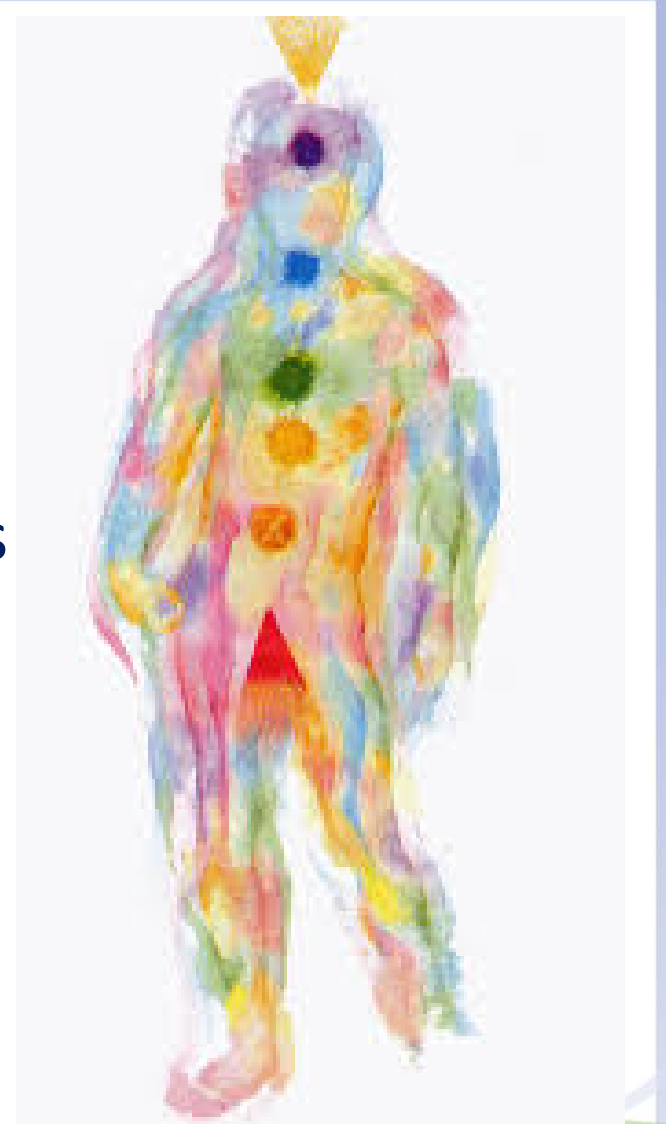




Mental, Emotional and Physical Detoxification

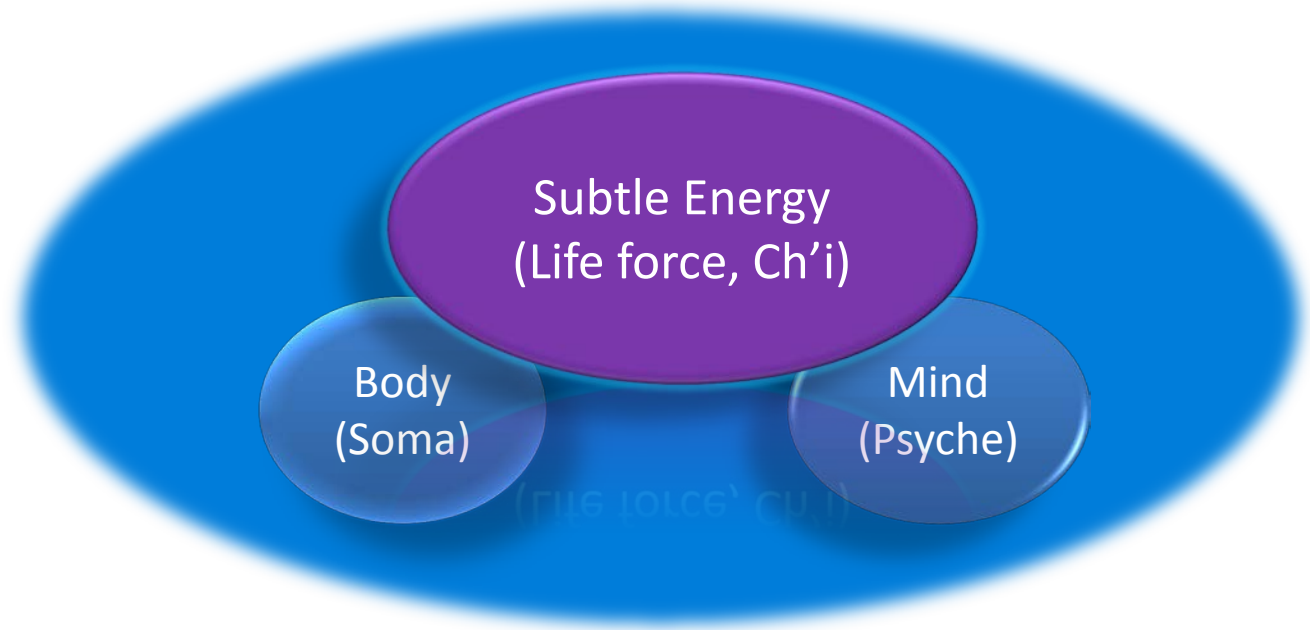
By: Heather Schofield, B.Sc., DHMHS
Medical Education Director

