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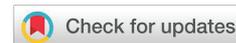
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Short communication

Detoxification: We need necessary endogenous pathways

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Abstract

Toxins are substances that burden the body and can lead to disease. They either originate from the body's metabolism or were supplied from outside. The organism is forced to transport these substances out if it wants to maintain its integrity. There are many ways to do this that we are rarely aware of. These will be pointed out. It is of great importance that we do not suppress them, but activate them. The know-how necessary for this should be known by every person.

Introduction

What has been gained as knowledge and stored as wisdom by the people over centuries or millennia has a certain probability of being correct. The common parlance knows many wise phrases, for example: «The situation in which one has become ill cannot be the one in which one will get well.» Or, «What has left the body can no longer harm it.» It is well known that the body cannot do anything with several molecules, nor can it deal with them. They are metabolic waste products or toxins, of endogenous or exogenous origin, which should be eliminated [1,2]. We know the usual ways via urine (water-soluble toxins) and stool (preferably fat-soluble toxins). However, this does not provide sufficient detoxification, and it is no wonder that various other pathways and methods are available to the organism. Among others, all mucous membranes have the ability to deposit toxins in their mucus excretions.

Unfortunately, there is often a contradiction between external and internal beauty: the external immaculateness may be bought by the displacement of toxins into the interior of the organism. There, more serious diseases can be the result.

Detoxification pathways of the body

The following is a bulleted list, starting at the top and ending at the bottom:

- Hair
- Dandruff on the scalp, seborrhea
- Tears
- Mucus in sinuses and upper airways
- Earwax
- Saliva
- Skin blemishes, pimples, acne, eczema
- Mucus in bronchial tubes and lungs (e.g. productive cough)
- Sweat, e.g. in the armpits
- Swelling of lymph nodes, cysts
- Fingernails, toenails
- Women: Breast milk
- Urine and stool
- Bleeding hemorrhoids
- Secretions in the genital area (vagina, ejaculate, etc)

- Tibial eczema and oedema
- Foot sweat, corns, nail fungus.

Detailed observations

Hair [3]: If one takes a tuft of hair from the head and examines it, e.g. by means of atomic absorption spectrometry, one finds that metals (heavy and light metals) present in the body and especially in the head have been deposited in the hair.

Accordingly, in such frequent cases, hair loss is a self-healing process. It should not be suppressed, but another detoxification path should be found and used. Here chelates like DMSA or EDTA should be mentioned.

Dandruff and other deposits on the hairy head: They consist mainly of fats. This makes them ideal detoxifiers for fat-soluble toxins, most of which come from the brain. If they are removed, it is a relief for the brain. However, one should not suppress their formation. Scratching your head with your fingernails is considered unattractive: «you don't do it». This judgment dates back to the time when lice were common and wigs were put on them. The grease glands on the hair follicles can eliminate large amounts of greasy toxins. Removing dandruff can make the head and brain feel free.

Tears: If we examine the contents of tears, we find that they contain toxins and, on the other hand, they can have an acidic pH. So they serve to detoxify and deacidify not only the eyes but also the brain. Accordingly, we should cry or let tears flow more often.

Mucus in head organs: Mucus is an important substance for the purpose of eliminating toxins. Therefore, nature has set up reflexes such as sneezing. The simple sniffle is ideally suited for emptying mucus stores such as the sinuses. Active mucous membranes are a blessing for health. Under no circumstances should we suppress the clearing of mucus.

Earwax: This secretion is ideal for removing fat-soluble toxins from the middle and inner ear. Removing it frees up space for further production; suppressing it is harmful and can contribute to hearing loss.

Saliva: Like all exocrine glands, the body uses the salivary glands for detoxification. Common practice is to swallow it down so the gastric juices can do a cleansing. If you have a bad taste in your mouth, you should spit out the saliva. Football players do this relatively often.

Skin blemishes: The skin is also referred to as the “third kidney.” It can transport out large quantities of toxins, both water-soluble and fat-soluble, most of which originate in the subcutaneous lymphatic system. Again, treat the cause at the point of production, not suppress the effect. Treating the skin with harsh creams containing, for example, antibiotics and corticoids may result in subsequent chronic disease.

