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
• 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
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

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<thead>
<tr>
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# Vicariation

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<td>Chronic forms</td>
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<td>Reaction</td>
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- **Progressive vicariation**
- **Regressive vicariation**

**BIOLOGICAL DIVISION**

**Red and Green Arrows**

- Red arrow indicates *Progressive vicariation*
- Green arrow indicates *Regressive vicariation*
In the humoral phases the intracellular systems are not disturbed. The defensive system is intact and can drain the homotoxins in various ways.
Matrix Phases

Deposition
Homotoxins
becoming deposited in Matrix- No Cell Damage

Impregnation
Matrix structure and Functions altered- Cell Damage.

Note: Biological Division = last chance for changes within Impregnation phase prior to cell death. Line between self-regulation and loss of self-regulation i.e. Asthma, Metabolic Syndrome X
Cellular Phases

• Degeneration – cell damage and endorgan
  – Dysfunction – Sx i.e.
    • Cardiomyopathy
    • Osteoarthritis

• Dedifferentiation – undifferentiated cells
  – Malignant disease
Suppressive vs. Regulation Therapy

Tip of iceberg-
- Testable/diagnosable

Below the water-
- Regulatory medicine
- Homotoxicology

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"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

-Heel
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
### Six-Phase Table

**SKIN AND ADNEXAE**

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<td>Deposition Phases</td>
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<tr>
<td><strong>Skin and Adnexae</strong></td>
<td></td>
<td></td>
<td>Warts</td>
</tr>
<tr>
<td><strong>Skin</strong></td>
<td>Exanthem, episodes of sweating, desquamation</td>
<td>Acne, Herpes simplex, diaper rash, varicella</td>
<td>Keratoderma, nevi, pruritus</td>
</tr>
<tr>
<td><strong>Hair and nails</strong></td>
<td></td>
<td>Folliculitis</td>
<td>Toxin storage</td>
</tr>
<tr>
<td><strong>Subcutis</strong></td>
<td>Sweat-gland disorder</td>
<td>Phlegmon, abscess</td>
<td>Atheroma, obesity</td>
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**-Heel**
## Six-Phase Table

### RESPIRATORY DISEASES

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<tr>
<td>Respiratory Tract</td>
<td>Infection</td>
<td>Fever, Influenza</td>
<td>Susceptibility to infections</td>
</tr>
<tr>
<td>Throat, Nose, Ears</td>
<td>Epistaxis, rhinorrhea cerumen, hypersalivation</td>
<td>Tonsillitis, sore throat, laryngitis, acute rhinopharyngitis, otitis media, otitis externa, sinusitis tracheitis, herpes infection</td>
<td>Chronic rhinitis, candidiasis tonsil blockages, chronic sinusitis, tonsillar hypertrophy, abscess, adenoids</td>
</tr>
<tr>
<td>Bronchi</td>
<td>Cough, expectoration</td>
<td>Bronchitis, acute</td>
<td>Bronchopneumonia</td>
</tr>
<tr>
<td>Lungs</td>
<td>Dyspnea</td>
<td>Pneumonia</td>
<td>Silicosis, smoker's lung</td>
</tr>
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</table>
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
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

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Local Mediators

Pre-formed granules:
- Histamine
- Serotonin
- Lysosomal enzymes

Newly synthesized:
- Prostaglandins
- Free radicals
- Nitric oxide
- Cytokines
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
Asthma

• 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


- 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®**

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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

-Heel
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.

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 sulpharhis

- **Headache or sore throat**
  - Argentum
Controlled Double Blind Study of a Homeopathic Sinusitis Medication.


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
Naso-Heel®

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

Detoxification Pathways

Toxins (fat soluble)
- B Vitamins
- Folic Acid
- Glutathione
- Antioxidants
  - eg. Milk Thistle
  - Carotenoids
- Vitamin E
- Vitamin C

STEP 1
- Required Nutrients
  - Amino Acids:
    - Glutamine
    - Glycine
    - Taurine
    - Cysteine
  - Sulphurated
  - phytochemicals eg. found in garlic & cruciferous vegetables

STEP 2
- Waste Products (water soluble)
  - Eliminated from the body via:
    - Gall Bladder
    - Kidneys
    - Bile
    - Bowel actions
    - Urine

Toxin List
- metabolic end products, micro-organisms, contaminants / pollutants, insecticides, pesticides, food additives, drugs, alcohol

THE LIVER DETOXIFICATION PATHWAYS
Toxic Molecule

Adding a functional group

Exposing a functional group

Phase II intermediate created

Compound eliminated

Biotransformation
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.

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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

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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

-Heel
# Detoxification Protocol

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<th>Humoral</th>
<th>Matrix</th>
<th>Matrix Cellular</th>
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<tbody>
<tr>
<td></td>
<td>Detox #1</td>
<td>Detox #2 MODERATE</td>
<td>Detox #2 SEVERE</td>
</tr>
<tr>
<td>Liver</td>
<td>MILD</td>
<td></td>
<td></td>
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<tr>
<td>NUX VOMICA HOMACCORD</td>
<td>HEPAR COMP (INJ OR ORAL)</td>
<td>HEPAR COMP (INJ OR ORAL)</td>
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</tr>
<tr>
<td>Kidney</td>
<td>BERBERIS HOMACCORD</td>
<td>SOLIDAGO COMPOSITUM</td>
<td>SOLIDAGO COMPOSITUM</td>
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<tr>
<td>Matrix</td>
<td>LYMPHOMYOSOT</td>
<td>THYROIDEA, LYMPHOMYOSOT</td>
<td>THYROIDEA, LYMPHOMYOSOT</td>
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<tr>
<td></td>
<td>Mild – 12 weeks</td>
<td>Use first 6 weeks</td>
<td>Use first 6 weeks</td>
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<td></td>
<td>Moderate or severe use after completing 2 &amp; 3</td>
<td>Then regime I for 12 weeks</td>
<td>Then regime I for 12 weeks</td>
</tr>
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- Heel
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
Detox Kit™

- 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
Thank You For Your Participation
Brian Popiel, ND

Heel Inc.
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