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# **The Pollution-Stressed Body**

## **Symptoms and Isopathic Detoxification Methods**

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The human organism is being exposed to ever more toxic and harmful substances, and its powers of resistance are more and more frequently being overtaxed by them. The high concentrations of harmful substances and environmental toxins in the air, water and of course our food make up a large part of this process. Given all this, it seems to be more important than ever to know what the most significant toxins and their effects are, and to be able to use effective detoxification methods.

Not every harmful substance taken in by people during their lives blocks important metabolic functions or triggers serious diseases. The organism attempts to neutralize or reduce some of these toxins with its own biochemical options, in order to attain a biochemically tolerable burden amount. The main problem is the increasingly rapid increase in everyday harmful and toxic substances, which overtax the body's own detoxification mechanisms.

For example, just the group comprising toxic food allergens includes well over a hundred basic substances, from which derive a large number of different mixes and crosses of toxins. For other environmental toxins, such as the airborne ones or chemical products, the percentage relationships are similar. These reasons make it especially necessary to know about the toxins that are actually and demonstrably present in one's everyday surroundings, and which are in a position, due to their toxic potency, to intoxicate the body systematically and thus do it harm.

### **Depot and storage toxins**

Unlike the toxic substances, which burden the body for a relatively short period of time, the cumulation or summation toxins, as storage toxins are also called, harm the body far more intensely and lastingly. The metabolic system is not able to break down this kind of toxin and is thus forced to store, to "deposit" the harmful substances in various organs and organ systems. Primarily the liver, kidneys, brain matter and nerve tissue are used for this.

Some of the storage toxins accumulate mostly in fatty or fatlike tissue structures, such as nerve tissue. Furthermore, the overburdened body often makes use of the pancreas for toxin storage, followed by the skin, intestines and bone marrow. Dental toxins such as heavy-metal polluted filling material, collect mostly in tooth substance and the jawbone, from where they strew themselves throughout the organism. Fat-soluble toxins tend to accumulate in the liver, whereas water-soluble toxins are more frequently found in the kidneys.

The harmful substances stored up in the organism give off their harmful substances metabolic-dependent amounts, interrupted only by the low-metabolic level sleep phases. The first intoxication symptoms often become noticeably *during* or *after* active metabolic phases (infections, mental and physical stress, sports), in which storage toxins are mobilized by the elevated organ functions.

In individual cases, considerable

amounts of toxic material is dissolved out of the fat cells during fasting cures (calorie-free diets) and released into the overall metabolism. This can then lead, during or after longer fasting cures, to irritating intoxication phenomena. Although the fasting process indeed involves a cleansing dissolving and elimination of accumulated metabolic waste, it at the same time causes a massive mobilization of the toxic substances stored up in the organism. In the past few decades, this more and more often involves storage toxins that can no longer be eliminated via natural pathways and are distributed throughout the entire organ system by otherwise stress-relieving metabolic processes.

### **When does a toxin have the potential to be harmful?**

When a substance in the body does have a toxic effect is determined fundamentally on the amount and dose in which it is taken in. In addition, depending on the individual organism's reaction state, it can last a few days to years or even decades, before the first signs of intoxication manifest themselves. The latency time of storage toxins is related to the amount of the toxins taken in and the organic damage they have already done to the body.

The sensitivity of the individual person to specific harmful chemicals fluctuates markedly. Not infrequently, one can speak of an innate sensitivity (idiosyncrasy) to specific toxins. For example, sensitized persons exhibit symptoms of intoxication after ingesting as little as 0.0006 grams of arsenic,



while “normal“ people can tolerate 800 times this amount without harm. Incidentally, it is significant that even people in biologically favorable living conditions take in relatively large amounts of environmental and dietary toxins. Scientific studies in the USA have revealed high concentrations of various heavy metals, mycotoxins and other known toxic substances in the organs and tissues of the recently deceased.

