

# **Basic Therapy Guidelines**

**For Using PEKANA Homeopathic-Spagyric,  
Syntrion Cellular Re-Programming and  
SanPharma Immune-Metabolic Remedies**

**First Edition**

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## **Introduction to the Basic Therapy Guidelines Manual**

This guide is intended not as a set of stagnant protocols or recipes, but to give hints as to how to go about choosing the first remedies to use in various conditions.

In most cases, the remedies mentioned are produced by PEKANA, Syntrion and SanPharma, and distributed by BioResource Inc. Substituting similar-sounding products from other manufacturers will not give the same clinical results we experience. In fact, these specific remedy combinations show a synergy of effect that will not occur if substitutions are made. Nutrients, Chinese herbal formulas, and life-style modifications, while also always employed in our practice to treat these conditions, are not included here.

If the remedies mentioned are not totally familiar to you, refer to the Medications Guide, last updated in 2008. A detailed discussion of each remedy is available in this Guide, which is searchable online. It can be downloaded and printed for study in hard copy. This Therapy Guidelines Manual is not intended to cover the basic nature of each of the remedies mentioned, nor the basic principles of integrated medicine.

In addition, these guidelines are intended as suggestions for the initial phases of treatment only. Many conditions are covered more thoroughly in the various phone classes given in the past, which are also available online. However, the Syntrion remedies, which are the keystone in many of these protocols, were not available at the time that most phone class notes were written.

Another point where the recommendations given in this guide differ from those made in the past relates to dosage. Please be aware that most PEKANA remedies were modified in late 2008 or early 2009 due to new European Union regulations. These current guidelines reflect the use of the newer version of the PEKANA remedies. Some remedies, most notably Septonsil and Mundipur, are considerably less provoking than their original versions.

It is our hope that the contents of this guide will broaden your view on how to approach various health conditions, and encourage you to try new remedies and remedy combinations that we have found to be successful.

Gary and Rain Klepper DC

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## Acute Enteritis

### Key Remedies

SyGest tablets

Apo-Enterit drops

Okoubaka drops (for diarrhea)

Apo-Stom drops

Acute enteritis is usually the result of food-borne infections.

SyGest tablets taken every ½ hour at the onset of symptoms can be reduced to 3 times per day after the condition is stabilized. A severe gut infection should be treated with SyGest for 2 weeks after recovery from the worst symptoms.

Either Apo-Enterit or Okoubaka are used in addition to the SyGest.

Apo-Enterit is best with intestinal cramping and spasms. Typical dose is ½ tsp as needed.

Okoubaka is best for diarrhea. Use ½ to 1 tsp per dose as needed.

In the recovery phase, where the intestines are still hyper-irritable, use of ½ tsp Apo-Stom in warm water before meals for a few weeks can help restore the appetite and reduce gut irritability.

## Adrenal Glands

### Key Remedies

Neu-regen drops  
Dalektro N drops  
Supren drops  
Psy-stabil drops

Since the adrenal glands are intimately involved in just about every aspect of metabolism, there are considerations with adrenal function and regulation in every acute and chronic condition. It is beyond the scope of an introductory therapy guide to explore these considerations, however the practitioner must study adrenal function to be successful treating food and airborne allergies, chemical sensitivity, acute and chronic infections, insulin regulation, steroid hormone regulation, emotional depression and anxiety, acute chronic fatigue, inflammatory and autoimmune conditions, stress regulation, insomnia, infertility, and symptomatic menopause, to name just a few conditions.

Supren and Neu-regen can contribute to the essential support of the adrenal glands that is necessary in all of these listed conditions. However, do not expect Supren to be a complete, stand-alone therapy that will cure a condition by itself. Most chronic conditions benefit from the addition of Supren and Dalektro N or Neu-regen and Dalektro N at some point in the phases of treatment.

### EXHAUSTION

Neu-regen is best for adrenal and nervous system fatigue. In the model of Hans Selye's general adaptive syndrome, Neu-regen is for the exhaustion phase, where the ability to produce mineral- and gluco-corticoids is reduced. Dosage is  $\frac{1}{2}$  tsp to 2 tablespoons per dose, taken 2 to 4 times per day, depending on severity.

### EXCESS CORTISOL

Supren is best for patients in the resistance phase of the general adaptive syndrome, where functional reserves are compromised, and the patient sometimes under-produces and sometimes over-produces corticosteroids. These patients will show a normal serum cortisol on random testing, but will have an abnormal cortisol rhythm with highs and lows. Dosage is  $\frac{1}{4}$  to 1- $\frac{1}{4}$  tsp per dose, depending on intensity of cortisol excess and stress level.

## PSYCHIC STRESS

In cases where the ability to adapt to stress is compromised, and psychic decompensation is occurring, the addition of Psy-Stabil drops to the combination of Supren and Dalektro N, or Neu-regen and Dalektro N, will be very helpful. Dosage is  $\frac{1}{2}$  to 1 tsp per dose.

## Adult Vaccinations For Traveling

### Key Remedies

Thuja drops  
Habifac drops  
Itires drops  
Dalektro N drops

Juve-Cal drops  
Radinex drops  
Apo-Stom drops  
Notatum capsules  
Roqueforti capsules

Prophylactic vaccinations for overseas travel are a huge issue for many adults. A patient accustomed to being treated with biological medicine may have a philosophical aversion to vaccines and prophylactic anti-microbials, and want to take something “natural” instead. Whether this is possible to accomplish largely depends of the state of immunological health that the person has attained prior to their proposed travel, as well as issues occurring in the geographical location of the destination.

Any infection is “opportunistic” infection, in that you will not catch it if you are not susceptible. However, travel to certain areas, like some parts of Asia and Africa where sanitation is poor and the travel itself arduous, may weaken the patient and increase susceptibility to dangerous diseases from exposure. In addition, the traveler to exotic locales can expect to be exposed to microbes that are novel to their immune system, and that the immune system has not had a chance to accommodate.

The person who has been treated biologically long enough to have a good general state of health, a clean matrix, appropriate gut ecology and re-educated GALT, functional liver detox pathways, and good regulation of the acupuncture meridian system is not very likely to become seriously ill when exposed to weird diseases, or to have adverse reactions to prophylactic vaccines and anti-microbials. For the rest of us, it is a matter of balancing the relative benefits and risks of these preventive treatments, and deciding what is the correct course of action in preparation for travel.

Allopathic prophylactics may need to be buffered in order to prevent injury. The side effects are produced by the same mechanisms as for childhood vaccinations. However, the immune system has had more of a chance to mature. Keep in mind that it is far easier to change the proposed destination than to alter

the pattern of chronic illness in a patient. If the patient already has major gut issues, a trip to a seriously foreign area with an outbreak of cholera or yellow fever may have to wait. Be realistic in offering advice...a 2 week stay in 5 star hotels is quite different than camping in a mosquito infested region with a high incidence of malaria.

## BUFFERING OF ADULT VACCINATION

Many of the same remedies and supplements are used to buffer adult vaccination as for children, with some dosage and formula changes.

### 5 DAYS BEFORE VACCINATION, THROUGH 5 DAYS AFTER:

Thuja: ½ teaspoon 2-3X/Day for immune system confusion  
Habifac: ½ teaspoon 2-3X/Day to prevent new miasm creation  
Itires: ½ teaspoon 2-3X/day to release conflict at lymph centers  
Dalekto N ½ teaspoon 2-3X/day to maintain electrolyte and polarity balance

Mix the above remedies together in water or tea.

Phosphatidyl Serine: 500-800 mg/day depending on gall bladder status of patient.

GPC: 800 mg/day, with phos serine for nervous system protection

Note: some individuals will receive vaccinations every 10 days to 2 weeks for several months before a major trip overseas. Continue this protocol the entire time period, and up to 2 weeks after completion for the PEKANA medications. The supplements may need to be continued for several months.

Some vaccines, such as yellow fever, work by inducing a “non-virulent” infection in the gut mucosa. This means that in order to work, the vaccine induces reaction phase (yang ming) disease. Add the following to the protocol above, starting on the day of the vaccine administration, and continuing through 10 days after the last dose of the vaccine:

Juve-Cal: 1-2 teaspoons to rehabilitate the gut mucosa  
Radinex: 5 drops to release interference with biological communication  
Apo-Stom: ½ teaspoon to soothe mucosa

Take all 3 remedies in water or tea 2X/day.

Glutamine powder: 3-15 grams/day depending on the intensity of induced inflammation

Notatum and Roqueforti capsules: 1 of each daily

If anti-microbials are being taken, such as anti-malarials, there is no specific protocol that would fit for every patient. It is necessary to make sure the ecology of the gut and balance of the liver detoxification mechanisms are not disturbed. We find it best to have the patient obtain the specific prescription for their trip, and then test the substance to create a specific program to buffer the unique way in which the drug creates a stress in their body. Without the ability to test the patient, focus on the transmethylation pathway, particularly on B12 and folate, along with magnesium and sulfur-containing amino acids.

## Allergies, Airborne

### Key Remedies

SyAllgen tablets and lotion  
ProAller drops  
Ricura drops  
Apo-Oedem drops

If SyAllgen is at first ineffective:

SyGest tablets  
SyDetox drops OR  
Helmin drops  
Opsonat drops

SyResp tablets and lotion

SyAllgen is the default remedy for relief of airborne allergies, both for symptom relief, and to reduce the intensity of future recurrences.

Dosage is one tablet plus application of the lotion to the throat, face, and behind the ears as needed for control of symptoms. Initial dosage frequency can be every 30 minutes, but generally decreases to 3 or 4 times per day after a response is established.

In addition, ProAller and Ricura,  $\frac{1}{4}$  tsp of each in water is taken with each dose of SyAllgen. If swelling in the nasal mucosa is severe, add  $\frac{1}{4}$  tsp Apo-Oedem per dose.

If seasonal allergies have occurred in previous years, SyAllgen can be started 1 month prior to the season to prevent or reduce re-occurrence. For this, use 1 tablet 3 times per day and the lotion applied 2 times per day.

### IF SYALLGEN IS INEFFECTIVE

Some patients do not respond significantly to SyAllgen. Most of them have gut dysbiosis that is inducing a  $T_H2$  upregulation, thus keeping the patient in an allergic state. These patients need to be treated for the gut dysbiosis, typically with SyGest and either SyDetox or Helmin combined with Opsonat, before the SyAllgen will be effective.

Other patients who do not respond to SyAllgen have a latent lung or bronchial infection which is keeping the mucosal-associated lymphoid tissue in an allergically upregulated state. This tends to need a protocol built around SyResp to resolve the respiratory foci before SyAllgen will be effective.

## Allergies, Food

### Key Remedies

SyAllgen tablets and lotion

If SyAllgen is at first ineffective, use

SyGest tablets

SyDetox drops

SyAllgen tablets, taken 3 times per day for about 6 months, tend to downregulate the severity of food allergies. During this time, it is best to avoid the offending foods, especially during the first 2 months of treatment.

Gut dysbiosis, especially if it involves an overgrowth of yeast, or true helminth infection, will induce a  $T_H2$  upregulation that makes the SyAllgen ineffective. In these cases, SyGest (1 tablet 3 times per day) is the remedy of choice along with SyDetox (10 drops 2 or 3 times per day). Once the gut dysbiosis is resolved, SyAllgen tends to work well just so long as the general gut ecology is in good shape.