- The emotional and physical body are not separate
- Emotional imbalance is manifested physically
- What one does to the physical body also affects the emotional body (and vice versa)

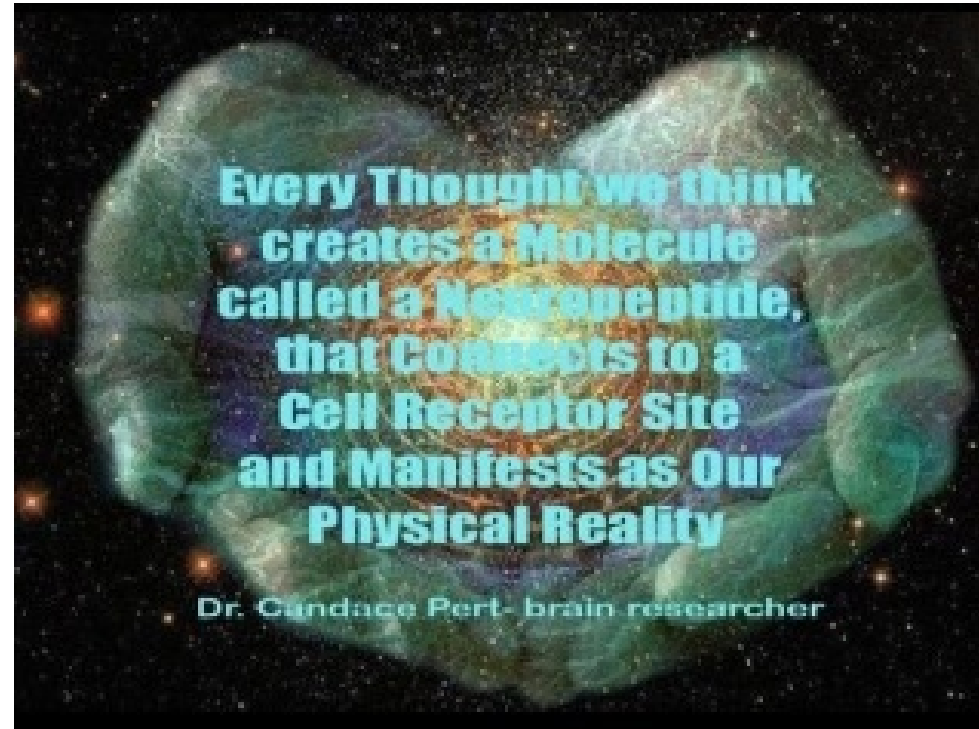


Most psychologists treat the mind as disembodied, a phenomenon with little or no connection to the physical body. Conversely physicians treat the body with no regard to the mind or the emotions. But the body and mind are not separate, and we cannot treat one without the other.

--- Dr. Candace Pert



Health and well-being naturally occurs when all three parts interact harmoniously.



