

**ACADEMY of HOMOTOXICOLOGY and BIO-REGULATORY  
MEDICINE**

Affiliated as Training Provider to Society of Homotoxicology and Anti-Homotoxic Therapy (GB)  
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(Secretary General, Mr Roger Wilson B.Sc., C.Eng)

***WHAT is HOMOTOXICOLOGY and  
BIO-REGULATORY MEDICINE all about?***

by

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*“Man cannot be considered separate from mankind, nor mankind separate  
from all life, nor all life separate from the Universe”*

Teilhard de Chardin

*“All things flow – nothing abides”*

Heraclitus

*“The highest ideal of cure is rapid, gentle and permanent restoration of the health, or removal and  
annihilation of the disease in its whole extent, in the shortest, most reliable, and most harmless way,  
on easily comprehensible principles”*

Organon of Medicine 1833 Hahnemann. Para 2. 6<sup>th</sup> Edition

*“Diseases are the expression of biological purposeful defence mechanisms against endogenic and  
exogenic homotoxins, or the expression of the organism’s effort to compensate for toxic damages it  
has sustained”*

Dr H-H Reckeweg

## **PREFACE**

The Academy of Homotoxicology and Bio-Regulatory Medicine is the Training Provider for the Society of Homotoxicology and Anti-Homotoxic Therapy (UKGB). The Society is affiliated to the International Society of Homotoxicology in Baden-Baden, Germany – a central body with branch Societies / Agencies in 29 major countries in the world with approximately 180,000 practitioners utilising and prescribing in accord with the System (in Italy, for example, 48 professors give 800 Seminars on Homotoxicology each year).

Homotoxicology is a relatively new holistic, integrated bio-medical science and therapeutic system, developed by Dr Hans-Heinrich RECKEWEG M.D., (1905-1985) who was also a qualified Homoeopath and Naturopath, and is basically a nano-pharmaceutical, rather than homoeopathic system of medicine, albeit the anti-homotoxic therapeutics are prepared according to Good Manufacturing homoeopathic practice (Germany)

Homotoxicology is classified separately as a discipline, both in the American Association of Homoeopathic Pharmacists and in the European Council of Homoeopathy by virtue of its provision of a theoretical model for the development of disease (through the effects of ‘homotoxins’ – substances toxic to humans – on the extra-cellular matrix (ECM). Similarly, homotoxicology provides a basis for developing and administering specialised combination nano-pharmaceutical medications or ‘anti-homotoxicals’. The International Society of Homotoxicology, Baden-Baden, founded in 1961, serves as the umbrella organisation for all scientific, research, education and outreach activities related to Homotoxicology.

On-going basic research is being conducted to provide scientific proof as to how Homotoxicology actually works, and clinical trials are taking place directly in controlled studies; and comparative studies to allopathic drugs are proving similar efficacy with zero side effects and iatrogenic complications.

The basic concept underlying Homotoxicology – the role played by the ECM in the development and resolution of disease has long been recognised by bio-medical scientists (e.g Prof. H. HEINE, ‘Lehr buch der Biologischen Medizin’ Hippokrates Verlag 1997 and Prof. A. PISCHIN, Univ. of Vienna, Dept. of Histology and Embryology 1975 ‘The Ground Regulation System’ 1<sup>st</sup> – 8<sup>th</sup> German Editions 1975 – 1990 and ‘Matrix and Matrix Regulation’ – basis for a Holistic Theory in Medicine (English 1991).

In UKGB, the Academy conducts a continuing education programme. Also the Academy provides a qualification programme where success leads to the facility of applying for Registration, after 240 hours of instruction in the theory and practice of Homotoxicology, with the British Register of Complementary Practitioners (ICM). NB: in UKGB anti-homotoxicals are ONLY available on prescription from doctors and registered practitioners in associated disciplines. The qualification course takes place each academic year as ‘in-house’ training over 6 weekends plus Work Assignments in London, or by Distance Learning available in English ONLY world-wide (same course method and content). Qualification is by Continuous Assessment and Written Examination (at Post-Grad. Centres locally, world-wide).

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## INTRODUCTION:

“Classical medicine, conventional or allopathic medicine seeks to influence the chemical process of our body with chemical substances in order to block or transform the processes which cause illness, which is often reflected in the patient suddenly feeling better, but with the risk of side effects/iatrogenic states. Biological, (naturopathic), medicine attempts to influence the body obliquely using medicinal stimulants, so that the body’s own regulatory process put in a position, or back into a position where they can restore the disruptive function back to normal, with minimal side effects, and hence induce healing and health”.

Dr Hans-Heinrich Reckeweg MD (1905-1985) Allopath, Homoeopath, Naturopath created, in 1952, The Integrated Bio-Regulatory Medical System of Homotoxicology which is the bridge between classical homoeopathy and conventional medicine.

*“The doctor’s first and foremost professional is to make ill-persons healthy: what is called healing”*

Samuel Hahnemann (1755-1848)

From 6<sup>th</sup> Edition (Hahnemann’s own written revision, translated by William Noericke MD 1842 “Organon of Medicine” First Edition 1810

Para 2 states “The highest ideal of cure is rapid, gentle and permanent restoration of the health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable, and most harmless way, on easily comprehensible principles”.

Such is clearly visible in the Reckewegian System thus “What is Homotoxicology all about...?”

Thus:

“Homotoxicology is all about present-day Bio-Physics, Nano-Pharmacology, Immuno-Pathology and Biological Molecular Activity within a scenario of a holistic scientifically rational Integrated Bio-Regulatory System of Healing (utilising homoeopathically prepared therapeutics) in accord with the classical diagnostics of the Patho-Physiological Nature of Disease and Bio-Individuality Factors.” (and Psycho-Neuro-Endocrine-Thymic-Immunology considerations)

(KIRKMAN)

Homotoxicology is about viewing the human body as an ‘Open System’, which is the centre of bio-energy and chemical ionic and organic material exchange. Thus, disease can be viewed to be the result of actively poisonous substances (exogenic and endogenic toxins) acting within “the cybernetically controlled flow system – constituting man”. These toxins provoke defence mechanisms for the purpose of rehabilitating the disturbed flow equilibrium (homeostasis), in homo electromagneticus.

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“Our mode of life itself, the way we live, is emerging as today’s principal cause of illness.”

Dr Joel Elkes, Director of Behavioural Medicine, Harvard

“Gaia is defined as a complex entity involving the Earth’s bio-sphere, atmosphere, oceans and soil; the totality constituting a feedback or cybernetic system which seeks an optimal physical and chemical environment for life on this planetet.”

Prof. J Lovelock FRS

Homotoxicology needs to be seen in the context of these 3 quotes; and the following topics pondered upon:

- 1) Atmosphere – deterioration and pollution
  - 2) Water – deterioration and pollution
  - 3) Food – deterioration and pollution
  - 4) Soil – deterioration and pollution
  - 5) Environment (radiations) – deterioration and pollution
- } often in nano “doses”  
and creating  
bio-energetic interferences  
both singly and dose  
interactions

Dr Reckeweg interpreted disease states of all types and in all phases, as expedient bio-cybernetic phenomena. All of those processes, syndromes and manifestations, which we designate as disease, are the expression thereof, that the body is combating poisons (toxins – often in nano-quantities or subtle bio-energetic interferences) and that the body seeks to self-heal by self-individual bio-regulatory neutralisation and leading to the excretion of those toxins (DETOXIFICATION).