On the other hand, certain gut infections, such as hookworms, will tend to depress the  $T_H2$  upregulation. Curing these kinds of infections will make the allergic problems get worse rather than better. This is one of the problems that can happen with the use of aggressive allopathic or botanical antimicrobial therapy. Killing gut infections without regulating the gut terrain can backfire on you. For this reason, we are often more successful treating gut infections with SyGest and no antimicrobials.

## Anemia

### Key Remedies

SyGest tablets  
Juve-Cal drops  
Ferrodon drops  
Cangust drops  
Ailgeno drops (with caution)

### Treatment of Bone Marrow Suppression:

Oss-regen drops  
Mycobactin S capsules  
Aspergillus capsules  
Quentans capsules

With any type of anemia, the cause should be ascertained to determine the appropriate intervention.

Nutritional deficiencies from a poor diet should be corrected if necessary as the first step in correcting anemia. A diet low in iron, B12, folate, protein, and other trace minerals can create this condition. This issue is common in vegan patients.

Anemia due to blood loss must be handled by eliminating the source of excessive blood loss, whether it is menstrual bleeding or gastrointestinal bleeding.

We have seen many patients with chronic low-grade anemia improve when given Juve-Cal and SyGest for several months. Iron malabsorption can benefit from the addition of Ferrodon. This all seems to promote good assimilation. Some patients benefit from the addition of Cangust, which has some stomach tonifying properties.

Beyond these factors related to diet, digestion, and assimilation, anemia can be due to a lack of function in hematopoietic tissues, namely the spleen and bone marrow. For some patients, serious kidney issues can lead to anemia due to insufficient production of hematopoietin. This degree of kidney failure is not within the scope of this remedy guide. Also, certain medical treatments such as chemotherapy and lengthy IV antibiotic use can suppress the ability of the bone marrow to respond to hematopoietin.

Ailgeno can activate the spleen, but is so provoking under normal circumstances that good general drainage and lifestyle habits need to be achieved before this remedy is used.

Suppressed bone marrow can be helped by Oss-Regen ( $\frac{1}{2}$  to 1 tsp 2 or 3 times per day), supported by using 1 capsule each of Mycobactin S, Aspergillus and Quentans all together 5 days a week. But, to effectively revive bone marrow, it is usually necessary to sanitize toxic foci first, and these foci can be anywhere in the body. See section on focal infections.

## Asthma

### Key Remedies

Bronchi-Pertu drops (OR Apo-Pulm drops in some patients)  
SyGest tablets and lotion OR SyAllgen tablets and lotion  
ProAller drops  
Supren drops

### To Resolve Lung Foci:

Opsonat drops  
Inflamylar drops  
SyResp tablets and lotion  
Habifac drops

The treatment objectives for asthma, in no particular order, are:

- 1- resolve phlegm
- 2- decrease airway reactivity
- 3- reduce histamine release
- 4- stabilize adrenal function
- 5- resolve stealth toxicity/infection in respiratory tree
- 6- re-educate mucosal-associated lymphoid tissue (MALT)

### RESOLVE PHLEGM

Bronchi-Pertu is usually the phlegm resolver of choice in asthma. Sip 1 teaspoon 3 or 4 times per day.

For some asthma patients, Apo-Pulm works better than Bronchi-Pertu.

### DECREASE AIRWAY REACTIVITY

Bronchi-Pertu helps reach this objective. If airborne allergy is a trigger, adding SyAllgen (1 tablet 3 times per day and lotion 2 times per day applied to chest) and possibly ProAller ( $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon in water 2 or 3 times per day) can be even more effective.

## REDUCE HISTAMINE RELEASE

SyAllgen will tend to reduce histamine release, but works best after gut dysbiosis issues are resolved. So, SyGest is more often the starting remedy for asthma than is SyAllgen.

## STABILIZE ADRENAL FUNCTION

Reducing histamine release depends on adequate adrenal cortisol production, as does overall reduction of inflammation and reactivity in the airway.

Supren (3/4 tsp in water 2 to 4 times per day) works more often in asthmatics than does Neu-Regen. Choose Neu-Regen over Supren only if significant fatigue is present.

## RESOLVE TOXICITY/INFECTION IN RESPIRATORY TREE

Oponat (5 to 25 drops in water 2 or 3 times per day) is the key drainage remedy for resolving foci in the lungs and bronchi, but it is never used as a stand-alone remedy. Interestingly, lung foci often resolve well with Inflamylar liquid (1/4 to 1/2 teaspoon per dose) added to the Oponat.

If a life-long constitutional issue of lung weakness exists, it may be helpful to add Habifac (1/4 tsp in water 2 times per day).

The key Syntrion remedy for resolving lung foci is SyResp. Use 1 tablet 3 times per day and apply lotion to throat 2 times per day. If lots of mucosal inflammation exists, it may be better to alternate weeks using SyResp one week, and SyCircue with Firmus capsules the next week.

## RE-EDUCATE MALT

SyResp is probably the key remedy for resetting the immune setpoints of the mucosal-associated lymphoid tissue. However, since success here depends on having achieved fairly decent gut ecology, a protocol of at least 1 month using SyGest and SyDetox is typically a pre-requisite for successful use of SyResp.

## BUFFERING FROM EFFECTS OF INHALED STEROIDS

Some patients who use inhaled steroids daily tend to develop fungal and/or protozoan gut dysbiosis as a side effect. This tendency can be reduced by taking SyGest, 1 tablet 3 times per day, and using the combination of Helmin ( $\frac{1}{4}$  tsp), Apo-Stom ( $\frac{1}{4}$  tsp), and Supren ( $\frac{1}{2}$  tsp) all together in water 2 times per day. If the dysbiosis is already established, we usually add Opsonat ( $\frac{1}{4}$  tsp) to the mix.

## Autoimmune Conditions

While the treatment of autoimmune conditions is highly complex, certain principles apply in most cases. The objectives are to (in this order):

- 1- Resolve upregulated inflammation
- 2- Remove triggers of autoimmunity
- 3- Re-educate immune system to discern friend from foe

### RESOLVE INFLAMMATION

Most initial protocols for autoimmune diseases involve selection of one of these 2 protocols for reducing inflammation:

SyCircue tablets 3 times per day with lotion applied 2 times per day over sites of inflammation. After 2 weeks, add Firmus capsules, beginning 2 times per week and titrating up to 5 times per week.

Notatum and Quentans. Capsules can be used, 1 of each taken 2 times per day, or suppositories can be used, alternating remedies on sequential nights.

Resolving inflammation may take an extended period of time. Do not be in too much of a rush to move to the next phases of therapy before reduction in inflammation is accomplished. Successful management of autoimmune conditions to a large extent depends on successful downregulation of systemic inflammation. Too much attention on detoxification too early in the case can make the ultimate outcome less favorable.

### RESOLVING TRIGGERS

This step can require some detective work. It generally involves resolving gut dysbiosis and cleaning up focal infections in the body. See sections on gut issues and focal infections.

In addition to this, drainage would be provided for affected tissues. The remedy chosen depends on the type of autoimmunity. Refer to this chart for some quick hints:

Involved Tissue	Primary Remedy
Thyroid	Apo-Strum
Eyes	SyCircue
Lungs	SyResp, Septonsil

Nervous system	Viscum
Kidneys	Renelix, SyCircue
Pancreas	SyResp, Aspergillus, Ailgeno
Joints	Opsonat, SyCircue with Firmus
Bowel	Opsonat, SyCircue with Firmus

#### RE-EDUCATING THE IMMUNE SYSTEM

Once foci have been sanitized and local tissues have been improved in health, the immune system can be reset to determine friend from foe. The primary remedies to accomplish this are SyGest to re-educate the gut-associated lymphoid tissue (GALT), or SyResp to re-educate the mucosal-associated lymphoid tissue (MALT).

## Cardiovascular Conditions

While many established cardiovascular conditions require medical management, clinical outcomes can generally be improved by adding support with biological medicines. Mild cardiovascular conditions can respond adequately to biological medicine alone if given in the context of lifestyle modifications.

Use the following chart for remedies most often used in specific conditions:

CONDITION	REMEDIES
General	SyCircue
Anxiety	Coro-Calm, Psy-Stabil
Arrhythmias	Cardinorma, Coro-Calm
Tachycardia	Cardinorma, Coro-Calm, Psy-Stabil
Hypertension	SyDetox, Co-Hypert, Cereus
Hypotension	Cangust, Neu-Regen

Severe and non-responsive cases should always be referred to a cardiologist.

## **Cholelithiasis (Gall Stones)**

Key Remedies

Biliary motility

SyGest tablets with Mundipur and Apo-Stom drops

Infection or Toxic Heat

SyDetox drops alternated with Mundipur and Apo-Stom drops

Cereus capsules alternated with Firmus capsules

Cholelithiasis, or gallstones, can usually be resolved by taking care of:

- 1- Biliary motility, and
- 2- Infection or other toxic heat in the gall bladder

The biliary motility will tend to respond to the combination of Mundipur and Apo-Stom with SyGest, and lifestyle modifications as described in the section on irritable bowel syndrome.

The infection or other toxic heat will usually require SyDetox, which is usually alternated with the Mundipur/Apo-Stom combination rather than taken at the same time. Also, alternating Cereus and Firmus capsules are usually needed, starting with 1 of each taken on separate days once per week, and titrating up to alternating Cereus and Firmus daily.

Gall bladder flushes, using apple or lemon juice and olive oil, are not recommended, as they tend to aggravate the biliary irritability rather than normalize it.

## Colds and Flu

### PREVENTION

Sylmmune – Take 1-2 tablets per day

### EXTERNALLY CONTRACTED UPPER RESPIRATORY INFECTION

The default remedy for externally contracted upper respiratory infections is SylInfect. Use 1 tablet every 20 to 30 minutes at the onset of symptoms until a definite symptom improvement is noted, then reduce the dosage frequency. Continue to take 1 tablet whenever symptoms stop improving and begin to worsen, or 3 times per day until at least 1 week past the cessation of symptoms.

With each tablet of SylInfect, apply Sylmmune lotion to the throat, face, and behind the ears.

### RESPIRATORY INFECTION SYMPTOMS THAT OCCUR WHILE DETOXIFYING

Often symptoms will occur while a detox process is followed that look just like a cold or flu. This can be caused by taking detox remedies, by increasing exercise, or by improving the diet. The patient will do well for a while, and then become symptomatic at a time when some energy has built up with which the body can push out an old toxic load or latent infection.

This type of apparent upper respiratory infection that is really a detox process responds better to Sylmmune tablets than SylInfect tablets.

Drainage remedies taken in addition to the Syntrion tablets and lotion depend on what specific symptoms are involved.

### SINUSES

Apo-Pulm is mucolytic, and will help resolve phlegm in the respiratory tract. Sip  $\frac{1}{2}$  to 1 tsp as needed, about every 2 to 4 hours.

Severe swelling of the nasal passages can respond to the combination of Apo-Oedem and Ricura, taken in water  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp of each 3 or 4 times per day.

