

DETOX/ENDOTOX
VADEMECUM

*Homeopathic Drainage and Detoxification from
Endogenous and Exogenous Toxins*

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DETOX

Introduction to Detox Therapy

Detoxification, drainage, fasting and other forms of cleansing treatment have been around for a long time. It is also well-known that everyone, whether they are healthy or not, can benefit from general detoxification.

Based on “micro-toxicology”, Homeopathy offers numerous possibilities for targeted drainage and detoxification programmes that are really effective.

A good detoxification programme, combined with effective synergic drainage, is often sufficient to eliminate disorders in the majority of patients treated.

Detox Therapy has been specifically created to provide good detoxification. It is based on 18 remedies that are perfectly combined to have a synergic effect.

Detox Therapy has been formulated as a standard wide spectrum therapy, but it can also be adapted to individual applications.

The remedies are also indicated in the treatment of acute symptomology. With the aid of diagnostic methods such as the EAV test, the Vegatest, Chinesiology and Auriculotherapy, a rapid “preliminary diagnosis” can be made, by testing the remedies.

Cases of hypersensitivity to the remedies are extremely rare and, in any case, only caused minor manifestations. There have been cases of homeopathic worsening, but these were mainly as a result of too rapid an introduction to the treatment. We would therefore advise that you begin with low doses and then gradually increase the posology.

The Detox range is supported by the Endotox range, which is designed to encourage the elimination of “endogenous toxins”. By combining Endotox remedies with Detox Therapy you can obtain good results even more quickly.

The Detox remedies are available in 30 ml bottles. Each remedy consists of various components including gemmotherapies, mineral salts, organotherapies, allergens and classic homeopathic remedies.

Detox methodology

1 Preliminary Therapy

The accumulation of toxins and other biological waste is often the primary cause of physical and mental disorders and causes a predisposition to disease.

In order to begin the healing process, it is vital to activate or detoxify the organs and the elimination systems such as the liver, kidneys, intestine, lungs, skin and blood; in order to achieve a true detoxification, it is necessary to stimulate the immune and lymph systems using:

Detox No. 9 (Liver)
Detox No. 13 (Kidneys)
Detox No. 10 (Lymph)

For patients who are particularly sensitive and debilitated, it is not advisable to begin detoxification and drainage straight away. There can be unpleasant hyper-reactions to detoxification if the body is too weak and reacts violently. In these cases, it is advisable to start with a preliminary Therapy such as:

Detox No. 4 (Cellular load)
Detox No. 3 (Connective tissue)
Detox No. 7 (Hormonal feed-back)

For extremely weak patients, replace Detox No. 7 (Hormonal feed-back) with Detox No. 1 (Allergy).

For patients with chronic infections, replace Detox No. 7 with Detox No. 10 (Lymph).

It is often helpful to use a supplementary zinc-, magnesium- and multivitamin/mineral preparations-based treatment.

Posology

5 drops, 3 times a day.

10 drops every hour, in acute cases.

In the second week, increase the posology to 5 drops, 4 times a day and in the third week, increase it to 8-10 drops, 4 times a day.

Duration of treatment

Approximately 4/6 weeks, or until there is an improvement in symptomology.

2 *Drainage stage*

Before beginning detoxification from heavy toxins, it is advisable to stimulate the liver, kidneys and the lymph system in order to achieve optimum drainage results. Detox No. 9 (Liver), Detox No. 13 (Kidneys) and Detox No. 10 (Lymph) can be used to eliminate aspecific toxicity. Use Detox No. 9 (Liver) and Detox No. 13 (Kidneys) for cases of Hypoglycaemia, Insomnia, Halitosis, Furuncles, excessive perspiration and diarrhoea. Detox No. 10 (Lymph) can be used for fatigue, headaches, as an aid to sleep, for nausea, and difficulties with concentration. Effective stimulation of the liver, kidneys and lymph system is often sufficient to reactivate a latent immune system and restore vitality. Detox No. 17 (Stress) can also be used in cases of depression, nervousness, difficulties with concentration, Cephalaea and nightmares.

Posology

8 drops of each remedy, 3 times a day. The various Detox remedies can be administered in succession.

5 drops, twice a day for extremely weak or sensitive patients. (See section entitled "Sensitive patients and worsenings").

For both types of patients, double the dose after 2 weeks in order to obtain the best results.

3 *Detoxification stage*

Specific toxic elements can be eliminated using specific Detox remedies. Heavy metals such as lead, mercury, aluminium, tin, nickel or mercury amalgam, can be eliminated using Detox No. 11 (Metals), Detox No. 13 (Kidneys) and Detox No. 10 (Lymph).

For Chemical substances and pesticides, Detox No. 12 (Environment), Detox No. 9 (Liver) and Detox No. 13 (Kidneys) can be used.

Candida infections and other disorders of the large intestine can be treated with Detox No. 5 (Dysbiosis), Detox No. 8 (Immune Power) and other specific preparations in order to re-establish the correct intestinal flora.

You will see an improvement in the function of the symbiont bacteria, which are essential for the immune system to operate effectively.

Therapeutic sequences

Stage 1: Detox No. 12 (Environment), Detox No. 9 (Liver) and Detox No. 13 (Kidneys).

Stage 2: Detox No. 11 (Metals), Detox No. 13 (Kidneys), Detox No. 10 (Lymph).

Stage 3: Detox No. 15 (Petrochemical products), Detox No. 9 (Liver), Detox No. 1 (Allergy).

Stage 4: Detox No. 18 (Virus), Detox No. 2 (Bacteria), Detox No. 10 (Lymph).

Stage 5: Detox No. 5 (Dysbiosis), Detox No. 8 (Immune Power) and Detox No. 4 (Cellular load).

Posology (for each Detox stage)

First week: 8 drops of each remedy, 3 times a day

Followed by: 15 drops of each remedy, 3 times a day

Duration of treatment for each Detox Stage

Approximately 4 weeks

4 *Regeneration and Desensitization stage*

Even after a really good detoxification, the organ regeneration stage is often left out.

If this stage is left out, then the chances of relapse are still high.

Regeneration can primarily be used to remedy the damage caused by free radicals (unstable oxygen atoms, which cause damage to the cell membrane in particular). Free radicals have even more damaging effects on debilitated and highly poisoned bodies.

In these cases, it is important to use antioxidants such as Vitamins C and E and Selenium.

Regeneration is aimed particularly at the cell membranes and tissues and at preventing the organs from remaining weakened after detoxification treatment.

The treatment can be prescribed to patients of 50 and over as a preventive therapy.

The main remedies used in the regeneration and desensitization stages are:

Detox No. 16 (Regeneration)
Detox No. 3 (Connective tissue)
Detox No. 1 (Allergy)
Detox No. 7 (Hormonal feed-back)

Posology

Detox No. 16 (Regeneration): 5 drops, 4 times a day
Detox No. 3 (Connective tissue): 5 drops, 4 times a day
Detox No. 1 (Allergy): 25 drops in the morning
Detox No. 7 (Hormonal feed-back): 25 drops in the evening

5 *Maintenance stage*

The patient must follow this stage for an adequate period of time in order to prevent the toxins from rapidly reappearing in the system.

The remedy, Detox No. 14 (Maintenance), has been formulated so that it can be administered over long periods of time without any harmful effects.

The main remedies for the maintenance stage are:

Detox No. 14 (Maintenance)
Detox No. 12 (Environment)
Detox No. 5 (Dysbiosis)

Posology

Detox No. 14 (Maintenance): 3-5 drops, 4 times a day
Detox No. 12 (Environment): 10 drops, once a day
Detox No. 5 (Dysbiosis): 3-5 drops, 4 times a day

Endotox Therapy

Endotox Therapy can also be introduced during Detox Therapy (See Endotox Therapy).

The two systems can be combined in order to achieve the best results in a short space of time.

Example of a Treatment scheme

Patient suffering from Asthenia, Allergic Rhinitis (Pollinosis) and Hemicrania.

Stage 1

Preliminary treatment for 6 weeks.

Assess the following remedies: Detox No. 4 (Cellular load), Detox No. 8 (Immune power), Detox No. 1 (Allergy) and Detox No. 6 (Energy load).

Posology

Detox No. 4 (Cellular load):	10 drops, 4 times a day
Detox No. 8 (Immune power):	10 drops, 4 times a day
Detox No. 1 (Allergy):	25 drops, twice a day
Detox No. 6 (Energy load):	10 drops, 4 times a day

Stage 2

Continue with desensitization for 4 weeks, assessing the following remedies: Detox No. 9 (Liver), Detox No. 10 (Lymph), Detox No. 13 (Kidneys), Detox No. 1 (Allergy).

Posology

Detox No. 9 (Liver):	10 drops, 3 times a day
Detox No. 10 (Lymph):	10 drops, 3 times a day
Detox No. 13 (Kidneys):	10 drops, 3 times a day
Detox No. 1 (Allergy):	25 drops, twice a day (morning and evening)

Stage 3

One can continue with a new therapy, assessing the following remedies: Detox No. 1 (Allergy), Detox No. 5 (Dysbiosis), Detox No. 11 (Metals), Detox No. 8 (Immune power).

Posology

Detox No. 1 (Allergy):	25 drops, twice a day
Detox No. 8 (Immune power):	25 drops, twice a day
Detox No. 5 (Dysbiosis):	10 drops, 4 times a day
Detox No. 11 (Metals):	25 drops, twice a day

This treatment can be combined with milk enzymes, vitamins and oligo-elements. When the patient has improved sufficiently, the treatment can be continued using, for example, Detox No. 16 (Regeneration), Detox No. 7 (Hormonal feed-back) or Detox

No. 1 (Allergy), and, if necessary, additional drainage treatment can be given using Detox No. 10 (Lymph) and Detox No. 13 (Kidneys).

6 Acute stage

Therapy scheme

Standard therapy:

<p><i>Detox No. 8 (Immune power)</i> <i>Detox No. 10 (Lymph)</i></p>
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Depending on the type of patient, combine these with Detox No. 2 (Bacteria), Detox No. 18 (Virus), Detox No. 1 (Allergy) and Detox No. 13 (Kidneys).

If fever occurs, continue with Detox No. 8 (Immune power), Detox No. 10 (Lymph), Detox No. 13 (Kidneys) and Detox No. 18 (Virus).

For influenza and colds, continue with Detox No. 8 (Immune power) and Detox No. 10 (Lymph).

During the first stage previously outlined, use Detox No. 18 (Virus); during the sub-acute stage, use Detox No. 2 (Bacteria).

For trauma: Detox No. 3 (Connective tissue), Detox No. 10 (Lymph), Detox No. 13 (Kidneys) and Detox No. 4 (Cellular load).

For headaches: Detox No. 10 (Lymph), Detox No. 13 (Kidneys), Detox No. 3 (Connective tissue), Detox No. 9 (Liver).

In the event of swelling: Detox No. 10 (Lymph), Detox No. 13 (Kidneys), Detox No. 3 (Connective tissue), Detox No. 4 (Cellular load).

Posology

10 drops to be taken frequently – every hour or if necessary every half an hour. Children up to the age of 10 – half the adult dose.

