Mental, Emotional and Physical Detoxification

By: Heather Schofield, B.Sc., DHMHS
Medical Education Director
• The emotional and physical body are not separate

• Emotional imbalance is manifested physically

• What one does to the physical body also affects the emotional body (and vice versa)
Most psychologists treat the mind as disembodied, a phenomenon with little or no connection to the physical body. Conversely physicians treat the body with no regard to the mind or the emotions. But the body and mind are not separate, and we cannot treat one without the other.

--- Dr. Candace Pert
Health and well-being naturally occurs when all three parts interact harmoniously.
~ Neuropeptides are the molecules of emotion ~

Biochemicals that are the physiological substrate of emotion
Connecting the Body and Mind

Psychoneuroimmunoendocrinology

- Body of evidence-based science that has linked the mind/emotional influences on the body
- Studies the interaction between psychological processes and the nervous, immune system, and endocrine systems
Holocaust survivors study – trauma passed on to children’s genes

Demonstrated transmission of pre-conception stress effects resulted in epigenetic changes in offspring of Jewish parents, who exposed to trauma while interned in Nazi concentration camps or witnessed/experienced torture.

~Rachel Yehuda, Mount Sinai Hospital study

New insight into how one generation responds to the experiences of previous generations
Research revealed that trauma produces actual physiological changes, including a recalibration of the brain’s alarm system, an increase in stress hormone activity, and alterations in the system that filters relevant information from irrelevant.

- Traumatized individuals become hypervigilant to threat at the expense of engaging in day-to-day life
- Their behaviours are not a result of moral failings or lack of willpower, but rather are caused by actual changes in the brain!
Even when we are ‘stuck’ emotionally, there is always a biochemical (and energetic) potential for change and growth.

Sensing of the outer world is filtered along peptide receptor rich sensory way stations, each with an different emotional tone - receptors can change in both sensitivity and in the arrangement they have with other proteins in the cell membrane.
Bridging the Mind and Body
Mental/Emotional toxins need to be recognized, processed and released, or they will continue to be stored – weakening our mind and body and eventually create disease and keep one stuck in negative patterns.
Emotions ‘live’ in our physical body.
**Mental Emotional Toxins**

- **Hurt** – victimization, helplessness, blame
- **Sadness** – self-pity, regret
- **Shame** – humiliation, embarrassment
- **Hopelessness** – loneliness, despair, desperation
- **Fear** – anxiety, panic, immobilization
- **Anger** – resentment, bitterness
- **Hate** – meanness, vengefulness
- **Jealousy** – envy, possessiveness
- **Pride** – better than, self-righteousness
- **Greed** – insatiability, emotional hunger
- **Guilt** – self-blame, false responsibility
- **Criticism** - judgement
Try
If
Need
Or
Should
Can’t
Must
But
Don’t
Haven’t
Won’t

I don’t want to be sick vs I want to be fit and health
Effects from negative emotional experiences can persist long after the actual emotional event has passed.

Emotional trauma (conflicts) are stored as **energy blocks**

Over time, they generate a **repetitious effect** in the body

Results in negatively affecting the **cells, metabolism and ANS**, leading to physical symptoms
## Organs - Emotional Meaning

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<td>Prostate</td>
<td>Giving up (weakened masculinity)</td>
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*You Can Heal Your Life, Louise Hay*
Physical detoxification
- elimination of waste products and toxins from the body

Mental/Emotional detoxification
- elimination/resolution of negative thought patterns and subconscious behavioural patterns
Once the main burdens (stress, emotional conflict, geopathy) are eliminated, the organism is able to regulate detoxification on its own.

- **20% - Geopathic stress**
- **40% - Stress, emotional conflicts**
- **40% - other toxic sources include:**
  - Chronic inflammations
  - Hyperacidity
  - High fungal burden
  - Heavy metals
  - Viral and bacterial toxins
  - Chemicals
  - Vitamin and mineral deficiencies
  - Focal infections
Mental/Emotional Detoxification

8 Things to Give Up:
- Doubting Yourself
- Negative Thinking
- Fear of Failure
- Criticising Yourself & Others
- Negative Self Talk
- Procrastination
- Fear of Success
- People Pleasing
Strategies for Mental/Emotional Detoxification:

**Homeopathy** (Rubimed, classical, tissue salts)
**Herbal** (remedies, drainage and detoxification)

Flower therapy (Bach Flower, flower essences)
Massage, Osteopath, Chiropractic, Bowen, Hypnosis etc...
Journaling, gratitude journal, vision board
Mediation, yoga
Talk therapy, support person
Mindfulness
Breathing (deep)
Mantra – repetition of phrase/words
Time in nature (Forest bathing)
Unplug for technology - distracts mind and thoughts
Silence – noise/talk distracts mind and thoughts
Time for self (walk, bath, lay in grass, play music, sing, draw)

Do NOTHING – slow down, take a deep breath, come back to centre
How mental/emotional detoxification works...