If the trigger is an airborne allergen, ProAller would be used with Ricura,  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp of each 2 to 4 times per day. SyAllgen tablets are taken as needed to relieve symptoms, at least 3 times per day, instead of SyInfect. SyAllgen lotion is applied to the throat, face, and behind the ears with each SyAllgen tablet.

## FEVER

If the fever does not break with the first few doses of Syntrion tablets, add Fepyr, usually  $\frac{1}{2}$  tsp every 2 or 3 hours until the fever is down.

## LUNG PHLEGM

Apo-Pulm used early in the infection usually keeps the infection from descending into the lungs, but when it does descend, continue Apo-Pulm to resolve the phlegm and prevent secondary bacterial infections.

Some patients, especially asthmatics, respond better to Bronchi-Pertu than to Apo-Pulm.

## AN OVER-EXUBERANT IMMUNE RESPONSE

It is possible for the immune system in apparently healthy patients to go into an over-exuberant response, causing a cytokine cascade of inflammation that fills the lungs with fluid and destroys them.

However, because of the ability of SyInfect and SylImmune to decrease not only the severity but also the duration of inflammatory symptoms that occur at the onset of an upper respiratory infection, we feel that it is logical to employ these medicines rather than to avoid them. New research has shown that SylImmune improves the body's ability to respond quickly and accurately to infection without immune overstimulation.

We have seen lung hyperimmune responses with respiratory distress induced during interferon therapy for hepatitis C, and this has responded well to the combination of Apo-Oedem and Itires, taken  $\frac{1}{2}$  tsp of each 4 times per day. It would seem logical to use this combination if a lung hyperimmune response is inducing respiratory distress caused by an infection.

Realistically, these severe complications of upper respiratory infection constitute a medical emergency, and the homeopathic remedies should not be used to the exclusion of medical intervention if such is available.

## Pediatric Colic

### Key Remedies

Juve-Cal drops

SyGest tablets or Roqueforti capsules

Apo-Stom drops

Viscum drops and Radinex drops

Colic in infants generally involves an immature gut with resultant hyper-irritability. The key remedy for resolving this is Juve-Cal, usually used  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp in fluid taken 2 times per day.

It may be necessary to remove triggering foods from the mother's diet. Common triggers are the common allergens (cow dairy, egg, corn, wheat, soy) as well as cruciferous vegetables and alliums (onion and garlic).

Giving 1 tablet of SyGest daily, or 1 capsule of Roqueforti can reduce irritability. In addition, Apo-Stom can be taken in liquid, using  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp in fluid 1 or 2 times per day.

Occasionally, the trigger is not in the gut, but relates to simple hypersensitivity of the nervous system. This can be in response to exposure to high frequency electromagnetic currents. Use the following remedies while also removing any source of electrical noise from the crib area, such as halogen lamps.

We have seen this nervous system irritability respond to combining Viscum with Radinex, and massaging a few drops of each into the lower legs and feet every 2 to 4 hours.

Infants who do not respond to any of the above measures should be checked for structural lesions causing vagal irritation.

## **Cystitis, acute or chronic**

Cystitis, which is acute or chronic inflammation and/or infection of the urinary bladder, generally occurs only in patients who are very fatigued and run-down. Correction of lifestyle factors and hormonal deficiency that are creating the fatigue is necessary to successfully manage this condition and prevent its recurrence.

For this reason, some cases exist where the only remedies needed are Neu-Regen and Dalektro N to support the metabolic energy.

In most cases, however, direct attention to the urinary bladder is needed in addition to management of the fatigue. The following protocol has helped many patients with this condition:

Notatum suppositories, inserted rectally for 10 nights

Upelva,  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp per dose

Itires,  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp per dose

Opsonat, 10 drops to  $\frac{1}{4}$  tsp per dose

These 3 PEKANA remedies taken together in water 3 or 4 times per day.

Some patients with more chronic cases have responded better to SyFungin rubbed into the suprapubic area 2 times per day plus Firmus suppositories alternating with Notatum suppositories. This protocol can be somewhat provoking, so some caution and close monitoring may be necessary.

These protocols have generally given better clinical results than those using Akutur.

### **INTERSTITIAL CYSTITIS**

Refer to the telephone class notes on interstitial cystitis for a more in depth discussion of this condition.

## Dental Health

### PERIODONTAL DISEASE

Kombination drops, 10 drops used after brushing and flossing in the evening, can help maintain health of the gums.

Established periodontal disease requires special dental care. The root of the condition usually is in gut problems. SyDetox commonly is a part of successful protocols to improve the health of inflamed and swollen gums.

### DENTAL INFECTIONS

Minor unresolved dental infections are improved by sanitizing the upper lymphatics using:

SyResp tablets	1 tablet 3 times per day
SyResp lotion	Apply twice daily to throat and submandibular area
Septosil	5 to 20 drops in water 2 or 3 times per day

Significant abscesses and cavitations will generally require dental surgery.

### NECROTIZING OSTEITIS

This condition, which is essentially synonymous with painful cavitations, requires the above protocol for dental infections coupled with care for hypercoagulability. Generally, Bolouke or Nattokinase are included in the protocol.

## Dermatitis, Seborrheic

### Key Remedies

For tai yin type  
SyGest tablets  
SyFungin lotion

OR

For yang ming type  
SyFungin lotion  
SyCircue tablets  
Opsonat drops  
Helmin drops  
Supren drops  
SyDetox drops (alternate with Pekana drops)

Seborrheic dermatitis seems to have its root cause in the gut. There are two types in terms of Chinese Medicine: one with the root being in tai yin/impregnation stage disease, and the other based on yang ming/reaction phase illness.

The tai yin type has a gut that is boggy, damp, and tends towards a dysbiosis with candida and/or various protozoans. The stool tends towards being loose. We treat this type with SyFungin topically and SyGest internally. Dietary life-style factors must be corrected to achieve success. These patients commonly eat too much sugar, and sometimes eat a diet low enough in protein so that the thyroid has downregulated its function, commonly showing a TSH above 2.0 and the free T4 low normal or low, but the free T3 normal to high normal. Increasing dietary protein usually corrects the thyroid downregulation. Dietary allergies to milk, gluten, and soy are common.

The yang ming type has an inflamed and dry colon, and tends toward a tight stool. Here we use the SyFungin topically and the SyCircue and Opsonat, Helmin, and Supren internally, usually alternating the Pekana remedies with SyDetox.

## **Diaper Rash**

### Key Remedies

SyFungin and SyAllgen lotions

Diaper rash is usually a result of a yeast infection combined with skin hypersensitivity to the pH of the stool. SyFungin and SyAllgen lotions combined and applied topically at each diaper change usually correct this quickly.

## Eye Conditions

### Key Remedies

SyCircue lotion  
Glautarakt drops  
Sylmmune lotion

### GLAUCOMA

Glaucoma is an increase in intraocular pressure, and tends to be associated with vascular congestion locally.

Most cases of glaucoma respond well to SyCircue lotion applied to the skin around the orbit 2 times per day. In the future, SyCircue will be available in the Eira line, which will be 6X SyCircue in a cosmetic base. This form of the remedy has the advantage of improving fine wrinkle lines around the eyes.

### CATARACTS

Cataracts, like glaucoma, involve eye vascular congestion, so SyCircue is also the remedy of choice for this condition. Use of SyCircue tends to stabilize and prevent progression of cataracts, but does not reverse them.

Glautarakt is the PEKANA remedy for cataracts, and may be added to the program to assist in resolving certain metabolic conditions surrounding the development of cataracts.

Specifically, any patient with cataracts has abnormalities in their metabolism of sulfur-bearing amino acids, and this factor needs to be addressed nutritionally.

### CONJUNCTIVITIS

A remedy combination being investigated is the combination of Sylmmune and SyCircue lotions applied to the skin around the eyes every 2 hours. This treatment looks promising, but we have not had enough cases yet to evaluate the overall success rate of this approach.

### STYES

Styes tend to resolve quickly treated with a combination of SyCircue applied to the periorbital skin every 2 hours, application of a hot moist compress using a hot washcloth, sometimes with a black tea bag, to the affected side for 45 minutes to

3 hours (until shrinkage of lesion is noted), and oral use of SyDetox taken 10 to 20 drops every 2 to 4 hours.

# Fibromyalgia

## Key Remedies

SyCircue tablets  
Firmus capsules  
Apo-Stom drops  
Opsonat drops

Fibromyalgia is essentially chronic fatigue syndrome combined with chronic pain.

The same rules apply to managing this condition as discussed in the sections on autoimmune disorders and focal infections.

Special considerations are that:

- 1- SyCircue and Firmus are the predominantly used immunometabolic remedies.
- 2- Protocols will alternate between those that emphasize reducing inflammation, and those that cleanse the body of stealth infection and toxicity.
- 3- If a remedy program of carefully chosen remedies proves slightly too provoking, you may sometimes continue the remedies but add  $\frac{1}{2}$  to 1 tsp Apo-Stom per dose to mellow out the remedy effects.
- 4- If the patient is improved, but stalled out on making continued gains, Opsонат will probably be needed as an addition to the protocol if not already included.
- 5- Blood stasis and hypercoagulability are always a component of fibromyalgia. This is not directly addressed at the outset of care, but eventually Bolouke or Nattokinase are usually added to the protocol. Lab testing for mutations that cause hypercoagulability will determine whether these kinase enzymes are needed short-term or forever.

## Focal Infections and Focal Toxicity

In German biological medicine, the resolution of chronic diseases usually requires eliminating foci of infection and toxicity inducing metabolic disturbance. These foci can exist at any place that is a genetic weakness, that has suffered trauma, or where a historical infection has not been completely resolved. Entrapped infection and toxins can induce autoimmune upregulation, and can cause reflex vascular insufficiency at far distant sites. Classic examples would be bowel foci inducing transient ischemic attacks (TIAs), and unresolved head trauma leading to reproductive cancers in women.

Common areas that can harbor foci include: dental tissues, tonsils, sinuses, gall bladder, spleen, large and small intestine including appendix, and pelvic floor including salpinges and prostate.

### GENERAL RULES FOR RESOLVING FOCI

While each area containing a focus tends to require remedies appropriate for that anatomical location, there are some general guidelines that pertain to most foci.

Before attempting to detoxify a focus, make sure that not only is the general vitality adequate to withstand a detox process, but also that the “exit ramps” of the sweat, biliary, bowel, lymphatic and kidney functions are open. See the section on general detoxification.

Foci above the diaphragm tend to respond to protocols including SyResp and Septonsil.

Foci below the diaphragm tend to respond to protocols including SyGest and Opsonat.

Approach foci utilizing a graduated, stepped approach in sequential phases:

Step 1: Correct any deficiencies in general drainage.

Step 2: Continue drainage remedies from step 1, but add specific remedies for foci being targeted.

Step 3: Once tolerance for specific remedies is established and patient has used remedies for 1 to 2 months, increase the aggressiveness of the drainage program by adding Opsonat (5 to 25 drops per dose) or Septonsil (5 to 30 drops per dose). If a genetic weakness is involved, add Habifac to the program, generally ¼ to ½ tsp in water 2 or 3 times per day.

Step 4: If the process of resolving the focus is not progressing appropriately, and you are sure that the right remedies are being given and that the patient is complying with good life-style habits, add Bolouke or Nattokinase to enable activation of plasminogen. See phone class notes on hypercoagulability for details.