Since Hahnemann’s days, 4 key factors have developed in life and in the living thereof, which conceivably were NOT relevant to his knowledge or thinking:

- 1) Lingering residual toxins (Retoxins according to Reckeweg) in the extra-cellular matrix (ECM) are deposits of homo-toxins that cannot be eliminated or cause inflammation. Heine quotes “e.g. the non-enzymic glycosylation of tissue and cell surfaces in the presence of excess glucose, i.e. in latent diabetes mellitus”. Think – Metabolic Syndrome (X)!
- 2) Lack of key nutrients to maintain key enzymes, biological molecules and immune system factors etc – soil depletion, processing of food, lack of fruit/vegetables, raw food etc.
- 3) Latent Tissue Acidosis, also involving ECM, often accompanied with intestinal Dysbiosis. Such is present in all chronic health problems; M.E., P.V.F.S., degenerative states, some auto-immune conditions and possibly MS, Alzheimer’s and some cancers; together with T1/T2/T3 “rigidity” in the Matrix.
- 4) My “Universal Immune Compromisation Syndrome” as purported 2004 at Speaker’s Training, Baden-Baden, creating an unfavourable ‘soil’ for homoeotherapeutic function.

Antihomotoxic medication represents a distinct school of thought in complementary medicine. It is based on Reckeweg’s innovative concept of the science of disease and has a repertoire of remedies designed on that basis. It is holistically orientated; its homeopathic antihomotoxic remedies integrate homeopathic principles with elements of organic, orthomolecular, and phytomedicine.

Franz Schmid, MD

*Reprinted from Biologische Medizin; 1996 August; 146-50*

Fixed combination remedies and catalysts not only expand its spectrum of efficacy but also extend its areas of applicability to illnesses that are ordinarily difficult to treat.

With regard to its morphology clinical aspects, and time frame, this type of therapy can be integrated seamlessly into our present scientific conception of the world. It is better than linear pharmacological therapy at doing justice to the complex interactions within bio-systems as it tries to address the causal as opposed to the resultant imbalances.

*“Experience shows that new, fundamental, findings in medicine only become the common property of medical practitioners years or decades after their development. Scientific material that reveals linear-causal associations is understood and integrated more easily than material describing multi-dimensional functional associations. The problem of today’s medicine is that it sees the two ways of thinking as contradictory instead of using them as possible complementary ways to acquire knowledge.”*

Gisela DRACZYNSKI

Linear-casual, cause-effect thinking are the ways of surgery and drug therapy. However, chronic diseases, increasing as they are in incidence today, lie beyond linear-casual thinking because of multi-factorial pathogenesis.

### **Medicine as a reflection of our conception of the world.**

In every age of human history, medicine has reflected the conceptions of the world that was current at the time. As a result, it has assumed in turn a mythical, spiritual-scientific, philosophical, and scientific cast. Anchored in the respective “scientific” world views of the times, dogmas arose that in retrospect proved to be the main hindrance to progress.

In all ages of civilisation, we encounter a trinity of natural phenomena. From the creation story’s “In the beginning was the word” / ”Let there be light” / ”Let there be a fixed firmament” through the Greek philosophers’ spirit / energy / matter, the alchemists’ Mercury / Sulfur / Salt, the anthroposophists’ physical body / ether body / astral body, to modern physics’ information / energy / matter, this trinity has been maintained with only one exception: In classical physics, non-material phenomena are ruled out. Alongside its considerable successes, pharmacology’s rule of dose and effect, which is derived from the principle of “To every action an equal and inverse reaction”, has two serious shortcomings:

- 1) It reduces processes to linear effects and neglects side effects and interactions.
- 2) It excludes non-material processes and fills the resulting vacuum with the concept of the placebo.

Modern physics has inflicted a great deal of damage on this reductionist, linear thinking. Out of the Pauli exclusion principle, Einstein’s equation ( $e=mc^2$ ), systems analysis, and chaos theory grew a conception of the world more suited to understanding the interconnected processes of biological systems.

The mathematical basis for the last two above-mentioned theories was established already a century ago through biology’s logistic formula (Verhulst), which (simply put) states that secondary, tertiary, and all successive processes are shaped by the immediately preceding process rather than directly by the initial impulse. If this uncontested principle, which takes side effects and interactions into account, is applied to theory of disease, the result is a clear classification of pharmaco-dynamic concepts.

The pharmacological effect is a linear process in the sense of the rule of dose and effect and is therefore only one aspect of the truth of the matter.

Clinical efficacy includes side effects and interactions in addition to the linear main effect, and therefore includes more areas of therapeutic activity.

The pharmaceutical picture, if cleanly delineated, extends beyond purely pharmacological effects in incorporating biographical and constitutional aspects.

### **Characterisation of antihomotoxic medicine**

The frequently asked question, “Does antihomotoxic medicine constitute a distinct school of thought in medicine?” is asking for a characterisation. Providing one is the only way to substantiate and plausibly present antihomotoxic medicine’s independent scientific status, which is determined by two groups of factors: the scientific concepts on which it is based and the therapies at its disposal.

The six-phase classification of disease processes forms the scientific conceptual basis of antihomotoxic medication. Within this classification, morphological, and temporal factors flow together. The time factor means that the fourth dimension of physics is included. The inspired idea of the “biological division” is unique in medicine in that it delineates the boundary beyond which the organism’s ability to help itself is exhausted and (non-damaging) help becomes necessary.

This has provided the basis for developing antihomotoxic therapies. Rather than “antihomotoxic”, perhaps it would be more appropriate to call this arsenal of remedies “ahomotoxic”, because they are toxin-free rather than countertoxic. The remedies homotoxicology has to offer go far beyond classical homeopathy and include (in addition to single homeopathic remedies) intermediary catalysts and their cofactors, nosodes, and potentiated allopathic medications. Alongside these is a group of tried-and-true combination preparations, which differ from linear pharmacotherapy in being in harmony with the complex processes at work in metabolic chains and feedback controls. “Accords” of several potencies of the same substance cover broad therapeutic objectives: facilitation of information flow in the high potencies, regulation of functions in the middle potencies, and material / substitutive effects in the low potencies.

The independent status of antihomotoxic medicine as a distinct school of thought results from its integration of natural scientific bases and the appropriate therapies. Potentiated homoeopathically prepared antihomotoxic remedies contain ingredients from classical homeopathy, substances that come from minerals, plants, or organs, catalysts, and combinations of the above. Antihomotoxic pharmaceuticals are in harmony with homotoxicology epistemological foundations.

### **From the fundamental law of biology to Reckeweg’s phase theory**

Leading a shadowy existence amidst the conceptual onslaught of the so-called “pure” biological sciences, two basic laws of biology have survived – Haeckel’s fundamental law of biogenetics and Arndt – Schulz’s fundamental law of biology (stimulus rule). The latter demonstrates the relativity of the law of dosage and effect. The effect of a stimulus varies according to dosage, with a quantifiable relationship between the amount of stimulus and the quality of the response postulated. Accordingly, one and the same stimulus (e.g. the same medication) can have a stimulating, promoting, inhibiting, or blocking effect if administered in different amounts. To begin with, this biological stimulus rule does not take into account the initial condition of the individual system that is being stimulated.

However, since stimuli are cumulative in bio-systems, an organism's response to an individual stimulus is relatively uninformative.

Initially Reckeweg had a visionary concept of this division into phases and the biological division; only later did scientific confirmation become possible.

Antihomotoxic medicine's phase theory will persist and find a place in the thinking of physicians if it is incorporated into a logical structure and is teachable and learnable. For this to happen, antihomotoxic medicine must be incorporated into our modern scientific conception of the world. Prerequisites to this are establishing a scientific foundation for the principle of homeopathy and replacing prevailing linear trains of thought with an understanding of integrative medicine.

### **Scientific foundations of the principle of homeopathy**

With regard to size differences that are conceivable to us, three areas applicable to bio-systems can be delineated:

- Biophysics: elements and subatomic particles ( $10^{-35}$  –  $10^{-23}$ ), quanta. Important for information and induction.
- Biochemistry: molecule formation ( $10^{-22}$  to approximately  $10^{-8}$ ).
- Morphology: formation of material structures.

