# Detoxification & Biotherapeutic Drainage®

## Optimize your body's physiology:
gentle detoxification guidelines

Seroyal

# Table of Contents

PAGE

**Our environment: your toxin exposure** . . . . . .2

a. What are toxins? . . . . . .3

b. Are you susceptible to toxicity? . . . . . 4

c. Toxicity Questionnaire . . . . . .6

d. Symptoms of toxicity . . . . . .8

**How your body removes toxins: organs involved in elimination** . . . . . .9

**UNDA Numbered Compounds: a unique and safe way to detoxify** . . . . . .12

**Support your drainage: diet and lifestyle recommendations** . . . . . .14

**Customized Practitioner Prescription** . . . . . .16

**Frequently asked questions** . . . . . .17

# Our environment: your toxin exposure

## Introduction

We live in an industrialized world. We are exposed to a variety of potentially harmful chemicals in the air that we breathe, the food and drink we consume, the surfaces we touch and the products that we use. It is no longer a question of if we are toxic, but a question of how toxic.

There are over 80,000 chemicals registered by the Environmental Protection Agency, 3,800 of which are “high-use” chemicals. Of these “high-use” chemicals, less than half of them have been assessed for toxic effects in humans. Less than 9% of these chemicals have been assessed for toxic effects on children.

In a Neonatal Toxicity Study completed by the Environmental Working Group in 2005, the umbilical cord blood from 10 babies was randomly tested. 287 chemicals were found and each baby averaged approximately 200 known toxins. These chemicals included pesticides, consumer product ingredients, wastes from coal burning, gasoline and garbage. 180 of these chemicals are known to cause cancer in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause birth defects or abnormal development in animal tests.

Being aware of toxicity is the first step to improve your health and the health of future generations.

## What are toxins?

A ‘toxin’ is any agent (physical, chemical, or microbial) that adversely modifies or damages a biological system. A toxin may come from inside the body as a by-product of metabolism or may enter from the external environment. The following are some of the many examples of toxins we are exposed to on a daily basis:

- Air pollution and cigarette smoke
- Pesticides and herbicides
- Heavy metals
- Personal care products
- Flame retardants used in appliances and fabrics
- Medications

## Are you Susceptible to Toxicity?

Life is always about balance. The amount of toxicity in your body is directly related to whether or not you are exposed to more chemicals than your body can eliminate over a period of time. We will discuss your organs of elimination in the following section but know that in general your ability to remove toxins is dependent on:

- Your genetic makeup
- Your diet & nutritional status
- Your lifestyle & individual exposures
- Your history of antibiotic or drug use
- Your emotional well-being

There is a commonly used analogy relating your personal toxicity as a 'bucket load.' For a moment, think of your body as a barrel and your level of toxicity as the fluid level in that barrel. As we accumulate and eliminate toxins the level in the barrel rises and falls. We experience symptoms of toxicity only when our barrel begins to overflow (when our body can't remove toxins as quickly as we are accumulating them). Each individual has a different sized barrel and also a different sized spout at the bottom which represents your key organs of elimination: liver and kidneys. If you have a smaller barrel and/or smaller spout, you will be more predisposed to experience symptoms of toxicity. By focusing on liver and kidney function once or twice a year you can prevent things like allergies, low energy, and digestive concerns.

**Bucket overflows**
**SYMPTOMS OF TOXICITY**

At this point, most patients see a doctor and are prescribed medications for their symptoms

# Toxicity Questionnaire

Are you interested in determining your degree of toxicity? Simply fill in the following questionnaire to shed light on factors associated with environmental health:

| | Never = 0 | Sometimes = 1 | Often = 2 |
|---|---|---|---|
| Do you suffer from constipation or digestive issues such as bloating or heartburn? Do you have less than one bowel movement per day? | | | |
| Do you experience brain fog, drowsiness, headaches or fatigue during the day? | | | |
| Do you find it difficult to lose weight? | | | |
| Do you suffer with stress, anxiety or depression? | | | |
| Do you eat refined carbohydrates (e.g. white breads or rice) or processed (packaged) foods more than twice a week? | | | |
| Do you experience cravings that are difficult to control? | | | |
| Do you tend to get colds and flus easily? | | | |
| Have you used antibiotics or over-the-counter drugs in the past 6 months? | | | |
| Does your occupation expose you to toxic chemicals on a daily basis? | | | |
| Do you smoke or are you exposed to second hand smoke? | | | |
| Do you have two or more mercury amalgams ('silver' fillings)? | | | |
| Do you use regular personal care products (soaps, shampoos, moisturizers, sunscreens, etc.) or household cleaners? | | | |
| Do you use plastic containers to store or heat food or drink from plastic containers? | | | |
| **TOTAL** | | | |

