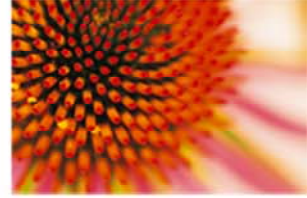


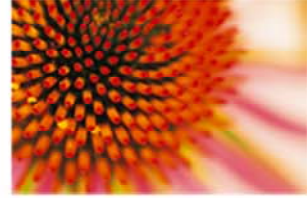
Natural Relief of Seasonal and Chronic Allergies

Brian J. Popiel, ND



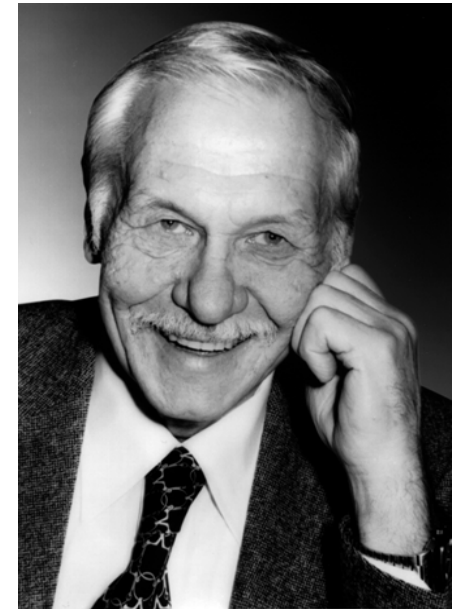
Items to be covered:

- Introduction
- Brief review of Dr. Reckeweg and Heel
- Review of Homotoxicology
- Six-Phase Table of Homotoxicology
- Homotoxicological medications for treating seasonal and chronic allergies



Dr. Reckeweg

- Interest in homeopathy began as a child
- Attended medical school
- Became unhappy with medical practices of the time (Drugs, Surgeries)
- Developed Homotoxicology in Baden-Baden, Germany in 1955



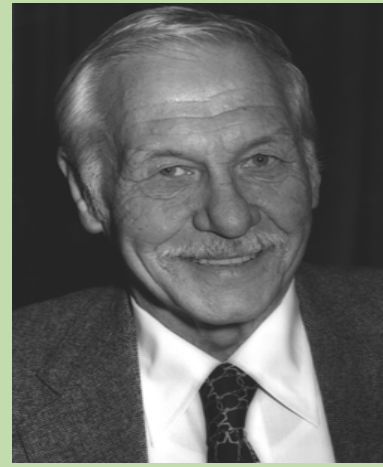
-Heel

HOMOTOXICOLOGY

Integration



**Western
Medicine**

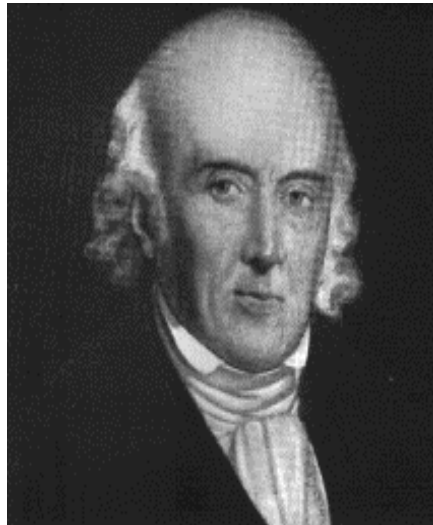


Homeopathy

To create a bridge between classical homeopathy and western medicine with Homotoxicology

Homotoxicology

- Homotoxicology is the continuation of Hahneman's theory and practice in light of advances in the past 40-50 years in the fields of pathology, toxicology, physiology and endocrinology

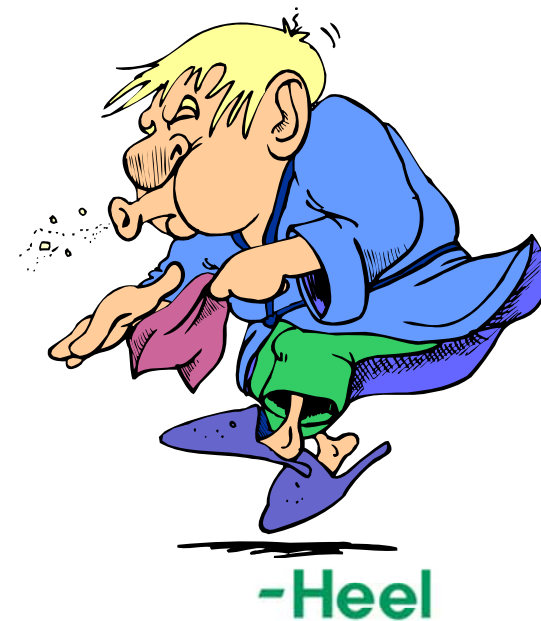


Homotoxicological Definition of “Health”

- Health is the body’s capacity for ridding itself, in a completely natural and appropriate way, of any homotoxins that may be present.

