Basic Regulation, as described by Pischinger

Key to our Understanding of Elimination Procedures

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In order to understand the mechanisms involved in elimination it is necessary for us to turn our minds to the structure and function of the Basic Substance. In the end, every change in the body takes place in the connective tissue. This is a highly integrated humoral system. The scientific precursors which enable us to understand the functions of the Basic System may be seen in the Humoral Theory of classical medicine.

Should the regulating action of the Basic System become disordered, then this provides an explanation for all the disorders that disturb our sensitivities, and their development into chronic diseases, even into cancer. Consequently, the key to successful treatment is to be found there.

Pischinger's system of Basic Regulation is a functional unit from the triad: vascular capillary system – connective tissue cell – axon (terminal point of the nerve supply). The open lymph vessels also form part of this system. After all, the extracellular fluid is the medium through which all information has to be routed and all materials filtered if they are to reach the cell or, on the contrary, leave the cell. The extracellular fluid may be compared to the sea. Just as the sea surrounds the unicellular organism and represents its regulatory system, so the extracellular, structured Basic Substance is the cell's milieu in higher, organised living beings. Being composed of ions, the Basic Substance corresponds to the sea water. It permeates all the intercellular spaces in the organism, reaches every cell and always reacts uniformly! In many tissues it occupies a great deal of space; in other places the Basic Substance simply restricts itself to the basal membrane of the cells. In all cases it represents the „transit route" for all substances and information that are destined for the cell. The cells' genetic possibilities can only find expression to the extent permitted by the extracellular matrix - the structured Basic Substance.

History

The old healers, e.g. Akkmaion (Alkméon, c. 500 BC), Hippocrates and Galen represented the „Humoral Theory" (Humorism). For them there were four humours: blood, phlegm, yellow bile and black bile, with the humours also being the vehicles of the constitution, as they understood it. One spoke of eucrasia or dyscrasia, depending on whether the mixture of the humours was healthy or pathogenic. In the Middle Ages these conceptions gradually fell into oblivion.

Since 1767 (Bordeu) it has been known that the so-called connective tissue is more than just supportive and filtering substance, but that it is also tasked with regulatory and nutritional functions and is a mediator between vascular and neural function.

As early as 1845 C.W. Reichert reported that the connective tissue was an organic, vital medium, and that vessels and nerves never come into contact with the cells, but that all reactions are mediated by the connective tissue. The connective tissue is in direct contact with all component parts of the structure.

In 1847 von Rokitansky, a Viennese, developed the Humoral Theory into the haematohumoral theory known as the „doctrine of crases"; this was further underscored and elaborated by Rindfleisch (1869) and also Buttersack (1912). With this concept these three were diametrically opposed to Virchow (1858), who was smoothing the way towards cellular pathology. According to Virchow the cell was the smallest living unit, to be regarded in isolation, and on which treatment of a disease was also to be based.

Out of this there developed a treatment plan: to search for the causes of the cellular disorder in linear causality and, following the lock-and-key principle, also treating the cell. This approach has continued to develop right up to our times, because such an approach can easily be followed up, with precisely defined paths of treatment able to be determined. This way of thinking has now reached its highest developmental point in gene therapy.

However, there have continued to be researchers, such as Ricker for instance, who have established that – based on the function of the Basic System – in the final analysis all diseases are of the same nature. With that he re-established a link with the old medicine of experience. He also drew on Hahnemann's discoveries in formulating his line of thought. His pronouncements culminated in the sentence: „It is not the substance but the dosage that brings about healing."

Schade describes the Humoral System of the Basic Tissue as a „colloidal connective tissue organ", and Volhard talks of the „pre-kidney".

This connective tissue organ is no strictly isolated individual organ, such as the liver or kidney, for instance, but with nerves and vessels it extends over the whole organism. It has a linking and generally serving function between the vascular system and the parenchymal cell.

Schade characterises the position of the „colloidal connective tissue organ“ between vascular system and parenchymal cell as a „trilocular system“.

The boundary surfaces between the individual chambers are very different, as regards their function. The boundary surface between blood and connective tissue is made up of the endothelium of the vascular wall. This is a dialytic membrane. This means that it is possible to separate detached particles independently of their molecular size and electrical charge. On the basis of the demarcation of the size of the particles a selection takes place, especially of the proteins which are able to pass through the membrane.