~ Neuropeptides are the molecules of emotion ~

Biochemicals that are the physiological substrate of emotion

Connecting the Body and Mind Psychoneuroimmunoendocrinology

- Body of evidence-based science that has linked the mind/emotional influences on the body
- Studies the interaction between psychological processes and the nervous, immune system, and endocrine systems



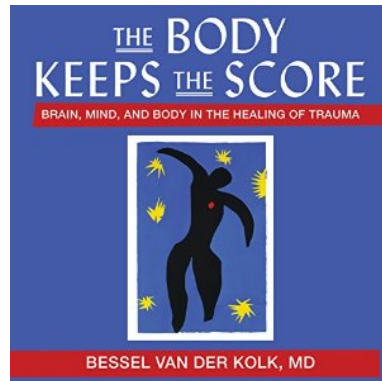
Holocaust survivors study – trauma passed on to children's genes



Demonstrated transmission of pre-conception stress effects resulted in epigenetic changes in offspring of Jewish parents, who exposed to trauma while interned in Nazi concentration camps or witnessed/experienced torture.

~Rachel Yehuda, Mount Sinai Hospital study

New insight into how one generation responds to the experiences of previous generations



The Body Keeps the Score

~ Bessel Van Der Kolk, MD
(*Brain, Mind, and Body in the
Healing of Trauma*)

Research revealed that trauma produces actual physiological changes, including a recalibration of the brain's alarm system, an increase in stress hormone activity, and alterations in the system that filters relevant information from irrelevant.

- Traumatized individuals become hypervigilant to threat at the expense of engaging in day-to-day life
- Their behaviours are not a result of moral failings or lack of willpower, but rather are caused by actual changes in the brain!

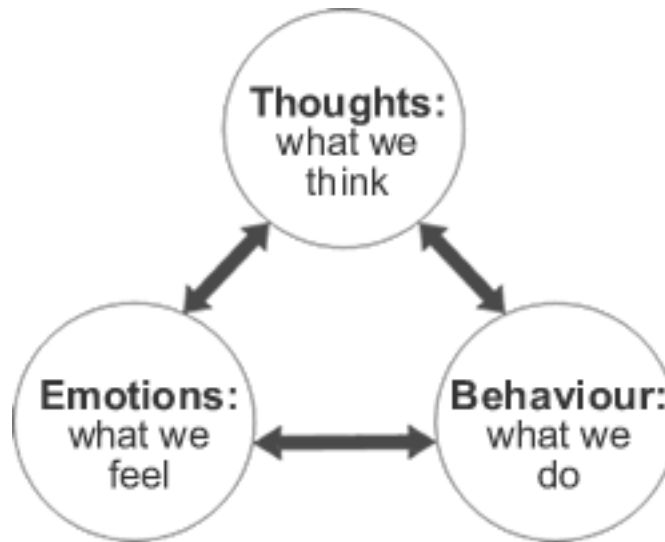
*Even when we are
'stuck' emotionally,
there is always a
biochemical (and
energetic) potential for
change and growth.*