Sweat: The ubiquitous sweat glands are essential for detoxification. The more unpleasant the sweat smells, the more important it is. Unfortunately, it is suppressed, especially

in the armpits, with the result that toxins accumulate in the lymph nodes. For decades, aluminum was common for sweat suppression, an additional toxin, with breast cancer as a possible consequence. It has recently been replaced by talcum powder. Pleasingly, many people practice sweating in the sauna, but sweating through physical exertion is much more effective. Showering is helpful to wash away sweat toxins.

Lymphatic swelling: The lymphatic system is not given much value by conventional medicine. Thus, in breast cancer, the axilla was readily «cleared out», resulting in elephantiasis. However, the lymph flow is the most important detoxification form, and the lymph nodes are its «guardians». Any swelling requires that its cause be sought. Manual lymphatic drainage can do good, but not in cancer. We should improve the lymph flow with mechanical or electromagnetic vibrations. Cysts are nothing but waste deposits, they should be punctured and drained to relieve them.

Fingernails: The same applies here as for the hair: toxins are integrated into the nails and thus repelled after some time. One should keep them short and not apply any foreign substances.

Breast milk: Like all excretory glands, these are also suitable for detoxification. Therefore, a responsible mother should detoxify before gravidity and at the latest before birth. This concerns, among other things, metals in the mouth. Nevertheless, breast milk is preferable to artificial food because of the high content of immunoglobulins.

Urine: Detoxification via the kidneys requires drinking at least two liters of good, clean water per day. This cannot be consistently provided through tap water. Therefore, it is necessary to purify it or buy mineral water low in minerals as a substitute. If there could be pathogens in it, silver ions are necessary for purification.

Defecation: In addition to the efficiency of the liver, the intestinal environment is crucial. Acidophilus and bifido bacteria are necessary. They are found in fermented foods. Since few people have a good intestinal environment, regular cleansing is useful. Intracellular enzymes can be used for this purpose [1]. The ideal case: 1x/day stool that is brown in color, has an elastic consistency and does not stink. One should not need paper. The liver often needs Silymarina (Milk Thistle) to strengthen it.

Hemorrhoids (bleeding): Hemorrhoids are always indications of excess pressure in the vena portae and thus a reduction in liver function. Like women's menstruation, they are ideally suited for detoxification, as is true for any loss of blood in acceptable quantities.

Genital secretions: The exocrine glands that moisten the sexual process often contain toxins on the one hand and pathogens on the other. They should not have contact with the mouth. This is especially true for the Bartholin's glands, but also for the prostate gland, which can add germs and toxins to the ejaculate.



Tibial eczema and oedema: Both abnormalities indicate inadequate detoxification of the body. Covering therapy is insufficient. One should treat strengthening: the heart, the veins, and the lymph flow.

Foot sweat, corns, nail fungus: according to the law of gravity, toxins tend to collect in the deepest part of the body, where they then appear unpleasantly. Purely local treatment can only be successful for a short time, it needs general detoxification instead.

Summary

Unfortunately, today's super-specialized medicine has led to a loss of overview. From a conventional medical point of view, too little is done on the important issue of detoxification. However, symptomatic treatment (elimination of symptoms) does not change the causes, which are mostly internal to the organs and involve toxins. Ancient medicine (Hippocrates [4,5], Paracelsus [6], etc. [7]) always included the causes. Modern medicine in its non-objective hybris believes to be able to do without it.

Unfortunately, this has also caught on with the majority of people who believe that it is possible to heal the organism in a similar way to repairing a motor vehicle. And also the

development of the disease numbers in the 1st and 2nd world shows that an increase in the costs and prices is not correlated with an improved health condition of the population.

From this point of view, an education of mankind about a healthier life and, above all, a strengthening of the detoxification pathways is appropriate. In general, one should not suppress any detoxification method of the body, but strengthen it and remove secreted toxins.

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