Detox Therapy

Description of remedies

Detox 1 – Allergy

Composition

Acidum formicicum D6
Ambrosia D9
Apis mellifica D4
Arsenicum Iodatatum D6
Cardiospermum D9
Galphimia glauca D6

Grass pollen D30
Histaminum muriaticum D12
House dust D30
Lac vaccinum D30
Luffa Operculata D6
Ribes nigrum gemmae D1

Indications

As a co-adjuvant for all forms of allergy for general desensitization. Also indicated in the treatment of all forms of inflammation (particularly childrens' diseases) and diseases of the immune system.

Other indications include: Colitis, Sinusitis, Allergic Rhinitis (Pollinosis), Atopic eczema, Rheumatoid Arthritis, Hemicrania and Colic in newborn babies. Combine with Detox No. 4 (Cellular load) and Detox No. 8 (Immune power).

In the case of Sinusitis, combine the treatment with renal and lymphatic drainage.

Posology

10 drops, 4 times a day.

For sensitive or debilitated patients: 15 drops, once a day;
or 5-8 drops, twice a day.

Remarks

Detox No. 1 (Allergy) produces a general desensitization and can be used as a co-adjuvant in the treatment of all forms of allergy. It is advisable to combine this remedy with a causal therapy.

Detox No. 1 should be administered for a year and a half in order to achieve effective desensitization.

For cases of environmental allergy, we recommend the use of Detox No. 12 (Environment) as well. This remedy should be administered after removal of the first toxic load using effective drainage with Detox No. 9 (Liver), Detox No. 13 (Kidneys) and Detox No. 10 (Lymph).

Detox 2 – Bacteria

Composition

Bacillinum D30

Baptisia D4

Hepar Sulphuris D9

Pneumococcinum D30

Bacterium proteus D30

Bacterium pyocyaneus D30

Staphylococcinum D30

Streptococcinum D30

Thymus 4CH

Ulmus campestris gemmae D1

Indications

For eliminating toxins from bacterial infections causing dysbiosis. It is also important as a preventive treatment for recurrent bacterial infections and as an activator for weakened immune systems.

It can also be used for children in order to increase their immune power.

It is also useful for “high risk” patients such as those confined to bed, asthmatic and elderly patients and anyone with weakened resistance. In these cases it should be combined with Detox No. 18 (Virus).

It is also extremely effective in the treatment of acute bacterial infections.

Posology

25 drops, twice a day; after the first 2 weeks: 25 drops, once a day.

As a preventive treatment for debilitated patients: 25 drops every 2 days.

For children: standard dosage of 25 drops, once a week.

For the treatment of acute diseases: 10 drops every hour.

Combine with Detox No. 10 (Lymph) and Detox No. 8 (Immune power).

Detox 3 – Connective Tissue

Composition

<i>Arnica D12</i>	<i>Corylus avellana gemmae D1</i>
<i>Bellis perennis D3</i>	<i>Mesenchyme 12CH</i>
<i>Bryonia D3/D9</i>	<i>Rhus toxicodendron D9</i>
<i>Buxus sempervirens D3</i>	<i>Silicea D12</i>
<i>Calendula D1</i>	<i>Connective tissue 12CH</i>
<i>Cedrus Libani gemmae D1</i>	<i>Thiosinaminum D12</i>

Indications

Toxins tend to accumulate in the connective tissue. Detox No. 3 is a non-aggressive formula for detoxifying and regenerating the mesenchyme. It is therefore an ideal remedy to start off the Detox Therapy.

Other indications are: traumas, rheumatic diseases, wounds that won't heal easily, autoimmune diseases, scars and joint disorders.

Posology

10 drops, 4 times a day.

For debilitated and sensitive patients: 3/5 drops, 4 times a day.

Detox 4 – Cellular load

Composition

<i>Acidum aceticum D6</i>	<i>Lecithinum D6</i>
<i>Acidum phosphoricum D6</i>	<i>Magnesium aceticum D6</i>
<i>Acidum sarcolacticum D4</i>	<i>Natrum carbonicum D9</i>
<i>Chininum arsenicosum D6</i>	<i>Natrum muriaticum D12</i>
<i>DNA 5CH</i>	<i>Ribes nigrum gemmae D1</i>
<i>Kalium phosphoricum D6</i>	<i>Sulphur Iodatium D6</i>

Indications

With chronic diseases, there can be problems related to the permeability of the cell membrane. A degenerative deformity pushes physiological homeostasis towards catabolism and tends to encourage the development of autoimmune diseases.

Detox No. 4 has been specifically formulated to make the cell membrane more permeable. It aims to reactivate cell metabolism (i.e. the mitochondria) and therefore stimulate the immune system.

Detox No. 4 is used to prepare the body for detoxification and specific treatments. It is advisable to administer this remedy for 4-8 weeks, regardless of the patient's condition. During this period, the patient should start to feel stronger.

For patients with Asthenia, or who are feeling tired and weak, combine it with Detox No. 6 (Energy Load) and Detox No. 16 (Regeneration).

Other indications: post-viral disorders, mononucleosis, children with growth disorders, memory loss, presenile dementia, inflammatory processes, Osteoporosis, menopause, post-operative stages, the after-effects of chronic disease or accidents.

Its use is also recommended during breastfeeding and for lymph disorders.

Posology

10 drops, 4 times a day.

For sensitive or debilitated patients: 15 drops, once a day; or, 5-8 drops, twice a day.

Detox 5 – Dysbiosis

Composition

Acidum lacticum D4
Aloe D6
Baptisia D4
Carbo vegetabilis D8
Cascara sagrada D4
Chelidonium D2

China D6
Eichornia D2
Fel tauri D4
Lycopodium D4
Pancreas 4CH
Vaccinum vitis idaea gemmae D1

Indications

EAV tests and analyses of faeces show that when there is a reduction in immune resistance (e.g. in the case of chronic diseases), the intestinal flora has increased pathogenic tendencies. This tendency can also be encouraged by the use of antibiotics, oral contraceptives, steroids and refined carbohydrates.

Pathogenic intestinal flora not only prevents effective absorption of vitamins, but it also deprives the body of essential nutrients and causes the hyperproduction of toxic residues which can then hinder the lymph system.

Detox No. 5 must, therefore, always be used in combination with Detox No. 10 (Lymph) and Detox No. 8 (Immune power).

Other indications: Candida infections, deficient pancreas function, constipation, chronic inflammations and chronic states of asthenia.

It is also indicated in the treatment of children with a lymphatic constitution suffering from recurrent colds.

Posology

10 drops, 4 times a day.

For weak and sensitive patients: 15 drops, once a day or 5-8 drops, twice a day.

Detox 6 – Energy Load

Composition

Acidum phosphoricum D6
Balsamum peruvianum D6
China regia D6
Chininum arsenicosum D6
Damiana D3
Eleutherococcus TM

Ginseng D3
Glandula suprarenalis 4CH
Glycyrrhiza glabra D1
Kalium phosphoricum D6
Placenta 4CH
Ribes nigrum gemmae D1

Indications

Treatment of renal insufficiency, Asthenia, relapses, chronic fatigue, Jet lag syndrome.

Other indications: Allergy, immunodeficiencies, Hypoglycaemia, Pre- and post-operative treatments and pre- and post-partum therapies.

It is also indicated in the treatment of the following disorders: shivering from cold, chronic fatigue, low blood pressure.

Posology

10 drops, 4 times a day.

For sensitive or debilitated patients: 15 drops, once a day or 5-8 drops, twice a day.

Detox 7 – Hormonal Feed-back

Composition

<i>Agnus castus D6</i>	<i>Pancreas 7CH</i>
<i>Aurum natronatum muriaticum D6</i>	<i>Placenta 4CH</i>
<i>Corpus pinealis 7CH</i>	<i>Sepia D6</i>
<i>Glandula thyreoidea 7CH</i>	<i>Sequoia gigantea gemmae D1</i>
<i>Hypophysis posterior 7CH</i>	<i>Thalamus 7CH</i>
<i>Hypothalamus 7CH</i>	<i>Thymus 4CH</i>

Indications

For all hormonal disorders in both men and women. It is also effective in the treatment of traumas and reduced resistance caused by stress.

For fatigue, combine with Detox No. 6 (Energy Load) and Detox No. 17 (Stress).

It is also indicated in the treatment of Prostatic hypertrophy, Uterine myoma and Hypoglycaemia.

Posology

25 drops, morning and evening.

For the menopause: 10 drops, 4 times a day. Combine with Detox No. 4 (Cellular load).

For Pre-menstrual Syndrome (PMS): 10 drops, 4 times a day. Combine with Detox No. 17 (Stress), Detox No. 13 (Kidneys) and Detox No. 9 (Liver).

Detox 8 – Immune power

Composition

<i>Badiaga D4</i>	<i>Lachesis D9</i>
<i>Calcium sulphuricum D6</i>	<i>Myristica sebifera 2CH</i>
<i>Echinacea purpurea D2</i>	<i>Pyrogenium D12</i>
<i>Ferrum Iodatum D8</i>	<i>Thuja D4</i>
<i>Hepar Sulphuris D9</i>	<i>Thymus 4CH</i>
<i>Interferon D12</i>	<i>Ulmus campestris gemmae D1</i>

Indications

It is indicated in the treatment of all patients with reduced resistance and the treatment of chronic degenerative diseases. It is also essential for the treatment of allergies, infections of the lymph system, viral infections, inflammations etc.

Other indications: as a co-adjuvant in the treatment of immune disorders. Always combine with Detox No. 10 (Lymph).

Posology

10 drops, 4 times a day.

For debilitated or sensitive patients: Halve the dose (5 drops, 4 times a day).

Remarks

Weak immune systems can be stimulated using Detox No. 8 (Immune power), combined with Detox No. 6 (Energy load), which is a good remedy for drainage. Detox No. 8 activates the thymus and encourages the production of Interferon, two vital elements in ensuring that the immune system operates effectively.

Detox No. 8 is also indicated in the treatment of autoimmune disorders and should therefore be combined with a specific detoxification therapy.

In cases where the immune system is functioning inadequately, improve lymphatic drainage and concentrate on identifying possible hidden allergies.

Detox 9 – Liver

Composition

Bryonia D6

Cascara sagrada D3

Chelidonium D4

Cholesterinum D6

Hepar 7CH

Juniperus communis gemmae D1

Lycopodium D6

Natrum sulphuricum D6

Phosphorus D12

Rosmarinus officinalis gemmae D1

Secale cereale gemmae D1

Vesica fellea 7CH

Indications

This remedy can be used for the drainage and detoxification of the liver and bile tracts, in order to encourage the elimination of toxins and regulate bile production; it is also used in the treatment of inflammations of the liver and hypercholesterolemia.

It is advisable to drain and detoxify the liver for all cases of chronic diseases and disorders.

Other indications: the treatment of serious liver and gall bladder disorders, muscular disorders, aggressiveness and disorders caused by irritation and anger.

It is essential in the treatment of Pre-menstrual Syndrome (PMS); combine with Detox No. 7 (Hormonal Feed-back), Detox No. 6 (Energy Load) and Detox No. 13 (Kidneys).

Posology

10 drops, 4 times a day.

For debilitated or sensitive patients: 3-5 drops, 4 times a day.

Detox 10 – Lymph

Composition

Aranea diadema D6

Barium Iodatum D6

Equisetum hiemale D4

Ferrum Iodatum D9

Mercurius Iodatus flavus D6

Myosotis arvensis D4

Phytolacca D6

RES (Reticular-endothelial System) 7CH

Scrophularia nodosa D4

Teucrium scorodonia D3

Thymus 4CH

Vasa Lymphatica 4CH

Indications

During many diseases there is an accumulation of toxic residues in the mesenchymal lymph system. With chronic and acute infections, you can see the lymph system becoming weighed down.