Although conventional pharmacotherapy – and therefore also the prevailing school of thought in medicine – likes to call itself a pure biological science, it is subject to two fundamental errors when it works only in gram, milligram, and microgram doses, because matter is present even beyond the Loschmidt number ( $10^{23}$ ). The electron (e-), with a resting mass of  $10^{-27}$ , is one example. In addition, effects on biosystems are not restricted to material influences, since energy processes (electromagnetic micro waves, solar and other radiation, interaction quanta) can have far-reaching effects.

Homeopathy works with various dilutions, some containing the diluted substance and some not. In the lower and middle potencies up to 12X, stimulation and substitution may be the primary effects. Most elements occur in biosystems in concentrations of  $10^{-2}$  to  $10^{-12}$ , while hormone precursors occur in concentrations of  $10^{-15}$  or lower. In potencies of 30X or higher, we are dealing with the effects of mass-free particles (photons, neutrinos, gravitons, gluons, strings), and the principles of information and induction move into the foreground.

The dilution process known as dynamisation plays a decisive role here. The information transmitted to the carrier substance through repeated contact with the active substance can be passed on even when the active substance is no longer statistically present.

Only with the advent of cluster research has it become possible to understand the workings of carrier substances containing no trace of the active substance. Clusters, also known as nanoclusters or quantum dots, represent molecular patterns. Water molecules, for example, can form monomeric to septameric clusters that surround dissolved particles of the active substance like cages. The stability of these tetragons, pentagons, hexagons, and septagons is symmetry-dependent. In solutions, water molecules tend to form pentagons and hexagons, with pentagons predominating 8:1. So-called magic numbers, which demonstrate especially stable formations, may be the basis of water's "memory in solutions. The cyclic water pentamer seems to be the fundamental structure in the hydration of biomolecules.



Prof Franz Smidt MD (Biological Therapy Volume XIV. No 3. 1996) stated “Combination remedies attempt to achieve synergistic effects among their components to optimise their individual effects – they make it possible to:

- a) reduce the dosages of individual substances
- b) decrease side effect potential
- c) broaden the range of efficacy
- d) simplify therapy, thus improving patient compliance

Under certain circumstances, they can also prolong the therapeutic effect, and contribute towards achieving a constant level of effectiveness. Incidental benefits include treating multiple symptoms simultaneously.

The NEED to Purify the ECM by detoxification, dietary care, exercise and healthy lifestyle measures is PARAMOUNT.

Equally Bio-Individuality (B.I.) factors NEEDS must be taken into consideration and prescribed for in Homotoxicological practice (ref Biochemical Individuality, Roger Williams Ph.D, Keats, ISBN 0-87983-893-0 – an educated read! – a ‘classic’ Jeffrey Bland).

Two key points emerge from this work:

- 1) Each of us are different biochemically – genetic polymorphism
- 2) Nutritional status, life-style and environmental factors (toxins, stress etc) can influence the Expression of Genetic Characteristics; and hence determine health patterns.

Researchers at the University of California have described the role of nutrition in gene expression and its relationship to B.I. as ‘a fertile field for the application of molecular biology’ i.e.

- a) Significant biochemical diversity occurs in such physiological functions as the ability of the individual to DETOXIFY both exogenous and endogenous substances (homotoxins), the control of blood cholesterol, the metabolism of the potentially harmful amino-acid homocysteine and the response of certain cancer genes to the diet and environment. NB Homocysteine can be considered an endogenous homotoxin.

Other individuality factors are: Variations in Anatomy, Body Composition, Enzyme Patterns, Endocrine Activities – especially Thymus, Excretion Patterns, Pharmaceutical / Body interactions, Basal Metabolism, Bacterial Flora, Nutrient Absorption and Utilisation, Life-Style Tolerances.

Thus,

- Biological Medicine a) involves methods of healing, for which, in all procedures of diagnosis and therapy, the highest guiding principle may be formulated thus: Maintenance and furtherance of the human bio-system including preventive medicine and public health.
- b) employs substances which are produced in vital processes, as well as therapeutic techniques which are closely orientated to the functions of life (especially in respect of PNEI).

The goal of Biological Medicine is the support, or the restoration of the teleological forces of development and self-healing.

### Some Definitions

- 1) BIOLOGICAL MEDICINE employs as required, the possibilities of natural substances, physical forces, and psychological / ethological behavioural patterning methods, all in a holistic effectively coordinated manner.
- 2) TOXIN any bio-individual, bio-reactionary or bio-accumulative bodily foreign substance or influence which causes bio-energetic, bio-patho-physiol, or homeostatic disturbance in the human body; and sey-generated life-style pollutants (excess sugar, fat, alcohol etc).

Homotoxicology represents a

continuation of Hahnemanian therapy and practice in the light of advances in scientific knowledge of pathology, evolutionary biology, physical, cybernetics and toxical implications.

The underlying concept is that all manifestations of life depend on the conversion of chemical compounds – such actions being enzymically and bio-energy transference dependent. BUT NO compound actually disappears, but CONVERTS – Constructive Principle – Great Law of Life (Nature).

Every organism is a ‘flow system’ attempting to maintain the equilibrium of the flow. Toxins disturb this flow and hence cause damage, which we call disease. The organism attempts to defend itself against the threat.

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## **Bio-Regulatory Medicine**

Biological Medicine is the art and science of healing where the therapeutic measures are orientated to life stresses (toxins); and are designed for the capability of the individual patient to regulate, regenerate, adapt and self-heal.

Homotoxicology is an integrated holistic bio-regulatory system of medicine as initiated and established by Dr H-H Reckeweg. Homotoxicology is based on modern-day bio-medical sciences in terms of diagnosis and therapy, utilising progressive homoeopathy in the form of anti-homotoxic remedies. Such therapeutics are basically nano-pharmacological preparations of single, complex, combination, serial potency, homoeopathically attenuated or potentised allopathic chemical and medical substances, with immuno and anti-oxidant nutrient and probiotic supplementation, as part of adjuvant holistic care, as equally life-style modification, stress control and toxin avoidance.

Homotoxicology represents a unique intellectual synthesis of healing disciplines, seeking to strengthen the organs of excretion (liver, kidney), to remove the toxins accumulated in the extra-cellular matrix (ECM) (excretion), to stimulate and modulate the immune system, and to regulate the whole by rebalancing the 'diseased' body system, in several spheres.

Powerful scientific evidence has recently confirmed research i.e. Immune Bystander Reaction publication (Prof H Heine, Germany) and very many established centre trials (ref – Herzberger) indicate the validity of the Reckeweg System – a system promulgated by Dr Hans-Heinrich Reckeweg in 1952 – a system which has developed and 'stood the test of time' since his formulation of the theory.

Reckeweg formulated an essential tenet of homotoxicology thus: Disease is the expression of a resistance struggle by cybernetically controlled flow system (i.e. the human organism or "homo electromagneticus"), against endogenic and exogenic homotoxins, i.e. toxic to man.

Examples of the former are by-products of normal anabolism and catabolism, and from inflammatory process; and the latter allergens, pollutants inhaled, ingested or absorbed via the skin integument. Free radicals (oxidants), such as reactive oxygen species and reactive nitrogen species can be considered endogenous toxins, however generated; as are the hormonal excesses generated by stress of various origins, and present-day endocrine disruptors, and self-generated life-style pollutants (excess sugar, fat, alcohol etc).

Viewed within this framework, diseases are a biologically goal-orientated useful process, i.e. the expression of biologically purposeful defence mechanism against homotoxins, or the expression of the organism's effort to compensate for toxic damage it has sustained.

Bio-Regulatory Medicine (of which Dr H-H Reckeweg's System of Homotoxicology is the PRIME example) focuses on the Extra-Cellular Matrix or ground substance (ECM), AND the TOXAEMIA Load, utilising informational, transport, activation, stimulation, and toxin removal strategies of homoeo-therapeutics on the mental, physical, emotional (Mind-Body-Spirit) biological and functional planes i.e. Anti-Homotoxic (HEEL) nano-pharmaceuticals.

