

UNDERSTANDING TOXIC LOAD

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Common toxic influences that undermine homeostasis include dental mercury poisoning, psychological stress, geopathic stress and electro-magnetic field pollution, urban (petro-chemical) and agricultural (pesticide) pollution. An acidic diet rich in animal protein and refined carbohydrate is liable to result in an over acidic biological terrain with an associated intestinal dysbiosis and possibly stagnant colonic faeces with resorption of colonic toxins. Prescription drugs can be very toxic particularly to the liver, and diuretics are liable to cause clinical dehydration with associated toxicity.

Toxic load poisons biological systems by inhibiting transmission of the bio-regulatory control signals that traverse the body fluids (matrix). These signals are resonating neuropeptides (hormones) that control cellular metabolism by activating receptor sites on cell membranes. If the body fluids (matrix) are clogged up with toxins, these bio-regulatory signals are impeded to the detriment of biological homeostasis. The severity of disease is related to the duration and intensity of toxic load. For example, acute 'forty-eight hour' gastric flu is associated with short duration toxic load; Crohn's disease and diverticulitis with medium term duration toxic load; and bowel cancer with long-term duration toxic load. Dr. Hans-Heinrich Reckeweg (1905-1985), an eminent German homeopathic physician, was the first to describe the toxic load theory of disease, which he called **homotoxicology** (the study of the effects of toxins on mankind).

Toxic load may be (1) physical, (2) chemical, (3) emotional, (4) microbial and (5) constitutional.

- 1. Physical toxic load** may result from injury, excessive fatigue, a sedentary life style, harmful electro-magnetic fields caused by interference fields (geopathic stress), radio waves, computers, mobile phones, and high voltage power cables, nuclear and electro-magnetic radiation, ultra-violet light, and electric currents associated with toxic dental amalgam fillings.
- 2. Chemical toxic load** may result from prescription and non-prescription drugs, intolerance to certain foods, food additives and flavourings, diesel, petrol and gas fumes, pollens, mercury poisoning from toxic dental amalgam, pesticides, detergents, industrial chemicals and paints, fabric conditioners and other pollutants such as strontium-90 and iodine-131 from radio-active fallout.
- 3. Emotional toxic load** may be caused by exhaustion, food intolerance, poor self-esteem, poor relationships, anger and worry. It can be helped with a change in attitude, attention to over-breathing, correcting nutritional deficiencies (e.g. zinc and essential fatty acids), excluding poorly tolerated foodstuffs, counselling, hypnotherapy, or selected Bach flowers essences

4. **Microbial toxic load** encompasses viruses, bacteria, fungi, and parasites. Microbes tend to become pathogenic when the hosts inner biological terrain has become *unhealthy*, (but healthy for the pathogens). Mercury from amalgam dental fillings, antibiotics, oral contraceptives, oral steroid therapy and a diet high in sugar and chemical additives are liable to lead to the development of unhealthy intestinal micro organisms (dysbiosis), and cause 'leaky gut syndrome' with associated food intolerances, nutritional deficiencies, and impairment of the immune system as the gut associated lymphatic system (GALT or Peyer's Patches) is stressed. Leaky gut syndrome and an associated weakened immune system leads to chronic inflammatory health problems such irritable bowel syndrome, eczema, migraine and arthritis.

5. **Constitutional toxic load** may be **genetic** or **miasmatic**. Orthodox research is currently endeavouring to manipulate some genetic predispositions to disease. Miasms, which are homoeopathic concepts, are inherited or acquired predispositions to disease represented by unhealthy intrinsic bio-energy signals. Inherited miasms from forebears comprise unhealthy bio-energy patterns related to illnesses such as tuberculosis, syphilis and scabies. Unhealthy energy from cooking with aluminium utensils, immunizations and infectious diseases such as mumps, measles and glandular fever are causes of acquired miasms that can have long-term repercussions. The debate over the possible link between autism and MMR (mumps, measles and rubella) immunization is ongoing. The practical application of miasm theory is that both inherited and acquired miasms can be treated homoeopathically.

Complex homeopathic drainage therapy is used in biological medicine to help eliminate toxins. This should not be confused with conventional diuretic therapy, the purpose of which is dehydration. Biological practitioners regard dehydration as undesirable, because it impairs the passage of the radio wave like information signals through the body fluids (matrix). Drainage therapy involves selecting and prescribing modern homeopathic and herbal preparations that stimulate detoxification of toxins in the liver and excretion of toxins from the kidneys, colon, skin and lymphatic system. Drainage therapy also includes encouraging the patient to drink plenty of good quality water, which should be free of contaminants such as chlorine and fluoride, and to eat a largely organic and alkaline diet.

Diagnosis and treatment selection

It is impossible to address the problem of toxicity with a standard medical history and with conventional laboratory investigations, and a functional bio resonance approach is mandatory.

The Biomedic Foundation is running an introductory and advanced courses on bioregulatory measure for detoxifications and elimination of the acquired toxicities.