Some guidelines are given below for selection of specific remedies for individual anatomical locations of foci:

#### DENTAL

SyResp lotion rubbed into throat 2 times per day. SyResp tablets 3 per day.

Septosil, 5 to 30 drops in water 2 times per day.

#### TONSILS

SyResp lotion rubbed into throat 2 times per day. SyResp tablets 3 per day.

Septosil, 5 to 30 drops in water 2 times per day.

If unresponsive, a gut or allergy issue is involved, which would require SyGest or SyAllgen to be used prior to or in alternation with the SyResp.

#### SINUSES

SyResp lotion rubbed into throat 2 times per day. SyResp tablets 3 per day.

Septosil, 5 to 30 drops in water 2 times per day.

If unresponsive, a gut or allergy issue is involved, and/or a chronic fungal infection exists in the gut and/or sinuses. Candida/Roqueforti suppositories may be needed for the gut, taken at bedtime 3 to 5 times per week. Ricura, ProAller, and Apo-Oedem ( $\frac{1}{4}$  to  $\frac{1}{2}$  tsp of each in water 2 to 4 times per day) may be needed to reduce swelling of nasal mucosa to allow sinuses to drain.

#### LUNGS

SyResp lotion rubbed into throat 2 times per day. SyResp tablets 3 per day.

After 2 weeks of use, rub the SyResp lotion into both the throat and the chest. Septosil, 5 to 30 drops in water 2 times per day and/or Itires  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp in water 2 or 3 times per day.

If excessive phlegm is a problem, sip Apo-Pulm (more appropriate for dry cough or weak lungs) or Bronchi-Pertu (more appropriate for particulate exposure and asthma) 3 or 4 times per day.

## GALL BLADDER

Mundipur: 10 drops to  $\frac{3}{4}$  tsp per dose, in warm water with

Apo-Stom:  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp per dose taken 2 or 3 times per day, generally after meals, with:

SyGest tablets, 1 tablet 3 times per day after meals.

Once palpable tenderness in the gallbladder is substantially reduced, add Cereus capsules, 1 capsule 2 times per week building up to 5 times per week, and continue until all inflammation is resolved.

## SPLEEN

This is a very tricky area to detoxify, and most protocols must be used in pulses, such as 2 days on and up to 5 days off, to avoid substantial aggravation of symptoms.

The remedy combination most often used is Ailgeno, taken 1 to 8 drops in water 2 times per day along with Apo-Stom  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp per dose. For some reason, some patients tolerate Ailgeno better if mixed with Inflamyar liquid at 1 tsp per dose in addition to or instead of the Apo-Stom.

For splenic foci, SyGest is usually alternated with SyCircue, alternating days.

## COLON

Colonic foci, whether they be large intestine, small intestine, appendix, or all of the above, is generally referred to as intestinal dysbiosis. What remedies are chosen is determined by the species of the overgrowth, the intensity of the overgrowth, the degree of autonomic dysregulation/spasticity, and the degree of inflammation.

A common combination for gut dysbiosis is:

Apo-Stom  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp per dose

Helmin             $\frac{1}{4}$  to  $\frac{1}{2}$  tsp per dose  
Opsonat        10 to 25 drops per dose, these remedies taken together in water 2  
or 3 times per day.

If substantial adrenal stress is involved, add Supren,  $\frac{1}{2}$  to  $\frac{3}{4}$  tsp per dose.

If substantial psychic stress is involved, add Psy-Stabil,  $\frac{1}{2}$  to 1 tsp per dose.

If there exists more irritability than inflammation, use SyGest 3 tablets per day, and massage the belly with a combination of SyFungin and SyAllgen lotions 2 times per day.

If there exists more inflammation than irritability, use SyCircue 3 tablets per day.

If the dysbiosis is predominantly fungal and/or protozoan, use SyGest or SyRegule and remove cold-damp foods from diet.

If the dysbiosis is predominantly bacterial, especially Klebsiella or Pseudomonas, use SyCircue 3 tablets daily, but add Firmus as capsules or suppositories as often as 5 times per week.

## PELVIC FLOOR

There is no good rule for which Syntrion remedy will be best for pelvic floor foci. The choices are SyResp, SyCircue, and SyGest, listed in descending order of frequency of use.

Because of the ability to deliver a strong dosage to local tissues, suppositories are often used. Mucor, Aspergillus, or the two in alternation are common choices.

Upelva is useful for both male or female pelvic floor stasis. If blood stasis is an issue, add Clauparest or Cangust. If lymphatic stasis is more predominant than blood stasis, add Itires. The dosage for all of these remedies is usually  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp per dose, 2 or 3 times per day.

If prostatic congestion with infection is present, use Proscenat, usually  $\frac{1}{2}$  tsp 3 times per day. This remedy is almost always used with Mucor suppositories and Firmus capsules or suppositories.

## Gut Dysbiosis

ORGANISM	KEY REMEDIES
Helicobacter	Apo-Stom, Cangust, Viscum
Candida	SyGest (typical), Candida/Roqueforti suppositories (strong), Roqueforti caps (mild)
Protozoa	Helmin, Opsonat, Apo-Stom
Bacteria	Firmus, Cereus, Helmin, Opsonat, Apo-Stom
Other Parasites	Firmus, Cereus, Helmin, Opsonat, Apo-Stom

Gut dysbiosis is a common component of any chronic health condition. Its resolution is dependent on restoring proper ecology to the gut terrain, and correcting any deficiencies in the defenses against food-borne microbes.

### GUT ANTIMICROBIAL DEFENSES

The gut has 3 main defenses against food-borne infections. They are stomach acid, biliary secretions, and secretory IgA.

Stomach acid tends to decline with age, and supplementation at meals with betaine HCl may be needed for support. Mild hypochlorhydria sometimes responds well to ½ tsp of Cangust in warm water before meals.

Biliary secretions have potent antimicrobial properties. A dyskinesia of the gallbladder and biliary ducts can reduce the efficacy of this important defense. For biliary dyskinesia, we generally use the combination of Mundipur and Apo-Stom, about ½ tsp each in warm water before or after eating, and SyGest tablets taken 3 times per day.

Deficiencies of secretory IgA can be difficult to change, but in about half of our patients, the combination of supplementation with *Saccharomyces boulardii* and SyGest tablets works well to raise sIgA levels and reduce anti-gliadin sIgA.

### REGULATING GUT TERRAIN

SyGest tablets are the most versatile intervention for regulating the gut terrain. Since having access to this remedy, we have come to depend on it as the keystone of any program for restoring proper gut ecology. Starting at 3 tablets per day, after the terrain is well regulated, a single tablet per day can help maintain gut health.

## ANTIMICROBIAL THERAPY

The most general protocol for eliminating established dysbiotic organisms is to regulate the terrain and not to worry about what specific organisms are seen on a stool test. Commonly, we use SyGest and the combination of SyCircue with Firmus on alternating weeks. To this basic protocol, we add remedies based on severity of dysbiosis and type of organism involved (see table at top of section).

# Heavy Metals Detoxification

## Key Remedies

Toxex drops  
Habifac drops  
With NAC and lipoic acid

It is well known that heavy metals toxicity can play a role in any chronic illness, from neurodegenerative diseases to autoimmunity. There is less agreement about how and when to treat metals toxicity.

## BECOMING AN EXCRETOR

Some people tend to accumulate heavy metal toxins easily, while others are natural excretors of heavy metals and do not tend to accumulate them as much. People with blue or steel blue irises tend to accumulate metals, as do people with mineral and/or protein malnutrition.

Prior to any attempts to detoxify heavy metals by chelation, it is best to attempt to improve the patient's natural tendency to excrete metals. General vitality and nutritional status should be optimized. Make sure that the elimination pathways of sweating, biliary excretion, bowel function, and kidney function are operating well.

If these general measures do not promote metals excretion, certain remedy combinations can turn a non-excretor into an excretor of metal toxins.

Toxex has been measured as effective in some people for promoting the elimination of heavy metals. Effective dosage generally varies from 2 to 20 drops taken 2 times per day. However, since most non-excretors have a genetic component to their inability to eliminate metals, we usually add Habifac,  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp with each dose of Toxex.

The best way to determine if the remedies are promoting excretion is to test the urinary output of toxic metals before and after placing the patient on a metals excretion protocol. It is generally better to induce the patient's own ability to excrete metals than to do a harsh IV or oral chelation process.

Of course, nutritional support with NAC and lipoic acid, etc. is always given in addition to the remedies.

**Do NOT give a metals detox protocol or chelate during pregnancy and nursing, chemotherapy, radiation therapy, cytokine therapies such as**

**interferon, exacerbated autoimmune conditions, or to any patient who is anemic, bone marrow suppressed, elderly, frail, or poorly controlled on long-term pain medication.**

## BUFFERING A CHELATION PROCESS

For those who are going to undergo chelation using IV DMPS and/or EDTA or oral DMSA, certain remedies have been found to reduce the chaos and damage created by the chelation:

Mundipur and Apo-Stom can keep biliary excretion open so that chelated metals pass through the stool. This is used when any tendency towards GERD or IBS exists, even to a subtle extent.

If constipation occurs, add Defaeton to the Mundipur and Apo-Stom combination as needed to correct the stool.

Viscum ( $\frac{1}{2}$  tsp 2 or 3 times per day) is always used to protect the nervous system.

SyGest tablets are always given 3 times per day to prevent the induction of gut dysbiosis by metals passing in the bile.

Itires is generally used ( $\frac{1}{4}$  to  $\frac{1}{2}$  tsp in water 2 or 3 times per day) because certain moving metal toxins, especially mercury, are famous for inducing lymphatic paralysis and congestion at lymph nodes.

Large doses of Neu-Regen (2 or 3 tsp in warm water 3 or 4 times per day) can protect the general vitality, and tend to reduce the chaos in the fluid regulation functions of the craniosacral system that are routinely induced by a metals download.

If there is any history of allergies, asthma, or any autoimmune tendencies, add Thuja ( $\frac{1}{4}$  tsp 2 times per day) to the program.

If any rashes occur, add Dercut ( $\frac{1}{2}$  tsp 2 or 3 times per day) to the program.

## **Hemorrhoids/Vascular Congestion in Pelvis**

### Key Remedies

Mucor suppositories (blood stasis)

Neu-regen drops (adrenal fatigue)

SyDetox drops (liver toxicity) OR

Mundipur drops and Apo-Stom drops (biliary stasis)

Hemorrhoids respond to protocols designed to:

- 1- Decongest blood stasis in the pelvic floor
- 2- Support adrenal fatigue
- 3- Remove circulatory back-pressure from liver

### BLOOD STASIS

Mucor suppositories have the strongest effect in decongesting pelvic floor blood stasis. Use nightly for 1 week past the disappearance of symptoms.

### ADRENAL FATIGUE

Adrenal medullary insufficiency will contribute to hemorrhoids because the contraction of the splanchnic veins with postural shifts depends on the presence of adrenal medullary hormones. If insufficient, blood will pool in the lower body, and postural hypotension will be seen. This pooling of blood in the veins of the lower abdomen contributes to the formation of varicose veins, including hemorrhoids. The remedy of choice with hemorrhoids for adrenal fatigue is Neu-Regen.

