



What is Homotoxicology?

Institute for Traditional Acupuncture and Herbology, Inc.

Homotoxicology is an approach to healing that integrates the treatment principles of homeopathy with the diagnostic approach of allopathic medicine. Developed over fifty years ago in Germany, homotoxicology is becoming more widely practiced in the United States. Practitioners trained in homotoxicology offer homeopathic remedies for a variety of health concerns. The Institute for Traditional Acupuncture and Herbology has expertise in homotoxicology and welcomes contact from patients and providers about this effective system of medicine.

I. What is homotoxicology?

The goal of treatment in homotoxicology is to detoxify the body and restore the body's natural biorhythms. For those with health challenges, homotoxicology maintains that health cannot be achieved without ridding the body of toxins. Homotoxicology involves using homeopathic remedies to facilitate the removal of toxins and stimulate the body's capacity to heal itself. The practice of homotoxicology incorporates the philosophy that each human being possesses an innate self-healing mechanism that can prevent and treat illness.

Homotoxicology combines modern conventional medicine, or allopathic medicine, with a holistic approach. Patients are evaluated for presenting medical symptoms, diagnoses, history, lifestyle factors, and other issues related to body, mind, and spirit. After a comprehensive analysis, homeopathic remedies are recommended to treat acute symptoms, build internal functional strength, and ultimately cleanse the underlying toxicity causing the patient's ailments.

2. What are homeopathic remedies? What is homeopathy?

Homotoxicology uses homeopathic remedies to detoxify the body. Homeopathic remedies, which are FDA approved, come in tablets, liquid vials, oral drops, and injection solutions. Remedies are taken orally, topically, through inhalation, and injection. They work synergistically to stimulate the body's inherent capacity to heal itself. Most homeopathic remedies are derived from natural substances that come from plants, minerals, or animals.

The term homeopathy comes from the Greek words *homeo*, meaning similar, and *pathos*, meaning suffering or disease. Homeopathy is an alternative medical system that was founded in Germany during the 18th century. The system of homeopathy uses small doses of highly diluted remedies that stimulate the body's defenses in order to restore health. A homeopathic remedy is prepared by

For more information about homotoxicology and other Institute services, contact us today.

Phone: 415.924.2910
Fax: 415.924.5072
Email: info@mikishima.com

21 Tamal Vista Boulevard
Suite 110
Corte Madera, CA 94925



**Institute for Traditional
Acupuncture and
Herbology, Inc.**

diluting the substance in a series of steps. Homeopathy asserts that this process can maintain a substance's healing properties regardless of how many times it has been diluted. Homeopathy is based on the concept of "like cures like" in that substances may create symptoms they can also relieve. Therefore, homeopathic remedies, which usually contain a dilution of the ailment being treated, stimulate the condition and a subsequent self-healing response. Another way to view "like cures like" is that symptoms are part of the body's attempt to heal itself. For example, a fever can develop as a result of an immune response to an infection and a cough may help to eliminate mucus.

3. What are toxins? How do toxins impact health?

Today's environment contains thousands of chemicals, many of which are toxic to the human body. Exogenous toxins that are introduced or produced from outside the human body include air pollution, synthetic chemicals in food and water, bacteria, viruses, and allopathic drug residue. Chemicals and other toxins are absorbed into the body through organs such as the skin, lungs, and gastrointestinal tract. The liver, kidneys, skin, mucous membranes and other organs then attempt to process and expel these substances.

Endogenous toxins are produced inside the body and come from lactic acid, adrenaline, histamine, antigen-antibody complexes, nutrient deficiencies, psychological stressors, and emotional traumas. Toxins constantly challenge cells, tissues, organs, hormones, the immune system, and other protective bodily mechanisms.

Homotoxicology views the cause of disease in the body as an accumulation of toxins. Disease results from a series of reactions initiated by the self-healing mechanism in the body to either eliminate the toxin or control its biological effects. Therefore, disease is either the physical body's way of waging a defense in order to purge toxins, or an attempt of the organism to compensate if elimination is not possible.

4. What are the phases of disease development?

The progression of a disease state is viewed in six phases. As toxins penetrate and build in the body over time, the related physical ailments worsen in their severity and complexity. When accumulation of toxins occurs, the individual phases of disease progress into one another. Homotoxicology works to reverse this process and restore health. Some symptoms associated with each stage of disease progression are listed below each phase.

I. Excretion Phase = Expulsion of Toxic Products

Intense sweating, difficulty concentrating, tears, joint pains, myalgia, coughing, sneezing, heartburn, diarrhea, polyuria, reticulocytosis, lymphedema, electrolyte shift, susceptibility to infection

II. Inflammation = Turbo-Cleansing by the Activated Defense System

Acne, meningitis, conjunctivitis, sinusitis, pharyngitis, epicondylitis, acute sprain, acute bronchitis, gastroenteritis, urinary tract infection, leucocytosis, lymphangitis, lipid metabolism disturbance, thyroiditis, acute infections, weak immune system

III. Deposition = Storage of Toxins in the Extracellular Space

Nevi, chalazion, exostosis, myogelosis, nasal polyps, silicosis, arteriosclerosis, intestinal polyps, gallbladder or kidney stones, polycythaemia, lymph-node swelling, gout, obesity, goiter