### **“Poison Hysteria“ - spread and symptoms**

There are always people who seem to be overcome by “poison hysteria“ and are determined to ascribe their symptoms indiscriminately to “poisoning“. This is, to be sure, an understandable reaction to the great number of threatening environmental poisons, but it presents a treatment problem for the therapist. Besides imparting the objective information, necessary in these cases, concerning any possible or supposed toxic burden, he should absolutely be able to offer some effective detoxification methods.

What is decisive for the therapist in determining the presence of an organic intoxication is, first, the appearance of physical symptoms that can be confidently adjudged to be intoxication symptoms. It is also important that the intake of toxic and harmful substances be preventively reduced and avoided. To do this, one needs to be familiar with the commonest toxic substances and their effects.

For most toxic substances, the physical intoxication symptomatology

develops due to the stepwise destruction of cell structures, disturbance and blockage of enzymatic activity, inhibition of cholinesterase and obstruction of vital cellular respiration. All of these factors correspond strikingly with the biological characteristics of a derailed and malignant tumor cell.

### **Individual effects of harmful substances**

Those with a slim, athletic constitution react much earlier to toxic substances than corpulent individuals. This applies especially to nerve toxins, which are deposited in any fatty tissue that may be present. Females react more sensitively to toxins than men, developing intoxication symptomatology very early on. Also, those with an allergic disposition react (with physical symptom signals) to minuscule, barely detectable, toxic concentrations. This constitutionally dependent early warning system of the body represents a therapeutic plus when it comes to toxic substances, since timely detoxification and diversion processes greatly relieve the burden on the organism’s terrain. Those who have already been harmed by harmful substances are very often hypersensitive to other toxins and harmful potentials such as georadiation and electromagnetic pollution.

### **People at risk**

Organically healthy persons require a relatively high toxic concentration before they develop signs of intoxication. The situation is quite different, however, for the elderly, sick persons and children.

In advanced age, or in disease cases, the individual organ functions are reduced, so that the defensive and detoxification mechanisms no longer work optimally. The organs of children, especially small children, are not yet fully developed and thus have less detoxification capacity. Both patient groups are therefore especially at risk and should receive increased attention when it comes to pollution by everyday harmful substances.

### **Latency time of the cumulative toxins**

For all manifestations of chronic intoxication, the long latency time of the cumulative toxins can above all cause damage to the storage organs (liver, kidneys, nerve tissue, pancreas, etc.). Generally, however, the body sends out - usually for months or years before the appearance of organ damage - specific intoxication symptoms; these do not seem to match any known disease picture and are thus frequently misdiagnosed. Only a familiarity with the individual toxins and their effects can help in these cases.

### **Crossover effects of toxins**

There is an added danger in that various toxins can complement or reinforce each other (synergy) in their harmful effect on the body. Not infrequently, these thus - potentiated toxins are activated at the same organic point of attack, as is the case with lead and mercury, or PCB and Dioxin. These “accidental“ combinations and connections can develop an extremely powerful and high toxic potential in the organism.



It is also necessary to take note of the fact that alcohol consumption seriously amplifies the uptake and deposition of fat-soluble toxins. Nicotine also works like this with toxic substances. It is also important to know that the degree of toxic potential of a substance depends on whether it enters the body in solid, dissolved or undissolved form. Dissolved toxins such as gases or vapors affect the body more rapidly and intensely than chemically bound, undissolved substances (e.g. heavy metals) that gradually activate and release their harmful chemicals.

### **Detoxification with SANUM products**

The following SANUM preparations are excellently suited for improved reconstruction of cellular protection and dissolving well-entrenched environmental toxins out of the body. These specific isopathic substances are able to activate the continuous-acting endogenous and natural detoxification processes. It should be noted that those administered as drops might contain alcohol.

#### *UTILIN 5X:*

Take 1 capsule weekly: strengthens cellular defense (phagocytosis), stimulates diverting metabolic processes (liver, kidneys, skin).

#### *BOVISAN 6X:*

Take 5 drops daily, or 1 suppository every 2 weeks; strengthens immunomodulatory processes and raises tolerance to harmful substances.

