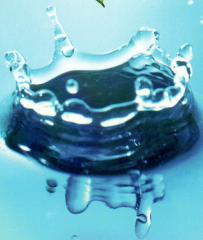

Detoxification & Biotherapeutic Drainage®

**Optimize your
body's physiology:**
gentle detoxification
guidelines



Seroyal



Our environment: your toxin exposure

Introduction

We live in an industrialized world. We are exposed to a variety of potentially harmful chemicals in the air that we breathe, the food and drink we consume, the surfaces we touch and the products that we use. It is no longer a question of if we are toxic, but a question of how toxic.

There are over 80,000 chemicals registered by the Environmental Protection Agency, 3,800 of which are "high-use" chemicals. Of these "high-use" chemicals, less than half of them have been assessed for toxic effects in humans. Less than 9% of these chemicals have been assessed for toxic effects on children.

In a Neonatal Toxicity Study completed by the Environmental Working Group in 2005, the umbilical cord blood from 10 babies was randomly tested. 287 chemicals were found and each baby averaged approximately 200 known toxins. These chemicals included pesticides, consumer product ingredients, wastes from coal burning, gasoline and garbage. 180 of these chemicals are known to cause cancer in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause birth defects or abnormal development in animal tests.

Being aware of toxicity is the first step to improve your health and the health of future generations.



What are toxins?

A 'toxin' is any agent (physical, chemical, or microbial) that adversely modifies or damages a biological system. A toxin may come from inside the body as a by-product of metabolism or may enter from the external environment. The following are some of the many examples of toxins we are exposed to on a daily basis:

- Air pollution and cigarette smoke
- Pesticides and herbicides
- Heavy metals
- Personal care products
- Flame retardants used in appliances and fabrics
- Medications



Are you Susceptible to Toxicity?

Life is always about balance. The amount of toxicity in your body is directly related to whether or not you are exposed to more chemicals than your body can eliminate over a period of time. We will discuss your organs of elimination in the following section but know that in general your ability to remove toxins is dependent on:

- Your genetic makeup
- Your diet & nutritional status
- Your lifestyle & individual exposures
- Your history of antibiotic or drug use
- Your emotional well-being

There is a commonly used analogy relating your personal toxicity as a 'bucket load.' For a moment, think of your body as a barrel and your level of toxicity as the fluid level in that barrel. As we accumulate and eliminate toxins the level in the barrel rises and falls. We experience symptoms of toxicity only when our barrel begins to overflow (when our body can't remove toxins as quickly as we are accumulating them). Each individual has a different sized barrel and also a different sized spout at the bottom which represents your key organs of elimination: liver and kidneys. If you have a smaller barrel and/or smaller spout, you will be more predisposed to experience symptoms of toxicity. By focusing on liver and kidney function once or twice a year you can prevent things like allergies, low energy, and digestive concerns.



**Bucket overflows
SYMPTOMS OF
TOXICITY**



At this point, most patients see a doctor and are prescribed medications for their symptoms

Toxicity Questionnaire

Are you interested in determining your degree of toxicity? Simply fill in the following questionnaire to shed light on factors associated with environmental health:

| | Never = 0 | Sometimes = 1 | Often = 2 |
|--|-----------|---------------|-----------|
| Do you suffer from constipation or digestive issues such as bloating or heartburn? Do you have less than one bowel movement per day? | | | |
| Do you experience brain fog, drowsiness, headaches or fatigue during the day? | | | |
| Do you find it difficult to lose weight? | | | |
| Do you suffer with stress, anxiety or depression? | | | |
| Do you eat refined carbohydrates (e.g. white breads or rice) or processed (packaged) foods more than twice a week? | | | |
| Do you experience cravings that are difficult to control? | | | |
| Do you tend to get colds and flus easily? | | | |
| Have you used antibiotics or over-the-counter drugs in the past 6 months? | | | |
| Does your occupation expose you to toxic chemicals on a daily basis? | | | |
| Do you smoke or are you exposed to second hand smoke? | | | |
| Do you have two or more mercury amalgams ('silver' fillings)? | | | |
| Do you use regular personal care products (soaps, shampoos, moisturizers, sunscreens, etc.) or household cleaners? | | | |
| Do you use plastic containers to store or heat food or drink from plastic containers? | | | |
| TOTAL | | | |

Evaluation of your result:

- **<5 - Keep up the good work: LOW TOXICITY**

You are clearly informed and making healthy choices daily in order to keep your toxins in check. We hope you can learn how to stay healthy with this brochure.

- **6-17 - Education is power: AVERAGE TOXICITY**

You have an average amount of toxicity which may be causing health problems. Now is the time to utilize this brochure in order to prevent symptoms or chronic conditions from developing.

- **>18 - It's time for a change: HIGH TOXICITY**

You have a high amount of toxicity which has already greatly impacted your health. Not to worry, it's never too late to reverse this process. Follow these guidelines and stick with it for at least 4-6 months.