## Evaluation of your result:

- **<5 – Keep up the good work: LOW TOXICITY**

  You are clearly informed and making healthy choices daily in order to keep your toxins in check. We hope you can learn how to stay healthy with this brochure.

- **6-17 – Education is power: AVERAGE TOXICITY**

  You have an average amount of toxicity which may be causing health problems. Now is the time to utilize this brochure in order to prevent symptoms or chronic conditions from developing.

- **>18 – It's time for a change: HIGH TOXICITY**

  You have a high amount of toxicity which has already greatly impacted your health. Not to worry, it's never too late to reverse this process. Follow these guidelines and stick with it for at least 4-6 months.

## Symptoms associated with toxicity:

Common symptoms indicating excessive toxins include:

- Fatigue, headaches, muscle and joint pain
- Mood changes: anxiety, aggression and depression
- Cognitive problems: reduced memory and brain fog
- Neurological problems: nerve pain, tremors and balance problems
- Immune alterations: chronic infections and/or severe allergic reactions
- Poor digestion: constipation, nausea, bloating and weight gain
- Hormone imbalances: infertility, PMS and premature menopause, obesity, high cholesterol, high blood pressure and poor blood sugar balance
- Skin problems: allergies, eczema, psoriasis and acne

# How your body removes toxins: organs involved in elimination

Your body is constantly working to neutralize and eliminate toxins. In order to do this, the body requires a pathway to send waste outside of the body. These pathways of elimination are called emunctories. An emunctory is any tissue capable of allowing excretions to exit the body. The majority of elimination occurs via the primary emunctories. If the primary emunctories are not working efficiently the secondary emunctories will kick in to aid in elimination and to prevent symptoms of toxicity.

**The Primary emunctories are:**

- Solid waste through the liver and intestines
- Liquid waste through the kidney and urinary bladder
- Gaseous waste through the lungs
- Sweating through the skin

**The Secondary emunctories include:**

- The skin and mucous membranes of the:
  - Urogenital tract
  - Respiratory tract
  - Gastrointestinal tract

## Liver – The metabolic gatekeeper

The liver is your largest glandular organ and sits on the right side of your body below your rib cage. It is a fabulous multi-tasker. Each minute it carries out hundreds of enzymatic reactions crucial for your survival. The liver metabolizes carbohydrates, proteins, fats, vitamins and minerals. It keeps both cholesterol and blood sugar balanced. It creates bile to aid in digestion, produces clotting factors and various blood transport mechanisms. It breaks down your red blood cells, white blood cells, bacteria, alcohol, hormones, and all drugs and chemicals entering the digestive tract. It is the key to overall digestive, metabolic, immune and hormonal health.

## Kidney – The eliminator

Your kidneys are bean shaped organs about the size of your fist and sit near the middle of your back under your rib cage. Your kidneys are sophisticated trash collectors. Each day they process about 200 litres of blood and eliminate waste and extra water as urine. Your kidneys regulate electrolytes and acid-base balance, they filter waste and drugs, regulate blood pressure, and produce hormones. They are your most important organ for eliminating water-soluble waste.

## Gastrointestinal Tract / Mucous Membranes – The immune system regulator

Regular elimination through bowel function is the most measurable and visible sign of proper elimination. If you have problems with digestion you are likely not absorbing your nutrients properly or detoxifying efficiently. Your digestive tract and mucus membranes are home to 100 trillion hard working friendly bacteria. These friendly bacteria aid in digestion and absorption of nutrients, prevent infections and balance autoimmunity. Toxicity can change the amount and type of good bacteria in your digestive tract and wreak havoc on your immune system.

## Skin – The deposition centre

Your skin is a window to your digestive tract. When your body is overburdened with toxins it needs a place to store them and your skin is an easy (and large) target. This is why many very common skin conditions like acne, eczema, psoriasis, and hives will clear up with proper elimination.

