



The SANUM excretion cure

by Dr.Dr. Peter Schneider



For the excretion of metabolic wastes, toxins and heavy metals from the Pischinger region the homeopathic SANUM remedies LUFFASAN 4X, OKOUBASAN 2X and USNEABASAN are very effective.

LUFFASAN 4X is a new remedy from SANUM and is manufactured from the cucurbita plant *Luffa operculata*. It is particularly suited to the elimination of inflammatory congestion conditions in the areas of the digestive and respiratory tracts. This also includes conditions triggered by a focal source e.g. in the head (teeth, paranasal sinuses). The homeopathic remedy picture covers hay fever, coryza and digestive weaknesses. A further important characteristic of this remedy is its ability to excrete the congestion of renal energy. Therefore an important feature of this remedy is that it alleviates the problems with an increased flow of urine.

The remedy OKOUBASAN 2X is derived from the bark of the African Okoubaka tree. This remedy was originally used as a neutraliser for poison by the chieftains' food tasters, in order to protect themselves in the event of poison attacks on the chieftain. OKOUBASAN is a typical tannin remedy; this means that it can bind toxins and metabolic waste products and eliminate them via the gut. In addition it is able to insulate a permeable mucous membrane in the gut, which today is the cause, or a concomitant phenomenon, of many chronic diseases. OKOUBASAN is also successfully used in acute diarrhoea.

The beard lichen *Usnea barbata*

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is a symbiotic organism derived from an alga and a fungus. The remedy USNEABASAN, derived from this lichen, contains over 10% bitter lichenous acids as its active ingredients, such as the usinic acid characteristic of this plant and over 80% polysaccharide. Some of these polysaccharides possess anti-tumour activities; that is why the lichen is traditionally used to treat cancer even in plants. A particular feature of the algal part of the lichen is that it can bind heavy metals. Certain peptides from 2-11 amino-acids are responsible for this and these are called „phytochelatin“ and form a chelate bond with heavy metals.

Therapy recommendation

- From Monday – Friday: in the morning 5 – 10 drops OKOUBASAN 2X and USNEABASAN daily on an alternating basis
- Saturday and Sunday: 1 to 2 tablets LUFFASAN 4X each day
- Additionally every day: at noon 1 capsule MAPURIT, at night 10-12 drops ZINKOKEHL 3X

The SANUM excretion cure has to be conducted over a lengthy period ranging from several weeks to months; at the same time the metabolism should be monitored for magnesium and zinc. Since this excretion works very efficiently, low doses of the remedies LUFFASAN and USNEABASAN are used to start with. In addition Werthmann's diet should be followed for excretion, avoiding cows milk, hens eggs and pork. Drinking large quantities of a good water daily, enriched with a HAKAKEHL Plus energy plate (place the plate under

the water with the imprinted side uppermost), can further enhance the excretion.

During pregnancy and lactation in general no excretion therapy using remedies or medication should be attempted. In children the excretion of heavy metals should preferably not take place before they are eight and if possible not before they are 12, for the sake of the maturation of the brain.

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