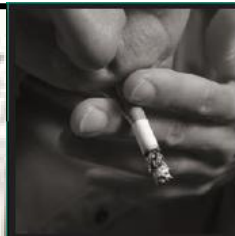
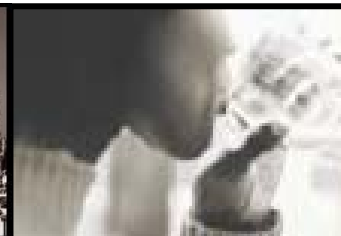
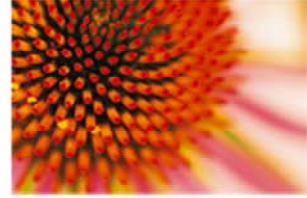


TOXIC BURDEN
(Environmental, Diet/Lifestyle)
VS.
EXCRETION
(Liver, Kidneys, Bowels)



Toxins

- **Endogenous:** lactic acid, histamine, antigen-antibody complexes
- **Exogenous:** air pollution, toxins in food (preservatives, chemicals, etc), bacteria, viruses, heavy metals, solvents
- Pork toxins – Used in sarcodes, suis organ extracts.
- Allopathic drug residue



What Happens With Toxic Exposure?

- When the body encounters a homotoxin, it initiates a series of reactions to either eliminate the toxin or control its biological effects
- Reckeweg identified and classified the various reactions that the body can mount against homotoxins



Tools of Homotoxicology



- **Six-Phase Table**

- Enables the practitioner to determine where to start therapy and how to evaluate the results of treatment.



- **Hering's Law**

- Healing occurs from within to without, from above to below, from most vital to least vital organ, and in reverse order of appearance of symptoms (from newest to oldest).

The New Six-Phase Table of Homotoxicology



Organ system	Humoral phases		Matrix phases		Cellular phases		
	Excretion phases	Inflammation phases	Deposition phases	BIOLOGICAL DIVISION	Impregnation phases	Degeneration phases	Dedifferentiation phases
Skin							
Nervous system							
Sensory system							
Locomotor system							
Respiratory tract							
Cardiovascular system							
Gastrointestinal system							
Urogenital system							
Blood							
Lymph system							
Metabolism							
Hormone system							
Immune system							
	Alteration	Reaction	Fixation		Chronic forms	Deficits	Decoupling
Psyche							

Excretion

Deposition

Degeneration

Vicariation



Organ system	Humoral phases		Matrix phases		Cellular phases		
	Excretion phases	Inflammation phases	Deposition phases		Impregnation phases	Degeneration phases	Dedifferentiation phases
Skin							
Nervous system							
Sensory system							
Locomotor system							
Respiratory tract							
Cardiovascular system							
Gastrointestinal system							
Urogenital system							
Blood							
Lymph system							
Metabolism							
Hormone system							
Immune system							
	Alteration	Reaction	Fixation		Chronic forms	Deficits	Decoupling
Psyche							

Progressive vicariation

Regressive vicariation

BIOLOGICAL DIVISION



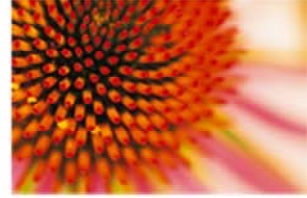
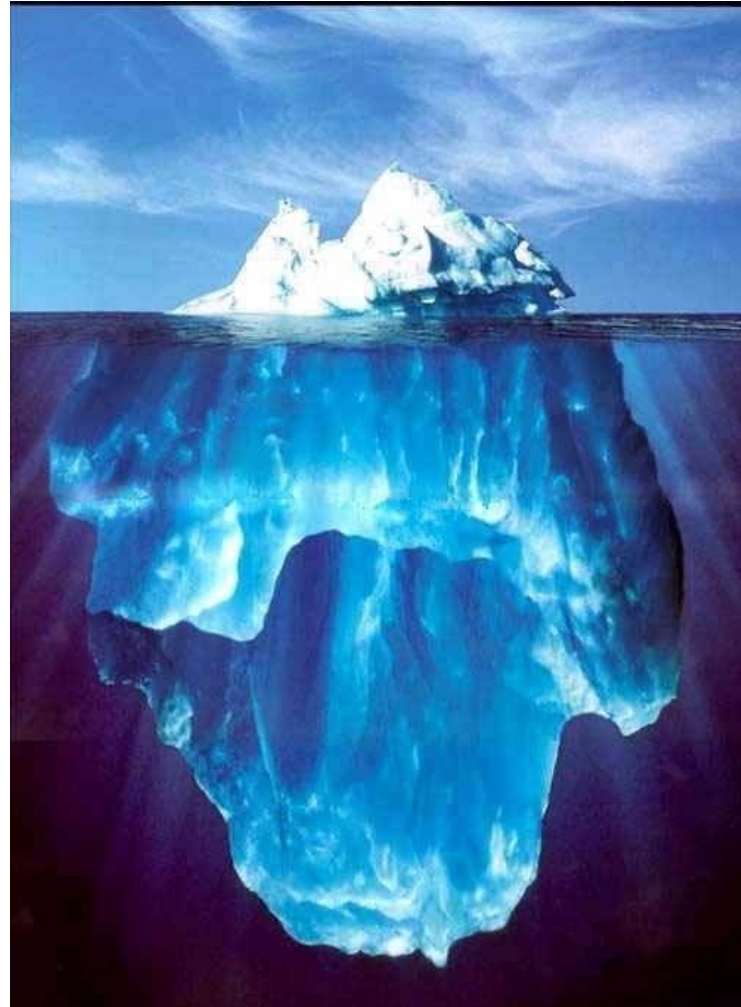
Suppressive vs. Regulation Therapy