# UNDA Numbered Compounds: a unique and safe way to detoxify

So what are these little bottles that your practitioner prescribed? The UNDA Numbered Compounds are a unique combination of homeopathic formulas that were developed for Biotherapeutic Drainage. They are formulated in Belgium and have been in use since the 1930s.

The UNDA Numbered Compounds are an extremely safe and effective method of detoxification at a cellular level. They respect the body's capacity to dislodge, remove, process and excrete toxins without overburdening the body. The UNDA Numbered Compounds are unique in that they combine dilute forms of plants and minerals which create a dual action: the plants guide the remedy to the appropriate organ system and the minerals are co-factors for enzymes of that organ. These remedies are typically used in combinations of 3 to target the organs that your practitioner determines are in need of support.

These remedies are unique in that they are drainage remedies. They are different than traditional detoxification remedies in that they respect the body and do not push it beyond its limits. They are deep acting remedies which are tremendously safe.

# Drainage:

A physiologic action that facilitates the body to eliminate toxins, without aggression or forcing the body to eliminate beyond its' physiologic limits.

Simply stated, it is the process of recognition, neutralization and removal of toxic compounds, natural and unnatural, from the body by opening the emunctories and then discharging the toxic accumulations.

Drainage is also referred to as physiologic detoxification, meaning "of or consistent with an organism's normal functioning".

**Drainage key points:**

- A cleansing of the organism to enable it to self-regulate. Its intent is to return the body to its true natural state of health and vitality. It restores health in a long-lasting and effective way.
- Works at both an intracellular and extracellular level due to homeopathic remedy potency.
- Can be done in combination with other remedies and is not contraindicated with your medications.

"Cells release wastes and toxins into the surrounding tissues. Drainage is the process ensuring that these wastes and toxins are carried by blood and lymph out of cells and tissues toward the excretory organs call emunctories for their elimination."

*From Natural Medecine to a Medecine of the Individual, Dr. Gerard Gueniot with Dr. Pierre Tondelier, Editions Amyris, 2010*

# Detoxification:

An external force that can be aggressive to the body and force it beyond its physiological limits. Examples of detoxification therapies are IV chelation and oral laxatives. There is a role for detoxification when there is extreme toxicity, but care must be taken to not deplete the body of nutrients and minerals.

# **Support your drainage:** diet and lifestyle recommendations

A healthy diet and lifestyle creates the foundation for optimal health. The following suggestions should be part of your daily routine to optimize physical, mental, and spiritual health. These recommendations will naturally support your emunctories to eliminate waste:

**Toxicity awareness:**

- ❑ Eat organic produce as much as possible, especially the 'dirty dozen' fruits and vegetables.
- ❑ Avoid farmed or Atlantic salmon and choose wild Alaskan salmon instead.
- ❑ Avoid the fish with the highest mercury content: (shark, swordfish, king mackerel, tuna, orange roughy, marlin, Chilean bass)
- ❑ Avoid all sugar—sugar reduces the ability of the liver to clear toxic compounds out of the bloodstream.
- ❑ Refrain from heating food in plastic containers.
- ❑ Read ingredients in your personal care products and cleaning supplies. Avoid parabens and chemical "fragrances".

**For your kidneys:**

- ❑ Drink at least one half of your body (in lbs) in ounces of pure filtered water per day.

**For your liver and digestive tract:**

- ❑ Add ¼ to ½ freshly squeezed lemon to a cup of warm water and drink first thing in the morning.
- ❑ Add freshly ground flax, pumpkin, sesame or sunflower seeds to your foods daily for fiber.
- ❑ Add 1-2 tsp of organic apple cider vinegar to half a glass of water before a meal to stimulate digestive enzymes.
- ❑ Try castor oil packs: soak flannel in castor oil and leave on entire abdomen for 30 minutes daily.
- ❑ Eat your veggies: consume 1-2 servings of brassica family vegetables daily (broccoli, asparagus, spinach, kale, cabbage, bok choy, etc.).