In “Lymphatic” children, effective stimulation of the lymph can work miracles and also enables you to strengthen the immune system.

Other indications: diarrhoea, constipation, as a co-adjuvant for acute and chronic sinusitis, colds, post-operative and post-traumatic phases and skin infections.

Posology

10 drops, 4 times a day.

For sensitive or debilitated patients: 3-5 drops, 4 times a day.

Detox 11 – Metals

Composition

Argentum nitricum D6
Aurum metallicum D12
Beryllium metallicum D10
Cadmium metallicum D10
Cuprum metallicum D9
Mercurius solubilis D12

Niccolum metallicum D6
Plumbum metallicum D12
Silicea D8
Stannum metallicum D10
Succus betulae gemmae D1
Silver amalgam D12

Indications

For the elimination of heavy metals such as lead, mercury, silver, gold, aluminium, zinc, copper, tin etc. from the mesenchyme and organs. Combine Detox No. 11 with remedies for drainage such as Detox No. 9 (Liver), Detox No. 13 (Kidneys) and Detox No. 10 (Lymph).

Other indications: in the treatment of damage from amalgam; Detox No. 11 can be prescribed before and after the removal of amalgam. The use of Detox No. 11 is also advisable for patients who, for whatever reason, do not wish to remove their fillings.

In this case, combine it with Detox No. 17 (Stress) and Detox No. 8 (Immune power).

Posology

10 drops, 4 times a day.

For debilitated or sensitive patients: 3-5 drops, 4 times a day.

Detox 12 – Environment

DISCONTINUED

Composition

Acidum ascorbicum D4
Allium sativum D3
Benzolum D9
Carboneum oxygenisatum D12
Chlorum D9
Galphimia glauca D4

House dust D12
Ichthyolum D6
Phenolum D9
Plumbum metallicum D12
Quercus pendunculata gemmae D1
Rosa canina gemmae D1

Indications

For the elimination of environmental toxins. It is also indicated in the treatment of allergies, hay fever and intolerance to exhaust fumes.

It should always be combined with remedies for drainage such as Detox No. 10 (Lymph) and Detox No. 13 (Kidneys). It could also be combined with Detox No. 1 (Allergy).

Posology

25 drops, twice a day.

For sensitive or debilitated patients: 15 drops, once a day or 5-8 drops, twice a day.

Detox 13 – Kidneys

Composition

Apris mellifica D6

Berberis D4

Betula alba D3

Fagus sylvatica gemmae D1

Natrium muriaticum D9

Petroselinum D3

Quercus pedunculata gemmae D1

Ren 7CH

Sinus 7CH

Solidago virga aurea D2

Succus betulae gemmae D1

Vesica urinaria 7CH

Indications

It is useful for the drainage and detoxification of the kidneys and bladder, and as a co-adjuvant in detoxification from chemical elements, heavy metals and the like.

It can also be used as a co-adjuvant in the treatment of renal inflammations of known or unknown origin. Drainage of the kidneys is advisable for all chronic diseases and for toxic burdening of the mesenchyme.

Other indications: as a co-adjuvant in the treatment of retention of liquids, infections, adiposity (slimming treatment), Pre-menstrual Syndrome, renal and bladder infections, anxiety, backache and sinusitis.

Posology

10 drops, 4 times a day.

For debilitated or sensitive patients: 3-5 drops, 4 times a day.

Detox 14 – Maintenance

DISCONTINUED

Composition

Acidum lacticum D9
Acidum sarcolacticum D12
Berberis D1
Echinacea purpurea D1
Fagus sylvatica gemmae D1
Galphimia glauca D6

Gingko biloba D1
Glycyrrhiza glabra D1
Juniperus communis gemmae D1
Scrophularia nodosa D3
Taraxacum D3
Passiflora incarnata D1

Indications

For preventing toxins from accumulating in the tissues again after effective drainage and detoxification.

As a result of its composition, Detox No. 14 can be administered continuously even over long periods of time. There are no problems with combining it with Detox No. 12 (Environment) and Detox No. 5 (Dysbiosis). Detox No. 14 (Maintenance) can also be used as a remedy for gentle drainage and can be replaced with Detox No. 9 (Liver), Detox No. 13 (Kidneys) and Detox No. 10 (Lymph).

Posology

10 drops, 4 times a day.
For sensitive patients: 3-5 drops, 4 times a day.

Detox 15 – Petrochemical products

DISCONTINUED

Composition

Acidum carbolicum D15
Acidum picrinicum D12
Acidum sulphuricum D12
Benzinum D12
Histaminum muriaticum D30
Juniperus communis gemmae D1

Petroleum D15
Pix liquida D30
Plumbum muriaticum D15
Rosa canina gemmae D1
Taraxacum D1

Indications

For the elimination of toxins from petrochemical products. It can also be used in the treatment of allergies to cosmetics, exhaust fumes etc.

Always combine it with a good drainage therapy using Detox No. 9 (Liver), and Detox No. 13 (Kidneys). It may also be combined with Detox No. 1 (Allergy).

Posology

25 drops, once a day; after 2 weeks, 25 drops every 2 days.
For sensitive patients, 10-15 drops every 2 days.

Remarks

Detox No. 15 (Petrochemical products) can cause homeopathic worsening. If this occurs, reduce the dose and increase the posology of Detox No. 9 (Liver).

Detox 16 – Regeneration

Composition

Acidum hydrofluoricum D9
Arteria coronaria 7CH
Ginkgo biloba D1
Hamamelis D3
Hepar 7CH
Hypophysinum 7CH

Glandula suprarenalis 4CH
Myocardium 7CH
Pancreas 4CH
Placenta 4CH
Syringa vulgaris gemmae D1

Indications

For regenerating organs after drainage and detoxification therapy.

It is also indicated in the treatment of arteriosclerosis (together with Detox No. 9), relapses, chronic fatigue, and insufficient cerebral circulation and in the prevention of geriatric disorders.

Posology

25 drops, twice a day (also applies to sensitive patients).

Detox 17 – Stress

Composition

Acidum phosphoricum D4
Avena sativa D2
Chamomilla D6
Escholtzia D2
Ficus carica gemmae D1
Humulus Lupulus D3

Ignatia D6
Kalium phosphoricum D9
Melissa D6
Passiflora incarnata D2
Tilia tomentosa gemmae D1
Valeriana D2

Indications

As a co-adjuvant in situations of stress, both chronic and acute. Detox No. 17 is useful in the treatment of nervous exhaustion.

Other indications: Nervous dyspepsia, detoxification therapy (or weaning), disorders from jet lag, exam stress for students, pre- and post-partum, children's sleep disorders (nightmares), during Pre-menstrual Syndrome (PMS) and the menopause.

Posology

10 drops, 4 times a day (also applicable to sensitive patients).

Remarks

Recent studies have shown that emotional stress has a direct effect on the functioning of the immune system, the endocrine system and the associated meridians. Over time, these functional differences may lead to other organic symptoms.

Psychotherapy and remedies such as Detox No. 17 and Detox No. 7 (Hormonal feedback) could be an effective method for reducing the damage caused by emotional stress.

Detox 18 – Virus

Composition

Anas barb. Hep. Cord. Extr. D30/D200
Arsenicum album D12
Bryonia D12
Echinacea angustifolia D6
Haemophylus influenzae D30

Hepatitis D30
Herpes simplex D200
Influenzinum D30
Kalium Phosphoricum D12
Pfeiffer's disease (Mononucleosis) D30
Toxoplasmosis D30

Indications

For the elimination of toxins from viral infections.

Detox No. 18 also has a preventive action on patients with a weakened immune system.

It can also be used for children in order to strengthen the immune system.

It is also indicated in the treatment of “high risk” patients such as those confined to bed, asthmatics, elderly patients and anyone with poor resistance. In these instances, it should always be combined with Detox No. 2 (Bacteria).

Detox No. 18 (Virus) is also very effective in the treatment of acute viral infections.

Posology

25 drops, twice a day; after 2 weeks, 25 drops once a day.

As a preventive treatment for debilitated patients: 25 drops, every 2 days.

Children: 25 drops, once a week.

Acute pathologies: 10 drops every hour in combination with Detox No. 10 (Lymph) and Detox No. 8 (Immune power).

Detox therapy and pregnancy

It is advisable to proceed with the utmost caution during pregnancy, particularly during the first three months. In this period, it is not advisable to administer aggressive detoxification therapy.

The following remedies are safe to use during this period:

<i>Detox No. 1 (Allergy)</i>	<i>Detox No. 14 (Maintenance)</i>
<i>Detox No. 2 (Bacteria)</i>	<i>Detox No. 16 (Regeneration)</i>
<i>Detox No. 3 (Connective tissue)</i>	<i>Detox No. 17 (Stress)</i>
<i>Detox No. 4 (Cellular load)</i>	<i>Detox No. 18 (Virus)</i>
<i>Detox No. 5 (Dysbiosis)</i>	
<i>Detox No. 6 (Energy load)</i>	
<i>Detox No. 7 (Hormonal feed-back)</i>	
<i>Detox No. 8 (Immune power)</i>	

The following remedies should be administered with the necessary caution (preferably not in the first three months):

<i>Detox No. 11 (Metals)</i>
<i>Detox No. 12 (Environment)</i>
<i>Detox No. 15 (Petrochemical products)</i>

Should it be necessary to administer Detox No. 9 (Liver), Detox No. 13 (Kidneys) or Detox No. 10 (Lymph) during the first trimester, it is advisable to reduce the posology to half the normal dose.

During the last trimester, return to the normal dose.

The following remedies may be administered throughout pregnancy:

Detox No. 8 (Immune power): to encourage the formation of the baby's immune system.

Detox No. 6 (Energy Load): Pregnancy puts a strain on the suprarenal glands.

Detox No. 3 (Connective tissue)
and Detox No. 14 (Maintenance): For gentle drainage.

During the last trimester, effective drainage of the kidneys and liver should be carried out.

Detox Therapy and children

Children react very well to Detox Therapy. The remedies most commonly used in the treatment of recurrent infections are: Detox No. 1 (Allergy), Detox No. 2 (Bacteria), Detox No. 9 (Liver), Detox No. 10 (Lymph), Detox No. 13 (Kidneys), Detox No. 17 (Virus), and Detox No. 8 (Immune power).

They should be combined with the following Endotox remedies: Endotox No. 3 (Protein metabolism), Endotox No. 9 (Immune system), Endotox No. 14 (Thymus), and Endotox No. 4 (Extra-cellular liquids).

Therapy scheme

For children with recurrent infections such as: Otitis, tonsillitis, bronchitis and sinusitis.

Stage 1 (approximately 4/6 weeks)

Detox No. 4 (Cellular load)
Detox No. 8 (Immune power)
Detox No. 10 (Lymph)
Posology: 5-10 drops of each remedy, 4 times a day.

Endotox No. 3 (Protein metabolism)
Posology: 5 drops, 4 times a day

Stage 2 (approximately 4/6 weeks)

Detox No. 2 (Bacteria)
Detox No. 18 (Virus)
Posology: 20 drops, every 2 days.