Tip of iceberg-

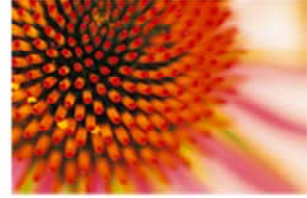
- Testable/diagnosable

Below the water-

- Regulatory medicine
- Homotoxicology



-Heel



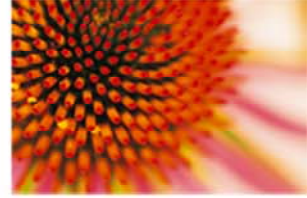
“Cleansing means healing” (Goethe, Faust)



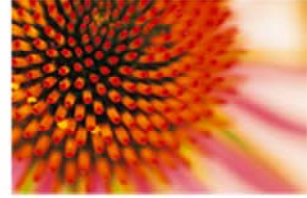
- The goal of Homotoxicology is to
 - Reduce the burden of toxicity in the system
 - Restore the body’s own regulatory mechanisms
- The majority of Homotoxicology remedies support at least one of the organs of elimination (liver, kidneys, skin, lungs)

Advantages to Complex Formulas

- The physician can intervene in metabolic reactions considered to be malfunctioning
- Tissue and organ modifier remedies can be used to detoxify, drain or modulate a specific organ or tissue
- Chronic conditions can be treated with nosode therapy to clear the matrix



Homeopathic combination ingredients



- Nosodes
 - Treating with diseased tissue to stimulate the immune system (herpes simplex)
- Catalysts
 - CAC cofactors, B-Vitamins
- Suis-organ preparations (Sarcodes)
 - Treating an organ system/body tissue with healthy extracts of the same tissue

Anti-homotoxic Medicine

- **Homaccord**
 - Potency chords of 2-3 remedies (Belladonna-Homaccord, Nux-vomica Homaccord)
- **Compositum**
 - Combinations of plants, minerals, catalysts, nosodes and sarcodes (Euphorbium compositum, Hepar compositum)
- **Dosing**
 - Tabs- 1 TID
 - Drops- 10-15 drops TID
 - Vials- 1 IM(injectables) 1-3 times per week or orally 10-15 drops TID

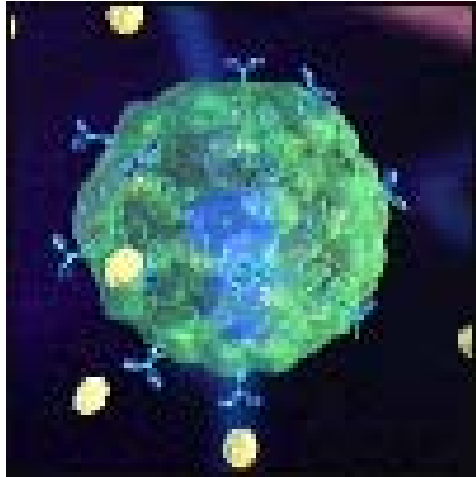
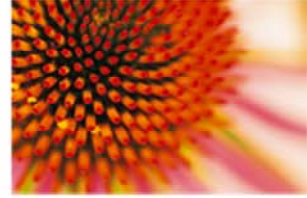


Homotoxicology

- Non-toxic
- Minimal side effects
- Non-risk intervention
- Mild pharmacologic effects
- Made from dilute preparations of plant, animal & mineral substances
- Seeks to stimulate our innate healing power



Allergy Overview: Case Study & Drugs



-Heel

Six-Phase Table

SKIN AND ADNEXAE



Organ System	Humoral Phases		Matrix Phases		Cellular Phases		
	Excretion Phases	Inflammation Phases	Deposition Phases	Biological Division	Impregnation Phases	Degeneration Phases	Dedifferentiation Phases
Skin and Adnexae		Acute mycosis, erysipelas	Warts		Allergy		
Skin	Exanthem, episodes of sweating, desquamation	Acne, Herpes simplex, diaper rash, varicella	Keratoderma, nevi, pruritus		Contact eczema, psoriasis seborrheic eczema, chronic mycosis, urticaria, neurodermatitis, pemphigus, lichen ruber	Decubitus ulcer, rosacea	Basalioma, melanoma, carcinoma
Hair and nails		Folliculitis	Toxin storage		Onychomycosis	Alopecia	
Subcutis	Sweat-gland disorder	Phlegmon, abscess	Atheroma, obesity		Cellulite	Lupus erythematosus, scleroderma, vitiligo, cutaneous lymphoma	Lipoma

