

Anti-aging therapy

By Dr. Bruce Shelton, MD, MD (h), DiHOM

The Integrative and Safe Concept to Promote Longevity and Anti-Aging



In recent years, we have witnessed the development of medical programs to help keep people young and healthy. A specialty of medicine has developed called anti-aging medicine, which stimulates the endocrine system with hormones that cause the body to slow the aging process. Some of the popular hormones used include growth hormone from the pituitary gland, testosterone, estrogen, progesterone and adrenal steroids of various types. Such programs are pricey and may be fraught with potential side effects of various types, including cancer.

A viable alternative to these expensive and potentially dangerous regimens is homotoxicology, a unique medical system. The goal of homotoxicology is the stimulation of the body's defensive capabilities in order to bring about a regulating effect to organs. Rather than using full-strength hormones, for example, homotoxicology uses dilute substances to stimulate the endocrine system. This affords the practitioner a safer therapeutic approach.

One of the key points in antihomotoxic treatment is drainage and detoxification to open the passageways of elimination. Clearly our glands "age" as they become toxic from environmental poisons such as chemicals, germs and heavy metals.

Step A in the treatment protocol is to detoxify the patient from such environmental pollutants. The Heel Detox-Kit comprised of **Nux vomica-Homaccord** (to promote GI tract drainage), **Berberis-Homaccord** (to promote biliary tract and kidney drainage) and **Lymphomyosot/Lyphosot** (to stimulate the lymphatic system and excretion of toxins) is utilized by adding 30 drops of each of these

remedies to one liter of water to be drunk daily by the patient for at least the first 6 weeks of therapy.

The patient needs to be properly de-acidified and promoted to transport essential nutrient metals into the appropriate organs. The adrenal glands, for instance, need 70 essential minerals to produce all of their approximately 20 important hormones. This can be accomplished by taking a tablet formula called **Rendimax** or **Coenzyme compositum** 1-2 times daily to neutralize lactic acid buildup and also **Molybdan compositum** tablets at the same rate to aid in mineral absorption and excretion. The patient should then be placed on **Mucosa compositum** to help open up the body's mucous membranes to facilitate transport of nutrients across cell membranes into the cells and waste products out of the cells. This remedy should be taken at least 3 times a week during therapy.

Heel produces catalyst formulas, preparations which stimulate regulation of the body's defenses. Two important catalysts are **Ubichinon compositum** and **Coenzyme compositum** or **Ubicoenzyme**, which contain dilutions of co-factors of the Krebs' cycle. Taking these preparations stimulates the mitochondria of all hormone-producing cells to switch into aerobic metabolism which is 9 times more efficient in energy production than anaerobic metabolism, the state most prematurely aged patients are stuck in. The more energy human beings receive from their food, the younger they will become and the slower they will age. These preparations should be alternated on a daily basis every morning.

Each important gland has a series of antihomotoxic remedies that stimulate individual gland function:

Thyroid gland: **Thyreoida compositum**, which contains diluted thyroid plus additional homeopathic remedies to promote thyroid gland function.

Adrenal gland: **Tonsilla compositum**, which in addition to diluted adrenal cortex contains dilutions of tonsils, lymph glands, medulla ossis, spleen, hypothalamus, liver, embryo, cortisone and thyroid.

Testicular function: **Testis compositum**, which in addition to dilute testis contains diluted embryo, heart, cortisone, diencephalon and other homeopathics, including ginseng.

Ovarian function: **Ovarium compositum**, which in addition to diluted ovary contains placenta, uterus, salpinx and hypophysis.

Endocrine energy support: **Thalamus compositum**, which contains diluted thalamus opticus, pineal gland, adrenal gland and ATP among its ingredients.

Further endocrine support: **Placenta compositum**, which contains diluted placenta plus embryo, artery, vein, umbilical cord and hypophysis. These preparations should be given once a week on separate days. They come in oral vials that are suitable for sublingual administration.

Proper brain function: **Cerebrum compositum**, which should be taken 2-3 times per week as part of the overall program.

This regimen assumes that the patient will be placed on a proper life-changing nutritional diet and habit-changing lifestyle correction protocol and will also receive appropriate nutritional supplementation plus any needed detoxification programs such as metal detoxification.