

# TOPICS IN MODERN HOMEOPATHY

## HOMEOPATHIC MEDICINE FOR THE 21<sup>st</sup> CENTURY

mediral international inc \* toll free 877-633-4725 \* 303-331-6161 \* fax 303-355-4155 \* [www.mediral.com](http://www.mediral.com)

## HOMEOPATHIC DETOXIFICATION

### A Primer on Drainage and Elimination

Without a doubt, homeopathy is one of the most revolutionary and unexpected health-related discoveries of the last two hundred years. From its paradigm shattering dilution-dependent potency structure to its implications about the very nature of reality, it challenges the foundations of medicine and redefines our understanding of health and healing. But for all that it has done to alleviate the suffering and maladies of humankind, it is not a panacea. There are times when even the most carefully chosen remedy just doesn't work. Why?

One reason is toxic overload. Today we are literally immersed in an ocean of unnaturally concentrated synthetic chemical substances that are either designed to make our lives better or are the by-products of manufacturing. The body is a masterpiece of engineering, designed to absorb and assimilate nutritive substances, as well as filter out and eliminate non-nutritive substances, including toxins. These processes are ongoing 24 hours a day, every day of our lives. Two things can cause this system to malfunction: man-made chemicals (thus the body doesn't know how to deal with them) and excess (thus overloading the system - and almost anything in excess can act as a toxin).

Toxins are ubiquitous, from sick buildings with closed ventilation systems (circulating fumes from industrial cleaning solutions, carpet fibers, microbes), environmental pollution (dioxins, PCBs, herbicides, pesticides, and more than 70,000 synthetic chemicals which contaminate our air and water) and medical intervention (pharmaceuticals, amalgams, chemotherapy), to recreational compounds (cigarette smoke, alcohol, street drugs), personal care products (heavy metals and parabens) and food contaminants (additives, preservatives, artificial sweeteners, trans-fats and phthalates) - it is no longer possible to avoid exposure.

Our bodies are not equipped to detoxify from the onslaught of new chemicals that are being dumped into our environment, nor are they able to handle the sheer quantity of toxins that we find bombarding our system. Normal emunctories become damaged and overloaded. To preserve life, the body begins storing the excess toxins in the liver and adipose tissue throughout the body (which explains why losing weight is so difficult, the body is trying to protect itself by isolating the toxin in fat).



**DETOXIFICATION** – The process of drainage and elimination to remove toxins from the body.

**DRAINAGE** – The process of bringing toxins and their by-products out of their storage places in the body.

**ELIMINATION** – The process of removing toxins and their by-products from the body.

**EMUNCTORIES** – An older term for the natural routes of elimination in the body. There are two categories: primary emunctories include the liver, kidneys, intestines, lungs and pancreas; secondary emunctories include skin, mucus membranes, nose and urinary tract.

**EXOGENOUS TOXINS** – Toxins from outside the body, such as pharmaceuticals, pollution, alcohol, etc.

**ENDOGENOUS TOXINS** – Toxins from within the body, such as bacteria, viruses, etc.

**AUTOGENOUS TOXINS** – Toxins created by the body.

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November – **ENZ-Essence**  
December – **Stress Med**

It is commonly accepted that this accumulation of toxins is not only responsible for most illness, both chronic and acute (see the inset on homotoxicology), but it also impedes other therapies, including homeopathic treatment. Thus the first step in any treatment plan should be some form of detoxification protocol. Based on feedback from our doctors, Mediral recommends a two-step detox procedure.

### Strengthen First, Then Detoxify

As effective as homeopathic combination remedies are at stimulating detoxification, toxins released during this process flood the system and potentially injure weakened or compromised organs and tissues. To help protect the body from this hazard, Mediral recommends strengthening the involved systems before proceeding to the actual detoxification.

Step one (after eliminating the source of the toxins) is a two-week process using low potency homeopathic formulas to support and reinforce the organs of elimination. Because of the involvement of the liver and lymph systems in elimination, two remedies are always recommended: **LVR-Essence** and **LYP-Essence**. Essence formulas blend low potency sarcodes (organs) with homeopathic herbs, minerals and vitamins to strengthen and support specific organ systems. The **LVR-Essence** supports the liver, and **LYP-Essence** supports the lymph & drainage system. Sometimes a third remedy may also be appropriate. If a toxin has a demonstrated affinity for a particular organ or route of elimination (like the skin, kidney or lungs), it may be a good idea to reinforce that system as well with the appropriate Essence product.