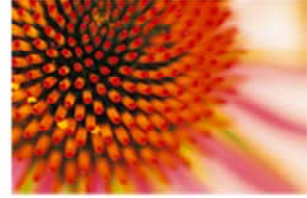
Six-Phase Table

RESPIRATORY DISEASES



Organ System	Humoral Phases		Matrix Phases		Cellular Phases		
	Excretion Phases	Inflammation Phases	Deposition Phases	Biological Division	Impregnation Phases	Degeneration Phases	Dedifferentiation Phases
Respiratory Tract	Infection	Fever, Influenza	Susceptibility to infections		Allergy		
Throat Nose Ears	Epistaxis, rhinorrhea, cerumen, hypersalivation	Tonsillitis, sore throat, laryngitis, acute rhynopharyngitis, otitis media, otitis externa, sinusitis, tracheitis, herpes infection	Chronic rhinitis, candidiasis tonsillar blockages, chronic sinusitis, tonsillar hypertrophy, abscess, adenoids		Allergic rhinitis, chronic rhinitis, aphthae, chronic tonsillitis, dizziness	Atrophic rhinitis, ozena, crypts	Leucoplakia, oral and lingual carcinoma, lymphoma
Bronchi	Cough, expectoration	Bronchitis, acute	Bronchopneumonia		Chronic (obstructive) bronchitis, asthma	Atelectasis, bronchiectasia, status asthmaticus	Bronchial carcinoma, mesothelioma
Lungs	Dyspnea	Pneumonia	Silicosis, smoker's lung		Tuberculosis, alveolitis	Emphysema, pulmonary fibrosis	Lung cancer

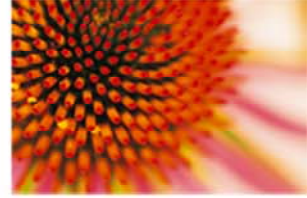
Rising Prevalence of Allergies



- USA
 - Allergic rhinitis affects 20-40 million people annually
 - Accumulated 3.8 million work and school days
 - Asthma the most common cause of hospitalization in children
- European White Paper
 - 1:3 Europeans suffer from allergies
 - Cost of treatment and loss of productivity
 - ECU 29 billion

Allergic response

- Inappropriate response of the host to relative innocuous substance in the environment
- In terms of Homotoxicology these substances are called homotoxins
- The inappropriate response of the host is a sign that the defense system is not coping
- Allergy is thus a dysregulation disease



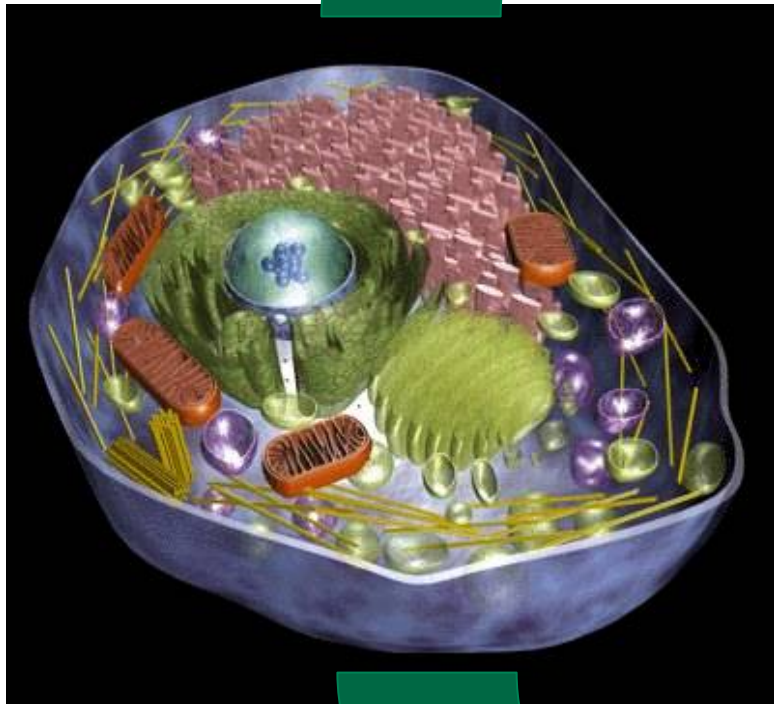
Reaction Types

Reactions to sensitization are different but specific for the particular embryological tissue

Skin	=	Eczema
Bronchi	=	Asthma
Mucosa of sensory organs	=	Conjunctivitis Rhinitis
GI Tract	=	Inflammation