Such invokes an integrated approach holistically, seeking to re-establish total homeostasis and immune system stimulation and modulation; and incorporating energy dynamics and regulatory cybernetic bio-flow systems, by working in harmony with the human body's natural self-healing ability and regeneration, adaption, vitality and re-birth capabilities within the organism.

Homotoxicology (according to Dr H-H Reckeweg) has developed into a unique bio-medical intellectual synthesis between the concepts of molecular biology (medicine), bio-chemistry, biophysics, cybernetic living, dynamic flow systems, toxicology and modern-day patho-physiology, including immune system structure and function, resulting in non-toxic bio-regulatory therapy, within Integrated, Holistic parameters of health and healing.

Developments in the cybernetics and thermodynamics of open systems indicate that biological systems do NOT show linearity, but appear as highly integrated systems that are subject to a biological and energetic vital flow equilibrium (von Bertalanffy 1952) and they exchange energy and material with their surroundings as open systems.

Gisela D, again: - *“In contrast to the classical, closed systems (mechanical, Newtonian), open systems show that when there is an influx of non-chaotic energy, this can spread suddenly through the entire system. The essential points in this are the transmission and dissemination of information.”*

Pischinger's System of Ground Regulation is defined as a function unit of the final vascular pathway, the connective tissue cells and the final vegetative-nervous pathway. The entire field of activity and information of this triad is the extra-cellular fluid.

## **Homotoxicology and Ground Regulation**

Homotoxicology is based on the principle that diseases are caused by homotoxins. The target structure of the “internal pollution” is the matrix. This component of the extracellular space acts as a molecular sieve between the capillary system, the lymph vessels, and the cells which are to be supplied / have their waste removed. The molecular sieve consists of various parts, such as sugar-protein and sugar complexes (PGs and GAGs), structural proteins (collagen, elastin) and cross-linking components (e.g. fibronectin).

The sieving and connecting function of the matrix means that there is a danger of its becoming “clogged” by homotoxins, resulting in acidosis, an increase in free radicals, activation of the proteolytic system, and a transition to a preliminary stage of inflammation. This cascade, triggered by numerous individual factors, ultimately results in a pathological process.

The central hypotheses of homotoxicology are the subject of basic research. Models that will allow the postulated disease mechanisms to be demonstrated scientifically are currently being developed. The specific areas to be addressed are as follows:

1. The mechanism by which the matrix is adversely affected by homotoxins (“clogging”)
2. The mechanism by which the matrix is favourably influenced by antihomotoxic remedies (elimination of homotoxins)
3. Quantification of homotoxin elimination
4. Pathogenic phase sequences in organ systems
5. The histopathological basis of phase change

Homotoxicology is a form of treatment which acts by influencing the body systems to self regulate the body. Systemic identification of the mechanisms involved in this is the goal of the basic research. The ultimate aim is to establish how the various mechanisms in the homotoxicology system fit together and to ascertain the value of homotoxicology for bio-regulatory medicine.

*“All the substances absorbed from the food we eat must pass through the connective tissue on their way to the cell.”*

With these words, Heel’s founder Dr. Hans-Heinrich Reckeweg (1905-1985) identified the key for research and practice in antihomotoxic medicine.

We now know that all substances and information reaching a cell are filtered in the molecular sieve of the extracellular space (ground substance, matrix). The sieve can become clogged, but can be restored to functionality through appropriate detoxification measures. The ground substance is also patrolled by defence cells which intercept exogenous substances and render them harmless. The links connecting the ground substance to the nervous system and hormone system complete the picture of a ground regulation system as conceived in the quotation from Reckeweg.

Reckeweg took the idea of the interaction of all the regulation factors via the ground substance and “moulded” it into homotoxicology, putting this to practical use in the antihomotoxic therapy which he developed from it. The principles by which this therapy works – namely detoxification, immunomodulation, and strengthening of the organs through stimulation of the regulation mechanisms with antihomotoxic preparations – seem extremely modern, partly because two increasingly important principles have become established: it is fine stimuli which stimulate the “vital functions”, and “like should be treated with like”.

International medical literature shows that all the important mediators of the ground substance exert their action in a concentration range that corresponds to low- to medium-potentised homeopathic remedies. Antihomotoxic medicine takes this into account in the composition of its preparations. Treatment can thus be given at the level of action of mediators according to the principles of homeopathy.

Antihomotoxic medicine thus forms a bridge between homeopathic and conventional medical knowledge. The vision which Reckeweg had in mind with the development of homotoxicology is thus becoming a reality.

*Prof. Dr. Hartmut Heine*

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Homeopathic provings are not undefined experiments, but clinical studies in healthy subjects. They comply with international regulations such as EU directives and CPMP/ICH guidelines, the Declaration of Helsinki, the rules governing the medical profession, and drug legislation.

The clinical studies meet the Good Clinical Practice Guidelines. These govern the planning, performance, and documentation of clinical trials and guarantee the credibility of the data while protecting the rights of healthy subjects and patients.

Heel’s aim is to open up new horizons in medicine. Efficacy studies comparing homeopathic remedies with allopathic drugs are being performed, for example.

Heel’s homeopathic combination preparations are tailored to the natural laws of homotoxicology. These remedies characteristically exert an effect in three areas, the sum of these effects representing the therapeutic efficacy. They have:

1. A matrix-detoxifying potential (“elimination of homotoxins”)
2. An organ-strengthening potential
3. An Immunomodulating potential

It was the matrix-detoxifying potential which, historically, led to the use of the overall term “antihomotoxic preparations” for Heel’s products. Scientific verification of all three effects, which have already been established empirically, is the object of basic research at Heel.

A large proportion of “diseases of civilisation” are chronic inflammatory processes. They are usually the result of a disturbance of immune-system regulation. Regulation is chiefly effected by the cells of the immune system itself – via the release of numerous mediators or cytokines. A complex network with feedback provided by cytokine signals at various cellular levels is available for regulation.

Antihomotoxic preparations often give particularly good therapeutic results in chronic inflammatory disease. The natural supposition, therefore, was that the products work by correcting imbalances in the cytokine network.

### **Action on the Immune System**

What has been found so far? From the results of laboratory studies we can conclude that the target of the therapeutic action of antihomotoxic remedies – or rather their constituents – is the immune system. Antihomotoxic preparations evidently lead to a modulation of various regulation loops among different types of leucocytes. Whether the signals transmitted by cytokines are weakened or strengthened at their very origin depends on which constituents we are talking about.

There are clear differences in the actions observed, depending on the donor (individual effect, as postulated by classical homeopathy) and the initial state of the immune system. According to the numerous studies, two properties of the constituents of antihomotoxic remedies may be regarded as being of fundamental importance for their effect:

1. Antihomotoxic preparations correct regulation processes in various ways
2. and are able to respond to the conditions of the system to be influenced, in an individual manner.

Heel products thus differ in an important way from chemically defined products used to combat inflammatory processes. An in-vivo study confirmed the results of the laboratory results; Traumeel S was shown to influence the release of immuno-regulative messengers in the body as a whole, a result which explains the therapeutic performance of Traumeel S in a splendid way.

### **Immunomodulation**

In 1998 Heine developed the theory that antihomotoxic preparations not only have the Immunomodulating effect described, but also stimulate a regulation mechanism described by Weiner, the so-called “bystander reaction”. This mechanism is attributable to Th3 lymphocytes which tissue-specifically release the inhibitory messenger TGF- $\beta$ , thereby down-regulating inflammatory processes. This tissue specificity would be of great importance in the targeted therapeutic use of this anti-inflammatory principle.