Energetic resonance

Must bring emotion into consciousness to process it and let go
For Discussion - Effective Therapy Options

- Rubimed therapy
- Organ specific Drainage and Detoxification
- Candida cleansing
- Heavy Metal Detoxification
Seven Energy Centres In the Body - The Chakras

1. First (root) chakra
2. Second (sacral) chakra
3. Third (solar plexus) chakra
4. Fourth (heart) chakra
5. Fifth (throat) chakra
6. Sixth (third eye) chakra
7. Seventh (crown) chakra

Each chakra corresponds to vital points in the physical body (i.e. major plexuses of nerves, arteries, veins, and endocrine glands)

Character typing shares a relationship with the chakras

PSE theory – unresolved emotional conflicts get stored in the chakras, creating energy blocks and illness
Rubimed therapy uses a systematic approach of applied kinesiology testing where each Chavita® remedy is paired with their corresponding Emvita® remedies.

<table>
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<tr>
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<th>CHAVITA® 3</th>
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Rubimed - Chavita and Emvita Remedies
Rubimed therapy uses homeopathic remedies to address and dissolve old unresolved emotional issues.

The emotional issues/toxins are moved from the subconscious to the conscious for processing and resolution.

We become more aware of ourselves and more whole and balanced.

*The Rubimed remedies ‘break the chronic storage patterns’ in the body (both physically and mentally/emotionally), often leading to detoxifying reactions.*
Chakra 1: mild flare-ups of arthritis, especially of hips and knees, can also involve symptoms of the bladder, vagina or prostate.

Chakra 2: women’s menstrual irregularities, lower back issues or bowel symptoms.

Chakra 3: involves the liver, anger and frustration can occur. It can also involve heartburn or indigestion and occasional thoracic pain.

Chakra 4: heartburn, anxiety or shortness of breath.

Chakra 5: can effect thyroid (especially if on thyroid medications) and parathyroid manifesting as aches, pains and muscle tension in the neck and shoulders. Often expressed by the patient as ‘a weight on the shoulders’.

Chakra 6: sinus and ears, short term drainage and sensation of pressure.

Chakra 7: occasional headaches.
Nestmann Pharma Detox Kit

Effective, Gentle and Reliable 3 Week Program

Get Healthy, Stay Healthy

biomedicine.com
Drainage remedies work by:

- Stimulation and facilitation of the elimination of waste products and toxins through the emunctories – *they jump-start the detoxification process*
- Improve metabolism and the function of the specific organ, thus increasing cellular wastes from the connective tissues and surrounding cells
- Supports constitutional weakness by increasing circulation to specific the organ(s)
- Improves metabolic function of the organ(s)
- Address both physical and mental/emotional detoxification process in the body

Nestmann Pharma remedies are specially designed to stimulate organ function approx. 20 minutes after the remedy is administered
Liver – Emotional Meaning

- anger, irritability, frustration, resentment
- primitive emotions
- chronic complaining
- justifying faultfinding to deceive yourself
- feeling bad

Hepatitis – resistance to change, fear, anger, hatred, rage

- Chakra 3 – digestion, detox,

~Process emotional toxicity~

~ Louise Hay
A-Hepatica is for detoxification of the liver and secondarily for the gallbladder

Increases function of the liver and gallbladder by:

- Regulates secretion and absorption in the digestive system
- Anti-inflammatory and antispasmodic function in portal vein
- Stimulates bile flow
- Increases detoxification of the liver

Used in cases of chronic liver conditions due to infection, cholecystitis, cholangitis, metabolic disturbances, adiposity, and toxic stress due to environmental chemicals

Dosage: 20 drops in warm water 20 min before meals three times daily or as directed by a health care practitioner
Liver Drainage – Carduus

Carduus is primarily a gallbladder remedy with secondary effects on the liver

Increases function of the gallbladder by:

– Improves bile secretion and stimulates bile flow
– Improves fat digestion
– Relieves constipation due to increased peristalsis
– Helps remove small gallstones
– Antispasmodic effects and stimulates the blood flow in the portal vein

Used in cases of acute, sub acute or chronic diseases of the gallbladder and liver, constipation, stasis of the portal vein, liver congestion, hemorrhoids, hepatopathy with constipation, and difficult fat digestion