Local Mediators



**Pre-formed
granules**

Histamine
Serotonin
Lysosomal enzymes

**Newly
synthesized**

Prostaglandins
Free radicals
Nitric oxide
Cytokines

-Heel

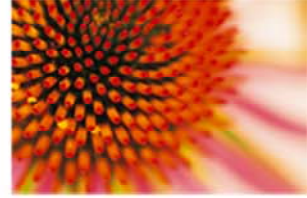
The terrain is affected by:

- Cytokine environment
- Matrix toxicity
- Liver overload
- Gut permeability



Role of Detoxification in Allergy Treatment

- Organs that often show the allergic reaction
 - Skin (atopic dermatitis)
 - Mucous membranes (sinus, lungs, bladder, urinary tract)
- Contributes to allergic tendency
 - Liver overload
 - Matrix toxicity
 - Mucosal distress



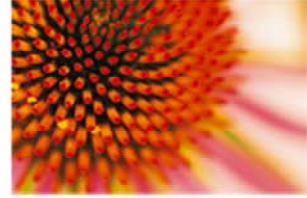
The Importance of the GI Mucosa in the Allergic Response

- Major immune organ (70-80 % of the immune system)
- Toxins cross when permeability is disturbed
 - Leaky Gut Syndrome
- Concept of oral tolerance
 - Th3 cells most abundant in the GI mucous membranes
- **Mucosal support is very important in allergy treatments**
 - **EXAMPLE: Mucosa compositum®**

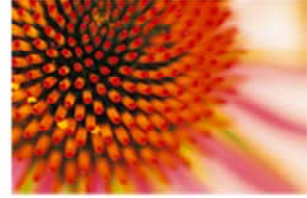


Allergic Conditions

- Urticaria and angioedema (usually urgent)
- Asthma
- Rhinitis
- Sinusitis
- Allergic conjunctivitis
- Food sensitivities
- Skin disorders
- Anaphylaxis (usually urgent)



Urticaria (Hives) and Angioedema



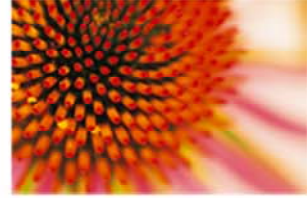
- BHI Allergy
 - Burning skin, swelling, pruritis
 - Also use with asthma
 - Has a histamine potency chord
- Histamin
 - Histamine potency chord
 - Relief of all allergic symptoms
- Apis-Homaccord®
 - Relief of excessive edema, pruritis
 - Great with insect bites
- Cutis compositum®
 - Red, pruritic and swollen tissue



- Tartephedreel
 - Treatment for bronchial asthma with or without cough
- Engystol®
 - Increased lung function tests (FEV1, FVC, PERF) in patients with corticosteroid dependant bronchial asthma(1)
- BHI Asthma
 - Relief of SOB, wheezing and chest tightness
- Husteel®
 - Relief of an asthmatic cough

Asthma continued

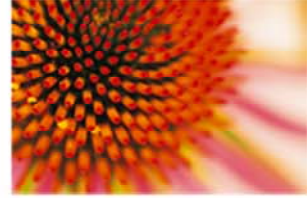
- Mucosa compositum®
 - Supporting the health of the mucous membranes of the respiratory tract
(Oral vials or Injection Solution)
- Consider: BHI Allergy or Histamin



Study- 1

The effect of a homeopathic preparation on the clinical condition of patients with corticosteroid dependent bronchial asthma. Biologische Medizin, October 1995, 242-246.

- Engystol® improved PERF, FVC, FEV1 in corticosteroid dependant asthmatics when compared to placebo. Double blind, placebo controlled randomized study.



Rhinitis/Sinusitis

- Naso-Heel[®]
 - Treatment of symptoms of rhinitis with or without sinusitis
- Luffeel Nasal Spray[™]
 - Relief of symptoms of seasonal allergies (itchy, watery eyes, sneezing, runny nose and nasal congestion)
- Sinusin Nasal Spray[™]
 - Relief of chronic nasal congestion, sinusitis, cold and flu symptoms (Orally or nasal spray)

Also consider

- Allergy, Histamin, Mucosa compositum[®]



Allergic Conjunctivitis

- Oculoheel®
 - Tablets
- Oculoheel®
 - Drops can be used with contact lenses

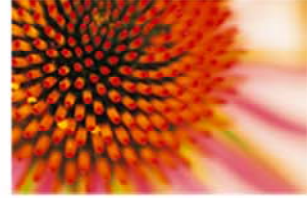
Formula contains:

- Euphrasia - Eyebright
 - Pain, pressure
 - Cochlearia - Horseradish
 - Inflammation of the eyes
- Pilocarpus and Echinacea
 - Inflammation of the eyes



Food Sensitivities

- BHI Allergy
 - Relief of allergy symptoms brought on by food
- Hepeel
 - Support for the liver and the detoxification pathway
- Histamin
 - Relief of allergy symptoms and support of detoxification



Skin Disorders: Eczema & Dermatitis

- Schwef-Heel®
 - Support in allergic skin conditions that also may be presenting with asthma
- Cutis compositum®
 - Support for the skin and a reduction in burning, weeping skin lesions
- Graphites-Homaccord®
 - Chronic dry eczema with honey yellow crust