The boundary surface between the interior of the cell and the extracellular connective tissue space is formed by the cell wall, an osmotic membrane. The permeability of this membrane is vitally controlled by the cell's needs. However, in this case too, a selection takes place, especially of the protein bodies, so that – according to Schade – each of the „chambers“ carries its specific protein within it.

Since 1945 the Viennese, Pischinger, has been intensely busy with the Humoral Theory and the system of Basic Regulation (Fig. 1). He and his collaborators have been able to make it easier for us to understand the connections and pathophysiology in this system. As a result of their research the reactions within the connective tissue have become scientifically explainable.

Of course, further discoveries, e.g. by Bertalanffy (1952) have also revealed that such biological systems are highly integrated and represent biological flow systems. Occasionally this makes the processes difficult to comprehend, because a certain cause can result in a variety of reactions, without it being immediately recognisable from the outside which direction the development should take. A researcher called Wiener then introduced the concept of cybernetics (Steuermann) into the discussion. His research peaks in the conclusion that all open systems exchange energy and material with their environment. The Basic System reacts in the appropriate fashion under the circumstances at the given point in time, and a return to the original situation is generally impossible.

Construction of the Basic Tissue

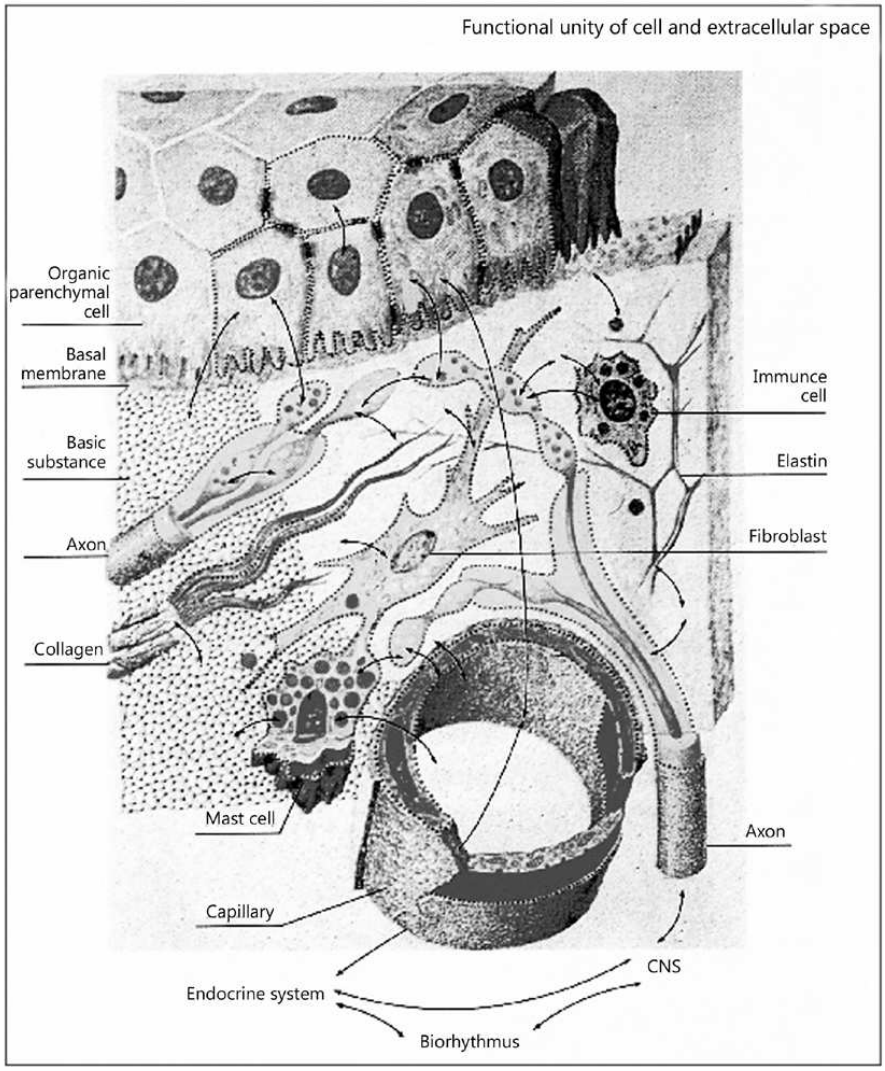

Fig.1 Plan of Basic Regulation
Reciprocal relations (arrows) between terminal vascular system (capillaries, lymphatic vessels), Basic Substance, terminal autonomic axons, connective tissue cells (mast cells, immune cells, fibroblasts etc.) and organic parenchymal cells. Epithelial and endothelial cell agglomerations have beneath them a basal membrane which permits communication with the Basic Substance. (From the manual „The System of Basic Regulation“ by Alfred Pischinger, revised and edited by Hartmut Heine, 9th Edition, Haug, 1998).

The Connective Tissue, or Basic Tissue, consists of (Fig. 1):

1. the cells: fibrocytes, macrophages and mast cells;
2. the structured inter-cellular substance;
3. the terminal vascular system;
4. the nerve endings, and
5. the open lymph vessels.

The cells of the Basic Tissue, the fibrocytes and macrophages, are phylogenetically the oldest cells. The fibrocytes make up the structured Basic Substance, while the macrophages are in a position to dismantle the Basic Substance again. Thus both kinds of cell are capable of reacting to change very rapidly and effectively and producing physiological balance.

The Basic Substance formed by the fibrocytes is a mesh, consisting of highly polymeric sugar-protein complexes. These complexes consist predominantly of glucosamino-glycans (PG) and structural glycoproteins, which include collagen, elastin, laminine and fibronectin. In order to reach the cell, or leave it, every substance or piece of information must be conducted through this mesh. Which substances are able to pass through the filtration mechanism depends on the concentration of the proteoglycans and their molecular size. The electrolytes contained in the Basic Substance and the resultant pH level are also of critical importance for the composition of the Basic Substance (its solcondition and gelcondition), and thus likewise for the negotiability of the „transit route".

