

Joe Rozencwajg

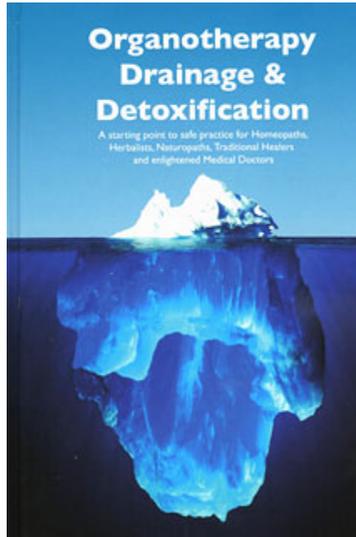
Organotherapy, Drainage & Detoxification

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Organotherapy Drainage & Detoxification

*A starting point to safe practice for Homeopaths,
Herbalists, Naturopaths, Traditional Healers
and enlightened Medical Doctors*

Dr. Joe Rozencwajg, NMD

Emryss Publishers

FOREWORD

This book started as a compilation of my own practice. As far as I can remember, I always used some form of preparation for the in-depth treatment after a few patients suffered aggravations from the right remedy. Then I started being asked about this or that form of drainage, how to detoxify and was it a real thing or just a New Age fad. Eventually I thought it would make sense, and life easier, to put some order in what I was doing. While doing that I realised that over the years I had indeed accumulated a lot of knowledge and techniques that needed some order and logic. At that time I wrote an essay for our local homeopathic journal, Homeopathy NewZ, which you will find, however modified, as the first Introduction.

I also came to see that there were lots of correlations between different methods; that they were synergistic but that every type of practitioner, homeopath, herbalist, nutritionist, naturopath, was often doing his own little system without daring to investigate what others were using. What a waste! And moreover, many of those techniques were written, used and described in other languages. Surprisingly, nobody ever bothered to translate any of them (except Dr. Maury) and to put them together so that they could be learned and used as an addition to one's core practice.

So here it is. Without pretending to be complete or exhaustive, there is a lot of material, techniques and references.

Might I suggest you put aside any preconceptions and read it fully? Then try to use any technique you feel comfortable with or which is the closest to what you already know. After that, try some other ones. Your patients will be ever so thankful.

By the way, English is not my mother tongue, so, if you find grammatical errors or some style of writing that is not the Queen's English, bear with me, please.

Dr. Joe Rozencwajg, NMD.

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FIRST INTRODUCTION

MAINLY AIMED AT HOMEOPATHS (BUT USEFUL FOR EVERYONE)

Homeopathy is the treatment of diseases by remedies chosen according to the Law of Similars.

All Homeopaths agree on that. Well....most of them.

But is that all?

How comes that sometimes a remedy, obviously well chosen, works poorly? And this even when the choice is checked by colleagues and teachers, and the same remedy is suggested?

How comes that a well-chosen remedy sometimes gives terrible aggravations? Wrong potency, wrong dose, are we told. However, is that really all?

Hahnemann, Kent and most of the contemporary Classical homeopaths advocate the use of a single remedy without any interference from any other form of treatment.

That is an ideal.

But is it always attainable? And is it always justified?

In today's world, we are confronted not only with diseases, acute or chronic, but with a slow intoxication (intoxication is the introduction of external harmful compounds in the organism) and intoxication (intoxication is the flooding of the organism by internally produced harmful compounds, including bacterial toxins) of our organisms, a slow, subtle, insensible but all pervading and almost unavoidable poisoning: adulterated food, water polluted with the best of intentions (Cl, Fluor), polluted air, EMF from computers, TV, phones, power lines, vaccines and medications, etc,...

Our "Lebenskraft" (I am using the German word *Lebenskraft* instead of Vital Force because there has been too many arguments about what Hahnemann really meant by this word, and so many different translations. I do not want to become entangled in useless semantic arguments), Life Energy, *Ki*, *Prana*, *Ruach*, whatever you want to call it, is busy fighting the poisons and the diseases with the help of most of our organs.

