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<th>Milieu, Isopathic and Immune Therapy</th>
<th>Specific Function for Each Step of Therapy</th>
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| Milieu therapy | a) Milieu modulation - correct acid-base imbalance, cellular support with alkaline salts and organic acids  
b) Neutralize organic acid blockages  
c) Diet for restoration of health  
d) Resolve focal infections (dental) | Pleo Alkala ‘N’ powder  
Pleo Citro  
Pleo Sanuvis  
Pleo Form | Therapy to be continued until milieu pH levels are balanced (4 weeks to 6 months).  
Alkala to be used with warm water on an empty stomach. |
| Candida Isopathic therapy | Address inflammation associated with fungal and candida infections. Support with milieu therapy. | Pleo Alb  
Pleo Pef | Therapy orally, topically, rectally or vaginally until symptoms resolve (daily to 3x a week for 6-12 weeks). |
| Basic Isopathic therapy | Restore physiological function and circulation in the eye, decrease congestion (glaucoma), reverse oxidative stress (cataracts) | Pleo Muc Eye Drops | Therapy daily until symptoms resolve. Eye drops – 1-2 drops once to twice daily |
| Basic Isopathic therapy | Restore physiological function in circulation and tissues of the body. | Pleo Mucedo | Therapy orally (5-10 drops orally or rubbed on skin) daily for 1 to 3 mth |
| Additional Fungal therapy | Supports regeneration of cells and function in the tissues of the body. | Pleo Lari  
Pleo Pin  
Pleo Usti | Therapy daily until symptoms resolve |
| Immunobiological therapy | Stimulate and modulate the immune system. | Pleo Ut ‘S’ | Therapy daily (5-10 drops orally or rubbed on skin) for 1 month, break for 1 month, repeat if necessary |
| Vitamins and Minerals | Address nutritional deficiencies and aid in healing process. Active catalytic form on cellular level. | Pleo Selene  
Pleo Zinc | Therapy daily until symptoms resolve |
| Sanukehl therapy, Hapten therapy | Eliminate bacterial toxins/proteins released from previous infections and CWD (Cell Wall Deficient) organisms. | Pleo San Brucel  
Pleo San Cand  
Pleo San Klebs  
Pleo San Prot  
Pleo San Staph  
Pleo San Strep | Therapy daily (5-10 drops orally or rubbed on skin) for 1 month, then break for 1 month, repeat for 1 month if necessary |
| Glandular therapy | Stimulate cellular metabolism and function of the glands. | Pleo Thym  
Pleo Rebasan | Therapy daily until symptoms resolve |
| Botanical remedies | Support regeneration of the cells and rebuild effective regulatory capacity in the body. | Pleo Cerivi  
Pleo Ginkgo  
Pleo Oku  
Pleo Relivora  
Pleo Stroph  
Pleo Usnea | Therapy acutely or daily until symptoms resolve |
Milieu Modulators: Acid-Base Balance and Organic Acid Remedies

Milieu modulation with acid-base balance acts to restore physiological pH values and promotes cellular respiration, sustains pleomorphic regulation and supports a matrix that promotes healthy cell function, growth and regeneration. The organic acids are also very important milieu modulators, but the mode of action is more metabolic in nature. In addition to providing the materials necessary for mitochondrial and cellular respiration and energy production, the organic acid remedies provide tools for breaking down regulation blockages from pathogenic microorganisms.

**Pleo Alkala ‘N’ powder:** is an alkaline powder used for the correction of an acid-base imbalance (milieu acidosis). Test the state of body pH using Sanum Indicator pH papers on first morning urine. It can also be used for acidosis of stomach, duodenum, heartburn, gastritis, flatulence, rheumatic diseases, liver and gallbladder issues, chronic skin diseases and conditions of the respiratory and urogenital tract. Long term maintenance of pH must be achieved through dietary and lifestyle adjustment.

