ORGANOTHERAPY

DRAINAGE

Drainage means to remove, to excrete which will optimize the function of the organs and the system and to increase their function without going into burnout. Drainage, although this is what it leads to, is in fact a stimulation and optimization of function.
This is only possible once the organotherapy has begun to act to repair the organ. However there is no need to wait until the repair is fully completed because that can take a long time to start with the optimization and stimulization.
Except for Sarcodes, most Organotherapic remedies are also Drainage remedies; the opposite is not true. Not every drainage remedy is an organotherapic remedy. It can be a simple stimulant., not necessarily involved in the repair of the organ. That is why it is important to do the treatment in the proper order.

Repair the organ with organotherapy, and optimize its function (drainage). Might need sarcodes and different remedies to enhance the organotherapy and the drainage.

An organ that has repaired and recouped its original functionality will start to function immediately. For example if the kidneys are borderline and have gone through even the beginning of organotherapy they will immediately excrete more and filter more without any more stimulation but that will be a very slow process and often the disease/the pathology prevents 100% recovery of the function and anatomy of the organ. That's why once the organotherapy has started, the stimulation of whatever is left is necessary.

There are different techniques that can be used, and it is possible to use all of them together. Choose what is most comfortable for the person needing help:

nutritional
herbal, phytotherapic
gemmotherapic
homeobotanical
homeopathic
osteopathic

NUTRITIONAL DRAINAGE

Cleansing with Fasting

Organs and systems are very often blocked in their function by toxic foods – foods that are not made for human consumption; or that are themselves lacking in nutrition, in essential nutrients; or are simple junk food. One of the ways to start the drainage will be by removing the toxic food, and the easiest way – but not often really well-accepted is through fasting. You do water fasting, but add some lemon juice in the water and other juices to make it more palatable. Fast does not have to be long – 3-5 days and they might have symptoms like headaches linked to the withdrawal of craving of toxic foods. There is no influx of toxins anymore and the organs and systems start excreting their toxic load, which goes into the bloodstream and can cause dizziness, headaches, nausea. So you need lots and lots of water to help eliminate this, be at rest, not start working or doing exercises, stay at home, pamper, relax.

Once the fasting is finished, start reintroducing with juicing, esp. veggies like cabbage, broccoli, spinach, whatever is green, adding carrots and fruits like apples to modify the taste. For constipation you can take Vitamin C to bowel tolerance, in other words, don't go into diarrhea, just take enough so stool starts being soft. You may need up to 50,000 or 60,000mg a day (despite convention opinion, this is not toxic) and this can be achieved with soluble powders added to drinks or juicing. Magnesium chloride or glycinate which is a chelated form but has less influence on the bowel(400mg day) also works well for the bowel motion.

<u>Using cilantro and chlorella to detox heavy metals:</u>
Cilantro should not be given without first giving Chlorella
Start with 2 tabs Chlorella 3 times a day regardless of what the label says
On second day start with cilantro – one single drop of cilantro in ½ cup water

Increase very slowly
Continuing with increasing intake of Chlorella until reaching 18 tabs (depending on situation and patient) or feeling it is too much to cope withdrawal
Constipation should not be permitted
Maximum dose is whatever is tolerated, cilantro is powerful. Chlorella is not toxic in itself, it is the attraction of the metals that can create problems.
Take this protocol until you feel or have proof the metals have been cleared.
Go to the bathroom ideally after every meal: 3 meals a day = 3 bowel movements
No snacking – there should be nothing for chelated metal to hold on to and be reabsorbed
Take cilantro after chlorella reaches the small intestine (couple of hours)
Can this be done before bedtime: yes if you take the chlorella early enough
Merc Sol will help the cells and organs to expel mercury, cilantro will do it elctrochemically without the assistance of the cells..so it is a choice and a good option if cilantro is not available.
Preference is for using the Fibonacci potencies.