Numerous findings have been obtained suggesting that the release of TGF- $\beta$  can be increased by constituents of antihomotoxic remedies. Further studies are now being carried out to see whether this is due to induction of the bystander reaction and how this can be appropriately incorporated in therapeutic strategies.

All the findings obtained to date suggest that immunomodulation is one of the main therapeutic principles in antihomotoxic therapy. The first confirmation of its operation under in-vivo conditions came in a pilot study in 1999 (oral administration of an antihomotoxic preparation to healthy volunteers). A clinical study provided confirmation and statistical support for the hypotheses from the pilot studies.

## Action at the Molecular Level

The molecular level is of fundamental importance in the investigation of the action mechanisms of homeopathic remedies. The studies in this regard focused on two main questions:

1. Are there any demonstrable differences between potentisations and simple dilutions of active substances?
2. Are there any demonstrable differences in efficacy between different potencies?

Harisch and Dittmann's veterinary clinic in Hanover provided answers of decisive interest for homeopathy.

It was clearly demonstrated that a potency and a dilution of the same concentration have different effects at the enzymic and molecular structural level.

Secondly, it was shown that homeopathic preparations influence the catalytic activity of certain enzymes. A particularly interesting finding was that there was no linear correlation between different potencies and their effect. Which means that each potency has an individual influence.

These results were seen as an almost revolutionary new insight into homeopathy – especially by conventional medicine.

Since 1995 Heel has been sponsoring, and collaborating in, basic research on specific questions in Hanover. For instance, there have been studies investigating the difference in efficacy between mother tinctures and homeopathic dilutions (potencies) of antihomotoxic remedies. Various enzymes were incubated with constituents of antihomotoxic remedies and the level of enzymatic activity was taken as the degree of efficacy of the sample.

The results of these experiments differed depending on whether the mother tincture of the single remedy was merely diluted or was a homeopathic dilution.

Potency chords are a special kind of antihomotoxic remedy. They contain several different potencies of the same basic substance in equal parts. The advantage of potency chords over single potencies was demonstrated quite some time ago in in-vivo studies. Their efficacy, which leads to longer-lasting therapeutic success, should be highlighted here. Potency chords are also better tolerated than single homeopathic remedies, as they largely prevent initial aggravation.

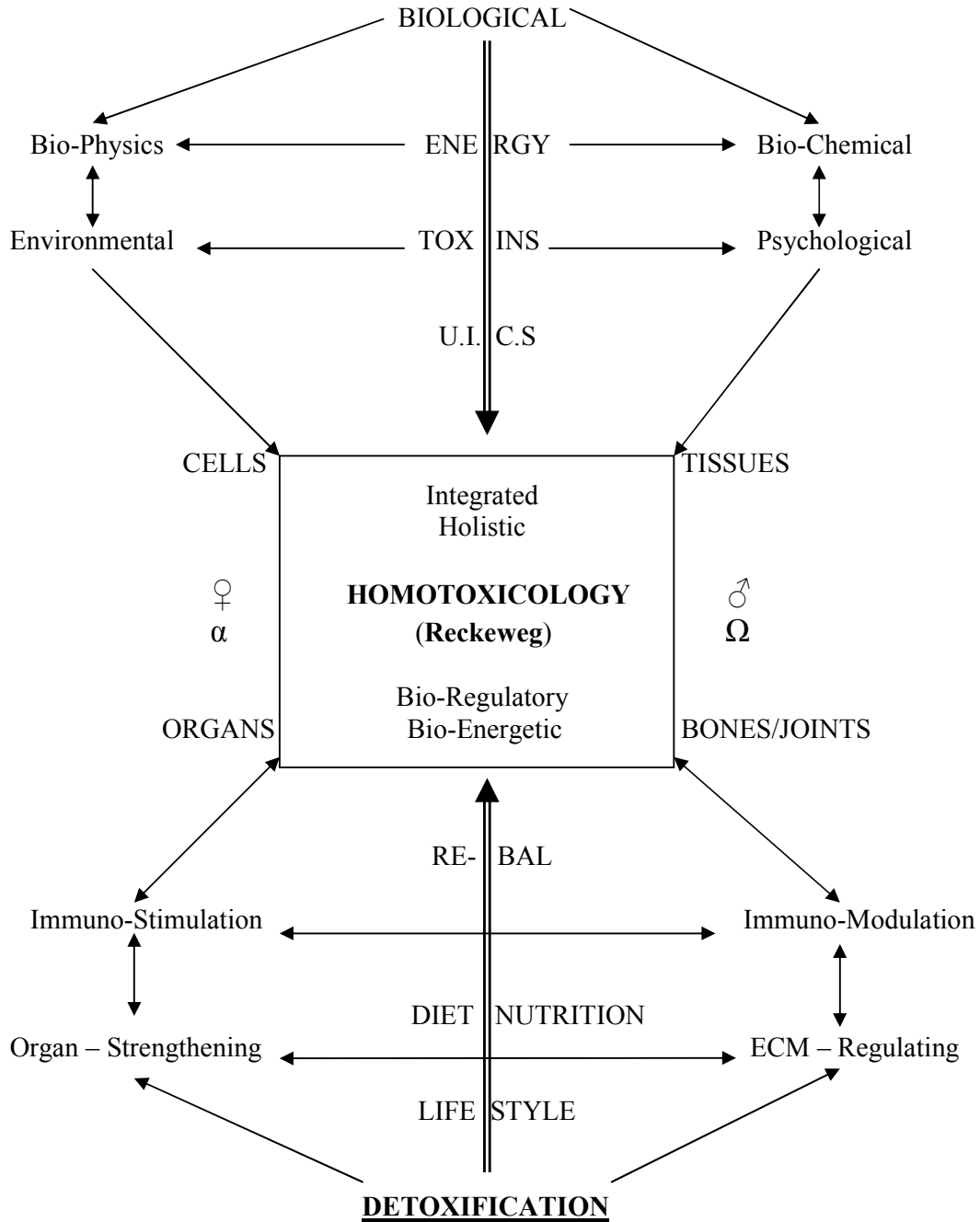
To ascertain whether the superiority of potency chords over single potencies could also be demonstrated experimentally, in-vitro studies were carried out. The active substances used were c-AMP and Ubichinon.

The special quality of the action of potency chords was confirmed by the following individual results:

1. Potency chords have an independent action profile, which distinguishes them from their single potencies.
2. The inhibitory activity of potency chords is superior to that of their single potencies.
3. The action of potency chords is not identical to the sum of the actions of their single potencies.



