



HOMOTOXICOLOGY & the cardiovascular system

Taking it to heart...

By Dr. Alta A. Smit

Cardiovascular disease belongs to the so-called “big five” lifestyle diseases which are reaching epidemic proportions in the Western world. The others are the metabolic syndrome, type II diabetes, dementia of the Alzheimer’s type (DAT), hyperlipidemia and cancer.

In all of these diseases a common etiological thread is emerging. Diets high in refined carbohydrates and saturated fat, modern malnutrition which results in the deficiency of vital co-factors to regulatory processes, an increase in the environmental toxins surrounding us, lack of movement and mounting psychological stress are all implicated as factors contributing to the development of these diseases.

Modern research also shows cardiovascular diseases as being multifactorial, with components of immune disturbance, neuroendocrine abnormalities and endothelial damage. The relationship between unscavenged free radicals and the development of atherosclerosis and coronary artery disease, including the other lifestyle diseases, is now well established.

According to the theory of Homotoxicology, all chronic diseases indicate regulation disturbance, enzyme damage or dysfunction and in certain cases, such as dedifferentiation, possibly damage to DNA structures. The approach to chronic dysregulation diseases should thus be multifaceted and especially include vigorous prevention programs.

CAM (Complementary and Alternative Medicine) modalities and especially Homotoxicology, recognize the gradual evolution of these diseases, and through tools such as the six-phase table of disease, classify the degree of dysregulation and formulate a treatment plan accordingly. The patient’s individual tendency towards certain disease patterns is also considered in many CAM modalities. Mainstream medicine is starting to approach some of these issues by employing nutritional supplementation such as Co-enzyme Q10, but it is only when regulation is approached in a holistic fashion that true prevention and possible regression of the condition can occur.

Homotoxicology offers several possibilities to treat cardiovascular disease in such a fashion. Detoxification should be included in the treatment of all cardiovascular related diseases. Several environmental toxins such as lead, carbon disulfide, asbestos, arsenic, ozone, cadmium, vinyl chloride fluorocarbons, Freon and pesticides have been shown to have an effect on the cardiovascular system.

Possible mechanisms that could cause cardiovascular diseases include damage to the endothelial barrier in the vascular system, activation of leukocytes and platelets, initiation of plaque formation, stimulation of the inflammatory response, kidney-related hypertension as well as direct damage to the cardiac and blood vessel tissues (Taylor 1996). The detoxification of the connective tissue will thus play an important role to rid the body of harmful substances stored in this compartment, while the support of kidney detoxification with products like **Berberis-Homaccord®** and **Solidago compositum®** (especially the latter), will not only support the renal excretory function, but also protect the kidney from damage in hypertension and toxic exposure, as mentioned above. Lastly, stimulation of the liver’s detoxification with **Nux vomica-Homaccord®** helps with the elimination of these substances, thereby also sparing the vital phase II enzymes, like glutathione and cysteine (two powerful free radical scavengers), leaving them free to deal with oxidants. Chelation and orthomolecular therapy in this context could be powerful adjuvants to the homotoxicological treatment.



Many natural substances have been used through the ages to treat cardiovascular diseases. In fact, nature has provided many botanicals now commonly used to treat conditions such as arrhythmias with digitalis (from foxglove or *Digitalis purpurea*) and hypertension with reserpine (from *Rauwolfia*). *Crataegus* has been used as a heart tonic for years and is one of the main ingredients found in Cralonin. *Crataegus* has many interesting properties due to its flavonoid and procyanidin content.

Data from a reference controlled cohort study showed Cralonin as being as efficient in treating NYHA Class II heart failure as conventional drugs. *Crataegus* has many other attractive properties and therapeutic applications, such as lipid protective properties and possibly even an effect on nitric oxide (NO)-mediated hypotensive action, which is discussed under basic therapy concepts. The latter is especially pertinent as most modern drugs developed to treat hypertension will stimulate NO which in turn, will stimulate endothelial relaxation. Nitric oxide is a free radical, but on its own, not an oxidant. When it combines with superoxide, another free radical, peroxynitrite is formed, which is a very dangerous oxidant. Procyanidins hypothetically can regenerate NO and thus decrease the peroxynitrite content. Peroxynitrite is also formed in diabetic patients with the resultant tissue damage.

For detoxification



History has taught us that we need the plant as a whole and if we extract certain active ingredients in the laboratory, we may interfere with some protective effects of others. *Rauwolfia* is such a case; reserpine, an alkaloid extracted from *Rauwolfia*, is used effectively as an antihypertensive medication, but has side effects such as Parkinsonism, which is not seen with the use of the whole plant in dilution. It is thus safer to use the diluted form (providing a botanical dose of D3 or 3X) of the whole plant.

Lastly, the Fall 2003 issue of the Journal published a summary regarding the ability of homeopathically processed Ubichinon to stimulate the proliferation of endothelial cells in vitro. For years, in Homotoxicology, we have incorporated catalysts, especially Ubichinon compositum, in the treatment of cardiovascular disease, with good empirical success. It is one example where known effects of homeopathic preparations are being researched and we are ever moving towards this understanding of how such products work on a patho-physiological basis. We are indeed working in an exciting field. The unique homotoxicological way of looking at disease, combined with the low toxicity of the medications lends itself toward the treatment of our modern scourges, one of them being diseases of the cardiovascular system.