Dosage: 35 drops in water 20 min before meals three times daily or as directed by a health care practitioner
Cardunara is for high cholesterol and liver and gallbladder support

It contains artichoke extract and is a natural alternative to lipid blockers (Lipitor - synthetic artichoke extract)

Increases function of the liver and gallbladder by:
- Increases bile production and flow
- Improves fat digestion and overall digestion
- Stimulates intestinal peristalsis
- Improves blood flow in the liver and stimulates liver regeneration

Due to the effects of fat metabolism, excessive cholesterol and triglyceride values in the blood are lowered

Used in cases of high cholesterol and functional dyspepsia (pain in upper abdomen, indigestion, bloating, fullness, belching, heartburn, nausea, GERD, and gastritis)

Dosage: 30 drops in water 20 min before meals three times daily or as directed by a health care practitioner
Emotional Meaning of the Kidney

- fear (courage, willpower)
- paranoia
- criticism
- disappointment
- failure
- shame
- reacting like a little kid
- lack of strength and endurance

- Chakra 2 – stress

~ Louise Hay
Solidago is for kidney, bladder and urinary tract support

Powerful and fast acting drainage remedy:

- Anti-inflammatory effects
- Stimulates diuresis and increased excretion thru the urine
- Eliminates cramping of urinary passages
- Prevents formation of crystalline materials

Used in cases of all kidney affections, acute and chronic infections of the urethra (UTI, pain or burning during urination, frequent urination or urging, bloody discharge, enuresis), pyelitis, cystitis, nephritis, urine retention, renal colic and prostate conditions (prostatic hypertrophy)

Dosage: 40 drops in water three times daily or as directed by a health care practitioner

Acutely: 20 drops in water five times daily
Bucco is for supporting kidney function

Increases kidney function by:
- Increases circulation of renal parenchyma
- Mildly stimulates diuresis
- Protects epithelium coating of urinary passages
- Anti-inflammatory and antispasmolytic properties
- Prevents formation of kidney stones
- Mild adrenal stimulant

Used in cases of sub acute and chronic kidney disorders and for prevention of kidney stones.

Dosage: 20 to 30 drops in water two to three times daily or as directed by a health care practitioner.

Can be used long term and for kidney regeneration – after 2 months, take 20 drops once daily as long term therapy and/or kidney stone prevention.
Emotional Meaning of the Lymph

- warning for balance
- mind needs to be re-centered on the essentials of life
- inability/unwilling to forgive
- perceived not receiving joy or love from mother

- Chakra 4 – immune

~ Louise Hay
Lymph-A-Drop is for lymphatic support

Increases support by:
- Activates and facilitates movement of the lymph
- Stimulation of the immune system
- Reduction of permeability of capillaries to proteins
- Improvement of general circulation
- Elimination of waste and toxic load

Used in cases of:
- Lymphatic congestion: lymphadenitis, lymphangitis and lymphadenopathy
- Edema: postoperative, acute and secondary
- Sport Injuries: strains, contusions, swelling, haematomas
- Pediatrics: lymphatic diathesis, recurrent or chronic infections
- Allergies: eczema, urticaria
- Detoxification

Dosage: take 10 drops in water four times daily or as directed by a health care practitioner
Lappa is for blood cleansing and stimulation of the lymph

Increases support by:

- Increased elimination of metabolic wastes via the kidneys, intestines and skin
- Lymph stimulator
- Blood cleansing and purification
- Broad spectrum detoxification

Used in cases of: general drainage and detoxification, blood cleansing, ‘healing’ reactions

Dosage: take 20 - 30 drops in water two to three times daily or as directed by a health care practitioner
Candida Overgrowth

Candida is a yeast form of fungus naturally occurring as part of the normal flora within the mouth, gastrointestinal tract, vaginal mucosa tissue and skin.

Populations are naturally kept under control through healthy intestinal flora and the immune system.

Overgrowth occurs when healthy flora become altered through:

- Diet (refined carbs and sugar)
- Alcohol consumption
- High-stress lifestyle
- Antibiotic and antifungal medication use
- Oral contraceptives and steroid use
- Immune system and decreased immune defense
Emotional Meaning of Candida Overgrowth

- feeling very scattered
- lots of frustration and anger
- demanding and untrusting in relationships, emotional distress around relationships, and specifically around the relationship with mother
- great takers
- struggle to find and sustain balance in one’s life

- Chakra 2 – stress
- Chakra 4 – weak immune system

~ Louise Hay and Carol Ritberger
CandidaFix Kit

An effective biological approach for elimination of candida and fungal overgrowth!