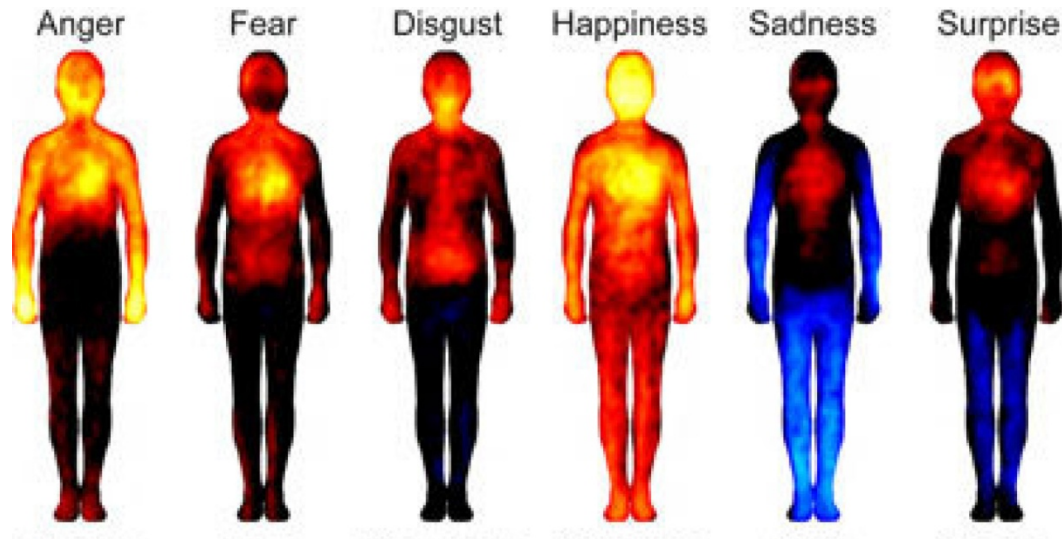
Sensing of the outer world is filtered along peptide receptor rich sensory way stations, each with an different emotional tone - receptors can change in both sensitivity and in the arrangement they have with other proteins in the cell membrane.



Mental/Emotional toxins need to be recognize, process and release, or they will continue to be stored – weakening our mind and body and eventually create disease and keep one stuck in negative patterns



Emotions 'live' in our physical body.



Hurt – victimization, helplessness, blame

Sadness – self-pity, regret

Shame – humiliation, embarrassment

Hopelessness – loneliness, despair, desperation

Fear – anxiety, panic, immobilization

Anger – resentment, bitterness

Hate – meanness, vengefulness

Jealousy – envy, possessiveness

Pride – better than, self-righteousness

Greed – insatiability, emotional hunger

Guilt – self-blame, false responsibility

Criticism - judgement



Try
If
Need
Or
Should
Can't
Must
But
Don't
Haven't
Won't



I don't want to be sick vs **I want to be fit and health**

Effects from negative emotional experiences can persist long after the actual emotional event has past.

Emotional trauma (conflicts) are stored as **energy blocks**



Over time, they generate a **repetitious effect** in the body



Results in negatively affecting the **cells, metabolism and ANS**, leading to physical symptoms

Organ	Negative Emotion
Liver	Anger
Lung	Grief, fear
Stomach	Worry, dread
Kidney	Fear, criticism, shame
Adrenal	Defeatism, anxiety
Bladder	Anxiety, 'pissed' off
Lymph	Lost track of essential of life
Colon	Holding on or not letting go
Joint	Stiffness
Pancreas	Lack 'sweetness' in life, resentment
Heart	Lack of joy
Thyroid	Humiliation
Prostate	Giving up (weakened masculinity)

Physical detoxification

- elimination of waste products and toxins from the body

Mental/Emotional detoxification

- elimination/resolution of negative thought patterns and subconscious behavioural patterns





20% - Geopathic stress

40% - Stress, emotional conflicts

40% - other toxic sources include:

Chronic inflammations

Hyperacidity

High fungal burden

Heavy metals

Viral and bacterial toxins

Chemicals

Vitamin and mineral deficiencies

Focal infections

Once the main burdens (stress, emotional conflict, geopathy) are eliminated, the organism is able to regulate detoxification on its own.

8 Things to Give Up:

Doubting Yourself
 Negative Thinking
 Fear of Failure
 Criticising Yourself & Others
 Negative Self Talk
 Procrastination
 Fear of Success
 People Pleasing

Strategies for Mental/Emotional Detoxification:

Homeopathy (Rubimed, classical, tissue salts)

Herbal (remedies, drainage and detoxification)

Flower therapy (Bach Flower, flower essences)

Massage, Osteopath, Chiropractic, Bowen, Hypnosis etc...