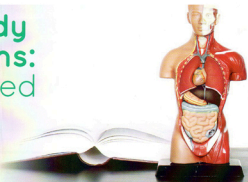


Symptoms associated with toxicity:

Common symptoms indicating excessive toxins include:

- Fatigue, headaches, muscle and joint pain
- Mood changes: anxiety, aggression and depression
- Cognitive problems: reduced memory and brain fog
- Neurological problems: nerve pain, tremors and balance problems
- Immune alterations: chronic infections and/or severe allergic reactions
- Poor digestion: constipation, nausea, bloating and weight gain
- Hormone imbalances: infertility, PMS and premature menopause, obesity, high cholesterol, high blood pressure and poor blood sugar balance
- Skin problems: allergies, eczema, psoriasis and acne

How your body removes toxins: organs involved in elimination



Your body is constantly working to neutralize and eliminate toxins. In order to do this, the body requires a pathway to send waste outside of the body. These pathways of elimination are called emunctories. An emunctory is any tissue capable of allowing excretions to exit the body. The majority of elimination occurs via the primary emunctories. If the primary emunctories are not working efficiently the secondary emunctories will kick in to aid in elimination and to prevent symptoms of toxicity.

The Primary emunctories are:

- Solid waste through the liver and intestines
- Liquid waste through the kidney and urinary bladder
- Gaseous waste through the lungs
- Sweating through the skin

The Secondary emunctories include:

- The skin and mucous membranes of the:
 - Urogenital tract
 - Respiratory tract
 - Gastrointestinal tract



Liver – The metabolic gatekeeper

The liver is your largest glandular organ and sits on the right side of your body below your rib cage. It is a fabulous multi-tasker. Each minute it carries out hundreds of enzymatic reactions crucial for your survival. The liver metabolizes carbohydrates, proteins, fats, vitamins and minerals. It keeps both cholesterol and blood sugar balanced. It creates bile to aid in digestion, produces clotting factors and various blood transport mechanisms. It breaks down your red blood cells, white blood cells, bacteria, alcohol, hormones, and all drugs and chemicals entering the digestive tract. It is the key to overall digestive, metabolic, immune and hormonal health.



Kidney – The eliminator

Your kidneys are bean shaped organs about the size of your fist and sit near the middle of your back under your rib cage. Your kidneys are sophisticated trash collectors. Each day they process about 200 litres of blood and eliminate waste and extra water as urine. Your kidneys regulate electrolytes and acid-base balance, they filter waste and drugs, regulate blood pressure, and produce hormones. They are your most important organ for eliminating water-soluble waste.



Gastrointestinal Tract / Mucous Membranes - The immune system regulator

Regular elimination through bowel function is the most measurable and visible sign of proper elimination. If you have problems with digestion you are likely not absorbing your nutrients properly or detoxifying efficiently. Your digestive tract and mucus membranes are home to 100 trillion hard working friendly bacteria. These friendly bacteria aid in digestion and absorption of nutrients, prevent infections and balance autoimmunity. Toxicity can change the amount and type of good bacteria in your digestive tract and wreak havoc on your immune system.



Skin - The deposition centre

Your skin is a window to your digestive tract. When your body is overburdened with toxins it needs a place to store them and your skin is an easy (and large) target. This is why many very common skin conditions like acne, eczema, psoriasis, and hives will clear up with proper elimination.

UNDA Numbered Compounds: a unique and safe way to detoxify



So what are these little bottles that your practitioner prescribed? The UNDA Numbered Compounds are a unique combination of homeopathic formulas that were developed for Biotherapeutic Drainage. They are formulated in Belgium and have been in use since the 1930s.

The UNDA Numbered Compounds are an extremely safe and effective method of detoxification at a cellular level. They respect the body's capacity to dislodge, remove, process and excrete toxins without overburdening the body. The UNDA Numbered Compounds are unique in that they combine dilute forms of plants and minerals which create a dual action: the plants guide the remedy to the appropriate organ system and the minerals are co-factors for enzymes of that organ. These remedies are typically used in combinations of 3 to target the organs that your practitioner determines are in need of support.

These remedies are unique in that they are drainage remedies. They are different than traditional detoxification remedies in that they respect the body and do not push it beyond its limits. They are deep acting remedies which are tremendously safe.

Drainage:

A physiologic action that facilitates the body to eliminate toxins, without aggression or forcing the body to eliminate beyond its' physiologic limits.

Simply stated, it is the process of recognition, neutralization and removal of toxic compounds, natural and unnatural, from the body by opening the emunctories and then discharging the toxic accumulations.

Drainage is also referred to as physiologic detoxification, meaning "of or consistent with an organism's normal functioning".

Drainage key points:

- A cleansing of the organism to enable it to self-regulate. Its intent is to return the body to its true natural state of health and vitality. It restores health in a long-lasting and effective way.
- Works at both an intracellular and extracellular level due to homeopathic remedy potency.
- Can be done in combination with other remedies and is not contraindicated with your medications.

"Cells release wastes and toxins into the surrounding tissues. Drainage is the process ensuring that these wastes and toxins are carried by blood and lymph out of cells and tissues toward the excretory organs call emunctories for their elimination."

From Natural Medecine to a Medecine of the Individual, Dr. Gerard Gueniot with Dr. Pierre Tondelier, Editions Amyris, 2010

Detoxification:

An external force that can be aggressive to the body and force it beyond its physiological limits. Examples of detoxification therapies are IV chelation and oral laxatives. There is a role for detoxification when there is extreme toxicity, but care must be taken to not deplete the body of nutrients and minerals.