To treat with Homeopathy, we introduce an artificial disease that is supposed to displace the natural disease. But it does not do that on its own; the remedy needs the involvement of the *Lebenskraft* and the active participation of all our organs.

What if they are too busy just maintaining life? Wouldn't that explain why a well chosen remedy does not work?

What if the supplementary imbalance from the remedy just pushes some organs into a totally chaotic answer instead of starting the repairs? Wouldn't that explain many unexpected aggravations?

Wouldn't it make sense to prepare the body to heal? Isn't it logic to optimise the function of each and every organ before the "real" treatment starts?

That is the purpose of Drainage, Detoxification and Organotherapy. And it is nothing really new, it was well done and codified by the French School of Homeopathy with famous names like Fortier Bernoville, Duprat, Vannier, Conan Meriadec, Michaud, Allendy, Bastien, Barbier, Nebel, Rouy, Zissu and many others.

Many Classical Unicist Homeopaths claim that the Simillimum is its own draining remedy.

Yes. Maybe. Sometimes.

Undeniably, there are situations where the correct remedy restores the normal physiology and functions so that total health is restored, toxins, poisons, metals, xenobiotics are eliminated and everything is running smoothly forever after.

Are you willing to gamble on this affirmation?I am not!

I see too often patients receiving the correct prescription without any reaction or at best a very weak one indicating that the remedy was indeed correct but also had its action inhibited.

If I can avoid aggravations, complications or lack of efficiency, if I can speed up the recovery of a patient, then I will use whatever is needed.

There is no contradiction between Drainage and Hahnemanian Homeopathy.

One prepares the way for the other.

It is true that sometimes, by unblocking the function of the organism, the *Lebenskraft* is freed to perform its original task and produces a cure, or at least a sensible amelioration without the prescription of a Simillimum. So what?

Isn't that in absolute agreement with Paragraph 1 of the Organon? "The physician's highest and only calling is to make the sick healthy, to cure, as it is called".

And indeed detoxification is nothing else but the removal of obstacles to cure.

When you plan a long trip in your car, don't you check and repair it beforehand to ensure a safe trip? Why would you do that for your car and not for your body?

SECOND INTRODUCTION

AIMED AT OTHER NATURAL MEDICINE PRACTITIONERS
(BUT HOMEOPATHS COULD LEARN SOMETHING FROM IT)

Detoxify! Purify your body! Clean your organs!

Our patients are swarmed by advertisements and articles trying to sell them products with health benefits centred on the concept of being full of harmful substances that need to be removed.

And many are trying, eventually arriving at the clinic with bags full of empty boxes and no results whatsoever.

We know there is truth in the “cleansing mantra”, but we also know we need to give a precise treatment, individualized to the need of each and every patient according to his history, his clinical condition, his pathology and his desire to explore one way rather than another.

Yet most of the prescriptions I see are trademark products, the latest combination or the latest special juice from an exotic place, or whatever else. They might work but there is rarely any logic in the matching of the patient with the product, except maybe the financial logic.

As health practitioners, as professionals, we are bound to understand not only the patients’ problem but how our remedies, drugs, medications, techniques, whatever we use, work, what they do exactly, when to use them and when not, why use them and why not.....That is the aim of this book.

Not to teach a technique. But to explain how to use what you already know in a proper way to achieve a proper, effective and safe detoxification; and maybe also to show how others do it and encourage you to explore more in depth different avenues that can complement what you already do. You would not be reading this if you did not want to enhance your knowledge.

Homeopaths will find dynamized remedies, Herbalists will find phytotherapeutic and gemmotherapeutic remedies, Osteopaths will find some organ adjustments, Naturopaths will find Nutrition and all of the above and everybody could learn about little known but very useful techniques like Lithotherapy, Oligotherapy, Gemmotherapy, Homeobotanical Medicine and others.