Detox No. 9 (Liver)
Detox No. 13 (Kidneys)
Posology: 5-10 drops, 4 times a day

Detox No. 8 (Immune power)
Posology: 10 drops, twice a day

Stage 3 (approximately 3 weeks)

Detox No. 5 (Dysbiosis)
Detox No. 1 (Allergy)
Posology: 5-10 drops, 4 times a day

Detox No. 10 (Lymph)
Endotox No. 9 (Immune system)
Posology: 10 drops, 3 times a day

Stage 4 (approximately 3 weeks)

Detox No. 12 (Environment)
Endotox No. 4 (Extra-cellular liquids)
Posology: 10 drops, twice a day

If necessary, start the therapy again with Stage 1 or use:
Detox No. 14 (Maintenance)
Detox No. 10 (Lymph)
Endotox No. 14 (Thymus)
Posology: 5 drops, every 3 days.

When treating any type of children's disease, one should first carry out an effective general detoxification. Detox and Endotox Therapy work extremely well on children.

Combining with other therapies

Detox therapy can be combined with any other therapy.

However, it is good practice to detoxify the body before beginning any therapies with acupuncture, classic homeopathy, fasting, manual therapies and any other therapeutic methods.

It is also advisable to use Detox therapy when the patient has undergone or is still undergoing allopathic treatment. After treatment with antibiotics, it is advisable to carry out a good drainage of the liver, kidneys and Lymph, as well as using Detox No. 8 (Immune power), Detox No. 5 (Dysbiosis), Detox No. 2 (Bacteria) and Detox No. 18 (Virus). If corticosteroids have been administered – Detox No. 6 (Energy load), Detox No. 4 (Cellular load), Detox No. 13 (Kidneys) and Detox No. 7 (Hormonal feed-back).

Excellent results can be obtained by combining Detox Therapy with juice-, fasting-, sauna-, Lymphodrainage- and Shiatsu massage-based detoxification treatments.

Highly sensitive patients and worsenings

The effectiveness of detoxification is determined by 4 factors:

- a. the daily dose of the remedy prescribed
- b. the frequency of administration
- c. the quantity of liquids consumed throughout the day
- d. the overall toxic load

Should hyper-reactions occur, discontinue treatment and drink plenty of water. This enables the mobilised toxins to be eliminated more easily.

Once the hyper-reactive stage settles down (1-3 days), the patient can continue the treatment by halving the dose and frequency of administration.

The frequency of doses can gradually be brought back up to normal levels (duration – approximately 2-4 weeks).

It is important to make the patient understand that the toxins that have been accumulating over the past 10/20 years, are now being eliminated in 3-6 months. Therefore, should treatment take a month longer it is not really significant.

Therapeutic protocol for sensitive patients

When treating sensitive and emotional patients, it is a good idea not to begin with too rapid or aggressive a detoxification therapy. For particularly sensitive patients, it is advisable to begin with a posology of 1-2 drops, gradually increasing the dosage if there have been no reactions.

If one is unsure of the level of the patient's sensitivity, it is advisable to begin with a contained dose.

The most indicated remedies are:

Composition

Detox No. 1 (Allergy)

Detox No. 4 (Cellular load)

Detox No. 6 (Energy load)

Detox No. 8 (Immune power)

Detox No. 7 (Hormonal feed-back)

Detox No. 17 (Stress)

Detox No. 16 (Regeneration)

The best combination is to begin with Detox No. 1 (Allergy), Detox No. 16 (Regeneration) and Detox No. 4 (Cellular load). After 2-3 months, move on to Detox No. 8 (Immune power), Detox No. 7 (Hormonal feed-back) and Detox No. 1 (Allergy). If the patient is very tired, add Detox No. 6 (Energy load) and, in case of stress, add Detox No. 17 (Stress).

Remarks

Slight reactions during detoxification are normal, but they should not go on longer than the first week of treatment; if the problems continue it means that detoxification is moving too quickly and the therapeutic scheme should, therefore, be reviewed.

Preventive treatment

People who are really committed to looking after themselves, ask their own doctor for preventive therapies. However, a good detoxification programme is essential, together with advice on diet and lifestyle – prevention is certainly better than cure.

When combined with Endotox therapy and a healthy lifestyle, Detox therapy can prevent numerous diseases. If you are healthy, the method is extremely straightforward – simply follow the guidelines in the section entitled **Methodology**.

The treatment can last between 3 and 6 months depending on the intensity and speed of treatment required. The therapy must be repeated twice a year.

Unfortunately, as a result of the excessive pollution of the environment, prevention has become a necessity and we need to take adequate precautions to stay healthy. Taking high doses of vitamins and minerals every day as advised by orthomolecular medicine is not as effective as an intense detoxification programme with Detox therapy.

Dr. Martina has used the preventive treatment on thousands of patients, halving the incidence of acute diseases in this group in comparison with un-treated patients.

The following are high risk groups: obese patients, asthmatics, hay fever sufferers and patients with a family history of cardio-vascular pathologies, diabetes, cancer, tumours, Parkinson's disease or Alzheimer's.

ENDOTOX

Introduction to Endotox Therapy

Endotox is the therapy created by Dr. Roy Martina as a means of offering the medical profession highly innovative therapeutic solutions.

This therapy is primarily aimed at eliminating the toxins produced by the body itself, which are known as endogenous toxins. These are the toxins – additional products of the metabolism – which are deposited in specific tissues, particularly around the blood vessels, joints, ligaments, muscle tissues, glands or brain.

Endogenous toxins often cause localised irritation, inflammation and allergic reactions.

The action of endogenous toxins mainly manifests itself in precise symptoms and disorders, whilst exogenous toxins generally cause generalised weakness.

If the patients do not get satisfactory results using Detox therapy alone, then they need to rid the body of endogenous toxins first. This treatment is effective in the majority of cases.

It is also possible to start Endotox therapy at the same time as Detox therapy – the synergic effect obtained by combining these two therapies, enables you to achieve satisfactory results in a relatively short time.

The line of Endotox products comprises 17 complexes, whose components have been combined to the highest precision using bio-electronic measurement.

Endotox therapy has been developed as a standardised treatment but it can also be easily adapted to suit individual needs.

By using measuring systems such as the EAV test, the Vegatest, Kinesiological tests, Auricologotherapy (RAC according to Nogier), we can make preliminary diagnoses by monitoring the efficacy of the components on the pathology in progress.

Cases of hypersensitivity to components are quite rare and only cause mild reactions.

No cases of homeopathic worsening have been recorded during the use of this therapy.

Endotox therapy comprises the following complexes:

<i>Endotox No. 1 (Circulation)</i>	<i>Endotox No. 10 (Carbohydrates)</i>
<i>Endotox No. 2 (Colon)</i>	<i>Endotox No. 11 (Ligaments)</i>
<i>Endotox No. 3 (Protein metabolism)</i>	<i>Endotox No. 12 (Muscle tissue)</i>
<i>Endotox No. 4 (Extra-cellular liquids)</i>	<i>Endotox No. 13 (Sugar)</i>
<i>Endotox No. 5 (Joints)</i>	<i>Endotox No. 14 (Thymus)</i>
<i>Endotox No. 6 (Brain)</i>	<i>Endotox No. 15 (Fats)</i>
<i>Endotox No. 7 (Hypermetabolic)</i>	<i>Endotox No. 16 (Salt)</i>
<i>Endotox No. 8 (Hypometabolic)</i>	<i>Endotox No. 17 (Acid-base)</i>
<i>Endotox No. 9 (Immune system)</i>	

The products are available in 30 ml bottles.

Each remedy contains various components including gemmotherapies, salts, nosodes, allergens and other homeopathic products.

The most important active principles are included according to potency, in order to achieve an intense and lasting effect.

Endotox Methodology

Introductory stage

The accumulation of endogenous-type toxins or other types of toxins in the body is a predisposing factor for the onset of diseases and is often the primary symptom of an incipient pathology.

Endotox therapy acts on the metabolism and encourages drainage of the extra-cellular liquid, aiming at a true “endogenous detoxification”.

Patients can be divided into two groups: Hypermetabolic and hypometabolic, or as they do in acupuncture, Yin and Yang.

<i>Hypermetabolic</i>	<i>Hypometabolic</i>
<i>Dynamic, energetic</i>	<i>Need for rest</i>
<i>Insomnia</i>	<i>Prolonged sleep</i>
<i>Excessive perspiration</i>	<i>Sensitive to cold</i>
<i>Suffers with the heat</i>	<i>Loves the heat</i>
<i>Diarrhoea</i>	<i>Constipation</i>
<i>Gastric hyperacidity</i>	<i>Digestive problems</i>
<i>Hypertension</i>	<i>Hypotension</i>
<i>Headaches</i>	<i>Dizziness</i>
<i>Hyperactive</i>	<i>Calm</i>
<i>Loud tone of voice</i>	<i>Soft tone of voice</i>
<i>Hyperthyroidism</i>	<i>Tendency to put on weight, Hypothyroidism</i>
<i>♀ short cycles</i>	<i>♀ long cycles</i>

These are the main characteristics used to classify the patients. If you are in any doubt, it is best to classify the patient as hypometabolic.

Therapy scheme

Endotox No. 8 (Hypometabolic) or Endotox No. 7 (Hypermetabolic), combined with Endotox No. 4 (Extra-cellular liquids) and Endotox No. 16 (Salt); Detox No. 4 (Cellular load) should be administered as a support remedy.

Posology

10 drops of each remedy, 3 times a day.

Duration of therapy: approximately 3/4 weeks.

The subsequent stages can be subdivided as follows:

Stage 1: Metabolism of carbohydrates
Stage 2: Metabolism of proteins
Stage 3: Metabolism of fats
Stage 4: Regulation of Acid-base stage
Stage 5: Maintenance stage

Meiopragia at pancreas level is encountered in many people and should it become chronic it can lead to metabolic disorders. Other patients can suffer from weaknesses due to too drastic a diet.

Weaknesses in the genetic constitution are manifested in deficiencies relating to the activity of the Lipase, Protease or Amylase.

It is also possible to see disorders in the metabolism of glucides and electrolytes. One can also encounter deficiencies due to Hyperalimentation – excessive substrate (proteins, glucides, lipids) can reduce the activity of the enzymes (Protease, Amytase, Lipase).

Enzyme deficiency can also lead to specific toxin loads, from products of partial metabolism. These toxins form the “Endotoxins” which accumulate in the tissues surrounding the organs, causing localised inflammation.

Endotox therapy has been designed not only to act on constitutional weaknesses but also to eliminate the accumulations of endotoxins in the tissues.

Endotox methodology

Stage 1: Metabolism of carbohydrates

Aim: elimination of the metabolisms of carbohydrates, burnt sugars and sub-products formed as a result of excessive consumption of carbohydrates. It also aims to regulate and optimise pancreas and liver function within the scope of the metabolism of carbohydrates.

Therapeutic scheme

<i>Endotox No. 13 (Sugar):</i>	<i>10-15 drops before each meal</i>
<i>Endotox No. 10 (Carbohydrates):</i>	<i>10-15 drops straight after meals</i>
<i>Endotox No. 6 (Brain):</i>	<i>10 drops, 3 times a day</i>
<i>Detox No. 14 (Maintenance):</i>	<i>10 drops, 3 times a day</i>

Duration: 3-4 weeks.

Reduce consumption of carbohydrates to a minimum during this stage.