*Medicinal Ingredient:* Potassium bicarbonate, Sodium bicarbonate, Sodium citrate

**Pleo Citro (Citrokehl):** is citric acid, which is important physiologically to support the Kreb’s citric acid cycle and energy production. It increases cellular respiration, metabolism and blood viscosity and decreases lactic acid production and fluid retention. It also supports the use of Nigersan by increasing Aspergillus niger activity. Used in support of all disease where a revitalization of metabolism is sought, including chronic infections, allergic diseases, rheumatic diseases, respiratory disorders, gastrointestinal dysfunction and acid-alkaline imbalance.

*Medicinal Ingredient:* Acidum citricum 10X/30X/200X.

**Pleo Form (Formasan):** is formic acid is used for allergies, rheumatism of the muscles and joints, eczema, bronchial asthma and inflammation.

*Medicinal Ingredient:* Acidum formicicum 6X/12X/30X/200X.

**Pleo Sanuvis:** is L(+) lactic acid, which is important physiologically in metabolic processes and is used to increase mitochondrial respiration, decrease and neutralize D(-) lactic acid build-up in the muscles and oxygen deficient tumours, and balances (lowers) blood pH. It also supports the use of Mucokehl by increasing Mucor racemosus activity. Clinically, it has proven valuable for stimulation of healing and in sport injury and recovery, and used in support of chronic skin diseases, circulatory disorders, chronic fatigue, fibromyalgia and acid-alkaline imbalance.

*Medicinal Ingredient:* Acidum L(+) lacticum 4X/6X/12X/30X/200X.

Isopathic Fungal Remedies

The following remedies are used to address inflammatory processes and make up the remedies of the Candida constitution. They may also be selected based on clinical symptoms.

**Pleo Alb (Albicansan):** for chronic and systemic mycosis of mucous membranes, skin, urogenital and gastrointestinal tract. Candida infections result in fermentation of the small and large intestine and are associated with discomfort in the gut (gas, bloating, and flatulence). High candida levels may be associated with high heavy metal levels (such as mercury).

*Medical Ingredient:* Candida albicans.
**Pleo Pef (Pefrakehl):** for mycosis (external, skin, of the orifices, intestinal, genital), secondary mycotic infections of the skin and mucous membranes, disorders of the respiratory tract, bacterial and viral diseases, aphthae, pemphigus vulgaris, cystitis, otitis externa, acne, dental granuloma, and lymphadenitis. It can be used after Fortakehl to rebuild enteral symbiosis. **Candida** infections result in fermentation and associated discomfort in the gut (gas, bloating, and flatulence).

*Medical Ingredient: Candida parapsilosis.*

**The Candida Constitution** - tendency toward fungal and mycotic conditions and dysbiosis. The typical conditions seen include local and systemic fungal infections (especially of the skin and mucous membranes), candidiasis and digestive issues.

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<th>Sanum Constitution Type</th>
<th>Milieu Remedies</th>
<th>Isopathic Remedies</th>
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<tr>
<td>The Candida Type</td>
<td>Alkala 'N’ powder</td>
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<td>Sanukehl Cand</td>
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**The Mucor Remedies**
The following remedy is used to down-regulate endobionts and restore physiological function of the circulatory system. It may also be selected based on clinical symptoms.

**Mucokehl Eye Drops:** for circulation and congestive conditions. It is specifically used in the eye to increase circulation, decrease congestion and counteract the effects of oxidative stress. It is used in cases of glaucoma, cataract, conjunctivitis, and dry eye syndrome. Clinically, it has been proven useful for pink eye, injuries, macular degeneration, and ocular vessel disease. Preservative-free, can be used with contact lenses.

*Medical Ingredient: Mucor racemosus.*

**Pleo Mucedo (Mucedokehl):** for regulatory dysfunctions in the limbic system, anxiety, depression, to increase microcirculation to the endocrine glands and brain, respiratory diseases, sinusitis, tonsillitis, sinobronchitis, ostitis, lymphostasis, thyroid functional disorders, and neuro-vegetative syndrome.

*Medical Ingredient: Mucor mucedo.*

**Additional Fungal Remedies**

**Pleo Lari (Larifikehl):** for lung conditions (including asthma, associated night sweats, and cough), primary chronic polyarthritis, inflammation of digestive organs and fever.