You will also see the links between those different approaches and how they can blend with each other without losing their individuality; and you will be able to offer different possibilities and alternatives to patients who might be scared to try some of them for whatever reason.

No book can claim to be complete and exhaustive; this one is not different. You might have a very successful way to detoxify that is not listed here. Fantastic! How about publishing it? You might know of yet another herb that could help; let me know.

This work is based mainly on my personal experience backed by the vast amount of knowledge and clinical experience of Masters of the Art of Healing. It still is and will continually be a work in progress.

PRELUDE

How did we get there anyway? How comes that earlier practitioners were able to treat many diseases with just a few remedies, and we, with all the accumulated knowledge of centuries of practice and with all the progress in knowledge, cannot match their feats?

As I wrote in the introduction, it is exogenous toxicity. Let me be rude, crass and vulgar for a moment: *we are completely screwed, we are in deep shit and we have nobody else to blame but ourselves!*

That does not mean that ONLY exogenous toxins, metals, poisons and xenobiotics are the culprits in the world's state of health and that all the natural techniques we use are worthless UNLESS we remove them; daily practice shows that this is far from the truth. Nevertheless, many cures could be accelerated or completed with a good cleansing.....

Genetics, constitution, diathesis, miasm, terrain, whatever you call it, is modified by exogenous toxins:

no matter how strong our genetic background, our constitution is, a poison remains a poison and will act as a poison, all the time, every time it is the interaction of the poison with the terrain/constitution/genetic that will create either a specific disease or a specific weakness that in turn will allow a disease to emerge. Removing the toxins, or at least lowering their level and influence, allows the body to go back towards a more "virginal" terrain that can then be treated more easily with natural (meaning reinforcing the normal, healthy physiological activity) medicine. Not doing that explains partial results and failures in the hands of the best practitioners.

Let me give a few examples of what modern day living and technology is introducing in our bodies and the result thereof, without writing a textbook of toxicology. When looked for, all those substances are found in our bodies.

Dioxin: cancers, brain damage, endometriosis

PCB: leukaemia and other cancers, heart problems

Pesticides and Insecticides: CFS, Parkinson, bladder and colon cancer, other cancers, heart pathology

Phthalates (leaching from plastics): hormonal modifications

Styrene and Benzene: hepatitis, leukaemia, encephalopathy, paralysis, convulsions, arrhythmias, cancers, CFS

Toluene: nail deformity, menstrual disturbances, liver destruction, haematological problems, MI, depression, paraesthesia, neuropathies, CFS

Vinyl: cancer, birth defect, genetic damage, auto-immune diseases

Xenoestrogens (mainly phtalates): mimics estrogens and cause early puberty, endometriosis, and gynaecological cancers

Fluoride: behavioural changes, arthritis, bone cancers (osteosarcoma), heart, brain, kidney injuries and hormonal changes, thyroid dysfunction

Chlorine: increases cholesterol level because of direct damage to vascular endothelium (cholesterol is used to patch the damaged wall); transformed into chloramines and chloroform when comes in contact with proteins, becoming a carcinogen; thyroid dysfunction

All the heavy metals: aluminium, arsenic, cadmium, lead, mercury and many others are often the “undetected and not thought about” cause of multiple diseases in each and every organ and function of the body; just look up the table of contents of an Internal Medicine textbook, many if not most of the diseases listed there can be mimicked or caused by heavy metals.

I should also write about GMO, radioactive pollution, EMF pollution (e-fog), etc.,.... That would be too much for this book but the association of heavy metals and EMFs brings us to a very interesting phenomenon called “*The Antenna Effect*”.