HERBAL (PHYTOTHERAPIC) DRAINAGE

Cleansing with Herbs

Many herbs are repeated, almost identically, as homeopathic remedies. However homeopathic means 'same suffering' and the prescription will be a lot more precise and depending on the symptoms and signs you can elicit from each organ or system.
The more the remedy is specific, the lower the dose you need. Years ago, Henriette Kress the famous herbalist, was asked which is the minimal dose that is active in herbal medicine and she answered "One drop if the remedy is totally indicated" so for a herbalist to say that, leads us to believe there is the same precision in proper herbalism as there is in homeopathy which is why we call her a homeopath.

In herbal medical school we learn to give 5 ml of herbal solution, 3 times a day. However, sometimes an indicated remedy works better if the dose is divided into 6 – 8 times a day. There is no strict rule.
If you treat children, adapt the dose according to body weight, and take into account the metabolism of children is faster and often stronger so they might do well with a little bit more than the calculated dose. To be on the safe side, start with the lower dose, increase according to the result.

Alternative Herbs for Drainage

These have general activity, not necessarily focused on one organ or one system, despite the fact that every herb has a trend towards an organ specific. These remedies mobilize deeply embedded toxins and recirculate them. They also detoxify but as they stimulate very strongly the organs in order to do that detoxification and recirculation, we classify them as drainage remedies – realize that all those classifications are pure artificial.
Alternatives mobilize already toxic products and can immediately create an aggravation when they go back into circulation. It is not a side effect, it's an action, a wanted action, that is slightly too strong. If the patient feels like that, just drop the dosage down, eg. If you are giving 5 ml TID, instead give 1 drop TID then raise progressively how fast, depending on how much the person receives and how the person reacts. The kidneys and liver should be functional before we start alternatives.
Associate those alternatives to diuretic remedies increasing the excretion through the kidneys, and choleretic remedies increasing the bile secretion because the liver is also one of our major filter and detoxifier. Increase the functions to remove toxins faster from the bloodstream and the intoxicated sensation, side effects, are less and the cleansing is a lot faster.

Burdock/Arctium Lappa: tissue cleanser focusing mostly on connective tissues but will have action everywhere. A weak diuretic and because of its connective tissue cleansing action, it will have a potential for aggravation at skin level (skin being the 3rd kidney). If kidneys not properly functional despite diuretic action of Burdock, toxins will tend to eliminate through the skin, through perspiration, and then give aggravations. Its action is wide, very general, and should be part of every drainage and detoxification protocol. If you only could use one herb, then use this one.

Calendula Off./Marigold: Well known as a skin repair, used locally as an ointment but also good internally for any skin problem. Prevents formation of excessive scarring when used after injuries or surgery. For us in drainage its potention is the lymphatic system and the lymph nodes. That does not

mean it will remove lymphedema if the lymph vessels are blocked or whatever reason, surgical, radiotherapy or scarring. It means that it stimulates a sluggish lymphatic system to accelerate the circulation permitting faster drainage of the connective tissues. Also is anti-inflammatory, anti-microbial and anti-viral.

Equisetum Arvense/Horsetail. A gentle diuretic, but powerful. Repairs connective tissue due to its high content of silica. Helps maintain elasticity of the tissues and often associated with Burdock which drains the connective tissues. If you have lead poisoning, horsetail helps remove lead from the tissues.

Fumaria Off./Fumitory is not much used. It is called amphocholeretic meaning it regulates function of bile secretion. If there is too little bile secretion by the liver, it will increase it. If the liver secretes too much bile which is kind of difficult to achieve, it will lower it. Therefore it restores the function of the liver to normal. It is also sudorific, meaning it increases perspiration; and a diuretic, increasing secretion from the kidneys. So you see it works on the 3 main emunctories of the body: liver, skin and kidneys. It is generally recommended for skin drainage. The effect on the skin is due to its wide range action as a remover of toxins. It has been redirected to the kidneys and liver and does not have to go through the skin any more, even though the sweating process is increased.

Gallium Aparine or Cleavers: Empirical alternative. Everyone uses it but there is not much written in the literature. It is suppose to be a diuretic. Used when you have problems on the skin; when ulcers there, inflammation. Also when you need to drain the lymph nodes, esp when the lymph nodes are enlarged for some reason. It is said to act well on breast lumps but be careful with that, make sure there is no cancer in the breast before you start playing with remedies. Clinically it is very effective. The action on the skin is through diuresis, through elimination of toxins by the kidneys and through stimulation of the lymphatic circulation by stimulating the action of the lymph nodes.