*Medical Ingredient: Laricifomes officinalis*

**Pleo Pin (Pinikehl):** for diseases of the liver and spleen, intermittent fever. Can also be used in cases of weakness.

*Medical Ingredient: Fomitopsis pinicola*
**Pleo Usti (Ustilakehl):** for conditions of the uterus including hemorrhage, dysmenorrhea, menopausal symptoms, menorrhagia, metrorrhagia, migraine and headaches caused from menstruation.

*Medicinal Ingredient:* *Ustilago zeae 5X*

**Immunobiological Bacterial Remedies**

Pleo Ut ‘S’ is used to stimulate and modulate the immune system, by raising the immune system’s response capacity through non-specific stimulation. Specifically, this remedy stimulates lymphocytes.

**Pleo Ut ‘S’ (Utilin ‘S’):** for all chronic lung diseases and conditions of the respiratory tract, chronic feverish disease with night sweats and debility, sub-febrile temperatures, and weakness. This is a strong immune modulator. Historically, this remedy was used in pulmonary tuberculosis. Clinically, it has proven useful for pneumonia and autoimmune conditions.

*Medical Ingredient:* *Mycobacterium phlei.*

**Vitamins and Minerals**

The vitamins and minerals address nutritional deficiencies; assist with the elimination of toxins, aid in healing processes and help decrease causes of health complaints. In the 3X to 6X potencies, they do not act so much as orthomolecular supplements but rather in an active, catalytic form.

**Pleo Selene (Selenokehl):** an essential trace element associated with cell antioxidant protection and specifically connected with the enzyme glutathione peroxidase. Deficiency in selenium increases toxicity of heavy metals (mercury, cadmium, lead) and weakens the liver to oxidative and chemical influences. It is used for selenium deficiency due and for amalgam detoxification.

*Medicinal Ingredient:* *Sodium selenite*

**Pleo Zinc (Zinkokehl):** an essential trace element with important roles in the body’s metabolism. Chronic deficiencies can arise due to a poor nutrition or malabsorption, which lead to bone conditions, rheumatic or psoriatic arthritis, skin conditions such as acne and eczema, slow wound and burn healing, susceptibility to infections, vegetative dysfunctions, dysbiosis, pancreatitis, diabetes mellitus, vein diseases and ulceration of the lower leg.

*Medicinal Ingredient:* *Zinc gluconate*

**Glandular Remedies**

Glandular extract remedies stimulate metabolic processes, cellular metabolism and the function and structure of organs and glands. Such extracts promote cellular repair processes of the DNA, act as a stimulant when damaged cells need to be regenerated, and as a supplement when degenerated cells break down.

**Rebasan (Rebas):** contains Peyer’s patches extract to strengthen the humoral immunity and activate the immune system. It is used for chronic and recurrent inflammations, including disturbances in the humoral body defense, gastrointestinal conditions, chronic hepatitis, tonsillitis and angina lacunaris.

*Medicinal Ingredient:* Peyer’s patches extract
Pleo Thym (Thymokehl): contains thymus gland extract to strengthen the immune system in chronic conditions and increase cellular metabolism. It is used for disorders in growth and development, adjuvant in anti-carcinogenic therapy, and for all degenerative processes in the lumbar vertebral column area.

*Medicinal Ingredient: Thymus gland extract*

**The Sanukehl Remedies**

The Sanukehls are a group of remedies that use polysaccharide extracts from the cell walls of various bacterial and fungal species for the elimination of bacterial toxins or proteins released from previous infections and cell wall deficient (CWD organisms).

Pleo San Brucel (Sanukehl Brucel): for intermittent fever with influenza symptoms, neurasthenia, orchitis, myalgia, headaches and migraines, and subacute polyarthritis.

