

Drainage at the end of the winter

This year was a long and difficult winter in Romania. We had a lot of snow, many storms and winds and it was extremely cold. We had days with minus 20 degrees Celsius, with wind and snow. The traffic blockages were frequent, schools were closed for days, in several occasions. The normal activity in many big cities was troubled for weeks.

The people were forced to stay much indoors, they watched too much TV, and many of them ate too much.

In Romania, for the Christian orthodox (75% of the population), there is a fasting period, 40 days prior to Easter and this period started this year on February 15th, (in the same time with the Chinese New Year). For Romanians, there is a detoxification period, a “cleaning” and drainage opportunity. Because orthodox fasting means fruits, vegetables, cereals and beans – that is only vegetarian products. No animal product is allowed (eggs, meat or dairy products, not even fish).

In general, Romanians are eating too much meat (especially pork), dairy products and home cooked sweets. And they also drink too much wine, in winter months (“boiled wine” for warming up – this is red wine with sugar and cinnamon, boiled and served as hot as possible). So the Orthodox fasting period in February – March, far from being just a religious custom, is a well-needed measure for the body.

Many of my patients have decided to respect the fasting period. And some of them asked me for some help for this period. Because many of them have some trouble of respecting the vegetarian diet, due to different health troubles or sensitivities they have.

And I consider gemmotherapy the ideal therapy to help the body to detox and to increase the elimination of waste products.

For people that don't have special health problems, but want to do get rid of some extra kilos they got in the winter months, I recommend the following strategy:

1) *Betula verrucosa linfa (Silver birch sap)* 35-40 drops in water, in the morning. It is one of the best lymphatic drainors of all the gemmotherapeutic remedies. It is useful in cleaning:

- the cholesterol and tryglicerides from the blood and tissues
- uric acid, urea and creatinine from blood (waste products of the proteins)
- the sand and little stones from the kidneys and bladder
- the excess of water in conjunctive tissue (oedema)
- the mucous membranes (digestive and respiratory, especially)
- the skin (improves its elasticity and appearance)

In many Nordic countries, at the end of winter people are drinking Birch sap, as a daily drink, to help their body clean the waste products after long winter days.

2) *Fraxinus excelsior (Common ash)*, buds, 35-40 drops in water, in the evening.

The Ash buds have excellent drainage properties, especially for the joints, for gallbladder and kidneys. It is one of the main remedy indicated in joint rigidity, a common occurrence in sedentary people, also eating too much meat products.

It is a good remedy which helps cleaning the fat deposits, having in the same time a diuretic action and a favorable action in diminishing the level of cholesterol. It is very good for water retention (for oedema). It has also anti-aging properties.

During the fasting period, many people have digestive troubles such as constipation or diarrhea.

Constipation occurs due some diet imbalances – people are eating too much white bread or polenta, which is a maize flower product, which lacks fibers.

For people that have this problem, together with balancing the diet, I recommend in their treatment strategy:

3) Vaccinium vitis idea (Cowberry), young shoots, 35-40 drops in water, once a day.

My intention in adding this remedy in the strategy is to regulate the function of the colon, in the same time with the balancing of intestinal flora.

It is one of the best remedies for intestinal dysbiosis, which is trouble of intestinal flora due to diet or use of different chemical medicines.

But the remedy has also other beneficial actions, useful in our strategy:

It is the main anti-hyalinosis remedy, that is the main anti-degenerative remedy, especially for the conjunctive tissue. It has also anti-sclerotic and anti-aging properties.

Diarrhea occurs during the fasting period due to a high content of fibers in the diet or because of increased elimination of waste products in the digestive system.

The main purpose of the treatment will be to help the colon to eliminate quicker the toxins, and not to inhibit its normal function. But in the same time, one has to watch the fluid loss and especially, the mineral loss.

The remedy that helps best in this period is:

4) Juglans regia (Walnut), buds, 35-40 drops in water, 1-2 times a day, 10-14 days.

We know that Walnut buds have important immuno-stimulation and protection effects. But in the same time, they have an important drainage effect – intestinal, skin and mucous membranes.

They have an anti-inflammatory effect and they also have a regulator effect on pancreas and spleen.

As a collateral observation, a remedy I am using very much in the last 2-3 years to regulate the intestinal troubles, especially in fasting periods is **Saccharum officinalis D6**, 3 granules once a day, daily, several months of treatment.

It is helping the patient with the intestinal flora, it is a modulator for bowel movements and could be used in diarrhea or constipation. And in the same time, it decreases the need for sugar (or sweets) that many patients have when they don't take meat or milk in their diet.

The sugar influences the bowel activity and especially the local immunity, in the direction of worsening. People are eating too much sugar, in Romania there is today a real “intoxication” with sugar. The original Romanian cooking style was with honey, but because sugar is cheaper, now everything is made with sugar, and the “sweet poison” is used as a preservative for different cans and food types.

Many people have glycemia imbalances (hypo- or hyper) and intestinal troubles due to this excess of sugar.

When I combine *Saccharum officinalis* and *Juglans regia*, the balance of glycemia is improved drastically, the function of colon also improves and the general energy of the person is much better. And the need for “something sweet” diminishes considerable.

Some of the people with elimination problems, such as constipation or diarrhea have hemorrhoids, with different symptoms – pains, from easy to very severe, such as smarting pains or burning pains, local bleeding and discharges. Because of the increase elimination of waste products during the fasting period, hemorrhoids could be aggravated.