It appears that people who have heavy metals stored in their bodies have them act as “antennas” and attract, focus, electromagnetic fields around them, causing weird symptoms that cannot be explained otherwise through physiology or pathophysiology. The more metals are present, the strongest the antenna effect, the worst the symptoms; no wonder that in time, cellular changes happen and cancers are created; this could very well explain the discrepancies between many studies relating the use of cell phones and the occurrence of brain tumours: should the load in heavy metals in the brain be known, we might well find out that the more metals are present, the earlier and the more aggressive (?) a tumour will be. I would be delusional to believe we can stop the use of cellphones, laptops, computers, wi-fi and other components of electro-smog; at least, through proper detoxification, we can minimise if not completely remove that antenna effect. I refer you to Dr. Yoshiaki Omura’s research for more details.

Dr. Robert Becker, in his book "*Cross Currents*" describes that bacteria in culture exposed to EMFs are "fooled" into sensing this as an immune attack and in reaction secrete much more powerful toxins; through the antenna effect, germs that would otherwise not bother us might become more virulent, especially in patients loaded with heavy metals, compounding the effects of those metals with chronic, virulent infections. More reasons to get rid of the toxic metal burden.

The *xenobiotics* were unknown not so long ago and our bodies are not engineered to deal with them; heavy metal pollution was not as intense as it has been for the last century, even though they were creating havoc for a long time: for example, it is said that the lead pipes bringing water to the Roman households were responsible for the chronic occurrence of brain damage in the Roman population and eventually responsible for the decline and demise of the Roman Empire.

All that comes on top of the usual and well-known causes of endogenous toxicity created by liver, kidneys, adrenal, endocrine and other insufficiencies whose origins are found in infections, trauma, malnutrition or dysnutrition and even emotional events. Diabetes, kidney failure, liver failure, hypothyroidism, Addison's disease are found everywhere in the medical literature dating back to Ayurvedic medicine, Chinese medicine, Greek and Roman medicine up until now. Those insufficiencies start at an energetical level where all conventional tests are normal, but can be diagnosed for example through TCM diagnosis, then follow with functional problems where the clinical picture is clearer but still the usual tests are normal or borderline but "still in the acceptable range", to end with full blown failure when finally the patient stops being considered as suffering from depression or being a malingerer.organotherapy and drainage at the earliest stage possible will be a lot simpler and save a lot of suffering...and money.

Hahnemann clearly states in the Organon that removing the cause of disease is paramount to the success of a treatment: remove from damp living quarters, remove from areas of malaria are examples found in his writings. The same applies today with chronic poisoning of our bodies. All those xenobiotics, chemicals and heavy metals can mimic or cause ANY labelled disease in any body system. How would you expect to cure any of them while their triggers are still present and active?

Is there any use to test which exogenous toxins are present (the endogenous almost always appearing in the usual conventional lab work)? As a scientist, I definitely would love to know what I am dealing with; as a homeopath using Isotherapy, it would be useful in order to prescribe a precise isotherapeutic remedy; as a herbalist and nutritionist it would also be useful in order to fine tune the prescription of herbs and foods or supplements known to selectively remove said toxins. Yet there are some drawbacks:

you would need to test for every known metal and xenobiotic unless there is a clearly

documented contamination, in which case no test is needed except in order to know the level of contamination; even if it was possible, the costs would be prohibitive.

Some useful tests are difficult to perform and very costly, needing specialised laboratories, dioxin for example; very few practitioners would have access to those labs and even fewer patients would be able to cover the costs, as public health generally does not get involved.

There are many controversies in the ways of performing and interpreting the results of tests: for example, the ongoing discussion whether hair samples should be washed or not before testing; or what does a certain level of toxin in the hair really mean? The body managing to expel it through dead tissues? A continuing intoxication? Contamination? And the same goes for the absence of a toxin in the hair or in the urine after a provocation test: it does not mean the tissues and organs are not saturated with that toxin, it means only it is not present where you look for it.

And last but not least, the discrepancy between the acceptance of the results by practitioners of different specialities: forensic experts rely very much on the results of those tests, sometimes ending up in long jail terms or death penalties where it still exists, whereas many internal medicine specialists scoff at them .. go figure...

