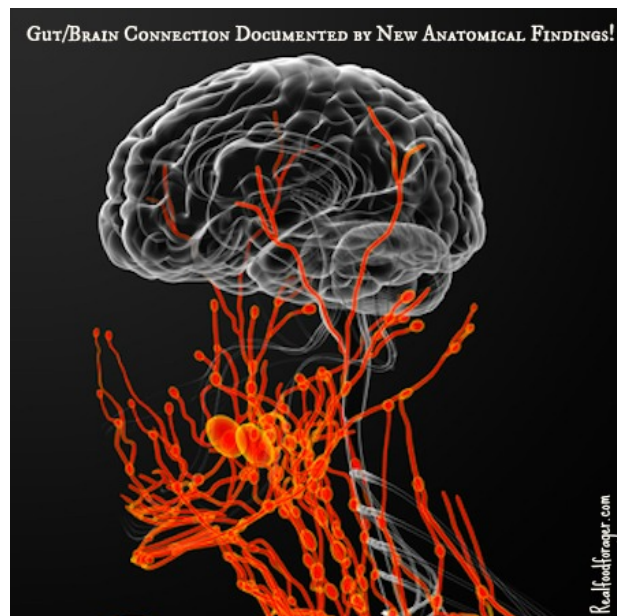


# Living Well Series: Stage Two—Clean and Fortify Organs



Last week I shared Stage One of the Living Well 4 and described the basic protocol used to open elimination. The importance of opening elimination first became imminently clear in a two year international collaboration with European physicians using Gemmotherapy and Homeopathy as their primary therapies and a study of over 100 of my own cases. I believe that the skipping of this step is exactly what keeps most modern natural approaches from having higher success rates. When elimination is not optimized before treatment begins, then all good therapies can do is rearrange or relocate the inflammation that is causing the symptoms or condition. While this rearrangement may temporarily relieve symptoms, they eventually return or other areas flare. It can also manifest as a cycle of improvement followed by a setback during treatment. This point is very important because this is exactly the reason individuals who could benefit greatly from a natural approach walk away frustrated. That is why I believe Gemmotherapy has so much to offer practitioners and their clients in a variety of therapies from acupuncture to chiropractic work.

On to Cleaning and Fortifying Organs, Stage Two. Once the goals of opening elimination have been met we can begin using different Gemmotherapy extracts to clean the body, generally from the head down. Now that even science acknowledges the head to toe connection of all organs through the lymphatic system it has given my method of activating and engaging the lymphatic system even greater validation. Just as skipping the first step of opening elimination derails natural healing, so too will skipping the cleaning of the stagnant lymph from the head. Here is a great example of this.



Jenni had an erratic menstrual cycle since her early teens. As she approached college the length between her periods became even longer, often having a menses every two to three months at best. I began working with Jenni as the Living Well 4 was in its early stages of development so I knew enough to start her out with a Gemmotherapy protocol to open elimination. Jenni also took on the task of cleaning up her diet and quickly adopted a plant based, dairy free plan for herself. After two months of taking Gemmotherapy and making dietary changes her bowels and kidneys were cleaning optimally, but there had been only a slight shift to her menstrual cycle.

So Jenni's first protocol in Stage Two included Gemmotherapy extracts that would support lymphatic drainage of the head. The protocol included European Blueberry, Dog Rose and Black Currant. In the evening I supported her liver with Hedge Maple, but Hazel would also be a good choice.

The reason I addressed the head first in Jenni's case is because this is home to the pituitary gland, responsible for so many functions that impact fertility and the menstrual

cycle. If there had been, as I suspected, considerable lymphatic stagnation in the head over time, cleaning that area could stimulate healthy function of the pituitary.



Since Jenni had already made significant changes to her diet in Stage One there were no further steps for her to take except to continue her good work. Because Stage Two also includes the work of homeopathy, I looked for a remedy to support her remaining symptoms with the Polarity Analysis process. While I isolated a very good constitutional remedy I decided to wait a month and first use daily doses of Pituitary Nosode until her cycle came closer to 28-30 days. That turned out to be a good call. Within two weeks of the new protocol Jenni began her menses. Since that time she continued with a 28-30 day cycle and after two cycles I stopped the nosode and began the constitutional remedy. Had I begun cleaning and fortifying Jenni's reproductive organs first instead of her head, the home of the pituitary gland, I would have missed the root of the problem and we would have lost months of work without making real progress. Jenni's case is just one example of many that have proven to me this is an effective and

efficient process for healing. The recent science that links lymphatic stagnation in the head to Alzheimer's, Parkinson's, depression, etc. has presented a real case for activating that cleaning system as a prevention as well as utilizing it for a cure.



Protocols for Stage Two: Cleaning and Fortifying organs include these therapies:

1. Lymphatic system and organ specific Gemmotherapy extracts
2. An all fruit breakfast and the elimination of all dairy products
3. Homeopathic remedy selected by Polarity Analysis (with the occasional use of a nosode remedy first)

The older a client and the more chronic symptoms the longer this process will take. Symptoms will dissipate during the course of treatment and eventually will be eliminated in order of newest symptoms disappearing first and others following back to the most long standing issues.

When the majority of chronic symptoms have been eliminated, it will be time to move on to Stage Three to Optimizing Organ Function. As each organ begins to actually perform its job well then the organ systems must re-establish communication and compensations the body had made in the past are no longer necessary. This can be quite a shift for the body—especially for some adults—but is an easy transition for children because the compensations are not so deeply established. Be sure to check in next Friday when I will share the Stage Three protocols in detail.