



## H.E.L.P. = Flow of Health

Sandra Stewart, H.H.P., R.H.

H.E.L.P. (Homotoxin Eliminating Lifestyle Principles)™ is based on the research in the field of Homotoxicology. The word, Homotoxicology can seem a bit daunting in both pronunciation and meaning. To some, it may even sound a little scary. Simply put, Homotoxin = human toxins. In BioEnergetic balancing, understanding Homotoxicology is the key to restoring the flow of health.

We are exposed to human toxins every single day. It is unrealistic to think otherwise. According to Homotoxicology, toxins may come from: Air pollution, chemicals in food, cellular waste, allopathic drugs and sutoxins (toxins from ingesting pork). In other words, toxins come from what we eat, breathe and touch.

In the 1940's, Dr. Hans-Heinrich Reckeweg developed a theory of disease phases which he named, Homotoxicology. Based off of Homotoxicological principles, the flow system of health can loosely be defined as the body's ability to excrete toxins through the Excretion and Reaction Phases. An example of this would be exposure to pollen causing sneezing or coughing (excretion phases) to remove the pollen from the body. Taking an antihistamine can stop the excretion phase causing a blocked flow system.

A blocked flow system = illness, disease and/or death. Once the body determines it is unable to rid itself of a homotoxin, it finds a "safe" place to store or deposit the toxin (known as the Deposition Phase) until it has restored the biochemical resources necessary to eliminate it. If these resources are not restored, the toxins may start layering, one on top of the other, in what is termed the Impregnation Phase.

In the Impregnation Phase toxins have moved from outside of the cell to inside of the cell. Cellular damage results from metabolic waste produced by the trapped or layered toxins. This damage can lead, over time, to the Degeneration

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Phase. If cellular degeneration does not cause death, the body may move into the cancerous or Neoplasm Phase.

The lymphatic system is responsible for transporting nutrients to the cell and taking metabolic waste from the cell. The lymphatic system is a major player of the immune system with lymphoid organs consisting of the spleen, thymus, red bone marrow, appendix, tonsils, etc. The greatest leverage in restoring the flow system of health is to unblock the lymphatic system. Lymphatic circulation can be restored through; dry skin brushing, increasing water and mineral intake and using herbal/homeopathic combinations specific to lymphatic drainage.

Below you can see an example of the lymphatic system moving through the 6 phases of Homotoxicology:

Excretion Phases		Compensation Phases		Degeneration Phases	
Excretion	Reaction	Deposition	Impregnation	Degeneration	Neoplasm
Lymphedema- excessive lymphatic fluid in the tissues	Tonsillitis - Acute lymphatic infection	Chronic swollen lymph nodes - may result in tonsillectomy	Compromised lymphatic system	Diagnosis of fibrosis – fibrocystic breasts or benign cysts	Diagnosis of lymphoma cancers – malignant cysts/ cancers

In the Impregnation Phase it can seem like there is no rhyme or reason to the layering of the toxins. This is where BioEnergetic Balancing gets interesting. Some practitioners describe this phase to their clients using the analogy of peeling layers of an onion. The emphasis here is that the toxins can layer in what seems to be a non-linear fashion. For a client, it can be confusing to work with one toxin for several months only to find a year later it shows up again. To understand basic Homotoxicology is to understand that most likely this is simply getting down to



another layer of the Impregnation Phase. This is why it is so important to use BioEnergetic assessments and balancing. The focus is not on a particular toxin, but on your body in the moment and what your body needs the most assistance with.

BioEnergetic practitioners recognize that the flow system of health can be blocked and we look for ways to assist in guiding you towards restoring the flow of health. If you would like a BioEnergetic Assessment give us a call at:

Sandra Stewart, H.H.P., R.H.

Rochester @ Village Acupuncture 585.747.3836

Syracuse @ Avanti Healing Arts 315.299.8568