#### *CHRYSOCOR injections:*

Inject 1 ampoule every 4 days:

stimulates metabolic pathways in the eliminatory organs, regenerates cell damage.

#### *CITROKEHL injections:*

Inject 1 ampoule twice weekly: improves cellular respiration by activating the intracellular citric-acid cycle, accelerates harmful substance elimination and excretion.

#### *FORMASAN:*

Take 10 drops twice daily and inject 1 ampoule once weekly: elevates nonspecific defenses, supports all metabolic and detoxification processes.

#### *LATENSIN:*

Take 1 6X capsule twice weekly and inject 1 ampoule once monthly: strengthens breakdown processes of toxic substances, strengthens immune system and improves metabolism.

#### *MAPURITL*

*(vitamin E & magnesium):*

Take 2 capsules daily: good cell and toxin protection, neutralizes and dissolves out harmful substances, strengthens the entire organism.

#### *MUSCARSAN 6X:*

Take 5 drops 3 times daily and inject 1 ampoule weekly: limits toxic damage of nerve-affecting poisons such as nicotine and heavy metals such as lead.

#### *OKOUBASAN 2X:*

Take 10 drops 3 times daily: increases protective effect against all harmful substances, strongly stimulates the body's detoxification.

#### *SELENOKEHL:*

Take 10 drops 3 times daily and inject 1 ampoule every other day: optimal cell protection (anti-carcinogen) and accelerates dissolving, binding and eliminating heavy metals.

#### *VITAMIN B KOMPLEX*

##### *SANUM:*

Inject 1 ampoule twice weekly: heals nerve-based complaints caused by toxic substances, improves liver detoxification and raises the body's energy potential.

##### *VITAMIN E:*

Inject 2 ampoules per week: strengthens cellular defenses, binds and neutralizes harmful substances, stimulates toxin elimination.

#### *ZINKOKEHL 3X:*

Take 15 drops 3 times daily and inject 2 to 3 ampoules weekly: binds and eliminates many environmental harmful substances, improves defenses against heavy metals (antagonist).

Using this general list, the therapist will be able to make the right selection in individual cases.

### **Individual toxic and harmful substances**

**PALLADIUM (Pd):** Palladium is considered the heaviest element among the platinum metals, and it has a very high potential to do harm to the human organism. About a third of those suffering from a palladium allergy are also hypersensitive to nickel (cross-reacting allergy). Palladium is found in trace amounts everywhere in nature. It has been used industrially for about 70 years. The



mass production of heavy-metal exhaust catalytic converters for motor vehicles has led to the release of large amounts of palladium (which is less expensive than platinum - also highly toxic - yet just as effective a catalyst) into the environment and the food chain. Palladium is also used extensively in metal alloys for dental crowns.

At present, the number of people harmed by palladium is increasing at a strikingly high rate. Inhaled palladium dust and palladium compounds taken in via the oral mucosa can end up stored in the brain, leading to function disorders. Even if, at present, we lack long-term experience with palladium and platinum because previously these metals had not been introduced into the environment in such great quantities, both substances can unequivocally be pronounced as brain and nerve toxins.

The symptoms of chronic palladium intoxication include various forms of allergies (dermatoses, bronchial asthma), joint pains, inflammation of the jaws, headaches, tremors, neuralgia and memory defects. A laboratory saliva test can determine the degree of intoxication before and after detoxification treatment.

**For detoxification:** CITROKEHL injections, MAPURIT L, SELENOKEHL, ZINKOKEHL 3X.

**ALUMINUM (Al):** After oxygen and silicon, aluminum is the third commonest component of the

earth's crust, so that it is found, in varying degrees, in nearly all types of rocks. Its extraction from bauxite using dry electrolysis consumes enormous amounts of electric power and involves extensive environmental pollution.