Anaphylaxis

- Epinephrine or histamine blocker if necessary
- Histamin
 - Control of the allergic response.
- BHI Allergy
 - Relief of sneezing, runny nose, watery eyes and hives



BHI Allergy

- Treatment of all allergy symptoms
 - Watery eyes, skin rashes, hives and sneezing

Contains

- Formic Acid
 - Burning skin symptoms
- Histaminum
 - Swelling, heat, erythema
- Sulphur
 - Pruritis, burning skin worse w/washing
- Lycopodium
 - Nasal congestion, pruritis



Luffeel Nasal Spray™

- Treatment of itchy, watery eyes, sneezing, runny nose and nasal congestion

Contains

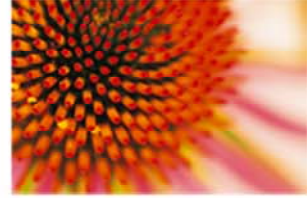
- Galphimia
 - Allergies, asthma, rhinitis, hayfever and neurodermatitis
- Luffa
 - Rhinitis, mucosal inflammation
- Histaminum
 - Asthma, rhinitis
- Sulphur
 - Reddened eyelids with burning eyes, nasal congestion
- 72% of participants had good to very good reduction of hayfever symptoms(2)



Study- 2

Antihomotoxic Treatment of Hay Fever.
Biologische Medizin, No. 1, 1995, pp.9-15.

Study was a prospective drug monitoring study with 1090 patients. In patients receiving Luffeel Nasal Spray™, 72% had good to very good results in overall symptom resolution



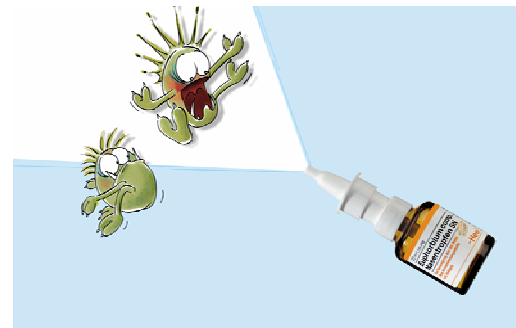
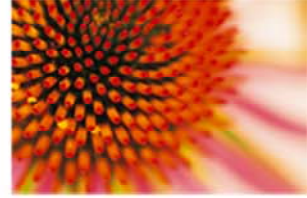
Sinusin Nasal Spray™



- Used to treat
 - Chronic sinusitis and rhinitis of various origins (viral, bacterial, allergic), nasal polyps
 - Allergies causing nasal congestion and a runny nose
 - Dry nasal membranes
 - Cold and flu symptoms
- Can be used as a nasal spray or given orally in oral drops
- Sinusin Nasal Spray™ significantly reduces headache, respiratory obstruction and sensation of pressure (3)

Sinusin Nasal Spray™ Ingredients

- Allergies
 - Luffa
- Restoring the health of mucous membranes
 - Euphorbium, Pulsatilla, Mucosa nasalis suis
- Infections
 - Sinusitisinum, Mercurius iodatus ruber, Hepar sulpharis
- Headache or sore throat
 - Argentum



Study- 3

Controlled Double Blind Study of a Homeopathic Sinusitis Medication.

M. Weiser, M.D. And B.P.E. Clasen.
Biological Therapy. 1998, Vol.2.

Sinusin Nasal Spray™ demonstrated statistically significant improvements in the subjective criteria of respiratory obstruction, sensation of pressure and headache

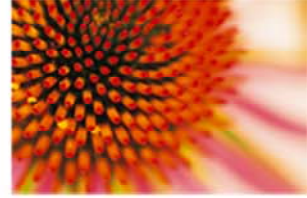


Tartephedreel

- Used to treat bronchial inflammation particularly due to asthma

Contains

- Ephedra
 - Asthma, dyspnea
- Lobelia
 - Dyspnea
- Quebracho
 - Bronchial asthma
- Naphthalinum
 - Asthmatic bronchitis



BHI Asthma

- Treatment of SOB, tightness of the chest and dry cough

Contains

- Arsenicum
 - Feeling of suffocation on lying down, burning in the chest
- Carbo vegetabilis
 - Desire for fresh air, irritation of the larynx
- Sulphur
 - Dyspnea, pruritis



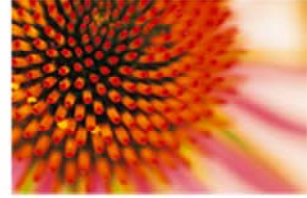
Cutis compositum®

Used to stimulate the skin in conditions of dermatitis, allergy, acne, neurodermatitis, mycosis and edema.