In any case, practically, I tend to use general detoxification procedures at all times and add to them specific therapies, like Isotherapy, if one of the toxins is known. In all my years of practice, I have used hair mineral analysis only twice, and it was not useful as I could not do the tests again after treatment to objectivate the clinical results, for financial reasons. So, here you go: it would be nice and useful, but it is not indispensable, in my opinion, of course.

Shall we proceed to learn how to remove them?

BACKGROUND AND THEORY

We meet again our old friends and precursors, Paracelsus and Hippocrates. In his “*Commentariae Aphorismos Hippocrati*”, Aphorism 21, Paracelsus writes: “When Nature searches for an outlet, the healer must help it find the appropriate place, for Nature is a better healer than man”.

Nebel, a Swiss Homeopath from Lausanne, is credited as the first homeopath to use drainage as such and to give it a theoretical formulation; he called the drainage remedies “channelling remedies” (*Remèdes canalisateurs*). [Nebel. *Canalisation. Propagateur de l’Homéopathie* 1915].

In an article in 1934 [*Homéopathie Moderne* 15 Janvier 1934], Nebel attempted to demonstrate that the use of intercurrent remedies, like Nux Vomica, during an antipsoric treatment, as Hahnemann described, is actually a kind of drainage, and by doing so, that Hahnemann used drainage during his treatments without identifying it.

Nebel was treating tuberculous patients and demonstrated that by adding drainage techniques to the homeopathic treatment, his patients had very few aggravations and were improving faster.

Rouy, a student of Nebel, made a distinction between drainage and channelling. Drainage uses remedies that are known for their physiological action on an organ, whereas channelling is the use of antidotal or complementary remedies with the Simillimum to direct and control its “excesses”, its aggravations.

Roland Zissu extended that notion into homeopathic drainage and organopathic drainage.

Homeopathic drainage uses low potencies of remedies that are complementary to the Simillimum and are selected upon the local symptoms and signs, or medium potencies of complementary remedies selected upon more general symptoms and signs, for the purpose of preparing the action of the Simillimum and prevent aggravations. [NB: for Zissu and other contemporary French homeopaths, a low potency is 3X, 5X, 3 to 5 CH, a medium potency 7-9CH].

Organopathic drainage uses remedies known, often through Herbal Medicine, to have a pharmacological action on the target organ, or remedies that have strong homeopathic signs and symptoms linked to an organ, like the scapular pain of Chelidonium used in liver drainage.

Many other authors, French in general, refined the definition and use of drainage (Fortier-Bernoville, Duprat, Allendy, Tetau, Conan Meriadec, Maury whose booklet has been translated in English, etc,...).

Drainage will cause a specific functional stimulation of the organism or of the target organ(s) through remedies specifically selected either through local or loco-regional symptoms and signs, or through known physiological activity on the targeted organ or tissue.

Channelling will control the effects of the Simillimum by modulating its action; that is why channelling remedies are complementary or antidotes to the Simillimum.

For practical purposes, if drainage has been done correctly before giving the Simillimum, there should not be any need for a channelling remedy.

Alternatively, if drainage has not been done, one or more channelling remedies should be administered in low potency with the Simillimum during its period of activity, if need be.

Draining before the Simillimum will optimise the function of the organs, draining after the Simillimum will complete the elimination and the cleansing. Channelling before or with the Simillimum will modulate its action and avoid aggravations and complications.

Drainage respects Hering's Law: it has to go from inside out, from the most important organs to the less important ones. This means that a drainage therapy targeted towards the nervous system should show an improvement of the nervous symptoms associated with, for example, an increase in urine output, or some mild diarrhoea, or a skin eruption. But if the kidneys are drained and nervous symptoms appear, something is wrong and the situation should be reassessed.

Classical homeopaths, unicists, should not despair! There is a way to respect the single remedy mantra and to perform drainage.

First of all you must be certain of your Simillimum; then instead of going straight to a high potency, the same remedy is first given in low potency and worked up to the desired higher potency. It is not exactly a single dose, but it is still a single remedy. It respects the concept that the remedy is its own drain and the concept of using a low potency to cleanse, prepare the organs.