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*The statements in this newsletter have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

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## SINGLE DETOXIFICATION REMEDIES

Most drainage remedies are combination remedies, but there are a few singular remedies worth mentioning that have a history of being invaluable in detoxification. Sulphur used to be called the Vitamin C of homeopathy because of its broad applicability in detoxification. It is believed that many toxins attach to the body tissues via sulfhydryl bonds. By giving homeopathic sulphur, these bonds are broken, forcing a clearing of the toxins which were complicating the symptom picture and interfering with the identification of the simillimum. Even today, if a symptom picture is too complex, many homeopaths will initially recommend sulphur to clear the picture.

Nux vomica is the number one singular remedy for the 'detoxification' from either overeating or alcohol over-indulgence. This time of year, holiday partying and feasting inevitably bring with them undesirable consequences. Alcohol is toxic, but the body can usually handle moderate amounts. It is the excess that creates the burden on the liver and eliminative faculties. In addition to an extra liter of water (before *and* after imbibing) which re-hydrates and aids in the processing and elimination of alcohol from the body, Nux vomica should be a part of every hangover treatment. Overeating, while not usually creating a toxic state, does over-burden the body. Nux vomica symptomatically treats the post-gluttony discomfort that most experience at least once in a while.

If a specific item can be identified as the toxic element, a custom remedy made from the single element may be the best way to detoxify. For example, if a client has been on medication (prescription or otherwise) for some time and needs to detoxify from them, a remedy could be made from that agent that would help rid the body of its toxic storages. If a specific pathogen is the offending agent, a remedy can be made from that nosode to stimulate the body in its fight to regain health.

As you can see, there are any number of ways homeopathy can be used to assist in a detoxification protocol. We always recommend removal of the source of toxins (seems obvious, but is often overlooked) as well as dietary modifications and monitoring during any detox. Thank you.

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## TOPICS

Mediral International Inc.  
10550 East 54<sup>th</sup> Avenue, Unit E  
Denver, Colorado 80239 USA  
[www.mediral.com](http://www.mediral.com)

**Homeopathic drainage is a topic that has received attention lately. In this issue we take a closer look at the remedies and protocols involved.**

***PLEASE DELIVER TO:***

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After strengthening the eliminative channels, a three week drainage and elimination schedule (7-10 drops sublingually three times per day) will stimulate the body to release and remove most of the toxic load that it is carrying. Occasionally, depending on the severity of the toxicity, a subsequent round of the same remedy may be necessary.

### Amebic Infection: **Amebex**

**AMEBEX INGREDIENTS:** Absinthium 3x; Lappa major 3x; Plantago major 4x; Allium sativum 6x; Ammonium Phosphoricum 6x, 12x, 30x; Ferrum Phosphoricum 6x, 12x, 30x; Hepar Suis 6x, 12x, 30x; Colon 6x, 12x, 30x; Quassia amara 8x; Natrum Muriaticum 12x; Ameba 30x, 60x, 100x.

### Bacterial Infection: **Bactex**

**BACTEX INGREDIENTS:** Hydrastis canadensis 3x; Thuja occidentalis 3x; Aloe socotrina 6x; Allium sativum 6x; Zincum Metallicum 6x, 12x; Glandula Thymi 6x, 12x, 30x; Baryta Carbonica 12x, 30x; Bacterium Coli, Proteus, Bacterium Pyocyaneus, Klebsiella Pneumoniae, Paracoli, Pyrogenium, Streptococcinum, Staphylococcinum, Pneumococcinum, Botulinum, Tuberculinum, Brucella Abortus, Listeriosis each at 12x, 30x, 60x; Anthracinum, Syphilinum 20x, 40x, 60x; Lac Defloratum 30x; Diptherinum 30x, 60X, 100x.

### Beauty Shop Chemicals: **Beautex**

**BEAUTEX INGREDIENTS:** Taraxacum officinale 3x; Fumaria officinalis 6x; Adrenalinum 6x; Magnesia Muriatica 6x; Natrum Pyruvicum 6x, 12x; Hypophysis 6x, 12x, 30x; Nitricum Acidum 12x; Formalinum 12x, 30x, 60x; Glycerinum 12x, 30x, 60x; Cosmetic Chemicals 30x, 60x, 100x.

