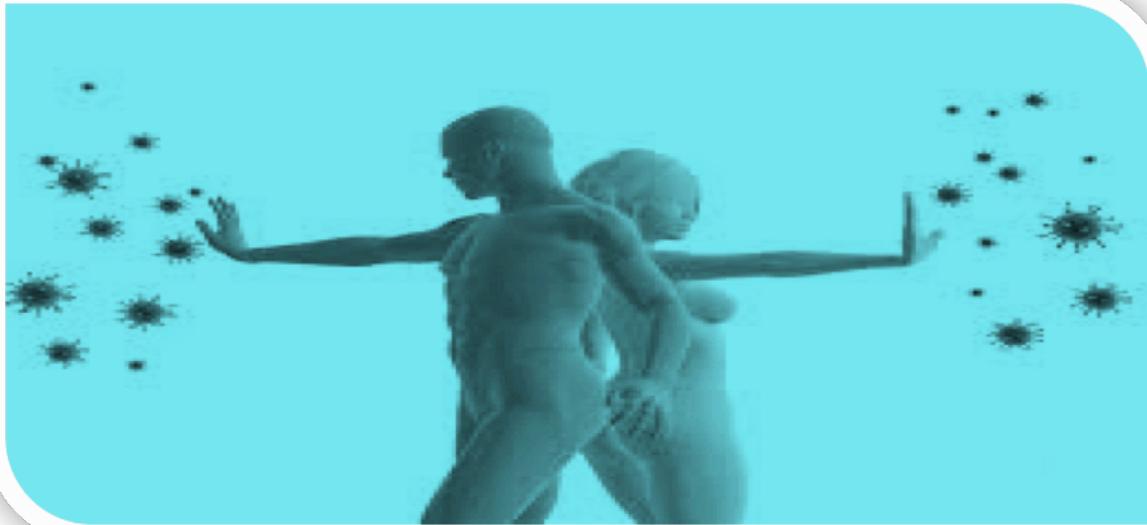


# Homotoxicology & Flu Prevention



**Claudio Capozza MBBS (Italy) N.D. & Patrizia Gentile N.D.**

## The Pathological Process of Infection: Organisms vs Our Immune System

It is well known that pathogens, mainly viruses, mycoplasmas/fungi and bacteria, are located at different levels of the body. Their presence or overgrowth can cause clinical conditions – in a localised area ... or the localised area may be affected by co-related various areas. Conditions can occur in succession.

## Effects of the Pathological Process

The pathological process is the same at all levels:

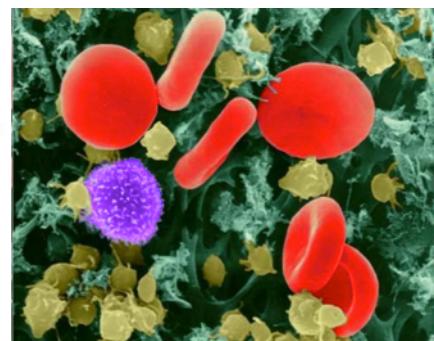
- Inflammation and Edema (Swelling & Fluid) of the Mucous Membranes,
- Vascular Congestion, Hyper Secretion of Mucus
- Alterations in the Structure and Function of the Ciliary Apparatus

Viral and/or bacterial infection causes a non-specific and specific cytolysis/breakdown of the infected cells and inflammation occurs.

## Boosting Our Immune System Defences

The aim of Homotoxicology and other natural therapies in assisting the prevention of flu and its debilitating symptoms is to increase or boost the

Red blood cells and T lymphocytes (in yellow). T lymphocytes are a subset of the so called "white blood cells"; they include CD8+ cytotoxic killer cells and CD4+ helper cells. Regulatory T cells are a subset of the CD4+ helper T cells family.



body's own natural immunity with a CELL-MEDIATED RESPONSE through our immune system cells : T-helper lymphocytes, Cytotoxic T lymphocytes, NK natural killer cells. These immune cells fight the viral/bacterial invasion.

## What is Homotoxicology

Homotoxicology is an approach to healing that integrates the treatment principles of Homeopathy with the diagnostic approach of allopathic medicine, developed over 50 years in Germany BY Dr Reckeweg. The goal of treatment in Homotoxicology is to detoxify the body and restore

the body's natural biorhythms. For those with health challenges, Homotoxicology maintains that: "health cannot be achieved without ridding the body of toxins". Homotoxicology involves using Homeopathic remedies to facilitate the removal of toxins and stimulate the body's capacity to heal itself. The practice of Homotoxicology incorporates the philosophy that each human being possesses an innate self-healing mechanism that can prevent and treat illness.

## **Homotoxicology & The Matrix in Health and Disease**

Whereas so much molecular medicine is aimed at the cell, as if it were the sole seat of disease, extracellular fluids are the key to health. These fluids are called the "matrix", or ground regulation system (the terrain), because it supports everything else by bringing nutrition, oxygen, hormone messengers and other vital substances to the tissues and removing excretion products, toxins and the residue of old diseases. Cells may be important but they are not a separate entity, because they cannot exist without being nurtured in this Matrix. Reckeweg devised ways to use natural substances to support, clean and revitalize the extracellular matrix. Most of the classic homeopathic remedies are still there, though used slightly differently. Homotoxicology remedies have no contraindications and no side effects and they can be integrated with other modalities.