### VASCULAR CONGESTION IN PELVIC FLOOR FROM LIVER BLOOD STASIS

Liver congestion can contribute to chronic recurrent hemorrhoids. This part of the syndrome tends to respond well to either SyDetox (with general liver toxicity), or the combination of Mundipur and Apo-Stom (with biliary stasis).

## Herpes Simplex

### Key Remedy

#### SylImmune lotion

Herpes simplex lesions, whether oral or genital, respond well to applications of SylImmune lotion. Apply the lotion at the first sign of outbreak, and use 3 or 4 times per day till the lesions and attendant symptoms are resolved.

Eradicating herpes outbreaks permanently is a much more complex issue, and generally involves addressing:

- 1- Focal infections anywhere in the body
- 2- Regulation of liver detoxification
- 3- Adrenal and thyroid regulation
- 4- Gut dysbiosis
- 5- General detoxification

See each of these sections for further hints on managing chronic herpes outbreaks.

## Hot Flashes, Perimenopausal Symptoms

### Key Remedies

Klifem drops  
Supren drops  
Dalektro N drops

Laboratory testing of hormonal levels and hormone metabolism will give a sense as to whether biological medicines alone will be effective, or if biological medicines in combination with hormone replacement therapy and nutritional modulation of hormone metabolism is needed.

Klifem is the default remedy for hot flashes associated with perimenopause. Typical effective dose is  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp in water 2 or 3 times per day.

For those patients where Klifem alone does not give sufficient relief, remember that women who have healthy adrenal functional reserves tend to have very little if any problems with menopause. The hormone storms of menopause involve rapidly changing estrogen levels, and a fluid adrenal function is needed to compensate. Also, as the hormone levels rollercoaster, it is difficult to stabilize electrolyte movements across cell membranes.

For these reasons, most perimenopausal women with hot flashes tend to respond better to a combination of:

Klifem	$\frac{1}{4}$ to $\frac{1}{2}$ tsp
Supren	$\frac{1}{2}$ to $\frac{3}{4}$ tsp
Dalektro N	$\frac{1}{2}$ to 1 tsp

These are combined in water 2 or 3 times per day. If symptoms are worse at night, take 1 dose before sleep, and keep a glass of water by the bedside to sip if awakened at night.

## Inflammatory Bowel Disease

Inflammatory Bowel Disease, or IBD, includes Crohn's disease and ulcerative colitis.

IBD always has at least 3 components:

- 1- Unresolved infection (colonic foci).
- 2- Allergies or immunological hypersensitivity to certain foods.
- 3- Immunological confusion of gut-associated lymphoid tissue (GALT).

### COLONIC FOCI

Colonic foci, whether they be large intestine, small intestine, appendix, or all of the above, is generally referred to as intestinal dysbiosis. Which remedies are chosen is determined by the species of the overgrowth, the intensity of the overgrowth, the degree of autonomic dysregulation/spasticity, and the degree of inflammation.

A common combination for gut dysbiosis is:

Apo-Stom     ¼ to ½ tsp per dose

Helmin       ¼ to ½ tsp per dose

Oponat      10 to 25 drops per dose, these remedies taken together in water 2 or 3 times per day.

If substantial adrenal stress is involved, add Supren, ½ to ¾ tsp per dose.

If substantial psychic stress is involved, add Psy-Stabil, ½ to 1 tsp per dose.

If there exists more irritability than inflammation, use SyGest 3 tablets per day, and massage the belly with a combination of SyFungin and SyAllgen lotions 2 times per day.

If there exists more inflammation than irritability, use SyCircue 3 tablets per day.

If the dysbiosis is predominantly fungal and/or protozoan, use SyGest or SyRegule and remove cold-damp foods from diet.

If the dysbiosis is predominantly bacterial, especially Klebsiella or Pseudomonas, use SyCircue 3 tablets daily, but add Firmus as capsules or suppositories as often as 5 times per week.

## Irritable Bowel Syndrome

Irritable bowel syndrome, or IBS, is a common component of any disturbance in gut function.

IBS can be generalized throughout the gut, or it can be focused in the upper gut where it affects the motility of the bile ducts, stomach and duodenum. This localized upper gut irritability tends to cause reflux of stomach acid, and thus it is commonly referred to as gastroesophageal reflux disorder, or GERD.

Generalized IBS versus GERD can be differentiated by abdominal palpation. Irritable areas will feel hard and rubbery, and may be tender. Irritability in the right hypochondriac area and stomach area only is GERD. Irritability in the stomach only may indicate helicobacter infection. Specific areas of irritability elsewhere in the abdomen that are not generalized over the small intestine area may indicate local structural or inflammatory lesions. This can be important, because an inflamed viscera adjacent to the bowel will not tend to respond to remedies for treating IBS.

The two common components of IBS are biliary dyskinesia and stress-induced autonomic dysregulation.

### BILIARY DYSKINESIA (GERD)

Once dietary and other lifestyle stresses are resolved, the biliary motility issue tends to respond well to the following remedy combination:

Mundipur: 10 drops to  $\frac{3}{4}$  tsp per dose, in warm water with  
Apo-Stom:  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp per dose taken 2 or 3 times per day, generally after meals, with:

SyGest tablets, 1 tablet 3 times per day after meals.

### AUTONOMIC DYSTONIA

While many factors can create dysregulation of the autonomic tone of the gut, such as structural lesions inducing vagal irritation, the most common cause is stress. For this reason, stress-relieving remedy combinations are useful in IBS. Perhaps our most frequently used combination is:

Psy-Stabil  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp  
Apo-Stom  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp

Viscum         $\frac{1}{4}$  to  $\frac{1}{2}$  tsp, all together in warm water 2 to 4 times per day.

If tension is focused in the epigastric area, this may respond better to:

Cangust        $\frac{1}{4}$  to  $\frac{1}{2}$  tsp

Apo-Stom       $\frac{1}{4}$  to  $\frac{1}{2}$  tsp, both remedies taken in warm water after meals.

Remedy selection in IBS can require some creativity. Other remedies sometimes useful include Somcupin ( $\frac{1}{4}$  to  $\frac{3}{4}$  tsp per dose, to create relaxation but not drowsiness), and Coro-Calm ( $\frac{1}{4}$  to  $\frac{1}{2}$  tsp per dose) for IBS triggered by anxiety.

## FOOD HYPERSENSITIVITIES

Successful treatment for IBD generally includes an oligoantigenic diet. Common dietary triggers are glutinous grains, corn, unfermented soy protein, cow dairy, hen eggs.

Triggering foods must be removed until inflammation is mostly resolved. Afterwards, the foods may still act as a trigger and need long-term elimination, or they may be tolerated in some amounts so long as SyAllgen tablets are given 3 times per day. SyAllgen in some cases is important for maintaining IBD in its quiescent stage.

## GALT OVERWHELM

The remedy most often effective for re-educating the immune functions of the GALT is SyGest. Typical dosage is 1 tablet 3 times per day.

There are times when SyResp rather than SyGest is the remedy of choice. This tends to happen with a more diffuse involvement of the lymphoid tissue that is not limited to the gut.

## REMEDY SELECTION BY STAGE OF DISEASE

The remedies selected depend on the stage of the disease. We can generalize:

The main remedy for the acute inflammatory stage of IBD is SyCircue.

The main remedy for the immune re-regulation stage (after inflammation is reduced) is SyGest.

If allergy was a significant trigger, SyAllgen tends to be rotated into the program at some point.

Maintenance for IBD, where danger exists of triggering another acute inflammatory event, but the IBD is relatively stable, will often include rotating weeks among these 3 remedies:

Week 1- SyCircue 1 tablet 3 times per day

Week 2- SyGest 1 tablet 3 times per day

Week 3- SyAllgen 1 tablet 3 times per day

Repeat, with addition of appropriate drainage, till disease truly stabilized.

## Insomnia

### Key Remedies

Somcupin drops  
Coro-Calm drops  
Psy-stabil drops

SyGest tablets  
SyDetox drops (during the day)

Insomnia is very common due to a high stress lifestyle with inadequate time taken for relaxation and self-care.

There is no one remedy that will be successful for insomnia. The Chinese medicine model is helpful for selecting the appropriate remedies.

In Chinese medicine, insomnia may be divided into three types: upper-burner insomnia, middle-burner insomnia, and lower-burner insomnia.

### UPPER BURNER INSOMNIA

Upper burner insomnia is caused by too much stress, worry, and thinking that has too much energy trapped in the head. The best remedy for this is usually Somcupin, taken  $\frac{1}{2}$  to 2 tsp in warm water before bedtime. Sometimes smaller doses, such as  $\frac{1}{4}$  tsp, can be taken throughout the day to maintain some small level of sedation.

If heart arrhythmias are present, Coro-Calm may be a better remedy, using  $\frac{1}{2}$  to 1 tsp before sleep.

If there is a decline in the ability to gracefully deal with stresses, addition of Psy-Stabil ( $\frac{1}{2}$  to 1 tsp per dose) to either of the above remedies can make them more effective.

### MIDDLE BURNER INSOMNIA

This is the most common form of insomnia seen in our practice. It relates to a decline in the digestive function. As the body is going to sleep, a gentle warmth diffuses through the body, and this warming is a function of the spleen yang. This

means that if the digestive fire is deficient, this warming will not happen and sleep is not initiated.

For this type of insomnia, the same PEKANA remedies may be used, but they will work better if the patient is on SyGest (1 tablet 2 times per day plus 1 before sleep) and often SyDetox is used by day (not before sleep).

## LOWER BURNER INSOMNIA

This type of insomnia basically relates to adrenal exhaustion. With adrenal fatigue, sometimes the sympathetics cannot turn off enough to allow sleep, or when the blood sugar drops in the middle of the night, the sympathetics will kick in and cause waking.

This type of insomnia may still respond to Somcupin, but it will work far better if the adrenals are supported with Neu-Regen or Supren. Often, in extreme exhaustion, Neu-Regen is used during the daytime, and a dose of Supren is used before sleep. In addition, eating a small amount of food before sleep tends to help stabilize the blood sugar and help prevent awakening in the middle of the night.

## Liver Detoxification

### Key Remedies

SyDetox drops (hot liver)  
Apo-Hepat drops (cold liver)  
Cereus or Firmus capsules (stasis)

The main differential needed for determining which remedies to use for improving liver detoxification is whether the condition involves a “hot” or a “cold” liver.

### HOT LIVER

A hot liver involves upregulation of phase 1 liver detox enzymes, and normal or deficient phase 2 enzymes. This is a hypermetabolic liver, which is generally in response to the exposure to microbial infection or toxins in the gut or in the liver itself. It can also be a response to excessive use of alcohol, tobacco, or caffeine.

With a hot liver, total cholesterol may be elevated above 200, liver enzymes may or may not be elevated, there may be facial redness, or excess cerumen.

This condition responds to SyDetox as a drainage remedy, typically taken 10 to 20 drops 2 or 3 times per day.

### COLD LIVER

A cold liver involves downregulation of phase 1 liver detox enzymes. This is a hypometabolic liver, which can be in response to a very high fat diet, liver damage, mitochondrial poisoning, or functional decline with advanced aging.