**HOMOTOXICOLOGY**  
**The Integrated Medical System for the 21<sup>st</sup> Century**



The link between classical homoeopathy and allopathic medicine

**NANOPHARMACOLOGY**

*'Health is harmony, dis-ease is discord'* - Aristotle

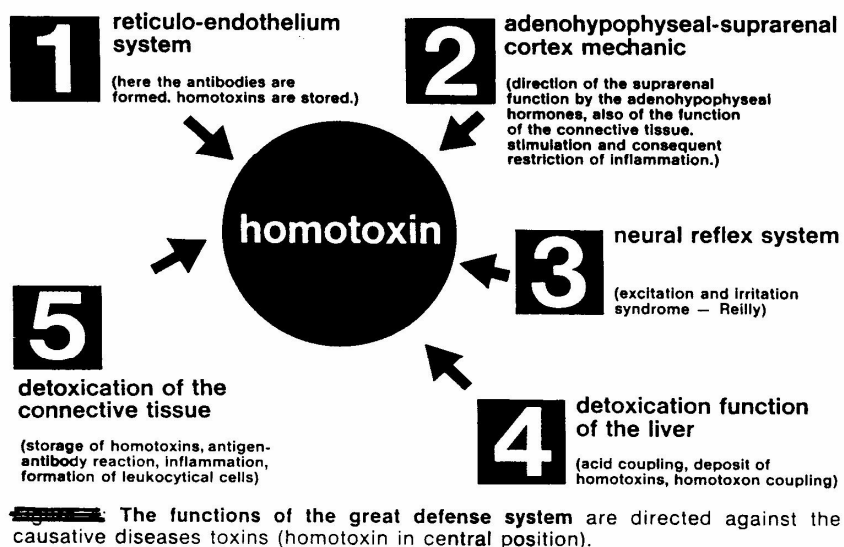
- a) Biological - Prions, Viruses, Mycoplasma, Bacteria, Fungi, Parasites
  - Physiology – feedback loops – homeostasis
  - Pathogenesis – degeneration, neoplastic, miasmatic, auto-immune, ageing
- b) Bio-Physics
  - Radiations, ultra/infra-sound
  - Open Energy Systems, Chaos
  - Cybernetic Flow
- c) Bio-Chemistry
  - Molecular
  - Metabolic
  - Enzyme
- d) Environment
  - Toxins – Air, Land, Water
  - Endocrine Disruptors
  - Geo-pathic, EMF, Climatic reaction
- e) Psychological
  - Stress, work, domestic, techno
  - Emotion
  - Life-style
- f) Universal Immune Compromisation Syndrome (Kirkman)
  - Pollution – land, sea, air
  - Soil Depletion – Food Depletion
  - Psycho-Neuro-Endocrine-Immune function depression
- g) Re-Balance- Energy – Chakras, Meridians, Organ function
  - Structural and Functional enhancement
  - Immune System Stimulation and Modulation
  - Nutritional Regulation – Nutrients/Probiotics
  - Toxin Elimination – Liver/Kidneys stimulated – ECM purified
  - Toxin avoidance
  - Life-style enhancement (metaphysics/ethology) - modification

Biological Medicine is the art and science of healing where the therapeutic measures are orientated to life stresses (toxins); and are designed for the capability of the individual patient to regulate, regenerate, adapt and self-heal.

Homotoxicology is an integrated holistic bio-regulatory system of medicine as initiated and established by Dr H-H Reckeweg (1905-1985, doctor, homoeopath, naturopath). Homotoxicology is based on modern-day bio-medical sciences in terms of diagnosis and therapy, utilising progressive homoeopathy in the form of anti-homotoxic remedies. Such therapeutics are basically nanopharmacological preparations of single, complex, combination, serial potency, and allopathic adjusted substances, with immuno and anti-oxidant nutrient and probiotic supplementation, as part of adjuvant holistic care, as equally life-style modification, stress control and toxin avoidance.

Homotoxicology represents a unique intellectual synthesis of healing disciplines, seeking to strengthen the organs of excretion (liver, kidney, lymphatics), to remove the toxins accumulated in the extra-cellular matrix (ECM) (excretion), to stimulate and modulate the immune system, and to regulate the whole by rebalancing the 'diseased' body system, and to regulate the whole by rebalancing the 'diseased' body system.

Powerful scientific evidences has recently confirmed researches i.e. Immune Bystander Reaction publication (Prof H Heine, Germany) and very many varied established centre trials (ref – Herzberger) indicate the validity of the Reckeweg System – a system promulgated by Dr Hans-Heinrich Reckeweg in 1952 – a system which has developed and 'stood the test of time' since he formulated it.



According to Dr Reckeweg, the physiological-immuno defensive system of the body can be subdivided into five subdivisions, each of which has extensive overlap and interdependency, and influenced by Psycho-Neuro-Endocrine-Immunological (PNEI) linkages, including neuropeptide and neurotransmitter micro-chemical effects. The 5 ‘arms’ are thus:

1. Reticulo-Endothelial System (RES) – these heterogenous group of cells have the power to ingest antigen and present it to immuno-competent (macrophages and histiocytes). These cells also have a significant communication function as they contain receptors for most neurochemicals and hormones. The system is seen in the connective tissue, lymphoid tissue, myeloid tissue, liver sinusoids and the microglial cells of the Central Nervous System.
2. The Endocrine System – this is concerned with the hypo-physical adrenal axis of Reckeweg, to which I would add in view of recent research in physio-immunology the thymic-autonomic axis and its hormone releases. There is a diurnal flow in the acid-base balance of the connective tissue under control of the autonomic nervous system, and the hormones adrenalin, thyoxine and follicular hormone. Growth hormones, through the somatomedins have a stimulating effect on the connective tissue. ACTH via its stimulating effect on the adrenal cortex, first increases inflammation through the action of deoxy-cortisol and small doses of cortisol. It is at this level that the stress syndrome acts. As the cortisol concentration increases, inflammation is suppressed.
3. The Neural Reflex System – this system causes changes in the autonomic tone, the blood flow and muscular tension, thus influencing the removal of toxins, and also stimulating lymph floor drainage. This is also the basis of neural therapy involving curative techniques administered via the ANS, and a valid adjunct therapy to anti-homotoxical therapy.

4. The Liver - is the major site of detoxification in the body through chemical transformation of toxins to neutral excretable substances. It is important to note that the liver's ability to achieve this, as also its other main function of protein, and other essential synthesis for immune system factors and Neuropeptides, neurotransmitters and enzymes (including mineral element and other vitamin like co-factors) and anti-oxidants.

'Functional Food' supplements are essential to provide all essential micronutrients and phytonutrients. Spirulina, Chlorella, Aloe Vera, Sweet Wheat are the best natural supplements while also providing 'cleansing/stimulant' chlorophyll, while Probiotics when supplemented aid absorption, natural anti-biotic production and healthy colon for optimum vitamin etc synthesis and micro-element and fructo-oligo-saccharide availability from food.

5. The Connective Tissue – has a detoxification function (humoral and cellular defences); however, it is an area of storage of toxins, antigen/antibody reactions, inflammation, formation of leukocytic cells, lymphocyte and macrophage defences.

Two interesting points:

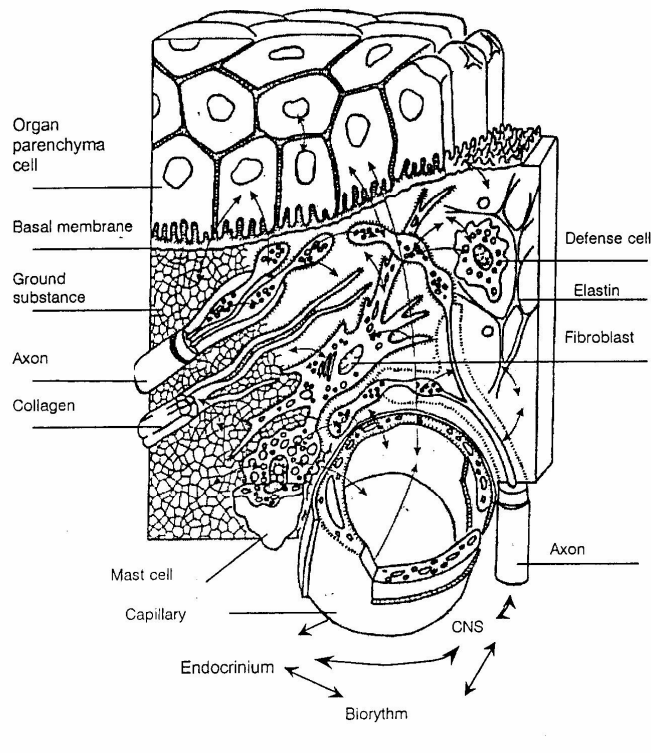
- 1) An overabundance of any substance may act in a homotoxic manner, just as the absence of essential organic or inorganic factors critical in maintaining the flow – equilibrium (such as trace elements and antioxidant vitamins), may cause homotoxic effects, e.g. lack of necessary coupling factors.
- 2) Hering (of Law fame) observed that many bacteriologically associated disease of women and children are the results of using too much sugar (the 'pure white and deadly' of Prof Yudkin) – this observation on the drug effects of sugar anticipates that the recent concern about the ill-effects of over consumption of this substance, and leading to Non-Insulin Dependent Diabetes Mellitus and Obesity, i.e. Deposition, including Metabolic Syndrome (X) and gestational diabetes – a growing concern!