**For your skin:**

- ❑ Dry skin brushing: Purchase a natural fiber brush or loofah sponge. Each evening before bed brush your entire skin surface very lightly with the brush/sponge. Making small circles, and moving always towards the heart, try to cover as much of your body as you can, including the soles of your feet and the palms of your hands. The entire exercise should take no more than one minute. The goal is to stimulate the movement of the lymphatic fluids and blood.

**For your lungs:**

- ❑ Deep Breathing: throughout the day stop and take 3 conscious deep breaths. Inhale deeply through your nose and fill your abdomen and then chest, exhale for as long as possible through pursed lips. Consider doing this hourly.

**For overall physical, mental & spiritual health:**

- ❑ Sleep: Try to go to bed and wake up at the same time everyday. Ideal is to be in bed by 10pm and asleep by 11pm each evening. 7-8 hrs of sleep is optimal for wellness.
- ❑ Movement: Move your muscles for at least 20 min of each day.
- ❑ Get sunlight every day: at least 20 min.
- ❑ Play! Do something fun every day! Laugh!

# Customized Practitioner Prescription

**General Instructions:**

Please follow this Biotherapeutic Drainage plan for _____ weeks.

Follow-up appointment in _____ weeks. Date of appointment: _____

**Diet recommended:**

- ❑ Hypoallergenic diet
- ❑ Whole foods diet
- ❑ Gluten free diet
- ❑ Dairy free diet

**Please take the following supplements:**

❑ **Drainage remedies:**
Product: Dose:

❑ **Additional liver support:**
Product: Dose:

❑ **Probiotics:**
Product: Dose:

❑ **B vitamins:**
Product: Dose:

❑ **Essential fatty acids:**
Product: Dose:

❑ **Protein supplement:**
Product: Dose:

❑ **Other:**
Product: Dose:

# Frequently asked questions

**Q: What type of reactions might I experience when I have with this type of detoxification?**

**A:** Most people typically feel improvement in energy, digestion and overall well-being. In very rare cases a number of mild to moderate “detox” reactions can occur in the first few days. These typically include:

- A change in frequency, colour, or odour of urination or defecation
- An increase or change in perspiration
- A mild headache or feeling fatigue for just a few days when beginning treatment

If you experience symptoms, this may be a part of the natural healing process. It shows us that you are in need of drainage therapy. Symptoms typically will go away in 2-3 days. If your symptoms are overwhelming or do not disappear with time please stop your remedies and consult your healthcare practitioner.

**Q: Will the UNDA Numbered Compounds interact with my medications?**

**A:** UNDA Numbered Compounds will NOT interact with your medications but they may change the physiology of your body so that less medication will be needed in certain individuals. For example, if patients are taking lipid-lowering agents, such as Lipitor®, the compounds may support your liver so that the liver is handling the metabolism of cholesterol more effectively and less medication is necessary. **Always advise your healthcare practitioners of all medications and supplements you are currently taking.**

**Q: How should I take my UNDA Numbered Compounds?**

**A:** Typical adult dosing is 5 drops of each remedy, three times a day. Simply take 5 drops of each remedy on a spoon or in a small glass and take it alone or with a small amount of water. Hold this in your mouth for 30 seconds and swallow. The remedies are best to be taken at least 10 minutes before or after food.

**Q: My drops won't come out of the bottle, what should I do?**

**A:** Try turning the bottle upside down before removing the cap. Once upside down, remove the cap and place your spoon or cup under the bottle.

**Q: How long will the bottle last?**

**A:** At a typical dosage the bottle will last approximately 3 weeks. If you happen to finish one bottle before the others, simply continue until you finish all the bottles.

**Q: How long will I require treatment?**

**A:** It depends on how much toxicity your body has! Typically each 'round' of UNDA Numbered Compounds takes 3-4 weeks to complete. You will work with your practitioner to determine the length of treatment. If you're healthy one round of this may be all that you need, however if you are addressing specific health concerns, 6 months – 1 year of treatment may be required.

**Q: How long will it take for me to feel a difference?**

**A:** Most people will typically feel different within a few days. If you don't feel a difference continue the program and pay attention to any changes over the 3 week period.

**Q: Will it harm me to detoxify if I don't have any symptoms and am already healthy?**

**A:** Not at all! These remedies are safe and support your body's physiology. Following these guidelines will only optimize your health and prevent future health concerns.

# Notes

©2014 Seroyal.  All Rights Reserved