The use of ascending LM potencies is an example of inadvertent drainage where the remedy is its own drain. Margaret Tyler's technique of ascending potencies (30, 200, 1M) is also akin to that way of thinking, although the purpose is not drainage.

Roland Zissu [*Matière Médicale Homéopathique Constitutionnelle*] introduced the notion of Miasmatic Drainage, with different remedies according to the miasm involved. This is actually another presentation of the old notion of prescribing a nosode when the properly indicated remedy is not working or removing a miasmatic

block. When should it be done and why not do it in every case before, or after, the Simillimum is a totally different discussion.

According to Zissu, and as practised today, we will use different draining remedies according to the symptoms.

Localised symptoms: like the base of the lung - Right lung (Chelidonium), Left lung (Ranunculus)

Tissular symptoms: skin (Fumaria, Saponaria), serous membranes (Bryonia)

Organ symptoms: spleen (Ceonanthus), kidneys (Berberis)

Biochemical symptoms, depending which product has to be removed: uric acid (Urtica), poisons, antibiotics (isopathic)

We should by now realise that drainage is the use of a localised, specific, targeted Simillimum; we use the totality of the symptoms of the organ, tissue or function with its modalities to choose a remedy, or a few remedies if need be.

There is absolutely no antagonism between unicism and drainage; these are complementary techniques based on a sound understanding of physiology and pathology.

The low potencies that are used, from tincture to 3X or 3C, induce cellular activity of short duration; the low potencies work better on cells, organs and tissues, they have a short action, quasi pharmacological, and they need repetition for their action to be sustained. Slightly higher potencies, up to 5C or 6C might be used or added if we want to act also on a cellular or tissular energetic level.

A great supporter of drainage, Dr. Michel Guillaume, wrote: “The concept of drainage in homeopathy has no other purpose than to be functional. Indeed, it has the merit of allowing the global understanding of a pathological case and to better adapt the corresponding homeopathic treatment” (my free translation from *Bases Dilutions et Drainage en Homéopathie*, Coulamy & Jousset, page 338).

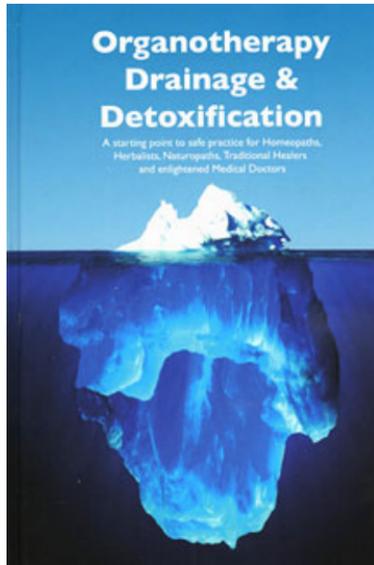
Naturopaths and Herbalists have used the concept of “cleansing” for as long as they have existed.

From fasting to colon therapy to liver remedies for the “liverish” and the all-important alterative herbs, all those techniques are based upon recognizing a physiological problem and trying to resolve it: lack of elimination because the emunctories are not working properly, overload of toxins that the alteratives will remove through non-specific organ stimulation and repair.

Herbal remedies, minerals, vitamins target organs and functions and can all be explained through biochemistry and physiology; understanding those mechanisms of action is essential to provide the optimal treatment without overloading the

system with unnecessary additions. They are organ or function specific but are not patient specific, which can lead to some problems.

The old practitioners like Lindlahr, John Christopher, the Eclectic School, the Physiomedicalists and the Thompsonians all knew and used drainage and detoxification, sometimes very energetically with violent reactions that were called “healing reactions”. This is definitely something we should avoid by tailoring our treatment exactly to the needs of the patient.



Joe Rozencwajg

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A starting point to safe practice for Homeopaths, Herbalists, Naturopaths, Traditional Healers and enlightened Medical Doctors

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