



# **Taking the Load off the Metabolism through Elimination and Detoxification**

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## Status of eliminative procedures

Eliminative procedures are among the most essential components of a comprehensive treatment plan in Natural Medicine. Preferred areas in which these may be employed are, for instance, chronic illnesses, many orthopaedic complaints, and immunomodulation.

Even back in the days of humoral pathology, illness was conceived of as a disorder of the milieu, arising from faulty composition of the body's humours so that they become clogged. The unhealthy body needed to be cleansed, employing certain measures to channel noxious substances out and away.

In the final analysis, every form of treatment assumes that the organism's regulatory ability is intact. However, if the latter is disordered as a result of chronic overloading, the result may be a counter-regulation, or even regulatory stasis. We see a drastic increase in this in our practices. Not infrequently the cause of it is a disorder of the basic regulation in Pischinger's basic system. This basic system runs through the whole organism and consists of cells of the undifferentiated connective tissue, the capillaries and the autonomic nervous system's network of nerve fibres (cell-milieu system). It regulates the extra-cellular fluid which, for its part, represents the life-milieu for all the cells in the body. The cell and the extra-cellular space thus form a functional unit. The basic substance of the connective tissue constantly has to be detoxified,

de-acidified and, above all, kept viscous. If its function is disordered or if the eliminative organs are permanently overstretched, the interstitial connective tissue becomes a dumping ground for all the decomposed products which have not been eliminated. The basal membranes of the capillaries become thicker, one result of which is that transport of materials between them and the differentiated organic cells is made more difficult. Resulting from the non-physiological build-up of waste products in the connective tissue, a latent over-acidity develops. All these elements contribute to a situation where the system can neither remove metabolic end-products from the body, nor supply the cells with metabolic products in a suitable form.

The consequences of an ongoing overload of the basic system are chronic illnesses, whose localisation and progress develop according to the individual person's disposition. Not infrequently we find ourselves dealing with regulatory stasis, in which case, at the end of the day, even well-selected remedies achieve no lasting success. This is where we find the so-called "therapeutic failures". Thus Natural medicines prepared according to Biological principles can only work if, within the context of a stimulatory forwarding process or acting as a wake-up call for certain regulatory processes, they meet with an intact basic system. Looking at it the other way round, the vitally important intactness of the regulation of the basic system is of

course dependent on the proper functioning of the elimination of harmful substances from the body. It is a vicious circle, which is sometimes really difficult to break.

In this context, eliminative procedures not only represent an important therapeutic building block in the removal of reactive stasis, but are also an indispensable basic measure for improvement of the overall situation in the Pischinger space. Often they are carried out in conjunction with dietary reforms or other therapeutic measures, such as Phytotherapy.

## How illness arises

Pischinger's basic system regulates all functions which have to do with defence against imbalances. As mentioned above, disorders of the basic substance result in false information and, further down the line, to faulty direction of the sensitive regulatory circuits throughout the whole organism. This has nothing whatsoever to do with the intensity of pathological triggering stimuli, whether small or great. Depending on the shaping of and pre-existing damage to the regulatory system and metabolism, even very slight local stimuli may be enough to send the whole system off the rails. It is critical for the success of a treatment that the physical milieu be altered and any harmful noxae present be eliminated.

Initially all illnesses start out in a compensation stage. Admittedly, initial disorders influence metabolic events, but they can still be compensated by the organism.



Should this compensatory potential be exhausted, then regulatory disorders are the consequence. It is possible that those affected may not notice anything on the physical level at this stage. Noticeable organic illness only occurs when further overload ensues.

Graphic comparisons with the well-known "barrel of illness" suggest themselves: So long as the barrel is not full up, no pathological reactions occur. It is only when it overflows, for whatever reason, that the organism attempts to react, depending on its individual disposition.

### **Forms and channels of elimination**

The following organs or organ systems come mainly under consideration so far as elimination is concerned:

- the gut, with its incretory and excretory abilities.
- the skin, as the body's external surface, and the mucosa as internal boundary.
- the lungs, for elimination of metabolic products in gaseous form, such as carbon dioxide, ammonia and alcohols. The mucosa of the bronchial system exude both solid and liquid substances.
- the kidneys control the salt and water balances and therefore the osmolarity and extra-cellular volume. Just like the lungs, they are of significant importance for maintaining the acid-

alkaline balance. As well as this, they are the appropriate elimination channel for uric acid and urea.

- the liver, as the largest metabolic organ, is involved in almost all detoxifying processes.
- the lymphatic system, for drainage of the connective tissue, for transport of nutrients and evacuation of metabolic end-products.