For Germany, the main supplier of raw aluminum is Norway, followed by Ghana. Lately, the industrial aluminum recycling rate is nearly 80%. On the other hand, the household reprocessing rate of aluminum products has stagnated for years at about 23%, not least because aluminum foil is used in packaging materials in forms that are difficult to separate out.

Aluminum compounds are used in an increasing number of day-to-day products: aluminum foil for foods, cooking and drinking vessels, various construction materials and wood preservatives, etc. All of these objects constantly emit traces of aluminum, which are then taken up by humans in various forms. Small amounts of aluminum are virtually totally eliminated if kidney function is normal. However, since aluminum is being used more and more as a packing material, human aluminum intake has risen to dangerous levels in the past 20 years.

Thus, there are already indications of damage due to aluminum accumulation. Chronic aluminum intoxication exhibits symptoms such as memory defects, autistic behavior patterns, forgetfulness and lack of concentration, disorientation and speech arrest. It should also be noted that aluminum's toxicity is greatly increased

in the presence of amalgam (dental filling mixtures of mercury, tin, zinc, silver, copper).

**For detoxification:** UTILIN 5X, CITROKEHL injections, SELENOKEHL, VITAMIN E SANNUM, ZINKOKEHL 3X.

**STYRENE:** Styrene is used as a solvent for all adhesives, lacquers and paints made of unsaturated polyester resins, and is thus quite prevalent in our daily environment. More and more people take in - mostly without their knowledge - styrene vapors, and react after a while with corresponding symptoms.

Polymerized styrene is used to make polysterol (PS) by the construction and packing industries. Polysterol is presently manufactured in enormous amounts, because it is used as the basic material for many products. All the insulating materials made of foamed polysterol, such as the well-known polystyrene in its numberless variations, represent a particular danger in our daily environment. The strongest release of styrene gas occurs in the first few months after manufacture. However, if styrene is used on a large scale as an interior PS insulator material, styrene vapors can seep into the room air for a long time.

The certainty is growing that styrene is a nerve toxin which is deposited in the fatty tissue of nerves and the brain. Investigations in France by the International Cancer Research Institute revealed that workers in styrene processing plants had a strikingly high cancer



rate, even if they had only been working in production for a short time. Investigations are currently underway to determine to what extent styrene might also be involved in human genetic damage and deformities. An insidious chronic styrene intoxication exhibits the following symptoms: persistent respiratory tract irritation, stubborn conjunctivitis, dermatoses with blister formation, headaches and variable neuralgic symptoms.

**For detoxification:**

CHRYSOCOR injections, FORMASAN, LATENSIN, MAPURIT L, VITAMIN B KOMPLEX SANUM.

**CYCLIC HYDROCARBONS:**

This collective concept includes a number of different hydrocarbon compounds such as furan (precursor of the solvent tetrahydrofuran, used in the production of PVC, acrylate or chlorinated rubber). Or the compound dioxin, used as a solvent for cellulose nitrate lacquers. Furans and dioxins are created whenever and wherever organic substances are burned together with halogen-containing materials (PVC, synthetic materials, etc.). Studies in the USA have shown that four main factors determine the concentration of dioxins in the environment: 1. furnaces, ovens, refuse incineration and steel production; 2. By-products of chemical processes; 3. Industrial pollution from the use of chlorine bleaches, sludge, etc.; 4. contaminated ground and river sediments.

The harmful substances get into the food chain via all of these factors.

But they also arise in the workplace and home environments, in the synthetic material housings and cases (warmed by the internal heat generated) of Computers, TVs and VCRs. The body stores these harmful substances in its fatty tissue, from where they are constantly reemitted at a metabolism-dependent rate. Some of the most striking symptoms of this kind of overload are: sudden disturbance of mental state; regular depression; bodily misperceptions such as feeling chilly, sweating or trembling; disturbed libido and striking identity crises with no otherwise clear relationship to anything in the person's personal life. After the initial dioxin induced mental and nervous system irritations, and if the body doesn't get a chance to detoxify, it usually leads to fat metabolism disorders, loss of immune system and liver function.

