

Salar Farahmand, LAc., O.M.D., Ph.D., N.D., D.HOM
 Homeopathy • Acupuncture • Board Certified in Sports Injury, FAANAOS



Toxins and Illness

Toxins are those substances which produce physical, emotional and psychological imbalances in an individual. We are constantly exposed to toxins every day. Major toxins which affect us are:

- ▶ **Tap water**
- ▶ **Smog and petrochemicals**
- ▶ **Coffee, tobacco, alcohol, sugar, food preservatives**
- ▶ **Pesticides**
- ▶ **Heavy metals: mercury, aluminum, lead, cadmium**
- ▶ **Viruses: Epstein-Barr, influenza, cytomegalovirus, herpes, HIV**
- ▶ **Bacteria: strep, staph, salmonella (food poisoning)**
- ▶ **Yeast (Candida)**
- ▶ **Parasites**

Toxins are discharged from the body by the liver, kidneys, lymph, colon, lungs and skin. As more and more toxins accumulate in our system, they place severe stress on these organs of elimination. With continued accumulation, the liver, kidneys and other organs begin to malfunction, causing a weakening of the immune system. The endocrine glands no longer secrete the proper amounts of hormones into the bloodstream: metabolism slows, producing a hospitable environment for illness to flourish.

Why is conventional medicine unconcerned about these toxins?

Medicine is concerned about acute intoxications caused by the intake of high levels of toxins; e.g. carbon monoxide levels in the blood as a result of smoke inhalation. The gradual accumulation of low levels of toxins cannot yet be measured by conventional analytical methods. Accordingly, many doctors deny its existence. As instrumentation and measuring methods become more sophisticated, such toxic states will be recognized as dangerous. Many of these toxins compete with the essential vitamins, minerals, and trace elements in the metabolic process. Treatment protocols using very high doses of vitamins and minerals (orthomolecular therapy) fail to address the real problem. Also overlooked is that most conventional medical research is conducted on one specific toxin, rather than the combinations of toxins that are encountered daily. This cocktail effect arises when different toxins in combination create a synergistic effect, which is much more detrimental than the effects of the individual toxins.

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What are the symptoms caused by toxicity?

- 1. Non specific illness:** This includes ill defined symptoms such as fatigue, headaches, insomnia, bad breath, muscle stiffness, depression, allergies, etc. This group is very difficult to categorize, with many combinations possible. Many of these symptoms are also labeled as hypoglycemia, candidiasis, food allergies and stress.
- 2. Specific illness:** Migraine, arthritis, psoriasis, Epstein-Barr virus, sinusitis, immune deficiencies, tumors.

It is important to understand that the other factors, in addition to toxic accumulation contribute to illness such as stress, lifestyle, nutrition, electromagnetic stress, and emotional suppression. Such factors can amplify the deleterious effects of toxic stress. Finally, the genetic constitution is a contributor in the expression of a patient's symptoms.

In the treatment of illness, the first step is the reductions of the toxic load in the patient's system. This process commences with the prescribing of homeopathic remedies which stimulate the organs of elimination. This phase is called drainage. Toxins must be removed, and nothing can get out if the drain is clogged; we must first unclog the drain. After drainage, it is possible to determine the presence of a Key Toxin, the toxin that is most responsible for the weakness of the immune system. This Key Toxin is frequently a heavy metal, pesticide, petrochemical, salmonella or virus. Not only must the toxin be eliminated, but its source must be identified and removed from the patient's environment. This process is designated detoxification. After removal of the key toxin, secondary toxins are next identified and eliminated. This process is akin to peeling an onion in which toxins are removed layer by layer. This process of drainage and detoxification can cause the patient to feel fatigued and depressed among other symptoms. Drainage and detoxification should take place at a rate which does not induce excessively strong reactions. When such symptoms occur the process is proceeding too quickly.