### Chlorine (or Bromine): **Chlorex**

**CHLOREX INGREDIENTS:** Berberis aquifolium 3x, 6x, 12x; Thyroidinum 6x, 12x, 30x; Chlorinum 12x, 30x, 60x; Bromium 12x, 30x, 60x.

### Dental Materials: **Dentex**

**DENTEX INGREDIENTS:** Plantago major 3x; Citricum Acidum 3x, 6x; Magnesia Phosphorica 5x; Calcarea Fluorica 6x; Carbo Vegetabilis 6x, 12x; Nitricum Acidum 6x, 12x, 30x; Hydrofluoricum Acidum 8x; Parodontosis 12x, 30x, 60x; Argentum Metallicum, Mercurius Vivus, Aurum Metallicum, Platinum Metallicum, Titanium Metallicum each at 30x, 60x, 100x.

### Drugs, Allopathic Pharmaceuticals: **Chemex**

**CHEMEX INGREDIENTS:** Echinacea angustifolia 3x; Fumaria officinalis 6x; Natrum Muriaticum 6x, 12x; Hepar Suis 6x, 12x, 30x; Manganum Sulphuricum 8x, 12x; A.T.P. 10x; Lac Defloratum 12x; Chloramphenicolium 12x, 30x; Sulphur 12x, 30x; Vaccinotoxinum 20x; Pharmaceutical Drugs 30x, 60x, 100x.

### Environmental Pollutants: **Envirex**

**ENVIREX INGREDIENTS:** Taraxacum officinale 3x; Vitamins C and A 3x, 6x; Selenium Metallicum 6x; Zincum Metallicum 6x; Manganum Metallicum 6x, 12x; Hypophysis 6x, 12x, 30x; Sulphur 12x; Petroleum 16x; Hydrofluoricum Acidum 20x; Environmental Pollutants 30x, 60x, 100x.

### Food Additives & Preservatives: **Addex**

**ADDEX INGREDIENTS:** Berberis vulgaris 3x, 6x, 12x; Fumaria officinalis 6x, 12x; Hepar Suis 6x, 12x, 30x; Zincum Metallicum 6x, 30x; Taraxacum officinale 8x, 12x; Anthrachinon 12x, 30x, 60x; Food Preservatives and Additives, each at 30x, 60x, 100x.

### General Toxicity, Unidentified Toxins: **Toxinex**

**TOXINEX INGREDIENTS:** Citrus limonum 2x; Glycerinum 2x; Cynara scolymus 2x; Ubiquinone 2x, 4x; Echinacea angustifolia 3x; Berberis vulgaris 3x; Calcarea Carbonica 3x, 6x; Fumaria officinalis 6x; Natrum Sulphuricum 6x, 12x; Natrum Muriaticum 6x, 12x; Sanguis 6x, 12x, 30x; Indolum 8x

### Fungal Infections: **Fungex**

**FUNGEX INGREDIENTS:** Echinacea angustifolia 2x; Splen 3x; Vitamins B1, B2, B6, B12 3x, 6x; Thymolum 4x; Melaleuca alternifolia 4x; Allium sativum 6x; Manganum Sulphuricum 6x; Zincum Metallicum 6x; Natrum Muriaticum 6x, 12x; Glandula Thymi 6x, 12x, 30x; Phosphorus 8x; Carbo Animalis 12x; Bovista 12x, 30x, 60x; Saccharum officinale 12x, 30x, 60x; Graphites 16x, 30x; Torula cerevisiae, Ustilago maidis, Candida albicans, Candida parapsilosis, Penicillinum, Boletus laricis each at 30x, 60x, 100x

### Industrial Chemicals: **Industriex**

**INDUSTRIEX INGREDIENTS:** Hydrastis canadensis 3x; Berberis vulgaris 3x; Taraxacum officinale 3x; Silicea 6x; Hepar Suis 6x, 12x, 30x; Ren 6x, 12x, 30x; Plumbum Metallicum 12x, 30x, 60x; Kali Cyanatum, Petroleum, Terebinthina, Titanium Metallicum, Cement, Benzinum each at 30x, 60x, 100x.