Iris Versicolor/Blue Flag: liver remedy. Increases bile secretion, being a cholagogue, also a laxative. The more bile that is excreted in the intestines, the faster the circulation in the gut works. It prevents constipation. Iris Versicolor is also a lymphatic drainer, acting on the lymph nodes and lymph vessels; and a diuretic. It works on major emunctories: liver and kidneys, whereas it increases lymph circulation, allowing all other organs to dump their contents into either circulation or even the interstitial fluid to connective tissues. That is the role of the lymph system, to remove toxins. Therefore, Iris Versicolor is indicated in skin and liver problems.

Rumex Crispus/Sorrel: a diuretic. Can be used in salad or as tincture. Careful because it is rich in potassium oxalate and can create calcium oxalate stones in the kidney. If using this herb make sure the kidneys are functioning properly and there is plenty of fluid taken in while using.

Solanum Dulcamara: Dulcamara for homeopaths, or the Bittersweet plant. Basically a diuretic, also one of the most powerful anti-dyscratic and alternative remedies. Stimulates whole metabolism. According to some, has some toxicity if taken in large doses. Some say it can cause central nervous system to be excited, tongue paralysis, aphasia, vomiting, dizziness, pupil dilation, convulsions. Especially in children who are overeating the ripe berries of the Bittersweet. The only real precaution is during pregnancy. If you are worried about legal problems, use very small doses, increasing as needed or use the potentized form (homeopathic) which rarely gives toxic problems.
This remedy according to Commission E is for skin problems like eczema, furuncles and acne. Skin problems being the external aspect, the visual aspect of intoxications. Clinical indication in the mindset of 'this for that' is we use this remedy for that skin problem, whereas the real action is a lot deeper.

Scropularia Nodosa/Figwort. Claims to be specific for the lymph and skin. Many claim is works not through stimulation of the system, but through irritation of the lymph system. When you irritate a system it starts working a lot faster in order to remove the irritation, but this is not what we try to achieve. You can use this remedy to kick-start the function of the lymph but not use it chronically. Just use for a few days or week, then switch to other lymph drainers.

Trifolium Pratense/Red Clover (or Purple clover): Well known lymph drainer. Main use apart of accelerating lymph circulation is to remove heavy metals from the body. It doesn't distinguish between

different heavy metals, it is king of a general heavy metal cleanser. We all carry a load of heavy metals in our body due to air, water and food pollution. So it is a good remedy to add to any drainage.

SUMMARIZE ALTERNATIVES: These are powerful remedies. Respect them but don't fear them. Use them liberally, adjust and adapt the dose. With some experience you will be a lot more liberal, and sometimes a bit careless, then you will be reminded of the power of the alternatives.
Most alternatives are 'movers and shakers' and can influence any part of the organism. They are not totally interchangeable, but if you cannot acquire one, you can use another and eventually it will do its job. You can use them on their own, but better to associate them with more specific remedies targeted towards organs either in the same bottle or in separate bottles for synergistic action.

GEMMOTHERAPY

Can be used for drainage. We have a limited number of remedies, only 51 so far. Some like Crataegus or Hawthorn are well known but when used as gemmotherapics or as tincture of the buds, they have shown new properties, not previously known. Others are a more powerful sum of their components, acting deeper and stronger than simple tinctures. The buds contain all the potential of the full gown plant or tree. It is based on this principle that the gemmotherapic remedies have been created by Pol Henry, then expanded by Max Tetau.
I have published a book called Dynamic Gemmotherapy which can help you understand using these as remedies. They powerful and safe and worth knowing.
Dosage is 50 drops TID in small amount of distilled or reverse osmosis water. Best taken before meals, holding solution in mouth for a minute before swallowing to help absorption. You can mix different Gemmotherapy remedies together for combined effect.
In the book Beyond Gemmotherapy 1DH = 1X = 10 times more than the concentrate, so he recommends 100 drops for an adult at one time, or go in divided doses if prefer. If giving more than one gemmo at a time, do one in the morning, one at noon, one in the evening and in between if using more than 3.