Journaling, gratitude journal, vision board

Mediation, yoga

Talk therapy, support person

Mindfulness

Breathing (deep)

Mantra – repetition of phrase/words

Time in nature (Forest bathing)

Unplug for technology - distracts mind and thoughts

Silence – noise/talk distracts mind and thoughts

Time for self (walk, bath, lay in grass, play music, sing, draw)

Do NOTHING – slow down, take a deep breath, come back to centre



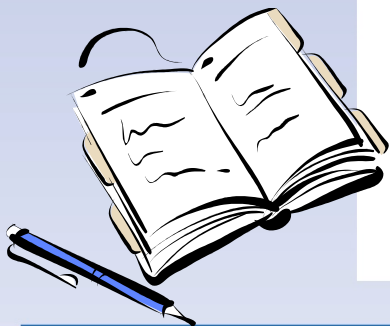
How mental/emotional detoxification works....

Energetic resonance

Must bring emotion into consciousness to
process it and let go

For Discussion - Effective Therapy Options

- **Rubimed therapy**
- **Organ specific Drainage and Detoxification**
- **Candida cleansing**
- **Heavy Metal Detoxification**



Energy Centres: The Seven Chakras



Seven Energy Centres In the Body - The Chakras

- 7. Seventh (crown) chakra**
- 6. Sixth (third eye) chakra**
- 5. Fifth (throat) chakra**
- 4. Fourth (heart) chakra**
- 3. Third (solar plexus) chakra**
- 2. Second (sacral) chakra**
- 1. First (root) chakra**

Each chakra corresponds to vital points in the physical body (i.e. major plexuses of nerves, arteries, veins, and endocrine glands)

Character typing shares a relationship with the chakras

PSE theory – unresolved emotional conflicts get stored in the chakras, creating energy blocks and illness

Rubimed - Chavita and Emvita Remedies

CHAVITA® 1

Emvita® 1
Emvita® 2
Emvita® 3
Emvita® 4

CHAVITA® 2

Emvita® 5
Emvita® 6
Emvita® 7

CHAVITA® 3

Emvita® 8
Emvita® 9
Emvita® 10
Emvita® 11

CHAVITA® 4

Emvita® 12
Emvita® 13
Emvita® 14
Emvita® 15
Emvita® 16

CHAVITA® 5

Emvita® 17
Emvita® 18

CHAVITA® 6

Emvita® 19
Emvita® 20
Emvita® 21
Emvita® 22
Emvita® 23
Emvita® 24

CHAVITA® 7

Emvita® 25
Emvita® 26
Emvita® 27
Emvita® 28



Rubimed therapy uses a systematic approach of applied kinesiology testing where each Chavita® remedy is paired with their corresponding Emvita® remedies.

Rubimed therapy uses homeopathic remedies to address and dissolve old unresolved emotional issues

The emotional issues/toxins are moved from the subconscious to the conscious for processing and resolution

We become more aware of ourselves and more whole and balanced

The Rubimed remedies 'break the chronic storage patterns' in the body (both physically and mentally/emotionally), often leading to detoxifying reactions.



Chakra 1: mild flare-ups of arthritis, especially of hips and knees, can also involve symptoms of the bladder, vagina or prostate.

Chakra 2: women's menstrual irregularities, lower back issues or bowel symptoms.

Chakra 3: involves the liver, anger and frustration can occur. It can also involve heartburn or indigestion and occasional thoracic pain.

Chakra 4: heartburn, anxiety or shortness of breath.

Chakra 5: can effect thyroid (especially if on thyroid medications) and parathyroid manifesting as aches, pains and muscle tension in the neck and shoulders. Often expressed by the patient as 'a weight on the shoulders'.

Chakra 6: sinus and ears, short term drainage and sensation of pressure.

Chakra 7: occasional headaches.



Drainage remedies work by:

- Stimulation and facilitation of the elimination of waste products and toxins through the emunctories – *they jump-start the detoxification process*
- Improve metabolism and the function of the specific organ, thus increasing cellular wastes from the connective tissues and surrounding cells
- Supports constitutional weakness by increasing circulation to specific the organ(s)
- Improves metabolic function of the organ(s)
- Address both physical and mental/emotional detoxification process in the body

Nestmann Pharma remedies are specially designed to stimulate organ function approx. 20 minutes after the remedy is administered

Emotional Meaning of the Liver



- anger, irritability, frustration, resentment
- primitive emotions
- chronic complaining
- justifying faultfinding to deceive yourself
- feeling bad