Stage 2: Metabolism of proteins

Aim: elimination of metabolites of proteins and sub-products formed as a result of excessive consumption of proteins.

It also aims to regulate and optimise pancreas and stomach function within the scope of the digestion of proteins.

Therapeutic scheme

<i>Endotox No. 3 (Protein metabolism):</i>	<i>10/15 drops straight after meals</i>
<i>Endotox No. 11 (Ligaments):</i>	<i>10 drops, 3 times a day</i>
<i>Endotox No. 12 (Muscle tissue):</i>	<i>10 drops, 3 times a day</i>
<i>Detox No. 10 (Lymph):</i>	<i>10 drops, 3 times a day</i>
<i>Detox No. 12 (Environment):</i>	<i>10 drops a day</i>

Duration: 3-4 weeks.

Reduce the consumption of proteins to a minimum during this stage.

Stage 3: Metabolism of fats

Aim: elimination of fat metabolites and sub-products formed as a result of excessive consumption of fats.

It aims to regulate and optimise pancreas, liver and gall bladder function within the scope of the digestion of fats.

Therapeutic scheme

<i>Endotox No. 15 (Fats):</i>	<i>10-15 drops, straight after every meal</i>
<i>Endotox No. 1 (Circulation):</i>	<i>10 drops, 3 times a day</i>
<i>Endotox No. 2 (Colon):</i>	<i>10 drops, 3 times a day</i>
<i>Detox No. 11 (Metals):</i>	<i>10 drops, 3 times a day</i>
<i>Detox No. 13 (Kidneys):</i>	<i>10 drops, 3 times a day</i>

Duration: 4-6 weeks.

Reduce the consumption of fats to a minimum during this stage.

Stage 4: Regulation of acid-base function

Aim: regulation of the balance of acid-base function; elimination of acids and crystals from the connective tissue and normalisation of the immune system.

Therapeutic scheme

<i>Endotox No. 17 (Acid-base):</i>	<i>10/15 drops straight after every meal</i>
<i>Endotox No. 5 (Joints):</i>	<i>10 drops, 3 times a day</i>
<i>Endotox No. 9 (Immune system):</i>	<i>10 drops, 3 times a day</i>
<i>Endotox No. 14 (Thymus):</i>	<i>15 drops, in the mornings and evenings</i>

Duration: 4-6 weeks.

Reduce consumption of dairy products, fizzy drinks and animal proteins to a minimum during this stage, as these disturb sleep at night. Drink plenty of water.

Support therapy: Detox No. 13 (Kidneys), 10 drops, twice a day.

Stage 5: Maintenance

Aim: to prevent a new accumulation of endotoxins, as well as preventing chronic disorders such as arteriosclerosis, rheumatism and premature aging. This stage also encourages the healing and regeneration of damaged tissues.

Therapeutic scheme

<i>Detox No. 14 (Maintenance):</i>	<i>10 drops, twice a day</i>
<i>Endotox No. 1 (Circulation):</i>	<i>10 drops, twice a day</i>
<i>Detox No. 16 (Regeneration):</i>	<i>20 drops, before going to bed</i>
<i>Endotox No. 4 (Extra-cellular liquids):</i>	<i>10 drops, mornings and evenings</i>

Endotox therapy – Description of remedies

Endotox 1 – Circulation

Composition

<i>Allium sativum D2</i>	<i>Crataegus ox. Gemmae D1</i>
<i>Arnica D4</i>	<i>Digitalis D9</i>
<i>Arteria suis 7CH</i>	<i>Ginkgo biloba D1</i>
<i>Arteria coronaria suis 7CH</i>	<i>Lecithinum D12</i>
<i>Calcium fluoratum D8</i>	<i>Myocardium suis 7CH</i>
<i>Cercis siliquastrum gemmae D1</i>	<i>Olea europea gemmae D1</i>
<i>Cholesterinum D8</i>	<i>Strophanthus D3</i>
<i>Citrus limonum gemmae D1</i>	

Indications

Eliminating endotoxins from the arteries and repairing the damage suffered by the endothelium. For Arteriosclerosis, this should be regarded as a long-term treatment.

We would recommend a low-fat and low-cholesterol diet. Combine with Endotox No. 15 (Fats) and Detox No. 9 (Liver).

It can also be taken by patients with heart disorders and those suffering from circulatory disorders.

Posology

10 drops, 3 times a day

Combine with Detox No. 16 (Regeneration) and Endotox No. 15 (Fats).

For the treatment of Arteriosclerosis, combine with Detox No. 9 (Liver).

Endotox 2 – Colon

Composition

<i>Aloe D2</i>	<i>Erythraed centaurium D1</i>
<i>Alumina D8</i>	<i>Natrum muriaticum D15</i>
<i>Cascara sagrada D1</i>	<i>Plumbum aceticum D6</i>
<i>Cascarilla D2</i>	<i>Ramnus frangula D1</i>
<i>Chelidonium D3</i>	<i>Sulphur 4CH</i>
<i>Colon 4/7/8/CH</i>	<i>Vaccinium vitis idaea gemmae D1</i>
<i>Dioscorea villosa D4</i>	

Indications

Freeing the intestines of endotoxins (Intestinal dysbiosis and slow peristalsis).

Posology

20 drops in the mornings and evenings in half a glass of warm water.
Combine with Detox No. 5 (Dysbiosis) and Detox No. 10 (Lymph)
For constipation, 20 drops, 4/6 times a day.

Endotox 3 – Protein metabolism

Composition

Barium carbonicum D8
Betula pubescens gemmae D1
Carbo vegetabilis D9
Condurango D4
Indol D12/D15/D30
Natrum carbonicum D8

Natrum sulphuricum D10
Nux Vomica D9
Pancreas suis 5CH
Pinus Montana gemmae D1
Protease 4CH
Ventriculus cordis suis 5CH

Indications

For activating the metabolism of proteins and encouraging the elimination of metabolites of sub-products resulting from excessive consumption.

It is also indicated in the treatment of rheumatic disorders, headaches, fatigue, Pre-menstrual Syndrome and chronic inflammations.

Posology

10-15 drops straight after every meal.
While using Endotox No. 3, it is advisable to avoid consuming proteins, particularly animal proteins, for at least 4 weeks.

Endotox 4 – Extra-cellular liquids

DISCONTINUED

Composition

Cuprum sulphuricum D8
Cyclamen D7
Gaultheria procumbens D2
Indigo D8
Lithium carbonicum D6
Natrum phosphoricum D8

Oleum terebinthinae D6
Plumbum aceticum D12
Rue D12
Silicea D12
Connective tissue 4/12/15CH
Urea pura D6

Indications

Eliminating endotoxins from the extra-cellular liquid, resulting from excessive consumption of proteins.

It is ideal for treating chronic disorders and for preparing for detoxification treatment, in combination with Detox No. 4 (Cellular load). It is also effective in the treatment of eczema, states of fatigue and swellings.

Posology

10 drops, 3 times a day.

Endotox 5 – Joints

DISCONTINUED

Composition

Acidum uricum D6/D12
Acidum sarcolacticum D12
Carboneum sulphuratum D8
Cuprum arsenicosum D9
Formica rufa D2
Hydrocotyle asiatica D2
Jacaranda caroba D4

Kalmia 3CH
Natrum hippuricum D6
Paeonia officinalis D12
Ranunculus bulbosus D4
Stellaria media D12
Strontium carbonicum D8
Vitis vinifera gemmae D1

Indications

Eliminating metabolites (Endotoxins) which accumulate at joint level and particularly sub-products due to excessive consumption of carbohydrates and proteins.

It is also helpful for treating rheumatic disorders.

Posology

10 drops, 3 times a day.
15 drops before bedtime, for rheumatic disorders.

Endotox 6 – Brain

Composition

Argentum metallicum D8
Artemisia D2
Cerebrum suis D6
Cicuta virosa D6
Cobaltum metallicum D10
Cocculus D4
Ginkgo biloba D1

Kalium bromatum D4
Lathyrus sativus D2
Nux vomica D6
Plumbum metallicum D10
Salix alba D1
Scopolaminum hydrobr. D6
Sequoia gigantea gemmae D1

Indications

Eliminating endotoxins at cerebral level.

It is indicated in the treatment of Multiple Sclerosis, Epilepsy, Parkinson's Disease, patients with a poor memory, coordination disorders, Alzheimer's Disease, Pre-senile Dementia, headaches and the like.

Posology

10 drops, 3 times a day.

For the treatment of degenerative pathologies, combine with Detox No. 16 (Regeneration) and Endotox No. 1 (Circulation).

Endotox 7 – Hypermetabolic

DISCONTINUED

Composition

Calcium carbonicum Hahnemanni D12
Gelsemium D9
Ginseng D15
Glandula thyroidea 9CH/12CH
Hypophysis suis 12CH/20CH

Lycopus virginicus D1
Nux vomica D8/D15/D20
Passiflora incarnata D1
Phosphorus D15
Strychnum phosphoricum D12

Indications

Fast metabolism (Yang condition). Patients with a tendency towards Hyperthyroidism, Hypertension, Hyperhidrosis, diarrhoea, insomnia, heat intolerance, allergies and the like. Regulator of the metabolism in the case of excessive nervous stimuli.

Posology

10 drops, 3 times a day.

10/15 drops, before bedtime.

Endotox 8 – Hypometabolic

Composition

Calcium carbonicum Hahnemanni D8
Eleutherococcus D1
Ferrum metallicum D15
Ferrum Iodatum D8
Fucus vesiculosus D1
Ginseng D1
Glandula thyroidea D8
Hypophysis suis 4CH

Iodum D15
Kalium Iodatum D4
Ribes nigrum gemmae D1
Sepia D9
Spongia tosta D1
Testosterone propionate 4CH
Soluble Thyreoidinum D8

Indications

Patients with slow metabolisms (Yin condition). People with a tendency towards Hypothyroidism, Hypotension, constipation, excessive need to sleep, cold shivers, intolerance to cold. As a regulator of the metabolism, Endotox No. 8 is indicated in the treatment of states of nervous exhaustion.

Posology

10-15 drops, 4 times a day.

For sluggish bowels, combine with Endotox No. 2 (Colon).

For fatigue, add Detox No. 6 (Energy load).

Endotox 9 – Immune system

Composition

Aconitum D15
Arnica D2
Baptisia D15
Belladonna D15
Bryonia D6
Calendula D1
Dulcamara D2
Echinacea purpurea D1

Ferrum phosphoricum D30
Glycyrrhiza glabra D15
Hepar sulphuris D12
Hydrastis D3
Myristica sebifera D3
Pyrogenium D30
Ribes nigrum gemmae D1

Indications

Eliminating toxins and catabolic products in the acute or chronic phase of infections. It can be administered during any post-acute stage.

After a trauma, combine with Detox No. 3 (Connective tissue).

In combination with Detox No. 8 (Immune power), it acts on the reconstruction of the immune system.

When combined with Endotox No. 9 (Immune system), it stimulates the immune system functions.

When combined with Endotox No. 14 (Thymus), it acts on the regeneration of the immune system.

Posology

10 drops, 3 times a day.

10 drops every hour, or every half-hour in acute cases.

Endotox 10 – Carbohydrates

Composition

Amylase 4CH

Calcium phosphoricum D8/D12/D20

Citrus limonum gemmae D1

Eichornia D1

Hydrastis D3

Leptandra D1

Lycopodium D3/D6/D12

Okoubaka D3

Podophyllum peltatum D3

Quercus pedunculata gemmae D1

Vaccinium myrtillus D2

Indications

Activating the catabolism of carbohydrates and eliminating the metabolites due to the metabolism of carbohydrates or excessive consumption of the latter.