Betula Pubescends (white Birch Bud). Stimulates immune system, esp. liver, lymph and spleen . In the liver it promotes strong macrophagic actions to stimulate catabolism of ureas, uric acid, cholesterols and is a major anti-toxicant for the liver.

Beta Pubescens (Sap) . Good remedy especially in spring when sap flows. Used as kidney drainer and helps clear uric acid in rheumatic conditions. Metabolic draining of the sap is powerful, it can decrease uric acid levels up to 20-30%. Also potent diuretic helping the complete emptying of the urinary bladder.

Castanea Vesca (chestnut Bud) is circulatory remedy on both sanguinous and lymph. Tonifies venous sytem. Remedy for heavy legs, lower extremity edema, varicose veins, varicose ulcerations, lymph stagnation, extremity engorgement due to sluggish lymph.

Fagus Sylvatica (European Beech Bud): fibrosclerotic terrain remedy. Stimulates renal by increasing urinary output, decreasing uric acid, ureas, creatinine and renal lithiasis as well as renal sclerosis and glomerulonephritis in repetitive or terminal collibacillosis and nephritis syndromes.

Fraxinus Excelsior (Ash Bud) Kidneys. Deep depurative actions on kidney, catabolizing nucleoproteins, increasing diuresis, aiding in elimination of excess uric acid.

Juniperus Communis (Juniper Young Shoots) Depurative, vulnerary for liver, gall. Helps diuresis in kidneys, to aid in eliminating uric acids. Do not use if kidney cancer.

Lonicera Nigra (Honeysuckle Young Shoot) There are over 200 species, the Nigra is one of the rarest – lovely scented but its black berries are toxic). Drains liver and kidneys, less powerful then Juniperus Communis but added component to calm the nerves esp. when combined with Tilia Tomentosa if muscular and nervous cramps. Through its general hepatic, renal and nervous system actions, it is indicated in cases of colbacilosis, tonsilitis, emphysema and urinary and hepatic manifestations and splenic inflammation. Not for use in children.

Prunus Amygdalus (almond bud) anti-sclerotic, cardio, renal. Helps eliminate excess uric acid. For renal sclerotic plaques, elevated renal amylase and cholelithiasis.

Sorbus Domestica (service tree bud) Tons vein walls. Lymphatic Congestion.

Ulmus Campestris (European field elm bud) Kidney and liver drainage in metabolic skin conditions. Good for weeping lesions like eczema, acne, herpes, psoriatic lesions. Affects through catabolic actions the nucleoproteins, uric acids, metabolites, and excess lipids.

HOMEOPATHIC DRAINAGE

There are 2 type of homeopathic remedies – the drainage and the channelling remedies.
When an organ is drained, it becomes more sensitive to the simillimum, to the real simillimum, as would say the classical homeopathics to the totality, which is then working better, faster and deeper with less or no aggravations because a big part of the aggravations is caused by the toxin liberation from the different organs and systems. If those organs and systems have been drained, they are free of toxins, they will not liberate them, and you won't have aggravation.
A drainage remedy causes specific functional stimulation of the target organ, because the remedies are specifically selected to local or local regional symptoms and signs or to their non-physiological activity. Therefore, the drainage remedies are local simillimum that cover only the local symptoms. Chanelling remedies on the other side won't control the effect of the simillimum by modulating its action. That's why what you use in chanelling remedies are complementary or antidotes to the simillilmum. The channelling remedy is going to direct or control the action of a remedy slowing it down to tolerable levels.
The channelling remedies modulate the action of the deep acting remedy and in doing so, theoretically avoid aggravations. Eg. If patient needs Lycopodium but it is acting too strong, you can give Chelidonium. Why? Because Chelidonium and Lycopodium share many symptoms and signs in the provings and in the repertories; whereas Chelidonium is very specific to the liver and very often if you start with Chelidonium, all the symptoms related to Lycopodium are going to disappear.