Hepatitis – resistance to change, fear, anger, hatred, rage

- Chakra 3 – digestion, detox,

~Process emotional toxicity~

A-Hepatica is for detoxification of the liver and secondarily for the gallbladder

Increases function of the liver and gallbladder by:

- Regulates secretion and absorption in the digestive system
- Anti-inflammatory and antispasmodic function in portal vein
- Stimulates bile flow
- Increases detoxification of the liver

Used in cases of chronic liver conditions due to infection, cholecystitis, cholangitis, metabolic disturbances, adiposity, and toxic stress due to environmental chemicals



Dosage: 20 drops in warm water 20 min before meals three times daily or as directed by a health care practitioner

Carduus is primarily a gallbladder remedy with secondary effects on the liver

Increases function of the gallbladder by:

- Improves bile secretion and stimulates bile flow
- Improves fat digestion
- Relieves constipation due to increased peristalsis
- Helps remove small gallstones
- Antispasmodic effects and stimulates the blood flow in the portal vein

Used in cases of acute, sub acute or chronic diseases of the gallbladder and liver, constipation, stasis of the portal vein, liver congestion, hemorrhoids, hepatopathy with constipation, and difficult fat digestion

Dosage: 35 drops in water 20 min before meals three times daily or as directed by a health care practitioner



Cardunara is for high cholesterol and liver and gallbladder support

It contains artichoke extract and is a natural alternative to lipid blockers
(Lipitor - synthetic artichoke extract)

Increases function of the liver and gallbladder by:

- Increases bile production and flow
- Improves fat digestion and overall digestion
- Stimulates intestinal peristalsis
- Improves blood flow in the liver and stimulates liver regeneration



Due to the effects of fat metabolism, excessive cholesterol and triglyceride values in the blood are lowered

Used in cases of high cholesterol and functional dyspepsia (pain in upper abdomen, indigestion, bloating, fullness, belching, heartburn, nausea, GERD, and gastritis)

Dosage: 30 drops in water 20 min before meals three times daily or as directed by a health care practitioner

Emotional Meaning of the Kidney



- fear (courage, willpower)
- paranoia
- criticism
- disappointment
- failure
- shame
- reacting like a little kid
- lack of strength and endurance

- Chakra 2 – stress

~ Louise Hay

Solidago is for kidney, bladder and urinary tract support

Powerful and fast acting drainage remedy:

- Anti-inflammatory effects
- Stimulates diuresis and increased excretion thru the urine
- Eliminates cramping of urinary passages
- Prevents formation of crystalline materials

Used in cases of all kidney affections, acute and chronic infections of the urethra (UTI, pain or burning during urination, frequent urination or urging, bloody discharge, enuresis), pyelitis, cystitis, nephritis, urine retention, renal colic and prostate conditions (prostatic hypertrophy)



Dosage: 40 drops in water three times daily or as directed by a health care practitioner

Acutely: 20 drops in water five times daily

Solidago - Solidago canadensis

Bucco is for supporting kidney function

Increases kidney function by:

- Increases circulation of renal parenchyma
- Mildly stimulates diuresis
- Protects epithelium coating of urinary passages
- Anti-inflammatory and antispasmodic properties
- Prevents formation of kidney stones
- Mild adrenal stimulant

Used in cases of sub acute and chronic kidney disorders and for prevention of kidney stones.

Dosage: 20 to 30 drops in water two to three times daily or as directed by a health care practitioner

Can be used long term and for kidney regeneration – after 2 months, take 20 drops once daily as long term therapy and/or kidney stone prevention

Emotional Meaning of the Lymph



- warning for balance
 - mind needs to be re-centered on the essentials of life
 - inability/unwilling to forgive
 - perceived not receiving joy or love from mother
-
- Chakra 4 – immune

~ Louise Hay

Lymph-A-Drop is for lymphatic support

Increases support by:

- Activates and facilitates movement of the lymph
- Stimulation of the immune system
- Reduction of permeability of capillaries to proteins
- Improvement of general circulation
- Elimination of waste and toxic load

Used in cases of:

- Lymphatic congestion: lymphadenitis, lymphangitis and lymphadenopathy
- Edema: postoperative, acute and secondary
- Sport Injuries: strains, contusions, swelling, haematomas
- Pediatrics: lymphatic diathesis, recurrent or chronic infections
- Allergies: eczema, urticaria
- Detoxification

Dosage: take 10 drops in water four times daily or as directed by a health care practitioner

Lappa is for blood cleansing and stimulation of the lymph

Increases support by:

- Increased elimination of metabolic wastes via the kidneys, intestines and skin
- Lymph stimulator
- Blood cleansing and purification
- Broad spectrum detoxification

Used in cases of: general drainage and detoxification, blood cleansing, 'healing' reactions

Dosage: take 20 - 30 drops in water two to three times daily or as directed by a health care practitioner



Candida is a yeast form of fungus naturally occurring as part of the normal flora within the mouth, gastrointestinal tract, vaginal mucosa tissue and skin.

Populations are naturally kept under control through healthy intestinal flora and the immune system.

Overgrowth occurs when healthy flora become altered through:

- Diet (refined carbs and sugar)
- Alcohol consumption
- High-stress lifestyle
- Antibiotic and antifungal medication use
- Oral contraceptives and steroid use
- Immune system and decreased immune defense



Emotional Meaning of Candida Overgrowth



- feeling very scattered
- lots of frustration and anger
- demanding and untrusting in relationships, emotional distress around relationships, and specifically around the relationship with mother
- great takers
- struggle to find and sustain balance in one's life
- Chakra 2 – stress
- Chakra 4 – weak immune system

~ Louise Hay and Carol Ritberger

An effective biological approach for elimination of candida and fungal overgrowth!



Pleo Alb 5x drops - Reduce candida and/or fungal overgrowth

Probiotic 7-in-1 - Replenish healthy intestinal flora

Basictab - Rebalance normal acid-base (pH) levels

Rubimed – test, will likely find Chakra 2 and 4 with conflicts

Dr. Dietrich Klinghardt, MD world-renowned mercury expert:

- Candida yeast overgrowth is one of the ways your body tries to keep mercury and other heavy metals from damaging body tissues. The yeast serves the purpose of absorbing and sequestering heavy metals. The body proliferates yeast to protect the rest of the body from the heavy metals.

Dr. Thomas Rau, MD at Paracelsus Clinic :

- Candida valencies occur where the milieu is severely blocked, very frequently in cases of heavy metal burden
- Candida symptoms are the same as mercury intoxication
- Chronic dental foci and amalgams associated with Candida – root canal extractions find Candida cultures in the pulp and roots
- Candida has ability to bind heavy metals (mouth, gut)
- Stool analysis shows positive results for Candida with amalgams
- diverticuli are hotbeds for Candida and heavy metals

Heavy Metal Detoxification Remedies

- Biorella
- Cilantrex



Biorella and Cilantrex are used for heavy metal detoxification

Biorella – for binding of heavy metals, chemicals and pesticides

- 100% Chlorella pyrenoidosa
- Heavy metal detoxification (including mercury) for non-neurological structures in the body (ex. intestinal wall, muscles, ligaments, connective tissue)
- Versatile dietary supplement and complete plant protein
- Also useful for arthritis, rheumatism, ulcerative colitis, hypertension, and restoration of bowel flora

Dosage: see heavy metal protocol, otherwise chew or swallow 2 to 5 tablets two to three times daily

Cilantrex – for mobilization of heavy metals

- Cilantro
- Heavy metal detoxification (including mercury, aluminum, lead and tin) through mobilization within the tissues in the body including neurological structures in the body (ex. nervous system, brain, spinal cord)
- A digestive aid and supports intestinal health

Dosage: see heavy metal protocol, otherwise dissolve 1 to 3 tablets under the tongue two to three times daily

Part 1 – Preparation

Support Drainage Organs* (choose the appropriate remedy(s)):

- Kidney – **Solidago** – 40 drops in water three times daily between meals
- Liver – **Hepatica** – 20 drops in warm water three times daily 20 minutes before meals
- Lymph – **Lymph-A-Drop** – 10 drops in water three times daily
- Intestinal tract – **3C** (Biomed product) – 3 to 6 capsules with 8 oz of water twice daily

*can be done for one month before or at the same time of Binding of Heavy Metals.