The negative charge of the proteoglycans is of outstanding importance for the possibility of bonding with water and for ion exchange within the Basic Substance. The proteoglycans are responsible for homeostasis (dynamic balance) within the tissue. An electrostatic basic tension is created. This balance affects above all the tone, the concentration of ions and osmosis. Any action on the Basic Substance is answered by fluctuations in the potential. These fluctuations are relayed across the cell membrane (glycocalyx), which is likewise made up of particular components of the Basic Substance, into the interior of the cell and there they can finally reach the genetic code. However, the stimulus must exhibit a certain strength if it is to result in any depolarisation of the cell membrane. In this way a certain selection of information takes place.

The proteoglycans and the glucosaminoglycans confer a mechanical stability on the Basic Substance through their mesh-like structure; at the same time this stability can intercept mechanical effects like a buffer. On the other hand it acts as a lubricant as a result of changes in its viscosity.

If we look at the fine structure of the individual components of the Basic Substance, we find that we are dealing with a plethora of many-sided structural elements, which are all very similar to each other. For simplicity's sake these units are referred to as „matrisomes". Such a matrisome consists of four basic building blocks, which are PGs/GAGs, structural glycoproteins, integration glycoproteins and variable transiently bonded protein components that influence cells and the function of the Basic Substance (hormones, metabolites, catabolites, cytokines).

Attempts have been made to place these matrisomes over each other on a linear raster with the aid of computers; this resulted in spiral hyperboloid shapes. What we are dealing with here are energetic minimal surfaces, in which the energy potential per surface unit is minimal. Such surfaces exhibit a negative Gaußian curvature.

The principle of these energetic minimal surfaces is found all over the body as a component part, e.g. in the building of bones, in the vascular walls, nerves and tendons, on cell membranes, and in the DNA. The curvature of these hyperboloid structures, these energetic minimal surfaces, results in a non-bonding interaction. Because of this they are able to influence the energetic conditions of every biochemical interaction in the body. These may include trans-membranous transport, antigen-antibody interactions, protein synthesis, solcondition and gelcondition of polysaccharides, Actinium-Myosin interactions, among others. The energy displacements that run off these hyperboloids are the key to many biological treatments (homeopathy, acupuncture, bioresonance treatments).