It is also indicated in the treatment of fatigue and/or exhaustion, as well as gastrointestinal disorders such as meteorism, intestinal fermentation and poor digestion.

Posology

10-15 drops, after each meal.

Whilst using Endotox No. 10, it is advisable not to consume carbohydrates for at least 4 weeks.

Endotox 11 – Ligaments

DISCONTINUED

Composition

Abies pectinata gemmae D1
Ammonium phosphoricum D8
Bryonia D3
Colchicum D3
Gelsemium D12
Guajacum D1
Kalium Iodatum D8

Lathyrus sativus D2
Oleander D4
Oleum terebinthinae D3
Rhus toxicodendron D6/D9/D12
Silicea D8
Solidago virga aurea D1

Indications

Eliminating metabolites (Endotoxins) which accumulate at ligament level; it particularly encourages the elimination of sub-products produced by excessive consumption of carbohydrates and proteins.

It may also be used to treat rheumatic disorders.

Posology

10 drops, 3 times a day.

Another 15 drops before bedtime, for rheumatic disorders.

Endotox 12 – Muscle tissue

Composition

Acidum lacticum D9/D15
Acidum sarcolacticum D12
Acidum uricum D10
Arnica D3
Bellis perennis D1
Euphorbium D3

Fagus sylvatica gemmae D1
Fraxinus excelsior gemmae D1
Pinus Montana gemmae D1
Salix alba D1
Salix nigra D1
Solanum lycopersicum D4

Indications

For eliminating metabolites (Endotoxins) that accumulate at muscle tissue level.

It is particularly effective for eliminating sub-products resulting from the excessive consumption of carbohydrates and proteins.

It may also be used to treat rheumatic disorders, influenza and muscle fatigue.

Posology

10 drops, 3 times a day.

For influenza, 10 drops every hour.

For serious muscle fatigue, combine with Endotox No. 11 (Ligaments) – 10 drops every hour.

For rheumatic disorders, 15 drops before bedtime.

Endotox 13 – Sugar

Composition

Alfalfa D1

Argetum nitricum D10

Crataegus ox. Gemmae D1

Galega officinalis D1

Helleborus D1

Insulinum 7CH

Lac defloratum 7CH

Phaseolus nanus D2

Rhus aromatica D2

Ribes nigrum gemmae D1

Rubus fruticosus gemmae D1

Saccharum D6/D12

Syzygium jambolanum D1

Uranium nitricum D12

Indications

Regulating the metabolism of sugar (glucose) and elimination of its metabolites, and for cases of excessive sugar consumption.

It is also indicated in the treatment of Hypoglycaemia.

Posology

10-15 drops before or during meals.

When using Endotox No. 13 (Sugar), do not use refined sugar for at least 6-8 weeks.

Endotox 14 – Thymus

Composition

<i>Alfalfa D1</i>	<i>Ribes nigrum gemmae D1</i>
<i>China D3</i>	<i>Scrophularia nodosa D3</i>
<i>Echinacea purpurea D6</i>	<i>Thymus 4CH/7CH/9CH/12CH/15CH</i>
<i>Kalium phosphoricum D8</i>	<i>Thymus vulgaris D1</i>
<i>Glandula suprarenales 4CH</i>	<i>Thymus serpyllum D1</i>
<i>Medulla ossium 4CH</i>	

Indications

Eliminating toxins that have a negative effect on the thymus. It is primarily indicated in the treatment of physical overload, excessive consumption of proteins, vaccinations and stress.

Posology

10 drops, 3 times a day and 10 drops before bedtime.

For emotional stress, combine with Detox No. 17 (Stress) and Detox No. 8 (Immune power).

Endotox 15 – Fats

Composition

<i>Carduus marianus D1</i>	<i>Olea europea gemmae D1</i>
<i>Cholesterinum D5/D8/D15/D30</i>	<i>Phosphorus D8</i>
<i>Helonias dioica D4</i>	<i>Pulsatilla D6/D12</i>
<i>Hepar 4CH</i>	<i>Vaccinium vitis idaea gemmae D1</i>
<i>Lecithinum D3</i>	<i>Vesica fellea 4CH</i>
<i>Lipase 4CH</i>	

Indications

Activating the breakdown of fats and eliminating metabolites from the metabolism of fats or resulting from excessive consumption of fats. It is also indicated in the treatment of Arteriosclerosis, Hypercholesterolemia, degenerative diseases and obesity.

Posology

10-15 drops immediately after meals.

For Arteriosclerosis and Hypercholesterolemia, 15 drops before bedtime.

For obesity, combine with Endotox No. 8 (Hypometabolic) and Endotox No. 13 (Sugar).

Endotox 16 – Salt

DISCONTINUED

Composition

Apis mellifica D6/D12

Fagus sylvatica gemmae D1

Glandula suprarenalis 4CH

Hieracium pilosella D1

Natrum glutamicum D6/D12/D30

Natrum muriaticum

D6/D9/D12/D20/D30

Ren 4CH

Solidago virga aurea D1

Indications

Eliminating toxins resulting from excessive consumption of salt. It is also indicated in the treatment of intolerance to salt, oedemas, renal disorders (weak kidney) and exhaustion.

Posology

10 drops, 4 times a day.

Combine with Detox No. 13 (Kidney). Whilst using Endotox No. 16, it is advisable not to use salt in foods and avoid salted foods (cheeses, ham, sausages) for at least 6-8 weeks.

Endotox 17 – Acid-base

DISCONTINUED

Composition

Acidum muriaticum 12 CH

Acidum lacticum D30

Acidum uricum D30/D60

Acidum sarcolacticum D30

Aloe D6

Hieracium pilosella D1

Natrum carbonicum D3

Natrum hippuricum D30

Nervus vagus 7CH

Nervus sympathicus 7CH

Okoubaka D8

Robinia pseudacacia D12

Urea pura D12

Ventriculus cordis 7CH

Indications

Regulating the balance of acid-base function for eliminating acids and crystals from the connective tissue and for normalising the digestion.

Posology

10 drops, 3-4 times a day.

Endotox therapy and pregnancy

It is advisable to use extreme caution with the administration of Endotox therapy, especially during the first three months of pregnancy. We would recommend that no aggressive detoxification programme is carried out during this period.

The following complexes are safe to use during pregnancy:

<i>Endotox No. 1 (Circulation)</i>	<i>Endotox No. 14 (Thymus)</i>
<i>Endotox No. 3 (Protein metabolism)</i>	<i>Endotox No. 15 (Fats)</i>
<i>Endotox No. 9 (Immune system)</i>	<i>Endotox No. 16 (Salt)</i>
<i>Endotox No. 10 (Carbohydrates)</i>	<i>Endotox No. 17 (Acid-base)</i>
<i>Endotox No. 13 (Sugar)</i>	

The following complexes should be used with caution (preferably not during the first 3 months):

<i>Endotox No. 2 (Colon)</i>	<i>Endotox No. 7 (Hypermetabolic)</i>
<i>Endotox No. 4 (Extra-cellular liquids)</i>	<i>Endotox No. 8 (Hypometabolic)</i>
<i>Endotox No. 5 (Joints)</i>	<i>Endotox No. 11 (Ligaments)</i>
<i>Endotox No. 6 (Brain)</i>	<i>Endotox No. 12 (Muscle tissue)</i>

The following remedies are recommended for use throughout pregnancy:

<i>Endotox No. 9 (Immune system):</i>	<i>for optimising the immune system of the mother and baby.</i>
<i>Endotox No. 14 (Thymus):</i>	<i>for making the puerpera's immune system more efficient.</i>
<i>Endotox No. 17 (Acid-base):</i>	<i>For regulating the acid-base balance.</i>
<i>Endotox No. 10 (Carbohydrates) And Endotox No. 13 (Sugar):</i>	<i>for maintaining optimum glycaemic levels during pregnancy.</i>
<i>From the Detox range:</i>	
<i>Detox No. 6 (Energy load):</i>	<i>to prevent the suprarenal glands from becoming overloaded.</i>
<i>Detox No. 17 (Stress):</i>	<i>in the event of states of prolonged stress.</i>

For gentle drainage:

Detox No. 3 (Connective tissue) and Detox No. 14 (Maintenance), primarily during the last 3 months.

The following are important in the pre- and post-partum stages:

Detox No. 3 (Connective tissue), Detox No. 16 (Regeneration) and Detox No. 8 (Immune power) for a rapid re-stabilisation.

The following are important during labour:

Endotox No. 13 (Sugar), Endotox No. 11 (Ligaments) and Detox No. 3 (Connective tissue). Add Zinc, Vitamin C, Folic acid, Ferrum Metallicum and multivitamin preparations.

Endotox Therapy and children

Children react extremely well to both Endotox and Detox Therapy. For the treatment of recurrent infections, the following can be used as a support therapy:

Endotox No. 3 (Protein metabolism)
Endotox No. 9 (Immune system)

Endotox No. 14 (Thymus)
Endotox No. 4 (Extra-cellular liquids)

The same preparations can also be used in the treatment of weakened defence systems and lymphatic problems.

Therapeutic scheme

Stage 1: approximately 4-6 weeks

Endotox No. 3 (Protein metabolism): 5 drops, 4 times a day.

Detox No. 4 (Cellular load), Detox No. 8 (Immune power) and Detox No. 10 (Lymph): 4-10 drops of each one, 4 times a day.

Stage 2: approximately 4-6 weeks

Detox No. 2 (Bacteria) and Detox No. 18 (Virus): 20 drops of each every 2 days.

Detox No. 9 (Liver) and Detox No. 13 (Kidneys): 5-10 drops, 4 times a day.

Detox No. 8 (Immune power): 10 drops, twice a day.

Stage 3: approximately 3 weeks

Detox No. 12 (Environment), Endotox No. 4 (Extra-cellular liquids): 20 drops of each one, once a day.

Detox No. 3 (Connective tissue), Endotox No. 14 (Thymus): 10 drops of each one, twice a day.

If it is necessary to restart Stage 1, or begin a maintenance therapy, use Detox No. 14 (Maintenance), Detox No. 10 (Lymph) and Endotox No. 14 (Thymus): 5 drops of each remedy, 3 times a day.

Endotox and Detox Therapies are extremely effective for children and are particularly efficient detoxification therapies.

Endotox Therapy and allergies

It is extremely common for people to believe that they are allergic to some foods, and thousands of people avoid eating them for that reason. However, only 2% of the population are truly allergic, i.e. they have the specific antibodies that can be identified in the blood.

The most common allergies are to: eggs, milk, soya, fish, nuts, lobster and oysters. These substances, like sulphates for example, can cause the mast cells to release histamine, in turn causing symptoms such as nasal congestion, asthma, urticaria, nausea and diarrhoea. Other foods such as tuna, mackerel and mature Swiss cheese can, under some circumstances, contain sufficient quantities of histamine to cause an allergic reaction.

For all allergies, it is advisable to begin with a radical endo-detoxification therapy (see instructions); for many patients, this treatment is often sufficient to resolve any disorders.

For general desensitization, the following remedies may be used: Detox No.1 (Allergy), Detox No. 5 (Dysbiosis) and Endotox No. 4 (Extra-cellular liquids).