The life of any higher multicellular organism is coupled to the following 3 elements: a) the terminal vascular bed (including lymph vessels),

b) the ground substance (extracellular matrix)

c) the cell.

## The Ground Regulation



Hence cells have a reciprocal, interdependent relationship with the environment. Understood biochemically the matrix is a meshwork made up of high-polymer sugar-protein complexes, with embedded structure, (collagen, elastin), and networking glyco-proteins, (fibronectin, laminin etc).

The electrolability of the matrix allows for communication systems to occur both laterally and centrally via the spinal cord to the brain by means of somatic and visceral (ANS) pathways as also by chemical mediation. Acupuncture points (or more truly 'holes'), represent perforations in the superficial fascia, i.e. the border between subcutaneous connective tissue and muscle tissue. An increased electrical conductivity compared to immediate surroundings can be detected at the 'holes', i.e. difference in potential between them can be measured. This situation is the basis of Electro-Acupuncture and Diagnostics (EAV), according to Voll, in the form of adjunct to homotoxic determinants. All the acupuncture entities lying along a kinetic muscle can be activated in EAV, equally dysfunction can be detected. These chains correspond largely with the meridians.

Thus access to the ground regulation can be attained and accessed, both environmentally and therapeutically, and utilised in neural therapy, biopuncture and homoeosiniatry – infiltration of the holes by stimulation by or alongside anti-homotoxic therapy.

Dr Reckeweg developed a Six-Phase Table of Homo-toxicosis (progression and regression of disease), which also provides a basis for anti-homotoxic therapy. The tissue affected is simply expressed along the vertical axis according to its embryological origin, i.e. ectodermal, entro or endodermal, mesenchymal and mesodermal, though in effect each of these is further subdivided into structural and functional components.

## The 6-Phase Table

There are 3 topic phases, i.e. humoral and cellular being key and the intermediate or matrix phase of illness, divided in the middle by the biological division.

M A T R I X	<b>a) The Humoral Phases</b> – called in division, diseases of disposition	
	1) Excretion Phase -	sweating, rhinitis, urine, bile, diarrhoea, all acting to remove toxins.
	2) Inflammation Phase - (Reaction)	Eczema, pneumonitis, nephritis, hepatitis, arthritis.
	<b>b) The Matrix Phases</b>	
	3) Deposition Phase -	deactivation of toxins AND their storage in the matrix.
	<hr/>	
4) Impregnation -	commencement of enzyme damage and failure to eliminate toxins	
<b>c) The Cellular Phases</b> –		
5) Degeneration Phase -	enzymes and catalytic stages of damage	
6) Neoplasm Phase -	constitution disease and deterioration and cell genome and organ damage	

Biological  
Division

## Phases of Defense Mechanism Against Toxins

### *Phases of Illness*

	Humoral Phases		Matrix Phases		Cellular Phases	
Organ System	Excretion Phases	Inflammation Phases	Deposition Phases	Impregnation Phases	Degeneration Phases	Neoplasm Phase
<b>Skin</b>	Sweat	Eczema	Warts	Pigment Changes	Dermatoses	Skin Cancer
<b>Respiration</b>	Cold & Runny Nose	Pneumonitis	Chronic Bronchitis	Asthma	Emphysema	Lung Cancer
<b>Kidneys</b>	Urine Flow	Nephritis	Kidney Stones	Nephrosis	Nephro-Cirrhosis	Kidney Cancer
<b>Liver/Gall Bladder</b>	Bile Flow	Hepatitis	Gallstones	Fatty Liver	Liver Cirrhosis	Liver Cancer
<b>Joints</b>	Synovial Fluid	Arthritis	Arthropyte	Beg. Arthrosis	Arthrosis Def.	Bone Cancer

↓  
Biological  
Division

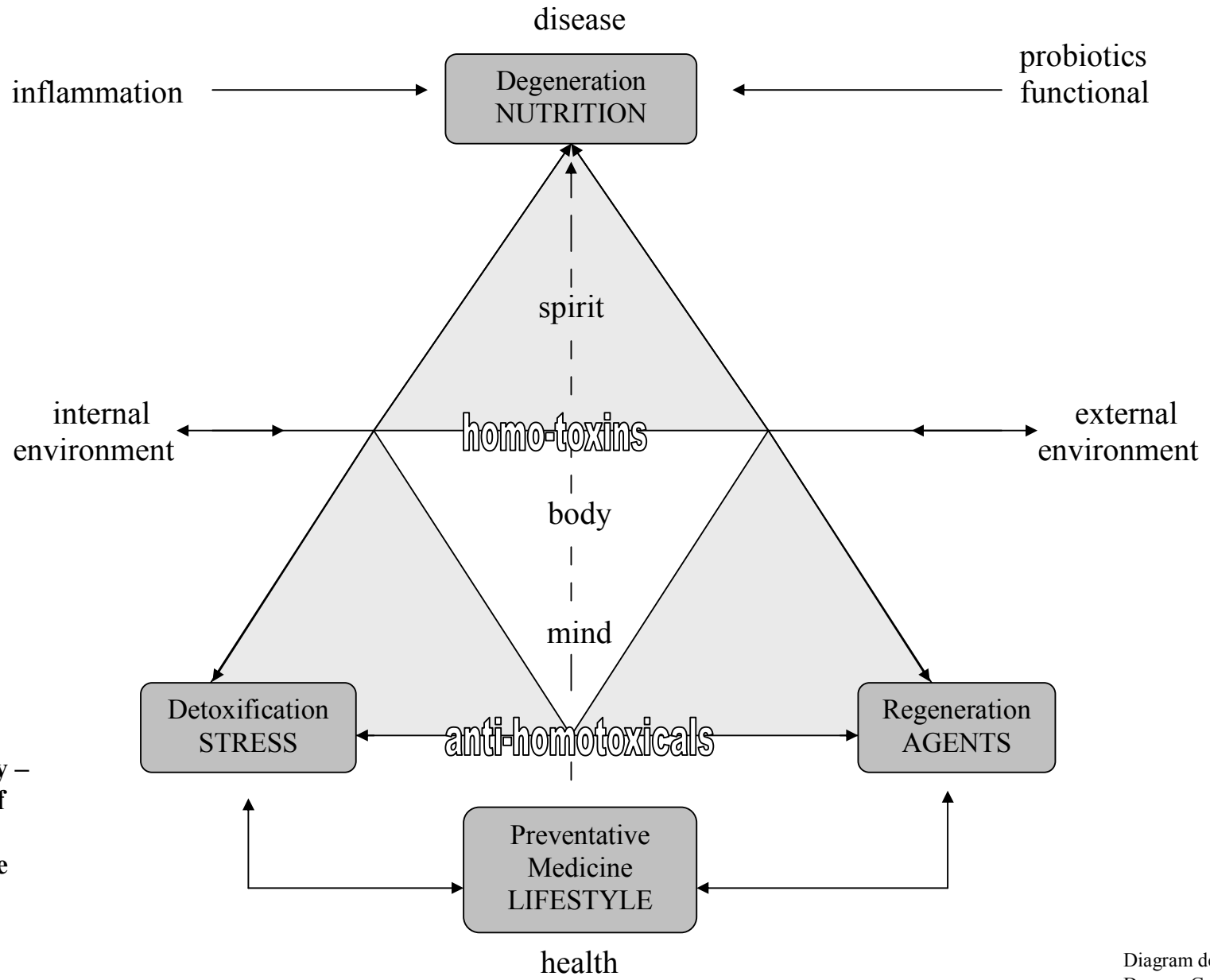
This table gives rise to the Reckewegian concept of Vicariation  
i.e. succession of one immuno-pathological phenomena by another (based on Hering's Law),  
and organised on embryological germ layer.