Since we are dealing here with energy displacements, the mass of a drug or the choice of therapeutic procedure no longer has a role to play, but all that matters is simply movement of energy (e.g. the photon).

Via their sugar components, proteoglycans and glucosamino-glycans are in a position to close together, forming a circular shape: so-called tunnel structures. The inner side of the tunnel is water-repellant and the outer side attracts hydro-philic complexes. In this way, via the hyperboloids, hydrophobic complexes (on the inner surface)

and hydrophilic complexes can be transported simultaneously within the Basic Substance.

Within this system a mutual influencing of each other is constantly taking place through the different components. The capillaries which run through the Basic Substance carry the hormones of the endocrine system into the extracellular matrix. There the axons of the nervous system terminate and are influenced directly by the endocrine system. By means of feedback to the brain and via the common connectivity in the brain these two systems can establish a direct relationship with each other.

Along with the fibrocytes, the macrophages are the most important cells in the Basic System. On the one hand they can dismantle the Basic Substance and, on the other hand, while phagocytising and moving about they can pick up pieces of information and carry these onwards, so that cells, enzymes and messenger substances can influence each other. From this integration there emerges a diverse ability of the system and the entire organism to react, adapt and perform. The psyche and the immune system are both involved in this complexity. Because of the feedback, on the one hand it is possible to react with particular effectiveness to the tiniest stimuli and, on the other hand, parts of the system which have failed can be replaced partially or completely, for a limited time or permanently, by other components. This multiplicity of possibilities permits optimum reactions, without it necessarily being forseeable what the result will be. The highest aim is the restoration of homeostasis.

The combination of the negatively charged sugar polymers with water is ideally suited to the transmission of information, to the capture of radicals, which are created in the Basic Substance during chemical conversions, and to the transportation of materials through the extracellular space.

At the same time these structures serve as storage organs for nutrients. All nutrients can be stored in the Basic Substance, and particularly by the proteoglycans. Carbohydrates are stored in the body in the form of glucose and galactose; fats are stored as fatty acids (carbohydrate chains with acid residues) and protein bodies as NH groups. Water, as the most important elixir of life, can be stored within the structure of the proteoglycans, thus keeping them unfolded. This behaviour is the pre-condition for any transport within the Basic Substance.

People always used to think that proteins could not be stored, but that an energy excess of protein was also stored in the form of triglycerides. On investigating the Basic Tissue more closely, however, it was actually discovered that the amount of collagen in obese people rises substantially in the presence of increased fat in the cells. Thus the whole Basic Substance is in a position to store protein. It is well known that excess carbohydrates are stored in muscle and liver cells in the form of glycogen. Certainly increased carbohydrate deposits are found in the Basic Substance if the sugar balance is disordered, as in diabetics, for example.

In this case the sugar is deposited in the basal membrane of the blood vessels, especially the capillaries, and in the Basic Substance, in the form of proteoglycans. Moreover, not only the excess sugar but also the stored proteins can bond with other proteins and molecules (immunoglobulins, lipoproteins, hetero-, para-, defective and foreign antigen proteins) and form deposits in this way, which is of great importance as age increases and in certain illnesses. These bound protein-sugar complexes play a monumental role in clogging up the connective tissue.

As a causal factor we have to consider a surplus of carbohydrate, and also proteins. In every case the body attempts to bring about a detoxification by forming complexes. If no physiological combustion or other conversion or breaking-down is possible, these complexes are deposited in the Basic Substance, whether in the basal epithelial membrane or in the Basic Tissue itself.

It should be especially pointed out that the connective tissue and immune system cells are capable of ligating vesicles and jetisonning them into the Basic Substance. This enables regulation with regard to homeostasis. In this way many biologically active substances can be released along with the contents of the vesicle, such as proteolytic and hydrolytic enzymes. When the walls of the vesicle decay there are also formed, for instance, cytokines such as prostaglandins and leucotrienes.