**For detoxification:** VITAMIN E SANUM, CITROKEHL injections, MAPURIT L, OKOUBASAN 2X.

**NITROSAMINES:** Nitrosamines are organic compounds that are always generated when amines derived from ammonia gas come into contact with nitrosating agents, as for example in smoked meat products. Various kinds of amines are commonly present in nature and are used in industrial and technical applications.

The most important nitrosamine sources in our daily environment are:

- Automobile exhaust
- Tobacco smoke

- Smoked meat products, especially when grilled or fried
- Many varieties of dark beer
- Nitrate-fertilizer polluted drinking water

**Health damage:** Nitrosamines are very strong carcinogens, taken in through inhalation or as dietary toxins, which damage individual organs. Preceding actual tumor formation, nitrosamine intoxication exhibits various different kinds of symptoms:

- Chronic irritation and inflammation of the entire mouth and throat region
- Year-round tickling in the throat of unclear etiology
- Persistent irritated feeling in the esophagus
- Subacute inflammatory state of the bladder
- Kidney pain NAD
- Frequent nausea originating in the stomach, and retching

The commonest kinds of cancer due to nitrosamines are lingual tumors, esophageal tumors, stomach tumors, liver and bladder tumors.

**For detoxification:** LATENSIN, CITROKEHL injections, MAPURIT L, BOVISAN 6X. Regular fasting cures prevent fixing of the amines in the body.

**LEAD (Pb-Plumbum):** Lead was formerly one of the metals used in many areas. It was used in cooking and drinking vessels, water pipes and water mains and, until recently, as a gasoline additive. The environmental concentration of lead in the air, bodies of water and the ground there-



fore now varies as to level. For these reasons, chronic, slowly developing lead poisoning is not uncommon.

**Health damage:** Even at concentrations as low as 1 µg/ml in the blood and 0.1 µg/ml in the urine, intoxication symptoms can be present. Lead is considered a blood and nerve toxin that causes the following symptoms of intoxication:

- Joint pain of unclear etiology
- Nonspecific gastrointestinal disturbances
- Spasmodic conditions (*Grand mal* attacks in children)
- Reduced libido and impotence in men
- Feeling of weakness, body tremors
- Amenorrhea in women
- Light to medium kidney pressure pain NAD

At higher concentrations in the body, clinical symptoms begin to appear, such as lead colic, grayish-yellowish discoloration of the facial skin (lead complexion), lead-induced visual impairment, bone changes (discernible in X-rays), male sterility.

**For detoxification:** SELENOKEHL, ZINKOKEHL 3X, VITAMIN B KOMPLEX SANUM, VITAMIN E SANUM, MUSCARSAN 6X.

**CADMIUM (Cd):** Large quantities of the heavy metal cadmium are generated as a byproduct of zinc extraction. Although cadmium is banned by law from most consumer products, older products in waste dumps represent an

ongoing danger. Likewise, industrial exhaust gases and filters of incineration plants, as well as the sludge from industrial waste water are all permanent sources of toxic cadmium.

**Health damage:** Cadmium is a strong carcinogen and damages cell structures. This heavy metal lodges firmly in all of the body's storage organs and can only be neutralized and rendered harmless with biochemical methods. Smokers take in large amounts of Cadmium in tobacco. Animals innards and seafood also contain high levels of Cadmium. The intoxication symptoms are:

- Spontaneous bone fractures (cadmium dissolves calcium out of bony tissue)
- Bone pains
- Sterility
- Functional liver and kidney disorders of unclear etiology

**For detoxification:** SELENOKEHL, LATENSIN, ZINKOKEHL 3X, MUSCARSAN 6X, MAPURITL.

**BENZENE:** Benzene is an aromatic hydrocarbon, a very frequently used raw material in the chemical industry. Benzene is present in natural form in all petroleum. Gasolines contain an especially high benzene component (up to 50%), where they wind up in the environment via the combustion residues. In Germany, vehicular traffic alone accounts for approximately 65,000 tons of benzene released into the air every year - not counting the contribution of business and industry.