Before resorting to eliminative measures, the therapist must be clear in his/her mind as to what can and should be eliminated. Both the organ capable of eliminating and the method selected must be suited to the individual's needs. An example: Should it be accumulated quantities of protein that need eliminating from the body, it is necessary to disconnect the body from any supply of such protein. Therefore the patient must keep to a suitable diet which largely excludes animal protein for the duration of the eliminative treatment. It makes sense at the same time to stimulate and support the detoxifying and eliminating organs: the liver, the gut and the kidneys. In fact, as the largest metabolic organ of a human being, the liver should always be a cornerstone of any elimination. Along with it, the lymphatic system should likewise be activated, from case to case, so that waste materials can be transported or the nutritional metabolism can be supported.

Numerous as the blockages, accumulations of waste and other

obstacles to healing in the body may be, the methods which Natural Medicine has at its disposal for treatment are just as numerous. As to which organ should be the main eliminative channel, this is determined by the patient's disposition and constitution.

In hot-tempered people, who tend to be over-stimulated, (rage, anger, emotions), detoxification via the liver is recommended. In cases where the liver is under-stimulated (hypokinesis, cold liver, bouts of depression), this organ should be specifically activated. In the case of allergic illnesses, stabilisation of the intestinal milieu is particularly recommended. Rheumatic illnesses, alongside a general re-tuning, often require elimination via the skin, and particularly via the kidneys.

Very frequently the activation and support of several organ systems will be necessary.

### **A case from practice**

A brief example from my practice will serve to show how individual the procedure can be when elimination is necessary:

Some years ago, a male patient came to consult me, complaining of pain in his hips and the small of his back on both sides. During the case-taking it turned out that he was very caught up in his work and - as he put it - "he had his engine running all the time", even in the evenings after work. Before taking his case I had carried out a darkfield blood investigation, and the immediate image showed



typical congestive problems. The blood was not mobile, it appeared static, though at the same time the blood was plentiful. Besides, typical phenomena such as coin-rolls, early stages of filite and symplast formation could be seen. The situation with the patient corresponded to this, by analogy: in his views and way of life he was quite inflexible, and he didn't know what to do with his congested energy. Up to that point the only safety-valve he had found for this permanent state of over-stimulation had been a verbal one: the patient had an endless need to talk. This talkativeness had become something like a character trait.

#### **The treatment plan consisted of:**

- Blood-letting, several times at intervals, 150ml each time.
- Dorn's method of spinal treatment; this released blocks in the lumbar region and others nearer the cranium. It even resulted in improvement in his longstanding constipation. Here the patient first noticed "movement" again.
- MUCOKEHL 5X and MUCOKEHL Excretion 6X, both as drops, for about 5-6 weeks, to improve the fluidity of the blood and to free up the congestion problem. From Monday to Thursday incl., twice daily 8 drops of MUCOKEHL 5X to be taken, and on the remaining days of the week MUCOKEHL Excretion 6X, 10 drops once a day, then once more for 4

days MUCOKEHL 5X, followed by 3 days of MUCOKEHL Excretion 6X, and so on. Parallel to these I prescribed SANUVIS (mixed potency), 50 drops twice daily.

MUCEDOKEHL 5X drops, 4-5 times weekly, to clear his mind, 10 drops each time over a period of 4 weeks altogether.

- St5 Berberis cp ISO, because of the predominant over-stimulation of the liver, 10 globules 3 times daily, for about 5-6 weeks.

Only after that did I begin a homœopathic single-remedy treatment, for which the patient had originally come to me on his own initiative: 1 dose of Lachesis 200C and after 3 months a further dose of Lachesis in the 1M potency.

#### **Some tips to keep in mind during treatment**

Elimination always entails a change of the mixture of bodily fluids, in order to induce a flow of energy or of harmful substances which need to leave the body. This always means an appropriate daily consumption of at least 3 litres of still water, (caution in the case of patients with high blood-pressure, cardiac or renal insufficiency); coffee, black tea and alcohol should be avoided or, better still, given up altogether. During elimination care should be taken that the stools also "flow", which means that constipation during this time

should be prevented.

Treatment or combatting of over-acidity of the physical milieu with alkaline powder (e.g. ALKALAN), dextrorotatory Lactic acid (e.g. SANUVIS) and an appropriate diet. Latent over-acidity is still under-estimated in practice and is frequently an ætiological co-factor in many chronic diseases (e.g. headaches, joint diseases/rheumatism, myogeloses, gastric problems, hypotonia, disturbed sleep, weariness, and so on). All excretion requires energy! In weakened patients, where the self-healing energies or vital energy are depleted, no eliminative treatment should be carried out during this stage.