Pischinger was also able to demonstrate that one of the most important instruments for regulation of the Basic Substance is leucocytes' ability to dissolve themselves in a physiological way. This is not a question of the degeneration or a dissolution of degenerated leucocytes, but rather of the physiological breakdown of leucocytes in order to re-establish homeostasis in the tissue and blood serum, depending on the pH and rH

levels. If this regulatory ability to maintain physiological equilibrium is damaged or prevented, then chronic diseases arise.

Chronic diseases are diseases of the Basic System!

On account of the screening and bonding properties of the proteoglycans and glucosamino-glycans, clogging up of the Basic Substance can always occur, with an insidious acidosis of the tissues, a rise in the incidence of radicals, activation of the proteolytic system and transition to a pro-inflammatory situation. For the affected person the disorders often begin with trivial misperceptions which are ignored for years. Unnoticed, these patients slip into a cycle of dysregulations and symptoms which mutually strengthen each other, maintaining the vicious circle (Fig. 2).

Among the structural glycoproteins, it is the collagens above all that take care of rapid de-acidification in the body at the moment when an acid surge takes place. Later the bonded acids are continually released again at a pace at which the kidneys are able to excrete them. As may be seen from Fig. 3, however, with increasing age the synthesis of structural glycoproteins slows down, so that as well as the age-related clogging up, a lack of bonding potential develops as well.

Hyperacidity, excess protein, clogging up, disordered redox potential and disturbance in energy flow – all of these result in a shift in the „transit route“ and an energy deficit in the connective tissue. The Basic Tissue grows rigid in this blockage and is no longer able to carry out its tasks. The well-known chronic diseases and degenerative manifestations begin to appear,

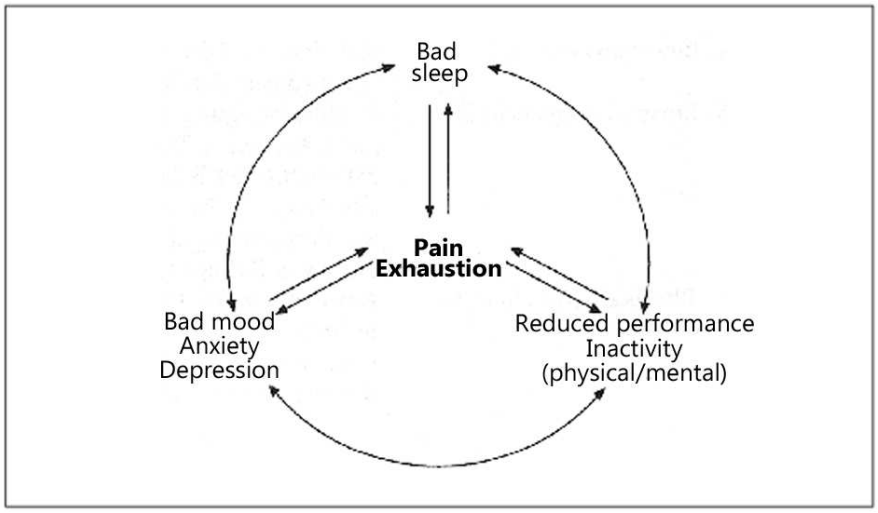

Fig. 2: Interaction and perpetuation with chronic pain and chronic exhaustion (performance downturn) (from: P.A. Berg (Ed.) „Chronisches Müdigkeits- und Fibromyalgie Syndrom“ [= Chronic Fatigue and Fibromyalgia Syndrome], Springer, 1999.

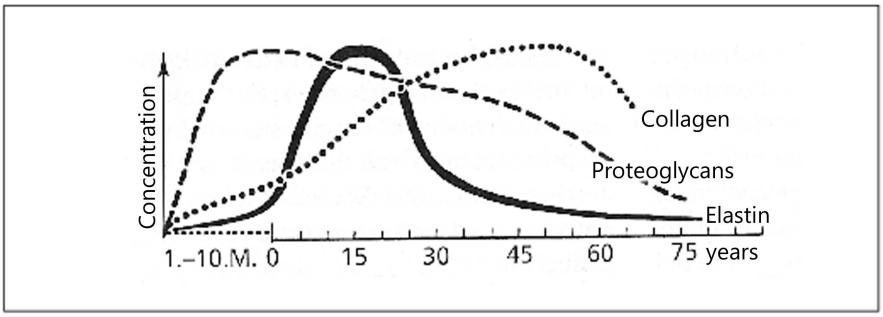

Fig. 3: Timescale for the synthesis of the most important macro-molecules in the Basic Substance (proteoglycans, collagen, elastin), from the textbook „Das System der Grundregulation“ [= The System of Basic Regulation], by Alfred Pischinger, revised and edited by Hartmut Heine, 9th edition, Haug, 1998.