### Insecticides, Pesticides: **Cidex**

**CIDEX INGREDIENTS:** Taraxacum officinale 3x; Fumaria officinalis 6x; Zincum Metallicum 6x, 12x; Natrum Muriaticum 6x, 12x; Hepar Suis 6x, 12x, 30x; Pulmo 6x, 12x, 30x; Ren 6x, 12x, 30x; Trichlorophenol 12x; Insecticide 30x, 60x, 100x.

### Intestinal Parasites: **Vermex**

**VERMEX INGREDIENTS:** Artemisia vulgaris 3x; Cucurbita pepo 3x; Absinthium 3x, 6x; Cina 3x, 6x; Allium sativum 4x; Juglans regia 6x; Lappa major 6x; Kali Sulphuricum 6x; Thymus serpyllum 6x; Filix mas 6x, 12x; Thymolum 8x; Natrum Muriaticum 12x; Ascaris lumbricoides, Taenia solium, Schistosoma, Nematoda each at 30x, 60x, 100x.

### Metals: **Metex**

**METEX INGREDIENTS:** Berberis vulgaris 3x, 6x; Silicea 6x; Kali Iodatum 6x, 12x; Hepar Suis 6x, 12x, 30x; Ren 6x, 12x, 30x; Chinhydrin 8x; Aluminum Metallicum, Aurum Metallicum, Cadmium Metallicum, Cuprum Metallicum, Beryllium Metallicum, Niccolium Metallicum, Mercurius Vivus, Argentum Metallicum, Plumbum Metallicum, Stannum Metallicum, Selenium Metallicum, Radium Bromatum, Cobaltum Metallicum, Antimonium Crudum, Uranium Nitricum, Bismuthum Metallicum, Platinum Metallicum each at 30x, 60x, 100x.

### Radiation Exposure: **Radex**

**RADEX INGREDIENTS:** Fucus vesiculosus 3x; Citricum Acidum 3x, 6x; Chinhydrin 6x; Causticum 6x, 12x, 30x; Thyroidinum 6x, 12x, 30x; Adrenalinum 6x, 12x, 30x; Phosphorus 12x; DNA 12x, 30x, 60x; Radium Bromatum 30x, 60x, 100x; X-Ray 30x, 60x, 100x.

### Viral Infection: **Virex**

**VIREX INGREDIENTS:** Thuja occidentalis 3x; Echinacea angustifolia 3x; Trifolium pratense 3x; Ubiquinone 3x, 6x; Vaccinium myrtillus 6x; Natrum Muriaticum 6x, 12x; Nitricum Acidum 8x; Influenzinum 12x, 30x, 60x; Psorinum 20x, 30x, 60x; Vaccinotoxinum 20x, 40x, 60x; Cocksackie, Herpes Simplex, Herpes Zoster, Malaria, Mononucleosis, Morbillinum, Parotidinum, Poliomyelitis, Variolinum, Varicella each at 30x, 60x, 100x.

After this protocol, the symptom picture may have either changed significantly or cleared up entirely. If it isn't completely cleared, at least it will now be easier to work with the client's true condition without the masking interference of toxins.

These 16 remedies may also be used in a preventative capacity. Preventative homeopathy is not well defined (or accepted) yet, despite the well-documented use of homeoprophylaxis against scarlet fever and cholera by the founder of homeopathy, Samuel Hahnemann (ask for “Preventative Homeopathy,” a free report from Mediral the next time you call). For example, if a client is expected to be exposed to lead, for example, it would help to recommend Mediral’s Metex for 3-5 days prior to the exposure.

The remedies are also helpful with ongoing exposures. If, for example, a client has mercury amalgam fillings, Mediral’s Dentex will help the body deal with the low-grade exposure to the mercury until they can get them replaced with more suitable, less toxic dental fillings (ask for “Homeopathy and Dental Issues,” a free report from Mediral the next time you call).

## HOW DO I KNOW IF I’M TOXIC ?

Pretty much everyone who eats, drinks or breathes is toxic to some degree. The body can handle a lot, but if a client is experiencing unusual bouts of headache or fatigue, difficulty concentrating, skin disorders, unusual mood swings or altered sleep patterns, it is safe to assume that they could benefit from detoxification. If done properly, detoxification is safe, simple and will result in a vastly improved feeling of vitality.