This is why we can use, whenever there is such a problem:

5) Aesculus hippocastanum (Horse Chestnut) buds – main remedy for pelvis stasis, with hemorrhoids and other local troubles.

It is useful especially when the person is of sedentary habits (but so many people have been extremely sedentary this winter) and has other signs or symptoms of stasis: prostate problems, varicose veins, lumbar pains etc).

It is very useful for bleeding and painful hemorrhoids, which can be bluish and congested, with heaviness sensation of the anus. The pain of the hemorrhoids is aggravated by heat and sitting, and ameliorated by cold applications and exercise.

Other digestive problems people are having during their fasting period are gallbladder problems – from pain, local pain or sore feeling, eventually extending to back or in abdomen, to symptoms such as nausea, with or without vomiting, bad taste in mouth, bowel troubles such as constipation, intestinal gases and many others.

Gallbladder is frequently affected in very sensitive peoples, which reacts too much to external impression, sensitive to injustice or frustration.

Sometimes, they are “bitter” from their problems, and so is their mouth, and so is their behaviour (and language).

In these cases, we have to help their gallbladder to function better.

We can use the remedy:

6) Acer campestre (Hedge Maple) buds, which has as main action – to improve the function of gallbladder, to help to eliminate better the gallbladder sludge, to prevent formation of stones and to lower the general level of cholesterol.

In the same time, it has an anti-inflammatory action on gallbladder wall, diminishing its contractility – and the pain (whenever this exists).

It's the main remedy for gallbladder mechanic disfunction.

In the same time, it has a marked sedative effect, improving the quality of sleep and inducing a relaxing state. Many of my patients have reported this calming effect and they prefer to take *Acer campestre* instead of *Tilia tomentosa*, after dinner, for both its main actions – the gallbladder calming action and the nerves calming action.

Dr. Pitera said about *Acer campestre* that it is an important drainage remedy in the organs degeneration processes, in the initial phases; it eliminates the lymphatic toxic substances. That is why it is one of the best remedies for primary atherosclerosis, together with *Olea europaea* and an important remedy for fat metabolism troubles, together with *Olea europaea*, *Rosmarinus officinalis* and *Juniperus communis*.

Whenever there are urinary troubles, together with the digestive troubles, especially with liver and intestinal troubles, the main remedy we can think about is

7) Juniperus communis (Common Juniper) young shoots

This is another important drainage remedy, which has a cleaning effect on kidneys, liver and joints. It also cleans the digestive systems, the arterial vessels and the metabolism.

It is indicated in overweight patients, with many metabolic troubles, with joint problems and water retention due to impaired kidney function.

Juniper can be associated with remedies such as *Fraxinus excelsior* or *Rosmarinus officinalis* or *Vaccinium vitis-idaea*, according to the special trouble of every patient.

Clinical case (today consultation):

Man, 42 years old (looks much older), came to my practice because he wasn't feeling well in the last 2-3 years, put on a lot of weight (20 kg), had difficulties in sleep (had to sleep on two pillows to be able to breathe well), difficulties climbing the stairs, bowel problems – gases, much gases, indifferent of the food he took. He was craving sweets and eating a lot in the last months, especially. He became irritable, is very restless, moves constantly his legs, especially night, before going to bed.

The patient had skin troubles, dry eczema on his head and behind the ears, also in the ear, with some impairment of hearing at the left ear, tinea between the toes, nails deformed and striated, with white spots, his face was bloated, with lower lids swelled.

His wife complained especially about his snoring, which prevents all the family to sleep and, about his gases and his “lassitude”. He is a very busy and hardworking person, but when he came home, especially after a meal, he will stay for hours in front of his computer, not being able to do anything else. Just play at the computer.

I measured his BP, having *Rosmarinus officinalis* in my mind and I have discovered 17 with 10. Then he told me he has high BP in the last 2 years and even once, he had to call the emergency for an episode with BP over 20. He also told me about his tics and some other rigidities and contractions in muscles, he has from time to time.

I already suspected a Zinc/Cuprum imbalance, and this confirmed the excess of Cuprum, due to the deficit of Zinc he was having from the clinical signs (distorted nails, white spots, restless legs, irritability).

I asked about some blood tests but he told me he doesn't have time to go and have the test. He barely had time to come and see me (actually, the wife brought him, because she was worried about all his changes from the last years).

The man was decided to do 40 days orthodox fasting period, without any animal products, but he also wanted some “natural” help for his problems.

For me, he was a clear Carbo constitution and I chose Graphites as a homeopathic for him, to help him with the skin, with the metabolic troubles, with the gases and the general lassitude. I gave him a Graphites 30, once a week, for 2-3 months.

But I also decide to go for a detoxification strategy.

So I decided for him the following:

Saccharum officinalis D6, 3 granules once, in the morning

Betula verrucosa linfa (Silver Birch sap), 50 drops in water, morning

Juglans regia (Wallnut) buds, 50 drops in water, noon

Olea europaea (Olive) young shoots, 50 drops in water, evening

For 3 months.

And the Zinc supplement 10 mg per tablet, one tablet two times a day, for 3 months.

This strategy will help him a lot with his craving for sweets and his hunger. The strategy will help his body for lymphatic detox, for digestive detox, for skin detox and to control his BP and cholesterol level. And will help him become more flexible in mind and body and loose some of his prematurely rigidity.

This case is a very recent one, but I have many times consultations such as this in the last weeks. Gemmotherapy is my precious therapy in this time of the year and I value immensely the cleaning properties of the young tissues of plants.