because the cells and organs are not adequately supplied. Development cannot proceed in the way shown by Hans-Heinrich Reckeweg in his 6-Stage Plan of Homotoxicology (Reckeweg, 1975).
It was also Reckeweg who discovered the phenomenon of vicariation. He showed that, across the various stages of the table, a chronification of diseases takes place from the Humoral Stage to the Cellular (progressive vicariation), and that it is also possible with appropriate help to stimulate the self-regulatory powers of the organism. Via a regressive vicariation they are in a position to re-start a healing process.

In any case it is of decisive importance for the success of any treatment that a re-tuning of the milieu takes place and that deleterious noxae are eliminated.
However, the role played by

elimination is just as important.

The task of the eliminative procedures

In order to carry on an elimination process that is meaningful it must be clear **what** is to be eliminated, **when** and **to where**. There must be a „central idea" which over-arches the whole treatment. Blocks, mochloses (as Prof. Enderlein called them) which are present must be recognised, and anything that has become rigid must be loosened up. With treatment, in an open system, a flow should be established and, resulting from this, a balanced flow should be restored. Care should be taken that the information really does reach the place where what is to be eliminated is situated, and that which is to be eliminated can understand the information. The stimulus that is applied, or the information, must be adequate and able to be responded to in accordance with the Arndt-Schulz law.

The more strongly pronounced the chronicity of the disease, i.e. the further to the right of the biological divide on Reckeweg's table the patient is, the more difficult it will be to achieve a re-tuning.

The question as to where can initially be clarified on an anatomical basis. We can visualise the organs through which elimination can take place: skin, gut, lungs, kidneys and urinary tract, genitalia, all bodily orifices. The therapist can determine the direction of the elimination to some extent, by bleeding the patient, for instance.

To bring about elimination and excretion locally, it is possible to apply a stimulus directly to that site; this then leads to the desired outcome, e.g. activation of the skin by using Baunscheidt's cupping method.

Furthermore we must be clear as to what can and should be eliminated. Are we dealing with stagnant energy, information, material? Then the stimulus must be appropriate and we must look for an organ that is capable of eliminating it. To eliminate accumulated quantities of protein, for instance, it is necessary to disconnect the body from a relevant supply line. The patient should keep to an appropriate diet which involves largely avoiding animal protein.

The mobilisation and combustion of the protein and waste deposits requires a boost. At the same time it is essential to strengthen the processing and eliminating organs – liver, gut and kidneys – to stimulate them and to support them.

Moreover the timing of an elimination is very important. It must be matched to the circadian rhythm of the organ in question. For example, elimination via the liver will succeed most sensibly if the early hours of the day are utilised, because that is the liver's time of peak performance.

In every eliminative procedure, the basis of success is the restoration of the open regulatory system across its entire functional spectrum. According to what we know about Pischinger's system of Basic Regulation, the Basic Substance can only react in one way to any stimulus administered to it. Thus it is important for the therapist to succeed in addressing the Basic System in such a way that it can understand the information and deliver an adequate response, for instance, setting in motion a regulation by way of elimination.

The blockages, clogging, obstacles to cure in the body may be many, but many are also the methods available to the Natural Health practitioner.

Here the **skin** should be mentioned first, because this great organ of elimination is the most accessible. The methods of Acupuncture and Acupressure make use of the „Heine's Cylinders", which form a direct connection between the surface of the skin and the connective tissue below it. Here we are dealing with cylindrical/columnar shapes which, like a membrane, surround the vascular and neural bundles which push upwards from the depths of the Basic System to the surface of the skin, and which ensure a lower degree of conductivity than the surrounding tissue has. Via these „Heine's cylinders" electromagnetic or magnetic fluctuations can be picked up and conducted to the furthest depths of the Basic Tissue. This phenomenon also explains the fact that a variety of very different therapies applied to the surface of the skin (massage, magnet therapy, mechanical applications such as Kneipp hydrotherapy, needle pricks, local anaesthesia and laser treatment) bring about the same reactions, since the energy and information introduced into the body via the Acupuncture points is conveyed into the Basic Tissue. From here the reactions can be disseminated throughout the body in no time at all. Thus it is possible, for instance, to address whole organic systems via cutivisceral reflex arcs.