With a cold liver, when total cholesterol may be below 160, liver enzymes may or may not be abnormal. There will probably be blood stasis in the abdomen, palpable as hard-rubbery areas, especially in the pelvic floor area.

This condition responds to Apo-Hepat as a drainage remedy, typically taken ¼ to ½ tsp 2 or 3 times per day.

## LIVER STASIS

The term liver stasis relates to a lack of movement of blood and qi in the liver. This can create a disturbance field that is difficult to resolve. It can occur with either a hot or a cold liver.

The primary sign of this condition is diaphragm restriction on the right side, possible tension in either or both hypochondriac areas, and/or tension in the lateral aspect of the rectus abdominus muscle.

This condition usually requires addition of Cereus capsules to the protocol, using 2 to 5 capsules per week. Since this remedy can be somewhat provoking, use fewer doses per week if tolerance is not known.

Often, testing will show Firmus as a more effective remedy than Cereus. When this occurs, suspect that an unresolved gut dysbiosis is inducing the liver stasis, and it may be necessary to correct this first before considering adding Cereus to the protocol.

## Menstrual Problems

### PMS

Premenstrual syndrome usually involves a combination of relative progesterone deficiency and liver stasis.

The liver stasis is generally the type best managed with SyDetox, 10 to 20 drops taken 2 or 3 times per day. In addition, the root of the stasis is generally treated using alternating weeks on SyCircue and SyGest. After the first few weeks, doses of Cereus can be added, starting with 2 capsules per week, and titrating up to 5 capsules per week.

During symptomatic times of month, support with Psy-stabil and Supren can be very helpful.  $\frac{1}{2}$  to 1 teaspoon of each taken 3 or 4 times per day on symptomatic days is typical dosage.

### DYSMENORRHEA

Dysmenorrhea is caused by blood stasis in the pelvic floor. The root cause may be liver blood stasis. The following combination has been helpful for many patients:

SyDetox	10 drops 2 or 3 times per day
Upelva	$\frac{1}{4}$ tsp 2 or 3 times per day
Clauparest	$\frac{1}{4}$ to $\frac{1}{2}$ tsp 2 or 3 times per day
Mucor suppositories,	every 2 to 4 nights

If progesterone deficiency is a problem, this must be addressed to achieve a good outcome.

### MENORRHAGIA

Excessive menstrual flow can be caused by fibroid tumors or thickened endometrium due to estrogen metabolism issues.

Once pelvic floor stasis and liver metabolism issues are resolved, mild cases are generally cured, and moderate to severe cases will be improved, but still may require medical intervention.

## Mold Sensitivities, Chronic

### Key Remedies

SyGest	1-3 tablets daily
Mucan	15-25 drops in water 2X per day (if indicated)
SyDetox drops	15-25 drops in water 2X per day
OR	
Mundipur with Apo-Stom	15-25 drops of each in water 2X per day
OR	
Opsonat with Helmin	15-25 drops of each in water 2X per day

Mold sensitivity is a difficult problem. It generally has to be handled in 3 stages.

The first stage is to reduce the overall burden of fungal gut dysbiosis and to shift the gut terrain. We usually use SyGest with either SyDetox, or Mundipur with Apo-Stom, or Opsonat with Helmin for this first stage. Mucan can be added if indicated.

The second stage is to resolve gut focal infections. This would usually employ SyRegule tablets, but otherwise, the recommendations are the same for our write-up on focal infections of the gut.

The third stage involves finally breaking the TH2 dominance. This is more complex in the number of possible permutations of remedies that will be effective. A common protocol at this stage is to use a program of SyResp lotion applied to the gut, along with a combination of SylImmune, SyCircue, and SyResp tablets taken all together 2 times per day. However, we stop this program and switch to SylImmune tablets and lotion (applied to the head and throat) whenever a patient displays any upper respiratory symptoms.

## Nephrolithiasis

### Key Remedies

Renelix drops

Pyridoxal-5-phosphate and magnesium

Nephrolithiasis, or kidney stones, can usually be resolved by taking care of:

- 1- Biochemistry of the urine
- 2- Infection or other toxic heat in the kidney
- 3- Anatomical variants must be ruled out in chronic cases.

### URINE BIOCHEMISTRY

Sometimes simple dehydration is a contributing factor to the formation of kidney stones. Adequate hydration and Renelix can be very helpful.

Nutritional use of pyridoxal-5-phosphate and magnesium supplementation are generally always needed. Eating one calcium tablet with each meal can be helpful by binding up dietary oxalates and making them pass with the stool.

Stones other than the most common calcium oxalate type may need different recommendations. This will require special lab testing of the urine, and is beyond the scope of this document.

### LOW GRADE KIDNEY INFECTION OR OTHER HEAT TOXINS IN KIDNEY

Chronic kidney inflammation, which is sometimes related to unresolved infection, often needs a aggressive protocol consisting of rotating nights using the following suppositories:

Notatum, nights 1,4,7, etc

Quentans, nights 2,5,8, etc

Mucor, nights 3,6,9, etc

Firmus (occasionally)

## Pediatric Infections

### Key Remedies

SyInfect tablets  
SyImmune lotion  
Apo-Pulm drops

Juve-Cal drops  
SyGest tablets

Itires ointment (fever)

Typical pediatric infections can usually be treated just like in an adult, using SyInfect tablets plus SyImmune lotion for upper respiratory infections. Dosage is same as for the adult with these remedies.

If a large amount of phlegm is present, Apo-Pulm can help thin the phlegm to prevent secondary infections. For toddlers and older children, Apo-Pulm is taken full strength at about 1 tsp per dose undiluted. For infants,  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp in fluid is best (flash off alcohol for children under 2).

### RECURRENT URIs

Recurrent pediatric upper respiratory infections, including otitis media, generally involve an immature gut with leaky gut and food sensitivities. The key remedy for resolving this is Juve-Cal, usually used  $\frac{1}{2}$  to 1 tsp 2 or 3 times per day.

Often, while awaiting maturity of the gut, a child with recurrent URIs is given 1 tablet of SyGest daily between infections.

### FEVER

Pediatric fevers often respond quickly to Itires ointment applied along the paraspinal muscles.

Post-vaccination fevers are treated differently. See section on vaccine reactions for a discussion of this.

## **Post-Holiday Illness**

It is very common for many patients to contract upper respiratory infections or gut infections within a few days to a few weeks of holidays, especially winter holidays. This is caused by an accumulation of food stasis and physical inactivity.

This will respond to the same general recommendations given for upper respiratory and gut infections. However, since the root of the disorder is food stagnation, it is more effective to add either of the following:

Juve-Cal,  $\frac{1}{2}$  to 1 tsp with warm water before or after meals, OR

Mundipur and Apo-Stom,  $\frac{1}{2}$  tsp of each in warm water before or after meals.

In addition, since inactivity has resulted in a greater level of toxic accumulation, attention to general detoxification measures will speed up recovery.

## **Post-Surgical Pain**

Post-surgical pain is helped by the combination of:

Apo-Dolor ½ tsp per dose

Apo-Oedem ½ tsp per dose

Take together in water as necessary, generally every 2 hours.

## Post-Viral Fatigue and Depression

After the body has overcome a serious viral infection, the patient can experience significant fatigue and depression that can last for a month or more. This is caused by mitochondrial poisoning. The following protocol helps with this:

Neu-Regen	1 to 2 tsp
Dalektro N	½ to 1 tsp
Apo-Infect	½ tsp
Apo-Strum	add ½ tsp only if thyroid function has declined

To avoid relapse, continue immunometabolic therapy, but in the post-viral stage, the usual best remedy is Sylimmune.

Combine all of these remedies in water and take 3 or 4 times per day till the fatigue and depression has been resolved for at least 1 week.

## Prostatitis

Prostatitis, whether benign prostatic hypertrophy or prostatic infection, responds well to protocols targeting stasis in the pelvic floor. For this reason, any protocols should be given with advice about proper exercise to relieve pelvic floor stasis.

The following protocol is often effective:

Mucor suppositories, days 1,2,4 and 5 weekly.

Aspergillus suppositories, days 3 and 6 weekly.

Upelva,  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp in water along with

Opsonat, 10 to 25 drops taken 2 or 3 times per day.

If prostatic infection is present, add Proscenat,  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp per dose.

Some patients have a disturbance field in the sinuses creating the stasis in the prostate, and in these cases, remedies such as SyResp and Septonsil may be needed to resolve the Prostatitis.

## Scars

### Key Remedies

Kelan ointment alternated with SyCircue lotion

Scars, while generally considered to be only of cosmetic significance, can actually contribute to chronic health problems. Scars cutting across an acupuncture meridian can disrupt the normal flow. Scars can create a reflex disturbance far distant to their physical location. Scars can be painful and inflamed, contributing to local or distant circulatory disturbances.

Most scars improve dramatically if massaged 2 times a day with Kelan ointment, or Kelan alternated with SyCircue lotion. Massaging a scar across lines of tension is the best initial technique. A more aggressive form of massage involves pinching the scar while lifting the skin to dramatically stimulate local circulation. This type of massage hurts at first, but can become pleasant as the scar begins to respond and regain its elasticity.

With minor scars, 4 to 6 weeks may be sufficient. With more severe or deeply scarred areas that have range of motion loss associated with pain, scar massage along with directed physical therapy including active plyometric stretching may resolve the issues within 6 to 12 months. Neural therapy may be indicated. Refer as appropriate.

Skin abrasions treated with Kelan in the healing phase will tend to heal with less chance of scarring.

## **Skin, Fungal Infections**

### **TINEA PEDIS**

The most common skin fungal infection is athlete's foot, or tinea pedis. This responds well to SyFungin lotion applied 2 times per day. After the disappearance of the lesions, the infection will still be present for a time. Continue application for 1 month past the disappearance of the skin lesions in order to reduce the chances of recurrence. If the infection recurs, look to factors such as fungal gut dysbiosis, tight-fitting shoes, or a failure to wear dry socks as causes of the recurrence.

### **RINGWORM**

Ringworm will respond faster if SyFungin is alternated with topical iodine. The iodine usually works alone to eliminate the skin lesions, but takes longer and has a higher recurrence rate if SyFungin is not also used.

### **VITILIGO**

Vitiligo is usually the result of an autoimmune response to a fungal infection. The depigmented spots will tend to improve with the use of SyFungin, but for a full response, attention needs to be given to gut ecology, and successful programs generally employ the use of SyGest or SyRegule along with Helmin and Opsonat.

### **ONYCHOMYCOSIS**

Onychomycosis, or nail-bed fungus, responds to SyFungin, but generally needs to be used for 3 to 6 months to be successful. Also, it tends to recur after SyFungin is discontinued unless the root of the disorder is treated. The root of this condition tends to be fungal gut dysbiosis with abnormalities in liver detoxification. We have had improved outcomes with nail-bed fungus using topical SyFungin, but adding SyGest tablets 3 times per day and SyDetox at 10 drops 2 or 3 times per day. This will work for many patients, but some cases are too complex to respond fully to any generalized protocol.

## Skin, Rashes

### CONTACT DERMATITIS

Dercut lotion is the remedy of choice for simple contact dermatitis that is common with exposure to minor plant irritants while gardening and weeding.