The organs used as eliminative channels must not be over-taxed. Because of the consequent reduction in function, this could have serious knock-on effects, even on other levels, and would be counter-productive.

The most effective times for detoxification/elimination are the spring or autumn months, when the organism itself is preparing for a retunement of metabolism.

Particular attention must be paid to a balanced diet suited to the course and aims of the treatment, especially in the avoidance of animal protein, including any kinds of cow's milk dairy products.

#### **Elimination from an Isopathic point of view, using MUCOKEHL**

Congestive states of all kinds play a significant part in health



and disease of the organism. According to Prof. Enderlein's teaching, congestion is the basic event from which a wide variety of diseases arise. This is why the Mucor-cyclode, according to the principles of Pleomorphism, is also the primal cyclode, from which all the other cyclodes develop. The Aspergillus cyclogeny arises from the non-pathogenic stages of the Mucor cyclogeny (at the level of the oite), the Penicillin cyclogeny is likewise derived from the Mucor cyclogeny. Thus we can understand the saying: "No movement without flow". It is not until something can be "moved" that the rigidity, the congestion, the cramping, are resolved, plus possibly one personal attitude or another. Here too, Enderlein's biological medicine applies: it enables a balance of flow in all organic processes in our bodies.

For this reason alone, it makes absolute sense to include the preparation MUCOKEHL in Isopathic treatment, and of course in many eliminative measures.

Rigidity shows up in many different ways: not just in raised blood viscosity in the form of coin-rolls, symplasts, filites or rigid, immobile leucocytes in the darkfield image; no, we actually find stiffness of the joints and limbs, in bowel habit, in emotional rigidity, even in heart attacks and much more. An unnatural diet also results in congestion. Consider the excess of animal protein already referred to, which can form deposits and thus cannot be properly broken

down and excreted. The sequel to this includes signs of protein stockpiling (hypertonia, arteriosclerosis, myogeloses, thromboses, etc.) as well as latent over-acidity.

MUCOKEHL is eminently suitable for resolving these congestive conditions. However, in its use two things are indispensable: firstly a diet devoid of animal protein, so to enable the reduction of the high valencies effectively, for - as we well know - the human endobiont gratefully makes use of protein! Secondly, MUCOKEHL must be given along with the appropriate organic acid, in the form of SANUVIS, to make its action more effective in altering metabolism and the milieu. The active ingredient of SANUVIS is dextrorotatory Lactic acid in harmonic potencies (mixed potency); inter alia this serves generally to regulate the acid-alkaline balance.

MUCOKEHL may be given, for instance, at intervals on five consecutive days of the week, with a break for the following two days of that week, before continuing with it (this suggestion follows the example of Dr. Werthmann's schema). As a general rule, this gives the body the time it needs to rid itself of the metabolic waste products and the reduced portions of the Mucor high valencies, thus preventing an overload of the organs of elimination. In particularly stubborn cases it is advisable - in my experience - to give the preparation MUCOKEHL Excretion 6X on the two

"free" days (see the case above), as this works on a bio-logical basis with the so-called antichondri-tines.

As an adjunct to the eliminative treatments mentioned, HEXACYL is another efficacious remedy from SANUM-Kehlbeck. HEXACYL promotes a cleansing of the bodily fluids in many different ways and can free up existing congestion: by the action of its constituents, Lycopodium (as mother tincture) and Berberis (as mother tincture) it supports both liver, gallbladder and kidneys, whilst Sulphur (in the 4X potency), a further ingredient, stimulates the metabolism, resulting in a complementary regulation via the skin.

### Summary

An all-embracing and careful treatment should always be carried out bearing in mind any previous or accompanying elimination. Eliminatory disorders are almost always linked with congestive states. If these are not or only inadequately tackled, it is hardly possible to achieve a lasting success with one's treatment.

In this sense, elimination means something like an effective preparation and accompaniment of the treatment by the practitioner. Of course, it also includes the removal of inflammatory events or foci, the establishment of an acid-alkaline balance and the cleansing of an unhealthy intestinal milieu. Every biological treatment naturally produces an increase of waste products in



the body, releases toxins and, for these reasons, may lead to congestion and blockages.

Now it is not difficult to draw a comparison with Isopathic treatment, for regulatory therapy according to Prof. Enderlein's

discoveries is, after all, a special form of biological elimination, whose aim is, for instance, reversal of the evolutionary development and elimination of pathogenic, cyclogenetic and highly evolved forms, whilst at the same time restoring symbiosis.

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