Contains:

- Sarcodes
 - Skin, liver, spleen and adrenal
- Urtica
 - Urticaria and dermatitis
- Formic acid
 - Skin flushed, irritated and burning
- Cortisol
 - Skin conditions worse with stress



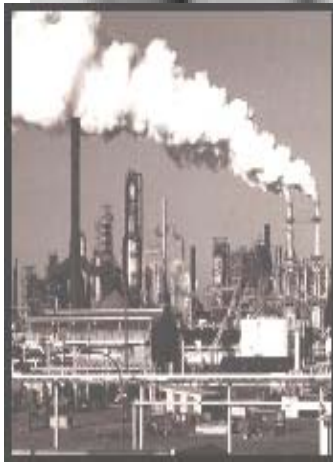
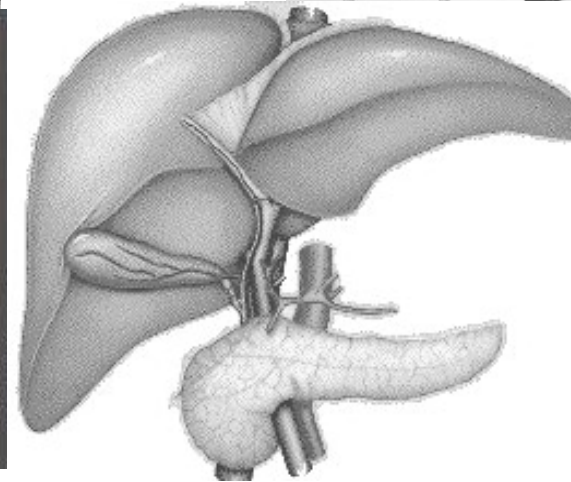


Acute and chronic rhinitis with or without sinusitis

Contains:

- Arum maculatum
 - Hayfever, pharyngitis
- Ammonium carbonicum
 - Acute and chronic rhinitis
- Lemna
 - Atrophic rhinitis, anosmia, nasal polyp
- Hydrastis canadensis
 - Thick ropy yellow white secretions from the nose and sinuses

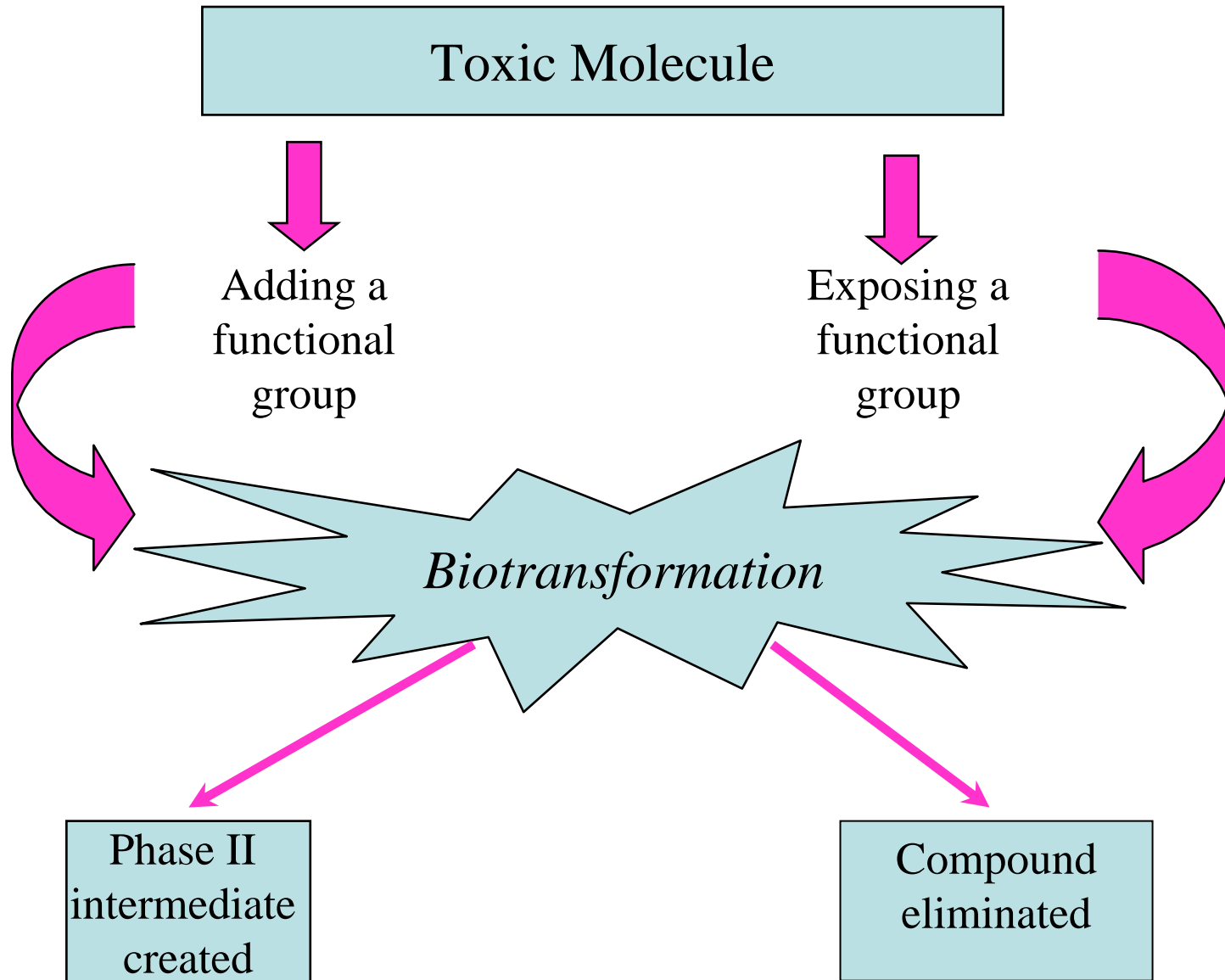
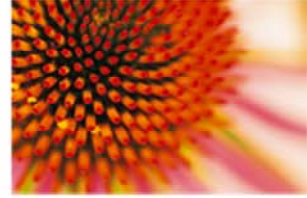
DETOXIFICATION