# The Recipe for Maintaining & Protecting Our Health and Wellbeing is a healthy Immune System + Diet & Lifestyle + Natural Remedies + Exercise + Stress Management

The secret to feeling great and getting sick less often is to build up a healthy immune system. Most important is to keep our LEVELS OF TOXICITY LOW and there are many ways of doing this:

- **DIET:** Eating a more alkaline diet and including raw foods, organic if possible. A diet rich in fruits, vegetables and quality proteins is a foundation for a healthy immune system. Studies have shown that eating a sugary snack can depress the immune system for several hours, creating a window of time during which it is easier to get the flu. Avoiding excessive bad sugars can keep the immune system working at the level needed to fend off viral infections, like the flu.

- **WATER:** Drinking lots of water:(filtered or spring water)

- **STRESS:** Stress is part of everyday life, but excessive stress can decrease immune function and make it easier to come down with the flu.



- **STRESS MANAGEMENT:** Establishing stress management techniques like deep breathing, exercise, yoga and meditation, can help ensure that every day stress won't leave you vulnerable to the flu.
  - **SLEEP:** Maintaining a balanced sleep routine is one way to keep our Immune System healthy. Adults need 7 to 9 hours of sleep each night to rejuvenate for the next day. Consistent inadequate sleep lowers the body's defences which are needed for fighting viral and bacteria infections
  - **POLLUTANTS AND TOXINS:** Avoid, eliminate and/or reduce: (Some examples)

Pollutants in the home incl.: Cleaning chemicals, Mould, Bacteria, Yeast fungi, Furniture & Furnishings Chemical

Tap Water, Irradiated or GMO produce.Dry  
Cleaned /New Clothing Personal Beauty  
Products, Teflon Pans,

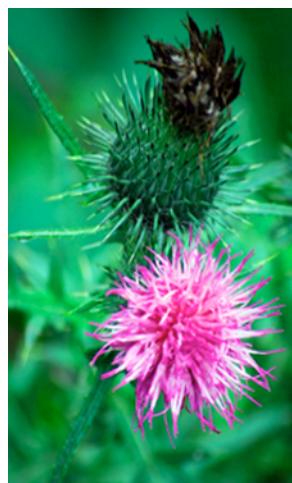
Pesticides, Preservatives, Mould &/Or Bacteria,  
Tap Water, Irradiated or GMO produce.

Outdoor/Indoor air pollution : Car/truck fumes, smog, cigarette, fertilizers/garden products, industrial pollution, mining & soil contamination. Mould in decaying leaves.



Heavy metals: Mercury in teeth amalgams, crematorium fumes, Lead pencils/paint, hair colours.

## The Importance of Detoxification



Our Earth's environment is full of stressors (physical and mental/emotional) that attack our liver, kidneys, lungs, and skin detoxification roles and function, gastrointestinal system, lymphatic system and our immune system defences. For this reason we suggest that you do a detoxification programme

every 2 or 3 months for one month and ensure your gut is healthy, since 70% of our immune system depends on this. (We need a balance of good gut micro-flora helped by good probiotic food and supplements, and making sure that there are no parasites or overgrowth of candida species (yeast fungi) or bad bacteria species invading and creating inflammation and disease).

## "Detox Complete" Remedy

As the winter months approach it is a good idea to start with the "DETOX COMPLETE" remedy now to prepare the "terrain" in the autumn months via detoxification of cells, organs, lymphatic system, skin and connective tissue, i.e. the Matrix).

The detox will assist the flu prevention remedy "IMMUNE FLU COMPLETE". Any diet, lifestyle and environmental detox support is also important at this time.

## "Immune Flu Complete"

The **IMMUNOSTIMULANT** action of "Immune Flu Complete"s main components, (*Anas barbariae hepatis et cordis extractum*), is strengthened by the presence of 2 other remedies (*Influenzinum* and *Vincetoxicum*) which, acting in mutual synergy, promote, enhance and reinforce the medicine's overall **ANTI-INFLUENZAL EFFECT**, particularly by means of an increase in the immune system's **CELL-MEDIATED RESPONSE** to the cells infected by the virus and or bacteria, i.e. T-helper lymphocytes, Cytotoxic T lymphocytes, NK natural killer cells.

Immune Flu Complete also includes the presence of 4 "symptomatic" remedies of particular interest.

These are: *Aconitum*, *Belladonna*, *Echinacea*, *Cuprum*, which support the immunostimulant components to enhance its action and ensure a quick resolution of the inflammatory processes affecting the upper, middle and lower respiratory tracts, possible entry portals for the influenza infection.

## "Immune Flu Complete" Extra Added Ingredients

In addition, the following remedies have been added: *Aviarie*, *Klebsiella*, *Staphilococcinum*, *Streptococcinum*. As we have come to know now, there are many different strains of flu viruses which have the capacity to mutate at any time or over years. (Every year new flu vaccines are created to combat the many strains of flu).

The excellent combination of immunostimulant and symptomatic remedies further render "**IMMUNE FLU COMPLETE**" effective AS A PREVENTATIVE AND ALSO WHEN TAKEN RIGHT FROM THE ONSET OF THE INFLUENZAL DISORDER.

Besides Homotoxicological Flu prevention, it is important to include vitamins and minerals, such as Magnesium, Vitamin C, Zinc, Vitamin A and Vitamin D and appropriately customised pre- and pro-biotic supplements and foods.

## CONCLUSION

Confidence gained through 200 years in using homeopathic prevention among physicians with many years of experience, and their patients, speaks to the effectiveness of homeopathic remedies as a flu preventive.

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