**Health damage:** Benzene is a nerve toxin, which additionally damages the lungs and the cardiovascular system. The symptoms are:

- Headaches and exhaustion, especially after a stay in a heavily-trafficked part of town
- Muscular asthenia, feelings of paralysis of unclear origin
- Nervous irritability, sleep disturbances
- Loss of feeling in certain extremities
- Diminished lung capacity, shortness of breath, pseudocroup in children
- Bladder irritation

**For detoxification:** UTILIN 5X, CITROKEHL injections, FORMASAN, MAPURITL. Another active type of detoxification for benzene in the organism is a 2-3 day fast with carbon tablets.

**TOBACCO SMOKE:** Tobacco smoke contains hundreds of different harmful substances in addition to the nerve toxin nicotine. All of them put a severe strain on the active as well as the passive smoker. The most important toxic substances in tobacco include high concentrations of aniline, formaldehyde, nickel, nitrosamines, cadmium and others. Tobacco smoke is a known effect intensifier of most of the other common toxins. New statistics mention 25,000 cancer deaths and 86,000 amputations [in Germany] per year due to smoking.

**Health damage:** The symptoms of tobacco intoxication include:

- Osteoporosis in women due to the Cadmium in tobacco



- Frequent middle-ear inflammations in children whose parents smoke
- Paresthesia of the extremities in connection with tobacco smoke
- Smoker's leg, *Claudicatio intermittens*
- Chronic respiratory tract irritation, coughing
- Late sequelae: bronchial lung cancer, embolisms, asthma, arteriosclerosis, etc.

**For detoxification:** For active smokers, the first priority is to quit smoking. Independently of this, smokers and their family members should have tobacco's harmful substances removed from their bodies. The following medical preparations are used: VITAMIN E SANUM, VITAMIN C, SELENOKEHL, ZINKOKEHL 3X, OKOUBASAN 2X.

**MOLDS:** Most molds, such as *Aspergillus niger* or the green mold *Aspergillus flavus*, are strong allergens because of their spores and their toxins. Some molds produce highly toxic aflatoxins, known to cause liver tumors.

**Health damage:** The presence of molds in the home has risen sharply in recent years. For many patients with unclear disease pictures, a stool examination has revealed organismic stress due to

molds. The most striking symptoms/complaints:

- Persistent tickling in the throat, slight cough
- Subacute sinusitis
- Pulmonary function disturbances (especially from *Aspergillus fumigatus*, frequently present in potting soil)
- Intestinal function disturbances accompanied by severe meteorism of unclear etiology
- Pressure sensation in the liver
- NAD, gall secretion disturbances
- Itchy skin

**For detoxification:** NIGER-SAN, NOTAKEHL, VITAMIN B KOMPLEX SANUM, SELENOKEHL, VITAMIN E SANUM.

#### **Fasting to dissolve and eliminate toxic substances**

First off, I would here like to make mention of a special kind of fasting as a simple and natural way to detoxify. Only by preventing renewed reabsorption of the toxins released by the fast is it possible to eliminate a large part of the fat-soluble toxins stored in the liver. This is not usually taken much into account in most fasting cures.

Taking pure medicinal carbon as a toxin-binding agent to prevent reabsorption in the intestines of

the released harmful substances has proven its worth. The number of carbon tablets depends on the individual stool situation (e.g. constipation), in that the carbon should be administered until the stool exhibits a clearly black coloration. Two or three tablets are enough in most cases.

The fast should be begun only after taking this toxin binder and the stool has taken on a black coloration; during the fast, plenty of liquids (2-3 quarts per day) should be drunk. To ensure dissolving and elimination of the toxins, the fast should be undertaken for at least 3 days (assuming the patient is up to it).

With this easy-to-use and risk-free method, and in combination with the recommended SANUM preparations every one or two months, the body can repeatedly be freed of many toxins.

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