At this point we shall touch on some individual methods in order to point up the multiplicity of possibilities. In most cases the blood supply to the skin and the connective tissue below is stimulated, thus guaranteeing a better supply of vital substances, fluids and oxygen to the tissues and the removal of metabolic waste via

the vascular pathways and the surface of the skin (*inter alia* by cutaneous respiration). Thus the basic conditions are fulfilled for optimum nourishment of the connective tissue cells and an exchange of materials in the intercellular substance. Here are some of the methods:

1. Applying compresses – cold or hot – with just water or with salts and added substances of botanical and animal origin (ALKALA N, „Retterspitz“ (*proprietarybotanical mixture*), egg-white or quark on its own or with cabbage and plantain; thyme or other essential oils);
2. Rub-downs (hot towelling roll), oils, soaps.
3. Washes and affusions (as used in Kneipp hydrotherapy);
4. Packs (Moor, Fango);
5. Baths with salts (ALKALA N), botanical affusions, oils, partial baths (foot, arm, sitz baths) or a full bath;
6. Cupping (drawing blood, or dry, depending on energy level) and cupping massage;
7. Baunscheidt's cupping method;
8. Application of Spanish fly plasters;
9. Sauna and sweating cures with infusions (Elder, Linden);
10. Active sweating, from muscular work;
11. Application of leeches;
12. Acupuncture, Acupressure.

The gut and its ancillary glands are excellent organs for elimination. At the top of the list we find

1. Fasting – when the absorptive activity of the gut is put back in favour of its eliminative function. For mechanical cleansing plenty of fluid in the form of water and teas plus salt solutions (Glauber's salt, MgSO4, ALKALA N or T) are prescribed. As well as this, alkaline soups and juices are given. Healing earth, linseed and psyllium husks, plus fluids containing Tannic acid (oak bark decoction, black tea) bind toxins in the gut, or protect the mucosa. CERIVIKEHL has a tonic and eliminative action where there are inflammatory changes in the mucosa of stomach and gut. USNEA-BASAN and OKOUBASAN bind intestinal toxins and eliminate them. Enemas of water, teas, coffee, and colonic irrigation (colon hydrotherapy), with addedSANUM remedies, such as e.g. FORTAKEHL and NOTAKEHL, take care of the cleansing from distal.

2. Colon massage: massaging the intestines brings about a mechanical mixing and forward propulsion of the gut contents whilst simultaneously improving the flow of lymph.

3. Vomiting (Ipecacuanha)

4. Elimination of heavy metals,using USNEABASAN and OKOUBASAN daily, alternating with additional doses of ZINKOKEHL and SELENOKEHL, or with PLEO CHELATE; with preparations of algae, wild garlic, coriander.

5. Fruit and vegetable fasts: in this type of fast the enzymatic activity of the organs is increasingly stimulated, whilst at the same time withdrawing all foods of animal origin. The detoxification and purification of the body experiences optimum function, whilst the bulk provided by the vegetable food represents additional binding capacity for intestinal toxins and Gallic acid.

6. Stimulate and support liver function and detoxification by means of choleretics, e.g. botanical remedies such as St. Mary's thistle (SILVAYSAN) and Celandine, bitter teas made from Wormwood, Yarrow, Sage, Buckthorn bark, Dandelion roots, Agrimony, Centaury, Chicory. Highly recommended are liver compresses using only water, or with potato bags or sacks of hay.