IV. Impregnation = Invasion of Toxins into the Cell

Allergies, asthma, rosacea, migraines, rheumatoid arthritis, fibromyalgia, chronic fatigue syndrome, chronic bronchitis, hypertension, coronary heart disease, chronic gastritis, chronic urinary tract infection, insufficiency of the lymph system, metabolic syndrome, adrenal exhaustion, dyslipidemia, menopausal symptoms, recurrent vaginitis, hyperthyroidism, glucose intolerance, chronic infections, autoimmune disease

V. Degeneration = Destruction of the Cell by the Toxins

Scleroderma, alzheimer's disease, macular degeneration, spondylosis, osteoarthritis, bronchiectasis, chronic obstructive pulmonary disease, congestive heart failure, atrophic gastritis, renal atrophy, anemia, fibrosis, diabetes

VI. Dedifferentiation = Neoplastic Changes in the Cell

Tumors, cancer

The Excretion and Inflammation Phases (I & II) are part of the **Humoral Phase**. The defense system is intact during this phase and can excrete the toxins through various pathways. Intracellular systems are not disturbed.

The Deposition and Impregnation Phases (III & IV) occur in the **Matrix Phase**, which involves toxins in the extracellular matrix or connective tissue for the first time. The structural components of the connective tissue are altered. In addition, during the Impregnation Phase (IV), the biology of cells in the body begins to change.

The Degeneration and Dedifferentiation Phases (V & VI) take place in the **Cellular Phase** when cell systems are increasingly destroyed and there is loss of function in the connective tissue. The defense system cannot excrete toxins from the body.

5. What conditions are treated with homotoxicology? What is involved in homotoxicology treatment?

All of the conditions listed under phases of disease development can be treated with homotoxicology. Please note that homotoxicology should be viewed as an adjunct to and not a substitute for standard medical treatment. Especially in the more advanced stages of degeneration and dedifferentiation, it is important to combine homotoxicology with conventional medical care.

Homotoxicology practitioners assess the level at which toxins have penetrated the individual patient. Treatment plans vary according to the complexity of the patient's condition. Acute symptoms are often treated first, followed by the underlying chronic condition. Healing usually occurs in reverse chronological order from organs of major importance to those of lesser importance in relation to the disorder. Many conditions treated with homotoxicology require a detoxification and connective tissue activation phase lasting six weeks followed by a twelve-week drainage phase. The combination of remedies chosen is based on the phase of illness and the dominant organ systems involved. As the body clears and begins to regulate, remedies often require adjustment. Since everyone is a unique individual, the course of treatment will vary. In general, most conditions will require 12 to 18 weeks of consistent remedy use. For more severe problems, the time of active remedy use can take up to a year.

As toxins are expelled from the body, patients should be aware that symptoms may initially worsen or past symptoms may be exhibited. This is a normal and valuable progression of healing and detoxification. If symptoms are severe, remedies are altered to make the healing process more comfortable. It is important to report any changes to the homotoxicology practitioner. New symptoms or patterns aid in determining the optimum individual treatment plan.

Homotoxicology is generally a more gradual process compared to the rapid effects of traditional allopathic medicine. All homotoxicology treatments are compatible with standard medical approaches. There are no known drug interactions.

6. How can the benefits of homotoxicology be maximized?

Homotoxicology is often combined with conventional medical treatment. In many cases, a complementary approach with homotoxicology can offer superior health results by treating the underlying imbalances, optimizing the body's natural defense systems, and promoting more optimum functioning of the body's tissues.

The Institute for Traditional Acupuncture and Herbology effectively combines homotoxicology with western medicine, acupuncture, and herbs. Acupuncture works much better when the body channels and connective tissues are without blockages from large amounts of toxicity. Acupuncture and herbs also support the process of detoxification. For most patients, the combined effectiveness of homotoxicology, acupuncture, herbs, and western medicine is superior to the benefits of any of these treatments given alone.

7. How has the Institute for Traditional Acupuncture and Herbology developed expertise in homotoxicology?

At the Institute for Traditional Acupuncture and Herbology, Lynette McLamb, M.D., combines her more than eighteen years of experience in Internal Medicine, expertise in homotoxicology, and proficiency in complementary and alternative approaches to optimize patient care.

Dr. McLamb has a strong foundation in western medicine. She trained in the UCSF Primary Care Internal Medicine Residency Program based at San Francisco General Hospital, and worked within the Division of General Internal Medicine at UCSF, the Stinson Beach Medical Center, and the San Francisco Department of Public Health. In addition, Dr. McLamb has trained with the top national and international experts in homotoxicology and continues to attend seminars presenting the latest research.

In collaboration with Miki Shima O.M.D., Karen Reynolds, R.N., L.Ac, and Cass Hicks, L.Ac at the Institute for Traditional Acupuncture and Herbology, Dr. McLamb offers a compassionate and informed approach to integrative health care using homotoxicology, nutrition, and western medicine for patients from adolescents through geriatrics with a variety of conditions.



**Institute for Traditional
Acupuncture and
Herbology, Inc.**