### SHAVING RASH

Rash that occurs with shaving responds well to SyAllgen lotion. This is also available in a cosmetic base as part of the Eira line (Eira Sensitive) from Syntrion.

### POST-VIRAL RASH

Assuming that the body has gained dominance over the infection, post-viral rashes will tend to clear quickly using a combination of Dercut liquid and Fepyr. Typical dose is  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp of each in water 2 to 4 times per day for a few days until rash is gone.

### PITYRIASIS ROSAE

Pityriasis rosae, or acute stress-induced rash, responds well to the combination of Neu-Regen ( $\frac{1}{2}$  to 2 tsp), Psy-Stabil ( $\frac{1}{2}$  to 1 tsp), Dercut ( $\frac{1}{4}$  to  $\frac{1}{2}$  tsp), and Dalektro N ( $\frac{1}{2}$  tsp), taken together in water 3 or 4 times per day. The cause of the stress must be resolved.

### RASH ASSOCIATED WITH SMALL CUTS

The redness and pain associated with paper cuts and other small multiple skin cuts responds quickly to a combination of SylImmune and SyCircue lotions, applied together.

### ECZEMA

Eczema lesions tend to respond to applications of SyFungin, but usually this topical treatment is not sufficient to clear the skin completely.

Eczema, whether the dry skin type, or the wet type that includes seborrheic dermatitis, has its root cause in the gut. There are two types: the kind with the root cause being in tai yin/impregnation stage disease, and the kind rooted in yang ming/reaction phase illness.

The tai yin type has a gut that is boggy, damp, and tends towards a dysbiosis with Candida and/or various protozoans. The stool tends towards being loose. This type is treated with SyFungin topically and SyGest internally (1 tablet 3 times per day). To be successful, dietary lifestyle factors have to be corrected. These patients typically are eating too much sugar, and sometimes under-eating protein to the point that the thyroid function downregulates. Eating of cold foods and potential allergens such as cow dairy, glutinous grains, and unfermented soy protein can aggravate the condition. Commonly used PEKANA remedies here are Oponat, Helmin, and Apo-Stom.

The yang ming type has an inflamed and dry colon and tends towards a dry or tight stool. Here, SyFungin is still the topical remedy of choice, but the drainage and immunometabolic remedies are different. SyCircue is used internally (1 tablet 3 times per day, often with 2 to 5 capsules of Firmus per week. SyDetox is the most commonly used drainage for this type.

## PSORIASIS

For psoriatic skin lesions, the same general considerations apply as for eczema. However, this type usually tends towards yang ming. Topically, SyFungin seems to give the best response.

## SUNBURN

SyCircue lotion, applied to burned skin 3 or 4 times per day, tends to speed up the healing of sunburn.

The itching of sunburn responds best to applications of SyAllgen lotion.

## Thyroid

### Key Remedies

Apo-Strum drops

Dalektro N drops

Since the thyroid gland is intimately involved in just about every aspect of metabolism, there are considerations with thyroid function and regulation in every acute and chronic condition. It is beyond the scope of an introductory therapy guide to explore these considerations, however the practitioner must study thyroid function to be successful treating food and airborne allergies, chemical sensitivity, acute and chronic infections, insulin regulation, steroid hormone regulation, emotional depression and anxiety, acute chronic fatigue, inflammatory and autoimmune conditions, stress regulation, constipation or loose stool, insomnia, infertility, and symptomatic menopause, to name just a few conditions.

Apo-Strum, the drainage remedy for the thyroid can contribute to the essential support of the thyroid gland that is necessary in all of these conditions, however do not expect Apo-Strum to be a complete, stand-alone therapy that will cure a condition by itself.

### EUTHYROID SICK SYNDROME

At least half of all laboratory-documented hypothyroid cases that come into our office are euthyroid sick. This is a thyroid capable of producing adequate thyroid hormone, but the synthesis has been dialed down in a protective response in the presence of infection or malnutrition. The thyroid hormone levels rebound as soon as the infection is cleared and/or the protein or calorie malnutrition is corrected. Many elderly patients have this syndrome chronically due to poor appetite. If the thyroid does not rebound after the triggers have been removed, it will re-activate by giving Apo-Strum in the dose of  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp 2 or 3 times per day.

### HYPOTHYROIDISM

The thyroid is perhaps the most sensitive tissue in the body to environmental stresses. Exposure to pollution and unresolved infections can damage the thyroid's ability to produce its hormones.

If the damage is not too severe and fairly recent, thyroid function may be restored by using Apo-Strum and Dalektro N, ½ tsp of each combined in water 2 or 3 times per day along with other remedies necessary to sanitize foci and open general detoxification pathways. More severe cases may require hormone replacement therapy, but may still benefit from Apo-Strum's ability to improve thyroid regulation.

## HYPERTHYROIDISM

Hyperthyroidism is usually an autoimmune disorder. It is generally safe to attempt to use biological medicines to treat hyperthyroidism as long as there is no significant elevation of liver enzymes or heart arrhythmias.

## **Trauma, Bruises, Wounds, Sprains & Strains**

### Key Remedies

Inflamylar ointment  
SyCircue lotion  
Kelan ointment  
Zellulisan ointment

### BRUISES

Bruising responds well to SyCircue lotion applied 2 to 4 times per day, depending on severity. The heat and pain is sometimes dramatically reduced with the first application.

### WOUNDS

Cuts, scrapes, and abrasions heal faster and with less scarring if applications of Kelan ointment and SyCircue are alternated.

(Syntrion's new SyDerm lotion was developed for treatment of cuts, scrapes & post-bleeding wounds and is now available).

### BURNS

First and second degree burns also respond well to alternating applications of Kelan and SyCircue.

The itching that can occur during healing of a burn responds well to SyAllgen lotion.

### SPRAINS AND STRAINS

Inflamylar is the default remedy for sprains and strains, including overuse injuries. Apply the lotion 2 to 4 times pre day.

After the application of Inflamylar, any spots that don't feel better should then have SyCircue applied. We routinely have manual laborers treat sore spots with Inflamylar and SyCircue as a self-care method in the evening after each work day. This approach helps keep the injuries from becoming chronic tendonitis.

Chronic tendonitis responds better to Zellulisan ointment than Inflamylar, or to Zellulisan and Inflamylar in alternation.

Massive soreness after a grueling day of manual labor or sporting event recovers faster with the use of 1 Mucor suppository inserted before bedtime.

## **First Aid for Travelers**

Nowhere else is the body subjected to so many varied stresses as when traveling rapidly and over long distances by airplane. We are exposed to a constellation of issues, many times all at once. Starting out a trip in a state of vitality and health is essential, and the best defense against sudden onset of illness, but there are certainly tips and tricks to wellness on the road. The following notes provide some hints as to how to stay healthy while traveling, and to handle minor illnesses that may occur during and immediately after the trip, using biological medicines.

### **PREPARATION FOR TRAVEL**

The further in advance of travel that preparations can begin, the greater chance of beginning the trip in a healthy, well-rested state.

It is typical to overwork and get stressed out during the time leading up to traveling. This may be amplified with longer trips and distances, and is most true if the trip is a vacation. Don't let this happen to you! Start planning, packing and arranging your affairs far in advance if necessary.

In the over-stimulated culture we are currently not enjoying in the US, a true vacation is hard to come by, and may stimulate feelings of guilt. We have observed many families in airports, with both parents doing business on cell phones, carrying laptops, and meanwhile trying to keep the kids amused. This is not a holiday.

Change is the main stressor to the human body. It does not have to be a change interpreted as "harmful" or "upsetting". The human nervous system is organized with elegant feedback mechanisms to monitor, perceive and respond to any changes in the internal or external environment. Eating a meal is interpreted as a stressful change that requires response and accommodation. Think of the series of homeostatic insults involved in the typical ride to the airport, and subsequent airline travel. Exposures to jet fumes, perfume, microbial infections, lack of humidity, high and low frequency electromagnetic fields, etc., let alone the altered chemicals that pass for food, are all a part of the traveler's environment and require nervous system response.

A healthy, well-rested body with a clean and fluid biological terrain is able to go through environmental changes and the exposures to hardships, strange food

and water, and exposure to new microbes with a minimum of effort. A body with a toxic and heavily adapted biological terrain, a stressed nervous system, and an immune-endocrine system at the edge of its functional reserves is not going to do well with travel, regardless of whether it is business or pleasure. If the patient is adrenal insufficient, hypothyroid, or post-viral infection, just for a few examples, traveling is not only exhausting, but may be damaging, and require a long recovery period. Hence, the “joke”, “ I need a vacation from my vacation”.

For these reasons, in preparation for travel, first look to the major systems of the body that maintain health when subjected to stress and change. These would be, the extracellular matrix, the endocrine system (especially the adrenals and thyroid), the nervous system (especially the autonomies), and the acupuncture meridian system (the qi).

Improve the health of the matrix by use of the appropriate drainage and regulation medicines. This will ensure that adequate energy and immunological responsiveness is present to meet any new demands and threats that may be encountered during travel.

If the patient has already developed some chronic illness, which is very likely, the introductory phase of matrix regulation would be followed by a deeper cleansing phase. In other words, once the basic pathways of elimination have been activated, some fluidity restored to the immune system, and some reduction of systemic inflammation accomplished, it is now safe to go deeper in the cleansing of the matrix. This is the prerequisite for safe travel in seriously foreign countries, although few patients will attain a state of deep matrix regulation before booking a ticket!

As a result of this fact, the patient will have to accommodate both the stresses of travel and the continuation of the treatment for whatever chronic illness pattern brought them to your office initially. For example, a patient with a history of hypothyroidism may well need Opsonat with Apo-Strum. A patient with dental problems such as periodontal disease and cavitations may need Septonsil with SyResp. Obviously, the number of possible combinations of treatment is nearly infinite. It is also obvious that the patient involved in deep terrain cleansing and regulation may not sustain traveling to seriously foreign countries without some regression, or at least postponement of the biological therapies. For example, a patient treated for periodontal disease and cavitations may not progress in healing during the trip, and may regress and have a recurrence of symptoms as well.

If the patient's problems more fit into the description of chronic fatigue rather than accumulated toxicity, the best travel preparatory remedies may well include the basic nervous system tonic combination, along with appropriate nutrients such as essential fatty acids and B vitamins. This is:

Neu-Regen 1-6 teaspoons  
Dalektro N ½ to 1 teaspoon  
Psy-Stabil ½ to ¾ teaspoon taken together in warm water 2 or 3 times per day.

## JET TRAVEL AND JET LAG

It is said that the human energy body can travel 30 miles per hour. Go faster than that, and it will take the difference in time to catch up with yourself. By this guideline, it takes about 1 day to properly adapt to travel for each 1 hour shift of time-zone. Dr W. Jeffries, in "Safe Uses of Cortisol", discusses the intense impact of airplane travel of more than four hours on the adrenal cortex, claiming that it takes literally 5-10 days for the adrenal glands to recover and produce adequate glucocorticoids again. Many researchers feel that it is the adrenal stress that causes immune compromise for many travelers, as well as the symptoms of jet lag.