Pleo Alb 5x drops - Reduce candida and/or fungal overgrowth
Probiotic 7-in-1 - Replenish healthy intestinal flora
Basictab - Rebalance normal acid-base (pH) levels
Rubimed – test, will likely find Chakra 2 and 4 with conflicts
Dr. Dietrich Klinghardt, MD  world-renowned mercury expert:
- Candida yeast overgrowth is one of the ways your body tries to keep mercury and other heavy metals from damaging body tissues. The yeast serves the purpose of absorbing and sequestering heavy metals. The body proliferates yeast to protect the rest of the body from the heavy metals.

Dr. Thomas Rau, MD at Paracelsus Clinic:
- Candida valencies occur where the milieu is severely blocked, very frequently in cases of heavy metal burden
- Candida symptoms are the same as mercury intoxication
- Chronic dental foci and amalgams associated with Candida – root canal extractions find Candida cultures in the pulp and roots
- Candida has ability to bind heavy metals (mouth, gut)
- Stool analysis shows positive results for Candida with amalgams
- diverticuli are hotbeds for Candida and heavy metals
Heavy Metal Detoxification Remedies

- Biorella
- Cilantrex
Biorella and Cilantrex are used for heavy metal detoxification

**Biorella** – for binding of heavy metals, chemicals and pesticides
- 100% Chlorella pyrenoidosa
- Heavy metal detoxification (including mercury) for non-neurological structures in the body (ex. intestinal wall, muscles, ligaments, connective tissue)
- Versatile dietary supplement and complete plant protein
- Also useful for arthritis, rheumatism, ulcerative colitis, hypertension, and restoration of bowel flora

**Dosage:** see heavy metal protocol, otherwise chew or swallow 2 to 5 tablets two to three times daily

**Cilantrex** – for mobilization of heavy metals
- Cilantro
- Heavy metal detoxification (including mercury, aluminum, lead and tin) through mobilization within the tissues in the body including neurological structures in the body (ex. nervous system, brain, spinal cord)
- A digestive aid and supports intestinal health

**Dosage:** see heavy metal protocol, otherwise dissolve 1 to 3 tablets under the tongue two to three times daily
## Part 1 – Preparation

Support Drainage Organs* (choose the appropriate remedy(s)):

- **Kidney** – *Solidago* – 40 drops in water three times daily between meals
- **Liver** – *Hepatica* – 20 drops in warm water three times daily 20 minutes before meals
- **Lymph** – *Lymph-A-Drop* – 10 drops in water three times daily
- **Intestinal tract** – *3C* (Biomed product) – 3 to 6 capsules with 8 oz of water twice daily

*can be done for one month before or at the same time of Binding of Heavy Metals.

## Part 2 – Binding of the Heavy Metals

Binding of Heavy Metals:

- **Biorella** – begin with 4 tablets three to four times daily 30 minutes before meals and bedtime for three to four weeks.
Part 3 – Mobilization and Bind of the Heavy Metals

Mobilization of Heavy Metals:
• **Cilantrex*** – 1 tablet two times daily and increase to 2 tablets three times daily, dissolved under the tongue (begin taking it approximately three to four weeks after starting **Biorella**). **Cilantrex** should be taken for one week on and two to three weeks off for duration of protocol.
• **Biorella** – take 12 tablets three to four times daily during the active phase of mobilization (while taking **Cilantrex**).

Duration: depending on the patient’s heavy metal load, an active detoxification program should be followed for 6 to 24 months.

* **Cilantrex** should not be taken if amalgams are present in the mouth, as this becomes a source of mobilization.
Clinical Pearls:

- During amalgam removal: on day of removal, take 20 Biorella tablets immediately before the procedure. Then immediately after procedure, sprinkle 3 to 5 crushed Biorella tablets on the teeth and gums and hold in mouth for 10 minutes, then rinse with water. This should be repeated at bedtime and then follow the Binding of Heavy Metals procedure. Cilantrex should not be taken at the time of amalgam removal, as increased mobilization of heavy metals elsewhere in the body is unwarranted at this time.

- Hair or urine analysis can be used to monitor the concentration of heavy metals before, during and after treatment.

- The combination of 40 drops Solidago or 20 to 30 drops of Bucco in 8 oz of water (kidney remedies) with horsetail tea increases kidney function. It should be taken for the duration of heavy metal detoxification and chelation therapy.
Other Nestmann Detox Remedies
# Mental/Emotional and Physical Detox

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Thank you for your interest

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