This is based on the concept of all disease symptoms and signs being part of a unified reaction process of the 'holistic' body. "Regressive vicariation" represents an improvement in the disease condition and detoxification; while "Progressive vicariation", i.e. left to right, or vertically downward on the table represents deterioration or failure to remove toxins. The Reckeweg System of Homotoxicosis is truly an intuitive and inspired System of Medicine which has stood the test of time, whilst also TOTALLY in accord with modern day immunopathological concepts including microchemistry, physics and molecular biological research.

It is hoped that the reader will seek further learning and understanding of the System by Seminar, Courses and Distance Learning via the Society in the UK.

Thus "the discord of disease, becomes the harmony of health" (Aristotle), by elimination of toxic effects in Homo Electromagneticus.





**Homotoxicology –  
the paradigm of  
integrated  
medicine for the  
21<sup>st</sup> Century**

**Table of Homotoxicosis (abridged form)**

← Recovery				→ Lingering Illness			
Tissue	Excretion phases	Reaction phases	Deposition phases	Biological Division	Impregnation phases	Degeneration phases	Neoplasm phases
<b>1. Ectodermal</b>	Perspiration, cerumen, sebum etc.	Furuncles, erythema, dermatitis, eczema, pyoderma, etc	Atheroma, warts, keratosis, clavi, etc		"Tattooing", pigmentation, etc	Dermatitis, lupus vulgaris, leprosy, etc	Ulcus, rodens, basalioma, etc
a) Epidermal					Leukoplakia, etc	Ozaena, atrophic rhinitis, etc	Cancer of the nasal and oral mucosa
b) Orodermal	Saliva, coryza, etc	Stomatitis, rhinitis, aphthous stomatitis, etc	Nasal polypus, cysts, etc		Migraine, tics etc., virus infections (poliomyelitis)	Paresis, multiple sclerosis, optic atrophy, syringomyelia etc	Neuroma, gliosarcoma, etc
c) Neurodermal	Neurodermal secretion of cells etc	Poliomyelitis in the pyrexial stage, herpes zoster, etc	Benign neuromas, neuralgia, etc		Asthma, ulcus ventri, et duodeni etc	Neurofibromatosis, etc	Gliosarcoma, etc
d) Sympaticodermal	Neurohormonal secretion of cells etc	Neuralgia, herpes zoster etc	Benign newromas, neuralgia, etc		Asthma, hoarseness, ulcus ventri et duodeni, carcinoid syndr., etc	Tuberculosis of the lung and of the intestine, etc	Cancer of the larynx, stomach, rectum, etc
<b>2. Entodermal</b>	Gastrointestinal secretions, CO <sup>2</sup> , stercobilin, etc., toxins with faeces	Pharyngitis, laryngitis, enteritis, colitis, etc	Polypi of the mucous membranes, constipation, megacolon, etc		Toxic damage to the liver, pneumonopathy, virus infections etc	Cirrhosis of the liver, hyperthyroidism, myxoedema, etc	Cancer of the liver, gall bladder, pancreas, thyroid gland, lungs
a) Mucodermal					Forestages of elephantiasis, etc., influenzal virus infections	Sclerodema, cachexia, velamen vulvae etc	Sarcoma of various locations etc
b) Organodermal	Bile, Pancreatic juice, thyroid hormones, etc	Parotitis, pneumonia, hepatitis, cholangitis, etc	Silicosis, goitre, cholelithiasis, etc		Osteomalacia, etc	Spondylitis, etc	Osteosarcomas, etc
<b>3. Mesenchymal</b>	Mesenchymal interstitial substance, hyaluronic acid etc	Abscesses, phlegmons, carbuncles etc	Adiposis, gouty tophi, oedema etc		Angina pectoris, myocarditis, etc	Myocardial infarct, panmyelophthisis, pernicious anaemia, etc	Myeloid leukaemia, angiosarcomas, etc
a) Interstitiodermal					Lymphatism etc	Lymphogranulomatosis etc	Lymphatic leukaemia, lymphosarcomas etc
b) Osteodermal	Haemopoiesis, etc	Osteomyelitis, etc	Osteophytosis, etc		Hydrocephalus etc	Coxarthrititis etc	Chondrosarcoma etc
c) Haemodermal	Menses, blood and antibody formation	Endocarditis, typhus, sepsis, embolism etc	Varicose veins, thrombosis, sclerosis etc		Albuminuria, hydronephrosis, etc	Nephrosis, contracted kidney etc	Renal carcinomas, Hypernephroma etc
d) Lymphodermal	Lymph, etc., antibody formation	Angina tonsillaritis, appendicitis etc	Swelling of the lymph glands etc		Forestages of tumours etc	Tbc of the serous membranes etc	Cancer of the serous membranes etc
e) Cavodermal	Fluid, synovia	Polyarthrititis etc	Dropsy etc		Forestages of tumours, (adnexa, uterus, testicles, etc)	Impotentia virillis, sterility etc	Cancer of the uterus, ovaries, testes etc
<b>4. Mesodermal</b>	Urine with catabolites	Cystitis, pyelitis, nephritis etc	Hypertrophy of the prostate glands, nephrolithiasis, etc		Myositis ossificans etc	Dystrophia musculorum prograssiva etc	Myosarcoma etc
a) Nephrodermal					<b>Condensation principle, enzymes damaged, tendency towards deterioration, dubious prognosis</b>		
b) Serodermal	Secretions of the serous membranes	Pleuritis, pericarditis, Peritonitis, etc	Pleural effusions, ascites etc				
c) Germinodermal	Menses, semen, prostatic fluid, ovulation etc	Adnexitis, metritis, ovaritis, salpingitis, etc	Myomas, hypertrophy of the prostate gland, hydrocele, cysts, ovarian cysts etc				
d) Musculodermal	Lactic acid, lactacidogens etc	Muscular rheumatism, myositis etc	Myogelosis, rheumatism etc				
	<b>Excretion principle, enzymes intact, tendency towards a spontaneous cure, favourable prognosis</b>						

The homotoxic phases are arranged vertically, and the tissues affected by the homotoxins are arranged horizontally. Each phase can be related to practically any other through the vicariation phenomena.

## HEALTH AND HEALING / NANO-PHARMACOLOGY

Aristotle (384-322 BC) defines:

HEALTH is harmony, DIS-EASE is discord.

We have not progressed very much beyond this definition, indeed quantum and bio-energetic concepts of medicine are well in accord.

In terms of Homotoxicology I define:

**HEALTH** - Bio-individually determined body/mind/spirit VITAL dynamic state of optimum structure, optimum function and optimum immune system competence. Such must exist in a purposefully determined maximal environment of minimalist toxin presence, and an optimum state of diet and nutrition, exercise facility, stress avoidance and toxin management (prevention and control i.e. excretion).

**DISEASE** - Any change or state of depressed previous Vital dynamism, sub-optimal structure, function and immune system integrity from whatever cause – pre-natal and post-natal.

(acknowledgement below to Roger Newman Turner ‘Naturopathic Medicine’)

Equally, relevant to Homotoxicology and Bio-Regulatory Medicine is Dr Henry Lindlahr M.D. in his “Philosophy of Natural Therapeutics” – well worth obtaining and studying (C.W. Daniel) including his Volume II Practice, Volume III Dietetics.

He defined DISEASE – ‘abnormal or inharmonious vibration of the elements and forces composing the human entity on one or more planes of being.’

In conclusion it is hoped that you have enjoyed the Seminar, whether presented in the long or abridged format.

Appended are: Traumeel  
Vertigoheel  
Zeel T } Brochures

For information

Every Good Fortune !