

*Biotherapeutic Drainage™ - UNDA compounds are used to help the body detoxify - increasing cells efficiency, especially in eliminating waste.*

The UNDA numbered compounds were created over 50 years ago in France by Georges Discrì. They are homeopathically prepared from plant and mineral substances. Homeopathic remedies are extremely safe and non-toxic but immensely potent medicines. As such, they have profound implications for virtually all states of disease, or imbalance, in the body.

The UNDA compounds combine diluted forms of plants and minerals, which give them a dual action. First, the plants guide the remedy to the appropriate organ system, and then the minerals help change the way the cells are functioning biochemically. These remedies, therefore, help the body detoxify by helping all cells work more efficiently, especially with regard to eliminating waste, hence the name 'drainage.'

The liver, kidneys, intestines, and lungs excrete waste products and accumulated toxins from the body. When these primary routes are overwhelmed, secondary routes (skin, mucous membranes, for example) are established so that the body can eliminate the toxins. The result can be chronic irritation of the sinuses or chronic vaginitis, for example. These symptoms may be physical manifestations of secondary routes of elimination, established when the primary elimination routes cannot keep up. When a person's primary routes of elimination are enhanced and functioning well, symptoms associated with secondary route drainage (skin breakouts, sinus drainage, etc.) often clear up.

How are toxins created? Where are they coming from? Most of us are aware by now that the world we are living in is toxic. On a daily basis, each of us is exposed to any number of potentially harmful substances, all of which the body, especially the liver, must properly handle. In addition, poor nutritional habits, lack of sufficient water intake, stress and other emotions can contribute to toxicity in the body if not properly eliminated.

The implications of drainage for health and healing are enormous. The body's ability to properly eliminate plays a large part in determining the status of health. In other words, health is restored when the body is able to rid itself of toxins that naturally accumulate in the cells. But cleansing is just the first step in attaining the higher goals of preventing disease and maintaining health.

**What kind of things can I expect after I start using the UNDA numbers?**

Patients may report any number of "detox" reactions, ranging from mild to moderate. Mild symptoms might include a change in the frequency, color, or odor of urination or defecation. Sometimes an increase or change in perspiration can occur. Some patients have reported a mild headache or feeling of fatigue for just a few days when beginning treatment, but more frequently than not patients report an INCREASE in energy and feeling of well-being after one to two weeks.

### What if I get an acute illness?

Please contact me if an acute illness should arise. Sometimes the process of detoxifying can cause what may be called a "discharge reaction." In other words, it is an attempt by your body to rid itself of toxins and can sometimes appear to be a cold, sinus infection, or vaginal infection in women. There are options for treatment besides antibiotics in most cases. Many of my patients need to avoid antibiotic treatment whenever possible and therefore I will do my best to see you as soon as possible. If you cannot reach me, please contact your primary-care physician or proceed to the nearest emergency room if necessary.

### How long does it take to see results? How long do I have to take UNDA compounds?

Of course every person is a unique individual and it is impossible to predict how quickly or in what fashion your health process will unfold. I have seen patients who immediately see positive changes and others for whom changes have occurred gradually over a period of months. Depending on the severity of your illness and the healing capacity of your body, drainage remedies may be employed for short or much longer periods of time. Ultimately, you should only need maintenance visits.

### Are these products regulated?

Homeopathic medicines are regulated through the Food and Drug Administration (FDA). The specific indications you see on each compound are part of the regulatory process. Because homeopathy covers mind, emotions, and physical aspects of a person, not all of their actions can be captured by the short indication statement on the box. Therefore, compounds cover many more things than what is written there.

### Will the UNDA numbers interact with my medications?

These compounds will NOT interact with your medications but they may change the physiology of your body so that less medication will be needed in certain individuals. This is why I request that you inform your other physicians, especially those that have prescribed medications for you, that you are under my care, so that if you need medication adjustments, the prescribing doctor can take care of that. I am happy to work in conjunction with other doctors so that you get the best treatment possible.