*Medical Ingredient: Brucella melitensis.*

Pleo San Cand (Sanukehl Cand): for candida mycosis, intestinal dysbiosis, candida infection, conditions associated with the upper and lower digestive tract colitis ( stomatitis, aphthous ulcers, pain in small intestine, colitis, and constipation after treatment with antibiotics), gingivitis, perleche, aphthae, allergic asthma, vulvitis and vulvovaginitis, eczema and dermatosis (especially following antibiotic treatment).

*Medical Ingredient: Candida albicans.*

Pleo San Klebs (Sanukehl Klebs): for supportive therapy for influenza, pneumonia bronchial asthma and other respiratory conditions and after antibiotic therapy.

*Medical Ingredient: Klebsiella pneumoniae.*

Pleo San Prot (Sanukehl Prot): for Helicobacter pylori infection, gastritis, ulcerative colitis, dysbiosis after antibiotics, upper digestive conditions, angina, rheumatic disorders, otitis, osteomyelitis, chronic suppurative affections of the respiratory and intestinal tract.

*Medical Ingredient: Proteus vulgaris.*

Pleo San Staph (Sanukehl Staph): for staphylococcus infections, folliculosis, furunculosis, acne conglobata, blepharitis, pleuropneumonia, sinusitis, angina, meningitis, nephritis, urogenital infections from staphylococci, endocarditis, osteomyelitis, otitis, and mastoiditis.

*Medical Ingredient: Staphylococcus aureus.*

Pleo San Strep (Sanukehl Strep): for streptococcus infections, strep throat, angina tonsillaris, skin infections, eczema, empyema, phlegmons, primary chronic polyarthritis, osteomyelitis, tonsillitis, otitis media, migraine, mastitis puerperalis, cardialgia, endo-, myo- and pericarditis, and migraine.

*Medical Ingredient: Streptococcus pyogenes.*
Botanical Remedies

Botanical remedies support regeneration of cells and the rebuilding of effective regulation capacity in the body. Many of these have a long history in healing practices around the world.

**Pleo Cerivi (Cerivikehl)**: a plant remedy made from a lichen Icelandic moss. Promotes circulation of the mucous membranes and is for conditions of the respiratory tract including: sinusitis, laryngitis, bronchitis, dry cough and lack of appetite. Has a mild antibiotic effect in oral, pharyngeal and intestinal infections.

*Medicinal Ingredient: Cetraria islandica*

**Pleo Ginkgo (Ginkgobakehl)**: for the last 3,000 years, this plant has been used for circulatory disorders and various toxin burdens. It is used in geriatric complaints, circulatory disturbances (arterial and peripheral), arteriosclerosis, and weakness in concentration and tiredness.

*Medicinal Ingredient: Ginkgo biloba*

**Pleo Oku (Okoubasan)**: this dried tree bark extract from West Africa is used as a detoxicant. It is used for acute diarrhea, food poisoning, healing of infectious diseases of the gastrointestinal tract, food intolerances and for use during elimination of metabolic waste products.

*Medicinal Ingredient: Okoubaka aubrevillei*

**Pleo Relivora**: a complex remedy to support the immune system. It is used for stimulation of endogenic defensive capacities in feverish processes, stimulate the immune system, conditions of the upper respiratory tract and inflammatory processes of the pulmonary tract (hard, dry cough), bronchitis and whooping cough.

*Medicinal Ingredients: Drosera, Echinacea augustifolia, Juglans*

**Pleo Stroph (Strophanthus)**: known as Ouabain from a milk-secreting plant in Africa, it was used by natives as arrow poison. It contains an endogenous adrenal hormone involved in salt and water balance. It is used for adrenal weakness, senile heart weakness, and supports cardiac function by increasing the systolic phase and lowering the heart rate. For cardiac weakness, increasing blood volume, hypertension, sodium burden, nervous heart, arteriosclerosis, anticipatory anxiety.

*Medicinal Ingredient: Strophanthus gratus*

**Pleo Usnea (Usneabasan)**: known as beardmoss, its main range of application is in the head, including congestive headaches, sunstroke, redness of the face, gallbladder disorders, and elimination of heavy metals.

*Medicinal Ingredient: Usnea barbata*