Its important to remember that sometimes allergies or sensitivities can be confused with toxicity (and sometimes they can be caused by toxicity). If a detox protocol doesn’t product the expected results, consider having your client tested for true histamine-mediated allergies of allergen sensitivities.

## Homotoxicology

No discussion of detoxification is complete without the mention of Dr. Hans-Heinrich Reckweg’s principles of homotoxicology. In homotoxicological theory, disease is the result of the body’s response to toxic exposure and accumulation. The body’s normal response to toxins is to expel them via the most direct route. When this procedure is either impeded or overwhelmed, the body attempts to deal with toxins in a variety of ways, progressing through six increasingly serious and distinguishable phases in an attempt to protect the body. The 6-phase table of homotoxicosis is a useful diagnostic tool to help evaluate the degree of toxic overload, which will determine the appropriate aggressiveness and protocol of detoxification.

	HUMORAL PHASES		MATRIX PHASES		CELLULAR PHASES	
	Excretion Phase	Inflammation Phase	Deposition Phase	Impregnation Phase	Degeneration Phase	Dedifferentiation Phase
<b>Skin</b>	Episodes of sweating	Acne	Naevi	Allergy	Scleroderma	Melanoma
<b>Nervous system</b>	Difficulty concentrating	Meningitis	Cerebroscclerosis	Migraine	Alzheimer’s disease	Gliosarcoma
<b>Sensory System</b>	Tears, otorrhea	Conjunctivitis, otitis media	Chalazion, cholesteatoma	Iridocyclitis, tinnitus	Macular degeneration, anosmia	Amaurosis, malignant tumor
<b>Locomotor System</b>	Joint pains	Epicondylitis	Exostosis	Chronic rheumatoid arthritis	Spondylosis	Sarcoma, chondroma
<b>Respiratory Tract</b>	Cough, expectoration	Bronchitis, acute	Silicosis, smoker’s lung	Chronic (obstructive) bronchitis	Bronchiectasia, emphysema	Bronchial carcinoma
<b>Cardiovascular System</b>	Functional heart complaint	Endocarditis, pericarditis, myocarditis	Coronary heart disease	Heart failure	Myocardial infarction	Endothelioma
<b>Gastrointestinal System</b>	Heartburn	Gastroenteritis, gastritis	Hyperplastic gastritis	Chronic gastritis, malabsorption	Atrophic gastritis, liver cirrhosis	Stomach cancer, colon cancer
<b>Urogenital System</b>	Polyuria	Urinary tract infection	Bladder stones, kidney stones	Chronic urinary tract infection	Renal atrophy	Cancer
<b>Blood</b>	Reticulocytosis	Leucocytosis, suppuration	Polycythaemia, thrombocytosis	Aggregation disturbance	Anemia, thrombocytopenia	Leukemia
<b>Lymph System</b>	Lymphedema	Lymphangitis, tonsillitis, lymphadenitis	Lymph-node swelling	Insufficiency of the lymph system	Fibrosis	Lymphoma, Hodgkin-/non-Hodgkin-lymphoma
<b>Metabolism</b>	Electrolyte shift	Lipid metabolism disturbance	Gout, obesity	Metabolic syndrome	Diabetes mellitus	Slow reactions
<b>Hormone System</b>	Globus sensation	Thyroiditis	Goitre, adenoma	Hyperthyroidism, glucose intolerance	Menopausal symptoms	Thyroid cancer
<b>Immune System</b>	Susceptibility to infection	Weak immune system, acute infection	Weak reactions	Autoimmune disease, immunodeficiency, chronic infections	AIDS	Slow reactions
	<b>Alteration*</b>	<b>Reaction*</b>	<b>Fixation*</b>	<b>Chronic Forms*</b>	<b>Deficits*</b>	<b>Decoupling*</b>
<b>Psyche</b>	Functional psychological disturbance, «nervousness»	Reactive depressive syndromes, hyperkinetic syndrome	Psychosomatic manifestation, neuroses, phobias, neurotic depression	Endogenous depression, psychosis, anxiety neurosis, organic psychosyndrome	Schizophrenic defective states, mental deficiency	Mania, catatonia

Progressive Vicariation (Worsening) →  
← Regressive Vicariation (Healing)

6-phase table of homotoxicosis courtesy of <http://www.heel.com/homotox/?smid=2>

For additional information regarding homotoxicology, see the collected works of Dr. Hans-Heinrich Reckweg