It is also advisable to carry out a detoxification from bacteria, viruses, chemical products, pesticides and heavy metals. The following remedies should be used: Detox No. 18 (Virus), Detox No. 2 (Bacteria), Detox No. 12 (Environment), Detox No. 11 (Metals) and Detox No. 15 (Petrochemical products).

For a good drainage therapy, particularly of the lymph and liver, Detox No. 10 (Lymph) and Detox No. 9 (Liver) are essential. For the treatment of emunctory deficiency use Detox No. 13 (Kidneys) and Endotox No. 16 (Salt).

Combining with Detox Therapy

In addition to the fact that its combined and synergic action is extremely effective, there are also other logical reasons why is it essential to use dual detoxification from both endotoxins and exotoxins.

Exotoxins have a major influence on the level of the body's toxic load (biological state) and determine the tropism and intensity of constitutionally determined symptoms.

At the beginning of Detox treatment, the symptoms disappear extremely quickly in comparison with Endotox treatment, but without effectively eliminating the endotoxins. The body remains stressed and the old disorders reappear. In some cases there is no improvement at all if the two systems are not combined.

This further illustrates that the two treatments must be combined if the therapeutic scheme is to be effective.

Endo- and exo-detoxification can be introduced as follows:

Preliminary stage

Detox No. 4 (Cellular load):	10 drops, 3 times a day
Endotox No. 4 (Extra-cellular liquids):	10 drops, 3 times a day
Endotox No. 16 (Salt):	10 drops, 3 times a day
Endotox No. 7 or 8 (depending on the patient)	10 drops, 3 times a day

Drainage stage

Endo-Detox combination for detoxification from carbohydrates

Detox No. 14 (Maintenance):	10 drops, 3 times a day
Endotox No. 13 (Sugar):	10-15 drops, before every meal
Endotox No. 10 (Carbohydrates):	10-15 drops, before every meal
Endotox No. 6 (Brain):	10 drops, 3 times a day

Endo-Detox stage 1

Detox No. 12 (Environment):	20 drops, every 2 days
Endotox No. 3 (Protein metabolism):	10-15 drops, straight after meals
Endotox No. 11 (Ligaments):	10 drops, 3 times a day
Endotox No. 12 (Muscle tissue):	10 drops, 3 times a day
Detox No. 10 (Lymph):	10 drops, 3 times a day

Endo-Detox stage 2

Detox No. 11 (Metals):	10 drops, 3 times a day
Detox No. 13 (Kidneys):	10 drops, 3 times a day
Endotox No. 15 (Fats):	10-15 drops, 3 times a day
Endotox No. 1 (Circulation):	10 drops, 3 times a day
Endotox No. 2 (Colon):	10 drops, 3 times a day

Endo-Detox stage 3

Detox No. 15 (Petrochemical products):	20 drops, every 2 days
Detox No. 9 (Liver):	10 drops, 3 times a day
Endotox No. 17 (Acid-base):	10-15 drops, straight after meals
Detox No. 1 (Allergy):	10 drops, 3 times a day

Endo-Detox stage 4

Detox No. 18 (Virus):	20 drops every 2 days (alternate with Detox No. 2 (Bacteria))
Detox No. 2 (Bacteria):	20 drops every 2 days (alternate with Detox No. 18 (Virus))
Detox No. 8 (Immune power):	10 drops, 3 times a day
Endotox No. 14 (Thymus):	20 drops before bedtime

Endo-Detox stage 5

Detox No. 5 (Dysbiosis):	10 drops, 3 times a day
Endotox No. 2 (Colon):	10 drops, 3 times a day
Detox No. 8 (Immune power):	10 drops, 3 times a day
Endotox No. 11 (Ligaments):	10 drops, 3 times a day

Regeneration stage

Detox No. 16 (Regeneration):	20 drops, before bedtime
Detox No. 3 (Connective tissue):	10 drops, 3 times a day
Detox No. 7 (Hormonal feed-back):	20 drops, before bedtime
Endotox No. 5 (Joints):	10 drops, 3 times a day

Detox No. 17 (Stress) and Detox No. 6 (Energy load) may also be prescribed depending on the disorder.

Therapeutic index

This section should be used as a basis for determining the most appropriate detoxification therapy.

The various pathologies are often treated with a combination of several remedies.

Detailed information on the most appropriate treatment method is provided in the description for each individual remedy.

A

Accidents,

The after-effects of

Detox No. 3 (Connective tissue), Detox No. 9 (Kidneys), Detox No. 10 (Lymph), Detox No. 4 (Cellular load)

Adiposity

Detox No. 7 (Hormonal feed-back), Detox No. 13 (Kidneys), Detox No. 10 (Lymph), Endotox No. 8 (Hypometabolic)

After-effects of diseases

Detox No. 18 (Virus), Detox No. 8 (Immune power), Endotox No. 9 (Immune system)

Aggressiveness

Detox No. 9 (Liver), Detox No. 17 (Stress), Endotox No. 7 (Hypermetabolic)

Allergy

(Co-adjutant therapy)

Detox No. 1 (Allergy), Detox No. 10 (Lymph)

Allergy

(Detoxification therapy)

Detox No. 8 (Immune power), Detox No. 12 (Environment), Endotox No. 14 (Thymus), Endotox No. 9 (Immune system), Detox No. 15 (Petrochemical products)

Amalgam

(its load becoming chronic)

Detox No. 11 (Metals), Detox No. 13 (Kidneys), Endotox No. 6 (Brain)

Amalgam

(load from filling in the mouth)

Detox No. 11 (Metals), Detox No. 13 (Kidneys), Detox No. 10 (Lymph)

<i>Anxiety/anguish</i>	Detox No. 17 (Stress), Detox No. 13 (Kidneys), Endotox No. 9 (Immune system)
<i>Anxiety</i> <i>(temporary states)</i>	Detox No. 17 (Stress), Endotox No. 8 (Hypometabolic)
<i>Arteriosclerosis</i>	Detox No. 16 (Regeneration), Endotox No. 15 (Fats), Endotox No. 1 (Circulation), Detox No. 9 (Liver)
<i>Arthritis</i>	See “Joints”
<i>Asthenia</i>	Endotox No. 8 (Hypometabolic), Detox No. 4 (Cellular load), Detox No. 6 (Energy load)
<i>Autoimmune diseases</i>	Detox No. 1 (Allergy), Endotox No. 9 (Immune system), Endotox No. 14 (Thymus), Detox No. 15 (Petrochemical products), Detox No. 11 (Metals)
B	
<i>Bacteria,</i> <i>Infections from</i>	Detox No. 2 (Bacteria), Detox No. 8 (Immune power), Detox No. 10 (Lymph)
<i>Backache</i>	Detox No. 13 (Kidneys), Endotox No. 11 (Ligaments), Detox No. 3 (Connective tissue), Endotox No. 12 (Muscle tissue)
<i>Bile,</i> <i>Regulation of production</i>	Detox No. 9 (Liver), Endotox No. 15 (Fats)
<i>Breastfeeding</i>	Detox No. 4 (Cellular load), Detox No. 6 (Energy load), Endotox No. 9 (Immune system), as a co-adjuvant.
C	
<i>Candida</i>	Detox No. 5 (Dysbiosis), Detox No. 8 (Immune power), Endotox No. 2 (Colon)
<i>Carbohydrates,</i> <i>Intoxication from</i>	Endotox No. 10 (Carbohydrates)
<i>Carbohydrates,</i>	

<i>Excessive consumption of</i>	Endotox No. 10 (Carbohydrates), Endotox No. 13 (Sugar)
<i>Cephalea</i>	Detox No. 1 (Allergy), Detox No. 9 (Liver), Endotox No. 13 (Sugar), Endotox No. 6 (Brain), Endotox No. 1 (Circulation)
<i>Chronic diseases</i> <i>Treatment of after-effects</i>	Detox No. 4 (Cellular load), Detox No. 10 (Lymph), Endotox No. 14 (Thymus), Detox No. 8 (Immune power)
<i>Cold,</i> <i>Sensitivity to</i>	Detox No. 6 (Energy load), Endotox No. 8 (Hypometabolic), Endotox No. 1 (Circulation)
<i>Colic (Infant)</i>	Detox No. 1 (Allergy), Endotox No. 13 (Sugar), Endotox No. 7 (Hypermetabolic)
<i>Colitis</i>	Detox No. 1 (Allergy), Endotox No. 2 (Colon), Endotox No. 9 (Immune system), Endotox No. 3 (Protein metabolism)
<i>Colds</i>	Detox No. 18 (Virus), Detox No. 2 (Bacteria), Detox No. 10 (Lymph), Detox No. 8 (Immune power)
<i>Colds,</i> <i>Recurrent</i>	Detox No. 5 (Dysbiosis), Detox No. 10 (Lymph), Endotox No. 14 (Thymus), Detox No. 8 (Immune power)
<i>Constipation,</i> <i>Treatment of</i>	Endotox No. 2 (Colon), Detox No. 10 (Lymph), Detox No. 5 (Dysbiosis)
<i>Convalescence,</i> <i>Treatment</i>	Detox No. 6 (Energy load), Detox No. 4 (Cellular load), Detox No. 8 (Immune power), Detox No. 10 (Lymph), Detox No. 3 (Connective tissue), Endotox No. 8 (Hypometabolic), Endotox No. 14 (Thymus)

D

Dementia, Presenile

Detox No. 4 (Cellular load), Endotox No.6 (Brain), Endotox No. 1 (Circulation), Detox No. 3 (Connective tissue)

Depression

Detox No. 4 (Cellular load), Endotox No. 13 (Sugar), Detox No. 17 (Stress)

Diarrhoea

Detox No. 10 (Lymph), Detox No. 18 (Virus), Detox No. 2 (Bacteria), Detox No. 1 (Allergy), Detox No. 5 (Dysbiosis)

Dyspepsia nervosa

Detox No. 17 (Stress), Endotox No. 7 (Hypermetabolic)

E

Eczema, Atopic

Detox No. 1 (Allergy), Detox No. 3 (Connective tissue), Endotox No. 4 (Extra-cellular liquids), Endotox No. 14 (Thymus)

Enuresis

Detox No. 17 (Stress), Detox No. 13 (Kidneys), Endotox No. 7 (Hypermetabolic)

Exhaust fumes, Intolerance to

Detox No. 15 (Petrochemical products), Detox No. 12 (Environment), Detox No. 1 (Allergy)

F

Fatigue

Detox No. 6 (Energy load), Detox No. 16 (Regeneration), Detox No. 17 (Stress), Endotox No. 14 (Thymus), Detox No. 6 (Energy load)

Fatigue,

Chronic

Detox No. 6 (Energy load), Endotox No. 14 (Thymus), Endotox No. 8 (Hypometabolic), Detox No. 10 (Lymph)

Fatigue,
Temporary

Detox No. 4 (Cellular load), Detox No. 6 (Energy load), Endotox No. 4 (Extra-cellular liquids), Endotox No. 8 (Hypometabolic)

Fats,
Intoxication from

Endotox No. 15 (Fats), Detox No. 9 (Liver), Endotox No. 7 (Hypometabolic)

Fats,
Excessive consumption of

Endotox No. 15 (Fats), Endotox No. 1 (Circulation), Detox No. 9 (Liver)