7. Support the pancreas with PINIKEHL and ZINKO-KEHL

The route via the **lungs** is especially effective for the elimination of gaseous metabolic products, such as carbon dioxide, ammonia and alcohols. Along with these, solid and fluid components are channelled out of the body via the mucosa of the bronchial tree. LUFFASAN and CERIVIKEHL are special elimination remedies from the SANUM range of remedies for this organic area. The secretolysis can be stimulated and better expectoration of the secretions achieved by the use of appropriate herbal remedies in the form of teas and inhalations, or in homeopathic potency. (These include Thyme, Sage, Lavender, Elder, Ribwort, Mallow, Cowslip, Coltsfoot, Ipecacuanha.) Using the hot towelling roll it is possible to set up a suitable stimulus percutaneously, which likewise promotes excretion. Applied to the chest, packs prepared with Thyme tea, quark or similar substances are also suited to

promote elimination via the lungs.

The **kidneys** are important organs of elimination, through which excellent elimination can be carried out. The kidneys control the elimination of salt and water from the body, and thus osmolarity also, and the volume of the extra-cellular space. They are responsible for maintaining the acid-alkaline balance in the body. The main buffer of blood and interstice is the system: $CO_2 + H_2O = HCO_3^- + H^+$.

For a specified pH value of the blood, the relationship of the buffer base (HCO_3^-) to the buffer acid which goes with it (CO_2) – in this case – is laid down (Henderson-Hasselbalch's equation). The body's main buffering system is the CO_2/ HCO_3^- system, which is regulated via both the kidneys and the respiration. Apart from these, the most significant are the haemoglobin, the plasma proteins and the inorganic phosphoric acid buffers. To support the acid excretion via the kidneys, the alkaline salts ALKALA N and T are employed. This effect is supported by adequate quantities of fluids in the form of good spring water, fruit and vegetables rich in water, plus alkaline teas (Wormwood, Yarrow, Chicory, bean husks, corn silk and Meadowsweet) and alkaline foods (green beans, maize, parsnips, celery, potatoes, courgettes).

The kidneys are the elimination route for metabolic products (especially urea and uric acid). For these to be eliminated, a high fluid intake is also required, as well as the avoidance of the causative factors which result in increased formation of the metabolic products in question. Renal activity can be enhanced by energetic procedures (Acupuncture, cupping, Homeopathy), Reflexology and diuretic botanicals (Birch leaves, Golden rod, Nettles, Dandelion root, Berberis and Devil's claw). By the use of spleen-stimulating remedies, e.g. PINIKEHL, the kidneys are likewise activated. Sitz baths and foot-baths, plus compresses and packs, support renal activity and that of the urinary passages.

The **genitalia**, especially female, offer a superb possibility of elimination, even Hildegard von Bingen having recognised their importance in her day. In his writings Hippocrates gave a good deal of space to the restoration of the woman's monthly periods. Doctors of old had observed that a woman's well-being depended to a substantial degree on a regular detoxification via the menstrual flow. Nowadays we know that, via the menstruation, c. 250 ml. of blood are lost. This brings about a lowering of the hematocrit level and hence an improvement in the flowability of the blood. At the same time, owing to the loss of protein in the flowing blood, a suction is created, which results in protein reserves continuing to flow from the basal membranes, thus ridding the body of surplus protein. In this connection we speak of retention toxicoses, should the menstruation fail to appear, or if, in the menopause, correspondingly more complaints appear and these arise from insufficient elimination via the genitalia.

Externally emmenagogues may be applied in the form of balls of a suitable medication, or as oils – directly or on a cotton-wool ball – to the external genitalia, or taken internally in the form of teas (Fennel, Aniseed, Senna leaves and Aloes). These should result in hyperemia of the genitalia. Generally recommended are sitz baths (getting gradually deeper) with botanical additives or salts, blood-letting, cupping (drawing blood or dry, depending on the level of energy), leeches, Baunscheidt's cupping method and Cantharis plasters.

In all cases the flowability of the blood should be improved, and the two SANUM preparations MUCOKEHL and MUCEDO-KEHL with an appropriate diet are specially suited to this.

Pischinger's Basic Tissue is the crucial and pivotal point of all metabolic processes. Here it is decided whether health and well-being can be achieved in a balanced flow, or whether diseases appear. Regulation in the Basic Tissue occurs through the body itself; for us as therapists, the task is to stimulate the body to free up blockages and to render obstacles to cure recognisable.

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