Another example is Sulphur and Aloe when talking about morning diarrhea. The Aloe Vera is going to control the action on the intestines. At the same time, by using Aloe vera or rather it's Aloe Socotrina, before giving the Sulphur, the colon will be prepared and the Sulphur might not create any diarrhea. You find those channelling remedies in the back of some of the repertories and Materia Medicas like Boericke and Kent. Those remedies, are in a relationship between remedies – they are either 'complementary' remedies (makes sense), 'following well', and also at the same time very often these remedies are called 'antidotes'.
A question asked about drainage remedies are which potencies to be used. Everybody has used any potency, and every practitioner describes good results. The low Cs are generally used under the concept that they are very close to the herbal remedies or minerals. They have more local, physical, physiological action. Experience however has shown that is not always true.

The same thing has been said for medium potencies. So you might use either a 6 or a 30, and its going to work. Many others have been using ascending potencies, 30,200, 1M and 10M. The humps between those potencies are quite remarkable, if you are certain that you have those potencies as real potencies – meaning how do you know you have a 10M if you haven't prepared it by hand yourself? But that's another problem. It has worked. I have used that for many years with pretty good results.

It is often better to use water potencies. The use of LM potencies or Q potencies is useful to understand that drainage can be done with almost any potencies because an LM potency is in fact a linear way to use remedies. Whether you start from LM1 and go to LM2, LM3, LM4, LM5, up to LM30; or you jump to potencies starting with LM3, then LM5, then LM7, at the end of the day what you have is a straight line and a slowly increasing action on an energetic point of view, but it's a straightforward.

For the last 7 years I have been using the Fibonacci series putting them together in what is called plasma potencies. The Fibonacci series, I use the lower part of it – 3, 5, 8, 13, 21, 34 and sometimes 55, just because I don't want to go too high and I just might be wrong. I use those with liquid potencies, meaning a dropper. One drop 2,3 times a day.

Because the Fibonacci series is a synergistical method, as you can learn by reading the potency and the

follow up in the book 'Third Millennium Homeopathy', it works pretty well; fast and deep. It is sometimes recommended to use all water potencies, that means putting one drop in a glass of water, then taking a teaspoon of that glass of water 1,2, or 3 times a day, especially with weak and fragile patients because the Fibonacci potencies act very deeply. I have not seen a serious aggravation.

Summarize:
The homeopathic drainage – we can say that we use dynamic remedies for organs and functions.
The smaller remedies that we tend to use instead of the polycrests are focused ones. However it is often possible to differentiate between the action of the drainer and the action of the simillimum if you give them together. That's not always possible, esp. if the simillimum also covers the organ or function you are draining. So, do the drainage or start the drainage first of all, and give your simillimum a little bit later. It might delay a little bit your treatment but you're on safer ground.
The drainage remedies will clear the way for the simillimum and make the simillimum act better and deeper, and the drainage remedies are also respecting Hering's Law. You will have drainage of deep and important organs before having drainage of the skin. Therefore during the drainage you can have skin aggravations that will be very mild if the emunctories have been repaired through organotherapy and taken care of/improved with drainage remedies that are specific to them. But still it can happen and the patient should be warned. When we go through each organ and each system, specific remedies will be quoted.

OSTEOPATHIC DRAINAGE.

I had a bout of patients who were not reacting to my treatments. When I asked why, what did I miss, it turned out I didn't check their spine. I started to check their spine and found there were blockages here and there which I could barely recognize because at that time I used methods we learn in orthopaedic medicine and sports medicine. So I sent those patients to an osteopath and he adjusted them. Then came back, received the same remedy and everything worked. How did that work?
There are neurological circuits between the organs, the deep viscera and the spinal cord. That circuit and those circuits can be interrupted or perturbed if there's a little bit of disturbance in the alignment of the joints, and especially of the vertebral joints. Even though they don't show on x-rays and they are therefore theoretically not relevant, they change the local tensions, meaning they change the electric currents, meaning they perturb the functioning of the nervous system, meaning they perturb the functioning of the organs.