Liver Detoxification

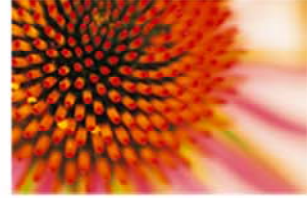


Phase I Reaction



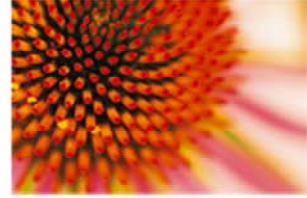
Phase II Detox

- Intermediate to be further transformed by phase II conjugation
- Bioactivation
 - Process of transforming toxins to excretable harmless metabolites
- These biotransformed intermediates can be highly reactive and are, in fact, often more toxic than the original compound

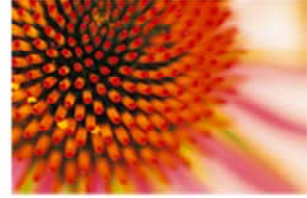


Phase II Detox continued

- The more promptly and efficiently these metabolites are acted upon by the phase II reactions, the less tissue damage will occur
- The balance of activities between the phase I and phase II processes is fundamentally important
- If phase II reactions are inhibited in some way, or if phase I has been upregulated without a concomitant increase in phase II, that optimal balance is compromised



Phase II Detox continued



- Main conjugation reactions:

- Glucuronidation
- Amino acid conjugation
- Sulfation
- Glutathione conjugation
- Acetylation
- Methylation

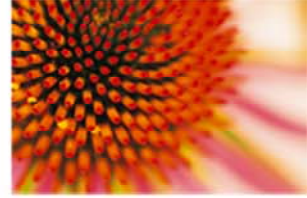
- Conjugation reactions involves:

- Addition of the molecule to the intermediate metabolite
- Increases hydrophilic qualities
- Can be eliminated in the urine or bile



The Detoxification Process

- Detoxification:
 - A general term that means to rid the body of toxins
 - A process that involves two mechanisms: drainage and elimination
- There is a fine line differentiating the two mechanisms... Drainage and elimination go hand in hand but they are not the same



Drainage and Elimination

Drainage

- Drainage of the toxins of the organ system brings the toxic residues to the surface so they can be eliminated

Elimination

- Process of clearing the particular organ or system of the disease and eliminating the toxin via kidneys, colon, skin or lungs



Detoxification Protocol



	Humoral	Matrix	Matrix Cellular
	Detox #1 MILD	Detox #2 MODERATE	Detox #2 SEVERE
Liver	NUX VOMICA HOMACCORD	HEPAR COMP (INJ OR ORAL)	HEPAR COMP (INJ OR ORAL)
Kidney	BERBERIS HOMACCORD	SOLIDAGO COMPOSITUM	SOLIDAGO COMPOSITUM
Matrix	LYMPHOMYOSOT	THYROIDEA, LYMPHOMYOSOT	THYROIDEA, LYMPHOMYOSOT
	Mild – 12 weeks Moderate or severe use after completing 2 & 3	Use first 6 weeks Then regime I for 12 weeks	Use first 6 weeks Then regime I for 12 weeks

Hepatic and Detoxification Support



- Deep Detoxification - Phases 3-6
- Hepar compositum (Injection Solution or Oral Vials) - Contains cofactors to help support mitochondria, liver and pancreas sarcodes, plant remedies for detox
- Thyroidea compositum - Stimulates the thyroid, metabolism and detoxification
- Solidago compositum - Support for kidneys and the normal excretory process
- Amino acids for phase 2 detoxification, sauna, exercise, hydrotherapy
- Additional remedies can be added just like in the basic detox

- Medications to stimulate the non-specific defense mechanisms and stimulate the organs of elimination
 - (kidneys, liver, lymph, gastrointestinal tract)

Contains

- Nux-vomica Homaccord® (Liver and GI)
- Berberis-Homaccord® (Gallbladder and Kidneys)
- Lymphomyosot® to support lymphatic cleansing



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Thank You For Your
Participation
Brian Popiel, ND

-Heel