Part 2 – Binding of the Heavy Metals

Binding of Heavy Metals:

- **Biorella** – begin with 4 tablets three to four times daily 30 minutes before meals and bedtime for three to four weeks.

Part 3 – Mobilization and Bind of the Heavy Metals

Mobilization of Heavy Metals:

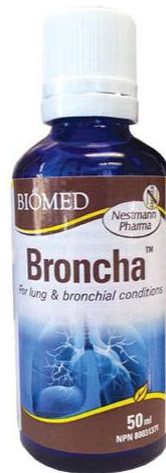
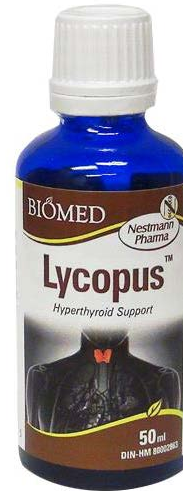
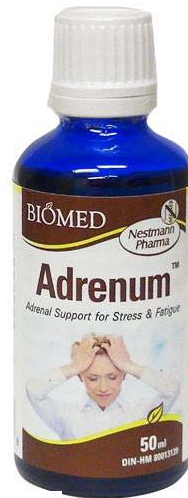
- **Cilantrex*** – 1 tablet two times daily and increase to 2 tablets three times daily, dissolved under the tongue (begin taking it approximately three to four weeks after starting **Biorella**). **Cilantrex** should be taken for one week on and two to three weeks off for duration of protocol.
- **Biorella** – take 12 tablets three to four times daily during the active phase of mobilization (while taking **Cilantrex**).

Duration: depending on the patient's heavy metal load, an active detoxification program should be followed for 6 to 24 months.

***Cilantrex** should not be taken if amalgams are present in the mouth, as this becomes a source of mobilization.

Clinical Pearls:

- During amalgam removal: on day of removal, take 20 **Biorella** tablets immediately before the procedure. Then immediately after procedure, sprinkle 3 to 5 crushed **Biorella** tablets on the teeth and gums and hold in mouth for 10 minutes, then rinse with water. This should be repeated at bedtime and then follow the Binding of Heavy Metals procedure. **Cilantrex** should not be taken at the time of amalgam removal, as increased mobilization of heavy metals elsewhere in the body is unwarranted at this time.
- Hair or urine analysis can be used to monitor the concentration of heavy metals before, during and after treatment.
- The combination of 40 drops **Solidago** or 20 to 30 drops of **Bucco** in 8 oz of water (kidney remedies) with horsetail tea increases kidney function. It should be taken for the duration of heavy metal detoxification and chelation therapy



Mental/Emotional and Physical Detox

Organ	Chakra	Negative Emotion	Detoxification Remedy
Liver	3rd	Anger	A-Hepatica or Carduus
Lung	4th	Grief, fear	Broncha + An-X-Vita
Stomach	3rd	Worry, dread	Absinthium + An-X-Vita
Kidney	2nd	Fear, criticism, shame	Bucco or Solidago + An-X-Vita
Adrenal	2nd	Defeatism, anxiety	Adrenum + Paravita
Bladder	1st /2nd	Anxiety, 'pissed' off	Solidago
Lymph	4th	Lost track of essential of life	Lymph-A-Drop, Lappa
Colon	2nd	Holding on or not letting go	3C
Joint	1st	Stiffness	Polygonum + Neurovita
Pancreas	3rd	Lack 'sweetness' in life, resentment	Rubus
Heart	4th	Lack of joy	Aesculus, SalvTonic + An-X-Vita
Thyroid	5th	Humiliation	Lycopus, BioThy
Prostate	1st	Giving up (weakened masculinity)	Sabal Serrulatum

Thank you for your
interest

Canada 1-800-665-8308 biomedicine.com

USA 1-888-415-0535 terra-medica.com