 12 weeks | 10 drops of each remedy 3 times per day or 1 oral vial 3 times per week, for 6 weeks, then Regimen 1 for 12 weeks | 10 drops of each remedy 3 times per day or 1 oral vial 3 times per week, for 6 weeks, then Regimen 1 for 12 weeks |

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