Fever

Detox No. 18 (Virus), Detox No. 10 (Lymph), Detox No. 8 (Immune power), Detox No. 13 (Kidneys)

Flatulence,
Disorders resulting from

Detox No. 9 (Liver), Endotox No. 12 (Muscle tissue), Endotox No. 9 (Immune system), Detox No. 10 (Lymph)

G

Gall bladder,
Disorders of the

Detox No. 13 (Kidneys), Detox No. 3 (Connective tissue), Detox No. 14 (Maintenance), Detox No. 11 (Metals), Endotox No. 11 (Ligaments)

Growth,
Problems in children

Detox No. 4 (Cellular load), Detox No. 7 (Hormonal feed-back), Endotox No. 8 (Hypometabolic), Detox No. 16 (Regeneration)

H

Hay fever

Detox No. 1 (Allergy), Detox No. 12 (Environment), Endotox No. 14 (Thymus)

Headaches

Detox No. 10 (Lymph), Detox No. 13 (Kidneys), Detox No. 9 (Liver), Detox No. 3 (Connective tissue)

Heart and vessels, Diseases of the

Endotox No. 1 (Circulation), Endotox No. 15 (Fats)

Hormonal imbalances (men and women)

Detox No. 7 (Hormonal feed-back), Detox No. 16 (Regeneration), Detox No. 17 (Stress), Endotox No. 14 (Thymus), Detox No. 6 (Energy load)

Hypercholesterolemia

Endotox No. 15 (Fats), Detox No. 9 (Liver), Endotox No. 1 (Circulation)

Hypertension

Endotox No. 16 (Salt), Detox No. 17 (Stress), Endotox No. 7 (Hypermetabolic), Endotox No. 1 (Circulation), Detox No. 13 (Kidneys)

Hypoglycaemia

Endotox No. 13 (Sugar), Detox No. 6 (Energy load), Detox No. 7 (Hormonal feed-back), Detox No. 4 (Cellular load)

Hypotension

Detox No. 6 (Energy load), Detox No. 7 (Hormonal feed-back), Endotox No. 8 (Hypometabolic), Detox No. 4 (Cellular load)

I

Immunodeficiency

Detox No. 8 (Immune power), Endotox No. 14 (Thymus), Endotox No. 9 (Immune system), Detox No. 6 (Energy load)

Immunodeficiency,

<i>From infections</i>	Detox No. 8 (Immune power), Endotox No. 14 (Thymus), Endotox No. 9 (Immune system), Detox No. 18 (Virus), Detox No. 2 (Bacteria)
<i>Immunodeficiency,</i> <i>From stress</i>	Detox No. 7 (Hormonal feed-back), Detox No. 17 (Stress), Endotox No. 14 (Thymus), Detox No. 8 (Immune power)
<i>Infections,</i> <i>Acute</i>	Detox No. 8 (Immune power), Detox No. 10 (Lymph), Detox No. 18 (Virus), Detox No. 2 (Bacteria), Detox No. 13 (Kidneys)
<i>Infections,</i> <i>Chronic</i>	Endotox No. 14 (Thymus), Endotox No. 9 (Immune system), Detox No. 10 (Lymph), Detox No. 8 (Immune power)
<i>Inflammations</i>	Detox No. 8 (Immune power), Detox No. 10 (Lymph), Detox No. 18 (Virus), Detox No. 2 (Bacteria)
<i>Inflammations</i> <i>(in children)</i>	See the section entitled “Detox Therapy and children”.
<i>Inflammations,</i> <i>Chronic</i>	Detox No. 2 (Bacteria), Detox No. 18 (Virus), Endotox No. 9 (Immune system), Endotox No. 14 (Thymus)
<i>Influenza</i>	Detox No. 18 (Virus), Endotox No. 12 (Muscle tissue), Endotox No. 9 (Immune system), Detox No. 10 (Lymph)
<i>Insufficiency,</i> <i>Of the suprarenal glands</i>	Detox No. 6 (Energy load), Detox No. 7 (Hormonal feed-back), Detox No. 16 (Regeneration)
<i>Intestinal flora</i> <i>Pathogenic</i>	Detox No. 5 (Dysbiosis), Detox No. 10 (Lymph), Endotox No. 2 (Colon), Detox No. 8 (Immune power)

J

Jet Lag Syndrome

Detox No. 6 (Energy load), Detox No. 17 (Stress), Detox No. 16 (Regeneration), Endotox No. 8 (Hypometabolic)

Joints, Disorders of the (Ligaments),

Endotox No. 5 (Joints), Endotox No. 11
Endotox No. 12 (Muscle tissue)

L

Labour, Pre- and post-partum Treatments

Detox No. 3 (Connective tissue), Detox No. 6 (Energy load), Detox No. 8 (Immune power), Detox No. 17 (Stress), Detox No. 13 (Kidneys), Detox No. 9 (Liver), Endotox No. 16 (Salt)

Liver, (regulation of functions)

Detox No. 9 (Liver), Endotox No. 15 (Fats),
Detox No. 14 (Maintenance)

Liver/gall bladder, Energy disorders

Detox No. 9 (Liver), Detox No. 17 (Stress),
Endotox No. 12 (Muscle tissue), Endotox No. 15 (Fats)

Lymphatic system (regulation of functions)

Detox No. 8 (Immune power), Detox No. 4 (Cellular load), Detox No. 10 (Lymph), Endotox No. 14 (Thymus)

M

Memory, Loss of

Detox No. 4 (Cellular load), Endotox No. 6 (Brain), Endotox No. 1 (Circulation), Detox No. 17 (Stress)

Menopause

Detox No. 7 (Hormonal feed-back), Endotox No. 8 (Hypometabolic), Endotox No. 14 (Thymus)

Menstruation,
Menstrual disorders

Detox No. 7 (Hormonal feed-back), Endotox No. 13 (Sugar), Detox No. 13 (Kidneys), Detox No. 10 (Lymph)

Metabolism,
Sluggish

Endotox No. 7 (Hypermetabolic), Endotox No. 2 (Colon)

Metabolism,
Accelerated

Endotox No. 7 (Hypermetabolic)

Metals,
Elimination of

Detox No. 11 (Metals), Detox No. 13 (Kidneys), Detox No. 12 (Environment)

Mononucleosis

Detox No. 18 (Virus), Detox No. 8 (Immune power), Endotox No. 14 (Thymus)

Multiple Sclerosis

Endotox No. 9 (Immune system), Endotox No. 6 (Brain), Detox No. 18 (Virus), Endotox No. 14 (Thymus), Detox No. 11 (Metals)

Muscles,
Overloading of

Endotox No. 12 (Muscle tissue), Endotox No. 11 (Ligaments)

N

Nightmares
(in children)

Detox No. 17 (Stress), Endotox No. 7 (Hypermetabolic), Endotox No. 13 (Sugar)

O

Oedema

See Retention of liquids

Old age,
Disorders of

(preventive therapy)

Detox No. 16 (Regeneration), Endotox No. 1 (Circulation), Endotox No. 6 (Brain), Endotox No. 8 (Hypometabolic)

Operations,
Pre- and post-operation
Treatments

Detox No. 3 (Connective tissue), Detox No. 8 (Immune power), Detox No. 10 (Lymph), Endotox No. 14 (Thymus)

Osteoporosis

Detox No. 4 (Cellular load), Endotox No. 8 (Hypometabolic)

P

Pancreas,
Insufficiency

Detox No. 5 (Dysbiosis), Endotox No. 10 (Carbohydrates), Endotox No. 15 (Fats), Endotox No. 13 (Sugar)

Parkinson's disease

See "Multiple Sclerosis" (same therapy)

Pathologies,
Chronic

Endotox No. 14 (Thymus), Detox No. 8 (Immune power), Detox No. 3 (Connective tissue)

Pathologies,
Degenerative

Detox No. 8 (Immune power), Endotox No. 14 (Thymus), Endotox No. 9 (Immune system), Detox No. 3 (Connective tissue), Detox No. 4 (Cellular load), Endotox No. 4 (Extra-cellular liquids)

Pfeiffer's disease

See "Mononucleosis"

Premenstrual Syndrome (PMS)

Detox No. 7 (Hormonal feed-back), Endotox No. 13 (Sugar), Detox No. 17 (Stress), Detox No. 13 (Kidneys), Detox No. 9 (Liver), Endotox No. 16 (Salt)

Prostate,

Hypertrophy of the

Detox No. 7 (Hormonal feed-back), Detox No. 16 (Regeneration), Endotox No. 1 (Circulation)

Proteins,

Excessive consumption of

Endotox No. 3 (Protein metabolism), Endotox No. 4 (Extra-cellular liquids), Endotox No. 12 (Muscle tissue), Endotox No. 5 (Joints)

Proteins,

Intoxication from protein load

Endotox No. 3 (Protein metabolism)

R

Rage

Detox No. 9 (Liver), Detox No. 17 (Stress), Endotox No. 14 (Thymus)

Rage,

Outbursts of

Endotox No. 7 (Hypermetabolic), Detox No. 17 (Stress), Detox No. 7 (Hormonal feed-back), Detox No. 16 (Regeneration)

Renal diseases

Detox No. 13 (Kidneys), Endotox No. 9 (Immune system), Endotox No. 4 (Extra-cellular liquids)

Retention of fluids

Detox No. 13 (Kidneys), Endotox No. 16 (Salt), Detox No. 14 (Maintenance)

Rheumatic diseases

See "Joints"

S

Salt,

Intolerance to

Endotox No. 16 (Salt), Detox No. 6 (Energy Load), Detox No. 13 (Kidneys), Endotox No. 4 (Extra-cellular liquids)

Sinusitis,

Acute

Detox No. 10 (Lymph), Detox No. 8 (Immune power), Detox No. 2 (Bacteria)

***Sinusitis,
Chronic***

Detox No. 10 (Lymph), Endotox No. 9 (Immune system), Detox No. 2 (Bacteria), Detox No. 1 (Allergy)

Skin diseases

Detox No. 10 (Lymph), Detox No. 5 (Dysbiosis), Endotox No. 4 (Extra-cellular liquids), Detox No. 1 (Allergy)

Stress

Detox No. 17 (Stress), Detox No. 6 (Energy load), Endotox No. 14 (Thymus)

***Sugar,
Need for***

Endotox No. 13 (Sugar), Detox No. 5 (Dysbiosis)

***Sweets,
Craving for***

Endotox No. 13 (Sugars), Detox No. 5 (Dysbiosis), Detox No. 6 (Energy load)

Swellings

Detox No. 10 (Lymph), Detox No. 13 (Kidneys), Detox No. 3 (Connective tissue), Detox No. 6 (Energy load)

T

***Toxins,
Burdened by***

Follow the therapeutic scheme entitled “Detox Therapy”

***Trauma,
Post-trauma treatments***

Detox No. 3 (Connective Tissue), Detox No. 10 (Lymph), Detox No. 13 (Kidneys)

U

Uterine myoma

Detox No. 7 (Hormonal feed-back), Detox No. 3 (Connective tissue), Endotox No. 12 (Muscle tissue), Detox No. 16 (Regeneration)

V

Viral diseases

Detox No. 8 (Immune power), Detox No. 18 (Virus), Detox No. 10 (Lymph), Endotox No. 14 (Thymus)

W

Weaning, Support therapy for

Endotox No. 13 (Sugar), Detox No. 17 (Stress), Detox No. 6 (Energy load)