Even so, there are some things that can significantly reduce jet lag and protect you from the harsh realities of travel on airplanes. Airline travel stresses the body by exposure to:

recirculated air shared among numerous sick, unhappy travelers,  
dry air at low atmospheric pressure  
high levels of electromagnetic smog.

With flights lasting less than 3 hours, the main concern is exposure to microbes, and to a lesser extent the electromagnetic fields. With flights lasting over 3 hours, you must add the stresses of dehydration and prolonged exposure to strong electrical fields.

Prior to flying, we recommend the following program for 3 days to prepare the immune system for the assault that it is about to endure:

Notatum capsule  
Quentans capsule  
Subtilis capsule, one of each taken together 1 time per day.

This protocol tends to be a bit better pre-flight prophylaxis than use of SyInfect.

On the day of the flight, we switch to SyInfect, 1 tablet taken every 2 hours, but add the use of Notatum/Quentans nasal spray taken 1 puff in each nostril plus

into the throat every hour of the flight. Zinc lozenges are also helpful for the throat, and upper tonsillar ring.

The dryness of the air will stress the airways, leaving the respiratory tract susceptible to infections. Prevent this and soothe the airways by sipping on:

Apo-Pulm or  
Bronchi-Pertu

The Apo-Pulm is the most general remedy for most people to remove airway irritation and build the lung qi. Bronchi-Pertu works better for some people, especially those with asthmatic or allergic tendencies. Pick whichever one is right for you, and take a small sip every ½ to 1 hour of the flight. This will have to be placed in a smaller bottle to comply with the 3 ounce directive from TSA.

The electromagnetic stresses are created by a combination of factors including huge bundles of wires carrying electricity in the floors, walls, and ceiling of the aircraft. This can be partially buffered by carrying a water bottle spiked with:

Renelix  
Dalektro N  
Psy-Stabil, 1 tsp of each per quart of water.

To comply with the TSA 3 ounce directive, place 1 tsp of each of these remedies in a small bottle or vial, and add to a liter of water purchased at the airport once you have passed through security.

Sip on this mixture all through the flight. It is more important for longer flights, as dehydration is one of the major causes of jet lag. Take a good coenzyme B complex, essential fatty acids and alkaline minerals. Some patients take injectable B12 and Folate with Thymus, before departure, and the day after arrival. Supplemental considerations will have to be tailored to the specific level of compromise the patient is being treated for. Everyone needs support to meet the level of exposure and stress, regardless of non-traveling protocols.

Also, enter the airplane well fed, and carry your own snacks so as to be able to avoid food served on the airplane. Consider high water content foods, such as celery, cucumber and fruits. Do not eat heavily salted foods, such as potato chips. Do not eat a high glycemic load, as well, to avoid the further stress on the adrenals. Avoid alcohol before and during flying, as this aggravates the dehydration, and reduces the endocrine system's adaptability.

Consider the purchase of noise suppression headphones if you are traveling regularly. Decreasing the level of stimulation on an airliner will always decrease jet lag and kidney dehydration. Bring an eyeshade, wear comfortable shoes, use a neck pillow, do not lean on the airplane wall, read a good book or listen to

music. Attempt to create a private island of sanity in the airline ocean of exposure! There are some patients that carry personal oxygen units. Along those lines, save up mileage to get free upgrades. There is definitely more oxygen in business and first class cabins, with less people and infectious exposure.

While at the airport, stretch your legs and body. Take a few short walks, alternating with sipping on the Renelix, Dalektro, and Psy-Stabil mixture. Do not carry so much weight that you are in pain, and in need of structural help. Practice Chi Kung, or other internal energy management. Bring your knitting. Read a silly magazine. Do not be seduced into eating junk to self-medicate and lower yourself to the general malaise.

## CONSTIPATION AND DIARRHEA

Many travelers find that they are subject to constipation with travel, even if they are very careful with what they eat and drink. This is fairly easy to handle by taking the following remedy combination:

Mundipur     1 teaspoon  
Defaeton     ½ teaspoon, taken together 2 or 3 times per day.

This combination will act as a mild cholagogue and help move sluggish bowels without notably depleting spleen qi. As a side benefit, moving the bile will result in the GI tract being protected from many common food-borne parasites.

On the opposite side of the spectrum, it is not unusual to be exposed to minor food poisoning or food-borne parasitic infections while traveling. These generally result in GI distress with diarrhea.

Common sense will go a long way toward protecting you from poor quality food and water. Use bottled rather than tap water where possible, and when not available, order boiling hot water or tea to drink. Avoid raw produce that has not been or cannot be peeled. A salad may be a healthy part of meal at home, but should not be eaten in areas where sanitation is questionable.

Any questionable meal should be accompanied by a cup of hot water or tea containing 10 drops of Okoubaka. Okoubaka is astringent in nature, so this may be contraindicated in dry constipation. If the stool runs towards loose, the dose of Okoubaka can be increased to ¼ or even 1 tsp per dose. Okoubaka has the properties of being able to destroy the common organisms that are involved with food poisoning, and the milder forms of amoebic dysentery.

If the meal is even more suspicious, or if the cows are already out of the barn and an acute infection of the gut has occurred with nausea and diarrhea, then

stronger measures are in order. In severe diarrhea, Okoubaka can be increased to frequent (every 20-30 minutes) doses of 1 teaspoon each.

Many times, what appears to be food poisoning or acute gastrointestinal parasitic infection does not really involve microbes at all, but is simply the accumulated effect of dietary indiscretions while traveling. The common causes are:

too much greasy food  
too much alcohol, or  
cold drinks taken in a hot climate.

The problem of too much greasy food can be solved by getting off the grease, eating some soothing foods that will sop up the toxic bile (like rice, millet or crackers with hot tea), and treating with the following formula:

Apo-Stom     ½ tsp to harmonize the stomach  
Viscum       ½ tsp to alleviate nausea  
                  mixed together in a cup of tea

The problem of too much alcohol can be treated by stopping the alcohol intake, resting, and re-hydrating with lots of water, to which has been added:

Dalektro N, 1 tsp and  
SyDetox, 20 drops for each per quart of water.

The problem of drinking cold drinks while in a hot climate is best treated, like the other items listed above, by prevention. Drinking cold alcoholic beverages while lying on the beach is a recipe for inducing extreme digestive disharmony. Drinks should be taken at room temperature or above only. Anything taken colder than that should be sipped very slowly, not gulped. Drinking margaritas in the hot sun made from cheap bar liquor can create symptoms identical to amoebic dysentery.

Any severe enteric infection may need to be treated allopathically, using rehydrating IVs and antimicrobial therapy. An effective allopathic drug that you can carry for treating common protozoan gut infections is Pepto Bismol. While this medicine contains some toxic junk, it is relatively safe compared to other allopathic antimicrobials, and it can make the difference between easy recovery and being hospitalized in a seriously foreign country (like California). We recommend the original flavor tablets rather than the cherry flavored variety, as we have seen several allergic reactions to the flavorings and colorings in the cherry flavor. The tablets are also easier to pack.

For vaccination information, see the section under “Adult Vaccinations for Traveling”

## THE TRAVELER'S FIRST AID KIT

This brings us to the traveler's first aid kit. The following is a list of medicines that should be carried with every traveler:

SyInfect tablets

SyImmune lotion

Notatum Capsules and/or Suppositories

Quentans Capsules and/or Suppositories

Subtilis or Mycobactin S Capsules, depending on individual predilection.

Notatum/Quentans Nasal Spray

Renelix

Apo-Pulm or Bronchi-Pertu

Apo-Stom

Okoubaka

Dalektro N

Inflamylar Crème for minor musculoskeletal injuries

B vitamins in Co-enzyme form.

Pepto Bismol Tablets

Clean water and Snacks

## Vaccine Reactions

Most infants and children who have adverse reactions to vaccines tend to be deficient in phospholipids, especially phosphatidyl serine, and fatty acids, especially DHA. In addition, low-level protein and calorie malnutrition and deficiency of trace minerals will create a system that reacts unpredictably when given vaccines. The irony is that those who are the most metabolically compromised have more adverse reactions, while those who don't necessarily need the vaccines tolerate them well.

### PRIOR TO VACCINE ADMINISTRATION

Start this protocol 5 days before the vaccine is administered:

Thuja 20 drops 1 time per day

Phosphatidyl serine, 100 to 200 mg depending on body weight. Lower for infants.

Glycerophosphocholine, 450 mg 1 time per day.

### VACCINATION DAY AND FOLLOWING 5 DAYS

Thuja, 15 to 30 drops 2 or 3 times per day

Habifac, 15 to 30 drops 2 or 3 times per day

Phosphatidyl serine 200 mg per day

Glycerophosphocholine, 900 mg per day

### CONTINUED FOR 1 MONTH AFTER VACCINATION

Thuja, 10 drops 2 times per day

Habifac, 10 drops 2 times per day

Phosphatidyl serine 200 mg per day

Glycerophosphocholine, 900 mg per day

### IF ADVERSE REACTIONS OCCUR

If an adverse reaction does occur, the first symptoms are usually fever and irritability.

Adverse reactions to vaccines involve immunological confusion and upregulation of inflammation. There is no one protocol that completely fits all cases, but certain remedy selections are common.

A mild fever is probably not dangerous, but a high fever may be, and efforts should be made to reduce a high fever. Advise the parents to take the child's temperature at hourly intervals during waking hours over the first 24 hours after vaccination. If the temperature rises above 100 degrees, measure every ½ hour and give Fepyr 20 to 50 drops every ½ hour, and massage the paraspinal muscles hourly with Itires lotion.. If the temperature continues to rise within the first ½ hour, contact the pediatrician.

## CONSIDERATIONS IN TREATING ADVERSE REACTIONS

The choice of immunometabolic remedies depends on the area of the body most affected, and the degree of inflammation involved.

If severe inflammatory reactions have been induced, this responds fastest to alternating Notatum and Quentans suppositories. Dispense a box of each, and alternate the remedies on sequential nights, so that the suppositories are used over a period of 3 weeks.

In a more moderate and diffuse inflammatory response, SyCircue tablets (1 tablet 3 times per day), tend to be more appropriate.

After the inflammatory response has been quelled, switch to the remedies for reducing the chaos in the lymphoid tissues. If most of the reactivity involves the gut, then the remedy of choice is SyGest (1 tablet 3 times per day). If the reactivity involves the respiratory tract, then the remedy of choice is SyResp (1 tablet 3 times per day plus lotion 2 times per day).

PEKANA drainage remedies selected will always tend to include Thuja (10 to 25 drops 2 or 3 times per day) combined with Viscum ( ½ to full teaspoon with each dose Thuja).

After the overall reactivity is settled down, there will tend to be the presence of new foci of infection/toxicity that were not present before the vaccine reaction. See section on focal infections.

## Warts, Plantar

### Key Remedies

SylImmune lotion

Thuja drops (venereal warts)

SylImmune lotion applied to plantar warts 2 times per day usually resolves them in approximately 2 months. However, it is best to continue application for 1 month past the apparent disappearance of the warts to reduce the chances of recurrence.

Warts on the hands tend to respond the same as plantar warts.

Venereal warts, which are usually associated with HPV infection, respond less reliably to SylImmune. We have seen better responses by adding Thuja, taken  $\frac{1}{4}$  tsp in water 2 times per week.