In Your Practice

Obesity as an inflammatory disease: Homotoxicology is a valuable answer to control it

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Obesity is the epidemic of the Twenty First Century and is basically an inflammatory disease making it very well suited for treatment with antihomotoxic remedies. A newly discovered hormone, ghrelin, is secreted from the stomach. It interacts with neurons in the hypothalamus, which among other things decreases fat catabolism and stimulates food intake. Fat tissue also secretes adipocytokines, which are proinflammatory, cause insulin resistance and block weight loss.

The three basic pillars of antihomotoxic detoxification are the bases with which we treat obesity: detoxification, cellular activation/organ regulation and immunomodulation.

For the first 6 weeks of detoxification, use:
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Hepar compositum on Monday and Thursday
- Thyreoidea compositum (or Funiculus umbilicalis suis-Injeel) on Tuesday and Friday
- Solidago compositum or Berberis-Homaccord on Wednesday and Saturday
- Glyoxal compositum on Sunday
If the patient has had steroids, add Pulsatilla compositum, 1 ampoule 3x/week.

For the next 12 weeks of detoxification:
Switch to the Detox-Kit (Lymphomyosot/Lyphosot, Berberis-Homaccord, Nux vomica-Homaccord): 30 drops of each in at least two liters of water per day. Add Galium-Heel: 30 drops to the first liter of the day.

For obesity:
Specifically take Strumeel and Graphites-Homaccord: one tablet and ten drops respectively, 3x/day before meals. Traumeel tablets (or ten drops) twice daily on arising and on going to bed.
- Coenzyme compositum (or Ubicoenzyme) in the morning and Ubichinon compositum (or Ubicoenzyme) at bedtime, at a dose of 10 drops or 1 tablet of each.
- Tonsilla compositum tablets (or Glandula suprarenalis suis-Injeel and Hypothalamus suis-Injeel in ampoules) once daily after dinner or 1 ampoule 3x/week.

In addition to this basic protocol, eat a proper Mediterranean-type diet and do aerobic exercises 20-30 minutes three times per week. Proper i.v. detoxification should also be instituted.

If injection therapy is available, mesotherapy should be instituted:
- Thyreoidea compositum (or Natrium pyruvicum-Injeel) at Chakra points
- Hepar compositum at St. 36
- Lymphomyosot at Sp 6
- Placenta compositum or Funiculus umbilicalis-Injeel at St 23,25, 27 for Hypophysis types
- Hepar compositum or Pankreas suis-Injeel at Solar Plexus, Lv 13, St 25 and St 36 for Pancreas types
- Ovarium compositum at St 29 and Sp 6 for Female Endocrine types (Testis compositum in place of Ovarium compositum for males)

With proper treatment and care, including stress reduction techniques, obesity as an epidemic can be controlled with the help of Homotoxicology.