I was working, so I decided to try to learn that myself. Typical osteopathy with their high-velocity, low-amplitude manipulation I couldn't study, but I started studying Ortho-Bionomy, called the evolution of osteopathy, created by Osteopath and judo instructor Arthur Pauls, who found that using positional release and following the patient, not just putting the patient in a certain position, was possible to restore function and remove little misalignments at the level of every joint and every muscle and tendon. Because the adjustments are very minimal, you barely feel them, you actually don't feel anything. The patient would say 'well you didn't do anything; you just held me' and that is true. This is Ortho-Bionomy, aka homeopathic osteopathy.

VISCERAL MANIPULATION

Then I discovered Jean-Pierre Barral's visceral manipulation. Barral is a French osteopath who realized they were adjusting spines and putting back visceral functions to good use and then it recurred again and again. So he came up with the idea that actually the spine disorder was not the primary problem, but was secondary to problems at the level of the viscera. He described two types of natural motions of the viscera: the mobility which is the macroscopical movement of the organ, the one you can feel eg. In a deep inspiration, you can feel the liver coming down between your hands, and then what I would call the microscopical motion or rather the energetic motion where the organ has a kind of energetic motion; called 'motility'. When either of those or both are blocked, then the wrong signals are sent to the spine and often the vertebrae are mobilized very, very slightly - it's a level of a few microns – giving also local symptoms. What Barral recommends is to first mobilize the viscera, restore mobility and motility, then recheck the spine. Very often those misalignments will have disappeared.

This is fantastic because you can use only your hands and you don't need medications, drugs, remedies, herbs or homeopathy, but you need to correct the nutrition. I still add remedies, but I kick start the drainage and detoxification with just a few manipulations.

CRANIOSACRAL

Then I went into craniosacral therapy which has the ability to restore the function of the nervous system that is perturbed. At a deeper level, craniosacral therapists can enhance the function of specific areas of the brain and I have been able to restore the function of the pituitary and hypothalamus just with my hands.

EXERCISE

Some forms of exercise are also linked to osteopathic medicine, like Tai Chi, Qigong and Yoga in which stretching and certain positions have an influence on the acupuncture meridians, which have an influence on the function of the organs. I regularly send my patients to classes of this type. If they cannot go or are too frail, I teach them a few specific techniques to help repair and recuperate faster.

DEEP BREATHING

The most forgotten of all the techniques is deep breathing because when you use your diaphragm properly, it creates a mobilization of all the thoracic and abdominal organs be they intra- or extra-peritoneal, meaning that also the kidneys and adrenals will be stimulated and it's a kind of gentle inner massage just by breathing deeply and slowly. This has increased the speed or I would even say cure for my patients.

RECAP

Drainage starts with organotherapy. It completes and intensifies the effect of organotherapy. They are linked, cannot be separated and if you try you are bound to have lesser action and not good outcomes.
Drainage restores the healthy functions of organs and the system, starts the detox process.
Drainage will clarify the symptoms and signs, leading us to what I would call the essence of the patient without parasitic symptomology. Why would I try to treat the symptoms caused by gluten when the person does not need to have gluten? The symptoms caused by gluten or sugar or dairy or whatever else do not belong to the patient, they belong to the toxic product that has no room in the patient's life.
Why would you want to treat all the organs and systems? You will not only go through the liver, kidneys, skin and colon, but the heart, brain, bones, joints, hemorrhoids, veins and so on because all organs and systems are linked and all of them can be intoxicated. Those patients will have symptoms linked to those non-drainage, allegedly, organs and even though they aren't apparent at the beginning, as soon as some organs are repaired, the problem will appear into the other ones.
You can say you will just do the drainage/detox of the major organs, then go to the simillimum or whatever else you do and it will settle itself. It very often happens, but why not do it faster? It is for example important to restore the function of the heart because the heart will create the circulation of the blood and therefore will help all the remedies to arrive properly everywhere. Why drain the bones? Because the bones are very often a reservoir of toxins and especially heavy metals. So you want to optimize their function. Therefore you will have a more rapid recuperation. Drainage opens the way to core and miasmatic treatments, if you need them, if the patient wants to have them. This is a totally different subject, but you will have better, faster and deeper results if you start your treatments with organotherapy, drainage and detoxification.